

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MARCH/APRIL 2020

**SIX OF THE BEST
HO CHI
MINH CITY
DESIGN ICONS
YOYOGI
NATIONAL
STADIUM**



Happy
Easter!



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Portwatch

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

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Club Directory

The Aberdeen Marina Club
8 Shum Wan Road, Aberdeen, Hong Kong
Tel: 2555 8321 Fax: 2873 5681
Email: member@aberdeenmarinaclub.com
Website: www.aberdeenmarinaclub.com

EXECUTIVE TEAM 行政部

General Manager

Mr Edward Read 聶子維
Tel: 2814 5415 edward.read@aberdeenmarinaclub.com

Executive Assistant Manager - Food & Beverage

Mr Albert Chua 蔡凌伏
Tel: 2814 5324 albert.chua@aberdeenmarinaclub.com

Director of Sports & Recreation

Mr Giles Leonard 李基爾
Tel: 2814 5492 giles.leonard@aberdeenmarinaclub.com

Director of Membership & Marketing

Ms Matty Lam 林秀平
Tel: 2814 5438 matty.lam@aberdeenmarinaclub.com

Central Reservations Centre 預訂服務中心

Tel: 2814 1222
reservations@aberdeenmarinaclub.com

ACCOUNTING OFFICE 會計辦公室

Tel: 2814 5422 / 2814 5427

LOST & FOUND 失物認領部

Tel: 2814 5315

ADVERTISING 廣告查詢

Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs



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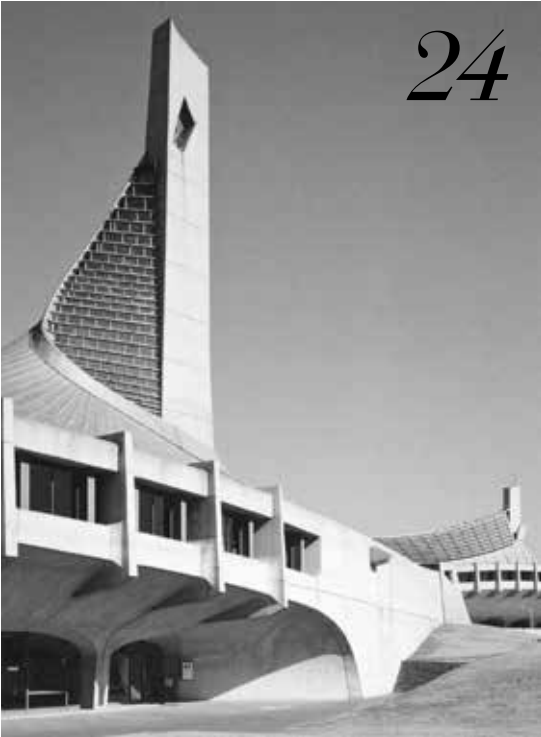
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A TASTE OF SHUNDE

順德風味

Until April 30
直至四月三十日



陳皮香茜魚茸羹	\$88
Minced fish, Chinese parsley broth	每位 per person
金針雲耳紅棗蒸雞	\$268
Steamed chicken, dried lily flower, black fungus, red date	半隻 half
竹笙生根炆魚腐	\$178
Braised fish puff, gluten, bamboo fungus	例牌 regular
大良煎藕餅	\$148
Pan-fried minced pork, lotus root patties	
薑蔥焗魚腩	\$178
Braised fish brisket, ginger, spring onions	
生炒涼瓜蝦餅	\$238
Sautéed shrimp patties, bitter cucumber	
鳳凰煎魚腸	\$168
Pan-fried fish intestine, eggs, spring onions	
八寶釀鯪魚	\$198
Pan-fried stuffed canton carp	
陳皮豉味焗生中蝦	市價 Market Price
Stir-fried fresh prawns, black beans, dried orange peel	每兩 per tael
XO 醬蝦乾腰果炒韭菜花	\$168
Sautéed dried shrimps, cashew nuts, chives flower, XO chili sauce	
欖仁帶子炒鮮奶	\$248
Scrambled egg white, fresh milk, scallops, olive seeds	
原籠蒜香蒸排骨陳村河粉	\$168
Steamed rice noodles, spare ribs, garlic	

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

Songkran Delicacies

泰國新年菜式

Throughout March & April

Enjoy Chef Pachuen's specialities to celebrate the traditional Thai New Year.

大廚Chef Pachuen為大家製作多款菜式來慶祝傳統泰國新年。

MENU

Deep-fried shrimp roll with egg noodle,
mango sauce

泰式蝦卷配芒果醬

Watermelon in dice shape stuffed with
crispy minced fish, deep-fried shallot

炸乾蔥免治脆魚釀西瓜粒

Spicy & sour seafood soup with
mushroom and hot basil

泰式酸辣海鮮湯

Stir-fried cube beef with bell pepper,
onion, black pepper sauce

泰式黑椒炒牛柳粒

Stir-fried seafood with chilli paste,
sweet corn, onion and basil

泰式辣椒膏炒海鮮

Steamed sea bass with red curry
in banana leaf

泰式蒸紅咖喱鱸魚

Stir-fried string bean with crispy pork,
garlic and chili bean sauce

泰式脆豬肉炒豆角

Home-made Thai beef brisket curry
with rice noodle, boil egg, tofu,
bean sprout, peanut

特色咖喱牛腩粉

Thai-style shrimp paste fried rice

泰式蝦醬炒飯

Fresh green mango served with
spicy shrimp paste sauce

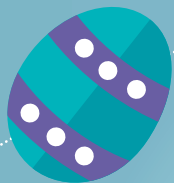
青芒果配泰式辣蝦醬

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

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EASTER TREATS

復活節特備節目



Easter Free Open Skate

復活節溜冰場開放日

SATURDAY, APRIL 4

Members aged under 18 can enjoy free skating all day!

18歲或以下之會員可在當日免費使用溜冰場。

Enquiries查詢: 2814 5374

Easter Bunny Hop Challenge on Ice

冰上復活節兔跳挑戰

**FRIDAY TO MONDAY,
APRIL 10-13
12.30-2.30pm**

How many bunny hops can you do in a row?

Different rewards will be given for the most completed. Highest level wins a prize.

您可以連續做多少次兔跳呢？

完成最多次數的人將獲得不同的獎勵。最高分數將贏得獎品。

Enquiries 查詢: 2814 5374

Easter Carnival and Egg Hunt

復活節嘉年華及尋蛋熱

**SUNDAY, APRIL 5
1-4pm**

Join our Easter Carnival with lots of game booths, face painting, balloon twisting and egg hunting.

Member會員 \$200 Guest來賓 \$240

Venue: Children's Play Area
地點: 地下兒童天地

Egg Hunt Sessions

Ages 3-5 years old

1st Session: 1.30-1.50pm

2nd Session: 2-2.20pm

3rd Session: 2.30-2.50pm

Ages 6 and above

4th Session: 3-3.20pm

5th Session: 3.30-3.50pm

3至5歲兒童

• 第一節: 下午1時30分至1時50分

• 第二節: 下午2時至2時20分

• 第三節: 下午2時30分至2時50分

6歲或以上

• 第四節: 下午3時至3時20分

• 第五節: 下午3時30分至3時50分

Enquiries 查詢: 2814 5360





MARINA GRILL

Easter Brunch 復活節早午自助餐



SUNDAY, APRIL 12

LUNCH

1ST SESSION: 10.30am-12.30pm

2ND SESSION: 1-3pm

DINNER 5.30-9.30pm

Adult 成人 \$398 Child 小童 \$168

Easter Brunch will be dedicated to great food and happy memories with family. We look forward to seeing you all!

Highlight: Prime Rib

復活節享用一個豐富的早午自助餐與家人一起慶祝。期待大家的光臨。



SUNDAY, APRIL 12

1ST SESSION: 10.30am-12.30pm

2ND SESSION: 1-3pm

DINNER 5.30-9.30pm

Adult 成人 \$398 Child 小童 \$168

Celebrate Easter with family and friends. Enjoy roasted whole lamb and a wide selection of tasty entrees.

