

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

NOVEMBER/DECEMBER 2024



Season's Greetings



WHY BLUE?

This is what our Parachrom hairspring looks like. It is an essential guardian of the watch's chronometric precision. Unveiled in 2005, entirely designed and manufactured in-house, it nears the apex of what metal alloy hairsprings can offer. The scale of the image might throw you off, though. Its edge is thinner than a single strand of hair and its weight is merely a fraction of a pearl's. Moreover, once coiled, its diameter does not exceed a few millimetres. It is shielded from outside aggressions by a case so hermetic it was aptly named "Oyster". Needless to say, it is a rare occurrence for any eyes to be laid on the Parachrom. So why

would we be concerned by its colour? Because this hue of blue is true to our tradition of watchmaking excellence. It is the exact colour taken by our unique alloy of niobium, zirconium and oxygen when it has been anodized to stop the process of oxidation. This blue is essential to us, because it symbolizes the long-lasting performances which we hold ourselves to. This hairspring is insensitive to magnetic fields, unwavering in the face of temperature variations, and resistant to shocks as to corrosion. Therefore, each Rolex equipped with a Parachrom hairspring will tick at a most regular and perpetual beat.

#Perpetual

OFFICIAL ROLEX RETAILER

蘇麗鐘錶

ZURICH WATCH

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



Portwatch

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

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THE
ABERDEEN MARINA CLUB

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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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DATES FOR YOUR DIARY

November

ALL OF NOVEMBER

Fitness Centre
Monthly Fitness Challenge – Stepper/Stepmill – 300 floors

Caffè Luna
New York's Little Italy

1
FRIDAY

Bazooka Ball Challenge
Kids on 8!
7pm – 7.30pm



8
FRIDAY

An Evening in the Alps
Portside
6pm – 10pm

7
THURSDAY

Henschke Wine Dinner
Marina Grill
7pm



9
SATURDAY

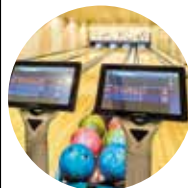
Family Hiking – Wong Nai Chung Gap
Main Lobby
9.15am

10
SUNDAY

The Grabber Machine Returns! – Star Toys
The Yard
9am – 7pm

Introduction of New Functional Training Zone
Fitness Centre
11am – 4pm

Bowling High Score Day
Bowling Alley
11am – 10pm



11
MONDAY

Xili Golf Outing
6.30am
(see p.39)

15
FRIDAY

Dodgeball Tag Challenge
Adventure Zone
6.30pm – 7.30pm

16
SATURDAY

Bowling Bingo!
Bowling Alley
11am – 10pm

Wellness to Fitness & Nutrition Workshop by Personal Trainer, Cass Lam
7/F Multi-Use Court
2pm

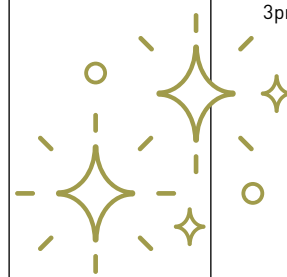
17
SUNDAY

Space Invaders Highest Score Day
The Yard
9am – 7pm

22
FRIDAY

Bouchard Père & Fils Iconic Cru Wine Dinner
The Backroom
7pm

Ninja and Trampoline Challenge
Adventure Zone
4pm – 6pm



23
SATURDAY

Conf3tti Children's Winter Clothing Pop-up Sale
5/F Health Club
10am – 5pm

Oyster and Champagne Brunch
Marina Grill
Midday – 3pm

24
SUNDAY

Conf3tti Children's Winter Clothing Pop-up Sale
5/F Health Club
10am – 5pm

Ice Hockey Competition
Ice Rink
3pm – 6pm

28
THURSDAY

Thanksgiving Dinner Buffet
Portside
5.30pm – 9.30pm

Thanksgiving Dinner
Marina Grill
6pm – 10.30pm

29
FRIDAY

New Player's Evening
Tennis
7pm – 9pm

30
SATURDAY

Junior Club Championships
Tennis
Midday – 6pm

Treasure Hunt
Run,2,3!
2pm – 4pm

DATES FOR YOUR DIARY

December

ALL OF DECEMBER

Fitness Centre
Monthly Fitness Challenge – Pool – 100 lengths

1
SUNDAY

Members' Day 2024
Tropical Poolside, G/F Children's Play Area and South Gate
Midday – 5pm

Bowling High Score Day
Bowling Alley
11am – 10pm

Junior Club Championships
Tennis
Midday – 6pm

6
FRIDAY

Christmas Tree Lighting Ceremony
Tropical Poolside
6.30pm – 8pm

Bazooka Ball Challenge
Kids on 8!
7pm – 7.30pm

Eisele Vineyard Perfect 100-Point Wine Dinner
The Backroom
7pm

7
SATURDAY

Castelbel Christmas Gift Ideas and Pop-up Sale
5/F Health Club
10am – 5pm

8
SUNDAY

Bowling Grabber Day
Bowling Alley
11am – 10pm

Introduction of New Functional Training Zone
Fitness Centre
11am – 4pm

Winter Carnival
Ice Rink
3pm – 6pm



13
FRIDAY

Laser Tag Challenge
Adventure Zone
7.30pm – 8.30pm

14
SATURDAY

Family Hiking – Battle Trail Hike
Main Lobby
9.15am

Bowling Bingo
Bowling Alley
11am – 10pm

15
SUNDAY

Galaga 3 Highest Score Day
The Yard
9am – 7pm

20
FRIDAY

Dodgeball Tag Challenge
Adventure Zone
6.30pm – 7.30pm

25
WEDNESDAY

Christmas Treasure Hunt
Run,2,3!
and Kids on 8!
Midday – 4pm

The Grabber Machine Returns! – Santa Claus
The Yard
9am – 7pm

Santa Claus Balloon Twisting
Run,2,3!
2.30pm – 3.30pm

Santa Claus Balloon Twisting
Kids on 8!
3.30pm – 4.30pm

Pickleball
8/F Pickleball Court
Every Monday
7pm – 8pm

Mobility Class by Cass
7/F Activities Studio
Every Tuesday
7pm – 8pm



21
SATURDAY

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

22
SUNDAY

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

Fun Weekend Arts & Crafts – Christmas Weekend
Kids on 8!
9am – 7pm

DINING THROUGHOUT NOVEMBER AND DECEMBER

The Horizon
Winter Dishes Promotion

The Balcony
Loy Krathong Festival Delights

The Deck
Swiss Chalet
(from November 15)

Portside
Sichuan Spicy Hot Pot

The Deck
Double-boiled Soup

25
WEDNESDAY

Christmas Treasure Hunt
Run,2,3!
and Kids on 8!
Midday – 4pm

The Grabber Machine Returns! – Santa Claus
The Yard
9am – 7pm

Santa Claus Balloon Twisting
Run,2,3!
2.30pm – 3.30pm

Santa Claus Balloon Twisting
Kids on 8!
3.30pm – 4.30pm

Santa Claus Balloon Twisting
Kids on 8!
3.30pm – 4.30pm

Santa Claus Balloon Twisting
Kids on 8!
3.30pm – 4.30pm

Santa Claus Balloon Twisting
Kids on 8!
3.30pm – 4.30pm

27
FRIDAY

Ninja & Trampolines Challenge
Adventure Zone
4pm – 6pm

28
SATURDAY

Treasure Hunt
Run,2,3!
2pm – 4pm

31
TUESDAY

Ancient Greece Countdown Party
The Deck
6.30pm

Hollywood Party New Year's Eve Celebration
Marina Grill
7.30pm



ANCIENT GREECE COUNTDOWN PARTY

古希臘除夕自助晚餐

Come dressed as your favourite Ancient Greek god or goddess and join us for some mythical fun! Don't forget to wear your best armour and sandals!

Tuesday, December 31

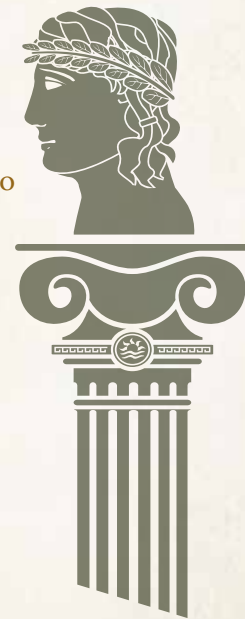
Dinner Buffet from 6.30-11pm

Adult 成人: \$899 Child 小童 (3-11): \$599



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



NEW YORK TIMES SQUARE NEW YEAR'S DAY BRUNCH

紐約時代廣場元旦自助早午餐

Wednesday, January 1

10.30am - 1.30pm

Adult 成人: \$598

(including one glass of Champagne 包括香檳乙杯)

Child 小童: \$298

(including one glass of fruit punch 包括雜果賓治乙杯)

Celebrate the New York Times Square countdown at Portside! Countdown will be just before midday - or midnight in New York City. Have fun with family and friends and ring in another New Year with delicious cuisine, festive spirit and holiday excitement.

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

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

MARINA
GRILL

NEW YEAR'S EVE CELEBRATION

HOLLYWOOD Party

除夕夜荷里活派對晚宴

Tuesday, December 31

Dinner at 7.30pm

\$1,988 per person

18 years and above • Dress Code: Formal

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

CAFFÈ LUNA
Family Italian

MENU DELLE FESTE

From December 5 to January 5

Join us this Christmas season for a delightfully festive Italian menu, featuring a celebration of authentic and traditional flavours that will warm your heart and satisfy your palate!

ANTIPASTO

SALUMI E FORMAGGI
Artisanal Ham, Salami and Cheese with Homemade Pickles

SECONDO

ANATRA ALL'ARANCIA
Twice-cooked Half Duck, Radicchio, Orange Sauce

PRIMI

CAPPELLETTI IN BRODO
Meat-filled Pasta, Chicken Broth

DOLCE

PANETTONE E PANDORO
Traditional Panettone and Pandoro, Custard Cream, Chocolate Sauce

RISOTTO AI FUNGHI
Mixed-mushroom Risotto, Parmesan Cheese, Parsley

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

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



MARINA
DELI

CHAMPAGNE PROMOTION

香檳推介

From November 1 to December 31

Celebrate this Holiday Season
with Fine Champagne!

**Veuve Clicquot Yellow Label
Brut Champagne NV \$340**

Perrier-Jouët Blanc de Blancs NV \$750

**BUY 12 BOTTLES GET 15% OFF
BUY 36 BOTTLES GET 25% OFF**

For orders and enquiries, please call Marina Deli
on 2814 5302, email marinadeli@aberdeenmarinaclub.com
or WhatsApp 6390 0716.

預訂或查詢請致電深灣店電話2814 5302，
電郵至marinadeli@aberdeenmarinaclub.com或
WhatsApp 6390 0716。

CHRISTMAS TREE LIGHTING CEREMONY

←→ 聖誕樹亮燈儀式 →←

Friday, December 6

From 6.30-8pm
(Tree Lighting at 7pm)

Tropical Poolside • Complimentary

Come and join us for a festive evening with choir
performance, drinks and canapés.

Reservations are required for this Members-only
event with limited availability.

For reservations, please see the Club's e-wire.
預訂請留意本會電子通訊。




CHRISTMAS GOODIES

聖誕禮品推介

Make the most of the festive season
with delightful Christmas goodies,
chosen with care just for you!

為您精心挑選獨特的聖誕禮品，
讓您的節日更添色彩！

PANETTONE

聖誕麵包

SALES START
MID-NOVEMBER

In Italy Panettone is as much a symbol
of the holiday as a tree, wreath and
mistletoe in other countries.

聖誕麵包是傳統意大利聖誕節的象徵，
是節日中不可缺少的禮品，
11月中於深灣店發售。

Seasonal item, while stocks last. For orders and enquiries, please call Marina Deli on
2814 5302, email marinadeli@aberdeenmarinaclub.com or WhatsApp 6390 0716.

節日食品供應有限。預訂或查詢請致電深灣店電話2814 5302，
電郵至marinadeli@aberdeenmarinaclub.com或WhatsApp 6390 0716。



Swiss Chalet

November 15 – January 26

Every Friday, Saturday and Sunday
from 6-10pm

Enjoy a perfect evening in the warm atmosphere of
the Swiss Chalet with family and friends.
Savour delicious cheese fondues, grilled raclette cheese,
Swiss speciality dishes and fine wine pairings.

與家人好友一起品嚐芝士火鍋及各種瑞士菜式，
選配各式美酒，享用一頓完美的晚餐。

For reservations, please call The Deck on 2814 5301 or
email deck@aberdeenmarinaclub.com.

