



PORTWATCH

March/April 2026



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PORTWATCH

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Portwatch Editor / Mr Adam Nebbs



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DATES
FOR
YOUR
DIARY

MARCH

3

TUESDAY

Hair Ritual Masterclass by Sisley

The Private Deck
10.30am - 4.30pm

8

SUNDAY

The Grabber Machine Flowers Toys

The Yard
9am - 7pm

Bowling High Score Day

Bowling Alley
11am - 10pm



14

SATURDAY

Grabber Day Cloud Toys

Kids on 8!
9am - 7pm

15

SUNDAY

Arts & Crafts 3D Picture Making

Run,2,3!
2.30pm - 4.30pm

Fun Weekend Arts & Crafts St. Patrick's Day

Kids on 8!
9am - 7pm

Bowling Grabber Day Pastries Toys

Bowling Alley
11am - 10pm

Parrots Adoption Day

6/F Activities Studio
2.30pm - 5.30pm

20

FRIDAY

Portrait of Crime

Marina Grill
6.30pm

Laser Tag Challenge

Adventure Zone
7.30pm - 8.30pm

22

SUNDAY

The Grabber Machine Water Drop Plush Toys

The Yard
9am - 7pm

Bowling Bingo!

Bowling Alley
11am - 10pm

Fitness Centre Challenge Bike & Run Challenge

Fitness Centre
From 9am

26

THURSDAY

Silver Oak Wine Dinner with Hanwoo Beef

Marina Grill
7pm

28

SATURDAY

Earth Hour

8.30pm - 9.30pm

29

SUNDAY

Easter Carnival & Egg Hunt

Children's Play Area
1pm - 4pm



VR Day Angry Bird Shooting Day

The Yard
10am - 7pm

Fitness Centre Orientation

Fitness Centre
1pm - 3pm

DATES
FOR
YOUR
DIARY

APRIL

DINING THROUGHOUT MARCH AND APRIL

Portside
Chiu Chow Marinated Delicacies
The Horizon
A Taste of Shunde



2

THURSDAY

New Players Evening

Rooftop Tennis Courts
7pm - 9pm

4

SATURDAY

Grabber Day Easter Themed Toys

Run,2,3!
9am - 6pm

4

SATURDAY

Fun Weekend Arts & Crafts Easter

Kids on 8!
9am - 7pm

5

SUNDAY

Fun Weekend Arts & Crafts Easter

Kids on 8!
9am - 7pm

Arts & Crafts Easter Egg Making

Run,2,3!
2.30pm - 4.30pm

The Grabber Machine Fun Bunnies Toys

The Yard
9am - 7pm

Bowling High Score Day

Bowling Alley
11am - 10pm

12

SUNDAY

Songkran Buffet

Portside
11am - 3pm
5.30pm - 9pm

16

THURSDAY

Barons de Rothschild Champagne Dinner

The Balcony
7pm

17

FRIDAY

Laser Tag Challenge

Adventure Zone
7.30pm - 8.30pm

19

SUNDAY

Air Hockey Challenge

The Yard
9am - 7pm

Bowling Bingo!

Bowling Alley
11am - 10pm

21

TUESDAY

Philippe Pacalet Wine Dinner

The Backroom
7pm

25

SATURDAY

Junior Club Championships Doubles

Rooftop Tennis Courts
Midday - 7pm

26

SUNDAY

The Grabber Machine Lovely Turtle Toys

The Yard
9am - 7pm

Fitness Centre Orientation

Fitness Centre
1pm - 3pm

Family Games Day on Ice

Ice Rink
3.30pm - 5.30pm

30

THURSDAY

Women's Health in Traditional Chinese Medicine

Marina Suite
10.30am - Midday

ALL OF MARCH



The Balcony
Fruits of Thailand

Marina Grill
Hanwoo Beef

Caffè Luna
Abruzzo a Tavola
Abruzzo Cuisine

ALL OF APRIL

Marina Grill
White Asparagus
Caffè Luna
Pasta alla Ruota
Roman Tableside Classics

Easter Buffets

復活節自助餐



THE DECK

Saturday and Sunday, April 4 - 5

Lunch: 11am - 3pm
Dinner: 5.30-9pm

Adult \$538 Child \$248

Celebrate Easter with us at The Deck and savour a delightful buffet selection prepared by our chefs. Gather you and your family and friends and enjoy great food and drinks!

4月4日至5日(星期六至星期日)

午餐：上午11時至下午3時
晚餐：下午5時30分至晚上9時

成人\$538 小童\$248

我們誠邀您與親朋好友一同前來咖啡室慶祝復活節，享用多款精緻自助餐美食！

PORTSIDE

Saturday and Sunday, April 4 - 5

Lunch: 11am - 3pm
Dinner: 5.30-9pm

Adult \$538 Child \$248

Enjoy a delightful Easter feast with family and friends at Portside!

4月4日至5日(星期六至星期日)

午餐：上午11時至下午3時
晚餐：下午5時30分至晚上9時

成人\$538 小童\$248

歡迎蒞臨Portside與家人和朋友共享復活節美味盛宴！

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。

Easter Carnival and Egg Hunt

復活節嘉年華及尋蛋樂

Sunday, March 29
1-4pm
G/F Children's Play Area

Find the golden eggs at our carnival with lots of game booths and souvenirs.

3月29日(星期日)
下午1時至4時
地下兒童天地

現場設有攤位遊戲和尋蛋活動，並派發獎品。

Egg Hunting Sessions

尋蛋活動

Member \$200 Guest \$240
會員\$200 來賓\$240

Ages 3 to 5

1st Session: 1.30-1.50pm
2nd Session: 2-2.20pm
3rd Session: 2.30-2.50pm

Age 6 to 8

4th Session 3-3.20pm
5th Session: 3.30-3.50pm

3至5歲兒童

第一節：下午1時30分至1時50分
第二節：下午2時至2時20分
第三節：下午2時30分至2時50分

6至8歲兒童

第四節：下午3時至3時20分
第五節：下午3時30分至3時50分



Easter Fun Arts & Crafts at Run,2,3!

復活節手工藝活動

Looking for ways to keep the children entertained over Easter? These fun arts & crafts will do the trick, and adults may even find themselves getting stuck in too! Guest fees will apply.

歡迎參加我們於Run,2,3!舉辦的有趣手工藝活動，小朋友和家長都必定樂在其中！來賓需另收取費用。

Easter Egg Making

復活蛋工作坊

Sunday, April 5
From 2.30-4.30pm

4月5日(星期日)
下午2時30分至4時30分



For enquiries, please call Adventure Zone on 2814 5360 or email to adventurezone@aberdeenmarinaclub.com.

查詢請致電動感樂園電話2814 5360或
電郵至adventurezone@aberdeenmarinaclub.com。

Xian Food Festival

西安美食節

March 21 - 29

Experience the rich flavours of Xian showcased by our distinguished guest chefs from Shangri-La Xian. From authentic hand-pulled noodles to renowned Shaanxi specialities, come and enjoy a festival that brings the heritage and heart of Xian cuisine to the Club.

3月21日至29日

誠邀西安香格里拉大飯店主廚為您呈獻西安美食盛宴。讓您體驗正宗手工拉麵到享譽盛名的陝西特色菜，歡迎蒞臨盡情感受西安美食的精髓。



Chef Zhang



PORTSIDE

March 21 - 22, 28 - 29
3月21至22日及28至29日

Highlights

Noodle Pulling Performance
現場拉麵
Chinese Pancake Station
即製肉夾饅

THE DECK

March 23 - 27
3月23至27日

Highlights

Noodle Station with Regional Soup
西安麵食
Snacks
地道小吃



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。



PORTSIDE

Songkran Buffet

潑水節自助餐

Sunday, April 12
Lunch: 11am - 3pm
Dinner: 5.30-9pm
Adult \$598 Child \$298

Immerse yourself in vibrant Thai culture and delight in authentic Thai food full of flavour.

4月12日(星期日)
午餐: 上午11時至下午3時
晚餐: 下午5時30分至晚上9時
成人\$598 小童\$298

與我們一同慶祝潑水節，品嚐正宗泰式美食，感受濃厚的傳統泰國風味！

Chiu Chow Marinated Delicacies

潮州滷水

Throughout March and April

Tradition meets temptation with irresistible depth of flavour that brings back memories of home.

三月及四月
品嚐正宗潮州滷水，以傳統滋味喚起家鄉的溫暖回憶。

THE HORIZON

A Taste of Shunde

順德風味菜式

March 4 to April 30
3月4日至4月30日

Highlights

翠玉瓜墨魚滑炒深海龍躉皮
Sautéed giant garoupa skin, cuttlefish paste, jade melon

欖仁波士頓龍蝦炒鮮奶
Sautéed Boston lobster, egg white, fresh milk, olive seeds



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

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電郵至reservations@aberdeenmarinaclub.com。

CAFFÈ LUNA

Abruzzo a Tavola

Abruzzo Cuisine

阿布魯佐美食

March 5 - 29

Experience the culinary heritage of Abruzzo with exquisite traditional dishes.

3月5日至29日

品嚐阿布魯佐的精緻傳統菜餚，體驗當地的傳統美食。

Insalata di calamaretti

Baby Squid Salad, Lemon, Garlic, Parsley

Baccalà all'abruzzese

Braised Cod Fillet, Tomato Sauce, Potato, Black Olives, Chilli

Pasta alla Ruota

Roman Tableside Classics

羅馬經典菜式

April

Every Thursday and Friday evening

Experience the magic of Rome - tableside!

Every Thursday and Friday evening throughout April, our chefs prepare classic Roman pastas directly inside a giant wheel of Pecorino cheese. Featuring Cacio e pepe and a luxuriously creamy Alfredo, each dish is tossed and finished tableside, creating a rich, velvety sauce and an unforgettable dining experience.

四月

逢星期四及星期五晚上供應

誠邀您體驗羅馬的魅力！我們的廚師將在巨型 Pecorino羊奶芝士輪中，為您即席製作經典羅馬意粉，包括黑胡椒芝士意粉及濃郁絲滑的意大利奶油白汁，每道菜式都在您的餐桌旁完成，呈現香滑濃厚的醬汁，帶來難忘的餐飲體驗。

MARINA GRILL

Hanwoo Beef

韓牛風味

Throughout March

Considered among the most exclusive and most prized beef in the world and symbol of the most luxurious Korean cuisine, we are proud to provide this delicacy throughout March.

三月

韓國牛肉被認為是世界上最珍貴、最頂級的牛肉之一，也是韓國最奢華料理的象徵，Marina Grill將於三月為您獻上這頂級美味佳餚。

White Asparagus

白蘆筍菜式

April

With the arrival of spring, enjoy the fine flavour of seasonal white asparagus with special dishes created by our culinary team.

