

# Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MAY/JUNE 2024

## Seasonal Sensations at The Backroom

Happy Mother's & Father's Day

On Location The High Seas





# THE COLOUR OF EXCELLENCE

**This is our green seal.** Since 2015, it is the new mark of our watchmaking excellence. There is nothing to distinguish it from any official seal, yet its inscriptions and colour make it unique. Its green hue attests to the superlative standards of both quality and performance to which we hold every single element of any and all of our watches. Thus sealed, each Rolex is in itself a guarantee of precision, water-resistance,

autonomy, reliability and durability. For this simple seal bore witness to the epic journey each has undergone in our workshops, from initial sketch to final tests before shipping. Of all the components which compose our watches, this seal is not the hardest to manufacture but it is wholly our own and its value is immense. Because it carries the promise of our unwavering commitment.

*#Perpetual*

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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

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Portwatch Editor / Mr Adam Nebbs



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



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**28**





# 潮州菜

## CHIU CHOW DISHES

Throughout May and June

五月及六月



潮式滷水拼盤  
Assorted marinated meat platter,  
Chiu Chow-style

韭菜鹽水金磚豆腐  
Crispy-fried bean curd, Chinese chives, salty sauce

潮式凍醃藍青口  
Cold marinated blue mussels, Chiu Chow-style

鹹菜胡椒豬肚湯  
Pepper preserved vegetables, pork stomach soup

杏汁白肺燉山瑞湯  
Double-boiled pork lung, soft-shell turtle soup,  
almond juice

欖角鹹檸檬蒸馬友  
Steamed threadfin, preserved olives,  
preserved salted lemon

脆炸蠔仔餅  
Deep-fried baby oyster pancake

沙嗲牛肉炒芥蘭  
Sautéed beef, Chinese kale, satay sauce

欖菜炒蝦球  
Sautéed prawns, preserved olive vegetables

蠔仔肉碎粥  
Baby oyster, minced pork congee

潮式糖醋麵  
Pan-fried noodles Chiu Chow-style

清心丸綠豆爽  
Mung bean sweet soup, Chiu Chow-style

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)。

MARINA  
GRILL

# WHITE ASPARAGUS

*Throughout May*



Indulge in the delicate flavour of white asparagus, the seasonal treat beloved for its tender texture and mild sweetness. Our chefs have masterfully crafted a menu featuring white asparagus in a variety of dishes. Don't miss this limited-time opportunity to savour the unique flavour of white asparagus in its peak season. 盡情享受廚師團隊設計的精緻時令菜式，白蘆筍嫩滑的質感和其溫和甜味深受大家的喜愛。切勿錯過這個機會品嚐季節性白蘆筍的獨特風味。

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

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

# Happy MOTHER'S DAY

MARINA  
GRILL

SUNDAY, MAY 12

## SUNDAY SET LUNCH

週日午餐

Adult成人 From \$548 Child小童 \$148

the  
BALCONY

MAY 9-14

## MOTHER'S DAY SPECIAL MENU

母親節精選餐單

Lobster E-Fu Noodles Curry  
with Cheese  
泰式咖哩芝士龍蝦伊麵

Lanna-style Pork Ribs with  
Aromatic Herbs and Honey Sauce  
泰式蜜汁排骨



SUNDAY, MAY 12

## MOTHER'S DAY BUFFET LUNCH & DINNER

母親節自助午餐及晚餐

Treat your mom to a lovely buffet this Mother's Day  
with all the delicious starters, mains,  
desserts from our buffet table.

請媽媽來享用一頓豐富的自助餐，以各種美味的菜式來慶祝這個母親節！

1st session:  
10.30am – 12.30pm  
2nd session: 1-3pm  
Dinner: 5.30-9pm  
Adult \$528 Child \$228

第一節：  
上午10時30分至中午12時30分  
第二節：下午1時至3時  
晚餐：下午5時30分時至9時  
成人 \$528 小童 \$228

### THE DECK HIGHLIGHTS

Flambé Red Prawn Sushi  
火炙紅蝦壽司

Roasted USDA Prime  
Bone-in Ribeye  
烤牛肋排

Steamed Whole Sabah Garouper  
清蒸沙巴大龍躉

### PORTSIDE HIGHLIGHTS

Fish Maw, Conch Meat and  
Faux Shark's Fin Soup  
花膠螺頭碗仔翅

Seafood Paella  
西班牙海鮮飯

Wagyu Burger  
和牛漢堡

For reservations and enquiries, 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)。

# Happy FATHER'S DAY

the  
BALCONY

JUNE 13 - 18

## FATHER'S DAY SPECIAL MENU

父親節精選餐單

Fresh Crab Meat Spring Roll  
with Mango  
香芒蟹肉米紙卷

Deep-fried Prawn Salad with  
Spicy Tamarind Sauce  
香辣羅望子大蝦沙律

MARINA  
GRILL

SUNDAY, JUNE 16

## SUNDAY SET LUNCH

週日午餐

Adult成人 From \$548 Child小童 \$148



SUNDAY, JUNE 16

## FATHER'S DAY BUFFET LUNCH & DINNER

父親節自助午餐及晚餐

Bring dad to celebrate Father's Day with us, with  
delicious dishes prepared by our chefs!

這個父親節帶爸爸來享用自助餐慶祝，盡情享用各種豐富美食！

1st session:  
10.30am – 12.30pm  
2nd session: 1-3pm  
Dinner: 5.30-9pm  
Adult \$528 Child \$228

第一節：  
上午10時30分至中午12時30分  
第二節：下午1時至3時  
晚餐：下午5時30分時至9時  
成人 \$528 小童 \$228

### THE DECK HIGHLIGHTS

Steamed Bao Station  
台灣刈包

Roasted Tomahawk  
烤戰斧牛排

Steamed Whole Sabah  
Garouper  
清蒸沙巴大龍躉

### PORTSIDE HIGHLIGHTS

Fish Maw, Conch Meat and  
Faux Shark's Fin Soup  
花膠螺頭碗仔翅

Foie Gras with French Toast  
鵝肝醬多士

Fruit Skewer with Ice Sugar  
冰糖生果串

For reservations and enquiries, 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)。

the  
BALCONY  
THAI MEETS  
VIETNAMESE

泰國越南菜推介

Throughout May and June  
五月及六月



SHRIMP RICE  
PAPER ROLL  
*Mint and Basil*  
越式鮮蝦米紙卷

\*\*\*

DEEP-FRIED MINCED  
CHICKEN AND SHRIMP  
SPRING ROLL  
酥炸雞肉蝦春卷

\*\*\*

VIETNAMESE  
SUGARCANE SHRIMP  
越式甘蔗蝦

\*\*\*

STIR-FRIED PRAWNS  
WITH SPICY TOMATO  
SAUCE AND BASIL  
香辣茄汁炒大蝦

\*\*\*

VIETNAMESE  
CHICKEN CURRY  
*French Bread*  
越式雞肉咖哩配法包

\*\*\*

SAGO WITH HONEYDEW  
MELON IN  
COCONUT MILK  
椰汁西米甘露

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)。

# 傳統名糰

## TRADITIONAL RICE DUMPLINGS

AVAILABLE FROM  
MAY 6 UNTIL JUNE 10  
PRE-ORDERS OPEN MAY 1

由5月6日至6月10日供應  
5月1日開始預售

Delight in Marina Deli's assortment of homemade  
rice dumplings, stuffed with the finest ingredients.

Enjoy perennial favourites with  
authentic and contemporary flavours.

歡迎來臨深灣店選購各款自家製糰，  
裹滿豐腴鮮美的餡料令人垂涎三尺。

西班牙火腿鮑魚裹蒸糰 \$488

Rice Dumpling with  
Abalone and Iberico Ham

牛肝菌海味裹蒸糰 \$488

Rice Dumpling with Porcini Mushroom  
and Dried Seafood

黑毛豬瑤柱脯肉糰 \$238

Rice Dumpling with Conpoy  
and Preserved Pork

遠年陳皮豆沙鹼水糰 \$178

Rice Dumpling with Red Bean  
Paste and Dried Mandarin Peel



MARINA  
DELI

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

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

## TRADITIONAL RICE DUMPLINGS ORDER FORM

深灣店傳統名糰訂購表格

ALL RICE DUMPLINGS ARE IN GIFT BAGS 所有名糰均備有精美禮品袋以作送禮之用	PRICE 單價	QUANTITY 數量	TOTAL 總數
西班牙火腿鮑魚裹蒸糰 Rice Dumpling with Abalone and Iberico Ham	\$488		
牛肝菌海味裹蒸糰 Rice Dumpling with Porcini Mushroom and Dried Seafood	\$488		
黑毛豬瑤柱腩肉糰 Rice Dumpling with Conpoy and Preserved Pork	\$238		
遠年陳皮豆沙鹼水糰 Rice Dumpling with Red Bean Paste and Dried Mandarin Peel	\$178		
<b>Delivery Charge 送貨服務費</b> : Hong Kong 香港 - \$150, Kowloon 九龍 - \$200, New Territories 新界 - \$250			
			<b>Sub Total 合計</b>
			<b>Delivery Charge 送貨服務費</b>
			<b>GRAND TOTAL 總計</b>



### TERMS AND CONDITIONS 訂購須知

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

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

### Ordered By 訂購人資料

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

# A TASTE OF WAGYU


和牛菜式推介

Throughout May & June  
五月及六月


Savour some sensational Australian and Japanese Wagyu dishes, à la carte.  
Monday to Friday, lunch and dinner  
(except public holidays).

歡迎來The Deck品嚐精緻的和牛美食。精選菜式使用澳洲和日本和牛，絕對滿足你的味蕾！  
星期一至五午餐及晚餐時段內供應  
(公眾假期除外)。

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



PORTSIDE



## 港式狗仔粉

# DOGGIE NOODLES

Throughout  
May & June  
五月及六月

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

# Seasonal Sensations at The Backroom

Embark on an exceptional culinary journey at The Backroom, with Chef Mark's sensational new menu.

1/F Clubhouse

Thursday to Tuesday  
Midday to 10pm

Wednesdays  
Closed



## Chef Mark Young

Chef Mark Young joined The Backroom at La Cave in 2019. He began his career as commis chef in La Café in Christchurch, New Zealand, then worked for Accor Hotels throughout New Zealand and Australia before joining Shangri-La Hotels and Resorts in 2015.

With his extensive knowledge of Western and Asian cuisines, Chef Mark brought an exciting new dining experience to The Backroom and Marina Grill.



1



2

1. Dry Aged Duck, Smoked Celeriac, Sour Cherry Jus
2. Twice Cooked Quail, Burnt Honey Glaze, Radicchio, Grapes
3. Pickled Mussels, Macadamia Cream, Nduja
4. Spanner Crab, Tagliolini, Chilli, Garlic, Parsley



3



4

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)。



In this issue we're heading off shore on five adventures that take us . . .

ON LOCATION:  
**THE  
HIGH  
SEAS**

看電影遊歷海洋



## Dead Calm

### 怒海驚情 (1989)

Director: Phillip Noyce

Starring: Nicole Kidman, Sam Neill

Orson Welles worked for several years to bring Charles Williams' novel *Dead Calm* to the silver screen, but it was Australian director Phillip Noyce who eventually succeeded with his psychological thriller of the same name. Filmed off the coast of Queensland around the Whitsunday Islands – but set further out in the South Pacific near Tonga – it tells of a recently bereaved couple who rescue the sole survivor of a distressed schooner. The husband (Sam Neill) is a naval officer, whose wife (Nicole Kidman) can also sail their 73-foot Bermuda ketch, and her skills prove useful when their handsome young passenger (Billy Zane) attempts to steal their yacht with her aboard, while the husband examines the slowly sinking schooner's disturbing contents.

