

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

SEPTEMBER/OCTOBER 2024

On Location

TUSCANY

Design Icons

**THE
FIASCO**



**CALLING ALL
BOWLERS**



SHOCKING!

This is the Paraflex, our shock absorber introduced in 2005. It is an absolutely crucial element in the protection of our horological movements. One which we designed and made solely ourselves. Its specific purpose is to neutralise any and all effects brought about by the knocks and bumps of everyday life. One may wonder how such a minuscule shield, no bigger than a grain of rice, could achieve such a feat? It is through the interaction of two separate properties which, in a never-ending dance, offset the consequences of all shocks at

all times. The Paraflex moves one way, then the other, all within a fraction of a second. On the one hand, it bends at each impact to disperse the energy, then returns to its original shape. On the other, it displaces itself, moving aside so as to preserve the functionality of the balance wheel and escapement anchor. Thus guaranteeing the chronometric performance of the calibre in all circumstances. It is through this unique ballet of deformation and displacement that the Paraflex preserves the watch's movement with its own.

#Perpetual

OFFICIAL ROLEX RETAILER

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



Portwatch

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

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Portwatch Editor / Mr Adam Nebbs



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



Portwatch

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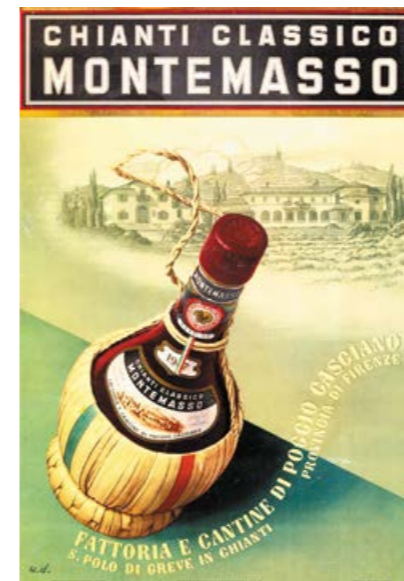
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28



26



24

DATES FOR YOUR DIARY

September

ALL OF SEPTEMBER

Fitness Centre
Monthly Fitness Challenge – Rower 50km

The Deck
Malaysian Delicacies Weekend Dinner Buffet

The Backroom
Nadaman Kaiseki Pop-up
September 5-17

The Horizon
A Taste of Sichuan
September 16-29

6
FRIDAY

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

7
SATURDAY

Bowling Bingo!
Bowling Alley
11am – 10pm

8
SUNDAY

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

9
MONDAY

Principal Pilates Course by Tracy So
3/F Activities Studio
8.30am – 9.30am

10
TUESDAY

Ladies' League Season Opener
Tennis Court
10am – 1pm

12
THURSDAY

The Most Common Aches and Pains
2/F Marina Suite
10am – Midday

13
FRIDAY

Nadaman Kaiseki x Kuheiji Wine and Sake Dinner
The Backroom
7pm

Laser Tag Challenge
Adventure Zone
7.30pm – 8.30pm

14
SATURDAY

Bowling Exact Score Day
Bowling Alley
Midday – 10pm

Fun Weekend Arts & Crafts – Mid-Autumn Festival
Kids on 8!
9am – 7pm

15
SUNDAY

Fun Weekend Arts & Crafts – Mid-Autumn Festival
Kids on 8!
9am – 7pm

1942 Shooting Highest Score Day
The Yard
9am – 7pm

Bowling Grabber Weekend
Bowling Alley
11am – 10pm

16
MONDAY

Principal Pilates Course by Tracy So
3/F Activities Studio
8.30am – 9.30am

17
TUESDAY

Mid-Autumn Fun Party
The Deck and Portside
6.30pm – 9.30pm

18
WEDNESDAY

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

19
THURSDAY

Arturo Fuente Dominican Republic Cigar Tasting Class
Portside
6pm – 8pm

20
FRIDAY

Italian Pop-up Market
Caffè Luna
Midday – 7pm

Dodgeball Tag Challenge
Adventure Zone
6.30pm – 7.30pm

21
SATURDAY

Ozzie Cozzie Swimwear Roadshow
Main Lobby
10am – 6pm

Italian Pop-up Market
Caffè Luna
Midday – 7pm

22
SUNDAY

Ozzie Cozzie Swimwear Roadshow
Main Lobby
10am – 6pm

23
MONDAY

Principal Pilates Course by Tracy So
3/F Activities Studio
8.30am – 9.30am

24
TUESDAY

Annual Staff Party
The Club will close at 4pm

26
THURSDAY

Vietti Wine Dinner
Caffè Luna
7pm

New Players Evening
Tennis Court
7pm – 9pm

27
FRIDAY

Adventure Zone Ninja & Trampolines Challenge!
Adventure Zone
4pm – 6pm

28
SATURDAY

Treasure Hunt Run,2,3!
2pm – 4pm

29
SUNDAY

Art On Ice
Ice Rink
3.30pm – 5.30pm

30
MONDAY

Fitness Centre Orientation
Fitness Centre
11am – 4pm

31
TUESDAY

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

SOCIAL SPORTS PROGRAMME THROUGHOUT SEPTEMBER AND OCTOBER

Tennis Rooftop Tennis Court Every Sunday 10am – 1pm	Cardio Tennis Tennis Court Every Thursday 7.15pm – 8pm
Bowling Bowling Alley Every Wednesday 6pm – 7pm	Mobility Class 6/F Activities Studio Every Tuesday 7pm – 8pm

Pickleball Pickleball Court Every Monday 7pm – 8pm
--

26
THURSDAY

Vietti Wine Dinner
Caffè Luna
7pm

New Players Evening
Tennis Court
7pm – 9pm

27
FRIDAY

Adventure Zone Ninja & Trampolines Challenge!
Adventure Zone
4pm – 6pm

28
SATURDAY

Treasure Hunt Run,2,3!
2pm – 4pm

29
SUNDAY

Art On Ice
Ice Rink
3.30pm – 5.30pm

30
MONDAY

Fitness Centre Orientation
Fitness Centre
11am – 4pm

31
TUESDAY

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

DATES FOR YOUR DIARY

October

ALL OF OCTOBER

Fitness Centre
Monthly Fitness Challenge – Elliptical 40km

The Deck
Bouchot Mussels

1
TUESDAY

The Grabber Machine Returns! – Cute Bears
The Yard
9am – 7pm

4
FRIDAY

Caviar x Perrier-Jouët Champagne Dinner
The Backroom
7pm

5
SATURDAY

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

6
SUNDAY

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

11
FRIDAY

Dodgeball Tag Challenge
Adventure Zone
6.30pm – 7.30pm

Adventure Zone Ninja & Trampolines Challenge!
Adventure Zone
4pm – 6pm

12
SATURDAY

Bowling Exact Score Day
Bowling Alley
Midday – 10pm

13
SUNDAY

Bowling Grabber Weekend
Bowling Alley
11am – 10pm

17
THURSDAY

Discover Your Athletic Advantage
2/F Marina Suite
11am – 1pm

Bordeaux Excellent Vintage 2016 Wine Dinner
The Horizon
7pm

18
FRIDAY

Laser Tag Challenge
Adventure Zone
7.30pm – 8.30pm

19
SATURDAY

Bowling Bingo!
Bowling Alley
11am – 10pm

20
SUNDAY

Air Hockey Challenge
The Yard
9am – 7pm

25
FRIDAY

Adult Club Championships
Tennis Court
Midday – 6pm

26
SATURDAY

Bowling High Score Day
Bowling Alley
Midday – 10pm

27
SUNDAY

Bowling Bingo!
Bowling Alley
11am – 10pm

25
FRIDAY

Halloween Semi-Buffer
Caffè Luna
5.30pm – 9pm

Haunted Adventure Zone
Adventure Zone
6pm – 9pm

26
SATURDAY

Halloween Special Events
Adventure Zone
Midday – 4pm

Treasure Hunt Run,2,3!
2pm – 4pm

Halloween Semi-Buffer
Caffè Luna
5.30pm – 9pm

27
SUNDAY

Haunted Adventure Zone
Adventure Zone
6pm – 9pm

Fitness Centre Orientation
Fitness Centre
11am – 4pm

Halloween Special Events
Adventure Zone
Midday – 4pm

Halloween Skating Party
Ice Rink
3pm – 6pm

Halloween Semi-Buffer
Caffè Luna
5.30pm – 9pm

Haunted Adventure Zone
Adventure Zone
6.30pm – 9pm



Trick or Treat

OCTOBER 26 TO 31

Saturday to Thursday

DINING THROUGHOUT SEPTEMBER AND OCTOBER

The Horizon Seafood and Hairy Crab Meat Dishes	Portside Hong Kong Style Soy Sauce Braised Food
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The Balcony Traditional Lanna Food Promotion	Marina Grill David Hervé Oysters
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Caffè Luna
Carne

THE BACKROOM
AT LA CAVE

懷石料理

NADAMAN KAISEKI
POP-UP AT THE
BACKROOM

September
5 to 17

The Japanese restaurant group Nadaman has been treating discerning diners to the finest kaiseki cuisine since 1830. The Nadaman team from Island Shangri-La will be preparing lunch and dinner at The Backroom from September 5 to 17, and presenting an exclusive Kuheji Wine and Sake Dinner on September 13.

早在1830年，著名的灘萬連鎖餐廳已經在日本推出傳統美味佳餚——懷石料理，以款待品味高端的食客。港島香格里拉灘萬餐廳的廚師將於9月5日至17日在The Backroom精心準備餐膳，並在9月13日舉辦九平次葡萄酒及清酒晚宴。

“Kaiseki is the art of transforming the blessings of nature into food, and it is prepared with special attention to naturalness, harmony and restraint. 懷石料理是將大自然的恩賜與食物融為一體的藝術。”

— Chef Takatsugu Koyama, Nadaman Chef at Island Shangri-La.
大廚小山剛世



小山剛世

LUNCH KAISEKI

\$438 per person
Last order at 2pm

Starter / Sashimi / Simmered Dish / Grilled Dish / Rich Dish / Dessert
Three-glass sommelier-selected wine and sake pairing (75ml each) at \$260

DINNER KAISEKI

\$788 per person
Last order at 8.30pm

Starter / Sashimi / Delicacies Dish / Simmered Dish / Grilled Dish / Rich Dish / Dessert
Five-glass sommelier-selected wine and sake pairing (75ml each) at \$380

The Backroom will not serve regular à la carte and Asian menus during this period.
在此期間，The Backroom將不提供常規菜單。

なだ万
Japanese Restaurant
NADAMAN

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。



香味巴蜀

A TASTE OF SICHUAN

September 16 to 29
9月16至29日

Master of Sichuan cuisine at Shangri-La Chengdu, Chef Benson Peng will be preparing a delicious selection of classic provincial specialities at The Horizon this September. 來自成都香格里拉大酒店的川菜總廚彭勇師傅，將為您呈獻一系列傳統經典的川菜菜式，讓您品嚐正宗的巴蜀風味。

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

TRADITIONAL LANNA FOOD PROMOTION

泰式傳統蘭納菜推介

Throughout
September and October
九月及十月



LANNA APPETISER PLATTER

蘭納小食拼盤

SPICY PORK RIB SOUP

泰北排骨湯

CHIANG RAI-STYLE MINCED PORK SALAD

清菜免治肉碎生菜包

STIR-FRIED PRAWNS WITH GLASS NOODLE IN GREEN CURRY PASTE

青咖哩大蝦炒粉絲

DEEP-FRIED MARINATED SPICY CHICKEN WITH STICKY RICE

泰式酥炸脆雞件

TRADITIONAL CHICKEN KHAO SOI

清邁咖哩雞撻麵

THAI-STYLE ICE KACANG

泰北特色刨冰

Northern Thailand is home to a rich culture that is rooted in the cultural heritage of the Lanna Kingdom.

Lanna cuisine is famed for its flavourful dishes. Due to the region's rich soil, many aromatic herbs like galangal, lemongrass and kaffir lime leaves are used to infuse dishes with their fragrant essence.

Spices indigenous to the region create a rich depth, and grilled or charred techniques bring a touch of smokiness.

泰國北部地區擁有深厚的蘭納王國文化傳統。蘭納美食以採用天然香草和香料製成美味菜餚而聞名。由於該地區土壤肥沃，擁有許多芳香草本植物如南薑、香茅和卡菲爾青檸葉，為菜餚注入芳香精粹。此外，蘭納的各種香料為菜式增添了豐富的層次感，配以燒烤的烹調方式為菜餚帶來一股煙熏味。

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。



MOON CAKES AND HAMPERS AVAILABLE NOW

多款月餅及禮品籃現已有售

雙黃白蓮蓉月餅 (4件) Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces)	\$418
迷你奶皇月餅 (8件) Mini Moon Cakes with Custard (8 pieces)	\$418
迷你流心奶皇月餅 (8件) Mini Moon Cakes with Lava Custard (8 pieces)	\$418
迷你蛋黃白蓮蓉月餅 (8件) Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces)	\$418
迷你陳皮豆沙月餅 (8件) Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces)	\$418
迷你黑刺榴槿冰皮月餅 (4件) Mini Black Thorn Durian Snow Skin Moon Cakes (4 pieces)	\$368
花好月圓禮品籃 Starry Moon Festival Hamper	\$2,488
眾星拱月禮品籃 Full Moon Festival Hamper	\$3,488

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

佳節食品供應有限。訂購或查詢請致電深灣店電話2814 5302，WhatsApp 6390 0716 或電郵至marinadeli@aberdeenmarinaclub.com。



MARINA
DELI

MOON CAKES

at Marina Deli

GIFTING FESTIVE HAMPERS AND MOON CAKES IS A WONDERFUL WAY TO EXPRESS APPRECIATION TO FAMILY, FRIENDS AND BUSINESS PARTNERS THIS MID-AUTUMN FESTIVAL.

