



PORTWATCH

March/April 2025



HAPPY EASTER!



THE WORLD IS YOUR OYSTER

This is our Oyster case, the world's first waterproof wristwatch case, conceived by Rolex in 1926 and patented. A one-of-a-kind feature, which holds within it an intricate world of cogs and minutely crafted parts. Made of some of the most refined alloys, the Oyster case is incomparably resistant to all sorts of external aggressions. Yet no object so hermetic, so immovable, has ever opened the door to so many

possibilities. With its original patented design consisting of a bezel, a case back and a winding crown screwed down against the middle case, it profoundly changed the course of watchmaking history and set new standards of waterproofness for all wristwatches. To this day, the Oyster case continues to protect our watches and our movements within them. It stands as undeniable proof of our constant quest for reliability.

OFFICIAL ROLEX RETAILER

蘇麗鐘錶

ZURICH WATCH

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



PORTWATCH

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Portwatch Editor / Mr Adam Nebbs



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



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DATES
FOR
YOUR
DIARY

MARCH

DATES
FOR
YOUR
DIARY

APRIL

2

SUNDAY

Tokyo Marathon Challenge
Fitness Centre
7am - 10pm

6

THURSDAY

Understanding Art Value: A Collector's Guide
2/F Marina Suite
10.30am - midday

7

FRIDAY

The Balcony & Salathip Four Hands Set Dinner
The Balcony
6pm

8

SATURDAY

The Balcony & Salathip Four Hands Set Dinner
The Balcony
6pm

9

SUNDAY

Pacman Highest Score Day!
The Yard
9am - 7pm

Bowling High Score Day
Bowling Alley
11am - 10pm

10

MONDAY

Xili Golf Outing
6.30am

Jacqueline Shiu Art at the Club -Adult Session
Marina Suite
11am - midday

14

FRIDAY

Outdoor Zumba by Coach Sandra
Children's Play Area
10.45am - 11.45am

Laser Tag Challenge
Adventure Zone
7.30pm - 8.30pm

15

SATURDAY

Jacqueline Shiu Art at the Club -Family Session
6/F Activities Studio
2pm - 3pm

Arts & Crafts - St. Patrick's Day
Kids on 8!
9am - 7pm

16

SUNDAY

Arts & Crafts - St. Patrick's Day
Kids on 8!
9am - 7pm



21

FRIDAY

Bouchon Classic French Pop-up x Château de Beaucastel Wine Dinner
The Backroom
7pm

Shooting Range
Kids on 8!
7pm - 7.30pm

22

SATURDAY

Earth Hour
Lobby
8.30pm - 9.30pm

23

SUNDAY

The Grabber Machine Returns! - Earth Toys
The Yard
9am - 7pm

27

THURSDAY

New Players Evening
Roof Top Tennis Court
7pm - 9pm

29

SATURDAY

V-Tech Toys Pop-up Sale
Health Club
10am - 5pm

Arts & Crafts - Design your own Mask
Run,2,3!
2.30pm - 4.30pm

30

SUNDAY

Bowling Bingo
Bowling Alley
11am - 10pm

Fitness Centre Orientation for New Members
Fitness Centre
2pm - 4pm

V-Tech Toys Pop-up Sale
Health Club
10am - 5pm

ALL OF APRIL

Marina Grill
White Asparagus

The Deck
Sakura Bento Box



Caffè Luna
Festa del Risotto

6

SUNDAY

Bowling High Score Day
Bowling Alley
11am - 10pm

9

WEDNESDAY

Case Studies of Successful Applicants to US/UK Universities
2/F Marina Suite
10.30am - midday

11

FRIDAY

Shooting Range
Kids on 8!
7pm - 7.30pm

11

FRIDAY

Teens Fitness by Coach Paulina
Fitness Centre
5pm - 6pm

White Asparagus x Markus Molitor Wine Dinner
Marina Grill
7pm

12

SATURDAY

Easter Egg Crafting
Run,2,3!
2.30pm - 4.30pm

13

SUNDAY

Songkran Buffet
Portside
Lunch & Dinner

Easter Carnival & Egg Hunt
G/F Children's Play Area
10.30am - 4pm

18

FRIDAY

Skin Analysis and Beauty Tips from Our Therapist
Cutting Edge
9am - 10am

19

SATURDAY

Arts & Crafts - Easter
Kids on 8!
9am - 7pm

Grabber Day! - Easter Toys
Bowling Alley
11am - 10pm

20

SUNDAY

Arts & Crafts - Easter
Kids on 8!
9am - 7pm

Boston Marathon Challenge
Fitness Centre
7am - 10pm

21

MONDAY

The Grabber Machine Returns! - Fun Bunnies!
The Yard
9am - 7pm

25

FRIDAY

Laser Tag Challenge
Adventure Zone
7.30pm - 8.30pm

26

SATURDAY

Ozzie Cozzie Swimwear Clearance Sale
Lobby
10am - 6pm

27

SUNDAY

Ozzie Cozzie Swimwear Clearance Sale
Lobby
10am - 6pm

Bowling Bingo
Bowling Alley
11am - 10pm

Art on Ice
Ice Rink
3pm - 5pm

London Marathon Challenge
Fitness Centre
7am - 10pm

Wellness Assessment
Cutting Edge
10am - 5pm

ALL OF MARCH

Marina Grill
Korean Hanwoo

Caffè Luna
Sapori della Primavera

The Deck
Floral Feast Afternoon Tea Set
(every Saturday and Sunday)

The Balcony
Thai Clay Pot

DINING THROUGHOUT MARCH AND APRIL



The Horizon
Light and Healthy Specialities

Portside
Chinese Herbal Soup

Easter Buffets

復活節自助餐



THE DECK

Saturday and Sunday, April 19-20

Lunch:
1st session: 10.30am-12.30pm
2nd session: 1-3pm
Dinner: 5.30-9pm
Adult \$498 Child \$228

Join us at The Deck to celebrate Easter and enjoy our exquisite buffet offerings. We look forward to welcoming you and your loved ones!

四月十九日至二十日（星期六至星期日）

午餐：
第一節：上午10時30分至下午12時30分
第二節：下午1時至3時
晚餐：下午5時30分至晚上9時
成人\$498 小童\$228

我們誠邀您與親朋好友一同前來The Deck慶祝復活節，享用多款精緻自助餐美食！

PORTSIDE

Saturday and Sunday, April 19-20

Lunch:
1st session: 10.30am-12.30pm
2nd session: 1-3pm
Dinner: 5.30-9pm
Adult \$498 Child \$228

Enjoy a delightful Easter feast with family and friends at Portside!

四月十九日至二十日（星期六至星期日）

午餐：
第一節：上午10時30分至下午12時30分
第二節：下午1時至3時
晚餐：下午5時30分至晚上9時
成人\$498 小童\$228

歡迎蒞臨Portside與家人和朋友共享復活節美味盛宴！



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。



Easter Carnival and Egg Hunt

復活節嘉年華及尋蛋樂

Sunday, April 13
10.30am – 4pm
G/F Children's Play Area

Join our Easter Carnival with lots of game booths, prizes and egg hunting.

Egg Hunt 1.30-4pm
Member \$200 Guest \$240

四月十三日(星期日)
上午10時30分至下午4時
地下兒童天地

設有攤位遊戲和尋蛋活動，並派發獎品。

尋蛋樂下午1時30分至4時
會員\$200 來賓\$240

Egg Hunting Sessions

Ages 3 to 5
1st Session: 1.30-1.50pm
2nd Session: 2-2.20pm
3rd Session: 2.30-2.50pm

Age 6 to 8
4th Session 3-3.20pm
5th Session: 3.30-3.50pm

3至5歲兒童
第一節：下午1時30分至1時50分
第二節：下午2時至2時20分
第三節：下午2時30分至2時50分

6至8歲兒童
第一節：下午3時至3時20分
第二節：下午3時30分至3時50分

Easter Fun Arts & Crafts in Run,2,3!

Saturday, April 12
2.30-4.30pm

Looking for ways to keep the kids entertained over Easter? These fun arts & crafts will do the trick, and adults may even find themselves getting stuck in too! Guest fees will apply.

四月十二日(星期六)
下午2時30分至4時30分

參加我們於Run,2,3!舉辦的有趣手工藝活動，小朋友和家長都必定樂在其中！來賓需要收取費用。

For enquiries, please call Adventure Zone on 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。

THE HORIZON

Light and Healthy Specialities

健康菜式推介

Now until April 30
即日起至四月三十日

Highlighted Dishes

精選菜式

木瓜燉山斑魚湯

Double-boiled fresh water goby, papaya

魚湯浸鮮淮山包心芥菜

Poached fresh huashan, mustard greens in fish soup

豉蒜蜜糖豆炒鱸魚球

Sautéed fillet of pomfret, honey bean, black bean, garlic



MARINA GRILL

Korean Hanwoo

韓牛盛宴

Throughout March

The Hanwoo is a breed of small cattle indigenous to Korea. This breed is raised mainly for meat and is the source of Hanwoo beef, one of the most rare and expensive meats in the world.

三月

韓牛是在韓國土生土長的獨有品種，飼料經嚴格處理，是世界上最稀有和昂貴的肉類之一。

White Asparagus

白蘆筍菜式推介

Throughout April and May

Enjoy the unique flavour of seasonal white asparagus at Marina Grill.

Marina Grill 將於四月及五月以時令白蘆筍入饌，為您烹調精心設計的菜式。

THE DECK

Floral Feast Afternoon Tea Set

花·宴下午茶

Saturday and Sunday, 3-5.30pm
Throughout March
\$498 for two persons

Discover the sweet fragrance of fresh blossoms in our Floral Feast Afternoon Tea Set offering a selection of sweet and savoury bites, with your choice of floral herbal tea.

三月(逢星期六及日)
下午3時至5時30分供應
\$498供兩位用

品嚐我們以春日花藝為主題的精緻下午茶，備有各式鹹甜美點，並配以自選的花草茶。



Sakura Bento Box

櫻·和式便當

Lunch and dinner
Throughout April

Take a flavourful journey to Japan with our Sakura Bento Box. Treat your tastebuds to authentic Japanese delicacies including fresh sashimi, grilled fish and handmade sushi.

四月份午餐及晚餐時段供應

櫻花和式便當讓您踏上日本美食之旅。正宗的日本佳餚集於一身，包括新鮮刺身、烤魚和壽司，令人食指大動。

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。

the
BALCONY

SALATHIP X THE BALCONY

FOUR HANDS SET DINNER

泰式四手晚宴

March 7-8
(Friday and Saturday)

Discover the vibrant flavours of Thai cuisine with our exclusive four-hand dinner, crafted by Chef Pachuen from The Balcony and Chef Yanavit from Salathip Thai Restaurant at Shangri-La, Bangkok.

