

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

SEPTEMBER/OCTOBER 2022

HAPPY MID-AUTUMN FESTIVAL

ON LOCATION

CALIFORNIA

DESIGN ICONS

**THE THEME
BUILDING**





THE DAY-DATE

Introduced in 1956, and chosen by visionaries and world leaders, the Day-Date, with its iconic day display, continues to be the symbol of prestige and achievement.

#Perpetual



OYSTER PERPETUAL DAY-DATE 40

蘇麗鐘錶

ZURICH WATCH

WWW.ZURICH-WATCH.COM TEL: (852) 2369 9298

Portwatch

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

The Club Management reserves all the copyrights of this magazine. No part of this publication may be reproduced in any form without written permission of the Club.



Club Directory

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

EXECUTIVE TEAM 行政部

General Manager

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

Director of Operations

Mr Sebastian Gassen 簡嘉信
Tel: 2814 5324 | sebastian.gassen@abermarinclub.com

Executive Chef

Mr Stephane Calvet 喬令輝
Tel: 2814 5327 | stephane.calvet@abermarinclub.com

Director of Sports & Recreation

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

Director of Membership & Marketing

Ms Clara Yeung 楊凱淇
Tel: 2814 5438 | clara.yeung@abermarinclub.com

Central Reservations Centre 預訂服務中心

Tel: 2814 1222
reservations@abermarinclub.com

ACCOUNTING OFFICE 會計辦公室 Tel: 2814 5422 / 2814 5427

LOST & FOUND 失物認領部 Tel: 2814 5315

ADVERTISING 廣告查詢 Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs



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



5 years+ 商界展關懷
Awarded by The Hong Kong Council of Social Service
香港社會服務界協會

Contents

SEPTEMBER OCTOBER 2022

- | | | | |
|-----------|---|-----------|--|
| 10 | Meet the Marina Grill Team
Marina Grill 團隊 | 42 | Activities News
活動消息 |
| 14 | On Location
California
看電影遊加州 | 44 | Class Highlights
康體課程推介 |
| 24 | La Cave Team
Recommendations
La Cave 團隊推介 | 46 | Coach Spotlight
教練焦點 |
| 26 | Wine Dinners
葡萄酒晚宴 | 50 | Members Events
會員活動 |
| 30 | Design Icons
The Theme Building
洛杉磯國際機場主題大樓 | 52 | Club Notices
會所快訊 |
| 32 | Hair & Beauty Salon
美髮及美容中心 | 53 | Corporate Social
Responsibility
企業公民社會責任 |
| 38 | Fitness Centre
健身中心 | 54 | Memorable Moments
難忘片段 |
| 40 | Lifestyle Corner
生活資訊 | | |





海鮮及大閘蟹粉 菜式推介

SEAFOOD AND HAIRY CRAB

九月及十月
THROUGHOUT
SEPTEMBER & OCTOBER



- 大閘蟹粉燴雪膠
Braised hairy crab meat, snow gum

- 焗釀鮮大閘蟹蓋
Baked stuffed hairy crab shell

- 煎封原條多寶魚
Pan-fried turbot

- 蒜芯炒南非鮑魚
Sautéed fresh South Africa abalone, garlic shoots

- 三色椒炒澳洲青口
Sautéed fresh Australian mussels, assorted bell peppers

- 椒鹽百花釀鮮魷
Fried stuffed fresh squid, minced shrimps, spiced salt

- 烏魚子翠塘豆腐
Braised bean curd, mixed seafood, mullet roe

- 蜜椒白鱈球
Baked fresh eel, honey, black pepper

- 奶油燕麥鳳尾蝦
Deep-fried prawns, oatmeal, butter sauce

- 原籠生中蝦蒸糯米飯
Steamed fresh prawns, glutinous rice

- 巴馬臣芝士焗龍蝦
Baked lobster, Parmesan cheese

- 蟹粉小籠包
Steamed hairy crab meat, minced pork dumplings

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



MID-AUTUMN FUN PARTY

AT PORTSIDE AND THE DECK

Saturday, September 10

6.30-9.30pm

Adult \$538 • Child \$388

Celebrate with your family and friends.

Lots of carnival games, arts and crafts and festive decorations, plus an international buffet dinner at Portside or The Deck.

快來與家人及朋友慶祝中秋節。除了各式遊戲和手工藝術製作，
還可享用Portside或The Deck自助晚餐。

For reservations, please call our Events Sales Team on 2814 5442

or email events@aberdeenmarinaclub.com

預訂請致電宴會部電話2814 5442或電郵至events@aberdeenmarinaclub.com

THAI FUSION DELIGHTS

泰式創意料理

THROUGHOUT
SEPTEMBER AND OCTOBER

九月及十月

Thai Fusion is a blend of Thai and Western cuisine styles, allowing home cooks to create a vast number of personalised dishes.

This style of cooking is very popular in Thailand, where food is the great joy in life and it is always a challenge to prepare innovative meals for family and friends.

This Autumn, you can have lots of fun combining tastes and ingredients to invent your own fusion favorites at The Balcony.

大廚把泰菜和西式料理的精髓融合創作出多款特色菜式。歡迎與親朋好友一起前來泰國露臺餐廳品嚐創新泰菜。

the
BALCONY

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。

NEW MARINA DELI RENOVATION



MARINA DELI WILL UNDERGO RENOVATION FROM SEPTEMBER 13 UNTIL EARLY NOVEMBER, WHEN WE WILL BE BACK WITH A BRAND-NEW LOOK. DURING THE RENOVATION, WE WILL HAVE A POP-UP STORE RIGHT NEXT DOOR.

深灣店將於 9 月 13 日至 11 月初進行裝修工程，期待為會員帶來一個全新的面貌。裝修期間臨時深灣店將設於旁邊。



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

訂單或查詢請致電深灣店電話 2814 5302, WhatsApp 6390 0716
或電郵至 marinadeli@aberdeenmarinaclub.com

MARINA GRILL



Marina Grill service team and culinary team

Meet the Marina Grill Team

Marina Grill 團隊



Marina Grill serves contemporary Western cuisine made with seasonal ingredients, focusing on meat and seafood, with a large selection of fine wines and cocktails expertly prepared at The Bar.

It is an ideal venue for business meetings and private gatherings, with delicious roasts served every Sunday lunchtime.

Come and see the menu designed by Executive Sous Chef Mark Young soon – the Marina Grill team looks forward to welcoming you!

Marina Grill 採用時令食材烹製西式菜餚，以肉類和海鮮為主。The Bar亦準備了各種美酒和雞尾酒。每逢週日午餐時段更提供燒烤菜式，是商務會議和私人聚會的理想場所。

快來品嚐由行政副總廚Mark Young為大家設計的新菜單。我們期待大家的蒞臨。



From left to right: Chef Richie, Chef Simon, Chef Mark, Chef Steve, Chef James and Chef Leo



From left to right: Chanice, Benny, Kristy, Curzio, Sarah, Walter and Varun

MARINA
GRILL



SEAFOOD PLATTER

海鮮拼盤

September and October

Taste the delicate flavours of the ocean with a chilled seafood platter at Marina Grill featuring chef's selection of the finest seafood available worldwide.

Marina Grill 為大家精選來自世界各地的優質海鮮，把新鮮滋味送到餐桌上。

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

Caffé
LUNA

BLACK MUSSELS

美味青口

*Throughout
September and October*



BLACK MUSSELS SPICY MARINARA

Morisseau mussels, tomato marinara sauce, tabasco, served with fries

BLACK MUSSELS WHITE WINE

Morisseau mussels, Chardonnay wine, served with fries

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

Caffé
LUNA

HALLOWEEN SEMI-BUFFET DINNER

萬聖節半自助晚餐

SHOW OFF YOUR
FAVOURITE
HALLOWEEN COSTUME.

*Saturday and Sunday,
October 29-30
5.30-9.30pm
(with face painting until 8pm)
Adult \$468 Child \$328*



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
ABERDEEN MARINA CLUB

TRICK OR TREAT!

萬聖節特備活動！

*Saturday and Sunday,
October 29 and 30.*

We have prepared special Halloween pumpkin baskets for Junior Members and their friends to grab from the Lobby Reception.

Bring your basket to collect Trick or Treat sweets and candies from all our restaurants and Sports & Recreation receptions on Saturday and Sunday, October 29 and 30.

First come, first served – while limited supplies last!

本會為少年會員和他們的朋友準備了萬聖節南瓜籃，屆時可在會所大堂接待處領取糖果。

歡迎帶備你的萬聖節糖果籃，於10月29日至30日（星期六及日）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！





In this issue we're crossing the Pacific to go . . .

On Location: CALIFORNIA

看電影遊加州



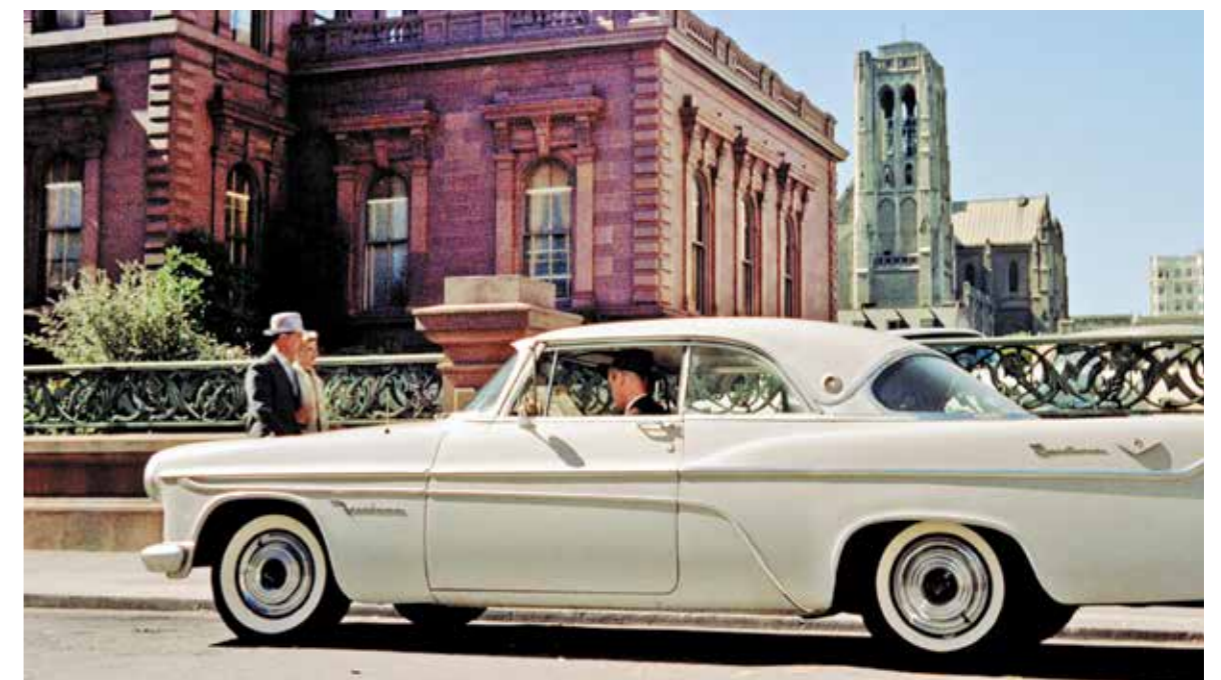
Vertigo 迷魂記 (1958)

Director: Alfred Hitchcock

Starring: James Stewart, Kim Novak

Alfred Hitchcock's psychological thriller *Vertigo* came top in *Sight & Sound* magazine's critics' poll of the Top 100 Greatest Films of All Time in 2012. The poll is conducted every ten years and it was the first time that Orson Welles' *Citizen Kane* (1941) hadn't won since 1962. Showcasing San Francisco in glorious Technicolor and widescreen VistaVision – from the Golden Gate Bridge down to Haight-Ashbury and the Mission District – Hitchcock delivers an engaging evocation of time and place as retired detective James Stewart cruises around the city in his beautiful white DeSoto coupe (below), tailing an old friend's wife. Such is the film's enduring appeal that several companies still offer guided *Vertigo* location tours of the city. Dedicated fans can even stay at the Hotel Vertigo, which was originally the York Hotel when used as one of the film's key locations.

