

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

JULY/AUGUST 2020

Six of the Best Hong Kong Country Parks

Design Icons The Cultural Centre





ROLEX

THE CELLINI

Celebrating the elegance of traditional timepieces, the Cellini collection combines Rolex's high standards of perfection and watchmaking heritage in its most classic form.

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Portwatch

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

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THE
ABERDEEN MARINA CLUB


Club Directory

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

EXECUTIVE TEAM 行政部

General Manager

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

Executive Assistant Manager - Food & Beverage

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

Director of Sports & Recreation

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

Director of Membership & Marketing

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

Central Reservations Centre 預訂服務中心

Tel: 2814 1222
reservations@aberddeenmarinaclub.com

ACCOUNTING OFFICE 會計辦公室

Tel: 2814 5422 / 2814 5427

LOST & FOUND 失物認領部

Tel: 2814 5315

ADVERTISING 廣告查詢

Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs



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



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FRUIT AND VEGETABLE DISHES

蔬果菜式推介

Throughout July & August 七月及八月

| | |
|---|---------------------------------------|
| 八寶燉冬瓜盅 | \$780 |
| Doubled-boiled whole winter melon soup | <small>六位用 For six people</small> |
| 勝瓜雲耳洋蔥炒黑豚肉 | \$268 |
| Stir-fried sliced pork, black fungus, squash, onion | |
| 原籠荔荷蒸肉筋 | \$188 |
| Steamed sliced pork, lychee, lotus leaf | |
| 瑤柱扒節瓜脯 | \$248 |
| Braised hairy gourd, conpoy | |
| 彩椒啤梨炒帶子 | \$288 |
| Sautéed scallops, pear, assorted bell pepper | |
| 杞子鮮淮山腐竹浸冬瓜 | \$168 |
| Poached winter melon, fresh Chinese yam, medlar seed, bean curd skin | |
| XO醬雲南小瓜炒桂花蚌 | \$318 |
| Stir-fried osmanthus clams, cucumber, XO chili sauce | |
| 欖菜肉末蝦蜆炒四季豆 | \$188 |
| Sautéed string beans, diced shrimps, minced pork, preserved vegetables | |
| 夜香花蘿蔔魚湯浸龍躉腩 | \$298 |
| Poached estuary garoupa brisket, turnip, fish soup, night-fragrant flowers | |
| 子薑菠蘿炒牛肉 | \$188 |
| Sautéed sliced beef, pineapple, tender ginger | |
| 香芒海鮮炒蛋白 | \$288 |
| Scrambled egg white, mixed sea food, mango | |
| 黑蒜涼瓜炒田雞腿 | \$268 |
| Sautéed frog, bitter cucumber, black garlic | |



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

Caffé
LUNA

夏日沙律
SUMMER SALAD

Throughout July 七月

Hawaii Chicken, Crab Stick &
Tobiko Salad, Watermelon &
Cottage Cheese

夏威夷雞肉，蟹柳和飛魚子沙律，
西瓜和茅屋芝士



墨西哥卷
WRAPS WITH A
DIFFERENCE

Throughout August 八月

Mexican Spicy Chicken Thigh,
Mango & Shrimp Salad,
Grilled Vegetables.

墨西哥辣雞腿，芒果蝦仁沙律，烤蔬菜



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

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reservations@aberdeenmarinaclub.com.



PORTSIDE

HIGHLIGHT
OF THE MONTH

每月精選

July & August 7月及8月

• Chinese cold soy marinated food on ice
(Pigeon, asparagus, chicken kidney, duck tongue, abalone)

冰鎮中式滷水拼盤

• Different herbal tea every week.
週末香草茶

• Mocktail class every Saturday at 2pm.
無酒精雞尾酒班 - 逢星期六下午2點

• Cartoon movie every Sunday lunch.
星期日午餐卡通電影

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

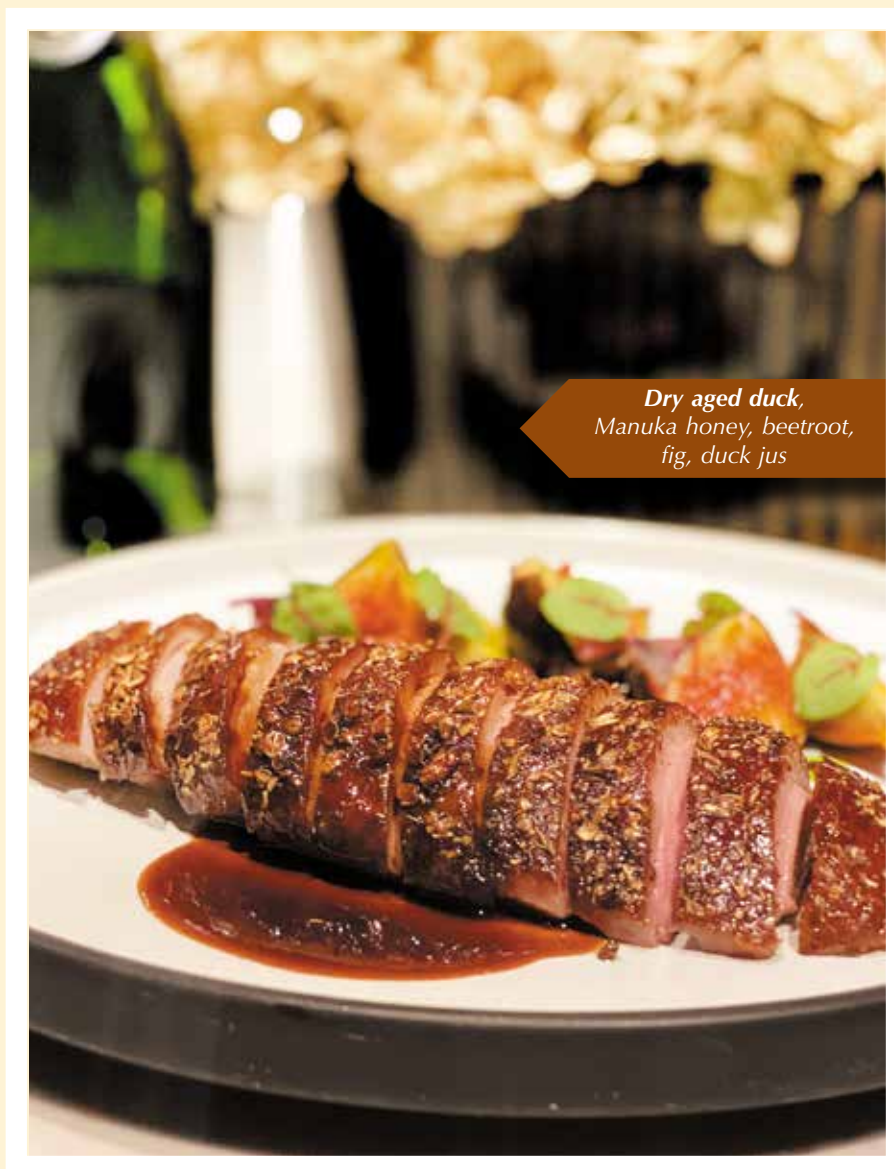
訂座請致電預訂服務中心電話 2814 1222
或電郵至 reservations@aberdeenmarinaclub.com



THE BACKROOM
AT LA CAVE

NEW SUMMER DISHES

CREATED BY
CHEF MARK YOUNG



*Dry aged duck,
Manuka honey, beetroot,
fig, duck jus*

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

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AON
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MARINA

G R I L L

THE
BAR

THROUGHOUT
JULY
七月

手工啤酒新系列 NEW CRAFT BEER SELECTION

*Calling craft-beer lovers –
new brews are on their way!*

啤酒愛好者不要錯過Marina Grill為您帶來的
各款特色手工啤酒，總有一款適合您。



手製冷泡咖啡 HOUSEMADE COLD-BREW COFFEE

*Get your caffeine fix and chill on a summer
afternoon. The cold-brew method produces a richer,
sweeter flavour, without the bitter taste or high
acidity of hot-brewed coffee. Specially
handcrafted by our barista, limited supplies daily.*

咖啡師精心泡製的冷泡咖啡，比普通咖啡更
香醇更濃郁，提神又涼快。每日限量供應。

THROUGHOUT
JULY & AUGUST
七月及八月

自選配搭漢堡包 BUILD-A-BURGER

*These tasty, juicy burgers are back again for
the summer. Create your own masterpiece with
our selection of housemade buns, fine-quality
meats and delicious sides. Choose your own
combinations and be creative!*

這個夏季，大家最期待的自選配搭漢堡包再度回歸！
為大家精心挑選一系列的配料及優質的麵包、
肉類及配菜，必能配搭出您最喜愛的風格。



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 at Marina Deli

Coupon sales from July 1.
月餅禮券由 7 月 1 日開始發售。

*All Horizon moon cakes contain no preservatives.
The cakes are elegantly presented in a gift box.*

*We have also designed two deluxe hampers for
your business partners, and look forward to your visit.*

*所有海天閣月餅不含防腐劑。我們亦為您的商業夥伴及親
友設計了兩個豪華禮品籃，歡迎選購。*

Additional Redemption Counter 額外換領地點

Kerry Centre 嘉里中心
from September 21 to 30, midday to 7pm
由9月21日至30日，中午12時至晚上7時

For enquiries, please call Marina Deli on 2814 5302 or email marinadeli@aberdeenmarinaclub.com.
查詢請致電深灣店電話 2814 5302或電郵至marinadeli@aberdeenmarinaclub.com。