Where to find: AppleTV

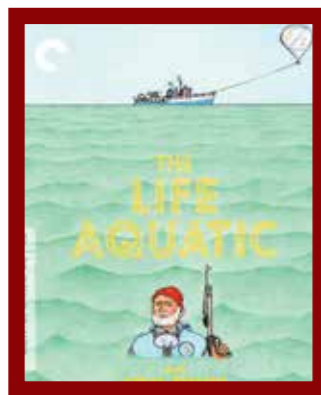
導演：菲力萊斯

演員：妮歌潔曼、森尼爾

奧遜威爾斯花了幾年時間將查理斯威廉斯的小說《怒海驚情》搬上銀幕，但最終澳洲導演菲力萊斯憑藉同名心理驚悚片取得成功。電影攝於昆士蘭聖靈群島附近海岸，更遠赴南太平洋的湯加拍攝。故事講述一對剛經歷喪子之痛的夫婦救起失事帆船的唯一倖存者。丈夫（森尼爾飾）是一名海軍軍官，他的妻子（妮歌潔曼飾）也懂得駕駛他們的73英尺百慕達雙桅帆船，當英俊年輕的乘客（比利辛恩飾）試圖偷走他們的遊艇時，盡顯她的航行技術。當丈夫檢查下沉的帆船時，卻發現了令人不安的東西。

觀看影片：AppleTV





## The Life Aquatic with Steve Zissou

海海人生 (2004)

Director: Wes Anderson

Starring: Bill Murray, Owen Wilson



Set in fictional seas, but filmed mostly around the Bay of Naples in southern Italy, the island of Ponza – some three hours to the west by boat – and Torre Astura on the coast, just south of Rome, *The Life Aquatic with Steve Zissou* is Wes Anderson's fantastical homage to Jacques Cousteau and his research boat, the *Calypso*. With passengers and crew including Owen Wilson, Willem Dafoe and Cate Blanchett, the determined Zissou (Bill Murray) sets out to take revenge on the giant jaguar-shark that consumed his best friend. Their vessel, the *Belafonte*, was originally a minesweeper built for the British Royal Navy in the 1950s, but after featuring in *The Life Aquatic*, she was sold and converted into a private leisure yacht over several years in Dubai, and renamed *Mojo*.

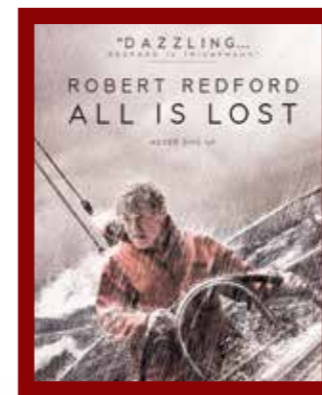
Where to find: Blu-ray

導演：韋斯安德遜

演員：標梅利·奧雲韋遜

以虛構的海洋為背景，但主要在意大利南部那不勒斯灣附近的蓬札島拍攝（乘船向西行約三小時）和位於羅馬南部海岸的拉蒂納島。《海海人生》是韋斯安德遜對 Jacques Cousteau 和他的研究船 *the Calypso* 致敬。意志堅定的 Zissou（標梅利飾）與包括歐文威爾森、威廉達福和凱特布蘭切特的乘客和船員們，為被美洲巨虎鯊吞噬的好友報仇而出發。他們的船隻 *Belafonte* 原本是 20 世紀 50 年代為英國皇家海軍建造的掃雷艦，但在《海海人生》中亮相後，幾年後在迪拜出售並改成私人休閒遊艇，更名為 *Mojo*。

觀看影片：藍光碟



## All Is Lost

怒海求生 (2013)

Director: J.C. Chandor

Starring: Robert Redford



*All Is Lost* is set in the middle of the Indian Ocean but was filmed mostly in the same studio water-tank facilities on the coast of northern Mexico that were used for much larger-scale productions like *Titanic* (1997) and *Master and Commander: The Far Side of the World* (2003). Some parts were also filmed in the Pacific, just off the coast of California. Robert Redford is the film's sole actor, but makes for a convincing and very engaging seasoned sailor trying to stem the demise of his ever-deteriorating yacht, *Virginia Jean*. The recreational 1978, 39-foot Cal 39 yacht was in fact portrayed by three similar vessels – *Tahoe*, *Tenacious* and *Orion* – one being used for special effects, one for interiors and one for ocean sailing. Redford won Best Actor at the 2013 New York Film Critics Circle Awards, for his solo, near silent role.

Where to find: AppleTV

導演：J.C. 贊多

演員：羅拔烈福

《怒海求生》以印度洋中部為背景，但大部分是在墨西哥北部海岸的攝影棚水箱設施中拍攝，這設施曾用於《鐵達尼號》(1997) 和《軍天勇將：戰海豪情》等大片的製作，亦有些部分是在加州海岸附近的太平洋拍攝。羅拔烈福是這部電影的唯一演員，但他塑造了一位令人信服、迷人而經驗豐富航海員，試圖阻止他那艘破損的帆船 *Virginia Jean* 繼續航行。這艘於 1978 年生產 39 英尺長的休閒遊艇 Cal 39 實際上是由三艘類似的船隻描繪而成，分別是 *Tahoe*、*Tenacious* 和 *Orion* — 其中一艘用於特別效果，一艘用於拍攝室內，一艘用於拍攝航行。羅拔烈福憑著近乎無對白的角色，榮獲 2013 年紐約影評人協會獎最佳男主角獎。

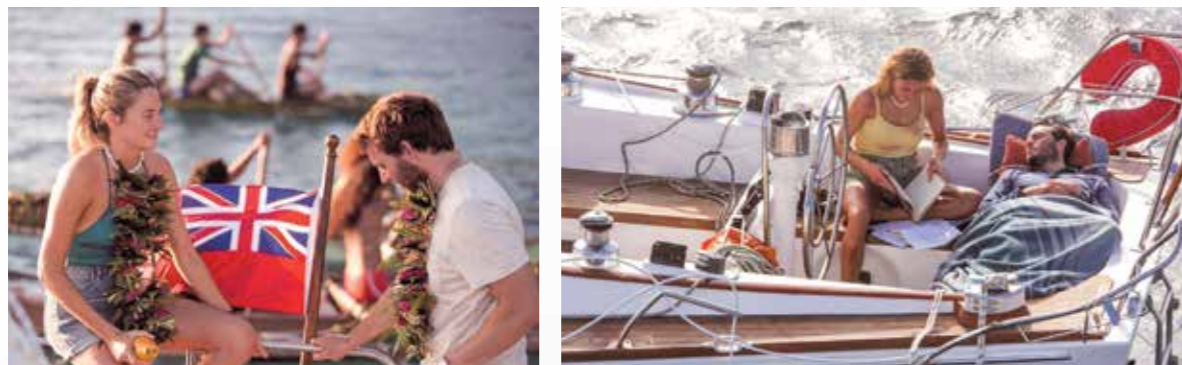
觀看影片：AppleTV



## Adrift

### 漂流心海 (2018)

Director: Baltasar Kormakur  
Starring: Shailene Woodley, Sam Claflin



The ocean-going scenes in *Adrift* are rather more believable than those in *All Is Lost*, largely because 90 percent of them were filmed in open water. According to lead actress Shailene Woodley, the cast and crew would sail two hours out to sea, where they spent around 12 hours filming, often while very seasick. The true story of Tami Oldham (on whose book the film is based) and Richard Sharp's ill-fated trip across the Pacific Ocean in 1983 was also filmed in and around Fiji, but set in Tahiti. Oldham and Sharp's yacht – which they were being paid deliver to California – was a Trintella 44 ketch, while a much larger Bestevaer 76 was used for filming.

Where to find: [YouTube Movies](#)

導演：巴塔薩科馬哥  
演員：莎蓮活莉、森加芬

《漂流心海》中的大海場景比《怒海求生》更逼真，主要是因為其中90%是在開闊的水域中拍攝。據女主角莎蓮活莉透露，演員和工作人員會航行兩小時出海，在那裡進行約12小時的拍攝，讓她常常感到暈船浪。這是Tami Oldham以及Richard Sharp的不幸之旅的真實故事（電影根據其小說改編），於1983年橫渡太平洋及斐濟周邊地區拍攝，但背景是大溪地。Oldham和Sharp航海時是Trintella 44雙桅帆船（他們並收取獎賞把船送到加州），而拍攝時使用了更大的Bestevaer 76。

觀看影片：[YouTube Movies](#)



## True Spirit

### 揚帆逐夢 (2023)

Director: Sarah Spillane  
Starring: Alyla Browne, Cliff Curtis



*True Spirit* tells the true story of how, against strong public opposition and other, rather fiercer obstacles, Jessica Watson sailed solo around the world at the age of sixteen. Her journey – which took from October 2009 to May 2010 – began and ended in Sydney Harbour, and while the sailing scenes are quite well done, the fact that almost everything was filmed in Queensland, Australia (both in studio tanks and offshore) will not surprise many viewers. Nevertheless it's a competent presentation of a fantastic achievement, and for anyone with kids reluctant to go sailing, *True Spirit* should provide plenty of inspiration and encouragement. The 34-foot Sparkman & Stephens yacht that made the original voyage is now in the Queensland Maritime Museum in Brisbane, and the replica used in the film was presented to Jessica Watson.

Where to find: [Netflix](#)

導演：莎拉史派蘭  
演員：安娜柏金、克利夫柯蒂斯

《揚帆逐夢》講述十六歲的Jessica Watson如何克服公眾的強烈反對和其他的障礙，獨自環球航海的真實故事。她的旅程由2009年10月開始至2010年5月結束，以悉尼港作起點和終點。雖然拍攝航行旅程相當出色，但事實上電影幾乎都是在澳洲昆士蘭州拍攝（不論是在攝影棚還是海邊），不少觀眾亦不感意外。儘管如此，對於那些不喜歡航海的孩子來說，這仍然是一項了不起的成就，《揚帆逐夢》啟發了大家的靈感及鼓勵。34英尺Sparkman & Stephens 遊艇現在存放於布里斯本的昆士蘭海事博物館，而電影中使用的複製品則贈送給Jessica Watson。

觀看影片：[Netflix](#)

MARINA  
GRILL

# AUSTRALIAN BLACK TRUFFLES

*Throughout June*



**E**njoy the exquisite flavours of Australian black truffles at Marina Grill this season. Our culinary team has crafted a special menu showcasing these rare and delicious gems in a variety of delectable dishes. Australian black truffles, known for their earthy and aromatic qualities, are a highly prized ingredient in gastronomy. Sourced from the fertile lands of Western Australia, they are renowned for their unique flavour profile that adds depth and sophistication to any dish.

Marina Grill 誠意獻上澳洲黑松露的獨有風味。廚師為大家精心設計了特別的菜單，展示了黑松露稀有的美味。澳洲黑松露源自西澳洲肥沃的土地，以其樸實的芳香而聞名，是備受推崇的食材。其獨特的風味，可為任何菜餚增添深度和精緻感。

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

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

MARINA  
GRILL



## NEW WEEKEND OFFERINGS

全新週末菜單

Discover our new Saturday Lunch Sets and  
an enhanced Sunday Roast menu.

