

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

JANUARY/FEBRUARY 2020

福

**KUNG HEI
FAT CHOY!**

SIX OF THE BEST
SAINT-TROPEZ

DESIGN ICONS
**THE ACAPULCO
CHAIR**



ROLEX

THE YACHT-MASTER II

Created to be the ultimate skippers' watch, the Yacht-Master II features a mechanical memory countdown function, and continues to set new standards in the world of yacht racing. This is a story of perpetual excellence, the story of Rolex.

#Perpetual



OYSTER PERPETUAL YACHT-MASTER II

蘇麗鐘錶

ZURICH WATCH

承傳，未來

PLEASE VISIT ZURICH WATCH OR CALL (852) 2369 9298 TO FIND OUT MORE.

Portwatch

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

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THE
ABERDEEN MARINA CLUB


Club Directory

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

EXECUTIVE TEAM 行政部

General Manager

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

Executive Assistant Manager - Food & Beverage

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

Director of Sports & Recreation

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

Director of Membership & Marketing

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

Central Reservations Centre 預訂服務中心

Tel: 2814 1222
reservations@aberdeenmarinaclub.com

ACCOUNTING OFFICE 會計辦公室

Tel: 2814 5422 / 2814 5427

LOST & FOUND 失物認領部

Tel: 2814 5315

ADVERTISING 廣告查詢

Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs



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



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Joyful Fortune for the New Year

Our Chinese New Year Puddings and Hampers will start your New Year off on a high note. They are also welcome gifts when visiting relatives and friends.

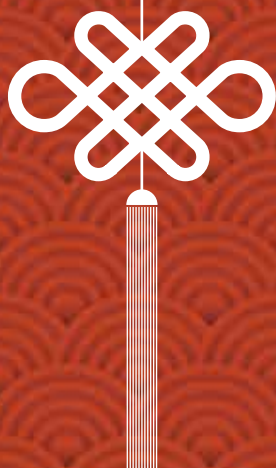
新春如意迎鼠年

本會的賀年糕點和禮物籃為你的新春帶來滋味驚喜，除了是家庭聚會的必備美食，亦是到親戚朋友家中拜年時的送禮佳品。



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

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



PUDDING 賀年糕點

Traditional Turnip Pudding with Preserved Meat 金鈎臘味蘿蔔糕	\$188
Traditional Taro Pudding with Preserved Meat 五香臘味芋頭糕	\$188
Okinawa Brown Sugar Pudding with Ginger 沖繩黑糖薑汁年糕	\$188
Water Chestnuts Pudding with Osmanthus 黃金桂花馬蹄糕	\$188
Aloe Pudding with Honey Chrysanthemum 蜂蜜金菊蘆薈凍糕	\$188
Five Blessings 五福臨門	\$768
One box of each flavour and one bottle of XO sauce 每款各一個及一瓶 XO 醬	

HAMPER 賀年禮籃

Start sales on 21 December 2019

Gourmet Choice 金銀滿屋	\$1,788
Glittering with Gold 滿地黃金	\$2,788
Winner Takes All 萬事如意	\$3,488

EARLY BIRD OFFER

Buy three boxes or more get 15 percent discount
購買三盒以上可享有八五折優惠

Lion Dance and God of Fortune at the Club

An auspicious start to the Year of the Rat

Join us on Sunday, January 26 at midday in the main lobby, for the traditional eye-dotting of the lion, which will then visit all of the restaurants.

醒獅慶鼠年 財神賀新歲

醒獅點睛於大年初二
一月二十六日 (星期二)
中午12時在本會大堂舉行，其後醒獅
更會巡遊各餐廳。





Chinese Festive Cakes and Hampers Delivery Order Form 2020

深灣店賀年糕點及禮物籃訂購表格

CHINESE FESTIVE CAKES 賀年糕點	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
Traditional Turnip Pudding with Preserved Meat 金鈎臘味蘿蔔糕	\$188		
Traditional Taro Pudding with Preserved Meat 五香臘味芋頭糕	\$188		
Okinawa Brown Sugar Pudding with Ginger 沖繩黑糖薑汁年糕	\$188		
Water Chestnuts Pudding with Osmanthus 黃金桂花馬蹄糕	\$188		
Aloe Pudding with Honey Chrysanthemum 蜂蜜金菊蘆薈凍糕	\$188		
Five Blessings (Package) 五福臨門 (One box of each flavor and one bottle XO sauce 每款各一個及一瓶XO醬)	\$768		

Please collect your festive cakes at Marina Deli.
賀年糕點請於深灣店提取。

SUBTOTAL
合共(1)

PREMIER HAMPERS 禮物籃	UNIT PRICE 單價	QUANTITY 數量	AMOUNT 總數
GOURMET CHOICE 金銀滿屋 <ul style="list-style-type: none"> J.J Hahn, Homestead, Barossa Valley, Australia 法國紅酒 Abalone Noodle with Truffle Powder and Olive Oil 南非鮑魚松露粉撈麵 Handcraft Nuts Biscuits 手工果仁曲奇 France Galler Mini Chocolate Gift Box 法國雜錦迷你朱古力條禮盒 Premier Dried Mushrooms 特級花菇 Taste of Truffle Gift Set 意大利松露香味禮盒 Sweet Walnut with Gift Box 甜合桃禮盒 The Horizon XO Sauce 海天閣XO醬 Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕 	\$1,788		
GLITTERING WITH GOLD 滿地黃金 <ul style="list-style-type: none"> Château Reynon, Premières Côtes de Bordeaux 波爾多特級紅酒 South Africa Abalone Noodle with Free Range Chicken Soup 南非鮑魚走地雞湯拉麵 Premier Dried Mushrooms 特級花菇 Premier Dried Scallop 特級乾瑤柱 French Weiss 72% Dark Chocolate Gift Box 法國 純黑朱古力72%禮盒 French Fruit Shaped Jellies 法國啞啞軟糖 Dried Bamboo Fungus 特級竹筴 Sweet Walnut with Gift Box 甜合桃禮盒 The Horizon XO Sauce 海天閣XO醬 Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕 	\$2,788		
WINNER TAKES ALL 萬事如意 <ul style="list-style-type: none"> Champagne, Maison Veuve Clicquot, Yellow Label, Brut, N.V 法國特級香檳 Petit Figeac, Saint-Émilion, Bordeaux 波爾多特級紅酒 Premier Dried Mushrooms 特級花菇 South Africa Pre-cooked Abalone 南非即食鮑魚 Michel Cluizel Festive Assorted Chocolate 法國特級朱古力禮盒 Black Truffle Pate 黑松露菌醬 Loison Assorted Cookies Gift Tin 意大利雜錦曲奇 Sweet Walnut with Gift Box 甜合桃禮盒 The Horizon XO Sauce 海天閣XO醬 Homemade Turnip Cake or New Year Cake 自製蘿蔔糕或年糕 	\$3,488		

DELIVERY CHARGE 送貨收費	Per Delivery 每程	AMOUNT 總數
Hong Kong 香港	\$120	
Kowloon 九龍	\$180	
New Territories 新界	\$220	

Please fill in this form and return to Marina Deli before January 23, 2020 by fax on 3020 7495, by mail or in person. We will deliver the hampers within three working days after receiving the order form. All items are available at Marina Deli from December 21, 2019 to January 24, 2020. 請填寫以下表格並於二零二零年一月二十三日傳真至3020 7495, 郵寄或親身交回深灣店。禮物籃將於收到表格後三個工作天內送到指定地點。以上所有賀年糕點及禮物籃於二零一九年十二月二十一日至二零二零年一月二十四日期間於深灣店供應。

SUBTOTAL
合共(2)

GRAND TOTAL
總計(1)+(2)

Ordered By 送禮人資料:

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

MOBILE NO. 手提電話: _____ OFFICE / HOME NO. 辦公室 / 住宅電話: _____

SIGNATURE 簽名: _____ DATE 日期: _____

Deliver To 送貨資料:

NAME 姓名 (PLEASE PRINT / 請用正楷): _____

ADDRESS 地址: _____

CONTACT NO. 聯絡電話 (HOME / 住宅): _____ (OFFICE 辦公室): _____

PREFERRED DELIVERY DATE 選擇送貨日期: _____ TIME 時間: _____

MORNING 上午
 AFTERNOON 下午

SPECIAL INSTRUCTIONS 特別指示: _____



HERBAL TONIC DISHERS AND PRESERVED FOOD RICE IN CLAY POT

滋補菜式及煲仔飯

Until January 12

直至一月十二日

菊花五蛇羹	\$158
Braised mixed snake soup with chrysanthemum	每位 per person
雪梨雪耳蜜棗瑤柱燉山班魚湯	\$98
Double boiled fresh water goby soup, pear, snow fungus, conpoy	每位 per person
古法羊腩煲	\$438
Stewed lamb brisket served in a clay pot	例牌 regular
香芋油鴨煲	\$188
Braised preserved duck, taro served in clay pot	
薑蔥蜆介魚頭煲	\$188
Braised fish head, spring onion, ginger, clams sauce	
柱侯雙冬炆白鱈煲	\$328
Braised fresh eel, bamboo shoot, black mushrooms	
桃膠蝦籽帶子扒柚皮	\$298
Braised pomelo peel, scallops, shrimp roe, peach gum	
川椒雙蔥滑雞煲	\$268
Braised chicken, chili, shallot, onion served in clay pot	半隻 half
雙冬田雞煲	\$288
Braised frog, black mushroom, bamboo shoot served in clay pot	
黑椒京蔥炒黃鱔片	\$238
Sautéed sliced yellow eel, spring onions, black pepper sauce	
生炒臘味糯米飯	\$78
Stir-fried glutinous rice, assorted meat	每位 per person
臘味煲仔飯	\$288
Steamed rice, assorted preserved meat in clay pot	例牌 regular