訂座請致The Deck電話2814 5301或
電郵至deck@aberdeenmarinaclub.com。

2024 Festive Programmes Reservation Form

2024 節日活動預訂表格

DATE 日期	EVENT 活動項目	VENUE 地點	NO. OF PERSONS 人數				
			ADULTS 成人		CHILDREN (3-11) 小童 (3-11歲)		
			Price 價錢	No. 人數	Price 價錢	No. 人數	
CHRISTMAS EVE 平安夜							
Tuesday December 24	Christmas Eve Lunch Buffet 平安夜自助午餐	The Deck	\$538		\$338		
	Christmas Eve Dinner Buffet 平安夜自助晚餐	The Deck / Portside	\$668		\$448		(please circle)
	Christmas Eve Dinner 平安夜晚餐	Marina Grill	\$988		\$298		
CHRISTMAS DAY 聖誕節							
Wednesday December 25	Christmas Lunch Buffet 聖誕自助午餐	The Deck / Portside	1st seating \$638 2nd seating \$638		\$438		(please circle)
	Christmas Dinner Buffet 聖誕自助晚餐	The Deck / Portside	\$668		\$448		(please circle)
	Christmas Day Lunch 聖誕午餐	Marina Grill	\$888		\$298		
	Christmas Day Dinner 聖誕晚餐	Marina Grill	\$988		\$298		
	Christmas Lunch Buffet 聖誕自助午餐	Grand Ballroom	\$708		\$508		
BOXING DAY 節禮日							
Thursday December 26	Boxing Day Lunch Buffet 節禮日自助午餐	The Deck	\$638		\$438		
	Boxing Day Dinner Buffet 節禮日自助晚餐	The Deck	\$668		\$448		
	Boxing Day Lunch 節禮日午餐	Marina Grill	\$548		\$298		
NEW YEAR'S EVE 除夕夜							
Tuesday December 31	New Year's Eve Lunch Buffet 除夕自助午餐	The Deck	1st seating \$428 2nd seating \$428		\$228		(please circle)
	Ancient Greece New Year's Eve Buffet 古希臘除夕自助晚餐	The Deck	\$899		\$599		
	Hollywood Party New Year's Eve Dinner 除夕夜荷里活派對晚宴	Marina Grill	\$1,988				
NEW YEAR'S DAY 元旦日							
Wednesday January 1	New Year's Day Lunch Buffet 元旦自助午餐	The Deck	1st seating \$538 2nd seating \$538		\$338		(please circle)
	New Year's Day Dinner Buffet 元旦自助晚餐	The Deck	\$538		\$338		
	New York Times Square New Year's Day Brunch 紐約時代廣場元旦自助早午餐	Portside	\$598		\$298		

- Reservations will be confirmed on a first-come-first-served basis
- Total amount will be charged to the membership account once reservation is confirmed

- No cancellations will be accepted upon receipt of the signed confirmation
- Increase in number of persons cannot be guaranteed

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

CONTACT NO. 電話號碼: _____ EMAIL 電郵: _____

SIGNATURE 簽名: _____ DATE 日期: _____

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

Christmas Fare Order Form

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUNT
FESTIVE ROASTS TO GO			
<i>48 hrs. notice is required</i>			
Festive Turkey – Cut or Whole <i>(inclusive of gravy sauce and potato gratin)</i>			
.... (S) <i>Approx. 4 to 6kg for 4 to 6 persons</i>	\$1,288		
.... (M) <i>Approx. 7 to 9kg for 8 to 10 persons</i>	\$1,888		
Traditional Side Dishes <i>(Glazed Chestnut – Brussels Sprouts – Braised Red Cabbage – Stuffing – Cranberry Sauce – Giblet Sauce)</i>			
.... (S) <i>Package for 6 persons</i>	\$488		
.... (M) <i>Package for 10 persons</i>	\$688		
.... (L) <i>Package for 12 persons</i>	\$888		
Roasted USDA Prime Rib <i>(Approx. 3.5kg, red wine sauce)</i>	\$3,988		
Roasted US Angus Ribeye <i>(Approx. 3kg, red wine sauce)</i>	\$2,088		
Roasted Bone in Ham <i>(Approx. 9kg, apple sauce)</i>	\$1,880		
Smoked Gammon Ham <i>(Approx. 2.5kg, cloves & orange)</i>	\$1,288		
Roasted Whole Duck <i>(Approx. 2.5kg, honey sauce)</i>	\$1,288		
Roasted Rack of Lamb <i>(Approx. 1kg, rosemary sauce)</i>	\$988		
YOUR CHOICE OF SIDE DISHES			
Duck Fat Roasted Potatoes <i>(per 500gr)</i>	\$128		
Brussel Sprouts <i>(per 500gr)</i>	\$128		
Roasted Sweet Potatoes <i>(per 500gr)</i>	\$148		
Roasted Baby Carrots <i>(per 500gr)</i>	\$148		
Bread Stuffing <i>(per 500gr)</i>	\$178		
Parmesan Cheese Mashed Potatoes <i>(per 500g)</i>	\$128		
Potato Gratin <i>(per 500g)</i>	\$288		
Cranberry Sauce <i>(per 500g)</i>	\$138		
Giblet Sauce <i>(per 500g)</i>	\$138		
FESTIVE DELICACIES TO GO			
<i>48 hrs. notice is required</i>			
Housemade Smoked Salmon <i>(350gr)</i> Caper berries, horseradish sauce, pickled beetroots	\$498		
Charcuterie Board <i>(100gr each)</i> Assorted Cold Cut <i>(100gr each Mini Salami, Mortadella, Coppa, Serrano Ham)</i> , Mixed of Cheese <i>(Brie Blue Stilton, Comte, Cheddar)</i> with baguettes, condiments	\$868		
Vacherin Mont d'Or <i>(500gr)</i> Aromatic herbs, baguettes, vegetable crudité	\$568		
FESTIVE SWEETS TO GO			
<i>48 hrs. notice is required (our confectionaries are produced in a single size approx. 6)</i>			
Mango & Coconut Log Cake	\$388		
Caprice Log Cake	\$388		
Matcha Yuzu Cake	\$388		
Chestnut Cassis Cake	\$388		
Traditional Treats			
White/Dark Chocolate Christmas House	\$388		
Ginger Bread House	\$388		
Christmas Cookies Box (12 pcs)	\$188		

Delivery NOT included Orders start on December 1, 2024

NAME 姓名: _____ SIGNATURE 簽名: _____

MEMBERSHIP NO. 會員號碼: _____ DATE REQUIRED FOR COLLECTION 提取日期: _____

CONTACT NO. 電話號碼 (HOME 住所): _____ (MOBILE 無線電話): _____ EMAIL 電郵: _____

SPECIAL INSTRUCTIONS 特別指示: _____

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

For enquiries, please call Marina Deli on 2814 5302.

For orders, please email marinadeli@aberdeenmarinaclub.com or WhatsApp 6390 0716.

Decorative Hampers

ITEMS	UNIT PRICE HK\$	QUANTITY	AMOUNT
SANTA'S HAMPER 2024			
<ul style="list-style-type: none"> • Zonin, Cuvée 1821, Brut, Prosecco, Italy • Altesino, Rosso, Tuscany, Italy • Traditional Classic Panettone • Millesime Belgian Milk and Dark Chocolate • Ginger & Lemon and Chocolate Chip Shortbread • Pink Himalayan Salt Pistachio • Whittard Earl Grey Loose Leaf Tea • iSolai Balsamic Vinegar • Fleur de Sel Sea Salt • Toffee Hot Chocolate 	\$2,388		
CHRISTMAS HAMPER 2024			
<ul style="list-style-type: none"> • Ferrari, Brut, Trento, Italy • Esprit de Pavie, Bordeaux, France • Traditional Classic Panettone • Petit Fruit Jelly Candies • Cranberry and Orange Mini Mince Pies • Coco Hazelnut Chocolate Gift Box • Assorted Christmas Biscuits • Salted Caramel and Chocolate Popcorn • Extra Virgin Olive Oil and Balsamic Vinegar of Modena IGP Set • Blood Orange Fine Cut Marmalade • Black Truffle Paté 	\$3,288		
ULTIMATE HAMPER 2024			
<ul style="list-style-type: none"> • Veuve Clicquot, Yellow Label, Champagne, France • Château Cantemerle, Haut-Médoc, France • Traditional Classic Panettone • Belgian Assorted Chocolate Gift Box • Mini Chocolate Chip Biscuits in Tin • Whittard Tea Discovery Collection Gift Box • Chocolate Filled with Praline Cream • Crunchy Nougat Pieces with Pistachio Covered with 70% White Chocolate • Muria Premium Lavender Honey • White Truffle Flavoured Sunflower Oil • Black Truffle Balsamic Glaze 	\$3,988		

Delivery included

You may create your own Holiday Hamper, please check with Marina Deli.
Delivery Charge: Hong Kong \$150, Kowloon \$200, New Territories \$250.
Please allow three working days for orders to be processed.

Christmas Tree Home Delivery Service

HEIGHT	UNIT PRICE HK\$ / QUANTITY				AMOUNT
	DOUGLAS FIR	QUANTITY	NOBLE FIR	QUANTITY	
5 feet	\$1,900		\$2,200		
6 feet	\$2,100		\$2,500		
7 feet	\$2,350		\$3,400		
8 feet	\$3,600		\$4,150		

Delivery included

The above prices include the fixing of the plastic stand, bucket and delivery charges.
Available to order from November 1
While stocks last
Order delivery: From November 28 onwards.
Please allow three working days for orders to be processed.
Disposal service not available.



冬令菜式推介

WINTER DISHES

十一月一日至一月十九日
November 1 to January 19

菊花五蛇羹

Braised mixed snake soup,
Chrysanthemum

川芎白芷鱷魚皮嫩魚頭湯

Double-boiled fish head soup,
rhizoma chuanxiong, dahurian,
crocodile skin

古法羊腩煲

Stewed lamb brisket served in a clay pot

柱侯雙冬炆白鱔魚

Braised fresh eel, bamboo shoot,
black mushrooms

泡椒炒安格斯牛肉

Sautéed sliced Angus beef,
chilli, preserved vegetables

老壇酸菜桂花魚

Braised Mandarin fish,
Lao Tan pickled cabbage

貴妃鹽酥雞

Crispy chicken, spicy salt

翠塘臘味冬瓜船

Braised winter melon,
assorted preserved meat

咖哩羊柳伴手抓餅

Curry lamb fillet with pancake

生炒臘味糯米飯

Stir-fried glutinous rice,
assorted preserved meat

臘味煲仔飯

Steamed rice, assorted preserved
meat in clay pot

薑汁燉奶

Ginger milk curd



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。



WILD JUNGLE

MEMBERS' DAY
2024

Sunday, December 1

Midday - 5pm

Tropical Poolside

G/F Children's Play Area and South Gate

Adult \$658 Child (3-11) \$548

Child (under 3) \$178

Midday-3.30pm International Buffet

3.30-5pm Food & Drinks at Portside

Pony rides, fireboat visit, inflatables,
exciting stage shows, lots of carnival games
and arts & crafts.

MEMBERS ONLY

Scan Here and Register Now!



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

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K O A
N I S E K O

Expressions of
Adventure and
Harmony.

The New Koa Super Villa.

Only a few minutes' walk from the ski lifts in Niseko Village, Hokkaido.
Introducing our fully furnished luxury five-bedroom Koa Super Villa,
delivering Christmas 2024.

Register your interest now at sales@koaniseko.com

WWW.KOANISEKO.COM



A HOUSE OF KOA CONCEPT

supernova—land

FESTIVE TURKEY

節日火雞



Thanksgiving is right around the corner, and at Marina Deli we'll have turkeys, side dishes and appetisers. Enjoy the holidays with your friends and family!

Roast Turkey (Small) \$1,288
for 6 persons

Roast Turkey (Medium) \$1,888
for 10 persons

(Inclusive of gravy and potato gratin)

Available to order from November 1
11月1日起接受訂購



MARINA
DELI

For orders and enquiries, please call
Marina Deli on 2814 5302,
email marinadeli@aberdeenmarinaclub.com or
WhatsApp 6390 0716.

預訂或查詢請致電深灣店電話2814 5302，
電郵至marinadeli@aberdeenmarinaclub.com或
WhatsApp 6390 0716。



PORTSIDE

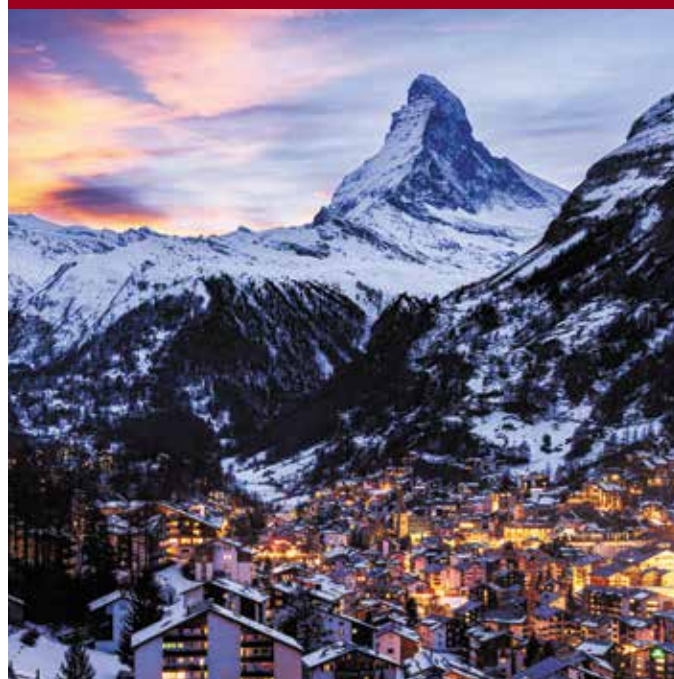
AN EVENING IN THE ALPS

阿爾卑斯山之夜

Friday, November 8

6-10pm

Adult \$598 Child \$298



Join us for a most enjoyable Alpine evening at Portside, with mulled wine, cheese fondue, cold cuts, rosti and raclette. We have specially selected wines from several Alpine regions for the most authentic and enjoyable wine and food pairings.

