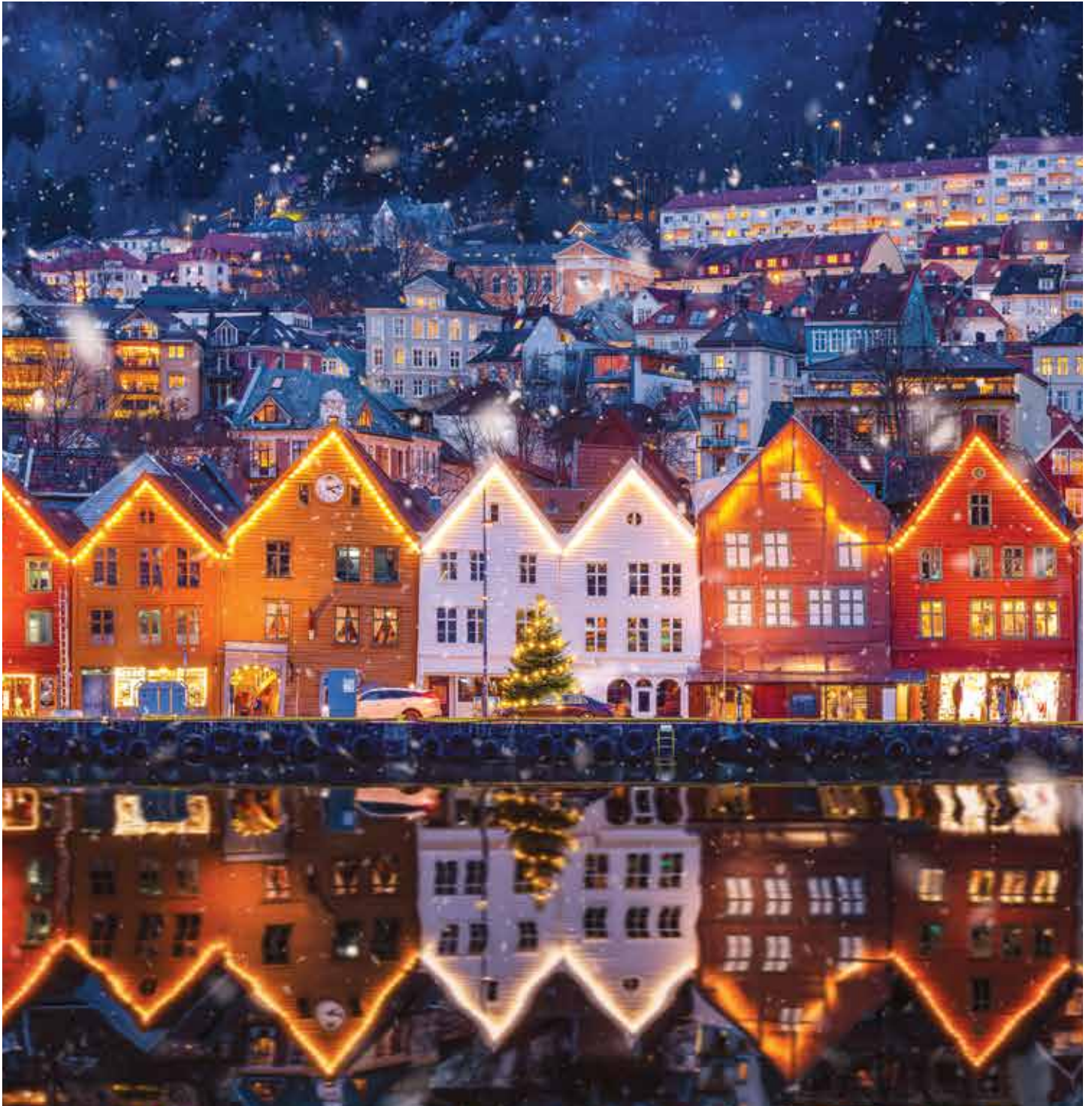




PORTWATCH

November/December 2025



PORTS OF CALL: NORWAY



REACH FOR THE CROWN



THE SUBMARINER DATE

OFFICIAL ROLEX RETAILER

蘇麗鐘錶

ZURICH WATCH

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TEL: (852) 2369 9298



ROLEX

PORTWATCH

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THE
ABERDEEN MARINA CLUB



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Portwatch Editor / Mr Adam Nebbs
Cover Photo: Bergen



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



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NOVEMBER

ALL OF NOVEMBER

Marina Grill
David Hervé Oysters
Portside
Hong Kong Clay Pot Rice



Caffè Luna
Sagra della Zucca
(Pumpkin Feast)

1

SATURDAY

Annual Club
Championship
for Adults
Rooftop Tennis
Midday – 7pm

Haunted
Adventure Zone
Adventure Zone
6pm – 9pm

2

SUNDAY

Haunted
Adventure Zone
Adventure Zone
6pm – 9pm

2

SUNDAY

The Grabber
Machine Returns!
– Yummy Ice
Cream Toys
The Yard
9am – 7pm

Bowling High
Score Day
Bowling Alley
11am – 10pm



Dog Adoption Day
Children's Play Area
2pm – 5.30pm

7

FRIDAY

Re-judgement of
Paris Wine Dinner
The Backroom
7pm

8

SATURDAY

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

9

SUNDAY

Bowling
Grabber Day! –
Snack Toys
Bowling Alley
11am – 10pm

16

SUNDAY

Members' Day
Tropical Poolside,
G/F Children's Play
Area and South Gate
Midday – 5pm

Arts & Crafts –
Key Ring Making
Run,2,3!
2.30pm – 4.30pm

The Grabber
Machine Returns!
– Astronomical
Clay
The Yard
9am – 7pm

16

SUNDAY

Bowling Bingo!
Bowling Alley
11am – 10pm

20

THURSDAY

Two Hands
Wine Dinner
Marina Grill
7pm

21

FRIDAY

Laser Tag
Challenge
Adventure Zone
7.30pm – 8.30pm

22

SATURDAY

Arts & Crafts –
Thanksgiving Day
Kids on 8!
9am – 7pm

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

23

SUNDAY

Arts & Crafts –
Thanksgiving Day
Kids on 8!
9am – 7pm

23

SUNDAY

VR day - Fruit Ninja
Highest Scoring
The Yard
10am – 7pm

28

FRIDAY

Christmas
Tree Lighting
Ceremony
Tropical Poolside
6.30pm – 8pm

An Evening
in the Alps
Portside
6pm – 10pm

29

SATURDAY

Pickleball
Family Workshop
Multi-use Court
11.15am – 12.15pm

Annual Club
Championship
for Juniors
Rooftop Tennis
Midday – 7pm

30

SUNDAY

Fitness Centre
Orientation
Fitness Centre
2pm – 4pm
Wellness
Assessment
Cutting Edge
10am – 5pm

4

THURSDAY

New Players
Evening
Rooftop Tennis
7pm – 9pm

7

SUNDAY

The Grabber
Machine Returns!
– Diamond Plush
The Yard
9am – 7pm

Bowling High
Score Day
Bowling Alley
11am – 10pm

Christmas
Ice Skating Show
Ice Rink
3pm – 6pm

12

FRIDAY

Laser Tag
Challenge
Adventure Zone
7.30pm – 8.30pm

13

SATURDAY

Grabber Day! –
Treats
Kids on 8!
9am – 7pm

14

SUNDAY

Basketball
Challenge
The Yard
9am – 7pm

Bowling
Grabber Day! –
Bowling Pin Toys
Bowling Alley
11am – 10pm

18

THURSDAY

Ladies' Social
Year-Ending
Rooftop Tennis
10am – Midday

20

SATURDAY

Fun Weekend
Arts & Crafts
Kids on 8!
9am – 7pm

21

SUNDAY

Fun Weekend
Arts & Crafts
Kids on 8!
9am – 7pm

Arts & Crafts –
Christmas Tree
Making
Run,2,3!
2.30am – 4.30pm

Bowling Bingo!
Bowling Alley
11am – 10pm

DECEMBER

24

WEDNESDAY

Arts & Crafts –
Gingerbread
House Making
Kids on 8!
9am – 7pm

25

THURSDAY

Christmas
Hunting
Adventure Zone
3pm – 5pm

Santa Claus
Balloon Twisting
Run,2,3!
2.30am – 3.30pm
Kids on 8!
3.30am – 4.30pm

25

THURSDAY

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

Arts & Crafts –
Christmas
Socks Making
Kids on 8!
9am – 7pm

26

FRIDAY

Grabber Day –
Party
Themed Toys
Run,2,3!
9am – 7pm

27

SATURDAY

Bowling
Grabber Day! –
Bowling Pin Toys
Bowling Alley
11am – 10pm

Santa Claus
Hunting on Ice!
Ice Rink
3pm – 6pm

28

SUNDAY

Fitness Centre
Orientation
Fitness Centre
2pm – 4pm

Wellness
Assessment
Cutting Edge
10am – 5pm

31

WEDNESDAY

Neo Tokyo
New Year's Eve
Dinner Buffet
The Deck
6.30pm – 10.30pm

1990s
Monte Carlo
New Year's Eve
Celebration
Marina Grill
7.30pm

ALL OF DECEMBER

Caffè Luna
Sapori del Salento
(Apulian Flavours)

Marina Grill
Winter Truffle
Specialities

The Deck
Swiss Chalet



DINING THROUGHOUT NOVEMBER AND DECEMBER

The Horizon
Winter Dishes

Festive Celebration Highlights

節日活動

Tree Lighting Ceremony

聖誕樹亮燈儀式

Friday, November 28
From 6.30-8pm
Tree Lighting at 7pm
Tropical Poolside

Members only
Complimentary
Registration required.

Join us for a fun and festive tree-lighting ceremony with a Christmas-carol choir, drinks and canapés.

誠邀會員參加聖誕樹亮燈儀式來慶祝節日的來臨，屆時將有合唱團表演，並提供飲品和小食。



Christmas Market

聖誕市集

Every Saturday and Sunday
From November 29 - December 21
From midday - 8pm
Tropical Poolside

We are delighted to host the Club's very first Christmas Market, bringing the spirit of Europe to our Tropical Poolside. Come and enjoy a charming selection of seasonal offerings arranged around our beautifully decorated Christmas tree.

With warming festive dishes, traditional beverages and a hand-picked selection of Christmas treats and gifts, the market creates a magical atmosphere of celebration and indulgence. A new tradition begins this year — one to be enjoyed, celebrated and cherished.

11月29日至12月21日（逢星期六及日）
中午12時至晚上8時
碧波池畔

我們非常高興舉辦本會首個聖誕市集，將歐洲的節日氣氛帶到碧波池畔。歡迎大家前來參與，在精心佈置的聖誕樹旁，享受一系列的季節限定商品。

市集匯聚節慶美食、傳統飲品，以及精心挑選的聖誕禮品，營造出一個充滿歡樂的節慶氛圍。讓我們一同創造這項嶄新的傳統，體驗歡欣的冬日慶典。

GRAND BALLROOM

Christmas Day Lunch Buffet

聖誕自助午餐

Thursday, December 25
From 11.30am - 2.30pm
Adult \$888 Child \$588

Each child will receive a Christmas gift and there will be game booths and live stage entertainment.

