

# Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

JULY/AUGUST 2021

## SIX OF THE BEST UMBRIA

## DESIGN ICONS THE FIAT 500





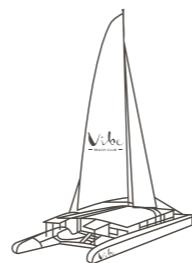


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# Portwatch

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Portwatch Editor / Mr Adam Nebbs



\*Valid until 31 August 2021



# Contents

JULY AUGUST 2021

- |           |  |           |   |
|-----------|--|-----------|---|
| <b>14</b> | Six of the Best Umbria<br>翁布里亞六大旅遊景點         | <b>42</b> | Class Highlights<br>康體課程推介                  |
| <b>20</b> | La Cave Team Recommendations<br>La Cave 團隊推介 | <b>44</b> | Coach Spotlight<br>教練焦點                     |
| <b>22</b> | Wine Dinners<br>紅酒晚宴                         | <b>46</b> | Corporate Social Responsibility<br>企業公民社會責任 |
| <b>28</b> | Design Icons<br>The Fiat 500<br>快意500        | <b>48</b> | Members' Events<br>會員活動                     |
| <b>32</b> | Hair & Beauty Salon<br>美髮及美容中心               | <b>52</b> | Club Notices<br>會所快訊                        |
| <b>38</b> | Fitness Corner<br>健身資訊                       | <b>54</b> | Memorable Moments<br>難忘片段                   |
| <b>40</b> | Activities News<br>活動消息                      |           |   |



**24**



**28**







The Deck will undergo refurbishment  
in July and August.



PORTSIDE

During this period,  
Portside will open daily as an alternative venue.

Caffé  
**LUNA**

Caffe Luna will also be open.

Tuesday to Thursday  
- lunch

Friday to Sunday and Public Holidays  
- lunch and dinner



MARINA  
DELI

# MOON CAKES

at Marina Deli

Gifting festive hampers is a great way to express appreciation to family, friends and business partners during the Mid-Autumn Festival.  
中秋節是親友歡聚的時節，本會準備了多款尊尚禮物籃，是饋贈摯愛親朋或商務夥伴的最佳選擇，讓他們一同感受歡樂氣氛。

## 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 Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅(4件)	\$368
Mini Moon Cakes with Custard and Egg Yolk (9 pieces) 迷你蛋黃奶皇月餅(9件)	\$368
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (9 pieces) 迷你蛋黃白蓮蓉月餅(9件)	\$368
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (9 pieces) 迷你陳皮豆沙月餅(9件)	\$368
Shangri-La 50-year Aged Mandarin Peel, Rose and Red Bean Paste Moon Cakes Gift Box (9 pieces) 香格里拉50年陳皮豆沙玫瑰月餅禮盒(9件)	\$688
Mid-Autumn Festival Hamper 中秋禮品籃	\$2,188
Mid-Autumn Festival Deluxe Hamper 金裝中秋禮品籃	\$2,988

### SPECIAL OFFER 特別優惠

	JUL 1 TO AUG 15	AUG 16 TO SEP 21
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



**COUPON SALES FROM JULY 1.**  
**MOON CAKES AVAILABLE AT MARINA DELI FROM MID-AUGUST**  
月餅禮券由7月1日開始發售。月餅於8月中在深灣店有售。

ADDITIONAL REDEMPTION COUNTER 額外換領地點

**KERRY CENTRE 嘉里中心**  
**STARTS SEPTEMBER 13, MIDDAY TO 7PM**  
由9月13日起，中午12時至晚上7時

For enquiries, please call Marina Deli on 2814 5302, whatsapp 6390 0716 or email [marinadeli@aberdeenmarinaclub.com](mailto:marinadeli@aberdeenmarinaclub.com).  
查詢請致電深灣店電話2814 5302, whatsapp 6390 0716或電郵至[marinadeli@aberdeenmarinaclub.com](mailto:marinadeli@aberdeenmarinaclub.com)



# 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
<b>Mini Moon Cakes with Custard and Egg Yolk (9 pieces)</b> 迷你蛋黃奶皇月餅 (九件)	\$368		
<b>Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (9 pieces)</b> 迷你蛋黃白蓮蓉月餅 (九件)	\$368		
<b>Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (9 pieces)</b> 迷你陳皮豆沙月餅 (九件)	\$368		
<b>Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces)</b> 雙黃白蓮蓉月餅 (四件)	\$368		
<b>Shangri-La 50-year Aged Mandarin Peel, Rose and Red Bean Paste Moon Cakes Gift Box (9 pieces)</b> 香格里拉50年陳皮豆沙玫瑰月餅禮盒 (九件)	\$688		
<b>Mid-Autumn Festival Hamper 中秋禮品籃</b> <ul style="list-style-type: none"> <li>La Sirene De Giscours - Petite Sirene, France 法國紅酒</li> <li>Premier Dried Mushrooms 特級花菇</li> <li>Airbome-Clover &amp; Honeydew Set 紐西蘭特級蜜糖禮盒</li> <li>France Galler Mini Chocolate Gift Box 法國雜錦迷你朱古力條禮盒</li> <li>Whittard Earl Grey Loose Leaf Tea 皇室伯爵茶葉</li> <li>Roasted Sweet Walnuts with Glass Jar 甜合桃禮盒</li> <li>Handcraft Biscuits with Nuts 手工果仁曲奇</li> <li>The Horizon - XO Sauce 海天閣XO醬</li> <li>Mooncakes in Gift Box 月餅禮盒</li> </ul>	\$2,188		
<b>Mid-Autumn Festival Deluxe Hamper 金裝中秋禮品籃</b> <ul style="list-style-type: none"> <li>Champagne Maison Veuve Clicquot, Yellow Label, Brut, N.V 法國特級香檳</li> <li>Premier Dried Mushrooms 特級花菇</li> <li>South Africa Pre-cooked Abalone 南非即食鮑魚</li> <li>Abalone Noodle with Truffle Powder and Olive Oil 南非鮑魚松露粉撈麵</li> <li>Valrhona Almonds &amp; Hazelnuts Chocolate Box 法國榛子果仁朱古力禮盒</li> <li>Whittard Premium Biscuits Collection 皇室特級曲奇</li> <li>Roasted Sweet Walnuts with Gift Box 甜合桃禮盒</li> <li>The Horizon - XO Sauce 海天閣XO醬</li> <li>Mooncakes in Gift Box 月餅禮盒</li> </ul>	\$2,988		
<b>Delivery Charge 送貨服務費</b> : Hong Kong 香港 - \$120, Kowloon 九龍 - \$180, New Territories 新界 - \$220			
<b>Sub Total 合計</b>			
<b>Add: Delivery Charge 加: 送貨服務費</b>			
<b>GRAND TOTAL 總計</b>			

## TERMS AND CONDITIONS 訂購須知

- All advance orders will be ready for collection at Marina Deli as of **August 16, 2021**.
- Please fill in this form and return to Marina Deli by fax at 3020 7495, whatsapp 6390 0716, email to marinadeli@aberdeenmarinaclub.com or in person.
- We will confirm your order by phone. Your membership account will then be debited automatically.
- For enquiries, please contact Marina Deli on 2814 5302.
- Order starts July 1, 2021.

- 所有月餅訂購可於2021年8月16日起在深灣店提取。
- 請填妥此訂購表格傳真至3020 7495, whatsapp 6390 0716或電郵至marinadeli@aberdeenmarinaclub.com, 亦可親臨深灣店訂購。
- 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。
- 惠顧及查詢, 請致電深灣店電話 2814 5302。
- 7月1日開始接受預訂。

## 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

the  
BALCONY

# Samui Island Specials

蘇梅島美食推介

Throughout July & August  
7月及8月

It is well known that food plays an important role in Thai culture and society, and so it does on Koh Samui. This summer, our Thai chef will create a variety of seafood dishes inspired by the food culture of this beautiful island.

在泰國蘇梅島美食的地位佔一席位, 這個暑假本會的廚師將為大家介紹蘇梅島的飲食文化, 並創作出不同的海鮮美饌。

Deep-fried vegetarian chicken and beancurd stuffed in bean sheet served with plum sauce  
式炸素腐皮卷

\*\*\*

Mixed fruit salad with soft shell crab  
軟殼蟹鮮果沙律

\*\*\*

Spicy and sour seafood soup with turmeric and vegetables  
酸辣黃薑海鮮雜菜湯

\*\*\*

Stir-fried bitter bean with chili and squid  
香辣魷魚炒四季豆

\*\*\*

Cassian red curry with prawn  
鐵刀木葉紅咖喱大蝦

\*\*\*

Stir fried minced pork with Samui curry paste served with fresh vegetable dip  
蘇梅咖哩醬炒免治肉碎配蔬菜蘸

\*\*\*

Baked rice coconut pudding with golden thread egg  
絲椰汁布甸

\*\*\*

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





# SUMMER DISHES

## 精選 夏日菜式推介

Throughout July & August  
7月及8月



冰鎮花雕鮑魚 Chilled abalone, Chinese wine	\$368
八寶燉冬瓜盅 Doubled-boiled whole winter melon soup	\$780 <small>六位用 For six people</small>
士多啤梨脆香骨 Pork spare ribs, strawberry sauce	\$228
原籠荔荷蒸肉筋 Steamed sliced pork, lychee, lotus leaf	\$188
脆香芋絲千層茄子 Deep-fried layered eggplant, minced shrimps	\$188
奇異香芒炒蝦球 Sauteed prawns, mango, kiwi fruit	\$318
夜香花黑松菌滑蛋炒帶子 Scrambled eggs, scallops, black truffle, night fragrant flower	\$338
欖菜肉末蝦松炒四季豆 Sauteed string beans, diced shrimps, minced pork, preserved vegetables	\$188
蟲草花高湯金腿科甲瓜 Poached winter melon, Yunnan ham, cordyceps flower in superior soup.	\$178
黑蒜涼瓜炒墨魚餅 Sauteed cuttlefish patties, bitter cucumber, black garlic	\$188



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



A Warm Welcome to  
New Horizon Chinese Executive Chef

## Li Man Lung

新任海天閣行政總廚  
李文龍師傅

**W**ith more than 18 years of working experience in high-end Cantonese and Michelin-starred restaurants, Chef Li adheres to a long-standing culinary philosophy, using the best local and international ingredients to cook traditional and authentic dishes in a novel and modern way. His solid cooking skills, in-depth understanding of ingredients, and excellent kitchen management skills are the foundations of his widely acclaimed dishes.

