

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MARCH/APRIL 2023

On Location
**SOUTHERN
ITALY**

Design Icons
THE LETTERA 22

Easter Treats



SAILGP CHAMPIONSHIP



CERACHROM BEZEL
INSERT IN CERAMIC



3235 MOVEMENT



OYSTERFLEX
BRACELET



OYSTER PERPETUAL YACHT-MASTER 42
IN 18 CT WHITE GOLD

THE SPIRIT OF SAILING

Designed to withstand the demands of the open seas. The Yacht-Master is an emblematic nautical timepiece that combines elegance and performance. Its bidirectional bezel is used to calculate sailing time between two points, and its waterproof Oyster case protects the movement in the most extreme conditions. The range includes models fitted with the innovative Oysterflex bracelet, ensuring comfort and reliability. Highly legible and embodying the Rolex sailing tradition, it exemplifies the precision required to navigate the ocean and its challenges. **The Yacht-Master.**

#Perpetual

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ROLEX

Portwatch

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THE
ABERDEEN MARINA CLUB


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Portwatch Editor / Mr Adam Nebbs
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The first ISO 14001 and fully
HACCP certified private club
in Hong Kong



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Easter Treats

復活節特備節目



BRUNCH & DINNER

早午餐及晚餐



APRIL 7-10
(FRIDAY TO MONDAY)

EASTER BRUNCH

1st session: 10.30am-12.30pm
2nd session: 1-3pm

DINNER
5.30-9pm

Adult 成人 \$498 | Child 小童 \$198

Celebrate Easter with your family with a wide range of tasty brunch buffet items, and an Easter egg workshop where you can create your own unique designs!

與家人一起享用各種特色美食來慶祝復活節，歡迎前來我們的復活節工作坊製作屬於您獨一無二的復活蛋！

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

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



PORTSIDE

APRIL 9
(SUNDAY)

EASTER BRUNCH

1st session: 10.30am-12.30pm
2nd session: 1-3pm

DINNER
5.30-9pm

Adult 成人 \$498 | Child 小童 \$198

Come and enjoy a delicious Easter Brunch and Dinner buffet at Portside.

歡迎來Portside享用豐富的復活節大餐。

EASTER FUN ON ICE

冰上復活節

APRIL 7-10
(FRIDAY TO MONDAY)
3-6PM

Junior members who wear Easter-themed clothing during this period can enjoy a free skating session and search for Easter eggs around the rink. Guest fees will apply.

少年會員於活動期內穿著復活節服飾可免費享用一節溜冰及參加溜冰場尋蛋活動。來賓需收取費用。

Enquiries 查詢 : 2814 5374 (Ice Rink)



EASTER CARNIVAL AND EGG HUNT

復活節嘉年華及尋蛋熱

APRIL 2
(SUNDAY)
1-4PM

Join our Easter Carnival with lots of game booths, souvenirs and egg hunting.

快來參加復活節嘉年華，活動包括攤位遊戲、紀念品及尋找復活蛋。

Member 會員 \$200 | Guest 來賓 \$240

EGG HUNT SESSIONS

Venue 地點 : Children's Play Area 地下兒童天地

Ages 3 to 5

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

Ages 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

Enquiries 查詢: 2814 5360 (Adventure Zone)



MARINA
DELI

ITALIAN COLOMBA

意大利復活節蛋糕

NOW UNTIL EASTER

Take part in a precious Italian Easter tradition with a Colomba cake made with freshly candied orange peels and topped with almonds and icing sugar.

Colomba cake makes a perfect centrepiece for an Easter feast or packaged as a sweet gift!

Colomba是意大利傳統復活節蛋糕，選用蜜餞橙皮，再加上杏仁糖衣製成。Colomba蛋糕非常適合宴客及作為送禮佳品！



EASTER GOODIES

復活節禮品

NOW UNTIL EASTER

Marina Deli delivers the best Easter treats for the sweetest holiday celebration, with exclusive hampers, house-made chocolate eggs and Easter bunnies.

深灣店提供精美的復活節禮品及糖果供會員選購。當中包括禮品籃，自家製作的朱古力蛋和復活節實尼兔。

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

佳節食品限量供應。預訂或查詢請致電深灣店電話2814 5302，電郵至marinadeli@aberdeenmarinaclub.com或WhatsApp 6390 0716。



THAI MEETS VIETNAMESE

泰國越南菜式

MARCH 2 - APRIL 11

Vietnamese food culture is source of inspiration for cooking healthy dishes. The Thai-Vietnamese border area has its own culinary culture and Chef Pachuen has combined the fragrance of Thai ingredients with a selection of vegetables from the region.

越南的飲食文化以健康菜餚為主，泰越兩國邊界亦有其特色的飲食文化。主廚Pachuen將以泰國食材結合該地區的精選蔬菜製作菜式。

the
BALCONY

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 SPECIALITIES

潑水節美食

APRIL 13-30

Every April in Thailand, Cambodia, Myanmar, Laos and elsewhere in Asia, families 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 traditional occasion takes place from April 13 to 15, with the festivities lasting for a week in some places. In Thailand, the major event occurs on a Sunday, with the Buddhist community gathering for a day of prayer, feasting and all-out water fights to symbolise cleansing and renewal.

每年 4 月，泰國、柬埔寨、緬甸和老撾的家庭都會聚在一起，用最喜歡的食物和潔淨的水來慶祝新一年的到來，這個節日便是潑水節。這個神聖的節日定在每年的 4 月 13 日至 15 日，而某些地區會持續慶祝一周。在泰國，大型的慶祝活動都會在星期天舉辦，人們會在佛教社區聚集一天祈禱、享用盛宴和互相潑水，象徵著淨化和更新。

SONGKRAN SPECIAL DISHES

Thai Royal Appetiser Platter

皇家小食拼盤

Chicken dumpling, deep-fried prawn, crispy moneybag

Khao Chae

茉莉花香冷泡飯

Rice in cold jasmine scented water, condiment

Khao Man Gai (sharing style)

泰式海南雞飯(全隻)

Thai-style whole chicken rice, homemade sauce

Crab Meat Yellow Curry

特色蟹肉黃咖喱配檬粉

Fermented rice noodle, condiment

the
BALCONY

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

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SUNDAY ROAST

週日燒烤

EVERY SUNDAY LUNCHTIME

每逢週日午餐時段



A Sunday roast is the ultimate weekend comfort food. Come and try our unique Australian ribeye paired with our sommelier's choice of red wine, and our new handcrafted cocktails, to enhance your experience.

週日可以開懷輕鬆地享用一頓美味的燒烤。

快來品嚐 Marina Grill 為大家精心準備的上等澳洲和牛肋排，配以調酒師精選的手調雞尾酒。

MARINA
GRILL

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

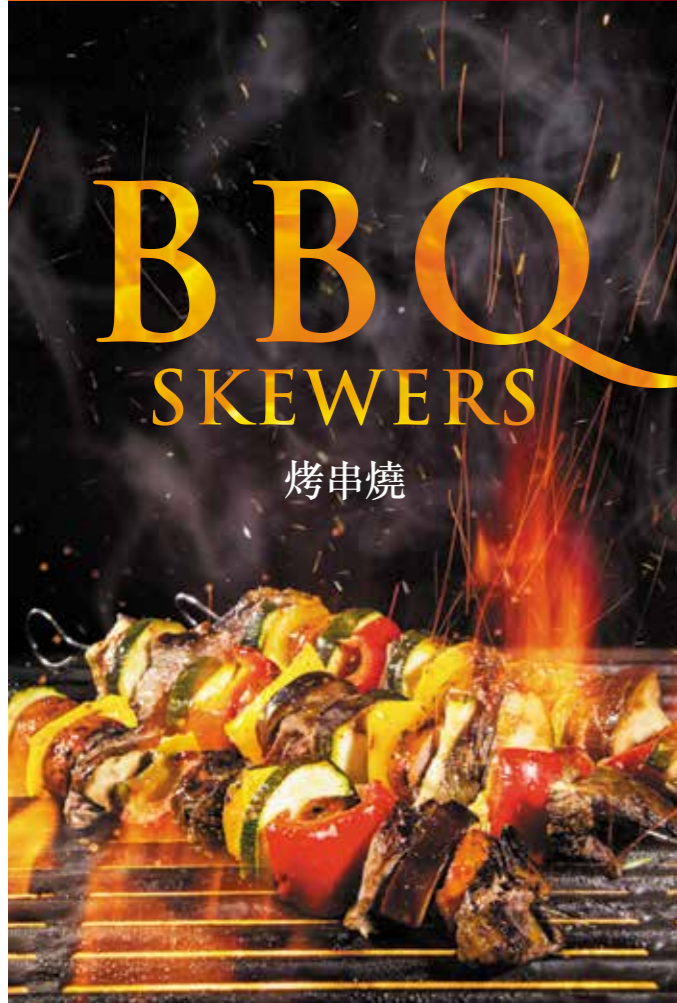
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PORTSIDE

BBQ SKEWERS

烤串燒



THROUGHOUT
MARCH & APRIL

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 FESTIVAL

AT PORTSIDE

潑水節自助餐

SUNDAY, APRIL 16

ADULT \$598 • KID \$298



Join us for Thai delicacies and
water-splashing games to celebrate Songkran.

