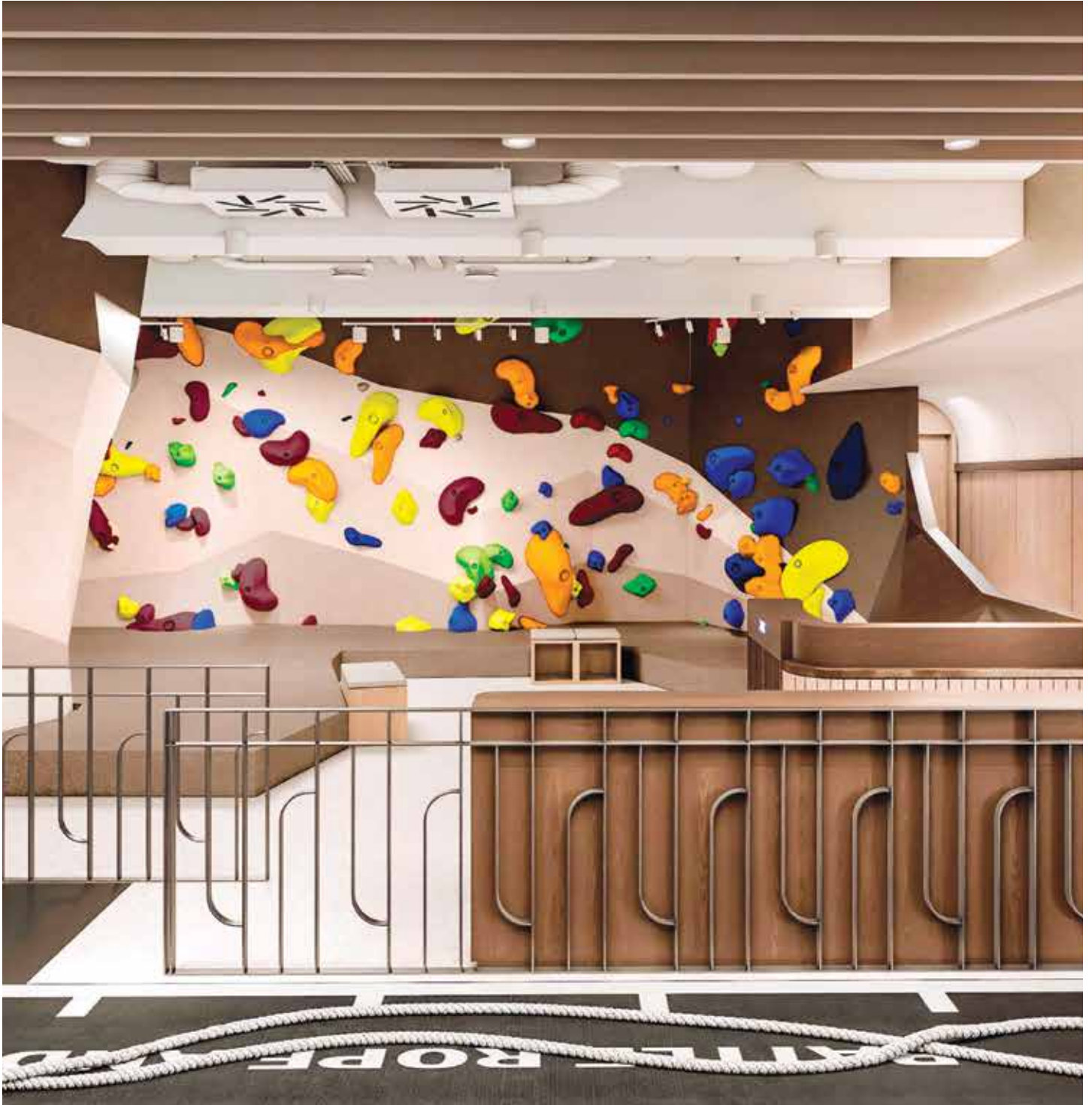




# PORTWATCH

*July/August 2026*



ACTIV8



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# PORTWATCH

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

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Portwatch Editor / Mr Adam Nebbs



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



Awarded by The Hong Kong Council of Social Service

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# JULY

# AUGUST

**1**  
WEDNESDAY

**Grabber Day! Star Toys**  
The Yard  
9am - 7pm

**4**  
SATURDAY

**Grabber Day! Ocean Friends Toys**  
Kids on 8!  
9am - 7pm

**5**  
SUNDAY

**Bowling High Score Day**  
Bowling Alley  
11am - 10pm



**12**  
SUNDAY

**Arts & Crafts Make Your Own Kaleidoscope**  
Run,2,3!  
2.30pm - 4.30pm

**Grabber Day! Yummy Ice Cream Toys**  
The Yard  
9am - 7pm

**Grabber Day! Summer Fun Toys**  
Bowling Alley  
11am - 10pm



**18**  
SATURDAY

**Grabber Day! Baby Dragon Toys**  
Kids on 8!  
9am - 7pm

**19**  
SUNDAY

**The Yard Challenge Skee Ball**  
The Yard  
10am - 7pm

**Bowling Bingo!**  
Bowling Alley  
11am - 10pm

**24**  
FRIDAY

**Laser Tag Challenge**  
Adventure Zone  
7.30pm - 8.30pm

**25**  
SATURDAY

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



**26**  
SUNDAY

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



**Fitness Centre Orientation**  
Fitness Centre  
1pm - 3pm

**30**  
THURSDAY

**Australian Black Truffle x Felton Road Wine Dinner**  
Marina Grill  
7pm

## DINING THROUGHOUT JULY AND AUGUST



Portside  
**Beef Brisket in Clear Broth**

The Horizon  
**Summer Dishes**

The Balcony  
**Thai Street Food**

The Deck  
**Healthy Salad Bowl**

Marina Grill  
**Australian Black Truffles**

Caffè Luna  
**Vacanze a Portofino**  
Holidays in Portofino



**2**  
SUNDAY

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

**9**  
SUNDAY

**Grabber Day! Cat Toys**  
The Yard  
9am - 7pm

**Bowling High Score Day**  
Bowling Alley  
11am - 10pm

**16**  
SUNDAY

**Arts & Crafts Design Your Own Bag**  
Run,2,3!  
2.30pm - 4.30pm

**The Yard Challenge Tetris Highest Scoring Day**  
The Yard  
10am - 7pm

**Grabber Day! Pool Toys**  
Bowling Alley  
11am - 10pm

**21**  
FRIDAY

**A Taste of Italy's Sea Breeze Wine Dinner**  
Caffè Luna  
7pm

**Laser Tag Challenge**  
Adventure Zone  
7.30pm - 8.30pm



**22**  
SATURDAY

**Fun Weekend Arts & Crafts La Tomatina**  
Kids on 8!  
9am - 7pm

**23**  
SUNDAY

**Fun Weekend Arts & Crafts La Tomatina**  
Kids on 8!  
9am - 7pm

**Grabber Day! Pencil Case**  
The Yard  
9am - 7pm

**23**  
SUNDAY

**Bowling Bingo!**  
Bowling Alley  
11am - 10pm

**29**  
SATURDAY

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

**DR H Health Management Wearables Pop-up**  
Pro-Shop  
10am - 6pm

**30**  
SUNDAY

**Back to School Splash**  
Tropical Pool  
1pm - 6pm

**DR H Health Management Wearables Pop-up**  
Pro-Shop  
10am - 6pm

**Fitness Centre Orientation**  
Fitness Centre  
1pm - 3pm



## THE HORIZON Summer Dishes 夏日精選菜式

Throughout July and August  
七月及八月

### Highlights 精選菜式

八寶燉冬瓜盅 (六位用)  
Doubled-boiled Whole Winter Melon Soup  
(For six people)

蒜香秋葵爆鴛鴦魷  
Stir-fried Squid, Dried Squid, Okra, Garlic



## THE BALCONY Thai Street Food 泰國街頭美食

Throughout July and August

Thai street food is a dynamic expression of Thailand's culture, blending energy, tradition and community. Found along bustling sidewalks and at lively night markets, it thrives on accessibility and spontaneity, offering a sensory journey filled with enticing aromas and vibrant colours.

七月及八月

街頭美食是泰國文化的展現，把活力、傳統與社群融為一體。無論是在熱鬧的街頭或繁華的夜市，這些街頭美食都隨處可見，為您的感官帶來誘人的香氣和繽紛的色彩。

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

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

# 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.

7月1日起接受預訂  
Pre-orders start from July 1  
現貨由8月中旬起供應  
Available from mid-August

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 Red Bean Paste Moon Cakes with 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

	Early Bird 1/7-16/8	Special Offer 17/8-25/9
5 to 10 boxes	10% off	5% off
11 to 20 boxes	15% off	10% off
21 to 40 boxes	20% off	15% off
41 to 60 boxes	25% off	20% off
61 boxes and above	30% off	25% off

### 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](mailto: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](mailto:marinadeli@aberdeenmarinaclub.com).

# MOON CAKES & HAMPERS ORDER FORM

深灣店中秋月餅及禮品籃訂購表格



ALL MOON CAKES ARE 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
<b>Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces)</b> 雙黃白蓮蓉月餅 (4件)	\$438		
<b>Mini Moon Cakes with Custard (8 pieces)</b> 迷你奶皇月餅 (8件)	\$438		
<b>Mini Moon Cakes with Lava Custard (8 pieces)</b> 迷你流心奶皇月餅 (8件)	\$438		
<b>Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces)</b> 迷你蛋黃白蓮蓉月餅 (8件)	\$438		
<b>Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces)</b> 迷你陳皮豆沙月餅 (8件)	\$438		
<b>Starry Moon Festival Hamper 花好月圓禮品籃</b> <ul style="list-style-type: none"> <li>Esprit de Pavie, Bordeaux, France 法國波爾多紅酒</li> <li>Premium Dried Mushrooms 特級花菇</li> <li>Babbi Pralines Filled with Cocoa Cream and Covered with Dark Chocolate 意大利手工朱古力</li> <li>La Via del Tè Special Jasmine Tea 特製茉莉花茶</li> <li>Marabissi Artisanal Biscuits Box Sets 意大利手工餅乾</li> <li>Airborne Honeydew Gift Set 紐西蘭蜜糖禮盒</li> <li>Club's Thermal Water Bottle 會所保溫瓶</li> <li>The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Moon Cakes in Gift Box 月餅禮盒</li> </ul>	\$2,588		
<b>Full Moon Festival Hamper 眾星拱月禮品籃</b> <ul style="list-style-type: none"> <li>Champagne Maison Veuve Clicquot, Yellow Label, Brut, N.V, France 法國特級香檳</li> <li>Premium Dried Mushrooms 特級花菇</li> <li>South African Pre-cooked Abalone 南非溏心罐鮑</li> <li>Babbi Wafers Filled with Creams Covered with Dark Chocolate 意大利黑朱克力威化餅</li> <li>Whittard Tea Discovery Collection Gift Box 經典茶包禮盒</li> <li>Leone Assorted Cubifrutta Fruit Jellies 雜錦水果軟糖禮盒</li> <li>Club's Thermal Water Bottle 會所保溫瓶</li> <li>The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃</li> <li>The Horizon XO Sauce 海天閣XO醬</li> <li>Moon Cakes in Gift Box 月餅禮盒</li> </ul>	\$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**

**Delivery Charge 送貨服務費**

**GRAND TOTAL 總計**

## TERMS AND CONDITIONS 訂購須知

- All advance orders will be ready for collection at Marina Deli in **mid-August**.
- Please fill in this form and return to Marina Deli by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, or in person.
- We will confirm your order by phone or by email. Your membership account will then be debited automatically.
- For enquiries, please contact Marina Deli on 2814 5302 or WhatsApp 6390 0716.
- Orders start July 1.

- 所有訂單可於8月中旬起在深灣店提取。
- 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。
- 本會所將以電話或電郵確認閣下之訂單。訂購總額將會自動從您的會員賬戶扣除。
- 訂購及查詢，請致電深灣店電話 2814 5302或WhatsApp 6390 0716。
- 7月1日開始接受預訂。

## Ordered By 訂購人資料

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

## THE DECK

# Healthy Salad Bowl

## 健康沙律

Throughout July and August

Create your own refreshing salad bowl packed with fresh, vibrant flavours that make you feel good from the inside out. Choose from healthy proteins, crisp veggies and colourful toppings to design a bowl that's uniquely yours. It's a delicious summer treat that is satisfying, delicious and guilt-free.

