

Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

JULY/AUGUST 2022

**SUMMER
OF FUN!**

ON LOCATION
ROME

DESIGN ICONS
**THE CITROËN
H VAN**





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ROLEX

Portwatch

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THE
ABERDEEN MARINA CLUB


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Portwatch Editor / Mr Adam Nebbs



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



Contents

JULY AUGUST 2022

- | | | | |
|-----------|---|-----------|--|
| 14 | Meet the Balcony Team
the Balcony 團隊 | 41 | Activities News
活動消息 |
| 18 | On Location
Rome
看電影遊羅馬 | 44 | Class Highlights
康體課程推介 |
| 26 | La Cave Team
Recommendations
La Cave 團隊推介 | 46 | Coach Spotlight
教練焦點 |
| 28 | Wine Dinners
葡萄酒晚宴 | 48 | Club Notices
會所快訊 |
| 30 | Design Icons
The Citroën H Van
雪鐵龍H系貨車 | 49 | Corporate Social
Responsibility
企業公民社會責任 |
| 34 | Hair & Beauty Salon
美髮及美容中心 | 50 | Members Event
會員活動 |
| 38 | Lifestyle Corner
生活資訊 | | |



18



30



26



29



28



懷舊菜式

NOSTALGIC DISHES

THROUGHOUT JULY & AUGUST
七月及八月



蜜味鵝肝金錢雞
Roasted sliced pork, goose liver, mushroom

八寶燉冬瓜盅
Doubled-boiled whole winter melon soup
(六位用 For six people)

燕窩鷓鴣粥
Braised bird's nest, partridge broth

蒜香金沙骨
Pork spare ribs, fried garlic

荔茸釀帶子
Deep-fried stuffed scallops, mashed taro

珊瑚蛋白蒸蝦球
Steamed prawns, egg white,
crab meat, crab roe

蟹肉桂花炒魚肚
Scrambled egg, shredded fish maw,
crab meat

籠仔銀稔醬蒸肉筋
Steamed pork tendon, yanmin sauce

紫蘿炒牛肉
Sautéed sliced beef, ginger, pineapple

金華穿鳳翼
Stuffed chicken wings, Yunnan ham

沙律煙燻鰵魚件
Smoked pomfret, salad

燒雲腿伴乳鴿甫
Stir-fried fillet of pigeon,
roasted Yunnan ham

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。



MOON CAKES

at Marina Deli



The Horizon has created a variety of moon cakes with delicious traditional and new flavours, presented in exquisite gift boxes. A perfect treat for yourself or to give as gifts for friends, family or business associates.

為迎合不同喜好，海天閣已為你精心準備多款傳統及新派口味月餅
配以精美禮盒，送禮自用，不二之選！

COUPON SALES FROM JULY 1

MOON CAKES AVAILABLE AT MARINA DELI FROM AUGUST 15
月餅禮券由7月1日開始發售。月餅禮盒於8月15日起在深灣店有售。

ADDITIONAL REDEMPTION COUNTER
其他換領地點

ISLAND SHANGRI-LA 港島香格里拉
From September 1 to September 9, midday to 7pm
由9月1日至9月9日，中午12時至晚上7時

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

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。

MOON CAKES AND HAMPER AVAILABLE FROM AUGUST 15

多款月餅及禮品籃由8月15日開始發售

Moon Cakes with White Lotus Seed\$398
Paste and Double Egg Yolk (4 pieces)
雙黃白蓮蓉月餅(4件)

Mini Moon Cakes with Custard\$398
and Egg Yolk (9 pieces)
迷你蛋黃奶皇月餅(9件)

Mini Moon Cakes with White Lotus.....\$398
Seed Paste and Egg Yolk (9 pieces)
迷你蛋黃白蓮蓉月餅(9件)

Mini Red Bean Paste Moon Cakes with\$398
Dried Citrus Peel (9 pieces)
迷你陳皮豆沙月餅(9件)

Triple Treat Assorted Moon Cakes\$448
(9 pieces)
迷你奶黃月餅三重奏(9件)

Musang King Durian Snow\$498
Skin Cakes (6 pieces)
貓山王冰皮榴蓮餅(6件)

Shangri-La Mooncakes Selection\$888
Gift Box (9 pieces)
香格里拉尊尚精選月餅禮盒(9件)

Starry Moon Festival Hamper.....\$2,288
花好月圓禮品籃

Full Moon Festival Hamper\$3,088
眾星拱月禮品籃

SPECIAL OFFER 特別優惠

JUL 1 TO
AUG 14

AUG 15 TO
SEP 9

5 to 10 boxes	10% off	5% off
11 to 20 boxes	15% off	10% off
21 to 40 boxes	20% off	15% off
41 to 60 boxes	25% off	20% off
61 boxes and above	30% off	25% off

MOON CAKES & HAMPERS
ORDER FORM

深灣店中秋月餅及禮品籃訂購表格



ALL MOON CAKES ARE IN GIFT BOXES AND BAGS 所有月餅均備有精美禮盒及禮品袋以作送禮之用	PRICE 單價	QUANTITY 數量	TOTAL 總數
Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅 (四件)	\$398		
Mini Moon Cakes with Custard and Egg Yolk (9 pieces) 迷你蛋黃奶皇月餅 (九件)	\$398		
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (9 pieces) 迷你蛋黃白蓮蓉月餅 (九件)	\$398		
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (9 pieces) 迷你陳皮豆沙月餅 (九件)	\$398		
Triple Treat Assorted Moon Cakes (9 pieces) 迷你奶黃月餅三重奏 (九件) Manuka honey, yuzu and passion fruit 麥蘆卡蜂蜜, 柚子及熱情果	\$448		
Musang King Durian Snow Skin Cakes (6 pieces) 貓山王冰皮榴蓮餅 (六件)	\$498		
Shangri-La Mooncakes Selection Gift Box (9 pieces) 香格里拉尊尚精選月餅禮盒 (九件) Shangri-La 50-year-aged mandarin peel, rose, and red bean paste moon cake / Shangri-La 50-year-aged mandarin peel, chestnut, and red bean paste moon cake / Mini white lotus seed paste moon cake with egg yolk 香格里拉五十年陳皮豆沙玫瑰月餅 / 香格里拉五十年陳皮豆沙栗蓉月餅 / 迷你蛋黃白蓮蓉月餅	\$888		
Starry Moon Festival Hamper 花好月圓禮品籃 • Domini Veneti Collezione Pruviniانو Marano Valpolicella Classico Superiore DOP, Italy 意大利紅酒 • Premium Dried Mushrooms 特級花菇 • N28 Dark & Milk Chocolate, Cluizel, France 法國雜錦朱古力禮盒 • Florté Scented Tea Box 花茶 • Florté Fruits Infused Honey 果味蜜糖 • The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 • The Horizon XO Sauce 海天閣XO醬 • Mooncakes in Gift Box 月餅禮盒	\$2,288		
Full Moon Festival Hamper 眾星拱月禮品籃 • Champagne Veuve Clicquot Yellow Label Brut, France 法國特級香檳 • Premium Dried Mushrooms 特級花菇 • South Africa Pre-cooked Abalone 南非即食鮑魚 • Dark Chocolate with Gold Flakes, Weiss, France 純黑軟心金箔朱古力禮盒 • Florté Scented Tea Gift Set 花茶禮盒 • The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 • The Horizon XO Sauce 海天閣XO醬 • Mooncakes in Gift Box 月餅禮盒	\$3,088		
Delivery Charge 送貨服務費 : Hong Kong 香港 - \$150, Kowloon 九龍 - \$200, New Territories 新界 - \$250			
TERMS AND CONDITIONS 訂購須知 1. All advance orders will be ready for collection at Marina Deli as of August 15, 2022 . 2. Please fill in this form and return to Marina Deli by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, fax at 3020 7495 or in person. 3. We will confirm your order by phone. Your membership account will then be debited automatically. 4. For enquiries, please contact Marina Deli on 2814 5302. 5. Orders start July 1, 2022.			
Sub Total 合計			
Delivery Charge 送貨服務費			
GRAND TOTAL 總計			

1. 所有月餅訂單可於2022年8月15日起在深灣店提取。
2. 請填妥此訂購表格，並WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com或傳真至3020 7495，亦可親臨深灣店訂購。
3. 本會所將以電話確認閣下之訂單。訂購總額將會自動從您的會員賬戶扣除。
4. 訂購及查詢，請致電深灣店電話 2814 5302或WhatsApp 6390 0716。
5. 7月1日開始接受預訂。

Ordered By 訂購人資料	
Name of Member: 會員姓名	Membership No.: 會員號碼
Mobile No.: 手提電話	Office / Home No.: 辦公室 / 住宅電話
Email: 電子郵箱	Fax No.: 傳真號碼
Preferred Collection Date: 提貨日期	Time: 時間
Order Date: 訂貨日期	Signature: 簽名

M A R I N A
G R I L L

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 Marina Grill 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。

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

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



MARINA DELI SUMMER OPERATING HOURS

Marina Deli has resumed summer operating hours for the
boating season until September 30.

