Portwatch

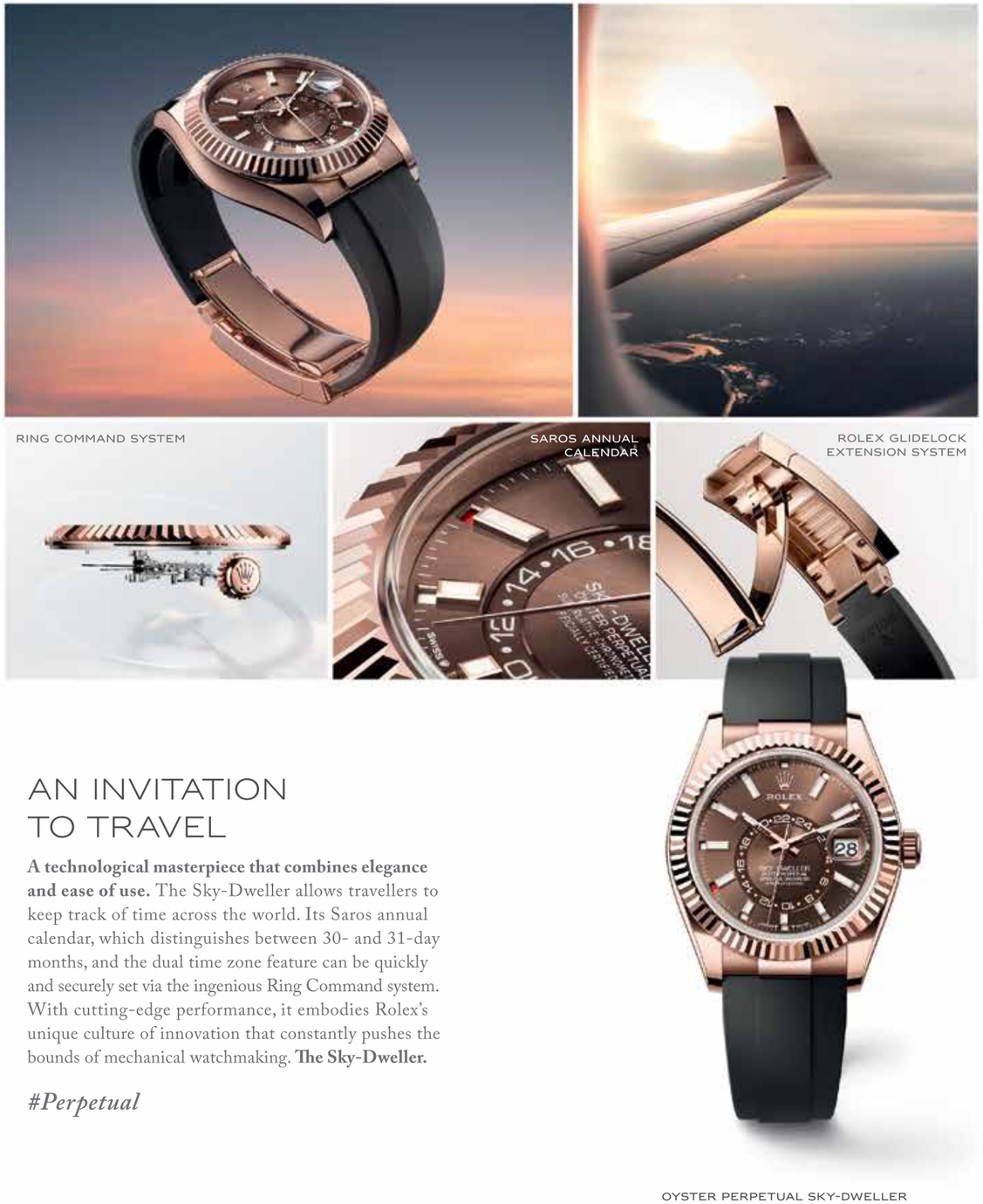
THE ABERDEEN MARINA CLUB MAGAZINE

JANUARY/FEBRUARY 2024

Introducing SEA BREEZE the New Club Boat

恭賀新禧

KUNG HEI FAT CHOY!



AN INVITATION TO TRAVEL

A technological masterpiece that combines elegance and ease of use. The Sky-Dweller allows travellers to keep track of time across the world. Its Saros annual calendar, which distinguishes between 30- and 31-day months, and the dual time zone feature can be quickly and securely set via the ingenious Ring Command system. With cutting-edge performance, it embodies Rolex's unique culture of innovation that constantly pushes the bounds of mechanical watchmaking. **The Sky-Dweller.**

#Perpetual

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ROLEX

Portwatch

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THE ABERDEEN MARINA CLUB

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Portwatch Editor / Mr Adam Nebbs

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

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Awarded by The Hong Kong Council of Social Service 香港社會服務聯會頒發

Portwatch

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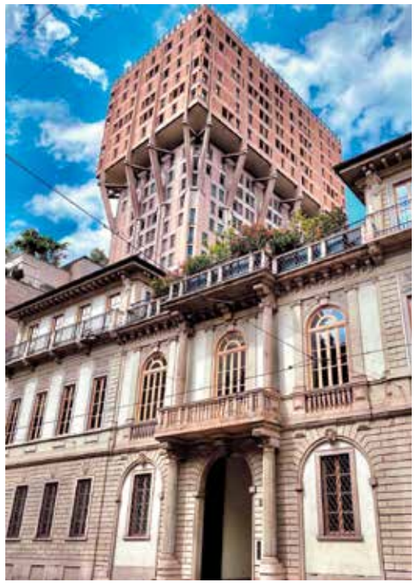


海天閣
THE HORIZON
CHINESE RESTAURANT

農曆新年精選菜譜

CHINESE NEW YEAR SPECIALITIES

January 29 to February 24

一月廿九日至二月廿四日

風生水起（黃金鮑魚撈起）
New Year Tossed Abalone Salad
Please allow 30 minutes for preparation
需時三十分鐘

滿堂吉慶（金裝迷你盤菜）
Braised mixed seafood, assorted meat, vegetables in a clay pot
Please allow 30 minutes for preparation
需時三十分鐘

萬事如意（松子五柳黃花魚）
Deep-fried yellow croaker, pine nuts, sweet and sour sauce

發財好市（發財蠔豉瑤柱甫）
Braised dried oyster, sea moss, conpoy

大吉大利（薑葱爆牛腩爽）
Wok-fried ox tongue, ginger, spring onions

錦上添花（三蝦海參扒柚皮）
Braised dried shrimp, fresh shrimp, sea cucumber, pomelo peel, shrimp roe

金枝玉葉（瑤柱花膠絲扒豆苗）
Braised pea sprouts, shredded fish maw, conpoy

四季興隆（金腿蟹肉松子炒魚肚）
Scrambled egg, fish maw, crab meat, Yunnan ham

橫財就手（海味元蹄煲）
Clay pot braised whole pig knuckle, seafood

好市齊來（鍋巴蜜椒煎金蠔）
Pan-fried oyster, honey, black pepper, crispy rice

步步高陞（蟹粉炒年糕）
Stir-fried rice cake, hairy crab meat

代代平安（松露翡翠竹笙卷）
Braised stuffed bamboo fungus, seasonal vegetables, black truffle sauce

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

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

the
BALCONY

THAI CLAY POT PROMOTION

泰式煲仔菜

January 4 to February 6

一月四日至二月六日

STEWED PORK RIBS
Thai herbs, tomato sauce

PAN-FRIED FISH FILLET
Glass noodles, basil leaves, homemade satay sauce

BRAISED PORK BELLY
Mixed vegetables, soy sauce broth

BAKED SEAFOOD RICE
Thai curry sauce

THAI NORTHERN CURRY NOODLES
Braised beef brisket

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。

新春如意
迎龍年

CHINESE NEW YEAR DELIGHTS

Auspicious dishes feature heavily in Chinese New Year customs as they represent good luck and prosperity. Homemade premium New Year puddings and hampers are ready take home or give away as gifts!

新春佳節當然不能缺少好意頭的賀年食品。我們準備了自家製的糕點
及精選禮物籃為您的新春帶來滋味驚喜。

MARINA
DELI

SEASONAL ITEM, WHILE STOCKS LAST

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

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

賀年食品
CHINESE FESTIVE FOOD

金鈎臘味蘿蔔糕 Traditional Turnip Pudding with Preserved Meat	$238
五香臘味芋頭糕 Traditional Taro Pudding with Preserved Meat	$238
黑糖薑汁年糕 Brown Sugar Pudding with Ginger	$238
黃金桂花馬蹄糕 Traditional Water Chestnuts Pudding with Osmanthus	$238
椰汁紅豆凍糕 Red Bean Pudding with Coconut Milk	$238
迎春錦繡年糕禮盒 （金鈎臘味蘿蔔糕及黑糖薑汁年糕） Traditional Turnip Pudding with Preserved Meat and Brown Sugar Pudding with Ginger	$448
滿堂吉慶金裝迷你盤菜（六位用） Clay Pot Braised Mixed Seafood, Assorted Meat, Vegetables	$3,088

特別優惠 SPECIAL OFFER

一月一日開始發售
購買四盒或以上
可享有八五折優惠
Sales start January 1
Buy 4 boxes or more and get
15% discount

賀年禮籃
HAMPERS

金銀滿屋 Treasure House	$2,088
萬紫千紅 In Full Bloom	$3,088
花團錦簇 Ultimate Splendour	$3,888

THE
ABERDEEN MARINA CLUB

LION DANCE AND GOD OF FORTUNE AT THE CLUB

An auspicious start to the Year of the Dragon

醒獅慶龍年 • 財神賀新歲

Join us in the main lobby at midday on Sunday, February 11 for the traditional eye-dotting of the lion, which will then visit all of the restaurants.