Where to find: Apple TV/iTunes, DVD and Blu-ray.

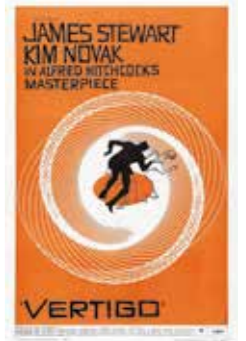


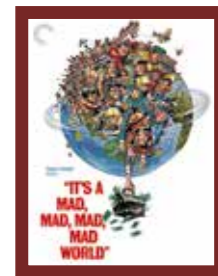
導演：希治閣

演員：占士史超域、金露華

希治閣的心理驚悚片《迷魂記》在2012年被Sight & Sound雜誌評論家評選為100部最佳電影之首。該評選每十年進行一次，奧森威爾斯的《大國民》(1941)自1962年評選以來第一次沒有勝出。以彩色寬屏展示舊金山的光輝——從金門大橋到海特阿什伯里和傳教區，希治閣描述了一個引人入勝的回憶，當退休偵探占士史超域駕駛著他的白色DeSoto跑車(下圖)穿梭於市區時，一位老朋友的妻子卻緊隨其後。這部電影具有歷久不衰的吸引力，至今仍然有旅遊公司根據《迷魂記》的場景來遊覽市中景色。忠實的影迷甚至入住Vertigo酒店，該酒店初時名為約克酒店，為當時被用作電影的主要場景之一。

觀看影片：Apple TV/iTunes，DVD或藍光影碟。





It's a Mad, Mad, Mad, Mad World 瘋狂世界 (1963)

Director: Stanley Kramer
Starring: Spencer Tracy, Milton Berle

Filmed mainly around Palm Springs and in Los Angeles – especially Long Beach (top) – *It's a Mad, Mad, Mad, Mad World* is the ultimate comedy road movie, clocking in at close to three hours with a star-studded cast led – or rather followed – by the great Spencer Tracy as the police captain hot on their treasure-hunting trail. California never looked more colourful on screen, with a splendid variety of vehicles driving and flying towards the Pacific coast in search of the mysterious “Big W”. The Criterion Collection DVD and Blu-Ray include a map guide showing 25 of the locations featured throughout, along with several hours of extra features including a 197-minute extended version.

Where to find: YouTube Movies, DVD and Blu-ray.

導演：史丹利克藍瑪
演員：史賓沙德利西、米爾頓伯利

電影主要在棕櫚泉附近和洛杉磯拍攝，尤其多在長灘（上圖）取景。《瘋狂世界》在星光熠熠的演員帶領下，一部近三小時的喜劇電影，由史賓沙德利西飾演的警察隊長走上



尋寶路上的歷程。加州在屏幕上看起來更加色彩豐富，各種各樣的車輛駛向太平洋海岸，尋找神秘的“大W”。標準收藏的DVD和藍光碟內包括一張地圖指南，標記了貫穿其中的25個尋寶地點，以及197分鐘的加長版本。

觀看影片：YouTube電影，DVD或藍光影碟。



Bullitt 渾身是膽 (1968)

Director: Peter Yates
Starring: Steve McQueen, Jacqueline Bisset

The highlight of British director Peter Yates' *Bullitt* is the 11-minute mid-movie car chase through and around San Francisco, which – while not always making perfect geographic sense – set a new standard for all movie car chases to follow. When not engaged in high-speed pursuit in his Ford Mustang GT (which sold at auction for US\$3.4 million in 2020), Steve McQueen's Lieutenant Frank Bullitt searches all over the city for an elusive hitman, from Pacific Heights to the Oakland Bay Bridge to San Francisco International Airport. Keen to promote the city as a filming location, the mayor allowed several streets to be closed down for three weeks for the car chase scene, and for the overnight use of the airport, making San Francisco a realistic, real-life star of the show.

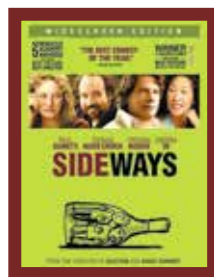
Where to find: DVD and Blu-ray.



導演：彼得葉士
演員：史提夫麥昆、積琪蓮貝茜

英國導演彼得葉士的《渾身是膽》，亮點是電影中段的11分鐘穿越三藩市的汽車追逐情節。雖然在地理意義上並不完美，但為所有電影汽車追逐情節設立了新的標準。當時並沒有駕駛著他的福特野馬GT高速奔馳（該車在2020年以340萬美元拍賣售出），史提夫麥昆飾演的弗蘭克布利特中尉，在全城搜尋一個難以捉摸的殺手，從太平洋高地到奧克蘭灣大橋到三藩市國際機場。市長熱衷宣傳這城市作為拍攝地，允許封閉數條街道三週和通宵使用機場，以供拍攝追車場面，使三藩市成為現實生活中的明星。

觀看影片：DVD或藍光影碟。



Sideways

酒佬日記 (2004)



Director: Alexander Payne
Starring: Paul Giamatti, Thomas Haden Church
HK Category III

Set and filmed in Santa Barbara County, northwest of Los Angeles, *Sideways* did for Californian wine what *Bullitt* did for the Ford Mustang. Still today there are *Sideways* wine tours and official self-guided maps that will take you to most of the locations visited by wine-loving Miles and his soon-to-wed wayward pal, Jack. It's a fun, if at times rather dark and grown-up comedy, offering an amusing and fruity taste of California wine country, with several cameos from knowledgeable locals at their workplaces. Viewers might like to keep some Californian Pinot Noir on hand, as it's hard to imagine watching this film without a glass or two of wine to get into the spirit of the journey.

Where to find: Apple TV/iTunes, DVD and Blu-ray.



導演: 阿歷山大佩恩
演員: 保羅吉亞瑪提、托馬斯哈登丘奇
香港電影級別III

《酒佬日記》在洛杉磯西北部的聖巴巴拉縣拍攝，並推動了加州葡萄酒業，如《渾身是膽》為福特野馬宣傳一樣。至今，仍然有《酒佬日記》葡萄酒之旅和官方地圖，帶你前往大部分片中出現過的地點。這是一部有趣的黑色幽默喜劇，介紹了加州是葡萄酒之鄉，並有數名有豐富葡萄酒知識的當地人在片中客串。觀賞時喝兩口加州紅酒，更能投入電影的情懷。

觀看影片: Apple TV/iTunes, DVD或藍光影碟。



Once Upon a Time in Hollywood

從前, 有個荷里活 (2019)

Director: Quentin Tarantino
Starring: Brad Pitt, Leonardo DiCaprio
HK Category IIB

Quentin Tarantino's homage to late-1960s Hollywood, its actors and filmmakers delivers a steady stream of nostalgic impulses and cultural references against a realistic backdrop of vintage Los Angeles street life. A fading actor (DiCaprio) and his stunt-double friend (Pitt) cover a lot of ground – from Hollywood Boulevard (top) out to the old Corriganville Movie Ranch – as their stories diverge and reconnect throughout the intriguing narrative. Made 50 years after the events depicted, the film cleverly captures the mood, spirit and look of the times, and does a great job of realistically transporting the viewer all over town. There are plenty of film stars to look out for, too, including Steve McQueen (played by Damien Lewis) near the peak of his career, having appeared in *Bullitt* just a few months earlier.

Where to find: Apple TV/iTunes, DVD and Blu-ray.

導演: 塔倫天奴
演員: 畢比特、李安納度狄卡比奧
香港電影級別IIB

塔倫天奴向1960年代後期的荷里活、當時的演員和電影



製作人致敬，在懷舊的洛杉磯街頭生活的背景下，源源不絕地展現當時懷舊的文化。狄卡比奧飾演一個過氣明星，而畢比特則飾演他的替身演員朋友，片中場景由荷里活大道（上圖）至舊科里根維爾電影牧場，隨著他們的故事不同的發展，在有趣的敘述中重新連接。這部電影描繪發生在50年前的故事，巧妙地捕捉了時代的情緒、精神和面貌，並將整個城市真實地展現給觀眾。片中也有很多演員值得關注，包括Steve McQueen（達米安路易士飾）當時正接近他演員生涯的頂峰，在拍攝前幾個月才在《渾身是膽》中演出。

觀看影片: Apple TV/iTunes, DVD或藍光影碟。

MONT VERRA
緹外



「泰和院」— 弘美院墅氣魄泱泱，意態超然²

IN THE REALM OF TRANQUILITY

九龍半山³隱逸之境

ATOP THE GREAT HEIGHTS OF
KOWLOON MIDLEVELS
九龍半山³ 坐擁風雲

嘉里建設秉持卓越的建設發展理念，旗下物業遍佈亞太區，雄踞優越地段，並以建築品質為先，憑藉專業與經驗，創造出夢寐以求的優尚生活。

筆架山位於九龍半山³峻嶺，以逾400米高海拔的高蹈姿態位踞香港中心地帶，穩坐尊尚區之譽。繼著名項目「緹山」，相繼呈獻珍罕住宅項目「緹外」，延續筆架山之氣魄，並進而展現精藝之建築作品。

A RARE ABODE
FOR A TIMELESS LEGACY
聚天地靈氣 縈幽人秀韻

「緹外」由五幢低密度寓所及三座獨立院墅組成，超然屹立在名山之上。其中三座各具特色的院墅擁逾11,000平方呎⁴的寬裕空間，連同私屬花園與泳池，盡顯宏偉奢華。

位踞山中清境，聚天地靈氣，縈山水秀韻，蒼翠錦簇環繞而生⁵。棲身天然花園，呼吸於無際視覺之中⁵，享低密度之私屬感，從「緹外」俯瞰整個九龍半島³以及港島對岸景色⁵，將恢宏山城景致盡收眼底⁵。

A TRIUMVIRATE OF
UNPRECEDENTED VILLA HOMES
映山暉 渲泰和 懷水韻

三座獨立院墅均以天然美學概念而成，並帶有深遠流長的人文精神，分別透過山暉、泰和、水韻三種意蘊構思注入匠心工藝，典藏為山中傳奇。

山暉院¹的建築設計以山為題，構成山居合院，存於縈青繚白的半山氛圍，帶雲隱山暉之意。花崗岩築成的雙層院墅⁸，如山中瑰寶，經精煉鑄冶成暉煥明珠，映現「石韜玉而山暉」，清風徐來，樹木花卉繞居而生，鋪出漫山暗香，凝聚靈秀。



