

# Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

JANUARY/FEBRUARY 2023

恭賀

新禧

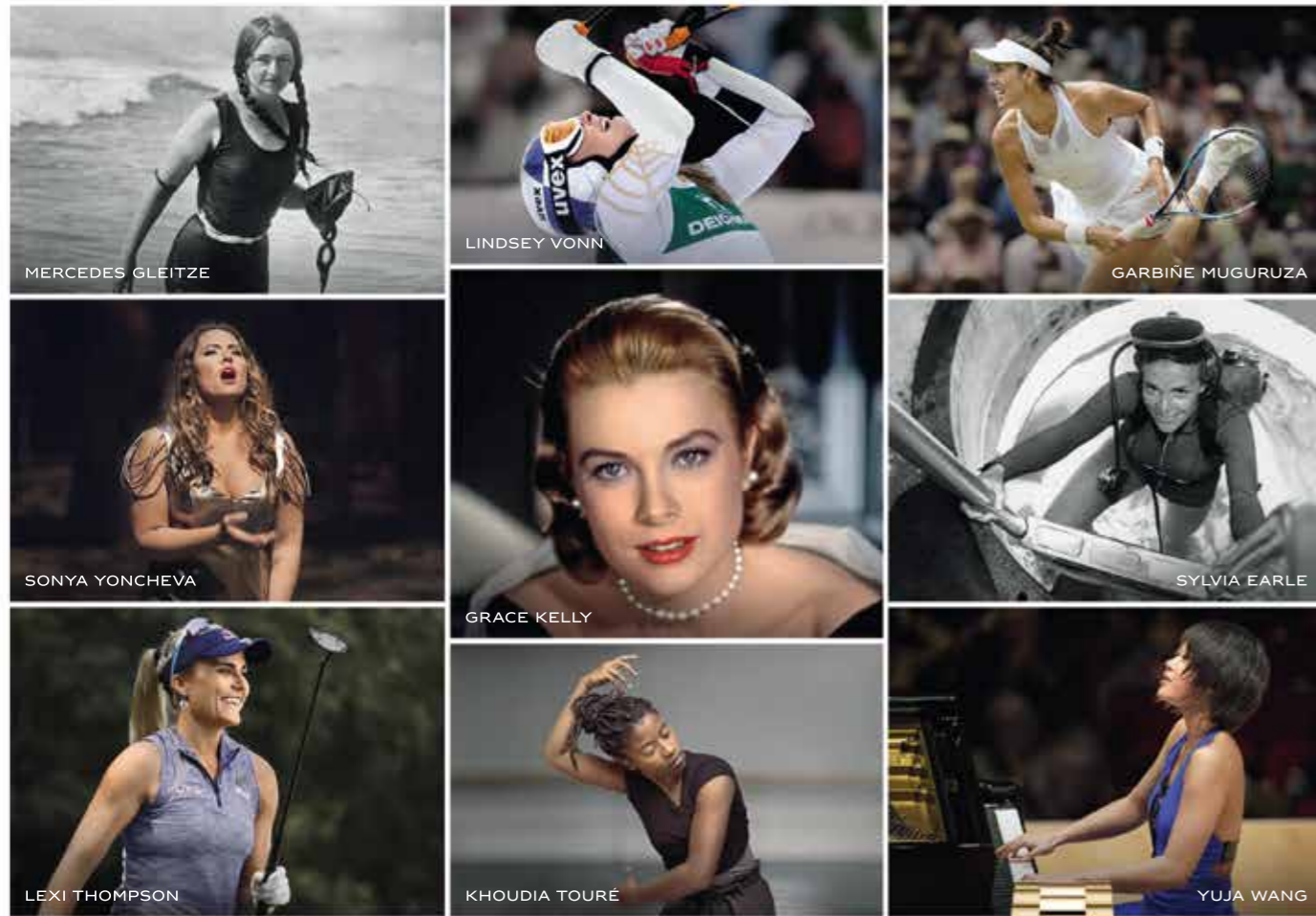
KUNG HEI FAT CHOY!

On Location

**JAPAN**

Design Icons

**THE HONDA SUPER CUB**



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## “CLASSIC”?

“A classic timepiece, designed for a lady.” This is how some may describe our Oyster Perpetual Lady-Datejust. Maybe they’re right. Since the early 20th Century, Rolex has designed and crafted watches suited for all women’s wrists, with the same standard of excellence as for all the models that have built its legend. Always pursuing a higher standard. So, if “classic” means perpetuating tradition while combining elegance and precision, grace and resistance, beauty and performance, it is indeed a classic timepiece, designed for a lady. **The Lady-Datejust.**

*#Perpetual*



OYSTER PERPETUAL LADY-DATEJUST

OFFICIAL ROLEX RETAILER

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



# Portwatch

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

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THE  
 ABERDEEN MARINA CLUB

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**ADVERTISING 廣告查詢** Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs



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



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## 新春如意迎兔年

### GREAT GIFTS AND TERRIFIC TREATS FOR A FABULOUS NEW YEAR

Our Chinese New Year Puddings and Hampers will help you get the Year of the Rabbit off to a fabulous start. An essential part of festive family gatherings, they also make delightful gifts when visiting friends.

本會的賀年糕點和禮物籃為您的新春帶來滋味驚喜，除了是家庭聚會的必備美食，亦是拜年的送禮佳品。

#### 賀年食品 PUDDINGS

金鈎臘味蘿蔔糕 Traditional Turnip Pudding with Preserved Meat	\$228
五香臘味芋頭糕 Traditional Taro Pudding with Preserved Meat	\$228
黑糖薑汁年糕 Brown Sugar Pudding with Ginger	\$228
黃金馬蹄糕 Traditional Water Chestnuts Pudding	\$228
蜂蜜金菊蘆薈凍糕 Aloe Pudding with Honey Chrysanthemum	\$228
迎春錦繡年糕禮盒 (金鈎臘味蘿蔔糕及黑糖薑汁年糕) Traditional Turnip Pudding with Preserved Meat and Brown Sugar Pudding with Ginger	\$438
滿堂吉慶金裝迷你盤菜 Clay Pot Braised Mixed Seafood, Assorted Meat, Vegetables	\$3,088

#### 特別優惠 SPECIAL OFFER

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

#### 賀年禮籃 HAMPERS

金玉滿堂 TREASURE HOUSE	\$1,988
萬紫千紅 IN FULL BLOOM	\$2,988
花團錦簇 ULTIMATE SPLENDOUR	\$3,688

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

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

THE  
ABERDEEN MARINA CLUB



## LION DANCE AND GOD OF FORTUNE AT THE CLUB

An auspicious start  
to the Year of the Rabbit  
醒獅慶兔年•財神賀新歲

Join us on Monday, January 23 at midday  
in the main lobby for the traditional  
eye-dotting of the lion,  
which will then visit all of the restaurants.

*(Subject to current COVID situation,  
please refer to latest e-wire)*

醒獅點睛於大年初二  
一月二十三日(星期一)中午12時  
於本會大堂舉行，  
其後醒獅更會巡遊各餐廳。

*(活動將因應當時疫情而落實，請留意  
本會電子通訊通知)*

CHINESE FESTIVE CAKES 賀年食品	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
Traditional Turnip Pudding with Preserved Meat 金鈎臘味蘿蔔糕	\$228		
Traditional Taro Pudding with Preserved Meat 五香臘味芋頭糕	\$228		
Brown Sugar Pudding with Ginger 黑糖薑汁年糕	\$228		
Traditional Water Chestnuts Pudding 黃金馬蹄糕	\$228		
Aloe Pudding with Honey Chrysanthemum 蜂蜜金菊蘆薈凍糕	\$228		
Turnip Pudding with Preserved Meat and Brown Sugar Pudding with Ginger 迎春錦繡年糕禮盒	\$438		
Clay Pot Braised Mixed Seafood, Assorted Meat, Vegetables 滿堂吉慶金裝迷你盤菜	\$3,088		

Please collect your festive cakes at Marina Deli.  
賀年糕點請於深灣店提取。

SUBTOTAL  
合共 (1)

PREMIER HAMPERS 禮物籃	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
<b>TREASURE HOUSE 金玉滿堂</b> <ul style="list-style-type: none"> <li>Petite Sirène de Château Giscours, Bordeaux, France 法國紅酒</li> <li>Dried Bamboo Fungus 特級竹笙</li> <li>Hazelnut Chocolate Truffles 榛子朱古力</li> <li>Handmade Chocolate Fudge 手工朱古力軟糖</li> <li>Premium Dried Mushroom 特級花菇</li> <li>Australia Coastal Honey TA10+ 澳洲純天然蜜糖</li> <li>Sweet Walnut with Gift Box 甜合桃禮盒</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕</li> </ul>	\$1,988		
<b>IN FULL BLOOM 萬紫千紅</b> <ul style="list-style-type: none"> <li>Moulin de Couhins, Pessac-Léognan, Bordeaux, France 波爾多紅酒</li> <li>Farmhouse Biscuits Set 英國曲奇</li> <li>Premium Dried Mushroom 特級花菇</li> <li>Premium Dried Scallop 特級乾瑤柱</li> <li>Assorted Pate De Fruits Candy 雜錦果汁軟糖</li> <li>Florté Scented Tea Box 花露茶</li> <li>Black Truffle Pate 黑松露醬</li> <li>Sweet Walnut with Gift Box 甜合桃禮盒</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕</li> </ul>	\$2,988		
<b>ULTIMATE SPLENDOUR 花團錦簇</b> <ul style="list-style-type: none"> <li>Veuve Clicquot, Yellow Label, Champagne, France 法國特級香檳</li> <li>Château Cantemerle, Haut-Médoc, Bordeaux, France 波爾多特級紅酒</li> <li>Premium Dried Mushroom 特級花菇</li> <li>South Africa Pre-cooked Abalone 南非即食鮑魚</li> <li>Michel Cluizel Dark and Milk Chocolate 法國特級朱古力禮盒</li> <li>Carwright &amp; Butler Cookie 英國牛油曲奇</li> <li>Florté Scented Tea Gift Set 花露特級花茶禮盒</li> <li>Sweet Walnut with Gift Box 甜合桃禮盒</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕</li> </ul>	\$3,688		

DELIVERY CHARGE 送貨收費	Per Delivery 每程	AMOUNT 總數
Hong Kong 香港	\$150	
Kowloon 九龍	\$200	
New Territories 新界	\$250	

Please fill in this form and return to Marina Deli before January 20, 2023 by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, fax at 3020 7495 or in person. We will deliver the hampers within three working days after receiving the order form. All items are available at Marina Deli from now to January 20, 2023.