醒獅點睛於大年初二
二月十一日（星期日）中午12時
於本會大堂舉行，
其後醒獅更會巡遊各餐廳。

MARINA DELI

Chinese Festive Food and Hampers Delivery Order Form 2024
深灣店賀年食品及禮物籃訂購表格

CHINESE FESTIVE FOOD 賀年食品	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
Traditional Turnip Pudding with Preserved Meat 金鈎臘味蘿蔔糕	$238		
Traditional Taro Pudding with Preserved Meat 五香臘味芋頭糕	$238		
Brown Sugar Pudding with Ginger 黑糖薑汁年糕	$238		
Traditional Water Chestnuts Pudding 黃金桂花馬蹄糕	$238		
Red Bean Pudding with Coconut Milk 椰汁紅豆凍糕	$238		
Traditional Turnip Pudding with Preserved Meat and Brown Sugar Pudding with Ginger 迎春錦繡年糕禮盒	$448		
Clay Pot Braised Mixed Seafood, Assorted Meat, Vegetables 滿堂吉慶金裝迷你盤菜	$3,088		

Please collect your festive food at Marina Deli.
賀年食品請於深灣店提取。

SUBTOTAL 合共(1)

PREMIER HAMPERS 禮物籃	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
TREASURE HOUSE 金銀滿屋 • Château Les Charmes Godard Rouge, Côtes de Bordeaux, France 法國紅酒 • Dried Bamboo Fungus 特級竹笙 • Hazelnut Chocolate Truffles 榛子朱古力 • Handmade Chocolate Fudge 手工朱古力軟糖 • Premium Dried Mushroom 特級花菇 • Clover Honey and Honeydew Set 澳洲純天然蜜糖 • Sweet Walnut with Gift Box 甜合桃禮盒 • The Horizon XO Sauce 海天閣XO醬 • Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕	$2,088		
IN FULL BLOOM 萬紫千紅 • Château Liversan, Haut-Médoc, France 波爾多紅酒 • Farmhouse Biscuits Set 英國曲奇 • Premium Dried Mushroom 特級花菇 • Premium Dried Scallop 特級乾瑤柱 • Assorted Pate De Fruits Candy 雜錦果汁軟糖 • Florté Scented Tea Box Florté花茶 • Black Truffle Pate 黑松露菌醬 • Sweet Walnut with Gift Box 甜合桃禮盒 • The Horizon XO Sauce 海天閣XO醬 • Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕	$3,088		
ULTIMATE SPLENDOUR 花團錦簇 • Veuve Clicquot, Yellow Label, Champagne, France 法國特級香檳 • Château Cantemerle, Haut-Médoc, Bordeaux, France 波爾多特級紅酒 • Premium Dried Mushroom 特級花菇 • South Africa Pre-cooked Abalone 南非即食鮑魚 • Michel Cluizel Dark and Milk Chocolate 法國特級朱古力禮盒 • Carwright & Butler Cookie 英國牛油曲奇 • Florté Scented Tea Gift Set Florté特級花茶禮盒 • Sweet Walnut with Gift Box 甜合桃禮盒 • The Horizon XO Sauce 海天閣XO醬 • Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕	$3,888		

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

Please fill in this form and return to Marina Deli before February 8, 2024 by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, fax at 3020 7495 or in person. We will deliver the hampers within three working days after receiving the order form. All items are available at Marina Deli from now to February 8, 2024.
請填寫以下表格並於二零二四年二月八日前WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com, 傳真至3020 7495或親身交回深灣店。禮物籃將於收到表格後三個工作天內送到指定地點。以上所有賀年糕點及禮物籃由即日起至二零二四年二月八日於深灣店供應。

SUBTOTAL 合共 (2)

GRAND TOTAL 總計(1)+(2)

Ordered By 送禮人資料：

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

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

SIGNATURE 簽名: | DATE日期:

Deliver To 送貨資料：

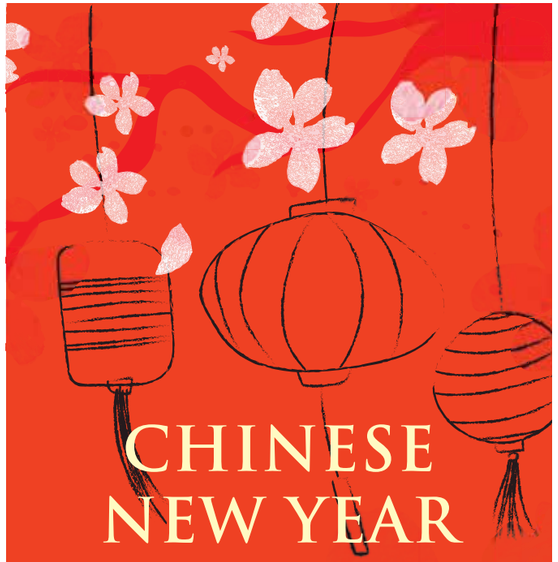
NAME 姓名（PLEASE PRINT / 請用正楷）：

ADDRESS 地址:

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

PREFERRED DELIVERY DATE 選擇送貨日期： | TIME 時間： ☐ MORNING 上午 ☐ AFTERNOON 下午

SPECIAL INSTRUCTIONS 特別指示:



CHINESE NEW YEAR BUFFET
農曆新年自助餐

February 10 to 12
二月十至十二日（年初一至初三）

ADULT成人 $498
CHILD小童 $228

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

與親朋好友來the Deck享用
農曆新年主題自助餐，廚師準備了各種
節慶菜式給大家品嚐！

the DECK

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

揮春工作坊
DIY FAI CHUN

二月三、四、十及十一日
（星期六及日）

Saturday and Sunday
February 3, 4, 10 and 11
2-3pm
(First come, first served)

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。

Introducing Sea Breeze

Your Unforgettable Luxury Adventure

全新會所遊艇Sea Breeze
為您締造難忘的海上旅程

We are thrilled to announce the arrival of *Sea Breeze*, our new Club boat set to launch in mid-January. Prepare to immerse yourself in elegance, comfort and breathtaking beauty as you embark on an unforgettable journey.

A sleek 66-foot vessel designed to indulge the senses with its spacious decks and luxurious interiors, this floating paradise can accommodate up to 28 guests with ample space for relaxation and enjoyment.

Whether you're planning a family outing, corporate event or special occasion, *Sea Breeze* offers flexible full-day or half-day rentals to suit your needs. As an esteemed Club Member, you will have exclusive access to *Sea Breeze* and enticing packages designed to enhance your experience.

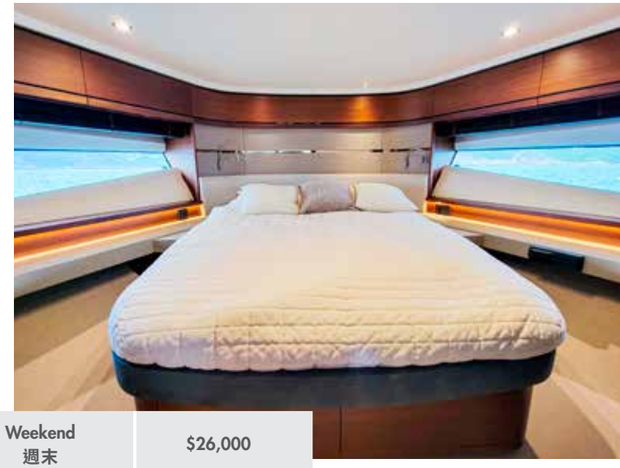
To secure your *Sea Breeze* adventure, please call the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com. Don't miss out on this extraordinary opportunity – book your *Sea Breeze* excursion today!

我們很高興宣布本會的新遊艇Sea Breeze將於1月中旬正式啟用。準備好與我們一起揚帆啟航，享受一趟舒適而難忘的海上旅程。

這艘66尺的豪華遊艇擁有時尚的外型，流線型的設計別具美感。寬敞的甲板及奢華舒適的客倉能容納最多28人，為您和您的賓客提供優越而尊屬的空間，盡享出海的樂趣。

會員現可尊享Sea Breeze為您帶來的非凡體驗。無論是家庭聚會、公司活動或慶祝特別節日，Sea Breeze都可為您提供全日或半日租賃服務。我們亦精心設計了不同的套餐，以供選擇。

請即致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com，體驗Sea Breeze為您帶來的魅力海上之旅。



SEA BREEZE TARIFF 價目表

Full-Day Rental (8 hours) 全日(8小時)	Weekend 週末	$26,000
	Weekday 平日	$24,000
Half-Day Rental (4 hours) 半日(4小時)	Weekend 週末	$20,000
	Weekday 平日	$16,000
Special Occasions (8 hours)* 特別節日(8小時)		$30,000
Special Occasions (4 hours)* 特別節日(4小時)		$24,000
Additional Hours 額外每小時		$2,500
Far Destination Additional Charge 偏遠目的地附加費		$2,800

* Special Occasions include Fireworks Night, Christmas Eve, Christmas Day, Boxing Day, New Year's Day, other Public Holidays, and Wedding Photo Shoots.

特別節日包括煙花匯演、平安夜、聖誕節、節禮日、元旦、其他公眾假期及婚紗攝影。

海天閣
THE HORIZON
CHINESE RESTAURANT

順德風味
TASTES OF SHUNDE

二月廿五日至四月三十日

February 25 to April 30

爽滑涼拌魚皮
Marinated fish skin

薑葱蜆介鯪魚球
Deep-fried dace fish balls, clam sauce

順德拆魚羹
Shunde sliced fish soup

木桶污糟雞
Steamed chicken, wolfberry, fragrant landpick, red date

竹笙生根炆魚腐
Braised fish puff, gluten, bamboo fungus

豉汁蒸金錢鱔
Steamed fresh eel, black bean sauce

生炒涼瓜蝦餅
Sautéed shrimp patties, bitter cucumber

八寶釀鯪魚
Pan-fried stuffed canton carp

欖仁蝦球炒鮮奶
Scrambled egg white, fresh milk, prawn, olive seeds

菜脯肉鬆煎蛋角
Pan-fried eggs, minced pork, preserved turnip

原籠蒜香蒸排骨
陳村河粉
Steamed rice noodles, spare ribs, garlic

炸鴛鴦脆奶
Deep-fried crispy fresh milk, papaya and honeydew flavour

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

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

CAFFÈ LUNA
Family Italian

WINTER IN TUSCANY

冬日托斯卡尼

THROUGHOUT JANUARY AND FEBRUARY

一月及二月

FOR RESERVATIONS, PLEASE CALL THE CENTRAL RESERVATIONS CENTRE ON 2814 1222
OR EMAIL RESERVATIONS@ABERDEENMARINACLUB.COM.

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

MARINA
GRILL

VALENTINE'S DAY DINNER
情人節晚餐

WEDNESDAY, FEBRUARY 14
二月十四日（星期三）

每位 $988 per person
(includes one glass of champagne)
(包括香檳乙杯)

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

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

MARINA
GRILL

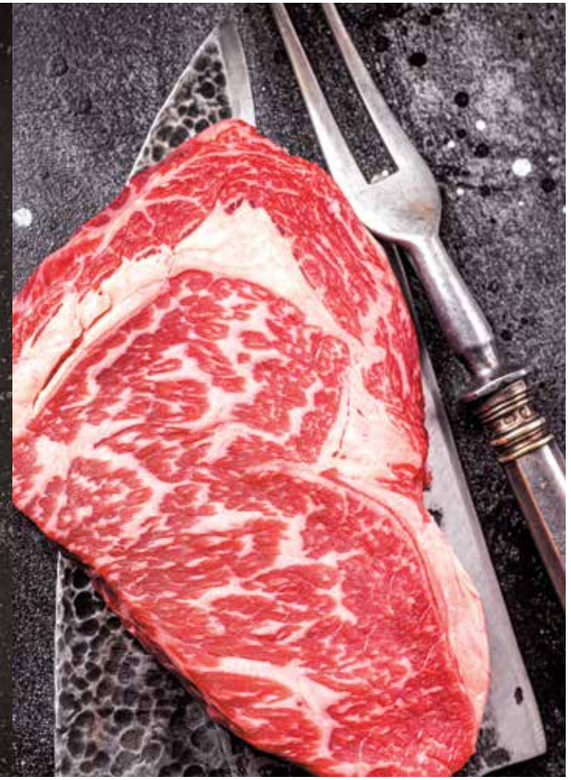
WAGYUS OF THE WORLD

THROUGHOUT JANUARY AND FEBRUARY

Enjoy a selection of prime Wagyu cuts from top farmers around the world.