中秋節是親友歡聚的節日，我們準備了多款尊尚禮品籃及月餅，是送贈摯愛親朋或商務夥伴的最佳選擇。

SPECIAL OFFER
特別優惠

Until
Sept 17

5 to 10 boxes	5% off
11 to 20 boxes	10% off
21 to 40 boxes	15% off
41 to 60 boxes	20% off
61 boxes and above	25% off

ADDITIONAL
REDEMPTION POINT
其他換領地點

ISLAND SHANGRI-LA 港島香格里拉大酒店

From September 7-16, Midday to 7pm
由9月7日至16日，中午12時至晚上7時

MOON CAKES & HAMPERS ORDER FORM

深灣店中秋月餅及禮品籃訂購表格



ALL MOON CAKES COME IN GIFT BOXES AND BAGS 所有月餅均備有精美禮盒及禮品袋以作送禮之用	PRICE 單價	QUANTITY 數量	TOTAL 總數
Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅 (4件)	\$418		
Mini Moon Cakes with Custard (8 pieces) 迷你奶皇月餅 (8件)	\$418		
Mini Moon Cakes with Lava Custard (8 pieces) 迷你流心奶皇月餅 (8件)	\$418		
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces) 迷你蛋黃白蓮蓉月餅 (8件)	\$418		
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces) 迷你陳皮豆沙月餅 (8件)	\$418		
Mini Black Thorn Durian Snow Skin Moon Cakes (4 pieces) 迷你黑刺榴槤冰皮月餅 (4件)	\$368		
Starry Moon Festival Hamper 花好月圓禮品籃 <ul style="list-style-type: none"> Domenico Clerico Visadi Langhe Dolcetto, Piedmont, Italy 意大利紅酒 Premium Dried Mushrooms 特級花菇 Millesime Belgian Milk and Dark Chocolate 雜錦朱古力禮盒 Whittard Earl Grey Loose Leaf Tea 皇家伯爵茶葉 Whittard Chocolate Chip and Orange Biscuits Set 皇家曲奇禮盒 Airborne Honeydew Gift Set 紐西蘭蜜糖禮盒 The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 The Horizon XO Sauce 海天閣XO醬 Moon Cakes in Gift Box 月餅禮盒 	\$2,488		
Full Moon Festival Hamper 眾星拱月禮品籃 <ul style="list-style-type: none"> Veuve Clicquot Yellow Label, Champagne, France 法國特級香檳 Premium Dried Mushrooms 特級花菇 South Africa Pre-cooked Abalone 南非即食鮑魚 Premier Praline and Ganache Fillings Enrobed in Milk, Dark and White Chocolate 雜錦朱古力禮盒 Whittard Tea Discovery Collection Gift Box 經典茶包禮盒 Premier Better Palmier Cookie with Gift Box 蝴蝶酥禮盒 The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 The Horizon XO Sauce 海天閣XO醬 Moon Cakes in Gift Box 月餅禮盒 	\$3,488		

Delivery Charge 送貨服務費: Hong Kong 香港 - \$150, Kowloon 九龍 - \$200, New Territories 新界 - \$250

TERMS AND CONDITIONS 訂購須知

- Orders available now.
- Please fill in this form and return to Marina Deli by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, or in person.
- We will confirm your order by phone or by email. Your membership account will then be debited automatically.
- For enquiries, please contact Marina Deli on 2814 5302 or WhatsApp 6390 0716.

- 所有月餅及禮品籃現已有售。
- 請填妥此訂購表格，並WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com或親臨深灣店訂購。
- 本會所將以電話或電郵確認閣下之訂單。訂購總額將會自動從您的會員賬戶扣除。
- 訂購及查詢，請致電深灣店電話 2814 5302或WhatsApp 6390 0716。

Sub Total 合計

Delivery Charge 送貨服務費

GRAND TOTAL 總計

Ordered By 訂購人資料

Name of Member: 會員姓名	Membership No.: 會員號碼
Mobile No.: 手提電話	Office/Home No.: 辦公室/住宅電話
Preferred Collection Date: 提貨日期	Preferred Collection Time: 提貨時間
Delivery Address: 送貨地址	
Email: 電子郵箱	Signature: 簽名

MARINA
GRILL

David Hervé
Oysters
新鮮生蠔

Throughout
September and
October
九月及十月



The passion for oyster farming has been running through the veins of the Hervé family for three generations. A passion imbued with patience, effort and, inevitably, unfailing love for the oyster farming profession and the Marennes-Oléron basin, a land cradled by the sea and the marshes. A careful selection of oysters is raised and then matured in claires for six to eight months at a rate of one and a half oysters per m². The story can then begin...

David Hervé 家族對養殖生蠔的熱情已傳承三代。這種熱情充滿着耐心、努力，並且對養殖生蠔和被大海及沼澤包圍的馬雷恩歐雷宏區有著堅定不移的熱愛。

他們以極低密度養殖生蠔 6 至 8 個月，密度控制在每平方米 1.5 隻生蠔。

Marina Grill 誠邀會員前來品嚐優質生蠔的滋味。

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

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

MALAYSIAN DELICACIES WEEKEND DINNER BUFFET

馬來西亞主題週末自助晚餐



Throughout September 九月

Weekends and public holidays
(including Friday nights)

週末及公眾假期 (包括星期五晚上)

Adult \$388 Child \$118

Discover authentic Malaysian specialities,
with delectable durian desserts, at the Deck's
weekend dinner buffets.

The Deck 誠邀大家品嚐以地道馬來西亞菜式為主題的
週末自助晚餐，當中包括精緻榴槤甜品。



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。

BOUCHOT MUSSELS

法國青口

Throughout October
十月

Monday to Friday, lunch and dinner
(except public holidays)

星期一至五午餐及晚餐時段內供應
(公眾假期除外)

Savour the flavours of the sea
with fresh, juicy French mussels
served à la carte.

誠邀會員到 The Deck 品嚐精選法國青口菜式，
新鮮多汁的法國青口絕對能夠滿足你的味蕾！



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

查詢請致電The Deck電話2814 5301或電郵至deck@aberdeenmarinaclub.com。

CAFFÈ LUNA
Family Italian

ITALIAN POP-UP MARKET

意大利市集

FRIDAY TO SUNDAY, SEPTEMBER 20 TO 22
MIDDAY TO 7PM

9月20至22日 (星期五至星期日)
中午12時至晚上7時

Explore an Italian Market filled with authentic
Italian flavours and ingredients at Caffè Luna, in
collaboration with the Italian food and drinks specialist,
Mercato Gourmet Giando Group.

Caffè Luna與意大利餐飲專家Mercato Gourmet Giando
Group攜手合作，誠邀會員探索意大利市集的風味及食材。

MERCATO GOURMET



For enquiries, please call Caffè Luna on
2814 5952 or email caffeluna@aberdeenmarinaclub.com.

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PORTSIDE

HONG KONG STYLE SOY SAUCE BRAISED FOOD

港式滷味

Throughout
September and October
九月及十月

Enjoy the rich, savoury flavours of Hong Kong's
lou mei – slow braised meats and
offal simmered to perfection in an aromatic broth.

品嚐香港經典「滷味」的醇厚鮮味，各種肉類及內臟慢燉
至完美，在濃郁肉湯中香氣四溢。



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。

CARNE



**THROUGHOUT
SEPTEMBER AND OCTOBER**
九月及十月

ANTIPASTO

BATTUTA DI MANZO

*Beef Tartare, Bread Croutons,
24-month Aged Parmesan*

PRIMO

PAPPARDELLE RAGU GENOVESE

*Homemade Egg Yolk Pasta,
Beef Cheek Ragout*

SECONDO

BISTECCA ALLA FIORENTINA

*Dry-aged, Grain-fed Carima Steak,
Roasted Garlic, Rosemary Sea Salt*



**WHAT IS
CARIMA BEEF?**

什麼是 Carima 牛肉?

Grain-fed Frisona Carima beef is dry-aged for between 28 and 35 days. Carima beef comes from female cattle that are around 16 months old. Think of it as the European version of Wagyu – highly marbled and supremely tender and juicy.

穀飼 Frisona Carima 牛肉來自約 16 個月大的母牛，再經過 28 至 35 天的熟成。肉質具有高密度大理石花紋，口感極其柔嫩多汁，堪稱為歐洲版的和牛。

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。

TRICK OR TREAT

萬聖節特備活動

**SATURDAY TO THURSDAY,
OCTOBER 26 TO 31**

10月26日至31日 (星期六至四)

We have prepared special Halloween pumpkin baskets for Junior Members and their friends. Grab one from the Lobby reception and collect Trick or Treat sweets and candies from our restaurants and Sports & Recreation receptions from Saturday, October 26 to Thursday, October 31.

FIRST-COME, FIRST-SERVED – WHILE LIMITED SUPPLIES LAST!

本會為少年會員和朋友們準備了萬聖節南瓜籃，屆時可在會所大堂接待處領取。

歡迎帶備您的萬聖節糖果籃於10月26日(星期六)至31日(星期四)

前來本會的餐廳或康體部接待處收集不同的萬聖節糖果。先到先得，送完即止!



HALLOWEEN SEMI-BUFFET

萬聖節半自助餐

FRIDAY TO SUNDAY, OCTOBER 25 TO 27
5.30 TO 9pm

10月25日至27日 (星期五至日)

Adult \$488 (Choice of main courses)

Child (aged 3-11 years) \$368 (Buffet only)

Wear your favourite halloween costume and enjoy a delicious buffet with fun face painting till 8pm!

穿上您最喜愛的萬聖節服飾，品嚐豐盛的萬聖節自助餐！

同場設有臉部彩繪活動至晚上八時。



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

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



In this issue we return once more to Italy,
with five films that take us . . .

ON LOCATION: TUSCANY

看電影遊歷托斯卡尼



A Room with a View 翡冷翠之戀 (1985)

Director: James Ivory

Starring: Maggie Smith, Helena Bonham Carter



Based on the 1908 E. M. Forster novel, *A Room with a View* was nominated for eight Oscars, including Best Picture and Best Director, and won three. Helena Bonham-Carter, in her feature film debut, plays the free-spirited Lucy Honeychurch, touring Italy with her chaperone (Maggie Smith). While in Florence they meet Mr Emerson (Denholm Elliott) and his son George (Julian Sands) and romantic sparks briefly fly on a group excursion to Fiesole, on the northeastern outskirts of the city. Back home in England sometime later, Lucy is all set to marry Cecil Vyse (Daniel Day-Lewis) when the Emersons coincidentally rent a house nearby. The film's closing scene at the window of the titular room is one of the most famous cinematic images of Florence, and continues to inspire tourists to visit the city and the wider Tuscany region from far and wide.

Where to find: Blu-ray, Empress Movies YouTube channel

導演：占士艾佛利

演員：瑪姬史密芙、海倫娜寶咸卡達

《翡冷翠之戀》改編自1908年E.M. Forster的小說，獲得八項奧斯卡獎提名，包括最佳影片和最佳導演，並贏得三項大獎。海倫娜寶咸卡達在她的處女作中，飾演自由奔放的露西霍尼徹奇，與她的監護人（瑪姬史密芙飾）一起暢遊意大利。他們在佛羅倫斯遇到了Mr Emerson（艾莉森杜迪飾）和他的兒子George（朱利安山德斯飾），並在前往東北郊的菲索爾旅行團中擦出了浪漫愛火花。不久之後，Lucy回到了英格蘭的家中，準備與Cecil Vyse（丹尼爾戴路易斯飾）結婚，而Mr Emerson一家恰好就在附近租了一間房子。影片最後在房間看到窗外佛羅倫斯景色的一幕，成為了電影中最著名的經典畫面，吸引眾多遊客前往托斯卡尼一帶一睹其風采。

觀看影片：藍光碟和Empress Movies YouTube channel



Where Angels Fear to Tread

異都驚情 (1991)

Director: Charles Sturridge

Starring: Rupert Graves, Helen Mirren



Helena Bonham-Carter and co-star Rupert Graves were reunited for another E. M. Forster adaptation, this time from his 1905 novel, *Where Angels Fear to Tread*. Filmed on location mainly in the hilltop towns of San Gimignano and Montepulciano, the village of Cuna, as well as the city of Siena, this is another tale of Edwardian England's fascination with all things Italian. Helen Mirren plays a widow who escapes her stuffy English in-laws and travels with her friend Lucy (Bonham-Carter) to Tuscany, where she meets and marries an Italian villager. Resisting her in-laws' efforts to have her return to England, the marriage deteriorates and she dies in childbirth, whereupon Lucy and brother- and sister-in-law (Rupert Graves and Judy Davis) travel to Italy to try and retrieve her child. The inevitable clash of cultures ensues amidst the picturesque Tuscan countryside.

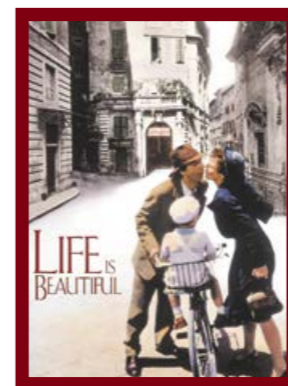
Where to find: AppleTV

導演：查爾斯史都里吉

演員：魯珀特格雷夫斯、海倫美雲

海倫娜寶咸卡達與魯珀特格雷夫斯再次合作的《異都驚情》改編自1905年E.M. Forster的另一部作品。影片主要在聖吉米尼亞諾和蒙特普齊亞諾的山頂小鎮、庫納及錫耶納的小村內拍攝，反映了愛德華時代英國人對意大利事物的狂熱。海倫美雲飾演一位寡婦，她逃離了沉悶的英國姻親，與朋友Lucy（寶咸卡達飾）一起前往托斯卡尼，遇到了一位意大利村民並與他結婚。她拒絕姻親希望她返回英國的要求，結果婚姻破裂並因難產而死亡。其後Lucy和姐夫（魯珀特格雷夫斯和茱蒂戴維斯飾）前往意大利試圖接回她的孩子。文化衝突在風景如畫的托斯卡尼鄉村中發生。

觀看影片：Apple TV



Life is Beautiful

一個快樂的傳說 (1997)

Director: Roberto Benigni

Starring: Roberto Benigni, Nicoletta Braschi



Winner of the Oscar for Best Foreign Language Film in 1999, *Life is Beautiful* also won Best Actor in a Leading Role for Roberto Benigni, who was also nominated for Best Director. This darkly satirical, heartbreaking but ultimately uplifting film is still promoted by the city of Arezzo, which was its primary location. Official signage still appears on the streets, noting the actual locations of various scenes. Other locations include Benigni's hometown of Castiglion Fiorentino, just south of Arezzo, where the film begins, and the grand Villa Masini in Montevarchi, just to the northwest. Click the *Life is Beautiful* link at www.visitarezzo.com/en for an interactive map showing 13 filming locations around Arezzo.

