

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MARCH/APRIL 2021

Happy
Easter



Six of the Best
The Historic Centre
of Macau

Design Icons
The Brompton Bicycle



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Portwatch

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THE
ABERDEEN MARINA CLUB



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Portwatch Editor / Mr Adam Nebbs



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



Portwatch

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MARCH APRIL 2021

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LIGHT AND HEALTHY DISHERS

健康菜式

Until April 30
直至4月30日



瑤柱海鮮蒸乳酪.....	\$98
Steamed yogurt, seafood, conpoy	<i>例牌regular</i>
蝦乾魚肚扒節瓜甫.....	\$288
Braised hairy gourd, dried shrimp, fish maw	
籠仔銀魚肉鬆蒸菜心.....	\$158
Steamed Chinese cabbage, white bait, minced pork	
香芋南瓜炆排骨.....	\$168
Braised pork spare ribs, pumpkin, taro	
有機番茄浸小鱗犬牙南極魚.....	\$398
Poached sliced Patagonian tooth fish, organic tomatoes	
杏香蘆筍炒帶子.....	\$388
Sautéed fresh asparagus, scallops, almonds	
蒜茸欖角蒸龍躉腩.....	\$298
Steamed giant garoupa brisket, Chinese olives, garlic	
夏果蒜片秋葵炒牛柳粒.....	\$228
Sautéed diced beef, macadamia nuts, okra, fried garlic	
松子龍蝦鬆生菜包.....	\$448
Sautéed diced lobster, pine seed served with lettuce	
魚香茄子千葉豆腐.....	\$148
Braised eggplant, minced pork, with sliced bean curd	
鮑汁扣原隻蟹肚公.....	\$1,980
Braised fish maw, abalone sauce	

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

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the
BALCONY

*Lanna Food
Promotion*

蘭納美食推介

Throughout March & April
三月至四月

Some of Thailand's most delicious
food hails from the north.

Northern Thai food, also known as
Lanna food, is influenced by Yunnanese,
Shan and Burmese cuisines
and is characterised by mild,
salty and sour flavours.

泰國絕大部份的美食均是來自泰北。

泰北美食給人第一印象應是蘭納的美食。

蘭納的食物揉合了雲南傣族以及緬甸三個地方的特色。



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MARINA
GRILL

FRUITS
DE MER

冰鎮海鮮拼盤



This spring, come and enjoy a beautiful
cold seafood platter at Marina Grill. Chef
will prepare the freshest and tastiest seafood,
served with some of our best wines
for extra enjoyment.

今個春天，Marina Grill為大家帶來
各種鮮美水產製作而成的冰鎮海鮮拼盤，
令人食指大動。

配上一瓶清爽的白酒，
享受一場海鮮味覺之旅吧！

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EASTER TREATS
復活節特備節目

Happy
Easter



**Easter Carnival
and Egg Hunt**

復活節嘉年華及尋蛋熱

SATURDAY, APRIL 3
1-4PM

Join our Easter Carnival with lots of game booths, arts & crafts and egg hunting.

快來參加復活節嘉年華，活動包括遊戲攤位、手工藝及尋找復活蛋。

Member 會員 \$200 | Guest 來賓 \$240

Venue 地點：Children's Play Area 地下兒童天地

**Easter Fun
on Ice**

冰上復活節

FRIDAY TO TUESDAY,
APRIL 2 TO 6
3-6PM

Come and search for Easter eggs around the rink, and enjoy an arts & crafts session at the ice rink.

歡迎來到溜冰場參加尋找復活蛋及手工藝活動。

Member 會員 \$100 | Guest 來賓 \$160

Venue 地點：Ice Rink 溜冰場

Enquiries 查詢：2814 5374

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



Easter Brunch

復活節早午自助餐



PORTSIDE

SUNDAY, APRIL 4

LUNCH

1ST SESSION: 10.30AM-12.30PM,

2ND SESSION: 1-3PM

Adult 成人 \$468 | Child 小童 \$198

Portside Easter Kids' outdoor activities with games and gifts.

與家人一起享用一個豐富的早午自助餐慶祝復活節。特備節目包括戶外兒童活動、遊戲及禮物。



SUNDAY, APRIL 4

**1ST SESSION: 10.30AM-12.30PM,
2ND SESSION: 1-3PM**

DRESS CODE: BUNNY EARS

Adult 成人 \$468 | Child 小童 \$198

BUNNY KINGDOM

Hop over and celebrate Easter with the family, and enjoy a wide range selected tasty brunch buffet items.

Kids' activities: Lucky draw, photo booth, Arts & Crafts, Game Booths and Bouncy Castle at Tropical Pool.

當日將有各種美味的特色菜慶祝復活節。更特備多項活動，如大抽獎、攝影區、手工藝、遊戲攤位及充氣彈床等。

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

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ARINA
DELI



EASTER GOODIES

復活節禮品

NOW UNTIL EASTER

Marina Deli delivers the best Easter treats for the sweetest holiday celebration.

Exclusive hampers, house-made chocolate eggs and Easter bunnies are available.

深灣店提供精美的復活節禮品及糖果供會員選購。
當中包括禮品籃、自製的朱古力蛋和復活節賓尼兔。

ITALIAN COLOMBA

意大利復活節蛋糕

NOW UNTIL EASTER

Take part in an Italian Easter tradition with a Colomba cake (Easter Cake), made with candied orange peels and topped with almond icing.

Colomba cake is perfect as the centrepiece of an Easter feast or packaged as a sweet gift!

Colomba是傳統意大利復活節蛋糕，選用橘子蜜餞，再加上杏仁糖衣製成。

Colomba蛋糕非常適合作為節日盛宴及送禮佳品！



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

Complete Deelite

SINCE 2014

by JACINTA YU



Mini Easter Strawberry Cheesecakes Workshop

Wednesday, March 24
Caffe Luna
From 3.30pm – 5pm

Each child will make three yummy
cheesecakes
(Bunny & Chick).

\$420 per child including a snack and drink.



Bunny Hop Cake Workshop

Wednesday, March 31
Caffe Luna
From 3.30pm – 5pm

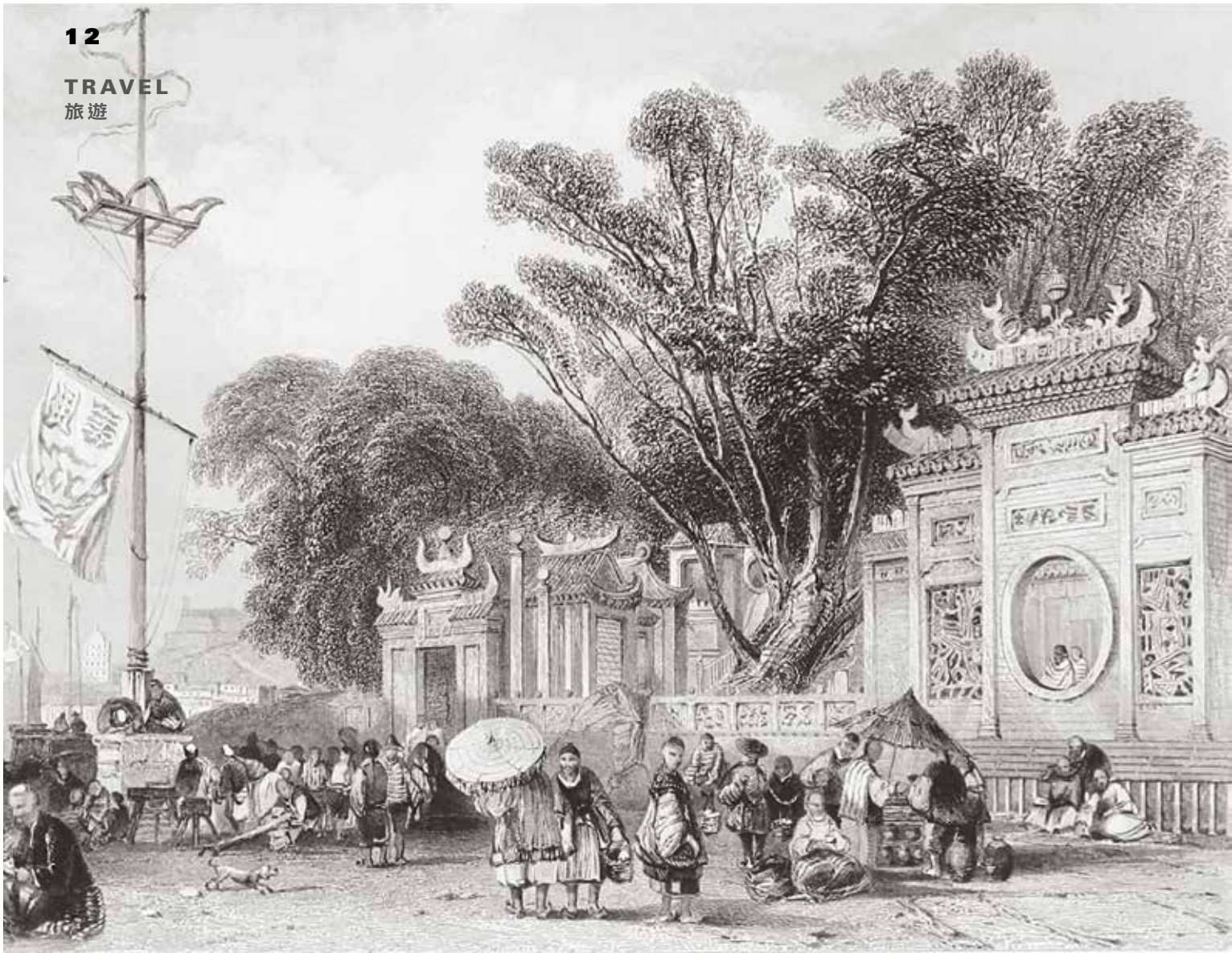
Each child will be provided with a cake ready to
decorate into an adorable bunny to share with
family. This class will teach the skills of working
with wafer paper, piping with buttercream, and
finishing their cake to create a very cute bunny.
All materials and tools supplied.

