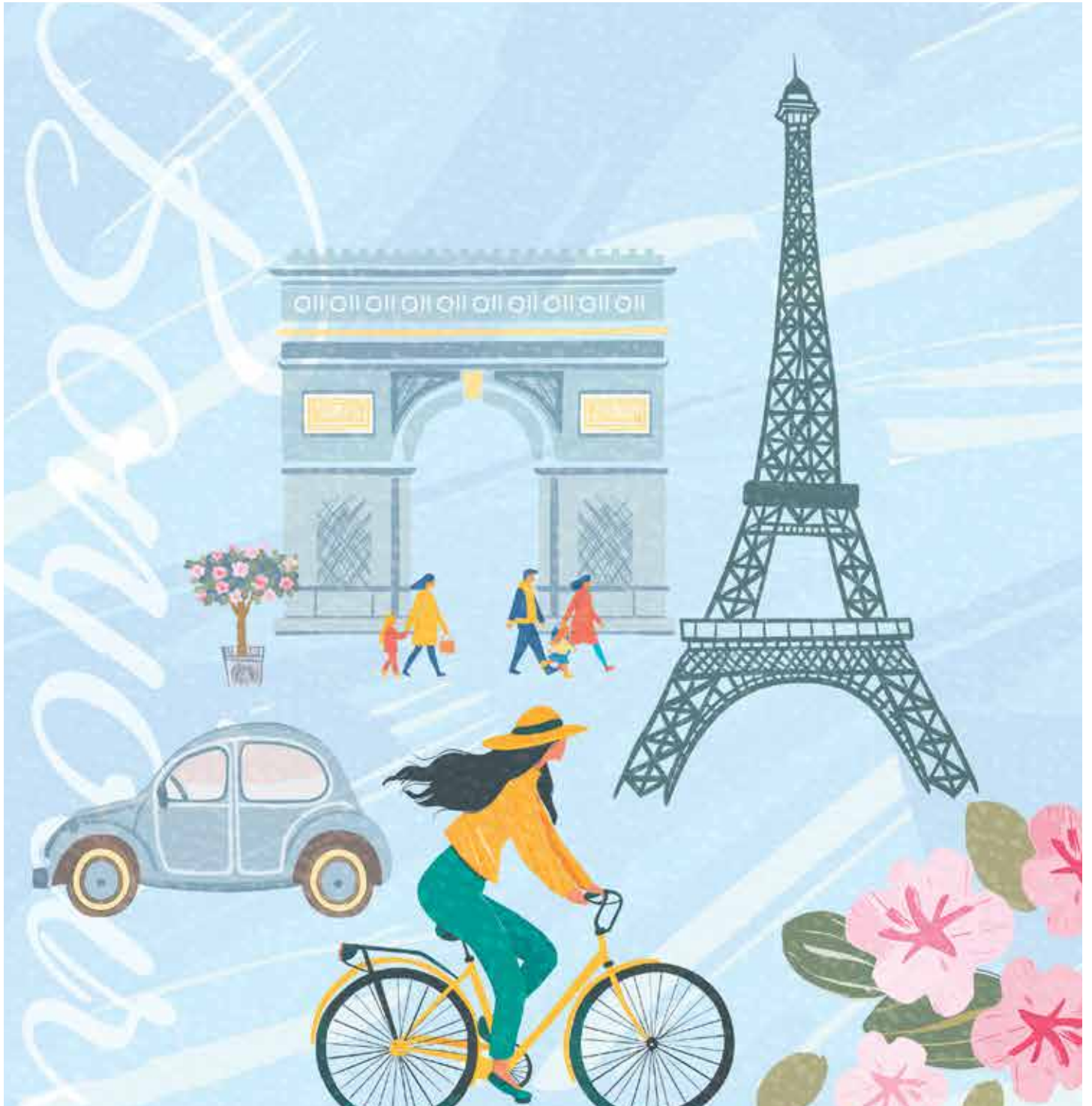




PORTWATCH

May/June 2026



BONJOUR FRENCH MAY!



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THE SUBMARINER DATE

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蘇麗鐘錶

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PORTWATCH

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Portwatch Editor / Mr Adam Nebbs



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DATES FOR YOUR DIARY

MAY

DATES FOR YOUR DIARY

JUNE

ALL OF MAY

Fête de Saveurs

(Festival of Flavours)



The Deck
Plats du Jour
The Backroom
Bouchon Encore
Marina Grill
Steak-Frites Deluxe
Caffè Luna
La Tavola alla Francese

3

SUNDAY

Ice Skating Competition
Ice Rink
3.15pm - 6pm

5

TUESDAY

Enamel & Raden Accessories Workshop
Marina Suite
10.30am - 12.30pm

9

SATURDAY

Pétanque Fun
Children's Play Area
9am - 9pm

10

SUNDAY

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

The Grabber Machine Returns Gifts for Mothers
The Yard
2.30pm - 4.30pm

Bowling with Mum
Bowling Alley
11am - 10pm

Bowling High Score Day
Bowling Alley
11am - 10pm

Mother's Day Special
Ice Rink
3pm - 6pm

Mother's Day Special in Photo Booth
The Yard
10am - 7pm

Pétanque Fun
Children's Play Area
9am - 9pm

12

TUESDAY

Iconic French Wine Dinner with Bouchon Encore
La Cave
7pm

15

FRIDAY

Family Quiz Night
The Yard
6pm - 7.30pm

16

SATURDAY

Burgundy Wine Fair
Marina Suite
2.30pm - 6.30pm

17

SUNDAY

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

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

Grabber Day French May
Bowling Alley
11am - 10pm

19

TUESDAY

Steak-Frites Masterclass with Executive Chef Pieter Fitz-Dreyer
Marina Grill
11.30am - 12.30pm
3.30pm - 4.30pm

22

FRIDAY

Laser Tag Challenge
Adventure Zone
7.30pm - 8.30pm

Decoding Hermès: The Economics Behind the Most Coveted Luxury Assets at Bonhams Hong Kong
10am - 1.15pm

23

SATURDAY

Junior Advanced Beginner 3 Tournament
Rooftop Tennis Court
Midday - 3pm

24

SUNDAY

The Grabber Machine Returns Football Toys
The Yard
9am - 7pm

Bowling Bingo!
Bowling Alley
11am - 10pm

Family Fencing Experience
7/F Multi-use Court
3.30pm - 5.30pm

28

THURSDAY

Ceramics Workshop
7/F Activities Studio
10.30am - 12.30pm

29

FRIDAY

Ceramics Workshop
7/F Activities Studio
10.30am - 12.30pm

Tennis Grand Slam Social French Open 2026
Rooftop Tennis Courts
6pm - 9pm

30

SATURDAY

Pétanque Fun
Children's Play Area
9am - 9pm

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

31

SUNDAY

Ice Hockey Skills Competition and Mini Tournament
Ice Rink
3pm - 6pm

Fitness Centre Orientation
Fitness Centre
1pm - 3pm

4

THURSDAY

BOND 30th Anniversary Wine Dinner
The Backroom
7pm

6

SATURDAY

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

7

SUNDAY

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

7

SUNDAY

Swimming Gala
3/F Pool
12.30pm - 5pm

The Grabber Machine Dog Toys
The Yard
9am - 7pm

Bowling High Score Day
Bowling Alley
11am - 10pm

11

THURSDAY

Bollinger Champagne Dinner
Marina Grill
7pm

ALL OF JUNE

Marina Grill
Australian Black Truffles

Caffè Luna
Sapore di Mare Sardinia Edition



13

SATURDAY

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

14

SUNDAY

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

The Yard Challenge Basketball Challenge
The Yard
10am - 7pm

Grabber Day!
Bowling Alley
11am - 10pm

Fitness Centre Challenge Strength Training Challenge
Fitness Centre
9am - 10pm

19

FRIDAY

Fun Day on Ice
Ice Rink
3pm - 6pm

20

SATURDAY

Fun Weekend Arts & Crafts Father's Day
Kids on 8!
9am - 7pm

21

SUNDAY

Fun Weekend Arts & Crafts Father's Day
Kids on 8!
9am - 7pm

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

The Grabber Machine Returns Father's Day Bear Toys
The Yard
9am - 7pm

21

SUNDAY

Bowling Bingo!
Bowling Alley
11am - 10pm

Bowling with Dad
Bowling Alley
11am - 10pm

Father's Day Special
Ice Rink
3pm - 6pm

Father's Day Special in Photo Booth
The Yard
10am - 7pm

Sunday Splash
Tropical Pool
2pm - 5pm

26

FRIDAY

Laser Tag Challenge
Adventure Zone
7.30pm - 8.30pm

27

SATURDAY

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

28

SUNDAY

Fitness Centre Orientation
Fitness Centre
1pm - 3pm

DINING THROUGHOUT MAY AND JUNE

Portside
Local Heroes
The Horizon
Chiu Chow Promotion
The Balcony
Thai Summer Noodles





THE DECK Plats du Jour 每日精選

We invite you to The Deck to discover *Plats du Jour* inspired by the timeless spirit of France's brasseries, tea salons and corner cafés - those cherished institutions where simplicity and comfort meet craft and tradition.

Our daily specials draw from the dishes that have shaped everyday French dining - the hearty classics served in bustling brasseries, the delicate, elegant plates found in Parisian *salons de thé* and the nostalgic favourites that fill the menus of neighborhood cafés.

Expect generous flavours, honest ingredients and the kind of cooking that feels both familiar and transportive.

我們誠邀您蒞臨咖啡室，探索「每日精選」，其靈感源自法國小酒館、茶室和咖啡館，那些充滿日常氣息的地方，在簡約與舒適之中，完美融合匠心工藝與傳統風味。

每日精選菜式取材自塑造法國人日常飲食的經典料理。熱鬧的小酒館裏樸實而令人滿足的佳餚、巴黎茶室中細緻優雅的料理，以及咖啡館菜單上令人懷念的熟悉滋味。

我們以上乘的食材，呈現出豐富而實在的味道，帶來熟悉又令人放鬆的用餐體驗。

CAFFÈ LUNA

La Tavola alla Francese

法式餐桌

La Tavola alla Francese, a celebration of the flavours shared between Italy and France's border regions. For one month, we invite you to explore the dishes born where the Alps meet the Mediterranean - where Ligurian fishermen, Provençal cooks and Piedmontese artisans shaped a cuisine grounded in tradition and generosity.

This menu honours their legacy with rustic classics, mountain comfort, coastal simplicity and the joy of sharing around the table. Settle in, relax and enjoy a journey through two cultures united by flavour.

Menu

Crespelle Salsiccia e Taleggio - Roasted Sausage and Taleggio Crepes.

Brandade e Crostini Ligure - Salt Cod Whipped with Olive Oil, Garlic, Lemon, Served with Ligurian-style Crostini.

Rosticciana Ligure - Grilled Pork Ribs Marinated with Garlic, Lemon, Olive Oil, Bay.

Torta di Mele Alpina - Rustic Apple Cake, Whipped Honey Cream.

期待一場匯聚法國與意大利邊境風味的餐桌慶典。為期一個月，誠邀您前來探索於阿爾卑斯山與地中海交會之地的佳餚—利古里亞漁民、普羅旺斯廚師和皮埃蒙特工匠，共同塑造出在這片土地上的傳統烹飪文化。

菜單以經典簡約，向樸實傳統的菜餚致敬。請您放鬆心情，盡情享受一頓文化交融的味覺之旅。

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。

Menu

MONDAY: Croque Madame - Toasted Sourdough, Paris Ham, Gruyère Cheese, Organic Egg, Dijon Mustard, Bechamel Sauce, French Fries, Green Salad.

TUESDAY: Poulet Rôti à la Moutarde - Roasted Yellow Chicken with Mustard, French Beans, Ratte Potato, Chicken Jus, Lemon.

WEDNESDAY: Quiche Lorraine - Smoked Bacon, Green Salad.

THURSDAY: Crêpe Complète - Buckwheat Galette, Paris Ham, Emmental Cheese, Organic Egg, Green Salad.

FRIDAY: Moules Marinière - Blue Mussels, White Wine, Garlic, Baguette, French Fries.

SATURDAY: Tuna Niçoise - Seared Yellowfin Tuna, Ratte Potato, Boiled Egg, French Beans, Anchovies, Cherry Tomato, Black Olive, French Dressing.

SUNDAY: Camembert Pané - Fried Camembert, Walnut Salad, Raspberry Yoghurt Dressing.

MARINA GRILL Steak-Frites Deluxe 精選優質牛扒配香脆薯條

Steak-Frites Deluxe elevates the timeless bistro classic into a fullblown indulgence - simple, sensual and irresistibly French.

優質牛扒配香脆薯條是經典的法國小酒館菜式，我們把它提升為極致的享受，讓大家感受到簡單而迷人，充滿感性魅力，且令人無法抗拒的法國風情。

THE BACKROOM Bouchon Encore 小酒館美食回歸

The Backroom French pop-up returns, turning classic pleasures into something just a little more decadent, encouraging guests to settle in, unwind, and go in for "one more" without hesitation.