Where to find: YouTube Movies

導演：羅貝托貝尼尼

演員：羅貝托貝尼尼、尼可萊塔布拉斯基

《一個快樂的傳說》榮獲1999年奧斯卡最佳外語片，羅貝托貝尼尼也獲得最佳男主角，並獲得最佳導演提名。這是一部黑色諷刺風格的電影，拍攝場地主要在阿雷佐市，該市至今仍標示了片中不同場景的實際拍攝地點。劇組還前往了貝尼尼的家鄉蒂利昂·菲奧倫蒂諾（位於阿雷佐南部）和蒙特瓦爾基的馬西尼別墅拍攝。觀看《一個快樂的傳說》及欣賞阿雷佐週邊13個拍攝地點，可瀏覽網址 www.visitarezzo.com/en。

觀看影片：YouTube Movies



Under the Tuscan Sun

好想有嫁期 (2003)

Director: Audrey Wells
Starring: Diane Lane, Raoul Bova



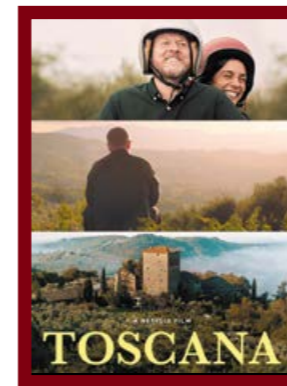
Another Tuscany tourism boom came in the wake of *Under the Tuscan Sun*, this time from the United States. Loosely based on the non-fiction book of the same name by Frances Mayes, it was filmed largely in and around Cortona, just south of Arezzo and the same hilltop town in which Mayes lived and renovated a house. On a tour of Tuscany, Mayes (played by Diane Lane) first visits Florence, then abandons her tour bus in Cortona when she sees a near-derelict house that appeals to her. There are also side trips to Rome, where she first meets her Italian lover (Raoul Bova), and to Positano, well to the south on the Amalfi Coast, where he lives, and which is perhaps just too far away for their romance to survive.

Where to find: Blu-ray

導演：奧黛麗威爾斯
演員：戴安蓮、雷歐波瓦

這部電影再次燃起了許多美國遊客對托斯卡尼的熱情，為托斯卡尼旅遊業迎來另一波熱潮。改編自芙蘭西絲梅耶思的同名非小說類書籍，主要在阿雷以南的科爾託納周邊地區拍攝，也是梅耶思居住的那個山頂小鎮。在托斯卡尼之旅中，梅耶思（黛安蓮飾）到了佛羅倫斯遊覽，被一棟近乎廢棄的房子吸引着，決定不繼續科爾託納旅遊之旅。前往羅馬及波西塔諾的旅途中，遇上了她的意大利情人（雷歐波瓦飾），他住在阿馬爾菲海岸以南，由於距離太遠，讓他們的異國戀難以維持下去。

觀看影片：藍光碟



Toscana

愛在托斯卡尼 (2022)

Director: Mehdi Avaz
Starring: Anders Matthesen, Cristiana Dell'Anna



Stressed-out and ill-tempered Danish chef Theo Dahl (Anders Matthesen) inherits his father's restaurant in Tuscany and travels down from Copenhagen to arrange its sale. Cultural and culinary differences, and the inevitable local romance, are at the heart of this enjoyable and visually appealing film. Its primary location – the inherited restaurant and its gardens – is in real life the Castello di Ristonchi, a 1,000-year-old castle used for weddings and corporate retreats in Pelago, about 30 kilometres east of Florence. Some scenes were also filmed at the nearby Villa Grassina Agriturismo. *Toscana* was originally made for the cinema, but Covid-19 delayed its release and all distribution rights were later bought by Netflix, which explains its above-average cinematography for a Netflix film.

Where to find: Netflix

導演：邁赫迪阿瓦茲
演員：安德斯麥特森、克莉絲汀安娜戴爾安娜

壓力大且脾氣暴躁的丹麥廚師Theo Dahl（安德斯麥特森飾）繼承了父親在托斯卡尼的餐廳，並從哥本哈根趕來安排出售事宜。結合了文化和烹飪的差異，以及當地浪漫氣息，令這影片具有一定的吸引力。這片的主要拍攝場地是Theo Dahl繼承的餐廳及它的花園；實際上是里斯頓奇城堡。這座城堡擁有一千年歷史，位於佛羅倫斯以東約30公里的佩拉戈，現在被用作舉辦婚禮和度假。此外，一些場景也在Villa Grassina Agriturismo附近拍攝。《愛在托斯卡尼》最初是拍攝為電影，但因新冠肺炎疫情而推遲了上映，後來由Netflix購買所有發行權，因此這套影片比Netflix一般的影片水平更高。

觀看影片：Netflix

The Perfect Pairing Champagne and Caviar

香檳與魚子醬的完美配搭



When it comes to culinary matches made in heaven, few pairings can rival the elegance and sophistication of Champagne and caviar. The combination of these two luxurious delicacies creates a symphony of flavors and textures that tantalise the palate and elevate any dining experience. Let's explore why Champagne and caviar make a perfect match and why they continue to be cherished by connoisseurs around the world.

Champagne's effervescence and lively acidity serve as the perfect foil to the rich and delicate flavours of caviar. The crisp bubbles cleanse the palate, preparing it for the next spoonful of briny, buttery caviar. The salty notes of the caviar are beautifully balanced by the wine's refreshing qualities, resulting in a harmonious taste sensation that

lingers long after each bite.

The creamy and velvety texture of caviar finds an exquisite partner in the fine bubbles of Champagne. The effervescence dances on the tongue, enhancing the caviar's luxurious mouthfeel and creating a delightful



contrast. The marriage of these textures creates a luxurious and indulgent experience that is both satisfying and memorable.

Champagne's delicate floral and citrus aromas complement the subtle marine essence of caviar. The effervescent bubbles release these fragrant notes, heightening the olfactory experience and adding another layer of complexity to the pairing. The combination of these captivating aromas creates an alluring sensory experience that elevates the enjoyment of both Champagne and caviar.

Both Champagne and caviar are renowned symbols of celebration and opulence. The mere sight of a glistening tin of caviar being opened, coupled with the pop of a Champagne cork, evokes a sense of anticipation and festivity. Indulging in this pairing adds a touch of glamour to any occasion, making it the perfect choice for toasting life's special moments.

The Backroom will hold a Caviar x Perrier-Jouët Champagne Dinner on October 4, so don't miss your chance to indulge!

在美食組合中，很少有能夠與香檳和魚子醬相媲美的配搭。這兩種奢華的美食結合在一起，營造出令人垂涎欲滴的口感和精緻的質感，大大提升整個用餐體驗。讓我們探索為什麼香檳和魚子醬是完美的配搭，並了解它們持續受到全球美食家愛好的原因。

香檳的泡騰和活潑的酸度完美地襯托了魚子醬豐富細膩的味道。清脆的氣泡淨化了味蕾，為下一匙帶鹹香、奶油味的魚子醬做好準備。魚子醬的鹹味與香檳清新的特質相得益彰，創造出一種和諧的味覺感受，讓人回味無窮。

魚子醬奶油般柔滑的質感與香檳細膩的氣泡完美配搭。泡騰的味道在舌尖翩翩起舞，提升了魚子醬奢華的口感，創造出美妙的對比。這種質感的結合營造出豪華而奢侈的體驗，令人滿足且難以忘懷。

香檳的細膩花香和柑橘香氣與魚子醬微妙的海洋氣色配合得相得益彰。氣泡釋放出迷人的香氣，提升了嗅覺體驗，

增添了更多層次。這些迷人香氣的結合創造出一種引人入勝的感官體驗，提升了對香檳和魚子醬的享受。

無論是香檳或是魚子醬，都是慶祝和奢華的象徵。看到閃亮的魚子醬被打開，再伴隨著香檳瓶塞“砰”的一聲，就能喚起人們對盛會的期待。享受這種配搭能為任何場合增添一絲魅力，成為祝賀特別時刻的完美選擇。

香檳和魚子醬的組合是美食天堂中的完美搭配。香檳清爽的氣泡與魚子醬的細膩風味、質感的和諧交融，香氣的提升和慶祝的性質共同創造出無與倫比的用餐體驗。融入這種精緻的搭配，將您的美食體驗再度昇華。為香檳和魚子醬的完美和諧乾杯！

The Backroom將於10月4日舉辦魚子醬配Perrier-Jouët香檳晚宴，千萬不要錯過這個品嚐的機會！



THE BACKROOM
AT LA CAVENadaman Kaiseki
× Kuheiji Wine
and Sake Dinner
九平次葡萄酒及
清酒晚宴

Friday, September 13	9月13日 (星期五)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,280 per person	每位\$1,280
Guest Speakers	演講嘉賓:
Dicky Mok and Gary Yim, Brand Representatives	Dicky Mok and Gary Yim, 品牌代表

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

CAFFÈ LUNA
Family ItalianVietti
Wine Dinner
葡萄酒晚宴

Thursday, September 26	9月26日 (星期四)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,180 per person	每位\$1,180
Guest Speaker	演講嘉賓:
Jefferson Liu, Brand Ambassador	Jefferson Liu, 品牌大使

For enquiries, please call Caffè Luna on 2814 5952.
查詢請致電Caffè Luna電話2814 5952。

THE BACKROOM
AT LA CAVECaviar ×
Perrier-Jouët
Champagne
Dinner
魚子醬香檳晚宴

Friday, October 4	10月4日 (星期五)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,880 per person	每位\$1,880
Guest Speaker	演講嘉賓:
Eliane Lattouf, Brand Ambassador	Eliane Lattouf, 品牌大使

Booking will open around one month prior to the October event dates. For reservations, please see the Club's e-wire
or call the Central Reservations Centre on 2814 1222.

十月舉辦之葡萄酒晚宴，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。

Bordeaux
Excellent
Vintage 2016
Wine Dinner
葡萄酒晚宴

Thursday, October 17	10月17日 (星期四)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,680 per person	每位\$1,680
Guest Speaker	演講嘉賓:
Arnaud Bardary, Master Sommelier	Arnaud Bardary 侍酒大師

THE
ABERDEEN MARINA CLUBKEEP YOUR BOAT
IN PEAK
CONDITION

It is always worth ensuring that your boat is ready to go at any time.

With this in mind, look no further than the Marina's Boatyard for everything you need to keep your vessel in tip-top shape.

The Marine Travelift boat hoist can handle vessels of up to 38 tonnes, while the platform area can accommodate yachts or powerboats up to 60 feet in length.

確保您的船準備就緒。本會的船塢可讓您的船隻保持最佳狀態。Marine Travelift船用升降機可搬運重達38噸的船隻，而平台區域可容納長達60英尺的遊艇或快艇。

SERVICES INCLUDE 服務包括 . . .

Bottom Work
船底保養

- Hull bottom high-pressure cleaning
高壓清洗
- Bottom painting
油漆
- Zinc-anode replacement
更換鋅陽極

Air-conditioning Work
冷氣工程

- Air-conditioning repair
維修冷氣

Mechanical
機械部件

- Engine service
維修引擎服務

Electrical 電氣

- Shore power-cable replacement
更換岸電電纜
- Battery replacement
更換電池

Fibreglass Work
修理玻璃纖維

- Fibreglass dock box supply (standard size)
供應玻璃纖維碼頭箱(標準尺寸)
- Gelcoat touch-up
修補凝膠塗層
- External hull polishing
拋光外部船身

Other 其他

- Pest control
滅蟲服務

For further information, please contact the Marina Office on 2814 5430
or email marina@aberdeenmarinaclub.com.

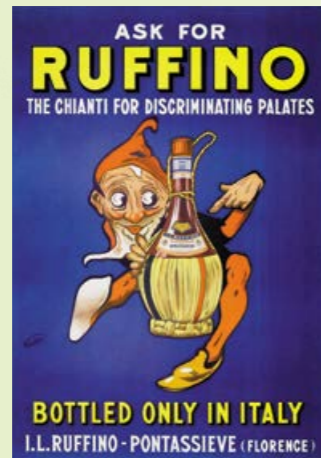
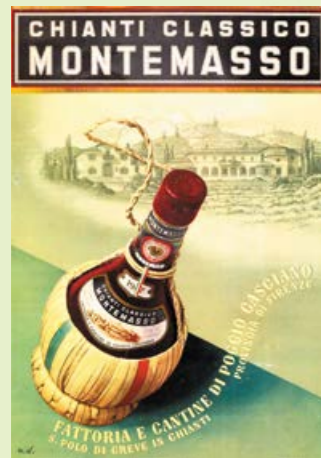
查詢請致電海事部電話2814 5430或電郵至marina@aberdeenmarinaclub.com。



THE FIASCO

Fiasco酒瓶

- by Peter Walbrook



Invented in Tuscany, the distinctive *fiasco* wine bottle is mentioned in early Italian Renaissance literature and shown in paintings dating as far back as the mid 14th century. Originally covered almost entirely with its trademark straw encasement (traditionally *sala*, a kind of swamp weed), the familiar contemporary half-covered design was gradually introduced to allow for labelling and marking on the glass and easy checking that the bottle was correctly filled.

The *fiasco* covering was designed to allow the roughly hand-blown, round-based bottles to stand up, and for convenient packing and protection during transportation.

Fiaschi would be reused by their owners many times – glass being an expensive luxury in the middle ages – and taken to wine producers and merchants to be refilled.

By the early 1900s, there were supposedly around 3,000 *fiasco* weavers, or *fiascaie*, and 1,000 glass blowers engaged in *fiasco* production, but the process became more automated in the 1950s, as the popularity of Chianti wine – and Italian cuisine – grew abroad.

It's said that the *fiasco* became an increasingly popular symbol of Italy and Italian wine after World War II, when American servicemen would take one or two home from the country as a souvenir. The empties were often, and sometimes still are, used to hold candles in Italian restaurants overseas, and sometimes even in Italy, as well as in fashionably frugal student accommodation worldwide.

Mostly associated with Chianti, the *fiasco* was also used for Orvieto and other Italian wines, though they no longer tend to contain the finest vintages of any region.

These days *fiaschi* can also be found in fridge-magnet form in just about every souvenir shop in Tuscany, so be sure to pick one up if you're looking to take home a little piece of Tuscan heritage for your kitchen.