請填寫以下表格並於二零二三年一月二十日前WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com，傳真至3020 7495或親身交回深灣店。禮物籃將於收到表格後三個工作天內送到指定地點。以上所有賀年糕點及禮物籃於深灣店供應至二零二三年一月二十日。

SUBTOTAL  
合共 (2)

GRAND TOTAL  
總計(1)+(2)

Ordered By 送禮人資料:

MEMBER'S NAME 會員姓名: \_\_\_\_\_ MEMBERSHIP NO. 會員號碼: \_\_\_\_\_

MOBILE NO. 手提電話: \_\_\_\_\_ OFFICE / HOME NO. 辦公室 / 住宅電話: \_\_\_\_\_

SIGNATURE 簽名: \_\_\_\_\_ DATE 日期: \_\_\_\_\_

Deliver To 送貨資料:

NAME 姓名 (PLEASE PRINT / 請用正楷): \_\_\_\_\_

ADDRESS 地址: \_\_\_\_\_

CONTACT NO. 聯絡電話 (HOME / 住宅): \_\_\_\_\_ (OFFICE 辦公室): \_\_\_\_\_

PREFERRED DELIVERY DATE 選擇送貨日期: \_\_\_\_\_ TIME 時間: \_\_\_\_\_  MORNING 上午  AFTERNOON 下午

SPECIAL INSTRUCTIONS 特別指示: \_\_\_\_\_



# 賀年菜式

## CHINESE NEW YEAR SPECIALITIES

January 9 to February 5

一月九日至二月五日

### MENU

風生水起 (黃金鮑魚撈起)

New Year Tossed Abalone Salad

Please allow 30 minutes for preparation 需時三十分鐘

滿堂吉慶 (金裝迷你盤菜)

Clay pot braised mixed seafood, assorted meat, vegetables

Please allow 30 minutes for preparation 需時三十分鐘

萬事如意 (油浸原條日本赤魚)

Oil poached Matsubara's red rockfish

發財好市 (發財蠔豉瑤柱甫)

Braised dried oyster, sea moss, conpoy

大吉大利 (薑葱爆牛脷爽)

Wok-fried ox tongue, ginger, spring onions

錦上添花 (香煎金腿百花琵琶蝦)

Pan-fried fresh prawns, minced shrimp

金枝玉葉 (瑤柱臘味扒豆苗)

Braised pea sprouts, shredded fish maw, conpoy

四季興隆 (金腿蟹肉松子炒魚肚)

Scrambled egg, fish maw, crab meat, Yunnan ham

橫財就手 (海味元蹄煲)

Clay pot braised whole pig knuckle, seafood

好市齊來 (鍋巴蜜椒煎金蠔)

Pan-fried oyster, honey, black pepper, crispy rice

金雞報喜 (金榜醬爆花姿鳳片)

Wok-fried sliced chicken, squid, chili sauce

代代平安 (松露竹笙上素球)

Braised stuffed gluten, assorted vegetables bamboo fungus, black truffle sauce

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

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

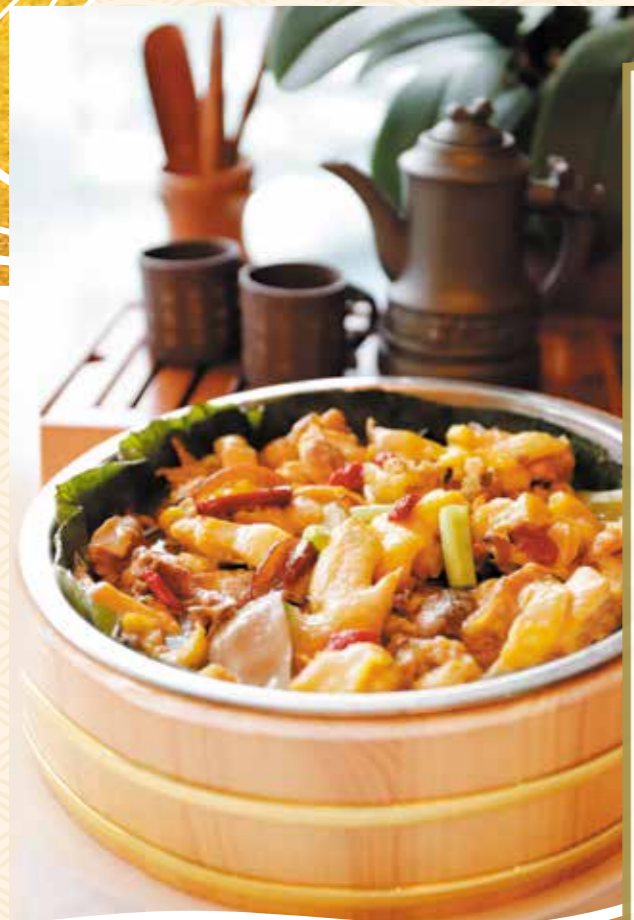


# 順德風味

## TASTES OF SHUNDE

February 6 to April 30

二月六日至四月三十日



- 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
- 欖仁帶子炒鮮奶  
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](mailto:reservations@aberdeenmarinaclub.com).

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the  
BALCONY

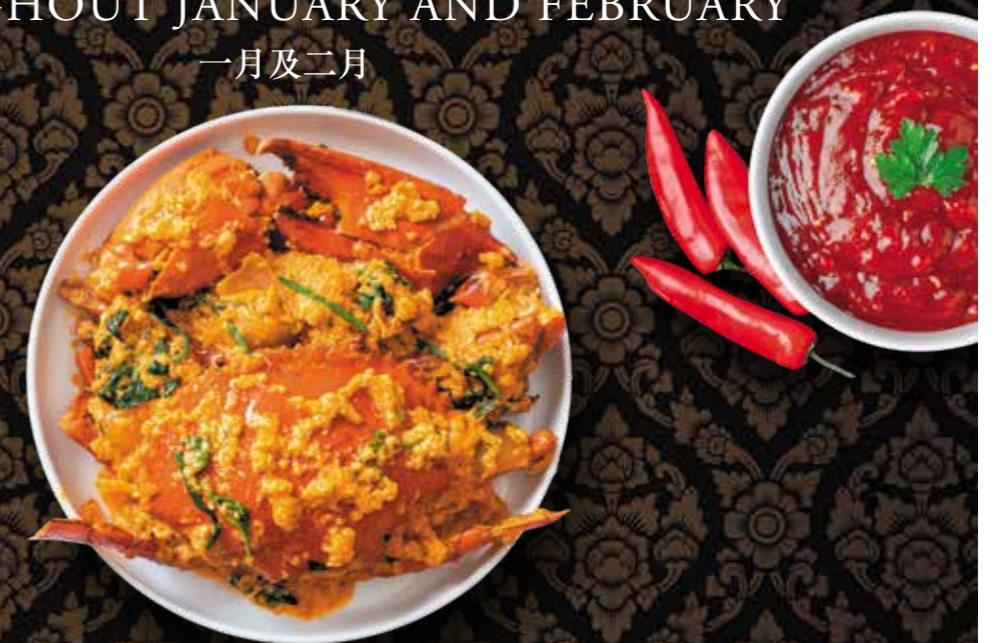


# THAI WINTER DISHES

冬日泰菜推介

THROUGHOUT JANUARY AND FEBRUARY

一月及二月



### CLAY POTS

Vegetarian Su-Ki Pot  
素可泰豆腐粉絲煲  
Deep-fried bean curd,  
glass noodle

Fish Maw Soup  
蟹肉香菇魚肚羹  
crab meat, shitake,  
aromatic herbs

Crab in Penang-style Curry  
乾紅咖哩炒蟹  
roes, sweet potato,  
kafir lime leaf

### SIZZLING PLATES

Grilled Squid with  
Aromatic Herbs  
泰式燒魷魚  
lime chili sauce, Thai vegetables

Grilled Seafood Hom-Mok  
燒蕉葉包紅咖哩海鮮  
curry sauce, sweet basil

Grilled Black Pepper Beef  
鐵板黑椒西冷牛扒  
onion, cabbage

For reservations, please call the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

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# CHINESE NEW YEAR BUFFET

農曆新年自助餐

**JANUARY 22 TO 24**

1月22至24日(年初一至年初三)

5.30-9pm

ADULT成人 \$498 | CHILD小童 \$198

Celebrate Chinese New Year with family and friends at The Deck with a delicious Chinese New Year buffet and enjoy traditional dishes prepared by our chef!

與家人及朋友來The Deck享用農曆新年主題自助餐，廚師準備了各種特色節慶菜式給大家品嚐！



For reservations, please call the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto: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](mailto:reservations@aberdeenmarinaclub.com).



## Swiss Chalet is Back!

Swiss Chalet is the perfect place to enjoy winter favourites with family and friends. Featuring delicious fondues, Raclette cheese and regional fine wine pairings. 與你的家人好友一起品嚐芝士火鍋。

*until January 29*

*Every Friday, Saturday and Sunday  
from 6pm to 10pm.*

至1月29日

逢星期五至日 6時至10時



For reservations, please call the Deck on 2814 5301 or email [deck@aberdeenmarinaclub.com](mailto:deck@aberdeenmarinaclub.com).

訂座請致電預訂服務中心電話2814 5301或電郵至 [deck@aberdeenmarinaclub.com](mailto:deck@aberdeenmarinaclub.com).

MARINA  
GRILL

## SUNDAY ROAST

週日燒烤



EVERY SUNDAY  
LUNCHTIME

每逢週日午餐時段

\$588

per person 每位

A Sunday roast is the ultimate weekend comfort food. Come and try our Signature Bloody Mari-na and Barrel Aged Negroni to further enhance the experience.

週日可以開懷輕鬆地享用一頓美味的燒烤。快來品嚐為大家精心準備的上等澳洲肉眼，配以調酒師精選的手調雞尾酒。

For reservations, please call the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto: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](mailto:reservations@aberdeenmarinaclub.com)。

MARINA  
GRILL

## VALENTINE'S DAY DINNER

情人節晚餐

**TUESDAY, FEBRUARY 14**

6.30-10pm

\$1,888

per couple 每對情侶

Bring your loved one to Marina Grill for a romantic dinner that will surely melt their heart.

與你親愛的伴侶前來 Marina Grill  
享用一頓浪漫的情人節晚餐。

For reservations, please call the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto: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](mailto:reservations@aberdeenmarinaclub.com)



Caffé  
LUNA



WINTER  
COMFORT DISHES

冬日美食推介

THROUGHOUT JANUARY AND FEBRUARY

一月及二月

== Primi ==

GNOCCHI ALLA SORRENTINA

Gratinated potato gnocchi, sautéed seasonal mushroom,  
taleggio cheese, bechamelle

== Secondi ==

GUANCIA DI MANZO

red wine braised beef cheek, soft potato,  
red wine gravy

== Pizza ==

VALTELLINA

mozzarella fior di latte, taleggio cheese,  
spinach, speck ham

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email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

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PORTSIDE

DIY  
FAI CHUN

揮春工作坊

SATURDAY AND SUNDAY  
JANUARY 14, 15, 21 AND 22

2-3PM

(FIRST COME FIRST SERVED)



For reservations, please call the  
Central Reservations Centre on 2814 1222 or  
email [reservations@aberdeenmarinaclub.com](mailto: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](mailto:reservations@aberdeenmarinaclub.com)



PORTSIDE



STICKY RICE  
AND  
SNAKE SOUP  
PROMOTION

生炒糯米飯及蛇羹

THROUGHOUT  
JANUARY AND FEBRUARY

一月及二月

For reservations, please call the  
Central Reservations Centre on 2814 1222 or  
email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

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[reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)







# Meet the Portside Team

Portside 團隊



Portside service team and culinary team



From left to right: Timmy, Calvin, Titan, Erica, Zoey, Jacky and Tony

**U**nlike other Club restaurants, Portside is both a dining and event venue. Offering a buffet during weekends with the focus on traditional Hong Kong favourites and British classics, during the week it is perfect for private events with its breezy ambience and outdoor terrace seating. The Portside team looks forward to welcoming you soon.

Portside與本會其他餐廳不同，既提供餐飲服務亦可作宴會場地之用。於週末為會員供應自助餐，備有香港及英國的經典傳統菜式，而平日則可訂作私人活動場所，配以戶外雅座，是聚會的最佳選擇。

Portside團隊期待大家的蒞臨！



From left to right: Chef Yip, Chef Kit, Chef Pong, Chef Michael, Chef Wa, Chef Sam, Chef Wai and Chef Wah

# ESDlife BRIDAL AWARDS



The Club was delighted to be awarded the 10-Year Grand Award and the Best Club Wedding Banquet at the ESDlife Bridal Award 2022.

