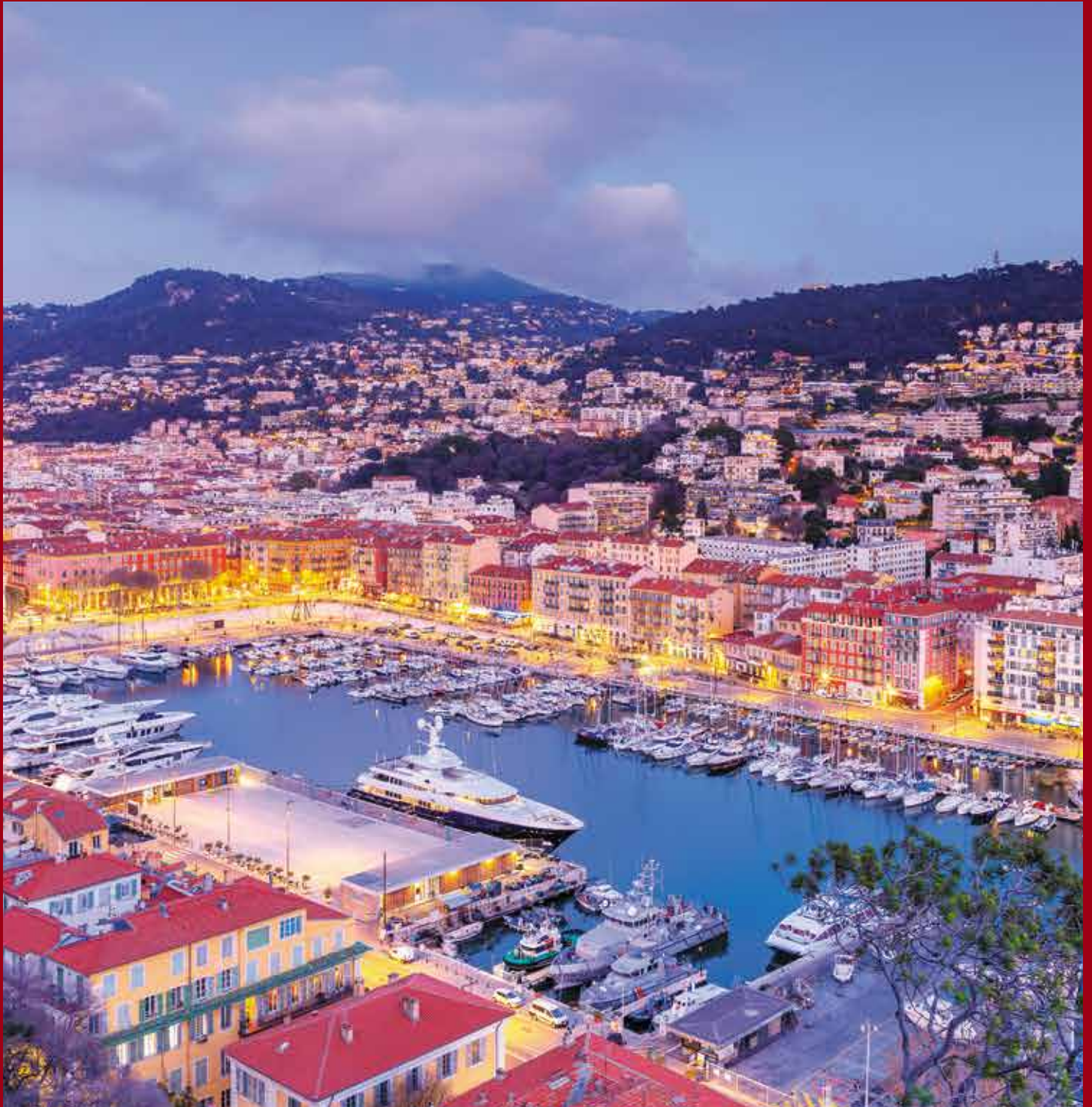




# PORTWATCH

*January/February 2025*



**PORTS OF CALL: THE SOUTH OF FRANCE**

# LA VIE EN EVEROSE

**This is Everose gold, our exclusive 18 ct pink gold alloy with a unique colour.** Introduced in 2005, it is of exceptional radiance and resistance. Developed by our experts, it contains at least 75% gold, 20% copper as well as palladium and indium. Its exact formula remains a secret, but it has one attribute which shines for all to see: its incomparable and unfading hue. It is because we are dedicated to fully controlling the

quality of such alloys that we cast them in our own foundry in Geneva. Which is also where we forge our discipline in refusing the easy contentment from what already exists, and always trying to surpass it instead. By harnessing certain physical and chemical properties, we managed to shape this alloy according to our standards, creating this deep aurora-coloured golden shade. One born to shimmer at your wrist.

*#Perpetual*

OFFICIAL ROLEX RETAILER

蘇麗鐘錶  
**ZURICH WATCH**  
WWW.ZURICH-WATCH.COM  
TEL: (852) 2369 9298

  
**ROLEX**

# PORTWATCH

Portwatch is a bi-monthly magazine, published by  
The Aberdeen Marina Club.

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THE  
ABERDEEN MARINA CLUB  


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Portwatch Editor / Mr Adam Nebbs  
Cover Photo: Port Lympia, Nice



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



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# January

# February

## ALL OF JANUARY

Marina Grill  
Asado Argentino

Caffè Luna  
Linguine All'Astice

Private Deck  
Swiss Chalet  
(until January 26)

**1**

WEDNESDAY

**Grabber Day! - Candy Toys**  
The Yard  
9am - 7pm

**New Year Camps**  
Ice Rink  
10am - 2.45pm

**2**

THURSDAY

**New Year Camps**  
Ice Rink  
10am - 2.45pm

**3**

FRIDAY

**New Year Camps**  
Ice Rink  
10am - 2.45pm

**Shooting Range**  
Kids on 8!  
7pm - 7.30pm

**5**

SUNDAY

**Bowling High Score Day**  
Bowling Alley  
11am - 10pm

**12**

SUNDAY

**VR Day - Coaster Combat Highest Score Day**  
The Yard  
10am - 7pm

**Grabber Day! - CNY Soft Toys**  
Bowling Alley  
11am - 10pm

**13**

MONDAY

**Outdoor Training by Coach Leslie**  
G/F Children's Play Area  
10.30am - 11.30am

**17**

FRIDAY

**DIY Blowdry Class**  
Cutting Edge  
10am - 11am

**Ridge Vineyards Wine Dinner**  
The Backroom  
7pm

**Laser Tag Challenge**  
Adventure Zone  
7.30pm - 8.30pm

**18**

SATURDAY

**Healthy Snacks Pop-up Sale**  
Health Club  
10am - 5pm

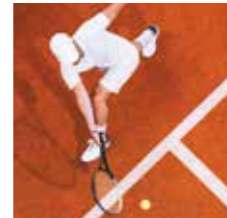
**19**

SUNDAY

**Healthy Snacks Pop-up Sale**  
Health Club  
10am - 5pm

**Face Painting**  
Run,2,3!  
2.30pm - 3.30pm  
Kids on 8!  
3.30pm - 4.30pm

**Bowling Bingo**  
Bowling Alley  
11am - 10pm



**21**

TUESDAY

**Grand Slam Social Tennis - Australian Open**  
Tennis Court  
10am - 1pm

**25**

SATURDAY

**Design Your Own Red Pocket**  
Run,2,3!  
9am - 6pm

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

**26**

SUNDAY

**Design Your Own Red Pocket**  
Run,2,3!  
9am - 6pm

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

**Wellness Assessment - Body Composition Analyser/Styke/M6 Trial**  
Cutting Edge  
9am - 7pm

**27**

MONDAY

**Chinese New Year Camps**  
Ice Rink  
10am - 2.45pm

**28**

TUESDAY

**Chinese New Year Camps**  
Ice Rink  
10am - 2.45pm

**29**

WEDNESDAY

**Chinese New Year Camps**  
Ice Rink  
10am - 2.45pm

**30**

THURSDAY

**Lion Dance**  
Club Lobby  
Midday

**Chinese New Year Camps**  
Ice Rink  
10am - 2.45pm

**31**

FRIDAY

**Chinese New Year Camps**  
Ice Rink  
10am - 2.45pm



**2**

SUNDAY

**Bowling High Score Day**  
Bowling Alley  
11am - 10pm

**9**

SUNDAY

**The Grabber Machine Returns! - CNY Toys**  
The Yard  
9am - 7pm

## ALL OF FEBRUARY



The Deck  
Warming Japanese Oden Station

Caffè Luna  
Pizza Gourmet

The Horizon  
Light and Healthy Dishes  
(from February 13)

Marina Grill  
Parrilla Española

**14**

FRIDAY

**Valentine's Day Dinner**  
Marina Grill  
6pm

**16**

SUNDAY

**Basketball Challenge**  
The Yard  
9am - 7pm

**Bowling Bingo**  
Bowling Alley  
11am - 10pm

**21**

FRIDAY

**Laser Tag Challenge**  
Adventure Zone  
7.30pm - 8.30pm

**22**

SATURDAY

**Bourgogne vs Premier Cru A Luncheon Blind Tasting Challenge**  
The Backroom  
Midday



## DINING THROUGHOUT JANUARY AND FEBRUARY

The Balcony  
Four Regional Thai Cuisines

Portside  
Sichuan Spicy Hotpot



**23**

SUNDAY

**Wellness Assessment - Body Composition Analyser/Styke/M6 Trial**  
Cutting Edge  
9am - 7pm

**23**

SUNDAY

**Grabber Day! - Sports Soft Toys**  
Bowling Alley  
11am - 10pm

**Fitness Centre Orientation for New Members**  
Fitness Centre  
2pm - 4pm

**28**

FRIDAY

**Shooting Range**  
Kids on 8!  
7pm - 7.30pm

# Barbara Pang

General Manager

彭鍵怡  
總經理



**H**appy New Year! I trust you have all had a joyful festive season with your loved ones. It is hard to believe that I have been with The Aberdeen Marina Club for six months already. I am most grateful for the warm welcome from Members and the support from my team. Thank you for helping me settle in.

Managing a club is more different from running a hotel than I had anticipated. Unlike a hotel, where interactions can often be fleeting, the bonds and relationships formed here are long-lasting. I have come to appreciate how much both Members and colleagues truly care about the Club. This strong sense of family is unique and is what makes this Club a second home for so many of you. It is indeed special and I am glad to be a part of it.

We have been working on our promotions and activities calendar for 2025 with the aim to tailor events that cater to our Members' interests. You may have noticed that this issue of *Portwatch* is looking a little different. As part of our efforts, we are revamping both the content and the look and feel of the magazine and hope to provide more engaging and relevant information.

In order not to bombard you with too many messages, we would like to know what type of Club news and information would be of interest to you. Please scan the QR code below and fill out a simple questionnaire. Your feedback would greatly help us in understanding your needs and delivering pertinent information.



With Chinese New Year around the corner, I would like to take this opportunity to wish you and your families a happy, healthy, and prosperous Year of the Snake.

新年快樂！希望大家和親友都度過了一個愉快的節日。不經不覺，我已經加入深灣遊艇俱樂部六個月了，非常感謝各會員的歡迎和團隊的支持，讓我順利投入工作。

管理會所與經營酒店比我預期的有更大的不同。酒店與客人的互動有時轉瞬即逝，而在會所與會員建立的關係卻是持久的。我深深體會到會員和同事們對會所真切的關心。這種歸屬感使會員視會所為第二個家，而我很高興能夠參與其中。

新的一年，我們會多了解會員的喜好，從而規劃各項推廣及活動。本期《Portwatch》看起來跟以往不同，我們正在改善及提升雜誌的內容和外觀，期望為會員提供更吸引和有趣的內容。

我們希望所有推廣和活動能夠更切合會員的喜好，煩請大家掃描下方二維碼並填寫簡單的問卷，讓我們知道您對什麼類型的會所資訊感興趣。您的回饋將有助我們了解您的需要並提供相關資訊。

農曆新年即將來臨，我謹藉此機會祝福您及您的家人蛇年快樂，身體健康。



## Lion Dance and God of Fortune at The Club

### An auspicious start to the Year of the Snake

#### 醒獅慶蛇年 財神賀新歲

Join us in the main lobby at midday on Thursday, January 30 for the traditional eye-dotting of the lion, which will then visit all of the restaurants.

