

# Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MARCH/APRIL 2022

## ON LOCATION: **NEW YORK CITY**

### **EASTER TREATS**

### **SONGKRAN SPECIALITIES**





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# Portwatch

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Portwatch Editor / Mr Adam Nebbs



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



Awarded by The Hong Kong Council of Social Service  
香港社會服務界協會

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# 春日菜式

## SPRING DISHES

Until April 30  
直至四月三十日

### MENU



- 木瓜燉生斑魚湯 ..... \$108  
Double-boiled freshwater goby, papaya (每位 per person)
- 龍井翡翠炒蝦仁 ..... \$288  
Sautéed shrimp, seasonal vegetables, longjing tea leaf
- 油浸筍殼魚 ..... \$398  
Oil poached bamboo shellfish (每條 each)
- 豉汁涼瓜炆銀雪魚 ..... \$368  
Braised cod, bitter cucumber, black bean sauce

- 石窩京蔥沙茶醬爆黑豚肉 ..... \$238  
Sautéed sliced pork, spring onions, satay sauce
- 蒜豉鹹菜炒豬肚尖 ..... \$368  
Stir-fried pork stomach, preserved vegetables, black bean, garlic
- 核桃仁筊白萵筍炒帶子 ..... \$388  
Sautéed fresh scallops, water bamboo shoot, asparagus lettuce, walnut
- 蒜茸欖角蒸龍躉腩 ..... \$318  
Steamed giant garoupa brisket, Chinese olives, garlic
- 鹹魚白飯魚炒銀芽蕪皇 ..... \$178  
Sautéed whitebait, salty fish, bean sprouts, yellow chives
- 松子龍蝦鬆生菜包 ..... \$468  
Sautéed diced lobster, pine seed served with lettuce



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)。

# the BALCONY

## SONGKRAN SPECIALITIES

潑水節美食

THROUGHOUT MARCH & APRIL  
三月至四月

Each year in April, Thai, Cambodian, Myanmarese and Laotian families come together to mark the passage of one year into the next with favourite foods and cleansing water, a festival known as Songkran.

In Thailand, the major event occurs on a Sunday, with the Buddhist community gathering for a day of prayer, feasting and all-out water fights to symbolise cleansing and renewal.

While food plays a significant role at Songkran, no specific dishes are reserved for the occasion. Rather, families prepare favourite meals from their cultural background.

This March and April, our Thai chefs will prepare a selection of food to celebrate with you.

每年4月，泰國、柬埔寨、緬甸和老撾的家庭都用自家最喜歡的食物和潔淨的水來慶祝新一年的到來——即是為潑水節。

這個神聖的節日定於每年的4月13至15日，普遍會在東南部的國家慶祝，亞洲的某一些地區皆會持續慶祝一周。在泰國，重要的活動都會在週末舉行，人們都會在佛教社區聚集一同祈禱、享用盛宴和互相潑水，象徵著淨化和更新。

潑水節中美食扮演著重要的角色，但沒有特定的菜餚。每個家庭會根據他們的文化背景準備最喜歡的菜式。

今年3月和4月，泰國露臺餐廳總廚將會精選不同的美食與您一起慶祝潑水節。

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

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### MENU

**Vegetarian**  
Wing bean salad  
四角豆沙律

**Soup**  
Hot and sour oxtail soup  
with cherry tomato and onion  
泰式牛尾湯

**Main**  
Steamed seafood with red curry in coconut  
泰式蒸紅咖哩海鮮

Grilled seabass fillet with Thai herbs  
in banana leaf  
泰北香草燒鱸魚盒

Roll rice noodle soup with bean curd, egg,  
pork roll and deep-fried pork belly  
泰式滷水豬肉拼盤配捲河粉

**Dessert**  
Pandan leaf pancake stuffed  
with Thai-tea ice cream  
班蘭班戟釀泰茶雪糕

### SONGKRAN SPECIAL DISHES (Apr 14-18 only)

Rice in cold jasmine-scented water  
served with condiments  
茉莉花香冷泡飯

Thai-style chicken rice with  
homemade sauce  
泰式海南雞飯



## Easter Treats

復活節特備節目

# HAPPY Easter



## Brunch & Dinner

早午餐及晚餐



**APRIL 16-18**  
(SATURDAY TO MONDAY)

### EASTER BRUNCH

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

### DINNER

5.30-9.30pm

Adult 成人 \$498 | Child 小童 \$198

Celebrate Easter with family and friends!  
與家人一起享用各種特色美食來慶祝復活節!



**APRIL 17**  
(SUNDAY)

### EASTER BRUNCH

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

### DINNER

5.30-9.30pm

Adult 成人 \$498 | Child 小童 \$198

Portside Easter Kids' outdoor  
activities with games and gifts.  
當日將有特備戶外節目包括兒童活動、  
遊戲及禮物。



## Easter Carnival and Egg Hunt

復活節嘉年華及尋蛋熱

**APRIL 10**  
(SUNDAY)

**1-4PM**

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

快來參加復活節嘉年華，活動包括遊戲攤位、  
禮物及尋找復活蛋活動。

Member 會員 \$200 | Guest 來賓 \$240

### EGG HUNT SESSIONS

Venue 地點: Children's Play Area 地下兒童天地

Ages 3-5 years old

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

Ages 6 to 8

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

3至5歲兒童

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

6歲至8歲

第四節: 下午3時至3時20分  
第五節: 下午3時30分至3時50分

Enquiries 查詢: 2814 5360 (Adventure Zone)



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

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



## Easter Fun on Ice

冰上復活節

**APRIL 15-18**  
(FRIDAY TO MONDAY)  
**3-6PM**

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

活動期內兒童穿著復活節服飾  
可免費享用一節溜冰及參加溜冰場  
尋蛋活動。來賓需收取費用。

Enquiries 查詢: 2814 5374 (Ice Rink)



## Italian Colomba

意大利復活節蛋糕

**NOW UNTIL EASTER**

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

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

Colomba是傳統意大利復活節蛋糕，選用橘子蜜餞，再加上杏仁糖衣製成。Colomba蛋糕非常適合作為節日盛宴及送禮佳品！

## Easter Goodies

復活節禮品

**NOW UNTIL EASTER**

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

深灣店提供精美的復活節禮品及糖果供會員選購。當中包括禮品籃、自製的朱古力蛋和復活節賓尼兔。



For orders and enquiries, please call Marina Deli on 2814 5302 or email [marinadeli@aberdeenmarinaclub.com](mailto:marinadeli@aberdeenmarinaclub.com).

訂購或查詢請致電深灣店電話2814 5302或電郵至[marinadeli@aberdeenmarinaclub.com](mailto:marinadeli@aberdeenmarinaclub.com)。



# EASTER CAKE WORKSHOP

For children aged six or over

Caffe Luna

From 3.30pm to 5pm

**\$480 per child, per workshop**

Snacks and drinks included



**Wednesday, April 13**

## Tiny Easter Cake

Great things come in small sizes. This year we will celebrate Easter with these adorable tasty treats.

Each kid will make two incredibly cute and delicious Tiny Easter cakes!



**Wednesday, April 20**

## Easter Donut Crush!

Let's decorate and celebrate with these cute Easter Donuts. Each child will make three.



