

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

MAY/JUNE 2022



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

ON LOCATION: THE FRENCH RIVIERA THE BEAUTY OF BURGUNDY



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Portwatch

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ABERDEEN MARINA CLUB


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Portwatch Editor / Mr Adam Nebbs



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MOTHER'S DAY

SUNDAY • MAY 8



MOTHER'S DAY BUFFET LUNCH & DINNER

母親節自助午餐及晚餐

1st session: 10.30am-12.30pm
2nd session: 1-3pm
Dinner: 5.30-9.30pm
Adult \$498 Child \$198

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分時至9時30分
成人 \$498 小童 \$198



MOTHER'S DAY SPECIAL TEA SET

母親節特色下午茶

3-6pm
\$478 for two persons
Special Mother's Day themed
tea set, served with two glasses
of sparkling wine.

下午3時至6時
\$478兩位
包括兩杯氣酒

MARINA GRILL

MOTHER'S DAY SET LUNCH

母親節套餐

Midday-3pm
Adult \$588 Child \$165
中午至下午3時
成人 \$588 小童 \$165

Caffé
LUNA

MOTHER'S DAY COMPLIMENTARY DRINK & SWEET LOVELY MAMA

母親節免費飲品及甜品

Classic Italian cocktail made
with Prosecco and rose purée
Torta Mimosa dessert cake.

於母親節當日可免費享用
意大利經典雞尾酒及甜品。

For reservations and enquiries,
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reservations@aberdeenmarinaclub.com

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電話2814 1222或電郵至
reservations@aberdeenmarinaclub.com

FATHER'S DAY

SUNDAY • JUNE 19



FATHER'S DAY BUFFET LUNCH & DINNER

父親節自助午餐及晚餐

1st session: 10.30am-12.30pm
2nd session: 1-3pm
Dinner: 5.30-9.30pm
Adult \$498 Child \$198

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分時至9時30分
成人 \$498 小童 \$198

MARINA GRILL

FATHER'S DAY SET LUNCH

父親節套餐

Midday-3pm
Adult \$588 Child \$165
中午至下午3時
成人 \$588 小童 \$165

Caffé
LUNA

FATHER'S DAY COMPLIMENTARY COMBO

父親節免費啤酒小食

Classic Italian Peroni draft beer
with chef's special snack.

於父親節當日可免費享用
意大利Peroni啤酒及
廚師特製小食。

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MARINA
DELI

傳統 名糰

TRADITIONAL STICKY
RICE DUMPLINGS

5月10日至6月3日

AVAILABLE FROM
MAY 10 UNTIL JUNE 3

端午節絕不能缺少香氣四溢
的糰子! 不論是鹹糰或是甜糰,
都是端午節必吃的美食!

The Dragon Boat Festival is a time for
fragrant, smooth and sticky rice dumplings.
Whether salty or sweet, it's a must-eat treat!

原粒瑤柱裹蒸糰 \$248
Rice dumpling with whole conpoy and
preserved pork

家鄉鹹肉糰 \$188
Rice dumpling with preserved pork

豆沙鹼水糰 \$128
Rice dumpling with red bean paste

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

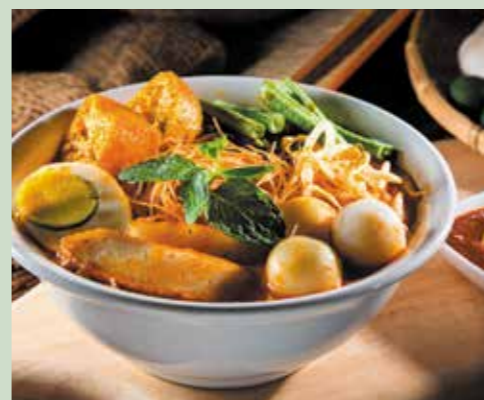
訂購或查詢請致電深灣店電話 2814 5302 或 WhatsApp 6390 0716。
電郵至 marinadeli@aberdeenmarinaclub.com。



MALAY NIGHTS AT THE DECK 馬來亞之夜

WEDNESDAY,
MAY 18 AND JUNE 15
5.30-9.30pm

ADULT成人\$498 | CHILD小童\$198



Experience the influential
diversity of flavours of Malay
cuisine at The Deck buffet.
品嚐馬來菜式主題的自助餐。

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MARINA GRILL



NEWLY LAUNCHED

SUNDAY ROAST

週日燒烤

EVERY SUNDAY
LUNCHTIME
每逢週日午餐時段

A Sunday roast is the ultimate weekend
comfort food. Come and try our Signature
Bloody Mari-na and Barrel Aged Negroni to
further enhance the experience.

週日可以開懷輕鬆地享用一頓美味的燒烤。
快來品嚐為大家精心準備的上等澳洲和牛肋排，
配以調酒師精選的手調雞尾酒。

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潮州菜

CHIU CHOW DISHES

推介



五月及六月
Throughout May & June



- 荔影鴛鴦棗
Crispy-fried minced crab meat balls, minced shrimp balls
- 潮式滷水拼盤
Assorted marinated meat combination Chiu Chow style
- 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
- 豉汁涼瓜炆鯧魚
Braised pomfret, bitter cucumber, black bean sauce
- 菜脯蘿蔔浸煮九肚魚件
Poached Bombay duck, dried cabbage, turnip
- 脆炸蠔仔餅
Deep-fried baby oyster pancake
- 秘製醬爆韭菜花鮮魷
Sautéed fresh squid, leek, spicy sauce
- 欖菜四季豆炒蝦鬆
Sautéed diced prawns, French beans, oliver 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 email reservations@aberdeenmarinaclub.com.

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the BALCONY



BANGKOK STREET TREATS

曼谷街頭美食

THROUGHOUT MAY & JUNE

五月及六月

Street food in Bangkok is a melting pot of styles and influences. It brings people together, it celebrates history and is part of showcasing some of the tastiest food the country has to offer. There is something magical about walking down a narrow street filled with changing flavours and aromas.

Enjoy street treats at the Balcony throughout May and June.

曼谷的街頭小食除了具有慶祝的歷史外，同時亦展示出各個地方特色風味的佳餚。當你走在狹窄的街道上，會感到食指大動。歡迎大家在五月和六月期間蒞臨泰國露臺餐廳享用特式美食。

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

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In the second of a new feature series, we present five evocative films that take us on a visit to their colourful locations. In this issue we're going . . .

ON LOCATION: THE FRENCH RIVIERA

看電影遊法國蔚藍海岸



To Catch a Thief 捉賊記 (1955)

Director: Alfred Hitchcock

Starring: Cary Grant, Grace Kelly

Hollywood's first and, some would argue, still most impressive presentation of the French Riviera in widescreen Technicolor, Alfred Hitchcock's *To Catch a Thief* features many splendid locations. From the opening car chase in the hills between sunny Le Bar-sur-Loup and Saint-Jeannet, over to Monaco (bottom left and right), Cannes (below) and Nice, the South of France made a picture-perfect backdrop for this light-hearted game of cat and mouse with Cary Grant and Grace Kelly hunting down an elusive jewellery thief. Hitchcock himself took regular holidays here on the Cote d'Azur, and it's said that he saw the making of this film as a working holiday.

Where to find:
Apple TV/iTunes, or on DVD or Blu-ray from Amazon or Barnes & Noble.

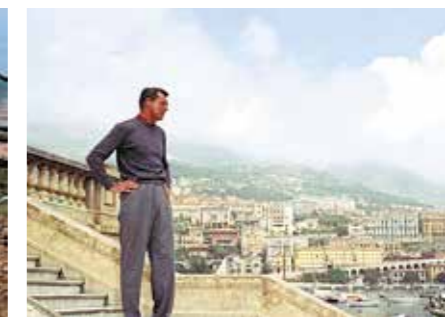


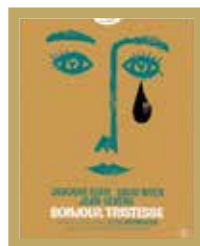
導演：希治閣

演員：加利格蘭·嘉麗絲姬莉

希治閣的《捉賊記》，據說是荷里活的第一部彩色寬屏幕電影，以法國蔚藍海岸的壯麗景色為場景，令人印象深刻。電影講述加利格蘭和嘉麗絲姬莉追捕一個珠寶竊賊。影片開場的汽車追逐場景由陽光明媚的盧河畔勒巴爾和聖讓內之間的山丘上，一直到摩納哥、戛納和尼斯，法國南部為這場輕鬆的貓捉老鼠遊戲提供了完美的背景。希治閣本人常常在蔚藍海岸度假，他視拍攝這部電影為工作假期。

觀看影片：Apple TV/iTunes，或在亞馬遜或Barnes & Noble可找DVD或藍光影碟。





Bonjour Tristesse

玉樓春劫 (1958)

Director: Otto Preminger
Starring: Jean Seberg, David Niven

A couple of years after Brigitte Bardot first put Saint-Tropez on the tourist map in the film *And God Created Woman* (1956), David Niven and Jean Seberg popped up just around the headland at Pointe de la Fossette (right and below) to play father and daughter on a tragically interrupted summer holiday. Several scenes were filmed on the waterfront in Saint-Tropez, and there are several driving scenes between Saint-Raphael and Theoule-sur-Mare, near Cannes. Even with gowns by Givenchy, jewellery by Cartier and accessories by Hermes, American audiences weren't too impressed with the film, but it was very popular in France, which is a good sign when looking for a stylish film with realistic, well chosen locations.