前來與我們一起慶祝潑水節，享用各款
泰式美食及節日遊戲。



PORTSIDE

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



順德風味

TASTES OF SHUNDE

Until April 30

直至四月三十日



- 順德拆魚羹
Shunde sliced fish soup
- 木桶污糟雞
Steamed chicken, wolfberry,
fragrant landpick, red date
- 竹笙生根炆魚腐
Braised fish puff, gluten,
bamboo fungus
- 大良野雞卷
Deep-fried pork rolls
- 生炒涼瓜蝦餅
Sautéed shrimp patties, bitter cucumber
- 八寶釀鯪魚
Pan-fried stuffed canton carp
- 蜜味欖角煎焗生中蝦
Stir-fried fresh prawns,
black olive, honey
- XO 醬蝦乾腰果炒韭菜花
Sautéed-dried shrimps, cashew nuts,
chives flower, XO chili sauce
- 榄仁帶子炒鮮奶
Scrambled egg white, fresh milk,
scallops, olive seeds
- 菜脯肉鬆煎蛋角
Pan-fried eggs, minced pork,
preserved turnip
- 原籠蒜香蒸排骨陳村河粉
Steamed rice noodles, spare ribs, garlic
- 炸鴛鴦脆奶
Deep-fried crispy fresh milk,
papaya and honeydew flavour

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



BOSTON LOBSTER

波士頓龍蝦美饌

THROUGHOUT MARCH AND APRIL
三月及四月

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

SEAFOOD PLATTER

THROUGHOUT MARCH & APRIL

Taste the delicate flavours of the ocean with a chilled seafood platter at
Marina Grill featuring chef's selection of the finest seafood available worldwide.



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。

SAVOR THE BEAUTY OF

The southside living

細味南岸生活之美



LA MARINA
揚海



圖片於2021年3月2日在香港仔郊野公園上空拍攝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

沉醉深灣迷人景致⁵，悠享中央花園休閒⁶

南區貴尚芳鄰，名校林立⁷

傲南岸 仰山巒⁸
港島南耀目新貴

模擬效果圖

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：香葉道11號。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 以上圖片於2021年3月2日在香港仔郊野公園上空拍攝，並將電腦修飾處理（修飾內容為圖片整合和連接、顏色調整及外觀修飾），並加入光暈及特效以凸顯期數的大概位置。僅用作展示期數的大約位置及周邊環境，並不反映期數或其任何部分落成後的實際高度、外觀或景觀，僅供參考。此圖片內展示的環境、景觀、設施、建築物、設計、裝置、裝修物料、設備、裝飾物、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、其周邊地區環境及附近的公共設施有較佳了解。此圖片並不構成或應被視為賣方作出任何不構成或應視為之聲明、陳述、承諾或保證（不論是否含有關稅務）。
2 港島南岸為自1990年30年以來香港首個港鐵大型商住物業發展項目。
3 資料來源：香港鐵路有限公司https://www.mtr.com.hk/corporate/properties/prop_dev_index.html；參閱日期：2021年5月28日。
4 兩站直達港鐵金鐘站，四綫聯繫港九新界，一隧接通銅鑼灣。
5 沉醉深灣迷人景致。指該發展項目位於港島南區，鄰近海濱，擁有優美海景及開揚環境。
6 悠享中央花園休閒。指該發展項目內設有中央花園，提供綠化休憩空間。
7 南區貴尚芳鄰，名校林立。指該發展項目位於南區，鄰近名校，環境優美。
8 傲南岸 仰山巒。指該發展項目位於港島南區，鄰近山巒，環境優美。
本廣告/宣傳資料內載列的相片、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。
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、平台及天台等可能存在之冷氣機、暖管、管線、橋樑、吊橋、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美化處理或並無顯示。根據效果圖所示之設計、顏色、布局、用料、裝置、裝修物料、設備、植物、園藝、設施、家具、擺設、燈飾、物件等並不一定會在期數落成後或其附近出現。賣方保留權利不時修改期數的建築圖則及其他圖則。期數設計如有政府部門最後批准之圖則為準。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、其周邊地區環境及附近的公共設施有較佳了解。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。
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賣方保留權利不時修改期數或其任何部分之建築圖則及其他圖則、設計、裝置、裝修物料及設備等。裝置、裝修物料及設備之提供以買賣合約條款為準。期數設計以相關政府部門最後批准者為準。本廣告/宣傳資料僅供參考，並不構成或應被視為賣方作出任何不構成或應視為之聲明、陳述、承諾或保證（不論是否含有關稅務）。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、其周邊地區環境及附近的公共設施有較佳了解。
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賣方（如此聘用的人）的間接股東：

賣方（擁有人）：



嘉里建設
KERRY PROPERTIES

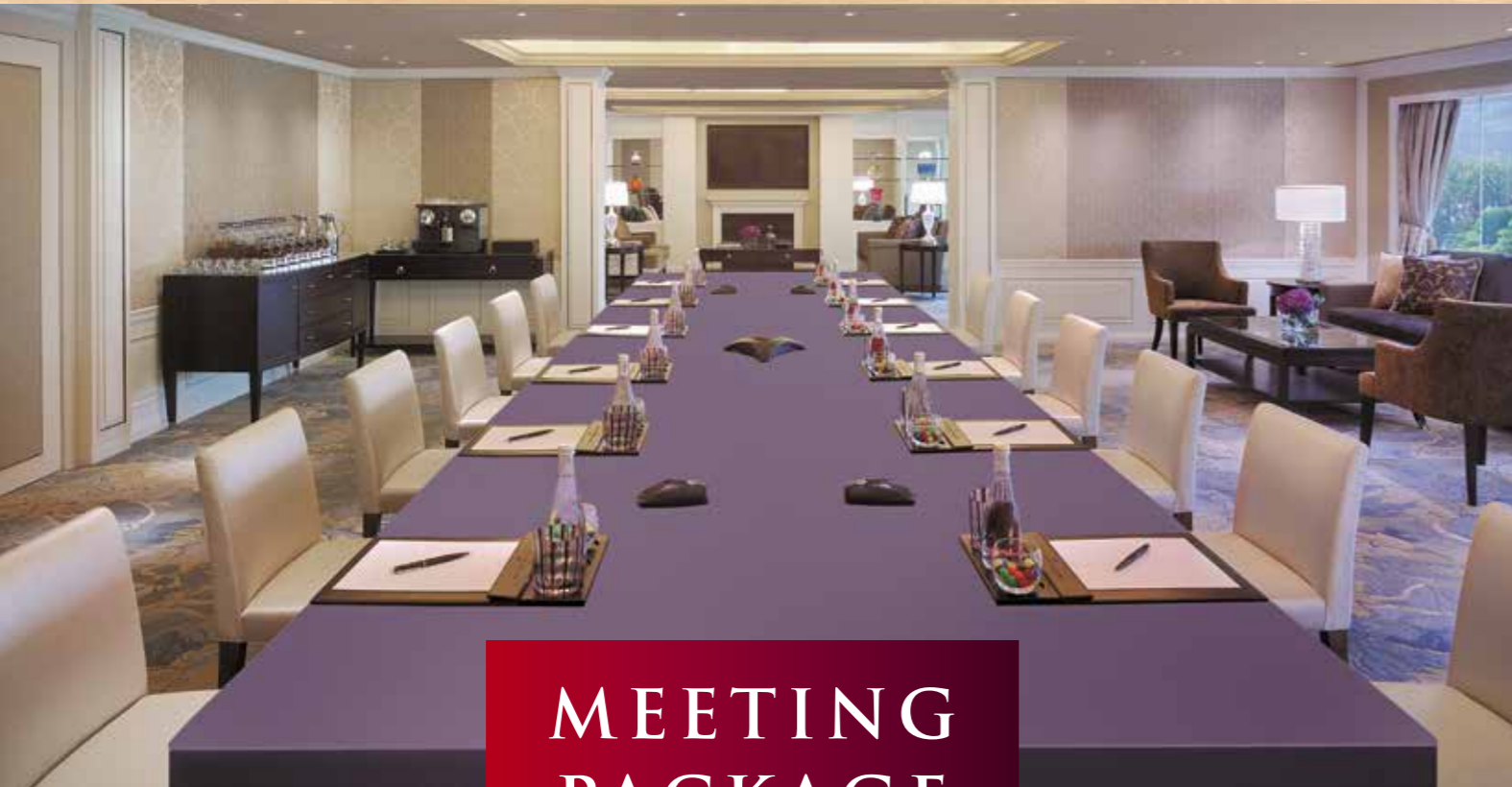


SINO LAND
信和置業



「港島南岸」第二期

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



MEETING PACKAGE



**PRICED AT \$870 PER PERSON
TO INCLUDE . . .**

**USE OF THE MEETING ROOM
FROM 9AM TO 5PM**

**CONTINENTAL BREAKFAST
SERVED UPON ARRIVAL**

**TWO COFFEE OR TEA BREAKS
WITH REFRESHMENTS**

**CHINESE DIM SUM LUNCH,
WESTERN SET LUNCH
OR THAI LUNCH**



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In this issue we take a grand cinematic tour of Sicily, Naples, Capri, the Aeolian Islands, Amalfi Coast and more, as we go...

