THE ABERDEEN MARINA CLUB MAGAZINE

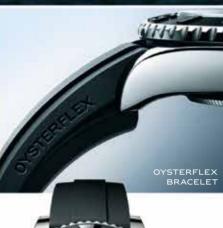












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The Yacht-Master is an emblematic nautical timepiece that combines elegance and performance. Its bidirectional bezel is used to calculate sailing time between two points, and its waterproof Oyster case protects the movement in the most extreme conditions.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

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Portwatch

The Aberdeen Marina Club.

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Portwatch

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MARINA GRILL

NEW YEAR'S EVE CELEBRATION

MARINA CRUISE PARTY

除夕夜遊輪派對晚宴

SUNDAY, DECEMBER 31

JOIN US FOR A FABULOUS NIGHT AT MARINA GRILL
WITH LIVE MUSIC AND DANCE FLOOR AS WE WELCOME
YOU ABOARD OUR MARINA CRUISE INTO 2024.
MARINA GRILL將在除夕舉辦遊輪派對晚宴,與會員一同迎接2024年!

Dinner at 7.30pm

\$1,888 per person 18 years and above Dress Code: Formal 晚宴由晚上7時30分開始

毎位\$1.888

只限18歲或以上人士參加

服裝要求:禮服



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



BUBBLY BRUNCH

元旦早午自助餐

MONDAY, JANUARY 1

10.30AM TO 1.30PM

ADULT成人 \$568

includes one glass of Champagne 包括香檳乙杯 CHILD小童 \$298

includes one soft drink or juice 包括汽水或果汁乙杯



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。





FESTIVE CELEBRATION

MENU







MENU

Deep-fried whole seabass with pineapple chili sauce

Baked abalone in clay pot, glass noodles

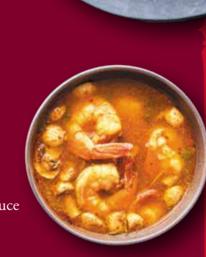
Lobster E-fu noodle with spicy pumpkin sauce

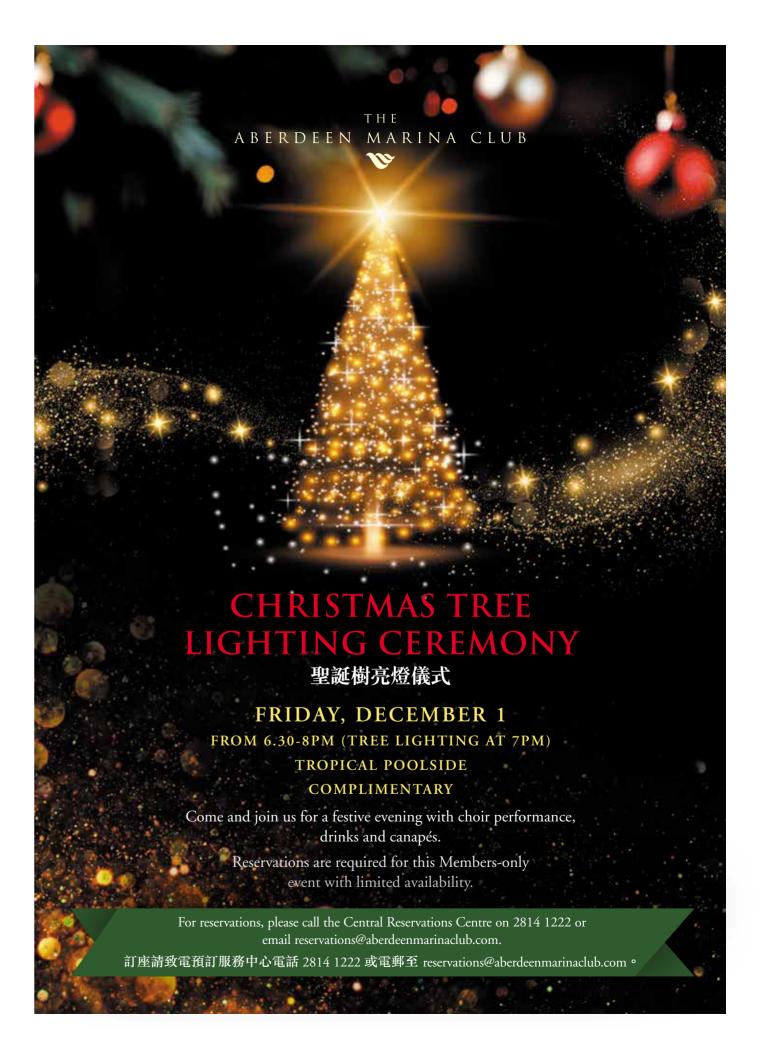
Khao Man Gai (Thai-style whole chicken with jasmine rice)

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

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reservations@aberdeenmarinaclub.com °





2023 Festive Programmes Reservation Form

2023 節日活動預訂表格

2023 即日福期頂司衣恰 NO. OF PERSONS 人數							
DATE 曰期	EVENT 注動頂目			LTS	CHILDREN (3-11) 小童(3-11 歲)		j
i 791	111 201 24 FI	> € 701	Price 價錢	No. 人數	Price 價錢	No. 人數	
		CHRISTM	AS EVE 平安	夜			
	Christmas Eve Lunch Buffet 平安夜自助午餐	The Deck / Portside	1st seating 528 2nd seating 528		318 318		(please circle)
Sunday	Christmas Eve Dinner Buffet 平安夜自助晚餐	The Deck / Portside	658		428		
December 24	Christmas Eve Lunch 平安夜午餐	Marina Grill	588		165		
	Christmas Eve Dinner 平安夜晚餐	Marina Grill	988		298		
		CHRISTMA	AS DAY 聖誕	節			
	Christmas Lunch Buffet 聖誕自助午餐	The Deck / Portside	1st seating 598 2nd seating 628		408 428		(please circle)
	Christmas Dinner Buffet 聖誕自助晚餐	The Deck / Portside	658		428		
Monday December 25	Christmas Day Lunch 聖誕午餐	Marina Grill	888		298		
	Christmas Day Dinner 聖誕晚餐	Marina Grill	988		298		
	Christmas Lunch Buffet 聖誕自助午餐	Grand Ballroom	698		498		
		BOXING	DAY 節禮日				
Tuesday December 26	Boxing Day Lunch Buffet 節禮日自助午餐	The Deck	1st seating 598 2nd seating 628		408 428		(please circle)
December 20	Boxing Day Dinner Buffet 節禮日自助晚餐	The Deck	658		428		
		NEW YEAR	a'S EVE 除夕	夜			
	New Year's Eve Lunch Buffet 除夕自助午餐	The Deck	1st seating 408 2nd seating 408		198 198		(please circle)
Sunday December 31	Wild West New Year's Eve Buffet 西部牛仔除夕自助晚餐	The Deck	888		588		
	Marina Cruise Party New Year's Eve Dinner 除夕夜遊輪派對晚宴	Marina Grill	1,888				
		NEW YEAR	a'S DAY 元旦	日			
	New Year's Day Lunch Buffet 元旦自助午餐	The Deck	1st seating 498 2nd seating 498		298 298		(please circle)
Monday January 1	New Year's Day Dinner Buffet 元旦自助晚餐	The Deck	498		298		
	New Year's Day Bubbly Brunch 元旦自助早午餐	Portside	568		298		

[•] Reservations will be confirmed on a first-come-first-served basis

| MEMBER'S NAME 會員姓名:

MEMBERSHIP NO. 會員號碼:

| CONTACT NO. 電話號碼:

| EMAIL 電郵:

SIGNATURE 簽名:

DATE 日期:

Office Use 本會専用: Confirmed by 確認人: Date 日期:

Please submit the reservation form to Central Reservations Centre by email to reservations@aberdeenmarinaclub.com.
For enquiries, please call the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com.

Christmas Fare Order Form

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUN		
FESTIVE ROASTS TO GO 48 hrs. notice is required					
Festive Turkey – Cut or Whole (inclusive of gravy sauce and potate gratin)					
(S) Approx. 4.5 to 5.5kg for 4 to 6 persons	1,288				
(M) Approx. 7.2 to 8.2kg for 8 to 10 persons	1,888				
Traditional Side Dishes (Glazed Chestnut – Brussel Sprouts – Braised Red Cabbage – Stuffing – Cranberry Sauce – Giblet Sauce)					
(S) Package for 6 persons	488				
(M) Package for 10 persons	688				
(L) Package for 12 persons	888				
Roasted USDA Prime Rib (Approx. 3.5kg, red wine sauce)	3,988				
Roasted US Angus Ribeye (Approx. 3kg, red wine sauce)	2,088				
Roasted Bone in Ham (Approx. 10kg, apple sauce)	1,880				
Smoked Gammon Ham (Approx. 2.5kg, cloves & orange)	1,288				
Roasted Canadian Pork Rack (Approx. 3.5kg, honey sauce)	1,680				
Roasted Rack of Lamb (Approx. 1kg, rosemary sauce)	988				
YOUR CHOICE OF SIDE DISHES					
Brussel Sprouts (per 500gr)	128				
Roasted Root Vegetables (per 500gr)	138				
Green Asparagus (per 500gr)	248				
Stuffing (per 500gr)	178				
Roasted Potatoes (per 500gr)	98				
Parmesan Cheese Mashed Potatoes (per 500g)	128				
Potato Gratin (per 500g)	288				
Cranberry Sauce (per 500g)	138				
Giblet Sauce (per 500g)	138				
FESTIVE DELICACIES TO GO 48 hrs. notice is required					
Smoked Salmon (350gr) Caper berries, horseradish sauce, pickled beetroots	498				
Charcuterie Board (100gr each) Assorted Cold Cut (100gr each Mini Salami, Mortadella, Coppa, Serrano Ham), Mixed of Cheese (Brie Blue Stilton, Conte, Cheddar) with baguettes, condiments	868				
Vacherin Mont d'Or (500gr) Aromatic herbs, baguettes, vegetable crudité	568				
FESTIVE SWEETS TO GO 48 hrs. notice is required (our confectionaries are produced in a sing	gle size appr	ox. 6)			
Amore Log Cake	380				
Mango & Coconut Log Cake	380				
Caprice Log Cake	380				
Praline Orange Log Cake	380				
Traditional Treats					
White/Dark Chocolate Christmas House	388				
Ginger Bread House	388				
Christmas Cookies Box (12 pcs)	188				

Delivery NOT included Orders start on December 1, 2023

Decorative Hampers

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUN
SANTA'S HAMPER 2023 Zonin, Cuvée 1821, Brut, Prosecco, Italy Château Les Charmes Godard Rouge, Côtes de Bordeaux, France Traditional Classico Panettone Dark Sea Salt Caramel Truffle Cube Double Chocolate Biscuits Assorted Fruity Fondants Whittard Tea Discovery Collection – Loose Tea Caddies Metista Balsamic Vinegar of Modena IGP Whittard Hot Chocolate Powder	2,388		
CHRISTMAS HAMPER 2023 Ferrari, Brut, Trento, Italy Château Liversan, Haut-Médoc, France Traditional Classico Panettone Assorted Cookies Florté Scented Tea Box Millesime Chocolate Gift Set Honey Clover and Honeydew Set Wye Strawberry Extra Jam Black Truffle Paté	3,288		
Veuve Clicquot, Yellow Label, Champagne, France Château Cantemerle, Haur-Médoc, France Traditional Classico Panettone Michel Cluizel Assorted Chocolate Christmas Assorted Biscuits Whittard Tea Discovery Collection Gift Box Chocolate Filled with Praline Cream Extra Virgin Olive Oil and Balsamic Vinegar of Modena IGP Set Truffle-infused Pink Himalayan Salt	3,988		

You may create your own Holiday Hamper, please check with Marina Deli. Delivery Charge: Hong Kong \$150, Kowloon \$200, New Territories \$250. Please allow three working days for orders to be processed.

