

Portwatch

A vibrant beach scene with people swimming and sunbathing, palm trees, and high-rise buildings in the background. The image is the background for the magazine cover, showing a sunny day at a crowded beach with turquoise water and a clear blue sky.

THE ABERDEEN MARINA CLUB MAGAZINE

JULY/AUGUST 2024

On Location **HAWAII**

Design Icons
**THE ALOHA
SHIRT**



NOTHING ESCAPES US

This is our Chronergy escapement, introduced in 2015. This mechanism transmits energy with unrelenting precision to regulate the heartbeat of the watch. Its wheel and anchor have been redesigned to optimize the system's efficiency. The overarching principle is simple: an anchor with two pallets frees the rotation of a dented wheel, in a minutely timed dance. "Tick", the first pallet stops the wheel. "Tock", it releases it and

leaves the second pallet to halt its rotation. And so on. This happens eight times per second without ever skipping a single beat. That makes 28,800 rounds per hour, amounting to 14,400 "ticks" and as many "tocks". A metronomic and perpetual cadence that sets every cog and wheel in motion. Which, in turn, brings the watch to life. Yet further proof that, when it comes to mastering time, nothing escapes us.

#Perpetual

OFFICIAL ROLEX RETAILER

蘇麗鐘錶
ZURICH WATCH
WWW.ZURICH-WATCH.COM
TEL: (852) 2369 9298



Portwatch

Portwatch is a bi-monthly magazine, published by
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Club Directory

The Aberdeen Marina Club
8 Shum Wan Road, Aberdeen, Hong Kong
Tel: 2555 8321 Fax: 2873 5681
Email: member@abermarinclub.com
Website: www.abermarinclub.com

EXECUTIVE TEAM 行政部

General Manager

Ms Barbara Pang 彭鍵怡
Tel: 2814 5415 | barbara.pang@abermarinclub.com

Executive Assistant Manager - Food & Beverage

Mr Kai Roelz 盧權善
Tel: 2814 5324 | kai.roelz@abermarinclub.com

Executive Chef

Mr Pieter Fitz-Dreyer 斐偉俊
Tel: 2814 5327 | pieter.fitz-dreyer@abermarinclub.com

Director of Sports & Recreation

Mr Giles Leonard 李基爾
Tel: 2814 5492 | giles.leonard@abermarinclub.com

Director of Membership & Marketing

Ms Clara Yeung 楊凱淇
Tel: 2814 5438 | clara.yeung@abermarinclub.com

Central Reservations Centre 預訂服務中心

Tel: 2814 1222 | reservations@abermarinclub.com

ACCOUNTING OFFICE 會計辦公室	Tel: 2814 5427
LOST & FOUND 失物認領部	Tel: 2814 5345
ADVERTISING 廣告查詢	Tel: 2814 5409

Portwatch Editor / Mr Adam Nebbs
Cover Photo: Waikiki Beach



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



Portwatch

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DATES
FOR
YOUR
DIARY

July

ALL OF JULY

Fitness Centre
Monthly Fitness
Challenge -
Treadmill 60km

The Deck
Indian Dosa

1

MONDAY

Moon Cake
Sales Starts
Marina Deli
Whole Month



The Grabber
Machine Returns!
Yummy Ice-cream
The Yard
9am – 7pm

5

FRIDAY

Bazooka Ball
Challenge
Adventure Zone
7pm – 7.30pm

6

SATURDAY

The Macallan
Magic of Sherry
Masterclass
The Backroom
3.30pm – 5pm



12

FRIDAY

Laser Tag Challenge
Adventure Zone
7.30pm – 8.30pm

13

SATURDAY

Bowling Exact
Score Day
Bowling Alley
midday – 10pm

19

FRIDAY

Dodgeball Tag
Challenge
Adventure Zone
6.30pm – 7.30pm

21

SUNDAY

Magic Bubble
Highest Score Day!
The Yard
9am – 7pm

26

FRIDAY

Ninja & Trampolines
Challenge
Adventure Zone
4pm – 6pm

27

SATURDAY

Fun Weekend
Arts & Crafts –
World Friendship Day
Kids on 8!
9am – 7pm

Treasure Hunt

Run,2,3!
2pm – 4pm

28

SUNDAY

Fun Weekend
Arts & Crafts –
World Friendship Day
Kids on 8!
9am – 7pm

Bowling High
Score Day
Bowling Alley
midday – 10pm



2

FRIDAY

Bazooka Ball Challenge
Adventure Zone
7pm – 7.30pm

9

FRIDAY

Laser Tag Challenge
Adventure Zone
7.30pm – 8.30pm

ALL OF AUGUST

Fitness Centre
Monthly Fitness
Challenge –
Bike 180km

The Deck
Malaysian Delicacies
Weekend
Dinner Buffet

10

SATURDAY

Bowling Exact
Score Day
Bowling Alley
midday – 10pm

11

SUNDAY

The Grabber
Machine Returns!
Sport Toys
The Yard
9am – 7pm

16

FRIDAY

Dodgeball Tag
Challenge
Adventure Zone
6.30pm – 7.30pm

18

SUNDAY

Tetris Puzzle
The Yard
9am – 7pm

August

DATES
FOR
YOUR
DIARY

Dining throughout JULY AND AUGUST

The Horizon
Summer Dishes

The Balcony
Thai Vegetarian
Promotion

Caffè Luna
Sicilian
Summer Menu

Portside
Rice in Winter
Melon Roasted
Duck Soup

Marina Grill
Australian
Black Truffles



25

SUNDAY

Tropical Pool Splash
Tropical Pool
2pm – 6pm

Bowling High
Score Day
Bowling Alley
midday – 10pm

29

THURSDAY

The Cuvelier Family Wine
Dinner with
Yohann Jouselin MS
Marina Grill
7pm

30

FRIDAY

Ninja & Trampolines
Challenge
Adventure Zone
4pm – 6pm

31

SATURDAY

Treasure Hunt
Run,2,3!
2pm – 4pm

Goodbye and Welcome

It is with sadness that we announce the departure of our General Manager, Edward Read. We would like to express our heartfelt gratitude for his dedication and invaluable contribution to the Club over the past five years, and wish him well for the future.

With Edward's departure it is our pleasure to introduce our new General Manager of the Club, Barbara Pang, who is no stranger to our organisation, having previously held the position of Senior Vice President – Sales & Marketing at our Shangri-La headquarters. Prior to joining the Club, Barbara was the opening General Manager of The Fullerton Ocean Park Hotel Hong Kong.

The Aberdeen Marina Club is delighted to welcome Barbara, and we look forward to her extensive experience and expertise taking us to new heights of excellence.

本會懷著不捨的心情宣布聶子維 (Edward) 已離任總經理一職。我們衷心感謝Edward在過去五年的付出，對會所作出寶貴的貢獻，並祝願他未來一切順利。

與此同時，我們亦很榮幸向大家介紹我們的新任總經理彭鍵怡 (Barbara)。Barbara對香格里拉集團十分熟悉，她曾在香格里拉集團總部出任銷售與市場營銷高級副總裁一職。在加入本會前，Barbara曾於香港富麗敦海洋公園酒店擔任開業總經理。

我們很高興歡迎Barbara，期待她以豐富的經驗和專業知識帶領會所更進一步，再創佳績。

GM's Letter

Dear Members,
親愛的會員：

Please allow me to introduce myself as the new General Manager of the Club.

To share a little about myself, I come from a hotel background and have worked with various luxury hotel brands both on property and at corporate level looking after international hotels and resorts. This will be my first experience at a private members' club and I am excited to embark on this new journey. I enjoy building Lego and wooden models and I am also a foster parent for the SPCA.

I thank you for your ongoing support and look forward to meeting you in person very soon.

大家好，我很高興出任深灣遊艇俱樂部的新任總經理。

我一直從事酒店業，曾於多個高級酒店品牌工作，在地區酒店和集團企業層面負責管理酒店及渡假酒店。這是我第一次於私人會所任職，我很榮幸並期待展開這趟新旅程。我喜歡在空餘時拼砌樂高和木製模型。此外，我亦是香港愛護動物協會的暫養父母。

我感謝會員對會所不斷的支持，期待與您們在會所見面。

Best regards,

BARBARA PANG
General Manager
總經理 - 彭鍵怡

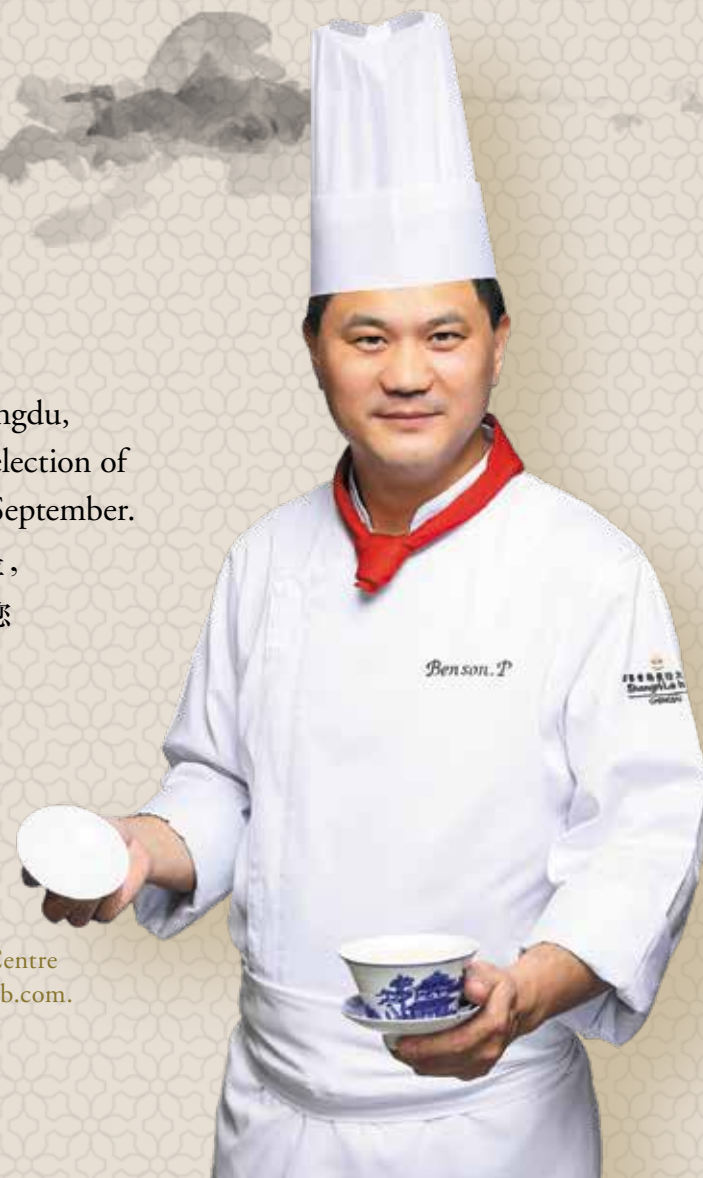


A TASTE OF
SICHUAN

9月16至29日
SEPTEMBER 16 – 29

Master of Sichuan cuisine at Shangri-La Chengdu, Chef Benson Peng will be preparing a delicious selection of classic provincial specialities at The Horizon this September.

來自成都香格里拉大酒店的川菜總廚彭勇師傅，
將為您呈獻一系列傳統經典的川菜菜式，讓您
品嚐正宗的巴蜀風味。



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

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



Now Open on Thursdays

**Caffè Luna is now open on Thursdays,
Fridays and weekends
for your Italian dining pleasure.**

**Thursday to Sunday and public holidays
11.30am to 10pm**

Monday to Wednesday: Private Events Venue

Luna 意大利餐廳現於星期四至日營業，大家可享用多一天的意大利美食。
星期四至日及公眾假期：上午 11 時 30 分至晚上 10 時
星期一至三：私人宴會場地

**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 AND HAMPERS AVAILABLE FROM MID-AUGUST 多款月餅及禮品籃 由8月12日開始發售

雙黃白蓮蓉月餅 (4件) Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces)	\$418
迷你奶皇月餅 (8件) Mini Moon Cakes with Custard (8 pieces)	\$418
迷你流心奶皇月餅 (8件) Mini Moon Cakes with Lava Custard (8 pieces)	\$418
迷你蛋黃白蓮蓉月餅 (8件) Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces)	\$418
迷你陳皮豆沙月餅 (8件) Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces)	\$418
迷你黑刺榴槤冰皮月餅 (4件) Mini Black Thorn Durian Snow Skin Moon Cakes (4 pieces)	\$368
花好月圓禮品籃 Starry Moon Festival Hamper	\$2,488
眾星拱月禮品籃 Full Moon Festival Hamper	\$3,488

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

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



**MARINA
DELI**

MOON CAKES at Marina Deli

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

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。

SPECIAL OFFER 特別優惠

	Early Bird (July 1 - Aug 18)	Special Offer (Aug 19 - Sept 17)
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

AVAILABILITY 發售日期

Moon cake coupons will be available from July 1.
Moon cake collection begins August 12.