MARINA GRILL  
SATURDAY  
SET LUNCH MENU



MARINA GRILL  
SUNDAY  
SET LUNCH MENU



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

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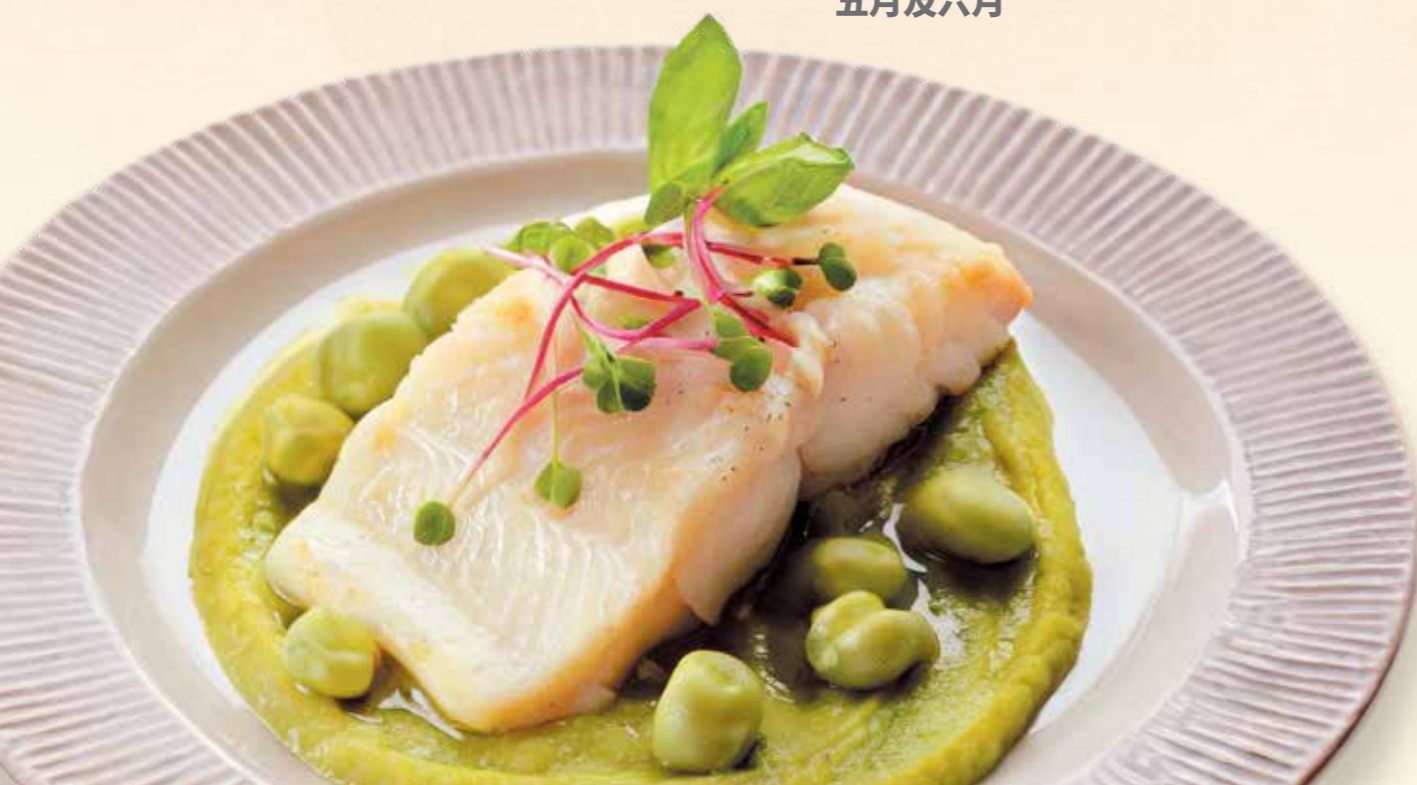


# TASTES OF AMALFI COAST

阿馬菲海岸菜式

THROUGHOUT MAY AND JUNE

五月及六月



## ANTIPASTO

Frittura di mare

*Soft-shell crab, whitebait, squid, prawn, cuttlefish*

\*\*\*

## PRIMI

Tagliolino scampi e limone

*Homemade fresh tagliolini, scampi, pickled Amalfi lemon*

## SECONDI

Merluzzo, crema di fave, borretane grigliate

*Cod fish fillet, green fava cream, borretane onion*

\*\*\*

## DOLCI

Millefoglie alle albicocche

*Millefeuille with chantilly and fresh apricot*

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

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THE ABERDEEN MARINA CLUB



## FUNCTION ROOM DINNERS



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

The Chairman's Room, President's Room, Governor's Room and Board Room are inviting, comfortably laid-out venues for dinner gatherings, and a karaoke system is also available.

For bookings or enquiries, please call our Events Sales Team on 2814 5442 or email [events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com). 預訂或查詢請致電宴會部電話2814 5442或電郵至[events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com)。

THE ABERDEEN MARINA CLUB



## Weddings AT THE CLUB

The Grand Ballroom and Portside are perfect venues for newlywed couples to share their beautiful day with friends and family, with superb Chinese and Western cuisine.



For bookings or enquiries, please call our Events Sales Team on 2814 5442 or email [events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com). 預訂或查詢請致電宴會部電話 2814 5442或電郵至[events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com)。

# The External Expansion of French Wine Producers

法國葡萄酒生產商的對外擴張



In recent years, the landscape of the wine industry has witnessed a fascinating shift as French winemakers have begun investing in other wine regions around the world.

Traditionally revered as the epitome of winemaking excellence, France has long maintained its status as a global leader in the production of fine wines. However, faced with evolving consumer preferences, climate change challenges, and an increasingly competitive market, French winemakers have recognised the need to diversify their portfolios and explore new terroirs.

One of the driving forces behind this trend is the pursuit of new opportunities and the desire to tap into emerging markets. With wine consumption on the rise in countries such as China, French winemakers are keen to position themselves strategically in these growing markets. By investing in vineyards and winemaking operations in these regions, they can both cater to local demand and leverage their brand prestige to gain a foothold in these markets. One of the leading pioneers is Long Dai by Domaines Barons de Rothschild Lafite.

Climate change also plays a significant role in this diversification strategy. As global temperatures continue to rise, traditional wine regions in France are experiencing shifts in weather patterns and growing conditions. Some regions are encountering challenges such as drought, heat waves, or increased disease pressure. By investing in cooler climate regions, such as Oregon, French



winemakers can ensure the continuity of their production and protect against potential climate-related risks. The best examples include Domaine Drouhin in Oregon, operated by one of the biggest landlords in Burgundy - Joseph Drouhin, and Nicolas Jay in Oregon's Willamette Valley, which is cooperated by Méo-Camuzet from Vosne-Romanée.



Furthermore, the exploration of new terroirs allows French winemakers to experiment with different grape varieties, clones and winemaking techniques. For example, the owner of Château Léoville Poyferré has established Cuvelier Los Andes in Argentina to produce Malbec, a grape variety that is iconic in Mendoza and was once the mainstream in Bordeaux. In addition, by venturing into regions like Australia, they can express their winemaking philosophy and traditional craftsmanship on different terroirs with usually less restricted wine laws and regulations. This cross-pollination of knowledge and expertise enriches the winemaking landscape and encourages cultural inheritance as well as innovation. This is exactly the case of our latest highlight – Bass Phillip Estate in Gippsland, which has been acquired by visionary Jean-Marie Fourrier of Domaine Fourrier in Burgundy.

In short, the phenomenon of French winemakers investing in other regions reflects the dynamic nature of the wine industry. It is a strategic response to changing consumer preferences, climate change challenges, and the pursuit of growth opportunities in emerging markets. This diversification not only helps to secure the future of French winemaking but also contributes to the global exchange of knowledge and the enrichment of the winemaking craft. As French winemakers continue to explore new frontiers, wine enthusiasts can look forward to experiencing the fruits of these cross-cultural collaborations in their glasses.

In May, we will be hosting a Bass Phillip Estate Wine Dinner with Arnaud Bardary, MS at The Backroom. See page 29 for details.

近年來，隨著法國釀酒師開始投資世界其他葡萄酒產區，葡萄酒產業的格局發生了重大的轉變。法國傳統上被譽為卓越釀酒的縮影，長期以來一直保持著全球優質葡萄酒生產領導者的地位。然而，面對不斷變化的消費者偏好、氣候變遷和競爭激烈的市場，法國釀酒師認識到其產品多樣化及探索其他風土的重要性。

這趨勢背後的推動力源自對新機會的追求和進入新興市場

的渴求。尤其是以中國為首等國家對葡萄酒的消費量有持續大幅度的增長，法國釀酒商開始涉獵這些市場，透過在這些地區投資葡萄園和釀酒業務，他們既可以滿足當地需求，又可以利用本身的品牌聲譽在這些市場上站穩陣腳。拉菲酒莊 (Domaines Barons de Rothschild Lafite) 投資在山東的瓏岱(Long Dai) 正是其中一個先驅。

氣候變化也是推動這種多元市場策略的重要因素。隨著全球氣溫持續上升，法國傳統的葡萄酒產區正面臨著巨大的天氣模式和生長條件變化，有些地區遭遇乾旱、熱浪或更高的植物疾病壓力等挑戰。透過投資在氣候較涼爽的地區如俄勒岡，法國的釀酒師們可以確保穩定的產量，並防範與氣候相關的潛在風險。最好的例子包括俄勒岡州的 Domaine Drouhin，由勃根地最大的地主之一的 Joseph Drouhin 經營，以及俄勒岡州威拉米特山谷的 Nicolas Jay，由 Vosne-Romanée 的 Méo-Camuzet 聯合經營。

此外，探索新的風土讓法國的釀酒師們可以嘗試不同的葡萄品種或繁殖，及釀酒技術。例如龍博菲酒莊 (Château Léoville Poyferré) 擁有者在阿根廷門多薩建立 Cuvelier Los Andes，生產 Malbec，這曾是波爾多主流的葡萄品種。另外，在澳洲等地區，通常他們可以在限制較少的葡萄酒法規上，在不同風土上更大程度的展現他們的釀酒理念和工藝。這種知識和專業技術的交流豐富了葡萄酒製作領域的多樣性，並推動文化傳承和創新。正如 La Cave 最近的重點推廣 – 在吉普斯蘭的 Bass Phillip 酒莊 – 於 2020 年被 Domaine Fourrier 的莊主 Jean-Marie Fourrier 收購了。

法國的葡萄酒生產商在其他地區進行投資的現象反映了葡萄酒行業的變化，這是對消費者喜好、氣候變化挑戰以及在新興市場尋求機會的策略。這種多元化發展不僅有助於確保法國釀酒業的未來，也有助於全球知識交流和豐富釀酒工藝。隨著法國釀酒師不斷探索新領域，葡萄酒愛好者可以期待在自己的酒杯中體驗這些跨文化合作的成果。

在五月份，我們將在 The Backroom 舉辦 Bass Phillip 葡萄酒晚宴並邀請到侍酒大師 Arnaud Bardary 為我們主講，詳情請參閱第 29 頁。如有任何查詢，請聯絡 La Cave 團隊。

the  
BALCONY



**Isojiman Sake Dinner**  
磯自慢清酒晚宴

Thursday, May 9      5月9日(星期四)  
Welcome drink: 7pm      酒會: 晚上7時  
Dinner: 7.30pm      晚宴: 晚上7時30分  
\$1,180 per person      每位\$1,180  
Guest Speaker: Amy Wong, Sake Specialist



For enquiries, please call the Balcony on 2814 5927 or email balcony@aberdeenmarinaclub.com.  
查詢請致電泰露台餐廳電話2814 5927或電郵至balcony@aberdeenmarinaclub.com。



WELCOME DRINK

Isojiman Tokubetsu Honjozo Tokusen (1,800ml)  
磯自慢 特撰 特別本醸造 (1,800ml)

MENU

**Scallop Miang Kham**  
Betel Leaf, Pomelo, Peanut, Toasted Coconut

Isojiman Daiginjo Itteki-Nyukon (1,800ml)  
磯自慢 大吟釀 一滴入魂 (1,800ml)

\*\*\*

**Tiger Prawn**  
Pineapple Curry Sauce, Kaffir Lime

Isojiman Junmai Daiginjo Aiyama NakaDori  
磯自慢 純米大吟釀 愛山 中取

\*\*\*

**Steamed Barramundi Fillet**  
Red Chilli Lime Sauce, Thai Herbs

Isojiman Junmai Daiginjo Emerald  
磯自慢 純米大吟釀 一滴入魂

\*\*\*

**Caramelised Beef Cheek**  
Tamarind Glaze, Green Mango Salad  
Roasted Rice

Isojiman Junmai Daiginjo Saito  
磯自慢 純米大吟釀 東条山田錦 40 秋津西戸

\*\*\*

**Pandan Crêpe**  
Coconut Ice Cream, Palm Sugar Caramel

Isojiman Ginjo (1,800ml)  
磯自慢 吟釀 (1,800ml)

THE BACKROOM  
AT LA CAVE

**Bass Phillip Wine Dinner**  
with Arnaud Bardary, MS  
葡萄酒晚宴

Friday, May 17      5月17日(星期五)  
Welcome drink: 7pm      酒會: 晚上7時  
Dinner: 7.30pm      晚宴: 晚上7時30分  
\$1,780 per person      每位\$1,780  
Guest Speaker: Arnaud Bardary, Master Sommelier  
A 75ml tasting sample will be provided for each wine.