\$420 per child including a snack and drink.

**For
reservations**

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A 19th-century painting of the facade of A-Ma Temple by English architect and artist Thomas Allom.

In this issue we look forward to revisiting a close neighbour, and exploring . . .

Six of The Best

The Historic Centre of

Macau

歷史悠久的澳門



01

SENADO SQUARE

議事亭前地

The Historic Centre of Macau was added to the UNESCO World Heritage List in 2005. "With its historic street, residential, religious and public Portuguese and Chinese buildings," it was officially noted, "the historic centre of Macao provides a unique testimony to the meeting of aesthetic, cultural, architectural and technological influences from East and West." Central to the 30 heritage locations is Senado Square (or Largo do Senado), which was less colourful, if more authentic, before its gentrification – which included the addition of Portuguese-style wavy cobblestones – in the early 1990s. Still, it is probably the most realistically European-flavoured corner of China, surrounded by several impressive old buildings including the General Post Office, the Leal Senado building, and the 16th-Century, Baroque-style St Dominic's Church.



澳門歷史城區，憑藉其歷史悠久的街道、住宅、宗教和葡萄牙及中國建築，於2005年被列入聯合國教科文組織世界遺產名錄。官方指，“澳門的歷史中心在美學、文化、建築和技術方面非常有影響力。”議事亭前地（葡萄牙語：Largo do Senado）是30個文化遺產的中心，在優化之前，它的色彩較淺，甚至更為真實——其中包括在1990年代初期添加葡萄牙風格的波浪形鵝卵石。儘管如此，它仍然是中國其中一個最具有歐洲風格的一個地方；市政廳大樓和16世紀巴洛克風格的玫瑰聖母堂，周圍被幾座令人印象深刻的舊建築物包圍，包括郵政總局。



02

RUINS OF ST PAUL'S

大三巴牌坊

Even after 20 trips to Macau, it's easy to find oneself drawn to the St Paul's ruins for just one more look. This mysteriously appealing façade dates back to the 17th century, when it fronted a Catholic complex that included a college and the Church of St Paul. It was the church's wooden structure that gave way to the present ruins when it was consumed by fire, during a typhoon in January 1835. There were, not too long ago, misguided calls for Macau's most recognisable and best-loved landmark to be demolished, but from 1990 to 1995 the surroundings were excavated, artefacts found, foundations uncovered, and the striking façade preserved.

即使到過澳門旅行20次多，也依然會被大三巴牌坊吸引住。這座神秘迷人的建築可以追溯到17世紀，當時面對著一座天主教學院，包括一所大學和聖保羅教堂。在1835年1月的一場颱風中，教堂的木結構被大火燒毀，為現時的品牌所取代。不久之前，人們曾被誤導將拆除澳門最知名，最受歡迎的地標，但從1990年至1995年，發現了附近的文物基地，得以保留了這所迷人的外牆。

03

FORTALEZA DO MONTE / MONTE FORTE

大炮台

Overlooking St Paul's, the grounds of Fortaleza do Monte, or Monte Forte (or Mount Fortress in English) was once a peaceful, cannon-lined park where Western visitors from Hong Kong might relax with a bottle of Portuguese *vinho* – purchased from one of many Macanese-owned wine shops nearby – while surveying the local scenery. The fort barracks were turned into a weather observatory in the 1960s and this was demolished in the mid-1990s to make way for the Museum of Macau, which opened in 1998. It's still a pleasant place to visit, and just a short walk up the hill to the east of St Paul's.

俯瞰聖保羅，大炮台曾經是一片寧靜的土地，在風景如畫的大砲公園裡，遊客可以休閒地欣賞當地風光。堡壘營房在1960年代變成了天文台，並在1990年代中期被拆除，以建成1998年的澳門博物館。這仍然是一個令人愉悅的參觀景點，步行片刻即可到達聖保羅教堂以東的山丘。



05

A-MA TEMPLE

媽閣廟



Said to have been established in 1488 – about 20 years before the arrival of the first Portuguese explorers – the A-ma Temple can be reached on foot from Senado Square by walking along the Avenida Almeida Ribeiro and turning left down the old Inner Harbour, which was once the landing place for ships and ferries from Hong Kong and beyond. It's about a 30-minute walk, but an interesting one, and the six-part Temple and its gardens are worth the effort. The Maritime Museum just across the road contains a collection of models of the luxurious old ferries that once ran leisurely between Hong Kong and Macau.

根據大約20年前首批葡萄牙探險家所說，媽閣廟建立於1488年。沿著議事亭步行即可到達媽閣廟，再從新馬路大道步行，然後向左轉進入舊內港，內港曾經是香港及其他地區的船隻和渡輪的泊岸地。路程雖然要步行約30分鐘，但也是值得一遊。而對面的海事博物館，收藏了曾經往來香港和澳門的舊式豪華渡輪的模型。

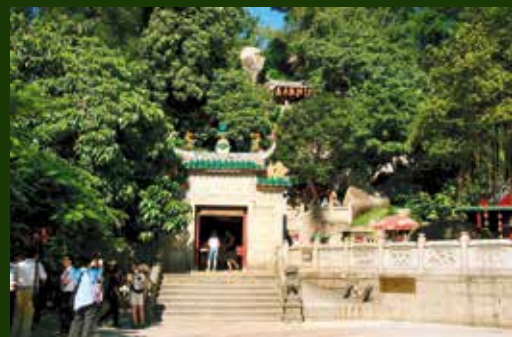
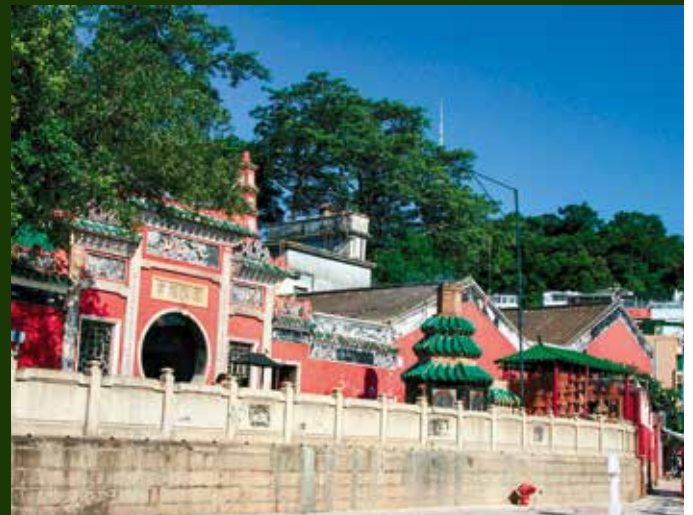
04

GUIA FORTRESS

松山東望洋燈塔

A cable-car ride up from the Flora Garden, Macau's other prominent hilltop fort – built around the same time as Monte Forte – is the early 17th-century Guia Fort complex. Also contained here are a beautifully preserved chapel with original frescoes, from the same period, and a lighthouse, which opened in 1860s and is said to have been the first Western-style lighthouse built in the Far East. This being the highest point on the Macau peninsula, the views from here are impressive and it's a pleasant little spot to unwind, away from the downtown noise and clamour.