Monday to Friday
10am to 7pm

Last takeaway order 7pm
(Last pick-up 7.30pm)

Saturday, Sunday
and Public Holidays
8.30am to 7pm

Last takeaway order 7pm
(Last pick-up 7.30pm)

THE
ABERDEEN MARINA CLUB

CHOCOLATE DELIGHT

at Marina Deli

Enquiries
2814 5302



PORTSIDE

Ribs & Beer Nights

烤肉與啤酒限定

JULY 15 & AUGUST 12

ADULT 成人 \$598 | CHILD 小童 \$298



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。



KOREAN NIGHTS

韓國美食之夜

**Wednesdays,
July 13 and August 17
5.30-9pm**

DULT成人\$498 | CHILD小童\$198

**A great place to fill up
on delicious and
nutritious Korean dishes.**

前來The Deck感受
傳統韓國美食的獨特魅力。

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

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

Caffé
LUNA

BLACK TRUFFLES

黑松露推介

Featuring Chef's favourite pasta,
pizza and grilled dishes

THROUGHOUT JULY & AUGUST
七月及八月



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

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

the
BALCONY
SUMMER DISHES

精選夏日菜式

THROUGHOUT JULY & AUGUST
七月及八月



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

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

the BALCONY



The Balcony service team
and culinary team

Meet the Balcony Team



The Balcony's dining area has undergone an exciting extension and two semi-private rooms, named Jasmine and Orchid, with capacity up to 32 people are now available for family gatherings and private lunches and dinners.

Come and enjoy a wide range of authentic Thai dishes prepared by Chef Pachuen and her team, all of whom look forward to warmly welcoming you soon.

泰國露臺餐廳已完成擴建工程，兩間半私人房屋間Jasmine及Orchid可各容納32人，為家庭和私人聚會提供午餐及晚餐。歡迎前來品嚐由主廚Pachuen 和她的團隊精心烹製的正宗泰式菜餚，我們期待大家的蒞臨。



Orchid



Jasmine



From left to right: Alex, Kaiser, Samuel,
Kitty, Lakchui, Eric



From left to right: Chef Chavanakorn, Chef Blue, Thai Chef Pachuen,
Chef Atsawin, Chef Thawinsak, Chef Seksan

SUMMER SPEEDBOAT RENTAL

With the arrival of the summer watersport season, the Club is pleased to offer a new state-of-the-art speedboat for rental. It comes with wake surf, wake board, doughnut and water skis.



We are proud to present our new
Mastercraft XT22
Hourly fee
\$1,700
(minimum two hours)

"Redesigned for 2022, this versatile 22-footer delivers premium performance, killer looks, and endless customisability. With a higher freeboard and room for 16, the XT22 is set to keep you comfortable all day long while delivering the most precise and adjustable waves in the market. Thanks to 3,350 pounds of ballast and the super intuitive SurfStar system, waves for all riding abilities are ready to go at the touch of a button. Now including standard features such as transom lounge seats, clamping board racks, and a transom walkthrough, plus tons of options for further customization, it's definite that the XT22 will take your season to the next level."

Morning session
9am to 1pm

Afternoon session
2.30pm to 6pm

Rental fees include all equipment. Please make booking 3-days in advance.

Please contact our Events Sales Office on 2814 5442 or email events@aberdeenmarinaclub.com for bookings and enquiries. Bookings are subject to current COVID-19 safety measures.

THE
ABERDEEN MARINA CLUB

THE
ABERDEEN MARINA CLUB

New Director of Membership and Marketing Clara Yeung

We are delighted to announce that Clara has been promoted to Director of Membership and Marketing. Many of you already know Clara, who has been with us for over 11 years. She is excited to take up her new role, and will continue to be in charge of Membership and Communication Department and Central Reservations Centre. She will also oversee the Marina Department berth licensing. Clara looks forward to maintaining and further enhancing the Club experience for Members and their families.

本會很高興宣布，Clara已晉升為會員及市場部總監。會員都應該認識 Clara，她在本會已任職超過11年。她很高興能擔任新職務，將繼續負責會員及市場傳訊部和預訂服務中心的業務，並負責海事部門的泊位許可事宜。Clara期待進一步提升會員在會所的體驗。



Farewell to Matty Lam



We would like to thank departing Director of Membership and Marketing Matty Lam for her great contribution to the Club over the past 22 years. With the utmost dedication, Matty was never satisfied with status quo, and was always initiating new and innovative ways to make improvements at the Club. Although it is hard to say goodbye, we wish her all the best for the future.

本會感謝已離任的會員及市場部總監Matty Lam，在過去22年為會所作出的各種貢獻。她總是以創新的思維帶領會所不斷進步，令會所更上一層樓。雖然離別難免傷感，但我們祝願她未來一切順利。

In the third of a new
feature series, we look
at five more films that
epitomise,
evoke – and let us
virtually visit – their
beautiful locations. In this
issue we're going . . .

ON LOCATION: ROME

看電影遊羅馬



Roman Holiday 金枝玉葉 (1953)

Director: William Wyler

Starring: Gregory Peck, Audrey Hepburn

Insisting on filming *Roman Holiday* on location in Rome instead of Hollywood, director William Wyler was (or so it is said) forced to make two concessions. Firstly he would have to shoot only in black and white, and secondly he would have to use an affordable and unknown lead actress. And so Audrey Hepburn and the tourist sights of Rome were introduced to the silver screen. She won the Best Actress Oscar, and Rome became known as Hollywood on the Tiber (the river that runs through Rome), for the many American films that would be made there over the next decade or so. From the Colosseum and Mouth of Truth to the Spanish Steps and Trevi Fountain, this whirlwind fairytale covers a lot of ground, and today shows us a city still relatively unchanged and recognisable.

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



導演：威廉韋勒

演員：格力哥利柏·柯德莉夏萍

堅持在羅馬實地取景而不在荷里活拍攝，據說導演威廉韋勒被迫作出兩個讓步。第一，只能用黑白菲林拍攝；其次必須選用在預算內的不知名女主角。於是柯德莉夏萍和羅馬的旅遊景點一一在銀幕上出現。柯德莉夏萍更贏得了奧斯卡最佳女主角，而羅馬被稱為台伯河上的荷里活（貫穿羅馬的河流），在此之後那裡製作了多部美國電影。由鬥獸場和真理之口，到西班牙階梯和特萊維噴泉，電影中涵蓋了很多景點，至今仍然是受歡迎的旅遊熱點。

觀看影片：Apple TV/iTunes，DVD或藍光影碟。





La Dolce Vita

甜蜜生活 (1960)

Director: Federico Fellini

Starring: Marcello Mastroianni, Anita Ekberg

Federico Fellini was Italy's most popular director, and *La Dolce Vita* his most successful film, earning him the first of four Best Director Oscar nominations. Marcello Mastroianni plays a tabloid journalist who works and socialises his way through Rome over seven days, often on studio sets but also in real locations. Probably the most famous is the Trevi Fountain, in which he and Anita Ekberg (top right with Fellini) amorously paddled in the early hours. But from the opening scene of helicopters flying over the Parco degli Acquedotti (Park of Aqueducts) to the streets of the splendid but cinematically neglected EUR district (below), the views of Rome are spectacular. And while sets were used for the cosmopolitan Via Veneto nightlife scenes, the Baths of Caracalla and elsewhere, it all feels authentically Roman.

Where to find: on DVD and Blu-ray.



導演：費里尼

演員：馬斯杜安尼、安妮達愛寶

費里尼是意大利最受歡迎的導演，《甜蜜生活》是他最成功的電影，為他取得首個奧斯卡最佳導演提名。馬斯杜安尼在片中扮演一名小報記者，因工作關係需在羅馬生活7天，電影中大多數都是佈景但也在實景拍攝。最著名有特萊維噴泉，他和安妮達愛寶(上圖與費里尼)在凌晨時分深情戲水。開場那幕從直升機飛越 Parco degli Acquedotti (渡槽公園) 到壯麗的街道，可惜並沒有展現羅馬非常壯觀的EUR區景色(下圖)。雖然影片中的大都會威尼託大街的夜生活、卡拉卡拉浴場和其他地方，都是佈景拍攝，卻讓人感覺到真正的羅馬。

觀看影片：DVD或藍光影碟。



The Talented Mr Ripley

心計 (1999)

Director: Anthony Minghella

Starring: Matt Damon, Jude Law

HK Category IIB

Released the same year as *La Dolce Vita*, French director René Clément's *Purple Noon* (or *Plein soleil*) was a colourful alternative to Fellini's monochrome Rome, and was later remade by Anthony Minghella as *The Talented Mr Ripley*. Set in the 1950s, both were shot in Rome and around the Bay of Naples, but the latter film perhaps better displays the city's visual charms, before veering off to Venice. The most notably used locations are around the Spanish Steps and the Piazza Navona (top and right), while we also glimpse the Roman Forum and make a return trip to the Parco degli Acquedotti, where the identity-stealing Mr Ripley (Matt Damon) dumps the body of one of his victims.