WELCOME DRINK

2021 Bass Phillip Estate Old Vines  
Chardonnay

MENU

**Seared Hokkaido Scallop**  
Finger Lime Beurre Blanc,  
Smoked Salmon Pearls

2021 Bass Phillip Premium  
Chardonnay

\*\*\*

**Glacier 51 Toothfish**  
Shio Koji, Pencil Leek, Black Garlic

2017 Bass Phillip Estate Pinot Noir  
(Museum release)

2021 Bass Phillip Estate  
Old Vines Pinot Noir

\*\*\*

**Dry Aged Duck &  
Mushroom Pithivier**  
Sour Cherry Jus

2018 Bass Phillip Premium  
Pinot Noir (Museum release)

2021 Bass Phillip Premium  
Pinot Noir

\*\*\*

**Slow Cooked Short Rib**  
Pancetta Crumb, Caramelised  
Carrot, Onion Soubise

2021 Bass Phillip Reserve Pinot Noir

\*\*\*

**Brillat-Savarin Cheesecake**  
Passion Fruit & Lime



For enquiries, please call The Backroom on 2814 5391 or  
email lacave@aberdeenmarinaclub.com.

查詢請致電The Backroom電話2814 5391或電郵至  
lacave@aberdeenmarinaclub.com。



## Incisa della Rocchetta Family Wine Dinner 葡萄酒晚宴

Thursday, June 6 6月6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

Guest Speakers: Florence Luk and Gary Yim,  
Wine Specialists



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

預訂將於活動日期前約一個月開始，屆時請留意本會電子通訊或致電預訂服務中心電話2814 1222。

**WELCOME DRINK**  
2022 Bodega Chacra, Mainque,  
Chardonnay

**MENU**

**Salmone Crudo**  
Raw Salmon, Pickled Amalfi Lemon,  
Fennel Salad

2022 Bodega Chacra, Mainque,  
Chardonnay  
\*\*\*

**Lingua Di Vitello Tonnata**  
Ox Tongue, Tuna Sauce, Caper Leaf

2022 Bodega Chacra, Barda, Pinot Noir  
\*\*\*

**Gnocchi Ai Funghi Porcini**  
Gnocchi, Porcini Mushroom, Parmesan  
Fondue

2022 Bodega Chacra,  
Cincuenta y Cinco, Pinot Noir  
\*\*\*

**Bistecca Alla Fiorentina**  
Dry Aged Porterhouse, Beef Fat  
Potatoes, Herb Salsa

2020 Tenuta San Guido, Sassicaia  
\*\*\*

**Formaggi**  
Cheese Selection, Condiments

2019 Tenuta San Guido, Guidalberto  
\*\*\*

**Fondente Mousse**  
Dark Chocolate Mousse,  
Sea Salt, Olive Oil

## THE BACKROOM AT LA CAVE



## THE CHEESE ATELIER

芝士尋味之旅

THROUGHOUT MAY

Indulge in a tantalising cheese experience at The Backroom, featuring exquisite flavours  
from around the world. Upgrade your tasting journey with optional Glenmorangie pairings  
for a truly unforgettable culinary adventure.

The Backroom 為您精選來自世界各地的芝士，更可選配格蘭傑威士忌，  
提升您的味覺體驗，享受真正難忘的尋味之旅。

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

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# Capri Pants

卡普里褲  
(常稱為七分褲)

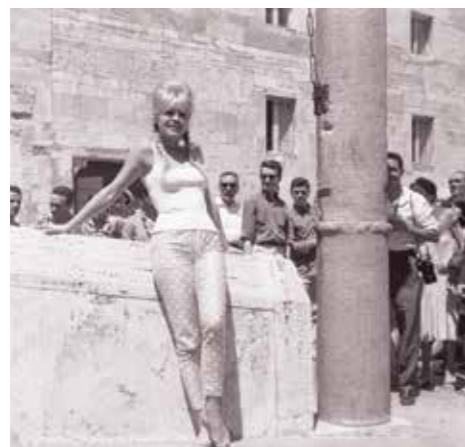
- by Peter Walbrook



Audrey Hepburn and Mel Ferrer



Grace Kelly



Brigitte Bardot



Marilyn Monroe

Still a staple of summer wardrobes the world over, Capri Pants were quite controversial when they first appeared in Europe the late 1940s – a time when women very rarely wore trousers of any kind. Tight-fitting, with a high, figure-accentuating waistband, and hemmed above the ankles for keeping dry on beach walks, they were versatile, stylish and liberating. And women everywhere loved them.

By the mid 1950s, they had become wildly popular – looking perfectly in style from the private-yacht decks of the Mediterranean to the Beatnik clubs of New York's Greenwich Village – thanks in no small part to actresses such as Audrey Hepburn, who wore Capri Pants in films including *Sabrina* (1953) and *Funny Face* (1957). Other influential wearers around the same time included Brigitte Bardot, Grace Kelly and Marilyn Monroe.

Described by founder of both New York Fashion Week and the International Best Dressed Hall of Fame List, Eleanor Lambert, as “the most elegant woman in the world”, the Mexican socialite Gloria Guinness also wore Capri Pants, as did her daughter, the fashion model Dolores Guinness. (Incidentally, Gloria's fourth and final husband, Thomas Guinness, owned Jacques Cousteau's research ship, the *Calypso*, mentioned on page 18.)



Dolores Guinness

Although a number of Italian designers have claimed Capri Pants as their own (they were named after an Italian island, after all), the design – with other clothes in her original Capri collection – is usually attributed to the German fashion designer Sonja De Lennart, who, at time of writing is happily still with us at the grand old age of one hundred and three.



Gloria Guinness

卡普里褲(常稱為七分褲)仍然是世界各地夏天的必備服飾,當七分褲於20世紀40年代末首次在歐洲亮相時(當時女性很少穿著褲子),引起了很大爭議。緊身高腰的剪裁凸顯身材,以及腳踝上捲邊,可在海灘散步時保持乾爽,百搭、時尚,給人自由的感覺,深受世界各地女性的歡迎。

到了20世紀50年代中期,七分褲已經廣受歡迎——從地中海的私人遊艇到紐約格林威治村的披頭族,看起來很時尚——很大程度上要歸功於女演員柯德莉夏萍,在電影包括《龍鳳配》(1953)和《滑稽面孔》(1957)穿著七分褲。同時,其他有影響力的愛戴者包括碧姬芭杜、格蕾絲凱莉和瑪麗蓮夢露等。

被《紐約時裝周》和《國際最佳著裝榜榮譽殿堂》創始人埃莉諾諾伯特特評為“世界上最優雅的女性”的墨西哥名媛格洛麗亞吉尼斯Gloria Guinness、她的女兒、和時尚達人模特兒多洛莉絲吉尼斯也穿著七分褲。(順帶一提,格洛麗亞的第四任亦是最後一任丈夫湯瑪士吉尼斯擁有Jacques Cousteau的研究船Calypso,如第18頁所述。)

儘管許多意大利設計師聲稱卡普里褲是他們的設計(它是以意大利島嶼卡普里命名的),但該設計以及最初的七分褲系列中的其他服裝,應歸功於德國時裝設計師Sonja De Lennart,在撰寫本文時,他仍然幸福地與我們在一起,現時已一百零三歲。

## EVO Gel

eVO

**E**VO Gel is a next generation bottle-and-brush gel system designed from the base up with nail health and safety in mind. EVO is quick and easy to apply, extremely durable and long lasting. It has a high shine and the gel overlay has excellent adhesive properties.

All EVO Gels are vegan, cruelty free and toxin free.

EVO requires minimal buffing and offers effortless removal, maintaining and promoting healthy natural nails. It also has a wide selection of highly pigmented colour gels with excellent consistency and intense nail coverage. Colour palettes are compiled following fashion trends, adding seasonal trendy colours, as well as everyday wear shades to the EVO range.

**WHY CHOOSE EVO?**

EVO Gel boasts the world's first medical grade formulation and oxygenating brush-on gel technology. The unique medical grade formulation of EVO Base utilises only the highest quality ingredients to ensure EVO is safe for your nails and your wellbeing.

EVO is infused with vitamins A and E that will migrate to the nail plate, even after curing, and does not contain any organic solvents or dehydrating primers or bonders.

## 1. PERMEABLE BASE

Special base layers have microscopic gaps in the cured gel, allowing molecules to pass through to keep nails healthy.

## 2. NAIL PLATE

The natural nail is composed of keratin, a dead protein skin cell, which facilitates the transfer of oxygen and moisture molecules.

## 3. NAIL BED

The skin underneath the nail is maintained by a balance of oxygen and moisture vapour.

EVO Gel 是新一代凝膠甲油，設計着重指甲的健康和安全。EVO 快速、方便、易塗，極富光澤感。甲油凝膜具有優異的黏合性，令美甲效果更為持久，所有EVO Gel 都是純素且不經動物測試。

EVO只需輕微拋光，便可輕鬆地除去，還可維持甲面健康。EVO 提供多種顯色凝膠可供選擇，具有出色的覆蓋效果。您亦可根據時尚趨勢而作調色，系列包括了季節性流行色彩以及日常搭配的色調。

**為什麼選擇 EVO?**

EVO Gel擁有世界上第一個醫療級配方和充氧掃塗凝膠技術。EVO Base獨特的醫療級配方採用最優質的成分，確保您的指甲健康和安。

EVO 注入了維生素A和E，即使在乾透後，也會滲入指甲上，並且不含任何有機溶劑或脫水底漆或黏合劑。

## 1. 透水基底

特殊的甲油塗層在固化凝膠中含微小的間隙，讓分子滲透以保持指甲健康。

## 2. 指甲板

甲油的天然成分由角蛋白組成，角蛋白是一皮組織細胞，有助於氧氣和水份分子的轉移。

## 3. 甲床

指甲下的皮膚能透過水氧平衡來維持健康。

CUTTING  
Edge

We are open daily from 9am to 7pm.

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

美髮及美容中心營業時間為每天上午9時至晚上7時。

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Double-circulation  
Drainage Technology

## 雙循環引流美胸技術



**L**anluis exclusive breast beauty treatment uses the latest double-circulation drainage technology combined with high-tech magnetic frequency and ultrasound principles, as well as professional products with natural plant extracts to help with blood circulation, dredge meridians, and relieving breast nodules. It is effective in restoring elasticity shape to the breasts.

## • Red light breast detection

Accurately detects cosmetic breast issues.

## • Magnetic frequency detoxifying breast comb

Through low-frequency bionic current and infrared heat therapy, dredge meridians and reduce chest lymphatic blockage and swelling pain.

## • Audio frequency breast firming rod

Through high-energy technology, it stimulates blood circulation, tightens and lifts, and restores the elasticity and lines of the chest.

**Who is suitable for Lanluis Breast Care treatment?**

The treatment is suitable for most women and can help meet the needs of breasts at different stages, especially for women who pursue physical beauty and are dissatisfied with their breast shape.

**What is the main focus of the treatment?**

Swelling and pain in the breasts due to sagging, laxity and loss of elasticity, breast hyperplasia and blockage.

**Can it improve blocked breasts?**

Therapist will apply the massage oil to open the acupuncture points on the chest, using the natural botanical ingredients such as cedar, geranium, and roman chamomile oil will help to remove the mammary gland blockage.

