



PORTWATCH

September/October 2026



PORTS OF CALL: NEW ZEALAND



REACH FOR THE CROWN



THE DAY-DATE

OFFICIAL ROLEX RETAILER

蘇麗鐘錶

ZURICH WATCH

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ROLEX

PORTWATCH

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The Aberdeen Marina Club.

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THE
ABERDEEN MARINA CLUB



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Portwatch Editor / Mr Adam Nebbs
Cover photo: Auckland



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



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SEPTEMBER



12
SATURDAY

Grabber Day!
Pig Plush Toys
Kids on 8!
9am - 7pm

13
SUNDAY

Arts & Crafts
Windbell Making
Run,2,3!
2.30pm - 4.30pm

18
FRIDAY

Laser Tag
Challenge
Adventure Zone
7.30pm - 8.30pm

La Bodega
x Comando G
Wine Dinner
The Backroom
7pm



2
WEDNESDAY

Opus One
Wine Dinner
Marina Grill
7pm

5
SATURDAY

Joselito Iberico
Ham Masterclass
The Backroom
3.30pm - 5pm

6
SUNDAY

Grabber Day!
Moon Toys
The Yard
9am - 7pm

Bowling
High Score Day
Bowling Alley
11am - 10pm

19
SATURDAY

The Yard
Challenge
Football
The Yard
9am - 7pm

Fun Weekend
Arts & Crafts
International Day
of Peace
Kids on 8!
9am - 7pm

20
SUNDAY

Fun Weekend
Arts & Crafts
International Day
of Peace
Kids on 8!
9am - 7pm

Grabber Day!
Lovely Panda Toys
The Yard
9am - 7pm

Fitness Centre
Challenge
Cardio Challenge
Fitness Centre
7am - 10pm

Bowling Bingo!
Bowling Alley
11am - 10pm

23
WEDNESDAY

Paella
Cooking Class
Portside
3pm - 5pm

ALL OF SEPTEMBER



Marina Grill
Seasonal Mushrooms

Burger Royale
Final Encore

The Balcony
Southern Thai Cuisine

Caffè Luna
In Giro per Palermo
Around Palermo

25
FRIDAY

Mid-Autumn
Fun Party
The Deck & Portside
6.30pm - 9.30pm

26
SATURDAY

Grabber Day!
Cute Elephant Toys
Kids on 8!
9am - 7pm

27
SUNDAY

Art on Ice
Ice Rink
3.30pm - 5pm

Fitness Centre
Orientation
Fitness Centre
1pm - 3pm

30
WEDNESDAY

Tennis Social Clinic
Rooftop Tennis
Courts
7pm - 8pm

OCTOBER

ALL OF OCTOBER

Marina Grill
The Art of Wagyu
The Deck
Chef's Recommendations
The Balcony
Chiang Mai Food Promotion

23
FRIDAY

Château
Pape Clément
Wine Dinner
The Backroom
7pm

24
SATURDAY

Family History Walk
9.30am

Aberdeen
Fire Station Visit
9pm - 1pm

25
SUNDAY

Grabber Day! Happy
Halloween Toys
The Yard
9am - 7pm

Fitness Centre
Orientation
Fitness Centre
1pm - 3pm

28
WEDNESDAY

Tennis Social Clinic
Rooftop Tennis
Courts
7pm - 8pm

30
FRIDAY

Halloween
Semi-buffet Dinner
Caffè Luna
5.30pm - 9pm

Haunted
Adventure Zone
Adventure Zone
6pm - 9pm

31
SATURDAY

Halloween Hunting
Run,2,3! & Kids on 8!
3pm - 5pm

Halloween
Semi-buffet Dinner
Caffè Luna
5.30pm - 9pm

Haunted
Adventure Zone
Adventure Zone
6pm - 9pm

Grabber Day!
Spooky Toys
Kids on 8!
9am - 7pm

3
SATURDAY

Fun Weekend
Arts & Crafts
World Animal Day
Kids on 8!
9am - 7pm

4
SUNDAY

Bowling
High Score Day
Bowling Alley
11am - 10pm

Fun Weekend
Arts & Crafts
World Animal Day
Kids on 8!
9am - 7pm

Grabber Day!
Fun Animal Toys
The Yard
9am - 7pm

8
THURSDAY

Junmai Daiginjo
Sake Dinner
The Balcony
7pm

New Players Evening
Rooftop Tennis
Courts
7pm - 9pm

Tote Bag DIY
Workshop
Marina Suite
10.30am - 12.30pm

10
SATURDAY

Grabber Day!
Horse Toys
Kids on 8!
9am - 7pm

DINING THROUGHOUT SEPTEMBER AND OCTOBER



Portside
Nostalgic Hong Kong-style
Western Cuisine

The Horizon
Seafood Dishes Promotion

Trick or Treat!

萬聖節活動

Friday to Sunday, October 30 to November 1

We have prepared special Halloween pumpkin baskets for Junior Members and their friends. Grab one from the Lobby reception and collect Trick or Treat sweets and candies from our restaurants and Sports & Recreation receptions on the above dates.

First come, first served – while limited supplies last!

10月30日至11月1日（星期五至日）

本會為少年會員和朋友們準備了萬聖節南瓜籃，屆時可在會所大堂接待處領取。

歡迎帶備您的萬聖節糖果籃於上述日期前來本會的餐廳或康體部接待處收集不同的萬聖節糖果。先到先得，送完即止！

CAFFÈ LUNA

Halloween Semi-buffet Dinner

萬聖節半自助晚餐

Friday to Sunday, October 30 to November 1
From 5.30-9pm (Face painting from 5.30-8pm)

Adult \$508 (Choice of main courses)

Child (Aged 3-11 years) \$388 (Buffet only)

Get ready with your creative costumes and join our delicious Halloween buffet and fun face-painting station!

10月30日至11月1日（星期五至星期日）

下午5時30分至晚上9時（臉部彩繪活動至晚上8時）

成人 \$508（可選一款主菜）

小童（3-11歲）\$388（只限自助餐）

準備好您最具創意的萬聖節造型，盡情享用豐盛美味的萬聖節自助晚餐，同場設有趣味十足的面部彩繪活動。

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。

ADVENTURE ZONE

Haunted Adventure Zone

動感樂園鬼屋

Friday to Sunday,

October 30 to November 1

From 6-9pm

Members \$98 Guests \$128

Dress up and have fun at the Haunted Adventure Zone and Run,2,3! Includes one play session at either Adventure Zone or Run,2,3!

10月30日至11月1日（星期五至日）

晚上6時至9時

會員 \$98 來賓 \$128

準備好您的萬聖節裝扮，前來動感樂園和Run,2,3!的鬼屋盡情玩樂！費用包括一節動感樂園或Run,2,3!的探險體驗！

Halloween Hunting

萬聖節尋寶活動

Saturday, October 31

From 3-5pm

Complimentary Halloween Hunting all over the Club.

Get your mission card at either Run,2,3! or Kids on 8! and let the haunting games begin!

10月31日（星期六）

下午3時至5時

費用全免

歡迎各位少年會員和朋友到Run,2,3!或Kids on 8!領取任務卡展開遊戲。

For enquiries, please call Adventure Zone at 2814 5360 or email adventurezone@aberdeenmarinaclub.com.

查詢請致電動感樂園電話2814 5360或電郵至 adventurezone@aberdeenmarinaclub.com

中秋團圓的喜悅

Moon Cakes at Marina Deli

在明亮的月色下，與摯愛親朋品嚐經典月餅，共享團圓的喜悅。

Under the moonlight, share the sweetness of moon cakes with your loved ones, and let the joy of reunion continue with every bite.

即日起供應至9月25日

Available
until September 25

雙黃白蓮蓉月餅（4件） Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces)	\$438
迷你奶皇月餅（8件） Mini Moon Cakes with Custard (8 pieces)	\$438
迷你流心奶皇月餅（8件） Mini Moon Cakes with Lava Custard (8 pieces)	\$438
迷你蛋黃白蓮蓉月餅（8件） Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces)	\$438
迷你陳皮豆沙月餅（8件） Mini Moon Cakes with Red Bean Paste and Dried Citrus Peel (8 pieces)	\$438
花好月圓禮品籃 Starry Moon Festival Hamper	\$2,588
眾星拱月禮品籃 Full Moon Festival Hamper	\$3,588

特別優惠 Special Offer

Special
Offer
Now to
Sept 25

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

其他換領地點 Additional Redemption Point

港島香格里拉大酒店
ISLAND SHANGRI-LA

由9月17日至9月24日，中午12時至晚上7時
From September 17 – 24, midday – 7pm



MARINA
DELI

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。

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

MOON CAKES & HAMPERS ORDER FORM

深灣店中秋月餅及禮品籃訂購表格



ALL MOON CAKES ARE PRESENTED IN GIFT BOXES AND BAGS 所有月餅均備有精美禮盒及禮品袋以作送禮之用	PRICE 單價	QUANTITY 數量	TOTAL 總數
Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅 (4件)	\$438		
Mini Moon Cakes with Custard (8 pieces) 迷你奶皇月餅 (8件)	\$438		
Mini Moon Cakes with Lava Custard (8 pieces) 迷你流心奶皇月餅 (8件)	\$438		
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces) 迷你蛋黃白蓮蓉月餅 (8件)	\$438		
Mini Moon Cakes with Red Bean Paste and Dried Citrus Peel (8 pieces) 迷你陳皮豆沙月餅 (8件)	\$438		
Starry Moon Festival Hamper 花好月圓禮品籃 - Esprit de Pavie, Bordeaux, France 法國波爾多紅酒 - Premium Dried Mushrooms 特級花菇 - Babbi Pralines Filled with Cocoa Cream and Covered with Dark Chocolate 意大利手工朱古力 - La Via del Tè Special Jasmine Tea 特製茉莉花茶 - Marabissi Artisanal Biscuits Box Sets 意大利手工餅乾 - Airborne Honeydew Gift Set 紐西蘭蜜糖禮盒 - Club's Thermal Water Bottle 會所保溫瓶 - The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 - The Horizon XO Sauce 海天閣XO醬 - Moon Cakes in Gift Box 月餅禮盒	\$2,588		
Full Moon Festival Hamper 眾星拱月禮品籃 - Champagne Maison Veuve Clicquot, Yellow Label, Brut, N.V, France 法國特級香檳 - Premium Dried Mushrooms 特級花菇 - South African Pre-cooked Abalone 南非滷心罐鮑 - Babbi Wafers Filled with Creams Covered with Dark Chocolate 意大利黑朱克力威化餅 - Whittard Tea Discovery Collection Gift Box 經典茶包禮盒 - Leone Assorted Cubifrutta Fruit Jellies 雞錦水果軟糖禮盒 - Club's Thermal Water Bottle 會所保溫瓶 - The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 - The Horizon XO Sauce 海天閣XO醬 - Moon Cakes in Gift Box 月餅禮盒	\$3,588		
Delivery Charge 送貨服務費 : Hong Kong 香港 - \$150, Kowloon 九龍 - \$200, New Territories 新界 - \$250		Sub Total 合計	
TERMS AND CONDITIONS 訂購須知 1. All advance orders will be ready for collection at Marina Deli in mid-August . 2. Please fill in this form and return to Marina Deli by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, or in person. 3. We will confirm your order by phone or by email. Your membership account will then be debited automatically. 4. For enquiries, please contact Marina Deli on 2814 5302 or WhatsApp 6390 0716. 5. Orders start July 1.		Delivery Charge 送貨服務費	
1. 所有訂單可於8月中旬起在深灣店提取。 2. 請填妥此訂購表格，並WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com或親臨深灣店訂購。 3. 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。 4. 訂購及查詢，請致電深灣店電話 2814 5302或WhatsApp 6390 0716。 5. 7月1日開始接受預訂。		GRAND TOTAL 總計	

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



Mid-Autumn Fun Party

中秋派對

Friday, September 25
From 6.30-9.30pm
Adult \$620 Child \$450

9月25日(星期五) 晚上6時30分至9時30分
成人 \$620 小童 \$450

Celebrate with your family and friends at our Mid-Autumn Fun Party.
There will be lots of carnival games, arts and crafts, festive decorations
and an international buffet at your choice of The Deck or Portside.

與家人朋友一起參加本會的中秋派對，歡度佳節。派對當日設有遊戲及手工藝攤位，
您更可於咖啡室或 Portside 享用一頓豐富的自助晚餐。



For reservations, please call
our Events Sales Team on 2814 5442 or
email events@aberdeenmarinaclub.com.

訂座請致電宴會部電話2814 5442或電郵至
events@aberdeenmarinaclub.com。



Book Now

FOOD & BEVERAGE
餐飲

PORTSIDE

Nostalgic Hong Kong-Style Western Cuisine

港式懷舊西餐

Throughout September and October

Step back in time and savour the nostalgic flavours of authentic Hong Kong old-school Western cuisine. Featuring sizzling plate steaks, flaky baked puff pastry soup, and crispy fried chicken leg.

九月及十月

細味充滿香港情懷的西餐風味。香氣四溢的懷舊鐵板牛扒、鬆化的焗酥皮濃湯，以及金黃香脆的炸雞髀，重現令人懷念的經典歲月。

Portside Oktoberfest

慕尼黑啤酒節自助餐

Saturday and Sunday, October 10 and 11

Lunch: From 11.30am to 3pm

Dinner: From 5.30pm to 9pm

Adult \$588 (include a glass of beer)

Child \$298 (include a glass of soft drink or juice)

The buffet features traditional Oktoberfest dishes of pork knuckle, schnitzel, a selection of grilled sausages, Bavarian salads and pretzels for a hearty and authentic German dining experience, complemented by game booths with prizes to enjoy.

