



# PORTWATCH

*September/October 2025*



**DESIGN ICONS: THE GREAT WAVE**



## REACH FOR THE CROWN



THE GMT-MASTER II

OFFICIAL ROLEX RETAILER

**蘇麗鐘錶**  
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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



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





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# SEPTEMBER

## ALL OF SEPTEMBER

Marina Grill  
Autumn Mushroom  
Menu

The Deck  
Autumn Harvest Menu



Caffè Luna  
In Grio per Venezia  
(Around Venice)

1

MONDAY

Ice Hockey Tryout

Ice Rink  
6.30pm – 8pm

4

THURSDAY

Bordeaux 1990s  
Wine Dinner

Marina Grill  
7pm

Complimentary  
Zumba by Coach  
Sandra

7/F Activities Studio  
10am – 11am

7

SUNDAY

Bowling High  
Score Day

Bowling Alley  
11am – 10pm

The Grabber  
Machine Returns!  
- Mini Backpacks

The Yard  
9am – 7pm

9

TUESDAY

Mini Table Lamp  
Workshop

The Private Deck  
10.30am – 1.30pm

12

FRIDAY

Shooting Range

Kids on 8!  
7pm – 7.30pm

14

SUNDAY

Bowling  
Grabber Day! -  
Toy Mooncakes

Bowling Alley  
11am – 10pm

Tetris Highest  
Scoring Day

The Yard  
10am – 7pm

18

THURSDAY

Glow & Go:  
Mastering  
Skincare and  
Makeup

The Private Deck  
10.30am – midday

19

FRIDAY

Laser Tag  
Challenge

Adventure Zone  
7.30pm – 8.30pm

Family  
Quiz Night

Chill Zone  
6pm – 7.30pm

Nami Nikkei  
Cuisine Pop-up x  
Viña Cobos  
by Paul Hobbs  
Wine Dinner

The Backroom  
7pm



20

SATURDAY

Fun Weekend  
Arts & Crafts -  
International  
Peace Day

Kids on 8!  
9am – 7pm

21

SUNDAY

Bowling Bingo!

Bowling Alley  
11am – 10pm

21

SUNDAY

Fun Weekend  
Arts & Crafts -  
International  
Peace Day

Kids on 8!  
9am – 7pm

27

SATURDAY

Pickleball Family  
Workshop

Multi-use Court  
11.15am – 12.15pm

28

SUNDAY

Art on Ice

Ice Rink  
3.30pm – 5pm

Wellness  
Assessment

Cutting Edge  
10am – 5pm

Fitness Centre  
Orientation

Fitness Centre  
2pm – 4pm

Arts & Crafts -  
Design your Own  
Lantern

Run,2,3!  
2.30pm – 4.30pm

The Grabber  
Machine Returns!  
- Heart Toys

The Yard  
9am – 7pm

5

SUNDAY

Bowling  
High Score Day

Bowling Alley  
11am – 10pm

The Grabber  
Machine Returns!  
- Fruit Toys

The Yard  
9am – 7pm

6

MONDAY

Mid-Autumn Fun  
Party

The Deck & Portside  
6.30pm – 9.30pm

10

FRIDAY

Shooting Range

Kids on 8!  
7pm – 7.30pm

11

SATURDAY

Aberdeen Fire  
Station Visit

(See p.43)

12

SUNDAY

Bowling  
Grabber Day!  
- Halloween  
Theme Toys

Bowling Alley  
11am – 10pm

16

THURSDAY

Chinese  
Wine Dinner

The Horizon  
7pm

17

FRIDAY

Laser Tag  
Challenge

Adventure Zone  
7.30pm – 8.30pm

19

SUNDAY

Arts & Crafts -  
Halloween

Run,2,3!  
2.30pm – 4.30pm

Bowling Bingo!

Bowling Alley  
11am – 10pm

19

SUNDAY

The Grabber  
Machine Returns! -  
Happy Halloween

The Yard  
9am – 7pm

24

FRIDAY

Mouton's Chilean  
Masterpiece -  
Almaviva Wine  
Dinner

The Backroom  
7pm

25

SATURDAY

Fun Weekend  
Arts & Crafts -  
Halloween

Kids on 8!  
9am – 7pm

26

SUNDAY

Fun Weekend  
Arts & Crafts -  
Halloween

Kids on 8!  
9am – 7pm

29

WEDNESDAY

Fitness Centre  
Orientation

Fitness Centre  
2pm – 4pm

31

FRIDAY

Halloween  
Hunting

Run,2,3! &  
Kids on 8!  
3pm – 5pm

Halloween  
Haunted  
House on Ice

Ice Rink  
6.15pm – 7.30pm

Haunted  
Adventure Zone

Run,2,3! &  
Adventure Zone  
6pm – 9pm

Halloween  
Semi-Buffer  
Dinner

Caffè Luna  
5.30pm – 9pm



# OCTOBER

## DINING THROUGHOUT SEPTEMBER AND OCTOBER

Caffè Luna  
Toscanna A Tavola  
(Italian Terrace Grill)

The Horizon  
Crab Dishes





# Halloween Events

萬聖節活動

## Trick or Treat!

萬聖節特備活動

Friday to Sunday, October 31 - November 2

We have prepared special Halloween pumpkin baskets for Junior Members and their friends. Grab one from the Lobby reception and collect Trick or Treat sweets and candies from our restaurants and Sports & Recreation receptions on the above dates.

First come, first served - while limited supplies last!

10月31日至11月2日(星期五至日)

本會為少年會員和朋友準備了萬聖節南瓜籃，屆時可在會所大堂接待處領取。

歡迎帶備您的萬聖節糖果籃於上述日期前來本會的餐廳或康體部接待處收集不同的萬聖節糖果。先到先得，送完即止！

## Halloween Haunted House on Ice

冰上萬聖節

Friday, October 31  
From 6.15-7.30pm  
Member \$80 Guest \$120

Dress up and enjoy some fun and games at the Ice Skating Rink!

10月31日(星期五)  
晚上6時15分至7時30分  
會員\$80 來賓\$120

穿上你喜愛的萬聖節服飾，前來溜冰場玩樂！

Enquiries 查詢: 2814 5374 (Ice Rink)

## Haunted Adventure Zone

動感樂園鬼屋

Friday, October 31  
From 6-9pm  
Member \$88 Guest \$128

Dress up and have fun at the Haunted Adventure Zone and Run,2,3! Includes one play session at either Adventure Zone or Run,2,3!

10月31日(星期五)  
晚上6至9時  
會員\$88 來賓\$128

準備好您的萬聖節裝扮，前來動感樂園和Run,2,3!的鬼屋盡情玩樂！費用包括一節動感樂園或Run,2,3!的探險體驗！

## Halloween Hunting

萬聖節尋寶活動

Friday, October 31  
From 3-5pm  
Complimentary Halloween Hunting all over the Club.

Get your mission card at either Run,2,3! or Kids on 8! and let the haunting games begin!

10月31日(星期五)  
下午3至5時，費用全免

歡迎各位少年會員和朋友到Run,2,3!或Kids on 8!領取任務卡展開尋寶遊戲。

Enquiries 查詢: 2814 5360 (Adventure Zone)

THE BALCONY

## New Menu Coming Soon!

全新菜單快將推出

The Balcony will soon unveil a brand-new a la carte menu created by Chef Anchalee Luadkham, featuring authentic dishes that showcase the rich diversity of Thai cuisine with a contemporary twist.



## Caffè Luna Halloween Semi-buffet Dinner

萬聖節半自助餐

Friday to Sunday, October 31 - November 2  
From 5.30-9pm  
Adult \$498 (Choice of main course)  
Child (aged 3-11 years) \$368 (Buffet only)

Wear your favourite Halloween costume and enjoy a delicious buffet with fun face painting till 8pm.

10月31日至11月2日(星期五至日)  
成人 \$498 (可選一款主菜)  
小童(3-11歲) \$368 (只限自助餐)

穿上您最喜愛的萬聖節服飾，品嚐豐盛的萬聖節自助餐！同場設有臉部彩繪活動至晚上八時。

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

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



露臺泰國餐廳主廚Anchalee Luadkham精心設計的全新菜單快將推出。您可以品嚐到由Anchalee重新詮釋的經典泰國菜餚，並融入現代元素，展現出泰國美食的豐富多樣性。



## MARINA GRILL



**B**ritish chef Nate Green is celebrated for his bold, ingredient-driven approach to fire cooking and whole-animal butchery. He has worked in top UK kitchens, including Tom Aikens, The Square and Restaurant Story, where as Head Chef he helped earn a Michelin star.



Since relocating to Hong Kong in 2014, Nate has led acclaimed projects such as 22 Ships, Rhoda, Henry at Rosewood and REX Wine & Grill, earning recognition for his refined take on live-fire and nose-to-tail cooking.

His 10-day pop-up at Marina Grill offers Members a chance to experience his signature style of modern grilling, rooted in tradition and elevated by innovation.