與親友一起慶祝一個難忘的復活節。當日將有烤羊以及各種美味的特色主菜。

For reservations and enquiries, 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

Easter Semi-buffet Lunch 復活節半自助午餐

**SUNDAY & MONDAY,
APRIL 12 & 13
11.30am-2.30pm**

Adult 成人 \$538 Child 小童 \$298

Four-course set lunch with selection of appetisers, salads and desserts from the buffet table. Choice of soup and main course from the set menu.

四道菜午餐，配自選湯及主菜。



Easter Products

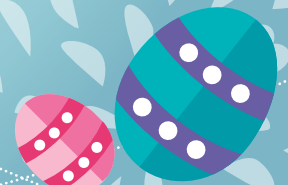
**THROUGHOUT
MARCH & APRIL**

Impress your family and friends with these tasty and fun Easter treats.

給親友們一個驚喜，送上美味可愛的復活節禮品。

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

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





Weekend Specials

每週精選

Roujiamo

肉夾饃

March 27-29 & April 3-5

3月27至29日及4月3至5日

This street food, originating from Shaanxi Province, is meat sandwiched in steamed bread. Pork is cooked with various spices and seasonings to create a wonderful juicy snack for you to enjoy.

肉夾饃來自陝西的街頭美食。餅包夾著豬肉以香料醬汁烹調而成。



Chawanmushi (Japanese Steamed Egg Custard)

日式蒸蛋

April 17-19及24-26

4月17至19日及24至26日

Smooth and delicate Japanese steamed egg with delicious ingredients such as chicken and seafood. An all-time favourite for children to enjoy.

日式蒸蛋是大受兒童歡迎的菜式之一。滑嫩的日式蒸蛋，配上雞肉和海鮮等美味食材。

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



15 YEARS

Easter Cake Pops and Bunny Hop Cake Workshop

BUNNY HOP CAKE



EASTER CAKE POPS



Bunny Hop Cake

April 1 at Caffé Luna

Each child will be provided with a cake ready to decorate into an adorable Easter bunny to share with family. This class will teach the skills of working with wafer paper, piping with buttercream and finishing their cake to create a very cute bunny.

All materials and tools supplied.

3.30-5pm

\$380 per child including snack and a drink.

Easter Cake Pops

March 25 at Caffé Luna

Lets make cake pops! Your child will learn step-by-step how to make these adorable Spring Chick, Easter Egg and Bunny Designs.

Each child will take home four pops.

3.30-5pm

\$360 per child including snack and a drink.

For
reservations

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

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



PORTSIDE

Japanese-themed
Buffet Corner
日式自助美食

Throughout March

Candy, homemade cheesecake,
deep-fried snacks.

糖果、自製芝士蛋糕及特色煎炸小食。

Traditional
Hong Kong
Marinated Food
港式街頭滷水美食

Throughout April

Chicken feet, pig intestine,
chicken kidney, pork head meat, pig's ear.

雞腳、豬大腸、雞腎、豬頭肉及豬耳。



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

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MEETINGS AND DINNERS



Portside

MEETING PACKAGE

Meeting package at \$850 net per person to include:

- Use of the meeting room from 9am to 5pm
- Continental breakfast served upon arrival
- Two coffee or tea breaks with refreshments
- Choice of Chinese dim sum lunch,
Western set lunch or Thai lunch

DINNER AT 1/F FUNCTION ROOMS

*Special Chinese dinner menus from our
Executive Chinese Chef Leung.*

*The Chairman's Room and President's Room are
comfortable, thoughtfully laid-out venues for dinner
gatherings, with views over the Marina and Tropical
Pool. Karaoke system is available in these rooms.*



Governor's Room



Chairman's Room



President's Room

For reservations, please call the Events Sales Office at 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

In this issue we visit the city formerly known as Saigon, to find . . .

SIX OF THE BEST
Ho Chi Minh
City
胡志明市六大旅遊勝地





CENTRAL POST OFFICE

中央郵局

01

Built from 1886 to 1891, the city's General Post Office is still the largest post office in Vietnam, and some say the finest in Southeast Asia. From the decorative ironwork over the entrance, to its colourful stone floor-tiles, this is one of the best-preserved functional old buildings in the country. Its yellow-and-white façade with green shuttered windows gives way to a large, barrel-vaulted interior not unlike an old European railway station. Close to the entrance are two interesting map-murals. The one on the left shows "Lignes telegraphiques du Vietnam du Sud et du Cambodge", or Telegraph Lines of South Vietnam and of Cambodia, as they were in 1936. The older one to the right is a map of "Saigon et ses environs", or Saigon and its environs, which dates back to 1892.

中央郵局建於1886年至1891年，至今仍是越南最大的郵政局，並稱為東南亞最好的。從入口處的裝飾鐵製品到彩色的石磚地，是保存得最完好及最具功能性的古老建築物之一。黃白相間色牆、綠色百葉窗、與及內裡的大拱形頂，跟古老的歐洲火車站沒什麼不同。

入口附近有兩個精緻有趣的地圖壁畫。左邊顯示1936年的“越南南部和柬埔寨南部電報”，或越南和柬埔寨南部的電報線。右邊較舊的是“西貢及其周圍環境”，或西貢及其周圍環境的地圖，其歷史可以追溯到1892年。



NOTRE DAME CATHEDRAL

巴黎聖母院

02

The striking, neo-Romanesque Notre Dame Cathedral has long been a useful landmark for visitors to the city, and at one time its spires were the first glimpse that travellers coming up-river would have caught of old Saigon. After the Protestant and Catholic churches had drawn lots for the site, work began on the building's construction (on behalf of the latter) in October 1877, with an extravagant combination of stained glass from Chartres and Marseille red brick. Today the Cathedral is well preserved, although it is rather more austere furnished than it once was. The stained-glass windows were destroyed during World War II, but from the outside it remains one of the more remarkable of the city's 19th-century structures.

新羅馬式的巴黎聖母院，它的尖頂很容易被旅客看到，長久以來都是這城市的旅遊熱點。當新教徒和天主教會為該地點吸引了很多遊客之後，於1877年10月開始為該建築物的裝修(代表後者)工作，結合奢華的彩色玻璃和來自沙特爾的馬賽紅磚。今天的大教堂保存完好，儘管裝飾比以前更簡潔。彩色玻璃窗在第二次世界大戰期間被摧毀，但從外面看仍然是19世紀建築中最引人注目的建築之一。



HO CHI MINH CITY MUSEUM

03

胡志明市博物館

Completed in 1890, this attractive building, once known as Gia Long Palace, was originally intended to be used as an exhibition centre, but instead became the residence of the Governor of Cochinchina, and has since then served many functions. Established in 1999, the Ho Chi Minh City Museum (formerly the Revolutionary Museum) houses an interesting selection of exhibits including archaeological relics and temporary exhibitions, as well as some Colonial era items such as an old hand-pumped fire wagon, maps and photographs. The upper floor has revolutionary artefacts dating from the 1930s to the Vietnam War: homemade weapons, propaganda materials, old radios, cameras and a section dedicated to former Vietnamese movie stars and singers.

這座迷人的建築物於1890年完工，曾經被稱為嘉隆宮，原本打算作為展覽中心，卻成為當地總督的住所，從那時起一直擔任許多職務。而胡志明市博物館(前身為革命博物館)成立於1999年，收藏了許多有趣的展品，包括考古文物和臨時展覽，及一些殖民時代的物品，例如舊式手動消防車、地圖和照片等。上層展出1930年代越南戰爭革命性的文物，如自製武器、宣傳物品、舊式收音機、照相機，以及越南前影星和歌手。



THE OPERA HOUSE

04

歌劇院

The Municipal Theatre – or Opera House as it is commonly known – is one of the city's most recognisable buildings. Construction took place from 1897 to 1900, and the first public performance was held in January of that year. It was damaged by bombing in 1944, and it remained neglected until 1955, when the government of South Vietnam took it over to use as the National Assembly building. It was restored to its original function in 1975, and in 1998 was renovated to mark the 300th anniversary of the founding of the city. Step inside to see colourful granite tiled floors, chandeliers, bronze statues in front of the staircase, an auditorium with an arch engraved with decorative designs, and rows of statues on either side.