## Reservations

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

預訂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

# MARCH AND APRIL POP-UPS

三月及四月限定

*March* 三月

Friday, March 25

\$598 per person 每位

**Kebab and  
Whisky Night Pop-up**  
烤肉串和威士忌之夜



*April* 四月

Friday, April 8

ADULT 成人 \$598 | CHILD 小童 \$298

**Songkran  
Pop-up with  
Water-splashing Games**  
潑水節自助餐及節日遊戲



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

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# THURSDAY APERITIVO

星期四經典餐前酒推介



Every Thursday

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

*Extended Opening Hours*

Thursday: 4pm to 10pm

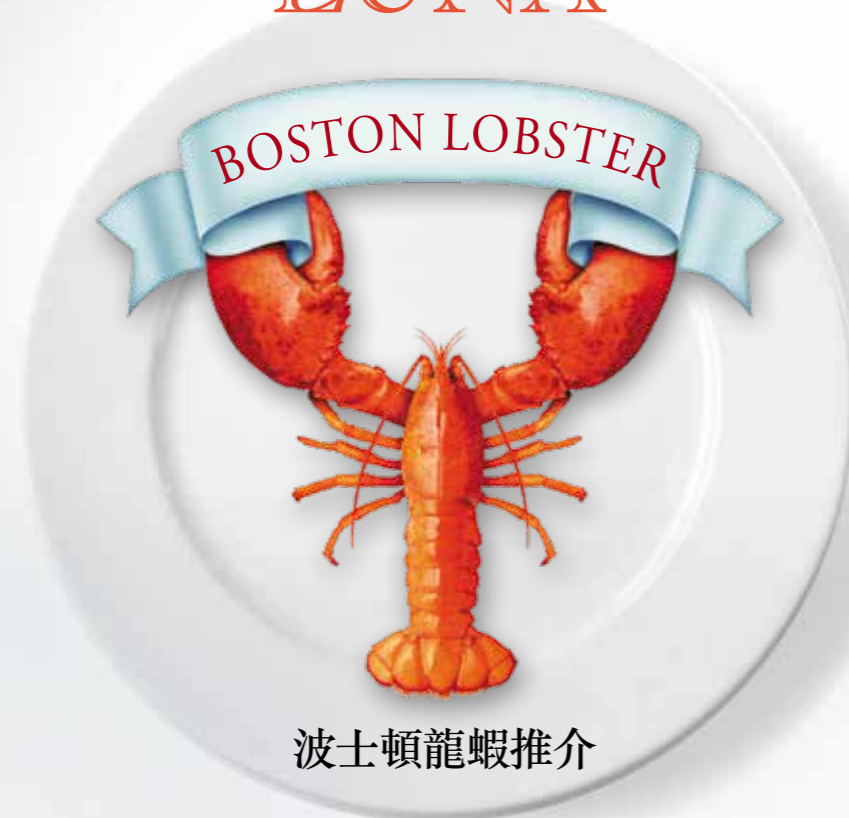
Friday to Sunday and public holidays: 11.30am to 10pm

Caffé  
**LUNA**

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**



波士頓龍蝦推介

March 4 to April 30

Favourites including risotto, pasta or grilled.

**M E N U**

**PASTA 意粉**

**SQUID INK TAGLIOLINI**

creamy lobster, asparagus, semi-dried tomatoes

**AGNOLOTTI**

ricotta, bisque sauce, cedrat citrus

**RISOTTO 意大利飯**

**LOBSTER RISOTTO**

vongole, tomato marinara, leccino olives,  
finocchietto

**GRILLED 燒烤**

**GRILLED LOBSTER**

fennel and clementine salad, burro di malga

**SALAD 沙律**

**LOBSTER SALAD**

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

**PIZZA 薄餅**

**LOBSTER PIZZA**

provolone, fior di latte, aromatic herbs, baby spinach

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

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**SUNDAY ROAST**  
週日燒烤

**EVERY SUNDAY AFTEROON 每逢週日下午**

A Sunday roast is the ultimate weekend comfort food. Come and try our Signature Bloody Marina 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和牛肋排，配以侍酒師精選的紅酒或手調雞尾酒。



**M A R I N A**  
G R I L L

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)。



SAVOR THE BEAUTY OF

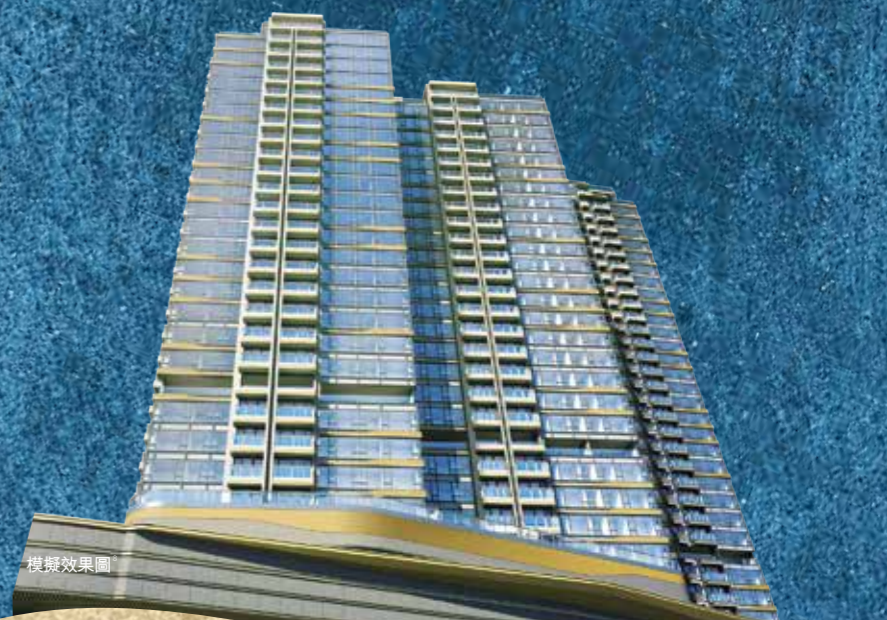
The southside living

細味 南岸生活之美



庫存圖片<sup>1</sup>

LA MARINA 揚海



模擬效果圖

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

兩站直達港鐵金鐘站，四綫聯繫港九新界；一隧接通銅鑼灣<sup>4</sup>

沉醉深灣璀璨黃昏景致<sup>5</sup>，悠享中央花園休閒<sup>6</sup>

揚帆概念建築美學<sup>7</sup>，氣派恢宏，優尚雍容

賣方(如此聘用的人)的間接股東:



嘉里建設 KERRY PROPERTIES



SINO LAND 信和置業



MTR

賣方(擁有人):

「港島南岸」第二期

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

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In the first of a new feature series, we visit five films that epitomise, evoke – and let us virtually visit – their locations. In this issue we go . . .

# ON LOCATION: NEW YORK CITY

看電影遊紐約市



## Midnight Cowboy 午夜牛郎 (1969)

**Director:** John Schlesinger

**Starring:** Jon Voight, Dustin Hoffman

British director John Schlesinger had already brought realism to the screen with a couple of entries in his own country's "kitchen sink" genre – notably *A Kind of Loving* (1962) and *Billy Liar* (1963) – when he was brought to America by producer Jerome Hellman to direct *Midnight Cowboy*. As noted by Hellman, Schlesinger (seated below) had an eye for New York detail that only an outsider could have, and this, with the techniques developed in his earlier films, made for an unusually atmospheric, Oscar-winning film. The website [onthesetofnewyork.com](http://onthesetofnewyork.com) features many of the locations used in *Midnight Cowboy* and all of the other films in this article.

*Where to find:* Apple TV/iTunes, YouTube Movies.

導演：尊史萊辛加

演員：莊威、德斯汀荷夫曼

當製片傑羅姆赫爾曼邀請英國導演尊史萊辛加到美國製作午夜牛郎時，萊辛加已經在自己的國家播出了幾部

廚槽現實主義式電影，包括《一夕風流恨事多(1962)》及《說謊者比利(1963)》。正如赫爾曼所說，萊辛加以局外人的身份觀察紐約，擁有著敏銳而細膩的觀察力，憑著他早期電影中的獨特攝影手法，創作出一部奧斯卡得獎影片。於 [onthesetofnewyork.com](http://onthesetofnewyork.com) 網站列出多個《午夜牛郎》與及在本文中所提及的其他電影的拍攝場景。

觀看影片：Apple TV或iTunes及YouTube電影





## They All Laughed 皆大歡喜 (1981)



**Director:** Peter Bogdanovich  
**Starring:** Ben Gazzara, Audrey Hepburn

Peter Bogdanovich's homage to Manhattan and its people drifted into obscurity soon after its release, largely because star Dorothy Stratten was murdered soon after production ended, and its release was limited. It was later rediscovered, with fans including filmmakers Wes Anderson and Quentin Tarantino, who called it "a masterpiece." With two private detectives falling for the women they have been paid to follow, the plot covers much of the city, and is an evocative trip around much of Manhattan. Street scenes seem more natural than usual as very few background performers were used, and most onlookers are real, as is sometimes evident from the occasional puzzled stare. *They All Laughed* also features Audrey Hepburn's final starring role.

*Where to find:* On DVD from Amazon, Barnes & Noble.