乘坐纜車從澳門二龍喉公園另一座著名的山頂，是17世紀初期的東望洋大樓，與大炮台同時建成。這裡還有一個保存完好的教堂壁畫及一座燈塔，壁畫來自同一時期，而燈塔於1860年代開放，據說是遠東建造的第一座西式的燈塔。這是澳門的最高點，這裡的景色令人印象深刻，遠離市區的喧囂，是一個令人可以放鬆自在的地方。





06

MOORISH BARRACKS

港務局大樓

Just behind the A-Ma Temple, a little way up Barra Hill along the Calçada da Barra, sits the splendid old Moorish Barracks building. Despite the name, it has no North African connection, and was designed by an Italian architect to house Muslim Indian policemen from the Portuguese colony of Goa. After they vacated the premises, the building (officially described as “a brick and stone neo-classical structure with Mughal influences”) became the Harbourmaster’s Office in around 1905. It currently contains the headquarters of the Marine and Water Bureau, and only the exterior and verandah can be visited.

港務局大樓位於媽閣廟的背後，沿媽閣斜巷往西望洋山行上一點。建築設計由一位意大利建築師設計，為來自葡萄牙果阿地區的穆斯林印度警察作宿社。他們搬出後，該建築物（正式描述為“具有莫臥兒影響的磚石新古典結構”）在1905年成為了港灣辦公室。目前是海事和水務局的總部，遊客只能參觀外圍和陽台。



You can find out more about the Historic Centre of Macau at www.wh.mo/en, and map out a future walking tour at www.macaotourism.gov.mo/en, or with the Experience Macao smartphone app.

更多有關澳門歷史城區的資訊，可瀏覽www.wh.mo/en，並可到www.macaotourism.gov.mo/en或使用“體驗澳門”的應用程式來規劃旅程。

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M O N T R O U G E
緹 山



PHOTO 1

A UNIQUE COLLECTION OF LUXURY DREAM HOMES

一覽眾山 香江盛景

Elegance and luxury are as timeless as they are rare. For those who appreciate design at the highest level, Kerry Properties has developed Mont Rouge, a collection of five 3-storey villas, fourteen 2-storey houses and two apartment towers.



PHOTO 2

These unique dwellings will take their place among Hong Kong's most celebrated luxury residences, offering the best of the dynamic Beacon Hill and the city beyond in an ambience that combines serenity with inspired design.

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 WARM WELCOME TO...



New Executive Chef Stephane Calvet

歡迎新任行政總廚喬令輝師傅

The Club is delighted to welcome our new Executive Chef, Stephane Calvet.

Originally from France, Stephane was Executive Chef at Four Seasons Hotel Bengaluru at Embassy ONE before joining the Club, and before that, was at Four Seasons Resort Chiang Mai and The St Regis Beijing. His professional journey started in 1996 as a Sous Chef in Perpignan, in southwest France.

"I am extremely glad to join the iconic Aberdeen Marina Club," says Stephane, "and look forward to connecting with you in our restaurants, making our mutual passion for cuisines a reason to feast around the table."

本會歡迎新任行政總廚喬令輝。

Stephane來至法國，在加入本會之前曾在班加羅爾使館的四季酒店擔任行政總廚，他亦曾在清邁四季度假村和北京瑞吉酒店任職。他於1996年於法國西南部佩皮尼昂開始他的職業廚師生涯，當時擔任副主廚。

"我非常高興能加入深灣遊艇會，並期待與大家會面，將我對菜式烹飪的研究和熱情帶給大家。"

New Chinese Executive Chef Gordon Leung

歡迎新任中菜部
行政總廚梁燦龍師傅



Gordon has been with Shangri-La as Corporate Chinese Executive Chef since May 2019. Previously, he worked at Michelin-award-winning restaurants – as Chinese Executive Chef at The Peninsula Hotel, and as Chinese Head Chef at the renowned Fook Lam Moon. With more than 30 years' experience, Gordon will be in charge of our Chinese cuisine, working closely with our Food & Beverage team to bring in new ideas and creativity, and take the Club's Chinese dining to a new level.

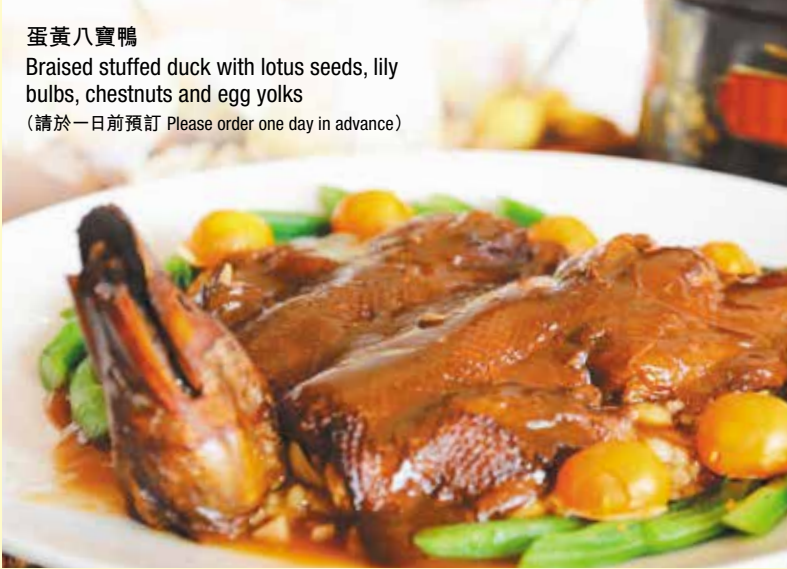
梁師傅自2019年5月起在香格里拉擔任中菜部行政總廚。在此之前，他曾在半島酒店任職中菜部行政總廚，及福臨門擔任中菜部總廚，兩間餐廳均屢獲米芝蓮獎項。梁師傅擁有30年多烹調中菜的經驗，將以創新的思維，帶領會所的中菜佳餚更上一層樓。

SOME OF CHEF LEUNG'S SPECIALITIES
梁師傅精選菜



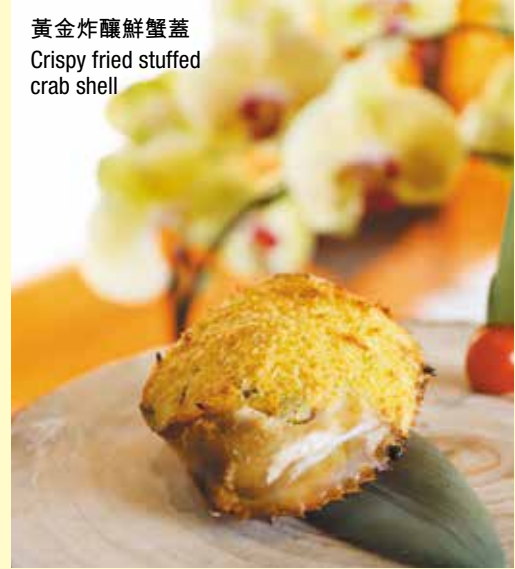
蛋黃八寶鴨

Braised stuffed duck with lotus seeds, lily bulbs, chestnuts and egg yolks
(請於一日前預訂 Please order one day in advance)



黃金炸釀鮮蟹蓋

Crispy fried stuffed crab shell



碧綠日本27吉品乾鮑魚
Braised whole "Yoshihama"
abalone 27 heads



紅袍三疊

Layered suckling pig with
mango on toast



豉椒炒波士頓龍蝦球

Sauteed Boston lobster with
black bean and chilli sauce





HIGH-END DINNER RECEPTIONS

AT 1/F FUNCTION ROOMS



Braised boston lobster in
pumpkin soup with quinoa
金湯藜麥燴波士頓龍蝦

Special high-end Chinese dinner menus from our Chinese Executive Chef, Gordon Leung
The Chairman's Room, President's Room and Governor's Room, with comfortable, contemporary furnishings and thoughtfully designed décor, are ideal venues for stylish social dinner receptions.