Moon Cakes and Hampers Available in mid-August 多款月餅及禮品籃由8月中開始發售

- Moon Cakes with White Lotus Seed\$338
Paste and Double Egg Yolk (4 pieces)
雙黃白蓮蓉月餅(4件)
- Mini Moon Cakes with Lava\$338
Custard (8 pieces)
迷你流心蛋黃奶皇月餅(8件)
- Mini Moon Cakes with Custard and\$338
Egg Yolk (8 pieces):
迷你蛋黃奶皇月餅(8件)
- Mini Moon Cakes with White Lotus\$318
Seed Paste and Egg Yolk (8 pieces)
迷你蛋黃白蓮蓉月餅(8件)
- Mini Red Bean Paste Moon Cakes\$358
with Dried Citrus Peel (8 pieces)
迷你陳皮豆沙月餅(8件)
- Mid-Autumn Festival Hamper\$1,988
中秋禮品籃
- Mid-Autumn Festival Deluxe Hamper\$2,788
金裝中秋禮品籃

SPECIAL OFFER 特別優惠

| | JUL 1 TO AUG 16 | AUG 17 TO OCT 1 |
|--------------------|--------------------|--------------------|
| 5 to 10 boxes | 10% off | 5% off |
| 11 to 20 boxes | 15% off | 10% off |
| 21 to 40 boxes | 20% off | 15% off |
| 41 to 60 boxes | 25% off | 20% off |
| 61 boxes and above | 30% off | 25% off |

MOON CAKES & HAMPERS ORDER FORM



深灣店中秋月餅及禮品籃訂購表格

| ALL MOON CAKES ARE 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 | UNIT 單價 | QUANTITY 數量 | TOTAL 總數 |
|---|------------|----------------|-------------|
| Mini Moon Cakes with Custard and Egg Yolk (8 pieces) 迷你蛋黃奶皇月餅 (八件) | \$338 | | |
| Mini Moon Cakes with Lava Custard (8 pieces) 迷你流心蛋黃奶皇月餅 (八件) | \$338 | | |
| Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces) 迷你蛋黃白蓮蓉月餅 (八件) | \$318 | | |
| Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces) 迷你陳皮豆沙月餅 (八件) | \$358 | | |
| Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅 (四件) | \$338 | | |
| Mid-Autumn Festival Hamper 中秋禮品籃 <ul style="list-style-type: none"> Château Roc de Segur, Bordeaux, France 法國紅酒 Premier Dried Mushrooms 特級花菇 Airborne-Clover & Honeydew Set 紐西蘭特級蜜糖禮盒 France Galler Mini Chocolate Gift Box 法國雜錦迷你朱古力條禮盒 Handcraft Nuts Biscuits 手工果仁曲奇 Roasted Sweet Walnuts with Glass Jar 甜合桃禮盒 Herbal Origin Tea Collection 皇室特級精選茶葉 The Horizon - XO Sauce 海天閣XO醬 Mooncakes in Gift Box 月餅禮盒 | \$1,988 | | |
| Mid-Autumn Festival Deluxe Hamper 金裝中秋禮品籃 <ul style="list-style-type: none"> Champagne Maison Veuve Clicquot, Yellow Label, Brut, N.V 法國特級香檳 Premier Dried Mushrooms 特級花菇 South Africa Pre-cooked Abalone 60gm 南非即食鮑魚 Abalone Noodle with Truffle Powder and Olive Oil 南非鮑魚松露粉撈麵 Valrhona Amandes & Hazelnuts Chocolate Box 法國榛子果仁朱古力禮盒 Whittard Premium Biscuits Collection 皇室特級曲奇 Roasted Sweet Walnuts with Gift Box 甜合桃禮盒 The Horizon - XO Sauce 海天閣XO醬 Mooncakes in Gift Box 月餅禮盒 | \$2,788 | | |
| Delivery Charge 送貨服務費 : Hong Kong 香港 - \$120, Kowloon 九龍 - \$180, New Territories 新界 - \$220 | | | |
| Sub Total 合計 | | | |
| TERMS AND CONDITIONS 訂購須知 | | | |
| 1. All advance orders will be ready for collection at Marina Deli as of August 3, 2020 . | | | |
| 2. Please fill in this form and return to Marina Deli by fax at 3020 7495, email to marinadeli@aberdeenmarinaclub.com or in person. | | | |
| 3. We will confirm your order by phone. Your membership account will then be debited automatically. | | | |
| 4. For enquiries, please contact Marina Deli on 2814 5302. | | | |
| 5. Order starts July 1, 2020. | | | |
| 1. 所有月餅訂購可於2020年8月3日起在深灣店提取。 | | | |
| 2. 請填妥此訂購表格傳真至3020 7495或電郵至 marinadeli@aberdeenmarinaclub.com ，亦可親臨深灣店訂購。 | | | |
| 3. 本會所將以電話確認閣下之訂單。而訂購總額將會自動在您的會員賬戶內扣除。 | | | |
| 4. 惠顧及查詢，請致電深灣店電話 2814 5302。 | | | |
| 4. 7月1日開始接受預訂。 | | | |
| Add: Delivery Charge 加: 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 |
| E-mail: 電子郵箱 | Fax No.: 傳真號碼 |
| Preferred Collection Date: 提貨日期 | Time: 時間 |
| Order Date: 訂貨日期 | Signature: 簽名 |





每月精選
MONTHLY
HIGHLIGHTS

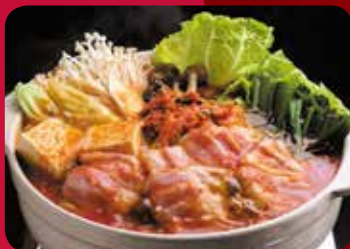


July/August

PERONI
DRAFT BEER
AND APEROL SPRITZ
PROMOTION

啤酒推介

UNTIL AUGUST 20
直至 8月20日



July/August

SUNSET AT
THE DECK WITH
BARBECUE AND MUSIC
黃昏燒烤美食及音樂

Adult 成人: \$348
(\$288 without BBQ 不包括燒烤)

Child 小童: \$128
(\$98 without BBQ 不包括燒烤)



Every Thursday
Deck Outdoor Area
until August 20
5.30pm to 8.30pm
逢星期四Deck戶外專區
直至8月20日
下午5.30至晚上8.30

WEEKEND
SPECIAL DISHES
FOR BUFFET

July

KOREAN
KIMCHI POT
部隊鍋

JULY 3-5, 10-12

MONGOLIAN
BBQ
蒙古燒烤

JULY
17-19, 24-26

August

ISHIKARI
NABE
石狩鍋

JULY 31-
AUGUST 2, 7-9

CHICKEN
SHAWARMA
中東烤雞

AUGUST
14-16, 21-23

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

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



Photo 1

THE HEIGHT of PRESTIGE 筆架山上 峻極天下

On Beacon Hill, one of Hong Kong's most coveted residential locations, lies a secluded enclave of luxury dwellings designed to offer the best of the city in a serene grandeur.

Mont Rouge, an exclusive collection of homes created by Kerry Properties, comprises 5 three-storey villas, 14 two-storey houses and two towers with 26 apartments. These dwellings are intended for a privileged few who relish gracious elegance and timeless design.



M O N T R O U G E

緹 山



Photo 2

District: Shek Kip Mei • Street Name and Street Number: 9 Lung Kui Road • The photographs, images, drawings or sketches shown in this advertisement/promotional material represent an artist's impression of the development concerned only. They are not drawn to scale and/or may have been edited and processed with computerized imaging techniques. Prospective purchasers should make reference to the sales brochure for details of the development. The vendor also advises prospective purchasers to conduct an on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. • The address of the website designated by the vendor for the development for the purposes of Part 2 of the Residential Properties (First-hand Sales) Ordinance: www.themontrouge.com.hk

A View of All Things Splendid¹

傲然卓立 處尊居顯

Situated on the lofty heights of Beacon Hill, Mont Rouge commands breathtaking 180-degree views of the entire Kowloon Peninsula and surrounding mountain peaks on Hong Kong Island, the Lei Yue Mun Strait,

and Stonecutter's Island¹. Residents of this prestigious development can bask in unobstructed sunshine, savour mountain breezes, and enjoy tranquility that is rare and precious in this bustling metropolis.



Photo 3

Refined Living in Spacious Elegance

深邃奢華 超逸風範

The five spacious and meticulously designed villas provide between 5,128 and 7,171 square feet² of living space in three storeys, with front and back gardens, a carport as well as a rooftop garden. The surrounding trees enhance residents' privacy while making greenery an everyday feature of living. The rooftop garden, served by a private lift, adds an extra touch of natural beauty.

Fine Living Inside Out

匠心巧藝 鴻圖華構

At Mont Rouge, outside spaces blend with striking interiors. The approximately eight-metre high ceilings³ and full-view windows bring in ample natural sunlight, and reveal the splendours of Kowloon and Hong Kong¹. The master bedroom fills an entire floor, and provides a spacious walk-in closet area, a rare and much sought-after amenity in Hong Kong.

A Legendary Lifestyle of Unrivalled Convenience

極致體驗 心向往之

Mont Rouge promotes well-being and peace of mind in an exquisitely private setting. Those who make their home in these exceptional villas enjoy not only their own parking, but also a thoroughfare, Lung Kui Road, specifically built for the residents.

A man-made natural wonder, a refuge of singular status, a legend lying between the Kowloon skyline and the clouds above, Mont Rouge will be admired by all. Only a very fortunate few, however, will call it home.



