

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MAY/JUNE 2023

**HAPPY
MOTHER'S
AND
FATHER'S
DAY**



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YOU
MOM &
DAD**

**ON LOCATION
LONDON**

**DESIGN ICONS
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Portwatch

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Portwatch Editor / Mr Adam Nebbs



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MOTHER'S DAY



SUNDAY, MAY 14

MOTHER'S DAY BUFFET LUNCH & DINNER

母親節自助午餐及晚餐

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

帶媽媽來享用一個豐盛的自助餐，以各種美味的菜式來慶祝這個母親節！

1st session: 10.30am-12.30pm

2nd session: 1-3pm

Dinner: 5.30-9pm

Adult \$528 Child \$228

第一節：上午10時30分至中午12時30分

第二節：下午1時至3時

晚餐：下午5時30分至9時

成人 \$528 小童 \$228

THE DECK HIGHLIGHTS

Steamed egg white
with bird's nest
燕窩燉蛋白
(Single serving)

Okonomiyaki with crabmeat
蟹肉大阪燒

Seafood vol-au-vent
海鮮酥

PORTSIDE HIGHLIGHTS

Braised vermicelli with
fish maw, sea whelk
花膠螺頭碗仔翅

Roasted USA prime rib
燒美國肉眼

Double-boiled egg white with
peach gum and coconut
椰皇桃膠燉蛋白

the
BALCONY

MAY 8-14 MOTHER'S DAY SPECIAL MENU

節日精選餐單

Boat noodle soup
泰式船河

Choice of pork or beef,
Thai spicy broth

Lobster with E-Fu noodles
黃咖喱龍蝦炒伊麵
Aromatic curry sauce

FATHER'S DAY



SUNDAY, JUNE 18

FATHER'S DAY BUFFET LUNCH & DINNER

父親節自助午餐及晚餐

Bring your super dad for a super buffet at the Deck or Portside this Father's Day.

這個父親節和你的超級爸爸來the Deck或Portside的自助餐，
享用各種精心準備的菜式！

1st session: 10.30am-12.30pm

2nd session: 1-3pm

Dinner: 5.30-9pm

Adult \$528 Child \$228

第一節：上午10時30分至中午12時30分

第二節：下午1時至3時

晚餐：下午5時30分至9時

成人 \$528 小童 \$228

THE DECK HIGHLIGHTS

Chilled abalone with trout roe
日式涼拌鮑魚配鱒魚子
(Single serving)

Steamed egg custard with
crabmeat and roe
蟹肉蟹籽茶碗蒸

Paella
西班牙海鮮飯

PORTSIDE HIGHLIGHTS

Braised vermicelli with
fish maw, sea whelk
花膠螺頭碗仔翅

Roasted suckling pig
with herbs
香草燒乳豬

Double-boiled egg white with
peach gum and coconut
椰皇桃膠燉蛋白

the
BALCONY

JUNE 12-18 FATHER'S DAY SPECIAL MENU

節日精選餐單

Grilled beef tomahawk E-Saan
style with grilled vegetables
燒斧頭扒配泰國特色醬汁，拌燒雜菜

Steamed seafood with
red curry in young coconut
泰式蒸海鮮配紅咖喱



潮州菜

CHIU CHOW DISHES
Throughout May and June



- 潮式鹵水拼盤
Assorted marinated meat platter,
Chiu Chow-style
- 韭菜豬紅魚肚
Braised pig blood curd, Chinese chives, fish maw
- 鹹菜胡椒豬肚湯
Pepper preserved vegetables, pork stomach soup
- 潮州碗仔素翅
Braised vermicelli soup Chiu Chow-style
- 普寧凍馬友
Cold threadfin, Pu Ning soya bean sauce
- 錦繡石榴球
Braised diced shrimps, scallops, chicken,
mushrooms wrapped in fried egg skin
- 脆炸蠔仔餅
Deep-fried baby oyster pancake
- 黃豆春菜排骨煲
Braised pork spare ribs, soya bean,
lettuce in a clay pot
- 欖菜炒蝦球
Sautéed prawns, preserved olive vegetables
- 蠔仔肉碎粥
Baby oyster, minced pork congee
- 潮式糖醋麵
Pan-fried noodles Chiu Chow-style
- 潮州反沙芋
Sugar taro Chiu Chow-style

For reservations, please call the Central Reservations Centre on 2814 1222 or
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and preserved pork

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Rice dumpling with red bean
paste and dried mandarin peel



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PORTSIDE

黯然銷魂飯

BARBECUED PORK AND FRIED EGG ON RICE

THROUGHOUT
MAY & JUNE



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五月及六月

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the
BALCONY

THAI FOUR REGIONS FOOD DELIGHTS

泰國四區美食

THROUGHOUT MAY & JUNE

五月及六月



Thai cuisine encompasses four distinct regions – The Central Plains, the North, Northeast and the South. The unifying factor is the way each uses spicy, sour, sweet and salty flavors to create vibrant and balanced tastes. Key ingredients include the ubiquitous chili, which is used to add fire to almost every dish. Lime juice and tamarind provide the sour taste while sweetness often comes from palm sugar. The salty flavour is added using fish sauce, or Nam Pla, Kapi (shrimp paste) or in the landlocked Northeast, fermented fish known as Pla Ra.

泰國四個地區（中部、北部東北部和南部）的菜式雖然各有風味，但它們均以辣、酸、甜及鹹的配料來平衡菜式的味道。主要食材包括常用的辣椒，為菜式帶來香辣口味。青檸汁和羅望子提供酸味，而甜味通常來自棕櫚糖。鹹味以魚露或蝦醬調配，在內陸東北地區則以醃製過的魚Pla Ra調味。

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In this issue we're taking a timely trip to the British capital with secret agents, American tourists and a Peruvian bear, as we go . . .



ON LOCATION: LONDON

看電影遊倫敦



The Ipcress File 倫敦間諜戰 (1965)

Director: Sidney J. Furie

Starring: Michael Caine, Nigel Green

Described by *The Times* as "the epitome of Sixties cool in his first outing as the secret agent Harry Palmer", *The Ipcress File* was also Michael Caine's first leading role. Seen as a more realistic character than James Bond, Caine's cheeky, supermarket-frequenting British Intelligence agent fortunately had several of the Bond films' regular crew on board. These included composer John Barry, editor Peter Hunt and production designer Ken Adam. The film's relatively low budget restricted all the filming to London, and the camera follows Caine all over the city, from his home in Shepherd's Bush to a surveillance flat in St John's Wood, before heading down to Admiralty Arch and Trafalgar Square for new instructions. Then it's over to the Albert Hall and nearby Imperial College for a library visit and a fight scene cleverly filmed in the distance through the windows of that now-vanishing icon, the red telephone box. The outdoor spaces used, as they often have been in British spy films, for clandestine meetings were St James' Park and Hyde Park.

Where to find: DVD and Blu-ray.



導演：薛尼富利

演員：米高堅、尼格爾格林

《倫敦間諜戰》是米高堅首部擔任主角的電影，更被《泰晤士報》描述為“具有六十年代的縮影，演繹間諜Harry Palmer的角色入型入格”。米高堅演活了這個不正經的英國情報員，外界認為演譯得比占士邦更真實。此電影有幸得到幾位有份於占士邦電影工作的人員參與其中，包括作曲家約翰巴里、剪接師彼得亨特和美術指導肯亞當。這部電影由於預算所限，只能在倫敦拍攝，鏡頭跟隨米高堅走遍了整個城市。從他在牧羊叢的家到在聖約翰伍德被監視的公寓，再前往海軍拱門和特拉法加廣場接受新任務。之後前往阿爾伯特音樂廳和附近的帝國理工學院圖書館。鏡頭透過昔日地標紅色電話亭的窗戶，巧妙地從遠處拍攝打鬥場面。就如在其他英國間諜電影那樣，聖詹姆士公園和海德公園被用作秘密會議的戶外取景場地。

觀看影片：DVD或藍光影碟



Brannigan 霹靂火萬里擒兇 (1975)

Director: Douglas Hickox

Starring: John Wayne, Richard Attenborough

The unlikely sight of John Wayne and Richard Attenborough having a fist fight in the Lamb Tavern in Leadenhall Market is one of many highlights in this surprisingly entertaining film. The distinctive 1970s musical score is another, as is the often clever and frequent use of London locations. A sprightly 67 years old, Wayne got around London at quite a pace, from The Garrick Club in the West End (rare interior filming made possible by Club Member Attenborough) to Piccadilly Circus, to Maida Vale and all the way down to the Docklands district. An excellent car chase across town – and over a slowly opening Tower Bridge – and the splendid view from Attenborough's office (apparently a disused corner of St Thomas' Hospital) also add to the viewing pleasure. A box-office failure on its initial release, *Brannigan* was rediscovered by a wider audience some years ago when Quentin Tarantino declared it yet another one of his favourite movies of all time.

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

導演：道格拉斯希科克斯

演員：尊榮、李察艾登布祿

尊榮和李察艾登布祿在利德賀市場的Lamb Tavern赤手空拳打鬥一幕是這部電影眾多亮點之一。電影巧妙地拍下倫敦的不同角落，配以70年代獨特的音樂旋律，亦令人為之讚嘆！67歲的尊榮以很快的步伐遊遍了倫敦，從西區的加里克俱樂部（艾登布祿為俱樂部會員，所以才能夠在內部拍攝）到皮卡迪利廣場、麥達維爾，以至到碼頭區。穿越城鎮的精彩汽車追逐場面，在橋上展開序幕——從艾登布祿的辦公室拍到的壯麗景色（聖托馬斯醫院的一個廢棄角落）也增加了觀賞樂趣。這部電影最初上映時票房慘敗，直至幾年前昆頓塔倫天奴提及《霹靂火萬里擒兇》是他最喜歡的電影之一，才重新吸引了不少觀眾。

觀看影片：Apple TV/iTunes、YouTube電影、DVD或藍光影碟



An American Werewolf in London 美國狼人在倫敦 (1981)

Director: John Landis

Starring: David Naughton, Jenny Agutter

The first film to receive an Academy Award for Best Makeup, *An American Werewolf in London* starred two unknown actors as the ill-fated American tourists backpacking around Britain. The producers wanted John Landis to cast Dan Ayckroyd and John Belushi, whom he had just directed in *The Blues Brothers* the previous year, but Landis reportedly preferred new faces. After waking up in a London hospital, having lost his friend to the monster that also wounded him



導演：約翰蘭迪斯

演員：大衛諾頓、珍妮艾加特

作為第一部獲得奧斯卡最佳化妝獎的電影，《美國狼人在倫敦》講述由兩位不知名的演員飾演的美國倒霉旅客在英國背包旅行。製片人原本希望讓丹艾克萊和約翰貝魯西出演，但據說在一年前執導《鬼馬兄弟》的蘭迪斯更喜歡選用新面孔。主角大衛凱斯勒在倫敦一間醫院醒來後，發現自己在英格蘭北部被怪物襲擊而受傷，他的朋友則被殺害，說話圓滑的他後來搬進了護士公寓。在他變為（劇透警告！）狼人之後，他在倫敦的行動速度甚至比約翰韋恩的喬布蘭尼根還要快，經托登罕宮路地鐵站從漢普斯特德到



in the north of England, smooth-talking David Kessler moves into his nurse's flat in Earl's Court. Following his transition into the (spoiler alert!) werewolf he makes his way around London even faster than John Wayne's Joe Brannigan, causing death and destruction from Hampstead to Tower Bridge via Tottenham Court Road Tube. The penultimate scene of mayhem in Piccadilly Circus is perhaps the highlight (along with some excellent transformational make-up work and camera effects earlier on) of what still seems, it must be said, a surprisingly gory and frightening film, more than 40 years after its release.