護理採用Lanluis胸部專屬美容儀，透過最新「雙循環引流技術」配合高科技磁頻和超聲波原理，以及選用天然植物精萃的專業產品，幫助血液循環、疏通經絡，紓解乳腺結節，有效回復健康彈性乳房，重塑完美胸形。

## • 紅光乳腺檢測

精準偵測乳房問題，改善美態。

## • 磁頻排毒美胸梳

透過低頻仿生電流與紅外線熱療疏通經絡，減少胸部淋巴堵塞和脹痛。

## • 聲頻緊緻塑胸棒

透過高能量的聲頻技術，刺激血液循環，使胸部緊緻提升，回復胸部彈性及線條。

**Lanluis美胸養乳護理療程適合什麼人?**

此項目適合大部分女性，有助滿足不同階段的胸部需求，特別適合追求體態美態、對自身胸型不滿的女性。

**護理主要針對什麼問題?**

胸部下垂、鬆弛失去彈性、乳腺增生及堵塞導致的腫脹疼痛。

**能改善堵塞乳腺問題?**

護理員會先塗抹天然植物精油，按摩並打開胸部穴位，精油中含雪松、天竺葵、羅馬洋甘菊等天然植物成分，可除去阻礙乳腺通道的瘀毒，有效疏通堵塞的乳腺。

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## Tips from Cutting Edge Hair & Beauty Salon

美髮美容秘訣

**M**atching your hair products to the needs of your hair in early summer can help you maintain healthy and vibrant hair. Here are some tips on how to choose the right hair products for the season.

1. Assess your hair's needs: Consider the specific needs of your hair in early summer. For example, if your hair tends to get dry, look for moisturising and hydrating products. If you have an oily scalp, opt for products that control excess oil and provide a lightweight formula.
2. Switch to lighter formulas: Early summer is a time when the weather gets warmer, so you may want to switch to lighter hair products. Look for lightweight shampoos, conditioners and styling products that won't weigh your hair down or make it feel greasy.
3. Protect from environmental factors: In early summer, you may be exposed to elements like sun, wind and humidity. Choose hair products that offer protection against these factors. Look for styling products with UV protection to shield your hair from sun damage. Anti-frizz serums or creams can help combat humidity and keep your hair manageable.

4. Consider multi-purpose products: Simplify your hair-care routine by choosing multi-purpose products. For example, a leave-in conditioner with heat protection can provide moisture, detangling and protection from styling tools in one step.
5. Read labels and ingredients: Pay attention to the ingredients in your hair products. Avoid products that contain harsh chemicals or sulfates, as they can strip your hair of its natural oils. Instead, opt for products with natural ingredients and those specifically designed for your hair type and concerns.

Remember, it's important to listen to your hair and adjust your product choices based on its changing needs throughout summer.

Cutting Edge offers variety brands such as K18, KERASTASE, Kelvin Murphy, Goldwell and AYUNCHE for your hair to get in perfect condition.

配合護髮產品來讓您於初夏期間保持頭髮健康和充滿活力。以下的提示能助您選擇適合季節的護髮產品。

1. 自身頭髮的需要：踏入初夏，秀髮護理方法有所不同。例如，如果您的頭髮容易乾燥，應使用保濕產品。如果您是油性頭皮，請選擇能抑制多餘油脂並提供輕盈配方的產品。

2. 改用輕盈配方：初夏是天氣變暖的時期，因此您可改用輕盈的護髮產品。選擇質地輕盈的洗髮露、護髮素和造型產品，不會讓頭髮變得扁塌或油膩。
3. 預防環境因素：秀髮可能會受到陽光、風和潮濕等因素的影響。我們應選擇能夠針對這些因素提供保護的護髮產品。具抗紫外線功能的定型產品，可保護您的頭髮免受陽光傷害。防毛躁精華或乳霜則可幫助對抗濕氣並保持頭髮易於打理。
4. 考慮多用途產品：透過選擇多用途產品來簡化您的護髮程序。例如，具有抗熱防護的免沖洗護髮素可以同時提供水分、順滑髮絲和保護，使髮絲免受造型工具影響。
5. 閱讀標籤和成分：注意護髮產品中的成分。忌用含有刺激性化學物質或硫酸鹽的產品，避免頭髮的天然油脂流失。相反，應選擇含天然成分的產品以及專門針對髮質問題而設計的產品。

請緊記，在整個夏季，不要忽略頭髮的變化和需求，來選購您的美髮產品。

您可於 Cutting Edge 選購 K18、KERASTASE、Kelvin Murphy、Goldwell 和 AYUNCHE 等多個品牌的產品，讓您的秀髮保持完美狀態。

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# Hong Kong History

by Giles Leonard,  
Director of Sports & Recreation

香港  
歷史

Last time, we looked at one of the more prominent nearby historical buildings – the Holy Spirit Seminary, which is visible from all over Aberdeen. In this issue, we look at a building that been in place since 1891, but is so well hidden that I'm sure most people are not aware of it.

The Old Aberdeen Police Station was built to strengthen law and order in the expanding fishing community in the Southern District. Set on a hill overlooking the sea, it would have been a visible reminder of the presence of authority, law and order.

As we can see from old photographs, it would have had commanding views over the harbour, the dockyards and over to Ap Lei Chau.

To reach the police station it was necessary to climb a steep hill from the waterfront main road and the road up is actually so steep that an unfortunate accident occurred in 1965 when the vehicle driving up missed a gear and careened down to the road below. The entire complex included police offices, the charge room, holding cells, the armoury with special doors that still exist today, the CID offices,

a single constable barrack room accommodation, a canteen, kitchens, laundry room and two married quarters.

The premises were bombed during the Japanese invasion in 1941 and although they were badly damaged this was repaired and is not visible today. After almost 80 years in service, the station was closed in 1969 following the construction of the new police station on Wong Chuk Hang Road. Since then, various government departments have used the premises. From 1969 to 1980, the building served as a Detective Training School, and from 1979 to 1986, it was used as the Marine Police Training School and the Marine South Station. It was then left vacant until 1994.

Nowadays it is home to The Warehouse Teenage Club, which offers a variety of activities, including music, graffiti art, dance, drama, social activities, adventure-based education and sports to young people from the ages of 13 to 25.

It really is a wonderful old colonial building and is well worth a visit. The centre can only be reached on foot, but is just a short walk from the Club with the final walk up from the main road being the only challenging section. The occupants are usually very accommodating and allow visitors to walk in and around the buildings after signing in.

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

上期，我們參觀了附近一所較為著名的歷史建築 - 聖神修院，它從香港仔各處都能被看到。今期，我們將介紹一座自1891年以來就存在的建築，但它一直隱藏於這個城市，而我肯定大多數人都不知道它的存在。



Photo by Hedda Morrison, Courtesy of Harvard Library

舊香港仔警署的建造是為了加強維護南區擴展中的漁業社區的法律和秩序。它坐落在一個俯瞰大海的山坡上，為當地章顯權威、法律和秩序的重要。

從舊照片中可見此建築可以俯瞰港口、船塢，並遠至鴨脷洲。

要到達警署，必須從海濱主要道路上爬上一座陡峭的山坡，而上坡的道路實際上是非常斗峭，以至於在1965年發生了一件不幸的事故，當時上坡的車輛沒換檔，飛馳而下，直衝至下面的道路上。整個建築群包括警察辦公室、值班室、拘留室、還保存至今的槍庫，刑事調查科辦公室、一個單兵宿舍、一個食堂、廚房、洗衣房和兩個已婚人士宿舍。

該建築在1941年的日佔期間遭到轟炸，雖然受到嚴重損壞，但已被修復，現在卻看不出來。經過約80年的服務

後，因為在黃竹坑道建造了新的警署，舊警署於1969年關閉。此後，該建築曾被各個政府部門使用。從1969年到1980年，它被用作偵探訓練學校，從1979年到1986年，它被用作水警訓練學校和南區水警警署，然後一直空置到1994年。

現在，這裡是蒲窩青少年中心的所在地，為13至25歲的年輕人提供各種活動，包括音樂、塗鴉藝術、舞蹈、戲劇、社交活動、以歷險為基礎的教育和運動。

這真是一座美妙的殖民地建築，非常值得一遊。該中心只能步行到達，但距離本會只有很短的步行距離，從大路轉上的最後爬坡路段才是唯一具有挑戰性的部分。中心職員通常非常樂意讓訪客登記後在建築物內參觀。

如欲了解更多有關香港歷史的資訊，請聯繫本會的康體部總監李基爾。





## New Functional Training Area

全新功能性訓練區域

As functional training is becoming more popular, we are seeing the upper and lower floors of the Fitness Centre used even more than the middle (cardiovascular equipment) floor.

Therefore, we are planning a fantastic new functional training area on the middle floor, which will enhance the existing stretching area. We will also add some great new equipment from Technogym®. Look out for some new plate-loaded equipment as well as a sled track and sled for some really dynamic training.

The actual area will be blocked off for a short period over the summer, although the remainder of the cardio floor will still be available. We thank you for your understanding and apologise for any inconvenience caused while we await this great new area.

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

由於功能性訓練越來越受歡迎，我們留意到健身中心的上層和下層比中層（附帶氧運動器材）更備受使用。

因此，我們計劃在中層打造一個全新的功能性訓練區，以改善並提升現有的伸展區域。我們將添置一些來自Technogym®的優秀設備。請期待一些新的負重設備，以及推進跑道及健身雪橇，進行更針對肌肉的訓練。

該區域將在夏季封閉一段時間，但餘下的帶氧運動器材區域仍然可供使用。我們感謝您的諒解，並抱歉為您造成不便，期待這個出色的新區域的到來。

如欲了解更多有關詳情，請向我們的健身中心團隊 Nelson 和 Keith 查詢。您亦可與我們的健身教練預約課堂來增加動力。

## Fitness Centre Challenge 2024

健身挑戰活動2024

We are four months into the New Year but there is still time to join this Challenge and get the motivation you need to maintain a healthy lifestyle.

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

新一年雖然已過了四個月，但您還有時間參與這項挑戰，保持健康生活。您可以按自己的程度選擇完成任何或所有挑戰。每人的目標都可以不同的，有些人喜歡選擇較容易的，而有些人會喜歡挑戰更難的。這是一個嘗試新器材的機會，或許您會想把它添加至您的日常鍛鍊中。

### Completion Levels 完成級別

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

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

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

**MAY 五月**  
Stepper/Stepmill 300 Floors

**JUN 六月**  
Pool 100 Lengths

**JUL 七月**  
Treadmill 60km

**AUG 八月**  
Bike 180km

**SEP 九月**  
Rower 50km

**OCT 十月**  
Elliptical 40km

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

**DEC 十二月**  
Pool 100 Lengths



Sanlorenzo  
SL86  
'2019'  
USD 5,200,000



EXCLUSIVE Listing



Sunseeker 88  
'2009'  
USD 1,995,000



Azimut Grande 25 Metri '2020'  
USD 4,865,000

Sanlorenzo SL78 '2020'  
EUR 3,600,000

Sanlorenzo SX76 '2022'  
EUR 5,000,000



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

Fairline Squadron 50 'New'  
GBP 1,238,000 ~~GBP 1,150,000~~

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



# Sensible Summer Nutrition!

夏季營養學!



**T**he days are getting longer, and I'm sure we've all got our summer plans in mind. Nutrition always plays a vital role during the year, including summer, so here are some tips to make sure we prepare ourselves properly and get through the summer with our goals intact!

1. While the sun doesn't always make an appearance (depending where you go), when it does, it's important to stay hydrated. Make a habit of drinking plenty of fluids throughout the day, even if you don't feel thirsty. Water is ideal, but other fluids count, too, including tea and coffee. Melon, cucumber and citrus fruits are also dense in fluids. If you're also active, staying hydrated is even more important.
2. Seasonal Fruits and Vegetables: Summer is the season of vibrant and refreshing produce, so try to incorporate a variety of seasonal fruits and vegetables into your meals. Berries, tomatoes, peppers, radishes and fennel are just a few examples of nutrient-rich options. Seasonal fruits and vegetables will keep salads interesting but will also fill those same meals with vitamins and antioxidants.