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。



A Warm Welcome to Antón Márquez

Before joining the Club, our new Marina Grill Manager Antón Márquez was General Manager of the contemporary Spanish restaurant Agora in Tai Kwun, Central.

Antón began his hospitality journey at a prestigious three-Michelin-starred restaurant in Spain. He then developed an enthusiasm for wine and beverages and eventually became Head Sommelier at The Ritz-Carlton Tenerife, Abama.

Antón also worked at Michelin-starred restaurants in Spain and Hong Kong, as well as the fine-dining restaurant in a Relais & Châteaux hotel in the Dominican Republic.

With his broad experience, Antón looks forward to leading his team and working closely with the chefs to deliver you memorably fine dining experiences.

歡迎Antón Márquez出任Marina Grill餐廳經理。加入本會前，他曾任職中環大館西班牙餐廳Agora的總經理。

Antón在西班牙一家著名的米芝蓮三星餐廳開始了他的職業生涯。隨後他對葡萄酒和餐飲業產生了濃厚興趣，最終成為阿巴馬特的麗思卡爾頓酒店的首席侍酒師。

Antón過往曾於西班牙及香港的米芝蓮星級餐廳及多明尼加共和國羅萊夏朵酒店的高級餐廳工作。憑藉豐富的經驗，Antón將帶領他的團隊為會員提供令人難忘的美食體驗。

PORTSIDE

HOTPOT FESTIVAL
火鍋節

Throughout January and February
一月及二月

ADULT成人 $398 CHILD小童 $118

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

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LA MARINA
揚海

圖片於2021年3月2日在香港仔郊野公園上空拍攝[1]

- 傲踞30年來港島首個港鐵大型商住物業發展項目 — 港島南岸[2]，將連接港島南逾50萬平方呎休閒生活地標商場「THE SOUTHSIDE」[3]
- 兩站直達港鐵金鐘站，四綫聯繫港九新界；一隧接通銅鑼灣[4]
- 沉醉深灣迷人景致[5]，悠享中央花園休閒[6]
- 南區貴尚芳鄰，名校林立[7]

傲南岸　仰山巒^
港島南耀目新貴

期數外觀現場實景*

發展項目期數名稱：港島南岸的第2期（「期數」）稱為「揚海」。區域：香港仔及鴨脷洲。期數所位於的街道名稱及門牌號數：香葉道11號。本廣告/宣傳資料內載列的相片、圖像、繪圖或素描顯示純屬畫家對有關發展項目之想像。有關照片、圖像、繪圖或素描並非依比例作畫及/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，以便對該發展地盤、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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Duomo di Milano

In this issue we're going out and about in Italy's fashion capital to take you . . .

ON LOCATION: MILAN

看電影遊米蘭

Rocco and His Brothers

手足情仇（1960）

Director: Luchino Visconti
Starring: Alain Delon, Renato Salvatori

Luchino Visconti's emotionally charged slice of life in 1960s Milan begins with Rocco (Alain Delon), his mother and three brothers joining their oldest brother in the city after a long train journey from their home in the south. The impoverished, job-seeking family first arrives at the grand Milan Station, from where fate takes the brothers on separate and sometimes brutal journeys through the city's lower depths. A visit to the roof of the magnificent Duomo di Milano (Milan Cathedral) is particularly impressive, and still possible today. Visconti was born Count Don Luchino Visconti Di Morone in 1906, in Milan, and grew up in the Palazzo Visconti, a few blocks away from the Duomo and now a rather grand events venue (palazzovisconti.it/en).

Where to find: DVD and Blu-ray.

導演：維斯康堤
演員：阿倫狄龍、羅渣漢寧

維斯康堤在60年代充滿感情的米蘭生活，劇情始於Rocco（阿倫狄龍飾）與母親和三個兄弟從南方的家乘長途火車，到這座城市與他們的大哥團聚。貧窮無業的一家初抵達宏偉的米蘭車站，命運帶領兄弟二人各自踏上殘酷的旅程，穿越城市的底層。宏偉的米蘭大教堂的屋頂是其中一個場景，尤其令人印象深刻，我們至今仍可參觀。維斯康堤1906年出生於米蘭，原名Don Luchino Visconti Di Morone，在維斯康蒂宮長大，距離大教堂僅幾個街區，現在是一個相當宏偉的活動場所(palazzovisconti.it/en)。

觀看影片：DVD或藍光影碟

La Notte

夜 (1961)

Director: Michelangelo Antonioni
Starring: Jeanne Moreau, Marcello Mastroianni

A very different side of early 1960s Milan was presented by another of Italy's maestros of cinema the following year. The cityscape was developing rapidly at the time and the modern Milanese milieu was perfect for director Antonioni's trademark framing and stylistic angles. Beginning with a shot of the new Pirelli Tower next to Milan Station, the opening credits play out as a camera descends over the city from its roof. The first half of the film moves all over the city, but the second half takes place at a high-society party, which was filmed at the Barlessina Country Club (barlassinacountryclub.it/en) about 20km north of Milan – much to the delight of keen golfers Jeanne Moreau and Marcello Mastroianni. Hi-definition trailers for both *La Notte* and *Rocco and His Brothers* can be found on YouTube.

Where to find: DVD and Blu-ray.

導演：安東尼奧尼
演員：珍摩露、馬斯杜安尼

另一位意大利電影大師於翌年則呈現出60年代初米蘭截然不同的一面。當時的城市用地正迅速發展，米蘭現代化的社會環境非常適合導演安東尼奧尼的標誌性拍攝風格。電影以米蘭車站旁新建的倍耐力大廈開始，隨著攝影機從屋頂下降到城市上空揭開序幕。影片前半部的場景遍佈整個城市，而後半部則發生在一場上流社會派對上，該場景在米蘭以北約20公里的巴萊西納鄉村俱樂部內拍攝，由熱愛高爾夫球手珍摩露和馬斯杜安尼飾演其中角色。《La Notte》和《Rocco and His Brothers》的高清預告片可以在YouTube上找到。

觀看影片：DVD或藍光影碟

Caliber 9

大賊黑吃黑 (1972)

Director: Fernando Di Leo
Starring: Gastone Moschin, Barbara Bouchet

Covering much of metropolitan Milan – from the magnificent Piazza del Duomo and the Torre Velasca to the brutalist Ponte Alda Merini (possibly Italy's ugliest bridge, also briefly seen in *Rocco and His Brothers*) in the now very popular canal district – Fernando Di Leo's *Caliber 9* is today considered something of a cult classic. Admirers include Quentin Tarantino, whose *Pulp Fiction* was supposedly influenced by this and other Di Leo films of the time. Re-released on the Raro Video label on Blu-ray in a new 4k restoration last year, it features an interesting international cast, and plenty of gangster and police action playing out to what was once a very popular 1970s soundtrack. Look out for the Torre Velasco (see Design Icons, page 30), which is used as a mafia headquarters, among the many locations to be spotted throughout the film.

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

導演：費爾南多迪里奧
演員：加斯東莫仙、巴巴拉寶釵

片中展現了米蘭大都會的大部分地區—從宏偉的大教堂

廣場和維拉斯卡塔，到現在非常受歡迎的運河區的粗野主義阿爾達梅里尼橋（可能是意大利最醜陋的橋，在《手足情仇》中也曾短暫出現過）— 費爾南多迪里奧的《大賊黑吃黑》今天被認為是另類電影的經典。崇拜迪里奧者包括昆頓塔倫天奴，他的《低俗小說》據說受到了這部影片和當時迪里奧其他電影所影響。去年，該片以全新4k修復版本重新發行藍光影碟，擁有國際級演員陣容，以及大量的黑幫和警察動作場面，配樂則是1970年代非常流行的音樂。片中維拉斯卡塔被用作黑手黨總部，也是片中出現的眾多地點之一。可參閱本刊第30頁的創意設計的《維拉斯卡塔》，有更詳盡的說明。

觀看影片：Apple TV/iTunes或藍光影碟

The Ruthless

殘酷世代（2019）

Director: Renato De Maria
Starring: Riccardo Scamarcio, Sara Serraiacco

Based on a true story about a Mafia informer, most of *The Ruthless* takes place in the 1970s and 1980s. Like *Rocco and His Brothers*, it begins with a family moving to Milan from the south of Italy, but rather more successfully as the charismatic son, Santo Russo, moves up in the local crime scene. Some locations – such as Russo's impressive rooftop terrace with a view of the Duomo – are created with CGI, but quite seamlessly for the most part, and as with *Caliber 9*, the soundtrack is a highlight. Plenty of period Italian sports cars and Milanese fashion give the film quite an authentic feel, and for the most part this is an entertaining screen visit to the city.

Where to find: Netflix

導演：瑞內托迪馬利亞
演員：里卡度撒卡馬西奧、莎拉瑟瑞約科

《殘酷世代》取材自黑手黨線人的真實故事，故事發生在70年代和80年代。就像《手足情仇》一樣，故事開始時，一個家庭從意大利南部遷居到米蘭，但更成功的是，魅力十足的兒子桑托魯索 (Santo Russo) 成為最野心勃勃的罪犯。有些場景 — 如令人印象深刻的Russo住所屋頂露台，可以看到大教堂的景色 — 是電腦特技效果，但大部分都是實景拍攝，與《大賊黑吃黑》一樣，片中音樂也是一個亮點。片中不少的意大利跑車和米蘭時裝，為這部電影增添不少真實感，而且在很大程度上，是一次有趣的銀幕暢遊米蘭。

觀看影片：Netflix

Villa Necchi Campeggio

House of Gucci

GUCCI名門望族（2021）

Director: Ridley Scott
Starring: Lady Gaga, Adam Driver

Founded in Florence in 1921, Gucci was headquartered in Milan by the time of the events in *House of Gucci*, and the city is at the heart of this rather sprawling, uneven but quite compelling film. Set mostly in the 1980s, its Milan locations include the Piazza del Duomo and the adjacent Galleria Emanuele II, the Piazza della Scala and the Fashion District, and the University of Milan. Some Milan scenes were actually filmed in Rome, but Milan's Via Vittor Pisani was used as downtown Manhattan with the help of some yellow taxis. (The Italian alpine resorts of Gressoney-La-Trinité and Gressoney-Saint-Jean also stood in for Switzerland's St Moritz). The Villa Necchi Campeggio (www.villanecchicampiglio.it), which is open to tourists not far from the Palazzo Visconti, was used as the home of Rodolfo Gucci (played by Jeremy Irons). The home of Aldo Gucci (Al Pacino) was portrayed by Villa Balbiano (theheritage-collection.com/villa-balbiano), the largest private residence on Lake Como and about 75km north of Milan.

Where to find: Apple TV/iTunes and YouTube Movies.

