

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MARCH/APRIL 2024

On Location
MEXICO

Design Icons
**THE SOMBRERO
DE CHARRO**

**HAPPY
EASTER!**





WHAT MAKES A ROLEX A ROLEX?

It's not the wheels and cogs. It's not the steel we shape nor the gold we forge. It's not the sum of every single part that we design, craft, polish and assemble with countless skills and constant care. It's the time it takes. The numerous days and months that are

necessary until we can print this single word on each individual dial leaving our workshops: *"Superlative."* It's the mark of our autonomy, responsibility and integrity. This is all we make, but we make it all. So that, in time, you can make it your own.

#Perpetual

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Portwatch

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THE
ABERDEEN MARINA CLUB



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Cover Photo: Mexico City



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



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順德風味

TASTES OF SHUNDE

直至四月三十日

From now until April 30

- | | |
|--|--|
| 爽滑涼拌魚皮
Marinated fish skin | 八寶釀鯪魚
Pan-fried stuffed Canton carp |
| 薑蔥蜆介鯪魚球
Deep-fried dace fish balls, clam sauce | 欖仁蝦球炒鮮奶
Scrambled egg white, fresh milk, prawns, olive seeds |
| 順德拆魚羹
Shunde sliced fish soup | 菜脯肉鬆煎蛋角
Pan-fried eggs, minced pork, preserved turnip |
| 木桶污糟雞
Steamed chicken, wolfberry, fragrant landpick, red date | 原籠蒜香蒸排骨
陳村河粉
Steamed rice noodles, spare ribs, garlic |
| 竹笙生根炆魚腐
Braised fish puff, gluten, bamboo fungus | 豉汁蒸金錢鱔
Steamed fresh eel, black bean sauce |
| 生炒涼瓜蝦餅
Sautéed shrimp patties, bitter cucumber | 炸鴛鴦脆奶
Deep-fried crispy fresh milk, papaya and honeydew flavour |



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。



SAKURA IN BLOOM AFTERNOON TEA SET

櫻花盛放下午茶

\$498 for two persons

Includes two sakura cocktails or mocktails.

**Available every Saturday and Sunday
throughout March and April**

3-5.30pm

Indulge in the sweet fragrance of this pink blossom with our Sakura Afternoon Tea Set, featuring a selection of Japanese delicacies and special drinks flavoured with sakura.

今年春天來The Deck感受櫻花的甜美芬芳。櫻花盛放下午茶包括一系列精選日式美食，搭配特色雞尾酒或無酒精特飲，享受一個春意盎然的下午。

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。



復活節特備節目

Easter Treats

BRUNCH & DINNER

早午餐及晚餐

MARCH 28
(THURSDAY)

EASTER SEMI-BUFFET DINNER

5.30-9pm

Adult 成人 \$468

(with choice of main course)

Child 小童 \$348

Children dressed in Easter-themed costumes will receive a special gift.

穿著復活節服飾的小童可獲贈特別禮物一份。

MARCH 29-APRIL 1
(FRIDAY TO MONDAY)

EASTER BRUNCH

1st session: 10.30am-12.30pm

2nd session: 1-3pm

DINNER

5.30-9pm

Adult 成人 \$498 | Child 小童 \$228

Celebrate Easter with your family with a wide range of tasty brunch buffet items.

We look forward to seeing you!

與家人一起享用各種特色美食來慶祝復活節!



PORTSIDE

MARCH 30-31
(SATURDAY AND SUNDAY)

EASTER BRUNCH

1st session: 10.30am-12.30pm

2nd session: 1-3pm

DINNER

5.30-9pm

Adult 成人 \$498 | Child 小童 \$228

Come and enjoy a delicious Easter Brunch and Dinner buffet at Portside.

歡迎來Portside享用豐富的復活節大餐。

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

MARCH 24
(SUNDAY)

1-4PM

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

復活節嘉年華的精彩活動包括攤位遊戲、紀念品及尋找復活蛋。

Member 會員 \$200 | Guest 來賓 \$240

EGG HUNT SESSIONS

Venue 地點: Children's Play Area 地下兒童天地

Ages 3 to 5

1st Session: 1.30-1.50pm

2nd Session: 2-2.20pm

3rd Session: 2.30-2.50pm

Ages 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

第四節: 下午3時至3時20分

第五節: 下午3時30分至3時50分

Enquiries 查詢: 2814 5360 (Adventure Zone)

EASTER FUN
ON ICE

冰上復活節

MARCH 29-APRIL 1
(FRIDAY TO MONDAY)

3-6PM

Children who wear Easter-themed clothing during this period can enjoy a free skating session and search for Easter eggs around the rink. Guest fees will apply.

少年會員於活動期內穿著復活節服飾可免費享用一節溜冰及參加溜冰場尋蛋活動。來賓需收取費用。

Enquiries 查詢: 2814 5374 (Ice Rink)





EASTER GOODIES

復活節禮品

Marina Deli delivers the best Easter treats for the sweetest holiday celebration, with exclusive hampers, house-made chocolate eggs and Easter bunnies.

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



MARINA
DELI

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

佳節食品限量供應。預訂或查詢請致電深灣店電話2814 5302，電郵至marinadeli@aberdeenmarinaclub.com或WhatsApp 6390 0716。

NOW
UNTIL
EASTER

ITALIAN COLOMBA

意大利復活節蛋糕

Take part in a precious Italian Easter tradition with a Colomba cake made with freshly candied orange peels and topped with almonds and icing sugar. Colomba cake makes a perfect centrepiece for an Easter feast or packaged as a sweet gift!

Colomba是意大利傳統復活節蛋糕，選用蜜餞橙皮，再加上杏仁糖衣製成。Colomba蛋糕非常適合宴客及作為送禮佳品！

MARINA
GRILL

A SENSATIONAL JOURNEY
WITH
JOSELITO[®]
THROUGHOUT MARCH AND APRIL



Experience a taste of Spain at Marina Grill with world-renowned Joselito pork – including signature Gran Reserva ham, considered the finest in the world. A diet of acorns and grass from the scenic Dehesa forests has given Joselito pork a global reputation for exceptional flavour and tenderness. Treat your taste buds to a culinary adventure unlike any

other with our specially crafted menu.

Marina Grill 為您呈獻 Joselito 伊比利亞豬，讓您體驗西班牙滋味，當中包括被譽為世界上最優質的 Gran Reserva 火腿。Joselito 伊比利亞豬以橡果和橡樹林的青草餵飼，其獨特的風味和鮮嫩肉質備受推崇。

我們的廚師精心設計菜單，讓您沉醉於與眾不同的美食體驗。



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

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

the
BALCONY
SONGKRAN
PROMOTION

潑水節美食

from April 11 until April 30



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

In Thailand, the major event occurs on a Sunday, with the Buddhist community gathering for a day of prayer, feasting and all-out water fights to symbolise cleansing and renewal.

While food plays a significant role at Songkran, no specific dishes are reserved for the occasion.

Instead, families prepare favourite meals from their cultural background.

This April, our Thai chefs will be preparing a selection of food to celebrate with you.

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。

在泰國，主要的活動都會在星期天舉辦，人們會在佛教社區聚集一天祈禱，享受盛宴和全力打水，象徵著淨化和更新。

雖然食物在潑水節中扮演著重要的角色，但這個節日並沒有特定的菜餚。

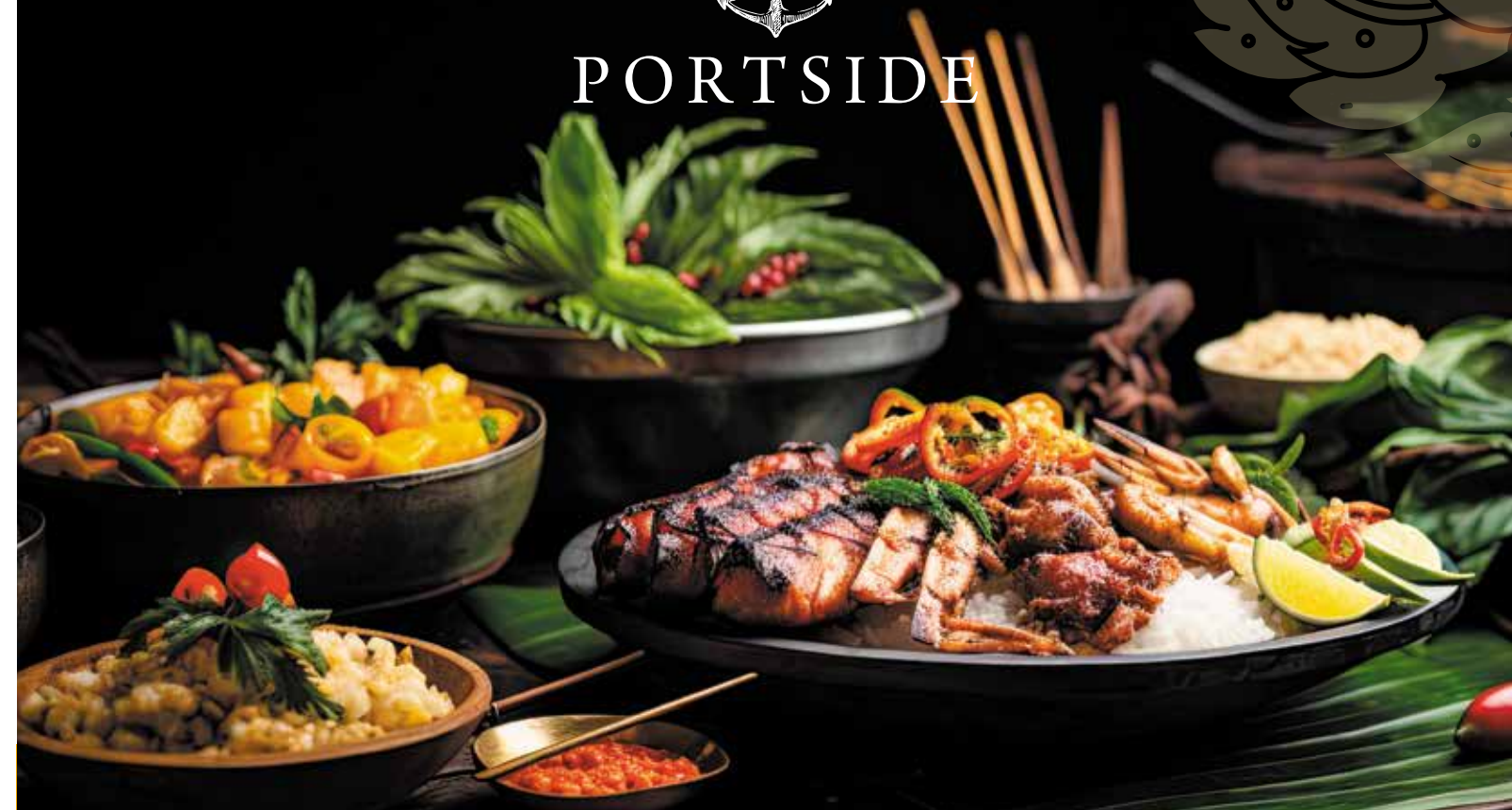
每個家庭會根據他們的文化背景準備最喜歡的飯菜。

今年 4 月，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。

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

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

PORTSIDE



SONGKRAN
LUNCH BUFFET

潑水節中午自助餐

SUNDAY, APRIL 14

10.30am – 12.30pm & 1-3pm

Adult \$598 • Child \$298

Join us for Thai delicacies and water-splashing games to celebrate Songkran.