3. Light Meals: Heavy, rich meals can leave you feeling lethargic during long summer days. Instead, opt for light and refreshing meals that are easier to digest. Salads with leafy greens, grilled vegetables, lean proteins like grilled chicken or fish and whole grains make for a satisfying but also light meal.
4. Mindful Eating: It's important to be mindful of portion sizes. We can do this by practicing mindful eating. Pay attention to your body's hunger and fullness cues and take your time with meals. Don't feel forced into finishing a meal if you don't want to.
5. Sugary Drinks and Alcohol: Sugary beverages like fizzy drinks, sweetened juices, and sports drinks can quickly add up to unnecessary calories and sugar intake. Try alternatives such as infused water, homemade fruit smoothies, or even your own mocktail creations. During social gatherings, take your time with alcohol consumption and remember



that it's also a factor in dehydration and combining it with higher temperatures can increase that risk. If you do choose to drink alcohol, pace yourself and don't forget to drink plenty of water.

Maintaining proper nutrition during the summer is essential for your overall well-being. By following these tips, you can ensure that you nourish your body, stay energised and enjoy all the fun activities that summer has to offer.

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

現在已開始日長夜短的日子，我們需做好準備迎接夏日的來臨。飲食往往在一年當中無論何時也相當重要的，包括夏季。因此我們在此提供一些建議，讓您做好適當的準備並按着目標度過這個夏季！

1. 補充水分：雖然陽光並不總是出現（取決於您去哪裏），但當出現時，保持水分充足很重要。即是沒感到口渴，亦要養成飲水的習慣。水是理想的選擇，但其他飲料也很重要，包括茶和咖啡。瓜類、青瓜和柑橘類這些蔬果也富含水份。如果您經常運動，那麼保充足水分就更為重要。

2. 時令水果和蔬菜：夏季有很多季節性的蔬果，盡量在飲食習慣中加入各種時令的蔬菜和水果。莓果、番茄、甜椒、蘿蔔和茴香都是營養豐富的選擇。蔬果不僅能讓沙律增添不同變化，還能在飲食中補充維生素和發揮抗氧化的作用。
3. 清淡飲食：夏日容易因飲食過於豐盛而感到昏昏欲睡。相反，建議選擇清淡和較易消化的食物。以綠葉蔬菜、烤蔬菜、富瘦蛋白的烤雞或魚及全穀物組合的沙律，是一頓既令人滿足又輕怡的簡餐。
4. 正念飲食：注意份量是很重要的，我們可以透過練習正念飲食來做到。注意身體的飢餓和飽足訊號，進食時慢慢咀嚼。如已有飽足感，不要勉強食完剩下的食物。
5. 含糖飲料和酒精：含糖飲料，如碳酸飲料、加糖果汁和運動飲料，會增加不必要的卡路里和糖的攝取量。嘗試選擇其他飲料，例如水、自製水果冰沙，甚至自己製作無酒精雞尾酒。在社交聚會時，慢慢飲酒，提醒大家酒精是脫水的因素，加上氣溫升高會增加脫水的風險。如選擇喝酒，請調整節奏，並應補充大量的水份。

於夏季保持適當的營養，對整體健康是很重要的。希望以上建議可幫助您維持充足的養分、保持活力並享受夏日活動。

如欲了解更多營養資訊，請聯絡健身中心團隊Nelson及Keith，或您的健身教練。



## Pilates vs Yoga

### What is the Difference?

普拉提與瑜珈有什麼分別？

Yoga



While the answer is subjective, pilates and yoga can be great for beginners. In fact, they have a lot of common features.

- Both are low impact workouts.
- Both share a mind and body approach to exercise and health.
- Both combine the same principles: breathing and proper flow.
- Both have a relaxed but controlled manner.
- Both are good exercises for posture and flexibility.

#### The main differences.

- Yoga is more of a lifestyle activity and is rooted in spirituality and meditation. Pilates is mainly a form of exercise without spirituality involved.
- They use different equipment. Yoga requires a yoga mat and foam blocks and only uses body weight exercises. Pilates incorporates weights, resistance bands, and the Reformer – a machine with a carriage and pulley ropes that helps creating a lean body.
- Yoga is more of a full-body, balanced workout. Pilates is about working the core.
- Yoga can increase your flexibility, more peace of mind and mind-body connection. Pilates may strengthen your core, improve your posture, strength and overall fitness level.

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

答案可以是主觀的，普拉提和瑜珈對於初學者來說，都非常有用。事實上，它們有許多共通點。

- 兩者都是低強度運動。
- 兩者在運動和健康方面有著相同的心靈和身體鍛鍊。
- 兩者的原則相同：呼吸和適當的動作串連。
- 兩者都以心靈舒態為基本。
- 兩者都著重姿勢和靈活性練習。

#### 主要分別：

- 瑜珈是以放鬆身心為主，著重靈性和冥想。普拉提是一種不涉及靈性的運動。
- 它們使用不同的設備。瑜珈需要使用瑜珈墊和瑜珈磚，並且僅使用體重來練習。普拉提結合了重量、阻力帶和核心床 — 一種帶有滑架和滑輪繩的機器，有助於塑造身段。
- 瑜珈是一種着重全身平衡的運動。普拉提是鍛鍊核心肌群。
- 瑜珈可以提升靈活性、內心的平靜以及身心的連結。普拉提可以增強核心力量，改善姿勢、力量和整體健身水平。

本會提供瑜珈和普拉提團體和私人課程。請參閱5樓、2M及大堂的傳單，或致電2814 1222以了解更多詳情。

Pilates



## Fun Facts about Jumping on a Trampoline

### 跳彈床的樂趣

Trampolining became an Olympic sport in the year 2000, so although your children look like they are just having fun at the Adventure Zone, they may be working towards the Olympics!

Here are more fun facts about jumping on a trampoline.

- The record for continuous bouncing was set by a six-person team from Cleveland State University's Delta Epsilon fraternity in 1986. The group managed to keep bouncing for a total of 53 consecutive days.
- According to a NASA study, going on a 30-minute jog and jumping on a trampoline for 10 minutes will allow you to burn a similar number of calories. In fact, NASA once used trampolines to train astronauts.
- Bill Gates has a trampoline in his house as part of his exercise facilities.
- Jumping can even strengthen your eye muscles and ocular nerves.
- Jumping on a trampoline is good for your bones, increasing bone density and maintaining bone mass in older adults.
- Endorphins and positive mood enhancement can come from jumping on a trampoline.

Check out our Trampolines, Ninja Track and the amazing vertical Drop Slide combined in a split-level, multi-play environment at the Adventure Zone on 4/F!

If you want professional guidance and even to learn more through different gymnastics activities for your children, Group and Private lessons are available. See the flyers at 5/F, 2M and the Main Lobby or call us on 2814 1222.

跳彈床於2000年成為奧運項目，看起來孩子們只是在冒險區耍樂，但他們可能正在為奧運而努力！

以下是有關跳彈床的趣聞。

- 連續跳彈床記錄是由克里夫蘭州立大學Delta Epsilon兄弟以六人小組於1986年創造的。他們成功連續彈跳53天。
  - 根據NASA的一項研究，慢跑30分鐘和跳彈床10分鐘可以燃燒相約的卡路里。事實上，NASA曾經使用跳彈床來訓練太空人。
  - 比爾蓋茲的家裡有一張彈床，作為鍛鍊設施之一。
  - 跳躍甚至可以增強您的眼睛肌肉和神經。
  - 在彈床上跳躍對骨骼有益，可以增強長者的骨骼並維持骨質密度。
  - 在彈床上跳躍可以產生胺多酚並增強正面情緒。
- 於四樓的動感樂園體驗跳彈床、忍者遊樂區和令人驚嘆的垂直滑梯，設施結合不同遊樂環境！
- 如果需要專業指導，可透過不同的體操活動讓孩子學習更多，可以選擇團體和私人課程。請參閱5樓、2M及大堂的傳單，或致電2814 1222以了解更多詳情。



## 20

Questions for  
our Coaches

給教練20個問題

- 1 Name 姓名?
- 2 How long have you been at the Club 加入會所多久?
- 3 Favourite exercise 最喜歡哪一項運動?
- 4 Favourite food to cook 最喜愛烹調甚麼食物?
- 5 Favourite food to eat out 最喜歡出外吃的食物?
- 6 Favourite day out in Hong Kong?  
您最喜愛怎樣在香港度過一天?
- 7 Best holiday destination so far 最喜愛的度假勝地?
- 8 Dream destination for the future 未來想到的目的地?
- 9 Best car you ever owned 您擁有過最好的汽車是?
- 10 Dream car for the future 您最想擁有怎樣的汽車?
- 11 Favourite movie 最喜歡哪一部電影?
- 12 Favourite TV show 最喜歡的電視節目是甚麼?
- 13 Favourite actor 最喜歡演員是誰?
- 14 Favourite musician or band 最喜歡哪一個音樂家或樂團?
- 15 Best concert you attended 最喜歡的音樂會是?
- 16 Favourite sports team 最喜歡的運動隊伍是?
- 17 Favourite sportsperson you saw play?  
有觀賞過運動員現場比賽嗎? 最喜歡哪一位?
- 18 Favourite sportsperson still playing?  
最喜歡哪一位現役運動員?
- 19 Favourite sportsperson no longer playing?  
最喜歡哪一位退役運動員?
- 20 Favourite sport you like to play (aside from the one you coach)  
除了您所任教的運動外, 您最喜歡甚麼運動?



Answered by  
**Willy See**, Senior Personal Trainer

- |   |                             |                             |
|---|-----------------------------|-----------------------------|
| 1. Willy See                            | 8. Antarctica               | 15. Jacky Cheung's concerts |
| 2. 26 years                             | 9. Vespa                    | 16. Seiko Sport Association |
| 3. Men's artistic gymnastics            | 10. Original 1966 Batmobile | 17. Woo Jin-yong            |
| 4. Baked garlic and parmesan salmon     | 11. James Bond series       | 18. Rex Tso Sing-yu         |
| 5. Buffets                              | 12. Come Home Love series   | 19. Arnold Schwarzenegger   |
| 6. Disneyland with my wife and daughter | 13. Tong Leung              | 20. Stretching and Mobility |
| 7. Korea                                | 14. Leslie Cheung           |                             |



Answered by  
**Brian Chimuk**, Ice Skating Head Coach

- |                            |                                 |
|----------------------------|---------------------------------|
| 1. Brian Chimuk            | 7. Punta Cana                   |
| 2. Seven years             | 8. Fiji                         |
| 3. Hiking                  | 9. Ford Explorer XLT            |
| 4. Barbecue                | 10. Duesenberg Model JS         |
| 5. Yakiniku or sushi       | 11. <i>The Usual Suspects</i>   |
| 6. Hiking on Lantau Island | 12. <i>One Piece</i>            |
|                            | 13. Sean Connery                |
|                            | 14. Aerosmith                   |
|                            | 15. Bon Jovi, Slippery When Wet |



Answered by  
**Donald Ng**, Tai Chi Professional

- |   |                       |                       |
|---|-----------------------|-----------------------|
| 1. Donald Ng  | 8. Latin America      | 16. Manchester United |
| 2. Over 20 years  | 9. Toyota Camry       | 17. Cristiano Ronaldo |
| 3. Tai chi chuan, tai chi sword, tai chi sabre, tai chi pushing hands | 10. Ferrari           | 18. Cristiano Ronaldo |
| 4. Cantonese food   | 11. Bruce Lee's films | 19. Mike Tyson        |
| 5. Beef, curry, Japanese food, dim sum                                | 12. None              | 20. Swimming          |
| 6. Chinese New Year   | 13. Bruce Lee         |                       |
| 7. Italy  | 14. The Beatles       |                       |
|   | 15. May Day           |                       |



Answered by  
**Corwin Pereira**, Water Aerobics Professional

- |                    |                     |  |
|--------------------|---------------------|--|
| 1. Corwin Pereira  | 9. Mazda 121        | 16. Manchester United                  |
| 2. Over 20 years   | 10. Mini Cooper     | 17. Cristiano Ronaldo, Rory McIlroy    |
| 3. Water aerobics  | 11. Haven't any yet | 18. Lionel Messi                       |
| 4. Seafood risotto | 12. Talent Show     | 19. Pele (Edson Arantes do Nascimento) |
| 5. Portuguese      | 13. Tony Leung      | 20. Golf                               |
| 6. Countryside     | 14. The Carpenters  |  |
| 7. Portugal        | 15. Anita Mui       |  |
| 8. Israel          |                     |  |





## Summer Holiday Break

### 暑假上課安排

With summer approaching, please remember that while most regular group activities will be suspended, some will continue.