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



塔橋造成傷亡和破壞。在皮卡迪利廣場的混亂場面也許是這部影片的亮點（連同之前一些出色的特技化妝和影片特技），即使在上映40多年後仍然讓人感到驚嚇血腥。

觀看影片：Apple TV/iTunes、DVD或藍光影碟



Notting Hill 摘星奇緣 (1999)

Director: Roger Michell
Starring: Hugh Grant,
Julia Roberts

Possibly the best of that period's many London-based rom-coms – including *Four Weddings and a Funeral* (1994), *Bridget Jones's Diary* (2001) and *Love Actually* (2003) – *Notting Hill* features yet another American on the loose in London. As Julia Roberts' troubled Hollywood star hops in and out of bookseller Hugh Grant's small but idyllic world, and his travel bookshop, the charms of the gentrified W11 postcode district never fail to enchant. Portobello Road and Ladbrooke Grove never looked better (in real life or on film), while the central London scenes are comparatively brief but well framed, providing a good sense of location for anyone even slightly familiar with the city. Although Notting Hill became an even more popular, and expensive, area to live in after the film was released, it hasn't changed too much since, and many of the locations can be visited in an afternoon on a self-guided tour, with a little help from the Internet.

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

導演：羅傑米契爾

演員：曉格蘭特、茱莉亞羅拔絲

可能是那個時期眾多倫敦浪漫喜劇中最好的電影——包括《四個婚禮一個葬禮》(1994)、《BJ單身日記》(2001)和《真的戀愛了》(2003)——《摘星奇緣》講述一位美國人在倫敦的逍遙生活。茱莉亞羅拔絲飾演的荷里活明星在曉格蘭特的小書店中避後，中產區W11總是令人為之著迷。波多貝羅路及拉德伯克街都非常有魅力（不論現實或在影片中），倫敦市中心的場景相對較短，但拍攝細緻，很容易讓觀眾感受到場景氣氛。儘管在電影上映後，諾丁丘一帶變得更受歡迎，該區的居住成本亦更高昂，但該地並沒有太大的變化。我們可從互聯網輕易找到相關資訊，許多景點都可以用一個下午的時間自行遊覽。

觀看影片：Apple TV/iTunes、YouTube電影、DVD或藍光影碟



Paddington 柏靈頓 (2014)



Director: Paul King

Starring: Hugh Bonneville, Nicole Kidman

Hugh Bonneville went from a small but amusing supporting role in *Notting Hill*, via *Downton Abbey*, to the lead actor in *Paddington*, who first spots the titular bear alone in his namesake station. The frontage is actually Marylebone Station (where *The Ipcress File* gets underway) but the interiors were indeed filmed inside the real Paddington Station. Having been temporarily taken in by the Brown Family, Paddington is driven across London in an expensively circuitous way (as admitted by their taxi driver Matt Lucas), taking in many of the major sights, before arriving home in Notting Hill. In fact this is colourful Chalcot Crescent some way off in Primrose Hill, just north of Regent's Park. A visit to family friend Mr Gruber involves Paddington's first trip on the London Underground, with Maida Vale Station portraying the fictitious Westbourne Oak Station. On arrival at Gruber's antique shop, we are finally on the real Portobello Road, Notting Hill, with many more locations in store. A fabulous film for children, especially before visiting London, *Paddington* and its sequel, *Paddington 2*, also proved very popular with adults, including of course, his most famous co-star, the late Queen Elizabeth II.

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



導演：保羅金

演員：曉邦納威利、妮歌潔曼

曉邦納威利從《摘星奇緣》中一個風趣幽默的小配角，到出演《唐頓莊園》，後來成為《柏靈頓》的主角，他飾演的布朗在柏靈頓車站發現了與車站同名的小熊。車站外觀是馬里波恩車站（《倫敦間諜戰》開始的地點），但內部場景確實是在柏靈頓車站內拍攝的。柏靈頓熊被布朗家族暫時收留後，柏靈頓熊以迂迴昂貴的方式穿越倫敦（正如的士司機馬特盧卡斯所說的那樣），參觀了許多主要景點，直到返回到諾丁丘的家。事實上，色彩繽紛的Chalcot Crescent，位於櫻草花山，就在攝政公園以北。在拜訪家人朋友古柏先生時，柏靈頓熊首次乘搭倫敦地鐵，麥達維爾站在影片中被描繪為韋斯特本橡樹站。抵達古柏先生的古董店後，終於來到了真正的諾丁丘波多貝羅路，還有更多其他的地方。這是一部精彩的電影，特別適合兒童遊倫敦前觀賞，《柏靈頓》及其續集《柏靈頓2》也受到成年人的喜愛，當然包括在片中出現的已故英國女王伊麗莎白二世。

觀看影片：Apple TV/iTunes、DVD或藍光影碟



That's Amarone!

來自意大利的葡萄酒Amarone



Amarone – or more formally Amarone della Valpolicella – is a type of wine that comes from the Veneto region of Italy, specifically the Valpolicella zone. It is made from a blend of local grape varieties, including Corvina, Rondinella, and Molinara. These are harvested in late September or early October and then dried for several months before being pressed, which concentrates their flavours and sugars.

After the grapes have been dried, they are crushed and fermented for several weeks. This process is called appassimento, and it is what gives Amarone its unique flavour profile. The wine is then aged in oak barrels for a minimum of two years, which further enhances its complexity.

Amarone is a full-bodied, rich wine with a high alcohol content, typically from 14% to 16%. It is known for its intense aromas of dark fruit, such as black cherry, plum, and raisin, as well as notes of vanilla, spice, and chocolate. On the palate, it is velvety and smooth, with a long, lingering finish.

One of the most distinctive characteristics of



Amarone is its sweetness. While it is not a dessert wine, it has a sweet, almost jammy quality that comes from the appassimento process. This sweetness is balanced by the wine's high acidity and tannins, which give it structure and complexity.

Amarone pairs well with rich, flavourful dishes, such as red meat, game and aged cheeses. It is also a great wine to enjoy on its own, as it is complex and satisfying enough to be savoured as a standalone drink.

Different cuvées are now available at La Cave, and you are very welcome to drop by and discover for yourself this unique and enticing Italian wine.

Amarone - 或者更正式的法是 Amarone della Valpolicella - 是一種來自意大利威尼托地區，特別是Valpolicella地區的葡萄酒。它由當地的葡萄品種混合製成，包括Corvina、Rondinella和Molinara。這些葡萄在9月下旬或10月初採摘後，接著會經過幾個月的風乾，以濃縮它們的風味和糖份。

在葡萄風乾後，它們會被壓碎並發酵數週。這個過程被稱為枯藤法，它是Amarone獨特風味的來源。然後，這些酒會在橡木桶中陳年至少兩年，進一步增強了它的複雜的味道。

Amarone是一種濃郁且醇厚的葡萄酒，酒精含量通常在14%到16%之間。它以黑櫻桃、李子和葡萄乾等深色水果的強烈香氣，以及香草、香料和巧克力的味道而聞名，口感柔滑，餘韻持久。

Amarone其中一個最獨特之處是其甜味。儘管它不是一種甜酒，但它的甜味幾乎像果醬，這是由枯藤法過程帶來的。甜味通過酒的高酸度和單寧得到平衡，為酒帶來層次和複雜的味道。

Amarone非常適合配搭風味濃郁的菜餚，如紅肉、野味和陳年乳酪。它也是一種非常適合單獨享用的酒，因為它複雜的結構足以可讓人單獨品嚐。

Amarone是一種獨特且非常珍貴的酒，深受世界各地的葡萄酒愛好者喜愛。它的濃烈風味和香氣，加上豐富、柔滑的口感，使它成為一種不容錯過的酒。La Cave現在提供不同的佳釀，歡迎來臨選購。





An Evening with
Puchang Vineyard
葡萄酒晚宴

Thursday, May 4 5月4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
Guest Speaker: Clara Wang, Puchang Vineyard Director



For enquiries, please call Caffé Luna on 2814 5952 or email caffeluna@aberdeenmariaclub.com.
查詢請致電Caffé Luna電話2814 5952或電郵至caffeluna@aberdeenmariaclub.com。

MENU

Welcome Drink
2019 Puchang Vineyard, Rkatsiteli

Yellowfin Tuna Crudo
avocado, citrus, fennel
2017 Puchang Vineyard, Muscat Dry

Ricotta Agnolotti
butternut pumpkin, brown butter,
sage, walnut
2016 Puchang Vineyard, Saperavi

Roasted Quail
pancetta, Parmesan polenta, grilled fig,
rosemary jus
2015 Puchang Vineyard, Beichun

Angus Tenderloin
balsamic braised onion, salsa verde
2013 Puchang Vineyard,
Cabernet Sauvignon

Amalfi Lemon Tart
2015 Puchang Vineyard,
The Clovine (375ml)



Château Canon &
Rauzan-Ségla
Wine Dinner
葡萄酒晚宴



Thursday, May 18 5月18日 (星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,680 per person 每位\$1,680
Guest Speaker: Jean-Basile Roland, Director of Commercial



For enquiries, please call The Horizon on 2814 5482 or email horizon@aberdeenmariaclub.com.
查詢請致電海天閣電話2814 5482或電郵至horizon@aberdeenmariaclub.com。