市政劇院或歌劇院，是市中最知名的建築之一。建於1897年至1900年，並於當年1月舉行首次公開表演。於1944年，被炸彈炸毀了，到1955年卻一直被忽略，當南越政府接管時用作國民議會大樓。於1975年恢復了原來的用途，1998年進行了翻新，以紀念該市成立300週年。走進歌劇院裡，可以看到色彩繽紛的花崗岩瓷磚地、吊燈、青銅雕像的樓梯、禮堂拱門帶有雕刻的裝飾圖案，以及兩側的雕像。





REUNIFICATION PALACE 05

統一宮

This was the site of the residence of the Governor of Indochina during the Colonial era, and then of President Ngo Dinh Diem from 1954 until early 1962, when it was bombed by his own air force in an assassination attempt. The old building was demolished and what is now the Reunification Palace was opened in October 1966 as the Independence Palace. Free guided tours are available or you can just wander around the 100-room building by yourself. It's an unusual experience, with the hallways and rooms echoing more than just the visitor's footsteps – much here remains unchanged since 1975, and it's easy to imagine the place as it was when panic reigned during the closing days of the war.

這是殖民時期印度總督的住所，之後由1954年至1962年初是Ngo Dinh Diem總統的住所，卻被自己的空軍暗殺時炸毀。舊建築被拆除，統一宮於1966年10月開幕，又被稱為獨立宮。自1975年以來建築物大部分都保留著原貌，這裡提供免費導賞遊，或可以獨自在擁有100個房間的建築中漫遊，走廊和房間不僅迴盪著遊客的腳步聲，可以聯想到戰爭結束之際被恐慌籠罩的地方。



BEN THANH MARKET 06

濱城市場

Officially opened in March 1914, Ben Thanh Market, or Les Halles Centrales as the French knew it, underwent extensive renovation and expansion in the mid 1980s. Fortunately, two architectural features were left intact: the clock tower – a well-known city landmark – and the four original entrances, one on each side of the market walls. Around these four portals are still to be found the colourful old ceramic-tiled images of cow's heads, pigs, bananas, fish and other sea creatures. Stalls are grouped according to what they sell, with the livestock traders thankfully outside at the rear. Be it tourist souvenirs, strawberries or coffee from Dalat, locally made basket ware and hats, or pink plastic shoes on your shopping list, you'll find them all in good time.

濱城市場於1914年3月正式開業，在1980年中期進行了大規模的翻新和擴建。保留著兩個建築特徵，著名的城市地標鐘樓，及四個市場原有入口。在這四個入口的周圍，仍然可以看到舊式的彩色陶瓷磚砌成的牛頭、豬、香蕉、魚和其他海洋生物。檔位根據類別而分組，幸好家畜檔位設於外面的後排。無論士多啤梨或Dalat的咖啡、當地製的籃子和帽子、還是粉紅色的塑製鞋，都是非常受旅客歡迎選購的紀念品。

Caffé LUNA

HEALTHY QUINOA SALAD

健康藜麥沙律

~ Throughout March ~

Greek Quinoa, Avocado and Mango Quinoa,
Rotisserie Chicken Quinoa

希臘藜麥沙律, 牛油果芒果藜麥沙律, 烤雞肉藜麥沙律

ORGANIC MUSHROOM TOUR

有機蘑菇之旅

~ Throughout April ~

Mushroom and Baby Spinach Salad,
Baked Portobello Mushroom, Crispy Mushroom

蘑菇菠菜沙律, 芝士烤焗大啡菇, 香脆炸蘑菇



For reservations, please call the Central
Reservations Centre on 2814 1222 or
email reservations@aberdeenmarinaclub.com.
訂座請致電預訂服務中心電話 2814 1222 或電郵
至 reservations@aberdeenmarinaclub.com



MARINA GRILL

Artichoke Promotion 朝鮮薊菜式

~ Throughout March & April ~

Fresh artichoke is at its best for only a few months in spring.
Not only is it free of fat and cholesterol, it also contains an
abundance of vitamin C and other antioxidants.

Chef Jack will bring fresh artichokes to your table this spring.

今個春天, 大廚 Jack 將為大家準備不同的朝鮮薊菜式讓各位品嚐。

春季是朝鮮薊當造的月份。不但不含脂肪及膽固醇,
更提供豐富的維他命C, 並具抗氧化功能。是最佳的健康天然食材。

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

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AON
Empower Results®

Discover the Diversity of Central Otago

中奧塔哥的多樣性

Central Otago 中奧塔哥

Central Otago is the southernmost wine region on the south island of New Zealand. It has a unique continental climate with hot, dry summers and cold winters. Vineyards situated at high altitude are perfect for growing the fragile red grape Pinot Noir, which accounts for 70 percent of the types planted here. Others are Chardonnay, Pinot Gris, Riesling and Gewürztraminer.

中奧塔哥是位於新西蘭南島最南端的葡萄酒產區。它擁有獨特的大陸性氣候，夏季炎熱乾燥，冬季寒冷。葡萄園位於高海拔地區，非常適合種植脆弱的紅葡萄黑比諾，佔該地種植葡萄的70%。其他是霞多麗，灰皮諾，雷司令和格烏茲塔明那。



The Sub-regions of Central Otago 奧塔哥裡的葡萄產區

Central Otago is considered a terroir driven wine region, and is divided into six sub-regions: Bannockburn, Bendigo, Gibbston, Wanaka, Alexandra Basin and Cromwell Basin. Each has its own microclimate and characteristics.

中奧塔哥被認為是新西蘭以風土為主導的葡萄酒產區，它分為六個子區域，分別是Bannockburn，Bendigo，Gibbston，Wanaka，Alexandra盆地和Cromwell盆地，每個地區都有自己的微氣候和特徵。





Bannockburn 班諾克本

The driest sub-region with a warm growing season, the grapes are always harvested a month earlier than others. The resulting Pinot Noir is full bodied, juicy and long lasting.

該地區是最乾燥的產區，生成季節溫暖，葡萄總是比其他小產區早收成1個月。生產的黑比諾葡萄酒較醇厚，多汁且味道持久。

Bendigo 班迪戈

In this warmest sub-region, hot summers give the Pinot Noir softer tannin, lower acidity and a fuller body.

最溫暖的地區，炎熱的夏天使黑比諾的單寧更柔軟，酸度更低，酒體更飽滿。

Gibston 吉布森

The highest sub-region in Central Otago, its climate is slightly cooler than others. Due to the longer growing season, the grapes can develop more subtle flavours and complexity.

中奧塔哥海拔最高的小產區，氣候比其他地區涼爽，由於生長季節更長，葡萄可以產生更多的微妙風味和複雜性。

Alexandra 亞歷山德拉

The southernmost sub-region, with the most significant diurnal temperature. Aromatic grapes such as Riesling and Pinot Noir grow particularly well here with higher acidity and well-structured body.

位於最南部的小產區，晝夜溫差亦是最大的，雷司令和黑比諾等芳香型葡萄在這裡生長特別好，具有較高的酸度和結構良好的酒體。

Cromwell/ Lowburn/Pisa 克倫威爾

The best vineyards are all situated on the steep and well-drained gravel schist slopes. With a warm, dry and long growing season, the berries of the Pinot Noir here are always smaller and thicker skinned, and the resulting wines are aromatic, with good structure and mineral and earthy complexity.

最好的葡萄園都位於陡峭和排水良好的碎石片岩斜坡上，結合了溫暖，乾燥和漫長的生長季節，黑皮諾的漿果總是更小，更厚的皮，產生的葡萄酒是芳香的，具有礦物質的良好結構和複雜度。



Winery Introduction: Domaine Thomson

酒莊介紹： 托馬斯莊園

Domaine Thomson is a family owned winery in Central Otago in New Zealand and Gevrey-Chambertin in France. They only produce one grape – Pinot Noir – to express the unique terroir of each region. The winery was granted the Certified Organic by Bio Gro and in 2013, biodynamic practices were introduced to the vineyard, which is dynamically reflected in its grapes and the wine.

