

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

NOVEMBER/DECEMBER 2020



*Season's
Greetings!*



THE NEW DATEJUST

The ultimate Rolex classic, the Datejust was the first self-winding waterproof chronometer wristwatch to display the date in a window. Now, with new white Rolesor versions of the Datejust 31 featuring elegant and refined dials, it continues to be the quintessential watch.

#Perpetual



OYSTER PERPETUAL DATEJUST 31

蘇麗鐘錶

ZURICH WATCH

WWW.ZURICH-WATCH.COM TEL: (852) 2369 9298

Portwatch

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

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THE
ABERDEEN MARINA CLUB


Club Directory

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Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs



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



Contents

PORTWATCH | November December 2020



30

26

La Cave Team
Recommendations
La Cave 團隊推介

28

Wine Dinner
紅酒晚宴

30

Six of the Best
Hanoi
河內六大旅遊景點

36

Design Icons
Harajuku Station
日本原宿火車站

38

Hair & Beauty Salon
美髮及美容中心

46

Activities News
康體活動

48

Class Highlights
康體課程推介

49

Coach Spotlight
教練焦點

26



51

Club Notices
會所快訊

52

Corporate Social
Responsibility
企業公民社會責任



36



New Year's Eve Countdown Party

除夕倒數派對

THURSDAY, DECEMBER 31

THEME: PIRATES OF ABERDEEN

BUFFET: 6-11pm KIDS COUNTDOWN AT 9pm

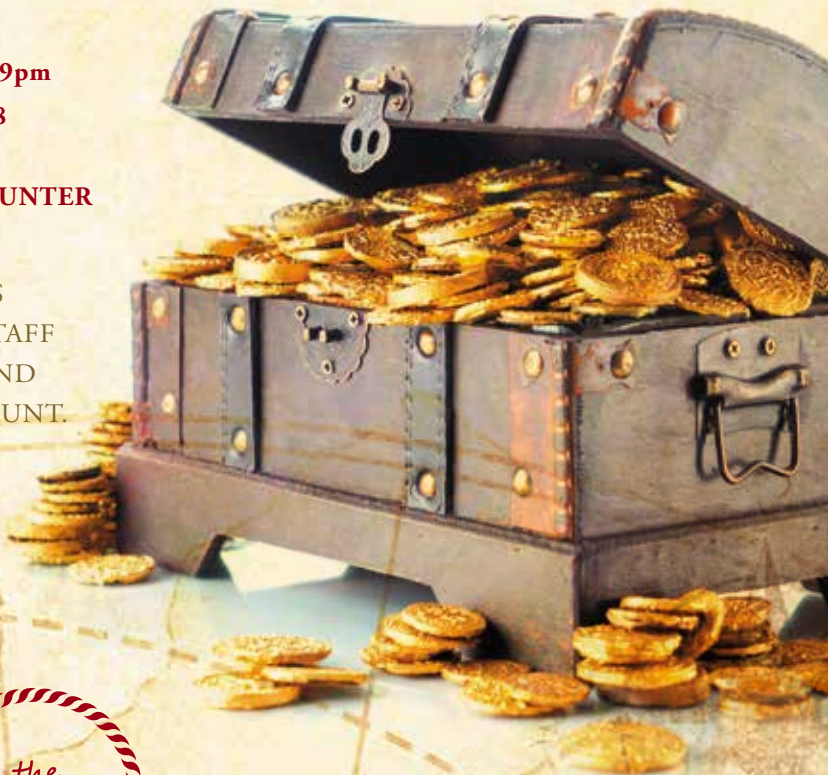
ADULT 成人\$838 CHILD 兒童 (3-11) \$468

HIGHLIGHTS

PHOTO BOOTH, GAME BOOTHS, SNACKS COUNTER

DRESS CODE: PIRATES!

WE INVITE YOU TO JOIN US ON THIS
WONDERFUL PIRATE-FILLED DAY! ALL STAFF
WILL BE DRESSING UP LIKE PIRATES, AND
THERE WILL BE A MYSTICAL TREASURE HUNT.



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 background of the poster features a close-up of a roulette wheel on the right and a hand holding a fan of playing cards on the left. The cards are illuminated with a golden glow, and the roulette wheel is also lit with warm, golden light. The overall color palette is dark with golden highlights.

M A R I N A
G R I L L

CASINO ROYALE

NEW YEAR'S EVE DINNER

皇家賭場除夕晚宴

THURSDAY, DECEMBER 31

Casino games from 6.30pm-8.30pm

Seven-course dinner from 8.30pm till late

18 years old and above only

\$1,988 per person

**This New Year's Eve,
Marina Grill will be celebrating
the start of 2021 with an
amazing themed dinner. Join us
for an unforgettable party!**

今年Marina Grill將在除夕夜舉辦
皇家賭場 主題晚宴，
為將會來臨的2021年慶祝！
與我們共度一個難忘美好的除夕派對吧！

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



CHEF MARK'S SURPRISE NEW YEAR'S EVE TASTING MENU



DECEMBER 31, 2020



\$1,388 PER PERSON

18 YEARS OLD AND ABOVE ONLY



CHEF MARK WILL SURPRISE YOU WITH HIS SPECIAL TASTING MENU AND LAURENT-PERRIER "GRAND SIÈCLE" WELCOME CHAMPAGNE, TO CELEBRATE NEW YEAR'S EVE.



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。



MARINA
DELI

CHRISTMAS GIFTS AND GOODIES AT MARINA DELI

Celebrate with chocolate fondue,
luxury cakes, cookie decorating kits,
cookie assortments and more.

For enquiries, please call Marina Deli on
2814 5302 or email marinadeli@aberdeenmarinaclub.com

Premium Advent
Calendar



Chocolate Pralines



Photo 1

THE HEIGHT of PRESTIGE 筆架山上 峻極天下

On Beacon Hill, one of Hong Kong's most coveted residential locations, lies a secluded enclave of luxury dwellings designed to offer the best of the city in a serene grandeur.

Mont Rouge, an exclusive collection of homes created by Kerry Properties, comprises 5 three-storey villas, 14 two-storey houses and two towers with 26 apartments. These dwellings are intended for a privileged few who relish gracious elegance and timeless design.



M O N T R O U G E

緹 山



Photo 2

District: Shek Kip Mei • Street Name and Street Number: 9 Lung Kui Road • The photographs, images, drawings or sketches shown in this advertisement/promotional material represent an artist's impression of the development concerned only. They are not drawn to scale and/or may have been edited and processed with computerized imaging techniques. Prospective purchasers should make reference to the sales brochure for details of the development. The vendor also advises prospective purchasers to conduct an on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. • The address of the website designated by the vendor for the development for the purposes of Part 2 of the Residential Properties (First-hand Sales) Ordinance: www.themontrouge.com.hk

A View of All Things Splendid¹

傲然卓立 處尊居顯

Situated on the lofty heights of Beacon Hill, Mont Rouge commands breathtaking 180-degree views of the entire Kowloon Peninsula and surrounding mountain peaks on Hong Kong Island, the Lei Yue Mun Strait, and Stonecutter's Island¹. Residents of this prestigious development can bask in unobstructed sunshine, savour mountain breezes, and enjoy tranquility that is rare and precious in this bustling metropolis.



Photo 3

Refined Living in Spacious Elegance

深邃奢華 超逸風範

The five spacious and meticulously designed villas provide between 5,128 and 7,171 square feet² of living space in three storeys, with front and back gardens, a carport as well as a rooftop garden. The surrounding trees enhance residents' privacy while making greenery an everyday feature of living. The rooftop garden, served by a private lift, adds an extra touch of natural beauty.

Fine Living Inside Out

匠心巧藝 鴻圖華構

At Mont Rouge, outside spaces blend with striking interiors. The approximately eight-metre high ceilings³ and full-view windows bring in ample natural sunlight, and reveal the splendours of Kowloon and Hong Kong¹. The master bedroom fills an entire floor, and provides a spacious walk-in closet area, a rare and much sought-after amenity in Hong Kong.

A Legendary Lifestyle of Unrivalled Convenience

極致體驗 心向往之

Mont Rouge promotes well-being and peace of mind in an exquisitely private setting. Those who make their home in these exceptional villas enjoy not only their own parking, but also a thoroughfare, Lung Kui Road, specifically built for the residents.

A man-made natural wonder, a refuge of singular status, a legend lying between the Kowloon skyline and the clouds above, Mont Rouge will be admired by all. Only a very fortunate few, however, will call it home.



嘉里建設有限公司
KERRY PROPERTIES LIMITED

(Incorporated in Bermuda with limited liability)

Enquiry Hotline

(852) 2524 8484



Website



Video

Vendor: NMC 8 Limited (Remark: The place of incorporation of the Vendor is British Virgin Islands. The liability of the members of the Vendor is limited.) • Holding Companies of the Vendor: Kerry Group Limited, Kerry Holdings Limited, Kerry Properties Limited, Kerry Properties (Hong Kong) Limited, Goldash Holdings Limited and Mazbo Holdings Limited • Authorized Person for the Development: Mr. Wong Ming-yim • The firm or corporation of which the Authorized Person for the development is a proprietor, director or employee in his or her professional capacity: DLN Architects Limited • Building Contractor for the Development: CFI Construction Company Limited • The firm of solicitors acting for the owner in relation to the sale of residential properties in the Development: Baker & McKenzie • Authorized institution that has made a loan, or has undertaken to provide finance, for the construction of the Development: Not applicable • Any other person who has made a loan for the construction of the Development: Dragon Fame Limited • This advertisement is published by the Vendor of Mont Rouge • Prospective purchasers are advised to refer to the sales brochure for any information on the Development • Date of print: 1st November, 2020
Photos 1,2,3, were taken at the entrance of the Development (on 6th Jun 2019), Tower 2 Unit 7A (on 15th Jan 2019), and living room of Villa 2 (1st May 2020), respectively and have been edited and processed with computerized imaging techniques (merging, colour tuning and retouching of external appearance). These photos show the general condition of the surrounding environment, buildings or facilities of the part of the Development concerned. The view of a residential property is dependent on the residential property's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. The environment, views, facilities, buildings, design, fittings, finishes, equipment, decorations, plants, landscaping and other objects shown on the photos may not be in existence or provided in the Development or its vicinity. The provision of fittings, finishes and appliances is subject to the terms and conditions of the sale and purchase agreement. The vendor advises prospective purchasers to conduct on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. These photos and the content thereof are for reference only and shall not constitute or be construed as constituting any offer, promise, representation or warranty, whether express or implied (whether in relation to the Development and its surrounding environment, landscaped areas, open spaces, view, facilities and buildings). 1. The view of a residential property is dependent on the residential property's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. 2. These are references to saleable areas. Please refer to the sales brochure for details of the saleable areas. The saleable area of each residential property and the floor area of every balcony, utility platform or verandah (if any) are calculated in accordance with section 8 of the Residential Properties (First-hand Sales) Ordinance. 3. Not applicable to each residential property. Only applicable to certain part(s) of a villa in the Development. The Vendor reserves the right to amend the building plans and other plans, design, fittings, finishes and appliances of the Development or any part thereof from time to time. Fittings, finishes and appliances shall be provided according to the terms and conditions of the agreement for sale and purchase. The design of the Development is subject to the latest approval of the relevant Government authorities. This advertisement/promotional material is for reference only and shall not constitute and shall not be construed as constituting the giving of any offer, promise, representation or warranty whether expressly or impliedly, or any seeking of any general expression of intent or specific expression of intent on any residential property. The sale of the residential properties in the Development will be carried out in accordance with the Residential Properties (First-hand Sales) Ordinance. Market conditions may change from time to time. Prospective purchasers shall consider their own financial status and ability to afford and all relevant factors before deciding whether to purchase or when to purchase any residential property. In any circumstances or at any time, prospective purchasers shall not rely on or be affected by any content, information or concept of this advertisement/promotional material in deciding whether to purchase or when to purchase any residential property.