醒獅點睛於大年初二，一月三十日(星期四)中午12時於本會大堂舉行，其後醒獅更會巡遊各餐廳。



## ESDlife Bridal Award 2024

### 2024新婚生活易大賞



Rondy Tang,  
Director of Events  
Sales & Operations  
(right)

We are delighted to announce that the Club has been awarded the Best Club Wedding Banquet at the ESDlife Bridal Award 2024.

We have been chosen as the best-loved Club for wedding banquets on multiple occasions, and our two wedding venues, Portside and Grand Ballroom, offer newlywed couples a choice of ambience and banquet styles.

Our Events Team and the Culinary Team are expert event planners, taking care of all the details, delivering exquisite dishes and ensuring everything runs smoothly on the event day.

Celebrate your memorable moments with us - our Events Team is always on hand to help arranging a perfect event and to bring your event up to the next level.

我們很高興在新婚生活易大賞2024中榮獲新人至愛會所婚宴。

本會在過往屢次獲此殊榮，兩個婚禮場地Portside和Grand Ballroom為新婚夫婦提供不同風格的宴會選擇。

我們的宴會部和餐飲團隊亦功不可沒。他們為客人用心籌辦不同活動，處理所有細節，製作精美菜餚，並確保每項活動得以順利進行。

與本會一起慶祝你的難忘時刻——我們的團隊期待為您安排一次完美的活動，並把您活動的體驗提升至更高層次。



# 農曆新年 精選菜譜

## CHINESE NEW YEAR SPECIALITIES

一月廿十日至二月十二日

January 20 to February 12

**風生水起** (黃金鮑魚撈起)  
New Year tossed abalone salad  
Please allow 30 minutes for preparation  
需時三十分鐘

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

**鴻運當頭** (香辣鮮茄大魚頭煲)  
Braised fish head, tomato, spicy chilli sauce

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

**大吉大利** (薑葱爆牛脷爽)  
Wok-fried ox tongue, ginger, spring onions

**家肥屋潤** (乾坤八寶塔)  
Braised pork, grain rice, green vegetables

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

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

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

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

**金玉滿堂** (海苔黃金蟹粉盒)  
Deep-fried hairy crab meat, seaweed cake

**金雞報喜** (濃湯砂鍋雲吞雞)  
Clay pot wonton chicken soup

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

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



# MARINA DELI



# 新春如意迎蛇年 CHINESE NEW YEAR DELIGHTS

Auspicious dishes feature heavily in Chinese New Year customs as they represent good luck and prosperity. Homemade premium New Year puddings and hampers are ready take home or give away as gifts! 新春佳節當然不能缺少好意頭的賀年食品。我們準備了自家製的糕點及精選禮物籃為您的新春帶來滋味驚喜。

Seasonal item, while stocks last 佳節食品供應有限

## 賀年食品 CHINESE FESTIVE FOOD

**金鈎臘味蘿蔔糕** \$258  
TRADITIONAL TURNIP PUDDING WITH PRESERVED MEAT

**五香臘味芋頭糕** \$258  
TRADITIONAL TARO PUDDING WITH PRESERVED MEAT

**黑糖薑汁年糕** \$258  
BROWN SUGAR PUDDING WITH GINGER

**棗皇紫薯糕** \$258  
RED DATES PUDDING WITH PURPLE SWEET POTATO

**馬豆蓉椰汁凍糕** \$258  
COCONUT YELLOW SPLIT PEA PUDDING

**迎春錦繡年糕禮盒** \$368  
TRADITIONAL CHINESE PUDDING GIFT SET

(金鈎臘味蘿蔔糕或黑糖薑汁年糕配海天閣琥珀核桃及XO醬  
TRADITIONAL TURUIP PUDDING WITH PRESERVED MEAT OR BROWN SUGAR PUDDING WITH GINGER WITH THE HORIZON SWEET WALNUTS AND XO SAUCE)

## 賀年禮籃 FESTIVE HAMPERS

**滿堂吉慶** \$3,088  
**金裝迷你盤菜**(六位用)  
BRAISED MIXED SEAFOOD, ASSORTED MEAT, VEGETABLES IN CLAY POT

**金銀滿屋** \$2,288  
TREASURE HOUSE

**萬紫千紅** \$3,288  
IN FULL BLOOM

**花團錦簇** \$3,888  
ULTIMATE SPLENDOUR

**特別優惠**  
SPECIAL OFFER

即日發售至一月二十八日  
購買四盒或以上可享有  
**八五折優惠**  
Available until January 28  
Buy 4 boxes or more and get  
**15% discount**

For orders and enquiries, please call Marina Deli on 2814 5302, WhatsApp 6390 0716 or email [marinadeli@aberdeenmarinaclub.com](mailto:marinadeli@aberdeenmarinaclub.com).  
訂購或查詢請致電深灣店電話2814 5302, WhatsApp 6390 0716或  
電郵至[marinadeli@aberdeenmarinaclub.com](mailto:marinadeli@aberdeenmarinaclub.com)。

Chinese Festive Food 賀年食品	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
金鈎臘味蘿蔔糕 Traditional Turnip Pudding with Preserved Meat	\$258		
五香臘味芋頭糕 Traditional Taro Pudding with Preserved Meat	\$258		
黑糖薑汁年糕 Brown Sugar Pudding with Ginger	\$258		
棗皇紫薯糕 Red Dates Pudding with Purple Sweet Potato	\$258		
馬豆蓉椰汁凍糕 Coconut Yellow Split Pea Pudding	\$258		
迎春錦繡年糕禮盒 (金鈎臘味蘿蔔糕或黑糖薑汁年糕配海天閣琥珀核桃及XO醬) Traditional Chinese Pudding Gift Set (Traditional Turnip Pudding with Preserved Meat or Brown Sugar Pudding with Ginger with Horizon Sweet Walnut and XO Sauce)	\$368		
滿堂吉慶金裝迷你盤菜 Braised Mixed Seafood, Assorted Meat, Vegetables in Clay Pot	\$3,088		
SUBTOTAL 合共(1)			

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

Premier Hampers 禮物籃	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
<b>Treasure House 金銀滿屋</b> <ul style="list-style-type: none"> <li>Altesino, Rosso, Tuscany, Italy 意大利紅酒</li> <li>Dried Bamboo Fungus 特級竹笙</li> <li>French Truffle Chocolate 香滑法國松露朱古力</li> <li>Premium Dried Mushroom 特級花菇</li> <li>Premier Butter Plamier 香脆蝴蝶酥</li> <li>Honey Clover and Honeydew Set 澳洲純天然蜜糖</li> <li>Horizon Sweet Walnut 海天閣甜核桃</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕</li> </ul>	\$2,288		
<b>In Full Bloom 萬紫千紅</b> <ul style="list-style-type: none"> <li>Esprit de Pavie, Bordeaux, France 波爾多紅酒</li> <li>Whittard Biscuits Set 英國曲奇</li> <li>Premium Dried Mushroom 特級花菇</li> <li>Premium Dried Scallop 特級乾瑤柱</li> <li>Assorted Chocolate Pralines Gift Box 意大利雜錦朱古力禮盒</li> <li>Assorted Cubifrutta Fruit Jellies 水果啫喱糖</li> <li>Yunnan Puer Tea Tin Box 雲南鎮特級紅茶</li> <li>Black Truffle Pate 黑松露菌醬</li> <li>Horizon Sweet Walnut 海天閣甜核桃</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕</li> </ul>	\$3,288		
<b>Ultimate Splendour 花團錦簇</b> <ul style="list-style-type: none"> <li>Veuve Clicquot, Yellow Label, Champagne, France 法國特級香檳</li> <li>Château Cantemerle, Haut-Médoc, Bordeaux, France 波爾多特級紅酒</li> <li>Premium Dried Mushroom 特級花菇</li> <li>South Africa Pre-cooked Abalone 南非即食鮑魚</li> <li>"I Dorados" Chocolate Gift Box 意大利尊貴黑朱古力禮盒</li> <li>Nougat Almond Dark Chocolate 杏仁朱古力鳥結糖</li> <li>Whittard Tea Discovery Collection Gift Box 特級茶包禮盒</li> <li>Horizon Sweet Walnut 海天閣甜核桃</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Homemade Turnip Cake or New Year Cake 自家製蘿蔔糕或年糕</li> </ul>	\$3,888		

Delivery Charge 送貨收費	PER DELIVERY 每程	AMOUNT 總數
Hong Kong Island 香港島	\$150	
Kowloon 九龍	\$200	
New Territories 新界	\$250	

Please fill in this form and return to Marina Deli before January 28, 2025 by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com or in person. We will deliver the hampers within three working days after receiving the order form. All items are available at Marina Deli from now to January 28, 2025.

請填寫以下表格並於二零二五年一月二十八日前WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com或親身交回深灣店。禮物籃將於收到表格後三個工作天內送到指定地點。以上所有賀年糕點及禮物籃由即日起至二零二五年一月二十八日於深灣店供應。

SUBTOTAL 合共(2)

GRAND TOTAL 總計(1)+(2)

Ordered By 送禮人資料:

Member's Name 會員姓名: \_\_\_\_\_ Membership No. 會員號碼: \_\_\_\_\_

Mobile No. 手提電話: \_\_\_\_\_ Office / Home No. 辦公室 / 住宅電話: \_\_\_\_\_

Signature 簽名: \_\_\_\_\_ Date 日期: \_\_\_\_\_

Deliver To 送貨資料:

Name 姓名 (Please Print / 請用正楷): \_\_\_\_\_

Address 地址: \_\_\_\_\_

Contact No. 聯絡電話 (Home / 住宅): \_\_\_\_\_ (Office 辦公室): \_\_\_\_\_

Preferred Delivery Date 選擇送貨日期: \_\_\_\_\_ Time 時間:  Morning 上午  Afternoon 下午

Special Instructions 特別指示: \_\_\_\_\_



## Linguine Al'Astice

### 意大利龍蝦扁麵

Throughout January

Celebrate Chinese New Year at Caffè Luna with our special Lobster Linguine, blending succulent seafood with rich flavours for a festive feast.

一月

特製的龍蝦扁麵，與豐富多汁的海鮮融為一體，打造節日盛宴，慶祝農曆新年。

## CAFFÈ LUNA



## Pizza Gourmet

### 滋味尊尚薄餅

Throughout February

Discover our Gourmet Pizzas featuring premium Wagyu beef, artisanal smoked salmon and fresh red-prawn tartare. With a symphony of flavours in every bite, it's sure to be an unforgettable dining experience.

二月

品嚐我們的滋味尊尚薄餅，三款薄餅分別以優質和牛、自家製煙三文魚和新鮮紅蝦他作為配料。每一口都充滿和諧風味，令人難忘。

#### Messina

Tomato Sauce, Stracciatella, Red Prawn Tartare, Basil Oil

#### Torino

Mozzarella, Shaved Wagyu Beef, Rocket, Truffle Aioli, Parmesan Chips

#### Milano

Mozzarella, Sour Cream, Smoked Salmon, Caviar

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

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

MARINA GRILL

## Asado Argentino

### 阿根廷烤肉

Throughout January

More than just a barbecue, an asado is a social and cultural event that brings together friends and family around a fire, where meat is cooked slowly and expertly over hardwood coals.

一月

阿根廷烤肉在阿根廷非常普及。席間與朋友和家人聚在一起，在木炭上慢慢烹調肉食，享受用餐的樂趣。



## Parrilla Española

### 西班牙菜推介

Throughout February

Join us to enjoy a selection of dishes with some of the best Spanish ingredients, such as Spanish beef, Jamón and Mediterranean red prawns.

二月

廚師團隊為您精選各款西班牙食材，包括西班牙牛肉、風乾火腿及地中海紅蝦等，讓您大快朵頤。

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

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

THE BALCONY

## Four Regional Thai Cuisines

### 四區泰菜推介

January 2-28 & February 13-28

The diverse flavours that make Thai cuisine so interesting come from four primary regions. The Central Region is where the dishes are balanced in flavour and texture. The Northern Region's Lanna cuisine tends to be milder and less spicy, and is influenced by neighbouring Myanmar and Laos. The Northeastern Region is famous for its bold and spicy flavours and the food here often includes grilled meats and fermented ingredients. Lastly, Southern Thai cuisine is known for its intense flavours, with a lot of heat and sourness. Seafood is prominent, and the cooking is influenced by Malaysia and Indonesia.