ON LOCATION: SOUTHERN ITALY

看電影遊意大利南部

Scenic view in Noto, with the Santissimo Salvatore Church and the Palazzo Ducezio. Province of Siracusa, Sicily



L'Avventura 迷情 (1960)

Director: Michelangelo Antonioni
Starring: Monica Vitti, Gabriele Ferzetti

When one of several affluent friends yachting around the Aeolian Islands goes missing on the uninhabited Lisca Bianca, a search for her begins on nearby Sicily. The two main characters, played by Monica Vitti and Gabriele Ferzetti, travel along the island's north coast between Palermo and Messina, then down to beautiful Noto in the south and eventually back up to the chic, hilltop resort town of Taormina. By the time they arrive, the missing friend is all but forgotten. "L'Avventura gave me one of the most profound shocks I've ever had at the movies," wrote director Martin Scorsese in *The New York Times* in 2007. "Antonioni's film changed my perception of cinema, and the world around me, and made both seem limitless." Still an influential film, its famous scene featuring Monica Vitti wandering around Noto was recreated with Aubrey Plaza in the exact same spot last November in Episode 3, Series 2 of the award-winning HBO series, *The White Lotus* (above).

Where to find: DVD and Blu-ray.



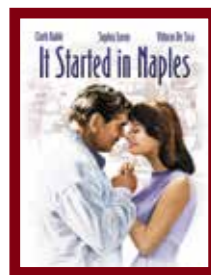
導演：安東尼奧尼

演員：莫妮卡維蒂、加布里艾爾

幾個富裕的朋友一同到伊奧利亞群島附近出海玩樂，其中一位在無人居住的Lisca Bianca失蹤，朋友之後在西西里島附近開始尋找她。由莫妮卡維蒂和加布里艾爾飾演的兩位主角，沿著巴勒莫和墨西拿之間的北海岸島嶼旅遊，然後走到南部美麗的諾托，最後回到別緻的山頂度假小鎮陶爾米納。當他們到達時，幾乎遺忘了失蹤的朋友。於2007年，導演馬田史高西斯在《紐約時報》影評：“《迷情》是其中一部令我格外深刻和震撼的電影。”安東尼奧尼的電影改變了我對電影和整個世界的看法，讓兩者都顯得無極限。“《迷情》仍然是一部具影響力的電影，去年11月在HBO系列的第2季第3集的《白蓮花大飯店》中，重現了莫妮卡維蒂在諾托的奧布里廣場周邊游蕩的一幕。

觀看影片：DVD或藍光影碟





It Started in Naples

香城春戀 (1960)

Director: Melville Shavelson
Starring: Clark Gable, Sophia Loren

Starting off, as might be expected, in Naples, this lighthearted film unfolds the inevitable romance between visiting Clark Gable and resident Sophia Loren against the spectacular backdrop of Capri. From Gable's arrival at the island's Marina Grande, to his lodgings beside the clock tower in Piazza Umberto I, all the way up to the Monte Solaro Chair Lift atop Anacapri, viewers enjoy spectacular views of what was already a popular tourist island. Some critics appreciated Sophia Loren even more than the scenery. "The Bay of Naples, the Blue Grotto, the port of Capri and numerous vistas on the Mediterranean," declared *The New York Times*, "are scarcely as stunning as she." (Loren, who turned 25 during filming, would soon star in the Italian *Two Women* for which she won the Best Actress Oscar in 1961; the first win in this category for a non-English language role.) Paramount re-released *It Started in Naples* on Blu-ray last November.

Where to find: DVD and Blu-ray.

導演：梅維西孚遜
演員：奇勒基寶、蘇菲亞羅蘭

這部輕鬆愉快的電影從拿坡里開始，在壯觀的卡布里島景色下，展開了奇勒基寶和蘇菲亞羅蘭之間的浪漫故事。從奇勒基寶抵達島上的Marina Grande，到他在翁貝託一世廣場鐘樓旁的居所，一直到阿納卡布里山頂的索拉羅山纜車，可以欣賞到島上熱門旅遊點的壯麗景色。一些評論家對蘇菲亞羅蘭的讚賞甚至超出片中的美景。《紐約時報》的評論“拿坡里、藍洞、卡布里港和地中海的景觀，幾乎沒有她那麼驚艷。”（羅蘭在拍攝期間滿25歲，當時她將主演意大利電影《戰地兩女性》，並在1961年憑著這部影片獲得奧斯卡最佳女主角獎，是首部外語片贏得這項殊榮。）派拉蒙去年11月重新發行了藍光版《香城春戀》。

觀看影片：DVD或藍光影碟



The Leopard

氣蓋山河 (1963)

Director: Luchino Visconti
Starring: Burt Lancaster, Alain Delon

Another Scorsese favourite ("I live with this movie every day of my life."), *The Leopard* takes place during the Unification of Italy – or Risorgimento – in the early 1860s. Leading Hollywood star Burt Lancaster was the producers' surprise choice (even for skeptical director, and eventual close friend Luchino Visconti) to play the Sicilian nobleman who realises his way of life, and most of its privileges, are coming to an end. From his grand palazzo in Palermo (the real-life Villa Boscogrande in the seaside resort of Mondello, just outside Palermo) he takes his family through the rolling Sicilian hills to his palatial country residence for a final season there. This was built for the film in façade form only (but is still sometimes vainly sought out by tourists) in the hilltop town of Ciminna, some 50 kilometres to the southeast of Palermo. Although a historical drama, any visit to Sicily will be enriched by having watched *The Leopard*, with its splendid scenery and colourful evocation of the island in all its now-faded grandeur.

Where to find: DVD and Blu-ray.



導演：維斯康堤
演員：畢蘭加士打、阿倫狄龍

《氣蓋山河》是另一部史高西斯的最愛（“我生命中的每一天都和這部電影一起生活。”），故事發生在1860年初期，意大利統一或復興運動期間。著名荷里活巨星畢蘭加士打是製片人的意外之選（最終成為他好友的導演維斯康堤亦對此有所懷疑）他在片中飾演一位西西里貴族，意識到自己的生活方式及因其身份而得來的優越待遇即將結束。他帶著家人從巴勒莫的宏偉宮殿（現實中的博斯科格蘭德別墅，位於巴勒莫郊外的蒙德羅海濱度假勝地），穿過連綿起伏的西西里山丘，來到富麗堂皇的鄉村住所，在那裡度過了最後一季。該住所位於巴勒莫東南約50公里的山頂小鎮Ciminna，是為電影而建的場景，但現時仍有遊客訪尋此地。雖然這是一部歷史劇，但在遊覽西西里前觀看《氣蓋山河》，可使人更能感受其壯麗的風景和島嶼以喚起昔日的富麗堂皇。

觀看影片：DVD或藍光影碟



The Life Ahead 前路有你 (2020)

Director: Edoardo Ponti
Starring: Sophia Loren, Ibrahima Gueye

Edoardo Ponti began directing his mother, Sophia Loren, in *The Life Ahead* just a few weeks before her 85th birthday and 60 years after she filmed *It Started in Naples*. Shot entirely on location on the Adriatic Coast, this remake of the 1977 French film *Madame Rosa* takes place in Bari, the capital of the Puglia region, which occupies the heel of Italy. Loren plays a Holocaust survivor grudgingly coerced by her doctor into taking care of the young African refugee who recently robbed her in the street. Bari is presented both in seedy backstreet reality and as a pleasant tourist town, with visitors seen wandering around Bari Vecchia (the Old Town), and there's a day trip down towards Ostuni for a picnic among the olive groves at one of the surrounding *masserie*, or historic fortified farms.

Where to find: Netflix (Maturity rating: 13+)



導演: 艾多度龐蒂
演員: 蘇菲亞羅蘭、伊布拉辛馬蓋伊

艾多度龐蒂為他的母親蘇菲亞羅蘭在拍攝《香城春戀》的60年後，就在她85歲生日的前幾週開始執導《前路有你》。這部電影在亞得里亞海沿岸取景，翻拍自1977年的法國電影《羅莎夫人》，故事發生在意大利南部普利亞大區的首都巴里。羅蘭飾演一名大屠殺中的倖存者，她的醫生要求她照顧在街上搶劫她的年輕非洲難民。電影既反映出現實中巴里的破爛後街，亦呈現出它是一個宜人的旅遊小鎮，遊客可以在巴里韋基亞（老城區）周圍閒逛，還可到奧斯圖尼一日遊，在馬賽里的橄欖樹林或歷史悠久的農場中野餐。

觀看影片: Netflix (適合年齡: 13+)



The Hand of God 上帝之手 (2021)

Director: Paolo Sorrentino
Starring: Filippo Scotti, Toni Servillo

Neapolitan director Paolo Sorrentino's autobiographical celebration of family life, culture, film and football in 1980s Naples takes us on a magical journey around his home city. Family and social excursions are also made to Capri, along the nearby Sorrento Peninsula, down to Cetara on the Amalfi Coast and eventually to the volcanic Aeolian Island of Stromboli (close to where we started out back in *L'Avventura*). On Capri, look out for the nighttime scene in the deserted Piazza Umberto I, or Piazzetta, where Clark Gable was residing in *It Started in Naples*, and which Capri.com claims nowadays to be "the most fashionable square in the world!" Strongly reminiscent of Federico Fellini in its rich cast of characters, *The Hand of God* (which humorously portrays a local casting-call for a Fellini film) won the Grand Jury Prize at the Venice Film Festival and was nominated for Best International Feature Film at the Academy Awards.