President's Room



Governor's Room

For reservations, please call the Events Sales Office at 2814 5442
or email events@aberdeenmarinaclub.com



THE
ABERDEEN MARINA CLUB

MEETING PACKAGE

PRICED AT \$850 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



Chairman's Room



For reservations, please call the Events Sales Office at 2814 5442
or email events@aberdeenmarinaclub.com

The Brompton Bicycle

經典摺合單車



- by Peter Walbrook



The highly functional and visually appealing design of the Brompton Bicycle seems to have found many new followers in recent years, with its ability to quickly fold down into an easily portable, stowable package, and perform well as an urban commuter or long distance touring bike.

Operating on much the same principal as shown in its original 1980 patent application diagrams (right), the Brompton – still handmade in London – has been refined over the years to become not only the most recognisable folding bike, but possibly now the most recognisable bicycle in the world.

With several handlebar and gearing options, a range of seat post sizes and luggage types, and numerous colour schemes, it's a successful melding of form and function that won its designer Andrew Ritchie the Prince Philip Designers Prize in 2009 (previous recipients include Sir Terence Conran and Sir James Dyson), and made his company the largest bicycle manufacturer in the UK, with ardent fans around the globe.

Following the original event in Barcelona in 2006, riders from all over the world have ridden or hand-carried their machines to the annual Brompton World Championships in England since 2008. The rather eccentric but fun dress code for racers (right) includes suit jacket, shirt and tie, skirt or three-quarter length trousers, but no sports attire.

There are many YouTube channels praising the virtues of the Brompton, including Brompton Traveler, which features rides across such far flung places as Pakistan and Patagonia, and good practical advice for long distance touring. Another good channel for useful tips on selecting a bike and taking it overseas is 2Bikes4Adventure.

A newer electric version of the Brompton (top) maintains the overall look of the bike, with the added benefit of powered assistance for hills, and these are covered in detail on the Brompton YouTube channel and at brompton.com.

近年來，Brompton摺合單車的功能強大且外觀吸引人的設計，吸引了許多新的追隨者。具有快速折疊，易於攜帶和收藏，並可以作為城市交通工具或長途旅行之用。

Brompton仍然是在倫敦人手製造，並以1980年最原本的專利申請圖相同，多年來經過改進，不僅成為最知名的折疊單車，亦是世界上最知名的單車之一。

多款車把和齒輪配件，以及各種座位尺寸和行李箱類型，還有多種顏色選擇，產品贏得了設計師安德魯·里奇 (Andrew Ritchie) 2009年菲利普親王設計師獎 (層獲獎者包括Sir Terence Conran和Sir James Dyson)，公司亦成為英國最大的單車製造商，並在全球擁有不少熱情的支持者。

繼2006年，在巴塞隆納舉行的第一屆賽事之後，於2008年開始，來自世界各地的車手，都騎著或攜帶著摺車參加一年一度的英格蘭Brompton世界錦標賽。車手們穿上有趣的裝束，如西裝外套、襯衫和領帶、裙子或長褲，卻沒有穿著運動裝。

YouTube上有許多點讚Brompton的視頻，包括Brompton Traveler，其特色是穿越巴基斯坦和巴塔哥尼亞等遙遠的地方，並提供長途旅行的實用建議。另一個有用的視頻是2Bikes4Adventure，提供怎樣選擇帶到國外的摺合車。

較新的電動版Brompton，保持了單車的整體外觀，增加了上山的動力，這都能在Brompton YouTube頻道和**brompton.com**上找到詳細的介紹。



WINE DINNER

紅酒晚宴

Single Malt Scotch Whisky Dinner

蘇格蘭單一麥芽威士忌晚宴

Friday, March 12
Welcome drink: 7pm
Dinner: 7.30pm
The Backroom
\$1,380 per person
Hosted by Patricia Byott
Brand Ambassador

3月12日 (星期五)
酒會: 晚上7時
晚宴: 晚上7時30分
The Backroom
每位\$1,380
主持:
品牌大使 Patricia Byott



THE BACKROOM AT LA CAVE

MENU

Welcome Drink

Macallan Double Cask 15 Years Old
Cured meats and artisanal cheeses
with sourdough

Dinner

Marinated grilled tiger prawns,
orange oil, macadamia, pickled fennel

Macallan Estate

Warm salad of wood fire grilled quail,
smoky cherry tomato, olive, herbs

Highland Park
Cask Strength Release No.1

Chargrilled dry aged ribeye, burnt onion
puree, watercress, marrow jus

Highland Park
21 Years Old Batch 2

Dessert

Tobacco

chocolate, tonka bean
The Glenrothes 25 Years Old

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

Discovery Sake Dinner

日本清酒晚宴

Friday, April 16	4月16日 (星期五)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
The Backroom	The Backroom
\$1,280 per person	每位\$1,280
Hosted by Chris Wong,	主持:
Brand Ambassador	品牌大使 Chris Wong



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

MENU

Welcome Drink

Tenryou Suma Suma Sparking Sake,
Gifu, Chubu
天領、飛、岐阜、中部

Amuse Bouche

**Sea urchin, marinated botan shrimp,
caviar**

Dinner

**Raw Hamachi, orange, black bean,
sesame, fine herbs**

Nabeshima Junmai Ginjo Yamadanishiki,
Saga, Kyushu
鍋島純米吟、山田錦、佐賀、九州

**Roasted New Zealand scampi,
confit witlof, tarragon citrus oil**

Masamune Yamatan Shizukuhime Junmai
Ginjo, Ehime, Shikoku
山丹正宗、媛純米吟、愛媛、四國

**Grilled toothfish, den miso, corn, yuzu
daikon, ice plant**

Tenryou Junmai Daiginjo Kishoo Sake,
Gifu, Chubu
天領、純米大吟 稀少酒、飛、岐阜、中部

**Kiwami Wagyu sirloin, pickled shitake,
radicchio, black garlic**

Kuheiji Omachi 40 Kyouden, Aichi, Shikoku
釀人九平次純米大吟釀協田、
雄町、愛知、中部

Dessert

Petit four

violette, white chocolate, berries

The Macallan



Founded in 1824, The Macallan is renowned worldwide for its extraordinary single malt whiskies. Their outstanding quality and distinctive character reveal the uncompromised excellence pursued by The Macallan since it was established by Alexander Reid, on a plateau above the River Spey in northeast Scotland.

In 2018, The Macallan opened a new chapter in its history with the launch of its award-winning Speyside distillery. Designed by internationally acclaimed architects to promote sustainability, the building takes inspiration from the surrounding ancient Scottish hills. It stands nearby Easter Elchies House, the

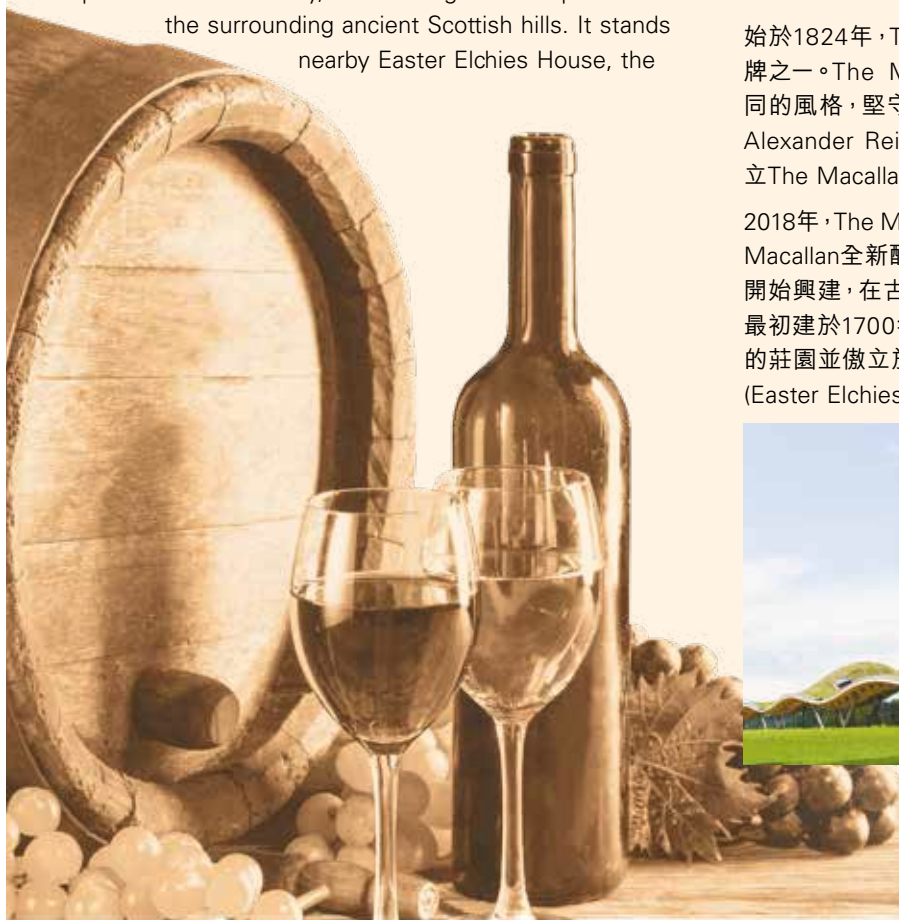


Mark Power @Magnum

Highland Manor built in 1700, which is The Macallan's spiritual home and remains the heartbeat of The Macallan's beautiful 485-acre estate.