10月10日及11日（星期六及星期日）

午餐：上午11時30分至下午3時

晚餐：下午5時30分至晚上9時

成人：588元（包括啤酒乙杯）

小童：298元（包括汽水或果汁乙杯）

誠邀您品嚐多款經典慕尼黑啤酒節美食，包括德國鹹豬手、炸肉扒、精選烤香腸、巴伐利亞沙律及德國鯪水麵包，盡享豐盛而地道的德國美食體驗。此外，現場更設有有獎遊戲攤位，增添啤酒節歡樂氣氛。

THE HORIZON

Seafood Promotion

精選海鮮菜式推介

Throughout September and October

九月及十月

Highlights 精選菜式

雲南牛肝菌炒珍珠象拔蚌

Stir-fried geoduck, fresh Yunnan porcini mushrooms

奶油燕麥黃金海蝦

Crispy fresh prawns, oatmeal, butter



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 DECK

Malaysian Delicacies and Durian Dessert Buffet

馬來西亞美食及榴槤甜品自助餐

September 11 to 20

Friday, Saturday and

Sunday Nights

From 5.30-9pm

Adult \$450 Child \$150

Savour the rich culinary heritage of Malaysia with our guest chef, Shangri-La Golden Sands, Penang's Chef Raymond Kek, whose marvellous Malaysian-themed buffet will deliver a fabulous feast of traditional favourites and regional specialities.

9月11至20日（逢星期五、六及日晚）

晚上5時30分至9時

成人\$450 小童\$150

品嚐馬來西亞豐富的飲食文化傳承。我們特別邀請來自檳城金沙香格里拉的客席主廚Raymond Kek獻技，誠邀您前來品嚐以馬來西亞美食為主題的自助餐，細味地道風味、經典美饌及特色地區佳餚。



Chef's Recommendations

主廚推薦菜單

Throughout October and November

Lunch and Dinner

Celebrate the season with our special Chef's Recommendations. Enjoy a selection of comforting winter dishes made with fresh seasonal ingredients. Gather with family and friends and share the warmth and flavours of the season with every bite.

十月及十一月

午餐及晚餐時段供應

誠邀您品嚐我們的主廚推薦菜單，享用以新鮮時令食材精心烹製的暖心佳餚，感受冬日的美好滋味。與親友歡聚，分享豐盛美饌，享受溫馨愉快的相聚時光。

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。



MARINA GRILL

The Burger Royale Returns for One Final Encore

漢堡狂想載譽歸來

Throughout September

Available at The Bar

Introducing the Burger Royale Champions Sampler — three mini burgers featuring the most popular creations from Club Members Diane Wan, Adam Mok and Vishal Mirpuri.

九月

於The Bar供應

漢堡狂想精選拼盤集合了三款最具人氣的漢堡，分別由會員 Diane Wan、Adam Mok 及 Vishal Mirpuri設計配方。

The Diane Burger by Diane Wan

American cheese, jalapeños, caramelised onions, lettuce, tomato, thousand island dressing.

The Great Adam Smash Burger by Adam Mok

American cheese, onion rings, lettuce, tomato, secret sauce.

The Mont Blanc Burger by Vishal Mirpuri

Raclette cheese, bacon jam, pickles, mustard aioli.

Seasonal Mushrooms

季節限定菇菌料理

Throughout September

Indulge in our exquisite seasonal mushroom creations.

Each dish is delicately crafted to unveil deep, earthy richness and refined elegance, offering a truly luxurious and unforgettable dining experience.

九月

盡情細味我們精緻的時令菇菌佳餚。

每一道料理皆經過細膩雕琢，展現出純樸的食材豐味與高雅格調，為您呈獻一場難忘奢華的饗宴。



The Art of Wagyu

日本頂級和牛

Throughout October

Experience the unparalleled artistry of Japan's finest Wagyu. Renowned for exquisite marble, exceptional tenderness, and profound depth of flavour, each cut reflects generations of craftsmanship and dedication to excellence.

十月

親身品嚐來自日本的頂級和牛，感受細膩均匀的大理石油花、柔嫩的肉質，以及層次豐富的醇厚風味。每一塊和牛都展現出世代傳承的匠心工藝及對卓越品質的堅持，為味蕾帶來難忘的奢華享受。



/
WHERE MOTION BECOMES EMOTION

Designed to move you, with effortless power.
SP92/ is a smarter expression of performance yachting.

Sanlorenzo Asia-Pacific
sanlorenzo@sanlorenzoapac.com
apac.sanlorenzoyacht.com



SANLORENZO
ASIA-PACIFIC



Ports of Call New Zealand

遊歷新西蘭

“It will be a surprise to the reader, as it was to me, to learn that the distance from Australia to New Zealand is really twelve or thirteen hundred miles, and that there is no bridge.” – Mark Twain

Following the Equator (1897)

Auckland

奧克蘭

Known as the City of Sails (it is said that one in three households here owns a boat) Auckland is New Zealand's largest city, offering visitors a pleasant blend of cosmopolitan style and often breathtaking natural beauty. Cruise ships dock directly at the downtown waterfront, just steps away from the city's best attractions. Immediately adjacent to the pier is the Commercial Bay precinct, a premier destination for world-class dining and retail shopping. From here, visitors can easily explore the historic Britomart precinct or stroll along the Viaduct Harbour, a lively marina lined with busy cafés and restaurants.

Beyond the urban centre, Auckland's unique geography invites easy exploration. You can catch a ferry to historic Devonport for charming seaside cafés, or take a 40-minute cruise to Waiheke Island, famous for its boutique vineyards and fine beaches. The spectacular Waitākere Ranges (below) are only a short drive away, while several companies provide day tours out to Hobbiton – one of the country's top tourist attractions – for Hobbit fans (above).



人稱「帆船之都」（據說當地每三戶人家就有一戶擁有船隻）。作為新西蘭最大的城市，奧克蘭完美融合了國際大都會的時尚魅力與令人驚嘆的自然美景。郵輪直接停泊在市中心的海濱碼頭，與城中最熱門的景點僅幾步之遙。鄰近碼頭的就是Commercial Bay，是集世界級美食和購物於一身的頂級地標。旅客從這裏出發，可以輕鬆探索充滿歷史氣息的布里托瑪特，或沿著高架橋港漫步，感受沿途熱鬧的咖啡廳和餐廳氛圍。

除了繁華的市中心，奧克蘭獨特的地形亦非常適合休閒觀光。您可以搭乘渡輪前往充滿歷史風情的德文港，於迷人的海邊享受悠閒時光；或者坐40分鐘船前往懷赫科島（Waiheke Island，又稱激流島），品嚐精品酒莊的佳釀並欣賞絕美海灘。壯麗的懷塔克雷山脈（下圖）距離市中心僅短暫車程；而對於《哈比人》系列影迷，當地亦有多間旅行社提供一日遊，帶您前往新西蘭最頂級的旅遊景點——哈比人村（上圖）。





Wellington

威靈頓

New Zealand's energetic capital city is also the culinary heart of the nation. Pleasantly located between a sparkling, deep-blue harbour and rolling green hills, this compact metropolis seems designed for the visitor's convenience. Cruise ships dock at the Lambton Harbour or Aotea Quay wharves, from where passengers step directly into a walkable haven of culture, history and fine dining. Wellington famously boasts more cafés, bars and restaurants per capita than New York City and is the perfect place to sample a legendary "flat white" coffee or enjoy fresh, locally caught seafood along the busy waterfront.

Just a short walk from the pier is Te Papa Tongarewa, New Zealand's national museum, which offers free entry and a fascinating look into Māori culture and natural history. For the best views of the city, take a ride on the bright red Wellington Cable Car, which climbs from the central business district up to the lush Botanic Garden in Kelburn.

新西蘭這座充滿活力的首都，同時也是全國的美食之都。這座精緻緊湊的大都會坐落於波光粼粼的深藍海港與起伏的翠綠山巒之間，地理位置優越，彷彿專為方便旅客觀光而設計。郵輪會停泊在蘭布頓港或奧蒂亞碼頭，旅客下船後即可直接步入這個集文化、歷史與高級餐飲於一身的旅遊勝地。威靈頓最為人津津樂道的，是按人口比例計算，數量比紐約市還要多的咖啡店、酒吧和餐廳。非常適合在這裡品嚐一杯經典的馥芮白咖啡，或沿著熱鬧的海濱享用新鮮捕獲的海鮮。

從碼頭步行片刻即可到達新西蘭蒂帕帕國家博物館，該館免費入場，讓人能深入了解毛利文化與自然歷史。想飽覽全城最美風光，可以搭乘鮮紅色的威靈頓登山纜車，由市中心商業區出發，沿山路攀升至位於凱爾本綠意盎然的植物園。



Dunedin

但尼丁

Situated at the head of the spectacular Otago Harbour, Dunedin seamlessly blends rich Scottish roots with breathtaking coastal landscapes. Known as the "Edinburgh of the South", the city wears its Celtic heritage proudly and boasts some of the finest Victorian and Edwardian architecture in the Southern Hemisphere. The magnificent Flemish-Renaissance style Dunedin Railway Station and the historic Larnach Castle - New Zealand's only castle - are among the most famous.

Dunedin also presents a thriving modern culture. The city centre is packed with exceptional craft breweries, boutique shops and has a world-class culinary scene. Art lovers will appreciate the colourful street-art trail and the Dunedin Public Art Gallery, while fitness enthusiasts will enjoy the steep challenge of Baldwin Street, the world's steepest residential street.



但尼丁坐落於壯麗的奧塔哥港盡頭，完美融合了深厚的蘇格蘭歷史底蘊與令人驚嘆的海岸風光。這座城市素有「南方愛丁堡」之美譽，並以其凱爾特傳統為榮，更坐擁南半球其中一些最精緻華麗的維多利亞式和愛德華式建築。當中以宏偉的佛蘭德文藝復興風格——但尼丁火車站，以及歷史悠久的拉納克城堡（新西蘭唯一的城堡）最為著名。

此外，但尼丁亦展現出繁華的現代文化。市中心雲集了出色的手工啤酒廠、精品店，並擁有世界級的美食。藝術愛好者可欣賞這裡色彩繽紛的街頭藝術步道和但尼丁公共美術館；而健身愛好者則可挑戰鮑德溫街，是全球最陡峭的住宅街道。



Christchurch

基督城

New Zealand's "Garden City" is the premier gateway to the spectacular South Island. Located between the rolling Port Hills and the Pacific Ocean, Christchurch beautifully blends historic English charm with a pioneering, modern spirit. Cruise ships berth in the historic harbour of Lyttelton, just a scenic 20-minute drive from the heart of this resilient and transforming metropolis. This is a city defined by its stunning green spaces and innovative urban design.

The expansive Hagley Park and the splendid Christchurch Botanic Gardens showcase spectacular seasonal blooms and towering heritage trees. Following the tragic earthquake of 2011, Christchurch has reimagined and rebuilt itself as one of the world's most modern urban landscapes. Take a nostalgic ride on the beautifully restored heritage tramway to explore cutting-edge architecture, striking street art and bustling laneways packed with boutique shops and fine restaurants.



這座新西蘭的「花園之都」是前往壯麗南島的重要門戶。基督城坐落於起伏的港口山與太平洋之間，完美融合了古雅的英倫風情與開拓創新的現代精神。郵輪會停泊在歷史悠久的利特爾頓港，距離這座充滿韌性且不斷蛻變的大都會中心僅20分鐘的車程。這是一座以綠化空間和創新城市設計而聞名的城市。

廣闊的哈格利公園與精緻的基督城植物園展示著令人驚嘆的四季花卉與高聳的老樹。經歷2011年的災難性大地震後，基督城重新建設成為全球最現代化的城市之一。遊人可以搭乘充滿懷舊色彩、修復得美輪美奐的歷史復古電車，沿途可欣賞建築設計、引人注目的街頭藝術，以及多不勝數的精品店和高級餐廳，和熱鬧非凡的小巷街道。

Chatham Islands

查塔姆群島

A remote archipelago that claims to witness the first sunrise of each day, the Chatham Islands exist in their own time zone – 45 minutes ahead of mainland New Zealand, which is located around 800 kilometres to the west. For visitors flying in on Air Chathams or expedition-cruise passengers sailing over from Dunedin, Christchurch or elsewhere, arrival here is like entering a forgotten world, rich in unique biodiversity and dramatic landscapes.

The islands are the ancestral homeland of the Moriori people. Later settled by Māori and European whalers, the Chathams boast a layered heritage that is proudly preserved by the local community of around 700 residents. Prospective visitors can find out what to expect and how to get there at chathamislands.co.nz.



作為一個自稱能看見每日全球第一道曙光的偏遠群島，查塔姆群島擁有自己專屬的時區——比西面約800公里的新西蘭本土還要快45分鐘。不論是搭乘查塔姆航空飛抵的旅客，還是從但尼丁、基督城等地乘搭郵輪橫渡而來的乘客，來到這裏都彷彿進入了一個被遺忘的世界，到處充滿了獨特的生物多樣性與壯麗的自然景觀。

這片群島是莫里奧里人的祖居地。查塔姆群島後來亦有毛利人和歐洲捕鯨者在此定居，承載著層次豐富的文化遺產，並由當地約700名居民悉心保存。有意前往觀光的旅客，可以瀏覽官方網站 chathamislands.co.nz 了解當地的旅遊資訊與交通指南。



THE BALCONY

Chiang Mai Food Promotion

清邁美食巡禮

Throughout October and November

Chiang Mai's cuisine is a sensory journey through Northern Thailand. Must-try dishes include Khao Soi, a creamy coconut curry noodle soup with crispy and soft egg noodles. For the adventurous, Laab Kua offers a spicy, dry-fried minced meat salad. Food markets like Warorot buzz with sizzling woks, aromatic herbs, and vibrant produce. Here, eating is not just dining; it's a lively celebration of Lanna culture and bold, unforgettable flavours.