嘉里建設有限公司
KERRY PROPERTIES LIMITED
(Incorporated in Bermuda with limited liability)

Enquiry Hotline

(852) 2524 8484



Website



Video

Vendor: NMC 8 Limited (Remark: The place of incorporation of the Vendor is British Virgin Islands. The liability of the members of the Vendor is limited.) • Holding Companies of the Vendor: Kerry Group Limited, Kerry Holdings Limited, Kerry Properties Limited, Kerry Properties (Hong Kong) Limited, Goldash Holdings Limited and Mazlo Holdings Limited • Authorized Person for the Development: Mr. Wong Ming-yim • The firm or corporation of which the Authorized Person for the development is a proprietor, director or employee in his or her professional capacity: DJN Architects Limited • Building Contractor for the Development: CF Construction Company Limited • The firm of solicitors acting for the owner in relation to the sale of residential properties in the Development: Baker & McKenzie • Authorized institution that has made a loan, or has undertaken to provide finance, for the construction of the Development: Not applicable • Any other person who has made a loan for the construction of the Development: Dragon Fame Limited • This advertisement is published by the Vendor of Mont Rouge • Prospective purchasers are advised to refer to the sales brochure for any information on the Development • Date of print: 8th June 2020
Photos 1, 2, 3, were taken at the entrance of the Development (on 6th Jun 2019), Tower 2 Unit 7A (on 15th Jan 2019), and living room of Villa 2 (1st May 2020), respectively and have been edited and processed with computerized imaging techniques (merging, colour tuning and retouching of external appearance). These photos show the general condition of the surrounding environment, buildings or facilities of the part of the Development concerned. The view of a residential property is dependent on the residential property's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. The environment, views, facilities, buildings, design, fittings, finishes, equipment, decorations, plants, landscaping and other objects shown on the photos may not be in existence or provided in the Development or its vicinity. The provision of fittings, finishes and appliances is subject to the terms and conditions of the sale and purchase agreement. The vendor advises prospective purchasers to conduct on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. These photos and the content thereof are for reference only and shall not constitute or be construed as constituting any offer, promise, representation or warranty, whether express or implied (whether in relation to the Development and its surrounding environment, landscaped areas, open spaces, view, facilities and buildings). 1. The view of a residential property is dependent on the residential property's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. 2. These are references to saleable areas. Please refer to the sales brochure for details of the saleable areas. The saleable area of each residential property and the floor area of every balcony, utility platform or verandah (if any) are calculated in accordance with section 8 of the Residential Properties (First-hand Sales) Ordinance. 3. Not applicable to each residential property. Only applicable to certain part(s) of a villa in the Development. The Vendor reserves the right to amend the building plans and other plans, design, fittings, finishes and appliances of the Development or any part thereof from time to time. Fittings, finishes and appliances shall be provided according to the terms and conditions of the agreement for sale and purchase. The design of the Development is subject to the latest approval of the relevant Government authorities. This advertisement/promotional material is for reference only and shall not constitute and shall not be construed as constituting the giving of any offer, promise, representation or warranty whether expressly or impliedly, or any seeking of any general expression of intent or specific expression of intent on any residential property. The sale of the residential properties in the Development will be carried out in accordance with the Residential Properties (First-hand Sales) Ordinance. Market conditions may change from time to time. Prospective purchasers shall consider their own financial status and ability to afford and all relevant factors before deciding whether to purchase or when to purchase any residential property. In any circumstances or at any time, prospective purchasers shall not rely on or be affected by any content, information or concept of this advertisement/promotional material in deciding whether to purchase or when to purchase any residential property.



15 YEARS



Bunny Hop Cake Workshop

Wednesday, July 15
From 3.30pm to 5pm

Each child will be provided with a cake ready to decorate into an adorable bunny to share with their family. This class will teach the skills of working with wafer paper, piping with buttercream, and finishing the cake to create a very cute bunny. All materials and tools supplied.

\$380 per child
including a snack and a drink.



Cookie Monster Cake Workshop

Wednesday, August 19
From 3.30pm to 5pm

Each child will be provided with a cake ready to decorate into an awesome Cookie Monster Cake. This class will teach the skills of working with fondant and piping with buttercream. All materials and tools supplied.

\$380 per child
including a snack and a drink.

For reservations

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

THE
ABERDEEN MARINA CLUB



Chairman's Room

SPECIAL SUMMER MEETING PACKAGE

Just \$780 per person offered in July and August to include the following.

- Free use of meeting room from 9am to 5pm.
- A selection of Chinese dim sum, Western set lunch or Thai lunch.
- Two coffee or tea breaks with refreshments.
- Meeting amenities.
- Coffee, tea, soft drinks and fresh orange juice served throughout the meeting.
- Complimentary use of LCD projector and screen.
- Complimentary car park spaces throughout the meeting for all participants.



Governor's Room



President's Room

EVENTS SUMMER SPECIAL

Make any day delightful, meaningful and memorable with the help of your club Events Sales Team.

- Special Chinese dinner menu priced from \$7,380 per table of 10 – 12 persons.
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- One refreshing welcome drink served upon arrival.

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or email events@aberdeenmarinaclub.com



For this issue, we're grabbing our daypacks and pulling on our hiking boots to visit . . .

Six of the Best

Hong Kong Country Parks

香港六大郊野公園



PLOVER COVE 01

船灣郊野公園

In places just a stone's throw from mainland China, Plover Cove Country Park and its islands (above and below) make for an adventurous, and long day trip – or overnight camping trip – for city folk. One of the more famous spots in the park is Bride's Pool, with its picturesque waterfall. "The atmosphere is so pristine," notes the usually prosaic Agriculture and Fisheries Department website, "it seems almost celestial." For family outings, there is also a Bride's Pool Nature Trail, Tai Mei Tuk Family Walk and Ping Chau Country Trail. The park's Crooked Island (Kat O), Crescent Island (Ngo Mei Chau) and Double Island (Wong Wan Chau) can also be explored, with some prior online planning, if you're suffering from extreme wanderlust.

船灣郊野公園距離中國大陸僅一箭之遙，船灣郊野公園及其島嶼（上及下圖）為市民提供冒險、旅遊及露營之地。公園有著風景如畫的瀑布是最著名的景點之一。漁農署網站亦介紹公園有“原始天然的風貌”。公園設有自然教育徑、大尾篤家樂徑和平洲環島郊遊徑，適合家庭旅行。如果正計劃旅遊路線可考慮探索吉澳、娥眉洲或黃泥洲。



SAI KUNG 02

EAST 西貢東郊野公園

Covering an immense (at least by Hong Kong standards) 45 square kilometres, Sai Kung East Country Park contains some of our most beautiful scenery – from the four white sand beaches of Tai Long Wan, to High Island Reservoir, and areas of the Hong Kong UNESCO Global Geopark (opposite page). The park contains Stages 1 and 2 of the 100-kilometre Macle hose Trail, as well as three shorter Country Trails: the demanding Luk Wu, the easier Pak Tam and the easiest – Sheung Yiu. Several visits are required to really appreciate this outstanding area of natural beauty.

西貢東郊野公園佔地約45平方公里，其中包括最美麗的風景——大浪灣的四個白色沙灘至萬宜水庫，以及香港聯合國教科文組織全球地質公園區域（左頁）。還有100公里的麥理浩徑之第1段和第2段，以及三個較短及容易的郊遊徑——鹿湖、北潭和上窰。可分數次旅程去欣賞這些自然絕妙的風景。

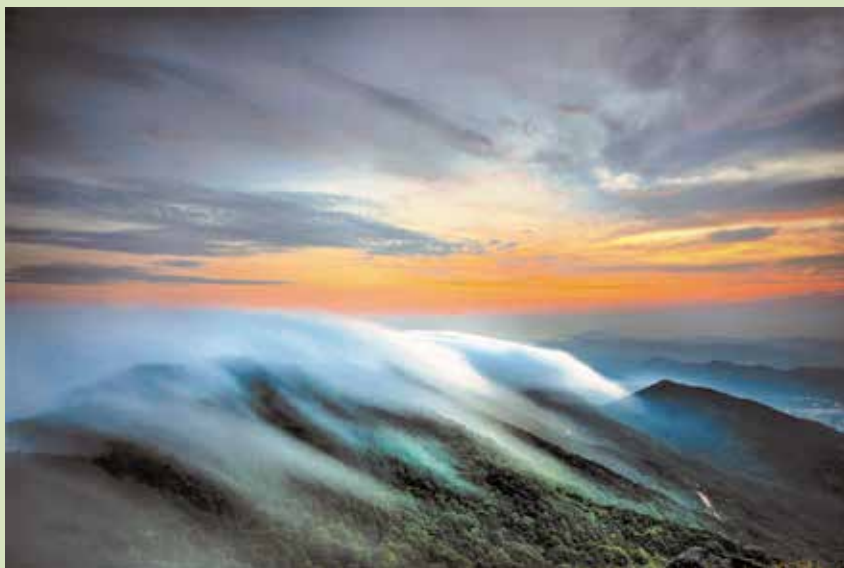
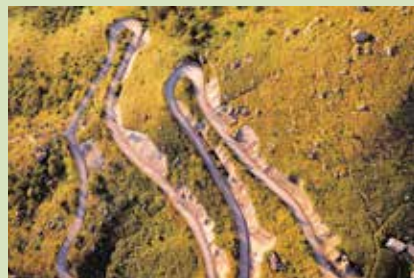


TAI MO SHAN 大帽山

03

Containing Hong Kong's highest mountain (and the second tallest coastal mountain in greater China, after Laoshan on the Shandong Peninsula) and its highest waterfall (Ng Tung Chai), Tai Mo Shan Country Park offers some truly spectacular views – weather permitting! The park covers 14.4 square kilometres and is centred on its namesake, 957-metre-high mountain. The best place to start is the Tai Mo Shan Visitor Centre on Tai Mo Shan Road. If arriving with children, there's a 30-minute practice trail nearby, with fitness tests and hiking tips over the one-kilometre circular route.