HERBAL TONIC DISHERS AND CLAY POT RICE

滋補菜式及煲仔飯

Throughout
November to January

十一月至一月

菊花五蛇羹	\$158
Braised mixed snake soup with chrysanthemum	每位 per person
雪梨雪耳蜜棗瑤柱燉山斑魚湯	\$118
Double boiled fresh water goby soup, pear, snow fungus, conpoy	每位 per person
古法羊腩煲	\$538
Stewed lamb brisket served in a clay pot	例牌 regular
膾腸菇粒扒菠菜	\$188
Braised spinach, preserved liver sausage, diced mushrooms	
金針雲耳牛腩煲	\$198
Braised beef, black fungus, dried lily bud	
柱侯雙冬炆白鱔煲	\$328
Braised fresh eel, bamboo shoot, black mushrooms	
桃膠蝦籽帶子扒柚皮	\$298
Braised pomelo peel, scallops, shrimp roe, peach gum	
川椒雙蔥滑雞煲	\$268
Braised chicken, chili, shallot, onion served in clay pot	半隻 half
雙冬田雞煲	\$288
Braised frog, black mushroom, bamboo shoot served in clay pot	
黑椒羊架	\$268
Lamb rack, black pepper sauce	
生炒臘味糯米飯	\$78
Stir-fried glutinous rice, assorted meat	每位 per person
臘味煲仔飯	\$288
Steamed rice, assorted preserved meat in clay pot	例牌 regular

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
BALCONY

Thai Clay Pot Promotion

泰國煲仔菜式

Throughout
November & December

Warming Thai clay pot dishes
for winter.

泰國露臺餐廳將於這冬季的節日裏，
提供暖心的泰國煲仔菜式。

Thai-style steamed minced
fish dumpling

泰式魚肉蒸餃

Beancurd soup with seafood and enoki

豆腐海鮮羹

Spicy pandanus leaf rice salad with shrimp

泰式班蘭葉飯蝦沙律

Stir-fried pork ribs with chili,
dill and winter melon in clay pot

香辣炒排骨拌冬瓜

Stir-fried prawn with spicy tomato,
basil sauce and glass noodles
in clay pot

香辣大蝦粉絲煲

Bake taro, seafood, rice in clay pot

香芋海鮮焗飯

Thai-style stewed soya beef shank,
egg and bean curd in clay pot

泰式滷水牛腩煲

Stir-fried jade sprout with chili, garlic

蒜香炒翡翠苗

Sour and spicy noodles soup with
minced pork, fish cake, fish ball, egg

酸辣肉碎湯河

Sticky rice dumpling with green bean,
shredded coconut

泰式綠豆糯米糍配椰絲



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。

2020 FESTIVE PROGRAMMES RESERVATION FORM

2020 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 (UNDER3) 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								
Thursday December 24	Christmas Eve Lunch Buffet 平安夜自助午餐	The Deck / Portside	468		298			
	Christmas Eve Dinner Buffet 平安夜自助晚餐	The Deck / Portside	608		398			
	Christmas Eve Dinner 平安夜晚餐	Marina Grill	1st seating 788 2nd seating 888		348 348		(please circle)	
CHRISTMAS DAY 聖誕節								
Friday December 25	Christmas Lunch Buffet 聖誕自助午餐	The Deck / Portside	1st seating 548 2nd seating 578		378 398		(please circle)	
	Christmas Dinner Buffet 聖誕自助晚餐	The Deck / Portside	608		398			
	Christmas Day Lunch 聖誕午餐	Marina Grill	728		348			
	Christmas Day Dinner 聖誕晚餐	Marina Grill	888		348			
	Christmas Lunch Buffet 聖誕自助午餐	Grand Ballroom	628		458		118	
BOXING DAY 節禮日								
Saturday December 26	Boxing Day Lunch Buffet 節禮日自助午餐	The Deck / Portside	1st seating 548 2nd seating 578		378 398		(please circle)	
	Boxing Day Dinner Buffet 節禮日自助晚餐	The Deck / Portside	608		398			
	Boxing Day Lunch 節禮日午餐	Marina Grill	728		388			
NEW YEAR'S EVE 除夕夜								
Thursday December 31	New Year's Eve Lunch Buffet 除夕自助午餐	The Deck	578		378			
	New Year's Eve Countdown Party 除夕倒數派對	The Deck	838		468			
	Old Hong Kong New Year's Eve Countdown Party 香港懷舊除夕倒數夜	Portside	838		468			
	Casino Royale New Year's Eve Dinner 皇家賭場除夕晚宴	Marina Grill	1,998					
	Chef Mark's Surprise New Year's Eve Tasting Menu 除夕夜驚喜晚宴	The Backroom	1,388					
NEW YEAR'S DAY 元旦日								
Friday January 1	New Year's Day Lunch Buffet 元旦自助午餐	The Deck / Portside	1st seating 598 2nd seating 598		398		(please circle)	
	New Year's Day Dinner Buffet 元旦自助晚餐	The Deck / Portside	608		398			
	New Year's Day Lunch 元旦日午餐	Marina Grill	728		388			

- 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: _____
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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@aberdeenmarinaclub.com.

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUNT
CHRISTMAS ROASTS TO GO <i>24 hrs. notice is required</i>			
Thanksgiving Turkey – Hot or Cold – Sliced or Whole, (S) (Approx. 5-6 kg/11-13lbs) Including red cabbage, chestnut stuffing, cranberry sauce & gravy. Up to 4 to 8 persons	988		
.... (L) (Approx. 9-10 kg/19-22lbs) Including red cabbage, chestnut stuffing, cranberry sauce & gravy. Up to 4 to 12 persons	1,288		
Roast Turkey – Hot or Cold – Sliced or Whole, minimum order (S) (Approx. 5-6kg including one bowl of gravy) (L) (Approx. 9-10kg including two bowls of gravy)	680		
	980		
Roast Australian Prime Rib Half (Approx. 3.5kg) (please circle) Whole (Approx. 7kg)	2,200		
	4,000		
Roasted Bratwurst (Approx. 1kg)	230		
Honey Glazed Ham (Approx. 8-9kg)	1,280		
Roast Rack of Lamb (Approx. 800g)	530		
Chinese Roast Suckling Pig (Approx. 2.5kg up)	1,080		
Smoked Gammon Ham (Approx. 3kg)	680		
Roast Pork Belly (Approx. 2kg)	500		
Roast Beef Rib Eye (Approx. 1.5kg)	780		
Cranberry Sauce / Giblet Gravy (please circle)	70		
Black Truffle Gravy	280		
FESTIVE SIDE DISHES			
Chestnut Stuffing (1kg)	220		
Caramelised Chestnuts (250g)	140		
Glazed Brussel Sprouts (1kg)	160		
Candy Sweet Potatoes (1kg) / Mashed Potatoes (1kg) (please circle)	130		
Potato Gratin (500g)	130		
GOURMET PLATTER <i>All platters are made for 3 persons minimum.</i>			
Antipasto Platter (200g) Mortadella, Salami, Parma Ham, Coppa, and a variety of Mixed Olives, Sun-dried Tomatoes and Parmesan shaved.	150 per person		
Cheese Platter (200g) Brie, Blue, Edam, Cheddar, Fontina and garnished with Grapes.	100 per person		
Crudit� Platter (200g) Fresh Garden Vegetables served with flavourful Dips.	55 per person		
Fruit Platter (200g) Pineapple, Grape, Melon, Watermelon, Kiwi, Berries and Strawberry (Subject to availability).	60 per person		
SANTA'S FAVOURITES			
Yule Log Cake	\$350		
Christmas Pound Cake (2lbs)	\$350		

Delivery NOT included

Orders start on December 1, 2020 Order deadline: December 22, 2020

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)

Please fax this Order Form to Marina Deli on 3020 7495.

For enquiries, please call Marina Deli on 2814 5302 or email marinadeli@aberdeenmarinaclub.com.

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUNT
SANTA'S HAMPER 2020			
<ul style="list-style-type: none"> Le Petit B'eret Blanc Elegance Le Petit B'eret Rouge Intensive Traditional Classic Panettone Baked in Tin Truffle Cake Luxury Biscuit Selection in Tin Whittard Tea Bag Set Organic Cold Pressed Extra Vergine di Olive Oil Whittard Luxury Hot Chocolate 	1,688		
XMAS HAMPER 2020			
<ul style="list-style-type: none"> N.V. Prosecco DOC, Brut 'Argeo', Veneto, Italy Etoile de Beryge, Pessac Leognan, Bordeaux, France Traditional Classic Panettone Baked in Tin Truffle Cake Whittard Tea Bag Set Whittard Hot Chocolate Stack In Tin Shangri-La Home Made Assortments Cookies Extra Virgin Olive Oil & Balsamic Vinegar Set Black Truffle Pate 	2,688		
ULTIMATE HAMPER 2020			
<ul style="list-style-type: none"> Maison Veuve Clicquot, Yellow Label, Brut, N.V. Champagne, Chevalier de Lascombes, Margaux, Bordeaux, France Traditional Classic Panettone Baked in Tin Truffle Cake Assortments Chocolate Praline Whittard Cookie in Tin Set Whittard Loose Leaf Tea Caddies Honeycomb in Carton Balsamic Vinegar of Modena Aromatic Diffuser 	3,688		

Delivery included

You may create your own Holiday Hamper, please check with Marina Deli.

Delivery Charge: Hong Kong \$120, Kowloon \$180, New Territories \$220.

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	1,500		1,750		
6 feet	1,650		2,000		
7 feet	1,850		2,700		
8 feet	2,750		4,100		

Delivery included

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

Available to order from November 1

Order deadline: December 14

Order delivery: From November 29 onwards.

Please allow three working days for orders to be processed.

Disposal service not available.

the
PRIVATE
DECK



Swiss Chalet
is Back!

Flavourful fondues, delectable raclette and
wonderful winter wines.

*November 27
until February 7*

*Every Friday, Saturday and Sunday
from 6pm to 10pm.*

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。



CHAMPAGNE & MOSCATO CHRISTMAS OFFER

CELEBRATE CHRISTMAS WITH CHAMPAGNE
AND MOSCATO AT SPECIAL PRICES!

VEUVE CLICQUOT BRUT CHAMPAGNE NV
AND MOSCATO BOTTEGA NV

BUY SIX BOTTLES AND GET 25% OFF
BUY 12 BOTTLES AND GET 30% OFF

For orders and enquiries, please contact Marina Deli on 2814 5302
or email marinadeli@aberdeenmarinaclub.com.