Before joining the Club, Chef Li worked in Michelin-starred restaurants including Duddell's, Lai Heen at The Ritz-Carlton Macau, Tin Lung Heen at The Ritz-Carlton Hong Kong, and Yee Tung Heen at the former Excelsior Hotel in Causeway Bay.



年輕又滿腔熱誠的李文龍師傅於本年加入海天閣擔任行政總廚。李師傅擁有超過18年的高級粵菜及米芝蓮星級餐廳的工作經驗，秉承著悠久的烹飪哲理，以新穎現代的方式和採用本地和來自世界各地最優質的食材，烹調出傳統而正宗的粵菜。他擁有紮實的烹飪技巧及對食材深入理解，以及優秀的廚房管理技能等，均為過往菜餚廣受好評的基礎。

在加入本會之前，李師傅曾在不同米芝蓮星級食府工作，包括都爹利會館、澳門麗思卡爾頓酒店的麗軒、香港麗思卡爾頓酒店的天龍軒、以及香港怡東酒店的怡東軒。



# KIDS CAKE FUN WORKSHOPS

**1.5-hour session**  
**\$480 per workshop**

Snacks and drinks included @ Caffe Luna

**July 7 Under the Sea Cake**



**July 14 Summer Bao Art**



**July 21 Lil Pup Cupcake**



**July 28 Summer Fun Pops**



## Reservations

Please call the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

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## 01 Orvieto 奧爾維耶托



From the soaring spires of its magnificent cathedral (left), to the compelling depths of St Patrick's Well (bottom), Orvieto is one of the most delightful cities in Italy. Perched atop a flat volcanic butte, it has been inhabited since Etruscan times – a period recalled by more than 1,000 tunnels and caves that are still being discovered. The streets are clean, the buildings well preserved and gardens, terraces and window boxes well tended, all of which creates a colourfully evocative atmosphere guaranteed to charm the visitor. The city is easily reached by train or car, as a day trip from Rome, but also makes a perfect base for exploring the region, if you can drag yourself outside the city walls, beyond the captivating interior.

從大教堂(左圖)的宏偉巍峨尖頂,到引人入勝的聖帕特里克井(下圖)的深處,奧爾維耶托是意大利最令人愉悅的城市之一。自伊特魯里亞時代以來,它就一直屹立在平坦的火山山頂上,被發現了一千多處的隧道和洞穴,而喚起了這段時期的歷史。整潔的街道,以及保存完好的建築物、花園、露台和窗框,吸引著每一位遊客。一日遊的話,可輕鬆地乘坐火車或汽車從羅馬到達這座城市。除了市內迷人景致,若你想走到城牆以外,探索周邊地區,它也是一處理想的落腳點。

In this issue we pay a virtual visit to central Italy to explore . . .

# SIX OF THE BEST UMBRIA

意大利翁布里亞  
六大旅遊景點







02

## Assisi 阿西西

Aside from being one of the most strikingly beautiful towns in Umbria, Assisi is the renowned hometown of Saint Francis (1181-1226), or San Francesco, the patron saint of Italy, animals and the environment. The Saint Francis Basilica (top), which holds the saint's tomb, is a popular tourist and pilgrimage destination. There are several other interesting churches, Roman ruins, medieval sites, shops, and museums within the walled centre, and a full day can be spent exploring Assisi's interior and exterior attractions. It's a good idea to start exploring from the top of the town, and work your way down, especially in summer when cool church interiors offer welcome refuge from the heat.

阿西西除了是翁布里亞最美麗的城鎮之一，還是著名的聖方濟(Saint Francis)(1181-1226)或意大利、動物及環境的守護聖人聖方濟各(San Francesco)的故鄉。擁有聖墓的聖方濟斯大教堂(上圖)是一個很受歡迎的旅遊和朝聖目的地。在圍牆內的中世紀中心城區，還有其他有趣的教堂、羅馬廢墟、中世紀遺址、商店和博物館，可花上一整天的時間來探索阿西西的內外景點。最理想的途徑是從城鎮的高處開始一直往下探索，尤其是在夏天，涼爽的教堂是消暑的好地方。



03

## Perugia 佩魯賈

Umbria's capital, Perugia is a vibrant place with two noted universities and several colleges, giving it a livelier atmosphere than other Umbrian towns. There's quite a lot to do and see in Perugia and since it's well served by public transportation, it also makes a good base for exploring Umbria's other hill towns. Art lovers shouldn't miss the Palazzo dei Priori, one of the most beautiful and imposing buildings in Perugia, which houses the Galleria Nazionale dell'Umbria, a superb gallery of Umbrian medieval and renaissance art. It's one of Italy's finest Gothic palaces.

翁布里亞的首府佩魯賈是一個充滿活力的地方，擁有兩所著名大學和幾所學院，比其他翁布里亞城鎮更具生氣。佩魯賈有很多可尋覓的事物和瀏覽的地方，而且由於公共交通十分便利，它也是探索翁布里亞的其他山城的理想落腳點。藝術愛好者們更不應該錯過佩魯賈最美麗及恢宏建築之一的普廖里殿(Palazzo dei Priori)。內有翁布里亞國家美術館，展現了翁布里亞中世紀和文藝復興時期藝術的頂級展館，亦是意大利最好的哥德式宮殿之一。



04

## Spello 斯佩洛

A few kilometres south of Assisi, Spello is another quaint little medieval town, set on terraces above the Spoleto Valley. Attractions include Santa Maria Maggiore church, and its wonderful frescoes, but what makes Spello special are its narrow geranium-filled alleyways, steep steps, ancient white-stone buildings and the very laid back atmosphere and that classic Umbrian small-town charm. Roman ruins and sweeping valley views also combine to make Spello one of Umbria's most photogenic locations.

斯佩洛位於阿西西以南幾公里，是一座古樸的中世紀小鎮，坐落在斯波萊託山谷(Spoleto Valley)上方。引人入勝的地方包括聖母教堂及其精彩的壁畫，讓斯佩洛與眾不同的是它佈滿天竺葵的狹窄小巷、陡峭的階梯、古老的白石建築和悠閒的氣氛，以及經典的翁布里亞小鎮風情。羅馬遺跡和一覽無遺的山谷風光也使斯佩洛成為翁布里亞最適合取景拍照的地點之一。



05

## Castiglione del Lago 卡斯蒂廖內德拉戈

On the shore of Lake Trasimeno, the town of Castiglione del Lago is famous for its 13th-century Castello del Leone, whose watchtowers provide striking views over the lake, and its medieval center. The town is a good base for trips to lakeside villages, and ferry rides to the lake's three islands. The largest of these, Isola Polvese, is home to the historic Church of San Guiliano and to the beautiful Garden of Aquatic Plants, which was created by the renowned Italian landscape architect Pietro Porcinai in the 1950s. It's a different side to Umbria that's well worth seeking out.

卡斯蒂廖內德拉戈鎮位於特拉西梅諾湖湖岸，以其13世紀的Castello del Leone城堡而聞名，從其瞭望塔上可欣賞到湖泊及其中世紀中心城區的壯麗景色。該鎮是前往湖邊村莊旅行和乘渡輪前往該湖三個島的理想出發點。其中最大的Isola Polvese島是歷史悠久的聖吉利亞諾教堂和美麗的水生植物花園的所在地，該花園由著名的意大利景觀設計師Pietro Porcinai在1950年代創建。這是翁布里亞令人嚮往的另一面。







## 06 Corciano 科爾恰諾

Corciano is a small, medieval, hilltop settlement, located just a few kilometres outside Perugia. The old centre is well-maintained and the charming town makes a pleasant daytrip away from the busier tourist areas. A friendly tourist information office has a small but interesting museum, and this is a good place to begin exploring the historic centre, which offers plenty of Umbrian atmosphere, and attractive landscape views. Outside the town's historic entrance, the Porta Santa Maria, hangs a large cage inside which criminals were once enclosed.

科爾恰諾是一個中世紀的山頂小殖民區，位於佩魯賈外僅幾公里處。舊的中心城區保存良好，迷人的小鎮遠離繁忙的旅遊區，能為你帶來愉快的一天遊。親切的遊客中心有一個小而有趣的博物館，這是開始探索歷史中心的理想出發點。該中心散發著豐富的中世紀氣氛，並享有醉人的風景。在小鎮歷史悠久的入口外，聖瑪麗亞門 (Porta Santa Maria) 還掛著一個大籠子，那曾經被用以囚禁罪犯。



**Armchair  
Travel**  
梳化上旅行

A number of YouTube channels offer free virtual walks around all the places mentioned here. The best of these is **Prowalk Tours**, which provides pleasant, atmospheric and carefully filmed HD walks around Orvieto (110 minutes), Assisi (120 minutes) and Perugia (92 minutes). All three provide drone footage introductions and interactive maps, and are especially immersive viewed on large-screen TVs with surround sound. Walks around Spello (72 minutes), Castiglione del Lago (52 minutes) and Corciano (45 minutes) are provided by the **Still Wanderer** channel, in a similar format but to not quite such a high standard of presentation. These type of point-of-view walks – which are quickly gaining in popularity – can be enjoyed with a treadmill, or exercise bike, or simply on the sofa with a supply of Italian food and wine to enhance the mood of the new armchair travel experience.

許多YouTube頻道提供圍繞此處提到的所有地點的免費虛擬漫遊。當中最出色的是 Prowalk Tours，它提供精心製作的高清影片既愉快又有氣氛，這些影片漫遊於奧爾維耶托(110分鐘)、阿西西(120分鐘)和佩魯賈(92分鐘)周圍。這三者均有航拍片段介紹和互動式地圖，尤其是在有環迴立體聲的大屏幕電視上觀看，令人歎如身臨其境。Still Wanderer 頻道提供了漫遊Spello(72分鐘)、Castiglione del Lago(52分鐘)和Corciano(45分鐘)，風格相似，但質素表現不算很高。這種視點漫遊迅速流行，你可以在跑步機或健身單車上觀看，甚至在梳化上一邊欣賞一邊享用意大利美食和美酒，增添樂趣。

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## Exploring Germany and Austria

In this issue we look at two often underrated wine producing countries – Germany and Austria.

### Germany

German winegrowers produce some of the world's most distinctive and aromatically pure white wines. The country's best known and widely grown grape is the Riesling, which at its best is used for aromatic, fruity and elegant white wines that range from very crisp and dry to well-balanced, sweet and of enormous aromatic concentration. Rieslings account for around 20 percent of the country's total wine production, while the country's Spätburgunder (the domestic name for Pinot Noir) is the primary red wine.

