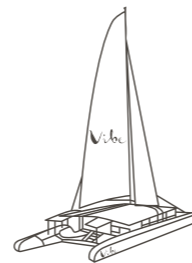




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Portwatch

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THE
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Portwatch Editor / Mr Adam Nebbs



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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。

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NOW AVAILABLE

多款月餅及禮品籃現已發售

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

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Now Until
SEP 21

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

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September 13-21, Midday to 7pm
由9月13日至21日，中午12時至晚上7時

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鯉魚涌英皇道683號嘉里中心2樓

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MOON CAKES & HAMPERS ORDER FORM

深灣店中秋月餅及禮品籃訂購表格



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

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- 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.

- 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。
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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

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Adult \$518 Child \$368

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plus an international buffet dinner served at Portside.

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A NEW HORIZON

全新海天閣



Meet The Horizon Team
海天閣團隊



The Horizon Team is delighted to present a new, enhanced Horizon experience with our exceptional signature service and sumptuous food taken to new heights of culinary excellence.

The restaurant and the private room have received a refreshing facelift offering a superb backdrop for Chef Li's signature set menu and all your favourite dishes.

We look forward to welcoming you soon.

海天閣為會員帶來嶄新體驗。李文龍師傅全新套餐，配合海天閣團隊一貫的殷勤服務，海天閣將提升至另一層次。海天閣見！

The Horizon Team
海天閣團隊



From left to right: Chef Li, Frankie, Kent, Chef Man
由左至右：李師傅、Frankie、Kent和文師傅



Chinese Executive Chef Li Man Lung
中菜行政總廚李文龍師傅

In this issue we're paying a virtual visit to
southern Spain, to discover . . .

Six of The Best

Andalusia

安達盧西亞
六大旅遊景點



01 Seville 塞維利亞

With its spectacular Plaza de España (left), Alcazar palace complex and the world's largest Gothic cathedral (above), Seville is one of the most splendid cities in Europe. The Andalusian capital and Spain's third largest city, it offers some delightful neighbourhoods, such as the old Jewish quarter of Santa Cruz and the former gypsy barrio of Triana. Seville is regarded as the home of Flamenco dancing, and Triana is where you'll find the best of it. It's a great city for walking, and an excellent 4K HD virtual walking tour from the Plaza de España, past the University and up to the Cathedral and Alcazar and beyond is available on YouTube from the BookingHunterTV channel. Easy to find, it was uploaded last November and lasts about 75 minutes.

塞維利亞坐擁著壯麗的西班牙廣場(左圖)、阿爾卡薩宮殿建築群和世界上最大的哥特式大教堂(上圖),是歐洲最輝煌的城市之一。這裡既是安達盧西亞首府,亦是西班牙第三大城市,擁有迷人魅力的景點,例如聖十字區的猶太舊城,這曾是特里亞納的前吉普賽區。塞維利亞被認為是費林明高舞的故鄉,而特里亞納則是您可以找到最好的費林明高舞的地方。這裡亦是一個非常適合漫步的城市,在YouTube上的BookingHunterTV頻道提供了的出色4K高清漫步之旅,引領你從西班牙廣場出發,經過大學一直到大教堂和阿爾卡薩等地。影片是去年11月上傳的,片長大約75分鐘。

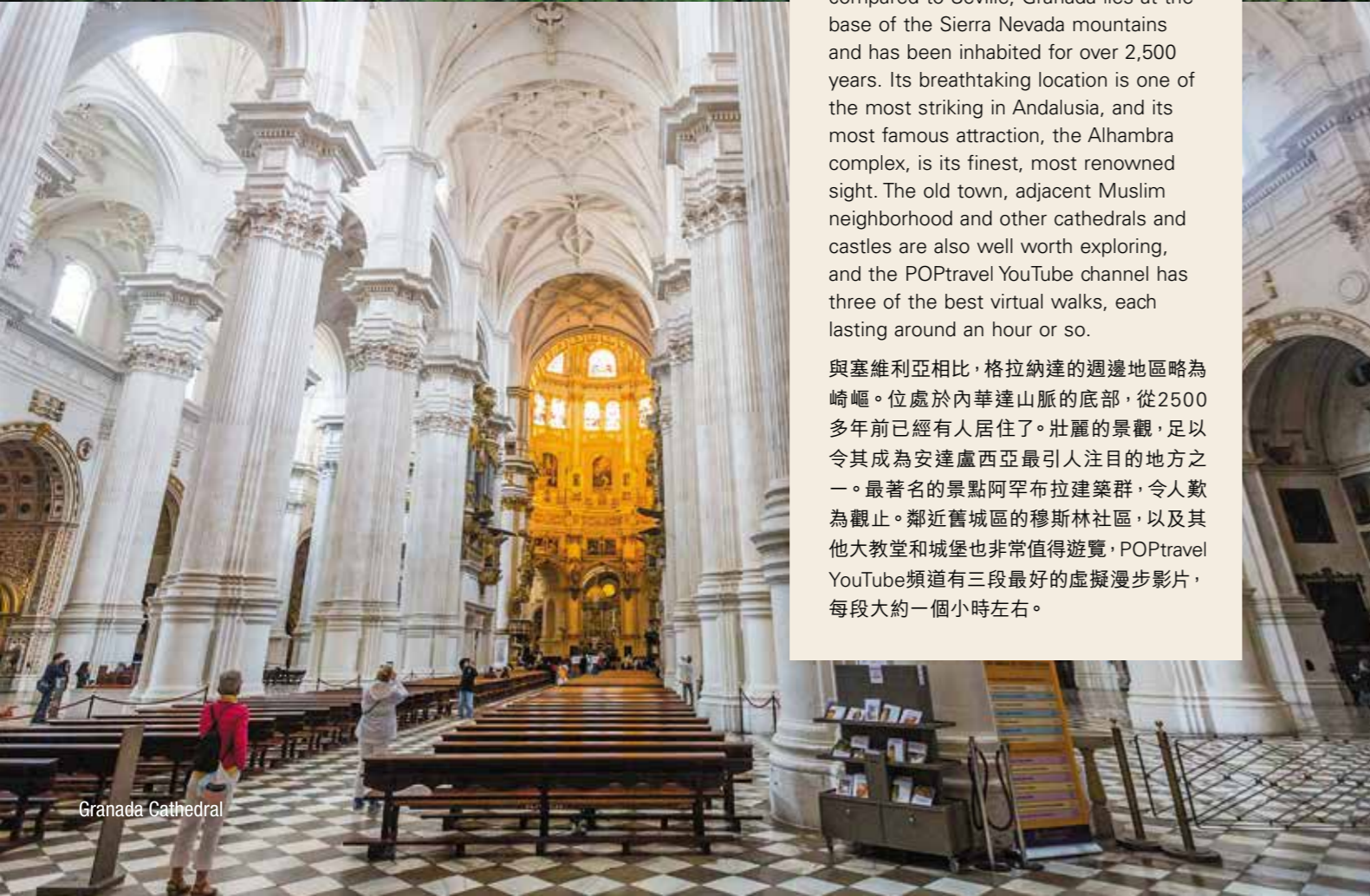


The Alhambra, Granada

02 Granada 格拉納達

A little rough around the edges compared to Seville, Granada lies at the base of the Sierra Nevada mountains and has been inhabited for over 2,500 years. Its breathtaking location is one of the most striking in Andalusia, and its most famous attraction, the Alhambra complex, is its finest, most renowned sight. The old town, adjacent Muslim neighborhood and other cathedrals and castles are also well worth exploring, and the POPtravel YouTube channel has three of the best virtual walks, each lasting around an hour or so.

與塞維利亞相比，格拉納達的週邊地區略為崎嶇。位處於內華達山脈的底部，從2500多年前已經有人居住了。壯麗的景觀，足以令其成為安達盧西亞最引人注目的地方之一。最著名的景點阿罕布拉建築群，令人歎為觀止。鄰近舊城區的穆斯林社區，以及其他大教堂和城堡也非常值得遊覽，POPtravel YouTube頻道有三段最好的虛擬漫步影片，每段大約一個小時左右。



Granada Cathedral

03 Cordoba 科爾多瓦

The multicultural architectural beauty of Cordoba is well known, with the Mezquita, or great Mosque-Cathedral of Cordoba among its most famous sights. A vast 10th-century mosque with a 16th-century Renaissance nave on top of it, no other structure reflects quite so strikingly the two cultures that have historically shaped the cultural landscape of southern Spain. The pretty Jewish Quarter leads visitors away from the Mezquita, and offers a lovely walk through the past, as does a stroll over the Guadalquivir River via the Roman Bridge. YouTube's Click Spain Tours provides a pleasant 21-minute meander over the bridge and into the old town.

科爾多瓦那多元文化建築之美是眾所周知，其中最著名的景點包括梅斯基塔 (Mezquita) 及偉大的科爾多瓦清真寺大教堂。一座巨大的10世紀清真寺，頂部是16世紀文藝復興時期的中殿。沒有其他建築更能如此突出地反映這兩種文化，它被歷史塑造而成為南西班牙的文化景觀。美麗的猶太區引領遊客遠離梅斯基塔，迷人的步道猷如穿越過去，在跨越瓜達爾基維爾河的羅馬橋上穿梭漫步。YouTube的Click Spain Tours提供21分鐘的優美片段，蜿蜒地穿過羅馬橋進入老城區。



Roman Bridge, Cordoba



Puerta del Puente, Cordoba



Cadiz waterfront



Plaza de San Juan de Dio

04 Cadiz 斯佩洛

Claiming to be the oldest continuously inhabited city in the Western world, 3,000-year-old Cadiz faces the Atlantic Ocean, which sends waves crashing onto its eroding sea walls and laps its long, clean public beaches, such as the beautiful Playa de la Victoria. It's a laid-back place, with what's been a called a "scruffy, Bohemian charm." Be sure to visit the Cathedral in the old town and climb to the top of its North Tower for a nice view of the entire city. See the 17-minute Living Walks channel tour of Cadiz for a quick street-level introduction, before searching out some of the longer excursions offered by other YouTube channels.