始於1824年，The Macallan為世界頂尖單一麥芽威士忌品牌之一。The Macallan的聲譽建基於優質的產品及與別不同的風格，堅守品牌強調的「六大支柱」準則。自從創辦人 Alexander Reid於蘇格蘭東北部斯佩 (Spey) 河上的平原成立The Macallan，他對品質的堅持是品牌成功的基石。

2018年，The Macallan在Speyside全新釀酒廠盛大開幕。The Macallan全新釀酒廠是一座劃時代建築物，從斜坡的地面上開始興建，在古老的蘇格蘭山丘中獲取靈感。全新的酒廠與最初建於1700年的釀酒廠一樣，四周環繞著佔地 196 公頃的莊園並傲立於蘇格蘭斯佩河上的The Macallan精神家園 (Easter Elchies House)。



Highland Park



**HIGHLAND
PARK**

SINGLE MALT SCOTCH WHISKY

Highland Park – the Orkney single malt whisky with Viking Soul – has been distilled in Kirkwall, Orkney since 1798. Founder Magnus Eunson was a direct descendant of Vikings who settled in Orkney over 1,000 years ago. Few trees survive the gale-force winds on Orkney. This makes the island peat woodless and rich in heather. This then helps create the trademark Highland Park flavour profile of aromatic smoky peat and sweet heather honey.

Highland Park 出產富維京精神的Orkney單一麥芽威士忌，自1798年起在Orkney的Kirkwall已開始釀製。創辦人Magnus Eunson是維京人的後裔，是在一千多年前已在Orkney定居的人。很少樹木能倖免於Orkney的烈風。這使島上出現較稀有的表層泥煤及石楠花生長，而造就了Highland Park完美融合石楠花蜜及花香泥煤煙燻味的獨特風味。

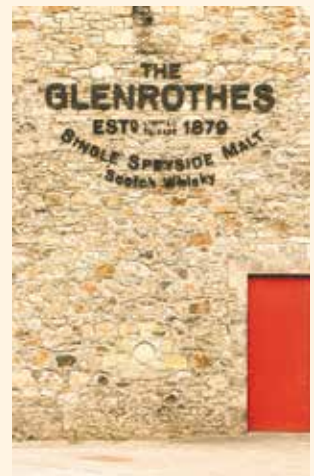


Saren Solkaer

The Glenrothes

**THE
GLENROTHES**
ESTD 1879
SPEYSIDE SINGLE MALT
SCOTCH WHISKY

The Glenrothes distillery in the Speyside town of Rothes has quietly and carefully produced remarkable single malt whisky since 1879. It draws water from five local water sources and uses it throughout production, including as part of a particularly slow distillation process, which shapes the distinctive style and character of the spirit. It concludes with maturation in sherry-seasoned oak casks from the Jerez region of southern Spain, a defining feature of The Glenrothes single malt Scotch whisky.



The Glenrothes自1879年以來，於Speyside鎮Rothes的釀酒廠精心釀製出非凡的單一麥芽威士忌。在整個生產過程中從五個當地水源中取水，透過慢速蒸餾方法，及選用來自西班牙南部赫雷斯地區的雪莉橡木桶，釀成The Glenrothes擁有獨特迷人的風味與富有豐潤色澤的單一麥芽威士忌。

THE BACKROOM

AT LA CAVE

KRUG X MUSIC PAIRING

Date: Saturday, March 6

Time: 3pm to 4pm

Price: \$250

Speaker: Leo Jockovic, Brand Ambassador

Krug and music come together.

From traditional rhythms to modern beats, discover a music pairing where each style will uniquely complement your tasting experience as you continue your Krug journey.

COMPLIMENTARY SNACKS

KRUG GRANDE CUVÉE 168ÈME ÉDITION

KRUG VINTAGE 2006

KRUG ROSÉ 23ÈME ÉDITION

LEO JOCKOVIC

Brand Ambassador
Moët Hennessy Diageo Hong Kong

Recruited by LVMH in Tokyo, Leo spent his career working for Louis Vuitton Malletier and Moët Hennessy Diageo Japan, before moving to Hong Kong in 2019. Born and raised in France's Champagne region, his passion for wine bloomed whilst harvesting grapes in his early childhood. In his role as Brand Ambassador, he has strived to educate and share his knowledge and passion for wine throughout Asia. Leo is very interested in the arts and culture, and speaks four languages, including Japanese.



THE BACKROOM

AT LA CAVE

AFTERNOON TEA



Saturday, Sunday & Public Holidays

2.30pm to 5.30pm

\$478 for two persons

**逢星期六、日及公眾假期
下午2時30分至5時30分**

兩位\$478

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。

Please call
The Deck on 2814 5301 for enquiries.
查詢請致電 2814 5301。

SANLORENZO



Endless solutions

Alloy retains the traditional Sanlorenzo lines and incorporates surprising spaces: the owner's cabin is conceived as a private apartment of 147sqm on three levels with sumptuous indoor and outdoor areas. The cavernous beach club opens on three sides providing an expansive space at sea level.



SANLORENZO

ASIA

Simpson Marine
Hong Kong | China | Taiwan
Singapore | Indonesia
Malaysia | Thailand
sanlorenzo@simpsonmarine.com
sanlorenzoasia.com

sanlorenzoyacht.com

ALL OY/



PORTSIDE

MARCH & APRIL

3月及4月

TYPHOON SHELTER FOOD

避風塘美食

Traditional Hong Kong favourites.

- Typhoon shelter turnip cake
- Chicken soft bone
- Squid
- Typhoon shelter prawns

SONGKRAN BUFFET

Adults \$488 Kids \$198

Sunday, April 11

11.30am to 3pm

潑水節自助餐

成人 \$488 小童 \$198

4月11日(星期日) 上午11時30分至下午3時

SPECIAL DRINK PROMOTION

CHRYSANTHEMUM TEA

特式飲品推介

菊花茶

KID'S ACTIVITIES

MOCKTAIL CLASS

Every Saturday at 2pm

兒童活動

無酒精雞尾酒調製班

逢星期六 下午2時

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

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

Caffé
LUNA



Roman Style Pizza

THROUGHOUT MARCH & APRIL

三月及四月

ROMAN PIZZA MENU

Cherry tomato, burrata, basil,
tomato sugo.

Artichoke, rocket, bocconcini cheese
and raw beet.

Pistachio mortadella, pickled mushrooms,
brie cheese and herb salad.

Zucchini, ham sausage,
frisée Leaves and pear.

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。

Health Club 按摩中心 Massage Centre

We take a holistic approach to your body, mind and soul, and massage treatments can improve your well-being and reduce stress and negative energy. ZENTS, the luxury and organic products line, combines with the treatment to give sensational benefits.

Massage is available daily from 9am to 9pm.

本會提供全面性的按摩療程，可改善健康狀況，並減低壓力和負能量。ZENTS的奢華有機產品系列配合適當的按摩療程，給您難以置信的體驗。

每日上午9時至晚上9時提供服務。



*Probiotics and Organic Shea
Butter renew the body, hydrate, balance
and ward off premature aging*

For online booking, please visit www.aberdeenmarinaclub.com and login to choose your preferred room and therapist.

網上預約，請到www.aberdeenmarinaclub.com，登入帳戶，更可選揀您所喜愛的房間及療程。

Transdermal Application TDA

TDA美容療程

TDA embodies the latest research into age-defying techniques and counteracts the essential factors of ageing with innovative advanced technology. It combines patented medical research with the effects of multi-molecular hyaluronic acid, and protective strength of powerful plant extract. These three components work in synergy to reactivate and preserve your beauty.



