



# PORTWATCH

*July/August 2025*



**PORTS OF CALL: THE ITALIAN RIVIERA**



# REACH FOR THE CROWN



THE DAY-DATE

OFFICIAL ROLEX RETAILER

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**ZURICH WATCH**  
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# PORTWATCH

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

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Portwatch Editor / Mr Adam Nebbs  
Cover Photo: Portofino



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





# Contents

JULY AUGUST 2025

**06** Dates for your Diary  
活動日誌

**14** **Ports of Call**  
The Italian Riviera  
遊歷意大利海岸

**20** La Cave Team  
Recommendations  
La Cave 團隊推介

**22** Wine Dinner  
葡萄酒晚宴

**24** **Design Icons**  
The SS Rex  
超級遊輪雷克斯號

**26** Lifestyle Corner  
生活資訊

**30** Hair & Beauty Salon  
美髮及美容中心

**33** Fitness Centre  
健康中心

**36** Sports & Recreation  
News  
最新康體資訊



**40** Activities News  
活動消息

**42** Management Message  
管理層訊息

**43** Meet our Colleagues  
認識我們

**45** Corporate Social  
Responsibility  
企業公民社會責任

**46** Club Notices  
會所快訊

**47** Memorable Moments  
難忘片段

**24**



**14**

**20**



**13**



**12**



# JULY

## ALL OF JULY

The Deck  
**Butcher's Block Roast & Grill**  
(Monday to Thursday evenings)

Taiwanese Pop-up  
**Dinner Buffet**  
(weekends including Friday evenings)



**1**  
TUESDAY

**The Grabber Machine Returns! - Beautiful Rock**  
The Yard  
9am - 7pm

**6**  
SUNDAY

**Arts & Crafts - Make Your Family Picture**  
Run,2,3!  
2.30pm - 4.30pm



**10**  
THURSDAY

**Australian Black Truffle x By Farr Wine Dinner**  
Marina Grill  
7pm



**11**  
FRIDAY

**Shooting Range**  
Kids on 8!  
7pm - 7.30pm

**13**  
SUNDAY

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

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



**18**  
FRIDAY

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

**20**  
SUNDAY

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



**26**  
SATURDAY

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

**27**  
SUNDAY

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

**Fitness Centre Orientation**  
Fitness Centre  
2pm - 4pm

# AUGUST

**3**  
SUNDAY

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

**10**  
SUNDAY

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

**15**  
FRIDAY

**Shooting Range**  
Kids on 8!  
7pm - 7.30pm

**17**  
SUNDAY

**The Grabber Machine Returns! - Lovely Elephants**  
The Yard  
9am - 7pm

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

**21**  
THURSDAY

**Querciabella Wine Dinner**  
Caffè Luna  
7pm

**23**  
SATURDAY

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

**24**  
SUNDAY

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

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

**The Yard Challenge - Angry Bird Shooting**  
The Yard  
10am - 7pm

**Back to School Sunday Splash**  
Tropical Pool  
2pm - 6pm

## ALL OF AUGUST

The Deck  
**Malaysian Delicacies & Durian Dessert Dinner Buffet**  
(weekends including Friday evenings)



## DINING THROUGHOUT JULY AND AUGUST

Marina Grill  
**Australian Black Truffles**

Caffè Luna  
**Costiera Amalfitana Amalfi Coast**

The Balcony  
**Summer Thai**



The Horizon  
**Summer Specials**

**28**  
THURSDAY

**New Players Evening**  
Roof Top Tennis Court  
7pm - 9pm

**31**  
SUNDAY

**Fitness Centre Orientation**  
Fitness Centre  
2pm - 4pm

**Wellness Assessment**  
Cutting Edge  
10am - 5pm



THE DECK

# Butcher's Block Roast & Grill

## 特色燒烤巡禮

Throughout July

Monday to Thursday  
From 5.30-9pm  
Adult \$320 Child \$128

Try the daily selection of special grilled meats at the buffet carving station.

**MONDAY** - Steak Night

**TUESDAY** - American BBQ

**WEDNESDAY** - Southeast Asian Grill

**THURSDAY** - Spanish Parilla

七月

星期一至四  
下午5時30分至晚上9時  
成人 \$320 小童 \$128

誠邀您到The Deck品嚐各式精選燒烤美食主題的自助晚餐。

**星期一** - 精選烤牛扒

**星期二** - 美式燒烤

**星期三** - 東南亞風味燒烤

**星期四** - 西班牙烤肉

# Taiwanese Pop-up Buffet

## 台式自助餐

Throughout July

Friday, Saturday, Sunday  
and public holiday.  
From 5.30-9pm  
Adult \$388 Child \$128

Join us for an exquisite Taiwanese pop-up buffet with a delightful array of traditional dishes that capture the essence of Taiwan.

七月

星期五、六、日及公眾假期  
下午5時30分至晚上9時  
成人 \$388 小童 \$128

齊來品嚐傳統台灣夜市小吃，體驗台灣美食精髓。



# Malaysian Delicacies & Durian Dessert Buffet

## 馬來西亞美食自助餐

Throughout August

Friday, Saturday and Sunday  
From 5.30-9pm  
Adult \$388 Child \$128

Enjoy a delightful Malaysian-themed buffet and discover the rich culinary heritage of Malaysia.

八月

星期五、六及日  
下午5時30分至晚上9時  
成人 \$388 小童 \$128

與家人和朋友一起品嚐馬來西亞豐富的飲食文化。

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

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



# 中秋月餅 Moon Cakes at Marina Deli

中秋節是親友歡聚的節日，我們準備了多款尊尚禮品籃及月餅，是送贈摯愛親朋或商務夥伴的最佳選擇。

GIFTING FESTIVE HAMPERS AND MOON CAKES IS A WONDERFUL WAY TO EXPRESS APPRECIATION TO FAMILY, FRIENDS AND BUSINESS PARTNERS THIS MID-AUTUMN FESTIVAL.

現已接受預訂  
PRE-ORDERS START NOW  
現貨由8月18日起供應  
AVAILABLE FROM AUGUST 18

雙黃白蓮蓉月餅 (4件) \$428  
Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces)

迷你奶皇月餅 (8件) \$428  
Mini Moon Cakes with Custard (8 pieces)

迷你流心奶皇月餅 (8件) \$428  
Mini Moon Cakes with Lava Custard (8 pieces)

迷你蛋黃白蓮蓉月餅 (8件) \$428  
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces)

迷你陳皮豆沙月餅 (8件) \$428  
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces)

花好月圓禮品籃 \$2,488  
Starry Moon Festival Hamper

眾星拱月禮品籃 \$3,488  
Full Moon Festival Hamper

## 特別優惠 SPECIAL OFFER

	Early Bird 1/7-17/8	Special Offer 18/8-6/10
5 to 10 boxes	10% off	5% off
11 to 20 boxes	15% off	10% off
21 to 40 boxes	20% off	15% off
41 to 60 boxes	25% off	20% off
61 boxes and above	30% off	25% off

## 其他換領地點 ADDITIONAL REDEMPTION POINT

ISLAND SHANGRI-LA  
港島香格里拉大酒店

由9月26日至10月5日，中午12時至晚上7時  
From September 26 - October 5, midday - 7pm



佳節食品供應有限。訂購或查詢請致電深灣店電話2814 5302，  
WhatsApp 6390 0716或電郵至[marinadeli@aberdeenmarinaclub.com](mailto:marinadeli@aberdeenmarinaclub.com)。

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



# MOON CAKES & HAMPERS ORDER FORM

深灣店中秋月餅及禮品籃訂購表格



ALL MOON CAKES ARE PRESENTED IN GIFT BOXES AND BAGS 所有月餅均備有精美禮盒及禮品袋以作送禮之用	PRICE 單價	QUANTITY 數量	TOTAL 總數
<b>Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces)</b> 雙黃白蓮蓉月餅 (4件)	\$428		
<b>Mini Moon Cakes with Custard (8 pieces)</b> 迷你奶皇月餅 (8件)	\$428		
<b>Mini Moon Cakes with Lava Custard (8 pieces)</b> 迷你流心奶皇月餅 (8件)	\$428		
<b>Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces)</b> 迷你蛋黃白蓮蓉月餅 (8件)	\$428		
<b>Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces)</b> 迷你陳皮豆沙月餅 (8件)	\$428		
<b>Starry Moon Festival Hamper 花好月圓禮品籃</b> <ul style="list-style-type: none"><li>Esprit de Pavie, Bordeaux, France 法國波爾多紅酒</li><li>Premium Dried Mushrooms 特級花菇</li><li>Lavoratti - Assorted Praline Tasting Gift Box 意大利手造朱古力</li><li>Yunnan Puer Tea 雲南鎮特級紅茶</li><li>La Golosa - Blackberry Jam 意大利黑莓果醬</li><li>Marabissi - Artisanal Biscuits with Salted Caramel 意大利手工焦糖餅乾</li><li>Airborne Honeydew Gift Set 紐西蘭蜜糖禮盒</li><li>The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃</li><li>The Horizon XO Sauce 海天閣XO醬</li><li>Moon Cakes in Gift Box 月餅禮盒</li></ul>	\$2,488		
<b>Full Moon Festival Hamper 眾星拱月禮品籃</b> <ul style="list-style-type: none"><li>Champagne Maison Veuve Clicquot, Yellow Label, Brut, N.V,France 法國特級香檳</li><li>Premium Dried Mushrooms 特級花菇</li><li>South Africa Pre-cooked Abalone 南非即食鮑魚</li><li>Cluizel Assorted Chocolate Gift Box 雜錦朱古力禮盒</li><li>Whittard Tea Discovery Collection Gift Box 經典茶包禮盒</li><li>Mieli Thun Italian Honey Acacia 意大利蜂蜜</li><li>The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃</li><li>The Horizon XO Sauce 海天閣XO醬</li><li>Moon Cakes in Gift Box 月餅禮盒</li></ul>	\$3,488		

**Delivery Charge 送貨服務費** : Hong Kong 香港 - \$150, Kowloon 九龍 - \$200, New Territories 新界 - \$250

**Sub Total 合計**

## TERMS AND CONDITIONS 訂購須知

- All advance orders will be ready for collection at Marina Deli as of **August 18**.
- Please fill in this form and return to Marina Deli by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, or in person.
- We will confirm your order by phone or by email. Your membership account will then be debited automatically.
- For enquiries, please contact Marina Deli on 2814 5302 or WhatsApp 6390 0716.
- Orders start July 1.

**Delivery Charge**  
送貨服務費

**GRAND TOTAL**  
總計

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

FOOD & BEVERAGE  
餐飲

MARINA GRILL

# Australian Black Truffles

澳洲黑松露菜式

Throughout July and August

Discover the sensational taste of Australian black truffles, sourced from the top truffle hunters in the country. Australian black truffles are a highly sought-after delicacy known for their intense aroma and distinct flavour profile.

七月及八月

黑松露是一種備受追捧的美味食材，以其濃郁的香氣和獨特的風味而聞名。我們將選用來自澳洲的頂級黑松露，精心烹調各款令人回味無窮的菜式。



# The Bar Aperitivo Happy Hour

The Bar 歡樂時光

Throughout July and August

Join us for pre-dinner drinks at The Bar from 5.30-7pm and enjoy a complimentary bite.