七月及八月

自由搭配出您喜愛的美味健康沙律，我們精選新鮮的食材，為您提供營養豐富的選擇。從優質蛋白到新鮮蔬菜，以及各款滋味配料，隨心搭配出您喜愛的組合，帶來滿足又輕盈的夏日美食。



## PORTSIDE

# Beef Brisket in Clear Broth

## 港式清湯牛腩

Throughout July and August

Savour our slow-simmered beef brisket, cooked until tender and served in a light yet flavourful broth. Simply delicious, it's a beloved local favourite.

七月及八月

細味慢火熬製的清湯腩，牛肉軟腩入味，配以清而濃郁的上湯，品嚐正宗地道的港式情懷。

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

# Australian Black Truffles

## 澳洲黑松露

Throughout July and August

This rare seasonal delicacy is prized by chefs worldwide for its distinctively earthy, musky aroma and rich umami flavour.

七月及八月

黑松露是珍稀的季節性食材，以其獨特的泥土氣息、麝香般的香氣及濃郁的風味，深受全球主廚推崇。



CAFFÈ LUNA

# Vacanze a Portofino

## Holidays in Portofino

### 波托菲諾海港之旅

Throughout July and August  
七月及八月

ANTIPASTO

### Frittura Ligure

Deep-fried Fish and Seafood, Basil Mayo

PRIMO

### Ravioli di Patate, Capesante e Pomodorini

Potato Ravioli, Scallops, Cherry Tomatoes, Lemon

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

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



## THE CHAIRMAN'S ROOM AND PRESIDENT'S ROOM

The Chairman's Room and President's Room feature bright, refreshing interiors with contemporary furnishings and attractive décor – ideal settings for meetings and dinner gatherings, with views of the Marina and Tropical Pool. A separate lounge area provides a perfect spot for break sessions or post-dinner karaoke.

## SUMMER EVENTS PROMOTION

Make every occasion delightful, meaningful and truly memorable with the expertise of our Club's Events Sales Team.

- Chinese Set Dinner Menus from \$8,280 per table of 12 persons.
- Western Set Dinner Menus from \$870 per person.

Enjoy complimentary corkage for self-brought wine, plus free karaoke and mahjong in our function rooms.

For bookings or enquiries, please call our Events Sales Team on 2814 5442 or email [events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com).

## Ports of Call

# Kyushu

遊歷九州



***“Japan offers as much novelty perhaps as an excursion to another planet.” – Isabella Bird***

*Unbeaten Tracks in Japan (1880)*

## Fukuoka

福岡

**T**he island of Kyushu's main point of entry for visitors flying in from Hong Kong – and home to one of Japan's busiest cruise ports – Fukuoka is easy to explore, with most of the major sites being accessible by subway train. Japan's tallest waterfront tower, Fukuoka Tower is a good place to start your trip, to get a broad view of the city's layout. The Gion area has a number of historical Buddhist shrines and temples, including the eighth-century Kushida Shrine.

The nearby Canal City Hakata is a fun place for shopping and food, but be sure to cross over the river to Tenjin, the city's largest shopping district and Kyushu's “fashion capital”, for an enjoyable half- or even full-day's upmarket shopping and dining. If you're in town for several days, head out by train for a half-day trip to the impressive Dazaifu Tenmangu Shrine. Also near enough for a day-trip – only 90 minutes away using the new bullet train service via Takeo-Onsen since 2022 – is our next port of call, Nagasaki.



福岡是從香港飛抵九州的旅客的主要入境城市，也是廣受歡迎的旅遊地點，同時亦是日本最繁忙的郵輪港口之一。福岡交通便利，大部分主要景點都可乘地鐵輕鬆抵達。日本最高的海濱塔——福岡塔，是開啟旅程的理想景點，遊客可在此俯瞰城市全景。祇園地區擁有許多歷史悠久的佛教神社和寺廟，其中包括建於八世紀的櫛田神社。

附近的博多運河城是購物和美食的好去處，不要錯過河的另一邊的天神，那裡是博多最大的購物區，也是九州的「時尚之都」，可以安排半天甚至一整天購物和享受美食。若您計劃在博多停留數天，不妨乘火車前往氣魄雄偉的大宰府天滿宮。而下一站介紹的是近在咫尺的長崎，非常適合一日遊——自2022年起，乘坐新幹線列車經武雄溫泉，僅需90分鐘便可到達。





## Nagasaki

長崎

**T**oday a busy international cruise port, from the 17th to 19th centuries Nagasaki was the only place in Japan where Europeans – most of them Dutch – were permitted to land, live and trade. Consequently there is more historical European style architecture here than most other places in Japan, notably at Huis ten Bosch, a reproduction Dutch-style village built in the 1990s. Dejima Island, the site of the old Dutch settlement, has been reconstructed for tourists but is an interesting place to visit, with some nice shops and restaurants.

Make your way to the top of Mount Inasa for excellent views of the city. Try to get there just before sundown, as the night view is known as the “10 million dollar view” and rated among Japan’s finest city vistas. Glover Gardens is a collection of relocated European-style homes built for foreign traders and diplomats when Japan was opened to world after the Meiji Restoration of the mid 19th century. It also offers terrific views of Nagasaki harbour.

今天的長崎是繁忙的國際郵輪港口，但在17至19世紀，它是日本唯一允許歐洲人（其中大部分是荷蘭人）停泊、居住和進行貿易的地方。因此，長崎擁有比日本其他大部分地區更多的歐式歷史建築，尤其是豪斯登堡，這是一座建於1990年的仿荷蘭風格的村落。荷蘭人曾定居的出島也已重建，成為旅遊景點，島上有一些不錯的商店和餐廳仍然值得一遊。

登上稻佐山，飽覽城市美景。建議在日落前抵達，這裡的夜景被譽為「千萬美元美景」，被喻為日本最美城市景觀。哥拉巴園是從歐洲遷建而來的住宅，是為19世紀中期明治維新後日本對外開放時為外國商人和外交官建造的。從這裡也能欣賞到長崎港的壯麗景色。



## Kagoshima

鹿兒島

**I**ncreasingly popular with international cruise lines, Kagoshima has been nicknamed the Naples of East for its bayside location, nearby active volcano and rather Mediterranean climate. The city is also closely associated with samurai culture. Saigo Takamori – born in Kagoshima and an important figure in Japanese history – was a military leader during the Meiji Restoration of the 1860s, but later led the Satsuma Rebellion of samurai against the new Imperial



army. His statues stand in the city centre, and close to Kagoshima Airport in Saigo Park.

Many of the city’s attractions have a samurai connection, with one of the best being the beautifully laid out Sengan-en Garden. All sites, however, are overshadowed by the spectacular Sakurajima volcano, which steams away just across the harbour. Ferries head over from the Main Port every 15 minutes and day trips to the surrounding parkland are popular with locals and tourists. More volcanoes lie a short drive north in Kirishima National Park, not far from Kagoshima Airport, where underground activity supplies a steady stream of hot springs that draw visitors from all over Japan.

鹿兒島因其海灣位置及宜人的氣候被譽為「東方那不勒斯」，更擁有活火山，逐漸受到國際郵輪公司的青睞。這座城市也與武士文化有着密切的關聯。出生於鹿兒島的西鄉隆盛是日本歷史上的重要人物，他曾是19世紀60年代明治維新時期的軍事領袖，後來又領導了反對新成立的皇軍的西南戰爭。他的雕像矗立在市中心和靠近鹿兒島機場的西鄉公園內。

這座城市的許多景點都與武士有關，其中最著名的屬佈局精美的仙巖園。然而，這些景點都被壯觀的櫻島火山所掩蓋，這座火山就在港口對面，蒸氣繚繞。從港口出發，每15分鐘就有一班渡輪前往櫻島及週邊公園，一日遊深受當地人和遊客的歡迎。開車往北不遠，距離鹿兒島機場也不遠的霧島國立公園，那裏還有更多的火山。火山活躍區孕育出源源不絕的溫泉，吸引來自日本各地的遊客。



# Kumamoto

## 熊本

**R**oughly midway between Fukuoka and Kagoshima, and accessible from both by a one-hour train ride (or by air from Hong Kong), Kumamoto is best known for its castle, the Suizenji Gardens and Lake Ezu. Kumamoto Castle – the country’s third largest – is considered to be one of the most beautiful in Japan. Like many Japanese castles, however, it is largely a reconstruction of an original that was destroyed by fire in the 19th century.

Suizenji Gardens is a sprawling, 17th-century garden that reproduces the 53 stations of the Tokaido – the road that connected Edo (today’s Tokyo) with Kyoto, in miniature – and features a diminutive Mount Fuji. Kumamoto is also a good base for visiting Mount Aso, the largest active volcano in Japan. The city’s Kumamon Port Yatsushiro was opened in 2020 to accommodate the world’s largest cruise ships with an adjacent park themed around Kumamon, the mascot of Kumamoto.

熊本位於福岡和鹿兒島之間，大致處於兩地中間的位置，從兩地乘坐火車只需一小時即可到達（也可從香港乘飛機前往）。熊本最著名的景點包括熊本城、水前寺成趣園和江津湖。熊本城是日本第三大城堡，被譽為日本最美麗的城堡之一。然而，與許多日本城堡一樣，大部份的建築是在19世紀毀於火災的原址上重建的。

水前寺成趣園是一座佔地廣闊的17世紀庭園，設計參考了「東海道五十三次」——東海道是連接江戶（現今的東京）和京都的道路，園內還建有一座仿富士山的築山。熊本也是遊覽日本最大的活火山阿蘇火山的理想出發點。熊本的熊本熊港口八代於2020年開放，可接待世界上最大的郵輪，毗鄰以熊本熊為主題的特色公園。



# Beppu

## 別府

**A**round two hours by train from Fukuoka, Beppu, on Kyushu’s eastern coast, is one of Japan’s top hot-springs destinations, best known for its eight Jigoku, or “Hells” – multicoloured volcanic pits of boiling water and mud. Umi Jigoku is perhaps the most attractive, with its pond of boiling blue water and spacious gardens, while at Kamado Jigoku, or “cooking pot hell”, visitors can sample various delicacies steamed over the bubbling spring water. There are also plenty of onsen hot-spring baths available, the best of which is the 19th-century Takegawara Onsen, which offers the hot-sand-burial treatment and unusually hot baths.

A 10-minute bus ride from the town centre is Takasakiyama Monkey Park, which is home to 1,500 Japanese macaques, while the Beppu Ropeway – Kyushu’s largest – offers some breathtaking views from nearby Mount Tsurumi.



從福岡乘搭火車約兩小時即可抵達位於九州東海岸的別府，這裡是日本頂級的溫泉勝地之一，以其八大地獄溫泉而聞名。這些地獄是色彩斑斕的火山坑，裏面盛滿了沸騰的溫泉水和溫泉泥。其中，海地獄或許最迷人，擁有沸騰的藍色溫泉水和寬敞的庭院；而在灶地獄，遊客可以品嚐到各種用沸騰的溫泉水蒸製的美味佳餚。此外，別府還有許多溫泉浴場可供選擇，其中最著名的是建於19世紀的竹瓦溫泉，那裏提供熱沙浴和的溫泉浴。

從市中心搭乘巴士約10分鐘即可抵達高崎山自然動物園，那裡飼養着1,500隻日本獼猴；而九州最大的纜車——別府索道，則可從附近的鶴見岳欣賞到令人嘆為觀止的景色。





# Summer Wine Box – Mix, Match & Sip

夏日葡萄酒禮盒 – 自由配搭 × 清爽暢飲

**S**un-drenched days call for effortless enjoyment, and our Summer Wine Box – Mix, Match & Sip is designed for exactly that. Whether you're heading to the beach, laying out a picnic in the park, or cruising into golden hour on the water, this versatile wine box brings summer ease wherever you go.