湯姆森酒莊(Domaine Thomson)是一家位於新西蘭中奧塔哥(Central Otago)，及法國Gevrey-Chambertin的家族酒莊。酒莊主人PM和David Hall-Jones只釀造一種葡萄-黑皮諾，以表達每個地區的獨特風土。該酒廠獲得了Bio Gro的有機認證，自2013年更在葡萄園中引入了生物動力技術，使葡萄和葡萄酒中得到了活力顯著的體現。



Domaine Thomson

Pinot Noir Wine Dinner

紅酒晚宴



DOMAINE-THOMSON

ONE GRAPE. ONE VISION. TWO HEMISPHERES

Friday, March 13
Welcome Drink: 7pm
Dinner: 7.30pm
\$988 per person
Speaker: David Hall-Jones
(Domaine owner)

3月13日 (星期五)
酒會：晚上7時
晚宴：晚上7時30分
每位\$988
主持：David Hall-Jones,
酒莊主人

**MENU****Welcome Drink**

N.V, Henriot, Souverain, Brut (WS 92)

Amuse Bouche

Dinner

GRILLED LOBSTER MEATBALL
lemon yolk dipper, fried shallots, chervil
2017, Explorer, Pinot Noir, Central Otago

SPICED PULLED PORK
crispy skin, garlic flatbread, fresh
vegetable chutney
2015, Surveyor Thomson, Pinot Noir,
Central Otago (BC 95)

2014, Surveyor Thomson, Pinot Noir,
Central Otago (WA 93)

CHICKEN CACCIOTORE
roasted garlic cloves, olives, Portobello,
rosemary gnocchi
2017, Rows 1-37, Pinot Noir, Central Otago

LAMB OSSO BUCCO
braised vegetables, grain mustard mash
2016, Gevrey Chambertin "Les Evocelles",
Burgundy

HOKEY POKEY
Vacherin vanilla caramel, honeycomb

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



**fight
for natural
beauty**

Alliance LPG Generation X



**Now Available at
Cutting Edge
Beauty Salon.**

We at Cutting Edge prioritise Member's well-being and the wellness way of life. We believe **LPG treatments are the best way to achieve your target.**

Call for a consultation at: **2814 5320**
or email: salon@aberdeenmarinaclub.com





Yoyogi National Stadium

代代木國立體育館
-by Peter Walbrook





When the renowned Japanese architect Kenzo Tange (1913-2005) won the highly prestigious Pritzker Architecture Prize for 1987, the official announcement singled out his Yoyogi National Stadium as being “among the most beautiful buildings of the twentieth century.”

Designed and built for the 1964 Summer Olympics in Tokyo, and one of the Games’ most iconic symbols, the Yoyogi National Stadium (AKA Yoyogi National Gymnasium) is described by Tange’s own company as “a hybridization of western modernist aesthetics and traditional Japanese architecture.”

It is in fact two separate buildings, and in 1964 the larger one hosted the Olympic swimming and diving events, while the smaller one held the basketball competition. They were designed to hold 10,500 and 5,300 people respectively.

The complex was built on the site of Washington Heights, a former US Military housing development, the remaining part of which was renovated and used as the athletes’ village before its demolition. That area is now occupied by Yoyogi Park, which is bordered to the north by the famous Meiji Shrine.

In a tribute to the modernity of its design, both inside and out, Yoyogi National Stadium will also be one of the venues for the Tokyo 2020 Summer Olympic Games, hosting the Handball event, as well as the Badminton and Wheelchair Rugby for the Paralympics.

An extensive illustrated background on the Yoyogi National Stadium can be found at en.tangeweb.com/project/kokuritsu.



日本著名建築師丹下健三(1913-2005)贏得1987年享有盛譽的普利茲克建築獎，官方宣布代代木國立體育館被選為“二十世紀最美麗的建築之一”。

代代木國立體育館特別為1964年的東京夏季奧運會而設計和建製，Tange公司自己描述設計為“西方現代主義美學與日本傳統建築的融合”。

實際上，體育館是兩棟獨立的建築物，1964年比較大的一棟



舉辦了奧運游泳和跳水賽事，較細的一棟則舉行籃球比賽。分別可容納10,500人和5,300人。

綜合大樓建於華盛頓高地，之前為美軍的房屋，其餘部分拆除後被翻新用作運動員村。該區現在為代代木公園，連接著名的明治神宮北。

為了向現代性的設計致敬，代代木國立體育館將成為2020年東京夏季

奧運會的場地之一，將舉辦手球比賽以及殘奧會的羽毛球和輪椅欖球賽事。

更多有關代代木國立體育場的插圖，可以瀏覽 en.tangeweb.com/project/kokuritsu。

CUTTING
Edge

Emsella Chair

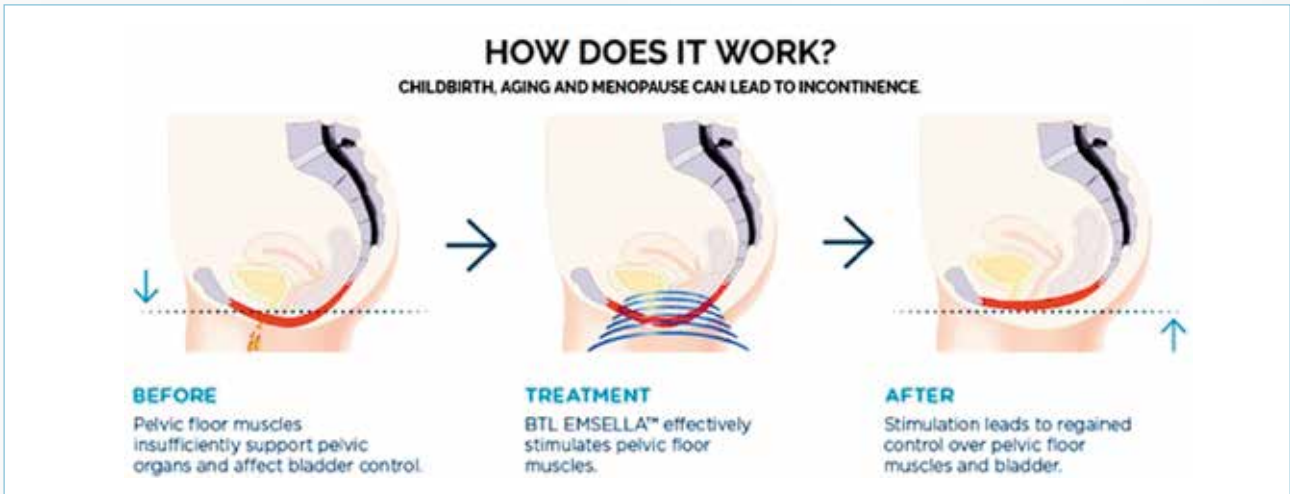
is a life-changing experience,
with a recommended eight sessions
over two months.

非一般的椅子
美髮美容中心嶄新療程



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



What is Emsella® Chair?

THE Emsella® 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腔區域。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。

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 Emsella 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。

BTL Emsella™
NOW FDA CLEARED FOR THE
TREATMENT OF URINARY
INCONTINENCE IN MEN





EXILIS ULTRA 360™

EXILIS ULTRA 360 Delivers 360° radio-frequency and ultrasound energy to precise areas, tightens and tones your superficial and deep tissue area.

提供360° 射頻和超聲波，目標精確達致收緊和調整表層或深層組織，有效地提升肌膚緊緻及各問題。

ULTRA FEMME 360™

Regain Your Confidence

With less than 20 minutes per session and no downtime, this treatment will change your life and help you to regain your confidence.

We invite you to have a consultation with one of our female therapists from the Cutting Edge Beauty Team who will share their personal experience with the ULTRA FEMME 360 and answer all your questions.

Treatments are limited to two slots per day:

Mornings from 10am to midday

Afternoons from 2pm to 5pm

Reservations now available.

Please book your consultation and session in advance.

ULTRA FEMME 360™

為女性私密處帶來改變和健康。

少於20分鐘的療程會改變您的生活並重拾信心。

美髮美容中心提供女性治療師諮詢，與您分享ULTRA FEMME 360的個人經歷並回答您的問題。

療程分為兩個時段：

上午10時至中午12時及下午2時至5時

敬請預約。

For booking and enquiries, please call the Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com
 預訂及查詢請致電美髮及美容中心電話2814 5320或電郵至salon@aberdeenmarinaclub.com

Time for a New Look!