月餅禮券由7月1日開始發售。
月餅禮盒於8月12日有售。

ADDITIONAL REDEMPTION POINT 其他換領地點

ISLAND SHANGRI-LA 港島香格里拉大酒店
From September 7-16, Midday to 7pm
由9月7日至16日，中午12時至晚上7時

MOON CAKES & HAMPERS
ORDER FORM

深灣店中秋月餅及禮品籃訂購表格

ALL MOON CAKES COME 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 (4件)	\$418		
Mini Moon Cakes with Custard (8 pieces) 迷你奶皇月餅 (8件)	\$418		
Mini Moon Cakes with Lava Custard (8 pieces) 迷你流心奶皇月餅 (8件)	\$418		
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces) 迷你蛋黃白蓮蓉月餅 (8件)	\$418		
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces) 迷你陳皮豆沙月餅 (8件)	\$418		
Mini Black Thorn Durian Snow Skin Moon Cakes (4 pieces) 迷你黑刺榴槤冰皮月餅 (4件)	\$368		
Starry Moon Festival Hamper 花好月圓禮品籃 <ul style="list-style-type: none">Domenico Clerico Visadi Langhe Dolcetto, Piedmont, Italy 意大利紅酒Premium Dried Mushrooms 特級花菇Millesime Belgian Milk and Dark Chocolate 雜錦朱古力禮盒Whittard Earl Grey Loose Leaf Tea 皇家伯爵茶葉Whittard Chocolate Chip and Orange Biscuits Set 皇家曲奇禮盒Airborne Honeydew Gift Set 紐西蘭蜜糖禮盒The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃The Horizon XO Sauce 海天閣XO醬Moon Cakes in Gift Box 月餅禮盒	\$2,488		
Full Moon Festival Hamper 眾星拱月禮品籃 <ul style="list-style-type: none">Veuve Clicquot Yellow Label Champagne, 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Premier Praline and Ganache Fillings Enrobed in Milk, Dark and White Chocolate 雜錦朱古力禮盒Whittard Tea Discovery Collection Gift Box 經典茶包禮盒Premier Better Palmier Cookie with Gift Box 蝴蝶酥禮盒The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃The Horizon XO Sauce 海天閣XO醬Moon Cakes in Gift Box 月餅禮盒	\$3,488		

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

- All advance orders will be ready for collection at Marina Deli as of **August 12**.
- 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.

- 所有月餅訂單可於8月12日起在深灣店提取。
- 請填妥此訂購表格，並WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com或親臨深灣店訂購。
- 本會所將以電話或電郵確認閣下之訂單。訂購總額將會自動從您的會員賬戶扣除。
- 訂購及查詢，請致電深灣店電話 2814 5302或WhatsApp 6390 0716。
- 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
Delivery Address: 送貨日期	
Preferred Collection Date: 提貨日期	Time: 時間
Email: 電子郵箱	Signature: 簽名



the
BALCONY

THAI VEGETARIAN PROMOTION

泰式素菜推介

THROUGHOUT JULY AND 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。

RAINBOW
VEGETABLE ROLL
彩虹米紙卷配茼蒿芒果醬汁

MIXED VEGETABLE PANCAKE
酥炸素薄餅

GLASS NOODLE BAKED WITH
SHITAKE MUSHROOM
雜菇粉絲煲

STIR-FRIED VEGETARIAN BEEF
WITH HOT CHILI BASIL
香葉辣椒炒素牛

DEEP-FRIED BEANCURD WITH
SOY PROTEIN AND VEGETABLES
泰式豉油炒豆腐雜菜

STEAMED MINCED
VEGETARIAN CHICKEN WITH
CURRY SAUCE
泰式蒸素雞配咖哩忌廉汁



SUMMER DISHES

夏日 菜式



七月及八月
Throughout July and August

芝麻醬涼拌 雙色鮮淮山

Fresh Chinese yam,
sesame sauce

木瓜燉山斑魚湯

Double-boiled snake head fish,
papaya soup

八寶燉冬瓜盅

Doubled-boiled
whole winter melon soup

柑柚脆香骨

Crispy-fried pork spare ribs,
pomelo, mandarin orange sauce

XO醬雲南小翠瓜 炒雙蚌鳳片

Sautéed sliced chicken, coral
mussel, osmanthus mussel,
jade melon, XO chilli sauce

雞頭米毛豆甜筍炒蝦仁

Sautéed fresh shrimp, gordon
euryale seed, green soy bean,
bamboo shoots

魚香茄子千葉豆腐

Braised egg plant, minced
pork, sliced bean curd

夏果蒜片秋葵炒牛柳粒

Sautéed diced beef, macadamia
nuts, okra, fried garlic

籠仔銀魚肉鬆蒸菜心

Steamed Chinese cabbage,
white bait, minced pork

白松露醬奧地利 雞油菌炒帶子

Sautéed fresh scallops,
Austrian chanterelles,
white truffle sauce

焗原個鳳梨雞粒 海皇炒飯

Baked pineapple fried rice,
diced chicken, diced seafood

雪膠網紋蜜瓜西米露

Chilled sago cream,
honeydew melon, snow gum



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。



MID-AUTUMN FUN PARTY

中秋派對

Tuesday, September 17

6.30-9.30pm

Adult 成人: \$580 Child 小童: \$410

Celebrate with your family and friends at our Mid-Autumn Fun Party.
There will be lots of carnival games, arts and crafts, festive decorations and
an international buffet dinner at your choice of the Deck or Portside.

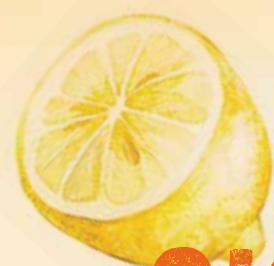
誠邀會員與親朋一起慶祝中秋佳節。派對當日設有遊戲及手工藝攤位，
更可在Portside或The Deck享用自助晚餐。


PORTSIDE



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

訂座請致電預訂服務中心電話2814 5442或電郵至events@aberdeenmarinaclub.com。

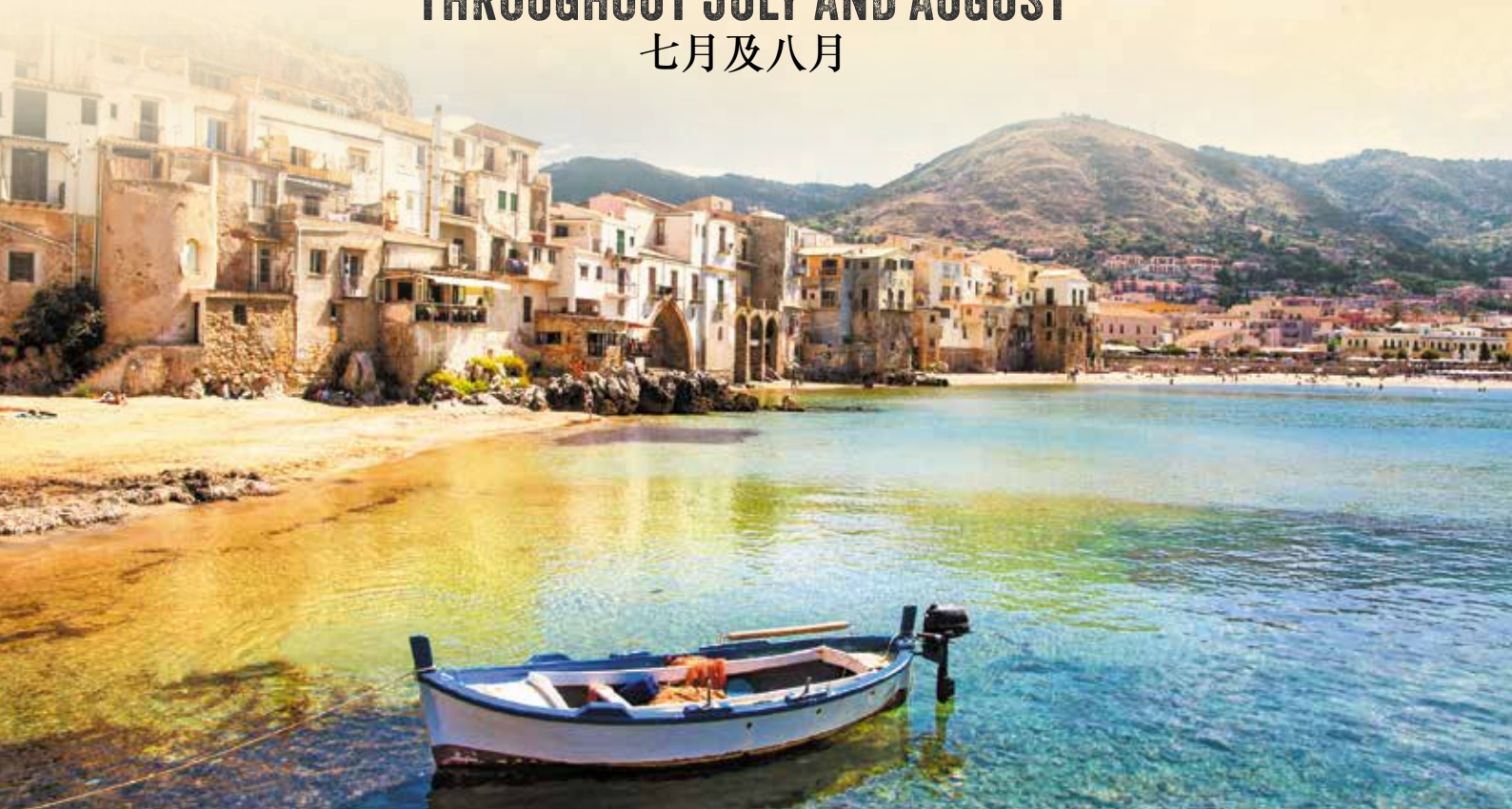


西西里島夏日菜式

SICILIAN SUMMER MENU

THROUGHOUT JULY AND AUGUST

七月及八月



ANTIPASTI

BRUSCHETTA GRANCHIO E ZUCCHINE

Crab & Zucchini Salad,
Basil Mayo, Grilled Focaccia

PRIMI

PACCHERI ALL'ASTICE

Boston Lobster,
Cherry Tomato Sauce

SECONDI

ROMBO AL FORNO

Baked Turbot, Potato,
Cherry Tomato,
Taggiasca Olive

DOLCI

SEMIFREDDO AL LIMONE

Frozen Sicilian
Lemon Mousse

CAFFÈ LUNA
Family Italian

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。



INDIAN DOSA

印度多薩薄餅

Throughout July 七月

Monday to Thursday, lunch and dinner
(except public holidays).

星期一至四午餐及晚餐時段內供應
(公眾假期除外)。

For enquiries, please call the Deck on 2814 5301
or email deck@aberdeenmarinaclub.com.

查詢請致電the Deck電話2814 5301或電郵至deck@aberdeenmarinaclub.com。

MALAYSIAN DELICACIES WEEKEND DINNER BUFFET



馬來西亞主題週末自助晚餐

Throughout August and September

八月及九月

Weekends and public holidays
(including Friday nights)

週末及公眾假期 (包括星期五晚上)

Adult \$388 Child \$118

Discover authentic Malaysian specialities, with delectable
durian desserts, at the Deck's weekend dinner buffets.

The Deck 誠邀大家品嚐以地道馬來西亞菜式為主題的
週末自助晚餐，當中包括一系列精緻榴槤甜品。

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

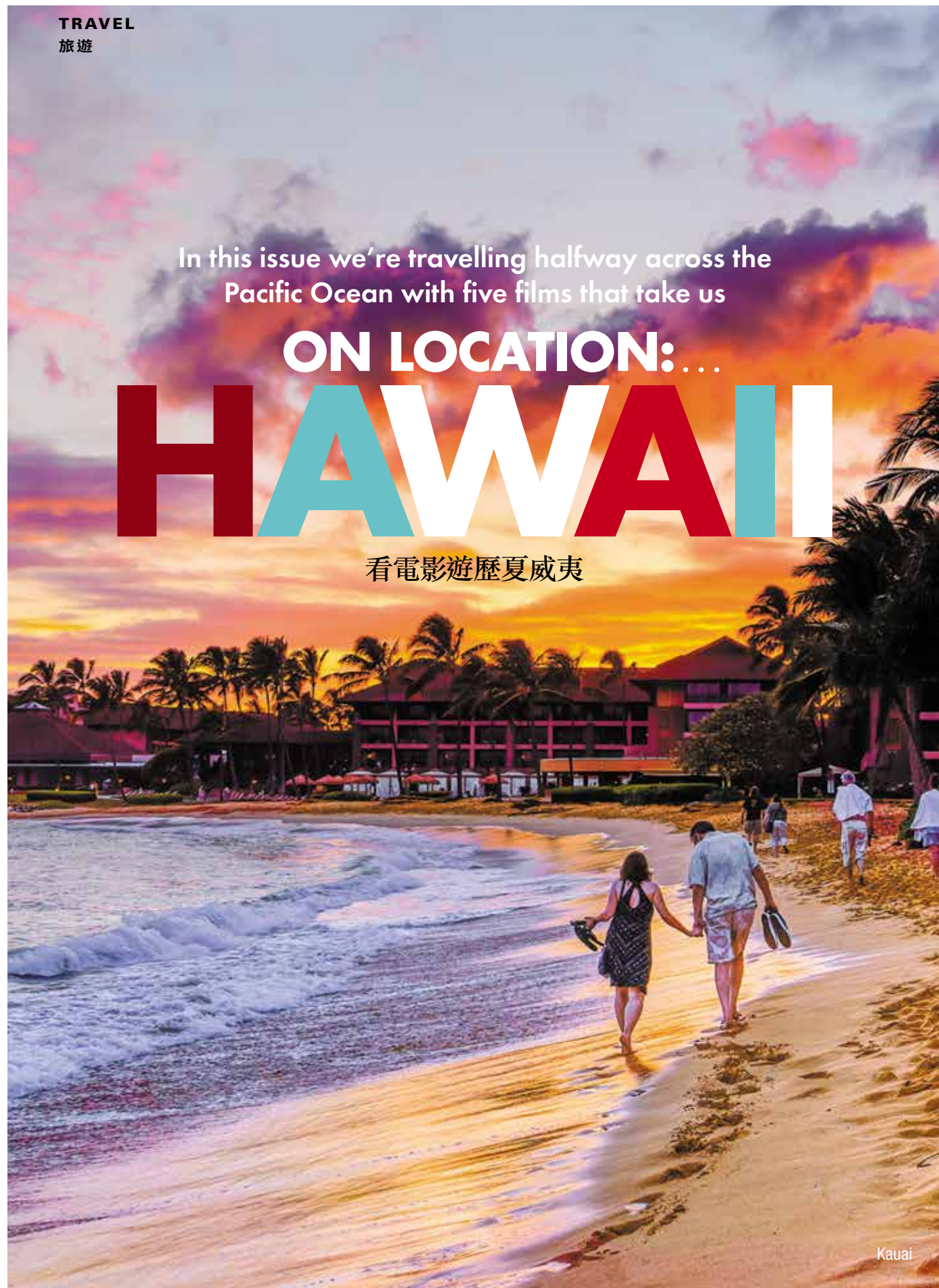
訂座請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com。



