

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

NOVEMBER/DECEMBER 2022





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Portwatch

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THE
ABERDEEN MARINA CLUB

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Portwatch Editor / Mr Adam Nebbs



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



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NEW YEAR'S EVE
**SUPERNOVA
 COUNTDOWN PARTY**

除夕倒數派對

SATURDAY, DECEMBER 31

Calling all space rangers! We are inviting you to join us for a fun party that will be out of this world! Suit up and jump into our spaceship and let's welcome the New Year together!

2023

BUFFET: 6:30-11PM
 KIDS' COUNTDOWN AT 9PM
 ADULT \$888 • CHILD (3-11) \$508

*Highlights: Photo booth and game booths
 Dress code: Outer space*

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

NEW YEAR'S EVE
 CELEBRATION
**THE ROARING
 TWENTIES**

除夕夜晚宴

Saturday, December 31

12月31日(星期六)

THIS NEW YEAR'S EVE, MARINA GRILL WILL BE CELEBRATING THE START OF 2023 WITH A ROARING TWENTIES THEME.

SO JOIN US FOR AN UNFORGETTABLE PARTY!

今年Marina Grill在除夕夜將舉辦二十年代主題晚宴，一起迎接2023年！

Welcome drinks at 7pm

酒會設於晚上7時

Dinner at 7.30pm

晚宴由晚上7時30分開始

Dress Code:

1920s-themed evening dress in gold, black and white

服裝要求:

20年代金色或黑白禮服 (只限18歲或以上人士參加)

Age restriction:

18 years and above
 \$1,888 per person

每位\$1,888

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

上海之夜除夕派對

A NIGHT IN SHANGHAI

NEW YEAR'S EVE PARTY

SATURDAY, DECEMBER 31

7.30PM TO MIDNIGHT
(BUFFET FROM 7.30PM TO 10.30PM)



ADULT \$888 | CHILD \$508

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

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

THE BACKROOM
AT LA CAVE

New Year's Eve DINNER



Saturday, December 31

Sharing Menu
\$888 per person

Wine Pairing
\$480 per person

18 years old and above only

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。

2022 Festive Programmes Reservation Form 2022 節日活動預訂表格

DATE 日期	EVENT 活動項目	VENUE 地點	NO. OF PERSONS 人數					
			ADULTS 成人		CHILDREN (3-11) 小童 (3-11歲)		CHILDREN (UNDERS) 小童 (3歲以下)	
			Price 價錢	No. 人數	Price 價錢	No. 人數	Price 價錢	No. 人數
CHRISTMAS EVE 平安夜								
Saturday December 24	Christmas Eve Lunch Buffet 平安夜自助午餐	The Deck / Portside	1st seating 528 2nd seating 528		318 318		(please circle)	
	Christmas Eve Dinner Buffet 平安夜自助晚餐	The Deck / Portside	658		428			
	Christmas Eve Lunch 平安夜午餐	Marina Grill	588		298			
	Christmas Eve Dinner 平安夜晚餐	Marina Grill	988		298			
CHRISTMAS DAY 聖誕節								
Sunday December 25	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			
	Christmas Day Lunch 聖誕午餐	Marina Grill	788		298			
	Christmas Day Dinner 聖誕晚餐	Marina Grill	988		298			
	Christmas Lunch Buffet 聖誕自助午餐	Grand Ballroom	688		498	158		
BOXING DAY 節禮日								
Monday December 26	Boxing Day Lunch Buffet 節禮日自助午餐	The Deck / Portside	1st seating 598 2nd seating 628		408 428		(please circle)	
	Boxing Day Dinner Buffet 節禮日自助晚餐	The Deck / Portside	658		428			
	Boxing Day Lunch 節禮日午餐	Marina Grill	588		298			
NEW YEAR'S EVE 除夕夜								
Saturday December 31	New Year's Eve Lunch Buffet 除夕自助午餐	The Deck / Portside	1st seating 408 2nd seating 408		198 198		(please circle)	
	Supernova New Year's Eve Buffet 除夕自助餐	The Deck	888		508			
	A Night in Shanghai New Year's Eve Buffet 上海之夜除夕自助餐	Portside	888		508			
	The Roaring Twenties New Year's Eve Dinner 二十年代主題除夕晚宴	Marina Grill	1,888					
	New Year's Eve Festive Dinner 除夕夜晚宴	The Backroom	888					
NEW YEAR'S DAY 元旦日								
Sunday January 1	New Year's Day Lunch Buffet 元旦自助午餐	The Deck / Portside	1st seating 498 2nd seating 498		298 298		(please circle)	
	New Year's Day Dinner Buffet 元旦自助晚餐	The Deck / Portside	498		298			
	New Year's Day Roast 元旦日燒烤午餐	Marina Grill	688		178			

- Reservations will be confirmed on a first-come-first-served basis
- 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

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

CONTACT NO. 電話號碼: _____ FAX 傳真號碼: _____ EMAIL 電郵: _____

SIGNATURE 簽名: _____ DATE 日期: _____
Office Use 本會專用: Confirmed by 確認人: _____ Date 日期: _____

Please fax the reservation form to Central Reservations Centre on 3020 7499.
For enquiries, please call the Central Reservations Centre on 2814 1222 or email reservations@aberdennmarinaclub.com.

Christmas Fare Order Form

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUNT
FESTIVE ROASTS TO GO			
<i>48 hrs. notice is required</i>			
Festive Turkey – Cut or Whole <i>(inclusive of giblet sauce and roasted potatoes)</i>			
.... (S) <i>Approx. 4.5 to 5.5kg for 4 to 6 persons</i>	1,588		
.... (M) <i>Approx. 7.2 to 8.2kg for 8 to 10 persons</i>	2,388		
Traditional Side Dishes <i>(Glazed Chestnut – Brussel Sprouts – Braised Red Cabbage – Stuffing – Cranberry Sauce – Giblet Sauce)</i>			
.... (S) <i>Package for 6 persons</i>	488		
.... (M) <i>Package for 10 persons</i>	688		
.... (L) <i>Package for 12 persons</i>	888		
Roasted USDA Prime Rib <i>(Approx. 3.5kg, red wine sauce)</i>	3,988		
Roasted US Angus Ribeye <i>(Approx. 3kg, red wine sauce)</i>	2,088		
Roasted Bone in Ham <i>(Approx. 10kg, apple sauce)</i>	1,880		
Smoked Gammon Ham <i>(Approx. 3kg, cloves & orange)</i>	1,288		
YOUR CHOICE OF SIDE DISHES			
Brussel Sprouts <i>(per 300gr)</i>	118		
Stuffing <i>(per 300gr)</i>	168		
Roasted Potatoes <i>(per 300gr)</i>	88		
Parmesan Cheese Mashed Potatoes <i>(per 500g)</i>	118		
Potato Gratin <i>(per 540g)</i>	268		
Cranberry Sauce <i>(per 100g)</i>	118		
Giblet Sauce <i>(per 300g)</i>	118		
FESTIVE DELICACIES TO GO			
<i>48 hrs. notice is required</i>			
Smoked Salmon <i>(350gr)</i> Caper berries, horseradish sauce, pickled beetroots	498		
Cold Cuts Platter <i>(400gr)</i> Salami, Mortadella, Coppa, Parma Ham, condiments	428		
Cheese Platter <i>(400gr)</i> Brie, Gorgonzola, Manchego, Oscielci al Barolo, condiments	428		
FESTIVE SWEETS TO GO			
<i>48 hrs. notice is required (our confectionaries are produced in a single size approx. 6)</i>			
Amore Log Cake	380		
Mango & Coconut Log Cake	380		
Caprice Log Cake	380		
Mont Blanc Log Cake	380		
<i>Traditional Treats</i>			
English Fruit Cake	388		
Stollen Marzipan	388		
Ginger Bread Man	158		
Ginger Bread House	388		
Ginger Star Cookies Box (12 pcs)	138		
Christmas Cookies Box (12 pcs)	188		

Delivery NOT included Orders start on December 1, 2022

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): _____ EMAIL 電郵: _____

SPECIAL INSTRUCTIONS 特別指示: _____

DELIVERY ADDRESS 送貨地址: _____
(For hampers and Xmas tree only)

For enquiries, please call 2814 5302.
For orders, please email marinadeli@aberdennmarinaclub.com, whatsapp 6390 0716 or fax this form to 3020 7495.

Decorative Hampers

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUNT
SANTA'S HAMPER 2022			
<ul style="list-style-type: none"> • Ruggeri 'Argeo' Prosecco Brut N.V., Veneto, Italy • Petite Sirène de Château Giscours, Bordeaux, France • Traditional Classico Panettone • Hazelnut Chocolate Truffles in Tin • Grandiner's Assorted Cookie • Assorted Pate De Fruits Candy • Terre Bormane Palmiro Balsamic • Ardoino FRUCTUS Extra Virgin Olive Oil • Floré Fruits Infused Honey 	2,088		
XMAS HAMPER 2022			
<ul style="list-style-type: none"> • Ferrari Trento Brut N.V., Italy • Moulin de Couhins, Pessac-Léognan, Bordeaux, France • Traditional Classico Panettone • Shangri-La Signature Assorted Chocolate Set • Floré Scented Tea Box • Grandma Wild's Assorted Cookie • Premium Pistachio Nougat • Green Pistachio of Bronte DOP Cream • Black Truffle Pate 	3,188		
ULTIMATE HAMPER 2022			
<ul style="list-style-type: none"> • Champagne Veuve Clicquot Yellow Label Brut N.V., France • Château Cantemerle, Haut-Médoc, Bordeaux, France • Traditional Classico Panettone • Michel Cluizel Assorted Chocolate • Farmhouse Assorted Butter Biscuits • Floré Scented Tea Gift Set • South West Coastal Honey TA10+ • Truffle Hot Sauce • Sea Salted Toffees in Tin 	3,988		

Delivery included
*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	UNIT PRICE HK\$ / QUANTITY				AMOUNT
	DOUGLAS FIR	QUANTITY	NOBLE FIR	QUANTITY	
5 feet	1,650		1,950		
6 feet	1,850		2,250		
7 feet	2,050		3,100		
8 feet	3,200		4,400		

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.
Disposal service not available.*

K O A
N I S E K O

Niseko's *best* turnkey villa experience.

Awarded *Best Residential Development* in Japan by The Asia Pacific Property Awards, Koa Niseko is an exclusive collection of fully-furnished luxury villas and townhouses located in stunning Upper Higashiyama, just a few minutes walk to the Niseko Village ski lifts.

Inspired by traditional Japanese farmhouses and Scandinavian contemporary aesthetics, each Koa Niseko home is a balance of airy spaces and warm touches, celebrating the joy of slow living, immaculate craftsmanship, and thoughtful, family-oriented design.

Get in touch with us today for an exclusive viewing of the final 5 remaining Koa Niseko homes on the market.