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

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

恭賀新禧

CHINESE NEW YEAR SPECIALITIES

精選賀年菜式

January 13 to February 8

牡丹賀年宴 PEONY MENU

- 風生水起(撈起三文魚刺身)
New Year Yu Sheng
(Tossed Salmon Salad)
- 發財添好市(發財蠔豉瑤柱甫)
Braised dried oysters,
sea moss and conpoy
- 龍精兼虎猛(碧綠愉耳蝦球帶子)
Sautéed prawns, scallop,
yee fungus
- 花開添富貴(金沙百花炸釀蟹拑)
Deep fried stuffed crab claw,
egg yolk
- 財運通四海(蘆薈花膠燴燕窩)
Braised bird's nest soup,
aloe, fish maw
- 包羅富萬有
(蠔皇原隻鮑魚扣鵝掌)
Braised whole abalone,
goose webs, oyster sauce
- 年年利有餘(清蒸東星斑)
Steamed spotted garoupa
- 金榜點提名(當紅炸子雞)
Crispy fried farm chicken
- 豐收樂年年(生炒臘味糯米飯)
Stir fried glutinous rice, assorted
preserved meats
- 新春好美景(美點雙輝)
Chinese petits fours
- 幸福慶團圓(紅豆沙湯丸)
Hot red bean purée soup, sesame
dumplings

\$13,888
per table of 12 persons
十二位用



桃花賀年宴 PEACH BLOSSOM MENU

- 鴻運當頭起(化皮乳豬全體)
Barbecued whole suckling pig
- 好市添發財(發財蠔豉)
Braised dried oysters, sea moss
- 花好月滿圓(珊瑚蟹肉扒時蔬)
Braised seasonal vegetable, crab
meat, minced carrot
- 桃李耀滿門(XO醬蝦球炒桂花蚌)
Sautéed prawns osmanthus clam,
XO chilli sauce
- 滿載利而歸(蟲草花響螺燴雞)
Double-boiled chicken soup,
cordyceps flower, sea whelk
- 四季業興隆(蠔皇鮑魚菇扣鵝掌)
Braised goose webs, bailing
mushrooms, oyster sauce
- 年年慶有餘(清蒸沙巴躉)
Steamed estuary garoupa
- 金雞鳴報喜(脆皮芝麻吊炸雞)
Crispy fried farm chicken, sesame
- 長年行好運(鮑汁水餃撈粗麵)
Braised noodles, shrimp dumpling,
abalone sauce
- 新春好美景(美點雙輝)
Chinese petits fours
- 合家慶團圓(合桃露湯丸)
Sweetened hot walnut cream,
sesame dumplings

\$9,888
per table of 12 persons
十二位用

CHINESE NEW YEAR MENU

- 風生水起(撈起黃金三文魚刺身)..... \$488
New Year Yu Sheng (四位用 for four persons)
(Tossed Salmon Salad)
Please allow 30 minutes for preparation
需時三十分鐘
- 滿堂吉慶(金裝迷你盤菜)..... \$2,680
Clay pot braised mixed seafood, (六位用 for six persons)
assorted meat, vegetables
Please allow 30 minutes for preparation
需時三十分鐘
- 萬事如意(碧綠愉耳炒帶子 桂花蚌)..... \$388
Sautéed fresh scallops, 例牌 regular
osmanthus clams, yee fungus
- 發財好市(發財蠔豉瑤柱甫)..... \$398
Braised dried oyster, sea moss, conpoy (六件 6pcs)
- 大吉大利(薑葱爆牛脷爽)..... \$178
Wok fried ox tongue, ginger, spring onions
- 錦上添花(西汁櫻花鳳尾蝦球)..... \$388
Braised prawns with sweet and sour sauce, (六件 6pcs)
top with Sakura shrimps
- 金枝玉葉(瑤柱花膠絲扒豆苗)..... \$398
Braised pea sprouts, shredded fish maw,
conpoy
- 四季興隆(金腿蟹肉松子炒魚肚)..... \$228
Scrambled egg, fish maw, crab meat,
Yunnan ham
- 橫財就手(海味元蹄煲)..... \$428
Clay pot braised whole pig knuckle, seafood
- 好市齊來(百花煎釀金蠔)..... \$298
Pan fried oyster, shrimp paste (六件 6pcs)
- 步步高陞(珊瑚炒蘿蔔糕)..... \$498
Stir fried turnip cake, crab meat, crab roe,
black pepper
- 竹報平安(髮菜山根竹筴扒野菌)..... \$198
Braised gluten, bamboo fungus, assorted
mushroom, sea moss

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email reservations@aberdeenmarinaclub.com.

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A TASTE OF SHUNDE

順德風味

February 9 to April 30

二月九日至四月三十日



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

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Highlights of the Month

每月精選



Caffé
LUNA

Throughout January
一月

Different Kinds of Hot Dog
(Italian Pork Meatball,
Roasted Vegetable, Soft Crab)

熱狗
(意大利豬肉丸，烤蔬菜，炸軟殼蟹)

Throughout February
二月

Panini 意式三文治
Ham & Brie Cheese

Garden (broccoli, portobello, bell pepper,
basil, tomato, mozzarella)
Reuben (pastrami, sauerkraut, emmental
cheese, thousand islands dressing)



Weekend Special

Our weekend special buffet offering
changes every two weeks.

週末自助餐每兩週轉換一次主題菜式!

Chinese Preserved Meat
中式臘味飯

January 3 to 5 and 10 to 12
1月3至5日和1月10日至12日

Lo Hei 發財撈起

January 25 to 27 1月25日至27日

Korean Style
Stir-fried Rice Cake
韓式炒年糕

January 17 to
19 and January 31
to February 2
1月17日至19日和
1月31日至2月2日



Ishikari Nabe
石狩鍋

February 7 to 9
and 14 to 16
2月7日至9日
和14日至16日

Mongolian BBQ
蒙古燒

February 21 to 23
and February 28 to
March 1
2月21日至23日
和2月28日至3月1日

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the
BALCONY

Thai Clay Pot & Sizzling Winter Warmers

泰式煲仔及鐵板菜

The perfect menu to celebrate Chinese New Year

享用泰式煲仔及鐵板菜，
慶祝農曆新年及為冬日增添溫暖。

Throughout January & February

MENU

Chicken Curry Puff Served
with Cucumber Sauce Dip

雞肉咖哩角配青瓜蘸醬

Minced Chicken Soup with
Chinese lettuce and Fish ball

免治雞肉魚蛋湯

BBQ Deboned Chicken Wings
with Honey Sauce

蜜汁燒烤雞翼

Pan-Fried Pork Chop with
Lemon Grass Sauce

香煎豬扒·香茅汁

Grilled Prawn with Lime Chili
Sauce

泰式燒大蝦配酸辣青檸汁

Pan-Fried Seabass Fillet with
Spicy Tomato,
Minced Pork Sauce (Spicy)

香煎鱸魚配香辣番茄肉碎汁

Grilled Squid with Tamarind
and Peanut Sauce (Nut)

泰式燒魷魚配羅望子花生醬

Grilled Beef and Vegetable with
E-saan Style (Spicy)

東北燒牛肉配蔬菜

Crispy Eggplant with Chili,
Garlic and Thai Herbs (Spicy)

蒜香脆辣茄子

Mashes Taro, Sticky Rice,
Ginkgo, Red Date with Syrup

糯米芋蓉白果紅棗糖水

Chinese New Year
Special Menu
available on
December 24-26 &
31-January 1.

MENU

Deep-Fried Lotus Root with Seafood

酥炸海鮮釀蓮藕餅

Pork Roll Rice Paper Roll
with Vegetable

扎肉紙米卷

Sour and Spicy Soup with Pork Wonton,
BBQ Pork (Nut) (Spicy)

酸辣豬肉雲吞湯

Stir-Fried Garoupa Fillet with Mixed
Nut, Sweet Chili Sauce

香辣雜堅果炒石斑

Wok Fried Turnip Cake with Prawn

大蝦炒蘿蔔糕

Stir-Fried Seafood, E-Fu Noodle with
Cream Cheese in Clay Pot (Spicy)

泰式芝士忌廉海鮮伊麵煲

Braised Pork Leg Soya Sauce, Egg,
Fat – Choy and Chinese lettuce
in Clay Pot

泰式發財豬手煲

Warm Taro Dumpling with
Coconut milk Soup

泰式椰芋頭湯丸

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email reservations@aberdeenmarinaclub.com.

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MARINA
GRILL

情人節晚餐

Valentine's Day Dinner

Friday, February 14

6.30-10pm

Price: \$2,988
per couple 每對情侶

Bring your loved one to
Marina Grill for a romantic dinner that will
surely melt their heart.



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

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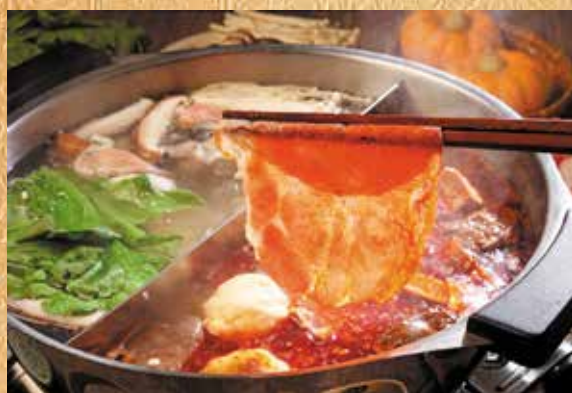


PORTSIDE

Healthy Seasonal Dishes & Hot Pot

健康時令火鍋

Throughout January & February
一月及二月



Soup base: Pepper yuba and pork belly soup
base or Boletus edulis soup base (with organic
vegetables and mushrooms), with Canadian
pork slices or American beef slices.

Additional charges for:

January - Sichuan boiled grouper fillet pot.

February - Sour fish pot.