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



導演：安東尼明格拉

演員：麥迪文、祖迪羅

香港電影級別IIB

與《甜蜜生活》同年發行，法國導演雷內克里蒙的《怒海沉屍》展現了彩色的羅馬，後來被安東尼明格拉重拍為《心計》。故事以1950年代為背景，拍攝於羅馬和那不勒斯灣附近，但在轉到去威尼斯之前的影片，或許更能展現這座城市的魅力。最著名的拍攝地點是西班牙階梯和納沃納廣場(上圖)，同時看到羅馬廣場並返回 Parco degli Acquedotti街道，影片中竊取身份的雷普利先生(麥迪文)在那裡處理一名受害者的屍體。

觀看影片：You Tube電影，DVD或藍光影碟。



Angels & Demons 天使與魔鬼 (2009)

Director: Ron Howard
Starring: Tom Hanks, Ewan McGregor
HK Category IIB

There's no time for cocktails or capuccino in the Piazza Navona (top) for Tom Hanks as he hits the ground running on a frantic search to save the Vatican and most of Rome from destruction. There's a lot of CGI in this film, with author Dan Brown (*The Da Vinci Code*) not being in the Vatican's good books, but look out for the real exterior (and fake interior) of the Pantheon and the adjacent Piazza Della Rotonda (below), the Piazza Navona and many bewildered tourists during the church-hopping chase to find four kidnapped cardinals.

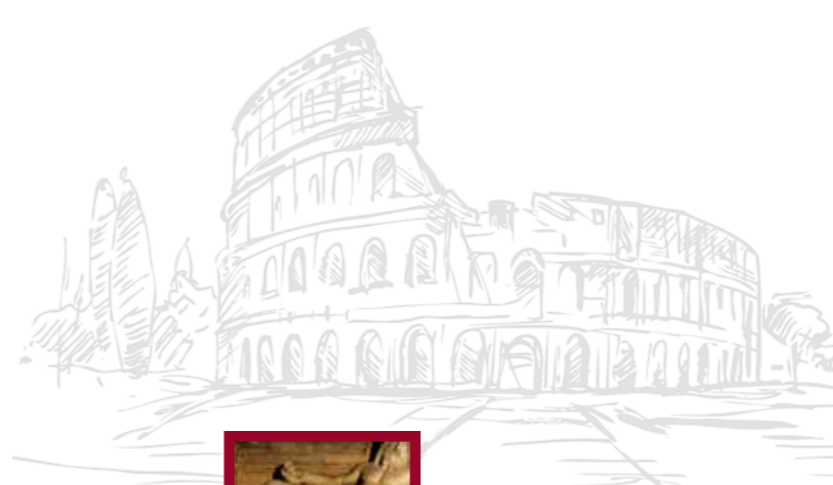
Where to find: Netflix, Apple TV/iTunes and on DVD or Blu-ray.



導演: 朗侯活
演員: 湯漢斯·伊雲麥葵格
香港電影級別IIB

湯漢斯在片中尋找拯救梵蒂岡和羅馬大部分地區免遭破壞的方法。這部電影中有很多電腦特技場面，與作者丹布朗的《達文西密碼》書中並沒描述，但留意萬神殿和相鄰的德拉羅通達廣場（下圖）的真實（或特技效果）外觀，納沃納廣場和許多迷惑不解的遊客在教堂追逐中尋找四名被綁架的紅衣主教。

觀看影片：Netflix·Apple TV/iTunes·DVD或藍光影碟。



The Great Beauty 羅馬浮世繪 (2013)

Director: Paolo Sorrentino
Starring: Toni Servillo, Carlo Verdone
HK Category IIB

Oscar winner for Best Foreign Film in 2014, *The Great Beauty* (or *La grande bellezza*) has been described as a turbo-charged *La Dolce Vita*. The connection to Fellini's film is clear, but this highly original and personal work from Italy's best working director. As well as parallels in character – both films' leads are popular but disillusioned journalists moving around the city through largely unrelated vignettes – some locations are also revisited, including the Parco degli Acquadotti (right) and the real Via Veneto and Baths of Caracalla that Fellini recreated. And whereas *La Dolce Vita* sparingly reveals familiar corners of the real Rome, here the city is thrown upon the screen with extravagant bravado in a splendid eruption of colour, sound and the eternal Roman spirit.

Where to find: on DVD or Blu-ray.



導演: 保路蘇雲天奴
演員: 託尼瑟維洛·卡路維登
香港電影級別IIB

2014年奧斯卡最佳外語片得主，羅馬浮世繪（或 *La grande bellezza*）被形容為緊湊的《甜蜜生活》。很明顯與費里尼的電影相聯，但這是意大利最佳導演的高度原創個人作品。除了角色上的相似之處——兩部電影的主角都很受歡迎，幻想破滅的記者在城市中穿梭——一些地點也被重新關注，包括 Parco degli Acquadotti（上圖）和費里尼重塑的威尼託大街和卡拉卡拉浴場。雖然《甜蜜生活》很少展示羅馬的角落，但這部電影卻使這座城市的色彩、聲音和羅馬精神的絢麗爆發在銀幕上。

觀看影片：DVD或藍光影碟



MONT VERRA

緹外



AT THE SUMMIT OF PRESTIGE

九龍半山³尊尚領域

LIFE AT THE PINNACLE 乘山之勢 超然高蹈

軒敞空間感締造尊尚生活，
映照出燦亮奪目的光芒。

崇峻優越位置，以居高臨下之氣魄，
瞻望世界。

自上世紀以來，中半山梅道及地利根德里
一帶之地段為香港高尚住宅的立足點，更
被譽為“The Dress Circle”，尊稱源於倫敦

歌劇院票價最高的最佳包廂位置，正反映
半山一帶的地理優越性。

時至今日，嘉里建設秉承其發展理念，乘
著名項目「緹山」之勢，相繼呈獻珍罕住宅
項目「緹外」，以卓越精藝的建築，成就嶄
新面貌，展示優尚生活典範，從而在筆架山
上更進一竿。

「緹外」由五幢低密度分層大宅及三座立
院墅組成，超然屹立在九龍半山。分層
大宅標準單位面積逾4,000平方呎⁴，頂層
單位面積逾8,000平方呎⁴；而三座各具特
色的院墅更擁逾11,000平方呎⁴的寬裕空
間，連同寬宏典雅的私屬花園，更顯奢華。

A RARE ABODE FOR A TIMELESS LEGACY 堂皇建築 世代傳頌

「緹外」以創新之匠心工藝進駐筆架山，
建築的精緻完美地融和於自然山景，成為
天地間的精粹，由此成為美學之中心，耀目
全城。漫山蒼翠芳華，鋪出錦繡的路徑，
通往項目，構出璀璨的花卉園地，從四季中
綻放。

採天然石材提煉成堂皇優雅建築，被賦予
山脈之靈秀，格外體現於三座院墅。山暉
院、泰和院、水韻院⁵各流露恢宏氣宇，彰顯
永恆不凡。

「緹外」高蹈傲踞筆架山之上¹



「泰和院」的對稱美學設計，靈感來自歷史悠久的四合院建築²

UNVEILING A VERDANT GRANDEUR AND THE MAJESTY OF MOUNTAINS 昭曜綠緹披 烜赫世外嶺

RISE WITH THE MOUNTAIN AND THE CITY 共山而生 享城繁華

「緹外」跨越城間的天際線，前臨無際的
壯麗景觀⁶，俯瞰九龍半島與香港島的山城
景致⁶，並兼山之雅逸、城之繁華。

安居為首，品味為尚。「緹外」著意構建出
全面兼備的住宅項目，藉著天然高拔的地
理優勢，集廣袤景觀⁶與尊屬典雅於一身，
將現代建築融和於自然，獨佔世外領域。

Beyond IT ALL

一擁 永傳



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嘉里建設
KERRY PROPERTIES

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

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REVEALING ROSÉ WINE

玫瑰葡萄酒之熱潮



Since the launch of Rosé Wines World Tracking (rosewinesworldtracking.com) in 2002, worldwide consumption of rosé has been on the rise. It has increased by an average of nearly one percent annually over the past 17 years. The dynamics of global rosé wine consumption are driven in large part by Western Europe, as well as by the United States.

In 2019, rosé consumption totalled 23.5 million hectolitres. This figure is 23 percent higher than global consumption in 2002. However, it seems to have plateaued in the last two years. The proportion of rosé wine consumption out of total still wines has also grown over the past few years, even if it seemed to decline slightly in 2019.

As a result, global rosé consumption totalled 23.6 million hectolitres in 2019, accounting for 10.5 percent of total still wine consumption. Once again, more than half of worldwide rosé consumption took place in the

three leading consumer countries – France, the United States and Germany – in 2019.

France consumed 35 percent of the total volume worldwide. The United States' share of global consumption was 15 percent and Germany's was seven percent.

Global rosé wine production remained relatively stable. It stood at 22.4 million hectolitres in 2002 and has since risen to 23 million hectolitres in 2019.

France remains far and away the leader in annual consumption per person, despite a six-percent shrinkage to 15.1 litres in 2019. Spain is the second largest producer of rosé. In the United States, average annual consumption per person was approximately one litre of rosé consumed per person (over the age of 15).

Rosé is mostly found in Provence (opposite page, top), which is the leading region for the production of



French rosé. France is not the only European country known for rosé, though. Spain and Portugal also have a history of rosé wine production.

Rosé is also no stranger to the rest of the world and can be found in just about every wine-producing area including the United States, Australia, New Zealand, South Africa, Argentina and Chile.

Rosé can pair with a wide array of cuisines and flavour profiles. The pale and delicate versions make delicious pairings with summer salads, light pastas and seafood.

Deeper coloured and full-bodied styles can be partnered with more substantial dishes like roasted vegetables, chicken and meatier types of fish. These also make for excellent pairings with umami flavour profiles where the rosé's acidity and flavour intensity can match up to that of the food.

Rosé is a fantastic choice for your boating or barbecue outing, so don't hesitate to come and discover what's on offer at La Cave!