For sales and booking enquiries

SALES@KOANISEKO.COM

WWW.KOANISEKO.COM



A HOUSE OF KOA CONCEPT



CHRISTMAS GOODIES

聖誕禮品推介

MARINA DELI BRINGS CHRISTMAS GOODIES FROM SHANGRI-LA - LET NOBLE MR NUTCRACKER BE YOUR GUIDE TO THE MAGICAL KINGDOM, FILLED WITH FESTIVE FUN AND SEASONAL TREATS FOR ALL OF THE FAMILY TO ENJOY. JOIN US ON A DISCOVERY OF ENCHANTED WONDERS.

深灣店發售由香格里拉推出的冬日糖果禮品，為你的節日增添色彩。



MARINA
DELI

Seasonal item, while stocks last. For orders and enquiries, please call Marina Deli on 2814 5302 or 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。



PANETTONE PROMOTION

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，你可從11月中起到深灣店選購。



THANKSGIVING TURKEY

感恩節火雞

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)** \$1,588 FOR 6 PERSONS
- **ROAST TURKEY (MEDIUM)** \$2,388 FOR 12 PERSONS (Inclusive of Giblet Sauce and Roasted Potatoes)



MARINA
DELI

For orders and enquiries, please call Marina Deli on 2814 5302 or 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。

CHAMPAGNE PROMOTION

香檳推介

CELEBRATE CHRISTMAS WITH CHAMPAGNE!

- **VEUVE CLICQUOT YELLOW LABEL BRUT NV**
- **PERRIER-JOUËT BLASON ROSÉ NV**
- **HENRIOT BLANC DE BLANCS NV**

BUY 6 BOTTLES GET 15% OFF
BUY 12 BOTTLES GET 20% OFF



MARINA
DELI

For orders and enquiries, please call Marina Deli on 2814 5302 or 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
BALCONY
FESTIVE
CELEBRATION MENU

節日菜式推介

DECEMBER 20 TO JANUARY 2



BAKED MUSSELS IN CLAY POT
yellow creamy curry

LOBSTER
WITH E-FU NOODLE
curry cream sauce

BRAISED BEEF CHEEK
chu chi spicy sauce

GRILLED SEAFOOD BASKET
*fish in banana leaf, scallops, giant tiger
prawn, squid, black mussels*

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。

Caffé
LUNA

FESTIVE SPECIALS

節日美食推介

DECEMBER 8 TO JANUARY 2



Lobster Chitarra
Pasta

White wine, garlic, aromatic
herbs, olive oil

Grilled Whole
Lobster

Crispy polenta bites,
cherry tomato salad

Whole Roasted
New Zealand
Lamb Shoulder

Roasted vegetables, salsa verde

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

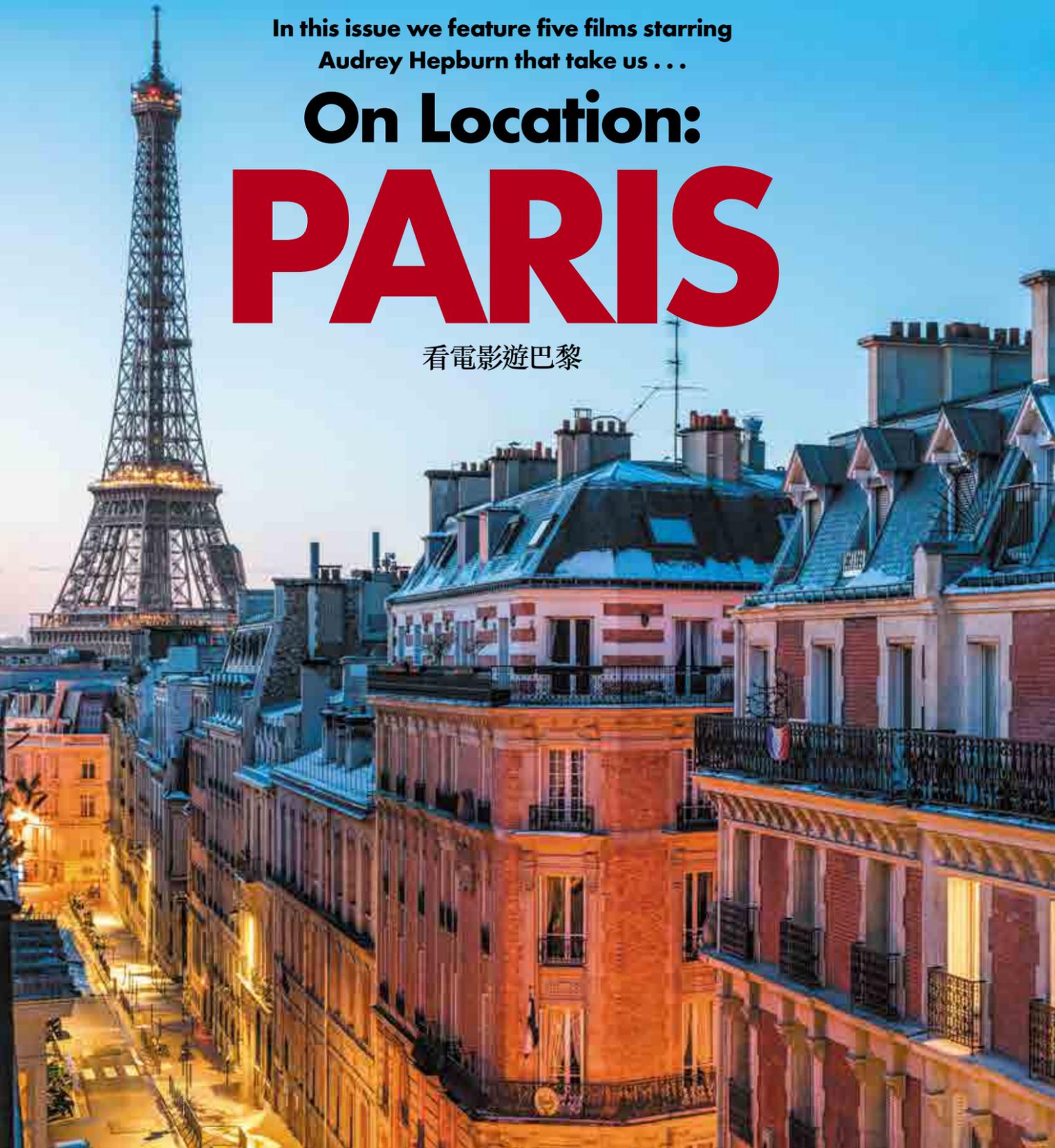
訂座請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com。



In this issue we feature five films starring
Audrey Hepburn that take us . . .

On Location: PARIS

看電影遊巴黎



Funny Face

甜姐兒 (1957)

Director: Stanley Donen

Also starring: Fred Astaire, Kay Thompson

The first Audrey Hepburn film shot on location in the French capital, fashionable *Funny Face* showcased not only her famously enduring partnership with Parisian designer Hubert de Givenchy, but also her singing and dancing skills in this, her first musical production. As a New York bookseller who gets whisked off to Paris to be a model after being discovered during an uninvited fashion shoot in her shop, Hepburn is wooed by her photographer (based on famed fashion photographer Richard Avedon, who also worked on the film), played by Fred Astaire. The first musical number on arrival in France is the magnificent *Bonjour Paris* – an upbeat, colourful introduction to the city seldom equalled on screen and worth the price of admission alone.

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

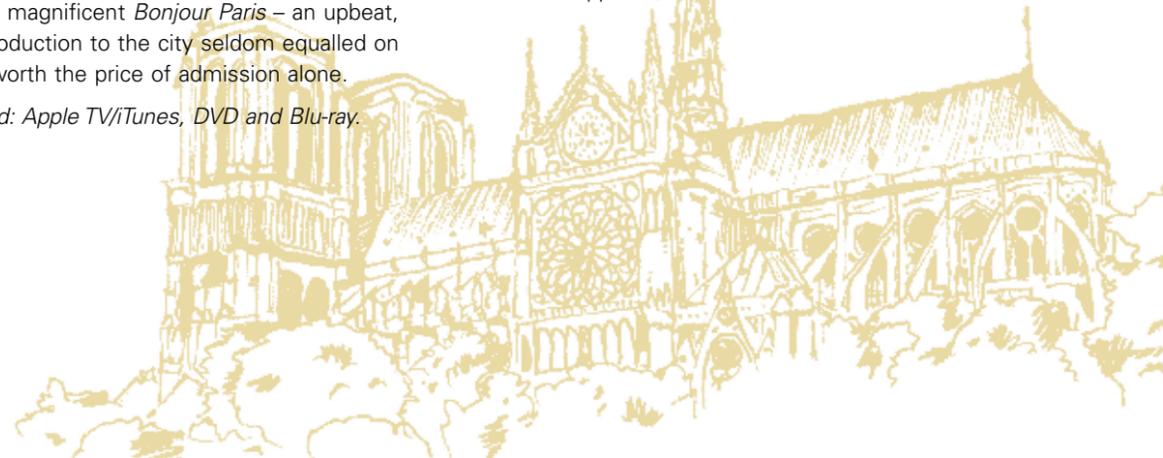


導演: 史丹利杜倫

演員: 佛烈雅士堤、凱湯普森

《甜姐兒》是柯德莉夏萍第一部在法國首都拍攝的電影，亦是她首部的歌舞片。此電影不僅展示了她與著名巴黎設計師Hubert de Givenchy持久的合作關係，更展現了她的歌舞技巧。在影片中柯德莉夏萍飾演一名紐約書店的店員，在店內一次不請自來的時裝拍攝中被發掘後，便飛到巴黎當模特兒，更被弗雷德阿斯泰爾所飾演的攝影師追求（參照著名時尚攝影師 Richard Avedon，他也參演這部電影拍攝）。在法國的第一部音樂劇是《早安巴黎》——在屏幕上展示這座城市的活力及多姿多彩，非常值得一看。

觀看影片: Apple TV/iTunes, DVD或藍光影碟。





Love in the Afternoon

巴黎春戀 (1957)

Director: Billy Wilder
Also starring: Gary Cooper, Maurice Chevalier

Filmed immediately after *Funny Face*, Billy Wilder's *Love in the Afternoon* takes place mostly in the Hotel Paris Ritz and the Place Vendome. The opening scene presents an amusing montage demonstrating the amorous nature of Parisians across the city, but the film certainly cannot be accused of overplaying its location. Often criticised for the 28-year age gap between Gary Cooper (who plays an international playboy being watched by a private detective) and Audrey Hepburn (playing the detective's daughter), this black-and-white film is rather long, the pacing slow and lacking much in the way of chemistry