湯底包括：

胡椒腐竹豬肚湯底或牛肝菌上素湯底（包括有
機蔬菜及菇），食材包括加拿大豬肉片，美國
牛肉片。

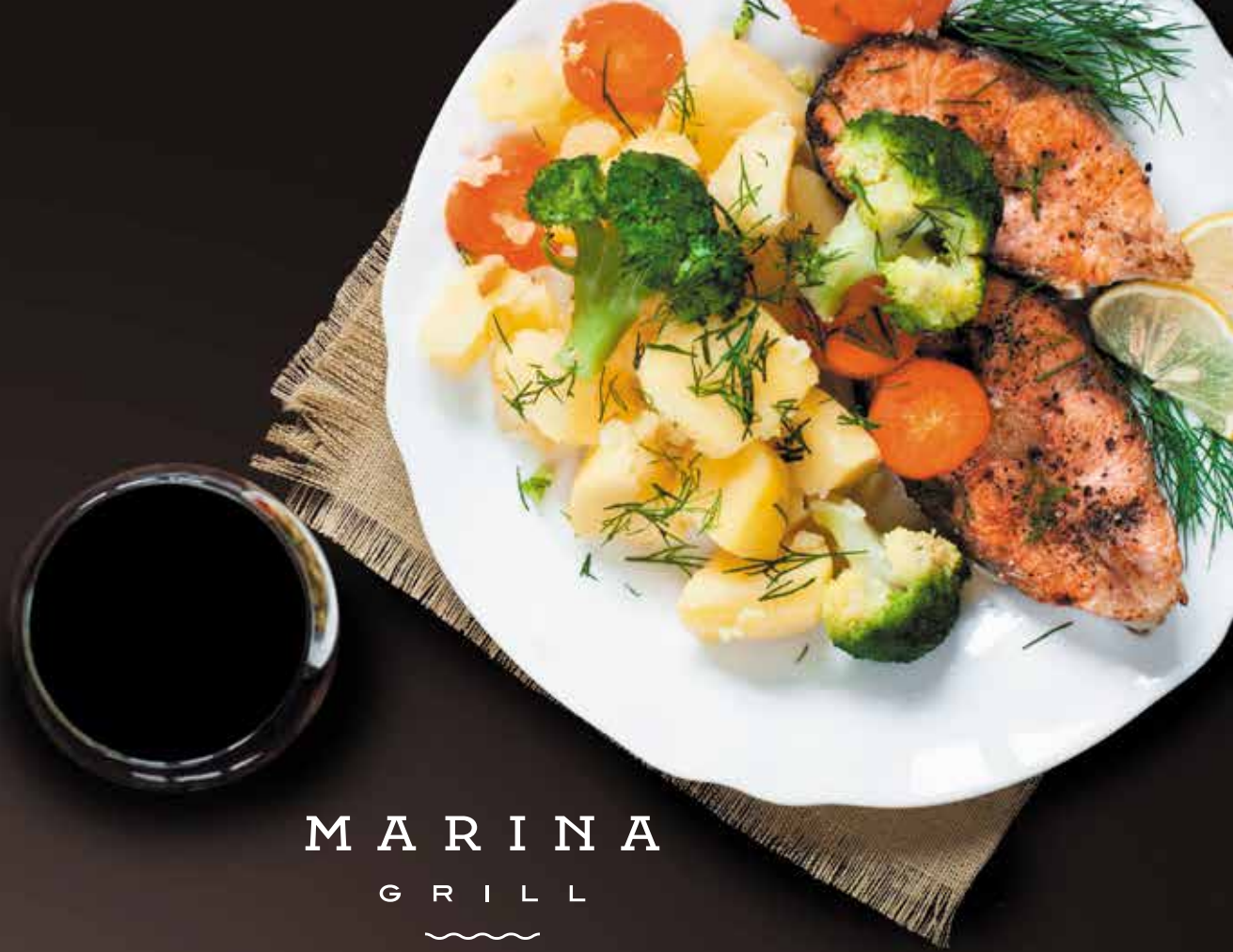
另外可選擇（需額外收費）

1月 - 四川水煮龍躉球窩

2月 - 酸菜魚窩

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M A R I N A
G R I L L
~~~~~

## Healthy Lifestyle Promotion 健康菜式推介

*Throughout January & February*  
一月及二月

If you have a New Year's resolution to be healthier or would like to keep living a healthy lifestyle, come see Marina Grill's new healthy start menu. Chef Jack has put together a full plant-based menu for trimming the waistline, building immune systems, and getting that physique ready for swimsuit season.

Don't miss out on the tasty guilt-free selection with meat substitutes and probiotic creations that will invigorate not only your taste buds but the rest of your body, too!

新一年新開始由健康生活做起。  
今年大廚 Jack 已為大家準備一系列健康創新的菜式。

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# Portside events on Weekdays



## CHINESE WEDDING DINNER PACKAGE

*From \$12,680 per table of 10 to 12 persons.*



Chairman's Room



Governor's Room

## BUSINESS MEETING PACKAGE

*\$850 per person (applicable to Chairman's Room, President's Room,  
Board Room and Governor's Room).*

THE  
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## 特別鳴謝

# THANK YOU!



The Club would like to thank the following hotels and companies, which generously sponsored the Club's New Year's Eve Dinner 2019. All contributions were very much appreciated and added greatly to the party spirit.

本會鳴謝以下各酒店及公司，慷慨贊助本會2019年度除夕晚宴。你們的貢獻使該晚會生色不少，本會在此衷心致謝。



# Whisky Watch

## Speyside and Orkney Islands

探索斯佩塞和奧克尼群島威士忌產區：

### Speyside 斯佩塞

The most important whisky region in Scotland with 50 distilleries, Speyside produces a diverse selection of single malt whiskies, from light and floral, fruity and spicy, rich and round, to strong and peaty. Even when distilleries are next to each other and sharing the same water sources, because of their different production approach, the flavours can be totally different. The art of the wood maturation is the most important element to make the whiskies different in Speyside. The most common wood is Sherry Oak used for maturing sherry in Spain. They can be divided into . . .

- Fino, producing light and floral style whiskies.



- Oloroso, producing rich, round, nutty with dried-fruits-flavour whiskies.
- Pedro Ximenez (PX), producing rich, sweet, creamy texture with toffee-flavour whiskies.

Some distilleries mix different types of wood or use first or second filled oak casks in order to get the unique texture and complexity. The length of the ageing time also plays a crucial part in the final flavours and selling price.

蘇格蘭最重要的威士忌產區，斯佩塞有多達50個釀酒廠，生產各種單一麥芽威士忌

威士忌酒，從淡淡的花香，果香和辛辣，濃郁圓潤到醇厚並充滿泥煤氣息，即使酒廠彼此相鄰並共享相同的水源，

但由於它們的釀造方法不同，所產生的風味也可能完全不同。木材成熟的藝術是在斯佩塞中使威士忌與眾不同的最重要元素，最常見的木材是在西班牙用於熟成雪利酒的雪利酒橡木。它們可以分為。。

- Fino，生產淡淡和花香的威士忌。
- Oloroso，生產出豐富，圓潤，堅果和乾果風味的威士忌。
- Pedro Ximenez (PX)，醇厚、甜美而口感柔和的威士忌伴隨著迷人的拖肥糖味道。

一些蒸餾廠混合不同類型的橡木，或使用第一次或第二次陳釀的橡木桶，以獲得獨特的口感和複雜性；除此之外，陳釀時間的長短對最終的味道和售價也起著至關重要的作用。



## Glenrothes Distillery 格蘭露斯蒸餾廠

The bomb-shaped bottle is the signature of this distillery, famous for their slow distillation to produce fine, delicate, light and fruity and creamy whisky. Both European and American Oak are used here and managed by their own cooper team to source and repair the casks daily, to make sure every casks are in perfect condition. Every bottle gives a simple flavour description.

炸彈形狀的瓶子是該釀酒廠的標誌，以緩慢蒸餾以產生細膩、精緻、輕盈，充滿果味和奶油般口感的威士忌。歐洲和美國橡木都在這裡使用，並由他們自己的橡木團隊進行管理，每天採購和修理木桶，以確保每個木桶都處於最佳狀態。每個瓶子都有一個簡單的味道描述。



## Orkney Islands 奧克尼群島

Orkney is situated in the northernmost part of Scotland, with two distilleries – Scapa and Highland Park. The high latitude gives Orkney a mild maritime climate. High humidity can slow down the maturing period to let the whisky develop more balanced character. The strong sea breeze also brings the salty, saline and seaweed complexity. These whiskies are rich, full bodied and always with a touch of smoke and salt.

奧克尼位於蘇格蘭最北端，僅有兩個蒸餾廠卡帕和高原騎士。高緯度為奧克尼帶來了溫和的海洋氣候，高濕度會延緩威士忌的成熟期，使威士忌具有更多的平衡特性，強勁的海風還帶來獨特的海水和海藻味道。這些威士忌口味濃厚，酒體濃郁，總是散發著煙熏和海水味道。



## Highland Park Distillery 高原騎士蒸餾廠



Founded by Magnus Eunson, this is one of two distilleries in the Orkney Islands, distilling since 1798, with 4,000-year-old peat from Hobbister Moor giving distinctive character. Both American and European oak are used for maturation, with big and powerful style with a distinct layer of smoke. Highland Park 25-year-old whisky was the first spirit to receive a full 100 points from the Ultimate Spirits Challenge.

這是奧格尼島的兩個蒸餾廠之一，由馬格努斯·尤森創立於1798年成立，其中在 Hobbister Moor 裡多達 4000 年前歷史的泥炭具有鮮明的特色。美國和歐洲橡木桶都用於陳年熟成，酒體強而有力的風格總是伴隨著獨特的煙熏味證道。高原騎士 25 年威士忌酒是首隻烈酒從 Ultimate Spirits Challenge 中獲得滿分 100 分的。

## WHISKY DINNER

威士忌晚宴

## THE BACKROOM

AT LA CAVE

# The Great Trio

## Macallan, Highland Park and Glenrothes

### Single Malt Whisky Dinner

#### 威士忌晚宴

|                                                   |                                              |
|---------------------------------------------------|----------------------------------------------|
| Friday, January 17                                | 1月17日 (星期五)                                  |
| The Backroom at La Cave                           | La Cave, The Backroom                        |
| Reception: 7pm                                    | 酒會: 晚上7時                                     |
| Dinner: 7.30pm                                    | 晚宴: 晚上7時30分                                  |
| \$1,580 per person                                | 每位\$1,580                                    |
| Speaker: Patricia Byott,<br>Distillery Ambassador | 主持: Patricia Byott,<br>Distillery Ambassador |



## MENU

## Welcome Drink

The Macallan, Edition 5

Selection of cured meats,  
cheeses and pickles

## Dinner

Spiced Swordfish

alsoo chop / tamarind / roasted corn salsa

Highland Park, 18 Years (Ultimate Spirits  
Challenge | 2018 | Score 97/100)

Glenrothes, 18 Years

\*\*\*

Grilled Hokkaido Scallops  
black pudding / pancetta / cauliflower /  
apple

Macallan, Rare Cask

\*\*\*

Chargrilled Black Angus Tenderloin

king brown mushroom /  
roasted garlic cream / jus gras

Highland Park, Soren, 26 Years Old

\*\*\*

Glenrothes, 25 Years Old

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email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)

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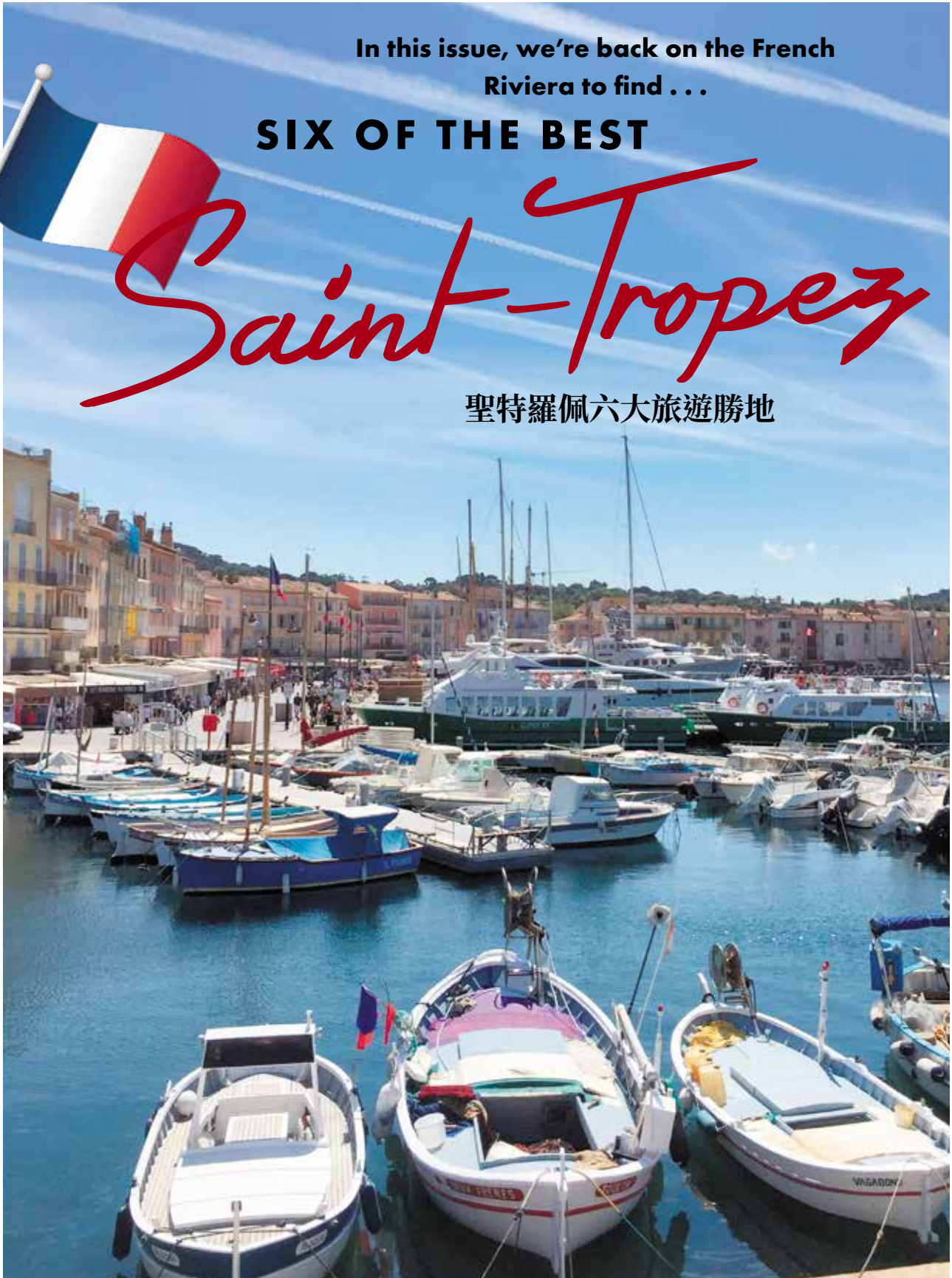
**AON**  
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In this issue, we're back on the French  
Riviera to find . . .

SIX OF THE BEST

*Saint-Tropez*

聖特羅佩六大旅遊勝地





## VIEUX PORT 01

### 舊港口

The atmospheric Vieux Port – or Old Port in English – is the traditional and touristy heart of Saint-Tropez, as well as a social centre for the town's more fashionable residents. The day here starts early and finishes late. Luxury yachts tie up alongside small fishing boats, along a harbour-front lined by pastel-coloured houses and lively cafés with busy outdoor terraces. People-watching is the main pastime here, and bright-red Sénéquier, founded in 1930, is one of the best-known and oldest cafés to sit and join the gazing crowds, with a café au lait and Tarte Tropézienne. Be sure to walk right around and up along the old seawall for great views of the port (below and left) and out across the Golfe de Saint-Tropez.

舊港口是聖特羅佩傳統的旅遊勝地，也是當地時尚人士的社交中心。這裡由清早到深夜都很繁忙。沿著港口岸線，停泊著豪華遊艇與及小型漁船，兩旁是粉彩色房屋和熱鬧的咖啡館。成立於1930年的鮮紅色Sénéquier，是最著名和最古老的咖啡館之一，可悠閒地在咖啡館享用一杯地道的咖啡，感受當地繁忙街道的氣氛。