沉浸在泰國料理的豐富風味中，由露臺泰國餐廳主廚Pachuen和曼谷香格里拉大酒店Salathip泰國餐廳主廚Yanavit聯手為您精心打造的四手晚宴。



CHEF YANAVIT



CHEF PACHUEN



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

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

THE BALCONY



Thai Clay Pot

泰式煲仔菜推介

Throughout March
三月

Spicy pork back ribs

泰式火山排骨
Bone stew, lime chilli sauce

Khaw Man Kai

泰式海南雞
Thai chicken rice served with chilli bean sauce

Jungle beef curry

叢林牛肉咖喱
Cumin leaves

Thai baked river prawns

香辣河蝦粉絲煲
Glass noodles

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。

Songkran Celebration

潑水節菜式

April 3 - 29

Each year in the middle of April, families in Thailand, Cambodia, Myanmar and Laos come together to mark the passage of one year into the next, with favourite foods and cleansing water in a festival known as Songkran.

This April, our Thai chefs will prepare a selection of foods to celebrate with you.

四月三日至二十九日

每年4月中，泰國、柬埔寨、緬甸和老撾的家庭都會聚在一起，用他們最喜歡的食物和潔淨的水來慶祝新一年的到來，是為潑水節。

今年，我們的泰菜廚師將會準備精選美食與您一起慶祝泰國新年。

PORTSIDE

Songkran Buffet

潑水節自助餐

Sunday, April 13

Lunch

1st session: 10.30am – 12.30pm

2nd session: 1-3pm

Dinner: 5.30-9pm

Adult \$598 Child \$298

Indulge in our special buffet featuring authentic Thai dishes with family and friends as we bring the vibrant flavours of Thailand to your table!

四月十三日(星期日)

午餐

第一節：上午10時30分至下午12時30分

第二節：下午1時至3時

晚餐：下午5時30分至晚上9時

成人\$598 小童\$298

與家人和朋友一起慶祝潑水節，盡情享受我們的特色自助餐，包括正宗的泰國菜餚，我們期待將泰國風味帶到您的餐桌上！

CAFFÈ LUNA

Sapori della Primavera

Taste of Spring

意式春日滋味

Throughout March 三月

PRIMO

Tagliolini Zucchine e Gamberi

Home-made Egg-yolk Pasta, Zucchine Sauce, Tiger Prawn

SECONDO

Pesce Spada e Salmoriglio

Sword Fish Fillet, Salmoriglio Sauce, Grilled Sweet Peppers



Festa del Risotto

Risotto Festival

意大利飯推介

Throughout April 四月

Capesante e Zafferano

Scallop and Saffron Risotto

Radicchio e Mascarpone

Chioggia Radicchio and Mascarpone Risotto

Fragole e Prosecco

Strawberries and Prosecco Risotto

Grigliata in Terrazza

Barbecue on the Terrace

池畔燒烤派對



Saturday and Sunday, April 12 and 13

Lunch

11.30am - 2.30pm

Dinner

5.30-8.30pm

Savour sumptuous flavours served straight from the barbecue on the terrace at Caffè Luna.

四月十二日及十三日(星期六及星期日)

午餐

上午11時30分至下午2時30分

晚餐

下午5時30分至晚上8時30分

歡迎前來Luna意大利餐廳，在池畔旁品嚐廚師們為您燒烤的豐盛美食。

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。

SET SAIL ABOARD SEA BREEZE



Whether you are planning a birthday celebration, an anniversary gathering, a corporate event, or simply desire a serene cruise, *Sea Breeze* is a perfect option with warmer weather on the way.

With her spacious layout and elegant design, she can comfortably accommodate up to 25 guests with a cutting-edge sound system, a fully equipped galley and cosy lounge area.



Full-Day Rental (8 hours)	\$32,000 (weekend)
	\$28,800 (weekday)
Half-Day Rental (4 hours)	\$26,000 (weekend)
	\$22,000 (weekday)
Special Occasions (8 hours)*	\$36,000
Special Occasions (4 hours)*	\$28,800
Additional Hours	\$3,200
Far Destination Additional Charge	\$3,300

* Special Occasions include Fireworks Night, Christmas Eve, Christmas Day, Boxing Day, New Year's Day, Valentine's Day, Mid-Autumn Festival, other Public Holidays and Wedding Photo Shoots.

To embark on your *Sea Breeze* adventure, please call the Central Reservations Centre on 2814 1222 or email reservations@aberdeenmarinaclub.com。

Ports of Call

Portugal

遊歷葡萄牙港口

If there is one portion of Europe which was made by the sea more than another, Portugal is that slice, that portion, that belt. Portugal was made by the Atlantic.
— Hilaire Belloc.



Monument of the Discoveries, Lisbon

Lisbon

里斯本



Named Europe's Best Cruise Destination at the World Cruise Awards 2024, Lisbon offers cruise passengers a spectacular arrival. After gliding past the 16th-century Belem Tower, the Monument of the Discoveries (opposite page) and under the splendid 25 de Abril Bridge (right) – all interspersed with several lively docks and marinas – cruise ships tie up at what was also named Europe's Best Cruise Terminal at the same award ceremony last November. Disembarking passengers then find themselves right on the doorstep of Alfama, the city's oldest neighbourhood, with easy access to the rest of the city on foot or by vintage tram.

Lisbon is one of Europe's more charming and until recently most underrated capitals – and the second-



oldest after Athens. It is also one of the warmest and sunniest during winter, making it a popular year-round destination. With historic and modern architecture, culture and cuisine to rival any European city, it is also a good starting point for beach holidays along the Portuguese Riviera, where lies our next port of call.

里斯本在2024年世界郵輪大獎中被評為歐洲最佳郵輪目的地，同時里斯本郵輪碼頭亦被評為歐洲最佳郵輪碼頭。里斯本的港口景色壯麗，郵輪會經過建於16世紀的貝倫塔、發現者紀念碑及壯麗的4月25日大橋（景點分佈於幾個熱鬧的港口）。乘客下船後會發現已經到達了這座城市最古老的舊區阿爾法瑪舊城區，並可以步行或乘古老電車輕鬆前往城市的其他地方。

里斯本是歐洲其中一個最迷人的首都，卻亦是最常被忽略的首都之一。它是繼雅典之後第二古老的首都。這裡的冬天氣候溫暖、陽光充沛，是全年受歡迎的旅遊勝地。這裡擁有可媲美其他歐洲城市的歷史和現代建築、文化和美食。您亦可從里斯本出發到接下來所介紹的葡萄牙里維埃拉，享受度假時光。

Cascais

卡斯卡伊斯



Less than 30 minutes' drive west of Lisbon, Cascais has been an upscale resort town since the 19th century, and with adjoining Estoril comprises a significant part of the Portuguese Riviera. Popular both with land tourists and sailors, the town's marina (marinacascais.com/en) has hosted many major international yachting events and claims to be "the best marina in the Atlantic". With Portugal remaining neutral in the Second World War, a number of European royal families and aristocracy moved to Cascais for the duration, and it subsequently became a fashionable resort among the affluent Jet Set of the 1960s and '70s.

Those who like a flutter can visit the nearby Casino Estoril - once the largest in Europe, and said to have been the inspiration for James Bond creator Ian Fleming's novel *Casino Royale*.

卡斯卡伊斯距離里斯本以西不到30分鐘車程，自19世紀以來一直是高級的度假區，與毗鄰的埃斯托里爾，成為了葡萄牙里維埃拉的重要部分。該鎮的港口 (marinacascais.com/en) 深受遊客和遊艇的歡迎，曾舉辦過許多大型國際遊艇賽事，並被稱為“大西洋最佳港口”。由於葡萄牙在第二次世界大戰中保持中立，許多歐洲王室和貴族在戰爭期間移居到卡斯卡伊斯，隨後這裡更成為了60年代和70年代的高尚度假勝地。

喜歡一試運氣的人士可以前往附近的埃斯托里爾賭場 — 這裡曾是歐洲最大的賭場，據說亦是占士邦小說《皇家賭場》的作者伊安法蘭明的靈感來源。

Nazaré

納扎雷



Most of the world's highest-wave surfing records have been set off the coast of Nazaré, a pretty little town on the Costa de Prata, or Silver Coast. During the winter - from October to March - these unusually high waves are formed with the help of an underwater canyon that concentrates the incoming ocean swells towards land. The views of surfers from on shore are spectacular and spectator numbers have grown significantly in recent years.



Long, sandy beaches, attractive architecture and a strong local fishing culture attract more traditional tourists in the summertime, and there is a friendly marina at the southern end of town catering to passing sailors. The upper and lower parts of town are connected by a funicular, designed by Raoul Mesnier du Ponsard (see page 27) and which was inaugurated one year after Hong Kong's similar Peak Tram, in 1889.

世界上最高滑浪記錄幾乎都是在納扎雷海岸誕生的，這個美麗小鎮坐落於銀色海岸。巨浪通常於冬季十月至三月出現，當海流從海底峽谷往海岸推進時，水流被擠壓並往上衝，使海面形成非常大的海浪。從岸上看衝浪的景色十分震撼，近年來遊客數量亦顯著增加。

長長的沙灘、迷人的建築和當地豐富的漁業文化，在夏季吸引了更多遊客，船隻多喜歡泊於城鎮南端的港口。市鎮的上半部和下半部由纜車連接，該纜車由 Raoul Mesnier du Ponsard 設計（見第27頁），於1889年啟用，比香港的山頂纜車遲一年啟用。

Porto

波圖



Cruise ship passengers visiting Portugal's second-largest city disembark at the Porto Leixoes Cruise Terminal, about 10 kilometres to the northwest, which opened in 2015. Porto's historic centre is a UNESCO World Heritage Site and the Ribeira pedestrian riverfront area is popular for its atmospheric little streets and alleyways lined with centuries-old buildings and where – soon after sunset – bars, cafés and restaurants start to fill with the sound of fado music and the distinctive pops of Douro Valley port bottles opening.

Numerous river-cruise companies operate tours inland from here up the Douro River through the vineyards and wineries of the Douro Valley. One of these is

DouroAzul (douroazul.com), which was named the World's Best River Cruise Line 2024 at the same ceremony that awarded Lisbon's aforementioned accolades.

前往葡萄牙第二大城市的遊輪乘客，多數會在位於西北方約10公里的波圖萊克斯斯遊輪碼頭下船，該碼頭於2015年啟用。波圖歷史中心被聯合國教科文組織列為世界遺產，里貝拉步行區以充滿情調的小巷而聞名，街道兩旁排列著百年歷史的建築，酒吧、咖啡館和餐廳於傍晚開始響起傳統法朵音樂，還有持續的獨特開瓶聲音。

許多運河遊輪旅遊路線都會沿著杜羅河穿過杜羅河谷葡萄園和釀酒廠到內陸區。其中，DouroAzul(douroazul.com)在之前所提及里斯本獲獎的頒獎禮中榮獲2024年世界最佳運河遊輪公司。

Vilamoura

維拉摩拉



Home to the largest marina in Portugal and closely surrounded by no fewer than six challenging golf courses, Vilamoura sits at one corner of the Algarve's Golden Triangle, halfway along Portugal's southern coast. Named International Marina of the Year seven times by The Yacht Harbour Association, Vilamoura Marina (marinadevilamoura.com) opened in 1974 and currently contains 825 berths for yachts of up to 60 metres (197 feet). Vilamoura itself is a relatively new tourism and residential complex – about the same age as its marina – and very popular with affluent mariners, anglers and golfers.