Christmas Tree Home Delivery Service

HEIGHT		τ	AMOUNT			
		DOUGLAS FIR	QUANTITY	NOBLE FIR	QUANTITY	AMOUNT
	5 feet	1,800		2,100		
	6 feet	2,000		2,400		
	7 feet	2,250		3,300		
	8 feet	3,500		4,050		

Delivery included

The above prices include the fixing of the plastic stand, bucket and delivery charges.

Available to order from November 1

While stocks last

Order delivery: From November 28 onwards.

Please allow three working days for orders to be processed.

|EMAIL 電郵:

Disposal service not available.

NAME 姓名:	SIGNATURE 簽名
	-

| MEMBERSHIP NO. 會員號碼: | DATE REQUIRED FOR COLLECTION 提取日期:

| CONTACT NO.電話號碼 (HOME 住所): | (MOBILE 無線電話):

| SPECIAL INSTRUCTIONS 特別指示:

DELIVERY ADDRESS 送貨地址:

(For hampers and Xmas tree only)

For enquiries, please call Marina Deli on 2814 5302.

For orders, please email marinadeli@aberdeenmarinaclub.com, whatsapp 6390 0716 or fax this form to 3020 7495.

 $[\]bullet$ Total amount will be charged to the membership account once reservation is confirmed

[•] No cancellations will be accepted upon receipt of the signed confirmation

[•] Increase in number of persons cannot be guaranteed

FESTIVE TURKEY

節日火雞

THANKSGIVING IS RIGHT AROUND THE CORNER, AND AT
MARINA DELI WE'LL HAVE TURKEYS, SIDE DISHES AND APPETISERS.
ENJOY THE HOLIDAYS WITH YOUR FRIENDS AND FAMILY!

• ROAST TURKEY (SMALL) \$1,288 FOR 6 PERSONS

• ROAST TURKEY (MEDIUM) \$1,888

(Inclusive of gravy and potato gratin)

AVAILABLE TO ORDER FROM NOVEMBER 1 11月1日起接受訂購



FOR 12 PERSONS

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

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





CHRISTMAS GOODIES

聖誕禮品推介

MARINA DELI BRINGS IN EXCLUSIVE CHRISTMAS GOODIES, WITH PLAYFUL CUBS CURIOUSLY EXPLORING BENEATH THE TWINKLING ARCTIC STARS, UNDER THE LOVING GAZE OF THEIR FAMILY. YOUR MAGICAL CHRISTMAS MERRIMENT AWAITS.

深灣店提供獨有的聖誕及冬日糖果禮品, 為節日增添色彩。

PANETTONE

聖誕麵包

SALES START MID-NOVEMBER

IN ITALY PANETTONE IS AS MUCH A SYMBOL OF THE HOLIDAY AS A TREE, WREATH AND MISTLETOE IN OTHER COUNTRIES.

聖誕麵包是傳統意大利聖誕節的象徵, 是節日中不可缺少的禮品, 您可從11月中起到深灣店選購。



MARINA

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

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



The all new Koa Super Villa

A limited release, fully-furnished 5-bedroom luxury residence from the creators of Koa Niseko, only a few minutes walk from the ski lifts in Niseko Village.

Limited availability for remaining 2- and 3-bedroom Koa Townhouses and Koa Villas.

Enquire for details now.

W W W . KOANISEKO.COM @ HOUSEOFKOAHO



In this issue we travel through stunning cities and across beautiful, wide open spaces in one of Europe's most visually striking countries, with five films that take you ...

ON LOCATION: SPAIN 看電影遊西班牙



The Good, the Bad and the Ugly 獨行俠決鬥地獄門(1966)

Director: Sergio Leone Starring: Clint Eastwood, Eli Wallach



Like many Italian-made Spaghetti Westerns, The Good, the Bad and the Ugly was filmed mostly in Spain. Italian director Sergio Leone had Hollywood backing in the wake of his A Fistful of Dollars (1964) and For a Few Dollars More (1965), and he filmed on specially built sets across the country, from Almeria in the south to around Burgos in the north. Most famous of these is the Sad Hill Cemetery. to the southeast of Burgos, where the film's epic final gunfight takes place. In 2015 a group of very passionate Spanish fans of the film rediscovered and began to restore the cemetery (specially built for Leone by the Spanish Army in 1966 then deserted). Their dedication and hard work is the subject of a documentary entitled Sad Hill Unearthed (2017), which is available on Netflix. Since then, Sad Hill Cemetery (above and bottom right) has become a popular tourist attraction and receives almost entirely Excellent or Very Good reviewer ratings on Tripadvisor.

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









導演:沙治奧里昂 演員: 奇連伊士活、伊萊沃勒克

和許多意大利製作的意大利西部片一樣,《獨行俠決鬥地 獄門》主要是在西班牙拍攝。意大利導演沙治奧里昂憑 藉《獨行俠連環奪命槍》(1964)和《獨行俠江湖伏霸》 (1965)獲得荷里活支持,在全國各地搭建片場進行拍攝, 從南部的艾美利亞到北部布哥斯周邊。其中最著名的是位 發現並開始修復墓園(西班牙軍隊特別於1966年為里昂 建造,其後被荒廢了)。他們所付出的努力被拍成紀錄片 《傷心坡出土記》,我們現在可在Netflix上觀賞。從 那時起,薩德山墓園便成為熱門的旅游景點,並且在 Tripadvisor上獲評論者幾乎全部給予"優秀"或"非常 好"的評分。

觀看影片: Apple TV/iTunes、DVD或藍光影碟

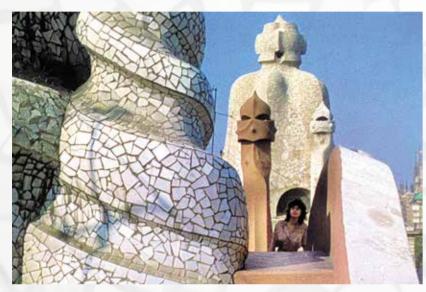
20



The Passenger

過客 (1975)

Director: Michelangelo Antonioni Starring: Jack Nicholson, Maria Schneider







After assuming the identity of a recently deceased arms dealer while on assignment in Africa, TV journalist David Locke (Jack Nicholson) travels across Europe with his confused wife, boss and new enemies close on his trail. Most of the film takes place in Spain as his Avis rental car carries Locke and a mysteriously attractive female passenger around Barcelona and down south to dustily atmospheric Almeria. In Barcelona we visit the roof of Gaudi's Casa Mila before it became a major tourist attraction, take a stroll along Las Ramblas, and ride on the old Port Cable Car. The lengthy final sequence, filmed at a specially built hotel in a small town in Almeria, is as celebrated among film scholars as that of The Good, the Bad and the Ugly. The Indicator Blu-ray from Powerhouse Films (powerhousefilms.co.uk) is regionfree and contains many extra features including three audio commentaries (one of them with Jack Nicholson alone), several interviews and more.

Where to find: DVD and Blu-ray.

導演:安東尼奧尼

演員: 積尼高遜、瑪麗亞雪妮黛

積尼高遜飾演電視記者大衛洛克在非洲執行任務期間冒充 一名去世的軍火商,帶著困惑的妻子、老闆,以及緊隨其後



的敵人穿梭歐洲一帶。影片中大部分故事發生在西班牙,洛克和一位神秘迷人的女乘客乘坐他租來的Avis汽車繞過巴塞隆拿,並南下到塵土飛揚的艾美利亞。在巴塞隆拿,影片到訪了當時還未成為主要旅遊景點的高迪米拉之家,更沿著蘭布拉大道漫步,乘坐舊港口纜車。電影最後一段的拍攝場景,是一間特為此片而建的酒店,位於艾美利亞的一個小鎮上,就如《獨行俠決鬥地獄門》一樣廣為電影學者所知。Powerhouse Films (powerhouse films. co.uk)的 Indicator Blu-ray不限區域,包含許多額外功能,包括三段聲音評述(其中一篇只有積尼高遜一人),以及幾篇採訪等等。

觀看影片: DVD或藍光影碟

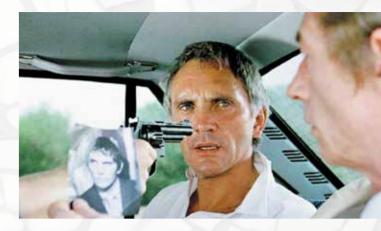


The Hit 打擊驚魂 (1984)

Director: Stephen Frears Starring: Terence Stamp, John Hurt

The first feature film by British director Stephen Frears takes us on a long Spanish road trip, with Terence Stamp's runaway London gangland informer abducted and driven to meet his former boss by hit men John Hurt and Tim Roth (also in his first feature film). Beginning in Stamp's hideaway home in the southern province of Cordova, the fatal journey takes us north though Madrid, where there is a pivotal meeting at a safe house in the Torre de Madrid (bottom right). which was the tallest office building in Europe in the 1960s and has appeared in many Spanish films. With a new female passenger and a new Mercedes, the group heads north to the province of Saragossa and on to the Spanish/French border. With an evocative soundtrack by virtuoso flamenco guitarist Paco de Lucia adding greatly to the atmosphere, the only bump in the road is that the great Spanish actor Fernando Rey is sadly neglected in a non-speaking role as the police chief on their tail. The Criterion Collection (criterion. com) Blu-ray disc is the best available version for home entertainment.

Where to find: DVD and Blu-ray.



導演:史提芬佛瑞爾斯 演員:泰倫斯史坦普·尊赫特

英國導演史提芬弗瑞爾斯的第一部劇情影片,帶我們踏上一段漫長的西班牙公路旅程,泰倫斯史坦普飾演逃亡中的倫敦黑幫線人被尊赫特和添羅夫(是他的第一部劇情片)飾演的殺手綁架並馳車去見他的前老闆。故事於史坦普在哥多華南部的隱居展開,這場命運的旅程帶我們前往馬德里。在馬德里塔的一間安全屋裡,舉行了一次關鍵的會議,馬德里塔是20世紀60年代歐洲最高的辦公樓,曾出現在許多西班牙電影中。帶著一名女乘客和一輛新平治,奔馳往北面的薩拉戈薩,然後到達西班牙及法國邊境。配上佛朗明哥結他手柏高迪路西亞令人回味的音樂,為電影增添不少氣氛,唯一可惜的是西班牙著名演員費蘭度雷伊飾演的警察局長,角色中沒有對白,因而被忽視了。 Criterion Collection (criterion.com) 發行的藍光影碟是在家觀賞的最佳選擇。

觀看影片: DVD或藍光影碟









Gun City 槍城 (2018)

Director: Dani de la Torre Starring: Luis Tosar, Michelle Jenner









More poetically entitled La sombra de la ley (The shadow of the law) in Spanish, Gun City is set in early 1920s Barcelona, with interesting CGI scenery featuring the ongoing construction of both Antoni Gaudi's Sagrada Familia and the Port Cable Car that Jack Nicholson would ride more than a half century later in *The Passenger*. Against these impressive establishing backdrops, the ubiquitous Spanish actor Luis Tosar is quite compelling as the tough and enigmatic police officer sent from Madrid to help find stolen weaponry amidst much social and political upheaval. Filmed around Barcelona and in the Galicia region in the northwest of the country, Gun City deservedly won both Best Cinematography and Best Art Direction at the 33rd Goya Awards (the Spanish Academy Awards) in 2019.