導演：列尼史葛
演員：女神卡卡、阿當載華

Gucci 於1921年成立於佛羅倫斯，在《GUCCI名門望族》事件發生時，其總部已設在米蘭，是一部相當引人注目的電影。故事主要發生在80年代，場景包括米蘭的大教堂廣場和鄰近的艾曼紐二世拱廊、斯卡拉廣場和時尚區，以及米蘭大學。一些米蘭的場景實際上是在羅馬拍攝的，而米蘭的Via Vittor Pisani大街在加上黃色計程車後被當作曼克頓市中心。（意大利高山度假勝地格雷索拉特里尼泰和格雷索聖讓也被當作瑞士的聖莫里茲）。距離維斯康蒂宮不遠的內奇坎佩吉奧別墅（www.villanecchicampiglio.it）也是向遊客開放的，這裡曾是Rodolfo Gucci（謝洛美艾朗斯飾）的住所。Aldo Gucci（阿爾柏仙奴飾）的家巴爾比亞諾別墅(theheritage-collection.com/villa-balbiano)，是科莫湖上最大的私人住宅，位於米蘭以北約75公里。

觀看影片：Apple TV/iTunes或YouTube

How to Pick the Perfect Wine for Chinese Puddings

如何為中式糕點挑選完美的葡萄酒

Chinese puddings, with their diverse textures and flavours, offer a delightful culinary experience that can be enhanced by thoughtful wine pairings.

When it comes to pairing Chinese puddings with wine, there are a few key considerations. First, the sweetness and intensity of the pudding should harmonise with the wine's flavours and residual sugar. Secondly, the texture and richness of the pudding should complement the wine's body and acidity. Lastly, considering the ingredients used in the pudding can help guide the wine pairing choices.

For sticky rice-based puddings like Chinese New Year pudding or sticky rice dumplings, which are often enjoyed during Lunar New Year festivities, a pairing with late-harvest Riesling can be a delightful choice. The wine's natural sweetness and vibrant acidity balance the sticky rice's sweetness and chewiness, creating a harmonious contrast.

For mango pudding, a popular dessert made with fresh mango purée and gelatine, a semi-sweet sparkling wine like Moscato d'Asti can be a wonderful companion. The wine's fruity and floral notes complement the tropical flavours of the pudding, while its light effervescence adds a refreshing touch.

When it comes to pairing egg custard tarts, a classic Cantonese dessert with a delicate pastry crust and creamy egg custard filling, a medium-bodied white wine like Chenin Blanc or Gewürztraminer can work well. The wine's stone fruit aromas and balanced acidity enhance the tart's buttery pastry and custardy sweetness.

For savoury-sweet treats like black sesame cream or red bean cream, which are often enjoyed as a comforting dessert, a tawny port or a sweet Sherry can provide a complementary pairing. The wine's nutty and caramelised flavours harmonise with the toasty notes of the sesame or the earthy sweetness of the red beans.

Overall, the concept of pairing Chinese puddings with wines seeks to create a balance and enhance the overall dining experience. By carefully considering the flavours, textures, and regional influences of the puddings, one can discover exciting and harmonious combinations that elevate both the dessert and the wine, creating a truly memorable gastronomic experience.

You are most welcome to visit La Cave for further recommendations by our experienced sommelier team.

中式糕點通常在農曆新年期間享用。憑藉其多樣的口感和風味，帶來美妙的美食體驗，我們並可以巧妙地透過葡萄酒的搭配來提升其風味。

當談到將中式糕點與葡萄酒搭配時，有幾個關鍵因素需要考慮。首先，甜品的甜度和濃淡程度應與葡萄酒的風味和糖份相協調。其次，甜品的質地和豐富度應與葡萄酒的酒體和酸度相輔相成。最後，甜品中的成分可以幫助找出葡萄酒搭配的最佳選擇。

以糯米為主要成分的甜品，如年糕或湯圓，搭配晚收的 Riesling 會是一個令人愉悅的選擇。葡萄酒的天然甜度和鮮明的酸度平衡了糯米的甜度和嚼勁，營造出和諧的對比。

芒果布甸是一道非常受歡迎的甜品，以新鮮芒果蓉和魚膠製成的布甸，搭配 Moscato d'Asti 半甜氣泡酒會是一個絕妙的組合。葡萄酒的果香和花香味道與布甸的熱帶風味互相襯托，而其輕微的氣泡感為甜點增添了清新的口感。

經典的蛋撻，有精緻的酥皮和奶蛋餡，可以選擇中等酒體的白葡萄酒，如陳年的Chenin Blanc 或 Gewürztraminer。葡萄酒的核果香氣和平衡的酸度能夠增強蛋撻的奶香酥皮和蛋黃的甜度。

黑芝麻湯圓或紅豆沙，通常作為飯後糖水享用，可以選擇帶有焦糖和堅果風味的陳年波特酒或甜雪利酒來進行配搭，其堅果和焦糖風味與芝麻或紅豆的烘焙香氣互相融合。

整體而言，中式糕點與葡萄酒的搭配概念旨在為整個用餐體驗帶來畫龍點睛的效果，並可以透過葡萄酒搭配來提升其風味。

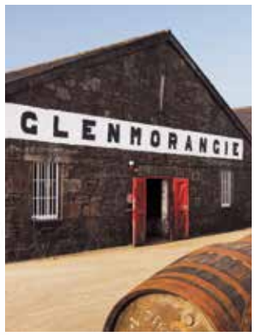
La Cave經驗豐富的侍酒師團隊非常樂意為會員作進一步介紹，歡迎大家光臨。

THE BACKROOM
AT LA CAVE

Glenmorangie Whisky Dinner
威士忌晚宴

Friday, January 26	1月26日（星期五）
Welcome drink: 7pm Dinner: 7.30pm	酒會：晚上7時 晚宴：晚上7時30分
$1,580 per person	每位$1,580

Guest Speaker: Leo Jockovic, Brand Ambassador



Whiskies Featured

Glenmorangie The Original
10 Years Old

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Glenmorangie
The Lasanta 12 Years Old

***

Glenmorangie 18 Years Old

***

Glenmorangie Signet

***

Glenmorangie Grand Vintage 1998
(limited quantity)

For enquiries, please call The Backroom on 2814 5391 or email lacave@aderdeenmarinaclub.com.
查詢請致電The Backroom電話2814 5391或電郵致lacave@aderdeenmarinaclub.com。

MARINA
GRILL

00 Wines of Oregon Wine Dinner
葡萄酒晚宴

Thursday, February 1	2月1日（星期四）
Welcome drink: 7pm Dinner: 7.30pm	酒會：晚上7時 晚宴：晚上7時30分
$1,580 per person	每位$1,580

Guest Speakers: Chris Hermann and Kathryn Hermann, Owners of 00 Wines

Wines Featured

2021 00 Wines,
VGW Very Good White,
Chardonnay, Willamette Valley

***

2021 00 Wines,
EGW Extra Good White,
Chardonnay, Willamette Valley

***

2021 00 Wines,
Kathryn Hermann Cuvée,
Chardonnay,
Chehalem Mountains

***

2021 00 Wines,
VGR Very Good Red, Pinot Noir,
Willamette Valley

***

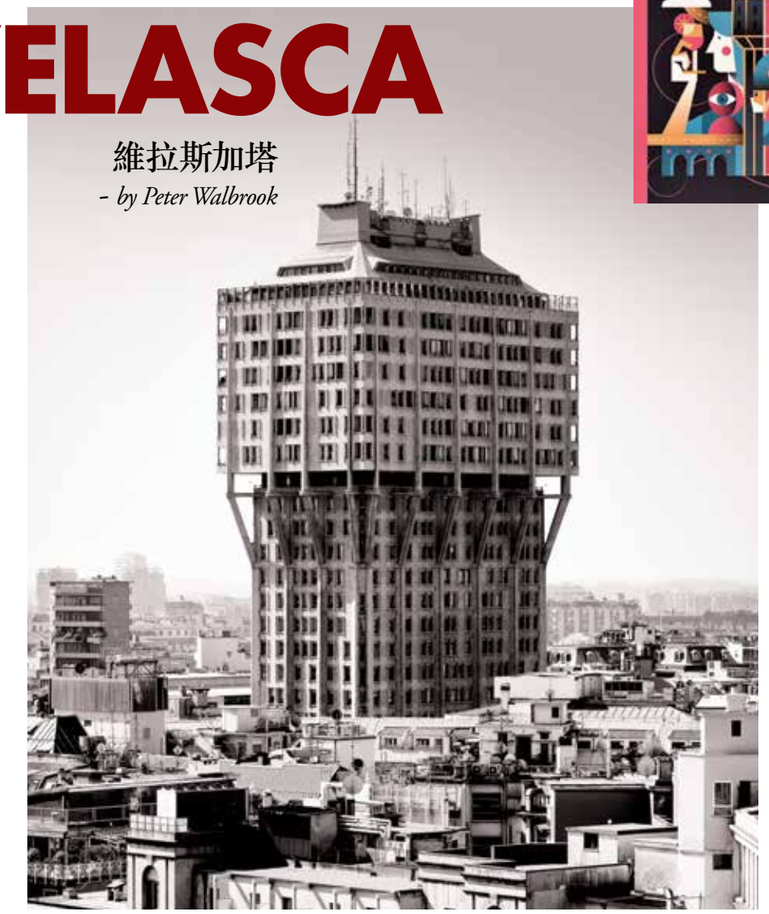
2021 00 Wines,
Richard Hermann Cuvée,
Pinot Noir, Eola-Amity Hills

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。

TORRE VELASCA

維拉斯加塔

- by Peter Walbrook



"With the scaffolding removed, the Italian metropolis of Milan was getting a good look at its first skyscraper," reported the December 2, 1957 issue of *LIFE* magazine. "The Velasca Tower stands 26 stories high, higher than the Duomo's famous copper Madonna which has dominated the skyline for nearly 200 years. Not every Milanese was pleased. 'The Madonna is humiliated by this gross cube,' cried an official. But one of its architects insisted it was in keeping with the city. Pointing to the eight-story overhang, reminiscent of Lombardy castles, he described the building as 'a sort of medieval nostalgia'."

Torre di Bona di Savoia

Since its unveiling, the 106-metre-tall Torre Velasca has continued to divide opinion. There's no doubting its status as a modern icon of the city's skyline, a striking example of post-war modern Italian architecture and a bold, Brutalist beacon for some – but to many it is just remarkably ugly. An infernal tower.

For the above-noted similarity to medieval structural style, look no further than the Torre di Bona di Savoia in the Castello Sforzesco a little way across town. Any comparison, however, may only further diminish the Torre Velasca's aesthetic standing.

Designed by the Milanese architect partnership BBPR, and built uncomfortably close to the Duomo di Milano from 1956 to 1958, the reinforced-concrete tower was given protected monument status in 2011.

The building was sold in 2020, and in 2021 it was covered with sheeting, illustrated to depict the facade within, and then renovation began. The project, which includes a revitalised 17th-century Piazza Velasca at ground level, is due for completion as a mixed-use building early this year.