## LA PONCHE 02

### 舊城區

La Ponche, or Old Town, lies behind the Vieux Port and is the historic centre of the original fishing village. A good way to enter is via the road leading in from Sénéquier, as you will also find the local tourism office on this corner, where you can pick up a map. The most picturesque area of town, it is partially a pedestrian zone of quaint alleyways and lanes filled with locally owned shops, upscale luxury boutiques, cafés, and restaurants. Often visible, and a good point of reference, is the baroque bell tower of the 18th-century Eglise de Notre-Dame de l'Assomption (above), inside which is a bust of the town's patron saint, Saint Tropez himself. Be sure to save enough time and energy to walk up to the Citadel, or better still, head up there before starting your shopping spree.

舊城區位於舊港口的後面，是原始漁村的歷史中心。可由塞內基爾進入，因為可在此找到當地的旅遊局及索取地圖。鎮上是風景最優美的地區，古樸的小巷和街道，到處都是商店、精品店、咖啡館和餐館。著名的18世紀聖母大教堂的巴洛克鐘樓，鐘樓內的聖特羅佩半身像是當地的守護神。建議預留充裕的時間遊覽。



# Saint-Tropez

## THE CITADEL 03

### 城堡

There are several paths up to the 17th-century Citadel from the Vieux Port and through La Ponche, and the walk is well worth it for some splendid views of the town below and coastline beyond. The old fortress has been home to the Musée d'Histoire Maritime (Museum of Maritime History) since the 1950s. It's well worth visiting if you have time and an interest in the surprisingly rich maritime history of Saint-Tropez. You can ascend the Citadel hill starting at the seawall end of the Vieux Port, taking the footpath across Avenue Antoine Saint-Exupery for the best views. Walk back down into the centre of La Ponche via Avenue Paul Signac.

從舊港口經過舊城區有幾條路可到達17世紀城堡，從城堡眺望可以欣賞到城鎮的風光和遠處海岸線的壯麗景色。自1950年以來，這座古老堡壘一直是海事歷史博物館的所在地。如果有充裕的時間，並對聖特羅佩的海事歷史感興趣，建議到此一遊。可以從舊港口的海堤端，沿著行人路穿過安托萬聖艾修伯里大街，登上城堡盡情欣賞美麗景色。經Paul Signac大街便可回到舊城區。



## PLACE DES LICES 04

### 城市廣場

If you're lucky, or good with a map, you will come out somewhere close to the Place des Lices. Also called Place Carnot, this pleasant, shaded town square gently echoes the sound of local men playing pétanque. Try to time your visit for one of the Tuesday or Saturday morning markets, when the square fills with colourful and aromatic Provencal produce. For a nice sit down and a cup of tea, look for the outdoor tables of the Café des Arts, or one of its neighbours, on the eastern corner. To get back to the Vieux Port via a multitude of international luxury brand name stores, just walk along the exclusive Rue Francois Sibilli.

如果擅於使用地圖，您可找到靠近城市廣場的通道出來。這個怡人的城市廣場也被稱為卡諾廣場，還可隱約聽到打保齡球的聲音。嘗試安排在周二或週六上午遊覽，屆時廣場上將放滿五顏六色的普羅旺斯芳香產品。東面可找到不少富藝術感的咖啡館，可在戶外享受一頓下午茶稍作歇息。沿著獨特的Rue Francois Sibilli街漫步便可回到舊港口，沿路還有眾多國際品牌商店。





## SENTIER DU LITTORAL

06

### 沿海小徑

This scenic yellow-flagged coastal path begins just outside La Ponche, past the Plage de la Ponche and below the Citadel hill, and passes along the peninsula of Saint-Tropez (below). The picturesque and rugged seaside paths can be approached as a half-day hiking trail for keen walkers, or just a pleasant hour or two's stroll out of town and back. Visitors using the trail are asked to respect the environment by not littering or smoking, and hiking boots are recommended. Walkers should also take particular care along sections of the trail at the cliff's edge. The tourist office at the Vieux Port has maps with distances and walking times.

風景優美的黃旗沿海小路位於舊城區外，經過舊城區位於城堡山下及穿過聖特羅佩半島。風景如畫般的海邊小徑，適合喜愛遠足的人仕，來回只需約兩小時，建議穿著適合遠足的鞋。以保護美麗的環境，於小徑內遊客不得亂扔垃圾或吸煙。遊客應特別注意沿懸崖邊緣的小路部份。於舊港口的旅遊局，可找到步行的所需時間及路線圖。

## BEACHES

### 海灘

05

Although popular with artists and writers for over a century, Saint-Tropez has been a popular beach and party resort since the late 1950s, when it was made famous as the location for the Brigitte Bardot film *And God Created Woman* (1956). Pampelonne, with its private beach clubs, is the most popular beach area (and featured in the movie), but it's a few kilometres south of town, and not worth visiting if you are only here for a day. If you want a sandy beach to lie on, walk over to Plage de Bouillabaisse a few hundred metres west of the port area. Better still, find the quaint little Plage de la Ponche (above), just around the headland at the end of the Vieux Port.

聖特羅佩的海灘自1950年後期以來，一直受藝術家和作家的歡迎及派對勝地，由於在1956年為電影《上帝創造女人》的拍攝場景而聞名。潘佩洛內擁有私人海灘俱樂部，是最受歡迎的海灘地區（也曾是電影中的場景），位於城鎮以南約幾公里，如只留在當地一天，就不值得一遊。如果想遊覽沙灘上的風景，可到Plage de Bouillabaisse，位於港口區西面約數百米。在舊港口盡頭的海角處，可找到小小的龐奇海灘，或許是更好的選擇。



# The Acapulco Chair

阿卡普爾科椅

*-by Peter Walbrook*





**A**lthough it might not have quite the pedigree of other classic 20th-century chair designs, like the Wassily, Barcelona, or Eames Lounge Chair, the Acapulco Chair is equally recognised, arguably more versatile, and probably more copied. The first example is said to have been designed by an unknown French tourist, who was visiting the southern Mexican resort town of Acapulco in the early 1950s. He was supposedly inspired by a local Mayan hammock design to create a similarly ventilated seat that would be comfortable in a humid tropical climate.



As Acapulco became a popular hotspot for Hollywood stars, and other celebrity jet-setters in the 1950s and '60s, so the Acapulco Chair somehow seemingly acquired international popularity. By the 1970s they could be found all over the world – inside homes, in office building lobbies and around the pools of luxury resorts – and never really went out of style.

The simple, usually avocado-shaped design of tubular steel with brightly coloured, tightly woven PVC upholstery, means that the Acapulco Chair, which was apparently never patented, is now made all over the world.

While there is really no such thing as a genuine Acapulco Chair, those that are handmade in Mexico, with recyclable PVC seating and sold by companies like Fair Furniture ([fairfurniture.com](http://fairfurniture.com)) and its partner Silla Acapulco ([sillaacapulco.com](http://sillaacapulco.com)) are about as close to genuine as you will find. Their websites also provide some interesting insights into construction methods, materials – including natural fibers as more eco-friendly replacements for PVC – and design.

Other companies doing interesting things with the original Acapulco design include Innit of Canada

([innitdesigns.com](http://innitdesigns.com)) and Ocho in Mexico ([www.ochoworkshop.com](http://www.ochoworkshop.com)). You can also find more than 20,000 colourful and inspiring posts at #acapulcochair on Instagram.

儘管阿卡普爾科椅不像Wassily、Barcelona或Eames Lounge Chair等其他20世紀經典椅子設計擁有起源的由來，但阿卡普爾科椅用途繁多，並有不少抄襲版。據說第一張椅子是由不知名的法國遊客設計的，他在1950年初到墨西哥南部阿卡普爾科度假勝地旅遊。據說，他受到當地瑪雅吊床的設計得到啟發，創製了相類似的通風座椅，非常適合在潮濕熱帶的氣候下使用。

於1950年和60年，隨著阿卡普爾科成為荷里活明星，及愛好噴射機名人的熱點，阿卡普爾科椅亦而在國際上廣受歡迎。直到1970年，熱潮已遍佈全世界，不論在住所、商業大樓的大堂及高級渡假酒店的泳池邊也可找到它的踪影。

簡潔的設計，像牛油果般的形狀，配上色彩鮮豔的塑膠編織繩，從未取得專利，現時生產遍布全球。

雖然實際上沒有真正的阿卡普爾科椅子，所知的只是墨西哥人手製作的，用上再用的塑膠座位，由Fair Furniture ([fairfurniture.com](http://fairfurniture.com)) 及合伙人Silla Acapulco ([sillaacapulco.com](http://sillaacapulco.com))公司出售，這是最接近原創的產品。他們的網頁還提供製造的方法，材料（包括採用更環保的天然纖維取代塑膠）和一些有趣的設計見解。

其他售賣的公司還有包括加拿大的Innit ([innitdesigns.com](http://innitdesigns.com)) 及Ocho in Mexico ([www.ochoworkshop.com](http://www.ochoworkshop.com))。你可在Instagram輸入#acapulcochair便可找到超過兩萬張色彩豐富的的阿卡普爾科椅子，和一些富啟發性的帖子。





**BENTLEY**



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## Factory trained team. All rounded services tailor for you.

Bentley Hong Kong - DCH has been appointed as an official Bentley dealer in Hong Kong since 2001. There are over 2,000 Bentley vehicles individually commissioned by our customers. All rounded service tailored for you. Two factory trained teams are dedicated to each of the Bentley, assure each of the car is beautifully maintained and preserved.