### 客藉名廚Nate Green 呈獻炭火燒烤美饌

10月1日至5日及8日至12日

英籍名廚Nate Green以大膽及食材為本的炭火烹調技術及全牛分切技術而聞名。他曾於英國多間頂級餐廳擔任要職，包括Tom Aikens主理的餐廳、The Square以及Restaurant Story。在Restaurant Story擔任主廚期間，餐廳更摘下米芝蓮星級榮耀。

自2014年移居香港以來，Nate領導了多個備受讚譽的餐飲項目，包括 22 Ships、Rhoda、香港瑰麗酒店的Henry，以及REX Wine & Grill。他憑藉對炭火燒烤與全牛分切的精緻演繹，贏得廣泛讚賞與認可。

Marina Grill與Nate Green將為您呈獻為期十天的期間限定菜式，讓會員親身體驗其獨特的現代炭火烹調技術，在傳統技藝中融入創新手法，製作出令人難以忘懷的美饌佳餚。

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 and Hampers 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，是送贈摯愛親朋及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.

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

Until  
Oct 6

5 to 10 boxes	5% off
11 to 20 boxes	10% off
21 to 40 boxes	15% off
41 to 60 boxes	20% off
61 boxes and above	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 Pu'er 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>Veuve Clicquot, Yellow Label, Champagne, 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

## 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.

- 所有訂單可於8月18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。

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



**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 at your choice of The Deck or Portside.**

與家人朋友一起參加本會的中秋派對，歡度佳節。  
派對當日設有遊戲及手工藝攤位，您更可於咖啡室或 Portside享用一頓豐富的自助晚餐。

**Monday, October 6**  
**From 6.30-9.30pm**  
**Adult \$600 Child \$430**

**10月6日 (星期一)**  
**晚上6時30分至9時30分**  
**成人 \$600 小童 \$430**



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

訂座請致電宴會部電話2814 5442或電郵至[events@aberdeenmarinaclub.com](mailto:events@aberdeenmarinaclub.com)。



THE DECK

## Autumn Harvest Menu

### 秋日美饌之選

Throughout September

Available for lunch and dinner, with a new weekly menu throughout September.

Celebrate the flavours of the season with our exclusive Autumn Harvest Menu. Indulge in a bountiful spread of hearty, seasonal dishes crafted from the freshest autumn ingredients. Gather your loved ones and savour the taste of autumn in every bite.

九月

品嚐咖啡室推出的秋日美饌之選，慶祝秋日豐盛的美味！歡迎邀請親友共聚一堂，盡情享用以新鮮秋季食材精心烹調的豐盛佳餚，感受秋天獨有的味道。

## Diwali Set Menu

### 印度排燈節套餐

Available for dinner, from October 18 to 26

Light up your taste buds with our Diwali Set Menu. Experience a vibrant celebration of Indian flavours with a feast of traditional delights.

10月18日至26日於晚餐時段內供應

享用一頓充滿印度風味的繽紛盛宴，匯聚多款傳統佳餚，感受排燈節的喜悅氣氛。



THE HORIZON

## Crab Dishes

### 品蟹

Throughout September and October  
九月及十月

**Highlights** 精選菜式

阿拉斯加蟹 (三食)

**Alaskan King Crab (served three ways)**

\* 需一天前預訂 *Pre-order one day in advance*

- XO 醬蘆筍爆蟹柳  
Stir-fried Crab Meat Asparagus, XO Chilli Sauce
- 避風塘炒蟹爪  
Deep-fried Crab Legs, Garlic, Chilli
- 瑤柱肉鬆蘭王雞蛋蒸蟹蓋  
Steamed Crab Shell, Japanese Egg, Minced Pork, Conpoy



CAFFÈ LUNA

## In Giro per Venezia

### 美味威尼斯

Throughout September  
九月

**ANTIPASTO**

**Cicchetti Misti**

Soft Shell Crab, Onion & Raisin Sardines, Whipped Cod

**PRIMO**

**Bigoli al Ragù d'Anatra**

Artisanal Pasta, Duck Ragù, Lemon Zest

## Toscana a Tavola

### Tuscany on the Table

### 餐桌上的托斯卡尼

Throughout October  
十月

**ANTIPASTO**

**Ribollita**

Black Cabbage & Bean Soup, Pecorino Cheese, Bread

**PRIMO**

**Pappardelle al Cinghiale**

Egg yolk Home-made Pasta, Wild Boar Ragù

## Grigliata in Terrazza

### Barbecue on the Terrace

### 池畔燒烤派對

Friday to Sunday, October 10 - 12  
(Dinner only on October 10)

Lunch

11.30am - 2.30pm

Dinner

5.30-8.30pm

Savour delicious Italian flavours served straight from the barbecue on the terrace.

10月10日至12日(星期五至星期日)  
(10月10日只限晚餐時段內供應)

午餐

上午11時30分至下午2時30分

晚餐

下午5時30分至晚上8時30分

歡迎前來Luna意大利餐廳，在池畔旁品嚐廚師們為您燒烤的豐盛美食。

MARINA GRILL

## Autumn Mushroom Menu

### 秋季蘑菇菜式

Throughout September

Embrace the flavours of autumn with our exclusive seasonal menu featuring several specially created dishes highlighting the rich and earthy tastes of autumn mushrooms.

九月

品嚐季節性蘑菇菜式，菜單包括多道精心烹製的菜餚，凸顯秋季蘑菇的濃郁獨特的鮮味，讓您盡情享受秋天的味道。

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)。





## Ports of Call Hokkaido

遊歷北海道

*“In Tokyo,” said the deputy governor scornfully,  
“they think there is nothing up here but bears, codfish, and snow.”*

– Alexander Campbell

*The Heart of Japan (1962)*

## Hakodate

函館

A popular cruise port and Hokkaido's most southerly city, Hakodate was one of the first Japanese cities to be opened up to foreign trade in the late 1850s. Consequently it has an unusually Western feel in some areas, especially around the historical district of Motomachi. Buildings of interest here include the Old British Consulate ([fbcoh.net/en](http://fbcoh.net/en)), which was closed in 1934 and now houses a museum and gift shop, with an English garden and tearoom serving traditional English afternoon tea.

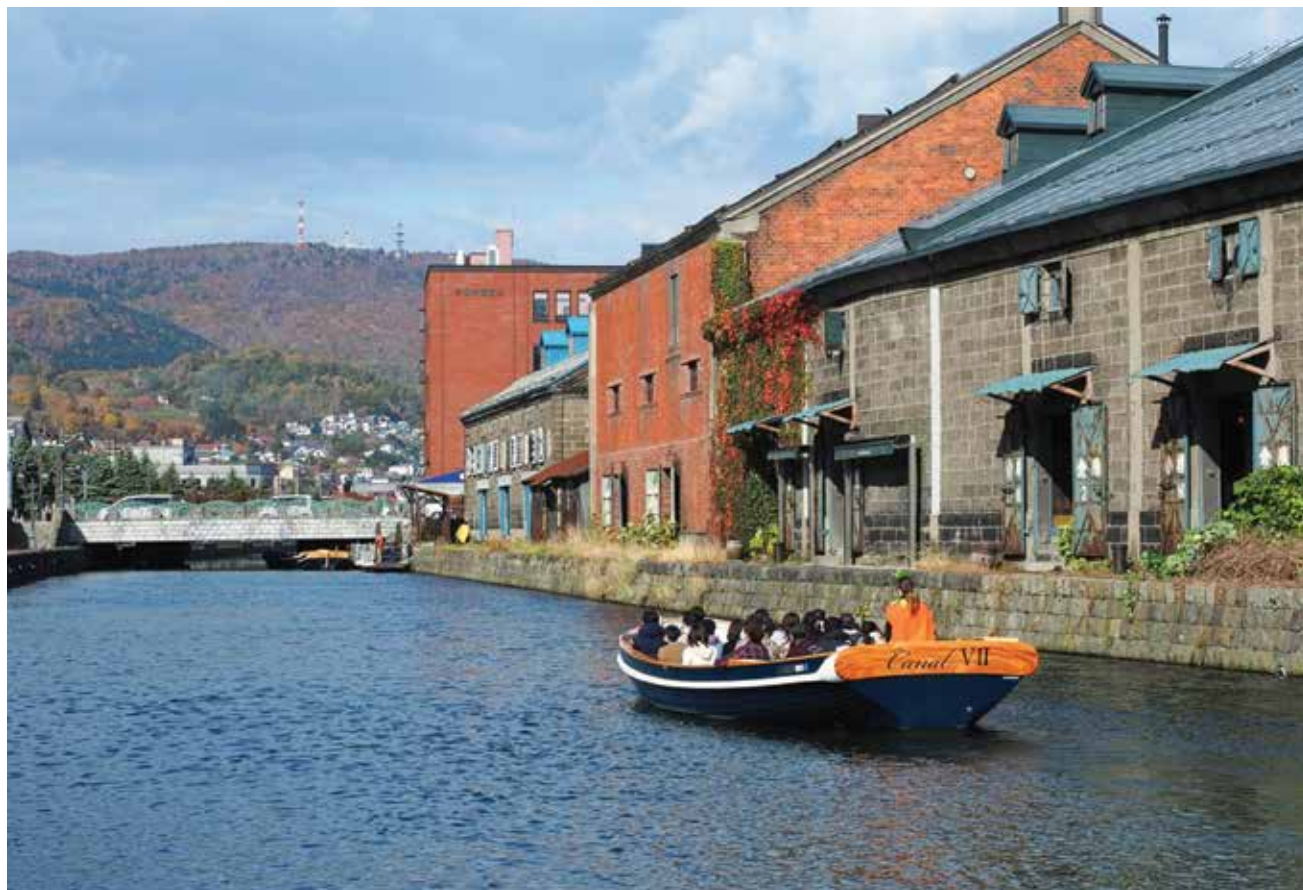
Just a few minutes' walk towards the harbour, the 19th-century Kanemori Red Brick Warehouse complex on the water's edge contains a variety of tourist-friendly shops. If the weather is clear, take the three-minute cable-car ride up to the Mount Hakodate Observatory, especially for the night views, which are proudly claimed by locals to rival those of Hong Kong from Victoria Peak.