Where to find: Netflix

觀看影片: Netflix





導演: 丹尼德拉托雷 演員:路易斯托薩、米歇爾詹納

以極具詩意的西班牙語 "La sombra de la ley" (法律的 影子) 作為電影名稱,《槍城》以20年代初的巴塞隆拿為 背景,有趣的電腦合成場景,包括安東尼高迪建設中的 聖家堂和半個世紀後積尼高遜在《過客》中乘坐的港口 纜車。在這些令人印象深刻的背景下,西班牙演員路易斯 托薩 (Luis Tosar) 更顯得引人入勝。他飾演一位從馬德里 派來的強硬而神秘的警察,在社會和政治動盪中幫助尋 找被盜的武器。《槍城》在巴塞隆拿和西班牙西北部的加 利西亞地區拍攝,在 2019年第33屆戈雅獎(西班牙奧斯 卡金像獎)中榮獲最佳攝影和最佳美術指導,當之無愧。



Way Down

90分鐘驚濤械劫 (2021)

Director: Jaume Balaguero Starring: Freddie Highmore, Liam Cunningham

In this clever ensemble heist film - which is set during the 2010 FIFA World Cup tournament in South Africa – the open-air televised final between Spain and Holland shown in Madrid provides a useful distraction for a bank robbery. Determined to remove his confiscated treasure from the famously impenetrable vault located deep beneath the Bank of Spain, treasure hunter Walter Moreland (Liam Cunningham) hires genius engineering graduate Thom Johnson (Freddie Highmore) to devise a way in and out. Also known as The Vault in some countries. Way Down was filmed all over Madrid and there are some excellent aerial shots of the Spanish capital as well as some impressive rooftop, street-level and underground scenes.

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

導演:豪梅巴拿蓋魯 演員:費迪夏摩亞、 利安肯寧翰

在這部集體搶劫電 中,故事巧妙地把背景



設於2010年南非世界杯期間,當時馬德里正進行西班牙與 荷蘭的決賽的電視直播,為一宗銀行搶劫案分散注意力。 寶藏獵人沃爾特莫蘭(利安肯寧翰飾),決心劫去收藏在 西班牙銀行地庫深處的寶藏,聘請了天才工程畢業生湯姆 約翰遜(費迪夏摩亞飾)來設計逃走路線。《90分鐘驚濤 械劫》在某些國家也被稱為《沿路而下》,它在馬德里各地 拍攝,其中一些場景是在西班牙首都高空拍攝,展現了令人 印象深刻的屋頂、街道和地下通道等。

觀看影片: Apple TV/iTunes或YouTube











冬令菜式推介

WINTER DISHES

十一月一日至一月廿八日 November 1 to January 28

菊花五蛇羹 Braised mixed snake soup, Chrysanthemum

川芎日芷鱷魚皮燉魚頭湯 Double-boiled fish head soup, rhizoma chuanxiong, dahurian, crocodile skin

古法羊腩煲 Stewed lamb brisket served in a clay pot

臘味腐千層燴冬瓜

Braised winter melon, assorted preserved meat, beancurd skin

烏魚子肉蟹福建米線煲 Braised green crab, mullet roe, rice noodle

柱侯雙冬炆白鱔煲 Braised fresh eel, bamboo shoot, black mushrooms

> 老壇酸菜桂花魚 Braised Mandarin fish, Lao Tan pickled cabbage

> 貴妃鹽酥雞 Crispy chicken, spicy salt

水煮安格斯牛肉 Poached sliced Angus beef, hot chili oil

金盞香草黑椒羊柳鬆 Sauteed lamb meat floss, herb, black pepper

生炒臘味糯米飯 Stir-fried glutinous rice, assorted preserved meat

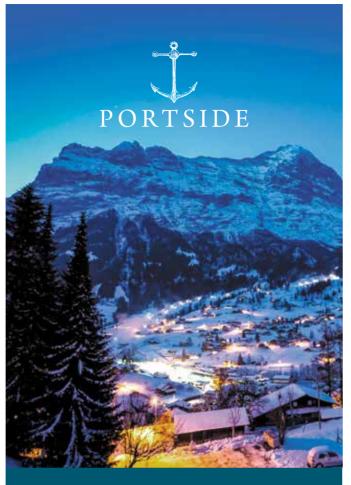
臘味煲仔飯 Steamed rice, assorted preserved meat in clay pot

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。







AN EVENING IN The Alps

阿爾卑斯山之夜

FRIDAY, DECEMBER 1
5.30-9PM
ADULT \$598 CHILD \$298

Join us for a most enjoyable Alpine evening at Portside, with mulled wine, cheese fondue, cold cuts, rosti and raclette.

快前來Portside的阿爾卑斯山之夜,享用傳統瑞士菜式。

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。



DECEMBER 2 UNTIL FEBRUARY 4

EVERY FRIDAY, SATURDAY AND SUNDAY
(EXCEPT DECEMBER 24 AND 31)
FROM 6PM TO 10PM

12月2日至2月4日(12月24日及31日除外) • 逢星期五至日晚上6時至10時

Enjoy a perfect evening in the warm atmosphere of the Swiss Chalet with family and friends. Savour delicious cheese fondues, grilled raclette cheese, Swiss speciality dishes and fine wine pairings.

與家人好友一起品嚐芝士火鍋,可配以美酒,享用一頓完美的晚餐。



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。



生蠔盛宴

OYSTER EXTRAVAGANZA

NOVEMBER AND DECEMBER

AVAILABLE ONLY ON FRIDAYS, SATURDAYS AND SUNDAYS

十一月及十二月逢星期五、六及日

AN EXQUISITE TASTE OF THE OCEAN! 無淨海洋的滋味

Our chefs carefully select premium raw oysters from various regions and they are freshly shucked just for you. Whether you like oysters that are more refreshing or more succulent, crispier or creamier, lighter or brinier, less or more metallic, Marina Grill is proud to offer a diverse selection for you to indulge in on a gastronomic journey.

We also pair oysters with curated wine and whisky selections for an unparalleled dining experience.

廚師嚴選來自不同地區的優質新鮮生蠔,恭候您的光臨。無論您喜歡爽脆的還是較濃奶油質感、 清淡的還是海水味較重的、金屬味較淡或較強的, Marina Grill 可為您提供各種選擇,讓您盡情享受生蠔美食之旅。 此外,我們亦特別挑選不同的葡萄酒和威士忌作搭配,為您提供無與倫比的用餐體驗。

MARINA

GRILL

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。



SPECIAL FESTIVE DISHES

精選節日菜單

DECEMBER 8 UNTIL JANUARY 1

CROSTINI DI FEGATO

Tuscan Chicken Liver Paté, Fig, Baquette

LINGUINE ALL'ASTICE

Boston Lobster, Egg Linguine, Pachino Tomato, Basil, Pangrattato

BISTECCA ALLA FIORENTINA

Porterhouse Steak, Confit Garlic, Roast Potatoes

ZUPPA INGLESE

Vanilla Custard, Tuscan Liqueur, Lady Fingers

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。



HOTPOT FESTIVAL

火鍋節

November to January 11月至1月

Adult \$398 Child \$118

A choice of soup, meat balls, dumplings, crispy fish skin, sausages, seasonal vegetables, various sauces and condiments.

提供不同湯底,肉丸、餃子、脆魚皮、香腸、時令蔬菜和各款醬料

Additional charge for premium seafood and meat 另可加配優質海鮮及肉類



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。

Medicings AT THE CLUB

The Grand Ballroom and Portside are perfect venues for newlywed couples to share their beautiful day with friends and family, with superb Chinese and Western cuisine.







THE
ABERDEEN MARINA CLUB



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。



複式大宅4在雙層空間中盡展闊大淵深1

ASPIRE TO LOFTY HEIGHTS

九龍世外尊崇品位

THE ASCENT OF LEGENDS 享譽盛世傳奇

從這優越位置展望,世界正朝著跨域 緯度無限延伸,與住戶的廣闊視野互相 呼應。嘉里建設一直秉持優質創建精神, 多年來匠心灌注,築構出各種傳奇流芳的 美好家園。時至今日,「緹外」的登場為 市場帶來又一頂級標準。

位處筆架山的「緹外」譽滿名流之地, 從寧謐綠蔭之中超然而立,兼擁雲峰 環翠與開闊勝景2雙重優勢,融入靈動 山城氛圍2。

項目廣博的空間感設計,將磅礴氣勢 寓於環境。當中設有五幢樓高七層的 低密度大宅,亦提供三座雙層獨立院墅, 大部分頂層單位面積達至8,000平方呎3, 居高臨下,一攬極致盛景角度2。

THE JEWEL IN THE CROWN 居高堂皇恢宏

「緹外」精心打造的頂層特色單位4中, 包括三個相連大宅4及四個複式大宅4, 所有住戶均可享有私人大堂入口與 私人電梯,可由單位直達地庫停車場及 專屬天台範圍,體現出尊榮地位。

別出心裁的設計為大宅迎來開揚深邃的 闊景2,如同連結天際山城,不論身處露台、 客廳、飯廳或主人房,同樣盡享多方位 視覺盛宴。

其中複式大宅4客廳樓層高度達7米,城中 罕見,瞬間提升了室內縱向深度,加上 配置長度20米的落地玻璃窗6,通透自然 日光,將山海全景2引入尊貴大戶。

相連大宅4及複式大宅4均具備專屬天台, 為住戶提供一個綠意縈繞的私屬天地, 既可俯瞰靜地,亦可賞雲幻變²,安然舒心。

發展項目名稱: 緹外 | 街道名稱及門牌號數: 龍駒道3號 | 區域: 石硤尾 | 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2部而就發展項目指定的互聯網網站的網址:www.MontVerra.com.hk

BEHOLD THE PANORAMA OF PEAKS² 登峰之巔 環擁山城全景2

GREATNESS IN THE DETAILS 精緻選材配置

建築由構思至選材到施工皆為一絲 不苟,外牆採用巴西高級石材6,其材質 紋理在日間的陽光之下閃耀得如珠寶 般奪目, 夜裏從燈飾效果中同樣發出 動人華光。

趟開雙門,一登入室,堂皇氣度撲面 而來。相連大宅4及複式大宅4各擁五個 雅逸房間連浴室,並設多個工人房間與 浴室及洗衣房,多功能容納住戶。

相連大空4及複式大空4同樣以寬敞的 結合康莊前庭,雄偉成家。經過貼心 策劃,所有住戶可運用智能家居設施6 提升生活質素,包括自動調節中央冷氣 系統、燈光調節功能、窗簾開關控制 保安系統與輔助應用程式6,將科技 便利生活。

匠心工藝作品引進先進配套設施6, 確立了品味細節,卓越之光由此而生, 彰顯獨具慧眼者的尊貴身段。



客廳連接開揚露台,將廣角全景2納入居室50





在華麗設置的飯廳,從中享受矜貴的餐聚











ou can find examples of the Osborne
Bull – or Toro de Osborne – all over
Spain. There are close to 100 of them
dotted around the country, but at one
time, decades ago, they numbered
around five hundred. Designed and first erected
beside busy highways in the mid 1950s, they
originally promoted the Osborne Group, a purveyor of
sherries, brandies, other wines and fine foods, with
English roots dating back to 1772.