七月及八月

歡迎於晚上5時30分至7時來臨The Bar享用各款餐前飲品，並可獲贈小食一客。



THE BALCONY

# Summer Thai

泰國夏日美饌

Throughout July and August

The Balcony team beats the heat with a vibrant array of Thai food. These dishes are renowned for their bold flavours – sour, spicy, sweet and umami, which please the palate and provide a cooling sensation.

七月及八月

露臺泰國餐廳為您準備了多款泰式美食迎夏日，菜式以酸、辣、甜、鮮的強烈風味刺激食慾，消暑開胃同時又帶來清新的感覺。

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

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



CAFFÈ LUNA

## Costiera Amalfitana

### Amalfi Coast

#### 阿瑪菲海岸美食

Throughout July and August

Indulge yourself with our trio of Crudo – premium quality fish and shellfish served raw and refreshing.

This time we bring you an iconic pasta from the Amalfi Coast – Scialatielli with seafood.

七月及八月

歡迎來臨享用我們的Crudo美食，優質的魚生新鮮可口。

阿瑪菲海岸的經典意大利麵食Scialatielli，配上精選海鮮，令人回味無窮。



#### ANTIPASTI

##### Trilogia Di Crudo

Red Prawn, Scallop, Yellowfin Tuna, Crostini, Amalfi Lemon, EVO

#### PRIMI

##### Scialatielli Ai Frutti Di Mare

Home-made Pasta, Seafood, Basil, Cherry Tomato



THE HORIZON

## Summer Specials

### 夏日菜式推介

Throughout July and August  
七月及八月

#### Highlights 精選菜式

香芒奇異果炒蝦球

Sautéed Prawns, Mango, Kiwi Fruit

鮮茄滑蛋煮東海黃魚

Braised Yellow Croake, Egg, Tomato

PORTSIDE

## Portside Renovation

### Portside裝修工程

Portside's current refurbishment will be finished by mid-August. A range of enhancements will bring a refreshed look and a new menu preserving the charm of traditional Hong Kong favourites infused with innovative twists.

We look forward to unveiling the refreshed Portside soon.

Portside目前的裝修工程將於八月中旬完成。將帶來煥然一新的外觀和新菜單，菜單將保留傳統香港美食及融入創新元素。

我們期待全新的Portside。

For reservations, please call the

Central Reservations Centre on 2814 1222 or  
email [reservations@aberddeenmarinaclub.com](mailto:reservations@aberddeenmarinaclub.com).

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電郵至[reservations@aberddeenmarinaclub.com](mailto:reservations@aberddeenmarinaclub.com)。

# Welcome Chef Anchalee Luadkham

歡迎新泰國菜主廚

Anchalee Luadkham



Chef Anchalee joins us directly from Shanghai where she was Chef De Cuisine at the Sukhothai Shanghai's signature Thai restaurant Urban Café for three years. Prior to that Anchalee held various senior positions at the Four Seasons Resort Chiang Mai and the former Mandarin Oriental Resort Dhara Dhevi, Chiang Mai, where she led the in-house cookery-school programme.

Under Chef Anchalee's leadership, we aim to elevate your culinary journey, celebrating the artistry and heritage of Thailand's world-renowned food culture and look forward to welcoming you to The Balcony very soon.

歡迎新泰國菜主廚Anchalee Luadkham加入本會。Anchalee了解泰國活力的飲食文化，將為我們帶來豐富的專業烹飪知識。

憑藉多年烹調正宗泰菜和製作創新菜餚的經驗，Anchalee致力為會員創造難忘的用餐體驗。從傳統經典到現代詮釋，每道菜都經過精心設計，展現了泰國美食的豐富多樣性。

Anchalee曾在上海素凱泰酒店招牌泰國餐廳Urban Café擔任主廚三年，在此之前，Anchalee曾在清邁四季度假酒店和前清邁文華東方度假酒店Dhara Dhevi出任多個高級職位，並負責酒店內部烹飪教學。

在Anchalee的領導下，我們致力提升客人的用餐體驗，頌揚泰國舉世聞名的飲食文化藝術和傳統，並期待在露臺泰國餐廳與大家見面。

**W**e are thrilled to welcome our new Thai Chef de Cuisine Anchalee Luadkham to the Club. Chef Anchalee brings a wealth of culinary expertise, passion and a deep understanding of Thailand's vibrant food culture to our kitchens.

With years of experience perfecting authentic Thai flavours and crafting innovative dishes, Chef Anchalee is dedicated to creating an unforgettable dining experience for our Members. From traditional classics to modern interpretations, each dish is carefully designed to showcase the richness and diversity of Thai cuisine.





## Ports of Call

# The Italian Riviera

遊歷意大利海岸

***There is nothing in Italy, more beautiful to me, than the coast-road between Genoa and Spezzia.***

**- Charles Dickens**

*Pictures from Italy (1846)*

## Portofino

菲諾港

About 30 kilometres along the Ligurian coast from Genoa, Portofino is one of the most attractive ports in the Mediterranean. A celebrity hangout since the 1950s, it was popular with affluent European tourists many years before that. Most visitors are cruise passengers delivered almost daily by tender, or day trippers, who arrive by boat from nearby towns such as Rapallo, or by rail and road from Genoa. Marina facilities are provided by the Portofino Yacht Marina ([portofinoyachtmarina.com/en](http://portofinoyachtmarina.com/en)), but rates are eye-wateringly expensive and the place is often full. The best regional option if you are sailing is Marina Chiavari ([marina-chiavari.it/](http://marina-chiavari.it/)) a few kilometres east across the Gulf of Tigullio.

Portofino is usually at its best in the evening, when the crowds leave and the village atmosphere returns, albeit usually in the shadow of a couple of super-yachts and some lurking paparazzi. One good reason to depart during daylight hours, though, is to take the delightful

one-hour coastal walk around to our next port of call, Santa Margherita Ligure.

菲諾港位於利古里亞海岸，距離熱那亞約30公里，是地中海最具吸引力的港口之一。自1950年代以來，這裡一直是名人聚集的地方，在此之前受到富裕的歐洲遊客歡迎。大多數遊客幾乎都是遊輪乘客，每天都乘搭接駁船，亦有從拉帕洛等附近城鎮乘船或從熱那亞乘火車和其他交通工具抵達的即日來回的遊客。波托菲諾遊艇碼頭 ([portofinoyachtmarina.com/en](http://portofinoyachtmarina.com/en)) 提供碼頭設施，但費用較昂貴，而且經常泊滿。如果您正計劃到訪，附近最好的選擇是位於蒂古里奧灣以東幾公里內的基亞瓦里碼頭 ([marina-chiavari.it/](http://marina-chiavari.it/))。

晚上的菲諾港最為迷人，當人群散去後，村莊回復寧靜，儘管可能遇上幾艘超級遊艇或潛伏的狗仔隊。如在白天離開可沿著海岸漫步約一小時，便可到達我們所介紹的下一站港口聖瑪格麗塔。







## Camogli 卡莫利

Fewer tourists visit Camogli than the more popular coastal towns around these parts, but there is a colour and atmosphere to the place that rewards the visitor in search of authenticity. The provider of our opening quote, Charles Dickens was most impressed, and described it as “a perfect miniature of a primitive seafaring town; the saltiest, roughest, most piratical little place that ever was seen.”

It's said that the colourful houses that lined the seafront at Camogli were brightly painted to help the town's fishermen find their way home. Fishing boats, now reliant on more technical means for their return to port, still fill the small harbour, and still in the pleasant shade of brightly painted old buildings. Mooring facilities are limited and Camogli is best visited by train or local ferry boat from nearby ports.

與周邊更受歡迎的沿海城鎮相比，到卡莫利的遊客相對較少，但這裡的色彩和氛圍可以更滿足追求真實原貌的遊客。Charles Dickens的引言提到對此地印象最為深刻，並將其描述為“一個原始航海小鎮的完美縮影；是最鹹、最粗糙、最具海盜色彩的小區。”

卡莫利海濱顏色鮮艷的小屋，是引領鎮上漁民回家的路。如今，漁船採用先進的技術返回港口，但仍然停泊在這個小港口裡，襯托著色彩鮮艷的古老建築。由於停泊設施有限，前往卡莫利的最佳方法是從附近的港口乘搭火車或當地渡輪。



## Santa Margherita Ligure

聖瑪格麗塔利古雷

Santa Margherita Ligure has been popular with British tourists since the 19th century. Like Portofino, it became famously fashionable in the 1950s and remains a colourful seaside resort town with many fine old hotels. The bay provides well protected and calm open anchorage for the most part, with fine views of the seafront and hills behind.

Having been a popular stop on the 19th-century Grand Tour, it has several historic grand hotels overlooking the bay with good road and footpath access to nearby Portofino, as well as frequent ferry boat connections. There is also a small railway station that offers frequent connections to the picturesque fishing port of Camogli, which lies just minutes up the line.



自19世紀以來，聖瑪格麗塔利古雷一直深受英國遊客的喜愛。與菲諾港一樣，在20世紀50年代開始受人追捧，至今仍是一個色彩繽紛的海濱度假小鎮，擁有許多精緻的老酒店。海灣大部分地區都提供了良好的泊位，可以欣賞到海濱和後方山脈的美景。

聖瑪格麗塔是19世紀歐洲貴族子弟旅行的熱門地點，擁有幾間可俯瞰海灣且歷史悠久的豪華酒店，通往附近菲諾港的道路和人行道亦很方便，更有班次頻繁的渡輪服務。該處還有一個小火車站，提供前往風景如畫的卡莫利漁港的交通服務，該漁港距離這裡僅幾分鐘車程。





# Vernazza

## 韋爾納扎

**T**he most popular of the five coastal villages that comprise the famous Cinque Terre, Vernazza is known as one of the most authentic remaining fishing villages on the Italian Riviera. Approachable by tourist boat, rail or footpath, it has the only natural port among the Cinque Terre villages – which together were named a UNESCO World Heritage Site in 1997 – and is arguably the most attractive.

There is some excellent waterfront dining to be found, and there are some enchanting back streets and sightseeing spots to discover. Buoy mooring is possible for smaller boats, with friendly and helpful locals, but there are few facilities.

韋爾納扎是著名的五漁村中最受歡迎的村莊，亦是意大利海岸線僅存最原始的漁村之一。韋爾納扎擁有五漁村中唯一一個天然港口。旅客可乘船、火車或步行前往。五漁村於1997年被列為聯合國教科文組織世界遺產，是最具吸引力的景點。

鄰近海濱有一些出色的餐廳，遊客可到迷人的小街觀光，是值得遊覽的景點。雖然該處設施較少，船隻可以使用浮標繫泊，當地人亦友好且樂於助人。



# Portovenere

## 維內雷港

**T**he easiest ways to visit Portovenere are by ferry boat from the Cinque Terre, or by bus from the nearby naval town of La Spezia (or Spezzia as Dickens calls it in our opening quote). The maritime approach is by far the most spectacular, as boats pass below the 12th-century Church of St Peter, overlooking from its rocky perch high above. Portovenere isn't quite as exclusive as Portofino, but has a similarly casual atmosphere. The English poets Byron and Shelley found inspiration here more than 200 years ago (Shelley was drowned nearby, in the Gulf of Poets, in a boating accident), and there's still a mystical, romantic feel to the old town.