函館是北海道最南端的城市，也是著名的郵輪港口，是日本早在19世紀50年代末期開放對外貿易的城市之一。因此，函館某些區域，尤其是在元町歷史街區附近，呈現出一種與別不同的西式風格。這裏值得一看的建築包括舊英國領事館 ([fbcoh.net/en](http://fbcoh.net/en))，該領事館於1934年關閉，現在設為紀念館和禮品店，並擁有一個英式花園及提供傳統英式下午茶的咖啡廳。

步行數分鐘即可到達位於港口旁的19世紀金森紅磚倉庫建築群，裡面有各種適合遊客的商店。如果天氣晴朗，您更可乘搭三分鐘纜車前往函館山觀景台，欣賞壯麗的夜景。當地人自豪地讚美函館山的夜景可媲美香港太平山頂的夜景。







## Otaru

### 小樽

One hour by road or a 30-minute train ride from Sapporo, the attractive, rather Russian-flavoured port town of Otaru is also quite a popular cruise port. This is Japan's music-box capital, and as well as a Music Box Museum, numerous shops ring out with the plinkety-plink of mechanical tunes of every kind, from classical to K-pop. Decorative glass is – and has been for well over a century – Otaru's other big draw card for tourists, both foreign and domestic. Some of what is on offer here is very fine, and quite reasonably priced, but you may have to wade through a fairly tacky selection of shops to find it. In winter, be sure to wait until the end of your day trip to buy any glassware, as the slippery streets and pavements will likely get the better of you once or twice.

Canal tours are the most popular outdoor tourist activity, and Otaru Canal Cruise ([otaru.cc/en](http://otaru.cc/en)) offers frequent day and evening boat tours throughout the year.



從札幌出發，車程一小時或乘半小時的火車即可抵達風景優美、頗具俄式風情的港口小鎮小樽，這裡也是廣受歡迎的郵輪港口。小樽是日本的音樂盒之都，除了音樂盒博物館外，還有許多商店，叮叮噹噹地播放著機械音韻的古典音樂、韓流音樂，或各種類型的音樂。超過一個多世紀以來，小樽一直以裝飾玻璃吸引國內外的遊客，亦是小樽另一個受遊客歡迎之處。這裡出售的商品非常精美，價格合理，但您可能需要在芸芸的店鋪中稍作挑選才能找到。在冬季時，建議您在整日行程結束後才購買玻璃器皿，因為濕滑的街道可能會使您滑倒至少一至兩次。

運河之旅是最受歡迎的戶外旅遊活動，小樽運河遊船 ([otaru.cc/en](http://otaru.cc/en)) 全年提供多個日間和夜間的遊船體驗。

## Tomakomai

### 苫小牧市

Tomakomai is a busy port due to its proximity to Sapporo and twice-daily ferry connection with Oarai, two hours' drive northwest of central Tokyo. Operated by MOL Sunflower ([sunflower.co.jp/en](http://sunflower.co.jp/en)), the ferries depart in the evening and late at night, and feature luxury cabins, pet-friendly rooms and a dog run, an ocean-view spa, restaurants and shopping. The trip takes just under 18 hours.

The city itself isn't particularly attractive but nearby spots such as Mount Tarumae and its triple volcano with sweeping views and the Lake Utonai bird sanctuary (Japan's first) attract many visitors. A few kilometres along the coast is the Upopoy National Ainu Museum and Park ([ainu-upopoy.jp/en](http://ainu-upopoy.jp/en)), where visitors can learn about and meet Hokkaido's indigenous people and their culture.

苫小牧港交通繁忙，毗鄰札幌，每日有兩班渡輪往返大洗町。大洗町位於東京市中心西北方，約兩小時車程。渡輪由商船三井株式會社 (MOL Sunflower) 營運 ([sunflower.co.jp/en](http://sunflower.co.jp/en))，設傍晚

和深夜班次，提供豪華客艙、寵物友善房間、專屬寵物區、海景水療中心、餐廳和購物場所等，航程約18小時。

苫小牧市雖沒有特別引人入勝之處，但周邊景點卻吸引眾多遊客，例如景色壯麗的樽前山及其三重式火山，以及日本首個鳥類保護區——烏託奈湖。沿著海岸線幾公里處，坐落著國立愛努民族博物館與共生公園 ([ainu-upopoy.jp/en](http://ainu-upopoy.jp/en))，遊客可以在這裡了解並接觸北海道的原住民及其文化。





# Abashiri

## 網走市

One of Hokkaido's most popular winter attractions is a fiercely chilly one-hour excursion aboard one of the three Aurora ice-breaking ships that operate short trips out of Abashiri into the Sea of Okhotsk ([ms-aurora.com/abashiri/en](http://ms-aurora.com/abashiri/en)). There are sailings from 9am every hour or so from the middle of January until whenever the spring thaw arrives sometime in late March. The earlier morning sailings provide more drama as the pack ice broken up the day before has refrozen overnight, but this is a thrilling experience at any time of day, as the ship shudders and cracks its way through the frozen ocean to the audible delight of all on board.



Another local attraction is the 19th-century Abashiri Prison, which closed in 1984 but is now a museum open to visitors with wax figures and hands-on exhibitions offering an idea what it would have been like to be incarcerated in one of the world's coldest and remotest prisons.

在寒冷的冬日乘坐「極光號」破冰船是北海道最受歡迎的冬季活動之一。破冰船從網走市出發，前往鄂霍次克海 ([ms-aurora.com/abashiri/en](http://ms-aurora.com/abashiri/en))，航程約一小時。由一月中旬到三月下旬春季解凍前，破冰船每日早上9時起航行，大約每小時一班。早上的船班景色更為壯觀，因為前一天破碎的浮冰在一夜之間又重新結冰了。但無論何時，這都是令人興奮的體驗，破冰船在冰封的海面上顫抖著前行，發出撞擊聲，船上的每個人都能聽到響亮的聲音。

另一個景點是19世紀的網走監獄，它於1984年關閉，現在已成為一座博物館，並向公眾開放。館內設有蠟像和互動展覽，讓遊客了解被關在世界上其中一個最寒冷、最偏遠的監獄的感覺。



# Wakkanai

## 稚內市

Japan's northernmost city, Wakkanai is accessible by road, train and by air from Sapporo and Tokyo. On a clear day you can see Russia from the coast, and on any day you'll see a fair number of Russian visitors. Particularly impressive is the North Breakwater Dome, a Roman Arcade-style structure with 70 columns running for almost half a kilometre along the waterfront. Under construction from 1931 to 1936, it was one of the first sites to be awarded Hokkaido Heritage status when the initiative was launched in 2001.

Cape Soya, the country's most northerly point (right), is popular with visitors, as are the picturesque nearby volcanic islands of Rebun and Rishiri (top), which comprise a national park and ferries run regularly between them, and to and from Wakkanai.

稚內是日本最北端的城市，從札幌和東京也可以陸路或搭乘火車或飛機抵達。在晴朗的日子裡，您可以從海岸眺望俄羅斯，而且在任何一天，都會看到相當多的俄羅斯遊客。特別令人印象深刻的是北防波堤圓頂，這是一座羅馬拱廊式建築，擁有70根柱子，沿著海濱綿延近半公里。它於1931年至1936年間建造，並於2001年被指定為北海道遺產，是首批被列入名錄中的建築之一。

宗谷岬位於日本的最北端(下圖)，深受遊客歡迎，附近風景如畫的禮文島和利尻島(上圖)也同樣如此。這兩個島組成了一個國家公園，渡輪定期往返於這兩個島嶼之間以及稚內。





# The 1990s: Bordeaux Wine's Global Renaissance and Chinese Embrace

1990年代：波爾多葡萄酒的  
全球復興與中國熱潮



1990年代是波爾多葡萄酒發展的重要十年。不僅在法國西南部的葡萄園，在全球，尤其在中國市場，也掀起了一波新浪潮。1996年，中國國務院總理李鵬公開讚揚紅酒的健康益處，這一言論在中國新興中產階級與精英圈中引起廣泛關注，並激發了對法國葡萄酒——尤其是波爾多的濃厚興趣。

這場文化轉變為波爾多葡萄酒在中國的崛起奠定了基礎，而其高峰則出現在2010年10月29日。當晚，香港文華東方酒店舉辦了一場拉菲古堡酒莊（Château Lafite Rothschild）酒窖拍賣會，拍賣酒款涵蓋自1879年以來的多個年份。拍賣價格屢創新高，絕大部分酒品由中國大陸買家購得，波爾多葡萄酒自此不僅成為飲品，更是地位與品味的象徵。

與此同時，法國本地的文化與歷史價值亦獲得全球認可。1999年，聖艾美濃（Saint-Émilion）及其轄下八個村莊被聯合國教科文組織列入世界文化遺產名錄，肯定了該地區的釀製美酒的傳統和歷史與自然風景之美。

這些里程碑充分展現了波爾多葡萄酒在1990年代如何深植其歷史根基，同時也開啟了跨文化的國際旅程，將古老酒鄉與新興世界熱情緊緊相連。

La Cave團隊誠摯邀請會員光臨探索各款1990年代的波爾多佳釀，感受其非凡魅力！

**T**he 1990s marked a pivotal decade for Bordeaux wines – not just in the vineyards of southwestern France, but across the globe, especially in the Chinese market.