訂購及查詢請致電深灣店電話2814 5302或電郵至marinadeli@aberdeenmarinaclub.com。



CHRISTMAS GOODIES

聖誕禮品

Marina Deli brings exclusive Christmas goodies and ventures
into the Shangri-La universe, with a whimsical polar bear playground
for all ages, where playful cubs curiously explore beneath
the twinkling arctic stars, under the loving gaze of their family.

Your magical Christmas merriment awaits!

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

預訂或查詢請致電深灣店電話 2814 5302 或電郵至
marinadeli@aberdeenmarinaclub.com。





MARINA
DELI

THANKSGIVING TURKEY

感恩節火雞

Available to order from November 1

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 Set (Small) \$988

Roast Turkey Set (Large) \$1,288



PANETTONE PROMOTION

節日糕點推介

No Christmas is complete without the sweet
Panettone – as much a symbol of the holidays
as a tree, wreath, and mistletoe.

Sales start November 26.

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

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M A R I N A

G R I L L



NOVEMBER & DECEMBER

**FRESH TRUFFLES
FROM ITALY**

意大利鮮松露

*Truffles are small, delicate diamonds
on the table, full of earthy flavour.*

松露被稱為餐桌上的小鑽石，
味道有著豐富濃郁的層次感，配上精選的美酒，
為美好的一夜畫上完美句號。



THURSDAY, NOVEMBER 26

**THANKSGIVING
DINNER**

感恩節晚餐

6.30-10pm

Adult \$588 Child \$388

*Special sharing menu, for you and your family to
celebrate Thanksgiving with
all the traditional dishes from Chef Jack.*

大廚Jack精心準備了傳統的感恩節晚餐，
誠邀您與家人前來一起慶祝。



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BENTLEY HONG KONG - DCH

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Register for the upcoming event or be one of the first to experience the new Bentayga via the QR code or call us at 2890 1918 for registration.

Register Now



Caffé LUNA



法國藍青口配薯條 FRENCH BLUE MUSSEL POT WITH FRIES

Throughout November 十一月

(Spicy Tomato Sauce or
White Wine Sauce or Cream Sauce)

辣番茄醬、白酒汁或奶油醬

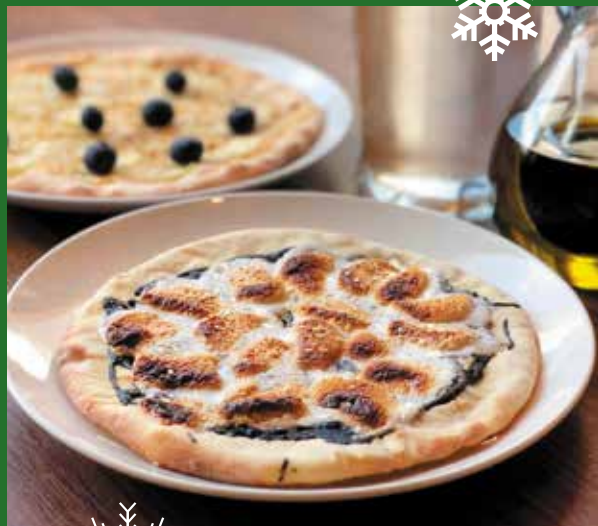
甜味薄餅 SWEET PIZZA

Throughout December 十二月

Banana, apple and cinnamon
香蕉、蘋果和肉桂

Black sesame and marshmallow
黑芝麻和棉花糖

Nutella, strawberry and mascarpone
榛子醬、士多啤梨和意大利軟芝士



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PORTSIDE

HIGHLIGHT OF THE MONTH

每月精選

November & December

11月及12月

SICHUAN SPICY HOT POT

四川麻辣火鍋

NOVEMBER 11月

Sichuan spicy hot pot or
coriander preserved egg hot pot
四川麻辣湯底 或 芫荽皮蛋湯底

DECEMBER 12月

Sichuan spicy hot pot or fish soup with corn,
tomato and tofu hot pot
四川麻辣湯底或魚湯配玉米、番茄和豆腐湯底

SICHUAN SPICY CHICKEN POT

四川麻辣雞煲

NOVEMBER & DECEMBER 11月及12月

Sichuan spicy chicken pot \$438
(optional half or whole)

四川麻辣雞 \$438 (可選全隻或半隻)



NOVEMBER KIDS' ACTIVITIES

11月兒童活動

Magic on your table
every Saturday lunch time

逢星期六午餐魔術表演

12-12.30pm / 1.30-2pm

SPECIAL DRINK PROMOTION

特飲推介

Black Sugar Ginger Tea 黑糖薑茶

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or email reservations@aberdeenmarinaclub.com.

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Complete Deelite

SINCE 2014

by JACINTA YU



Mini Xmas Tree Surprise Cake workshop

Wednesday, December 9
3.30-5pm
Caffe Luna

• \$380 per child •



Xmas Cake Pop workshop



Wednesday, December 16
3.30-5pm
Caffe Luna

Kit includes: cake pop dough, chocolate melts, sprinkles, lollipop sticks, cake pop holder.

• \$380 per child •

Snacks and drinks are included for kids.



For reservations

please call our the Central Reservation Centre at 2814 1222 or email reservations@aberdeenmarinaclub.com.



Weddings

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。

THE
ABERDEEN MARINA CLUB

Christmas Celebrations

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 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 \$485 and \$740 per person respectively.

聖誕午餐和晚宴套餐，最少10人。每位\$485及\$740起。

- For parties of more than 100 persons, additional benefits include:
100位以上可享額外優惠：
- A weekday buffet dinner voucher for four persons at The Deck for a lucky draw
咖啡室四位週日自助晚餐餐券，供抽獎用。
An elegant banner 精美橫額

Book early to secure your room.

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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。



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
- Karaoke at special rate of \$800
以優惠價 \$800 享用卡拉OK 設施

The Underrated Region of Saint-Julien, Bordeaux

Saint-Julien is the most underrated and smallest key wine region after Saint-Estèphe, Margaux, Pauillac and Pessac-Leognan. Although it doesn't have a first-growth château, it has five second growth, two third growth and four fourth growth, totalling 11 out of the 61 *grand cru classé* in 1855 Bordeaux Classification.

Saint-Julien是在波爾多一眾星級產區如Saint-Estèphe、Margaux、Pauillac和Pessac-Leognan中最小的葡萄酒產區，亦是最被低估的一個。儘管這裡沒有一級酒莊，但在1855年波爾多61個列級酒莊中佔多達11個。包括五個二級酒莊，兩個三級酒莊和四個四級酒莊。



1855 Bordeaux Classification Grand Cru classé in Saint-Julien

1855年波爾多列級酒莊-
Saint-Julien:

Second Growth 二級酒莊

- Châteaux Léoville-Las Cases
- Châteaux Léoville Poyferré
- Châteaux Léoville Barton
- Châteaux Gruaud-Larose
- Châteaux Ducru-Beaucaillou

Third Growth 三級酒莊

- Châteaux Langoa-Barton
- Châteaux Lagrange

Fourth Growth 四級酒莊

- Châteaux Beychevelle,
- Châteaux Branaire-Ducru,
- Châteaux Talbot and
- Châteaux Saint-Pierre

The Terroir of Saint-Julien

Saint-Julien的風土氣候

Saint-Julien is located between Pauillac and Margaux. The deep gravel soil vineyards on the northern side produce wines with a dry, tannic and age-worthy characteristics of Pauillac. On the southern side, the vineyards contain higher limestone content, and the wines produced here have an elegant, delicate and subtle complexity of Margaux. The grapes here show particularly well in the hot and arid vintage.

Saint-Julien位於Pauillac和Margaux之間，北側的深層礫石土壤葡萄園生產的葡萄酒具有Pauillac的單寧結構和高陳年潛力的特徵；在南部，這裡的葡萄園含有較多的石灰石，這裡生產的葡萄酒具有Margaux的優雅，細膩和微妙的複雜性，這裡的葡萄在炎熱而乾旱的年份特別好。

Château Beychevelle

Beychevelle comes from *bêcha vèla* in Gascon, meaning *baisse voile* or “lower the sails.” During the 17th century, the Duke of Épernon had a high reputation in France, and to show their respect and allegiance, boats that passed in front of his estate would lower their sails. The boat with a griffon-shaped prow became the emblem of Château Beychevelle.

Today, Château Beychevelle has 250 hectares of land in Saint-Julien, of which 90 hectares are under vines – 52% Cabernet Sauvignon, 40% Merlot, 5% Cabernet Franc and 3% Petit Verdot. The Château produces three different wines – Château Beychevelle, Amiral de Beychevelle and Les Brulières de Beychevelle.

Beychevelle來自Gascon的*bêcha vèla*，意為“貝斯薄紗”或“低帆”。在17世紀，Épernon公爵在法國享有很高的聲譽，為展示人們對他的尊重和忠誠，在他的莊園前經過的船隻會降低帆布航行。而帶有獅狀船首的船成為Beychevelle的象徵。

如今，Beychevelle在Saint-Julien擁有250公頃土地，其中90公頃位於葡萄樹下– 52% Cabernet Sauvignon，40% Merlot，5% Cabernet Franc和3% Petit Verdot。酒莊生產三種不同的葡萄酒：Château Beychevelle, Amiral de Beychevelle and Les Brulières de Beychevelle。



The Collection of Château Beychevelle

The grand wine of the Château. Only the best grapes from different plots will be chosen for this cuvée. It displays an aromatic nose, rich and structured tannin and a lot of complexity. It generally shows best after 10 years, and can be further developed in the following decades.

酒莊的旗艦酒，此酒僅選擇來自不同地塊的最佳葡萄。擁有芬芳的香氣，單寧豐富而結構鮮明的特性和複雜的味度。通常在10年後到達適飲期，並且可以在接下來的幾十年中得到進一步發展。



Amiral de Beychevelle

The second wine of Château Beychevelle. The grapes come from the combination of younger vines in the plots and the declassified grapes after the rigorous selection process of the grand wine. However, it has undergone the same winemaking practice with Château Beychevelle such as growing techniques and ageing time in the barrel. The resulting wine matures faster and displays the same delicacy and finesse as Château Beychevelle.

Château Beychevelle的二軍酒，經過嚴格篩選之後，這些葡萄來自地塊中較年輕的葡萄藤和從旗艦酒中被降級後的葡萄。但是，它跟旗艦酒的種植和釀造方法完全一樣，例如種植技術和桶中陳釀時間。最終的葡萄酒成熟得更快，並展現出與Chateau Beychevelle的風格。



Les Brulieres de Beychevelle

The 12 hectares vineyard of Les Brulieres lie just five kilometres from Beychevelle. It falls under Haut-Médoc appellation, as it is just outside of Saint-Julien. Due to the cooler weather here, Les Brulieres grows just two varieties – Cabernet Sauvignon and Merlot. Since 2008, the vineyard has been managed organically. Under the same viticulture and vinification techniques as its brother, Les Brulieres displays lighter body, more fruitiness and softer texture, and is a wine that can be enjoyed anytime and with any food.