There is a small, 32-berth marina, which seems to be usually full during the summer, but is well equipped and well reviewed at [navily.com/port/marina-di-portovenere/732](http://navily.com/port/marina-di-portovenere/732).



遊覽維內雷港最簡單的方法是從五漁村乘坐渡輪，或從附近的海軍城鎮拿史柏斯亞乘坐公共汽車。船隻從12世紀的聖彼得教堂下方駛過，從高處的岩石上俯瞰，是迄今為止最壯觀的海上通道。維內雷港並不像菲諾港那樣高格，但也同樣具有休閒的氣氛。200多年前，英國詩人拜倫和雪萊曾在這裡獲取靈感（雪萊在附近的詩人灣因船難溺亡），這座老城至今仍充滿著神秘而浪漫的氣息。

這裡擁有一座32個泊位的小型碼頭，夏季通常都泊滿船，但設施齊全，而且評價很高（網址：[navily.com/port/marina-di-portovenere/732](http://navily.com/port/marina-di-portovenere/732)）。





# Grower Champagne: The Perfect Summer Sip

小農香檳：夏日的完美選擇

As the sun shines brighter and temperatures rise, nothing beats the crisp effervescence of Champagne. And this summer, the spotlight is on Grower Champagne – a rising trend among wine enthusiasts that brings authenticity, flavour and a refreshing twist to your seasonal sipping.



So what exactly is Grower Champagne? Unlike commercial Champagne, which is produced by large houses like Moët & Chandon or Veuve Clicquot that source grapes from various vineyards, Grower Champagne is crafted by the same people who grow the grapes. These are typically small, family owned estates that oversee every step of the process – from vine to bottle. Look for the initials RM (Récoltant-Manipulant) on the label, indicating a true Grower Champagne.

What sets Grower Champagne apart is its expression of terroir – the unique characteristics of the soil, climate and vineyard practices that shine through in every sip. These Champagnes tend to be more distinctive, complex and reflective of the region they come from.

In recent years, Grower Champagne has become a trend among sommeliers and wine lovers who seek authenticity and artisanal quality over mass production. It's not just a drink; it's a story in a bottle.

During summer, its fresh acidity, delicate bubbles and vibrant fruit notes make Grower Champagne an ideal companion for garden parties, seafood dishes or simply cooling off on a warm evening. Pop open a bottle, and taste the vineyard with every glass.

隨著氣溫上升，沒有什麼比一杯清爽的香檳更能驅散夏日的暑氣。今夏，備受矚目的焦點正是「小農香檳」——這股在葡萄酒愛好者間迅速竄起的風潮，帶來了真實風味和令人耳目一新的感受。

小農香檳與大型商業香檳品牌（如Moët & Chandon或Veuve Clicquot）不同，後者從多個莊園購入葡萄並集中釀造，而小農香檳則是由種植葡萄的農民親自釀造。這些通常是家族經營的小型酒莊，從栽種到裝瓶，每個步驟都由他們親自掌控。你可以在酒標上找到「RM」（Récoltant-Manipulant）字樣，這正是小農香檳的認證標誌。

小農香檳最大的特色，就是其展現的風土（terroir）——土壤、氣候與葡萄園工藝的獨特結合，使每一口都能品味出產地的風貌。這些香檳通常風味更為細緻，個性鮮明，充滿地方色彩。

近年來，小農香檳成為侍酒師與品酒界的新寵，大家追求更加真實、手工和非工業化的品質。尤其在夏天，那清爽的酸度、細緻的氣泡與活潑的果香，無論搭配海鮮、花園派對或是為悶熱的傍晚消暑，都是絕佳選擇。誠意推薦這款夏日之選。



Sophie and Pierre Larmandier, owners of Larmandier-Bernier



Anselme Selosse, owner of Jacques Selosse







# Querciabella Wine Dinner

葡萄酒晚宴



Thursday, August 21  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$780 per person  
Guest Speaker: Florent Mougin, Asia Export Director

日期：8月21日(星期四)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$780  
演講嘉賓：亞洲區外銷總監Florent Mougin

### WINES FEATURED

2022 Querciabella, Mongrana Bianco  
2021 Querciabella, Batàr  
2020 Querciabella, Chianti Classico  
2020 Querciabella, Turpino  
2020 Querciabella, Chianti Classico Riserva  
2017 Querciabella, Camartina

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.

葡萄酒晚宴將於活動日期前約一個月開始接受預訂，屆時請留意本會電子通訊或致電預訂服務中心電話2814 1222。



LA CAVE

# La Cave Online Store

La Cave網上商店

**L**a Cave will soon launch a new online store featuring specially curated wine collections – such as Rising Stars and Hidden Gems – to make it easy and enjoyable for Members to discover new winemakers and their wines from around the world. Each wine shares a story, from passionate producers to remarkable terroirs.

Dive deeper with educational content, tasting notes and expert pairing tips designed to enhance your wine journey.

Members will also be able to enjoy exclusive perks including early access to limited releases and special promotions.

La Cave即將推出網上商店，特別精選一系列葡萄酒，如“Rising Stars”和“Hidden Gems”，讓會員能夠輕鬆地認識及選購來自世界各地的新釀酒師及其葡萄酒。從充滿熱情的生產商到非凡的風土，每款葡萄酒都有其獨特的故事。

透過提供更深入的講解資訊、品酒筆記和專家搭配技巧，務求提升您的品酒體驗。

會員還可享專屬福利，包括提前購買限量生產的葡萄酒和特設的推廣活動。

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

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



# SUMMER EVENTS PROMOTION

This summer, make any day a delightfully memorable one with the support of our Events Sales Team. Enjoy a specially curated Chinese summer menu, starting from \$8,280 per table for 10 to 12 guests.

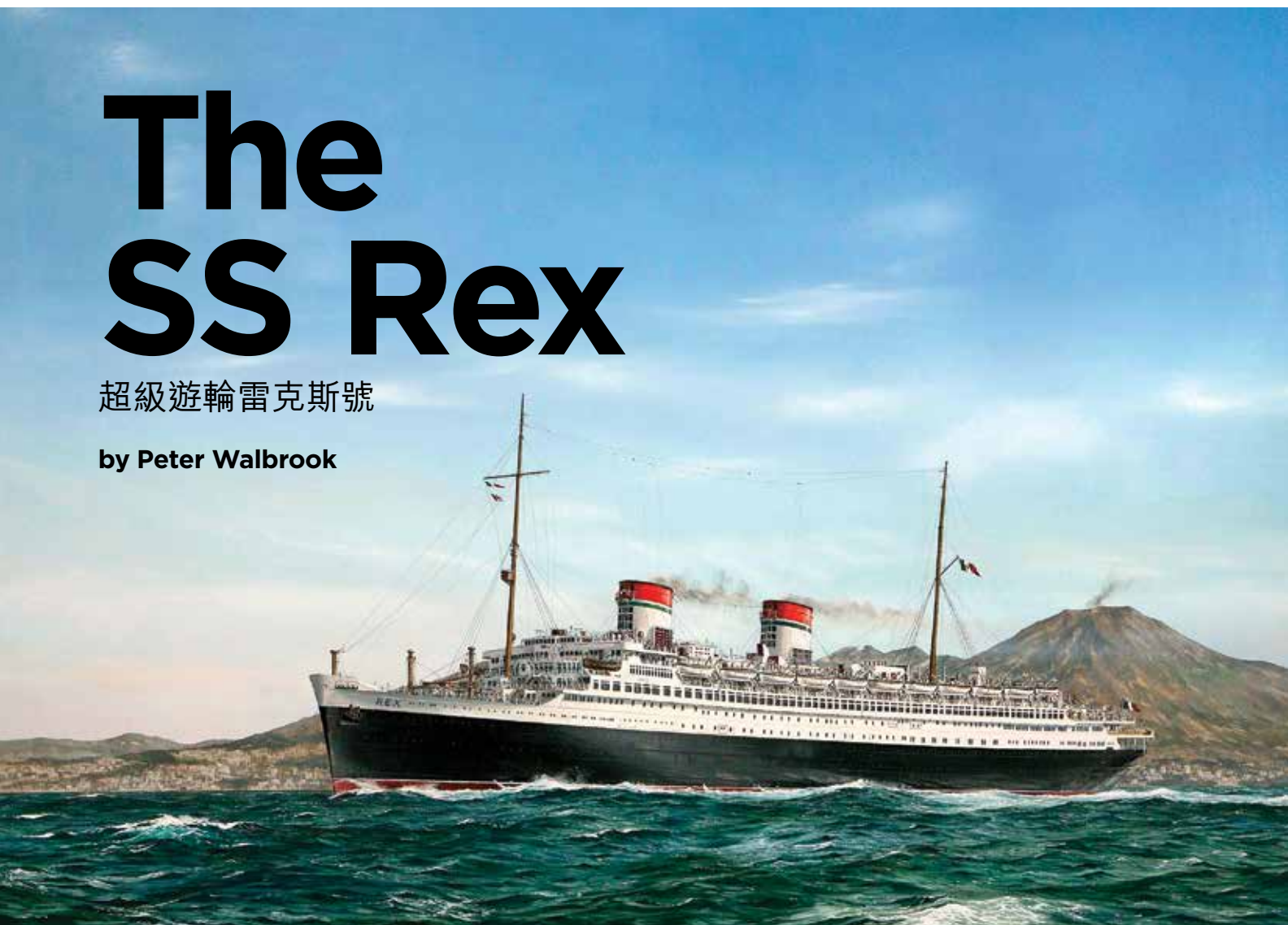
For bookings or enquiries, please call our Events Sales Team on 2814 5442 or email [events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com).



# The SS Rex

超級遊輪雷克斯號

by Peter Walbrook



The front page of the August 17, 1933 edition of the *The Hongkong Telegraph* carried the prominent headline, “Atlantic Blue Riband for Italy” above breaking news that “the Italian super-liner, Rex, which embarked on her maiden voyage a few months ago, has set up a new record for the Transatlantic crossing.”

The story continued: “The Rex covered the distance from Gibraltar to New York in four days, thirteen hours and fifty-eight minutes. The total distance covered was 3,181 miles and the average speed maintained throughout the voyage was twenty-nine knots.”

Launched in Genoa in August 1931, the SS Rex was, as her designers had promised, the first and only Italian ship to win the Blue Riband – an unofficial but much-coveted award given for the fastest passenger liner crossing of the Atlantic Ocean from 1838 to 1952 – and held it until June 1935.

Together with sister ship SS *Conti di Savoia*, the sleek, twin-funnelled Rex carried passengers in style between Italy and the United States for eight years. Both ships were advertised as offering passengers “The Riviera afloat” with brightly coloured beach umbrellas and sand spread around the outdoor swimming pools.

The pride of Italy after winning the Blue Riband, the SS Rex was honoured by Italy’s Peroni Brewery in 1963 with the launch of its famous Nastro Azzurro (or Blue Ribbon) beer. Ten years later, the ship appeared, recreated in gigantic model form, in Federico Fellini’s Oscar-winning film of his childhood memories, *Amarcord* (1973).