大帽山是香港最高的山(是大中華沿海區第二高的山, 僅次於山東半島的嶗山), 和最高的瀑布(梧桐寨), 在天朗氣清下可欣賞到大帽山郊野公園壯麗的景觀。公園佔地14.4平方公里, 以957米高的山脈為中心。位於大帽山路的大帽山遊客中心是作為起點的最好選擇。如果與孩子一起旅遊, 可選擇30分鐘的練習步行徑, 包括體能測試和一公里循環路線的遠足技巧。



POK FU LAM 薄扶林

04

There are two ways to get down from Victoria Peak through Pok Fu Lam Country Park, and they're both quite easy on the feet. The most straightforward way is via the park entrance, opposite the Peak Tower car park entrance. This will take you through the forested southern slopes of Hong Kong Island, past the Pok Fu Lam reservoir and the riding school to Pok Fu Lam Road, where taxis can be hailed. The other, longer way is to a walk around Harlech Road, past the waterfall to the park with the bandstand. From here, follow the wooden sign for Pok Fu Lam Reservoir via Harlech Road, which will lead you downhill to a spectacular lookout point (above) and on down to the reservoir.

有兩條路線可從太平山頂至薄扶林郊野公園, 兩條路線亦很容易行。較直接的路線是由山頂凌霄閣停車場入口對面的公園入口進入。沿途穿過香港島南面森林茂密的山坡, 經過薄扶林水庫, 再經過騎術學校到達薄扶林路, 到了那裡可以選擇乘的士離開。另一條路線比較長一些, 沿著夏力道經過瀑布到達有演奏台的公園。由那裡出發, 沿夏力道跟隨木牌指示便可到達薄扶林水庫, 下山的途中可欣賞到壯麗的景色(上圖)。

TAI TAM 05 大潭

A pleasantly undemanding day out in Tai Tam Country Park might start with a visit to the supermarket at Hong Kong Parkview to stock up on barbecue charcoal and, if you haven't brought your own, a selection of grillable foods, and beverages. From here you can walk down through the park (below), past its four reservoirs, and on the way look out for a barbecue area that takes your fancy. Abandoned military facilities, stone bridges and dams along the route make for a pleasant and interesting stroll all the way to Tai Tam Road, where you can catch a taxi around the coast to Stanley, Repulse Bay and beyond.

選擇到大潭郊野公園度過一個輕鬆愉快的一天，可先到超級市場選購燒烤炭及各種食品和飲料。從那裡可以穿過公園（下圖），經過公園的四個水庫，漫步欣賞景色並尋找您喜愛的燒烤區。沿途至大潭路將經過有趣的景點，如廢棄的軍事設施，石橋和水壩，在那裡您可選擇乘的士前往赤柱、淺水灣及其他地區。



SHEK O 06 石澳

Containing the well-worn Dragon's Back hike, Shek O Country Park offers a user-friendly mix of reasonable accessibility and impressive views. An interesting way up is to take the MTR to Chai Wan, then walk up through the hillside cemetery and connect with Stage 8 of the Hong Kong Trail. After crossing over the Dragon's Back (above and below left), you'll come down onto Shek O Road, where two bus stops for the Number 9 offer a choice of heading around to Shek O Village for refreshments, or back into town. Keen hikers can continue along Stage 7 of the Hong Kong trail towards Tai Tam Reservoir.

石澳郊野公園內擁有龍脊遠足徑，及令人印象深刻的美景。可選擇乘港鐵到柴灣站，穿過山坡的公墓與第8段路相連的路徑。完成龍脊（上及左下圖）遠足徑便會回到石澳道，那裡有兩個9號巴士站，一個是到石澳村的市場，另一個站可以回到市區。亦可以沿路往大潭水庫的第7段路徑繼續享受遠足的樂趣。

For more details on these and other Hong Kong Country Parks, how to reach them, and what they offer, visit the Agriculture, Fisheries and Conservation Department's website at www.afcd.gov.hk.

可到漁護署網站 www.afcd.gov.hk，查詢更多有關的資訊或香港郊野公園，路線資訊、郊野公園設施等。

22

DESIGN ICONS

創意設計

The Hong Kong Cultural Centre

香港文化中心

- by Peter Walbrook





The Hong Kong Cultural Centre was a controversial building from the very beginning. Even its Executive Director was reported as saying at the time of opening that “90 percent of the local population don’t like it.” He also predicted that within a year, “all the complaints will have been forgotten.”

Having first been suggested as early as 1970, and formally announced in 1974, Hong Kong’s modernist landmark was officially opened by Britain’s Prince Charles and Diana, Princess of Wales, on November 8, 1989. Being a noted critic of modern architecture, His Royal Highness was half expected to criticise the building, but the fears were mostly unfounded. “I would hardly be so tactless, he said at the event, “as to impart to you my views on the architectural design of this remarkable building.”

While supposedly intending to convey an image of a bird in flight, the often-criticised lack of windows and stark curvilinear outlines instead drew comparisons with “a giant ski jump,” noted *The New York Times* in 1990, “while the vast, windowless foyer has been compared to ‘a high school gym’ and ‘a shopping mall without shops.’”

Rather than being outsourced to a famous international architect, the HK\$600 million complex was designed by the Public Works Department’s chief architect (and 1968 Olympic shooter) José Lai.

Speaking to the *South China Morning Post* in 2005, Lai noted that the Cultural Centre was meant to be environmentally friendly, not provide the public with fine harbour views. “Any use of glass means you allow sunshine and heat to enter, which translates into huge

cost for air conditioning and electricity,” he said. “Tsim Sha Tsui is a very busy area and you need a very strong barrier against the noise. The acoustics are very good at the theatre and concert hall in the cultural centre because of the current design.

“I was instructed to build a cultural centre rather than something for people to enjoy the harbour.”

Even more controversial than its design was (and among many of a certain age still is) the fact that the beautiful old Kowloon

Railway Station was demolished to make way for it. All that remains in place today is the station’s clock tower, which is probably a more beloved landmark, in its own right, and an ironically integral and grace-saving part of the Cultural Centre complex.

香港文化中心從一開始就是一座有爭議的建築。據報導，甚至其執行總監在開幕時都說：“90%的居民都不喜歡它”。他還預測在一年之內，“所有的投訴都將被遺忘”。

自1970年首次提出建議，並於1974年正式宣布，這座香港的現代化地標在1989年11月8日由英國的查爾斯王子和威爾士王妃戴安娜正式揭幕。作為著名的現代建築評論家，大半批評這座建築。查爾斯王子在活動中說：“我不會向您表達我對這座非凡建築物的看法”。

1990年，《紐約時報》指出：“據高空俯瞰圖所看到，建築物被批評缺少窗戶和鮮明的曲線輪廓，更與“巨大的滑雪跳台”作比較，儘管寬敞但無窗，跟“高中體育館”和“沒有商店的購物中心”相提並論。”

耗資6億港元的綜合大樓是由公共工程部的首席建築師José Lai（是1968年奧運會射手）設計的。

Lai在2005年接受《南華早報》採訪時指出，文化中心的宗旨是保護環境，而不是向公眾提供優美的海港景色。他說：“使用玻璃意味著讓陽光和熱能進入，這會承受著巨大的空調和電力費用”。尖沙咀是一個非常繁忙的區域，需要非常強的隔音屏障。由於採用了最新設計，因此在文化中心的劇院和音樂廳的音響效果非常好。

“我建立的是一座文化中心，而不是讓人們享受海港景色。”

當時比文化中心的設計更具爭議性的是要拆掉舊九龍火車站以騰出空間。而今天剩下的就只有車站的鐘樓，本身是一個極受歡迎的地標。

The Prisoner Wine Company

中奧塔哥的多樣性



The Prisoner Wine Company was founded by the talented winemaker Dave Phinney in St. Helena, California in 2003. Dave started his career at the prestigious Robert Mondavi Winery in 1997, and under Mondavi encouragement, began to make his first label Orin Swift in 1998.

Dave has developed several unique and innovative cult red and white blend wines in California, including: The Prisoner, a unusual mix of Cabernet Sauvignon, Syrah, Petite Syrah and Charbono; Blindfold, a Chardonnay predominantly white blend; Cuttings, a Cabernet blend, and Thorn, a Merlot blend.

The Prisoner Wine Company sources grapes meticulously from the best vineyards in California, and has good relations with different wine growers throughout the region. These include about 80 vineyards in Napa Valley and 50 vineyards elsewhere in California. Most are small and family owned, and only the finest grapes are selected for their final blending. That's why their resulting wines are always surprisingly impressive, particularly their iconic flagship The Prisoner, which is a regular feature of different wine magazines!

The Prisoner Wine Company由才華橫溢的釀酒師Dave Phinney於2003年在加利福尼亞州聖海倫娜創立。Dave於1997年在享有盛名的羅伯特·蒙達維 (Robert Mondavi) 酒廠開始了他的釀酒生涯，在蒙達維的鼓勵下，他在1998年開始了他的第一個品牌 — Orin Swift。

戴夫 (Dave) 在加利福尼亞州開發了幾種獨特和創新的紅白混釀葡萄酒，包括：The Prisoner，是以Cabernet Sauvignon、Syrah、Petite Syrah 和 Charbono的獨特混和紅酒；Blindfold，一種以Chardonnay為主要葡萄的白葡萄酒；Cuttings是Cabernet的混和紅酒，而Thorn則是Merlot的混和紅酒。

The Prisoner Wine Company所有葡萄都是從California裡最好的葡萄園精心採購，她們在各地區的不同葡萄酒種植者有著良好的關係。其中包括約80個葡萄園位於Napa Valley，其餘50個葡萄園位於California的其他角落。她們大多數都是小型家族所管理，只有最上等的葡萄才被選用釀酒。這解釋了為何他們所出產的葡萄酒總是令人印象深刻，尤其是其標誌性的葡萄酒旗艦版《The Prisoner》，這酒經常是不同葡萄酒雜誌的重點推介。



2017, Blindfold

A unique white blend from Chardonnay, together with the Chenin Blanc from a vineyard in Mendocino, and Grenache Blanc, Roussanne, and Viognier from Santa Barbara. Different grapes contribute different flavours, with a combination of tropical fruits, floral aromatic, crispness, full bodied and creamy texture.