擁有3,000年歷史的加的斯，自稱是西方世界持續有人居住的最古老城市。面向大西洋，海浪不斷沖上被侵蝕的海堤，並拍打在長而清澈的海灘上，如美麗的維多利亞海灘。這是一處悠閒的地方，被稱為“邋邋的波希米亞魅力”。一定要參觀的是老城區的大教堂，登上北塔的頂部，便能欣賞整個城市的美景。在搜索其他YouTube頻道提供的一些較長的遠足旅行之前，請參閱加的斯的17分鐘Living Walks之旅，更快捷地獲取介紹街道的資訊。



Jerez Cathedral



Jerez, Arenal St

05 Jerez 赫雷斯

About 35 kilometres from Cadiz is the rather more refined town of Jerez de la Frontera, also known simply as Jerez. Renowned for its fine equestrian breeding, popular horse shows, Flamenco dance heritage and, of course, fine sherry, the city is said by many to be the most culturally and spiritually Andalusian of Andalusian cities. The city also has its share of churches, palaces and other fine historical buildings and is a pleasure to explore on foot. YouTube's Emilius Walk channel has Jerez quite well covered with several short but enlightening strolls around different parts of the city.

距離加的斯約35公里，是更加精彩的赫雷斯德拉弗龍特拉鎮，也簡稱為赫雷斯。這座城市以其優良的騎術馬繁育、廣受歡迎的馬舞蹈表演、費林明高舞蹈文化遺產而聞名，當然還有優質的雪利酒。這裡被許多人認為是最具安達盧西亞文化和精神的安達盧西亞城市。這座城市還擁有許多教堂、宮殿和其他精美的歷史建築，徒步探索更是樂趣無窮。YouTube的Emilius Walk頻道出色地介紹了赫雷斯，其中包括在城市不同地區的虛擬漫步片段非常具啟發性。



Puente Nuevo bridge, Ronda



Ronda

06 Ronda 隆達

Located in and around the deep El Tajo gorge, Ronda is one of the oldest towns in Spain, and the 18th-century Puente Nuevo bridge, which took some four decades to build, is one of its most impressive features. Ronda is also home to the Plaza de Toros, supposedly the oldest bullring in Spain, which attracted writers such as Ernest Hemingway and Alexandre Dumas. Tourists, many of whom drive up from Malaga and Marbella on the Costa del Sol, enjoy exploring the cobblestone streets of the old Moorish town, which contains many old mansions and palaces. Ronda's parks, such as Alameda del Tajo are pleasant places to explore, and this is the starting point for a 19-minute YouTube stroll filmed by Click Spain Tours.

隆達是西班牙最古老的城鎮之一，位於El Tajo峽谷內外，18世紀的Puente Nuevo大橋花了大約四十年時間才建成，是其最令人印象深刻的特色之一。隆達也是鬥牛場之鄉，據說這是西班牙最古老的鬥牛場，它也吸引了海明威和大仲馬等作家。許多遊客從太陽海岸的馬拉加和馬貝拉驅車前來，喜歡探索摩爾人老城的鵝卵石街道，那裡有許多古老的豪宅和宮殿。隆達的公園，如阿拉米達德爾塔霍公園，是值得瀏覽的宜人地方，Click Spain Tours的19分鐘 YouTube虛擬漫步便是從這裡開始。

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Empower Results®



PORTSIDE

HK OLD STYLE DIM SUM

港式懷舊點心

*Throughout
September & October*



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電郵至 reservations@aberdeenmarinaclub.com



the
BALCONY

Isan Specials

伊桑美食推介

*Throughout
September & October
9月及10月*

Isan, in northeast Thailand, represents about 30 percent of the country's population but punches well above its weight when it comes to its dominance in Thai cuisine. Flavours are typically balanced between spicy and salty. Most dishes are grilled, steamed, or boiled rather than pan-fried and many have little or no oil. The seasonings, however, will likely be familiar to fans of Thai food. Most dishes are garnished with lime, kaffir lime leaf, cilantro, leek, scallions, and fish sauce.

伊桑是泰國東北部地區，約佔該國人口的30%，但在泰國菜中卻佔了主導地位。在伊桑的美食中，味道較為辛辣和濃味。菜餚主要為烤、蒸或煮，而不是煎，而且許多菜式幾乎沒有油。而調味料主要使用青檸、檸檬葉、香菜、韭菜、蔥和魚露。

For reservations, please call the
Central Reservations Centre on 2814 1222 or
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Complete Deelite

SINCE 2014



Rainbow Snowy Moon Cakes

Wednesday, September 15

3.30pm to 5pm

\$500 per child

6 years and above

Snacks and drinks included @ Caffe Luna

Welcome the Mid-Autumn Festival and have your little ones
make Rainbow Snowy Moon Cakes!

Kids will make soft and light snowy moon cake dough,
wrap and fill their moon cakes and lastly create beautiful
designs with rainbow colours.

Bring home four of these delectable Snowy Moon Cakes!

Snowy Mooncake mould included.



Reservations

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DID YOU KNOW?

Culinary Fun Facts
餐飲烹飪趣事你知道嗎？



We have ordered
1.8 Tons of Turkey
for the coming Festive Season.

本會為即將來臨的節日
訂購了1.8噸火雞。



Almost
**130,000 pieces
of Sushi**
have been produced in our
main cold kitchen so far this year.

年初至今由本會廚房的冷凍部
生產了128,581件壽司。



CHAMPAGNE, VODKA AND CAVIAR DELIGHTS

香檳, 伏特加及魚子醬推介

Throughout
**September
& October**
九月及十月



CHAMPAGNE

- Pol Roger Brut 750ml NV
- Bollinger la Grande Annee 750ml 2012
- Dom Pérignon 750ml 2008

VODKA

- Belvedere 700ml
- Beluga Noble 700ml
- Guillotine Vodka - Petrossian 700ml (Caviar infused)

CAVIAR

- Calvisius Caviar
- N25 Caviar
- Sturia Caviar



For enquiries, please call Marina Deli on 2814 5302,
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自助餐新體驗

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Bringing you an innovative culinary concept that promises to delight your taste buds and pamper your senses, The Deck buffet serves global gastronomy to appeal to all Members, including Malaysian, Indian and Japanese cuisine, with an impressive rotisserie and desserts.

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The Deck提供不同主題的自助餐·創新的烹飪理念定能滿足大家·供應全球美食包括馬來西亞·印度和日本料理·以及大受歡迎的燒烤和甜點。

THROUGHOUT
SEPTEMBER & OCTOBER
九月及十月

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特色燒烤美食

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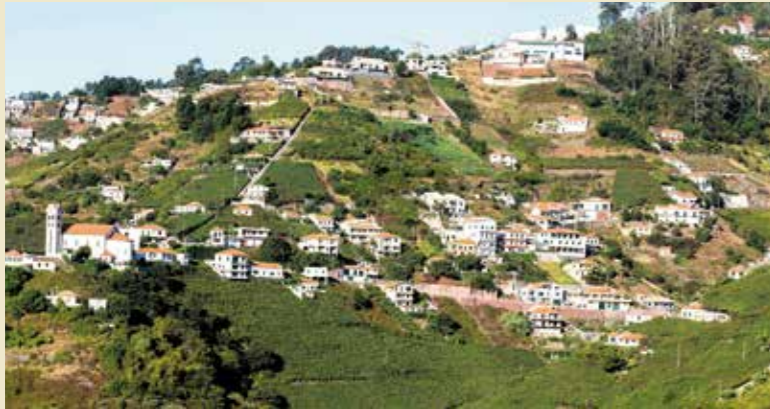
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Atlantic Treasures

大西洋瑰寶



Cristiano Ronaldo is easily the best known Madeiran export today and the island has a museum in his honour, but a century or two ago, it was the Island's dessert wine, produced from its volcanic soil and exported around the world.

Madeira is a fortified wine produced and bottled in Madeira - a Portuguese island off the coast of Morocco - using specific grape varieties, aged by the unique heating system, making use of the same

ancient ageing techniques. This iconic fortified wine is virtually indestructible.

Madeira became fortified over time. Fortification of the wine with brandy was introduced in the mid-18th century and today, the process continues with neutral alcohol at 96% strength. Today, all wines have in between 17.5% and 21% alcohol strength.

How is Madeira Wine Produced? On arrival, all grapes are analysed, classified, weighed and immediately processed to remove all the stalks, then crushed to

remove the seeds and skins. The stalks are treated as waste, but the seeds and skins are collected in crates and given to the farmers for agricultural feed. Different vinification methods are used, according to the different grape varieties.

As it became too expensive to send boats across the sea for the production of Madeira wine, the producers soon found that they could achieve the same results by increasing the alcoholic volume of the wine and providing the aged barrels with other forms of heat, thus creating the heating processes known as Canteiro, where the barrels are left at the sun to be heated; and Estufagem where the wine is kept heated at a constant temperature for months inside huge chambers fueled by wood or coal in the cold days.

There are broadly four different styles of Madeira wine: dry, medium dry, medium sweet and sweet. In some instances



different grapes are used to produce different wine styles. Today all Madeira wine starts with one of eight specific castes of grape including four noble grapes: Sercial, Verdelho, Bual (Boal) and Malvazia (Malmsey).