MENU

Welcome Drink
NV Henriot, Brut Souverain, Champagne

脆米餅鵝肝醬乳豬件
**Roasted suckling pig with
goose liver paste on rice cracker**
2014 Ségla, Margaux

豉汁炒波士頓龍蝦
**Sautéed Boston lobster with
black bean sauce**
2010 Château Canon,
Saint Emilion 1er Grand Cru Classé B

原隻鮑魚扣柚皮
**Braised whole abalone with
pomelo peel**
2008 Château Rauzan-Ségla,
Margaux 2ème Cru Classé

牛肝菌燴牛肋骨
**Stewed beef ribs with porcini
mushroom**
2005 Château Canon, Saint Emilion 1er
Grand Cru Classé B
2000 Château Rauzan-Ségla, Margaux 2ème
Cru Classé (Magnum)

雙籽海鮮炒飯
**Seafood fried rice with crab roe and
mullet roe**

楊枝甘露、流沙啤梨
**Chilled sago cream with
pomelo and mango**
**Deep-fried custard cream and
egg yolk puff pastries**

M A R I N A
G R I L L
~~~~~



Australia vs California  
Penfolds Wine Dinner  
葡萄酒晚宴

|                    |             |
|--------------------|-------------|
| Thursday, May 25   | 5月25日 (星期四) |
| Welcome drink: 7pm | 酒會: 晚上7時    |
| Dinner: 7.30pm     | 晚宴: 晚上7時30分 |
| \$1,380 per person | 每位\$1,380   |

Guest Speaker: Stephen Cheung, Key Account Manager, Penfolds Hong Kong & Macau



Wine Selections

NV Thiénot x Penfolds, Rosé  
Champagne, France

\*\*\*

2020 Penfolds, Bin 311 Chardonnay,  
Australia

\*\*\*

2020 Penfolds, Bin 407 Cabernet  
Sauvignon, South Australia, Australia

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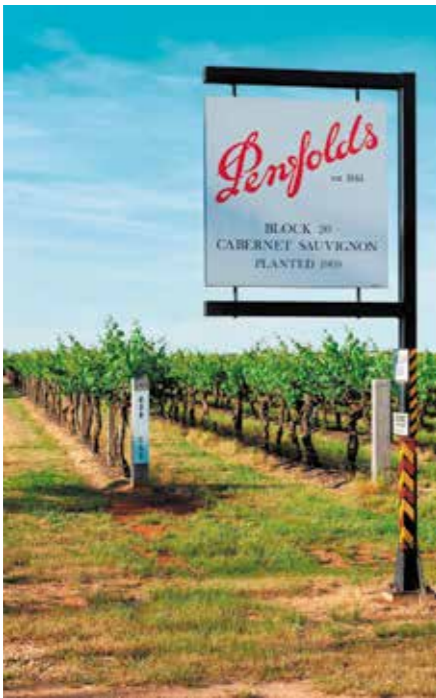
2019 Penfolds, Bin 704  
Cabernet Sauvignon Napa Valley,  
USA

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2019 Penfolds, Bin 149, Wine of  
the World, Cabernet Sauvignon,  
Australia & USA

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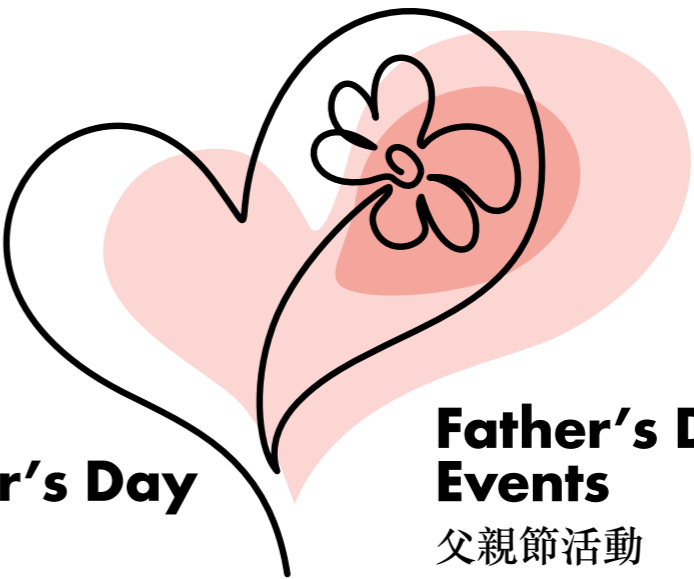
NV Penfolds, Father, 10 Years Grand  
Tawny Port, South Australia,  
Australia



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。



Mother's Day  
Events  
母親節活動

Sunday, May 14

Health Club  
健康中心

Members are welcome to bring their mother to the Health Club for a special gift on Mother's Day.  
會員與母親前來健康中心可獲贈禮物一份。

Enquiries 查詢: 2814 5342 (Health Club)



Bowling  
保齡球

Free bowling and a glass of Prosecco for our special mothers when bowling with the family!  
母親節當天，母親可免費玩樂及享用意大利氣泡酒一杯。給母親一個美好的回憶吧！

Enquiries 查詢: 2814 5900 (Bowling Alley)

Ice Skating  
溜冰

When Members bring their mother to the Ice Rink on Mother's Day, she can enjoy a free open-skating session.  
會員於母親節當天與母親一同溜冰，母親可享受免費溜冰一節。

Enquiries 查詢: 2814 5374 (Ice Rink)

Father's Day  
Events  
父親節活動

Sunday, June 18

Health Club  
健康中心

Bring Dad along to the Health Club for a special drink on Father's Day.  
會員與父親前來健康中心可免費享用特飲一杯。

Enquiries 查詢: 2814 5342 (Health Club)

Bowling  
保齡球

Free Bowling and a free beer for Dads!  
父親節當天，父親可免費玩樂及享用啤酒一杯。

Enquiries 查詢: 2814 5900 (Bowling Alley)

Ice Skating  
溜冰

Bring Dad to the Ice Rink on Father's Day for a free open-skating session.  
會員於父親節當天與父親一同溜冰，父親可享受免費溜冰一節。

Enquiries 查詢:  
2814 5374 (Ice Rink)





# The Austin FX4

倫敦的士

- by Peter Walbrook



In production for almost four decades – from 1958 to 1997 – the Austin FX4 remains as enduring an icon of London's streets as the red double-decker Routemaster bus, having been a familiar sight – and sound – to millions of Londoners and tourists alike.

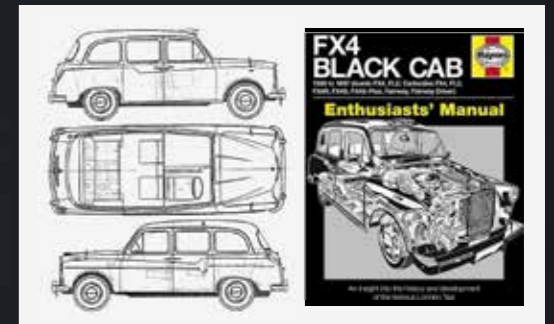
Some 75,000 FX4s were built (compared to fewer than 3,000 Routemasters from 1956 to 1968) and quite a number were still in operation more than 50 years after the first models hit the streets.

Notable private FX4 owners have included the late Duke of Edinburgh, director Stanley Kubrick, supermodel Kate Moss and actors as diverse as Sir Laurence Olivier and Sid James.

Originally designed by Eric Bailey of engine and chassis maker Austin and Jake Donaldson of constructor Carbodies, which built the body and assembled the final product for sale, the relatively sleek and streamlined FX4 replaced the more vintage-looking FX3, which was only produced from 1948 to 1958.

It was a truly timeless design that looked as good driving through 21st century London as it had done a half-century earlier, and although tweaked, updated and fine-tuned over the decades, its overall shape barely changed at all.

Even today, now fully retired, the FX4 is still considered the classic London Taxi. The body of its replacement, beginning in 1997 with the LTI TX1 (bottom right), came from the drawing board of household-appliance, train and camera designer Kenneth Grange, fully modernised but with shapes lines and design cues still noticeable from the original FX4.



由1958年至1997年，Austin FX4生產長達40年，與紅色雙層 Routemaster巴士一樣，它仍然是倫敦街頭的標誌，對無數的倫敦人和遊客來說，它是熟悉的景象之一。

FX4大約生產了75,000輛（從1956年到1968年期間，與Routemaster巴士相比生產數量還差3,000輛），並且在第一代型號推出50多年後，仍可在街上看到相當多的數量。

擁有FX4私家車的名人包括已故的愛丁堡公爵、導演史丹利庫柏力克、超模凱特摩斯以及知名演員羅蘭士奧利花男爵和席尼詹姆士等。

最初由引擎和底盤製造商Austin的Eric Bailey和Carbodies的Jake Donaldson設計，建造車身並組裝進行銷售，相對時尚及具流線型的FX4取代了外觀復古的FX3，後者僅在1948年至1958年間生產。

FX4的設計歷久不衰，即使在現今的倫敦駕駛，看起來和半個世紀前一樣出色。儘管幾十年來進行了更新和微調，但它的整體外形幾乎沒有改變。

即使FX4現在已退役，它仍被認為是經典的倫敦的士。從1997年開始替代它的LTI TX1（右下），設計來自家用電器、火車和相機設計師 Kenneth Grange，經過全面現代化改造，但其外觀和線條明顯仍然具有FX4風格。

## Cutting Edge Where Beauty Meets Relaxation

**W**e offer a variety of services to make you look and feel your best from head to toe. Our experienced and talented stylists and beauticians are dedicated to providing you with the best possible experience and will work with you to achieve your desired look. Just sit back, relax and let us take care of the rest.

We believe that every Member deserves a personalised experience, which is why we take the time to listen to your unique needs and preferences before designing a hairstyle that perfectly suits you. But we don't stop at just great haircuts – our salon offers a wide range of services to ensure that you leave feeling refreshed and rejuvenated. From colour treatments to facials, we have everything you need to pamper yourself and enhance your natural beauty.

Committed to using only the highest quality products, we carry a variety of top-of-the-line brands, each carefully selected to provide Members with the best possible results. Whether you're looking to maintain your current style or try something new, you can trust that we'll only use the best products to achieve the perfect look.

Why settle for an average haircut when you can have an experience that's truly cutting edge? Visit our salon today and discover what sets us apart from the rest.



本會的美髮及美容中心提供多種服務，讓您從頭到腳感覺煥然一新。我們的團隊經驗豐富，造型師和美容師致力為您提供最佳體驗，塑造最理想造型。

團隊會在造型前提供專業的個人諮詢，並設計出最適合您的髮型。不僅限於設計出時尚的髮型 — 更提供不同的服務，從染髮到面部護理，讓您提升自然美，確保您在離開時感覺清爽及煥發青春。

本中心致力採用優質的產品，精心挑選頂級品牌，為會員提供最佳效果。無論想保持風格還是嘗試新造型，都能透過使用最好的產品來打造完美的體驗。

請即預約，體驗與眾不同的服務。

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](mailto: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](mailto:cuttingedge@aberdeenmarinaclub.com)。

## An Amazing New Facial Treatment Tailored to You Double-Up



**T**his summer, Cutting Edge would like to invite you to experience the new Double-Up, a device that combines a cooling and heating HIFU ultrasound system, for tighter, rejuvenated and radiant skin.

The treatment is perfect for full, upper or lower facelifts, double chins, neck tightening, and it is especially effective at reducing the appearance of fine lines and wrinkles.

今個夏天Cutting Edge邀請您嘗試全新的Double-Up療程，跟據您的膚質需要，透過冷凍技術及射頻聲波定焦系統，雙重科技強效收緊面部，緊緻肌膚及撫平皺紋。療程有效針對面部、眼部、額紋、頸紋及腮腺下垂，以最短的療程時間重拾緊緻膚質。

What to expect 重點功效:

- Lifts and tightens the skin, reduces the "tired look" with a more defined facial contour.  
增強拉提效果，令面部輪廓更清晰緊緻，擊退倦容
- Helps skin regeneration 有助修復皮膚
- Replenishes healthy collagen  