A defining moment came in 1996, when Premier of China Li Peng publicly praised the health benefits of drinking red wine. This endorsement sent ripples through China's emerging middle class and elite circles, sparking unprecedented interest in French wines, particularly Bordeaux.

This cultural shift laid the foundation for Bordeaux's meteoric rise in the region, culminating spectacularly on October 29, 2010. That evening, the Mandarin Oriental in Hong Kong hosted a historic ex-cellar auction featuring vintages of Château Lafite Rothschild from as far back as 1879. Price records were shattered, with the majority of the prized bottles snapped up by mainland Chinese collectors, solidifying Bordeaux's status not just as a beverage, but a symbol of prestige.

Meanwhile, back in France, the region's cultural and historical significance received global recognition. In 1999, the picturesque landscape of Saint-Émilion, along with eight surrounding villages, was inscribed as a UNESCO World Heritage site. This honour underscored the area's centuries-old vinicultural heritage and its breathtaking natural beauty.

Together, these milestones reflect how Bordeaux wines not only deepened their historical roots during the 1990s but also found new admirers far beyond France's borders. What was once an elite European indulgence was now a powerful cultural bridge – one that connected ancient vineyards with rising global aspirations.

The team at La Cave sincerely invites Members to explore the extraordinary charm of different 1990s Bordeaux wines!





THE BACKROOM  
AT LA CAVE

# Nami Nikkei Cuisine Pop-up

日系秘魯菜期間限定



**E**xperience the bold flavours of Nikkei cuisine at the exclusive Nami Pop-up, happening from September 11 to 30 at The Backroom. Discover the harmonious fusion of Japanese precision and Peruvian passion in a curated menu that celebrates innovation and tradition. Join us for a limited-time culinary journey that will be vibrant, refined and unforgettable.

日系秘魯菜期間限定將於9月11日至30日在The Backroom隆重登場。日本料理的精緻與秘魯料理的熱情和特色香料巧妙地融合起來，精心設計的菜單兼具創意和傳統。誠邀您踏上一次色彩繽紛、格調高雅及令人難忘的期間限定美食之旅。

# Nami Nikkei Cuisine Pop-up x Viña Cobos by Paul Hobbs Wine Dinner

葡萄酒晚宴



Friday, September 19  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$1,180 per person  
Guest Speaker: Vitor Lima, Brand Representative

日期：9月19日(星期五)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$1,180  
演講嘉賓：品牌代表Vitor Lima

## WINES FEATURED

2022 Viña Cobos, Felino, Chardonnay  
2021 Viña Cobos, Bramare, Valle de Uco, Malbec  
2014 Viña Cobos, Bramare, Marchiori Estate, Malbec  
2014 Viña Cobos, Cobos, Malbec  
2013 Viña Cobos, Volturmo

For enquiries, please call The Backroom on 2814 5391.

查詢請致電The Backroom電話2814 5391。



# Chinese Wine Dinner

葡萄酒晚宴

Thursday, October 16  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$1,280 per person  
Guest Speaker: Jefferson Liu, Brand Representative

日期：10月16日(星期四)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$1,280  
演講嘉賓：品牌代表Jefferson Liu

## WINES FEATURED

2022 The Starting Point, Riesling  
2023 Tiansai, Skyline of Gobi, Reserve, Chardonnay  
2023 Legacy Peak, Chardonnay  
2009 Dongqu, Single Vintage, Huangjiu  
2019 Tiansai, Skyline of Gobi, Selection, Marselan  
2021 The Starting Point, Cabernet Sauvignon  
2021 Legacy Peak, Kalavinka, Cabernet Sauvignon

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。

THE BACKROOM  
AT LA CAVE

# Mouton's Chilean Masterpiece - Almaviva Wine Dinner

葡萄酒晚宴



Friday, October 24  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$1,280 per person  
Guest Speaker: Michel Friou, Winemaker and Ruiling Pi, Asia Sales Director

日期：10月24日(星期五)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$1,280  
演講嘉賓：釀酒師Michel Friou及亞洲區銷售總監Ruiling Pi

## WINES FEATURED

NV Champagne Pierre Péters, Cuvée de Réserve, Blanc de Blancs  
2021 Almaviva, EPU  
2021 Almaviva  
2017 Almaviva  
2010 Almaviva





# The Great Wave

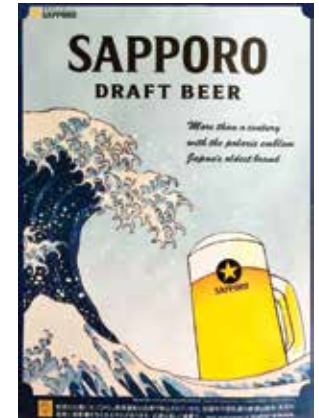
巨浪

by Peter Walbrook

It is often said that *The Great Wave* (also known as *The Great Wave off Kanagawa*) is the most widely reproduced work of art in the world, more so even than the *Mona Lisa* or *The Birth of Venus*. The 24.6 x 36.5cm woodblock print was originally created in 1831 by Japanese artist Hokusai (1760 - 1849) as the first in his series *Thirty-six Views of Mount Fuji*.

Depicting three fishing boats about to be enveloped by a curling ocean wave, while a serene Mount Fuji watches from low on the horizon, it presents a deep perspective influenced by Dutch painters. In turn, *The Great Wave* influenced European artists including Vincent van Gogh and Claude Monet.

The original print run is estimated to have been



about 1,000 copies but only around 100 are known to exist today. Reproductions, of course, abound and this iconic image can be found on everything from fridge magnets and mouse pads, to t-shirts, coffee mugs and curtains. Interior designers and mural artists have also surfed *The Great Wave*, and as of last year it is even featured on the reverse side of the latest 1,000-yen note.

Locations of original copies – in various states of damage and wear – include the Tokyo National Museum, London's British Museum, the Metropolitan Museum of Art in New York City, and other museums in Paris, Verona, Melbourne, Munich, Amsterdam and elsewhere.

Copies from private collections rarely come up for sale, but in 2023 Christie's auction house in New York City sold one for US\$2.8 million to an anonymous buyer. The pre-sale estimate had been US\$500,000 to \$700,000.

It seems likely, then, that the worldwide commercial ubiquity of the image, rather than cheapening the Hokusai “brand”, has made it more valuable than ever.

《巨浪》（或記作《神奈川沖浪裏》）經常被認為是世界上最多複製品的藝術作品，甚至比《蒙娜麗莎》或《維納斯的誕生》還要多。這幅24.6 x 36.5厘米的木版畫最初由日本藝術家葛飾北齋（1760-1849）於1831年創作，是《富嶽三十六景》系列的第一幅。

這幅畫描繪了三艘即將被海浪翻騰捲起的漁船，而寧靜的富士山則低垂於地平線上，呈現出一種受荷蘭畫家啟發的深邃的視野。反過來，《巨浪》也影響了包括梵高和莫內等歐洲藝術家。

最初的印刷量估計約一千幅，但如今已知僅剩約100幅。當然，複製品比比皆是，這幅標誌性的圖案隨處可見，從冰箱磁石、滑鼠墊、T恤、咖啡杯到窗簾，應有盡有。室內設計師和壁畫家也曾嘗試過營造出巨浪的效果，去年甚至出現在最新發行的一千日元紙幣的背面上。

原本的畫作存放地點（損壞和磨損程度各有不同）包括東京國立博物館、倫敦大英博物館、紐約大都會藝術博物館以及巴黎、維羅納、墨爾本、慕尼黑、阿姆斯特丹等地的博物館。

私人收藏的複製品很少出售，但在2023年，紐約佳士得拍賣行將一幅複製品以280萬美元賣給了一位匿名買家。在此之前，估價為50萬至70萬美元。

看來，這幅畫作在世界各地出現不少複製品，但這不僅沒有降低北齋「品牌」的價值，反而比以往的價值更高。





LA CAVE

# La Cave Online Store

La Cave網上商店

**W**e are thrilled to announce the official launch of our online wine store. Discover handpicked collections like Rising Stars and Hidden Gems, and enjoy a special experience tailored to wine lovers.

As a valued Member, you will have exclusive access to limited releases, special promotions and expert content to elevate your wine journey. Explore stories behind every bottle and uncover new favourites.

Please visit [aberdeenmarinaclub.com/winestore](http://aberdeenmarinaclub.com/winestore) to make your next great wine discovery. Members can enjoy an exclusive 5% discount on regular-priced items under \$5,000 by entering the promo code "NEW5OFF". Cheers to the beginning of something truly special!