談到馬德拉島，很多人會聯想到這是C.朗拿度的故鄉，但除了他以外，當地也出產一款名聞世界的葡萄酒 - 馬德拉酒。

馬德拉酒是一種在馬德拉島(摩洛哥海岸外的葡萄牙島嶼)生產和裝瓶的加烈型葡萄酒，使用特定的葡萄品種，通過獨特的加熱系統陳釀，並利

用古老的釀造技術釀製。令這款葡萄酒幾乎可以永續不衰。

18世紀開始，釀酒師在馬德拉酒內加入白蘭地，而今時今日這個過程已轉變為濃度96%的中性酒精，所有馬德拉酒的酒精度介乎於 17.5% 到 21% 之間。而今時今日，所有葡萄抵達港口後，都經過分析，分類，磅重，並立即加工以去除所有的根莖，然後壓榨以去除種子和果皮，剩餘的種子和果皮會被收集在箱中，並提供給農民作農業飼料用。釀酒師會根據不同的葡萄品種，採用不同的釀造方法，釀製不同甜度的馬德拉葡萄酒。

由於派船過海生產馬德拉葡萄酒的

成本太高了，生產商很快發現，他們可以通過增加葡萄酒的酒精含量並為陳釀的橡木桶提供其他形式的熱量來達到同樣的效果，從而創造被稱為“Canteiro”的加熱過程：將桶放在陽光下加熱，和“Estufagem”：在寒冷的日子裡，葡萄酒在以木材或煤炭為燃料的巨大房間內保持恆溫數月。

馬德拉葡萄酒大致有四種不同風格，乾型、中乾型、中甜型和甜型。在某些情況下，不同的葡萄被用來生產不同的葡萄酒風格。今天，所有的馬德拉葡萄酒都是以8種特定的葡萄品種之一，包括4種貴族葡萄：Sercial、Verdelho、Bual (Boal) 和 Malvazia。

Sercial

The driest style of Madeira wine is pale in colour, and quite lightly perfumed. The wine matures into a wonderfully mellow but dry wine. Sercial is smooth with subtle flavours of nuts, especially hazelnuts and almonds, the wine has very gentle overtones of wood and a delicate touch of crisp apples.

不甜型馬德拉葡萄酒，顏色蒼白，香味比較淡，但葡萄酒成熟後會成為一種美妙而醇厚的不甜型馬德拉酒。口感順滑，帶有細緻的堅果，尤其是榛子和杏仁的香氣。這款酒具有非常溫和而細膩的蘋果香和樹木氣息。

Verdelho

A gently rich wine that tastes almost medium sweet when young. Verdelho has a deep golden colour. It exhibits some of the most pleasing tastes, notes of caramel, caramelised orange, crème brulee and dried fruits and figs as well as some hints of wood. The finish is long and stays fresh with the citrus notes remaining to the fore.

濃郁但不霸道的馬德拉葡萄酒品種，年輕時嚐起來是中等甜度，呈現黃金色，成熟後會發現一些焦糖，香橙，焦糖布丁，芒果和無花果的味道，清新而悠長的柑橘氣息就是他們標誌性的香氣。

Bual (Boal)

A dark and fragrant wine, which is sweet to the taste without being cloying, as it has good balancing acidity. Bual tasters have identified vanilla, raisin and other dried fruits as well as butterscotch. Bual produces medium bodied, light copper-coloured wine, intensively perfumed, rich in spice and dried fruit, with admirable longevity.

是一種深色而帶芬芳的葡萄酒品種，味道甜而不膩，因為它具有良好的酸到平衡甜度。這品種的標誌性香氣是香草葡萄乾和剛果類奶油糖果香氣，酒體為中等，呈古銅色調，豐富的香料和堅果香氣，並能在口腔內維持持久的長度。

Malvazia (Malmsey)

A dark rich sweet wine, with a musky fragrant nose, this is a very sweet wine that lingers on the palate. Malvazia has vanilla notes, along with molasses, walnuts and caramel. This wine is noted for dried fruit especially raisins.

Please feel free to visit La Cave, where Madeira is available now!

是其中一款甜度最高的馬德拉酒之一，是深色濃郁的甜酒，帶有麝香的香氣，具有香草，蜜糖，合桃和焦糖等香氣，入口很容易便會感受到豐盈葡萄乾的口味。

La Cave為大家引入數款馬德拉葡萄酒，歡迎隨時光臨選購！

MARINA
GRILL
**Domaine François
Carillon & Domaine
Mongeard-Mugneret
Wine Dinner**
勃根地葡萄酒晚宴

Thursday, September 16 9月16日(星期四)
Welcome drink: 6.30pm 酒會: 晚上6時30分
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,180 per person 每位\$1,180
Hosted by Nicolas Deneux, 主持: 品牌大使
Brand Ambassador Nicolas Deneux



MENU

Selection of Maître Antony cheeses
Domaine François Carillon Bourgogne Aigoté 2016
Sourdough with butter

Amuse bouche
Paté en Croute – fig, plum, blackberry
Domaine François Carillon Bourgogne Chardonnay
"Le Vieux Clos" 2016

Brittany Lobster
smoke tomato, blue caviar, fennel
Domaine François Carillon Puligny-Montrachet
"Le Clos du Vieux Château" Monopole 2017

Poularde de Bresse
chanterelle, nutmeg
Domaine François Carillon Chassagne-Montrachet
1er Cru 2016

Lamb
black trumpet mushroom, truffle
Domaine Mongeard-Mugneret Bourgogne
Hautes-Côtes de Nuits Rouge
"Les Dames Huguettes" 2014

Natural Angus Braised Short Rib
pinot noir, baby beetroot, red potimarron
Domaine Mongeard-Mugneret Vougeot
1er Cru "Les Cras" 2016

Dessert
Chocolate
coffee, almond

Coffee or tea
Madeleines

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THE BACKROOM
AT LA CAVE
**Domaine Parent
Wine Dinner**
勃根地葡萄酒晚宴

Thursday, September 30 9月30日(星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,150 per person 每位\$1,150
Hosted by 主持: 品牌大使
Brand Ambassador Clemence Bideau
Clemence Bideau



Welcome Drink

Domaine Parent Monthelie Blanc 2016

Dinner Menu

Barbecued Prawn
karkalla, smoked curd, finger lime
Domaine Parent Corton
Grand Cru Blanc 2015

Brisbane Quail
warrigal greens, pine nuts, eggplant, agrodolce
Domaine Parent Pommard
La Croix Blanche 2016

Domaine Parent Pommard
1er Cru Les Chaponnières 2013

Australian Ribeye Cap
charred salsa, roasted kipler, pan jus
Domaine Parent Pommard
1er Cru Les Epenots 2007

Domaine Parent Corton
Grand Cru Les Renardes 2012

Dessert
Chocolate Soufflé

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Caffé
LUNA
**HALLOWEEN
PARTY
2021**

萬聖節派對2021

October 30 and 31

Semi Dinner Buffet

(choice of main course with starter and dessert counter)

5.30-9.30pm

with face painting from 5.30-7.30pm

Adult \$448 Child \$308

(including face painting)



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Domaines Barons de Rothschild Wine Dinner

Domaines Barons
de Rothschild 葡萄酒晚宴

Thursday, October 7 10月7日(星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,688 per person 每位: \$1,688



MENU

Welcome Drink

R de Rieussec, Bordeaux 2019

Dinner Menu

Moulin de Duhart, Pauillac 2018

金箔黑魚子百花釀乳豬件

Roasted suckling pig stuffed with
minced shrimp and top with caviar
and gold leaf

Château Duhart Milon,
4eme Cru Classé, Pauillac 2011

蝦籽柚皮扣鵝掌南非鮑魚

Braised South African abalone and
goose webs, pomelo peel with
shrimp roe

Château L'Evangile, Pomerol 2008

金盞黑椒韓牛

Sauteed Korean beef with black
pepper sauce

Château L'Evangile, Pomerol 2001

燒雲腿乳鴿脯

Sautéed sliced pigeon with roasted
Yunnan ham

巴馬臣龍蝦球天使麵

Braised angel hair with Boston
lobster and Parmesan cheese

Dessert

Château Rieussec, 1er Cru Classé,
Sauternes 2009

十勝紅豆凍奶, 迷你芝麻蛋散
Chilled fresh milk, Japan red bean
and crispy egg pastries

For reservations, please call the Central
Reservations Centre on 2814 1222, email reservations@
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海之味

FLAVOURS OF THE SEA

Throughout September & October

九月及十月



蒜芯炒南非鮑魚

日本胡蘿蔔生拆鮮蟹肉羹.....	每位 per person	\$148
Minced Japanese carrot soup, fresh crab meat		
烏魚子玉帶蒸蛋.....	每位 per person	\$148
Steamed egg, scallops, mullet roe		
煎封原條多寶魚.....		\$398
Pan fried turbot		
蒜芯炒南非鮑魚.....		\$468
Sautéed fresh South Africa abalone, garlic shoots		
鵲巢 XO 醬海中寶.....		\$388
Sautéed mixed seafood, XO chilli sauce		
蜜椒白鱈球.....		\$298
Baked fresh eel, honey, black pepper		
酒香川味煮海螺肉.....		\$328
Poached sea snail meat, chilli wine sauce		
原籠生中蝦蒸糯米飯.....	四位用 for 4 persons	\$398
Steamed fresh prawns, glutinous rice		
巴馬臣芝士焗龍蝦.....	市價 market price	
Baked lobster, Parmesan cheese		
避風塘珍寶虎蝦皇.....	每隻 each	\$288
Fried king prawn, dried chilli, garlic		

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MARINA
GRILL

Dom Pérignon Champagne Dinner 香檳晚宴

Thursday, October 28 10月28日 (星期四)
Welcome drink: 6.30pm 酒會: 晚上6時30分
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,750 per person 每位\$1,750
Hosted by Leo Jockovic, 主持: 品牌大使
Brand Ambassador Leo Jockovic



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MENU

Stilton cheese and quince
Sourdough with butter

Amuse bouche
Oyster
oscietra caviar, Buddha hand

Dinner
Obsibue Prawn Tartare
jasmine jelly, mango
Dom Pérignon Vintage 2012

Scallop
5J chips, quetsche plum tarte fine, Perignon bubbles
Dom Pérignon Vintage 2010

Applewood Smoked Colvert Duck
cedrat, roots
Dom Pérignon Rosé Vintage 2006

Epoisse Cheese
brown sugar, quince, hazelnut dust
Dom Pérignon Plénitude 2 Vintage 2003

Ladyfinger
warm custard, Indian rose, vanilla

Coffee or tea
Macarons

Exceptional Events and Unique Occasions at Portside



For business, pleasure or weddings, Portside provides a convivial atmosphere and relaxed setting. Superb catering and professional, attentive service are hallmarks of the Aberdeen Marina Club, and we take great care and pride in ensuring that everything is perfectly managed at every stage.

The outdoor terrace facing the Club's Tropical Pool and Marina shares its sunlight with the restaurant interior through full-length windows, with space for one hundred comfortably seated guests.