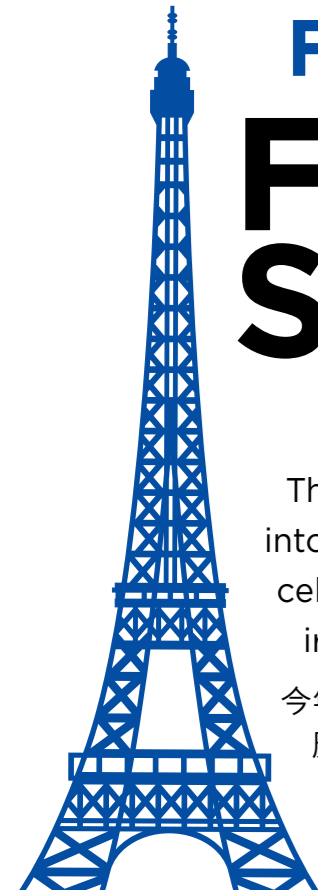
The Backroom的期間限定法式小酒館美食再度回歸，將美食體驗提升至一個更奢華的層次，讓會員可放鬆身心開懷地享用美食。

French May Fête de Saveurs

法國五月 - 風味盛宴

This May, we invite you to slip into full French *fête* mode as we celebrate the flavours, flair and irresistible charm of France.

今年五月，我們誠邀您一同投入法式慶典，細味法國的滋味、風情和令人難以抗拒的魅力。



MARINA GRILL

An Exclusive Dinner with Guest Chef Tiff Lo

客席名廚Tiff Lo法式盛宴

Friday & Saturday, May 15 & 16
Menu starts from \$1,088

Join us for a special Guest Chef Dinner with the renowned Chef Tiff Lo, former owner of the much-loved Bistro Jean May. Having trained under Michelin-starred chefs such as Pierre Koffman, she is known for her refined approach to French cuisine and will present an exclusive menu inspired by classic French flavours, crafted with modern finesse and seasonal ingredients.



Celebrate the spirit of French gastronomy with an unforgettable evening savouring Chef Lo's culinary artistry.

Marina Grill's regular menu will not be available on these two evenings.

5月15日及16日
晚宴由\$1,088起

誠邀您參加客席主廚晚宴，品嚐著名主廚Chef Tiff Lo呈獻的難忘晚宴。Tiff師承多位米芝蓮星級名廚如Pierre Koffman，並為深受饕客喜愛的Bistro Jean May的前主人，以精緻細膩的法國料理風格聞名。Tiff為您精心打造的菜式，靈感源自經典法式風味，並巧妙結合現代手法與時令食材。

讓我們一同慶祝法國美食文化，細味Chef Tiff Lo的非凡廚藝。

屆時Marina Grill菜單將暫停供應。



MENU

Amuse-bouche

David Hervé Oyster, Horseradish, Cucumber & Dill

Starter

Country Terrine, Seasonal Chutney

Or

Sea Bream Crudo, Sauce Vierge

Pasta

Prawn Ravioli, Leek Fondue, Bisque

Main

King Salmon, Fricassée of Asparagus, Peas, Radish, Baby Potato

Or

Jean-May Duck à l'Orange

Or

Mayura M9 Bavette, Pommes Purée, Creamed Spinach, Red Wine Jus

Dessert

Meringue, Strawberry, Yoghurt Chantilly, Mint

Petits Fours

Honey Madeleines

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。



French May Cookery Class Steak-Frites Masterclass with Executive Chef Pieter Fitz-Dreyer

法國五月 – 牛扒薯條烹飪班
由行政主廚 Pieter Fitz-Dreyer 教授

Tuesday, May 19
Session 1: 11.30am – 12.30pm
Session 2: 3.30-4.30pm
Marina Grill Kitchen
\$350 per person
Adult Members only due to limited seats.
Participants are strongly advised to wear slip-resistant footwear.



Welcome to the Steak-Frites Masterclass, where we're diving into a timeless French bistro classic: Steak-Frites – a dish that celebrates simplicity, technique and bold flavour.

During this session, you'll learn how to select the right cut of beef, master the sear for a perfectly caramelised crust and create golden, crispy "frites" that rival any Parisian café.

We'll explore . . .

Beef selection and preparation – understanding marbling, thickness, and seasoning.

Pan-searing technique – controlling heat, achieving Maillard browning, and basting with aromatics.

Handcut "frites" – knife work, soaking, double frying

and seasoning for the perfect crunch.

Classic sauces – Café de Paris butter and peppercorn sauce, to finish your plate with a flourish.

By the end of the class, you'll be able to create restaurant-quality Steak-Frites that balances richness, texture, and precision – an essential skill in any cook's repertoire.

Aprons on, pans hot – let's cook.

5月19日 (星期二)
第一節: 上午11時30分至下午12時30分
第二節: 下午3時30分至4時30分
每位\$350
名額有限, 活動只限成人會員參加。
參加者請穿著防滑鞋履。



Register Now

歡迎報名參加牛扒薯條烹飪班! 我們將深入了解一道經典不朽的法式小酒館菜餚——牛扒薯條。這道菜以簡約、精湛的技巧和濃厚的風味而著稱。

您將學習如何挑選合適的牛肉部位, 掌握煎烤技巧, 打造完美牛扒, 並製作出足以媲美任何巴黎咖啡室的金黃酥脆薯條。

我們將分享以下技巧:

挑選和處理牛肉的技巧——了解大理石花紋、厚度和調味。

煎烤技巧——控制火候、掌握梅納反應、塗抹香料。

手切薯條——刀工、浸泡、第二油炸和調味, 打造完美酥脆的口感。

調製經典醬汁——巴黎咖啡室牛油和黑椒醬, 為您的菜餚錦上添花。課堂結束時, 您將製作出媲美餐廳水準的牛扒薯條, 完美平衡濃厚的口感、豐富的層次和精準的火候——這是每位廚師必備的技巧。讓我們穿上圍裙, 開始製作吧!



LA CAVE

Iconic French Wine Dinner with Bouchon Encore 葡萄酒晚宴

Tuesday, May 12
Welcome drink: 7pm
Dinner: 7.30pm
\$2,980 per person
Guest Speaker: Arnaud Bardary, Master Sommelier

日期：5月12日（星期二）
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$2,980
演講嘉賓：侍酒大師Arnaud Bardary

WINES FEATURED

- 2015 Pierre Péters, Cuvée Spéciale, Les Chétilions, Blanc de Blancs, Le Mesnil Grand Cru
- 2009 F.E. Trimbach, Riesling, Clos Sainte Hune
- 2022 Domaine Roulot, Meursault 1er Cru, Clos des Bouchères Monopole
- 2010 Château La Mission Haut-Brion Blanc
- 2022 Domaine du Comte Liger-Belair, Vosne-Romanée
- 2018 Domaine Méo-Camuzet, Clos de Vougeot Grand Cru
- 2007 Château Haut-Brion
- 1983 Château Rieussec (ex-château)

Tasting portions around 60ml of each wine per person.
All participants will share a single long table. Very limited seats available.

For enquiries, please call La Cave on 2814 5391.
查詢請致電La Cave電話2814 5391。

Tennis Grand Slam Social French Open 2026

法國網球公開賽社交網球

Friday, May 29 5月29日（星期五）
From 6-9pm 晚上6時至9時
Rooftop Tennis Court 天台網球場
Entry fee: \$298 費用：\$298

Join this social event for some fun tennis matches with drinks and snacks included.

French-themed fancy dress is welcome!
Advance booking is required.

歡迎參加本次社交網球活動，享受趣味網球比賽，並提供飲料和小吃。

歡迎穿著法式主題的盛裝！
敬請預約。

Enquiries 查詢: 2814 5318 (Tennis Centre)

7/F MULTI-USE COURT

Family Fencing Experience

親子劍擊體驗

7/F Multi-use Court
Sunday, May 24
From 3.30-5.30pm

Complimentary for Members aged four years and older.

This family fencing experience will provide a fun, safe and engaging introduction to this increasingly popular sport.

Limited spots available, reservations required.

5月24日（星期日）
下午3時30分至5時30分
7樓多用途活動室

4歲或以上會員可免費參加

此親子劍擊體驗將以輕鬆、安全及互動的形式，讓會員認識這項日益普及的運動。

名額有限，敬請預約。

Enquiries 查詢: 2814 1222 (Central Reservation Centre)



Pop Art Exhibition

Supersize me, s'il vous plaît 普普藝術展



May 8 - 28
2M Corridor

Coinciding with French May Arts Festival, we are delighted to present a playful pop art exhibition by artist Gung Ho, celebrating the bold charm of French culture - only bigger, brighter and more exaggerated.

Inspired by iconic symbols of France, the collection transforms everyday cultural treasures like the crispy Baguette, sparkling Champagne, and dreamy Lavender fields into supersized, vibrant artworks bursting with colour and humour. Blending pop art's graphic punch with a wink of French flair, the

exhibition magnifies the familiar until it becomes delightfully surreal, inviting viewers to experience France through a larger-than-life lens - where elegance meets excess and culture becomes irresistibly pop.

5月8日至28日
2M走廊

配合法國五月藝術節，我們很高興呈獻由藝術家 Gung Ho 帶來的趣味普普藝術展，向法國文化大膽迷人的魅力致敬，並以更大、更鮮豔、更誇張的方式呈現。

作品靈感源自法國的經典象徵，如香脆法包、有氣香檳、夢幻薰衣草田等日常文化瑰寶，化身為巨型、繽紛、充滿幽默感的藝術品。作品結合流行藝術鮮明的視覺衝擊與法式風情，將司空見慣的事物放大至超現實境界，邀請觀眾以全新視角體驗法國，在這裡，優雅遇上華麗誇張，文化轉化為鮮明而迷人的普普藝術。



Supersize
S.M.E.
s'il vous plaît

by Gung Ho

About Gung Ho

The Gung Ho Collective consists of Edith Ho and Lim Kok Hong, whose works give a wild side to art - full of humour and provocation. The duo is already synonymous with a new vibe in pop art with Asian flavour and rapidly gaining recognition with corporate collaborations like W Hotel and Moët Hennessy.

關於Gung Ho

Gung Ho Collective 由Edith Ho及Lim Kok Hong兩位藝術家組成，他們的作品為藝術帶來狂野的一面，充滿幽默與挑釁。這對組合早已成為具亞洲風格的新派普普藝術的代名詞，並因與W酒店及酩悅軒尼詩（Moët Hennessy）等企業合作而迅速獲得廣泛認可。



Mother's Day Celebrations

慶祝母親節

Sunday, May 10

五月十日(星期日)

THE DECK & PORTSIDE

Lunch Buffet

1st session: 10.30am – 12.30pm

2nd session: 1-3pm

Dinner Buffet

5.30-9pm

Adult \$568 Child \$248

Take Mum for a delightful buffet to celebrate Mother's Day! Our chefs have crafted an array of mouth-watering appetisers, main courses and desserts for you to enjoy together.

自助午餐

第一節：上午10時30分至下午12時30分

第二節：下午1時至3時

自助晚餐

下午5時30分至晚上9時

成人\$568 小童\$248

母親節將至，誠邀您以一頓豐盛的自助餐款待媽媽，我們準備了多款精緻美食與大家一起慶祝節日。

HIGHLIGHTS 精選菜式

PORTSIDE

Shunde-style Shredded Fish Soup
特色順德拆魚羹

Braised E-fu Noodles with Truffle Paste, Fish Maw and Assorted Mushrooms

黑松露花膠野菌炆伊麵

THE DECK

King Crab Crepes with Creamy Brandy Sauce

蟹肉可麗餅配干邑忌廉汁

Conch Meat, Fish Maw and Melon Soup

蜜瓜螺頭煲花膠

MARINA GRILL

Mother's Day Lunch

Midday - 3pm

Adult: From \$588 (three courses, including salad bar)

Child: \$258

Treat Mum to a truly special Mother's Day with an elegant, thoughtfully crafted menu that celebrates love, flavour and unforgettable moments.

母親節午餐

中午12時至下午3時

成人：\$588起(三道菜包括沙律吧)

小童：\$258

以用心打造的精緻菜單為媽媽獻上真正特別的母親節，細味愛意與難忘的時刻。

For reservations, please call the

Central Reservations Centre on

2814 1222 or email reservations@aberdeenmarinaclub.com

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。

Father's Day Celebrations

慶祝父親節

Sunday, June 21

六月二十一日(星期日)

THE DECK & PORTSIDE

Lunch Buffet

1st session: 10.30am – 12.30pm

2nd session: 1-3pm

Dinner Buffet

5.30-9pm

Adult \$568 Child \$248

Celebrate an unforgettable Father's Day with your amazing dad! Enjoy the hearty and flavourful dishes specially prepared by our chefs.

自助午餐

第一節：上午10時30分至下午12時30分

第二節：下午1時至3時

自助晚餐

下午5時30分至晚上9時

成人\$568 小童\$248

這個父親節和您的超級爸爸享用自助餐慶祝，盡情細味各種豐富美食!