十月及十一月

清邁的料理是一場穿越泰北的感官之旅。當地必嚐的美食包括「金麵」(Khao Soi)，以香濃椰香咖喱湯底搭配酥脆與軟嫩兼備的蛋麵，令人回味無窮。泰北辣炒肉碎沙津 (Laab Kua)，其香辣惹味的獨特口感，定能挑動味蕾。瓦洛洛市場鑊氣騰騰、香草飄香，隨處可見色彩鮮豔的地道美食，盡顯當地文化的活力。在這裡不僅享用美食，更是對蘭納文化風味的難忘體驗。



Southern Thai Cuisine

泰國南部美食

Throughout September

Southern Thai cuisine is renowned for its bold and fiery flavours, featuring fresh seafood, coconut milk, turmeric and tamarind. Savour this specially created menu, with dishes balancing spicy, tangy, salty and earthy notes with local herbs and shrimp paste for deep umami.

九月

泰國南部菜餚以濃郁辛香、風味強烈而聞名，常以新鮮海鮮、椰奶、薑黃及羅望子等特色食材入饌。細味特別打造的菜單，每道佳餚巧妙平衡辛辣、酸香、鹹鮮與樸實醇厚的風味，並融入當地香草與蝦醬，帶來層次豐富的鮮味體驗。

CAFFÈ LUNA

In Giro per Palermo

Around Palermo

巴勒莫美食之旅

September

Embark on a culinary journey to Palermo and celebrate the vibrant flavours of Sicily through a specially created menu inspired by the island this September.

九月

於今個九月展開一場巴勒莫美食之旅，透過精心設計的菜單，品嚐西西里島豐富而鮮明的地道風味。

PRIMO Maccheroncini alla Norma

Home Made Extruded Pasta,
Eggplant, San Marzano
Tomatoes, Ricotta and Basil

SECONDO Orata al Forno

Baked Whole
Seabream, Oregano,
Lemon, Capers



Congratulations to Pieter Fitz-Dreyer

恭喜Pieter出任 餐飲部行政助理經理

We are delighted to announce that Pieter Fitz-Dreyer took up his new role as the Club's Executive Assistant Manager – Food & Beverage on August 1, and is now overseeing our entire restaurant, banqueting and stewarding operations.

Since joining the Club as Executive Chef in 2023, Pieter has made significant contributions to our dining scene. He successfully led the relaunch of Portside and Caffè Luna and has introduced lots of new initiatives and fun-filled promotions including French May, Burger Royale, Caffè Luna Terrace Grill. His passion for great food has created exceptional dining experiences for Members.

"I must thank our teams and Members for their support, guidance and faith in me throughout this journey. My commitment remains the same – to provide the level of hospitality that you have come to expect and enjoy, while helping guide the department into an exciting future," says Pieter. "I look forward to bringing fresh ideas to the

Club, and to creating new opportunities for us to connect, engage and celebrate together."

Please join us in congratulating Pieter on his new role. We look forward to supporting him as he embarks on this new chapter and continues to contribute to the Club's success.

我們很高興宣布，裴偉俊 (Pieter) 已於8月1日獲委任為本會的餐飲部行政助理經理，全面負責本會餐廳、宴會及管事部的營運管理工作。

自 2023 年加入本會擔任行政總廚以來，Pieter為本會的餐飲業務作出了卓越貢獻。他成功帶來煥然一新的 Portside 和Luna意大利餐廳，並推出多項嶄新推廣計劃，包括「法國五月」、「漢堡狂想」及「池畔燒烤派對」等活動。他對美食的熱忱，為會員帶來了精彩難忘的餐飲體驗。Pieter 表示：「我衷心感謝各團隊及會員在這段旅程中一直給予我的支持、指導及信任。我的承諾始終如一，就是為會員提供一直以來所期望和喜愛的高水平款待及服務，同時帶領部門邁向更精彩的未來。我期待為會所帶來更多創新意念，創造更多機會，讓大家一同聯繫、交流及歡聚慶祝。」

讓我們一同祝賀Pieter履新。我們支持他開展新篇章，帶領餐飲團隊精益求精，繼續為本會的發展作出貢獻。

Grigliata in Terrazza Barbecue on the Terrace

池畔燒烤派對

Friday to Monday, October 16 – 19 (Dinner only on October 16)
Lunch 11.30am-2.30pm
Dinner 5.30-8.30pm

Join us on the terrace for smoky barbecue, refreshing drinks and wonderful views at Caffè Luna.

10月16日至19日 (星期五至星期一) (10月16日只限晚餐時段內供應)
午餐 上午11時30分至下午2時30分
晚餐 下午5時30分至晚上8時30分

歡迎前來Luna意大利餐廳，一邊品嚐香氣四溢的燒烤美食及清爽特調飲品，一邊欣賞醉人的景致。



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。



Discover Garnacha Spain's Rising Star

探索Garnacha：西班牙的明日之星

When people think of Spanish wine, Tempranillo and Rioja often come to mind. However, Spain's rich wine culture goes far beyond these classics. One grape now capturing global attention is Garnacha – a versatile and expressive variety that is redefining the country's wine identity.

Often described as the “Pinot Noir of warm climates,” Garnacha produces wines with vibrant red fruit, silky textures and remarkable elegance. As global temperatures rise, this heat-resistant grape is thriving, making it increasingly important in the international wine market. Its ability to maintain balance and freshness in warmer conditions has positioned Garnacha as one of the most exciting varieties to watch today.

Among the top regions for Garnacha in Spain, Castilla y



Daniel Landi and Fernando García,
co-owners of Comando G

León and Priorat stand out. Castilla y León offers high-altitude vineyards that bring finesse and brightness to the wines, while Priorat delivers powerful, concentrated expressions from its rugged, slate-rich soils. Together,



these regions showcase the full spectrum of Garnacha's potential.

A leading name in this movement is Comando G, one of Spain's most respected Garnacha producers. Dedicated exclusively to this grape, Comando G focuses on old vines and traditional methods to craft world-class wines. Their philosophy highlights purity, terroir and elegance, earning them international acclaim and helping to elevate Garnacha's global reputation.

For wine lovers seeking something both distinctive and authentic, Garnacha offers a fresh perspective on Spanish wine – one that goes beyond tradition and embraces the future.

La Cave team invites Members to join the Spanish Pop-up x Comando G Wine Dinner on September 18 at The Backroom to experience the extraordinary charm of six different Comando G wines – a great opportunity to taste Garnacha from different terroirs.

提起西班牙葡萄酒，大家往往會聯想到里奧哈（Rioja）與田帕尼優（Tempranillo）。然而，西班牙豐富的葡萄酒文化遠不止於此。近年來，一種正在全球崛起的葡萄品種正逐漸改寫這個印象，那就是Garnacha。

Garnacha常被稱為「溫暖氣候中的黑皮諾」，能釀出充滿紅色果實的果香、口感柔順細緻且富有優雅風格的葡萄酒。隨著全球氣候變暖，這種耐熱性強的葡萄表現更加出色，使其在國際葡萄酒市場上的重要性不斷提升。它在高溫環境中依然能保持良好的平衡與清新感，成為當今最具潛力與話題性的葡萄品種之一。

在西班牙眾多產區中，卡斯提亞-萊昂（Castilla y León）與普里奧拉（Priorat）是Garnacha的頂級產地。卡斯提亞-萊昂的高海拔葡萄園賦予葡萄酒細膩與清新的風格，而普里奧拉則以其陡峭的板岩土壤釀出濃郁且結構強勁的佳釀，充分展現Garnacha的多樣魅力。



在這股Garnacha熱潮中，Comoando G無疑是最具代表性的酒莊之一。他們專注於Garnacha單一品種，運用老藤與傳統釀造技術，打造出世界級的紅酒。其釀酒理念強調風土表現與純淨優雅，讓Garnacha在國際舞台上大放異彩。

對於尋求新風味與獨特體驗的葡萄酒愛好者來說，Garnacha提供了一個重新認識西班牙葡萄酒的絕佳機會，既承傳傳統，又展望未來。

La Cave團隊誠摯邀請會員參加將於9月18日在The Backroom舉行的「西班牙小酒館 x Comando G 葡萄酒晚宴」，您將品味六款來自Comando G的佳釀，感受其非凡魅力，請不要錯過這個難得的機會，探索Garnacha在不同風土條件下所展現的多元風味與個性！

For enquiries, please call La Cave on 2814 5391 or email lacave@aberdeenmarinaclub.com.

查詢請致電La Cave電話2814 5391或
電郵至lacave@aberdeenmarinaclub.com。

THE BACKROOM

La Bodega

A Celebration of Spanish Food and Wine

西班牙小酒館

From September 3 to 29

Step into La Bodega at The Backroom to experience the flavours and traditions of Spain, with an authentic menu featuring tapas, paella and regional specialities – all crafted with premium ingredients and complemented by exceptional Spanish wines.

We will also be hosting a series of exclusive events from September 3 to 29, including a Joselito Ibérico Ham Masterclass on September 5, a Comando G Wine Dinner on September 18 and a Paella Cooking Class on September 23.

9月3日至29日

誠邀您來臨The Backroom的西班牙小酒館，體驗西班牙的風味與傳統。我們精心呈獻的地道菜單，包括各式下酒小菜、西班牙海鮮飯及地方特色佳餚，以優質食材烹製，並搭配卓越的西班牙葡萄酒，為您帶來正宗的西班牙餐飲體驗。

此外，我們亦將於9月3日至29日期間舉辦一系列精彩活動，包括9月5日的Joselito伊比利亞黑毛豬火腿大師班、9月18日的Comando G葡萄酒晚宴，以及9月23日的西班牙海鮮飯烹飪班。



La Bodega

× Comando G Wine Dinner

期間限定西班牙小酒館 x Comando G葡萄酒晚宴



Friday, September 18
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,480 per person
Guest Speaker: Greta Tong, Brand Representative
日期：9月18日（星期五）
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$1,480
演講嘉賓：品牌代表Greta Tong



WINES FEATURED	
2021 Frederic Savart, Les Mesneux 1er Cru, La Moufle, Extra Brut	2021 Comando G, La Breña
***	***
2022 Comando G, Rozas de Puerto Real	2022 Comando G, La Breña
***	***
2022 Comando G, Peña la Mora 1er	2022 Comando G, Las Iruelas
***	***
	2022 Comando G, El Reventón

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。

THE BACKROOM



Château Pape Clément Wine Dinner

葡萄酒晚宴

Friday, October 23
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,380 per person
Guest Speaker: Charles Amiot, Sales Manager, Greater China at Bernard Magrez
日期：10月23日（星期五）
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$1,380
演講嘉賓：Bernard Magrez
大中華區營銷經理Charles Amiot



WINES FEATURED	
2014 Château Pape Clément Blanc	

2016 Château Pape Clément Blanc	

2016 Château Pape Clément	

2012 Château Pape Clément	

2010 Château Pape Clément RP100	

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

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

THE BALCONY

Junmai Daiginjo Sake Dinner

純米大吟釀清酒晚宴



Thursday, October 8
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,080 per person
Guest Speaker: Graham Kwok, Brand Representative
日期：10月8日（星期四）
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$1,080
演講嘉賓：品牌代表Graham Kwok

伯樂星 純米大吟釀 ひかり 蔵の華 15%精米
Hakurakusei Junmai Daiginjo
Hikari Kuranohana 15%

磯自慢 純米大吟釀 東条山田錦40 秋津古家
Isojiman Junmai Daiginjo Furuke

東洋美人 純米大吟釀 播州愛山 特吟
Toyobijin Junmai Daiginjo Aiyama

東洋美人 純米大吟釀 杏番纏
Toyobijin Junmai Daiginjo Ichiban Matoi

松の司 純米大吟釀 竜王山田錦 山中
Matsunotsukasa Junmai Daiginjo
Ryuou Yamadanishiki Kayocho



Sky Tower

奧克蘭天空塔

by Peter Walbrook

The tallest freestanding structure in the Southern Hemisphere from 1996 to 2022 (when it was surpassed by Jakarta's Autograph Tower), Auckland's Sky Tower stands 328 metres tall. The city's signature building, it was designed by Gordon Moller of Craig Craig Moller Architects, who later designed and built the similar Macau Tower at the request of Stanley Ho, who, it is said, had admired the Auckland Sky Tower when visiting the city.

The tower offers breathtaking 360-degree views for up to 80 kilometres in all directions. From the glass-floored observation decks, visitors can look over Waitematā Harbour and out across to the majestic Waitākere Ranges and many surrounding dormant volcanoes.

For an even more immersive experience, the Orbit 360° Dining revolving brasserie rotates once every hour, pairing award-winning cuisine and fine New Zealand wines with a continually changing panoramic backdrop.

Beyond its spectacular views and culinary offerings, thrill-seekers can take the SkyWalk, a guided stroll along a narrow, 1.2-metre-wide platform that rings the tower 192 metres above the ground with no handrails. Those looking for an even greater rush can opt for the SkyJump, a controlled base-jump where participants plunge 192 metres down towards the plaza below at speeds reaching 85 kilometres per hour. SkyRide offers a rather slower ascent.

Sky Tower is also a beacon of cultural and social significance. Its dynamic architectural lighting system illuminates the Auckland night sky, frequently changing colours to support local charities, celebrate national holidays and mark global events. Constructed from high-strength concrete and steel, it is engineered to withstand earthquakes and gusts of wind up to 200 kilometres per hour.