By this time, though, the SS Rex was sadly no more, having been sunk by the British Royal Air Force in September 1944 off the coast of Trieste as an enemy vessel, by then in German hands. Her career as a luxury transatlantic liner lasted just eight years, from 1932 until 1940.



1933年8月17日，香港電訊報頭版以吸引的標題刊登了“意大利獲大西洋藍絲帶”的突發新聞，稱「幾個月前開始處女航的意大利超級遊輪雷克斯號，創造了橫渡大西洋的新紀錄」。

報道稱「雷克斯號從直布羅陀航行至紐約，耗時四天十三小時五十八分鐘，總航程為3,181英里，全程平均速度保持29節。」

1931年8月在熱那亞下水的SS Rex號，正如其設計師所承諾的那樣，成為第一艘也是唯一一艘獲得藍絲帶獎的意大利船隻。藍絲帶獎是一個非官方卻令人垂涎的獎項，頒發給1838年至1952年間以最快的速度橫渡大西洋的船舶。該獎項舉辦至1935年6月。

線條優美、擁有雙煙囪的雷克斯號遊輪與姊妹船「薩沃亞孔蒂號」一起，在八年的時間裡載著乘客從意大利航行至美國。兩艘遊輪均以「海上里維埃拉」作宣傳，把室外泳池打造成沙灘，開滿色彩繽紛的沙灘傘及鋪上細沙。

雷克斯號榮獲藍絲帶獎，成為意大利的驕傲。1963年意大利Peroni啤酒廠為慶祝雷克斯號獲獎的榮譽，推出了著名的Nastro Azzurro（或藍色絲帶）啤酒。十年後，這艘船以巨型模型的形式出現在1973年Federico Fellini根據他的童年回憶拍攝的奧斯卡得獎影片《阿瑪柯德》中。

然而，此時雷克斯號已不復存在，令人悲傷的是，它於1944年9月在的里雅斯特海岸被英國皇家空軍擊沉，當時是一艘落入德國手中的敵艦。作為一艘豪華跨大西洋的遊輪，它僅從1932年至1940年航行了八年。





Chef's Favourites

# Crispy-fried Pork Spare Ribs

柑柚脆香骨



Chef Li  
李文龍師傅

Executive Chinese Chef Li shares with us a refreshing summer recipe. Instead of the usual rich flavours of black vinegar and Chinese barbecue sauce, Chef Li's creation features a vibrant and refreshing taste, thanks to the light and zesty pomelo and mandarin sauce.

中菜行政總廚李文龍師傅與我們分享一道清新的夏日菜式。一般廣東菜中的排骨菜式常以鎮江醋和叉燒醬調味，味道偏濃郁，而李師傅的食譜則以清新的柚子和橘子醬入饌，使菜式味道更清爽怡人，更為開胃。



Ingredients

- 400g Fresh pork ribs
- 150g Honey citron purée
- 75ml Sweet and sour sauce
- 10g Dried kumquat (pitted and mashed)
- 12ml Lemon sauce
- 20ml Vinegar
- 7g Concentrated orange juice
- 8g Salt
- 2pcs Eggs
- 500g Cornstarch
- 1 Bottle Vegetable oil (for deep frying)

材料

- 新鮮一字豬排骨 400克
- 柚子蜜 150克
- 糖醋 75毫升
- 乾柑桔(去核磨碎) 10克
- 西檸汁 12毫升
- 白醋 20毫升
- 濃縮橙汁 7克
- 鹽 少許
- 雞蛋 2隻
- 生粉 500克
- 菜油(油炸用) 1支

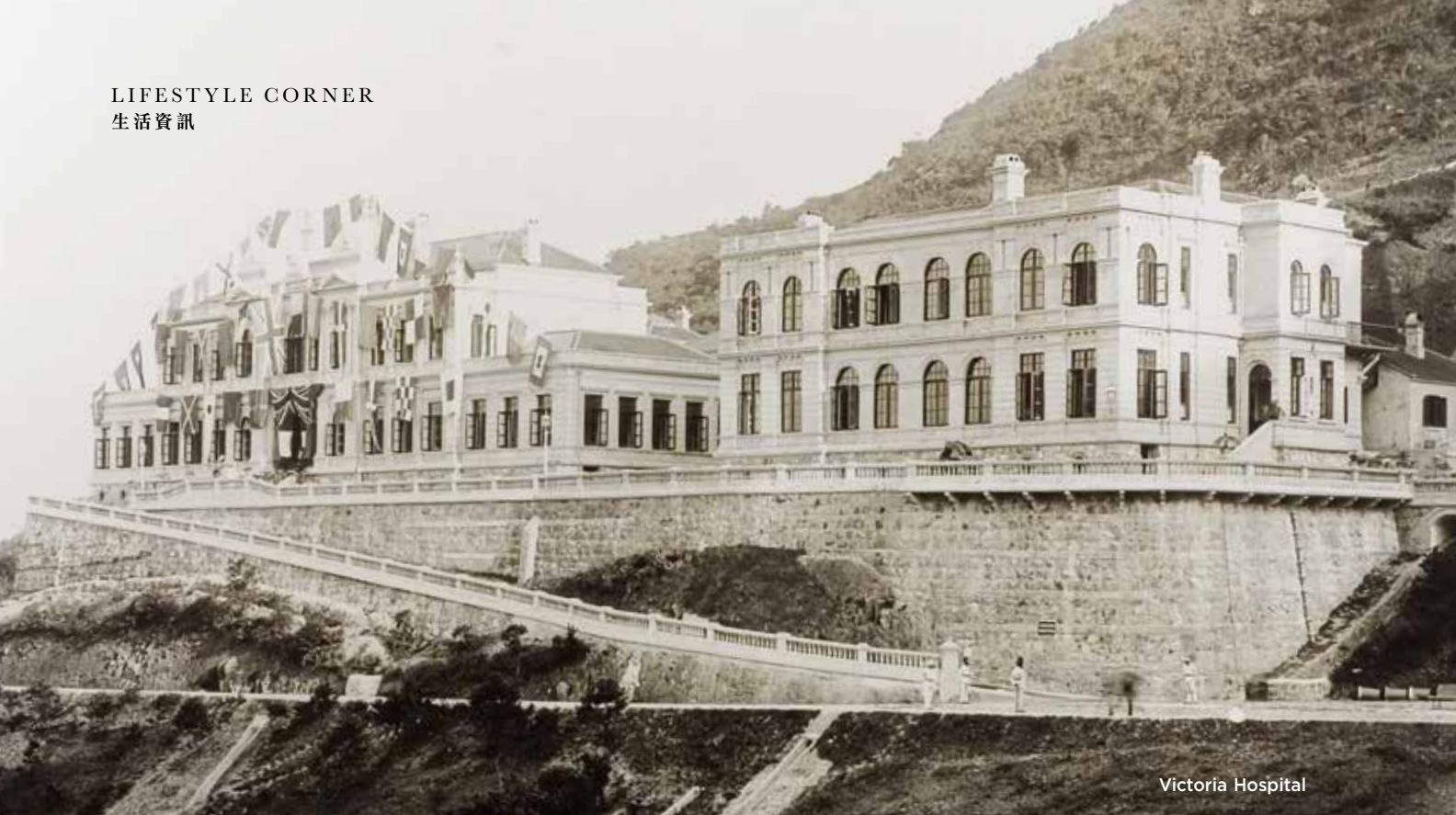
Method

- 1 Pit all dried kumquats, add sweet and sour sauce, honey citron purée and then mash.
- 2 Bring mixture to a boil.
- 3 Pour concentrated orange juice, lemon sauce and salt, bring it to a boil and turn off the heat for later use.
- 4 Cut the ribs into domino shapes, coat them with cornstarch and then wash them with clean water and drain them.
- 5 Add a little salt and egg onto the ribs then mix well, coat them with the cornstarch evenly. Set aside.
- 6 Heat the oil to 160-180 degrees then turn to low heat.
- 7 Add the ribs to deep fry, after 5 mins turn to high heat (180c) for 20 seconds.
- 8 Drain the ribs and set aside.
- 9 Boil the mixed sauce in a pan, turn off the heat when it is boiled.
- 10 Add ribs to the sauce, mix well and then place them on a plate to serve.

做法

- 1 乾柑桔去核後，加入糖醋和柚子蜜打成糊狀。
- 2 將打成糊的柑桔糖醋柚子煮熱。
- 3 加熱後倒入濃縮橙汁、西檸汁及少許鹽，微滾熄火備用。
- 4 將排骨切至骨牌形狀，用生粉塗勻，再用清水沖洗，瀝乾水份。
- 5 將瀝乾水份的排骨與少許鹽及雞蛋拌勻，然後逐件放在生粉上黏勻後拿出備用。
- 6 將菜油倒入熱鍋中，加熱至160-180度油溫，然後轉小火。
- 7 將黏好生粉的排骨放入油鍋中，在大約5分鐘後將油溫加熱至180度，炸約20秒。
- 8 撈出排骨並瀝乾油分備用。
- 9 將柑柚汁以小火煮滾後熄火。
- 10 將炸好的排骨放入柑柚汁中兜勻即可上碟。





Victoria Hospital

夏日  
登山樂

# Summer Hiking

by Giles Leonard,  
Director of Sports & Recreation

With the very hot months here, those who enjoy hiking should take extra precautions before heading out. A fully charged phone, plenty of water – preferably with electrolytes, snacks, a hat and sun lotion are the basics. With the intense heat, it may be also preferable to opt for an urban hike that keeps you closer to transport connections should you need to cut the hike short. One of my favourite urban hikes, which provides great views, summer breeze as well as some interesting and historical sights along the way, is the walk from The Peak to Wan Chai via Barker Road, Coombe Road and the Wan Chai Gap Trail. Starting at the Peak Lookout, take a moment to soak in the history of this building which was

originally built as a workshop for the engineers that built the Peak Tram in the 1880s. In the early 1900s, it was converted into shelter and resting place for sedan chair carriers – the workers who first carried, then wheeled residents from Victoria City (Central) up the very steep Old Peak Road to the Peak itself. During the Japanese occupation the building was used as a police station and from 1947 has been used in various forms as a café and restaurant. Most of us will be familiar with the Peak Fitness Trail – the circular route along Harlech Road and Lugard Road, which offers amazing views of all sides of Hong Kong and the outlying islands. If you have time, by all means add this loop into your hike, but for now, let's head past the Peak Tower towards Barker Road Tram Station which

was built in 1888. The photo, taken by F. Hagger and courtesy of the University of Bristol - Historical Photographs of China, is from 1933 and evokes a very different time. As Barker Road was not built until 1898, the station was first known as Plantation Road. As we start to walk down the road we may be reminded of the report by the Public Works Department in 1898 that 'long before competition, the road was already becoming a popular evening walk' and here we are on the same walk some 125 years later. As we continue down the road, interesting buildings to note are the Victoria flats which is all that remains of the former Victoria Hospital which was demolished after World War II. What we see now is the maternity ward which was built in 1923. The photo, courtesy of the National Archives, Kew and the University

of Bristol - Historical Photographs of China, shows the old hospital. We may then see number 11 Barker Road, which as Headquarters House was formerly the residence of the Commander of the British Forces in Hong Kong but now houses the Commander of the PLA Garrison. Finally, as we approach Peak Road, we see number 3, which is home to the United States Consul.