Where to find: Netflix (Maturity rating: 16+)



導演: 保路蘇雲天奴
演員: 菲力浦史考特、湯尼沙維路

這是拿坡里導演保路蘇雲天奴的自傳，描述80年代拿坡里的家庭生活、文化、電影和足球，帶領觀眾踏上他家鄉城市的神奇之旅。片中沿著卡布里島附近的索倫托半島到阿馬爾菲海岸的Cetara，最後到達伊奧利亞火山群島的斯通波利島（靠近最初介紹《迷情》的地方）拍攝。在卡布里島，不要錯過翁貝託一世廣場的夜景，那是《香城春戀》片中奇勒基寶的居所，而Capri.com稱其為“世界上最時尚的廣場！”讓人想起費德里科費里尼的豐富角色陣容，《上帝之手》（幽默地描繪了費里尼電影的選角）在威尼斯電影節上獲得了評審大獎，並在奧斯卡金像獎上獲得最佳國際影片獎提名。

觀看影片: Netflix (適合年齡: 16+)

Echezeaux

A Diverse Burgundy Grand Cru

勃艮第的特級莊園



Burgundy is the home of the mystery terroirs. Wine producers carefully make wines to reflect the distinctive characteristics of the land. Among all vineyards, 33 Grand Crus are crowned the best sites. The size of a Grand Cru can range from 1.57 hectares to 145 hectares, and there are increasing differences in aspect, elevation and soil type at larger vineyards. Today, we would like to share with you a Grand Cru that is full of diversity – Echezeaux.

Echezeaux was classified as Grand Cru in 1937 and only Pinot Noir is planted. It is approximately 37.7 hectares, lying across the village of Flagey-Echezeaux. This village is surrounded by three other famous winemaking villages: Vosne-Romanée in the south, Chambolle-Musigny in the north and Vougeot in the east.

At this special location, Echezeaux Grand Cru shows significant diversity. Generally, wines made from grapes grown closer to Vosne-Romanée show more refinement and balance, while wines made from

grapes grown closer to Chambolle-Musigny express more femininity and elegance. In order to specify and reveal these identities, Echezeaux Grand Cru is further divided into 11 lieux-dits.

1. Echezeaux du Dessus
2. Les Poulaillères
3. En Orveaux
4. Les Champs-Traversins
5. Les Rouges du Bas
6. Les Beaux Monts Bas
7. Les Loâchausses
8. Les Cruots or Vigne Blanches
9. Le Clos Saint-Denis
10. Les Treux
11. Les Quartiers de Nuits

Echezeaux du Dessus is located in the heart of Echezeaux Grand Cru and it is widely recognised as one of the best lieux-dits. Les Treux sits near by Grands-Echezeaux Grand Cru, which often overshadows Echezeaux Grand Cru. The major part of Les Beaux Monts bas is only classified as Vosne-Romanée 1er Cru, but only a small portion

at the bottom of the slope is classified as Grand Cru.

The ownership of Echezeaux Grand Cru is fragmented with over 80 producers sharing the whole vineyard. Some producers make wines from specific lieux-dits. For instance, Domaine Arnoux-Lachaux only uses grapes grown in Les Rouges, so “Echezeaux Les Rouges Grand Cru” is indicated on the bottle. However, most of the producers blend grapes from different lieux-dits so only “Echezeaux Grand Cru” is shown on the label.

Digging into the lieux-dits of Grand Crus is extremely interesting for wine lovers. In April, Domaine Jacques Cacheux, who owns 4 lieux-dits in Echezeaux Grand Cru, will be highlighted by La Cave. In the meantime, Echezeaux Grand Cru wines from other producers are now available at La Cave. Please drop by to find out more.

勃艮第是神秘風土的故鄉，釀酒師窮盡一生精湛的技藝去釀造出能夠反映這片土地鮮明特色的葡萄酒，其中33塊特級莊園被冠以為最好的葡萄園。然而，特級莊園的面積可以由最小1.57公頃到最大的145公頃，可想而知，葡萄園越大，其方位、海拔和土壤的差異亦隨之越大。今天，我們想與您分享其中一個最充滿多樣性的特級葡萄園——Echezeaux。

Echezeaux於1937年被評級為特級葡萄園並只種植黑皮諾。它約佔37.7公頃並橫跨Flagey-Echezeaux村，而這個村莊又被三個著名的村莊包圍，分別是南面的Vosne-Romanée，北面的Chambolle-Musigny和東面的Vougeot。

憑藉這特殊的地理位置，Echezeaux特級園展現出很大的差異性。一般來說，越接近Vosne-Romanée，釀造出的葡萄酒會表現出更多的精緻度和平衡，而越接近Chambolle-Musigny，葡萄酒整體上會更女性化和優雅。為了更明確具體地展示這些特性和風格，Echezeaux可以進一步分為11個區域：

1. Echezeaux du Dessus
2. Les Poulaillères
3. En Orveaux
4. Les Champs-Traversins
5. Les Rouges du Bas
6. Les Beaux Monts Bas
7. Les Loâchausses



8. Les Cruots or Vigne Blanches

9. Le Clos Saint-Denis

10. Les Treux

11. Les Quartiers de Nuits

Echezeaux du Dessus位於Echezeaux特級園的核心，也廣泛被認為是最高質素的區塊之一。Les Treux毗鄰Grands-Echezeaux特級園，而Grands-Echezeaux的葡萄酒一般被公認為比Echezeaux出產的葡萄酒更佳。Les Beaux Monts bas的絕大部分則僅被列為Vosne-Romanée 1er Cru，只有在斜坡底部的一小部分被列為特級莊園。

Echezeaux特級園的所有權是十分零碎的，整個葡萄園約由80家酒商共享。一些酒商會用單一區塊去生產單一的酒款，例如Domaine Arnoux-Lachaux只用Les Rouges區塊的葡萄去釀酒，所以他們會在酒標寫明“Echezeaux Les Rouges Grand Cru”。然而，大多數酒商會選擇混合來自不同區塊的葡萄去釀酒，因此酒標上只寫上“Echezeaux Grand Cru”。

對於葡萄酒愛好者來說，深入研究特級莊園的區塊是非常有趣的。在4月，La Cave團隊將推介Domaine Jacques Cacheux，他們的Echezeaux特級園葡萄酒由4個區塊的葡萄釀成。與此同時，來自不同釀酒師的Echezeaux特級園葡萄酒現已在La Cave上架，歡迎前來選購。

MARINA
GRILL

Neldner Road and
Powell & Son Wine Dinner
紅酒晚宴

Thursday, March 23 3月23日 (星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,480 per person 每位\$1,480
Guest Speaker: Stephen Raducki

POWELL & SON **NELDNER ROAD**
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Wine Selections

- 2021 Powell & Son, Riesling, Eden Valley

- 2021 Neldner Road, Marsanne, Barossa Valley

- 2018 Powell & Son, Grenache Shiraz Mataro, Barossa Valley

- 2019 Neldner Road, Shiraz, Barossa & Eden Valleys

- 2019 Neldner Road, Loichel Shiraz, Eden Valley

- 2016 Powell & Son, Steinert Flaxman's Valley Shiraz, Barossa (Magnum)

For enquiries, please call Marina Grill on 2814 5460 or email marina.grill@aberdeenmariaclub.com.
查詢請致電Marina Grill電話2814 5460或電郵至marina.grill@aberdeenmariaclub.com。

THE BACKROOM
AT LA CAVE



Jacques Cacheux
Wine Dinner
紅酒晚宴

Friday, April 14 4月14日 (星期五)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,780 per person 每位\$1,780
Guest Speaker: Pako Wong, Brand Ambassador



Wine Selections

- NV François Mikulski Crémant de Bourgogne

- 2019 Jacques Cacheux Bourgogne-Hautes Côtes de Nuits, Bec a Vent

- 2018 Jacques Cacheux Vosne-Romanée

- 2018 Jacques Cacheux Vosne-Romanée, Les Genavrières

- 2019 Jacques Cacheux Echezeaux Grand Cru

- 2016 Jacques Cacheux Echezeaux Grand Cru



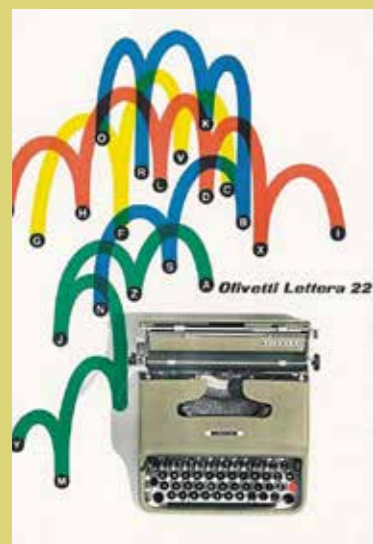
Bookings will open around one month prior to the event date.
For reservations, please see the Club's e-wire or call the Central Reservations Centre on 2814 1222.
預訂將於活動日期前約一個月開始，屆時請留意本會電子通訊或致電預訂服務中心電話2814 1222。

The Lettera

懷舊打字機



Olivetti Lettera 22



- by Peter Walbrook



Olivetti Lettera 22

Designed by the influential artist, architect and graphic designer Marcello Nizzoli, the Olivetti Lettera 22 was first put on the market in Italy in 1950. Unusually portable for a typewriter, it won a number of prestigious design awards for its modern aesthetics and lightweight, compact functionality and soon became very popular worldwide, especially with travelling writers and journalists.