歡迎前來與我們一起慶祝潑水節，享用各款泰式美食及參與節日遊戲。

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。



TASTES OF HOME SPRING MENU

春日菜單

THROUGHOUT
MARCH AND APRIL

三月及四月

ANTIPASTO

Tonno E Burrata

Tuna Tartare, Celery, Burrata, Vino Cotto

PRIMI

Risotto Capesante E Pomodorini

*Scallops, Acquerello Rice, Semidried Tomatoes,
Balsamic Riserva*

SECONDI

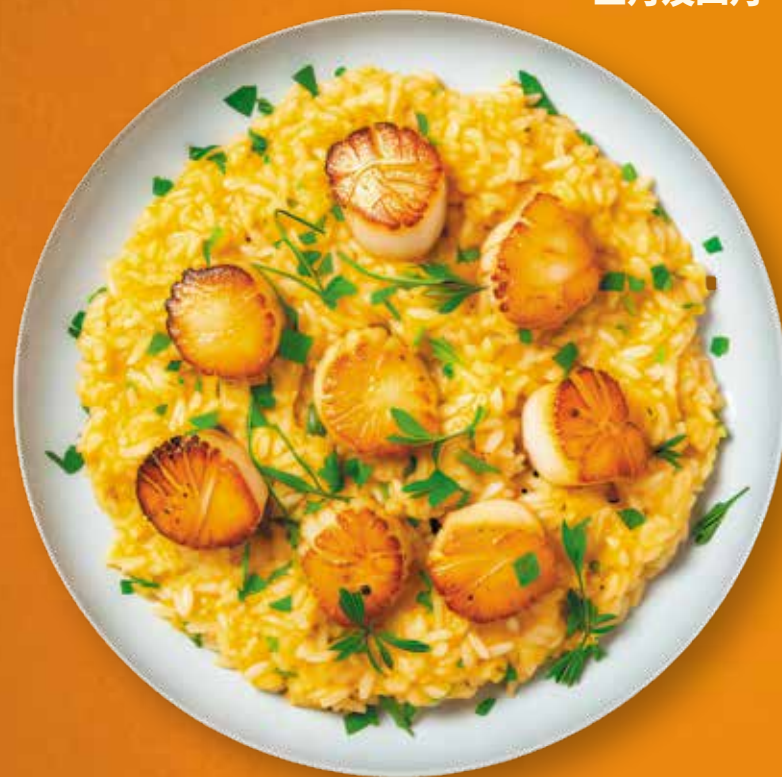
Orata Al Sale

Salt Crust Seabream, Mediterranean Salad

DOLCI

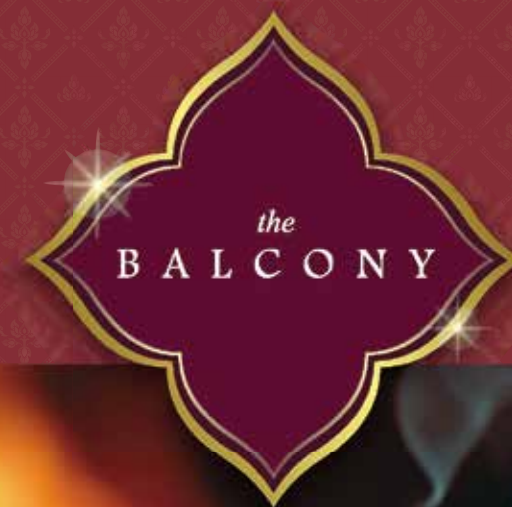
Colomba

Dove Cake, Mascarpone Sauce



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

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THAI SIZZLING DISHES

March 1 to April 9

Grilled Marinated
Pork Chop

鐵板香茅豬扒

cabbage, carrot, lemongrass sauce

Grilled Squid Stuffed
with Thai Herbs

泰式燒魷魚

mixed vegetables, lime chili sauce

Pan-fried
Seabass Fillet

鐵板魚柳配香葉辣椒汁

bell pepper, hot basil sauce

Grilled Chicken Leg,
Thai Style

泰式燒雞腿配是拉差醬

Chinese lettuce, sriracha chili sauce

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。



MONT VERRA
緹外

(852) 2783 0830

查詢熱線



網址



微信



嘉里建設
KERRY PROPERTIES

「緹外」高踞傲踞筆架山之上

發展項目名稱：緹外 | 街道名稱及門牌號數：龍駒道3號 | 區域：石硤尾 | 本廣告/宣傳資料內載列的相片、圖像、繪圖或素描顯示純屬畫家對有關發展項目之想像。有關相片、圖像、繪圖或素描並非按照比例繪畫及/或可能經過電腦修飾處理。準買家如欲了解發展項目的詳情，請參閱售樓說明書。賣方亦建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。賣方為施行《一手住宅物業銷售條例》第二部而就發展項目指定的互聯網網站的網址：www.MontVerra.com.hk

1. 此相片於2022年12月9日於發展項目附近上空拍攝並經電腦修飾處理（修飾內容為相片整合和連接、顏色調整及外觀修飾）。此相片僅作展示發展項目大概之周邊環境、建築物及設施。發展項目周邊環境、建築物及設施會不時改變。相片內有關發展項目的環境、景觀、設施、建築物、設計、裝置、裝修物料、設備、裝飾物、植物、園藝及其他物件等不一定會在發展項目或其附近範圍內出現或提供。裝置、裝修物料、設備之提供以買賣合約條款及條件為準。相片未必反映或顯示發展項目或其任何部分的實際外觀、其真實景觀及環境狀況。住宅物業景觀受所處層數、座向及周邊建築物及環境影響，並非適用於所有住宅物業。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。相片及相片內容僅供參考，並不構成及不得詮釋成任何不論明示或隱含之要約、承諾、陳述或保證（不論是否有關發展項目或其任何部分之景觀或周邊環境）。| 賣方：NMC 6 Limited（註：賣方的成立為法團所在地為英屬維爾京群島。賣方的成員的法律責任是有限的。）| 賣方之控股公司：Dragon Wisdom Limited、Goldash Holdings Limited、Kerry Properties (Hong Kong) Limited、嘉里建設有限公司、嘉里控股有限公司、Kerry Group Limited | 發展項目的認可人士：王明炎先生 | 發展項目的認可人士以其專業身分擔任經營人、董事或僱員的商號或法團：劉榮廣伍振民建築師有限公司 | 發展項目的承建商：顯利工程有限公司 | 就發展項目中的住宅物業的出售而代表擁有人行事的律師事務所：高李葉律師行 | 已為發展項目的建造提供貸款或已承諾為該項建造提供融資的認可機構：不適用 | 已為發展項目的建造提供貸款的任何其他人：東譽有限公司 | 本廣告由賣方發布 | 賣方建議準買方參閱有關售樓說明書，以了解發展項目的資料 | 版權所有 © 2024 嘉里建設有限公司（於百慕達註冊成立之有限公司） | 印製日期：2024年2月19日



In this issue we look at five new films that take us
across the Pacific, as we go . . .

ON LOCATION: MEXICO

看電影遊墨西哥



The (Almost) Legends 成名之路 (2023)

Director: Ricardo Castro
Starring: Benny Emmanuel, Harold Azuara



Director Ricardo Castro hit the ground running with his brightly coloured, high-octane debut, *The (Almost) Legends*. Filmed in the state of Sinaloa and powered by the region's distinctive music, it tells the story (or legend perhaps) of two estranged half-brothers whose skills inherited from their father (musical and mechanical) don't always match their desires. Not until, that is, they decide to enter a legendary, 30-hour car rally around Sinaloa in his honour. There's more than a hint of American director Wes Anderson (*The Grand Budapest Hotel*, *The French Dispatch*) here, with bold colours, fast pacing and larger-than-life characters, but this comedy is a rich, original comedic slice of Mexican life with an ending as poignant as it is rousing.

Where to find: Netflix (Rated 16+).

導演：里卡多卡斯特羅

演員：班尼伊曼紐、哈洛德阿蘇亞拉

導演里卡多·卡斯特羅憑藉其色彩鮮豔、充滿活力的處女作《成名之路》一炮而紅。該片在錫那羅亞拍攝，配上該地區獨特的音樂，講述兩個疏遠的同父異母兄弟的故事（或許是傳說），他們從父親那裡繼承了技能（音樂和機械），卻不是他們想要的。直到他們決定參加一場在錫那羅亞眾所周知的30小時汽車拉力賽，向父親致敬。這部喜劇不僅有美國導演韋斯安德遜（《布達佩斯大飯店》、《法蘭西諸事週報》）的影子，色彩大膽，節奏明快，角色具有傳奇色彩，但這部以墨西哥生活為題的原創喜劇，結局既令人心酸又令人振奮。

觀看影片：Netflix (評分 16+)





Where the Tracks End (2023)

Director: Ernest Contreras

Starring: Adriana Barraza, Guillermo Villegas



Beautifully shot in southeastern Mexico, in the states of Tlaxcala, Puebla and Veracruz, *Where the Tracks End* tells the engaging story of the young son of an itinerant railway worker, whose dream is to settle down at a new school and with new friends. Locations across the three states were carefully picked both for their beauty and authenticity in terms of surviving railway infrastructure. The recently arrived boy's small school, housed in converted railway carriage, is under threat of closure by the government, and its sole dedicated teacher, with her eyesight failing, is the only person keeping it running. Add to this the father's likely loss of his job and a newly adopted stray dog, and you have all the ingredients for a sadly moving but very uplifting story about friendship, family and the importance of education.