If you're not sailing in, nearby Faro Airport serves the region's well-preserved historic capital. The Algarve

is Portugal's best-known, friendliest and safest region for travellers, and popular, older tourist towns such as Albufeira (above) and Carvoeiro are just a short drive westward along the coast from Vilamoura.

維拉摩拉位於葡萄牙南部，是阿爾加維金三角的一部份，為葡萄牙最大的港口，該地區至少擁有六個具挑戰性的高爾夫球場。維拉摩拉港口 (marinadevilamoura.com) 於1974年開放，曾七次被The Yacht Harbour Association評為“年度國際港口”，目前擁有825個泊位，可供長達60米（197尺）的遊艇停泊。維拉摩拉本身就是一個相對較新的旅遊和居住區，與港口的營運年相約，並且深受遊艇、釣魚愛好者和高爾夫球手的歡迎。

除了乘船，您亦可乘飛機前往附近的法魯機場遊覽保存完好的歷史首府。阿爾加維區是葡萄牙最聞名、最友善和最安全的旅遊地區，從維拉摩拉沿著海岸向西開車一小段路程，即可到達阿爾布費拉(上圖)和卡沃埃羅等較熱門的舊城。





The Delightful Union of White Asparagus and German Wines

白蘆筍與德國葡萄酒的美妙配搭

White asparagus, a seasonal delicacy celebrated in many European cuisines, reaches its pinnacle of flavour during the spring months. Particularly popular in Germany, this unique vegetable is known for its tender texture and subtle sweetness. When paired with the country's renowned wines, such as Riesling and Pinot Blanc, the result is a culinary experience that delights the senses.

Riesling, Germany's flagship grape variety, is a perfect match for white asparagus. Its crisp acidity and floral notes complement the vegetable's gentle flavour, enhancing its natural sweetness. The wine's minerality, often derived from the slate soils of the Rhine region, brings out the earthy undertones of the asparagus, creating a harmonious balance on the palate. A chilled glass of off-dry Riesling elevates dishes like steamed white asparagus with hollandaise sauce, allowing the wine to cut through the richness of the sauce while accentuating the asparagus's delicate taste.

In Germany, the arrival of white asparagus is celebrated with festivals and culinary events, showcasing its versatility and flavour. Whether enjoyed in a fine dining setting or a casual gathering, the



marriage of white asparagus with German wines like Riesling and Pinot Blanc exemplifies the art of pairing food and wine. This delightful union not only highlights the best of seasonal produce but also celebrates the rich viticultural heritage of Germany, promising a memorable gastronomic journey for all.

La Cave invites Members to join our White Asparagus x Markus Molitor Wine Dinner at Marina Grill on Friday, April 11, to experience the extraordinary charm of their superb "3-star" wines

白蘆筍是一種季節性美食，在許多歐洲菜系中備受讚譽，特別是在德國，這種獨特的蔬菜以其鮮嫩的質地和微妙的甜味而聞名。當它與德國著名的葡萄酒，如雷司令（Riesling）和白皮諾（Pinot Blanc）搭配時，便會帶給您愉悅的美食體驗。

雷司令是德國最具代表性的葡萄品種，是白蘆筍的最佳配搭。其清爽的酸度和花香與白蘆筍的柔和風味相得益彰，增強了其天然的甜味。這款酒的礦物質感，通常源自萊茵河地區的板岩土壤，突顯了蘆筍的風味，為味蕾帶來平衡。一杯冰凍的半乾雷司令可平衡醬汁的豐腴，同時突顯蘆筍的細膩風味，使蒸白蘆筍配荷蘭醬等菜式的味道得以昇華。

在德國，白蘆筍季節的到來會以節日和美食活動來慶祝，展示其多樣性和風味。無論是在高級餐廳還是休閒聚會上，白蘆筍與德國葡萄酒如雷司令和白皮諾的組合，都是美食與餐酒的完美配搭。這一美妙組合不僅突顯了季節性食材的最佳風味，還能細味德國豐富的釀酒文化，為所有人帶來難忘的美食之旅。

La Cave團隊誠意邀請會員參加4月11日(星期五)在Marina Grill舉行的白蘆筍 x Markus Molitor葡萄酒晚宴，體驗酒莊享負盛名的3星葡萄酒的非凡魅力！



THE BACKROOM
AT LA CAVE
**Bouchon
Classic French
Pop-up**
經典法式小酒館

Join us at The Backroom for our Bouchon Classic French Pop-up featuring authentic dishes made from the finest ingredients, offering a delightful taste of timeless French cuisine in bistro style.

Highlights

- Escargots à la Bourguignonne
- Cuisses de Grenouille
- Coquilles St Jacques
- Canard a L'Orange
- Côte de Boeuf
- Ile Flottante

This special menu will be available at The Backroom from March 13 to 25, with an exclusive Château de Beaucastel Wine Dinner on March 21.

During this period, The Backroom will not provide a regular à la carte menu.

誠邀會員來到The Backroom體驗我們期間限定的經典法式小酒館!品嚐由最優質食材製作的正宗佳餚,享受小酒館風格的經典法國美食,例如法式蝸牛、牛肋排等。

菜式將於3月13日至25日在The Backroom 提供,並於3月21日舉辦Château de Beaucastel葡萄酒晚宴。

屆時, The Backroom 將不會提供原有菜單。

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

THE BACKROOM
AT LA CAVE

**Château de Beaucastel
Wine Dinner**
葡萄酒晚宴

Friday, March 21
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,280 per person
Guest Speaker:



Florian Garrigues, Export Director of Famille Perrin

日期: 3月21日(星期五)
酒會: 晚上7時
晚宴: 晚上7時30分
費用: 每位\$1,280
演講嘉賓: 品牌代表Florian Garrigues

WINES FEATURED

- 2022 Coudoulet de Beaucastel Blanc
- 2021 Coudoulet de Beaucastel
- 2022 Château de Beaucastel, Châteauneuf-du-Pape Blanc
- 2021 Château de Beaucastel, Châteauneuf-du-Pape Blanc, Roussanne Vieilles Vignes
- 2020 Château de Beaucastel, Châteauneuf-du-Pape
- 2015 Château de Beaucastel, Châteauneuf-du-Pape, Hommage à Jacques Perrin



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

MARINA
GRILL

**White Asparagus x
Markus Molitor
Wine Dinner**
白蘆筍菜式配葡萄酒晚宴

Friday, April 11
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,180 per person
Guest Speakers:



Markus Molitor, owner and wine maker Daniel Kiowski, Export Director of Markus Molitor, Best Sommelier of Germany 2015

日期: 4月11日(星期五)
酒會: 晚上7時
晚宴: 晚上7時30分
費用: 每位\$1,180
演講嘉賓: 莊主兼釀酒師Markus Molitor及品牌代表兼2015年度德國最佳侍酒師Daniel Kiowski

WINES FEATURED

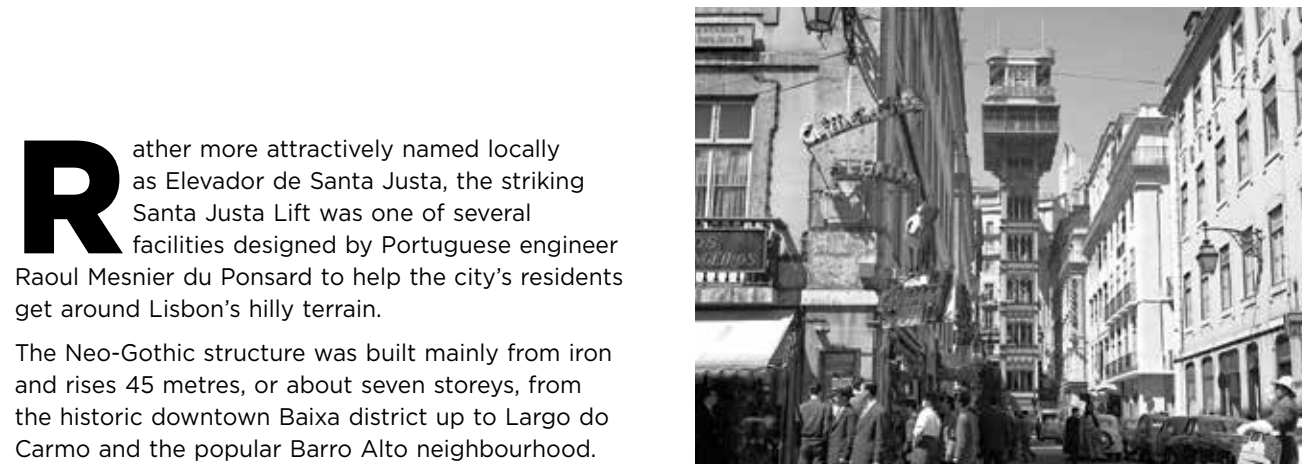
- NV Markus Molitor, Haus Klosterberg, Riesling, Cuvée Sekt Brut
- 2021 Markus Molitor, Haus Klosterberg, Riesling (green capsule off-dry)
- 2021 Markus Molitor, Zeltinger Sonnenuhr, Riesling Kabinett, Fuder 6 (white capsule dry)
- 2019 Markus Molitor, Bernkasteler Lay, Riesling Auslese** (white capsule dry)
- 2018 Markus Molitor, Brauneberger Klostergarten, Pinot Noir***
- 2006 Markus Molitor, Haus Klosterberg, Riesling Beerenauslese (375 ml)

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。

The Santa Justa Lift

by Peter Walbrook



Rather more attractively named locally as Elevador de Santa Justa, the striking Santa Justa Lift was one of several facilities designed by Portuguese engineer Raoul Mesnier du Ponsard to help the city's residents get around Lisbon's hilly terrain.

The Neo-Gothic structure was built mainly from iron and rises 45 metres, or about seven storeys, from the historic downtown Baixa district up to Largo do Carmo and the popular Barro Alto neighbourhood.

Inaugurated in July, 1902, it was originally powered by steam, but converted to electricity by a British firm in 1907.

In 2002 the Santa Justa Lift was declared a National Monument, along with three surviving 19th century funiculars (or *ascensors*) that were also designed and built by Mesnier to help the people of Lisbon more easily negotiate the so-called City of Seven Hills. His since-modernised Nazaré Funicular, mentioned on page 19, was not.