自2002年創建玫瑰葡萄酒世界追蹤系統以來，全球玫瑰葡萄酒的消費量逐漸上升。在過去的17年裡，它平均每年銷情增長近1%，全球玫瑰葡萄酒消費的動態很大程度上是由西歐和美國推動的。

2019年，玫瑰葡萄酒的消費總量為2350萬公升，這個數字比2002年的全球總消費量高出23%。然而，它似乎在過去兩年中趨於平穩。在過去幾年中，玫瑰葡萄酒消費量在靜態酒總量中的比例也有所增長，儘管在2019年似乎略有下降。

2019 年全球玫瑰葡萄酒消費量總計，佔所有靜態葡萄酒消費量的10.5%。2019年，全球一半以上的玫瑰葡萄酒消費主要來自三個國家 — 法國、美國和德國：

• 法國佔了全球總量的35%；第二位的美國佔15%；德國是7%。

毫不意外，法國仍然遙遙領先於人均年消費量，儘管 2019 年減少了6%至15.1公升。西班牙是第二大玫瑰葡萄酒生產國。在美國，人均年消費量約為每人（15歲以上）消費1公升玫瑰葡萄酒。

除了薰衣草之外，玫瑰葡萄酒是普羅旺斯最出名的產品。玫瑰葡萄酒最常見於這個法國東南部的地區，它是法國玫瑰葡萄酒主要的生產地區。但法國並不是唯一一個以玫瑰葡萄酒聞名的歐洲國家，西班牙和葡萄牙也是擁有玫瑰葡萄酒歷史的國家。在美國、澳大利亞、新西蘭、南非、阿根廷和智利也能找到玫瑰葡萄酒蹤影，幾乎每個葡萄酒產區都可以找到它。

玫瑰葡萄酒是最被人低估的葡萄酒之一，尤其於配搭食物方面。憑藉其多樣化的風味，玫瑰葡萄酒可以搭配各種不同的美食，清淡而精緻的開胃菜，與夏季沙拉、輕便的意大利面和海鮮也能搭配非常卓越。

口味比較濃郁或顏色較深的玫瑰葡萄酒可以搭配更豐富的菜餚，如烤蔬菜、雞肉和煎魚，玫瑰葡萄酒的酸度和豐盈的口感可以與強烈口味的食物相匹配。

玫瑰葡萄酒是出海派對或燒烤郊遊的絕佳選擇，為迎接夏季，誠意邀請你們光臨La Cave品嚐玫瑰葡萄酒！



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Long Meadow Ranch  
Wine Dinner  
葡萄酒晚宴

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



MENU

Marquise de Leroy-Beauval  
Crémant de Bordeaux Brut NV

Long Meadow Ranch  
Sauvignon Blanc 2019

Long Meadow Ranch  
Farmstead Cabernet Sauvignon 2018

Long Meadow Ranch, Merlot 2017

Long Meadow Ranch  
Cabernet Sauvignon 2016

Long Meadow Ranch  
E.J. Church Reserve  
Cabernet Sauvignon 2014

For enquiries, please call Marina Grill  
on 2814 5460.

查詢請致電Marina Grill電話2814 5460。



THE BACKROOM  
AT LA CAVE



Domaine Nicolas Rossignol  
Wine Dinner  
葡萄酒晚宴

|                                      |             |
|--------------------------------------|-------------|
| Thursday, August 18                  | 8月18日 (星期四) |
| Welcome drink: 7pm                   | 酒會：晚上7時     |
| Dinner: 7.30pm                       | 晚餐：晚上7時30分  |
| \$1,480 per person                   | 每位\$1,480   |
| Speaker: Pako Wong, Brand Ambassador |             |



Mr Nicolas Rossignol



MENU

Domaine François Mikulski  
Crémant de Bourgogne Brut NV

Domaine Nicolas Rossignol  
Savigny-lès-Beaune 1er Cru  
Fourneaux 2015

Domaine Nicolas Rossignol  
Beaune 1er Cru Reversées 2008  
(7 years 600 litres barrel aging)

Domaine Nicolas Rossignol  
Volnay 1er Cru Santenots 2008  
(7 years 600 litres barrel aging)

Domaine Nicolas Rossignol  
Volnay 1er Cru Chevreton 2011  
(100% whole clusters)

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

# The Citroën H Van

雪鐵龍H系貨車

- by Peter Walbrook



With a distinctive design based in part on similarly corrugated German Junkers aircraft, the Citroën H Van was in production from 1947 all the way through to the early 1980s. During this time some 473,289 were produced, little changed in design, and sold mostly in France, Holland and Belgium.

With a 1.9-litre engine, three-speed gearbox, a top speed of less than 100kmh, independent front suspension and front-wheel drive, they handled surprising well. Their recent rise in popularity, however, seems to be a combination of charming looks and spacious interior with low-loading access and high standing headroom, rather than driving pleasure.



Appearing in the latest Wes Anderson film, *The French Dispatch* (2021), and many other movies before that, the Citroën H has become very popular with food-truck operators and other mobile entrepreneurs in many countries. From outdoor events and music festivals, to busy city streets and town squares, the highly fashionable vehicles are likely to be found dispensing coffee, crepes, pizzas and just about anything else that can be prepared and sold from within their quaint exterior.

Several companies around the world – like [karpatiatrucks.com](http://karpatiatrucks.com) in the USA and [foodtruckmasters.com](http://foodtruckmasters.com) and [citroenhvan.eu](http://citroenhvan.eu) in the UK – restore, refit and sell Citroën H vans as ready-to-roll food trucks. Some companies even build replicas, make them into trailers or refit modern Citroëns with corrugated bodywork to look like the original.



The corrugated body and doors, incidentally, are not just for aesthetic appeal – they add strength to the sheet metal with no extra weight added, and were easily pressed with low-cost tooling.

Such was the popularity of the Citroën H Van that it was still in production as late as 1981, by which time it looked like a vintage truck, and from a different world than its successor, the bland and featureless Citroën C25.



雪鐵龍H系貨車的獨特設計，車身部分壓有波紋，貌似德國容克斯飛機，從1947年直到1980年代初一直維持生產。在這期間，生產了大約473,289輛，設計幾乎沒有變化，主要銷往法國、荷蘭和比利時。

1.9升發動機，三度變速箱，最高時速不到100kmh，獨立前懸系統和前輪驅動，操控性能佳。

這系列貨車近年大受歡迎，多是因為貨車的迷人外觀，和內裡寬敞的空間，與低負載通道和高站立空間結合。

雪鐵龍H系曾出現在多部電影中，最新的是魏斯安德森電影《法國派遣》（2021）。並且在許多國家，深得美食車營運商和流動商家愛戴。從戶外活動和音樂節，到繁忙的城市街道和廣場，都會發現這部外觀時尚的車輛提供咖啡、薄餅，以及售賣其他食品。

世界各地的公司 – 如美國的[karpatiatrucks.com](http://karpatiatrucks.com)、英國的[foodtruckmasters.com](http://foodtruckmasters.com)和[citroenhvan.eu](http://citroenhvan.eu)都會修復、改裝和銷售雪鐵龍H系貨車作為美食車。有些公司甚至製造仿製品，將它們製成拖車，或改裝現代的雪鐵龍，把車身改為波紋狀，使看起來像原版。

波紋狀的車身和門不僅是為了美觀 – 更可在不增加重量的情況下加強金屬板的強度，並且可以以低成本壓制。

雪鐵龍H系如此受歡迎，直到1981年仍在生產，它看起來就像一輛復古的貨車，與平淡無奇的雪鐵龍C25處於截然不同的世界。

## EVENTS SUMMER SPECIAL

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## KEVIN.MURPHY

The latest addition  
at Cutting Edge  
Hair Salon

KEVIN.MURPHY最新系列

**B**orn from the same philosophy as skincare, KEVIN.MURPHY products are weightlessly designed to deliver performance, strength and longevity. They combine hi-tech scientific knowledge with the best natural ingredients available. KEVIN.MURPHY products provide the tools to recreate high-fashion runway looks in the salon or at home, while always remaining kind to the environment.

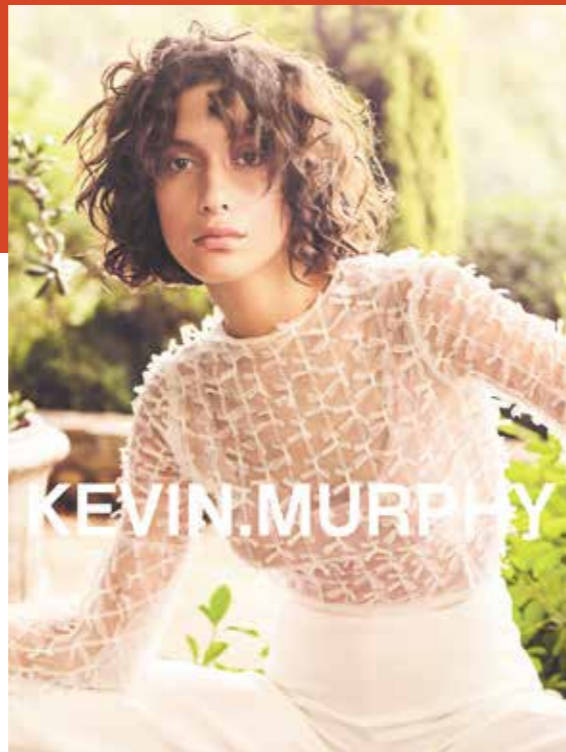
**Ingredients**

Carefully selected vitamins and amino acids that help to repair and thicken the look of hair and restore damaged and split ends. Nourishing and moisturising agents from mango and murumuru butter help to smooth the cuticles and soften the hair from root to tip.