Germany is one of the most northerly wine-growing countries in the world, and vines enjoy a cooler climate and a typically hilly topography. The growing season is long, with a perfect balance of rainfall and sunshine. This enables grapes to ripen slowly, thus maintaining their fruity acidity while developing natural sugars and absorbing minerals from the soil. The succession of warm days and cool nights in autumn brings forth unique aromatics. Germany's 13 primary wine-producing regions account for about

103,000 hectares, or only about one-eighth of France. They include Mosel, Baden, Rheingau, Nahe and Pfalz.

German Pinot Noir can cost a fraction of what you pay for a comparable wine from Burgundy. If you appreciate Pinot Noirs that are on the lighter, elegant style, you will fall in love with German Pinot Noir as well!

### Austria

Situated to the southeast of Germany, Austria has a cool continental climate, which is heavily influenced by the neighbouring Alps. Austrian wines have enjoyed recent international success thanks to the dry white wines made from the indigenous



The Rhine River  
萊茵河



Wachau, Austria  
奧地利瓦豪

grape variety, Grüner Veltliner. This spicy white grape accounts for more than a third of Austria's total acreage. This and Riesling are arguably two of the world's highest quality white wines, but have you discovered Austrian reds, particularly Pinot Noir, Blaufränkisch and Zweigelt? These are among European viticulture's hidden gems, and account for around 30 percent of Austrian wine production.

Austria's wine country is divided into three parts, each split into smaller regions. Niederösterreich (Lower Austria) is to the northeast along the river Danube, its tributaries and surrounding Vienna. Burgenland is to the east, and Steiermark (Styria) in the south. Niederösterreich is most important area, with three of the best-known regions in Austria: Kamptal, Kremstal, and Wachau. A huge number of wines coming from these three regions are white and dry, with Grüner Veltliner and Riesling leading the charge.

Austrian red wines are lighter, food-friendly, with textures ranging from silky smooth to velvety. Their power is more often expressed aromatically than through assertive tannins or overly firm structures, while bright acidity highlights every nuance of fruit and spice.

In July and August, we are glad to invite you to our wine dinners at The Balcony and The Backroom to explore German and Austrian wines. See pages 23 and 25 for details.

對於許多飲酒者而言，法國或意大利葡萄酒無疑是舊世界葡萄酒之鄉的代表，無論從質量還是數量上來說，這都是世界上兩個重要的葡萄酒生產國。但是，您應該開始注意任何德國和奧地利的葡萄酒了，它們大多數的葡萄酒很可能是被低估和被遺忘。

### 德國

德國的葡萄種植者生產一些世界上最獨特和芳香純正的白葡萄酒。Riesling是該國最廣為人知和廣泛種植的葡萄，其芳香，果味和高雅令人印象深刻。其範圍從非常乾身，到平衡良好，甚至帶甜，且具有濃郁的芳香。Riesling約佔該國葡萄酒總產量的20%，而該國的Spätburgunder (Pinot Noir的德文名稱) 是最主要的紅酒品種。

德國是世界上最北端的葡萄酒產區之一。生長季節長，降雨和日照完美平衡。使葡萄能夠緩慢成熟，從而保持其豐富果味和清爽酸度，同時產生天然糖分並吸收土壤中的礦物質。秋天連續溫暖的日子和涼爽的夜晚帶來了世界上獨一無二的芳香。德國的13個主要葡萄酒產區約有103,000公頃，幾乎只有法國的八分之一。包括Mosel, Baden, Rheingau, Nahe, Pfalz在內，使葡萄酒變得如此出色的原因在於葡萄的生長地貌。在德國，釀酒葡萄的氣候通常也是涼爽和位於山丘地段。

對於鐘愛Burgundy紅酒的朋友而言，還有一個好消息：您可以很容易便找到價格比Burgundy Pinot Noir便宜一截的德國Pinot Noir！如果您喜歡清淡，優雅的Pinot Noir，那麼您必會愛上德國Pinot Noir！

### 奧地利

而奧地利位於德國的東南部。受到鄰近阿爾卑斯山的影響，奧地利的氣候為涼爽的大陸性氣候。奧地利葡萄酒得益於本地葡萄品種Grüner Veltliner製成的乾白葡萄酒，在國際上取得了成功。這種帶辛辣的白葡萄佔奧地利總種植面積的三分之一以上。Riesling也同樣重要，可以說是世界上質量最高的兩種白葡萄酒，但是您是否注意到了該國的紅葡萄酒，特別是Pinot Noir, Blaufränkisch and Zweigelt？奧地利紅葡萄酒可能被視為歐洲葡萄的瑰寶，共約佔奧地利葡萄酒總產量的30%。奧地利的酒鄉分為三個部分，再細分成更為細小的著名釀酒區域。

Niederösterreich (下奧地利州) 位於多瑙河東北部和維也納周邊。Burgenland位於東部，而Steiermark位於南部。Niederösterreich是最重要的領域，您會發現奧地利3個最著名的地區：Kamptal, Kremstal, and Wachau均來自這州份。主要生產Grüner Veltliner和Riesling主導的白葡萄酒。此外，也不可錯過奧地利的紅酒，它們通常較輕身，天鵝絨般質地配以芳香氣息，也不會過度生硬和苦澀單寧，明快酸度同時突顯了香料和水果香氣，因此很適合佐餐。

在這個7月和8月，我們很高興邀請您參加在The Balcony和The Backroom舉行的德奧葡萄酒晚宴，欲免向隅，一起來認識德國和奧地利的葡萄酒吧！詳情請參閱第23及25頁。





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### WINE DINNER

紅酒晚宴

## THE BACKROOM AT LA CAVE

### KAMPAI! at The Backroom Japanese spirits and sakes dinner 日本酒晚宴

Frigay, 23 July	7月23日 (星期五)
7pm	晚上7時
\$1,180 per person	每位\$1,180
Speaker: Kenji Leung, Brand Ambassador	主持: 品牌大使 Kenji Leung

#### MENU

##### Welcome Drink

The Hakuto Premium Gin 47%  
松井“白兔”杜松子酒

##### Dinner

##### Yellow fin tuna, white soy, tapioca crisp, finger lime

Gekkeikan Premium Tokubetsu Junmai  
月桂冠 優質 特別純米酒

\*\*\*

##### Miso roasted toothfish, asparagus, yuzu beurre blanc

Miyako-Shibori Iwai-Mai Daiginjo  
京釀 祝米 大吟釀

\*\*\*

##### Mayura Wagyu, glazed maitake, onion puree, black garlic

Cho Tokusen HORIN Junmai Daiginjo  
超特撰 鳳麟 純米大吟釀

\*\*\*

##### Whisky flights

The Kurayoshi Matsui Mizunara Cask Whisky  
松井水檜桶單一麥芽威士忌

The Kurayoshi Matsui Sakura Cask Whisky  
松井櫻花木桶單一麥芽威士忌

##### Dessert

##### Cherry blossom

The Kurayoshi Matsui Whisky Umeshu  
松井威士忌梅酒

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## the BALCONY



#### Welcome Drink

Weingut Schmidt Burg-Cuvée  
Sekt halbtrocken

#### Wine Selections

Künstler, Riesling "Alte Reben",  
Stielweg VDP, Erste Lage 2018

\*\*\*

JuliuSpital Würzburger Abtsleite  
Muskateller Kabinett, VDP,  
Erste Lage 2019

\*\*\*

Hirsch Kammern  
Grüner Veltliner 2015

\*\*\*

Weingut Schmelz  
Best of Riesling 2013

### Summer Thai White Wine Dinner 德奧白酒晚宴

Friday, July 30	7月30日 (星期五)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$828 per person	每位\$828
Hosted by Tanja Buchholtz, Brand Ambassador	主持: 品牌大使 Tanja Buchholtz

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M A R I N A  
G R I L LOrin Swift  
Wine Dinner  
葡萄酒晚宴

Thursday, August 12	8月12日 (星期四)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,188 per person	每位\$1,188
Hosted by Bill McMorran – VP/GM, Asia Pacific, E & J Gallo Winery	主持: Bill McMorran E & J Gallo Winery 亞太區總監

## O R I N S W I F T

The history of Orin Swift Cellars dates back to 1995 when, on a lark, David Swift Phinney took a friend up on an offer and went to Florence to spend a semester "studying." During that time, he was introduced to wine, how it was made, and got hooked a few more years of university led to graduation and eventually a job at Robert Mondavi Winery as a temporary harvest worker in 1997.

Deciding that if he was going to work this hard, it would eventually have to be for himself, in 1998 he founded Orin Swift Cellars. Orin is his father's middle name and Swift is his mother's maiden name. With two tons of zinfandel and not much else, he spent the next decade making wine for others as well as himself and grew the company to what it is today.

Sourcing for the Orin Swift family takes Dave across the state of California, with special interest in the Napa Valley, Sonoma County and Santa Barbara. He sets his sights on small lots within the most coveted growing regions, while ensuring that only fruit of the highest quality makes it into the final blend.

Every wine in the portfolio, from the vineyard source to the distinct artwork adorning the label, offers a unique point of view. Orin Swift's eclectic wines combine bold, intense flavours with balance and focused sleekness.

A key part of the attraction of Orin Swift, is the creative individuality of the labels, featuring classic art, dramatic photography, abstract image collages and an out of circulation dime.