We invite you to explore the unique flavours of each region at The Balcony soon.

一月二至二十八日及二月十三至二十八日

泰國菜多樣化的風味來自四個主要地區。中部地區的菜餚味道和口感平衡；北部蘭納菜口味較為溫和而不辛辣，受到鄰國緬甸和寮國的影響。東北地區以其大膽辛辣的口味而聞名，食材通常包括烤肉和發酵食品。最後，泰國南部菜式味道濃郁，帶有大量的辛辣和酸味，並以海鮮為主，菜餚受馬來西亞和印尼的影響。誠邀大家到泰國露臺餐廳品嚐各區美食的獨特風味。



THE DECK

## Warming Japanese Oden Station

### 關東煮

Throughout February  
Weekend Buffet (including Friday evenings)

Warm your soul with our Japanese oden, featuring scallop roe, fresh shiitake mushrooms, and chikuwa fishcakes.

二月份  
週末自助餐（包括星期五晚上）

今個冬日，以熱呼呼的關東煮來溫暖身心，特色配料包括帶子、鮮冬菇及日式竹輪。

PORTSIDE

## Spicy Hotpot

### 四川麻辣火鍋自助餐

January and February  
Adult \$428 Child \$168

Experience the unique flavours of our Sichuan spicy hotpot buffet. Enjoy a fragrant and spicy broth paired with fresh ingredients for a delightfully fiery feast!

一月及二月

體驗獨特的四川麻辣火鍋自助餐，麻辣湯底搭配以新鮮食材，依您的喜愛任意配搭。

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

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



Ports of Call

# The South of France

遊歷法國南部港口

In a new travel series with a slightly nautical flavour, we'll be visiting some popular and lesser-known maritime destinations featured on luxury-cruise and private-yacht itineraries.



## Nice

尼斯

**T**he colourful port district of Nice - or Quartier du port - has a quite different atmosphere to the more touristy Old Town and Promenade des Anglais, and has become increasingly popular in recent years, with many new bars, restaurants and boutiques revitalising the area. This is partly due to the extension of a convenient tram line all the way from Nice Côte d'Azur Airport right up to Port Lympia (or the Old Port) in 2019. Port Lympia is mostly occupied by fishing boats and pleasure craft, but luxury cruise lines operating smaller ships - such as Silversea, Azamara and Ponant - visit quite regularly. There are also large ferries running to and from the islands of Corsica and Sardinia.

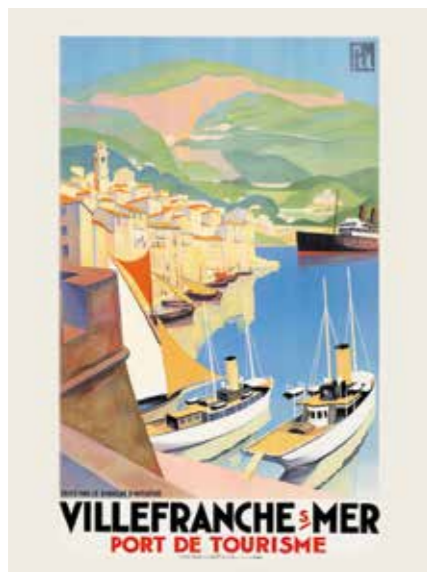
A boat company called Trans Côte d'Azur ([trans-cote-azur.co.uk](http://trans-cote-azur.co.uk)) operates daily trips for most of the year from the port around to Monaco, Cannes and Saint-Tropez, as well as sightseeing tours of the Nice coast, nearby Cap Ferrat and Villefranche-sur-Mer. The latter town can also be reached on foot in about an hour via an attractive coastal pathway, and is our next port of call.

色彩繽紛的尼斯港口，與遊客較多的老城區和盎格魯街有著截然不同的氛圍，近年越來越受歡迎。許多新的酒吧、餐廳和精品店為該地區注入活力。其中一個原因是，尼斯藍色海岸機場到林匹亞港（或舊港）的電車路線於2019年正式運行。林匹亞港主要為漁船和遊船提供泊岸，營運小型船舶的豪華遊輪公司（例如



Silversea、Azamara和Ponant) 也經常選擇到這港口，還有往返科西嘉島和撒丁島的大型渡輪。

Trans Cote d'Azur ([trans-cote-azur.co.uk](http://trans-cote-azur.co.uk)) 遊船公司，幾乎每天提供從港口前往摩納哥、康城和聖特羅佩的航班，以及尼斯海岸附近的費拉角和濱海自由城的觀光旅遊團。您也可以沿着海岸的迷人小徑步行約一小時到下一個小鎮，也是我們要介紹的下一個港口。



# Villefranche-sur-Mer

濱海自由城



United States Sixth Fleet from 1948 to 1966. Cruise passengers arrive by the tender-boat-load from the larger ships, disembarking at the small dockyard just behind the Chapelle Saint-Pierre (Saint Peter's Chapel), which was famously decorated inside and out by the avant-garde artist, writer and filmmaker Jean Cocteau in the late 1950s.

As well as an attractive waterfront promenade with a popular beach overlooked by mansion-dotted hills, Villefranche is also known for its 16th-century citadel, beyond which lies Le Port de La Darse, dating from the 17th century and hosting a colourful congregation of private luxury yachts and small fishing boats often missed by day-trippers.

迷人的濱海自由城（或簡稱自由城）位於地中海旁邊其中一個最深的港口，因此不少遊覽尼斯及週邊地區的大型遊輪停泊。長期以來，美國海軍也常到這港口，自由城從1948年到1966年間一直是美國第六艦隊的母港。遊輪乘客乘搭較大的船隻到來，並在聖彼得教堂後的小船塢下船。該教堂在50年代尾由前衛藝術家、作家和電影製片人尚高克多進行內外的裝飾而聞名。

自由城不僅擁有迷人的海濱長廊，還有一個受歡迎的海灘，倚旁着滿布豪宅的山丘。自由城以其16世紀的城堡而聞名，城堡之外就是達爾斯港，該城堡的歷史可追溯至17世紀，選擇這港口多數是私人聚會的豪華遊艇和小型漁船。



The charming little town of Villefranche-sur-Mer (or simply Villefranche) sits beside one of the deepest harbours in the Mediterranean, and so receives all the larger cruise ships whose passengers wish to visit nearby Nice and the surrounding area. The United States Navy has also long been a frequent visitor and Villefranche was home port of the



# Saint-Tropez

聖特羅佩



Saint-Tropez's reputation as the French Riviera's trendiest tourist port is often attributed to Brigitte Bardot, whose early film role in *And God Created Woman* (1956) brought the fishing village to international attention. In fact Saint-Tropez was already rather spoiled by the 1930s, when resident French novelist Colette moved out due to what her husband described as "a hive of tourists. On the wharves a double row of cars hid the view of the port. The yachts had chased away the old boats, the



bars had become dance-halls where every imaginable couple stayed on until the first light."

A century later, not too much has changed. The interior old port area is a social centre for the town's more fashionable residents, and a social-media centre for sailors and cruise passengers whose ships moor just offshore. Luxury yachts tie up alongside small fishing boats along a harbourfront lined with pastel-coloured buildings and lively cafés with busy outdoor terraces. People-watching is the main pastime here, and bright-red Sénéquier, founded in 1887, is a popular place to sit and join the gazing crowds, with a café au lait and Tarte Tropézienne.

聖特羅佩作為法國蔚藍海岸最時尚的旅遊港口，應歸功於碧姬芭杜的早期電影《上帝創造了女人》，電影把小漁村搬上國際大螢幕。在30年代，聖特羅佩已吸引不少遊客。而當時法國小說家歌梨特因為她丈夫所描述“在碼頭上，兩排車擋住了港口的景色。遊艇佔了港口而趕走了舊船，酒吧變成了舞廳，情侶們都在港口待到天亮。”而搬離了這裡。

一個世紀過去了，情況並沒有太大變化。舊港區仍是當地市民的社交中心，也是水手和遊輪乘客的娛樂熱點。豪華遊艇與小漁船並排停泊在港口，兩旁是色彩柔和的建築和熱鬧的咖啡店及露台。欣賞美景是遊客主要的行程，鮮紅色的Sénéquier餐廳於1887年成立，遊人於該處坐下來享用咖啡和經典南法蛋糕，是欣賞風景的熱門勝地。



# Marseille

馬賽舊港

France's oldest city, Marseille is a popular maritime gateway to the Bouches-du-Rhône region of Provence, and myriad cruise passengers fan out from here daily through the sunflower and lavender fields on road trips to Aix-en-Provence, Avignon and Châteauneuf du Pape. The city's large Old Port (Vieux-Port) is its beating heart, with two large forts flanking the entrance. The area around the port was renovated and pedestrianised a dozen years ago, and has since become one of the more pleasant parts of the city to stroll around. There are plenty of small restaurants and bars to choose from, with market stalls selling Marseille soaps and other Provençal goods, as well as a small fish market and literally hundreds of sailboats and motorboats to admire.

Day trips to Marseille usually include a visit to Notre-Dame de la Garde, the Catholic basilica that overlooks the Old Port below and the city beyond, and is said to be the most visited site in Marseille. Also popular are boat trips from the Old Port out to nearby Calanques National Park – its limestone cliffs and turquoise coves between Marseille and Cassis offering some of France's most beautiful landscapes and seascapes.



馬賽是法國最古老的城市，是通往普羅旺斯羅納河口地區的熱門港口，每天都有無數遊輪乘客從這裡出發，穿過向日葵和薰衣草田，前往艾克斯普羅旺斯、亞維儂和教煌新堡。這座城市的大型舊港是其重要的地區，入口兩側有兩座大型堡壘。港口周圍地區十多年前進行了復修並用作步行街，從此成為這座城市漫步的熱點。這裡有許多小餐廳和酒吧，市場攤位出售馬賽的商品，還可到小魚市欣賞數百艘帆船和機動船。

馬賽一日遊通常包括參觀守護聖母聖殿，這座天主教大教堂俯瞰著舊港和遠處的城市，是遊覽馬賽的熱門景點。從舊港乘船前往附近的蔚藍海岸國家公園也是很受歡迎的選擇，那裡的石灰岩懸崖，以及馬賽和卡西斯之間的綠松石海灣，是法國最美麗的風景和海灣。



# Sète

塞特港

Known as the Little Venice of Languedoc for its quaint if comparatively limited canal network, the port and seaside resort of Sète has grown in popularity as a cruise port of call in recent years. The town, called Cette until changing its name in 1928, is also known for its water jousting tournaments, which date back to the port's inauguration in 1666. Filmmaker Agnes Varda shot her first feature film *La Pointe Courte* (1955) here. Featuring a water-jousting display, this is often cited as the first film of the French New Wave, and so Sète might also be called the birthplace of that pioneering and influential movement.



Excellent seafood restaurants serving fresh sardines, cuttlefish, sea urchins and shellfish abound, and the centre is easily explored on foot. Stroll across to La Pointe Courte (the old fisherman's quarter) if you have seen the film, or take a leisurely walk up Mont St Clair for impressive views of Sète and the surrounding countryside – and perhaps a cruise ship or two arriving from, or heading for, Barcelona, Marseille or Majorca.

作為遊輪停靠港，塞特港的港口和海濱渡假村近年備受歡迎，其小型的運河網絡而被稱為朗格多克的小威尼斯。城鎮從前名為Cette，直到1928年才改名，並以水上比武而聞名，該比賽的歷史可以追溯到1666年港口落成之時。電影製片人艾麗絲華妲，在這裡拍攝了她的第一部電影《La Pointe Courte》(1955)。這部電影以水上比武為特色，被認為是法國新浪潮的第一部電影，因此塞特港也可以被稱為這一開創性且具影響力的運動的誕生地。

這裡的海鮮餐廳供應新鮮的沙甸魚、墨魚、海膽和貝類美食，遊客可輕鬆地漫步探索市中心。如果您看過這部電影，可以到老漁民區，或者悠閒地步行到聖克萊爾山Mont St Clair，欣賞塞特港和周圍鄉郊外的壯麗景色，或許還可看到一兩艘遊輪抵達或前往巴塞隆納、馬賽或馬略卡島。



# Judgement of Paris in 1976

## A New Era for California Wine

1976年巴黎審判：加州葡萄酒的新時代

by Ryan Leung, Director of Wine



**T**he Judgement of Paris in 1976 was a landmark wine tasting event that dramatically changed the perception of California wines. Organised by British wine merchant Steven Spurrier, the event pitted French wines against California wines in a blind tasting conducted by a panel of French judges. The results shocked the wine world: California wines, particularly those from Napa Valley, received top honors, challenging the long-held belief that only French wines could excel in quality.