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

12月25日（星期四）
上午11時30分至下午2時30分
成人 \$888 兒童 \$588

現場將設有攤位遊戲及魔術師表演，每位兒童更可獲贈聖誕禮物一份。查詢請致電宴會部電話2814 5442，或電郵至events@aberdeenmarinaclub.com。

MARINA GRILL

1990s Monte Carlo New Year's Eve Celebration

蒙地卡羅除夕晚宴

Wednesday, December 31
Dinner at 7.30pm
\$1,988 per person (including a glass of Champagne)
18 years or older
Dress code: Formal

12月31日（星期三）
晚宴由晚上7時30分開始
每位\$1,988（包括香檳一杯）
只限18歲或以上人士參加
服裝要求：禮服

THE DECK

Neo Tokyo New Year's Dinner Buffet

閃爍東京除夕夜自助晚餐

Wednesday, December 31
From 6.30-10.30pm
Adult \$1,088 Child \$599

Jump into the world of neon lights and Japanese vibes and welcome in the New Year together in style! Come and join us for a fun party!

Highlights: Tuna cutting live station, ramen station, a sake chalet, game booths and kids' countdown at 9pm.

12月31日（星期三）
晚上6時30分至10時30分
成人 \$1,088 兒童 \$599

在霓虹閃爍的東京夜色中，一起感受濃厚的日本時尚氣氛。歡迎加入我們的狂歡派對來迎接新年！

當晚將設有日式拉麵吧、清酒小屋及攤位遊戲，廚師更會即場切割吞拿魚，而兒童新年倒數將於晚上九時開始。

For more details, please refer to our Christmas and New Year Programme Brochure.

有關更多節日活動詳情，請參閱聖誕節及新年活動指南。



MARINA DELI



Magic in Every Bubble

節日香檳

From November 1 – December 31

Celebrate this Holiday Season with fine champagne.

11月1日至12月31日

以精緻香檳與親朋好友歡渡佳節，共慶美好時光。

NV Ferrari, Brut, Trento, Italy \$258

NV Veuve Clicquot, Yellow Label, Champagne, France \$340

NV Perrier Jouet, Grand Brut, Champagne, France \$450

- Buy 12 bottles, get 15% off.
- Buy 30 bottles, get 25% off.

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

預訂或查詢請致深灣店電話2814 5302、電郵至marinadeli@aberdeenmarinaclub.com或WhatsApp 6390 0716。

THE DECK

Swiss Chalet

瑞士小屋

From November 29 – February 8

Every Friday, Saturday and Sunday evening
From 6-10pm

Enjoy a perfect evening in a warm atmosphere at The Swiss Chalet with family and friends. Savour delicious cheese fondues, grilled Raclette cheese, Swiss speciality dishes and fine-wine pairings.

11月29日至2月8日（逢星期五、六及日）
晚上6時至10時

與家人好友一起品嚐芝士火鍋及各款經典瑞士菜式，配以各式美酒，在溫馨愜意的氣氛下享用一頓完美的晚餐。



For reservations, please call the The Deck on 2814 5301 or email deck@aberdeenmarinaclub.com.

訂座請致電咖啡室電話2814 5301或
電郵至deck@aberdeenmarinaclub.com。

RODEO CARNIVAL MEMBERS' DAY 2025

Sunday, November 16
From midday – 5pm
Tropical Poolside
G/F Children's Play Area and South Gate

Adult \$678 **Child (3 – 11) \$568**
Child (under 3) \$188

Midday – 3.30pm International Buffet
3.30-5pm Food & Drinks at Portside
Pony rides, inflatables, exciting stage shows,
lots of carnival games and arts & crafts.

MEMBERS ONLY

WANTED
ALL COWBOYS
AND COWGIRLS

Scan the QR code to Register Now

THE BALCONY

Festive Menu

節日菜單

December 18 – 31

Enjoy authentic Thai dishes specially prepared to keep you warm over the festive period.

12月18日至31日

與親朋好友一同享用地道泰國美食，在冬日節慶期間為您送上溫暖滋味。



Yum Hoi Shell

香辣帆立貝沙律

Seared scallop, sweet chilli jam, shallot, chilli, lemongrass, mint, roasted coconut, cherry tomato.

Gaeng Lobster

泰南黃咖喱煮龍蝦

Southern Thai-style yellow curry lobster with coconut milk and turmeric.

Pu Dum Pad Kai Khem

黃金炒蟹

Steamed giant mud crab with salted egg-yolk sauce.



CAFFÈ LUNA

Sagra della Zucca Pumpkin Feast

南瓜美食節

Throughout November

Embrace the rich flavours of autumn with our special pumpkin dishes.

十一月

Luna意大利餐廳呈獻特色南瓜菜餚，讓您感受秋日的濃鬱風味！



Sapori del Salento Apulian Flavours

普利亞美食

Throughout December

Immerse yourself in the rich culinary traditions of Apulia with our exquisite seafood offerings.

十二月

歡迎前來品嚐以海鮮入饌的普利亞傳統滋味！

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

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

PORTSIDE



Hong Kong Clay Pot Rice

港式煲仔飯

November 1 – December 14
Adult \$388 Child \$118

Warm yourself up with this winter classic.

11月1日至12月14日
成人 \$388 兒童 \$118

品嚐熱騰騰的港式煲仔飯，以經典美食迎接冬日。

Hot Pot Promotion

港式火鍋

December 20 – February 1
Adult \$428 Child \$168

Hong Kong Hot Pot to delight the senses.

12月20日至2月1日
成人 \$428 兒童 \$168

港式火鍋為您帶來暖意冬日！

An Evening in the Alps

阿爾卑斯山之夜

Friday, November 28
6-10pm
Adult \$598 Child \$298

Savour the flavour of the Alps with
delicious fondue and more.

11月28日（星期五）
晚上6時至10時
成人 \$598 兒童 \$298

品嚐傳統瑞士菜式，沈醉於濃厚芝士火鍋之夜！

THE HORIZON

Winter Dishes Promotion

冬令菜式推介

November until February 8
11月至2月8日

川芎白芷鱸魚皮燉魚頭湯

Double-boiled fish head soup, szechwan lovage
rhizome, dahurian angelica root, crocodile skin.

杏汁百花釀花膠筒

Deep-fried stuffed fish maw, minced shrimp,
almond juice.





K O A
N I S E K O

Expressions of
Adventure and
Harmony.

A Home Like No Other.

Set amidst the powdery foothills of Mount Niseko Annupuri and only minutes from the ski lifts in Niseko Village and Niseko Annupuri Resort—discover the new Koa Super Villa: a limited release 5-bedroom luxury residence from the creators of the award-winning Koa Niseko estate.

Featuring dual master bedroom suites, an exquisite Japanese onsen-style bath, a private sauna, a handcrafted Norwegian fireplace, and artwork curated from around the world, every touch evokes a sense of place, harmony, and comfort.

Embrace each extraordinary moment.

Available in early 2026. Register your interest at sales@koaniseko.com

WWW.KOANISEKO.COM



A HOUSE OF KOA CONCEPT

supernova—land



Ports of Call Norway

遊歷挪威

“Night was coming on again; the sun just dipped into the sea and rose again, red, refreshed, as if it had been down to drink.”

– Knut Hamsun

Pan (1894)



Oslo

奧斯陸

Accessible by air from Hong Kong via several Middle Eastern and European airports, the Norwegian capital is a good starting point for further exploration by sea along the rugged west coast, to fabulous fjords and the Svalbard archipelago, north of the Arctic Circle. But the city itself also has much to explore and enjoy. Close to the main cruise terminal lie some of the main attractions, like the medieval Akershus Fortress and 21st-century Oslo Opera House (below). There are also numerous top-class museums, galleries, restaurants and historical sites, as well as the Vigeland Sculpture Park – the largest such open space in the world.

The compact centre is quite easy to navigate on foot or by bicycle, and an efficient public transport system makes the whole of the city accessible for tourists. Oslo is also a community very close to nature, and it's easy to get out into its spectacular surroundings for boating, hiking, skiing or cycling adventures.



從香港出發經中東和歐洲等多個機場轉機可抵達挪威首都奧斯陸。您可以奧斯陸為出發點，沿著崎嶇的西海岸，乘船遊覽壯麗的峽灣和北極圈以北的斯瓦爾巴群島，而奧斯陸也有很多值得觀光的景點。郵輪碼頭附近有一些主要景點，例如中世紀建成的阿克斯胡斯城堡和21世紀的奧斯陸歌劇院。此外，還有許多博物館、畫廊、餐廳和歷史遺跡，以及世界上最大的雕塑公園 – 維格蘭雕塑公園。

在市中心步行或騎單車都很方便，遊客可利用當地的公共交通運輸系統輕鬆穿梭於奧斯陸。奧斯陸是一個富大自然氣息的城市，人們可以輕易地在其壯麗的景點划船、徒步旅行、滑雪或騎單車。





Stavanger

斯塔萬格

Known for its picturesque Old Town (Gamle Stavanger), and as the Oil Capital of Norway, Stavanger is also a busy cruise destination, with a city-centre cruise-ship terminal close to a number of attractions. Popular excursions from here include the impressive Lysefjord (meaning light fjord) about 25 kilometres east, and social-media favourites Preikestolen – or Pulpit Rock (right) – and the similarly impressive Kjeragbolten.

If the 18th-century white wooden buildings of Gamle Stavanger don't appeal, then there's the multi-coloured Øvre Holmegate, with galleries, boutiques and cafés painted in bright shades of red, orange, blue, green and yellow. For the more industrially inclined, Stavanger offers a Petroleum Museum, Printing Museum and Canning Museum, recalling its richly productive history.



斯塔萬格以其風景如畫的舊城區 (Gamle Stavanger) 而聞名，是挪威的石油之都。斯塔萬格也是個繁忙的郵輪勝地，市中心的郵輪碼頭毗鄰多個景點。從這裡出發的熱門短途行程包括：東面約25公里處引人入勝的呂瑟峽灣（意為「光明峽灣」），以及社交媒體上的熱門旅遊勝地聖壇岩（上圖）和同樣令人印象深刻的奇蹟石。

如果您覺得斯塔萬格舊城區的18世紀白色木屋不夠吸引，那麼不要錯過充滿藝術氣息、豐富多彩的街道Øvre Holmegate，那裡的畫廊、精品店和咖啡館都被塗上紅、橙、藍、綠和黃等鮮豔色調。有興趣了解工業發展的遊客，可到訪石油博物館、印刷博物館和罐頭博物館，認識更多其豐富的生產歷史。

Bergen

卑爾根

Often called the Gateway to the Fjords, Bergen is Norway's second-largest city and busiest cruise port. Local attractions include the historic Bryggen Hanseatic Wharf (a UNESCO World Heritage Site), the Floibanen Funicular Railway up Floyen Mountain and the cable car, or hike up the 1,333 Sherpa Steps (built by Nepalese Sherpas) to Mount Ulriken.