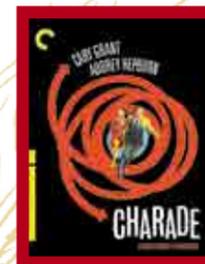
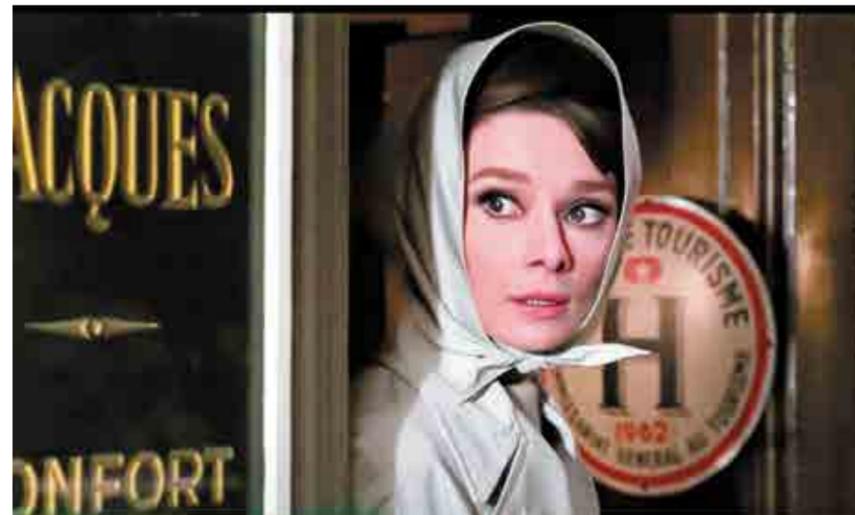
between the two leads. It was rather more popular in freewheeling France, where it was released as *Ariane*, after the title of the French novel that it was based on. Incidentally, Fred Astaire was 30 years Hepburn's senior in *Funny Face*, but he was so light on his feet, and the romantic relationship so lighthearted, that few seemed to care. *Love in the Afternoon* had its world premiere in Paris on May 29, 1957, less than three weeks after *Funny Face* was given its first French showing at the Cannes Film Festival, where its director Stanley Donen was nominated for the Palme d'Or.

Where to find: DVD and Blu-ray.

導演：比利懷特
演員：加利谷巴、梅禮士司花利亞

《巴黎春戀》是比利懷特繼《甜姐兒》之後的作品，電影主要在巴黎麗茲酒店和凡登廣場取景。開場採用有趣的蒙太奇手法來展示巴黎人的多情特性，又不失誇大的說法。影片經常被人批評加利谷巴（扮演一個被私家偵探監視的花花公子）和柯德莉夏萍（扮演偵探的女兒）的年齡差距達28年，這部黑白電影相當冗長，節奏緩慢，兩位主角之間缺乏化學作用。電影在法國當地相對較受歡迎，並依據法國小說取名，改為《Ariane》。順帶一提，在《甜姐兒》中佛烈雅比柯德莉夏萍大30歲，但他表現出色，影片既浪漫又輕鬆，令很少有人在意這點。《巴黎春戀》於1957年5月29日在巴黎舉行全球首映會，距離《甜姐兒》在康城電影節上首次在法國上映不到三週，而導演史丹利杜倫更獲得金棕櫚獎提名。

觀看影片：DVD或藍光影碟。



Charade

花都奇遇結良緣 (1963)

Director: Stanley Donen
Also starring: Cary Grant, Walter Matthau

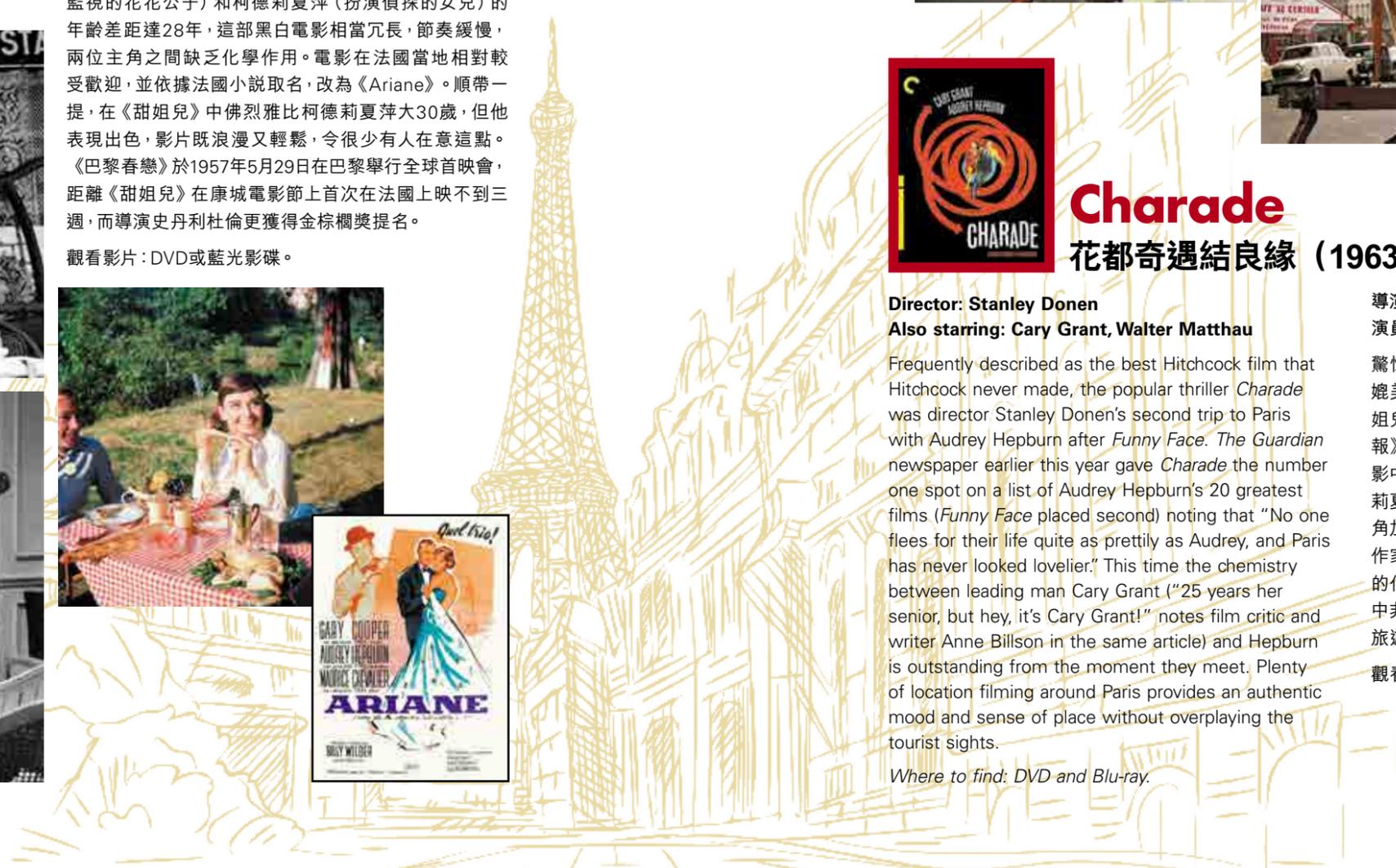
Frequently described as the best Hitchcock film that Hitchcock never made, the popular thriller *Charade* was director Stanley Donen's second trip to Paris with Audrey Hepburn after *Funny Face*. *The Guardian* newspaper earlier this year gave *Charade* the number one spot on a list of Audrey Hepburn's 20 greatest films (*Funny Face* placed second) noting that "No one flees for their life quite as prettily as Audrey, and Paris has never looked lovelier." This time the chemistry between leading man Cary Grant ("25 years her senior, but hey, it's Cary Grant!") notes film critic and writer Anne Billson in the same article) and Hepburn is outstanding from the moment they meet. Plenty of location filming around Paris provides an authentic mood and sense of place without overplaying the tourist sights.

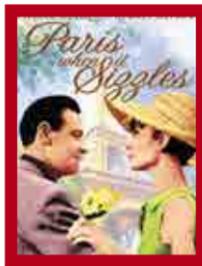
Where to find: DVD and Blu-ray.

導演：史丹利杜倫
演員：加利格蘭、和路達麥陶

驚悚片《花都奇遇結良緣》十分受歡迎，亦經常被形容為媲美希治閣最好的作品。此電影是導演史丹利杜倫繼《甜姐兒》之後與柯德莉夏萍的第二次巴黎之行。今年初，《衛報》把《花都奇遇結良緣》評為柯德莉夏萍20部最傑出電影中的首位（《甜姐兒》居第二位），並指出“沒有人像柯德莉夏萍那樣漂亮地逃命，巴黎從沒這樣可愛。”這次，男主角加利格蘭（“比她大25歲，但他是加利格蘭！”）影評人兼作家安妮比爾森在同一篇文章中指出和柯德莉夏萍之間的化學作用從影片中他們見面的那一刻起就非常出色。片中非常多巴黎周邊的外景拍攝，真實感強亦不會過份放大旅遊景點。

觀看影片：DVD或藍光影碟。





Paris When it Sizzles 花都續紛錄 (1964)

Director: Richard Quine

Also starring: William Holden, Tony Curtis

Filmed just before *Charade*, towards the end of 1962, but not released until 1964 due to various production issues, *Paris When it Sizzles* is charming and exasperating in fairly equal measure. Between her last location shoot for *Love in the Afternoon* and this one, Paris had been at the heart of the French New Wave with groundbreaking films like Jean-Luc Godard's *Breathless*, Francois Truffaut's *The 400 Blows* and others. *Paris When it Sizzles* tried to be similarly modern and cynical, and while it was widely panned on release, in retrospect it seems to have been ahead of its time, if rather too clever for its own good. It also has more of an authentic Parisian flavour than the other films listed here. William Holden (who with director Richard Quine had recently filmed *The World of Suzie Wong* partly on location in Hong Kong) worked as well as could be expected, though his drinking problems caused some delays in filming and the introduction of an extra character played by Tony Curtis. *Paris When it Sizzles* is placed a surprisingly high ninth among the 20 films listed in the aforementioned *Guardian* article.