四月

品嚐廚師團隊精心準備的春季限定白蘆筍菜式。



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

Portrait of a Crime

It will be an evening to die for!

罪影緝兇

一場步步驚心的偵探之旅



Friday, March 20
6.30pm

\$1,488 per person

(four courses with champagne aperitif)

Participants will be seated at shared tables.

Join us for an interactive detective game, where you will find yourself in the middle of a thrilling investigation. Step into an active crime scene, interview dubious suspects and crack cryptic clues in order to solve a mystery!

You are invited for a celebratory gala dinner at the estate of a famous billionaire, where you can mingle with the crème de la crème of the business and artistic worlds.

At least, that was the plan. To the shock and horror of the arriving guests, the host of the night was found dead and the culprit is still among us. Will you be able to catch the killer?

3月20日(星期五)

晚上6時30分

每位\$1,488 (四道菜晚宴連香檳乙杯)

參加者將被安排共享餐桌就座。

加入互動偵探遊戲，讓您置身於一場驚心動魄的調查之中。踏入真實犯罪現場，訪問形跡可疑的嫌疑人。讓我們一同來破解詭秘線索，找出真相、解開謎團！

誠邀您前往一位知名億萬富翁的大宅，參加盛大的慶祝晚宴，與商界及藝術界的名流共聚一堂。當賓客們陸續抵達時，卻驚見晚宴主人離奇身亡，而兇手卻混在其中。

您能成功找出真兇嗎？

For enquiries, please call Marina Grill on 2814 5460 or email marina.grill@aberdeenmarinaclub.com.

查詢請致電Marina Grill電話2814 5460或電郵至marina.grill@aberdeenmarinaclub.com。



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N I S E K O

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Adventure and
Harmony.

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Inspired by traditional Japanese farmhouses and Scandinavian contemporary aesthetics, each Koa Niseko home is a balance of airy spaces and warm touches, celebrating the joy of slow living, immaculate craftsmanship, and thoughtful, family-oriented design.

Register now for a private viewing of our final two Koa 3BR Villas.

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A HOUSE OF KOA CONCEPT

supernova—land

Ports of Call

The Bay of Naples

遊歷那不勒斯灣

“One may write or paint as much as one likes, but this place, the shore, the gulf, Vesuvius, the citadels, the villas, everything, defies description.”

- Johann Wolfgang von Goethe

Italian Journey (1816)

Naples

拿坡里

With the second-busiest cruise port in Italy (after Rome's Port of Civitavecchia) and multiple private-yacht marinas, Naples offers an authentic Italian experience both gritty and grand. The heart of the city is its UNESCO-listed Centro Storico (historic centre), a labyrinth of narrow, cobblestone streets filled with baroque churches, artisan workshops and the famous Spaccanapoli – literally “Naples splitter” – thoroughfare. Art lovers should visit the National Archaeological Museum to see treasures from nearby Pompeii, or the Sansevero Chapel to see the breathtaking Veiled Christ statue.

Mount Vesuvius dominates the skyline to the east, providing a dramatic backdrop to the whole Bay of Naples. The city serves as an ideal gateway for day trips there and to the ancient ruins of Pompeii and Herculaneum, the islands of Capri, Ischia and Procida –

as well as to Sorrento and the colourful towns of the Amalfi Coast beyond.

拿坡里是意大利第二繁忙的郵輪港口（僅次於羅馬的奇維塔韋基亞港）和眾多私人遊艇碼頭，散發著既宏偉又原始的意大利風情。這座城市的中心是聯合國教科文組織世界遺產名錄中的歷史中心（Centro Storico），這裡宛如迷宮，狹窄的鵝卵石街道縱橫交錯，遍佈著巴洛克式教堂、手工藝店以及擁有著名的斯帕卡納波利（Spaccanapoli）意大利文意思為「把拿坡里一分為二」。藝術愛好者可以參觀國家考古博物館，欣賞附近龐貝古城的珍寶，或前往聖塞韋羅禮拜堂，觀賞令人嘆為觀止的蒙紗基督雕像。

維蘇威火山雄踞那不勒斯灣東海岸的天際線，景色壯麗。拿坡里是前往龐貝和赫庫蘭尼姆古城遺址、卡布里島、伊斯基亞島和普羅奇達島等地一日遊的理想出發點，更可前往索倫托和更遠的阿馬菲海岸色彩繽紛的小鎮。





Capri

卡布里島

Rising dramatically from the turquoise waters of the Tyrrhenian Sea, Capri is divided into two main areas: the bustling Capri Town, famous for its fashionable Piazzetta and designer boutiques, and the more tranquil, elevated Anacapri, which offers breathtaking vistas from the summit of Monte Solaro via chairlift. No visit is truly complete, some say, without a boat tour to witness the ethereal blue light of the Blue Grotto and the legendary Faraglioni rock formations that stand guard at the coast.

Whether you are sipping limoncello in a sun-drenched square, hiking rugged coastal paths or exploring historical ruins like Villa Jovis, Capri offers a timeless escape that is easily accessible by ferry from Naples or Sorrento. Most sea traffic, including ferries and private yachts, uses the Marina Grande, which provides excellent amenities for passing sailors but is usually fully booked during summer.

卡布里島氣勢磅礴，從第勒尼安海的碧藍海水中拔地而起。島嶼分為兩大區域：繁華熱鬧的卡普里鎮，以其時尚的廣場和設計師精品店而聞名；以及較為寧靜的阿納卡普里，地勢較高，可乘坐



纜車登上索拉羅山，飽覽令人嘆為觀止的壯麗景色。有人說，如果沒有搭船遊覽藍洞，欣賞那裡空靈的藍色光芒和守護海岸的卡普里奇岩，卡布里島之旅就不算圓滿。

無論您是在陽光普照的廣場上享受著檸檬酒，還是漫步穿越崎嶇的海岸小徑，抑或是探索朱庇特別墅等歷史遺跡，卡布里島都讓您仿如處於世外桃源。從拿坡里或索倫托乘渡輪便可輕鬆抵達。大部分渡輪和私人遊艇都使用格蘭德碼頭，該碼頭提供一流的服務，但於夏季通常爆滿。

Sorrento

索倫托

Located atop dramatic limestone cliffs overlooking the Bay of Naples, Sorrento is one of Southern Italy's most enchanting resort towns. It offers a classic Mediterranean atmosphere, with pastel-coloured buildings overlooking the sea and the locally omnipresent Mount Vesuvius looming majestically on the horizon.

Visitors – many of whom arrive by cruise-ship tender – can wander the labyrinthine alleyways of the historic centre to find both souvenir shops and workshops specialising in marquetry and delicate lace, while the air is famously scented by the region's giant lemons, which produce the world-renowned limoncello liqueur.

索倫托坐落於那不勒斯灣的壯麗石灰岩懸崖之上，是意大利南部最迷人的度假小鎮之一。這裡充滿著地中海風情，粉彩色的建築依偎在海邊，而維蘇威火山則雄偉地聳立在地平線上，彷彿是當地無所不在的象徵。

遊客可選擇乘坐遊輪接駁船到達，漫步歷史中心宛如迷宮般的巷道，尋找紀念品和專門製作精緻蕾絲的店舖。當地特產巨型檸檬的香氣瀰漫在空氣中，這些檸檬正是著名的檸檬酒的原料。





Procida

普羅奇達島

Around 30 minutes by hydrofoil from Naples and covering just four square kilometres, this volcanic island offers an easily explored tapestry of colourful houses, narrow cobblestone streets and a deep-rooted maritime heritage. The heart of Procida is Marina Corricella, the island's oldest fishing village, where multicoloured buildings cascade down toward the sea in a strikingly picturesque display that once served as a beacon for returning sailors.

For history enthusiasts, the medieval fortified village of Terra Murata sits at the island's highest point, housing the historic Palazzo d'Avalos and the 11th-century Abbey of San Michele Arcangelo. Named Italy's Capital of Culture in 2022, Procida invites visitors to explore both on foot or by bicycle, with quiet roads and easy inclines allowing for a leisurely afternoon exploring the island from end to end.

從拿坡里乘坐水翼船約30分鐘即可抵達這座面積僅4平方公里的火山島，島上擁有一些色彩繽紛的房屋、狹窄的鵝卵石街道和



航海歷史交織成一幅賞心悅目的畫面，非常適合想輕鬆地遊覽的旅客。普羅奇達島的中心是科里塞拉碼頭，是島上最古老的漁村，色彩斑斕的建築層層疊疊地延伸至海邊，構成了一幅風景迷人的畫面，這裡曾是歸航水手的指路明燈。

對於歷史愛好者來說，特拉穆拉塔位於島上最高點，這裡坐落著歷史悠久的阿瓦洛斯宮和建於11世紀的聖米歇爾阿爾坎傑洛修道院。普羅奇達島於2022年被評為意大利文化之都，島上道路平緩，非常適合步行或騎單車遊覽，悠閒地享受午後的陽光，輕鬆穿梭於島嶼的每個角落。

Ischia

伊斯基亞島

Ischia is a lush, sun-drenched sanctuary that feels worlds away from the crowded paths of neighbouring Capri and the busy streets of Naples, less than an hour away by hydrofoil. Visitors flock to its renowned thermal springs, where mineral-rich waters have provided natural healing since Roman times. Beyond the spas, Ischia's diverse landscape offers everything from the dramatic medieval heights of Aragonese Castle to the serene, car-free streets of Sant'Angelo, a picture-perfect fishing village.

Adventure seekers can hike the slopes of Mount Epomeo for panoramic views of the Tyrrhenian Sea or explore botanical wonders like the La Mortella Gardens. Ischia offers the inquisitive traveller a vibrant, no-frills Italian experience that somehow still remains one of the Mediterranean's best-kept secrets.

伊斯基亞島是陽光普照的世外桃源，與鄰近卡布里島的擁擠小徑和拿坡里熙熙攘攘的街道截然不同，乘坐水翼船不到一小時即可抵達。島上著名的溫泉大受遊客歡迎，含礦物質的泉水自羅馬時代起就具有天然的療癒功效。除了溫泉之外，伊斯基

亞島的景色也豐富多樣，從氣勢磅礴的阿拉貢城堡到寧靜祥和、沒有汽車行駛的聖安傑洛漁村，可拍出風景如畫的照片。

喜歡冒險的遊客可以攀登埃波梅奧山，飽覽第勒尼安海的全景，或探索拉莫爾泰拉花園等植物。伊斯基亞島讓充滿好奇心的遊客提供了多樣化的體驗，至今仍是地中海地區鮮為人知的瑰寶之一。



FOOD & BEVERAGE
餐飲

THE BALCONY



Fruits of Thailand

泰國水果菜式

March and April

In Thailand, each season paints its flavour. Chefs weave nature's rhythm into their craft, using sun-ripened, seasonal fruits to transform savoury and sweet dishes.