We have been chosen as the best-loved Club for wedding banquets on multiple occasions, and our two wedding venues, Portside and Grand Ballroom, offer newlywed couples a choice of ambience and banquet styles.

Our Events Team and the Culinary Team deserve much credit for the awards. They are dedicated to planning your event, taking care of all the details, delivering exquisite dishes and ensuring everything runs smoothly throughout every event.

Celebrate your memorable moments with us – our Events Team is always on hand to help arranging a perfect event.



本會很高興在新婚生活易大賞2022中榮獲十年榮譽大賞及新人至愛會所婚宴。本會在過去屢次獲得殊榮，兩個婚禮場地Portside和Grand Ballroom為新婚夫婦提供多種風格的宴會選擇。

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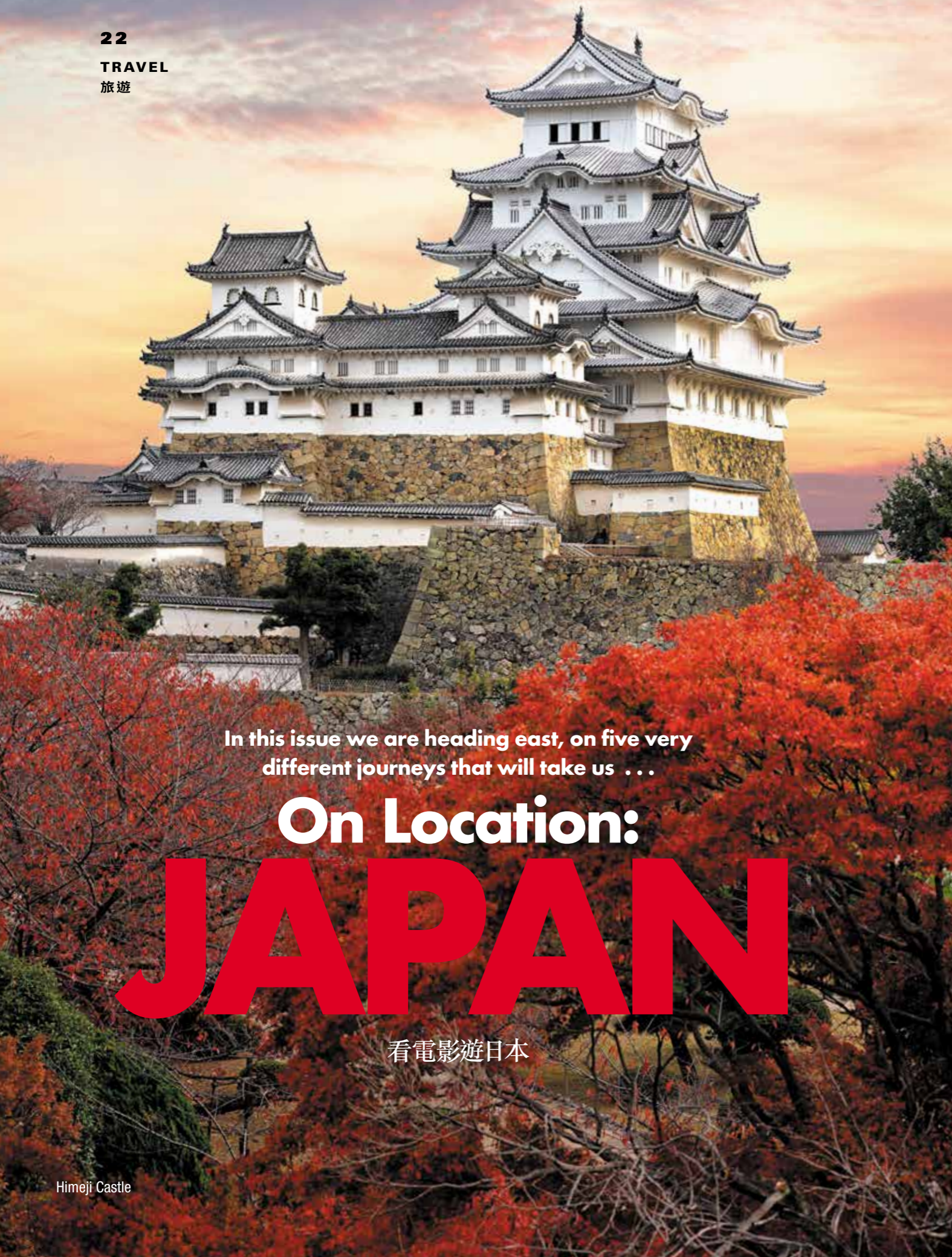


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In this issue we are heading east, on five very different journeys that will take us ...

# On Location: JAPAN

看電影遊日本



## You Only Live Twice 鐵金剛勇破火箭嶺 (1967)

Director: Lewis Gilbert

Starring: Sean Connery, Akiko Wakabayashi

From the New Otani Hotel in Tokyo to the fishing villages and volcanoes of southern Kyushu – by way of Kobe docks and Himeji Castle – Sean Connery's James Bond covered quite a bit of Japan in *You Only Live Twice*. Unusually for a Bond movie, it was set almost entirely in one country (opening scenes were set in Hong Kong), with almost all exteriors actually filmed on location. On much of his adventure, Bond was driven across country by co-star Akiko Wakabayashi in her Toyota 2000GT, before flying himself around in a Wallis Autogyro. One of the main locations, discovered by Bond from the air is the remote coastal village of Akime in southern Kyushu, which still features on James Bond tours of Japan and has a granite slab proudly commemorating its role in the film. YouTube channel Onthetracksof007 has a three-part *You Only Live Twice* location guide showing a group visit to Akime and features many other places shown in the film.

Where to find: Apple TV/iTunes, DVD and Blu-ray.



導演：史丹利杜倫

演員：辛康納利、若林映子

由辛康納利主演的《鐵金剛勇破火箭嶺》，片中帶領大家遊歷東京的新大谷酒店到九州南部的漁村和火山，途經神戶碼頭和姬路城，覆蓋了多個日本地區。占士邦電影通常只會一個國家內拍攝（開場場景設於香港），幾乎所有場景都是外景拍攝。占士邦大部分的冒險旅程中，與飾演配角的若林映子，駕駛著豐田2000GT穿越了整個國家，其後駕駛著華利斯直升機飛去。片中占士邦在空中發現，九州南部偏遠的沿海村莊——明海，是其中一個主要場景，當地設置了一塊花崗岩牌，紀念占士邦日本之旅。在YouTube頻道 Onthetracksof007 有一個由三部分組成的《鐵金剛勇破火箭嶺》旅遊指南，展示了遊覽明海的景色，並介紹電影中的多個場景。

觀看影片：Apple TV/iTunes，DVD或藍光影碟。



# The Yakuza

龍吟虎嘯江湖客 (1974)



**Director:** Sydney Pollack  
**Starring:** Robert Mitchum, Ken Takakura

Written by Paul Schrader (*Taxi Driver*, *Raging Bull*) and his brother Leonard (a long-time resident of Japan), about 95 percent of *The Yakuza* was filmed in various locations around Japan, including Tokyo, Osaka and Kyoto. And while it is not often clear exactly where the action is taking place, the absorbingly authentic ambience and atmosphere are unmistakably Japanese. When Robert Mitchum's character returns to Japan from America after many years' absence to help find his friend's kidnapped daughter – and hooks up with an old flame – his backstory is revealed through a convoluted but quite compelling series of events. Supporting Mitchum is Ken Takakura, who is often called the Japanese Clint Eastwood and perfectly matches Mitchum with what noted Japan scholar and film critic Tony Rayns described as his "masterfully understated performance."

Where to find: Apple TV/iTunes, DVD and Blu-ray.



導演：薛尼波勒  
演員：羅拔米湛、高倉健

故事由保羅許瑞德(的士司機及狂牛)，與他長期居住於日本的兄弟Leonard編寫，電影約95%在日本各地拍攝，包括東京、大阪和京都。雖然不太清楚場景的確切地點，但引人入勝的地道氣氛無疑是日本。羅拔米湛飾演的角色在離開多年後從美國返回日本，幫助他朋友尋找被綁架的女兒，並與舊情人聯繫，他的背景故事通過一系列錯綜複雜的事件得以揭示。這部電影的男配角是高倉健，他常常被稱為日本版的奇連伊士活，與米湛完美合配，著名的日本學者和電影評論家托尼雷恩所說“遊刃有餘的演出”。

觀看影片：DVD或藍光影碟。



# Black Rain

黑雨 (1989)

**Director:** Ridley Scott  
**Starring:** Michael Douglas, Ken Takakura

Ken Takakura also stars in Ridley Scott's *Black Rain*, as a policeman assigned to assist two New York City police officers (Michael Douglas and Andy Garcia) who are escorting a deported Japanese criminal. Much of the film takes place in Osaka, notably in the Dotonbori district where viewers familiar with the city will doubtless notice the iconic Glico Running Man among all the neon signs around the Ebisubashi bridge. The film has quite a dark, almost *Blade Runner* feel at times (perhaps not surprising since both films had the same director) but is stylishly reminiscent of late 1980s Japan. It's said the high production costs and red tape forced Scott to film the later outdoor scenes in California, and while cleverly done, the change of location is quite noticeable.

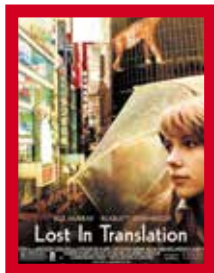
Where to find: Apple TV/iTunes, DVD and Blu-ray.



導演：烈尼史葛  
演員：米高德格拉斯、高倉健

高倉健在烈尼史葛的《黑雨》中飾演一名警察，他被派去協助兩名紐約市警察(米高德格拉斯和安迪加西亞)護送一名被驅逐的日本罪犯。影片大部分在大阪取景，尤其是在道頓堀地區，熟悉這座城市的觀眾無疑會注意到心齋橋周邊的霓虹燈，最標誌性的固力果廣告牌。這部電影帶有一種黑暗感，與銀翼殺手的感覺相類似(也許並不奇怪，因為兩部電影都是由同一位導演執導)，並讓人聯想起80年代後期的日本。據說製作成本高昂，並迫使史葛後來在加州拍攝戶外場景。

觀看影片：DVD或藍光影碟。



# Lost in Translation 迷失東京 (2003)

Incidentally, Sean Connery drank Suntory whisky in *You Only Live Twice* and appeared in a series of Suntory TV commercials in the 1990s. These were supposedly an inspiration for Bill Murray's Oscar-nominated performance as the fading actor cashing in on his enduring appeal in Japan.

Where to find: DVD and Blu-ray.

導演：蘇菲亞哥普拉

演員：標梅利、史嘉麗祖漢臣

影片主要在東京的新宿和澀谷拍攝，乘坐火車到京都一日遊，《迷失東京》是奧斯卡得獎劇本，由蘇菲亞哥普拉為標梅利特別編寫。標梅利飾演的角色在東京為三得利威士忌拍攝一系列電視廣告時，遇到了無聊的酒店客人史嘉麗祖漢臣，並隨之展開了一段假日戀情。城中的幾個場景（包括著名的澀谷十字路口和東京地鐵）未經官方許可拍攝，具有自然的新浪潮風格，為一些戶外場景帶來了真實的感覺。順帶一提，辛康納利在《鐵金剛勇破火箭嶺》影片中，也喝了三得利威士忌，並在1990年的一系列三得利電視廣告中出現。標梅利的演出獲奧斯卡提名，即使他的演員生涯逐漸走下坡，他在日本仍具有吸引力。

觀看影片：DVD或藍光影碟。



Director: Sofia Coppola  
Starring: Bill Murray, Scarlett Johansson

Filmed mostly around the Shinjuku and Shibuya districts of Tokyo, with a day trip by train to Kyoto, *Lost in Translation's* Oscar-winning screenplay was specially written by Sofia Coppola for Bill Murray. In Tokyo to film a series of Suntory whisky TV commercials, his character meets fellow bored hotel guest Scarlett Johansson and a holiday romance of sorts ensues. Several scenes around the city (including at the famous Shibuya Crossing and on the Tokyo Subway) were filmed without official permission and have a quite a natural, New Wave style, which brings some of the outdoor locations an unusually authentic feel.