Celebrate the season your way with two curated editions to suit every occasion and preference. The Classic Wine Box is perfect for carefree summer moments, featuring a refreshing selection of Prosecco, rosé, Aperol, and vibrant white and red wines from renowned regions. Crisp, expressive and made for sharing, these wines pair beautifully with salty sea breezes, light picnic fare and relaxed evenings outdoors.

For those seeking a lighter, mindful alternative, the Alcohol-Free Wine Box offers thoughtfully crafted alcohol-free wines, no compromise on taste, style or atmosphere. It's ideal for daytime gatherings, family outings, or anyone who wants to enjoy the ritual without the alcohol.

Both editions are completed with practical wine accessories, making every sip effortless – whether poured beachside, unpacked on a picnic blanket or enjoyed on deck as the sun sets.

Best of all, each Summer Wine Box lets you mix and match any two beverages, giving you the freedom to tailor your box exactly to your taste and occasion.

From spontaneous seaside escapes to slow summer afternoons, this is your perfect companion for sipping, sharing, and making the most of the season.

Summer Wine Box will be launched in mid-July. Please look out for our e-wire or contact La Cave directly for more details.

陽光燦爛的夏日，最適合輕鬆享受生活，而「夏日葡萄酒禮盒 – 自由配搭 × 清爽暢飲」正是為此而設。無論是海灘消暑、公園野餐，還是出海迎接黃昏，這款靈活百搭的禮盒都能讓您隨時隨地感受夏日的愜意魅力。

今個夏天，您可按照個人喜好，從兩款精心挑選的禮盒中選擇最適合您的。經典葡萄酒禮盒 (Classic Wine Box) 匯聚清新怡人的意大利氣泡酒、玫瑰酒、阿佩羅酒及來自知名產區、充滿活力的白酒與紅酒，口感清爽，最適合與人分享，與海風、輕食及悠閒的戶外時光完美搭配。

偏好清新、無負擔體驗的會員，則可選擇無酒精葡萄酒禮盒 (Alcohol-Free Wine Box)。此禮盒精選高品質的無酒精葡萄酒，讓您在無酒精的情況下，依然可享受優雅而完整的品酒體驗，特別適合日間聚會、家庭活動或追求健康生活方式的人士。

不論選擇哪一款禮盒，均附送實用酒具，讓每一次開瓶都輕鬆自在。無論是在沙灘上、野餐墊旁，還是甲板上欣賞日落，都同樣合適。

最令人期待的是，每個夏日葡萄酒禮盒均可自由配搭兩款飲品，靈活貼合不同口味與場合，為您的夏日聚會增添獨特風格。

從即興的海上之旅，到悠閒的夏日下午，這款禮盒都是您與摯友共享夏日時光的完美拍檔。

禮盒將於七月中旬推出。屆時請留意本會的電子通訊或向 La Cave 查詢。

For enquiries, please call La Cave on 2814 5391 or email [lacave@aberdeenmarinaclub.com](mailto:lacave@aberdeenmarinaclub.com).

查詢請致電 La Cave 電話 2814 5391 或  
電郵至 [lacave@aberdeenmarinaclub.com](mailto:lacave@aberdeenmarinaclub.com)。

## MARINA GRILL



# Australian Black Truffle × Felton Road Wine Dinner

黑松露配葡萄酒晚宴

Thursday, July 30  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$1,380 per person  
Guest Speaker: Graham Kwok, Brand Representative

日期：7月30日(星期四)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$1,380  
演講嘉賓：品牌代表Graham Kwok



### WINES FEATURED

- 2025 Felton Road, Bannockburn, Riesling **JS95**
- \*\*\*
- 2024 Felton Road, Block 2, Chardonnay **JS97**
- \*\*\*
- 2022 Felton Road, Calvert, Pinot Noir **RP94+**
- \*\*\*
- 2024 Felton Road, MacMuir, Pinot Noir **RP94**
- \*\*\*
- 2024 Felton Road, Block 3, Pinot Noir **RP95**
- \*\*\*
- 2024 Felton Road, Block 5, Pinot Noir **JS96**

## CAFFÈ LUNA

# A Taste of Italy's Sea Breeze Wine Dinner

意大利葡萄酒晚宴



Friday, August 21  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$680 per person  
Guest Speaker: Alan Kwok, Italian Wine Specialist

日期：8月21日(星期五)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$680  
演講嘉賓：意大利葡萄酒專家Alan Kwok

### WINES FEATURED

- |   |   |
|---|---|
| 2024 Salvatore Martusciello, Trentapioli, Asprinio d'Aversa | 2019 Mantellassi Le Sentinelle, Morellino di Scansano Riserva |
| ***   | ***   |
| 2023 Selvadolce, Crescendo, Terrazze dell'Imperiese         | 2019 Caprioli, Ad Alberto, Brunello di Montalcino Riserva     |
| ***   | ***   |
| 2017 Selvadolce, Rucantù, Riviera Ligure di Ponente         | 2013 Selvapiana, Vin Santo del Chianti Rufina (500ml)         |

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。



# Kumamon

熊本熊  
by Peter Walbrook

**A** very familiar face in Hong Kong, Kumamon is one of Japan's most recognisable and beloved mascots (or *yuru-kyara*) and has become a cultural phenomenon while serving as the official Sales Manager and Head of Happiness for Kyushu's Kumamoto Prefecture.

Kumamon was introduced in 2010 as part of the Kumamoto Surprise campaign set up to attract tourists to the region following the opening of the Kyushu Shinkansen bullet train line. Created by Tokyo-born designer Manabu Mizuno, the minimalist bear-like character was an instant hit, with his catchy name a combination of *kuma* ('bear') and *mon* ('person' in the local dialect).

The ubiquitous mascot's success has been attributed in large part to a clever marketing strategy whereby

the Kumamoto government allows the use Kumamon's image free of charge - including by foreign businesses since 2018 - just as long as the products promote goods and services from the prefecture.



This open-licensing policy has led to a mass proliferation of Kumamon merchandise - from keychains to phone cases to inflight meals - generating substantial financial income and publicity for the Kumamoto region.

Beyond his economic impact, Kumamon has also become a source of emotional support and local pride. Known for his positively playful personality and high-energy dance performances (including participation in a Guinness World Record for the largest mascot dance in 2013), he actively engages with fans both in person and, of course, on social media.

Following the deadly Kumamoto earthquakes of April 2016, Kumamon served as a symbol of resilience and recovery, making appearances to uplift spirits and encourage reconstruction efforts. He also helped raise funds for the reconstruction of Notre Dame Cathedral in Paris after the destructive 2019 fire.

From a regional tourism promoter to a global pop culture icon, Kumamon has become to many an inspiring example of how a simply designed character - even a highly commercial one - can capture hearts and minds both at home and abroad.

You can visit Kumamon online at [kumamon-land.jp](http://kumamon-land.jp).



在香港，熊本熊可謂十分為人熟識。作為日本最知名、最受歡迎的吉祥物之一，熊本熊已成為一種文化現象，並擔任九州熊本縣的官方推廣觀光大使。

熊本熊於2010年作為「熊本 Surprise」活動的標誌而誕生，該活動旨在迎接九州新幹線開通，吸引遊客前往熊本。簡約的熊形卡通形象由出生於東京的設計師水野學創作，一推出便迅速走紅，其名字 Kumamon (由 Kuma 指「熊」和 mon 在方言中指「人」的組合) 亦令人朗朗上口的。

熊本熊的走紅很大程度上歸功於一項巧妙的行銷策略：熊本縣政府允許免費使用熊本熊的商標。自2018年起，只要產品符合宣傳熊本縣的商品和服務的目的，外國企業也可以使用此標誌。

這項開放授權的政策使熊本熊週邊產品如雨後春筍般湧現，從鑰匙圈、手機殼到機上餐食，應有盡有，為熊本地區帶來了可觀的經濟收益和宣傳效益。

除了經濟效益之外，熊本熊也成為了人們情感寄託和當地驕傲的吉祥物。它以活潑開朗的個性和活力四射的舞蹈表演而聞名 (包括2013年參與創造健力士世界紀錄的「最大規模吉祥物舞蹈」)，無論在現實生活中還是在社交媒體上亦積極與粉絲互動。

2016年4月熊本發生強烈的地震後，熊本熊成為了堅韌和復甦的象徵，多次亮相鼓舞人心，鼓勵重建工作。2019年巴黎聖母院發生火災後，熊本熊也參與了聖母院的重建募款活動。

從地區旅遊推廣大使到全球流行文化象徵，熊本熊已成為許多人心中的典範，它證明了即使是設計簡潔、極具商業價值的角色，也能獲得國內外人們的心。

如欲了解更多有關熊本熊的資訊，可瀏覽 [kumamon-land.jp](http://kumamon-land.jp) 官方網站。

# From The Bar Padrino Mocktail

Padrino無酒精雞尾酒



If you are a whisky lover looking for something with a sweet and sophisticated touch, the Padrino Mocktail is an excellent choice. Based on the Godfather cocktail, it comprises a simple but perfect combination of Sober Whisky 0.0% and Sober Amaretto 0.0%.

Although its preparation is simple, its flavour is complex and balanced. It has become a popular choice in upscale bars and private gatherings, as it brings a refined touch without requiring too many ingredients or complicated techniques.

The name Padrino means Godfather in Italian, and the original cocktail is said by some to have been first created in the early 1970s, either in tribute to Francis Ford Coppola's movie *The Godfather* (1972) or the

book upon which it was based. Others claim it was simply a favourite drink of lead actor Marlon Brando.

倘若您鍾情於威士忌，且正尋覓一種兼具甜美氣息與優雅風味的味蕾享受，Padrino無酒精雞尾酒無疑是您的不二之選。這款飲品啟發自經典的「教父」雞尾酒，將 Sober Whisky 0.0% 與 Sober Amaretto 0.0% 完美交織，調配出簡約而不凡的極作。

雖然調製過程不假繁飾，其風味卻層次深邃且細緻均衡。憑藉這份精緻感，早已成為高端酒吧與私人聚會中的寵兒。無須繁瑣技巧或過多配料，即可為席間增添一抹超凡脫俗的品味。

「Padrino」於意大利語中意指「教父」。坊間流傳這款經典雞尾酒始於1970年代初期，有說是向法蘭西斯哥普拉於1972年執導的經典鉅作《教父》或其同名原著致敬；亦有傳聞指，這款飲品純粹是男主角馬龍白蘭度的心頭好。

## Profile

Woody, earthy, savoury with cereal tone.

## Ingredients

- 60ml Sober Whisky 0.0%
- 20ml Sober Amaretto 0.0%

## Method

Stir until the mixing glass reaches the point of being frosted.

Pour into . . .

Frosted sour glass with ice cube

Finish with . . .

2 drops of hazelnut oil

2 drops of truffle oil

Orange peel and cherry

## 風味

煙燻木香、大地氣息，層次中隱約透著迷人的穀物鹹鮮味。

## 材料

- 60ml Sober 無酒精威士忌
- 20ml Sober 無酒精意大利杏仁利口酒

## 製作方法

攪拌：於攪拌杯中徐徐攪動，直至杯身沁出如霧般的剔透薄霜。

濾入：倒入放有大方型冰的冰鎮酸酒杯。

點綴：最後加入各兩滴榛子油及兩滴松露油，並配以橙皮與糖漬櫻桃作點綴。



 **82 OCEAN ENCLOSED**

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# Hong Kong History

香港  
歷史

by Giles Leonard,  
Director of Sports & Recreation

In this issue, we will look at a photograph over Happy Valley, which always gives us a fascinating glimpse into Hong Kong's history.

As early as 1840, Happy Valley was seen as an ideal place to establish the Colony's first town and a military camp was soon set up. However, the marshy farmland soon put paid to that idea as the early death rate from malaria was extremely high. The military moved towards Victoria (Central), but the flat land of Happy Valley was seen as ideal for horse racing and after the marshes and paddy fields were drained, the first race course was set up in 1846. Today, some 180 years later, Happy Valley is synonymous with horse racing.