The Osborne Bull was created for the Osborne Group by local graphic designer, illustrator and cartoonist Manolo Prieto (1912-1991).

Varying in size and construction materials over the

years, the advertising bulls were enlarged from four metres to 14 metres in height as the law required them (and all other billboards) to be moved further and further back from roadsides, where they were considered a distraction to drivers.

In 1988, roadside advertising was made illegal, and while the advertising copy from the bulls was removed, many remained in place.

There was a public outcry when new legislation called for their removal in 1994, and so they were officially declared part of the "cultural and artistic heritage of the people of Spain". Then, at the end of 1997, a Spanish Supreme Court ruling confirmed that the bulls should remain, as they were by that time part of the national landscape with "aesthetic or cultural significance."

In 2005, the Osborne Bull was finally declared a national cultural symbol by the Spanish government.

Osborne Bulls have also been erected overseas, as far afield as Denmark, Mexico, the United States and Japan, where, in 2018, the Echigo-Tsumari Art Triennial in Niigata Prefecture hosted a ten-metretall, earthquake-proof replica, built from Osborne blueprints, and which still stands today.

Two billboards, or "bullboards", with the original Osborne name stencilled on the side still remain in Spain. One is at Jerez Airport, near Cadiz in the south of the country, while the other stands in nearby El Puerto de Santa Maria, close to the home of the Osborne Group (www.osborne.es/en/) and the birthplace of its designer, Manolo Prieto.

在西班牙各地可找到奧斯本公牛(或 Toro de Osborne)的 蹤影。現在有接近100個奧斯本公牛廣告牌分佈在全國各地,但數十年前其數量大約有500個。於50年代中期設計並首次豎立在繁忙的高速公路旁,最初是為了推廣奧斯本集團

(Osborne Group)。該集團是雪利酒、白蘭地、葡萄酒和美食的供應商,其起源可追溯至1772年的英國。

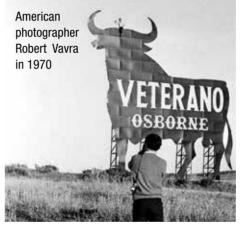
奧斯本公牛是由當地平面設計師、插畫家兼漫畫家馬諾 洛普列托(1912-1991)為奧斯本集團創作的。

多年來,公牛廣告牌的尺寸和物料不斷變化,高度從4米擴大到14米,因為法律要求所有廣告牌距離路邊越來越遠,以防路邊廣告牌會分散司機的注意力。於1988年,路邊廣告被定為違法,雖然公牛廣告被移除,但許多廣告牌仍然保留在原處。

1994年,當新的法例要求拆除公牛廣告時,引起了公眾的強烈抗議,因此公牛廣告被正式宣佈為"西班牙人民文化和藝術遺產"的一部分。然後,在1997年底,西班牙最高法院一項裁決確認公牛應該被保留,因為它們已成為國家景觀的一部分,具有"美學或文化意義"。而在2005年,奧斯本公牛最終被西班牙政府宣佈為國家文化象徵。

奧斯本公牛也在海外豎立,遠至丹麥、墨西哥、美國和日本,2018年,新潟縣的越後妻大地藝術祭展示了一座10米高的抗震複製品,源自奧斯本的藍圖,至今仍然存在。

在西班牙仍保留著兩個廣告牌,側面印有奧斯本的原名。一個位於南部卡迪斯附近的赫雷斯機場,另一個位於聖瑪麗亞港附近,靠近奧斯本集團(www.osborne.es/en/)的總部及其設計師馬諾洛普列托的出生地。













1940s Osborne Sherry Poster

Osborne Bull in Niigata Prefecture, Japan

LA CAVE TEAM RECOMMENDATIONS LA CAVE 團隊推介

Super Tuscans

超級托斯卡納:您需要知道的一切





uper Tuscan wine refers to a category of high-quality wines produced in the Tuscany region of Italy. Originating in the late 20th century, Super Tuscans challenged the traditional winemaking laws and regulations of the region, defying the strict guidelines set by the Italian government's Denominazione di Origine Controllata (DOC) and Denominazione di Origine Controllata e Garantita (DOCG) systems.

The term Super Tuscan emerged because these wines did not fit within the established regulations, primarily due to the use of non-indigenous grape varieties or blending methods. Instead of adhering to traditional Sangiovese-based blends, Super Tuscans ventured beyond, incorporating international grape varieties like Cabernet Sauvignon, Merlot, and Syrah.





Super Tuscan wines achieved significant recognition for their exceptional quality and unique character. They showcase a blend of tradition and innovation, combining the richness and elegance of Tuscan terroir with the influence of international grape varieties. The result is bold, full-bodied wines with intense flavours, complexity, and aging potential.

These wines gained popularity in the 1970s and 1980s with pioneers like Sassicaia, Tignanello, and Ornellaia leading the way. Initially, Super Tuscans were labeled as Vino da Tavola (Table Wine), the lowest classification in the Italian wine hierarchy. However, their exceptional quality and growing demand elevated them to the status of cult wines, eventually leading to the creation of the Indicazione Geografica Tipica (IGT) classification specifically for Super Tuscan wines.

With deep ruby colour, robust structure, and complex aromas of dark fruits, herbs, spices, and oak, Super Tuscan wines often exhibit velvety tannins, well-balanced acidity, and long, persistent finishes. While they can be enjoyed when young, Super Tuscans are renowned for their ageing potential, with some wines improving and evolving for decades in the bottle.

Today, Super Tuscan wines continue to enchant wine enthusiasts worldwide, representing the epitome of innovation, craftsmanship, and the Tuscan winemaking spirit.

This November, Marina Grill will hold a wine dinner with a Super Tuscan producer Le Macchiole. Don't miss this chance to try these awesome wines paired with a five-course menu, which includes 2003 Paleo Rosso, 2009 Scrio and 2018 Messorio.

Super Tuscan (超級托斯卡納) 葡萄酒是指在意大利托斯卡納地區生產的一類高品質葡萄酒。起源於20世紀末,Super Tuscan挑戰了該地區傳統的葡萄酒法規,不受意大利政府的Denominazione di Origine Controllata (DOC)和Denominazione di Origin Controllata e Garantita (DOCG)體系的嚴格限制。

「Super Tuscan」這個詞的出現是因為這些葡萄酒不符合當時的規定,主要是因為使用了非本土葡萄品種或混釀方法。與傳統以Sangiovese為基礎的混釀不同,Super Tuscan採用國際性葡萄品種如Cabernet Sauvignon、Merlot和Syrah等。

Super Tuscan葡萄酒因其卓越品質和獨特性而受到推崇。它們展示了傳統與創新的結合,將托斯卡納的土壤特性與國際葡萄品種相結合。結果釀造出豐滿、酒體飽滿的葡萄酒,具有濃郁口感、複雜性和陳年潛力。

這些葡萄酒在20世紀70年代和80年代開始受到歡迎(其中一大原因是知名酒評家羅拔派克的大力推崇!),先驅者如Sassicaia、Tignanello和Ornellaia引領潮流。最初,Super Tuscan被標記為Vino da Tavola(餐桌酒),這是意大利葡萄酒分級中最低的分類。然而,其卓越品質和不斷增長的需求使其成為膜拜的葡萄酒,最終建立了專門為Super Tuscan葡萄酒創造的Indicazione Geografica Tipica (IGT)分類。

Super Tuscan葡萄酒以其深紅色、醇厚的結構和複雜的黑色水果、草本、香料和橡木香氣而聞名。它們通常展現柔滑的單寧、平衡的酸度和持久的餘韻。儘管年輕時即可享用,但Super Tuscan葡萄酒以其陳年潛力而聞名,有些葡萄酒在瓶中陳年數十年後仍能提升和演化。



如今,Super Tuscan葡萄酒繼續吸引全球的葡萄酒愛好者, 代表著創新、工藝和托斯卡納葡萄酒製作精神的最高境界。

今年11月,Marina Grill 將舉辦一場來自頂級的Super Tuscan 酒莊 - Le Macchiole 的葡萄酒晚宴,搭配五道菜菜單。其 中包括 2003 Paleo Rosso、2009 Scrio 和 2018 Messorio, 切勿錯過品嚐這些美味葡萄酒的機會。

MARINA

GRILL

Le Macchiole Wine Dinner

葡萄酒晚宴

Guest Speaker: Stephen Raducki, Wine Specialist







Wines Featured

2020 Ruggeri, Giustino B., Extra Dry, Valdobbiadene Prosecco Superiore

2021 Le Macchiole, Bolgheri Rosso

2017 Le Macchiole, Paleo Rosso

2003 Le Macchiole, Paleo Rosso

2009 Le Macchiole, Scrio

2018 Le Macchiole, Messorio

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

WINE DINNERS 葡萄酒晚宴

THE BACKROOM

AT LA CAVE



葡萄酒晚宴

Guest Speaker: Victor Zeng, Business Development Manager (Greater China), Château Margaux

bottle of 2011 Pavillon Rouge du Château Margaux (375ml) will be given as a souvenir to every participant.

Tasting samples include around 75ml of each vintage of Château Margaux per person.

Very limited seats.

参加者當晚將可品嚐每個年份約75毫升的Château Margaux,及 獲贈一瓶2011 Pavillon Rouge du Château Margaux (375毫升) 作為紀念品。

座位有限,請早預約。

Wines Featured

2017 Champagne Nicolas Feuillatte, Blanc de Blancs

2017 Pavillon Blanc du Château Margaux

* * *

2007 Pavillon Rouge du Château Margaux

* * *

2011 Château Margaux

* * *

2008 Château Margaux

* * *

1999 Château Margaux

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

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

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

HAIR & BEAUTY SALON 美髮及美容中心

Glam Up Your Lashes for Christmas 為聖誕節打造迷人的睫毛

UMI treatment can boost the eyelash without the use of false lashes, and will nourish, straighten, thicken and lift them.

YUMI is a compelling alternative to improve the quality of natural eyelashes using keratin. We also provide tinting at the end for extra long-lasting results.

Rena and Zeena, our eyelash specialists can advise you on handling and looking after your lashes.

Book your treatment at the salon during the festive season.

YUMI療程無需使用假睫毛即可強韌和滋養睫毛,使睫毛變得更濃密和捲翹。

YUMI使用角蛋白來修護睫毛健康。療程最後更可為睫毛著色,以獲得額外的持久效果。

睫毛專家Rena和Zeena可為您提供護理睫毛的專業建 議。節日即將來臨,快來美髮及美容中心預約療程!









We are open daily from 9am to 7pm.

For booking and enquiries, please call the Hair & Beauty Salon on 2814 5320

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 •

The Perfect Sense



he Perfect Sense is a ground-breaking paraffin treatment rich with Swiss Apple Stem Cell, which provides a premium agereversal for your hands and feet. The PerfecTemp system melts paraffin into sealed slippers or gloves at the perfect temperature, eliminating burn risk; and the PerfectSense mitts and foot extenders made with thick thermal fleece and cotton terry cloth lining provide added insulating warmth. This treatment will help maintain optimal skin health through regular hydration, nourishment, and protection that will Softens skin leaving it soft and supple. Nourishment+ has a beneficial, restorative effect on the skin. This concentrated formula is enriched with quality-driven ingredients that deliver results.