Orin Swift Cellar的歷史可以追溯到1995年，當時David Swift Phinney接受了一個朋友的邀請，到意大利佛羅倫斯度過了一個學期。在那段時間裡，朋友介紹他有關葡萄

酒的釀造，令他從此迷上了葡萄酒。在大學畢業後，他在Robert Mondavi Winery謀得一份擔任臨時收割工人的工作。

他於1998年創立了Orin Swift Cellars，Orin是他父親的中間名，而Swift是他母親的姓。他從兩噸的Zinfandel紅葡萄起步，經歷十年時間，釀造了不同的葡萄酒，並將公司發展至今天的水平。

Orin Swift Cellar擁有一系列各種口味的葡萄酒，一切都始於葡萄園。Dave穿越加州，對Napa Valley, Sonoma County和Santa Barbara特別感興趣。他尤其喜歡在這些產區發掘精品，同時確保只有最高品質的葡萄才能進入最終的混釀過程。

他特意把每一款葡萄酒都配以獨一無二的酒標藝術，其獨特的觀點令人印像深刻。Orin Swift的葡萄酒不拘小節，融合了大膽、濃郁的風味，平衡和豐滿感。

除了葡萄酒本身質素以外，Orin Swift Cellar創意十足的酒標也是他們的酒深具吸引力的關鍵原因。古典藝術，戲劇攝影，抽象圖像拼貼和已停產的硬幣都很容易吸引人們注意，令人細味。



**MENU**

Welcome Drink  
Mannequin Chardonnay 2018

Dinner  
**Iberico ham, compressed melon, basil, sherry vinegar**  
Slander Pinot Noir 2018  
\*\*\*

**Steak tartare, oyster emulsion, cured yolk, caper berry**  
Abstract Red Blend 2018  
\*\*\*

**Merino lamb rump, baby beetroot, labne, hazelnut**  
Machete Red Blend 2018  
\*\*\*

**Black Angus fillet, potato comte mousseline, grilled baby gem**  
Palermo Cabernet Sauvignon 2018  
\*\*\*

**Coconut and strawberry pannacotta, sorbet basil**



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THE BACKROOM  
AT LA CAVESpätburgunder Wine Dinner  
Discover Germany and Austria's finest Pinot Noirs  
探索德奧紅酒晚宴

Thursday, August 27	8月27日 (星期四)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,080 per person	每位\$1,080
Hosted by Karl Bachmair, Brand Ambassador	主持: 品牌大使 Karl Bachmair



Welcome Drink  
Fred Loimer, Brut Rosé Reserve NV  
(Pinot Noir/St. Laurent/Zweigelt)

Wine Selections  
Philipp Kuhn,  
Pinot Noir Tradition 2017  
\*\*\*

Bernhard Huber,  
Malterdinger Spätburgunder 2017  
\*\*\*

Fürst, Bürgstadter Spätburgunder 2018  
\*\*\*

Fred Loimer,  
Pinot Noir Anning 2013

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MONT ROUGE  
緹山



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### A Privilege Known By Few

#### 天潢御宅 貴冑府邸

The fourteen private houses at Mont Rouge are spacious, two-storey dwellings offering from 2,846 to 2,876 square feet of living area<sup>(1)</sup>, with convenient underground parking, front and back gardens, and roof.

They are approached via a tree-lined boulevard, providing a welcome departure from the city's concrete canyons. Inside the natural stone façade, garden walls covered with lush greenery create a serene environment. Just fourteen families will be able to enjoy these extraordinary houses, whose excellence is maintained impeccably by Kerry Property Management Services.



### Views that go on Forever<sup>(2)</sup>

#### 極目遼闊 俯瞰穹蒼

From one of the highest vantage points in Kowloon, Mont Rouge affords breathtaking 180-degree views of the entire Kowloon Peninsula and surrounding mountain peaks in Hong Kong Island, Lei Yue Mun Strait, and Stonecutters Island<sup>(2)</sup>.

Mont Rouge has been recognized and certified by the Hong Kong Green Building Council (HKGBC), whose silver certificate denotes a project that stretches the conventional boundaries of sustainability and environmentally friendly design. There is also a club house, expertly appointed and managed, for the private use of those who call Mont Rouge home.

### The Nature of True Style

#### 一碧萬頃 寧靜致遠

The ingenious design of Mont Rouge brings nature into daily life. Private Houses face south, ideal for sunlight and greenery. Floor-to-ceiling windows flood sunlight into rooms even as they showcase breathtaking city views.

A skylight in the master bathroom connects indoor spaces with the sky above, and individual private gardens allow residents to savour the glories

of nature whenever the step outside. Inside, human ingenuity reigns through an inspired use of materials, including dramatic oak-and-glass stairways. Privacy is of utmost concern, as befits a residence of this stature. Each house has its own parking space, from which a private lift whisks residents directly to their homes.



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#### 名門擇居 傳世珍藏

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# THE FIAT 500

快意500

- by Peter Walbrook

Although out of production for almost half a century, you won't travel far in Italy today without seeing an original Fiat 500 – or “Cinquecento”, as they say in Italy. Praised by TV's James May (*Top Gear*, *The Grand Tour*) as “a potent symbol of Italian utilitarian chic”, they're as fashionable in 2021 as when first launched back in the summer of 1957.

Designed as a fun people's car – a kind of Vespa for the whole family – by Fiat's Lead Engineer, Dante Giacose, the earliest model was the Nuova 500. It was powered by a tiny 479cc, two-cylinder, air-cooled engine, which produced just 13 horsepower. Its compact, rounded body and sunroof (standard,

not optional) are said to have reflected the high price of steel in 1950s Italy, and – aside from estate and van versions – the overall design changed little until the car was discontinued in 1975 (although engine performance improved somewhat over the years).

Giacose won Italy's prestigious Compasso d'Oro industrial design award for his work, the first time it had been presented to a car designer. It was, importantly, a car that people enjoyed driving and looked good doing so, and it fitted the narrow streets of Italy's cities and towns – from Tuscany and Umbria to Naples and Sicily – and their rural surroundings perfectly, in both size and style.



儘管已經停產了將近半個世紀，若您在意大利旅行時還會不時看到原始的快意500 –或“Cinquecento”。曾被電視節目的James May譽為“意大利功能派別緻的像徵”，在2021年尤如以往1957年夏天首次推出時一樣時尚。

快意首席工程師設計Dante Giacose的概念，是設計出一輛富趣味的汽車，一輛全家的Vespa，最早的型號是Nuova 500。提供479cc兩缸風冷發動機動力，僅有13馬力。據說其緊湊的圓形車身和天窗(標準，不是選裝)反映了1950年代意大利鋼鐵的高價，除了旅行房車和廂式貨車版本外，總體設計幾乎沒有變化，直到1975年汽車停產為止(儘管多年來發動機性能有所改善)。

Giacose贏得了意大利著名的Compasso d'Oro工業設計獎，首次由汽車設計師取得此獎項。最重要的是，人們喜歡駕駛好看的汽車，它還適合在意大利城市中的狹窄街道上駕駛 — 由托斯卡納和翁布里亞到那不勒斯和西西里島，其風格完美地和鄉村環境融合。



A total of 3,893,294 Fiat 500s were built during its 18-year run, and there are still plenty of online tour and rental companies renting out vintage Fiat 500s all over Italy, including [rome500exp.com](http://rome500exp.com) in Rome, [drivethevintage.com](http://drivethevintage.com), [500touringclub.com](http://500touringclub.com) and [www.slowhills.com](http://www.slowhills.com) in Tuscany and [500vintagetour.com](http://500vintagetour.com) in Sicily.

在18年營運期間，共生產了3,893,294輛快意500，而且在意大利各地仍然有很多網上旅遊公司和租賃公司租用快意500的舊款型號，包括羅馬的[rome500exp.com](http://rome500exp.com)、[drivethevintage.com](http://drivethevintage.com)、[500touringclub.com](http://500touringclub.com)、托斯卡納[www.slowhills.com](http://www.slowhills.com)，以及西西里島的[500vintagetour.com](http://500vintagetour.com)。





MAKE ANY DAY DELIGHTFUL, MEANINGFUL AND MEMORABLE  
WITH THE HELP OF YOUR CLUB EVENTS SALES TEAM.

# EVENTS SUMMER SPECIAL



## SPECIAL CHINESE DINNER MENU

Priced from \$7,380 per table  
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~Welcome drinks served upon arrival

~20% discount on minimum charge

~Complimentary steamed longevity  
buns or 2lb birthday cake  
for birthday dinner celebration

## WESTERN SET DINNER MENUS

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~Voucher for weekday buffet dinner at the  
Deck for four persons with  
attendance of more than 60 persons

THE  
ABERDEEN MARINA CLUB

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THE  
ABERDEEN MARINA CLUB

## Special Summer Meeting Package



Priced at \$780 per person  
offered in July and August to include...

- Free use of meeting room from 9am to 5pm
- A selection of Chinese dim sum lunch; 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 usage of LCD projector and screen
- Complimentary car park spaces throughout the meeting for all participants

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CUTTING  
Edge

## Who We Are

A collective of professionals and experts in the hair industry, providing Members with world-class quality services. Here we highlight the team at Cutting Edge Hair Salon's strengths, the expertise they possess and what they can deliver to you.

本會專業髮型師為會員提供世界一流的優質服務。我們的團隊擁有專業的知識以及為您提供稱心的服務。

## What We Do

The team is led by Artistic Director Wael Malki. With over 15 years of international experience, he harnesses the latest trends in the hair industry and brings them to Club Members. The co-pilot, Jason Chau plays an essential role in logistics and admin. He also delivers the best services with Betty, and together they are the Creative Stylists.

We believe the ultimate results come from the first 10 minutes of the service – the consultation. The entire Cutting Edge Hair Salon team is highly qualified to conduct excellent consultations for ladies and gentlemen. The Top stylists Steve, Jackson, Ben, and Billy have positioned themselves and are all experts in the field.

Masters of the most colourful and brilliant hair colouring, highlights and other services are Cassette and Rachel. Together they can create and execute magic in each service.

本會團隊由髮型總監Wael Malki領導。憑藉超過15年的國際經驗，為會員帶來美髮的最新趨勢。Jason Chau為團隊的副手，管理物流和行政。他和Betty也是創意髮型師，為大家提供最好的服務。

取得完美效果前，先提供10分鐘的諮詢。Cutting Edge團隊擁有資深的經驗，不論女仕和男仕們都得到滿意的體驗。資深造型師Steve、Jackson、Ben和Billy都是業內的專家。

而Cassette和Rachel為大家提供各種染髮的服務。整個團隊一起為大家創造如魔術般的美。



## What We Deliver

Our motto is "Happy Members" and for that we give care to every detail, product and service we provide to you.

We are looking forward to welcoming you back to Cutting Edge Hair Salon soon!

我們認真對待每一個細節，提供合適的產品和服務。並期待大家的光臨！

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

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CUTTING  
Edge

# EMSELLA

## Experience your well-being

### EMSELLA-幸福的體驗

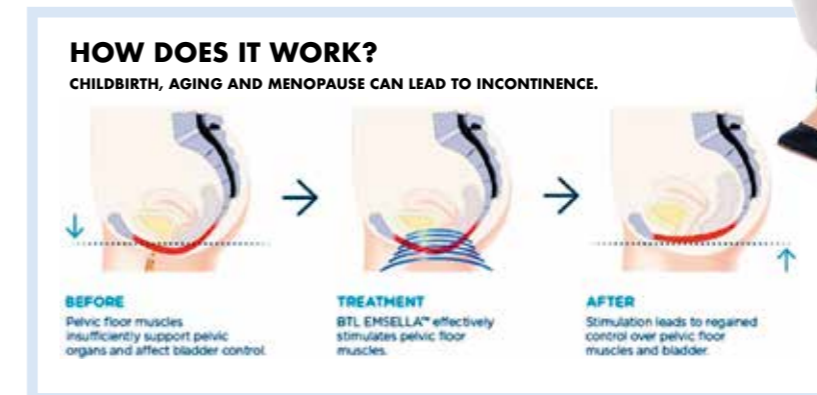
The EMSSELLA® Chair utilises High-Intensity Focused Electromagnetic technology (HIFEM) to cause pelvic floor muscle contraction. The science is based on focused electromagnetic energy, deep penetration and stimulation of the entire pelvic floor area.