由獨特白葡萄組合而成，以Chardonnay為主，混合Mendocino葡萄園的Chenin Blanc以及Santa Barbara的Grenache Blanc、Roussanne和Viognier。不同的葡萄具有不同的風味，融合了熱帶水果、花香、香脆、濃郁和奶油的質地。



2017, The Snitch

Another interesting white blend from Chardonnay in warm Oak Knoll AVA, with a touch of Roussanne in the cool Carneros AVA. The resulting wines display a full bodied, balanced acidity with lot of tropical and stone fruits, along with creamy texture at the end.

另一款以霞多麗為主要葡萄的有趣混合白葡萄酒，霞多麗來自溫暖的Oak Knoll AVA中，而Roussanne則來自涼爽的Carneros AVA。所得葡萄酒顯示出濃郁，均衡的酸度，並帶有許多熱帶和核果味，最後帶有奶油的餘韻。



2017, Saldo

Saldo sources its Zinfandel from diverse old vine vineyards in Dry Creek, Sierra Foothills, Sonoma Valley, Mendocino, Lodi, etc, some of which are biodynamically farming. It displays a powerful bodied, impressively soft and velvety tannin, sweet chocolate and jammy fruit flavours.

Saldo的Zinfandel採擷於Dry Creek、Sierra Foothills、Sonoma Valley、Mendocino、Lodi等不同葡萄園的老樹藤，其中有些更是以生物動力耕種的。它展現出強勁有力的單寧，令人印象深刻的柔軟順滑的單寧，甜美的巧克力和果醬水果氣息。



2016, Thorn

The Merlots are sourced from distinctive small-growing vineyards in Napa Valley including Stagecoach Vineyards in Atlas Peak, which is owned by the Antinori family. It's also blended with about 20 percent Syrah, Petite Sirah, and Malbec from Trefethen Family Vineyards in the Oak Knoll District. A lot of tannin on the palate but it is smooth and ripe, with some ripe berry fruits, mocha, cocoa complexity on the lingering finish.

Merlots產自Napa Valley不同的出色的小葡萄園，包括Antinori Stagecoach Vineyards。其餘20%的Syrah、Petite Sirah和Malbec則來自Oak Knoll District的Trefethen家庭葡萄園。口感富含單寧，順滑成熟，並帶有一些成熟的漿果，摩卡和可可味，回味悠長。



2017, The Prisoner

One of the most famous Zinfandel red blends with Cabernet Sauvignon, Petite Sirah, Syrah, and Charbono. The grapes are sourced from more than 80 vineyards in Napa Valley. The intense ripe dark fruits flavours are accomplished by the dark chocolate, spices and vanilla complexity.

加州其中一款最著名的Zinfandel混釀葡萄紅酒，Cabernet Sauvignon、Petite Sirah、Syrah和Charbono。這些葡萄來自Napa Valley的80多個葡萄園。黑巧克力，香料和香草的香氣伴隨著深色水果等強烈的成熟風味。

WINE DINNER

紅酒晚宴

M A R I N A

G R I L L

The Prisoner Wine Co. California Wine Dinner

加洲紅酒晚宴

| | |
|--|-------------------------------|
| Friday, July 3 | 7月3日 (星期五) |
| 7pm: Welcome Drink | 酒會: 晚上7時 |
| 7.30pm: Dinner | 晚宴: 晚上7時30分 |
| \$988 per person | 每位\$988 |
| Hosted by Brendan Da Costa, Winery Ambassador | 主持: Brendan Da Costa 葡萄酒大使 |

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

MENU

Welcome Drink

N.V, Henriot, Brut Souverain

Dinner

Miso butter poached scallop
brioche, white chocolate parsnip purée,
hazelnuts

2016, Blindfold, Chardonnay Blend (WE 91)

2018, The Snitch, Chardonnay

Chipotle chocolate smoked baby back ribs

2018, Saldo, Zinfandel (WE 90)

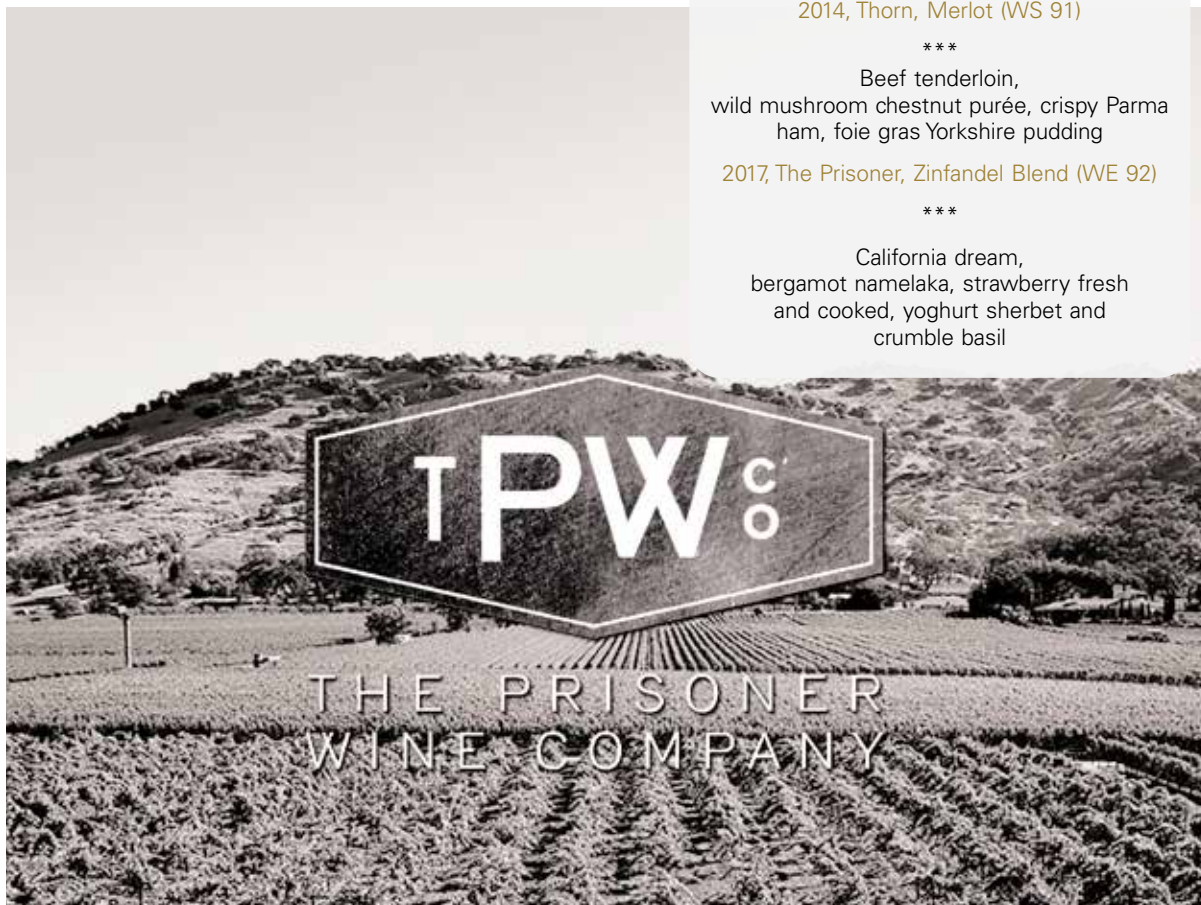
Housemade beef cheek ravioli,
red wine reduction, horseradish cream,
crispy shallots

2014, Thorn, Merlot (WS 91)

Beef tenderloin,
wild mushroom chestnut purée, crispy Parma
ham, foie gras Yorkshire pudding

2017, The Prisoner, Zinfandel Blend (WE 92)

California dream,
bergamot namelaka, strawberry fresh
and cooked, yoghurt sherbet and
crumble basil



THE BACKROOM
AT LA CAVE

Delamotte
Champagne Dinner
香檳晚宴



| | |
|---|------------------------------|
| Friday, 24 July | 7月24日 (星期五) |
| 7pm: Welcome Drink | 酒會: 晚上7時 |
| 7.30pm: Dinner | 晚宴: 晚上7時30分 |
| \$1,180 Person | 每位\$1,180 |
| Hosted by Grégoire Piochon, Brand Ambassador | 主持: Grégoire Piochon 品牌大使 |

Founded in 1760, one of the oldest houses in Champagne.