Offered in several pastel shades, in 1954 it won the inaugural Compasso d'Oro, now the most prestigious Italian design award. Originally made only at the Olivetti factory in Ivrea, near Milan, production was expanded to locations as far afield as Glasgow, Buenos Aires, Barcelona and Johannesburg.

Many well-known writers have owned a Lettera 22, including Will Self, Gunter Grass, William S. Burroughs and Joan Didion. Alain Delon as Tom Ripley used his stylish friend Dickie Greenleaf's Lettera 22 to assume his identity in the 1960 film *Purple Noon*, as did Matt Damon in its 1999 remake, *The Talented Mr Ripley*.

During its 15 years in production the Lettera 22 was supported by a series of print advertisements created by Olivetti's Art Director, Giovanni Pintori.

Known for his minimalist use of shapes and colour, Pintori – who was a typist early in his career – stated, "I do not attempt to speak on behalf of the machines. Instead, I have tried to make them speak for themselves, through the graphic presentation of their elements, their operations and their use."

An Olivetti Lettera 22 can still be found on display in St Marks' Square in Venice, along with many other classic Olivetti machines, at the elegant Negozio Olivetti.

Olivetti Lettera 22由頗具影響力的藝術家、建築師和平面設計師Marcello Nizzoli設計，於1950年首次在意大利開售。就打字機而言易於攜帶，以其現代美學、輕便性和功能兼備贏得了許多著名的設計獎項，並很快在全球廣受歡迎，尤其是旅行作家和記者。

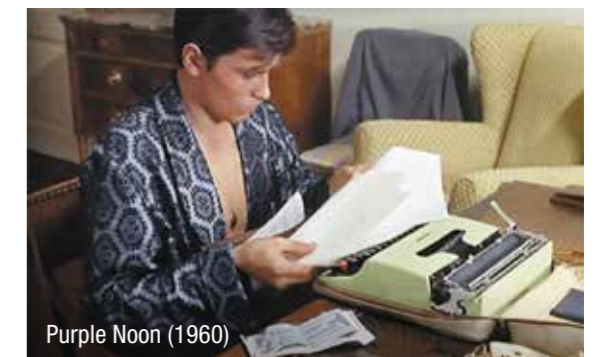
產品提供多種柔和色調，於1954年贏得了首屆金羅盤獎，現在是意大利最享負盛名的設計獎。最初僅在米蘭伊夫雷亞的Olivetti工廠生產，後來生產擴展至格拉斯哥、布宜諾斯艾利斯、巴塞隆拿和約翰內斯堡等。

許多著名作家都擁有Lettera 22，包括Will Self、Gunter Grass、William S. Burroughs和Joan Didion。在1960年的電影《怒海沉屍》中，阿倫狄龍飾演Tom Ripley，使用他時尚的朋友Dickie Greenleaf的Lettera 22，如麥迪文在1999年翻拍的電影《心計》中那樣。

在15年的生產過程中，Lettera 22一系列的平面廣告都由Olivetti藝術總監Giovanni Pintori所創作。

以極簡潔的形狀和顏色而聞名，初期為打字員的Pintori說：「我不想代表它說話。相反，我嘗試通過它的元素、操作和圖表來展示，讓它們自己說話。」

Olivetti Lettera 22以及許多其他經典的Olivetti打字機仍然陳列在位於威尼斯聖馬克廣場的Negozio Olivetti展示中心。



Purple Noon (1960)



The Talented Mr Ripley (1999)

Springtime at the Beauty Salon

First-time Treatment Offer

首次療程優惠

Wrapping up the end of winter, Cutting Edge has some exciting offers for our first-timers to enjoy when visiting our beauty and nail salon.

We are delighted to offer a 30% discount to our new users to experience our facial, body or nail treatment.

Cutting Edge offers a wide range of beauty treatments. Whether you would like a deep cleansing facial for a new spring look or a lifting facial, our professional therapists can give you a consultation to help find the perfect matching treatment.

Our 8/F Nail Bar offers different types and styles of nail service and treatments.

Promotions available from Monday to Thursday, except public holidays. Massage services not included.

美髮美容中心為首次享用療程的會員提供30%折扣優惠體驗本會的面部、身體或美甲護理。

本中心提供多款美容療程，包括深層清潔面部護理及面部提升護理等，讓您在春季有煥然一新的感覺。我們的美容師會為您提供專業的諮詢，並推介最合適的療程。

8樓的美甲吧亦會提供不同的美甲療程及服務。

以上優惠只適用於星期一至四，公眾假期除外，並不包括按摩服務。



Facial for Spring-ready Skin

春日面部護理

30 minutes \$1,595

Now is the perfect time to get rid of that winter skin with a rejuvenating facial.

The Ultraspa helps to deep cleanse and minimise your pores for better skincare product penetration. Recommended as an add-on with any facial treatment for optimal results.

30分鐘療程 \$1,595

為春天肌膚作好準備 — UltraSPA有效深層清潔及收細毛孔，增強護膚品滲透力，建議配合其他療程以達至最佳效果。



Main Functions

Deep cleansing,
exfoliating,
moisturising and rejuvenating

功能

深層清潔，去角質，
保濕及活化肌膚



CUTTING
Edge

We are open daily from 9am to 7pm.

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

美髮及美容中心營業時間為每天上午9時至晚上7時。

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

Instant Hair-Thickening Products for Men

Genesis Homme is designed to address the appearance of thinner-looking hair for men. Formulated with creatine and ginger root extract, this new collection of men's haircare products provides 85% more strength and instantly thicker hair.

Genesis Homme 男士防掉髮豐盈雙重護理系列專為頭髮稀薄的男士而設，蘊含肌酸和生薑萃取物，能即時締造豐盈效果及使髮絲強韌85%。



Long considered inevitable for many, today hair loss is something that can be slowed down and prevented.

Kérastase has developed a new product line called Genesis Homme, a complete luxury hair system for a new generation of men. Its dual approach utilises Kérastase science to tackle hair loss with advanced active ingredients, giving instant volumising results and long-term growth benefits.

The Genesis Homme collection is infused with follicle-boosting ingredients like stimulating creatine, ginger root and aminexil (a powerful alternative to minoxidil) to fortify the hair root and help stop hair loss.

KÉRASTASE
PARIS



許多人認為脫髮是無可避免的，但如今我們可以緩減甚至預防脫髮。

Kérastase研發了Genesis Homme男士防掉髮豐盈雙重護理系列，這是一款為新一代男士打造的全效防脫豐盈強韌系統。Kérastase利用其科學化的雙重護理方法，透過高端的活性配方解決脫髮問題，帶來即時的豐盈效果和持久再生效能。

Genesis Homme系列注入了促進毛囊生長的成分，如肌酸、生薑根和亞美尼斯（米諾地爾的強效替代品），可強化髮根並有助防止脫髮。

CUTTING
Edge

We are open daily from 9am to 7pm.

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

美髮及美容中心營業時間為每天上午9時至晚上7時。

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Hong Kong History

Neighbourhood
Watch 香港歷史

St Joseph's College

In this issue, we'll take a look at Kennedy Road, which most of us probably drive or walk along often, while perhaps being unfamiliar with some of its interesting historical buildings.

We can start at either end, with Wan Chai MTR closest to the east end of the road and Admiralty at the western end. For this walk, let's start at the western end and once we have left Admiralty MTR, through Pacific Place, we can walk through Hong Kong Park.

Kennedy Road was named after the seventh Governor – Arthur Kennedy. He was a 'hands-off' Governor, but we can thank him for creating the Hong Kong Dollar as well as developing Kennedy Town itself. While he is said to have adopted the style of doing as little as possible but being nice to everyone, Hong Kong still prospered during his time in charge, from 1872 to 1877.

Let's start at number 1 Kennedy Road – Zetland Hall. Home of the Masonic Lodge since 1948, the original building from 1865 was for more impressive before



Ngan Shing-kwan Mansion

being destroyed in World War II. On both sides, we then see St Joseph's College buildings, one dating from 1965, while the more impressive one at number 26 dates from 1935.