# Earthquake Bird 地震之鳥 (2019)

staged – and the extras appropriately dressed and coiffed – to evoke late 1980s Tokyo.

Where to find: Netflix.

導演：瓦希魏斯特

演員：艾莉西亞維坎德芮莉、小林直己

艾莉西亞維坎德芮莉飾演懂得多種語言的Lucy Fly，她在東京擔任英日翻譯員，正如我們早前看到她為烈尼史葛的《黑雨》製作日文字幕那樣。這是部設定於1989年的黑暗、浪漫及驚悚片，是史葛在日本遇到官僚主義和財務問題，發誓再也不會在日本工作30年後拍攝。與《龍吟虎嘯江湖客》一樣，這是另一部富真實感的電影，富士山附近和本州一帶風景如畫，佐渡島的場景更是令人印象深刻。街道和地鐵場景、酒吧和餐館也經過精心佈置，臨時演員亦穿著得體，讓人想起1980年後期的東京。

觀看影片：Netflix



Director: Wash Westmoreland  
Starring: Alicia Vikander, Naoki Kobayashi

Multilingual Lucy Fly (Alicia Vikander) works as an English-Japanese translator in Tokyo, as is shown very early on as we see her creating the Japanese subtitles for Ridley Scott's *Black Rain*. Set in 1989, this rather dark, slow-burning romantic thriller was produced by Scott some 30 years after he vowed never to work in Japan again after his bureaucratic and financial troubles filming there. Like *The Yakuza*, this is another movie that doesn't overplay its location, but still feels authentic in terms of place and period, with some impressive outdoor filming near Mount Fuji and on picturesque Sado Island on the other side of Honshu. The streets and subway scenes and bars and restaurants are also carefully



## The Underestimated Rhône Northern Chapter

被低估的隆河北部



Châteauneuf-du-Pape, France

**N**orthern Rhône is located between Vienne and Valence and represents around 5% of Côtes-du-Rhône production and 4% of the total production of the entire Rhône Valley.

The Syrah grape, known as the Shiraz in other parts of the world, is the only black grape of the Northern Rhône, although it is sometimes blended with one or more white varieties. The Viognier is the major white grape of the north, and both Syrah and Viognier are native varieties in Rhône Valley. Viognier, along with Roussanne and Marsanne, is permitted to be blended in the red wines to add aromatic complexity and to soften the tannins.

Most of the white wines made in the Northern Rhône are still and dry; a small amount of sparkling wine is also produced in Saint-Péray. Even more rare is the production of Hermitage's sweet Vins de Paille, in which Marsanne and Roussanne are harvested and dried on straw mats for at least 45 days. This process desiccates the grapes and concentrates their sugars. For the red wine styles, all Northern Rhône reds are still and dry with ample tannin. They are built to age and accrue meaty, gamey, leathery notes over time.

Just south of Côte-Rôtie is the small classic white wine AC of Condrieu



北隆河谷位於法國的維埃納和瓦朗斯之間，約佔隆河谷葡萄酒產量的5%，佔整個隆河谷區總產量的4%。

希哈葡萄 (Syrah)，在世界其他地方被稱為 Shiraz，是北隆河谷唯一的黑葡萄品種，儘管有時會與一種或多種白葡萄品種混合。維歐尼 (Viognier) 是主要的白葡萄品種，Syrah 和 Viognier 都是隆河谷的原生品種。Viognier 與 Marsanne 和 Roussanne 一起被允許混入紅葡萄酒中，以增加芳香的複雜性並軟化單寧。

大部分在北隆河谷生產的白葡萄酒都是靜態的和乾身的，Saint-Péray 還生產少量氣泡酒。更罕見的是在 Hermitage 的甜葡萄酒 Vins de Paille，其中 Marsanne 和 Roussanne 收成後會放在稻草上晾乾至少 45 天，這個過程使葡萄乾透並濃縮它們的糖分。至於紅葡萄酒的風格，所有北隆河谷紅葡萄酒都是乾身的，單寧充足。隨著時間的飛逝，它們會陳化並產生烤肉味、皮革味。

就在 Côte-Rôtie 的南邊，是只種植 Viognier 的 Condrieu，它是一個經典的白葡萄酒法定產區，被認為是對 Viognier 的最佳詮釋，這些葡萄酒具有濃郁的杏子和桃子風味，色澤金黃，乾身而帶辛辣味，最適合在年輕時至大約五年內享用。Château-Grillet 這座酒莊及其所有的獨佔園位於 Condrieu 內，更擁有屬於與自己同名的獨立法定產區，也是法國最小的法定產區之一，自 2011 年起由 François Pinault (拉圖酒莊的所有者) 擁有。

世界著名的 Hermitage 位於 Crozes-Hermitage 內，生產的紅葡萄酒最多允許添加 15% 的 Marsanne 和/或 Roussanne 與 Syrah 混合，但現在添加的很少。葡萄酒帶有紫羅蘭、粉紅胡椒、黑巧克力、櫻桃和煙熏的味道和香氣。Domaine Jean-Louis Chave 和 Domaine Paul Jaboulet Aîné 總是在產區生產最好的 Hermitage。其他北隆河谷的頂級葡萄酒產區，例如 Côte-Rôtie、Crozes-Hermitage 和 Cornas，在瓶中通常需要十年以上的陳年。

北隆河谷是法國最好的葡萄酒產區之一，您可以在這裡找到各種風格的葡萄酒。如果您喜歡一些濃郁的菜餚，例如野味和燉肉，配搭北隆河谷的紅葡萄酒就非常合襯。La Cave 現已提供不同的陳藏，La Cave 團隊非常歡迎您前來參觀。



which is made entirely from Viognier. Considered the best interpretation of the Viognier grape, the wines have highly concentrated fruit flavours of apricot and peaches, golden in colour, dry and spicy and are at their best drunk young up to five years old. Château-Grillet is a winery that owns a monopole with its eponymous individual appellation within the Condrieu AC, and it is one of the smallest ACs in France. It is now owned by François Pinault (owner of Château Latour) since 2011.

The world-famous AC of Hermitage is located in Crozes-Hermitage, up to 15% Marsanne and/ or Roussanne is permitted to be blended with the Syrah but very little is now added. The classic Hermitage wines expresses flavours and aromas of violet, pink peppercorn, dark chocolate, cherry and smoke. Domaine Jean-Louis Chave and Domaine Paul Jaboulet Aîné are always producing the best examples in the appellation.

Other top red wines from some of the best appellations in Northern Rhône, for example Côte-Rôtie, Crozes-Hermitage and Cornas, improve in the bottle often in excess of ten years.

Northern Rhône is one of the best wine regions in France, and all styles of wine are found there. If you loves some robust dishes, such as game and stews, Northern Rhône red is always a great pairing choice.

Different cuvées are now available at La Cave, and the team welcomes you to drop by to find out more.



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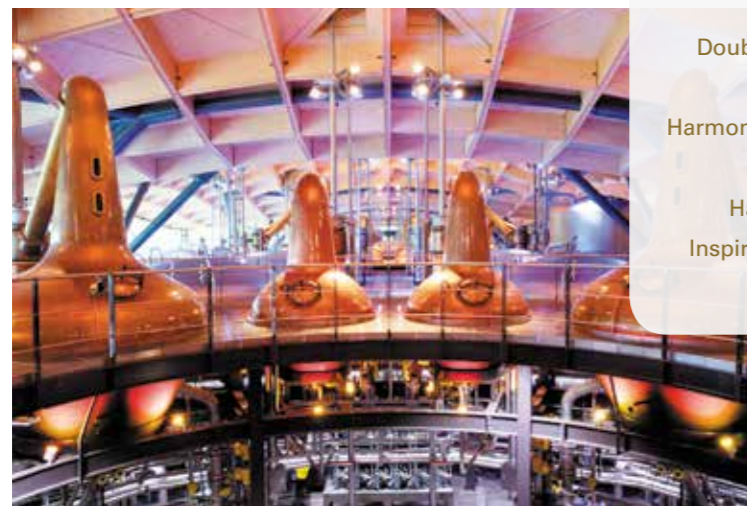
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Harmony Collection Rich Cacao

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Harmony Collection  
Inspired by Intense Arabica



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# THE HONDA SUPER CUB

本田小狼

- by Peter Walbrook



2022 Honda  
Super Cub 125

In continuous production since 1958, the Honda Super Cub is the best-selling motor vehicle of all time, with worldwide sales reaching 100 million in 2017. TV presenter James May called it “the greatest motorcycle in history” and rode one across Vietnam for *Top Gear*, and The Beach Boys even wrote a song about it.

First put on sale in 1958, the Super Cub’s design is jointly attributed to Honda Motor Co., Ltd co-founders Soichiro Honda and Takeo Fujisawa. The pair travelled to Europe in 1956 and noted the popularity of scooters and mopeds, but decided there was room for improvement for affordable, two-wheeled

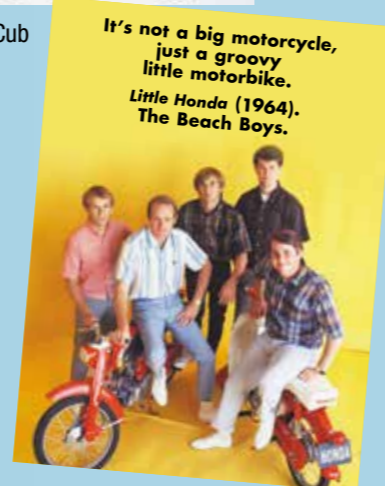
transportation by combining Italian scooter styling and moped rideability.

The vehicle would need to have broad appeal in rich and poor countries, in the city and countryside, and be easy to ride and repair, with large wheels for poor roads, and even off-road riding.

The business-minded Fujisawa also suggested that it should be operable with one hand, while riders balanced stacked boxes of soba noodles on one shoulder, as was then done all over Japan by bicycle. “If you can design a small motorcycle, say 50cc with a cover to hide the engine and hoses and wires inside, I can sell it,” he reportedly told his partner, Honda. “I don’t know how many soba noodle shops there are in Japan, but I bet you that every shop will want one for deliveries.” Thus the Super Cub came with a clutchless gearbox for one-handed gear changing.



Honda Super Cub  
advert 1963



The Beach Boys



2018 Honda  
Super Cub



Honda museum display



Honda Super Cubs new and old

Now commonplace, the plastic fairing protecting the rider and partially enclosing the engine was the first of its kind and based on the streamlined and sadly short-lived 1954 Honda Juno’s fiberglass body.

Production of the Super Cub, which eventually ranged in engine size from 50cc to 125cc, began in Japan in 1958, but soon spread overseas to countries as diverse as Belgium (1963), Thailand (1967), Malaysia (1969), the Philippines (1973), Colombia and Nigeria (1981) and Mexico (1988). Since 1976 they have even been manufactured deep in the Amazon rainforest, in the city of Manaus.

Honda celebrated the Super Cub’s 60th birthday in 2018 with a new series looking sleek and modern but very reminiscent of the original, showing once again that great designs not only endure, but can also adapt, improve and – in this case – help millions worldwide to hit the road, either to make a living or just to have fun.