PORTSIDE

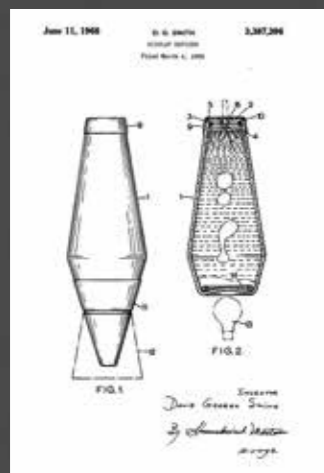
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THE LAVA LAMP

熔岩燈

- by Peter Walbrook



"It was devoid of function but rich in emotional fulfillment. It could momentarily free your mind like a warm bath." – Murray Moss, *American design entrepreneur*.

One of the most ubiquitous lighting fixtures of the 20th century, the lava lamp was dreamed up and designed by Singapore-born Edward Craven Walker (1918-2000). It's said that he got the idea from an improvised egg timer, made from

a cocktail shaker filled with oil, which he saw in a pub in England in 1948.

After years of experimenting by himself, and employing an engineer called David George Smith, the Astro Lamp, as it was first called, was ready for production by the mid 1960s – serendipitously just in time for the psychedelic revolution.

The colourful, flask-shaped Astro Lamp quickly caught on and was sold by respected British stores like Selfridge's, Habitat and even Fortnum and Mason. Sales were brisk throughout the 1960s and 1970s, with licensing agreements seeing overseas production flourish and making Walker a very rich man.

Sales slowed in the 1980s, but the design, which by then had many variants, came back into favour in the 1990s with nostalgic new marketing campaigns and new management. While most lava lamps are probably made in China these days, the original English company – renamed Mathmos in 1992 – continues domestic production. The original design has changed so little that spare parts can still be ordered for lamps made in the 1960s.

You can find out more about company's founder, designs and heritage at mathmos.com.



"雖然它沒有功能，卻有溫暖人心的感覺。如浸浴一樣可以令您放鬆身心。" Murray Moss, *American design entrepreneur*.

熔岩燈由新加坡出生的 Edward Craven Walker (1918-2000) 構思和設計，是20世紀最普遍的照明燈具之一。據說熔岩燈的設計是從一個雞蛋計時器中得到啟發，這個計時器是由一個裝滿油的雞尾酒調酒器製成的，他於1948年在英國一間酒吧里看到的。

經過他自己多年的試驗，並聘請了一位工程師 David George Smith 的協助，最初被稱為 Astro 燈，在1960年中期投入生產，當準備就緒時恰巧遇上了迷幻革命。

色彩繽紛水瓶形狀的 Astro 燈很快流行起來，並在 Selfridge's、Habitat 甚至 Fortnum 和 Mason 等知名英國商店出售。在1960和1970年的銷售率高，更與海外生產商達成協議，使熔岩燈發展蓬勃，令 Walker 致富。

於1980年有許多類似的設計因而令銷售放緩，但在1990年以懷舊風作銷售策略而得到捲土重來，雖然現在大多數的熔岩燈是在中國製造，但最初的英國公司（1992年改名為 Mathmos）繼續在國內生產。與原本的設計幾乎沒有變化，因此仍然可以為1960年製造的燈訂購配件。

欲了解更多關於有關公司的創始人、設計和更多信息，可到 mathmos.com 瀏覽。



Lava lamps are filled with two liquids of differing density, which will not mix. The heavier, waxy liquid sinks to the bottom, but when heated by the lamp's base light its density decreases and it floats to the top, cools down, then sinks again.

The recipe for the mix of wax, oil and water is still closely guarded by Mathmos, the company that still makes the lamps in England, and shared only with its licensees.

熔岩燈內充滿了兩種不同密度和不會混合的液體。較重的蠟狀液體沉於底部，但當被燈的底座光加熱時，密度會降低並浮到頂部，當冷卻後再次下沉。

蠟、油和水混合物的配方仍然受到 Mathmos 的保密，熔岩燈仍在英國製造，並只與得到許可的人共享配方。



With the cooler months approaching and with little likelihood of extended travel in the near future, hiking will once again be a popular pastime this autumn. If you're an avid hiker then the Hong Kong Trail should be on your to-do list – it is by no means a bold statement to say that this is one of the best urban trails in the world!

It is a long hike – some 50km – so you will need to clear a whole day for this. Be ready to start early and finish late. Depending on your pace and how many times you stop to rest, the whole trail could take anywhere from nine to 12 hours, so your timing should be right. Remember to wear comfortable clothing, strong walking shoes and bring plenty of fluids and snacks as there are not too many opportunities to re-fill along the way. The route is a mixture of trail and paved footpaths and is signposted with small marker posts every 500 metres, so it's not too hard to navigate. You will enjoy ticking off all 100 marker posts as you go!

The trail starts at Victoria Peak itself and the first 10 kilometres are fairly easy going as you work your way around High West and into Pok Fu Lam Country Park. The views are lovely as you overlook Sandy Bay, Cyberport and then Aberdeen as you pass into Aberdeen Country Park. There are a few smaller climbs along the way, and from here you have your first steep climb, which leads up to Middle Gap and Black's Link. Once on Black's Link, you head towards Wong Nei Chung Gap and are almost at the halfway mark. Here

there is a chance to re-fill water bottles and snacks at the petrol station. There is also a decision to be made – if you started early enough, you should have time to finish the whole trail in one day, but if you started too late, it might be better to call it a day and come back another day to finish the second half.

The second half begins with a tough climb up to Jardine's Lookout and on to Mount Butler. You then work your way down into and through Tai Tam Country Park before finally getting to Shek O Country Park, where the trail eventually ends. You're not there yet though – you must first get through a flat (and rather tedious) catchwater section which lasts around five kilometres. Once through this, you take a steep climb up to the top of The Dragon's Back, which is the climax of the whole trail. Most of us know Dragon's Back well, but if you started too late and were determined to finish the trail in one day, the light may be fading at this time, so take extra care. As you work your way down towards Shek O Road, you still have another few kilometres to go to the finish line at Big Wave Bay. Once there, you can finally relax and savour the contentment of a job well done!

For more information and tips on the trail, please contact our Director of Sports & Recreation, Giles Leonard.

踏入清涼的月份，但到外地旅行的可能性很低，遠足便再次成為了今個秋天的流行消遣活動。如果您是一個遠足的愛好者，那麼港島徑必定在您的活動清單上——可以說是世界上最好的城市遠足徑之一！

約50公里的步行徑，按個人不同的步速和休息次數，大

約需要九至十二個小時完成，所以要提早起步而完成時間亦會較晚。記得穿著舒適的衣服、結實的行山鞋，並攜帶足夠的水和食物，因為沿途沒有機會補充物資。路途中每500米就有一個路標，所以覓路並不太難。或許您會喜歡在所有100個的標記上打卡！

小徑從太平山頂開始，前10公里是相當容易，沿著西高山一處路口進入薄扶林郊野公園。當進入香港仔郊野公園時，可以俯瞰景色優美的大口灣、數碼港和香港仔。沿途會有小許攀升，到進入第一次陡峭的攀升時表示正邁向布力徑的中峽。當到達布力徑時，往黃泥涌峽道方向走，此時已快到一半路程了。在這裡可在加油站內補充水及食物。在這裡還可有所選擇，如果時間尚早，可以繼續，趕及在一天內完成全段港島徑。但如果時間太晚，建議最好休息一下，改天再來完成下半部分。

下半場初開始時需要艱難的攀升到達渣甸山和畢拿山。之後穿越大潭郊野公園，最後到達石澳郊野公園，即旅程的終結。不過，當還沒有到達終點時，你還須先經過一段平坦（相當乏味）的引水道，該路段約5公里長。



完成此段路程後，將爬上陡峭的龍脊頂，這是整個旅途的高潮。大多數人都認識龍脊，但如果你太遲起步，又決定在一天內完成港島徑，當到達龍脊時天色可能會變暗，所以要格外小心。當沿著石澳路前行時，距離大浪灣終點還有幾公里。到達那裡後，終於可以放鬆身心並享受完成整個旅程的滿足感！

如需有關更多路線的資訊和提示，請聯絡本會康體部總監李基爾。

Battle Trail Hikes

戰爭遺蹟遠足

As we approach the 80th anniversary of the Battle of Hong Kong in December 1941, we will run a series of Battle Trail Hikes along the Wong Nei Chung Gap Trail. The trail takes us through some of the key areas where intense fighting took place all those years ago. We will pass by pill boxes, a former anti-aircraft battery site, ammunition stores and the West Brigade HQ. The hike is not too strenuous and suitable for adults and children aged eight and above.

Battle Trail Hikes are led by our Director of Sports & Recreation, Giles Leonard and will take place on the following Saturdays.

- September 11
- October 23
- November 20
- December 18

A shuttle bus will depart the Club at 9.15am and the hike itself starts at 9.30am close to Hong Kong Parkview. The shuttle bus will bring Members back to the Club before midday. Members should wear suitable walking footwear, bring their own water, mosquito spray and sun lotion, and wear a hat in the hot weather.

Reservations are required on 2814 1222 as space on the shuttle bus is limited.



發生於1941年12月的香港保衛戰快將80週年，本會將舉行一系列戰爭遺蹟遠足活動，沿著黃泥涌峽徑探索。途中將穿越許多曾經發生激爭的一些關鍵地區。更會經過碉堡、前防空砲台、彈藥庫和西旅總部。此遠足徑不太費力，適合成人和八歲以上的兒童。

活動於以下日期的星期六舉行，將由本會康體部總監李基爾帶領。

- 9月11日、10月23日、11月20日及12月18日

集合時間為早上9時15分在會所起步，或9時30分近陽明山莊起步。並帶領會員在中午返回會所。參加者應穿著合適的行山鞋、帶備飲料、蚊怕水及防曬霜，和帽等。

報名請致電2814 1222，名額有限請即報名。

MARGY'S

M O N T E - C A R L O

NEW FACIAL TREATMENTS

by MARGY'S MONTE CARLO

CUTTING
Edge

Sought-after 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-up effect.