Where to find: Netflix (Rated 10+).



導演：厄內斯托康崔拉斯

演員：亞卓安娜拜拉薩、門莫維勒加斯

《Where the Tracks End》在墨西哥東南部的特拉斯卡拉州、普埃布拉州和韋拉克魯斯州拍攝，講述一位四處奔波的鐵路工人的小兒子引人入勝的故事，他夢想在一所新學校安頓下來及結交新朋友。這三個州的選址都是經過精心挑選的，具美麗的景色和鐵路基礎設施的真實性。男孩所讀的學校是由火車車廂改裝，空間非常小，面臨着被政府關閉的威脅。校內只有一位老師，視力漸漸衰退，他亦是唯一經營學校的人。影片內容圍繞友誼、家庭和教育，片中主角的父親可面臨失業的危機，加上新收養的流浪狗，帶出悲傷感人，亦非常振奮人心的故事。

觀看影片：Netflix (評分 10+)



The Great Seduction (2023)

Director: Celso R. Garcia

Starring: Guillermo Villegas, Pierre Louis



Filmed in a rural region just to the west of Mexico City, *The Great Seduction* is set in a small island community that is struggling to survive after its fishing industry has all but collapsed. A fish-processing facility will get them back on their feet, but for insurance reasons, one can only be built if the island has its own doctor. Having acquired one temporarily, the islanders must persuade him to stay beyond his one-month posting, by any means possible. This is the third time that this story, written by Canadian Ken Scott, has been filmed and its winning formula also recalls vintage British comedies like *Whisky Galore!* (1949). Somewhat more comedic than *Where the Tracks End*, this is a similarly engaging portrait of life in rural Mexico, with equally fine performances from a strong cast, and some pleasantly evocative scenery.

Where to find: Netflix (Rated 13+).

導演：塞爾索加西亞

演員：門莫維勒加斯、皮耶路易斯

《The Great Seduction》在墨西哥城西部鄉村拍攝，故事發生在一個小島社區，該社區在漁業幾乎崩潰後正為生存而苦苦掙扎。魚類加工廠使他們重新站起來，但由於保險原因，島上必需有醫生，工廠業務才可啟動。他們臨時聘請了一名醫生，但島民們必須盡一切可能說服他在一個月的任期後繼續留任。這個故事已經第三次被改拍成電影，由加拿大作者肯斯科特撰寫，讓人想起英國經典喜劇，如《荒島酒池！》(1949)。這部影片比《Where the Tracks End》更具喜劇性，同樣引人入勝地描繪墨西哥鄉村生活，演員陣容強大，風景也令人賞心悅目。

觀看影片：Netflix (評分 13+)





All the Places

同踏天涯 (2023)

Director: Pitipol Ybarra

Starring: Ana Serradilla, Mauricio Ochmann



An estranged, middle-aged brother and sister reconnect at their father's funeral, and recall their childhood plan to ride motorcycles across Mexico in this lighthearted comedy. The brother has been living in Singapore for years, but the sister remains at the family home, where their ancient Carabela motorcycles are still running, and so they head off into the night. Their journey takes them from San Miguel de Allende in central Mexico to Acapulco on the southern coast, by way of Tequisquiapan, Tlaxcala and Mexico City. There's good chemistry between the two main characters, and some splendid location shots, presenting the country in an attractive, if at times rather promotional way.

Where to find: Netflix (Rated 16+).

導演：佩德羅巴勃羅伊巴拉

演員：安娜莎若狄拉、馬里修奧查曼

這是一部輕鬆的喜劇，一對疏遠的中年兄妹在父親的葬禮上重新聯繫，並回憶起他們童年時騎電單車穿越墨西哥的計劃。哥哥已經在新加坡生活多年，但妹妹仍然留在墨西哥，他們古老的Carabela電單車仍可行駛，所以他們在夜幕中出發。在他們的旅程中可觀賞墨西哥中部的聖米格爾德阿連德，途經特斯基基亞潘、特拉斯卡拉和墨西哥城，到達南部海岸的阿卡普科。兩位主角之間有很好的化學反應，還有一些精彩的外景場景，甚至以宣傳的手法展示了墨西哥的吸引力。

觀看影片：Netflix (評分 16+)



A Deadly Invitation

(2023)

Director: J. M. Cravioto

Starring: Regina Blandon, Maribel Verdu



Set and filmed around the picturesque resort area of Los Cabos, on the southern tip of the Baja California peninsula, just across the Gulf of California from Sinaloa, *A Deadly Invitation* is quite a clever and mostly amusing take on the recently popular Agatha Christie-style of "whodunnit" movies. The sister (appropriately named Agatha) of a wealthy widow accepts her sibling's invitation to a murder mystery event on her luxury yacht, where various friends and acquaintances with various motives for murdering each other are also gathered. Death, mystery and amateur sleuthing ensue against the backdrop of Cabo San Lucas and some rather splendid Pacific coastal scenery.

Where to find: Netflix (Rated 13+)

導演：荷西曼紐克拉維奧托

演員：蕾吉娜布蘭頓、馬諾洛卡多納

《A Deadly Invitation》以風景如畫的洛斯卡沃斯度假區為拍攝背景，度假區位於下加利福尼亞半島的南端，與錫那羅亞隔著加利福尼亞灣，《A Deadly Invitation》巧妙且有趣地拍攝出最近流行的克莉絲蒂偵探推理風格。一位富有寡婦的妹妹（名字是阿加莎）接受了她兄弟姐妹的邀請，前往豪華遊艇上參加了一場謀殺之謎活動，那裡聚集了不同動機互相謀殺的朋友。在卡波聖盧卡斯，相當壯麗的太平洋沿岸風景的背景下，死亡、神秘和業餘偵探的情節接踵而來。

觀看影片：Netflix (評分 13+)



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A Warm Welcome to Kai Roelz

歡迎新任餐飲部行政助理經理
Kai Roelz

We are delighted to welcome Kai Roelz as the Club's new Executive Assistant Manager – Food & Beverage.

Kai is a seasoned professional in the world of international hospitality and Food & Beverage management.

Born and raised in Hong Kong, he brings a wealth of experience cultivated across various countries, including Switzerland, Germany and most recently, Austria, where he was Director of Food and Beverage at Rosewood Vienna. He was one of the pre-opening team members at The Ritz-Carlton, Macau and has worked at W Xi'an and the InterContinental Hong Kong.



"I am thrilled to be back in Hong Kong with my family, and I can't wait to connect with the esteemed members of the Club," says Kai. "My commitment to providing outstanding experiences and fostering a welcoming environment is something I bring with me, and I'm eager to build meaningful relationships within the Aberdeen Marina Club community."

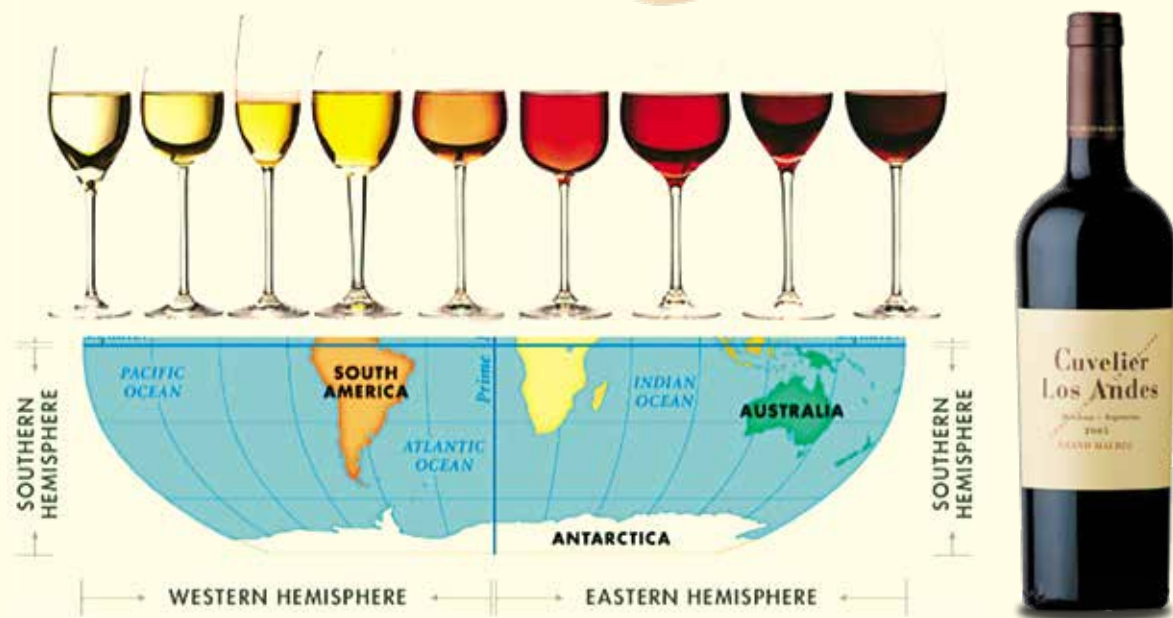
我們很高興歡迎新任餐飲部行政助理經理盧權善。

Kai 在國際酒店業和餐飲管理擁有豐富經驗。他出生及成長於香港，Kai曾在瑞士、德國以及奧地利等不同國家工作，累積了非常豐富的經驗。在加入本會前，Kai出任奧地利維也納納麗麗酒店的餐飲部總監。他亦曾參與澳門麗思卡爾頓酒店的開業籌備及於西安W酒店和香港洲際酒店工作。

「我和我的家人很高興回到香港。我已急不及待與大家見面。」Kai承諾會致力為會員提供卓越的體驗和營造賓至如歸的環境，與大家互動連繫。

The Uniqueness of Southern Hemisphere Wines

南半球葡萄酒的獨特之處



When it comes to wine production, the focus often shifts to the renowned wine regions of the Northern Hemisphere, such as France, Italy, and California.