Where to find: Apple TV/iTunes, or on DVD or Blu-ray from Amazon or Barnes & Noble.



Villefranche-sur-Mer and Cap Ferrat beyond



導演: 岳圖柏林明加
演員: 珍茜寶、大衛尼雲

聖特羅佩在碧姬芭鐸的《惹火尤物》(1956)中首次在大銀幕上展示其旅遊景點。幾年後，飾演父女的大衛尼雲和珍茜寶到福瑟特渡暑假時卻被打斷。影片中可看到聖特羅佩的海濱景色，在駕駛場景中還可以欣賞到聖拉斐爾及夏納附近的泰晤勒·蘇爾·梅爾之間的美景。即使演員穿著紀梵希的禮服、卡地亞珠寶和愛馬仕配飾，美國觀眾對這些卻印像不深，但在法國卻大受歡迎，所以拍攝一部時尚電影，選擇攝影景點是很重要的。

觀看影片: Apple TV/iTunes, 或在亞馬遜或Barnes & Noble可找DVD或藍光影碟。



The Last of Sheila

死亡遊戲 (1973)



Director: Herbert Ross
Starring: James Coburn, James Mason

This convoluted but engaging murder mystery takes place aboard the luxury yacht of a rich movie producer, determined to discover the killer of his wife who was run down by a drunk driver a year earlier. The invited guests board at Antibes (below), and set sail for Villefranche-sur-Mer, where they spend their first evening and next morning moored just off nearby Cap Ferrat. The it's over to Ile Saint-Honorat, just off the coast at Cannes, for a murderous game of hide-and-seek, before disembarkation back at Antibes. Something of a cult classic these days, *The Last of Sheila* was released in a new Blu-ray edition last November.

Where to find: Apple TV/iTunes, or on DVD or Blu-ray from Amazon or Barnes & Noble.

導演: 荷拔羅斯
演員: 占士高寶、占士美臣



這個錯綜複雜引人入勝的謀殺案發生在一位富有的電影製片人的豪華遊艇上，決心找出一年前被醉酒司機撞倒殺害妻子的兇手。受邀的客人在昂蒂布登船，啟程前往濱海自由城，在那裡他們度過了第一個晚上，第二天早上就停泊在普費拉的附近。在下船返回昂蒂布之前，前往戛納海岸附近的聖歐諾哈島進行一場謀殺案。《死亡遊戲》於去年11月發行藍光碟新版。

觀看影片: Apple TV/iTunes, 或在亞馬遜或Barnes & Noble可找DVD或藍光影碟。



Dirty Rotten Scoundrels

偷心大少 (1988)



Director: Frank Oz
Starring: Michael Caine, Steve Martin

One of the most popular comedies of the late 1980s, *Dirty Rotten Scoundrels* takes place in the fictional town of Beaumont-sur-Mer, which is based on Beaulieu-sur-Mer, where some of the filming took place. Other locations where we follow comen Caine and Martin in their pursuit of wealthy women include Nice, Villefranche-sur-Mer (above) and Cap Ferrat and Antibes. A trailer for the film, an official version of which can be found on YouTube, features a walk along the Villefranche-sur-Mer harbourfront that wasn't included in the film.

Where to find: Apple TV/iTunes, or on DVD or Blu-ray from Amazon or Barnes & Noble.

導演: 法蘭克歐茲
演員: 米高堅、史提夫馬田

1980年期間最受歡迎的喜劇之一，《偷心大少》片中虛構的小鎮攝於濱海博琉。跟隨影片中飾演騙子的米高堅和馬田追求富有女子，帶您到尼斯、濱海自由城、卡普費拉和昂蒂布。官方電影預告片可在YouTube上找到，片中包括未有在電影曝光沿濱海自由城海濱散步的一幕。

觀看影片: Apple TV/iTunes, 或在亞馬遜或Barnes & Noble可找DVD或藍光影碟。



Seaview promenade near the Prince's Palace of Monaco



Grace of Monaco

摩納哥王妃 (2014)

Director: Olivier Dahan

Starring: Nicole Kidman, Tim Roth

Less than a year after the release of *To Catch a Thief*, leading lady Grace Kelly married Prince Rainier of Monaco to become Princess Grace. A loose adaptation of her early years in the palace, Olivier Dahan's *Grace of Monaco* features some interesting historical footage of Monaco, while much of the actual location filming took place in nearby Menton (above right), just over the border in Italy and elsewhere in Europe. The film captures the atmosphere of the time and place quite well and even if the story may not be entirely factual, it's an interesting film to watch soon after *To Catch a Thief*, or indeed at any time.

Where to find: Netflix, or on DVD or Blu-ray from Amazon or Barnes & Noble..

導演：奧利維埃達昂

演員：妮歌潔曼、添羅夫

在《捉賊記》上映不到一年後，女主角嘉麗絲姬莉嫁給了摩納哥的雷尼爾王子，成為嘉麗絲王妃。奧利維埃達昂的《摩納哥王妃》改編自她早年在皇宮的生活，其中包括一些有趣的摩納哥歷史，而大部分在芒通附近、意大利邊境和歐洲其他地方實景拍攝。電影捕捉了當時當地的氣氛，即使故事不完全真實，觀看《捉賊記》之後欣賞這部電影會更有趣。

觀看影片：Netflix或在亞馬遜或Barnes & Noble可找DVD或藍光影碟



SAVOR THE BEAUTY OF

The southside living

細味 南岸生活之美



LA MARINA

揚海



圖片於2021年3月2日在香港仔郊野公園上空拍攝¹

- ▲ 傲踞30年來港島首個港鐵大型商住物業發展項目——港島南岸²，將連接港島南逾50萬平方呎休閒生活地標商場「THE SOUTHSIDE」³
- ▲ 兩站直達港鐵金鐘站，四綫聯繫港九新界；一隧接通銅鑼灣⁴
- ▲ 沉醉深灣迷人景致⁵，悠享中央花園休閒⁶
- ▲ 南區貴尚芳鄰，名校林立⁷；躍動港島南，商業蛻變，潛力非凡⁸

傲南岸 仰山巒[▲]
港島南耀目新貴

模擬效果圖

發展項目期數名稱：港島南岸的第2期(「期數」)稱為「揚海」。
 數所位於的街道名稱及門牌號數(臨時)：香葉道11號(此臨時門牌號數有待期數建成時確認)
 本廣告/宣傳資料內載列的相片、圖像、繪圖或素描顯示純屬畫家對有關發展項目之想像。有關相片、圖像、繪圖或素描並非按照比例繪畫及/或可能經過電腦修飾處理。準買家如欲了解發展項目的詳情，請參閱售樓說明書。賣方亦建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。
 賣方為施行《一手住宅物業銷售條例》第二部而就期數指定的互聯網網站的網址：www.lamarina.com.hk

1以上圖片於2021年3月2日在香港仔郊野公園上空拍攝，並經電腦修飾處理(修飾內容為圖片整合和連接、顏色調整及外觀修飾)，並加入光暈及特效以凸顯期數的大概位置及周邊環境，並不代表期數或其任何部分落成後的實際景觀、外觀或環境，僅供參考。此圖片內顯示的環境、景觀、設施、建築、設計、裝修、裝修物料、設備、裝飾物、植物、園藝及其他物件亦不一定會在那數或其附近範圍內出現或提供。期數發展環境、建築物及設施會不時改變。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。此圖片並不構成或不應被視為賣方作出任何不構思或隱含之聲明、陳述、承諾或保證(不論是否有關實地)。之通訊商請向自1990年以來負責發展有關發展地盤的物業發展項目。(資料來源：香港鐵路有限公司https://www.mtr.com.hk/chi/corporate/properties/prop_dev/index.html；參考日期：2021年5月29日)
 2商場地盤位於發展項目的第三期，並非位於期數內，並非期數的一部分。商場地盤仍在設計或興建階段。香港鐵路有限公司(擁有人)保留決定及/或更改商地盤及其任何設施的權利。商地盤及其不同部分的用途可能不時更改。於期數入伙時亦可能尚未完成及/或可能未能即時啟用。完成後之狀況與本廣告/宣傳資料所描述者亦可能有別。賣方就商地盤中會否及有何等設施並不作出任何不構思或隱含之聲明、陳述、承諾或保證。該商地盤之設計、圖樣及實際設施之提供以最終由相關政府部門最終審批為準。商地盤之名稱可能不時更改。亦未必會出現在於公眾或其他單據文件之中。相關資料僅供參考。賣方以上並不作出任何不構思或隱含之聲明、陳述、承諾或保證。(資料來源：http://www.mtr.com.hk/chi/corporate/properties/prop_dev/index.html；參考日期：2021年5月29日)
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藥物及設施可能不時改變。期數外牆、平台及天台等可能存在之冷氣機、暖氣、管線、樓梯、吊籠、爬梯或其他設施均無顯示。期數以外的建築物或設施可能經簡化處理或並無顯示。模擬效果圖所示之設計、顏色、布局、用料、裝置、裝修物料、設備、植物、園藝、設施、傢俬、傢具、電器、燈飾、物件等並不一定會在期數落成或其附近出現。賣方保留權利不時修改期數的建築圖則及其他圖則。期數設計以有關政府部門最後批准之圖則為準。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。此圖片並不構成或不應被視為賣方作出任何不構思或隱含之聲明、陳述、承諾或保證(不論是否有關實地)。之通訊商請向自1990年以來負責發展有關發展地盤的物業發展項目。(資料來源：香港鐵路有限公司https://www.mtr.com.hk/chi/corporate/properties/prop_dev/index.html；參考日期：2021年5月29日)
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賣方(如此聘用的人)的間接股東：



賣方(擁有人)：



「港島南岸」第二期

www.lamarina.com.hk
(852) 276 00 276

THE BACKROOM AT LA CAVE



La Cave and The Backroom service team



From left to right: Simon, Rex, Chef Alex, Zuka, Chef Tong, Chef Tommy, Kenneth

Meet the Backroom Team

The Backroom offers a cosy and convivial ambience and is a great place to hang out with friends. Come and enjoy refined, unique cuisine prepared by the culinary team. Our wine professionals are always on hand to give recommendations from our carefully curated selection of fine wines to further enhance your dining experience.