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



導演：李察昆

演員：威廉荷頓、東尼卻提士

《花都續紛錄》攝於1962年底，僅在《花都奇遇結良緣》之前拍攝，但由於各種製作問題直到1964年才上映。在相當程度上既迷人又令人怒火。在《巴黎春戀》最後一個外景拍攝和這次拍攝間，巴黎一直處於法國新浪潮的中心，產出了如尚盧高達的《慾海驚魂》、杜魯福的《四百擊》等開創性電影。《花都續紛錄》嘗試表達現代和憤世嫉俗，雖然上映時受到廣泛的批評，但回想起來在當時似乎太前衛。相比其他電影，《花都續紛錄》還具有更地道的巴黎風味。雖然威廉荷頓（他與導演李察昆那段期間在香港拍攝蘇絲黃的世界）有酗酒問題而導致一些拍攝延誤，更引入了東尼卻提士的額外角色，但拍攝進度大致符合預期。出乎意料地，《花都續紛錄》在《衛報》列出的柯德莉夏萍20部最傑出的電影中排行第9位。

觀看影片：Apple TV/iTunes、DVD或藍光影碟。



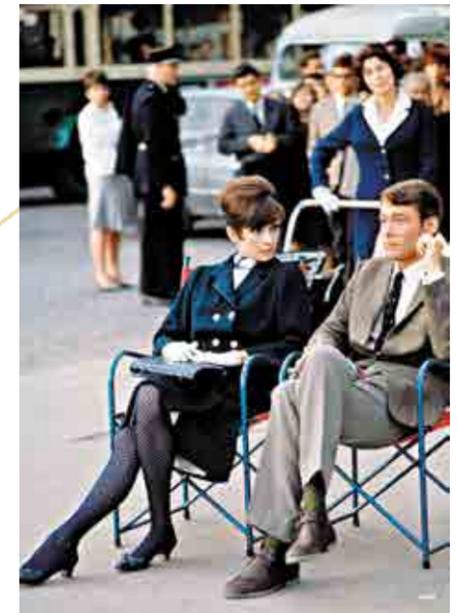
How to Steal a Million 偷龍轉鳳 (1966)

Director: William Wyler

Also starring: Peter O'Toole, Hugh Griffith

As the daughter of an expert art forger and the gentleman burglar who helps her steal one of her father's forgeries, Audrey Hepburn and Peter O'Toole made a charming, and at last evenly aged couple (he was three years her junior). The burglary is an unlikely, implausible one, with the events surely influenced by *Charade* to some extent as well as other French capers, but it's all lighthearted, swinging-sixties fun. Givenchy's continued contribution to the Hepburn wardrobe is more notable here than in any of the previous four films, and gives a certain continuity of style across all five. The French capital, too, continues to evolve and modernise, providing what was by then a familiar-yet-evolving backdrop for the actress who once famously declared that "Paris is always a good idea."

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



導演：威廉韋勒

演員：彼得奧圖、休格里夫斯

柯德莉夏萍飾演一個藝術贗品專家的女兒，彼得奧圖飾演的竊賊紳士幫助她偷走了她父親的一件贗品，他們是一對迷人且年齡最合配的情侶（他比她小三歲），並做了一場難以置信的盜竊。在某種程度上肯定受到《花都奇遇結良緣》的影響，影片輕快，帶有六十年代搖擺的趣味。Givenchy繼續為柯德莉夏萍提供服飾，服裝比前四部電影中的任何一部都更引人注目，並且在五部電影中的風格貫徹始終。法國首都不斷發展和現代化，提供了既熟悉且不斷發展的場景，曾有著名女演員稱“巴黎永遠是個好選擇”。

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- 臘味菜花炒鹹肉
Sautéed assorted preserved meat,
salted pork meat, cauliflower

- 翡翠三蝦白玉蝶
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- 柱侯雙冬炆白鱈煲
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Braised turnip, mushrooms, scallops, peach gum

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Braised chicken, Chinese yam,
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- 水煮安格斯牛肉
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嘉里建設素以獨到眼光精選優質用地精心策劃，為住戶帶來品質卓越的居庭，達至匠心之選。位於九龍半島²的筆架山，半山貴土被公認盡得地理優勢，嘉里建設善用該地之山海景致，注入雅尚的住宅建築，迎來「緹外」一處理想府邸。

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「緹外」由五幢低密度大宅及三座獨立院墅組成，超然屹立在九龍半山²，位置坐北朝南，面迎九龍半島²與香港島之繁盛山城景致³，直視壯闊天際，盡享居高望遠之勢。

分層大宅當中尊貴私密的地下大堂採用氣度恢宏的設計⁴，供座駕順暢往返五幢典雅堂皇之分層大宅。登入大宅升降機大堂，雲石⁴鋪出一襲華貴，添置在內的藝術裝置⁴，結合東西兩方設計美學⁴，將住戶的尊榮昇華至極。

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Chef Mark為大家準備了一系列美食佳餚來慶祝感恩節。

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。

Thanksgiving
Dinner
Buffet

感恩節自助晚餐



Thursday, November 24

5.30 to 9pm

Adult \$498 Child \$198

Plus \$148 for free-flow draught beer and wine

11月24日(星期四) 5時30分至9時
成人\$498 兒童\$198

另加\$148可任飲啤酒和葡萄酒

Join us at The Deck to celebrate this Thanksgiving with a memorable and delicious feast specially prepared by our chefs, with succulent roast turkey and traditional treats.

這個感恩節與家人和朋友一起來The Deck慶祝，本會廚師為大家準備了烤火雞和豐盛的傳統特色美食。



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
DELI

Meet the Marina Deli Team

深灣店團隊



From left to right: Chef Leo, Sally, Chef Elvis, Coalfe, Chef Tom, Chef Jonathan



Marina Deli reopens in November with a fresh new look and fabulous new selections of gourmet foods and fine wines. The Marina Deli Team has been eagerly preparing and looking forward to the big day and everyone is excited to introduce Members to the new Marina Deli experience.

Be sure to drop by to say hi, and perhaps pick up some treats to take home, or ask about catering for outdoor gatherings and boat trips. We hope to see you very soon!

深灣店於11月以全新面貌與大家見面，提供更多美酒及優質食品予會員選購。深灣店團隊已準備就緒並期待大家蒞臨，感受購物新體驗。

不論外賣服務、戶外聚會或游船派對的餐飲服務，我們的團隊均可以為大家推介合適的美酒及美食。我們期待大家的蒞臨！





Weddings

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

預訂請致電宴會部電話 2814 5442 或電郵至 events@aberdeenmarinaclub.com。

Subject to current COVID-19 measures. 需受現時防疫措施限制。



THE
ABERDEEN MARINA CLUB



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 \$515 and \$770 per person respectively.

聖誕午宴和晚宴套餐，每位\$515及\$770起(最少預訂10位)。



**BOOK EARLY
TO SECURE
YOUR ROOM**

PACKAGE INCLUDES 優惠包括

- A festive welcome drink 聖誕特飲一杯
- Party favours 派對飾物
- One complimentary car parking space per table 每席可獲一部車輛免費泊車
- Christmas table set up 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週日自助晚餐券，供抽獎用。

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。

Subject to current COVID-19 measures. 需受現時防疫措施限制。



The Isetta

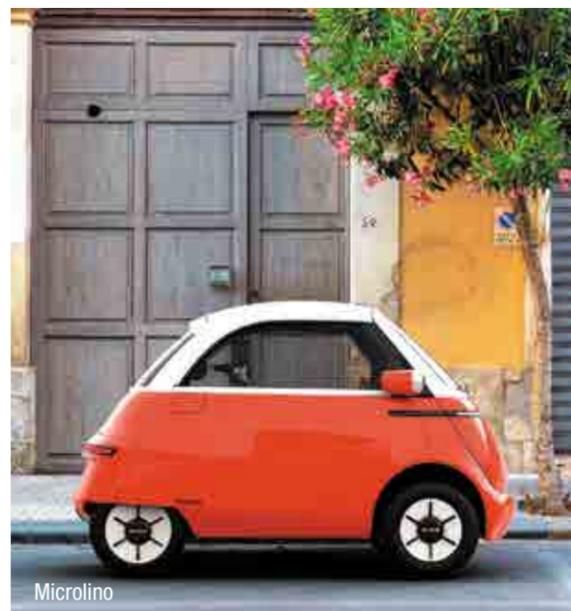
經典Isetta「泡泡車」

- by Peter Walbrook

Designed in Italy in the early 1950s by Ermenegildo Preti and Pierluigi Raggi, for the scooter and refrigerator manufacturer Iso SpA, the Isetta found fame when it was licensed for production by Germany's BMW and several other international carmakers.

It was introduced in 1953 in Turin, and its unique design with frontal passenger and driver access, economical 236-cc two-stroke engine, sunroof for emergency escapes and other quirky features endeared it to both the motoring press and general public.

French carmaker VELAM acquired the rights to build the Isetta in 1954, though with a slightly modified design since BMW had already obtained the body-making machinery. With its more rounded design, the French Isetta became known as the Yoghurt Pot. In the English-speaking world the Isetta became better known as The Bubble Car.



The Isetta was also built under license in Brazil (1956 to 1961), Argentina (1959 to 1962) and England (1957 to 1962), where it was launched at the Dorchester Hotel in London. After slow sales in Britain, a three-wheeled version was produced, which could be driven with a motorcycle license and lower road tax. Many four-wheeled British-made Isettas were exported to Australasia and Canada.

It was BMW that really made the Isetta famous, with wider international distribution, including in the USA, and higher quality engineering. Multiple versions with small changes and improvements were produced from 1955 to 1962, culminating in the "stretch" BMW 600, the first post-war four-seat economy car made by BMW.

An electric homage to the Isetta, the Microlino (microlino-car.com) was inspired by the Isetta and is based on its exterior design. Unveiled as a prototype in Geneva in 2016, it reportedly went on sale in August this year, proving that a good design never goes out of style, or at least always finds its way back.

1950年代初，Isetta在意大利由Ermenegildo Preti和Pierluigi Raggi為踏板車和雪櫃製造商Iso SpA設計，在獲得德國寶馬和其他幾間國際汽車製造商的生產許可後一舉成名。

此車於1953年在都靈推出，其獨特的設計與前排乘客通道、經濟的236cc二衝程引擎、用於緊急逃生的天窗和其他特別的功能使其受到汽車傳媒和大眾的喜愛。

法國汽車製造商VELAM於1954年獲得生產Isetta的權利，但由於寶馬已經獲得了製造車身的機器，因此設計略有修改。憑藉其圓潤的設計，法國Isetta被稱為乳酪杯，在英語被稱為泡泡車。

Isetta在1956年至1962年間分別在巴西（1959-1961年）、阿根廷（1959-1962年）及英國（1957-1962年）獲發牌生產，並在倫敦的多切斯特酒店進行發佈會。

在英國銷情緩慢，因而生產了三輪版本，可以持電單車執



照駕駛和享較低的道路稅。許多英國製造的四輪 Isetta 均出口到澳洲和加拿大。

讓Isetta真正出名的是寶馬，它擁有更廣泛的國際分銷網絡，包括美國，以及更高質量的引擎。由1955年到1962年，生產了多個進化版本，最終生產了“加長版”寶馬 600，這是寶馬製造的第一款戰後四座位經濟型汽車。

為了向Isetta致敬，Microlino (microlino-car.com) 的靈感來自 Isetta，並參考其外觀設計。於2016年在日內瓦以樣板亮相，據報導於今年8月開始銷售，證明了一個好的設計永遠不會過時。

The Underestimated Rhône Southern Chapter

被低估的隆河南部



Châteauneuf-du-Pape, France

Southern Rhône is adjacent to Provence with Mediterranean climate influence, generally producing both red and white wines that are rich and concentrated. While Grenache Noir reigns in the region, a range of blending options with different proportions creates significantly varied wines in composition. The better-known grape varieties include Syrah, Mourvèdre, Cinsault and Carignan.