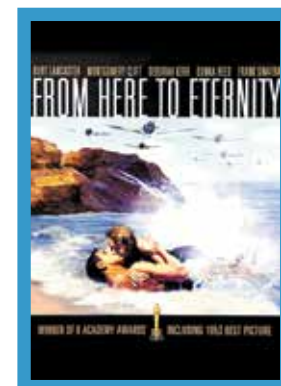
In this issue we're travelling halfway across the
Pacific Ocean with five films that take us

ON LOCATION: ... HAWAII

看電影遊歷夏威夷



Kauai



From Here to Eternity 紅粉忠魂未了情 (1953)

Director: Fred Zinnemann

Starring: Burt Lancaster, Montgomery Clift



Nominated for 13 Academy Awards, and winner of eight including Best Picture and Best Director, *From Here To Eternity* is perhaps best remembered today for the passionate beach scene featuring Burt Lancaster and Deborah Kerr. Their wave-swept embrace was filmed at Halona Beach Cove, on the eastern outskirts of Honolulu near Waikiki Beach, on the island of Oahu, and the spot is still quite popular today, with positive reviews on Tripadvisor. (It's also known as Eternity Beach.) Set largely on a military base in the days leading up to the Japanese attack on Pearl Harbour, and based on a best-selling novel of the same name, *From Here to Eternity* was also filmed in and around downtown Waikiki, at Schofield Barracks, which is not open to the public, and the nearby Kulekole Trail, which is occasionally open to hikers on weekends.

Where to find: AppleTV

導演：佛烈辛納曼

演員：畢蘭加士打·蒙哥馬利克利夫特

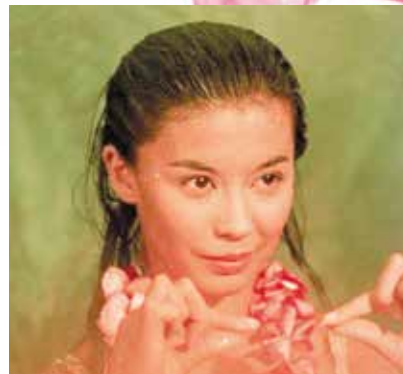
《紅粉忠魂未了情》榮獲了13項奧斯卡金像獎提名，並奪得8項奧斯卡金像獎包括最佳影片和最佳導演。如今最讓人銘記的也許是畢蘭加士打和狄波拉嘉充滿激情的海灘場景。他們在海浪中相擁的場景是在檀香山東部郊區歐胡島上的威基基海灘附近的哈羅納海灘灣拍攝的，這個場景至今仍然廣受歡迎，在Tripadvisor上亦獲得好評（它也被稱為永恒海灘）。《紅粉忠魂未了情》主要以日本偷襲珍珠港前夕的一個軍事基地作為背景，改編自同名暢銷小說，也在威基基市中心及週邊地區的斯科菲爾德兵營拍攝，此處不向公眾開放，而附近的Kulekole Trail則偶爾在周末開放給行山人士。

觀看影片：AppleTV



South Pacific 南太平洋 (1958)

Director: Joshua Logan
Starring: Rossano Brazzi, Mitzi Gaynor



Set on an anonymous island in the South Pacific (and on the fictional Bali Hai) but filmed on the Hawaiian island of Kauai, *South Pacific* was based on Rodgers and Hammerstein's Broadway musical of the same name, which was itself based on James Michener's 1947 novel, *Tales of the South Pacific*. Most location filming took place on Kauai's north coast, around Haena and Lumahai Beaches, Hanalei Bay and Black Pot Beach at the mouth of the Hanalei River, and at the nearby Birkmyre Estate, where romance blossomed between Rossano Brazzi and Mitzi Gaynor. Sprawling, spectacular and sometimes quite bizarre, *South Pacific* was the highest-grossing film of 1958 both in the United States and in Great Britain, where it ran daily for almost four-and-a-half years at the Dominion Theatre in London.

Where to find: Blu-ray and the Samuel Goldwyn Films YouTube channel

導演：祖舒亞盧根

演員：羅山奴巴拉西、美芝姬娜

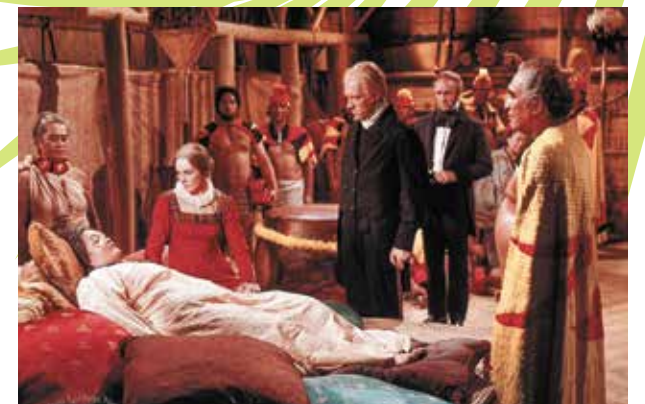
《南太平洋》以南太平洋的一個無名島嶼（以及虛構的巴厘島海）為背景，但實際上是在夏威夷考艾島拍攝。《南太平洋》改編自羅傑斯與漢默斯坦的同名百老匯音樂劇，該音樂劇本身改編自詹姆斯米切納1947年的小說。片中大多數拍攝地點都在考艾島北海岸、哈耶納海灘和盧馬海海灘、哈納雷灣和哈納雷河口的黑鍋海灘周圍，以及附近的伯克麥爾莊園，羅山奴巴拉西和美芝姬娜之間的浪漫愛情就是在此綻放。《南太平洋》規模龐大，場面壯麗，是1958年美國和英國票房最高的電影，在倫敦多米尼恩劇院放映近四年半。

觀看影片：藍光碟和Samuel Goldwyn Films YouTube channel



Hawaii 夏威夷 (1966)

Director: George Roy Hill
Starring: Max von Sydow, Julie Andrews



Hawaii was another film adaptation of a James Michener novel, though in this case a single chapter of his 1959 historical epic of the same name. Following the struggles of an American Christian missionary couple in the 19th century, the film is set in Lahaina on the island of Maui, but was filmed around Makua Beach on the west coast of Oahu. A 90-minute drive from Honolulu, it's today considered something of a "hidden gem" and noted for its clear diving waters and 800-metre beach. Another chapter of Michener's book was made into a film four years later. *The Hawaiians* stars Charlton Heston and Tina Chen, taking up where *Hawaii* left off, and was filmed on the islands of Kauai, Oahu and Molokai.

Where to find: AppleTV

導演：佐治萊希爾

演員：麥士馮西度、茱莉安德絲

《夏威夷》是另一部根據詹姆斯米切納小說改編的電影，不過這部電影只是他1959年同名史詩式小說中的其中一個章節。這部電影講述19世紀一對美國基督教傳教士夫婦的奮鬥故事。故事發生在毛伊島的拉海納，但在歐胡島西海岸的馬庫阿海灘附近拍攝。距離檀香山約90分鐘車程，如今被視為“隱藏的寶石”，以其清澈的水域和800公尺長的海灘而聞名。四年後，米切納書中的另一章亦被拍成電影。《夏威夷人》由查爾頓希士頓和陳亭主演，延續了《夏威夷》的故事，並在考艾島、歐胡島和摩洛凱島拍攝。

觀看影片：AppleTV



50 First Dates

每天愛妳第一次 (2004)

Director: Peter Segal

Starring: Adam Sandler, Drew Barrymore



Most of this surprisingly touching romantic comedy about short-term memory loss was filmed on the island of Oahu. Familiar locations include Kualoa Ranch Nature Reserve, which has appeared in many Hollywood movies and TV shows (including multiple *Jurassic Park* and *Godzilla* movies and the TV series *Lost*) and offers a wide variety of tours around their locations (see kualoa.com). Adam Sandler and Drew Barrymore's characters share their first kiss at Halona Beach Cove, just like Burt Lancaster and Debora Kerr 50 years earlier. Sandler's on-screen workplace is Sea Life Park (sealifeparkhawaii.com) on the southeast tip of the island, where episodes of the popular TV series *Hawaii Five-0* and *Magnum PI* were filmed back in the 1970s and '80s.

Where to find: AppleTV, YouTube Movies

導演：彼得薛高

演員：阿當桑迪拿、茱芭莉摩亞

這部關於喪失短期記憶的浪漫感人喜劇，大部分是在歐胡島拍攝。熟悉的地點包括古蘭尼牧場自然保護區，該保護區曾出現在多部荷里活電影和電視節目中（包括電影《侏羅紀公園》系列和《哥斯拉》以及電視劇《迷失》），並提供遊覽活動（有關詳情可瀏覽kualoa.com）。阿當桑迪拿和茱芭莉摩亞飾演的角色在哈羅納海灘灣獻出初吻，就像50年前的畢蘭加士打和狄波拉嘉一樣。桑迪拿在電影中的工作地點是位於島嶼東南邊的海洋生物公園 (sealifeparkhawaii.com)，熱門電視劇《檀島警騎》和《夏威夷之虎》的劇集於1970年代和80年代也曾在此拍攝。

觀看影片：Apple TV、YouTube Movies

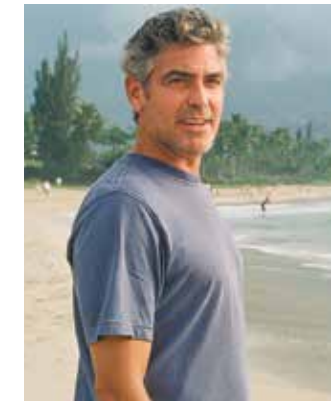


The Descendants

繼承大丈夫 (2011)

Director: Alexander Payne

Starring: George Clooney, Shailene Woodley



The Descendants is interesting to watch after *Hawaii* (1966) and *The Hawaiians* (1970) in that it features a large old Hawaiian *haole* family (meaning of European ancestry) dealing with the sale of land that has been in their possession since the period in which those films were set. George Clooney's character flies with his daughters between Oahu, Hawaii (The Big Island) and Kauai as he tries to juggle several issues at once. The family land that he is tasked with selling as its sole trustee was filmed at Kipu Ranch in southeastern Kauai (kiputours.com) with its fabulous vistas overlooking Kipu Kai Beach. Still on Kauai, the family – who live in the state capital Honolulu on Oahu – take a short break at Hanalei Bay, which appeared rather less developed in *South Pacific* more than 60 years earlier.

Where to find: Disney+

導演：亞歷山大比恩

演員：佐治古尼、莎蓮活莉

《繼承大丈夫》一片圍繞著一個古老的夏威夷白人家族（祖先來自歐洲），講述他們出售土地的一連串經歷。這些土地自《夏威夷》(1966) 和《夏威夷人》(1970) 兩部電影的背景時期以來一直由此大家族所擁有。佐治古尼飾演的角色和他的女兒們一起在歐胡島、夏威夷（大島）和考艾島之間往來，試圖處理某些問題。他作為唯一受託人負責出售家族的土，電影攝於考艾島東南部的Kipu Ranch (kiputours.com)，那裡可以俯瞰Kipu Kai海灘的壯麗景色。住在歐胡島州首府檀香山的這家人停留在考艾島，在哈納雷灣作短暫休息，這區在60多年前的《南太平洋》中顯然還未經發展。

觀看影片：Disney+

MEETING PACKAGE



\$910
per person to include...