Although not particularly tall, the lift offers some of the best views of the city from its ornate observation deck, and nowadays it's almost exclusively tourists rather than locals queuing up to use it. A round-trip ride in the wood-panelled cabin costs €6, or you can access the observation deck alone for €1.50 if you're already on the upper level.

外形吸引的聖胡斯塔升降機是葡萄牙工程師Raoul Mesnier du Ponsard的其中一項設計，旨在方便里斯本的居民在丘陵地勢走動。

這座新哥德式建築主要由鐵製成，高45米，樓高約七層，從歷史悠久的龐巴爾下城一直延伸到卡爾莫廣場和受歡迎的上城區。

升降機於1902年7月落成，最初由蒸汽驅動，但於1907年被一家英國公司改為以電力驅動。

2002年，聖胡斯塔升降機和三座現存的19世紀纜車被列為國家古蹟，這些設施也是由Mesnier設計和建造的，目的是幫助里斯本市民可輕鬆地穿梭里斯本這個七山之城。當中並不包括本刊第19頁所提及，後來進行了現代化改造的納扎雷纜車。

儘管升降機不是特別高，但從其華麗的觀景台可以欣賞到城市的最佳景觀，如今排隊乘搭電梯的幾乎都是遊客，而不是當地居民。乘坐木製的車箱來回的費用為6歐元，或以1.5歐元進入觀景台。



Chef's Favourites Ragù Bolognese

Chef Michael Cheung shares Caffè Luna's authentic recipe for one of Italy's most famous culinary exports.

Luna意大利餐廳肉醬寬麵

Ragù Bolognese is a dish that everyone knows, and many countries have their own slightly different version of this traditional dish from the city of Bologna.

It is traditionally served with tagliatelle made with eggs and northern Italy's soft wheat flour. The pasta types that work best with the sauce include broad, flat shapes, such as pappardelle or fettuccine.

Ingredients (6 to 8 portions)

• Minced beef 30% fat	300gr	• Salt	5gr
• Minced pork	50gr	• Black pepper	3gr
• Carrots, peeled and finely chopped	30gr	• Red wine	100gr
• Celery, peeled and finely chopped	30gr	• Hot water/beef stock (unseasoned)	200-300gr
• Onion, peeled and finely chopped	25gr	• Peeled tomatoes	300gr
• Sunflower oil	20gr	• Rosemary	10gr
• Sunflower oil	20gr	• Fresh bay leaf	5gr
		• Tomato paste	100gr

Method

- 1 Heat the pan to a medium heat, add the oil and vegetables..
- 2 Sweat until the water is released and the vegetables are softened and sweet, with a little of the salt and pepper.
- 3 In a separate heavy based pan start to brown off the pork and beef mince over a medium to high heat, season with a little of the salt and pepper.
- 4 Once brown, drain in a colander to catch the excess fat.
- 5 Add the browned meat to the vegetables, stir in the tomato paste, cook for 4-5 minutes on a medium heat.
- 6 Add the red wine and cook off the alcohol completely, then reduce the liquid again.
- 7 Add the tinned tomatoes, crushing them lightly, remove any of the tomato eyes.
- 8 Add the beef stock or hot water, stir and bring the sauce to a boil, add the rosemary and bay (optional to tie in cooking string to make easier removal).

- 9 Reduce to a low heat and cook for 2-3 hours making sure to stir occasionally, this can be done without a lid on the pot and add a little water if it gets too thick.
- 10 Optionally for traditional finish, add 150ml milk to the sauce (this balances the tomato sourness/tartness).
- 11 Taste the ragù for seasoning and adjust as needed, remove any excess fat/oil.
- 12 Allow to cool fully and store in an airtight container in the fridge for up to 3 days or freezer for 1 month.
- 13 To serve, heat 80-100gr of ragu per person, cook 120-140gr fresh egg tagliatelle in boiling salted water for 3 minutes, drain and finish the last 3-4 minutes cooking inside the ragu, adjust with a little pasta cooking water, olive oil, parmesan cheese.

Fresh Egg Pasta, Tagliatelle

Ingredients

• 1½ cups (200g) 00 flour	• 1 tsp salt
• 1 large whole egg, plus 5 large egg yolks	• 1½ tsp olive oil

Method

- 1 Start by placing the flour and salt in a large mixing bowl or on a clean work surface.
- 2 Make a well in the centre of the flour, then add the eggs and olive oil.
- 3 Using a fork or your hands, gently beat the eggs and slowly incorporate the flour from the edge until a dough forms.
- 4 Once the dough has come together, knead it on a lightly floured surface for about 10-15 minutes, or until the dough is smooth and elastic.
- 5 Cover with cling wrap and rest for at least 30 minutes.
- 6 Now you can either roll out the dough by hand using a rolling pin or use a pasta machine to roll it into thin sheets 1-2mm thick.
- 7 Cut the pasta into strips 5mm wide and dust with a little extra flour to stop them sticking together.
- 8 Either cook straight away in boiling water for 2-3 minutes or store in the fridge for use within 24 hours.



肉醬寬麵源於博洛尼亞，是一道家喻戶曉的菜式。各個地區在融入當地風味後，續漸演變出不同的版本。

傳統上，這道菜式會配上以雞蛋和意大利北部小麥粉製成的寬條麵。最適合配搭的意大利粉包括寬而扁平的麵條，例如闊蛋麵或意大利闊條麵。

材料 (6至8人份量)

• 免治牛肉30%脂肪	300克	• 紅酒	100克
• 免治豬肉	50克	• 熱水/牛肉湯 (未調味)	200-300克
• 紅蘿蔔 去皮切碎	30克	• 去皮蕃茄	300克
• 芹菜 去皮切碎	30克	• 迷迭香	10克
• 洋蔥 去皮切碎	25克	• 新鮮月桂葉	5克
• 葵花籽油	20克	• 蕃茄醬	100克
• 鹽	5克		
• 黑胡椒	3克		

方法

- 1 以中火把鍋子加熱，放入油和蔬菜。
- 2 把蔬菜炒至變軟變甜，並加入少許鹽和胡椒粉。
- 3 在另一個厚底鍋中，用中高火把豬肉和牛肉煮至金黃色，加少許鹽和胡椒調味。
- 4 變成金黃色後，把肉放入濾鍋中瀝乾，以隔去多餘的油脂。
- 5 將煮好的肉加入蔬菜中，並加入蕃茄醬，以中火煮4-5分鐘。
- 6 加入紅酒，將酒精煮至完全蒸發，並讓汁液濃縮。
- 7 加入罐裝蕃茄，輕輕壓碎，去掉蕃茄芽。
- 8 加入牛肉湯或熱水，攪拌並將醬汁煮沸，加入迷迭香及月桂葉 (可捆在烹飪繩上，以便取出)。

9 調至小火煮2至3小時，偶爾攪拌，可以不蓋鍋蓋；如果太稠，可加少許水。

10 如想增加傳統的口味，可選擇在醬汁中加入150毫升牛奶 (以平衡蕃茄的酸味)。

11 嚐試肉醬味道並調整，去除多餘的油。

12 待完全冷卻，然後放入密封容器中，可在雪櫃保存最多3天，或在冰箱中保存1個月。

13 上菜時，加熱每份80至100克肉醬，將120至140克新鮮雞蛋闊麵條放入沸騰的鹽水中煮3分鐘並瀝乾水，最後加入肉醬煮3至4分鐘，再加少許煮麵水，橄欖油及巴馬臣芝士。

新鮮雞蛋寬麵條

材料

• 00麵粉	1½杯(200克)	• 鹽	1茶匙
• 蛋	1整隻及5個蛋黃	• 橄欖油	1½茶匙

方法

- 1 先將麵粉和鹽放在一個大的攪拌碗中或放在乾淨的工作檯上。
- 2 在麵粉中間挖一個洞，然後加入雞蛋和橄欖油。
- 3 用叉子或手輕輕打散雞蛋，並慢慢從邊緣加入麵粉，直至麵糰形成。
- 4 將麵團揉好後，撒少許麵粉在檯面上揉約10至15分鐘，直至麵糰變得光滑有彈性。
- 5 用保鮮紙把麵糰包好，靜置室溫30分鐘。
- 6 用擀麵棒擀開麵糰，或用麵條機將其擀成1至2毫米的薄片。
- 7 將麵糰切成5毫米闊，並撒上少許麵粉以防止麵條黏在一起。
- 8 可直接在沸水中煮2至3分鐘或放入雪櫃冷藏，24小時內使用。

F&B Trending News

The Rise of Home Comforts in Dining for 2025

2025年舒適餐飲的興起

By Kai Roelz,
Executive Assistant Manager - Food & Beverage



As we step into 2025, a notable shift in dining trends is emerging. Fine dining is taking a backseat, making way for fine-casual restaurants. People are reserving grandiose and lavish meals for special occasions, while favouring the comfort and familiarity of home-style cooking. This trend is transforming the dining landscape, bringing the warmth of home to the restaurant experience.

Intelligible Ingredients and Straightforward Dishes

Gone are the days of unpronounceable ingredients and overly complex dishes. Today's diners crave simplicity and transparency in their meals. Restaurants are responding by using familiar, high-quality ingredients that anyone could find in their grandmother's pantry. The focus is on creating dishes that are straightforward

yet delicious, reminiscent of home-cooked meals. Think hearty stews, roasted vegetables, bowls of noodles and freshly baked bread – comfort food that warms the soul.

Approachable Service

The shift towards home comforts extends beyond the menu to the service style. Fine-casual restaurants are embracing a more approachable and friendly atmosphere. Staff members are encouraged to engage with customers in a warm and genuine manner, making diners feel like they are part of a family gathering. This relaxed and welcoming environment enhances the overall dining experience, making it more enjoyable and less intimidating.

Here at the Club, we have been embracing this approach for quite some time, understanding the needs and wants of our guests. Our various outlets are designed to offer a cosy and welcoming environment, where guests can enjoy the comfort and familiarity of home-style cooking. This March and April, join us for special promotions such as Saponi della Primavera (Taste of Spring) at Caffè Luna, a Thai Clay Pot Promotion at The Balcony, or Light and Healthy Dishes at The Horizon. Celebrate the simple pleasures of home comforts, reimagined for the modern dining experience.