In the most famous appellation, Châteauneuf-du-Pape, thirteen grape varieties are permitted in the regulation and Château de Beaucastel spends all the historical varieties in their symphony, led by Mourvèdre.

However, one of the most iconic producers, Château Rayas, uses 100% Grenache Noir to complete the most expensive wines in the region that deserve to be served on the same table as Burgundy Grand Crus.

Grenache Noir-dominant wines with natural high sugar and alcohol content provide warmth in winters and pair very well with Christmas food such as Turkey with cranberry sauce.

When it comes to white wines, Grenache Blanc has the lion's share of blends and the wines tend to be round and mellow with loads of tropical fruit. Highly recommended if you prefer less acidic wines.

Surrounding Châteauneuf-du-Pape, Vacqueyras, Gigondas and Lirac are three appellations that share similar terroirs and produce wines at more competitive price points.

Tavel utilises the thin skin of Grenache Noir to produce rosé wines that have been overlooked and living in the shadow of nearby Provence. Southern Rhône is also home to Vin Doux Naturel, a sweet fortified wine. Beauges-de-Venise uses Muscat de Beauges-de-Venise while Rasteau must contain 90% Grenache Noir.

Southern Rhône is a blessed region full of diversity and interesting characteristics. Apart from numerous highly celebrated producers such as Domaine du Pegau and the Châteaux mentioned above, Château La Nerthe is specially recommended by the team at La Cave. It is one of the most ancient estates in Châteauneuf-du-Pape, dating back to 1560. Different cuvées are now available at La Cave, and you are most welcome to drop by to find out more.



南隆河毗鄰普羅旺斯，受地中海氣候影響，主要生產豐盈和濃郁的葡萄酒。雖然 Grenache Noir 在隆河南部佔據主導地位，但不同酒莊透過不同比例的混釀創造出各具特色的葡萄酒，其中比較知名的葡萄品種包括 Syrah、Mourvèdre、Cinsault 及 Carignan。

在當中最著名的產區教皇新堡 (Châteauneuf-du-Pape)，法例允許使用 13 個葡萄品種，而 Château de Beaucastel 用了所有品種去演繹其紅葡萄酒款，其中以 Mourvèdre 為主導。然而，最具標誌性及最昂貴的酒莊之一，Château Rayas 則使用 100% Grenache Noir，絕對可以和許多頂級勃艮第葡萄酒在同一張餐桌上分庭抗禮。以 Grenache Noir 為主的葡萄酒具有高糖份和酒精含量，尤其適合在冬天分享，與聖誕特色食物如火雞配蔓越莓醬更是天作之合。說到教皇新堡的白葡萄酒，Grenache Blanc 在混釀中佔最大比例，葡萄酒較為圓潤醇厚，帶有大量的熱帶水果。如果您喜歡酸度較低的葡萄酒，這是非常推薦的選擇。

圍繞 Châteauneuf-du-Pape 的三個產區分別為瓦屈埃拉 (Vacqueyras)、吉恭達斯 (Gigondas) 和利拉克 (Lirac)，它們擁有相似的風土條件，並以更具競爭力的價格出產葡萄酒。另一方面，塔維 (Tavel) 利用 Grenache Noir 皮薄的特性來生產高質素的玫瑰葡萄酒。南隆河也是一種加強葡萄酒 Vin Doux Naturel 的故鄉。博默德弗尼瑟 (Beauges-de-Venise) 使用 Muscat de Beauges-de-Venise，而拉斯托 (Rasteau) 必須含有 90% 的 Grenache Noir。

南隆河絕對是一個充滿多樣性和特色的福地。除了 Domaine du Pegau 和上面提到的眾多知名酒莊外，La Cave 團隊特別推介 Château La Nerthe，它是教皇新堡最古老的酒莊之一，其歷史可以追溯到 1560 年。現時 La Cave 提供多款由這酒莊出產的美酒，歡迎前來選購。

THE BACKROOM
AT LA CAVE

**Bollinger
Champagne Dinner**
香檳晚宴

Friday, November 4 11月4日 (星期五)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,480 per person 每位\$1,480
Guest Speaker: Kay Man



WINES FEATURED

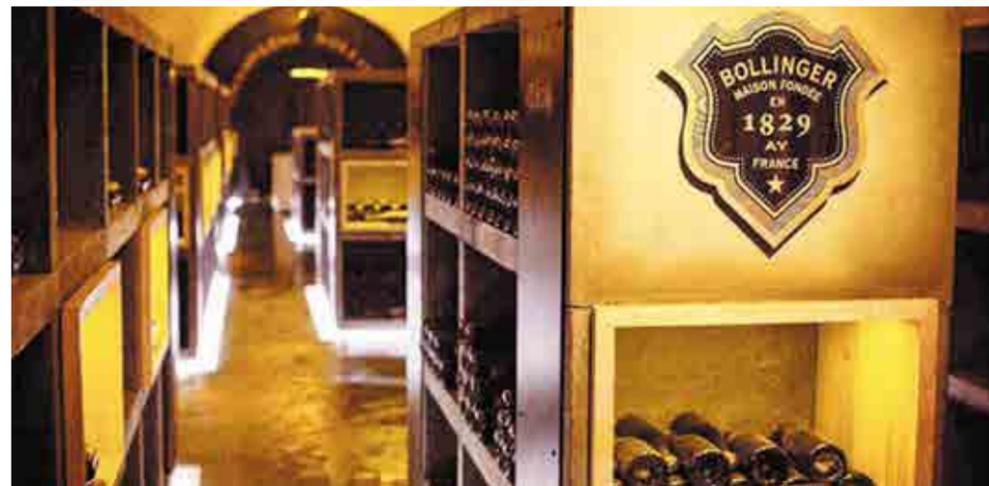
- Bollinger Special Cuvée Brut NV

- Bollinger B13

- Bollinger La Grande Année 2014

- Bollinger PN VZ16

- Bollinger PN TX17



For enquiries, please call La Cave on 2814 5391.
查詢請致電La Cave電話2814 5391。

MARINA
GRILL



**Château La Nerthe
Wine Dinner**
葡萄酒晚宴

Thursday, November 17 11月17日 (星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,480 per person 每位\$1,480
Guest Speaker: Graham Kwok

WINES FEATURED

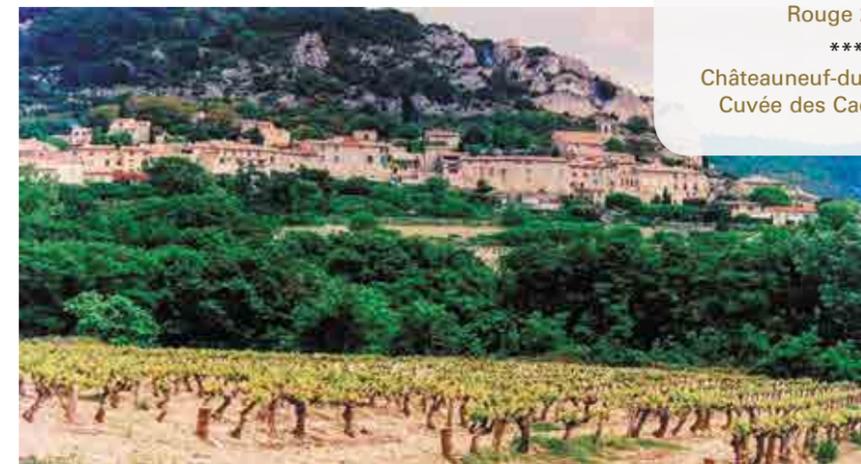
- Les Cassagnes
Côtes-du-Rhône Rosé 2020

- Châteauneuf-du-Pape Blanc 2019

- Les Cassagnes
Côtes-du-Rhône Villages
Rouge 2020

- Châteauneuf-du-Pape
Rouge 2018

- Châteauneuf-du-Pape Rouge
Cuvée des Cadettes 2017



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。

Ultra Femme 360

A New Approach to Women Intimate Health

全面美體療程助你重拾信心

Who is the right candidate for Ultra Femme 360?

This procedure is an excellent option for women who desire improvement of their intimate health.

The ULTRA FEMME 360™ provides a safe and effective treatment that can work wonders comfortably, with no downtime.

What does the procedure feel like? Is it painful?

While the ULTRA FEMME 360™ homogeneously heats the treated area, you will feel a comfortable heat. Following the treatment, you may notice mild redness and swelling in the treated area. This usually disappears within a few hours.

How long is the treatment? How many sessions do I need?

Intravaginal treatment takes eight minutes. External Treatment is based on your specific needs and usually takes less than 12 minutes. Your provider will tailor a treatment plan for you.

Recommended number of treatment sessions is three, scheduled once a week.

How fast will I see results? Is there any down time?

Improvements are noticeable after a single treatment session. The results will typically continue to improve over the next few months.

With no downtime you may resume normal activity immediately after the treatment.

Members experiencing this treatment have loved the results. Value packages are available for you to enjoy the maximum benefits with the best value.

The package is available with 25% discount. Please contact one of our Beauty experts for a consultation.

什麼人需要Ultra Femme 360療程？此療程適合希望通過ULTRA FEMME 360™ 非手術方式改善私密健康的女士。

ULTRA FEMME 360™ 提供了一個安全和有效的治療，可以舒適地創造奇蹟。



療程是怎樣的？會感到痛楚嗎？

ULTRA FEMME 360™ 使治療區感到溫熱。治療後，可能會有輕微的紅腫，這情況會在幾小時內消失。

療程需時多久？一般需要做多少次療程？

私密療程每次只需8分鐘。外陰範圍之療程基於個人的需要，通常不用12分鐘。本會將為客人定製合適的計劃。

建議的療程次數為3次，每周一次。

需要多久才感受到效果？療程需要持續進行嗎？

在一次療程後便可感受到效果，一般在其後數月會逐漸改善。療程後可即時恢復正常活動，並無修復期。

經過治療後的會員都喜歡治療效果。本會提供優惠套餐，查詢請與顧問團隊聯絡。

We are open daily from 9am to 7pm.

For booking and enquiries, please call 2814 5320, or email cuttingedge@aberdeenmarinaclub.com.

Visit our website www.aberdeenmarinaclub.com and log in for 24-hour online booking.

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2814 5320或電郵至 cuttingedge@aberdeenmarinaclub.com。

歡迎瀏覽會所網頁

www.aberdeenmarinaclub.com

預約服務。

MEDIHEEL

CUTTING EDGE
NAILS BAR

A New Pedicure Experience with Elim

ELIM全新美甲體驗

FROM THE FOUNDER OF ELIM BRAND

“The idea for MediHeel came from a personal experience and my desire for a pedicure that could deliver longer lasting results with superior active ingredients.”