As well as hosting international cruise lines – as it has done since the 19th century – Bergen is also the most southerly port on the Hurtigruten, or Express Route. Established by the Norwegian government in 1893 to serve communities up and down the rugged coastline, it comprises 34 ports of call between Bergen and Kirkenes in the far northeast, near the border with Russia. Two companies serve the route – Hurtigruten AS (hurtigruten.com/en) and Havila Kystruten (havilavoyages.com) – and both provide 12-day round-trip luxury cruises year round, as well as serving the coastal communities.

卑爾根被稱為「峽灣之門」，是挪威第二大城市和最繁忙的郵輪港口。當地景點包括歷史悠久的布呂根漢薩碼頭（被聯合國教科文組織列為世界遺產）、弗洛伊恩山及弗洛伊恩纜車，和可以纜車或沿尼泊爾夏爾巴人建成的1,333級夏爾巴階級登上的烏爾里肯山。

卑爾根不僅自19世紀以來一直是國際郵輪航線的停泊港，也是海達路德郵輪最南端的港口。航線由挪威政府於1893年建立，旨在服務崎嶇海岸線沿岸的社區，在卑爾根和東北部靠近俄羅斯邊境的希爾克內斯之間設有34個停泊港。有兩間公司提供這航線服務，分別為Hurtigruten AS (hurtigruten.com/en) 和 Havila Kystruten (havilavoyages.com)，這兩間公司全年都提供12天往返的豪華遊輪服務，亦為沿海社區提供服務。





Ålesund

奧勒松

Another popular stop on the Hurtigruten, Ålesund is a convenient port for exploring spectacular nearby fjords, most notably the famously breathtaking Geirangerfjord (a UNESCO World Heritage Site) and Hjørundfjord. Deep enough to accommodate some of the world's largest cruise ships, the cruise terminal can be very busy in the summertime, but it's centrally located and close to the city's Art Nouveau centre. This is Ålesund's hallmark and sprang up after a destructive fire burned most of the wooden city to the ground in 1904.

Overlooking the city, the Aksla Viewpoint – a 418-step climb – provides impressive views of Ålesund, and surrounding islands and fjords, while less energetic walking tours allow visitors to wander around and learn about the Art Nouveau buildings below.

奧勒松是海達路德郵輪 (Hurtigruten) 的另一個熱門停泊點，它交通便利，方便乘客遊覽附近壯麗的峽灣，其中最著名的是令人嘆為觀止的蓋朗厄爾峽灣（被聯合國教科文組織列為世界遺產）和約翰倫峽灣。奧勒松的郵輪碼頭水深足以容納一些世界最大的遊輪，這裡在夏季非常繁忙，它位於市中心，靠近新藝術風格中心。新藝術風格中心是奧勒松的標誌性建築，在1904年一場

毀滅性的大火將這座木城幾乎夷為平地後應運而生。

攀越418層階級登上阿克斯拉觀景台，您便可俯瞰整座城市，欣賞到奧勒松以及周圍島嶼和峽灣的壯麗景色。遊客可選擇較輕鬆的步行之旅，四處漫步，了解新藝術風格的建築。



Tromsø

特羅姆瑟

Known as the Gateway to the Arctic, the northern city of Tromsø is also noted for its colourful 18th-century wooden buildings, and its surrounding natural beauty. At some 350 kilometres north of the Arctic Circle, it is one of the best places in the world for viewing the Northern Lights in winter, and Knut Hamsun's Midnight Sun in summer. Most visitors head up to the top of Storsteinen Mountain in the Fjellheisen Cable Car for amazing views of the surrounding majestic mountains and numerous fjords.

At ground level, the world's northernmost university helps give Tromsø a youthful, relatively cosmopolitan atmosphere and a nationally famous nightlife scene. Most domestic and international visitors arrive by plane, but Tromsø is also a busy international cruise port and one of the Hurtigruten ports of call, although not quite the most northerly.

特羅姆瑟這座北部城市被譽為北極之門，以其色彩繽紛的18世紀木製建築和自然美景而聞名。它位於北極圈以北約350公里，是世界上觀賞冬季北極光和夏季克努特漢姆生午夜太陽的最佳地點之一。大多數遊客會乘坐菲耶爾海森纜車登上斯托爾施泰寧山，飽覽周圍雄偉的山脈和許多峽灣的壯麗景色。

特羅姆瑟擁有世界最北端的大學，為這城市增添活力及國際都會的氛圍，以及全國聞名的夜生活。大多數國內外遊客乘飛機抵達，但特羅姆瑟也是一個繁忙的國際郵輪港口，也是海達路德郵輪的停泊港之一，儘管它並非位於最北端。





A Toast to Tradition and Discovery Our First Bordeaux Wine Tour

向傳統與探索致敬：我們的首次波爾多葡萄酒之旅

The Club's first Bordeaux wine tour was nothing short of unforgettable. While Bordeaux has long been revered for its grand châteaux and legendary wines, this journey offered something far more personal — stories shared over dinner tables, unexpected moments in centuries-old châteaux, and a deeper connection to the people behind the labels.

One of the most memorable evenings took place at Château d'Issan, where we were welcomed by its owner, Emmanuel Cruse. Over a beautifully set dinner, he gave us a rare glimpse behind the curtain of winemaking in Bordeaux — not just the process, but also the philosophy behind it.

Mr Cruse spoke candidly about how climate change has reshaped Bordeaux wines. "People often say Bordeaux wines are easier to drink nowadays," he noted. "It's because the grapes ripen more fully now than they

used to — thanks to global warming." This fuller ripeness has softened tannins and made young wines more approachable, without sacrificing their elegance.

He also reflected on a controversial chapter in Bordeaux's recent past — the era of "Parkerisation". In pursuit of higher ratings from critic Robert Parker, many left bank châteaux began blending in more Merlot to create richer, riper wines. "It was a shame," Mr Cruse said with a sigh. "Bordeaux left bank is Cabernet Sauvignon territory. We should respect that tradition."

That respect for heritage was also evident in a humorous but revealing story he shared about Malbec, a grape that has nearly vanished from Bordeaux. Château d'Issan still uses it — barely. In their 2020 vintage, just one percent made it into the final blend. Mr Cruse suggested dropping it entirely. The technical team disagreed — so much so, they kicked him out

of the blending room. Later, they invited him back for a side-by-side blind tasting. To his surprise, he preferred the version with that tiny one percent of Malbec. "So of course, we kept it," he laughed. "Sometimes, the smallest things make the biggest difference."

Mr Cruse, incidentally, is no stranger to Hong Kong himself. A self-proclaimed expert on the city, he spoke fondly of his many visits — and his love of tennis, which adds a warm, human touch to the world of grand estates and historic vintages.

Beyond the vineyards, our tour was filled with culinary highlights. A standout was our dinner at Le Pressoir d'Argent, a two Michelin-starred gem in Bordeaux. There, we had the rare chance to try their signature dish — Le Homard à la Presse, a dramatic tableside preparation inspired by the famed pressed duck of La Tour d'Argent. Instead of duck bones, lobster shells and roe are pressed in an antique silver press to create a rich bisque. Only eight of these presses exist in the world — one lives at The Peninsula in Hong Kong. Watching the sauce come to life at our table was nothing short of magical.

This tour wasn't just about tasting wine — it was about understanding it. Through stories, dinners and shared laughter, we experienced Bordeaux not as tourists, but as welcomed guests. Here's to many more journeys like this one.



本會的首次波爾多葡萄酒之旅，絕對是一次難忘的體驗。波爾多素來以其宏偉的酒莊與傳奇的葡萄酒聞名於世，但這次旅程給我們帶來更深層的連結——在晚餐桌旁分享的故事、在百年莊園中遇上意想不到的事情，以及與酒莊主人真摯互動等的難得經歷。

其中一個最難忘的晚上，是我們在Château d'Issan迪仙莊園與莊主 Mr Emmanuel Cruse共進晚餐。他熱情地與我們分享了許多關於波爾多釀酒的內幕，不僅提及到技術，更談到對傳統與風格的堅持。

Mr Cruse談到，為什麼現在的波爾多酒比以往更易入口，這是因為全球暖化，讓葡萄比以前更容易成熟。這樣的成熟度讓酒



的單寧更為柔順，即使年輕的酒也更加可口，卻仍保有波爾多的精緻與深度。

他也坦言過去幾十年波爾多經歷過一段「追分數」的時期，為了討好著名酒評家 Robert Parker，許多左岸酒莊刻意添加更多梅洛（Merlot）以增加酒的濃郁度與甜美度。他說：「這是一種遺憾，左岸的靈魂是赤霞珠（Cabernet Sauvignon），我們應該堅守這個傳統。」

Mr Cruse還分享了一個有趣又令人印象深刻的故事。波爾多如今幾乎已不再種植馬爾貝克（Malbec），但迪仙莊園仍保留這個品種。2020年份的正牌酒僅用了1% 的馬爾貝克，Mr Cruse一度建議乾脆放棄這1%。技術團隊竟然不同意並請他離開，隨後安排了一場盲品測試。結果他竟然更喜歡有那 1% 馬爾貝克的版本，最後他笑著說：「有時候，最微小的改變，反而造就最特別的風味。」

值得一提的是，Mr Cruse本身還是位運動愛好者，尤其熱愛網球，並多次造訪香港，對我們這座城市瞭若指掌，親切感十足。

除了酒莊行程，我們也享受了無數美食佳餚。其中一次晚宴在波爾多的二星米芝蓮餐廳Le Pressoir d'Argent舉行，餐廳的招牌菜Le Homard à la Presse讓人驚艷。這道菜靈感來自巴黎La Tour d' Argent的血鴨料理，但主角換成了龍蝦。龍蝦殼與蟹膏放入古董銀製壓汁器中現場壓榨，製作出香濃的龍蝦濃湯。全球僅有八台這種壓汁器，其中一台就在香港半島酒店。

這次酒莊之旅，不只是品酒，更是一次深度的文化與情感交流。透過一頓頓晚餐、一段段故事，我們彷彿走進了波爾多的心臟地帶——不再只是旅人，而是被真正接納的賓客。期待下一次再舉杯，共赴美酒之約。

MARINA GRILL

Two Hands Wine Dinner

葡萄酒晚宴



Thursday, November 20

Welcome drink: 7pm

Dinner: 7.30pm

Price: \$1,480 per person

Guest Speaker: Pierre-Henri Morel,
Proprietor and General Manager,
Two Hands Wines



TWO HANDS WINES

日期：11月20日(星期四)

酒會：晚上7時

晚宴：晚上7時30分

費用：每位\$1,480

演講嘉賓：Two Hands Wines莊主及總經理Pierre-Henri Morel

WINES FEATURED

2022 Two Hands, Hell Freezes Over, Chardonnay

2019 Two Hands, Adrestia, Semillon Sauvignon Blanc

2022 Two Hands, The Odd Couple, Pinot Noir

2021 Two Hands, Spirit of Place, Shiraz

2010 Two Hands, Aphrodite, Cabernet Sauvignon

2019 Two Hands, Ares, Shiraz

For enquiries, please call Marina Grill on 2814 5460

查詢請致電Marina Grill電話2814 5460。

MARINA GRILL

David Hervé Oysters

David Hervé生蠔

Throughout November

The Hervé family has been passionately cultivating some of the world's finest oysters through three generations since 1939.