Use of the meeting room
from 9am to 5pm

Continental breakfast
served upon arrival

Two coffee or tea breaks
with refreshments

Chinese dim sum lunch,
Western set lunch or Thai lunch

For enquiries and bookings, please call Events Sales Office at 2814 5442
or email events@aberdeenmarinaclub.com.

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

PRIVATE EVENTS AT CAFFÈ LUNA



Caffè Luna is now available for hosting private events from Monday to Wednesday, except public holidays. The inviting indoor area and breezy terrace can accommodate from 30 to 70 persons, providing a fabulous venue for all kinds of functions, from birthday celebrations to corporate events.

For information on holding an immersive, Italian-style event at Caffè Luna, please call Events Sales on 2814 5442 or email events@aberdeenmarinaclub.com.



THE BACKROOM
AT LA CAVE

SOMMELIER SELECTED FLIGHTS

Throughout July

Embark on a sensory journey with meticulously curated wines and whiskies, specially selected by our expert sommeliers to captivate the palate.

Priced from \$398 per flight including canapés.



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

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THE BACKROOM
AT LA CAVE

懷石料理

NADAMAN KAISEKI
POP-UP AT
THE BACKROOM

SEPTEMBER 5-17

The Japanese restaurant group Nadaman has been treating discerning diners to the finest kaiseki cuisine since 1830. Island Shangri-La had the notable privilege of establishing the first Nadaman outside of Japan, and from September 5 to 17, the Nadaman Team will be preparing lunch and dinner at The Backroom, and presenting an exclusive Kuheiji Wine and Sake Dinner on September 13.

“Kaiseki is the art of transforming the blessings of nature into food, and it is prepared with special attention to naturalness, harmony and restraint.”

– Chef Takatsugu Koyama, Nadaman Chef at Island Shangri-La.

早在1830年，日本著名的Nadaman集團已經在日本推出懷石料理，以款待品味高端的食客。

港島香格里拉把Nadaman引進香港，成為日本以外開設的首間Nadaman海外餐廳。

港島香格里拉Nadaman廚師團隊將於9月5日至17日在The Backroom精心準備餐膳，並在9月13日舉辦九平次葡萄酒及清酒晚宴。

“懷石料理是將大自然的恩賜與食物融為一體的藝術。”—— 港島香格里拉Nadaman大廚小山剛世

なだ万
Japanese Restaurant
NADAMAN

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。



Enjoying the Diversity of Summer Drinks with Cider and Pétillant Naturel

Cider和Pétillant Naturel的
夏日特飲推介



with a focus on natural fermentation and minimal intervention, Pét-Nat offers a lively effervescence and distinctive flavours with unfiltered and often funky characteristics. From citrusy zests to tropical fruit notes and delicate floral nuances, it adds a touch of excitement to your summer sipping.

On July 20 and 21, La Cave will hold a lobby sale featuring these delightful drinks, so don't miss this chance to taste them!

Summer is the perfect time to discover the wide array of refreshing beverages available beyond the classics. While Champagne and rosé wines remain popular choices, cider and Pétillant Naturel are also fun to explore, with unique flavours that complement the seasonal climate with a fresh twist to your summer sipping experience.

Cider A Crisp and Fruity Alternative

While traditionally associated with autumn, cider has expanded its horizons to become a delightful summer drink. With its crispness and fruit-forward profiles, cider offers a refreshing choice for those seeking a change from the norm. From classic apple ciders to inventive blends infused with stone or tropical fruits, the versatility of cider makes it a delightful companion for outdoor gatherings and beach picnics alike.

Pétillant Naturel A Sparkling Surprise

For those looking for a slightly unconventional summer sparkler, Pétillant Naturel, "Pét-Nat" is an exciting option. Crafted using the ancestral method (Méthode Ancestrale)

隨著夏季的到來，是時候去探索各款清新的飲品，品嚐傳統以外的選擇。儘管香檳和玫瑰葡萄酒仍然是很受歡迎的飲品，讓我們一同探索兩款令人振奮的新選擇：Cider和Pétillant Naturel。這些美味選擇提供兩款飲品有著獨特風味，完美搭配炎熱的夏日，為您的夏日品酒體驗帶來新的刺激。

Cider: 清爽果香的替代品

儘管傳統上與秋季相關，但現在已成為非常受歡迎的夏季飲品。Cider以其清爽口感和水果香調完美契合了盛夏的需求。從傳統的蘋果Cider到添加了核果或熱帶水果的創新口味，Cider的搭配靈活多樣，使其成為戶外聚會或海灘野餐的絕佳選擇。

Pétillant Naturel: 令人驚喜的氣泡酒

如果大家有興趣品嚐新式的夏日氣泡飲品，Pétillant Naturel (簡稱Pét-Nat) 是一個令人振奮的選擇。這種以天然發酵和最少的發酵步驟為特點的氣泡葡萄酒，帶活潑的氣泡感和獨特風味。每款氣泡酒都帶來驚喜，未經過濾且常常帶有奇特的個性。從鮮明的柑橘香氣到熱帶水果的味道和淡雅的花香，Pét-Nat為您的夏日品味帶來豐富的選擇。

今個夏日，La Cave將於7月20至21日舉辦夏日飲品Lobby Sale，千萬不要錯過這個品嚐的機會！

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

Cuvelier Family Wine Dinner  
with Yohann Jousselin, MS  
葡萄酒晚宴

Thursday, August 29      8月29日 (星期四)  
Welcome drink: 7pm      酒會: 晚上7時  
Dinner: 7.30pm      晚宴: 晚上7時30分  
\$1,280 per person      每位\$1,280  
Guest Speaker: Yohann Jousselin, Master Sommelier



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

WELCOME DRINK  
NV Champagne Henriot, Brut Souverain

MENU  
**Mushroom Parfait**  
Sweet & Sour Shallot, Toasted Brioche

2019 Cuvelier Los Andes,  
Colección Red Blend  
\*\*\*

**Petuna Ocean Trout**  
Pine Nut, Caper, Brown Butter,  
Cauliflower Purée

2017 Pavillon de Léoville Poyferre  
\*\*\*

**Tea Smoked Duck Breast**  
Radicchio, Beetroot, Davidson Plum

2010 Cuvelier Los Andes,  
Grand Vin Red Blend  
2007 Château Léoville Poyferre (1,500ml)  
\*\*\*

**Wagyu Sirloin**  
Ox Cheek, Potato Pave, Hen of the Woods

2019 Cuvelier Los Andes,  
Grand Malbec  
2016 Château Léoville Poyferre  
\*\*\*

**Summer Berry Pavlova**  
Wild Berry Sorbet, Lemon Curd



PORTSIDE  
**RICE IN  
WINTER MELON  
ROASTED  
DUCK SOUP**  
冬瓜火鴨湯飯  
*Throughout July & August*