At number 28, a little way back from the road, we see the Office of the Former Chief Executives. Little is known about the construction of the building, but we know it was primarily used for educational purposes up to 1953, before it was commandeered by the government and used as the meeting place for the Joint Liaison Group in the run up the Handover.

If we continue with Hong Kong Park to our left, we will soon come to a major bend in the road and should see a pink Mother's Choice sign next to a set of steps. Heading up these steps, we come to both the Roberts and Montgomery Blocks – part of Victoria Barracks. You can't get too close but both date from the early 1900s, so it's worth peering through the fences.

The steps lead down further along Kennedy Road where we continue towards Wan Chai.

We soon pass St. Francis Canossian College, and while the institution itself was founded in 1869, its current building is a far more modern, 21st Century affair. A little further along, however, is one of the most 'preserved' residential buildings in Hong Kong, wherein it is said that the contents are still as they were when the last occupants left a long time ago. The original owner of the property was a Mr Ho Sau Hong, who purchased the lot in 1905. It was then sold to Mr Ngan Shing-kwan in

1924, who operated a rickshaw service before founding the China Motor Bus Company (CMB) and bringing the first double-decker buses to Hong Kong. It is said that those blue garage doors we can see at street level are the same colour as the old CMB buses. It's hard to get too close to the building itself, but you can also see it from Bowen Road on your next walk.

As we approach Wan Chai, our final sites of interest are some buildings we have seen before. On the left we will pass Stone Nullah Garden with the old Pak Tai Temple and its antique street sign. Then on the right we will see the various Air Raid Precaution shelter doors, all bricked-up and locked-up now, but there are many to see as Kennedy Road merges with Queen's Road East and then along and up Stubbs Road.

Throughout our walk we've never been too far from transport connections, but from here we can head home via Wan Chai or stop for lunch while there. For more information on this walk or other Hong Kong history walks, please contact Director of Sports & Recreation, Giles Leonard.

今期會介紹堅尼地道，我們可能經常開車或路過，但對當中一些有趣的歷史建築可能並不熟悉。

我們可以從道路任何一端開始，灣仔港鐵站最接近道路的東端，而金鐘就在西端。這次讓我們先從西端開始探索。離開金鐘港鐵站，我們先途經太古廣場，並穿過香港公園。

堅尼地道以第七任港督堅尼地名。他是一位實行「不干預」理念的港督，但我們亦感謝他創立了港幣以及發展了堅尼地城。雖然他採用了少影響又親和政策，但在他1872年至1877年的執政期間，香港依然繁榮。

我們從堅尼地道1號 – 雍仁會館開始。自1948年以來一直是共濟會會所的所在地，始建於1865年的原有建築令人印象深刻，可惜在第二次世界大戰中被摧毀。然後，我們在路旁兩側看到聖約瑟書院的建築，一座建於1965年，而更令人印象深刻在26號的建築則建於1935年。

從28號往後走一點，會看到前特首辦公室。大家對該建築的背景知道甚少，它在1953年之前主要用作教育用途，之後被政府徵用，並在移交前用作聯合聯絡小組的會議場所。

如果我們繼續以香港公園在左側前行，會來到一處大拐彎，應該會在一段石級旁邊看到一個粉紅色母親的抉擇路牌。沿著石級而上，便來到了羅拔時樓和蒙哥馬利樓——域多利軍營的一部分。雖然我們不容許靠得太近，但兩座建於1900年代初期的建築，確實值得隔著圍欄窺探。



St. Francis Canossian College

沿石級往下回到堅尼地道，繼續往灣仔方向走。我們很快就會經過嘉諾撒聖方濟各書院，雖然該校本身成立於1869年，但現有的建築是一座更加現代化的21世紀建築。再往前走是顏成坤大宅，是香港保存最完好的住宅建築之一，據說裡面的擺設依然保存着很久以前最後一位住客離開時的模樣。該物業的原業主是何修康先生，他於1905年買下該地。隨後於1924年將其賣給經營人力車服務的顏成坤先生，之後他成立了中華汽車有限公司(CMB)並為香港引入了首輛雙層巴士。我們從路邊看到那些藍色車房門正正與舊式中巴士的顏色相同。現時很難靠近建築物本身，建議您在下次遠足時從寶雲道看過去。

當我們接近灣仔時，會看到一些以前介紹過的建築物。在左邊，將經過石水渠花園，那裡有古老的北帝廟及其古色古香的路牌。在右邊，會看到各種防空洞的門，現在已被磚塊封起來並上鎖。但是在堅尼地道與皇后大道東接壤處，沿司徒拔道向上時，還有很多值得一看的地方。

在我們的遠足範圍內交通非常方便，從這裡我們可以經灣仔回家，又或可留下來享受午餐。想知道更多有關這次遠足或其他香港歷史遠足的資訊，請聯絡本會的康體部總監李基爾。



Zetland Hall



The Office of the Former Chief Executives



Montgomery Blocks

Hidden in Plain Sight The Hip Thrust Machine

– Technogym
臀部上舉儀器

The top floor of the Fitness Centre features a variety of functional training equipment offering a different way of exercising than traditional strength and cardio training. Coming soon, our new Hip Thrust Machine from Technogym provides a safer and more structured system for performing the barbell hip thrust.

The main benefit of doing hip thrusts is to improve your glute (buttock) strength, which will in turn lead to improved lower-body strength and power. As you may know, squats, lunges and deadlifts also target similar muscle groups, however the hip thrust allows you to isolate and work the glutes in a very controlled range of motion through full hip extension, which makes it one of the best exercises you can do for glute strength.

Hip thrusts are also a great way to prevent injuries both in and outside of the gym. That's because your glutes are actually composed of three large muscles – gluteus maximus, gluteus medius, and gluteus minimus – which each help to stabilise the lower back and pelvic region. If any of these three muscles are neglected or under-trained, it can put you at a higher risk of knee, hip and lower-back injuries due to a lack of lower-body stabilisation.

Another lesser-known benefit of hip thrusts is their ability to improve overall athletic performance, including running, jumping and sprinting. That's because strong glutes help you accelerate, decelerate, change direction and create explosive power when jumping. Those of

us who play any sport can benefit from regular hip thrusts, while those who do not can also benefit as the glute is important for so many everyday activities such as climbing stairs and picking things up from the floor correctly.

For more information, please ask our Fitness Centre team Nelson and Keith, or for extra motivation, sign up with one of our Personal Trainers.

健身中心的頂層設有各種功能性訓練設備，提供不同力量和帶氧訓練的儀器。Technogym的全新臀部上舉儀器能更有效訓練臀部線條。

臀推練習主要能提高臀肌力量，從而提升下半身的力量和爆發力。深蹲、弓箭步和硬拉也針對類似的肌肉群，透過臀部上舉儀器可以在可控的運動範圍內鍛鍊整個臀部，是鍛鍊臀部力量的最佳方法之一。

使用臀部上舉儀器鍛鍊也可以防止受傷。臀部實際上由三塊大肌肉組成 — 臀大肌、臀中肌和臀小肌 — 有助於穩定下背和盆骨。如這三塊肌肉中的任何一塊被忽視或訓練不足，下半身將缺乏穩定性，使膝蓋、臀部和下背受傷的風險更高。

另一個鮮為人知的好處是能夠提高整體運動表現，包括跑步、跳躍和短跑。那是因為增強了臀肌，幫助您在跳躍時加速、減速、改變方向並發揮爆發力。運動愛好者可以透過定期鍛鍊臀部肌力提升表現，其他人士也可從而得益，因為臀部對於許多日常活動都很重要，例如上落樓梯和正確地從地板上撿起物件。

查詢有關詳情，請聯絡健身中心團隊Nelson及Keith，或您的健身教練。

Back Stabilisation Exercises

Standing Cable Row

站式滑輪划船

Preparation

1. Stand facing a cable machine, with feet staggered and pointing straight ahead, and knees over second to third toes.
2. Hold cables with arms extended at chest level.

Movement

1. With knees slightly flexed, row cables by flexing elbows, retracting and depressing the shoulder blades.
2. Bring thumbs toward the armpits, keeping the shoulder blades retracted and depressed.
3. Keep navel drawn in, do not allow the head to just forward or shoulders to elevate.
4. Hold.
5. Slowly return arms to original position, by extending the elbows.
6. Regression – Seated.
7. Progressions
 - Two legs, alternating arm
 - Two legs, one arm
 - Single leg, two arms
 - Single leg, alternating arm
 - Single leg, one arm

Technique

When performing rows, initiate the movement by retracting and depressing the shoulder blades separately. Do not allow the shoulders to elevate.

By Master Personal Trainer
ANDY



準備

1. 站立面向儀器前，雙腳交錯指向前方，膝部放在第二至第三的腳趾上方。
2. 雙臂伸直握住儀器並保持在胸部水平。

動作

1. 膝部稍微彎曲，並彎曲肘部、收緊肩胛骨來划船。
2. 把雙臂拉近身體，保持收緊和壓下肩胛骨。
3. 保持收腹，不要抬高頭或肩膀。
4. 保持這個姿勢。
5. 伸延肘部慢慢地回復原位。
6. 坐下。

其他姿勢

- 雙腳，交替手臂
- 雙腳，單手
- 單腳，雙臂
- 單腳，交替手臂
- 單腳，單臂

技巧

鍛鍊時收緊和壓下肩胛骨來開始運動，不要讓肩膀抬高。



For enquiries, please contact the
Fitness Centre on 2814 5337
or email fitness@aberdeenmarinaclub.com.