導演：彼得博格丹諾維奇  
演員：班加賽拉、柯德莉夏萍

影片是彼得·博格丹諾維奇對曼哈頓及其市民的敬意，影片在發布後不久就消聲匿跡，主要是因為明星多蘿西·斯特拉滕在製作完成後不久就被謀殺，發行受到限制。後來影片重新被關注，包括電影製片人韋斯安德森和昆汀塔倫蒂諾都稱之為「傑作」。兩名私家偵探愛上了受僱跟蹤的女子，大部分情節都發生在曼哈頓一帶，影片拍攝極富真實感，不禁令人回味在當地旅遊時的片段。《皆大歡喜》是柯德莉夏萍最後一部演出的電影。

觀看影片：在亞馬遜及Barnes & Noble可找到DVD



## When Harry Met Sally 90男歡女愛 (1989)

**Director:** Rob Reiner  
**Starring:** Billy Crystal, Meg Ryan

Still one of the best-loved romantic comedies, *When Harry Met Sally* takes us from Washington Square Park to Central Park and many points in between. And while it's not too heavy on the famous location footage, the witty dialogue at the core of the film – written by New Yorker Nora Ephron – is almost as evocative of the city as its landmarks. Incidentally, the famous "I'll have what she's having" line was supposedly suggested by fellow New Yorker Billy Crystal on location at Katz's Deli on Manhattan's Lower East Side, which is still open today.

*Where to find:* Apple TV/iTunes, YouTube Movies.

導演：洛連納  
演員：比利基士桃、美琪賴恩

《90男歡女愛》仍然是最受歡迎的浪漫喜劇之一，影片帶我們從華盛頓廣場公園到中央公園以及之間的多個地點。雖然場地並不著重於一些著名的景點，而電影核心的談話對話是由紐約人Nora Ephron撰寫的，與這城市的地標一樣令人回味。另外，著名的台詞「我要她所點的」這句話，據說是由紐約人比利基士桃在曼哈頓下東區的Katz's Deli拍攝的，這食店至今仍然營運中。

觀看影片：Apple TV或iTunes及YouTube電影



## The Royal Tenenbaums 癡才家族 (2001)

**Director:** Wes Anderson  
**Starring:** Gene Hackman, Gwyneth Paltrow

An uptown brownstone mansion in Harlem is the main location of Wes Anderson's *The Royal Tenenbaums*, and while the film is light on exterior locations, it's an interesting, whimsical and slightly absurd look through the keyhole of a uniquely New York type of home – Wes Anderson style. New York is filled with brownstone townhouses and the occasional chateau-style edifice such as this, and it's fun to visit an imaginary family residing in one of them, especially one portrayed by such a fine cast.

*Where to find:* On Criterion Collection Blu-ray from Amazon or Barnes & Noble.



導演：韋斯安德遜  
演員：真赫曼、桂莉芙白德露

在《癡才家族》片中，韋斯安德遜主要圍繞在哈萊姆區的上城褐砂石豪宅拍攝，雖然影片中只有少量外景，但透過韋斯安德遜獨特的拍攝手法，觀眾可窺探一個荒謬但有趣的紐約家庭。紐約到處都是褐砂石式的別墅，偶爾還有像城堡的大廈，參觀一個住在其中的想像中的家庭很有趣，透過影片可以觀看到當地的標誌別墅和演員出色的演繹。

觀看影片：在亞馬遜或Barnes & Noble On Criterion Collection可找藍光影碟



The West Village in Manhattan



## Inside Llewyn Davis

知音夢裡行 (2013)

Director: Joel and Ethan Coen

Starring: Oscar Isaac, Carey Mulligan

Set around Manhattan's early-1960s folk-music scene, in a chilly Greenwich Village, the Coen Brothers' *Inside Llewyn Davis* beautifully captures the sights, sounds and atmosphere of that culturally vital time and place. Street scenes shot around the East Village and Greenwich Village create an uncanny sense of place, while the musical performances from the likes of Oscar Isaac, Justin Timberlake, Carey Mulligan and Adam Driver add an extra layer of evocation. Isaac, Timberlake and Driver in the studio recording *Please Mr. Kennedy* is musical comedy gold.

Where to find: On Criterion Collection Blu-ray from Amazon or Barnes & Noble.

導演：祖爾高安、伊頓高安

演員：奧斯卡依撒、嘉莉慕萊根

以曼哈頓1960年代早期的民間音樂場景為背景，高安兄弟細緻地捕捉了寒冷的格林威治村景象、當時的文化意式和氣氛。

在東村和格林威治村周圍拍攝的街景，給予人感覺那裡是



一個不可思議的地方，而奧斯卡依撒、積斯甸添布力、嘉莉慕萊根和亞當崔佛等人的音樂表演更帶您到另一個層次。而卡依撒、添布力和崔佛在錄音室錄製《Please Mr. Kennedy》更取得音樂喜劇金曲獎。

觀看影片：在亞馬遜或Barnes & Noble On Criterion Collection可找藍光影碟

# Superstars in Tuscany Super Tuscans

托斯卡納的明星 - 超級托斯卡納



**V**iticulture in Tuscany dates back to the 8th century BC, when the Etruscans settled within the region. From the Roman Empire through the Middle Ages, monks were the main producers of wine, though a rise in aristocracy made sharecropping more prevalent. Monks continued to work the land of the rich for the price of half the crop, while the rest of the grapes were used for wine production, which was sold to merchants in Florence. Slowly, names such as Vino Nobile di Montepulciano, Vernaccia di San Gimignano and Chianti began to rise to gain prominence. Today, Tuscany remains one of Italy's best-known regions, renowned for its complex, age-worthy bottles.

The innovative Super Tuscans draw wine lovers' attention as well. The term Super Tuscan appeared in the late 1980s, it became a familiar name in the wine business. Wine producers combined French grape varieties such as Cabernet Sauvignon, Merlot and the specific Tuscan terroir, with innovative techniques borrowed from France including replacing crude wooden fermenting tubs with stainless steel vats, and ageing in small barriques, shaping them into some of the most expensive Italian wines. Masseto, Solaia, Tignanello, and the single-vineyard wine as a spin-off from Ornellaia, and Luce from Montalcino are some of Super Tuscan stars.

The term Super Tuscan refers to a number of Italian winemaking estates in the traditional Chianti region

of Tuscany which in the 1960s and 1970s began to rebel against the dogmatic regulations of Italian wine-making authorities, producing a number of innovative and highly prized wines, which have gone on to become some of the most expensive and valuable investment wines in the country.

Super Tuscans are sold in elegant bottles with designer labels and creative names to enhance the idea of originality. They are known for their deep colour, full body and excellent balance. They have an extended capacity for aging. Even with the unusual categorisation, Super Tuscans are known by wine critics, collectors and consumers alike as some of the world's most outstanding wines.

Don't miss our two Super Tuscan wine dinners in April. For more details, please see pages 29 and 30.

托斯卡納的葡萄栽培可以追溯到公元前 8 世紀，伊特魯里亞人在該地區定居。從羅馬帝國時代到中世紀，僧侶是葡萄酒的主要生產者，儘管貴族的興起使佃農更為普遍。僧侶們繼續以半數收成的價格在富人的土地上勞作，而其餘的葡萄則用於生產葡萄酒，後來又賣給了佛羅倫薩的商人。慢慢地，諸如“Vino Nobile di Montepulciano”、“Vernaccia di San Gimignano”和“Chianti”之類的名字開始出現。

今天，托斯卡納仍然是意大利最著名的地區之一，以其複雜的、值得陳年的佳釀而聞名。除了歷史悠久的葡



萄酒外，創新的“超級托斯卡納”也吸引了葡萄酒愛好者的注意。“超級托斯卡納”一詞出現於 1980 年代後期，指的是托斯卡納傳統Chianti地區的一些意大利釀酒莊園，這些莊園在 1960 和 70 年代開始反抗意大利釀酒當局的教條規定。傳統上，意大利監管機構強迫生產商在典型的Chianti地區的Sangiovese混合酒中加入一定比例的白葡萄，並且只能使用本土葡萄品種，但他們將Cabernet Sauvignon、Merlot等法國葡萄品種和特定的托斯卡納風土相結合，並且從法國借用創新技術包括用不銹鋼大桶代替粗糙的木製發酵桶，以及在小酒桶中陳釀，從而將它們塑造造成一些昂貴的意大利葡萄酒。Masseto、Solaia、Sassicaia 都是當中代表，以及從Ornellaia 分拆出來的單一葡萄園葡萄酒Luce都是超級托斯卡納的明星，漸漸成為葡萄酒行業內的標誌性名稱。

“超級托斯卡納”通常帶有設計師標籤和創意名稱，以增強原創性。它們以顏色深、酒體濃郁、平衡性極佳而著稱。它們具有更長的陳存能力。即使有不同於意大利常規的分類，但“超級托斯卡納”葡萄酒仍被葡萄酒評論家、收藏家和消費者稱為世界上最出色的葡萄酒之一。