One session is equal to 10,000 Kegel exercises. Each session is 28 minutes long, and a typical patient would require eight sessions

The success story of EMSSELLA and the great comments from Members truly is inspiring. Therefore, we are maximising the value of each session and minimising the price to encourage all who need it to step forward.

New packages will be available starting July.

- Eight session package \$20,000 valid for two years and for two adults.
- 20 session package \$40,000 valid for two years and for three adults.



The EMSSELLA® 椅的高能量聚焦磁技術(HIFEM)有效使盆底肌肉收縮。技術引用聚焦磁場，刺激和深層滲透整個骨盆底區域。一次的療程等於做了數千次的收縮盆底肌肉運動。

療程期間肌肉會因電磁場刺激而收縮，結果相等於完成一萬次凱格爾訓練。療程為28分鐘，典型的患者需要約8個療程。

效果得到各方的肯定。有見及此推出最新優惠，不要遲疑立即行動預約吧。

全新優惠服務由7月開始。

- 8個療程，兩位成人收費為\$20,000，有效期為兩年
- 20個療程，三位成人收費為\$40,000，有效期為兩年



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[salon@aberdeenmarinaclub.com](mailto:salon@aberdeenmarinaclub.com)





## Massage at the Health Club

### 按摩療程

Indulge your body, mind and soul with a massage treatment.

Massage can help reduce stress buildup around your vital organs and drain the toxins from your lymphatic system. Improve your immunity to protect yourself and your loved ones.

The Health Club Massage Centre is open daily from 9am to 9pm.

Booking is available at [www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)

透過按摩療程能舒緩積累的壓力令身心放鬆和舒泰。

按摩有助保持身體、心理和情緒健康，特別是作為常規保健的習慣。按摩可以為您提供很多好處，如改善淋巴系統，緩解肩部到腳部的疼痛。

健康中心營業時間為每天上午9時至晚上9時。

歡迎瀏覽會所網頁[www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)預約服務。

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CUTTING  
Edge

## Cutting Edge Nail Bar

Cutting Edge 美甲吧

At the Nail Bar, we deliver excellent service using organically harvested vegan products that are ultra-hydrating and naturally age-defying, while our team of skillful technicians execute to perfection each finger and toe. We leave your hands and feet feeling silky soft, and smooth.

At the 8/F Nail Bar and we offer a wide selection of hand and foot care services.

### CND SHELLAC

The CND Shellac colour lasts for 14 days without losing shine or shape. We carry the entire collection of CND soft gel, Vinylux and Creative Play Colours.

### GELISH and MORGAN TAYLOR

Together, they provide over 250+ colours, and the majority of those astonishing shades are available for Members to mix and match.

### Organic and Age-Defying

We believe the beauty of your hands is the true reflection of you, and at Cutting Edge, we have the magic recipe for the glamorous hands and feet using Perfect Sense.

Perfect Sense is a ground-breaking paraffin treatment rich in Swiss Apple Stem Cells, which provides a premium age-reversal for your hand and feet. This treatment will help maintain optimal skin health through regular hydration, nourishment, and protection.



美甲吧選用來自世界各地的天然有機美甲優質品牌。

於本會8樓的美甲吧，提供一系列手部及腳部的療程。

### CND SHELLAC

CND Shellac顏色持久，14天也不會失去光澤，能保持甲形完美。本會美甲吧提供這品牌所有系列的產品，如soft gel、Vinylux及Creative Play colours。

### GELISH and MORGAN TAYLOR

提供超過250種顏色，可隨著喜愛任意配搭。

### Organic and Age-Defying

透過手可以反映年齡，Cutting Edge提供Perfect Sense療程，為您打造迷人的玉手和美足。Perfect Sense突破性的石蠟療程，含瑞士蘋果乾細胞為您的手腳提供驚人的年齡逆轉。通過定期的療程，可以滋潤和保護肌膚，幫助皮膚維持最佳的狀態。

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**MARGY'S**  
M O N T E - C A R L O

## MARGY'S MONTE CARLO ANTI-AGEING FACIALS

Margy's Monte Carlo 抗衰老美容療程

We are thrilled to introduce our co-operation between Cutting Edge Beauty Salon and Margy's Monte Carlo. Originally from Switzerland, the brand has worldwide accreditation and an excellent reputation for delivering the best results.

### Brand Introduction

Margie Lombard, the founder and creator of Margy's Monte Carlo (MMC), is a world-renowned Swiss therapist and beauty expert with more than 40 years of experience in skincare.

Margie's vision was to deliver a powerful, results-orientated skincare range using signature level concentrations and natural anti-ageing ingredients to provide formulations that rapidly transform the skin.

Established in 1995, MMC fuses science and beauty using biomimetic technology to deliver potent formulas and visible skin transformations with ingredients that combine naturally to maximise the skin's natural radiance.

Margie Lombard 女士是全球知名的護膚美容專家，融合科學與美麗的追求，她於1995年創立的高科技抗衰老品牌Margy's Monte Carlo。強大的配方和BioMimetic仿生技術，融合天然成分，展現皮膚的無限光澤。為了鞏固即時強效抗衰老功能，產品由研發到製造均在品牌位於瑞士的實驗室中研發而成，帶來驚人的護膚效果。



### The Prestige Collection

The products reflect the Swiss commitment to craftsmanship and scientific heritage. MMC formulas feature rare, active natural ingredients and ground-breaking concentration strengths that fuse seamlessly with their signature luxury results-driven facials.

Each product is carefully formulated with high levels of marine collagen, pure hyaluronic acid, fast-acting peptides and powerful essential vitamins. Combined with the signature lifting techniques in Margy's facials, the results are outstanding.

Prestige Collections 配方採用稀有的活性天然成分和突破性濃度，體現瑞士文化了對護膚技術和科學的執著。精心配製的產品，富含高水平的海洋膠原蛋白，純淨的透明質酸，速效肽和強大的關鍵維他命，可確保出色可見的皮膚升級，配合標誌性的奢華面部提拉手法，只可在世界各地的豪華水療中心中體驗到。



### NEW FACIAL TREATMENTS BY MARGY'S MONTE CARLO

Margy's facials deliver immediate results with signature lifting and sculpting facial massage techniques that re-energise and train the facial muscles for a fantastic lifting effect.

令人一試難忘的Margy's面部護理，最為著名的就是標誌性的提拉和塑形面部按摩技術，重新煥發活力並訓練面部肌肉，產生立竿見影的緊緻提拉效果。

#### Super-Lift Haute Couture Facial

皇牌極致提拉緊緻面部護理

This facial visibly reduces fine lines to promote a smooth and radiant appearance from the first treatment. Highly active face masks featuring Pure Collagen or Botolift Collagen helps restore elasticity and leaves the skin plumped and luminous.

令臉頰明顯減少細紋，從第一次療程就促進了光滑和容光煥發的肌膚。配合矜貴的高活性成分面膜，具有純膠原蛋白或Botolift膠原蛋白可幫助恢復彈性，使皮膚飽滿而亮澤。

#### Skin Brightening Facial

提亮煥膚面部護理

Exclusively tailored skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalised.

專為肌膚量身定制的護膚療程，旨在提亮膚色。深層清潔後再用高濃縮活性成分滋潤皮膚，注入活力，使倦怠的肌膚重現光澤。

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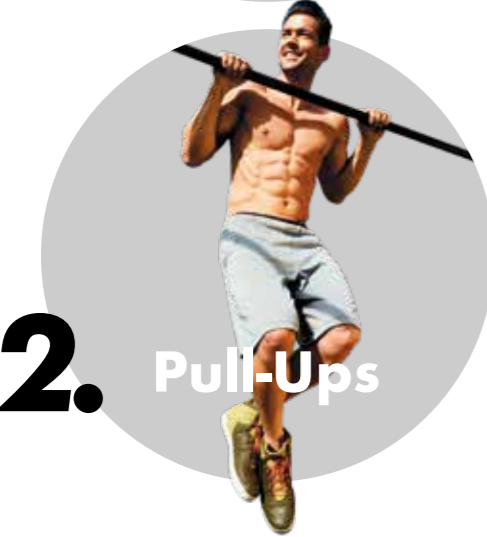




## 1. Push-Ups



## 3. Squats



## 2. Pull-Ups



## 4. Core

# Quarantine Fitness

## 隔離期間健身建議

With summer here, I'm sure we're all starting to think/dream about travelling again. While we hope that we can visit other countries and return without quarantine, there is still a possibility that we may end up in a hotel room for anywhere from seven to 21 days. If we find ourselves in this situation, a simple fitness routine will not only keep our fitness up, but will give us a constructive routine and keep our minds balanced too.

### 1. Push-ups

The most basic bodyweight exercise and also one of the best. Push-ups have many variants so you don't just target the same muscle groups over and over; there are many to mix up your routine.

- You know how to do the basic push-up, but try moving your hands farther apart to target your chest muscles (pectorals) more than your arms. Conversely, move your hands closer together to target your triceps more than your pectoral muscles.
- Don't forget your feet. Place your feet on a chair while your hands are on the ground and you're hitting your upper pectorals with an incline push-up. Switch that around — hands on a chair, feet on the ground — and you're into a decline push-up. All this will target different muscle groups and keep your workouts fresh.

### 2. Pull-ups

What push-ups do for your chest, shoulders, and triceps, pull-ups do for your latissimus dorsi, back and biceps. This will be a little more difficult to pull off in your hotel room (unless you plan ahead and invest in a doorway pull-up bar).

- Wide, narrow, backward — doing the same type of pull-up over and over will get old. So, just as with push-ups, mix things up a bit. If you're doing regular overhand pull-ups all the time, try widening your grip. This will target your lats more. Or, flip your hands around and do some underhand pull-ups to really go after your biceps.

### 3. Squats

You don't need much space (or weight) to burn your thighs, hamstrings, and calves. There are a few options with squats besides the standard squat.

- Wall sits. This should take you back to your PE classes. With your back against the wall, place your feet 30cm from the wall and slide your bottom down until your thighs are at a 90-degree angle from your torso. Hold this for one minute and add a few more seconds each day.
- Squat jumps/lunges. As you get better at this, add more intensity to your routine by jumping. Jump squats and lunges (one leg forward, one leg back) are sure to tax your gams.

### 4. Core

Here's where it all comes together. Add ab workouts to any routine you're doing. And there's no shortage of ways to vary an abdominal exercise.