歡迎前來Portside的阿爾卑斯山之夜，
享用傳統瑞士菜式，更可配搭我們為您精選的
阿爾卑斯山鄰近地區出產的美酒。

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

THANKSGIVING DINNER BUFFET

感恩節自助晚餐

Thursday, November 28

5.30-9.30pm

Adult \$598 Child \$298

HIGHLIGHTS

- Whole Maple Brined Turkey
- Brown Sugar Glazed Ham
- Mustard Crusted USDA Beef Rib
- S'mores Live Station

MARINA
GRILL

THANKSGIVING DINNER SET

感恩節晚餐

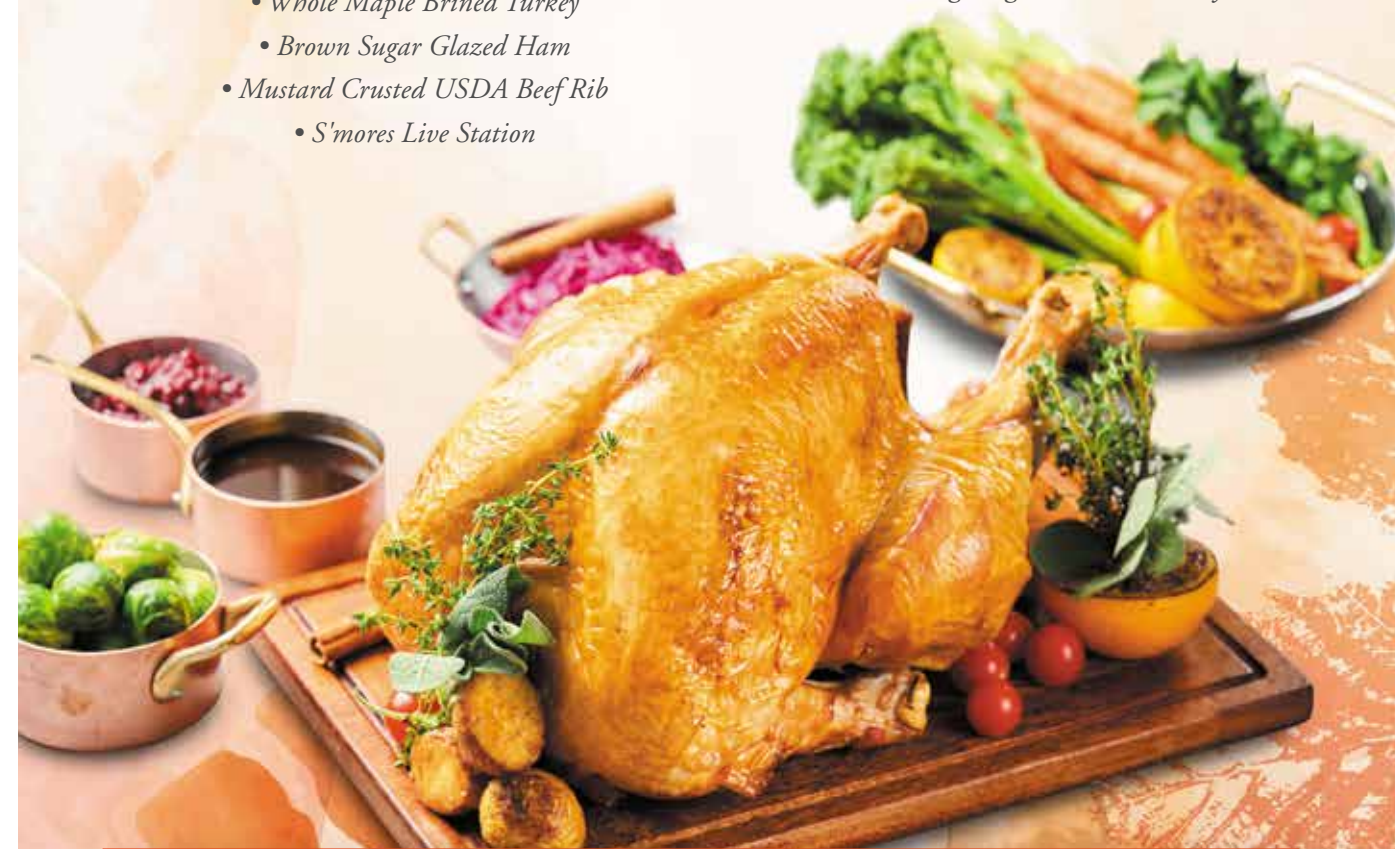
Thursday, November 28

6-10.30pm

Adult \$988 Child \$398

HIGHLIGHTS

- Deluxe Salad Bar
- Live Oyster Bar
- Maple Brined Roast Turkey
- Smoked Prime Rib
- Thanksgiving Pie Dessert Trolley



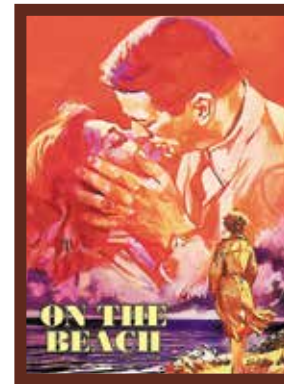
For reservations, please call the Central Reservations Centre on 2814 1222 or
email reservations@aberdeenmarinaclub.com.

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

In this issue we're heading Down Under with
five films to take us . . .

ON LOCATION: AUSTRALIA

看電影遊歷澳洲



On the Beach 和平萬歲 (1959)

Director: Stanley Kramer

Starring: Gregory Peck, Ava Gardner



Based on the novel of the same name by Nevil Shute (*A Town Like Alice*), Stanley Kramer's *On the Beach* was the first big-budget Hollywood film to be made in Australia. It was also the first to seriously consider a global nuclear apocalypse, with Australia as one of the last safe zones remaining on Earth as radiation gradually drifts southwards. As well as Melbourne streets unusually filled with horseback riders and cyclists, the film's primary shooting locations included the southern Melbourne suburbs of Frankston and nearby Canadian Bay Beach in Mount Eliza, and Berwick, which today recalls the film with names like Kramer Drive and Shute Avenue. The Phillip Island Grand Prix Circuit on Phillip Island, further to the south, was used for a surprisingly accident-filled car race, which featured dancing star Fred Astaire as a racing driver, in his first non-musical, dramatic acting role.

Where to find: AppleTV

導演：史丹利克萊瑪

演員：格力哥利柏·亞娃嘉娜

史丹利克萊瑪的《和平萬歲》改編自《A Town Like Alice》作者內佛舒特的同名小說，是澳洲第一部大製作的荷里活電影。此電影亦是第一部講述有關全球核災的作品，隨著輻射逐漸向南漂移，澳洲成為地球上僅存的安全區之一。這部電影的主要拍攝地點，包括繁忙的墨爾本街道，墨爾本南部近郊的弗蘭克斯頓和附近伊麗莎山的加拿大灣海灘，以及伯威克。今天這部電影令人回想起克萊瑪大道和舒特大道等名字。菲利普島賽車場位於菲利普島的南部，在此曾拍攝過一場充滿故事性的賽車場面，其中舞蹈家佛烈雅士提飾演一名賽車手，這是他第一次出演非音樂劇的角色。

觀看影片：AppleTV



Walkabout

小姊弟荒原歷險 (1971)

Director: Nicolas Roeg
Starring: Jenny Agutter, David Gulpilil



Beginning with a montage of Sydney and the daily lives of two children living in luxury overlooking Sydney Harbour from Darling Point, *Walkabout* soon has its young characters lost and alone in the Australian outback. Where exactly they might be is not entirely clear as filming locations ranged from the Flinders Ranges in the state of South Australia to Arnhem Land in the far north of the Northern Territory, by way of Alice Springs in the country's Red Centre. Finding and leading the unnamed girl (Jenny Agutter) and her brother (Luc Roeg, son of director Nicolas Roeg) is a young Aboriginal Australian (David Gulpilil), and this clash – and embrace – of cultures underpins this beautifully filmed and haunting masterpiece. *Walkabout* was re-released last year by the Criterion Collection (criterion.com) in a new Blu-ray and 4K Ultra HD special edition.

Where to find: Blu-ray and 4K UHD

導演：尼古拉斯羅格
演員：珍妮艾格特·大衛古普里爾

《小姊弟荒原歷險》開首以蒙太奇手法來呈現悉尼和片中兩個孩子奢華的生活，他們生活於悉尼港的達令港。不久，兩個孩子獨自迷失在澳洲內陸，他們完全不清楚自己身在何處。拍攝地點從南澳洲的費蓮達山脈到北領地最北部的阿納姆地，途經當地紅土中心的愛麗絲泉。一位年輕的澳洲原住民（大衛古普利飾）發現並帶領珍妮艾格特飾演的無名女孩和她的弟弟（由導演尼古拉斯羅格的兒子盧克羅格飾演），三人的相遇交織着文化的衝突和融合。電影拍攝手法細緻，是一部令人難忘的佳作。《小姊弟荒原歷險》去年由 Criterion Collection (criterion.com) 以新的藍光和4K超高清特別版重新發行。

觀看影片：藍光碟及4K高畫版影碟



Mad Max

霹靂神探怒掃飛車黨 (1979)

Director: George Miller
Starring: Mel Gibson, Joanne Samuel



One of the Australia's most important and influential films, *Mad Max* launched a movie franchise that was still going strong in 2024 with the release last May of *Furiosa: A Mad Max Saga*. This, the first of five *Mad Max* films directed by Australian filmmaker George Miller, was shot on location around the state of Victoria, notably the former gold-mining town of Clunes and Seaford Beach, which is just a northerly stone's throw from *On the Beach's* Frankston. There are, in fact, several faint echoes of *On the Beach* in *Mad Max*, from its doomsday setting to its destructive car races, and it seems quite possible that the 1959 film was a starting point for Miller's long journey into the future. An exhaustive guide to the filming locations of *Mad Max* can be found at madmaxmovies.com/making/madmax.

Where to find: AppleTV

導演：佐治米勒
演員：米路吉遜·喬安妮塞繆爾

作為澳洲最重要及最具影響力的電影之一，《霹靂神探怒掃飛車黨》推出了一系列的影片，隨著去年5月上映的《芙莉歐莎：末日先鋒傳說》，該系列電影在2024年仍然表現強勁。本片為澳洲電影製片人佐治米勒執導的五部《霹靂神探》的電影系列中的第一部，在維多利亞州週邊拍攝，尤其是前金礦小鎮克呂內斯和西福德海灘，距離《和平萬歲》的弗蘭克斯頓僅一箭之遙。從末日背景到破壞性的賽車場面，《霹靂神探怒掃飛車黨》與《和平萬歲》有着微細的呼應，這部1959年的電影很可能是米勒通往未來漫長旅程的起點。有關《霹靂神探》拍攝地點的詳細指南，請瀏覽 madmaxmovies.com/making/madmax。

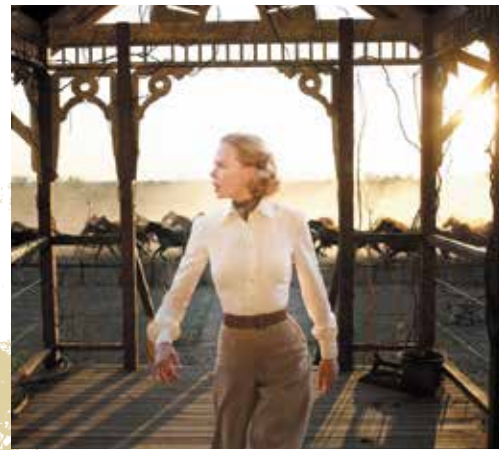
觀看影片：Apple TV



Australia

澳大利亞 (2008)

Director: Baz Luhrmann
Starring: Nicole Kidman, Hugh Jackman



Director Baz Luhrmann (*Moulin Rouge!*, *The Great Gatsby*) filmed this epic love letter to his native Australia mostly in the north of the country, but shooting took place as far afield as the states of Western Australia, Queensland and New South Wales, as well as the Northern Territory. Set in the late 1930s and early 1940s, this sprawling tale of romance in the Outback between Nicole Kidman and Hugh Jackman was, at approaching three hours in length, seen by some as rather too long, but the country's striking scenery was widely admired. Just last year *Australia* was re-packaged by Luhrmann, with an extra hour of unused footage, as a six-episode series called *Faraway Downs*. This is the name of Kidman's home in the original film, which we see being watched over from the red rocks above by the enigmatic David Gulpilil, the children's friend and guide in *Walkabout*.

Where to find: Disney+

導演：巴茲魯曼
演員：妮歌潔曼、曉治積曼

導演巴茲魯曼（《情陷紅磨坊》、《大亨小傳》的導演）在他的祖國澳洲拍攝了這部史詩式愛情電影，拍攝地點大部份於澳洲北部，但取景卻遠至西澳洲、昆士蘭、新南威爾斯及北領地。這部電影以1930年尾至40年初為背景，圍繞着妮歌潔曼和曉治積曼在內陸地區發生的浪漫愛情故事。電影片長近三小時，有些人認為過於冗長，但風景卻令人驚嘆及廣受讚譽。就在去年，魯曼將《澳大利亞》重新包裝成一套六集的連續劇，名為《Faraway Downs》，其中增加了一小時從未播出的場面。這套連續劇的名字與原著電影中妮歌潔曼的家的名字相同，亦曾出現在《小姊弟荒原歷險》中，被神秘的大衛古爾皮利在紅色岩石上面監視着。

觀看影片：Disney+



The Dressmaker

華麗轉身 (2015)

Director: Jocelyn Moorhouse
Starring: Kate Winslet, Judy Davis



Kate Winslet plays a dressmaker returning from a successful career in Paris to the fictitious Outback town of Dungatar, where 25 years earlier she may or may not have killed one of her schoolmates. The memories are vague, but while taking care of her apparently senile mother, the picture becomes clearer as she dresses the delighted ladies of Dungatar in her own *haute couture* designs. Some outdoor filming took place in the town of Horsham in Victoria, but Dungatar itself was built from scratch closer to Melbourne at Mount Rothwell. The location was only about a kilometre from Kirk's Bridge Road, which featured extensively in *Mad Max*, most notably the final, spectacular showdown.

Where to find: Netflix and AppleTV

導演：祖絲蓮摩亞侯斯
演員：琦溫斯莉、茱迪戴維斯

琦溫斯莉飾演一名在巴黎事業非常成功的裁縫，回到了虛構的內陸小鎮Dungatar。在25年前，她或許在那裏殺死了她的同學。她的印象很模糊，在她照顧年邁的母親同時，她用自己設計的高級時裝為小鎮上的女士們打扮，過程中真相亦漸漸變得清晰。戶外場景是在維多利亞州的霍舍姆鎮進行拍攝，但Dungatar是在靠近墨爾本的羅斯韋爾山搭建的。該地點距離柯克橋路僅約一公里，這條路在《霹靂神探怒掃飛車黨》中多次出現，尤其是最後那場壯觀的對決。

觀看影片：Netflix及Apple TV

THE
ABERDEEN MARINA CLUB

Christmas CELEBRATIONS AT OUR FUNCTION ROOMS

This year we have prepared a superb selection of festive menus to celebrate the season in style with colleagues or business associates. Our Christmas lunch and dinner packages are tremendous value. We look forward to welcoming you and your associates to enjoy excellent food and impeccable service.

Christmas lunch and dinner packages for a minimum of 10 persons are available from \$600 and \$830 per person respectively.

本會準備了一系列精緻的聖誕美食，讓您和您的員工及業務夥伴盡情慶祝佳節。
聖誕午宴和晚宴套餐，每位\$600及\$830起（最少預訂10位）。



**BOOK
EARLY
TO SECURE
YOUR ROOM**

PACKAGE INCLUDES 優惠包括

- A festive welcome drink 聖誕特飲一杯
- Party favours 派對飾物
- One complimentary car parking space for every 10 guests 每十位賓客可享一部車輛免費停泊
- Christmas table centrepiece 提供桌上聖誕節裝飾
- Free corkage for two bottles of wine/champagne for every 10 guests 每十位賓客可獲兩瓶洋酒或香檳免開瓶費

For parties of more than 80 persons, additional benefits include a weekday buffet dinner voucher for four persons at The Deck for a lucky draw.