獨特的Fiasco酒瓶產自托斯卡尼，在意大利文藝復興早期的文獻中曾被提及，早在14世紀中的畫作也曾出現過。最初幾乎完全被其標誌性的稻草編織外殼（傳統上使用一種沼澤雜草）覆蓋，後來逐漸採用現在較為常見的半開放式設計，以便在玻璃上貼標籤和標記，並容易檢查瓶子是否被充滿酒液。

Fiasco酒瓶的設計手工較為粗略讓圓形瓶底能夠直立，在運輸過程中方便包裝和保護。

由於在中世紀玻璃是一種昂貴的奢侈品，因此Fiasco酒瓶經常被人重複使用多次，帶到葡萄酒廠補充酒液。

到19世紀初，據說大約有三千名Fiasco織工（或Fiascaie）和一千名玻璃吹製工從事生產Fiasco酒瓶的工作，但1950年代隨著基安蒂葡萄酒和意大利美食在國外流行，生產過程也逐漸自動化。

據說，Fiasco酒瓶在二戰後成為意大利的象徵，意大利葡萄酒也越來越受歡迎。當時美國軍人會從意大利帶回家作為紀念。這些空瓶從前甚至現今在意大利，甚至海外的意大利餐館，均被用作蠟燭容器。您亦可於世界各地樸素但時尚的學生住所找到它們的蹤影。

Fiasco酒瓶主要與基安蒂合作，也會用於奧維多和其他意大利葡萄酒，但如今已不用作盛載任何地區的佳釀。

現在，在托斯卡尼幾乎所有紀念品商店中都可以找到fiaschi的磁石紀念品，有機會不妨選購一個為廚房增添托斯卡尼的氣氛。



Chef's Favourites Bak Kut Teh

肉骨茶

Chef Raja, Senior Malaysian Chef at The Deck, gives us his recipe for the Malaysian dish Bak Kut Teh.

There are numerous variants of Bak Kut Teh with its cooking style closely influenced by provincial Chinese cuisine.

The Teochew style, is light in colour and uses more pepper and garlic in the soup.

The Hoklo (Hokkien) version, uses a variety of herbs and soy sauce creating a more fragrant, textured and darker soup.

The Cantonese variety, from a soup-drinking culture, adds medicinal herbs to create a stronger flavoured soup.

Whichever is your favourite style, have fun making this delicious and nutritious soup for your friends and families.

The Deck的馬來西亞高級廚師Raja為我們介紹馬來西亞的肉骨茶食譜。

肉骨茶有多種變化，其烹飪風格深受當地華人社區的影響。

潮州風格的肉骨茶，顏色較淺，湯底使用較多的胡椒和大蒜。

福建風格的肉骨茶使用多款香草和醬油，創造出更香醇、質地更豐富和顏色更深的湯底。

廣東風格的肉骨茶受廣東文化著重湯水所影響，添加藥材使湯底更濃郁。

無論您喜歡那種風格，都可以為您的朋友和家人製作出美味又富營養的肉骨茶。



Chef Raja

Bak Kut Teh

Serves three

Broth ingredients

- 2 litres water
- 2 packets of herbal Bak Kut Teh mix (available in most supermarkets)
- 2 tablespoons dark soy sauce
- 2 tablespoons soy sauce
- 1 teaspoon salt
- 1/2 teaspoon white pepper ground

Main ingredients

- 500 grams pork ribs, cut 2-3cm long
- 1 packet of tofu puffs (around 15 pieces torn in half)
- 1 packet of enoki mushrooms
- 1 whole garlic (8-12 cloves)
- 4 dehydrated shitake mushrooms (rehydrate with water before cooking)

Method

1. Clean all the ingredients and set aside. Boil 1.5 litres of water for blanching the pork ribs. This helps to get rid of the dirt and gaminess of the pork and create a cleaner pork taste with the herbs later.
2. Blanch for around 5-7 minutes until it is half cooked. Rinse with clean water and set aside. Pour the used water and refill the pot with 2 litres of water to prepare for braising.
3. While it is boiling, prepare your tofu puffs by tearing in half so that they are allowed to soak up the broth better.
4. After the water boils, add 2 packets of Bak Kut Teh premix pouch to the water together with meat, mushrooms and garlic cloves.
5. Let simmer for at least an hour until all pork bone essence is released. Then season with dark sauce, soy sauce, pepper and salt.
6. Taste and adjust to your preference. Add the washed enoki mushrooms and tofu puffs and simmer for 3-4 minutes then serve in a heated bowl or clay pot.
7. Serve with steamed rice, youtiao, dark soy and chopped chili on the side.



肉骨茶

三人份量

湯料

- | | |
|-----------------------|-----|
| • 水 | 2公升 |
| • 肉骨茶香料包 (可於各大超級市場購買) | 2包 |
| • 老抽豉油 | 2湯匙 |
| • 豉油 | 2湯匙 |
| • 鹽 | 1茶匙 |
| • 白胡椒粉 | 半茶匙 |

主要材料

- | | |
|----------------|------------|
| • 豬肋骨, 切2至3厘米長 | 500克 |
| • 豆腐卜, 撕成兩半 | 1包 (約15片) |
| • 金針菇 | 1包 |
| • 大蒜 | 1顆 (8-12瓣) |
| • 乾冬菇 (烹調前浸透) | 4隻 |

製作方法

1. 把所有材料洗淨備用。將1.5公升水煮沸，把豬肋骨汆水，這有助去除豬肉的污垢和腥味，使其後加入的香料更能提升豬肉的鮮味。
2. 水滾後，將豬肋骨汆燙約5-7分鐘，直至半熟。用清水沖洗後備用。將使用過的水倒後重新注入2公升的清水，準備燉煮。
3. 等待水煮沸時，把豆腐卜撕成一半，好讓其吸收肉湯。
4. 水沸騰後，將2包肉骨茶香料包、肉、冬菇及大蒜一起加入水中。
5. 煮最少一小時，直到所有豬骨精華全部被釋放出來。然後添加老抽豉油、豉油、胡椒和鹽調味。
6. 品嚐並按照喜好調整味道。加入洗淨的金針菇和豆腐卜，煮3-4分鐘，然後放入加熱的碗或砂鍋中即可享用。
7. 可配以白飯、油條、黑醬油和切碎的辣椒一起食用。



Hong Kong History

by Giles Leonard,
Director of Sports & Recreation

香港
歷史

In previous issues we have looked at a variety of historical buildings in Aberdeen. This time we will head towards Wong Chuk Hang and look at a building dating back to around 1860.

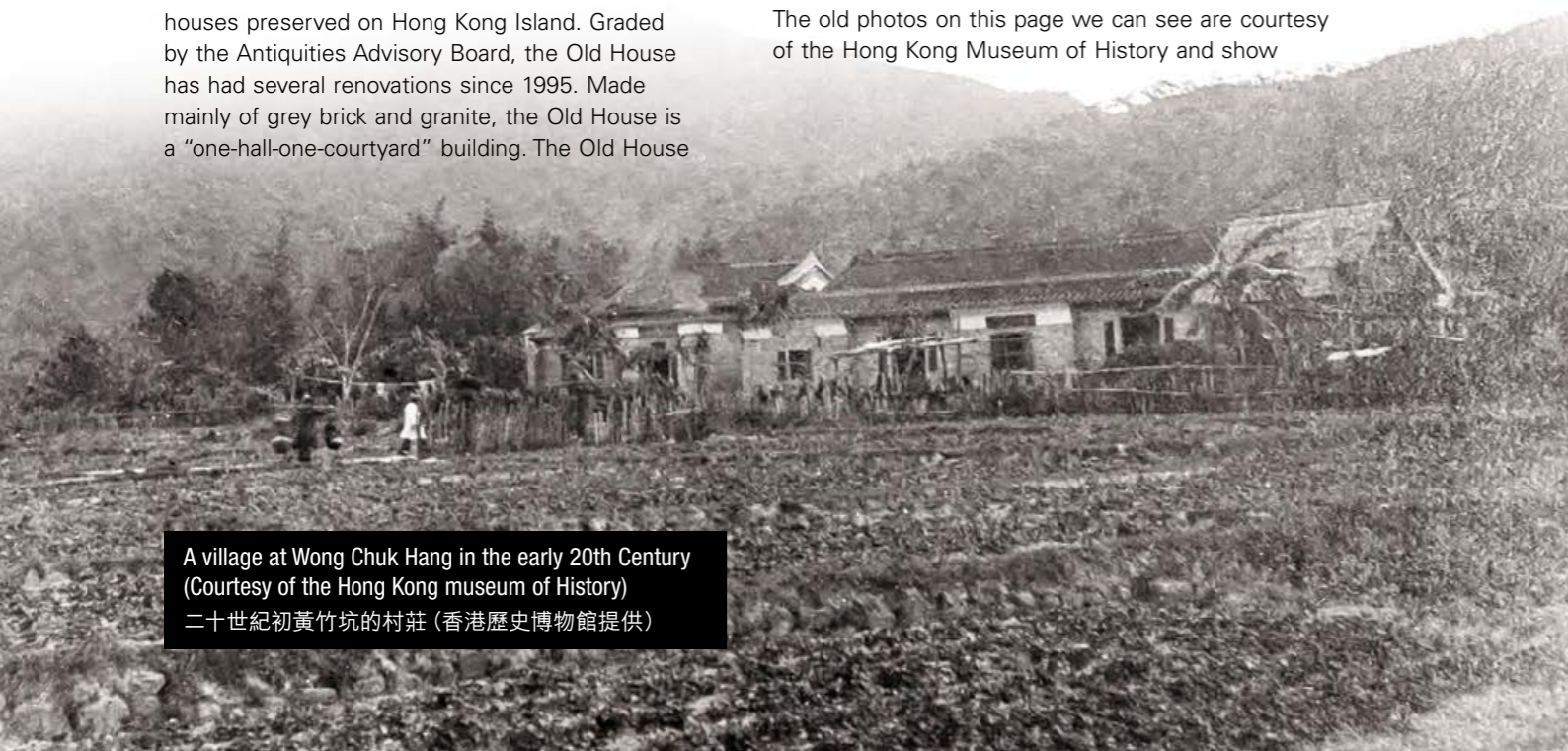
Wong Chuk Hang Kau Wai or "Old Wai" is believed to have been established in the 18th century by the Chow Clan of Guangdong province and Chow Kai Man is said to have been the founder. As the population of the original village grew, the villagers established San Wai or "New Wai" from the 1860s. Sir Shouson Chow, the namesake of Shouson Hill, was an important figure in Hong Kong's colonial history and is said to have been born in Wong Chuk Hang San Wai. As urbanisation and the development of transportation (namely the Aberdeen Tunnel) increased in the 20th century, the old houses at Kau Wai vanished and just a few historic buildings remain in San Wai.

The Old House at No. 10 Wong Chuk Hang San Wai is one of the few traditional Chinese vernacular houses preserved on Hong Kong Island. Graded by the Antiquities Advisory Board, the Old House has had several renovations since 1995. Made mainly of grey brick and granite, the Old House is a "one-hall-one-courtyard" building. The Old House

is decorated with murals, eave boards, plastered reliefs and other features including flat ridges with kuilong ends, plastered reliefs of grass dragons on the gable walls and frog-shaped water spouts.

There is a feng shui screen wall in front of the main entrance of the Old House and the main doors may have been strengthened for resisting the invasion of bandits. The security of the Old House was also reinforced by rails installed on the light well of the courtyard. There is also a grand decorated altar in the central hall. Two side rooms with respective cocklofts are located just off the central hall. A stone mortar for polishing rice is still preserved on the floor of the right-side room and a kitchen with stove and washroom is at the right of the courtyard. The left side room is the living room and there is a flat roof on the dining room serving as a balcony.

The old photos on this page we can see are courtesy of the Hong Kong Museum of History and show



A village at Wong Chuk Hang in the early 20th Century
(Courtesy of the Hong Kong museum of History)
二十世紀初黃竹坑的村莊 (香港歷史博物館提供)



The renovation in 1995
1995年的修復工程

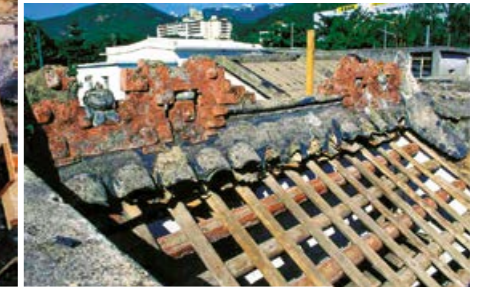
Wong Chuk Hang in the early 1900s – very different from what we see today! The Old House is open on weekends and public holidays from 9am. It's an easy walk from the Club – located close to Ocean Park MTR. For more information on this or Hong Kong history, please contact Giles Leonard our Director of Sports & Recreation.

在前幾期中，我們介紹了香港仔的各種歷史建築。今期我們將前往黃竹坑，參觀一座大約建於1860年的建築。

黃竹坑舊圍或稱「舊圍」據說由廣東省周氏族人十八世紀所建，並奉周啟文為開基祖。隨著人口增長，村民從1860年代起建立了新圍。香港殖民歷史上的重要人物周壽臣爵士，據說出生於黃竹坑新圍。隨著二十世紀都市化與交通（興建香港仔隧道）的發展，舊圍的老建築逐漸消失，而新圍亦僅存部分傳統建築。

位於黃竹坑新圍10號的舊民居是香港島少有保存良好的傳統中式民居之一。這幢舊民居已被古物諮詢委員會評為歷史建築，自1995年至今曾進行多項修復工程。這幢舊民居是一進一院式建築，主要由青磚及花崗石築成。民居的正面有壁畫、簷板和灰塑等，美輪美奐；屋脊上有夔龍末端灰塑；山牆亦有捲龍灰塑，其旁有蟾蜍形出水口，頗具特色。

民居的正門前築有一堵俗稱「風水牆」的照壁。正門可能是為了抵擋盜賊侵擾而加固。而天井亦設有欄柵，用



The central hall and the altar in 1978
1978年的正廳和神龕



作防盜。正廳內有一個雕功精美的大型神龕。正廳兩側為耳房，均設有閣樓。右耳房的地上保存了確米用的石臼，對出的廚房則設有爐灶及洗澡的地方。左耳房是昔日居民寢居的地方，對出的飯廳蓋有屋頂，可用作陽台。

舊照片由香港歷史博物館提供，展現了1900年代初期的黃竹坑——與我們今天看到的大不相同！舊民居於週末和公眾假期上午9時開放，從會所步行前往十分方便，就在海洋公園地鐵站附近。如欲了解更多香港歷史的資訊，請聯絡本會康體部總監李基爾。



The plastered reliefs of Kuilong at the ends of the ridge
屋脊兩端的夔龍的灰塑



The plastered reliefs of auspicious animals and coins
瑞獸和銅錢灰塑



Aerial photo of the southern district in 1945
1945年的南區鳥瞰照片



Aerial photo of the southern district in 1968
1968年的南區鳥瞰照片



Aerial photo of the southern district in 2001
2001年的南區鳥瞰照片

Première

Kérastase's New Collection

Kérastase全新美髮系列

Cutting Edge introduces Première – the first collection to free damaged hair from calcium buildup. Discover its potent ingredients, designed to restore strength and shine to the hair through a luxurious layering technique in-salon and at-home.