十一月

自1939年以來，Hervé家族三代人一直熱衷於養殖世界上最優質的生蠔。



Winter Truffle Specialities

冬日松露菜式

Throughout December

Experience the sensational flavour of white and black truffles with specially created dishes from our culinary team.

十二月

體驗白松露和黑松露的絕妙風味，品嚐我們廚藝團隊精心打造
的特色料理。

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

訂座請致電預訂服務中心電話2814 1222或

電郵至reservations@aberdeenmarinaclub.com。

THE BACKROOM

Plating the Wild × The Backroom



December 4 - 6
Thursday to Saturday
7pm
\$1,188 per person

12月4至6日
星期四至六
晚上7時
每位\$1,188

Plating the Wild (PTW) is a dining concept brought to life by Marian Chin, using ingredients from the surrounding farmers, mountains and wild jungles of Sarawak in Malaysian Borneo.

PTW tells stories of time, places, people and the history of the surroundings, through the food, techniques, and dish/menu concepts. Marian Chin works with various chefs and this event will be with Chef Alexandros Ling from Kyujin restaurant in Kuching, Sarawak.

The Backroom will open for dinner only during this promotion.

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

晚宴將於活動日期前一個月開始接受預訂，屆時請留意本會電子通訊或致電預訂服務中心電話2814 1222。



Plating the Wild (PTW) 是Marian Chin的餐飲理念，採用來自馬來西亞婆羅洲砂拉越週邊農民、山脈和野生叢林的食材。

PTW 透過食材、烹調方法及菜式概念，讓食客從食物中可感受到時間、地點、人物以及周圍環境的歷史故事。Marian Chin曾與多位主廚合作，這次晚宴將與砂拉越古晉Kyujin餐廳的主廚Alexandros Ling攜手合作。

屆時，The Backroom只於晚餐時段開放。

Christmas

CELEBRATIONS

AT OUR FUNCTION ROOMS

This year we have prepared a superb selection of festive menus to celebrate the season in style with colleagues or business associates. Our Christmas lunch and dinner packages are tremendous value. We look forward to welcoming you and your associates to enjoy excellent food and impeccable service.

Christmas lunch and dinner packages for a minimum of 10 persons are available from \$620 and \$830 per person respectively.

本會準備了一系列精緻的聖誕美食，讓您和您的員工及業務夥伴盡情慶祝佳節。
聖誕午宴和晚宴套餐，每位\$620及\$830起（最少預訂10位）。

**BOOK
EARLY
TO SECURE
YOUR ROOM**



PACKAGE INCLUDES 優惠包括

- A festive welcome drink 聖誕特飲一杯
- Party favours 派對飾物
- One complimentary car parking space for every 10 guests 每十位賓客可享一部車輛免費停泊
- Christmas table centrepiece 提供桌上聖誕裝飾
- Free corkage for two bottles of wine/champagne for every 10 guests 每十位賓客可獲兩瓶洋酒或香檳免開瓶費

For parties of more than 80 persons, additional benefits include a weekday buffet dinner voucher for four persons at The Deck for a lucky draw.

80位以上額外可享咖啡室四位自助晚餐餐券，供抽獎用。（餐券適用於星期一至四，公眾假期除外）

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

預訂或查詢，請致電宴會部電話 2814 5442 或電郵至 events@aberdeenmarinaclub.com。

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The Marius Sweater

馬呂斯毛衣

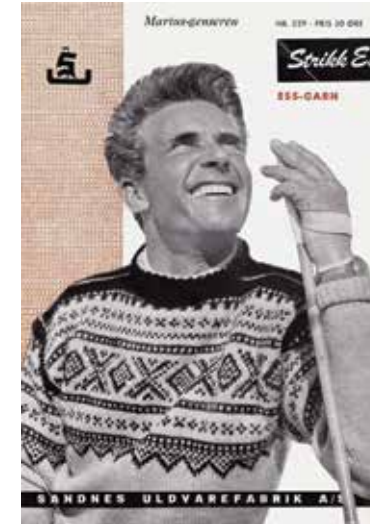
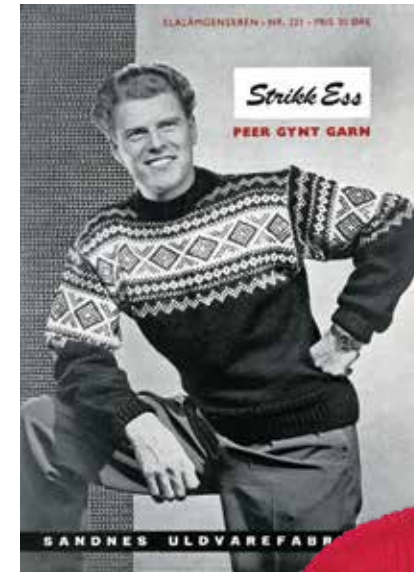
by Peter Walbrook

There seems to have been some disagreement over who designed what would soon come to be known as the Marius Sweater, or *Mariusgenser* as they say in Norway. The most prominent and likely claimant was fashion model, keen knitter and successful entrepreneur Unn Soiland Dale, who reportedly said that she designed the distinctive Nordic-style pattern in 1953, inspired by another that she saw in a 1920s book of Norwegian knitting patterns.

There is, however, no disagreement about who the originally red-white and navy blue cross-and-diamond-patterned sweater was named after. Marius Eriksen Jr was a successful World War II fighter pilot, model, actor and champion skier, who wore the sweater when appearing as a handsome young ski instructor in the 1954 comedy film *Troll i ord* (or Watch What You Say, in English).

Still images from the film, featuring Eriksen Jr wearing the sweater were subsequently used on the covers of official knitting patterns, knitting fever swept Norway, and the name stuck. His younger brother and well-known champion skier Stein Eriksen also often wore the sweater during competitions.

Worldwide sales of the knitting pattern have been estimated at several million, and the sweater itself continues to be a best seller, both at home and abroad, and is a popular souvenir with tourists from all over the world, for whom nothing says "I Love Norway" quite like the Marius Sweater.



關於馬呂斯毛衣（挪威語為Mariusgenser）的設計者似乎存在一些爭議。最知名及最有可能性的宣稱者是時尚模特兒、針織愛好者兼成功企業家烏恩索蘭德戴爾（Unn Soiland Dale）。她聲稱自己在1953年設計了這款獨特的北歐風格圖案，靈感來自一本20年代出版的挪威針織圖案書中的一個圖案。

然而，對於這件紅白相間、海軍藍十字菱形圖案毛衣的名字來源，並沒有存在異議。馬呂斯埃里克森二世（Marius Eriksen Jr）是一位成功的二戰戰鬥機飛行員、模特兒、演員和滑雪冠軍選手。他在1954年的喜劇電影《Troll i ord》（「注意你的言辭」）中扮演一位英俊的年輕滑雪教練時，正是穿着這款毛衣。

片中埃里克森二世身穿這款毛衣的劇照，後來被用作官方針織圖案的封面，針織熱潮席捲挪威，這件毛衣的名字也因此流傳至今。他的弟弟、著名滑雪冠軍斯坦埃里克森也經常在比賽中穿着這款毛衣。

這款針織圖案的全球銷量估計達數百萬件，而這款毛衣本身在國內外一直保持暢銷狀態，並成為世界各地遊客的熱門紀念品，沒有什麼比馬呂斯毛衣更能表達“我愛挪威”了。



Chef's Favourites Satay Chicken

雞肉沙爹



In this issue Chef Anchalee is delighted to share with you her recipe for Satay Chicken – a perennial favourite at The Balcony.

Thai satay stands out for its fragrant marinade, coconut milk, lemongrass, turmeric and galangal – infusing the chicken with creamy, citrusy warmth. Unlike Indonesia's sweet peanut-heavy sauces or Malaysia's smokey soy and sambal versions, Thai satay is often paired with a tangy sweet peanut dip and ajaad, a cucumber relish that adds brightness and crunch. Thai satay chicken offers a balanced, aromatic profile that is both comforting and refreshing.

今期，主廚Anchalee將與大家分享她的雞肉沙爹食譜——這道菜是露臺泰國餐廳的招牌菜。

泰式沙爹以芬芳的醃料、椰奶、香茅、薑黃和南薑作調味料，為雞肉注入暖暖清香的柑橘味道。與印尼偏甜而帶濃郁花生味的醬汁或馬來西亞帶煙燻醬油和參巴醬風味的沙爹不同，泰式沙爹通常配合酸甜的花生醬和青瓜乾蔥醋汁(ajaad)，為雞肉增添鮮味和爽脆的口感。泰式雞肉沙爹口感均衡，香氣濃郁讓人垂涎欲滴。

Satay Chicken

雞肉沙爹

Ingredients	材料
• 500g Diced Chicken Thigh (skinless & boneless)	• 500克 雞肉粒 (去皮去骨)
• 0.5g White Pepper Powder	• 0.5克 白胡椒粉
• 50g Coriander	• 50克 芫荽
• 100g Lemongrass	• 100克 香茅
• 10g Turmeric	• 10克 薑黃
• 100g Canola Oil	• 100克 菜油
• 15g Oyster Sauce	• 15克 蠔油
• 15g Light Soya Sauce	• 15克 生抽
• 5g Chicken Powder	• 5克 雞粉
• 10g Yellow Curry Powder	• 10克 黃咖喱粉
• 5g Turmeric Powder	• 5克 薑黃粉
• 100g White Sugar	• 100克 白糖
• 20g Peeled Garlic	• 20克 去皮蒜頭



Method
❶ Place all the ingredients into a mixing bowl.
❷ Marinate chicken for 30 minutes.
❸ Skewer 40-45g of chicken for one satay.
❹ Grill on a medium to low heat for 8-10 minutes, turning every 3 minutes.
❺ Grill until core temperature is 73c.
❻ Place on a plate.