我們將於四月份舉行兩場超級托斯卡納的葡萄酒晚宴，詳情請參閱第29及30頁。



the  
BALCONY



Perrier-Jouët Harvest



Maison belle époque salle

Champagne  
Perrier-Jouët Dinner  
Perrier-Jouët香檳晚宴

Thursday, March 31      3月31日 (星期四)  
Welcome drink: 7pm      酒會: 晚上7時  
Dinner: 7.30pm      晚餐: 晚上7時30分  
\$1,280 per person      每位\$1,280



- MENU**
- Perrier-Jouët Grand Brut NV
  - Perrier-Jouët Blason Rosé NV
  - Perrier-Jouët Blanc de Blancs NV
  - Perrier-Jouët Belle Epoque 2013
  - Perrier-Jouët Belle Epoque Rosé 2012

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

MARINA  
GRILL

Antinori  
Wine Dinner  
紅酒晚宴



Thursday, April 14      4月14日 (星期四)  
Welcome drink: 7pm      酒會: 晚上7時  
Dinner: 7.30pm      晚宴: 晚上7時30分  
\$1,580 per person      每位\$1,580



- MENU**
- Marchese Antinori Cuvee Royale Tenuta Montenisa NV
  - Castello Della Sala Estate Bramito Del Cervo Chardonnay 2020
  - Tenuta Tignanello Marchese Antinori Chianti Classico Riserva DOCG 2018
  - Antinori Pian delle Vigne Vigna Ferrovia Brunello di Montalcino Riserva DOCG 2015
  - Antinori Solais 2017
  - Castello Della Sala Estate Muffato della Salla 2016

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



## Frescobaldi Luce Wine Dinner 葡萄酒晚宴

|                    |             |
|--------------------|-------------|
| Thursday, April 28 | 4月28日 (星期四) |
| Welcome drink: 7pm | 酒會: 晚上7時    |
| Dinner: 7.30pm     | 晚餐: 晚上7時30分 |
| \$1,688 per person | 每位\$1,688   |

### MENU

Frescobaldi Attems Pinot Grigio  
Venezia Giulia DOC 2020

Frescobaldi Attems Cicinis Sauvignon  
Blanc Collio DOC 2016

Frescobaldi Luce Magnum  
Special Label 2012

Frescobaldi Luce  
Luxury Magnum 1997

Frescobaldi Luce  
Luxury Magnum 1999

Frescobaldi Luce  
Luxury Magnum 2000



Booking will open around one month prior to the event date.

For reservations, please see the Club's e-wire or call the Central Reservations Centre on 2814 1222.

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



## Skating Star Sidney Chu 溜冰之星朱定文

**C**ongratulations to Club Junior Member Sidney Chu for representing Hong Kong at the Beijing Winter Olympics, competing in the Men's 500-metre short-track speed skating. He was also the flag bearer for the city at the opening of the Games.

One of the top short-track speed skaters in the region, Sidney first skated at just five years old. He learned some fundamental skills at the Club, which would later be essential to his career.

Sidney played ice hockey early on, but found that he preferred the feeling of speed on the ice, eventually developing into a short-track speed skating athlete. After years of training, dedication and hard work, he finally achieved his dream of qualifying for the Winter Olympics Games.

We are all very proud of Sidney and everyone at the Club is delighted to see him come so far and achieve outstanding success for himself and for Hong Kong. We wish him all the best in his future endeavours.

恭喜本會少年會員朱定文代表香港參加北京冬季奧運會男子500米短道速滑項目。在奧運會開幕式上，他更是香港隊的持旗手。

作為本港頂尖的短道速滑運動員之一，朱定文在5歲時第一次接觸溜冰。他在本會學習了一些基本技能，這為他日後的職業生涯奠下基礎。

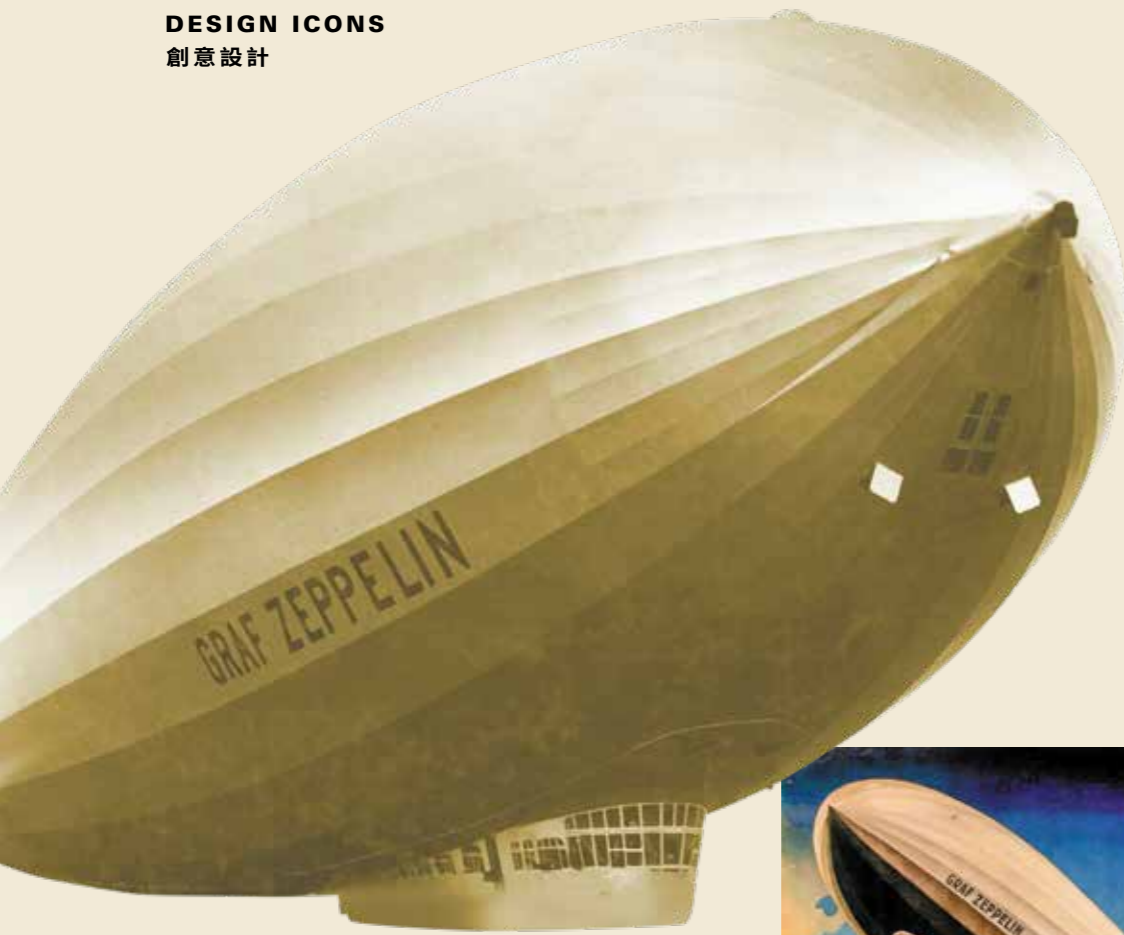
朱定文早年學習冰上曲棍球，但後來他發現自己更喜歡在冰上飛馳的感覺，最終轉型成為一名短道速滑運動員。經過多年的訓練、奉獻和努力，他終於實現了獲得冬季奧運會參賽資格夢想。我們為朱定文感到驕傲。在此祝願他的溜冰生涯可以更上一層樓。



Sidney, third from left.





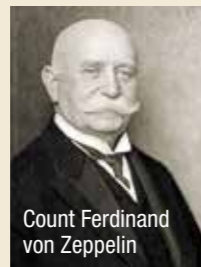


# THE ZEPPELIN AIRSHIP

## 齊柏林飛船

- by Peter Walbrook

**D**esigned and patented in the late 19th century by Count Ferdinand von Zeppelin (1838-1917), the Zeppelin airship claimed all kinds of travel "firsts". The first revenue-earning airline (DELAG, founded 1909) flew them, and the first Transatlantic passenger air service was begun in 1928 by the Graf Zeppelin.



Count Ferdinand von Zeppelin



Zeppelin poster, 1930s

The following year it also carried the first female air passenger to fly around the world, the English journalist Lady Grace Drummond-Hay.

By the 1930s, Zeppelin fever was in full swing and travellers often spent more than one hundred hours, held aloft by highly flammable hydrogen gas, flying to their destinations at around 120kmh, without stopovers.