Among the standout wines from the tasting was Ridge Vineyards' Monte Bello, a Cabernet Sauvignon-based blend that showcased the potential of California terroir. Monte Bello, produced from grapes grown in the Santa Cruz Mountains, is known for its complex flavor profile and aging potential. In the 1976 tasting, it was ranked highly, solidifying Ridge's reputation as a producer of world-class wines.

The impact of the Judgement of Paris extended beyond individual wines; it ignited a renaissance in American winemaking, inspiring producers to elevate their standards and embrace their unique terroirs. Ridge Vineyards, particularly with Monte Bello, became a symbol of this movement, demonstrating that excellence in wine could emerge from California, challenging the dominance of French wines and reshaping the global wine landscape.

La Cave invites Members to join the Ridge Vineyards Wine Dinner on January 17, to experience the extraordinary charm of three different Monte Bello wines.

1976年巴黎審判是一次具重大意義的品酒活動，大大地改變了人們對加州葡萄酒的看法。此次活動由英國酒商Steven Spurrier舉辦，將法國葡萄酒與加州葡萄酒進行盲測，評審團由法國葡萄酒業的知名人士組成。結果令整個葡萄酒界震驚：加州葡萄酒，特別是來自納帕谷的葡萄酒，獲得了最高榮譽，改變了長期以來人們認為只有法國葡萄酒才是高品質的觀念。

在這次品酒會中，其中一款最突出的酒款是以赤霞珠為基礎的混釀酒Ridge Vineyards的Monte Bello，展示了加州風土的潛力。Monte Bello由生長在聖克魯斯山脈的葡萄釀成，以其複雜的風味和陳年潛力而聞名。在1976年的品酒會上，它的排名非常高，鞏固了Ridge作為世界級酒莊的聲譽。

巴黎審判不只影響某些酒款，它激發了美國釀酒業的復興，鼓勵釀酒師利用獨特的風土提升葡萄酒的水準。Ridge Vineyards，特別是其Monte Bello，成為了這一項發展的象徵，證明了卓越的葡萄酒可以來自加州，挑戰法國葡萄酒的主導地位，重塑全球葡萄酒格局。

La Cave團隊誠意邀請會員參加在1月17日舉行的Ridge Vineyards葡萄酒晚宴，體驗三款不同Monte Bello葡萄酒的非凡魅力！



## Ridge Vineyards Wine Dinner

葡萄酒晚宴

THE BACKROOM  
AT LA CAVE

Friday, January 17  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$1,780 per person  
Guest Speaker: Ronald Mok, Brand Representative  
Tasting samples include around 75ml of each wine in standard bottle size per person.

日期：1月17日(星期五)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$1,780  
演講嘉賓：品牌代表Ronald Mok  
每位可品嚐每款葡萄酒約75毫升(標準瓶裝)。



For enquiries, please call The Backroom on 2814 5391.  
查詢請致電The Backroom電話2814 5391。

## Bourgogne vs. Premier Cru A Luncheon Blind Tasting Challenge, Guided by Jasper Morris, MW

矇瓶品酒午宴

THE BACKROOM  
AT LA CAVE

Saturday, February 22  
Welcome drink: Midday  
Lunch: 12.30pm  
Price: \$1,980 per person  
Guest Speaker: Jasper Morris, Master of Wine  
日期：2月22日(星期六)  
酒會：中午12時  
午宴：下午12時30分  
費用：每位\$1,980  
演講嘉賓：葡萄酒大師Jasper Morris

Join us for lunch with an exclusive Bourgogne vs. Premier Cru blind tasting challenge, guided by Jasper Morris, Master of Wine. Discover the nuances of Burgundy's renowned wines as we explore the distinctions between regional Bourgogne and esteemed Premier Cru selections, all while savouring exquisite pairings in a delightful setting.



The blind-tasting selection includes six cuvées from Hubert Lamy, Bernard-Bonin, Georges Roumier, and others, to pair with a three-course menu.

誠邀您參加由葡萄酒大師Jasper Morris主持的Bourgogne vs. Premier Cru盲品酒午宴，一起探索勃根地大區和一級園精選葡萄酒之間的分別，體驗勃根地葡萄酒聞名於世的細膩，同時在宜人的環境中品嚐美食的搭配。

盲品酒午宴包括六款來自Hubert Lamy、Bernard-Bonin、Georges Roumier及其他美酒，配上三道菜式。

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

矇瓶品酒午宴將於活動日期前約一個月開始接受預訂，屆時請留意本會電子通訊或致電預訂服務中心電話2814 1222。



Sanlorenzo  
SL86  
'2019'  
USD 5,200,000

EXCLUSIVE  
Listing



Azimut  
Grande 32 Metri  
'2019'  
USD 8,000,000



Sanlorenzo  
SX76  
'2019'  
USD 3,500,000

EXCLUSIVE  
Listing



Sunseeker 88 '2009'  
USD 1,995,000 ~~USD 1,895,000~~



Princess Y85 '2020'  
USD 5,752,000 ~~USD 4,790,000~~



Azimut Grande 25 Metri '2020'  
USD 4,865,000 ~~USD 4,000,000~~





# The VéloSolex

by Peter Walbrook



The Solex company has changed hands, and country of production, several times over the years, but the original design is recalled in a current French-built series of electric bicycles quite similar in appearance to the original design (opposite page).

With motors made by Yamaha, like the originals they still offer a range of about 100 kilometres between charges/refills, with a drum-shaped carrying-basket up front, where the engine was located on the originals.

You can find out more about the latest electric Solex bikes at [solex.world/en](http://solex.world/en), while Christoph Kipfer has a comprehensive website for vintage enthusiasts at [velo-solex.ch/en/](http://velo-solex.ch/en/).

VéloSoleX 曾經在電影中由不同的演員騎乘，包括積葵·大地在1958年的《我的舅舅》、羅拔·烈福在1975年的《禿鷹七十二小時》以及路雲·雅堅遜在2008年的《憨豆放大假》，同時碧姬·芭鐸和史提夫·麥昆也擁有此車。

這款造型奇特的汽油動力單車生產於1946年4月。它的原型開發於1941年因第二次世界大戰而擱置。單車配備一台45cc的引擎，產生僅0.4匹馬力的功率，並可透過簡單的杠桿將引擎升降至前輪上。

一公升的油箱可以讓騎乘者行駛約100公里，為各年齡層的騎士帶來了新的自由。在這方面，它是電動單車的先驅。在接下來的數十年中，約有八百萬輛VéloSoleX被售出。

VéloSoleX由Solex公司製造，該公司由Marcel Mennesson和Maurice Goudard於1905年創立，最初是專門生產汽車散熱器。VéloSoleX 經歷了幾次設計改變，最受歡迎的是3800型（上圖），該型號從1965年生產到1988年，如今仍偶爾在法國的港口周圍看到它的身影。

Solex公司在多年來曾多次易手和轉換生產地，但原始設計在目前的法國製電動單車系列中得以延續，這些電動單車在外觀上與最初設計相似（對頁）。

新款電動Solex單車的發動機由山葉製造，與原型相似，仍然提供約100公里的續航距離，並在前方設有一個圓筒形的置物籃，初代設計的引擎正是位於此處。

您可以在[solex.world/en](http://solex.world/en)了解最新的電動Solex單車，而Christoph Kipfer則為復古愛好者提供了一個全面的網站，網址是 [velo-solex.ch/en](http://velo-solex.ch/en/)。

**T**he VéloSoleX has been ridden in films by actors as diverse as Jacques Tati (in *Mon Oncle*, 1958), Robert Redford (in *Three Days of the Condor*, 1975) and Rowan Atkinson (in *Mr Bean's Holiday*, 2008), and actually owned by Brigitte Bardot and Steve McQueen.

Production of this curious-looking, petrol-powered bicycle began in April 1946. Based on a 1941 prototype that was shelved due to World War II, it featured a 45cc engine that generated a meagre 0.4 horsepower, which could be raised or lowered onto the front tyre with a simple lever as and when needed.

The one-litre fuel tank could carry the rider for about 100 kilometres, bringing newfound freedom to riders of all ages. In this regard it was the forerunner of the electric bicycle. Over the following decades around eight million VéloSoleX models would be sold.

Built by the Solex company, which was founded in 1905 by Marcel Mennesson and Maurice Goudard to build car radiators, the VéloSoleX went through several changes in design. Most popular was the 3800 (top right), which was in production from 1965 to 1988, and can still occasionally be seen pattering around our Ports of Call.

# Wine Pairing with Cantonese Cuisine for Chinese New Year

By Kai Roelz, Executive Assistant Manager - Food & Beverage

新年粵菜葡萄酒搭配



Chinese New Year is a time of celebration, family gatherings and, of course, feasting on delicious Cantonese cuisine. The rich traditions and flavours of this festive season call for thoughtful wine pairings that enhance the dining experience. Let's explore some perfect pairings for your Chinese New Year banquet.

## Dim Sum and Sparkling Wine

Dim sum is a staple during Chinese New Year, offering a variety of bite-sized delights. Imagine enjoying a sparkling wine, such as Champagne or a crisp Prosecco, with your dim sum. The bubbles and acidity of these wines cut through the richness of fried dumplings and spring rolls, while complementing the delicate flavours of steamed buns and shrimp dumplings. This pairing keeps your palate refreshed and ready for more.

## Seafood and White Wine

Seafood dishes, like steamed fish and stir-fried prawns,

are often featured in Cantonese New Year feasts. Picture a dry Riesling or Sauvignon Blanc enhancing these dishes. The bright acidity and citrus notes of these wines bring out the freshness of the seafood, while their minerality mirrors the subtle ocean flavours. For richer dishes like lobster with ginger and scallions, a lightly oaked Chardonnay adds a touch of creaminess without overpowering the dish.



## Roast Meats and Red Wine

Roast meats, such as char siu (barbecue pork) and Peking duck, are festive favourites. These dishes pair wonderfully with medium-bodied red wines like Pinot Noir or Merlot. The soft tannins and fruit-forward profiles of these wines balance the sweetness and savoury notes of the meats. For a bolder choice, imagine an Amarone with its robust fruit flavours and a hint of spice - perfect for the rich flavours of roast duck.

La Cave offers a fantastic range of wines for every occasion, ensuring you find the perfect match for your celebrations. Our Director of Wine, Ryan, and our sommeliers will guide you through the perfect wine selections to elevate your festive meals.

農曆新年是慶祝和家庭聚會的時刻，當然還有享用美味的粵菜。這個節日的傳統和風味需要精心搭配的葡萄酒來豐富用餐體驗。

## 點心與氣泡酒

點心是農曆新年的主要食品，提供各種一口大小的美食。可以用氣泡酒，例如香檳或清爽的意大利氣泡酒，搭配點心。這些葡萄酒的氣泡和酸度減低了煎餃子和春卷的油膩感，同時亦與各式蒸包和蝦餃的精緻風味互相配合。這種搭配讓味覺煥然一新，使人更添食慾。

## 海鮮與白酒

蒸魚、炒蝦等海鮮菜餚配搭乾爽的Riesling或Sauvignon Blanc可以增強這些菜餚的風味。這些葡萄酒明亮的酸度和柑橘味凸顯了海鮮的新鮮度，而礦物質味則反映了微妙的海洋風味。對於味道更豐富的菜式，如龍蝦配薑和蔥，經橡木桶陳釀的Chardonnay會為菜餚增添一絲奶油味，而不會壓過菜餚。

## 燒味與紅酒

叉燒和北京烤鴨等燒味與Pinot Noir或Merlot等中等酒體的紅酒完美搭配。這些葡萄酒的柔和單寧和果香平衡了燒味的甜味和鹹味。如果想要更大膽的選擇，可以嘗試配搭Amarone，它具有濃郁的水果風味和一絲香料的味，非常適合烤鴨的風味。

La Cave 提供適合各種場合的優質葡萄酒，確保能為您的節慶聚會找到最適合的配搭。我們的葡萄酒總監 Ryan 和我們的侍酒師將協助您選擇完美的葡萄酒，提升節日用餐體驗。

# Chef's Favourites Pork Knuckles in Ginger Vinegar Stew 豬腳薑



Chef Eddie Choi



## Ingredients (4 portions)

- 250gr fresh ginger
- 400gr pork knuckles
- 300gr dark sweetened vinegar
- 50gr white vinegar
- 100gr slab sugar
- Four salted eggs
- Four fresh eggs

## 材料 (4人份量)

- 250克 新鮮薑
- 400克 豬腳
- 300克 甜醋
- 50克 白醋
- 100克 片糖
- 4 隻鹹蛋
- 4 隻雞蛋

Wok Sous Chef Eddie Choi oversees our Chinese cuisine for Portside and The Deck. In this issue, he shares the recipe for one of his favourite Portside signature dishes.