You can pay a virtual visit to Sky Tower at skycityauckland.co.nz/sky-tower

奧克蘭天空塔高328米，在1996年至2022年間曾是南半球最高的獨立式建築（直至被雅加達的Autograph Tower超越）。作為這座城市的標誌性建築，它由Craig Craig Moller Architects建築師事務所的Gordon Moller設計；據說，何鴻燜在到訪奧克蘭時對這座天空塔讚賞有加，後來更邀請了同一位設計師，仿照其設計建造了著名的澳門旅遊塔。

天空塔提供令人讚嘆的360度全景視野，能見度高達80公里。旅客站在玻璃地板觀景台上，可以俯瞰懷特瑪塔港，並遠眺壯麗的懷塔克雷山脈以及周邊眾多睡火山。

若想獲得更沉浸式的體驗，Orbit 360° Dining 旋轉餐廳每小時會旋轉一圈，將屢獲殊榮的佳餚和新西蘭頂級葡萄酒，與不斷變換的壯麗全景完美結合。

除了絕美景致與美食之外，尋求刺激的遊客還可以體驗SkyWalk。在距離地面192米、寬僅1.2米且沒有扶手的天空塔

外圍鋼架上，由導遊帶領漫步。若想追求更大的刺激，可選擇高空跳，體驗從192米高空以時速高達85公里俯衝直到底層的廣場。至於SkyRide則提供較為緩慢的升空體驗。

天空塔亦具備文化與社會意義的象徵。其動態建築照明系統點亮奧克蘭的夜空，並經常以轉換顏色來表達支持本地慈善機構、慶祝國家節日及紀念全球重大事件。該塔由高強度混凝土和鋼材建造，其結構設計足以抵禦地震以及時速高達200公里的強風。

你可以瀏覽官方網站 skycityauckland.co.nz/sky-tower 進行虛擬導覽。



From The Bar Negroni

尼格羅尼的故事與調配

The Negroni was reportedly invented around 1919 in Florence. Count Camillo Negroni, a member of Italian nobility, asked a bartender named Fosco Scarselli at Caffè Casoni to strengthen his favourite cocktail, the Americano, by replacing the soda water with gin, giving it a more potent kick. The resulting drink consisted of gin, sweet vermouth and Campari in equal parts, garnished typically with an orange slice or peel.

The Negroni quickly became a classic in Italian cocktail culture and is celebrated worldwide for its bitter-sweet, balanced flavour profile. It is considered a staple among aperitivo cocktails and has inspired numerous variations such as the Negroni Sbagliato (with sparkling wine replacing gin) and cocktails using different spirits or liqueurs while maintaining the signature 1:1:1 ratio.

經典雞尾酒尼格羅尼的誕生，據說可以追溯至1919年的佛羅倫斯。當時，一位名為Camillo Negroni的意大利伯爵走進Caffè Casoni酒館，向調酒師Fosco Scarselli提出了一個別出心裁的要求，希望能為他最喜愛的雞尾酒美國佬（Americano）「加料」。調酒師巧妙地以氈酒取代了原本的蘇打水，為這款酒注入了更強勁的酒精勁道。最終，這款以氈酒、甜苦艾酒與金巴利酒完美融合，並以一片鮮橙作點綴而生，亦自此以伯爵之名傳世。

尼格羅尼很快便融入了意大利的雞尾酒文化，成為當地的代表作，並憑著其苦甜交織、極致平衡的風味風靡全球。作為餐前開胃酒的標誌性選擇，它亦啟發了無數後來的調酒創作，例如以氣泡酒取代氈酒的 Negroni Sbagliato；更有許多調酒師在保留1:1:1 這個黃金比例的前提下，換上各式烈酒或利口酒，延伸出豐富多元的變體。



Ingredients

- 1oz London Dry Gin
- 1oz Campari
- 1oz Vermouth Rosso

Garnish

Orange twist

Ice

Cubed

Glassware

Rocks

Method

Measure all ingredients into mixing glass and stir with cubed ice. Strain into glass with julep strainer. Add cubed ice.

調酒步驟

將三款基酒精準量好，一併倒入調酒杯中，加入方冰後以調酒匙輕柔攪拌。隨後，使用濾酒器將酒液順滑地過濾至裝有新方冰的古典杯內。

材料

- 1安士 倫敦乾氈酒
- 1安士 金巴利酒
- 1安士 甜苦艾酒

裝飾

橙皮捲

冰塊

方冰

酒杯類型

古典杯



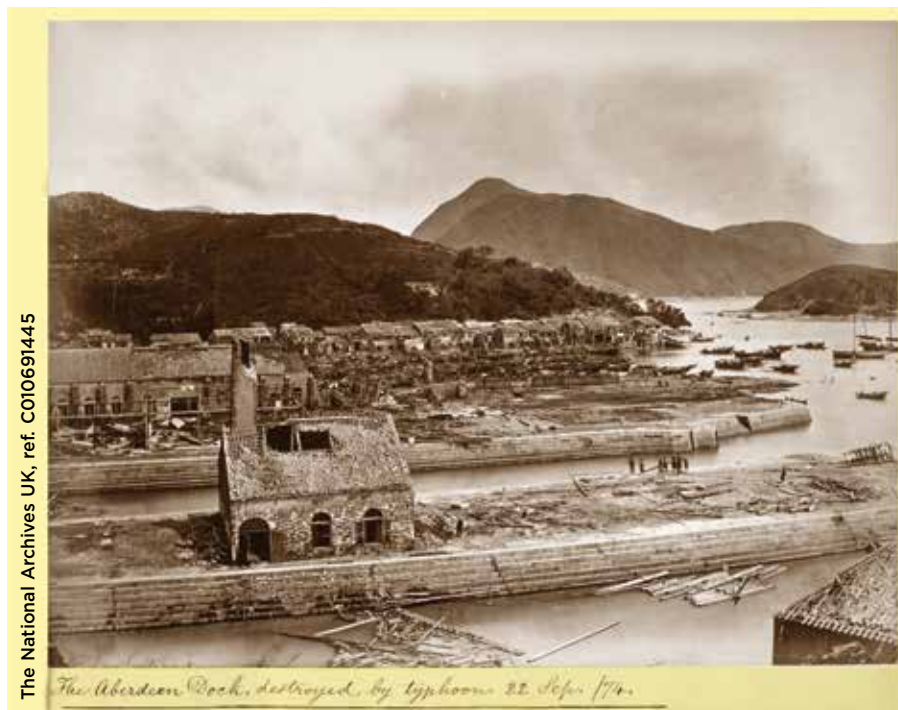
Hong Kong History

香港
歷史

by Giles Leonard,
Director of Sports & Recreation

With typhoon season well and truly upon us, the photographs in this issue come from one of Hong Kong's first fully documented, photographed and globally reported typhoons. Until 1874, the world outside Hong Kong knew very little about typhoons and the destruction they left in their wake, but after the first undersea telegraph cable was laid in Hong Kong in 1871, news of this devastating typhoon was featured in newspapers around the world. These photographs come from the collection of the UK's National Archives Image Library and they were likely taken by a gentleman named Lai Fong, a successful Hong Kong-based commercial photographer at the time.

When a typhoon is approaching, we are all used to the advanced warnings from the Hong Kong Observatory, but as it was not founded until 1883, on this particular afternoon in September 1874, it was left to the harbour master and his small team to monitor their collection of instruments to gauge whether strong winds were approaching. When they noticed a sudden drop in barometer pressure and with no typhoon signal system in place, all they could do was to send one of their launches into the harbour to try to get the message to the ships and junks moored there. There were also no designated typhoon shelters at the time, so any boats that did receive the warning quickly sought sheltered bays



The National Archives UK, ref. C010691445



The National Archives UK, ref. C010691445

such as Aberdeen, Stonecutters Island and Kowloon Bay. However, as we can see from the photographs, Aberdeen took a severe battering and even in the relative shelter of the bay, several hundred ships were lost or seriously damaged. Coupled with a high tide and a sudden shift in the winds, the destruction across the whole colony was extensive, with damage to hundreds of homes and buildings and over 2,000 lives lost.

While the featured photos show a very different Aberdeen from the one we see today, there are some clues as to the exact location from which the photograph was taken. We can see the imposing Lamont & Hope Dockyards, which were built between 1857 and 1867 and are now where Aberdeen Centre stands. However, there is one even older building in the photo that still exists today. Look closely at the cluster of buildings in the centre of the lower photo and on the right edge can be seen the Tin Hau Temple which was founded in 1851 and renovated in 1873. If you compare it with my close-up photo below taken earlier this year, the distinctive granite columns at the entrance can be seen. Clearly the photographer was standing on higher ground, so was likely on the hill where the Aberdeen Permanent Cemetery is now located, although this was not founded until around 1916. While there are no other buildings still remaining today, we can also see the strangely bare hills of Ap Lei Chau and Nam Long Shan in the background.

Should you wish to know more about the history of Aberdeen, you can join our urban history walk through Aberdeen on Saturday October 24. We will leave the Club at 9.30am and visit not only the Tin Hau Temple from 1851, but also the Old Aberdeen Police Station from 1891, as well as other interesting sites. Reservations are required – please call the Central Reservations Centre on 2814 1222.

For more information on Hong Kong History, please look out for our Director of Sports & Recreation, Giles Leonard around the Club.

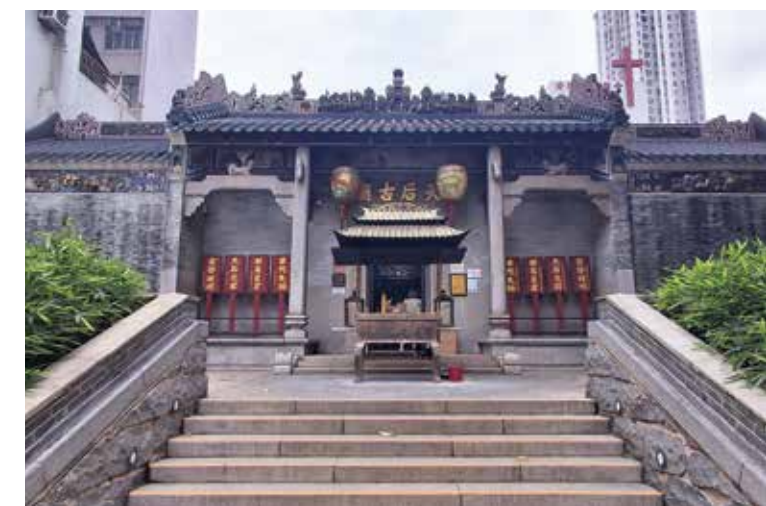
隨着颱風季節正式來臨，本期刊載的照片是出自香港最早期、且已被完整記錄及拍攝，並在全球廣泛報導的其中一場颱風災害。直至1874年以前，香港以外的世界對颱風及其所造成的破壞所知甚少。然而，當1871年首條海底電報電纜於香港鋪設完成後，這場破壞力驚人的颱風消息便開始透過各國報章廣泛報導。這批照片收藏於英國國家檔案館圖片庫，拍攝者很可能是當時的黎芳先生，他是當年香港一位成功的商業攝影師。

當颱風逼近之時，香港天文台亦會發出預警。但香港天文台於1883年才成立，在1874年9月的這個下午，颱風警報仍未由既定制度主導，因而只能由海務總長及其小隊監察儀器的讀數，以判斷強風是否即將來臨。當他們觀察到氣壓突然下降，而當時亦尚未建立任何颱風訊號系統，所能採取的唯一措施，是派出其中一艘小艇駛入港內，試圖向停泊於港灣的船隻及駁船傳遞訊息。由於當時亦尚未設置指定的避風塘，凡是接獲警告的船隻，便會迅速尋找相對安全的海灣，例如香港仔、昂船洲以及九龍灣。然而，從照片所見，即使身處相對避風的海灣，香港仔仍遭受慘烈打擊；在海灣庇護之下，仍有數以百計的船隻失蹤或受重創。再加上潮漲及風向的突變，全香港所遭受的破壞十分廣泛，不但有數以百計的住屋及建築物受損，更有超過2,000人喪生。

本期刊登的照片呈現的香港仔，與今日所見的大相逕庭，然而從照片的細節，我們仍可找到拍攝地點的線索。照片中可看到夏圃船塢與拉蒙船塢宏偉的船塢設施，它建於1857年至1867年間，如今的所在地正是香港仔中心。然而，在照片中有一幢更為古老而屹立至今的建築物亦值得留意。請仔細觀察左頁下方照片中間及右側邊緣，您可以看到天后廟。該廟建於1851年，並於1873年進行翻修。倘若您將其與我今年年初拍攝的照片（下圖）作對比，便可辨認出廟宇入口處那種獨特的花崗岩柱。顯然，攝影師當時站在較高的位置，極可能位於現時香港仔華人永遠墳場所處的山丘之上（該墳場約於1916年才設立）。雖然照片中並沒有其他仍存在至今的建築，但在背景處，可見鴨脷洲及南朗山那片顯得荒涼的山勢輪廓。

若您希望進一步了解香港仔的歷史，我們將於10月24日（星期六）舉辦香港仔家庭登山樂。活動當日上午9時30分於本會集合。行程不僅會參觀創建於1851年的天后廟，亦會走訪建於1891年的舊香港仔警署，並一併探索其他具觀賞價值的景點。名額有限，敬請致電預訂服務中心2814 1222報名。

如欲了解更多香港歷史資訊，請聯繫本會康體部總監李基爾。



BEAUTY SALON

Margy's New Skin Longevity Revelation Series

Margy's全新恆美逆齡療程

Cutting Edge is excited to introduce some great new treatments and products. In the evolving beauty industry, which prioritises long-term skin health, wellness and prevention over quick fixes, Revelation by Margy's Monte Carlo emerges as a ground-breaking longevity skincare programme. This line fuses advanced biotechnology with nature's resilience, drawing inspiration from marine coral's extraordinary ability to survive and adapt in harsh marine environments for over 500 million years.