「水韻院」— 環視池畔山城景致自若⁶

泰和院¹以和為念，天地正合，置中坐鎮，對稱美學設計，靈感來自歷史悠久的四合院建築，氤氳古色古香，亦傳意平衡祥和。「天地有正氣，含和吐明庭」，端正儒雅氣息，捲起萬千氣場，貫徹晝夜，由恢宏前庭直通堂皇居室，以至心間。

水韻院¹繞水而展，涓滴構築，漫溢水韻風華。門前特設雙水池裝飾⁸寓川流不息，傾注生機；建築外牆的圓角弧線⁸糅合水之形態，細膩靡曼。如詩般意境，猶江河暢達流淌，似雨露揮灑自如，「水懷珠而川媚」，流水依依，露瑩柔韻。

RETREAT TO A POETICALLY
CRAFTED LANDSCAPE
流露詩情畫意 融注閒賦時光

宏偉建築帶有擁抱世界之超然意境，將現代生活融入山居，配上廣闊前庭，氣派無遠弗屆。院墅之間築起約7米綠樹的天然屏障⁸，給予每戶雅觀私屬感，盡享尊優時光。

院墅範圍內設園藝美學設計花園及長達15米戶外恆溫泳池，內設全港極致罕有的升降系統，泳池地台能隨時升降或與花園平面契合，方便靈活利用⁸；住戶隨時隨心漫步蔥蘢園間，或浮游在水天一色之中，同樣優哉游哉，悠然陶醉於閒賦時光。



「山暉院」— 亭亭綠植前迎廣闊庭院⁷

Beyond
IT ALL
一擁 永傳



網站



微信

(852) 2783 0830



嘉里建設
KERRY PROPERTIES

發展項目名稱：緹外 | 街道名稱及門牌號數：龍駒道3號 | 區域：石硤尾 | 本廣告/宣傳資料內載列的相片、圖像、繪圖或素描顯示純屬畫家對有關發展項目之想像。有關相片、圖像、繪圖或素描並非按照比例繪畫及/或可能經過電腦修飾處理。準買家如欲了解發展項目的詳情，請參閱售樓說明書。賣方亦建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。賣方為施行《一手住宅物業銷售條例》第2部而就發展項目指定的互聯網網站的網址：www.MontVerra.com.hk

賣方: NMC Limited (註: 賣方的成立及法團所在地為英國維爾京群島, 賣方的目的法律責任是有限的) | 賣方之控權公司: Dragon Wisdom Limited-Goldash Holdings Limited-Kerry Properties (Hong Kong) Limited-嘉里建設有限公司-嘉里地產有限公司-Kerry Group Limited | 發展項目的認可人士: 王開義先生 | 發展項目的認可人士以其專業身分擔任發行人、董事或職員的商業或法律: 劉榮傑在區建築師有限公司 | 發展項目中的住宅物業的出售而代表他人行事的律師事務所: 高李律師行 | 已為發展項目的建造提供貸款或已承諾為該項建造提供融資的認可機構: 不適用 | 已為發展項目的建造提供貸款的任何其他人: 東豐有限公司 | 擬委任或委任於建築師、專業文件或其他法律文件上: 有關名稱可能不時改變, 賣方並無作出任何不備聲明或暗示的契約、承諾、陳述或保證 | 2. 此相片於2021年4月20日於發展項目之「泰和院」並經電腦修飾處理。相片僅作展示發展項目大體之周邊環境、建築物及設施, 並不反映發展項目及其周邊環境之實際景觀及狀況, 僅供參考。發展項目周邊環境、建築物及設施可能會不時改變。相片內有關發展項目的環境、景觀、設施、建築物、園藝及其他物件等不一定會在發展項目或其附近範圍內出現或提供。裝置、裝修物料、設備之提供以買賣合約的條款及條件為準。相片未必能反映顯示發展項目或其任何部分的實際外觀, 其真實景觀及環境狀況。住宅物業景觀受所處地點、座向及周邊建築物及環境影響, 並非適用於所有住宅物業。賣方建議準買家到有關發展地盤作實地考察, 以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。相片及相片內容僅供參考, 並不構成及不得詮釋成任何不備聲明或暗示的契約、承諾、陳述或保證 (不論是關於發展項目或其任何部分之景觀或環境)。詳情請參閱售樓說明書。 | 3. 發展項目分區計劃大綱圖的區域為石硤尾。 | 4. 本廣告所述之每個住宅物業的實用面積 (包括每一個露台、工作平台或陽台 (如有的話) 的樓面面積), 是按照《一手住宅物業銷售條例》第8條計算得出的。其他指明項目的面積 (不計算實用面積) 是按《一手住宅物業銷售條例》附表2第2部計算得出的。詳情請參閱售樓說明書。 | 5. 單位景觀受所處地點、座向及周邊建築物及環境影響。且周邊環境、建築物及設施可能會不時改變。賣方建議準買家到有關發展項目作實地考察, 以對該發展項目、其景觀、周邊地區環境及附近的公共設施有較佳了解。 | 6. 此相片於2021年7月15日於發展項目之「水韻院」拍攝, 並經電腦修飾處理。相片僅作展示發展項目大體之周邊環境、建築物及設施, 並不反映發展項目及其周邊環境之實際景觀及狀況, 僅供參考。發展項目周邊環境、建築物及設施可能會不時改變。相片內有關發展項目的環境、景觀、設施、建築物、園藝及其他物件等不一定會在發展項目或其附近範圍內出現或提供。裝置、裝修物料、設備之提供以買賣合約的條款及條件為準。相片未必能反映顯示發展項目或其任何部分的實際外觀, 其真實景觀及環境狀況。住宅物業景觀受所處地點、座向及周邊建築物及環境影響, 並非適用於所有住宅物業。賣方建議準買家到有關發展地盤作實地考察, 以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。相片及相片內容僅供參考, 並不構成及不得詮釋成任何不備聲明或暗示的契約、承諾、陳述或保證 (不論是關於發展項目或其任何部分之景觀或環境)。詳情請參閱售樓說明書。 | 7. 此相片於2021年4月20日於發展項目之「山暉院」拍攝, 並經電腦修飾處理。相片僅作展示發展項目大體之周邊環境、建築物及設施, 並不反映發展項目及其周邊環境之實際景觀及狀況, 僅供參考。發展項目周邊環境、建築物及設施可能會不時改變。相片內有關發展項目的環境、景觀、設施、建築物、園藝及其他物件等不一定會在發展項目或其附近範圍內出現或提供。裝置、裝修物料、設備之提供以買賣合約的條款及條件為準。相片未必能反映顯示發展項目或其任何部分的實際外觀, 其真實景觀及環境狀況。住宅物業景觀受所處地點、座向及周邊建築物及環境影響, 並非適用於所有住宅物業。賣方建議準買家到有關發展地盤作實地考察, 以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。相片及相片內容僅供參考, 並不構成及不得詮釋成任何不備聲明或暗示的契約、承諾、陳述或保證 (不論是關於發展項目或其任何部分之景觀或環境)。詳情請參閱售樓說明書。 | 8. 有關的裝置、裝修物料、設備、裝飾物、園藝、傢具、器材、燈光、植物、擺設、藝術品及其他物件僅供參考, 亦可能與交樓標準及實際狀況不同。裝置、裝修物料及設備之提供以買賣合約的條款及條件為準。賣方保留權利修改發展項目的建築圖則及保留權利變更、修改和更改發展項目任何部分的設計-布局、用料、裝置、裝修物料及設備。 | 本廣告由賣方發布 | 賣方建議準買家到有關售樓說明書, 以了解發展項目的資料 | 版權所有 © 2022 嘉里建設有限公司 (於百慕達註冊成立之有限公司) | 此廣告之印刷日期: 2022年9月17日

TAIWANESE NIGHTS

台灣美食之夜



Savour the delightful flavours of Taiwanese cuisine with a selection of traditional dishes and street snacks.

盡情品嚐美味的台灣特式美食。

Wednesdays

September 14 and October 12

5.30-9pm

ADULT成人 \$498 | CHILD小童 \$198



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.



HONG KONG HAWKER FOOD

香港街頭美食

THROUGHOUT
SEPTEMBER AND OCTOBER



胡椒雞腳湯飯
Pepper chicken
feet soup

煎釀三寶
Stuffed three
treasures



PORTSIDE

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.

Exceptional Events and Unique Occasions at Portside

Portside provides a convivial atmosphere and relaxed setting for business events, parties and wedding receptions. 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

For tailor-made packages, please call our Events Sales Team on 2814 5442 or email events@aberdeenmarinaclub.com

查詢及預訂，請致電宴會部
電話2814 5442 或電郵至
events@aberdeenmarinaclub.com

Subject to current COVID-19 measures.
需受現時防疫措施限制。



ORIGINAL GIN

氈酒 - 百花齊放



Originally known as genever, geneva or jenever, dry gin is produced by distilling a wash made from fermented grain, malted barley, maize or rye, flavoured with a range of botanicals, including coriander, angelica and citrus peel to fermented and manufactured, but the dominant flavours always comes from juniper.

Gin is flavoured with botanicals either by passing the vapors from the distillate through the flavourings, or by steeping them in spirit and distilling them in a separate run. In the process, the gin must be added to the juniper berry. Juniper berries contains floral fragrance in a unique herbal wood flavour



giving the gin herbal and botanical aromas.

In recent years, the popularity of gin has increased and new brands have emerged around the world.

Although gin originated in the Netherlands, the British popularised it over the centuries, taking it across the British Empire and making it renowned – not just for its cooling taste but for its supposed health benefits when drunk with quinine-laced tonic water – around the globe, especially in the Tropics.

Over the past two decades, the gin industry has undergone significant changes and has developed into an extravagant boutique drink that can be consumed neat.

Newly built whisky distilleries are emerging in Japan, with some small distilleries focusing using different materials and techniques. The Kyoto Distillery is one of these. Their product Ki No Bi Gin is based on rice, with ingredients including yuzu, lemon, green tea, ginger and petals. This distillery is arguably the role model for modern Japanese gin makers.

La Cave invites you to join a gin masterclass on October 8. See page 29 for further details.