1957年12月2日《生活》雜誌報道稱："拆除棚架後，從這第一座摩天大樓可更仔細地觀賞意大利的大都會米蘭。"維拉斯加塔高26層，比大教堂著名的銅聖母像還要高，後者近200年來一直主導著天際線。可是並不是每個米蘭人都喜歡這建築。「聖母銅像被這個噁心的立方體羞辱了，」一位官員喊道。但其中一位建築師堅稱它與這座城市融合在一起。並指著八層樓高的建築，讓人想起倫巴第城堡，他將這座建築描述為「一種中世紀的懷舊之情」。

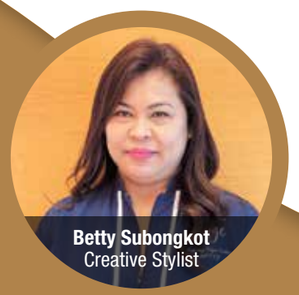
自啟用以來，106公尺高的維拉斯加塔一直存在很多爭議。但毫無疑問，它已成為城市中的現代地標，是戰後意大利建築中一個引人注目的例子，對一些人來說設計展示大膽與狂野，但許多人卻說，它實在太醜了，貌似地獄之塔。

這建築與中世紀結構風格相似之處，在離城鎮不遠的斯福爾扎城堡的博納迪薩沃亞塔便可找到。然而，任何比較可能只會進一步削弱維拉斯加塔的美學地位。

這座使用鋼筋混凝土建成的塔樓，由米蘭建築師BBPR合作設計，於1956年至1958年間在米蘭大教堂附近建成，2011年獲授予受保護古蹟地位。

該建築於2020年出售，並於2021年用板材覆蓋，並用插圖描繪了內部的結構，然後開始復修。該項目包括地面層的17世紀維拉斯加廣場，預計將於今年年初竣工，成為一座綜合用途建築物。

Tips from **Cutting Edge Hair & Beauty Salon** 美髮秘訣



Betty Subongkot
Creative Stylist

Steve Ng
Creative Stylist

Jason Chau
Salon Manager

1

Q. What are some popular hair colours right now?

A. Some current trends include balayage, babylights and pastel shades.

問：現在流行甚麼髮色？

答：最新潮流髮色包括刷染、挑染及柔和的色調。

2

Q. How can I prevent frizz and flyaway hair?

A. Avoid excessive heat styling, use a moisturising conditioner, apply anti-frizz serums or oils and consider using a silk or satin pillowcase.

問：如何防止頭髮鬆散？

答：造型時避免過熱，使用保濕的護髮素，塗抹防毛躁精華液或護髮油，及考慮使用絲綢或 緞面的枕頭套。

3

Q. What is the best way to add volume to thin or flat hair?

A. Try using volumising shampoos and conditioners, blow-drying with a round brush, using volumising sprays or mousses, and incorporating layers into your haircut.

問：如何令稀疏或容易扁塌的髮質增加豐盈感?

答：吹髮時使用圓梳、豐盈噴霧或慕絲以增加髮型的層次。

4

Q. How can I keep my hair healthy and prevent damage from styling?

A. Minimise heat exposure, use quality haircare products, avoid tight hairstyles, regularly trim split ends and maintain a balanced diet.

問：如何保持髮質健康，防止造型時受損？

答：盡量減少受熱，使用優質護髮產品，避免過緊的髮型，定期修剪分叉髮尾及保持均衡飲食。

5

Q. What are some tips for maintaining and caring for coloured or dyed hair?

A. Use sulfate-free shampoos and conditioners, limit heat styling, avoid prolonged sun exposure, use colour-protecting products, and schedule regular touch-ups with a professional colourist.

問：如何保養和護理染髮後的髮色？

答：使用不含硫酸鹽的洗髮露和護髮素，造型時避免過熱，避免長時間暴露在陽光下，使用護色產品，並定期預約專業染髮師補色。

6

Q. What are the best products for heat protection when using styling tools?

A. Use heat protectant sprays or creams before styling, and adjust the heat settings to avoid excessive heat exposure.

問：使用造型工具時最好的防熱產品是什麼？

答：造型前使用防熱護髮噴霧或乳霜，並調較溫度以避免過度受熱。

7

Q. What hairstyles are trending for men right now?

A. Fades, undercuts, messy or slicked-back styles and longer hairstyles with perm.

問：現時男士流行甚麼髮型？

答：漸變形式的剷青、底切、凌亂或往後梳順及較長的曲髮。

CUTTING Edge

We are open daily from 9am to 7pm.
For booking and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email cuttingedge@aberdeenmarinaclub.com.

美髮及美容中心營業時間為每天上午9時至晚上7時。
預約及查詢請致電美髮及美容中心電話2814 5320或電郵至cuttingedge@aberdeenmarinaclub.com。

InLight Bodycare Treatment

InLight身體護理療程

Our InLight applicator has revolutionised the treatment of acne not only for the facial area. Its selective action fights the most common bacteria that cause acne effectively, without medication, without discomfort and downtime. The treatment has proven to be one of the safest and most effective procedures available for the treatment of acne.

The treatment uses light, which destroys bacteria and shrinks grease glands within the skin. Both are necessary to form acne spots. These super-powered molecules break down the bacteria that cause acne – a perfect treatment to treat your acne problem for a healthier looking and glowing back or any specific areas to prepare for a fresh summer look!

We recommend at least three treatments – the second treatment 30 days after first, and the third treatment 21 days later – so expect to see results within two months. For a three-treatment course we offer a special package. For further details please visit the Cutting Edge Salon and our beauty team will provide a free consultation to tailor your perfect treatment with us.

全新InLight療程不僅適合臉部，還有效治療痤瘡。療程有效抑制及對抗引起痤瘡的最常見細菌，無需藥物治療，可避免產生藥物引起的不適。療程已被證實是治療痤瘡最安全及有效的方法之一。

療程使用光來消滅細菌並縮小皮膚內的油脂腺，兩者都是形成痤瘡的因素。超強分子可以分解引起痤瘡的細菌，是治療痤瘡的完美療法，讓您看起來更健康和容光煥發，為清新的夏季妝容做好準備！

我們建議至少做三次療程。第一次療程後的30天進行第二次療程，於21天後再進行第三次療程，預計在兩個月內就能看到效果。您現可以優惠價預訂三次療程。如欲了解更多詳情，請親臨美髮及美容中心，我們的團隊將提供免費諮詢，為您打造完美的護理方案。

Workout Recovery with Cellu M6

Cellu M6肌肉舒緩療程

The deep tissue application provides roll and lift technology which helps to energise sore muscles and allows quick recovery after an intense workout session. The Cellu M6 treatment is particularly useful for frequent gym user and athletes.

We recommend frequent workout users who enjoy a massage to try our workout Recovery Booster to unwind areas with muscular tension, eliminate stress and bring a profound sensation of relaxation for body-mind balance. We recommend 30 minutes per treatment, which would be equivalent to a 60-minute hands-on massage – less time, more effective results. This January and February we are offering a trial buy-one, get-one-free offer for each 15-minute section. For further information please contact the Cutting Edge Hair and Beauty Salon.

Cellu M6療程特別適合經常去健身房的人士和運動員。療程的滾動和提拉技術，有助舒緩酸痛，為深層肌肉組織注入能量，在激烈運動後快速恢復至最佳狀態。

建議經常運動又喜歡按摩的人可嘗試鍛鍊恢復推助器，以放鬆繃緊的肌肉，消除壓力並得以放鬆，從而令身心平衡。我們建議的療程時間為每次30分鐘，相當於60分鐘的人手按摩 – 時間更短，效果更顯著。 今年一月和二月，我們將推出買一送一的試用優惠，享用每15分鐘額外獲贈15分鐘的療程。如欲查詢更多詳情，請聯絡美髮及美容中心。

Hong Kong History 香港歷史

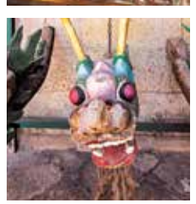
by Giles Leonard, Director of Sports & Recreation

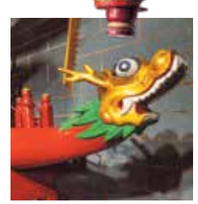
In this and coming issues, we will look at some local sights with fascinating stories behind them. These places are within walking distance of the Club, and so ideal for a stroll around the area.

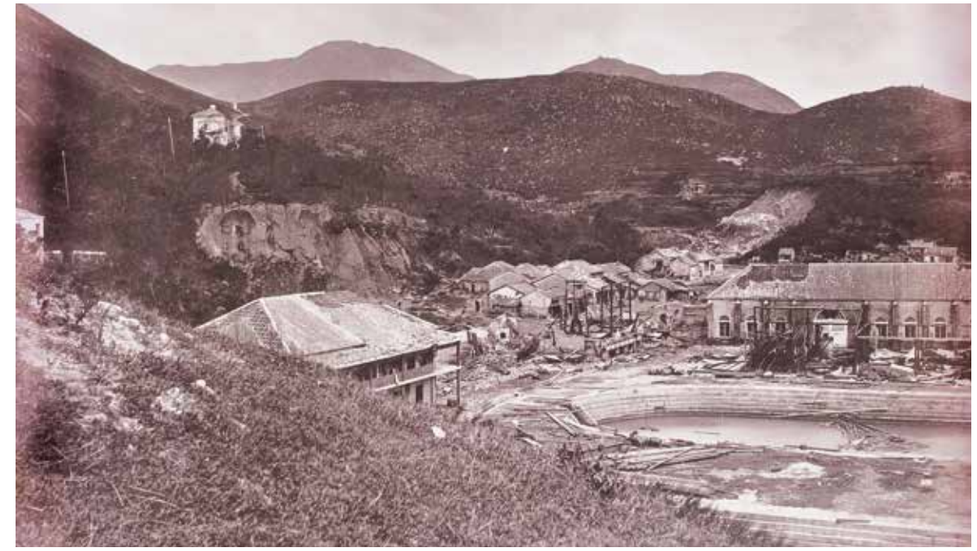
Let's start with the oldest buildings in the area – the temples in Aberdeen and Ap Lei Chau. Aberdeen and Ap Lei Chau were traditionally fishing communities where villagers made their living by shipbuilding, fishing and marine trading, and the harbour between them was populated with Tanka people who lived and worked on the sea. Seafaring folk would worship Gods to assure their safety and bring them a good harvest.

The older of the two – Hung Shing Temple in Ap Lei Chau – was built by local fishermen in 1773 for the worship of Hung Shing, the God for protecting fishermen and sea traders and also known as the God of the South Sea. According to legend, Hung Shing was a virtuous official in the Tang Dynasty named Hung Hei, who established an observatory enabling accurate weather prediction. It was said that his spirit saved many from typhoons and local disasters. This is one of the very few traditional temples in Hong Kong that still has its original sea facing setting.

The Tin Hau Temple in Aberdeen dates from 1851 and was also built by fishermen and seafarers for their own protection. Tin Hau, or Mazu, is the Goddess of the Sea, patron of sailors, fishermen and travellers. Tin Hau was a native of Fujian Province. At the age of 13, she met a Taoist priest who taught her how to predict the future and help the sick and weak. It is said that she travelled about the sea on a mattress made of reeds to save those who were drowning.







Nowadays it is located within the hustle and bustle of Aberdeen Centre – well back from the sea front, but the temple was originally close to the dockyard, which was eventually filled in to make way for the busy Aberdeen Centre of today.