## BENTLEY HONG KONG - DCH

Address: G/F, Bonaventure House, 91 Leighton Road, Causeway Bay, Hong Kong

Telephone: (852) 2890 1918

CUTTING  
*Edge*

# Emsella

The New Well-being Experience.  
A Game Changer  
For Men And Women.  
Emsella全新男仕及女仕適用療程



More information coming soon, as well as exciting news from the Nail Bar with iPedure.  
留意更多有關全新美容療程的消息！ Nail Bar 還推出 iPedure 療程及更多新療程的訊息。密切留意！

For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320  
or email [salon@aberdeenmarinaclub.com](mailto: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](mailto:salon@aberdeenmarinaclub.com)



# Freezpen Applications

冷凍筆美容療程

|                                                               |       |
|---------------------------------------------------------------|-------|
| One-time application for verrucae<br>疣                        | \$800 |
| One-time application for small skin tags<br>珍珠疣               | \$300 |
| One-time application for big skin tags<br>珍珠疣 (大)             | \$600 |
| One-time application for milia and cherry angiomas<br>粟米疹和血管瘤 | \$300 |



## PERFECT

Perfect results with no scarring. Healthy tissue is unaffected; frozen tissue disappears in a few weeks.



## SIMPLE PROCEDURE

Assess the lesion, choose the right applicator, point, freeze, wipe, freeze again. Done!



## PRACTICAL

Treatment takes few minutes and you are ready to go. Must use sunscreen



## POWERFUL

High power (50-55 bar) microjet achieves in-tissue temperature of  $-89^{\circ}\text{C}$ , for complete tissue necrosis in seconds.



## PAINLESS

No pain, no cuts or bleeding, no anesthesia. Slight sting signals when treatment is complete.



## PRECISE

Ultrafine sharp jet for total precision and no damage to healthy tissue. Range of applicators.

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# FUSIO SCRUB

SCALP AND HAIR RESCUE. THE ONLY TREATMENT THAT PROVIDES YOU WITH ALL-IN-ONE RESULTS.

本會更提供頭皮和護髮療程服務

CUTTING  
**Edge**

**WOMEN NEED  
AN ULTRA SENSORIAL  
EFFICACIOUS  
DEEP CLEANSING GESTURE  
TO ACHIEVE  
THE HEALTHY BEAUTIFUL  
HAIR THEY SEEK**



THE SENSORIAL SERVICE  
**OF DEEP CLEANSING**



INSTANT  
SCALP AND HAIR DETOX  
**ANTI POLLUTION ACTION**  
22% MORE PARTICULES REMOVED

GLOBAL  
HAIR SUBLIMATION  
**IMMEDIATE SHINE**  
6 X SHINIER HAIR  
**INSTANT ROOTS LIFT**  
72% MORE VOLUME AFTER APPLICATION

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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](mailto:salon@aberdeenmarinaclub.com)



# YOUR MASSAGE EXPERIENCE STARTS HERE



We are available daily from 9am to 9pm. Online booking allows you to choose your preferred masseuse and room.  
每天營業時間為早上9時至晚上9時。當預約服務時，還可以同時選擇您喜歡的按摩師和房間。

## CONCRETA

Firming and hydrating Repair Balm with Organic Shea and Paracress.  
有機乳木果油和乳香油是有效的緊緻和補濕修護霜。

## BODY OIL 身體潤膚油

Luminous Cashmere Oil with Organic Coconut & Passionflower. Combine two of our most deeply nourishing products for a super boost of hydration from head to toe and a beautiful, radiant glow.

結合木蘭花油、有機椰子油及熱情花。使用兩種最滋潤的產品，深層滋潤肌膚即時呈現水潤光澤。

### HOW TO QUENCH AT HOME 在家中護理方法:

- ① Take a pearl size portion of Concreta and 1-2 pumps of Body Oil and melt in your hands.  
取一粒珍珠大小的Concreta和1-2泵的潤膚油，待在手中融化。
- ② Apply all over the body, taking special care on extra dry areas.  
塗上全身，特別在乾燥的部位。

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For more information or reservations, please contact us at 2814 5320 or email to [salon@aberdeenmarinaclub.com](mailto:salon@aberdeenmarinaclub.com).

預約及查詢請致電 2814 5320 或電郵至 [salon@aberdeenmarinaclub.com](mailto:salon@aberdeenmarinaclub.com)。



## Plant-based Diets

### 素菜飲食

**A**s I'm sure you've heard, seen and read, plant-based diets are becoming more and more popular these days. It can be a little confusing as the definition of a plant-based diet ranges from pure vegan (zero animal products) through to vegetarian (zero meat but with dairy and eggs) and semi-vegetarian (occasional meat consumption).

Although there are many proven benefits of a plant-based (vegan) diet, the thought of it may be a challenge for most people. What is clear, however, is that reducing meat consumption should lead not only to better health, but also to a better long-term global environment. For example, 60 percent of the world's agricultural land is used for beef production, but only two percent of the world's calorie consumption comes from beef, and it takes 2,393 litres of water to make one single hamburger!

Ultimately, we must all make our own choices based on our own personal health (check with your doctor before making major diet decisions), but reducing the amount of meat, seafood and dairy we consume can only be seen as something positive, which can benefit us all.

相信大家都接收過不少關於素菜飲食的資訊，近來愈趨流行。大家可能對素菜飲食（可食用含奶製品和雞蛋）與純素飲食（不食用含奶製品和雞蛋）及半素食主義者（偶爾食用肉類）的定義感到混亂。

儘管純素飲食已證明有許多益處，但對大多數人來說，仍是一個挑戰。然而，顯而易見的是，減少食用肉類不僅對健康帶來好處，還對全球環境帶來長期的效益。例如，牛製品農產業佔全世界用地達60%，但世界上只有2%的卡路里消耗是來自牛，而製作一個漢堡需要2,393公升水！

但最終的選擇都是根據自己的個人健康為前提（在做出重大飲食決定之前應先諮詢您的醫生），縱然減少食用肉類、海鮮和乳製品是對健康是有益的。

## Valentine's Special

### 情人節特備節目

#### Valentine's Arts & Crafts at Kids on 8

##### 情人節手工藝坊

Friday, February 14

Create your own flowers and card.  
創製個人的花卉和情人咭。

Enquiries 查詢: 2814 5494

#### Valentine's Day Open Skate

##### 溜冰場情人節開放日

Friday, February 14 from 6.15-9pm

Couples can buy one get one free for this session if they wear matching clothes on the Valentine day.  
會員在情人節穿著情侶裝，兩位入場一位可享免費。

Enquiries 查詢: 2814 5374

#### Valentine's Social Tennis

##### 情人節社交網球

Saturday, February 15 from 3-6pm

Come with your partner and meet other players at the Rooftop Courts for a casual game.  
與伴侶一起到天台球場與其他會員一起休閒地享受打球的樂趣。

Enquiries 查詢: 2814 5318

#### Valentine's Fitness Day

##### 情人節健身日

Friday, February 14

Grab your partner and complete 42km in the Fitness Centre throughout the day. Gifts for the ladies!

當日與伴侶在健身中心完成42公里的路程。女士可獲贈禮物一份！

Enquiries 查詢: 2814 5337

# New Fitness Challenges 2020!

## 挑戰健身活動

**R**emember what we always say – this is not a race! The Challenges are designed to give you added motivation throughout the year, and to make sure that exercise is part of your daily and weekly routine. If you exercise regularly, we recommend that you aim for a challenge that best fits your existing level of exercise. If you are new to exercise, please seek your doctor's advice before starting any exercise programme.

### Total Minutes Challenge

#### 挑戰總分鐘

Gold – 8,888 minutes (around three hours per week)  
 Silver – 7,000 minutes (just over two hours per week)  
 Bronze – 5,000 minutes (just over 90 minutes per week)  
 Beginners – 2,020 minutes (around 45 minutes per week)

金 – 8,888分鐘 (每星期大概3小時)  
 銀 – 7,000分鐘 (每星期大概2小時)  
 銅 – 5,000分鐘 (每星期大概90分鐘)  
 初次參加 – 2,020分鐘 (每星期大概45分鐘)

### Total Swimming Laps Challenge

#### 挑戰泳圈

Gold – 5,888 laps (around 115 laps per week)  
 Silver – 3,000 laps (around 58 laps per week)  
 Bronze – 2,020 laps (around 40 laps per week)

金 – 5,888泳圈 (每星期大概115泳圈)  
 銀 – 3,000泳圈 (每星期大概58泳圈)  
 銅 – 2,020泳圈 (每星期大概40泳圈)

一如往常，這活動不是一場比賽！挑戰活動旨在鍛煉體魄，並把運動推廣為個人的慣常活動。如果您已習慣定期運動，建議可選擇最適合現有運動水平的挑戰為目標。如果您不熟悉運動，請在開始任何運動計劃之前諮詢醫生的建議。如果您是初次參與，開始前請先諮詢您的醫生。

### Bowling Strike Challenges

#### 保齡球全中挑戰

Gold – 188 Strikes (around four Strikes per week)  
 Silver – 100 Strikes (around two Strikes per week)  
 Bronze – 50 Strikes (one Strike per week)

金 – 188全倒 (每星期大概4次全倒)  
 銀 – 100全倒 (每星期大概2次全倒)  
 銅 – 50全倒 (每星期大概1次全倒)



### Children's Strike Challenge (Rails allowed – aimed at children aged 12 and below)

#### 兒童全中挑戰 (12歲或以下兒童)

Gold – 88 Strikes (around two Strikes per week)  
 Silver – 50 Strikes (around one Strike per week)  
 Bronze – 25 Strikes (around two Strikes per month)