Pork Knuckles in Ginger Vinegar Stew is given a special Portside touch by adding salted eggs for a more rounded and balanced flavour. This traditional dish dates back to the early Ming Dynasty and is traditionally eaten by new mothers in Southern China to restore strength and health and is presented to friends and family to indicate the arrival of a new baby.

## Method

- 1 Peel and wash the ginger, chop it into thick pieces.
- 2 Put the chopped ginger into oven and bake for 20 minutes at 200°C, until lightly browned and fragrant.
- 3 In a large pot cover the pork knuckles with cold water, bring them up the boil for 3 minutes, drain, allow to cool slightly and pat dry. Burn the surface to remove any hairs.
- 4 Boil both the vinegars, 200g of water and the slab sugar.
- 5 Put the pork knuckles, toasted ginger, salted egg, vinegar sauce into a tight fitting non-reactive pot (clay is traditional) and slowly stew it for 2 hours until the pork is tender but still has texture.
- 6 Boil the eggs and remove shells.

- 7 Put the egg into the sauce for the last 15 mins and simmer until glossy, allow to cool completely and for the flavour to infuse.
- 8 Reheat, season to taste and serve hot the next day.

Eddie Choi是Portside和The Deck的中菜部副廚。今期，他分享了其中一道Portside招牌菜豬腳薑的食譜。

Portside的豬腳薑特別加入了鹹蛋，增添獨特風味，使味道更加平衡。這道傳統菜餚源於明朝初期，通常為中國南方的婦女產後食用，以補充流失的養份，滋補強身。同時亦會派贈親友以共享新生嬰兒到來的喜悅。

## 方法

- 1 把新鮮薑去皮並洗淨，切成厚片。
- 2 將切好的薑放入焗爐，以200°C焗20分鐘，直到略微變黃並散發香味。
- 3 將冷水注入大鍋中，覆蓋豬腳，至水滾後再煮3分鐘。把豬腳取出瀝乾，稍微冷卻並拍乾表面，用明火燒豬皮表面以去除豬毛。
- 4 將甜醋、白醋、200克水和片糖加熱煮沸。
- 5 將豬腳、烤過的薑、鹹蛋和醋汁放入一個密封的不銹鋼鍋中(傳統上會使用陶土鍋)，用小火慢煮2小時，直到豬腳變嫩但仍仍有咬口。
- 6 把雞蛋及鹹蛋煮熟，去掉蛋殼。
- 7 在最後15分鐘中將蛋放入醋汁中，繼續煮至有光澤，把火關掉然後讓所有材料自然冷卻讓味道融合。
- 8 需要品嚐時只需重新加熱，試味後即可享用。

# Hong Kong History

by Giles Leonard,  
Director of Sports & Recreation

香港歷史



The historical photograph, taken by Hedda Morrison in 1949 and courtesy of Harvard Digital Collections, shows the Lamont and Hope Docks with Ap Lei Chau in the background.

這張歷史照片由 Hedda Morrison 於1949年拍攝，由Harvard Digital Collections提供，照片中以鴨脷洲為背景，展示了那蒙船塢和霍普船塢。

In previous issues we have looked at many historical buildings and districts in the local area and around Hong Kong. But one obvious topic that we have not touched upon is the one all around us – the local shipyards. Let's look at how these developed over the last 150 years.

Prior to the Opium Wars, Chinese authorities required all foreign boats to berth in Huangpu Port in Guangzhou. Once Hong Kong was occupied and then declared a free port in 1843, foreign merchants began to use Hong Kong as their gateway into China. As the number of boats coming and going increased, it was inevitable that proper boatyards would be needed and the earliest colonial-built dockyards were built in 1843.

In 1857, Hong Kong's Governor John Bowring received permission from the British Government to build a dock

in Hong Kong. Two sites in Aberdeen were then leased to John Lamont and Douglas Lapraik at a rental of 100 pounds a year. Lamont supervised the manual work on the first site, which was carried out by labourers at a rate of six pence per day. Lamont Dock, as it was named, was finally completed and received its first ship in the mid-1860s. Of course, nothing remains of this now – the heavy stones that were carried down bamboo gangways and laid in place would now all be underneath Aberdeen Centre.

John Lamont was a sailor shipbuilder by trade, but then became something of an entrepreneur when he approached Admiral James Hope to propose building another dock to take even larger vessels. Hope wanted to make sure the new dock was deep enough for his flagships *Imperieuse*, *the Warrior* and *the Black Prince*

which all needed a depth of 24-feet. After some negotiations, the deeper dock was approved and the Hope Dock was opened in 1867 by new Governor Sir Richard Graves MacDonnell. These dockyards were so successful that, before the Hope Dock was even finished, they were bought by The Hong Kong and Whampoa Dock Co., which was an alliance of several companies including P&O and Jardine Matheson.

At their height, Hong Kong's dockyards employed over 10,000 skilled and unskilled workers. It became one of the most important heavy industries in Hong Kong and Aberdeen was at the centre of this, so much so that in 1887, the 280-foot, 6,000-ton battleship *Audacious* docked in Aberdeen itself. Gradually though, as more and larger shipyards were built in Hung Hom and Taikoo, Aberdeen's Lamont and Hope Docks declined in importance and were finally closed around 100 years after their founding. Of course we can still see the smaller, independent dockyards still in operation around Aberdeen Harbour – remnants of one of Hong Kong's oldest and greatest industries.

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

早前我們曾經介紹過許多本區及香港周圍的歷史建築，但在我們身邊就有一處很顯眼的地方尚未觸及，那就是環繞我們的本地造船廠。讓我們看看這些造船廠在過去150年裡是如何發展的。

在鴉片戰爭之前，中國當局要求所有外國船隻停泊在廣州黃埔港。1843年香港被佔領並宣佈成自由港後，外國商人開始利用香港作為進入中國的門戶。隨著來往船隻數量的增加，建立合適的船廠變得不可避免，因此最早的殖民時期船廠於1843年建成。

1857年，港督寶寧爵士獲英國政府批准在香港建造船塢。隨後，香港仔的兩個地段以每年100英鎊的租金分別租給了那蒙和那柏。在那蒙的監督下，工程由日薪6便士的苦力在沒有使用機器的情況下完成，並命名為那蒙船塢。最終於1860年中竣工並接收了第一艘船。當然，現在一切都已不復存在，那些通過竹梯搬運並安放的重石頭都在香港仔中心的腳下了。

約翰·那蒙原本是一名造船工人，當他接洽海軍上將詹姆斯·霍普時，便提出建造另一個可容納更大船隻的船塢，進而成為了一名企業家。霍普要求新船塢的深度足以容納他的艦隻“Imperieuse”、“the Warrior”和“the Black Prince”，這些船隻都需要24英尺的水深。經過一番談判，這個更深的船塢獲批准，霍普船塢於1867年由當時新任港督麥當奴爵士主持開幕。這些船廠如此成功，在霍普船塢建成之前，它們就被香港黃埔船塢公司收購，該公司是由包括鐵行輪船公司和怡和洋行等的多家公司合營。

在巔峰時期，香港的船廠僱用了超過10,000名熟練和非熟練工人。它成為香港最重要的重工業之一，而香港仔正是其中心。於1887年，排水量6,000噸及280英尺長的戰艦“Audacious”亦停靠在香港仔。然而，隨著越來越多、規模更大的船廠在紅磡和太古興建，香港仔的那蒙船塢和霍普船塢的重要性亦逐漸下降，並最終在成立約100年後關閉。當然，我們仍然可以看到香港仔海港周圍仍在運營的較小的獨立船塢——香港最古老、最偉大的產業之一的餘輝。

如欲了解更多香港歷史的資訊，請聯絡本會康體部總監李基爾。

## Family Hiking 家庭登山樂

It's been a while since we organised a family hike but with the winter weather now in our favour, we invite Members to join us for social hikes on Hong Kong Island on the following dates.

### Saturday, January 18

This hike will take us up Nam Long Shan, which offers lovely views over the south of the island. There are a lot of steps, but the views are well worth it. Members should meet at the Club at 9.15am for 9.30am departure.

### Saturday, February 22

Hong Kong Cemetery Tour. A walk through the Hong Kong Cemetery in Happy Valley provides a small glimpse into Hong Kong's colonial past. Our Director of Sports & Recreation Giles Leonard will guide Members through the cemetery and provide some insights into the history of Hong Kong going back to 1841. Meet at the Cemetery at 9.15am for a 9.30am start.

Both walks are suitable for families with children over eight years of age. Please bring your own water bottle, suitable shoes and clothing, a hat and mosquito repellent.

Enquiries: 2814 1222 (Central Reservations Centre)

我們已經有一段時間沒有舉辦家庭登山樂了，現在冬天的天氣更適合活動，我們誠邀會員在接下來的日子與我們一起參加香港島的遠足活動。

### 1月18日(星期六)

這次遠足路線將引領我們登上南朗山，在那裡可以一覽港島南區的美景。雖然梯級較多，但能欣賞到如此風景還是值得的。會員於上午9時15分在本會集合，並於上午9時30分出發。

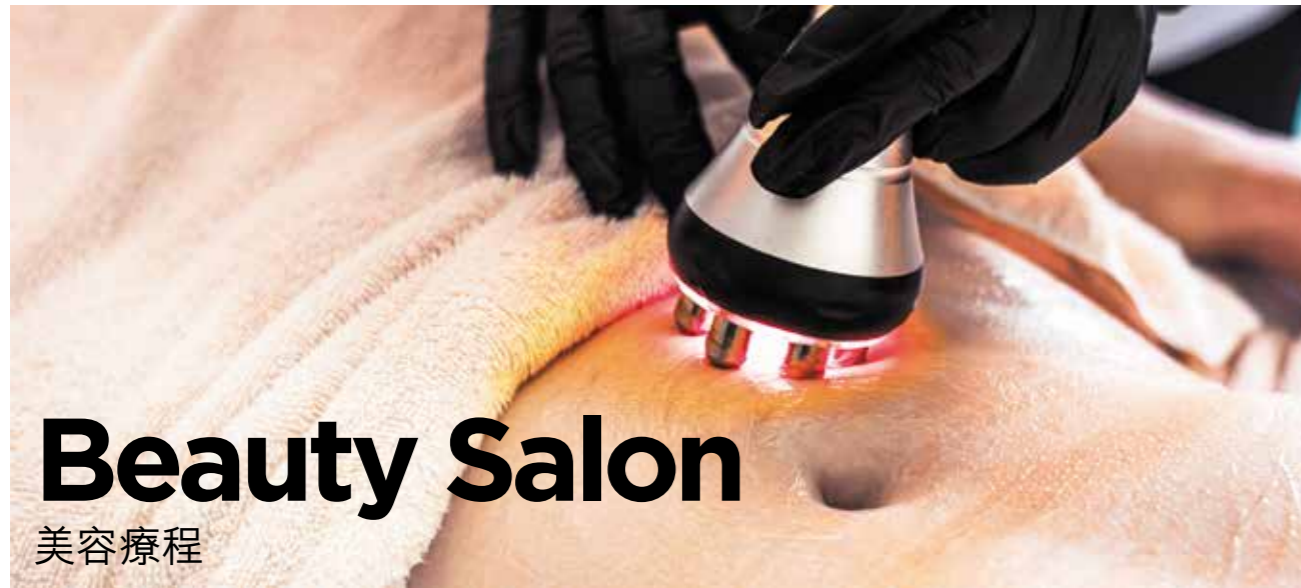
### 2月22日(星期六)

香港陵墓園之旅。漫步於跑馬地的香港陵墓園，了解香港殖民地歷史。康體部總監李基爾將向你分享一些有關香港自1841年以來的歷史。會員請於上午9時15分在陵墓園集合，並於上午9時30分出發。

兩次遠足活動均適合全家人參與，尤其適合八歲及以上的兒童。請自備帽、防曬用品及驅蚊劑，及穿著舒適的鞋履和衣服。

查詢：2814 1222 (預訂服務中心)





## Beauty Salon

美容療程

**A**fter a wonderful festive season, now is the perfect time to get back into shape! Cutting Edge has a range of slimming and contouring treatments, using various devices to target your different needs. We also offer a complimentary Body Composition Analyser for every 10 sessions of treatment, so you can notice the changes not only physically, but also statistically.