氈酒(Gin) 原名為Genever / Geneva / Jenever，是一種無色的烈酒，和其他烈酒一樣，氈酒都是以穀物為原料，並

以草本植物調味，包括芫荽、當歸和柑橘皮。氈酒是通過蒸餾，由發酵穀物、大麥麥芽、玉米或黑麥製成的洗滌液製成的。氈酒透過蒸餾液中的蒸汽來調味或是將它們浸泡在烈酒中並單獨蒸餾。與別的烈酒最為不同的，是在釀製過程中，氈酒一定要加入杜松子，這亦是歐盟法律的規定。杜松子集辛香，花香和木香於一身，令氈酒具備獨特的草本香氣。

近年氈酒受歡迎程度有增無減，各國不斷湧現新品牌，要數龍頭大哥必屬英國，雖然此酒源自荷蘭，但真正把它發揚光大的是英國人。在十七世紀時，英國軍人發現荷蘭軍隊在出戰前都會飲用氈酒加強士氣，從而發現氈酒有利尿和解熱的作用，並有助舒緩因壓力而成的心悸。氈酒引入英國後，旋即引起一股飲氈酒的風氣，亦令英國成為氈酒其中一個主要的生產國。在這二十年間，氈酒工業有顯著變化，由商業品牌提供作調配雞尾酒用途，發展到近年可單獨品嚐的貴氣精品。氈酒製作簡單，又有市場支持，現時市場已樹立不少來自不同國家的品牌包括日本。在日本，新建威士忌蒸餾廠不斷湧現，當中有一些小型氈酒廠，運用不同材料和技巧製作氈酒。京都的「季之美」酒廠是其中代表，季之美的氈酒是以米酒作基礎，材料分別為柚子、檸檬、茶葉、薑和花瓣，可說是現代日本氈酒的表表者。

我們La Cave團隊誠邀你參加十月的氈酒大師班，詳情請參閱本刊第29頁。



Château Musar Wine Dinner 葡萄酒晚宴

Thursday, September 8 9月8日(星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$880 per person 每位\$880
Speaker: Jason Barrere, Brand Manager



WINES FEATURED

- Musar Jeune Blanc 2020
- Musar Rosé 2017
- Musar Red 1998
- Musar Red 2015
- L'Arack de Musar NV

For enquiries, please call Caffé Luna on 2814 5952.
查詢請致電Luna意大利餐廳電話2814 5952。



Château Lafon-Rochet Wine Dinner 葡萄酒晚宴



Thursday, September 22 9月22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
Guest Speaker: Stephen Reducki



MENU

- Welcome Drink
Henriot Brut Souverain NV
- 脆皮乳豬鮮鵝肝多士伴蔥油海蜆頭
**Suckling pig on toast with
fresh goose liver and jelly fish
with spring onion oil**
Château Lafon Rochet, 4ème Cru Classé,
St Estèphe 2006

豉汁炒波士頓龍蝦
**Sautéed fresh Boston lobster with
black bean sauce**
Château Lafon Rochet, 4ème Cru Classé,
St Estèphe 2011

酒香蔥爆紐西蘭羊柳
**Wok-fried New Zealand lamb fillet with
spring onion and port wine**
Château Lafon Rochet, 4ème Cru Classé,
St Estèphe 2003
Château Lafon Rochet, 4ème Cru Classé,
St Estèphe 2014

脆香乳鴨
Crispy baby duck
Château Lafon Rochet, 4ème Cru Classé,
St Estèphe 2009

芝士焗原個南瓜海鮮飯
**Baked whole pumpkin rice with diced
mixed seafood and cheese**

石榴甘露、牡丹酥
**Chilled sago cream with pomelo and
guava, deep-fried puff pastry with
lotus seed paste**

Bookings will open around one month prior to the event date.
For reservations, please see the Club's e-wire or call the Central Reservations Centre on 2814 1222.
預訂將於活動日期前約一個月開始，屆時請留意本會電子通訊或致電預訂服務中心電話2814 1222。

the
BALCONY



**Domaines des Malandes
Wine Dinner**
葡萄酒晚宴

Thursday, September 29 9月29日 (星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,180 per person 每位\$1,180
Guest Speaker: Clémence Bideau



WINES FEATURED

Domaines des Malandes
Petit Chablis 2020

Domaines des Malandes
Chablis 2020

Domaines des Malandes
Chablis 1er Cru Fourchaume 2020

Domaines des Malandes
Chablis Grand Cru Les Clos 2020

Domaines des Malandes
Chablis Grand Cru Vaudesir 2020



Bookings will open around one month prior to the event date.

For reservations, please see the Club's e-wire or call the Central Reservations Centre on 2814 1222.

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



LA CAVE

**Ki No Bi Kyoto Dry Gin
Masterclass**

季の美京都手工氈酒大師班

Saturday, October 8 10月8日 (星期六)
3.30-4.30pm 下午3時30分至4時30分
\$100 per person 每位\$100



WINES FEATURED

Ki No Bi Kyoto Dry Gin

Ki No Tea Kyoto Dry Gin

Ki No Bi Sei Dry Gin

Ki No Bi 24th Edition Dry Gin Noh
Mask "Douji"
(季能美童子24th edition)



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

預訂及查詢，請致電La Cave電話2814 5391或電郵致lacave@aberdeenmarinaclub.com。

The Theme Building

洛杉磯國際機場主題大樓

- by Peter Walbrook

Looking as futuristic today as it did when it was first opened back in 1961, the Theme Building at Los Angeles International Airport (LAX) is one of the city's most impressive landmarks, and likely the first to be seen by arriving air travellers (unless they glimpsed the famous hillside Hollywood sign a few minutes earlier).

One of the best-known and most enduring examples of futurist Googie architecture, its design was heavily influenced by Space Age, Jet Age and Atomic Age design concepts that were really beginning to take off in the 1950s.



Resembling a flying saucer on legs, straight out of a 1950s Sci-Fi film, the rather blandly named Theme Building was created from plans by architectural firm Pereira & Luckman, which had also designed the original Disneyland Hotel a few years before.

Once containing a smart restaurant and commanding views of arriving and departing planes from its popular observation deck, now this reminder of the earliest days of the Jet Age is more of a curiosity than anything else.

It has undergone a number of renovations, including earthquake proofing in 2010, and had already been officially declared a historic-cultural monument by 1993, but these days it seems to attract mainly YouTubers keen to survey its deserted interior and other urban explorers.

The restaurant closed in 2013, and the observation deck is also apparently now completely off limits, but it is hoped that the increasingly isolated Midcentury Modern masterpiece can be readapted and given new purpose, possibly as a boutique hotel.



現在看起來很有穿越未來的感覺，就如1961年首次開放時一樣，洛杉磯國際機場 (LAX) 的主題大樓是洛杉磯最令人印象深刻的地標之一，到達機場的遊客所看到最吸引的建築物 (除非數分鐘前在航機上看到著名的荷里活山坡)。作為未來主義建築最著名的例子之一，此機場的設計深受1950年代真正開始起飛的太空時代、噴射時代和原子時代設計理念影響。

外形類似於腳上的飛碟，源自1950年代的科幻電影，主題建築是建築公司Pereira & Luckman的計劃創建的，該公司在這之前還設計了迪士尼樂園酒店。

大樓從前設有一間餐廳，可以從觀景台俯瞰飛機上落的景色，現時回憶起噴射機時代早期的事情，令人十分好奇。曾經歷多次翻修，包括2010年的防震工程，並在1993年被正式宣佈為歷史文化業古蹟，現在主要吸引YouTuber探索。

餐廳於2013年關閉，觀景台現在也禁止進入，希望這座中世紀時尚傑作能夠被賦予新的用途，或許可以作為精品酒店。





Beyond time, beyond spaces, beyond the sea.



SANLORENZO
ASIA

Simpson Marine
sanlorenzo@simpsonmarine.com
sanlorenzoasia.com

sanlorenzoyacht.com

SD
118/

rare skin
fuel

The Power of the Natural Ingredient

RARE天然成份的魔力

Cutting Edge Beauty and RARE SkinFuel collaborate to deliver the most satisfactory facial experience using 100% organic and native Australian ingredients. Our goal is for skin lovers to regain their confidence by showing their bare skin. Makeup is just a cover, confidence comes from bare beauty, and RARE SkinFuel motivates you to show your bare skin without fear.

The RARE SkinFuel Facial – 80 minutes

Enjoy the ultimate anti-ageing experience using cold-pressed skincare from RARE SkinFuel to deeply detox and rejuvenate with 100% concentrated active antioxidants extracted from Australia. Native Australian Kakadu plum and quandong extracts contain 100 times more vitamin C than an orange, instantly brighten skin dullness and restore natural skin glow. Additionally, Maritech Fucoidan and Maritech come from the deep sea, enhancing skin firmness, tightening the skin, and restoring the natural youthful radiance.

Receive a gift of full size products from RARE SkinFuel after you finish your facial.

Cutting Edge將提供RARE SkinFuel面部療程，產品成份是100%澳洲有機原料。讓皮膚重新展示活力，重拾自信。化妝只是修飾，自信來自天然的美，RARE SkinFuel品牌鼓勵展示健康的素顏。

The RARE SkinFuel 面部療程 — 80分鐘

療程為你提供抗衰老的體驗，RARE SkinFuel 的冷壓護膚產品，使用來自澳洲100%濃縮活性抗氧化劑，達致肌膚深層排毒和恢復活力。產品成份比橙多100倍維他命C，瞬間提亮暗沉肌膚，恢復肌膚自然光澤。此外，Maritech Fucoidan和Maritech來自深海，增強肌膚緊緻度，恢復彈性和光澤。完成面部護理療程後，將收到RARE SkinFuel零售裝產品禮物一份。



CUTTING
Edge

We are open daily from 9am to 7pm.
For booking and enquiries, please call 2814 5320, or email cuttingedge@aberdeenmarinaclub.com.
Visit our website www.aberdeenmarinaclub.com and log in for 24-hour online booking.
美髮及美容中心營業時間為每天上午9時至晚上7時。
預約及查詢請致電2814 5320或電郵至cuttingedge@aberdeenmarinaclub.com。
歡迎瀏覽會所網頁www.aberdeenmarinaclub.com預約服務。

Ultra Femme 360

Regain your confidence

全面美體療程助你重拾信心

Who is the right candidate for Ultra Femme 360?

This procedure is an excellent option for women who desire improvement of their intimate area health and aesthetics.

The ULTRA FEMME 360™ provides a safe and effective treatment that can work wonders comfortably, with no downtime.

How long is the treatment? How many sessions do I need?

Intravaginal treatment takes eight minutes. External Treatment is based on your specific needs and usually takes less than 12 minutes. Your provider will tailor a treatment plan for you.

Recommended number of treatment sessions is three, scheduled once a week.

How fast will I see results? Is there any down time?

Improvements are noticeable after a single treatment session. The results will typically continue to improve over the next few months.

With no downtime you may resume normal activity immediately after the treatment.

A package is available, please contact the team for a consultation.

什麼人需要Ultra Femme 360 療程?

此療程適合希望通過ULTRA FEMME 360™ 非手術方式改善私密健康的女士。

ULTRA FEMME 360™ 提供了一個安全和有效的治療，可以舒適地創造奇蹟。



療程需時多久？一般需要做多少次療程？

私密療程每次只需8分鐘。外陰範圍之療程基於個人的需要，通常不到12分鐘。本會將為客人定製合適的計劃。

建議的療程次數為3次，每周一次。

需要多久才感受到效果？療程需要持續進行嗎？

在一次療程後便可感受到效果，一般在其後數月會逐漸改善。療程後可即時恢復正常活動，並無修復期。

本會提供優惠套餐，查詢請與顧問團隊聯絡。



EMSELLA® Treatment

Details and recommendations by Cutting Edge Beauty

Emsella® 私密修護椅療程

What is Emsella® Chair?

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



什麼是Emsella® 私密修護椅？

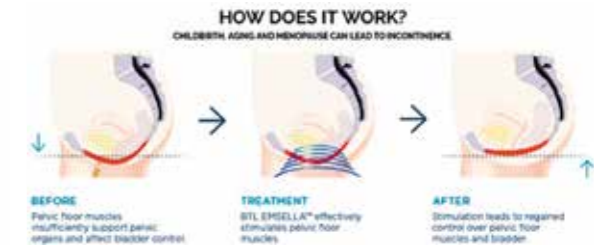
The Emsella® 私密修護椅的高能量聚焦磁技術(HIFEM)有效使盆底肌肉收縮。技術基於聚焦磁場，深層滲透及刺激整個骨盆底區域。一次的療程等於做了數千次的收縮盆底肌肉運動。

How does the procedure work?