Hindenburg passengers



Lady Grace Drummond-Hay in the Graf Zeppelin Engine Car

The most famous Zeppelins were the Graf Zeppelin and the Hindenburg, similar in design and each almost a quarter of a kilometre in length. A 1930s passenger brochure for the Hindenburg makes interesting reading. Describing first impressions after boarding, it says, "Your survey of the airship commences with a short inspection of the spacious Dining Saloon, Drawing Room, and Reading and Writing Room; then down the wide companionway to the comfortably furnished Smoking Saloon."

Once settled in, passengers could "take a shower bath before supper, and then a round of cocktails with some friends in the bar, followed by supper, and to end the day, a game of bridge."

As well as being spacious and comfortable, the Hindenburg offered up to 50 passengers (served by a crew of more than 60) a generous 130kg baggage allowance, of which 30kg could be carried in the cabin. A daily newspaper was printed on board, and passengers could send and receive telegrams. Both the Hindenburg and the Graf Zeppelin regularly plied a route between their native Germany and the Americas, which took from three to five days at an altitude of between 300 and 450 metres.

Tragically, the Hindenburg met a famously fiery end, caught on film, in New Jersey, USA on May 6, 1937. The Golden Age of passenger airships was over. Sister airship the Graf Zeppelin was, along with all other Zeppelins (by then a common term for any airship of similar design) retired, and its metal framework melted down for scrap. It had flown more than a million miles (another aviation first), and carried over 34,000 passengers on 590 flights without incident or injury.

齊柏林飛船由斐迪南·馮·齊柏林伯爵(1838-1917)在19世紀末期設計並獲得專利，並聲稱取得各類型航運業“第一”。第一家賺取收入的航空公司(DELAG, 成立於1909年)，第一次由Graf Zeppelin開辦的跨大西洋客運航空服務於1928年開始。次年，還搭載了第一位女性乘客，即英國記者格蕾絲海德拉蒙德夫人環遊世界。

1930年代，齊柏林飛船業務蒸蒸日上，旅行家經常花上一百多個小時，由高度易燃的氫氣在高空飛行，以每小時約120公里的速度飛向目的地，中途沒有停留。

最著名的齊柏林飛船是格拉夫齊柏林飛船和興登堡號，它們的設計相似，長度都接近四分之一公里。1930年乘客對興登堡的印象看起來很有趣。據描述登機後的第一印象寫著：“對飛船的印象始於寬敞的餐廳、客廳、閱讀和寫字室；沿著寬闊的走廊去到舒適的吸煙室。”安頓後，乘客可以“在晚飯前洗澡，在酒吧裡與朋友喝一杯雞尾酒後享用晚飯，隨後享受橋牌遊戲便度過了一天。”

興登堡號不僅寬敞舒適，最多可乘載50位乘客(由60多名機組人員提供服務)，而行李限重為130公斤，其中30公斤可帶入客艙。機上提供日報，乘客更可以收發電報。興登堡號及齊柏林飛船定期航班往返德國和美國，距離海拔300至450米；時間需要三至五天。

不幸的是，興登堡號於1937年5月6日在美國新澤西州遭遇著名的空難中全毀，並被拍攝到影片中。齊柏林飛船與當時其他類似設計的齊柏林飛船一同退役，並把金屬框架熔化成廢料。它已經飛行了超過100萬英里，在590次航班上搭載了34,000多名乘客，並沒有發生任何事故。



Graf Zeppelin on the ground

rare  
skin  
fuel

## rare Facial Treatment

### rare美容療程

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

#### The rare SkinFuel Facial – 80 minutes

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

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

美容中心新增了rare SkinFuel產品的美容療程。

#### The rare SkinFuel 面部療程 — 80分鐘

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

美容中心提供的rare SkinFuel的面部療程，採用100%澳洲有機天然成分提供令人滿意的體驗。rare SkinFuel面部療程令您重拾自信，不再需要依靠化妝修飾也可以展露健康美肌。

We are open daily from  
9am to 7pm

美髮及美容中心營業時間為  
每天上午9時至晚上7時。

For booking and enquiries please call 2814 5320, or email [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com). Visit our website [www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com) and log in for 24-hour online booking.

歡迎瀏覽會所網頁[www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)預約服務，並選擇喜歡的房間和療程。

LPG endermologie  
fight  
for natural  
beauty



+80%\*  
ENDOGENOUS  
HYALURONIC ACID  
自生透明質酸增加80%\*



## AT CUTTING EDGE

Face & Body endermologie®

The only technique that stimulates fibroblasts at the heart of the dermis to boost endogenous collagen, elastin and hyaluronic acid production. 唯一能活化真皮層成纖維細胞，促進自生膠原蛋白、彈性纖維和透明質酸的技術。

Eliminate localised & resistant fat deposits

消除局部頑固脂肪效果

+70%\*

Smooth orange-peel skin

撫平橙皮組織

99%\*

Firm the skin

緊緻肌膚

82%\*

\* Pr. Lafontan study results : MARQUES MA, et al. Impact of mechanical massage on gene expression and lipid mobilization in female fat tissue in gluteofemoral adipose tissue. Obesity Facts. 2011;4(2):121-9. Lipolysis + 70%, total respect of cell integrity.

\* HUMBERT P, et al. Clinical Interventions in Aging 2015; 10, 1-17.

# Are You Planning a Total Transformation?

想塑造全新形像？

**Or looking for a fresh look and feel?**

The Cutting Edge Salon team of professional stylists and hair technicians are happy to offer you a free consultation to help you decide the option you feel will best reflect you or what you aspire to be.

美髮及美容中心的資深專業造型師和美髮師樂意為您提供免費諮詢，讓您尋找最合適您的形象。



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歡迎瀏覽會所網頁[www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)預約服務，並選擇喜歡的房間和療程。



HAPPY  
Easter

CUTTING  
EDGE  
NAILS BAR

美甲吧



Do your nails match your Easter celebration? Plan your colour, and the Nails Bar team will deliver the best experience this Easter!

The New rare Skinfuel hand and body crème will add a wonderful softness to your skin after every treatment. It is now part of our manicure and pedicure procedures.

想擁有漂亮的美甲來慶祝復活節嗎？美甲吧團隊將為您設計以復活節為主題的美甲。

美甲療程中現選用全新產品rare Skinfuel 手部及身體護膚霜，讓您的手部皮膚增添柔潤感。

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## Hong Kong History Hidden in Plain Sight

隱藏市中的香港歷史

Continuing our look at everyday sights that we see when out and about in Hong Kong, this month we will look at Hong Kong's Air Raid Precaution (ARP) tunnels. Take a stroll and see them all in one go, or keep an eye out next time you are stuck in traffic!

In the run-up to the Battle of Hong Kong in 1941, the government took measures to provide protection for local citizens in case of Japanese air raids. There were around 29 ARP tunnel networks built and many are still in place with remnants visible.

One of the longest series of tunnels was built under what was then known as Mount Parish. Although not known by this name today, the area can be seen as you pass by the lower end of Kennedy Road, Queen's Road East and Stubbs Road. On Kennedy Road you can see many of the cast-iron entrances or portals, most of which have been left as they were built over 80 years ago. These particular tunnels became a major focus in the last days of the battle,

when intense fighting took place in the Mount Parish and Wan Chai market areas. At one point there was some concern that the opposing forces were using the tunnels to their advantage, so they were heavily fired upon by the defending forces in the hours before the Colony surrendered on December 25, 1941.

From there, you can travel along Queen's Road East and just as the road reaches the junction of Hennessy Road, there is another series of tunnels with the entrance doors clearly visible next to the pavement. Below is a great example of then-and-now photos showing the portals on these two photographs – one from 1941, just after they were completed and one current. While Hong Kong has changed dramatically over the years, not much has changed here.

If you continue along Hennessy Road and Queensway towards Central, you will soon see the entrance to another series of tunnels. The entrance



is situated just below a wonderful old building from 1917 – the former French Mission Building. As you can see from the photos below – the entrance under construction around 1940, and what we see today – there is not too much change, with the steps up Battery Path almost exactly the same as they were back then.