### Ultrasound: Breaking Down Fat Cells with Sound Waves

Ultrasound cavitation is a popular method used in slimming machines to facilitate fat reduction. This technology utilises high-frequency sound waves to create bubbles within fat cells, leading to their rupture and making it easier for the body to eliminate it through natural processes.

### Radiofrequency: Heating Fat to Encourage Reduction

Radiofrequency is another mechanism employed by slimming machines to promote fat loss. It works by delivering controlled thermal energy to the skin's deeper layers, effectively heating the underlying fat tissue. The heat stimulates collagen production and enhances blood circulation while encouraging the breakdown of fat cells.

### Endermologie: Reduce Cellulite and Improve Lymphatic Drainage

This treatment stimulates natural fat release and firms

the skin to give it back its tonicity and elasticity. This alliance enables multidimensional stimulation, in order to boost various physiological mechanisms simultaneously.

Our professional beauty team would be delighted to offer a full consultation to select the most suitable body treatment to meet your body goals to kick start 2025!

歡渡節日過後，正是恢復完美體態的好時機！美髮及美容中心提供一系列纖體和塑形療程以及各種儀器來滿足您的不同需求。現凡完成10次療程可享免費的身體分析，不僅可檢測到體形上的變化，還可以作出詳盡的身體數據分析。

#### 超聲波：用聲波分解脂肪細胞

超聲波瘦身纖體儀是減肥療程中常用的消脂方法。該技術利用高頻聲波在脂肪細胞內產生氣泡而導致破裂，並使身體更容易透過自然療程消除脂肪。

#### 射頻：加熱脂肪以達至消脂

射頻是減肥儀器用來減少脂肪的另一種療程。原理是將熱能傳遞到皮膚深層，有效燃消脂肪組織。以熱力刺激膠原蛋白的產生並增強血液循環，促進脂肪細胞的分解。

#### 動能活化專利技術：減少脂肪並改善淋巴引流

這種療法可刺激自然脂肪排走並緊緻皮膚，恢復皮膚張力和彈性。這種技術能刺激核心的休眠細胞活動起來，同時改善各種生理機能。

我們的專業美容團隊很樂意提供全面的諮詢，以選擇最合適您的身體療程，助您開啟2025年的纖形塑身目標！

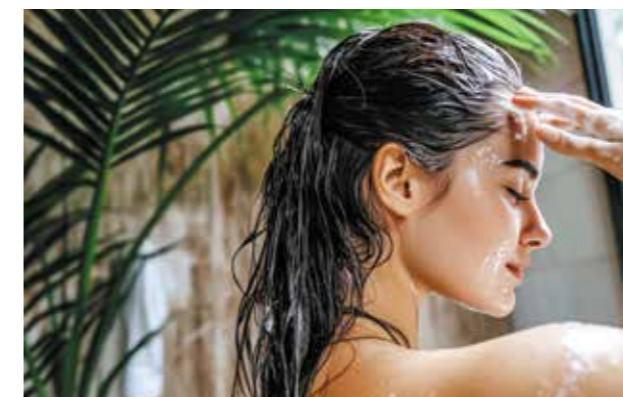
## Winter Hair Care Tips Keep Your Locks Healthy and Stylish

冬季護髮秘訣

**W**inter can be tough on your hair, leading to dryness and damage. Here are some key tips from Cutting Edge Salon for maintaining healthy hair in the colder months.

- 1 Moisturise.** Use hydrating shampoos and conditioners for dry hair and treat with a deep-conditioning mask weekly to restore moisture.
- 2 Limit Heat Styling.** Excessive heat causes dryness. Reduce the use of blow dryers and styling tools and always apply a heat protector when needed.
- 3 Choose the Right Products.** Look for products with nourishing oils like argan or coconut oil. Avoid alcohol-based items that can dehydrate hair.
- 4 Regular Trims.** Schedule trims every three to six weeks to prevent split ends and maintain freshness.
- 5 Protective Styles.** Try hair styles like braids or buns to shield your hair from cold air and reduce daily blow-drying and styling.

With these tips, you can keep your hair vibrant and resilient all winter long!



冬天乾燥容易導致頭髮受損。美髮及美容中心提供以下保持頭髮健康的關鍵。

- 1 保濕：**使用保濕洗髮露和護髮素來防止秀髮乾燥，並每週使用深層護髮膜來補充水份。
- 2 熱熨造型：**過熱會導致頭髮乾燥，減少使用風筒和造型工具，並在需要時使用頭髮抗熱產品。
- 3 選擇合適的護髮產品：**選用含有摩洛哥堅果油或椰子油等成份的滋養產品，避免使用含酒精類的脫水產品。
- 4 定期修剪：**每三到六週修剪一次，以防髮尾開叉。
- 5 保護造型：**嘗試編辮子或髮髻等髮型，以保護頭髮免受冷空氣的影響，並減少日常吹乾和造型。

有了這些秘訣，就能讓您的秀髮於整個冬季充滿活力和彈性！



For enquiries, please call Cutting Edge Hair and Beauty Salon at 2814 5319 or email to [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com)  
查詢請致電美髮及美容中心電話2814 5319或電郵至[cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com)。



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電郵至[cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com)。

# Challenge 2025

健身挑戰活動2025

**P**revious motivational Challenges have focused on cardiovascular exercise and while this is still very important, we should also add some elements of Functional Training into our routines to keep our core muscles strong as we get older. So, Challenge 2025 will ask you to perform Cardio and Functional Training and as usual, take your time, record your activity and we will track your progress. Remember though, if you are new to exercise or have any specific injuries or concerns about your health, please see your doctor before commencing or drastically changing your exercise routine.

For Cardio Training, most studies ask us to perform a minimum of 150 minutes per week, so for Challenge 2025, we will ask you to complete 600 minutes every month. You may choose your own Cardio - in the Fitness Centre or in the Pool - but do try to vary your exercise and don't let your muscles get too complacent.

For Functional Training, we have chosen twelve exercises - four legs, three core and five for the arms. While there is no clear advice for the number of times to do these exercises, we recommend you do every one of them at least once per week. While those used to these exercises may do more repetitions, we will set you a target of 20 repetitions of each, once per week and split into more than one set if necessary.

## Leg-focused Exercises

**1 Squats.** Squats are beneficial for building strength in the legs, glutes, and core muscles and improving balance and stability.

- 2 Lunges.** Lunges are a great exercise for building lower body strength and improving balance.
- 3 Deadlifts.** Deadlifts are great for building overall strength and targeting lower body muscles. Try the new Deadlift machine in the middle floor as this will put you in the correct position for this exercise.
- 4 Step-ups.** A simple exercise - try the Plyobox at the top floor and choose 20, 40 or 60cm.

## Core-focused Exercises

- 5 Planks.** With consistent practice, planks can help improve posture, reduce back pain, and increase overall strength and endurance in the core muscles. Start with 30 seconds and build up to a whole minute or more.
- 6 Crunches.** Crunches are a great exercise for toning and strengthening the abdominal muscles.
- 7 Glute Bridges.** Glute bridges are an effective way to target and strengthen your core, legs, and glutes. Try the Hip Thrust on the top floor.

## Arm-focused Exercises

- 8 Tricep Dips.** Another simple but important exercise - try the new Tricep machine on the middle floor.
- 9 Bicep Curls.** Try the new Bicep machine on the middle floor.
- 10 Shrugs.** Shrugs are a great way to target the upper trapezius muscles and improve posture.
- 11 Overhead Pullover.** A new exercise for some of us - try the new Pullover machine on the middle floor.



**12 Farmer's Carry.** Another new one for many of us - standing with feet hip-width apart and holding a heavy weight in each hand and hold for up to 60 seconds. This is great for building grip strength, improving posture, and enhancing body stability.

Challenge 2025 may appear to be more complicated than usual, but a simple way of looking at it would be to do a 60-minute workout, three times a week. Your workout would consist of around 45 minutes Cardio and 15 minutes of Functional Training with 20 repetitions of four of the exercises.

A final reminder - please always listen to your body. Don't do anything that feels uncomfortable and if you need any advice, please look for our Personal Trainers or Fitness Centre team.

以往的健身挑戰主要集中在心血管鍛煉上，雖然非常重要，但我們也應該再增加一些功能性訓練，以確保核心肌肉的強壯。在2025年健身挑戰將像往常一樣包含帶氧運動和功能性訓練。一如以往，請記錄您的活動，我們將追蹤您的進度。如果您是初次接觸運動或有任何傷患或對健康有任何擔憂，在開始或大幅改變您的運動習慣之前請先諮詢您的醫生。

大多數研究都提出我們每週至少需要完成150分鐘帶氧運動訓練，因此在2025年健身挑戰，我們將要求您每月完成600分鐘。您可以在健身中心或游泳池選擇適合自己的帶氧運動，但請嘗試不同的鍛煉方式，不要讓您的肌肉過勞。

對於功能訓練，我們選擇了十二項練習——四個腿部練習、三個核心練習和五個手臂練習。雖然沒有明確建議鍛煉的次數，但我們建議您每週至少進行每項鍛煉一次。有健身習慣的會員可能會重複更多次，但我們將為您設定每項練習20次的目標，每週一次，如有必要，可分成多組。



## 腿部練習

- 1 深蹲：**深蹲有利於增強腿部、臀部和核心肌肉的力量，並提高平衡力和穩定性。
- 2 弓箭步：**弓箭步是增強下半身力量和改善平衡的絕佳運動。
- 3 硬舉：**硬舉對於增強整體力量和下半身肌肉非常有用。嘗試中間樓層的新硬拉機，因為它將協助您以正確姿勢進行此練習。
- 4 踏步：**一個簡單的練習 - 嘗試頂層的Plyobox，然後選擇20、40或60公分。

## 核心練習

- 5 平板支撐：**透過堅持練習，平板支撐可以幫助改善姿勢，減少背痛，並提高核心肌肉的整體力量和耐力。從30秒開始，逐漸增加到一分鐘或更長。
- 6 仰臥起坐：**仰臥起坐是鍛煉和增強腹部肌肉的絕佳運動。
- 7 臀橋：**臀橋是集中強化核心、腿部和臀部的有效方法。請嘗試頂樓的臀推器械。

## 手臂練習

- 8 雙槓臂屈伸：**另一個簡單但重要的練習 - 試試中層的新三頭肌訓練機。
- 9 二頭肌彎舉：**試試中層的新二頭肌訓練機。
- 10 聳肩：**聳肩是鍛煉上斜方肌和改善姿勢的好方法。
- 11 頭頂拉伸：**對一些人來說這是一項新的練習——請嘗試中層的新拉舉機。
- 12 農夫步行：**對我們許多人來說，另一個新的鍛煉，雙腳分開站立，與臀部同寬，每隻手握住一個重物，並保持長達60秒。這對於增強握力、改善姿勢和增強身體穩定性非常有用。

2025年健身挑戰可能看似複雜，但簡單來說只是每週3次、每次60分鐘的運動。您的鍛煉將包括大約45分鐘的帶氧運動和15分鐘的功能性訓練，當中包括重複的四項練習20次。

最後提醒一下 - 要時刻留意您身體的狀況。不要做任何引起不適的練習，如果您需要任何建議，可請教我們的健身教練或健身中心團隊。



# Fitness for Seniors

## 長者健體

**N**one of us wants to admit it, but we are all ageing, albeit gracefully. Challenge 2025 is a great way to keep motivated and fight off the ageing process, but some of us may be looking for even more motivation.

Unfortunately, ageing can cause sensory deprivation, slowed reaction, a decrease in strength and endurance, a higher incidence of chronic conditions and use of medication, and loss of self-esteem. However, don't be disheartened - the process of ageing can be delayed under the guidance of our Personal Trainers. Our Stretch Therapist and Personal Trainer Naresh has specialised in senior care, and he will bring back his popular Fit-60 sessions in January and February. These are fun sessions for those aged 60 and over and provide a series of low impact exercises and activities that will keep your mind and body active.