CUTTING Edge

The team of Top and Creative Stylists at Cutting Edge have more than 15 years' experience, and can work with all types of hair and the latest trends.

One of our technicians can answer your questions after a consultation, and together with the professional Cutting Edge team will help you chose the right new look for you.

Go ahead and book your next haircut and style change at Cutting Edge Salon and enjoy a superstar celebrity look.

Junior Members are our favourite customers. Last year Cutting Edge performed 2,688 haircuts for kids up to 11 years old.



The hairstyle consultation is free, please make a reservation or just walk in any time.

美髮美容中心的資深和創意造型師具有超過15年的豐富經驗。以專業的精神為各類型髮質提供最新髮型的時尚趨勢。

染色或挑染，或兩者併做？

經諮詢後本會的染髮技師將會解答您的問題。

美髮美容中心專業團隊將助您選擇合適的新造型。快來預約到美髮美容中心給自己打造巨星級的造型。

美髮美容中心亦為小會員們服務。去年我們為2,688位11歲以下的會員美髮及造型。滿意率高達99%，0.01%只因為不喜歡剪髮。

本會提供免費髮型諮詢，敬請預約服務或親臨美髮美容中心。

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

Milk Matters!

奶類飲品

Some nutrition advice from our Sports & Recreation Director, Giles Leonard.

With the growing popularity of vegan diets, and the increased awareness of body intolerances such as lactose, dairy-free milks are becoming more popular. Here is a handy guide.

Soy Milk: Good source of protein, low in saturated fat, cholesterol free, high in B vitamins and minerals. Not always sustainably farmed but production is low in emissions and requires the least amount of water for production.

Almond Milk: Fewer calories than cow's milk, high in Vitamins D and E, low in protein and contains phytic acid, which can inhibit the absorption of iron. Uses the most water to produce, but lowest emissions and requires little land.

Oat Milk: Little land and water is required for production and its emissions are low. Regarded as one of the most environmentally sound options. Studies show that it can lower cholesterol.

Rice Milk: Least allergenic of all the options and contains no saturated fat or cholesterol, but is low in protein. Requires little land for production but uses the most water and has the most emissions.

Coconut Milk: Improves immunity, aids digestion and is good for heart health. Lower in calories and fat than cow's milk, but has the lowest protein content of all the options.

As a lifelong milk drinker who enjoys morning cereal, I find oat milk to be the best option in terms of taste and it's good to know that it's environmentally sound too. Both oat and soy milk are available at the Health Club Café on the 5th floor – try them in your coffee and tea today!

本會康體部總監李基爾給大家一些營養資訊。

隨著純素飲食的日益普遍，以及不少人開始關注乳糖不耐症，非奶類製品越來越受歡迎。以下為大家介紹幾款非奶類製品。

豆奶：含有優質蛋白質，飽和脂肪含量低，並不含膽固醇，與及維生素B和高含量礦物質。並非可持續耕種，但生產所需的水最少及排放量低。

杏仁奶：維生素D和E含量高，卡路里卻比牛奶少，而且含有植酸可以抑制攝取鐵質。種植土地所需很少，需要多水但排放量少。

燕麥牛奶：所需種植土地和水很少，而且排放量低。被認為是最環保之一。研究證明可以降低膽固醇。

米漿：所有非奶類製品中致敏性最低，不含飽和脂肪或膽固醇，但蛋白質含量低。

椰子奶：能提高免疫力、幫助消化，及對心臟健康有益。相對牛奶中的卡路里和脂肪含量更低，但蛋白質含量亦較低。

以奶配燕麥作早餐的愛好者，個人認為燕麥奶在味道方面是最佳選擇，而且在環保上也較優越。本會5樓健康中心內的咖啡室提供燕麥和豆奶，可以嘗試取代牛奶配以咖啡及茶飲用。



Congratulations to the Finishers of Challenge 2019!

祝賀以下2019年挑戰成功的會員

Gold 8,888 Minutes Challenge

Dickie Ng, Chris Liu, L Leung, Eddie Chu, M Lee, Alan Lau & Naresh Kumar

Bronze 5,000 Minutes Challenge

Ann Ko, A Cheung, Nancy Lo, A Yum, Daisy Lee, Flora Wong, Wong Kong Yen & Dickie Ng

Silver 2,000 Kilometres Challenge

Alan Lau

Bronze 1,500 Kilometres Challenge

Wong Kong Yen, Jennifer Tose.

Gold 5,888 Laps Challenge

Melvin Wong, Sunny Chan, Lucia Ng, Wai Keung Lo, Conor O'Mara, Chin Teik Cheah, Ken Chang, Monica Ho, Karen Wong, Tracy Chung, Iris Leung, Joseph Ng, Tony Puddefoot, Naresh Kumar and Giles Leonard.

Silver 3,000 Laps Challenge

Eric Chin, Emilie Coyault, Ivan Ting, Raymond Sze, Pui Sie Tan & Evelyn Hue.

Bronze 2,000 Laps Challenge

Ignacio Lopez, Daisy Lee & Alan Lau.

Bowling Challenge 2019

Christi Spaulding had the most Strikes and Points in 2019 with 43 and 4,515!

Kian Chan and Toby Chan also bowled well and both completed the Bronze Points Challenge with over 2,000 points in the whole year.

We also challenged the children to rack up the points and congratulations to our finishers.

Silver (3,000 points)

Tizzy Mares, Oliver Spaulding.

Bronze (2,000 points)

Tristan Fung, Noah Turner.



Challenge 2020!

挑戰健身活動

After a massive effort by many Members during Challenge 2019, we have gone further to set you a pretty stiff Challenge for 2020.

- 2,020km in the Fitness Centre, or . . .
- 202km in the 3F Swimming Pool

These challenges will require a year of dedication, so if you haven't already started, come along and record your sessions so that we can keep track of your progress. If you aren't used to regular exercise, get yourself checked out by your doctor before starting any exercise programme.

There are different levels to suit everyone's fitness and experience, as follows.

在2019年挑戰活動得到會員的熱烈響應，2020年度本會再次為會員設定了一系列挑戰賽事。

- 於健身中心挑戰2,020公里
- 於3樓游泳池挑戰202公里

這些挑戰也許需要一年時間，如果您尚未開始，請盡快來健身中心登記，以便教練們跟進您的進度。如果您是初次參與，開始前請先諮詢醫生的建議。

以下是各類型挑戰活動，請根據個人的身體狀況和經驗來選擇不同的級別。

2,020 KILOMETRES FITNESS CENTRE CHALLENGE

2,020公里健身挑戰

LEVELS	TOTAL KM	Approx. KM per week	Approx. KM per month
Superstar!	2,020	40	170
Gold	1,500	30	125
Silver	1,250	25	105
Bronze	1,000	20	85

Members may choose their own level and choose any cardiovascular equipment and proceed at their own pace throughout the year.

會員可以按個人所需選擇不同的級別和帶氧運動器械來完成挑戰。

202 KILOMETRES SWIMMING CHALLENGE

202公里游泳挑戰

LEVELS	TOTAL KM	Approx. lengths per week	Approx. lengths per month
Superstar!	202 (8,080 lengths)	155	675
Gold	150 (6,000 lengths)	115	500
Silver	125 (5,000 lengths)	95	415
Bronze	100 (4,000 lengths)	75	333

Members may choose their own level and swim their laps at their own pace throughout the year. (For this Challenge, one length of the pool counts as one lap).

會員可以按個人所需選擇不同的級別來完成挑戰。(長度以泳池的一圈來計算。)

BOWLING STRIKES CHALLENGE 2020

保齡球全中挑戰

Adults and children 13 years and over 成人及13歲或以上

LEVELS	TOTAL KM	Approx. per week	Approx. per month
Gold	188	4	16
Silver	100	2	8
Bronze	50	1	4

Bowl as normal, then record your Strikes after each session. 請於每節完成後記錄你的分數。

Children aged 12 years and under 12歲或以下兒童

LEVELS	TOTAL KM	Approx. per week	Approx. per month
Gold	88	2	8
Silver	50	1	4
Bronze	25	1	2

Strikes after each session. Rails are allowed.