Les Brulieres的12公頃葡萄園距離Beychevelle僅五公里。它位於Saint-Julien以外，屬於Haut-Médoc產區。由於這裡天氣涼爽，Les Brulieres僅種植兩個品種- Cabernet Sauvignon和Merlot。自2008年以來，葡萄園開始實施有機種植。在與Château Beychevelle和Amiral de Beychevelle相同的葡萄栽培和釀酒技術下，Les Brulieres的酒體更輕盈，果味更香濃，質地更柔和，是一款可以隨時隨地享用的葡萄酒。



Château Beychevelle Bordeaux Wine Dinner 紅酒晚宴

Thursday, November 5

Welcome Drink: 7pm

Dinner: 7.30pm

Horizon

\$1,380 per person

Hosted by Philippe Blanc,

Managing Director of

Château Beychevelle

11月5日(星期四)

酒會: 晚上7時

晚宴: 晚上7時30分

海天閣

每位\$1,380

主持: Philippe Blanc,

Château Beychevelle

行政總監



CHATEAU BEYCHEVELLE



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

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電郵至reservations@aberdeenmarinaclub.com

MENU

Welcome Drink

N.V Nicolas Feuillatte Reserve
Exclusive Brut

Amuse Bouche

Dinner

Stuffed roasted suckling pig with minced shrimp

百花釀乳豬件

2015, Château Beaumont,
Haut-Médoc (WA 90 / JD 90)

Pan-fried goose liver with abalone and black truffle

香煎鮮鵝肝黑松露鮑魚

2016, Amiral de Beychevelle,
St. Julien (WA 90)

Pan-fried Kagoshima Wagyu beef with black pepper sauce

黑椒煎日本鹿兒島薩摩和牛

2012, Château Beychevelle (WA 92)

Sautéed sliced pigeon with roasted Yunnan ham

燒雲腿乳鴿脯

2005, Château Beychevelle (WA 93)

Crispy noodles with prawns and crab roe

蟹黃玉簪蝦球脆麵

1988, Château Beychevelle

Crispy fresh milk, with almond topping, deep-fried custard cream and egg yolk puff pastries, chilled sago cream with pomelo and mango

杏香炸脆奶, 流沙啤梨, 楊枝甘露

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IN THIS ISSUE, WE LOOK FOR SOME CAPITAL IDEAS
IN VIETNAM, AND DISCOVER . . .

SIX OF THE BEST HANOI

河內六大旅遊景點



01

HOAN KIEM LAKE 還劍湖

Hanoi's best-known landmark is Hoan Kiem Lake, and its main attraction is the small island (above) – accessible via a quaint red bridge – where the Ngoc Son Temple is located. Another island on the southern section of the lake holds the charming Turtle Tower, which is best viewed from the bridge. The popular Thang Long Water Puppet Theatre can be found just across from the lake's northeast corner. Hoan Kiem Lake is a social and cultural centre for Hanoi citizens and a favourite location for wedding photos and early morning workouts and tai chi. A stroll around the shore is a good way to take in some local colour, and it's an easy walk to the Old Quarter afterwards.

還劍湖是河內最著名的地標，通過古樸的紅色大橋可以到達玉山寺。南部的另一個島嶼上可找到海龜塔，從橋上可觀賞到美麗的景色。在湖的東北面可找到大受旅客歡迎的昇龍水上木偶劇。還劍湖是河內市民的社交和文化中心，也是拍攝婚照、晨運和練習太極的好地方。在周邊地區漫步是一種感受當地色彩的好方法，此後可輕鬆步行至老城區。

02

THE OLD QUARTER 老城區

The rapidly beating heart of Hanoi for over a millennium, the Old Quarter lies north of Hoan Kiem Lake. Its 36 street names originally identified the goods traded there, and it's a fascinating area to explore – a delightfully dilapidated mixture of ancient architecture, buzzing scooters, street vendors, and crazy crowds. Glance upwards to see shophouse dwellings, where merchants would traditionally live above their shops in very long, narrow two-storey homes. This is also a great area for culinarily adventurous visitors to get to grips with Hanoi's many kinds of street food.

老城區坐落於還劍湖的北部，為河內主要的命脈已長達千年多。它的36條街道名稱最初標識為交易的商品，是一個值得探索的迷人老城區——嗡嗡的踏板車、街頭小販和熱鬧的人群。到處有不少狹窄兩層的商店房屋，商人通常會在店鋪的上一層居住。河內有各種街頭小食，是美食愛好者必到的地方。



03

HANOI OPERA HOUSE 河內歌劇院

Completed just in time for the 1902 Hanoi Exhibition world trade fair, the Grand Palais (left) would today be the most impressive example of French Colonial architecture in the city, had it not been destroyed at the end of World War II. Instead, that honour goes to the Hanoi Opera House – built from 1901 to 1911 – which still fulfills its original function, and is an imposing reminder of the city's French administration. If you are unable to attend a performance, it's worthwhile taking an admiring stroll around the outside of the building, and visiting the grand foyer inside. A list of upcoming performances can be found at the Opera House website: hanoioperahouse.org.vn/en.

大皇宮（左），在1902年河內世界貿易博覽會舉辦前及時完成，法國殖民時期的建築物成為現今最令人印象深刻景色，如果它沒有在第二次世界大戰結束時被摧毀，取而代之的該榮譽將歸於建於1901年至1911年的河內歌劇院。這座建築物不禁令人想起法國行政大樓。如果未能欣賞院內的表演，不妨參觀劇院內的設計，再漫步欣賞一下建築物的外觀。詳情可瀏覽河內歌劇院網站hanoioperahouse.org.vn/en，亦可看到即將演出的節目表。

PHOTO: CHRISTIAN BERG



04

TEMPLE OF LITERATURE 河內文廟

This beautiful, and very peaceful Confucian temple is probably the most interesting religious building in Hanoi. Originally built as a university in the 11th century, today it stands in tribute to the country's scholars. Here, in medieval times, the philosophy of Confucianism and literature were taught, and the names of students who studied here are still to be found etched into a series of pillars near the entrance. Inside, a series of manicured gardens lead to pavilions and a well-preserved pagoda with a statue of Confucius. Within walking distance of the Temple is the Imperial Citadel of Than Long.

這座美麗而寧靜的儒家廟宇，是河內最富有宗教特色的建築。建於11世紀，當時是一所大學，如今是為向該國的學者致敬。在中世紀，這裡教授儒家和文學哲學，當年學生名字仍然被刻在入口附近的柱子上。廟內走過修剪整齊的花園後，便會見到涼亭和一座保存完好的寶塔，上面有著孔子的雕像。寺廟距離不遠便是昇龍皇城。





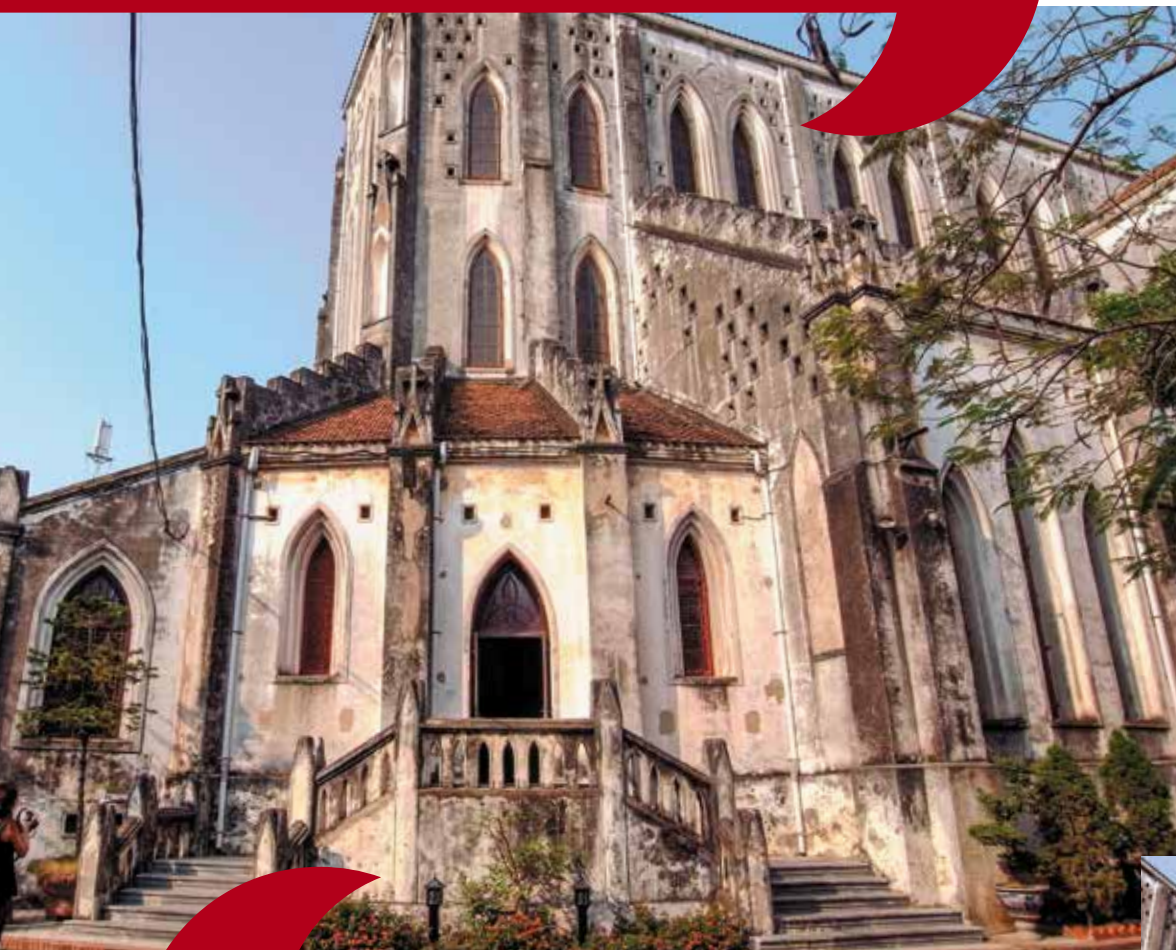
PHOTO: CHRISTIAN BERG

05

IMPERIAL CITADEL OF THAN LONG 昇龍皇城

On UNESCO's World Heritage List since 2010, the Imperial Citadel was the centre of the country's military power for over 1,000 years. Ongoing archaeological work reveals remains of ancient palaces, grand pavilions and imperial gates. The leafy grounds make for an enjoyable escape from Hanoi's frenetic streets, and it's easy to spend half a day here in pleasant weather. Guided tours are available or you can download the free Hoang Thanh Thang Long mobile app, which will guide you around the whole complex with commentary.