Sessions last 30 minutes and are available from 2-5pm on weekdays. Reservations are required - please contact the Fitness Centre team or Naresh directly for more information.

我們雖不願意承認，但我們的身體正漸漸地老去。健身挑戰活動2025是保持動力和對抗衰老的最佳方法，但有些人可能需要更多的刺激和鼓勵。

衰老可能導致感官喪失、反應遲緩、力量和耐力下降、慢性病發生率增加以及藥物使用增加，從而使自尊心下降。請不要灰心——在我們的健身教練指導下，衰老的過程是可以延緩的。我們的伸展治療師兼私人教練Naresh擅長協助年長人士健體，他將於一月和二月重新推出備受歡迎的Fit-60課程。課程專為60歲及以上的人士設計，提供一系列低強度的鍛煉和活動，讓您的身心保持活力。

課程每節為30分鐘，於週一至週五的下午2時到5時之間進行。上課需要提前預約 - 請聯絡健身中心職員或直接聯絡Naresh以獲取更多資訊。

## TENNIS

### Junior League By Tennis Coach, Loki Ng 青少年聯賽

**October 4, 18 and 25**

Thank you to our Junior Tennis Team for representing the Club in the Autumn Season HKCTA Junior League. The team put in their best effort and showed an excellent performance during the season.

The season ended on December 13 and although we missed the champions title, we still achieved a remarkable result.

The new Junior League season is expected to resume in the spring. This is one of the best platforms for our junior players to compete, gain match experience and expand their social circle. If you are interested in representing the Club as a junior team player, please call tennis reception on 2814 5318 for more details.



10月4日，18日及25日

感謝我們的青少年網球隊代表本會參加HKCTA青少年聯賽秋季賽季。球隊在賽季中竭盡全力，發揮出色。

賽季於12月13日結束，雖然我們無緣冠軍，但我們仍然取得卓越的成績。

新的青少年聯賽賽季預計在春季恢復。這是我們青少年球員競技、累積比賽經驗與擴闊社交圈的最佳平台之一。如您有興趣代表本會擔任青少年隊球員，請致電網球中心2814 5318獲取更多詳情。



ACC Open Final  
From middle left, John Liang, Adrian Lo (Winner)



ACC Master Final  
From left Charlie Wong (Winner), Jason Lui

### Annual Club Tennis Championships By Tennis Coach, Jimmy Jea

#### 網球週年錦標賽



From left Stanley Kwok, Tengfei Chen

The Club hosted a thrilling tennis tournament on October 19 showcasing some of our finest talents. The excitement was palpable as players battled it out on the court, and the support from our Members truly made this event a success.

In the Men's Open Finals, Adrian Lo emerged victorious against John Liang in a match that kept spectators on the edge of their seats. Both players demonstrated remarkable skill and determination, and it was a hard-fought contest that ended with Adrian claiming the title.

In the Men's Masters Finals, Charlie Wong displayed exceptional prowess as he defeated Jason Lui. The match was a fantastic display of strategy and athleticism.

We look forward to more such events in the future and hope to see everyone back on the court soon!

本會於10月19日舉辦了一場緊張的網球錦標賽，讓我們一眾有實力的網球手一展所長。球場上的激烈競爭令人心跳加速，會員的支持無疑使這次活動更成功。

在男子公開賽決賽中，Adrian Lo在一場激烈的比賽中擊敗了John Liang。兩位選手展現了卓越的技術和堅定的決心，這是一場不容易的比賽，最終Adrian獲勝並得到冠軍。

在男子大師賽決賽中，Charlie Wong表現出色，成功擊敗Jason Lui。這場比賽充份展示了策略與力量的配合。

我們期待未來有更多類似的活動，並希望能在球場上再次見到大家！

TENNIS

# Junior Club Championships 2024

By Tennis Head Coach, Asif Ismail

The AMC Annual Junior Club Championships took place on November 30, with an impressive turnout of 35 entries.

The day was filled with excellent matches, with players showing great ability, enthusiasm and sportsmanship.

The event was a resounding success and we look forward to continuing this tradition and fostering love for the game in future.

網球週年少年錦標賽於11月30日舉行，共有35名球手參加。

當天的比賽精彩刺激，令人印象深刻。選手們展現了出色的球技和運動精神，氣氛非常熾熱。

這項活動取得了巨大成功，我們期待在未來繼續延續這項傳統，並培養年輕球手對比賽的熱情。

## RESULTS

### Boys 12 and under Intermediate

Champion: Ethan Pen Finalist: Branden Wong

### Boys 12 and under Open

Champion: Alexander Chua Finalist: Ethan Pen

### Girls 12 and under Intermediate

Champion: Audrey Chen Finalist: Allison Chew

### Girls 12 and under Open

Champion: Victoria Yang Finalist: Alexis Chew

### Boys 14 and under Intermediate

Champion: Nelson Hua Finalist: James Di

### Boys 14 and under Open

Champion: Nathan Liu Finalist: Aarav Bathija

### Girls under 14 Open

Champion: Leanne Lee Finalist: Wang Shu Yao

### Boys 18 and under Open

Champion: Nathan Liu Finalist: Suren Chellaram



## Upcoming Tennis Events Grand Slam Social - Australian Open 2025

即將舉行的網球賽事  
大滿貫社交賽 -  
2025年澳洲網球公開賽

January 21 (Tuesday),  
from 10am to 1pm

Get the season started with some social tennis  
with your fellow League Players.

Enquiries: 2814 5318 (Tennis Centre)

1月21日(星期二)  
上午10時至下午1時

與您的聯賽球員夥伴一起進行社交網球，為賽季揭開序幕。

查詢請電：2814 5318(網球中心)



Men's A vs CRC  
Captain: Edwin Wong



## Adult Team Men's A and Men's D

Men's D vs THKJC  
Captain: Wong Kong Yen

## Adult Team Ladies' B vs FPCC

Tennis Winter League semi-final



Captain: Jacinta Yu



Junior B vs HKFC



Junior C vs CCC



Our Member, Mr Jonathan (top right) joined the Streetathon 2024 on December 8 with the Club's Personal Trainers. He completed 10km in a time of 54 minutes and 26 seconds.

## Hong Kong Marathon 2025

### 2025香港馬拉松

The Standard Chartered Hong Kong Marathon takes place on Sunday, February 9. If any Members are running the full, half or even the 10km race, we wish you good luck! After the race, please let us know how you did and we can feature you in the next issue of *Portwatch*. Giles Leonard, our Director of Sports & Recreation will be running the half marathon.

Look out for him around the Club if you need any tips and pointers.

For those not running, we organise a fun challenge in the Fitness Centre on that day - complete 42km in your own time on any cardio machines to claim a small reward.

渣打香港馬拉松將於2月9日星期日舉行。如有會員參加全程、半程馬拉松或十公里賽事，歡迎於賽後告訴我們您的成績，我們將於在下一期《Portwatch》作出介紹。康體部總監李基爾將參加半馬拉松。如您需要任何有關馬拉松的提示或建議，可隨時向Giles查詢。

對於不常跑步的會員，我們將於當天在健身中心安排一場有趣的挑戰——在您的時間內使用任何帶氧運動器材完成42公里，以獲得小獎勵。

## PICKLEBALL

# Pickleball Week!

### 匹克球週



#### February 17 to 22 (Monday to Saturday)

This week will be Pickleball Week - a series of clinics and workshops before a fun Members-only tournament on Saturday, February 22!

#### Monday, February 17

Pickleball Clinic by Asif  
• 12.15 - 1pm • 6.15 - 7pm  
Social Pickleball  
• 7 - 9pm

#### Wednesday, February 19

Pickleball Clinic by Asif  
• 11.15am - 12.15pm

#### Friday, February 21

Pickleball Clinic by Asif  
• 11.15am - 12.15pm

#### Saturday, February 22

Family Workshop (max 8 players, children aged 8 and above only)  
• 1 - 2pm • 3 - 4pm  
Free Play Sessions  
• 2 - 3pm • 4 - 5pm  
Fun Round Robin Tournament  
Teams of 4 participants with two Male & two Female.  
(Members only and maximum 8 teams)  
• 5 - 7pm

The activities will take place on the 7/F & 8/F Pickleball Courts with exact venues to be confirmed closer to the time. For enquiries, please call the Central Reservations Centre on 2814 1222. Reservations required.

#### 2月17至22日(星期一至六)

本星期將舉辦匹克球週 - 在2月22日(星期六)舉行會員專屬的趣味錦標賽，之前還有一系列的訓練班和工作坊！

#### 2月17日(星期一)

匹克球訓練班  
• 下午12時15分至1時 • 晚上6時15分至7時  
社交匹克球  
• 晚上7時至9時

#### 2月19日(星期三)

匹克球訓練班  
• 上午11時15分至下午12時15分

#### 2月21日(星期五)

匹克球訓練班  
• 上午11時15分至下午12時15分

#### 2月22日(星期六)

親子匹克球(最多8名參加者，僅限8歲及以上的兒童)  
• 下午1時至2時 • 下午3時至4時  
自由遊戲時段  
• 下午2時至3時 • 下午4時至5時  
趣味循環賽  
每隊4名參賽者，其中包括2名男選手和2名女選手。(僅限會員，最多8支隊伍)  
• 下午5時至7時

所有活動將在7樓及8樓的匹克球場進行，具體場地將於稍後公佈。如有查詢，請致電預訂服務中心電話2814 1222。敬請提前預約。

## ICE SKATING

# Chinese New Year Camps

### 農曆新年溜冰營

January 27 to 31, from 10am - 2.45pm

Our Chinese New Year Camps are a great way to learn new skills while improving your balance, strength and coordination. Not only will you be able to skate but these skills will help with your development in other sports too.

We look forward to seeing you at the rink!

Enquiries: 2814 5374 (Ice Rink)

1月27日至31日

上午10時至下午2時45分

我們的農曆新年溜冰營是學習新技巧的絕佳機會，同時提升您的平衡、力量和協調能力。您不僅能夠溜冰，這些技巧還將有助您在其他運動中的發展。

期待在溜冰場與您見面！

查詢：2814 5374 (溜冰場)。



# Kung Fu International Championships 2024

### 2024國際功夫錦標賽

Congratulations to all Club Members who participated in the Kung Fu International Championships 2024, organised by Heng Yue Yen Long Kwon Chinese Kung Fu on November 31! Medals and trophies were presented by officiating guests including Club Members Mr Matteo Pellegrini and Mrs Elena Pellegrini, Black Belt 7th Dan.

恭賀所有參加由恒宇仁龍拳於11月31日舉辦的2024年國際功夫錦標賽的會員，擁有黑帶七段的本會會員Matteo Pellegrini先生和Elena Pellegrini夫人更獲邀為嘉賓，頒發獎牌及獎盃。

## JUNIOR CLUB STARS

### SKATER • AGE 5 Elizabeth Hui

Elizabeth is only five years old but has made great progress in her skating. Every week she shows up with a smile and puts in a great effort. Keep up the good work Elizabeth!



Elizabeth 年僅五歲，但在滑冰方面卻有很大進步。她每週都帶著微笑上課，並付出很大的努力。繼續努力，Elizabeth！

### SKATER • AGE 7 Primrose Chan

Primrose is always punctual when attending skating classes. She tries her best to perform the ice-skating movements well, and her cheerfulness and good nature makes for a delightful class. Well done, Primrose!



Primrose 每次都準時出席溜冰課程。她努力做出每個溜冰動作，她開朗和善良的個性讓課堂氣氛變得愉快。做得好，Primrose！

### Swimmer • Age 11 Andrea Bruchet

Andrea demonstrates remarkable progress in all strokes – freestyle, breaststroke, backstroke and butterfly – along with competitive turns, and her dedication shines brightly. Her cheerful demeanor, attentiveness and strong work ethic make her a standout in the class. Congratulations to Andrea on this well-deserved recognition of her effort in the pool!



Andrea 在所有泳姿（自由泳、蛙泳、仰泳和蝶泳）以及競技轉身方面都展現出了顯著的進步，她的熱誠散發著光芒。她的開朗、細心和堅毅的專注精神使她在班上脫穎而出。恭喜 Andrea，這是對她在泳池中的努力獲得的認可！



## Club Memories

### 俱樂部回憶

Did you manage to identify to last issue's photo? It was the Club Lobby when the Club first opened in the 1980s. The design was quite different from today, but you may have been able to tell from the staircase in the background.