Turning left down Peak Road, at Magazine Gap we then take a right down Coombe Road which will take us to Wan Chai Gap. Part way down, make a point of looking at number 23, which was built in 1887 and named Stonyhurst. The date is significant in that before the Peak Tram opened in 1888, there were very few houses on the Peak so this was one of the very first houses built at this elevation. Then Governor Sir William Des Voeux described the building of such houses: "every brick, stone, timber, and other article used in construction, as well as the furniture on completion, requires to be carried on coolies' shoulders for distances varying from one to two miles to a height of 1,100 to 1,600 feet".



Barker Road

A little further down Coombe Road is the Police Museum (built in the former Police Station) – well worth a visit if we need a break and some air conditioning! After that, at Wan Chai Gap we have many options but definitely take a break at the sitting out area with its drinks kiosk and toilets. Then if we are feeling strong, we can walk the length of Black's Link which will take us to Wong Nai Chung Gap. We can also explore further – both Mount Cameron Road and Middle Gap Road (bear in mind this is a steep climb) offer some shade and some very exclusive real estate. Or if we need to wrap up the hike we can cross the main road and head down the steep Wan Chai Gap Trail which takes us past Bowen Road and then into Wan Chai itself.

For more information on such hikes, please contact Giles Leonard, Director of Sports & Recreation.

隨著炎夏來臨，喜歡遠足的人士在出發前應多加注意，確保手機充滿電、攜帶充足的水（最好是含電解質的）、一些零食、防曬帽和防曬霜。由於天氣炎熱，最好選擇交通較方便的城市遠足路線，以便在需要時可隨時縮短行程。我最喜歡的城市遠足路線之一是從山頂經由白加道、甘道和灣仔峽道步行到灣仔。沿途不僅能欣賞到美麗的景色，還能享受夏日微風以及途經一些有趣的歷史景點。

先從太平山餐廳開始，感受一下這座建築的歷史。它始建於1880年代，作為建造山頂纜車的工程師的工作坊。在20世紀初，它被改建為轎夫們的庇蔭和休息場所。轎夫們最初負責接送居民從維多利亞城（中環）經陡峭的舊山頂道往山頂。日佔期間，這棟建築曾被用作警察局。自1947年以後，曾以不同形式的咖啡館及餐廳繼續經營。

我們許多人都熟悉的山頂健身徑就是沿著夏力道和盧吉道走的環迴路線，可以欣賞到香港及周邊島嶼的壯闊景色。如果時間允許，這段環迴步行徑是不容錯過的。現在，讓我們經過凌霄閣，前往建於1888年的白加道纜車站。這張由 F. Hagger 拍攝的照片，由布里斯托大學中國歷史照片館提供，拍攝於1933年，印記著不同時代的風貌。由於白加道直到1898年才建成，因此該站名稱最初為種植道。當我們開始沿



Coombe Road

著這條路往下走，我們可能會想起工務司署於1898年的報告提到，「這段路已成為一條受歡迎的夜間漫步路線」，而125年後，我們依舊走在同一條路上。

繼續往下行，我們會發現一棟維多利亞式建築，它是戰後被拆除的域多利醫院僅存的部份建築。現在我們看到的是1923年建成的產科大樓。這張照片由英國國家檔案館、邱區和布里斯托大學的「中國歷史照片」提供，展示了這所醫院舊貌。隨後我們來到白加道11號，這裡曾是駐港英軍司令官邸，現為中國人民解放軍駐港部隊司令官邸。最後，當我們接近山頂道時，可看到白加道3號，那便是美國領事的住所。

左轉進入山頂道，於馬己仙峽右轉進入甘道，即可到達灣仔峽。沿途要留意甘道23號，它建於1887年，名為Stonyhurst。而這個年份別具意義，因為在1888年山頂纜車開通之前，山頂上的房屋很少，所以這是在這裡建造的第一批房屋之一。時任港督威廉·德輔爵士這樣描述建造這些房屋的過程：「建築中使用的每一塊磚、石頭、木材和其他材料，以及完工後的家具，都需要苦力扛著走一至兩英里的路，到達1100到1600英尺的高度」。

再往下走，甘道上有一所警隊博物館（前身為警察局）——這裡既有空調適合小休，非常值得一遊！來到灣仔峽我們有很多選擇，但可先在休憩區休息一下才決定行程，那裏設有小食亭和洗手間。如果仍有體力，我們可以沿著布力徑走到黃泥涌峽，亦可以一探金馬倫山道與中峽道（請記住這是一段較為陡峭），沿途既陰涼，建有很多隱世大宅。若想在灣仔峽結束行程，則可以橫過馬路，沿著陡峭的灣仔峽道落山，經寶雲道到達灣仔。

如欲了解更多夏日登山樂的資訊，請聯繫本會康體部總監李基爾。



BEAUTY SALON

# Get your Body Ready for Summer

保持良好體態  
為夏天做好準備

Summer is here, and getting in shape for the season might be at the top of your to-do-list. Wouldn't it be great to feel contoured, energised and confident? Besides regular exercise and a balanced diet, you can also benefit from a little extra help from our body treatment machines.

Originally priced at \$2,080, in July and August, you can enjoy two of the treatments below for \$1,664.

夏天來了，為這個季節維持身型可能是你的首要目標。身材勻稱、精力充沛及充滿自信，相信是大多數人所追求的狀態。除了規律的運動和均衡飲食之外，我們的身體療程能助您更輕鬆地達到目標。

會員於七月和八月可以優惠價\$1,664享受以下兩項療程（原價\$2,080）。



## LANLUIS

A detoxification body brush treatment for better lymphatic drainage and improve metabolism.

此身體排毒療程可以改善淋巴引流，並促進新陳代謝。

## LPG M6®

A cellulite-reduction treatment, reducing the appearance of cellulite by boosting lymphatic drainage, breaking up fat cells and improving blood circulation.

療程有助減少脂肪積聚，透過推動淋巴循環、分解脂肪細胞和促進血液循環來減少脂肪團積。

## EMBODY®

EMBODY® is a non-invasive HIFEM technology treatment which tightens and tones your body and build muscle without the hard workout.

EMBODY® HIFEM技術是一種非侵入性的療程，可收緊和調理身體並鍛鍊肌肉，而無需艱辛的鍛鍊。

# KORE's Lash & Brow Bio-Revitaliser

## Cutting Edge brings you a next-level growth enhancing serum

KORE睫毛眉毛生物煥活霜  
美髮美容中心為您帶來更高級別的強效精華液



Scientifically formulated with patented biotechnologies for hair growth. This is a next-level growth enhancing serum designed to promote longer, fuller, healthier eyelashes and eyebrows from the hair roots.

### What makes it popular?

- More than 75% of the natural ingredients used in its product formulas.
- Free from alcohol, parabens, phthalates, PEGs, silicones, mineral oils, fragrance and colorants.
- Made from hypoallergenic materials.
- Made in Japan.

### How does it work?

- Fortifies hair roots and improves hair anchoring.

- Supports the skin barrier around the lash line.
- Bolsters the hair growth cycle and aids the formation of longer, fuller, stronger lashes and brows.
- Saves a trip to the extension bar or prolongs the time between visits.
- Antioxidant, anti-inflammatory, anti-ageing.

KORE睫毛眉毛生物煥活霜以專利生物技術科學配製，促進毛髮生長。這是一款更高級別的強效精華液，從根部滋養促進睫毛和眉毛變得更長、更濃密、更健康。

### 為什麼如此受歡迎？

- 產品配方使用75%以上的天然成分。
- 不含酒精、羥苯酯、鄰苯二甲酸酯、聚乙二醇、矽酮、礦物油、香料和著色劑。
- 由低過敏成份製成。
- 日本製造。

### 功效如何？

- 強化根部並改善毛髮生長。
- 改善睫毛線周圍的皮膚屏障。
- 促進毛髮生長週期，幫助形成更長、更濃密、更強韌的睫毛和眉毛。
- 節省做接駁延長睫毛療程的時間和金錢。
- 抗氧化、抗發炎、抗衰老。



CUTTING  
Edge

For enquiries, please call Cutting Edge Hair and Beauty Salon on 2814 5319 or email [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com).  
查詢請致電美髮及美容中心電話2814 5319或電郵至[cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com)。



## HAIR SALON

# OMG

**W**e are pleased to unveil an exclusive collaboration with OMG, the internationally acclaimed haircare house known for its quiet luxury, timeless philosophy and unwavering dedication to inner wellness.

OMG now brings its transformative rituals to the Salon, offering Members a singular approach to scalp health, hair vitality and holistic beauty.

Founded in Hong Kong by visionary hair maestro Marvin Lin, OMG redefines contemporary beauty through daily rituals that begin at the root – literally. Fusing cutting-edge biotech and research in the EU and Japan with Oriental wellness traditions, Marvin has cultivated a discreet yet devoted following through her proprietary formulations: OMG, OMG+ and KORE. Each product is meticulously crafted to counter the signs of stress, ageing and urban fatigue – restoring harmony, resilience and radiance from within.

本會很高興與OMG獨家合作，OMG是一家國際知名的護髮品牌，以其低調的奢華、永恆的理念和對內在健康的堅定而聞名。

OMG現在為會員提供獨特的頭皮健康、頭髮活力和整體美容方法。

OMG由資深的美髮大師 Marvin Lin 在香港創立，透過從髮根開始的日常護理重新定義當代美。Marvin 將歐盟和日本的尖端生物技術和研究與東方傳統健康理念結合，開發標誌性配方，並研發出備受追捧的產品 OMG、OMG+ 和 KORE。每件產品都經過精心製作，以對抗壓力、衰老和城市疲勞的問題——從內在開始恢復和諧、彈性和光澤。



Guest Stylist

## Kenny Kwok



客席造型師 Kenny Kwok

**K**enny is a dedicated hair expert known for his exceptional skills in scalp care and styling. With years of experience, he specialises in addressing all hair-related issues, from colour treatments to scalp health. His personalised approach ensures that each client receives tailored solutions to meet their unique needs.

Kenny's talent in scalp treatment is outstanding. He possesses a deep understanding of various scalp conditions, including dryness, dandruff and hair loss. With Kenny, clients can expect not only immediate relief but also lasting results.

Kenny 是一位專業的美髮專家，以出色的頭皮護理和造型技巧而聞名。憑藉多年的經驗，他擅長解決所有與頭髮相關的問題，從染髮修護到頭皮健康。他務求確保每位顧客都能獲得既合適又滿意的解決方案。

Kenny 在頭皮護理方面非常出色。他對各種頭皮狀況有著深入的了解，包括乾燥、頭皮屑和脫髮。Kenny 的護理方案，不僅可令您的問題立刻得到緩解，還可以獲得持久的效果。



For enquiries, please call Cutting Edge Hair and Beauty Salon on 2814 5319 or email [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com).  
查詢請致電美髮及美容中心電話 2814 5319 或  
電郵至 [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com)。



# Pilates Hundreds Exercise

By Pilates Manager, Tracy So

普拉提斯百式練習

**T**he hundreds is a classic Pilates exercise to build up core strength. You can do it without any equipment, and it takes less than two minutes.