80位以上額外可享咖啡室四位自助晚餐餐券*，供抽獎用。（*適用於星期一至四，公眾假期除外）

For bookings or enquiries, please call the Events Sales Office on 2814 5442 or email events@aberdeenmarinaclub.com.

預訂或查詢，請致電宴會部電話2814 5442或電郵至events@aberdeenmarinaclub.com。

the
BALCONY



LOY KRATHONG DELIGHTS 水燈節美食

November 1 to December 17
十一月一日至十二月十七日

Loy Krathong is a festival celebrated by Thai people on the full moon night of the twelfth month of the Thai lunar calendar, which is always an occasion for joy, gratitude, and new beginnings.

Our kitchen team has prepared a special menu and we welcome you to celebrate with us.

水燈節是泰國人慶祝泰國農曆十二月月圓之夜的節日，是一個充滿歡樂和感恩的時刻，並象徵新的開始。我們的餐飲團隊準備了特式菜單，歡迎您與我們一起慶祝。

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。



DOUBLE- BOILED SOUP 滋補燉湯

Throughout November & December
十一月及十二月

**Weekends (including Friday evenings)
and public holidays**

週末(包括星期五晚上)及公眾假期
5.30-9pm

Adult: \$388 Child: \$118

One type of soup will be offered each week.
每週將輪流供應一款燉湯。



NOVEMBER

Double-boiled Chinese Yam,
Goji Berry, Dried Longan
and Chicken Soup
淮山杞子圓肉燉雞

Double-boiled
Himematsutake
Mushroom,
Cordyceps Flower and
Pork Soup
姬松茸蟲草花燉瘦肉

DECEMBER

Double-boiled Ficus
Hirta, Red Dates
and Pork Soup
五指毛桃紅棗燉瘦肉

Double-boiled Ginseng,
Dried Longan and
Chicken Soup
人蔘桂圓燉老雞

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

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電郵至reservations@aberdeenmarinaclub.com。



New York's

LITTLE ITALY

小意大利

THROUGHOUT NOVEMBER

Let us take you on an authentic culinary journey through New York's Little Italy with a feast of flavours straight out of Lower Manhattan!

讓我們帶你一起踏上紐約曼克頓下城的小意大利美食之旅。

POLPETTE AL SUGO

Pork and Beef Meatballs, Marinara Sauce, Parmesan Cheese

CHICKEN PARMIGIANA

Half Yellow Chicken, Marinara Sauce, Buffalo Mozzarella

PAN-FRIED LASAGNA

Crispy Lasagna, Marinara Sauce, Basil, Parmesan

NEW YORK STYLE PIZZA

American Pepperoni Pizza, Chilli Honey, Marinara Sauce



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

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PORTSIDE
SICHUAN
SPICY HOT POT

四川麻辣火鍋自助餐

November to February
十一月至二月

Discover the unique flavours of our Sichuan spicy hotpot buffet, with fragrant broth paired with fresh ingredients for a delightfully fiery feast!

體驗獨特的四川麻辣火鍋自助餐，鮮香麻辣湯底搭配新鮮食材，香味四溢，快來品嚐這份熱燙的美味吧！

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

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MARINA
GRILL

MEET THE PRODUCER OYSTER AND CHAMPAGNE LUNCH

Saturday, November 23

Midday-3pm

\$688 per person

We will be delighted to welcome David Hervé for an exclusive lunch.

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。



La Cave Your Sourcing Partner for Quality Wines

La Cave - 嚴選優質葡萄酒

by Kenneth Kwan, Sommelier

La Cave has always been devoted to providing Members with the most exciting wine selections. For us, there are three critical factors to being your ideal wine cellar.

First of all, we source only from trusted and reputable suppliers. It is our responsibility to serve quality wines in perfect condition. In order to ensure this, reliable sources with optimal storage conditions and traceability are key.

At La Cave, back vintage Bordeaux wines have been one of the bestsellers all the time. We are proud to serve many of these treasures in good condition. We also have limited En Primeur stock available, showcasing the charm of ex-Château products.

It is well known that counterfeit premium wines circulate in the open market. Our source guarantees authenticity. For example, we have limited allocation of the luxury Domaine du Comte Liger-Belair, Domaine Leflaive, Domaine Roulot, Champagne Jacques Selosse and Champagne Henri Giraud from the exclusive agents.

Secondly, we strive to provide a diverse wine selection for our discerning Members. In our humble opinion, a diverse wine list should not only offer popular and famous brands, but also niche items and wines from lesser-known regions. Recently, we have imported some "pét-nat" and natural wines that may pique your curiosity, such as Jacquère from Savoie, Melon de Bourgogne from Muscadet Sèvre-et-Maine, Syrah from Valais and more.

Our sommeliers attend wine-tasting events to discover the latest and on-trend rising stars. We are delighted to share with you some brands that you cannot buy from regular retailers, including the sought-after winemaker in Santenay – Jean-Marc Vincent, the first Chinese winemaker in Burgundy – Maison Fang, the small and artisanal grower Champagne – Pierre Gerbais.

We also explore other alcoholic beverages, including sake and spirits, which can offer unique food pairing experiences, including legendary Isojiman Sake and former Macallan whisky maker – Bladnoch Distillery.

Furthermore, we have a knowledgeable and passionate wine team for your consultation. With over 1,300 labels, our sommeliers are well educated and excited to share their news and views with you. We offer exclusive individual interactions, encouraging Members to explore the diversity of wine, including vintage variations, the concept of terroirs, the philosophy of viniculture, winemaking skills, history and culture.

La Cave is dedicated to providing you with an exceptional selection of wines to suit every occasion and palate, and we take pride in selecting wines that reflect the rich diversity of vineyards around the world.

We continually evaluate our offerings to ensure that you receive not only excellent quality but also excellent value.

We invite you to explore our latest selections soon.

La Cave 致力為會員提供既優質又多元化的葡萄酒選擇，以下三個因素使我們成為您最理想的酒窖。

首先，我們只從值得信賴且信譽良好的供應商採購。我們的責任是提供品質完美的葡萄酒。為了確保這一點，我們嚴選的供應商均具有良好存放條件和可追溯的可靠來源。

在La Cave，舊年份的波爾多葡萄酒一直是最暢銷的葡萄酒之一。我們很自豪能夠為您提供狀況良好的寶藏。我們也擁定期酒庫存，期望向您展示酒莊直送葡萄酒的魅力。偽造的高級葡萄酒在開放的市場上流通亦令人十分憂慮。我們的貨源確保產品的真確性，給您信心保證。例如，我們從獨家代理商分配了Domaine du Comte Liger-Belair、Domaine Leflaive、Domaine Roulot、Champagne Jacques Selosse和Champagne Henri Giraud等高級葡萄酒。

其次，我們努力為會員提供多樣化的葡萄酒選擇。多樣化的酒單不僅只提供流行和著名的品牌，還應該包括小眾產品和來自冷門地區的葡萄酒。我們近來進口了一些Pét-Nat和自然酒，例如來自薩瓦省的Jacquère葡萄品種、Muscadet Sèvre-et-Maine的Melon de Bourgogne及瓦萊的Syrah等，可以滿足您的好奇心。

我們的侍酒師不時參加品酒活動，以發現最新、最時尚的釀酒新星。我們很高興與您分享一些在一般零售商難以找到的品牌，包括在Santenay備受追捧的釀酒師Jean-Marc



Vincent、勃根地第一位中國釀酒師Maison Fang及小型手工香檳酒農Pierre Gerbais。

除了葡萄酒外，我們亦推廣其他酒類，包括清酒和烈酒，它們也能提供獨特的餐酒搭配體驗。請不要錯過享負盛名的磯自慢清酒和由前麥卡倫威士忌釀酒師營運的Bladnoch Distillery。

此外，我們還有一支專業和充滿熱情的葡萄酒團隊為您提供諮詢服務。儘管擁有超過1,300款酒，我們的侍酒師接受過專業的培訓，很樂意與您分享他們最新的資訊和個人的見解。我們希望為您提供專屬的服務，讓您探索葡萄酒的多樣性，包括年份變化、風土概念、葡萄栽培哲學、釀酒技巧、歷史和文化等。

La Cave 致力為您揀選卓越的葡萄酒，以滿足不同場合和口味的需求。對於能夠提供世界各地豐富多樣的葡萄酒選擇，我們感到很驕傲。

我們持續檢視所供應的產品，以確保您能以理想的價格獲得品質優異的美酒。請隨時聯絡La Cave團隊以了解更多詳情，我們期待您的光臨。

MARINA
GRILL

Henschke
Wine Dinner
葡萄酒晚宴



Thursday, November 7 11月7日(星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,880 per person 每位\$1,880
Guest Speaker 演講嘉賓:
Vitor Lima, 品牌代表 Vitor Lima
Brand Representative

For enquiries, please call Marina Grill on 2814 5460.
查詢請致電 Marina Grill 電話 2814 5460。

THE BACKROOM
AT LA CAVE

Bouchard Père &
Fils Iconic Cru
Wine Dinner
葡萄酒晚宴



Friday, November 22 11月22日(星期五)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$2,280 per person 每位\$2,280
Guest Speaker 演講嘉賓:
Rufus Beazley, Marketing 亞太區推廣經理
Manager, Artémis
Domaines Asia Pacific Rufus Beazley

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

THE BACKROOM
AT LA CAVE

Eisele Vineyard
Perfect 100-Point
Wine Dinner
葡萄酒晚宴



Friday, December 6 12月6日(星期五)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$2,580 per person 每位\$2,580
Guest Speaker 演講嘉賓:
Rufus Beazley, Marketing Manager, 亞太區推廣經理
Artémis Domaines Asia Pacific Rufus Beazley



Booking will open around one month prior to the event date.

For reservations, please see the Club's e-wire or call the Central Reservations Centre on 2814 1222.

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



A guardian of tradition and a pioneer of innovation.



SANLORENZO

ASIA PACIFIC

Simpson Marine
sanlorenzo@simpsonmarine.com
sanlorenzoasia.com

sanlorenzoyacht.com

SL
90/A

Sydney Tower

悉尼塔

- by Peter Walbrook



Unlike Sydney Harbour Bridge, which was designed in England, and the Danish-designed Sydney Opera House, Sydney Tower is a completely homegrown landmark. Designed by Australian architect Donald Crone in the late 1960s, the tower complex (including 15 floors of shops and offices at the base) was under construction through the 1970s, and the Tower itself was opened to the public in September 1981.

The total height of Sydney Tower is 309 metres, while the highest area accessible to the public is the outdoor Skywalk at 268 metres. Just below this is the Sydney Tower Eye observation deck at 250 metres, which provides views as far distant as the Blue Mountains, some 80 kilometres away. The city views are certainly spectacular – although the Harbour Bridge and Opera House are mostly obscured by the buildings between – and a visit to Sydney Tower Eye is recommended as a great way for first-time visitors to the city to get their bearings at the beginning of a trip.

The 420-window golden turret is held steadily aloft by 56 criss-crossing steel cables, each comprising 230 strands, and which would supposedly reach as far as Alice Springs, halfway across the country, if laid end to end. Also helping to stabilise the tower in high winds or during possible earthquakes is a 162,000-litre water tank that is suspended over the main turret to help deaden its lateral sway.

Occupying the turret below the observation deck are two revolving restaurants (one a la carte and one buffet) and a lounge bar on Levels 81, 82 and 83 respectively.

Connecting the turret to the Central Business District below are three double-decker, triangular elevators, which fit like three wedges of cheese into a semi-circular section of the circular main tower structure, and two staircases for use in emergencies and occasional charity stair climbs.

Tickets for the observation deck and the Skywalk can be booked online at sydneytowereye.com.au.



悉尼塔是澳洲本土的設計，與英國設計的悉尼海港大橋及丹麥設計的悉尼歌劇院有所不同。整座塔樓（包括底部15層的商店和辦公室）由澳洲建築師Donald Crone於60年代末設計，70年代開始動工興建，並於1981年9月向公眾開放。

悉尼塔總高度為309米，而公眾可到達最高的室外空中走廊，高度為268米。走廊下面便是250米的觀景台，可眺望遠處約80公里外的藍山。壯麗的城市景觀一覽無遺，儘管海港大橋和歌劇院或被建築物遮擋，悉尼塔的觀景台仍然很值得參觀，對於第一次來到這城市的遊客來說，這是一個很好的景點。

塔樓的420個金色窗戶是由56根縱橫交錯的鋼纜穩固地築成，每根鋼纜由230根鋼絲組成，如首尾相連的話，據說可以伸延至城市另一邊的愛麗斯泉。在塔頂的162,000公升水箱有助穩定塔樓，以減弱在強風或地震時的搖晃。

觀景台下的樓層設有兩間旋轉餐廳，可提供單點菜單或自助餐，還有一間酒吧，分別位於81樓、82樓和83樓。

連接塔樓和地面的商業中心區的是三部雙層的三角形電梯，配合圓形主塔結構的半圓形部分，另有兩條樓梯供緊急情況和舉辦慈善爬樓梯活動時使用。

觀景台和空中走廊的門票可到sydneytowereye.com.au網上預訂。

SPARITUAL Sustainable. Vegan. Self-care.

可持續性的純素美甲體驗

Inspired by clean beauty, spa culture and the art of self-care, SPARITUAL is a sustainable, vegan beauty brand based on the rituals of self-care that believe slowing down to return home to yourself is the path to enlightenment.

Committed to creating clean, non-toxic products, our roots are firmly planted in the ancient and present healing traditions of the spa, the true source of self-care. The hand and nail products and programmes are designed to intentionally connect you to awaken relaxation, deliver nourishment and set in motion the return to a state of wholeness.