Both these temples are within easy walking distance of the Club. Depending on the weather, be prepared with comfortable shoes and clothes, your water bottle, a hat and sun lotion.

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

Top: Courtesy of The National Archives, London.

在今期與接下來的幾期中，我們將介紹一些本地景點，以及這些景點背後有趣的故事。這些地方與本會只是幾步之遙，非常適合在該處漫步。

讓我們從這區最古老的建築物開始——香港仔和鴨脷洲的廟宇。香港仔和鴨脷洲是傳統的漁民社區，村民以造船、捕魚和海上貿易運輸為生，兩地之間的港口居住着在海上生活和工作的疍家人。水上人都會拜祭神靈，以確保他們的安全並帶來豐收。

兩座廟宇中年代較久遠的是鴨脷洲的洪聖古廟，建於1773年，供奉保佑漁民和海上貿易者的洪聖，也被稱為南海之神。根據傳説，洪聖是唐朝時期一位名叫洪熙的賢官，他通曉天文地理能夠準確預測天氣。據説他歿後更顯聖救民，拯救了許多人免受颱風和當地災難的侵害。這是香港為數不多仍保留原有面朝大海位置的傳統廟宇之一。

香港仔的天后古廟建於1851年，也是由漁民和船員為保護自己而集資建成的。天后（或稱媽祖）是海洋女神，航海員、漁民和旅行者的守護神。天后出生於福建省，13歲時得方士授學，窺井得符，可知未來並幫助病苦之人。據説她曾乘坐用蘆葦編制的褥子在海上穿梭，拯救了許多溺水者。

如今，天后古廟位於香港仔中心的繁華地帶，遠離海濱，但這座廟宇最初靠近船塢，後來填海建成了如今繁忙的香港仔中心。（照片由英國倫敦國家檔案館提供）

從本會步行即可輕鬆抵達這兩座寺廟。按天氣情況，準備舒適的鞋履和衣服，帶上充足的水、帽子和防曬霜。

如欲了解更多有關這次遠足或其他香港歷史遠足的資訊，請聯絡本會的康體部總監李基爾。

The Deadlift

Squat Rack at Upper Floor

硬舉 — 設於上層深蹲架

The deadlift is a great way to build strong legs and your glutes. In a deadlift, you lift the weight from the ground to thigh-level using primarily your leg and hip muscles, but with the assistance of most of the large muscle groups of your body. The deadlift is usually performed with a bar and plates or a fixed barbell, but you can also do it with dumbbells. It is a speciality of power lifters that you shouldn't ignore in general fitness weight training. Make the deadlift part of your strength training workouts to build muscle and functional fitness.

Soon we will add the Pure Deadlift Machine from Technogym. Pure Deadlift is a versatile, easy-to-use, and compact workout station. It enables a multitude of exercises with its multiple handles and the Bulgarian squat cushion. Performing such exercises is always a little daunting at first but this machine will put you in the perfect position for the perfect deadlift.

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

硬舉是增強腿部和臀部力量的好方法。在硬舉過程中，主要使用腿部和臀部肌肉，但在身體大部分大肌肉群的幫助下，將重量從地面舉至大腿水平。硬舉通常使用槓鈴片或固定槓鈴進行，但也可以使用啞鈴練習。這是舉重運動員一項不可缺少的訓練。把硬舉作為肌力訓練的一部分，以增強肌肉和功能性健康。

我們即將添置Technogym的硬舉機。硬舉機是一款多功能、易於使用且輕巧的健身器材。它具有多個手柄和保加利亞深蹲墊，可以進行多種練習。剛開始進行此類練習總是有點令人卻步，但這器材將使您擁有完美結實的肌肉。

查詢有關詳情，請聯絡健身中心團隊Nelson及Keith，或您的健身教練。

DATES FOR YOUR DIARY

JAN

	EVENTS	LOCATION	TIME
All Jan	Monthly Fitness Challenge - Treadmill 60km	Fitness Centre	Whole month
Jan 1	New Year's Day Bowling	Bowling Alley	2 - 8pm
Jan 1	The Grabber Machine Returns!	The Yard	9am - 7pm
Jan 5	Bazooka Ball Challenge	Adventure Zone	7 - 7.30pm
Jan 12	Laser Tag Challenge	Adventure Zone	7.30 - 8.30pm
Jan 19	Dodgeball Tag Challenge	Adventure Zone	6.30 - 7.30pm
Jan 20	Galaga 3 Highest Score Day!	The Yard	9am - 7pm
Jan 21	Hong Kong Marathon 42km Challenge	Fitness Centre	6.30am - 10.30pm
Jan 26	Adventure Zone Ninja & Trampolines Challenge!	Adventure Zone	4 - 6pm
Jan 27	Run, 2, 3! Treasure Hunt	Run, 2, 3!	2 - 4pm
Jan 27	Basketball 3-Point Shooting Challenge	Multi-Use Court	2 - 5pm
Jan 28	Bowling Exact Score Day	Bowling Alley	Midday - 10pm

FEB

	EVENTS	LOCATION	TIME
All Feb	Monthly Fitness Challenge - Bike 150km	Fitness Centre	Whole Month
Feb 2	Bazooka Ball Challenge	Adventure Zone	7 - 7.30pm
Feb 4	Fai Chun Competition	Run, 2, 3!	9am - 9pm
Feb 9	Dodgeball Tag Challenge	Adventure Zone	6.30 - 7.30pm
Feb 10&11	Chinese New Year Special Games Day	Bowling Alley	Midday - 10pm
Feb 14	Valentine's Day Bowling	Bowling Alley	2 - 8pm
Feb 14	Valentine's Day Couples Fitness Challenge	Fitness Centre	6.30am - 10.30pm
Feb 16	Adventure Zone Ninja & Trampolines Challenge!	Adventure Zone	4 - 6pm
Feb 17	Air Hockey Challenge	The Yard	9am - 7pm
Feb 18	The Grabber Machine Returns!	The Yard	9am - 7pm
Feb 23	Laser Tag Challenge	Adventure Zone	7.30 - 8.30pm
Feb 24	Treasure Hunt in Run, 2, 3!	Run, 2, 3!	2 - 4pm
Feb 24	Basketball 1-on-1 Challenge	Multi-Use Court	2 - 5pm
Feb 25	Bowling Exact Score Day	Bowling Alley	Midday - 10pm

Sculpting and Conditioning 塑身和體能訓練

by Cass Lam, Personal Trainer

If yoga is not quite dynamic enough for you but HIIT is a little too much, try sculpting and conditioning, a new group class with a focus on building strength.

What is sculpting and conditioning?

It is a combination of moderate cardio resistance and balance training with weights.

Why sculpting and conditioning?

By incorporating weights and resistance bands into the isometric movements and repertoire the workout, it is good for . . .

- The heart and cardiovascular system
- Building lean muscles
- Strengthening the core
- Posture improvement

How does sculpting and conditioning work on your body?

- Strengthening the body muscles by contraction
- Works on arms, core, hips, and hamstrings
- Alignment is key, form matters most
- Connect you to your core
- Maintains the neutral spine (natural curves of the spine).

Join the class every Tuesday from 9.30am to 10.30am. We will always end with dynamic stretches and breathing.

- Suitable for all fitness levels.
- No fixed weights in the class and based on individuals' fitness level.
- Once you get familiar with the repertoire and complete the cycle, we will progress by increasing the intensity and volume of your workout.
- The ultimate goal is to make you leaner, stronger and look your best!

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

如果瑜珈對您來説太靜態，但高強度間歇訓練又有點激烈，建議嘗試塑身和體能訓練，這是全新的團體課程，重點是增強力量。

什麼是塑身和體能訓練？

它是中等有氧運動，結合阻力和重量平衡的訓練。

為何選擇塑身和體能訓練？

透過重量和阻力帶鍛鍊，有利於...

- 心臟和心血管系統
- 塑造瘦肌肉
- 強化核心肌肉
- 改善姿勢

塑身和體能訓練對您的身體有何幫助？

- 透過收縮運動增強身體肌肉
- 鍛鍊手臂、核心肌肉、臀部和腿筋
- 加強身體協調性
- 建立和加強核心肌肉
- 保持中立脊柱（脊椎的自然曲線）

課程逢星期二上午9時30分至10時30分舉行。課程以動態伸展和呼吸來結束。

- 適合所有健身水平的人。
- 課程按個人的健身水平而定，沒有固定的強度。
- 當熟習了訓練，將透過增加鍛鍊強度和訓練量來取得更好的效果。
- 最終目標是讓您更健康、更強壯、擁有最佳的體形！

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

What is Stick Mobility? 筋膜放鬆棍

Leslie Cheung,
Personal Trainer

Stick Mobility is a training system that improves your flexibility, strength, and coordination. By using the mobility stick while doing exercises like yoga, Pilates or stretching, it helps –

- Joint mobilisation
- Strength training
- Deep fascial stretching
- Increase athletic performance
- Reduce risk of injury
- Accelerate the recovery process
- Improve range of motion
- Muscle activation
- Coordination
- Body awareness
- Build a strong foundation and strength

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

筋膜放鬆棍是可提高靈活性、力量和協調性的訓練工具。透過在進行瑜珈、普拉提或伸展運動時使用放鬆棍，可以幫助：

- 放鬆關節
- 肌力訓練
- 伸展深層筋膜
- 提升運動表現
- 降低受傷風險
- 加速復原過程
- 改善運動範圍
- 激活肌肉
- 增強協調性
- 建立身體意識
- 強化基礎和力量

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

20 Questions for our Coaches

給教練20個問題

1. **Name** 姓名?
2. **How long have you been at the Club** 加入會所多久?
3. **Favourite exercise** 最喜歡哪一項運動?
4. **Favourite food to cook** 最喜愛烹調甚麼食物?
5. **Favourite food to eat out** 最喜歡出外吃的食物?
6. **Favourite day out in Hong Kong?** 您最喜愛怎樣在香港度過一天?
7. **Best holiday destination so far** 最喜愛的度假勝地?
8. **Dream destination for the future** 未來想到的目的地?
9. **Best car you ever owned** 您擁有過最好的汽車是?
10. **Dream car for the future** 您最想擁有怎樣的汽車?
11. **Favourite movie** 最喜歡哪一部電影?
12. **Favourite TV show** 最喜歡的電視節目是甚麼?
13. **Favourite actor** 最喜歡演員是誰?
14. **Favourite musician or band** 最喜歡哪一個音樂家或樂團?
15. **Best concert you attended** 最喜歡的音樂會是?
16. **Favourite sports team** 最喜歡的運動隊伍是?
17. **Favourite sportsperson you saw play?** 有觀賞過運動員現場比賽嗎？最喜歡哪一位?
18. **Favourite sportsperson still playing?** 最喜歡哪一位現役運動員?
19. **Favourite sportsperson no longer playing?** 最喜歡哪一位退役運動員?
20. **Favourite sport you like to play (aside from the one you coach)** 除了您所任教的運動外，您最喜歡甚麼運動?