踏入2025年，餐飲趨勢有著明顯的轉變。精緻的高級餐飲不再主導市場，繼而冒起的是優質的休閒餐館。食客傾向把豐盛奢華的餐點留在特殊場合，同時更喜歡家常菜式的舒適及親切感。此趨勢正逐步改變餐廳的營運模式，為餐飲體驗帶來家的溫暖。

簡單易懂的食材和菜式

那些難以發音的食材名稱和過於複雜的菜式已不再流行。現今的食客偏好簡單易懂的菜式。餐廳傾向使用易於購買及為人熟悉的優質食材以滿足食客的需求，重點在於製作簡單而美味的菜餚，喚起家的感覺。試想想，豐盛的燉菜、烤煮時蔬、熱騰騰的湯麵和新鮮出爐的麵包，這些都是能溫暖心靈的菜式。

親切的服務

餐飲業的轉變不僅限於菜單，還延伸到服務風格。優質的休閒餐館擁有更平易近人及更友善的氛圍。鼓勵員工以熱情、真誠的方式與顧客交流，讓食客感覺自己在參與家庭聚會一樣。這種輕鬆而溫馨的環境提升了整體的用餐體驗，使其更加愉快和放鬆。

我們會所早已採用這種服務方式，以了解會員的需求和期望。各餐廳都致力營造溫馨的用餐環境，讓會員可以享受舒適和親切的餐飲體驗。今年三月和四月，歡迎會員參加我們的推廣活動，如Luna意大利餐廳的 Saponi della Primavera(意式春日滋味)、露臺泰國餐廳的泰式煲仔菜和海天閣的健康菜式。誠意邀請您蒞臨感受如在家一般舒適愉快的用餐體驗。



ANNUAL GENERAL MEETINGS
AND TEAM BUILDINGS

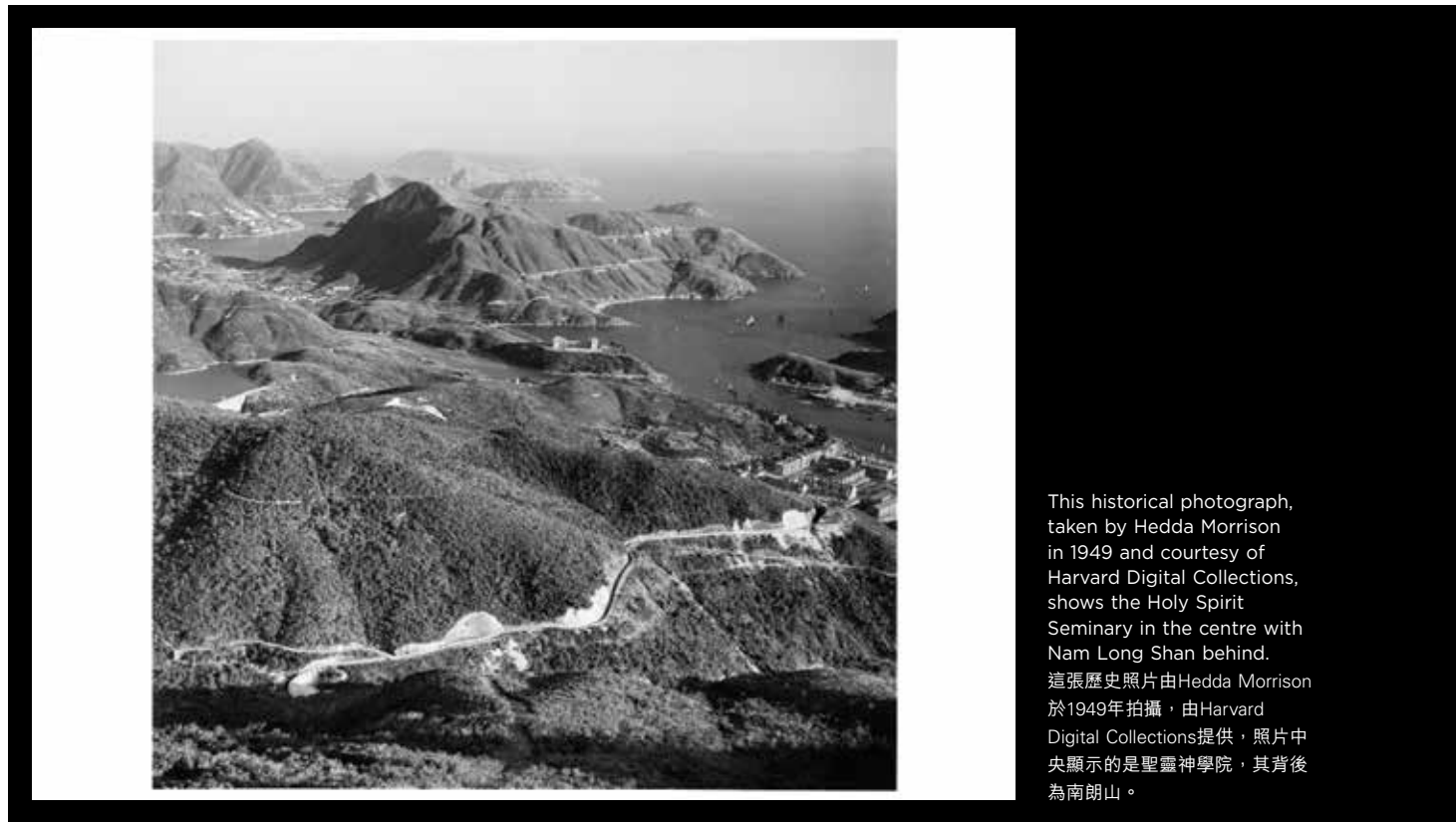


MEETING PACKAGE

PRICED AT \$950
PER PERSON TO INCLUDE . . .

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

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



This historical photograph, taken by Hedda Morrison in 1949 and courtesy of Harvard Digital Collections, shows the Holy Spirit Seminary in the centre with Nam Long Shan behind. 這張歷史照片由Hedda Morrison於1949年拍攝，由Harvard Digital Collections提供，照片中中央顯示的是聖靈神學院，其背後為南朗山。

Hong Kong History

by Giles Leonard,
Director of Sports & Recreation

香港歷史

In January, we organised a Members' Hike to the summit of Nam Long Shan and as we always say with this hike, there are a lot of steps but the view from the top is well-worth the climb! Don't worry if you missed the hike, we will likely do it again later this year, or it's an easy one to do by yourself as you can walk from the Club and back. Aside from being a nice hike, Nam Long Shan has also seen various uses over the past 150 years, so let's have a look back in time.

When reading about Nam Long Shan, we may also see it referred to as Brick Hill. This name comes from The Hong Kong Brick and Cement Co. Ltd., which owned and operated a brick factory on the hill as early as 1889. This brick factory covered a large area, and included kilns, drying sheds, offices, a boiler room, an engine house as well as coolie sheds - the

living quarters for the many manual workers. The site was chosen as there were raw materials available on the hill itself - rich veins of the clay used for the manufacture of these bricks. The clay was first ground in a milling machine, and then mixed with water and other ingredients before being forced through a compressing machine and cut up with a wire cutter. The bricks were dried by steam-heat, and then fired in any of the 14 kilns for around twenty days. The company was subsequently taken over by the Green Island Cement Co. and the site was finally decommissioned in 1927 when the machinery and buildings were sold off.

The next major use for Brick Hill came around 1940 when the British government was preparing for the possible invasion by Japanese forces who were working their way down the length of China. An

anti-aircraft (AA) battery was erected on the site and saw action during the Battle of Hong Kong, claiming one aircraft shot-down before it was overrun by Japanese troops. The Japanese then occupied the site for the remainder of the battle and used the vantage point to fire upon escaping troops during the infamous Escape from Hong Kong, when 68 British and Chinese soldiers escaped via Aberdeen and Ap Lei Chau towards China on Christmas Day, 1941.

The latest chapter for Nam Long Shan began in 1977 with the opening of Ocean Park, and aside from the hiking trail, this is the major use for Nam Long Shan today. As there is no obvious evidence of the previous buildings, Ocean Park likely sits on top of the AA placements which in turn likely made use of the older Brick Factory - quite a recycling of these buildings over the course of 150 years.

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

在一月份，我們舉辦了一次登上南朗山的遠足活動。雖然這條遠足路線有很多梯級，但登頂後看到的景色絕對是值得的！如果您錯過了該次活動，我們可能會在今年稍後時間再次舉辦。您亦可從會所出發，自己來回走一次這條簡單的路線。南朗山不只是一處怡人的遠足點，它在過去150年中也有過多種用途，讓我們回顧一下歷史。

南朗山又名「磚頭山」(Brick Hill)，這個名字來自香港磚瓦水泥有限公司，該公司早在1889年就在山上擁有並運營一座磚廠。這座磚廠佔地面積很大，包括窯、乾燥棚、辦公室、鍋爐房、機械房以及勞動工人宿舍。選址南朗山是因為其泥土含豐富礦脈，適合作磚塊的原材料。首先把黏土在磨粉機中研磨，然後與水和其他材料混合，經過壓縮機壓制，並用鋼絲切割成形。磚塊在蒸汽加熱下變乾，然後在14個窯中燒製大約二十天。該公司後來被青洲英坭公司接手，並在1927年最終停止運作，機械和建築物亦相繼被出售。

在1940年，當時英國政府為了應對日本軍隊可能的入侵而作準備。於磚頭山設置了一個高射炮(AA)炮台，在香港戰役期間投入使用，擊落了一架飛機，隨後被日本軍隊佔領。在整場戰役中，日本人利用這個制高點向逃脫的部隊開火，當時68名英國和中國士兵在1941年聖誕節經過香港仔和鴨洲逃往中國。

於1977年，除了是遠足路徑外，南朗山隨着海洋公園的開幕出現了新的篇章，亦是現今的主要用途。由於山上沒有明顯的舊建築痕跡，海洋公園有可能建在高射炮的原址上，而這些高射炮又可能沿用了舊磚廠建築結構，這些建築在150年的歷程中被重覆地使用的。

如欲了解更多香港歷史的資訊，請聯繫本會康體部總監李基爾。

Outdoor Zumba

By Coach Sandra Rojas

戶外森巴舞

All types of exercise come with life-improving benefits. Whether it impacts your life physically, mentally or socially, exercise should be an essential part of your life because of the positive impact it can make on you. Of course, it's helpful to find a type of exercise that you enjoy and can easily incorporate into your weekly routine. If you want to join a group lesson and love to dance, Zumba is the perfect class for you.

Zumba is a dance exercise programme that has captured the attention of dance and fitness enthusiasts worldwide. This cardio group fitness class is a great way to incorporate exercise and dance into your life. Learn about the advantages of Zumba and how it can benefit your overall health.

Zumba benefits

- Coordination
- Cardiovascular capacity
- Assist your metabolism
- Torch calories
- Boost your mood
- Learn how to dance

Join our Outdoor Zumba class on Friday, March 14, from 10.45-11.45am at the G/F Children Play Area.