However, the Southern Hemisphere also boasts a vibrant and distinctive wine culture that is gaining recognition worldwide. From Argentina and Chile in South America to Australia, New Zealand, and South Africa, the wines produced in the Southern Hemisphere offer a unique and exciting experience for wine enthusiasts.

One of the key factors contributing to the uniqueness of Southern Hemisphere wines is the diverse terroirs found in these regions. From the cool-climate vineyards of New Zealand and Tasmania to the high-altitude vineyards of Argentina and Chile, the Southern Hemisphere offers a wide range of climates and soil types that influence the grapes' characteristics. This diversity allows winemakers to produce a variety of wine styles, from crisp Sauvignon Blancs to bold Malbecs.

Many winemakers in the Southern Hemisphere have adopted traditional winemaking techniques from the Old

World while infusing their own innovative approaches. This blend of old and new creates a unique style that sets the wines apart. For example, Australian winemakers have embraced modern technology and sustainable practices while drawing inspiration from the European winemaking heritage.

The Southern Hemisphere is also known for cultivating and producing wines from unique grape varieties that are not commonly found in the Northern Hemisphere. For instance, Argentina has gained international acclaim for its Malbec, while New Zealand is renowned for its Sauvignon Blanc. These regions have found success in showcasing the distinct characteristics and flavours of these grape varieties, captivating wine lovers around the world.

Many South Hemisphere wineries have embraced sustainable practices, including organic and biodynamic farming methods, which contribute to the uniqueness of their wines. The emphasis on sustainable viticulture ensures the preservation of the region's biodiversity and the production of high-quality wines that reflect the terroir and environmental stewardship.

While some Southern Hemisphere wine regions have



gained global recognition, others are emerging and carving their own niche. For example, Tasmania in Australia and the coastal regions of South Africa have been gaining attention for producing exceptional cool-climate wines. These emerging regions offer exciting prospects for wine enthusiasts seeking new and flavours.

The Southern Hemisphere's wine regions offer a wealth of unique and distinctive wines that showcase the diversity of terroir, grape varieties, and winemaking techniques. From the bold and robust reds of Argentina to the elegant and aromatic whites of New Zealand, the Southern Hemisphere is a treasure trove for wine lovers. As these regions continue to innovate and explore new possibilities, we can expect even more exciting, unique wines to emerge, further solidifying the Southern Hemisphere's place in the world of wine.

In March we will be hosting a Southern Hemisphere Wine Lobby Sale – an afternoon event you really shouldn't miss! Please contact La Cave for more details.

當談及葡萄酒生產時，人們往往會把焦點放在北半球著名的葡萄酒產區，如法國、意大利和加洲。然而，南半球也擁有一個充滿活力和獨特風格的葡萄酒文化，正獲得全球的認可。從南美洲的阿根廷和智利到澳洲、紐西蘭和南非，南半球生產的葡萄酒為葡萄酒愛好者帶來了獨特而令人興奮的體驗。在本文中，我們將探討南半球葡萄酒的獨特之處和影響因素。

南半球葡萄酒的獨特性之一在於這些地區豐富多樣的風土。從紐西蘭和塔斯曼尼亞的涼爽氣候葡萄園到阿根廷和智利的高海拔葡萄園，南半球提供了多樣的氣候和土壤類型，影響葡萄的特性。這種多樣性使得釀酒師能夠生產各

種風格的葡萄酒，從清爽的Sauvignon Blancs到濃郁的Malbecs。

許多南半球的釀酒師在借鑒舊世界的傳統釀酒技術的同時，加入了自己的創新方法。透過新舊結合創造出獨特的風格，使這些葡萄酒與眾不同。例如，澳洲的釀酒師在吸收現代技術和實踐可持續性的同時，受到歐洲傳統釀酒技術的啟發。

南半球也以種植和生產不常見於北半球的獨特葡萄品種而聞名。例如，阿根廷以其Malbec葡萄酒獲得了國際讚譽，而紐西蘭則以其Sauvignon Blanc聞名。這些地區成功地展示了這些葡萄品種的獨特性和風味，吸引了全球的葡萄酒愛好者。

許多南半球的葡萄酒莊採用可持續性技術，包括有機和生物動力耕作方法，這也為其葡萄酒的獨特性做出了貢獻。注重可持續的葡萄栽種確保了該地區生物多樣性的保護，並生產出反映風土和環境保護的高品質葡萄酒。

雖然一些南半球的葡萄酒產區已獲得全球認可，但還有其他新興產區正在嶄露頭角，並開創自己的市場。例如，澳洲的塔斯曼尼亞和南非的沿海地區因生產出優質的涼爽氣候葡萄酒而受到關注。這些新興產區為尋求新鮮和獨特風味的葡萄酒愛好者提供了令人興奮的選擇。

南半球的葡萄酒產區提供了豐富獨特的葡萄酒，展示了風土、葡萄品種和釀酒技術的多樣性。從阿根廷濃郁而豐滿的紅酒到紐西蘭優雅而芳香的白酒，南半球對葡萄酒愛好者來說是一個寶藏。隨著這些地區繼續創新和探索新的可能性，我們可以期待更多令人興奮和獨特的葡萄酒出現，進一步鞏固南半球在葡萄酒世界的地位。

在3月，我們將在會所大堂舉辦南半球葡萄酒試酒活動，請勿錯過！詳情請向La Cave查詢。

M A R I N A
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Wine Dinner  
葡萄酒晚宴

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Dinner: 7.30pm      晚宴：晚上7時30分  
\$1,280 per person      每位\$1,280  
Guest Speaker: Lise Latrille, Deputy Director, Development,  
Commerce and Communication, Château Prieuré-Lichine



- Wines Featured**
- NV Champagne Henriot, Brut Souverain
  - \*\*\*
  - 2022 Le Blanc de Château Prieuré-Lichine
  - \*\*\*
  - 2016 Château Prieuré-Lichine
  - \*\*\*
  - 2015 Château Prieuré-Lichine
  - \*\*\*
  - 2010 Château Prieuré-Lichine
  - \*\*\*
  - 1996 Château Prieuré-Lichine (5000ml)

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THE BACKROOM  
AT LA CAVE

Burgundy New Growers  
Wine Dinner  
葡萄酒晚宴

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Welcome drink: 7pm      酒會：晚上7時  
Dinner: 7.30pm      晚宴：晚上7時30分  
\$1,380 per person      每位\$1,380  
Guest Speaker: Pierre Legrandois, Burgundy Wine Specialist



- Wines Featured**
- NV Champagne R. Faivre, Reflet Naturel, Blanc de Noirs, Extra Brut
  - \*\*\*
  - 2015 Domaine Potinet-Ampeau, Monthelie Blanc
  - \*\*\*
  - 2018 Antonin Cosnier, Corton-Charlemagne Grand Cru
  - \*\*\*
  - 2021 Domaine Odoul-Coquard, Gevrey-Chambertin
  - \*\*\*
  - 2021 Aurelien Verdet, Morey-Saint-Denis 1er Cru, Les Monts Luisants
  - \*\*\*
  - 2017 Domaine Julien Gros, Corton Clos du Roi Grand Cru, Hommage à Louis Petitjean

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## MEETING PACKAGE



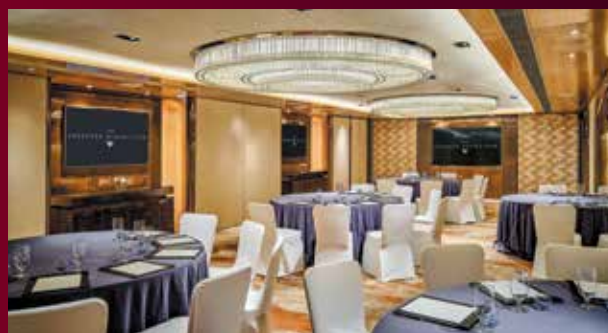
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# The Sombrero de Charro

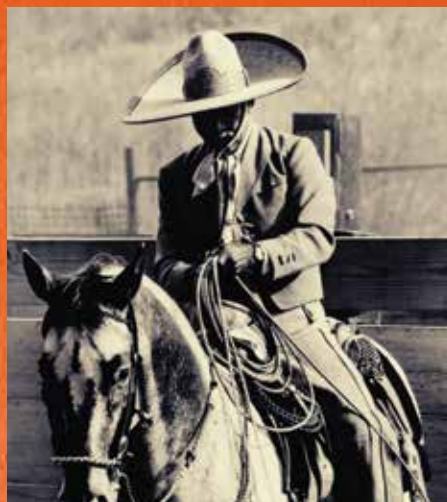
墨西哥帽

- by Peter Walbrook

The design of Mexico's iconic *sombrero de charro*, with its pinched crown and wide, upturned brim, is thought to have evolved from the smaller Spanish *sombrero cordobes* – or Cordovan hat – brought to the country centuries ago by early Spanish settlers.

The fierce Mexican sunshine encouraged outdoor workers to expand the brim to give shade (sombrero means “shadower” in Spanish) not only to the face and neck, but to the shoulders and upper back as well.

Horsemen, or *charros*, from the Guadalajara region of the central Mexican state of Jalisco, are said to have popularised the *sombrero de charro*, adding chinstraps for riding at high speed. Gradually it became a canvas for detailed, often personalised embroidery and decoration for



the wealthy, as well as just simple peasant headgear – a basic design shared across all classes and generations.

The hats were usually made from either straw or felt, which was useful in the rain. The brims of felt hats were turned up at the front and back so that heavy rain could pour away from them, and this attractively practical style eventually also transferred to the now typical straw versions.

From the late 19th century, Mariachi bands, also originating in Jalisco state, adopted and embellished the *sombrero de charro*, and today are one of the most prominent groups of traditional wearers – field workers having turned to smaller styles in the mid-20th century.

Elsewhere in Mexico today, the *sombrero de charro* is most authentically on display at *charrería* equestrian events – a type of highly specialised Mexican rodeo, with deep cultural roots and the country's national sport.