Perfect Sense是一種突破性的石蠟療程,含瑞士蘋果幹細胞,為您的雙手及雙腳提供優質的逆齡效果。以PerfecTemp方式在理想溫度下將石蠟熔化成密封拖鞋或手套,降低燒傷風險;PerfectSense手套和腳套採用厚實保暖羊毛和棉毛巾布製成,提供額外的保暖效果。療程透過定期補濕、滋養和保護來維持皮膚的最佳狀態,軟化皮膚使皮膚變得更柔軟。Nourishment+對皮膚有修復作用,濃縮的配方含有優質的成分,為您帶來最佳的效果。





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。

CELLU M6 Advanced Body Treatments

Cellu M6先進的塑身療程



預訂四次LPG身體護理療程,即可額外獲贈一次療程。您可於同一時間享受五個部位的療程。



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。



美髪 中心

elebrate the magic of the holiday season with our exclusive Christmas promotion! Get ready to dazzle and shine with our special offer that will leave you looking and feeling fabulous. This Christmas, when you book a colour and cut appointment, we will have a delightful surprise for you. Not only will our expert stylists transform your hair into a stunning masterpiece, but we'll also offer you a 20% off all products to keep your hair looking amazing wherever you go. It's our way of spreading holiday cheer and ensuring that you have everything you need to rock your festive look. Don't miss out on this limited-time offer – schedule your appointment now and let us make your Christmas truly unforgettable.

美髮中心將推出獨家聖誕推廣活動與您一起歡度佳節! 準備好享受我們的特別優惠,讓您更 光彩照人。這個聖誕節,預約染髮 及剪髮服務,我們將為您帶來 驚喜。我們的專業造型師將 為您打造亮麗動人的形象。 此外,凡購買任何美髮產品, 即可享20%的折扣,讓您 隨時隨地都可締造迷人髮型。

切勿錯過我們的限時優惠。 立即預約,讓我們為您打造 一個難忘的聖誕節。



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。



The Power Plate Machines

Power Plate震動訓練平台器械

he Power Plate gives the muscles a high-speed workout by using vibrations to stimulate them to contract and relax. They normally contract once or twice a second, but by standing on the Power Plate, the vibrations cause an automatic reflex muscle contraction of between 30 and 50 a second.

The Power Plate is a great time saver due to the effectiveness of training and the fact that many muscle groups are activated at the same time. It is claimed that 10 minutes on the Power Plate will have the same results as 60 minutes of conventional strength training.

 Although everyone is different, it's usually enough to start with no more than 30 seconds on each exercise. This will reduce the duration of the workout, which is a real bonus for people who are time-short but crave results.

• The best way to train is by increasing the frequency gradually. In order to develop strength, power, muscle tone and definition, it is essential to adopt a position that puts tension on the muscles. For example, if you're doing the squat position, have your knees bent and lean from the hips, as if you are about to sit on a chair.

• Try to choose a combination of compound exercises (such as squats and push-ups, which use more than one muscle group) and isolation exercises (biceps curls and front raises). You'll get a better training response, as well as increasing potential calorie burn.

• Vibration training stimulates the contraction of the muscles, so it's important to keep your knees slightly bent to avoid jarring through the joints.

- Your muscles will be contracting 30 to 50 times more quickly, thereby generating a lot of internal heat, so even if you don't feel thirsty, always drink water while working out.
- The Power Plate can help you get far better sport-specific benefits. With skiing, for example, stand in a crouched ski squat position for 30 seconds, and your quads will receive a more appropriate training stimulus than any standing squat against a wall. You can get similar benefits for your golf swing and so on just stand in the sport-specific position.

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



震動訓練平台器械透過震動來刺激肌 肉收縮和放鬆,使肌肉得到高速的鍛鍊。通常每秒收縮一至兩次,站在動 力板上,每秒震動30至50次,讓反 射性肌肉自動收縮。

震動平台可以節省大量時間,訓練有效,更同時激活多個肌肉群。據稱,Power Plate10分鐘的鍛鍊,與60分鐘傳統力量訓練的效果相同。

- 儘管每個人的情況不同,但通常每個鍛練開始前不超過30秒就足夠。 這可減少運動的時間,對於時間緊 迫而又渴望結果的人來說是一個很好的練習。
- 最好的訓練方法是逐漸增加頻率。 為了增強力量、爆發力、肌肉張力 和清晰度,必須採取對肌肉施加張 力的姿勢。例如深蹲,請彎曲膝蓋 並把臀部傾斜,就像要坐在椅子上 一樣。
- 嘗試選擇複合練習(例如深蹲和掌上壓,鍛鍊多個肌肉群)和孤立練習(二頭肌彎舉和前舉)的組合。
 這些練習能讓您獲得更好的訓練效果,並增加潛在的卡路里消耗。
- 震動訓練會刺激肌肉收縮,因此必需注意保持膝蓋稍微彎曲以避免關節震動。
- 肌肉收縮速度會加快30至50倍,從 而產生大量內熱,因此即使您不感 到口渴,也要在鍛鍊時補充水份。
- 震動平台可以幫助您獲得更好的運動表現。以滑雪為例,以蹲伏的滑雪深蹲姿勢站立30秒,股四頭肌將獲得比任何靠牆站立深蹲訓練有更理想的效果。您可以在高爾夫揮桿等方面獲得類似的效用-只需站在平台上維持特定運動動作。

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

NOV	Events	Location	Time
All Nov	Badminton Mini Competition	7/F Multi-Use Court	Every Monday 6-7pm (whole month)
All Nov	Monthly Fitness Challenge Stepper/Stepmill 150 Floors	Fitness Centre	Whole Month
Nov 5	New York Marathon 42km	Fitness Centre	6.30am - 10.30pm
Nov 10	Bazooka Ball Challenge	Kids on 8!	7 - 7.30pm
Nov 10	Adventure Zone Physical Challenge	Adventure Zone	4 - 6pm
Nov 11	Run, 2, 3! Treasure Hunt	Run, 2, 3!	2 - 4pm
Nov 17	Dodgeball Tag Challenge	Adventure Zone	6.30 - 7.30pm
Nov 18 & 19	Kids on 8! Weekend Fun Arts & Crafts - Thanksgiving	Kids on 8!	9am - 7pm
Nov 19	10km Spinning Bike or Technogym Bike	Fitness Centre	6.30am - 10.30pm
Nov 19	Skeeball Highest Score Day	The Yard	9am - 7pm
Nov 24	Laser Tag Challenge	Adventure Zone	6.30 - 7.30pm

DEC	Events	Location	Time
All Dec	Badminton Mini Competition	7/F Multi-Use Court	Every Monday 6-7pm (whole month)
All Dec	Monthly Fitness Challenge Pool 100 lengths	Fitness Centre	Whole Month
Dec 1	Bazooka Ball Challenge	Kids on 8!	7 - 7.30pm
Dec 8	Laser Tag Challenge	Adventure Zone	6.30 - 7.30pm
Dec 15	Dodgeball Tag Challenge	Adventure Zone	6.30 - 7.30pm
Dec 17	Fun Pool Challenge	The Yard	9am - 7pm
Dec 22	Adventure Zone Physical Challenge	Adventure Zone	4 - 6pm
Dec 23	Run, 2, 3! Mini Game / Hunting Game	Run, 2, 3!	4 - 6pm
Dec 23 & 24	Kids on 8! Weekend Fun Arts & Crafts - Christmas Weekend	Kids on 8!	9am - 7pm

Hong Kong History ^{香港} by Giles Leonard, Director of Sports & Recreation

ver recent months we have covered a lot of ground as we explored many of Hong Kong's districts. This time let's look into some of the unusual street names we see on an almost daily basis. In the last issue, we looked at Queen's Road and this is probably the best example of a road named after a person – in this case Queen Victoria. We also see many roads named after Kings, Queens, Princes. Princesses, Dukes and Prime Ministers, as well as other dignitaries such as Governors and prominent civil servants. Many street names, however, are not so obvious.

Rednaxela Terrace is probably one of the most unusual street names as the word itself does not exist anywhere aside from this example. The road itself was likely next to the property of a certain Mr. Alexander and this was probably the ultimate 'lost in translation'. At the time, Chinese was written from right to left and a lowly civil servant ended up naming the road backwards.

Other mistranslations between the English and Chinese names of streets came about from the double meaning of many English words. Pound Lane was actually named after the animal shelter (i.e. dog pound) located there but was translated into the imperial unit of measurement. Power Street was named after the power station located there, but was translated as an expression of strength. Finally, Spring Garden Lane is named after a garden with a water source and not the season.

We have many examples of roads named after foreign places - Java Road being an obvious example and originally named after a Dutch shipping company that occupied premises on the street. In Kowloon, many roads were named after trading cities in China and Vietnam, the obvious ones being Canton Road and Hanoi Road, but we also have Haiphong Road, Hankow Road, Tonkin Road and Shanghai Street - the latter once a very prosperous street before the emergence of Nathan Road, Peking Road was originally called Chater Road, but was changed (along with several others) in 1909 to avoid confusion with their Hong Kong Island counterparts.

While there are some imaginative street names in existence, we also have some less-imaginative ones. Electric Road in North Point was, you guessed it, named after the power station built there. Conduit Road was so named after the aqueduct running beneath it and Water Street was named because of the (now hidden) nullah running down the middle of it. Closer to home, Welfare Road was named due to the location of the various charitable organisations situated along it and Heung Yip Road was supposedly named due to the smells emanating from the bakery located there. We have previously mentioned First, Second, Third and Fourth (High) Streets in Sai Ying Pun - all of which ran east to west - while Western, Centre and Eastern Streets ran north to south. Easier to remember but less of a story behind them!

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

幾平每天都接觸到但又不尋常的街道名稱。在上一期我們 到過皇后大道,這可能是以人物命名街道的最佳例子 - 就 是以維多利亞女王命名。我們還有許多以國王、女王、王子、 公主、公爵和首相等貴族以及總督和傑出公務員等名字命 名的道路。然而,卻有許多街道名稱並不那麼容易理解。

列拿士地臺可能是最不尋常的街道名稱之一, 因為這個名 字只此一家,沒有出現在其他地方。這條街道可能位於某位 亞歷山大先生的住房旁邊,而最終可能是因「翻譯失誤」所 致。當時,中文是從右到左書寫,而某位初級公務員最終將 道路名字倒寫過來。

其他英文和中文街道名稱之間的翻譯錯誤來自於許多英文 詞語的雙重含義。磅巷實際上是以位於該處的動物收容所 (即狗隻收容所) 命名的, 但被翻譯成了作為一個重量單 位。大強街則是以該處的電力站命名,但被翻譯為力量的 表現。最後,春園街是以一個有水池的花園命名,而不是

我們有許多以外國地名命名的道路例子 - 渣華道就是其 中一個明顯的例子,最初是根據一家坐落於該街道上的荷 蘭航運公司而命名。在九龍,許多道路以中國和越南的貿 易城市命名,其中包括廣東道和河內道,還有海防道、漢口 道、東京街和上海街。在礪敦道出現之前,上海街曾是一條 非常繁榮的街道。北京道原名遮打道,但在1909年改名(以 及其他幾條街道),以避免與香港島上的同名街道混淆。

雖然存在一些富有想像力的街道名稱,但我們也有一些缺 乏想像力的名稱。北角的電氣道,你猜對了,是以建在那裡 的電力站命名的。干德道則是以其下方的渠道命名,而水街 則是因其明渠 (現在已隱藏) 而得名。較接近本會所的就有 惠福道,它是根據沿街設有各種慈善機構而命名的,而香 葉道據説是因烘焙坊發出的氣味而命名。我們之前提到過 西營盤的第一、第二、第三和第四(高)街 - 它們都是由東 向西延伸的街道 - 而西邊街、正街和東邊街則是從南到北 延伸的街道。這些名稱更容易記住,但背後的故事較少!