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

我們非常高興地宣布La Cave線上葡萄酒商店現已啟用。我們的精選葡萄酒系列，如“Rising Stars”和“Hidden Gems”，為葡萄酒愛好者締造特別的體驗。

會員更可享專屬福利，包括提前購買限量生產的葡萄酒和特設的推廣活動。透過專家的講解、品酒筆記和搭配技巧，您可探索每一瓶葡萄酒背後的故事，發掘新的心頭好。

立即瀏覽[aberdeenmarinaclub.com/winestore](http://aberdeenmarinaclub.com/winestore)開始您的精彩葡萄酒探索之旅！會員更可輸入專屬優惠碼“NEW5OFF”，以獲取正價貨品九五折優惠（限\$5,000以下貨品）。

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



PORTSIDE

# Portside is Revamped and Ready!

Portside已翻新並回歸！



**P**ortside is back after a two-month refurbishment and a new menu featuring retro Hong Kong favourites. Come and savour some sensational local flavours today!

經過兩個月的翻新工程，Portside正式回歸！歡迎您再次光臨，品嚐升級的傳統港式美食。

Opens Saturday and Sunday	星期六及日營業
Lunch 11am - 3pm	午餐 上午11時至下午3時
Dinner 5.30-9pm	晚餐 下午5時30分至晚上9時

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)



# Chef's Favourites Healthy Salads

健康沙律

**C**hef Elvis has prepared two nutrient-rich salads for everyone to enjoy. Whether you are a modern lady who loves a slim figure or a man who enjoys jogging and sports, these two salads are suitable for making at home or enjoying at the Club.

To provide you with portion sizes for each salad recipe, he has given a general guideline for the main ingredients per person. Feel free to adjust the ingredients and proportions based on dietary needs or taste preferences.

現代都市人都很注重健康，喜愛揀選一些營養價值高的食材入饌。今期，Elvis為大家準備了兩款營養豐富的沙律。無論你是注重保持身材纖瘦的現代女性，又或是愛好運動的男士，以下兩款沙律均適合大家在家中製作或到會所享用。

為了方便您了解每款沙律的份量，Elvis的食譜以一人份量供大家參考。您可以根據飲食需求或口味偏好而調整食材和比例。

## Chicken, Cucumber and Rice Macaroni Pasta Salad

雞肉、青瓜與米通粉沙律

### Ingredients

- 20g Cooked rice macaroni pasta (plain & white)
- 5-6pc Cherry tomatoes (red and yellow)
- 50g Shredded chicken
- 1 tspn Pumpkin seeds
- 1/4 cup Cooked green beans
- 1 pc Red radish, sliced
- 1/4 pc Cucumber, sliced
- A little baby kale
- 20g Walnuts
- 20g Raisins

### Dressing

- 1 tspn White balsamic vinegar
- To taste Sea salt and pepper
- 1/2 tspn Sesame oil
- 1/2 tspn Garlic Oil
- 1/2 tspn Olive oil



### 材料

- 熟米通粉（黃色及白色）20克
- 車厘茄（紅色和黃色）5-6粒
- 熟雞肉，切絲 50克
- 南瓜籽 1茶匙
- 綠豆，煮熟 1/4杯
- 紅蘿蔔，切片 1個
- 青瓜，切片 1/4條
- 羽衣甘藍 少量
- 核桃 20克
- 提子乾 20克

### 醬汁

- 意大利白香醋 1茶匙
- 海鹽和胡椒 適量
- 芝麻油 1/2茶匙
- 蒜油 1/2茶匙
- 橄欖油 1茶匙

## Smoked Salmon, Avocado with Quinoa Salad

煙燻三文魚、牛油果與藜麥沙律

### Ingredients

- A little Marinated shredded red cabbage. Marinate 1 day before with salt, sugar, sherry vinegar, squeeze water before use.
- 2-3 slices Smoked salmon (about 50-75 gm)
- 1 tspn Sunflower seeds
- 1/4 pc Yellow daikon, sliced
- 2 tspn Plain yogurt
- 1/4 pc Potato, diced
- 50g Edamame
- 1/2 pc Avocado, sliced
- 20g Almonds
- 20g Apricots
- 1/4 cup Cooked quinoa

### Dressing

- To taste Sea salt and pepper
- To taste Lemon juice
- 1 tspn Olive oil
- 1 tspn Honey



### 材料

- 醃製紅椰菜 少量（預先用鹽、糖及些利醋於1天前醃製好，搾乾水份備用）
- 煙燻三文魚 2-3片/約50-75克
- 芥花籽 1茶匙
- 日本醃漬蘿蔔，切片 1/4條
- 原味乳酪 2茶匙
- 小馬鈴薯，切粒 1/2個
- 毛豆 50克
- 牛油梨，切片 1/2個
- 杏仁 20克
- 黃梅乾 20克
- 藜麥，煮熟 1/4杯

### 醬汁

- 海鹽和胡椒 適量
- 檸檬汁 適量
- 橄欖油 1茶匙
- 蜂蜜 1茶匙

### Plating

Arrange all ingredients in a salad bowl or on a plate according to personal preference. Gently toss the pre-mixed dressing with the salad, and then enjoy.

您可根據個人喜好在沙律碗上把所有材料擺盤，並把預備好的醬汁淋在沙律上，輕輕地拌勻即可享用。



秋日  
登山樂

# Autumn Hiking

by Giles Leonard,  
Director of Sports & Recreation



Former Wan Chai Post Office

In the last issue, I advised you to stick to urban hiking in the summer heat so that you are never too far away from transport links and refreshments in case it gets really hot. We've featured Queen's Road before but as there is probably no walk more "urban" than this, let's look again at this historical road and see what to look out for along the way.

Queen's Road could be said to have been the first principal road in colonial Hong Kong. Upon completion it was called Main Street before being formally named after Queen Victoria. The whole road stretches around 5.5km from East to West, so be prepared – water, a hat and sun lotion for the exposed areas.

Starting in Happy Valley at Queen's Road East, just past the junction at Stubbs Road, there are a couple of points of interest. Firstly, behind the bus stop at St. Joseph's Primary School, there are some steps leading down to Wood Road, which is the only road in Hong Kong to feature four types of street sign. If you have time, walk down and see if you can spot them all. Back on Queen's Road, cross the road at the overpass and you can see the cast iron doors to an ARP shelter – built in the late 1930s as refuge in case of Japanese bombing. Here you are just below the former Naval Hospital and if you look in the trees next to the road, you can spot the boundary markers with an anchor signifying the navy.

Continue on past Kennedy Road and you will soon pass the Blue Building on Stone Nullah Lane (which also features the oldest street sign in Hong Kong) and then the old Wan Chai Post Office, each worth a photo or two. Deep in Wan Chai now, you soon pass the Hung Shing Temple, which pre-dates the colonial era. It's also worth remembering that at the time this temple was built, it overlooked the sea, as did the majority of Queen's Road before the reclamation projects of the 1920s.

We have a little way to go before the next sight and that comes after Queen's Road East gives way to Queensway. As we reach Queen's Road Central, we

see the former French Mission Building on the left, which never ceases to amaze. Just behind it is the equally striking St. John's Cathedral and Battery Path that links them all.

Soon we will come to Ice House Street, from where warehouses used to sell ice, and Duddell Street with its gas-lit street lamps. Next comes the junction of Pedder Street, which was home to many of the original trading companies at the founding of the colony, and Pedder Building gives us a glimpse into this time. As we continue down Queen's Road Central, we will see three older shop-house-style buildings at 172-176, just before the road takes a left turn.

Continue on and the next place to look out for is Possession Street. Once again, remember that this would have been on the shoreline in 1841 and it is thought to be the very first spot where the British landed and claimed Hong Kong. This is also the point where Queen's Road West appears and a little further along as we see Bird's Bridge, which dates from 1881 and was the entrance to the old Government Civil Hospital, which specialised in the treatment of venereal diseases.

The last point of interest to look out for comes right at the end of the walk, as Shek Tong Tsui merges with Kennedy Town. Right at the end of Queen's Road West is a 100-year-old street sign – not easy to locate but look out for it as the road turns left into Belchers Street. After that, you've walked the whole of Queen's Road and ticked off some historical points along the way.

Our Family Hiking events will resume in November – look out for them in the next *Portwatch*. For more information on this or other Hong Kong history, please contact Giles Leonard, our Director of Sports & Recreation.