請於每節完成後記錄你的分數，挑戰期間可使用輔助欄。



Easter Camps

Sign up for our activities camps to keep your kids busy this Easter holiday.

請為子女報名參加各類復活節訓練營。

- Ball Games 球類訓練營
- Be a Gymnast! 體操訓練營
- Ice Skating Camp 溜冰訓練營
- Lego Camp 樂高訓練營
- Martial Arts 武術訓練營
- Science Camp 科學訓練營
- Self-Development Camp 知識啟發訓練營

Easter Break Schedule

Many Members will be away from Hong Kong during the Easter holidays, so some regular group activities will be suspended. Please check our break schedule. 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 advance written notice is required, or payment in lieu.

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

有關復活節期間的暫停上課安排和各定期小組活動的開課時間表，請向預訂服務中心查詢。若您計劃渡過一個較長的假期，請緊記預早向預訂中心提交「退出/取消課堂申請表」。

兒童課程 — 需預早一個月前提交申請表，或繳付代通知金。

成人課程 — 需預早14天前提交申請表，或繳付代通知金。

Enquiries 查詢:
2814 1222 (Central Reservations)

Sports Fun Day

運動同樂日

Saturday, April 4 4月4日(星期六)
Starts at 1pm 下午1時開始

Come and join our new Mini-Sports Event. Challenge yourself and win a Medal! Events include Children & Parents; Run Racing, Long Jump, Bean Bags Throw, Parents Relay and more.

快來參加全新迷你運動會。挑戰自己，贏取獎牌！活動包括親子跑步、跳遠、擲豆袋、親子接力賽等。

Event Entry fee 入場費:
Member會員 \$25 Guest來賓 \$35
(per event 每個項目)

Enquiries 查詢: 2814 1222



F1 Pitstop Weekend Challenges

F1週末賽事

Fun challenges every Grand Prix weekend. Pay for 15 minutes, but drive for 30 minutes!

Australia, Bahrain – March 14, 15, 21 & 22
Vietnam, China – April 4, 5, 18 & 19

快來參與週末大獎賽！支付15分鐘的費用可玩樂30分鐘。

澳洲，巴林 – 3月14、15、21和22日
越南，中國 – 4月4、5、18和19日

Enquiries 查詢: 2814 5483

Adventure Zone Laser Tag Challenge

雷射槍賽

Walk-in session for our budding Laser Taggers!
快來參加刺激好玩的雷射槍賽。

From 6.30-7.30pm 下午6時30分 - 7時30分

- Friday, March 27 3月27日(星期五)
- Friday, April 24 4月24日(星期五)
- Friday, May 29 5月29日(星期五)

Enquiries 查詢: 2814 5360



Ice Skating Show- Jungle Safari

溜冰表演-熱帶雨林

Sunday, March 29 at 3pm 3月29日(星期日)下午3時
Practices started in February. 綵排於二月份舉行

Special Open Skate Sessions

溜冰場特別開放時段

Tuesday, March 17

St. Patrick's Day Shamrock Search

Come and search for shamrocks around the rink for a chance to win during open skate sessions.

3月17日(星期二) 聖派翠克節服飾溜冰

快來在溜冰場尋找三葉草，有機會贏取小禮物。

Enquiries 查詢: 2814 5374

Ice Skating Test Week

溜冰評估週

From Monday, March 11, skaters from Tots to Freestyle will be assessed during their regularly scheduled classes on their skating skills for the whole week.

由3月11日(星期一)起，幼兒組別到自由溜冰級別，將進行定期的技能評估。

Enquiries 查詢: 2814 5374



Bazooka Ball Challenge

Walk-in session for Bazooka Ballers!
無需預約。

From 7-7:30pm 晚上7時 - 7時30分

- Friday, March 13 3月13日(星期五)
- Friday, April 3 4月3日(星期五)
- Friday, May 15 5月15日(星期五)

Member會員 \$125 Guest來賓 \$175

Enquiries 查詢: 2814 5360

CLASS HIGHLIGHTS

康體課程推介

Line Dancing

排排舞

Regular Adult Class by Katina

Every Thursday 逢星期四
10.30-11.30am 上午10時30分-11時30分
7/F Activities Studio 7樓活動室

Line dancing is practiced and learned in country-western dance bars, social clubs, dance clubs and ballrooms. It is sometimes combined on dance programmes with other forms of country-western dance, such as two-step, western promenade dances, and as well as western-style variants of the waltz, polka and swing. Line dances have accompanied many popular music styles since the early 1970s including pop, swing, rock and roll, disco, Latin (salsa suelta), rhythm and blues and jazz.

排排舞源自並於鄉村西方的舞蹈酒吧，社交俱樂部，舞蹈俱樂部和舞廳中練習和學習。有時在舞蹈節目中將其與其他形式的鄉村西部舞蹈(例如，兩步，西方長廊舞蹈以及華爾茲，波爾卡和鞦韆的西式變體)結合使用。自1970年代初以來，排排舞伴隨著許多流行音樂風格，包括流行，搖擺，搖滾，迪斯科，拉丁(薩爾薩·薩爾塔舞)，韻律，藍調和爵士。

Tai Chi

太極

**24 forms for Beginners
by Donald Ng**

Every Monday & Wednesday

The Wu's Style Tai Chi 24-Form is composed of 24 forms that are developed and fit for beginners to learn and practice. The slow, graceful and rhythmic movements of the Tai Chi form gently strengthen the organs and muscles, improve circulation and posture, and relax both mind and body. It is a good way to relieve stresses and strains of today's modern lifestyles. People of all ages, conditions and abilities can benefit from Tai Chi.

逢星期一及三

吳氏太極拳24式是由24組組成，適合初學者練習。太極拳是一項動作緩慢、富優美而具節奏的運動，更能增強體能和鍛鍊肌肉，改善血液循環和姿勢，並放鬆身心。緩解生活壓力的好方法。適合所有年齡和各級別的人參加。



Taekwondo

跆拳道

**by Korea Taekwondo Cheung
Do Kwan Limited**

Taekwondo is a form of martial art, self-defense and sport, which has become a modern international sport. It combines general fitness, stretching, basic kicking and punching with self-defense techniques. The main goal of learning Taekwondo is to achieve mind and body control, develop and improve your discipline, self-control and spirit.

跆拳道是武術的一種，可作自衛也可當作運動。給合了健身、伸展、基本踢打和自衛技巧。學習跆拳道主要目標是控制心靈和身體，改善紀律，自我控制和運動精神。

For enquiries, please call the 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



Swimming

by Harry Wright
International (HWI)

游泳班

Harry Wright International (HWI) and its Coaches offer a comprehensive swimming programme at the Club to cater for all of your swimming needs – baby, child or adult lessons, are all available.

Babies from four months old can learn to swim in a lesson assisted by mum, dad or a care-giver in a rewarding parent and infant lesson. The Swimming Coach will guide you in how to introduce your child to swimming in a safe, relaxed and fun manner. Children will progress to the Pre-School level (still adult assisted) then the Beginner 1 group, where they are alone in the pool with only the coach to assist. It is from this stage on that you will see your child's swimming technique and general fitness improve as they progress through the swimming programme – from swimming widths to lengths, then progressing to Swim Team.

Harry Wright International (HWI) 和教練為本會提供全面的游泳訓練班，設有幼兒、小童和成人游泳班。幼兒班適合四個月大的幼兒，必須由家長陪同下上課。教練將指導孩子及家長如何安全地輕鬆暢泳。兒童可進入學前班(由成人協助)，其後到初學一級，這階段可在教練輔助下在池中游泳。隨著游泳技巧和體能得到提高及教練的推薦下，更可加入泳隊。

For enquiries, please call the 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

Family Hiking

家庭登山樂

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

- Saturday, March 14 – Cape D'Aguilar
- Saturday, April 25 – Dragon's Back

Both hikes start at 9.30am. You can meet us at the starting point or catch the Shuttle Bus, which leaves the Club promptly at 9am (limited space available). Bring your family and enjoy some exercise in the fresh air!