自1958年以來持續生產的本田小狼是有史以來最暢銷的汽車，2017年全球銷量達到1億輛。電視節目主持人詹姆斯梅稱其為“歷史上最偉大的電單車”，並為Top Gear騎著一輛穿越越南，The Beach Boys甚至為此寫了一首歌曲。

小狼於1958年首次發售，由本田汽車有限公司聯合創始人本田宗一郎和藤澤武夫共同設計。兩人於1956年前往歐洲，並注意到踏板車和輕便電單車的流行，他們認為兩輪車在價格方面仍有改進的空間，於是決定結合意大利的踏板車造型和輕便電單車的行駛性能。

這輛電單車需要在城市和鄉村具有廣泛的吸引力，並且易於駕駛和維修，大輪適合惡劣的道路，甚至越野騎駛。具有商業頭腦的藤澤還建議可以用一隻手操作，而另一邊肩平衡堆疊的蕎麥麵盒，就像當時在日本各地騎單車那樣。“如果能設計一輛小型電單車，比如說50cc的發動機，裡面隱藏發動機、軟管和電線盒，這便可以推廣了，”據報導，他告訴他的合夥人本田。“我不知道日本有多少家蕎麥麵店，但我敢打賭，每家店都想要一輛。”因此，小狼配備了用於單手轉速的無離合器變速箱。

現在已經司空見慣，塑料啡呖和遮蓋式引擎是同類產品中的首創，這設計源於1954年本田Juno的流線型玻璃纖維車身。

小狼的引擎從50cc到125cc不等，於1958年在日本開始生產，很快亦在海外生產，如比利時（1963年）、泰國（1967年）、馬來西亞（1969年）、菲律賓（1973年）、哥倫比亞和尼日利亞（1981年）和墨西哥（1988年）。甚至自1976年在亞馬遜森林中最大的城市馬瑙斯製造。

本田在2018年慶祝小狼的60歲誕生，推出新的系列，看起來更為時尚，又引人聯想起原版，再次表明偉大的設計不僅可以持久，還可以調整、改進，與及幫助全球數百萬人上路，騎著它不論謀生或享樂亦可。

Honda Juno 1954



Honda Super Cub, first generation (1958)

# MARGY'S Monte Carlo Luxurious Skincare Products



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

### SUPER-LIFT HAUTE COUTURE FACIAL 皇牌極致提拉緊緻面部護理

90 MINUTES

This facial visibly reduces fine lines to promote a smooth and radiant appearance from the first treatment. Highly active face masks featuring Pure Collagen or Botolift Collagen helps restore elasticity and leaves the skin plumped and luminous.

從第一次療程就令臉頰明顯減少細紋，使肌膚更光滑和容光煥發。配合純膠原蛋白或Botolift膠原蛋白的高活性成分面膜，可幫助恢復彈性，使皮膚飽滿而亮澤。

### SKIN BRIGHTENING FACIAL 提亮煥膚面部護理

60 MINUTES

Exclusively tailored skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalised.

專為提亮膚色而定制的護膚療程。於深層清潔後再以高濃縮活性成分滋潤皮膚，注入活力，使倦怠的肌膚重現光澤。



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](mailto: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](mailto:cuttingedge@aberdeenmarinaclub.com)。

KÉRASTASE  
PARIS

## Potentialiste

頭皮及頭髮護理產品

In winter, your scalp may feel tight, itchy and sensitive. We can help with just one single product from KERASTASE!

**The first universal defense serum for unbalanced scalps.**

**Healthier scalp for beautiful hair (10% bifidus prebiotic + 1% vitamin-c)**

- Fights scalp imbalances.
- Preserves the protective scalp barrier against external damage.
- Soothes and calms the scalp.
- The roots are lifted up.
- Revitalises the scalp.
- 78% of people felt a stimulated and revitalised scalp.
- 90% of people felt itching sensations were attenuated.
- 80% of people felt a more healthy scalp.

在冬天，頭皮可能會感到繃緊、發癢和敏感。KERASTASE的產品有幫改善這些問題！

首創的防護性精華素適用於失去平衡的頭皮，打造更健康美麗的頭皮和秀髮。  
(10%雙歧桿菌益生元 + 1%維生素 C)

- 改善失去平衡的頭皮
- 保護頭皮免受損害
- 舒緩和鎮靜頭皮
- 改善根部
- 修護頭皮
- 78%的人感到頭皮恢復活力
- 90%的人感覺減少敏感發癢
- 80%的人覺得頭皮更健康

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Cordless Hair  
Straightener  
from ghdghd無線  
直髮夾

The ghd unplugged hair straightener provides portable, powerful styling wherever you are. From the gym to date night, from the office to the party, it delivers sleek, shiny results with no extreme heat.

The ghd cordless hair straightener charges in just two hours for easy, on-the-go styling. With a compact design and charging from your plug, car or laptop, it's your new handbag hair-styling hero.

Delivering up to 20 minutes of continuous styling, contained in a luxury travel pouch with flight-friendly technology, you can take your luxury ghd style with you wherever you go.

Keep your style looking salon-fresh anytime, anywhere with no strings attached.

ghd的首款無線直髮夾，輕巧便攜，由健身到約會，還是由工作到派對，都能為秀髮營造光滑、亮澤的效果而不會過熱，可為你打造稱心的造型。

只需充電兩小時，便可連續使用長達20分鐘。可透過插座、車箱或手提電腦充電，配以輕巧體積，讓你可輕易放入手袋或行李中。

不再受任何束縛，你可隨時隨地打造如髮廊級的髮型。

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Edge

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# Hong Kong History Neighbourhood Watch 香港歷史

In this issue, we'll look at Central District – the heart of the City of Victoria, as it was once known.

Of course we all know Central very well, but there is much more to know about some of the buildings and sights.

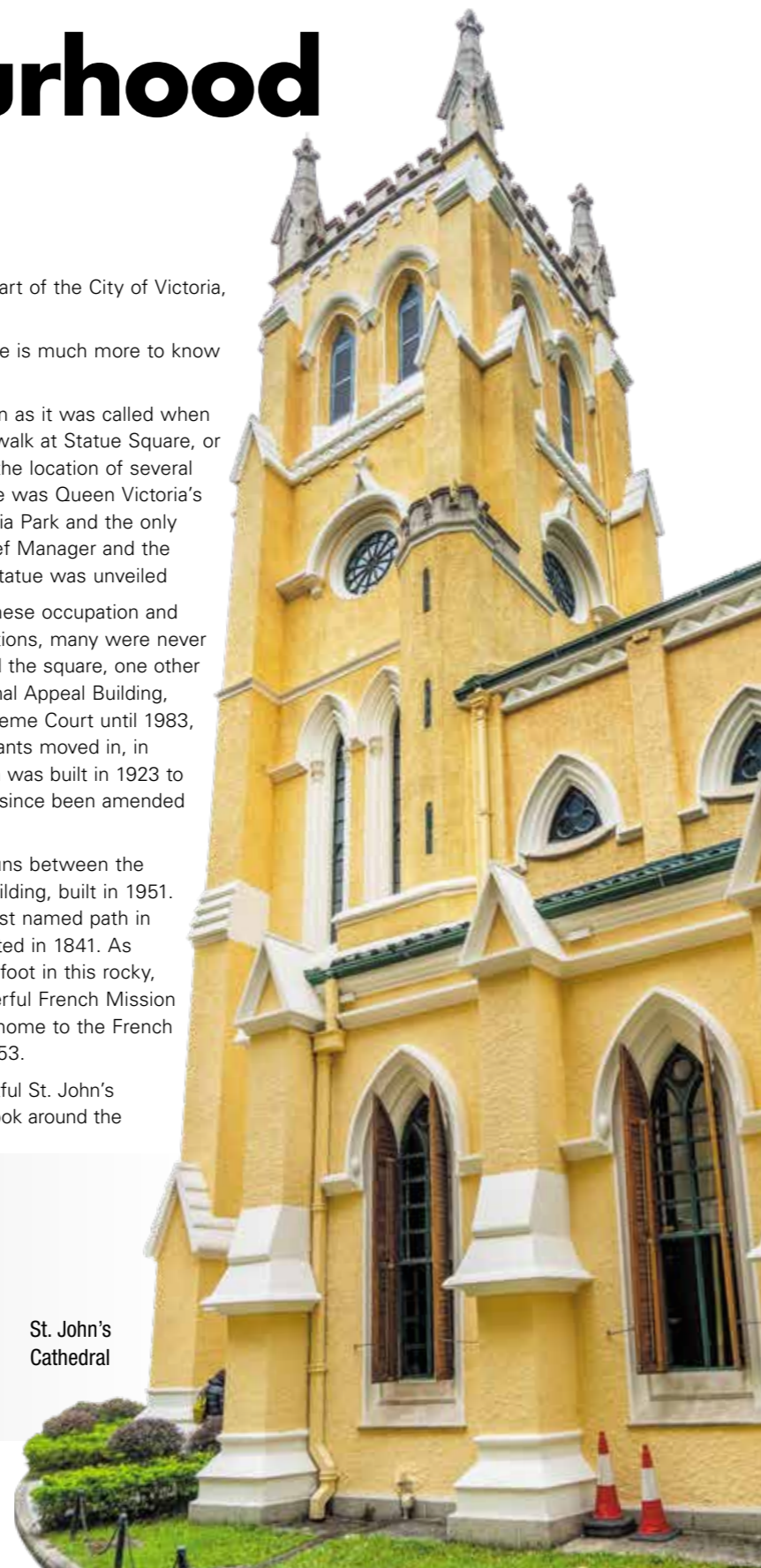
If we arrive by MTR we exit at Central or Chater station as it was called when the MTR opened in 1979. Once outside, we start our walk at Statue Square, or Royal Square as it was formerly called due to it being the location of several statues of British monarchs. The most famous of these was Queen Victoria's statue, unveiled in 1896. She now presides over Victoria Park and the only statue left is of Sir Thomas Jackson, HSBC's third Chief Manager and the man known for driving the early rise of the bank. His statue was unveiled in 1906. Other statues were removed during the Japanese occupation and although some returned and were placed in other locations, many were never seen again. Aside from the modern skyscrapers around the square, one other building dominates the view and that is the Court of Final Appeal Building, which dates back to 1912. It was the home of the Supreme Court until 1983, then to the Legislative Council before its current occupants moved in, in 2015. From here we can also see The Cenotaph, which was built in 1923 to commemorate those who died in World War I and has since been amended to include those who died in World War II.

Let's cross the road and walk up Bank Street, which runs between the modern HSBC building and the older Bank of China Building, built in 1951. We turn right and head up what is likely to be the oldest named path in colonial Hong Kong – Battery Path, which was completed in 1841. As you walk up, think of the original settlers who first set foot in this rocky, barren, faraway island. The path leads us to the wonderful French Mission Building from 1917, which as the name suggests was home to the French Mission until it was sold back to the government in 1953.

Continuing along Battery Path we soon reach the delightful St. John's Cathedral, which held its first service in March, 1849. Look around the



French Mission Building

St. John's  
CathedralCourt of Final Appeal Building &  
The Cenotaph

grounds and you can see a single war grave from the Battle of Hong Kong. Private Maxwell was killed near to this spot towards the end of the battle in 1941 and after a hasty burial it was decided that he should continue to rest in peace here.