Margy's Monte Carlo
全新美容療程

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

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 facemasks featuring Pure Collagen or Botolift Collagen help restore elasticity and leave 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

An 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。

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

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

MARGY'S

M O N T E - C A R L O

YOUTH FACTOR (OXYDOREDUCTASES)

青春因子(氧化還原酶)



A global response to all types of cutaneous ageing.

The youth factor of Margy's Monte Carlo acts on all stages of the skin's life. Unique, biomimetic, of Swiss design, the products contain all the constituents of our cutaneous skin system. By fortifying the skin with these constituents again, they target the very origin of the degradation. The skin is found revitalised and naturally hydrated.

Collagen

Collagen is a natural protein found in our body. The biological role of collagen has a dual function. On the one hand, with elastin and glycoproteins, it is responsible for the cohesion of tissues and organs. On the other hand, collagen imparts hydration, strength, elasticity and flexibility properties to these same tissues and organs.

Hyaluronic Acid

A champion of hydration, it acts as a sponge that can absorb up to 1,000 times its weight in water. In the dermis, it constitutes the major part of the fundamental substance, this "liquid" in which our precious fibroblasts – collagen and elastin factories – bathe and which allows them to remain flexible and to function well.

Cocktail Of Soy Proteins and Oxidoreductases

Acts on firming the skin, reduces fine lines and wrinkles, increases hydration in the dermis, neutralises free radicals and protects the cell membrane from destruction.

Vitamin A

Actively participates in the renewal of tissue by reproducing the existing collagen and thus allows the repair of dry and damaged skin. It gives suppleness and elasticity to the skin and has healing properties.

Vitamin E

Provides an anti-aging action by blocking the action of free radicals on the skin. Reduces cellular damage associated with UV exposure.

皮膚老化是全球關注的項目。Margy's Monte Carlo 的青春因子適用於各類的肌膚。瑞士設計的產品，包含仿皮膚的獨特成分。通過強化皮膚，來針對肌膚退化的問題，令皮膚恢復活力和水潤。

膠原蛋白

膠原蛋白是一種存在於體內的天然蛋白質。生物學的膠原蛋白具有雙重功能。一方面，彈性蛋白和糖蛋白一起組成組織和器官的凝聚力。另一方面，膠原蛋白賦予組織和器官強度、彈性和柔韌性。

透明質酸

作為冠軍的補水產品，就如海綿一樣可以吸收高達自身重量一千倍的水分。在真皮中構成基本物質的主要部分，即纖維細胞（膠原蛋白和彈性蛋白工廠）被“液體”浸透，可以保持其柔韌性。

大豆蛋白和氧化還原酶雞尾酒

緊緻肌膚，減少細紋和皺紋，增加皮膚水分，中和自由基並保護細胞膜免受破壞。

維他命A

活躍地更新和重組原有的膠原蛋白，從而修復乾燥和受損的皮膚。賦予皮膚柔軟和彈性，並具有癒合特性。

維他命E

提供抗衰老作用，阻止自由基對皮膚的損害。減少與紫外線照射相關的細胞損傷。

For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com
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Exilis Ultra 360

360射頻和超聲波療程

CUTTING
Edge

What we have

EXILIS ULTRA 360 state-of-the-art technology, is fast, non-invasive and a breakthrough innovation.

The first and only applicator to simultaneously utilize radiofrequency and ultrasound waves at the same time. EXILIS ULTRA 360 has five different tips for covering more than 20 areas.

EXILIS ULTRA 360採用最先進的科技，快速、無創和突破性的創新技術。

是第一個也是唯一一個同發出射頻和時超聲波的儀器。EXILIS ULTRA 360有五個不同的功能，並覆蓋20多個區域。



What we offer

EXILIS ULTRA 360 treatment variety on the menu at Cutting Edge is incredible. The team is ready to answer your enquiries and give you information about Body, Face or Femme Treatments.

BODY: Abdomen area, upper arm, bra roll, thigh area and buttocks.

FACE: Can be treated as individual parts like eye area or as full face treatment.

FEMME: treatment focuses on the intimate area, both internal and external.

Cutting Edge提供一系列EXILIS ULTRA 360的療程服務。團隊們已準備為大家提供有關身體、面部或女性護理的信息和諮詢服務。

身體：腹部、上臂、胸線位置、大腿和臀部。

面部：療程可獨部分進行，如眼部或全臉等。

女性護理：療程於內部和外部的私密區域。

How we deliver

Our results-oriented team members are experts in beauty and the body. They are available for consultation and treatment demos for your satisfaction.

本會團隊們是美容專家，提供諮詢和療程示範服務，必能讓大家都滿意的體驗。

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

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

CUTTING EDGE

geneo

THE SUPER FACIAL JUST GOT BETTER !

Introducing New Innovative OxyPod Technology



OXYGENEO



TRIPOLLAR



ULTRASOUND



All new OxyPod Technology from Geneo now available, with specially formulated serums to achieve powerful results.

New OxyPods Types

- BALANCE** - Purifies the pores and balances oily skin
- REVIVE** - Revitalises dull skin, reduces wrinkles, improves skin texture, and rejuvenates the skin
- ILLUMINATE** - Unifies skin tone, improves pigmentation and improves skin texture.
- HYDRATE** - Hydrate, replenish and improves skin's moisture retention abilities

Book Treatment Today

- Geneo Super Facial: \$1,995**
- Geneo PRO: \$1,595**
- Geneo Liftings: \$1,695**

For bookings, please call
☎ 2814 5320



KÉRASTASE
PARIS



NEW
CHRONOLOGISTE
LE RITUEL D'EXCEPTION
RÉGÉNÉRANT
逆時光至臻修護專業療程套裝

▪ Vital Concentrate Pearls 再造珍珠精華

[45 minutes]

For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com
預約及查詢請致電美髮及美容中心電話2814 5320或電郵至salon@aberdeenmarinaclub.com

CUTTING
Edge

The Wellness Centre

The Wellness Centre offers you a unique experience and concepts – Train Well, Eat Well and Live Well.

健康中心

Members' wellbeing and the wellness way of life are at the centre of our approach at The Wellness Centre, and we believe the mind, body and soul can complement each other.

In this issue we provide a "Train Well" outline.

Check-in at the 5/F Marina Tower a few steps from the car park, then you are ready.

The Lower Floor: a free weights and resistance-based range of machines cover the upper body, core and lower body, with different sets and styles of dumbbells, racks and benches for your workout.

- Resistance-based machines: 20 machines cover all body parts. Some are pin loaded, some are plate loaded, and all are from world-leading brands.
- Benches and dumbbells: there are eight benches and three complete sets of dumbbells.

The Middle Floor: dedicated to cardio machines for athletes, advanced or beginners – the best

place to burn the extra calories and keep yourself in excellent shape.

- Treadmill, Elliptical, Cycling, Stair climber, Rowing and Wave
- Plus, an entire equipment area for stretching.

The Upper Floor: with the collaboration of Technogym, we have transformed this floor into one of the world's most versatile functional training concepts called OMNIA.

MOVE, TRAIN, PLAY

The OMNIA concept brings people together in an interactive



and enjoyable way, while striving to reach their training goals.

A team of professional personal trainers is available, whether you are looking for mobility enhancement, bodybuilding, calorie burning or many other options.

Members' wellbeing is at the centre of everything we do here at The Wellness Centre. In future articles, we will explain more about Eat Well and Live Well.

To be continued . . .



健康中心提供獨有的健身體驗 – 合適的鍛鍊、健康的飲食讓生活變得精彩。

健康中心旨在為會員帶來健康和健康生活方式，相信思想、身體和靈魂可以相互補充。

入口位於5樓的深灣大樓，距離停車場只幾步之遙。

低層：以重量和阻力為基礎的器械系列，涵蓋上半身、核心和下半身，設有鍛煉不同組別的啞鈴、架及長凳。

- 阻力健身器材：設有20台器械，幾乎涵蓋了身體的所有部位。包括機

械訓練及自由重量訓練，均購自世界知名品牌。

- 長凳和啞鈴：共有8張長凳和3套完整的啞鈴。

中層：提供專為運動員、高級或初學者而設的帶氧器械，達到燃燒卡路里並保持良好體形的效果。

- 跑步機、橢圓機、單車、踏步機、划船機和波浪機

- 此外，還特設伸展區。

上層：與Technogym合作下，將這層改為世界上最具功能訓練概念之一的健身房，稱為 OMNIA。

移動、訓練、玩樂

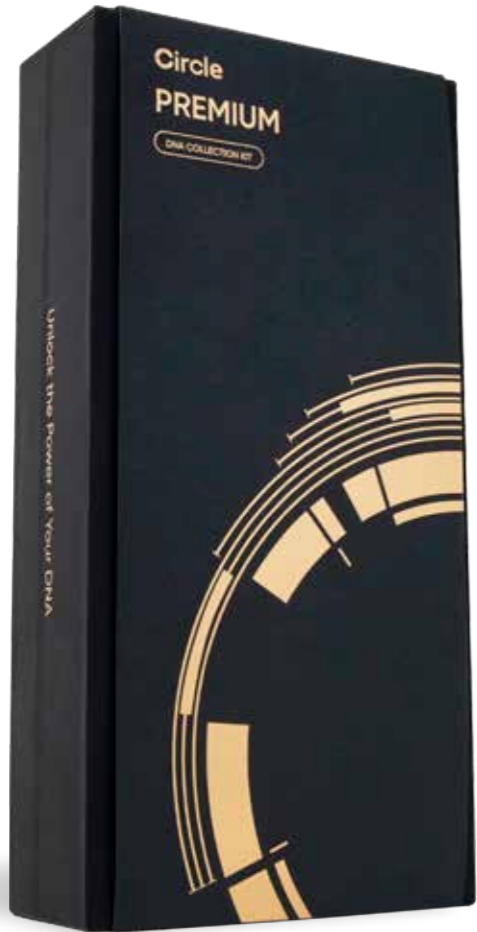
OMNIA 概念以互動和愉快的方式把人們集合一起，同時達到訓練的目標。

不論您想增強活動能力、健身、燃燒卡路里或其他需求，都可與本會專業的教練團隊尋求意見。

本會的健康中心將為會員帶來更多健康的方案。在以後的文章中，將探討更多關於健康飲食和生活的資訊。



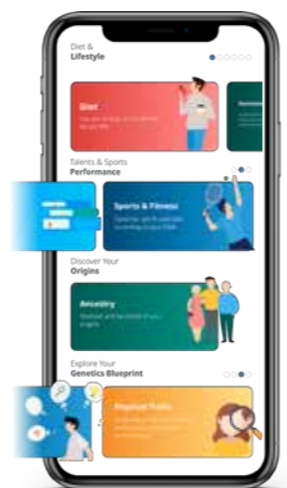
Members' wellbeing is at the centre of everything we do, and the Wellness Centre and Cutting Edge teams are excited to announce our collaboration with CircleDNA.