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)。

M A R I N A  
G R I L L  
~~~~~  
**AUSTRALIAN
BLACK
TRUFFLES**
黑松露菜式推介
Throughout July and August
Subject to availability



For reservations and enquiries, please call the Central Reservations Centre on 2814 1222
or email reservations@aberdeenmarinaclub.com.
預訂或查詢請致電預訂服務中心電話2814 1222或電郵至 reservations@aberdeenmarinaclub.com。

The Aloha Shirt

夏威夷恤衫

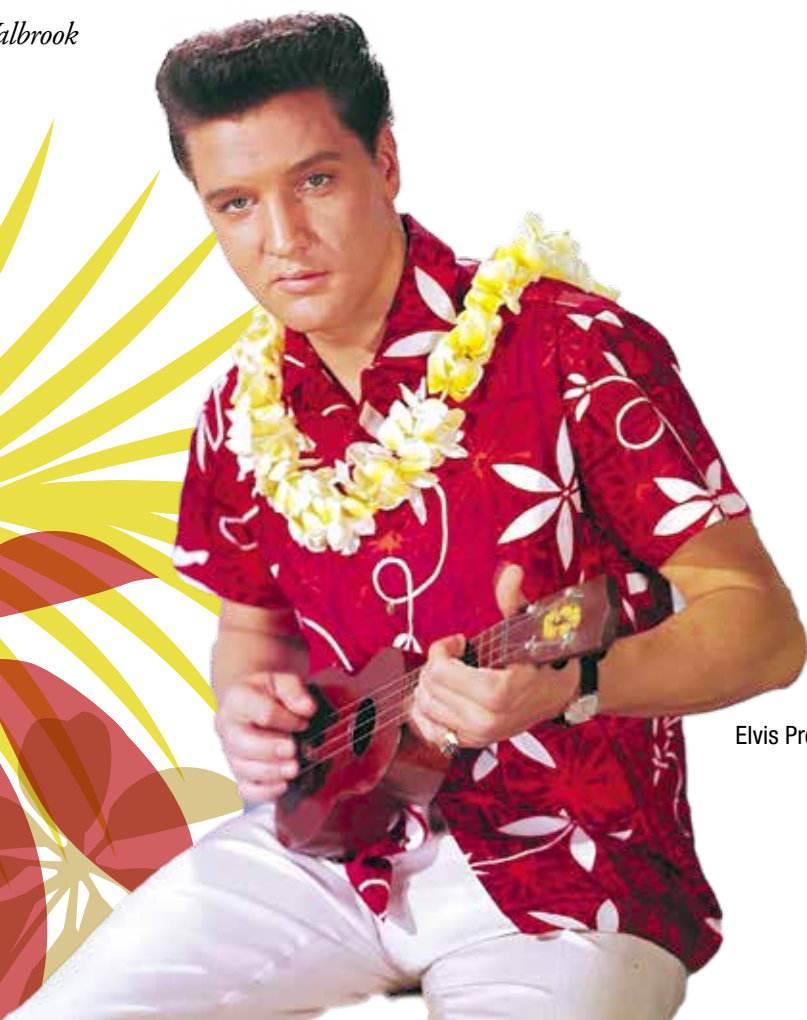
- by Peter Walbrook



Aloha shirt
advertising, 1951



Ellery Chun



Elvis Presley



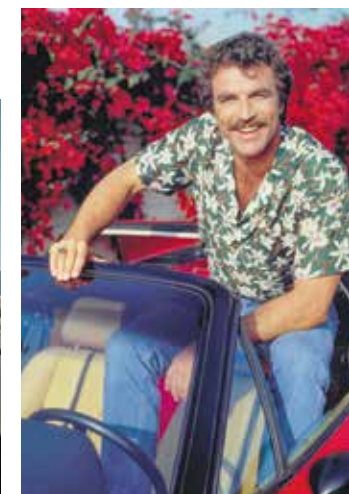
Vince Vaughn



Brad Pitt



Arnold Schwarzenegger



Tom Selleck

The origins of the Aloha Shirt – also known as the Hawaiian Shirt – are not fully clear, but the distinctive garment is thought to date back as far the 1920s. The original source is usually said to be a Japanese store in Honolulu, Musa-Shiya the Shirtmaker, which used traditional Japanese prints, possibly spare kimono fabric, to produce its shirts. Another candidate is Chinese merchant Ellery Chun of Waikiki.

Both men are also credited with coming up with the name Aloha Shirt, which first appeared in advertising in the mid-1930s. Chun, however, trademarked the term “Aloha Shirt” in 1937 and owned the commercial rights to it for the next 20 years.

Much the same in style today as they were almost a century ago, Aloha Shirts remain versatile, fun and stylish (as long as the fabric pattern is tasteful), and are still made from cotton, linen, silk or rayon. With their wide camp collars, side vents, coconut buttons running either full length or half and usually single left-side pockets seamlessly incorporating the overall pattern, they are as emblematic of Hawaii as the floral lei.

That Aloha Shirts have endured for so long is due in part to their versatility in that when a print goes out of style, another one comes along to replace it, while the overall design has remained the same. The original patterns were usually of Hawaiian quilt or traditional Polynesian tapa design, often floral or botanical, and these are often still considered the most authentic and desirable among aficionados and vintage clothing collectors.

In the 1960s, the Hawaiian Fashion Guild promoted what they called Aloha Friday – one day a week when

all employees could wear their Aloha Shirts to work. This idea was so popular in the laid-back state that by the 1970s, many people were wearing Aloha Shirts to work on a daily basis.

The concept carried over to California, and by the 1990s had become known as Casual Friday, which is now a welcome weekly tradition in many countries around the world.

夏威夷恤衫的起源尚未明確，但普遍認為這獨特的服裝可追溯至1920年代。最初的來源被認為是檀香山的一間日本商店——Musa-Shiya the Shirtmaker，該店出產的恤衫使用傳統日本印花及和服布料。而另一個說法則是來自威基基的中國商人Ellery Chun。

兩人也被認為是夏威夷恤衫的始創者，該名字首次出現在1930年代中期的廣告中。然而，Chun在1937年將“Aloha Shirt”註冊為商標，並擁有往後20年的商標使用權。

現今的夏威夷恤衫風格與近一個世紀前大致相同，但仍然是搭配靈活、有趣和時尚的單品（只要面料圖案有品味），並依然由棉、麻質、絲綢或人造絲製成。寬大的領位、側開衩、全長或半長的椰子鈕扣，通常還有單個左側口袋，與整體圖案無縫融合，與花環一樣是夏威夷的象徵。

夏威夷恤衫歷久不衰的原因在於其靈活的配搭，當一種印花圖案過時時，另一種圖案就會出現並取替，而整體設計卻保持不變。最初的圖案通常是夏威夷被子或傳統波利尼西亞圖騰設計，通常是花卉或植物圖案，這些圖案仍然被復古服裝收藏愛好者認為是最經典的設計。

20世紀60年代，夏威夷時裝協會提倡每周舉行一天「Aloha星期五」，所有員工都可以穿著夏威夷恤衫上班。這個想法在推崇輕鬆慢活的地方非常流行，到了20世紀70年代，許多人每天都穿著夏威夷恤衫去上班。

後來這個概念擴展至加州，到了90年代，被稱為「休閒星期五」，現時已在世界和地普及，被受歡迎。



Chef Tong

Chef’s Favourites Hokkaido Scallop, Café de Paris Butter

In the first of a new series, Chef Tong, Junior Sous Chef at The Backroom kitchen, introduces one of his favourite Club dishes.

在這新篇章中，The Backroom的初級副主廚Tong將介紹他最喜歡的一道會所菜餚。

Hokkaido Scallop, Café de Paris Butter

A must-try at The Backroom since first appearing on the menu last October, this dish brings together a lightly spiced and herbaceous French compound butter with sweet and juicy Japanese scallops – the perfect appetiser for a dinner or cocktail party.

The preparation can be done in advance and the dish comes together quickly at the last moment giving you more time for entertaining or enjoying a glass of Champagne.

Serves two for an appetiser

- 4 Hokkaido Scallops, Sashimi Grade
- 80g Café de Paris Butter
- 4 Scallop shells (boiled/steamed for 1 hour and cleaned)
- Sea salt
- Cooking oil (Neutral flavour)



Hokkaido Scallop, Café de Paris Butter

1. Melt the Café de Paris butter on a low heat and warm the scallop shells.
2. Pre heat a non-stick or sauté pan, add a little oil, dry the surface of the scallop on a kitchen paper towel, season the scallop with a little sea salt and place into the pan.
3. Cook the scallops on one side for around 45 seconds until golden brown, turn scallops and cook for another 15 seconds. They should have a nice colour outside but still be slightly soft inside.
4. Place into the warm scallop shell, pour over the melted Café de Paris butter and serve.

Café de Paris butter

Makes 280g

This butter is good with grilled steaks, chicken, fish and seafood. It can be kept in the fridge for up to a week or in the freezer for three months.

Ingredients

- 20ml olive oil
- 50g white onion finely diced
- 1.5g Indian-style curry powder
- 150g butter softened
- 1 clove garlic crushed

前菜 — 二人份量

- 北海道扇貝（刺身級別） 4隻
- 巴黎牛油 80克
- 扇貝貝殼（煮/蒸1小時並洗淨） 4隻
- 海鹽
- 食用油（中性味）

1. 以細火融化巴黎牛油，加熱扇貝貝殼。
2. 預熱不黏煎鍋，加入少許油，用廚房紙巾擦乾扇貝表面，用少許海鹽調味，放入鍋中。
3. 將扇貝煮約45秒至金黃色，將扇貝翻面再煮15秒。表面會呈現出亮澤的顏色，而裡面仍然稍微軟嫩。
4. 將扇貝放在溫熱的扇貝貝殼上，淋上融化的巴黎牛油即可享用。

巴黎牛油

約280克

巴黎牛油適合搭配烤牛排、雞肉、魚和海鮮，可以在雪櫃保存長達一周或在冰箱保存三個月。

- 橄欖油 20毫升
- 白洋蔥(切細粒) 50克
- 印度咖喱粉 1.5克
- 牛油(軟化) 150克
- 大蒜，壓碎 1粒
- 檸檬汁和檸檬皮碎 半個
- 橙汁和橙皮碎 半個
- 番茄醬 10克
- 法式芥末 5克
- 白蘭地 10毫升
- 馬德拉酒 10毫升
- 噁汁 1/2匙
- 鯷魚 2片
- 酸豆（洗淨） 10克
- 白胡椒粉 1克
- 新鮮羅勒葉 10克
- 新鮮龍蒿葉 10克
- 新鮮歐芹葉 10克
- 新鮮百里香葉 5克
- 薑末 1克
- 馬爾頓海鹽調味

製作方法

1. 在煎鍋中把油加熱，用細火將洋蔥和咖喱粉煮至軟身及有香味，再放在一旁冷卻。
2. 將冷卻的洋蔥和其餘的材料放入攪拌機，直至充分混合，並且大部分香草混合在牛油中。如有需要，可調整調味料。
3. 將牛油捲成2英吋直徑的圓條形狀，用保鮮紙包裹並冷藏直至牛油變硬。

- ½ lemon juice and zest
- ½ orange juice and zest
- 10g ketchup
- 5g Dijon mustard
- 10ml brandy
- 10ml Madeira
- 1/2 Tbsp Worcestershire sauce
- 2 anchovy fillets
- 10g baby capers rinsed
- 1g white ground pepper
- 10g fresh basil leaves
- 10g fresh tarragon leaves
- 10g fresh parsley leaves
- 5g fresh thyme leaves
- 1gr ground ginger
- Maldon salt to taste

Method

1. Heat the oil in a frying pan and cook the onion and curry powder over low heat until soft and fragrant. Set aside to cool.
2. Put cooled cooked onion and all remaining ingredients in a food processor and process until well combined and majority of the herbs have been blended into the butter. Adjust the seasoning if necessary.
3. Roll the Butter into a 2-inch diameter log, wrap in plastic wrap and refrigerate until firm.



Café de Paris Butter

自去年10月首次出現在The Backroom的菜單以來，這道菜式便成了The Backroom的必選，這菜式融合了帶辛香和香草調味的巴黎牛油和鮮甜多汁的日本扇貝，是晚餐或雞尾酒會的完美前菜。

準備工夫可以預早完成，菜餚可以在最後一刻迅速地完成，讓您有足夠的時間輕鬆地享受一杯香檳。

Hong Kong History

by Giles Leonard,
Director of Sports & Recreation

香港
歷史

In the last issue we looked at the Old Aberdeen Police Station. This time we will move a short way down the road and look at a building that been in place since 1935 – a very obvious building but one with a lot of history attached.

Partly obscured by the Ap Lei Chau bridge since the early 1980s, the Aberdeen Industrial School for Boys (or Aberdeen Technical School as it is known today) was opened by Hong Kong Governor Sir William Peel on March 26, 1935. Established with funds donated by the likes of Bank of East Asia founder Sir Shouson Chow, former Jardine Matheson head compradore Sir Robert Hotung and local philanthropist Fung Ping-Shan.

The management of the school was entrusted to the Salesians of Don Bosco and the primary object of the school was as described at the time “to afford poor children, who otherwise will be denied it, the chance of obtaining not only an elementary education but also the knowledge of a useful trade. The School sets itself to cure as well to prevent the ills of youth. To the poor children, yet untarnished by the wicked ways of the world, it gives intellectual and technical education to make them useful members of society. To those who have drifted into vagrancy or even crime, it gives not only an education but the hope of regeneration.”

As the school flourished, Madame Chiang Kai-shek paid an incognito visit in 1940 and with the threat

of war looming, the school was subsequently requisitioned by the British forces as a naval base and subsequently came under heavy fire during the Battle of Hong Kong in late 1941.

After the fall of Hong Kong, the Japanese used the school as a seaplane base guarding the south of Hong Kong Island. In 1942, the Japanese allowed the reopening of the Tailoring and Shoe-making departments and declared the school as a “Free School.” The school was converted to a secondary technical school in the late 1950s.

Although added to over the years, the original Art Deco-style structure – designed by local architect E.M. Hazeland, with extravagant interior terrazzo work by the Italian firm of Vannini & Co. – is still much as it was almost 75 years ago, albeit minus the clock faces that once adorned its impressive clock tower.

For a historical view, we once again go to Hedda Morrison for her wonderful photo taken in 1949 in which we can see this and two more of our recently visited buildings – the Old Police Station and the Holy Spirit Seminary.