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。

最近幾個月來,我們已走訪過香港各區,今期讓我們來看看

e have thrown down a slightly different challenge for our regular Fitness Centre users this year. Instead of a year-long challenge, we set monthly challenges on different equipment so anyone can join in at any time. While there are still two months to go, let's recognise these Members who have worked very hard this year

2023健身挑戰初部成績

2023

今年健身中心的挑戰與過往略有不同。挑戰每月在不同 設備上達到所需要求,而不是長達一年的挑戰目標,現 在還剩兩個月時間可以完成挑戰。讓我們向以下努力完 成目標的會員致敬。

Challenge

Early results are in!

Completion Levels 完成級別

- 12 Challenges completed 十二項 Super Star 超級星 No Members
- 8 Challenges completed 八項 Gold Star 金星 Mr Richard Fu
- 6 Challenges completed 六項 Silver Star 銀星 Mr Conor O'Mara
- 4 Challenges completed 四項 Bronze Star 銅星 Mr Christopher Liu Mr Kee Chi Hing Mr Wong Kong Yen

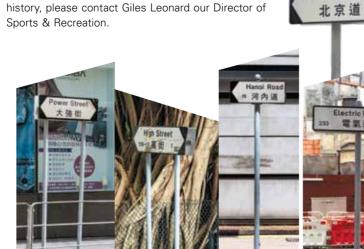
For more information, please ask our Fitness Centre team - Nelson and Keith, or for extra motivation, sign up with one of our Personal Trainers

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。

NOV 十一月 Stepper/Stepmill

DEC 十二月 Pool 100 lengths







Peking Road



FITNESS TIPS 健身秘訣

Tips for New Tai Chi Students

by Donald Ng, Tai Chi Professional

致太極初學者的秘訣

beginner learning Tai Chi for the first time may encounter difficulties with concentration and relaxation, and worry too much about correct posture. From the perspective of the mind and body, it is hard to relax both internally and externally at the same time. Relaxing the body is perhaps easier than for the mind, so for beginners, it is advisable to start to relax the body first.

Our movements are composed of our joints being simply open or closed. These joint movements are made by the stretching and tightening of the muscles throughout the body. In fact, as far as we move, that means we can relax our muscles to a certain extent. The joints, then are doing countless 'opens' and 'closes' every day and we should be confident that anyone can relax at any time, just like moving naturally.

But why do people feel unable to relax? It is not that we are not able to relax, but just that we feel tight and uncomfortable. In fact, from an objective point of view, the body is already relaxed, but it may not be enough and we do not realise it, and we are not able to control which parts of our body to relax more. Learning and practicing Tai Chi can enhance

our ability to control to relax our body.

Why is it always difficult to remember the movements? Many students find it difficult to remember all the Tai Chi form movements during the learning process. This is normal, and anyone who learns Tai Chi might have this experience. It may feel bad to perform the wrong moves, but on the other hand, learning Tai Chi may help us to concentrate without thinking about other affairs during practice.

The difficulty we encounter is a way that prompts us to enter "one thought covers all thoughts" status. If you are being easy on yourself with a casual attitude, you can build the block gradually. Concentrating your mind but doing it naturally helps you easily achieve the purpose of practicing Tai Chi.

It doesn't matter if you are unable to remember very well at the beginning. Make sure that you are determined, persevering and do not rush for immediate results, and soon you will make good progress. The so-called "haste makes waste" is the most reasonable statement when learning and practicing Tai Chi! Tai Chi is, therefore, not difficult to start with, so explore it and enjoy the wonderful learning journey!



初學太極的人士可能會遇到注意力不集中、過於放鬆、擔心姿勢錯誤等問題。從心靈和身體的角度來看,內在和外在同時放鬆是很難的。放鬆身體可能比放鬆心靈更容易,所以對於初學者來說,建議 先從放鬆身體開始。

太極姿勢是由打開或收緊關節組成。這些關節運動是通過全身肌肉的拉伸和收緊來完成的。只要我們活動,就意味著我們在一定程度上放鬆我們的肌肉。關節每天都在進行無數次的"打開"和"收緊",相信任何人都可以隨時放鬆,就像自然的動作一樣。

但為什麼會感覺無法放鬆呢?並不是我們不能放鬆,而是我們感到緊張和不舒服。從客觀角度來看,身體已放鬆了,但這可能還不夠,我們自己也沒有意識到,無法控制的哪些身體部位要更加放鬆。學習和練習太極可以增強我們控制放鬆身體的能力。

為什麼總是很難記住動作?許多學生在學習過程中發現很難記得所有太極拳動作。這是很正常的,學過太極拳的人都可能有這樣的經歷。做錯動作可能會讓人感到糟糕,但另一方面,學習太極拳可以幫助我們在練習時集中注意力,暫不去想其他事情。

遇到困難可促使我們進入"一念蓋萬念"的狀態。如果您讓自己寬容一點,心態隨意,就可以逐漸排除障礙。意念集中,自然而然,輕 鬆達到練太極拳的目的。

一開始記不太清楚也沒關係。只要有決心、堅持不懈,不要急於求成,很快你就會取得良好的進步。 所謂"欲速則不達",就是學習和練習太極拳的説法!因此,太極拳入門並不難,一起探索並享受學習太極拳的過程吧!



Pink Chan

Pink trained in Naeba in Japan and Cardrona and Treble Cone in New Zealand and has New Zealand Snowsports Instructors

Alliance (NZSIA) Ski Level One Certification. Pink is keen to coach at Amski and let her students know how fun skiina is.

Pink在日本苗場以及新西蘭卡德羅納和三錐山接受訓 練,並擁有新西蘭雪上運動教練聯盟(NZSIA)滑雪一級 證書。Pink熱衷於Amski擔任教練,讓學生知道滑雪是 多麼有趣。

Fuii **Au Yeung**

Fuji is a passionate ski instructor with NZSIA Ski Level One Certification. He strives to create a fun learning environment

and believes that fostering enjoyment and curiosity is crucial for optimal learning outcomes.

Fuji 是一位充滿熱情的滑雪教練,擁有NZSIA滑雪一級證 書。他努力創造有趣的學習環境,並相信培養學員對滑雪 的樂趣和好奇心,對於獲得最佳成績至關重要。

New Pilates Professional

Arnold Siew

Arnold had his first yoga and Pilates class in 2005 and is a certified Polestar Pilates and STOTT Pilates instructor. In

recent years he has focused on rehabilitation-related training to help clients develop better movement patterns in their daily life to prevent injury. Arnold is also certified in TRX suspension, AIS techniques, sports massage and yoga.

Arnold在2005年參加了他的第一堂瑜伽和普拉提課程, 成為經認証的Polestar Pilates和STOTT Pilates教練。近 年,他專注於與復康相關的訓練,幫助學員在日常生活中 發展更好的運動模式以預防受傷。Arnold還獲得了TRX 懸掛、AIS技術、運動按摩和瑜伽的認証。

Congratulations, Coach Asif!

恭喜匹克球教練Asif

Our warm congratulations go to the Club's Pickleball Coach, Asif Ismail, who recently became the World Pickleball Champion for his age group at the World Pickleball Championship in Bali.

Pickleball is a fast-growing sport and our covered court on the 8/F is a perfect place to play, especially during very hot or wet weather.



恭喜我們的匹克球教練Asif,他參加了9月底在峇里島舉 行的2023年世界盃匹克球錦標賽,並在他的年齡組別贏 得了冠軍。

匹克球在近年越來越受歡迎, 設於八樓的有蓋匹克球球 場,即使在濕熱的天氣下,亦能讓您盡情耍樂。

Ice Skating Show

溜冰表演

Sunday, December 10, at 3pm

Sign up to be part of this fun and exciting show on ice! The first of five weekly practices is on November 3 and dress rehearsal is December 8 at 6.15pm.

Price: \$1,350/Member \$1,750/guest (five practices)

Costume fee also applies, please check with Ice Rink counter.

12月10日(星期日),下午3時

快來參加這個有趣的冰上表演! 五週練習中的第一次練習於11月3日開始, 彩排為12月8日下午6時15分。

費用: 會員 \$1,350 來賓 \$1,750 (五次練習)

需額外支付服飾費,詳情請向溜冰場查詢

Enquiries 查詢: 2814 5374 (Ice Rink)





Christmas and **New Year Term** Break

聖誕及新年學期休假

Please check the Christmas and New Year Break schedule and the re-start dates for all regular group activities. If you plan to take extra holidays, please remember to submit an Application for Lesson Withdrawal/Cancellation form to the Central Reservations Centre in advance.

Children's Classes - One calendar month's advance written notice is required, or payment in lieu.

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

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

兒童課程 — 需預早一個月前提交課程缺席申請表,否則 需繳付課堂費用。

成人課程 — 需預早14天前提交課程缺席申請表,否則 需繳付課堂費用。

Christmas and **New Year Camps**

聖誕及新年活動課程

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

正為子女安排聖誕及新年的活動嗎? 本會準備了多項活動可供選擇。

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

For booking & enquiries, please call Central Reservations Centre on 2814 1222 or email to reservations@aberdeenmarinaclub.com

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

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ACTIVITIES NEWS 活動消息

Family Hiking Club

家庭登山樂



- Aberdeen History Walk Saturday. November 25
- Battle Trail Hike Saturday, December 16

These walks are pretty easy-going and suitable for families with children aged eight years and above. Please bring your own water bottle, hat, sun lotion and comfortable walking shoes. Both walks will leave the Club lobby at 9.30am and we should return around midday, just in time for lunch!

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

Reservations required - please call Reservations on 2814 1222

香港仔歷史遊 — 11月25日(星期六) 戰爭遺蹟遠足 一 12月16日(星期六)

路線相當輕鬆,適合8歲或以上的兒童參加。請 自備水、帽、防曬用品和穿著舒適的鞋履。兩個 活動均於上午9時30分從本會大堂出發,大約中 午時分返回會所,正好趕上享用午餐!

如欲查詢更多有關家庭登山樂的資訊,請聯絡本 會康體部總監李基爾。報名請致電預訂服務中心



Private Piano, Drum and Guitar Lessons

私人鋼琴、鼓和吉他班

Music can enrich one's life.

Musicland offers music lessons according to the London College of Music (LCM) Examination syllabus to all ages, from young children to teenagers and adults. Musicland is the only approved LCM examination centre in Hong Kong and ad hoc lessons are available.

Dechant Music Academy's Russian piano-school trained teacher has more than 10 years' teaching experience and is qualified to teach exam level any age and speaks English and Chinese.