金 – 88全倒 (每星期大概2次全倒)  
 銀 – 50全倒 (每星期大概1次全倒)  
 銅 – 25全倒 (每月大概2次全倒)

## Family Hiking

### 家庭登山樂

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

- Wednesday, January 1 – Hike up Nam Long Shan
- Saturday, January 18 – Hike up Nam Long Shan
- Saturday, February 15 – Aberdeen Country Park

All hikes start at 9.30am. Bring your family and enjoy some exercise in the fresh air!

享受清涼的天氣，快來參加以下的登山活動。

- 1月1日(星期三)及1月18日(星期六) – 南朗山
- 2月15日(星期六) – 香港仔郊野公園

活動於早上9時30分開始。請在起步點集合。不要錯過與家人一起感受戶外風光的活動！

Enquiries查詢: 2814 1222

## Holiday Break Schedule

### 假期上課安排

Please check the Chinese New Year Break schedule, which runs from January 19 to February 1 inclusive 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.

有關農曆新年期間，由1月19日至2月1日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，請緊記提前向預訂服務中心提交「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。

## A Good Start for the New Year

### 新一年活動

To better plan activities for you and your children in 2020, please refer to the regular group activities schedule for details. Application forms can be download from the Club's website, or you can pick up a copy from the Activities racks (Main Lobby, 2M Corridor and 5F Health Club).

Please note that some activity schedule and fee revisions start from January.

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

為孩子計劃新一年的精彩活動，查詢活動詳情，請參閱常規小組活動時間表。申請表可從本會的網站下載，或可到本會的大堂、2M走廊及5樓健康中心的宣傳資料架索取。

報名或查詢，請致電預訂服務中心電話2814 1222或電郵至[reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)

## Chinese New Year Fun at Kids on 8!

### Kids on 8! 農曆新年活動

Create your own firecracker and lantern on January 25, 26 and 27.

快來參加於1月25至27日舉辦的創製炮仗和花燈工作坊。  
Enquiries 查詢: 2814 5493

## Gold Coin Hunting at CPA

### 兒童天地尋金樂

Sunday, January 19

2-4pm at the Children's Play Area  
Member: \$120 Guest: \$150

We have game booths, balloon twisting and coin hunting.

For bookings and enquiries, please contact Adventure Zone on 2814 5360 or email [adventurezone@aberdeenmarinaclub.com](mailto:adventurezone@aberdeenmarinaclub.com).

快來參加於1月19日(星期日) 下午2時至4時，在兒童天地舉行的尋金樂。

會員\$120 來賓 \$150

當日更設有遊戲攤位，扭氣球及尋找金幣活動。

報名及查詢請致電動感樂園2814 5360，或電郵至 [adventurezone@aberdeenmarinaclub.com](mailto:adventurezone@aberdeenmarinaclub.com)。

## Ice Skating Chinese New Year Camp

From January 27 to 31

Sign up for our Ice Skating camps to keep your children active this Chinese New Year Holiday.

Chinese New Year break for Ice Skating lessons will start on January 25, and the last lesson will be January 24. Lessons will resume on February 3.

快來參加於1月27至31日舉行的新春溜冰營。溜冰課程將由1月25日開始放新春假，農曆假前最後一課為1月24日。2月3日將回復正常。

Enquiries 查詢: 2814 5374

## Adventure Zone Laser Tag Challenge

### 鐳射槍賽

Calling all Laser Taggers - mark your diary!

From 6.30-7.30pm 晚上6時30分-7時30分

- Friday, January 17 • 1月17日 (星期五)
- Friday, February 28 • 2月28日 (星期五)
- Friday, March 27 • 3月27日 (星期五)

Enquiries 查詢: 2814 5360

## Bazooka Ball Challenge

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

From 7-7.30pm

7時-7時30分

- Friday, January 10 • 1月10日 (星期五)
- Friday, February 14 • 2月14日 (星期五)
- Friday, March 13 • 3月13日 (星期五)

Enquiries 查詢: 2814 5360

## Revised Social Sports Programme 2020

### 2020年社交活動

#### Tai Chi\*

##### 太極

Every Monday 7-8pm

Join our instructor Donald for a casual Tai Chi session with other Members.

逢星期一 晚上7至8時

教練Donald將教授基本的太極技巧。

#### Badminton

##### 羽毛球

Every Tuesday 7-8pm

Meet other players at the 7/F Court for a friendly game.

逢星期二 晚上7至8時

於7樓場地與其他熱愛羽毛球的會員切磋。

#### Ten Pin Bowling

##### 保齡球

Every Wednesday 7-9pm

Have a bowl and meet other players for a casual game.

逢星期三 晚上7至9時

與其他愛好者分享打球的心得。

#### Cardio Tennis\*

##### 帶氧網球

Every Thursday 7.15-8pm

Join our instructor for a tennis-themed fitness session.

逢星期四 晚上7時15分-8時

與教練一起練習以網球為主的健身活動。

#### Muay Thai\*

##### 泰拳

Every Friday 7-8pm

Join our instructor Cori to burn calories and exercise your eight limbs.

逢星期五 晚上7-8時

與教練Cori一起燃燒卡路里並鍛鍊肌肉。



#### Tennis

##### 網球

Every Sunday 10am-midday

Meet other players at the Rooftop Court for a casual game.

逢星期日 上午10-12時

與其他好手在天台網球場一起比拼球技。

\* Reservations required 敬請預約

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

報名及查詢請致電預訂服務中心電話2814 1222或電郵至 [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)

## CLASS HIGHLIGHTS

康體課程推介

# Group Fitness Classes

## 團體健身班

### Spinning/HIIT Blast

健身單車/高強度心肺肌肉訓練

SPINNING/HIIT BLAST classes offer high-energy stationary bike workouts that enhance cardiovascular endurance and muscular strength. Spinning classes can be a great way to get in a vigorous workout -burning calories and keeping your muscles in shape.

Instructor: (Monday and Friday) Ros; (Wednesday) Raul.

健身單車/高強度心肺肌肉訓練課程以高強度的運動來增強心血管耐力和肌肉力量。健身單車課程是鍛練體形，燃燒卡路里和強化肌肉的好方法。

教練Ros (星期一至五) / 教練Raul (星期三)

### Sculpt & Conditioning

塑形班

SCULPT & CONDITIONING is an all-encompassing strength and toning workout that also combines balance and cardiovascular conditioning. Using body bars, hand weights and other resistance training equipment, it designs to shape and tone the body without building muscular size or bulk. This muscle conditioning section will improve strength, muscle endurance, posture and body shape. Members at any fitness level can enroll.

Instructor: (Monday and Friday) Ros; (Wednesday) Raul.

塑形班專為塑造和調整身段而設，利用阻力訓練器械避免令肌肉過分結實。透過訓練可調節肌肉，以提升肌肉耐力和力量，並調整姿勢及體形。適合所有人仕參加。

教練Ros (星期一至五) / 教練Raul (星期三)

### Yoga Nidra (Meditation)

睡眠瑜伽(冥想班)

YOGA NIDRA - Yoga Nidra, or yogic sleep, is a deeply restorative practice for healing and connecting with layers of our being. During the practice, students are guided to skillfully release all tension in their physical body, step by step. This state of total ease then enables us to fully connect with our subtle body.

睡眠瑜伽具有深層次的修復和治愈的功效。在練習過程中，教練將指引學員逐步釋放身體中的張力，舒緩緊張的情緒。當完全在放鬆的狀態下，便能夠微妙地與身體連接起來。

Instructor 教練: Jennifer (Tuesday 星期二)



### Stress Reduction With Mindfulness (Meditation)

正念減壓(冥想班)

STRESS REDUCTION WITH MINDFULNESS - There are two ways for happiness, external and internal. In this class, we come together as a community to study and deepen our skill for internal joy. Each week we will learn to connect to a natural sense of lightness and freedom within, using breathing, visualisation and other guided meditation techniques. The practices of non-judgement, acceptance and letting go strengthen our resilience to external circumstances. We learn to become skillful at navigating the waves of life, breaking free from the vicious cycle of stress between our emotional and physical bodies.

正念減壓舒緩壓力的方法，可分為外在和內在兩種方法。課程將深入學習如何從內在獲得快樂的技巧。每週將學習透過呼吸、視覺感官及冥想的技巧，來達到內在與自然外界相聯。練習以判斷、接受及釋放來加強對外來環境的適應能力。當技巧熟練，有效面對負面的情緒，並改善由壓力導致的情緒困擾所造成的身體問題。

Instructor 教練: Jennifer (Friday 星期五)

### Zumba Fitness

森巴健身舞課程

ZUMBA FITNESS involves dance elements such as hip-hop, soca, samba, salsa, meringue, mambo, martial arts, and Bollywood and belly dance moves. Zumba is an optimal fitness choice, mixing cardio intervals with resistance training. Zumba mixes effective body sculpting movements with easy-to-follow, fun dance steps.

森巴健身舞課程結集舞蹈元素、如街頭舞、索卡、桑巴、莎莎舞、美倫格舞、曼波舞、武術、寶萊塢和肚皮舞等。森巴結合了有氧和阻力訓練，有趣的步法，動作容易跟隨，有效地塑造美好身形，是一種最好的健身訓練。

Instructor 教練: Tomoko

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

or email to [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)

報名及查詢請致電預訂服務中心電話2814 1222或電郵至 [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)

## Private and Semi-Private Golf

by Andy Henderson and Christine Chuck

### 高爾夫球私人及半私人課程

Golf is a great game for all ages. Children have been known to begin playing golf as early as age three. 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