We have launched a brand-new menu, so please come and discover all the new dishes soon. The Backroom Team looks forward to warmly welcoming you all.

The Backroom 提供舒適和悠閒的氛圍，是與朋友聚會的好地方。快來享用由廚師團隊準備的精緻美食。我們專業的品酒團隊隨時為您挑選優質的葡萄酒，以進一步提升用餐的體驗。快前來品嚐我們的全新菜式，The Backroom 團隊期待著大家的蒞臨。



The Backroom culinary team

THE BEAUTY OF BURGUNDY

迷人的勃艮第



Vézelay, Burgundy

Burgundy is one of the best-known wine regions in the world. It is an iconic and extremely diverse region with some magnificent terroirs. The region is a fifth the size of Bordeaux, and produces correspondingly more expensive wines and fewer bargains. The best way to buy Burgundy is to follow the best producers and depend on our Burgundy wine selections.

The Burgundy wine region has a four-tier hierarchy of appellations, forming a pyramid.

Regional Wine

Regional appellations account for a wide variety of wines in white, red and rosé. Regional wines usually incorporate the word "Bourgogne" into the label name. All regional appellations form the base of the pyramid, representing 52 percent of Bourgogne's total production.

Village Wine

Commune appellations are named after their commune (or village) of origin, such as Puligny-Montrachet, Nuits-Saint-Georges, Vosne-Romanée, Meursault or Gevrey-Chambertin. All are famous star villages. There are 44 Village wines representing 36 percent of total production. These appellations are a step up in the hierarchy as their geological, climate and topographical features give them higher quality winegrowing conditions.

The four levels of AOC in Burgundy

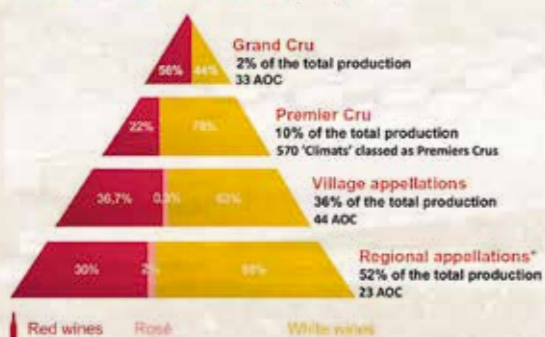


Image courtesy of the IIVB



法國東部的勃艮第是最著名的葡萄酒產區之一。這是一個標誌性和極其多樣化的地區，擁有一些優越壯麗的風土。該地區的面積是另一著名產區波爾多的五分之一，相對地生產著更昂貴的葡萄酒和更少的便宜貨。購買勃艮第的最佳方式是跟隨信譽良好的生產商，或參考我們 La Cave 酒窖的勃艮第葡萄酒系列。勃艮第葡萄酒產區有四個等級，呈金字塔型：

Regional Wine

區域產區的葡萄酒種類繁多，包括白葡萄酒、紅葡萄酒或玫瑰葡萄酒。地區葡萄酒通常在標註的名稱中加入 "Bourgogne" 一詞。所有區域產區葡萄酒構成金字塔的基礎，它佔勃艮第總產量的 52%。

Village Wine

村莊級酒以其原產地的公社（或村莊）命名，例如 Puligny-Montrachet、Nuits-Saint-Georges、Vosne-Romanée、Meursault 或 Gevrey-Chambertin。這些都是著名的明星村莊。整個勃艮第共有 44 個村莊級酒，佔總產量的 36%。這些產區在等級上更上一層樓，因為它們的地質、氣候和地形特徵為它們提供了更高質量的葡萄種植條件。

Premier Cru

一級園葡萄酒在質量等級中高於區域葡萄酒和普通村莊級酒。這些葡萄酒來自各個葡萄園的地塊。這些葡萄藤地塊，也稱為 "Climat"，具有非常特殊的地形、氣候或地質特徵。"Climat" 在土地登記簿或地籍中由它們的名稱（或混合多於一塊一級園）來識別，有時同一塊田可能會有高達 20 個不同的擁有者！整個勃艮第約有超過 635 個 Premiers Crus（著名的白酒村莊 Pouilly-Fuissé 的一些葡萄田剛剛升格為一級園，可預見將有更多的一級田）

Grand Cru

最後，在金字塔的頂部為特級園。特級園葡萄酒必須來自法定 33 個公認的特殊園之一（例如著名的 Romanée-Conti、Musigny 等）。這是最高和最受推崇的葡萄酒分類，其傑出的地質、小範圍氣候和歷史背景，成就出最出色的勃艮第葡萄園地塊。因此，特級園僅佔勃艮第產量的 2%。

如今，勃艮第葡萄酒的高價一直為人爭議，尤其近年來價格飛漲，一個主要原因就是需求太大。在過去幾年中，全球對勃艮第頂級葡萄酒的需求顯著增加（尤其在國內）。如果你想深入了解勃艮第葡萄酒，肯定所費不菲。或者您應該考慮其他不太知名但價格仍然合理的產區，例如 Savigny-lès-Beaune、Saint-Aubin、Mâcon 等。歡迎蒞臨 La Cave，我們的專業團隊非常樂意和您們分享這些有趣的產區。

Premier Cru

Premier Cru wines are above regional appellations in the quality hierarchy. These are wines that come from individual vineyard plots. These plots of vines, also known as "climats," have very specific topographical, climatic or geological features. Climats are identified by their name in the land register, or cadastral, and sometimes have between 10 and 20 different owners. There are over 635 Premiers Crus. Some climats in famous Pouilly-Fuissé have just been given Premier Cru status. More Premier Cru is yet to come!

Grand Cru

Finally, at the top of the pyramid you have the Grands Crus. To be referred to as a Grand Cru, a wine must come from one of the 33 climats acknowledged as exceptional (Romanée-Conti, Musigny, etc.) Grand Cru refers to the quality of a particular vineyard and the terroir in which the grapes grow. It is the highest and most well-respected wine classification. These are considered as the most outstanding Burgundy vineyard plots, in particular for their geology, microclimate and history. Grands Crus account for just two percent of Burgundy's production.

Burgundy has always been an expensive proposition, but prices have sky-rocketed in recent years, with demand for the top wines of Burgundy increasing notably. If you want to investigate Burgundy, it's going to be very expensive. Otherwise you should consider other lesser-known appellations that are still affordable, such as Savigny-lès-Beaune, Saint-Aubin, Mâcon, etc. Please visit La Cave to find out more.

MARINA GRILL

Antinori
Wine Dinner
紅酒晚宴



Thursday, May 5	5月5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



MENU

Marchese Antinori Cuvee Royale
Tenuta Montenisa NV

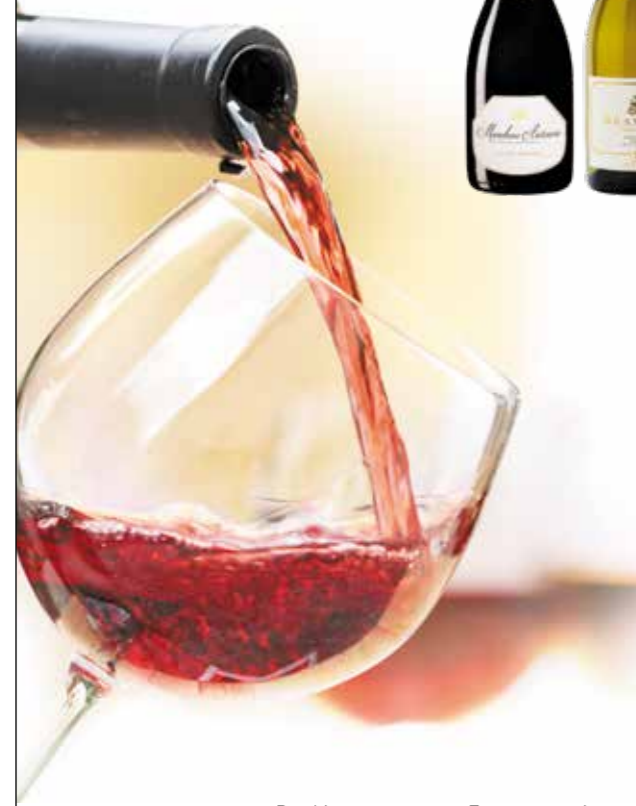
Tormaresca Chardonnay
Puglia IGT 2019

Tenuta Tignanello Marchese Antinori
Chianti Classico Riserva DOCG 2018

Antinori Pian delle Vigne Vigna
Ferrovia Brunello di Montalcino
Riserva DOCG 2015