Cassels Block



Wavell House

From St. John's Cathedral we head into Hong Kong Park for our final collection of old buildings. The oldest of all is Flagstaff House, which dates from 1846 and is the oldest colonial-style building in Hong Kong (although not quite as old as the 1845-built chapel at the Hong Kong Cemetery). Flagstaff House was the home of the head of the armed forces until 1978 and is now the Museum of Tea Ware. It formed part of Victoria Barracks, which was the main British military zone in Hong Kong. Many blocks were destroyed to make way for the park, but several were retained and can be seen and visited today – Rawlinson House, Wavell House and Cassels Block. Looking up towards Kennedy Road we may also be able to see the Roberts and Montgomery Blocks. All are well preserved and as Grade 1 listed buildings, should stay that way for some time.

Throughout our walk we've never been too far from transport connections, but from here we can head home via Pacific Place or stop there for lunch.

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

今期我們將焦點放在中區——眾所周知的維多利亞城的中心。

當然，我們都非常熟悉中環，但對一些建築和景點還可以作更深入的了解。

我們搭乘港鐵到達中環站，又或可稱為遮打站，因為這是在1979年港鐵通車時的名稱。離開港鐵站，我們在皇后像廣場出發，從前亦稱為皇家廣場，因為它曾放置多位英國君主的雕像。其中最著名的是於1896年揭幕的維多利亞女王雕

像，她現在被安放在維多利亞公園。現在唯一留下的雕像是匯豐銀行第三任總經理員臣爵士，他以推動銀行早期發展而聞名。他的雕像於1906年揭幕。在日佔期間，其他雕像均被拆除，儘管戰後有些雕像被尋回並被放置在其他地方，但許多雕像再也沒有出現。

廣場周圍摩天大廈林立，卻有另一座建築吸引我們的視線，就是終審法院大樓，其歷史可以追溯到1912年。它曾是最高法院的所在地，於1983年被改為立法局使用，及至2015年起用作終審法院。從這裡我們還可以看到建於1923年的和平紀念碑，以紀念在第一次世界大戰中陣亡的人，後來經過修改，也包括在第二次世界大戰中陣亡的人。

我們橫過馬路往銀行街走，它位於匯豐銀行大廈和建於1951年的舊中國銀行大廈之間。我們右轉，前往可能是香港最古老的街道——砲台里，它於1841年建成。當你走在街上時，想像如當初的移居者，踏足在這片亂石嶙峋、荒蕪而又遍遠的島嶼上。小徑直達建於1917年的法國外方傳道會大樓，顧名思義，它是法國傳教士的行政總部，直到1953年被政府購回。

繼續沿砲台里走，我們很快就到達了宏偉的聖約翰主教座堂，該教堂於1849年3月舉行首次崇拜。留意附近，可見香港戰役中的一個戰爭墳墓。1941年戰役末期，二等兵Maxwell在這附近陣亡，被倉促的埋葬，最後決定讓他繼續在這裏安息。

離開聖約翰主教座堂，我們前往香港公園，進入古建築遊的最後階段。它是最古老的旗桿屋，其歷史可追溯到1846年，是香港最古老的殖民地風格建築（雖然不及香港墳場於1845年建造的小教堂那麼古老）。旗桿屋在1978年之前一直是駐港英軍司令官邸，現在是茶具文物館。它是域多利軍營的一部分，域多利軍營是英國在香港的主要軍事設施。為興建香港公園，許多舊建築被拆毀，但有部份被保留下來，今天仍可到訪和參觀——羅年信樓、華福樓和卡素樓。往上走到堅尼地道，我們還能看到羅拔時樓和蒙高馬利樓。所有都保存完好，並已被列為一級歷史建築。

在我們的遠足範圍內交通非常方便，從這裡我們可以經過太古廣場回家，又或可留下來享受一頓午飯。

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。

## Hidden in Plain Sight The Skillmill (Curved Treadmill) – Technogym 高強度跑步機

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. The Skillmill is a great example and there are many benefits to using this on a regular basis.

- The unique curve allows you to run with a natural running style on the balls of the feet, driving forward with your knees.
- More muscle groups are worked compared to a regular treadmill as the curve engages the posterior chain of the body - lower back, backside, hamstrings and calves.
- The belt moves when you move. You can control the resistance (with the lever on the right) and once you're comfortable it feels like you're running outside – speed up or slow down at will.
- Because of the above points, the average calorie expenditure is estimated to be up to 30 percent more than on a regular treadmill.
- As the running action is more natural, injuries may be prevented as it reduces stress on the joints.
- Your workout time is reduced – this is a harder workout and the Skillmill is not designed for pure cardio training, which can still be performed on a regular treadmill.

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。如Skillmill跑步機，定期使用能提升你的表現。

- 跑步機獨特的曲線，讓你跑步時自然地使用腳掌及膝蓋向前驅動。
- 與普通跑步機相比，可鍛鍊更多的肌肉群，跑步機的曲線可接合身體的後方肌肉群—下背、背部、腿筋和小腿。
- 當跑動時，跑步帶會移動，你可控制阻力（使用右側的控制桿），一旦調節合適，猶如在戶外跑步，也可隨意加速或減速。
- 因上述幾點，平均卡路里消耗比普通跑步機估計高30%。
- 由於動作更自然，因此可以減少關節的壓力，從而可以防止受傷。
- 鍛鍊時間減少了一—這是一項較難的鍛鍊，而且Skillmill並非只為一般帶氧訓練而設計。一般的帶氧訓練可在普通的跑步機上進行。

查詢有關詳情，請聯絡健身中心團隊Nelson及Keith，或你的健身教練。



## New Year Fitness Tips

### 假日健康秘訣

How can you minimise loss of fitness during the holiday season? Three of our Personal Trainers give us some tips.

Osteoporosis is a common health hazard for the middle aged and elderly. Falls and fractures are mainly caused by the loss of muscle that comes with age. Bones can be divided into osteoblasts and osteoclasts. To promote the growth of osteoblasts effectively, weight needs to be applied to bones and muscles. Light-weighted exercise, such as walking, swimming, cycling and stretching will not activate our bone regeneration nor improve our bone density as much as weight-bearing exercise.

骨質疏鬆是中、老年人的健康殺手，這年齡群常因為肌肉流失，而導致跌倒、骨折。

骨骼可分為成骨細胞和破骨細胞，若要有效促使成骨細胞的生長，我們須施加重量給骨骼與肌肉，並達到臨界值才會有效。只做一些負重輕的運動，如健走、游泳、踏單車及簡單的伸展，這些都無法引導骨質的新生或提高骨質的密度。

Senior Personal Trainer 資深健身教練  
WILLY SEE

Control your hunger during festival season.

The higher your levels of ghrelin (your hunger-causing hormone), the hungrier you get. The lower your levels, the fuller you feel and the easier it is to eat fewer calories.

To help improve ghrelin function . . .

1. Eat plenty of healthy carbohydrates such as whole grains. Lean proteins like chicken, fish and tofu can decrease ghrelin levels and keep you feeling fuller for longer.
2. Get enough sleep. Sleeping fewer than eight hours can increase ghrelin levels, leading to a bigger appetite.
3. Stay well hydrated. Drinking water, soups and broths, as well as eating water-filled foods like salads, fruits and vegetables will reduce the body's ghrelin signals.

在節日期間控制你的飢餓感。

當你的飢餓激素水平越高，就越感飢餓；水平越低，就越有飽腹感，讓你攝取較少卡路里。

為了幫助改善飢餓素的功能：

1. 多吃健康的碳水化合物如全穀物。雞肉、魚和豆腐等精益蛋白質可以降低飢餓素水平，讓你更長時間保持飽腹感。

2. 充足的睡眠。睡眠時間少於8小時會增加飢餓素水平，從而導致食慾增加。

3. 保持充足的水分。喝水和湯，以及吃沙拉、水果和蔬菜等充滿水分的食物來填飽肚子，從而降低飢餓素信號。

Senior Personal Trainer 健身教練  
MIU TSANG

### 80/20 Rule

We can change our body composition through diet alone without exercise. However, it's the combination of both that provides a complete healthy package. Applying the 80%-nutrition-to-20%-fitness rule is simply a statement of the importance of nutrition in the equation.

We have all seen the regulars at the gym doing the same thing day in and day out for several months or even years without seeing results in fat loss. These people are not making any headway in changing their body composition because they do not have a nutritional strategy. The lack of a nutritional strategy keeps them from reaching their fitness goals.

The same can be said for having proper form when exercising. Top reasons for maintaining proper form are avoiding injuries, attaining goals faster, not wasting energy and getting the most from each exercise.

### 80/20規則

我們可以通過飲食而無需運動改變身體狀況，然而，兩者兼備才是一個完美的健康組合。以80%營養及20%運動的規則，這是重要的健康方程式。

我們看到健身房的常客在幾個月甚至幾年內日復日地做同樣的鍛鍊，卻沒有看到減脂的成果。這些人沒有取得任何進展，是因為他們沒有正確的營養策略，缺乏營養策略使他們無法達到健身目標。

鍛鍊時需保持正確的姿勢，這樣有助避免受傷、更快地實現目標、不浪費體力以及從每次鍛鍊中獲得最大的效果。

Personal Trainer 健身教練  
PAULINA GAMA

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

or email [fitness@aberdeenmarinaclub.com](mailto:fitness@aberdeenmarinaclub.com).

查詢請致電健身中心電話2814 5337

或電郵至[fitness@aberdeenmarinaclub.com](mailto:fitness@aberdeenmarinaclub.com)。



# Challenge 2023 Something Different!

2023挑戰健身活動

**A**fter 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 will set monthly challenges on different equipment. You may choose to do any or all of the challenges as fast or slow as you like. Everyone is different – some people will find certain equipment easy while others find it hard. This is a chance to try out 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要求，而不是長達一年的挑戰。

你可以按自己的程度選擇完成任何或所有挑戰。每人都可以不同的，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，或許你會想把它添加至你的日常鍛鍊中。

### Completion Levels 完成級別

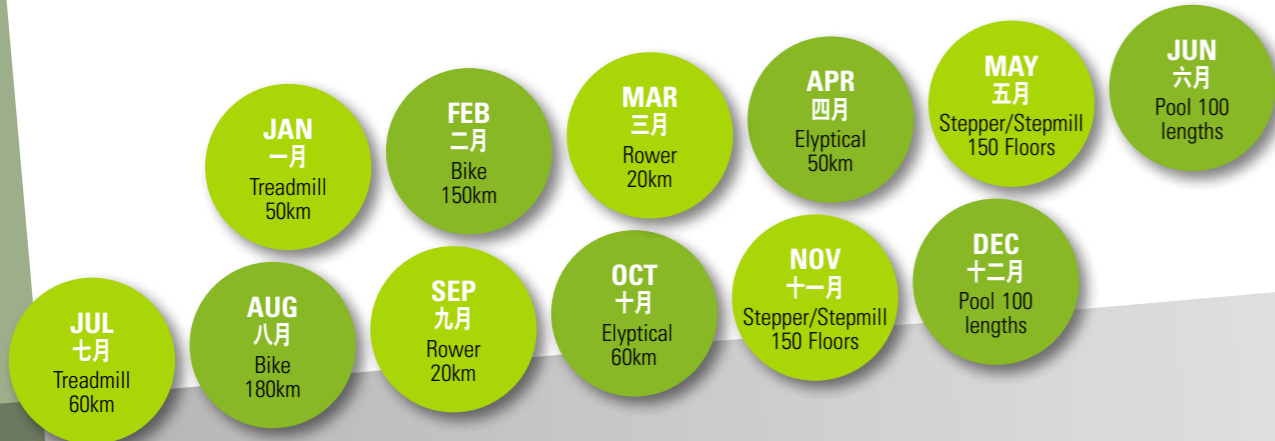
- 12 Challenges completed 十二項 – Super Star
- 8 Challenges completed 八項 – Gold Star
- 6 Challenges completed 六項 – Silver Star
- 4 Challenges completed 四項 – Bronze Star

Although the Challenge starts on January 1, you can jump in and out whenever you want. If you're away or just too busy one month, take a break and pick up the new challenge the following month.