The telltale signs of damaged hair are as evident and universal as they are frustrating. You know it when you see or feel it: frizz and flyaways that won't settle, split ends, brittle texture, and an overall dull, lacklustre tone.

We all know that washing our hair with hard water can be damaging, but what you might not realise is that the calcium within shower water builds up on strands. Calcium is particularly problematic; its accumulation over time can contribute to hair damage. What's more, it can amplify existing hair damage because damaged strands are porous, meaning they absorb more calcium, in what becomes a vicious cycle.

Breaking and preventing this cycle is exactly the premise on which Kérastase's new Première collection was formulated. Comprising five products that address every aspect of repairing damaged hair, it's a revolutionary approach to hair care.



The collection features five at-home products and one in-salon treatment that repairs hair from the inside out, restoring up to 99% of hair's original strength.

The collection is powered by a citric acid and glycine complex that removes calcium buildup on hair, reversing stiffness and dullness, reinforcing weak hair bonds and reconnecting broken links between keratin chains.

美髮及美容中心為大家推介Première。這系列的產品可消除受損髮質的鈣沉積。其強效的成份，分層技術能恢復頭髮的強度和光澤，可在髮廊或家中輕鬆使用。

頭髮受損非常普遍，同時又令人沮喪；當您看到或感覺到頭髮捲曲、飛散、分叉、髮質脆弱，以及整體暗淡無色，就知道頭髮受損了。

我們都知道用硬水洗頭髮會對頭髮造成傷害，但您可能沒有意識到在淋浴時水中的鈣會積聚在髮絲上。鈣沉積的問題尤其嚴重；隨著時間的累積會導致頭髮受損，會加劇頭髮損傷。由於受損的髮絲是多孔的，這意味著會吸收更多的鈣，從而形成惡性循環。

打破並阻止這循環，正是Kérastase's全新Première系列的重點。這系列包含五種產品，可解決修復受損頭髮的各方面，是一種革命性的護髮產品。

這系列包括五種家用產品和一種髮廊專業修復的護理產品，可從內到外修復頭髮，恢復高達99%髮質原有的強度。

產品含檸檬酸和甘氨酸複合物，可去除頭髮上積聚的鈣，逆轉髮絲僵硬和暗沉，加固脆弱的頭髮，並修復髮絲角蛋白鏈之間的斷裂。

快來美髮及美容中心體驗這產品的驚人效果！

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。

Beauty Treatment from the Inside Out

Rebalancing endocrine treatment and detox brushing therapy

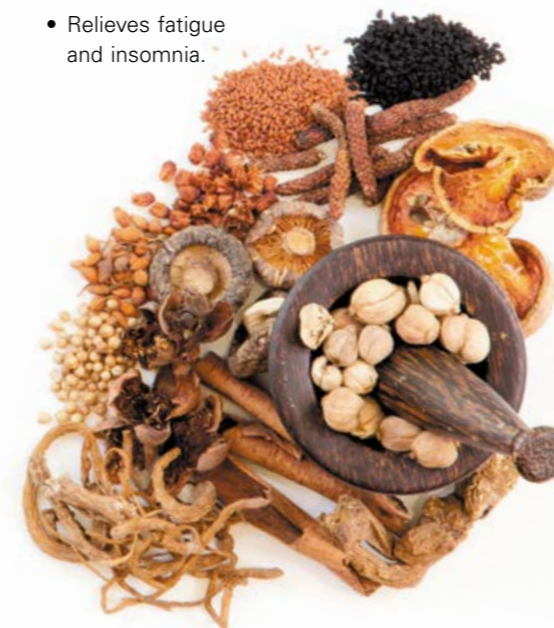
由內至外的美容療程

Lanluis is a British brand dedicated to maintaining women's health and wellbeing. This treatment fundamentally regulates the endocrine system, and improves circulation to the uterus and abdominal area to create a perfect body and mind from the root.

Lanluis's Rebalancing endocrine conditioning treatments perfectly combines British and Korean refined scientific research and technology. A variety of precious Asian herbs are carefully selected to formulate an endocrine harmonising and uterine warming formula specially designed so that all ladies can exude healthy beauty from inside out.

Six major benefits

- Re-balance endocrine and hormones, nourishing the uterus and ovaries.
- Relieve menstrual pain, abdominal distension and breast tenderness.
- Improves skin smoothness.
- Improves blood circulation on the uterus, abdomen and kidney areas, for warmer hands and feet.
- Delays ageing.
- Relieves fatigue and insomnia.



著名英國品牌 Lanluis以保養女性健康為基礎，療程從根源調理內分泌系統、暖宮驅寒、美容養顏，務必由根源締造完美身心。

Lanluis內分泌系統調理療程完美結合英國精煉科研及韓宮養生智慧，打造了還幼養顏系列。

嚴選多種珍貴植物調配出專門針對女性而設的內分泌調和暖宮配方，讓女性從內到外都散發健康美。

6大功效

- 平衡內分泌及調節荷爾蒙，滋養子宮及卵巢
- 改善經痛、腹脹及乳房脹痛
- 改善肌膚暗啞及粗糙
- 促進血液循環，暖宮暖腎，改善手腳冰冷
- 延緩衰老
- 改善失眠及易倦

CUTTING
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elim
SPA • PRODUCTS

Nail Product Tips from The Cutting Edge Nail Team 美甲秘訣



While autumn is kicking in our team has a few favourite products to share with Members to extend the benefits and after care at home.

What products are good for nail and cuticle care?

The Elim Cuticle MD is an antibacterial cuticle rescue with a blend of 10 Oils to keep the cuticles in peak condition. The heart of the formulation is Coconut Oil, which is also a natural SPF for the Nail and Cuticle and protects against bacteria and fungi.

Is there any product that helps or prevents Fungal?

The Elim Fungal Force is a radical treatment combining the natural forces of Science and Nature. Treatment includes a strong antibacterial active (tea tree oil and triclocarban) and an acidity agent undecylenoyl glycine to block any bacteria.

What should you do if you have dark spots?

The Elim MediHand Dark Spot Serum was scientifically formulated for age spots and pigmentation on the hands. This product guarantees to improve your skin tone for healthier and younger-looking hands.

Do we have any hand cream that has SPF as well?

The Elim MediHand Age Reversal Hand Cream is an intensive anti-ageing formula specifically aimed at age reversal and eliminating dark spots on the hands. It also promotes the natural repairing mechanism of the skin with SPF.



What is the perfect treatment for cracked heels?

We also offer The Elim foot treatment in the nail bar. It is the perfect combination to get rid of calluses and cracked heels, which leaves your feet smooth.

The nail bar is located on the 8/F and has a wide range of nail polishes. Our professional offers all types of nail care services to suit your personal needs, and we look forward to welcoming you soon.

秋天將至，我們的團隊想與會員分享一些精選產品，以延長在家的護理效果。

那些產品適合指甲和角質層護理？

Elim Cuticle MD 是一種角質層抗菌急救產品，含有10種精油的混合物，可保持角質層最佳狀態。其中椰子油是配方的核心成分，也是指甲和角質層的天然SPF成分，可防止細菌和真菌的侵害。

有沒有一些產品可以幫助預防或治療真菌感染？

Elim Fungal Force 是一種結合了科學和自然的根治療法。這種療程包括一種強大的活性抗菌成分（茶樹油和三氯卡班）和一種酸性劑十一碳烯酰甘氨酸，可阻擋任何細菌。

如果有黑斑該怎麼辦？

Elim MediHand 黑斑精華液經過科學配製，治療手上的色斑和色素沉澱。此產品保證改善您的膚色，讓雙手看起來更健康、更年輕。

我們有沒有含SPF的護手霜？

Elim MediHand 逆齡護手霜是一種強效抗衰老配方，專門針對逆齡和消除手上的黑斑。透過SPF促進皮膚的自然修復機制。

對於乾裂的腳跟，最佳的治療方法是什麼？

我們在美甲吧提供Elim足部護理，是消除老繭和腳跟乾裂的完美組合，讓您的雙腳變得光滑。

美甲吧位於8樓，提供多款指甲油。我們的專業團隊提供各類型的美甲護理服務，以滿足您的個人需求，我們期待您的光臨。

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。

FITNESS CENTRE
健身中心

Fitness Centre Challenge 2024 健身挑戰活動2024

Although we are nearing the end of the year there is still time to join this Challenge and get the motivation you need to maintain a healthy lifestyle. With just four months left in the year, you would need to complete all months if you are just starting now, but why not give it a go?

To recap, you may choose to do any or all of the challenges as fast or as slow 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.

雖然即將進入年底，但您仍有機會參與這項挑戰，保持健康生活。在剩下的四個月的時間，即使您是剛剛開始，也可以完成所有月份的挑戰。不妨挑戰一下吧！您可以按自己的程度選擇完成任何或所有挑戰。每人的目標都可以不同，有些人喜歡選擇較容易的，而有些人會喜歡向難度挑戰。這是一個嘗試新器械的機會，或許您會想把它添加至您的日常鍛鍊中。

Completion Levels 完成級別

- 4 Challenges completed 四項 – Bronze Star

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

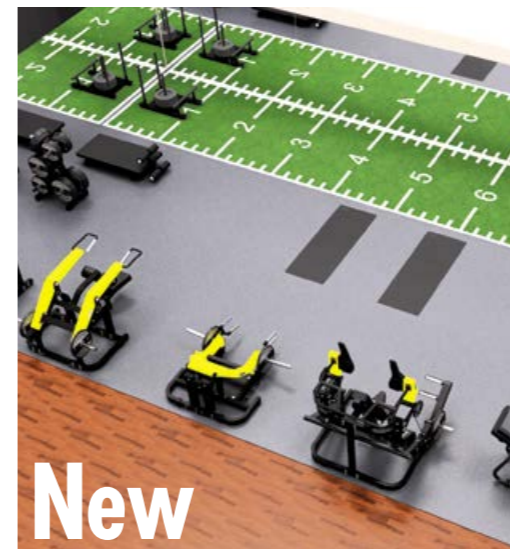
如欲查詢有關詳情，請聯絡健身中心團隊Nelson及Joe，您亦可與我們的健身教練預約課堂以增加動力。

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



New Functional Training Area 全新功能性訓練區

Come and meet our Personal Trainers to explore the new training zone. We look forward to seeing you!

Introduction to New Functional Training Zone Sunday, September 8, from 11am to 4pm

If you are busy on that day you can also join a Fitness Centre orientation. Our Personal Trainers would love to show you around the Fitness Centre so you can get familiar with our facilities and better track your training progress.

Fitness Centre Orientation Sunday, September 29 and October 27 From 11am to 4pm

For bookings and enquiries, please contact the Fitness Centre on 2814 5337.

誠邀會員與本會私人教練見面，探索全新功能性訓練區！我們期待您的光臨！

全新功能訓練區簡介會

9月8日(星期日)上午11時至下午4時

如當天未能出席，也可以參加健身中心的講解活動。我們的私人教練樂意帶您參觀健身中心，以便讓您熟悉我們的設施並更好地了解及跟進您的訓練進度。

健身中心講解活動

9月29日及10月27日(星期日)上午11時至下午4時

預約或查詢，請致電2814 5337與健身中心聯絡。



Calling all Bowlers!

召集保齡球愛好者

Are you ready to unleash your inner strike superhero? We've got a variety of events to make bowling even more fun!

您準備好一顯身手嗎？我們將舉辦各式各樣的保齡球比賽及活動，讓您樂在其中！



Walk-ins welcome!
 無需預約！
 歡迎隨時親臨保齡球場參加！
 For enquiries, please contact
 the Bowling Alley on 2814 5900
 or the Health Club on 2814 5342.
 查詢請致電
 保齡球場電話2814 5900或
 健康中心電話2814 5342。

Bowling Bingo!

Saturdays, September 7 & October 19, from 11am to 10pm

Bowl as normal but fill in your bingo card as you play and see if you win a prize!

Bowling Bingo is exactly what it sounds like – pairing bingo with bowling! The squares on the bingo board are filled with various bowling goals and events like strike, gutter, spare, etc. During the game players mark their bingo cards as each one is fulfilled.

Bowling Grabber Weekend

Sundays, September 15 & October 13, from 11am to 10pm

We will bring the Grabber out and all players get two attempts for a strike and one for a spare.

Social Bowling and Games Challenge

Every Wednesday from 6-7pm

Bowling Alley Challenges

High Score Day
 Sunday, September 22
 Sunday, October 20

Exact Score Day
 Saturday, September 14
 Saturday, October 12

保齡球Bingo!

9月7日及10月19日(星期六)，早上11時至晚上10時

打保齡球時填寫您的Bingo卡，看看您是否能贏得獎品！

保齡球Bingo是在保齡球中加入Bingo遊戲 - Bingo 卡的格子上標有各種保齡球目標，如全中、落球、補中等。在遊戲過程中，玩家每達成一個目標時都會在Bingo卡上標記出來。

夾公仔機出沒！

9月15日和10月13日(星期日)，早上11時至晚上10時

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

社交保齡球挑戰賽

逢星期三，下午6至7時

保齡球挑戰賽

單局最高分挑戰賽	目標得分挑戰賽
9月22日(星期日)	9月14日(星期六)
10月20日(星期日)	10月12日(星期六)

Functional Training for All Ages!

By Personal Trainer, Cass Lam

適合各年齡的功能性訓練



The aches and pains we experience when picking something up off the floor are a sign that we need to move more often. Common problems appear to come from prolonged sitting, which is sometimes also called “the new smoking”.