**Brand Value**

At KEVIN.MURPHY, we care about the environment and make every effort to lessen our impact. Creating products with a conscience that are both kind to the hair and to the environment has been our guiding principle from the very beginning.

Our team has received comprehensive training on the entire range of KEVIN.MURPHY products. Please call for a consultation or recommendations at any time.



KEVIN.MURPHY產品的設計理念與護膚品相同，著重高效持久，提升髮質強度和健康。產品以高科技與最佳天然成分相結合，即使在髮廊或家中也能重現高級時裝秀造型，同時產品也注重環保。

**成分**

精心挑選維生素和氨基酸成份，有助於修復和恢復受損和分叉的秀髮。滋養和保濕的成分來自芒果和巴西棕櫚油有助撫平角質層並從根部滋養到髮尾。

**品牌價值**

KEVIN.MURPHY關心環境，產品以保持頭髮健康同時保護環境為原則，減少對環境造成的負擔。

本會團隊接受了有關KEVIN.MURPHY整個系列產品的全面培訓。查詢更多有關產品的資訊，歡迎致電諮詢或建議。

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](http://www.aberdeenmarinaclub.com) and log in for 24-hour online booking.

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歡迎瀏覽會所網頁[www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)預約服務。

MARGY'S  
MONTE CARLO

MARGY'S皇牌產品

Members are loving this brand – listed below are the top three products.

**FACE LIFT COLLAGEN MASK**  
**we call it the “SECOND SKIN”**

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

**Key Ingredients:** Pure Collagen, Hyaluronic Acid and Soya Protein, Liquorice Extract, Vitamin E.

**How and When to Use**

1. Dry and dehydrated skin – can be used daily when required, especially during the summer and winter or at least twice a week (preferably in the evening, one hour before bed, and leave for 20 minutes).
2. Combination to oily skin – use this mask once a week (preferably in the evening one hour before bed, and leave for 20 minutes).
3. Perfect before a party for smooth, radiant and hydrated skin.

**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.

**Key Ingredients:** Soya Protein and Hyaluronic Acid, Vitamin A and E and Glycoprotein.

**How and When to Use**

1. Dry and dehydrated skin – morning and evening, apply the cream until fully absorbed.
2. Combination to oily skin – in the evening, apply to the face, avoiding the T-zone.

**STEM CELLS ILLUMINATING SERUM**

The highly concentrated and active ingredients of Stem Cells Illuminating Serum will stimulate cellular renewal

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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。



and circulation, minimising fine lines and imperfections, brightening the skin and leaving it radiant.

**Key Ingredients:** Apple Tree Stem Cells, White Mulberry Roots Extract, Hyaluronic Acid, Marine Collagen.

**How and When to Use**

For all skin types – apply daily, morning and evening to a clean skin. Use after the Lotion and before the Stem Cells Illuminating Emulsion.

以下三款為最受會員歡迎的MARGY'S產品：

**提拉緊緻膠原面膜**

首次使用純膠原蛋白製成的面膜，皮膚立即變得飽滿，細紋減少，容光煥發。

主要成分：純膠原蛋白、透明質酸和大豆蛋白、甘草提取物、維他命E。

**使用方法**

1. 乾燥缺水肌膚 — 需要時可以每天使用，特別是在夏季和冬季或每周至少兩次（最好在睡前一小時使用，敷20分鐘）。
2. 混合性油性肌膚 — 每週使用此面膜一次（最好在睡前一小時使用，敷20分鐘）。
3. 在派對前完美打造光滑、亮澤和水潤的肌膚。

**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。

主要成分：大豆蛋白和透明質酸、維他命A和E以及蛋白糖。

**使用方法**

1. 乾燥和缺水肌膚 — 早晚，全面塗上直至完全吸收。
2. 混合性油性肌膚 — 晚上，全面塗上，避開T字位。

**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。

主要成分：蘋果樹幹細胞、白桑根提取物、透明質酸及海洋膠原蛋白。

**使用方法**

適合所有肌膚 — 每天早晚潔面後塗上，在乳液之後和乾細胞亮膚乳液之前使用。

歡迎預約MARGY'S產品的面部護理，讓您的皮膚獲得驚人的體驗。

Z E N T S

# the BESPOKE

BESPOKE  
深層保濕系列

## Collection



**T**he BESPOKE Collection is a full range of deeply hydrating, healing and age defying body care in 10 different gentle and compatible aromas. Each aroma is designed to be beautiful when worn independently and is also compatible with other aromas in the collection, giving the wearer an opportunity to engage their creativity and sense of play.

Scents were vetted by our highly scent-sensitive founder, Cord, who states "any aroma that gave me a headache simply didn't make it into the collection."

As a result, these aromas are coveted by the scent sensitive. Despite its careful attention to sophisticated aromas, the BESPOKE Collection also remains highly rooted in results-driven body care. Its dual focus on bringing consumers the best of both worlds – high end perfume and clean skincare – offers a unique approach to modern beauty and presents a unique find in the marketplace.

BESPOKE系列是具有深層補濕、修復和抗衰老功能的身體護膚產品，提供10種不同的香味。每種香味各具其獨特之處，並且可與同系列的香薰一併使用，發揮更佳的效果。

創辦人Cord 對香薰有一套原則，他說：「任何讓我頭疼的香味都不會列入這個系列內。」

因此，這系列的香味讓人愛不釋手。除了精緻的香氣，BESPOKE系列亦是高度注重成效的身體護理產品。這帶來雙重的優質體驗 — 高端香水和清潔護膚品；成為現今市場上獨特的護膚佳品。



We are open daily from 9am to 7pm.

For booking and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com).

美髮及美容中心營業時間為每天上午9時至晚上7時。

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CUTTING  
**Edge**

CUTTING EDGE  
NAILS BAR

# A New Pedicure Experience with Elim

ELIM全新美甲體驗

FROM THE FOUNDER  
OF ELIM BRAND

"The idea for MediHeel came from a personal experience and my desire for a pedicure that could deliver longer lasting results with superior active ingredients."

All the way from South Africa, ELIM brand has an extensive range of Hands and Feet products.

SAY  
**HELLO**  
TO THE  
NEW GENERATION  
PEDICURE  
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# Hong Kong History

香港歷史

Barker Road Peak Tram Station

We have covered a lot of history in recent issues – from street signs and post boxes to boundary stones and even the Air Raid Precaution tunnels. This time, our urban walk will pass some more obvious buildings and give you some insight into their history.

This walk starts off at the Peak Tower, from where you can enjoy a delightful walk around Harlech Road and Lugard Road. While many of you will have walked here before, you may not know the history of Dragon Lodge at 32 Lugard Road – said to be the most haunted house in Hong Kong. It dates back to at least the 1920s and while some of the ghost stories are probably embellished, I wouldn't go in there at night!

Once back at the Peak Tower, head down Findlay Path towards Barker Road to see Barker Road Peak Tram station, which dates all the way back to 1888. Then keep going down Barker Road and on the right hand side you will see a small building, which is now an electricity substation, but was actually the garage block for a long-since demolished house built in 1908.

Continue down Barker Road to what remains of Victoria Hospital, originally built in 1903. Unfortunately the hospital was damaged during World War II and only the maternity ward remains, but it's worth a brief view.

Carry on down Barker Road where there are some lovely views over Victoria Harbour, then turn left down Peak Road, and then right down to Coombe Road. At the junction you can see Cameron Mansions, once the location of the Japanese War Memorial, built after the Battle of Hong Kong. The War Memorial was promptly demolished in 1946, but there is said to be a 500-year old samurai sword still hidden in the remaining foundations.

Next it's on to Coombe Road where we see number 23 - originally called Stonyhurst, which was built in 1887

and now considered to be the oldest surviving European house on the Peak. Despite a threat of redevelopment, it has stood empty for many years. Let's hope it will be restored in its current form and preserved for prosperity.

Almost next door to 23 Coombe Road is number 27, which houses the Hong Kong Police Museum and its wonderful old field gun dating back to 1896. The gun is of German origin and was actually brought into Hong Kong by the Japanese during or just after the Battle of Hong Kong. It was discovered on a scrap heap in 1946 before being restored and placed at Tai Po Police Station until 1988, when it was moved to its current location.

You are now at Wan Chai Gap so there are many options to get home. You could head down the steep Wan Chai Gap trail and end up in Wan Chai itself – close to the Blue House on Stone Nullah Lane, built in the 1920s. Remember also, this is the road with Hong Kong's oldest surviving street sign – situated on Wan Chai Pak Tai Temple dating from 1863. Or you could head down the Wan Chai Gap trail and take Bowen Road left or right to Mid-Levels or Stubbs Road.

Finally you could extend your walk over Black's Link and end up at Wong Nai Chung Gap, where there are several sights including wartime pillboxes. Wherever you end your walk, you will have seen some lovely relics of Hong Kong's colonial history!