激活膠原再生，提升細胞鎖水能力，終極嫩膚
- Soothes fine lines and wrinkles  
有效針對虎紋及腮腺下垂，撫平眼紋和額紋

CUTTING  
Edge

We are open daily from 9am to 7pm.

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## NEW Skincare ByNight 全新革命性 護膚方案

### It's called beauty sleep for a reason!

In today's busy world, there's nothing better than a good night's sleep. But sleep's restorative power must be coupled with the right products to make a difference to your skin. Skin has a circadian clock – during the day, it is in a protective state, warding off elements (sun damage, environmental pollution and more), at night, in repair mode, skin cells regenerate as oxygen and nutrients are cycled through. We also lose approximately one litre of water overnight – through trans-epidermal water loss (TEWL) – making skincare with proper hydration critical to offset the depletion.

ByNight products are dermatologist-approved and suitable even for sensitive skin, using active botanical ingredients and sustainable fair-trade sources from German and Austrian organic farms. All products are 100% free of parabens, silicones, PEGs, triclosans, formaldehyde, phthalates, petrolatum, GMOs, EDTA,

artificial colours, paraffins and nitrates. ByNight also strives to be completely climate neutral by the end of this year.

在現今繁忙的都市生活，優質睡眠十分重要。睡眠帶來的修復力必須配上正確的產品，才能令您的皮膚煥然一新。在皮膚的更新週期裏，白天，皮膚作出防禦，阻擋如紫外線、環境污染等有害物質；晚上，皮膚則進入修復模式，肌膚細胞通過養分循環而再生。人體每晚大概有一公升的水分經表皮流失，使用經精確配製的補濕產品能確保與肌膚晚間更新週期同步。

CLEAN Beauty — BYNACHT產品中的成份均來自德國和奧地利受到公平貿易認證的小型農場，不含羥基苯甲酸酯、矽、石油製品和石蠟等有害成分，並拒絕對動物進行測試，確保用家能毫無負擔、安心地使用產品。除此之外，產品的包裝都是可回收的，保護肌膚同時保護大自然，履行實現Clean Beauty的使命。

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](mailto: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](mailto:cuttingedge@aberdeenmarinaclub.com)。

# ROADSHOWS

快閃推廣活動



## The Collagen Co. (May 6 & 7)

Tasting at the 5/F Health Club on Saturday & Sunday, May 6 & 7 from 10am to 5pm.

於5月6日及7日(星期六及日)上午10時至下午5時於5樓健康中心舉行推廣活動。



Flow  
with me  
Yoga & Fitness wear

## Flow with Me HK (May 27 & 28)

Come and see the latest yoga and fitness wear collections for adults at the 5/F Health Club on Saturday & Sunday, May 27 & 28 from 10am to 6pm.

於5月27日及28日(星期六及日)上午10時至下午6時前來5樓健康中心選購最新的成人瑜伽和運動服飾。

## Active Brands Asia Ltd (June 10 & 11)



Come and see the latest running shoes and sportwear collections for adults at the 5/F Health Club on Saturday & Sunday, June 10 & 11 from 10am to 6pm.

於6月10日及11日(星期六及日)上午10時至下午6時前來5樓健康中心選購最新的成人運動鞋及服飾。

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

# The Power of Guasha

## 刮痧美容

The heart-shaped Guasha Crystal of The Crystaling is designed to fit the curves of the face and neck, while the pointy side is intended for lymphatic-drainage massages.

The Guasha Roller helps reduce morning puffiness, especially under the eyes, or can be used as a skincare step in your nighttime routine to promote relaxation and better sleep. It also helps skincare products penetrate deeper into the skin, increasing blood circulation, providing a naturally dewy, glowing skin the next day.

Massaging the face and jawlines with the Crystaling Guasha tools and your facial oil every day helps reduction of fluid retention and fine lines. Leaving a more refined, smooth and contoured appearance, as well as stimulating various acupressure points to reduce stress.



The Crystaling的心形水晶刮痧板的邊位是按照面部及頸部的輪廓而設計，而心形的末端位置則用作通淋巴按摩排毒之用。

水晶按摩滾輪有助去水腫，眼部位置尤其見效，適合每天早上起床後用以按摩面部及下巴位置。晚上亦可在護膚時以滾輪按摩，加強肌膚對護膚品的吸收，增強血液循環，使肌膚在翌日更有彈性及光澤。

使用The Crystaling刮痧產品按摩時，可配上面部護膚油，能明顯改善水腫及皺紋。持續使用，面部可變得更柔滑、細膩及緊緻。以產品按摩不同穴位，更有減壓及保健之效。

The Crystaling以最優質的全天然水晶製作兩款刮痧產品，每件產品均以全人手打磨及拋光，送禮自用佳宜。

心形水晶刮痧板 — 紫晶、粉晶、白水晶、黑曜石及東陵玉  
水晶按摩滾輪 — 紫晶、粉晶及東陵玉

### The Crystaling水晶靈品牌故事

水晶，之所以是大自然給我們最珍貴的禮物之一，是因為它擁有天然的治癒能力，又能給予我們勇氣和保護。

靈感來自不同城市的真實故事，The Crystaling 製作出獨一無二的珠寶作品，讓配戴者能感受到大自然的力量，並透過不同水晶的獨有治癒力，過更美好的生活。

The Crystaling擁有自家工廠，採用珍貴及獨特切割的全天然寶石、水晶、珍珠及鑽石，配上意大利純銀及14K金，所有首飾均是香港原創設計和全人手製造。精緻細膩，優雅知性。

會員現在可於美髮及美容中心選購The Crystaling產品，配合按摩油和刮痧，我們的按摩團隊可助您舒緩疲勞。請立即聯絡美髮及美容中心。

The Crystaling uses the finest quality natural premium gemstones to craft their Guasha tools. Each tool is carefully polished by hand with very strict quality control. A most practical yet meaningful gift for your love ones!

Gemstones available for The Crystaling Guasha Crystal Amethyst-Rose Quartz, Clear Quartz, Black Obsidian, Green Aventurine Jade

Rollers Amethyst-Rose Quartz, Green Aventurine Jade

### The Crystaling Brand Story

The Crystaling creates jewellery pieces that celebrate the power of nature and empower their wearers with natural gemstones. With its own factory for gemstone-cutting, The Crystaling designs and handcrafts its jewellery in Hong Kong.

With a luxurious mix of rare-cut gemstones, natural crystals, pearls and diamonds in gold and silver, the collection embraces modern simplicity and elegance, with exceptional attention to detail and craftsmanship.

The Crystaling products are on sale at Cutting Edge and with the combination of massage oil and Guasha, our massage team will arrange the most relaxing massage for you. Please contact Cutting Edge Hair and Beauty Salon.

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](mailto: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](mailto:cuttingedge@aberdeenmarinaclub.com)。



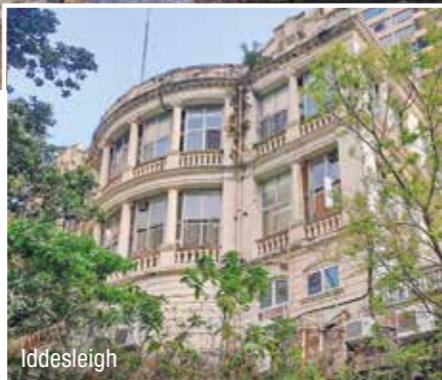
# Hong Kong History Neighbourhood Watch 香港歷史

For this issue, let's look at Bowen Road – a very well-known road that we mention in many of our articles, but one that we have not focused on before.

As you may well know, when Hong Kong was first settled, one of the immediate challenges faced was maintaining an adequate water supply for the growing population. After several years of just making do, a series of reservoirs was built – including Tai Tam Reservoir. The water from Tai Tam was transported to the City of Victoria (or Central as it is now known) via Wong Nei Chung Gap. This was done with a series of aqueducts, and the 4km Tai Tam Conduit (Bowen Road) was completed in 1887, and named after Sir George Bowen, who was Governor from 1883 to 1885. In order to protect the purity of the water and to allow pedestrians to traverse the city, the conduit was covered over and was not too dissimilar to what we see today.

While the aqueduct and its wonderful arches can be seen along Bowen Road, there are also many other interesting features. If you start at the Stubbs Road end, close to Adventist Hospital, you can see views over Happy Valley and into Causeway Bay, and after a short time, you will see one of the Victoria City Boundary Markers from 1903. As the road twists and turns from here, you will be able to see small sections of the aqueduct itself. After a 20-minute walk, you will get to Lover's Rock, a site that many may know well, and is worth a quick look as it gives some better views.

A short way past Lover's Rock and almost opposite the Temporary Playground lies a secret pillar called the South Meridian Mark, which was built in 1884, around the time Bowen Road was built. It was used by the Hong Kong Observatory (HKO) to reduce discrepancies in measuring the actual time. The North Meridian Mark is in the HKO



itself and although the South one can be viewed, it is not officially accessible to the public, so take care if you try to locate it.

At the mid-point of the road is a small park that was actually a small reservoir and dam when the road was built, but now features various pagodas and sitting-out areas. This is also the intersection of the Wan Chai Gap Trail, one of the steepest pathways in Hong Kong, leading left up to Wan Chai Gap and right down to Wan Chai itself.