TDA STEPS OF ACTION

- The TDA carrier substance, enriched with active ingredients, is mixed with pure oxygen to micro-units in the TDA applicator.
- Then they are applied to the skin at supersonic speed in precise synchronisation.
- This allows the TDA to open the upper skin layers and create a gateway for penetration to the deepest skin layer.
- Finally, the treatment will encourage cell division and skin regeneration from the inside out.

Available treatments.

- Mitocell Ageless
- Porderm Purify
- Polar Reflectio

TDA體現了抗衰老的最新研究成果，並通過創新先進的技術制止衰老的基本因素。結合了獲得專利的醫學研究成果—多分子透明質酸以及強大的植物提取物，重新激活並保護您的美態。

TDA療程的功能

- TDA提取的物質含活性成分，與純氧混合成微細粒子，並配合TDA儀器，效果顯著。
- 以超音速精確地應用於肌膚上。
- TDA可以通過皮膚上層，並滲透到最深層的皮膚底層。
- 最後，微細粒子將進入細胞，令皮膚得以再生。

提供的療程包括：

- Mitocell Ageless
- Porderm Purify
- Polar Reflection

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

EXILIS Ultra 360

Face × Body × Intimate Area

美容美體全面性療程



EXILIS ULTRA 360 treatment menu at Cutting Edge is tailor-made to suit your needs, and the expertise we have built through operating and providing these services is incredible. The team is ready to answer your questions and provide information about the Body, Face or Femme treatments.

BODY: Abdomen area, upper arm, bra roll, thigh area and buttocks.

FACE: can be treated as individual parts, like the eye area, or as full face treatment.

FEMME: focusing on both the internal and external intimate areas.

With the first and only applicator to simultaneously utilise radiofrequency and ultrasound waves at the same time, EXILIS ULTRA 360 state-of-the-art technology, is fast and non-invasive, with five different tips to cover more than 20 areas.

EXILIS Ultra 360為會員定制適合個人化的療程和需求，效果令人難以置信。本會的專業團隊將提供有關療程的資訊和建議。

身體：腹部、上臂、胸部線條、大腿和臀部。

面部：療程可以選揀局部（例如眼部）或全臉。

FEMME療程：療程集中於私密內及外部位。

EXILIS ULTRA 360是第一個也是唯一一個同時使用射頻和超聲波療程，五個功能可快速且無創地涵蓋了20多個部位。

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

CUTTING

Edge

RACHEL LEUNG

Senior Hair Technician

IN PURSUING
EXCELLENCE HERE
AT CUTTING EDGE,
WE INTRODUCE OUR
NEWEST TEAM MEMBER,
RACHEL LEUNG.

歡迎Rachel Leung加入Cutting Edge

Rachel has more than 15 years experience working with A-grade salons in Hong Kong. Recently she was with IL COLPO Group for eight years as Leading Hair Technician. Rachel's touch and creativity will flourish here, and together with our amazing team of Top and Creative Stylists, she will deliver unmatched service to our Members.

Rachel is a certified trainer for...

- Moroccan Oil
- Brazilian Blowout
- Nano Smooth Pure

Rachel擁有超過15年的經驗，在香港高級髮型屋工作多年。她曾在IL COLPO Group工作8年，擔任首席技術染髮師。期待Rachel憑著她的創新觸覺為Cutting Edge帶來新思維，與本會出色的設計師團隊一起為會員提供頂尖創意和無與倫比的服務。

Rachel已獲得

- 摩洛哥順髮油證書
- 巴西順髮焗油證書
- 納米角蛋白直髮培訓證書



K18

BIOMIMETIC HAIRSCIENCE

創新專利生物科技
頭髮修護重生療程



AVAILABLE AT
CUTTING

Edge

With just one salon treatment
hair is restored to
只需一次專業級頭髮護理即可將頭髮狀態逆轉至

91%

original strength*
原始強度*

94%

original elasticity*
原始彈性*



*Results observed in a clinical study. Results may vary depending on hair type, quality and history.
*臨床測試所觀察到的效果。效果會因應頭髮類型、狀況和受損程度而不同。

ENJOY A QUICK HAIR
TREATMENT WITH
WONDERFUL RESULTS.

HOME-USE RETAIL
PRODUCT
AT \$650 A BOTTLE.

K18 IN-SALON
專業髮廊護理系列



K18
BIOMIMETIC
HAIRSCIENCE

professional
molecular repair
hair mist

150ml / 5 fl oz



K18
BIOMIMETIC
HAIRSCIENCE

professional
molecular repair
hair mask

150ml / 5 fl oz

Let's go Nuts!

堅果含豐富營養

Nuts are a great source of good fat, fibre and protein. While they do contain some saturated fat, the good news is that most is monounsaturated fat, as well as omega-6 and omega-3 polyunsaturated fat. Nuts also pack a range of vitamins and minerals, including magnesium and vitamin E. Many studies have investigated the health benefits of increased nut intake, but which nuts are best for us?

- Almonds contain mono- and polyunsaturated fats, which help reduce bad LDL cholesterol in our bodies.
- Brazil nuts are nutrient-dense and contain protein, fibre, vitamins and minerals, as well as monounsaturated fats. They are an excellent source of selenium and help reduce cholesterol levels, oxidative stress and inflammation.
- Cashews have one of the lowest fat contents of all nuts, but a lot of what's there is saturated fat. They contain a number of important nutrients and studies indicate that they may improve blood lipid levels and reduce blood pressure.
- Hazelnuts may help lower LDL cholesterol through substances called plant sterols as well as a high monounsaturated fat content. They may also reduce heart disease risk factors.
- Macadamia nuts have been known to reduce both total and bad LDL cholesterol.
- Pecans are loaded with both mono- and polyunsaturated fats (and, of course, high in calories) as well as plant sterols and other nutrients. They also pack antioxidants and may help lower bad LDL cholesterol.
- Pistachios are an excellent source of monounsaturated fats and plant sterols. They appear to have beneficial effects on heart disease risk factors.
- Walnuts are the only nuts that contain significant amounts of alpha-linolenic acid (ALA), a healthy omega-3 fatty acid. Eating walnuts may benefit heart health and potentially even the brain.
- Peanuts actually belong to the legume family. However, they have nutrient profiles that are similar to tree nuts and may also help reduce risk factors for heart disease and diabetes.

As we can see, all the above nuts offer health benefits, however we must also be aware of their negative impacts. Most studies suggest we avoid almonds and cashews for their impact on the environment and



unsustainable farming. Ultimately, we should try to buy nuts from a sustainable source – ideally organically and ethically farmed.

堅果是脂肪、纖維和蛋白質的重要來源。儘管含有飽和脂肪，但大多數脂肪是單不飽和脂肪，以及omega-6和omega-3多不飽和脂肪。堅果還含有多種維生素和礦物質，包括鎂和維他命E。許多研究調查了增加堅果攝入量對健康的好處，但是哪種堅果最適合我們？

- 杏仁含有單不飽和和多不飽和脂肪，有助於減少人體中不良的LDL膽固醇。
- 巴西堅果營養豐富，含有蛋白質、纖維、維生素和礦物質以及單不飽和脂肪。更是硒的極好來源，並有助於降低膽固醇，氧化壓力和炎症。
- 腰果是所有堅果中脂肪含量最低的一種，但卻含有很多的飽和脂肪。並含有許多重要的營養素，研究表明腰果可以改善血脂水平和降低血壓。
- 榛子可能通過稱植物固醇的物質幫助降低HDL膽固醇，以及含有較高的單不飽和脂肪。還可以減低心臟病的風險因素。
- 夏威夷果仁已知可以減少不良的LDL膽固醇。
- 美洲核桃含單不飽和脂肪和多不飽和脂肪（但卡路里卻很高）以及植物固醇和其他營養物質。還包括抗氧化，可能有助於降低不良的LDL膽固醇。
- 開心果是單不飽和脂肪和植物固醇的極好來源。並可以減低心臟病的風險。
- 核桃是唯一含有大量亞麻酸(ALA)（一種健康的omega-3脂肪酸）的堅果。核桃對心臟健康有益，甚至對腦部也有益處。
- 花生實際上屬於豆類。但是它的營養成分類似於堅果，也可能有助於減低心臟病和糖尿病的風險。

以上所有的堅果均具有健康益處，但是我們還必須要知道它們也有些負面的影響。有研究表示，應避免進食杏仁和腰果，因為它們會對環境和不可持續的農業造成影響，而夏威夷果仁和花生的卡路里含量最高。最終，我們應該嘗試從有機種植和符合規格的農場來購買喜歡的堅果。

Total Fitness Challenge 2021

2021挑戰健身活動

The combined Cardiovascular and Strength Challenge started in January, but it's not too late to begin. Head over to the Fitness Centre and start logging your kilometres (or laps) and repetitions now!