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炎熱夏日, 泰國露臺餐廳為您呈現夏季特色菜式, 讓您耳目一新。

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reservations@aberdeenmarinaclub.com

MENU

- Mango, crab meat, rice paper roll
芒果蟹肉卷
- Oxtail soup with onion, cherry tomato, celery
泰式牛尾湯
- Deep-fried soft shell crab salad
with banana blossom (spicy, nuts)
軟殼蟹香蕉花沙律
- Stir-fried prawns with spicy tomato,
minced pork sauce (spicy)
肉碎蕃茄炒大蝦
- Stir-fried squid with salted egg yolk
and chili sauce (spicy)
鹹蛋黃醬辣椒炒魷魚
- Home-made chicken curry with lemongrass
(spicy)
特色香茅咖哩雞
- Thai-style stewed soya duck in clay pot
泰式滷水鴨煲
- Thai boat noodle soup (pork or beef)
泰北船河 (可選豬肉或牛肉)
- Tom yum prawn fried rice (spicy, nuts)
冬蔭功炒飯
- Pandanus leaf pancake stuffed
with durian ice cream
班蘭班戟釀榴槤雪糕



Hot Weather Exercise

高溫鍛鍊

With the hot and sticky weather here for the next few months, we all have to adapt our exercise regimes. While training indoors is always the sensible option, there are benefits that can be had from training outdoors. Don't do it too often, but a weekly outdoor session could be a nice boost to your fitness.

Heat training has been demonstrated in several studies to improve aerobic exercise performance. In a 2010 study, heat training improved power output in trained cyclists by 5% and increased blood plasma volume by 6.5%. Although cardiac output improved by 9% in cool temperatures and 4.5% in hot temperatures, the all-important VO2 Max (maximum amount of Oxygen that your body can process at any one time) improved by 5% in cool temperatures and 8% in hot temperatures.

There is also significant anecdotal evidence for heat training benefits. Many champion marathon runners live and train in hot climates, while the records they set are almost always set in much colder climates, in places like Berlin, London, or Chicago.

Heat exercise helps the body adapt to a wider range of temperatures and appears to work as follows.

1. Heat exercise causes the body to lower its resting body temperature. The body normally produces a large amount of heat just to keep warm – heat training causes it to adapt by producing less heat.
2. Heat exercise causes the body to increase its sweat rate. Heat-trained athletes may sweat 50% more than other athletes. Heat-trained athletes also start sweating earlier, so that the body proactively cools itself rather than waiting until it starts to become too hot.
3. Heat exercise increases blood plasma volume. This helps the blood transport nutrients through the body, and may also help the body cool itself. It also protects the body against the dangers of dehydration – more plasma protects the blood from getting excessively thick as the body dehydrates.

4. The left ventricle of the heart strengthens, improving its output. In other words, your heart pumps more blood, faster.
5. The body adapts on a cellular level. Individual cells improve their heat tolerance, adapting to better withstand heat stress.

As we often say though – be prepared! Don't go too far away from home or the Club, drink plenty of fluids in the day before you exercise outdoors, bring an electrolyte-laden drink with you, and wear a hat. Also, avoid the heat of the day – from 10am to 4pm – and choose a shady route. From the Club, a great training area is the Aberdeen track – just one kilometre away and great for controlled exercise and speed work.

於潮濕炎熱的天氣，應選擇合適的運動。雖然在室內進行訓練是明智的選擇，但在戶外鍛鍊也有很多好處。每週一次的戶外運動可對您的訓練有很大的幫助。

在多項研究已經證明了在高溫下的鍛鍊可以改善帶氧運動的表現。在2010年的一項研究中，高溫下的訓練使單車手的運動量提高了5%，血漿量增加了6.5%。儘管在清涼的溫度下心輸出率提升了9%，而高溫下心輸出率為4.5%，最重要的VO2 Max（身體一次可以處理最大的氧氣量）在清涼的溫度下提高了5%，在高溫下卻提高了8%。

這證明在高溫訓練下可取得更好的效果。許多冠軍馬拉松運動員在炎熱的氣溫中訓練，而他們創造的記錄幾乎總是在寒冷的天氣，例如柏林、倫敦或芝加哥。

高溫訓練助人體適應更闊的溫度範圍，通過多種不同的機能而發揮作用，好處如下：

1. 高溫訓練讓人體降低靜息時的體溫。人體通常會產生大量熱量以保持體溫——高溫訓練會使身體通過適應而減少熱量產生。
2. 高溫訓練使身體增加出汗。高溫訓練的運動員可能比其他運動員多出50%的汗水。高溫訓練的運動員也較早開始流汗，因此身體會主動降溫，而不會等到身體開始變得過熱才出汗。
3. 高溫訓練會增加血漿量。這有助血液提供足夠的營養，也可以助人體降溫。還可以避免受到脫水的機會——血漿可以保護人體避免因脫水而變得過稠。
4. 加強心臟的左室功能。心臟更快地泵出更多的血液。
5. 身體適應細胞水平。能改善細胞的耐熱性，承受高溫下的熱力。

一如既往，訓練之前要做好準備！不要離家或會所太遠，在戶外運動之前要喝足夠的飲料，並攜帶電解質的飲料，及戴上帽子。

For more information, please contact our Director of Sports & Recreation, Giles Leonard.

查詢更多有關資訊，請聯絡康體部總監李基爾。

SANLORENZO



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SX76 presents innovative, rational and practical solutions. The wheelhouse, located on the flying bridge, maintains free the living room area at the bow on the main deck, which can be therefore transformed into an incredible open space. Once freed from the tender, the stern becomes an extraordinary beach club of over 18 square meters.



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ULTRA FEMME 360™ For vaginal laxity.

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50%

50% OF PAROUS WOMEN ARE CONCERNED WITH VAGINAL LAXITY¹

57%

57% OF UROGYNS REPORTED THAT VAGINAL LAXITY NEGATIVELY AFFECTS PATIENTS' SEXUAL FUNCTION²



25-63% IS THE WORLDWIDE PREVALENCE OF FEMALE SEXUAL DYSFUNCTION³



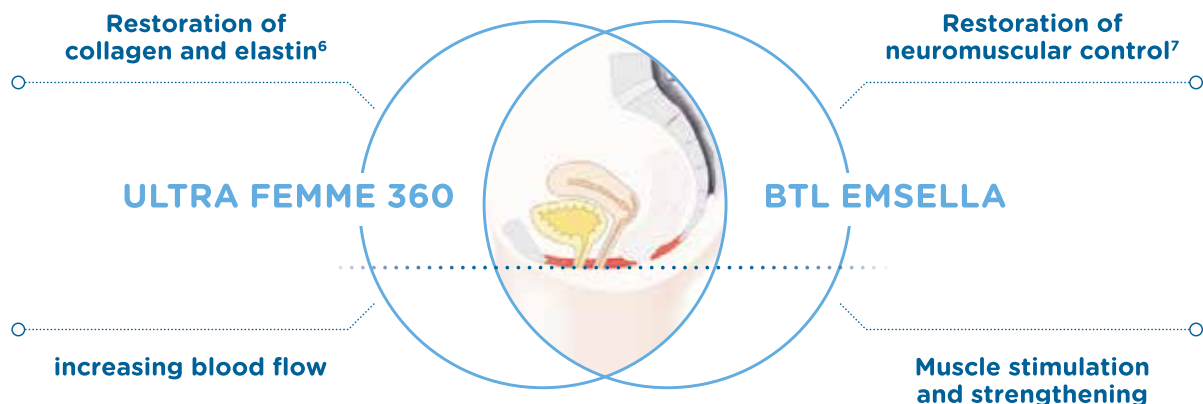
WOMEN MOSTLY COMPLAIN ABOUT THE LACK OF SEXUAL INTEREST⁴



200 MILLION PEOPLE WORLDWIDE ARE AFFECTED BY INCONTINENCE⁵

6.5

6.5 YEARS ON AVERAGE FROM FIRST SYMPTOMS TO SEEKING HELP⁵



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EXILIS ULTRA 360 state-of-the-art technology is extremely fast and non-invasive. The first and only applicator to simultaneously utilise radiofrequency and ultrasound at the same time.

EXILIS ULTRA 360 provides skin rejuvenation and amazing results for full face, eyes area, double chin, neck area, chest area and hands. The treatment can cover more than 20 body and face parts.



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Try us out!

Develop Confidence while having serious fun

透過玩樂建立信心

Monkey Gym!

Our newly opened toddler zone in RUN, 2, 3! With Monkey Bar, Hanging Bridge, Mini Slides, Spinning Disc, Hurdles and Crawl Tunnels.

Run, 2, 3!的全新設施，攀架、吊橋、迷你滑梯、旋轉盤、跨欄和爬網隧道。

Ninja Track in the Adventure Zone!

忍者賽道

Ninja warriors at heart, this is a track suited to honing your ninja skills: agility, strength, balance and coordination. With different sections and obstacles, you'll be a ninja master in no time!

忍者賽道適合磨練忍者技能：敏捷、力量、平衡和協調。不同的區域和障礙，將您鍛鍊成為忍者大師！



Rebound in Adventure Zone!

跳彈床

Children can try out their freestyle skills without fear. Newly added trampolines provide a great place to swing and hone their jump shot at our target goals.

新增的跳彈床地區，兒童可享受彈跳的刺激而無需擔心，自由地發揮自己的技巧，做出不同的擺動動作達到鍛鍊的目標。

Enquiries 查詢: 2814 5360 (Adventure Zone)

Summer of Fun 2020!

夏日樂繽紛

Great fun throughout July!

Summer Kids Club!

夏日耍樂團

Fun all over the Club!
Monday to Friday from 10am to 4pm.

For children aged 5 to 8 years.

逢星期一至五，早上10時至下午4時
適合5至8歲小童

Enquiries 查詢: 2814 1222.

Saturday Night at the Movies

星期六電影之夜

Every Saturday throughout July from 5-7pm.

逢星期六，下午5時至晚上7時

Enquiries 查詢: 2814 5342
(Health Club).

Ice Skating Fun!

溜冰樂

Every Tuesday in July from 3-5pm

Come and join the challenge during open skate session to win the prize!

7月逢星期二，下午3時至5時，快來參加公開溜冰比賽贏取大獎！

Enquiries 查詢: 2814 5374 (Ice Rink)



The Great Outdoors

歡樂戶外活動

Every Friday throughout July from 4-6pm.