在上期，我建議大家在炎炎夏日選擇城市遠足路線，這樣即使天氣真的太熱，您也不會離交通樞紐和補給點太遠。我們之前介紹過皇后大道，這條道路相信是最「都市」的步行路線了，所以讓我們重溫這條歷史悠久的道路，看看沿途有哪些值得留意的地方。

皇后大道可以說是香港殖民時期的第一條主要道路。它建成後被稱為大馬路，後來正式以維多利亞女王的名字命名。整條路東西綿延約5.5公里，所以要提前做好準備，攜帶充足的水、帽和防曬霜，方便在露天的地方使用。

從跑馬地皇后大道東出發，過了司徒拔道交界處，有幾個值得一看的地方。首先，在聖若瑟小學巴士站後方，有一條樓梯通往活道，這是香港唯一有四款不同年代路牌的道路。如果您有時間，可以沿著這條路走下去，看看能否找到所有路牌。回到皇后大道，過馬路到天橋，您會看到通往防空洞的鐵門——它建於20世紀30年代末期，是為了在被日軍轟炸時提供避難所。這裡就在前海軍醫院的下方，如果留意路邊的樹木，您會發現有象徵海軍的錨形標誌的界碑。

繼續沿著堅尼地道前行，很快就會經過石水渠路上的藍屋（那裡還有香港最古老的路牌），然後是舊灣仔郵政局，每處都是適合留影的地方。現在深入灣仔，很快就會經過洪聖古廟，它的歷史早於殖民時期。另外值得一提的是，在建造這座古廟時，它是臨海而建，就像20世紀20年代填海工程之前的大部分皇后大道一樣。

我們還需走一段路才能到達下一個景點，那就是皇后大道東與皇后大道的交會處。當我們到達皇后大道中時，我們會在左側看到前法國外傳道會大樓，它總是令人讚嘆不已。在它後方是同樣引人注目的聖約翰座堂和連接兩者的炮台里。

很快我們就會來到雪廠街，那裡曾經是售賣冰塊的倉庫，還有都爹利街，那裡有煤氣路燈。接下來是畢打街的交界處，在香港殖民地建立之初，這裡是許多傳統洋行的所在地，而畢打行讓我們得以一窺那個時代的風貌。繼續沿著皇后大道中走，我們會看到位於172-176號的三棟老式店屋式建築，就在道路左轉之前。

繼續前行，下一個值得一看的地方是水坑口街。這條街在1841年應該是位於海岸線上，據說是英國人登陸並佔領香港的第一個地點。皇后大道西也由此開始。再往前走一點，我們就能看見雀仔橋。雀仔橋建於1881年，是舊國家醫院的入口，該醫院專門治療性病。

最後一個值得留意的景點就在道路的盡頭，石塘咀與堅尼地城交會處。皇后大道西的盡頭有一塊百年歷史的路牌，它不太容易被找到，但當路左轉進入卑路乍街時，您便可以發現到。這樣就走完了整條皇后大道，也遊覽了沿途的一些歷史遺跡。

我們的家庭遠足活動將於11月恢復—敬請留意下一期的Portwatch。如需了解更多關於此活動或其他香港歷史的資訊，請聯繫康體部總監李基爾。



French Mission Building



BEAUTY SALON

# Seamless Facial Experience with New Dermadrop

Dermadrop美容療程新體驗



**C**utting Edge Salon has upgraded our TDA (Transdermal Application) machine with the new Dermadrop for an enhanced facial experience. Dermadrop and TDA are both skin rejuvenation systems, but Dermadrop is a specific device and brand that utilises the TDA method. The treatment delivers active ingredients into the skin without needles, using a jet stream of oxygen and active substances.

**Benefits:** Improves hydration, reduced wrinkles, enhanced skin elasticity.

## CUSTOMISATION

- **Dermadrop** allows for customised treatments by combining different active ingredient cartridges . . .



- **MITOCELL** has the highest concentration of anti-ageing active ingredients. For the deep regeneration of cell-damaged skin, visibly reduced wrinkles and a younger complexion.
- **PRODERM** is designed for problem skin. The formula with flavonoids and propolis fights skin impurities and inflammations, has an antibacterial effect and optimises the skin's appearance. The treatment provides long-lasting moisture and contributes to a healthier looking skin.
- **POLAR** is based on an active complex formulation and counteracts light-induced skin ageing and pigment disorders, supports the flaking of skin cells and thus helps to achieve a more even complexion.

Dermadrop TDA system is a cutting-edge, non-invasive technology which offers a seamless integration, a premium performance, efficiency and customer satisfaction. SEYO TDA delivers visible results in just minutes, without needles or downtime.

我們升級了現有的TDA（透皮敷貼）美容儀，配備全新的Dermadrop，以提升臉部護理體驗。Dermadrop 和 TDA都是煥膚系統，但Dermadrop是一家採用TDA技術的設備和品牌。此護理無需使用針頭，而是透過氧氣和活性物質的噴射流將活性成份傳送到皮膚。

功效：改善肌膚保濕度，減少皺紋，增強肌膚彈性。

## 個人化方案

- Dermadrop可透過組合不同的活性成份來制定療程，以針對個人需要。
- **MITOCELL** 含高濃度的抗老活性成分，能深層修復受損肌膚，顯著減少皺紋，讓肌膚更顯年輕。
- **PRODERM** 專為問題肌膚而設。其含黃酮類化合物和蜂膠的配方，能針對抗肌膚污垢和炎症，並具有抗菌功效，改善膚質。療程能為肌膚長效保濕，令肌膚更顯健康。
- **POLAR** 採用活性複合配方，能夠對抗老化和色素沉澱，促進肌膚細胞更新，從而讓膚色更均勻。



# Cat Eye Nails at Cutting Edge Nail Salon

貓眼美甲

**W**elcome autumn with our exquisite Cat Eye Nail collection and let your nails reflect the vibrant vibe of falling leaves and warm sunsets. Our Cat Eye Gel Polish features rich, earthy tones like burnt orange, deep burgundy, and golden amber, creating a stunning visual effect that shifts with the light.

Using innovative magnetic technology, our Cat Eye gel offers a captivating shimmer that adds a touch of elegance to any outfit. Perfect for apple picking, pumpkin spice lattes or festive gatherings, these nails will keep your style on point as the leaves change.

Enjoy a long-lasting, chip-resistant finish that will keep your nails looking flawless throughout the season. Embrace the beauty of autumn and treat yourself or a loved one to this must-have nail trend. Schedule your appointment today and let your nails capture the essence of autumn!

精緻的貓眼美甲系列讓您的指甲閃耀着和暖的活力，準備好迎接秋天的到來。我們的貓眼凝膠指甲油擁有濃鬱的大地色調，例如焦橙色、深酒紅色和金琥珀色，營造出隨光線變幻的驚人視覺效果。

我們的貓眼凝膠採用創新磁吸技術，散發迷人光澤，為任何裝扮增添優雅氣質。無論是參加活動或節日聚會，這款美甲都能讓您在秋天變幻之際保持時尚。

凝膠美甲效果持久，不易脫落，讓您的指甲在整個季節都保持完美無瑕。擁抱秋天的美好，立即預約，為自己或所愛的人打造時尚美甲！

CUTTING  
Edge

For bookings, please call Cutting Edge Hair and Beauty Salon on 2814 5319 or email [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com).

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



HAIR SALON

# Autumn Hair Care Tips for Asian Ladies

亞洲女士的秋日護髮秘訣

**A**s seasons shift, Asian hair – often thick, straight, or prone to dryness – needs tailored care to stay vibrant. Autumn's crisp air can challenge hair health, but these tips will keep your hair radiant.

**Hydrate and Nourish:** Asian hair can be prone to dryness, especially in the autumn. Use a sulfate-free shampoo and a moisturising conditioner with ingredients like argan oil. Deep condition weekly to combat dryness in low humidity days.

**Protect from Environmental Stress:** Autumn winds can weaken hair and cause tangles and breakage. Wear loose buns or silk scarves during windy fall days to shield strands from harsh winds.

**Scalp Care:** A healthy scalp is key. Massage with tea-tree or ginseng-infused oils to boost circulation and reduce dandruff, common in seasonal transitions. Exfoliate monthly with a gentle scrub to clear buildup.

**Trim Regularly:** Split ends worsen in changing weather. Trim every six to eight weeks to maintain healthy ends.

**Diet Boost:** Support hair strength with a diet rich in omega-3s and biotin. Incorporate autumn-friendly foods like salmon or walnuts, common in Asian cuisine, to promote shine and growth.



亞洲人的頭髮普遍較濃密、較直且易乾燥。隨著季節更替，更需要特定的護理來保持亮麗光澤。秋季的涼風可能會為秀髮健康帶來挑戰，以下小貼士能讓您的秀髮保持亮麗光澤。

**保濕滋養：**亞洲人的頭髮容易乾燥，尤其在秋天。建議使用不含硫酸鹽的洗髮露和含有摩洛哥堅果油等成份的保濕護髮素。在濕度低的天氣下，每週進行一次深層護理，以預防乾燥。

**保護秀髮免受環境傷害：**秋風會使秀髮變得脆弱，導致髮絲打結和斷裂。在刮風的秋日，可以打造時尚的髮髻或戴上絲巾，保護秀髮免受強風的損害。

**頭皮護理：**健康的頭皮至關重要。使用茶樹油或人蔘油按摩，可以促進血液循環，減少常在換季時出現的頭皮屑問題。每月使用溫和的磨砂膏去除角質，清除污垢。

**定期修剪：**天氣變化會加劇頭髮分叉。每六至八週修剪一次，以保持髮梢健康。

**改善飲食：**富含奧米加-3脂肪酸和維生素的飲食有助增強秀髮強韌度，配以秋季適宜的食物，如常見的三文魚或核桃，有助促進秀髮光澤和生長。



## DINNER EVENTS

Make your dinner event a memorable one with a specially created Chinese or Western menu in one of our elegant function rooms.

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

**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)。



# The Powerful Benefits of Resistance Training for Osteoporosis Prevention and Overall Bone Health Management

By Senior Personal Trainer, Michelle Lee

預防骨質疏鬆  
保持骨骼健康

**O**steoporosis, a condition characterised by weakened bones and an increased risk of fractures, affects millions of people worldwide – particularly postmenopausal women and older adults. While medications and dietary changes (like calcium and vitamin D intake) are commonly recommended, resistance training has emerged as a highly effective strategy to strengthen bones, improve balance and reduce fracture risk.