音樂可以豐富一個人的生活。

Musicland 根據倫敦音樂學院 (LCM) 考試大綱提供適合所 有年齡層,從幼兒到青少年和成人的音樂課程。Musicland 是香港唯一LCM考試中心認可的機構,並提供特別課程。

Dechant音樂學院的老師曾在俄羅斯鋼琴學校受訓練,擁有 超過10年的教學經驗,具資格教授任何年齡層,以及考試 級別的課程,並提供英語和粵語教授。



瑜伽伸展班

Every Thursday from 10-11am at the 6/F Activities Studio

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

Member \$240 Guest \$330 per session

逢星期四,上午10至11時,6樓活動室

通過放鬆和恢復性的瑜伽動作,重新連接您的身心和意識。 進行一系列的開髖、深度伸展練習,以冥想來放鬆身心。 本課程專為需要休息、以及放慢速度、充電並與內在自我 聯繫的人而設。

每堂會員\$240 來賓\$330

Multi-Sports and Soccer

by Sports Talent Limited

綜合運動及足球

Every Monday at the 8/F Activity Park

For ages 18 months to 3 years -Baby Multi-Sports from 3.45-4.45pm

For ages 4-6 – Tiny Tots Multi-Sports from 4.45-5.45pm

For ages 7-10 - Soccer Class from 5.45-6.45pm Member \$275 Guest \$375 per session

逢星期一,8樓Activity Park

18個月至3歲 - 幼兒綜合運動,下午3時45分至4時45分 4至6歲 - 兒童綜合運動,下午4時45分至5時45分 7至10歳 - 足球班,下午5時45分至6時45分

每堂會員\$275 來賓\$375



太極班

Every Monday for Advanced Level & Wednesday for Beginners

The 24-Form programme is for beginners to learn and practice. The slow, graceful and rhythmic movements of the Tai Chi Form improve circulation and posture and relax both mind and body. People of all ages, conditions and abilities can benefit from Tai Chi. Those who have completed the 24-Form programme, or have Tai Chi experience, can 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

Beginners Level - Member \$270 Guest \$355 Advanced Level - Member \$370 Guest \$460

進階班逢星期一,初班逢星期三

課程學習二十四式的太極拳,適合初學和進階學員參加。 太極拳緩慢、優雅、有節奏的動作可以改善血液循環和姿 勢,放鬆身心。任何年齡人士都可以從太極拳中得益。完 成二十四式太極拳課程或有太極拳經驗的人士,可參加進 階班,探索更多吳氏太極拳,如傳統太極拳、推手、太極 刀及太極劍等。

初班每堂會員\$270 來賓\$355 進階班每堂會員\$370 來賓\$460

For bookings and enquiries, please contact the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com 報名及查詢請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com。







'2021 EUR 7,800,000







Over 300 Listings in Asia & Beyond

Sanlorenzo SX76

'2022' EUR 5,000,000



Rudv 80 '2014' USD 2.543.000 USD 1.999.999



Fairline Squadron 68 '2022' EUR 2,500,000 EUR 2,250,000



Sanlorenzo SL78 '2020' EUR 3.600.000



Ferretti Yachts 650 '2015' USD 1,450,000 USD 1,395,000



Sunseeker Manhattan 73 '2012' USD 1.700.000



Azimut 60 '2018' EUR 1,690,000





A Crossover of Dreams

The Ice Skating Journeys of Sidney Chu and Rulin Fuong

By Ryan McClenaghan,
Ice Skating Programme Coordinator
向夢想邁步 — 朱定文與董馮如琳的冰上旅途

o matter your age or stage in life, dreams can come true if you give all your heart, effort and commitment - age doesn't define what you can achieve or limit you to how far you can go. There are those who begin at a young age and successfully fulfill their dreams, and there are people that get their 'big break' later in life and prove they can accomplish great things as long as they never give up.

For these two students their journey started at the Club's ice rink and now you'll see how far they have come. They both have achieved great success in their personal life and competitive career already and they are not done exploring many more opportunities to better their already impressive achievements.

One is a doctor in training who has already made an Olympic appearance in 2022 and the other is an accomplished doctor with 30 years' experience and a mother of three, who has made it to the international stage in figure skating.

Sidney Chu is a short track speed skating Olympian and Hong Kong flag bearer, and Rulin Fuong is an international ice dance and synchronised skating competitor. Both skaters took their first steps on the ice at the Club's ice rink. Sidney and Rulin began at very different stages of life, with Sidney starting at only five years old in 2004 and Rulin starting at a youthful 44 years old in 2008.

Their reasons for starting skating are as different as their starting ages. Sidney started skating to hang out with his friends and schoolmates. Rulin first stepped onto the ice to encourage her five-year-old son after he initially refused to join in. The instant that both Sidney and Rulin stepped on the ice, both enjoyed the feeling of skating. At first Sidney enjoyed the social aspects of skating with friends, but, he "eventually started to love the feeling of going fast on ice!"

Rulin, on the other hand, joined a mommy class that was running at the same time as her son's new skating class and her being "not able to do anything in the initial class" motivated her to stay on ice and practice what she couldn't do in the lessons.

Neither Sidney nor Rulin had any definite goals when they started skating. In fact, Sidney just wanted to try skating, which led him to ice hockey and eventually to short track speed skating. Rulin thought she could lose some weight and get fit since ice-skating is such great exercise. Her strength and fitness today is a testament to that!

Both skaters found a path to take their love of being on the ice to a higher level. Sidney had exposure to ice skating, ice hockey and had experienced speed racing at Club competitions. His love of going fast on ice coupled with his previous skating experience motivated him to look at other opportunities to follow his speed skating dream. He then went on to start training at another rink that had the equipment and ice space to train at a higher level. He was inspired by his first short track speed skating coach Han Yueshuang. He was also influenced to keep training to reach a higher level by watching, studying and aspiring to be



as good as one of the greatest speed skaters of all time, Apolo Anton Ohno.

Rulin, on the other hand, was enthused to take figure skating to a competitive level when she and other skaters formed a synchronised ice-skating team in 2017. Even though the team consisted of herself and other Club participants, they had to take their practices to another rink to facilitate the large number of skaters skating in unison. Rulin was mainly encouraged and supported by past and current Club coaches who initially introduced the possibility of adult competitions and since 2017 the team has attended the ISU adult international competition in Oberstdorf, Germany whenever possible.

Speaking of competition, no matter what sport you want to do at a competitive level, a lot of time and effort that needs to be invested to be successful. Both Sidney and Rulin train six days a week year-round, but leading up to a competition or competition season, they will train with more intensity. Sidney trains from four to eight hours a day, including on ice, and office strength and conditioning. Rulin adds three hours additional training per week four months prior to a competition. That is true dedication and hard work but as you will see it has all paid off.

Sidney's career highlights so far include winning a

silver medal and historic men's relay bronze medal at the 2019 Asian Championships, and competing at the 2022 Beijing Winter Olympics. Rulin has competed in Oberstdorf, Germany with her synchronised skating team since 2017, but most recently she competed in Adult Bronze Ice Dance with her dance partner Jimmy Li and came home with a bronze medal. Congratulations to both of them for their achievements!

The similarities don't stop at the love of an ice sport, even though they took different paths in their preferred ice sport, they both have the same passion to work with children. Rulin is a general practitioner who only works with children and Sidney plans to continue his studies and become a paediatrician. Rulin was inspired to become a doctor when her grandmother had a stroke when she was a child and she wanted to help her. After starting at Queen Mary Hospital for the first few years, she has been in a private practice in Central ever since, meaning she has been a medical professional for 30 years.

Sidney was inspired by his own paediatrician seeing how he made children feel better and he was amazed how "talented physicians were able to heal not only the physical aspects of the problem but also pay attention to the often ignored mental and social

SPECIAL FEATURE 專題特寫

aspects that underlie them." Working with children on the ice solidified his passion to become a paediatrician himself - "when treating adults, doctors often save a life, but when treating children, doctors are able to save a lifetime."

Looking to the future, Sidney plans on continuing his training and his goal is to maintain his level of competitiveness and "push for even better results with my team on the world stage." Rulin will continue competing with her synchro team but she is also trying to convince her husband, who started skating two years ago, to join her to compete in free dance.

For people just starting out, Sidney says, "Ice skating is a sport for all different personalities. So, if one ice sport doesn't work out for you, take a shot at a different one!"

"Keep practicing," says Rulin. "It's an addictive sport because you can always improve. Ice skating in Hong Kong is awesome, it's all year round and it's away from the sun, and the ice totally keeps you young."

And a last word from Sidney: "The ice-skating community at The Aberdeen Marina Club is amazing! It's a great place for people of all ages and abilities to

start out, try new things and build a foundation for any ice sport. It's a place where dreams can come true."

Dare to dream as these two did and maybe your dreams can come true too! We can't wait to see where the future takes them and possibly you too!

不論您是處於甚麼年齡或階段,只要付出努力和承諾,夢想就可以實現 — 年齡並不規範取得什麼成就,也不能限制您能走多遠。有些人從年輕時就開始並成功實現了自己的夢想,有些人在較後的階段中取得了"重大突破",並證明只要永不放棄,就能成就偉大的事情。

對於這兩名學生來說,他們的旅程從本會的溜冰場開始, 現在您可看到他們已經走到很遠。他們都已經在個人生活 和職業生涯中取得了巨大的成就,並且還繼續探索更多機 會來提升自我。

一位是正在接受訓練的醫生,成功參加了2022年奧運會; 另一位是一位擁有30年經驗的多才多藝的醫生,也是三個 孩子的母親,曾登上花式溜冰國際舞台。

朱定文(Sidney)是短道速滑奧運選手和香港旗手,董馮如琳(Rulin)是國際冰舞和花式溜冰運動員。兩位溜冰運動員在本會的溜冰場上邁出了冰上的第一步。Sidney和Rulin的人生階段截然不同,Sidney於2004年才五歲,而Rulin在2008年已四十四歲。



Rulin and her synchro team competing at ISI Skate Asia in Discovery Bay, August 11, 2023.



他們開始溜冰的原因和年齡也不同。Sidney開始溜冰是為了與朋友和同學一起出去玩。Rulin最初為了鼓勵五歲的兒子學習溜冰而踏上溜冰場。Sidney和Rulin踏上冰場上的那一刻,都享受著溜冰的感覺。 起初,Sidney喜歡與朋友一起溜冰建基於社交方面,但是他最終愛上在冰上快速奔跑的感覺!

另一方面,Rulin參加了一個媽媽班,該班與她兒子的新溜冰課同時進行,她最初在課堂中什麼都做不了,這促使她不斷地練習。

Sidney和Rulin開始溜冰時都沒有任何明確的目標。事實上,Sidney只是想嘗試溜冰,這讓他接觸了冰上曲棍球,並最終喜歡上短速滑冰。Rulin認為溜冰可以減肥並保持健康,因為溜冰是一項很好的運動,至今她的力量和健康證明了這一點!

這兩位溜冰運動員都找到了一條道路,讓他們把對溜冰的熱愛昇華至更高的水平。Sidney接觸過溜冰和冰上曲棍球,並在本會比賽中參加過速度賽。他鍾情於冰上快速滑行加上具有溜冰經驗,促使他實現了速度滑冰的夢想。他在一個擁有完善設備的冰場開始訓練,以提高訓練水平。Sidney受到他的第一位短速滑冰教練韓月雙啟發,並通過觀看和學習優秀的選手,來達到更高的水平,如最傑出的速滑運動員之—Apolo Anton Ohno。

Rulin則熱衷於花式溜冰,努力提升到競技水平,她和其 他溜冰運動員在2017年組成了花式溜冰隊。儘管該隊由她 自己和其他本會學員組成,但他們必須到另一個溜冰場訓 練,方便集合大家一起練習。她主要受到引入成人比賽的 前任和現任本會教練的鼓勵和支持,自2017年以來,溜冰隊曾參加在德國奧伯斯特多夫舉行的ISU成人國際比賽。

說到賽事,無論什麼運動,都需要投入大量的時間和精力才能取得成就。Sidney和Rulin全年每週訓練六天,在比賽或賽季之前,他們會進行更加密集的訓練。Sidney每天訓練四到八個小時,包括冰上和冰外力量和體能訓練。Rulin在比賽前四個月每週增加三小時的額外訓練。這是真正的奉獻和努力,但您會看到這一切都得到回報。

至今為止,Sidney的職業生涯亮點包括在2019年亞錦賽上贏得銀牌和歷史性的男子接力銅牌,並參加2022年北京冬奧會。Rulin自2017年以來,一直隨她的花式溜冰隊參加德國奧伯斯特多夫的比賽,而最近她與舞伴Jimmy Li一起參加了成人冰舞比賽,並獲得了銅牌。恭喜他們兩人取得這佳績!