- Diet** 15 REPORTS
- Cancer Risk** 36 REPORTS
- Common Health Risks** 8 REPORTS
- Family Planning** 163 REPORTS
- Nutrition** 20 REPORTS
- Ancestry** 1 REPORT
- Skin** 14 REPORTS
- Physical Traits** 12 REPORTS
- Personality Traits** 5 REPORTS
- Behavioural Traits** 5 REPORTS
- Dementia & Brain Health** 6 REPORTS
- Disease Risk** 65 REPORTS
- Drug Response** 103 REPORTS
- Sports & Fitness** 18 REPORTS
- Stress & Sleep** 8 REPORTS
- Success Traits** 9 REPORTS
- Gender Traits** 4 REPORTS
- Music & Dance** 2 REPORTS
- Pollution** 5 REPORTS
- Well-Being** 7 REPORTS

4 easy steps and one saliva swab that unlocks **500+** lifetime health reports.

- 1** Activate Your DNA Sample Collection Kit
- 2** Collect your saliva sample, by following our app **10X**
- 3** Return your sample to our lab
- 4** Your results are ready within 18 business days.



CircleDNA is available at **Pro Shop** and at **Cutting Edge**. For consultation or further information please contact either one.
Contact No.: 2814 5320



DBS Treasures is wealth management for the way you live today.

World's Best Digital Bank
Recognized as the World's Best Digital Bank by Euromoney, our DBS digibank HK gives you access to financial expertise, insights and investment tools to grow your wealth anytime, anywhere.

Bank with Asia's Safest
Optimize your wealth management portfolio with your designated relationship manager, together with a team of experts, including investment, treasury and bancassurance specialists.

0% Enjoy 0% brokerage fee in 7 stock markets
Invest in seven global equity markets across Hong Kong, Singapore, the United States, Canada, Japan, Australia and the United Kingdom.

Deep insights for sharper decisions
Customize market research and insights to your portfolio, with stock picks and fund recommendations from our Chief Investment Office.

24x7 real time FX
Trade in up to 14 of currencies, including HKD, AUD, CAD, CHF, CNY (offshore), DKK, EUR, GBP, JPY, NOK, NZD, SEK, SGD and USD.

Plan for your future
Partnered with Manulife, we offer you a best-in-class suite of innovative and customized insurance solutions.

Exclusive Account Opening Reward for

The Aberdeen Marina Club members

Extra HK\$800

Call us now! 3668 7103 / 3668 7104

Or **Make an appointment**



The above promotion is subject to Terms and Conditions. Foreign exchange & Investment involve risks.

Art on Ice!

冰上繪畫

Sunday, September 12, from 3pm to 5.30pm

Come and enjoy a great painting experience on the ice!

Member \$150 Guest \$210

9月12日(星期日)

下午3時至5時30分

快來體驗在溜冰場上繪畫。每組最好的三幅畫將會獲得獎項。

會員\$150 來賓\$210

Enquiries 查詢: 2814 5374 (Ice Rink)

Mid-Autumn Lantern Riddles on Ice

冰上中秋燈謎

Wednesday, September 22

Open Skate session starts from 10am

Come to open skate and guess the riddles to win the prize.

9月22日(星期三) 上午10時開始

快來體驗在溜冰場上猜燈謎，更有機會贏得獎品。

Enquiries 查詢: 2814 5374 (Ice Rink)

Ice Skating Test Week

溜冰場測驗週

From Monday, October 25, students from Tots to Freestyle level will be assessed during regular lessons of their skating skills throughout the week.

由10月25日(星期一)起，幼兒到花式溜冰課程將進行定期技巧評估。

Enquiries 查詢: 2814 5374 (Ice Rink)



Halloween Skating Party

冰上萬聖節派對

Dress up and have fun at the Ice Skating Rink!

Sunday, October 31, from 3pm to 8pm

Member \$85 Guest \$120

悉心打扮來參加溜冰場的萬聖節派對吧!

10月31日(星期日)·下午3至8時

會員\$85 來賓\$120

Enquiries 查詢: 2814 5374 (Ice Rink)

Yoga Class by Meagan Chung

瑜珈班

Every Thursday, 9am to 10am, 6/F Studio

Let's explore the art of surrender and liberation. Reconnect to your mind-body awareness and consciousness through this relaxing and restorative yoga experience. Flow and unwind with a sequence of hip openers, deep stretches and delightful meditation.

This class is designed for anyone who needs a yogic break to slow down, recharge, and take time to connect into your inner self and groundedness. Reservations required.

Member \$230 Guest \$295

逢星期四·上午9至10時·6樓活動室

瑜珈可以令人放鬆和連接身心。通過一系列深度伸展動作讓髖部放鬆，和愉悅的冥想來連接心靈。課程專為需要減壓和充電的人仕而設，並讓您重新連接內在心靈。敬請預約。

會員\$230 來賓\$295

Enquiries 查詢: 2814 1222

TEAMBEATS™ Heart Rate Training

心率訓練

Every Tuesday from 7pm

Classes take place in the Functional Training Room on the upper floor of the Fitness Centre. Members will need to purchase their own Heart Rate Monitor to get most benefit from the class. These are available at the Pro-Shop or can be bought outside the Club.

逢星期二·晚上7時

課程於健身中心上層次多功能訓練區舉行。會員需自備心跳帶來達到課程帶來的最佳效果。如有需要可到會所Pro-Shop購買。

Enquiries 查詢: 2814 5342 (Health Club)



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!

Netherlands, Italy, Russia

September 4, 5, 11, 12, 25 & 26

Turkey, Japan, United States, Mexico

October 2, 3, 9, 10, 23, 24, 30 & 31

挑戰富刺激性的週末大獎賽。只需支付15分鐘的費用便可享用30分鐘。

荷蘭·意大利·俄羅斯

9月4, 5, 11, 12, 25 & 26

土耳其·日本·美國·墨西哥

10月2, 3, 9, 10, 23, 24, 30 & 31

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, September 10

• 9月10日(星期五)

• Friday, October 15

• 10月15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, September 24

• 9月24日(星期五)

• Friday, October 22

• 10月22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, September 17

• 9月17日(星期五)

• Friday, October 15

• 10月15日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

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!

- Moon Festival – September 18 & 19
- World Animals Day – October 2 & 3
- 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。

- 中秋節 – 9月18及19日
- 世界動物日 – 10月2及3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!)

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**WEDNESDAY,
SEPTEMBER 29, 2021**
TIME: 8:30PM SINGAPORE TIME
7:30PM BANGKOK TIME

PARTICIPANTS:

Berkshire School	Pomfret School
Blair Academy	Rumsey Hall
Choate Rosemary Hall	Salisbury School
The Gow School	Suffield Academy
Hotchkiss School	The Williston
Miss Porter's School	Northampton School



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Halloween Highlights

萬聖節特備節目

Spooktacular Adventure Zone 鬼魅動感樂園

Dress up and have fun at the Haunted Adventure Zone.
打扮鬼魅一同來參加動感樂園萬聖節派對吧。

October 29 to 31 (Friday to Sunday) 6pm to 9pm	10月29至31日 (星期五至日) 下午6至9時
------------------------------------------------------	--------------------------------

Member 會員 \$88 Guest 來賓 \$108

Includes one play session at either Adventure Zone
or Run, 2, 3!
可享用動感樂園或Run, 2, 3! 玩樂一節。

Halloween Pumpkin Hunt at G/F Children's Play area 萬聖節尋找南瓜遊戲

Come and enjoy our Pumpkin Treasure Hunt at the Children's
Play Area in your favourite costume.
快來穿著您喜愛的服飾參加在兒童天地舉行的戶外尋找南
瓜的有趣活動。

Sunday, October 31 From 2pm to 4pm Ages 3 to 6	10月31日(星期日) 下午2至4時 適合3至6歲兒童參加
------------------------------------------------------	-------------------------------------

Member 會員 \$120 Guest 來賓 \$150

SESSION 1
第1節 2.00 - 2.20pm
下午2時至2時20分

SESSION 2
第2節 2.30 - 2.50pm
下午2時30分至2時50分

SESSION 3
第3節 3.00 - 3.20pm
下午3時至3時20分

SESSION 4
第4節 3.30 - 3.50pm
下午3時30分至3時50分

For bookings and enquiries, please call Adventure Zone on
2814 5360 or email adventurezone@aberdeenmarinaclub.com.
報名及查詢請致電動感樂園電話2814 5360或電郵至
adventurezone@aberdeenmarinaclub.com。

Stretch-eze® by Pilates coach Iris Cheung 普拉提斯Stretch-eze®

Stretch-eze® is developed by a former dancer, dance and movement therapist and Pilates instructor Kimberly Dye. It is a circular resistance fabric band made with high quality nylon/lycra spandex, and used for support and resistance in a Pilates mat class. Exercise with Stretch-eze® helps establish body awareness, improve balance, flexibility and concentration. The springy resistance creates more space in joints with chance of injury.