三月及四月

在泰國，每個季節的菜餚都有獨特的風味。廚師團隊將大自然的節奏融入烹飪手藝中，用成熟的時令水果來烹調美味的菜餚。

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。



Songkran Celebration

潑水節菜式

April 9 - 14

Every year in the middle of April, families in Thailand, Cambodia, Myanmar and Laos come together to mark the passage of one year into the next, with favourite foods and cleansing water in a festival known as Songkran. This April, The Balcony will prepare a special selection of food to celebrate with you.

4月9日至14日

每年的4月中，泰國、柬埔寨、緬甸和老撾的家庭都會聚首一堂，以盛宴和潔淨的水慶祝新年的到來。今年4月，露臺泰國餐廳將會準備精選美食與您一起慶祝。

THE BACKROOM

Bouchon

法式小酒館將於五月載譽歸來

The menu leads with heartwarming comfort food – dishes that echo the soul of a traditional French bistro: rich, rustic, and deeply satisfying, yet each plate arriving with refined technique and thoughtful presentation.

菜單以讓人暖心的料理為主，這些菜式呼應了傳統法式小酒館的靈魂：濃郁、質樸、富有滿足感，每一道菜都以精緻的手法烹調，用心把法式經典帶到您的餐桌上。



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Discover Kombucha - a Refreshing Twist on Wellness

探索康普茶：健康與清新兼具的新選擇



If you've ever wondered what kombucha is, you're not alone. This effervescent drink has been gaining popularity worldwide, and for good reason. Kombucha is a naturally fermented tea beverage, crafted by combining tea, sugar, and a symbiotic culture of bacteria and yeast (often called a SCOBY). During fermentation, the sugars are transformed into organic acids and probiotics, creating a drink that's tangy, slightly sweet, and packed with beneficial properties.

Why do people love it? Beyond its unique flavour, kombucha is celebrated for its digestive benefits, thanks to probiotics that support gut health. It's also

rich in antioxidants and offers a refreshing alternative to sugary sodas or alcoholic drinks. Served chilled, it's crisp, invigorating, and perfect for those seeking a mindful, health-conscious choice without sacrificing taste.

You can now find this vibrant beverage at The Deck, Portside, Caffè Luna and Marina Deli - each outlet offering a distinctive ambiance to savour your kombucha moment.

Kombucha is just the beginning. We are thrilled to announce our Non-Alcoholic Beverage Programme, designed for Members who appreciate sophistication without compromise.



Whether you're celebrating, socialising or simply relaxing, we invite you to explore, taste and discover your new favourites at the following.

Non-alcoholic wine at Marina Grill, The Backroom, and La Cave

Non-alcoholic spirits and cocktails at Marina Grill

Sparkling tea at The Balcony and The Horizon

Kombucha at The Deck, Portside, Caffè Luna, and Marina Deli

相信不少人不了解康普茶是甚麼。這款氣泡飲品近年來在全球興起，原因不僅僅是它獨特的風味。康普茶是一種天然發酵茶飲，由茶葉、糖以及紅茶菌(稱為SCOBY，是細菌和酵母的共生菌體)製成。發酵過程中，糖分轉化為有機酸與益生菌，味道酸甜交織、帶有微微的氣泡，並富含多重保健功效。

為什麼康普茶受大眾喜愛？除了獨特的風味，康普茶因有助消化而廣受推崇，益生菌能促進腸道健康，同時富含抗氧化成分，是取代高糖汽水或酒精飲品的理想選擇。冰鎮後的康普茶，清爽怡人，特別適合追求健康、無酒精生活的會員。

您現在可以在咖啡室、Portside、Luna意大利餐廳以及深灣店找到這款活力飲品，在每間餐廳的獨特氣氛下，享受專屬的康普茶時光。

除了康普茶外，我們亦同時推出多款精選的無酒精飲品，專為追求精緻品味的會員而設，包括：

無酒精葡萄酒：Marina Grill、The Backroom及La Cave

無酒精烈酒與雞尾酒：Marina Grill

氣泡茶：露臺泰國餐廳及海天閣

康普茶：咖啡室、Portside、Luna意大利餐廳及深灣店

無論是慶祝、聚餐或是靜心放鬆，這些精選飲品都能讓每個時刻更添風采。我們誠邀您探索及品嚐，並在各個餐廳發掘您的新寵兒。

MARINA GRILL

Silver Oak Wine Dinner with Hanwoo Beef

葡萄酒配韓牛晚宴

Thursday, March 26
Welcome drink: 7pm
Dinner: 7.30pm

Price: \$1,380 per person

Guest Speakers: Justin

Hirigoyen, Vice President -

Winegrowing and Amyia Chen,

APAC Regional Manager at

Silver Oak

日期：3月26日(星期四)

酒會：晚上7時

晚宴：晚上7時30分

費用：每位\$1,380

演講嘉賓：Silver Oak葡萄栽培副總裁Justin Hirigoyen和亞太區經理Amyia Chen



WINES FEATURED

2024 Twomey Cellars, Sauvignon Blanc, Napa and Sonoma County

2022 Prince Hill Vineyards, Pinot Noir, Dundee Hills

2021 Twomey Cellars, Pinot Noir, Russian River Valley

2021 Silver Oak Cellars, Cabernet Sauvignon, Alexander Valley

2019 Silver Oak Cellars, Cabernet Sauvignon, Napa Valley

2019 OVID, Napa Valley

Castarède, V.S., Bas Armagnac

For enquiries, please call Marina Grill on 2814 5460. 查詢請致電Marina Grill電話2814 5460。

THE BALCONY

Barons de Rothschild Champagne Dinner

香檳晚宴



Thursday, April 16
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,280 per person
Guest Speaker: Frédéric Mairesse,
Chairman & CEO at Champagne
Barons de Rothschild

日期：4月16日(星期四)
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$1,280
演講嘉賓：Champagne Barons de Rothschild
主席兼行政總裁Frédéric Mairesse



WINES FEATURED

- NV Barons de Rothschild, Concordia
- NV Barons de Rothschild, Rosé
- NV Barons de Rothschild, Blanc de Blancs
- 2006 Barons de Rothschild, Blanc de Blancs
- 2012 Barons de Rothschild, Rare Collection, Blanc de Blancs
- 2013 Barons de Rothschild, Rare Collection, Rosé



THE BACKROOM

Philippe Pacalet Wine Dinner

葡萄酒晚宴

Tuesday, April 21
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,680 per person
Guest Speaker: Philippe Pacalet,
Owner of Philippe Pacalet

日期：4月21日(星期二)
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$1,680
演講嘉賓：莊主Philippe Pacalet



WINES FEATURED

- 2021 Philippe Pacalet, Meursault
- 2022 Philippe Pacalet, Meursault, Limozin
- 2022 Philippe Pacalet, Gevrey-Chambertin
- 2022 Philippe Pacalet, Vosne-Romanée, Les Hautes Maizières
- 2023 Philippe Pacalet, Echezeaux Grand Cru
- Castarède, VSOP, Bas Armagnac

Bookings will open around one month prior to the event dates. For reservations, please see the Club's e-wire or call the Central Reservations Centre on 2814 1222.

晚宴將於活動日期前約一個月開始接受預訂，屆時請留意本會電子通訊或致電預訂服務中心電話2814 1222。

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.

本會的Portside及Grand Ballroom為新婚夫婦提供不同風格的宴會選擇，與本會一起慶祝你的難忘時刻。



ESDlife Bridal Award 2025

We are thrilled to share that the Club has been honoured with the Best Club Wedding Banquet award at the ESDlife Bridal Award 2025, having received the most public votes in this award category.

This is very encouraging recognition of our Events Team and the Culinary Team, who always strive to deliver exquisite dishes and ensure every celebration runs seamlessly.

我們非常高興與大家分享，本會在新婚生活易大賞2025中榮獲「新人至愛會所婚宴」殊榮，於該獎項組別中獲得最高票數。

這項肯定對我們的宴會部和餐飲團隊極具意義。我們一直致力於製作精美菜餚確保每項活動完美舉行。



Rondy Tang, Director of Events Sales & Operations (right)

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

The Ombrellone

意大利太陽傘

by Peter Walbrook



The Italian beach umbrella, or *ombrellone*, is more than a tool for shade – it is a cultural icon that has long defined the country's coastal landscape. From the geometric precision of the Adriatic Riviera to the Bay of Naples and Amalfi Coast and down to Sicily, these colourful canopies represent more than a century of evolution in Italian leisure and design.

The modern *ombrellone* as a fixture of mass tourism emerged in the early 20th century. By the 1920s, private beach establishments began offering structured seaside comfort, replacing early wooden bathing huts with rows of fabric shades.

What might be described as the Golden Age of the *ombrellone* arrived during the post-war economic



boom of the 1950s and 60s. As August holidays became a national tradition, Italian families flocked to the coast in huge numbers, creating a demand for mass-produced, durable beach umbrellas that could withstand the Mediterranean's salty, sun-drenched climate. A popular 1965 comedy film by director Dino Risi, set on the overcrowded Adriatic beaches of Riccione, was even called *L'ombrellone*, though retitled to the more relatable *Weekend, Italian Style* for the international market.

Unlike the portable, lightweight models used elsewhere, professional Italian ombrelloni are both colourful and robust. Key features include anodised aluminium or galvanized steel frames for wind resistance and high-performance, solution-dyed acrylics provide UV protection and prevent fading from salt and sun.

Steeply rising costs at private beaches and lidos have recently sparked nationwide protests, but the *ombrellone* – whether in exclusive rows of uniform design, or freely scattered on public beaches – will surely continue to serve as a colourful icon of the Italian summer for many years to come.

意大利太陽傘（或稱「ombrellone」）不僅能遮太陽，更是一種文化象徵，長久以來成為意大利的海岸景觀。從亞得里亞海沿岸到那不勒斯灣和阿馬爾菲海岸，再到西西里島，這些色彩繽紛的太陽傘成為了一個多世紀以來意大利休閒和設計的標誌。這時尚的太陽傘於20世紀初出現，是大眾旅遊的標誌性設備。



當時，私人海灘開始提供太陽傘，用一排排布製的太陽傘取代了早期的木製浴棚。

意大利太陽傘的黃金時代或許要追溯到二戰後五、六十年代的經濟繁榮時期。隨著八月成為意大利全國性的假期高峰，不少人湧向海邊享受陽光，所以較為耐用的太陽傘需求大增，因其可抵抗地中海充滿鹽份和陽光猛烈的氣候。1965年，導演迪諾里西執導的一部以亞得里亞內海灘為背景的熱門喜劇電影，片名甚至就叫《太陽傘》（L'ombrellone），不過為了迎合國際市場，片名改為更貼近大眾的《意大利式週末》。

與便攜式的輕型太陽傘不同，專業的意大利太陽傘色彩鮮豔且堅固耐用。主要特點包括採用陽極氧化鋁或鍍鋅鋼架以增強抗風性，以及高性能溶液染色丙烯酸材料，可提供紫外線防護，並防止因鹽份和陽光侵食所造成的褪色。

最近私人海灘和露天泳池的收費急劇上漲，引發了全國範圍的抗議，但太陽傘還是整齊地在沙灘排列著，也在未來繼續成為意大利夏天的標誌。



Chef's Favourites Ibérico Ham Croquettes

黑毛豬火腿丸子

Chef Joe, who has been in The Backroom for one year, has created many dishes, but few as moreish and indulgent as his Iberico jamon croquettes – crispy, golden delights with molten centres and tasty pieces of Ibérico ham.