做法
❶ 把所有材料放入攪拌盆中，均勻攪拌。
❷ 把雞肉粒醃30分鐘。
❸ 串起40-45克雞肉粒，做一串沙爹。
❹ 以中火至慢火烤雞肉沙爹8-10分鐘，每3分鐘翻面再烤。
❺ 烤至中心溫度達到攝氏 73 度。
❻ 把它們放在碟上。

Peanut Sauce

花生醬汁

Ingredients	材料
• 5g Breadcrumbs	• 5克 麵包糠
• 100g Coconut Milk	• 100克 椰奶
• 100g Ground Peanuts	• 100克 花生碎
• 20g Masaman Curry Paste	• 20克 馬薩曼咖喱醬
• 20g Palm Sugar	• 20克 棕櫚糖
• 30g Thai Tamarind	• 30克 泰國羅望子

Method
❶ Add coconut milk, masaman curry paste, palm sugar and Thai tamarind into a pot to boil.
❷ Keep stirring while cooking.
❸ When it is boiled, add ground peanuts and breadcrumbs and simmer for 3 minutes.
❹ When the sauce becomes thick, remove from heat.

做法

❶ 將椰奶、馬薩曼咖喱醬、棕櫚糖和泰國羅望子放入鍋中煮沸。

❷ 煮的時候不斷攪拌。

❸ 煮沸後，加入花生碎和麵包糠煮3分鐘。

❹ 待醬汁變濃稠便可以關火。

Ajaad

青瓜乾蔥醋汁

Ingredients	材料
• 5g Salt	• 5克 鹽
• 100g White Sugar	• 100克 白糖
• 60g White Vinegar	• 60克 白醋
• 20g Red Chilli	• 20克 紅辣椒
• 30g Cucumber	• 30克 青瓜
• 20g Shallot	• 20克 乾蔥

Method
❶ Add salt, sugar and vinegar into a pot and boil.
❷ When it is boiled, remove from heat.
❸ When the mixture is cool, add chopped chilli, shallot and cucumber.

做法

❶ 把鹽、糖和醋放入鍋中煮沸。

❷ 煮沸後關火冷卻。

❸ 待混合物冷卻後，加入切碎的辣椒、紅蔥頭和青瓜粒。



Hong Kong History

香港歷史

by Giles Leonard,
Director of Sports & Recreation

First of all, a big thank you to those Members who have reached out to show appreciation for these history articles. I am fascinated by some of the old photos that I come across and am glad to share them with others.

As we have previously covered much of the local area, in this issue I will try to look further afield and pick out photos of places that we all see on a daily basis, but show us a very different view of the area. Let's start with this photo and before you read on, have a good look and try to figure out where it is.

It could be a photo of any bay in Hong Kong, but close inspection of those figures in the foreground

soon gives it away. It is, of course, a photo of Deepwater Bay, taken just over one hundred years ago in 1924, with the early golf course visible. The golf club was founded in 1897, so by the time this photo was taken, it had already seen a fair amount of golfing action. Those of you who play there would also appreciate the lack of bunkers, trees and hazards!

首先，非常感謝會員們對這些歷史文章的讚賞。我被一些偶然發現的老照片深深吸引，樂於與大家分享。

由於我們之前已經介紹過很多香港的地區，這一期我將進一步挑選一些我們每天都能看到的地方的照片，但這些照片卻又展現出該地區截然不同的面貌。讓我們從這張照片開始，在繼續閱讀之前，請仔細觀察並試著猜猜這是哪裡。

這張可能是香港任何一個海灘的照片，但仔細觀察前景中的人物，您很快便可猜出答案。這是一張深水灣的舊照片，拍攝於1924年，早期的高爾夫球場也可見一斑。高爾夫會成立於1897年，因此在拍攝這張照片時，這裡已經見證了相當多的高爾夫賽事。在這裡打球的朋友們一定會喜歡這裡沒有沙坑、樹木和障礙物！

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

如欲了解更多香港歷史的資訊，請聯繫本會康體部總監李基爾。



PRO-SHOP

Castelbel 2025 Christmas Gift Ideas and Pop-up Sale

Castelbel 2025 聖誕禮物
創意及限時特賣

Throughout November and December
From 10am – 9pm
5/F Pro-Shop

11月及12月
上午10時至晚上9時
5樓Pro-Shop

It's never too early to think about Christmas!

Walk-ins welcome!

及早準備迎接聖誕，
歡迎親臨選購！

Enquiries 查詢：
2814 5417 (Pro-Shop)



Christmas and New Year Term Break

聖誕及新年學期休假

Please check the Christmas and 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.

由於很多會員在聖誕和新年假期期間出外度假，因此一些定期舉辦的團體活動將會暫停。請查閱假期間的活動時間表以作安排。如欲申請學期休假和復課，請緊記提交申請表到預訂服務中心。

兒童課程 — 需預早一個月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，否則需繳付課堂費用。

Christmas and New Year Workshops

聖誕及新年活動課程

Sign up for our activities workshops to keep your children active this Christmas and New Year Holiday.

正為子女安排聖誕及新年的活動嗎？本會準備了多項活動可供選擇。

- Ball Games 球類遊戲班
- Health & Fitness 健身班
- Ice Skating 溜冰班
- Martial Arts 武術班
- Self-Development 自我發展班

For booking & enquiries, please call Central Reservations Centre on 2814 1222 or email to 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。



Tai Tam Tuk Reservoir Dam

Family History Hikes

家庭登山樂

by Giles Leonard,
Director of Sports & Recreation

We took a break from hiking activities during the warmer months, but now that we are into Hong Kong's winter months, there are no more excuses! Regular outdoor hiking with friends and family is a great way to improve our physical and mental wellbeing, and can also be a chance to learn more about Hong Kong's history.



Tai Tam Tuk Reservoir Masonry Bridge



Tai Tam Upper Reservoir Valve House

Tai Tam Country Park

Saturday, November 22

It's been a few years since we went to Tai Tam, so let's kick off the hiking season with a walk through Tai Tam Country Park. The hike largely follows the Tai Tam Heritage Trail, which features a total of 22 waterworks structures dating as far back as 1888 when the Tai Tam Reservoir first opened. It's a fairly easy hike so suitable for all ages, and although it's only five kilometres, will take up to two hours as there are a lot of stops along the way.

在炎熱的月份裡，我們暫停了遠足活動，但現在香港已進入冬季，再沒有更多的藉口了！與家人及朋友恆常進行戶外遠足是改善身心健康的好方法，也是了解香港歷史的好機會。

大潭郊野公園

11月22日(星期六)

我們已經有幾年沒有到過大潭了，所以讓我們以大潭郊野公園遠足來開始遠足季節吧。這次遠足主要走大潭文物徑，這條文物徑共有22座水務設施，其歷史可追溯至1888年大潭水塘首次啟用之時。這條遠足路線相當輕鬆，適合所有年齡層的人士。雖然路線只有五公里，但由於沿途有許多景點，所以大約需要兩個小時才能完成。

Wong Nei Chung Gap

Saturday, December 13

If you read *Portwatch* regularly, you may have noticed that in December we usually schedule the Battle Trail Hike, which covers the area of one of the fiercest battles during the Battle of Hong Kong in December 1941. During this hike we will first see an anti-aircraft battery, then work our way along the hills and trails used by both sides during the battle. We will also take a look at Pillboxes 1 & 2, and if we have time (and a little adventurous spirit) we can scramble up a hillside to go inside Pillbox 3, which is remarkably well-preserved and hidden away from the beaten track. This hike is a little more rugged and suitable for families with children aged eight years and above.

黃泥涌峽

12月13日(星期六)

如果您經常閱讀Portwatch，您可能已經注意到我們通常會在12月安排戰爭遺跡徑遠足，這段路線涵蓋了1941年12月香港保衛戰中發生最激烈戰鬥的地方。我們首先會看到一座防空砲台，然後沿著雙方在戰鬥中曾經經過的山丘和小徑前進。我們還將遊覽1號和2號機槍堡。如果時間允許（加一點冒險精神），我們還可以爬上山坡，進入3號機槍堡內，它保存得非常完好，隱蔽在小徑之外。這次遠足路線相對較為崎嶇，適合有8歲及以上兒童的家庭。



Pillbox

For both hikes, we will meet at the Club at 9.15am, leave by shuttle bus at 9.30am, and return before midday. As always, please be prepared with comfortable walking shoes, a hat, sunscreen, mosquito lotion and your own water bottle.

兩次遠足均於上午9時15分在本會集合，在9時30分搭乘穿梭巴士出發，並在中午前返回。如往常一樣，請準備好舒適的鞋履、帽、防曬用品、驅蚊劑及適量的水。

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

如欲了解更多有關家庭登山樂的資訊，請聯絡本會康體部總監李基爾。



Hong Kong Marathon

by Giles Leonard, Director of
Sports & Recreation

香港馬拉松

If you were lucky enough to get a slot in next year's Hong Kong Marathon, Half Marathon or 10km race, do let us know and we will be happy to feature you in a future issue.

As for my own training, after my bicycle accident last April, I was finally able to start running in August and set my sights on completing a half-marathon before the end of the year. I am registered for the Hong Kong Streetathlon in late November and just hope to get through in one piece!

For more information on marathon running or triathlon, look out for Giles around the Club or contact him on giles.leonard@aberdeenmarinaclub.com

如果您有幸獲得參加明年香港馬拉松、半馬或10公里賽的資格，請告訴我們，我們很樂意在之後的期刊中報道。

至於我的訓練，自去年4月遇上單車事故後，我終於在8月開始跑步，並期望在年底前完成一場半馬。我已經報名參加11月底的「香港街馬」，希望能順利完成！

如欲了解更多關於馬拉松或三項鐵人的資訊，可隨時在本會與Giles會面，或發送電郵至giles.leonard@aberdeenmarinaclub.com與他聯絡。



BEAUTY SALON

Essentials Body Care

身體護理

Looking for an organic, paraben-free and cruelty-free body care line? We have a whole range from bodywash, scrubs and body oil for you to indulge in this winter, with the highest-quality ingredients - rich with natural Buffing Grains, Chamomile Flower Oil, and Organic Aloe Vera. We recommend our clients to start off with the natural chamomile body scrub, this creamy, aromatic scrub with chamomile oil and natural buffing grains



gently sweeps away dull surface cells and stimulates circulation, leaving the body feeling smooth and refreshed.

One of the best sellers is Organic Ginger Bath & Body oil, which deeply penetrates to relax aching muscles and joints while helping to warm and stimulate the body. Energising essential oils of ginger, coriander and plai invigorate the senses while nourishing sunflower oil moisturises the skin, and it is perfect for the winter!