The best way to avoid the worst conditions of ageing and chronic disease is not only to keep active, but to improve your overall health by doing aerobic and anaerobic exercise at least three times a week. However, it is important to do the movements in a safe manner with the correct form to avoid injuries. We can benefit from functional training in every aspect of our lives, including picking up toys, climbing stairs, and carrying groceries.

What is Functional Training?

Designed to make your life easier and improve your health, it is training with purpose. It consists of full-body movements that involve multiple muscles and joints. It is practical and gives you the benefit of building lean muscles and burning calories more effectively. Don't worry if you're working out at home or while travelling – basic functional movements that require no equipment include . . .

- Squats
- Burpees
- Push-ups
- Sit-ups
- Lunges

As you progress, you can gradually add weights and strength training to target specific muscle groups.

Tips for Beginners

- Try to take at least 8,000 steps a day.
- Biking, rowing or swimming are great exercises to start off with.
- Use your body weight as resistance or light weights for the movements listed above.
- It will be beneficial to have a Personal Trainer present to assist with your forms and how to use the gym equipment. The most important thing is a comprehensive training programme that holds you accountable.
- Consistency is key. Train three or four times a week.

Tips for Intermediates

- Sign up for an event to give you extra motivation – maybe a half marathon.
- Resistance training using TRX and machines, focusing on flexibility and mobility.
- Functional strength training with weights – deadlifts, sled-push/pull and farmer's carry. Ask your Personal Trainer to show you.
- Consistency is key. Train five times a week.

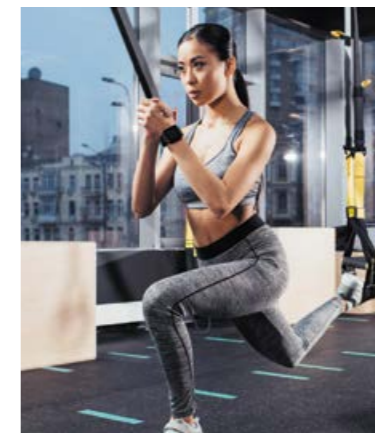
Tips for the More Advanced

- Sign up for a longer event – maybe a full marathon or the Hyrox event, which is becoming more popular.
- Consistency is key. Train five or six times a week.

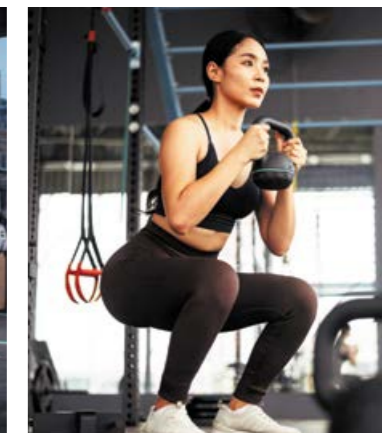
A new Functional Strength Class - Mobility Training led by Cass starts every Tuesday at 9.30am. For those who cannot attend or are planning to sign up for a Personal Training programme, please feel free to contact our Fitness Centre team, Nelson and Joe.



SIT-UPS



LUNGES



SQUATS

當我們彎腰撿東西時感到酸痛，這正是久坐成疾的徵兆，代表我們需要更多運動。

避免衰老和慢性疾病的最佳方法不但是保持活動，還要每週進行帶氧和無氧運動至少三次來改善整體健康狀況。但是，正確的姿勢運動是非常重要的，這能避免受傷。我們可以從生活中加入功能性訓練從而改善，包括執拾玩具，行樓梯和提取雜貨。

什麼是功能性訓練？

功能性訓練是全身運動，鍛鍊多個肌肉群和關節，讓您生活更輕鬆並改善健康，更可以有效地增加肌肉量和消耗卡路里。無論您在家中，還是旅行時訓練，以下這些基本的功能性動作都不需要任何器械...

- 深蹲
- 波比跳
- 掌上壓
- 仰臥起坐
- 弓箭步

隨著您的體能進展，可逐漸增加負重和力量訓練，以鍛鍊特定的肌肉群。



PUSH-UPS

初學者秘訣

- 每天嘗試至少步行八千步。
- 開始時可選擇騎單車，划船或游泳等運動。
- 使用自身的體重或輕重量進行上述動作。
- 讓私人教練來協助您如何使用健身器材，最重要的是制定一個全面的訓練計劃。
- 堅持每週訓練三至四次。

中階者秘訣

- 參加運動項目以給您帶來額外的動力 — 例如半馬拉松。
- 使用TRX和器械進行阻力訓練，增強靈活性和活動性。
- 重量的強度功能訓練 — 舉重，推或拉雪橇和負重行走。請向您的私人教練尋求指導。
- 堅持每週訓練五次。

進階者秘訣

- 參加長期性的運動項目 — 例如馬拉松比賽或越來越受歡迎的Hyrox活動。
- 堅持每週訓練五或六次。

全新功能性訓練課程由Cass任教，逢星期二上午9時30分開始。如欲查詢課程或私人訓練計劃，請與我們的健身中心團隊Nelson及Joe聯絡。

Tips to Improve Breaststroke Swimming

改進蛙泳的秘訣

By Adrian Ho

Here are some tips and techniques to help improving your breaststroke swimming.

Body Position and Alignment

- Maintain a horizontal body position in the water, with your head, hips, and feet aligned.
- Keep your body streamlined and minimise drag by extending your arms forward during the glide phase.
- Engage your core muscles to maintain stability and control.

Arm Movement

- Start the stroke by extending your arms forward, palms facing outward.
- Initiate the pull by bending your elbows and sweeping your hands outward, then inward towards the chest.
- Maintain a steady and controlled movement, keeping your elbows slightly higher than your hands.
- Push your hands and arms forward, fully extending them during the glide phase.

Leg Movement

- Begin the kick by bending your knees and bringing your feet towards your buttocks.
- Propel yourself forward by extending your legs forcefully, pushing water backward.
- Keep your knees close together and your feet flexed in the glide phase.

Breathing Technique

- Lift your head slightly above the water, inhaling through your mouth.

- Exhale steadily and fully underwater, avoiding holding your breath.
- Practice rhythmic breathing, coordinating it with your arm and leg movements.

Timing and Coordination

- Achieve a smooth and efficient stroke by coordinating your arm and leg movements.
- When pushing your hands and arms forward, begin the kick by bending your knees.
- As your legs extend, keep your hands and arms in front of your shoulders to glide.
- Focus on maintaining a continuous and fluid motion throughout the stroke.

Drills and Exercises

- Practice sculling drills to improve the feel for the water and arm coordination.
- Perform kicking exercises using a kickboard or holding onto the pool edge to strengthen leg muscles.

Technique Feedback and Instruction

- Attend lessons to seek feedback from a swimming instructor who can provide personalised guidance.
- Record your swimming sessions to analyse your technique and identify areas for improvement.

Consistency and Practice

- Swim regularly and consistently to build endurance and muscle memory.
- Gradually increase the distance and intensity of your swims to challenge yourself and improve.

Remember, improving your breaststroke swimming takes time, patience and practice. Focus on one aspect

JUNIOR CLUB STARS

of the stroke at a time and gradually incorporate the techniques mentioned above. Enjoy the process and celebrate your progress along the way!

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

以下分享一些技巧和秘訣，希望可助改善您的蛙泳技術。

身體姿勢及位置

- 頭部、臀部和腳在水中保持身體水平位置。
- 調整身體姿勢減少阻力，蛙游時向前伸出手臂。
- 控制核心肌肉，並保持穩定性。

手臂動作

- 開始蛙泳時把手掌向外翻同時伸展手臂。
- 彎曲手肘並向外掃，然後帶動前臂往胸口抱收。
- 保持動作穩定，手肘略高於雙手。
- 將手和手臂向前推，滑行時盡量把雙臂伸展。

腿部動作

- 雙腿屈曲並向臀部收起。
- 用力伸展雙腿，向後推動自己前進。
- 在滑行階段保持膝蓋並攏，雙腳彎曲。

呼吸技巧

- 將頭部稍微抬高到水面上，用嘴巴吸氣。
- 在水下穩定呼氣，避免閉氣。
- 練習有節奏的呼吸，與手臂和腿部的動作協調。

節奏和協調

- 透過協調手臂和腿部的動作來平穩和划水。
- 當向前推動手和手臂時，開始彎曲膝蓋並踢腿。
- 當雙腿伸展時，將雙手和雙臂放在肩膀前方以便滑行。
- 專注於在整個划水過程，保持連續且流暢的動作。

訓練和練習

- 多練習以提高水感和手臂協調性。
- 使用浮板或抓住泳池邊緣進行踢腿練習，以增強腿部肌肉。

技巧指導及意見

- 參加游泳課程以尋求教練的指導。
- 記錄您的游泳訓練，並分析需要改進的技巧。

堅持和實踐

- 定期、持續地練習，增強耐力和肌肉記憶。
- 循序漸進地增加游泳的距離和強度，以挑戰自我並提高水平。

請注意提高蛙泳水平需要時間、耐心和練習。專注於一次性改進一個方面的泳姿，並逐漸融入上述的技巧。希望您享受練習的過程，並得到明顯的進步！

如欲了解有關游泳課程的詳情，請參閱五樓、2M及大堂的課程單張或致電2814 1222查詢。

SKATER • AGE 13
TAMARA METZGER



Tamara started skating two years ago. She is now working on Freestyle level and we can see the obvious improvement. Well done, Tamara!

Tamara兩年前開始溜冰。她現正練習花式溜冰，而且我們看到Tamara有明顯的進步。做得好，Tamara！

SKATER • AGE 8
LIBBY ROGERS



Libby is always eager to learn new skills and she is very interested in the dance and artistic side of skating. We look forward to seeing her skating develop and even move over the coming years! Well done, Libby!

Libby熱愛學習新技巧，她對舞蹈和藝術溜冰方面非常感興趣。我們期待看到她在未來得到更大的發展！繼續努力，Libby！

SWIMMER • AGE 8
CHESTER YOU



Chester is one of the youngest talents that the swimming programme has produced and shows high potential for competitive swimming. He is always enthusiastic about attending every swim session and concentrates on the proper way of performing all the skills necessary to be a competitive swimmer. Well done, Chester!

Chester是游泳課程中最年輕的學員之一，在游泳比賽中展現了巨大的潛力。他每次上游泳堂都表現熱衷，並專注游泳技巧，在比賽中發揮如常。做得好，Chester！

Tennis Events

Ladies' League
Season Opener
女子聯賽賽季揭幕

Get the season started with some social tennis with your fellow league players.

Tuesday, September 10
10am-1pm

新賽季剛揭幕，歡迎會員與您的球友一起參加社交網球。
9月10日(星期二)
上午10時至下午1時

New Players'
Evening
新球手之夜

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

Thursday, September 26
7-9pm

認識一些新球手，我們的網球教練將與大家分享一些網球技巧的秘訣。

9月26日(星期四)
晚上7時至9時

Adult Club
Championships
成人會所錦標賽

Saturday & Sunday,
October 19 & 20
Midday-6pm

10月19及20日(星期六及日)
中午12時至下午6時

Enquiries 查詢: 2814 5318
(Tennis Reception 網球中心)

Stay Active!
Principal
Pilates Course
by Tracy So
普拉提斯課程

Mondays, September 9, 16, 23, 30
8.30-9.30am
3/F Activities Studio
Member: \$1,700/Course
Guest: \$2,200 /Course

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

9月9、16、23及30日(星期一)

上午8時30分至9時30分

三樓活動室

會員: \$1,700/課程 來賓: \$2,200 /課程

課程讓學生學習所需的基本動作，包括控制腹部、加強關節穩定性、專注和控制身心呼吸。在墊子、Allegro塑身機、Wunda椅上及使用器械和輔助設備進行練習。

Complimentary
Pilates Stretch
by Sandra Rojas
免費普拉提斯伸展班

Thursday, September 5, 12, 19 & 26
10-11am

9月5、12、19及26日(星期四)

上午10時至11時

Instructor 教練: Sandra Rojas

Complimentary
Functional Fitness -
Fun Squad
by Cass Lam
免費功能性健身班

Tuesday, October 8, 15, 22 & 29
9.30-10.30am

10月8、15、22及29日(星期二)

上午9時30分至10時30分

Instructor 教練: Cass Lam

Priority for Members 會員優先

Bookings & Enquiries 報名及查詢: 2814 1222
(Central Reservations Centre 預訂服務中心)

HEALTH CLUB
& PRO-SHOP

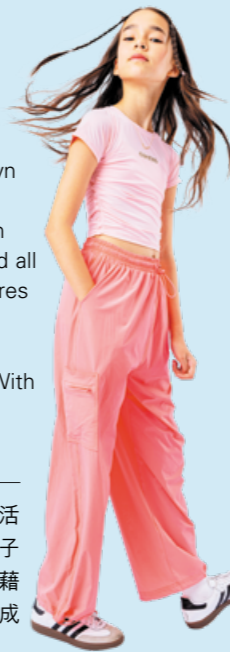
Conf3tti



Conf3tti is made for fashion and fun – from running down the street to ice cream contests and all the adventures in between.

We see the world the way children do – full of optimism and wonder. With our feel-good fashion, Conf3tti is a destination for all things joyful.

Conf3tti童裝專為時尚和樂趣而設計 — 從街頭跑步、冰淇淋比賽，以及冒險活動的服飾可見箇中的樂趣。我們以孩子的方式看世界，充滿樂觀和好奇。憑藉令人感覺歡樂與時尚的設計，Conf3tti成為快樂的泉源。

Super Beauty
Smoothie
美肌特飲

Looking for stronger hair, skin, nails and joints? Come to the 5/F Health Club to try this super collagen smoothie.

想擁有健康的秀髮、皮膚、指甲和關節嗎？親臨5樓健康中心，品嚐這款美肌特飲。

Enquiries 查詢: 2814 5342 (Health Club 健康中心)

Busy Mat



Busy Mat offers a sustainable and versatile solution for mealtime entertainment. Our reusable, multifunctional colouring placemats and non-toxic markers provide a screen-free option to promote family interactions during meals. With Busy Mat, you can colour, learn, dine and repeat, encouraging quality mealtime experiences. Our mats help improve fine motor skills, creativity and concentration. Busy Mat is also an excellent portable option for children – it's educational, lightweight, and mess-free.