- The standard sit-up asks for feet flat, bottom on the floor, arms across your chest. Be careful of your lower back — keep it on the floor at all times and gently raise your shoulder blades off the floor until you feel your abdominal muscles engage. Do these fast or slow. And for a bit more of a twist — twist. When you lift your shoulder blades, twist your trunk slightly. This will target your obliques — the muscles that run alongside your abs.
- Planks are pretty much essential to just about any fitness routine. Facedown with feet on the ground, prop yourself on your elbows with your arms at a 90-degree bend. Clench your abs (and bottom) and hold for as long as you can. Start with 30 seconds and add 5 seconds every day or so.

As always, take it steady and don't overdo it. For the very best advice — plan ahead and have your Personal Trainer devise a routine just for you!

夏天來到，很多有人都開始考慮再次旅行。儘管希望可以外遊而返港後無需檢疫隔離，但最終仍有機會需要在酒店隔離7至21日。如果處於這種情況下，以下簡單的健身不僅可以保持健康，還可以令身心得以平衡。

### 1. 掌上壓

最基本的健身動作，更有很多變化，不僅可針對肌肉群，還可以與其他動作混合一起做。

- 標準的掌上壓動作：把雙臂分開，緩慢下降身體到上身貼近地面，略作停頓再還原，利用腰腹力量控制身體成一條直線。
- 不同的做法：當手放在地上時，嘗試把腳放在椅子上，利用傾斜度針對胸肌的鍛鍊。另一個方式，把手放在椅子上，腳踩在地上。這可針對不同的肌肉群，並把鍛鍊保持新鮮感。

### 2. 引體上升

掌上壓針對胸部、肩膀和三頭肌，而引體上升則針對背部，背闊肌和二頭肌。

- 覺得一般的動作比較沉悶，可嘗試混合其他動作一起做。可嘗試抓寬一些，或翻轉雙手引體上升，這可鍛鍊背闊肌和二頭肌。

### 3. 深蹲

不需要太大的空間便可鍛鍊大腿、大腿後側和小腿。除了標準深蹲動作外，可嘗試其他的深蹲動作。

- 牆坐：將背部靠在牆上，腳距牆壁約30厘米，並向下滑動，直到大腿與身體成90度。保持一分鐘，然後每天增加幾秒鐘。
- 深蹲跳/弓步蹲：透過跳躍可增加鍛鍊的強度。深蹲跳和弓步蹲（向前伸一隻腿，向後伸一隻腿）。

### 4. 核心肌群訓練

核心肌群訓練是日常的鍛鍊動作，不乏改變腹部的鍛鍊。

- 標準仰臥起坐要求雙腳平放，躺在地上雙臂交叉在胸前。將下背部保持在地上，並慢慢地將肩骨抬起，直到腹部肌肉感到收緊。節奏可快可慢。當抬起肩骨時，可稍微扭動身軀，這可針對斜肌（與腹肌並排的肌肉）。
- 平板支撐是健身不可缺少的動作。面和腳向地朝下，與雙臂成90度角，將全身力量放在肘部，及收緊腹部（和骨盆）並盡量保持可支持到的時間。從30秒開始，每天可增加約5秒。

不要過度鍛鍊，如日常健身已足夠。想有更好的效果，可請教您的私人健身教練定立合適的健身日程。



# Summer of Fun 2021!

## Summer Programme Camp 暑期訓練營

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 27.

康體活動小組準備了多種精彩的暑期活動直到8月27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** 手工藝創作營
- **Ball Games** 球類遊戲營
- **Dance & Music** 舞蹈及音樂
- **Health & Fitness Camp** 健身班
- **Ice Skating Camp** 溜冰營
- **Martial Camp** 武術班
- **Self-Development Camp** 知識啟發班
- **Swimming Camp** 游泳班

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

## The Great Outdoors 戶外活動

Selected Fridays at G/F Children's Play Area.  
Friday Fun from 3pm to 5pm – come along for a great start to the weekend!

指定星期五，下午3時至5時，

週末快來地面兒童天地，度過一個美好的開始！

Enquiries 查詢: 2814 1222  
(Central Reservations Centre)



## Kids' Fun Club Summer 2021兒童樂趣營

A great Kids' Club geared towards having fun and making friends for children aged five to eight years!

- Fun sporting activities include Bowling Fun, Tennis Fun, Open Skating, Basketball Fun, Sledging and Soccer Fun.
  - Creative activities include Arts & Crafts, Science Fun, Board Games and Rigamajig!
  - The Club runs from Monday to Friday throughout July to August, with enjoyable activities from 9.45am to 4.15pm.
- 為5至8歲的兒童帶來歡樂及結識新朋友！
- 有趣體育活動包括保齡球、網球、溜冰、籃球、雪橇和足球。
  - 創意活動包括手工藝創作、趣味科學、棋盤遊戲和Rigamajig！
  - 活動時間七月及八月逢星期一至星期五，上午9時45分至下午4時15分。

Member 會員: \$4,000/five days五日  
Guest 來賓: \$5,000/five days五日

Enquiries 查詢: 2814 1222 (Central Reservations Centre)

## Summer Offer Skiing and snowboarding lessons from July 1 to August 31

夏日優惠—滑雪或單板滑雪班

Do you want to get some skiing or snowboarding experience this summer? You could go from novice to expert in no time at all. Book and try a lesson with our coaches!

今年夏天可想一嘗滑雪或單板滑雪體驗嗎？您或可從新手變成專家。立即報名與我們的教練一起感受滑雪樂趣！

Enquiries 查詢: 2814 5374 (Ice Rink)

## Kids on 8! Weekend Fun

週末活動

Look out for our Weekend Themes including Fun Weekend

Movies, Monthly Entertainment, Weekly Arts & Crafts and many special activities from Kids on 8!

- World Friendship Day – July 24 & 25
- STEM Workshop – Every Saturday & Sunday from 2.30pm to 3.30pm

Kids on 8! 於週末舉辦不同的娛樂活動，包括電影、娛樂和手工藝等。

- 世界友誼節 – 7月24及25日
- STEM工作坊 – 逢星期六及日下午2時30分至3時30分

Enquiries 查詢: 2814 5493 (Kids on 8!)

## F1 Pitstop Weekend Challenge at Chill Zone

F1週末賽事

Fun challenges every Grand Prix weekend.  
Pay for 15 minutes, but drive for 30 minutes!

**Austria, Britain, Hungary**  
July 3, 4, 17, 18, 31 & August 1

**Belgium**  
August 28 & 29

挑戰富刺激性的週末大獎賽。只需支付15分鐘的費用便可享受30分鐘。

奧地利，英國，匈牙利  
7月3, 4, 17, 18, 31 & 8月1日

比利時  
8月28 & 29日

Enquiries 查詢: 2814 5483 (Chill Zone)



## Fun Challenges for Children!

兒童遊戲挑戰賽

### Bazooka Ball Challenge

From 7-7.30pm	晚上7時-7時30分
• Friday, July 16	• 7月16日(星期五)
• Friday, August 13	• 8月13日(星期五)

### Adventure Zone Laser Tag Challenge

From 6.30-7.30pm	晚上6時30分-7時30分
• Friday, July 30	• 7月30日(星期五)
• Friday, August 27	• 8月27日(星期五)

### Ninja Challenge at Adventure Zone

From 6.30-7.30pm	晚上6時30分-7時30分
• Friday, July 23	• 7月23日(星期五)
• Friday, August 20	• 8月20日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)





## CLASS HIGHLIGHTS

### 康體課程推介

## MiniSport®

Every Tuesday and Saturday

MiniSport® provides children aged 1.5 to 3.5 years with a well-rounded introduction to five sports through one signature programme. These sports are soccer, basketball, tennis, athletics and rugby.

### Playgroup

Assisted by a guardian, children are encouraged to explore new ranges of bodily movement such as running, turning, crawling, stepping and jumping. Every lesson is a chance to create lively, memorable experiences for children and build an eagerness for activity at this important age.

### Mini-Tots

With the ability to walk and run, children at this age are keen to further experiment with the range of activities that their bodies can cope with. We draw upon a range of games that possess more complex rules and demands to delve into dynamic gross motor movements such as balancing, running and evasion.

適合一歲半至三歲半  
逢星期二及六

介紹五項熱門的運動，包括足球、籃球、網球、田徑和橄欖球。

### 遊戲班

在監護人的陪同下，鼓勵孩子們探索新的運動，如奔跑、轉身、爬行、踩踏和跳躍。課堂將為孩子們帶來有趣的經歷，並在這個重要的階段建立積極的動力。

### 幼兒班

開始行走和奔跑的階段，利用一系列玩具及透過遊戲來練習不同的運動，如平衡、奔跑和躲避。



## Basketball Adventure

### 籃球班

by Adventure Sports Academy Limited

Every Wednesday and Friday

### Mini Dunks Programme

Ages two to four years old

Children will be introduced to the basic skills of basketball and begin the development of hand/eye coordination and key motor skills.

### Basketball Adventure Programme

Ages four years and above

Children will learn the concept of playing basketball, and may further develop the fundamental skills of dribbling, catching, shooting and passing.

### Private Training

Private classes are also available for our young, enthusiastic athletes of all ages.

逢星期三及五

### 迷你入籃班

適合兩至四歲兒童

為兒童介紹籃球的基本技巧，開始發展手及眼部的協調能力和關鍵的運動技能。

### 籃球冒險班

適合四歲或以上兒童

將學習打籃球的概念，並進一步學習運球、接球、投籃和傳球的基本技巧。

### 私人訓練班

適合所有年齡的兒童，提供私人教授課程。

## Taekwondo 跆拳道

by Korea Taekwondo Cheung Do Kwan Limited

Taekwondo is a form of martial art and self-defense, which has become a modern international sport. It combines general fitness, stretching, basic kicking and punching with self-defense techniques. The main goal of learning Taekwondo is to achieve mind and body control, develop and improve your discipline, self-control and spirit.

跆拳道是一種武術和自衛術，並成為現代國際的運動。結合了健身、伸展運動、基本的踢法和擊打以及自衛技術。學習跆拳道的可控制身心，發展和提高自己的紀律、自制力和體育精神。



## Personal Training

### 私人健身課程



Regular personal training sessions help you maximise your goals and reach your body's full potential. After a preliminary fitness assessment your personal trainer will take you through a variety of exercises including cardiovascular, strength training and flexibility, designed specifically to meet your objectives. Personal training isn't just for the young and fit – whatever your age, current fitness and health status, a personal trainer can enhance your lifestyle.

For more introduction and booking call 2814 5337 or email [fitness@aberdeenmarinaclub.com](mailto:fitness@aberdeenmarinaclub.com).