Emsella® uses HIFEM technology to stimulate all the deep muscles of the pelvic floor. During the brief treatment, muscles contract in response to the electromagnetic stimulation, producing the same result as doing 10,000 Kegel exercises. Each session is 28 minutes long, and a typical patient would require eight sessions.

怎樣達到成效呢？

Emsella® 採用高能量聚焦磁技術，有效使深層的盆底肌肉收縮。療程期間肌肉會因電磁場刺激而收縮，結果相等於完成一萬次凱格爾運動。療程每節為28分鐘，患者一般需要完成8個療程。



Who would benefit from Emsella® Chair?

Women because of ageing or childbirth, experiencing urinary incontinence. Overactive bladder or stress-related urinary incontinence sufferers would also benefit.

Emsella can also treat the same symptoms of incontinence for men as the pelvic floor muscle supports the erection by improving the hydraulic system within the corpora cavernosa area.

誰適合選用Emsella® 私密修護椅療程？

The Emsella® 私密修護椅有助婦女解決因年長或曾分娩而導致的尿滲問題。膀胱過度活躍或壓力性尿失禁的患者亦可從這項療程中解決困擾。

Emsella亦同樣可以治療男士的尿失禁症狀。此外，透過增強盆底肌力可以改善陰莖海綿體勃起的問題。

Members have experienced these treatments and been delighted with the results. Value packages are available for you to enjoy the maximum benefits with the best value.

We encourage you to book a free consultation with one of the Beauty Team experts for more details.

體驗過這療程的會員，皆對效果感到滿意。本會現提供特惠套餐，讓會員以超值價享受最佳效果。如欲了解更多詳情，可與美容團隊預約免費諮詢。



CUTTING
Edge

We are open daily from 9am to 7pm.
For booking and enquiries, please call 2814 5320, or email cuttingedge@aberdeenmarinaclub.com.
Visit our website www.aberdeenmarinaclub.com and log in for 24-hour online booking.

美髮及美容中心營業時間為每天上午9時至晚上7時。
預約及查詢請致電2814 5320或電郵至cuttingedge@aberdeenmarinaclub.com。
歡迎瀏覽會所網頁www.aberdeenmarinaclub.com預約服務。

KÉRASTASE
PARISNEW ARRIVAL
Chroma Absolu

The Chroma Absolu range is enriched with ultra-caring acids and centella asiatica extract. Resurfacing care with restoring acid for colour treated hair, the latest range from Kerastase is now available at Cutting Edge Salon.

Chroma Absolu系列含極緻修復酸成份和積雪草萃取。Kerastase最新系列透過修復酸為染色受損的頭髮進行護理，會員現可在美髮美容中心選購。

Cutting
Edge Salon
Kerastase

KERASTASE美髮產品

Hair loss is a common condition triggered by stress, hormone imbalance, diet or genetics. At Cutting Edge Salon, we have developed a new menu to focus on hair and scalp conditions.

We have invested in the most advanced technology from Kerastase, the 4-in-1 Hair and Scalp Machine. It will treat hair loss, hair thinning, sensitive scalp, greasy scalp and dandruff.

Book your consultation and treatment and the Cutting Edge team of experts will advise you about the best hair and scalp treatment using the new machine.

脫髮是由壓力、賀爾蒙失調、飲食或遺傳引發的常見問題。Cutting Edge提供頭髮和頭皮的新療程。

本會引入了Kerastase最先進的技術——4合1頭髮和頭皮機以治療脫髮、頭髮稀疏、頭皮敏感、頭皮油膩和頭皮屑等問題。

歡迎預約，美髮及美容中心團隊將為你揀選最合適的頭髮和頭皮療程。

CUTTING
Edge

We are open daily from 9am to 7pm.
For booking and enquiries,
please call the Hair & Beauty Salon
on 2814 5320 or email
cuttingedge@aberdeenmarinaclub.com.

美髮及美容中心營業時間為每天上午9時至晚上7時。預約及查詢請致電美髮及美容中心電話2814 5320或電郵至cuttingedge@aberdeenmarinaclub.com。

Elim
Cutting
Edge

ELIM足部療程

The Advance ELIM MediHeel Treatment

This revolutionary treatment has replaced almost every step with a powerful solution that is gentle on your skin.

The filling procedure has been replaced with a chemical peel, the callus softening tonic/wipe and an alkaline solution of 11+ PH and a neutralizer – the MediHeel PH Neutralizer.

The scrub has now become an eco-friendly jojoba pearl bead and cellulose, which will be gentler on the skin with an alpha hydroxy acid to smooth out fine lines and wrinkles on the feet with the MediHeel AHA Foot Exfoliant.

Spa additive with tea tree and rosemary oil for odour and bacteria is added to the water and the foot perfecter, with the unique gel-powder technique, guarantees a non-slip effect after you finish the pedicure. And what better than gold to finish this wonderful treatment by applying the Gold Spritz.

The Advance ELIM MediHeel Treatment is an add-on. Please book your pedicure treatment as no nail work included.

此革命性的療程可取代過程中很多的步驟，提供溫和而強效的方案。以11+ PH的鹼性乳液及MediHeel PH 中和液，滋潤、填補及療癒軟化組織。

磨砂膏含不損環境的荷荷巴珍珠和纖維素，配合 MediHeel AHA 足部磨砂膏撫平足部的細紋，果酸成份對皮膚更溫和。

將茶樹和迷迭香油用於足部水療，添加了氛香和殺菌的作用，再配以獨特的凝膠粉末技術，提供足部療程後防滑的效果，並使用Gold Spritz來完成整個完美的療程。

美甲服務不包括足部療程，敬請額外預約The Advance ELIM MediHeel 療程服務。

SAY
HELLO
TO THE
NEW GENERATION
PEDICURE
with
elim

MEDICHEEL

CUTTING
Edge

We are open daily from 9am to 7pm.

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

美髮及美容中心營業時間為每天上午9時至晚上7時。

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

New Personal Trainers

Introducing Chloe and Kenneth

新登場私人教練

Chloe Sung is a fashion designer and Senior Personal Trainer who had a weight control problem at a young age. She was envious and self-conscious whenever she was out with her friends, but decided to face her fear and began her transformation journey. What started as self-transformation became an obsession to help others reach their full potential.

Chloe has since obtained her Certificates in Fitness and Personal Training from a well-known training institution. Her core strengths are weight loss, boosting muscle mass and post-natal core/deep abdominal training. She has built a wonderful Instagram story (chloesungchloe) sharing with everyone that transformation is possible.

Chloe enjoys painting and has an eye for fashion, especially in designing her swimwear line.

Kenneth Kung comes from the fashion industry and was underweight until ten years ago, when he embarked on a transformative journey, spending a lot of time in high-intensity training to achieve his goals. The journey was challenging but he did it with heart and soul and always reminded himself of the benefits and the milestones he achieved.

Kenneth decided to make fitness his career and took Personal Training Professionals Courses and Certificates.

"Fitness is not just becoming hunky or muscular," he says. "It can effectively improve physical problems and mental wellbeing. Fitness is suitable for all ages and physical conditions."

Kenneth's core strengths are pain and injury relief, physical therapy, weight training and improving the body's structure.

He enjoys photo shooting and studying art.

Enquiries查詢: 2814 5337 (Fitness Centre)
fitness@aberdeenmarinaclub.com



Kenneth

Chloe

我們的私人教練團隊迎來兩名新成員Chloe和Kenneth。

Chloe Sung是一名資深私人健身教練及時裝設計師，在年輕時曾有體重的問題。每當她和朋友外出時，她都很羨慕並自我懷疑，但她決定面對恐懼，以及開始作出改變，以自身的經歷幫助他人尋找及發揮潛能。

此後，Chloe從一家知名培訓機構取得健身和個人教練證書。她對減肥、增加肌肉質量和產後核心/深腹訓練具有資深的經驗。可到她的Instagram帳戶(chloesungchloe)分享蛻變的過程。

Chloe喜歡繪畫並且對時尚有著敏銳觀察力，尤其是在設計她的泳裝系列時。

Kenneth Kung出身時尚界，體重一直偏低，直到十年前，他踏上了轉變之旅，花上大量時間進行高強度訓練來達到自己的目標。過程是充滿著挑戰，他專注地向著目標前進，並提醒自己改變後的好處。

Kenneth決定將健身作為自己的職業，並參加了個人培訓的專業證書課程。

他說：「健身不僅是變得強壯或令肌肉發達，它更可以有效改善身體和心理的健康問題，健身適合所有年齡層和身體狀況。」

Kenneth善長緩解疼痛和傷患、物理治療、重量訓練和改善身體狀況。他也喜歡攝影和藝術。

Family Hiking Club

September & October

家庭登山樂 - 9月及10月

It should be cooler now, so let's get a little further afield and explore some of our Country Parks. In September we will head to Pok Fu Lam Country Park, starting at the former Watchman's Cottage before exploring some the trails around the Reservoir. Then in October, we will do the same in Aberdeen Country Park – walk around the Reservoir trails and see some of the century-old architecture that still runs like clockwork!

Pok Fu Lam Country Park
– Saturday, September 17

Aberdeen Country Park
– Saturday, October 22

These walks are fairly easy and suitable for children over eight years of age. Please bring your own water bottle, hat, sun lotion and comfortable walking shoes. The walks will start from the Club lobby at 9.30am and we should return around midday, just in time for lunch.

For more information on these history walks, please contact our Director of Sports & Recreation, Giles Leonard.

Reservations required – please call 2814 1222.



Aberdeen Country Park



Aberdeen Country Park



Aberdeen Country Park

現在天氣稍涼，是時候繼續探索郊野公園。九月，我們將前往薄扶林郊野公園，由薄扶林管理站出發，穿梭水塘周邊的一些小徑便可到達。然後在十月，我們將踏足香港仔郊野公園，沿著水塘周邊的小徑走一圈，還可看看一些仍然在運作的百年建築！

薄扶林郊野公園—9月17日(星期六)
香港仔郊野公園—10月22日(星期六)

路線相對輕鬆，適合八歲以上的人士參加。請自備水、帽、防曬用品和穿著舒適的鞋履。我們將在上午9時30分從會所大堂出發，大約中午時分返回會所，正好趕上享用一頓午餐。

更多有關家庭登山樂的資訊，請聯絡本會康體部總監李基爾。報名請致電 2814 1222。

Pok Fu Lam Country Park



Hong Kong History Neighbourhood Watch 香港歷史

Hong Kong (Protestant) Cemetery

In this issue, we look at Happy Valley's history and some of the buildings and sites that still exist from bygone days.

Happy Valley was previously known as Wong Nai Chung Valley, after the stream running down from Wong Nai Chung Gap. After the British arrived in the early 1840s, it was the home of a military camp, but marshland caused high levels of malaria. With the death rate rising, the area became home to a cemetery and at the time, Happy Valley was a common euphemism for this.

As the area was so flat, it was ideal for horse racing so the stream was diverted to what is now Canal Road and the land was drained. Happy Valley Racecourse was formed in 1845 and the first races took pace in late 1846.

Starting at the junction of Wong Nai Chung Road and Queen's Road East, we first walk past a collection of cemeteries: the Muslim Cemetery from 1870; the Catholic Cemetery from 1848 and the Hong Kong (Protestant) Cemetery from 1845. Pop in here to see Hong Kong's oldest colonial building – the chapel from 1846. Continuing along the road, we see the Parsee Cemetery from 1852 and then the Hindu Temple, which was built in 1952. Next door is the Hong Kong Sanatorium & Hospital, founded in 1922. The Jewish Cemetery, founded in 1855 and located within Happy Valley village itself, is also nearby.