HIGHLIGHTS 精選菜式

PORTSIDE

Winter Melon Soup with Dried Conch and Conpoy
瑤柱螺頭煲冬瓜

Braised Chicken with Abalone and Sea Snail in Clay Pot

海螺鮑魚炆雞煲

THE DECK

Pan-fried Duck Foie Gras, Brioche, Port Wine Reduction
香煎鴨肝配法式軟包，碎酒汁

Masala Tea Live Station with Indian Crackers

印度香料奶茶配特色脆餅

MARINA GRILL

Father's Day Lunch

Midday - 3pm

Adult: From \$588 (three courses, including salad bar)

Child: \$258

Celebrate Father's Day with a thoughtfully crafted menu of bold flavours and refined favourites. Perfect for honouring the man of the moment.

父親節午餐

中午12時至下午3時

成人：\$588起(三道菜包括沙律吧)

小童：\$258

以層次豐富的風味和經典佳餚共度父親節，向爸爸致上最誠摯的敬意。



For reservations, please call the

Central Reservations Centre on

2814 1222 or email reservations@aberdeenmarinaclub.com

or email reservations@aberdeenmarinaclub.com.

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或電郵至reservations@aberdeenmarinaclub.com。



THE HORIZON

Chiu Chow Promotion

潮州菜推介

From May 1 – June 4 and June 15-30
5月1日至6月4日及6月15日至30日

Highlights

- 普寧凍馬友
Cold threadfin, Pu Ning soya bean sauce
- 清燉味菜荷包鱔
Double-boiled eel wrapped in preserved vegetables
- 欖菜炒蝦球
Sautéed prawns, preserved olives, vegetables

THE BALCONY

Thai Summer Noodles

夏日麵食

Throughout May and June
五月及六月

Don't miss this delicious Thai summer noodle promotion, including signature Spicy Tom Yum Noodle and Pad Kee Mao Gai, prepared with fresh ingredients and authentic spices.

不要錯過這次夏日泰國麵食推廣，菜式包括招牌冬陰功雜錦河粉及辣炒肉碎闊河粉，選用新鮮食材和正宗泰式香料，帶來地道風味。



THE DECK

Weekend Special — Tuna Belly Platter by Nadaman Chef

週末限定 — 吞拿魚腩拼盤

June

Available for dinner every Friday, Saturday and Sunday

This June, elevate your weekends at The Deck with an exclusive culinary experience crafted by our Nadaman chef.

Our premium Tuna Belly Platter features the finest cuts of tuna belly, expertly prepared to highlight its delicate flavour and luxurious texture.

Whether you're a sashimi lover or simply looking to treat yourself to something exceptional, this limited-time offering promises a dining experience you won't want to miss.

六月

於星期五、星期六及星期日晚餐時段供應

讓咖啡室為您的週末增添一抹奢華風味。由灘萬日本料理廚師精心打造的吞拿魚腩拼盤，選用最頂級、入口即融的吞拿魚腩部位，呈現極致鮮美與柔滑口感。

無論您是刺身愛好者，還是想為自己安排一場別具特色的味覺體驗，這款期間限定的精選佳餚都將為您帶來難忘的美食時刻。

PORTSIDE

Local Heroes

港式滋味

Throughout May and June
五月及六月

Portside proudly presents two Hong Kong culinary heroes - Tai Cheong Bakery's classic pastries in May and Yat Lok Roast Goose's award-winning crispy, aromatic roast goose in June. Don't miss these sensational local legends!

Portside將與香港知名老字號合作，於五月帶來泰昌餅家的港式經典酥餅，而六月則有以皮脆肉嫩的燒鵝而屢獲殊榮的一樂燒鵝。切勿錯過這經典傳統的港式滋味！

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。

端午名糰

TRADITIONAL RICE DUMPLINGS

During the Dragon Boat Festival, the aroma of rice dumplings drifts through the air. More than just a delicious treat, it is a tradition that carries a thousand years of culture. Marina Deli invites you to savour this warmth and heritage with every bite.

端午佳節，糰香鼻鼻，不只是美味，更是承載千年文化，Marina Deli誠邀您細味這份溫暖。

現已接受預訂
PRE-ORDERS START NOW

5月中供應
AVAILABLE
IN MID-MAY

- 十勝紅豆栗子蓉糰 \$178
Tokachi Red Bean with Chestnut Paste Rice Dumpling
- 櫻花蝦蛋黃鹹肉糰 \$228
Sakura Shrimp, Egg Yolk and Pork Rice Dumpling
- 鮑魚黑毛豬腩肉糰 \$258
Abalone and Iberico Pork Belly Rice Dumpling
- 金蠔瑤柱裹蒸糰 \$528
Semi-Dried Oyster with Conpoy Rice Dumpling



MARINA
DELI

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

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。

Traditional Rice Dumplings ORDER FORM

深灣店傳統名饍訂購表格

ALL RICE DUMPLINGS ARE PRESENTED IN GIFT BAGS 所有名饍均備有精美禮品袋以作送禮之用	PRICE 單價	QUANTITY 數量	TOTAL 總數
十勝紅豆栗子蓉糰 Tokachi Red Bean with Chestnut Paste Rice Dumpling	\$178		
櫻花蝦蛋黃鹹肉糰 Sakura Shrimp, Egg Yolk and Pork Rice Dumpling	\$228		
鮑魚黑毛豬腩肉糰 Abalone and Iberico Pork Belly Rice Dumpling	\$258		
金蠔瑤柱裹蒸糰 Semi-Dried Oyster with Conpoy Rice Dumpling	\$528		
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

- 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.
- 請填妥此訂購表格，WhatsApp至6390 0716或電郵至marinadeli@aberdeenmarinaclub.com，亦可親臨深灣店訂購。
- 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。

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
Preferred Collection Date and Time: 提貨日期及時間	Email: 電子郵箱
Delivery Address: 送貨地址	
Order Date: 訂貨日期	Signature: 簽名



THE HORIZON

A Taste of Huaiyang Cuisine 淮揚風味菜式

From June 5 - 14
6月5日至14日

The Horizon is thrilled to present an exquisite series of authentic Huaiyang dishes crafted by the culinary team of Shangri-La Yuanqu, Suzhou's Shang Garden restaurant.

Huaiyang Cuisine is one of the four traditional Chinese cuisines, originating in Yangzhou and Huaiyang. It is renowned for eating in season, using fresh and high-quality ingredients along with elegant presentation.

We invite you to embark on a gastronomic journey and savour the flavours of this traditional cuisine.

海天閣將為您呈獻一系列由蘇州園區香格里拉大酒店香苑餐廳團隊精心烹製的正宗淮揚菜。

淮揚菜是中國四大傳統菜系之一，起源於揚州和淮揚兩地，以選用當季新鮮優質食材和精緻的擺盤而聞名。

本會誠邀您開啟一段美食之旅，品嚐一系列淮揚菜的經典風味。



Highlights

松鼠桂花魚
Deep-fried Mandarin Fish topped with Sweet and Sour Sauce

姑蘇母油船鴨
Braised Duck in Premium Soy Sauce

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

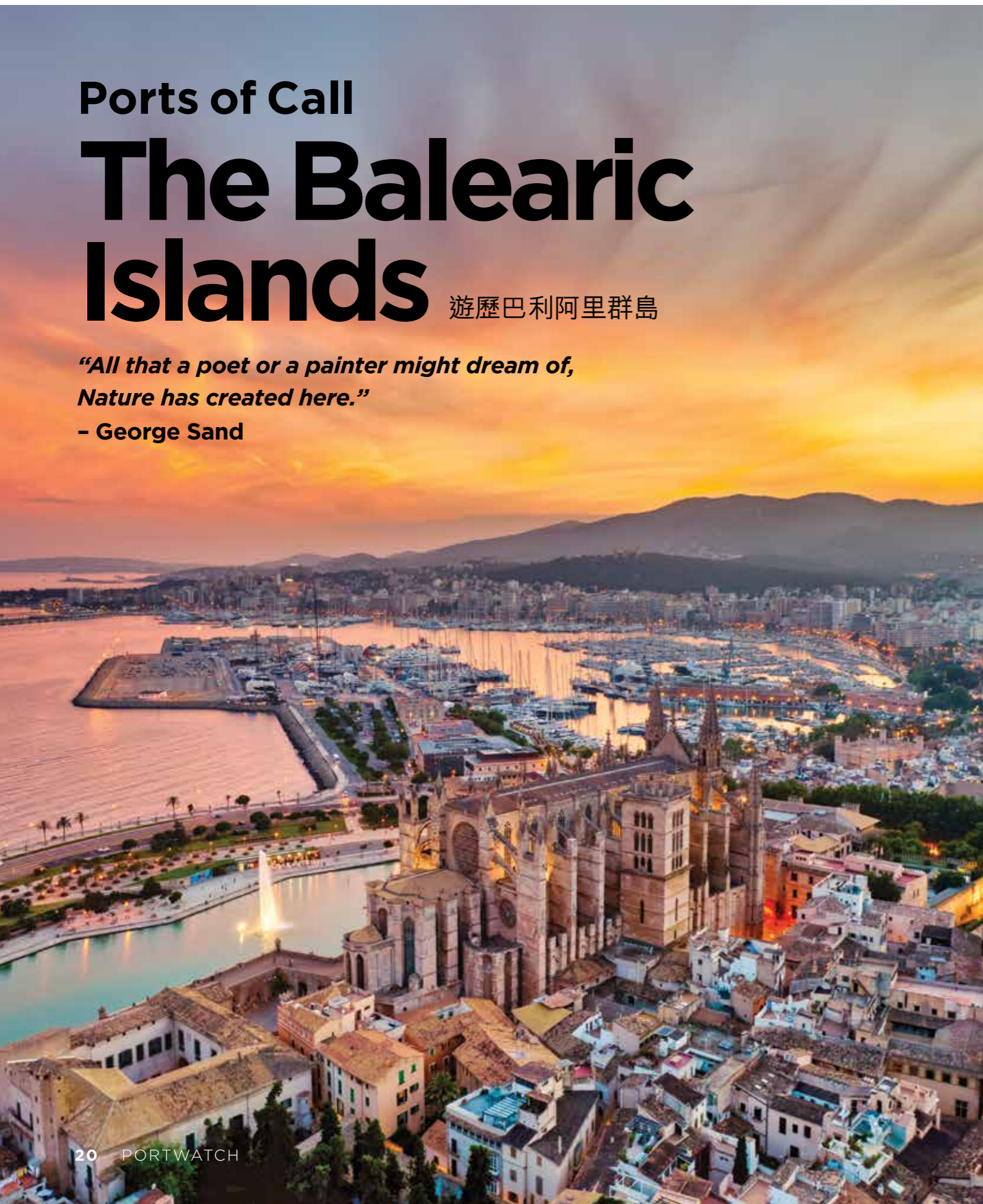
訂座請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com。

Ports of Call The Balearic Islands

遊歷巴利阿里群島

*“All that a poet or a painter might dream of,
Nature has created here.”*

- George Sand



Palma de Mallorca

帕爾馬

Accessible from Hong Kong with a single stopover via several European cities, Mallorca's capital balances its 13th-century Gothic roots with a thriving contemporary culinary and art scene. Most visits begin at the city's awe-inspiring Gothic cathedral, La Seu (left). Its soaring nave and world-renowned rose windows, which include early 20th-century modifications by Antoni Gaudí, dominate the waterfront skyline.

The labyrinthine limestone alleys of the Old Town contain hidden courtyards and small boutiques, while high on a pine-covered hill overlooking the bay, the 14th-century Castell de Bellver (top) provides the panoramic views of the city. The busy Mercat de l'Olivar is Palma's culinary centre, where stalls overflow with fresh Mediterranean seafood, local cheeses and cured meats. In the former fisherman's quarter Santa Catalina, streets are lined with independent galleries and inventive tapas bars, offering everything from traditional Spanish fare to modern fusion and artisanal cocktails.

從香港出發，經歐洲轉機一次即可抵達帕爾馬。這座城市完美平衡了13世紀哥德式建築的悠久歷史與發展蓬勃的現代美食和藝術氛圍。大多數遊客一開始都會遊覽令人嘆為觀止的哥德式大教堂——帕爾馬大教堂（左圖）。其高聳的中殿和舉世聞名的玫瑰花窗（包括安東尼高第在20世紀初的改造）雄踞海濱天際線。

舊城區如迷宮般的石灰岩小巷中隱藏着許多庭院和精品小店。建於14世紀的貝利韋爾城堡（上圖），坐落長滿松樹的山丘之上，俯瞰海灣把城市全景盡收眼底。熙熙攘攘的奧利瓦爾市場是帕爾馬的美食中心，擺滿了美食攤位，新鮮的地中海海鮮、當地芝士和醃製肉類等。曾經是漁民區的Santa Catalina，街道兩旁林立著獨立畫廊和別具特色的西班牙酒吧，可一嚐傳統西班牙美食或融合現代的菜餚，以及手工雞尾酒等各種美食。



Alcúdia

阿爾庫迪亞

Across the island, on the northeastern coast of Mallorca, the town of Alcúdia seamlessly blends 2,000 years of history with a modern coastal lifestyle. At the heart of Alcúdia is its perfectly preserved Old Town. Enclosed by a double ring of medieval walls, the area is a maze of narrow, pedestrianised streets filled with boutiques, lively cafés and an authentic Mallorcan charm. If you prefer the sea, Playa de Alcúdia offers over seven kilometres of white sand and shallow, turquoise waters, and is one of the most family friendly beaches on the island.