7月逢星期五，下午4時至6時

Enquiries 查詢:
2814 5342 (Health Club).

Tropical Pool Splash!

週日玩水樂

Every Sunday throughout July. From 2pm at G/F Tropical Pool.

7月逢星期日，地下碧波池畔下午2時

Enquiries 查詢:
2814 5342 (Health Club).

Bazooka Ball Challenge

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

快來參加比鏢射槍更刺激的槍戰遊戲。

From 7-7:30pm

• Friday, July 10

Enquiries 查詢:
2814 5360 (Adventure Zone)

Foam Factory Ball Blaster Challenge

泡泡工廠衝擊波賽

From 6-6:30pm

• Friday, July 17

Enquiries 查詢:
2814 5360 (Adventure Zone)

Summer Camps!

暑期活動營



Have a fantastic summer and help your kids to select their favourite activities from the following categories. This year the Summer Programme is running until August 28.

康體活動小組準備了多種精彩的暑期活動直到8月28日。

快為您的子女選擇他們喜愛的活動，讓他們度過一個歡樂而難忘的暑假吧！

- | | |
|---|---|
| • Arts & Crafts Camp 工藝創作班 | • Martial Arts Camp 武術班 |
| • Ball Games Camp 球類遊戲營 | • Self-Development Camp 自我發展營 |
| • Health & Fitness Camp 健身班 | • Swimming Camp 游泳班 |
| • Ice Skating Camp 溜冰營 | • STEM Programmes Camp STEM 科學工程班 |

For enrolment and enquiries, please check the Summer Programme flyer, visit the Club website, or contact the Central Reservations Centre at 2814 1222, or email to reservations@aberdeenmarinaclub.com.

報名或查詢，請參閱暑期課程小冊子、本會網頁、致電預訂服務中心電話2814 1222，或電郵至 reservations@aberdeenmarinaclub.com。

Children's Painting Class

兒童繪畫班

by Pitter Painter

Children will have fun drawing, painting and letting their imagination run free! In small classes, kids will be guided through themed projects and taught the fundamentals of drawing, color mixing and painting techniques and even some interesting bits of art history. Our lessons are developmentally appropriate and designed to give kids a central idea to start from and the room to take this idea as far as their inspiration, little fingers and loads of paint will take them so they can create their own unique masterpieces.

繪畫讓孩子啟發想像力。通過項目設定主題的指導，教授混色和繪畫技巧的基本原理，還可認識有趣的藝術史。課程適合各孩子，透過課程啟發靈感來源，讓他們創造出自己獨特的作品。

Family Thai Boxing

泰拳家庭班

by Sport Max HK Ltd.

This class is designed for parents and their children. The participants follow drills, coach each other and play fitness games. You will be able to achieve fitness developments with your children and understanding of the parent's role during training. Both group lessons and private lessons are available. It will be held every Sunday for children aged four years old or above with parent's accompanying the group lesson. Call us to learn more. Reservations are required.



本課程專為父母及其子女而設計。跟隨著教練指導並進行健身遊戲。與孩子一起鍛鍊及健身，並透過訓練過程中更加了解父母的角色。提供小組課程和私人課程。逢星期日，適合四歲或以上的孩子，並由家長陪同學習。查詢更多詳情，請與本會聯絡。課程只接受預約。

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

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



Pilates

普拉提斯

Pilates is a controlled exercise that conditions the body

and stimulates the mind. A balance of strength and flexibility training improves posture, strengthens and lengthens muscles, and reduces stress. Pilates works multiple muscle groups simultaneously through smooth, continuous movement, focusing on strengthening and stabilizing the central body core (abdominal region). It emphasizes quality of movement not quantity, leaving you invigorated rather than exhausted after a session. For tennis players, swimmers and golfers, Pilates is an excellent way to understand your own body and improve your technique!

普拉提斯可以調節身體和頭腦。平衡力量和柔韌性的訓練可以改善姿勢，增強肌肉和減少壓力。透過持續的訓練可鍛鍊多個肌肉群，並加強和穩定腹部核心區域。適合網球、游泳和高爾夫球手運動員。普拉提斯可令您更了解自己身體所需，從而提升運動技巧和表現。

Yoga

瑜伽

Anti-Gravity Yoga with Naresh: All the benefits of yoga but the reduced pressure on your body helps to relax and de-compress your body.

Vinyasa Flow Yoga with Alison: A Vinyasa flow yoga class is a dynamic practice that synchronises movement with the breath. Students will focus on linking conscious breath with a mindful flow, building strength, flexibility and concentration whilst cleansing the body and calming the mind. Suitable for all levels of yoga experience.

*Both group and private lessons are available.

反重力瑜伽：由Naresh教授。反重力瑜伽可以減少對身體的壓力，達到有效地放鬆和減壓。

流瑜伽：由Alison教授。課程教授配合呼吸與動態的動作。學員將專注於呼吸的流動，建立力量，靈活性和專注力，同時讓心靈得到平靜和放鬆。適合各種級別的瑜伽學員參加。課程提供團體及私人教授。

Kung Fu

功夫 - 恆宇仁龍拳

by Heng Yue Yen Long Kwon

This class will be conducted by experienced coaches with and is suitable for children aged four and up as well as adults.

'Heng', or Perseverance, embodies unceasing endeavour, stalwartness, and patience.

'Yue', or Universe, stands for boundlessness. It also symbolises wisdom and knowledge.

'Yen', or benevolence, is the embodiment of kindness, care and sympathy.

'Long' is righteousness, the best as well as gentlemanliness. It is also the symbol of China.

'Kwon' is martial arts, it is a combination of skills, wisdom and body strength. At the same time, it is also a demonstration of valour and peace.

課程由具有國際經驗的教練教授。適合4歲及以上的兒童及成人。

「恆」代表毅力，體現不斷的努力、堅定和耐心。

「宇」代表無邊的宇宙，象徵著智慧和知識。

「仁」代表仁慈，關懷和同情。

「龍」代表正義，也是中國的象徵。

「拳」代表技能，智慧和體力的結合，也是勇敢與和平的表現。

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

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

Personal Trainer Spotlight

私人健身教練焦點

Let's have some fun and see some of their favourite things

ANDY TAM

MASTER PERSONAL TRAINER

資深私人健身教練

Favourite movie

最喜歡的電影: **Die Hard**

Favourite TV show

最喜歡的電視節目: **Prison Break**

Favourite food

最喜歡的食物: **Vegetable & Fruits**

Favourite drink

最喜歡的飲品: **Water**

Favourite exercise for clients

最喜歡給學員的練習: **Lunges**

My favorite exercise

最喜歡的運動: **Running**



EVELYN HUE

MASTER PERSONAL TRAINER

資深私人健身教練

Favourite movie

最喜歡的電影: **Star Wars**

Favourite TV show

最喜歡的電視節目: **Friends**

Favourite food

最喜歡的食物: **Thai cuisine**

Favourite drink

最喜歡的飲品: **Red wine**

Favourite exercise for clients

最喜歡給學員的練習: **Squats**

My favourite exercise

最喜歡的運動: **Outdoor cycling**



WILLY SEE

SENIOR PERSONAL TRAINER

資深私人健身教練

Favourite movie

最喜歡的電影: **Forrest Gump**

Favourite TV show

最喜歡的電視節目: **None**

Favourite food

最喜歡的食物: **Chicken breast, salmon, beans**

Favourite drink

最喜歡的飲品: **Protein drink**

Favourite exercise for clients

最喜歡給學員的練習: **Different according to individual needs**

My favourite exercise

最喜歡的運動: **Street workout**



JOHN MARK

SENIOR PERSONAL TRAINER

資深私人健身教練

Favourite movie

最喜歡的電影: **Stand By Me**

Favourite TV show

最喜歡的電視節目: **Twin Peaks**

Favourite food

最喜歡的食物: **Fruit salad**

Favourite drink

最喜歡的飲品: **Water**

Favourite exercise for clients

最喜歡給學員的練習: **Push Ups**

My favourite exercise

最喜歡的運動: **Chin Ups**



NARESH KUMAR

SENIOR PERSONAL TRAINER & STRETCH SPECIALIST

資深私人健身教練及伸展治療師

Favourite movie

最喜歡的電影: **James Bond**

Favourite TV show

最喜歡的電視節目: **Pearl Report**

Favourite food

最喜歡的食物: **Vegetables**

Favourite drink

最喜歡的飲品: **Milk shake**

Favourite exercise for clients

最喜歡給學員的練習: **Running**

My favourite exercise

最喜歡的運動: **Aerobics**



JOE CHAN

PERSONAL TRAINER

私人健身教練

Favourite movie

最喜歡的電影:

Black Hawk Down

Favourite TV show

最喜歡的電視節目: **Red Bull TV**

Favourite food

最喜歡的食物: **Sushi**

Favourite drink

最喜歡的飲品: **Wine**

Favourite exercise for clients

最喜歡給學員的練習: **Exercises to adjust body posture**

My favourite exercise

最喜歡的運動: **Snowboarding, surfing, hiking**



MIU TSANG

PERSONAL TRAINER

私人健身教練

Favourite movie

最喜歡的電影: **Mission Impossible**

Favourite TV show

最喜歡的電視節目:

American Ninja Warrior

Favourite food

最喜歡的食物: **Congee**

Favourite drink

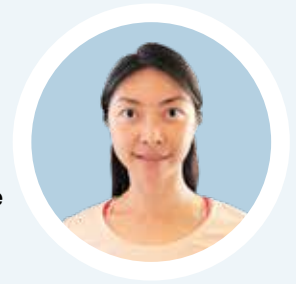
最喜歡的飲品: **Coke**

Favourite exercise for clients

最喜歡給學員的練習: **Core strength**

My favourite exercise

最喜歡的運動: **Headstand**



TERRENCE KWOK

PERSONAL TRAINER

私人健身教練

Favourite movie

最喜歡的電影: **Fast & Furious**

Favourite TV show

最喜歡的電視節目: **American Ninja Warrior,**

The Titan Games, Prison Break

Favourite food

最喜歡的食物: **Salmon, lobster, oysters, spinach, chicken, beef**

Favourite drink

最喜歡的飲品: **Water, coffee, coconut water, green tea**

Favourite exercise for clients

最喜歡給學員的練習: **Functional Strength, Cross Training & Abs Core Strengthen**

My favourite exercise

最喜歡的運動: **Cycling, weightlifting, leg press, bench press, stretching**



Meet with our new Yoga professional –

ALISON MACKAY

Alison is from Scotland and has lived in Hong Kong since 2010. She has completed a 200-hours Foundation Yoga Teacher Training with Patrick Creelman and Rinat Perlman in 2016 and 300-hours Wild Lotus Yoga Teacher Training with Patrick Creelman and Rinat Perlman in 2018. Her classes place a strong emphasis on the alignment of the asana, guiding her students to understand their unique physicality and connecting to the more subtle energetic qualities of the practice. Meet her in person for Monday Vinyasa Yoga at 9.30am and Wednesday Social Yoga at 7pm.