受簡潔美容、水療文化和寵愛自己的藝術所啟發，SPARITUAL是一個可持續的純素美容品牌，相信放慢腳步，回歸自我便能夠得到啟示。

致力於創造潔淨及無害的產品，品牌結合古老和現代的水療傳統，是自我護理產品的根源。品牌的手部和美甲產品旨在喚醒及放鬆心靈，補充營養，令您回歸原本的美態。



Keratin Nail Removal Care

Keratin美甲護理

At the nail bar we are offering Keratin post care treatment, as part of your removal of shellac service. The service begins with shellac removal, cutting, shaping and polishing the nails, follow by Keratin nail treatment, which protects and nourishes your nails leaving them shiny and new.

美甲吧的卸除彩甲凝膠服務提供角蛋白美甲護理。服務包括卸除凝膠、修剪及拋光等，然後使用角蛋白護理指甲，營造出閃亮效果的同時亦保護和滋養指甲。



Nail Polishes for the Special Season!

節日美甲

The Cutting edge team has prepared a new collection of nail polishes for Members this Christmas to look tip-top and fabulous! If you are looking for some Christmas gift ideas, we also have a new selection of their bestselling products.

今年聖誕，美髮及美容中心團隊為會員準備了一系列新的指甲油，讓您的指尖漂亮動人！如果您正在物色聖誕禮物，我們還可為您介紹一些最新的熱賣美甲精品。

CUTTING
Edge

We are open daily from 9am to 7pm.
For bookings and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email cuttingedge@aberdeenmarinaclub.com.

美髮及美容中心營業時間為每天上午9時至晚上7時。

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



Contour and Glow this Christmas from The Cutting Edge 容光煥發的聖誕節

Give your face a firm and flawless touch with the High-Intensity Focused Ultrasound (HIFU) treatment, targeting wrinkles and skin laxity in seven different facial areas.

This treatment has emerged in response to the increasing demand for non-invasive procedures for skin lifting and tightening.

The treatment involves a safe, effective, and non-invasive procedure that can be used to improve facial wrinkles and skin laxity. It is particularly effective for clinical improvement in the jawline, cheek, and perioral areas.

Common areas that HIFU can target.

- Forehead (heavy lines, eyebrow lifting)
- Eyes (under eye, crow's feet)
- Cheek area (nasolabial folds, depressions)
- Chin (double chin, jowls)
- Jaw line (v-line forming)
- Neck and chest (wrinkles, loose skin)
- Localised fat and slimming assistance (focused energy waves can destroy localised fat cells)

The treatment can be even more effective when combined with our add-on masks such as LPG Post-care Mask to rehydrate the skin and achieve optimal results in the shortest possible time.

透過高強度聚焦超音波 (HIFU) 療程，針對七個不同臉部位置的皺紋和皮膚鬆弛問題，為您的臉部帶來緊緻無瑕的感覺。

切合現今市場需求，療程以非侵入性的方法提升肌膚緊緻度。

非侵入性的療程既安全又有效，可改善臉部皺紋和皮膚鬆弛的問題，對改善下顎線條、臉頰和口部附近位置特別有效。

HIFU 有效針對的以下區域：

- 額頭（粗紋、眼眉不對稱）
- 眼睛（眼底、魚尾紋）
- 臉頰位置（法令紋、臉頰凹陷）
- 下巴（雙下巴、下巴垂肉）
- 下顎線（V線塑顏）
- 頸部和胸部（皺紋、皮膚鬆弛）
- 局部減脂瘦身（聚焦能量波可局部破壞脂肪細胞）

過程中可附加面膜，以最短時間讓皮膚補充水分，達到最佳效果。

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Glow up for the Holidays

節日造型



This Christmas, treat yourself to a rejuvenating facial and enjoy 25% off any KERASTASE hair treatment when you book on the same day!

Indulge in some well-deserved self-care and step into the festivities looking and feeling your best. Don't miss out — schedule your appointment from today until December 15!

Merry Christmas from all of us at Cutting Edge!

現凡惠顧面部護理療程，即可以七五折於療程當天一同享受KERASTASE美髮護理。

這個聖誕佳節，好好享受我們為您準備的美容療程，以最佳狀態迎接節日的來臨。優惠期至12月15日，切勿錯過!

美髮及美容中心團隊祝您聖誕快樂。

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HEALTH CLUB & PRO-SHOP

Castelbel 2024 Christmas Gift Ideas and Pop-up Sale

Castelbel 2024
聖誕禮品推廣

It's never too early to think about Christmas!
Walk-ins welcome!

**Saturday, December 7,
10am – 5pm at the 5/F Health Club.**

為您的摯愛準備聖誕禮物，歡迎親臨選購。

12月7日(星期六)
上午10時至下午5時在五樓健康中心舉行。



Enquiries 查詢: 2814 5417 (Pro-Shop)

Fitness Centre Challenge 2024

健身挑戰活動2024

As the year draws to a close, the challenge will wrap up with the following two monthly challenges.

To recap, the 2024 Challenge asked Members to complete different cardiovascular exercise tasks every month of the year. It's time to recognise those Members who have been hard at it in the Fitness Centre throughout the year.

Gold Members (8 Challenges or more): Mr Richard Fu

Silver Members (6-7 Challenges): Mr Conor O'Mara

Bronze Members (4-5 Challenges): Mr Christopher Liu, Mr Kee Chi Hing and Mr Wong Kong Yen

With Functional Training now a popular form of exercise, we will lay down a different challenge for 2025. Core strength is important for us all (especially as we get older) and as these exercises are often overlooked, the 2025 Challenge will be a way to motivate us all. Look out for details in the January/February issue of Portwatch.

接近年尾，健身挑戰將在兩個月後結束。回顧2024年挑戰，我們邀請會員在每個月完成不同的心血管強化運動挑戰。現在是時候表彰那些全年在健身中心努力不懈的會員了。

隨著功能性訓練成為一種流行的運動模式，我們將在來年設定不同的挑戰。核心力量對我們所有人來說都非常重要（尤其是隨著年齡增長），而這些運動往往被忽視，因此2025年的挑戰將增加大家鍛鍊的推動力。詳細資訊將於本刊一月/二期公佈。

Members' Golf Day Xili Golf Outing

會員高爾夫球日 — 西麗高球遊

A chance for Members to play on the delightful and challenging Xili Course.

Monday, November 11

- Shuttle bus schedule:
6.30am from Island Shangri-La Hotel to Xili Golf Club
2pm from Xili Golf Club to Island Shangri-La Hotel
- Tee-off: 9am
- RMB1,968 per golfer
- Price includes 18 holes green fee, twin-sharing buggy and caddy.
- Lunch on Member's own account.
- Payment to be settled by credit card only, price subject to 5% service charge.

Space limited. Exclusive privilege for Members only!

Bookings and enquiries
2814 1222 (Central Reservations Centre)

11月11日(星期一)

一同到西麗球會享用風景秀麗而不乏挑戰性的球道。

- 穿梭巴士時間
早上6時30分由港島香格里拉大酒店前往西麗高爾夫俱樂部
下午2時由西麗高爾夫俱樂部返回港島香格里拉大酒店
- 開球：上午9時
- 費用：每位人民幣1,968
- 包括18個洞、兩人共用高爾夫球車和球僮。
- 午餐由會員自理。
- 只接受信用卡付款，需另加5%服務費。

名額有限，只限會員參加。

報名及查詢：
2814 1222 (預訂服務中心)



NOV 十一月
Stepper/Stepmill 300 Floors

DEC 十二月
Pool 100 Lengths





Chef's Favourites Crab Cakes with Tartare Sauce

蟹餅伴他他醬

Since joining the Club in 2021, Marina Grill Chef de Partie James Wong has prepared and served up more than 5,000 crab cakes. In this issue, he shares his favourite recipe.

Is it possible to put too much crab in a crab cake? Absolutely not. A good crab cake should have ample amounts of crab. As the name suggests, it's the central component! It is important, however, to have good balance of crab, breadcrumbs and seasoning to ensure that the taste and texture are just right to bring out the flavour of the crab.

自2021年加入本會，Marina Grill的高級廚師James已為會員製作超過五千件蟹餅。今期，他將與您分享他最喜愛的食譜。

製作蟹餅不能加入大量蟹肉嗎？當然不是。一件好的蟹餅應該用上充足份量的蟹肉。顧名思義，蟹肉是這道菜式的主要材料，但更重要的是要在蟹肉、麵包屑和調味之間取得良好的平衡，以確保味道和口感恰到好處，繼而帶出蟹肉的鮮味。

Crab Cakes

Ingredients (for 10 pieces)

- 700g cooked crabmeat, checked for any shell
- 200g mayonnaise
- 80g panko breadcrumbs
- 2 eggs, beaten
- 4 tablespoons Dijon mustard
- 4 teaspoons Worcestershire sauce
- 2 teaspoons Tabasco
- 3 teaspoons Old Bay seasoning
- Zest of two lemons
- 20g chopped herbs (chives, tarragon, chervil, parsley)
- Maldon salt and freshly ground black pepper



Chef James

Method

1. Mix the beaten eggs and mayonnaise together.
2. Combine the remaining ingredients and mix gently, until just combined.
3. Check for seasoning by cooking a small amount of the mix in a hot pan.
4. Portion 90g for each crab cake into ball shape, don't over work or pack too tightly, leave in fridge for at least 2 hours.
5. Dust in flour in a little seasoned flour, cook in a nonstick pan on medium to high heat with a little neutral oil, flatten lightly.
6. Finish with fresh butter and lemon juice, cook until evenly golden brown and above 71°C in the centre.
7. Serve on a plate with a spoon of the tartare sauce, wedge of lemon and a freshly dressed salad garnish.

Tartare Sauce

Ingredients

- 150g mayonnaise
- 10g cornichons, finely chopped
- 10g capers, finely chopped
- 10g shallots, finely chopped
- 10g parsley, finely chopped
- 10g tarragon, finely chopped
- 3g Tabasco
- 10g horseradish
- Zest and juice of one lemon
- Salt and pepper to taste

Method

1. Mix all ingredients together.
2. Store in airtight container in fridge for up to 3 days.



蟹餅

材料 (十件)

- 熟蟹肉，除殼拆肉 700克
- 蛋黃醬 200克
- panko麵包屑 80克
- 雞蛋，打勻 2隻
- 第戎芥末 4湯匙
- 噶汁 4茶匙
- 辣椒仔辣汁 2茶匙
- OLD BAY海鮮調味料 3茶匙
- 檸檬皮 兩個
- 切碎的香草（香蔥、龍蒿、山蘿蔔、蕃茜）20克
- 馬爾頓海鹽及黑胡椒磨碎

製作方法

1. 把打勻的雞蛋和蛋黃醬混合在一起。
2. 將其餘材料輕輕混合，直到完全混和在一起。
3. 把少許混合好的材料放置熱鍋中烹調，檢查調味是否恰當。
4. 把每個蟹餅分成90克的球狀，不要過度搓壓得太緊，放入雪櫃冷藏至少2小時。
5. 撒上少許調味過的麵粉在蟹肉上面，放入不黏煎鍋中，加入少許油，以中至大火煎並輕輕壓平。
6. 加入牛油和檸檬汁，把蟹餅煎至均勻呈金黃色，並確保中心溫度高於71度以上。
7. 上碟後，配以少許他他醬、一片檸檬和新鮮沙律作裝飾。

他他汁

材料

- 蛋黃醬 150克
- 酸黃瓜，切碎 10克
- 水瓜榴，切碎 10克
- 乾蔥，切碎 10克
- 蕃茜，切碎 10克
- 龍蒿，切碎 10克
- 辣椒仔辣汁 3克
- 辣根醬 10克
- 檸檬皮及汁 一個
- 鹽及黑胡椒調味

製作方法

1. 把所有食材混合在一起。
2. 盛於密封容器中，放入雪櫃冷藏，最多可保存3天。

Hong Kong History

by Giles Leonard,
Director of Sports & Recreation

Previously we have looked at a variety of historical buildings in and around Aberdeen, and for the last article in the series we will look at what is easily the oldest piece of history in the area – the ancient rock carving at Wong Chuk Hang.

There are a total of eight Bronze Age rock carvings dotted around Hong Kong, located at Lantau, Cheung Chau, Po Toi, Big Wave Bay, Tung Lung Chau, Shek Pik, Kau Sai Chau, Lung Ha Wan and in Wong Chuk Hang. They are all located near the coast and the carving in Wong Chuk Hang is the only one not directly overlooking the sea, although it does overlook a small stream, which 3,000 years ago would have more obviously led directly to the sea. Three main groups of carved patterns can be seen, which consist of spiral designs suggesting stylised animal eyes, although some historians say they were carved as a means to pacify the bad weather.

The carving at Wong Chuk Hang is an easy stroll from the Club – just walk past the Aberdeen Sports Grounds and cross the main road by the footbridge. It is then signposted and located a short way up Nam Fung Road, accessible on the left via some steps. All the rock carvings are an important part of Hong Kong's history, so well worth a visit.



The ancient rock carvings



香港
歷史

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

早前我們介紹過香港仔及其周邊的多座歷史建築，在這系列的最後一篇文章中，我們將集中於該地區最古老的歷史遺跡——黃竹坑的古老石刻。

香港共有八處青銅時代的石刻，分別位於大嶼山、長洲、蒲台島、大浪灣、東龍洲、石壁、滯西洲、龍蝦灣及黃竹坑。這些石刻都位於海岸附近，而黃竹坑的雕刻是唯一一塊不直接俯瞰大海的，而是俯瞰著一條小溪，這條小溪在三千年前更明顯地通向大海。該石刻上可以看到三組主要的圖案，包括螺旋形圖案，暗示著風格化的動物眼睛，不過一些歷史學家認為這些石刻是為了平息惡劣天氣而刻製的。

黃竹坑的雕刻距離本會很近——只需步行經過香港仔運動場，然後通過行人天橋過馬路。接著會看到指示牌，沿南風道走不遠，在左邊可以通過一段梯樓到達。所有的石刻都是組成香港歷史的重要部分，非常值得一遊。

如欲了解更多香港歷史的資訊，請聯本會康體部總監李基爾。



Berlin Marathon 2024

2024柏林馬拉松

In our previous issue, Sports & Recreation Director Giles Leonard wrote about his training for the Berlin Marathon at the end of September. We are pleased to say that Giles was one of over 54,000 runners to complete the marathon, in a time of just over four hours. He enjoyed the whole experience and would recommend any keen marathon runners to do this race. For tips and advice on marathon running, please look out for Giles around the Club.