Enquiries: 2814 1222
(Central Reservations Centre)

所有運動都有改善生活的好處，無論對身體、精神或社交生活都有幫助，因此您應培養運動的習慣，讓運動對您產生正面的影響。當然，找到喜歡的運動，便能夠更輕鬆地把它融入生活中。如果您喜歡跳舞，並正考慮參加團體課程，森巴舞是您的最佳選擇。

森巴舞受到了世界各地舞蹈和健身愛好者的關注。這個有氧團體健身課程是將運動和舞蹈融入生活的好方法。了解森巴舞的優點，以及如何對健康有益。

森巴舞的好處

- 協調
- 加強心血管功能
- 促進新陳代謝
- 燃燒卡路里
- 提振你的情緒
- 學習跳舞

歡迎參加我們於3月14日(星期五)，上午10時45分至11時45分在地下兒童天地舉行的戶外森巴舞課程。

查詢電話：2814 1222(預訂服務中心)



BEAUTY SALON

Spring Renewal Treatment

春日再生療程

Revitalise your skin with our luxurious Body Scrub and Wrap Treatment!
Indulge in a rejuvenating experience that will leave your skin feeling soft, smooth, and deeply nourished. Our exclusive Body Scrub and Wrap Treatment combines the best of both worlds, providing exfoliation and hydration for a radiant glow.

What to Expect

Exquisite Exfoliation: Our invigorating body scrub removes dead skin cells, revealing a fresh layer of skin beneath. Infused with natural ingredients, it stimulates circulation and promotes a healthy complexion.

Lush Wrap: After your scrub, relax as you're enveloped in a warm, soothing wrap. Infused with hydrating oils and botanical extracts, this treatment deeply nourishes and revitalizes your skin, leaving it silky soft.



Special Offer: Book now and receive 20% off your first treatment. Treat yourself or gift someone special a rejuvenating experience.

奢華的身體磨砂和裹敷護理讓您的肌膚煥發活力！

我們獨特的身體磨砂和裹敷護理結合了兩者的優點，既可以去除肌膚角質又可以同時保濕，讓您的肌膚變得柔軟光滑，煥發光彩。

預期效果

去角質：利用成分天然的身體磨砂膏可去除死皮及角質，促進血液循環，讓膚色健康。

裹敷護理：身體磨砂後的裹敷護理，可舒緩和放鬆身體。護理產品含有保濕油和植物萃取物，可深層滋養和恢復肌膚活力，令肌膚如絲般柔軟。

特別優惠

立即預約，首次體驗即可享八折優惠。給自己或贈送摯愛一次煥發活力的體驗。

Bunny Bundle Package

復活節優惠套餐



Cutting Edge Nail Salon is offering a selection of spring-themed nail-art designs such as pastel colours, floral patterns and Easter motifs, as well as our signature treatment Perfect Sense paraffin wax to soothe dry skin and moisturise after the long winter.

Book both hands and feet treatments and receive a complimentary hand massage. Walk in to pamper yourself in our nail salon by walking out with youthful hands and feet.

美髮及美容中心提供多種以春季為主題的美甲設計，包括柔和的色彩、花卉圖案和復活節圖案，以及我們的皇牌Perfect Sense護理療程，可舒緩乾燥的皮膚，並在經過漫長的冬季後保持滋潤。

同時預約手部和足部護理，可享免費手部按摩。歡迎光臨美髮及美容中心，讓自己的手部和腳部煥發年輕的光彩。

HAIR SALON

Recycle and Renew

環保再生

We all know that recycling helps reduce waste and promotes a healthier planet, and every bottle counts! Recycle your empty shampoo bottles in exchange for a free three-day travel-size shampoo sachet. Our travel-size shampoo allows you to explore our range of shampoos, so you can find your new favourite before committing to a full size.

- 1 Gather your used shampoo bottles, which you purchased from us.
- 2 For every bottle you recycle, you'll receive a three-day travel shampoo sachet of your choice - perfect for your next getaway or to try something new!

Let's work together to promote eco-friendly practices while enjoying great hair care!

環保有助於減少浪費，並促進地球健康。把洗髮水空瓶帶到美髮及美容中心，即可免費獲取三天旅行裝洗髮液，讓您先體驗，後購買。我們希望會員可從中找到最喜歡及適合的產品。

- 1 回收從美髮及美容中心購買的洗髮水空瓶。
- 2 每回收一個空瓶，即可獲贈一包三天旅行裝洗髮露，非常適合度假或想嘗試新產品的您！

讓我們共同努力，享受優質護髮產品的同時，還可支持環保！



For enquiries, please call Cutting Edge Hair and Beauty Salon on 2814 5319 or email to cuttingedge@aberdeenmarinaclub.com

查詢請致電美髮及美容中心電話2814 5319或電郵至cuttingedge@aberdeenmarinaclub.com。

Fitness Goals

By Personal Trainer, Leslie Cheung
設定健身目標

Setting fitness goals can be overwhelming whatever your fitness level. There are so many different goals to choose from, and you need to find ways to ensure you stick to whatever goals you set. Let's have a look at these tips for setting goals that can help you achieve your fitness resolutions.

Set mini goals along the way

Building a few small goals into your plan will increase your confidence, give you something able to achieve when you get started and keep you motivated. For example, if you want to run a marathon, you should set smaller fitness goals such as running a 5km, 10km or half-marathon, which will help you progress.

Focus on your own progress

It's critical to avoid making comparisons with others because doing so can discourage you - keep in mind



where you started and how far you've come. As your fitness improves, take time to acknowledge the results of your efforts.

無論您的健身程度如何，設定健身目標是一項艱鉅的任務。在眾多選擇中設定好目標後，您需要找到方法來堅持完成。您可參考以下的提示來實現目標。

定下小目標

設立一些較小的目標來增強您的信心，讓您在開始時就能獲得一些成就來保持動力。例如，如果您想跑馬拉松，您應該定下較小的健身目標，如跑5公里、10公里或半馬拉松，助您向前邁進。

專注於自己的進度

應避免與其他人比較，因為這樣可能會令您氣餒。緊記您的起點和監察進度。隨著您的身體素質有所提高，花點時間了解您的努力成果。



Pelvic Curl Pilates Workout

By Pilates Manager, Tracy So
骨盆捲動 - 普拉提練習

This is a warm-up exercise and it's good for strengthening the legs and glutes, lengthening hip flexors, improving spinal articulation and promoting pelvic lumbar stabilisation.

Start by lying on your back, knees bent, feet flat on the floor hip distance apart, arms by sides. Inhale to prepare, exhale to curl and draw the navel in, and begin to curl the pelvis and spine off the mat one vertebra at a time. Inhale to hold at the top, exhale as the spine is lowered, starting from the thoracic and rolling down slowly until the

tailbone touches the mat.

You can place a ball between the knees to promote more inner thighs engagement or put your feet on a foam roller. For a better result, you may place one leg on the mat with the other leg in tabletop position.

Precautions or Contraindications

- Acute lumbar disk pathology and osteoporosis.
- Use the back of the thighs (instead of using lower back) to support the pelvic curl.

這是一種熱身練習，有助於增強腿部和臀部力量、拉長髖屈肌、改善脊椎關節並促進骨盆腰椎的穩定性。

先仰臥，彎曲膝蓋，雙腳平放在地板上，與臀部同寬，雙臂放於身體兩側。吸氣做準備，呼氣捲起並收回肚臍，開始將骨盆和脊椎從墊子上捲起，每次捲起一節椎骨。吸氣保持在頂部，呼氣降低脊柱，從胸椎開始慢慢向下滾動直到尾骨接觸墊子。

您可以在膝蓋之間放一個球以運用大腿內側，或者將腳放在瑜伽滾輪上。為了獲得更好的效果，您可以將一條腿放在墊子上，另一條腿維持桌式姿勢。

注意事項或禁忌

- 急性腰椎間盤病變及骨質疏鬆症患者不宜進行此練習。
- 使用大腿後部（而不是使用下背）來支撐骨盆捲動。



EXCLUSIVE Listing



Sanlorenzo
SL86
'2019'
USD 5,200,000



EXCLUSIVE Listing



Sanlorenzo
SX76
'2019'
USD 3,500,000

NEW Listing



Ferretti
Yachts 1000
'2022'
USD 8,750,000

NEW Listing



Sunseeker 86 Yacht '2016'
USD 3,200,000

EXCLUSIVE Listing



Lagoon Sixty 7 '2023'
EUR 3,600,000

NEW Listing



Bluegame BG62 '2021'
EUR 1,800,000



TENNIS

2025 Spring Junior League Opening

By Tennis Coach, Loki Ng

The 2025 HKCTA Junior League started on January 10 and we have two teams competing this season: C Team (12 or under) and B Team (14 or under).

The first match of the season featured our C Team playing against last year's first runners up Team SSP. It was a fierce competition with the teams tied after eight matches, but in the final deciding game we lost 3 - 6.

More matches are coming up for both teams, however, and we look forward to a successful season.

2025年中國香港網球總會(HKCTA)青少年聯賽已於1月10日展開，這個賽季我們有兩支隊伍參賽：C隊(12歲或以下)和B隊(14歲或以下)參加。

賽季的首場比賽是我們的C隊在主場對陣去年的亞軍SSP隊。比賽競爭激烈，經過八場比賽兩隊打成平手，但在最後的決勝局中，我們以3-6不敵SSP隊。

接下來將有更多比賽等待着兩支隊伍，讓我們一起期待往後的賽季。



Upcoming Tennis Event New Players Evening

網球迎新活動

Thursday, March 27
From 7-9pm

Meet new players and get some playing tips from our Tennis coaches. Beginners are welcome.

Enquiries: 2814 5318 (Tennis Centre)

3月27日(星期四)
晚上7時至9時

認識新的球友並交流切磋，網球教練更會與大家分享技巧。活動適合初學者參加。

查詢請電：2814 5318(網球中心)



Division C, AMC vs SSP on January 10

Celebrating the Achievements of the Club's Ladies B Team

By Tennis Head Coach, Asif Ismail

恭喜會所女子B隊獲勝



We extend our heartfelt congratulations to our Ladies B team for their remarkable performance in the HKCTA Ladies Night League 2024. Their journey through the season has been nothing short of inspiring, culminating in their impressive finish as finalists and runners-up.

The round-robin competition presented numerous challenges, yet the team showcased exceptional skill, determination, and teamwork. Their season-long commitment to team-training with a focus on match play allowed them to not only make it to the knockout stages but also to triumph in the semi-finals.

Each member of the team played a vital role in this achievement, demonstrating improved play and a strong competitive spirit. Their support for one another was also a key factor in their success.

We want to acknowledge the incredible journey the team has undertaken and wish them the very best in the upcoming season, confident that they will continue to excel and make us proud.

Congratulations once again to the Ladies B team for a fantastic season! Their hard work and commitment have truly paid off, and we look forward to witnessing their future successes on the court.