Continue straight ahead and after another 10 minutes or so, you will be above Wan Chai and aside from the modern buildings, you can also see the dome of Nam Shing Kwan Mansion that was referenced in the previous issue. A little further along, the pathway opens up to show the best part of the whole conduit – 21 granite arches that are still a wonderful feature of Hong Kong so many years after they were first constructed. Here you can also marvel at the views of the harbour and across to Kowloon.

Moving on and after passing Bowen Road Park you will soon come to a delightful old building that is tucked away just off the road. On the left is an old boundary marker and set of steps going up to the old Bowen Road Military Hospital, which was built from 1903 to 1906. Besides being a Military Hospital, which saw heavy use

before, during and after World War II, since 1967 it has had a variety of uses, most notably as the location of many schools. Its buildings housed Island School from 1967 to 1972, Chinese International School in the 1980s, West Island School from 1991 to 1994 and finally Canadian International School from 1994 to 1999. Carmel School is the current occupier, with other education centres and theatre companies. As you continue on and back to Bowen Road, look out for the hospital gatehouse.

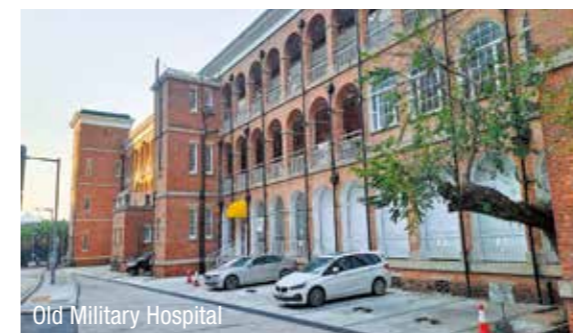
Not far from the end, approaching Magazine Gap Road, there is one more old building to look out for. Currently the Mother's Choice building, it dates back to 1913 and was formerly known as Iddesleigh – likely named after a village in Devon, England. Before WWII, it was occupied as a private residence, but after WWII, it was handed over to the Commodore-in-Charge of the Royal Navy and known as Commodore's House until 1979, when government took it over. It has been home to Mother's Choice since 1990.

Throughout this walk you have never been too far from transport connections, but from here there are many ways to head home. The most scenic way might be via Tramway Path towards Central, where you can have lunch or do some shopping.

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

今期我們來探索寶雲道，這是一條非常為人熟悉的路，我們在很多文章中都提及過，但卻從沒正式介紹。

大家都知道，在香港開埠初期所面對最大的問題之一，就是為不斷增長的人口提供足夠的食水。經過數年整合，建成一系列水塘，當中包括大潭水塘。來自大潭的水通過水管道經黃泥涌峽輸送到維多利亞城（即現時的中環），而4公里長的大潭輸水道（寶雲道）亦於1887年竣工，並以1883年至1885年擔任港督的寶雲爵士命名。為了保護水質而又可以讓行人經過，管道被路面覆蓋，與現今所見的模樣沒有太大分別。



沿著寶雲道一路都能看到輸水管及其優雅的拱券，還有許多其他有趣的特色。如果你從司徒拔道那一端起步，鄰近港安醫院，就可以看到跑馬地和銅鑼灣的美景。不遠處亦會發現一個1903年的維多利亞城界碑。走過迂迴的路段後回望，便能見到輸水道本身的雅緻部分。再走20分鐘便來到著名的姻緣石，此處的景觀非常美麗，值得一遊。

離開姻緣石不遠，就在臨時遊樂場斜對面，有一根名為「子午線南標記石柱」的神秘石柱。於1884年，大約在寶雲道初建之時它被鋪設於該位置。香港天文台利用它來減少測量實際時間的誤差。「子午線北標記石柱」則在香港天文台內，雖然可以尋到「子午線南標記石柱」，但因沒有正式對外開放，所以靠近時請小心。

路的中段有個小公園，在道路初建時其實是個小水庫和水壩，但現是亭園式的休憩區。這也是灣仔峽道的交匯處，灣仔峽道是香港最陡峭的路徑之一，左上通往灣仔峽，右下直達灣仔。

再走約10分鐘，就來到灣仔範圍，除了現代建築，還可以看到上一期提到的顏成坤大宅的穹頂。再走一會，豁然開闊，正身處輸水道的最精彩部分——21孔拱券段。即使經歷多年，這些拱券依然散發著它的特色。這裡還可以欣賞港島兩岸的景色。

走過寶雲道花園，很快就看到一棟隱藏在路邊的舊建築。左邊是一塊舊界石和通往舊英軍醫院的樓梯，該醫院建於1903年至1906年。除了在二戰前後作為軍事醫院，在1967年後它亦被改作多種用途，最常見的是作為學校用途。它於1967年至1972年改作為香港英童學校校址，在80年代為漢基國際學校，在1991年至1994年為西島中學，最後在1994年至1999年為加拿大國際學校。現在由香港猶太教國際學校、中英劇團及還有其他教育機構分別使用。當你折返寶雲道時，請留意舊醫院的門樓。

離道路出口不遠，近馬己仙峽道，還有一棟值得留意的舊建築。目前是「母親的抉擇」辦公大樓，它的歷史可以追溯到1913年，以前被稱為Iddesleigh——可能是以英格蘭德文郡的一個村莊命名。二戰前它是私人住宅，但二戰後它被移交給皇家海軍的海軍準將，並被作為準將官邸，直到1979年由政府接管。自1990年以來，它一直是「母親的抉擇」的所在地。

在我們的遠足範圍內交通非常方便，有很多途徑離開。風景最美的路線是通往中環的纜車徑，還可在那裡享用午餐或購物。

想知道更多有關這次遠足或其他香港歷史遠足的資訊，請聯絡本會的康體部總監李基爾。



I am sure many of you have picked up the battle ropes and even tried a few exercises with them – but what are they for and could we get a more effective workout with them?

Battle rope target most of the muscles in the body, including those in our abdominals, shoulders, arms, upper and lower back and lower body. They also require the heart to pump blood to all working muscles and numerous studies have shown significant improvements in cardiorespiratory fitness after incorporating battle rope exercises into an exercise regime.

Battle rope exercises can be a good option for people who have lower body injuries or prefer low impact workouts. Most traditional battle rope exercises require the feet to be planted on the floor, so you can get your heart rate up without putting excessive strain on your lower body.

For all battle rope exercises, start with your feet hip-width apart, holding one rope in each hand. The ropes should have some slack. Bend your knees slightly, bring your shoulders back, and engage your core, tensing up your stomach muscles as if someone is about to punch you! You should aim to do each exercise for 30 seconds, then take a 30-second break before repeating three or four times. Here are five battle ropes exercises.

**Bilateral waves** Swing both ropes up to just below shoulder height at the same time, and then swing them back down. It will look like a wave along the

ropes. Repeat the motion without stopping.

**Unilateral waves** Swing one rope up with your right hand. As you swing it back down, swing the other rope up with your left hand. The ropes should be moving opposite one another.

**Rope slams** Push into the balls of your feet and extend your legs as you lift the ropes with both arms over your shoulders. As the ropes reach their peak, slam the ropes down as hard as you can into the floor, then immediately reverse the movement, bringing the ropes up again.

**Alternating wide circles** With your right hand, swing one rope out to the side in a circular motion. As the rope returns to the starting position, do the same with your left hand. For added challenge and to change the muscular emphasis, reverse the circles.

**Bonus Activity: Jumping slams** This move is more difficult and is higher impact, so it may not be suitable for everyone. Start with your feet hip-width apart, holding one rope in each hand at your sides. Lower into a squat position, engage your core and push into the balls of your feet to extend your legs and jump up into the air. As you do this, swing the ropes up as high as you can. As you come back down, land gently on the balls of your feet and descend into a squat position. At the same time, slam the ropes into the floor.

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

我相信已有許多人嘗試使用戰繩來健身，甚至做鍛鍊——但它有什麼用途，能否通過它進行更有效的鍛鍊呢？

戰繩針對身體的大部分肌肉，包括腹部、肩部、手臂、上背部和下背部以及下半身的肌肉。另外，還需要心臟將血液泵送到所有活動的肌肉，大量研究表明以戰繩鍛鍊能顯著改善心肺健康。

對於下半身受傷或喜歡低強度鍛鍊的人來說，戰繩練習是一個不錯的選擇。大多數的戰繩練習都將雙腳放在地上，這樣您就可以提高心率，而不會對下半身造成過大的壓力。

所有的戰繩練習，開始時雙腳分開與臀部寬度相約，每隻手握住一根繩子，繩索應該有些鬆。稍微彎曲你的膝蓋，讓你的肩膀向後，收緊你的核心及腹部肌肉。目標定為每次30秒，然後休息30秒，重複三至四次。可參考以下提供的五種戰繩練習。

**雙側波浪** 同時將兩條繩子擺動到略低於肩膀的位置，然後再向下擺動。看起來像繩索波浪，不停地重複動作。

**單邊波浪** 用右手向上擺動一根繩子，將它向後擺動時，用左手將另一根繩子向上擺動。繩索應該彼此相反地移動。

**繩索猛擊** 當你用雙臂舉起繩索時，重點使用前掌並伸展你的腿。當繩索到達頂峰時，盡可能用力將繩索向下猛擊到地板上，然後立即反向動作，再次將繩索拉起。

**交替大圓圈** 用右手將一根繩子以畫圓方式擺動到一邊。當繩子回到起點位置時，用左手做同樣的動作。想增加挑戰性並改變肌肉重點，可以嘗試反轉圓圈方向。

**進階動作：跳躍猛擊**

此練習難度較大，未必適合所有人。雙腳分開與臀部寬度相約，每隻手在身體兩側握住一根繩子。降低到下蹲位置，啟動你的核心並推動腳部跳到空中，這時盡可能在高地擺動繩索。將雙腳輕輕著地，然後下降到下蹲的位置，同時將繩索猛擊到地上。

查詢有關詳情，請聯絡健身中心團隊Nelson及Keith，或你的健身教練。



## 家庭登山樂

With the warmer weather here, we will take on some local walking tours.

**Wong Chuk Hang Rock Carvings and Old House**  
– Saturday May 20

**Aberdeen Urban History Walk**  
– Saturday June 24

These walks are pretty easy-going and suitable for families with children aged eight years and above. Please bring your own water bottle, hat, sun lotion and comfortable walking shoes. Both walks will commence at the Club lobby at 9.30am and we should return around midday, just in time for lunch!

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

Reservations required. Please call 2814 1222.

隨著天氣回暖，活動將會在本會附近進行。