心血管和力量挑戰賽於1月已開始了，但現在開始也不算遲。快到健身中心開始你的挑戰吧！

Virtual Fitness Classes

虛擬健身課程

Please see the Group Fitness schedule for more details. We are happy to provide a wide range of virtual classes at various times throughout the day. Please let us know if you have any specific requests.

有關更多詳細信息，請參閱小組健身時間表。本會每天提供各種不同時間的虛擬課程。如果有任何特定要求請通知我們。



Friday Fitness Mornings

星期五早晨健身課程

With the warmer weather, we will re-start these social sessions from April 9. Meet at the Lobby on Fridays at 7.15am for a 45-minute (medium to hard) fitness session to and from Aberdeen running track. Reservations are required.

隨著天氣回暖，社交活動從4月9日會重新開始。逢星期五早上7時15分在大堂集合，進行跑步。路程往返大約45分鐘（中到高的難度），敬請預約。

JUNIOR CLUB STARS



SKATER • AGE 4
**COLETTE
CHUI**

Colette started skating when she was three years old. She loves to skate and is willing to try every movement that she learned. Well done, Colette.

Colette三歲便開始練習溜冰，她很喜歡溜冰，不斷嘗試各種動作。做得好，請繼續努力！



SKATER • AGE 10
**GABRIELLE
HANSON**

In the short time Gabrielle has been skating, she has improved considerably. She listens, puts in a lot of effort and is eager to learn. Keep up the good work, Gabrielle!

Gabrielle學習溜冰只有很短的時間，卻不斷地進步。她在課堂上表現集中及努力地學習。做得好，請繼續努力！

ACTIVITIES NEWS

活動消息



Easter Camps

復活節訓練營

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
- Kung Fu Camp 功夫訓練營
- Lego Camp 樂高訓練營
- Science Camp 科學訓練營
- Self-Development Camp 知識啟發訓練營

Easter Break Schedule

復活節假期上課安排

Although members may not be able to leave Hong Kong at the present time, some regular activities will be suspended to make way for our Easter Camps. 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

Children's Day Free Open Skate

兒童節溜冰日

Saturday, April 4

Members aged 17 and under can enjoy free skating all day!

4月4日(星期六)

17歲以下的會員可享全日免費溜冰。



Special Open Skate Sessions

溜冰場特別開放日

St. Patrick's Day Shamrock Search

Wednesday, March 17

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

聖派翠克節尋找三葉草

3月17日(星期三)

快來溜冰場參加尋找三葉草活動，更有機會在溜冰比賽中獲勝。

Ice Skating Test Week

溜冰場測驗週

From Monday, March 8, skaters from Tots to Freestyle will be assessed during their regularly scheduled classes on their skating skills for the whole week.

由3月8日(星期一)起，幼兒到花式溜冰的課程將進行定期技巧評估。

Enquiries查詢: 2814 5374



Private and Semi-Private Golf

by Iain Roberts Golf Limited & Coach Christine Chuck

私人及半私人高爾夫球班

Golf is a great game for all ages. The Club offers private, semi-private and group lessons for juniors, ladies and men, which are designed to improve your golf game through quality golf instruction. The Golf Simulator is a great way to start the game and for practicing your present skills.

For new players

- Introduction to the basic fundamentals and Simulator
- Learn the Basic Swing Shape
- Full Swing instruction (Driving Range)
- Putting and Chipping instruction

For experienced players

- Full Swing/Ball Flight introduction
- Putting and Chipping review
- Pitching and Sand instruction

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

高爾夫是一項適合各年齡的運動。由三歲起的兒童便可以開始打高爾夫球。本會提供青少年、女仕及男仕的私人、半私人及團體課程，透過課程可改善球技來達到更佳表現。另外，高爾夫模擬器是開始練習技巧的好方法。

初學者

- 基本原理和模擬器簡介
- 了解基本的擺動動作
- 介紹全擊球(練習場)
- 介紹起撲桿

有經驗者

- 介紹揮桿/全擊球
- 複習起撲桿
- 介紹在沙地劈起桿

報名或查詢請致電網球場電話2814 5318或電郵至 tennis@aberdeenmarinaclub.com

Fun Challenges for Children!

兒童遊戲挑戰賽

Bazooka Ball Challenge

- | | |
|--------------------|--------------|
| From 7-7.30pm | 晚上7時-7時30分 |
| • Friday, March 12 | • 3月12日(星期五) |
| • Friday, April 16 | • 4月16日(星期五) |

Adventure Zone Laser Tag Challenge

- | | |
|--------------------|---------------|
| From 6.30-7.30pm | 晚上6時30分-7時30分 |
| • Friday, March 26 | • 3月26日(星期五) |
| • Friday, April 30 | • 4月30日(星期五) |

Ninja Challenge at Adventure Zone

- | | |
|--------------------|---------------|
| From 6.30-7.30pm | 晚上6時30分-7時30分 |
| • Friday, March 19 | • 3月19日(星期五) |
| • Friday, April 23 | • 4月23日(星期五) |

Enquiries 查詢: 2814 5360 (Adventure Zone)

CLASS HIGHLIGHTS

康體課程推介

Principal Pilates Course

by Tracy So, Pilates Manager

普拉提斯課程

This course is carefully designed for students to learn the fundamental skills required to participate in Group Pilates Classes, which include abdominal control, joint stability, mind-body focus and breath control. Exercises will be performed on the mat, the Allegro reformer, the Wunda Chair, and using props and accessory equipment.

March 5, 12, 19 & 26

Friday from 9.30-10.30am

3/F Activities Studio

Member \$1,595/Course

Guest \$2,040/Course

Enrolment :

2814 1222



本團體課程讓學員學習基本技巧，包括腹部控制，關節穩定性，練習集中和控制呼吸。練習將會使用墊子、Allegro核心床，Wunda椅子以及道具和輔助器械。

3月5、12、19及26日

星期五，上午9時30分-10時30分

三樓活動室

會員每堂\$1,595

來賓每堂\$2,040

報名：2814 1222

Tai Chi 24 Forms for Beginners

by Donald Ng

初級太極24式班

Every Monday, Wednesday and Saturday

The Wu style 24-Form tai chi is composed of 24 forms 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 teaches patience and relaxation, and fosters an understanding of the co-ordination of mind, body and spirit. It is a good way to relieve stress. People of all ages, conditions and abilities can benefit from tai chi; just a little regular practice is all that is needed. Those who have completed the 24-Form programme, or have tai chi experience, could join the Advanced Class to explore to more, such as the traditional form, pushing-hands, tai chi sabre and tai chi sword.

逢星期一、三及六

吳式24式太極拳由24種形式組成，適合初學者學習。太極拳是緩慢、優美和有節奏的運動，可以輕柔地增強肌肉、改善血液循環和姿勢，並能放鬆身心。鍛鍊耐心和放鬆，並促進對思想，身體和精神的協調。是緩解壓力的好方法。適合所有年齡學習，只需少量常規練習便可以從太極拳中得益。完成練習24式，或具有太極拳經驗便可加入進階班，可學習傳統拳式、推手、太極刀和劍等。

Musical Instruments

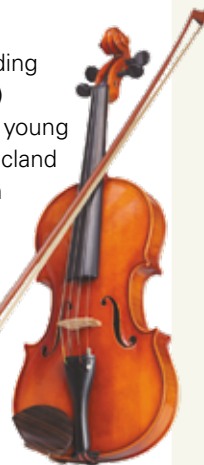
樂器班

Music can enrich one's life.

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

Dechant Music Academy is a Russian Piano School, owned by Irina Dechant, a Russian Piano teacher with more than 10 years teaching experience.