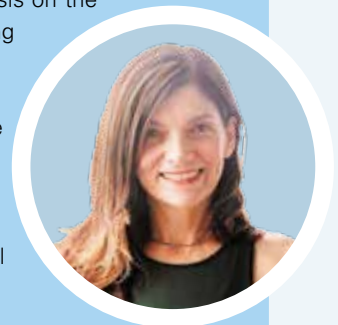
For bookings or enquiries, please contact Central Reservations Centre on 2814 1222.

Alison來自蘇格蘭，自2010年已居於香港。她於2016年完成了200小時Patrick Creelman和Rinat Perlman的基礎瑜伽導師培訓，及在2018年完成300小時Patrick Creelman和Rinat Perlman的海倫野蓮流瑜伽導師培訓。她的課程強調體位式對齊，引導學生了解身體獨特的結構，透過練習提升活力和身體特質。

流瑜伽班 — 星期一，上午9時30分

社交瑜伽 — 星期三，晚上7時

報名或查詢請致電預訂服務中心電話2814 1222。



Private and Semi-Private lessons are available. For more details, please contact the Fitness Centre at 2814 5337 or fitness@aberdeenmarinaclub.com

本會提供私人及半私人課程。查詢詳情請致電健身中心電話2814 5337或電郵至 fitness@aberdeenmarinaclub.com



Shangri-La Group Caring for our Community Programme with Tzu Chi Foundation

香格里拉集團與佛教慈濟基金會合辦社區關懷計劃

The Club is now working as a team with local Shangri-La colleagues and Tzu Chi Foundation volunteers to prepare and deliver food and daily necessities to nearly 1,000 disadvantaged residents twice a month. The programme will run until the end of this year.

The first round of the volunteer work started in May. Around 30 colleagues helped pack the goodie bags, and another team helped distribute the packages to residents in different districts including Sham Shui Po, Tin Shui Wai and North Point.

Tzu Chi Foundation is a registered humanitarian and non-governmental organization (NGO), grounded in Buddhist teachings of helping all in need, regardless of gender, race or religion. Tzu Chi has a strict policy of ensuring that 100 percent of donations are channelled to those in need.

The Hong Kong Tzu Chi branch has extensive experience in collaborating with other NGOs to sustainably support the underprivileged through financial resources and emotional care.

本會與香格里拉集團的同事和佛教慈濟基金會的志願者攜手合作，每月兩次為一千名弱勢市民贈予食物及日用品。計劃為期直到今年年底。

第一輪志願工作於5月份已開始進行，當時約有30位同事幫助準備工作，另一組團隊幫助將食品分批發送給深水埗、天水圍和北角等不同地區的居民。

佛教慈濟基金會是一家註冊的非政府組織佛教慈善機構，旨在幫助所有需要幫助的人，不分性別、種族或宗教。佛教慈濟基金會政策嚴謹，確保將所有捐款用於有需要的人。香港佛教慈濟基金會分行擁有豐富的經驗與非政府組織合作，以關懷持續地支持弱勢社群。



SUMMER STAYCATION SERIES AT KERRY HOTEL

Presenting the Summer Staycation Series at Kerry Hotel Hong Kong, a unique collection of 6 tailored staycation offers to cater to individual guests needs for a relaxing summer break at our urban resort.

The packages include a Family Adventure, Couple's Retreat, The Luxe Package, Millennials Me Time and a Girls' Night In. Each offer includes a host of exclusive benefits, activities and experiences to ensure a memorable experience, from outdoor yoga classes to children's activities and cocktail masterclasses and more.

Prices start from HK\$2,200 + 10% per room per night.

For reservations and enquiries, please call (852) 2252 5888 or e-mail reservations.khhk@thekerryhotels.com.

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Kerry Hotel Hong Kong



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KERRY HOTEL
— Hong Kong —

MORE ROOM FOR LIFE

CLUB NOTICES

會所快訊

Dress Codes for Club Restaurants

會所餐廳衣著要求



The Deck, Portside and Caffé Luna indoors

The Deck, Portside及Luna意大利餐廳室內

Casual Attire: Any form of casual or sports wear is permitted, except swimwear.

休閒服：任何休閒服或運動服，泳衣除外。

The Balcony, The Backroom, Marina Grill and The Horizon

露臺泰國餐廳, The Backroom, Marina Grill及海天閣

Smart Casual Attire: Members and guests are required to dress appropriately. No flip-flops or slippers are allowed. Gentlemen in sleeveless shirts or vests will not be admitted.

端莊優雅服：會員和來賓必須穿著合適的服飾。不可穿著拖鞋，男仕不得穿著無袖衫或背心進入以上的餐廳。

Tropical Pool Café and Caffé Luna outdoors

碧波池畔咖啡廳及Luna意大利餐廳室外

Swimwear: Swimwear is permitted only by the poolside or at the Tropical Pool Café and Caffé Luna outdoors. Persons entering other parts of the Club must be fully clothed.

泳衣：池邊、碧波池畔咖啡廳及Luna意大利餐廳室外均可穿著泳衣。進入會所其他範圍內必須穿著合適的衣服。

Thank you for your attention.

多謝合作。

Towel Loss

毛巾供應

Due to unprecedented loss, towels will no longer be available at the Northshore Locker Rooms. Members may check in at the Health Club and collect their towels before play.

Thank you for your understanding.

由於會所長期有大量毛巾遺失，北岸更衣室將不再提供毛巾，會員可於運動前到健康中心登記時領取毛巾。不便之處，敬請原諒。



Embarkation/Disembarkation at End of Dock G

G橋上落船守則

To enhance the embarkation control on Dock G, we would like to inform you of the following mooring policy.

- Dock G embarkation and disembarkation is for approved boats only and must be applied for at least 24 hours in advance. Non-approved mooring will incur a \$1,000 penalty.
- Please ensure that the entire party has arrived before the vessel moors for boarding.
- Boarding time should not exceed 10 minutes, and \$1,000 will be charged per additional five minutes taken.
- Please fill in the Embarkation form at the Club website www.aberdeenmarinaclub.com, or submit a form to the Marina Office by email to marina@aberdeenmarinaclub.com, or by fax to 3020 7484.

Thank you for your attention. Should you have any queries, please contact the Marina Office on 2814 5430.

請遵守以下碼頭G橋上落船守則。

- 碼頭G橋只限獲批准之船隻於指定時間內使用，並需於24小時前申請。未經批准之停泊將罰款港幣1,000元。
- 請確保乘客到齊方可上落。
- 登船時間不得超過10分鐘。超時將收取每五分鐘港幣1,000元的費用。
- 提交登船申請表格，請到會所網頁 www.aberdeenmarinaclub.com、傳真至海事部 3020 7484或電郵至 marina@aberdeenmarinaclub.com。

如有查詢可致電海事部2814 5430。

Shop and Office Spaces Available for Lease

商舖和辦公室出租



For enquiries, please call
Mandy Cheng on 2814 5421 or email
mandy.cheng@aberdeenmarinaclub.com.
如欲租賃本會商舖和辦公室，
請致電2814 5421或電郵至
mandy.cheng@aberdeenmarinaclub.com
與Mandy聯絡。

Typhoon Policy

颱風措施

The Club will be closed two hours after the Typhoon Signal Number 8 has been hoisted. If the Signal is lowered before 4pm, the Club will reopen two hours later. If lowered after 4pm, the Club will remain closed for the rest of the day. We will update Members by e-wire and push notification via iAMC.

會所將於懸掛8號颱風訊號後兩小時關閉。若8號颱風訊號於下午四時前除下，會所將於兩小時後重新開放；但若8號颱風訊號於下午四時後除下，該日則不再營業。請緊貼iAMC及電郵接收最新有關資訊。

NEW CHILDREN'S PARTY PACKAGE

全新兒童派對套餐



Come and celebrate your child's event
with our new party package!

We have Movie or Pajamas Night Mix
and Match Party: 30 minutes Bazooka Ball
and Adventure Zone/Foam Factory/
Switch Games. Includes food and beverage.

快來體驗全新的兒童派對套餐。設有電影或
睡衣的配對主題派對、享受Bazooka Ball及動感樂園/
泡泡工廠/Switch遊戲玩樂30分鐘及包括餐飲。

Enquiries 查詢

2814 5360



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