自2010年被聯合國教科文組織列入為《世界遺產名錄》中，帝國城堡是該國軍事力量的中心，已有一千多年的歷史。進行中的考古工作揭示遺跡保留了古代宮殿、宏偉的亭子和宮殿的大門。綠樹成蔭，在宜人的天氣輕鬆地漫遊半天，可從熱鬧的河內街道中逃脫一下。當地提供導賞遊，可以免費下載Hoang Thanh Thang Long的流動應用程式，註釋導賞整個建築群。



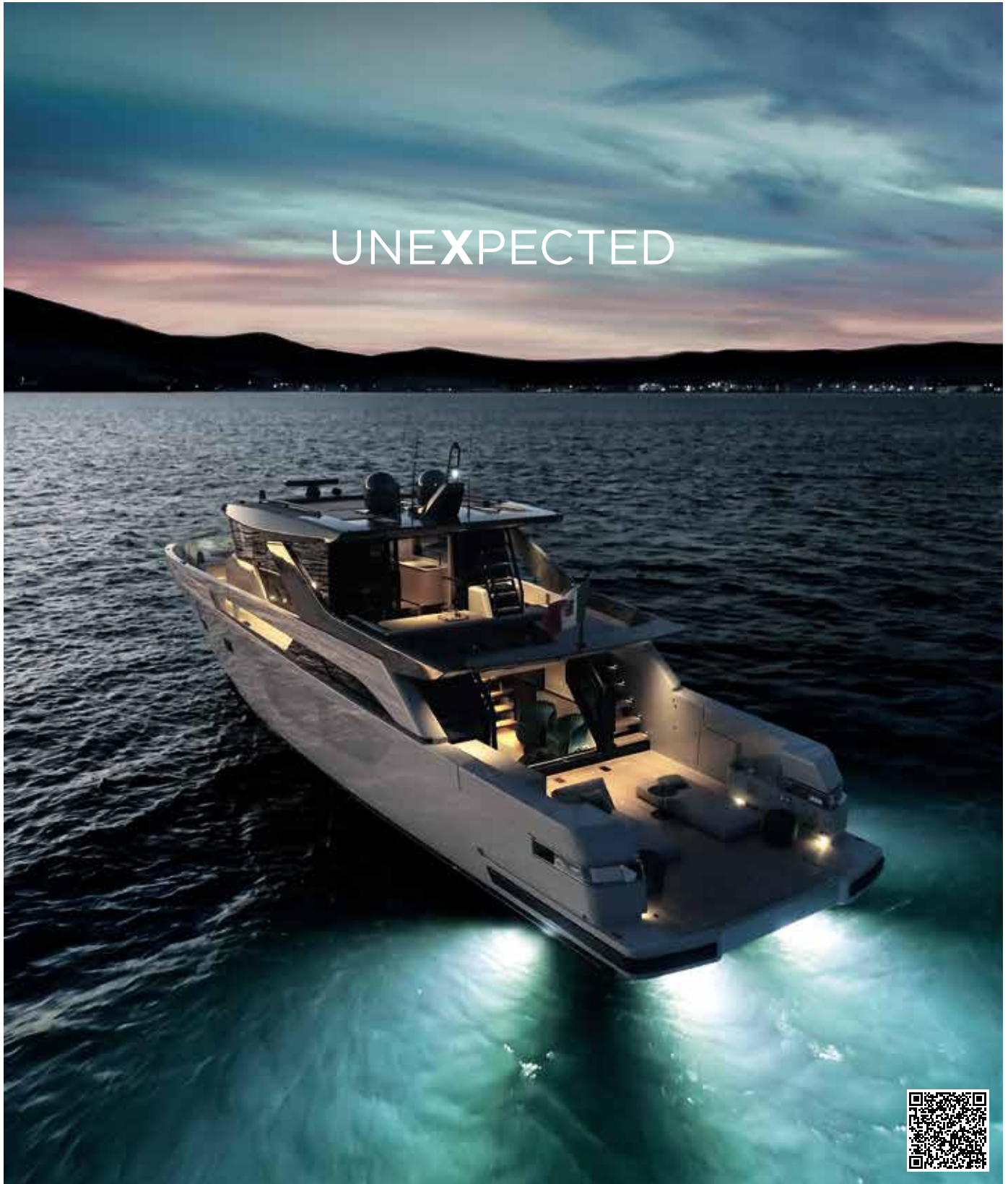
06

ST JOSEPH'S CATHEDRAL 聖若瑟教堂

A little worse for wear on the outside, and perhaps seen to best effect at night when lit up, the Neo-Gothic style St Joseph's Cathedral lies to the west of Hoan Kiem Lake. Opened in 1886 with looming twin bell towers peeling across the city, it was built with the Parisian Notre Dame Cathedral in mind, and its stained glass windows were made in France. Entry through the main gate is only allowed during Mass, and times are listed on a sign at the gates to the left of the cathedral. Several restaurants and cafés are located around the Cathedral square, providing pleasantly evocative spot to take in Old Hanoi and perhaps recharge with a cup of Vietnamese coffee. The egg variety, made with egg yolks, sugar and condensed milk will give you an extra boost and send you buzzing off to your next destination.

新哥特式風格的聖約瑟大教堂位於還劍湖的西側面，外層稍為有些破損，也許在晚上當燈光亮起時欣賞效果會更佳。鄰近市區的雙塔鐘樓於1886年開放，整個建築都以巴黎聖母院為參考，彩色玻璃窗是法國製造的。教堂的主門只在彌撒期間才允許通過，開放時間將在大教堂左側的大門處貼上通告。教堂廣場周圍有不少餐館和咖啡室，可以稍作休息更可觀賞令人回味無窮的河內老城區景色。由蛋黃、糖和煉奶製成的甜品，將給您動力繼續向下一個景點進發。

UNEXPECTED



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WORLD YACHT TROPHIES



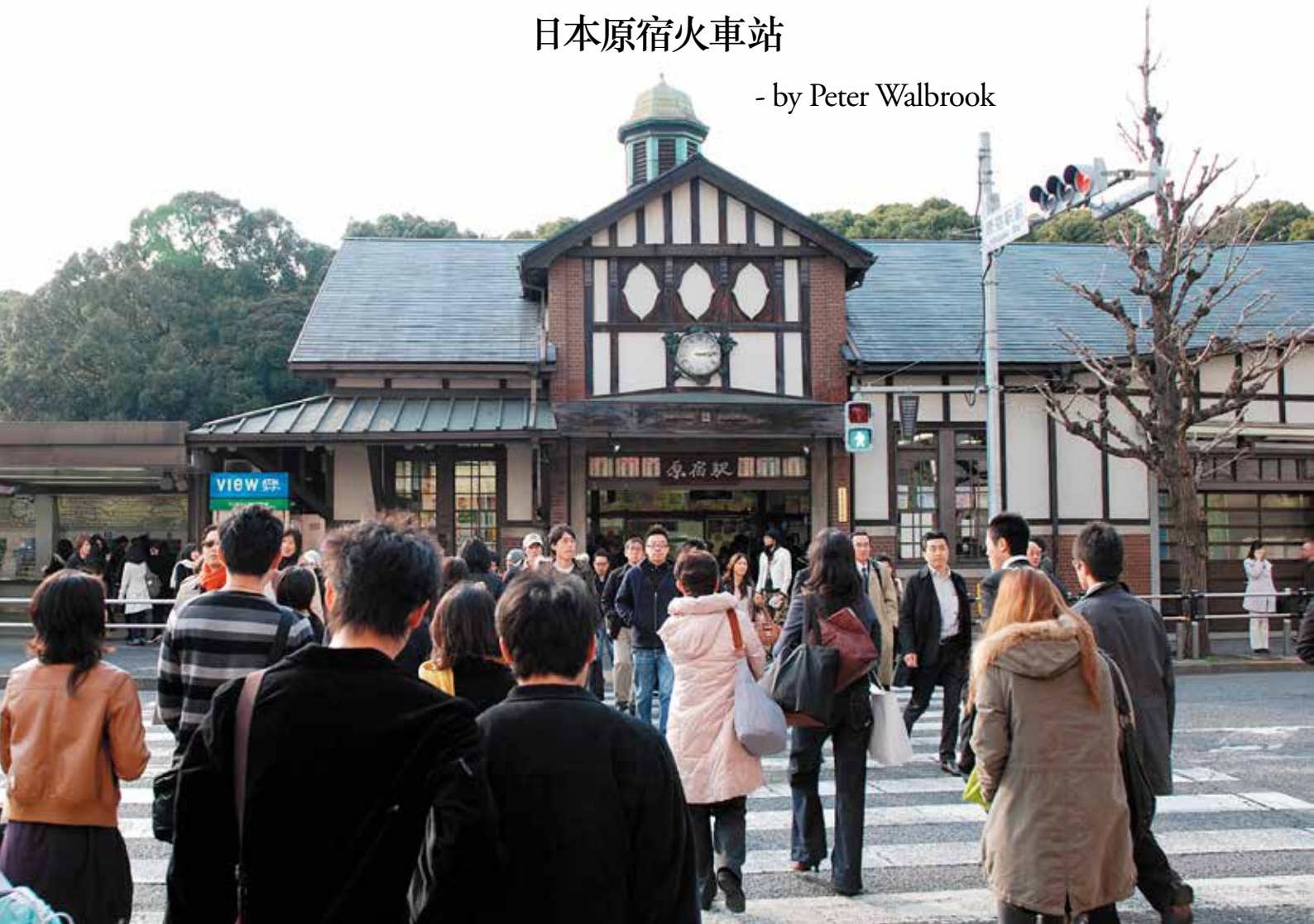
MOTOR BOAT AWARDS 2020
WINNER



Harajuku Station

日本原宿火車站

- by Peter Walbrook





The oddly quaint and photogenic Harajuku Station began serving what was then a quiet residential district, and the newly built Meiji Shrine nearby, in 1924. As the area grew into one of Tokyo's most fashionable districts, the half-timbered, European-style building endured. Even direct hits by as many as ten fire bombs (which miraculously failed to detonate) during the Second World War failed to destroy it.

Its architect was Kaoru Hasegawa, an engineer working for Japanese Government Railways, and a man about whom little else seems to be known.

Visitors to trendy Takeshita Street would likely begin and end their shopping trips via the station, and guided tours of the area – a magnet for fashionistas and social-media influencers from all over the world – always included a photo-op on the itinerary.

In 2016 it was announced that a new station would be built in time for the Tokyo Olympics in 2020, and last year the demolition of the old building was announced, to the sadness and dismay of many – from locals to far-flung former visitors. That such a unique and beloved landmark would disappear seemed unthinkable, but its demolition began in September this year, and by the time you read this, the old Harajuku Station will be no more. Its replacement – a characterless steel and glass structure – sits uneasily on the neighbouring plot.

A primary reason given for the demolition was that the old building failed to meet fire regulations, and could not be properly upgraded. So the oldest wooden railway station in Tokyo, which had defiantly survived the city's fierce aerial firebombing in 1945, was ironically pulled down instead.

"It has history and has been loved by so many people," a local businessman told broadcaster NHK World-Japan earlier this year. "The people who built it 95 years ago would have never imagined Harajuku would be a major town like this. I thank the station building for being a symbol that connects the town and nature and for having watched over us through the years."