Antinori Solaia 2017

Castello Della Sala Estate Muffato
della Salla 2016



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

已接受預訂，訂座請留意本會電子通訊或致電預訂服務中心電話2814 1222。

the
BALCONY



Perrier-Jouët Harvest



Champagne
Perrier-Jouët Dinner
Perrier-Jouët香檳晚宴

Thursday, June 9	6月9日 (星期四)
Welcome drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚餐: 晚上7時30分
\$1,280 per person	每位\$1,280



MENU

- Perrier-Jouët Grand Brut NV
- Perrier-Jouët Blason Rosé NV
- Perrier-Jouët Blanc de Blancs NV
- Perrier-Jouët Belle Epoque 2011
- Perrier-Jouët Belle Epoque Rosé 2012



Booking 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。

Skytree Tokyo

東京晴空塔

- by Peter Wallbrook

Designed and built by Nikken Sekei – the same architectural and engineering firm that built the Tokyo Tower in the late 1950s – Tokyo Skytree is the tallest freestanding tower in the world. It reaches 634 metres skyward, some 30 metres higher than second-placed Canton Tower in Guangzhou, with its highest observation deck at 450 metres above ground.



Skytree and Pagoda



Skytree Model

東京晴空塔由Nikken Sekei設計和建造，在1950年末亦建造了東京鐵塔。東京晴空塔高達634米，而觀景台離地面450米，是世界上

最高的獨立式塔樓，比排名第二的廣州塔高約30米。

儘管外觀充滿未來感，晴空塔在視覺和技術都包含著歷史的影響。375米的中央混凝土核心柱，建基於shinbashira概念—古典五層寶塔，具有獨特的抗震能力。

坐落在六個巨大的橡膠軸承上，與及上三分之二連接到外部的籠狀流體阻尼器結構，該結構是NASA的阿波羅太空計劃期間開發。因此晴空塔被認為具有抗震能力。以傳統的靈感，把三角形外部轉換為圓形外部，形成優雅高貴的設計。

東京晴空塔於2012年5月啟用，設計歷時四年，而建造時間為三年八個月，僱傭了約585,000名員工。晴空塔的主要功能，如東京鐵塔一樣，是傳送電視和無線電信的廣播訊號，但後者最終被摩天大樓屏蔽信號。

東京晴空塔是該市最受歡迎的旅遊景點之一。據說東京鐵塔在1958年開放後的第一年有500萬人次參觀，而東京晴空塔的觀景台僅在第一周已接待了約160萬人。

Despite its futuristic appearance, the Skytree contains historical influences both visual and technical. The 375-metre central concrete core pillar is based on the shinbashira concept used in classical five-story pagodas, which have historically been uniquely resilient against earthquakes.

It sits on six huge rubber bearings and its upper two-thirds are connected to the outer cage-like structure by fluid dampers developed during NASA's Apollo space programme. Consequently the flexible Skytree is thought to be essentially earthquake-proof.

A certain degree of towering elegance is provided by the traditionally inspired vertical transformation from triangular to circular exterior.

Opened in May 2012, Tokyo Skytree was in the design stages for four years, and under construction for three years and eight months, with some 585,000 people employed at various stages.

Its primary function, and the reason for its height, is television and radio signal broadcasting, just like its predecessor Tokyo Tower, which was eventually outgrown by signal-blocking skyscrapers.

It is also one of the city's most popular tourist attractions. While it's said that five million people visited Tokyo Tower in the first year after its opening in 1958, Tokyo Skytree's observation decks welcomed almost one third of that number – some 1.6 million – in just its first week.

MEETINGS, WORKSHOPS AND TRAINING IN THE CLUB

MEETING PACKAGE PRICED
AT \$850 PER PERSON TO INCLUDE...

- Use of the meeting room from 9am to 5pm
- Continental breakfast served upon arrival
- Two coffee or tea breaks with refreshments
- Choice of Chinese dim sum lunch, Western set lunch or Thai lunch



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

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

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

A CLASSICALLY ROMANTIC VENUE

Our Grand Ballroom and Portside are fabulous, memorable venues for newlywed couples to share their beautiful day with friends and family, with superb Chinese and Western cuisine.



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

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HOW TO WEAR SUMMER SCARVES

June 15 and 16 (Wednesday and Thursday)

1/F Governor's Room

One-hour sessions from 10am to 6pm.
Only two parties per session with group maximum of three persons.

Member : complimentary • Guest : \$60



From draping to knotting, our private one-on-one scarf tutorial will show you a wide variety of ways to wear your scarves this summer.

Viennese prestige label FREYWILLE invites you to discover the art of scarf knotting. You can book your private session with friends or go solo (maximum 3 persons in each group), and every participating Member will be treated to a FREYWILLE Claude Monet Gavroche silk scarf, valued at \$1,050, after the tutorial. Guests will be given a special gift.

Founded in 1951 in Vienna, FREYWILLE is renowned for being among the world's top enamel jewellers, and famous for its coveted fire-enamel artistry. FREYWILLE fire-enamel jewellery is always individually crafted by master artisans in FREYWILLE's original Vienna atelier. The application of the enamel takes an arduous 100 steps and at least five days to complete.

From precious fire-enamel creations to luxurious silk scarves, FREYWILLE designs often take inspiration from cultural treasures and historical masterpieces by fine artists including Claude Monet, Vincent Van Gogh and Gustav Klimt.

FREYWILLE creations are fabulous works of art, made with tremendous skill and dedication.



從佩戴到打結，活動將以私人形式展示多種夏天佩戴圍巾的方法。

FREYWILLE是維也納的著名品牌，誠邀您探索佩戴圍巾的藝術。會員可預約個人或與朋友一起參加此活動（最3多人一組），每位會員參加者在活動結束後將獲得價值\$1,050的FREYWILLE Claude Monet Gavroche真絲圍巾。賓客將獲特別禮物乙份。

FREYWILLE於1951年在維也納成立，以世界頂級琉璃珠寶商而聞名，並以其燒琉璃工藝而聞名。FREYWILLE的燒琉璃首飾由大師級工匠在FREYWILLE的維也納工作室創作，製作繁複，大概需要100個步驟，至少需要五天才能完成。

珍貴的燒琉璃作品到奢華的絲巾，FREYWILLE的設計經常從文化寶藏和歷史中汲取靈感，包括莫奈、梵高和克里姆特等藝術家。FREYWILLE是絕妙的藝術作品，由精湛的技藝精心打造而成。

For registration, please call the Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com
預約請致電會員部2814 5436或電郵至member@aberdeenmarinaclub.com

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



rare skin
fuel

The Power of the Natural Ingredient

rare天然成份的魔力



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

Through a long and complex heat-free blending procedure and Cellular Extraction, the brand offers a range of 100-percent cold-pressed Australian-made skincare products with love and passion.

rare SkinFuel also demonstrates the commitment to environmental protection by being cruelty-free and sustainable. No animal testing is allowed in the processes, and infinitely recyclable PET materials are used for eco-friendly packaging.

Michelle Chen, the founder and CEO of rare SkinFuel, tells us about the brand origin and what makes RSF different.

Preserve and Amplify the Potency of the Natural Ingredients

Our supplier maintains Australia's largest selection of botanical extracts, using proprietary cellular extraction technology that preserves their natural phytoactive qualities at the molecular level. The right manufacturing processes retain the potency of our all-natural products and sit as close to nature as possible – delivering nature's potent potential yet working alongside it.

100% Pure and Intensive

We use only the finest botanical extracts and the best nutrient-rich ingredients – many of them certified organic, with minimum natural preservatives. No alcohol or synthetic additives are



used. We use heat-free blending and we don't dilute our products with water. Even our base is made with natural oil instead of processed mineral oil.

Comprehensive Ingredients from the Sea to the Land

We leverage the power of our nature – combining the natural power from the sea to the land. The products incorporate the nutrients from high-purity seaweed extracts, superfruits, plants and natural oil which contains supreme anti-ageing properties.

Cutting Edge Beauty has enriched our menu by adding one new facial treatment using the Rare SkinFuel products.