1. Lie on your back with legs raised to a tabletop position (knees bent at 90 degrees) or extended straight.
2. Exhale to curl your head, neck and shoulders off the mat with the arms at your side.
3. Inhaling to pump your arms for five counts and exhaling to pump for five counts, continue 10 times for a total of 100 arm pumps.

### Benefits

- This exercise targets the entire abdominal wall, and emphasises proper alignment, muscle balance and trunk stability.
- While pumping the arms in the hundreds, it can increase your heart rate and improve blood circulation.
- The specific breath pattern increases oxygen intake, regulates the breath, and can help increase lung capacity and respiratory function over time.
- You can do the hundreds exercise on almost any Pilates apparatus, i.e. Cadillac, Wunda Chair, Ladder

Barrel. The most common version is done in a Pilates reformer.

For more information, please call the Central Reservations Centre on 2814 1222 to book a private Pilates assessment.

百式是普拉提斯的經典動作，是增強核心耐力的訓練。無需任何設備也可以進行鍛鍊，並且只花不到兩分鐘。

1. 仰臥，雙腿抬高至桌子姿勢（膝蓋彎曲90度）或伸直。
2. 吐氣，將頭部、頸部和肩膀從墊子上抬起，雙臂放在身體兩側。
3. 吸氣時手臂擺動五次，呼氣時手臂擺動五次，持續10個循環，共擺動手臂100次。

### 好處

- 這項鍛鍊針對整個腹部，並強調正確的肌肉平衡和穩定性。
- 當手臂以百次的速度擺動時，可以增加你的心率並改善血液循環。
- 規律的呼吸練習可以增加氧氣攝入量，調節呼吸有助於增加肺活量和強化呼吸功能。
- 百式練習幾乎可以在任何普拉提斯的器材上進行，如凱迪拉克床、核心椅及梯桶等。

如欲了解更多資訊或預約私人課程，請致電預訂服務中心電話 2814 1222。





# Driver Swing Golf Tips

By Golf Professional, Christine Chuck

## 高爾夫揮桿技巧

**T**he driver is one of the most important clubs in the bag, and you will hit the club on most holes in any given round. Because of this, it is extremely important to nail down the fundamentals of a driver so you can wield the big stick with confidence.

### TEE HEIGHT

Before you even think about your swing, you need to tee the ball up. This might seem simple, but it is a key for hitting the driver consistently as you want to have the ball teed up at a uniform height every time. You typically want about half the ball to sit above

the face of the driver when you tee it up. This makes it easier for you to hit up the ball and elevate the ball off the tee.

### STANCE

You also want to tee the ball up in the forward portion of your stance, just inside the lead heel. This will allow you to catch the ball at the end of your swing arc when you are hitting up on the ball. To get this position, set up with your feet together even with the ball and then take a wide step back with your trail foot. This will put you on a nice, wide base to make an athletic and powerful swing.

### SPINE TILT

Once you get in this position, grip the club in your lead hand. Your shoulders should be level and square at this point. Next, put your trail hand on the club. When you do this, your spine will naturally tilt back away from the target and put you in the correct position to make a solid swing.

### START OF YOUR SWING

Turn your shoulders and hips as one to start your swing. Use your turn to rotate the clubs as you swing back; if the toe is up, the face is square. Let your arms fall as you turn your body during the downswing.

### POWER

From here, you should be ready to go after some power. Take the starter swing and combine it with the setup and spine tilt, and you will be ready to hit bombs. Remember to swing with rhythm and balance this will give you precision and maximum power. Soon enough the ball will be exploding off the clubface.

發球桿是球袋中其中一支最重要的球桿，因此，掌握基本技巧極為重要，這樣才能自信地揮桿。

### 球座高度

揮桿前把球置於球座上。這看起來很簡單，但擊球的關鍵在於每次把球置於同一個高度上。最好放置球座的高度是大約球的一半。此舉令球手可以更輕鬆地擊球，並將球從球座上擊出。

### 站立姿勢

您還需要將球置於站立位置的前端，並在前腳跟的內側。這樣當你擊球時，就可以在揮桿弧線的末端把球擊出。正確的姿勢是把雙腳併攏，與球齊平，然後將後腳向後邁一大步。當您擁有良好的基礎時，便能做出強大而有力的揮桿。

### 重心角

練習這個姿勢要以前手握桿，此時您的肩膀應該是水平且方正的。接下來，將您的後手放在球桿上。當您這樣做時，您的脊椎會自然地向後傾斜，視線放在目標上，並讓您處於正確的位置，做出有力的揮桿。

### 預備揮桿

開始揮桿時轉動肩膀和臀部，在向後拉桿時利用您的旋轉把球桿轉動；如果腳趾向上，則桿面呈方形。當您在揮桿過程中轉動身體時把手臂垂下。

### 力量

現在您可以加入力量進行訓練。開始揮桿時準備動作與重心角相結合，就可以準備擊出有力量的球。記得要有節奏及平衡地揮桿，這樣才能獲得高精準度和強而有力的發球。



TEE HEIGHT



SPINE TILT



START OF YOUR SWING



POWER



TENNIS

# Junior Team Tennis

## Advanced Beginner 3 Competition

By Tennis Director, Asif Ismail

### 少年網球隊基礎進階3級球賽

On Saturday, May 10, the Club hosted an exciting Junior Team Tennis event for Advanced Beginner 3 level players, with 12 enthusiastic participants divided into two teams: AMC White and AMC Blue. The competition was held in a doubles format, with each match lasting 25 minutes and played in a round robin style. This ensured that every player had multiple opportunities to compete, fostering both skill development and team camaraderie.

The matches were intensely contested and closely fought, reflecting the dedication and growing abilities of all the young athletes involved. AMC Blue ultimately triumphed, winning six matches to AMC White's three.

Despite the competitive nature of the event, the primary focus remained on learning and enjoyment. Players not only improved their tennis techniques but also gained valuable experience in match play, teamwork and sportsmanship.

Support from family members added to the positive atmosphere, encouraging the players throughout the



event. At the conclusion, medals were awarded to both the winners and finalists, recognising their hard work and achievements.

Overall, the Junior Team Tennis event was a great success, providing a fun, supportive and competitive environment that inspired young players to continue their tennis journey with enthusiasm and confidence.

本會於5月10日（星期六）為基礎進階3級球手舉辦了一場激烈的少年網球隊比賽，12名熱情的選手分成兩隊—AMC白隊和 AMC藍隊。比賽以雙打形式進行，每場25分鐘，採循環賽制。這確保每位球手都有充足的比賽機會，既可促進球技，也能增進團隊友情。

比賽競爭激烈，所有年輕運動員非常投入賽事，大家都能夠不斷進步。AMC藍隊最終獲勝，贏得六場比賽，而AMC白隊則勝出三場。

儘管活動屬競賽性質，但重點仍然是學習和娛樂。球手們不僅提升了網球技術，還在比賽、團隊合作和體育精神方面獲得了寶貴的經驗。

家人的支持為活動增添了良好的氛圍，為球手們打氣。最後，我們向獲勝者和入圍者頒發獎牌，以表彰他們的努力和成績。

總結而言，少年網球隊網球賽非常成功，提供了一個有趣、充滿支持和具競爭性的環境，激勵年輕球員懷着熱情和信心繼續他們的網球之旅。



# Upcoming Tennis Events

## 最新網球活動

### New Players Evening

Thursday, August 28  
From 7-9pm

8月28日（星期四）晚上7時至9時

Meet new players and get some playing tips from our Tennis coaches. Beginners are welcome.

Enquiries: 2814 5318 (Tennis Centre)

#### 網球迎新活動

認識新的球友並交流切磋，網球教練更會與大家分享技巧。活動適合初學者參加。

查詢電話：2814 5318（網球中心）



# Tennis Teams

## Ladies Tennis Teams



## Men's Tennis Teams





BOWLING

# Upcoming Bowling Events

保齡球活動

## Bowling High Score Day

**Sunday, July 6 & August 3**  
7月6日及8月3日（星期日）

Bowl as normal, but high scores on the day win a prize!

保齡球最高得分日

當天得到最高分的球手可贏得獎品！

## Bowling Grabber Day

**Sunday, July 13 & August 10**  
7月13日及8月10日（星期日）

We will bring the Grabber Machine out and fill it with some great soft toys. Players get two goes for a Strike and one for a Spare.

夾公仔機出沒

夾公仔機將於保齡球場登場，玩家如擊出全中可獲兩次夾公仔的機會，補中則有一次機會。

## Bowling Bingo!

**Sunday, July 20 & August 17**  
**From 11am – 10pm**  
7月20日及8月17日（星期日）  
上午11時至晚上10時

Bowl as normal but fill in your Bingo Card as you play and see if you win a prize!

保齡球Bingo!

打保齡球時填寫您的Bingo卡，看看您能否贏得獎品！



## Social Bowling

**Every Wednesday**  
**From 6-7pm**

逢星期三晚上6時至7時

Come along to meet other keen bowlers. Walk-ins welcome.

For enquiries, please call the Bowling Alley on 2814 5900 or the Health Club on 2814 5342.

社交保齡球

齊來認識其他熱衷保齡球的會員。歡迎隨時加入。

查詢請致電保齡球場電話2814 5900或健康中心電話2814 5342。

# Challenge Roth Training Update

**By Giles Leonard, Director of Sports & Recreation**

## Challenge Roth訓練日誌

Unfortunately, my training for the Challenge Roth Triathlon race in July came to an abrupt end when I sustained serious injuries after a fall during a bike training ride.

While always cautious of the traffic on the roads, ironically it was not the traffic that was to blame, but one of those humid mornings with very light drizzle that made the road slippery and caused me to lose

control of the bike. With a long recovery ahead, any form of training is not possible for at least three months, and I will look ahead to 2026 for my next races. Thank you to the many Members who have given me words of encouragement and support this year. It's a disappointing end to this race, but I am determined to get back on my feet and hopefully be back training before too long.

For any tips and advice on running or triathlon, please look out for Giles around the Club.

7月的Challenge Roth三項鐵人賽的訓練因為我在一次單車訓練中摔倒並受了重傷而要被迫結束了。當天早上下著微雨，天氣潮濕，道路濕滑，儘管我總是注意道路上的交通安全，我失去了平衡跌倒。由於需要很長的康復期，至少三個月內無法進行任何訓練，我計劃將於2026年再次參加比賽。感謝很多會員給予我鼓勵和支持。這次比賽的結局雖令人失望，但我決心重新站起來，希望不久後就能恢復訓練。

如欲了解跑步或三項鐵人賽事，請向Giles查詢。



# Fitness Centre Challenge 2025

## 2025健身挑戰

Challenge 2025 has been running for six months now, and it's great to see many Members taking part. To remind you, we have challenged Members to complete the following.

- 600 minutes of Cardiovascular exercise every month. You may choose your own Cardio – in the Fitness Centre, in the Pool, at an exercise class or even on the tennis, squash, badminton or pickleball court.

At least 20 repetitions per week of 12 different Functional Training exercises.