具備古樸吸引力的原宿站，開始時是一個寧靜的民區，附近的明治神宮於1924年建成。隨著該地區發展成為東京最時尚的地區之一，這座半木結構的歐式建築歷久不衰。第二次世界大戰期間，即使直接被多達十枚火彈擊中（奇蹟般未能引爆）而得到倖存下來。

建築師是日本政府鐵路公司的一名工程師長谷川薫 (Kaoru Hasegawa)，他似乎對此一無所知。

當遊客前往具有時尚指標的竹下通購物時，通常都會經過原宿火車站，以及該地區吸引來自世界各地的遊客前來潮拜時尚達人，而有影響力的社交媒體總喜愛在該區街上捕捉打扮穿著突出的潮人拍照。

在2016年，宣布將在2020年東京奧運會之前重建一個全新的車站。去年宣布拆除舊建築，這使許多當地人甚至曾到訪的外國旅客都感到失落和傷感。

拆除的主要原因是舊建築不符合消防法規，並無法為此修正及改進。所以東京最古老的木建火車站，於1945年在激烈的空中戰火中倖存下來，取而代之具有諷刺的意味。

今年年頭，一位當地商人告訴廣播公司，NHK World-Japan，"它具有歷史意味，受到很多人的喜愛"。"九十五年前建造它的人，從沒想過原宿會變成這麼繁榮的大城市。並感謝車站大樓得到大家的關注，及為連接市區和大自然的標誌。"



CHRONOLOGISTE RITUAL 球逆光班臻修護療程

Single Treatment
單次療程

Chronologiste is the finest haircare treatment ever created by KÉRASTASE.
Replenishes, softens, smoothenes the hair fiber and revitalises the scalp.

From \$1,660

KÉRASTASE最奢華矜貴的護髮服務。令髮絲柔軟順滑及煥發頭部皮膚蓬勃生氣。

FOR ULTIMATE REVITALIZATION OF THE SCALP 讓頭部皮膚煥發臻緻生氣



BISABOLOL
沒樂醇

Scalp soothing
and comfort

鎮靜及緩和頭皮所受次刺激



SP 94

Growth hair-quality
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促進髮絲健康生長



VITAMIN A & E
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CERAMIDE
神經醯胺

Fiber
strengthening

強化髮絲纖維表層



OLÉO-COMPLEXE
精油複合物萃取

Deep hair
nutrition

高度滋養髮絲

A MASTERPIECE OF HAIR REVITALIZATION 讓秀髮綻放永恆青春光彩

Chronologiste, harmonized with the masterpiece of formulation, ritual and sensoriality, to achieve maximum scalp revitalization and total sublimation of the hair fiber. The precious ingredients help to calm and appease the scalp irritations and provide intense hair nutrition. Hair is shine, soft and nourished.

逆時光至臻修護系列，揉合科研成果、高效護髮程序及愉悅感官享受，煥發頭部皮膚活力生氣、全方位提升及滋養髮絲纖維。配方中各種珍貴成分幫助鎮靜及緩和頭皮所受之刺激，同時高度滋養髮絲，使秀髮變亮澤、柔軟及滋潤。

ABYSSINE 活性海源精華

The breakthrough came 3000metres deep in the Pacific Ocean, when researchers discovered the remarkable power of Abyssine.

It is proven to calm and soothe skin and reduce skin irritation from external irritants.

科研團隊深入極地嚴峻的太平洋海域3000米，發掘活性海源精華的無窮力量。科研實驗印證於皮膚具有顯著的鎮靜及舒緩功效，有效減少皮膚刺激及舒緩外在污染物的致敏侵害。



THE PEARLS 再造珍珠精華

Naturally rich in vitamins and natural sea elements. The Pearls, uses together with La Crème de Régénération, can provide total hair restoration. Shine. Softness. Bounce.

每顆再造珍珠精華蘊含多種滋潤養分、維他命及深海元素等，為髮絲帶來奢華精緻的美髮修護。配合逆時光至臻修護髮膜，令髮絲重拾光澤、柔軟及彈性。



BEAUTY RITUAL 極緻奢華矜貴的護髮體驗

STEP 1
BATH 浴髮



STEP 2
TREAT 護理



STEP 3
TEXTURIZE
造型



Styling is not included among all treatments 以上療程價錢不包括造型
The products used in treatments are provided by salon 療程所用的產品由髮廊提供



**fight
for natural
beauty**



AT CUTTING EDGE

Face & Body endermologie®

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

Eliminate localised and resistant fat deposits

+70%*

消除局部頑固脂肪效果

Smooth orange-peel skin

99%*

撫平橙皮組織

Firm the skin

82%*

緊緻肌膚

+80%*

ENDOGENOUS
HYALURONIC ACID

自生透明質酸增加80%*



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

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

For reservations and enquiries, please call the Hair & Beauty Salon
on 2814 5320 or email salon@aberdeenmarinaclub.com

預約及查詢請致電美髮及美容中心電話2814 5320或電郵至salon@aberdeenmarinaclub.com

UNZENTED COLLECTION



MASSAGE At THE HEALTH CLUB

Tantalise your senses and your body
with the massage treatment that most suits your needs.

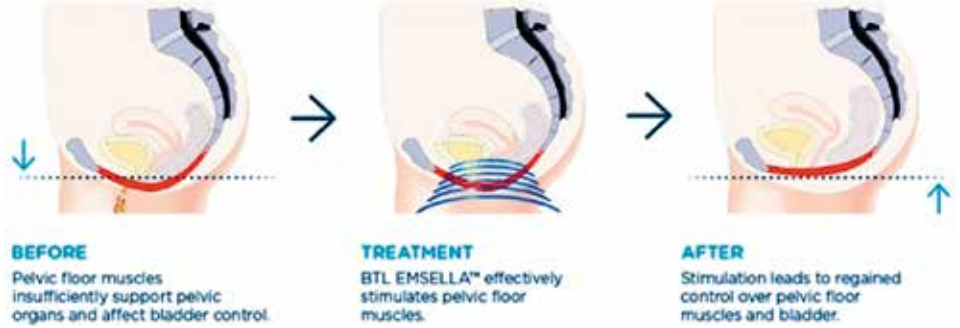
Massage can help you maintain physical, mental and emotional well-being, especially as part of your regular wellness routine. It can also offer great benefits, like improving the lymphatic system drainage, and relieving aches and pains from shoulders to feet.

**The Health Club Massage Centre opens daily from 9am to 9pm.
Booking is available at www.aberdeenmarinaclub.com.**

Z E N T S

CUTTING
Edge

HOW DOES IT WORK? CHILDBIRTH, AGING AND MENOPAUSE CAN LEAD TO INCONTINENCE



Emsella® Chair Experience

What is Emsella® Chair?

THE EMSSELLA® Chair utilises High-Intensity Focused Electromagnetic technology (HIFEM) to cause pelvic floor muscle contraction. The science is based on focused electromagnetic energy, deep penetration and stimulation of the entire pelvic floor area. One session is equal to thousands of pelvic floor muscle contractions.



什麼是Emsella® 椅？

The Emsella® 椅的高能量聚焦磁技術(HIFEM)有效使盆底肌肉收縮。技術基於聚焦磁場，刺激和深層滲透整個骨盆底區域。一次的療程等於做了數千次的收縮盆底肌肉運動。

How does the procedure work?

Emsella® uses HIFEM technology to stimulate all the deep muscles of the pelvic floor. During the brief treatment, muscles contract in response to the electromagnetic stimulation, producing the same result as doing 10,000 Kegel exercises. Each session is 28 minutes long, and a typical patient would require eight sessions.

怎樣達到成效呢？

Emsella® 採用高能量聚焦磁技術，有效使深層的盆底肌肉收縮。療程期間肌肉會因電磁場刺激而收縮，結果相等於完成一萬次凱格爾訓練。療程為28分鐘，典型的患者需要約8個療程。

Who would benefit from Emsella® Chair and what are the benefits?

Women – because of ageing or childbirth, experiencing urinary incontinence. Overactive bladder or stress-related urinary incontinence sufferers.

Men – Emsella can treat the same symptoms of incontinence. Also, the pelvic floor supports the erection by improving the hydraulic system within the corpora cavernosa.

誰適合選用Emsella® 椅療程？

女士 – The Emsella® 椅有助於因年長或曾分娩的婦女導致出現尿滲問題。過度活躍的膀胱或壓力性尿失禁的患者亦可從這項療程中解決困擾。

男士 – 而男士Emsella可以治療相同尿失禁的症狀，此外透過增強盆底肌可以改善陰莖海綿體勃起。

BTL EMSSELLA™

NOW FDA CLEARED FOR THE TREATMENT OF URINARY INCONTINENCE IN MEN



What are some benefits and results of Emsella® Chair?

No Surgery – no downtime. Treats the entire pelvic floor muscles. Delivers thousands of contractions per session. Patient remains fully clothed while sitting on the chair.

Pelvic floor muscles are attached to the entire sexual hydraulic system and EMSSELLA is responsible for strengthening the muscles in this area.

One session can change the way you look at your intimate moments forever.

改善盆底肌肉療程毋須手術及休息，每次療程相等於做了數千次收縮練習。療程間可穿著衣服。盆底肌附著在整個性液壓系統，而Emsella® 就是針對增強該部位的肌肉。

一次療程可永遠改變您的親密時刻。



Functional Training Zone

混合健身專區

Many of you will have seen and tried out our new Functional Training Zone by now – it is proving to be very popular. If you need some extra inspiration for your exercise routine, look no further than Functional Training Zone – it will work muscles that haven't been used in years!

For more information, please contact the Health Club on 2824 5342.

到現在為止，已有很多會員認識並試用過本會的全新混合健身專區，反應熱烈得到不少會員歡迎。如果您需要新靈感來加入日常鍛鍊，那麼混合健身專區就是您的理想之選，它可以使您鍛鍊多年未被使用的肌肉！

查詢請致電健康中心電話2814 5342。





New Spinning Studio and Virtual Classes

全新健身單車室及線上班

Spin cycling is a great way to exercise for both power and endurance. We have set up a new 7/F Spinning Studio, which can be used for regular group fitness classes and allows us to run online classes at many more times throughout the week.

You can join our regular spin class on Wednesday mornings with Instructor Raul in real time, or check the monthly schedules for more details.

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

健身單車可以鍛煉力量和耐力的絕佳運動。本會7樓全新的健身單車室，可以作常規的團體健身課程，並可以每天多次進行線上練習課程。

您可以參加星期三早上由導師Raul主持的常規健身單車課程，或可查看每月時間表以了解更多詳細資訊。

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

Teambeats™ Fitness Classes Available Now

Teambeats™ 課程現正接受報名

TEAMBEATS™ combines variety, efficiency and fun in a single workout that is unlike any other group fitness experience. Improve fitness, lose weight and maximise performance by working out to the beat of music tracks. Follow your trainer's guidance, do your best and keep up with your classmates!

Classes take place in the new Functional Training Zone on the upper floor of the Fitness Centre.

Members will need to purchase their own Heart Rate Monitor to get most benefit from the class. These are available at the Pro-Shop or can be bought outside the Club.

Look out for the schedule and sign up for your first class today!