定期的私人健身鍛煉有助讓您發揮身體的最大潛能及實現建立的目標。經過初步的體能評估，私人教練將設定並指導各項鍛煉，包括心血管鍛煉，力量和柔韌性的訓練。私人訓練不僅適合年輕人和健康人仕，不論年齡或健康狀況，私人教練都可以改善您的生活現況。

報名或查詢詳情，請致電2814 5337或電郵至 [fitness@aberdeenmarinaclub.com](mailto:fitness@aberdeenmarinaclub.com)。

## Muay Thai (Non-Combat)

泰拳

by Sport Max HK Co. Ltd.

Muay Thai is a unique, martial art of Thailand, which has developed into a popular sport around the world. The sport uses a combination of hands and feet. The main focus of the training is punching, kicking, kneeing and elbowing, and correct posture and motion to enhance balance, explosiveness, agility, muscle strength, softness and coordination of participants.

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

泰拳是泰國的獨特武術，這項運動已發展成為世界各地的流行運動。這項運動需結合手和腳。重點訓練打、踢、跪和肘，正確的姿勢和動作，以增強平衡性、爆發力、敏捷性、音樂強度、柔韌性和協調性。

由iGLA Muaythai Animation Education System (iMAES) 在每個級別之間進行一次評估，通過評估後可取得證書。

Enquiries查詢: 2814 1222 (Central Reservations Centre)





# Personal Trainers

私人健身教練

## ANDY TAM

Master Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Die Hard 虎膽龍威*

**Favourite TV show**  
最喜歡的電視劇  
*Prison Break 逃*

**Favourite food**  
最喜歡的食物  
Vegetable and fruits 蔬果

**Favourite drink**  
最喜歡的飲品  
Water 水

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Lunges 弓步蹲

**Favourite exercise**  
最喜歡的運動  
Running 跑步

## EVELYN HUE

Master Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Star Wars 星球大戰*

**Favourite TV show**  
最喜歡的電視劇  
*Friends 朋友*

**Favourite food**  
最喜歡的食物  
Thai cuisine 泰菜

**Favourite drink**  
最喜歡的飲品  
Red wine 紅酒

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Squats 深蹲

**Favourite exercise**  
最喜歡的運動  
Outdoor cycling 戶外單車

## WILLY SEE

Senior Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Forrest Gump 阿甘正傳*

**Favourite food**  
最喜歡的食物  
Chicken breast, salmon, beans  
雞胸肉、三文魚、豆類

**Favourite drink**  
最喜歡的飲品  
Protein drink 高蛋白飲料

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Different according to individual needs  
按學員個別需求

**Favourite exercise**  
最喜歡的運動  
Street workout 街頭健身

## NARESH KUMAR

Senior Personal Trainer & Stretch Specialist

**Favourite movie**  
最喜歡的電影  
*James Bond 占士邦*

**Favourite TV show**  
最喜歡的電視劇  
*Pearl Magazine 明珠檔案*

**Favourite food**  
最喜歡的食物  
Vegetables 蔬菜

**Favourite drink**  
最喜歡的飲品  
Milk shake 奶昔

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Running 跑步

**Favourite exercise**  
最喜歡的運動  
Aerobic fitness 帶氧運動

## TERRENCE KWOK

Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Fast & Furious 狂野時速*

**Favourite TV show**  
最喜歡的電視劇  
*American Ninja Warrior, The Titan Games, Prison Break 盲點、泰坦、逃*

**Favourite food**  
最喜歡的食物  
Salmon, lobster, oysters, spinach, chicken, beef  
三文魚、龍蝦、蠔、菠菜、雞肉、牛肉

**Favourite drink**  
最喜歡的飲品  
Water, coffee, coconut water, green tea  
水、咖啡、椰子水、綠茶

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Functional strength, cross training and abs core strengthening  
功能性的練習、交叉訓練和強化腹肌核心

**Favourite exercise**  
最喜歡的運動  
Cycling, weightlifting, leg press, bench press, stretching  
單車、舉重、腿部推舉、臥推、伸展

## JOHN MARK

Senior Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Stand By Me 伴我同行*

**Favourite TV show**  
最喜歡的電視劇  
*Twin Peaks 雙峰*

**Favourite food**  
最喜歡的食物  
Salad 沙律

**Favourite drink**  
最喜歡的飲品  
Water 水

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Push-ups 掌上壓

**Favourite exercise**  
最喜歡的運動  
Chin-ups 引體上升

## JOE CHAN

Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Black Hawk Down 黑鷹15小時*

**Favourite TV show**  
最喜歡的電視劇  
*Red Bull TV 紅牛電視*

**Favourite food**  
最喜歡的食物  
Sushi 壽司

**Favourite drink**  
最喜歡的飲品  
Wine 葡萄酒

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Exercises to adjust body posture  
改善身體姿勢的練習

**Favourite exercise**  
最喜歡的運動  
Snowboarding, surfing, hiking  
滑雪板、滑水、遠足

## KELSEY CHU

Senior Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Inception 潛能空間*

**Favourite food**  
最喜歡的食物  
Avocado, Berries, Pomelo salad, Cod Fish  
鱈梨、漿果、柚子沙拉、鱈魚

**Favourite drink**  
最喜歡的飲品  
Fresh Juice, Coconut Water, Almond Milk, Chinese soup  
鮮果汁、椰子水、杏仁奶、中湯

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Core stability & Strengthening Exercises  
核心穩定性和強化練習

**Favourite exercise**  
最喜歡的運動  
Volleyball, Contemporary Dance, Pilate  
排球、現代舞、普拉提

## MIU TSANG

Personal Trainer

**Favourite movie**  
最喜歡的電影  
*Mission Impossible 職業特工隊*

**Favourite TV show**  
最喜歡的電視劇  
*American Ninja Warrior 盲點*

**Favourite food**  
最喜歡的食物  
Congee 粥

**Favourite drink**  
最喜歡的飲品  
Coke 可樂

**Favourite exercise for clients**  
最喜歡為學員推介的運動  
Core strength  
鍛鍊核心肌肉

**Favourite exercise**  
最喜歡的運動  
Headstand 倒立

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



# 9 TIPS FOR LIVING WITH LESS PLASTIC



1 Bring your own shopping bag



2 Bring your own bottle and coffee cup



3 Use a bamboo toothbrush instead of a plastic one



4 Switch from liquid soaps to bar soaps



5 Bring your own lunchbox & utensils



6 Switch to paper or wooden cotton buds instead of plastic ones



7 Say no to disposable straws & cutlery



8 Skip the plastic produce bags



9 Sharing is caring! Please forward this to friends



## JUNIOR CLUB STARS

Tennis Player  
Age 10

**ARABELLA HORSFIELD**



Arabella has shown great improvement and her favourite player is Roger Federer. Her favourite shot is the forehand. Arabella is hard working and active during lessons. Keep up the good work, Arabella!

Arabella表現出很大的進步，她最喜歡的網球員是費特拿。她最喜歡的球技是正手擊球。Arabella在課堂上表現集中及努力地學習。做得好，繼續努力Arabella!

Skater  
Age 9

**CHARLIZE WONG**



Charlize started her skating lessons in September 2020 and she works hard at Alpha level. After almost one year, she is working on Freestyle 2 level and shows great improvement. Keep it up, Charlize!

Charlize在2020年9月開始學習溜冰，並努力於Alpha級別。一年後，她開始了Freestyle 2，並表現出很大的進步。繼續努力Charlize!

SWIMMER  
Age 11

**SHIRLEY CHEN**



Shirley has shown great improvement in her strokes and fitness levels since the start of the term. Coach is impressed with her attitude and concentration during the training sessions.

Well done Shirley, keep it up!

自學期開始以來，Shirley的水平有了很大的提高。教練對她在培訓課程中的態度和專注力印象深刻。

做得好Shirley，繼續加油!

Skater  
Age 6

**HELOISE LETEISSIER**



Heloise has only been taking lessons for a short time, but has shown tremendous hard work and dedication. In the past few months she has passed four skating levels and is already in the pursuit of her next one. Heloise is a joy to teach and we wish her all the best in her skating.

Heloise學習溜冰只有很短的時間，期間表現努力和積極的精神。在過去的幾個月中，她已經晉升了四個溜冰級別，並已為下一個溜冰級別而努力。祝願她取得更好的成績，請繼續努力!





**NEW**  
**SPEEDBOAT**  
**IS ARRIVING SOON**



**The new speedboat is  
perfect for wakesurfing  
and other water activities  
in the summer.**

**STAY TUNED!**

For enquiries, please call the  
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查詢請致電宴會部電話 2814 5442 或  
電郵至 [events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com)

**MEMBERS' EVENT**  
會員活動

**Gut Health**  
腸道健康講座



**Wednesday, July 7**  
**10.30am to midday**  
**Marina Suite**  
**Member: Complimentary/Guest: \$50**

In this educational presentation about gut health, Helen Revans will talk about the symptoms of stress and its impact on the gut, the gut-brain connection, the symptoms of gut issues such as small intestinal bacterial overgrowth (SIBO) and irritable bowel syndrome (IBS), and what you can do to address and reverse these common ailments.

She will also share her own personal story about how she healed her own gut problems, explain treatment options and lab tests you can order in Hong Kong, and dietary interventions that can support your healing. There will also be time for questions.

Helen Revans is a certified Fearless Living Life Coach and Holistic Health Coach. She is the founder of Nurture Your Life and has over 30 years' experience as a food preparation and nutrition educator. She is passionate about empowering people to live their best lives by supporting them to let go of their fears, limiting beliefs and any disease within their body.

透過這個腸道健康的講座，Helen Revans 將講解壓力與腸道的影響、腸道與大腦的聯繫、腸道問題的症狀，如小腸細菌過度生長 (SIBO) 和腸易激綜合症 (IBS)，以及解決和逆轉這些常見疾病的方法。

還會分享自己的個人經驗，講述她如何治愈自己的腸道問題，並分享在香港如何購買治療藥物和化驗室測試，以及健康飲食等。更設有答問的時間。

Helen Revans 是一位 Fearless Living Life 和 Holistic Health 合資格的教練。她是 Nurture Your Life 的創辦人，擁有30多年食物和營養教學的經驗。她熱衷於協助人們擺脫恐懼、缺乏信念和身體內的任何疾病，從而賦予他們生活更美好。

For registration, please call the  
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# ONE BREATH



## Guillaume Néry

**Panerai Brand Ambassador and Free Diving World Record Holder  
hosts an exclusive talk with Aberdeen Marina Club Members,  
from 6pm to 7.30pm on Friday, July 9 at the President's Room.**



Guillaume Néry, Panerai Brand Ambassador and the French free-diving champion, broke four world records and won two Constant Weight World Free-Diving Championships.