查詢請致電健身中心電話2814 5337
或電郵至fitness@aberdeenmarinaclub.com。

Challenge 2023

Something Different!

2023健身挑戰活動

After the past three years of disruption, we will lay down a slightly different challenge for our regular Fitness Centre users this year.

Instead of a year-long challenge, we set monthly challenges on different equipment. Remember, everyone is different – some people will find certain equipment easy while others find them hard, and vice versa. This is a chance to try new equipment and you never know, you may want to add it to your regular routine.

經過三年停辦後，今年的挑戰與過往略有不同。挑戰每月在不同設備上達到所需要求，而不是長達一年的挑戰目標。請按自己的程度選擇完成任何或所有挑戰。每人都可以不同，有些人喜歡選擇較容易的，而有些人會喜歡挑戰更難的。這是一個嘗試新設備的機會，或許您會想把它添加至日常鍛鍊中。

Completion Levels 完成級別

- 12 Challenges completed 十二項 – Super Star 超級星
- 8 Challenges completed 八項 – Gold Star 金星
- 6 Challenges completed 六項 – Silver Star 銀星
- 4 Challenges completed 四項 – Bronze Star 銅星

Even though the first two months are already on the books, you can still join in and even achieve Gold Star level!

For more information, please ask our Fitness Centre team – Nelson and Keith, or for extra motivation, sign up with one of our Personal Trainers.

雖然活動已開始了兩個月，您仍然可以參加，並挑戰金星級。

查詢有關詳情，請聯絡健身中心團隊 Nelson及Keith，或您的健身教練。



Family Hiking Club

家庭登山樂

With warmer weather approaching, we will take on some more straightforward walking tours.

Hong Kong Cemetery Tour

– Saturday, March 25

Black's Link from Wan Chai Gap to Wong Nei Chung Gap

– Saturday, April 22

These walks are pretty easy-going and suitable for families and children aged eight years and above. Please bring your own water bottle, hat, sun lotion and comfortable walking shoes. The Cemetery Tour will start at the Cemetery itself at 9.30am, while the Black's Link walk will leave from the Club lobby at 9.30am and we should return around midday, just in time for lunch!

For more information on these family walks, please contact our Director of Sports & Recreation, Giles Leonard.

Reservations required.
Please call 2814 1222.



Black's Link

隨着天氣回暖，我們將選擇一些簡單路線。

香港陵墓園之旅

– 3月25日 (星期六)

布力徑由灣仔峽往黃泥涌峽

– 4月22日 (星期六)

路線相當輕鬆，適合8歲或以上的兒童參加。請自備水、帽、防曬用品和穿著舒適的鞋履。陵墓路線將於上午9時30分從陵墓開始。而布力徑路線將於上午9時30分從會所大堂出發，大約中午時分返回會所，正好趕上享用午餐！

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。報名請致電2814 1222。



Hong Kong Cemetery

Group Fitness Programme for Adults

成人團體班



Circuit Training

by Raul

循環訓練課程

Every Monday and Friday, 8.45-10.15am

Circuit training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all set exercises in the program. When one circuit is completed, one begins the first exercise again for the next circuit. Traditionally, the time between exercises in circuit training is short and often with rapid movement to the next exercise.

逢星期一至五，上午8時45分至10時15分

循環訓練包括耐力訓練、阻力訓練、高強度帶氧健身操和循環練習，類似於高強度間歇訓練。循環訓練能增強肌肉力量和耐力。完成所有訓練項目為之一個循環，當參加者完成一個循環後，就會重新開始下一個循環。一般來說，循環訓練中每項練習都很短促，並需迅速從一個項目移動至下一項。



Core Training and Stretch

by Mike

伸展及核心鍛鍊課程

Every Tuesday, 9.30-10.30am

Any exercise that involves the use of your stomach muscles and back muscles in a coordinated way counts as a core exercise. For example, using free weights while keeping your core stable trains and strengthens many of your muscles, including your core muscles. Classic core exercises stabilize and strengthen your core.

Performing stretching exercises that target the core muscles may increase flexibility and enhance muscular function. Keeping them limber also helps prevent lower back and neck pain.

逢星期二，上午9時30分至10時30分

鍛鍊腹部和背部的肌肉來達到核心訓練。例如，運用自己的重量來保持核心穩定，這可鍛鍊並增強肌肉，包括核心肌肉。核心鍛鍊可以加強核心穩定性和力量。

進行針對核心肌肉的伸展運動可以增加柔韌性，並增強肌肉功能。保持肌肉柔軟也有助防止下背和頸部疼痛。



Functional Workout

by Mike

功能鍛鍊課程

Every Thursday, 9.15-10.15am

Functional workout training is a type of strength training that readies your body for daily activities. These exercises equip you for the most important type of physical fitness, the kind that preps you for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling. Most functional fitness contains multi-joint movement patterns that involve your knees, hips, spine, elbows, wrists, and shoulders, which all build strength and improve your range of motion. It all comes down to being practical, but don't mistake that for boring.

逢星期四，上午9時15分至10時15分

功能鍛鍊是一種力量訓練，讓身體為日常活動做好準備。練習可增強身體健康，提升日常生活中的動力，例如彎曲、扭轉、舉重、負重、推、拉、下蹲和拖拉。功能性鍛鍊包括鍛鍊關節運動，如膝蓋、臀部、脊柱、肘部、手腕和肩膀，可以增加力量並改善你的活動範圍。不要以為這是乏味的練習，這些鍛鍊都是非常實用的。

Tai Chi

by Donald

太極班

Every Monday, 10.30am-midday & every Wednesday, 9-10.15am

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.

逢星期一，上午10時30分至中午

逢星期三，上午9時至10時15分

太極拳的動作緩慢、優美、有節奏，輕柔地強化肌肉，改善姿勢和血液循環，並可以放鬆身心。

Latino Moves

by Sandra

拉丁舞班

Every Saturday, 11am-midday

Latino Moves features Latin Rhythms and different styles of Latin dance from scratch, so anyone can join the class, with a combination of bachata, reggaeton, salsa, champeta, merengue, cha cha cha, etc.

逢星期六，上午11時至中午

課程適合任何人士參加，將學習拉丁節奏和不同風格的拉丁舞，如巴恰塔舞、雷擊頓舞、莎莎舞、尚佩塔舞、梅倫格舞、查查舞等。



Zumba

by Sandra

森巴舞班

Every Friday, 9.30-10.30am

Zumba is an interval-style dance fitness party that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm with Latin-inspired dance moves. The best part of it all is that it doesn't even feel like exercise! Dance fitness classes aren't just great for cardiovascular health, you'll also tone your muscles and improve balance and flexibility.

逢星期五，上午9時30分至10時30分

森巴舞是一種結合低強度和高強度動作的間歇式健身舞。隨著節奏移動能燃燒大量卡路里。舞蹈健身課程不僅對心血管健康有益，還可以鍛鍊肌肉以改善平衡和靈活性。



Water Aerobics

by Corwin

水上健身舞

Every Monday & Friday, 10.15-11.15am

Water Aerobics allows you to exercise most muscles and joints in the body at the same time. It also strengthens the heart and lungs, increases flexibility and muscle endurance. No matter your age, almost everybody can perform water aerobics and even non-swimmers can take advantage of water aerobics exercises.

逢星期一至五，上午10時15分至11時15分

水上健身舞可讓你同時鍛鍊身體的大部分肌肉和關節，還可以增強心肺功能，肌肉柔韌性和耐力。此舞蹈適合任何年齡的人士參加，甚至不會游泳的人士也可以進行水中帶氧運動。

Classes are complimentary. Advance reservations required and some with minimum number of participants and 24 hours advance notice required for cancellation. Drop-in on a first-come, first-served basis.

Programmes may be subject to change without notice. Please check with us for more details.

課程費用全免，請盡早報名，名額有限先到先得。取消需要提前24小時通知。

課程如有更改，恕不另行通知。查詢更多詳情，請與我們聯絡。

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

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

Pilates for Teens

青少年普拉提斯



Thursday, April 20, 27 & May 11, 18
From 4-5pm
3/F Studio
Instructor: Ruth Larkin
Member \$325 Guest \$405 (per session)

Teenagers are spending more time than ever studying online, using social media and playing video games these days. Without the correct posture, this can create stress and tension on the body.

Through Pilates, teenagers can gain better body awareness, and improve posture and spinal alignment. Pilates can also help to increase strength and flexibility and improve athletic performance.

Enquiries: 2814 1222
(Central Reservations Centre)

4月20日、27日及5月11日、18日(星期四)
下午4時至5時
3樓活動室
教練: Roth Larkin
會員 \$325 來賓 \$405 (每節)

青少年網上學習的時間比以往多，如果沒有正確的坐姿，會對身體做成壓力和繃緊。

透過普拉提斯，青少年可以認識和改善姿勢。普拉提斯還可以幫助增強力量和柔韌性，更可提升運動表現。

查詢: 2814 1222 (Central Reservations Centre)

Easter Break Schedule

復活節假期上課安排

Please check our Easter break schedule and the re-start dates 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.