TEAMBEATS™ 有別於與一般團體健身課程，課程中充滿樂趣，融合多樣性和效率性的鍛鍊。透過音樂節奏來發揮最大的鍛鍊成效，有效提升體能及修身減磅。跟隨導師的指導，與同學們互相勉勵一起努力吧！

課程於健身中心上層的全新多功能健身專區授課。

會員需攜帶自己的心率運動錶才能發揮到鍛鍊的成效。如有需要可到Pro-Shop選購。

快來報名參加首課的練習吧！

Enquiries 查詢: 2814 5342





Ninja and Trampolines

**IF YOU DIDN'T KNOW . . .
NOW YOU DO!**

**Why is Ninja training good for you?
忍者鍛鍊及跳彈床的好處**

Strength

Ninja training is designed to develop your body and leg strength. Learning to swing on rings and climb on ropes strengthens arm and chest muscles. Jumping up and down on mats and blocks will strengthen your legs.

Spatial Awareness

You will first need to understand the obstacle, where it lies in comparison to your body and how to move your body to conquer it.

Increased Agility

Agility not only plays a role in sports of all types, but also helps prevent injury. When you practice side to side motions, this trains your muscles to turn in new directions.

Improved Balance

Ninja training involves balance. As opposed to the speed and agility you might use on the slanted steps, balancing across the balance beam or sea of swings creates a new type of challenge.



Learn To Fall Safely

Ninja kids must try and try again. Learn how to fall safely, whether from a rope, bar, or obstacle.

Better Flexibility

The variety of obstacles in Ninja training allows you to move through a full range of motions, improving flexibility.

Gain Confidence

The confidence you earn, you take with you wherever you go.

Focus and Concentration

You are forced to concentrate on the obstacle in front of you. Focusing on what you are doing, not what others are doing, is extremely important to achieve success.

We would also like to introduce our new Rebound with its four trampolines – one of the best exercises ever!

The up and down motion engages every muscle, increasing our G-force, which is the force exerted on the body as a result of gravity. When you jump on the trampoline, there is an acceleration and deceleration that happens on each jump. All of our 638 muscles alternately flex and relax, toning the whole muscular system.



強度

忍者鍛鍊旨在增強身體和腿部力量。學習在環上搖擺，並在繩索上攀爬，可增強手臂和胸部的肌肉。在墊子和磚塊上上下下跳躍可增強雙腿的力量。

空間意識

先了解障礙物與身體的距離，並移動身體來越過障礙。

提高敏捷性

敏捷性不僅在各類型的運動中都能發揮作用，而且還可以減少受傷。當練習左右移動時，這可以訓練肌肉延伸轉動。

改善平衡力

忍者鍛鍊有助增強平衡力。訓練中配合速度和敏捷性，跨過平衡木或鞦韆，建立各種新型的鍛鍊挑戰平衡力。

學習安全地跌落

小忍者必須不斷嘗試。了解如何安全地跌倒，無論是從繩索、欄杆或障礙物。

靈活性

訓練中需做出各種動作來克服不同類型的障礙物，從而提高靈活性。

增強自信心

透過鍛鍊可提升自信心。

專注力

面對當前的障礙物，必須集中注意力，這能增強專注力的重要鍛鍊。

全新的彈跳區提供四個跳床，是最好的運動之一！

上下彈跳需要使用每塊肌肉來增強加速力，這是在身體上產生的重力作用。當在彈床上跳躍時，每次跳躍都會產生加速和減速。身體上的638塊肌肉會交替彎曲和放鬆，從而使整組肌肉系統變得更有彈性。

Enquiries 查詢: 2814 5360
(Adventure Zone)

Monkey Gym



Fun Fitness – Jump into our newly opened Monkey Gym!

From crawlers to walkers.

Encourage moves with one- and two-foot hops, jumps, crawls and swings, developing physical skills and building self confidence through competitive play in a fun, safe and friendly environment.

趣味健身-快來體驗新設施Monkey Gym!

在有趣、安全和舒適的環境中激發及鼓勵嘗試各動作，如走步、跳躍、爬行和擺動等，通過練習可以發展身體技能並建立自信心。

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。請查閱假期間的活動時間表以作安排。如欲申請學期休假和復課，請緊記提交申請表到預訂服務中心。

兒童課程 — 需預早一個月前提提交課程缺席申請表，否則需繳付課堂費用。

成人課程 — 需預早14天前提交課程缺席申請表，否則需繳付課堂費用。

Christmas and New Year Camps

聖誕及新年活動課程

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

如您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
- Martial Arts 武術班
- Health & Fitness 健身班
- Ice Skating 溜冰班
- Self-Development 自我發展班
- S.T.E.M. Programmes 科學工程班

For bookings and enquiries, please call Central Reservations Centre on 2814 1222 or email 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。

Winter Adventure on Ice!

冬日溜冰歷奇

Sunday, December 13
Starts 3pm

With games and activities on and off the ice, snowball throwing, build a snowman, hockey, winter maze, sleigh rides and more!

Let's have an amazing winter. Its snow much fun!

Fees: Member \$238

12月13日(星期日)下午3時開始

活動當日將提供多項遊戲，包括擲雪球、堆雪人、曲棍球、冬日迷宮及滑雪橇等。讓我們度過一個美好的冬天，享受溜冰的樂趣。

會員 \$238

Enquiries查詢: 2814 5374 (Ice Rink)



amski – Ski and Snowboard Lessons

滑雪及滑雪板課程

Let us arrange your ski and snowboard lessons at amski. We have some great coaches available – snowboarding and skiing with Roland, skiing with Nora, Kary and Edwin, and snowboarding with Benjamin and C.K. Yam – each with many years' experience in teaching both outdoor and indoor skiing and snowboarding.

請報名參加amski滑雪及滑雪板班。本會的教練具有多年戶外和室內的滑雪經驗。Roland教授滑雪及滑雪板班，滑雪班教練包括Nora、Kary及Edwin，而滑雪板班教練有Benjamin及C.K. Yam。

Enquiries查詢: 2814 5374 (Ice Rink)



Bazooka Ball Challenge

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

快來參加比鏢射槍更刺激的槍戰遊戲。

From 7-7.30pm. 晚上7時-7時30分

- Friday, November 13
- Friday, December 4
- 11月13日(星期五)
- 12月4日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

Foam Factory Ball Blaster Challenge

泡泡工廠衝擊波賽

From 6-6:30pm 晚上6時-6時30分

- Friday, November 20
- Friday, December 18
- 11月20日(星期五)
- 12月18日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

Laser Tag Challenge

From 6.30-7.30pm 晚上6時30分-7時30分

- Friday, November 27
- Friday, December 11
- 11月27日(星期五)
- 12月11日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

Friday Fitness Morning

星期五早晨鍛鍊

Meet at the Main Lobby at 7.15am, before taking a leisurely warm-up one km jog to the track. Where we will do a 30-minute speed/interval/core session before a cool-down jog back to the Club. This activity is led by Director of Sports & Recreation, Giles Leonard and advance registration is required.

於早上7時15分在會所大堂集合，跑1公里前請先做好熱身準備。練習包括進行30分鐘速度、間歇式及核心訓練，然後再慢跑回到本會。

Enquiries: 2814 1222

Aberdeen Urban History Walks

香港仔城市歷史漫步

Join us for a walk through the streets in and around Aberdeen to see our local historical spots with some interesting insights. The walk leaves the Club at 9.30am, and should return no later than midday. The walks are suitable for all ages, but ideally for children aged eight and above. Walks take place on the following dates and advance registration is required.

- Saturday, November 7
- Saturday, December 5
- 11月7日(星期六)
- 12月5日(星期六)

活動將漫步香港仔市及其周圍的街道，欣賞當地的歷史

景點，並講述一些有趣的見解。活動將於上午9點30分在深灣遊艇會出發。適合各會員，但比較適合8歲及以上的兒童。活動將於以下日期舉行，請及早報名。

Family Hiking

家庭登山樂

Make the most of the cool weather and join us for an energetic family hike.

- Saturday November 14 – Dragon's Back
- Saturday December 12 – Cape D'Aguiar

Hikes start at 9.30am and you can meet us at the starting point (to be advised), or catch the shuttle bus which leaves the Club promptly at 9am (limited space available). Bring your family and enjoy the fresh air!

享受清涼的天氣，快來參加本會於以下日子舉行的家庭登山樂。

- 11月14日(星期六) - 龍脊
- 12月12日(星期六) - 鶴咀

活動於早上9時30分開始，在起步點集合，或於9時正乘會所準備之免費巴士出發(座位有限)。不要錯過與家人一起感受戶外風光的活動!

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

報名和查詢請致電預訂服務中心2814 1222或電郵至 reservations@aberdeenmarinaclub.com



CLASS HIGHLIGHTS

康體課程推介

Table Tennis

by Sunny Lo

Every Saturday, 12.30-2pm

Aged 6-10 years old

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

逢星期六，中午12時30分至下午2時

適合6至10歲小童

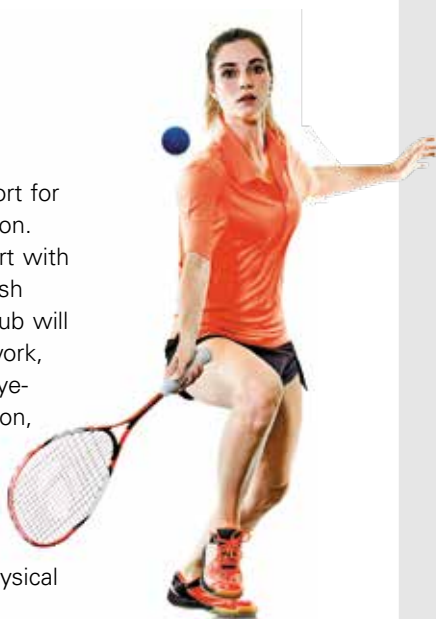
乒乓球是世界上最受歡迎的運動之一，為不同年齡層的愛好者帶來歡樂、並得以放鬆，對健康帶來多不勝數的好處。透過練習有效地發展靈活性，提升眼和手的協調能力，提高兒童的自信心，並學會團隊合作的重要性。

Squash

by Squash Fit

壁球

Squash is a fantastic sport for competition and recreation. Learning squash can start with fun games. Private squash classes offered in the Club will teach racket skills, footwork, court rules and safety, eye-hand-foot-ball co-ordination, stretching exercises and concentration. Learning squash will also help in releasing pressure and preparing mental and physical fitness for competition.



壁球是一項刺激的比賽和娛樂運動。可以從有趣的遊戲開始學習壁球。本會提供私人壁球課程，將教授揮拍的技巧，步法，球場規則和安全性，眼、手及腳的協調，伸展運動和專注力訓練等。學習壁球有助提升專注力，於賽事做好心理和體力準備，有助釋放壓力。

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

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



Basketball Adventure

by Adventure Sports Academy Limited

籃球歷奇

Mini Dunks Programme

Ages 2 to 3 years old

Every Friday

Children will be introduced to the basic skills of basketball and begin the development of hand-eye coordination and key motor skills.

First Bounce Programme

Ages 4 to 9 years old

Every Wednesday and Friday

To develop a solid foundation of shooting and passing technique, and learning the importance of team work.

Basketball Adventure Programme

Ages 10 years and above

Children will learn the concept of playing the game of basketball, and may further develop the fundamental skills of dribbling, catching, shooting and passing.