Sombrero de charro 墨西哥標誌性帽，帽冠和上翻帽簷的設計可調節大小，由較小的西班牙sombrero cordobes或Cordovan帽演變而來，是幾個世紀前由早期的西班牙移居的民眾帶到此國。

由於墨西哥陽光猛烈，戶外工作者會展開帽簷（sombrero西班牙語意思為「遮蔽處」）以遮蓋臉部和頸部，甚至覆蓋肩膀和上背部位。

據說來自墨西哥中部哈利斯科州瓜達拉哈拉地區的騎士使sombrero de charro流行起來，他們在高速騎行時為帽子添加了防風繩帶。Sombrero de charro漸漸地個性化，加上刺繡和裝飾畫布，成為了富人的象徵，亦是農民簡單的頭飾——是各階層和世代共享的設計。

帽子通常由稻草或毛氈製成，在雨中發揮作用。氈帽的帽簷前後可翻起，以便雨水可從帽傾瀉而下，這實用的功能也轉移至現今典型的草帽版。

從19世紀末開始，sombrero de charro被同樣起源於哈利斯科州的街頭樂隊採用並加以裝飾，如今已成為著名的傳統服飾之一——20世紀中牧場工作者已改成了較小的款式。

如今，在墨西哥各地的查雷裡亞馬術賽事中最真實展示了墨西哥草帽，是墨西哥牛仔競技活動，具有深厚的文化根源，也是墨西哥的國民運動。



# Tips from Cutting Edge Hair & Beauty Salon

美髮美容秘訣



Michelle Tam  
Senior Spa Therapist



Cecilia Chow  
Spa Therapist



Zeena Bishnu  
Spa Therapist



Rena Chui  
Nail Technician

## How do I start a beauty routine?

如何開始日常的美容護理？

**T**ry a three-step routine from the same brand, one that includes cleanser, toner, and moisturiser. You need a cleanser to clear away all the dirt, sweat, bacteria and oil that collects on your skin during the day, a toner to help bring your pH levels back to an acidic level (this maintains your skin's acid mantle, the barrier that keeps bacteria out and moisture in) and a moisturiser to keep your skin hydrated, plump, and youthful looking. We recommend Margy's with a full range of products available at the salon.

嘗試使用同一品牌的三個護膚程序，包括潔面、爽膚和保濕。潔面乳帶走白天積聚在皮膚上的污垢、汗水、細菌和油脂，還需要爽膚水來幫助pH值恢復酸性水平（可以維持皮膚的酸性保護膜，是保持肌膚健康的屏障）去除細菌，吸收水分。最後使用保濕霜，讓肌膚保持水潤、豐盈及年輕。我們推薦Margy's這個品牌全系列護膚產品於美髮美容中心有售。

## How to choose a suitable facial treatment

如何選擇合適的面部療程？

**F**acials can be a great way to keep your skin healthy and looking its best. Choosing the right facial involves knowing your skin type, identifying your skin concerns, researching different facials, consulting with a professional and considering your budget and schedule. This will help you choose a facial that is tailored to your specific needs and enjoy the benefits of healthy, glowing skin. Call in for a free consultation with our team to arrange the most suitable facial just for you.

面部療程可使您變得更容光煥發。先認識自己的膚質，找出想要解決的肌膚問題，繼而了解不同的面部療程。您亦可跟據您的預算和日程向美容師諮詢，以便選擇合適的療程來切合個人需求，令肌膚變得更飽滿和更有光澤。我們專業的團隊很樂意為您提供免費諮詢，為您設計最合適的面部護理。

## How do you get rid of acne?

如何解決暗瘡問題？

**B**reakouts are caused by combination of oil and dead skin cells that block bacteria and clog hair follicles. The best defense against pimples is a cleansing routine that works for you. Remember to remove your makeup every night and don't over exfoliate – twice a week is fine. And use an oil-free moisturiser, our new In Light machine works wonders reducing acne problems.

暗瘡是由油脂和死皮細胞所引起的，它們會阻礙細菌並堵塞毛囊。預防暗瘡的最佳方法是選擇適合您的潔面產品。記得每晚卸妝，不要過度去角質，每週兩次就可以了。使用無油保濕霜，我們的最新In Light療程可以有效地改善暗瘡問題。

## Should we try the hydrating overnight mask?

應該嘗試保濕睡眠面膜嗎？

**O**vernight masks can help hydrate and replenish the skin during its regeneration process, which happens while you're asleep, leaving the skin looking and feeling soft, smooth and hydrated come morning. We're big fans of the Autocorrect Texture and Glow Mask from Bynacht, which gives visibly plumper and firmer skin with a long-lasting radiant glow.

睡眠面膜有助肌膚在睡眠時的再生過程中補充水分和補濕，讓肌膚在早晨看起來感覺柔軟、光滑和水潤。我們的Bynacht容光煥發面膜，可改善細紋，讓肌膚明顯變得更加豐潤、緊緻，並散發出持久的光澤。

## Any tips for pretty looking lashes?

有何秘訣可以讓睫毛看起來更漂亮？

**Y**umi Lash Lift has quickly become the go-to lash lift, and with good reason. It has been changing the game by providing longer, healthier-looking lashes. The high-quality lash lift solution gives your eyelashes the perfect curl and lift. Your eyes will look brighter, youthful and glamorous without needing traditional lash extensions or fake

eyelashes. For an even longer lasting result we recommend you tint the lashes as well.

Yumi Lash能迅速提升睫毛，使睫毛看起來更長及更健康。高端的睫毛護理讓睫毛完美捲曲和提升。眼睛會看起來更明亮、年輕和迷人，無需傳統的睫毛延長或假睫毛。想要更持久的效果，建議也為睫毛染色。

## Any new tools for upgrading skincare habits?

有什麼新產品可以提升護膚效果並成為恆常習慣？

**T**ry upgrading your skincare routine with a curvy-but-pointed Gua Sha massage stone. Gua Sha is a very effective method of boosting microcirculation. The points on a Gua Sha can also be used to activate facial acupressure points, a technique used for centuries in Chinese medicine to calm the mind, boost circulation, and alleviate sinus problems.

嘗試使用彎曲及尖頭的刮痧按摩板。刮痧可以非常有效地促進血液循環，激活面部穴位，是中醫幾個世紀以來使用的方法，可以鎮靜心靈、促進血液循環和緩解鼻竇炎問題。



CUTTING  
Edge

We are open daily from 9am to 7pm.

For bookings and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email cuttingedge@aberdeenmarinaclub.com.

美髮及美容中心營業時間為每天上午9時至晚上7時。

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



# Hong Kong History

香港  
歷史

by Giles Leonard, Director of Sports & Recreation

In this issue, we continue to look at our local sights, some of which have fascinating stories behind them. Within walking distance of the Club, they are ideal for a morning stroll around the area.

Let's look at one of the most obvious and prestigious buildings in the area – the Holy Spirit Seminary, or “temple” as many call it. It's easy to understand why many people refer to the building as a temple, as although it has always been operated as a Catholic Seminary, it was built in the classical Chinese Siheyuan style that we see in much of the older Chinese architecture around Hong Kong.

A seminary is an educational institution that teaches scripture and theology for the purpose of preparing seminarians for the clergy, academic study or ministry. This seminary was one of 14 built in Southern China from 1924 onwards with this particular one, referred to as the Regional Seminary for South China, being completed in 1931. The first batch of local seminarians graduated in 1934.



In the run up to the Battle of Hong Kong, the seminary grounds were said to have been bombed due to the presence of a large telescope, which had been relocated from Ireland in 1935. The telescope actually had no military purpose and was fortunately not damaged and subsequently relocated to an observatory in Manila. As Ireland maintained neutrality during World War II, the seminary was actually still able to operate during the Japanese occupation of Hong Kong, although life was very hard for those who remained.

Life got back to normal after the war, but with the establishment of the People's Republic of China in 1949, the China-based seminaries were closed and all operations, as well as many seminarians in the region, were relocated to Hong Kong.

Jurisdiction of the seminary was transferred to the local Diocese of Hong Kong in 1964, when it was renamed the Holy Spirit Seminary. New buildings were added in 1967.

Although the seminary is not open to the public, it can be viewed from a distance and there are occasional open days.

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

今期我們將繼續介紹一些本地景點，以及這些景點背後有趣的故事。這些地方與本會只是幾步之遙，非常適合到該處漫步。

讓我們先來看看我們附近最顯眼且備受推崇的建築物之一——聖神修院，或者許多人稱之為“寺廟”。不難理解為什麼很多人將這座建築稱為寺廟，儘管它一直作為一所天主教修院，但它的建築風格是中國古老建築中常見的四合院風格，這在香港較老的中國建築中也可以看到。

修院是一所教育機構，教授經文和神學，目的是為神職人員、學術研究或事奉做準備。這所修院是從1924年開始在華南地區興建的14所修院之一，被稱為華南總修院，於1931年完工。第一批本地修生於1934年畢業。

在香港保衛戰前夕，據說修院的地面曾遭到轟炸，原因是那裡有一個大型望遠鏡，該望遠鏡於1935年從愛爾蘭遷至此處。這個望遠鏡實際上並沒有軍事用途，幸運的是並未受損，後來被遷至馬尼拉的一個天文台。由於愛爾蘭在二戰期間保持中立，儘管對於留下來的人來說生活非常艱難，修院實際上在日本佔領香港期間仍能運作。



戰後生活恢復正常，但隨著中華人民共和國於1949年成立，中國境內的修院被關閉，所有運營以及該地區的許多修生被遷至香港。

修院的管轄權於1964年轉交給香港本地教區，並更名為聖神修院。新的建築於1967年增建。

儘管修院不對公眾開放，但可以從遠處觀看，並偶爾舉辦開放日。

如欲了解更多有關修院或其他香港歷史遠足的資訊，請聯絡本會的康體部總監李基爾。





## Hidden in Plain Sight Plyometric Boxes on the lower and upper floors

### 增強式跳箱訓練

**P**lyometric exercises focus on building explosive power – moving a muscle from extension to contraction in a repetitive manner. One of the most common examples of this exercise is performing a jump from the ground up to a step. Plyometric exercises include repetitive jumping, stepping, scrambling, and other similar movements, usually performed over the plyometric box.