高級廚師 Joe 已加入 The Backroom 團隊一年，一直以來創作了許多菜餚，其中黑毛豬火腿丸子尤其令人回味無窮。丸子外脆內軟，保持著黑毛豬火腿的鮮味。



Chef Joe

Ibérico Ham Croquette

Ingredients (Approximately 20 pieces)

- 60g all-purpose flour
- 30g unsalted butter
- 300ml whole milk
- 120g white onion, finely diced
- 120g Ibérico ham, finely diced
- 1 pinch smoked paprika
- 1 tbsp chopped parsley
- Salt and pepper to taste
- Couple of large eggs, beaten with a splash of milk
- 100-150g flour
- 100-120g breadcrumbs (Japanese Dry Panko)
- Neutral oil (vegetable or rice bran)

Method

1. Warm the milk in a pot (do not boil) and set aside.
2. In a separate pan, melt the butter, add the



chopped onions, cook on a medium to low heat until the onions are soft and translucent, add the ham and cook for 2-3 minutes.

3. Evenly sprinkle the flour over the onions and ham, stir well to form a smooth paste.
4. Gradually add the warm milk, starting with half, stirring constantly over low heat until smooth and then add the rest. Mixture should be thick and creamy.
5. Cook for 5-10 minutes, stirring continuously, until the mixture thickens before removing from heat and allowing to cool slightly.
6. Stir in chopped parsley, paprika and season with salt and pepper.
7. Transfer to a container and chill in the fridge until completely firm (at least 2 hours or overnight).
8. Shape the mixture into 25g balls.
9. Prepare three bowls: flour, beaten eggs, and breadcrumbs. Coat each ball in flour, then egg, then breadcrumbs.
10. Chill the breaded croquettes until firm for 2-3 hours (store for 3-5 days in the fridge or freeze for up to a month)

Confit Garlic Aioli

Ingredients

- 80g quality mayonnaise
- 8-10g garlic cloves (about 2 cloves)
- 5g lemon juice
- 2g Dijon mustard

- 1g salt
- 1g smoked paprika
- Neutral oil for confit (can be saved and reused as garlic oil)

Method

1. Submerge peeled garlic cloves in neutral oil cook gently at 90-110°C until soft, pale and sweet (not browned) and allow to cool.
2. In a small bowl, mash the confit garlic into a smooth paste.
3. Add the mayonnaise, lemon juice, Dijon mustard, salt and whisk until fully emulsified and glossy.
4. Adjust consistency and flavour.
5. Store covered in the fridge for 3-5 days.

黑毛豬火腿丸子

材料 (約20份)

- 60克 中筋麵粉
- 30克 無鹽牛油
- 300毫升 全脂牛奶
- 120克 白洋蔥，切幼粒
- 120克 伊比利亞火腿，切幼粒
- 少許煙燻辣椒粉
- 1湯匙 切碎的歐芹
- 適量鹽和胡椒粉
- 大雞蛋數隻，加入少許牛奶混和打勻
- 100-150克 麵粉
- 100-120克 麵包糠 (日式乾麵包糠)
- 沙律油 (植物油或米糠油)

做法

1. 將牛奶倒入鍋中加熱 (不要煮沸)，放在一旁備用。
2. 用另一個鍋，融化牛油，加入切碎的洋蔥以中低火將洋蔥炒至軟身及呈半透明狀，加入火腿，炒2至3分鐘。
3. 將麵粉均勻撒在洋蔥和火腿上，攪拌均勻至形成光滑的糊狀。
4. 慢慢倒入溫牛奶，先倒一半，以細火加熱並不斷攪拌至順滑，然後再倒入剩餘的牛奶。混合物應呈奶油狀。
5. 繼續攪拌5至10分鐘，直到混合物變稠，然後關火，稍微冷卻。
6. 加入切碎的歐芹、辣椒粉，並用鹽和胡椒調味。
7. 將混合物倒入容器中，放入雪櫃冷藏至完全凝固 (至少2小時或隔夜)。
8. 將混合物搓成25克的小球。
9. 準備三個碗：麵粉、打勻的雞蛋和麵包糠。將每個小球依序裹上麵粉、蛋液和麵包糠。
10. 將小球冷藏2-3小時至變硬 (冷藏可保存3-5天，冷凍可保存長達一個月)。

To Assemble

Ingredients

- Iberico ham croquettes
- Confit garlic aioli
- Extra ham slice for garnish

Method

1. Heat neutral oil to 180°C (use a thermometer if available) in a pot. Fry croquettes in batches until golden brown with core temperature of at least 68c, drain excess oil on paper towels.
2. Pipe or spoon 5g of aioli on each croquette and a little underneath to hold it in place.
3. Garnish with the extra Iberico ham and serve.

蒜泥蛋黃醬

材料

- 80克 優質蛋黃醬
- 8-10克 蒜瓣 (約2瓣)
- 5克 檸檬汁
- 2克 法國芥末醬
- 1克 鹽
- 1克 煙燻辣椒粉
- 用於油封的中性油 (可保存並重複用作蒜油)

做法

1. 將去皮蒜瓣浸入中性油中，以90-110°C細火慢煮至蒜瓣變軟、顏色變淺且散發香味 (不要煮至焦黃)，然後放涼。
2. 放在小碗中，將油封蒜搗成細膩的蒜泥。
3. 加入蛋黃醬、檸檬汁、第戎芥末和鹽，攪拌至完全乳化且表面光滑。
4. 依個人口味調整濃稠度和風味。
5. 蓋好後放入冰箱冷藏，可保存3-5天。

最後步驟

材料

- 伊比利亞火腿炸丸子
- 蒜泥蛋黃醬
- 額外一片火腿用於裝飾

做法

1. 在鍋中將油加熱至180°C (如有溫度計請使用)。把丸子分批炸直至金黃色，中心溫度最少達68°C，然後用廚房紙吸去多餘的油。
2. 在每顆炸丸子上塗上5克蒜泥蛋黃醬，並在底部也塗抹少許以固定。
3. 用額外的黑毛豬火腿裝飾，即可享用。



Hong Kong History

香港
歷史

by Giles Leonard,
Director of Sports & Recreation

Look at this wonderful old photograph of Aberdeen and Wong Chuk Hang. Before I go into detail, you may wish to try and put a year on it yourself. If we look closely, there are many details in there that allow us to fairly accurately date it.

First and foremost, let's stay very close to home and focus in on the Club, or the area where the Club now stands. We are certainly looking at a pre-1984 photograph, which is when the Club opened. Right next to the future Club, the Pao Yue Yong Swimming Pool which opened in 1977, also doesn't exist yet, so we need to go even further back. If we look towards Aberdeen Centre itself, we can still see the old Lamont & Hope dockyards, and although these

were no longer in use by the mid-1960s, they were not demolished until 1970, so we are now moving towards a year in the 1960s.

The definitive date comes from the two public housing estates that are under construction. Shek Pai Wan Estate, which can be seen towards the top left of the photo (just below the Aberdeen Reservoir), was built from 1966 to 1968, and we can see that building work seems to be well underway, although not yet finished. We then look towards the Wong Chuk Hang Estate, the first block of which opened in 1968. The land for the estate has been cleared, but as there seem to be no completed blocks, we would date this photograph to 1966. So exactly 60 years ago, and a very different looking Aberdeen indeed.

Let's look closely at the photo to note some other interesting points, in particular the thousands of small boats moored around Aberdeen, Ap Lei Chau and Staunton Creek. This was a common feature

of 1960s Hong Kong, and the shift towards re-housing the boat-dwellers into the housing estates had likely already begun by this time. We can also see many buildings and structures that are still visible today, namely the Holy Spirit Seminary opposite the Club, and both the Technical School and Old Police Station, which are nearer Aberdeen Centre. Finally, on the water we see the floating restaurants opposite Aberdeen Centre. Jumbo was yet to make an appearance as it arrived in the early 1970s, but the Sea Palace and Tai Pak had been operating at this location since the mid-1950s.

For more information on this or Hong Kong history, please contact Giles Leonard, our Director of Sports & Recreation.

這張珍貴的老照片拍攝於香港仔和黃竹坑。在詳細介紹之前，不妨先猜猜照片的拍攝年份。只要仔細觀察，照片中有很多細節可以幫助我們比較準確地確定拍攝日期。

首先，讓我們聚焦在本會，或者說本會現在所在的區域。這張照片必定在1984年前，即本會所開幕以前拍攝。毗鄰本會的包玉剛游泳池（於1977年開放）在照片裡還不存在，所以我們可再將時間線推遠一些。如果我們望向香港仔市中心，還能看到舊拉蒙船塢和夏圃船塢，雖然這些船塢在20世紀60年代中就已停用，但直到1970年才被拆除，所以我們現在應該可以確定照片拍攝於上世紀60年代。

確切的拍攝日期來自於照片中正在興建的兩個公共屋邨。照片左上方是石排灣邨（香港仔水塘下方），建於1966年至1968年間，我們可以看到當時工程進展順利，但尚未完工。接下來我們望向黃竹坑邨，其首棟建築於1968年落成。屋邨用地已平整，但還沒有已建成的樓宇，因此我們可以確定這張照片的拍攝日期為1966年。距今整整60年，當時的香港仔與現在截然不同。

讓我們仔細觀察照片，並留意一些其他有趣的細節，特別是停泊在香港仔、鴨脷洲和士丹頓灣周圍停泊的數千艘小船。這是1960年代香港的常見景象，那時候將水上人遷入屋邨的計畫可能已經開始。我們也可以看到許多至今仍屹立的建築，例如本會對面的聖神修院，以及靠近香港仔市中心的香港仔工業學校和舊警署。最後，在海上我們可以看到香港仔市中心對面的海鮮舫。珍寶海鮮舫尚未出現，因為它是在1970年代初才到來的，但海角皇宮和太白海鮮舫自1950年代中期就已在此營業。

如欲了解更多有關香港歷史的資訊，請聯絡本會康體部總監李基爾。



Family History Hikes Aberdeen Urban History Walk

家庭登山樂 - 香港仔歷史漫遊
by Giles Leonard,
Director of Sports & Recreation

Saturday, March 21
From 9.30am

3月21日（星期六）早上9時30分

If the photograph opposite piques your interest and you want to see some of these old buildings up close, why not join our last history walk of this cooler season.