迷你入籃班

逢星期五，適合2至3歲

將介紹學員籃球的基本技能，發展手眼協調能力和重要的技巧。

基本籃球班

逢個星期三及五，適合4至9歲

為打下堅實的基礎而不斷練習射球及傳球技巧，並學習團隊合作的重要性。

籃球歷奇課程

適合10歲或以上

將學習籃球的觀念，並進一步鍛鍊運球、接球、投籃和傳球的基本技巧。

CORWIN PEREIRA

Water Aerobics Professional

Favourite athlete

最喜歡的運動員: **Lionel Messi**

Favourite exercise

最喜歡的運動: **Water Aerobic**

Favourite food

最喜歡的食物: **Fruits**

Favourite drink

最喜歡的飲品: **Chinese tea**

Highlight of your coaching career

教練生涯的亮點:

In over 16 years of coaching, I am encouraged when I see my students strengthen their body and improve their posture.



KELSEY CHU

New Fitness & Senior Personal Trainer

With over five years of professional experience as a personal trainer and yoga instructor, Kelsey loves to inspire people to achieve an active and healthy lifestyle through movement training such as weight lifting, Pilates and yoga. She focuses on proper posture correction, core stability and functional movement training. Kelsey empowers her clients to take action to improve their lifestyle, and themselves, through a strong mind and body.

Kelsey擁有超過五年的私人教練及瑜伽教練的專業經驗。Kelsey喜歡透過運動訓練如舉重、普拉提斯及瑜伽來激發學員和建立積極健康生活的方式。她著重於糾正正確的姿勢、核心穩定性和功能性運動的訓練。她讓學員感受通過堅定正面的思維和練習將帶來健康的生活方式。

Favourite athlete

最喜歡的運動員: **Kobe Bryant, Arnold Schwarzenegger**

Favourite exercise

最喜歡的運動: **Volleyball, contemporary dance, Pilates**

Favourite food

最喜歡的食物: **Avocado, berries, pomelo salad, cod fish**

Favourite drink

最喜歡的飲品: **Fresh juice, coconut water, almond milk, Chinese soup**

Highlight of your coaching career

教練生涯的亮點: **Inspiring and coordinating with my students to join international competitions.**



KATINA CHAN

Line Dancing Professional

Favourite athlete

最喜歡的運動員: **Teary Sarah Lee**

Favourite exercise

最喜歡的運動: **Dancing**

Favourite food

最喜歡的食物: **Chicken wings**

Favourite drink

最喜歡的飲品: **Tea**

Highlight of your coaching career

教練生涯的亮點:

Inspiring my students to join international competitions.



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

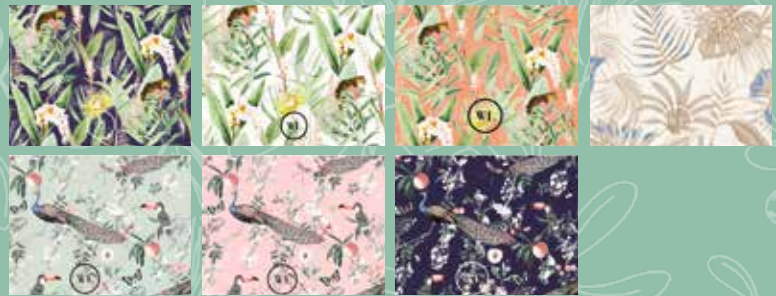
查詢請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com。

CHRISTMAS GIFTS IDEAS AT PRO-SHOP

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YOGA MATS AND MORE.



PLUS WHITE LABELLING
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FOR MORE INFORMATION, PLEASE CONTACT THE PRO-SHOP ON 2824 5417.

查詢請致電 PRO-SHOP 電話 2824 5417



Annual Parking Registration 年度泊車登記

Existing Members' parking registration will be automatically continued for 2021. 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, 2020.

本會將為現有年度泊車登記之會員自動延續其登記至2021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2010年12月31日或之前通知會員部。

New Autotoll Tag 全新快易通標籤

If you have changed or received a new Autotoll Tag, please inform the Membership Office of the new number by calling 2814 5436, or by email to 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。

Dry Boat Store Annual Maintenance 快艇倉維修工程

Please note that Dry Boat Store will be closed from January 4 to early February for annual maintenance, in order to ensure that we continue to provide 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 20. We apologise for the inconvenience caused.

請注意，快艇倉將於1月4日至二月上旬關閉作維修工程，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20日或之前通知本會海事部。不便之處，敬請原諒。

Opening Hours from November to April

Club Ferry

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

Monday, Wednesday to Friday
星期一、三至五

8.30am to 6pm

Tuesday 星期二

Closed

Saturday, Sunday and
Public Holidays
星期六、日及公眾假期

8am to 7pm

Guests 訪客

Members bringing guests onto Club premises must accompany them at all times, and are responsible for their behaviour and any fees incurred. Members must also ensure that their guests abide by the Rules and Bye-Laws of the Club. The Club reserves the right to deny entry or service to guests who misbehave.

會員必須時刻陪伴與他們同來的賓客。並對他們的行為和任何費用負責。還必須確保賓客遵守會所的規章和細則。本會保留拒絕行為不端的來賓到訪或為他們提供服務。

ePortwatch

Members are encouraged to support the Club's green initiative by requesting a regular e-copy of Portwatch instead of printed copies. Please send an email with "Subscribe ePortwatch" in the subject line to member@aberdeenmarinaclub.com stating your Membership number.

感謝會員響應及支持環保而選擇閱讀電子版閱刊。如果您亦希望收取電子版本以代替印刷本，請電郵至 member@aberdeenmarinaclub.com，並名請會員編號及“訂閱電子版閱刊”。



Helping Hands

援助之手

In late September, over 20 Club staff took part in volunteer work with Aberdeen Kai Fong Association (AKA), which is located just up the road from the Club. The association could not organise the usual birthday parties for senior citizens this year due to the pandemic situation, so we celebrated with them in a different way this time.



It was a two-day event, and on the first day, the volunteers made handicrafts and 100 birthday kits each containing hand sanitiser, wet tissues, hand cream, facemasks, a hand-written birthday card and a mooncake. The AKA team then distributed to homes directly.

After a few days, the volunteers went back to the AKA centre and made phone calls to those elderly recipients, sending warm messages and birthday greetings. They all expressed their gratitude and we, too, felt gratified to know that they appreciated our contributions.

9月下旬，本會20多名員工參加了鄰近會所香港仔坊會(AKA)的義務工作。由於肺炎疫情關係，該協會今年無法為長者舉辦生日聚會，有見及此本會以不同的形式與他們一起慶祝。

這次為期兩天的活動，第一天，義工們製作了100份生日禮包，包括消毒搓手液、濕紙巾、護手霜、口罩、手寫的生日賀卡和月餅。AKA團隊直接分派到長者的住所。臨近中秋節，發送溫暖的慰問和生日祝福，義工們透過電話傳達心意給長者，讓他們能在歡樂愉快的氛圍中渡過節日。



Materials Recycled

物料回收

January to August 2020
一月至八月

- Glass 269kg
玻璃269公斤
- Metal 158kg
金屬品158公斤
- Paper 1,010kg
紙張1,010公斤
- Used Cooking Oil 1,597litres
二手煮食油1,597公升



COVID-19

ACTIONS AT THE CLUB

會所防疫措施

These have, of course, been unprecedented times over the past few months, and our utmost priority continues to be ensuring a safe Club environment for Members and families. Here is some of the work that we have undertaken.

在過去的數個月中，本會首要的任務仍然是確保會員及其家庭成員在會所的安全環境中享樂和消遣。
以下是本會在過去數月採取的防疫行動。



DEEP CLEANING ALL AREAS

嚴格清潔所有區域

Our housekeeping staff increased disinfection of all facilities and public areas, with extra Oxivir disinfectant. An anti-virus and anti-bacteria disinfectant photocatalysis has been applied to all guest-lift buttons, handrails, door handles, and to sports equipment at the gym. The coating is effective for six months.

會所的清潔人員使用加量的Oxivir消毒劑來消毒所有公共設施。這種防病毒和抗菌消毒劑有效應用於所有電梯按鈕、扶手、門把以及健身室的器械上。效用可維持達6個月。



UPGRADE WORK

提升設備

As you are aware, over the last few months, the Club had to close some of its facilities. We took the opportunity to upgrade them, including repainting the car park, fire staircases, loading bay and the walls at Marina Tower lift lobby. The Air-conditioning in all public areas has also been deep-cleaned.

At The Deck, we have repainted the walls, upgraded the lighting and replaced the canopy outside.

At Portside, we have also repainted the walls and polished all furniture such as tables and chairs.

At The Balcony, we have installed new windows, which can block UV rays and has anti-scratch protection.

Among the new facilities at the Club, we are pleased to inform Members that the new Ninja track and Rebound at Adventure Zone, as well as the new functional training Zone at the Fitness Centre, are all ready. Please try them out and let us know your thoughts.

We sincerely thank all Members for your patience during this difficult time, and very much appreciate your ongoing kind understanding.

在設施關閉期間，本會藉此機會升級了會所的設施，包括重新粉飾停車場、裝卸區及深灣大樓電梯大堂的牆壁。空調系統亦已進行清潔。

咖啡室重新粉飾牆壁，升級照明設備，並更換戶外所有的頂篷。

Portside重新粉飾牆壁，並翻新所有設備，如桌子和椅子。

泰國露臺餐廳安裝了新窗，可以阻擋紫外線並可以防刮花。

此外，動感樂園增設新的忍者區和彈跳區，康體中心設有全新功能性健身專區。快來體驗這些新設施。

衷心感謝會員在此期間的耐心配合各體諒。



TEMPERATURE CHECKS AND HAND GEL STATIONS

體溫檢測及消毒酒精站

Temperature sensors have been installed at the Club entrance and 2M corridor. Mandatory temperature screening is also conducted prior to entry at all outlets.

We have also added sanitising hand gel units at all the elevators, corridors and all outlet entrances for members' use.

本會的入口和2M走廊上已安裝溫度感應器。所有人士進入各餐廳及玩樂設施前，必須經過溫度檢測。在本會多個地點，如電梯口都設置了消毒酒精可供使用。



TAKEAWAY DISHES AND QUALITY FRESH PRODUCE

精選優質新鮮的菜式可供外買自取

During the suspension of dining services, the Club offered takeaway service for Members to enjoy their favourite dishes from The Deck, The Balcony, The Horizon and Caffe Luna. A takeaway counter was set up at the Club entrance driveway. We also offered quality fresh produce – from Tomahawk, USDA Prime Ribeye to juicy Italian cherry tomatoes and fine mozzarella cheese – for Members to take home and prepare, with updated offerings every week.

在暫停餐飲場所服務期間，本會為會員提供外買自取服務，務求會員在這期間仍可品嚐到The Deck、泰國露臺餐廳、海天閣及意大利Luna餐廳的美食。

本會更提供預訂新鮮食材，選用優質新鮮的農產品，由斧頭扒到美國肉眼扒，新鮮車厘茄和水牛芝士等，會員都可以在家中一一享用。每週還會更新不同種類。



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