At the nearby Port d'Alcúdia, the marina is lined with upscale restaurants and boutiques, serving as a hub for boat trips to the dramatic cliffs of Cap Formentor, which can also be explored landside from above on half-day tours, with stopovers en route in Pollença and Port de Pollença.

阿爾庫迪亞小鎮位於馬略卡島東北海岸，這裡的現代生活方式融合了2000年的歷史。小鎮中心是保存完好的舊城區。舊城區被兩道中世紀城牆環繞著，宛如迷宮般狹窄的步行街，遍布精品店和熱鬧的咖啡室，散發著濃郁的馬略卡風情。如果您喜歡大海，阿爾庫迪亞海灘擁有延綿7公里的白沙和碧綠的海水，是島上最適合家庭遊玩的海灘之一。

附近的阿爾庫迪亞港碼頭林立著高級的餐廳和精品店，也是前往壯麗的福門托爾角懸崖的乘船遊覽中心。您也可以參加半日遊，從陸地上俯瞰福門托爾角，途中會在波連薩和波連薩港停留。



Menorca

梅諾卡島

The tranquil soul of the Balearic Islands, this UNESCO Biosphere Reserve promotes a slow-travel philosophy, offering pristine landscapes, authentic Mediterranean culture and more beaches than Mallorca and Ibiza combined. Beyond the shore, Menorca is an open-air museum dotted with megalithic monuments from the island's prehistoric Talayotic era, including the mysterious navetas (tomb structures) and taulas (T-shaped stone altars).

In the main towns, history takes a different form. The capital, Mahón, boasts one of the world's largest natural harbours and reflects centuries of British naval influence with its Georgian architecture. At the other end of the island (and just an hour from Alcúdia by ferry) Ciutadella (top) enchants with narrow medieval streets, noble palaces and a fine Gothic cathedral. No visit to the island is complete without sampling the sharp, buttery Mahón-Menorca cheese or a glass of local pomada – a refreshing mix of Menorcan gin and lemonade.



寧靜的巴利阿里群島為聯合國教科文組織指定的生物圈保護區，倡導以慢旅遊為概念，擁有原始的自然風光、傳統的地中海文化，以及比馬略卡島和伊維薩島加起來還要多的海灘。梅諾卡島本身就是一座露天博物館，島上遍布史前塔拉約特時期的巨石遺跡，包括神秘的墓室和T形巨石祭壇。

在主要城鎮，歷史以另一種形式呈現。首府馬翁擁有世界上最大的天然港口之一，其喬治式建築體現了幾個世紀以來英國海軍的影響。在島嶼的另一邊（從阿爾庫迪亞乘渡輪只需一小時），休達德利亞（頂圖）以其狹窄的中世紀街道、高貴的宮殿和精美的哥德式大教堂而令人著迷。來到梅諾卡島，一定要品嚐一下濃郁、口感如牛油般的馬翁梅諾卡芝士，或享受一杯當地的波瑪達卡飲品（以當地的氈酒和檸檬水混合）。



Ibiza

伊維薩島

One of the Mediterranean's most sought-after ports, Ibiza now offers a multi-faceted experience that balances its legendary nightlife with high-end wellness, UNESCO-protected history and sustainable tourism efforts. Most cruise ships dock at Port d'Eivissa, a few kilometres from the heart of Ibiza Town (Eivissa). From the pier, travellers can take a short shuttle ride or a scenic 20-minute walk to the city centre.

The jewel of Ibiza is Dalt Vila, the fortified old town and a UNESCO World Heritage site. A hike up the winding cobblestone streets to the Cathedral of Our Lady of the Snows reveals sweeping vistas of the harbour. Visitors arriving by cruise ship are encouraged to choose shore excursions that support local artisans and eco-friendly initiatives, ensuring the "White Isle" remains pristine for future generations.

作為地中海最熱門的港口之一，伊維薩島如今是多元化的旅遊勝地，融合了其聞名的夜生活、高端養生、聯合國教科文組織世界遺產保護的歷史遺跡以及可持續旅遊。大多數郵輪都會停靠在距離伊維薩鎮中心僅幾公里的伊維薩港。從碼頭出發，遊客可以搭乘短程接駁車或步行20分鐘抵達市中心，沿途風景優美。

伊維薩島的瑰寶是達特維拉，這座古老的防禦城鎮已被聯合國教科文組織列為世界遺產。沿著蜿蜒的鵝卵石街道徒步前往伊維薩主教座堂，沿途可飽覽港口的壯麗景色。建議乘坐郵輪抵達，到岸後遊客可選擇當地觀光行程支持工匠和環保的計畫，以確保這座「白色島嶼」能夠保持其原始風貌。



Formentera

福門特拉島

With fast and frequent ferry connections to Ibiza, Formentera's main draw is its unspoiled 20-kilometre coastline. Consistently ranked among the world's most beautiful beaches, Playa de Ses Illetes is a narrow strip of sand where the sea is almost perfectly transparent. This clarity is maintained by Neptune grass (Posidonia oceanica), which filters the water and is protected as a UNESCO World Heritage Site.

Cala Saona provides a dramatic backdrop of reddish cliffs, while Caló des Mort (below) offers a secluded, intimate cove experience away from the larger crowds. Whether you're looking for a one-day escape from Ibiza or a week-long retreat, this most southerly and smallest of the inhabited Balearic Islands is a gentle reminder of what the Mediterranean looked like before the age of mass tourism – wild, tranquil and incredibly blue.

福門特拉島與伊維薩島之間有便捷頻繁的渡輪連接，其最大的魅力在於長達20公里的原始海岸線。塞斯耶特斯海灘長期位居世界最美海灘之列。有賴海神草過濾海水，這片狹長的沙灘海水幾乎完全透明，相當清澈，並被聯合國教科文組織列為世界遺產。

卡拉索納海灘以紅色懸崖為背景，景色壯麗；而卡洛德莫特海灘(底圖)是一個遠離喧囂、私密幽靜的海灣。無論您是想從伊維薩島出發一日遊，還是想享受一周的悠閒假期，這座位於巴利阿里群島最南端、面積最小的島嶼，都能讓您感受到地中海的風貌——原始、寧靜，以及令人嘆為觀止的湛藍海水。





Italian Wine and Michelin Gourmet Tour

意大利葡萄酒與米芝蓮美食之旅

October 25 - 31
10月25日至31日

Join us for an exclusive seven-day Italian Wine and Michelin Gourmet Tour.

This unforgettable journey will take you through two of Italy's most celebrated wine regions - Bolgheri and Piedmont - offering an exceptional blend of world-class wines, refined gastronomy and immersive cultural experiences.

Members will enjoy luxurious five-star accommodation, three-starred Michelin dining, and privileged access to some of Italy's most iconic wineries. The programme includes private visits and tastings at legendary estates such as celebrated Tenuta San Guido Sassicaia, "Pétrus of Italy" - Masseto, Tenuta dell'Ornellaia, Elio Altare and other top producers renowned for crafting some of Italy's most sought-after wines.

A highlight of the tour will be an authentic white-

truffle hunting experience in the hills of Piedmont - an extraordinary seasonal adventure paired with the region's celebrated cuisine. Throughout the journey, expert sommeliers will guide you through the finest expressions of Italian winemaking, from the Super Tuscans of the coast to the noble Barolos of the north.

With breathtaking landscapes, exclusive estate visits and exquisite gourmet experiences, this tour offers a rare opportunity to immerse yourself in the heart of Italy's most prestigious wine and culinary regions.

Don't miss this chance to indulge in the very best of Italian wine, heritage, and gastronomy. Places are very limited.

Pricing (Twin-share accommodation basis)

Member: \$79,888 per person
Guest: \$79,888 per person, plus 10% service charge.
Priority will be given to Members. Single occupancy surcharge is \$24,000. The package excludes round-trip airfares and transfers between airport and hotel. Club trip policy applies.

誠邀會員參加本會舉辦的尊尚意大利葡萄酒與米芝蓮美食之旅。

這段為期七天的非凡旅程，將帶您深入意大利兩大頂級產區—波格利 (Bolgheri) 與皮埃蒙特 (Piedmont)，以精心策劃的行程呈現世界級佳釀、饗宴級料理與獨一無二的文化體驗。

行程包括五星級豪華住宿、米芝蓮三星餐廳用膳，以及專屬安排參觀頂尖酒莊。我們將走訪意大利最具代表性的名莊，如享負盛名的傳奇名莊 Tenuta San Guido Sassicaia、意大利珀翠 Masseto、Tenuta dell'Ornellaia、Elio Altare 等，讓您在尊貴的環境中品味國際矚目的名作佳釀。

旅程其中一大亮點，是在皮埃蒙特親身體驗白松露狩獵之旅。這個一年一度的珍稀美食盛事，將由當地獵犬與獵人帶領，深入山林尋寶，並以精緻料理呈現新鮮白松露的極致風味。整個旅程將由專業侍酒師全程陪同，帶領您探索從托斯卡納海岸的 Super Tuscan，到北意大利皇者 Barolo。

沿路壯麗的葡萄園景致、世界級酒莊的深度交流，配上星級料理的極致享受，這是一趟真正沉浸於意大利葡萄酒與美食文化核心的尊貴旅程。

名額非常有限，機會難得，讓我們一同細味意大利最卓越的葡萄酒、傳統與美食精髓。

費用 (以雙人房計算)

會員 \$79,888
來賓 \$79,888，另加 10% 服務費。

會員優先。單人入住需補 \$24,000 單人房附加費。團費不包括來回機票以及機場與酒店之間的接送費用。服務受有關條款及細則約束。

Wine Tour Sommeliers 隨團侍酒師

Ryan Leung

The Club's Director of Wine, Ryan is a seasoned luxury hospitality professional with a distinguished sommelier career at Mandarin Oriental and InterContinental. He has collaborated with renowned chefs including Luisa Valazza, Roland Schuller and Angelo Agliano and is celebrated as the first Chinese Head Sommelier of the Alain Ducasse restaurants, demonstrating his exceptional expertise and unwavering passion for fine wines globally.

Ryan 是本會的葡萄酒總監，曾擔任文華東方及洲際酒店首席侍酒師，並與名廚 Luisa Valazza、Roland Schuller、Angelo Agliano 合作，亦是國際名廚 Alain Ducasse 主理餐廳的首位華人首席侍酒師，擁有卓越的專業知識，熱愛世界各地的優質葡萄酒。

Yohann Jouselin, MS

Yohann earned the prestigious Master Sommelier diploma at just 25 years of age, becoming one of its youngest recipients. His distinguished career includes over 80 wine accolades, highlighted by World Young Sommelier of the Year, Best Sommelier of England and Best Wine List of Asia. Renowned for his expertise and leadership, he continues to shape global wine excellence.

Yohann 於 25 歲時取得享負盛名的侍酒大師資格，成為最年輕得主之一。他的職涯累積逾 80 項葡萄酒殊榮，包括年度世界青年侍酒師、英格蘭最佳侍酒師及亞洲最佳酒單，並以其專業與領導力享譽國際。

Registration opens in May. Look out for the Club's e-wire.
活動將於 5 月期間接受報名。屆時請留意本會電子通訊。

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

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

THE BACKROOM

BOND 30th Anniversary Wine Dinner

葡萄酒晚宴

Thursday, June 4
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$2,880 per person
Guest Speaker: Maximilian Kast, Master
Sommelier and Estate Director at BOND

日期：6月4日(星期四)
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$2,880
演講嘉賓：侍酒大師兼莊園總監Maximilian Kast



BOND: A portfolio of wines that are diverse in their geographic representation and 'Grand Cru' in quality, all under the umbrella of one philosophy, one team, one mark.

"Sourced from select hillside estates, the Cabernet Sauvignon wines of BOND vividly demonstrate the range of Napa Valley's finest terroirs. From the more than eighty vineyards we have worked with over the past quarter century, we have slowly and vigilantly selected five sites. BOND became our covenant and shared commitment to produce only the best expression of the land."

To celebrate the estate's 30th anniversary, the Club is honoured to welcome Maximilian Kast, Master Sommelier and Estate Director of BOND, as the host of this special dinner. This is a rare opportunity you won't want to miss!