This flat walk is suitable for families with children aged six years and above, though younger children in strollers would also manage it. Please remember to bring your own water bottle, mosquito repellent, hat, sun lotion and comfortable walking shoes. We will meet at the Club lobby at 9.15am for prompt departure at 9.30am. We will walk to and from Aberdeen Centre before returning to the Club around 11.30am.

如果您對這張照片感興趣，並想近距離欣賞這些古老的建築，請參加我們在轉季前的最後一次家庭登山樂。

這條平緩的步行路線適合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。我們將步行前往香港仔市中心，預計在上午11時30分左右返回會所。

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。

BEAUTY SALON

The Ageless Oxypod Technology by GeneO

GeneO Oxypod 恆久的多效療程



GeneO facial is a professional facial treatment platform that uses advanced technologies such as OxyGeneO (CO2 bubbles for oxygenation), Radio Frequency (RF) for tightening, and Ultrasound for deep nourishment, providing a 3-in-1 rejuvenation experience for smoother, fresher and more radiant skin by working both externally and internally, offering benefits such as hydration, firming, and anti-aging effects, New OxyPod and Ingredients from GeneO Plus and Balancing Serum with powerful results.

GeneO Balance: Purifies the pores and balances oily skin.

GeneO Revive: Revitalises dull skin reduces wrinkles and improves skin texture, rejuvenates and refreshes.

GeneO Illuminate: Unifies skin tone, improves pigmentation and skin texture.

Benefits

- Immediate glow and radiance.
- Deep hydration and nourishment.
- Skin tightening and firming.
- Reduced fine lines and wrinkles.
- Improved skin texture and tone.

GeneO is a multi-tasking facial that combines exfoliation, oxygenation and infusion with tightening, delivering a natural, fresh and youthful-looking complexion.

GeneO 臉部療程是專業的臉部護理，採用 OxyGeneO 加氧動能、RF 射頻緊緻和超聲波深層滋養等先進技術，提供三重煥顏體驗，由內而外改善肌膚，讓肌膚更光滑、清新、容光煥發，更具有保濕、緊緻和抗衰老等功效。療程亦融合了全新 OxyPod

和 GeneO Plus 以及平衡精華液中的有效成分，帶來顯著效果。

GeneO Balance: 淨化毛孔，平衡油脂分泌。

GeneO Revive: 煥發暗沉肌膚，減少皺紋，改善膚質，讓肌膚煥發活力，倍感清新。

GeneO Illuminate: 均勻膚色，改善色素暗沉的問題。

功效

- 即時提亮膚色，煥發光彩。
- 深層補水滋潤。
- 緊緻肌膚，提升彈性。
- 減少細紋和皺紋。
- 改善膚色和提升光澤。

GeneO 是一款多效的臉部療程，結合了去角質、注氧、導入和緊緻功效，讓肌膚呈現自然、清新、年輕的狀態。



HAIR SALON

The New Kérastase Chronologiste Rituel

Kérastase

逆時光至臻修護系列新產品

Experience the ultimate renewal with the new Kérastase Chronologiste Rituel. This luxurious ritual is re-designed to revitalise both hair and scalp, delivering visible transformation from the very first application. Infused with advanced technology and precious ingredients such as hyaluronic acid, vitamin E and abyssine, the ritual deeply hydrates, strengthens and protects against environmental stressors. It restores softness, suppleness and shine while improving scalp health for long-lasting vitality. Perfect for all hair types, Chronologiste addresses signs of ageing, leaving hair feeling silky, full of life, and radiantly beautiful.

To extend the benefits beyond the salon, Cutting Edge offers a complete Chronologiste home care range. These products allow you to maintain hydration, suppleness, and long-lasting vitality at home, turning every wash into a luxurious experience.

Join us to discover how this indulgent ritual can elevate your hair care routine into a moment of pure luxury and well-being - because timeless beauty begins with healthy hair.

體驗全新 Kérastase 逆時光至臻修護系列的極致產品。這款奢華護髮產品經過重新設計，同時煥發秀髮和頭皮，第一次使用即可見證顯著的效果。蘊含先進科技和珍貴成分，如玻尿酸、維生素E和阿比西寧等成份，這款護理產品能夠深層補水、強韌秀髮，並抵禦環境壓力。它能恢復秀髮的柔軟度、彈性和光澤，同時改善頭皮健康，讓秀髮持久煥發活力。逆時光至臻修護系列適用於所有髮質，有效改善老化跡象，讓秀髮絲滑柔順、充滿活力，煥發迷人光彩。

美髮及美容中心現推出全套逆時光至臻修護系列的家用護理產品，讓您安在家中也能保持秀髮的水潤、柔順和持久活力，讓每一次洗髮時都感受一次奢華的享受。

永恆的美麗源於健康的秀髮，立即探索這款極至修護，將您的日常護髮體驗提升至奢華與健康境界。



NAIL SALON

Bio Sculpture at Cutting Edge

Bio Sculpture 凝膠美甲

Looking for a change in your nail colour this spring? Welcome to the era of high-performance gel manicures. Bio Sculpture's Colour Builder Gel unites exceptional strength, colour and application efficiency, all in an easy soak-off formula. Colour Builder Gel is designed for effortless application. Each shade enhances the beauty of the natural nail with colour while building strength and structure, providing a thin, natural-looking finish with lasting durability.

Available in 10 signature shades, Colour Builder Gel is designed for effortless application. Each shade enhances the beauty of the natural nail with colour while building strength and structure, in a thin and natural looking finish with lasting durability.

With self-levelling ease and a quick 30 second LED cure, Colour Builder Gel is designed for the demands of modern professionals and the expectations of luxury clients.

想在這個春天為您的指甲換上新造型嗎？歡迎前來體驗高效的凝膠美甲。Bio Sculpture 的 Colour Builder Gel 結集卓越的強度、色彩和便於塗抹，並採用易於卸除的配方。Colour Builder Gel 專為輕鬆塗抹而設計。每種顏色都能提升指甲自然的美感同時增強指甲的強度，共有10種經典顏色可供選擇，打造輕薄自然的持久效果。

只需30秒，Colour Builder Gel 即可透過LED燈快速固化，完美地滿足專業美甲師和客人的需求。



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。

Fitness Centre Challenge 2026 Bike and Run Challenge

2026年健身中心挑戰賽 單車和跑步挑戰

Sunday, March 22 3月22日 (星期日)
From 9am 上午9時開始

As you may be aware, this year we will take a break from our traditional year-long challenge and instead run a series of fun competitions, which will take place quarterly. There will be prizes for those who complete each challenge and an overall prize for those who complete all four challenges. The first challenge will take place towards the end of March so you have a little extra time to get yourself fit and ready.

Challenge 1 will ask you to complete set distances on the Keiser indoor bike and treadmill, as follows:

Beginner Duathlon - 10km bike followed by 2km treadmill (should take around 35 minutes)

Intermediate Duathlon - 15km bike followed by 3km treadmill (should take around 45 minutes)

Advanced Duathlon - 20km bike followed by 4k treadmill (should take around 60 minutes)

If you are not used to such exercises, please prepare in advance - have a chat with your doctor or one of our Personal Trainers. Should you wish to take part, please register with the Health Club or Fitness Centre teams.

Challenge 2 will take place in June, Challenge 3 in September and Challenge 4 in December.

For more information, please contact Nelson in the Fitness Centre.

今年一改以往挑戰賽的規則，取而代之的是以每季舉行一次富趣味性的競賽。完成每項挑戰的參賽者均會獲得獎品，而完成全部四項挑戰的參賽者更會獲得總冠軍獎。第一場挑戰賽將於3月底舉行，敬請提前做好準備。



挑戰一，在Keiser室內單車和跑步機上完成以下指定距離：

初級兩項賽 - 10公里騎單車，隨後2公里跑步機 (預計耗時約35分鐘)

中級兩項賽 - 15公里騎單車，隨後3公里跑步機 (預計需時約45分鐘)

高級兩項賽 - 20公里騎單車，隨後4公里跑步機 (預計耗時約60分鐘)

如果您不習慣此類運動，請提前做好準備，或可以諮詢您的醫生或我們的私人教練。如欲參加，請到健身中心報名。

挑戰二將於6月舉行，挑戰三將於9月舉行，而挑戰四則於12月舉行。

如欲查詢更多資訊，請聯絡健身中心 Nelson。

DEKA Fit Race

DEKA Fit賽事

Personal Trainer Cass Lam recently joined her first DEKA Fit Race at China's DEKA Championship in Shanghai on December 20. This race attracted many elite CrossFit and "Spartan" athletes from around the world.

DEKA Fit is designed to test endurance, strength and grit through a 10-zone fitness circuit. Cass finished the race in 19:27, placing her first among females in her age category, and ranking ninth overall.

To achieve her next goal to win the upcoming race, Cass will work even harder and aim for 16-minute finish. Congratulations to Cass!



私人教練Cass最近參加在12月20日於上海舉行的中國DEKA Fit錦標賽。這場比賽吸引了來自世界各地的眾多頂尖Cross Fit和斯巴達障礙賽運動員。

DEKA Fit旨在透過10個區域體能訓練來考驗參賽者的耐力、力量和毅力。Cass以19分27秒的成績完成了比賽，在她所在的年齡組別的女子選手中排名第一，總排名第九。

為了實現贏得下一場比賽的目標，Cass將更加努力，力爭在16分鐘內完成比賽。在此祝賀Cass!



Pure elegance, ultimate performance.



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ASIA PACIFIC

sanlorenzo@sanlorenzoapac.com
sanlorenzoapac.com

sanlorenzoyacht.com

SP
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FITNESS TIPS

Stretching to Maintain Youthfulness

伸展運動保持青春活力

by Senior Personal Trainer and Stretch Specialist,
Naresh Kumar

Whether improving your flexibility is one of your New Year's resolutions or you've been inspired by watching sports starts on television, it can lead to many health benefits.

There are two types of stretching: Static Stretching and Dynamic Stretching

Static Stretching

This is the most common form of stretching where we slowly hold a stretch for around 30-60 seconds. This is beneficial for athletes while cooling down to relieve tension after hard work.

Dynamic Stretching

This is more common for those with better flexibility – children and sports stars who run, twist and turn seemingly without concern. Here we “bounce” our stretches, which helps to improve mobility and enhance performance.