As with all of our historical photos, there are very

few buildings that are still standing which sometimes makes it hard to put a date to the photo. However, if we look closely, there are a few obvious clues. The oldest building in the photo is the rather inauspicious building at the bottom left of the photo. This is the chapel at the Hong Kong Cemetery and is also Hong Kong's oldest colonial building, built in 1845. To clarify, as the death rate amongst the early settlers continued to rise, the original cemetery in the area that is now Wan Chai's Ship Street became too congested. Therefore, the cemeteries in Happy Valley were established, starting with the Colonial or Protestant Cemetery and in front of the cemetery is one of the early Grandstands at the Jockey Club. This version was built after the great fire of 1918, which engulfed the original wooden structure. The Race Course

Memorial was built in 1922 in memory of those who perished in the fire, but is not visible in the photo.

Further clues on the photo's date come from the buildings on the far side of the track. The grand building towards the middle right of the photo still exists but has now been swallowed up to form part of St. Paul's Primary Catholic school. At the time that the photo was taken it was known as 'Le Calvaire', and housed an orphanage run by the Sisters of St. Paul de Chartres. This was built in 1908, and if you walk there today, look for the two bricked up gates which still feature the words 'Le Calvaire'. The other building that gives us more of a clue is St. Margaret's Church, which opened in 1925 and would have dominated the surroundings. Other than these buildings, there are not too many other clues in the photograph, so we will have to refer to the source of the photo to determine the year it was taken. It is taken from the 'F. Hagger' collection at the University of Bristol, and while there is little information on Mr. Hagger, we know he was a Royal Navy engineer and was stationed in Hong Kong on HMS Medway in the early 1930s.

Lastly, let's look at the other details in the photograph and the main feature is the number of sports taking place. Towards the far left we can see a cricket match taking place at Craigengower Cricket Club - the large white sight screens give this away. Inside the racetrack, there seems to be a lot of matches taking place - mostly football by the looks of the goals. On the far side are what looks to be golf bunkers - at this time Hong Kong Golf Club was already established at Deep Water Bay and Fanling, but a number of golf holes still remained. Records tell us that since 1903, the club had obtained exclusive use of Happy Valley except for Wednesdays and Saturdays, when football and cricket were played. However, use by ladies was heavily restricted and they were allowed to play on Sundays only.

*For more information on this, or for other queries on Hong Kong History, please look out for our Director of Sports & Recreation, Giles Leonard, around the Club. Our history walks will resume once the cooler weather returns.*

我們本期將細看一張跑馬地的舊照片，這些珍貴影像總能讓我們一窺香港歷史中引人入勝的一面。

早於1840年，跑馬地曾被視為建立殖民地首個城鎮的理想地點，並隨即設立了軍營。然而，由於該處原為沼澤農地，早期瘴疾導致的死亡率極高，建城計劃因而告吹。軍隊隨後遷往維多利亞城（中環一帶），但跑馬地平坦的地勢被認為非常適合發展賽馬活動，在排乾沼澤和稻田後，首個馬場於1846年正式落成。時至180年後的今天，「跑馬地」已成為賽馬的代名詞。



與大多數歷史照片一樣，相中現存的建築寥寥可數，使我們難以確定拍攝時期。然而若仔細觀察，當中仍有幾處明顯的線索。照片中最古老的建築位於左下角，那棟看似平凡的建築其實是香港墳場內的小教堂。它建於1845年，是香港現存最古老的殖民地建築。隨著早期移民的死亡率持續上升，位於現今灣仔船街一帶的墳場不敷應用，政府遂在跑馬地設立多個墳場，由殖民地墳場（或稱新教墳場）開始。而墳場前方則是馬會早期的其中一個看台，該看台是在1918年大火後重建的，當時的大火吞噬了原有的木質結構。至於為了紀念火災罹難者而於1922年興建的「馬場先難友紀念碑」，在照片中則未能看見。

照片拍攝日期的其他線索可從賽道另一側的建築中找到。照片右側中間的那座宏偉建築至今仍然存在，但已被擴建並成為聖保祿天主教小學的一部分。照片拍攝時，該建築名為「Le Calvaire」，是由沙爾德聖保祿女修會營辦的孤兒院。它建於1908年，若您今日路經該處，仍能發現兩道刻有「Le Calvaire」字樣的密封磚門。另一座提供線索的建築是聖瑪加利大堂，它於1925年啟用，是當時該區的標誌性建築。除了上述建築外，照片中並沒有太多其他線索，因此必須參考相片來源以確定年份。這張相片出自布里斯托大學的「F. Hagger」收藏集。雖然關於Hagger先生的資訊不多，但已知他是一名皇家海軍工程師，並於1930年代初期隨「梅德韋號」駐守香港。

最後，讓我們看看照片中的其他細節，其中主要特色是當時正進行的各項運動。在左側，巨大的白色擋板清晰地顯示紀利華木球會正在進行比賽。馬場內似乎同時進行多場賽事，從球門形狀判斷大多是足球賽。遠處則有一些看似高爾夫球沙坑的地方。雖然當時香港哥爾夫球會已在深水灣及粉嶺設有球場，但在這裡仍保留了一些球洞。記錄顯示，自1903年起，哥爾夫球會除了在星期三及星期六（進行足球及木球比賽的日子）外，享有跑馬地的獨家使用權。此外，女性使用場地的權利受到嚴格限制，她們只能在星期日打球。

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。待天氣轉涼後，我們的家庭行山日將會恢復舉行。



HAIR SALON

# The Secret to Healthier Hair: Product Layering

## 護理秀髮的秘訣

One common cause of damage is calcium from water. Calcium can make hair look dull on the outside and feel stiff and brittle on the inside. Layering helps remove this build-up and restore softness and shine.

Start with a pre-shampoo treatment. This step helps protect hair from water damage and begins repairing it before you shampoo. Leave it on, then shampoo as usual.

Next, use a targeted shampoo to cleanse the hair and remove remaining build-up.

After washing, continue layering with styling products like heat protectant and hair oil to protect, smooth, and add shine.

When used in the right order, layering can transform damaged hair and improve your daily styling results.

Want expert help choosing the right routine? Visit Cutting Edge Salon and speak with our professional stylists, or book your appointment to experience personalised haircare in-salon.

單靠洗髮和潤髮未必足夠，尤其對受損髮質而言更是如此。這時候需要分層護理秀髮，按特定步驟使用產品，讓不同產品發揮協同效應，由內到外修復秀髮。這是一個讓頭髮重現強韌、光澤，看起來更健康的簡單方法。

頭髮主要由兩大層次組成。外層是毛鱗片，這是保護秀髮的屏障，並會直接影響頭髮的平滑度與光澤感。內層則是皮質層，為頭髮提供強度與色澤。當皮質層受損，頭髮會變得脆弱且容



易斷裂。分層護理秀髮能同時兼顧這兩個層次的修復與滋養。

造成髮質受損的一個常見原因，是來自食水中的鈣質。鈣質積聚會使頭髮外層變得暗淡無光，內層則會變得較硬且脆弱易斷。分層次地護理有助於清除這些殘餘積聚物，恢復秀髮原有的柔軟度與亮澤。

首先從洗髮前護理開始。這一步能在洗髮前預先進行修復，並保護秀髮免受水分造成的損傷。塗抹後稍作停留，然後按正常程序洗髮。

接著，使用具針對性的洗髮水徹底清潔髮絲，洗淨殘留的積聚物。

洗髮後，繼續使用造型產品，例如隔熱產品或護髮油，以達到防禦損傷、撫平髮絲及增添光澤的效果。

只要按正確次序進行護理，即可讓受損髮質煥然一新，令日常造型效果更出色。

想獲得專家建議，制定最適合您的護理程序？歡迎親臨美髮及美容中心諮詢我們的專業髮型師，立即預約親身體驗個人化的專業護理服務。

CUTTING  
Edge

For bookings, please call  
Cutting Edge Hair and Beauty  
Salon on 2814 5319 or  
email [cuttingedge@  
aberdeenmarinaclub.com](mailto: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](mailto:cuttingedge@aberdeenmarinaclub.com)。

# OMG In-salon Treatment - The Fountain of Youth for Your Hair

## 極致新生護髮體驗

Ready for a hair transformation that actually goes deep? Cutting Edge Salon is bringing you the ultimate game-changer: OMG Stem Cell Repair Treatment.

Healthy hair is more than appearance - it is a reflection of proper care, nourishment and advanced science. OMG has harnessed the power of botanical stem cells to rebuild your hair's core strength and bring dull locks back to life.

It's about more than just shine; it's about resilience. This treatment restores structural integrity and injects newfound vitality into every strand. Follow up with the exclusive at-home collection to keep that signature bounce and youthful glow 24/7. Your hair's comeback starts here.

渴望體驗一場由內而外的秀髮蛻變嗎？美髮及美容中心為您呈獻徹底顛覆護髮定義的關鍵：OMG 植物幹細胞修復護理。

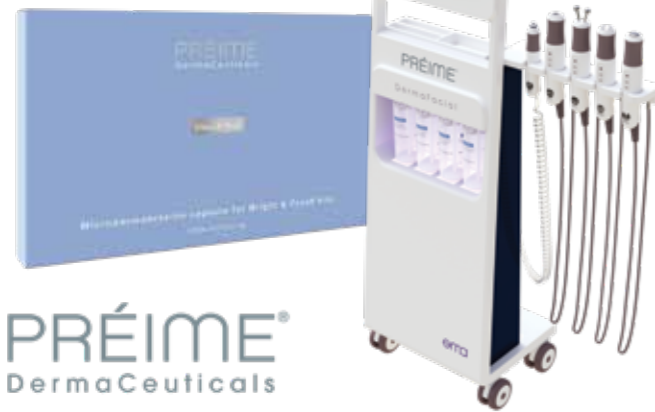
健康的秀髮不僅在於外觀，更是細緻呵護、深層滋養與尖端科學的完美結晶。OMG 匯聚植物幹細胞的修護能量，重塑髮絲核心強韌度，讓暗淡無光的秀髮重煥新生。

這不僅是追求瑩潤光澤，更是賦予秀髮韌性的洗禮。此項護理能修復髮絲結構的完整性，為每一根秀髮注入前所未見的豐沛活力。配合專屬家居護理系列，讓秀髮時刻保持標誌性的輕盈彈力與煥發年輕光采。您的秀髮重生之旅，由此開啟。



# Préime Derma Facial

The World's Most Advanced Aesthetic Facial Device  
即時提亮新體驗



**P**réime Derma Facial represents the pinnacle of facial treatment technology, combining five leading technologies in a single advanced device. This revolutionary system offers an improved and complete facial experience that transforms your skin through a scientifically designed five-step treatment protocol.

## FEATURES AND STEPS

**Cleanse and Infuse** prepares the skin and infuses nourishing active ingredients that result in uplifted and hydrated skin for a fresh and youthful look.

**Exfoliate and Revive** the skin with bespoke microdermabrasion combined with the production of countless CO2 bubbles that penetrate the skin to encourage increased blood circulation.

**Tighten and Tone** the skin to support natural collagen and elastin fibre production. This will help to smooth the appearance of fine lines and wrinkles and defined facial contours.

**Boost and Rejuvenate** the skin's complexion helping to stimulate its natural ability to repair itself.

**Nourish and Moisturise** the skin by assisting transdermal absorption of active ingredients. This will help to improve moisture retention, absorption of active ingredients and will contribute to the appearance of healthy skin.

Book your Préime Derma Facial consultation to discover the power of the world's most advanced aesthetic facial device.