The rare SkinFuel Facial 80 minutes

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

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

品牌提供一系列澳洲100%冷壓製造的護膚品。rare SkinFuel的產品不經動物測試，包裝採用環保回收物料。

rare SkinFuel 創始人兼行政總裁MichelleChen介紹了品牌的起源，以及什麼讓RSF與眾不同。

保留和增強天然成份的效力

品牌堅持選用澳洲的植物，使用專有的細胞提取技術，在分子水平上保留其天然植物活性品質，並發揮天然的強大效力。

100%全天然成份

產品只使用最好的植物萃取物和營養豐富的成分 — 其中許多是有機認證，天然防腐劑含量少，不含酒精或合成添加劑。使用無熱混合，不用水稀釋產品。產品的基本油也是採用天然油製成的，而不是加工過的礦物油。

成份結合海洋和大地

結合海洋和大地的自然力量。產品成份含高純度海藻提取物、優質水果、植物和天然油的成分，具有卓越的抗衰老功效。

美容中心新增了rare SkinFuel產品的美容療程。

The rare SkinFuel 面部療程 — 80分鐘

療程為您提供抗衰老的體驗，rare SkinFuel 的冷壓護膚產品，使用來自澳洲100%濃縮活性抗氧化劑，達致肌膚深層排毒和恢復活力。產品成份比橙多100倍的維他命C，瞬間提亮暗沉肌膚，恢復肌膚自然光澤。此外，Maritech Fucoidan和Maritech來自深海，增強肌膚緊緻度，恢復彈性和光澤。



CUTTING
Edge

We are open daily from 9am to 7pm.

For booking and enquiries, please call 2814 5320, or email cuttingedge@aberdeenmarinaclub.com.

Visit our website www.aberdeenmarinaclub.com and log in for 24-hour online booking.

美髮及美容中心營業時間為每天上午9時至晚上7時。

預約及查詢請致電2814 5320或電郵至cuttingedge@aberdeenmarinaclub.com。

歡迎瀏覽會所網頁www.aberdeenmarinaclub.com預約服務。

Ultra Femme 360

A New Approach to Women's Intimate Health

美容美體全面性療程



Who is the right candidate for Ultra Femme 360?

This procedure is an excellent option for women who desire non-surgical improvement of their intimate health.

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

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

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

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

What does the procedure feel like? Is it painful?

While the ULTRA FEMME 360™ homogeneously heats the treated area, you will feel a comfortable heat. Following the treatment, you may notice mild redness and swelling in the treated area.

This usually disappears within a few hours.

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

Patients have reported improvements after a single treatment session. The results will typically continue to improve over the next few months.

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

The package is available with 35-percent discount. Please contact the team for a consultation.

什麼人需要Ultra Femme 360療程？
通過ULTRA FEMME 360™ 非手術方式改善女性私密健康，是一個絕佳的選擇。

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

療程期間會有怎樣的感覺？ 會感到痛楚嗎？

當ULTRA FEMME 360™ 均勻加熱於治療區域時，會感到有舒適的熱度。治療後，治療區域會感到有輕微的發紅和腫脹。通常會在幾個小時內消失。

療程需時多久？一般需要做多少次療程？

私密療程只需八分鐘。療程基於個人的需要，通常不到12分鐘。本會將為定製合適的計劃。

建議的療程次數為3次，每周一次。

需要多久才看到效果？療程需要持續嗎？

在一次療程後便有所改善。其後的幾個月，通常會逐漸改善。療程後可恢復正常活動，並無需持續療程。

推廣期間可享65折，查詢請與本會顧問團隊聯絡。

CUTTING
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We are open daily from 9am to 7pm.
For booking and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email cuttingedge@aberdeenmarinaclub.com.
美髮及美容中心營業時間為每天上午9時至晚上7時。
預約及查詢請致電美髮及美容中心電話2814 5320或電郵至cuttingedge@aberdeenmarinaclub.com。

Your Perfect Gift to Yourself

你的完美禮物



Margy's delivers excellent results while you are having a facial or using products at home. This gift of beauty is perfect for you to bring joy to your skin.

For your easy reference the three most loved products are ...

Face Lift Collagen Mask

From the first application of this mask made from pure collagen, the skin will be plumped, fine lines reduced and the complexion radiant.

Triple Action Crème

Ideal for dehydrated, devitalised skin showing signs of ageing. Its sublime texture plumps the skin, moisturises and nourishes, enhancing elasticity leaving the skin radiant.

Stem Cells Illuminating Serum

The highly concentrated and active ingredients of the Stem Cells Illuminating Serum will stimulate cellular renewal and circulation, minimising fine lines and imperfections, brightening the skin and leaving it radiant.

Treat your skin to an amazing experience by booking one of the two wonderful facials with Margy's products at Cutting Edge Beauty.

CUTTING
Edge

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使用Margy's的產品，令你可安在家中護理肌膚也能得到顯著的成效，為你的肌膚帶來驚喜。以下三款為最受歡迎的產品：

提拉緊緻膠原面膜

從第一次使用純膠原蛋白製成的面膜，皮膚就已經變得飽滿，細紋減少，容光煥發。

三重功效面霜

適合缺水、失去活力的肌膚，其卓越的成分令皮膚重拾豐盈、滋潤和滋養，增加彈性，使皮膚充滿光澤。

幹細胞亮白精華

高度濃縮的活性成分能刺激細胞更新和循環，減少細紋和瑕疵，提亮肌膚並讓肌膚容光煥發。

預約Margy產品的面部護理，讓您的皮膚獲得驚人的體驗。

按摩中心

Massage Centre at the Health Club



CUTTING
Edge

The Health Club Massage service is available daily from 9am to 9pm. For online booking, please visit www.aberdeenmarinaclub.com to choose your preferred room and therapist.

按摩中心營業時間為每天上午9時至晚上9時。歡迎瀏覽會所網頁 www.aberdeenmarinaclub.com 預約服務。

We take a holistic approach to the body, mind and soul. Massage treatment can improve well-being and reduce stress and negative energy. ZENTS, the luxury and organic products line combined with the treatment, supports our approach and provides you with incredible feelings and benefits.

We are pleased to inform you that ZENTS body lotion is now available in the changing rooms to indulge in daily. Aromas available are ORE, and FRESH.

透過按摩療程能舒緩積累的壓力令身心放鬆和舒泰，有助保持身體、心理和情緒健康。ZENTS 療程的奢華有機系列，讓您享受到令人難以忘懷的體驗。

現在更衣室提供ZENTS潤膚露，香味有ORE和FRESH，讓您的皮膚更滋潤健康。

CUTTING
Edge

THE ART OF MARVELLOUS HAIR

THE CUTTING EDGE TEAM OF
EXPERTS PROVIDE MEMBERS WITH
WORLD-CLASS SERVICE

We believe the ultimate results come from the first 10 minutes of the service – the consultation.

The entire team is highly qualified to conduct excellent consultations for ladies and gentlemen.

We pay attention to every detail, product and service that we provide for you.

我們的團隊擁有相當專業的知識，並會在服務開首的10分鐘提供專業的意見和分析，務求為您塑造出最理想的造型。我們重視每個細節，致力為您提供最優質的服務。

WE ARE OPEN DAILY
from 9am to 7pm

美髮及美容中心營業時間
為每天上午9時至晚上7時

For booking and enquiries, please call 2814 5320, or email cuttingedge@aberdeenmarinaclub.com.

Visit our website www.aberdeenmarinaclub.com and log in for 24-hour online booking.

歡迎瀏覽會所網頁 www.aberdeenmarinaclub.com 預約服務。



Nail Bar

美甲吧

The 8/F Nail Bar offers a wide selection of hands and feet treatments, with the best collection of nail colour brands.

CND SHELLAC

The CND Shellac colour lasts for 14 days without losing the shine or the shape. At the Nail Bar, we carry the entire collection of CND soft gel, Vinylux and Creative Play Colours.

GELISH and MORGAN TAYLOR

Together they provide over 250 colours, and the majority of those fantastic shades are available for mix and match.

Organic and Age-defying ZENTS Spa

Manicures and Pedicures

Carefully crafted treatments experiences blending powerful natural ingredients and beautiful aromas for long-lasting results. The Spa manicure and pedicure in the Nail Bar are among the best nails experience you will find.

Indulge with truffles while soaking your feet to be ready for perfect cuticle work followed

by exfoliation. The hydration using oil and lotion with gentle massage gives the feeling of walking on feathers.

The magical journey ends with perfect colour application.

於本會8樓的美甲吧，提供一系列手部及腳部的療程。選用來自世界各地的美甲優質品牌。

CND SHELLAC

CND Shellac顏色持久，14天也不會失去光澤，能保持甲形完美。本會美甲吧提供這品牌所有系列的产品，如softgel、Vinylux及Creative Play colours。

GELISH and MORGAN TAYLOR

提供超過250種顏色，可隨著喜好任意配搭。

Organic and Age-defying ZENTS Spa

Manicures and Pedicures

產品療程為您打造精心的護理體驗，天然的成分和香氛帶來持久的效果。水療美甲和美足讓您擁有最佳美甲體驗。

享用松露浸泡雙腳，完美地去除角質層，配合輕柔的水中按摩，為足部打造一個完美的體驗。

CUTTING
Edge

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Fitness Challenge 5,000 Minutes of Exercise

挑戰五千分鐘體能

After yet another disruption to our exercise routines, once we re-open we want to get everyone fully motivated to gradually reach their former fitness levels. This year's Fitness Challenge will now be reduced to a total of 5,000 minutes for the rest of this year. This equates to 150 minutes per week, which is the recommended minimum amount of exercise for adults.

As we always say, there are no prizes for coming first, and we will not let you get too far ahead – we will track your progress monthly. Members can log in minutes from many forms of exercise, i.e. any cardiovascular exercise performed in the Club (in the Fitness Centre, Pool and other facilities) and any outside Club activities such as track sessions, hikes and even a Club-inspired activity that you do on your own, such as the Hong Kong history walks.