Breaking the world record at 20 years old by free-diving to a depth of 87 metres, Guillaume has raised the limits of this discipline several times. In 2015 he reached the incredible depth of 139 meters in a world record attempt, 10 metres deeper than expected, due to an error of measurement from the organizers. Unfortunately, Guillaume lost consciousness a few metres from the surface and the record couldn't be validated. It remains the deepest dive in freediving competition history.

Since retiring from competition, he has devoted himself to communicating his passion for the sea through training and expeditions around the world.

"Diving is an internal experience, not just a way of exploring the sea but also a means of knowing oneself, facing danger and solitude, and accepting the psychological and climatic pressures which exist at the bottom of the sea," Guillaume describes.

On his wrist, Guillaume has chosen to wear the Submersible Amagnetic 3 Days Automatic Titanio – PAM01389, a model from Panerai's Divers Professional watch collection, water-resistant to a depth of 300 metres.

沛納海品牌大使、打破四項世界紀錄、兩奪固定配重世界自由潛水冠軍的法國自由潛水好手 Guillaume Néry，將與深灣遊艇會的會員分獨家分享他的自由潛水經驗。

自 Guillaume Néry 以 20 歲之齡自由潛 87 米，打破首個世界紀錄後，他多次超越自由潛的極限。2015 年，他意圖再破世界紀錄，因主辦單位量度失誤，使紀錄較預期還深 10 米，創出 139 米的驚人成績。可惜，他在距離水面數米時失去意識，令紀錄無效，但 139 米仍然是自由潛水比賽史上最深的下潛距離。

2015 年，Guillaume Néry 退下火線，自此遊歷世界各地，並透過會面，探險及親授自由潛水技術，宣揚他對海洋的熱愛。

Guillaume Néry 把潛水視為內觀體驗，不僅是探索海洋世界的方式，亦是了解自己的途徑，學習面對險境和獨處，承受海底帶來的心理和大氣壓力。

Guillaume Néry 選戴沛納海專業潛水系列的 Submersible Amagnetic 3 Days Automatic Titanio 3 日動力儲存自動專業潛水防磁鈦金屬腕錶型號 PAM01389，防水性能達 300 米。

**For registration, please call the Membership Office on 2814 5436 or  
email [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)**

登記請致電會員部電話 2814 5436 或電郵至 [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)



## The Queen's Jewels

A live video call with Mayo Clinic's Dr Stephanie Faubion

婦女健康講座

由Mayo Clinic's的Dr Stephanie Faubion  
實時視像分享

Thursday, July 15  
6.30pm to 7.30pm  
President's Room  
Member: Complimentary/Guest: \$50



Topics to be covered include . . .

- Midlife women's health, menopause and women's sexual health.
- Latest research and clinical trials on innovative therapies and treatments, tests and procedures to help prevent, detect, treat or manage conditions.
- Detection and prevention strategies for mid-30s to 70+ female reproductive organs.

講座包括：

- 中年女性的健康、更年期和婦女的性健康。
- 關於創新療法、治療和測試的最新研究和臨床試驗，以幫助預防、檢測、治療或管理疾病。
- 針對30歲至70歲女性生殖器官的檢測和預防策略。



**Stephanie S. Faubion**  
MD, MBA, FACP, NCMP, IF

Dr Faubion is Professor and Chair of the Department of Medicine at Mayo Clinic in Jacksonville, Florida and the Penny and Bill George Director of the Center for Women's Health. In 2019 she was named Medical Director of The North American Menopause Society.



Her clinical research interests include menopause and sexual health in women. She is Principal Investigator for the Data Registry on Experiences of Aging, Menopause and Sexuality (DREAMS). She has served on the board of trustees for the North American Menopause Society and the board of directors for the International Society for the Study of Women's Sexual Health. She also serves as editor of the journal, Menopause, and is on the editorial board of Journal of Sexual Medicine.

Dr Faubion是佛羅里達州傑克遜維爾Mayo Clinic醫學系的教授和系主任，也是Penny and Bill George的女性健康中心主任。於2019年她被任命為北美更年期協會醫學主任。

她的臨床研究包括更年期和女性的性健康。她是衰老、更年期和女性性健康的註冊首席研究員(DREAMS)。她曾在北美更年期協會的董事會和國際女性健康研究協會的董事會任職。她還擔任《更年期》雜誌的編輯，並且是《性醫學雜誌》的編委。

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電郵至member@aberdeenmarinaclub.com

## Explore Africa with Dr Neil Midlane

與Dr Neil Midlane一起探索非洲

Thursday, July 29  
5.30pm to 7pm  
President's Room  
Member: Complimentary/Guest: \$50

Join Dr Neil Midlane via live video call and Explore Africa across seven countries and 40 camps, located in some of the continent's most remote, pristine and game-rich wilderness areas. Discover how conservation scientists and communities help preserve biodiversity, conserve wildlife and uplift local communities.

快來參加與Dr Neil Midlane通過實時視頻通話並一起探索非洲陸地上一些較偏遠的地區及原始野生動物，包括七個地區和40個營地。了解保護學家與社區如何幫助保護生物多樣性、保護野生動物和提升當地社區。



**Dr Neil Midlane**

Dr Neil Midlane is a lifelong conservationist, adventurer and academic. He is a member of the African Lion



Working Group, the Mozambique Carnivore Working Group, the KAZA Elephant Working Group, the KAZA Carnivore Working Group and the Trans-Frontier Conservation Specialist Group. He is currently Head of IMPACT at Wilderness Safaris.

"I'm a lover of our planet's wild places and wild animals," he says, "and deeply committed to ensuring that they survive to brighten the world for my children and theirs."

Dr Neil Midlane是一位環保主義者、冒險家和學者。他是非洲獅子工作組、莫桑比克動物肉食工作組、KAZA 大象工作組、KAZA動物肉食工作組和跨國保護專家組的成員。他目前為Wilderness Safaris的IMPACT負責人。

他說：「我熱愛荒野和野生動物，並堅定地致力保護牠們，為我的孩子和牠們的孩子照亮世界。」

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## Embarkation/ Disembarkation at End of Dock G G橋上落船守則

To enhance the embarkation control at Dock G, we would like to remind 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. Unapproved 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](http://www.aberdeenmarinaclub.com).

[aberdeenmarinaclub.com](http://aberdeenmarinaclub.com), submit a form to the Marina Office by email to [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com), or fax to 3020 7484.

Thank you for your attention. Should you have any queries, please contact the Marina Office on 2814 5368.

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](http://www.aberdeenmarinaclub.com)、傳真至海事部3020 7484或電郵至 [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com)。如有查詢可致電海事部2814 5430。



## Typhoon Policy 颱風

The Club will close two hours after the Typhoon Signal No. 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.

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e-wire查看最新有關資訊。

## New Waiting Lounge at 3/F Car Park 3樓停車場候車室

COMING  
SOON



2M禁止停車的新規則現已生效，會員及來賓請使用3樓指定上落客區。有見及此，為方便大家等候，3樓的全新候車室將於七月下旬啟用。

裝修期間，在3樓的停車場會所入口將會暫時封閉，若會員將車輛停泊在3樓，請使2M或4樓入口進入會所。會員及司機請儘量於會所正門上落客，或暫時於4樓停車場落客。

With the new no-stopping policy in place at 2M Car Park, Members and guests are now advised to pick up or drop off at the designated area at 3/F. To facilitate this, we are pleased to announce that a new waiting lounge will be available in late July at 3/F Car Park, providing a better waiting environment and convenience for Members and their guests.

During the construction period, access to the Club at 3/F will be blocked. Members are advised to walk up or down one floor to access the Club entrance, if parked on 3/F. We strongly encourage Members and drivers to pick up or drop off at the Main Lobby entrance. Alternatively, please drop off at 4/F.

## Membership Fees 會籍費用

Please note the new Club Membership fees effective from August 1, 2021.

**Membership Entrance Fee  
Individual or Corporate Class A**  
\$4,800,000

**Membership Transfer Fees  
Individual or Corporate Class A**  
\$1,580,000

**Corporate Class B**  
\$3,160,000

**Corporate Class C**  
\$4,740,000

Membership of The Aberdeen Marina Club is exclusively by invitation only and is currently closed.

A Nominee of a Corporate Member must be a director, partner, officer or employee of



such Corporate Member. Rental of Corporate Membership is prohibited.

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

最新入會費由2021年8月1日起生效。

入會費用  
個人或甲類公司會籍  
HK\$4,800,000

會籍轉讓費  
個人或甲類公司會籍  
HK\$1,580,000

乙類公司會籍  
HK\$3,160,000

丙類公司會籍  
HK\$4,740,000

深灣遊艇俱樂部會籍只限受邀的申請，現時並不接受新入會申請。

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

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

## Mother's Room 母嬰室

Three Mother's Rooms are available at the Club. They are located at 3/F Run 2 3!, 8/F Kids on 8! and the Tropical Pool Female Changing Room, to provide private and secure areas for mothers to feed and take care of their infants. Changing table, sofa, sink with tap and soap dispenser, mirror and electrical outlet are provided. Please check at the lobby or children's area reception for directions or other queries.

本會設置三間母嬰室，分別位於三樓的 Run 2 3!，八樓的 Kids on 8! 及碧波池畔的女更衣室，為母親提供私人和安全的地方照顧及餵哺嬰兒。母嬰室內提供換片枱、梳化、洗手盆和皂液、鏡子及電插座等。如有需要，可到大堂或兒童遊樂場接待處查詢母嬰室位置或其他疑問。



## Whitelisting Club Email Address 電郵白名單

Members are advised to add [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com) to their whitelist, safe sender list, or mailbox filter, to avoid any important Club e-wires being blocked by Internet Service Providers.

Should you have any queries, please contact the Membership Office on 2814 5436 or email [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com) 請會員將本會的電郵地址，[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com) 加入您的白名單、安全發件人或郵箱內，以避免本會發出之電郵被封鎖。如有任何疑問請聯繫會員部，電話 2814 5436 或電郵至 [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)。



Mother's Day



Ninja Challenge



Tennis Events





# SANLORENZO



## Setting new standards

62Steel's elegant, timeless design is capable of exceptional volumes, with her sumptuous owner's apartment with a 180° panoramic view, combined with a private owner's deck. The majestic beach club on the lower deck ensures the most exclusive "au fil de l'eau" experience.



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[sanlorenzoyacht.com](http://sanlorenzoyacht.com)

# 62 STEEL/ EL/