全球頂尖醫學美容儀器讓美髮及美容中心為您揭開年輕肌膚奧秘。

Préime Derma護理療程堪稱面部護理技術之巔，將五項全球領先科技結合這部先進的儀器之中。這套革命性系統全面地呈獻更臻完美的護理體驗，透過科學設計的五步修復程序，賦予肌膚由內而外的深度蛻變。

### 核心特色與護理程序

**淨化與導入：**為肌膚作好完美預備，深度注入滋養活性成分，締造水潤緊緻的觸感，煥發清新亮麗的年輕神采。

**煥膚與重塑：**結合專屬訂製的微晶煥膚技術與無數產生的二氧化碳微氣泡，深層滲透肌底，促進血液循環，喚醒肌膚原生活力。

**緊緻與塑形：**促進天然膠原蛋白與彈性纖維生長，有效撫平細紋與皺紋，精準勾勒出分明的面部輪廓。

**提升與活化：**全面提亮膚色，激發肌膚自我修復的天然潛能，重塑飽滿剔透質感。

**滋養與鎖水：**協助活性成分經皮膚吸收，顯著提升肌膚的鎖水能力與吸收效率，成就健康無瑕的理想膚質。

立即預約Préime Derma護理療程，親身體驗全球頂尖醫學美容儀器的卓越修復力量。

DR H  
be well live well



PRO-SHOP

## DR H Health Management Wearables Pop-up at 5/F Pro-Shop

Saturday & Sunday, August 29 & 30  
From 10am - 6pm  
8月29日及30日 (星期六及星期日)  
上午10時至下午6時

**D**R H, co-founded by Hitrons Intelligence and renowned designer Alan Chan, is a Hong Kong-based wellness brand that empowers holistic well-being through smart technology. Guided by the philosophy of Health, Home and Happiness, DR H promotes a smart, adaptive lifestyle that evolves with its users, embodied in its ethos: Be Well, Live Well.



**DR H's portfolio** - including smart rings, eyewear, eye masks and insulated smart water bottles - redefines modern wellness essentials, supporting everyday health, travel, relaxation and recovery through design-led innovation with cultural depth.

DR H由Hitrons Intelligence與知名設計師Alan Chan共同創立，是一家香港的品牌，致力透過智慧科技提升身心健康。秉承「健康、居家、幸福」的理念，DR H提倡一種智慧化的生活方式，並隨着使用者的需求不斷進化，其核心理念是「健康生活，美好人生」。

DR H與香港科學園合作，將人工智慧創新與Alan Chan別具特色的設計相結合，其靈感源自於他著名的「東情西韻」設計哲學。

DR H的產品系列涵蓋智慧戒指、眼鏡、眼罩和智慧保溫水瓶等，重新定義了現代健康生活必需品，透過以設計為主導的創新，並融入深厚的文化，支持個人日常健康、旅行、放鬆和恢復的概念。

Enquiries 查詢: 2814 5417 (Pro-Shop)



## Fitness Centre Orientation

健身中心迎新會

Sunday, July 26 and August 30

From 1-3pm

7月26日及8月30日 (星期日)  
下午1時至3時

**M**eet with our team and learn how to use the fitness equipment safely and effectively.

Complimentary for Members. Guest fees apply.

For booking and enquiries, please contact the Fitness Centre on 2814 5337.

與我們健身中心團隊會面，學習如何安全有效地使用健身器材。

會員免費，來賓需收取費用。

預約或查詢請致電健身中心電話 2814 5337。





# The Amazing New Activ8 Opens on July 18!

全新的Activ8將於7月18日隆重開幕

**C**ome up to the 8/F to see our amazing new Activ8 venue, featuring a range of new sports and activities for all the family.

Activ8 is fully enclosed and air conditioned and features the following facilities.

- Bouldering Wall with four fixed rope walls and up to 60 different bouldering routes. Just Climb will offer lessons for children aged four and above as well as for adults.

- Hyrox Zone containing all eight functional training activities that make up the Hyrox programme: SkiErg, Rower, Sled Push, Sled Pull, Farmer's Carry, Sandbag Lunges, Burpee Broad Jumps and Wall Balls. You may also add in your 1km run on our non-motorised treadmills.
- Pickleball Courts - two great new courts so you can join in Hong Kong's fastest growing racquet sport.



# Bouldering

抱石運動

- Amsurf - for an amazing indoor surfing and bodyboarding experience to learn new skills or simply have fun while you wipe out!
- Amski - our existing indoor ski area offers the chance to hone your skills before and after your skiing holiday.

To learn more about each activity, come along to our Open Days which will include demonstrations and social events.

- Every Saturday and Sunday from July 18 to August 30
- Every Wednesday from July 22 to August 26
- Activities on all these days will start from 10am and end at 5pm

Alongside these amazing new facilities, we offer a range of programmes - lessons, socials and competitions. The new facilities will also feature some great new coaches.

歡迎親臨本會8樓，參觀我們全新的Activ8。這裡設有一系列嶄新的運動設施，適合一家大細。

Activ8採用全封閉式設計並配備空調，設施包括：

- 抱石牆：設有四條固定繩索攀爬牆及60條不同的抱石路線。Just Climb 將為四歲或以上之兒童及成人提供教學課程。
- Hyrox訓練區：提供組成Hyrox健身競賽的所有八項功能性訓練設施，包括：滑雪機、划艇機、雪橇推、雪橇拉、農夫負重步行、沙袋弓步、波比跳及牆球。您亦可以利用我們的非電動跑步機進行1公里跑步練習。
- 匹克球場：設有兩個全新球場，讓您參與這項在香港發展迅速的球拍運動。
- Amsurf：提供卓越的室內衝浪及趴板體驗，讓您在享受衝浪樂趣的同時學習新技巧。
- Amski：我們原有的室內滑雪區，讓您在滑雪假期前後精進滑雪技術。

如欲了解各項活動詳情，歡迎參加我們的開放日，屆時將設有示範及社交活動：

- 7月18日至8月30日（逢星期六及星期日）
- 7月22日至8月26日（逢星期三）
- 開放時間：上午10時至下午5時

除了新設施外，我們還提供一系列課程、社交活動及比賽，並由多位優秀的新進教練坐鎮。



**J**ust Climb have played a key role in the design and construction of the new Bouldering Wall and they will run our bouldering and climbing programmes.

Bouldering is for children aged four and above through to teens and adults - it's a sport for all the family. Just Climb have been operating a collection of bouldering and climbing centres in Hong Kong since 2011.

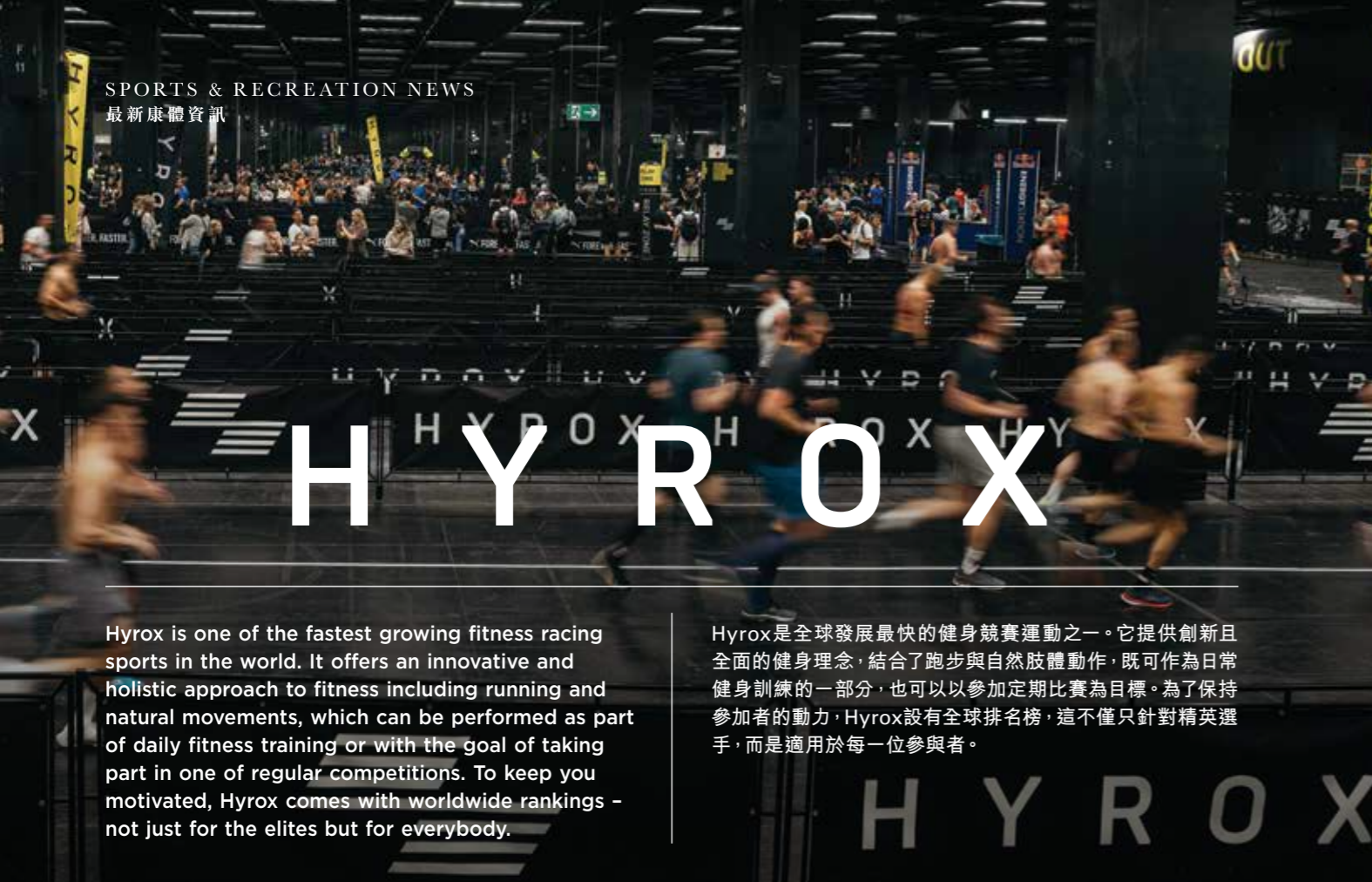
With unwavering belief and passion, Just Climb has been actively promoting and popularising bouldering, hoping to integrate the spirit of "perseverance and never giving up" into daily life as a driving force, thereby fostering a positive attitude towards life and shining brightly in different fields.

Come along to the Open Days to see what bouldering is all about, meet the coaches and see them in action.

Just Climb在全新抱石牆的設計與建造中擔當重要角色，並將負責營運我們的抱石及攀爬課程。抱石運動適合四歲或以上之兒童、青少年及成人參與，是一項全民皆宜的家庭運動。自2011年起，Just Climb 已在香港經營多間抱石及攀爬中心。

憑藉堅定的信念與熱誠，Just Climb一直積極推廣並普及抱石運動，希望將「堅持不懈、永不言敗」的精神融入日常生活，成為推動前進的力量，從而培養積極的人生態度，在不同領域發光發亮。

歡迎親臨開放日，深入了解抱石運動的魅力，並與教練見面及觀看現場示範。



Hyrox is one of the fastest growing fitness racing sports in the world. It offers an innovative and holistic approach to fitness including running and natural movements, which can be performed as part of daily fitness training or with the goal of taking part in one of regular competitions. To keep you motivated, Hyrox comes with worldwide rankings - not just for the elites but for everybody.

Hyrox是全球發展最快的健身競賽運動之一。它提供創新且全面的健身理念，結合了跑步與自然肢體動作，既可作為日常健身訓練的一部分，也可以以參加定期比賽為目標。為了保持參加者的動力，Hyrox設有全球排名榜，這不僅只針對精英選手，而是適用於每一位參與者。



**C**ass has been with the Club for two years and as a keen participant in Hyrox and other fitness competitions, she has been eager to see the new Hyrox facility take shape. Cass is an NASM-certified personal trainer and CrossFit Level 2 coach specialising in strength and conditioning, HYROX, and Spartan race preparation, with a strong emphasis on nutrition. Drawing on her own extensive race experience, she provides targeted technical drills, race-specific strategies and personalised guidance to help you feel confident and perform at your best on race day.

Her mission is to make training both highly effective and genuinely enjoyable, helping clients achieve sustainable results while building a lifestyle centered on longevity and holistic wellness.

Cass is fluent in English, Cantonese and Mandarin, and speaks conversational French.