BOND釀製出品質卓越(特級園級別)產地分佈廣泛的葡萄酒，團隊秉承同一理念、同一品牌。

BOND赤霞珠葡萄酒精選自納帕谷山坡上的優質葡萄園，展現了納帕谷頂級風土的豐富多樣性。在過去二十五年中，與八十多家葡萄園合作，最終精心甄選出五處最佳產地。BOND是這片土地承諾致力於釀造出最優質獨特風土的佳釀。

為慶祝酒莊成立三十週年，本會很榮幸邀請到BOND侍酒大師兼莊園總監Maximilian Kast擔任本次特別晚宴的主持。萬勿錯過這次難得的盛會。

WINES FEATURED

- 2018 BOND, Melbury
- 2018 BOND, Quella
- 2018 BOND, St. Eden
- 2018 BOND, Vecina
- 2018 BOND, Pluribus



MARINA GRILL

Bollinger Champagne Dinner

香檳晚宴

Thursday, June 11
Welcome drink: 7pm
Dinner: 7.30pm
Price: \$1,480 per person
Guest Speaker: Guy de Rivoire,
Brand Ambassador at Bollinger

日期：6月11日(星期四)
酒會：晚上7時
晚宴：晚上7時30分
費用：每位\$1,480
演講嘉賓：Bollinger品牌大使
Guy de Rivoire

WINES FEATURED

- NV Bollinger, Special Cuvée
- MV Bollinger, PN TX20
- 2015 Bollinger, La Grande Année
- 2018 Bollinger, La Grande Année
- 2008 Bollinger, R.D.



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。

LA CAVE

Burgundy Wine Fair

布根地葡萄酒品酒會

Saturday, May 16
From 2.30-6.30pm
Marina Suite

Nearly 40 wines to taste, with small bites and canapés. Almost 30 rare fine wines will be on sale for Members, with an extra 5 - 10% off the flash-sale price exclusively for wine fair attendees ordering on the day. Registration required.

5月16日(星期六)
下午2時30分至6時30分
海翔廳

品酒會提供近40款葡萄酒品嚐，佐以精緻小食和餐前小點，並將發售近30款稀有佳釀。會員當天訂購更可享額外折扣的限時優惠。敬請預約。

Enquiries 查詢：2814 5391 (La Cave)

MARINA GRILL

Australian Black Truffles

澳洲黑松露

June

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

六月

黑松露是珍貴的季節性食材，以其獨特的泥土氣息、麝香般香氣及濃郁的鮮味風味，深受全球主廚推崇。



CAFFÈ LUNA

Luna Market

意大利市集

June 12 - 14

Explore our Italian market, filled with artisanal and regional produce at Caffè Luna, in collaboration with the Italian food and drinks specialist, Mercato Gourmet Giando Group.

6月12日至14日

歡迎走進Luna意大利餐廳與意大利餐飲專家Mercato Gourmet Giando Group攜手呈獻的意大利市集，探索一系列精選的手工及地區特色食材。

Sapore di Mare

Sardinia Edition

薩丁島海洋滋味

Throughout June

This June, indulge in our special Sapore di Mare promotion at Caffè Luna!

Experience the perfect blend of tradition and taste that will transport your palate to the coast of Sardinia!

六月

這個六月，Luna意大利餐廳誠邀您盡情品味我們特別推出的薩丁島菜式，細味傳統與美味的完美融合，帶領您的味蕾瞬間遊走薩丁島海岸。

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。



Chupa Chups

珍寶珠

by Peter Walbrook

It is said that the Chupa Chups lollipop logo was designed by Salvador Dali. But this isn't entirely true. The version created by the Spanish surrealist painter came about in 1969, when he reworked the existing logo (over coffee - legend has it - with his friend Enric Bernat, who launched the brand in Spain in 1958), and it was again slightly redesigned in 1990.

Dali's version was vital, however, in that it was a so-called emblem logo, which could be scaled up or down in size and - most importantly - remained clearly visible whether wrapped around a spherical lollipop or laid flat (in a leather Chupa Chups case by Fendi, for example, or on a Japanese bath salts packet).

Such visibility, when enhanced by eye-catching shop displays, eventually made Chupa Chups a familiar sight all over the world. Dali was supposedly paid, at his own



suggestion, with a lifetime supply of Chupa Chups regularly delivered to his home.

Dali's 1931 painting *The Persistence of Memory*, with its famously melting timepieces, is perhaps his most influential and widely reproduced work, but the Chupa Chups logo - or at least its modern version - might just be his most ubiquitous.

據說，Chupa Chups珍寶珠的標誌是由薩爾瓦多達利設計的，但事實並非完全如此。這位西班牙超現實主義畫家創作的版本誕生於1969年，當時他重新設計了現有的標誌。據說這項構思源自他與品牌創辦人恩里克伯納特（該品牌在1958年於西班牙創立）一同喝咖啡時的靈感，並在1990年再次細微地修改。

然而，達利的版本發揮性很強，它的標誌不論放大或縮小都能清晰可見，而且最重要的是無論是包覆在圓形的珍寶珠上還是平鋪放置也不受影響（例如，設計可配合用於Fendi皮套上，或在日本浴鹽包裝上）。

由於視覺辨識度非常高，設計鮮明、色彩亮麗，在商店陳列上可易於讓人注目，最終使珍寶珠成為世界各地熟悉的品牌。據說，達利本人提議，他的報酬就是獲得終身免費供應珍寶珠，品牌更定期把珍寶珠送到他家中。

達利1931年的畫作《記憶的永恆》以其著名的融化的時鐘而聞名，這幅畫可能是他最具影響力和被廣泛複製的作品，但珍寶珠的標誌或者以現代版本來說可能是他最為人熟悉的作品。

From The Bar Whisky Sour

威士忌酸酒

The Whisky Sour is believed to have been first documented in the 1862 book *The Bartender's Guide* by Jerry Thomas, an influential American bartender, marking one of the earliest written recipes combining whisky, lemon or lime juice, and sugar. However, the concept of a "sour" cocktail – spirit plus citrus and sugar predates this book and likely arose from naval and maritime practices, where sailors would combine spirits with citrus to prevent scurvy, naturally creating a sour flavour profile.

The Whisky Sour gained popularity in American bars through the late 19th and early 20th centuries and became a staple of cocktail culture. Its simple yet balanced flavour profile has made it enduringly popular worldwide, influencing the creation of other sour-style cocktails such as the Amaretto Sour and Pisco Sour.

Ingredients

- 1.75oz Bourbon
- 0.75oz Freshly squeezed lemon juice
- 0.5oz Simple syrup
- 0.5oz Pasteurised egg whites
- 2 dashes Angostura bitters

Garnish

Dry lemon slice

Ice

Cubed

Glassware

Sour cocktail glass

Method

Measure all ingredients (besides the bitters) into a three-piece shaker and dry shake. Then add cubed ice into the shaker and shake. Strain into glass and finish with the Angostura bitters.



據說，最早關於威士忌酸酒的記載可追溯至1862年由美國具影響力的調酒師 Jerry Thomas 所著的《The Bartender's Guide》。書中收錄了早期將威士忌、檸檬或青檸汁及糖混合調製而成的調酒配方。然而，酸酒這類以烈酒、柑橘和糖調配的雞尾酒概念其實早於此書出現，並很可能來自海軍和航海的傳統，水手們混合烈酒和柑橘來預防壞血病，自然形成帶酸味的飲品風格。

威士忌酸酒在19世紀末至20世紀初於美國酒吧間逐漸受到歡迎，並成為雞尾酒文化中的經典之一。其簡潔卻平衡的風味使其在全球長盛不朽，亦影響了其他以酸酒為基底的雞尾酒的誕生，如杏仁酸酒(Amaretto Sour)及皮斯可酸酒(Pisco Sour)等。

材料

- 1.75安士 波本威士忌
- 0.75安士 鮮榨檸檬汁
- 0.5安士 糖漿
- 0.5安士 巴斯德消毒蛋白
- 2 滴 安格仕苦精

裝飾

乾檸檬片

冰塊

方冰

酒杯類型

酸酒雞尾酒杯

製作方法

將所有材料(除苦精外)量好後，倒入三段式搖酒器中並乾搖(不加冰塊進行搖盪)。接著加入方冰再度搖盪。將調酒瀝入杯中，最後加入安格仕苦精作為點綴。



UNVEILING THE NEWLY RENOVATED CHAIRMAN'S ROOM AND PRESIDENT'S ROOM

The Chairman's Room and President's Room have returned, newly renovated and more inviting than ever. Featuring bright, refreshing interiors with contemporary furnishings and attractive décor, these spaces offer an ideal setting for meetings and dinner gatherings, with views of the Marina and Tropical Pool. A separate lounge area provides the 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.

Hong Kong History

香港
歷史

by Giles Leonard,
Director of Sports & Recreation



Historical Photographs of China Project, University of Bristol
(hpcbristol.net/collections/hagger-f)

In this issue, we are looking at a photograph of Wan Chai, probably taken by someone enjoying a stroll along Bowen Road. Let's look a little closer at some of the details in the photo and try to put a date to it.

Given the pace of development in Hong Kong, there aren't too many buildings visible that are still standing today. However, look more closely and you can see two very recognisable landmarks in the distance, on Kowloon side. The first one to notice is the Clock Tower which was completed in 1915, so that's a good starting point. However, a

more obvious building to the right of that gives us another clue. This is of course the Peninsula Hotel, which opened in 1928 and sits majestically on the waterfront.

Looking at Hong Kong-side, we can see several phases of land reclamation, which started in the early 1900s. The road nearest the camera, at the bottom of the photo, is Queen's Road, which ran west to east along the length of the island. Then we can see two distinctly different styles of buildings, clearly from two phases of the reclamation. The darker buildings are from the first phase which was completed around

1904, and the lighter buildings, closer to the harbour, are from the second phase of reclamation, which took place from 1921 and was completed around 1931. The final clue comes from the open area in the middle of Wan Chai, which will soon become Southern Playground. Although this was formally opened in 1934, as it does not seem to be completed we could say that the photograph is likely from around 1932, almost one hundred years ago.

One of the most striking features in the photograph is the number of warships in the harbour. Given their perfect alignment they are likely moored there as their home base would have been the Royal Naval Dockyard which can be seen on the left of the photograph. This area was further reclaimed and is now Tamar Park.

Last but not least, look at the grand buildings at the bottom right of the photo - this is the Royal Naval Hospital which was badly damaged during WWII and eventually redeveloped into Wah Yan College, opposite to the present day Ruttonjee Hospital.

We hope you have enjoyed reading and learning a little more about Hong Kong's history. For more information, please contact Giles directly or look out for him around the Club. Giles also conducts regular family history walks, but as the hot weather is fully upon us, we will hold off on our walks and resume after the summer break.

我們本期邀請大家欣賞一張灣仔的舊照片，拍攝者大概是沿着寶雲道悠閒漫步時所攝。讓我們深入照片中的一些細節，並嘗試推算出其拍攝年代。

香港發展迅速，照片中的很多建築已不復存在。但仔細一看，您會發現九龍一側有兩座極具代表性的地標。第一個值得注意的是於1915年落成的鐘樓，這是判斷年份的一個提示。而在鐘樓右方還有另一幢更顯眼的建築物，可為我們提供更多線索，那就是於1928年開幕、雄踞海旁的半島酒店。

再看看香港島這一邊，我們可以看到幾個不同時期的填海範圍，而填海工程大約始於1921年。照片底部靠近鏡頭的道路是皇后大道，當時沿著港島東西延伸。其後可見兩種截然不同風格的建築物，分別屬於兩次不同的填海階段。較深色的建築物來自約於1904年完成的第一期填海；而較淺色、較接近海旁的建築物則來自1921年開始、並於1931年左右完成的第二期填海工程。最後一個線索來自灣仔中央的一片空地，那裡後來成為修頓球場。修頓球場於1934年才正式啟用，而照片中似乎尚未完工，因此我們可以推斷該照片約拍攝於1932年左右，即將近一百年前。

照片中最引人注目的景象之一，是維港內排列整齊的多艘軍艦。從它們整齊一致的隊形，可推測它們是停泊於當時的母港——於照片左側的英國海軍船塢。該區後來經再次填海，現已成為添馬公園。

最後，看看照片右下角氣派非凡的建築群，那是皇家海軍醫院，它於二戰期間遭受嚴重破壞，後來重建為華仁書院，正對面是現今的律敦治醫院。

希望你享受閱讀這篇文章，並對香港的歷史有更深入的了解。如欲了解更多香港歷史的資訊，請聯繫本會康體部總監李基爾。他亦會定期舉行家庭登山樂，但隨著炎夏來臨，活動將會暫停，並於暑假後恢復舉行。



Similar view from Bowen Road today



HEALTH CLUB

Sunday Splash

水上派對

Sunday, June 21
From 2-5pm

Complimentary for Members
Guests:
Adult \$180
Child \$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.

6月21日(星期日)
下午2至5時

會員免費
來賓：成人\$180 兒童 \$130

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2814 5342查詢。

VÖODÖOMÖI

Delightful gifts for your loved ones!

為摯愛送上VÖODÖOMÖI
精選禮品

VÖODÖOMÖI, founded in 2017 by Taiwanese expert Dr Joseph Wan, blends biomedical knowledge with artistic aesthetics and haute perfumery. Inspired by the Old French "Vœu de Moi," the brand embodies self-love, fulfilment and inner beauty. At Cutting Edge, we proudly feature their premium products, crafted with natural ingredients, niche fragrances and high-performance skincare to enrich your relaxation rituals. Perfect for enhancing treatments and elevating everyday selfcare.