在上一期提及，康體部總監李基爾為參加9月底的柏林馬拉松而努力訓練。超過5萬4千名選手參加這項馬拉松賽事，我們很高興地分享Giles僅以4小時完成了比賽。Giles表示十分享受整個比賽過程，並推薦所有熱愛馬拉松的跑手參加這項賽事。如果您需要任何有關馬拉松的提示或建議，可隨時向Giles請教！



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

Saturday, November 9

The first of these hikes will start at Wong Nai Chung Gap and take us along Black's Link to Wan Chai Gap. We will then walk back to the Club through Aberdeen Country Park.

Saturday, December 14

The second outing will be the Battle Trail Hike, which looks at the battle relics in and around Wong Nai Chung Gap left over from the Battle of Hong Kong in 1941. The battle took place in December, so this is the ideal time to learn more about the battle and where the fighting took place.

Both hikes will take around two hours and are suitable for the whole family, although better suited for children aged eight years and older. Members should meet at the Club at 9.15am for 9.30am departure. Please bring your own water bottle, suitable shoes and clothing, a hat and mosquito repellent.

Enquiries: 2814 1222 (Central Reservations Centre)

我們已經有一段時間沒有舉辦家庭登山樂了，現在冬天的天氣更適合活動，我們誠邀會員在接下來的星期六與我們一起參加香港島的遠足活動。

- 11月9日 星期六。從黃泥涌峽開始，沿著布力徑走到灣仔峽，然後經香港仔郊野公園返回本會。
- 12月14日 星期六。這次遠足是戰爭遺跡徑，探索1941年香港戰役期間在黃泥涌峽及周邊留下的戰爭遺跡。這場戰爭發生在12月，因此這是了解戰爭及其發生地點的理想時機。

遠足活動時間約為兩小時，適合全家人參與，尤其適合八歲及以上的兒童。會員於上午9時15分在本會集合，並於上午9時30分出發。請自備、帽、防曬用品及驅蚊劑，及穿著舒適的鞋履和衣服。

查詢：2814 1222 (預訂服務中心)

Pickleball

A fun, social and friendly competitive game

By Pickleball Head Coach, Asif Ismail

匹克球 — 既具挑戰性亦可建立友誼

Pickleball is a fast-growing sport that combines elements of tennis, badminton, and ping-pong. It was invented in 1965 on Bainbridge Island, Washington by Joel Pritchard, Bill Bell, and Barney McCallum. The sport is played on a badminton-sized court with a perforated plastic ball and solid paddles.

Pickleball is played both indoors and outdoors and has surged in popularity in recent years. This is due to its relatively simple rules, a faster learning curve, and the social nature of the sport. Pickleball can be played at various skill levels, from beginner to professional.

Pickleball strategy involves a combination of shot placement, ball control, and awareness of court positioning. While it may seem simple, pickleball requires a degree of skill and strategy to play at a high level.

Overall, pickleball is an increasingly popular sport that offers an enjoyable and social form of exercise for players of all ages and skill levels. Its combination of simplicity and competitiveness has helped fuel its rapid growth in recent years.

Pickleball Equipment and Court

- The pickleball court is 20 feet wide and 44 feet long, the same size as a badminton court.
- The net stands 36 inches high at the sidelines and 34 inches high in the middle.
- Players use solid paddle bats, typically made of composite materials like graphite or wood.
- The ball is made of plastic and has holes, similar to wiffle ball, allowing for slower and more controlled gameplay.

Gameplay and Rules

- Games are typically played to 11 points, and the winning team must win by at least two points.
- The serve must be made underhand, with the paddle below the server's waist.
- Players can only volley the ball (hit it before it bounces) in the non-volley zone (the area within seven feet of the net).
- After the serve, players must let the ball bounce once on each side before volleys are allowed.
- Double bounces, faults, or hitting the ball out of bounds result in a point for the opposing team.

Pickleball Strategy

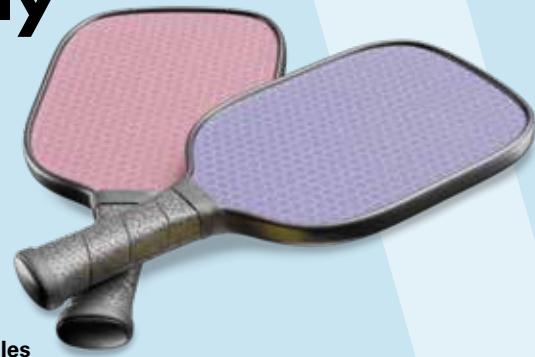
- Dinking (hitting soft, controlled shots) is a common tactic to keep the ball in play and set up smash shots.
- Positioning and court awareness are crucial, as players need to be ready to pounce on short balls near the net.
- Effective serves and returns are important to gain early advantages in a point.
- Patience and shot selection are key, as rallies can be lengthy with the slower ball.

Our 8/F Pickleball court is the perfect location to play with family and friends, and you may also meet other social Members on court every Monday from 7pm to 8pm (reservations required).

If you are a new beginner and seeking professional guidance, we offer Private, Semi-Private and Private/Family Group lessons at the Club.

Pickleball Clinic by Head Professional Asif is also a great way to get started.

- Wednesdays from 11.15am to 12.15pm for Beginners
 - Fridays from 11.15am to 12.15pm for Intermediate
- Enquiries: 2814 1222 (Central Reservations Centre)



匹克球是一項發展迅速的運動，它融合了網球、羽毛球和乒乓球的元素。這項運動是由Joel Pritchard、Bill Bell和Barney McCallum於1965年在華盛頓州班布里奇島發明的。這項運動在如羽毛球場大小般的場地上進行，使用穿孔塑膠球和實心的球拍。

匹克球可以在室內和室外進行。由於規則相對簡單，球手可更快融入運動中，加上具有社交互動的性質，使匹克球在近年大受歡迎。匹克球運動不限水準之分，從初學者到專業人士都可以參加。

匹克球策略重點是落球的位置、控球和球場走位意識。雖然匹克球看起來很簡單，但仍需要一定的技巧和策略才能發揮高水準。

總括而言，匹克球是一項越來越受歡迎的運動，它為各年齡層和技術水平的參與者提供了一種有趣的社交運動。由於相對簡單和具競爭力，近年來發展迅速。

匹克球所需的用具和場地：

- 匹克球場地闊20英尺，長44英尺，與羽毛球場相約。
- 球網邊緣高36英寸，中間高34英寸。
- 球員使用實心球拍，通常由石墨或木材等複合材料製成。
- 球是由有孔的塑膠製成，類似威浮球，球速較慢及更易控制。

比賽規則：

- 比賽每局為11分，必須至少領先2分才能獲勝。
- 發球必須以低手進行，球拍位於發球者腰部以下。

- 球員只能在非截擊區（球網七英尺以內的區域）擊球（在球彈起之前擊球）。
- 發球後，球手必須讓球在雙方區域彈起一次，然後才可以截擊。
- 如球彈起兩次、失誤或將球擊出界外都會導致對手得分。

匹克球攻略：

- 輕柔地控制擊球，通常是準備扣球的技巧。
- 走位和球賽意識是至勝關鍵，球手需要時刻準備好走向網前接短球。
- 有效的發球和接球對於取得早期優勢是非常重要的。
- 球速較慢時，對打時間可能會很長，所以耐心和擊球點是關鍵。

本會8樓的匹克球場是與家人和朋友一起玩樂的理想場地。另外，逢星期一晚上7至8時更可在球場上與其他會員球友見面(敬請預約。)

如初學者需要尋求專業指導，本會提供私人、半私人及私人家庭團體課程。

匹克球班由專業導師Asif教授。

- 初學者，逢星期三
上午11時15分至下午12時15分
 - 中階者，逢星期五
上午11時15分至下午12時15分
- 查詢：2814 1222 (預訂服務中心)



Social Sports Programme

throughout November and December

十一及十二月份社交運動

This programme provides an opportunity for sports-minded Members to meet, socialise and enjoy your favourite sports! Please remember that Members will be expected to share courts and lanes during these sessions.

這項活動為熱愛運動的會員提供認識更多志同道合的朋友的機會，分享喜愛的嗜好。活動期間，會員需共享場地和球道。

Pickleball 匹克球

Pickleball Court
Every Monday, 7-8pm

A fast-growing and fun family sport for all ages! Reservations required.

匹克球場

逢星期一，晚上7至8時，敬請預約。

一項發展迅速且有趣的家庭運動，適合所有年齡的人士。

Mobility Class

靈活性鍛鍊

7/F Activities Studio
Every Tuesday, 7-8pm

Join our Personal Trainer Cass for a fitness session. Reservations required.

七樓活動室

逢星期二，晚上7至8時，敬請預約。

與健身教練Cass一起健身。



Cardio Tennis 帶氧網球

Tennis Court
Every Thursday, 7.15-8pm
Join our instructor for a tennis-themed fitness session. Reservations required.

網球場
逢星期四，晚上7時15分至8時，敬請預約。
以網球為主題的健身課程。

Tennis 網球

Tennis Court
Every Sunday, 10am-1pm.
Meet other players at the Rooftop Court for a casual game. Walk-in only.

網球場
逢星期日，上午10時至下午1時，無需預約。
在天台網球場與其他網球愛好者進行友誼賽。

STEM vs STEAM

The Education Revolution

STEM與STEAM教育革命

STEAM stands for Science, Technology, Engineering, the Arts and Mathematics as access points for guiding students' inquiry, dialogue and critical thinking. Obviously, we can see that the Arts make the difference.

- STEM focuses on the hard scientific skills to drive progress, while STEAM allows students to leverage both hard and soft skills to solve problems.
- By integrating concepts and practices of the Arts, STEAM uses tools such as data visualisation and fine art to deepen the understanding of STEM.
- The outside-the-box thinking is what leads STEAM professionals to create new products and to solve problems.
- STEAM careers are diverse and include architecture, sound engineering, graphic design, product design, urban planning and archaeology.

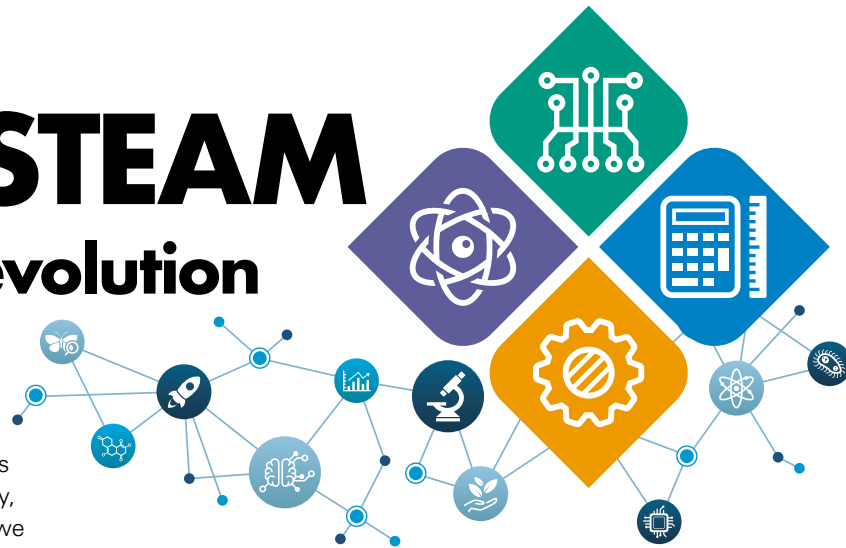
We believe that the learning environments are now transforming – comparatively more fluid, dynamic and relevant. Science skills are slowly being eroded from our primary schools, and many schools only offer science classes for just one hour a week.

We are pleased to introduce the STEAM activities for you to consider a start for your children.

STEM-infused Artistry combines art painting with a pinch of science. Young artists will unleash their inner selves and imagination and learn STEM knowledge through the process of painting. Students will take their unique art creations home after they are done with each piece and theme.

Saturday & Sunday, November 23 & 24

- For ages 3-5 (one adult to accompany) from 2-3.15pm
Member \$450 Guest \$530
- For ages 6 and above from 3.30-5pm
Member \$525 Guest \$605
(Aprons are recommended for participants)



STEAM以科學、技術、工程、藝術和數學作為切入點，引導學生探究、對話和批判性思維。我們可以明顯地看到藝術帶來的改變。

- STEM著重於推動科學技能，而STEAM則容許學員利用科學探究和工程實踐來解決問題。
- 透過整合藝術的概念和實踐，STEAM使用日常視覺和美術來加深學生對STEM的理解。
- 創新思維引導STEAM專業人士創造新產品和解決問題。
- 有關STEAM的行業很多元化，包括建築、音響工程、平面設計、產品設計、城市規劃和考古學等。

我們相信，學習環境正在改變，變得更加流暢、更有動力和具關連性。科學技能正慢慢地從我們的小學課程中流失，許多學校每週只有一小時的科學課。

我們很高興為您介紹各種活動以開啟您的孩子的STEAM學習旅程。

把STEM的科學元素融入藝術當中，年輕藝術家學習STEM知識，透過繪畫的過程發揮內在的想像力。完成主題作品後，學員可把他們獨特的藝術創作帶回家。

11月23日和24日(星期六及日)

- 3-5歲(需成人陪同)，下午2時至3時15分
會員\$450 來賓\$530
- 6歲及以上，下午3時30分至下午5時
會員\$525 來賓\$605
(建議參加者自備圍裙)

Learn more through the flyers at 5/F, 2M and Main Lobby or call us on 2814 1222.

查詢詳情請參閱5樓、2M及大堂的傳單或致電2814 1222以了解更多。

Functional Training

Sled Push Exercise

功能性訓練 — 推雪橇鍛練

The new Sled Push at the new Functional Training area of the Fitness Centre is a great new exercise. It involves hinging at the hips, bracing the core and back, and driving the legs forward to move the sled. Some may ask if sled pushes are better than squats. Well, sled pushes are roughly as effective as a barbell back squat for training the quadriceps, hamstrings and core with higher calf activity and lower activity in muscles near the spine. It also works the chest, arms, and

shoulder muscles. By adding this to your fitness routine you can add some extra motivation to your workout.