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

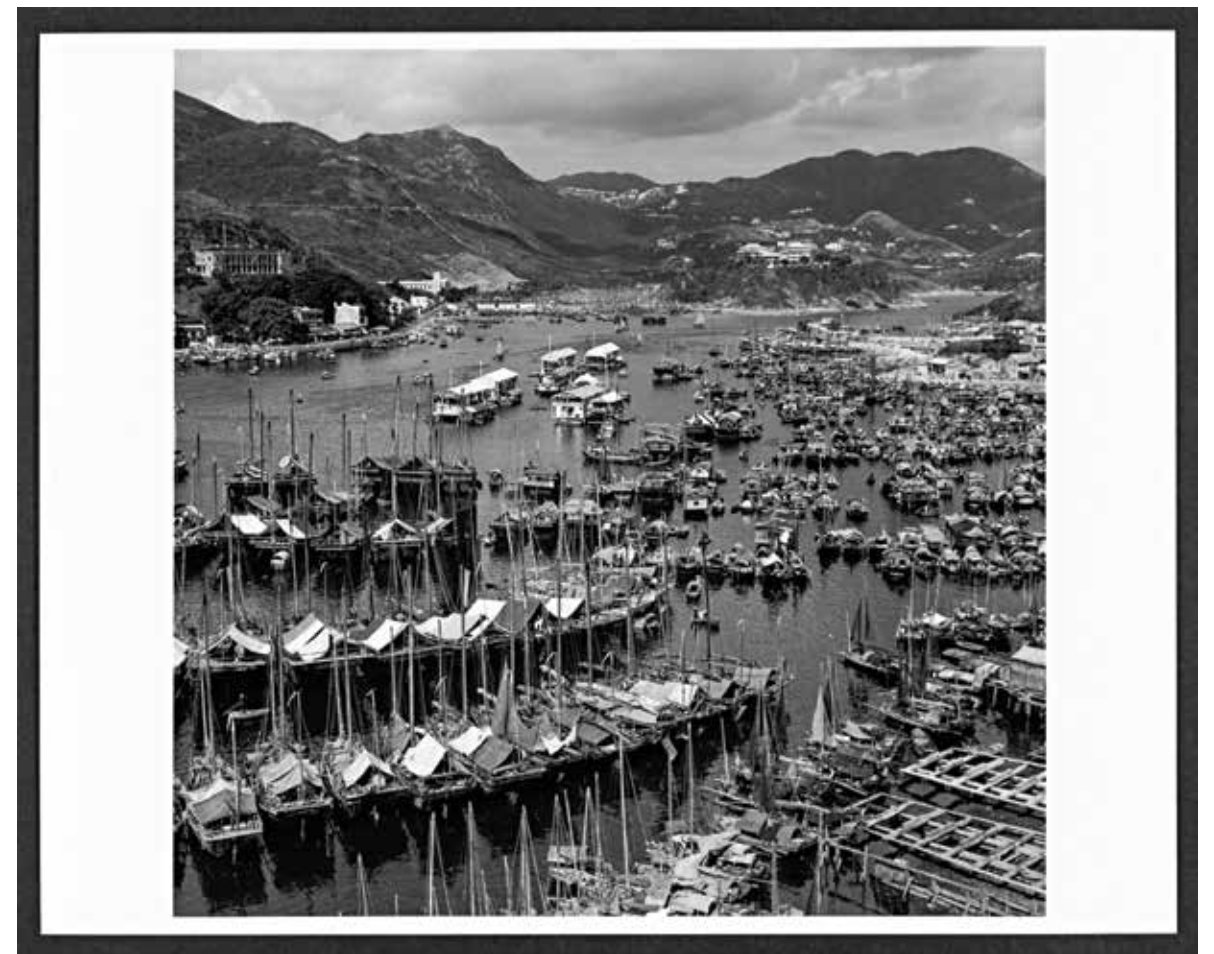
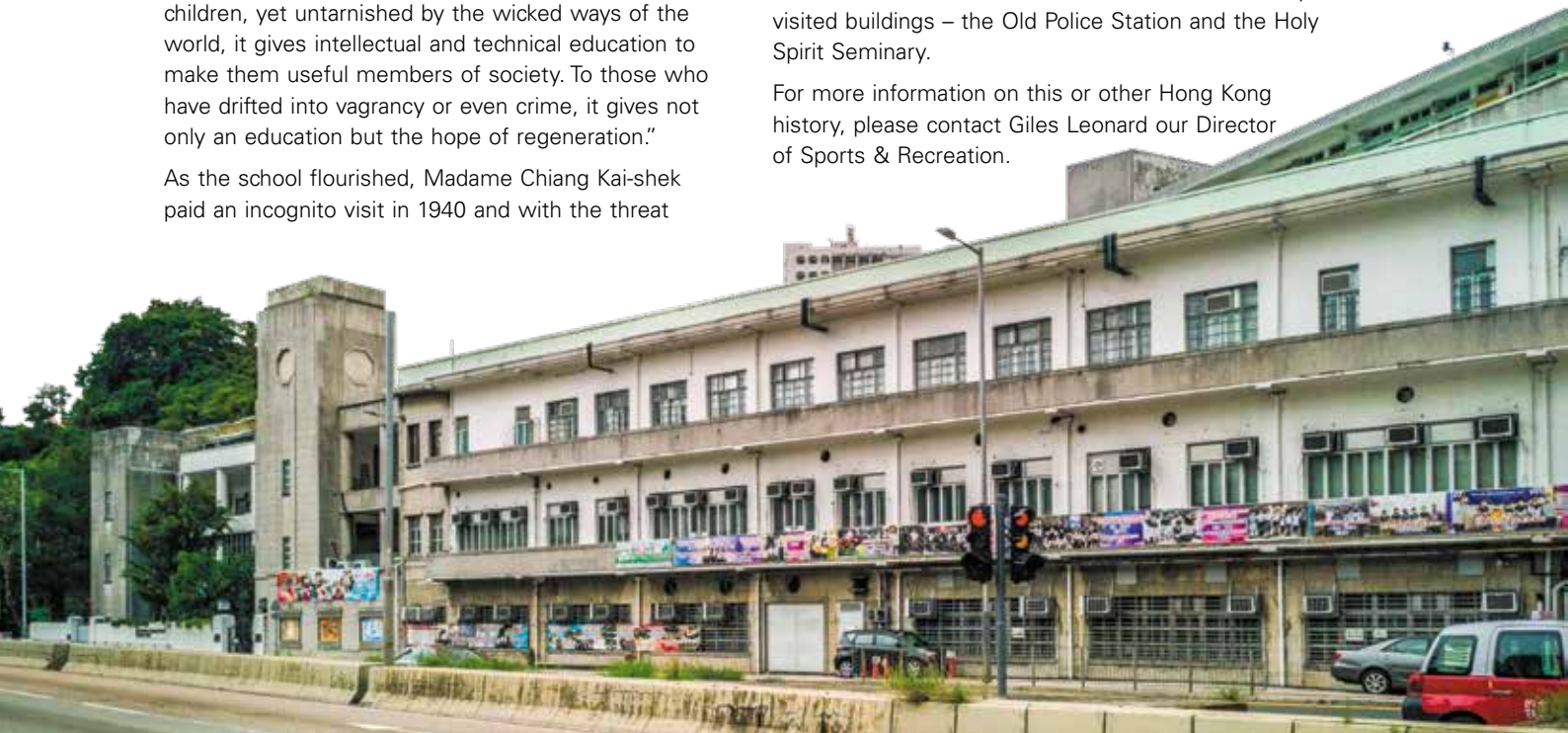


Photo by Hedda Morrison, Courtesy of Harvard Library

上期，我們介紹了舊香港仔警署。今期，我們將稍微往前走，來看看一座自1935年以來一直存在的建築物——一座非常顯眼，但也有著悠久歷史的建築。

自80年代初以來，部分的香港仔兒童工藝院（或現時的香港仔工業學校）被鴨洲大橋遮擋。該學校由香港總督貝璐爵士於1935年3月26日主持開幕禮。學校的成立得到了東亞銀行創辦人周壽臣爵士、怡和洋行前華工總管何東爵士和當地慈善家馮平山等人捐贈的資金資助。

學校落成後交由天主教鮑思高慈幼會管理。當時學校的主要宗旨是“為無法獲得基礎教育和專業知識的貧困兒童提供機會。學校致力於治癒和預防青少年問題。對於那些尚未受世俗影響的貧困兒童，學校提供知識和技術教育，使他們成為社會有用的一員。對於那些潦倒甚至犯罪的人，學校不僅提供教育，還給予他們重生的希望。”

隨著學校的蓬勃發展，蔣介石夫人在1940年曾微服到訪。其後戰爭的威脅逼近，學校被英軍徵用為海軍基地，並在1941年底的香港保衛戰中遭受了猛烈的炮火。

香港淪陷後，日軍將該學校用作守護香港島南部的水上飛機基地。1942年，日本允許重新開設裁縫和製鞋部門，並將學校宣布為「義學」。該學校在1950年代末改建為一所

工業中學。

雖然多年來進行了擴建，但仍保留著近75年前由本地建築師E.M. Hazeland 的設計，並由意大利Vannini & Co.公司承建的室內水磨石裝飾與最初的裝飾藝術建築結構風格，只是曾經點綴鐘樓的鐘面已不復存在。

為了解歷史，我們再次向Hedda Morrison取得了她於1949年拍攝的精彩照片，我們可以在照片中看到這座建築以及我們最近參觀的另外兩座建築——舊警署和聖神修院。

如欲了解更多香港歷史的資訊，請聯繫本會的康體部總監李基爾。



Five Reasons Why You Need a Keratin Hair Treatment this Summer

5個選擇角蛋白護髮產品的原因

1. Conquer the Frizz

Say goodbye to frizzy, unmanageable hair! Keratin treatments create a protective barrier that locks in moisture and keeps frizz at bay, even in the hottest, most humid weather.

2. Smooth & Sleek

Achieve silky, smooth hair that's easy to manage and style. No more fighting with unruly locks, just effortless beauty all summer long.

3. Reduce Styling Time

Spend less time on your hair and more time enjoying the sunshine! Keratin treatments make your hair more manageable, so you can air-dry, style with minimal effort, and still look polished.

4. Hydration and Moisture Retention

Summer heat and exposure to chlorine or saltwater can dehydrate the hair, leaving it dry and brittle. Keratin treatments infuse the hair with moisture, helping to restore its hydration levels and retain moisture for longer. This can prevent the hair from becoming overly dry and damaged during the summer months.

5. Long-lasting Results

Enjoy the benefits of smooth, frizz-free hair for months, not weeks! Keratin treatments are a long-lasting solution for summer hair woes.



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



At Cutting Edge we offer NanoSmooth Pure – an advanced innovative series for a safe bond reformation, soft smoothing and frizzy free, having 0% formaldehyde and aldehyde and releasing no chemical off-gases.

That's not all! Purchase shampoo and conditioner after your treatment to enjoy 15% off.

Get summer-ready hair with irresistible keratin treatments. Say goodbye to frizz and hello to smooth, manageable hair!

1. 防毛躁

告別捲曲、難以打理的頭髮！角蛋白可形成保護膜，鎖住水分並防止毛躁，即使在炎熱和潮濕的天氣下均可令秀髮順滑整齊。

2. 光滑亮澤

打造絲柔順滑的秀髮，易於打理造型。不再為髮型苦惱，整個夏天都擁有飄柔的髮絲。

3. 減少造型時間

秀髮易於打理，讓您有更多時間享受陽光！角蛋白護理使髮質易於打理，更可以最少的時間風乾及輕鬆定型，保持亮麗。

4. 保濕

炎熱的夏天，秀髮接觸氯或鹽水會使頭髮脫水，導致乾燥脆弱。角蛋白護理可為秀髮注入水分，使秀髮長時間地保持水潤。這可以防止頭髮在夏季變得乾燥和受損。

5. 效果持久

角蛋白護理助您擁有光滑、無毛躁的髮絲，效果可維持數月！是解決夏日秀髮問題的最好方法。

美髮美容中心提供NanoSmooth Pure — 先進的創新系列，使髮絲柔順平滑不捲曲。產品成分安全、不含甲醛和乙醛，不釋放任何化學氣體。

現凡於療程後選購以上美髮產品即可享八五折。

透過難以抗拒的角蛋白護理，打造夏季亮麗秀髮。告別毛躁，迎接光滑、柔順的秀髮！

Summer Promotions at Cutting Edge Beauty Salon

夏日產品優惠

Make a splash this summer with our homecare products and beauty treatments, Cutting Edge Beauty salon is offering a list of hot sale items, whether you are planning for a summer vacation or enjoy your time at the Club, we are excited to share our upcoming promotions with you.

- Spend \$4,800 or more and receive a selected full-size Margy product.
- Enjoy 20% off any Zents products.
- Purchase any Bynacht product and receive a trial product kit. Enjoy extra value while stocks last!
- Come for a signature Perfect Sense Nourishing treatment at our Nail Bar and receive a complementary add-on M6 hand treatment.
- Cellu M6® Endermolift massage targets cellular regeneration, and naturally reactivates collagen and elastin production for a filling effect and firmer skin.



美髮及美容中心提供一系列熱銷護理產品，並推出多項優惠，無論您計劃暑假外遊還是在會所享受時光，我們務求讓您享受更精彩的假期。

- 消費滿\$4,800或以上，可獲贈精選的Margy產品。
- 選購任何Zents產品可享八折。
- 選購任何Bynacht產品即可獲得試用套裝，數量有限。
- 於美甲吧享用Perfect Sense滋養護理，可免費享用M6手部護理。
- M6療程使用專利設計的CELLU M6® Endermolift，改善膚質及增加肌膚彈性。



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Stendo® A new ritual for inner balance and beauty

Stendo®——
嶄新的儀器平衡內外美麗



Stendo® provides a new hands-free approach, patented and scientifically proven. Synchronised in real time on the heart rhythm, its Pulsewave produces a massage effect with local and remote reactions for an unprecedented activation of the blood and lymphatic circulation.

The Stendo® treatments, both superficial and deep, are the answer to the new needs of innovative beauty and wellness rituals, for 100% natural, high-end solutions.

CLEANS AND REJUVENATES Stendo® action activates the drainage of toxins and stimulates the metabolism and cellular exchange.

EMBELLISHES AND NOURISHES 100% natural, Stendo® activates globally the microcirculation*, improves cellular nutrition and promotes the activity of fibroblasts. *Scientifically proven, published study.

RELAXES AND DYNAMISES The quality and gentleness of Stendo® sessions are infinitely relieving, acting deeply on wellness, relaxation and anti-stress**.

**Scientifically proven. Prosody and Stroop test.

Stendo®提供創新療法，經過科學實證並已取得專利。Stendo®的脈衝波按摩與心律即時協調，有效促進血液和淋巴循環。

Stendo®提供100%天然的高端的淺層和深層護理，可滿足創新美容和健康儀器的新需求。

排毒和恢復活力

Stendo®可助身體排出毒素並刺激新陳代謝。

修飾和滋養

Stendo®療程屬全天然，可活化微循環*，改善細胞營養並促進纖維母細胞的活性。

放鬆並注入活力

Stendo®療程溫和，可以緩解壓力、放鬆和抗壓，對健康有很大的作用**。

*發表的研究已經過科學認證。

**頻律和史特魯普測試已經過科學證明。

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Fitness Centre Challenge 2024 健身挑戰活動2024

Although we are halfway through the year there is still time to join this Challenge and get the motivation you need to maintain a healthy lifestyle.

To recap, you may choose to do any or all of the challenges as fast or as slow as you like. Everyone is different – some people will find certain equipment easy while others find them hard, and vice versa. This is a chance to try new equipment and you never know, you may want to add it to your regular routine.

雖然活動已開始了半年，但您還有時間參與這項挑戰，保持健康生活。您可以按自己的程度選擇完成任何或所有挑戰。每人的目標都可以不同的，有些人喜歡選擇較容易的，而有些人會喜歡挑戰更難的。這是一個嘗試新器材的機會，或許您會想把它添加至您的日常鍛鍊中。

Completion Levels 完成級別

- 6 Challenges completed 六項 – Silver Star
- 4 Challenges completed 四項 – Bronze Star

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

如欲查詢有關詳情，請聯絡健身中心團隊Nelson，或您的健身教練。

JUL 七月	Treadmill 60km
AUG 八月	Bike 180km
SEP 九月	Rower 50km
OCT 十月	Elliptical 40km
NOV 十一月	Stepper/Stepmill 300 Floors
DEC 十二月	Pool 100 Lengths



New Functional Training Area 全新功能性訓練區

As mentioned in the previous issue, our new functional training area will be developed shortly.

We are planning a fantastic new functional training area on the middle floor which will enhance the existing stretching area and we will also add some great new equipment from Technogym. Look out for some great new plate loaded equipment as well as a sled track and sled for some really dynamic training.

The actual area will be blocked off for a short period in late summer although the remainder of the cardio floor will still be available. We thank you for your understanding and apologise for any inconvenience caused while we prepare this great new area.

For more information on functional training, please ask our Fitness Centre team Nelson, or for extra motivation, sign up with one of our Personal Trainers.

如上期提及，本會即將推出一個新的功能性訓練區。

本會計劃在中層建立一個新的功能性訓練區，以增強現有的伸展區，還添加了來自Technogym出色的新設備。敬請期待一些新的負重設備，以及推進跑道及健身雪橇，進行針對肌肉的訓練。

現時的區域將在今年夏季短暫停用，但餘下的帶氧運動器材區仍然可供使用。我們感謝您的諒解，並抱歉為您造成不便。

如欲查詢更多有關功能性訓練區的資訊，請諮詢本會健身中心團隊Nelson。您亦可與我們的健身教練預約課堂來增加動力。



A Great Summer of Sport!

2024夏季精彩體育賽事！

EUROPEAN FOOTBALL CHAMPIONSHIPS

This event will take place from June 14 to July 14 so we start the summer with the culmination of this football tournament, which takes place in Germany. Here are some facts and figures.

- There will be 24 teams taking part across 10 venues.
- A total of 51 matches will take place – a great exhibition of football!
- The semi-finals take place in Munich and Dortmund on July 9 and 10 with the final held in Berlin on July 14.
- The previous tournament was held in the UK in 2021, with Italy defeating England in the final after a penalty shootout. The Euros will return to the UK and Ireland in 2028.

歐洲國家盃

今屆賽事將於6月14日至7月14日於德國舉辦，為夏季體育盛事展開序幕。以下是關於這項賽事的資料和數據。

- 共有24支隊伍將在10個場地進行比賽。
- 將進行共51場賽事 — 精彩的足球表演！
- 準決賽於7月9日至10日在慕尼黑和多特蒙德舉行，決賽於7月14日在柏林舉行。
- 上一屆賽事於2021年在英國舉行，意大利國家隊在決賽中以2碼擊敗英格蘭。歐洲國家盃將於2028年重返英國和愛爾蘭。



WIMBLEDON

I'm sure we all love Wimbledon with its grass courts and various traditions. The event takes place from July 1-14 so fans of both football and tennis will have a difficult choice to make.

- This is the 137th staging of the Wimbledon Tennis Championships, which started in 1877.
- Prize money for the tournament is currently US\$55 Million.
- Around 34,000kg of strawberries are consumed during the tournament along with 10,000 litres of cream.
- There is an 11pm curfew on matches to protect local residents from excess noise and light disturbance.

溫布頓網球錦標賽

該賽事將於7月1日至14日舉行，因此足球和網球愛好者將面臨艱難的選擇。

- 這是第137屆溫布頓網球錦標賽，該錦標賽始於1877年。
- 目前錦標賽獎金為5,500萬美元。
- 比賽期間消耗約34,000公斤士多啤梨和10,000公升忌廉。
- 晚上11時後停止比賽，以保護當地居民免受過度噪音和光線騷擾。

THE OPEN GOLF CHAMPIONSHIPS