Busy Mat成為幼童用餐時的娛樂，可重複使用的多功能畫彩及餐墊，對身體無害的畫筆，提供了電子產品以外的另一選擇之餘，促進用餐期間與家人的互動。透過Busy Mat，您可以上色、學習、用餐，打造優質的用餐體驗。畫墊有助提高精巧活動的技能、創造力和注意力。Busy Mat易於攜帶，是兒童的絕佳玩伴，具有教育意義、且不怕弄污。

Ozzie Cozzie
Swimwear Sale
Ozzie Cozzie 泳裝優惠

Saturday & Sunday, September 21 & 22,
from 10am-6pm in the Main Lobby.

Clearance sales for adults and children,
selected items on sale from 30%
up to 80% off! Walk-ins Welcome!

9月21及22日(星期六及日)
上午10時至下午6時

精選成人及兒童泳裝，以七折或更優惠價錢發售，部分貨品更低至兩折，無需預約。歡迎會員親臨大堂選購！



Enquiries 查詢: 2814 5447 (Pro-Shop)

Swimming Gala Highlights

水運會焦點

The Annual Swimming Gala was successfully held on June 2 in the 3/F Swimming Pool in perfect weather. Altogether 83 swimmers participated in the Swimming Gala and a total of 70 events were held including 10m Freestyle Width Race events, 25m Individual Freestyle, Backstroke, Breaststroke and Butterfly events as well as 50m Individual Backstroke and Freestyle events.

Congratulations to all the winners and a heartfelt thank you to every participant. Your sportsmanship made the event an unforgettable one!

Special recognition goes to the four young champions who triumphed as winners in four events and one who emerged as winner in three events.

一年一度的水運會在6月2日天氣晴朗下於三樓游泳池順利舉行。本屆共有83名運動員參加，共70個項目，包括10米自由泳寬度賽、25米個人自由泳、仰泳、蛙泳、蝶泳，以及50米個人仰泳和自由泳等。

恭喜所有得獎者，並向每位參與的選手表達衷心感謝。您的體育精神使這次活動更為難忘！

特此表揚幾位年輕冠軍選手，其中四位在四項比賽中獲勝，還有一位在三項比賽中獲勝。

TOP PERFORMERS

Kayleigh Tam Girl, Aged 8
Gold medals in the 25m Butterfly, 25m Backstroke, 25m Breaststroke and 25m Freestyle

Tyler Lam Boy, Aged 8
Gold medals in the 25m Butterfly, 25m Backstroke, 25m Breaststroke and 25m Freestyle

Jason Kat Boy, Aged 8
Gold medals in the 25m Butterfly, 25m Backstroke, 25m Breaststroke and 25m Freestyle

Megan Chen Girl, Aged 9
Gold medals in the 25m Butterfly, 25m Backstroke and 25m Breaststroke

Jake Kwong Boy, Aged 10
Gold medals in the 25m Butterfly, 25m Backstroke, 25m Breaststroke and 25m Freestyle

Every participant did a great job and made us all proud with their wonderful effort and spirit.

Thank you for making the Swimming Gala a huge success!

所有選手表現出色，他們不懈的努力和精神都讓我們感到自豪。感謝您們使水運會取得巨大成功！



Super Skaters

ISI Hong Kong Invitational 2024

優秀的滑冰選手

Seven skaters recently represented the Aberdeen Marina Club at the inaugural ISI Hong Kong Invitational Skating Competition 2024 in Discovery Bay.

Five of the skaters were competing for the very first time in an outside competition against skaters from all over Hong Kong and mainland China.

They brought back a haul of medals including eight gold, six silver and ten bronze.

The skaters all worked very hard to

prepare for the event and are already looking forward to the next competition.

Congratulations to you all.

7名滑冰選手最近代表本會參加了在愉景灣舉行的首屆ISI 香港滑冰邀請賽。

其中5名選手更是第一次參加此類活動，與香港及中國內地選手一同比賽。

他們共取得8金6銀10銅的佳績。

所有參加者為是次比賽付出十分的努力及準備，並熱切期待下一場的比赛。

衷心恭喜所有滑冰選手。



Halloween Events

萬聖節活動

Haunted Adventure Zone

Dress up and have fun at the Haunted Adventure Zone and Run,2,3!

Friday, Saturday and Sunday, October 25 to 27 6-9pm

Member \$88 Guest \$108

Includes one play session at either Adventure Zone or Run,2,3!

嘩鬼冒險區

悉心打扮前來動感樂園或Run,2,3! 盡情玩樂吧!

10月25日至27日(星期五至日)

下午6時至9時

會員\$88 來賓\$108

收費包括享用動感樂園或Run,2,3!

玩樂一節!

Halloween Special Activities

Show off your favourite Halloween costume and let the haunting games begin!

Saturday and Sunday, October 26 to 27

Complimentary Halloween

Hunting all over the Club.

Midday-4pm

萬聖節特別活動

穿上您萬聖節服裝，參加精彩難忘的遊戲!

10月26日至27日(星期六及星期日)

萬聖節嘩鬼尋寶活動

中午至下午4時

參加萬勝節嘩鬼尋寶活動費用全免。

Enquiries 查詢: 2814 5360

(Adventure Zone 動感樂園)

Halloween Skating Party

Dress up for some frightful fun and games at the Ice Skating Rink!

Sunday, October 27 3-6pm

萬聖節溜冰派對

穿著萬聖節服飾，前來溜冰場盡情玩樂吧!

10月27日(星期日)

下午3至6時

Enquiries 查詢: 2814 5374

(Ice Rink 溜冰場)

SS Asian Gymnastics Club

Tournament 2024

2024 SS亞洲體操俱樂部邀請賽

The SS Asian Gymnastics Club Tournament, hosted by SportsScene Limited, was held from June 8 to 10. More than 800 gymnasts from 43 schools and clubs showcased their exceptional talent throughout the tournament, with 15 gymnasts from the Aberdeen Marina Club taking part.

We extend our congratulations to our Junior Members, Saoirse McNulty, who emerged as the champion in the Beam event, and Juliette Cheung, who took 2nd place in the Uneven Bars event.

The tournament provided valuable experience for all who took part. Well done everyone – your participation was greatly appreciated.

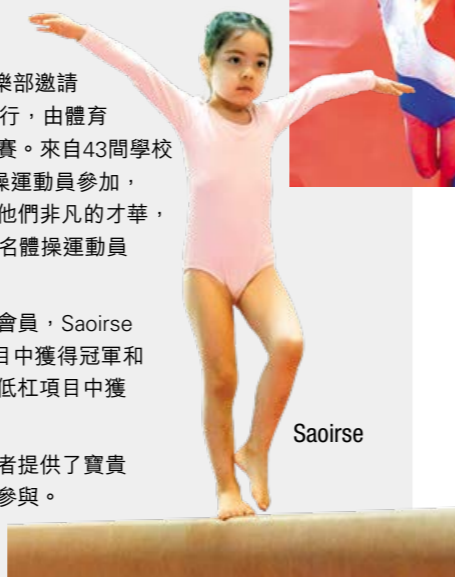
2024 SS亞洲體操俱樂部邀請賽於6月8日至10日舉行，由體育先鋒有限公司主辦比賽。來自43間學校和會所的800多名體操運動員參加，在整個比賽中展示了他們非凡的才華，其中有來自本會的15名體操運動員參加比賽。

我們祝賀本會的少年會員，Saoirse McNulty在平衡木項目中獲得冠軍和Juliette Cheung在高低杠項目中獲得第二名。

此次比賽為所有參賽者提供了寶貴的經驗。感謝您們的參與。大家都做得很好!



Juliette



Saoirse

Giles Leonard

Director of
Sports & Recreation

李基爾
康體部總監



First and foremost, welcome back to all our Members – to those who stayed in Hong Kong and enjoyed the relative peace and quiet and to those who have been away for the summer months. We hope you all managed to spend some quality time with your families and friends and made some long-lasting memories.

For now, though, it's back to reality and time to get ourselves back into our regular routines. On top of our regular lesson programmes – from Tennis, Ice Skating and Swimming to Singing, Painting and Dancing – we

are planning some new activities to give everyone some extra fun and motivation.

Wellness-wise, we hope you have managed to maintain some level of fitness and wellbeing during the summer, but if not, we have some extra activities to get you going. Take a look at our new Functional Training area on the middle floor of the Fitness Centre – it will add some extra variety to your fitness regimes. Also check out the updated Group Fitness schedule, which includes some new and varied classes, many of which have complimentary trial

sessions to give you a taster.

If you haven't yet visited our newly renovated Bowling Alley, then it's high time you did, and we have some new activities to give you extra incentive. How about Bowling Bingo? Come and play on certain days and receive a bingo card with a range of outcomes and if you complete the set, you win an instant prize! How about our Grabber machine? This will be brought out on certain weekends and you will



Newly renovated Bowling Alley

get a chance to win a prize with every strike or spare.

Last, but not least, if your children haven't told you about it yet, they soon will! The new High Ropes Course at the Adventure Zone is already proving to be a winner with the children, so be sure to bring yours along soon!

On a personal note, I have been training hard over the summer and will be taking part in the Berlin Marathon in late September. It's not an easy marathon to get into, so I will savour the whole experience. Unfortunately, while I always do my best, the days of personal bests are long behind me, but if you enjoy running and need some tips and pointers, please seek me out in the Club and ask me any questions you may have.

On behalf of the Management Team, welcome back and we look forward to seeing you all around the Club soon.

無論是留在香港享受寧靜的生活，或離港度假的會員，歡迎您們歸來！希望您們與家人和朋友度過一段美好時光，並留下難忘的回憶。

現在讓我們回到日常生活。除了本會的常規課程（網球、溜冰、游泳或唱歌、繪畫和舞蹈）之外，我們還計劃了一些新的活動，為會員帶來更多樂趣和動力。

在個人健康方面，希望您夏季有保持一定程度的運動，但如果沒有，我們準備了不同的活動來幫助您回復狀態。誠邀您參觀位於健身中心中層的新功能訓練區——它將為您的健身方案增添額外的多樣性。您也可查看更新的團體健身時間表，其中包括一些全新的課程，當中也有免費課程，讓您先作體驗。

如果您還沒有參觀過翻新後的保齡球場，現在是時候了！我們將舉辦一些全新活動，參加活動還可贏取獎品。保齡球 Bingo 是什麼？在特定的日子來玩樂，將收到一系列 Bingo 遊戲咭，如果完成指定組合，將可贏得獎品！有興趣玩夾公仔機嗎？此遊戲將在某些週末推出，當打到全中或補中時也可贏得獎品。

最後，相信您的孩子會告訴您我們全新的高空繩索區現已啟用！讓孩子探索全新的高空繩索區，必定大受歡迎，趕快前來參觀吧。

就我個人而言，這夏天我一直在努力訓練，並將參加九月下旬的柏林馬拉松。這不是一場容易的馬拉松，我將全力投入比賽的過程中，即使已過了個人成績的高峰，但我仍會一如既往地全力以赴。如果您喜歡跑步並需要一些提示和指導，歡迎向我查詢。

我謹代表管理團隊歡迎會員回來，並期待很快與您們見面。



Social Sports Programme 社交運動

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

- **Tennis** Meet other players at the Rooftop Court for a casual game. Walk-in only.
Every Sunday, 10am-1pm.
- **Bowling** Have a bowl and meet other players for a casual game. Walk-in only.
Every Wednesday, 6-7pm.
- **Pickleball** A fast-growing and fun family sport for all ages! Reservations required.
Every Monday, 7-8pm.
- **Cardio Tennis** Join our instructor for a tennis-themed fitness session. Reservations required.
Every Thursday, 7.15-8pm.

What's New?

- **Mobility Class** Join our Personal Trainer Cass for a fitness session. Reservations required.
Every Tuesday, 7-8pm.

這項活動為熱愛運動的會員提供認識更多志同道合的朋友，分享喜愛的運動。活動期間，會員需共享球場和球道。

- **網球** 在天台網球場與其他網球愛好者進行友誼賽。
逢星期日，上午10時至下午1時，無需預約。
- **保齡球** 與其他愛好者一起來一場休閒的遊戲。
逢星期三，下午6至7時，無需預約。
- **匹克球** 一項快速發展且有趣的家庭運動，適合所有年齡的人士。
逢星期一，晚上7至8時，敬請預約。
- **帶氧網球** 以網球為主題的健身課程。
逢星期四，晚上7時15分至8時，敬請預約。

全新活動

- **活動度鍛鍊** — 與健身教練Cass的健身課程。
逢星期二，晚上7至8時，敬請預約。

Meet the Staff

認識我們

Ann Chan

Senior Security Guard
資深保安員



In a new series of articles, we introduce some of our longest-serving and most dedicated staff members.

我們將介紹一些已在會所服務多時且貢獻良多的員工。

Whether you enter the Club by the lobby or car park, Ann's face will be a familiar one

Ann is our Senior Security Guard and has been working at the Club for 29 years. She started to work at the Club because of her sister, who was already working here and encouraged her to join.

An opportunity for Ann to join as a casual worker arose, and she started as a cashier in the car park. Later, she got the opportunity to become a Security Guard. The job was completely different from sitting in the office all day.

"When I'm on duty every day, encountering familiar Members and colleagues, even though we can only manage a quick nod or greeting, I still feel a sense of support and encouragement," says Ann. These small moments become precious in her work life and the Club has become a second home.

Some of her most memorable moments have come from watching Junior Members grow up over the years, knowing them since they were young children.

Ann greatly enjoys working at the Club, with one of the main reasons being the management's empathy and care. "Without realising it, I've been serving the Club for 29 years and I've become happier the longer I've been here," says Ann.

Be sure to say hello to Ann on your next visit, and she will surely welcome you with her lovely smile!