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



我們繼續在香港日常生活裡發掘景點，本月我們將尋找香港的防空洞 (ARP) 隧道。

在1941年香港戰役前夕，政府採取措施為市民提供保護，以防日軍空襲。當時大約建立了29個防空隧道網絡，當中許多仍然存在，遺跡隨處可見。

最長的隧道之一建在當時被稱為巴里士山的地方。雖然今天我們已不曉得這個名字，但當你經過堅尼地道口、皇后大道東和司徒拔道交界時，可以看到該地區。在堅尼地道，你可以看到許多鑄鐵入口或大門，其中大部分是80多年前建造的。這些特殊的隧道成為最後幾天戰鬥的重點所在，當時在巴里士山和灣仔街市地區發生了激烈的戰鬥。因擔心敵方部隊利用已被佔領的隧道進攻，因此在1941年12月25日殖民地投降前的幾個小時內，他們遭到了防衛部隊的猛烈射擊。

你可從那裡沿著皇后大道東前行，當到達軒尼詩道交界時，還有另一條隧道，入口大門在行人道旁清晰可見。看上頁的照片就是當時和現在對比的好例子，顯示了這兩張照片上的門戶——一張是1941年剛剛建成時，另一張是現在的。雖然香港多年來已有巨大變遷，但這裡卻沒有太大變化。

如果你沿軒尼詩道和金鐘道往中環方向繼續，你很快就會看到另一條隧道的入口。入口位於一座建於1917年的精美老建築下方——前法國外方傳道會大樓。正如你從這些照片中看到的那樣，1940年左右正在興建的入口，以及我們今天看到的並沒有太大的變化，炮台里的台階幾乎與當時完全相同。

恭喜你完成你的城市徒步旅行——集鍛煉、歷史課和尋寶於一身！有關這次城市歷史遠足的更多資訊，請聯絡康體部總監李基爾。

## Update on City of Victoria Boundary Stones

維多利亞城界石  
更新



If you remember back to the November/December edition, we talked about the six 1903 Victoria City boundary marker stones that can still be seen today. Well, some determined Hong Kong historians recently discovered not one, not two, but three more marker stones! These are located on Mount Davis, in Lung Fu Shan Country Park and on Mount Nicholson. As you can imagine, these have been fairly well hidden for many years and are not easy to get to, but hopefully will become more accessible in due course.

如果你還記得在11/12月號，我們談到了今天仍然可以看到的六塊1903年維多利亞城界石。香港一些歷史學家最近相繼發現了不只一、兩塊，而是三塊界石！它們位於摩星嶺、龍虎山郊野公園和聶高信山。如你所想，這些界石已經被隱藏多年並且很難到達。

# Private and Semi-private Golf Lessons

by Iain Roberts Golf Limited and Coach Christine Chuck

私人及半私人高爾夫球班



Golf is a great game for all ages and the Club offers private, semi-private and group lessons for juniors, women and men, which are designed to improve your golf game through quality golf instruction.

The golf simulator is a great way to start the game and for practicing your present skills.

For new players

- Introduction to the basic fundamentals and simulator
- Learn the basic swing shape
- Full swing instruction (driving range)
- Putting and chipping instruction

For experienced players

- Full swing/ball flight introduction
- Putting and chipping review
- Pitching and sand instruction

For bookings and enquiries, please contact Tennis Reception on 2814 5318 or email [tennis@aberdeenmarinaclub.com](mailto:tennis@aberdeenmarinaclub.com).

報名或查詢請致電網球場接待處電話2814 5318或電郵至[tennis@aberdeenmarinaclub.com](mailto:tennis@aberdeenmarinaclub.com)

高爾夫是一項適合各年齡的運動。本會提供青少年、女士、男士的私人、半私人及團體課程，透過課程可改善球技來達到更佳表現。另外，高爾夫模擬器是開始練習技巧的好方法。

初學者

- 基本原理和模擬器簡介
- 了解基本的擺動動作
- 介紹全擊球（練習場）
- 介紹起撲桿

有經驗者

- 介紹揮桿/全擊球
- 複習起撲桿
- 介紹在沙地劈起桿

# Tai Chi – 24 Forms for Beginners

by Donald Ng

太極拳 - 24式初級班

Every Monday and Wednesday

The Wu's Style Tai Chi 24-Form is composed of 24 forms that are ideal for beginners to learn and practice. The slow, graceful and rhythmic movements of the Tai Chi form gently strengthen the organs and muscles, improve circulation and posture, and relax both mind and body. It teaches patience and relaxation, and fosters an understanding of the co-ordination of mind, body and spirit. It is a good way to relieve the stresses and strains of today's lifestyle. People of all ages, conditions and abilities can benefit from Tai Chi. Just a little regular practice is all that is needed. Those who have completed the 24-Form programme, or have Tai Chi experience, could join the Advanced Class to explore to more of Wu's Tai Chi, such as the traditional form, pushing-hands, Tai Chi Sabre and Tai Chi Sword.

逢星期一及三

吳式24式太極拳由24種形式組成，適合初學者學習。太極拳是緩慢、優美和有節奏的運動，可以輕柔地增強肌肉、改善血液循環和姿勢，並能放鬆身心。鍛鍊耐性和放鬆，並促進對思想、身體和精神的協調，是緩解壓力的好方法。適合所有年齡人士學習，只需少量常規練習便可以從太極拳中得益。完成練習24式，或具有太極拳經驗者可加入進階班，可學習傳統拳式、推手、太極刀和劍等。



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

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

# Capoeira

by Sport Max HK Co. Ltd.

卡波耶拉班

Every Thursday  
Children aged 3-12

Children's Capoeira is a 60-minute class where children will learn dance, acrobatics, music and self-defense through fun capoeira games and exercises.

逢星期四，適合3-12歲兒童

兒童卡波耶拉是60分鐘的課程，孩子們將通過有趣的卡波耶拉遊戲來學習舞蹈、體操、音樂和自衛。



# Table Tennis

by Sunny Lo

乒乓球班

Every Saturday  
12.30-2pm

Children aged 6-10

Table tennis offers entertainment, relaxation and health benefits to players of all ages. It can efficiently develop skills such as flexibility, eye and hand coordination, and improve children's self-confidence and teach them the importance of teamwork.

逢星期六下午12時30分至2時

適合6-10歲兒童

乒乓球適合所有年齡的人士，此運動有益身心和健康。可以有效地培養靈活性、提高眼睛和手部協調能力等技能、孩子的自信心，並教會他們團隊合作的重要性。



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# Tennis Coaches

網球教練

## ASIF ISMAIL

Tennis Director

Asif is originally from India and was one of India's top players for over 15 years. On the ATP Tour he was globally ranked as high as #414 singles and #616 doubles and was the Asian Games Gold Medalist in 1994.

He was the singles, doubles and mixed doubles national champion and #1 ranked player in India from 1992-1995 and represented India in the World Group Davis Cup competition during from 1989 to 1996. Asif enjoys travelling, playing cricket and spending time with his family.

Asif 來自印度，15年來是印度的頂級球員之一。Asif在青年時期已是亞洲青少年冠軍及在世界青少年排行首20名。曾代表印度參加溫布頓、法國及美國青少年錦標賽。在ATP巡迴賽上，他在世界排名單打高達414位和雙打616位，並在1994年亞運會奪得金牌。1992至1995年，他在印度排名第一，是單打、雙打和混雙全國冠軍，並在1989年至1996年代表印度參加世界戴維斯盃賽。Asif喜歡旅行、打板球和與家人共度時光。

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## YUNUS HIDAYATHULLAH

Tennis Professional

Yunus is from India where he learnt to play tennis at a very young age. Certified by the Professional Tennis Registry, Yunus has been coaching since 2015 and has coached in the USA, India, Shanghai and Shenzhen and was head coach at Four Seasons Landaa Giravaru, Maldives for three years. Off court, Yunus loves travelling, seeing new cultures and meeting new people. He is fluent in English, Tamil, Hindi and German.

Yunus來自印度，自小就開始學打網球。通過職業網球註冊處的認證，Yunus自2015年以來一直在美國、印度、上海和深圳執教。在加入俱樂部的網球團隊之前他曾擔任馬爾代夫蘭達吉拉瓦魯四季酒店的主教練三年。

Yunus與不同年齡、水平和能力的球員合作過。球場外，他喜歡旅行、了解新文化和結識新朋友。他精通英語、泰米爾語、印地語和德語。



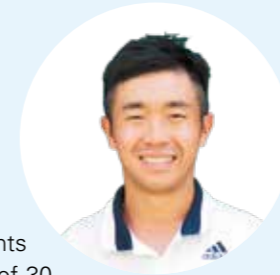
## JIMMY JEA

Tennis Professional

Hong Kong's own Jimmy Jea graduated from UC Davis where he was the captain of the UC Davis Club team. Jimmy has had several successful outings in local tournaments and achieved the ranking of 30 in summer 2021. Jimmy has coached in clubs in Hong Kong and worked with players of all ages and levels. Off court, Jimmy loves hiking and cycling and is fluent in English, Cantonese and Mandarin.