The Visionary Behind the Breakthrough

Margie Lombard, driven by a passion for the future of skin health, developed a Monaco-based green biotechnology called Coraliotech. Rather than harvesting corals, the company uses sustainable lab-based biotechnology to replicate coral DNA sequences. After years of research focused on combating oxidative stress – the primary driver of cellular aging – Coraliotech developed exclusive, patented coral-derived enzymes for Margy's Monte Carlo.

Key Products

- **The Resilient Concentrate (Serum)**
Benefits: Shields against oxidative stress, reduces senescent cells, preserves cellular integrity and protects from environmental aggressors.
- **The Longevity Cream & The Longevity Rich Cream**
Benefits: Firms skin, combats sagging, maintains hydration and density, slows cellular aging.



- **The 360 Eye Complex**
Benefits: Shield against oxidative stress, improves skin microcirculation, reduces eye wrinkles, puffiness and dark circles, renews the epidermic barrier

Reintroducing the Margy Monte Carlo Timeless Luxury Facial

With a renewed focus on innovation and accessibility, Margy's Monte Carlo is reintroducing its signature facial rituals and biomimetic products to a new generation of discerning skincare enthusiasts.

The New Revelation Facial embodies luxury, sustainability and cutting-edge science – values aligned with modern consumers seeking holistic, evidence-based skincare that delivers lasting results.

The newly formulated Super Lift Haute Couture Facial, Super Lift Haute Couture with Stem Cell Facial and Skin Brightening Facial will also be introduced in September.

美髮及美容中心為您隆重呈獻全新頂級護膚療程與產品。在日新月異的美容產業，人們越來越重視肌膚的健康和防禦，而非速效療法。Margy's Monte Carlo Revelation系列是一款突破性長效的護膚療程，融合了頂尖生物科技與自然界堅韌生命力，靈感源自深海珊瑚在嚴酷的環境中，繁衍適應的卓越能力。

突破性的科技

品牌創辦人Margie Lombard懷着對未來肌膚健康的熱忱，於摩納哥創立綠色生物科技公司Coraliotech。該公司不採集天然珊瑚，而是採用可持續的實驗室生物技術來複製珊瑚的細胞序列。經多年針對細胞老化的深入研究，Coraliotech成功為Margy's Monte Carlo研發出獨家專利的珊瑚萃取酵素。

主要產品

- **堅韌修護精華**
功效：抵禦氧化壓力、減少衰老細胞、維持細胞完整性，並保護肌膚免受外來環境傷害。
- **恆美逆齡霜與恆美逆齡滋潤霜**
功效：緊緻肌膚、對抗鬆弛、維持肌膚含水量與豐盈，延緩細胞老化。
- **全效眼部複合精華**
功效：抵禦氧化壓力、促進肌膚微循環、淡化眼部皺紋、改善浮腫與黑眼圈，並重塑表皮屏障。

Margy's Monte Carlo璀璨奢華面部護理

Margy's Monte Carlo重新聚焦創新，將其標誌性的護膚療程和產品帶給新一代護膚愛好者。

全新煥顏護理融合了奢華、持續性和尖端科技，滿足現代消費者對整體性、實證護膚的需求，並帶來持久的效果。

此外，全新配方的頂級個人化護理、幹細胞頂級護理以及煥白亮采護理將於九月登場。



PRÉIME®
DermaCeuticals

Préime DermaFacial

即時提亮療程

Préime DermaFacial is an advanced aesthetic facial device that combines five powerful technologies to deliver personalised skincare treatments. It is designed for use in clinics, aesthetic centres, and spas, offering a comprehensive approach to skin care that includes hydration, dermabrasion, microcurrent, RF and ultrasound treatments.

Key Features

- Hydration and Infusion: Cleanses and hydrates the skin, preparing it for further treatments.
- Exfoliation and Revival: Helps to remove impurities and rejuvenates the skin.
- Tightening and Tone Improvement: Enhances skin texture and tone through various technologies.
- Boosting and Rejuvenation: Stimulates collagen production for firmer skin.
- Nourishing and Moisture: Supports overall skin health and hydration.



The device is powered by IoT technology, ensuring consistent results and client satisfaction, making it a popular choice among aesthetic providers.

Préime DermaFacial是一款高階醫美面部儀器，結合了五大核心技術，提供個人化的護膚療程。此儀器專為醫美診所、皮膚管理中心及頂級水療中心而設計，提供全方位的肌膚護理，深層補水、微鑽煥膚、微電流、射頻（RF）及超音波調理。

主持特色

- 補水與高效滲透：深層清潔並滋潤肌膚，為後續療程做好準備。
- 角質代謝與細胞活化：協助清除肌膚雜質，令肌膚重獲新生。
- 緊緻與膚色優化：運用多項技術，全面提升肌膚質地與氣色。
- 膠原激發與全面年輕化：刺激膠原蛋白新生，打造更緊實的肌膚。
- 深層滋養與鎖水：全方位支持肌膚健康，維持水嫩豐盈。

此儀器運用IoT技術，能確保每次療程效果的一致性，並提升療程效果，成為眾多醫美從業與皮膚管理專家的熱門首選。



Hydrojewels Jewellery

防水配飾



An authentic Hong Kong-based waterproof jewellery brand that will add a highlight your summer apparel. All the pieces are non-tarnishing and sweat proof, perfect for any occasion – from morning meetings to date nights, beach parties, and your next vacation. Say goodbye to jewellery care; these earrings will stay shiny and golden. Come to Cutting Edge and shop for a beautiful piece as a perfect gift for a loved one.

香港原創的防水飾物品牌，為您的夏日穿搭更顯亮麗。全系列飾物皆具備抗氧化、防汗防褪色特性，不論是早會、浪漫約會、海灘派對還是度假，都能完美配合各種場合。告別繁瑣的飾品保養，這款耳環能持久保持耀眼光芒。快來美髮及美容中心挑選一件精緻優雅的飾物，既能點綴個人風格，亦是送禮的不二之選。

Rediscover Your Glow

Welcome Back to Cutting Edge

重現奪目光采

Life gets busy, and sometimes the self-care we deserve takes a backseat. If it's been over six months since we last saw your smiling face, we've missed you. It's time to treat yourself to the ultimate revival.

For the remainder of 2026, we are rolling out the red carpet for our returning Members with an exclusive 30% discount on our most popular beauty and hair services.

Whether your skin is craving a deeply hydrating facial, your nails need a fresh, seasonal pop of colour, or your hair is looking for a transformative chemical treatment and styling, our expert team is ready to deliver. We use only premium products tailored to your unique needs, ensuring you leave our salon feeling completely renewed.

30% off Hair: Transform your look with 30% off chemical treatments, fresh colour and professional styling.

30% off Beauty: Treat your skin and hands to 30% off luxury facials and expert nail care.

Ready to reclaim your glow? Book your comeback session today and let us pamper you again!

生活忙碌，有時我們會忽略了呵護自己。如果您已經有超過半年沒有到訪美髮及美容中心享用我們優質的服務，是時候好好獎勵自己，來一場極致的身心蛻變。

在2026年的餘下日子裡，我們特別為重臨的會員推出七折優惠，此優惠適用於最受歡迎的美容及美髮服務。

無論需要深層滋潤的面部護理、為指甲換上最流行的顏色，還是正尋求煥然一新的電染造型，我們的專業團隊都已準備就緒。我們堅持提供個人化的優質服務，讓您在完成每項療程後，煥發神采，由內而外煥然一新。

美髮七折優惠：適用於電燙、染髮及專業造型，瞬間提升個人魅力。

美容七折優惠：尊享奢華面部護理及專業美甲服務，悉心呵護您的肌膚與雙手。

是時候重拾亮麗光采，煥發身心活力。請立即預約您的回歸體驗，讓我們再次為您服務！



K-SCAN by Kérastase

極致新生護髮體驗

K-SCAN is an advanced, AI-powered smart camera that uses a handheld 4K microscopic camera that glides over your scalp. The images are processed instantly by an AI algorithm (trained on over 12,000 global hair and scalp profiles) to analyse your exact scalp health and hair fiber condition.

The device uses three distinct illumination modes to "see the invisible" beneath the surface.

1. White LED Light: Checks surface-level features, including sebum (oil) levels, cuticle roughness, and general hair fiber health.
2. Cross-Polarised Light: Cuts through surface glare to reveal redness, hidden inflammation, capillary activity, and scalp sensitivity.
3. UV Light: Detects specific biological markers like porphyrins (signs of bacterial/microbiome imbalance) and early signs of dandruff before they flake off.

The Major Benefits

Early Intervention: It identifies early warning signs of thinning, extreme dehydration, hair fall risks, or scalp conditions before they become a visible, difficult-to-manage problem.

Instant Visual Proof (Before and After): The companion app maps your scalp live. Your stylist will scan you before a treatment and right after, letting you see the immediate microscopic improvement and change in your scalp health.



K-SCAN 是一款頂尖的AI智能頭皮檢測儀，配備一部可在頭皮上滑動的4K微距手持鏡頭。鏡頭拍攝的影像會即時經由人工智能（經超過12,000個全球頭髮及頭皮檔案訓練而成）進行運算，精準分析您的頭皮健康與髮絲纖維狀況。

裝置採用三種不同的光線模式，透視頭皮表層下的隱藏問題。

1. 白光LED燈：檢查表層特徵，包括皮脂分泌量、角質層粗糙度及整體髮絲纖維健康。
2. 偏光：穿透表層反光，揭示泛紅、隱藏發炎、微血管活躍度及頭皮敏感狀況。
3. 紫外光：偵測特定的生物標記，例如卟啉（顯示細菌/微生態失衡）及未形成皮屑前的早期頭皮屑跡象。

核心優勢

及早發現：在問題惡化或難以調理狀況之前，提早識別出頭髮變薄、極度缺水、脫髮風險或頭皮問題的早期信號。

即時視覺實證（前後對比）：專屬應用程式會實時繪製您的頭皮地圖。髮型師會在療程前後為您進行掃描，透過清晰的影像對比，讓您親眼見證頭皮健康的即時改善與轉變。

CUTTING
Edge

For bookings, please call Cutting Edge Hair and Beauty Salon on 2814 5319 or email cuttingedge@aberdeenmarinaclub.com.

預約請致電美髮及美容中心電話2814 5319或電郵cuttingedge@aberdeenmarinaclub.com。



HYROX

by Cass Lam,
Senior Personal Trainer

As one of the Club's HYROX Coaches, as well as a participant, I am delighted to see the new HYROX area at Activ8 open. It is designed purely for HYROX and allows you to train on all the components in a motivating environment. Remember that HYROX is also a social event, so the open set-up gives friends and family a chance to see you in action.

At the same time, I'm thrilled to unveil our new programme of classes, which will give the opportunity to start your HYROX journey in a motivational group environment. Regardless of your current fitness level our coaches will give you a clear pathway to progress from your first workout to competition day. There are three different levels of group class – remember though, HYROX is a dynamic sport so for those new to exercise, please check with your doctor before starting any exercise programme.

- HYROX Foundation – for those new to HYROX with a base level of fitness.
- HYROX Bootcamp – a tough HYROX workout!
- HYROX Compete – this is a workout where we practice the race itself.

Although HYROX focuses on the eight functional training exercises, we can't forget the run too! To ensure you never lose your running edge, we will complement the functional work with a monthly Saturday-morning run – The 5K Side Dish. This optional event is designed to build your aerobic engine in a supportive, social environment, ensuring that fatigue on the race floor never holds you back.

You may also have heard about the HYROX World Championships, which are coming to Hong Kong next June. To clarify, this event is for those who win or place high at their races in any of the regional events in late 2026 and early 2027 and is separate from the HYROX Hong Kong event in January. The new HYROX area is starting at just the right time for anyone wishing to race next year. Let's look at it as a HYROX season – come and join the HYROX fun!



作為會所的HYROX教練兼參賽者之一，我很高興看到位於Activ8的全新HYROX啟用。這區域專為HYROX而設，讓您在充滿動力的環境中訓練所有項目。HYROX也是一項社交活動，開放式設計讓親友能有機會現場為您打氣。

與此同時，我很高興推出全新的課程，讓您在充滿動力與支持的團體環境中展開您的HYROX之旅。無論您目前的體能狀況如何，我們的教練都會為您制定清晰的訓練計劃，帶領您從第一堂訓練逐步邁向比賽。團體課共分為三個不同級別，但請緊記，HYROX是一項充滿活力的運動，因此如果您是運動新手，請在開始任何訓練計劃前先諮詢醫生的意見。

- HYROX 基礎課 — 適合具備基本體能的新手。
- HYROX 訓練營 — 高強度的HYROX訓練。
- HYROX 競賽課 — 模擬實際比賽的實戰訓練。

雖然HYROX的核心是八項功能性健身動作，但我們也不能忽略跑步！為了確保您可以保持跑步的優勢，我們每月在週六早上額外舉辦一次5公里跑步訓練。這是自選活動，旨在充滿社交氛圍的環境中互相扶持，鍛鍊帶氧耐力，確保不會在比賽場上因體力不支而阻礙您繼續前進。

您可能也聽說過HYROX世界錦標賽將於明年六月在香港舉行。有別於明年一月的HYROX香港站賽事，這項錦標賽是專為在2026年底至2027年初各個區域賽中曾奪冠或名列前茅的選手而設。對於希望在明年參賽的選手來說，全新的HYROX課程正好在最合適的時間開始鍛鍊。快來加入，享受HYROX帶來的樂趣吧！

Skiing and Snowboarding

by Roland Mak, Head Coach

滑雪及單板滑雪

Activ8 is now open on the 8/F and our existing Amski facility features among these great new facilities. Amski has been renovated, too, and we have added a new training tool – ideal for warming up or cooling down after your lesson.