Ultimately, it's all about keeping active and healthy, and it would be great to get everyone to perform at least 5,000 minutes of exercise for the rest of the year.

If you're not used to regular activity, always check with your doctor before commencing any exercise programme, and start slowly with an easy walk.

For more information, please get in touch with our Fitness Centre staff or our Trainers who can give you extra motivation as you tick off your minutes.

Personal training sessions are available for singles or couples. Email fitness@aberdeenmarinaclub.com or healthclub@aberdeenmarinaclub.com for details.

雖然現時日常鍛鍊受到干擾，在健身中心重新開放之前，我們希望讓每個人依然充滿動力，保持健康的狀態。今年的健身挑戰賽將減少到總時間為5,000分鐘。這相等於每週健身150分鐘，是成年人建議的最低運動量。

一如以往，即使最先完成挑戰亦不會有獎品，而我們也不會讓你走得太遠——將每月跟進你的進度。會員可以記錄各種鍛鍊方式的時間，例如在會所（如在健身中心、游泳池和使用其他設施）進行任何的心血管鍛鍊以及任何戶外運動，如田徑訓練、遠足，甚至可跟隨會所舉辦的香港歷史漫步的路徑自行漫步。

這一切目的都是為了讓大家保持健康，在今年剩下的時間裡至少進行5,000分鐘的鍛鍊。

如果您沒有恆常運動的習慣，請務必在開始進行任何鍛鍊計劃之前諮詢您的醫生，並從序漸進由漫步開始慢慢練習。

如需更多資訊，請聯繫本會的健身中心工作人員或健身教練，可以為你記錄健身的日程並給你額外的支持。個人健身課程提供單人或情侶課程。詳情可電郵至 fitness@aberdeenmarinaclub.com 或 healthclub@aberdeenmarinaclub.com。

Hong Kong History Hidden in Plain Sight

隱藏市中的香港歷史

Continuing our look at everyday sights that we see when out and about in Hong Kong, this month we look at Hong Kong's Colonial-era post boxes, of which there are around 73 left to be seen today.

The oldest post boxes date back to the reign of Queen Victoria, so would have been installed in the mid to late 1800s. They are not in use today, and can be seen in museums only – one in the General Post Office, Central and one at the Hong Kong Museum of History in Tsim Sha Tsui East. There are many more to see as you walk the streets and we've put together a little walking tour to help you find some of the better ones.

Your walk starts at Victoria Peak, outside The Peak Lookout, where you can see a pillar post box with the ER11 royal cypher. This stands for Elizabeth II Regina – dating from 1952 onwards and we will see more of these as well as other royal cyphers. From here, walk down the quiet and scenic Old Peak Road towards Central, passing one of the Victoria City Boundary stones on the way.

Your next post box is on Chater Road near Statue Square, so you may pass by the Zoological and Botanical Gardens and St. John's Cathedral on your way there. The post box on Chater Road is unique in that it displays the Scottish Crown – perhaps a throwback to some of the original Scottish colonialists. From here, you are just a stone's throw from the General Post Office where you can see the oldest post box with its VR cypher from the days of Queen Victoria. Your urban hike could end here, but if you're feeling adventurous the next part takes you over to Kowloon.

From here, jump on the Star Ferry to Tsim Sha Tsui to see another Victorian post box and another ER11 box at the Hong Kong Museum of History on Chatham Road

South (currently closed so better check before setting off). Of course there are many more things to see here, but today is about post boxes, so you can come back here another day!

From here, head towards Shanghai Street in Jordan to see a lovely ER11 pillar post box (between the junction of Saigon Street and Ning Po Street), then walk back onto Nathan Road then down Waterloo Road before turning left at Peace Avenue to see an old wall-based post box with no royal cypher.

You're onto the last few now, as you continue down Peace Avenue, turn left on Argyle Street and right down Sai Yee Street. Eventually you will come to Boundary Street where you turn right before a quick left turn down Tai Hang Tung Road. Soon you will see some steps up on the right side of the road that leads to Magnolia Road where you turn left and walk until you see a wonderful GRV (George V) wall post box that dates from between 1910 and 1936.

Now retrace your steps to Boundary Street and turn left until you get to the junction of La Salle Road, where you'll see an ER11 pillar post box. Boundary Street used to mark the border between British Kowloon and China, before the rest of the New Territories was leased in 1898.

From there, continue to Prince Edward Road West to see our final ER11 pillar post box. You're close to Sung Wong Toi MTR station now and our urban hike, treasure hunt and history walk ends here.

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



Magnolia Road



Boundary Street

Family Hiking Club 家庭登山樂

Our family hikes continue subject to government restrictions, but with the warmer weather here we will stay closer to home.

家庭登山樂繼續受到政府防疫政策所限制，隨著天氣回暖，活動將在會所附近進行。

May 14 – Wong Chuk Hang Rock Carvings and Wong Chuk Hang San Wai

Here are two ancient monuments that are often overlooked. The rock carvings date back to the Bronze Age while the old house in the village dates back to around 1860.

5月14日 — 黃竹坑石刻及黃竹坑新圍

這兩處經常被遺忘的古蹟。石刻可以追溯到青銅器時代，而新圍村裡的房屋可以追溯到1860年左右。



Wong Chuk Hang Rock Carvings

June 11 – Nam Long Shan

We should all know this hill well as it's so close to the Club, but it is often ignored due to the number of steps involved! The view from the top is well worth it and as we're so close to the Club, we'll be back and fresh for lunch in no time.

Both hikes are suitable for Members aged eight years and older, and we will leave the Club at 9.30am, returning at around 11am. Reservations are required. Please call 2814 1222.

6月11日 — 南朗山

相信大家對南朗山已非常熟悉，因為它離會所很近，所以經常被大家忽略！山頂上的景色非常值得遊覽，由於路程不遠，我們還可以回來享用午飯。

以上遠足活動適合八歲或以上的會員，我們會在上午9時30分從會所出發，約11時左右返回會所。報名請致電2814 1222。



我們繼續在香港日常生活裡發掘景點，本月我們將看看香港殖民時期的郵筒，至今還剩下約73個。

舊式郵筒可以追溯到維多利亞女王統治時期，大概在1800年中後期設立。現時已不再使用，但仍可在博物館看到。其中一個在中環郵政總局，而另一個在尖東的香港歷史博物館。其實在街上還有多處可找到舊郵筒，我們將帶大家探索。

從太平山頂開始，在太平山餐廳外，可以看到一個刻有ER11皇家密碼的圓筒形郵筒，這尊號代表伊麗莎白二世 — 自1952年開始啟用。其後，我們將看到更多類似的舊郵筒。從這裡，沿著寧靜而風景優美的舊山頂道往中環方向走，途中經過維多利亞城界碑。

下一個郵筒位於遮打道附近的皇后像廣場，途中可能會經過動物公園和聖約翰大教堂。唯獨這個在遮打道的郵筒刻有蘇格蘭王冠 — 也許這是對早期蘇格蘭殖民主義者的回饋。從這裡，距離郵政總局僅一箭之遙，你可以看到維多利亞女王時期刻有VR尊號的最古老的郵筒。你的旅途可在這裏完結，但如想發掘更多，下一部將會帶你到九龍。

其後，可選乘天星小輪前往尖沙咀，尋找另一個維多利亞時期的郵筒，及到位於漆咸道南的香港歷史博物館參觀一個英國殖民時期刻有ER11的郵筒（現已暫停開放，請在出發前再查詢）。當然這裡還有很多可瀏覽的地方，但今天是關於舊式郵筒的，所以我們改天再來這裡吧！

再從這裡前往佐敦的上海街，你會看到一個ER11郵筒（在西貢街和寧波街交界）。然後前往彌敦道，沿著高打老道走，再左轉入太平道，看到一個沒有皇家尊號的舊式掛牆郵筒。

之後已來到最後的幾個地點，繼續沿太平道前行，在亞皆老街左轉，再右轉入洗衣街。去到界限街後右轉，隨即左轉往大坑東道。再靠右邊一條人行路前行便可通往玉蘭路，然後左轉直到看到一個精緻的GRV（喬治五世）掛牆郵筒，其歷史可追溯至1910年至1936年。

現在返回界限街並左轉直至到達喇沙利道交界處，在那裡會看到一個ER11圓筒形郵筒。在1898年租用新界之前，界限街曾是英國殖民時期九龍與中國的界線。

從那裡繼續前往太子道西，可以看到最後介紹的ER11郵筒。那裡很接近宋皇台地鐵站，亦是這次活動的終點。

有關這次城市歷史遠足的更多資訊，請聯絡康體部總監李基爾。

Kung Fu

by Heng Yue Yen Long Kwon
恆宇仁龍拳

This class will be conducted by coaches with international experience, and is suitable for children aged four up to adults.

'Heng', or Perseverance, embodies unceasing endeavour, stalwartness, and patience.

'Yue', or Universe, stands for boundlessness. It also symbolises wisdom and knowledge.

'Yen', or Benevolence, is the embodiment of kindness care and sympathy.

'Long' is Righteousness, the best as well as gentlemanliness. It is also the symbol of China.