您正在尋找有機、無防腐劑及無動物測試的身體護理產品嗎？我們提供一系列產品，包括沐浴露、磨砂膏和身體潤膚油。產品富含各種高品質成分，包括天然磨砂顆粒、洋甘菊精油和有機蘆薈。

我們推薦您從天然洋甘菊磨砂膏開始使用，這款柔滑而芳香四溢的磨砂膏蘊含洋甘菊油和天然磨砂顆粒，能輕柔地去除暗沉的表皮細胞，促進血液循環，令身體倍感柔滑清爽。

有機薑黃沐浴身體油是我們的暢銷產品之一，它能夠深入滲透肌膚，放鬆酸痛的肌肉和關節，同時有助溫暖和刺激身體。薑黃、芫荽和薑蓼等活力精油能夠激發感官，而滋潤的葵花籽油則能夠滋養肌膚，是冬季的完美之選！

HAIR SALON

Enjoy a Luxurious Hair Experience this Christmas

體驗聖誕節日閃亮造型



Embrace the holiday spirit by treating yourself or your loved one to a luxurious hair experience this Christmas! Indulge in rejuvenating hair treatments that will leave you both glowing. After the treatment, enjoy a special gift to make this Christmas even brighter.

Book your appointment for two now to enjoy an exclusive 20% discount throughout December.

擁抱節慶氣氛，在這個聖誕節，為您或您的摯愛打造一場奢華的秀髮體驗！享受煥發秀髮的護理，讓您們倆容光煥發。完成護理後，更可獲得一份特別禮物，讓這個聖誕節更加閃耀。立即預約雙人服務，即可享12月期間專屬8折優惠。



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

Beyond Resolutions

Five Fitness Principles for Real Results

by Paulina Gama, Personal Trainer

堅定決心：五大助您達成目標的健身原則

Forget New Year's resolutions. Lasting fitness isn't about big promises, it's about building smart, sustainable habits. Here's how to turn intent into results.

Micro-Habits Compound Faster than Motivation

Real change comes from small, consistent actions – a few minutes of stretching or a walk during calls – not from occasional heroic efforts. Micro-habits are like compounding interest: steady, small actions add up. Instead of planning hour-long gym sessions you'll likely skip, do 10 squats while your coffee brews or take a quick walk after dinner. These daily habits create lasting results.

Process, Not Perfection

Chasing numbers is fleeting, improving your routine is what lasts.

Focus on . . .

- Moving every day.
- Prioritising sleep.
- Building routines you can sustain.

Miss a day? Just get back to your routine tomorrow. Consistency always beats perfection.

Treat Fitness as your Most Critical Asset

Energy and resilience aren't just perks – they're the keys to lasting success. Every workout and mindful meal are an investment in your capacity to live fully. Schedule workouts as you would important

meetings. Have a consistent bedtime routine. The energy you gain powers every other area of your life.

Cardio – Prioritise Intensity and Duration

Skip endless treadmill sessions. Intensity matters more than duration, but for best results, spend at least 20 minutes in your target heart rate (THR) zone (usually 70 to 85% of your max, or 220 minus your age). The first 20 minutes use mostly blood sugar and glycogen; after that, your body relies more on fat for energy. Staying in your THR zone for 20 to 40 minutes is ideal for heart health and fat burning. And you can try HIIT or intervals to reach your target zone efficiently.

Building muscle increases metabolism and protects against injury. Remember, consistency matters more than volume. And here are the tips . . .

- Two to four sessions per week is enough.
- Focus on compound moves (squats, push-ups, deadlifts, rows).
- Rest at least a day between sessions.

The Nutrition-Training Equation

Which matters more: what you eat or how you train? For health and body composition, which matters more?

- A. Exercise is 80%, nutrition is 20%
- B. Nutrition is 80%, exercise is 20%
- C. Both are 50/50

Answer B. Nutrition is 80%, exercise is 20%.

You can't out-train a poor diet. Food choices drive energy, recovery and results. Exercise is vital but nutrition is foundational. Prioritise both, but don't underestimate your plate.

In conclusion train smarter, not longer. Lift regularly, not excessively. Never forget nutrition is the foundation of your results. Pick one tip to start this week. Build habits and routines that move you forward. Your future self will thank you.

是時候破舊立新！持久的健身並非在於宏大的承諾，而是建基於精明且可持續的習慣上。以下是如何將目標轉化為成果的方法。

細微習慣的複合效應更有效

真正的改變源於細微而持續的行動上，如幾分鐘的伸展運動或使用電話期間散步，而非偶爾一次的強烈運動。細微習慣就如複合利息：效果積少成多。與其規劃長達一小時的健身課程，不如在煮咖啡時做10次深蹲，或在晚餐後健行散步。這些日常習慣能夠創造出持久的效果。

追求過程，而非追求完美

追求數字只是短暫的，改善您的日常習慣才是持久。

專注於...

- 每天運動
- 調整睡眠時間
- 建立您所能堅持的習慣

偶爾錯過一天？明天再回復日常規律，堅持勝過完美。



將健身視為你最重要的資產

體能和復原力不僅反映良好狀態，它們是持續成功的關鍵。每次的鍛鍊和良好的飲食習慣都是對您充實生活的投資。像安排重要會議一樣安排健身課程，保持一定的睡眠時間。您所獲得的能量帶動著生活的每個細節。

有氧運動—優先考慮強度和時間

終止無休止的跑步機訓練。強度比持續時間更重要，但為了達到最佳效果，至少在您的目標心率（THR）區間（通常是您最大心率的70%到85%，或220減去您的年齡）維持20分鐘。首20分鐘主要消耗血糖和肝醣；此後，您的身體會更依賴脂肪來獲取能量。在您的目標心率區間維持20到40分鐘對心臟健康和脂肪燃燒非常理想。您可以嘗試 HIIT 或間歇訓練來有效地達到您的目標區間。

增加肌肉可以提升新陳代謝並防止受傷。記住，持續性比鍛鍊量更為重要。這裡有一些小貼士...

- 每週兩到四次的訓練便足夠
- 專注於複合作（深蹲、俯臥撐、硬舉、划船）
- 每次訓練之間至少休息一天

營養與訓練的方程式

哪一個更重要：您吃什麼還是您如何訓練？對健康和身體來說，哪一個更重要？

- A. 運動佔80%，營養佔20%
- B. 營養佔80%，運動佔20%
- C. 兩者各佔一半

答案 B. 營養佔80%，運動佔20%。

您無法透過訓練來彌補不良飲食習慣的影響。食物選擇決定能量、恢復能力和訓練效果。運動至關重要，但營養是基礎。兩者兼顧，不要低估飲食對您的影響。

總而言之，訓練是要更聰明，而不是更長時間。是要規律地訓練，而不是過度訓練。永遠不要忘記營養是您訓練成果的基礎。從這週開始，選擇以上任何一項建議，養成讓您不斷進步的習慣和規律，未來的您將感謝您的抉擇。



Discover Your Flow Yoga Sculpt and Vinyasa Flow Classes

探索您的流動：
塑形瑜伽和流瑜伽課程



Are you ready to elevate your yoga practice and transform your body and mind? We're excited to introduce two dynamic classes, Yoga Sculpt and Vinyasa Flow, designed to help you achieve your fitness goals while fostering mindfulness and relaxation. Whether you're a regular yogi or just starting out, these classes offer something for everyone. Here are some tips you need to know!

Yoga Sculpt

Yoga Sculpt combines traditional yoga poses with strength training, providing a full-body workout that builds muscle and enhances flexibility. Here are a few tips to get the most out of your Yoga Sculpt experience.

1. Bring Your Best Energy

Start each class with a positive mindset. Embrace the challenge and focus on your breath as you move through each pose. Your energy sets the tone for your practice!

2. Use Props Wisely

Incorporate weights, resistance bands or blocks to enhance your workout. These props can help you

deepen your stretches and build strength, making each movement more effective.

3. Listen to Your Body

While it's great to push your limits, always listen to your body. Modify poses as needed and rest when necessary. Remember, yoga is about progress, not perfection!

Vinyasa Flow

Vinyasa Flow is all about creating a rhythm between movement and breath. This dynamic style encourages fluid transitions and fosters a deep connection to your body. To make the most of your Vinyasa Flow practice, consider these tips.

1. Focus on Breath

Your breath is your guide. Sync your movements with your inhalations and exhalations. This connection helps you stay present and enhances the overall experience.

2. Explore Different Poses

Don't hesitate to explore variations of poses. Each practice is unique, and trying new variations can help you discover strengths you didn't know you had.

3. Cultivate Mindfulness

Use your time on the mat to cultivate mindfulness. Let go of distractions and immerse yourself in the flow. This intentional focus can help reduce stress and improve your mental clarity.

Both Yoga Sculpt and Vinyasa Flow classes are perfect opportunities to challenge yourself, build strength and connect with a supportive community. Whether you're looking to tone up, increase flexibility, or simply unwind, these classes will help you on your journey.

Ready to take the next step? Sign up for these classes and discover the joy of movement and mindfulness. We can't wait to see you on the mat!

準備好提升您的瑜伽練習，重塑身心了嗎？我們很高興介紹兩個充滿活力的課程——塑形瑜伽和流瑜伽課程，旨在幫助您達成健身目標，同時提升正念和放鬆。無論您是富經驗的瑜伽愛好者還是瑜伽新手，這些課程都能滿足您的不同需求。以下是一些您需要了解的技巧！

塑形瑜伽

塑形瑜伽將傳統瑜伽體位法與肌力訓練相結合，增強肌肉並提升柔韌性。以下是幾個讓您充分體驗瑜伽塑形的技巧。

1. 發揮您的最大能量

以積極的心態開始每節課。迎接挑戰，並在完成每個體式時專注於您的呼吸。您的能量將為您的練習奠定基礎！

2. 靈活使用輔助工具

混合使用啞鈴、阻力帶或瑜伽磚來增強您的鍛鍊效果。這些輔助工具可以幫助你深化伸展，增強力量，讓每個動作更有效。

3. 聆聽您的身體

挑戰自我固然重要，但也要時刻聆聽自己的身體。根據需要而調整姿勢，並在必要時休息。記住，瑜伽是在乎進步，而非完美！

流瑜伽

流瑜伽強調在動作和呼吸之間創造節奏。這種動態風格促進流暢的過渡，並培養與身體的深度連結。為了充分利用流瑜伽練習，請參考以下技巧。

1. 專注於呼吸

您的呼吸是您的導引。將您的動作與吸氣和呼氣同步。這種連結可以幫助您保持專注，並提升整體體驗。

2. 探索不同的姿勢

不要猶豫，探索各種姿勢變化。每次練習都是獨立的，嘗試新的變化可以幫助您發現自己從未意識到的能力。

3. 培養正念

利用您在瑜伽墊上的時間培養正念，放下干擾，沉浸於流動中。這種專注力可以幫助您減輕壓力，提升思考能力。

塑形瑜伽和流瑜伽課程都是挑戰自我、增強力量並且是與社羣聯繫的好機會。無論您是想塑形、提升柔韌性，還是單純想放鬆身心，這些課程都能助您一臂之力。

準備好邁出下一步了嗎？快來報名參加這些課程，發掘運動和正念的樂趣。我們期待在瑜伽墊上與您見面！



Yoga Sculpt

Every Monday from 10 to 11am
Member \$265 Guest\$ 360

塑形瑜伽

逢星期一，上午10時至11時
會員 \$265 來賓 \$360

Vinyasa Flow

Every Wednesday from 10 to 11am
Member \$265 Guest\$ 360

流動瑜伽

逢星期三，上午10時至11時
會員 \$265 來賓 \$360

Enquiries 查詢: 2814 1222
(Central Reservations Centre)

Introducing Our New Yoga Coaches

歡迎新瑜珈教練



Cindy Ma

Cindy is a dedicated yoga instructor whose journey began in 2003. After completing her first 250-hour Yoga Alliance Certified teacher training in Yoga Limbs, Cindy embraced her passion and became a full-time yoga teacher.