Benefits

- Improves circulation.
- Enhances blood flow to muscles, delivering key nutrients and minerals.
- Reduces strain on the back and neck, maintain mobility.
- Keeps joints flexible helping you to stay young.

If you're not sure where to start, see one of our Personal Trainers, or Naresh himself who offers stretch therapy to improve mobility and faster recovery from old injuries. Naresh is a former Indian National Gymnast and yoga champion. He is qualified and has rich experience in sports massage, stretch therapy and Personal Training. Gym users are welcome to have a complimentary stretch therapy session for 15 minutes, subject to availability. Please look out for Naresh when he is at the Club and he can get your started.

無論您是想以提升柔軟度作為新年目標之一，還是受到電視上運動明星的啟發，都能帶來許多健康的益處。

伸展分為兩種類型：靜態伸展和動態伸展。

靜態伸展

這是最常見的伸展方式，需要緩慢地保持伸展動作約30至60秒。對於運動員來說，在劇烈運動後伸展，緩解肌肉緊張，靜態伸展特別有效。

動態伸展

這種伸展方式更常見於柔軟度較好的人，例如兒童和運動員，他們奔跑、扭轉、翻騰，似乎毫不費力。動態伸展是指在伸展過程中的彈跳動作，有助於提高靈活性和運動表現。

益處

- 改善血液循環。
- 增強肌肉血流，傳送營養和礦物質。
- 減輕背部和頸部壓力，維持活動能力。
- 保持關節靈活，幫助您保持年輕活力。

如果您不知道從何入手，可以諮詢本會的私人教練，或與Naresh聯絡。他善於伸展療法，幫助您改善活動能力，並改善傷患問題。Naresh曾是印度國家體操運動員和瑜伽冠軍。他擁有豐富的運動按摩、伸展療法和私人教練經驗，並具備相關資格。會員可到健身中心體驗15分鐘的免費伸展療法（視情況而定）。歡迎您前來健身中心向Naresh諮詢。

Fitness Centre Orientation

健身中心迎新會

**Sunday, March 29 and April 26
From 1-3pm**

3月29日及4月26日（星期日）
下午1時至3時

Meet with our team and learn how to use the fitness equipment safely and effectively.

Complimentary for Members. Guest fees apply.

For booking and enquiries, please contact the Fitness Centre on 2814 5337.

與我們健身中心團隊會面，學習如何安全有效地使用健身器材。

會員免費。來賓需收取費用。

預約或查詢請致電健身中心電話2814 5337。

COACH MESSAGE

Arts and Crafts at the Club

手工藝工作坊

November opened with a burst of colour when we offered two complimentary taster classes taught by Toddle Kids. In the first, children learned to draw sheep, sky and grass with a 3D touch by adding cotton to the sheep. In the other class, children stamped and sprinkled ink across the canvas to create an abstract piece they proudly took home.

December turned the focus to heritage and holidays. Two workshops invited students to craft personalised Chinese New Year red packets. After sketching and painting, each design was scanned and professionally printed as a limited run of real envelopes for parents and grandparents to slip lucky money into for Lunar New Year.

Mid-season cheer then arrived with the Gingerbread House session. Skipping edible biscuits, children built sturdy cardboard walls, then decorated them with soft-clay candies, icing-style paint, and a miniature Christmas tree. The result was a keepsake house that will last for many Christmases to come. Across all three events every child left smiling with their amazing creations.

Look out for more upcoming arts and crafts sessions at the Club soon.

From first splatter to final signature, every Toddle Kids level is a stepping-stone that turns curiosity into capability. Tiny hands learn to control the brush, growing minds learn to control the narrative. Colour, texture and perspective become the vocabulary children draw on long after the paint has dried.

**Every Saturday
From 2.30-5.30pm**

**Splash (For ages 2.5-4 years)
Element (For ages 4.5-6 years)**

To register, scan this QR code now. For enquiries, please call Central Reservations Centre at 2814 1222.



Toddle Kids在十一月提供的兩堂免費體驗課，為孩子們帶來了繽紛的色彩。在第一堂課上，孩子們學習用棉花為綿羊添加立體感，繪製綿羊、天空和草地。在另一堂課上，孩子們則在畫布上蓋印、灑墨，創作出一幅抽象畫作，並自豪地帶回家。

十二月，我們聚焦於傳統文化和節慶。兩場工作坊讓孩子們製作個人化的賀年利是封。孩子們在完成素描和繪畫後，每份設計圖都會被掃描並進行專業印刷，製成限量版的利是封，讓家長和祖父母在農曆新年時派發利是。

隨後，我們舉辦了薑餅屋製作工作坊，為孩子們帶來濃厚的節日氛圍。孩子們並沒有使用可食用的餅乾，而是用硬紙板搭建了堅固的牆壁，然後用軟糖、糖霜顏料裝飾一棵迷你聖誕樹。他們最後製作了可以珍藏多年的薑餅屋。在這三堂活動中，孩子們都帶著喜愛的作品，笑容滿面地離開。

會所即將推出更多藝術手工課程，敬請留意。

從最初的塗鴉到最後的簽名過程，每個課程都是一個踏腳石，幫助孩子們將好奇心轉化為能力。小手學會控制畫筆，大腦學習建構故事。色彩、質感和透視成為孩子透過顏料來運用的詞彙。

逢星期六 下午2時30分至5時30分

Splash (適合2歲半至4歲兒童)

Element (適合4歲半至6歲兒童)

立即掃描此二維碼報名。

查詢請致電預訂服務中心電話2814 1222。





TENNIS

Ladies Tennis Year Ending Social

By Coach Asif Ismail

女子年終社交網球

An engaging social and tennis event took place on December 11. This occasion provided a wonderful opportunity for camaraderie and friendly competition, fostering a sense of community among participants.

Eleven ladies enjoyed a series of round-robin matches, each lasting 25 minutes. The atmosphere was charged with enthusiasm and laughter, as players showcased their skills and enjoyed spirited exchanges on the court. The weather was also perfect, adding to the enjoyment of the day and encouraging a vibrant outdoor setting.

Several attendees who were new to the tennis community thoroughly enjoyed the matches and the friendly interactions. Their positive experience led them to sign up for the ladies' weekly mixer, reflecting a successful effort to engage new members and expand the community.

The success of this gathering not only reinforced existing bonds but also welcomed new faces into

the fold, ensuring that the Ladies tennis community continues to grow and thrive. In conclusion, the social was marked by active participation, enjoyable matches and a warm, welcoming atmosphere. The blend of athleticism and social interaction created a memorable experience for all involved.

聖誕假期前夕，十一位女士聚首一堂，參加了一場精彩的網球社交活動。這項活動為大家提供了增進友誼和良性競爭的絕佳機會，也增強了參與者之間的認識。

女士們進行了循環賽，每場比賽為25分鐘。現場氣氛熱烈，球手們盡情展現球技，在球場上展開激烈的較量。當天天氣晴朗，為活動增添了更多樂趣，充滿了活力的氣氛。

一些網球新手也對比賽和友好的交流感到非常滿意。這次經驗促使她們報名參加了每週一次的女子社交活動，反映了活動在為新成員和擴大社交圈子的成功。

這次聚會的不僅鞏固了現有成員之間的友誼，也吸引了新球手的加入，確保了女子網球社群的持續發展。總括，這次社交活動以積極精彩的比賽和熱情友好的氛圍下完成。運動與社交的完美結合，為所有參加者創造了難忘的回憶。



New Players Evening

新球員網球社交活動

Thursday, April 2
From 7-9pm

Meet new players and get some playing tips from our tennis coaches. Beginners are welcome.

4月2日 (星期四)
晚上7時至9時

結識新球友，網球教練更會分享一些技巧。歡迎初學者參加。

Enquiries查詢: 2814 5318 (Tennis Centre)

Junior Club Championships Doubles

少年會員雙打錦標賽

Saturday, April 25
From midday - 7pm

A fun way of getting to meet like-minded Members who like to compete and test their skill.

4月25日 (星期六)
中午12時至晚上7時

透過這項有趣的活動結識志同道合、喜歡競賽和切磋球技的會員。



HEALTH CLUB

Introducing the Cold Plunge

冷水浴的好處

If you have not yet discovered our new Cold Plunge Pools, drop by the Wet Areas at the 3/F Changing Rooms to try them out. Cold Water treatments take some getting used to - we are recommending just a 30-second dip to start with before extending to 60 seconds once you get used to the cold. Research on cold-water immersion has found evidence that it helps reduce exercise-induced muscle damage that can occur after physically challenging activities. Less damage leads to less inflammation, which in turn reduces soreness and helps restore physical performance for your next workout. These

benefits may be the result of rapid constriction of the blood vessels due to the cold water. The cold can trigger responses in your body, such as decreased metabolic activity, alterations in hormone production and blood flow, and activation of the immune system.

Everyone's genetic make-up and medical history is unique, so if you are new to Cold Water therapy, check with your doctor first.

歡迎前往三樓淋浴設施體驗我們全新的冷水浴池。冷水療法需要一段時間適應，我們建議您先嘗試浸泡30秒，待適應後再逐漸增加至60秒。研究指出，冷水療法有助於減少劇烈運動後可能出現的



肌肉損傷。損傷減少意味著炎症減輕，進而緩解肌肉酸痛，有助恢復體能，為下一次運動做好準備。透過冷水使血管快速收縮，為身體帶來各種好處。寒冷會引發身體的一系列反應，例如新陳代謝降低、激素分泌和血液流動改變以及免疫系統活化。

每個人的基因組織和病史都不同，因此如果您第一次嘗試冷水療法，請務必先諮詢您的醫生。

Enquiries 查詢: 2814 5342 (Health Club)

Congratulations to Edmund Wan and Coach Adrian for completing an epic swim around Lantau Island

恭喜會員Edmund Wan和教練Adrian完成了環大嶼山游泳壯舉



Club Member and Swimming Coach joined forces in this epic swimathon, circling Lantau Island's 70km to commemorate the 150th anniversary of their alma mater, St. Joseph's College.

Edmund and Adrian both trained at the pool as well as in open water off Lantau before the swimathon, building resilience for the demands ahead. The team departed Disney Pier on November 7, navigating counterclockwise past Kap Shui Mun, Tung Chung, the Airport and Tai O. The team pushed through initial anxiety, doubting their endurance for the gruelling challenge but refused to quit and finished in 18 hours 7 minutes without external aid. In all, they both swam five demanding rounds, 45 minutes each, facing exhaustion and the relentless waves. Congratulations to Edmund and Adrian!

If anyone is interested in improving their swimming, or open water challenges, please contact the Health Club or Coach Adrian directly.