Body and home care

• Awakening Premium Massage Perfume Candles

These low-melt-point (around 40°C) luxury candles double as massage oils once melted – warm, nourishing, and richly scented. They glide smoothly during treatments, delivering deep hydration while enveloping the senses in sophisticated, long-lasting fragrances inspired by nature and journeys. Ideal for full-body massages or targeted relaxation rituals.

• Hand Care Series (Luxury Perfumed Hand Creams)

Intensely nourishing yet lightweight, infused with signature scents – a thoughtful touch for hand/arm massages or as retail add-ons for at-home pampering.



VÖODÖOMÖI 是台灣美容香氛品牌，由Joseph Wan博士於2017年創立，融合了生物醫學專業知識、藝術美學和高級香水概念。品牌名稱源自優雅的古法語“Vœu de Moi”象徵自愛、自我實現和喚醒內在美。美髮及美容中心很榮幸為您呈現 VÖODÖOMÖI 的奢華品牌，產品使用天然成分、獨特香味和高效護膚成分。將日常護理提升為寵愛自己的時光，是身體和居家護理的理想之選。

身體及居家護理

• 高級按摩香氛蠟燭

低熔點（約 40°C）的奢華蠟燭融化後可作按摩油使用，溫暖滋養，香氣馥鬱。在按摩過程中順滑易推，深層滋潤肌膚，同時可體會自然和精緻之旅。持久的香氛令感官沉浸其中，是全身按摩或局部放鬆的理想選擇。

• 手部護理系列（奢華香氛護手霜）

強效滋潤，質地輕盈，並融入品牌獨特香氛，是按摩手部或手臂的貼心之選，也可為手部進行日常護理。



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

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

HAIR SALON

Innersense Organic Beauty

有機護髮產品

Introducing Innersense Organic Beauty – a globally Certified B Corporation, Climate Label Certified, Plastic Neutral and proud member of 1% for the Planet, every decision they make reflects deep integrity and transparency. They use only organic, plant-based ingredients, free from over 3,000 harmful chemicals and craft formulas that restore natural harmony from scalp to tip – for every hair type and texture.

Innersense refuses to use harmful ingredients, such as . . .

ARTIFICIAL FRAGRANCE: Proven to be the most prevalent sensitizers (cause of allergic reactions or chemical sensitivities) in cosmetic preparations.

FORMALDEHYDE: A suspected carcinogen, this colourless, pungent, irritating substance is found in many preservatives, such as quaternium-15, the hydantoin and ureas, and surfactants such as sodium lauryl sulfate.

PARABENS: A non-irritating, food-grade preservative used to control microbial growth in cosmetic preparations. This ingredient is a known toxin.

SILICONES: Many of these commonly used emollients are being banned in the EU due to their lack of biodegradability. They can also cause buildup

on hair making it dry and brittle over time.

SULFATES: Sulfates are used in the manufacture of soaps, detergents, and shampoos. They can cause allergic reactions and dry skin and hair.

Come and experience this clean-beauty revolution with us and feel the difference.

Innersense Organic Beauty作為一家B Corp認證企業、氣候標籤認證企業、塑膠及中和企業「1% for the Planet」的一員，他們的每一個選擇都體現了品牌的誠信和透明度。他們只使用有機植物成分，不含三千多種有害的化學物質，並精心研製配方，從頭皮到髮梢，為各種髮質的秀髮得以自然的平衡。

Innersense並不使用以下有害成分：

人工香料：已被證實是化妝品中最常見的致敏劑（引起過敏反應或化學敏感的原因）。

甲醛：一種具致癌風險的物質，這種無色、有刺激性氣味的成份存在於許多防腐劑中，例如季銨鹽-15、乙內醯胺類和脲類，以及界面活性劑如十二烷基硫酸鈉。

對羥基苯甲酸酯：無刺激性的食品級防腐劑，用於控制化妝品中微生物的生長，是一種已知的毒素。

矽酮：由於缺乏生物降解性，許多常用的潤膚劑已被歐盟禁用，它還會殘留於頭髮上，使秀髮隨著時間變得乾脆脆弱。

硫酸鹽：用於製造肥皂、清潔劑和洗髮露，它可引起過敏反應，並使皮膚和頭髮乾燥。

誠邀您體驗純淨美妝的革命，感受由真正用心呵護的專業護理所帶來前所未有的體驗。



BEAUTY SALON

Zero Downtime with Instant Brightening

即時提亮新體驗

Inlight CPL Brightening treatment delivers precise, controlled, broad-spectrum light deep into the dermis. The light is absorbed by excess melanin (the pigment) and hemoglobin (visible blood vessels), gently heating and fragmenting them into tiny particles, then naturally eliminated by the body.

This painless, non-invasive treatment is gentle enough to combine seamlessly with almost any other beauty procedure. It delivers impressive results for a wide range of concerns.

- Acne
- Pigmentation and Sun Damage
- Vascular Lesions
- Overall Rejuvenation

Perfect for anyone seeking fast, noticeable improvement with no downtime – just brighter, healthier-looking skin after every session.

Inlight 利用校準平面脈衝光技術精準可控的寬光譜深入真皮層。光線會被過量的黑色素（導致色斑的色素）和血紅蛋白（存在於可見血管中）吸收，溫和地加熱並分解成微小顆粒。這些顆粒隨後被提升至皮膚表面，並被人體自然代謝排出，從而顯著淡化色斑，改善膚質，令肌膚即時亮白均勻。

這種無痛、非侵入性的療程非常溫和，幾乎可以與任何其他美容療程完美結合。能針對多種肌膚問題，有著顯著的效果。

- 暗瘡
- 色素沉澱和日曬損傷
- 血管擴張
- 整體煥膚

療程適合任何尋求顯著改善問題的人士，使肌膚顯著地明亮和健康。

FITNESS TIPS

Fitness Tips for Longevity

延年益壽的健身秘訣

by Paulina Gama, Personal Trainer



In Hong Kong's high-pressure world, shift your focus from aesthetics to longevity – sustaining energy, clarity and strength for decades.

Prioritise three pillars.

1. Aerobic Capacity. VO2 Max – your engine for recovery and resilience.

Higher VO2 Max lowers heart-disease risk, boosts brain function and builds stress tolerance.

Use Zone 2 training (moderate effort where you can talk comfortably).

- From 2 – 3 sessions a week.
- From 45 – 60 minutes each (brisk incline walking, light cycling, steady swimming laps, or easy rowing). Consistency beats intensity – avoid overdoing high-intensity to prevent added stress.

2. Muscle Preservation. Your shield after 40.

Muscle regulates blood sugar, supports bones/joints and prevents injuries.

Do 2 – 3 full-body strength sessions a week (from 45-60 minutes total).

- Focus on compound moves: squats, deadlifts, presses (e.g. bench/shoulder), rows/pull-ups.
- From 8 – 12 reps, 2 – 3 sets per exercise

- Pair with protein: aim for 1.2 – 1.6 g/kg body weight daily (e.g., 100 – 130g for 70 – 80kg person), spread across meals (25 – 30g+ per meal).

3. Metabolic Stability

Counter business dinners and jet lag with . . .

- Consistent protein and strength training (above).
- Limit alcohol to 3 or 4 days a week.
- Get 7 – 8 hours' sleep nightly.
- Avoid yo-yo dieting, opt for balanced, sustainable eating.
- Recovery – the real game-changer.

Prioritise rest.

- 1 – 2 full rest/mobility days weekly.
- Daily light movement (walks, stretching).
- Monitor: if resting heart rate rises or fatigue lingers, scale back.
- Minimum effective weekly plan.
- Strength: 2 – 3 × 45 – 60 minutes (compound focus).
- Zone 2 cardio: 2 × 45 – 60 minutes.
- Mobility: one short session or daily 10 – 15 minutes.
- Sleep and protein: non-negotiable daily habits.

Longevity means traveling energised, staying sharp

in meetings and moving freely for years. It's efficient, sustainable discipline.

Ready to build this into your routine? Join our personal training sessions at the Fitness Centre. Contact us to make a reservation.

在香港這個高壓社會，與其追求外表，不如轉移專注於內在健康，數十載的活力、清晰的思維和強健的體魄。

三大主要的關鍵：

1. 帶氧能力。最大攝氧量(VO2 Max) – 是恢復和韌性的動力。更高的最大攝氧量可以降低心臟病風險，提升大腦功能，並增強抗壓性。

可在第二區訓練，進行中等強度的訓練，過程中仍可輕鬆地交談。

- 每週兩至三次。
- 每次45-60分鐘 (例如快走、輕度踏單車、勻速游泳或輕鬆划船)。堅持比強度更重要，避免過度進行高強度的運動，以免增加身體負擔。

2. 保護肌肉。40歲以後，肌肉就是你的護盾。

肌肉調節血糖，支撐骨骼和關節，並可預防受傷。

每週進行兩至三次全身肌力訓練 (總共45-60分鐘)。

- 專注於複合動作：深蹲、硬舉、推舉(例如臥推/肩推)、划船/引體向上。
- 每個動作重複8-12次，做2-3組。
- 搭配蛋白質：每日攝取量目標為每公斤體重1.2-1.6公克 (例如，體重70-80公斤的人每日需攝取100-130公克)，分餐攝取(每餐25-30克以上)。

3. 新陳代謝穩定性

應對商務應酬和時差的影響，可以試試以下方法：

- 持續攝取蛋白質並進行肌力訓練 (見上文)。
- 限制飲酒至每週3-4天。
- 保持每晚7-8小時睡眠。
- 避免節食反彈，選擇均衡、可持續的飲食習慣。
- 充分恢復 – 這才是真正的關鍵。

休息至關重要。

- 每週一至兩天完全休息。
- 每日進行輕度活動 (散步或伸展)。
- 監測：如果靜止心率升高或疲勞感持續，請減少活動量。
- 最低有效週間計畫。
- 肌力訓練：2-3次，每次45-60分鐘 (以複合動作為主)。
- 進行第二區的帶氧運動：2次，每次45-60分鐘。
- 彈性訓練：一小節訓練或每日10-15分鐘。
- 睡眠與蛋白質：不可或缺的日常習慣。

長壽意味著精力充沛地活動，在會議中保持敏銳，並能保持活動自如。這是一種高效且可持續的自律性生活方式。

準備好將這些習慣融入您的日常生活中了嗎？歡迎加入我們健身中心的私人訓練課程。聯絡我們預約。



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

查詢請致電健身中心電話2814 5337。

Fitness Centre Orientation

健身中心迎新會

Sunday, May 31 and June 28

From 1-3pm

5月31日及6月28日 (星期日)

下午1時至3時

Meet 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。



Fitness Centre Challenge 2026

Strength Training Challenge

2026年健身中心挑戰賽
肌力訓練挑戰

Sunday, June 14 6月14日 (星期日)
From 9am 上午9時開始

Welcome to Challenge 2 of 2026. Strength Training can help you preserve and enhance your muscle mass at any age. It may also help you to develop strong bones and reduce the risk of osteoporosis. This challenge will ask you to complete set Strength Training in the Fitness Centre, as follows.

- Beginner - 20 repetitions of six exercises of Functional Training (should take around 35 minutes).
- Intermediate - 20 repetitions of eight exercises of Functional Training (should take around 45 minutes).
- Advanced - 20 repetitions of twelve exercises of Functional Training (should take around 60 minutes).

For Functional Training, there are twelve exercises of Leg-focused, Core-focused and Arm-focused.

- Leg-focused exercises: Squats/Lunges/Deadlifts/Step-ups.
- Core-focused exercises: Planks/Crunches/Glute Bridges.
- Arm-focused exercises: Triceps Dips/Bicep Curls/Shrugs/Overhead Pullover/Farmer's Carry.

If you are not used to such exercises, please prepare in advance - have a chat with your doctor or one of our Personal Trainers. Should you wish to take part, please register with the Health Club or Fitness Centre teams.

Challenge 3 will take place in September and Challenge 4 in December. Be ready!

For more information, please contact Nelson in the Fitness Centre.



歡迎參加2026年第二場挑戰賽。肌力訓練可以幫助大家在任何年齡都可以保持和增強肌肉量，也有助於強健骨骼，降低骨質疏鬆的風險。這次挑戰要求您在健身中心完成以下的肌力訓練：

- 初級 - 功能性訓練中的六個練習，每個動作重複20次 (預計需時約35分鐘)。
- 中級 - 功能性訓練中的八個練習，每個動作重複20次 (預計需時約45分鐘)。
- 進階 - 功能性訓練中的十二個練習，每個動作重複20次 (預計需時約60分鐘)。

功能性訓練包含十二項練習，分別著重腿部、核心和手臂。

- 腿部練習：深蹲/弓箭步/硬舉/階梯練習。
- 核心運動：平板支撐/捲腹/臀橋。
- 手臂練習：三頭肌臂屈伸/二頭肌彎舉/聳肩/過頭仰臥上拉/農夫行走。

如果您不習慣此類運動，請提前做好準備，或可以諮詢您的醫生或我們的私人教練。如欲參加，請到健身中心報名。

第三及第四場挑戰賽分別於9月及12月舉行。

如欲查詢更多資訊，請聯絡健身中心Nelson。



 **82 OCEAN ENCLOSED**

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Happy Mother's Day

母親節活動

BOWLING

Sunday, May 10
From 11am - 10pm

Bowling mums get a free glass of Prosecco!