Soon we reach Blue Pool Road, which led directly to Wong Nai Chung Gap until the top of the valley was filled in during the 1970s. A short way up the hill on

Blue Pool Road sits number 58, the only remaining old Jockey Club Quarters and on the wall you can see the original old street sign dating back to the 1930s.

Back down the hill and continuing round we will see one of the oldest buildings left in Happy Valley – St. Paul's Primary Catholic School. The building was opened in 1908 and has seen a lot over the years. It was originally built as an orphanage and hospital for the Sisters of St Paul de Chartres and called La Calvaire. If you look closely at the brick walls, you can see two bricked up entrances, both with the original name etched in. During the Japanese occupation from 1941 to 1945, it was used as a police station and a jail, then after the war it was used as a school. The current name was adopted in the 1960s.

Make a point here to see the 1903 Victoria City Boundary Marker, and then head in the direction of Causeway Bay. A little way up Broadwood Road is the lovely St Margaret's Church, which was built in 1925 and where the Sisters of St Paul de Chartres are now based. A little further up Broadwood Road is the Racecourse Fire Memorial. In 1918, a great fire occurred at the racecourse, taking the lives of over 600 people. The



Old Jockey Club Quarters

memorial is a 15-minute uphill walk, so perhaps only visit on a cool day and if you're feeling energetic.

Continuing towards Causeway Bay and turning left at Sports Road, we pass Hong Kong Football Club and Craigengower Cricket Club. Both Clubs are very old with long histories (founded in 1886 and 1894 respectively), but none of the old buildings survive.

We're almost full circle now and as we are close to Causeway Bay itself there are plenty of options for lunch or connections to head home.

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

今期我們將回顧跑馬地的歷史，以及一些現存的建築和遺址。

跑馬地的前身是黃泥涌谷，源於黃泥涌峽的溪流。英國人在1840年代初抵達後，在這裡設立軍營，但因沼澤環境導致瘧疾爆發。隨著死亡率上升，黃泥涌一帶亦成為墳場區，因此「快活谷」成了當地的代名詞。

由於該地區地勢平坦，非常適合賽馬，因此便將溪澗分流到現在的堅拿道，而將該區土地排乾。跑馬地馬場於1845年建成，並於1846年底舉行首場比賽。

從黃泥涌道和皇后大道東的交界處開始，我們首先經過一列墳場，當中有建於1870年的回教墳場、建於1848年的天主教墳場和建於1845年的香港（新教）墳場。在此停留一會，看看香港最古老的殖民地建築—建於1846年的小教堂。繼續沿路前行，我們會看到建於1852年的波斯教墳場，然後是建於1952年的印度廟。毗鄰是建於1922年的養和醫院，還有位於跑馬地村內，建於1855年的猶太墳場也在附近。

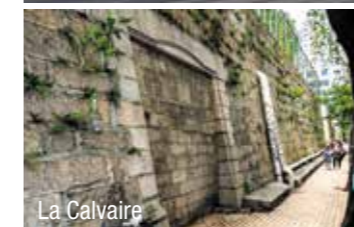
很快我們來到藍塘道。直至1970年代，隨着該區發展，這道路才能直通往黃泥涌峽。剛上山不遠的藍塘道58號就是僅存的舊香港賽馬會馬伕宿舍，在牆上你還可以找到屬於1930年代的舊路牌。



Parsee Cemetery



Catholic Cemetery



La Calvaire



St. Paul's Primary Catholic School



St Margaret's Church



Hong Kong Sanatorium & Hospital

下山繼續前行，便會見到跑馬地最古老的建築之一—聖保祿天主教小學。該建築於1908年開放，見證了區內的歷史變遷。它最初是為沙爾德聖保祿修女會建造的孤兒院和醫院，並被稱為 Le Calvaire。仔細留意圍牆，仍可以發現兩個被磚封閉的入口，均刻有 Le Calvaire 原名。1941年至1945年日本佔領期間，它被用作警察局和監獄，直至戰後才被改作學校用途，現在的名稱是在1960年代才採用的。

在這裡還有一個景點，就是1903年建造的維多利亞城界石。然後朝銅鑼灣的方向前行，轉上樂活道不遠處就是優雅的聖瑪加利大堂。它建於1925年，是現時沙爾德聖保祿修女會的所在地。沿樂活道再往上行就是馬棚先難友紀念碑，為紀念1918年馬場大火而被奪走的600多人的生命。到紀念碑需要走15分鐘的上斜路，也許較適合在天氣涼快時才到訪，而且還要預留足夠體力。

再往銅鑼灣方向走，在體育道左轉，我們經過香港足球會及紀利華木球會。這兩個會所都非常歷史悠久（分別成立於1886年和1894年），但可惜沒有一座舊建築能保存下來。

我們現在幾乎繞了跑馬地一圈並接近銅鑼灣，需要午膳或回家都非常方便。

更多有關這次城市歷史遠足的資訊，請聯絡本會的康體部總監李基爾。

Art on Ice!

冰上繪畫

Sunday, September 18 from 3 to 5.30pm

Come and join our unique painting experience on the ice!

9月18日(星期日), 下午3至5時半

齊來參加獨特的冰上繪畫活動吧。

Enquiries 查詢: 2814 5374 (Ice Rink)

Ice Hockey Tryouts and Placement

冰上曲棍球選拔賽

Monday, September 5 from 6.30 to 8pm

For those interested in joining our full rink Ice Hockey Programmes, come and show us your skills.

9月5日(星期一), 下午6時半至8時

歡迎有興趣加入冰上棍球課程的人參加, 並展示您的技能。

Enquiries 查詢: 2814 5374 (Ice Rink)

Halloween Skating Party

萬聖節溜冰派對

Dress up and have fun at the Ice Skating Rink!

Sunday, October 30 from 3 to 6pm

Member \$80 Guest \$120

打扮鬼魅一同來溜冰場玩樂吧。

10月30日(星期日), 下午3至6時
會員 \$80 來賓 \$120

Enquiries 查詢: 2814 5374 (Ice Rink)



The Haunted Village!

鬼魅村莊

Dress up and have fun at the Haunted Adventure Zone!

Saturday and Sunday, October 29 to 30
From 6 to 9pm

Member \$88 Guests \$108

Includes one play session at either Adventure Zone or Run, 2, 3!

打扮鬼魅一同來參加動感樂園萬聖節派對吧。

10月29至30日(星期六及日)
晚上6至9時

會員 \$88 來賓 \$108

可享用動感樂園或 Run, 2, 3! 玩樂一節。

Halloween Special Activities

萬聖節特備節目

Show off your favourite Halloween costume and let the haunting games begin!

Saturday and Sunday, October 29 to 30

Complimentary Halloween Hunting all over the club.

From 11am to 4pm

Age 2 – 5: Halloween Trick for Tots

Age 6 – 12: Halloween Brain Twister

穿上你喜愛的服飾參加萬聖節的有趣活動。

10月29至30日(星期六及日)

參加免費萬聖節尋寶遊戲, 早上11時至下午4時

2至5歲 — 萬聖節小把戲

6至12歲 — 萬聖節腦筋急轉彎

Enquiries 查詢: 2814 5360 (Adventure Zone)



Fun Challenges for Children

兒童遊戲挑戰賽

Bazooka Ball Challenge Bazooka Ball 挑戰賽

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

From 7-7.30pm

• Friday, September 9

• Friday, October 7

• Friday, November 11

晚上7時至7時30分

• 9月9日(星期五)

• 10月7日(星期五)

• 11月11日(星期五)

Adventure Zone Laser Tag Challenge 鐳射槍賽

Calling all LASER-taggers – mark your diary!

From 6.30-7.30pm

• Friday, September 23

• Friday, October 21

• Friday, November 25

晚上6時30分至7時30分

• 9月23日(星期五)

• 10月21日(星期五)

• 11月25日(星期五)

Ninja Challenge at Adventure Zone 忍者挑戰賽

Are you a Ninja Warrior?

From 6.30-7.30pm

• Friday, September 16

• Friday, October 14

• Friday, November 18

晚上6時30分至7時30分

• 9月16日(星期五)

• 10月14日(星期五)

• 11月18日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

F1 Pitstop Weekend Challenge at Chill Zone

F1週末賽事

• Netherlands, Italy – September 3, 4, 10 & 11

• Singapore, Japan, USA, Mexico – October 1, 2, 8, 9, 22, 23, 29 & 30

• Brazil, Abu Dhabi – November 12, 13, 19 & 20

• 荷蘭、意大利 – 9月3、4、10及11日

• 新加坡、日本、美國、墨西哥 – 10月1、2、8、9、22、23、29及30日

• 巴西、阿布扎比 – 11月12、13日、19及20日

Enquiries 查詢: 2814 5483 (Chill Zone)



Annual Swimming Gala

週年水運會

Open to all Members and current swimming students.

Sunday, September 25 at 1pm

3/F Swimming Pool

Please note that the 3/F Swimming Pool will be closed on this day for the Swimming Gala from midday to 6pm.

This event is subject to prevailing COVID-19 restrictions and may be suspended depending on the current situation. If we do go ahead, we will seek your co-operation with just one adult to attend per child swimming.

所有會員和游泳學員均可參加。

9月25日(星期日), 下午1時, 三樓游泳池

請注意, 為舉行週年水運會, 三樓游泳池將於當天中午至下午6時關閉。

此活動受現行COVID-19措施限制, 可能會因應當前情況暫停。如活動繼續進行, 每位參賽的兒童只可由一位成人陪同。

Enquiries 查詢: 2814 1222 (Central Reservations Centre)

Pickleball at 7/F Multi Use Court

7樓多用途活動室匹克球



The energetic and fun sport of pickleball can now be played at the 7/F Multi Use Court.

Pickleball is played in an area the same size as a doubles badminton court, with special bats and balls. Balls are allowed to bounce once or may be volleyed back, but the special feature of pickleball is the "kitchen" – the area in front of the net where you are not allowed to volley.

Simply book the court as normal and let us know (verbally or online) that you want to play pickleball and we will do the set-up for you.

Pickleball bats and balls are available for rent, and will soon be for sale in the Pro-Shop.

It's a great family sport for singles or doubles, so make a reservation today!

Call 2814 1222 or book up to three days in advance online.

現可於7樓多用途活動室體驗匹克球這項充滿動感而有趣的活動。匹克球活動場地大小如同羽毛球場，配以特別的球拍和球。規則可以讓球反彈一次或被截擊，但在網前不許凌空抽射。

預約球場時請註明用於進行匹克球活動，我們會安排所需的設備。本會提供租借匹克球球拍和球，Pro-Shop亦即將提供相關產品選購。

匹克球可以單打及雙打，非常適合家庭活動。場地預約在三日前開放，查詢或預約請致電2814 1222。

CLASS HIGHLIGHTS 康體課程推介

Volleyball by Sport Max HK

排球班

For ages 3 to 10 years old

In this programme, children will be introduced to the six basic volleyball skills – serve, pass, set, attack, block and dig. We teach them with softer and safer volleyballs, and children can start playing while they are learning the general rules, basic tactics and suitable positions.