The newly installed Power Ski Simulator is the ultimate tool for targeted warm-ups to develop the muscle memory required for seamless, fluid turns. It isolates the exact lateral movements used in downhill skiing and as we know, isolation is a fundamental factor that we emphasise in our skiing lessons. The simulator complements our existing indoor slope training, allowing Members of all skill levels to master their balance, improve stamina and stay slope-ready regardless of the season.

The new Amski is ultimately designed to get you slope-ready before your ski or snowboard vacation. In past we would arrive at our destination with a lot of “rust” in our muscles and joints. Amski and the new simulator serve as the perfect location for warming up your body and locking in precise muscle memory for both skiing and snowboarding.

Activ8現已於8樓啟用，而原有的Amski亦是其中的設施之一。我們同時為Amski進行了翻新，並配置了全新的儀器，助您在上課前熱身或課後放鬆。

全新安裝的Power Ski滑雪模擬器有助建立流暢轉彎所需的肌肉記憶，提供針對性的熱身練習。它能針對訓練下坡滑雪時所需的精準側向動作；正如大家所知，針對性隔離訓練正是我們在滑雪課中強調的基本要素。這部模擬器與我們現有的室內滑雪坡訓練相輔相成，讓不同技術水平的會員都能掌握平衡、增強耐力，無論任何季節都可隨時做好滑雪準備。

我們抵達滑雪目的地時，肌肉和關節往往顯得有些生硬。Amski加上全新的模擬器，絕對是為雙板及單板滑雪鍛鍊肌肉記憶的完美場地，讓您在出發享受滑雪假期前，做好充分的準備。

For more information on our group and private lessons, please come along to Activ8 or call 2814 5494.

如欲了解更多有關團體或私人課程資訊，請親臨Activ8或致電Activ8電話2814 5494。



Surfing

by Sing Lau, Head Coach

衝浪

I am delighted to see the Surf Machine at Activ8 in “full flow”. I've used many such machines over the years and this one offers a great experience for those who want to experience the thrill of surfing and bodyboarding in a stable indoor environment. While the area is enclosed and air conditioned, the water is temperature controlled, so you will not get cold if you stay in the water too long! If you are new to the sport, here are a couple of tips and pointers to get you started.

- A rash guard is a great addition to reduce friction and keep you warm.
- There is no need to bring your own board – we have special ones to use.

Starting bodyboarding is an exciting journey that requires patience, observation and regular practice. By learning the fundamentals, beginners can build confidence and enjoy steady progression towards surfing, which provides a whole new element of skill, balance and technique as you learn to master the waves.

Activ8的衝浪機現正全面投入運作。這些年來我體驗過許多類似的設施，而這台模擬器為想在穩定的室內環境中感受衝浪和趴板樂趣的您提供了絕佳的體驗。雖然活動區域採用封閉式設計並配備空調，但池水設有恆溫模式，因此即使長時間待在水中也不會著涼！如果您是這項運動的新手，以下有幾項實用建議和小提示，幫助您輕鬆入門。

- 防曬衣有效減少摩擦，並保持身體溫暖。

- 無須自備衝浪板，我們已為大家準備了專用的衝浪板。

趴板既刺激又好玩，但需要耐心、細心觀察和規律練習。透過學習基本技巧，初學者可以建立信心，並循序漸進地學會衝浪，讓您掌握全新的技巧、平衡和技術，駕馭浪花。



Pickleball

by Asif Ismail,
Pickleball Director

匹克球

If you haven't seen them already, head up to Activ8 to see our great new indoor Pickleball Courts. These are some of the best courts I've played on – the bounce is true, the lighting is great and after playing so many matches on outdoor courts, the air conditioning is a huge help. We have added new classes as well as some new coaches, so there is a chance for everyone to play!

Starters Group

Coach Eric and Coach Tiffany

If pickleball is new to you, join the Starters Group to discover the joy of pickleball with our engaging group lesson. This introductory session is designed for absolute newcomers, focusing heavily on fundamental skills in a supportive, social environment.

Beginner Group

Coach Eric and Coach Tiffany

After mastering the foundational mechanics, you will transition directly into friendly drills and practice matches. These active mini-games help you quickly understand player positioning, court scoring and the unique “kitchen” rules in real time.

Advanced Beginner

Coach Asif

The Advanced Beginner group lesson is perfectly tailored for players who already understand basic pickleball fundamentals but want more consistency. This dynamic session focuses heavily on refining your stroke mechanics, mastering deep serves and executing controlled return of serves.



Intermediate Group

Coach Asif

This group session will focus on essential court positioning and fundamental doubles strategies. You will learn exactly how to transition safely to the non-volley zone line and confidently execute constructive kitchen dinks.

如果您還未到訪過Activ8，歡迎前來看看全新的室內匹克球場。這是我打過最好的球場之一，彈跳落點精準、照明充足，而且在室外球場打了這麼多場比賽後，我更能感受到空調設備帶來的舒適。我們增設了全新課程，並迎來新教練加盟，讓更多會員可參與其中。

入門班

教練：Eric及Tiffany

如果您是匹克球新手，歡迎加入入門課程，在輕鬆有趣的團體氛圍中探索匹克球的樂趣。入門課專為零基礎的新手而設計，在互相鼓勵、充滿社交氣氛的環境中，學習基本技巧。

初級班

教練：Eric及Tiffany

在掌握基礎動作後，便會進入趣味訓練和對賽練習。這些有趣的練習能幫助您在實戰中快速掌握比賽時的位置、球場計分方法，以及獨特的規則。

初級進階班

教練：Asif

初級進階團體課專為已掌握基本匹克球概念，但希望提升擊球穩定度的球員而設。課堂充滿活力，重點在於精準的擊球動作、掌握發球，以及接發球。

中級班

教練：Asif

本團體課將專注於球場上的位置及雙打的基本策略。您將會確切學到如何作出網前截擊，並有信心地打出具攻擊性的吊球。

TESLA

One Day with Tesla

一日專屬純電體驗

Elevate your daily routine with an exclusive full-day test drive tailored for corporate professionals. Experience seamlessly how Tesla redefines your everyday journeys, from the morning commute to evening relaxation.

我們誠邀你透過全日體驗，將 Tesla 完美融入日常生活。從日間通勤到下班後的悠閒時光，親身感受純電科技如何重新定義你的每一次旅程。



Details 活動詳情

You can drive away a Model Y L for a day and take your family, friends, or even your pets to freely explore any corner of Hong Kong. The experience is relaxed and hassle-free, allowing you to fully enjoy Tesla's advanced technology and outstanding performance. You can choose to drive around your familiar neighbourhood or explore different streets across Hong Kong to experience the Model Y L's driving dynamics.

Participants can pick up the vehicle as early as 6:00 PM at a Tesla Experience Centre and must return it by 6:00 PM on the next day.

你可直接駛走 Model Y L 一天，帶同親友或愛寵自行決定暢遊香港各個角落。試駕體驗輕鬆自在，並可充分感受 Tesla 的先進科技及卓越性能。屆時你可選擇於你熟悉的社區，或是探索香港不同的街道感受 Model Y L 的駕乘體驗。

參加者最早可於下午 6 時於 Tesla 體驗中心取車，最遲於翌日下午 6 時歸還車輛至原處。

Terms & Conditions 條款及細則

Participants are responsible for all driving expenses incurred on the day, including but not limited to tunnel fees, parking fees, and others. Test drive participants must be at least 25 years old, hold a Hong Kong Identity Card, and possess a valid Hong Kong driving licence for 3 years or more. Adult members only due to limited slots and will be allocated on a first-come, first-served basis. In the event of any dispute, Tesla reserves the final right of decision.

參加者須自行負責當天產生的所有駕駛費用，包括但不限於隧道費及泊車費用等。試駕者必須年滿 25 歲，持香港身份證，並持有有效香港駕駛執照 3 年或以上。名額有限，活動只限成人會員參加，先到先得，如有任何爭議，Tesla 保留最終決定權。

Period 活動日期

2026.09.01 – 10.30

Model 適用車型

Model Y L

The new Model Y L — where enhanced interior design meets three spacious rows, delivering maximised comfort for every passenger.

全新 Model Y L — 精緻車廂設計搭配三排六座寬敞座椅，為每位乘客帶來極致舒適的乘駕體驗。



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The Benefits of Pilates and Fitness Training

by Ida Kam, Pilates Trainer

普拉提與健身的好處

Those of us who train regularly know that each workout has its own benefits and gains. However, the combination of Pilates, Gyrotonic and Personal Training would be more effective by allowing your workout to be more versatile, functional and enjoyable.

To clarify, Pilates targets deep stabilising muscles and flexibility, Gyrotonic works for spinal mobility and fluid movement patterns, and the Fitness Centre workouts can help improve strength and bone density. Integrating low-impact Pilates promotes active recovery, keeping the nervous system regulated, followed by a stretch to prevent injury and relax your body.

Our new trainer Ida completed her certification in personal

training and nutrition in New Zealand way back in 2004. Ida also has qualifications for Pilates Mat, Allegro and Studio at Polestar Pilates and Gyrotonic Level 1. She also has Levels 1, 2 and 3 qualifications in both Cranial Alignment Technology and Spine Alignment Technology. Ida will tailor a personal wellness program that is designed to fit your health and wellness needs.

Ida's new Group Pilates Class will be starting from Friday, October 2 at 9am.

Private and semi-private training is also available.

經常運動的人都深知，每項訓練都有其獨特的好處和成效。然而，將普拉提、禪柔運動與個人健身訓練相結合，能大大提升訓練效果，讓您的健身運動變得更具多元化、功能性，且更有樂趣。

普拉提專注於深層穩定肌肉及柔軟度；禪柔運動有助改善脊椎靈活度與身體



流暢度；而健身中心的訓練則能有效增強力量和骨骼密度。融入普拉提訓練能促進並恢復體能，調節神經系統，再配合伸展運動，更能有效預防受傷、放鬆身體。

我們全新加盟的教練Ida早於2004年已在新西蘭取得個人健身及營養學執業資格。Ida同時擁有Polestar Pilates的墊上普拉提、Allegro普拉提核心床及工作室導師資格，並持有Gyrotonic禪柔運動的一級資格。此外，她更擁有髖髖骨平衡技術及脊椎平衡技術的一、二及三級專業資格。Ida將為您度身訂造最合適的個人健康計劃，滿足您的身心健康需求。

Ida的全新普拉提團體課將於10月2日（星期五）早上9時正式開課，另外，她亦提供私人及小組訓練課程。

New Zumba and Stretching Class

全新Zumba帶氧健身舞與伸展課程

The Club's new Group Fitness instructor Girlie will teach our new Zumba and Stretching Class. Girlie has over 12 years' experience in Hong Kong, and she aims to help participants move better and recover smarter by improving flexibility, mobility and relaxation after training. Zumba is a fun way to stay fit and she will provide excellent guidance so everyone, whether brand new or returning, can join in and progress at their own pace. Her goal is for every participant to leave the class smiling, feel energised, stronger and lighter and ready to dance again!

本會全新的團體健身導師Girlie將會教授會員新的帶氧Zumba健身舞及伸展課。Girlie在香港擁有超過12年的豐富教學經驗，她的目標是透過提升身體柔軟度、靈活性，並注重訓練後的放鬆，幫助學員達到更佳動作表現，有效地恢復體能。Zumba帶氧健身舞是一項既有趣又能強身健體的運動，Girlie將會提供專業的指導，讓不論是新手還是重返課堂的學員，都能按照自己的節奏學習，融入其中。她希望讓每位學員都能帶著笑容下課，感到活力充沛、身體更強健輕盈，並期待着下一次再度起舞！

Training Update

by Giles Leonard,
Director of Sports & Recreation

最新訓練動向

With no major events planned this year, I focused on consistency in order to build a solid fitness base before I ramp up my training for another crack the Ironman distance Challenge Roth in 2027. I've also started HYROX training and although this type of functional training is new to me, I'm starting slowly to see how my body reacts to this extra stress. If all goes well, I may even have a go at the HYROX event in January. I did tick off another goal this year and finally managed to complete the whole of the Hong Kong Trail. It is officially 50km although I measured it at just over 45km, but nevertheless, it is an amazing urban trail – said to be one of the best in the world. If you enjoy hiking and have some good trail fitness, it's well worth doing over the cooler months – please reach out if you need any advice.

My next running event will be a Lone Wolf Challenge in the UK in September, which is a new event for me. It consists of a 7km loop, which all runners have to complete within one hour, and then again on the hour, every hour for up to 24 hours. If you finish your loop early, you get to rest before the next loop starts, so it's a matter of pacing yourself to save your energy, while also giving yourself adequate time to rest before the next loop starts. The winner is the Lone Wolf or the last person running, and while I have no desire to run for the whole 24 hours (168km!), if I can get to marathon-distance (6 loops) or close to 50km (7 loops), I'll be happy!