5月10日(星期日)
上午11時至晚上10時

母親當天可免費享用意大利氣酒一杯。

Enquiries查詢: 2814 5900 (Bowling Alley)

ICE SKATING

Sunday, May 10
From 3-6pm

When Members bring their mother to the Ice Rink on Mother's Day, she can enjoy a free open-skating session.

5月10日(星期日)
下午3至6時

母親節當天，會員與母親一同來溜冰場，母親即可享有一次免費的溜冰體驗。

Enquiries查詢: 2814 5374 (Ice Rink)



Happy Father's Day

父親節活動

KIDS ON 8!

Saturday and Sunday,
June 20 and 21

Come to Kids on 8! and make a gift for your dad on this special day.

6月20至21日(星期六及日)

前來Kids on 8!在此特別的日子給父親製作一份精美禮物!

Enquiries查詢: 2814 5493
(Kids on 8!)

ICE SKATING

Sunday, June 21
From 3-6pm

When Members bring their father to Ice Rink on Father's Day, he can enjoy a free open skating session.

6月21日(星期日)
下午3至6時

父親節當天，會員與父親前來溜冰場，父親即可享有一次免費的溜冰體驗。

Enquiries查詢: 2814 5374
(Ice Rink)

BOWLING

Sunday, June 21
From 11am - 10pm

Bowling dads get a free beer!

6月21日(星期日)
上午11時至晚上10時

父親當天可免費暢飲啤酒一杯。

Enquiries查詢: 2814 5900
(Bowling Alley)

Annual Swimming Gala

週年水運會

Sunday, June 7
From 1pm
3/F Swimming Pool

Entrance Fee: \$50 per event
Application deadline: Sunday, May 24

Open to all Members and current swimming students.

Please note that the 3/F Swimming Pool will be closed on this day for the Swimming Gala from midday to 6pm. Registration is at 12.30pm and the first event will start at 1pm.

6月7日(星期日)
下午1時開始，於3樓游泳池舉行

費用：每項比賽\$50
截止報名日期：5月24日(星期日)

請注意，3樓游泳池將於水運會當天由中午12時至下午6時關閉。下午12時30分開始報到登記，首項項目於下午1時開始。

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

Summer Camps

暑期訓練營

Help your kids to select their favourite activities from the following categories for a fantastic summer break.

- Arts & Crafts Camp
- Martial Arts Camp
- Ball Games Camp
- Self-development Camp
- Health & Fitness Camp
- Swimming Camp
- Ice Skating Camp

為您的孩子挑選他們最喜愛的活動，讓他們擁有一個既充實又精彩難忘的暑假。

本會設有以下活動類別的暑期訓練營。

- 手工藝訓練營
- 功夫訓練營
- 球類訓練營
- 知識啟發訓練營
- 康體訓練營
- 溜冰訓練營
- 游泳訓練營

Enquiries 查詢: 2814 1222 (Central Reservations Centre)



SKATER • AGE 9

Nicola Ta-Min



Nicola has been skating for a few years and has improved steadily over this time. She always comes to the rink with a smile and ready to give her best. Keep up the great work Nicola!

Nicola已經學習溜冰數年了，這些年來她的溜冰技術穩步提升。她總是面帶微笑地來到溜冰場，全力以赴地學習。Nicola，繼續加油!

SWIMMER • AGE 10

Henry Thorndike



Henry has shown exceptional dedication in his training, consistently listening to instructions and applying feedback to improve his technique. He has now mastered all four strokes - butterfly, backstroke, breaststroke and freestyle - along with a smooth flip turn. His positive attitude and steady progress make him a great example for his teammates. Well done, Henry!

Henry在訓練中展現出非凡的專注力和毅力，課堂上認真聆聽指導，並不斷改進技術。如今，他已經掌握了蝶泳、背泳、蛙泳和自由泳四種泳式，以及流暢的轉身動作。他積極的態度和穩定的進步為隊友樹立了良好的榜樣。做得好，Henry!

COACH MESSAGE

Recap of Junior Tennis Team Event for Advanced Beginner 3 Level players

青少年網球團體賽(進階初級3級)回顧

by Tennis Director Asif Ismail



On February 7, the Club junior programme staged a spirited Team Tennis event that brought together 12 eager young players, ready to be introduced to tournament match play, divided into two squads, White and Blue.

Organised in a doubles format, each team fielded three pairs who faced opponents in 25-minute matches, ensuring every participant enjoyed sustained match play and valuable court time.

The competition was tightly contested, with players demonstrating improving technical skills, tactical awareness, and teamwork.

Repeated exchanges and rotating pairings allowed participants to practice communication, court positioning and coordinated movement under realistic match conditions while coaches offered timely guidance and encouragement.

Parents and Club Members cheered from the sidelines, creating a supportive atmosphere that emphasised sportsmanship alongside competitiveness.

By the end of the session the White squad emerged narrowly victorious after several close encounters, but the true success of the day was the collective growth and confidence shown by all players. Families and Members praised the Club for running a well-organised, educational event that balanced fun with development. Energised by the positive experience and practical lessons learned, the juniors left motivated and enthusiastic about returning for the next Club team tennis gathering.

2月7日，會所青少年網球隊舉辦了一場精彩的團體網球賽，12位充滿熱情的小球員聚首一堂，準備體驗錦標賽的比賽氛圍。他們分成白隊和藍隊兩隊。

比賽以雙打形式進行，每隊派出三對組合，進行25分鐘的比賽，確保每位參賽者都能獲得充足的比賽時間和寶貴的場地練習時間。

比賽競爭激烈，球員展現了提升的技術、戰術意識和團隊合作能力。

反覆的攻防轉換和轉換組合，讓球員們在真實的比賽環境下練習溝通、場上站位和協調走動，教練也即時給予指導和鼓勵。

家長和會員在場邊熱烈地為他們吶喊，營造出緊張又熱鬧的氣氛，充份體現運動精神與競技精神。

經過幾場勢均力敵的較量，白隊最終險勝。但當天最大的收穫是所有球手展現的進步和自信心。家長和會員對如此精彩的賽事讚不絕口，認為這是一場寓教於樂的賽事。這次體驗和實際的經驗，讓小球員帶着滿滿的動力和鼓舞完成所有賽事，期待下次會所網球隊的聚會。



Family Quiz Night

智趣家庭夜

Friday, May 15
From 6-7.30pm

**Members only.
Reservations required.**

Join our fun-filled Family Quiz Night at Chill Zone, with prizes for the overall winners as well as spot prizes throughout the evening.

Families can book a table and teams should be formed from the same Membership, with up to two adults and four children under 18 per team. No mobile phones allowed!

5月15日(星期五)
晚上6時至7時30分

只限會員參加，敬請預約。

歡迎參加在Chill Zone舉辦的智趣家庭夜，我們將設有總冠軍大獎，並在活動期間送出驚喜獎品。

誠邀會員報名參加，參賽隊伍需來自同一會員帳號，每隊最多可由兩名成人及四名18歲以下兒童組成。比賽期間禁止使用手機！

Enquiries 查詢: 2184 5483 (Chill Zone)





COACH MESSAGE

Junior Team Tennis (AB2) Grand Slam Cup

青少年團體網球 (AB2) 大滿貫杯
by Tennis Director Asif Ismail

On March 7, the rooftop tennis courts witnessed youthful ambition and sportsmanship as the Club hosted the Junior Team Tennis (AB2) Grand Slam Cup. Bringing together 16 talented juniors, the event adopted a high-stakes doubles format with players divided into four teams, each named after the world's most prestigious tennis majors: the Australian Open, French Open, Wimbledon and the US Open.

The tournament utilised a fast-paced, timed format with each match capped at 20 minutes. This structure demanded immediate intensity and strategic focus from the first serve. Under a round-robin system, every team faced off against one another, ensuring an afternoon filled with constant action and varied tactical challenges.

The competitive level was exceptionally high, with several matches going down to the wire and decided



only in the final seconds. As the final standings were revealed, Team US Open finished in fourth place, followed by Team Australian Open in third.

The climax of the day, however, was a dead heat between Team Wimbledon and Team French Open. Both concluded the final round with two match wins each, forcing a tiebreaker based on total games won. In a thrilling conclusion, Team Wimbledon clinched the title, securing first place by 15 games to eleven.

Beyond the scores, the day was a resounding success in fostering learning, competition and camaraderie. The young athletes displayed resilience and growth throughout the afternoon and are already eagerly looking forward to the next installment of junior competition at the Club.

3月7日，天台網球場舉辦了青少年團體網球(AB2)大滿貫杯，見證了青少年球手的雄心壯志和體育精神，這次賽事匯集了16位才華洋溢的青少年選手，以雙打賽制，選手們被分為四支隊伍，分別以四大滿貫賽事命名：澳網、法網、溫網和美網。

比賽採用節奏明快的計時賽制，每場比賽限時20分鐘。這種賽制要求選手從發球開始就展現出極高的競技水準和策略技術。循環賽制下，每支隊伍需與其他隊伍交鋒，確保整個比賽精彩紛呈，戰術挑戰層出不窮。

比賽競爭相當激烈，多場比賽都打到了最後一刻才分出勝負。最終排名揭曉，美網隊排名第四，澳網隊名列第三。

然而，當天最精彩的莫過於溫網隊和法網隊之間的冠軍戰。兩隊在決賽輪流取得兩場勝利，比賽進入決勝局，勝負取決於總局數。最終，溫網隊以15比11的比數險勝奪冠。

除了比分之外，本次比賽在促進學習、競技和友誼方面也取得了重大的成功。年輕運動員在整個下午都展現出頑強的鬥志和進步，他們已迫不及待地期待着下一屆青少年比賽的來臨。

PRO-SHOP

Restock Sun Zapper Sunscreen for the Summer Now!

夏天來臨
快來選購Sun Zapper防曬乳

When it comes to sun protection, one sunscreen does not fit all. Whether you're surfing, working outdoors, chasing kids at the beach, or protecting sensitive or acne-prone skin, Sun Zapper offers Australian-made, mineral-based, broad spectrum SPF protection designed for real life.

Sun Zapper擁有一系列防曬護膚產品。無論你是衝浪、戶外工作、在海灘上與孩子們玩樂，還是需要保護敏感或易長痘的肌膚，澳洲製造的Sun Zapper為您提供礦物防曬保護，滿足不同需求，是您值得信賴的戶外防護。



Active Crew

New Sportswear Collection from Active Crew

Active Crew推出全新運動服系列

Active Crew is a new sportswear brand built around a bold hexagon logo housing "AC" - a symbol of strength, balance and unity across diverse athletes. They aim to fuse functionality, comfort and style with cutting-edge technology and premium materials, so every athlete can focus on their game. They also collaborate with coaches and players to build pride, cohesion and identity on and off the field. Active Crew is a community - athletes, coaches, and supporters - dedicated to excellence, listening, adapting and innovating to meet evolving needs. Join the Crew to celebrate your journey from court to pool to sidelines. Gear up, stand out and play hard.

Active Crew是一個全新的運動服飾品牌，以大膽的六角形標誌為核心設計，標誌內的「AC」象徵着品牌力量、平衡與團結，凝聚來自不同領域的運動員。品牌致力於結合功能性、舒適度和時尚感，並採用尖端科技和優質面料，讓每位運動員都能專注於自己的表現。Active Crew也與教練和球員攜手合作，建立球場內外自豪感、凝聚力和認同感。Active Crew是一個由運動員、教練和支持者組成的社群。秉持着追求卓越、善於聆聽、靈活應變並持續創新的理念，以滿足不斷變化的需求。加入Active Crew，一起慶祝你從賽場到泳池再到場邊的精彩旅程。裝備齊全，脫穎而出，全力以赴！

Enquiries 查詢: 2814 5417 (Pro-Shop)

Carol Yuen

**Chef de Cuisine,
The Deck Kitchen**

咖啡室主廚 — 袁家樂

Congratulations to Chef Carol, who was recently promoted from Sous Chef to Chef de Cuisine at The Deck Kitchen in January. Carol has extensive culinary experience, having worked in various hotels and catering groups, including The Peninsula Hong Kong and The Landmark Mandarin Oriental, and joined our family in October 2022.

“I’m very happy to have the opportunity to join the Club and being promoted. Unlike companies that only focus on profit, the Club has its own culture and bonding with its employees. The company has never hesitated to invest in staff training. I recently completed the IMS Internal Auditor Training and the Strategic Culture Training programme, giving me the opportunity to progress further.”

The path to becoming a chef was not as easy as Carol first imagined. “My academic results were not great, so I decided to learn some craftsmanship. But once I entered the industry, I realised there were many challenges. One of the first was my limited English. The menus and recipes were all in English, so I had to start by looking up every ingredient in the dictionary,” he recalls.

Hardworking and determined, Carol later completed a Diploma in Culinary Studies in his spare time to strengthen his foundation.

Carol strongly believes that perseverance is the most essential principle for any professional chef. “I believe that persistence and putting your heart into cooking are the most important things. No Michelin-starred chef creates a new dish without investing time into it. Culinary skills improve through constant practice, if you are willing to put in the time, you will succeed.”