Stretch-eze®是由前舞蹈員、運動治療師和普拉提斯導師 Kimberly Dye開發。由高質量彈力的尼龍纖維帶製成，支持各款阻力動作。Stretch-eze®有助提高自我意識、平均力、靈活性及專注度。彈性阻力增強關節柔韌度，更不易受傷。並調節神經系統。

Table Tennis by Sunny Lo 乒乓球班



Every Saturday, 12.30pm to 2pm

Ages 6 to 10 years old

Table tennis offers health benefits to players of all ages. It can efficiently develop skills such as flexibility, eye and hand coordination, improve children's self-confidence and teach them the importance of teamwork.

逢星期六，下午12時30分-2時

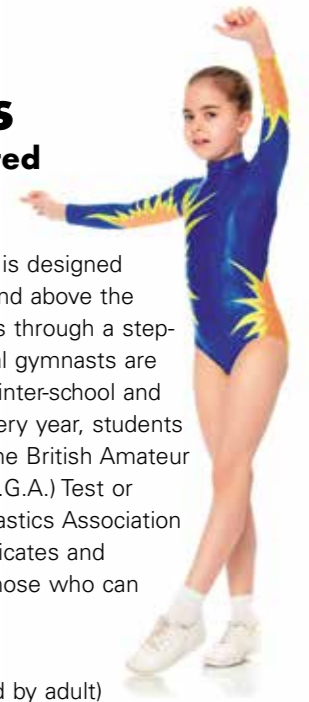
適合6-10歲兒童

乒乓球對不同年齡的人仕都有益處。可以有效地提高靈活性、手眼協調能力，提高孩子的自信心，並學會團隊合作的重要性。

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

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

Children's Gymnastics by SportsScene Limited 兒童體操



This gymnastics programme is designed to teach children aged two and above the fundamentals and techniques through a step-by-step progression. Potential gymnasts are encouraged to participate in inter-school and other open competitions. Every year, students will be tested according to the British Amateur Gymnastics Association (B.A.G.A.) Test or Gymnastics Test from Gymnastics Association of Hong Kong (GAHK). Certificates and badges will be awarded to those who can fulfill the test requirements.

Gym Fun

(for ages 2 to 3 accompanied by adult)

Children can enhance self-confidence, establish sense of self-respect as well as physical ability, intelligence and socialise through different gymnastics activities.

Beginner Class (for ages 3 to 5)

Intermediate Class (for ages 6 to 11)

Emphasis is placed on form, flexibility, strength and basic floor exercise, such as forward and backward rolls, basic jumps, and balancing and landing skills.

Advanced Class

For ages 6 or above with at least two years' gym experience or recommended by a coach)

This class promotes power and technique in cartwheels, the combination of all single movements, forward handstands, round-offs, dive rolls and the combination of all single movements.

這體操課程是為兩歲或以上的兒童而設，簡易的方法教授基本原理和技術。

體操玩樂 (兩至三歲需由一位成年人陪同)

透過課程可增加兒童自信心，建立自我感，改善體能和學習與人相處。

初級 (三至五歲) 及 **中級** (六至十一歲)

課程著重教授姿態，靈活性，強度和基本地上運動，例如前滾翻和後滾翻，基本跳躍，以及平衡和著地技能。

高級 (六歲及富2年體操經驗或以上或教練推薦)

課程教授側手翻，混合動作和，前手倒立等。



There's a yacht of zero feet. From the water.

The opening terraces of the SX112 let you literally caress the surface of the sea, granting an immersive experience unlike any other. Because the only measure that really matters on board a yacht is the distance from the water.



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SX
112/

JUNIOR CLUB STARS

**Tennis Player
Age 13**

**SHREYAS
RAJARAM**



Shreyas has shown great improvement and dedication during lessons. His favourite player is Rafael Nadal and his favourite shot is the serve. Shreyas enjoys playing and is always active during lessons. Keep it up, Shreyas!

Shreyas在課堂中表現專注，並有很大的進步。他最喜歡的球員是拿度，他最愛發球。Shreyas很享受打球，在課堂上表現活躍。繼續努力，Shreyas!

**Skater
Age 9**

**TANIA
MIRPURI**



Tania has been skating at the Club for several years. She is a talented skater and always works hard. She has overcome some big obstacles in skating and is a better skater for it. She always has a great attitude. Keep it up, Tania!

Tania在會所學習溜冰已有幾年。她是一名才華橫溢的學員，不斷努力練習，克服了滑冰的一些障礙並取得顯著的進步。她在課堂上總是表現專注。繼續努力，Tania!

**Swimmer
Age 11**

**WILLIAM
SEITZ**



William has improved both his cardiovascular fitness and his swimming strokes and continues to improve. He is very attentive and listens to his coaches' instructions carefully. Congratulations William and keep up the good work!

William的體能及泳術都得到進步。在課堂上總是專注聆聽教練的指導。繼續努力，William!

**Skater
Age 9**

**AUDREY
LEE**



Audrey loves skating very much. Through a period of training, she has mastered some difficult skills in Freestyle 6. Every time she is focused on training and not afraid of difficulties, earning praise from her coaches. Hopefully she will continue to work hard to realise her skating dreams. Keep it up, Audrey!

Audrey很喜歡溜冰。透過不斷的訓練，她在Freestyle 6中已克服了一些高難度的技巧。Audrey在課堂上總是表現專注並不怕遇到困難，而得到教練的表揚，期待她有更好的成績來達到自己的溜冰夢想。繼續努力，Audrey!



Get Redressed Month Returns in October

回收衣物 Redressed 十月再重臨

We are pleased to confirm that Redress will be running its annual Get Redressed Clothing Drive again this October.

We are buying more clothes, wearing them less often and throwing them in the bin faster. From wasting precious resources to contributing to global greenhouse gas emissions, our poor choices continue to have a detrimental effect on our planet. In Hong Kong alone we trash around 170 tonnes of unwanted clothes every day.

Stop the waste – donate your unwanted clothes to Redress!

Redress is an environmental charity working to cut waste out of fashion. Its Get Redressed Clothing Drive aims to help reduce clothing waste and encourage mindful consumption. Clothes donated to Redress will be given to more than 20 local charities for reuse, resold at The Redress Closet charity shop in Sham Shui Po, or recycled.

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

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

Not accepted: Shoes, uniforms and home textiles.

很高興Redressed在十月再次在本會舉辦Get Redressed回收衣物活動。

我們不斷購買衣服，卻不大機會穿著並棄掉。除浪費寶貴的資源，更導致全球溫室氣體排放，大大影響地球健康。僅在香港每天就丟棄大約170噸衣物。

停止浪費 - 把不需要的衣服捐贈給Redress!

Redress是環保慈善機構，致力於減少浪費潮流衣服。旨在幫助減少衣物浪費並鼓勵有意識的消費。捐贈給Redress的衣服將捐贈給20多個當地慈善機構，或於深水埗The Redress Closet慈善店轉售或回收。

請在10月1至31日內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。

不接收：鞋履、校服、制服、內衣及睡衣。

For more information please visit
欲查詢更多資訊，請瀏覽Redress網頁
www.redress.com.hk/getredressed

Thank you for your support!
多謝支持!

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New Marina Gate Locks 海事範圍新聞鎖

Please be informed that the gate locks at the entrances at South Shore, North Shore, and the end of Dock G, have been changed to accept only Membership cards and crew cards with smart chips.



To maintain the privacy of the berthing area and to tighten security, the new smart chip cards will only be issued to existing berth holders and their crews. Non-berth-holding Members will not be allowed to access the berthing areas.

Advance application is required for embarkation or disembarkation at Dock G. Approved applicant may pick up a South Shore Gate Pass at the lobby reception to access Dock G and return it before leaving the Club. Unreturned cards will incur a penalty.

請注意，南岸、北岸和G橋的入口開鎖現已更新，只有智能會員證和船員證才能進入。

為加強停泊區的保安和隱私，進入泊位範圍的智能證只發給現有的泊位持有人及船員。

在G橋上落船需要提前申請。獲批人士可在大堂接待處領取南岸門通行證進入G橋，並在離開會所前歸還，否則將被罰款。

Restaurant Cancellation Policy 取消餐廳預約守則

As we have had some last-minute cancellations and no-shows in recent months, we would like to remind Members of our restaurant-reservation policies.

The maximum reservation period is four months in advance, and reservations must be cancelled at least 24 hours in advance.

Members who fail to fulfill their restaurant reservation twice in

one month will not be permitted to make further reservations for the following 60 days.

由於近月有多宗餐廳預約在最後一刻才取消甚或缺席，在此提醒各會員以下取消餐廳預約的守則。

餐廳預約期最長為四個月，而取消預約必須至少提前24小時通知。如會員在一個月內兩次未能遵守取消餐廳預約的守則，在未來60日內將不獲接受預約。



Corkage 開瓶費

Please be aware of the following corkage fees.

- Brought-in wine
 - \$200 for up to 750ml
 - \$300 for 1,500ml
 - \$600 for 3000ml or more
- Hard liquor cannot be brought in.
- Corkage fees will be waived for all wine and hard liquor purchased from La Cave.
- Buy-one-get-one-free corkage is available at Marina Grill for wines purchased from Marina Grill wine list.

費用如下：

- 自攜葡萄酒
 - 750毫升收取\$200
 - 1,500毫升收取\$300
 - 3000 毫升或以上收取\$600
- 不接受自攜烈酒。
- 所有在La Cave 購買的葡萄酒和烈酒免收開瓶費。
- 於Marina Grill酒單上選購葡萄酒或烈酒可享有買一送一開瓶費優惠。



Dress Code

Restaurant Dress Codes 餐廳衣著要求

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

The Horizon, The Balcony, Marina Grill and The Backroom at La Cave - Smart Casual

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

Gentlemen: No sleeveless shirts or vests.

The Deck, Portside and Caffe Luna - Casual

Ladies and Gentlemen: Any form of casual or sportswear is allowed, except swimwear, which is permitted only by the poolside or at the Tropical Pool Café.

Anyone entering other parts of the Club must be fully clothed.