**黃竹坑石刻及舊圍**  
– 5月20日星期六

**香港仔城市歷史遠足**  
– 6月24日星期六

路線相當輕鬆，適合8歲或以上的兒童參加。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分在會所大堂出發，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，請聯繫本會康體部總監李基爾。報名請致電2814 1222。



# Fitness Tips Relaxation Techniques to Help Reduce Stress

正確放鬆技巧有助減壓

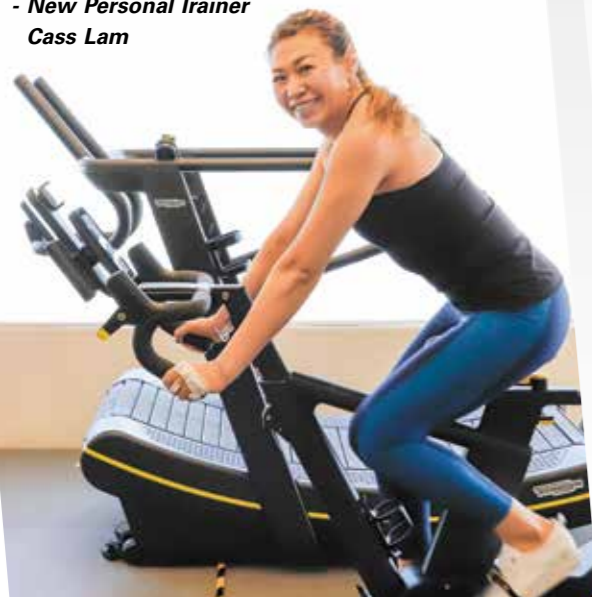
**N**o matter the cause, stress floods your body with hormones. Your heart pounds, your breathing speeds up, and your muscles tense up. The following relaxation techniques are suggested by our professionals to help you evoke the relaxation response and reduce stress.

不管是什麼原因，壓力都會影響荷爾蒙，導致心跳及呼吸加快，肌肉緊張。本會的专业教練提供以下提示，讓您放鬆並減輕壓力。

Get on a bike! Indoor cycling is one of the most effective exercise therapies for relieving stress. It is intense cardio that forces you to breathe deeper and focus on your mind-body connection. With a good vibe and music, 45-minute rhythm cycling is a distractor with motivational effects for inspirational positive thinking.

室內健身單車運動是緩解壓力最有效的療法之一。高強度的帶氧運動會迫使您深呼吸並專注於您的身心聯繫。伴隨著美好的氛圍和音樂，45分鐘的韻律單車是一種分散注意力的方法，具激勵積極思考的作用。

- **New Personal Trainer**  
**Cass Lam**



When we feel stressed, five deep breaths can make a big difference! Pilates teaches us to breathe deeply into the lower part of the abdomen. The accessory breathing muscles in the upper chest are part of our “fight or flight” response. These are essential when running away from danger, but if we allow them to overwork every day we can feel the same anxiety. Try placing your hands firmly around the lower ribs and breathe into them slowly, expanding sideways. Relax your shoulders as you exhale and allow yourself to feel calmer and repeat five times.

當我們感到壓力時，深呼吸五次會有很大的作用！如練習普拉提斯那樣，深呼吸到腹部的下半部。胸部的輔助呼吸肌是我們“戰鬥或逃跑”反應的一部分，也是在逃離危險時是必不可少的，但如果讓它們每天過度勞累，我們也會感到同樣的焦慮。試著將您的手緊緊地放在下肋骨，慢慢地吸氣，向側面伸展。呼氣時放鬆肩膀，讓自己感覺更平靜，然後重複五次。

- **Pilates Professional Ruth Larkin**

# Challenge 2023

Something Different!

2023健身挑戰活動

**W**e have thrown down a slightly different challenge for our regular Fitness Centre users this year. Instead of a year-long challenge, we set monthly challenges on different equipment so anyone can join in at any time. Remember, everyone is different – some people will find certain pieces of equipment easy while others find them hard. This is a chance to try new equipment and, you never know, you may want to add it to your regular routine.

今年健身中心的挑戰與過往略有不同。挑戰每月在不同設備上達到所要求，而不是長達一年的挑戰目標。請按自己的程度選擇完成任何或所有挑戰。每人都可以不同，有些人喜歡選擇較容易的，而有些人會喜歡挑戰更難的。這是一個嘗試新設備的機會，或許您會想把它添加至日常鍛鍊中。

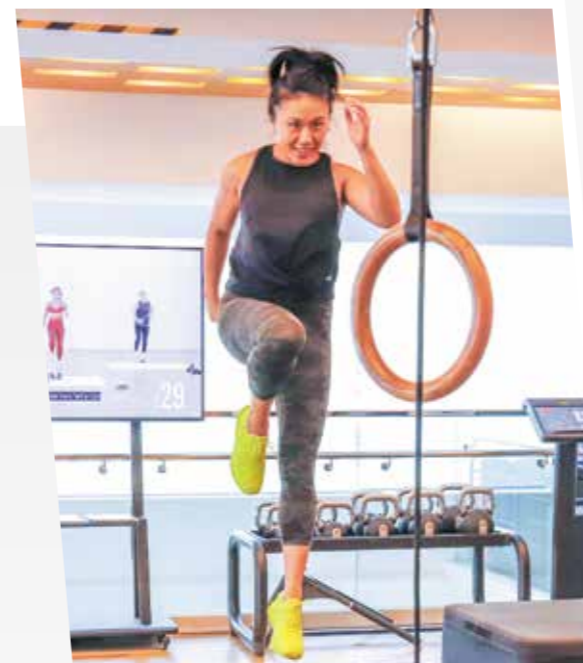
**Completion Levels 完成級別**

- 12 Challenges completed 十二項 – Super Star 超級星
- 8 Challenges completed 八項 – Gold Star 金星
- 6 Challenges completed 六項 – Silver Star 銀星
- 4 Challenges completed 四項 – Bronze Star 銅星

Even though the first four months are already on the books, you can still join in and even achieve Gold Star level!

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

雖然活動已開始了四個月，您仍然可以參加，並挑戰金星級。查詢有關詳情，請聯絡健身中心團隊 Nelson及Keith，或您的健身教練。



How to maintain movement in between your busy schedule? Do these exercises, three to five times in a row for a quick workout to raise your heart rate and boost your energy levels!

1. Side plank, top leg pulses x10 each side.
2. Squat to alternating leg back lunge.  
Squat, then step back with your right leg into lunge position, then step forward to stand up. Repeat using left leg. Alternate legs for 12 reps.
3. Single leg elevated glute raises x10 each leg.  
Place both heels with slightly bent knees on a step or chair. Push down and raise your hips into glute bridge. For more intensity, have one leg straight towards the ceiling, and glute bridge with the other leg.
4. Box step up to high knee balance and repeat ten times on each leg. Use a higher box for more intensity.

如何在百忙之中保持運動？連續進行三至五次以下的練習，以快速鍛鍊來提高心率並提升能量水平！

1. 側身平板支撐，提腿動作。每側各完成十次。
2. 交替深蹲，腿成後弓步。往下蹲把其中一邊腿向後踏步下壓，膝蓋屈曲成90度，膝蓋不超過腳尖，左右交替動作各十二次。
3. 臀橋，將雙腳稍微彎曲，膝蓋放在台階或椅子上。平躺地上，雙腿彎曲，膝部指向天。雙手放平，置於身體兩側。提起腰部，將膝蓋、腰和膊頭成一直線。進階者，可把其中一隻腳提起指向天花。
4. 跳箱，單腿踏上箱子，踏步跳高，平衡膝蓋左右腿各十次。可選擇使用更高的箱子以獲得更大的強度。

- **New Senior Personal Trainer Michelle Lee**

For enquiries, please contact the Fitness Centre on 2814 5337 or email [fitness@aberdennmarinaclub.com](mailto:fitness@aberdennmarinaclub.com)

查詢請致電健身中心電話2814 5337或電郵至 [fitness@aberdennmarinaclub.com](mailto:fitness@aberdennmarinaclub.com)。

## New Personal Trainers

**Michelle Lee**  
Senior Personal Trainer

Dr. Michelle Lee is a PhD in Medicine and an NASM Certified Personal Trainer. She has an extensive background in human physiology and exercise physiology, which allows her programmes to be developed with science and biomechanics in mind. Expect personal training sessions with Michelle to be functional, dynamic and challenging.

The key to effective training is understanding how your body moves and where the limitations are, so that exercise is always safe, goal-oriented and most importantly, fun!

Michelle Lee 是醫學博士和NASM認證的私人教練。她在人體生理學和運動生理學方面擁有廣泛的認識，使她在設計課程時考慮到科學和生物力學。Michelle的私人訓練充滿實用性、動態的和挑戰性。

有效訓練的關鍵是了解您的身體運動方式和局限性，這樣鍛鍊會更安全及更容易完成目標，而最重要的是充滿趣味！

**Cass Lam**  
Personal Trainer

Cass is an NASM certified trainer with a focus on one-on-one personal training. She's also a group fitness instructor of barre, resistance training, HIIT and cycling. Her mission is to bring fun, drive and results to your workout. She speaks fluent English, Cantonese, Mandarin and intermediate French.

Cass是NASM認證的私人教練，專注一對一的訓練。她也是Barre、阻力訓練、HIIT和單車團體的健身教練。她的使命是為您的鍛鍊帶來樂趣、動力和成效。她能說流利的英語、廣東話、普通話和中級法語。

**Elsie Li**  
Yoga Stretch Professional

Elsie had her first yoga lesson in 2000, planting a seed that evolved into a lifelong passion as she experienced the profound physical, mental and spiritual benefits. Elsie was inspired and encouraged to take a further step to strengthen her skills, and she completed an Ashtanga Yoga course on Koh Samui, Thailand.

Elsie started her teaching career after returning to Hong Kong in 2013, mainly with yoga stretching group lessons which she taught at the Hong Kong Police Training School in Wong Chuk Hang.

Elsie在2000開始了她的第一課瑜伽課，隨之體驗到瑜伽對身心和精神益處，並演變成一輩子熱愛的活動。Elsie受到啟發和鼓勵，進一步加強自己的技巧，並在泰國蘇梅島完成了阿斯坦加瑜伽課程。

Elsie於2013年返回香港後開始了她的教學生涯，主要在黃竹坑的香港警察訓練學校教授瑜伽伸展團體課程。

## Rugbytots by RugbyTots HK 兒童欖球班



**Every Friday, 3.30-5.15pm**  
**For ages 2 – 5**

Our fun, structured play sessions take children on a journey of sporting imagination with engaging and energetic coach support every step of the way, teaching them how to catch, pass, kick, run with the ball and play as part of a team. It's fast-paced fun and your child will be encouraged to work independently as well as enjoying team games.

**逢星期五，下午3時30分至5時15分**  
**適合2至5歲**

有趣的課程讓孩子們踏上運動的旅程，過程的每一步都充滿活力。課程教授如何接球、傳球、踢球、帶球奔跑以及團隊合作。透過愉快的遊戲，鼓勵孩子獨立思考並享受團隊合作。

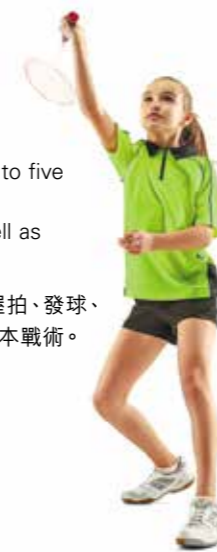
## Private Badminton Lessons

**by Sport Max**

### 私人羽毛球班

This programme introduces children to five basic badminton skills – grip, serve, footwork, stance and stroke – as well as rules of play and basic tactics.

課程介紹五項基本的羽毛球技巧 — 握拍、發球、步法、站位和擊球，以及比賽規則和基本戰術。



## Tai Chi

**24 Forms for Beginners**  
**by Donald Ng**

### 太極初班

**Every Monday & Wednesday**

Wu-style Tai Chi 24-form is composed of 24 forms that are ideal for beginners to learn and practice. The slow, graceful and rhythmic movements of the Tai Chi form gently strengthen the organs and muscles, improve circulation and posture, and relax mind and body. It teaches patience and relaxation, and fosters an understanding of the co-ordination of mind, body and spirit. It is a good way to relieve stresses and strains.