享受清涼的天氣，快來參加本會於以下日子為星期六，舉行的家庭登山樂。

- 3月14日(星期六) - 鶴咀
- 4月25日(星期六) - 龍脊

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！



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 sights with some interesting insights. The walk will be led by our Sports & Recreation Director and local history enthusiast, Giles Leonard, commences from 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 Saturdays and advance registration is required.

- Saturday, March 7
- Saturday, April 18

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。活動將由本會的康體部總監和當地歷史愛好者李基爾帶導和主持。於上午9點30分在深灣遊艇會出發，並大概於中午結束。活動適合各會員，但比較適合8歲及以上的兒童。會員應穿著舒適的衣服和鞋子，並自備水瓶，在晴朗的天氣應配戴帽子。

活動將於以下日期舉行，請及早報名。

- 3月7日(星期六)
- 4月18日(星期六)

Junior Tennis

by Peter Burwash International (PBI)

青少年網球班

Our very popular tennis programme provides a range of lessons catering for all levels of ability. Placement in groups is based on ability more than age. The coach of each group reserves the final decision on admittance of any player into the group. All new players must be assessed by either the Tennis Director or Head Tennis Professional before signing up for a specific class.

• Little Stars

Aged three to five, learning to make contact.

• Little Aces

Aged five to seven, learning to make contact, identifying strokes and grips.

• Beginner

Aged seven and over, learning to make contact & basic stroke technique.

• Advanced Beginner 3

Aged seven and over, can hit five in a row mini tennis with a coach and hit 50 percent of serves from the baseline.

• Advanced Beginner 2

Aged eight and over, can hit 10 in a row mini tennis with a coach, serve 8/10 from the service line and 3/10 from baseline and hit five in a row from the baseline with a coach.

• Advanced Beginner 1

Aged eight and over, can hit 10 in a row baseline to baseline with a coach, forehand, backhand and alternating, know how to keep score and can serve 50 percent of serves in.

• Intermediate 2

Aged nine and over, can hit 15 in a row baseline to baseline with each other, forehand, backhand and alternating and serve 90 percent of serves in.

• Intermediate 1

Aged nine and over, can hit 10 in a row baseline to baseline as Intermediate 2, plus down the line and crosscourt, serve 90 percent of serves in and use volleys in a point situation.

• Advanced

Aged 10 upwards, can hit 20 in a row baseline to baseline with each other, forehand, backhand and



alternating all directions, should know all strokes – volley, serve, lob, drop shot, overhead and hit spin serves, five-dimensional control (get the ball in, direction, depth, spin and power).

本會大受歡迎的網球班提供不同級別的課程。課程以能力來分組別練習，而教練持最終分組決定權。所有新加入的球員必須經由網球總監或總教練評估，之後將建議適合的課程。

小小學員：適合3至5歲，學習接觸。

小學員：適合5至7歲，學習接觸，及介紹揮拍及握拍。

初班：適合7歲或以上，學習接觸，及基本揮拍技巧。

進階初級班3：適合7歲或以上，能夠連續與教練對打迷你網球5球，並能在底線發球成功率達50%。

進階初級班2：適合8歲或以上，能夠連續與教練對打迷你網球10球，在發球位發球達8/10，在底線發球達3/10，及在底線與教練對打5球。

進階初級班1：適合8歲或以上，能夠連續與教練在底線對打10球，正手、反手和底線交替，並能發球成功率達50%。

中級班2：適合9歲或以上，可以正手及反手連續在底線對打15球，正手、反手和底線交替，並能發球成功率達90%。

中級班1：適合9歲或以上，可以在底線對打10球，直線球和斜線球，在底線發球成功率達90%，並能點位截擊。

高級班：適合10歲或以上，可以在底線以正手及反手不同角度連續對打20球，須懂得截擊、高吊球、急墜球、過頂扣殺和旋轉發球，示範五種控球（線內、方向、深度、旋轉和力量）。

For enquiries and bookings, please call Tennis Court on 2814 5318 or email tennis@aberdeenmarinaclub.com.

訂座請致電網球場電話2814 5318或電郵至 tennis@aberdeenmarinaclub.com。

Peter Burwash International Tennis Coach Spotlight

網球教練焦點



Lulu Dorofeeva

TENNIS PROFESSIONAL

網球教練

Lulu is the first tennis professional from Russia to join Peter Burwash International (PBI). Lulu began playing tennis when she was eight years old, and was nationally ranked top 10 in Uzbekistan in all age categories as a junior. She also completed in the ITF junior and WTA tournaments.

Lulu 是第一位來自俄羅斯的 Peter Burwash International(PBI)網球教練。Lulu 8 歲已開始打網球，在烏茲別克斯坦青少年級別排行全國前十名。她還參加了青少年ITF和WTA錦標賽。

Asif Ismail

TENNIS DIRECTOR

網球總監

As a junior player Asif was the Asian Junior Champion and one of the top 20 juniors in the world. He represented India in the junior championships at Wimbledon, the French Open and the US Open.

On the ATP Tour he was ranked as high as #414 singles and #616 doubles in the world and was the Asian Games Gold Medalist in 1994.

Asif在青年時期已是亞洲青少年冠軍及在世界青少年排行首20名。並曾代表印度參加溫布頓、法國及美國青少年錦標賽。在ATP巡迴賽上，他在世界排名單打高達414位和雙打616位，並在1994年亞運會奪得金牌。



Mark Tumay

TENNIS PROFESSIONAL

網球教練

Originally from Turkey, Mark has been coaching in Hong Kong for over seven years. He was number five in the 14 and under group for juniors in Turkey. In the SCAA Chairman's cup, Mark was a Quarter-finalist and is currently ranked in the HKTA.

Mark來自土耳其，在香港教授網球已超過七年。他在14歲以下的土耳其青少年中排名第五。在SCAA主席杯賽中，打入半準決賽，並在HKTA中有排名。



Avinash Advani

TENNIS PROFESSIONAL

網球教練

Originally from India, Avinash came to Hong Kong to work in the IT field but has now been playing and teaching in Hong Kong for the last 15 years. With a passion for Tennis Coaching, he has acquired

certifications from the United States Professional Tennis Association (USPTA) & the Australian Tennis Professional Coaches Association (ATPCA).

Avinash來自印度，來港從事資訊科技工作，但在過去15年到現在都在香港打比賽和教授網球。他對教授充滿熱誠，獲得美國職業網球協會(USPTA)和澳洲網球職業教練協會(ATPCA)的證書。



For enquiries and bookings, please call Tennis Court on 2814 5318 or email tennis@aberdeenmarinaclub.com.

訂座請致電網球場電話2814 5318或電郵至 tennis@aberdeenmarinaclub.com。



JUNIOR CLUB STARS



SKATER • AGE 8

KIRAN MALVIYA

Kiran has been skating with Coach Leigh for the past few years and has shown great improvement in that time. He works hard and is happy to try new elements. Keep it up, Kiran!

過去幾年Kiran一直與教練Leigh學習溜冰，在這段時間內的表現有很大的進步。他努力不懈，並喜歡嘗試新事物。Kiran繼續努力！



SKATER • AGE 11

SAMANTHA ZHONG

Samantha is a great student, recently improving her spinning and jumping, and is now working on the Freestyle 3. Well done, Samantha!

Samantha是一位良好的學員。最近在旋轉和跳躍技巧中進步不少。現在努力練習Freestyle 3。做得好，Samantha！



SWIMMER • AGE 8

CELINE WONG

Celine has been with our HWI programme since she was a toddler and has consistently shown improvements in her skills. After earning two golds, a silver and a bronze at the recent sprint gala in early December, she stood out among all the other medal winners. Great work, Celine!

Celine自幼便參加本會的HWI游泳課程，在課堂上非常努力學習，並有很大的進步。最近於12月初的水運會中表現出色，取得兩金、一銀及一銅。Celine做得好，繼續努力！



BASKETBALL PLAYER • AGE 8

KRISTIE WONG

Kristie is very proactive and a quick learner. She has demonstrated her ability and focus throughout the Basketball training sessions. She has consistently improved each week and is having a lot of fun in classes. We are proud to see her growth and progression from week to week, and we look forward to seeing her achieving more in the future. Well done, Kristie!