由於今年沒有計劃參加大型賽事，因此我把重心放在保持規律訓練上，以建立紮實的體能基礎，為 2027 年再次挑戰Challenge Roth三項鐵人賽事做好準備。我亦開始了HYROX訓練。雖然這是我初次嘗試這種功能性體能訓練，但我正循序漸進地進行，以觀察身體對額外訓練壓力的反應。如一切順利，我甚至會考慮參加明年 1 月的HYROX賽事。此外，今年我也完成了另一個目標，成功走畢整條港島徑，官方長度為50公里（但我實際測量約為45公里多一點），這絕對是一條令人讚歎的市區遠足路線，更被譽為全球最佳遠足徑之一。如果您熱愛行山並具備不錯的越野體能，非常推薦在天氣轉涼時挑戰一下。若需要任何建議，歡迎隨時與我聯絡。

我的下一項跑步比賽將是9月在英國舉行的Lone Wolf Challenge，這是一項全新的嘗試。每位跑手必須在一小時內完成一圈7公里的賽道，然後重複在設定的時間及起跑點再次跑下一圈，上限為24小時。如果您提早完成該圈，便可以在下一圈開始前休息。因此，關鍵在於調配個人速度以節省體力，同時為自己預留充裕的休息時間。最終的勝出者就是最後一位仍在奔跑的「孤狼」。雖然我並不打算跑24小時（那可是168公里！），但如果能達到馬拉松距離（6圈）或接近 50公里（7圈），我已達成目標了！



New Junior Basketball Court

全新小型籃球場

Our new Junior Basketball Court will open in mid-September on the 3/F, Pool Level. This open-air mini-court is ideal for a fun pick-up game or just to shoot some hoops on your own. The court is open every day from 9am to 8pm, with a selection of basketballs provided.

Use of the court is of free of charge for Members, while guest fees are applicable. Children aged 12 and below should be accompanied by a parent or guardian.

Access is via the 3/F Squash Court – from the 4/F on the Marina Tower, enter the Club with your Membership Card or e-Membership QR Code, down the steps and out the door.

For more information, please call the Health Club on 2814 5342.

本會全新小型籃球場將於9月中旬啟用。這個露天迷你球場非常適合進行有趣的即興街頭賽，或獨自前來練習投籃技巧。球場每日於早上9時至晚上8時開放，現場亦提供籃球供借用。

會員可免費使用球場，來賓則需收取費用。12歲或以下兒童需由家長或監護人陪同使用。

會員請在深灣大樓四樓經由三樓壁球場再前往籃球場。請使用會員證或電子會員證二維碼進出。

查詢請致電健身中心2814 5342。

TENNIS

Elevate Your Game

by Asif Ismail, Tennis Director

提升實力 突破自我

Starting in September, we will launch a series of monthly themed social clinics designed to sharpen your skills, improve your strategy and bring our community together on the court.

Join us on the last Wednesday evening of every month from 7-8pm for these specialised sessions led by our expert coaching team. Here is what we have lined up for the autumn season.

September 30: Intermediate Mixed Doubles by Coach Yunus

Theme: Positional Play & Awareness Building

Unlock the secrets to successful doubles play. This session focuses on the "chess match" of tennis – knowing where to be and when to move.

Key topics: Mastering positional plays, executing the 1-2-3-4 shot sequence and building strategic court awareness.

Who should join: Intermediate players who can serve, return, volley and have a basic understanding of doubles positioning.

October 28: Master Your Serve and Return by Coach Jimmy

Theme: The Foundation of Every Point.

Stop struggling with double faults and weak returns! Coach Jimmy will break down the two most critical shots in the game to help you start every point with confidence.

Key topics: Correct toss technique, proper return positioning and fixing common beginner mistakes.

Who should join: Complete beginners, early stage players and anyone looking for a more reliable start to their points.

Ready to level up? Spaces are limited for each session to ensure high-quality coaching for all participants. Minimum four participants, maximum eight participants.

由9月起，本會將推出一系列不同主題的社交訓練班，旨在精進您的球技，提升戰術運用，並讓一眾網球愛好者交流球技。歡迎參與這項由我們專業教練團隊帶領的活動，活動於每月的最後一個星期三晚上7時至8時進行。以下為大家送上秋季的精彩活動預告。

9月30日：中級混合雙打（由Yunus教授）

主題：位置打法與增強球場意識

揭開雙打致勝的秘訣！本課堂專注於網球場上的「心理戰」，清楚掌握自己的站位以及移動的時機。

主要內容：掌握位置打法、執行1-2-3-4擊球組合序列，以及建立策略性的球場意識。

適合對象：懂得發球、接發球、截擊，並對雙打站位有基本了解的中級球員。

10月28日：精進發球與接發球（由Jimmy教授）

主題：得分的決勝關鍵

別再受雙發失誤與錯誤的接發球所困擾！教練Jimmy將會為您拆解這兩項在比賽中最重要的擊球技術，助您信心滿滿地展開每一分球。

主要內容：正確的拋球技巧、適當的接發球站位，以及修正初學者常見的錯誤。

適合對象：新手、初階球員，以及任何希望建立更穩定開局的球員。

準備好提升實力了嗎？為確保所有學員都能獲得高質素的指導，課堂名額有限。每班最少4人，最多8人。



Ladies Div.3 Team vs Siu Lek Yuen Road Playground



Men's D Team with Coach Loki



Ladies Div.3 Team vs American Club



Ladies' A Team with Coach Asif and Coach Jimmy

Tennis Leagues

網球聯賽

With so much rain in May and June, the Summer League finished a little late this year, but each team held their own. Here are the results for the season.

- Ladies A team took 5 wins out of 9 games
- Men's A team took 5 wins out of 7 games
- Men's B team took 3 wins out of 7 games
- Men's D team took 4 wins out of 8 games
- Ladies Div 3 Day League took 9 wins and 7 draws out of 20 games

The new leagues will start this month and for the first time in many years will be made up entirely of Club Members. Thank you to those Members who have been supporting the teams for many years and also to those new Members who have joined recently.



Men's A Team with Coach Andy



Men's B Team with Coach Asif and Coach Yunus

由於五、六月期間經常下雨，今年的夏季聯賽完結得比以往稍遲，但各隊都發揮出應有水準。以下為本賽季的成績：

- 女子A隊：9場賽事中取得5勝
- 男子A隊：7場賽事中取得5勝
- 男子B隊：7場賽事中取得3勝
- 男子D隊：8場賽事中取得4勝
- 女子組第三級別日間聯賽：20場賽事中取得9勝7和

新一屆聯賽將於本月開鑼，並且是多年來首次完全由本會會員組隊參賽。衷心感謝多年來一直支持球隊的會員，同時亦熱烈歡迎新加入的會員。

New Players Evening

網球迎新活動

**Thursday, October 8
From 7-9pm**

10月8日（星期四）
晚上7時至9時

Meet new players and get some playing tips from our tennis coaches. Beginners are welcome.

認識新的球友並交流切磋，網球教練更會與大家分享技巧。活動適合初學者參加。

Enquires查詢: 2814 5318 (Tennis Centre)

Ice Skating Rink

Ice Hockey Programme

by Ryan McClenaghan, Ice Skating Programme Coordinator

冰上曲棍球課程

After a successful year of development, progress and fun, we wrapped up our Ice Hockey Programme in June for the summer break. Our full rink, full equipment Hockey Programme runs on Monday, Tuesday and Wednesday evenings. We offer four different levels at separate times plus a specialised class for power skating and skill development. The Wednesday evening class is designed for students transitioning from our mini hockey classes and to get students started, we do have a limited supply of equipment that can be borrowed.

Our Ice Hockey Programme helps develop strength, fitness and confidence through teamwork with an emphasis on safety and having fun.

經過不斷練習、進步與充滿樂趣的一年，我們的冰上曲棍球課程已於6月圓滿結束，並迎來暑期休假期。利用整個溜冰場及全套裝備進行的冰球課程於逢星期一、二及三晚上進行。我們在不同時段提供四個不同級別的課程，並設有針對強力滑行及技巧發展的專門課堂。星期三晚上的課堂專為幼童冰球課的學員過渡而設；為了讓學生順利入門，我們亦提供少量的裝備可供借用。

我們的冰上曲棍球課程注重安全和趣味的同時，透過團隊合作，致力幫助學生增強體能、力量及建立自信心。



For enquiries, please call Ice Rink at 2814 5374 or email icerink@aberdeenmarinaclub.com.
查詢請致電溜冰場電話2814 5374或電郵至icerink@aberdeenmarinaclub.com。



Ice Skating Competition

溜冰賽事

Sunday, November 1 | 11月1日 (星期日)
From 3.30-6pm | 下午3時30分至6時

Skating Compulsories, Skating Programmes, Jump & Spin, Speed Racing, Relay Racing, Solo Spotlight.

Entry deadline: Sunday, October 25 (No on-day reservations permitted)

First event: Member \$200 Guest \$280

Additional event for freestyle:
Member \$80 Guest \$110

比賽項目：指定動作、自選動作、跳躍及旋轉、速度賽、接力賽、個人花式。

截止報名日期：10月25日 (星期日) *不設即場報名

首項賽事：會員\$200 來賓\$280

加報花式賽事：會員\$80 來賓\$110



Art on Ice

冰上彩繪

Sunday, September 27 | 9月27日 (星期日)
From 3.30-5pm | 下午3時30分至5時

Come along for a painting experience on the ice.

Age groups:
3-4 years, 5-6 years, 7-9 years and 10+ years

Member \$150 Guest \$210

歡迎前來體驗有趣的冰上彩繪活動！

年齡組別：3-4歲、5-6歲、7-9歲 及10歲或以上

會員\$150 來賓\$210



Pro-Shop

The FivePro 5-in-1 Protector Pop-up

五合一多功能護關墊 期間限定推廣

Saturday & Sunday, September 12 & 13 | 9月12日及13日 (星期六及星期日)
10am - 5pm | 上午10時至下午5時

FivePro, developed in collaboration with the Hong Kong Polytechnic University team, features patented far-infrared ion heating pads, clinically tested and widely adopted by chiropractors and physiotherapy clinics. Awarded the Asia International Innovation Gold Medal, FivePro combines advanced Japanese TORAY carbon fibre, U.S. 3M durability and Korean breathable SBR materials to deliver safe, effective and user-friendly therapy for Hong Kong's ageing community.

FivePro由理工大學團隊合作研發，具專利遠紅外線負離子電熱護關墊，經臨床測試並廣泛應用於脊醫及物理治療診所。榮獲亞洲國際創新發明金獎，結合日本TORAY 純炭纖維、美國3M耐用材質及韓國SBR透氣物料，為香港樂齡社群提供安全高效的健康理療產品。

Enquiries 查詢: 2814 5417 (Pro-Shop)



SKATER • AGE 14

Olivia Tan

Olivia has been taking ice-skating classes at the Club since she was eight years old. She has participated in Hong Kong skating competitions many times and achieved good results on her Freestyle 3 programme (GOLD medal) at the 2025 Skate Hong Kong. Keep it up, Olivia!

Olivia 自八歲起就在本會學習花式溜冰。她曾多次參加香港的溜冰比賽，並於2025年香港溜冰賽的Freestyle 3項目中獲得金牌。Olivia，繼續加油！



SWIMMER • AGE 10

Kurtis Wong

Kurtis has been learning to swim since he was an infant and has honed his skills even if he was just having fun swimming. Kurtis is by far the most improved swimmer of our group and has been recognised here for his diligence, ability to follow instructions and being a model to his fellow swimmers in displaying high level swimming skills. Well done, Kurtis!

Kurtis自小便開始學習游泳，即使純粹是為了玩樂，他也一直在努力地改進自己的技巧。Kurtis 絕對是我們泳隊中進步最快的泳手；不僅是因為他的勤奮與聽從指令的能力，更因為展現了他出色的游泳技巧，成為同伴的模範。做得好，Kurtis！



Aberdeen Fire Station Visit

參觀香港仔消防局

**Saturday, October 24 and
Sunday, November 8
From 9am – 1pm**

**Aberdeen Fire Station
1 Nam Fung Road,
Wong Chuk Hang**

Complimentary

**Members only and each
Membership may only join one
visit due to limited space.**

For all ages from six years and older.
Children aged under 13 must be
accompanied by a parent.

**10月24日 (星期六) 及11月8日 (星期日)
上午9時至下午1時
香港仔消防局
黃竹坑南風道1號
費用全免**

**名額有限，只限會員參加。每個會籍限
參與一天活動。**

適合六歲或以上人士。十三歲以下兒童必須
由家長陪同。

Join us for an educational
and fun visit to the
Aberdeen Fire Station with
hands-on activities and
interactive demonstrations.

The shuttle bus will depart
promptly from outside the main
lobby at 9am and return by 1pm.

Highlights

- Emergency preparedness and safety knowledge
- Firefighting tool demonstration

- Hands-on experience with equipment including . . .

- Fire Engine
- Hydraulic Platform (HP)
- Turntable Ladder (TL)

Participants will have the chance to become certified as Fire Services Community Emergency Responders and may be invited to future activities organised by the Fire Services Department.

This initiative is part of the Fire Services Department Community Emergency Responder (FSDCER) Scheme, which aims to educate the Hong Kong public with foundational fire-prevention and emergency-response knowledge. The goal is to enhance confidence and readiness to handle emergencies such as fires, traffic accidents, drowning incidents and hiking mishaps, and to promote CPR and AED training across the community.

Participants should wear comfortable clothing. Skirts are not permitted.

Please scan the QR code to reserve your spot now.
Cancellations must be received by the Club at least seven days in advance or a \$150 fee will be charged for each person.

For enquiries, please contact the Membership Office on 2814 5436.

敬請掃描二維碼報名，名額有限，先到先得。如欲取消申請必須於活動日期前七日通知本會，否則每位將收取\$150費用。

查詢請致電會員部電話2814 5436。

我們將與會員參觀香港仔消防局，屆時會員可親身體驗活動和互動演示。

接駁巴士將於上午9時在會所大堂外準時出發，並於下午1時返回會所。

參觀要點：

- 緊急狀況的準備工作與安全知識
- 消防工具演示
- 親身體驗各種設備，包括：
 - 消防車
 - 油壓升降台 (HP)
 - 旋轉台鋼梯車 (TL)

參加者將有機會獲得消防處社區應急先鋒人員認證，或被邀請參加消防處的未來活動。

這項活動是消防處社區緊急應急先鋒 (FSDCER) 計劃的一部分，旨在向大眾傳授基本的防火和應急知識，增強大眾應對火災、交通意外、遇溺、登山事故等緊急情況的應變能力和信心，並向社區推廣學習使用心肺復甦法 (CPR) 和自動心臟除顫器 (AED)。

參加者請穿著舒適服裝，避免穿裙裝。



Cyber Security Tips Password Power

by Kurt Wong, Director of Information Technology

網路安全指南：強化你的密碼

Passwords have become increasingly important in our everyday lives, and a secure password is essential. It is crucial to create a unique password for every important account such as banking, email and Club Portal.