For more information on this challenge, please ask our Fitness Centre staff Nelson, or for extra motivation, sign up with one of our Personal Trainers.

健身中心新功能訓練區的新「推雪橇」機是個很好的鍛練，有助鍛鍊臀部，支撐核心和背部，並向前推動雙腿以移動雪橇。有些人會問推雪橇是否比深蹲好。推雪橇與槓鈴背深蹲大致一樣有效，以較高強度的小腿活動來訓練股四頭肌、大腿後肌



和核心肌群，相對脊椎附近的肌肉活動度較低，還可以鍛鍊胸部、手臂和肩部肌肉。嘗試添加這項鍛練在您的健身計劃中，可以為您增添一些額外的動力。

如欲查詢有關詳情，請聯絡健身中心職員Nelson，您亦可與我們的健身教練預約課堂以增加動力。

From Wellness to Fitness and Nutrition Workshop

by Personal Trainer, Cass Lam
身心健康及營養講座

Fast food, processed food and excuses to avoid working out have become normalised and inactive lifestyles can contribute to many chronic diseases. But keeping a healthy diet and exercising regularly is easier said than done.

The beginning is always challenging, but if you remain consistent and focused, you'll succeed in achieving your fitness goals. This workshop will guide you through the process of starting, adopting, and maintaining a balanced lifestyle to improve your overall health.

快餐、加工食品、借故逃避運動和懶惰生活模式導致許多慢性疾病的產生。要保持健康飲食和定期運動說起來容易，卻難達成。

開始時總是充滿挑戰，但如果能保持專注，將可達到健身的目標。這講座將指導您怎樣開始、實行和維持平衡生活方式，以改善整體健康。

Enquiries 查詢: 2814 1222 (Central Reservations Centre 預訂服務中心)

Saturday,
November 16
2pm, 7/F Multi-use Court

11月16日(星期六)
下午2時
7樓多用途室



Skate Asia Taipei 2024

by Brian Chimuk

2024台北亞洲滑冰邀請賽

The Aberdeen Marina Club was represented at Skate Asia Taipei by our young skater Kimmy Wang from August 3 to 11 in Taipei, Taiwan. This was not only Kimmy's first competition, but also her first international skating competition, and it's the biggest skating competition in Asia!

Kimmy took her first big step by not only entering this large event with 980 participants, but she also secured six medals and one trophy! That's quite an accomplishment and Kimmy represented the Club very well indeed. We would like to congratulate Kimmy for her hard work and wish her continued success in her skating.

If you would like to enrol in our figure-skating programme to learn how to skate or to compete at international competitions, please contact the Ice Rink Reception.

本會的年輕滑冰選手Kimmy Wang代表深灣遊艇俱樂部參加在8月3日至11日台北舉行的亞洲滑冰邀請賽。這不僅是Kimmy的第一次比賽，也是她第一次參加國際滑冰比賽，而且是亞洲最大的滑冰比賽！

Kimmy邁出了她的第一步，參加這次共有980名參賽者的大型賽事，並獲得了六個獎項和一座獎盃！這次Kimmy代表本會出賽獲得相當好的成績，我們在此祝賀Kimmy的努力獲得回報，並祝福她在滑冰方面繼續取得成功。

如欲參加本會的花式溜冰課程，學習滑冰或參加國際比賽，請聯絡溜冰場接待處。



Introducing Our New Skating Head Coach, Mina Wong

新任滑冰總教練Mina Wong

Mina has more than 16 years of Ice Skating Institute (ISI) coaching experience, and takes part in both local and international competitions. This year she competed in synchronised and individual events at the Winter World Master Games in Italy and at Skate Asia in Taiwan.

Mina believes that everyone can skate. She encourages learning through play to guide children to enjoy skating, and step-by-step guidance for enhancing figure skating skills for adults.

Mina 在滑冰協會擁有超過16年的教授經驗，並曾參加多項本地和國際比賽。今年，她參加了在意大利舉行的冬季世界大師賽和在台灣舉行的亞洲滑冰邀請賽的花式和個人項目。

Mina 相信每個人都可以滑冰。她鼓勵在遊戲中學習，引導兒童享受滑冰的樂趣，並逐步指導成人提升花樣滑冰技巧。

Ice Skating Events Ice Hockey Skill Competition

Sunday, November 24

3pm

Competition events include Fastest Skater, Puck Handling Challenge, Passing Challenge, Shooting Accuracy, 3-on-3 Knockout Tournament

Member \$288; Guest \$358 (Both skills event and 3-on-3 Knockout Tournament are included).

Entry deadline: Sunday, November 17 (No on-day reservation is allowed)

11月24日(星期日)下午3時

比賽項目包括速度滑冰、冰球技巧挑戰、傳球挑戰、投球準確度挑戰及3對3淘汰賽等。

會員\$288 來賓\$358 (包括技巧賽和3對3淘汰賽)

報名截止日期：11月17日(星期日)不接受即日報名



Sunday, December 8

From 3-6pm

Join us for wonderful winter games and activities both on and off the ice, including Snow Sledding, Build a Snowman, Hockey Bullseye Target, Snowball Knock Down, Winter Maze and more!

Member \$188 Guest \$288

12月8日(星期日)下午3時至6時

參加精彩的冬季遊戲和活動，包括雪橇、堆雪人、曲棍球射擊賽、擲雪球、冬季迷宮等！

會員\$188 來賓\$288

Enquiries 查詢: 2814 5374 (Ice Rink)



Bowling Events 保齡球活動

Bowling Grabber Day

Sundays, November 3 & December 8

We will bring the Grabber machine out and fill it with some great soft toys. Players get two goes for a strike and one for a spare.

Social Bowling

Every Wednesday from 6pm to 7pm

Walk-ins welcome!

For enquiries, please contact the Bowling Alley on 2814 5900 or the Health Club on 2814 5342.

保齡球場夾公仔機日

11月3日和12月8日(星期日)

夾公仔機將於保齡球場登場，玩家如擊出全中可獲兩次夾公仔的機會；補中則有一次機會。

社交保齡球

逢星期三，下午6至7時

無需預約

查詢請致電保齡球場電話2814 5900或健康中心電話2814 5342。



Stay Active!

Enjoy the Christmas Season!

聖誕節活動

Have Your Children's Christmas Party at The Club!

The holiday season is coming and we have a great variety of party venues for you to choose from, including Run,2,3!, the Adventure Zone, Kids on 8!, Foam Factory and the Bowling Alley. Book now!

讓孩子享受一個歡樂的聖誕派對

假期即將到來，本會提供各式各樣的派對場地供選擇，包括 Run,2,3!、動感樂園、Kids on 8!、Foam Factory 和保齡球場立即預約！

Christmas Colouring Competition December 1 to 24

Let your children show their creativity with their own Christmas colouring designs in our Christmas Colouring Competition at Run,2,3!. Simply submit the design to the reception of Run,2,3! from December 1 to 24 and we will announce the results on December 25.

聖誕節填色比賽 — 12月1日至24日

讓孩子參加Run,2,3!的聖誕節填色比賽，讓他們展示創作潛力。參賽者只需在12月1日至24日期間提交參賽作品到Run,2,3!的接待處即可！得獎結果將於12月25日公佈。

Fun Arts & Crafts for Christmas at Kids on 8! Saturday & Sunday, December 21 & 22

Tis the season to get crafty and get in the Christmas spirit with some great Arts & Crafts ideas!

Kids on 8! 聖誕節手工藝坊 — 12月21及22日(星期六及日)
發揮創意的機會來了，透過手工藝創作融入聖誕的節日氣氛！

Christmas Treasure Hunt Wednesday, December 25 From midday – 4pm

Dress up in your Christmas costume and jingle all the way to victory with our Christmas Treasure Hunt all over the Club! The clues help you along and the final clue leads you and your family to Run,2,3! or Kids on 8! for your gift!

聖誕節尋寶活動 — 12月25日(星期五)，中午至下午4時
穿上聖誕服飾唱著聖誕歌，在會所尋寶吧！線索將幫助大家在Run,2,3!或Kids on 8!尋找您的禮物！

Come and join Santa on Christmas Day for balloon twisting! From 2.30-3.30pm at Run,2,3! From 3.30-4.30pm at Kids on 8!

聖誕日扭氣球

Run,2,3! — 下午2時30分至3時30分

Kids on 8! — 下午3時30分至4時30分

Treasure Hunt for Toddlers at Run,2,3! Saturday, December 28 From 2-4pm

Hunt for treasure with your little ones this festive season! We welcome toddlers aged 5 and under to join this easy and fun treasure hunt at Run,2,3!.

Run,2,3! 幼兒尋寶活動

12月28日(星期六)，下午2時至4時

歡迎五歲及以下的兒童參加 Run,2,3!的有趣尋寶活動。

For enquiries, please call Adventure Zone at 2814 5360 or email to adventurezone@aberdeenmarinaclub.com.

查詢請致電動感樂園電話2814 5360或電郵至adventurezone@aberdeenmarinaclub.com。



Christmas and New Year Term Break

聖誕及新年學期休假

Please check the Christmas and New Year Break schedule and the re-start dates for all regular group activities. If you plan to take extra holidays, please remember to submit an Application for Lesson Withdrawal/Cancellation form to the Central Reservations Centre in advance.

Children's Classes – One calendar month's advance written notice is required, or payment in lieu.

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

由於很多會員在聖誕和新年假期期間出外度假，因此一些定期舉辦的團體活動將予以暫停。請查閱假期間的活動時間表以作安排。如欲申請學期休假和復課，請緊記提交申請表到預訂服務中心。

兒童課程 — 需預早一個月前提交課程缺席申請表，否則需繳付課堂費用。

成人課程 — 需預早14天前提交課程缺席申請表，否則需繳付課堂費用。

Christmas and New Year Workshops

聖誕及新年活動課程

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

正為子女安排聖誕及新年的活動嗎？本會準備了多項活動可供選擇。

- Ball Games 球類遊戲班
- Health & Fitness 健身班
- Ice Skating 溜冰班
- Martial Arts 武術班
- Self-Development 自我發展班

For booking & enquiries, please call Central Reservations Centre on 2814 1222 or email to reservations@aberdeenmarinaclub.com

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



Tennis Events

網球活動

Junior Club Championships

Saturday & Sunday, November 30 & December 1, from midday – 6pm.

New Players' Evening

Meet new players and get some playing tips from our Tennis Coaches

Friday, November 29 from 7-9pm.

Grand Slam Socials – Australian Open 2025

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

Tuesday, January 21 from 10am – 1pm.

少年會員錦標賽

11月30日及12月1日(星期六及日)，中午至下午6時。

新球員之夜

認識一些新球員，並向網球教練學習球技。
11月29日(星期五)晚上7時至9時

大滿貫社交活動 — 2025年澳洲網球公開賽

與您的聯隊球員進行社交網球賽事。
1月21日(星期二)早上10時至下午1時

Enquires 查詢: 2814 5318 (Tennis Centre)

Keep Swimming Through Winter

冬季游泳課程

We are happy to have had Harry Wright Swim School as our partner coaching school since 1984, providing top-tier swimming instruction. The legacy includes nurturing talents like Siobhan Haughey, a former Harry Wright swimmer and Hong Kong representative, who recently won two bronze medals at the Paris Olympics. The Bubble cover is now up so we can maintain the water at a cosy 30 degrees Celsius.

Comprehensive Programmes for All Ages

We offer a full range of programmes, from Infant Aquatic (starting at four months old) and Learn to Swim (three years and older) to Competitive and Adult programmes. These are designed to suit all ages and skill levels, ensuring a nurturing and progressive swimming education.

New Adult Swimming Programme

We're thrilled to launch our adult swimming lessons for intermediate and advanced levels. Classes will be held every Tuesday from 7.15pm to 8.15pm and are perfect for those looking to enhance their swimming skills in a supportive environment.

Enrol today by contacting the Central Reservations Centre on 2814 1222. We look forward to welcoming you to our exciting swimming programmes.



本會很高興自1984年以來就與Harry Wright游泳學校合作，提供優質的游泳課程。學校人才輩出，如在應屆巴黎奧運會上贏得兩面銅牌的何詩蓓，亦是前Harry Wright游泳隊隊員。現時泳池已蓋上帳幕，我們可以在保持攝氏30度的水溫中舒適地暢泳。

適合各年齡層的課程

本會提供全面的課程，由幼兒班（四個月幼兒）和兒童游泳班（三歲及以上）到競賽和成人課程。提供適合不同年齡層和水平的課程，教授游泳技巧，培養和增進游泳興趣。

全新成人游泳課程

我們亦推出全新中級和高級成人游泳課程。課程逢星期二晚上7時15分至8時15分進行，非常適合希望提升游泳技巧的學員。

報名請致電預訂服務中心2814 1222。



Seksan Subongkot

THE BALCONY
Sous Chef

泰國露臺餐廳
副廚



Introduced by Chef Pachuen, Seksan moved from his native Thailand to join the Club in 1999, when he was just 17 years old, and now it is just like his second home.

"The Club is an excellent workplace with a nice working environment, and I always feel happy here," he says. "I even referred my sister and my son to work at the Hair Salon and Health Club!"

Seksan says that work can be quite stressful at times, but positive comments from Members give him encouragement and motivation, and he takes pride in remembering Members' dining preferences and special dietary needs.

Seksan loves to check out new menus from different restaurants when he travels back to Thailand, as well as those closer to Hong Kong. "On my days off, I sometimes go to Shenzhen, Zhuhai or Macau to explore the local restaurants and see if there are any new ideas to bring to the Club."

Say hello to Seksan on your next visit to The Balcony. He will be happy to listen to your comments and share some Thai cooking tips and advice.