Cass已加入本會兩年，作為Hyrox及其他健身比賽的熱衷參與者，她一直熱切期待全新Hyrox設施的落成。Cass是NASM認證私人教練及CrossFit二級教練，專長於力量與體能訓練、Hyrox以及斯巴達障礙賽特訓，並非常重視營養管理。憑藉其豐富的參賽經驗，她能提供具針對性的技術訓練、賽事專屬策略及個人化指導，助您在比賽更具自信，並發揮最佳狀態。

她致力讓訓練兼具高效及趣味性，協助學員取得可持續的成效，同時建立以長壽和身心健康為核心的生活方式。

Cass 精通英語、廣東話及普通話，並能以法語進行日常交流。

## Cass Lam

## Jay Wong



**J**ay has been a dedicated personal trainer since 2006 and specialises in high-level strength conditioning and resolving complex lower back and sacroiliac (SI) joint pain. Unlike steady-state cardio, Hyrox keeps your heart rate shifting, forcing blood supply to active muscles while demanding explosive strength. It is a total transformation for both body and mind. And the best part? Over 98% of participants successfully cross the finish line. To maximise the fun and minimise the risk, Jay recommends starting a structured training programme at least 12 weeks before attempting your first Hyrox race.

Jay自2006年起投身私人教練行列，擅長高強度力量體能訓練，並專門處理複雜的下背痛及骶髭關節疼痛問題。相對於穩定的有氧運動，Hyrox 要求心率不斷變換，在挑戰爆發力的同時，迫使血液供應至正在活動的肌肉。這是一場對身體與意志的全面蛻變；而最吸引之處在於，超過98%的參賽者都能成功衝過終點。為了提升運動樂趣並將受傷風險降至最低，Jay建議在首次嘗試Hyrox賽事之前，至少進行為期12週的系統化訓練計劃。

## Liam Mo



**L**iam is a former Hong Kong triple jump representative and a certified fitness coach with over seven years of experience. He specialises in Hyrox training, strength building and body recompositing for clients of all ages and abilities. He believes fitness should be practical, sustainable, and fun - whether you're training for a race or just want more energy in daily life. Hyrox is for anyone who wants realworld fitness, not just gym strength.

Come along to the Open Days to see up close what the Hyrox-hype is all about!

Liam是前香港三級跳代表隊成員，現為擁有超過七年經驗的專業認證健身教練。他擅長為不同年齡及體能程度的學員提供Hyrox訓練、力量鍛鍊及體態重塑指導。他堅信健身應該是實用、可持續且充滿樂趣的，無論您的目標是為了應付比賽，還是希望在日常生活中更顯活力。Hyrox非常適合追求實戰體能、而非單純追求健身房力量訓練的人士。

歡迎參加我們的開放日，親身體驗Hyrox席捲全球的熱潮與魅力！

# Amsurf

## Surfing and Bodyboarding 衝浪及趴板

**W**here thrill meets flow! Our new custom-built surf machine brings the joy of surfing and bodyboarding to a convenient indoor space. This sport helps body coordination, balance and concentration. Practicing on the surf machine helps surfers develop an eye for identifying and timing their take-offs. Since the waves are consistent, you can focus on positioning yourself correctly and understanding how the wave breaks and when you get back to the ocean, you can use this to your advantage. From initially trying to balance to performing freely and even fancy tricks, both adults and children will be captivated and each level will bring you unparalleled satisfaction.

We welcome everyone even if you do not have any surfing experience and our new coach Sing looks forward to sharing the fun of surfing and bodyboarding with you. Regular group lessons and private lessons are available.

讓刺激與流動的節奏合而為一！我們全新的定制衝浪機將滑浪與趴板衝浪的樂趣帶到便利的室內空間。這項運動有助於鍛鍊身體協調性、平衡感及專注力。在衝浪機上練習，能幫助衝浪者培養觀察力、精確判斷及掌握起板的時機。由於模擬波浪穩定有規律，您可以專注於正確的姿勢，並深入了解破浪的規律；當您重返大海時，這些經驗將成為您的優勢。從最初嘗試站穩平衡，到後來能自由自在地破浪，甚至做出花式特技，無論大人或小朋友都會為之著迷，而每一個階段的進步都將帶給您無與倫比的滿足感。

即使您沒有任何衝浪經驗，我們也無任歡迎。我們的新教練 Sing 期待與您分享衝浪及趴板的樂趣。場地現已提供常規小組課及私人課程。

### Sing Lau

Sing is a professional surf coach with over four years of experience, and is dedicated to sharing the skills and spirit of this sport with more people. His competition experience spans Hong Kong and Thailand and he has won various competitions over the years. Whether your goal is to win a competition or find a hobby that allows for continuous



Sing Lau

improvement in your daily life, Sing would like to guide you in the right direction.

Sing 是一位擁有超過四年經驗的專業衝浪教練，致力於向大眾推廣這項運動的技巧與精神。他的參賽經驗遍及香港及泰國，多年來榮獲多個獎項。無論您的目標是贏得比賽，還是想培養一項能在日常生活中不斷挑戰自我的愛好，Sing 都能為您提供正確的指導。

# Amski

## Skiing and Snowboarding 滑雪及單板滑雪

**O**ur existing indoor skiing and snowboarding facility will continue to offer you the chance to improve and hone your skills before and after your winter holidays. Roland leads our programme together with coaches Nora, Kary, Fuji and Pink. Private and semi-private lessons are available.

我們原有的室內滑雪及單板滑雪設施將繼續運作，讓您在冬日假期前後精進及磨練滑雪技術。滑雪課程由 Roland 帶領，團隊成員包括 Nora、Kary、Fuji 及 Pink 等教練。課程設有私人及半私人授課供選擇。



# Pickleball

匹克球

**Y**ou could say that pickleball is a mixture of many racquet sports – tennis, squash, table-tennis and badminton. However, you don't need to play all of these sports to play pickleball, as the skills are much easier to master. Doubles is the best way to play, and the smaller court allows for a more sociable environment, with shorter time between points. Pickleball is booming in Hong Kong, with many new courts opening in the past couple of years.

Our Pickleball Director Asif will lead the pickleball programme and our team of coaches will complement his coaching with private lessons, clinics, workshops and social events. Look out for the full programme and join any of the sessions to get started.

您可以說匹克球是多項球拍運動的結合——包括網球、壁球、乒乓球及羽毛球。然而，您並不需要精通所有這些運動才能參與其中，因為匹克球的技巧更容易掌握。雙打是進行這項運動的最佳方式，較小的球場不僅營造了更具社交性的環境，球分之間的節奏也更為緊湊。說匹克球正於香港掀起熱潮絕不為過，過去幾年已有不少新球場相繼落成。

我們原有的匹克球總監 Asif 將帶領相關課程，我們的教練團隊亦會配合提供私人課、小組課、工作坊及社交活動。請密切留意完整的課程資訊，並參加任何課堂以體驗這項運動。

Get active at Activ8. For more information, please contact the Activ8 Reception Counter on 2814 5494 or come and see for yourself from July 18.

來Activ8動起來吧！欲了解更多信息，請致電Activ8接待處2814 5494或從7月18日起親自前來體驗。

COACH MESSAGE

# Annual Junior Club Championships Doubles 2026

2026青少年雙打錦標賽  
by Asif Ismail, Tennis Director

The courts were buzzing with energy on April 25 as we hosted our Junior Annual Doubles Club Championships. With over 50 entries, the tournament showcased the skill, passion, and sportsmanship of our junior players.

The championships were structured to cater to all skill levels, featuring the age groups of 12, 14 and 18 & under. Players competed across both Advanced Beginner/Intermediate and Open categories providing a high-octane environment for our juniors.

This year's event was particularly special as we introduced Junior Mixed Doubles for the first time. The new category was an instant success, adding a fresh dynamic to the court that was widely enjoyed by participants and spectators alike.

A big thank you to the coaching team and the tennis reception whose dedication and seamless



Adalyn Wong & Jayden Wong, Sebastian Wong & Cassandra Kong with parents

organisation ensured the tournament was a great experience for everyone involved.

Congratulations to all our young players for a day of spectacular tennis and camaraderie!

我們在4月25日舉辦了年度青少年雙打錦標賽，網球場洋溢着熱烈氣氛。是次賽事吸引了超過50組參賽者，充分展現了年輕球員的技術、熱情與運動精神。

本次錦標賽依據不同程度而設計，共設有12歲、14歲及18歲以下組別，並涵蓋初級/中級進階組及公開組，為青少年們打造了一個充滿活力與競技緊張感的比賽環境。

今年的賽事更具特別意義，因為我們首次新增了青少年混合雙打項目。這個新項目一推出便大受歡迎，為場上帶來嶄新動力，無論是參賽者還是觀眾都樂在其中。

特別感謝教練團隊及網球接待處，他們的投入與安排使比賽得以順利進行，確保了所有參與者都能擁有美好的比賽體驗。

恭喜所有年輕球員，在這充滿精彩對決與友誼的一天中展現出色的表現！



Adele Liew, Audrey Chen, Austin Chen, Isabel Liew and Allison Chew with parents



Ethan Pen, Zacharias Wong and Daniel Xiang



Adele Liew & Austin Chen and Allison Chew & Ethan Pen



Lilian Zhou & Rachel Zhu and Adalyn Wong & Louissa Li with parents



Adalyn Wong & Jayden Wong and Sebastian Wong & Cassandra Kong



Allison Chew, Adele Liew, Isabel Liew, Audrey Chen and Austin Chen with tennis coaches

CATEGORY	LEVEL	CHAMPIONS	FINALISTS
Boys 12 & under	Advanced Beginner/Intermediate	Jayden Wong & Alex Liu	Daniel Lee & Cameron Wang
Boys 12 & under	Open	Nicholas Kam & Ethan Pen	Daniel Xiang & Zacharias Wong
Boys 14 & under	Advanced Beginner/Intermediate	Daniel Xiang & Jackson Ganesan	Jasper Ng & Jayden Wu
Boys 18 & under	Advanced Beginner/Intermediate	Jackson Ganesan & Angus Lo	Lloyd Chung & Jasper Ng
Girls 12 & under	Advanced Beginner/Intermediate	Adalyn Wong & Louissa Li	Rachel Zhu & Lilian Zhou
Girls 12 & under	Open	Adele Liew & Isabel Liew	Allison Chew & Audrey Chen
Girls 14 & under	Advanced Beginner/Intermediate	Adalyn Wong & Louissa Li	Rachel Zhu & Lilian Zhou
Girls 14 & under	Open	Adele Liew & Allison Chew	Isabel Liew & Audrey Chen
Mixed Doubles 12 & under	Advanced Beginner/Intermediate	Cassandra Kong & Sebastian Wong	Adalyn Wong & Jayden Wong
Mixed Doubles 12 & under	Open	Allison Chew & Ethan Pen	Adele Liew & Austin Chen

COACH MESSAGE

# Spring Ice Skating Competition

## 春季溜冰賽

by Ryan McClenaghan,  
Ice Skating Programme Coordinator

On Sunday May 3, we hosted our Spring Ice Skating Competition. Following our test week in March, students were ready to show off their skills for a chance to win a medal. All in all, 61 students took part, ranging from Tots to Freestyle 4 level, aged 4 to 13 years old. They competed in various events including Solo Compulsories, skating programmes, Jump and Spin, and Speed Racing. All students did their very best and showed the judges, coaches and spectators what they have been working hard towards. Well done to all participants - we look forward to seeing you and even more competitors at our next competition planned for this autumn. Keep up the great work!

本會於五月三日(星期日)圓滿舉行了春季溜冰賽。繼三月份的測試週後，一眾學員早已整裝待發，在冰場上傾力演出，務求以最佳姿態競逐獎牌。

這次賽事匯聚了61名4歲至13歲的優秀學員，級別涵蓋基礎幼兒組至花式四級的比賽項目，包括指定動作、個人花式表演、跳躍與旋轉以及速度賽。每一位學員皆在賽場上展現了非凡的毅力與技巧，將過去苦練的成果，呈獻於評判、教練及觀眾眼前，其精彩表現令人由衷讚嘆。本會衷心祝賀所有參賽學員，並為你們的進步感到自豪。我們期待於今秋舉行的下一場賽事中，再次見證各位的成長與更多新晉選手的風采。希望大家繼續進步，在冰上綻放更亮麗的光芒！



Samantha Lee, Astrid Hung and Alexandra Lui



Phoebe Zhang



Karyssa Lau and Kelly Shi



Karyssa Lau



Evan Shih



Augustine Lo, Hannah Fok and Harmony Fok



Alexandra Lui, Samantha Lee and Astrid Hung



# Inter-Club Pickleball

## Our pickleballers shine at DBRC tournament

### 跨會匹克球聯賽

by Asif Ismail, Pickleball Director

On April 26, the Discovery Bay Recreation Club (DBRC) hosted an Inter-Club Pickleball Tournament, bringing together enthusiasts from across the local community for a day of high-energy competition. The Club was proudly represented in the mixed doubles event by our Members Adrian Ma and Amy Ma who stepped onto the court with great spirit, representing the Club with skill and sportsmanship throughout the day.