無論您在會所大堂還是停車場入口，總會看到Ann這張熟悉的面孔。

Ann是我們的資深保安員，她已在會所工作29年。她剛開始在會所工作是因為她的姐姐也在本會工作並鼓勵她加入。

Ann以臨時工的身份加入，開始時在停車場擔任收銀員。後來，她得到了成為保安員的機會。保安員的工作與整天坐在辦公室完全不同。

「每天上班時，遇到熟悉的會員和同事，即使只是點頭或打招呼，我仍然感受到支持和鼓勵。」Ann說。這成為了她工作上珍貴的時刻，而會所亦成為她的第二個家。

她最難忘的回憶之一，是看著多年來不同的少年會員成長，在他們還是小孩子時已認識。

Ann非常喜歡在會所工作，主要原因之一是管理層的關懷和同理心。「不知不覺，我已經為會所服務了29年，而且在會所工作令我愈來愈快樂。」Ann說。

大家下次到訪會所時，可向Ann打招呼，她必定會用親切的微笑歡迎您！

Annual Staff Party 員工週年派對

The Club will close at 4pm on Tuesday, September 24 for the Annual Staff Party. We apologise for any inconvenience.

If any Members would like to sponsor a prize for our lucky draw, please contact the Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com.

本會將於9月24日(星期二)下午4時關閉以舉行員工週年派對。不便之處，敬請原諒。

任何會員如欲贊助我們的幸運大抽獎，請致電2814 5436或電郵至member@aberdeenmarinaclub.com聯繫會員部。



Restaurant Dress Codes 餐廳服裝規範

Members and guests are required to dress appropriately in Club restaurants. Please be reminded of the restaurants' dress codes below.

The Horizon, The Balcony, Marina Grill & The Backroom

Smart Casual Attire

Ladies and gentlemen: No flip-flops, sandals or slippers.

Gentlemen: No sleeveless shirts or vests.

The Deck, Portside & Caffè Luna

Casual Attire

Ladies and Gentlemen: Any form of casual or sportswear is

permitted, except swimwear. Swimwear is permitted only at the poolside or at the Tropical Pool Café. Anyone entering other areas of the Club must be fully clothed.

會員和來賓必須遵從會所餐廳的衣著要求。於海天閣、露臺泰國餐廳、Marina Grill及The Backroom的衣著要求為時尚休閒。男士及女士均不可穿著運動短褲、拖鞋或涼鞋進入。男士不可穿著無袖上衣或背心。於The Deck、Portside及Luna意大利餐廳均可穿著休閒服裝。男士及女士可穿運動服、泳衣除外。泳衣僅可於碧波池畔或碧波泳池咖啡座穿著。進入會所範圍內必須穿著合適的衣履。

CORPORATE SOCIAL RESPONSIBILITY 企業公民社會責任



A Big Thank You

衷心感謝

generosity helped raise awareness about the importance of outdoor eye protection and provided access to essential eyewear for those in need.

Thank you again for all your support!

在7月，本會少年會員Kiran Malviya發起了收集太陽眼鏡和其他眼鏡的活動。

部分收集到的眼鏡被分發給本地工人、街道清潔工和貧困家庭，而餘下的則被送往獅子會眼鏡回收中心，分發給缺乏基本眼睛保健服務的低收入地區。

感謝所有會員的捐贈。您的參與讓大家更明白在戶外工作時保護眼睛的重要性，並為有需要的人提供了所需的眼鏡。

再次感謝大家的支持！

In July, the Club collected sunglasses and other eyewear in an initiative started by Junior Club Member, Kiran Malviya.

Some items were distributed to local workers, street cleaners and underprivileged families, while others were sent to Lions Eyeglass Recycling Centres, for distribution to low-income countries lacking access to basic eye-care services.

Thank you to all Members who donated. Your

The Most Common Aches and Pains

最常見的痛症

Join us for this informative and practical workshop hosted by Matilda International Hospital, whose experienced physiotherapist will focus on back, shoulder and neck pain, providing valuable insights into their causes, prevention and management.

This workshop is perfect for anyone looking to improve their well-being and gain a better understanding of how to deal with everyday aches and pains. Attendees will learn practical tips and exercises to help alleviate discomfort and enhance their quality of life.

Whether you are experiencing chronic pain or just occasional discomfort, this session will offer useful strategies to help you feel better. Don't miss this opportunity to learn from a seasoned professional. Mark your calendar and we look forward to seeing you there and helping you take the first step towards a pain-free life.

Matilda International Hospital is a not-for-profit private hospital providing personalised patient care with international standards. Find out more at matilda.org.

誠邀您參加由明德國際醫院主辦的健康工作坊。了解肩頸及背部疼痛，由專業治療師講解常見的痛楚根源、預防及治療方法。此工作坊適合希望改善日常生活習慣，學習舒緩日常痛楚的人士。

參加者將學習實用的技巧，幫助緩解日常生活中出現的各種肌肉及關節疼痛，從而提升生活質素。無論您是經歷長久的慢性痛楚還是偶爾的肌肉及關節不適，都可於此次工作坊中獲得實用舒緩技巧，減低痛楚帶來的不適。機會難逢，切勿錯過。讓我們助您邁向無痛生活的第一步。

明德國際醫院是一所非營利的私家醫院，提供符合國際標準的個人化護理。如欲了解更多關於明德國際醫院，請瀏覽 matilda.org。



Thursday, September 12

10.30am – midday
2/F Marina Suite

Member: Complimentary Guest: \$80

9月12日(星期四)

上午10時30分至中午
二樓海翔廳

會員免費 來賓\$80

For registrations and enquiries, please call Membership Office on 2814 5436 or email 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。

If Typhoon Signal No. 8 is hoisted or the Black Rainstorm Warning issued, or during the other extreme weather, we will reschedule the workshop and inform all participants as soon as possible. Thank you for your understanding.

若八號颱風訊號懸掛、黑色暴雨警告或其他極端天氣，活動將重新安排時間並儘快通知所有參加者。感謝您的體諒。

Discover Your Athletic Advantage

發掘你的運動優勢

Thursday, October 17

11am – 1pm
2/F Marina Suite

Member: Complimentary

Guest: \$80

10月17日(星期四)

上午11時至下午1時
二樓海翔廳

會員免費 來賓\$80

Are you a student-athlete wondering how to leverage your sport to get into your dream university abroad? Join our exclusive in-person event and benefit from the expertise of Akshay Maliwal, founder of AddedEducation and former student-athlete at UC Berkeley, as he shares invaluable insights on leveraging sports as a gateway to elite universities.

What to Expect

- Understanding Ivy League and university systems
- Competitive advantages of junior athletes
- Benchmarks for different sports
- Balancing academics and athletics
- Case studies of Hong Kong student-athletes
- Roadmap to your dream university

Don't miss this opportunity to take the first step towards your dream university. Register now to secure your spot.

About Added Education

Added Education is a Hong Kong sports and education counseling firm, headquartered in Singapore. Specialising in helping students and student-athletes achieve their dream university admissions, co-founders Akshay and Aditi Maliwal, Stanford and UC Berkeley graduates, leverage their sports expertise to guide students through the complex admissions process. We've successfully worked with over 2,800 students, boasting a 100% admissions success rate and securing top three university choices for 92% of our clients, with 34% gaining admission to Ivy League schools. Our structured counseling system assigns each client a dedicated team, ensuring personalised guidance and frequent touch-points to maximise admissions potential.



您是否正在思考如何利用自己的運動專長來進入心儀的海外大學？快來參加這次獨家講座，由Added Education創始人、加州大學柏克萊分校前學生運動員Akshay Maliwal，分享他們的專業知識，提供有關以體育進入精英大學的寶貴見解。

內容包括

- 了解常春藤聯盟和大學系統
- 青少年運動員的競爭優勢
- 不同運動的基準
- 平衡學術和體育
- 香港學生運動員的個案分享
- 通往夢想大學的藍圖

不要錯過這個機會，向您的夢想大學前進。名額有限，請立即報名。

關於Added Education

Added Education是香港一間體育和教育諮詢公司，總部位於新加坡。聯合創始人Akshay和Aditi Maliwal分別是史丹佛大學和加州大學柏克萊分校的畢業生，專門幫助學生和學生運動員實現進入夢想的大學。透過他們專業的體育知識及指導，學生能完成複雜的取錄流程。成功取錄的學生超過2,800名，成功率達100%，並為92%的客戶確保進首三間選擇的大學，其中34%獲得了常春藤盟校的取錄。每位客戶都享有我們指派的專業團隊服務，確保提供個人化的指導和緊密的聯繫，讓學生能發揮最大的入學潛力。

For registrations and enquiries, please call Membership Office on 2814 5436 or email 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。

If Typhoon Signal No. 8 is hoisted or the Black Rainstorm Warning issued, or during the other extreme weather, we will reschedule the workshop and inform all participants as soon as possible. Thank you for your understanding.

若八號颱風訊號懸掛、黑色暴雨警告或其他極端天氣，活動將重新安排時間並儘快通知所有參加者。感謝您的體諒。

In a new series of articles, we are delighted to feature our Junior Members sharing some of their happiest and most memorable experiences at the Club.

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

Hayley & Jasper

Hayley

Hello! My name is Hayley, I'm seven years old. I enjoy swimming in the Tropical Pool because of the water bouncy castle. While I like swimming, I enjoy the water bouncy castle more, because once I slide down, I can swim again. While I walk to the start of the water bouncy castle, I would let the sun shine on me. Some people don't like the sun shining on them, but I'm a person who likes sunbathing. Of course, I put sunscreen on myself. Sometimes my brother and I would take one floating noodle. We go through the courses and up the climbing wall. Before we slide down, we would hold either end of the floating noodle. If I fell into the water first, I would drag him along with me. If he fell first, he would pull me. When we swam back, we always used backstroke while we tell each other jokes. We would start with a giggle then, a chuckle. At the end we would burst with laughter. And that's how happy we were!

你好！我叫Hayley，今年七歲。我喜歡在碧波泳池游泳，因為碧波泳池有水上充氣滑梯。雖然我喜歡游泳，但我更喜歡在水上充氣滑梯耍樂，因為當滑下來時，我可以跳進水中暢泳。再次走到水上充氣滑梯的起點時，讓陽光照在我身上。有些人不喜曬太陽，但我是一個喜歡日光浴的人。當然我會塗上防曬霜。有時我和哥哥會使用浮條棒玩樂，也會在充氣滑梯攀爬。當滑下去之前，我們會握住浮條棒的各一端。如果我先掉進水裏，我會拖著他一起掉下去。如果他先摔倒，他就會拉著我。在水中我們總是一邊仰泳一邊互相講笑話，然後我們便會大聲咯咯地笑，十分高興！

By Hayley Ng, aged 7

Jasper

I am Jasper, I'm turning 11 this year and one of my favourite things to do at the Clubhouse is swim in the Tropical Pool.

The swimming pool has always given me the vibe that I'm in a tropical resort. The cool, translucent water of the pool never fails to cool me when the harsh heat of the sun is constantly beating down on me. I especially enjoy the water bouncy castle slide because of the feeling of refreshingness when I plunge into the water.

Sometimes, when the heat is too much to bear and I am extremely thirsty, I go to the water machine where thirst-quenching, ice-cold lemon water is always there for me. The tropical pool also makes me feel relaxed and peace of mind.

Apart from serving as a great entertainment, swimming also serves as a great exercise for me, since it is a great form to maintain the physical state of my body positively.

我是Jasper，今年11歲了，我在會所最喜歡做的事情之一就是在碧波泳池游泳。

泳池總是給我一種身處在熱帶勝地度假的感覺。當炎熱的陽光不斷地照射在身上時，清涼透明的池水總是能讓我感到爽快。我特別喜歡水上充氣滑梯，因為跳進水中的感覺很清爽。

有時候，當我感到酷熱及口渴時，我就會去飲水機，那裏總是有解渴的冰鎮檸檬水。碧波泳池是一個讓我感到平靜又輕鬆的地方。

游泳除了作為一種良好的娛樂之外，游泳對我來說也是一種很好的鍛鍊，因為是保持身體狀態的一種很好方法。

By Jasper Ng, aged 11

Kanay Verma



I like the Aberdeen Marina Club because they have an outdoor pool that has one fun slide and on the weekends they have a pool bouncy castle and additional slides. In that pool they provide towels so you don't have to bring any from home and I can play in the pool, and cannonball in the pool, and they have a small restaurant near the pool where you can buy french fries and other stuff. I like the cold drinks on hot summer days.

Another reason I like the Club is because they have many different kind of restaurants such as The Deck, Portside and Marina Grill. My three most favourite ones are Portside, Caffè Luna and The Horizon. I like to have playdates in the Club sometimes and eat buffet with friends. Another good thing about the restaurants is they serve different types of food, for example: Marina Grill serves meat. Another example is The Deck and Portside, they have buffets with different kinds of food. That's why I like the restaurants because I can eat various kinds of food.

Lastly, I really like the game zone, in specific the claw machine. The reason I really like the claw machine is because you have to keep on trying and you may win something and it is for free. I eagerly wait for the claw machine. I hope I win something someday from the machine! Another thing I like about the game room is the game machine because they have many types of games. Playing video games means I am entertained and don't get bored. That's why I think the game room is so much fun.

And these are some of my fun experiences in Aberdeen Marina Club.

我喜歡深灣游艇會，因為他們有一個室外游泳池，有一個有趣的滑梯，週末還有充氣滑梯。會所提供了毛巾，所以不用從家中帶毛巾，我可以自在地游泳，和在游泳池玩砲彈，在游泳池附近有一間餐廳，可以買炸薯條和其他東西。我喜歡在炎熱的夏天喝凍飲。

另一個喜歡會所的原因，是因為他們有許多不同類型的餐廳，例如The Deck、Portside和Marina Grill。我最喜歡的三間是Portside、Caffè Luna和The Horizon。我喜歡在會所和朋友一起吃自助餐。餐廳的另一個好處是提供不同類型的食物，例如Marina Grill供應肉類。The Deck和Portside設的自助餐提供不同種類的食物。這就是我喜歡會所餐廳的原因，因為我可以吃到各種各樣的食物。

最後，我真的很喜歡遊樂設施，特別是夾公仔機，因為你必須不斷嘗試，才可贏取一些東西，而且是免費的。我十分期待夾公仔機，希望有一天我能贏得一些東西！我喜歡遊樂設施的另一原因是遊戲機，因為這裏有很多不同的遊戲。玩電子遊戲很有趣，而且我不會感到無聊。

這一切都是我在會所的一些愉快經歷。

By Kanay Verma, aged 9



Summer Workshop with Complete Deelite



Thai Cooking Class with Chef Pachuen and Sous Chef Seksan



Fun with The Grabber



Joselito x Dom Pérignon Masterclass at The Backroom



Incisa della Rocchetta
Family Wine Dinner
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The Macallan Magic of
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Tropical Pool Splash!



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