我們衷心祝賀女子B隊在2024年中國香港網球總會女子夜間聯賽中取得優異成績。

循環賽面臨多項挑戰，但球隊展現了卓越的技巧、決心和團隊合作精神。球隊在整個賽季都努力訓練並專注比賽。她們晉級準決賽並獲勝。

球隊的每一位成員都在比賽中發揮至關重要的作用，展現了出色的水平和強烈的競賽精神。球手之間的互相支持也是她們成功的關鍵因素。

期盼她們在接下來的賽季一切順利，相信她們將繼續表現出色，並讓她們感到自豪。

最後，再次恭喜女子B隊度過了一個精彩的賽季！她們的努力和奉獻確實得到了回報，期待見證她們未來在球場上的成功。

ICE SKATING

Art on Ice 冰上藝術

Sunday, April 27
From 3-5pm

Come along to the Ice Rink for a wonderful painting experience on ice!

4月27日(星期日)，下午3時至5時

歡迎來到溜冰場，享受美妙的冰上繪畫體驗！



Hong Kong Marathon 2025

2025香港馬拉松



The event took place on Sunday February 9 – well done to all Members and Coaches who took part this year, including Nelson our Fitness officer and Coach Ryan from Ice Rink who ran the full marathon. Giles Leonard, our Director of Sports & Recreation ran the half-marathon – look out for him around the Club if you need any tips and pointers on running or triathlon. His next major challenge will be in July when he will take part in an Ironman-distance triathlon in Bavaria, Germany. Giles will keep us updated on his training and progress.

Challenge Roth is often said to be one of the best Ironman-distance races on the triathlon calendar and although Giles raced it before in 2019, he was fortunate to get another slot in the 2025 event. The race features lovely scenery as well as great support from local villages and the highlight of the bike course is the climb up Solar Hill, which is an iconic experience. To clarify, Ironman distance triathlons consist of a 3.8km swim, followed by a 180km bike ride and finish with a full (42km) marathon. Needless to say, this takes some preparation, and Giles' 24-week training plan commenced in January with daily swims, bike rides or runs. All being well, he will travel to Roth in Bavaria for the race in early July.

2025香港馬拉松賽事已於二月九日(星期日)完滿舉行，恭喜今年所有參加的會員和教練，當中健身中心的Nelson和溜冰教練Ryan完成了馬拉松項目。我們的康體部總監李基爾亦參加了半馬拉松。如需要有關跑步或三項鐵人的技巧和建議，可以隨時向他請教。他的下一項挑戰將在七月進行，屆時他將參加在德國巴伐利亞舉行的三項鐵人賽事。Giles會向我們分享他的訓練和進展。

Challenge Roth 被認為是最佳的三項鐵人比賽之一，Giles在2019年曾參加過這項賽事，他很榮幸再次獲得了2025年的參賽資格。這項比賽沿途風景秀麗，並得到當地各方的大力支持，單車賽事路段的亮點是攀登太陽山，是一項標誌性的體驗。三項鐵人的項目包括游泳3.8公里，接著踩單車180公里，最後是跑畢全程42公里馬拉松。毫無疑問，參賽者需要有充足的準備，Giles的24週訓練計劃已於一月份開始，包括每天游泳、踩單車或跑步。如果一切順利，Giles將於七月初前往巴伐利亞參加比賽。

Progress Tracker Sports Training System in 9/F The Yard

人工智能運動體驗

The Progress Tracker is a sports training system combined with an AI system that collects, analyses and quantifies sports activity into data and insights with performance metrics and videos. It has a range of universally applicable exercises for users of all ages to test their abilities. The programmes include standardised fitness and sport specific exercises.

健身進度追蹤器是一個人工智能運動訓練系統，可以收集、分析和量化健身體育活動，並透過指標和影片提供數據和分析。此訓練系統適合各年齡層人士測試他們的能力，包括標準化的健身和專項運動練習。



Easter Break Schedule

復活節假期上課安排

Please check our Easter break schedule 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 advance written notice is required.

Adult Classes – 14 days' advance written notice is required.

有關復活節期間的暫停上課安排和各常規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，請緊記提前向預訂中心提交「退出/取消課堂申請表」。

兒童課程需提前一個月提交申請表，成人課程需提前14天前提交申請表，或繳付代通知金。



Easter Camps

復活節訓練營

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

歡迎為子女報名參加各類復活節訓練營。

- Ball Games
- Be a Gymnast!
- Ice Skating Camps
- Kung Fu Camp
- Lego Camp
- Science Camp
- Self-Development Camp
- 球類訓練營
- 體操訓練營
- 溜冰訓練營
- 功夫訓練營
- 樂高訓練營
- 科學訓練營
- 知識啟發訓練營

Enquiries: 2814 1222 (Central Reservations Centre)



SKATER • AGE 7

Pei Xi Zhang

Pei Xi loves skating! She takes three lessons a week, has been learning ice skating for a year, and she has already been promoted and is approaching Freestyle 1 level. Good job, Pei Xi!

Pei Xi很喜歡溜冰。她學習溜冰已有一年，每星期參加三次課堂練習溜冰，現已達到花式溜冰一級。做得好，Pei Xi!



SWIMMER • AGE 14

Ismail Malik

Ismail has been showing significant advancements in freestyle, breaststroke, backstroke, butterfly, and competitive turns. His dedication and hard work are commendable and his cheerful

demeanour, attentiveness and strong work ethic set him apart in the pool. Congratulations Ismail for this well-deserved recognition of your achievements and commitment to swimming. Keep it up!

Ismail在自由泳、蛙泳、背泳、蝶泳及比賽時轉身等方面都取得了顯著的進步。他的投入和努力值得嘉許，開朗的性格、專注的態度和努力練習使他脫穎而出。恭喜Ismail，你的努力獲得認可。繼續加油！



Earth Hour 2025

地球一小時2025

EARTH HOUR
TURN OFF YOUR LIGHTS



Join us in marking this year's Earth Hour at 8.30pm on Saturday, March 22, when the Club will switch off all non-essential lighting for one hour.

Earth Hour shows symbolic support for the planet by people all around the world, with more than 190 nations and territories participating in the campaign.

Thank you for your support.

今年的「地球一小時」將於3月22日(星期六)晚上8時30分開始,屆時會所將關閉所有非必要的照明一小時。

「地球一小時」是最大規模的國際熄燈活動,有190多個國家和地區參與。

感謝大家支持。



The Volvo Hong Kong to Hainan Race 2025

Volvo香港至海南帆船賽2025

Congratulations to our Member Mr Franco Cutrupia, whose yacht *Fenice* - which is berthed at the Club - won The Volvo Hong Kong to Hainan Race 2025 on Saturday, January 11.

Fenice finished the 390nm race with an elapsed time of 1d 17h 55m 45s and took a double win, conquering both the Line Honours and the IRC Overall title.

The 60-foot yacht was delivered and christened at the Club in March last year, and Mr Cutrupia soon formed a team of experienced friends sharing his passion for sailing.

Fenice's first achievement came last October with victory at the 2024 Volvo China Coast Regatta Premier Cruiser division. The Hainan race was a meaningful victory for *Fenice* in that it was her first offshore regatta.

"I am extremely grateful to all my experienced team members, who always show mutual respect and good manners," said Mr Cutrupia. "Our thanks also go to the Club, where we always rest after sailing and particularly enjoy the genuine Italian food at Caffè Luna!"

We look forward to seeing further successes for *Fenice* in the future.

恭喜會員古楚壁先生(Mr Franco Cutrupia)的帆船*Fenice*號於1月11日贏得了 Volvo 香港至海南帆船賽2025的冠軍。

*Fenice*號以1天17小時55分45秒的成績,完成了390海里的賽事,成為航線冠軍及IRC全場總冠軍(雙項冠軍)。

這艘60尺長的帆船自去年3月起泊於會所並命名,Mr Cutrupia隨後與一群志同道合的朋友組成了一支富航行經驗的團隊。

*Fenice*號的首項成就是去年10月在Volvo中國海岸帆船賽IRC高級休閒組別中獲勝。而海南賽對*Fenice*號來說更別具意義,因為這是她首場的離岸賽。

「我非常感謝團隊裡所有成員,他們總是以豐富的經驗及專業態度完成賽事。」Mr Cutrupia說。「我們亦感謝會所,我們在航行後總是在那裡休息,並特別愛到Luna意大利餐廳享用正宗的意大利美食!」

我們期待*Fenice*號在未來取得更多的成就。



Adult Session 成人工作坊

Monday, March 10
11am - midday
2/F Marina Suite
3月10日(星期一)
上午11時至中午12時
二樓海翔廳

Family Session 家庭工作坊

Saturday, March 15
2-3pm
6/F Activities Studio
One Junior Member aged six years old or above accompanied by a parent.
3月15日(星期六)
下午2時至3時
六樓活動室
歡迎六歲或以上的少年會員(限一位)參加,並須由父或母陪同下參與。

All workshops are for Members only as places are very limited. 名額有限,只限會員參加。

During Hong Kong's Art Month, coinciding with Art Basel Hong Kong, unlock your inner artist in a mandala design workshop with local artist Jacqueline Shiu. Explore the principles of sacred geometry, tracing its origins and manifestations in the natural world.

Discover how Jacqueline's design concepts reflect her unique artistic vision. Using symbolic and geometric principles, participants will be guided to create their own introspective mandala. A simplified, family-friendly workshop will be held for young participants.

Jacqueline works across various mediums, drawing inspiration from traditional Western and Eastern motifs. This is evident in her vibrant paintings and distinctive cashmere shawls, featuring original geometric and floral patterns. Her pure cashmere collection will be available for sale at the workshops. Paintings on display around the Club in March are also available for sale.

This event is curated by Colour My World (colour-my-world.com).

For enquiries, please contact Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com.

在香港藝術月期間,適逢香港巴塞爾藝術展,歡迎以參與本地藝術家Jacqueline Shiu的曼陀羅設計工作坊,發掘自己的藝術潛能。在這工作坊中,我們將探索神聖幾何的原理,追溯其起源和在自然界中的表現形式。

籍此工作坊我們能探索 Jacqueline 的設計理念如何反映出她獨特的藝術視野。參與者在體會象徵意義和幾何原理意識下,創作出他們內觀的曼陀羅。年輕參加者可在父或母親的陪同下,參與相對簡易的家庭工作坊。

Jacqueline 是一位跨媒體創作藝術家。她從東西傳統圖案中汲取靈感,以原創的幾何和花卉圖案為特色,並在她的畫作和羊絨披肩系列中展露無遺。Jacqueline獨特的純羊絨披肩系列將在工作坊上發售,而畫作則於三月份在會所展出及出售。

是次活動由 Colour My World (colour-my-world.com) 策劃。

查詢請致電會員部電話 2814 5436 或電郵至 member@aberdeenmarinaclub.com。

Frankie Chan

Service Manager,
The Horizon

海天閣餐廳經理 — 陳偉傑

Congratulations to Frankie Chan on his retirement and for reaching the remarkable milestone of 30 years of dedicated service to the Club.

Frankie joined us in 1995, but has actually worked at the Club since the 1980s. "Prior to the existence of The Horizon, the Club's Chinese restaurant was managed by Tsui Hang Village and called Blue Ocean. I worked there from 1989, so I have actually been working at the Club for 36 years," says Frankie.