Cindy has also completed the Prenatal Yoga Teacher Training for Conscious Birthing at Urban Yoga Vancouver, Postnatal Yoga Teacher Training with Mother & Baby Nurture, Yin Yoga Teacher Training through Yoga Alliance, and Yoga Bou Teacher Training with the Yoga Bou Association.

Since joining The Yoga Room in 2011, Cindy has been a compassionate guide for her students, eager to share her extensive knowledge and passion for yoga. Her nurturing approach creates a welcoming environment for individuals of all backgrounds and abilities.

Cindy是一位敬業的瑜珈教練，她的瑜珈之旅始於2003年。在完成她的首個250小時的瑜珈聯盟認證教師培訓後，Cindy 憑着對瑜珈的熱情，成為了全職瑜珈老師。

Cindy也完成了溫哥華城市瑜珈中心的產前意識分娩瑜珈教師培訓、母嬰培育中心的產後瑜珈教師培訓、瑜珈聯盟的陰瑜珈教師培訓以及瑜珈棒協會的瑜珈棒教師培訓。

自2011年加入The Yoga Room以來，Cindy一直是一位充滿愛心的瑜珈導師，她熱衷於分享自己豐富的知識和對瑜珈的熱情。她以關懷備至的態度，為不同背景和能力的學員創造了一個溫馨的學習環境。



Jackie Lam

We are thrilled to introduce Jackie, a passionate yoga practitioner and professional instructor dedicated to guiding others on their wellness journey.

Jackie began her yoga adventure in 2011. To further enhance her skills, she trained under the esteemed Master Samrat Dasgupta, refining her practice and deepening her understanding of yoga. In addition to her foundational training, Jackie has expanded her expertise to prenatal yoga, aiming to support and empower pregnant women through their unique journeys. Her commitment to community wellness has flourished since 2017 when she joined the Adidas Training Academy, where she has been teaching engaging classes to adults and college students alike.

In 2024, Jackie was honoured to represent Sweaty Betty as a brand ambassador in Hong Kong, showcasing her passion for fitness and community engagement.

我們非常高興地向大家介紹 Jackie，她是一位充滿熱情的瑜珈修行者和專業教練，致力指導學員促進身心健康。

Jackie於2011年開啟了她的瑜珈之旅。為了進一步提升技能，她在著名的Samrat Dasgupta大師的指導下進行培訓，完善了自己的訓練，並更深入地了解瑜珈。

除了基礎培訓外，Jackie還將自己的專業知識擴展到產前瑜珈，旨在幫助孕婦，陪伴她們度過與別不同的瑜珈旅程。自2017年加入Adidas Training Academy以來，她對社區健康的投入與日俱增，她一直為成人和大學生教授有趣的課程。2024年，Jackie有幸成為Sweaty Betty在香港的品牌大使，展現她對健身的熱情，並熱心參與社區事務。

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

Pilates Exercise Rolling Like a Ball

by Pilates coach, Iris Cheung
普拉提練習 — 滾動如球式

Rolling Like a Ball is a Pilates mat exercise where you balance on your ischium (sitting bone) in a C-shaped curve, then rock back along your rounded spine to your shoulder blades and use your core to return to the starting position, mimicking the motion of a ball. This rhythmic exercise focuses on abdominal strength, spinal articulation, and balance, providing a playful yet powerful way to massage the spine and build core control.

Easy steps to follow

1. Sit behind the ischium (sitting bone) in a rounded back position. Hands over the shin and elbows to the side. Feet together, knees apart and feet off the floor.
2. Inhale to roll back until the upper back touches the floor (avoid rolling onto the neck).
3. Exhale to roll forward to the initial sitting position.
4. Repeat six to eight times.

Benefits

- Improve balance and abdominal strength.
- Increase flexibility of the spine by creating an even curve.
- Massage the spine.
- Encourage connection between the arms and the core.

滾動如球是普拉提墊上練習的一種，坐在坐骨上，呈C形曲線，然後沿著彎曲脊柱向後滾動到肩胛骨，並利用核心力量返回起始位置，模仿球的運動。這種有節奏的練習著重於腹部力量、脊椎關節和平衡，提供一種有趣而有效的方式來按摩脊椎並建立核心控制力。

簡單步驟

1. 坐在坐骨後方，背部弓起。雙手環抱在小腿上，手肘向兩側展開。雙腳合攏，兩膝分開，雙腿離地。
2. 吸氣，身體向後滾動，直到上背接觸地面(避免滾動到頸部)。
3. 呼氣，身體向前滾動至最初的坐姿。
4. 重複六到八次。

益處

- 改善平衡和腹部力量。
- 透過塑造均勻的曲線來增強脊椎的柔軟度。
- 按摩脊椎。
- 促進手臂和核心肌群之間的連結。



Celebrate Your Children's Christmas Party Here!

為您的孩子舉辦一場
歡樂的聖誕派對！

The holiday season is just around the corner, and we have a great variety of fun venues for you to choose from, including Run,2,3!, Adventure Zone, Kids on 8!, Foam Factory and the Bowling Alley. Book now!

佳節假期即將到來，本會提供各式各樣的派對場地供選擇，包括 Run,2,3!、動感樂園、Kids on 8!、Foam Factory 和保齡球場。立即預訂！

Enquiries查詢: 2814 5360 (Adventure Zone)

Christmas Ice Skating Show Winter Wonderland on Ice

聖誕節溜冰表演—冰上奇園

Sunday, December 7
From 3-6pm
Member \$1,350 Guest \$1,750 (Five practices)

Come and join a magical performance on ice. First show practice is on Saturday, November 1. Five show practices and dress rehearsal on Friday, December 5 at 6.15pm.

12月7日(星期日)下午3時至6時
會員 \$1,350 來賓 \$1,750

快來參加這場精彩的冰上表演吧！首次練習將於11月1日(星期六)舉行，並於12月5日(星期五)下午6時15分將進行五次練習和彩排。

Enquiries查詢: 2814 5374 (Ice Rink)

TENNIS

Events and Programmes

網球活動



FOR NEW & REGULAR PLAYERS

Social Tennis Every Sunday From 10am - 1pm Rooftop tennis courts

Meet and play with other Members in a relaxed environment with games of doubles and casual play.

社交網球

逢星期日，上午10時至下午1時
天台網球場

在輕鬆的氣氛下與其他會員見面，進行雙打比賽，切磋球技。

Cardio Tennis Every Thursday From 7.15-8pm Rooftop tennis courts

A fun way to enjoy a good workout with other Members. No tennis experience required, just bring your enthusiasm!

有氧網球

逢星期四，晚上7時15分至8時
天台網球場

與其他會員一起享受運動樂趣。無需網球經驗，只需帶著你的熱情參與。

New Players Evening Thursday, December 4 From 7-9pm

Bi-monthly on the first Thursday of the month.

Meet and greet new tennis-playing members and learn about our tennis programmes.

新球員網球社交活動

12月4日（星期四）
晚上7時至9時

每兩個月的第一個星期四舉行。

與新球員見面並了解我們的網球課程。

FOR REGULAR PLAYERS

Tennis Leagues

If you are looking for a bit of a challenge and competition, join our Club tennis teams participating in the local HKCTA, HKLTL (ladies only) and HKCTA junior leagues.

Teams are Men's A and D, Ladies' A, Juniors' B division (14 and under)

網球聯賽

如果您喜歡挑戰和競賽，歡迎加入本會的網球隊，參加本地HKCTA聯賽、HKLTL（僅限女子）和HKCTA青少年聯賽。

隊伍包括男子A組和D組、女子A組、青少年B組（14歲及以下）



Inter-Club Challenge

During the Tennis League off-season, Social invitational games with neighbouring clubs, just for some friendly competition.

會所友誼賽

聯賽休賽期間與鄰近會所舉辦社交邀請賽，進行輕鬆的友誼比賽，享受當中樂趣。

Quarterly Socials

Grand Slam month and at the start of the season (January and May)

Theme-based social tennis events such as Grand Slam Social, Ladies Season Opening and season ending events.

季度社交網球活動

大滿貫月和賽季開始（一月及五月）

主題社交網球活動，包括大滿貫社交賽、女子賽季開幕賽和賽季結束賽。

Box Leagues

All season except during holiday breaks.

If you are travelling and can't make the regular tournaments or events, a good way to get some competitive games in is by joining our Box Leagues, which run quarterly and are level based.

網球大師賽

如果您正在旅行，無法參加常規聯賽或活動，那麼參加一些競技比賽的好方法是加入我們的網球大師賽，活動每季度舉辦一次，並按級別進行。除假日外，整季均可參加。

Club Championships

Annual Club Championship for Adults
Saturday, November 1

Annual Club Championship for Juniors
Saturday, November 29

From midday - 7pm
Rooftop tennis courts

Our Annual Club Championships for Adults and Juniors are a fun way of getting to meet like-minded Members who like to compete and test their skills. Events are based on levels.

會員錦標賽

成人錦標賽 11月1日
青少年錦標賽 11月29日
中午12時至晚上7時
天台網球場

我們每年都會舉辦成人和青少年標賽，這是一個有趣的方式，可以結識志同道合、喜歡競賽和測試球技的會員。活動依級別進行。



Ladies' Social Mixers

The Club also has Ladies' Social Mixers for players who want to play socially or cannot commit to League Team requirements.

There are two Social Mixers for ladies run on Wednesday and Friday mornings that cater to different levels.

女子社交網球活動

本會也為想要參與社交活動或無法參加聯賽球隊的球手舉辦女子社交網球活動。

本會在星期三和星期五上午舉辦兩場女子社交網球活動，以滿足不同程度的球手的需求。

Junior Tennis Programme

The Tennis Programme runs in the afternoons from Monday to Friday and day time on Saturday. Classes are held on the rooftop courts and north shore courts.

There are several classes on offer through the week for Members to choose from.