Carol is passionate about his work. “I am proud of being a Chef. When I put on my chef’s uniform, I represent professionalism and I guarantee that my dishes reflect the same standard.” Diners’ compliments and smiles are the greatest recognition of his efforts.



Once again, congratulations to Carol on his well-deserved promotion. Next time, when you visit the Club, please come by The Deck to enjoy Carol’s latest creations.

恭喜廚師Carol於今年1月由咖啡室副主廚晉升為主廚。Carol擁有相當豐富的入廚經驗，曾任職於多間酒店及飲食集團，如香港半島酒店及置地文華東方酒店，他於2022年10月加入深灣遊艇俱樂部的大家庭。

「我很開心有機會加入會所，並幸運地獲得晉升的機會。與其他只著重盈利的公司不同，會所所有的文化與員工建立聯繫。公司一直不吝投資資源培訓同事，我最近完成了IMS內部審核培訓和策略及文化培訓，讓我的工作可再進一步。」

Carol的廚師之路不如一開始想像的容易。Carol憶述：「當初因為學業成績不佳，所以決定學一門手藝。但入行以後發現有很多挑戰，首先需要克服自己英語水平不足，餐牌和食譜上寫的都是英文，唯有自己從食材開始續一查字典。」Carol非常勤力上進，隨後他更利用工餘時間進修，完成廚藝學文憑課程，以彌補自己的不足。

Carol深信「堅持」是作為一位專業廚師最基本的原則。「我認為堅持不懈，用心製作是最重要，沒有一個米芝蓮廚師是不需要花時間來研發一道新菜式的。廚藝是可以透過反覆練習來進步的，只要肯花時間就能成功。」Carol非常熱愛他的工作：「我為我的職業感到自豪。當穿上廚師制服的一刻，我就是專業，並保證我的出品也是專業的。」會員的讚賞和笑容就是對他的肯定。

再一次恭喜Carol晉升。下次來臨會所時，歡迎到咖啡室品嚐Carol的新菜式。



Kai Roelz

**Executive Assistant Manager
- Food & Beverage**

飲食部行政助理經理 — 盧權善

As we move into the spring and early summer months, our food and beverage team remains focused on one clear objective: creating memorable experiences for our Members while continuing to evolve with the industry. Having now completed two years at the Club, it has been particularly rewarding to see how our culinary and beverage offerings have developed and how our team continues to refine and elevate the overall Member experience.

The past year has been an exciting one for the Club. A key milestone was the successful launch of the La Cave online wine shop, allowing Members convenient access to our curated wine selection beyond the dining outlets. Another highlight was the Club’s first wine tour to Bordeaux, offering participating Members a unique opportunity to experience the culture, craftsmanship and stories behind some exceptional wines.

We also welcomed several guest chefs and pop-up dining concepts, adding variety and new perspectives to the dining calendar. The refurbishment and refreshed concept of Portside has given the outlet a renewed identity that has been well received by Members. Equally important was the introduction of our expanded non-alcoholic beverage programme, reflecting our commitment to inclusive and responsible enjoyment.

Building on this foundation, 2026 has already started on a strong note. In March we hosted the Club’s first Mystery Dinner - Portrait of a Crime at Marina Grill, a successful evening that brought Members together through a unique dining experience. Throughout May, our French May promotions will take place across several outlets, accompanied by the first of this year’s wine fairs, with a second edition planned for November. Several guest chef collaborations are also planned, alongside what will surely be another

highlight — the Club’s second wine tour, this time to Italy.

While innovation and trends remain important, the true heart of hospitality lies in the emotional connection between people. Seeing Members enjoy their time together while our team takes pride in delivering these experiences is ultimately what defines great hospitality.

We look forward to the months ahead and to continuing this journey together with all of you.

隨著我們踏入 2026 年的春季和初夏，我們的餐飲團隊仍然專注於一個明確的目標：為會員打造難忘的體驗，同時與業界發展保持同步。我在會所服務滿兩年之際，看到我們的餐飲質素逐步提升，以及團隊持續完善並提升會員的整體體驗，確實令人倍感欣慰。

過去一年對會所而言是令人振奮的一年，建立了多個重要的里程碑。其中之一是成功推出 La Cave 網上商店，讓會員可隨時隨地輕鬆選購我們精心挑選的葡萄酒。另一亮點則是會所首次舉辦的波爾多葡萄酒之旅，讓參加的會員深入了解當地文化、工藝與佳釀故事，帶來難忘的體驗。

我們亦迎來多位客席廚師及期間限定推廣，為餐飲選擇增添多樣性與新鮮感。Portside 的翻新與概念更新亦為餐廳帶來全新的定位，深受會員歡迎。同樣重要的是，我們擴展了無酒精飲品系列，滿足會員的不同需要和喜好。

延續過去一年的良好表現，2026 年亦以強勢揭開序幕。今年三月，我們在 Marina Grill 舉辦了會所首個「偵探之旅晚宴 — 罪影緝兇」活動，以嶄新的用餐體驗將會員聚在一起，非常成功。而在整個五月，多間餐廳將推出「法國五月推廣活動」，同時舉行本年度首次的葡萄美酒展，第二場則預計於十一月舉行。另外，我們亦將繼續與客席廚師合作炮製美味佳餚；而另一項備受期待的活動，將是會所第二年舉辦的葡萄酒之旅，這次目的地為意大利。

儘管創新與潮流非常重要，待客之道的核心始終在於人與人之間的情感聯繫。看到會員彼此共享時光，而我們的團隊亦以提供這些體驗為榮，這正是成就卓越款待的真正本質。

我們期待未來的日子，繼續與各位共享這段美味旅程。



Activ8 is Coming Soon!

Activ8即將開放!

You may have noticed that the 8/F Activity Park is closed and undergoing a complete renovation. The area is currently being transformed into an exciting recreational space called Activ8, which will feature bouldering, a surf machine, pickleball courts and a HYROX training zone alongside the existing Amski.

Thank you for your patience and we look forward to unveiling this exciting new space in the next quarter.

8 樓的Activity Park已關閉並現正進行全面改造。這個空間將蛻變為充滿活力的休閒天地，除了現有的Amski，更設有抱石區、衝浪模擬機、匹克球場以及 HYROX 訓練區。

我們期待在下一季向大家展示這個令人興奮的新場地。



New Club App Coming Soon

全新會所手機應用程式即將推出

We are thrilled to announce that the Club's new app will be launching soon with a wide range of enhanced features. Members will be able to conveniently access the latest Club news updates, reserve dining tables and book sports courts and classes. The much-anticipated eMembership Card will also be available on the app for added convenience. Look out for e-wire updates on the official launch date.

全新的會所手機應用程式即將推出，並配備多項進階功能。會員將可透過應用程式輕鬆瀏覽最新的會所消息及資訊、預訂餐廳，以及預約康體場地及課堂等。而會員期待已久的電子會員證亦將同步推出，為會員帶來更便捷的體驗。

應用程式的正式推出日期將透過會所電子通訊公佈，敬請留意最新消息。



Coaching Policy 教練指引

Please note that outside coaches are not permitted at the Club, and Members and guests are not allowed to provide coaching, or to conduct paid or unpaid instruction. Only personal trainers, coaches and professionals appointed by the Club may do so.

請注意，本會所不允許外聘的教練於會所內進行教授，會員及來賓也不得提供任何形式的指導或教學，不論屬有酬或無酬性質。只有本會指定的私人教練及專業人士方可在會所內進行相關教學活動。

Phone Etiquette 電話使用禮儀

Members and their guests are reminded to kindly respect the quiet enjoyment of others when using Club facilities and keep outdoor phone and video conversations to a minimal volume. Use of speakers is prohibited.

Thank you for your attention and cooperation.

會員及來賓在使用會所設施時，請尊重他人，保持環境安靜。在戶外使用電話時及進行視像通話時請保持音量適中，禁止使用擴音器通話。

感謝您的合作。

Dock G Embarkation and Disembarkation G碼頭的上落船安排

For enhanced 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 for every additional five minutes taken.
- Approved applicants can pick up a South Shore Gate Pass at the lobby reception to access Dock G and should return it before leaving the Club to avoid incurring a penalty.
- Please fill in the embarkation form on the Club website (www.aberdeenmarinaclub.com), or email a form to the



Marina Office at marina@aberdeenmarinaclub.com.

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，並須於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5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 填妥申請表格或電郵至 marina@aberdeenmarinaclub.com 申請。
- 如有查詢，請致電海事部電話2814 5368。

Use of Accessible Washroom 無障礙洗手間之使用

The accessible washroom is for individuals with disabilities and for babies' nappy changing only. All other users are kindly requested to use standard washroom facilities.

無障礙洗手間僅供殘障人士及嬰兒更換尿片之用途。其他人士敬請使用一般洗手間設施。





Get Redressed Month Returns in May

Get Redressed將於五月回歸

This largest consumer awareness campaign for circular fashion in Hong Kong aims to reduce fashion waste and promote circular fashion. Since its launch in 2018, the campaign has been mobilising over 300 organisations to give unwanted clothes a second life.

As consumers, we play an essential role in supporting the sustainability and circularity of fashion items. By buying less, caring for our garments, choosing secondhand options and donating unwearable items to textile recycling schemes, we can significantly extend the life cycle of our clothes.

Please drop off your unwanted clothing in the boxes at the 5/F Health Club from May 1 to 30.

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

Not accepted: Shoes, uniforms and home textiles.

For more information, please visit redress.com.hk.

Thank you to all Club Members who donated their unwanted clothes last year. We collected over 620kg of clothes in total, and are very much looking forward to you joining us again this year.

作為香港最大規模、以循環時裝為主題的衣物回收活動，此活動旨在鼓勵大眾支持環保時尚，減少浪費。自2018年推出以來，活動已有超過300個機構參加，為我們曾珍愛的衣物賦予第二次生命。

作為消費者，我們在支持時尚可持續性及循環性方面扮演著關鍵角色。透過減少購買、妥善保養衣物、選購二手服飾，以及將無法再穿著的衣物捐贈至衣物回收活動，我們可以大大延長衣物的壽命。

請於5月1至30日期間把捐贈的衣物放到五樓健康中心的回收箱。

回收要求：品質保持良好的男裝、女裝及童裝衣物。

不接受：鞋履、校服、內衣及睡衣。

查詢詳情，請瀏覽redress.com.hk。

衷心感謝各位會員去年的踴躍支持。我們合共收集了超過 620 公斤的衣物，並非常期待今年再次有您的參與，一同為環保出一分力。



Club Memories

俱樂部回憶

In our last issue, we featured the Video Shop - a favourite spot for many Junior Members who frequently stopped by to find new and favourite movies. It was located on the 1/F of the Clubhouse where the Governor's Room is now.

Congratulations to the three winners: Ms Janana Suleymanli, Mrs Joanne Lauria and Ms Allison Yeung, who will each receive a \$500 Marina Grill dining voucher.

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

上一期我們介紹了錄影帶商店——許多青少年會員經常光顧的地方，他們在這裡尋找新電影和自己喜歡的電影。它位於會所一樓，現在那裡是理事室。

恭喜三位得獎者：Ms Janana Suleymanli、Mrs Joanne Lauria 和 Ms Allison Yeung，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6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！



Lion Dance and God of Fortune

Parrot Adoption Day



Portrait of a Crime



Mr & Mrs Jacky Yeung



Ms Wendy Ding with guests



Ms Robin Hwang with guests



Mrs Winnie Ko Chan & Ms Irene Yeung



Mr & Mrs Sean Dolphin



Mr Jamee Wong with guest



Ms Ivy Chan with guest



Mr & Mrs Sunny Leung

Silver Oak Wine Dinner



Mr & Mrs Eric Fung with guests



Mr & Mrs Bo Jun with guests



Mr & Mrs Steven Lo



Mr & Mrs William Yau with guests

Easter Carnival and Egg Hunt



Ancient Egypt Unveiled - Exclusive Palace Museum Tour

Thai Cooking Class



Mrs Daisy Wee with Chef Anchalee and Chef Mark



Ms Ingrid Wong & Ms Angelina Wong with Chef Anchalee



Mr & Mrs Ken Ho

SET SAIL ABOARD SEA BREEZE

With warmer weather already here, now is a great time to plan a fabulous day on the ocean aboard the Club's boat, *Sea Breeze*.

This luxurious 66-footer can accommodate up to 25 guests in luxury, with ample space for recreation and relaxation.



Full-Day Rental (8 hours)	\$32,000 (weekend)
	\$28,800 (weekday)
Half-Day Rental (4 hours)	\$26,000 (weekend)
	\$22,000 (weekday)
Special Occasions (8 hours)*	\$36,000
Special Occasions (4 hours)*	\$28,800
Additional Hours	\$3,200
Far Destination Additional Charge	\$3,300

* Special Occasions include Fireworks Night, Christmas Eve, Christmas Day, Boxing Day, New Year's Day, Valentine's Day, Mid-Autumn Festival, other Public Holidays and Wedding Photo Shoots.

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



Scan and Book Now