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

雖然挑戰由1月1日開始，但你可以隨時進行。如果某個月份未能參加，請休息一下，並在下個月接受新挑戰。

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



## Family Hiking Club January & February 家庭登山樂- 1月及2月

With the cooler weather here, we will to tackle some more challenging hikes.

**Hong Kong Trail Section 1  
(The Peak to Pok Fu Lam)**  
– Saturday January 28

**Hong Kong Trail Section 2  
(Pok Fu Lam to Aberdeen)**  
– Saturday February 25

These walks are a little more difficult than usual – both around 5-6km – and are suitable for those who hike regularly and are used to hiking on trails. Please bring your own water bottle and snacks, hat, sun lotion and comfortable walking shoes. The walks will start from the Club lobby at 9.30am and we should return by 1pm at the latest, 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.

現在天氣轉涼，可以嘗試更具挑戰性的路線。

港島徑第一段(山頂至薄扶林) — 1月28日(星期六)

港島徑第二段(薄扶林至香港仔) — 2月5日(星期六)

路線比以往的困難，兩段路程均約五至六公里，適合慣常登山的人士參加。請自備水、帽、防曬用品和穿著舒適的鞋履。我們將在上午9時30分從會所大堂出發，大約中午時分返回會所，正好趕上享用一頓午餐。

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。



## New Pickleball Court at 8/F Activity Park 匹克球 — 8樓Activity Park

Pickleball is now available at our purpose-built court on the 8/F Activity Park. It's a hard court, which is ideally suited for the bounce and carry of pickleball balls.

Members can book the court through the usual channels. A court fee of \$65 will apply and equipment may be rented from our 5/F Health Club Reception.

Pickleball is a fun and energetic sport for all ages and we look forward to seeing you at the new court soon!

現可於8樓Activity Park體驗匹克球。活動非常適合在硬地場進行，是一項充滿動感而有趣的活動。

會員可透過預約系統預訂球場。費用為\$65，設備可到5樓健康中心接待處租用。

匹克球適合不同年齡的人士，快來親身感受這項運動。

Enquiries 查詢: 2814 5342 (Health Club)



## Holiday Break Schedule

### 假期上課安排

Please check the Chinese New Year 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's advance written notice is required, or payment in lieu.

Adult Classes – 14 days' advance written notice is required, or payment in lieu.

有關農曆新年期間暫停上課安排和各定期小組活動的開課時間表，請向預訂服務中心查詢。如欲申請學期休假和復課，請緊記提前向預訂服務中心提交「退出/取消課堂申請表」。

兒童課程 — 需預早一個月前提交課程缺席申請表，否則需繳付課堂費用。

成人課程 — 需預早14天前提交課程缺席申請表，否則則需繳付課堂費用。

## A Great Start to the New Year

### 新一年活動

To better plan activities for you and your children in 2023, please refer to the regular group activities schedule for details. Application forms can be download from the Club's website, or you can pick up a copy from the Activities racks (Main Lobby, 2M Corridor and 5/F Health Club).

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

For bookings and enquiries, please contact the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

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

請注意，由1月起某些課程費用將會有所調整。

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

## Chinese New Year Festival

### 慶祝農曆新年

**Sunday, January 15**

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

We will have game booths and Art & Crafts!

**1月15日 (星期日)**

下午1時30分至4時30分，地下兒童天地  
當日設有手工藝及遊戲攤位。

Enquiries 查詢: 2814 5360 (Adventure Zone)

## Chinese New Year Fun!

### 農曆新年活動

**Saturday, January 21**

Run, 2, 3!  
Write your own Fai Chun

**Monday to Wednesday, January 23 to 25**

Kids on 8! & Run, 2, 3!  
Emperor & Empress Day

Kids on 8!  
Create your own CNY Fire Crackers

**1月21日 (星期六)**

Run, 2, 3!  
自製賀年揮春

**1月23至25日 (星期一至三)**

Kids on 8! & Run, 2, 3!  
皇帝與皇后日

Kids on 8!  
創製新年爆竹裝飾

Enquiries 查詢:  
2814 5493 (Kids on 8!)  
2814 5360 (Adventure Zone)

## Valentine's Arts & Crafts

### 情人節工藝活動

Saturday & Sunday, February 11 & 12  
Create your own Cupid and heart!

2月11及12日 (星期六及日)  
製作自己的丘比特和愛心!

Enquiries 查詢: 2814 5493 (Kids on 8!)



## Valentine's Day Open Skate

### 情人節溜冰日

Tuesday, February 14  
From 3pm to 6pm

Couples can skate for half price (one skater is free of charge) if they wear matching clothes on Valentine's Day.

2月14日 (星期二)，下午3至6時  
在情人節穿著情侶裝，溜冰可享半價優惠 (其中一名可享免費)。

Enquiries 查詢: 2814 5374



## Fun Challenges for Children

### 兒童遊戲挑戰賽

**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, January 6	• 1月6日 (星期五)
• Friday, February 3	• 2月3日 (星期五)
• Friday, March 3	• 3月3日 (星期五)

**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, January 20	• 1月20日 (星期五)
• Friday, February 24	• 2月24日 (星期五)
• Friday, March 17	• 3月17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, January 13	• 1月13日 (星期五)
• Friday, February 10	• 2月10日 (星期五)
• Friday, March 10	• 3月10日 (星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

## Kids on 8! Weekend Fun

### 週末活動

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

- STEM Workshop
- Weekdays from 3pm to 4pm (closed on every Tuesday)
- Saturdays & Sundays from 2.30pm to 3.30pm

請留意我們的周末主題，包括有趣的周末電影、每月娛樂活動、每週手工藝創作，以及更多Kids on 8的特別活動！

- STEM工作坊
- 星期一至五，下午3時至4時 (逢星期二休息)
- 星期六及日，下午2時30分至3時30分

Enquiries 查詢: 2814 5493 (Kids on 8!)



# STYKU™ 3D Body Scanning at the 5/F Fitness Centre

STYKU™ 身體掃描儀

Styku™ is a sophisticated 3D scanning mechanism that collects and displays levels of fitness through stunning three-dimensional modelling. Styku™ measures your shape, body composition and other key data, which is then processed and displayed so you can track real changes in your body as it responds to exercise and nutritional guidance. All information gained is strictly confidential and can only be accessed by you.

The Styku™ 3D Body Scanner captures millions of data points and 600 infrared images. After the scan is complete, Styku™ displays an accurate 3D model of your body that is viewable from a variety of perspectives. You can rotate, pan, zoom and nest silhouettes to see real progress. It's an honest, objective way to measure yourself as you progress toward your health and fitness goals.

- Styku™ appointments will be approximately 15 minutes, which includes the scan and data evaluation.
- A detailed Styku™ report will be emailed to you and the data will remain in the system for comparison with future scans.
- You simply stand on the Styku™ turntable, relaxed and facing forward with arms slightly extended, and hold still for 30 seconds while the platform revolves.
- For the most accurate results, we suggest you wear body-shaping clothing such as leggings, sports bra, contouring shorts and shirts. Fabric should be non-shining and non-reflective.

For bookings and enquiries, please contact the Fitness Centre on 2814 5337 or email [fitness@aberdeenmarinaclub.com](mailto:fitness@aberdeenmarinaclub.com).

Styku™ 是一部精密的立體掃描儀，可顯示體能的水平。Styku™ 測量你的體型、身體成分和其他關鍵數據，然後進行處理和顯示，以便追蹤鍛鍊時的各樣變化。所有信息都加以嚴格保密，並且只容許使用者查詢個人數據。

透過 Styku™ 人體立體掃描儀可取得百萬個數據和 600 張紅外線影像。掃描完成後，Styku™ 會顯示準確的身體立體影像，還可從多個角度查看；旋轉、平移、縮放和嵌套剪影來查看實際的進度。Styku™ 準確並客觀地衡量鍛鍊的進度，讓你朝著健康和健身目標進發。

- Styku™ 掃描過程約為 15 分鐘，包括掃描和數據評估。
- Styku™ 詳細的報告將通過電子郵件發送給你，數據將保留在系統中以與未來的掃描進行比較。
- 只需站在 Styku™ 轉盤上，放鬆並面向前方，雙臂略微伸展，並在平台旋轉時保持靜止 30 秒。
- 為獲取最準確的數據，建議穿著貼身衣物，例如緊身褲、運動內衣、貼身短褲和上衣，並選擇不發光和反光衣服。

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



## JUNIOR CLUB STARS

### ICE SKATING • AGE 16 IVANA YUE

Ivana loves skating and challenging herself and is always trying her best. She has already reached Freestyle Level 4. Keep up the great work Ivana!



Ivana 熱愛溜冰和挑戰自己，她非常努力練習，並已經取得花式溜冰第 4 級。Ivana 繼續努力！

## Social Sports Programme 2023 2023 社交運動

### Bowling

Every Thursday, 7-9pm  
Have a bowl and meet other players for a casual game!

Walk-in only.

### 保齡球

逢星期四，晚上 7 時至 9 時  
和其他愛好者一起來一場休閒的遊戲吧！  
無需預約。

### Cardio Tennis

Every Thursday, 7.15-8pm  
Join our instructor for a tennis-themed fitness session.

Reservations required.

### 帶氧網球

逢星期四，晚上 7 時 15 分至 8 時  
快來參加以網球為主題的健身課程。  
敬請預約。

Enquiries 查詢: 2814 5318 (Tennis Reception)

### ICE SKATING • AGE 15 DOROTTYA PAPP

Dorottya is a talented figure skater. Her background in dance has helped her become a graceful spinner and jumper and her next goal is to complete the axel jump. Well done, Dorottya!



Dorottya 是一位才華橫溢的花式溜冰員。擁有舞蹈基礎的她常做出優雅的旋轉和跳躍，她的下一個目標是完成一周半跳。做得好，Dorottya！

### SWIMMER • AGE 16 CLEMENT KWAN

Clement always shows hard work and determination during team training. His racing skills, dive, turn and finish have improved significantly. Well done Clement - keep it up and you will reap the benefits!



Clement 在團隊訓練中表現出勤奮和決心。他的技巧、下潛、轉身和到池都有顯著的提升。Clement 繼續努力，期待你更佳表現！



## Fencing

### by Sport Max

#### 劍擊班

Every Monday from 4.30pm to 5.30pm (Beginner) / 5.30pm to 6.30pm (Potential)

The fencing programme ranges from introducing children to the basics of foil fencing through a series of activities, games and skills-building activities, to a competitive training regime. Potential fencing classes require specialised equipment, which should be purchased with the course.

#### Beginner Class (For ages 4-7 years)

This class is suitable for children who haven't taken any fencing lessons.

#### Potential Class (For ages 8-10 years)

This class is suitable for children who have taken fencing lessons over half a year. A set of fencing gear is required.



逢星期一，下午4時30分至5時30分（初級）/  
下午5時30分至6時30分（進階）

課程透過一系列活動、遊戲和技能，培養兒童學習劍擊的基礎知識及比賽的制度。劍擊進階課程需要專門的設備，設備可隨課堂一起購買。

#### 初級（適合四至七歲）

課程歡迎初次學習的兒童參加。

#### 進階（適合八至十歲）

課程適合已學習劍擊達半年以上的兒童參加。需自備劍擊裝備。

## Judo

### by T.K.T. Judo Club

#### 柔道班

Every Monday from 4-4.30pm (3-5 years) / 4.45-5.45pm (6 years & above)

This programme emphasises teamwork and fair play, while building new skills and improving on the basics. Judokas will learn responsibility and establish friendships with trust and respect. Coaches work together to plan the best judo training and are committed to providing youngsters with positive, character-building experiences that help develop them into the leaders of tomorrow.