Kristie是一位積極學習的學員。在課程中，她表現專注和展示了自己的能力。看到她在每週的課堂中不斷地進步，並表現出樂在其中。教練們期待她未來有更大的進步，做得好Kristie！



SOCCER PLAYER • AGE 4

SKY YU TIEN CHEN

Sky has been with us for more than a year and started to pick up the practice and skills very quickly. He has a very good learning attitude toward all challenges and practices that our coaches ask him to do, and is always giving his best to learn! Great job, Sky!

Sky參加本會的課程已一年，並很快掌握了練習和技巧，對教練們給他的所有挑戰和練習都持良好的學習態度，總是表現積極，並有大大的進步。Sky繼續努力！



TENNIS PLAYER • AGE 10

BERNICE JIM

Bernice has shown great improvement. Her favourite player is Roger Federer and her favourite shot is the Serve. She is hard working during lessons. Keep up the good work, Bernice!

Bernice的球技有很大的進步。她最喜歡的網星是費達拿，並最喜愛發球。她在課堂上表現出色。繼續努力，Bernice！

Membership Card Verification

會員卡認證

Members are required to present Membership cards for verification in all restaurants and sports and recreation receptions at the Club. Thank you for your co-operation.

會員須在所有餐廳和康體部接待處出示會員卡進行認證。會員卡不得借給他人使用，包括家庭成員。會員必須陪同賓客享用會所餐廳及設施。多謝合作。

Child Supervision

兒童監管

Children should be supervised by an adult Member or family assistant at all times. No Running, shouting, screaming or rough playing is permitted.

小童在會所時應時刻由成人會員或家務助理監管及陪同。嚴禁奔跑，叫喊及胡亂嬉戲。多謝合作。

Club Parking Labels

會所泊車証



Please be reminded that should here be any changes made to registered vehicles, Members should inform the Membership Office. For any cancellation of changes, please also return the windscreen label or exchange it for an updated one at the

Lobby Reception. Any non-returned parking label will be subject to \$100 charge.

Members who have applied for a new car park label should collect it at the Lobby Reception two days after the application. Members are reminded to display their parking labels on their windscreen in order to park in the Members Only parking spaces, and to enter the Club's parking area during peak hours when it is closed for Member parking only.

請各會員留意，如您所登記的車輛有任何更改，請緊記通知會員部。若取消或更改已登記的車輛，會員須交還專用泊車膠貼或到大堂接待處更新。每張未能交還之泊車膠貼將收取費用港幣一百元。

會員申請了新的泊車證，請於申請兩天後到會所大堂接待處領取。會員須把會員泊車證貼在車輛之擋風玻璃上以作識別泊在會員泊車專區之車輛，及於停車場關閉之煩忙時間進入的車輛。

Enquiries 查詢: 2814 5436



3/F Swimming Pool Bubble Deflation

三樓游泳池帳篷拆除

The Club will announce the closure of the 3/F Swimming Pool for bubble deflation by e-news at a closer date, depending on weather conditions.

本會將根據天氣情況決定三樓游泳池帳篷之拆除日期，並以電郵通知各會員。

Personal Belongings

保管個人物品

Members are reminded not to leave their personal belongings unattended on Club premises. Any articles of value found on Club premises will be held at the Security Office for a maximum of three months.

The Management would also like to remind Members and their guests that the Club will not tolerate theft in any form. Any cases of theft will be reported to the police immediately. Please relay these points to family assistants and drivers.

會請各位注意，切勿於會所範圍隨意放置私人物品。於本會範圍內檢獲的任何貴重物品將存放於保安室，如在三個月內無人認領，將由會所管理層酌情處理。

管理層希望藉此機會提醒各位會員，本會絕不會容忍任何形式盜竊在會所內發生。一旦揭發任何盜竊案件，本會將即時報警處理。請將此信息轉告各下之家務助理及司機。



Earth Hour 2020

地球一小時

The Club will once again take part in Earth Hour, on Saturday, March 28, by turning off all non-essential lights for one hour from 8.30pm. This year, the activity pledges to add its voice to WWF's call for a New Deal for Nature and People.

本會將再次參加“地球一小時”，於3月28日(星期六)晚上8時30分將關掉會所大部分燈光一小時。今年，此活動更為世界自然基金會推廣“自然與人類”的新活動。

“2020 is a watershed year for our planet's future. We have just 10 years to meet urgent goals set out to rein in the world's climate crisis and preserve the Earth's biodiversity.

Nature is essential for all the things we need to survive and thrive. But human activity is pushing the natural system we all rely on to the edge, threatening all life on Earth.

World leaders must commit to an ambitious New Deal for Nature and People that protects

and restores nature by 2030 – safeguarding at least 30 per cent of natural spaces and sustainably managing the rest, while limiting global warming to 1.5C.

To achieve that we must start at home, where there's much to be done to reach our goal of transforming Hong Kong into Asia's most sustainable city.”

2020年是地球未來的分水嶺。我們只有10年時間達到控制全球氣候危機的緊迫目標和保護地球的生物多樣性。

大自然是萬物生存和發展不可缺少的，但人類的活動破壞自然生態，並威脅著地球上的所有生物。

世界各領導人必須致力推廣“自然與人類”的新活動，保護和恢復自然生態到2030年，保留並持續管理至少30%的自然空間，同時將全球變暖限制在1.5C以內。

為了實現這目標我們必須從家裡開始，要實現將香港變為亞洲最具可持續性的城市的目標，還有很多工作要做。”

– earthhour.wwf.org.hk



Choosing the Best School in Hong Kong

如何選擇香港的好學校

Wednesday, April 22

10.30am to midday

2/F Marina Suite

Member: Complimentary/Guest: \$50

Whether your aim is to get your child into top boarding schools or universities, or for them to develop the life skills needed to thrive in the real world, where you send your child will have lasting implications over their lifetime.

Which schools have the best programmes and which have the best matriculation rates into top schools? Should you consider sending your child overseas for boarding school? What are the most recent trends in university admissions and what matters most to admissions officers in the US and UK? Join us to better understand how your educational choices will impact your child's development, admissions chances, and their long-term prospects after graduation.

This talk is suitable for parents with children in kindergarten to high school.

無論您想孩子進入頂尖大學，或想讓他們學習生活技能，你選擇的學校會有很深遠的影響。

那間學校的課程最好？那間學校的入學率最高？是否應該考慮將孩子送到海外寄宿學校？大學招生的最新趨勢是什麼？對美國和英國的招生人員來說，什麼是最重要的？透過這講座可了解更多怎樣選擇合適的教育來影響孩子的成長、取錄的機率及畢業後的前景。

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

登記請致電會員部電話2814 5436或電郵至member@aberdeenmarinaclub.com

SPEAKERS

Cindy Hah is a Senior Advisor at Aegis Advisors. She has over 12 years of experience in international school, US boarding school and undergraduate admissions, and also has expertise in student athlete recruitment. Cindy graduated from Princeton University, where she received a Bachelor of Arts in History and East Asian Studies.

Lucy Lau is a Senior Advisor at Aegis Advisors. She specialises in international school admissions in Hong Kong, as well as UK admissions for boarding schools and universities. Lucy graduated with Honours from the London School of Economics (LSE) with a degree in Government and Economics and a Master of Science with Distinction in Analysis Design & Management of Information Systems.

Cindy是Aegis Advisors 的資深顧問。她在國際學校，美國寄宿學校和大學招生方面擁有超過12年的經驗，在學生運動員招募方面也具有專業知識。Cindy畢業於普林斯頓大學，獲得歷史和東亞研究文學學士學位。

Lucy是Aegis Advisors 的資深顧問。她專門研究香港的國際學校招生，以及英國寄宿學校和大學的招生。Lucy以優異的成績畢業於倫敦經濟學院（LSE），獲得政府和經濟學學位，並獲得了信息系統分析設計和專業管理的科學碩士學位。

MEMORABLE MOMENTS

難忘片段

Gala Dinner 2019





Gala Dinner 2019





Art on Ice 2019





Tennis Events



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