高爾夫球適合各年齡學員參加，三歲以上已可以開始學習。本會提供青少年、女士、男士、私人、半私人及團體課程。透過課程可以改善高爾夫球的技巧。而高爾夫模擬器是開始練習的好方法。

初學

- 介紹基本技巧和模擬器
- 學習基本揮桿姿勢
- 在練習場學習如何揮球
- 學習推球及削球技巧

具經驗

- 介紹揮桿各擊球技巧
- 複習推球及削球技巧
- 學習在沙坑劈起桿的技巧

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

報名及查詢請致電預訂服務中心  
電話2814 1222或電郵至  
[reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)



## DRY BOAT STORE



**There are some vacancies in the dry boat store for you or your boat crew. This is the only indoor weather-proof dry boat store in Asia, providing perfect conditions for smaller boats and jetskis.**

本會之室內快艇倉現有空位出租，這是香港唯一的室內防風雨的快艇倉，適合各快艇及水上電單車。

Please contact the Marina Office on 2814 5368 or email [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com) for enquiries.

查詢請致電海事部 2814 5368 或  
電郵至 [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com)

## Music Lessons

### 樂器班

**M**usic can enrich our lives. 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 run by a Russian Piano School trained teacher with more than 10 years teaching experience who is qualified to teach exam level. Any age welcome for effective private classes in English, Russian or German.

音樂為生活增添色彩。

Musicland按照倫敦音樂學院（LCM）考試大綱來設計的音樂課程適合各年齡級別，由小孩、青少年和成人。Musicland是唯一獲得批准的香港LCM考試中心，並提供臨時課程。

Dechant Music Academy由曾在俄羅斯鋼琴學校受訓；擁有超過10多年豐富經驗的老師教授，並具有教授考試水平的資格。適合各年齡人士參加，私人教授班提供英語、俄語或德語授課。

## Fencing

### by Academy of Fencing (Hong Kong)

### 擊劍班 - 香港擊劍學院

**C**hildren can learn good sportsmanship and self-discipline through the sport of fencing. Coaching Company will provide all fencing equipment, or you can order your own one assisting by them. Please come and enjoy fencing!

Look out for the schedule on display at the Health Club and at the in the flyer racks at Health Club, 2M Corridor and Main Lobby.

通過擊劍孩子們可以鍛鍊體能和學習良好的自律能力。教練將提供所有擊劍設備，或可以選擇自己訂購，請快來享受擊劍的樂趣！

請在健身中心、2M走廊和大堂的傳單架上索取課程時間表。

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

報名和查詢請致電預訂服務中心2814 1222或電郵至[reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)



## Muay Thai (Non Combat)

by Sport Max HK Co. Ltd.

### 泰拳(非格鬥)

**M**uay-Thai is a unique, unnamed martial art of Thailand created by the wisdom of Thai ancestors. It has now developed into a popular sport around the world. The sport uses a combination of hands and feet. The main focus of the training is punching, kicking, kneeing and elbowing, and correct posture and motion to enhance balance, explosiveness, agility, muscle strength, softness and coordination of participants.

There will be an evaluation between each level conducted by iGLA Muaythai Animation Education System (iMAES) and the certificate may be applied upon passing the assessment.

泰拳是由泰國祖先創造而沒有命名的獨特武術。現已發展成為世界級的一項受歡迎的運動。泰拳結合了手和腳，主要重點訓練揮拳、踢、跪和肘，正確的姿勢和動作，以增強參與者的平衡力、爆發力、敏捷性、音樂強度，柔和度和協調性。

由iGLA泰拳動畫教育系統（iMAGES）作出監察，每個級別評估一次，評估合格後即可獲發證書。



# Basketball and Soccer Coaches from Adventure Sports Academy (ASA)

籃球及足球教練

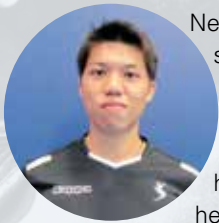
## Max Poon



Max is ASA head soccer coach with over six years of coaching experience, with a coaching style that revolves around being firm but fair providing children, with the perfect balance between structure and fun. He is currently representing the Hong Kong Football Club in the HKFA Premier Division and has grown up playing at the highest levels of the Hong Kong football scene. His experience and development of his skills and knowledge began through playing in South China's youth development system where he eventually went on to represent the senior team.

Max是ASA的首席足球教練，擁有超過6年的教練經驗，著重在訓練與樂趣之間取得平衡。他在香港足球界的最高水平比賽中長大，目前代表香港足球會在香港足球協會英超聯賽中出賽。他的經驗和技能知識的發展始於在華南地區的青年發展體系中工作，並有幸代表高級團隊。Max足球經驗豐富，曾參加華南地區的青年發展計劃，並最終代表高級組別的團隊。

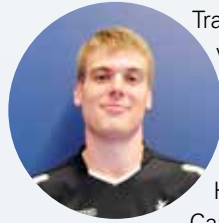
## Nelson Choi



Nelson was born in Hong Kong but he has spent more than ten years in the UK. He played for the basketball teams of Newcastle College and Manchester Metropolitan University and finished his personal trainer certificates when he was doing his Sports & Leisure Management degree in university. After he came back from the UK, Coach Nelson spent a year coaching gymnastics in Discovery Bay. He then became a multi-sports coach for basketball, football, rugby, hockey and gymnastics. Nelson has a strong background in coaching kids, especially the very young.

Nelson出生於香港，亦曾在英國居住十多年。他曾效力紐卡斯爾學院和曼徹斯特城市大學的籃球隊，在大學攻讀運動休閒管理學，並取得私人教練證書。他從英國回來後，在愉景灣擔任體操教練。其後，成為了多元運動教練，包括籃球、足球、欖球、曲棍球和體操。Nelson對教授兒童有豐富的經驗，尤其是教授年幼的小孩。

## Travis Gavalis



Travis was born in the United States and was actively involved in playing football, basketball and American football as a teenager in North Carolina and throughout the southeast United States.

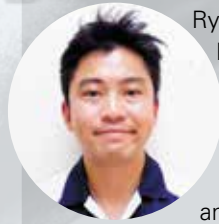
He attended the University of North Carolina at Chapel Hill where he graduated with a B.A. in Exercise and Sports Science and a minor in coaching. Through his degree, Travis is certified by the American Sport Education Program to coach all youth sports, and he has experience coaching multiple youth teams in football and basketball. While at school, Travis also became a U.S. certified sports official and has officiated various sports at the youth, collegiate and semi-professional levels.

Travis出生於美國，從小便在北卡羅來納州和美國東南部就參與足球、籃球和美式足球賽事。他於教堂山的北卡羅來納大學就讀，並取得運動體育科學專業教練學士學位。在學期間，Travis是美國認可的體育代表，並主持青年、大學和半職業級別各種體育活動。

## Badminton Coach from Sport Max

羽毛球教練

## Ryan Chan



Ryan is a registered coach of Hong Kong Badminton Association who can teach in Cantonese, Mandarin and English. He was examiner for the Youth Athletes Training Scheme and Star Award Scheme and has coaching experience in the HKBA bronze award training scheme. He is expert in children's basic skill training, teenage fitness and skill development training, adult skill enhancement and competition training for both single, double, mixed doubles, tactics and psychology.

Ryan是香港羽毛球協會的註冊教練，以廣東話、普通話和英語授課。他曾擔任青年運動員訓練計劃和明星獎計劃的評審員，並在香港足球協會銅牌獎訓練計劃中擔任教練。Ryan教授經驗豐富，包括訓練兒童基本技巧、青少年體能和技術培訓、增強成人技巧以及針對單打、雙打、混合雙打、戰術和心理學的比賽訓練。



# JUNIOR CLUB STARS



SKATER • AGE 6  
**LOUIE LIN**

Louie has been ice skating for only a few months, but has improved a lot in a short time. He has a great attitude and is very enthusiastic. Way to go Louie!

Louie開始了溜冰僅幾個月，在短時間內進步很大，學習態度很好，非常熱情。Louie繼續努力！



SKATER • AGE 9  
**HEBE CHENG**

Hebe has learnt ice skating at the club for three years. She is very hard working and passed the Freestyle Test 3 recently. We wish her well in reaching higher levels soon. Well Done Hebe!

Hebe在本會學習溜冰已經三年了。她非常努力練習，最近通過了Freestyle Test 3的考試。祝願她往後能達到更高的水平。做得好，Hebe！



SWIMMER • AGE 6  
**SIMONE WONG**

Simone joined the swimming programme as a beginner and progressed to the improver level after working extremely hard in her lessons. At the last Harry Wright Swimming Gala, Simone showed how much she has improved by winning three gold medals. A great effort. Well done Simone, keep it up!

Simone由初級班開始已在本會參加游泳課程，在堂上非常努力學習，並有很大的進步。在去年的Harry Wright水運會中表現出色，取得三個項目的金牌。Simone做得好，繼續努力！



SWIMMER • AGE 10  
**SANTIAGO LOPEZ**

Santiago joined our swimming programme at the beginner level. He has rapidly improved these past two months and demonstrates a great work ethic. He is transforming into a highly motivated swimmer. He is expected to be in action on his first ever sprint meet appearance next month. Good luck in your first competition Santiago and keep up the good work!

Santiago從初級便開始參加本會的游泳課程。在過去的兩個月中進步迅速，他積極進取的學習態度，更不斷向團隊學員學習。在下個月他將參加首個比賽。在此祝願Santiago在首個比賽中取得卓越的成績，繼續努力！



SOCCER PLAYER • AGE 5  
**RYAN HO**

Ryan picks up practice and skills very quickly and has a very good learning attitude toward all challenges and practices that our coaches give him. He always gives his best and is showing great progress, step by step. Keep it up Ryan!