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

Challenge 2025 may appear to be more complicated than usual,

but a simple way of looking at it would be to do a 60-minute workout, three times a week. Your workout would consist of around 45 minutes Cardio and 15 minutes of Functional Training with 20 repetitions of four of the exercises.

2025年健身挑戰活動已進行了六個月，很高興看到許多會員積極參與。我們今年的挑戰目標如下。

- 每月完成600分鐘的有氧運動。您可以選擇適合自己的帶氧運動，在健身中心、游泳池、健身課堂，甚至在網球場、壁球場、羽毛球場或匹克球場進行。
- 腿部練習：深蹲/弓箭步/硬舉/踏步。
- 核心練習：平板支撐/仰臥起坐/臀橋。
- 手臂練習：雙槓臂屈伸/二頭肌彎舉/聳肩/頭頂拉伸/農夫步行。

2025年的挑戰可能看起來比以往更複雜，但只需每週運動三次，每次60分鐘。您的鍛鍊將包括大約45分鐘的帶氧運動和15分鐘的功能性訓練，並把其中的四項練習重複20次。

## Fitness Centre Orientation

### 健康中心入門簡介

**Sunday, July 27 & August 31**  
**From 2-4pm**

7月27日及8月31日（星期日）  
下午2時至4時

Meet with our team and learn how to use the fitness equipment properly and safely.

Complimentary for Members. Guest Fees apply.

For booking and enquiries, please contact the Fitness Centre on 2814 5342

與我們的團隊見面，學習如何正確及安全地使用健身器材。

會員免費。來賓需收取費用。

預約或查詢，請致電健康中心電話2814 5342。



# New Photo Booth

## 全新的自助照相機

The incredibly fun photo booth machine is here! There's something about squeezing into the frame with friends, family or loved ones that's both exciting and hilarious!

Stay tuned for more details and the latest schedule from our posters around the Club and the monthly wire.

Enquiries: 2814 5360 (Adventure Zone) / 2814 5493 (Kids on 8!)

歡迎與家人和朋友一起擠進照相機的相框內拍攝有趣的照片！

請留意會所的最新資訊，以取得更多詳細資料及日程安排。

查詢電話：2814 5360 (動感樂園) / 2814 5493 (Kids on 8!)



# Back to School Splash!

## 重返校園水上派對！

**Sunday, August 24**  
**From 2-6pm**

8月24日(星期日)，下午2時至6時

Come and join us at the Tropical Pool!

Complimentary for Members.

Guests: Adult \$180 Child \$130

Enquiries: 2814 1222 (Central Reservations Centre)

快來參加碧波游泳池的水上派對！

會員免費

來賓：成人\$180 兒童\$130

查詢：2814 1222 (預訂服務中心)

# Upcoming Pickleball Junior Clinic

## 兒童匹克球訓練營

**Monday to Friday, August 11 - 15**  
**From 12.15-1.15pm**  
**7/F Multi-use Court**

8月11日至15日(星期一至五)，下午12時15分至1時15分  
七樓多用途活動室

Pickleball Junior Clinics are a great way to get your kids started.

Sign them up today!

Reservations required.

Member: \$1,475 Guest: 1,900

Enquiries: 2814 1222 (Central Reservations Centre)

兒童匹克球訓練營幫助您的孩子開啟精彩匹克球之旅。

立即為您的孩子報名吧！

活動需提前預約。

會員: \$1,475 來賓: \$1,900

查詢:2814 1222 (預訂服務中心)



# Summer Camps

## 暑期訓練營

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

歡迎為子女報名參加各類暑期訓練營。

- |                                 |             |
|---------------------------------|-------------|
| • Arts & Crafts Camp            | • 藝術訓練營     |
| • Ball Games Camp               | • 球類訓練營     |
| • Health & Fitness Camp         | • 健身班       |
| • Ice Skating & Ice Hockey Camp | • 溜冰訓練營     |
| • Martial Arts Camp             | • 功夫訓練營     |
| • Self-Development Camp         | • 知識啟發科學訓練營 |
| • Swimming Camp                 | • 游泳班       |

Enquiries查詢:  
2814 1222  
(Central Reservations Centre)



Scan the QR code to view the Summer Camp Programme

PRO-SHOP

# Sun Zapper Zinc Sunscreen

## Available at the Pro-Shop now

## Sun Zapper含鋅防曬霜

## 現正在Pro-Shop發售

### Why Choose Sun Zapper Zinc Sunscreen?

Zinc Sticks and Sunscreens are 100% Australian made and have been tested to meet the harsh conditions of our sun, snow, wind and waters. Zinc oxide is a natural sun blocker that stays on your skin for hours when in the water and is a prominent ingredient in our range.

It won't burn your eyes and is great for people with sensitive skin conditions. Safe to use on children over six months old.

Try our bright and colorful SPF 50+ Zinc Sticks on your face and keep your family safe from UVA+UVB rays.

Enquiries: 2814 5417 (Pro-Shop)

### 為什麼選用Sun Zapper含鋅防曬霜？

Sun Zapper防曬棒及防曬霜100%於澳洲生產，並經過測試，可有效抵禦陽光、雪、風和水的惡劣條件。氧化鋅是一種天然的防曬劑，在水中活動時可以在皮膚上停留數小時，是產品系列中的主要成分。

產品不會灼傷眼睛，非常適合皮膚敏感的人士使用，並可安全地用於六個月以上的兒童。

立即使用SPF 50+含鋅防曬產品，保護您的家人免受UVA+UVB紫外線的傷害。

查詢：2814 5417 (Pro-Shop)



SKATER • AGE 11

# Bianca Wong

Bianca has been skating at the Club for many years. A natural athlete, she enjoys ice hockey and figure skating and is good at both. She jumps high, skates fast and is a great student. Well done, Bianca!



Bianca在會所學習溜冰多年。她是擁有天賦的運動員，喜歡冰球和花式溜冰，而且兩項運動都表現出色。她跳得很高，溜冰速度也很快，是個優秀的學生。做得好，Bianca！

SWIMMER • AGE 14

# Chiu Sung Hei

Sung Hei has mastered all four swimming strokes and shows great technique in butterfly with undulation. He can swim 200m freestyle non-stop, proving his endurance and versatility. Sung Hei's dedication in training and ability to excel in every stroke make him a standout in the class. Keep it up, Chiu!



崇熙已掌握了四種泳姿，並在蝶式中展現了高超的技巧。他可以連續游200米自由泳，證明了他的耐力和多才多藝。崇熙對訓練的投入和精湛的划水技巧使他在班上脫穎而出。繼續加油！



# Florence Chan

## Director of Housekeeping

管家部總監 — 陳家怡

**H**ousekeeping is more than just cleanliness – it's the heartbeat of a welcoming, vibrant Club experience. Behind every polished surface and thoughtfully arranged space is a dedicated team ensuring that every visit feels seamless, comfortable and special.

With over 20 years in the hospitality industry, I have the privilege of leading a passionate team committed to maintaining not just hygiene, but also the Club's ambiance, beauty and festive spirit. Our team of more than 30 professionals keeps every corner of the Club fresh and inviting – from bustling restaurants and lively kids' play areas to sports facilities, car parks and even our cherished boat, Sea Breeze. Their remarkable expertise, with an average tenure

of 10 years, sets a high standard of care and attention to detail.

Housekeeping goes beyond cleaning. Our talented gardeners meticulously nurture the club's greenery, creating a serene retreat that enhances its natural beauty. Through thoughtful landscaping and continuous upkeep, they transform the surroundings into a picturesque oasis.

We also bring festive moments to life. Every year, Members delight in stunning seasonal decorations – from twinkling holiday lights to vibrant Lunar New Year displays. These special touches, arranged by our Housekeeping team, capture the spirit of each occasion and enrich the Club's joyful atmosphere.

The team also plays a vital role in keeping operations running smoothly. We prepare staff

uniforms, restaurant linens and manage extensive post-renovation cleanups, ensuring every space is polished and ready. Even in challenging moments, like typhoon standby work, we remain ready to restore and maintain the Club's high standards.

Through all these efforts, we take pride in crafting an environment that isn't just clean but welcoming, lively and filled with thoughtful details. Housekeeping may work behind the scenes, but its impact is felt everywhere, turning everyday moments into an elevated experience.

### Housekeeping Tips

Keep your home fresh and sparkling with these simple yet effective tricks.

- **Vinegar Magic.** Mix equal parts vinegar and water for a natural, streak-free cleaner – perfect for glass surfaces and bathroom fixtures.
- **Baking Soda Freshness.** Sprinkle a small amount of baking soda evenly on carpets or upholstery to absorb odours. Let it sit for a few minutes before vacuuming for a fresher, cleaner space.



管家部不僅負責清潔，對打造溫馨的會所體驗更是功不可沒。每個光鮮亮麗的檯面和精心佈置的空間背後，都有賴這敬業的團隊，確保您每次到訪都感到舒適愜意。

憑藉20多年的酒店工作經驗，我很榮幸能領導一支充滿熱情的團隊，不僅致力於維持會所的衛生，更竭力打造會所整體氛圍、美觀和節日氣氛。我們的團隊由30多名同事組成，務求讓會所每個角落都保持清新宜人——從熙熙攘攘的餐廳、充滿活力的兒童遊樂場，到康體設施、停車場，甚至是會所遊艇Sea Breeze。他們擁有卓越的專業技能，平均服務年資長達10年，注重每個細節，為會所提供高標準的服務。

我們技藝精湛的園丁悉心呵護會所的植物，營造寧靜的休憩環境。透過精心的景觀設計和用心的培養，他們將會所周圍環境形造成舒心怡人的綠洲。

我們亦善於營造節慶氛圍。每年，會員都能欣賞到令人讚嘆的節日裝飾——從璀璨的節日燈飾到充滿活力的農曆新年裝飾等。這些皆由管家部精心佈置，不僅能捕捉每個節日的精髓，更能豐富會所的歡欣氣氛。

管家部在確保會所運作順利方面也發揮重要的作用。我們負責準備員工制服、餐廳桌布，並負責進行大規模翻新後的清理工作，確保每個空間都乾淨整潔，準備就緒。即使在颱風候命等充滿挑戰的時刻，我們也隨時準備著恢復並維持會所的高標準。

透過這些努力，我們自豪地打造了一個不僅乾淨整潔、且溫馨宜人、充滿活力，以及對細節一絲不苟的環境。管家部的工作雖在幕後進行，但其影響力無處不在，提升會員的體驗。

### 清潔小貼士

以下簡單的小貼士，有效讓您的家居保持清新亮麗。

- **醋的魔法**——將等量的醋和水混合變為天然的清潔劑，非常適合清潔玻璃表面和浴室設備。
- **小蘇打清新劑**——將少量小蘇打均勻撒在地毯或家具上，以清除異味。靜待幾分鐘後，再用吸塵機吸塵，便可獲得更清新乾淨的空間。

# Steve Ng

## Top Stylist

資深髮型師  
吳紹鳴



**S**teve was determined to thrive as a hair stylist when he was very young. He first entered the industry while still in school, working part-time at a salon to gain hands-on experience while taking related courses to prepare himself for his career journey. After several years of apprenticeship, Steve eventually became a hairstylist at the age of 22.