All the way from South Africa, ELIM brand has an extensive range of Hands and Feet products.

SAY
HELLO
TO THE
NEW GENERATION
PEDICURE
with
elim

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。

KÉRASTASE
PARISNEW
SCALP &
HAIR RITUAL全新頭皮及頭髮護理體驗
4合1頭皮護理儀器

The Kerastase 4-in-1 scalp-care machine has arrived at Cutting Edge to target hair thinning, hair loss, sensitive scalp, dandruff and oily scalp.

The Cutting Edge team will advise you by consultation and diagnosis. Book now from our New Ritual menu to experience this latest technology.

美髮美容中心推出全新Kerastase 4合1頭皮護理儀器療程。護理療程針對頭髮稀薄及掉髮問題，敏感頭皮、油性頭皮及抗頭皮屑。

查詢請與顧問團隊聯絡。

Neck & Shoulder Heat Massage

肩頸溫感按摩儀

Accelerates blood circulation and releases muscle tension.

加速頭部血液循環及放鬆肌肉。

Meridian Dredge for Scalp

微震動儀

Promotes absorption of essence by micro-vibration. Promotes metabolism, improves blood circulation and promotes hair growth.

通過微震動促進精華吸收，有效促進新陳代謝、改善頭皮血液循環及養髮。

Ionize Chargeable Stick

正負離子導入儀

Promotes serum penetration, hair root cells absorption and improves the effectiveness.

將精華導入頭皮深層，促進毛囊細胞吸收和提昇功效。

Photodynamic Lampshade

光動力燈罩儀

Turns light energy into cellular energy (630nm), accelerates cell growth, blood circulation and stimulates fibroblasts to produce collagen tissue.

把光能轉化為細胞內能量(630nm)，加速細胞生長，加快血液循環，產生膠原蛋白和增加皮膚彈性。

K18
Shampoo

K18 洗髮水

Our beloved K18 treatment now comes with a twin shampoo!

我們最愛的K18 現正推出兩款全新洗髮水。

Detox Shampoo

排毒洗髮水

- Powered by an optimised list of only 17 skincare-inspired ingredients, you can feel good about what's in it, and what's not (no fillers!).
- Activated charcoal + salicylic acid clean without stripping or messing with your colour.
- 由17種護膚功效的成分所組成，你可以完全感受到本產品的功效—同時亦能感受無添加劑的好處。
- 使用活性炭以及水楊酸作清潔途徑，故此不會影響漂染後的髮色。

NO FILLERS.
NO EXTRAS. JUST SCIENCE.

clarify

FOR LESS FREQUENT HEAVY DUTY WASHING

Just one wash removes
99% of product buildup*
95% sebum*
76% of copper*

Formulated to be
color-safe, non-stripping
+ with the K18PEPTIDE™

cleanse

FOR FREQUENT EVERYDAY WASHING

Optimized pH of 4.5-5.5

Protects natural moisture levels for a smooth hair result

Formulated to be
color-safe, non-stripping
+ with the K18PEPTIDE™

*results observed on bleached hair tress after 1 wash with detox shampoo

pH Maintenance Shampoo

pH平衡洗髮水

- Optimised product pH won't disturb hair or scalp environment to protect keratin integrity and maintain strength, without stripping away moisture.
- Promotes hair happiness. Less dirt and oil on hair means it is the right amount of clean, leaving a clear path for our K18Peptide™ molecular repair or anything else your hair wants to take on.
- 維持pH值平衡配方：優良的pH產品並不會干擾頭髮或頭皮的狀態，並能保護角蛋白的完整性，能保持頭髮的強度而不會帶走其水分。
- 促進頭髮健康：更少的污垢和油脂意味著頭髮得到適量的潔淨，為我們的K18Peptide™分子修復配方或其他頭髮需要的東西預留位置。

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。

CUTTING
EdgeCUTTING
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。

Fitness Opportunities Hidden in Plain Sight!

重新探索健身儀器

There are many pieces of simple but effective exercise equipment that we see every day but often ignore. Let's start to focus on them one by one.

Rowing Machine – Concept II (middle floor) and Technogym (top floor)

You don't have to be a competitive rower to reap the benefits of rowing. Rowing machines, also known as ergometers or ergs, exercise both your upper and lower body on every stroke. This strengthens and tones your muscles and improves your endurance with benefits for your heart and lungs. Here are some benefits and tips.

- Rowing is a total-body workout. The rowing stroke consists of 65-75% leg work and 25-35% upper body work.
- It's low impact, burning numerous calories without putting added stress on your joints. Perfect for anyone who needs to protect their knees and hips (all of us!).
- It's great for your heart and lungs. Rowing strengthens your cardiovascular system – heart, lungs and blood vessels.
- It builds both power and endurance. Power is your ability to exert maximum force in a very short amount of time and endurance is your body's ability to sustain this activity.
- It's efficient. Since it's a full-body workout, you'll work your major muscle groups and get both a cardiovascular and strength workout.
- Get yourself some workout gloves if you are going to row regularly as this will cause chafing on the hands and fingers.
- If you start to row for a long time, you may get some numbness on your backside. There are pads available – look for them online.

- Concept II has a great online forum and record section. You can enter your workouts and compare your times with rowers of similar ages and weights from all over the world.

健身中心內有很多簡單但有效的健身儀器，每天都能被看到卻常常被遺忘，讓我們重新認識它們。

划艇機 — Concept II (中層) 和 Technogym (頂層)

你不必成為一名競技賽艇運動員，也可獲得划艇的好處。划艇機，也稱為測力計或ergs，在每次划艇時可鍛鍊上半身及下半身。可以加強和調整肌肉，提高耐力，對心臟和肺部功能都有好處，以下是一些好處和提示。

- 划艇是一項全身鍛鍊，划艇動作包括65-75%的腿部鍛鍊和25-35%的上身鍛鍊。
- 可以燃燒大量卡路里，而不會增加關節的壓力，非常適合需要保護膝蓋和臀部的人。
- 對心臟和肺部功能有益。划艇可以增強心血管系統——心臟、肺和血管。
- 可以增強力量和耐力。於短時間內發揮最大的力量，耐力鍛鍊有助身體維持活動的能力。
- 在短期內可見顯著效果。由於划艇是一項全身鍛鍊，有助訓練主要肌肉群並進行心血管和力量鍛鍊。
- 如果定期划艇，請戴上手套，因為手部會因磨擦而受傷。
- 如果長時間划艇，背部可能會因此酸痛，你可於網上選購墊子以作保護。
- Concept II 有一個很棒的在線論壇和記錄功能。你可以輸入你的鍛鍊數據，並將你的時間與來自世界各地年齡和體重相似的划艇運動員作比較。

SANLORENZO



A guardian of tradition and a pioneer of innovation.



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Hong Kong History

Neighbourhood
Watch 香港歷史

Old Wan Chai Post Office

In this issue, let's look at Wan Chai to learn more about its history and which buildings and sites still exist from bygone times. I'm sure many of us know the area well, but there are some old buildings that we might walk past in our daily lives with some very interesting history.

Let's start on Stone Nullah Lane, which is a street we have visited before on some of our other history walks. The Wan Chai Pak Tai Temple is a great place to start and a surprisingly peaceful corner of bustling Wan Chai. It dates back to 1863 although the statue of Pak Tai dates all the way back to 1604. Look at the old street sign on the wall – this is the oldest street sign in Hong Kong, with an iron frame with ceramic tiles dating back to the late 1800s.

Further down the street you see the well-maintained Blue House in all its glory. The building itself is exactly 100 years old this year, so be sure to stop and take a good look. Then head into Wan Chai to see the Old Wan Chai Post Office, which was built in 1912 and



Pak Tai Temple

opened for service in 1915. It served the community for 77 years before closing in 1992 and is now used as a government Environmental Resource Centre.

Further along Queen's Road East, you will soon see the old tenement buildings on the left hand side – these date back to the 1930s and were traditional *tong laus* – used for both commercial operations on the ground floor and residential purposes on the upper floors. Next you will see the Hung Shing Temple, which dates back to 1847, although the site was previously used as a shrine.

Just past the temple is Ship Street, which itself has a lot of history. At the top of the street is the infamous Nam Koo Terrace. Built just over 100 years ago it was a family residence until 1941 when the Japanese occupied the house and used it for less than salubrious purposes. The family sold the property in 1988 and it has sat empty ever since. Its infamous status comes from various ghost stories that originate from its use during the Japanese occupation. There is also a story of a group of teenagers who spent one night in the house some years ago and needed counselling afterwards. There is a lot of building work going on around the house now, but it is still possible to see it from afar.

From here, walk back down Ship Street and across Queen's Road East to see another *tong lau* that is very well preserved and still in use today. Finally at the junction of Johnston Road you will see The Pawn, which I am sure many of us know well. This is another *tong lau* and probably the finest of them all. It dates back to the late 1800s. It has had various uses

over the past few years and as a protected building, we should still be able to see it for years to come.

Throughout this walk you will never be too far from transport connections, so from here you can find a nice spot for lunch and then head home. For more information on this walk or other Hong Kong history walks, please contact Giles Leonard our Director of Sports & Recreation.

今期我們將回顧灣仔的歷史，以及那些在歷史中仍能保存下來的建築物和遺蹟。相信許多人都很熟悉這地區，在我們的日常生活中，亦可能時常經過一些古老的建築，而當中卻包含一些非常有趣的歷史。

讓我們從石水渠街開始，這是我們過往的歷史漫步中參觀過的街道。灣仔北帝廟正好是一個起點，也是在繁囂的灣仔裡出奇地寧靜的角落。它可以追溯到1863年，而北帝雕像的歷史可以追溯到1604年。留意牆上的舊路牌——這種鐵框和瓷磚結合的路牌是香港現存最古老的路牌，其歷史可以追溯到1800年代後期。

再往下走，你會看到被好好保育的藍屋，仍盡顯莊嚴。這座建築今年正好有100年的歷史，值得我們停下來仔細欣賞。然後逕直前往參觀舊灣仔郵政局，該郵政局建於1912年，並於1915年啟用。它為社區服務了77年，直到1992年關閉，現在被用作政府環境資源中心。

沿著皇后大道東，不遠處便看到左側一例舊唐樓——這是1930年代的傳統唐樓建築——底層作商業用途，而上層則作住宅用途。毗隣便是建於1847年的洪聖古廟，該廟原是海濱岩石上的小神壇。



Blue House

離開該廟接著便是船街，它本身就充滿歷史。街道的末端是傳聞不斷的南固台，建於100多年前，原是一個家族的大宅，直至1941年日佔時期，被日本人徵用這所大宅作不足為人道的用途。這家族後人在1988年出售了這物業，自此一直空置。它的怪異傳聞來自於日佔期間在大宅內發生的事情而引發的各種鬼故事。還有一則發生在多年前的事故，一群青少年在大宅內逗留了一晚，而事後需要接受心理輔導。南固台附近有很多建築地盤，但你仍能從遠處看到它。

從這裡往回走，沿著船街穿過皇后大道東，可以看到另一列保存完好、至今仍在使用的唐樓。最後步行至莊士敦道的交界處，你會看到和昌大押，相信大家對此處並不陌生。這是另一類型唐樓，亦可能是當中保存得最好的。它可以追溯到1800年代後期。在過去幾年它曾被改作各種不同用途，作為一座受保育的建築，相信在未來日子仍能看到它身影。

在整個遠足旅程中，交通甚為方便。你可在這裡隨便找到不錯的餐廳午餐後回家。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 Pawn



Hung Shing Temple



Nam Koo Terrace



Tai Tam Reservoir

Family Hiking Club November & December

家庭登山樂 - 11月及12月

With cooler weather almost guaranteed, we will continue our look at Hong Kong's reservoirs in November then commemorate the Battle of Hong Kong in December.