適合3至10歲兒童

課程將教授六種基本的排球技巧，包括發球、傳球、接球、進攻、攔網和挖球。導師教授如何安全地打球，孩子們可以學習一般規則、基本戰術和合適的位置。



Water Aerobics by Corwin Pereira

水中健身班

Every Monday & Friday

Water Aerobics allows you to exercise most muscles and joints in the body at the same time. It also strengthens the heart and lungs, increases flexibility and muscle endurance. No matter your age, almost everybody can perform water aerobics and even non-swimmers can take advantage of water aerobics exercises. Group lessons on every Monday and Friday, but Private and Private Group lessons are also available.

逢星期一及五

課程讓你鍛鍊身體的同時也能強化大部分肌肉和關節。更可增強心肺功能，增加柔韌性和肌肉耐力。課程適合任何年齡的人士，甚至不懂游泳的人也可以進行水中健身運動。團體班逢星期一及五舉行，也提供私人及私人團體班。



Children's Dance Group Lesson

by Dancing
Paradise Studio

兒童舞蹈班

Children Dance

For ages 3 to 6 years old

This programme contains combined basic techniques for ballet and jazz. These learning levels mainly introduce simple body coordination, strengthen small muscles, improve musical response, encourage creativity and foster communications between peers.

Pre-Jazz

For ages 6 to 8 years old

This programme is guided by the Commonwealth Society of Teachers of Dancing (CSTD) graded exam syllabus. The CSTD modern jazz programme emphasises technical jazz seen in musical and theatre performance. It provides fundamental technique training for all kinds of jazz dance styles. Jazz dance is usually performed with strong and fast tempo music.

Pre-primary Ballet

For ages 6 to 8 years old

This programme is guided by Royal Academy of Dance (RAD) and Commonwealth Society of Teachers of Dancing (CSTD) graded exam syllabus. Ballet training develops elegant body alignment, increases flexibility and muscle strength. Although it appears to be a slow and soft dance form, it requires more muscle strength and control than many other types of dance.

Dancing Paradise Studio teaches various dances, encouraging the younger generation to enthusiastically understand and explore their potential. Private and Semi-Private lessons for children and adult are also available.



JUNIOR CLUB STARS

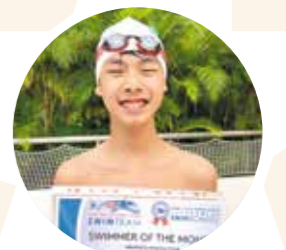


ICE SKATING • AGE 6

HENRY WEI

Henry started skating when he was four years old. He enjoys skating very much and skates around three times a week. Now he is working on Beta level, we can see an obvious improvement. Keep it up, Henry!

Henry四歲開始滑冰。他非常喜歡滑冰，每週大約滑冰3次。現時他在Beta級別，並有顯著的進步。Henry繼續努力！



SWIMMER • AGE 15

NEO WU

Neo is a true athlete, who actively participates in training for running, cycling and swimming. He has shown great improvement in his endurance and with all his hard work and dedication we look forward to seeing a new triathlon star soon!

Neo是一名不折不扣的運動員，他積極地參與跑步、踏單車和游泳訓練。憑藉他的努力和付出，大大提升了他的耐力，我們期待很快看到一位三項鐵人新星！

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

Skiing & Snowboarding

滑雪及單板滑雪



ROLAND MAK

Skiing & Snowboarding Head Coach

Roland has been a certified Snowboard and Ski instructor since 2012 and trained in the United States, Japan and New Zealand. Roland is always up for challenges to make life a little bit more colourful.

Roland於2012年取得單板滑雪和滑雪教練證書，並在美國、日本和紐西蘭接受培訓。Roland時刻準備迎接新挑戰，讓生活變得更加豐富多彩。



NORA LEE

Skiing Coach

Nora is a friendly and motivating coach and has been skiing and snowboarding for over 20 years. She holds the Canadian Ski Instructors Alliance (CSIA) certification. She is passionate about teaching and has been a teacher for over ten years.

Nora是一位親切及充滿熱情的教練，她擁有20多年滑雪和單板滑雪經驗，並持有加拿大滑雪教練聯盟(CSIA)證書。她熱愛教學，從事教授工作已超過十年。



KARY NG

Skiing & Snowboarding Coach

Kary has been skiing and snowboarding for more than five years and holds Canadian Ski Instructor Alliance (CSIA) certification and Canadian Association of Snowboard Instructor (CASI) certification. Her passion is to make students fall in love with skiing and improve through her efficient teaching style.

Kary擁有超過五年滑雪和單板滑雪經驗，持有加拿大滑雪教練聯盟(CSIA)證書，和加拿大滑雪板教練協會(CASI)證書。她熱愛教學，透過有效的方式教授學員，讓他們愛上滑雪並提升滑雪技巧。



BENJAMIN LAI

Snowboarding Coach

Benjamin has been snowboarding for over 20 years, and has taught snowboarding for more than four years. He trained in Niseko, Japan with a team of professional trainers and received his SBINZ Level 2 instructor qualification, as well as the Children's Teaching Certificate.

Benjamin擁有20多年單板滑雪經驗，並教授單板滑雪超過四年。他在日本新雪谷接受團隊專業訓練，並獲得SBINZ 2級導師資格以及兒童導師資格證書。



DEE TSE

Skiing & Snowboarding Coach

Dee has been skiing and snowboarding since 2007, and has worked as an instructor in Japan and Korea since 2012. He loves to share the pleasure and the techniques of skiing and snowboarding through his lessons and speaks fluent Cantonese, Mandarin and Korean.

Dee自2007年便開始滑雪和單板滑雪，2012年起在日本和韓國擔任教練。他喜歡分享滑雪和單板滑雪的樂趣和技巧。Dee操流利的廣東話、普通話和韓語。

For bookings and enquiries, please call the Ice Rink on 2814 5374 or email icerink@aberdeenmarinaclub.com.

報名或查詢請致電溜冰場電話2814 5374或電郵至 icerink@aberdeenmarinaclub.com。

Skiing & Snowboarding

滑雪及單板滑雪

Skiing

For ages 4 or above

With skiing, a beginner's technique can be broken down into a modular approach but its perfection will require you to become extremely technical.

Snowboarding

For ages 10 or above

With snowboarding, it's all about getting on your edges (both heel and toe edges). This is the hardest part but once this is achieved, you have the fundamental technique of the sport nailed and can reach a pretty impressive levels quite quickly, especially if you're bold.

Both Private and Private Group lessons are available.

滑雪

適合4歲或以上

讓滑雪初學者的技術變得更完美。

單板滑雪

適合10歲或以上

單板滑雪是訓練邊緣感的運動(腳跟和腳趾的邊緣觸感)。這是最難的部分，一旦你能掌握基本技巧，便可以很快超越平常水平，膽量較大的學員更容易掌握。

本會提供私人及團體課程。

Enquiries 查詢: 2814 5374 (Ice Rink)



New Stretch Therapy Providers

Stretch Limited started as a massage therapy clinic in 1997 and quickly evolved into the first Stretch studio in Asia after an encounter with Aaron Mattes, founder of Assisted Isolated Stretching in Florida. At the time, little emphasis was put on flexibility in the fitness realm. The results were immediate and lasted much longer than most massages.

Stretch Limited 於1997年成立，初時為按摩治療診所，在遇到佛羅里達州 Assisted Isolated Stretching 創始人 Aaron Mattes 後，迅速發展成亞洲第一家伸展訓練中心。當時大眾並沒有很注重身體靈活性，但結果證明伸展治療比按摩效果更顯著及持久。



NIKITA SHRESTHA

Stretch & Massage Therapy

Holder of a Diploma from Clara International Aesthetic College Malaysia, Nikki believes in using a holistic approach by combining her experience working in Hong Kong's top spa and hotels and her newly acquired certification in AIS Assisted Stretching. Whether you suffer from chronic neck pain due to long hours sitting at a desk, are recovering from a sports injury, or just want to pamper yourself whilst increasing your flexibility, Nikki will combine the healing benefits of massage and assisted stretching to make you feel rejuvenated and limber.

Her therapeutic skills include...

- AIS Assisted Stretching
- Lymphatic drainage massage
- Sports massage
- Thai stretching and massage
- Swedish massage
- Deep tissue massage
- Pregnancy and prenatal massage

Nikki 擁有馬來西亞 Clara International Aesthetic College 文憑，她相信結合她在香港頂級水療中心和酒店工作的經驗，以及她新獲取的 AIS 伸展訓練證書，能夠達至全方位伸展治療。無論你是因在辦公桌久坐而導致慢性頸部疼痛、正在從運動傷患康復中，或想增加身體靈活性，Nikki 將結合按摩和伸展治療，讓你回復活力和柔韌性。

治療服務包括：

- AIS 輔助伸展
- 淋巴引流按摩
- 運動按摩
- 泰式伸展和按摩
- 瑞典式按摩
- 深層組織按摩
- 懷孕和產前按摩



SABRINA YAMSUAN

Stretch Therapy & Functional Mobility for Seniors

A Graduate of B.S. Physical Therapy from the Philippines, Sabrina is also a certified Senior Fitness Specialist with AFPA. She often combines Active Isolated Stretching with mobility training and rehabilitation exercises. She has experience treating debilitating conditions like knee arthritis, hip degeneration, chronic neck pain and sore back from long hours sitting at a desk. She thrives on seeing her clients regain their mobility and freedom of movement.

Her skills include . . .

- AIS Assisted Stretching
- Physical therapy
- Senior fitness

Sabrina 是來自菲律賓的物理治療師，同時也是一位被 AFPA 認證的長者運動訓練專家。她常將隔離式伸展結合靈活訓練和復康練習。她具有治療膝關節炎、髖關節退化、慢性頸部疼痛和辦公桌久坐的背部酸痛等疾病的經驗。她看到學員重新回復動力而感到欣喜。

服務包括：

- AIS 輔助伸展
- 物理療法
- 長者健體

New Coaches

新教練

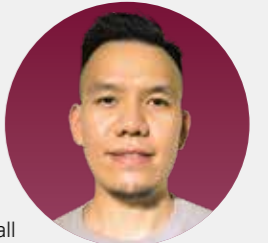
SMAT TAI

New Basketball Professional

Smat is the founder of the Observation Basketball Club, one of the largest adult basketball training organisations in Hong Kong.

He has coached adult semi-pro basketball players for more than ten years and trained over ten HKBA basketball players (Division A, B) from a young age. He is still an active pro-am player participating in elite-level basketball tournaments and hopes to share his experience in high-level basketball games with players of all levels.

Smat 是 Observation Basketball Club 的創辦人，是香港最大的成人籃球訓練機構之一。他執教成人的半職業籃球運動員超過十年，與及十多名由年幼開始訓練的 HKBA 籃球運動員（A、B 組）。他仍然是一名活躍於精英級別籃球比賽的業餘球員，並希望與各個級別的球員分享他在高水平籃球比賽中的經驗。



JASON CHONG

Stretch Therapy

As a certified AIS Stretch Therapist, Jason is attentive, personable and enjoys working with business professionals, assisting them to relieve neck, upper body, hip and lower back issues resulting from tightness due to prolonged desk sitting. He also likes helping physically active clients with post-exercise muscle recovery or sporting activities.