Sidney和Rulin相似之處並不僅限於對冰上運動的熱愛,儘管他們在自己喜歡的冰上運動上走上不同的道路,但他們都對有關孩子的工作充滿熱情。Rulin是一名全科醫生,只從事兒科工作,Sidney計劃繼續學業,成為一名兒科醫生。當Rulin小時候祖母中風時,她萌生了成為一名醫生的想法,她希望幫助祖母。在瑪麗醫院工作幾年後,她一直在中環的私人診所工作,已經成為一名醫療專業人士30年。

Sidney受到自己的兒科醫生啟發,看到他如何讓孩子們感覺更好,他感到意外的是,有才華的醫生不僅能夠治愈身體,而且還能夠關注問題背後經常被忽略的心理和社交層面。在冰上與小孩一起溜冰更加堅定了他成為一名兒科醫生的熱情一在治療成人時,醫生通常可以挽救一條生命,但在治療兒童時,醫生能夠拯救病人一生。

展望未來,Sidney計劃繼續訓練,他的目標是保持自己的 競賽水平,並與他的團隊在世界舞台上爭取更好的成績。 而Rulin將繼續與她的花式溜冰隊參加比賽,她亦試圖説服 兩年前開始溜冰的丈夫與她一起參加花式舞比賽。

對於剛開始溜冰的人來說,Sidney說:『滑冰是一項適合 所有不同性格的人的運動,所以,如果一項冰上運動不適 合你,那就嘗試另一項吧!』

『繼續練習,這是一項令人上癮的運動,因為你總是看得見進步。在香港一年四季都可以溜冰,而且遠離陽光,在冰上可以讓你保持年輕。』Rulin説。

最後Sidney説:『深灣遊艇會的溜冰群組太棒了!任何年 齡層和擁有不同能力的人士都可以在這裡開始,嘗試新事 物,並為任何冰上運動打下基礎的。這是一個可以實現夢 想的地方。』

像這兩位運動員一樣忠於夢想,也許你的夢想也能實現! 我們期待著他們的未來,也許還有你!

MEMBERS EVENT 會員活動

Jewellery Masterclass with K.S. Sze & Sons

K.S. Sze & Sons珠寶規劃大師班

K.S. Sze & Sons is the longest-running business in Hong Kong's Mandarin Oriental Hotel. Known for designing unique creations made with rare and stunning gems, K.S. Sze & Sons will share its jewellery secrets.

K.S. Sze & Sons是香港文華東方酒店歷史最悠久的珠寶企業,以 其精湛的工藝和珍貴的寶石聞名,將與您分享珠寶設計的秘訣。



The Family Tree

家庭樹

The secrets to holiday gift planning using your family tree – how to create a multigenerational jewellery collection.

Wednesday, November 8
Session 1: 10.30am – midday
Session 2: 2-3.30pm

G/F Private Deck

Member: Complimentary Guest: \$60
Only one guest per Member due to limited seats.

講座將由經營四代的家族珠寶商主講,揭示如何利 用家庭樹進行禮物規劃,以及繪製代代相傳的珠寶 收藏品。

11月8日(星期三)

第一節: 上午10時30分至中午12時

第二節:下午2時至3時30分

地下Private Deck 會員: 免費 來賓: \$60

名額有限,每位會員可邀請最多一位來賓。

Masterclass with K.S. Sze & Sons

珠寶設計工作坊

Learn how we do it: creative personal jewellery design.

Thursday, November 9 Session 1: 10.30am – midday

Session 2: 2-3.30pm

G/F Private Deck
Member: Complimentary Guest: \$60

Only one guest per Member due to limited seats.

參加者將學習如何將創意無限的概念融入珠寶製 作。

11月9日(星期四)

第一節: 上午10時30分至中午12時

第二節:下午2時至3時30分

地下Private Deck

會員: 免費 來賓: \$60

名額有限,每位會員可邀請最多一位來賓。

ast August, invited the Collection from Hong
Kong Red Cross Blood
Transfusion Service to the
Club to host a blood donation drive.
More than 50 members of staff and
Club Members joined this meaningful event, sharing the joy of helping the ones in need and saving lives.
Thank you to all blood donors for their support and

contributions. One single blood donation can save three to four lives, and stable blood supply is crucial for clinical transfusion needs.

Blood

Drive

流動捐血服務

Donation

在八月份,本會邀請了香港紅十字會輸血服務中心流動 募血隊到會所舉辦捐血活動。超過50名員工及會員參加 了這次別具意義的活動,分享幫助有需要的人和拯救生 命的喜悦。

感謝所有參加者的支持和無私貢獻。一次獻血可以挽救 三至四個生命,穩定的血液供應對於臨床輸血需求至關 重要。





For registrations and enquiries, please call Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com 報名及查詢,請致電會員部電話2814 5436或電郵至member@aberdeenmarinaclub.com。

Dry Boat Store Stacker Crane Replacement 快艇倉吊機更換工程



The stacker crane in the Dry Boat Store has been serving the Club for 40 years. The Dry Boat Store will therefore be closed from November 20 for almost two months for installation of the new stacker crane to ensure safe and stable services for boat owners.

We apologise for the incovenience.

快艇倉的吊機已經為本會服務了40年。為確保船主們的安全和維持穩定服務,快艇倉將由11月20日起關閉約兩個月以更換新吊機。 不便之處,敬請原諒。

Operating Hours from November to April 11月至4月開放時間

Club Ferry 會所渡輪

Monday, Wednesday to Friday 星期一、三至五

8.30am to 6pm

Tuesday 星期二 8.30am to 5.30pm

Saturday, Sunday and Public Holidays 星期六、日及公眾假期 8am to 7pm

Dry Boat Store 快艇倉

Monday, Wednesday to Friday 星期一、三至五

8.30am to 6pm

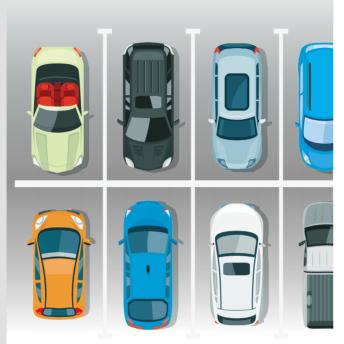
Tuesday 星期二 Closed

Saturday, Sunday and Public Holidays 星期六、日及公眾假期 8am to 7pm

Enquiries查詢: 2814 5368

* Dry Boat Store will be closed from November 20 for approximately two months.







Annual Parking Registration 年度泊車登記

Existing Members' parking registration will be automatically continued for 2024. Members who currently have their vehicles registered will be automatically charged the applicable annual parking fee on their December statement. Members who wish to cancel their parking registration should inform the Membership Office by December 31, 2023.

本會將為現有年度泊車登記之會員自動延續其登記至2024年,並於其帳戶內扣除年度泊車費用,帳目將於12月份之月結單上顯示。若會員希望取消其泊車登記,請於2023年12月31日或之前通知會員部。

Dos and Don'ts for Dolphin Watching 觀賞海豚的注意事項



As dolphin-watching has become increasingly popular in recent months, we would like to highlight the following advice, which is based on government guidelines.

Dos

- Always watch dolphins from a distance.
- Only one dolphin-watching vessel should be present within 500 metres of a group of dolphins.
- Keep vessel at a slow and steady speed without sudden course changes. Boat speed should not exceed 10 knots.
- Slow down to no-wake speed and stop if dolphins appear within 100 metres ahead.

Don'ts

- Do not touch or feed dolphins.
- Never approach dolphins head-on.
- Vessels should never use reverse throttling when dolphins are nearby.
- Do not chase or intercept the course of dolphins.
- Do not pollute the ocean.

For more information on dolphin-watching activities, select the Conservation Status link from the Marine Conservation menu option after clicking the Conservation tab at the Agriculture, Fisheries and Conservation Department website, www.afcd.gov.hk.

觀賞海豚在近幾個月變得越來越受歡迎,以下是政府的建議。

遵守:

- 從遠處觀看海豚。
- 在海豚出現的500米以內,只可有一艘觀豚船。
- 觀豚船隻應保持緩慢穩定的速度前進或停船,不要突然改變方向。船速不應超過10海里。
- ◆若前方100米範圍內出現海豚,船隻應減速以減少產生浪花,或應停駛。

切勿:

- 請勿觸摸或餵飼海豚。
- 不可向海豚迎面駛去,只能從側面靠近。
- 不可在海豚附近「開倒車」。
- 請勿追逐或穿越海豚游弋的路線。
- 不要污染海洋。

有關觀賞海豚活動詳情,請點擊香港漁農自然護理署網站(www.afcd.gov.hk)上的「自然護理」檢索後,從「海洋護理」選項中選擇「存護情況」鏈結。



SKATER • AGE 9 CATHERINE ZHAO

Catherine loves skating for challenging herself – trying her best to do as well as she can. She has now already reached Freestyle Level 2. Keep it up, Catherine!

Catherine喜好溜冰,她喜歡挑戰自己,盡最大的努力做到最好。她現在已經達到花式2級。繼續努力,Catherine!

SWIMMER • AGE 12 MONA ZHOU

Mona embodies dedication and a positive mindset. With unwavering punctuality, she eagerly follows her coach's instructions, fostering a supportive training environment. Mona's attitude sets her apart, inspiring teammates to strive for excellence. Her commitment and coachability make her a deserving recipient of this recognition. Well done, Mona!

Mona表現正面積極。她每次都準時練習,並遵循教練的指示努力練習。 Mona的積極態度激勵隊友追求卓越。 她的學習精神獲得一致認可。做得好,Mona!

TENNIS PLAYER • AGE 8 ALLISON CHEW

Allison loves to play tennis and has recently improved her tennis game overall. She loves playing matches and her favourite shot is the forehand. Keep it up, Allison!

Allison熱愛打網球,而且最近也進步了很多。她喜歡參加比賽,而Allison最喜歡的擊球就是正手擊球。繼續努力,Allison!

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MEMORABLE MOMENTS 難忘月段

Mid-Autumn Fun Party





































Christmas

CELEBRATIONS

AT OUR FUNCTION ROOMS

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

今年的聖誕節本會準備了一系列精緻的聖誕美食、為您和您的員工及業務夥伴盡情慶祝。

Christmas lunch and dinner packages for a minimum of 10 persons are available from \$580 and \$800 per person respectively.

聖誕午宴和晚宴套餐,每位\$580及\$800起(最少預訂10位)。





PACKAGE INCLUDES 優惠包括

- A festive welcome drink 聖誕特飲一杯
- Party favours 派對飾物
- One complimentary car parking space for every 10 guests 每十位賓客可享一部車輛免費停泊
- Christmas table centrepiece 桌上提供聖誕節裝飾
- · Free corkage for two bottles of wine/champagne for every 10 guests

每十位賓客可獲兩瓶洋酒或香檳免開瓶費

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

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

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

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

YOUR ROOM