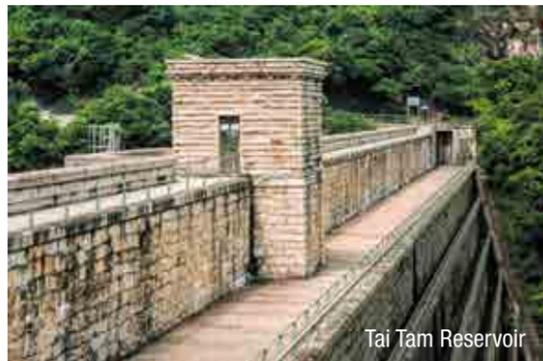
Tai Tam Waterworks Heritage Trail

– Saturday, November 19

Wong Nai Chung Gap Battle Trail Hike

– Saturday, December 17

These walks are fairly easy and suitable for children over eight years of age. Please bring your own water bottle, hat, sun lotion and comfortable walking shoes. The walks will start at 9.30am from the Club lobby and we should return around midday, just in time for lunch.



Tai Tam Reservoir



Wong Nai Chung Gap Trail

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

Reservations required – please call 2814 1222.

隨著天氣轉涼，我們將在11月繼續遊歷香港的水塘，然後在12月再紀念一場於香港的戰役。

大潭水務文物徑 — 11月19日(星期六)

黃泥涌峽戰時遺蹟遠足 — 12月17日(星期六)

這些遠足相對輕鬆，適合八歲以上的兒童參加。請自備水、帽、防曬用品和穿著舒適鞋履。我們將於上午9時30分從會所大堂出發，大約中午時分返回，正好趕上享用午餐。

更多有關家庭登山樂的資訊，請聯絡本會康體部總監李基爾。報名請致電2814 1222。



Rugbytots Coaches

Rugbytots 欖球教練

Coaches from Rugbytots Hong Kong stand out from the crowd because of the way they engage with young children and encourage their development.

Your children will be part of a dynamic session that will develop both their social and physical skills in a positive environment.

They are delighted to be joining the sports programme at The Aberdeen Marina Club and can't wait for Junior Members to experience the Rugbytots magic!

Rugbytots的教練們善於與年幼學員互動並鼓勵他們學習及發揮潛質。

讓孩子參加一個充滿活力的課程，在正向的環境中培養他們的社交和運動技能。

Rugbytots很高興加入深灣遊艇會的康體活動項目，並期待讓各位少年會員體驗欖球的魔力！

Rugbytots Classes

Rugbytots 欖球班

Every Friday

3.30-4.15pm (2 to 3.5 years)

4.30-5.15pm (3.5 to 5 years)

Rugbytots is a new and fun, structured play session that takes children on a journey of sporting imagination with engaging and energetic coaches supporting them every step of the way, teaching how to catch, pass, kick, run with the ball and play as part of a team.

It's fast-paced fun and your child will be encouraged to work independently as well as enjoying team games. Rugby-specific skills are gently introduced and all the equipment used in these classes has been specifically designed and selected for younger age groups.

逢星期五

兩歲至三歲半 - 下午3時30分至4時15分

三歲半至五歲 - 下午4時30分至5時15分

Rugbytots 欖球是一項新穎有趣的遊戲，讓孩子參與這精力充沛的運動。教練將教授如何接球、傳球、踢球、帶球奔跑以及學習團隊精神。

這是一項節奏快的運動，鼓勵孩子獨立以及享受團隊合作。課程中介紹欖球技巧及配有專門為幼兒而設的裝備。



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

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

Tabata

by Mike Rivera
間歇訓練

Every Tuesday from 9.30-10.30am

Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. It is also a very short workout, although this class will be a series of short workouts. Is it like CrossFit? Is it like Circuit Training? It is a bit of both.

Tabata training is attractive because it saves a lot of time. It offers the maximum benefit with the least amount of time used to get results.

逢星期二，上午9時30分至10時30分

間歇訓練是一種高強度鍛鍊，適合健身和減重。課堂中介紹一系列的簡短鍛鍊。與CrossFit一樣嗎？像循環訓練嗎？兩者兼而有之。

此訓練富有很大吸引力，因為可以省時並以最少的時間獲得最大的收益。



Yoga Stretch

by Meagan Chung
瑜珈伸展班

Every Thursday from 10-11am

Reconnect with 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 into inner self and groundedness.

逢星期四，上午10時至11時

通過放鬆和修復性的瑜珈，重新連接身心和意識。透過一系列的髖部運動、深度伸展和冥想來放鬆身心。課程專為需要以瑜珈來放慢腳步、充電，以及連接內在自我的女士而設。



Spinning and Sculpt

by Mike Rivera
塑形及健身單車

Every Thursday from 9-10.30am

Spinning classes offer high-energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Spinning classes can be a great way to get in a vigorous workout, burning calories and keeping your muscles in shape.

逢星期四，上午9時30分至10時30分

健身單車課程可以提高體能，增強心血管健康、耐力和肌肉力量。學員將進行劇烈運動、燃燒卡路里，是保持肌肉健康的好方法。



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

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



Kung Fu

by Heng Yue Yen Long Kwon
恒宇仁龍拳

Every Friday from 4.30-5.30pm

With the spirit and skills, students are trained to be proactive and unflinching when facing challenges. The class will be conducted by coaches with international experiences. It is suitable for all ages from four years old.

Heng, or perseverance, embodies unceasing endeavour, stalwartness, and patience.

Yue, or universe, stands for boundlessness. It also symbolises wisdom and knowledge.

Yen, or benevolence, is the embodiment of kindness care and sympathy.

Long is righteousness, as well as gentlemanliness. It is also the symbol of China.

Kwon is martial arts. It is a combination of skills, wisdom and body strength. At the same time it is also a demonstration of valour and peace.

逢星期五，下午4時30分至5時30分

憑藉武術精神和技巧，學員在訓練時學習到積極主動和堅定不移的精神。課程由具有國際經驗的教練指導，適合所有四歲以上的人士參加。

恆 — 毅力，體現不斷的努力、堅定和耐心。

宇 — 宇宙，代表無邊無際，像徵智慧和知識。

仁 — 是善意關懷和同情的體現。

龍 — 代表義，也是君子，是中國的象徵。

拳 — 武術，是技能、智慧和體力的結合。同時，也是勇敢與和平的體現。



Zumba

by Sandra Jimenez
Zumba舞班

Every Friday from 9.30-10.30am

Every Saturday from 11am-midday

Zumba involves dance elements such as hip-hop, soca, samba, salsa, meringue, mambo, martial arts, and some Bollywood and belly dance moves.

Zumba is an optimal fitness choice, mixing cardio intervals with resistance training. Zumba mixes effective body sculpting movements with easy-to-follow, fun dance steps.

逢星期五，上午9時30分至10時30分

逢星期六，上午11時至中午

Zumba舞混合多類舞蹈元素，如嘻哈、索卡、桑巴、莎莎、梅朗格、曼波、武術，以及一些寶萊塢的肚皮舞動作。

Zumba舞是健身的最佳選擇，結合帶氧運動與阻力訓練。有趣的舞步動作，有效塑身並容易跟隨。

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

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

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渡假，因此一些定期舉辦的團體活動將予以暫停。請查閱假期期間的活動時間表以作安排。如欲申請學期休假和復課，請緊記提交申請表到預訂服務中心。

兒童課程 — 需預早一個月提交課程缺席申請表，否則需繳付課堂費用。

成人課程 — 需預早14天前提交課程缺席申請表，否則則需繳付課堂費用。★

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.

如你正為子女安排聖誕及新年的活動，本會準備了多項選擇。

- Ball Games 球類遊戲班
- Health & Fitness 健身班
- Martial Arts 武術班
- S.T.E.M. Programmes 科學工程班
- 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。



New Laser Tag System from Delta Strike

Delta Strike 全新鐳射槍系統

Our new Laser Tag equipment has arrived and will bring an amazing new experience to Laser Tag parties and games. Ideal for ages 6-14 years.

We will also offer special Laser Tag nights for smaller groups so everyone can enjoy!

Call 2814 5360 for more details and bookings.

全新的鐳射槍系統，適合派對和遊戲玩樂，為你帶來驚喜的新體驗，適合 6-14歲兒童。

特別提供小組鐳射槍之夜，讓所有人都可以盡情玩樂！

預約或查詢，請致電2814 5360。



F1 Pitstop Weekend Challenge at Chill Zone

F1週末賽事

- Brazil, Abu Dhabi – November 12, 13, 19 & 20
- 巴西、阿布扎比 – 11月12、13日、19及20日

Enquiries 查詢: 2814 5483 (Chill Zone)



Fun Challenges for Children

兒童遊戲挑戰賽

Bazooka Ball Challenge Bazooka Ball 挑戰賽

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

- | | |
|-----------------------|---------------|
| From 7-7.30pm | 晚上7時至7時30分 |
| • Friday, November 11 | • 11月11日(星期五) |
| • Friday, December 2 | • 12月2日(星期五) |

Adventure Zone Laser Tag Challenge 鐳射槍賽

Calling all LASER-taggers – mark your diary!

- | | |
|-----------------------|---------------|
| From 6.30-7.30pm | 晚上6時30分至7時30分 |
| • Friday, November 25 | • 11月25日(星期五) |
| • Friday, December 16 | • 12月16日(星期五) |

Ninja Challenge at Adventure Zone 忍者挑戰賽

Are you a Ninja Warrior?