The tournament utilised a rally scoring format, where points are awarded on every single serve regardless of which team is serving. While this was a slight adjustment from traditional 'side-out' scoring, Adrian and Amy adapted quickly. After finding their rhythm and figuring out the tactical nuances of the faster pace, they finished the tournament on a massive high dominating the court to win their last three matches.

Beyond the competitive play, the event was a fantastic opportunity for our players to engage with the wider pickleball community and Adrian and Amy thoroughly



enjoyed the experience. A huge thank you to Adrian and Amy for their time and effort in representing the Club so well, and we look forward to seeing more Members out on the courts at the next inter-club event!

愉景灣康樂會 (DBRC) 於4月26日舉辦了一場跨會匹克球聯賽，匯聚了來自各界的愛好者，展開了整天充滿活力的競技。

本會非常榮幸派出會員Adrian Ma與Amy Ma出戰混合雙打賽事。他們在賽場上展現了極佳的精神面貌，並以精湛的球技與體育精神為本會爭光。

本次錦標賽採用了「每球得分制」，即無論哪一方發球，每一球都能產生得分。雖然這與傳統的「發球得分制」略有不同，但Adrian與Amy適應得非常迅速。在掌握比賽節奏並洞悉快攻策略優勢後，他們在錦標賽的尾段狀態極佳，在絕對優勢下最後三連勝，圓滿結束賽事。

除了競技本身，這次活動亦是本會會員與更廣泛的匹克球社群交流的絕佳機會。Adrian與Amy均表示這次參賽體驗非常愉快。

我們衷心感謝Adrian與Amy撥冗代表本會參賽。期待在下一場跨會賽事中，能看到更多會員在球場上展現風采！



**Celebrate the Beginning of the School Year with our Children's Party Package**  
兒童派對套餐

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

預約或查詢請致電 Adventure Zone 電話 2814 5360 或電郵至 [adventurezone@aberdeenmarinaclub.com](mailto:adventurezone@aberdeenmarinaclub.com)



Scan here and book now

# JUNIOR CLUB STARS

**SKATER • AGE 6**

## Kyle Chau



Kyle comes to every lesson with a smile, listens carefully and practices until he can perform really well.

In class, he is friendly and positive and we are very happy to see his steady progress and improvement. Keep it up, Kyle!

Kyle 每次課堂上都展現出極佳的學習熱誠。他不僅專注傾聽每一項指導，更時刻秉持精益求精的精神勤加練習，務求表現更完美。Kyle 待人友善、態度積極，散發的正向能量深得老師與同儕喜愛。我們非常高興見證他的進步。Kyle，繼續加油！

**SWIMMER • AGE 10**

## Annabelle Sanchez



Annabelle has significantly improved her efficiency in all four swimming strokes, demonstrating better technique, control and consistency. She has also mastered her turns, showing confidence and precision in every session. Annabelle's positive attitude, strong work ethic and commitment to continuous improvement make her a deserving recipient of this recognition. Well done, Annabelle!

Annabelle 在四種泳式都有顯著的進步，展現出更佳的技术、控制力及穩定性。她亦已熟練掌握轉身技巧，在每次訓練中都表現出自信與精準。Annabelle 積極的態度、勤奮的訓練精神，以及持續進步的決心，使她當之無愧地獲得這項表揚。做得好，Annabelle！



## Hong Kong Sinfonietta Exclusive Offer

### 香港小交響樂團門票尊屬優惠

We are delighted to offer Club Members an exclusive 10% discount on standard Hong Kong Sinfonietta concert tickets.

會員現可享香港小交響樂團門票尊屬優惠，凡購買任何音樂會正價門票均可獲九折。

#### HIGHLIGHTED CONCERTS 重點推介節目

**July 10 and 11**  
International Arts Carnival 2026  
Know Your Piano Concertos  
**7月10及11日**  
國際綜藝合家歡2026 — 《鋼琴協奏曲知多少》



**August 21 and 22**  
Live Animation Stories  
The New Nutcracker and The Pastorale  
**8月21及22日**  
拉闊動畫 — 新篇《胡桃夾子》與《田園》



**August 27**  
Bach's Legacy  
**8月27日**  
傳承巴赫



Please enter the promo code AMC10 at either [www.URBTIX.hk](http://www.URBTIX.hk) or [www.popticket.hk](http://www.popticket.hk). Members can also get the discount at URBTIX outlets by showing their Club Membership Card.

會員可於城市售票網([www.URBTIX.hk](http://www.URBTIX.hk))或撲飛([www.popticket.hk](http://www.popticket.hk))輸入優惠碼"AMC10"。您亦可於城市售票網售票處出示閣下之會員證以獲取折扣。



## HEALTH CLUB

# Back to School Splash

### 水上派對

**Sunday, August 30**  
**From 1-6pm**

**Complimentary for Members**  
**Guests: Adult \$180 Child \$130**

8月30日(星期日)  
下午1至6時

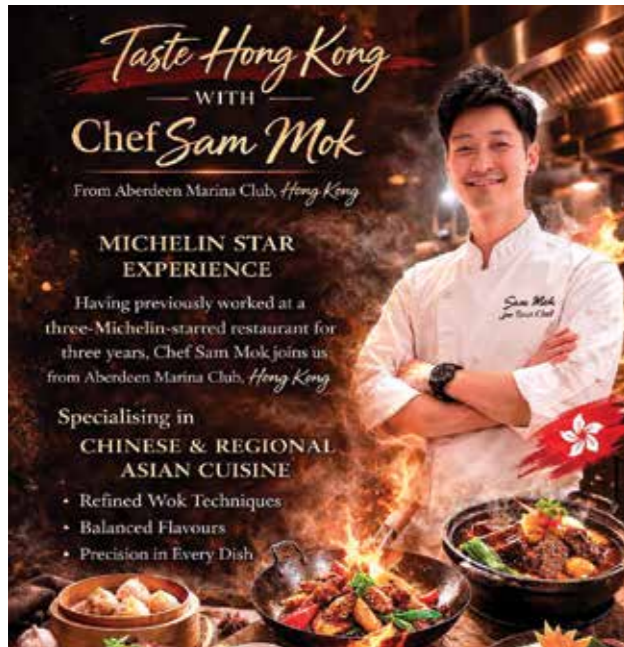
會員免費  
來賓：成人\$180 兒童 \$130

Are you ready for some fun in the water? Join us at the Tropical Pool!

Subject to weather conditions. To avoid disappointment, please call the Health Club on 2814 5342 before visiting.

準備好盡情在水上玩樂了嗎？快來碧波泳池加入我們的水上派對吧！

活動視乎天氣情況而定。請在到訪前致電健康中心電話2814 5342查詢。



Our Junior Sous Chef Sam Mok returned to the Club in May after completing a three-month task-force assignment at Shangri-La Yanuca Island, Fiji. During his time there, he hosted Asian pop-ups across several restaurants, bringing authentic Chinese and Cantonese flavours to the resort's guests. Sam also shared his expertise with the culinary team through hands-on training and assisted with adding new Asian dishes to the menu. Sam greatly values the mentorship he received in Fiji.

"I would like to sincerely commend Chef Arnold and Chef Mohamad, Executive Chef and Executive Sous Chef of Shangri-la Fiji. They consistently demonstrate their passion for culinary arts, approach each dish with meticulous care and step in to support every team member," he says.

Their guidance made his experience both rewarding and enriching.

Beyond the kitchen, Sam was deeply touched by the warmth and friendship of the Fiji team. A farewell celebration organised before his departure left a lasting impression.

"It was not just a gathering, but a heartfelt celebration filled with warmth, laughter and genuine care," he recalls. "That evening perfectly reflected a family-like atmosphere - something that I will always cherish."

Sam is also grateful to the Club's Chef Pieter and Chef Elvis. "Their encouragement made me feel connected, supported and never alone, even while working in a different country."

# Sam Mok

## Junior Sous Chef

初級副主廚 — 莫招森

With this valuable international exposure, Sam returns with fresh insights and strengthened skills, ready to contribute further to the Club's dining experience.

我們的副主廚Sam被委派到斐濟雅努卡島香格里拉工作三個月，並已於五月返回會所。在當地期間，他於多間餐廳進行亞洲菜期間限定推廣，為度假村賓客帶來地道的中式及廣東式風味。同時，Sam亦為當地廚師團隊進行培訓，分享其專業知識，並協助將全新亞洲菜式加入菜單。

Sam非常珍視在斐濟期間所獲得的指導與啟發，他說：「我想衷心讚揚斐濟香格里拉酒店的行政總廚Arnold及副行政總廚Mohamad。他們展現對烹飪的熱誠，對每道菜一絲不苟，並在每位團隊成員需要時主動提供援手。」

在他們的帶領下，Sam的經歷既充實又具啟發性。

廚房外，Sam亦深受斐濟團隊的熱情與友誼所感動。離開前為他舉辦的歡送聚會更令他留下難忘回憶。

「那不僅是一個聚會，更是一個充滿溫暖、歡笑與真摯關懷的慶祝時刻。」他憶述：「那一晚他們完美展現出如家人般的氛圍，我將永遠珍惜這段回憶。」

Sam亦不忘感謝本會的行政總廚Pieter及會所主廚Elvis。「他們的鼓勵讓我即使在異地工作，也依然感受到聯繫、支持與不孤單。」

透過這次寶貴的經驗，Sam將帶著嶄新的體會及更扎實的烹飪技巧回歸，準備進一步為會所的餐飲體驗作出貢獻。



# Discover the Club's New App!

探索會所全新手機應用程式！

We are thrilled to introduce our new app, designed to make your Club experience smoother, simpler and more enjoyable than ever.

In this exciting first phase, we have built a strong foundation packed with practical features that put convenience and control in the palm of your hand.

Here are the highlights.

- **Stay Connected with a Centralised Events Hub** Never miss a thing! Browse upcoming activities, Club events and news.
- **All-in-one Booking Portal** Book and manage classes, dining reservations, facility and court bookings - and if you're a Master Account holder, easily enrol your family members in group classes.
- **Access to Your Transactions and e-Statements** View your spending and statements anytime, anywhere.
- **Wellness Booking Made Simple** We have refined the entire wellness experience. Services are clearly labelled so you can quickly find exactly what you want. Browse therapists, explore treatments and book with just a few taps.
- **Real-time Availability for Private Coaching and Group Classes** See what's available right now - book instantly or send a quick enquiry if you are interested in a particular session.
- **Digital Membership Card with QR Code** Use your phone's QR code at all our restaurants for seamless entry and service.
- **Enhanced Security and Easy Access** For added peace of mind and security, simply scan your QR code to enter restricted areas such as the gym, tennis courts, berthing areas and more.

This is just the beginning. Many more exciting

features are already in development and will be rolled out in phases.

We have designated Club App ambassadors to assist you in using the app and to collect your feedback.

The Club App will be available in early July from the Apple App Store and Google Play. Look out for e-wire updates on the official launch date.