Please check the full summer break schedule and re-start schedule for your planning. If you plan to take extra holidays, please remember to submit an Application for Lesson Withdrawal/Cancellation Form to the Central Reservations Centre in advance.

Children's Classes – One calendar month advance written notice is required.

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

有關暑假期間的暫停上課安排和各常規小組活動的開課時間表，請向預訂服務中心查詢。

若您計劃渡過一個較長的假期，請緊記提早向預訂服務中心提交「退出/取消課堂申請表」，以免繼續收費。

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

Enquiries 查詢: 2814 1222 (Central Reservations)



## Annual Swimming Gala 週年水運會

Open to all Members and current swimming students.

**Sunday, June 2 (1pm)**

**3/F Swimming Pool**

**Entrance Fee: \$50 per event**

**Application deadline: Tuesday, May 21**

Please note that the 3/F Swimming Pool will be closed on that day for the Swimming Gala from midday to 6pm. Registration is at 12.30pm and the first event will start at 1pm.

6月2日(星期日),下午1時開始,於3樓游泳池舉行

費用:每項比賽\$50

截止報名日期:5月21日(星期二)

請注意,3樓游泳池將於水運會當天由中午12時至下午6時關閉。下午12時30分開始報到登記,首項項目於下午1時開始。

Enrolment and enquiries 報名或查詢:2814 1222  
(Central Reservations Centre)



## Summer Camps 暑期訓練營

Have a fantastic summer and help your kids to select their favourite activities from the following categories.

歡迎為子女報名參加各類暑期訓練營。

- Arts & Crafts Camp
- Ball Games Camp
- Health & Fitness Camp
- Ice Skating Camp
- Martial Arts Camp
- Self-Development Camp
- Swimming Camp
- 手工藝訓練營
- 球類訓練營
- 健身訓練營
- 溜冰訓練營
- 功夫訓練營
- 知識啟發訓練營
- 游泳訓練營

## Children's Party Package 兒童派對套餐

Time for a party! Celebrate with your little ones with a meaningful party at the perfect venue! A full range of services and events is available including birthday and school parties.

Please ask our amazing party planners, who will work with you to ensure your child's party is a memorable one.

For bookings and enquiries, please call the Adventure Zone on 2814 5360 or email [adventurezone@aberdeenmarinaclub.com](mailto:adventurezone@aberdeenmarinaclub.com).



在完美的場地舉行富有意義的派對,或慶祝孩子們生日。本會提供全方位的服務,包括生日派對和學校派對。

我們出色的派對策劃員將協助您為孩子舉辦一個難忘的生日或學校派對。

預約或查詢,請致電動感樂園電話2814 5360或電郵至[adventurezone@aberdeenmarinaclub.com](mailto:adventurezone@aberdeenmarinaclub.com)。

## Mother's Day Events

### 母親節活動

**Sunday, May 12**

**Health Club**

Members can bring their mother to the Health Club to receive a special gift on Mother's Day.

**健康中心**

母親節當日與母親前來健康中心,可獲贈特別禮物一份。

Enquiries 查詢: 2814 5342 (Health Club)

**Bowling**

Free bowling and a glass of Prosecco for our special mothers! Show your mother a great time this year and come join us to make her day even more special.

**保齡球場**

母親節當日,母親於保齡球場可獲免費玩樂和享用氣泡酒一杯,讓會員與母親度過特別的一天。

Enquiries 查詢: 2814 5900 (Bowling Alley)

**Ice Skating**

When Members bring their mother to the Ice Rink on Mother's Day, she can enjoy a free open skating session.

**溜冰場**

母親節當日會員携同母親來到溜冰場,母親可享免費溜冰一節。

Enquiries 查詢: 2814 5374 (Ice Rink)



## Father's Day Events

### 父親節活動

**Sunday, June 16**

**Health Club**

Members can bring their father to the Health Club to receive a special gift on Father's Day.

**健康中心**

父親節當日與父親前來健康中心,可獲贈特別禮物一份。

Enquiries 查詢: 2814 5342 (Health Club)

**Bowling**

Free bowling and beer for dads! We are celebrating Father's Day by giving fathers a complimentary beer with their game.

**保齡球場**

父親節當日,父親於保齡球場可獲免費玩樂和享用啤酒一杯,讓會員與父親一同慶祝。

Enquiries 查詢: 2814 5900 (Bowling Alley)

**Ice Skating**

When Members bring their father to Ice Rink on Father's Day, he can enjoy a free open skating session.

**溜冰場**

父親節當日會員携同父親來到溜冰場,父親可享免費溜冰一節。

Enquiries 查詢: 2814 5374 (Ice Rink)



# Family Singing and Fun Day!

合家歡唱同樂日

**A** fun event for families and children to perform and sing, as well as a great chance to improve self-confidence, and to enhance performance, communication and interaction skills.

**Sunday, May 26 from 2.30-4pm**

Suitable for children aged three years and above – and parents of all ages!

Members: \$150; guests: \$230

Family package for four people from the same Membership: \$450

This event will be run by Master Vocal Coach Steve Tam from Sing & You, the Club's provider for Singing Lessons. Steve is the father of Celine Tam, famous for her viral audition on *America's Got Talent*.

With 30 years of stage and singing experience, and state-of-the-art vocal coaching methodology, Steve is dedicated to honing his students' skills in singing, speech, communication and stage performance, turning ordinary into extraordinary and impossibilities into multiple possibilities. Dr. Steve's daughter Celine was the first Chinese girl to receive golden buzzers at both *America's Got Talent* and *World's Got Talent*.



「合家歡唱同樂日」是一個適合一家大小表演和唱歌的有趣活動，也是提升自信心、增強表演、溝通和互動技巧的絕佳機會。

**5月26日 (星期日) · 下午2時30分至4時**

適合三歲及以上的兒童參加，以及不同年齡段的家長！

會員：\$150；來賓：\$230

家庭套票 (四人參與，必須來自同一會籍)：\$450

這個活動由提供唱歌課程的 Sing & You 頂級聲樂導師 Steve Tam 主持。Steve 是 Celine Tam 的父親，Celine 因參加《全美一叮》一鳴驚人的表演而聞名。

憑藉著30年的舞台和唱歌經驗，以及先進的聲樂指導方法，Steve 致力於培養學生在唱歌、演講、溝通和舞台表演方面的技能，將平凡變成不平凡，將不可能變成無限可能。Steve 的女兒 Celine 是首位華籍女孩在《全美一叮》和《巔峰之夜》均取得黃金按鈕。

Enrolment 報名：2814 1222  
(Central Reservations Centre)



## Pro-Shop Are You Ready for Summer?



**N**atural, non-toxic sunscreen ThinkSport™ is available at the Pro-Shop!

Introducing the award-winning, EWG's Skin Deep® Top Rated – ThinkSport™ safe sunscreen, specially created for athletes, outdoor enthusiasts and environmentally conscious consumers.

This dermatologist-tested, natural, mineral-based sunscreen is highly effective for all skin types, carefully tailor-made for babies, kids, athletes and daily users with appropriate formulas. What we love most is that they are non-toxic and may protect the skin from harmful UVA/UVB rays without using harmful chemicals that are usually found in other brands.

- SPF50 Broad-spectrum UVA and UVB protection
- Water-resistance (80 minutes)
- Non-aerosol formulation
- Applies and absorbs easily. Non-oily feel
- For face and body
- Made in the USA
- Daily use sunscreen
- Protects immediately upon application

- Free of biologically harmful chemicals. No PABA, parabens, phthalates, BPA, oxybenzone, avobenzone, petroleum, gluten, dairy or toxic chemicals
- No animal by-products or testing

很高興為大家介紹 Pro-Shop 的產品 — 屢獲殊榮的 EWG's Skin Deep® 最高評分 – ThinkSport™ 安全防曬霜！它是為運動員、戶外愛好者和環保消費者研發的。這款經過皮膚科醫生測試的天然礦物質防曬霜對所有皮膚類型都非常有效。它提供一系列專為嬰兒、兒童、運動員和日常使用量身定制的產品，並配備合適的配方，可以保護皮膚免受有害的 UVA/UVB 紫外線的傷害，且不含其他品牌中常見的有害化學物質。

ThinkSport™ 防曬乳的更多功能和好處：

- SPF50 廣譜 UVA 和 UVB 保護
- 防水長達 80 分鐘
- 非 Aerosol 配方
- 容易吸收，不油膩
- 適用於臉部和身體
- 美國製造
- 日常使用防曬霜
- 使用後皮膚立即得到保護
- 不含對生物有害的化學物質，如 PABA、對羥基苯甲酸酯、鄰苯二甲酸鹽、BPA、氧苯酮、阿伏苯宗、石油、麩質、乳製品或有毒化學物質。
- 沒有動物副產品或測試

**Enquiries 查詢: 2814 5417 (Pro-Shop)**



# DATES FOR YOUR DIARY

## MAY

	EVENTS	LOCATION	TIME
All May	Monthly Fitness Challenge - Rower 50km	Fitness Centre	Whole month
May 1	The Grabber Machine Returns! - Ocean Friends	The Yard	9am – 7pm
May 3	Bazooka Ball Challenge	Adventure Zone	7pm – 7.30pm
May 4	Bowling Exact Score Day	Bowling Alley	midday – 10pm
May 5	Ice Hockey Mini Tournament	Ice Rink	3pm onwards
May 5	Toronto Marathon 42km	Fitness Centre	6.30am – 10.30pm
May 10	Laser Tag Challenge	Adventure Zone	7.30pm – 8.30pm
May 11 & 12	Fun Weekend Arts & Crafts - Mother's Day	Kids on 8!	9am – 7pm
May 17	Dodgeball Tag Challenge	Adventure Zone	6.30am – 10.30pm
May 18	Basketball Fun Day - 3-on-3 Games	7/F Multi-Use Court	2pm – 5pm
May 19	Darts Challenge	The Yard	9am – 7pm
May 24	Adventure Zone Ninja & Trampoline Challenge	Adventure Zone	4pm – 6pm
May 25	Treasure Hunt in Run, 2, 3!	Run,2,3!	2pm – 4pm
May 26	Ice Skating Show	Ice Rink	3pm onwards
May 26	Bowling High Score Day	Bowling Alley	midday – 10pm

## JUNE

	EVENTS	LOCATION	TIME
All June	Monthly Fitness Challenge - Pool 100 lengths	Fitness Centre	Whole Month
June 1	Basketball Fun Day - All Stars Skill Challenge / 3-on-3 Games	7/F Multi-Use Court	2pm – 5pm
June 2	Brisbane Marathon 42km	Fitness Centre	6.30am – 10.30pm
June 7	Bazooka Ball Challenge	Adventure Zone	7pm – 7.30pm
June 8	Bowling Exact Score Day	Bowling Alley	midday – 10pm
June 8 & 9	Fun Weekend Arts & Crafts - World Ocean Day	Kids on 8!	9am – 7pm
June 10	The Grabber Machine Returns! - Space Toys	The Yard	9am – 7pm
June 14	Laser Tag Challenge	Adventure Zone	7.30pm – 8.30pm
June 21	Dodgeball Tag Challenge	Adventure Zone	6.30pm – 7.30pm
June 26	Skeeball Challenge	The Yard	9am – 7pm
June 28	Adventure Zone Ninja & Trampoline Challenge	Adventure Zone	4pm – 6pm
June 29	Treasure Hunt in Run, 2, 3!	Run,2,3!	2pm – 4pm
June 30	Bowling High Score Day	Fitness Centre	midday – 10pm

## JUNIOR CLUB STARS

SKATERS • AGE 9

### MIA AND JACOB LEE

Twins Mia and Jacob both enjoy speed skating. Jacob is fond of jumping movements, particularly waltz jumps. On the flip side, Mia is more fascinated by spinning movements. Their class is filled with a cheerful and energetic atmosphere! Now they're working on Freestyle 1 & 2. Well done, Mia and Jacob!