由泰國露臺餐廳主廚Pachuen介紹，Seksan自1999年從他的故鄉泰國遷移來港加入本會，當時他只有17歲，如今這裡就像他的第二個家一樣。

「會所是一個極佳的工作場所，亦提供良好的工作環境，我在這裡工作總是感到快樂。」他說。「我甚至還介紹我的妹妹和兒子來美髮及美容中心和健康中心工作！」

Seksan表示，工作難免有時會相當緊張，但會員的正面評價給了他很大鼓勵和動力，他亦很自豪能記住會員的用餐喜好和特殊飲食需求。

Seksan喜歡在返回泰國的時候到不同的餐廳試新菜式，亦會到訪香港鄰近地區的餐廳。「在休假的時候，有時我會去深圳、珠海或澳門探索當地餐廳，看看是否有新的菜單構思可以帶回本會。」

下次來到泰國餐廳用餐時，可與Seksan打個招呼。他會很樂意聆聽您的意見，並分享一些泰國菜的烹飪技巧和建議。



Kai Roelz

Executive Assistant Manager Food & Beverage

盧權善

餐飲部行政助理經理



Looking Ahead: Elevating Our Hospitality and Culinary Experience

Being part of the sixth generation in hospitality, I have a deep-rooted passion for this industry, and I'm committed to constantly striving for improvement while preserving the traditions and values that define excellent service. As we move into the next few months, our Food & Beverage team is excited to unveil a range of innovative projects designed to elevate our Members' experience.

What's Coming Soon: Exciting Events and Implementations

We are thrilled to announce that, in the coming weeks, we'll be introducing a refined cocktail programme across all restaurants. This will feature low-alcohol cocktails for a lighter, refreshing option, as well as non-alcoholic drinks for those seeking elevated flavors without the alcohol. As wellness trends continue to rise, our focus on healthy dining options will also remain at the forefront of our future offerings.

Looking further ahead, we're working on an exciting new initiative — an online wine shop for La Cave, hope to launch by early 2025. This will allow our Members easier access to our curated wine selections. We also have a surprise project in store, expected to debut by summer 2025.

But that's not all. We have a series of exciting events planned for our Members, such as Members' Day, the Swiss Chalet at the Private Deck, our annual tree lighting, and the festive celebrations. These gatherings will showcase our team's creativity and

dedication, ensuring every detail, from the food and drink to the overall ambiance, reflects our commitment to excellence.

Staying Ahead of Trends and Enhancing Emotional Connections

As we continue to innovate, we remain focused on staying competitive in the ever-evolving hospitality market. Our team conducts regular site visits, tracks culinary and beverage trends, and listens to feedback from Members. It's through this feedback that we refine our offerings and ensure we meet the diverse preferences of our multi-national guest mix, balancing tradition with modern trends.

Ultimately, hospitality is about more than just trends — it's about creating meaningful connections and lasting memories. When Members enjoy the experiences we create and our staff feel proud of their work, we know we've succeeded.

I look forward to sharing these exciting developments and events with all of you, and I thank you for being part of this journey.



展望未來：提升我們的服務與餐飲體驗

作為酒店服務業的第六代，我對這行業有著根深蒂固的熱情，致力不斷改進，同時保留長期以來卓越服務的傳統和價值觀。未來幾個月，我們的餐飲團隊將推出一系列創新項目，旨在提升會員的餐飲體驗。

驚喜項目即將推出

在未來幾週內，本會將於各餐廳推廣雞尾酒。其中包括既清新而淡雅的低酒精濃度雞尾酒，以及為尋求不含酒精飲品的人士提供無酒精飲品的選擇。健康的餐飲選擇也是潮流趨勢，我們在未來的餐單中將更著重這項。



期盼於下年初啟用La Cave網上葡萄酒商店，方便會員在任何時間都能更輕易地挑選葡萄酒。另一項令人驚喜的項目亦將於2025年夏季推出，敬請期待。

本會將陸續舉辦各種令人興奮的活動，當中包括會員日、the Private Deck的芝士火鍋、聖誕樹亮燈儀式以及多項節日慶祝活動。我們的團隊將由食物到飲品，以及整體氛圍努力創新，同時亦著重每個細節，以實現我們對服務質素的承諾。

掌握市場趨勢，締造難忘回憶

在不斷創新的同時，我們仍專注於保持市場競爭力。我們的團隊定期進行實地考察、關注餐飲趨勢，並聆聽會員意見。正是會員的反饋使我們可持續改進，並確保我們能滿足不同國籍的會員的不同喜好，並平衡傳統與現代趨勢。

款待服務不僅關乎趨勢，而是與客人創造有意義的聯繫和難忘的回憶。當會員享受我們所創造的體驗，我們的員工會引以為傲，明白我們的努力已取得成功。

我期待著與大家分享這些令人興奮的項目和活動，並感謝您的參與。

CLUB NOTICES

會所快訊

Annual Parking Registration 年度泊車登記

Members' parking registration will be automatically continued for 2025 and those who currently have their vehicles registered will be automatically charged the applicable annual parking fee on their December statement. Members who wish to cancel their parking registration should inform the Membership Office by December 31, 2024.

本會將為現有年度泊車登記之會員自動延續其登記至2025年，並於其帳戶內扣除年度泊車費用，帳目將於12月份之月結單上顯示。若會員希望取消其泊車登記，請於2024年12月31日或之前通知會員部。

Guest Parking 來賓泊車守則

Members are strongly advised to call ahead to check guest parking availability, especially during weekends and on special occasions. All parking spaces are available on a first-come, first-served basis.

本會建議會員提前致電查詢來賓的泊車車位情況，特別在週末或特別的節日。所有停車位均以先到先得的方式提供。



Termination of Laundry Service 停止提供洗衣服務

The Club will no longer provide laundry services for Members from January 1, 2025.

請注意，本會將於2025年1月1日起停止為會員提供洗衣服務。

Our new series featuring Junior Members sharing their happy memories and experiences at the Club continues with Ciara and Tara.

在這新系列中，本會很高興繼續讓我們的少年會員分享他們在會所最快樂和最難忘的片段。

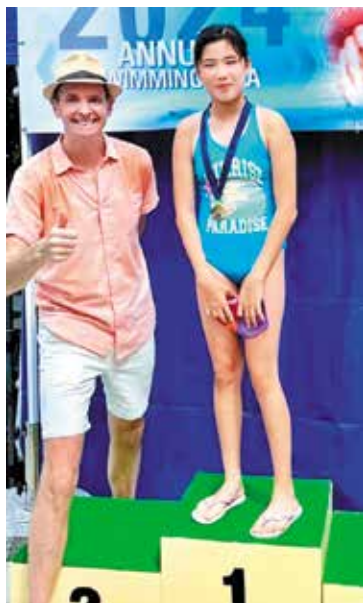
Ciara Gillen

The date was Sunday, June 2. My heart was beating fast, so fast that I thought that it would shatter into tiny little pieces! I had butterflies in my stomach. It was nearly my race. I tried to think about the water in the pool as blue as the sky.

Approaching the diving board for my 50-metre Freestyle event, my heart was beating uncontrollably. My muscles were tense and were ready to explode at the sound of the gun. It was as if my whole body was an engine, racing and ready to take on anything ahead, filled with adrenaline and nerves. In that moment just before the race began. I was trembling with fear, ready to take on my rivals. I suddenly felt an electric boost whooshing through my veins. I was a campfire just before it roared to life. I was a rollercoaster ready to zoom, filled with nerves and determination.

"Take your mark . . . BEEP!" I slipped beneath the surface and the world above me faded away, replaced by the soothing sounds of the underwater world. Nearly there, I sped up and the whistle blew. I finished the race. Exhilaration filled me up. I heard my parents cheering for me!

I got the fastest time out of all my opponents and won the GOLD!



6月2日(星期日)是我游泳比賽的日子。當接近我出場的一刻，我的心跳加速，我嘗試想像池水就如一片的藍天。

走近50公尺自由式比賽的跳臺上，我的心臟不受控制地跳動著。肌肉繃緊，一聽到槍聲就準備爆發式前進。身體就像一台發動機，非常緊張，腎上腺素急升，當準備就緒去迎接我的對手時，卻又害怕得渾身發抖。突然感覺到一股電流在我的血管中流動著，並熊熊地燃燒，就如一團營火。我就像坐過山車一樣急速上升，充滿了緊張和決心。

當聽到槍聲“呖”一聲響起，我跳入水裏，水面上的世界逐漸消失，取而代之的是水底世界舒緩的聲音。快到了，我加速了，哨子也響了。我完成了比賽，懷着興奮的心情，聽到爸爸媽媽在為我加油！

我在所有對手中以最快的成績贏得了金牌！

By Ciara Gillen, aged 13

Tara Verma

When I was younger, like six years old, going to the Adventure Zone for Halloween was so scary for me because of the pictures that change from normal human faces to scary ones. But now I am almost eight and looking forward to Halloween at the Club because I am older and I won't be scared.

What I really like is going to the tropical pool. I like sunbathing. I like stepping on the hot floor when I get cold in the pool sometimes. It feels so nice! I love cannon-balling in the pool. When I am thirsty I go to drink



the refreshing water. Plus the water is nicer because there are lemon slices inside.

I also really like the restaurants, especially the Portside buffet. The food always seems so fresh and tastes so good. I love the yogurt machine and I can choose my own toppings from a variety like gummy bears, chocolate coco-pops, heart candy and marshmallows.

The Club always seems to smell really good. I can't wait to be eight so I can get my own card and buy a snack for myself. I think this is a really good Club.

在我六歲時，我在萬聖節到動感樂園玩樂，當時實在十分害怕。看到相片中的人竟變成可怕的模樣。現在我快到八歲了，期待著會所的萬聖節，因為我長大了，不會再害怕。

我最喜歡的是去碧波泳池享受日光浴。當我在泳池裡感到寒冷時，我喜歡踩在熱烘烘的地板上，感覺真好！我也喜歡在泳池抱膝跳水的感覺。當口渴時，會去喝一口冰涼的檸檬水。

我也很喜歡這裡的餐廳，尤其是Portside的自助餐。食物看起來總是新鮮和美味。我喜歡乳酪機，可以選擇配上自己喜歡的配料，如小熊軟糖、朱克力可棒糖、心形糖和棉花糖。

會所總是有陣陣清香的氣味。我很想快些到八歲，這樣我就可以拿到自己的會員卡，自己買零食了。我認為這是非常好的會所。

By Tara Verma, aged 7

JUNIOR CLUB STARS

SKATER • AGE 6 WYATT WU

Wyatt has been skating for two years now, and is showing great results! He impressed us with his determination throughout his training, even though sometimes it was hard, and he has shown great improvement. We are sure that Wyatt will achieve his skating goals. Well done, Wyatt!

Wyatt學習溜冰已經兩年了，並取得了優越的成績！在訓練過程中的決心給我們留下了深刻的印象，儘管有艱難的時候，他亦表現出很大的進步。做得好，Wyatt！



SKATER • AGE 11 KIRA CHAO & SARA CHAO

Kira and Sara have been skating for a little over a year. They are now passionate hockey players with great attitudes and work hard. They are very fast and tough opponents. Keep it up, Kira and Sara!

Kira和Sara學習溜冰已超過一年，並對冰上曲棍球非常感興趣，她們溜冰的速度很快，是很強的對手。繼續努力，Kira和Sara！



SWIMMER • AGE 5 CLAIRE DAVINA LAM

Claire has been a swimming student since she was a toddler and rapidly worked her way up to all levels of the Learn-to-Swim programme. She swims all four competitive strokes and performs advanced methods of competitive starts and turns, and her positivity and perseverance inspire many older swimmers. Well done, Claire!

Claire年幼時就已經開始學習游泳，並以非常快的學習進度完成了各個游泳課程級別。她已學會四種泳式，並懂得運用優秀的競技起步技巧和轉身方法。她的積極的態度和毅力激勵著許多游泳學生。做得好，Claire！



Mid-Autumn Moon Cakes

充滿暖意的中秋



To celebrate the Mid-Autumn Festival in a meaningful way, some of the Club's staff members visited the Aberdeen Kaifong Welfare Association to distribute mini moon cakes among senior citizens. The staff also had fun making lanterns together with them to help enhance their enjoyment of the festival.

這個中秋節，本會義工團隊到訪香港仔坊會，為長者贈送迷你月餅，讓節日變得更有意義。義工們更與大家一起製作燈籠，增添了節慶的樂趣。



Christmas Wish Programme 2024

2024聖誕願望活動

Christmas is a time for joyful celebration and as usual we will be working with charities to fulfil the wishes of underprivileged children. Once again, we will be inviting Members to join us to help make their Christmas an extra special one.

An e-wire with full details will be sent out soon. Thank you for your support and generosity.

聖誕節是一個普天同慶的節日。一如以往，今年12月我們將繼續與各兒童慈善機構合作，為孩子們達成聖誕願望，分享節日的喜悅，共度佳節。我們再次誠邀各會員參與聖誕願望活動，使節日變得更具意義。

活動詳情將於稍後公佈，請留意本會的電子通訊。我們衷心感謝您的慷慨支持。



Club Memories

俱樂部回憶

The Club has undergone significant changes and upgrades, both inside and out, since we first opened 40 years ago. Take a look at this photograph from the past, and see if you can guess where and in which decade it was taken. Please send your answer to member@aberdeenmarinaclub.com. Three winners will be chosen at random to receive a small prize. Each will be notified by email and named in the next issue.

本會已開業40年，無論是內部或外觀都經歷了很大的變化。看看這張照片，你能猜出它是在哪裡和在什麼時候拍攝嗎？歡迎您的把答案電郵至member@aberdeenmarinaclub.com，我們將隨機抽出三名得獎者，中獎者將獲送小獎品。得獎者將個別獲電子郵件通知，並在下一期Portwatch中公佈。



MEMORABLE MOMENTS
難忘片段



The Cuvelier Family Wine Dinner at Marina Grill



Goldfish Lantern Workshop



Junior League



Exclusive Palace Museum Tour



Kawaii Snowy Mooncakes Workshop



Mid-Autumn Fun Party



Mr Ronald Siu and family



Mr Andreas Umbricht and family



Mr Eric Lau and family with guests



Mr Sean Choi and guests



Mr Andrew Tse and family with guests



Mr and Mrs Gabriel Foo and family with guests



Mr Frank Lee and family with guests



Ms Charlotte Tsuei and family with guests



Mr Matthew Yum and family with guests



Mr Arnaud Leteissier and family



Mr Ernest Ng and family



Ms Chang Wan Ling and Ms Sophia Chen and guests



Mrs Nozomi Takada and family



Mr Bryan Tan and family



Mr Kevin Fok, Mr & Mrs Matthew Lee and family



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