Ryan很快掌握了練習和技巧，對教練們給他的所有挑戰和練習都持良好的學習態度，總是表現積極，並有大大的進步。Ryan繼續努力！



TENNIS PLAYER • AGE 10  
**NORMAN HO**

Norman has been playing tennis for more than two years and his favourite shot is forehand. He has great improvement and did well in his first Club tournament show. Well done, Norman!

Norman打網球已有兩年多了，他最喜歡的發球是正手。由於他的進步和出色的表現，本月他在本會網球比賽中脫穎而出，並且在他參加的第一屆錦標賽中表現出色。加油，Norman！



## How to Raise Strong Readers and Writers

Insights from a certified reading specialist

專家教授如何提高閱讀寫作能力

Wednesday, January 15

2/F Marina Suite

10.30am to midday

Member: Complimentary/Guest: \$50

What is your child reading? Have you ever wondered if your child is developing properly as a reader? What should they be able to read, and by when? Most importantly, how can you help them get there?

Certified reading specialist and Baker & Bloom's Primary Division Head Rebecca Bush will explore these questions and more. She will share reading strategies, development timelines and other insights to help parents understand their child's growth as readers and writers.

Rebecca has over a decade of experience in a variety of international educational systems and settings. Before becoming a reading specialist and dyslexia therapist, she worked as a classroom teacher, mentor and trainer, curriculum advisor and developer, bilingual instructor, English as a second language teacher, and educational consultant.

您的孩子閱讀什麼書籍？孩子怎樣透過閱讀帶來健康的發展？何時應該閱讀及閱讀什麼的書籍？最重要的是，如何協助他們？

閱讀專家和Baker & Bloom小學部校長Rebecca Bush將為大家探討這些問題。她將分享閱讀策略，發展時間表和其他見解，幫助父母了解孩子們閱讀寫作的成長。

Rebecca擁有超過十年的經驗，並熟識國際教育系統。在成為閱讀專家和閱讀障礙治療師之前，她曾擔任課堂老師、導師、培訓師、課程顧問和開發人員、雙語導師、英語為第二語言老師及教育顧問。

## *The Power of Knowing*

By Rebecca Bush

閱讀理解的力量

The ultimate goal of reading is comprehension; but how do we make sure our young readers truly understand? One of the biggest pieces of the puzzle – and one that parents can most easily address – is world knowledge. The more our readers know about the world, the better able they will be to understand even complex texts. Common sense corroborates what researchers have proven: the more prior knowledge a reader has about a topic, the better their comprehension of the text will be.

This does not mean that your child needs to be an encyclopedia, but rather to possess a broad base of age-appropriate familiarity with a range of topics. We are so fortunate in Hong Kong to be able to travel. Take advantage of these experiences and talk with your children about what your destination is like and how the culture and customs compare and contrast to your own. As you explore new locations, keep a family map of your travels.

Even without leaving the city, you can share stories, discuss new restaurants and learn interesting facts about even mundane daily activities. With any new learning, help your child make connections between new information and what they already know. The brain is a massive network of synaptic associations, and explicitly helping young readers build those connections will help them to better recall information. Even simple conversations and valuable time spent together as a family will not only bring you closer, but will also give your child the critical world knowledge they need to be a strong, comprehending reader.

閱讀的目標是理解。但是我們如何確保年輕讀者能真正理解呢？世界知識讀者面對的最大難題之一，讀者對世界了解越多，他們越能理解較複雜的文本。

這並不意味著孩子需要一本百科全書，而是對周邊的事物培養好奇心。家長可以用各種方式去幫助孩子培養世界知識。比如在旅行的時候，家長可以多與孩子討論異地文化和習俗，幫孩子培養對世界的認識。

培養孩子對閱讀的興趣不是複雜的事。簡單的對話，既可以拉近家人間的距離，也可以讓孩子認識多些世界知識，慢慢地，他們將會成為理解能力更強的讀者。



## Fulfilling Christmas Wishes 聖誕節願望

**W**e would like to thank every Member who helped us fulfill the Christmas wishes of underprivileged children. We received 72 gifts, which were sent to Ronald McDonald House and Ebenezer School & Home for the Visually Impaired last December. The children were very thankful to receive them.

It was the Club's first time to initiate this wishlist programme, and the response from Members was overwhelming. The Club is committed to giving back to the community and we couldn't have achieved it



so successfully without your support. It was highly appreciated.

Thank you once again, and we look forward to helping more children in need in this year.

本會於去年聖誕期間初次舉辦「聖誕願望」活動，實現了72名寄居於麥當勞叔叔之家及心光盲人院暨學校的兒童的聖誕願望。特此感謝每位參與捐贈的會員。

本會致力回饋社區，全賴會員鼎力支持，令活動空前成功。期望來年可拓大活動，令更多兒童歡度聖誕。



## Membership Fees 會籍費用

Please be informed of the current Membership fees.

### Membership Entrance Fee

Individual or Corporate Class A  
\$4,200,000

### Membership Transfer Fees Individual or

Corporate Class A \$1,380,000  
Corporate Class B \$2,760,000  
Corporate Class C \$4,140,000

Please note that new Membership application to the Club is currently closed.

A corporate Member shall be required to inform the Club of any change in beneficial ownership of the Corporate Member, and pay the applicable transfer fee arising from such change. The Club will conduct random checks in this regards and take the appropriate action as necessary, including but not limited to, charging the applicable transfer fee against such Corporate Member in respect of any non-compliance.

A nominee of a Corporate Member must be a director, partner, officer or employee of such Corporate Member. Rental of Corporate membership is prohibited.

最新會籍費用現已生效。

### 入會費用

個人或甲類公司會籍 HK\$4,200,000

### 會籍轉讓費

個人或甲類公司會籍 HK\$1,380,000  
乙類公司會籍 HK\$2,760,000  
丙類公司會籍 HK\$4,140,000

深灣遊艇俱樂部現不接受新入會申請。

如公司會籍之實益擁有權有任何更改必須通知本會，並需支付相關之轉會費。本會將進行抽查，就任何不遵守規則，必要時會採取適當的行動，收取相關的公司會籍轉讓費。

公司會籍的提名人必須是其公司之董事、合夥人、行政人員或僱員。禁止租賃公司會籍。

## Closure of Hair & Beauty Salon

### 美髮及美容中心 春節假期關閉

The Hair & Beauty Salon and Nail Bar will be closed from January 25 to 27 inclusive for the Chinese New Year.

We apologise for the inconvenience.

請注意，美髮及美容中心於1月25至27日春節假期關閉。不便之處，敬請原諒。

## Discounts

### 優惠

Members can enjoy a 15% discount at any restaurant at Island Shangri-La Hotel, Kowloon Shangri-La Hotel and Kerry Hotel Hong Kong. Please settle by Club membership card.

會員於港島香格里拉大酒店、九龍香格里拉大酒店及香港嘉里大酒店各餐廳內可享八五折餐飲優惠，請以會員證結賬。



## e-Portwatch

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

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

# The Backroom Opening Cocktails



# Tree Lighting Ceremony and Cocktails



# Members' Day 2019









# CHINESE SPRING DINNER PACKAGES

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

為賀新年，本會特備多款春茗菜單，讓閣下與公司全人共迎新歲。

**Our selection of Spring Dinner packages offer excellent value from only \$8,280 per table, and include the following extras.**

- Free-flow beverage package at a discounted rate of \$2,280 per table with an unlimited serving of soft drinks, local beer and fresh orange juice for four hours.
- One complimentary car parking space per table.
- Karaoke at a preferential rate of \$800.
- Fresh floral centrepiece on each dining table.

#### **Additional inclusive benefits.**

#### **For parties with more than eight tables of 12 persons**

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

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

- An elegant banner.
- Complimentary round-trip transfer by 56-seater coach to and from Admiralty MTR station.

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



本會春茗套餐每席只需**\$8,280**起，  
每席十二位，並提供以下優惠：

- 以優惠價每席 \$2,280 享用四小時無限供應汽水、本地啤酒及鮮橙汁
- 每席提供一個免費泊車位
- 以優惠價 \$800 享用卡拉OK設施
- 每席備有鮮花擺設

預訂八席或以上，可享額外優惠

- The Deck 二人自助晚餐禮券乙張供抽獎用

預訂十二席或以上，可享額外優惠

- 精美橫額一幅
- 免費 56 座位巴士接送往返金鐘地鐵站一程

THE  
ABERDEEN MARINA CLUB



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

預訂請致電宴會部電話2814 5442或電郵至[events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com)