Children's Classes – One calendar month advance written notice is required.

Adult Classes – 14 days' advance written notice is required.

有關復活節期間的暫停上課安排和各常規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，請緊記預早向預訂中心提交「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。

Enquiries 查詢:
2814 1222 (Central Reservations Centre)

Fun Challenges for Children

兒童遊戲挑戰賽

Adventure Zone Laser Tag Challenge

鐳射槍賽

Calling all LASER-taggers – mark your diary!

From 6.30-7.30pm	晚上6時30分至7時30分
• Friday, March 17	• 3月17日(星期五)
• Friday, April 21	• 4月21日(星期五)
• Friday, May 19	• 5月19日(星期五)



Adventure Zone Dodgeball Tag Challenge

躲避球挑戰賽

Kids don't play by the rules, and that's the fuel that lights their imaginations on fire! It's like the old school Grip Ball, but with softer balls and the addition of an awesome body vest.

From 6.30-7.30pm	晚上6時30分至7時30分
• Friday, March 10	• 3月10日(星期五)
• Friday, April 28	• 4月28日(星期五)
• Friday, May 12	• 5月12日(星期五)



Bazooka Ball Challenge

Bazooka Ball 挑戰賽

It is like Laser Tag, but even better! It is like Paintball, but less messy!

From 7-7.30pm	晚上7時至7時30分
• Friday, March 3	• 3月3日(星期五)
• Friday, April 14	• 4月14日(星期五)
• Friday, May 5	• 5月5日(星期五)



Enquiries 查詢: 2814 5360 (Adventure Zone)

Ozzie Cozzie 泳裝 Swimwear 快閃 Roadshow

Saturday & Sunday, April 15 & 16
10am to 6pm

Come and see the latest swimwear collections for adults and kids at the 5/F Health Club.

4月15日及16日(星期六及星期日)
上午10時至下午6時

歡迎來臨5/F健康中心選購最新的成人和兒童泳裝系列。

Enquiries: 2814 5417 (5/F Pro-shop)
查詢: 2814 5417 (5/F Pro-shop)



2023 Earth Hour 地球一小時2023

The Club will once again take part in Earth Hour on Saturday, March 25, by switching off all non-essential lighting from 8.30pm.

More than a lights-off event, Earth Hour reminds us that a simple action can make a difference. The world's largest grassroots movement, the campaign has gained growing support around the world since its launch in 2007. More than 190 countries and territories were involved last year, raising awareness about protecting our planet and future generations from climate change.

本會將於3月25日(星期六)再次參與一年一度的地球一小時活動，從晚上8時30分起關閉所有非必要的燈一小時。

“地球一小時”不僅是一次的熄燈活動，並提醒我們一個簡單的動作可為環境帶來不同。作為世界上最大的運動，自2007年發起以來，在世界各地獲得了越來越多地區的支持。去年，超過190個國家和地區參與，提高了大家對氣候危機的意識。



JUNIOR CLUB STARS

SWIMMER • AGE 10 NATALIE LE

Natalie has been working hard and staying attentive during her sessions. Her breaststroke time is good and she glides well in the water. She has also improved tremendously with her freestyle. Keep it up, Natalie!

Natalie在訓練中表現勤奮和專注。她的蛙泳成績理想，下潛也有顯著的提升。自由式的技巧也有進步。Natalie繼續努力！



TENNIS PLAYER • AGE 10 SAMARA THAKUR

Samara has been improving her groundstroke and her favourite shot is the forehand. She enjoys playing doubles and is now participating in tournaments. Well done, Samara!

Samara提升了她的擊球能力，她最喜歡的擊球是正手擊球。她喜歡打雙打，並正在參加比賽。做得好，Samara！



TENNIS PLAYER • AGE 9 ALEXIS CHEW

Alexis loves to play tennis and her favourite shot is the forehand. She has lately improved her groundstroke and is now participating in tournaments. Keep it up, Alexis!

Alexis喜歡打網球，她最喜歡的擊球是正手擊球。她的擊球技術最近提升了許多，並正在參加比賽。繼續努力，Alexis！



Personal Belongings 保管個人物品

Members are reminded not to leave their personal belongings unattended on Club premises. Any articles of value found on Club premises will be held at the Security Office for a maximum of three months. Management will deal with any unclaimed items at its discretion.

請各位會員注意，切勿於會所範圍隨意放置私人物品。於本會範圍內檢獲的任何貴重物品將存放於保安室，如在三個月內無人認領，將由會所管理層酌情處理。

Child Supervision 兒童監管

Children should be supervised by an adult Member or family assistant at all times. No running, screaming or rough playing is permitted.

小童在會所時應時刻由成人會員或家務助理監管及陪同。嚴禁奔跑、叫喊及胡亂嬉戲。多謝合作。

Car Park Access 停車場出入系統



The Club's car park currently recognises your registered Autotoll tag for entry. While the government's new automatic e-toll system (HKeToll) is being introduced this year, Members are advised to keep their existing Autotoll tags for accessing the Club's car park and maintain at least 10cm distance between two types of tags if they are displayed at the same time.

We are looking into whether our car park system can be synchronised with HKeToll in the near future and will promptly inform Members of any updates.

Please see www.hketoll.gov.hk for more information about HKeToll.

現時本會的停車場出入口識別閣下所登記之快易通標籤，以開啟開口。

政府今年將逐步實施新的「易通行」不停車繳費系統，惟會員暫時仍需保留現有的快易通標籤以進入本會停車場。若兩款標籤同時使用，請確保在張貼時保留最少10厘米的距離。

我們正積極與停車場系統服務供應商商討把「易通行」與現有系統同步的可行性。如有任何更新，本會將即時作出通知。

如欲了解更多有關「易通行」的資訊，請瀏覽www.hketoll.gov.hk。

Parking and Driving Etiquette 泊車和駕駛禮儀

No parking or waiting is permitted in the entrance driveway. Please drive within 8km/h around the Club's parking areas with headlights on, and always remain in the same lane. Please also ensure that your vehicle is parked within a single designated parking space. Thank you for your attention.

嚴禁在會所大門入口行車道停泊或等候。在會所停車場內請遵守時速8公里限制、開啟車頭燈及切勿越線。另外，請確保車輛停泊在指定的車位內。多謝合作。



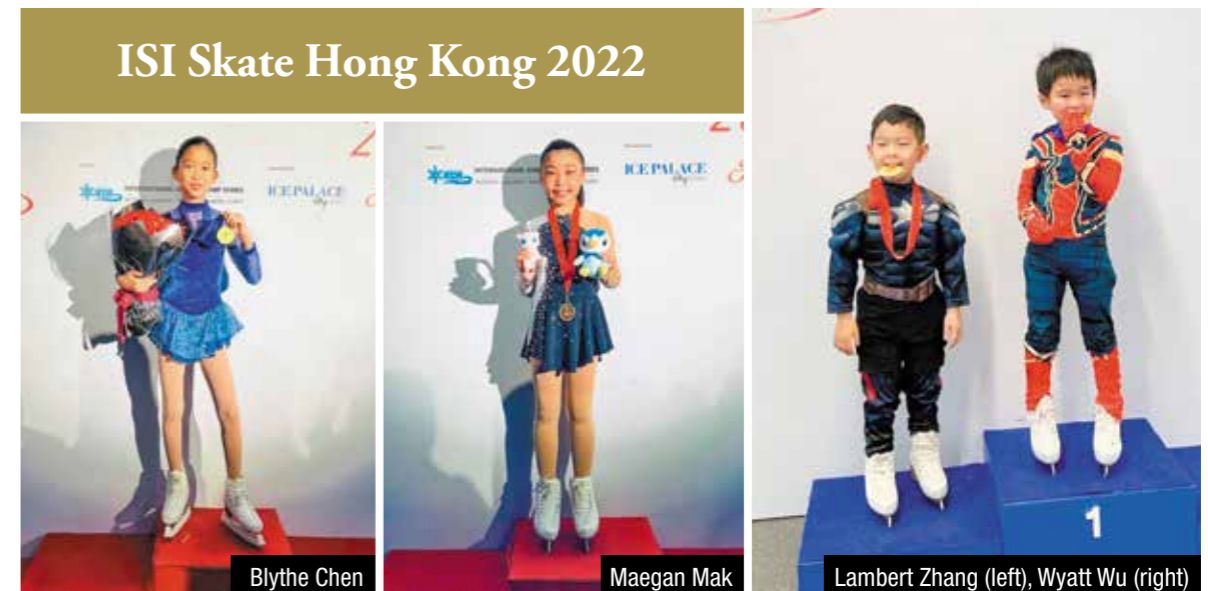
Christmas Day



Chinese New Year



ISI Skate Hong Kong 2022



Blythe Chen

Maegan Mak

Lambert Zhang (left), Wyatt Wu (right)



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