'Kwon' is Martial arts, a combination of skills, wisdom and body strength. At the same time, it is also a demonstration of valour and peace.

課程由具有國際經驗的教練教授。適合4歲及以上的兒童及成人。

「恆」代表毅力，體現不斷的努力、堅定和耐心。

「宇」代表無邊的宇宙，象徵著智慧和知識。

「仁」代表仁慈，關懷和同情。

「龍」代表正義，也是中國的象徵。

「拳」代表技能，智慧和體力的結合，也是勇敢與和平的表現。



New Laser Quest Game at Chill Zone Foam Factory

雷射槍遊戲

Come and play our new mini Laser Quest game at Chill Zone Foam Factory.

30-minute sessions are available on Saturdays and Sundays from 2-4pm.

Members \$50 Guests \$80

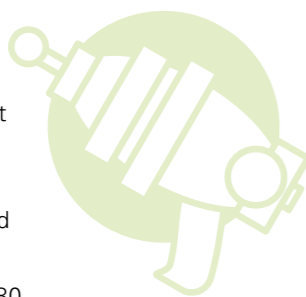
Reservations are required on 2814 5360.

快來Chill Zone泡沫工廠參加刺激好玩的迷你雷射槍遊戲。

每節遊戲時間為30分鐘，逢星期六及日，下午2至4時。

會員\$50 來賓\$80

報名請致電2814 5360



F1 Pitstop Weekend Challenge at Chill Zone

F1週末賽事

• Miami, Spain, Monaco – May 7, 8, 21, 22, 28 & 29

• Azerbaijan, Canada – June 11, 12, 18 & 19

• Britain, Austria, France, Hungary – July 2, 3, 9, 10, 23, 24, 30 & 31

• 邁阿密、西班牙、摩納哥 – 5月7、8、21、22、28和29日

• 阿塞拜疆、加拿大 – 6月11、12、18和19日

• 英國、奧地利、法國、匈牙利 – 7月2、3、9、10、23、24、30和31日

Enquiries 查詢: 2814 5483 (Chill Zone)



Mother's Day Events

母親節活動

Sunday, May 8

Bowling

保齡球

Free Bowling and a glass of Prosecco on Mother's Day for our special mothers!

母親節當天，母親可免費玩樂及獲贈意大利氣泡酒一杯。給母親一個美好的回憶吧！

Enquiries 查詢: 2814 5900 (Bowling Alley)

Ice Skating

溜冰

Bring your mother to the Ice Rink on Mother's Day for a free open-skating session!

母親節當天，與母親一同溜冰，母親可享免費溜冰一節。

Enquiries 查詢: 2814 5374 (Ice Rink)



Father's Day Events

父親節活動

Sunday, June 19

Bowling

保齡球

Celebrate Father's Day with a complimentary game and a free beer!

父親節當天，父親可免費玩樂及獲贈啤酒一杯。快與父親前來一同享受美好的時光。

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!

父親節當天，與父親一同溜冰，父親可享免費溜冰一節。

Enquiries 查詢: 2814 5374 (Ice Rink)



普拉提斯教練

Pilates Coaches



TRACY SO Pilates Manager

From her teens, Tracy spent years trying various workouts as a stress reliever and to maintain optimum level of fitness, from weight lifting and running to kickboxing to biking. Then she discovered Pilates, which became more than just an exercise routine; it became a way of life. She was certified through BASI® in 2005 and has completed GYROTONIC® Level 2 and Antigravity® Level 2 instructor training. She continues to explore Pilates with conferences and workshops. Tracy enjoys working with people of all ages and levels, from those rehabilitating injuries or suffering from chronic pain to those who want to stay fit and strong. She believes Pilates should be challenging but enjoyable, and

tailored to individual needs and abilities. Tracy is also qualified in teaching, TRX®, MOTR®, Bodhi® Suspension System and Prenatal/Postnatal Pilates.

Tracy自青少年時便開始健身，由舉重、跑步、踏單車到拳擊，花了數年時間嘗試各種健身運動，緩解壓力並能保持最佳的體能。自開始鍛鍊普拉提斯後，Tracy發現這不僅是一個運動，更成為一種生活方式。Tracy於2005年取得BASI®證書，並完成GYROTONIC®2級和Antigravity®2級教練培訓。她不斷通過參與研習班和研討會來推廣普拉提斯。Tracy享受與不同水平和年齡的人一起鍛鍊，不論是為康復或慢性痛症，到想保持身體健康的人。她相信普拉提斯是富有挑戰性的運動，更能令身心暢快，並且可根據個人需要和能力來設定健身計劃。Tracy還具有TRX®、MOTR®、Bodhi®懸掛系統和產前/產後普拉提的教學資格。

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

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



IRIS CHEUNG

Senior Pilates Instructor

Iris started teaching in 2008 and was later inspired by Wendy LeBlanc-Arbuckle and the 3Core Connections® Embodied Perspective, and followed Wendy for a year-long mentoring program in 2016. How to become stronger? How to be more flexible? How to enjoy a pain free life? How to be more fruitful in life? They are all related to the relationship within our body, between one another, and the environment. Curious? Iris will share more with you. Iris completed her MSc in Sport Medicine and Health Science in 2011 and has undertaken Pilates Instructor training through BASI®, POLESTAR® and NCPT®. She is also qualified in teaching Bodhi® Suspension System, MOTR® and Core Align.

Iris於2008年開始教授普拉提斯。她受到Wendy LeBlanc-Arbuckle 3Core Connection® 透視體現的啟發，並在2016年跟隨Wendy進行為期一年的導師課程。如何變得更強？如何更靈活？如何享受無痛生活？如何生活更豐富？這些問題都與我們身體和環境有密切的關係。對此感興趣嗎？Iris會與你分享更多。Iris在2011年完成了運動醫學和健康科學的碩士學位，並取得BASI®, POLESTAR®和PMA®普拉提教授證書。她還有Bodhi®懸浮系統，MOTR®和核心訓練的教授資格。



DEANDRA KU

Senior Pilates Instructor

Deandra began her career as a professional accountant in various multinational corporations. Like many professionals, she suffered from chronic back pain caused by the stress and pressure of prolonged office work. She started to work out and practice Pilates and GYROTONIC® in 2003, and gradually recovered and rebuilt her body. Her own experience of the benefits of both exercises convinced her to become a dedicated full time instructor and share her experience with others. Deandra is a certified POLESTAR® Pilates instructor, has completed GYROTONIC® level 2 instructor training and GYROKINESIS® training. She is also certified in Pre/Post Natal Pilates, Bodhi® Suspension System, MOTR® and Core Align.

Deandra職業生涯是開始在不同的跨國公司擔任專業會計師。如一般專業人士一樣，長時間的工作和壓力造成慢性背痛。她於2003年開始練習普拉提斯和GYROTONIC®, 身體逐漸開始恢復健康。經驗使她深信這兩種練習的好處，並成為一名全職的專業教練，及與其他人分享她的經驗。Deandra持有POLESTAR®普拉提斯教練證書，也完成GYROTONIC®2級教練培訓和GYROKINESIS®的培訓，還取得產前/產後普拉提斯，Bodhi®懸掛系統，MOTR®和核心訓練的證書。



KELLIE SIMPSON

Senior Pilates Instructor

Kellie has been involved in physical fitness just about all her life. Her mother was a Physical Culture teacher, so it's in her genes. She began teaching aerobics when she was 20, and has continued to teach for another 25 years. She became interested in Pilates after attending an Introductory Mat course with PhysicalMind, and then furthered her knowledge by attending Polestar Mat Levels 1, 2 and 3. Kellie went on to complete a Studio course with PhysicalMind, and worked for over 10 years at One Pilates studio. She also completed her Gyrotonic Instructor training in Hong Kong and Portland with Master Trainers.

Kellie大部份時間都放在鍛鍊身體上。她的母親是一名體育老師，也許與遺傳有關。她從20歲開始教授健美操，並持續任教25年。她參加了PhysicalMind的基礎課程之後，對普拉提斯產生了興趣。之後更參加Polestar Mat 1、2和3級，進一步提高了對普拉提斯的知識。Kellie繼續完成了PhysicalMind工作室課程，並在One Pilates工作室工作了10年以上。她在香港和波特蘭完成了大師級Gyrotonic®教練培訓。

Children's Painting Class

by Pitter Painter

兒童繪畫班

Children will have fun drawing, painting and letting their imagination run free! In small classes, kids will be guided through themed projects and taught the fundamentals of drawing, color mixing and painting techniques and even some interesting bits of art history. Our lessons are developmentally appropriate and designed to give kids a central idea to start from and the room to take this idea as far as their inspiration, little fingers and loads of paint will take them so they can create their own unique masterpieces.

孩子們透過繪畫讓他們發揮無限的想像力。導師將以主題引導和教授繪畫技巧，混色和基本技術原理，甚至一些有趣的藝術史等。課程可讓孩子探索和思考，自由地發揮靈感，並繪畫和創造出獨特的傑作。

Fun Challenges for Children!

兒童遊戲挑戰賽

Bazooka Ball Challenge

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 13	• 5月13日(星期五)
• Friday, June 10	• 6月10日(星期五)
• Friday, July 15	• 7月15日(星期五)

Adventure Zone Laser Tag Challenge

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 27	• 5月27日(星期五)
• Friday, June 24	• 6月24日(星期五)
• Friday, July 29	• 7月29日(星期五)

Ninja Challenge at Adventure Zone

Are you a Ninja Warrior?