## How Resistance Training Strengthens Bones

Bones are living tissues that respond to mechanical stress. Resistance training (also called strength training) applies controlled stress to bones, stimulating osteoblasts—the cells responsible for bone formation.

Key mechanisms include . . .

- **Bone Density Improvement**  
Studies show that regular resistance training can increase bone mineral density (BMD) by 1-3% per year, significantly reducing osteoporosis progression. Weight-bearing exercises (squats, deadlifts) and resistance bands create forces that promote bone remodeling.
- **Muscle Strength and Fall Prevention**  
Stronger muscles improve balance and coordination, reducing the risk of falls—a major cause of fractures in osteoporosis patients. Compound movements (like lunges and step-ups) enhance stability.
- **Hormonal Benefits**  
Resistance training boosts growth hormones and IGF-1, which support bone health. It also helps regulate estrogen levels, which are crucial for postmenopausal women.

## Best Resistance Exercises for Osteoporosis

### Weight-bearing Strength Exercises

- Squats
- Deadlifts (hip hinge)
- Step-ups
- Lunges
- Overhead press

### Resistance Band Workouts

- Seated Rows
- Band Pull-Aparts
- Leg Press with Bands

### Bodyweight and Functional Movements

- Wall Push-Ups (safer for those with spine concerns)
- Heel Raises (strengthens calves and improves balance)
- Bird Dogs (enhances core stability and spinal support)

Avoid high-impact exercises or excessive spinal flexion (e.g., sit-ups) if you have severe osteoporosis.

## Safety Tips for Resistance Training with Osteoporosis

- Consult a doctor or physical therapist before starting a new programme.
- Focus on proper form to avoid injury.
- Start light and progress slowly.

骨質疏鬆症是由於骨骼脆弱而導致骨折風險增加的疾病，影響全球數百萬人，尤其是停經後的女性和老年人。普遍建議藥物治療和改變飲食習慣(例如補充鈣和維生素D)，但阻力訓練能有助強健骨骼、改善平衡力和降低骨折風險。



## 阻力訓練如何強健骨骼

骨骼是活組織，對機械應力作出反應。阻力訓練（也稱為肌力訓練）對骨骼施加可控的壓力，刺激骨骼細胞（負責骨骼形成的細胞）。

主要機制包括：

- **提高骨質密度**  
研究表示，定期進行阻力訓練可使骨質密度 (BMD) 每年增加1-3%，顯著減慢骨質疏鬆。
- **肌肉力量與預防跌倒**  
跌倒是骨質疏鬆症患者骨折的主要原因，強壯的肌肉可以改善平衡和協調能力，降低跌倒的風險。
- **荷爾蒙好處**  
阻力訓練可以促進荷爾蒙增長和胰島素生長因子-1 (IGF-1) 的分泌，從而支持骨骼健康，還有助調節雌激素水平，這對停經後女性最為重要。

## 預防骨質疏鬆症的最佳阻力訓練

### 負重肌力訓練

- 深蹲
- 硬舉（髖關節鉸鏈）
- 踏步訓練
- 弓箭步
- 過頭推舉

### 彈力帶訓練

- 坐姿划船
- 彈力帶伸展
- 彈力帶腿舉

### 自重及功能性訓練

- 靠牆俯臥撐（對有脊椎問題人士較安全）
- 提踵（增強小腿力量並改善平衡）
- 鳥狗式（增強核心穩定性和脊椎支撐）

如果您患有嚴重的骨質疏鬆，請避免高強度運動或過度脊椎屈曲（例如仰臥起坐）。

## 骨質疏鬆症阻力訓練安全提示

- 在開始新訓練計畫前，請先諮詢醫生或物理治療師。
- 專注於正確的訓練姿勢，避免受傷。
- 由輕強度訓練開始，循序漸進。



# JUNIOR CLUB STARS

SKATER • AGE 8

## Gaia Lam

Gaia loves skating. She is only eight years old and has been promoted and approaching Freestyle 5 level. Keep up the good work and well done, Gaia!

Gaia熱愛溜冰。她現時只有八歲已經，晉升至花式滑冰5級水平。做得好，繼續努力Gaia！



SWIMMER • AGE 13

## Owen Kwong

Owen has been working hard to improve his freestyle technique, allowing him to swim longer distances with greater efficiency and confidence. His dedication to refining his stroke has truly paid off, as he now moves through the water with impressive stamina. Owen has also recently been learning the challenging tumble turn, showing a positive attitude and willingness to grow as a swimmer. Keep it up, Owen!

Owen一直在努力提升自由泳技術，讓他能夠以更高的效率和自信遊出更長的距離。他不斷改進泳姿，終於得到回報，現在他在水中擁有更持久的耐力。Owen最近還在學習高難度的翻滾轉身，展現出積極的態度和渴望成長為一名優秀泳手的決心。加油，Owen！





# Single Leg Lift Exercise

By Pilates Instructor, Iris Cheung  
普拉提斯提腿練習

Single Leg Lift is the first exercise that lets us understand where our hip joints are located. Fluid movement at the hip joints reflects a good core stability condition, which is vital in every daily life activity.

Easy Steps to Follow

- 1. Lie on your back, knees bent and feet on the floor, hip distance apart.
- 2. Inhale to lift the right leg at 90 degrees at the hip joint.
- 3. Exhale to lower the right leg from the hip back to the floor.
- 4. Repeat 5 times.
- 5. Change to the left side and repeat 5 times.

Lift the leg from the hip and not from the lower back. This helps release lower back tightness if it is caused by overworking the muscles.

Simple movement fine-tunes our skills on stabilising the spine and pelvis to move the legs, which is important for balancing in walking, running, squats, etc.

The above benefits enhance the connectedness within the body, which is ready to progress to Leg Changes (i.e. lift and lower the right and left leg alternately), continuing the benefits for more complex exercises.

單腳提腿運動是第一個讓我們了解髖關節位置的練習。髖關節運動有助核心的穩定性，在日常生活中至關重要。

簡易練習的步驟

- 1. 仰臥，雙膝彎曲，雙腳分開至臀部之寬並放在地板上。
- 2. 吸氣，將右腿從髖關節處抬起，呈90度角。
- 3. 呼氣，將右腿從臀部放回地板上。
- 4. 重複5次。
- 5. 換左腿再重複5次。

由髖關節處提腿，而非用下背力量完成。這有助於緩解因肌肉過度勞累而引致的下背部繃緊。

簡單的動作已可以改善我們穩定脊椎和骨盆來移動腿部的動作，是對於行走、跑步、深蹲等動作中保持平衡至關重要。

這練習的益處可增強身體內部的聯繫，為繼續進行更複雜的練習做好準備，從以獲得更大的益處。



Roth 2025 winner, Sam Laidlow

# Challenge Roth Training Update

By Giles Leonard, Director of Sports & Recreation

## Challenge Roth訓練日誌

As I wrote in the last issue of Portwatch, I had to withdraw from this year's Challenge Roth Triathlon race due to injuries suffered in a bicycle accident. Although the injuries were quite serious, I was able to get back to swimming and indoor biking within the first month and I am now walking without a walking aid again. So, just the running left, although I hope to be doing some light jogging by the time this issue goes to print. Not one to be deterred by adversity, I've also signed up for next year's Challenge Roth race, so with that huge target in mind, I hope to be back to full training by January. I'll report back then with an update and hopefully some good news on my training progress.

For more information on marathon running or triathlon, look out for me around the Club or contact me on giles.leonard@aberdeenmarinaclub.com

正如在上期中所述，我因單車事故受傷，不得不退出今年的ChallengeRoth三項鐵人賽。雖然傷勢較嚴重，但我在第一個月內就恢復了游泳和室內單車練習，現在我更可以不用拐杖走路。縱使我現時還未能跑步，希望很快便能進行一些慢跑練習。我是個不畏逆境的人，我還報名參加了明年的ChallengeRoth三項鐵人賽。為了這個宏大的目標，我希望在一月之前恢復全面訓練。到那時我會再報告訓練進展，希望會有一些好消息。

如欲了解跑步或三項鐵人賽事，可隨時向我查詢。

# Introducing Our New Karate Coaches

歡迎空手道教練加入本會

We are honoured to have three new karate coaches – Ching Chun Bong, Bond (5th dan), Chan Ka Lok, Alex (3rd dan) and Ho Ka Lok (2nd dan) – joining us. All three are experienced in karatedo teaching and training, and are qualified by The Karatedo Federation of Hong Kong and Hong Kong Coach Committee.

Bond and Alex also obtained professional qualifications from The Karatedo Federation of Hong Kong Judge and Referee, World Karate Federation as the accredited coaches, and have received HKJC Community Recognition Coach Awards.

They both come from Eishinkan, established in Hong Kong in 2018 with the authority from Okinawa Goju-ryu Karatedo Kyokai (OGKK). It was registered as a member dojo of the Karatedo Federation in Hong Kong in 2019 and recognised by the headquarters as an official dojo of OGKK since 2023. The core philosophy of Eshinkan is the "Adaptive Path to Victory" – systematic training integrated with values of perseverance, etiquette and Respect, and scientific conditioning to forge crisis-conquering resilience.