Congratulations to the three winners: Mr David Chau, Ms Carmen Lee and Ms Sonia Kwan. They will receive \$500 Marina Grill Dining Voucher. Please collect the prize at the Lobby Reception.

See if you can guess where and in which decade this photo was taken. Please send your answer to [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com) by February 6. Three winners will be chosen at random to receive a small prize. Each will be notified by email and named in the next issue. Good luck!

你能猜到上期的照片是哪裡拍的嗎？那是一張會所大堂的照片，攝於1980年代初開業時。當時的設計與今天相差甚遠，但你可從背景中的樓梯辨認出來。

恭喜3位得獎者，Mr David Chau、Ms Carmen Lee及Ms Sonia Kwan。他們將獲得Marina Grill餐飲券價值\$500。得獎者請前往大堂接待處領獎。

看看你是否能猜出上方照片的拍攝地點和年代，並在2月6日之前將答案發送至[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)。我們將隨機選出三位獲獎者，並通過電子郵件通知他們，獲獎者將在下期公佈。祝您好運！

## Upgraded Club Facilities

### 設施升級

#### Family Changing Rooms

As you may have seen already, we recently opened our Family Changing Rooms at the 3/F shower area, consisting of two private shower cubicles.

These are primarily for use by children aged six years and above who are not accompanied by a same-sex parent or guardian and may feel uncomfortable using the main locker rooms alone. We will also allow families with young children or parents with young children who prefer a more private space to use the facility.

Please be aware that these changing rooms may not be used by lone adults or couples without children, who must use the main locker rooms. Thank you for your understanding and please note that the Club's policy of allowing only children aged five years and below into opposite-sex changing rooms will now be strictly enforced.

#### North Shore Tennis Courts

The three tennis courts at the North Shore have been resurfaced to ensure an even better playing experience for Members.

#### Marina Project

We are pleased to announce that the Marina project has been completed after more than three years of extensive work. New pillars and pontoons have been installed, improving the safety of the berth area and the Dock walls have been re-painted, enhancing the environment for all berth holders.



#### 家庭更衣室

我們最近在三樓淋浴設施增設了家庭更衣室，包括兩個私人淋浴間。

這些更衣室為未能由同性父母或監護人陪伴，而又對單獨使用主要更衣室感到不安的兒童設置，主要供六歲及以上的兒童使用。我們也歡迎有小孩的家庭或父母使用此設施，提供更私密的空間。

請注意，這些更衣室不適用於未有帶同兒童的成人，他們必須使用主更衣室。我們感謝您的理解，並請注意，俱樂部的政策將嚴格執行，只允許五歲及以下的兒童使用異性更衣室。

#### 北岸網球場

北岸的三個網球場已完成重鋪地面工作，為會員提供更佳的運動體驗。

#### 海事工程項目

我們很高興地宣布海事工程項目長達3年多的工作終於完成。工程安裝了新的樁柱和浮橋，提高了泊位區的安全性，並且重新粉刷了碼頭牆壁，為所有泊位持有者改善環境。



## Dry Boat Store Annual Maintenance

### 快艇倉年度維護

Please note that the Dry Boat Store will be closed from January 6 to 17 inclusive for annual maintenance, in order to ensure safe and speedy services for boat owners. We apologise for any inconvenience.

請注意，快艇倉將由1月6日至17日關閉以進行年度保養，以確保為船主提供安全快捷的服務。不便之處，敬請原諒。



### OPENING HOURS UNTIL APRIL 直至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 關閉

Saturday, Sunday and  
public holidays  
星期六、日及公眾假期

8am to 7pm

## Latest Versions of Rules and Bye-Law Books

### 會章及附則更新

The latest version of the Club's Rule Book and Bye-Law Book are now available for viewing at [www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com). You can also scan the QR codes below. To help preserve the environment, hard copies will only be available upon request at the lobby reception or by email at

[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com). Thank you.

最新版本的會章及附則現已上載於本會網站[www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)，您亦可掃描以下二維碼查閱。為響應環保，本會將不主動派發實體版會章及附則，如有需要，閣下可到大堂接待處或電郵至[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)要求索取。



Rules Book  
會章



Bye-Law Book  
附則

## Closure of the Hair & Beauty Salon

### 美髮及美容中心關閉

The Hair & Beauty Salon and Nail Bar will be closed on January 29, 30 and 31 for the Chinese New Year. We apologise for the inconvenience.

美髮及美容中心和美甲吧將於1月29、30及31日（年初一至初三）關閉。不便之處，敬請原諒。



## Parking Rules Update

### 停車規則更新

Starting January 1, 2025, any Member who violates our parking rules will incur a \$500 donation to a designated charity. Each quarter, we will select a different organisation and provide a donation receipt. Our Club has proudly supported many charitable causes over the years, and this initiative is a meaningful way to give back to the community. For the first quarter, we are pleased to announce our charity will be Ebenezer School & Home for the Visually Impaired.

This past year, we've faced challenges with parking rules, including pick-ups in restricted zones and inconsiderate parking in our car park. We've issued more than 240 warning letters and want to remind you that Members who violate parking rules three times may face a suspension of parking privileges. We appreciate your understanding.

We kindly ask all Members and their drivers to adhere to our parking guidelines and show consideration for one another.

Thank you for your attention and cooperation.

自2025年1月1日起，任何違反停車規例的會員將要向指定慈善機構捐款500元。每個季度，我們會選擇不同的慈善機構並提供捐贈收據。多年來，會所致力支持各項慈善項目，以回饋社區。在第一季度，我們將把善款捐贈予心光盲人院暨學校。

在過去的一年裡，我們在維持停車規則方面面對各種挑戰，包括在2M層及紅區範圍停車和上落客，以及不當駕駛行為。我們已發出超過240封警告信。請注意，如會員違反停泊規例3次，將會被暫停泊車使用權。措施旨在改善會所環境和提升會員的體驗，感謝您的理解。

我們懇請所有會員及其司機遵守我們的停車規例並互相體諒。感謝您的合作。

# Christmas Wish Programme 2024

## 2024聖誕願望活動

The Club's annual Christmas Wish Programme received more than 200 gifts, which were delivered to underprivileged children at the Ebenezer School & Home for the Visually Impaired, the Fu Hong Society's Hin Dip Children Centre, Mother's Choice and SAHK.

The Christmas Wish Programme was first initiated in 2019, when only two charities benefited from the programme, which could not have grown and expanded without your generous support. We will continue to reach out to the community and lend a hand to those in need.

本會的年度聖誕願望活動收到了超過200份禮物，這些禮物已經送到心光盲人院暨學校、扶康會牽蝶中心、母親的抉擇及香港耀能協會的兒童手中。

聖誕願望活動於2019年首次啟動，當時只有兩個慈善機構受惠。這活動能成功舉辦有賴大家的慷慨支持。我們將繼續關心社區，幫助更多有需要幫助的人。



# Wan Siu Har

## Public Area Cleaner

溫少霞 公眾地方清潔員

**H**ar has been with the Club for 20 years and started work just a few months after her husband.



At first she found the job more challenging than she anticipated.

“The standards at the Club were very high, and cleaning here is totally different from what we do at home,” says Har. “We have to memorise many things, such as how to operate different equipment and organising cleaning agents for furniture made with different materials.”

Throughout her time at the Club, Har has seen many changes, but one thing that has never changed is the strong team spirit between colleagues. “Remember the severe rain last year? Many areas of the Club were flooded, and different teams came together to restore normal operations, so that Members could enjoy our services.”

Other than being responsible for cleaning public areas, Har occasionally works in the female changing rooms as an attendant. This allows her to engage with Members, and she cherishes the recognition she receives. “I am always surprised and happy when Members recognise my face,” she says.

Say hello to Har on your next visit to the Club – she will be delighted to meet you.

少霞在會所已經工作了20年，她在丈夫被聘請後幾個月也加入了這個大家庭。

最初，她發現這份工作比她想中的更具挑戰性。「會所的標準非常高，這裡的清潔工作與在家裡的清潔完全不同。」少霞說。「我們需要牢記的東西有很多，例如如何操作不同的用具，清潔不同材質的傢俱時需要準備不同的清潔劑。」

在會所的日子裡，少霞見證了很多大大小小的變遷，但有一點從未變改，就是同事之間的團隊精神。「還記得去年那場



暴雨嗎？會所多處出現水浸，各部門的同事齊心協力，使會所能盡快恢復正常運作，讓會員可以如常享用我們的服務。」除了負責公眾地方的清潔工作外，少霞偶爾也會在女更衣室當值。這使她能夠與會員互動，少霞非常珍視會員的認可。「每次當會員認出我的時候，我總是感到意外和高興。」她說。下次到訪會所時可以跟少霞打招呼 – 她會很高興歡迎您。

## Mini Christmas Tree Workshop



Ms Valerie Yeung



Ms Karen Wong, Ms Katrina Mak, Mrs Michelle Hung and Ms Julia Chan



Ms Angel Yao



Ms Yao Wen



Mrs Juliet Lui



Mrs Elaine Ki



Mrs Crystal Cheng



Mr & Mrs Bastien Le Coz, Mr & Mrs Salvatore Zavatti and Mr Dave Chapman



William, Natalie, Mrs Ivy Fu & Barbara

## New Members Cocktail Reception



Kai, Barbara, Mr Roneel Punjabi & Clara



Mr & Mrs Austin Wan and Mr & Mrs Daryl Tso and Natalie



Ms Janet Chan & Clara



Mr & Mrs Ray Wong



Mr & Mrs Philip Sohmen and Barbara



Mr & Mrs Adrien Duraffourd



Mr & Mrs Zhu Lei



Mr & Mrs Kelvin Fong



Giles, Mr Chris Yeung, Kai & Pieter



Mr & Mrs Danny Liu



### Xili Golf Day



Mr & Mrs Cheng Fu Shing and Coach Christine



Mr Michael Wong, Mr Howard Wong, Ms Jodie Yoo and Coach Christine



Ms Zhong Min Jun and guest



Mr & Mrs Charles Su



Ms Theresa Yip and guests

### Annual Wine Fair

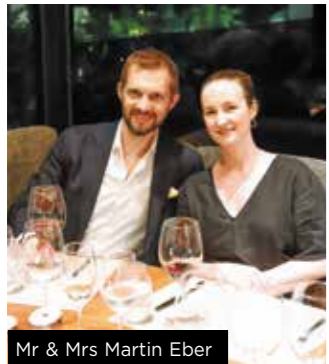


Mr Lawrence Kuoch and guests

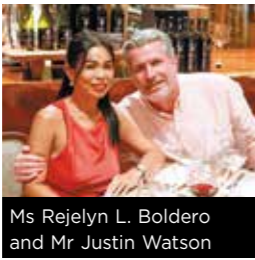


Mr & Mrs Austin Mok

### Henschke Wine Dinner



Mr & Mrs Martin Eber



Ms Rejelyn L. Boldero and Mr Justin Watson



Mr Amir Nanneh and guests



Ms Isabel Ho and guest



Mr & Mrs David Chien and guests



Mr & Mrs Eric Fung and guests

### Halloween Events



### Members' Day





# 春茗

## CHINESE SPRING DINNER PACKAGES

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

恭賀新年，本會準備多款春茗菜單，讓閣下與公司全人共迎新歲。

**Our Spring Dinner packages offer excellent value from only \$9,080 per table, and include the following benefits.**

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

**Additional inclusive benefits.**

**For parties with more than 8 tables of 12 persons.**

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

**For parties with more than 12 tables of 12 persons.**

- Complimentary round-trip transfer by 60-seater coach to/from Admiralty MTR station.

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

本會春茗套餐每席只需\$9,080起，每席十二位，並提供以下優惠：

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

預訂八席或以上，可享額外優惠

- The Deck二人自助晚餐禮券乙張供抽獎用

預訂十二席或以上，可享額外優惠

- 免費60座位旅遊巴士接送往返金鐘地鐵站一次

THE  
ABERDEEN MARINA CLUB



For bookings or enquiries, please call our Events Sales Team on 2814 5442 or email [events@aberdeenmarinaclub.com](mailto: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](mailto:events@aberdeenmarinaclub.com)。