雙胞胎Mia和Jacob都喜歡速度滑冰。Jacob喜歡跳躍動作，尤其是華爾滋跳。另一方面，Mia對旋轉動作著迷。他們在課堂上充滿了歡樂、展現活力的氣氛。現在他們正挑戰花式溜冰1和2。做得好，Mia和Jacob！



SKATER • AGE 9

### JAYDEN CHU

Jayden has been skating at the Club for three years. He started with ice skating then took up ice hockey, and more recently started speed skating. He has been making steady progress in all three disciplines. Keep up the good work, Jayden!

Jayden已經在本會學習滑冰三年了。他從滑冰開始，然後開始打冰上曲棍球，最近又開始速度滑冰。他在三項運動上都持續進步。繼續努力，Jayden！

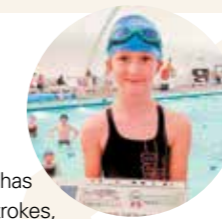


SWIMMER • AGE 8

### HELOISE LETEISSIER

With dedication and hard work, Heloise has shown remarkable improvement in all strokes, including freestyle, breaststroke, backstroke and butterfly. Her cheerful and attentive nature has made her a joy to have on the swim team and her commitment to constant improvement and hard work sets an inspiring example for her peers. Congratulations to Heloise on this well-deserved recognition of her talent and effort in the pool!

憑著刻苦訓練精神，Heloise在自由泳、蛙泳、背泳和蝶泳等的項目上都取得了顯著進步。她性格開朗和細心，很高興她加入了泳隊，Heloise不斷進步和努力練習，並為其他學員樹立了榜樣，在池中展示天賦和努力成果，恭喜Heloise，游泳之星當之無愧！



## Get Redressed Month Returns in May

Get Redressed 將於五月回歸

**H**ong Kong's largest consumer awareness campaign for circular fashion, Get Redressed Clothing Drive is back this May.

Prior to Get Redressed Month, five of our staff members volunteered for, a sorting session to redistribute unwanted clothing for re-sale at Redress secondhand stores, for those in need or for recycling.

According to a study by Redress, two in five people in Hong Kong throw away clothes after one year or less, and with the theme "Your Clothes, Our Planet", the campaign reminds us to rethink our relationship with clothing and with the environment.

Please drop off your unwanted clothing in the boxes at the 5/F Health Club from May 1 to 31.

What to donate: Good quality men's, women's and children's clothes.

Not accepted: Shoes, uniforms and home textiles.

For more information, please visit [redress.com.hk](http://redress.com.hk)

Get Redressed是香港最大型的時裝回收活動，將於五月回歸。

較早前，本會的五名員工參加了衣物分類義工活動，重新分類不需要的衣服，以便送往二手店轉售，供有需要的人使用或進行回收。

根據Redress的研究，五分二的香港人會在一年或更短時間內棄掉衣服，這活動以「你的衣物編織着我們的未來」為主題，提醒我們重新思考我們與衣服和環境的關係。

請於5月1日至31日把捐贈的衣物放到五樓健康中心的回收箱。

回收要求：品質保持良好的男裝、女裝及童裝衣物。

不接受：鞋履、校服、內衣及睡衣

查詢詳情，請瀏覽[redress.com.hk](http://redress.com.hk)。



# Understand How Dogs Learn in a Scientific Way

了解狗狗如何以科學的方式學習



**Wednesday, May 29**  
**10.30am – midday**  
**2/F Marina Suite**  
**Member: Complimentary**  
**Guest: \$80**

**5月29日 (星期三)**  
**上午10時30分至中午12時**  
**2樓海翔廳**  
**會員: 免費**  
**來賓: \$80**

**D**ogniversity is a platform for sharing positive, reinforcement-based training knowledge and to help people understand canine behaviour to help dogs live at home happily, and to solve behavioural problems.

Founder Eurica Li is an Internationally Certified Professional Dog Trainer – Knowledge Assessed (CPDT-KA®). (There are fewer than 10 people in Hong Kong with this qualification.)

In this workshop, you will discover how dogs can learn in scientific and humane ways, helping them to voluntarily behave well instead of just “obeying” commands. There will also be tips on some common behavioural issues, such as jumping, barking at vacuum cleaners, pulling on the leash and more.

There is much training information online, but how can you choose the best options for your dogs, avoiding mistakes that may cause worsening behaviour or even affecting the family relationship?

Don't miss this opportunity to seek training help and advice for your own dog, as families can be the very best trainers for their pets.

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

Dogniversity藉着分享犬隻行為和訓練知識來幫助主人了解狗隻的行為，並解決行為問題，幫助牠們在家中快樂地生活。

創辦人Eurica Li獲專業犬隻訓練師認證委員會發出的CPDT-KA®認證，全港擁有此資格的人不到10名。

講座將介紹如何應用科學和人性化地了解狗隻的學習方式，幫助培養良好表現，而不僅是「服從」指令。Eurica亦會提供貼士助您解決常見的行為問題，例如跳躍、對吸塵機吠叫、搶繩等等。

在網上有很多訓練資訊，但是如何選擇適合您的寵物狗的方法，避免選用錯誤的方法導致行為惡化，甚至影響家庭關係呢？

不要錯過這尋求訓練協助和建議的機會，因為家庭成員是寵物最好的訓練員。

報名及查詢，請致電會員部電話2814 5436或電郵至member@aberdeenmarinaclub.com。

# Prevention and Correction of Short-sightedness

近視的預防與矯正

**Wednesday, June 5**  
**11am – midday**  
**2/F Marina Suite**  
**Member: Complimentary**  
**Guest: \$80**

**6月5日(星期三)**  
**上午11時至中午12時**  
**2樓海翔廳**  
**會員: 免費**  
**來賓: \$80**

**J**oin Dr Christine Wu for an honest and science-backed discussion about children's eye health and the latest on the prevention of myopia (short-sightedness) progression. She will debunk common eye-related myths, and go through the current popular methods for correcting refractive errors using laser surgeries such as LASIK and SMILE.

Dr Wu received her medical degree from The University of Hong Kong, and completed her speciality training in ophthalmology at Tung Wah Eastern Hospital. She received further overseas training in glaucoma from UCLA and Stanford University, and turned private after working for the Hospital Authority for 10 years. Prior to her medical journey, she received her Bachelor's degree in Economics and Psychology from Stanford University.

Since becoming a private ophthalmologist, she has been performing a wide range of eye procedures including cataract, glaucoma, LASIK/SMILE and retinal surgeries and lasers. As a mother, she is also interested in children's eye health and the prevention of myopia progression.

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

吳天心醫生將與您一起探討如何保持兒童的眼睛健康，以及分享預防近視加深的最新資訊。她將糾正與眼睛相關的常見錯誤觀念，並介紹當前流行的激光矯視手術，例如 LASIK 和 SMILE。

吳醫生在香港大學取得醫學學位，並在東華東院完成眼科專業培訓。她其後在加州大學洛杉磯分校和史丹福大學接受治療青光眼的海外培訓，並在醫院管理局工作10年後轉任私家醫生。在踏上醫學之旅之前，她在史丹福大學獲取了經濟學和心理學學士學位。

自擔任私家眼科醫生以來，吳醫生一直為病人進行各種眼科手術，包括白內障、青光眼、LASIK/SMILE以及視網膜手術和激光矯視手術。作為孩子的母親，她對兒童的眼睛健康和預防近視加深更為關注。

報名及查詢，請致電會員部電話2814 5436或電郵至member@aberdeenmarinaclub.com。

# Shop To Let

**(950 Sq. Ft.)**  
**Unit 7, 1/F**  
**Marina Tower**  
**Aberdeen**  
**Marina Club**

For enquiries, please call  
Ms. Natalie Leung on 2814 5409.



## Dock G Embarkation and Disembarkation G碼頭的上落船安排

To enhance embarkation and disembarkation at Dock G, we would like to remind you of the following.

- 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 every additional five minutes taken.
- Approved applicants can pick up a South Shore Gate Pass at the lobby reception to access Dock G and should return it before leaving the Club. Failure to return cards will incur a penalty.
- Please fill in the embarkation form on the Club website ([www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)), or email a form to the Marina Office at [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com).

For 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。
  - 獲批准的申請人可到大堂接待處領取南岸入口的入閘咭，並在離開會所前交還。未歸還入閘咭將會收取罰款。
  - 請於會所網頁 [www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com) 填妥申請表格、傳真表格至海事部 3020 7484 或電郵至 [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com) 申請。
- 如有查詢請致電海事部2814 5368。

## Idling Engines 停車必須關掉引擎

Please do not leave your vehicle with its engine running (attended or unattended) at the Car Park or anywhere else on Club premises. Thank you for your co-operation.

請注意任何車輛不得在引擎仍啟動的情況下（不論有人或無人看守）停留在會所任何範圍內（不限於停車場）。多謝合作。

## Child Pool Safety 兒童在泳池的安全

Now that the G/F Tropical Pool has re-opened, parents are reminded that the supervision of children is not the responsibility of lifeguards. Children under the age of 12 should always be accompanied and watched by an adult family member or guardian.

地下碧波泳池現已重新開放，請家長注意看管兒童，這並非救生員的責任。12歲以下的兒童應時刻由成年家庭成員或監護人陪伴和照顧。

## Dining Privileges 餐飲優惠

Members can enjoy a 15% discount at any restaurant at Island Shangri-La Hotel, Kowloon Shangri-La Hotel and Kerry Hotel Hong Kong. This exclusive privilege applies to the new restaurant, Ming Pavilion, at Island Shangri-La Hotel. Please settle by Club Membership Card.

會員於港島香格里拉大酒店、九龍香格里拉大酒店及香港嘉里酒店各餐廳內可享八五折餐飲優惠。此優惠亦適用於港島香格里拉大酒店的新餐廳「茗悅」。請以會員證結賬。

## Opposite-sex Age Limit in Changing Rooms 更衣室的異性年齡限制

Children aged five years and below are allowed to access opposite-sex changing rooms or showers. We thank you for your co-operation with this policy.

只准許五歲或以下的兒童進入異性更衣室或淋浴間。多謝合作。

## Winter World Masters Games Lombardia 2024



Tanni Wu and Jimmy Li



From left: Jimmy Li, Leigh Yip, Su-Wan Lewis, Tanni Wu

Congratulations to our Members who took part in this event, and thank you to Coach Leigh for taking part and supporting them.



Tanni Wu and Jimmy Li



Su-Wan Lewis and Leigh Yip

Leigh Yip and Su-Wan Lewis

## Spinning and Sculpting Class with Sweaty Betty



Meet & Greet with Olympic,  
World and European Champion  
Figure Skater, Anna Shcherbakova



Easter Carnival &  
Egg Hunt



# SEA BREEZE

THE NEW CLUB BOAT



Our recently launched Club boat *Sea Breeze* is at your service for fabulous marine excursions around Hong Kong waters. This elegant, 66-foot vessel is designed to provide an exquisite seaborne experience, with expansive decks and lavish

interiors that comfortably carry up to 25 guests. With this ample space for relaxation and enjoyment, *Sea Breeze* is perfect for all kinds of occasions, such as birthday celebrations, anniversaries, corporate events – or simply a tranquil cruise with family and friends.

To embark on your *Sea Breeze* adventure, just call the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

THE  
ABERDEEN MARINA CLUB