音樂可以為生活帶來樂趣。



Musicland根據倫敦音樂學院 (LCM) 考試大綱為所有年齡階層的學生提供適合由幼兒到青少年和成人的音樂課程。Musicland是香港唯一獲得批准LCM的考試中心，並提供課程。

Dechant音樂學院由俄羅斯具有10年以上的教學經驗的鋼琴老師創立。

TENNIS

ASIF ISMAIL

Tennis Director

Favourite Tennis Player

最喜歡的網球運動員
Roger Federer 費達拿

Favourite non-Tennis Athlete

最喜歡的非網球運動員
Muhammad Ali 阿里

Favourite Movie

最喜歡的電影
The Sound of Music

Favourite Food

最喜歡的食物
Indian cuisine 印度菜

Favourite Drink

最喜歡的飲品
Sparkling water 有氣礦泉水

Highlight of your coaching career

教練生涯的亮點

Seeing some of our junior members like Josh Finkelstein, Claire Spackman, Jackie Tang start tennis with our programme and go on to become National champions and represent Hong Kong. Coaching Sania Mirza (former world no.1 in doubles) on the European tour including French Open and Wimbledon.

不少學員由於喜歡不同的球星而開始參加本會的課程，更成為了代表香港選取國際級賽事冠軍。教練Sania Mirza是前雙打世界冠軍，包括法國公開賽及溫布頓賽。



MARK TUMAY

Tennis Professional

Favourite athlete

最喜歡的運動員
David Nalbandian
戴維納爾萬迪安

Favourite non-Tennis Athlete

最喜歡的非網球運動員
Michael Jordan 米高佐敦

Favourite Movie

最喜歡的電影
Life is Beautiful (1997)

Favourite exercise

最喜歡的運動
Rope skipping 跳繩

Favourite food

最喜歡的食物
Spaghetti Bolognese with
Greek yoghurt topping
希臘乳酪肉醬意粉

Favourite drink

最喜歡的飲品
Water 水

Highlight of your coaching career

教練生涯的亮點

This year, I will reach a 10 years milestone in my teaching career. 今年，我的教授生涯將達到10年的里程碑。



AVINASH ADVANI

Social Tennis Professional

Favourite athlete

最喜歡的運動員
Roger Federer 費達拿

Favourite non-Tennis Athlete

最喜歡的非網球運動員
MS Dhoni 迪安尼

Favourite Movie

最喜歡的電影
Fast and Furious 狂野時速

Favourite exercise

最喜歡的運動
Tennis 網球

Favourite food

最喜歡的食物
Burgers and fries 漢堡包和薯條

Favourite drink

最喜歡的飲品
Pepsi 百事

Highlight of your coaching career

教練生涯的亮點

Coaching at the Club and meeting and teaching a huge diversity of people.

在會所教授及會見不同的學員。



LULU DOROFEEVA

Tennis Professional

Favourite athlete

最喜歡的運動員
Roger Federer 費達拿

Favourite non-Tennis Athlete

最喜歡的非網球運動員
Michael Jordan 米高佐敦

Favourite Movie

最喜歡的電影
Interstellar 星際啟示錄

Favourite exercise

最喜歡的運動
Body weight exercises
重量訓練

Favourite food

最喜歡的食物
Chocolate 朱古力

Favourite drink

最喜歡的飲品
Black tea 紅茶

Highlight of your coaching career

教練生涯的亮點

Receiving Professional Certification in Adult Development from the Professional Tennis Registry

從職業網球註冊處取得成人發展專業證書。





Earth Hour 2021

地球一小時2021

The Club will once again take part in Earth Hour, on Saturday, March 27, by turning off all essential lights for one hour, from 8.30pm.

This year, the activity pledges to “Let Oceans Shine”.

“Our oceans are nature’s gift to all. They provide crucial ecosystem services; whether it’s food, recreation, or regulating the earth’s climate.

This year, we shine a light on the deep connection between people and our irreplaceable oceans.

Under the theme “Let Oceans Shine”, we spotlight the beauty and intrinsic value of our marine environment – and the threats facing it: from plastic marine litter, unsustainable fishing, to runaway development.

Let’s renew our commitment to Change the Way We Live by reducing our human footprint and safeguard our oceans!” – Earthhour.wwf.org.hk

本會將再次參加地球一小時，於3月27日（星期六），由晚上8.30開始關掉大部份燈光一小時。

今年，活動承諾為“讓海洋發光”。

“海洋是大自然給所有人的禮物。包含著生態系統；不論是食物、娛樂活動還是調節地球的氣候，都是息息相關。

而今年，我們照亮了人與海洋之間的深層聯繫。在“讓海洋發光”的主題下，我們關注著海洋環境的美麗和價值，以及面臨的威脅 — 從塑料海洋垃圾、過度捕魚，已難已控制。

讓我們重申承諾，改變我們的生活方式，來保護我們珍貴的海洋！” – Earthhour.wwf.org.hk



Membership Card Verification

會員卡認證

Please be reminded that 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。多謝合作。

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.

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。

Child Supervision 兒童監管

Please understand that 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。

Towel Losses 毛巾遺失

Every year the Club sees upwards of 3,000 towels go missing without trace. That's an average of almost eight towels each day.

The Club does not currently limit the number of towels that Members can use, however if we continue to lose towels at this rate, we will have to implement much stricter towel control.

As you may be aware, we have already removed towels from the North Shore Changing Rooms, as these towels were being used by boat owners without being returned.

We would also encourage you

to check your linen closets to see if there are any AMC towels present, and if so we request that they be returned to the 5/F Health Club Reception, with no questions asked.

Thank you for your understanding and we hope to see a reduction in towel loss for the coming year.

會所每年遺失高達3,000條毛巾，每天大概平均遺失8條。

目前本會並沒有限制會員使用毛巾的數量。但是，若這情況持續或更嚴重，本會將需要實施毛巾使用數量限制。

北岸更衣室現已暫停提供毛巾，因不少船主在使用後沒有退還。



本會希望各會員可以檢查會否擁有本會標籤的毛巾，如有發現請退回到5樓健身中心接待處，本會將不會追究任何責任。

多謝大家合作，並希望本年度遺失毛巾的問題得以改善。

2M No-Stopping Yellow Zone 2M禁止停車範圍

Dear Members,

As some of you may have noticed we have recently made changes to the pick-up and drop-off zone in the car park, and made the entire 2M carpark level a no-stopping zone.

Firstly, I would like to apologise for any inconvenience this has caused drivers, but we believe that this is the right decision in the interest of the safety and well-being of all Members. Please allow me to take this opportunity to explain the reasons and share with you the new process, which is now in place.

Over the last year we have noticed more and more cars stopping outside the 2M lobby, with some drivers even waiting for extended periods of time, blocking the main lanes, while waiting to pick up Members. This has led to traffic jams, with cars being backed up down the ramp, traffic accidents on 2M and cars driving in the opposite lanes to overtake waiting cars.

In some cases there has been a lack of care, courtesy and common safety toward other drivers and Members, hence the introduction of new procedures to tackle this issue.

With 2M being a no pick-up and drop-off area we ask Members to drive up to the third floor, where we have created a designated drop-off and pick-up area for Members and drivers. Drivers can temporarily wait there to pick up family or guests, without blocking the on flow of traffic.

I trust that these new arrangements will help alleviate traffic congestion, and at the same time provide drivers with a convenient location to wait while picking up Members. I would like to also strongly encourage Members to pick up and drop off family and guests at the main Club entrance when possible.

Please note that we are monitoring the situation on 2M and will continue to send reminder letters to Members who fail to follow. Please also share these new arrangements with your drivers.

Thank you for your kind attention and support for this new measures and I look forward to seeing you around the Club in the near future.

Edward Read
General Manager





親愛的會員：

會所停車場2M層現全面禁止在行車道停車。

為會員帶來不便，本會在此深表歉意。但此項新措施實為了會員的安全而設。

過去一年，越來越多車輛停留在2M層一段時間等待接送會員而阻塞了行車道。此舉令停車場交通擠塞，車輛被迫在斜坡道上等候，甚至逆線行駛而超越等候車輛，導致交通意外實在非常危險。為防止這些車輛構成危險的情況，我們必需實行新措施以解決這些問題。

有見及此，為了方便會員安全地上落車，同時改善交通擠塞，我們已於停車場三樓設置了一個指定的上落客區。會員亦應盡量安排在會所正門車路上落。

本會將密切監察停車場2M的交通情況，並將向未有遵守停車場規則的會員發信提醒。敬請各會員與您的司機分享這些新安排。

感謝大家對這項新措施的支持，期待在會所相見。

聶子維
總經理

Club Parking Labels 會所泊車証

Should there be any changes made to registered vehicles, Members should please 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 are reminded to please 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証，請於申請兩天後到會所大堂接待處領取。會員須把會員泊車証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，及於停車場關閉之繁忙時間進入的車輛。

Enquiries 查詢: 2814 5436



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