According to industry-standard recommendations from NIST SP 800-63B Rev. 4, longer passwords are more secure than you might think. The recommended minimum password length is . . .

- 15 characters if the password is the only authentication factor, or
- 8 characters when used together with 2FA/MFA.

Length beats complexity every time. You can create strong passwords that are also easy to remember – for example: “HorizonTea11amIsGreat!”

Secure Your Club Account Today

You can now enable 2FA/MFA on our Club website to better secure your Member portal account:

Step 1: Sign in to your account on the Club website.

Step 2: Click “Profile,” then “Edit.”

Step 3: Click “OTP Settings,” then select “Yes” and click “Save” to enable two-factor authentication.

Step 4: The One-Time Password (OTP) will be sent to your registered booking email address.

You can also enable biometric login or (Face ID) in our Club app in settings for fast and secure sign-in.

Stay safe! Act now and update your password to a strong, unique one.

在我們的日常生活中，密碼變得越來越重要，而一個安全強度高的密碼更是必不可少。為每個重要帳戶（例如銀行、個人電郵及會所會員網站）設定獨一無二的密碼是至關重要的。

根據國家標準與技術研究院NIST SP 800-63B Rev. 4的業界標準建議，長度較長的密碼其實比想像中更安全。建議的密碼長度下限如下：

- 如僅使用密碼作為唯一認證方式，長度須達15個字元或以上；或
- 如配合雙重認證/多重認證使用，長度須達8個字元或以上。

相較於複雜程度，密碼長度往往更為重要。您可以建立既安全可靠又容易記住的密碼，例如：「HorizonTea11amIsGreat!」

立即行動，保障您的會所網上帳戶安全

您現在可在會所網站啟用雙重認證/多重認證，以加強保障您的會員網站帳戶：

步驟 1：登入會所網站的個人帳戶。

步驟 2：點擊「個人檔案」，然後點擊「編輯」。

步驟 3：點擊「一次性密碼設定」，選擇「是」，然後點擊「儲存」以啟用雙重認證。

步驟 4：一次性密碼將會發送至您已登記的預訂電郵地址。

您亦可在會所手機應用程式的設定中啟用生物特徵登入，享受快速且安全的登入體驗。

保障網絡安全！請立即行動，將密碼更新為可靠且獨一無二的密碼。

Eliza Tsang

**Assistant Manager -
S&R Administration**

康體部行政助理經理 — 曾盈珊

You may not immediately recognise Eliza, but this year marks her 15th year working in the administration office of the Sports & Recreation Department.

When she first joined the Club, Eliza admits that she found it challenging to adapt to the working culture and even considered resigning. However, she soon found her way and has remained with the Club ever since.

“The first real challenge I encountered was coordinating the delivery of the giant toy excavator for Kids on 8!. At the time, I had only been with the Club for eight months and was still unfamiliar with all the entrances and exits around the premises. It was certainly a challenging task, however, seeing the equipment successfully installed and children playing happily on it gave me an incredible sense of achievement,” she recalls.

Eliza feels fortunate to be part of the Club family. “From my very first day, I thought the Club was an amazing place. Whatever facilities one could possibly imagine, you could almost certainly find them here. What makes me even prouder is that the Club never stands still. It continues to evolve, introducing new facilities and enhancements to provide members with ever better Club experiences.”

Over the past 15 years, Eliza has celebrated many of life’s important milestones. From being single to getting married and purchasing her own home, the Club has been a constant presence throughout her journey. She jokes that the Club has truly become her second home, and that she spends even more time with her colleagues than with her family.

“For example, we could recognise each other’s voices immediately with a simple ‘hello’ on the phone. The close relationships and friendly working environment make coming to work a pleasure every day. Throughout my career here, I have been incredibly grateful for the guidance and support of my seniors and colleagues. Even though we work in different departments, everyone is always willing to share their knowledge and help one another.”



Looking ahead, Eliza has set herself a new goal. She hopes to pass on her administrative knowledge and experience to her colleagues, enabling more team members to become familiar with key administrative processes. By doing so, she aims to strengthen teamwork, improve operational efficiency and contribute to the smooth and effective running of the department.

您或許會覺得Eliza的面孔有點陌生，但今年其實已是她在康體部行政辦公室工作的第 15 個年頭。

剛加入會所時，Eliza 坦言自己對這裡的工作文化並不太適應，甚至一度萌生離職的念頭。然而，她很快便找到適合自己的步伐，並一直服務至今。

「記得我真正遇到的第一個挑戰，是要負責安排運送 Kids on 8! 的挖泥機遊樂設施。當時我入職只有八個月，甚至連會所所有出入口的位置都未完全熟悉，這項任務對我來說確實十分艱巨。不過，當看到設施最終順利完成安裝，小朋友開心地享用設施時，那份成功感和滿足感真的難以形容。」

Eliza表示很慶幸自己能成為會所的一份子，「由入職第一天開始，我便覺得會所是一個很神奇的地方。無論您能想到甚麼設施，在這裡幾乎都能找到。而更令我感到自豪的是，會所一直與時並進，不斷優化及增添新設施，致力為會員打造更優質的空間和體驗。」

過去 15 年間，Eliza 在會所見證了自己人生中許多重要的里程碑，從單身、結婚到置業，每一個階段都有會所陪伴她走過。她笑言，會所早已成為她的第二個家，與同事相處的時間甚至比家人還要多。

「舉個例子，大家在電話裡只要說一聲『喂』，便能立刻認出對方的聲音。這種親切的關係和融洽的工作氣氛，讓我每天都能懷著愉快的心情工作。一路走來，我亦非常感謝各位前輩和同事的支持與指導。即使大家分屬不同部門，仍然樂於分享經驗、互相幫助。」

展望未來，Eliza 亦為自己訂下了新的目標。她希望能夠將行政工作的知識和經驗傳承給康體部的同事，讓更多人掌握相關工作流程，進一步提升部門的協作效率，令整體運作更加順暢高效。

A Sustainable Future

創建可持續發展的未來

For many years, the Club has been ISO 14001 certified – an internationally recognised environmental management standard that demonstrates our commitment to sustainable operations. To maintain this certification, the Club implements various environmental measures, including efficient resource management, waste reduction and staff training.

Over the years, we have gone beyond these requirements and introduced additional green initiatives. Water dispensers, for example, have been installed throughout the Club to help discourage single-use plastic bottles.

We have also adopted plant-fibre-based food containers that are free from plastic and lamination and actively participate in food-waste recycling schemes, helping to minimise waste.

With your much-appreciated support, the Club will continue to explore different ways to promote a more sustainable future for our community.

本會多年來一直獲得 ISO 14001 認證。ISO 14001 是國際認可的環境管理標準，充分展現我們對推行可持續營運的承諾。為維持此認證，本會積極落實多項環保措施，包括有效管理資源、減少廢棄物，以及為員工提供相關培訓。

多年來，我們更超越認證要求，推行多項額外的環保措施。例如，我們於會所各處設置飲水機，鼓勵會員及來賓減少使用即棄塑膠水樽。

此外，我們現已採用以植物纖維製成、不含任何塑膠及塗層的外賣盒，並積極參與廚餘回收計劃，以進一步減少廢物產生。

感謝您一直以來的支持，本會將繼續探索不同的環保措施，締造更可持續的未來。



Many of you will have recognised Marina Deli as the location shown in our last issue. While the interior looks quite different today, the distinctive central island display area provided an essential hint. Though the interior has changed over years, Marina Deli has always offered Members a wide selection of food and beverages for boat trips, freshly baked breads and pastries and festive food for special occasions.

Congratulations to the three winners: Ms Loretta Chan, Ms Kathy Ho and Mr Nathan Louey, who will each receive a \$500 Marina Grill dining voucher.

If you can guess where this photo was taken, please send your answer to member@aberdeenmarinaclub.com by October 8. Three winners will be chosen at random to receive a small prize, notified by email and named in the next issue.

相信不少會員都已經認出，上一期雜誌中所展示的地點正是深灣店。雖然如今的內部裝潢與陳設已大不相同，店面中央的標誌性展示區提供了關鍵的線索。儘管內部設計隨著歲月流轉而有所改變，深灣店始終如一地為會員提供豐富的遊船餐飲選擇、新鮮烘焙的麵包糕點，以及各款節慶食品。

恭喜三位得獎者：Ms Loretta Chan、Ms Kathy Ho和 Mr Nathan Louey，他們每人將獲得價值\$500的Marina Grill餐飲券。

看看您是否能認出照片的拍攝地點，並在10月8日前將答案發送至member@aberdeenmarinaclub.com。我們將隨機選出三位獲獎者，並通過電子郵件通知他們，獲獎者將在下期公佈。祝您好運！

Safety and Courtesy Reminder

注重安全並顧及禮儀

To ensure a safe and peaceful environment, children are kindly requested to refrain from running or rough play on the staircases and the 2M corridor. Additionally, please remind your Family Assistants to avoid shouting or speaking loudly throughout the Club. Thank you for your cooperation.

為確保會所環境安全與寧靜，請家長協助提醒同行兒童，切勿在樓梯間及2M走廊奔跑或嬉戲。此外，亦請提醒隨行家傭避免在會所內大聲喧嘩或高聲對話。感謝閣下的理解。

Hotel Dining Privileges

酒店餐飲禮遇

Members can enjoy a 15% discount at any restaurant at Island Shangri-La, Kowloon Shangri-La or Kerry Hotel Hong Kong. Please present your physical Membership Card to enjoy the privileges. Digital Membership Cards are not accepted at this moment.

Offer is subject to terms and conditions. Blackout dates apply.

會員可於港島香格里拉、九龍香格里拉或香港嘉里酒店的任何餐廳享有 85 折優惠。請出示實體會員證以享受有關禮遇，電子會員卡證恕不接受。

優惠須受條款及細則約束，不適用於指定日期。



Annual Staff Party 員工週年晚宴

The Club will close at 4pm on Monday, October 5 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 10月5日(星期一)下午4時起暫停開放，以舉行員工週年晚宴。不便之處，敬請原諒。

若各位會員有意贊助本會的幸運抽獎獎品，請致電2814 5436或電郵至 member@aberdeenmarinaclub.com 與會員事務部聯絡。



Tropical Pool Opening Hours

碧波游泳池開放時間

From now until Monday, October 19

Monday to Friday: 2-7pm

Saturday, Sunday and public holidays: 9am - 7pm

From Tuesday, October 20 to Friday, October 30

Daily: 7am - 10pm

Closed from Saturday, October 31

即日起至10月19日(星期一)

星期一至星期五: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

10月20日(星期二)至30日(星期五)

每日: 上午7時至晚上10時

由10月31日(星期一)起關閉

Mobile Phones and Electronic Devices

使用流動電話及電子設備守則

The use of mobile phones and other electronic devices in changing rooms and wet areas (Sauna, Steam Room, Cold Plunge and Whirlpool) is strictly prohibited. Anyone violating this rule may be temporarily denied access to the Club's Sports & Recreation facilities and services.

In addition, mobile phones and electronic devices may not be used for voice calls or conference calls in restaurants, the Fitness Centre or Hair & Beauty Salon areas, including relaxation rooms.

Thank you for your co-operation.

本會的更衣室及淋浴設施(包括桑拿室、蒸氣室、冷水浴池及按摩池)內嚴禁使用手提電話或其他電子設備。任何人如違反此規定，將可能被暫停使用本會所之康體設施與服務。

此外，謹請各位會員留意，各餐飲場所、健身中心以及美髮及美容中心(包括休息室)內，一律禁止進行語音通話或會議通話。

3/F Pool Closure for Bubble Inflation

安裝三樓泳池帳篷

The 3/F Pool will be closed from Tuesday, October 20 to Friday, October 30 and reopen on Saturday, October 31. During this period, the Tropical Pool will be open from 7am - 10pm daily.

三樓泳池將於10月20日(星期二)至10月30日(星期五)關閉以安裝泳池帳篷，並於10月31日(星期六)重新開放。屆時地下碧波游泳池將由早上7時至晚上10時開放。

Sunday Splash



Canton Beats and Eats at Portside



Ms Lily Kwok and family with guest



Ms Pauline Yeung and family

Swimming Gala



Summer Camps



Activ8 Open Days



Mr & Mrs Trevor Law



Mr & Mrs Felix Shui

Australian Black Truffle x Felton Road Wine Dinner



Mr Richard Woodworth and Mr Winton de St John-Pryce with guests



Mr & Mrs Wesley Wong



Mr & Mrs Alan Chan



Mr & Mrs Sunny Leung with guests



New Bentayga Speed

The most powerful and dynamic Bentayga yet



Featuring a phenomenal twinturbocharged 4.0 litre V8 engine, now tuned to deliver a full 850 Nm of torque and 650 PS, the Bentayga Speed is the most powerful Bentayga that Bentley has ever built, surpassing even its acclaimed W12-engined predecessor. A showcase of sporting luxury and exhilarating performance, it is a vehicle without equal.

An extraordinary experience exquisitely reveal at Bentley HK - DCH in Causeway Bay.

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@bentleymotorshk

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BENTLEY HONG KONG - DCH

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