會員和來賓必須遵從會所餐廳的衣著要求。

於海天閣、露臺泰國餐廳、扒房及The Backroom的衣著要求為時尚休閒。男仕及女仕均不可穿著拖鞋或涼鞋進入。男仕不可穿著無袖上衣或背心。

於The Deck、Portside及Luna意大利餐廳均可穿著休閒服裝。男仕及女仕可穿運動服，泳衣除外。泳衣僅可於碧波池畔或碧波泳池咖啡座穿著。進入會所範圍內必須穿著合適的衣履。

Accessing North Shore Changing Rooms 進入北岸更衣室

Please note that a new lock at North Shore gate has been installed and Membership cards will no longer be able to open the gate. Tennis players who require access to the North Shore changing rooms should collect a North Shore Gate Pass when checking in at the 5/F Health Club, and return it before leaving the Club.

Thank you for your attention.

請注意，北岸閘門已更換新鎖，會員證將無法進入。需要進入北岸更衣室的會員請到五樓健身中心登記及領取臨時通行證，並在離開會所前歸還。多謝合作。



Tropical Pool Opening Hours 碧波池畔 開放時間

From September 6 until Bubble inflation.

Monday to Friday: 2pm to 7pm

Saturday, Sunday and Public Holidays: 9am to 7pm

由9月6日起至拆除帳篷

星期一至五：下午2時至晚上7時

星期六、日及公眾假期：

上午9時至晚上7時

Annual Staff Party 員工週年派對

The Club will close at 4pm on Tuesday, September 28 for the Annual Staff Party. We apologise for any inconvenience.

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

本會將於9月28日(星期二)下午4時關閉以作員工週年派對。不便之處，敬請原諒。

如會員想贊助週年派對的幸運大抽獎，請與會員部聯絡電話2814 5436或電郵member@aberdeenmarinaclub.com。



Octopus Cards 八達通卡

To support the Government's Consumption Voucher Scheme, we are pleased to announce that Members can now pay with Octopus Card at Marina Deli, La Cave and Pro-Shop until further notice.

為響應政府消費券政策，會員現可以於深灣店、La Cave及Pro-Shop以八達通付款。

Dance Coaches

舞蹈教練

BallroomBees is the brainchild of former **Strictly Come Dancing** star **Katya Virshilas** and her world champion husband **Klaus Kongsdal**. Their one-of-a-kind programme aims to nurture a child's all-round development through the joy of dance. Parents can expect children to develop their social skills, agility and etiquette, build their confidence and foster a deep sense of respect for their classmates, all while getting active with friends!

BallroomBees是前Strictly Come Dancing的Katya Virshilas和她的世界冠軍丈夫Klaus Kongsdal創立。他們獨一無二的課程，旨在透過舞蹈的樂趣來培養孩子的全面發展。家長期待孩子們發展社交技能、敏捷性和禮儀，建立信心，培養對同學的尊重，同時與朋友一起享樂！



KATYA VIRSHILAS

Founder & Dance Professional

Katya is a Canadian Champion. She was part of the cast of BBC's *Strictly Come Dancing* and later produced and starred in her own tour production performing in over 80 theatres across United Kingdom. Katya became the youngest Canadian National Champion at the age of sixteen. Katya feels so excited when parents tell her how much their children have grown with confidence and coordination through BallroomBees and how this has been the best form of therapy for them.



Katya是加拿大冠軍。她是BBC的Strictly Come Dancing的表現者之一，後來她自己在英國80多家劇院巡迴演出。Katya在16歲時成為最年輕的加拿大全國冠軍。Katya感到興奮每當家長們告訴她孩子參加了BallroomBees課程後有多麼自信地成長。

Favourite athlete
最喜歡的運動員

Simone Biles and Usain Bolt

Favourite exercise

最喜歡的運動
Dancing and spinning
舞蹈和健身單車

Favourite food

最喜歡的食物
Seafood and sushi
海鮮和壽司

Favourite drink

最喜歡的飲品
Water, Aperol Spritz and white wine
水、意式有汽雞尾酒和白酒

Highlight of your coaching career
教練生涯亮點

I have worked with incredible actors such as Antonio Banderas, Richard Gere and Jennifer Lopez as a dancer and choreographer for the Hollywood films *Take the Lead* and *Shall We Dance*. I have also worked with Shaimak Davar, the incredible Bollywood choreographer to star in his show *I Believe* in 2007. I also choreographed for the hit TV show *So You Think You Can Dance*.

我曾與Antonio Banderas、Richard Gere和Jennifer Lopez等出色的演員合作，為荷里活電影《舞•出色》和《談談情跳跳舞》作編舞及現出舞蹈家。我還與Shaimak Davar一起合作，為2007印度荷里活電影《I Believe》編舞。我也為電視節目《So You Think You Can Dance》編排舞蹈。



RYAN HAMMOND

Dance Professional

Ryan is a Latin American and Ballroom dancer, and was born into a dancing family and started dancing at the age of seven. He is a qualified Ballroom Dancer, IDTA Latin American instructor and adjudicator and has been competing and performing all around the world. He has choreographed various theatre shows, music videos and trained championship dancers, as well as being the head dance coach at one of the biggest universities in South Africa.

Ryan是一位拉丁美洲的舞蹈員，並出生於舞蹈世家，七歲便開始跳舞。他是一位合資格的社交舞者，IDTA拉丁美洲教練和評判員，並一直在世界各地參賽和表演。他為各種戲劇和音樂視頻編舞，並訓練出色的舞蹈員，也是南非最大的大學之一的首席舞蹈教練。

Favourite athlete

最喜歡的運動員
Bruce Fordyce

Favourite exercise

最喜歡的運動
Dancing and hiking
舞蹈和遠足

Favourite food

最喜歡的食物
Barbecue 燒烤

Favourite drink

最喜歡的飲品
Healthy drinks, smoothies and coffee
健康飲品、沙冰和咖啡

Highlight of your coaching career
教練生涯亮點

Coaching and dancing with my celebrity partner to win the TV show *Strictly Come Dancing* and dancing at the World Championship with my wife and professional partner Angelique. Every day feels so rewarding and like an achievement when I get the privilege of teaching young dancers their first steps.

我與妻子Angelique一同教授舞蹈和跳舞，並贏得電視節目《Strictly Come Dancing》賽事及世界錦標賽。每當教授年輕的學員踏出第一步時感覺就如獲獎一般。



ANGELIQUE HAMMOND

Dance Professional

Angelique is a professional Latin American, show and exhibition dancer. She started dancing at the age of four and has had a burning passion for dance ever since. After finishing her studies at the Performing Arts School in South Africa, she earned the title of All South African Open Latin Champion and joined *Dancing With The Stars South Africa* as a professional dancer.

Angelique是一名專業的美洲拉丁舞蹈員及表演者，她四歲便開始跳舞，從此便愛上舞蹈。她完成南非表演藝術學校的研究之後，贏得所有南非拉丁舞公開賽冠軍，並加入了南非的《Dancing with The Stars》作為專業舞蹈員。

Favourite athlete

最喜歡的運動員
Faf de Klerk

Favourite exercise

最喜歡的運動
Dancing 舞蹈

Favourite food

最喜歡的食物
Sushi and pizza 壽司和薄餅

Favourite drink

最喜歡的飲品
Blue Gatorade 佳得樂

Highlight of your coaching career
教練生涯亮點

Achieving third place at the World Exhibition Championships in Holland, being a dance professional on *Dancing with the Stars* and getting to learn from the amazing Jason Gilkison. Spreading the magic of dance to so many children is the greatest job satisfaction.

在荷蘭世界展覽賽上取得第三名，在《Dancing with The Stars》作為專業舞蹈員，並跟隨Jason Gilkison學習。教授舞蹈並傳承下去是最好的工作。

New Coaches

新任教練



PAULINA GAMA

Personal Trainer

Personal Trainer Paulina started working professionally in January 2016. Prior to embarking on her new career, she took her first Personal Trainer course in Hong Kong and then went to Canada for an intensive Masters Course. Paulina wasn't blessed with a fit body, nor were her eating habits healthy as she was a frequent visitor to fast-food establishments. Paulina turned what began as a personal journey in 2010 into a passion that she shares with others.

Paulina在2016年一月開始了她的健身教練生涯。她當教練之前，在香港參加了她的第一個私人教練課程，之後前往加拿大參加了碩士課程。Paulina以前由於飲食習慣不好，經常光顧快餐店，所以並沒有健康的身體。在2010年開始改變了她的人生，並喜歡與他人分享她的歷程。

Favourite athlete

最喜歡的運動員
Emily Skye

Favourite exercise

最喜歡的運動
Leg exercises 腿部練習

Favourite food

最喜歡的食物
Anything fresh and organic
新鮮及有機的食物

Favourite drink

最喜歡的飲品
Riesling 麗絲玲

Highlight of your coaching career
教練生涯亮點

Every day is a highlight – I grew up in poverty in the Philippines, and through hard work and determination, I'm living the dream. I am certified with the Pre & Postnatal Fitness, Knee / Neck / Shoulder / Lower Back Physio and Muscle Release Certifications.

每天都是亮點 — 我在菲律賓的赤貧區長大，通過努力工作和決心實現了夢想。我取得了產前和產後健身、膝蓋/頸部/肩部/下背部體能和肌肉放鬆的健身證書。



MEAGAN CHUNG

Yoga Coach

Meagan has been actively promoting yoga, mindfulness and well-being on and off the mat across the community. She loves seeing the satisfied smiles from participants in each of her classes.

Meagan在社區積極推廣瑜伽，正面思維和健康生活。她喜歡看到每個課堂上的學員都露出滿意的笑容。

Favourite athlete

最喜歡的運動員
Kino Macgregor, Briohny Smyth

Favourite exercise

最喜歡的運動
Yoga 瑜伽

Favourite food

最喜歡的食物
Fruit and Greek yogurt 生果和希臘乳酪

Favourite drink

最喜歡的飲品
Water, coffee, juice 水、咖啡、果汁

Highlight of your coaching career
教練生涯亮點

Being invited to hold various family yoga workshops at Victoria Educational Organisation, Po Leung Kuk and Inspiring Hong Kong Sports Foundation to cultivate a healthy lifestyle for different age groups.

得到維多利亞教育機構、保良局及香港體育勵志基金會邀請為家庭瑜伽工作坊的教練，為不同年齡層培養健康的生活方式。

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