Working at the same location for so long may not be easy, but a sense of belonging drove Frankie to see the Club as his second home. "The recognition and support from Members and the team keep me passionate in delivering my best," he says.

"Every engagement with Members is precious to me. I felt gratified meeting so many Members here, witnessing different stages of their lives. It is amazing having seen Members bring their young kids when I first met them and now they are bringing their grandchildren. My connection with Members endures from generation to generation."

Frankie's commitment and hard work are truly admirable and we are thankful that he has chosen to stay with the Club as a contracted staff member after his retirement.



恭喜Frankie榮休，並感謝他為會所服務了30年。

Frankie於1995年加入會所，但實際上他從80年代就開始在會所工作。Frankie說：「在海天閣開業之前，會所的中菜餐廳是由翠亨村管理，名為濤苑。我從1989年就開始在那裡工作，所以實際上我已經在會所工作了36年。」

在一間公司服務這麼長的時間並不容易，是歸屬感促使Frankie視會所為他的第二個家。他說：「會員和同事間的認可和支持是我的動力，使我凡事做到最好。」

「與會員的每一次接觸對我來說都很珍貴。我很高興在這裡認識到這麼多會員，見證他們經歷人生的不同階段。令我感觸的是，看見最初認識的會員帶著他們年幼的孩子來到餐廳，而現在還帶著他們的孫兒，使我感覺到會員代代相傳的聯繫。」

Frankie的奉獻精神和努力工作確實令人欽佩，我們感謝他退休後選擇繼續以合約員工的身份留在會所工作。



Leo Chan

Financial Controller

財務總監 — 陳英偉

After celebrating the Chinese New Year with friends and family, it's time to plan for the year ahead. You might have various goals and targets to achieve, but don't forget to plan for your tax filing.

Compared to many other countries, Hong Kong has been operating a rather simple tax system for years, and is one of the most favourable cities for business and work in that regard. The low tax rates and territorial principles mean that individual and business entities will only be taxable on their income generated in Hong Kong unlike many other countries that implement a globalised tax system.

We also enjoy various tax allowances and different kinds of tax-deductible expenses. Child tax allowance is one of the most commonly used tax benefits. A tax payer can get up to maximum \$260,000 tax allowance in one financial year. Other than child allowance, tax payers owning their own residential place can also enjoy a tax deduction from their home loan interest expenses up to \$100,000 in a financial year (plus an additional \$20,000 allowance for those who have children with certain criteria met).

There are other expenses being deductible including domestic rent deduction, self-education expenses, MPF voluntary contributions and more - so don't forget to review your expenditure claim for relevant allowances.

在與親朋共渡農曆新年之後，又是時候計劃未來的一年了。您可能有各項目標要實現，但不要忘記規劃您的報稅事宜。

與許多其他國家相比，香港的稅制相對簡單，因此成為最適宜於商業發展和工作的城市之一。低稅率和地域性原則意味著個人和企業只需對在香港獲得的收入徵稅，而不像許多其他國家實施全球化的稅制。

我們還享有各種稅務優惠和不同類型的可扣稅開支。子女免稅額是最常用的稅務優惠之一。納稅人在一個財政年度內可以獲得最高26萬港元的子女免稅額。除了子女免稅額，擁有自己住宅的納稅人還可享最高10萬港元的按揭利息支出的稅務扣除（對於符合某些標準而有子女的納稅人，還可以額外獲得2萬港元的免稅額）。

其他可扣除的開支還包括住宅租金、個人進修開支、強積金自願供款等——因此，請不要忘記審視您的開支申報，以獲取相關的稅務優惠。



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2814 5409

Guest Policy 賓客守則

Members must accompany their guests at all times and are responsible for their behaviour, their adherence to the Club's Rules and Bye-Laws, and for any fees or charges that they may incur. Membership Cards must not be lent to any other persons for any purpose. 會員必須陪同賓客進入本會所，並對他們的行為和任何費用負責。會員必須確保他們的賓客遵守會所的章程和附則。在任何情況下，會員卡不得借給其他人使用。

Personal Belongings 保管個人物品

Members are reminded not to leave their personal belongings unattended on Club premises.

Any articles of value found will be held at the Security Office for a maximum of three months.

會員切勿於會所範圍隨意放置私人物品。於本會範圍內檢獲的任何貴重物品將存放於保安室最多三個月。

3/F Pool Closure for Bubble Deflation 拆卸三樓游池帳篷

The 3/F Pool will be closed for Bubble deflation from Monday, March 31 to Thursday, April 10, and reopen on Friday, April 11. During this period, the Tropical Pool will be open from 7am until 10pm daily.

三樓游泳池將於3月31日(星期一)至4月10日(星期四)關閉以拆卸帳篷，並於4月11日(星期五)重新開放。

Tropical Pool Re-opening Dates 碧波泳池開放時間

The Tropical Pool will open on the following dates, prior to 3/F Bubble deflation.

- Monday, March 31 to Thursday, April 10: 7am - 10pm (Daily)
- Friday, April 11 until further notice: 2-7pm (Monday to Friday) & 9am - 7pm (Saturday, Sunday and public holidays).

在三樓泳池帳篷拆卸前，碧波泳池將於以下日子開放：

- 3月31日(星期一)至4月10日(星期四): 每天上午7時至晚上10時。
- 4月11日(星期五)直至另行通知: 下午2時至晚上7時(週一至週五)和上午9時至晚上7時(週六、週日及公眾假期)。

Bowling Grabber Day Winners



Club Memories 俱樂部回憶



The photo featured in our last issue showed the Health Club reception in the 1990s. Though the layout of the area was very different from nowadays, you may have noticed the two small steps and the lounge area shown in the photo.

Congratulations to our three winners: Mr Eric Cheung, Mr Adrian Hon and Ms Patricia Wong. They will each receive a \$500 Marina Grill dining voucher.

See if you can guess where this photo was taken. Please send your answer to member@aberdeenmarinaclub.com by April 8. Three winners will be chosen at random to receive a small prize. Each will be notified by email and named in next issue.

上一期的照片展示的是90年代健康中心的接待處。雖然該範圍的佈局與現時有分別很大，但您可從照片中顯示的兩個小台階和休息區分辨出。

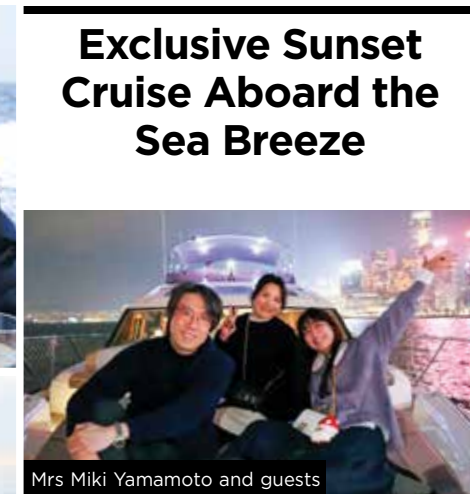
恭喜3位得獎者，Mr Eric Cheung、Mr Adrian Hon及Ms Patricia Wong。他們將獲得Marina Grill餐飲券價值\$500。

看看你是否能猜出左側照片的拍攝地點，並在4月8日前將答案發送至member@aberdeenmarinaclub.com。我們將隨機選出三位獲獎者，並通過電子郵件通知他們，獲獎者將在下期公佈。祝您好運！

Exclusive Sunset Cruise Aboard the Sea Breeze



Ms Fiona Chiu and guest



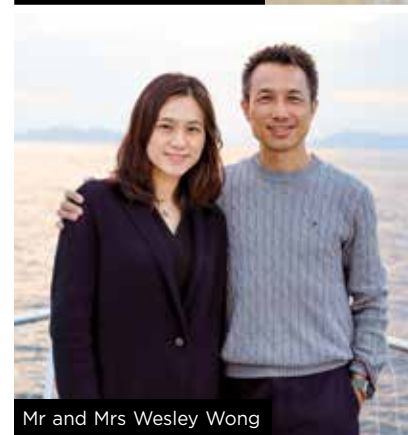
Mrs Miki Yamamoto and guests



Mr Isaac Wong and family



Mr and Mrs Sajjid Pasha



Mr and Mrs Wesley Wong



Ms Theresa Yip and Ms Cally Chan with guests



Meeting Santa Claus



Mr Robert Shih and family with guests



Mr Conrad Chau and family with guests



Mr Spenser Au and family with guests



Ms Colette Kwong and family with guests

Mr Cliff Bullock and family with guests



Ms Xia Lin and family



Mr Bastien Le Coz and family



Mr Spenser Au and family with guests



Ms Colette Kwong and family with guests



Mr Cliff Bullock and family with guests



Ms Xia Lin and family



Mr Bastien Le Coz and family



Mr Spenser Au and family with guests



Ms Colette Kwong and family with guests

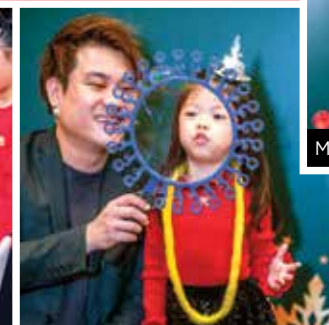


Mr Cliff Bullock and family with guests

Christmas Lunch Buffet at Grand Ballroom



Mr Sebastian Man and family with guests



Mrs Lizabel Poon and son



Ms Yu Lai Si and family



Mr Henry Wong and family with guests



Mr Siu Pak Kwan and family



Mr Rohan Bhappu and family



Mr Eric Leung and family



Ms Michelle Leung and family

Lion
Dance and
God of
Fortune



Mr Florian Neto and family with guests



Mr & Mrs Ulric Leung with guests



Mr Edmund Lau and family



Ms Teresa Szeto and family



Mr Ng Chun Yue and family



Mr Benjamin Li and family



Mr Gary Liu and family



Mrs Pamela Ng and family



Ms Colette Kwong and family with guests



Mr Stephen Fung and family with guests



Mr & Mrs Laurent Combalot



Mr Gary Pang and family & Mr Stanley Ko and family



Mr & Mrs Richard Poon



Mr Raymond Chau and family with guests



Mr Yeung Tung Leung and family with guests



Mr Danny Chiang and family with guests



Mr Chan Man Kwok and family with guests



Mr Alfred Lau and family



Mrs Elaine Chan Rogers and family



Ms Beatrice Mok and family



Ms Marina Lui and guest



Mr Brian Lau and family



Mr Eddie Ip and family



Mr Alex Ng and family



Ms Monae Chan and family



Mrs Kazue Tomisako and daughter



Mr Raymond Tso and family



Mr & Mrs Anthony Yuen



Mr Benny Luk and family



Mr Jeroen Nieuwkoop and family



Ms Wendy Wong and family



Mr John Lau and family with guests



Mr Raymond Chau



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