“I enjoy my work a lot. The Club isn't just a workplace, it's a community,” he says. “I feel like I'm catching up with friends every day. I make friends with Members, sharing hair care tips, talking about our lives and even go cycling sometimes!”

“The hardest part of my 20-year career was definitely during COVID-19,” Steve recalls, “when the Salon closed for 28 days. I'm grateful that the Club still paid us salary in such a difficult time.”

Steve's experience extends beyond the salon. Before joining the Club, he worked on styling actors for Windmill Grass Theatre. “But I love barbering more,” he says. “Stage styling lasts only an evening, but creating unique looks for clients, seeing their smiles after a haircut – that's incredibly rewarding.”

Come to the Hair Salon to meet Steve, and let his expertise transform your hair.

Steve年輕時就立志成為一名優秀的髮型師，他在上學期間就開始接觸這個行業。在修讀相關課程的同時，Steve也在髮型屋兼職以獲得實戰經驗，為他的職業生涯做好準備。經過幾年的學徒生涯，Steve在22歲時已成為一名髮型師。

「我很享受我的工作。會所對我來說不僅僅是一個工作場所，更是一種歸屬感。我感覺每天都可以和朋友們見面。與會員們成為朋友，分享護髮技巧，談論我們的生活，有時甚至一起騎單車！」

「在20年的職業生涯中，最艱難的時期絕對是新冠疫情期間。」Steve回憶道：「當時全港髮型屋被頒令關閉28天，我很感激公司在如此艱難的時期仍如常給我們發放工資。」

Steve的經驗不僅限於在髮型屋工作。在加入會所之前，他曾為風車草劇團的演員進行造型設計。「相比之下，我更喜歡剪髮。舞台造型只維持一個晚上，但為顧客創造獨特的髮型，看到他們剪髮後的笑容，這讓我感到更有意義。」

歡迎來美髮及美容中心與Steve見面，讓他以專業知識改造您的髮型。





# Upgrades and Renovations

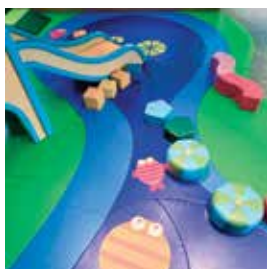
升級和裝修工程

## Padding Replacement at Run,2,3!

New, tailor-made protective padding has been installed in Monkey Gym at Run,2,3! to provide a safer environment and better playing experience for our Junior Members.

### Run,2,3!更換防護墊

Run,2,3!的Monkey Gym已安裝了全新的防護墊，為少年會員們提供更安全的環境及提升遊戲體驗。



## Replacement of Pontoon Planks

To improve the safety of the berth area and the docks, we have replaced the ageing and loose planks on the pontoon, enhancing the environment for all berth holders.

### 更換浮橋板

為了提高泊位區域和碼頭的安全性，我們更換了已老化和鬆掉的浮橋木板，改善了所有泊位的環境。

## Summer Renovations

The Chairman's Room and President's Room will start renovation from mid-July, while The Horizon will be closed from August 4 - 7 for carpet replacement.

We apologise for any inconvenience.

### 夏季裝修工程

主席廳及總統廳將由7月中旬開始進行裝修工程，而海天閣則將於8月4日至7日期間關閉以更換地毯。

不便之處，敬請原諒。

## Wooden Floor Polishing at the Deck

The Deck closed for five days in May for polishing of its wooden flooring at the indoor and outdoor dining areas. Old scratches and stains were completely removed. Wooden cabinet surfaces were also touched up and new granite stone was installed for the kitchen surfaces.

### The Deck 翻新工程

The Deck於五月關閉了五天，為室內和室外餐飲區的木地板進行翻新工程。刮痕和污漬已被完全清理好，木質櫥櫃表面也經過了修飾，廚房工作枱面亦安裝了新的花崗岩。



# Kids' Fun Day

繽紛童樂日

Every Wednesday morning, the Club is delighted to invite children from local non-profit organisations - including Mother's Choice, Bravo Lutheran Child Development Centre, Heep Hong Society, SAHK and Hong Chi Association - to visit the Club to play at Kids on 8! Since the launching of the programme in 2022, more than 1,100 children have joined the play day. But Kids Fun Day is more than just a play day - it not only brings joy to the children, but also helps their physical development, improves social skills and boosts self-esteem.

逢星期三早上會所均邀請來自非營利機構的兒童，包括母親的抉擇、路德會兒童發展中心、協康會、香港耀能協會和匡智會等，到本會的 Kids on 8! 玩樂。自2022年這計劃開始以來，已有超過1,100名兒童參加了這活動。繽紛童樂日不僅給孩子們帶來歡樂，還有助於他們的身體發展，提高社交技能並增強自信。



# Club Memories

俱樂部回憶

The place shown in our last issue may be familiar to many of you - the Marquee, which is now Portside. It was an elegant event space loved by many newlywed couples for celebration of their special day.

Congratulations to the three winners: Ms Tania Kwan, Mrs Nisha Mirchandani and Mrs Chuly Lo, who will each receive a \$500 Marina Grill dining voucher.

See if you can guess where this photo was taken. Please send your answer to [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com) by August 6. Three winners will be chosen at random to receive a small prize. Each will be notified by email and named in the next issue.

上一期展示的地方可能對大家來說都很熟悉——Marquee，為現在的Portside。該場地佈置優雅，受到許多新婚夫婦的喜愛，慶祝他們的大喜之日。

恭喜3位得獎者Ms Tania Kwan、Mrs Nisha Mirchandani和Mrs Chuly Lo可獲得Marina Grill餐飲券價值\$500。

看看你是否能猜出左側照片的拍攝地點，並在8月6日前將答案發送至[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)。我們將隨機選出三位獲獎者，並通過電子郵件通知他們，獲獎者將在下期公佈。祝您好運！





## Reciprocal Club Arrangements 海外互惠會所

Members are entitled to visit the following overseas clubs under reciprocal arrangements for up to 14 days in any calendar year. Please inform the Club prior to your visit and we will prepare a letter of introduction for you.

會員可於每個年度到訪海外互惠會所最多14日，請在到訪前通知本會以為您準備介紹信。



### The Balboa Bay Club & Resort

1221 West Coast Highway  
Newport Beach  
California 92663  
USA  
Tel: (01) 949 645 5000  
www.balboabayclub.com



### The Royal Selangor Golf Club

Jalan Kelab Golf  
Off Jalan Tun Razak  
Kuala Lumpur  
Malaysia  
Tel: (603) 9206 3208  
www.rsgc.com.my

For enquiries, please contact the Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com.

查詢請聯絡會員部2814 5436，或電郵至 member@aberdeenmarinaclub.com。

## Swimming Pool Reminders 游泳池提示

Members are reminded to kindly remove towels from sunbeds and return them to the designated basket after leaving the pool. Members who took meals by the pool should also please return crockery, cutlery and cups to the Tropical Pool Café or relevant restaurant.

Thank you for your cooperation.

會員使用泳池後，請把沙灘椅上的毛巾放回指定的籃子中。在池畔用餐的會員亦請把餐具和水杯歸還至碧波泳池咖啡庭或相關餐廳。

多謝合作。

## Club Corkage Fee Policy 開瓶費

The Club welcomes Members to bring their own wine to Club restaurants, but please be reminded that the following corkage fees apply.

- 750ml or below: \$200 per bottle.
- 1,500ml: \$300 per bottle.
- 3,000ml or more: \$600 per bottle.

No corkage fee will be charged for wine purchased from La Cave, and only hard liquor purchased from La Cave is allowed to be brought into restaurants.

Thank you for your understanding.

會員如欲自攜葡萄酒到餐廳享用，需支付以下開瓶費。

- 750毫升或以下：每瓶\$200
- 1,500毫升：每瓶\$300
- 3,000毫升或以上：每瓶\$600

於La Cave購買之葡萄酒將不設開瓶費。此外，只有於La Cave購買之烈酒才可於餐廳享用。

感謝您的理解。

## Swimming Pool Summer Opening Hours 游泳池夏日開放時間

**G/F Tropical Pool  
(Until August 31)**

Daily From 9am – 7pm

**3/F Swimming Pool**

Daily From 7am – 10pm

地下碧波池畔(至8月31日)

每天早上9時至晚上7時

**3樓泳池**

每天早上7時至晚上10時

## Eastern Asia Offshore Race Hong Kong to Tainan

### 東亞離岸帆船賽 香港至台南

Club Member Mr Franco Cutrupia's sailing yacht *Fenice* recently achieved another offshore race victory, taking first place in Line Honours (first at the finish line) and in the ICR Cruiser Division in the inaugural Eastern Asia Offshore Race from Hong Kong to Tainan.

*Fenice*, a sailing yacht berthed at the Club, crossed the finish line on Sunday, June 1 at 2.08am with an elapsed time of two days, 14 hours, 48 minutes and 33 seconds, on a course of 413.9 nautical miles.

"It was an exciting experience that we already miss in a certain sense," says Mr Cutrupia. "At sea, you understand what it means to have solidarity and harmony. We have an excellent boat, solid, suitable for offshore races with strong winds and rough seas, but above all, we are a very close-knit team of true gentlemen with some great sailors, all amateurs, with uncommon sailing experience. That makes the difference. The boat arrived from Italy in March last year. We started forming our team and participating in races last August, and since October *Fenice* has already won three coastal races and two offshore races to Hainan and Taiwan."

Our congratulations to *Fenice*, Mr Cutrupia and his crew once again for an excellent performance.

會員古楚璧先生 (Mr Franco Cutrupia) 的帆船*Fenice*號最近再次獲得離岸賽的勝利，在從香港到台南的首屆東亞離岸賽中最先衝線，贏得冠軍並在IRC巡航組奪冠。

停泊於本會的*Fenice*號於6月1日凌晨2時08分衝過終點，以2天14小時48分鐘33秒的成績完成賽事，航程為413.9 海里。

「這是一場刺激的賽事，令人回味無窮！」古楚璧先生說。「在海上，你才能真正體會到團結和諧的意義。我們的*Fenice*號是一艘出色堅固的帆船，非常適合在強風和波濤洶湧的海面進行離岸賽。但最功不可沒的是我們優秀的團隊成員，他們雖為業餘愛好者，卻擁有豐富的航海經驗。這艘船在去年三月從意大利抵港，而我們則從去年八月開始組建隊伍並參加比賽。自十月以來，*Fenice*號已經贏得了三場海岸賽和兩場分別以海南和台灣為終點的離岸賽。」

我們再次恭喜*Fenice*號、古楚璧先生和他的團隊以出色的表現贏得勝利。



## Club Bowling Match

A competitive yet enjoyable bowling match was held between Members and Club senior management on Friday, June 6. Congratulations to Mr Johnson Shiu, the winner of the event. Thank you for your participation.



## Outdoor Yoga Class with Coach Cass





Art on Ice



Art at the Club

Exclusive Tour to  
Gu Wei Museum



Cooking Masterclass with  
Executive Chef Pieter



Fresh Floral  
Handbag Workshop





Easter Carnival  
and Egg Hunt



Exclusive Sunset  
Cruise Aboard  
Sea Breeze



SPCA  
Adoption Date







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