- Most plyo box exercises involve explosive, powerful movements. These movements require your body to consume a lot of energy. As a result, you burn more calories in less time.
- Jumping onto a plyo box and then dropping down from it engages your tendons and makes them elastic and stronger. Strong tendons minimise the risk of injuries in the future.
- For exercising on a plyo box, you need good balance and coordination. The balance receptors in your body can be trained just like your muscles, so the more you practice, the better your balance becomes.
- Another benefit of performing plyo box exercises is that they improve the health of your heart. An intense plyo workout session makes your lungs and heart more efficient.

There are many great plyo box exercises. For more information, please ask our Fitness Centre team Nelson and Keith, or for extra motivation, sign up with one of our Personal Trainers.

For more information, please ask our Fitness Centre team Nelson and Keith, or for extra motivation, sign up with one of our Personal Trainers.

增強式跳箱訓練重點在於增強爆發力－將肌肉重複地伸展及收縮。最常見的練習之一是從地面跳到台階。增強式訓練包括重複跳躍、踏步、爬行和其他類似的動作，通常在箱上進行。

- 大多數跳箱練習都是爆發力強的動作。動作需要身體消耗大量的能量。因此，您可以在更短的時間內燃燒更多的卡路里。
- 跳到箱上，然後從最高的跳下來，刺激您的肌腱，使它們變得有彈性和更強健。強壯的肌腱可以減少受傷的風險。
- 在增強鍛鍊時，需要良好的平衡和協調性。訓練您的平衡感，所以練習越多，平衡力就會越好。
- 跳箱訓練的另一個好處是可以改善心臟健康。強化訓練有效改善心肺功能。

有更多增強跳箱練習的方式可供參考。如需了解更多，請聯絡健身中心團隊Nelson及Keith，或您的健身教練。



# Fitness Centre Challenge 2024

健身挑戰活動2024

**W**e are two months into the New Year so there is still time to join this Challenge and get the motivation you need to maintain a healthy lifestyle.

To recap, you may choose to do any or all of the challenges as fast or as slowly as you like. Everyone is different – some people will find certain equipment easy while others find them hard, and vice versa. This is a chance to try new equipment and, you never know, you may want to add it to your regular routine.

新一年只過了兩個月，您還有時間參予這項挑戰，保持健康生活。您可以按自己的程度選擇完成任何或所有挑戰。每人都可以不同的，有些人喜歡選擇較容易的，而有些人會喜歡挑戰更難的。這是一個嘗試新器材的機會，或許您會想把它添加至您的日常鍛鍊中。

#### Completion Levels 完成級別

- 8 Challenges completed 八項 – Gold Star
- 6 Challenges completed 六項 – Silver Star
- 4 Challenges completed 四項 – Bronze Star

For more information, please ask our Fitness Centre team – Nelson and Keith, or for extra motivation, sign up with one of our Personal Trainers.

如欲查詢有關詳情，請聯絡健身中心團隊Nelson及Keith，或您的健身教練。

**MAR** 三月  
Rower 50km

**APR** 四月  
Elliptical 40km

**MAY** 五月  
Stepper/Stepmill 300 Floors

**JUN** 六月  
Pool 100 Lengths

**JUL** 七月  
Treadmill 60km

**AUG** 八月  
Bike 180km

**SEP** 九月  
Rower 50km

**OCT** 十月  
Elliptical 40km

**NOV** 十一月  
Stepper/Stepmill 300 Floors

**DEC** 十二月  
Pool 100 Lengths





# Introducing the Stability Chair

by Arnold Siew,  
Pilates Professional

## 平衡椅

A stability chair is a piece of Pilates equipment used to improve core control and muscle strength via an unstable surface.

### HOW DOES THE STABILITY CHAIR WORK?

- The user practices on the floor, seated or standing on the chair.
- It can be combined with other Pilates equipment such as the reformer and barrel.
- It is often used by athletes to enhance their sports performance.
- For others it helps to improve daily movement, posture and chronic pain.
- Use it regularly and you can go from beginner to advanced level to achieve your fitness goals.

Join the group Pilates classes every Monday, Tuesday or Wednesday starting from 8.30am or 9.30am. For tennis players, swimmers and golfers, Pilates is an excellent way to understand your own body and improve your technique!

平衡椅是普拉提其中一個設備，透過椅子提升核心控制和肌肉力量。

平衡椅有什麼作用？

- 可在地板上、坐着或站在椅子上練習。
- 可以與其他普拉提設備（如核心床和圓桶）結合使用。
- 運動員透過使用它來提高運動表現。
- 對一般人來說，有助改善日常動作、姿勢和慢性疼痛。
- 定期使用它，可以從初階到高層次的練習，以達至健身目標。

歡迎參加逢週一、週二或週三上午8時30分或9時30分開始的普拉提團體課程。對於網球運動員、游泳運動員和高爾夫球手來說，普拉提是了解自己身體和提高技巧的絕佳練習！



# Why use a Personal Trainer?

## 為何需要私人教練？

A question we are often asked by potential clients is “Do people really need a personal trainer?” If you want to experience the following benefits, the answer is yes! Trainers can . . .

- Perfect your form and customise with a specialised training plan.
- Show you how to minimise time wasted and maximise results.
- Keep you accountable to your new fitness routine.
- Help you set long-term realistic goals.
- Educate you in many aspects of health, fitness and exercise, safely and effectively!

Building trust with your personal trainer is the first step in building a healthy and sustainable life. Correct posture and form are extremely important to prevent injury. Hence the need for a personal trainers.

Sign up with one of our Personal Trainers now or ask our Fitness Team Nelson and Keith for more information.

我們經常被問及的一個問題是“真的需要私人教練嗎？”如果您想體驗以下好處，答案是肯定的！教練可以...

- 完善體形並設計個人化的訓練計畫。
  - 讓您以最少時間收到最大效果的訓練效果。
  - 使您的健身計劃成為習慣。
  - 助您設定並實現長期目標。
  - 有效地為您提供有關健康、健身和運動的多方面資訊。
- 與您的私人教練建立信任，是健全健康生活的第一步。正確的姿勢和練習對於防止受傷極為重要，因此需要私人教練指導。

歡迎與我們的私人教練聯絡，或向我們的健身團隊Nelson和Keith查詢更多資訊。



# Why is Pickleball so Popular?

## 為何匹克球如此受歡迎？

The USA Pickleball Association calls the sport “highly contagious.” This paddle sport combines elements of tennis, badminton and ping-pong using a paddle and plastic ball with holes and there are many reasons for its growing popularity in recent years.

- It's appropriate for players of all ages and skill levels.
- Rules are simple and similar to ping-pong.
- A smaller court allows players to be close enough to hold conversations.
- It helps players to work on balance, agility, reflexes and hand-eye coordination without excessive strain on the body.
- A good alternative for older players who used to play tennis, but have physical limitations such as hip, shoulder, knee or other joint problems.

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

美國匹克球協會稱這項運動「極具感染性」。這運動結合了網球、羽毛球和乒乓球的元素，使用球拍和帶孔的塑膠球進行運動。近年來匹克球越來越受歡迎有很多原因。

- 適合所有年齡層和技術水平的人士。
- 規則簡單，類似乒乓球。
- 場地較小可以讓球員之間的距離更近，更多社交互動。
- 透過這項運動鍛鍊平衡、敏捷、反應和手眼協調的能力，而不會對身體造成過度的負擔。
- 對於曾經打過網球但有髖部、肩膀、膝蓋或其他關節問題等的年老球員來說，這是一個很好的選擇。

這項運動提供私人課程。請參閱5樓、2M及大堂的宣傳單張或致電2814 1222以了解更多詳情。



# 20 Questions for our Coaches

給教練20個問題

- 1 Name 姓名?

2 How long have you been at the Club 加入會所多久?

3 Favourite exercise 最喜歡哪一項運動?

4 Favourite food to cook 最喜愛烹調甚麼食物?

5 Favourite food to eat out 最喜歡出外吃的食物?

6 Favourite day out in Hong Kong?  
您最喜愛怎樣在香港度過一天?

7 Best holiday destination so far 最喜愛的度假勝地?

8 Dream destination for the future 未來想到的目的地?

9 Best car you ever owned 您擁有過最好的汽車是?

10 Dream car for the future 您最想擁有怎樣的汽車?

11 Favourite movie 最喜歡哪一部電影?
- 12 Favourite TV show 最喜歡的電視節目是甚麼?

13 Favourite actor 最喜歡演員是誰?

14 Favourite musician or band 最喜歡哪一個音樂家或樂團?

15 Best concert you attended 最喜歡的音樂會是?

16 Favourite sports team 最喜歡的運動隊伍是?

17 Favourite sportsperson you saw play?  
有觀賞過運動員現場比賽嗎? 最喜歡哪一位?

18 Favourite sportsperson still playing?  
最喜歡哪一位現役運動員?

19 Favourite sportsperson no longer playing?  
最喜歡哪一位退役運動員?

20 Favourite sport you like to play (aside from the one you coach)  
除了您所任教的運動外, 您最喜歡甚麼運動?



Answered by  
**Miu Tsang**, Personal Trainer

1. Miu Tsang

2. Since April, 2018

3. Yoga (Headstand)

4. Congee

5. Hairy crab

6. Every day

7. My best friend's wedding in Kobe

8. A place with my family and friends

9. Don't have driving licence

10. None

11. Mission Impossible series

12. Victoria's Secret Runway Show

13. Bruce Lee

14. Leslie Cheung

15. Leslie Cheung Passion Tour

16. Chinese diving team

17. Guo Jing Jing

18. Siobhan Bernadette Haughey

19. Nadia Elena Comaneci

20. Calisthenics and qigong



Answered by  
**Jimmy Jea**, Tennis Professional

1. Jimmy Jea

2. Two years

3. Planks

4. Japanese-style stew beef curry

5. Steak

6. Yum Cha with my family

7. Yosemite National Park

8. Switzerland

9. Suzuki Solio

10. Taycan Cross Turismo

11. Forrest Gump

12. Manifest

13. Tom Hanks

14. Kygo

15. OneRepublic live in Hong Kong

16. Golden State Warriors

17. Roger Federer

18. Rafael Nadal

19. Guillermo Coria

20. Cycling



Answered by  
**Felix Chan**, Basketball Professional

1. Felix Chan

2. 11 years

3. Basketball

4. Korean instant ramen

5. All-you-can-eat restaurant

6. Sunday

7. Japan

8. North pole

9. None

10. Ford Mustang 1970

11. Never watch a second time

12. The Fresh Prince of Bel-Air

13. Will Smith

14. Beyond

15. FestSan Antonio

16. Spurs

17. Dwight Howard

18. LeBron James

19. Patrick Sammie Mill

20. Esport



Answered by  
**Dr. Steve Tam**, Singing Professional

1. Dr. Steve Tam

2. Three years

3. Vocal exercises

4. Vegan and fried rice

5. Vegan food

6. Sunday

7. Place with Chinese New Year

8. Florida

9. Audi A7

10. Ferrari California

11. Back to the Future

12. Friends

13. Andy Lau

14. Celine Dion

15. Celine Dion

16. Soccer

17. Tiger Woods

18. None

19. None

20. Tennis



# Stay Active! 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，請緊記預早向預訂中心提交「退出/取消課堂申請表」。

兒童課程需預早一個月前提交申請表，成人課程需預早14天前提交申請表，或繳付代通知金。

Enquiries 查詢: 2814 1222 (Central Reservations)