- | | |
|-----------------------|---------------|
| From 6.30-7.30pm | 晚上6時30分至7時30分 |
| • Friday, November 18 | • 11月18日(星期五) |
| • Friday, December 9 | • 12月9日(星期五) |

Enquiries 查詢: 2814 5360 (Adventure Zone)

Ice Skating Competition 2022

溜冰比賽2022

Sunday, November 20
Start at 10am

Combined event for Tots to Delta level - Skating Compulsories & Speed Racing

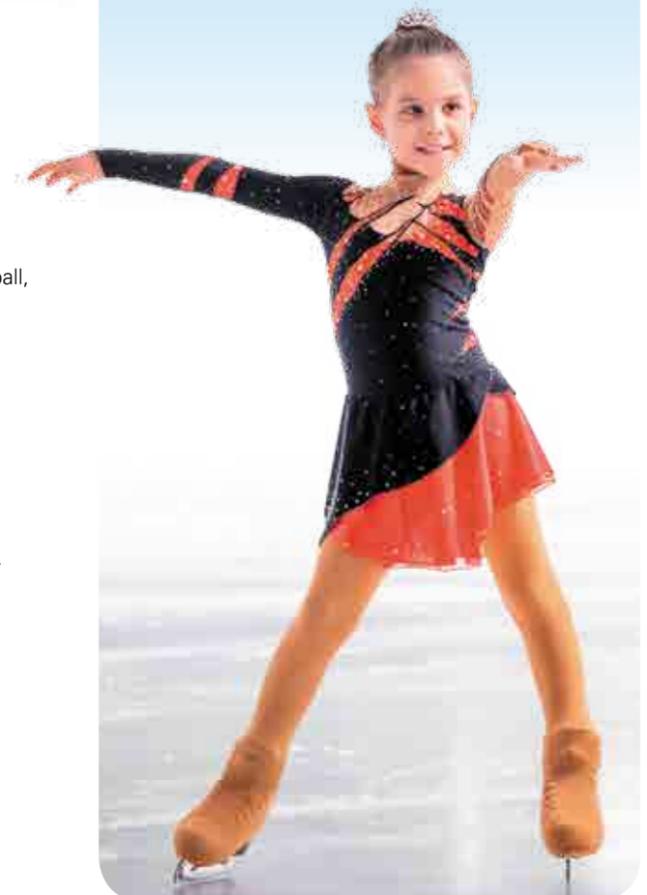
Freestyle level - Solo Compulsories, Jump & Spin and Skating Programmes

11月20日(星期日)，上午10時

Tots至Delta綜合級別：
溜冰規定花式及速度滑冰

Freestyle級別：個人規定花式、跳躍和旋轉以及滑行動作

Enquiries 查詢: 2814 5374 (Ice Rink)



Annual Parking Registration 年度泊車登記

Existing Members' parking registration will be automatically continued for 2023.



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, 2022.

本會將為現有年度泊車登記之會員自動延續其登記至2023年，並於其帳戶內扣除年度泊車費用，帳目將於12月份之月結單顯示。若會員希望取消其泊車登記，則請於2022年12月31日或之前通知會員部。



Autotoll Tag 快易通標籤

If you have changed or received a new Autotoll Tag, please inform the Membership Office of the new number by calling 2814 5436, or email member@aberdeenmarinaclub.com to facilitate entry to the Club car park.

如閣下已更換或收到全新的快易通標籤，請致電2814 5436或電郵至 member@aberdeenmarinaclub.com 通知本會新的快易通號碼，使車輛得以進入本會停車場。

New Club Website 全新會所網頁

We are pleased to announce that a newly designed Club website has been launched, with more updated and comprehensive information now available at www.aberdeenmarinaclub.com.

本會全新的網頁現已啓用，歡迎瀏覽 www.aberdeenmarinaclub.com 獲得更多最新的全面資訊。

Dry Boat Store Annual Maintenance 快艇倉維修工程



Please note that Dry Boat Store will be closed from January 3 to 17 for annual maintenance, in order to ensure safe and speedy services for boat owners. If you plan to use your boat during this period, we can keep it in our wet berth area for your easy access.

However, if you plan to use it, but don't want to have it stored in the water, you may make your own alternative arrangements. In this case, please inform the Marina Department on or before December 12. We apologise for the inconvenience.

請注意，快艇倉將於1月3日至17日關閉作維修工程，確保繼續為船主提供安全快捷的服務。如果在此期間使用船隻，可以把船隻保存在船塢區域，以方便使用。如果不想將船隻存放在戶外，則可以自行安排，並請於12月12日或之前通知本會海事部。不便之處，敬請原諒。

Operating Hours from November to April 4月至7月運作時間

Club Ferry 會所渡輪

Monday, Wednesday to Friday
星期一至三五

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
星期一至三五

8.30am to 6pm

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Closed

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Public Holidays
星期六、日及公眾假期

8am to 7pm

Enquiries查詢: 2814 5368



Meal Box Preparation

製作營養餐盒活動

Last September, a group of Club colleagues worked with Food Angel to prepare meal boxes for underprivileged communities at the central kitchen in Sham Shui Po.

Our volunteers were involved in processing the ingredients and packing the meal boxes. The meals were then distributed to those in need of food assistance around Hong Kong.

Food Angel is a food rescue and food assistance programme initiated in 2011 by the Bo Charity Foundation. On a mission of "Waste Not, Hunger Not, With Love", it saves edible surplus food from different sectors of the food industry and prepares nutritious meals and food packs for charities. Over the years, Food Angel rescued 45 tonnes of edible surplus food and produced more than 17,000 nutritious meals.

在九月份，本會一眾同事與惜食堂合作，在深水埗中央廚房為弱勢社群準備餐盒。本會的義工們參與了食材的加工和餐盒包裝。隨後餐盒將被分發給香港各地需要食物援助的人。

惜食堂是慈善機構，於2011年發起的食物援助計劃。以“不浪費、不飢餓及有愛”為使命，從食品行業的不同部門收集剩餘食物，並為慈善機構準備營養餐和食品包。多年來，惜食堂收集了45噸可食用的剩餘食物，並製作了17,000多份營養餐。

JUNIOR CLUB STARS

SKATER • AGE 9 MAEGAN MAK



Maegan is a hardworking, diligent student. She always tries her best during lessons and is constantly improving. Keep it up, Maegan!

Maegan是一個勤奮的學生，她總是在上課時竭盡所能，也在不斷進步。繼續加油，Maegan！

SKATER • AGE 4 KELLY SHI



Kelly loves skating and came in to skate almost every day over the summer. We love to see her skating and she is always happy to learn during her lessons. Well done, Kelly!

Kelly喜歡滑冰，在暑假時她幾乎每天都來滑冰。Kelly總是享受在課程中學習。做得好，Kelly！

SWIMMER • AGE 14 JAMIE DI



Jamie always strives to improve, pays great attention to coach's instructions and works tirelessly during training. Her dive and turn have improved a lot recently. Keep up the good work, Jamie!

Jamie一直在尋求進步，她很注意教練的指導，在訓練中孜孜不倦。她的俯沖和轉身技巧已經提升了不少，我們迫不及待地想看到你的下一個進步。

Marina Grill

The chilliest fine-dining restaurant in Hong Kong

- By Anton Szeto



Grilled USDA Brandt Sirloin (bottom) and Australia Cape Grim Grass Fed Ribeye (top)

When you think of club restaurants, you might think of club sandwiches, chill music and quick and casual food. Marina Grill, however, is quite the opposite.

The first thing that greets you is a magnificent wooden spiral staircase setting a grand atmosphere. However, the interior tells a whole different story – Marina Grill embraces you with its warmth. The staff also play a big part in the soothing atmosphere.

After ordering, a gorgeous loaf of sourdough was served moist and soft with a crispy crust that gave a satisfying crunch. Paired with the soft, salted butter, this made the perfect opening.

The first course brought up was a Seafood on Ice: double zero fine de claire oysters, lobsters and



Seafood on Ice



Organic Seabass

mussels from Boston, sashimi from Japan, scallop ceviche, and shrimp from Australia.

The Hamachi was slender and paired well with the soy sauce, not too fat nor too slender. Then came the oysters. Personally, I am not a big fan of oysters, but my companions enjoyed the refreshing feeling of being submerged in the ocean. I then arrived at a lighter and more acidic place, the scallop ceviche. The scallops were cut into thin slices and were ornamented with lemon and lime zest, this helped break through the fat of the scallop and give a nice little kick. I thoroughly enjoyed this dish and couldn't help but go for seconds.



Lobster Bisque



Maryland Crab Cake

Next up was the Boston lobster, it was deshelled and was put back into its shell. Originally, I was expecting a stronger lobster flavour from the sea but what I received was completely different. The lobster was slow-cooked and slightly grilled, giving off a lovely smoky flavour that emulsified the flavour of the lobster. This was a true delight.

After the amazing Seafood on Ice, the Maryland Crab Cakes offered a crunchy texture on the outside that paired with the soft and flakey crab bits inside. It was quite flavourful and went well with the creamy ranch sauce.

One of the best parts of the meal in my opinion, Lobster Bisque with Crème Fraiche and Tarragon Oil was dense and completely emulsified. It was magnificently flavourful. The Crème Fraiche also elegantly brought acidity to the dense soup base. I think this Lobster Bisque was one of the best that I have ever had.

Shortly afterwards, Prime Ribeye was presented along with various gravies and mustards. It was tender, juicy, and perfectly seasoned. The crust was perfectly caramelised and formed the perfect Maillard reaction providing lots of umami. The fat fries on the side were crunchy on the outside and soft inside as a result of double dipping in oil to fry.



Coconut Mango Cake

For dessert, the first part was Profiterol with Plum and Vanilla Ice Cream. It was crunchy and soft at the same time, with a bit of bitterness from the plums countering the sweetness of the ice cream.

Finally came the delicious cake baked personally by the executive chef. The cake was coconut and mango-themed and was decorated wonderfully, causing wows and gasps from all across the table. The layers were ornamented to represent the ocean floor with mango slices and edible flower petals acting as corals. After cutting a slice, you could see the layers of the cake clearly, coconut cream, mango mousse, and a white base. The cake itself was amazing – it hit that sweet spot of having a perfect mix of sweet and sour. The mango slices and rock sugar at the bottom gave a stimulating combination of texture and complimented the smoothness and softness of the mousse and cream.

At the end, I went into the kitchen to thank the executive Chef Stephane. He was very kind and took time out of his cooking to talk to me about my interest in culinary art and even let me hold a lobster in my hands. This further shows Marina Grill's great customer service and the staff's passion for their job.

I thoroughly enjoyed the meal and would definitely recommend this restaurant for a memorable and unique dining experience.

Anton is a 13-year-old Junior Member who has completed an International Culinary Institute certificate course in Italian Cuisine and is passionate about playing squash, culinary art and food science.

For further information and reservations, please visit aberdeenmarinaclub.com or call the Central Reservations Centre on 2814 1222.



Fun Activities!



Mid-Autumn Fun Party



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