Answered by

Asif Ismail, Director of Tennis

1. Asif Ismail
2. Since 2001
3. Tennis, swimming and pickleball
4. Not talented enough to cook
5. Japanese
6. Sunday
7. Maldives
8. Alaska
9. Mercedes Benz
10. Love the one I have.
11. *Sholay* (Indian Iconic movie)
12. *Friends*
13. Amitabh Bachhan (Bollywood)
14. Phil Collins
15. A.R. Rahman
16. Manchester United
17. Roger Federer
18. Lionel Messi
19. Roger Federer
20. Cricket

Answered by

Markco Lustado, Taekwondo Professional

1. Markco Lustado
2. Around one year
3. Running
4. Sandwiches
5. Thai food
6. My favourite day out is Halloween, love the costumes and food stalls!
7. I love Cebu, Philippines! Best beaches!
8. I would love to go to Portugal! I heard it is an amazing place with great food!
9. No
10. Lamborghini would be nice.
11. *Titanic*
12. *Friends*
13. Leonardo DiCaprio
14. Ed Sheeran
15. Never
16. Chicago Bulls 1984-1993
17. Shin Min Cheol (Taekwondo)
18. Shin Min Cheol
19. Muhammad Ali
20. Jitsu!

Answered by

Paulina Gama, Personal Trainer

1. Paulina Gama
2. 2.5 years
3. Anything to do with legs
4. Homemade salsa and quinoa salad
5. Not a fan of going out! Not healthy, clean eating!
6. Hiking in Sai Kung
7. Canada
8. Japan and Cambodia
9. My brother's Hot Wheels toy car!
10. Lambo
11. Any action movie that doesn't make me fall asleep!
12. No
13. Matt Damon
14. Keith Urban
15. Westlife
16. Toronto Blue Jays
17. Jose Bautista (Toronto Blue Jays)
18. Ronaldo Luis Nazario de Lima
19. Kobe Bryant
20. Softball

Answered by

Arnold Siew, Pilates Professional

1. Arnold Siew
2. Since 2023
3. Pilates, yoga and swimming
4. Cantonese, Japanese
5. Japanese
6. Home
7. Japan
8. Nepal
9. Honda ADV150
10. Suzuki Jimny
11. *Resident Evil*
12. *Friends*
13. No
14. Madonna
15. No
16. Chinese female volleyball team
17. Fu Mingxia
18. No
19. Fu Mingxia
20. Judo

Basketball 3-Point Shooting Challenge with Coach Smat

籃球三分投籃挑戰賽

Join us for a range of 3-point shooting challenges and team up with your friends for a fun 3-on-3 games! Please let us know if you need help forming a team.

Saturday, January 27, from 2-5pm, 7/F Multi-Use Court

For ages 6 to 9 – Rookie Challenge
For ages 10 to 13 – Semi Pro
For ages 13 to 16 – All Stars
For ages 16 or above – Hall of Fame

Member: $200; guest: $285

Reservations required.

Enquiries: 2814 1222
(Central Reservations Centre)

加入我們，迎接一系列三分投籃挑戰，並與您的朋友組隊，玩有趣的三人籃球！如果您需要協助組隊，請告訴我們。

1月27日（星期六），下午二至五時，七樓多用途活動室

六至九歲 – 新秀挑戰賽
十至十三歲 – 半專業賽
十三至十六歲 – 全明星賽
十六歲或以上 – 名人堂賽

費用：會員 $200 來賓 $285

報名或查詢，請致電預訂服務中心電話2814 1222

Basketball 1-on-1 Challenge with Coach Smat

與教練一對一挑戰賽

Join us for fun 1-on-1 games! Typical street-ball rules, single round-robin matches with all participants. The last 10 minutes will be a 1-on-1 challenge with a current Basketball Association of Hong Kong China Division A player.

Saturday, February 24, from 2-5pm, 7/F Multi-Use Court

For ages 6 to 9 – Rookie Challenge
For ages 10 to 13 – Semi Pro
For ages 13 to 16 – All Stars
For ages 16 or above – Hall of Fame

Member: $200; guest: $285

Reservations required.

Enquiries: 2814 1222 (Central Reservations Centre)

參加有趣的一對一挑戰賽！典型的街球規則，所有參賽者進行單循環賽。最後10分鐘將與現役中國香港籃協A級球員進行一對一的挑戰。

2月24日（星期六），下午二至五時，七樓多用途活動室

六至九歲 – 新秀挑戰賽
十至十三歲 – 半專業賽
十三至十六歲 – 全明星賽
十六歲或以上 – 名人堂賽

費用：會員 $200 來賓 $285

報名或查詢，請致電預訂服務中心電話2814 1222

Stay Active! A Good Start for the New Year

新一年保持活力 投入精彩活動

To better plan activities for you and your children in 2024, please refer to the regular group activities schedule for details. Application forms can be download from the Club's website, or you can pick up a copy from the Activities racks (Main Lobby, 2M Corridor and 5/F Health Club).

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

為您和您的孩子計劃新一年精彩的活動，請參閱常規小組活動時間表以查閱課程詳情。申請表可於本會網站下載，或可到本會的大堂、2M走廊及5樓健康中心的宣傳資料架索取。

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

Activities Schedule and Application Forms
活動課程及申請表可到以下網址下載或掃二維碼

Download our latest class application forms at www.aberdeenmarinaclub.com/download/503876662/Sports/ or scan the QR code.

Look out for the Grabber Machine at The Yard on 9/F

九樓The Yard 夾公仔機出沒注意！

The Grabber only comes out once a month so be sure to come to The Yard on these dates to try and win a prize!

- January 1 – Fun Animals
- February 18 – Dragon Toys
- March 17 – Fruit Toys

Rules to follow

- For children aged 12 and under only.
- Only one prize allowed per child.
- Only one attempt allowed if other children are waiting.
- While stocks last – when all toys have been won, the promotion ends.

夾公仔機每月僅出現一次，把握機會於以下日子前來 The Yard贏取獎品！

- 1月1日 – 可愛動物
- 2月18日 – 恐龍玩具
- 3月17日 – 水果玩具

注意以下規則：

- 只限12歲或以下兒童參加。
- 每位孩子只可贏取一份獎品。
- 如果其他孩子正在等候，每位只限一局遊戲。
- 當所有獎品均被贏取後，活動將會結束。

Enquiries查詢：
2814 5483（Chill Zone）

Score Challenge at The Yard!

The Yard 挑戰賽

Dates for your diary!
From 9am-7pm

- Saturday, January 20
- Saturday, February 17
- Saturday, March 16

早上9時至晚上7時
歡迎前來挑戰！

- 1月20日（星期六）
- 2月17日（星期六）
- 3月16日（星期六）

Enquiries查詢: 2814 5483 (Chill Zone)

Creat your own Fai Chun !

自製賀年揮春

Sunday, February 4
Join us and to write your own Fai Chun in Run, 2, 3!

2月4日（星期日）

快前來Run, 2, 3!自製賀年揮春，製作屬於您獨一無二的揮春。

Enquiries查詢:
2814 5360
(Adventure Zone)

Adventure Zone

Laser Tag Challenge
鐳射槍挑戰賽

Calling all LASER-taggers – mark your diary!

召集所有鐳射槍玩家！

From 7.30-8.30pm (new time)
- Friday, January 12
- Friday, February 23
- Friday, March 15

晚上7時30分至8時30分（新時段）
- 1月12日（星期五）
- 2月23日（星期五）
- 3月15日（星期五）

Adventure Zone

Dodgeball Tag Challenge
躲避球挑戰賽

Kids don't play by the rules, and that's the fuel that sets their imaginations alight!

沒有特定的規則，孩子們可自創玩法！

From 6.30-7.30pm
- Friday, January 19
- Friday, February 9
- Friday, March 8

晚上6時30分至7時30分
- 1月19日（星期五）
- 2月9日（星期五）
- 3月8日（星期五）

Adventure Zone

Ninja & Trampolines Challenge!
忍者及彈床挑戰賽

Complete the Ninja Track in less than two minutes and score 400 points on the trampoline!

於兩分鐘內完成忍者挑戰賽及在彈床挑戰賽中取得400分。

From 4-6pm
- Friday, January 26
- Friday, February 16
- Friday, March 22

下午4時至6時
- 1月26日（星期五）
- 2月16日（星期五）
- 3月22日（星期五）

Enquiries查詢: 2814 5360 (Adventure Zone)

Treasure Hunt at Run,2,3!
尋寶遊戲

Come along and search for the hidden treasure in Run, 2, 3!

From 2-4pm
- Saturday, January 27
- Saturday, February 24
- Saturday, March 30

快前來Run,2,3!尋找寶物！

下午2時至4時
- 1月27日（星期六）
- 2月24日（星期六）
- 3月30日（星期六）

Bazooka Ball Challenge
Bazooka Ball 挑戰賽

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

From 7-7.30pm
- Friday, January 5
- Friday, February 2
- Friday, March 1

玩法與鐳射槍相似及更刺激！與彩彈射擊相似但不會弄污身體！

晚上7時至7時30分
- 1月5日（星期五）
- 2月2日（星期五）
- 3月1日（星期五）

New Bowling Alley
保齡球場的新面貌

The Bowling Alley has been refurbished and while I'm sure you'll agree that it looks great, we have also changed to a new pin-spotter. The Edge String system will eliminate a lot of the downtime as each pin is attached to a string. However, the strings are hidden, and the pin action is lively, so the experience is much the same as the previous system. Most importantly, the system practically eliminates pin tangles so bowlers can keep rolling and bowling!

Try it out soon!

保齡球場現已完成翻新並更換了新的定位器。Edge String系統將大大減低停機時間，因為每個球瓶都與弦均連接在一起。然而，弦是隱藏的，而保齡球瓶則正常運作，效果與從前的系統大致相同。最重要的是，新系統實際上消除了球瓶纏結，因此玩家可以繼續投球而不受影響！快來體驗一下吧！

Enquiries: 2814 5900 (Bowling Alley)

Bowling Exact Score Challenge
保齡球挑戰賽

- Sunday, January 28
- Sunday, February 25
- Sunday, March 31

- 1月28日（星期日）
- 2月25日（星期日）
- 3月31日（星期日）

Challenge 2023 & 2024

the final results are in!

2023及2024年健身挑戰
(2023年成績出爐)

We threw down a slightly different challenge for our regular Fitness Centre users last year. Instead of a year-long challenge, we set monthly challenges on different equipment so anyone could join in at any time. The new format was well-received so we will keep it going for 2024 with some minor tweaks to ensure it's still a challenge!

以往的挑戰目標為期一年，去年我們每月為各器材定下不同的挑戰目標。我們衷心向以下努力完成目標的會員致敬。在2024年我們將繼續以這個模式進行挑戰，並稍作微調，確保大家繼續享受來年的挑戰！

2023 Completion Levels 2023年完成級別

8 Challenges completed 八項

Gold Star 金星
Mr Richard Fu
Mr Conor O'Mara

6 Challenges completed 六項

Silver Star 銀星
Mr Christopher Liu
Mr. Kee Chi Hing
Mr Wong Kong Yen

4 Challenges completed 四項

Bronze Star 銅星
Mr Cheung Chi Wai, Andrew

2024 Monthly Challenge
2024每月健身挑戰活動

To recap, you may choose to do any or all of the challenges as fast or as slowly as you like. Everyone is different – some people will find certain equipment easy while others find them hard. This is a chance to try new equipment and you may want to add it to your regular routine.