為了紀念母校聖若瑟書院創校150週年，會員Edmund Wan和游泳教練Adrian攜手完成了這項史詩般的環繞大嶼山70公里馬拉松游泳。

在馬拉松游泳開始前，Adrian和Edmund都在泳池和大嶼山附近的水域進行了訓練，為即將到來的挑戰鍛鍊體能。他們在11月7日從迪士尼碼頭出發，以逆時針方向遊過汲水門、東涌、機場和大澳。最初，他們也曾擔心自己能否完成這項艱鉅的挑戰，但最終戰勝了焦慮，堅持不懈，在18小時7分鐘內完成了，全程沒有接受任何協助。他們總共完成了五圈，每圈45分鐘，克服了精疲力竭和洶湧波濤的挑戰。恭喜Edmund和Adrian挑戰成功！

如果您有興趣提高游泳水平或挑戰自己，請聯絡健身中心或直接聯絡教練Adrian。

Hong Kong Marathon 2026

by Giles Leonard, Director of Sports & Recreation

2026香港馬拉松

This year's race marked my personal 25-year association with the Hong Kong Marathon, after having first completed the half-marathon here in 2001. I haven't run every year but over the years have managed six full marathons, numerous half-marathons and even a solitary 10km. It's certainly not my favourite course, but I'm always happy to support as it's a local race on top of being well-organised and supported. I've never quite mastered the full-marathon course, and this year was no exception, but I was happy to get to the finish line in one piece, with a smile on my face! Congratulations also to our Club Chef Elvis who completed his first full-marathon.

For any advice or pointers on running or triathlon, please contact our Director of Sports & Recreation, Giles Leonard.

今年的比賽代表著我與香港馬拉松的結緣已25週年，我在2001年首次完成了香港馬拉松的半馬拉松。雖然並非每年都參加，但這些年來，我完成了共六次全馬拉松、無數次半程馬拉松，甚至還跑過一次10公里。儘管這不是我最喜歡的賽道，但我仍然樂於支持，因為它是一項本地賽事，而且組織完善，後勤保障到位。雖然我還沒能掌握到全程馬拉松的真正技巧，今年也不例外，但我很高興能臉上帶著歡笑順利抵達終點！我亦在此恭喜會所主廚Elvis完成他的第一次馬拉松。

如果您有任何關於跑步或三項鐵人的建議或指導，請聯絡本會康體部總監李基爾。



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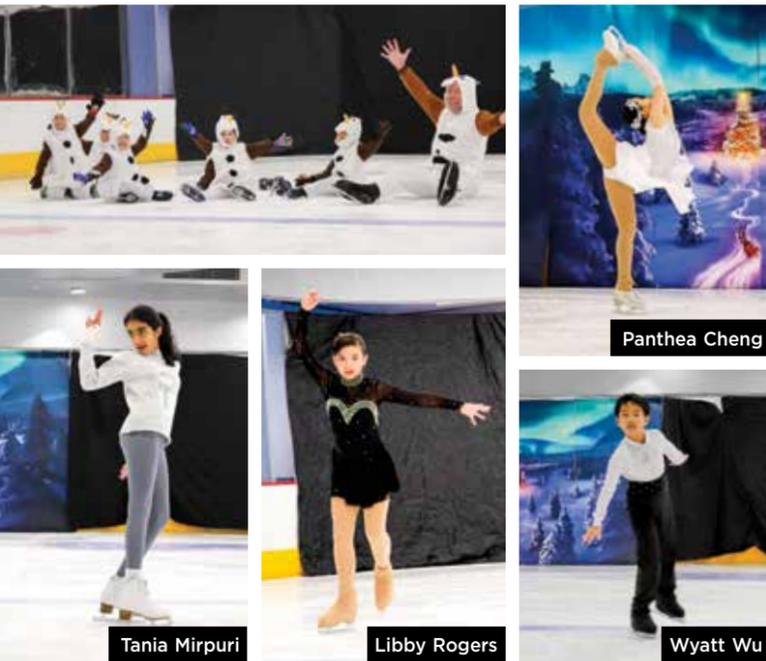


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Panthea Cheng

Tania Mirpuri

Libby Rogers

Wyatt Wu

ICE SKATING RINK

A Memorable Ice Skating Christmas Show 2025

by Ice Skating Programme Coordinator, Ryan McClenaghan

教練寄語 — 2025年令人難忘的冰上聖誕節表演

Last December we held our Christmas Show at the Ice Rink where 39 children put on a wonderful display of their skating abilities in a fun and exciting story of what they wanted for Christmas. This show was open for all Club skating students to join and everyone had a memorable time. It was also a great way to show their skills to parents and loved ones. Look out for our future shows and for the opportunity to be a part of it. Well done to all skaters!

去年十二月，溜冰場舉辦了聖誕節溜冰表演，三十九位小朋友展現了精湛的溜冰技術，演繹了一個充滿樂趣和驚喜的聖誕故事。所有會所的溜冰學員都參加這場演出，每個人都度過了難忘的時光。這也是孩子們向父母和親友展示自己溜冰技術的好機會。敬請留意我們未來的演出，也歡迎您加入我們！恭喜所有溜冰成員的成功演出！

PRO-SHOP

New Sun Zapper All-Natural Zinc Oxide Range at Pro-Shop

新推出Sun Zapper 全天然氧化鋅系列產品

Sun Zapper's newest zinc air-pump range delivers pure, non-nano mineral protection for all ages and skin needs. The gentle Baby formula cares for delicate skin, while high-performance Kids SPF protects active youngsters. Anti-ageing adds antioxidant support and the lightweight Face formula provides invisible daily coverage.

Pure Zinc offers strong, natural broad-spectrum defence for all-purpose use, and Anti-Mozzie delivers effective, chemical-free insect protection. All products are all-natural, reef-safe, chemical-free and ideal for sensitive skin, providing dependable outdoor protection you can trust.

Sun Zapper最新推出的防曬系列，適合所有年齡層和各種膚質，提供純淨、非納米級的礦物防曬保護。溫和的嬰兒配方呵護嬌嫩肌膚，而高性能兒童防曬霜則為活潑好動的孩子們提供全方位防護。抗老配方含抗氧化成分，輕盈的臉部配方則提供日常防曬。

純鋅配方提供強效、天然的防曬保護，適用於各種場合；防蚊配方則無化學成分及有效地驅蚊保護。所有產品均為純天然成分，不含化學成分，對珊瑚礁安全，特別適合敏感肌膚，為您提供值得信賴的戶外防護。

Enquiries 查詢: 2814 5417 (Pro-Shop)



Club Memories

俱樂部回憶

Last issue's photo was a little more difficult to identify than usual and unfortunately we received no correct answers. The character shown was Grubbi, the Master of Fun at the restaurant named Grubbi's, which opened in 1996 by the 3/F pool opposite the Children's Play Area.

See if you can recognise where this photo was taken. Please send your answer to member@aberdeenmarinaclub.com by April 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.

上期的照片比以往增加了點難度，很可惜我們沒有收到任何正確答案。照片中的角色名叫Grubbi，是Grubbi's餐廳的歡樂大使。該餐廳於1996年開業，位於三樓游泳池旁，兒童樂園對面。

看看您是否能認出照片的拍攝地點，並在4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！

JUNIOR CLUB STARS

SKATER • AGE 6

Ava Ng

Since Ava started skating last summer, her enthusiasm has grown with each lesson, and after the Christmas performance her dedication increased even more! We look forward to her continued progress and hope to see her in more performances and competitions. Keep it up, Ava!



Ava去年夏天開始學習溜冰，她對溜冰的熱情與日俱增，聖誕節演出之後，她練習時更加投入！我們期待她繼續進步，希望能在更多的演出和比賽中看到她的身影。Ava，繼續加油！

SWIMMER • AGE 7

Eleanor Pan

Eleanor stands out for her dedication, enthusiasm and steady progress in the pool. She can confidently swim all four competitive strokes and has shown remarkable improvement in both her technique and endurance. Last month, Eleanor's hard work paid off when she proudly brought home two gold medals from the Harry Wright International Learn to Swim Gala. Her positive attitude and love for swimming make her an inspiration to her teammates. Well done, Eleanor!



Eleanor在泳池中展現出的專注、熱情和穩定，令人印象深刻。她自信地游出四種泳式，並且在技術和耐力方面都取得了顯著進步。Eleanor的努力在上月終於得到了回報，她在Harry Wright國際游泳啟蒙賽中獲得兩面金牌。她積極的態度和對游泳的熱愛激勵著她的隊友。做得好，Eleanor！

Members' Survey Results

會員意見回饋結果

Survey Period
January 1 – December 31, 2025

Total number of completed surveys received: 3,387

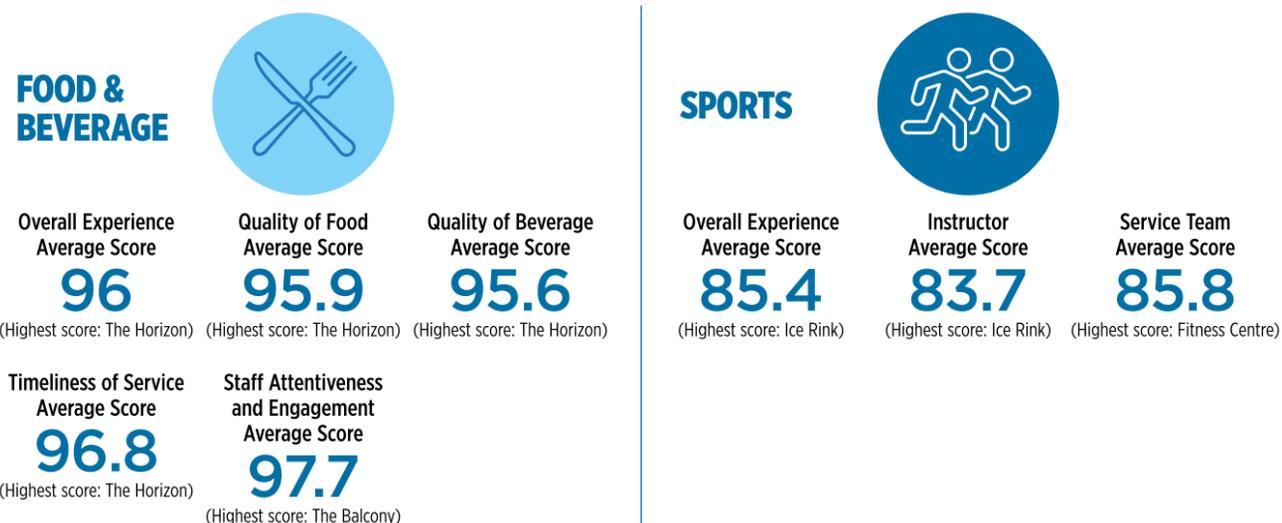
Overall Club experience average score: 98.2

Last year the Club received more than 3,300 Members' survey responses regarding their Club experience. We are delighted that the overall Club experience achieved an impressive average score of 98.2, which shows the dedication of our teams and the appreciation of our Members.