逢星期一，下午4時至4時30分  
(適合三至五歲) /

下午4時45分至5時45分  
(適合六歲或以上)

課程強調團隊合作和公平競爭，同時培養技能並提高基礎知識。學員亦可透過柔道運動學習責任感，並以信任和尊重建立友誼。課程致力培養學員的積極性，讓他們成為未來的領導者。



## Family Thai Boxing

### by Sport Max HK Ltd

#### 泰拳家庭班

This class is designed for parents and children. The participants follow drills, coach each other and play fitness games. Through this class, you will be able to achieve fitness developments with your children and understanding of the parent's role during training. Both group lessons and private lessons are available. Every Sunday for children aged four years old or above with parental company in the group lesson.

課程專為家長和孩子設計。跟隨教練練習，並進行健身遊戲。透過課程，能與孩子一起鍛鍊，並在訓練中更了解父母的角色。提供團體課程和私人課程。課程逢週日舉行，適合四歲或以上兒童，需與家長陪同上課。

For bookings and enquiries, please contact the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com). 致電預訂服務中心電話2814 1222或電郵至[reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)。

# Christmas Wish Programme 2022

2022聖誕願望活動

We would like to express our heartfelt thanks to all Members who contributed to our fourth Christmas Wish programme for underprivileged children.



More than 200 gifts were sent to the Ebenezer School & Home for the Visually Impaired, Fu Hong Society's Hip Dip Children's Centre, Caritas Centre, Aberdeen and Mother's Choice. The gifts delighted the children, and we shared their joy and happiness in being able to share with them for the festive season.

Thank you once again for your generosity and support in helping us reach out to underprivileged children.

我們衷心感謝會員為本會第四年的聖誕願望計劃作出的捐贈。

超過200份禮物送往心光盲人院暨學校、扶康會牽蝶中心、香港仔明愛中心和母親的抉擇。這些禮物讓孩子們感到喜悅，並與他們度過歡欣的節日。

再次感謝你的慷慨支持，幫助有需要的兒童。

## Relaxing and Restorative Yoga

### with Meagan

#### 放鬆及修復性瑜伽班

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

\* Both group and private lessons are available, group lesson held every Thursday from 9-10am.

通過放鬆和修復性瑜伽，重新連接身心和意識。透過一系列的體關節伸展、深度伸展和冥想來達到放鬆身心。課程專為需要以瑜伽來放慢腳步、充電，以及連接內在自我的人士而設。

\* 提供團體課程和私人課程，逢星期四，上午9時至10時。





## Reciprocal Club Arrangements 海外互惠會所

Members are entitled to visit selected overseas clubs under reciprocal arrangements for up to 14 days in any calendar year. Please inform the Club prior to your visit and we will prepare a letter of introduction for you.

The reciprocal arrangement with St. Francis Yacht Club has been discontinued.

會員可於每個年度到訪海外互惠會所14日，請在到訪前通知本會以為你準備介紹信。

另外，St. Francis Yacht Club已取消列在海外互惠會所名單內。



### The Balboa Bay Club & Resort

1221 West Coast Highway  
Newport Beach  
California 92663  
USA  
Tel: (01) 949 645 5000  
www.balboabayclub.com



### The Royal Selangor Golf Club

Jalan Kelab Golf  
Off Jalan Tun Razak  
Kuala Lumpur  
Malaysia  
Tel: (603) 92063 208  
www.rsgc.com.my

For enquiries, please contact the Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com.

查詢請聯絡會員部2814 5436，或電郵至 member@aberdeenmarinaclub.com。

## Disputes 爭執投訴

We remind Members that as per Club bye-laws, disputes between Members (including children) should be reported to the Club for handling. Members must not reprimand other Members or guests. We thank you for your co-operation.

請注意，根據本會章程，會員（包括兒童）之間的糾紛應通知本會並由本會代為處理。會員不應譴責其他會員或客人。多謝合作。

## e-Portwatch

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

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



## Restaurant Dress Codes 餐廳衣著要求

Members and guests are required to dress appropriately in the Club restaurants. Please be reminded of the following restaurant dress codes.

### The Horizon, The Balcony, Marina Grill and The Backroom at La Cave - Smart Casual

Ladies and Gentlemen: No sports shorts, flipflops or slippers.

Gentlemen: No sleeveless shirts or vests.

### The Deck, Portside and Caffé Luna - Casual

Ladies and Gentlemen: Any form of casual or sportswear is allowed, except swimwear, which is permitted only by the poolside or at the Tropical Pool Café. Anyone entering other parts of the Club must be fully clothed.

會員和來賓必須遵從會所餐廳的衣著要求。於海天閣、露臺泰國餐廳、扒房及The Backroom的衣著要求為時尚休閒。男士及女士均不可穿著運動短褲或拖鞋進入。男仕不可穿著無袖上衣或背心。於The Deck、Portside及Luna意大利餐廳均可穿著休閒服裝。男士及女士可穿運動服，泳衣除外。泳衣僅可於碧波池畔或碧波泳池咖啡座穿著。進入會所範圍內必須穿著合適的衣履。

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

The Hair & Beauty Salon and Nail Bar will be closed from January 22 to 24 inclusive for the Chinese New Year. We apologise for the inconvenience.

美髮及美容中心和美吧店將於1月22日至24日（農曆新年）期間關閉。不便之處，敬請原諒。



# Introduction to Jadeite

## 翡翠概論

<b>Thursday, January 12</b>	1月12日（星期四）
<b>10.30am to midday</b>	早上10時30分至中午12時
<b>2.30 to 4pm</b>	下午2時30分至4時
<b>2/F Marina Suite</b>	2樓海翔廳
<b>Member: complimentary</b>	會員：免費
<b>Guest: \$60</b>	來賓：\$60

### Introduction

This seminar provides an introduction to the world of jadeite. It starts with an introduction to the gemstone and an overview of its fascinating history. It then takes a look at important characteristics that jadeite possesses, how it is graded and how to tell one jadeite from the other.

### Background

Founded in Shanghai in the 1920s, K.S. Sze & Sons is one of Hong Kong's preeminent jewellery houses, known for designing unique creations made with rare and stunning gems. Situated in the Mandarin Oriental hotel, the company has been a reference point for Hong Kong's elite for almost a century.

### 講座內容

介紹翡翠的世界，以及寶石迷人的歷史。

並了解翡翠的重要特徵、如何分級別，以及如何比較不同的翡翠。

### 簡介

K.S. Sze & Sons於1920年代在上海創立，是超卓的香港珠寶品牌之一，以設計獨特的作品聞名，作品均採用稀有的寶石製成。公司位於文華東方酒店，近這世紀以來一直是香港品牌的指標。





# Mastering the Hormonal Balance

## 荷爾蒙的平衡

**Thursday, February 16** 2月16日 (星期四)  
**10.30am to 12nn** 早上10時30分至中午12時  
**2/F Marina Suite** 2樓海翔廳  
**Member: complimentary** 會員: 免費  
**Guest: \$60** 來賓: \$60

### INTRODUCTION

*"I used to lose weight with no problem. I used to sleep all night. I used to have energy all day. I used to have more patience."*

Does this sound like you?

Would you like to reclaim control of your body and emotions and transform yourself into a vibrant, calmer and happier version of yourself? Join women's health and fertility expert Katia, who will explain how hormones affect how you look and feel, and how you can support your body to regain hormonal balance.

In this session, you will . . .

- Get a complete picture of the hormones that play a role in a woman's hormonal journey over the course of the lifespan, month and even day.
- Learn how hormonal imbalances can manifest themselves at different stages of your life.
- Obtain an understanding of how you can use testing to gain deep insight into your hormones and extract the most value for your health goals.
- Leave with a clear understanding of what you can do today to help manage your symptoms and address their root cause by learning how to balance your hormones.

### Background

Katia is one of the first UK-trained nutritional therapists to practice in Hong Kong. A hormonal health specialist solving menstrual problems, women's hormonal conditions such as PMS, endometriosis and PCOS, she guides women to reclaim control of their bodies and emotions. She also helps women and their partners on their journey to parenthood, from preconception through pregnancy. In addition, Katia works with clients to optimise their nutrition to help achieve various goals such as improved energy, better sleep, enhanced athletic performance and recovery, and weight loss.

Learn more at [www.omnivitality.com](http://www.omnivitality.com) and [www.imi.com.hk/nutritional-therapist-katia-demekhina.html](http://www.imi.com.hk/nutritional-therapist-katia-demekhina.html)



### 講座內容

“我曾經減肥成功。我過去常常睡覺、一整天都精力充沛及很有耐性。”

這聽起來像你？

您想重新控制自己的身體和情緒，將自己變成一個充滿活力、平靜和快樂的人嗎？參加Katia（女性健康和生育專家）的講座，她將解釋荷爾蒙如何影響您的外觀和感受，以及如何令身體恢復荷爾蒙平衡。

包括：

- 全面了解女性一生荷爾蒙的轉變。
- 了解人生不同階段的荷爾蒙失調的徵兆。
- 了解如何使用測試來深入了解荷爾蒙，並為你的健康目標提取最大的益處。
- 了解可以如何平衡荷爾蒙，幫助控制不同的症狀，並解決根本的原因。

### 簡介

Katia是首位在英國接受訓練並在香港執業的營養治療師之一。作為解決月事問題、女性荷爾蒙問題（如經前綜合症、子宮內膜異位症和多囊卵巢綜合症）的荷爾蒙健康專家，她引導女性重新掌控自己的身體和情緒。她還幫助女性及其伴侶成為父母，從孕前到懷孕的旅程。此外，Katia與客戶合作，以幫助實現各種目標，例如改善能量、改善睡眠、增強運動表現和恢復以及減輕體重。

如欲了解更多可瀏覽[www.omnivitality.com](http://www.omnivitality.com)和 [www.imi.com.hk/nutritional-therapist-katia-demekhina.html](http://www.imi.com.hk/nutritional-therapist-katia-demekhina.html)



## Christmas Tree Lighting 2022



THE  
ABERDEEN MARINA CLUB



## CHINESE SPRING DINNER PACKAGES

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

為賀新年，本會特備多款春茗菜單，讓閣下與公司全人共迎新歲。

Our selection of Spring Dinner packages offer excellent value from only \$8,680 per table, and include the following privileges.

- Free-flow beverage package at a discounted rate of \$2,380 per table with unlimited soft drinks, local beer and fresh orange juice for four hours.
- One complimentary car parking space per table.
- Karaoke at a preferential rate of \$800.
- Fresh floral centrepiece on each dining table.

### Additional inclusive benefits.

#### For parties with more than eight tables of 12 persons

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

#### For parties with more than 12 tables of 12 persons.

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

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

本會春茗套餐每席只需 \$8,680 起，每席十二位，並提供以下優惠：

- 以優惠價每席 \$2,380 享用四小時無限供應汽水、本地啤酒及鮮橙汁
- 每席提供一個免費泊車位
- 以優惠價 \$800 享用卡拉OK 設施
- 每席備有鮮花擺設

### 預訂八席或以上，可享額外優惠

- The Deck 二人自助晚餐禮券乙張供抽獎用

### 預訂十二席或以上，可享額外優惠

- 精美橫額一幅
- 免費 56 座位巴士接送往返金鐘地鐵站一程

For reservations, please call our Events Sales Team on 2814 5442 or email [events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com)

預訂請致電宴會部電話 2814 5442 或電郵至 [events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com)



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