我們非常高興宣佈，會所全新手機應用程式正式登場！為您帶來更流暢、更簡單、更愉快的會所體驗。

在首階段的發佈中，我們已建立了一個功能強大的基礎平台，將各項實用的功能集於一身，讓您隨時隨地輕鬆應用。

亮點如下：

- **一站式活動瀏覽** — 緊貼最新動態絕不錯過任何精彩時刻！您可以隨時瀏覽即將舉行的活動、盛事及最新資訊。
- **全方位預約** — 輕鬆預約及管理興趣班、餐廳訂座、設施及球場預訂。如果您是主卡持有人，更可方便地為家屬成員報名參加課程。
- **隨時查閱交易記錄及電子賬單** — 無論身在何處，均可即時查看個人消費記錄及月結單。
- **簡化健身美容預約流程** — 全面優化健康及美容預約服務。各項服務分類清晰，讓您輕鬆地找到喜好服務；亦可瀏覽按摩師及美容師簡介、探索療程內容，只需輕鬆一按即可完成預約。
- **私人教練及小組課程** — 即時顯示課程名額，查看最新預約情況，更可立即報名，或針對特定課堂發送快速查詢。
- **電子二維碼會員證** — 在會所所有餐廳出示手機二維碼，隨即入座享用餐飲服務。
- **提升安全級別，進出會所更方便安心** — 為了加強保安並讓您安心，只需掃描二維碼即可進入健身中心、網球場及艇位區等。

這僅僅是個開始，更多令人期待的功能正在開發，並將陸續推出。我們已安排了會所手機應用程式大使協助您使用程式，並收集您的寶貴意見。會所手機應用程式將於7月上旬在Apple App Store和Google Play推出，敬請留意會所電子通訊以獲取最新消息。

# A Grand Prix Win for Hong Kong: Revolutionising Global Aquaculture

從瑞士日內瓦國際發明展拿下大獎：  
革新全球水產養殖業

by Member Mr Mark Kwok



I am delighted to share some exciting news with my fellow Members. My company, The Oasis ONE International Limited, was recently honoured at the 51st International Exhibition of Inventions in Geneva, winning the prestigious Grand Prix – the highest honour – alongside the IFIA Prize and the Jury’s Gold Medal.

As a Hong Kong-based team, receiving such global recognition was a proud moment. Our award-winning innovation shifts grouper farming from a traditional, reactive “firefighting” model to an advanced Specific-Pathogen-Free (SPF) fish fries methodology. By integrating genomic sequencing, data-driven fry production and sustainable Recirculating Aquaculture Systems (RAS 2.0), we have eliminated the need for antibiotics and chemicals, ensuring a stable, traceable and eco-friendly supply of premium seafood.

Looking ahead, my vision is to establish Hong Kong as an Asian SPF Fry Export Hub, repatriating our advanced operations to help our city lead the world in high-tech, sustainable food production. I am honoured to share this milestone with our Club community.

In Geneva, I felt immense pride – not for myself, but for every team member who worked through endless nights. These prizes are promises for the coming generations on safe seafood, to farmers who can now use deepsea cages

without fear of disease wiping out their charge, and to slow the depletion of wild fish stocks for Mother Nature.

From Geneva to Hong Kong, the exhibition of our work, which is fast becoming a reality.

我非常高興與大家分享一個令人振奮的消息。我的公司 — The Oasis ONE International Limited — 最近在第五十一屆日內瓦國際發明展上榮獲了備受矚目的三項大獎：最高榮譽全場總冠軍大獎 (Grand Prix)、國際發明家協會 (IFIA) 特別大獎及評審團推薦最高金獎 (Jury’s Gold Medal)。

作為一支來自香港的團隊，能夠獲得這樣的國際認可，我們深感自豪。這次獲獎的創新技術，將石斑魚養殖從傳統、被動應對的“救火”模式，轉變為先進的、無特定病原體 (SPF) 的魚苗生產方法。通過整合基因測序、數據驅動的魚苗生產以及可持續的室內循環水養殖系統 (RAS 2.0)，我們徹底告別了抗生素和化學藥物的使用，確保穩定、可追溯且環保的優質海鮮供應。

展望未來，我的願景是將香港打造為亞洲SPF魚苗出口中心，把我們的先進技術帶回本地，助力香港在高端、可持續食品生產領域引領全球。我很榮幸能與大家分享這一里程碑。

在日內瓦國際發明展中獲獎，我感到的自豪不單屬於我個人，更屬於每一位熬夜奮鬥的團隊成員。這些獎項是對下一代的承諾：讓下一代都能享用到安全的海鮮；讓從事養殖的漁民們能安心採用深海網箱，再也不用擔心疾病一夕摧毀他們細心照料的魚群；也讓大自然能稍得喘息，減緩野生魚類資源枯竭的腳步。

從日內瓦回到香港 — 我們的計劃藍圖正一步步化為現實。



## Club Memories

俱樂部回憶

Did you manage to recognise the Chill Zone Reception shown in the last issue? Although the photo was taken more than 20 years ago and the interior has since evolved, some familiar elements remain, such as the signature semicircular kiosk.

Congratulations to the three winners: Ms Irma Kong, Ms Josephine Woo and Mr Joe Wong, 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 August 8. Three winners will be chosen at random to receive a small prize, notified by email and named in the next issue.

上一期我們介紹了Chill Zone接待處。雖然那幀照片攝於20多年前，裝潢亦有所改變，但仍保留了一些熟悉的元素，如半弧形的接待處。

恭喜三位得獎者：Ms Irma Kong、Ms Josephine Woo和Mr Joe Wong，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8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！

# Charitable Donations

慈善捐獻

Under our parking policy, any Member who violates our parking rules will incur a \$500 charge to be donated to a designated charity. The Club has proudly supported many charitable causes over the years, and this initiative serves as another meaningful way to give back to the community.

From January to May this year, we have donated \$16,500 and \$7,000 respectively to Evangel Children’s Home and Ebenezer School for the Visually Impaired.

Since the implementation of the charity initiative last year, a number of charitable organisations have directly benefited from this initiative. We will continue to support charitable initiatives in the hope of giving a helping hand to those in need.

根據本會之車輛停泊規則，凡會員違反泊車規例，將被收取港幣500元，該筆款項將全數撥捐予指定慈善機構。多年來，本會一直積極襄助各慈善事業；此項目亦是本會回饋社會、實踐公益的另一種有意義的方式。

本會於今年1月至5月期間，已分別向「播道兒童之家」及「心光盲人院暨學校」撥捐港幣16,500元及7,000元善款。

自去年推動此慈善項目以來，已有數間慈善機構直接受惠。我們將繼續支持不同的慈善項目，期盼能為社會上有需要的人士伸出援手，傳遞溫暖與關懷。



## Club Parking Rules 會所泊車守則

Any Member who violates the Club's parking rules will incur a \$500 penalty, which will be donated to a designated charity. Each quarter, we will select a different organisation and provide donation receipts. For the third quarter, we are pleased to announce that our charity will be Fu Hong Society.

Please be reminded that no waiting at the Club's main entrance driveway is allowed, and that picking up or dropping off passengers at 2M and the Red Zone is strictly prohibited. Members are advised to drive up to drive up to the 3/F designated drop-off and pick-up area. Members who violate parking rules three times will have their parking rights suspended.

We appreciate your understanding and ask all Members and their drivers to kindly adhere to our parking rules and show consideration for others.

Thank you for your attention and cooperation.

任何違反停車規例的會員將要向指定慈善機構捐款500元。每個季度，我們會選擇不同的慈善團體，並提供捐款收據。本年度第三季，我們將把善款捐贈予扶康會。

同時，謹此提醒各會員，本會正門行車道嚴禁停車及等候；此外，亦禁止於2M層及紅區範圍上落乘客。敬請會員前往三樓之指定區域上落乘客。

請注意，如會員違反泊車規例三次，將被暫停泊車使用權。

我們懇請各會員及其司機遵守會所的停車規則並互相體諒。感謝您的合作。

## No Overnight Parking 嚴禁車輛通宵停泊

Overnight parking at the Club is not permitted, except when special approval has been given. Vehicles found parked overnight anywhere on Club premises, including the car park, may be removed or impounded without notice and at the vehicle owner's risk and expense. If the vehicle belongs to a Member's guest, the Member will be duly responsible.

如事前未經本會批准，任何車輛均不准通宵停泊。如發現任何車輛在會所範圍內通宵停泊，本會可拖走或扣押該車輛而不會給予通知，風險及費用將由車輛持有人承擔。如車輛屬會員的來賓所有，有關風險及費用則由邀請該名來賓的會員負責。

## Latest Version of Berthing Bye-Laws 遊艇停泊附則更新

The latest version of the Club's Berthing Bye-Laws is now available. You may scan the QR code below for viewing.

本會的遊艇停泊附則現已作出更新，您可掃描下方的二維碼查閱。



## The Bowling Alley and Run,2,3! 保齡球場及 Run,2,3!

Please note that from August 1, the Bowling Alley will be closed on Mondays and Tuesdays, while Run,2,3! will be closed on Mondays.

由8月1日起，保齡球場將於逢星期一及星期二關閉，而Run,2,3!將於逢星期一關閉。

## Use of 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. 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.

本會禁止於更衣室及淋浴設施(包括桑拿室、蒸氣室、冷水浴池及按摩池)內使用手提電話或其他電子設備。

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。感謝閣下的配合，與我們共同營造寧靜舒適的環境。

## Changing Room Age Policy 更衣室年齡限制

Only children aged 5 years and below are allowed to enter the changing rooms of the opposite sex. All children must be accompanied by a parent or guardian at all times. Family Changing Rooms are available for children aged 6 and above without a same-sex parent or guardian.

請各位會員留意，本會規定僅限五歲及以下之兒童進入異性更衣室。所有兒童於更衣室內，必須時刻由家長或監護人全程陪同。

家庭更衣室適用於6歲或以上沒有同性家長或監護人陪同的兒童。



## A Memorable Steak-Frites Masterclass 難忘的牛扒薯條烹飪班 by Chef Pieter Fitz-Dreyer

On May 19 at Marina Grill, I swapped my apron for that of a culinary tutor to host a steak-frites cookery class – part bootcamp, part theatre. We ran two sessions, a focused morning crowd and a confident afternoon group. We highlighted that great steak is about respect for heat, timing and quality ingredients. The morning ran with precision, covering everything from cuts to achieving a perfect crust. By afternoon, nerves faded as technique took over, replacing camera-ready moments with proper caramelisation. By the end of the day, everyone plated crisp frites and beautifully seared steaks. Thanks to the participants for joining – don't forget to practice at home, or let us take care of you at Marina Grill.

在5月19日我於 Marina Grill 化身為烹飪導師，主持了一場牛扒薯條烹飪班——既像訓練營，又帶點戲劇感。當天我們進行了兩節烹飪班：上午場專注集中，下午場則更加自信從容。

完美的牛扒關鍵在於掌握火候、時間，以及選用優質食材。上午的課程節奏精準，從牛扒部位的選擇到如何煎出理想的焦香外層，每個細節都涵蓋其中。到了下午，參加者逐漸放下緊張情緒，專注於學習焦糖化的烹調技巧。

課程結束時，每位參加者都成功製作出酥脆的薯條以及煎至恰到好處的牛扒。感謝大家的參與。別忘了回家多加練習，或直接到訪 Marina Grill，讓我們為您準備美味佳餚。



### Ceramics Workshops



Ms Mandy Chan



Mrs Elaine Yik



Artist Jo and Mrs Yvonne Choi



Mrs Michelle Hung



Ms Michelle Leung and Mr Eamonn Chui



Ms Virginia Wu

### Enamel and Raden Accessories Workshop



Ms Fion Chung and Ms Vivica Ip with guest



Ms Mandy Qi



Mrs Natalie Wong and Ms Veronica Tang



Mrs Sheetal Avlani and Ms Virginia Wu with guest



Ms Sandy Chow



Mrs Elaine Yik and Mrs Diane Tsung



Ms Jessica Ho and Ms Hosanna Chan



Ms Yang Dungwei and Ms Chen Bingliang

### Mother's Day Floral Painting Workshop

### Family Quiz Night



Mr Anil Daoud and family



Mr Roy Siew and family



Mr Roneel Punjabi and family



Mrs Irene Yeung with children



Mr Reid Frasier and family

### Tennis Grand Slam Social - French Open



Coach Andy and Ms Alycia Yeo



Aarav and Coach Andy



Coach Andy and Kensei



### Burgundy Wine Fair



SAIL AWAY ON  
A SUMMER ADVENTURE  
**SEA BREEZE**



Set sail on an adventurous trip around Hong Kong aboard *Sea Breeze* this summer. With a spacious layout accommodating up to 25 guests in comfort and style, this 66-footer is perfect for a memorable day at sea with family and friends.

More inflatables are available this summer, promising even more fun on the water, and Members who charter *Sea Breeze* from June through August will receive a complimentary two-hour speedboat excursion worth \$3,680.



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



SCAN AND  
BOOK NOW