Jimmy畢業於加州大學戴維斯分校，也是加州大學戴維斯分校俱樂部隊的隊長。作為香港網球巡迴賽的常客，Jimmy曾多次在本地賽事中取得佳績，並於2021年8月獲得排名30。

Jimmy曾在香港各俱樂部執教，並與各級年齡和水平的球員一起工作。Jimmy 喜歡遠足和騎自行車，能說流利的英語、粵語和普通話。



## LOKI NG

Tennis Professional

Loki is certified by the United States Professional Tennis Association (USPTA) and the Lawn Tennis Association (LTA). Before joining the Club, he has been teaching in the United Kingdom and Hong Kong with students of various ages and levels. He graduated in Sport and Exercise Science at the University of Birmingham and was a major player of the University team. He is happy to share not only his game experience but also nutrition advice with his students.

Loki 擁有美國職業網球協會 (USPTA) 和草地網球協會 (LTA) 的證書。在加入會所之前，他曾在英國和香港教授不同年齡和水平的學生。Loki畢業於伯明翰大學體育和運動科學，是大學隊的主要球員。他不僅樂於與學生分享他的經驗，更樂於分享有關日常營養的建議。



## ANDY WAN

Tennis Professional

Before joining the Club, experienced tennis coach Andy taught both groups and individuals of various ages and levels. He was also a university team captain and a University Sports Federation of Hong Kong (USFHK) winner. He is passionate about teaching tennis and sharing his experience and techniques with his students.

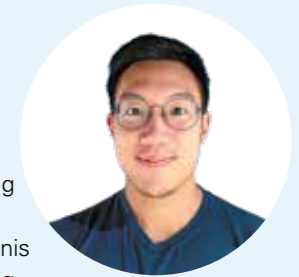
Andy經驗豐富，加入本會之前已教授不同年齡和水平的個人和團體班。他曾是大學隊隊長和取得香港大學體育總會(USFHK)的冠軍。他熱衷於網球教學，並與學生分享他的經驗和技術。

## DENNY HUANG

Tennis Professional

Fluent in English, Mandarin, Cantonese, and Spanish, Denny was raised in Argentina and graduated from Hong Kong Polytechnic University. He was on the University Tennis Team and has been playing for more than ten years. He participates in local tournaments, including leagues and district matches, and has been coaching in Quarry Bay for more than two years, working with various age groups and different levels. For Denny, the most important factor in coaching is to make sure that students enjoy every moment.

Denny在阿根廷長大，精通英語、普通話、粵語和西班牙語，畢業於香港理工大學。他是大學網球隊的一員，有十多年經驗。他參加本地比賽，包括聯賽和地區比賽，並在鰂魚涌執教兩年多，與不同年齡和不同水平的學生合作。對Denny來說，教導中最重要的因素是確保學生享受每一刻。



## Easter Break Schedule

### 復活節假期上課安排

Please check our Easter break schedule for all regular group activities. If you plan to take extra holidays, please remember to submit an Application for Lesson/Withdrawal/Cancellation Form to the Central Reservations Centre in advance.

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

有關復活節期間的暫停上課安排和各定期小組活動的開課時間表，請向預訂服務中心查詢。若您計劃渡過一個較長的假期，請緊記預早向預訂中心提交「退出/取消課堂申請表」。

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

## Easter Camps

### 復活節訓練營

Sign up for our activities camps to keep your kids busy this Easter holiday.

請為子女報名參加各類復活節訓練營。

- Ball Games 球類訓練營
- Be a Gymnast! 體操訓練營
- Ice Skating Camp 溜冰訓練營
- Kung Fu Camp 功夫訓練營
- Lego Camp 樂高訓練營
- Science Camp 科學訓練營
- Self-Development Camp 知識啟發訓練營

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

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

## F1 Pitstop Weekend Challenge at Chill Zone

### F1週末賽事

- Bahrain, Saudi Arabia – March 19, 20, 26 & 27
  - Australia, Italy – April 9, 10, 23 & 24
  - Miami, Spain, Monaco – May 7, 8, 21, 22, 28 & 29
- Enquiries: 2814 5483 (Chill Zone)
- 巴林·沙特阿拉伯 – 3月19·20·26和27日
  - 澳洲·意大利 – 4月9·10·23和24日
  - 邁阿密·西班牙·摩納哥 – 5月7·8·21·22·28和29日
- 查詢：2814 5483 (Chill Zone)



## New Laser Quest Game at Chill Zone Foam Factory

### 雷射槍遊戲

Come and play our new mini-Laser Quest Game at the Chill Zone Foam Factory.

30-minute sessions are available on Saturdays and Sundays from 2-4pm.

Member \$50 Guest \$80

快來Chill Zone泡泡工廠參加刺激好玩的迷你雷射槍遊戲。

每節遊戲時間為30分鐘，逢星期六及日，下午2至4時。

會員\$50 來賓\$80

Enquiries 查詢：2814 5360 (Adventure Zone)

## Fun Challenges for Children!

### 兒童遊戲挑戰賽

#### Bazooka Ball Challenge

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

- From 7-7:30pm
- Friday, March 11
  - Friday, April 8
  - Friday, May 13

- 晚上7時-7時30分
- 3月11日(星期五)
  - 4月8日(星期五)
  - 5月13日(星期五)

#### Adventure Zone Laser Tag Challenge

Calling all LASER-taggers – mark your diary!

- From 6.30-7:30pm
- Friday, March 25
  - Friday, April 29
  - Friday, May 27

- 晚上6時30分-7時30分
- 3月25日(星期五)
  - 4月29日(星期五)
  - 5月27日(星期五)

#### Ninja Challenge at Adventure Zone

Are you a Ninja Warrior?

- From 6.30-7:30pm
- Friday, March 18
  - Friday, April 22
  - Friday, May 20

- 晚上6時30分-7時30分
- 3月18日(星期五)
  - 4月22日(星期五)
  - 5月20日(星期五)

Enquiries 查詢：2814 5360 (Adventure Zone)

# Family Hiking Club

## 家庭登山樂

Our family hikes continue and this time we will get a little more adventurous and try out some lesser-known hikes.

我們的家庭遠足仍在繼續，這次我們將更加進取嘗試一些鮮為人知的遠足路線。

### Black's Link including Mount Nicholson and Mount Cameron Sunday, March 20

This slightly more advanced hike climbs up not one, but two of Hong Kong Island's main hills – both around 430 metres high. We will start at the Wong Nai Chung Gap end of Black's Link and work our way along, firstly climbing Mount Nicholson, and then Mount Cameron before hiking along Middle Gap Road and ending at the other end of Black's Link at Wan Chai Gap.

### 布力徑途經聶高信山和金馬倫山

3月20日(星期日)

這次稍為進階一點的遠足不僅要登上一座山，而是要爬上港島的兩座主要山峰均高約430米。我們將從布力徑的黃泥涌峽入口開始沿布力徑前行，首先攀登聶高信山，然後經金馬倫山接上中峽道，並在布力徑的灣仔峽出口結束。



### Pok Fu Lam Reservoir and Belcher's Falls

Sunday, April 10

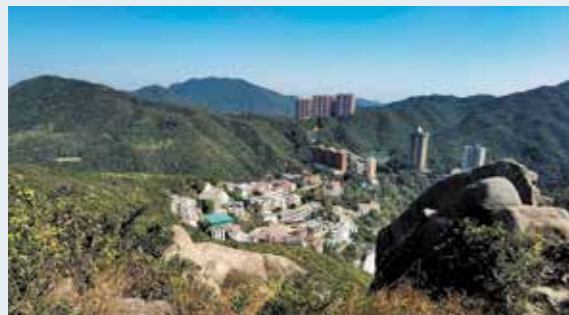
Another less-trodden path, this is a fairly straightforward hike which first passes the Former Watchman's Cottage, built in 1863, before we see the scenic Belcher's Falls. We will work our way through Lung Fu Shan Country Park and end the hike close to HKU MTR station.