Another sports event filled with tradition is the Open Golf Championships, which take place from July 18-21 at Royal Troon Golf Course in Scotland.

- The tournament was established in 1860 and the winner receives the famous Claret Jug, which was first awarded in 1872.
- The tournament rotates courses and the most frequently used course is at St. Andrews, which has hosted 30 times.
- The prize money this year is around US\$16.5 Million.

高爾夫球公開錦標賽

另一項傳統的體育賽事是高爾夫球公開賽，將於7月18日至21日在蘇格蘭皇家特倫高爾夫球場舉行。

- 該錦標賽創辦於1860年，獲勝者將獲得著名的Claret Jug，獎杯於1872年首次頒發。
- 賽事輪流使用球場，最常用的球場是聖安德魯斯球場，該球場已舉辦過30屆賽事。
- 今年的獎金約為1,650萬美元。



Maybe some of your children will be on the podium one day – if they are inspired by any of the sports they see over the summer, you can learn more about our activities and download our latest class application forms by scanning this QR code.



THE OLYMPIC GAMES

Once the football, golf and tennis are over, there is not long until the next big event! The Summer Olympics take place in France from July 26 to August 11. Here are some facts and figures.

- There will be 45 sporting events across 35 competition venues in Paris and other French cities.
- Around 15,000 athletes will be based in the newly constructed Paris Olympic Village.
- A total of 22 athletes from Hong Kong will be participating in events including Cycling, Fencing, Gymnastics, Rowing, Sailing, Swimming and Table Tennis.

Although the timing may not be ideal, we will be showing as many matches and events as possible in the Bowling Alley during normal opening hours. We will also show repeats the following day if you missed any of the action.

奧運會

足球、高爾夫球和網球比賽結束後，距離下一場大型賽事也不遠！本屆夏季奧運會將於7月26日至8月11日於法國舉行。

- 巴黎及周邊城市的35個比賽場館將舉辦45項體育賽事。
- 新建的巴黎奧運村可容納約15,000名運動員。
- 共有22位香港運動員參加單車、擊劍、體操、划艇、帆船、游泳和乒乓球等項目。

本會將於營業時間內在保齡球場播放多項賽事。如果您錯過了任何賽事，我們也會在第二天重播。

也許您的孩子有一天會登上頒獎台 — 如果他們觀看完賽事後得到啟發，想學習任何運動，請掃描二維碼以了解更多有關本會的課程資訊，並下載最新的課程申請表。



Tips for Preventing Basketball Injuries

by Smat Tai, Basketball Professional

籃球運動安全小貼士



A basketball game involves a lot of sprinting, jumping and physical confrontation, which can often result in major injuries to players. Here are some injury prevention tips.

BEFORE THE GAME

• Strengthen your lower body

As the game involves inevitable collisions between players, such as rebounding, defense, and one-on-one blocks, most frequent injuries to players are lower body injuries. Doing an adequate amount of strength training, especially on your lower body, will help you perform at the maximum level.

• Use a massage roller

Players perform a lot of explosive movements, changes of direction and sprinting, which requires a high level of muscle strength. Before the game, you can use massage rollers to activate the muscles so you can be prepared to play in a high-intensity game. After the game, you can use the rollers to relax the muscles and alleviate muscle inflammation, which can greatly reduce injuries caused by muscle tension.

PRACTICE YOUR SKILLS

• Mid-Range jumpers and floaters

You can choose to attack the defense in an open space, which greatly reduces the risk of injury for players due to unnecessary collisions. For example, modern basketball advocates three-pointers and attacking the rim in the paint area. These two

positions must be tightly guarded. Practicing more mid-range jumpers and floaters allows you to have a more comfortable or safer shot with space, hence the chance of getting injured will be naturally lowered.

• Fake move and pass

Attacking in an open space is the way you separate yourself and your defender. To perform the separation, when a player makes fake move in front of the defender, they will easily lose their balance. Furthermore, opponents will find it difficult even to touch you. It can greatly reduce collisions and allow you to finish the season with a healthy body.

• Creating open space on court

It is suggested that senior players who have sound experience utilise their skill and techniques, include passing, analysis skills, to create open space while playing. It may reduce the chance of getting injured, as well as giving you a higher chance to win the game.

AFTER THE GAME

• Stretch before and after the game

Stretching may help to get you ready before a game to prevent muscle strains and joint sprains. After a game, you must stretch to loosen and relieve your muscle tension.

Learn more about the Basketball programme through the flyers at 5/F, 2M and Main Lobby, or call us on 2814 1222.

籃球比賽涉及大量的衝刺、跳躍和身體碰撞，往往容易導致球員受傷。以下是一些預防受傷的提示。

比賽前

• 增強下半身力量

由於比賽不可避免地涉及球員之間的碰撞，例如搶籃板、防守及一對一攔截等，因此球員最常見的受傷都在下半身。進行足夠的肌力訓練，尤其是下半身的肌力訓練，將增強及發揮最大的表現。

• 使用按摩滾輪

運動員進行大量的爆發力動作、變向和衝刺，這需要高強度的肌肉力量。比賽前，可以使用按摩滾輪激活肌肉，為高強度的比賽做好準備。比賽結束後，可以使用滾輪放鬆肌肉，緩解肌肉炎症，可以大大減少因肌肉繃緊而造成的傷害。

鍛練技巧

• 中距離跳投與投籃

你可以選擇在空曠的空間攻擊防守，這可大大降低運動員因不必要的碰撞而受傷的風險。例如，現代籃球提倡三分球和在劃線區攻擊籃框。這兩個陣地必須嚴密把守。多練習中距離跳投和投籃，可以讓您在空間裡投籃更舒服、更安全，受傷的機率自然就會降低。

• 假動作和傳球

在足夠的空間進攻是將自己和防守者拉開的方式。當球員在防守者面前做出假動作時，對手很容易失去平衡，甚至會發現很難觸碰您。此舉可以大大減少碰撞，讓您在沒有受傷的情況下完成賽季。

• 在球場上創造空間

有豐富經驗的資深球員可運用自己的技巧，包括傳球和分析能力，在賽事中創造自己的空間。此舉可以減少受傷的機會，並提高贏得比賽的機率。

賽後

• 賽前和賽後拉伸

伸展運動有助於在比賽前做好準備，以防止肌肉拉傷和關節扭傷。比賽結束後，必須進行伸展運動以放鬆和緩解肌肉繃緊。

如欲了解更多有關籃球課程的資訊，請於5樓、2M及大堂索取本會課程單張。您亦可致電預訂服務中心電話2814 1222查詢。



What to do when your child loves to draw on walls and furniture.

如何糾正孩子的塗鴉行為

Walls and furniture have a large blank surface area and the little ones naturally want to explore. We are unable to avoid this happening, and we are not alone. Some tips from our Painting Providers.

- Give children enough material such as large-size drawing paper, boards and chalks to let them draw on the floor.
- Involve children in painting their room. Let your children choose the colour they like for the walls of their room, so they take great pride in their new wall.
- Plan ahead. Pick items that are easy to clean or erase! Consider having chalkboard wallpaper on one wall or whiteboard walls.
- Washable paints may also ease your pressure.

Children's creativity is natural, and we should let their imagination run free. Check out our painting lessons that are suitable for children ages 3 to 11. Learn more through the flyers at 5/F, 2M and Main Lobby or call us on 2814 1222.

當家中的牆壁和傢俬有很大的空白表面，小朋友自然想探索。我們無法避免這種情況發生，繪畫導師提供了一些秘訣。

- 給孩子提供足夠的用具，如大尺寸的畫紙、畫板和粉筆，讓他們在地板上繪畫。
- 讓孩子參與粉飾他們的房間。為房間的牆壁選擇他們喜歡的顏色，這樣他們就會對自己的新牆壁感到非常自豪。
- 未雨綢繆。選擇易於清潔或擦拭的物料！尤如牆壁是一張黑板壁紙。
- 使用易於清洗的顏料也可以減輕您的壓力。

孩子的創造力是與生俱來的，我們應該讓他們的想像自由發揮。歡迎於本會5樓、2M及大堂索取課程單張，或致電預訂服務中心電話2814 1222，以了解本會適合3至11歲兒童的繪畫課程。

NEW COACHES

Racket Sports Professionals – Badminton & Table Tennis

羽毛球及乒乓球新任教練

We are pleased to announce that we are working with Asia Racket Sports Ltd.

Their mission revolves around guiding children towards success through sports, emphasising the value of sportsmanship on and off the field.

Harry Sutherland, hailing from the UK, has over five years of international coaching experience. Armed with master's and bachelor's degrees in science, and a first in sport management, he currently excels as a player for an RFC Premiership team, specialising in youth coaching.



Curtis Reynolds, also from the UK, has over 10 years of international coaching experience. A former Hong Kong Grand Champion and League winner, he has worked extensively with high-performance athletes in both Hong Kong and the UK.



With age-appropriate programmes delivered with energy and enthusiasm, we strive to promote a healthy lifestyle and foster physical, mental, and spiritual growth among our participants.

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

本會很高興宣布與Asia Racket Sports Ltd.合作。

他們的使命是引導孩子們透過運動取得更佳表現，強調賽場內外體育精神的價值。

Harry Sutherland來自英國，擁有超過五年的國際教練經驗。他擁有理學碩士和學士學位，並在體育管理取得一級榮譽，目前是RFC英超球隊的一名出色球員，專門從事青少年教練工作。

Curtis Reynolds同樣來自英國，擁有超過十年的國際教練經驗。作為前香港總冠軍和聯賽冠軍，他與香港和英國的高水準運動員進行了廣泛的合作。

Harry和Curtis充滿活力和熱情，將為各年齡層的會員提供合適的課程，努力促進參加者的健康生活方式、身心和精神健康。

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。



Stay Active! Fun Inflatable Slide

充氣滑梯

Our new Dragon is already proving to be a popular addition to the Tropical Pool experience.

It will be opening during weekends and public holidays from 2pm to 4pm, except during extreme weather. To avoid disappointment, please call us on 2814 5342 (Health Club) before visiting.

全新的充氣滑梯已成為碧波泳池的熱門體驗。

週末和公眾假期開放時間為下午2至4時，極端天氣除外。為避免失望，親臨前請致電健康中心2814 5342確定開放時間。

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。

- | | |
|-------------------------|-----------|
| • Ball Games Camp | • 球類訓練營 |
| • Dance Camp | • 舞蹈訓練營 |
| • Health & Fitness Camp | • 健身訓練營 |
| • Ice Skating Camp | • 溜冰訓練營 |
| • Martial Arts Camp | • 功夫訓練營 |
| • Self-Development Camp | • 知識啟發訓練營 |
| • Swimming Camp | • 游泳訓練營 |

Enquiries 查詢: 2814 1222
(Central Reservations Centre)

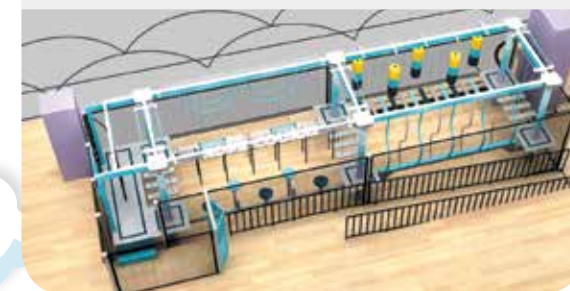
Coming Soon to the 4/F Adventure Zone – The High Ropes Course!

高空繩索 — 於4樓動感樂園即將啟用！

Children will have an amazing new indoor experience at the Adventure Zone from mid-August! The High Ropes Course introduces new experiences for children, conducive to cultivating courage, toughness, speed, strength, balance and coordination. The High Ropes Course includes different challenging elements including Log Crossing, Hanging Ropes, Balance Steps, Step Bridge with Hanging Bags. For children aged four years and above.