少年網球課程

網球課程於星期一至星期五下午以及星期六日間進行。課程在天台網球場和北岸球場進行。

每週提供多節課程供會員選擇。

For enquiries, please call Tennis Centre on 2814 5318 or email tennis@aberdeenmarinaclub.com.
查詢請致電網球中心電話2814 5318或電郵至 tennis@aberdeenmarinaclub.com。

Upcoming Tennis Events

November

Saturday 1
Annual Club Championships
- Adults Singles and Doubles

Monday 3, 10
HKCTA Night League
- Mens and Ladies

Wednesday 5, 26
HKLTL Ladies League

Every Thursday
Cardio Tennis

Every Sunday
Social Tennis

Saturday 29
Annual Club Championships
- Junior Singles

December

Thursday 4
New Players Evening

Saturday 13
Inter-Club Challenge
(please check with Tennis Reception for details)

Thursday 18
Ladies Social year ending

Thursday 4, 11
Cardio Tennis

Every Sunday
Social Tennis

Stephen Lee

Director of Security

保安部總監 — 李子健

I have been working at the Aberdeen Marina Club for over 10 years, and I want to emphasise that Security is not just a department – it is a commitment to ensuring the safety and well-being of all our Members and staff.

First and foremost, our people are our most valuable resource. To ensure that everyone is prepared for emergencies, we conduct regular refresher sessions for all staff members. This training guarantees that they are equipped to respond appropriately, as they are always the first point of contact for our Members during any issue. Additionally, we have established an Emergency Response Team that is well trained in security awareness, response protocols and medical emergency handling.

Over the past decade, we have continuously upgraded our security systems to ensure the safety of our Members, with enhancements like advanced CCTV systems, panic alarms, and Automated External Defibrillators. We also actively engage with various government departments and participate in joint exercises to strengthen our security measures.

Safety Abroad

Whether you are travelling for business or leisure, it's crucial to be aware of emergency numbers. 112 is an international emergency number that works regardless of the local emergency number. It is used across many countries, particularly in Europe, and parts of Africa, Asia, and South America. The number functions even without a SIM card in most GSM mobile phones. If you are outside your mobile provider's coverage area, it will connect to any available network to place the emergency call.



Wishing you and your family safe and enjoyable travels, a Merry Christmas and Happy New Year.

Thank you for your support and cooperation in maintaining a safe and enjoyable environment for everyone. Your insights are invaluable to us. Please feel free to share any suggestions or concerns regarding security enhancements. We are here to listen and improve.

我在深灣遊艇會工作已逾十年，保安部不僅是一個部門，更是一項承諾，致力保障所有會員及員工的安全。

首先，我們的團隊至關重要。為了確保大家能妥善應對突發事件，我們定期為全體員工進行各種訓練課程，溫故知新。這些培訓確保團隊有足夠的應變能力，因為他們都是會員的第一聯絡點。此外，我們亦成立了緊急應變小組，成員均接受過保安意識、應變程序及醫療急救方面的專業訓練。

在過去十年，我們不斷升級保安系統，以保障會員安全，包括先進的閉路電視系統、緊急警報裝置及自動心臟除顫器（AED）等。我們亦積極與多個政府部門合作，參與聯合演習，以加強整體保安措施。

感謝會員一直以來的支持與配合，共同維護一個安全愉快的環境。您的意見對我們至關重要，歡迎隨時提出任何有關保安部的改善建議，我們非常樂意聆聽，並積極改進。

海外安全資訊

無論您是出差公幹或旅遊，緊記當地的緊急聯絡電話是非常重要的。112 是國際通用的緊急求助電話，不論當地使用的緊急電話號碼是甚麼，皆可撥打 112 求助。此號碼在許多國家通行，特別是歐洲，以及部分非洲、亞洲和南美洲地區。絕大多數 GSM 手機即使沒有插入 SIM 卡，也能撥打此號碼。即使您身在網絡供應商覆蓋範圍之外，手機仍會嘗試連接任何可用網絡以撥打緊急電話。

祝您與家人旅途平安愉快，聖誕快樂，新年進步！

Annual Staff Party 2025

年度員工派對2025



This year's Annual Staff Party was full of fun and excitement, with Shocking Pink Party as the theme.

The night kicked off with a lively dance by the management team, which was followed by a delicious dinner enjoyed by all. The Talent Show Competition was a highlight, with staff putting on some wonderful performances. The Grand Lucky Draw added even more excitement. Congratulations to all the winners – and a special thank you to our generous Members for sponsoring the prizes.

Everyone had a wonderful time, sharing laughter, joy and great team spirit. It was truly a night to remember.



今年的年度員工派對以「螢光粉紅派對」為主題，充滿歡樂與驚喜。

派對由管理層活力四射的舞蹈揭開序幕，隨後大家享用了豐富的晚餐。才藝表演比賽成為當晚的亮點，參賽的同事展現了精彩絕倫的演出。壓軸的幸運大抽獎更為派對增添了高潮。恭喜所有中獎者，並特別感謝慷慨贊助獎品的會員們。

大家度過了一個難忘盡興的晚上，滿載笑聲和喜悅。



Christmas Wish Programme 2025

2025聖誕願望活動

The Club will once again be working with charities to help fulfil the Christmas wishes of underprivileged children and we invite Members to participate in the Christmas Wish Programme to bring them happiness over the festive season.

An e-wire with full details will be sent out soon. Thank you for your support and generosity.

本會再次與各慈善機構合作，為孩子們達成聖誕願望，分享節日的喜悅，共度佳節。我們再次誠邀各會員參與聖誕願望活動，使節日變得更具意義。

活動詳情將於稍後公佈，請留意本會的電子通訊。我們衷心感謝您的慷慨支持。



Club Memories

俱樂部回憶

Did you recognise the area shown in our last issue? It was the former Caffè Luna. The restaurant was designed like a traditional Italian farmhouse with terracotta and earthy tones, with a similar layout to the current Caffè Luna, with the pizza stone oven remaining a standout feature today.

Congratulations to the three winners: Mr Peter Siembab, Mr Andrew Cheung and Mr Chu Chun, who will each receive a \$500 Marina Grill dining voucher.

See if you can guess where this photo was taken. Please send your answer to member@aberdeenmarinaclub.com by December 8. Three winners will be chosen at random to receive a small prize. Each will be notified by email and named in the next issue.



大家能認出我們上期所刊登的照片嗎？那是從前的Luna意大利餐廳。餐廳的設計就像傳統的意大利農舍，採用赤陶和泥土色調，與現在的設計相似，薄餅石窯烤爐仍然是其一大特色。

恭喜3位得獎者Mr Peter Siembab、Mr Andrew Cheung 和Mr Chu Chun可獲得Marina Grill餐飲券價值\$500。

看看您是否能猜出上方的照片的拍攝地點，並在12月8日前將答案發送至member@aberdeenmarinaclub.com。我們將隨機選出三位獲獎者，並通過電子郵件通知他們，獲獎者將在下期公佈。祝您好運！

Annual Parking Registration 年度泊車登記

Members' parking registration will be automatically continued for 2026 and those who currently have their vehicles registered will be automatically charged the applicable annual parking fee with their December statement. Members who wish to cancel their parking registration should inform the Membership Office by December 31.

本會將為現有年度泊車登記之會員自動延續其登記至2026年，並於其帳戶內扣除年度泊車費用，帳目將於12月份之月結單上顯示。若會員希望取消其泊車登記，請於12月31日或之前通知會員部。



Club Parking Rules 停車規則

Any Member who violates the Club's parking rules will incur a \$500 penalty, which will be donated to a designated charity. Each quarter, we will select a different organisation and provide donation receipts. For the fourth quarter, we are pleased to announce that our charity will be the Hong Kong Association for Cleft Lip and Palate.

We issued more than 240 reminder letters last year and would like to remind you that Members who violate parking rules three times will have their parking rights suspended.

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

Thank you for your attention and cooperation.

任何違反停車規例的會員將需向指定慈善機構捐款500元。每個季度，我們會選擇不同的慈善機構並提供捐贈收據。於第四季度，我們將款項捐贈予「香港兔唇裂顎協會」。

去年我們發出了240多封警告信，提醒大家遵守停車規則，違反停泊規例三次的會員將被暫停泊車使用權。

我們懇請各會員及其司機遵守會所的停車規則並互相體諒。感謝您的合作。



JUNIOR CLUB STARS

SKATER • AGE 7

Samantha Lee

Samantha started to skate when she was two years old. She really enjoys ice skating and hockey, and likes to learn new movements. She is currently working on her spinning and jumping. Keep it up, Samantha!



Samantha從兩歲開始學習溜冰。她非常喜歡溜冰和冰上曲棍球，並且喜歡學習新的動作。她目前正在練習旋轉和跳躍。Samantha，加油！

SWIMMER • AGE 10

Bella Koh

We appreciate Bella for her impressive progress and hard work. Despite initially struggling with tumble turns in freestyle and backstroke, Bella focused closely on her coach's instructions and practiced diligently. Her determination paid off as she has now mastered these challenging techniques, greatly improving her performance. Bella's commitment and positive attitude make her a true role model for her teammates and a rising star in the pool. Well done, Bella!

Bella透過不斷努力和付出，取得驕人的進步和成績。儘管她最初在自由式和仰泳中翻滾轉身時遇到困難，她仍遵照教練的指示，勤奮練習。最終她的堅持得到了回報，她現在已經掌握了這些高難度技巧，成績也得到了顯著提升。Bella的投入和積極態度使她成為隊友的榜樣，並成為游泳新星。做得好，Bella！



Bordeaux 1990s
Wine Dinner
at Marina Grill



Ms Genevieve Lam & Ms Germaine Lam



Ms Stella Ip with guest



Mr & Mrs Wilson Lun



Ms Doris Chan with guest



Mr & Mrs Hugo Tang



Mr & Mrs Daniel Wong with guests



Mr & Mrs Jun Bo with guests



Mrs Yvonne Choi with guests



Mr & Mrs Connor Liu with guests



Turkish Mosaic Lamp
Workshop



Ms Kasey Cheung



Mr Raymond Sze



Mrs Juliet Lui



Ms Julia Chan



Ms Diane Wan & Ms Elaine Yik



Ms Ivy Chan



Ms Hilda Chan



Ms Chaturada Dhanasobhon

Family Quiz Night



1st Runner-up — Mr Reid Frasier and family



2nd Runner-up — Ms Chloe Gordon and Ms Emma Gordon



Mr Roy Siew and family



Mr Andrew Williamson and family



Winner — Mr Chris Yeung and family

Art on Ice



Pop-up
Treats





BENTLEY



Start Something Powerful

The new Continental GT Range

Few cars turn heads like the Continental GT. Bentley's icon for more than 20 years, its new, fourth generation is available in a choice of four stunning models.

The Continental GT ushers in a new era of Bentley design. A new aerodynamic face houses innovative headlamps with an intense, steely stare, unlike that of any Continental before it. New tail lamps, bumpers and grilles enhance the car's flowing lines. With a unique Ultra Performance Hybrid V8 powertrain, the ultimate luxury grand tourer, raises the bar for the two door grand tourer, yet again.

BENTLEY NETWORK BY DCH MOTOR GROUP: HONG KONG, SHANGHAI, GUANGZHOU, HANGZHOU, JIAXING, NANJING, HEFEI, NINGBO, DALIAN.



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BENTLEY HONG KONG - DCH

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