From 6.30-7:30pm	晚上6時30分至7時30分
• Friday, May 20	• 5月20日(星期五)
• Friday, June 17	• 6月17日(星期五)
• Friday, July 22	• 7月22日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)



Pilates 普拉提斯

Pilates is a controlled exercise that conditions the body and stimulates the mind. A balance of strength and flexibility training improves posture, strengthens and lengthens muscles, and reduces stress. Pilates works multiple muscle groups simultaneously through smooth, continuous movement, focusing on strengthening and stabilizing the central body core (abdominal region). It emphasizes quality of movement not quantity, leaving you invigorated rather than exhausted after a session. For tennis players, swimmers and golfers, Pilates is an excellent way to understand your own body and improve your technique!

普拉提斯可以調節身體和頭腦。平衡力量和柔韌性的訓練可以改善姿勢，增強肌肉和減少壓力。透過持續的訓練可鍛鍊多個肌肉群，並加強和穩定腹部核心區域。適合網球、游泳和高爾夫球手運動員。普拉提斯可令您更了解自己身體所需，從而提升運動技巧和表現。

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

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

New Golf Simulator 新高爾夫模擬器

Our new Golf Simulator from Foresight Sports offers the latest technology to help you understand and improve your game from the comfort of our newly renovated rooftop Golf Centre.

Foresight golf technology is used by most of the world's top 50 golfers and features some of the very best golf courses in the world. Try it today – play on your own, or book a lesson with one of our Foresight-trained coaches.

For booking and enquiries, please contact Tennis Reception



on 2814 5318 or email tennis@aberdeenmarinaclub.com

我們在頂樓新裝修的高爾夫中心添置了Foresight Sports最新技術的高爾夫模擬器，可助你更輕鬆地改進球技。

大多數世界排名前50位的高爾夫球手都曾使用Foresight 高爾夫科技，

體驗到一些世界上最好的高爾夫球場。立即體驗 - 可獨自練習，或與我們的教練預約課程。

報名或查詢請致電網球場接待處電話2814 5318或電郵至tennis@aberdeenmarinaclub.com

8/F Activity Park Now Open!

8樓活動場地現已啟用

The Activity Park is a new space for families and children to relax and play together.

We have opened up the area and added a soft artificial grass to create a park-like environment for sports, games and family socialising. Children can kick a ball about, throw frisbees, play tag or even play some mini-cricket or baseball! There are also a variety of family games available upon request.



The area is, of course, sheltered from the elements and fans will allow for breezy outdoor play, even in the hot summer. Junior football classes will now take place here, although the area will remain open on a walk-in basis at all times.

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

全新活動場地為家庭和孩子提供一個一起放鬆和玩樂的新空間。

場內添加了柔軟的人造草坪，營造公園般的環境，適合運動、遊戲和休閒。孩子可以更踢足球、扔飛碟、捉迷藏，甚至打迷你板球或棒球！還可應要求提供各種家庭遊戲。

這場地更不受天氣影響，即使在炎熱的夏天也可以輕鬆進行戶外活動。現在少年足球課程將在這場地舉行，而場地仍會保持開放。查詢更多詳情，請致電健康中心2814 5342。

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 additional five minutes taken.
- Approved applicants may pick up a South Shore Gate Pass at the lobby reception to access Dock G and return it before leaving the Club. Unreturned cards will incur a penalty.
- Please fill in the embarkation form at the Club website www.aberdeenmarinaclub.com, submit a form to the Marina Office by email to marina@aberdeenmarinaclub.com, or fax to 3020 7484.

Should you have any queries, please contact the Marina Office on 2814 5368.

Thank you for your attention.

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。
- 請確保乘客到齊船隻方可上落。
- 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。
- 獲批的申請人可到大堂接待處領取南岸入口進入G橋的通行證，並在離開會所前必需交還。未歸還的通行證將會收取罰款。
- 提交登船申請表格，請到會所網頁 www.aberdeenmarinaclub.com、傳真至海事部 2814 5368或電郵至marina@aberdeenmarinaclub.com。

如有查詢可致電海事部2814 5430。



Vaccine Pass Requirements 疫苗通行證要求



The Government announced adjustments to Vaccine Pass vaccination requirements in late March, with a view to further encouraging members of the public to get vaccinated as soon as possible, as shown below.

- Stage 1: By April 29, all applicable individuals must have received their first dose.
- Stage 2: From April 30 to May 30, all applicable individuals must have received their second dose.
- Stage 3: From May 31 onwards, all applicable individuals must have received their third dose, or receive it within six months of their second dose.

Scanning the LeaveHomeSafe (LHS) app and completing the declaration form (for medically exempted persons) upon arrival at the Club or any Club facilities is mandatory for all Members and their guests. Please be reminded to upload your latest vaccination record to your LeaveHomeSafe (LHS) app.

All Club staff are authorised to carry out checks and will deny entry if you are unable to provide valid proof or do not comply with the Vaccine Pass rules.

All measures are subject to the government's latest directives.

政府於三月下旬宣布調整疫苗通行證疫苗接種要求，以進一步鼓勵市民盡快接種疫苗，詳情如下。

- 第一階段：到4月29日，所有適用人士必須已接種一劑。
- 第二階段：從4月30日到5月30日，所有適用人士必須已接種兩劑。
- 第三階段：從5月31日起，所有適用人士必須接種三劑，或在接種第二劑滿六個月後接種。

所有會員及其賓客必須在抵達會所或任何會所設施時掃描「安心出行」應用程式並填寫申報表（適用於醫學豁免人員）。請記緊將你的最新疫苗接種記錄上傳到你的「安心出行」應用程式。

所有會所工作人員均有權進行檢查，如果您無法提供有效證明或不遵守疫苗通行證規則，將被拒絕進入。

防疫措施因應政府最新指示作實。



Parking and Driving Etiquette 停車和駕駛禮儀

No parking or waiting is permitted in the entrance driveway. Please drive within 8km/h at the Club's parking areas with headlights on, and always remain in the same lane. Please also ensure that your vehicle is parked within a single designated parking space. Thank you for your attention.

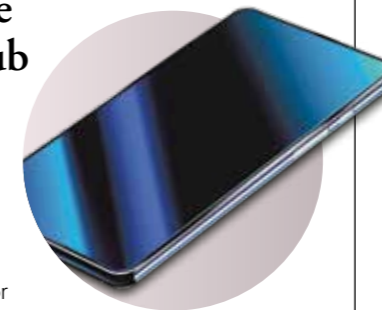
在會所大門入口行車道禁止停泊或等候。請在會所停車場以低於8公里時速行駛，並亮起車頭燈，以及始終保持在同一車道上。另外，請確保你的車輛停泊在指定的停車位內。多謝合作。

Mobile Device Use at the Club 會所範圍內使用電子設備守則

Mobile phones or similar devices (such as tablets, laptops, smart watches, etc.) may only be used for calls in private function rooms or common areas such as the lobby.

Taking photographs, recording videos or making video calls with any devices at the swimming pool, in changing rooms, spa areas, Fitness Centre or in restaurants is prohibited.

在會所範圍內只許在私人宴會廳或大堂等公眾地方使用手機或電子設備，如平板電腦、筆記簿電腦及電子手錶等。在泳池範圍、更衣室、水療區、健身中心或餐廳內均禁止拍攝、錄影及視像對話。



Shopping Bag Recycling Campaign

購物袋回收活動

According to the latest government figures, more than 800 tonnes of plastic bags were disposed of in Hong Kong landfills every day – and a plastic bag can take more than 100 years to decompose.

With these shocking figures in mind, the Club is launching a Shopping Bag Recycling Campaign to encourage waste reduction. Members are invited to drop their used shopping bags or wine bags at Marina Deli and La Cave, so that they can be reused by other Members or guests.

We can help save the environment by changing our daily habits. Let's be green shoppers together!

根據最新的政府數據，香港每天有超過800噸塑料袋被棄置在垃圾堆填區，而一個塑料袋可能需要100多年才能分解。本會將發起購物袋回收運動，以鼓勵減少廢物。會員可把用過的購物袋或酒袋放到在 Marina Deli 或 La Cave 的收集箱，以便其他有需要的會員或賓客重複使用。

我們可以透過改變日常習慣來幫助保護環境，讓我們一起成為綠色購物者！



THE
ABERDEEN MARINA CLUB



Chairman's Room



EVENTS SUMMER SPECIAL

**MAKE ANY DAY DELIGHTFUL, MEANINGFUL
AND MEMORABLE WITH THE HELP
OF YOUR CLUB EVENTS SALES TEAM.**

Free corkage, free karaoke and mah-jong
in the function rooms

•
Chinese dinner menu from \$8,180 per table of 12 persons

•
Western set dinner menu from \$720 per person
(minimum 10 persons)

•
10% discount on the minimum charge



Governor's Room

FOR TAILOR-MADE PACKAGES, PLEASE CALL OUR EVENTS SALES TEAM ON 2814 5442 OR
EMAIL EVENTS@ABERDEENMARINACLUB.COM

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

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