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



# Score Challenge in Chill Zone The Yard

## The Yard 挑戰賽

Dates for your diary!  
From 9am-7pm

- Saturday, March 16
- Saturday, April 20
- Saturday, May 18

歡迎前來挑戰！  
早上9時至晚上7時

- 3月16日（星期六）
- 4月20日（星期六）
- 5月18日（星期六）

Enquiries查詢: 2814 5483 (Chill Zone)



# Adventure Zone Ninja & Trampolines Challenge!

## 忍者及彈床挑戰賽

Complete the Ninja Track in less than two minutes and score 400 points on the trampoline!

於兩分鐘內完成忍者挑戰賽及在彈床挑戰賽中取得400分。

From 4-6pm

- Friday, March 22
- Friday, April 26
- Friday, May 24

下午4時至6時

- 3月22日（星期五）
- 4月26日（星期五）
- 5月24日（星期五）

# Adventure Zone Laser Tag Challenge 鐳射槍挑戰賽

Calling all Laser-Taggers – mark your diary!

召集所有鐳射槍玩家！

From 7.30-8.30pm  
(new time)

- Friday, March 15
- Friday, April 12
- Friday, May 10

晚上7時30分至8時30分  
(新時段)

- 3月15日（星期五）
- 4月12日（星期五）
- 5月10日（星期五）

# Treasure Hunt at Run,2,3!

## 尋寶遊戲

Come along and search for the hidden treasure in Run, 2, 3!

快前來Run,2,3!尋找寶物！

From 2-4pm

- Saturday, March 30
- Saturday, April 27
- Saturday, May 25

下午2時至4時

- 3月30日（星期六）
- 4月27日（星期六）
- 5月25日（星期六）

# Adventure Zone Dodgeball Tag Challenge 躲避球挑戰賽

Kids don't play by the rules, and that's the fuel that sets their imaginations alight!

沒有特定的規則，孩子們可自創玩法！

From 6.30-7.30pm

- Friday, March 8
- Friday, April 19
- Friday, May 17

晚上6時30分至7時30分

- 3月8日（星期五）
- 4月19日（星期五）
- 5月17日（星期五）

Enquiries查詢: 2814 5360 (Adventure Zone)

# Bazooka Ball Challenge

## Bazooka Ball 挑戰賽



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

玩法與鐳射槍相似及更刺激！與彩彈射擊相似但不會弄污身體！

From 7-7.30pm

- Friday, March 1
- Friday, April 5
- Friday, May 3

晚上7時至7時30分

- 3月1日（星期五）
- 4月5日（星期五）
- 5月3日（星期五）



# JUNIOR CLUB STARS

SWIMMER • AGE 12

## SAMARA KIRPALANI

Samara has made outstanding achievements in the pool. With remarkable progress in all strokes – freestyle, breaststroke, backstroke, and butterfly – she has proven herself a versatile and skilled swimmer. Samara's dedication and hard work have resulted in significant improvements across the board. Her cheerful disposition and positive attitude have made her a valuable addition to the swim team. Congratulations to Samara on this well-deserved recognition for her passion and commitment to the sport!

Samara在比賽中取得了出色的成績。她在所有泳式中都有顯著進步，包括自由式、蛙式、背泳和蝶式等，證明她是一位多才多藝、技術精湛的游泳運動員。Samara努力練習帶來了全面的進步。她開朗的個性和積極的態度使她成為本月游泳之星。恭喜Samara，做得好，繼續努力！

SKATER • AGE 11

## TANIA MIRPURI

Tania skates twice a week and is a hard worker with a great attitude. She even takes her skates with her when she travels. What a great example of dedication. Way to go Tania, keep it up!

Tania每週練習兩次，在課堂上表現努力和積極。她甚至在旅行時也不忘練習。她對溜冰熱愛的精神值得表揚。做得好Tania，繼續努力！

## Pro-Shop Play Piano Like a Pro!



**A** new piano learning book is now available in the Pro-Shop. Available in English, it has been developed by DMA's experienced professionals with over 30 years of teaching expertise. This interactive book brings piano instruction to life through 68 QR code links to technique videos and audio. The colour-coded pages and clear illustrations make learning music theory approachable for children as young as six when enjoying lessons with an adult.

Step-by-step guidance allows you to learn at your own pace, with an online course coming soon to provide customised progress tracking. This book makes picking up new skills more enjoyable than ever. An ideal gift for aspiring pianists.

Pro-Shop 現已推出新的鋼琴學習書籍。書籍提供英文版，由擁有30多年豐富教學經驗的DMA專業人士編寫。這本書籍透過68個技術指導視訊和音訊的二維碼鏈接，讓鋼琴教學變得栩栩如生。彩色編碼的頁面和清晰的插圖，讓幼小的孩子與成人能輕鬆地一起學習音樂理論。

循序漸進的指導讓您可以按照自己的步伐學習，即將推出的線上課程將提供個人化的進度追蹤。這書籍使重新學習技巧變得更加有趣，是送給有抱負的鋼琴家的理想禮物。

Enquiries查詢: 2814 5417



NEW  
Listing

Sanlorenzo  
SD126  
'2018'  
EUR 11,980,000



Sanlorenzo  
SL96 Asymmetric  
'2021'  
EUR 7,800,000



Sanlorenzo SL86 '2019'  
USD 5,200,000



Princess Y85 '2020'  
USD 6,030,000



Sanlorenzo SL78 '2020'  
EUR 3,600,000



Sanlorenzo SX76 '2022'  
EUR 5,000,000



Ferretti Yachts 650 '2015'  
USD 1,450,000 **USD 1,395,000**



Beneteau Gran Turismo 45 'New'  
~~EUR 890,000~~ **EUR 788,000**





| DATES FOR YOUR DIARY |                                              |                |                  |
|----------------------|----------------------------------------------|----------------|------------------|
| MAR                  | EVENTS                                       | LOCATION       | TIME             |
| All March            | Monthly Fitness Challenge - Rower 50km       | Fitness Centre | Whole month      |
| Mar 1                | Bazooka Ball Challenge                       | Adventure Zone | 7 - 7.30pm       |
| Mar 8                | Dodgeball Tag Challenge                      | Adventure Zone | 6.30 - 7.30pm    |
| Mar 15               | Laser Tag Challenge                          | Adventure Zone | 7.30 - 8.30pm    |
| Mar 16               | Basketball Shooting Challenge                | The Yard       | 9am - 7pm        |
| Mar 16               | Bowling Exact Score Day                      | Bowling Alley  | Midday - 10pm    |
| Mar 16 & 17          | Fun Weekend Arts & Crafts - St Patrick's Day | Kids on 8      | 9am - 7pm        |
| Mar 17               | Los Angeles Marathon 42km                    | Fitness Centre | 6.30am - 10.30pm |
| Mar 17               | The Grabber Machine Returns! - Fruit Toys    | The Yard       | 9am - 7pm        |
| Mar 22               | Ninja & Trampolines Challenge!               | Adventure Zone | 4 - 6pm          |
| Mar 24               | Easter Carnival & Egg Hunt                   | Adventure Zone | 1 - 4pm          |
| Mar 30               | Treasure Hunt in Run, 2, 3!                  | Run, 2, 3!     | 2 - 4pm          |
| Mar 31               | Bowling High Score Day                       | Bowling Alley  | Midday - 10pm    |

| APR         | EVENTS                                      | LOCATION       | TIME             |
|-------------|---------------------------------------------|----------------|------------------|
| All April   | Monthly Fitness Challenge - Elliptical 40km | Fitness Centre | Whole Month      |
| Apr 1       | Bowling Easter Fun Games                    | Bowling Alley  | 2 - 8pm          |
| Apr 5       | Bazooka Ball Challenge                      | Adventure Zone | 7 - 7.30pm       |
| Apr 7       | The Grabber Machine Returns! - Fun Bunny    | The Yard       | 9am - 7pm        |
| Apr 12      | Laser Tag Challenge                         | Adventure Zone | 7.30 - 8.30pm    |
| Apr 19      | Dodgeball Tag Challenge                     | Adventure Zone | 6.30 - 7.30pm    |
| Apr 20      | Pac-Man Highest Score Day!                  | The Yard       | 9am - 7pm        |
| Apr 20 & 21 | Fun Weekend Arts & Crafts - Earth Day       | Kids on 8      | 9am - 7pm        |
| Apr 26      | Ninja & Trampolines Challenge!              | Adventure Zone | 4 - 6pm          |
| Apr 27      | Treasure Hunt in Run, 2, 3!                 | Run, 2, 3!     | 2 - 4pm          |
| Apr 28      | Boston Marathon 42km                        | Fitness Centre | 6.30am - 10.30pm |



When Less is More  
Making celebrations more meaningful  
讓慶祝活動變得更有意義



Twopresents is an online invitation platform with a charitable twist. Valerie chose to celebrate her birthday with Twopresents at the Club, sharing her happiness with a wonderful cause: the Children's Medical Foundation.