People of all ages and abilities can benefit from Tai Chi. Just a little regular practice is all that is needed. Anyone who has completed the 24-form programme, or has Tai Chi experience, can join the Advanced Class to explore to more of Wu-style Tai Chi, such as the traditional form, pushing-hands, Tai Chi sabre and Tai Chi sword.

**逢星期一及星期三**

吳氏太極拳24式適合初學者學習。太極拳的動作緩慢、優美、有節奏，輕柔地強化肌肉，改善姿勢和血液循環，並可以放鬆身心。太極可訓練耐力，練習放鬆和了解身心靈的連結。這是一個釋放壓力和緊張的方法，任何年齡層或程度的人士都可體驗太極的好處。已經學會24式或已有太極經驗的人士可參加進階課程，學習更多技巧，如推手、太極刀和太極劍。

## Volleyball

**by Sport Max**

### 排球班

**Every Thursday, 3-5pm**  
**For ages 3 – 10**

In this new 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.

**逢星期四，下午3時至5時**  
**適合3至10歲**

在這個新課程中，孩子們將學習六項基本的排球技巧 — 發球、傳球、墊球、進攻、攔網和救球。課程中教授安全的排球動作，孩子們可以在學習一般規則、基本戰術和合適的位置的同時開始球賽遊戲。



## Private Piano, Drum & Guitar Lessons

### 私人鋼琴、鼓和吉他班

Musicland offers music lessons according to the London College of Music (LCM) Examination syllabus to all ages, from young children to teenagers and adults. Musicland is the only approved LCM examination centre in Hong Kong and ad hoc lessons are available.

Dechant Music Academy's Russian Piano School trained teacher has more than 10 years' teaching experience and is qualified to teach exam level to any age in English.

Musicland 根據倫敦音樂學院 (LCM) 考試大綱針對各年齡層（從幼兒到青少年和成人）提供音樂課程。Musicland 是香港唯一認可的LCM考試中心，並提供課程。

Dechant Music Academy的導師是俄羅斯鋼琴學校培訓的老師，擁有超過10年的教學經驗，能夠以英語教授任何年齡層和水平的學員。

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

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

## Summer Holiday Break 暑期上課安排

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

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

Children's Classes – One calendar month advance written notice is required, or payment in lieu.

Adult Classes – 14 days advance written notice is required, or payment in lieu.

有關暑假期間的暫停上課安排和各常規小組活動的開課時間表，請向預訂服務中心查詢。若您計劃渡過一個較長的假期，請緊記提早向預訂中心提交「退出/取消課堂申請表」，以免繼續收費。

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

Enquiries 查詢:  
2814 1222  
(Central Reservations Centre)



## Summer Camps 夏日暑期班

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

快為您的子女選擇他們喜愛的活動，讓他們度過一個歡樂而難忘的暑假吧！

- Ball Games Camp 球類活動營
- Health & Fitness Camp 健體營
- Ice Skating Camp 溜冰營
- Martial Arts Camp 武術班
- Swimming Camp 游泳營
- Self-Development Camp 個人發展班

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

### Children's Party Package 兒童派對套餐

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

Our amazing party planners will work with you to ensure your child's birthday and year-end school party is a memorable one.

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

我們出色的派對策劃員將協助您為孩子舉辦一個難忘的生日或學校派對。

Bookings and enquiries 預約或查詢:  
2814 5360 (Adventure Zone)

## F1 Pitstop Weekend Challenges

### F1週末賽事

Fun challenges every Grand Prix weekend! Pay for 15 minutes, but drive for 30 minutes!

Miami, Emilia Romagna, Monaco – May 6, 7, 20, 21, 27 & 28  
Spain, Canada – June 3, 4, 17 & 18

快來參加週末大獎賽事！只需支付15分鐘費用便可享受30分鐘的刺激賽事！

邁阿密·艾米利亞羅馬涅·摩納哥—5月6·7·20·21·27及28日  
西班牙·加拿大 — 6月3·4·17 及18日

Enquiries 查詢: 2814 5483 (Chill Zone)

## Fun Challenges for Children

### 兒童遊戲挑戰賽

#### Adventure Zone Laser Tag Challenge 鐳射槍賽

Calling all LASER-taggers – mark your diary!

|                   |               |
|-------------------|---------------|
| From 6.30-7.30pm  | 晚上6時30分至7時30分 |
| • Friday, May 19  | • 5月19日(星期五)  |
| • Friday, June 16 | • 6月16日(星期五)  |
| • Friday, July 28 | • 7月28日(星期五)  |

#### Adventure Zone Dodgeball Tag Challenge 躲避球挑戰賽

Kids don't play by the rules, and that's the fuel that fires up their imaginations!

|                   |               |
|-------------------|---------------|
| From 6.30-7.30pm  | 晚上6時30分至7時30分 |
| • Friday, May 12  | • 5月12日(星期五)  |
| • Friday, June 30 | • 6月30日(星期五)  |
| • Friday, July 21 | • 7月21日(星期五)  |

#### 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     | 晚上7時至7時30分   |
| • Friday, May 5   | • 5月5日(星期五)  |
| • Friday, June 9  | • 6月9日(星期五)  |
| • Friday, July 14 | • 7月14日(星期五) |

Enquiries 查詢: 2814 5360 (Adventure Zone)

## Annual Swimming Gala 週年水運會

Open to all Members and current swimming students.

**Sunday, June 4**  
**From 9.30am, 3/F Swimming Pool**  
**Entrance Fee: \$50 per event**  
**Application deadline: Thursday, May 25**

Please note that the 3/F Swimming Pool will be closed on this day for the Swimming Gala from 9am to 2pm.

歡迎所有會員和游泳班學員參加。

6月4日(星期日)，早上9時30分開始，於3樓游泳池舉行  
費用：每項比賽\$50  
截止報名日期：5月25日(星期四)

請注意，3樓游泳池將於水運會當天由上午9時至下午2時關閉。

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



## Pickleball Court at 8/F Activity Park 匹克球場 — 8樓Activity Park

Pickleball is a fun, energetic sport for all ages and available at our purpose-built court at the 8/F Activity Park. The hard court is ideally suited to the bounce and carry of pickleball balls.

Members can now book the pickleball court through the usual channels. A court fee of \$65 will apply and equipment can be rented from our 5/F Health Club Reception. We look forward to seeing you at the court!

匹克球是一項富趣味性和充滿活力的運動，適合所有年齡層的人士。於8樓Activity Park，備有專用的硬地球場，非常適合進行匹克球活動。

現在會員可以通過常用渠道預約匹克球場。場地費用為\$65，並可於5樓的健康中心接待處租用所需的裝備。

Enquiries 查詢: 2814 5342 (Health Club)

# The Pro-Shop



## MiliMilu

MiliMilu offers sustainable fashion for the whole family, made from organic and eco-friendly materials. We mainly focus on kids' clothing and accessories and select the best brands. Our kids' clothing is fun, stylish, and practical and eco-friendly (made with organic cotton and recycled materials). We work with brands like CarlijnQ, Hebe, and Dear Sophie from Europe to ensure clothing is kind to you and nature and is also certified fair trade.

MiliMilu的服裝讓全家人緊隨時尚的風格，採用有機和環保物料製成。主要為兒童提供服裝和配飾，並挑選優質的品牌。我們的童裝既時尚又實用。我們與CarlijnQ、Hebe和Dear Sophie等歐洲品牌合作，確保服裝舒適及對大自然友善，並且在公平貿易中製造。

**BROOKS**



## Brooks Running Adrenaline GTS 22

Whether you're a long-time runner or new to the sport, find road- or trail-running shoes that are perfect for your journey.

Smooth and steady wins the run – our most-loved support shoe is better than ever. With an updated midsole made with 100% DNA LOFT, and featuring our trusted GuideRails® support, the Adrenaline GTS 22 delivers our smoothest ride yet.

不論您是跑步愛好者或是跑步新手，Brooks Running Shoes總能提供適合您的公路或越野跑鞋。

舒適度及流暢度勝於一切，作為Brooks Running全球最受歡迎的型號，第22代採用DNA LOFT中底，並配合獨有技術 - GuideRails®，提升了柔軟性、穩定性及流暢度。

## Portus Cale New Edition: Festive Blue

A collection combining a royal blue colourway and golden arabesques with a deep, woodland scent comprised of fir, cedar and rosemary. Now available in clear glass versions.

全新系列採用寶藍色和金色蔓藤花紋，結合杉木、雪松和迷迭香香味，散發出深沉的樹林香氣。透明玻璃版本亦已有售。



## The Collagen Co.

The Collagen Co. collagen blend contains three types of collagen in a generous 15,000mg of collagen per serving. A collagen blend that stimulates Type 1, Type 2 and Type 3 collagen, targets skin, hair and nail health, ligament and tendon strength, joint function and gut health.

The Collagen Co.的膠原蛋白粉，每份含15,000毫克的膠原蛋白。本產品結合I型、II型和III型膠原蛋白，有助針對皮膚、頭髮和指甲健康，增加韌帶和肌腱強度，改善關節功能和腸道健康。



## New Bars from Santa Madre

These delicious gluten-free energy bars are ideal between meals and during sports practice as they are rich in good carbohydrates and made with healthy ingredients.

The Oatcake Bar stands out for its original flavours, based on popular desserts and cakes.

The Sweet Bar is a gluten- and palm-free energy bar, carefully made to exclude possible allergic ingredients.

美味的無麩質燕麥能量棒非常適合在兩餐之間和運動期間享用。

Oatcake Bar的獨家原創口味以流行甜點和蛋糕為參考，美味可口。

The Sweet Bar是無麩質及無棕櫚油的能量棒。成份經精挑細選，絕不含致敏源，可安心食用。