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



在最近的幾期中，我們介紹了很多歷史古蹟 — 從路牌和郵箱到界石，甚至是防空隧道。這次，我們的城市漫步會經過一些比較大型的建築，讓你了解它們的歷史。

我們先從山頂凌霄閣起步，輕鬆走過夏力道和盧吉道。相信大家從前都到過這裡，但你可能不知道位於盧吉道32號的龍廬的歷史 — 相傳這裡曾經是香港最鬧鬼的地方。它源於1920年代，雖然有些鬼故可能是有誇大成份，但我是不會在晚上進去的！

回到凌霄閣後，經芬梨徑往白加道，就能看到白加道山頂纜車站，該站的歷史可以追溯到1888年。然後繼續沿著白加道走，道旁右邊有一座小建築，它現在是一個變電站，但前身是一棟建於1908年並已拆卸的房屋的車庫。

繼續沿白加道前行，前往域多利醫院的遺跡。該醫院建於1903年，可惜在二戰期間遭到破壞，只剩下產科翼樓，但仍值得一看。

沿著白加道下行，可以欣賞到維多利亞港的美景，然後左轉落山頂道，再右轉至甘道。在路口，你可以看到金馬倫大廈，這曾經是日佔時期忠靈塔的所在地，是日本人在香港保衛戰之後建造的。該塔在1946年被迅速拆除，但據說仍有一把500年歷史的武士刀埋藏在僅餘的地基中。

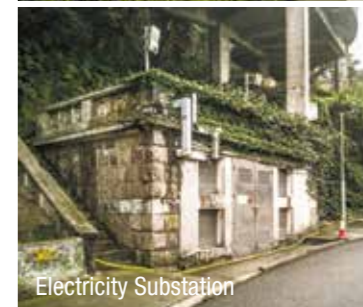
接下來進入甘道，來到23號（最初稱為Stonyhurst），它建於1887年，為山頂上現存最古老的歐洲式大宅。儘管面臨重建的威脅，但它多年來一直被丟空閒置。希望它能夠被修復並繼續保存下來。



Hong Kong Police Museum



Dragon Lodge



Electricity Substation



23 Coombe Road

甘道27號就在23號毗鄰，裡面有警隊博物館及其於1896年鑄造精良的野戰炮。這門炮源於德國，在香港保衛戰時期由日本人帶入香港。它於1946年在廢物堆中被發現，然後被修復並放置在大埔警署，直至1988年才被轉移到現在的位置。

你現在身處灣仔峽，所以有很多離開的途徑。既可沿著陡峭的灣仔峽道前往灣仔，附近就是石水渠街，有建於1920年代的藍屋。還記得這條路有香港現存最古老的路牌，正正位於灣仔北帝廟，該廟始建於1863年。再者，你可以沿著灣仔峽道下行至寶雲道，往左或右至中半山或司徒拔道。

最後，你還可以繼續沿布力徑漫步到黃泥涌峽，那裡有戰時碉堡等多個景點。無論你在哪裡結束行程，你都會看到一些有趣的香港殖民地歷史遺跡！

有關這次城市歷史遠足的更多資訊，請聯絡本會的康體部總監李基爾。



Old Victoria Hospital  
Maternity Ward



SL120A: asymmetry at its best.



SL  
120/A

SANLORENZO

ASIA

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## Family Hiking Club July & August

家庭登山樂 - 7月及8月

**W**ith the hottest months now upon us, we will not venture too far from the Club. The Aberdeen Urban History Walk passes some wonderful old buildings. We will start at the Club and will pass the Holy Spirit Seminary, the old Aberdeen Dockyard, the Tin Hau Temple, the old Aberdeen Police Station and the Aberdeen Technical School before returning to the Club.

In August we will once again visit the Hong Kong Cemetery in Happy Valley, which was founded in 1845 and contains the oldest colonial building in Hong Kong – its quaint chapel. The beauty of this cemetery is that it continues to serve its purpose some 180 years after opening – a peaceful resting place for long-departed souls and a tranquil area for those with curious minds or those seeking solitude.

**Aberdeen Urban History Walk  
– Saturday, July 16**

**Hong Kong Cemetery Walk  
– Saturday, August 27**

These walks are fairly easy and suitable for children over eight years of age. Please bring your own water bottle, hat, sun lotion and comfortable walking shoes. We will start at 9.30am from the Club lobby and should return around 11.30am, just in time for an early lunch.

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

Reservations required – please call 2814 1222.



Holy Spirit Seminary

炎夏即將到來，我們不會到離會所太遠的地方。香港仔城市歷史遠足會經過一些有趣的舊建築。我們將從會所出發，途經聖神修院、舊香港仔船塢、天后廟、舊香港仔警署和香港仔工業學校，然後返回會所。

八月，我們將再次參觀位於跑馬地的香港墳場，該墳場始建於1845年，內裡有香港最古老的殖民時期建築 – 古樸的墳場教堂。這座墓地的奇妙之處在於它在開放約180年後仍繼續發揮其功用 – 為逝去已久的靈魂提供一個寧靜的安息之地，以及為那些好奇或尋求獨處的人提供一個寧靜的地方。

**香港仔城市歷史遠足 — 7月16日 (星期六)**

**香港公墓漫遊 — 8月27日 (星期六)**

路線相對容易，適合八歲以上的小童參加。請自備水、帽、防曬用品和穿著舒適的鞋子。我們將在上午9時30分從會所大堂出發，大約在上午11時30分返回會所，正好趕上享用一頓午餐。

有關這些歷史遠足活動的更多資訊，請聯絡本會的康體部總監李基爾。

報名請致電2814 1222。



Tin Hau Temple

# Summer of Fun 2022

Great fun throughout the summer!



## Summer Camps

Have a fantastic summer and help your kids to select their favourite activities from the following categories. This year the Summer Programme runs until August 31.

康體活動小組準備了多種精彩的暑期活動直到8月31日。快為你的子女選擇他們喜愛的活動，讓他們度過一個歡樂而難忘的暑假吧！

- Arts & Crafts Camps 手工藝創作營
- Ball Games Camps 球類活動營
- Dance Camp 跳舞營
- Health & Fitness Camps 健體營
- Ice Skating Camps 溜冰營
- Self-development Camps 個人發展班
- Swimming Camp 游泳營
- STEM Programmes STEM 啟發班

For enrolment and enquiries, please refer to our Summer Programme flyer or visit the Club website. You may also contact the Central Reservations Centre at 2814 1222 or email to [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

報名或查詢，請參閱暑期課程小冊子或本會網頁。你亦可致電預訂服務中心電話2814 1222或電郵至 [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)。



## Summer Kids' Club

A great Kids' Club geared towards having fun and making friends for children aged five to eight.

- Fun sporting activities include: Bowling, Sports Fun, Ball & Bats, Body Movement.
- Creative activities include: Arts & Crafts, Science Fun, Board Games and Rigamajig!
- The Club runs from Monday to Friday throughout July to Mid-August, with enjoyable activities from 9.45am to 4.15pm.

為5至8歲的兒童帶來歡樂及結識新朋友！

- 有趣體育活動包括保齡球、球類及肢體遊戲活動。
- 創意活動包括工藝創作、趣味科學、棋盤遊戲和 Rigamajig！
- 活動時間為七月及八月逢星期一至星期五，上午9時45分至下午4時15分。

Member 會員:

\$4,500 for five days 五天

Guest 來賓:

\$5,500 for five days 五天

Buffet lunch at The Deck is included.

包括享用The Deck自助午餐



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



## F1 Pitstop Weekend Challenge at Chill Zone

### F1週末賽事

- Great Britain, Austria, France, Hungary – July 2, 3, 9, 10, 23, 24, 30 & 31
- Belgium – August 27 & 28
- Netherlands, Italy – September 3, 4, 10 & 11
- 英國、奧地利、法國、匈牙利 – 7月2、3、9、10、23、24、30及31日
- 比利時 – 8月27及28日
- 荷蘭、意大利 – 9月3、4、10及11日

Enquiries 查詢: 2814 5483 (Chill Zone)

## 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, July 15     | • 7月15日(星期五) |
| • Friday, August 12   | • 8月12日(星期五) |
| • Friday, September 9 | • 9月9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, July 29      | • 7月29日(星期五)  |
| • Friday, August 26    | • 8月26日(星期五)  |
| • Friday, September 23 | • 9月23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, July 22      | • 7月22日(星期五)  |
| • Friday, August 19    | • 8月19日(星期五)  |
| • Friday, September 16 | • 9月16日(星期五)  |

Enquiries 查詢: 2814 5360 (Adventure Zone)



THE YARD

## 9/F THE YARD Family Games Room is Now Open

### 9樓The Yard

### 家庭遊戲室現正啓用

This is an exciting new games room for the entire family to enjoy some competitive family fun. The newly renovated The Yard also has a great selection of game machines!

全新的遊戲室，適合一家大細享受家庭樂。新裝修的The Yard設有多款遊戲機可供選擇！

Enquiries: 2814 5483 (Chill Zone)





## Group Fitness Programme for Adults

### 成人團體健身班

Look out for the schedule of complimentary classes, e-wires and posters around the Club for more details.

To get back to your workout routine, join us now.

Some regular group lessons will be suspended during summer.