Thank you for taking the time to share your feedback, which is essential for us to further enhance our service and facilities.

去年，本會共收到超過 3,300 份有關會員對會所體驗的意見回饋。我們非常高興看到整體會所體驗的平均分數高達 98.2 分，令人十分振奮。這充分展現了團隊的努力，以及會員對我們的支持與肯定。

感謝各會員提供寶貴的意見。您的回饋對我們十分重要，能協助我們持續提升服務與設施品質。



Cherie Leung

Director of Human Resources

人力資源部總監

With over 20 years' experience in human resources strategic management across multinational corporations and local companies in diverse industries throughout Asia Pacific, I am passionate about being a "talent architect". This passion for fostering growth extends beyond my role at the Aberdeen Marina Club. I also volunteer as a coach and mentor in my leisure time, guiding university students and recent graduates as they start their careers. A key part of this mentoring is sharing experience from my own journey, highlighting that while hard skills are essential to secure a position, it's often soft skills that pave the way for sustained growth and achievement. These experiences continually reinforce my belief in holistic development and directly inform my approach at the Club.

My role is to strengthen our team and foster a culture where service excellence continues to thrive with programmes that will enrich our service delivery and empower everyone to truly excel in their roles.

Here at the Club, we take immense pride in our exceptional service and warm hospitality. Our commitment goes beyond mere duty; we are dedicated to crafting memorable experiences for all Members. Building on this strong foundation, my focus is to further enhance what we already do well by investing in our people and introducing new initiatives and training programmes that go beyond technical skills to cover service excellence.

My team and I are also designing workshops and interactive training sessions that will introduce



new skills and refresh existing ones. Our goal is to cultivate a team that embodies the highest standards of service excellence, ensuring that every interaction is a delightful one.

憑藉逾20年在亞太地區跨國企業及本地公司的人力資源策略管理經驗，我熱衷於擔任「人才架構師」的角色。這份培育人才的熱情，也延伸至我在深灣遊艇俱樂部的角色之外。我亦會利用閒暇時間擔任義務導師，指導大學生和準備就業的應屆畢業生。我專注於分享過往職涯的經驗及見解，職業技能或許能夠助你獲得一份工作，但軟技能才是長遠成功的關鍵。這些經驗不斷強化了我對學習與發展的信念，並直接影響我在會所的工作方式。

我在這裡的職責是增強團隊實力，並創造一種卓越服務持續發展的文化。這些計劃不僅將豐富我們的服務內涵，更能賦予團隊力量，使他們在崗位上更出類拔萃，從而進一步提升會員體驗，確保每次互動都是愉快的。

在深灣遊艇俱樂部，我們對卓越的服務和熱情的待客之道深感自豪。我們的承諾不僅止於職責，更致力於為每一位尊貴會員創造難忘的體驗。在這種穩固的基礎上，我的重點是進一步加強和提升我們既有的優勢，透過投資於員工，並引入超越工作技術層面的新構思及培訓計劃，涵蓋卓越的服務範疇。

我和我的團隊正在設計工作坊與互動的培訓課程，以引進新技能並鞏固現有力量。我們的目標是打造一隊最高服務標準的團隊，確保每次互動皆為會員帶來喜悅。

Club Door Locks and Membership Cards Upgrade 會所門鎖和會員證升級

To enhance security and efficiency, some door locks at the Club will be upgraded to digital by August this year. These will include the 4/F Marina Tower Lift Lobby, 5/F Fitness Centre, the 6/F and 7/F Activities Studios, the North Shore Tennis Courts & Changing Rooms and the highly anticipated new recreational area - Activ8. Members will be required to use their Membership Cards to access these areas during designated time slots.

The majority of Membership Cards will need to be replaced to integrate with this new system, including all Master and Spouse Members, and Junior Members aged eight and older who have applied for Junior Membership Cards. Berth Holder Members will not be affected.

We will produce the new Membership Cards in batches and expect to contact you to bring in your existing Membership Cards for exchange from March to July.

Should you have any queries, please feel free to call 2814 5436 or email member@aberdeenmarinaclub.com.

Thank you.

為提升安全和效率，會所部分門鎖將於今年8月前升級為電子門鎖。升級區域包括4樓深灣大樓升降機大堂、5樓健身中心、6樓和7樓活動室、北岸網球場及更衣室以及即將增設的綜合運動訓練中心Activ8。會員需以會員證方可在指定時段內進入上述區域。

大部分會員證需要更換以配合新系統，包括所有會員、會員之配偶以及已申請會員證的8歲或以上之少年會員。艇位持有人則不受影響。

我們將於3月至7月期間分批更換新會員證，並通知會員屆時攜帶現有會員證前往大堂接待處更換。

如有任何疑問，請致電2814 5436或電郵至 member@aberdeenmarinaclub.com。

Use of Mobile Phones and Electronic Devices 有關手提電話及電子設備的使用

The use of mobile phones and other electronic devices in changing rooms and wet areas (Sauna, Steam Room, Cold Plunge and Whirlpool) is strictly prohibited.

In addition, mobile phones and electronic devices may not be used for voice calls or conference calls in restaurants, the fitness centre, or hair & beauty salon areas, including relaxation rooms.

Thank you for your cooperation.

更衣室及淋浴設施範圍（包括桑拿、蒸氣房、冷水浴池及漩渦浴池）內嚴禁使用手提電話及電子設備。

另外，所有餐廳、健身中心、美髮及美容中心及休憩室內，均不准使用手提電話及電子設備之語音通話功能或進行視像會議。語音通話及視像會議只可於室外、其他公眾地方或私人宴會廳內進行。

多謝合作。

Personal Belongings in Changing Rooms 更衣室內之個人物品

Personal belongings should be placed in the changing-room lockers. Unattended belongings left in the changing rooms, showers and other facilities will be removed without notification. Please share this information with your family members, family assistants and accompanied guests. Thank you.

個人物品應放置於更衣室的儲物櫃內。放置在更衣室、淋浴間及其他設施內而無人看管之物品，將被移走而不作另行通知。請與您的家人、家庭助理及同行賓客分享此訊息。謝謝。

3/F Pool Closure for Bubble Deflation 拆卸三樓泳池帳篷

The 3/F Pool will be closed from Monday, March 23 to Thursday, April 2, and reopen on Friday, April 3. During this period, the Tropical Pool will be open from 7am - 10pm daily.

三樓泳池將由3月23日（星期一）至4月2日（星期四）關閉以拆卸帳篷，並於4月3日（星期五）重開。屆時，碧波泳池將於每天上午7時至晚上10時開放。

Tropical Pool Re-opening Dates 碧波泳池開放日期

The Tropical Pool will open on the following dates.

- Monday, March 23 to Thursday, April 2: 7am - 10pm (Daily)
- Friday, April 3 until further notice: 2-7 pm (Friday) and 9am - 7pm (Saturday, Sunday and public holidays). Closed Monday to Thursday.

碧波泳池開放日期及時間如下：

- 3月23日（星期一）至4月2日（星期四）：每天上午7時至晚上10時
- 4月3日（星期五）直至另行通知：下午2時至晚上7時（星期五）和上午9時至晚上7時（星期六、日及公眾假期）；星期一至四暫停開放。

Court and Lesson Cancellations 球場及課堂取消政策

As the cancellation policies of courts and lessons vary, please check with the Central Reservations Centre or the relevant facility directly.

由於各球場及課堂的取消政策有所不同，如欲了解，請向預訂服務中心或相關設施查詢。

Enquiries 查詢: 2814 1222 (Central Reservations Centre)



The Club will once again take part in Earth Hour on Saturday, March 28, by switching off all non-essential lighting from 8.30pm.

Earth Hour 2026 marks the 20th anniversary of this global movement and more than 190 nations and territories have participated this symbolic event to show their commitment to a sustainable future.

We thank you for your support and consideration.

本會將於3月28日（星期六）再次響應「地球一小時」活動，並於晚上8時30分起關閉所有非必要的照明。

全球運動地球一小時在2026年迎來20週年，至今已有超過190個國家及地區參與這項象徵性活動，以展示對可持續未來的承擔。

感謝您的支持。

Christmas Wish Programme

聖誕願望活動

Last Christmas marked the seventh year of our Christmas Wish Programme. Thanks to your generosity, more than 200 gifts brought festive cheer and happiness to children at the Ebenezer School & Home for the Visually Impaired, the Fu Hong Society's Hin Dip Children Centre, Mother's Choice and SAHK. The children created beautiful arts and crafts to express their joy. Thank you again to every Member who supported this meaningful tradition.

去年聖誕節是本會舉辦「聖誕願望計畫」的第七年。感謝各位慷慨解囊，超過200份禮物為心光盲人院暨學校、扶康會牽蝶康兒中心、母親的抉擇及SAHK的孩子們帶來了節日的歡樂和幸福。孩子們創作了精美的手工藝品來表達他們的喜悅。我們再次感謝會員支持這項意義非凡的活動。



MEMORABLE MOMENTS 難忘片段

Welcoming the New Year Painting Workshop



Ms Janice Chik



Ms Hilda Chan



Ms Chaturada Dhanasobhon



Ms Valerie Koon with guest

Christmas Lunch Buffet at Grand Ballroom



Ms May Choi and family with guests



Mr Sam Lo with family



Mr Jacky Hung and family with guests



Mr Michael Chan and family with guests



Ms Annie Chan and family



Mr Richard Poon and family



Mr Lam Chak Hung and family with guests

Lucky Cat Painting Workshop



Ms Diane Wan and Ms Elaine Yik



Ms Yang Dongwei, Ms Chen Bingliang and Ms Kate Peng

Members' Golf Day Xili Golf Outing



Meeting Santa Claus



Mr Jin Ge and family



Mr Spenser Au and family



Mr Derek Tong and family



Mr Ian Lo and family



Ms Janice Fu and family



Mr Benjamin Tse and family with guests



Mr Roberto Leonardi and family



Mr Salvatore Zavatti and family



Mr Richard Tao and family



UNVEILING THE NEWLY RENOVATED CHAIRMAN'S ROOM AND PRESIDENT'S ROOM

The Chairman's Room and President's Room have returned, newly renovated and more inviting than ever. Featuring bright, refreshing interiors with contemporary furnishings and attractive décor, these spaces offer an ideal setting for meetings and dinner gatherings, with views of the Marina and Tropical Pool. A separate lounge area provides the perfect spot for break sessions or post-dinner karaoke.

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