Call the Pro-Shop on 2814 5417 for more information on any of the above.

請致電Pro-Shop電話2814 5417查詢以上產品。

# Chinese Medicine for Eczema: Treatment and Lifestyle Modulation

中藥治療濕疹的方法

Tuesday, May 16

10.30am to midday

2/F Marina Suite

Member: complimentary

Guest: \$60

5月16日 (星期二)

上午10時30分至中午12時

2樓海事廳

會員: 免費

來賓: \$60

Speaker: Zhi-xiu Lin Ph.D.

(Professor and Director, School of Chinese Medicine,  
The Chinese University of Hong Kong)

講者: 林志秀教授 (香港中文大學中醫學院院長)

## Introduction

Atopic dermatitis (AD) is the most common form of eczema, an allergic inflammatory skin disease. The clinical manifestations of AD include skin erythema, papules, weeping, exfoliation, lichenification and itchiness. In Chinese medicine, the causes of AD are believed to be associated with susceptible constitution due to the damp-heat toxin inherited in the fetus, together with invasion of wine-damp-heat pathogens later in life.

Chinese medicine has been commonly used to treat AD. Treatment strategies such as cooling the blood and clearing fire, and draining dampness to stop itchiness are the respective principles for AD treatment.

In this talk, I will describe how Chinese medicine is used to treat AD. In addition, advice on lifestyle modulation will be given for those who suffer from AD.

## About the Speaker

Professor Zhi-xiu Lin graduated from Guangzhou University of Chinese Medicine in 1987 with a BSc in Chinese Medicine. He obtained his PhD degree in Pharmacognosy from King's College London in 1999. He is now Professor and Director of the School of Chinese Medicine, CUHK. His main research interests include: (1) Pharmacological studies on Chinese medicines for psoriasis, eczema, pancreatic cancer,

prostate cancer and neuroprotection; and (2) Clinical trials on effectiveness and safety of Chinese medicine for some common diseases, such as atopic dermatitis, psoriasis, macular edema, dry eye disease, allergic rhinitis, urticaria and long-COVID. He has so far published more than 250 research articles on Chinese medicine, among which about 220 articles are in the SCI journals, with an h-index of 46 (Google Scholar).

## 講座內容

濕疹是最常見的一種過敏性皮膚炎。

濕疹的病徵包括皮膚出現紅疹、乾燥粗糙、皮屑脫落、變厚和搔癢。中醫認為濕疹的病由胎兒遺傳濕熱毒所致，以及晚年因酒濕熱邪入侵有關。

中藥治療濕疹已很普遍，原則以涼血清火、燥濕止癢等治療方案。講座中將介紹中醫如何治療濕疹，並為濕疹患者提供調整生活方式的建議。

## 講者簡介

林志秀教授於1987年畢業於廣州中醫藥大學，獲得中醫學學士學位。1999年獲倫敦國王學院生藥學博士學位，現為香港中文大學教授及中醫學院院長。主要研究方向包括：(1) 中藥治療銀屑病、濕疹、胰腺癌、前列腺癌及神經保護作用的藥理研究；(2) 臨床試驗中藥治療濕疹、銀屑病、黃斑水腫、乾眼症、過敏性鼻炎、蕁麻疹等常見病的有效性和安全性。至今已發表中醫藥研究論文約250篇，其中SCI收錄論文約220篇，h-index為46 (Google Scholar)。

# JUNIOR CLUB STARS

SKATER • AGE 7

## AUDREY SHIH

Audrey has been skating at the club for several years. She currently takes one skating lesson and two hockey lessons a week. She has improved on her speed and her skills and has made great progress in both sports. Way to go Audrey!

Audrey已在本會學習溜冰多年。她現時每星期上一節溜冰及兩節冰上曲棍球課。她的技巧及速度有顯著的進步。Audrey繼續努力！



SKATER • AGE 8

## ALEXANDRE PETTON

Alexandre is energetic and curious in class. He is interested in jumping movements, speed racing and hockey. He loves to work hard and play hard. Keep it up, Alexandre!

Alexandre在課堂上是一個充滿活力和好奇心的學生。他喜歡跳躍、競速和冰上曲棍球。他總是積極學習和享樂。繼續努力，Alexandre！



SKATER • AGE 8

## INES PETTON

Ines is in Gamma and Delta level and working on some Freestyle 1 movements! She loves spinning, speed racing and playing hockey. She's always cheerful and is fun to be around. Keep it up, Ines!

Ines已達到Gamma及Delta級別，並正努力練習花式溜冰。她喜歡旋轉、速度及冰上曲棍球。她性格開朗，常帶給人歡樂。繼續努力Ines！



SWIMMER • AGE 11

## ELOISE WAN

Eloise has shown dedication and hard work during training. She displayed great courage by competing in both 50 backstroke and 50 freestyle events. Despite tough competition, Eloise managed to secure 9th place in both events in her age group. Her commitment to training and determination to improve are admirable. Keep it up, Eloise!

Eloise努力訓練，非常上進，同時參加50米背泳和50米自由泳賽事，兩個項目，並均在年齡組別中取得第九名。Eloise的努力不懈和上進的精神值得我們鼓勵。



## Dock G Embarkation and Disembarkation

### G橋上落船

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

- Dock G embarkation and disembarkation is for approved boats only and must be applied for at least 24 hours in advance. Unapproved mooring will incur a \$1,000 penalty.
- Please ensure that the entire party has arrived before the vessel moors for boarding.
- Boarding time should not exceed 10 minutes, and \$1,000 will be charged per every additional five minutes taken.
- Approved applicants can pick up a South Shore Gate Pass at the lobby reception to access Dock G and return it before leaving the Club. Failure to return cards will incur a penalty.
- Please fill in the embarkation form at the Club website [www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com), submit a form to the Marina Office by email to [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com), or by fax to 3020 7484.

For any queries, please contact the Marina Office on 2814 5368.

請遵守以下碼頭G橋上落船守則。

- 碼頭G橋只限獲批准之船隻於指定時間內使用，並需於24小時前申請。未經批准之停泊將罰款港幣1,000元。
- 請確保乘客到齊方可上落。
- 登船時間不得超過10分鐘。超時將收取每五分鐘港幣1,000元的費用。
- 獲批准的申請人可到大堂接待處領取南岸入口的入閘咭，並在離開會所前交還。未歸還入閘咭將會收取罰款。
- 請於會所網頁[www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)填妥申請表格、傳真表格至海事部3020 7484或電郵至[marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com)申請。

如有查詢請致電海事部2814 5368。



## Parking System Upgrade

### 停車場系統升級

The Club's parking system will be upgraded in June to recognise vehicle registration plates instead of Autotoll tags for entry. Members are advised to contact the Membership Office to keep registration-plate records up-to-date and avoid unnecessary parking fees.

本會停車場系統將於6月進行升級，屆時，停車場出入口將由識別快易通標籤改為識別閣下所登記之車牌號碼。會員可聯絡會員部，確保閣下的所有車牌已完成登記，以免被收取不必要之泊車費用。

## Guest Policy 賓客守則

Members bringing guests onto Club premises must accompany them at all times, are responsible for their behaviour and for any fees incurred. Members must also ensure that their guests abide by the Club's Rules and Bye-Laws. The Club reserves the right to deny entry or services to any guests who misbehave.

會員必須陪同賓客進入本會所，並對他們的行為和任何費用負責。會員必須確保他們的賓客遵守會所的章程和附則。本會保留權利拒絕作出任何不當行為的客人進入會所或提供服務。

## 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 with a \$480 charge per day, 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.

請注意，如未經本會批准，任何車輛均不准通宵停泊。如有發現，本會有權拖走或扣押該車輛而不會給予通知，解鎖費為每日\$480，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。







# GET YOUR BOAT READY FOR SUMMER!



It is always worth ensuring that your boat is ready to go once the boating season starts. With this in mind, look no further than the Marina's Boatyard for everything you need to keep your vessel in tip-top shape.

The Marine Travelift boat hoist can handle vessels of up to 38 tonnes, while the platform area can accommodate yachts or powerboats up to 60 feet in length.

夏季開始，確保您的船準備就緒。本會的船塢可讓您的船隻保持最佳狀態。Marine Travelift船用升降機可搬運重達38噸的船隻，而平台區域可容納長達60英尺的遊艇或快艇。

## SERVICES INCLUDE 服務包括...

### Bottom Work 船底保養

- Hull bottom high-pressure cleaning 高壓清洗
- Bottom painting 油漆
- Replace zinc anode 更換鋅陽極

### Air Conditioning Work

冷氣工程

- Air conditioner repair service 維修冷氣

### Mechanic 機械部件

- Engine service 維修引擎服務

### Electrical 電氣

- Shore power cable replacement 更換岸電電纜
- Battery replacement 更換電池

### Fibreglass Work 修理玻璃纖維

- Fibreglass dock box supply (standard size) 供應玻璃纖維碼頭箱 (標準尺寸)
- Gelcoat touch up 修補凝膠塗層
- External hull polishing 拋光外部船身

### Other 其他

- Pest control 滅蟲服務

For further information, please contact the Marina Office on 2814 5430  
or email [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com)

查詢請致電海事部電話2814 5430或電郵至[marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com)。