如欲了解更多本會的免費課程，可參閱電子資訊或會所內的時間表。重啟你的日常鍛鍊，請立即加入我們。

#### Every Monday 逢星期一

- 8.45-10.15am – CIRCUIT TRAINING by Raul
- 10.15-11.15am – WATER AEROBICS by Corwin
- 10.30am-midday – TAI CHI ADVANCED by Donald

#### Every Tuesday 逢星期二

- 8.30-9.30am – PILATES by Tracy
- 9.30-10.30am – TABATA by Mike

#### Every Wednesday 逢星期三

- 9-10.15am – TAI CHI BEGINNERS by Donald
- 9.30-10.30am – PILATES by Tracy
- 7.15-8.15pm – TAI CHI BEGINNERS & INTERMEDIATE by Donald

#### Every Thursday 逢星期四

- 9-10am – ZUMBA by Sandra
- 10-11am – YOGA STRETCH by Meagan
- 7.15-8.15pm – CARDIO TENNIS

#### Every Friday 逢星期五

- 8.30-9.30am – PILATES by Iris
- 8.45-10.15am – CIRCUIT TRAINING by Raul
- 10.15-11.15am – WATER AEROBICS by Corwin

#### Every Saturday 逢星期六

- 11am-midday – ZUMBA FOR ALL LEVELS by Sandra

## Basketball Adventure

### by Adventure Sports Academy Limited

### 籃球班

#### Mini Dunks Programme

**Every Friday for ages 2 to 3 years old - accompanied by a parent or guardian**

Children will be introduced to the basic skills of basketball and begin the development of hand-eye coordination and key motor skills

#### First Bounce Programme

**Every Wednesday & Friday for ages 5 to 11 years old**

Developing a solid foundation of shooting and passing technique and teaching the children the importance of team work

#### Basketball Adventure Programme

**Every Wednesday for ages 11 years & above**

In this programme, children will be introduced to the concept of playing the game of basketball. We will begin to further develop the fundamental skills of dribbling, catching, shooting and passing.

#### 幼童入籃班

適合兩至三歲兒童 (需由父母或監護人陪同), 逢星期五上課

向學員們介紹籃球的基本技能，並開始發展手眼協調和關鍵動作技能

#### 籃球初班

適合五至十一歲兒童，逢星期三及五上課

打下紮實的射門和傳球技術基礎，教導孩子團隊合作的重要性

#### 籃球冒險班

適合十一歲或以上兒童，逢星期三上課

這個課程將向學員介紹打籃球的概念，進一步發展運球、接球、投籃和傳球的基礎技能。

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



## Children's Dance

by BallroomBees

### 兒童舞蹈班

BallroomBees is a fun and friendly way for kids to connect through dance, music and play – a system that teaches children agility and gross motor skills, but with the base of ballroom dancing. It also teaches them to interact with each other as partners and across gender, culture and language barriers, fostering a deep sense of self and respect for their peers.

#### BabyBees (1.5 – 2.5 years old)

This is the perfect introduction to movement, dance and music. It is an accompanied class where adults and children explore, experience and dance together.

#### GrowingBees (2.5 – 4 years old)

GrowingBees are indeed growing and they are developing at an enormous pace. Children learn more about how their bodies move and how to coordinate movement and music.

#### HoneyBees (4 – 6 years old)

HoneyBees love to dance, play and sing, but they are also at an age where their learning capacity is increasing. Our posture, balance and coordination games are more difficult now and we work more on the dynamics of the body, and the structure of music so we can count our dances.

#### SuperBees (6 – 8 years old)

Our SuperBees are just incredible. The children love to be challenged and they love the partner games. At this age we are still focused on coordination and musicality, but we are now teaching the children more advanced ballroom dancing figures so the understanding of working with a partner is becoming more and more immersed in the classes.

BallroomBees是一種有趣的方式讓孩子學習舞蹈、音樂和遊戲，課程教授學員以交際舞為基礎的動作技能。還讓他們學習尊重、合作和相互交流，跨越性別、文化和語言障礙，培養深刻的自我意識。

#### BabyBees (適合歲半至兩歲兒童)

孩子在歲半至兩歲時是介紹運動、舞蹈和音樂的最好時間。由家人與孩子一起探索課程、體驗和跳舞。

#### GrowingBees (適合兩歲半至四歲兒童)

適合正值兩歲半至四歲兒童成長時期發展迅速，學員可學習到如何配合音樂協調身體動作。

#### HoneyBees (適合四至六歲兒童)

蜜蜂喜歡跳舞、玩耍和唱歌，這年齡別處於學習能力不斷提高的階段。姿勢、平衡和協調遊戲將會提高難度，讓身體動態與音樂結合，並舞蹈起來。

#### SuperBees (適合六至八歲)

這年齡別的孩子喜歡接受挑戰，以及喜歡結伴玩樂。課程中仍然專注於協調與音樂，教授更高階的標準舞蹈，讓孩子能理解如何與夥伴合作。

## Private Singing Lessons

by Sing And You

### 私人唱歌班

Every person is born with a unique instrument – the human voice. Are you using your voice properly? Steve is dedicated to honing his students' skills in singing, speech, communication and stage performance, turning ordinary into extraordinary.

Steve Tam, founder and the master coach of Sing and You, has over 30 years' experience in personnel management, behavioural analysis, stage performance and singing competition.

大家都有天賦獨特的聲音，您有否正確地用聲？Steve致力培養學生的歌唱、演講、溝通和舞台表演技巧，使平凡變成非凡。

Steve Tam是Sing and You的創始人兼總教練，擁有30多年的經驗，包括人事管理，行為分析，舞台表演和歌唱比賽等。

## Painting

### by Pitter Painter

### 繪畫班

Unleash your child's creativity in an inspiring and nurturing atmosphere. Children will have fun drawing, painting and letting their imaginations run free!

In small classes, children will be guided through themed projects and taught the fundamentals of drawing, colour mixing, painting techniques and even some interesting art history. Our lessons are developmentally appropriate and designed to give kids a central idea to start from and room to take this idea as far as their inspiration, little fingers and loads of paint will take them.

在合適的氛圍中，讓孩子透過繪畫發揮他們無限的創意。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佳作。





## ANDY HENDERSON

### Senior Golf Professional

Andy teaches a system based on the Iain Roberts Teaching Manual with its systematic method and focus on the pupil. He became a golf coach in 1999, and has since worked in the UK, USA, Russia, Poland and China. After becoming a PGA of Europe Tutor and an R&A Golf Development Consultant, Andy served on the PGA Poland Education Committee for five years. As a player he has had some success, winning a PGA Cup Pro-Am in 2008 and reaching the PGA Matchplay semi-final in 2006.

Andy以Iain Roberts的教學基礎為中心來教授學生。他在1999年成為高爾夫教練，先後在英國、美國、俄羅斯、波蘭和中國工作。在成為歐洲PGA導師和R&A高爾夫發展顧問後，Andy曾在PGA波蘭教育委員會任職五年。作為一名球員，他在2008年贏得了PGA杯Pro-Am，並在2006年進入了PGA比賽的準決賽。



## CHRISTINE CHUCK

### Golf Professional

Christine became a Hong Kong PGA Professional in 2009. When she moved back to Hong Kong in 2004 from the United States, she started work at The Jockey Club Kau Sai Chau Public Golf Course as Golf Services Manager until 2009. During her tenure at KSC, she acquired sound foundation in golf skills and teaching. From 2009 to 2011 she apprenticed under Richard Fern, USPGA, where she learned John Jacobs golf teaching.

Christine於2009年成為香港PGA職業球員。2004年她從美國遷回香港，並開始在賽馬會灣西洲公眾高爾夫球場擔任高爾夫球服務經理至2009年。任職期間，她在高爾夫技巧和教學方面打下了良好的基礎。由2009到2011年，她是USPGA的Richard Fern旗下的學員，並向John Jacobs學習高爾夫教學。



## MIKE RIVERA

### New Fitness Professional

Mike has worked in the fitness industry for over 20 years. He moved from Mexico to Hong Kong in 2008 after sharing his fitness experience in countries including Germany, Spain, Argentina, Brazil and Chile. Mike has a Masters Degree in Sports Psychology and is a trainer focusing on HIIT, Tabata, TRX, Functional Training, Spinning and more.

"Fitness has given me the best in my life," says Mike, "and I just want to share my love for it."

Mike在健身行業工作了20多年。他曾在德國、西班牙、阿根廷、巴西和智利等國家分享健身經驗，並於2008年從墨西哥移居香港。Mike持運動心理學碩士學位，專門教授HIIT、Tabata、TRX、功能訓練及健身單車等。

Mike說：「健身給予我生命中最好的，我想與大家分享這份熱愛。」



## SANDRA JIMENEZ

### New Zumba Professional

Sandra was born in Colombia and graduated in Physical Education from the country's most prestigious university. She teaches physical activity for health through dance, especially using Latin rhythms. Passionate about her roots, Sandra loves to share the essence of Latin culture with her students. Certified in ZUMBA in 2013, She has lived in Hong Kong for two years, sharing the flavour and joy of Latin culture in her Dance and ZUMBA classes.

Sandra出生於哥倫比亞，並在哥倫比亞最享負盛名的專業體育大學畢業。她透過教授舞蹈以促進健康，尤其是運用拉丁舞的節奏。Sandra對舞蹈充滿熱情，喜歡與她的學生分享拉丁文化的精髓。她在2013年獲得ZUMBA證書，其後在香港生活了兩年。她喜歡在ZUMBA課程中分享拉丁文化的特色和樂趣。

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

## Renovation of the 5/F Health Club Lounge and Café Area

### 5樓健康中心新面貌

The 5/F Health Club Lounge and Café area will undergo a soft renovation for two months from early July. During this time, there will be limited seating, with no food or beverage service available. Changing Room access will be diverted but we will do our best to minimise any inconvenience.