Jason 是一位擁有 AIS 證書，細心有禮的伸展治療師，對緩解因辦公室久坐而導致的頸部、上身、臀部和下背出現痠痛具有相當的經驗，亦善於為運動後的肌肉恢復動力。



GARIMOR JAMIAS

Stretch Therapy & Functional Mobility

A graduate of B.S. Physical Therapy with Certification in Resisted Movement Training and Flexibility by Premier Training International UK, Garimor has worked as fitness manager and personal trainer in the Philippines, New Zealand and Canada. He likes working with everyone from business professionals with stiff necks to elite athletes with lower back pain. Garimor believes in a multi-disciplinary approach when using physical therapy, and Active Isolated Stretching to help people achieve their full potential and enjoy a pain- and injury-free life.

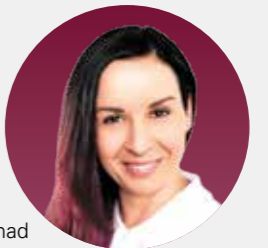
Garimor 擁有物理治療學位，並取得英國 Premier Training International 的阻力運動訓練和柔韌性證書，他曾在菲律賓、紐西蘭和加拿大擔任健身經理和私人教練。他樂於治療因工作導致頸部僵硬上班族和運動員的腰痛問題。Garimor 在進行物理治療時相信綜合學科研究法，並使用 AIS 伸展法來幫助發揮潛力及享受無痛和無傷患的生活方式。

RUTH LARKIN

New Pilates Professional

Having trained in dance throughout her childhood, Ruth had her first taste of Pilates while at ballet school in the UK. She takes an uncomplicated approach and uses the fundamental movements of Joseph Pilates' original repertoire with her own twist to help people gain better control and understanding of their own bodies. Her own experience with chronic pain and injury allows Ruth to help others overcome such conditions. Pilates can be medicine for your body as well as keeping you fit. Her teaching style is precise and inclusive, suitable for beginners and the experienced alike. Sessions are designed to give you the confidence to move well and feel stronger.

Ruth 年幼時已開始學習舞蹈，在英國芭蕾舞學校初次體驗普拉提斯。她採用簡單的方法，並使用約瑟夫普拉提斯的基本動作，以及她自己的方式來協助學員更好地控制和了解自己的身體。Ruth 以身受慢性疼痛和傷患的經歷來幫助有相關問題的人士克服這種狀況。普拉提斯可以利用儀器或身體來鍛鍊。她的教授風格精準而全面，適合初學者或有經驗的人。課程旨在讓您建立運動的信心和感受強壯的體魄。



**There's a story
behind every swab**

Circle is a global market leader in genetic testing with its own Internationally Accredited Laboratory.

Our Whole Exome Sequencing Technology conducts a full scan on all your protein-coding genes, analyses all mutations across over 20 categories and provides 500+ personalised reports with a saliva sample.



Join 100,000+ Circlers

Take the first step of your health & wellness journey



Onsite bundle purchase offer

Receive 50 FlowFlex **free** for every bundle purchase of two Circle Premium DNA kits.



Free 50 boxes
(Retail value \$1,900)

Total value: \$9,980

CircleDNA Talk for Members

You are what you eat, or so the saying goes. But understanding your genetic makeup and potential could actually help you be more than what you eat. A nutritionist from CircleDNA owner Prenetics will show you how to tailor your diet according to your genetic needs to lose weight or train more effectively.

Catherine Yuen
Registered Nutritionist
Circle DNA, Prenetics

Thursday, September 15
10.30am to midday
2/F Marina Suite
Member: Complimentary
Guest: \$60
Registration:
2814 5436 (Membership Office)

**Animals Outreach
Programme**

動物全接觸



Monday and Thursday
October 17 and October 20
2.30-4pm
Next to G/F Children's Play Area
Junior Members aged 6 or above with no guardian (Members only)

Ocean Park has initiated an Animals Outreach programme to help children learn more about nature and threatened species of animals. The Club is delighted to be hosting two related events in October, which we hope will help to provide and encourage an appreciation of the natural world among our younger Members.

Forest Friends
Monday, October 17

Macaws live in forests and woodlands in Central and South America, but massive deforestation and poaching are causing a decline in many species, nine of which are classified as threatened on the Red List of Threatened Species from the International Union for Conservation of Nature and Natural Resources.

Children will meet with and closely observe macaws and eagle owls and learn about the diet and habitat of birds and how our own diet affects the lives of animals through interactive games.

Our Neighbours in the Wild
Thursday, October 20

The Hong Kong newt is endemic to Guangdong and usually found along mountain streams and in pools and surrounding forests. The species is now categorised as Near Threatened on the IUCN Red List.

At this event, children will meet Hong Kong newts from Ocean Park, learn about their living environment by conducting a water-sampling experiment, and discover how to live in harmony with our wild neighbours.

10月17及20日 (星期一及四)
下午2時30分至4時, 地下兒童天地側
活動適合6歲或以上的兒童, 無需家長陪同 (只限會員)

海洋公園舉辦的動物全接觸, 讓孩子了解大自然和受威脅的動物。本會很高興在10月舉辦兩項相關的活動, 希望有助鼓勵年輕會員欣賞大自然世界。

森林之友 - 10月17日 (星期一)

金剛鸚鵡生活在中美洲和南美洲的森林, 但因大規模砍伐森林和非法捕獵導致數量大減, 其中九種在國際自然保護聯盟瀕危物種紅色名錄中被列為受威脅物種。

活動中, 讓孩子近距離觀察金剛鸚鵡和貓頭鷹, 並透過互動遊戲了解鳥類的飲食和棲息地, 以及我們的飲食如何影響動物的生活。

野外的鄰居 - 10月20日 (星期四)

香港瘰螈是廣東獨有的品種, 常在山澗、水池和周邊的森林出沒。該物種現在在國際自然保護聯盟瀕危物種紅色名錄中被列為近危物種。

活動中, 孩子們將認識香港瘰螈, 了解牠們的生活環境, 並探索如何與野生鄰居和諧相處。

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

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



M A R I N A
G R I L LChildren's Dining
Policy Updates at
Marina Grill
Marina Grill兒童政策
更新

Marina Grill now welcomes children aged three years and above for lunch and children aged 11 years and above for dinner.

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

Marina Grill午餐時段歡迎三歲或以上的兒童光臨，而晚餐時段則歡迎11歲或以上之兒童。

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

Annual Staff Party
員工週年派對

The Club will close at 4pm on Monday, October 3 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3日(星期一)下午4時關閉以作員工週年派對。不便之處，敬請原諒。

任何會員如欲贊助我們的幸運大抽獎，請致電 2814 5436 或電郵至 member@aberdeenmarinaclub.com 聯繫會員部。

Tropical Pool
Opening Hours
碧波池畔 開放時間

From September 5 until Bubble inflation.

Monday to Friday: 2 to 7pm

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

由9月5日起至帳篷安裝完成

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

NO STOPPING

No Stopping at 2M
2M層嚴禁停車

Please be reminded that picking up or dropping off passengers at 2M and Red Zone is strictly prohibited. Members are advised to drive up to the 3/F designated drop-off and pick-up area, or use the Club's main entrance whenever possible.

The Club has issued over 90 warning letters this year and two Members' parking rights have been suspended for violating parking rules. We will continue to monitor the situation and take further action when required.

Thank you for your attention.

請注意，2M層包括紅格範圍嚴禁停車及上落客。會員應使用3樓停車場的指定上落客區，或盡量於會所正門口停車處供乘客上落。

本會今年已發出超過90封警告信，2名會員的泊車使用權亦因違反停泊規例而被暫停。本會將繼續觀察違規情況，有需要時會採取進一步行動。

多謝合作。

Membership Cards
會員證

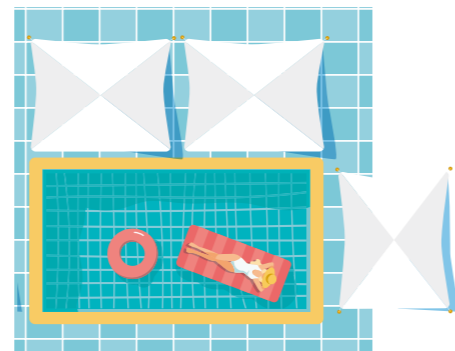
According to the Club's Bye-Laws, Members must not lend their Membership Cards to family, friends or other persons for any purpose. Members should always carry their Membership Cards, which must be presented for every transaction or for inspection if requested by a Club employee.

根據本會規章，會員不得基於任何理由將會員證借給家人、朋友或其他人使用。會員應隨身攜帶會員證，每次消費時都必須出示，或應會所員工的要求接受檢查。

3/F Swimming Pool
Bubble Inflation
安裝三樓游泳池帳篷

The Club will announce the closing date of the 3/F Swimming Pool for Bubble inflation and maintenance by e-news in October, depending on weather conditions. For enquiries, please contact the 5/F Health Club reception on 2814 5342 or email healthclub@aberdeenmarinaclub.com.

本會將根據天氣情況決定三樓游泳池帳篷之安裝日期，並以電子通訊通知各會員。查詢請致電康體部2814 5342或電郵至healthclub@aberdeenmarinaclub.com。

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 sports shorts, flipflops, sandals or slippers.

Gentlemen: No sleeveless shirts or vests.

The Deck, Portside and Caffé 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、Marina Grill及The Backroom的衣著要求為時尚休閒。男士及女士均不可穿著運動短褲、拖鞋或涼鞋進入。男士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。男士及女士可穿運動服、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。

Get Redressed
Month Returns in
October

回收衣物 Redressed
十月再度重臨

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

Fashions keep changing, and we are buying more and more clothes, resulting in tonnes of unwanted clothing going to landfills where it can take very long time to break down, releasing harmful chemicals in the process.

The Get Redressed Clothing Drive not only provides us with the opportunity to declutter our wardrobes, but also to consider our clothing consumption.

Clothes collected will be re-used, resold or recycled. For more information visit redress.com.hk.

Please drop your unwanted clothing in the boxes at 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.

Redress於今年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，卻很少穿著並棄掉，導致大量衣服被送往堆田區。這些衣服除了需要長時間分解外，在分解的過程中更會釋放出有害的化學物質，大大影響地球生態。

The Get Redressed Clothing Drive不僅為我們提供了整理衣櫃的機會，還讓我們反思平常的消費習慣。

收集到的衣服將被重新使用、轉售或回收。如欲了解更多資訊，請瀏覽 redress.com.hk。

請在10月1至31日把捐贈的衣物放到五樓健康中心的回收箱。

回收要求：品質保持良好的男裝、女裝及童裝衣物。

不接收：鞋履、校服、制服、內衣及睡衣。



Summer Camp 2022



Mudflat Cleanup & Horseshoe Crab Release





BENTLEY



Open roads and open air.

The Continental GT Convertible.

The thrilling of escape is within reach once again. Visit our Causeway Bay Showroom and experience the ultimate Bentley grand tourer with the Continental GT Convertible.

BENTLEY NETWORK BY DCH MOTOR GROUP: HONG KONG, SHANGHAI, GUANGZHOU, HANGZHOU, JIAXING, NANJING, HEFEI, NINGBO, DALIAN.



寶利香港大昌行
@bentleymotorshk

The name 'Bentley' and the 'B' in wings device are registered trademarks.
© 2022 Bentley Motors Limited. Model shown : Continental GT Convertible

BENTLEY HONG KONG - DCH

Showroom: G/F Bonaventure House,
91 Leighton Road, Causeway Bay, Hong Kong
VIP Hotline: (852) 2890 1918