Sharing, appreciation, encouraging creative play, reducing waste and teaching the importance of giving, are important values to the Tsoi family and their two children.

When Valerie was turning seven years old, her mother Vivian asked how she felt about helping somebody in need through her birthday celebration via Twopresents, which she had heard about from a number of her friends. Valerie liked the idea and decided, in her own words, "to help premature babies so that they can get things they need, and they know that I am thinking of them."

Vivian made the point that "Valerie is fortunate to have what she needs and having a birthday celebration is a gift in itself. Though guests are well intentioned, one can receive many duplicate toys or gifts that will never

be used. She does not need many gifts to feel happy."

Instead of bringing gifts, Valerie invited her friends to contribute gift money to her online gift/charity fund. One part was saved for a special birthday surprise and the other was donated to Valerie's chosen charity.

Over the last three years, \$100,000 has been raised by children for great causes through their birthday celebrations hosted at the Club. We are proud of these young philanthropists! You can also share your next celebration whether it's a birthday, wedding or any other special occasion with a good cause. Visit [www.twopresents.com](http://www.twopresents.com) for more information.

Twopresents 是一個網上平台，讓您的賓客可以網上捐款來代替送贈禮物。Valerie 選擇了與Twopresents 一起在會所慶祝生日，並與兒童醫健基金會分享她的喜悅。

對蔡氏一家及他們的兩個孩子來說，分享、欣賞、鼓勵創意遊戲、減少浪費和學習給予的重要性是非常重要的價值觀。



Valerie 從很多朋友口中聽說過 Twopresents，在她七歲生日時，她的母親Vivian問她對於透過Twopresents 慶祝生日來幫助有需要的人有何想法。Valerie表示喜歡這個主意，並說：「希望能幫助早產嬰兒，讓他們得到所需的東西，並知道我也關心他們。」

Vivian指出：「Valerie很幸運能夠擁有她所需的東西，慶祝生日本來就是一份禮物。儘管客人是出於善意的，我們亦總會收到許多永遠用不上或是重複的玩具或禮物。Valerie並不需要很多禮物來換取快樂。」

取而代之，Valerie邀請她的朋友在線上捐款。一部分留作特別的生日驚喜，另一部分則捐贈給Valerie所選擇的慈善機構。

在過去的三年裡，孩子們透過在會所舉行生日會而籌集了10萬元。我們為這些年輕的慈善家感到驕傲！您也可以於下一個慶祝活動與有需要的人分享你的所得，包括生日、婚禮或任何其他特別日子。請瀏覽 [www.twopresents.com](http://www.twopresents.com) 以了解更多資訊。





## Earth Hour 2024 地球一小時2024

**T**his year, Earth Hour will commence at 8.30pm on Saturday, March 23, when the Club will switch off all non-essential lighting for 60 minutes.

Earth Hour was launched in Australia in 2007, and is the largest international lights-off event, with the participation of more than 190 nations and territories, reminding people around the world that we are under significant threat of global warming.

Thank you for supporting this campaign to try and save our planet.

今年「地球一小時」將於3月23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60分鐘。

「地球一小時」於2007年在澳洲發起，是最大規模的國際熄燈活動，有190多個國家和地區參與，提醒世界各地的人們，我們正面臨全球暖化的嚴重威脅。感謝大家支持這項活動。

## Planning a UK Boarding Education for your Child 為孩子計劃到英國升學

**Tuesday, March 19**  
10.30am – midday  
2/F Marina Suite  
Member: Complimentary  
Guest: \$80

**3月19日 (星期二)**  
上午10時半至中午  
2樓海翔廳  
會員：免費  
來賓：\$80

**W**e invite you to an informative talk on the United Kingdom's education curriculum and the application process for the country's top boarding schools. This event is designed to provide invaluable insights and guidance for families seeking and preparing for a UK boarding education for their children.

Join our distinguished speakers, who have personally experienced UK boarding at Eton, Harrow and Clifton College, and will help navigate you through the applications and preparation for many great boarding institutions.

誠邀您參加有關英國升學和頂尖寄宿學校申請流程的講座。透過講座可了解有關孩子準備到英國寄宿學校升學的寶貴資訊和指導。

講者們將分享曾在英國伊頓公學、哈羅公學和克利夫頓學院寄宿的親身體驗，並將助您如何申請和準備到英國寄宿學府升學。

### SPEAKERS

**George Loup** (Old Etonian)  
Area Manager, BE Study Abroad

**Alex Peers** (Old Harrovian)  
Senior Consultant, BE Study Abroad

**Geoffrey Wong** (Old Cliftonian)  
Head of Marketing & Admissions,  
Wycombe Abbey School Hong Kong

## A Beginner's Guide to Collecting and Investing in High Jewellery

高級珠寶收藏及投資入門指南

**Tuesday, March 26**  
10.30am – midday  
2/F Marina Suite  
Member: Complimentary  
Guest: \$80

**3月26日 (星期二)**  
上午10時半至中午  
2樓海翔廳  
會員：免費  
來賓：\$80

**D**epartment Head of Jewellery, Watches and Handbags in Poly Auction Hong Kong, Chiang Shiu Fung will talk about the value and investment potential of jewellery pieces from a financial perspective, regarding different gemstone types (diamonds, colour stones, jadeite, etc.), quality, design and craftsmanship, as well as brand and historical value. He will also guide you through an appreciation of record-breaking jewellery pieces at auctions and share his views on the latest market trends and answer questions about jewellery and auctions.

Chiang Shiu Fung holds a bachelor's degree in communication from Hong Kong Baptist University and is a Graduate Gemologist from the Gemological Institute of America (GIA). He began his auction career at Christie's Asia in 2007, starting as a specialist in the Jewellery Department and subsequently achieving the positions of Vice President, Senior Specialist and Auctioneer. In 2023, he joined Poly Auction Hong Kong, spearheading the Jewels, Watches and Handbags department to unprecedented success.



保利香港拍賣公司珠寶、鐘錶及手袋尚品部門主管、美國寶石學院畢業寶石學家蔣肇丰先生將從投資角度出發，由寶石類別（鑽石，彩色寶石，翡翠等）與品質、設計與工藝，以及品牌與歷史價值等方面淺談珠寶作品的收藏價值和金融潛力。另外，蔣先生會帶領各位會員一起鑒賞曾在拍賣場上創下紀錄的珠寶作品以及分享對未來市場趨勢的看法，並一一解答關於珠寶以及拍賣的問題。

蔣肇丰先生畢業於香港浸會大學傳理學系，並取得美國寶石研究院 (GIA) 研究寶石學家 (Graduate Gemologist-GG) 資格。自2007年加入佳士得香港拍賣珠寶部門擔任見習專家，蔣先生不斷晉升，成為佳士得副總裁、資深專家暨拍賣官。在2023年，他加入保利香港拍賣成為珠寶、鐘錶及手袋尚品部主管。

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For registrations and enquiries, please call Membership Office on 2814 5436 or email [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com) 報名及查詢，請致電會員部電話2814 5436或電郵至[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)。



### Mobile Device Use at the Club 在會所使用手提 電子設備守則

Mobile phones or similar devices (such as tablets, laptops, smart watches, etc.) may only be used for calls in private function rooms or common areas such as the lobby.

Taking photographs, recording videos or making video calls with any devices at the swimming pool, in changing rooms, spa areas or in restaurants is prohibited.



手提電話或電子設備（如平板電腦、筆記型電腦、智慧手錶等）只可在會所私人宴會廳或大堂等公共區域使用。

禁止在游泳池、更衣室、水療區或餐廳內使用任何設備拍照、錄影或視像通話。

### Child Supervision 兒童監管

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

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

### 3/F Swimming Pool Bubble Deflation and G/F Tropical Pool Opening Hours

#### 拆卸三樓泳池帳篷及 地下碧波池畔開放時間

The 3/F Swimming Pool will be closed for Bubble deflation from Tuesday, April 2 to Friday, April 12, and re-open on Saturday, April 13. The Tropical Pool will open daily from 7am to 10pm during this period.

The Tropical Pool will re-open from 9am to 7pm for the Easter Holiday, from Friday, March 29 to Monday, April 1 inclusive.

3樓泳池將於4月2日(星期二)至4月12日(星期五)關閉以拆卸帳篷，並於4月13日(星期六)重新開放。在此期間，碧波泳池將於每天早上7時至晚上10時開放。

碧波泳池將於復活節假期3月29日(星期五)至4月1日(星期一)上午9時至晚上7時重新開放。



### Provision of Single Use Plastics 即棄塑膠用品供應

As you may be aware, the Government has announced a ban on the use of Single Use Plastics from April 22 onwards. As a result, the Club will no longer provide items such as razors, toothbrushes and shower caps in the Locker Rooms. While this may be an inconvenience to Members, this ban will ultimately reduce plastic waste and we appreciate your understanding and co-operation.

政府已宣佈將於4月22日起禁止供應即棄塑膠用品。本會屆時將不再於更衣室提供剃刀、牙刷及浴帽等即棄塑膠用品。這項措施可能會為會員帶來不便，但能夠有效地減少塑膠垃圾。多謝您的諒解和合作。

### HKCTA Invitational Inter-Club Pickleball Championships 2023

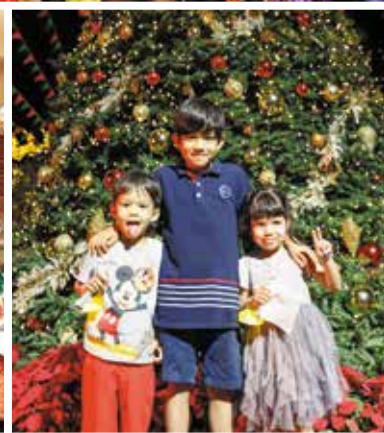


### Christmas Celebrations





Christmas Tree  
Lighting Ceremony



Chinese New Year  
Floral Arrangement  
Workshop with  
La Prairie



Chinese New Year  
Calligraphy  
Workshop







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@bentleymotorshk

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### BENTLEY HONG KONG - DCH

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91 Leighton Road, Causeway Bay, Hong Kong  
VIP Hotline: (852) 2890 1918