您可以按自己的程度選擇完成任何或所有挑戰。每人都可以不同的，有些人喜歡選擇較容易的，而有些人會喜歡挑戰更難的。這是一個嘗試新器材的機會，或許您會想把它添加至您的日常鍛鍊中。

Completion Levels 完成級別

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

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

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

JAN 一月 Treadmill 60km

FEB 二月 Bike 150km

MAR 三月 Rower 50km

APR 四月 Elliptical 40km

MAY 五月 Stepper/Stepmill 300 Floors

JUN 六月 Pool 100 Lengths

JUL 七月 Treadmill 60km

AUG 八月 Bike 180km

SEP 九月 Rower 50km

OCT 十月 Elliptical 40km

NOV 十一月 Stepper/Stepmill 300 Floors

DEC 十二月 Pool 100 Lengths

Social Sports Programme
社交運動

This programme provides an opportunity for sports-minded Members to meet, socialise, and enjoy their favourite sports. Members will be expected to share courts and lanes during these sessions.

- **TENNIS** Meet other players at the Rooftop Court for a casual game. Walk-in only.
  Every Sunday, 10am –1pm
- **BOWLING** Have a bowl and meet other players for a casual game. Walk-in only.
  Every Thursday, 6-7pm
- **PICKLEBALL** A fast-growing and fun family sport for all ages. Reservations required.
  Every Monday, 7-8pm
- **CARDIO TENNIS** Join our instructor for a tennis-themed fitness session. Reservations required.
  Every Thursday, 7.15-8pm

這項活動為熱愛運動的會員提供機會認識更多志同道合的朋友，分享喜愛的運動喜悅。活動期間，會員需共享球場和球道。

- **網球** 在頂層球場與其他網球愛好者進行友誼賽。無需預約。
  逢星期日，上午10時至下午1時
- **保齡球** 和其他愛好者一起來一場休閒的遊戲吧！無需預約。
  逢星期四，下午6時至7時
- **匹克球** 一項快速發展且有趣的家庭運動，適合所有年齡的人士。敬請預約。
  逢星期一，晚上7時至8時
- **帶氧網球** 以網球為主題的健身課程，敬請預約。
  逢星期四，晚上7時15分至8時

Enquiries查詢: 2814 1222 (Central Reservations Centre)

Benefits of Children Learning the Drums
孩子學習打鼓的好處

If you have ever tapped along to a song, you obviously like it and know the beat. Playing the drums can offer many benefits for children.

- Improved hand-eye coordination
- Practicing regularly becomes a cardio workout
- Increased focus and discipline
- A creative outlet
- Opportunity to work with others in a musical ensemble
- Boosts self-confidence and self-esteem

Enrolling children for lessons early will give them a head start. Private lessons are available. See the flyers at 5/F, 2M and the Main Lobby, or call us on 2814 1222.

如果您曾經跟著節奏打拍子，那麼您顯然很喜歡那曲譜並且熟悉它的節拍。打鼓可以讓孩子帶來很多好處。

- 提升手眼協調能力
- 定期的練習也是帶氧運動
- 加強注意力和紀律
- 提升創意思維
- 有機會成為樂團的鼓手
- 增強自信和自尊

儘早為孩子報名讓他們在新的一年有個好開始，課程亦提供私人教授。如欲查詢有關詳情，請到五樓、2M或大堂索取小冊子，或可致電2814 1222與我們聯絡。

JUNIOR CLUB STARS

SKATER • AGE 8
JADEN YEO

Jaden is energetic and has good skating speed. He is also working hard in his ice hockey lessons. Keep up the good work, Jaden!

Jaden充滿力量，而且有不錯的滑冰速度。 他在學習冰上曲棍球方面亦不怠慢。繼續努力，Jaden！

SKATER • AGE 13
CHLOE LIN

Chloe is a bright, hardworking student, both in lessons and on her own. She always comes with a positive attitude and is willing to try new things. Well done, Chloe!

Chloe不論是在課堂上或是她自身都是一位既聰明又勤奮的學生，她總是表現積極亦敢於嘗試新事物。做得好，Chloe！

SWIMMER • AGE 8
JACOB WANG

Jacob has been a keen swimmer since he was three years old, and has mastered critical skills in competitive swimming such starts and turns. His strong legs and natural talent make him stand out in his performances. Jacob was a unanimous choice for Junior Club Star in the swimming category. Well done, Jacob!

Jacob自三歲起就熱衷於游泳，並掌握了起跳和轉身等技巧。他擁有強壯的雙腿和天賦的才能，在隊中脫穎而出。Jacob被一致選為本月的游泳之星。

Pro-Shop
Why VTech® Toys are Special

VTech® is an internationally renowned electronic educational toy brand and the world's largest infant and preschool electronic learning toy company. VTech® electronic learning toys are suitable for infants and children aged up to 12 years old and have won numerous awards in the United States, Britain and Europe over the years.

Toys at every stage inspire children's thinking and enable learning through play. Let your children grow up with VTech® toys that are safe, educational and contain STEM elements.

VTech® 偉易達是國際著名電子教育玩具品牌，也是全球最大嬰幼兒和學前電子學習玩具企業。VTech® 旗下的電子學習玩具適合0至12歲嬰幼兒及兒童，歷年來於美國、英國及歐洲獲獎無數。

每一個階段的玩具都能啟發兒童的思維，讓孩子可以在遊戲中學習，在安全、益智及包含科技元素的玩具陪伴下成長。

Enquiries查詢: 2814 5417 (Pro-Shop)

Reciprocal Club Arrangements
海外互惠會所

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

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

The Balboa Bay Club & Resort

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

The Royal Selangor Golf Club

Jalan Kelab Golf
Off Jalan Tun Razak
Kuala Lumpur
Malaysia
Tel: (603) 9206 3333
www.rsgc.com.my

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

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

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

The Hair & Beauty Salon and Nail Bar will be closed on February 10, 11 and 12 for the Chinese New Year period. We apologise for the inconvenience.

美髮及美容中心和美甲吧將於2月10、11及12日（年初一至年初三）關閉。不便之處，敬請原諒。

Guest Policy
賓客守則

Members bringing guests onto Club premises must accompany them at all times, and will be responsible for their behaviour and for any fees incurred.

Members must also ensure that their guests abide by the Club's Rules and Bye-Laws. The Club reserves the right to deny entry or services to any guests who misbehave.

會員必須陪同賓客進入本會所，並對他們的行為和任何費用負責。會員必須確保他們的賓客遵守會所的章程和附則。本會保留權利拒絕作出任何不當行為的賓客進入會所或提供服務。

Passenger Pick-ups and Drop-offs
上落乘客須知

Picking up or dropping off passengers at 2M and the Red Zone is strictly prohibited. Members are advised to drive up to the 3/F designated drop-off and pick-up area, or use the Club's main entrance whenever possible.

The Club issued over 190 warning letters last year and a few Members' parking rights were suspended for violating parking rules. We will continue to monitor the situation and take further action when required.

Thank you for your attention.

停車場2M層包括紅格範圍嚴禁停車及上落客。會員應使用3樓停車場的指定上落客區，或盡量於會所正門入口停車處上落客。

本會今年已發出超過190封警告信，數名會員的泊車使用權亦因違返停泊規例而被暫停。本會將繼續觀察違規情況，有需要時會採取進一步行動。多謝合作。

Club Logo Parking Labels
泊車證

Members must display their Club logo parking labels on their car windscreens. Lost labels should be reported to the Membership Office for replacement.

會員必須在車輛擋風玻璃上貼上有本會標誌的泊車證。如閣下遺失泊車證，請聯絡會員部報失及申請新的泊車證。

Christmas Wish Programme 2023
2023聖誕願望活動

The Club once again organised the Christmas Wish Programme to deliver gifts to more than 200 underprivileged children from the Ebenezer School & Home for the Visually Impaired, the Fu Hong Society's Hin Dip Children's Centre, Mother's Choice and SAHK.

Our heartfelt thanks go to every Member who helped us to fulfil the chidren's wishes, bringing them much happiness during the festive season for a fifth consecutive year. We couldn't do it without your generous support.

本會再次舉辦聖誕願望活動，為心光盲人院暨學校、扶康會牽蝶中心、母親的抉擇及香港耀能協會的200多名兒童送上禮物及祝福。

我們衷心感謝各會員幫助孩子們實現願望，連續五年為他們帶來了歡樂的節日。再次感謝大家支持。

Ice Hockey Skills Competition

Winner
From left: Aiden Ball, Kimi Pun

Winner
Cheung Sin Tin

Winner
Wayne Fung

Adult Club Championships

Men's Singles Open Champion
Sander Hamersma

Men's Singles Open Runner Up
Richard Lam

From left: Richard Lam, Sander Hamersma and coach Jimmy

Men's Doubles Open Players

From left: Jason Karas, Avinash Abraham, Sushil Bathija, Kong Yen Wong, Henri Perusset and Boris Koch

Men's Singles Intermediate Champion
Sushil Bathija

Men's Singles Intermediate Runner Up
Aaron Oh

From left: Coach Jimmy, Seung Joo (Aaron) Oh, Sushil Bathija and Dennis Yuan

Mixed Doubles Open Champion

From left:
Akbota Zhanassova and Adil Alshinbayev

Ladies Singles Open Champion

Christine Perrin

Ladies Doubles Open Finalists

From left: Ratna Rai, Christine Perrin, Akbota Zhanassova and EK Leong

Mixed Doubles Open Runner Up

From left: Charlie Wong and Sally Wan

Ladies Singles Open Runner Up

Denise Pontak

Members' Day 2023

THE
ABERDEEN MARINA CLUB

CHINESE SPRING DINNER PACKAGES

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

恭賀新年，本會準備多款春茗菜單，
讓閣下與公司仝人共迎新歲。

春茗

Our Spring Dinner packages offer excellent value from only $8,980 per table, and include the following benefits.

- Free-flow beverage package at a discounted rate of $2,500 per table of 10 to 12 persons with unlimited soft drinks, fresh orange juice and house beer for four hours.
- One complimentary car parking space per table.
- Karaoke at a preferential rate of $800.
- Fresh floral centrepiece on each dining table.

Additional inclusive benefits.

For parties with more than eight tables of 12 persons.

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

For parties with more than twelve tables of 12 persons.

- Complimentary round-trip transfer by 56-seater coach to/from Admiralty MTR station.

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

本會春茗套餐每席只需$8,980起，每席十二位，並提供以下優惠：

- 以優惠價每席（十至十二人）$2,500，享用四小時無限供應汽水、本地啤酒及鮮橙汁
- 每席提供一個免費泊車位
- 以優惠價$800享用卡拉OK設施
- 每席備有鮮花擺設

預訂八席或以上，可享額外優惠

- The Deck二人自助晚餐禮券乙張供抽獎用

預訂十二席或以上，可享額外優惠

- 免費56座位旅遊巴士接送往返金鐘地鐵站一次

For bookings or enquiries, please call our Events Sales Team 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。