### 薄扶林水塘及龍虎山瀑布

4月10日(星期日)

另一條是較為人跡罕至的路徑，這次是相對簡單的遠足，首先經過建於1863年的郊野公園薄扶林管理站，然後穿越龍虎山郊野公園，便能到達風景幽美的龍虎山瀑布，最後在香港大學地鐵站附近結束。

Both hikes are suitable for Members aged eight years and above, but please be aware that the first one is a little more challenging. Each hike will commence at the Club and we will reach the starting point by shuttle bus, leaving the Club at 9.30am and returning at around noon. Reservations are required – please call 2814 1222. 以上遠足活動適合八歲或以上的會員，請注意，第一項遠足較具挑戰性。每次遠足我們都會在上午9時30分從會所出發，乘坐穿梭巴士到達起點，中午左右返回會所。報名請致電2814 1222。



## Vaccine Pass 疫苗通行證

All Members and guests aged 12 and above entering the Club must have received at least one dose of



COVID-19 vaccine, unless medically exempt. All Club staff are authorised to carry out checks and will deny entry if you are unable to provide valid proof. Please update your LeaveHomeSafe (LHS) app to the latest version.

After scanning any Club venue's QR code, the app will display your personal QR code indicating either your vaccination record or your medical exemption. Then you will need to show your vaccination or medical certificate QR code to the QR Code Verification Scanner. If there is "ding-dong" sound, it means you have been vaccinated. If there is a "doo" sound, it means that you have an exemption certificate. If there is "bu-bu-bu-bu" sounds, your QR code is invalid.

You can also provide alternative proof of vaccination or medical exemption – either printed versions or electronic versions in the iAM Smart app or eHealth app, which also can display your valid vaccination or medical certificate QR code for the QR Code Verification Scanner.

While it will take longer for checking in at each facility, we very much appreciate everyone's continued patience. All measures are subject to the government's latest directives.

所有12歲或以上之會員及賓客必須接種至少一針疫苗才可進入本會，持有醫學豁免證明書除外。所有員工均有權查核疫苗接種紀錄，如未能出示上述的證明文件，本會將拒絕有關人士進入會所。請更新安心出行至最新版本。當掃描「安心出行」場地二維碼後，程式便會顯示電子針卡或醫學豁免證明書的二維碼。然後你需要將該二維碼放上驗證二維碼掃描器上掃描。若聽到「咚咚」，即表示有關人士已接種疫苗。持有豁免證明書的會聽到「嘟」一聲。二維碼無效的就會聽到「噹」聲五下。

會員亦可使用紙本針卡二維碼或記錄於智方便或醫健通的針卡二維碼進行掃描。

由於核對手續需時，敬請各會員合作及耐心等待。防疫措施因應政府最新指示作實。



## Motorised Boards 電動滑水板

Please be informed that a motorised board is a vessel and, as such, must be licensed when used on the water.

For more information and enquiries, please call the Marine Police Harbour Base on 3661 1720.

請注意，電動滑水板也屬為船隻。因此，必須持有牌照才可在水上使用。有關詳情或查詢，請致電水警海港警區電話3661 1720。

## No Waiting at the Driveway 禁止在行車道上等候



Please be reminded that no waiting is allowed at the Club's driveway, as it causes congestion and inconvenience for Members. The Club driveway is only for instant dropping off and picking up. Members may also use the 3/F Car Park's designated drop-off and pick-up area.

在會所的車道上只允許乘客上落車，不得停車等候，以免導致擠塞及讓他人帶來不便。會員亦可以前往三樓停車場的指定上落區。

## 3/F Swimming Pool Bubble Deflation 三樓游泳池帳篷拆除

The Club will announce the closure of the 3/F Swimming Pool for bubble deflation by e-news, depending on weather conditions.

本會將根據天氣情況決定三樓游泳池帳篷之拆除日期，並以電郵通知各會員。



## JUNIOR CLUB STARS

Swimmer • Age 11

### SUZANNE HUI

Suzanne has been noticed for her dedication to swim team training. She attends every session and even trains during the holidays. She has improved her technique and is reducing her swim times with all the training she attends. Well done Suzanne – keep up the training to reap the rewards!



Suzanne於游泳隊訓練而受到關注。她參加每個課堂，甚至假期訓練營。她提高了泳術及速度。做得好Suzanne，繼續努力！

Skater • Age 12

### EDWARD TAN

Edward has been skating for just over two years. Not only is he an accomplished swimmer, but has also recently devoted more time and focus to work on his skating, and those results have definitely shown. Edward is a joy to coach and we wish him continued success. Keep it up, Edward!



Edward已學習溜冰兩年多了。他不僅是一名出色的溜冰運動員，最近還投入了更多的時間和努力來練習溜冰，並得到顯著的進步。我們期待他取得更好的成績。堅持下去，Edward！

Skater • Age 6

### APPLE ZHANG

Apple is learning the Freestyle 2 movements, which include one-foot spin and a jump combination. She is eager to learn and has improved a lot on her spins. Keep it up, Apple!



Apple正在學習自由溜冰花式動作2，其中包括混合單腳旋轉和跳躍動作。她努力學習，並在旋轉方面有很大的進步。Apple，請繼續努力！

## CORPORATE SOCIAL RESPONSIBILITY 企業公民社會責任

### Earth Hour 2022

#### 地球一小時2022

The Club will once again take part in the annual Earth Hour, on Saturday, March 26, by turning off all non-essential lights for one hour from 8.30pm.

The theme for 2022 is “Habits Protect Habitats”, with the aim of protecting irreplaceable wetlands for future generations. Visit [Earthhour.wwf.org.hk](http://Earthhour.wwf.org.hk) to find out more and pledge your support.

*“Wetlands provide essential ecosystem services to wildlife and human beings – they act as natural sponges to absorb excessive rainfall during typhoon season, serve as the world’s largest carbon sink to build climate resilience and are a nature-based solution to many of today’s environmental problems.”*

*Earth Hour is the perfect chance for us to take action to save these super habitats!*

*This year’s theme reminds us that our habits have a direct impact on the habitats that surround us – our actions shape the future of critically important places and therefore shape our own future.” – earthhour.wwf.org.hk.*

本會將於3月26日星期六再次參與一年一度的地球一小時活動，從晚上8時30分起關閉所有非必要的燈一小時。

今年活動以「生活態度」為主題，旨在為下一代保護珍貴的濕地資源。訪問[Earthhour.wwf.org.hk](http://Earthhour.wwf.org.hk)了解更多信息並承諾支持。

*“濕地為野生動物和人類提供了不可缺少的生態環境—它們充當天然海綿，在颱風季節吸收過多的雨水；濕地亦是天然儲碳庫，以增強氣候適應力，並且是當今許多環境問題的自然解決方案。”*

*今年的主題提醒我們，我們的生活習慣直接影響了生態環境，選擇可持續的綠色生活態度，為塑造未來出一分力。”*

*– earthhour.wwf.org.hk。*

## Horseshoe Crab Fostering Programme

### 馬蹄蟹保育計劃

As you may remember, the Club has participated in the annual Horseshoe Crab Fostering Programme since 2016, and we are glad to announce that the programme has restarted after a one-year suspension.

This fostering programme – run jointly by City University of Hong Kong and Ocean Park Conservation Fund Hong Kong – aims to provide a good habitat for young crabs to increase their survival rate. The horseshoe crabs will eventually be released back to the wild.

Twenty-one Club staff members have enrolled as horseshoe crab parents, and are responsible for taking care of the crabs. Their duties include feeding the horseshoe crabs once a day,



cleaning and keeping their living environment in good condition (salinity, temperature and pH value), and measuring and recording their living conditions and health status.

In January, an opening ceremony was held in the lobby to welcome the baby horseshoe crabs. Thank you again to Members who joined with us on the day. The eight horseshoe crabs will stay in the lobby until July, and you are welcome to come and find out more information about them.

本會於2016年已開始參加馬蹄蟹保育計劃，計劃上年暫停了，現在重新啟動。這項由香港城市大學和香港海洋公園保育基金合辦的保育計劃，旨在為幼蟹提供一個良好的棲息地，以提高牠們的存活率。馬蹄蟹之後將會被放歸野外。

本會有21名員工登記成為馬蹄蟹家長，負責照顧馬蹄蟹，包括每天餵食，清潔魚缸等以保持馬蹄蟹良好的生活環境（鹽度、溫度和pH值），並測量和記錄馬蹄蟹的生活和健康狀況。

今年一月，我們在大堂舉行了馬蹄蟹寶寶歡迎儀式。再次感謝當天參與的會員。八隻馬蹄蟹將在會所大堂生活直到七月，歡迎你們前來了解多些馬蹄蟹的資訊。



### Christmas Wishing Card Programme 2021



### Chinese New Year



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