We thank you for your co-operation, apologise in advance for any disruption caused, and hope that Members will enjoy the new enhancements when refurbishment is complete.

五樓健康中心將於7月初進行為期兩個月的翻新。工程進行期間，將只提供有限座位，並暫停餐飲服務，更衣室出入口亦會有所變動。不便之處，敬請原諒。



## Opposite-Sex Age Limit in Changing Rooms 異性更衣室年齡限制

Only children aged five years and below are allowed to access opposite-sex changing rooms or showers. We thank you for your co-operation with this policy.

只准許五歲或以下的兒童進入異性更衣室和淋浴間。多謝合作。

## Typhoon Policy 颱風

The Club will be closed two hours after the Typhoon Signal No. 8 has been hoisted. If the Signal is lowered before 4pm, the Club will reopen two hours later. If lowered after 4pm, the Club will remain closed for the rest of the day. We will update Members by e-wire.

會所將於懸掛8號颱風訊號後兩小時關閉。若8號颱風訊號於下午四時前除下，會所將於兩小時後重新開放；但若8號颱風訊號於下午四時後除下，該日則不再營業。請密切留意e-wire的最新資訊。

## New EV Chargers 新設電動車充電設施

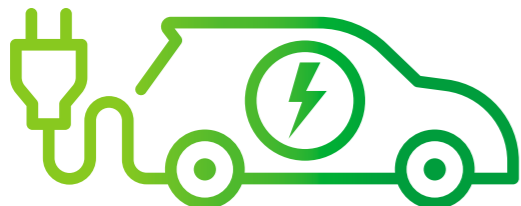
New EV chargers have been installed at the upper 3/F Car Park.

With increased demand for charging facilities, the Club has increased charging spaces from four to six. The charging fee is \$15 for half an hour and users may charge for a maximum of two hours.

Vehicles staying more than two hours in an EV charging space, or occupying an EV charging space for parking only, will be impounded and charged \$480 for release.

三樓停車場上層現已增設電動車充電設施。

因應需求上升，本會充電設施由四個增加至六個。每半小時收費\$15，每次最多可充電兩小時。如停留超過兩小時的車輛，或佔用電動車充電車位作非充電用途，車輛將被鎖押並需支付\$480解鎖費。



## Embarkation/Disembarkation at End of Dock G

### G橋上落船守則

To enhance the embarkation control on Dock G, we would like to remind you of the following mooring policy.

- Dock G embarkation and disembarkation is for approved boats only and must be applied for at least 24 hours in advance. Non-approved 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.
- Please fill in the Embarkation Form at [www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com), submit a form to the Marina Office by email to [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com), or by fax to 3020 7484.

Thank you for your attention. Should you have any queries, please contact the Marina Office on 2814 5368.

請遵守以下碼頭G橋上落船守則：

- 碼頭G橋只限獲批准之船隻於指定時間內使用，並需於24小時前申請。未經批准之停泊將罰款港幣1,000元。
- 請確保乘客到齊方可上落。
- 登船時間不得超過10分鐘。超時將收取每五分鐘港幣1,000元的費用。
- 如欲提交登船申請表格，請瀏覽會所網頁

[www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)、傳真至海事部3020 7484或電郵至[marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com)。查詢可致電海事部電話2814 5430。

## Children's Passports 兒童通行證

We are very happy to re-launch the Children's Passport Programme and all Junior Members are invited to join.

Please pick up a Children's Passport at the Lobby Reception, simply follow the instructions and complete all tasks, then claim your special gift when mission accomplished!

Each passport is valid for three months.

For enquiries, please call Membership Office on 2814 5436 or email [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com).

本會已重新啟動兒童通行證計劃，並邀請所有少年會員參加。

請在大堂接待處領取兒童通行證，只需按照指示，完成所有任務後便可以領取特別禮物！

每本兒童通行證有效期為三個月。

查詢請致電會員部2814 5436，或電郵至[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)。



## Marina Clean-up Day 海事清潔日

With an increasing amount of garbage washing into our berthing area lately, the Club have arranged Marina Clean-up Days in the past few months to get rid of as much as possible and promote a sense of caring for our environment.

Different Club departments worked together for the events, which were held three times in the past three months with more than 30 members of staff collecting five kilos of garbage from the berthing area.

After the clean-up, light snacks and drinks were provided to cool everyone down a little in the hot weather. Thank you to all the volunteers, it was worth the sweat to see a much cleaner Marina after all your hard work.

We extended an invitation to Members for the June clean-up, and are most grateful for everyone's participation and support.

隨著近來越來越多垃圾被沖至泊船位，本會在過去數月內安排海事清潔日，清理船位的垃圾並增強我們對環保的意識。

是次活動得到各部門的合作，超過30名員工參與，合力在停泊區收集了五公斤垃圾。

經過辛勤的工作後，本會提供小吃和飲料，讓大家在炎熱的天氣下稍微降溫。感謝所有義工的努力，讓一個更潔淨的碼頭呈現眼前。

我們更邀請了會員一同參加六月份的清潔日，衷心感謝各位的參與和支持。

# Horseshoe Crab Rearing Programme

## 馬蹄蟹保育計劃

The Club joined the Horseshoe Crab Rearing Programme again this year, fostering eight baby horseshoe crabs for almost six months. Now it is almost time to say goodbye.

We would like to invite you to join us to release "our" horseshoe crabs into the wild, and to help clean up the mudflats in Ha Pak Nai. This activity has been suspended for the past two years due to COVID-19 and we are very glad that it can be resumed this year. During this trip to Ha Pak Nai, we will also learn about the beautiful mudflats, the living conditions for the horseshoe crabs and, most importantly, help with environmental conservation.



今年本會再次參加馬蹄蟹保育計劃，培育了八隻小馬蹄蟹近六個月，現在是時候說再見了。

保育計劃由香港城市大學和香港海洋公園保育基金會聯合舉辦，旨在為幼蟹提供良好的棲息地，以提升馬蹄蟹生存機會。

本會邀請大家參加小馬蹄蟹回歸野外活動，並幫助清潔下白泥的泥灘。此活動因為疫情緣故已暫停兩年，很高興今年能夠復辦。活動中大家可了解馬蹄蟹的生活條件，最重要的是能夠為保護環境出一分力。感謝大家的支持。

7月12日（星期四）下午1時至5時

地點：會所及元朗下白泥

本會將安排旅遊車往返服務。

下午1時10分 – 前往下白泥

下午2時 – 簡報和清理泥灘

下午2時45分 – 馬蹄蟹回歸野外

下午4時 – 返回會所

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

名額有限，先到先得。每位會員最多可邀請兩名賓客。

Tuesday, July 12

1pm to 5pm

Location: The Aberdeen Marina Club and Ha Pak Nai, Yuen Long.

Round-trip transport will be arranged from the Club to Ha Pak Nai.

1.10pm – Travel to Ha Pak Nai

2pm – Briefing and clean-up on the mudflats

2.45pm – Release of horseshoe crabs

4pm – Return to the Club

The rearing programme is jointly run by City University of Hong Kong and Ocean Park Conservation Foundation Hong Kong. It aims to provide a good habitat for young crabs to grow and to increase their chances of survival.

Representatives from City University and Ocean Park, as well as the horseshoe crab "parents" will be participating in the event.

Your support is very much appreciated.

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

Please note that space is limited and places are allocated on a first-come-first-served basis. Each Membership may invite up to two guests.

## Introduction to First Aid Course for Family Assistants

### 家庭助理急救課程簡介

#### Objectives

- To introduce basic principles of First Aid.
- To provide hands-on practice of basic First Aid treatment.
- To motivate further First Aid knowledge and skills.

#### Course Content

- Principles of First Aid & Action at an emergency.
- Bleeding and Control Bleeding.
- Recognition and Management of Shock and Fainting.
- Recognition and Management of Heart Attack.
- Recognition and Management of Fractures.
- Management of Burns and Scalds.
- Management of Airway Obstruction.
- Management of Asthma.
- Heat Exhaustion and Heat Stroke.
- Epilepsy.
- Recovery Position.
- A Standard First-Aid Kit.

Attendees will be awarded an Attendance Certificate. The certificate is valid for two years, and it is recommended to re-take this course every year.

#### 簡介

介紹急救的基本原理  
提供基本急救治療的實踐機會  
進一步認識急救知識和技能

#### 內容

- 緊急情況下的急救程序
- 出血和控制出血
- 認識和管理休克和昏厥
- 認識和處理心臟病發
- 認識和處理骨折
- 處理燒傷和燙傷
- 處理氣道阻塞問題
- 處理哮喘病
- 處理中暑的問題
- 處理癲癇症
- 康復照顧
- 介紹標準的急救箱

出席者將獲發出證書。證書有效期為兩年，建議每年重新參加本課程。

Thursday, July 7 - 10am to 1pm

2/F Marina Suite

Speaker

Hong Kong St. John Ambulance representative  
Member: \$100

7月7日（星期四）上午10時至下午1時

2/F海翔廳

講者

香港聖約翰救護機構代表  
會員：\$100

For registration, please call the Membership Office on 2814 5436 or email [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com).

預約請致電會員部電話2814 5436或電郵至 [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)。



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