從八月中旬開始，孩子們將可在動感樂園體驗全新的室內遊戲！高空繩索為孩子帶來全新體驗，透過設施亦可培養勇氣、堅韌、速度、力量、平衡和協調能力。高空繩索區域包含不同的挑戰，包括穿越原木、懸掛繩索、平衡台階及吊袋階梯橋。本設施適合四歲及以上兒童玩樂。

Enquiries 查詢: 2814 5360 (Adventure Zone)



Pro-Shop

Mosquito Repellent Minisphere

迷你驅蚊球



Using the patented DiffuControl-System™ technology, this refillable minisphere guards your little ones through all their adventures. Parakito uses a proven and patented formula of all-essential oils that shield the body from mosquitoes, as the oils mask the odours they're attracted to.

- Provides constant protection up to 15 days per refill. (two refills included.)
- Reduces mosquito appeal.
- Diffuses a blend of seven natural essential oils, DEET-free.
- Works in all climate zones – temperate and tropical.
- Easy to use – keep it near you!
- Made in France
- 0% alcohol, 0% DEET
- Soft gender-neutral colour

Whatever you're doing, wherever you're going, let your whole family stay protected together. Parakito refill pellets diffuse a blend of seven natural essential oils.

The patented DiffuControl-System™ technology, using notably vanillin, regulates the volatility of the essential oils impregnated in the Parakito pellets, enabling their sustained release 24 hours a day and continuous diffusion up to 15 days.

這款迷你驅蚊球可替換蕊心，採用DiffuControl-System™ 專利技術，持久地保護您的孩子。Parakito採用經驗證的專利配方精油，精油可以掩蓋吸引蚊子的氣味，保護孩子免受蚊子的侵害。

- 每個蕊心可提供長達15天的持續保護。(包括兩個補充裝。)
- 阻隔蚊蟲。
- 擴香混合七種天然精油，不含避蚊胺。
- 適用於所有氣候 — 溫帶和熱帶。
- 易於使用 — 放置於身邊！
- 法國製造
- 無酒精、無避蚊胺
- 柔和的中性色調

Parakito補充裝含有七種天然精油的混合物。不論身處何地，本產品都可讓您和家人得到保護。

DiffuControl-System™專利的技術主要使用香草醛，可調節Parakito驅蚊小球的精油的揮發性，每天24小時持續釋放，可持續有效長達15天。



Enquiries 查詢: 2814 5417 (Pro-Shop)

Pro-Shop

New Swimwear Collections from Sandbar

Sandbar 全新泳裝系列

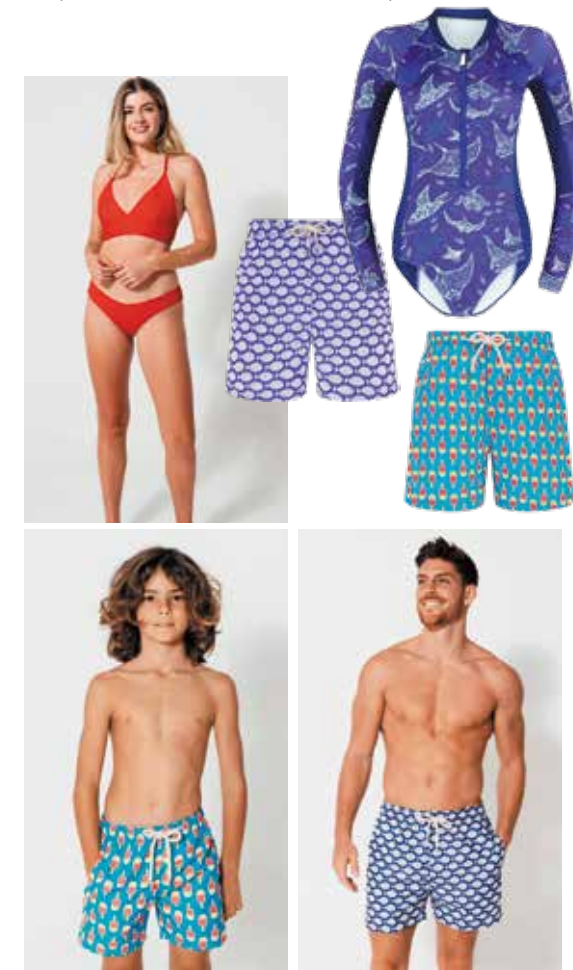
With a focus on quality and design, this premium matching swimwear collection is made from recycled plastic bottles to help the Earth and its oceans.

Every piece of Sandbar Swimwear sold also funds the removal of one kilo of plastic from oceans, coastlines, waterways and beaches.

優質泳衣系列注重品質和設計，整個系列採用回收塑膠瓶製成，旨在幫助保護地球和海洋。

每售出一件Sandbar泳衣，可資助清除海岸線、水道和海灘上一公斤的海洋塑膠。

Enquiries 查詢: 2814 5417 (Pro-Shop)



JUNIOR CLUB STARS

SKATER • AGE 5

SOPHIA WU



Sophia has only skated for a short time but has shown great improvement and love for the sport. She is enthusiastic and fun to teach. A quick learner, Sophia has already passed two levels. We hope to see her continue her success and wish her all the best! Keep it up, Sophia!

Sophia學習溜冰只有很短的時間，但她進步神速並表現出對這項運動的熱情。她在課堂上充滿熱情及興趣。Sophia學習進度很快，已經通過了兩個級別。我們希望看到她繼續取得更佳成績，並祝她一切順利！繼續努力，Sophia！

SKATER • AGE 8

JAMES HUI



James started skating when he was five years old. He enjoys skating and skates at least once a week. Now he is working on Freestyle level, we can see obvious improvement. Keep it up, James!

James五歲時開始溜冰。他喜歡溜冰，每周至少練習一次。現在他正在學習花式溜冰，我們看到他有明顯的進步。繼續努力，James！

SWIMMER • AGE 10

PHILIPPA MCCANN



Philippa has shown exceptional progress in freestyle and breaststroke, as well as competitive turns. Her cheerful disposition, attentiveness and strong work ethic have made her a standout member of the Improver class. Well done, Philippa!

Philippa在自由泳和蛙泳以及競技轉身方面取得了非凡的進步。她開朗的個性、專注和原則性，使她成為進階班中的佼佼者。做得好，Philippa！

Takeaway Containers Charge Adjustment 外賣盒收費調整

Though the Club has been using non-plastic takeaway boxes since 2018, we always look for more sustainable, safe and practical alternatives. We would like to inform Members that with effect from July 1, the Club will adjust the charge for every takeaway container to \$5. These new containers are made from plant fibre material and with zero plastic and lamination. Thank you for your understanding.

本會自2018年起已停用塑膠外賣盒，但我們一直致力尋找更環保、安全和實用的物料。請注意，由7月1日起，每個外賣盒收費將調整至5元。這些新的外賣盒由植物纖維原料製成，不含任何塑膠及塗層。感謝您的諒解。



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 it is lowered after 4pm, the Club will remain closed for the rest of the day. We will update Members by e-wire and notice on club website.

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或本會網頁的最新資訊。



Restaurant Reservation and Cancellation Policy 餐廳訂座守則

We have recently observed an alarming increase in the number of no-shows and late cancellations for table reservations in our restaurants. This trend has had a detrimental impact on our ability to accommodate all diners and ensure fairness in the booking process, and therefore we are now strictly reinforcing our Booking Policy as follows.

- Reservations must be cancelled at least 24 hours in advance.
- Members who fail to fulfil their restaurant reservation twice within 90 days will not be permitted to make further reservations for the following 60 days.
- Record will be reset 90 days after the first violation.
- Members may make reservations at only one restaurant per meal period.
- The Deck, Portside and Caffè Luna do not accept same-day bookings.
- The Deck and Portside only accept weekend and public holiday reservations for Brunch, Lunch and Dinner.

- Table will be held for 15 minutes from the time of your reservations.

Thank you for your attention and cooperation

本會發現會員缺席及臨時取消餐廳訂座的情況愈見頻繁，對餐廳的訂座安排造成負面影響。為了能夠接待更多會員用餐及確保公平訂座，本會將嚴格執行以下訂座守則。

- 會員必需在不少於24小時前取消訂座。
- 如會員在90天內兩次違反訂座守則，在接下來的60天將無法再次訂座。
- 違反訂座守則之紀錄將保存90天。
- 會員在同一用餐時段內只可預訂一間餐廳。
- The Deck、Portside和 Caffè Luna 均不接受即日訂座。
- The Deck和Portside僅接受週末及公眾假期之早午餐、午餐及晚餐時段之訂座。
- 預約訂座只留座15分鐘。

感謝您的諒解和合作。

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

G/F Tropical Pool (Until September 3)
Daily 9am to 7pm

3/F Swimming Pool
Daily 7am to 10pm

地下碧波池畔(至9月3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



Shum Woo Dragon Boat Sports Club



Dragon Boat Race Sponsorship 龍舟競渡贊助

Traditional Dragon Boat Racing has become a major annual sporting event in Hong Kong, with hundreds of dragon boats competing around the territory during the Tuen Ng Festival.

The Aberdeen Marina Club has sponsored the Shum Woo Dragon Boat Sports Club's participation in dragon boat racing at Aberdeen since 2014, with the aim of preserving this worthwhile tradition and supporting the local community.

Congratulations to the team for winning two events at this year's Aberdeen Dragon Boat Races on June 10, and thank you to all the athletes for your hard work.

傳統龍舟競渡已成為香港一年一度的重大運動賽事，每逢端午節，全港有數百艘龍舟在全港各處競逐獎項。

本會自2014年起，贊助深和龍龍舟體育會參加本地龍舟比賽，旨在保留這項有價值的文化傳統並支持本地社區。該體育會於今年亦有出戰香港仔龍舟競渡大賽，並於男子工商組(中龍)金盃賽及男子公開組(中龍)金盃賽中奪得冠軍。

本會向體育會表示祝賀，並感謝運動員們的辛勤付出。



Social Enterprise Supporter 2023
2023年度支持社企機構
Awarded by Fullness Social Enterprises Society
豐盛社企學會頒發

Social Enterprise Supporter Award

支持社企機構大獎2023

The Club recently received a Social Enterprise Supporter Award 2023 from Fullness Social Enterprises Society, in recognition of our support for social enterprises in Hong Kong.

Last October, we collaborated with St. James Settlement's Green Ladies and Green Little social enterprises for secondhand clothing donation, and more than \$33,000 has been contributed by re-selling the donated clothes.

Thank you for all your support, and we will continue to reach out to social enterprises that do good work in the community.

本會很高興榮獲豐盛社企學會頒發的2023年支持社企機構大獎，以表彰本會對香港社會企業的支持。

去年10月，本會與聖雅各福群會轄下的Green Ladies及Green Little社會企業合作，舉行捐贈二手衣物活動，透過轉售捐贈衣物已獲捐款超過港幣\$33,000。

感謝大家的參與，本會將繼續支持社會企業，為社區貢獻。



Meet the Staff

認識我們

In a new series of articles, we will introduce some of our long-serving and devoted staff members. 我們將介紹一些已在會所服務多時且貢獻良多的員工。

Coalfe should be no stranger to Members. Working at the Club since 1993, she received a 30-year Long Service Award last year.

Coalfe began her career at the Club as a waitress in Party Rooms, which was a new section at that time. She was then transferred to Caffè Luna, The Deck and eventually to Marina Deli. Her commitment and dedication to work make her a good team player and she adapts easily to different positions at the Club.

"There are many things to take care of at Marina Deli, and though it is not easy to manage, I gain great satisfaction every time I receive compliments from Members," says Coalfe. "I especially enjoy doing window displays to showcase our products."

Having worked at the Club for so many years, Coalfe truly considers it her second home. "Most of the colleagues call me Mama, making me feel like I have many sons and daughters," she says. "The Club is like a family, which is why I have stayed so long."

Coalfe also has good relations with Members. "They treat me as a friend and are very cordial, we always chat about daily trivial things."

Be sure to say hi to Coalfe at Marina Deli next time you visit the Club – she will be delighted to see you.



相信很多會員都認識Coalfe。她自1993年加入本會，並於去年獲得30年長期服務獎。

Coalfe剛開始時於派對房擔任服務員。當時派對房是會所的一個新部門。隨後，她被調任至 Caffè Luna意大利餐廳、The Deck及現在的深灣店。她對工作的投入和奉獻精神使她成為一名優秀的團隊成員。她亦能適應於不同的崗位。

「Marina Deli 有很多大小事情需要照顧，雖然打理起來並不容易，但每次收到會員的讚賞時，我都會感到非常滿足。」Coalfe 說。「我特別喜歡透過櫥窗設計來展示我們的產品。」

在會所工作多年，Coalfe確實將公司視為她的第二個家。「大多數同事都稱呼我為媽媽，令我感覺自己有很多兒女，這裡就像一個家庭，亦是我在會所工作這麼久的原因。」

Coalfe與會員們建立了良好的關係。「他們視我為朋友，很親切，我們總是聊一些日常瑣事。」

大家下次到訪會所時，歡迎來臨深灣店，Coalfe非常期待與大家見面。

Pizza Making Class with Chef Stefano Tasso



Gemstone and Customised Diffuser Cushion Workshop



Isojiman Sake Dinner
at The Balcony



Ice Hockey
Competition



Ice Skating
Competition







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