For lesson details, please refer to our latest e-wire and flyers around the Club or call the Central Reservations Centre on 2814 1222.

我們很高興邀請了空手道教練程振邦（五段）、陳家樂（三段）及何家樂（二段）加入本會！他們三人均持有香港空手道總會教練及香港教練培訓委員會教練資格，程教練和陳教練更持有世界空手道聯盟教練資格、香港空手道總會裁判資格，並榮膺賽馬會社區優秀教練（2023及2024年度）。

同時，他們均來自「榮心館」，該館獲沖繩剛柔流空手道協會(Okinawa Goju-ryu Karatedo Kyokai, OGKK)之授權，於2018年在香港正式成立，2019年成為香港空手道總會註冊會員道場，並於2023年正式被認證升格為沖繩剛柔流空手道協會官方道場。「榮心館」的核心宗旨是「順道制勝」，「順道」系統化學習融合堅忍、守禮、尊重等價值觀；「制勝」科學訓練培育克服困境之心。

有關更多課程內容，請參閱本會之電子通訊或宣傳單張，您亦可致電預訂服務中心電話2814 1222查詢。





BOWLING

# Inter-Club Bowling Leagues

會所保齡球聯賽

We would be happy to support a team in the Inter-Club Bowling Leagues, which run from October to June. Matches are played every two weeks, either home or away at other Clubs. If you are interested, please email Giles Leonard our Director of Sports & Recreation at giles.leonard@aberdeenmarinaclub.com.

本會將組織保齡球隊參與會所保齡球聯賽，聯賽由每年十月至翌年六月期間進行。每兩週舉行比賽一次，在主場或客場則在其他俱樂部進行。如您有興趣參加，請聯絡康體部總監 Giles Leonard，或電郵至 giles.leonard@aberdeenmarinaclub.com。

# Bowling Party Time

保齡球派對！

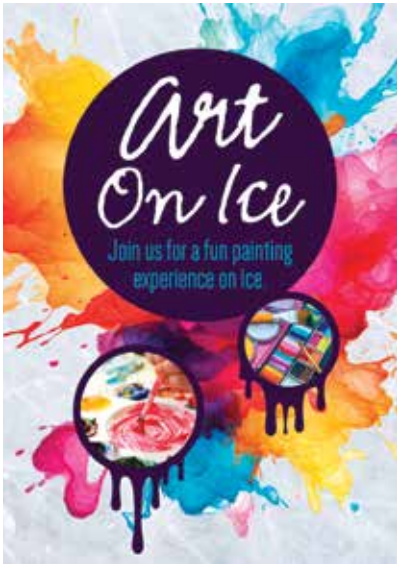
Plan your bowling party with us! Glow in the Dark and Grabber machine available.

讓我們為您打造一個難忘的保齡球派對吧！派對上可使用夜光保齡球和夾公仔機。



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

查詢請致電保齡球場電話 2814 5900 或健康中心電話 2814 5342。



ICE SKATING

# Upcoming Ice Skating Events

## 溜冰活動

**Art on Ice**  
**Sunday, September 28**  
**From 3.30-5pm**

9月28日（星期日）  
下午3時30分至5時

Come along to the Ice Rink for a wonderful painting experience on ice!

Ages 3-4 and 5-6, from 3.30-4.15pm  
Ages 7-9 and 10+ from 4.15-5pm

Member \$150 Guest \$210

### 冰上繪畫

快來體驗在溜冰場上繪畫的歡樂！

3至4歲及5至6歲：下午3時30分至4時15分  
7至9歲及10歲或以上：下午4時15分至5時

會員\$150 來賓\$210

For enquiries, please call Ice Rink on 2814 5374.

查詢請致電溜冰場電話 2814 5374。

# Family Quiz Night

## 智趣家庭夜

**Friday, September 19**  
**From 6-7.30pm**

9月19日（星期五）  
晚上6時至7時30分

**What is the only planet in our solar system that rotates clockwise on its axis?**

If you want to know the answer to this question, join our Family Quiz Night for a fun-filled quiz at Chill Zone. Question topics will range from Current Affairs, History and Geography to Marvel Films, Disney Films and Harry Potter! There will be prizes for the overall winners as well as spot prizes throughout the evening.

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

For registrations and enquiries, please call Chill Zone on 2814 5483.

您知道太陽系中唯一一顆順時針方向旋轉的行星是那一顆星球嗎？

如果您想知道這個問題的答案，歡迎到 Chill Zone 參加我們充滿趣味的智趣家庭夜吧！問題涵蓋時事、歷史、地理，以及漫威電影、迪士尼電影和哈利波特！總冠軍將獲得豐富獎品，當晚還設有現場抽獎。

誠邀會員報名參加，隊伍需來自同一會員帳號。每隊最多可由兩名成人及最多四名18歲以下的兒童組成。禁止攜帶手機！

查詢及報名，請致電 Chill Zone 電話 2814 5483。



PRO-SHOP

# Malabar Baby

Malabar Baby brings its signature blend of comfort, craftsmanship and conscious design to Pro-Shop, offering something for the whole family. The thoughtfully curated collection includes award-winning swaddles made from breathable cotton muslin, buttery-soft loveys for little ones, reversible robes, hand block-printed shirts, GOTS-certified organic cotton PJ sets, cosy block-printed throws and more.

Every item is made using time-



honoured, artisanal techniques with a modern touch – perfect for last-minute pickups or elevated gifting.

Malabar Baby的產品融合精湛工藝和完美的設計，讓人倍感舒適，產品現已在Pro-Shop有售。精心挑選的系列包括屢獲殊榮的透氣棉質襁褓、柔軟舒適的嬰兒睡袋、雙面浴袍、手工印花襯衫、有機紡織品（GOTS）認證的有機棉睡衣套裝及舒適的印花被毯等等。

每件產品均採用傳統的手工技藝，並融入現代元素。無論是自用或作禮品，都是理想之選。

Enquiries查詢: 2814 5417 (Pro-Shop)



# Hong Kong Sinfonietta Exclusive Offer

## 香港小交響樂團門票尊屬優惠

We are delighted to offer Club Members an exclusive 10% discount on standard Hong Kong Sinfonietta concert tickets.

### Highlighted Concerts

September 27: Cellomania Raphaela Gromes Plays Dvořák

October 25: Denis Kozhukhin Plays Rachmaninov No. 3

November 5: Alexander Gadjeiev Piano Recital

November 8: Alexander Gadjeiev Plays Rachmaninov No. 2

Please enter the promo code AMC10 at either www.URBTIX.hk or www.popticket.hk. Members can also get the discount at

URBTIX outlets by showing their Membership Card.

會員現可享香港小交響樂團門票尊屬優惠，凡購買任何音樂會正價門票均可獲九折。

### 重點推介節目

9月27日 《最愛大提琴》：德伏扎克大提琴協奏曲

10月25日 拉赫曼尼諾夫第三鋼琴協奏曲

11月5日 格德耶夫鋼琴獨奏會

11月8日 拉赫曼尼諾夫第二鋼琴協奏曲

會員可於城市售票網(www.URBTIX.hk)或撲飛(www.popticket.hk)輸入優惠碼“AMC10”。您亦可到城市售票網售票處出示閣下之會員證以獲取折扣。



# Club Souvenir Collection Available Now

本會紀念品現已發售

You can find greeting cards, A5 notebooks and thermal water bottles with sketches of the Club's iconic features at the Pro-Shop and Marina Deli. They make unique souvenirs and thoughtful gifts for family and friends!

印有本會標誌性特色素描的萬用卡、A5筆記本和保溫瓶，現已於Pro-Shop和深灣店有售。它們既是獨特的紀念品，也是饋贈親朋好友的貼心禮物！



# Swimming Gala 2025 Highlights

## 2025水運會焦點

The Annual Swimming Gala was successfully held on June 8, at the 3/F Swimming Pool under perfect weather conditions. This year, 76 athletes participated enthusiastically, competing in a total of 69 events. The events are 10m Freestyle Width Races, 25m Freestyle, Backstroke, Breaststroke and Butterfly races and 50m Freestyle, Backstroke, and Breaststroke races. Congratulations to all the winners and a heartfelt thank you to every participant. Your sportsmanship and dedication made this year's gala truly unforgettable!

We would like to specially acknowledge the young champions who won four events, as well as outstanding swimmers who secured three gold medals. Every participant gave their best effort and made us proud with their enthusiasm and spirit. Thank you all for making the Swimming Gala 2025 a tremendous success!

一年一度的水運會在6月8日天氣晴朗下於三樓游泳池順利舉行。本屆共有76名運動員參加，共69個項目，包括10米自由泳寬度賽、25米自由泳、背泳、蛙泳、蝶泳，以及50米自由泳、背泳和蛙泳等。

本會恭喜所有得獎者，並向每位參與的選手表達衷心感謝。您的體育精神使這次活動更為難忘！

我們特此表揚贏得四個項目的冠軍選手，以及拿下三面金牌的優秀泳手。

每位參賽者都盡了最大努力，他們的熱情和精神令我們感到自豪。感謝大家的參與使水運會取得圓滿成功！



Top Performers		
<b>Aiden Liu</b> Boy, age 5 Gold medals in the 10m Freestyle, 25m Backstroke, 25m Breaststroke, and 25m Freestyle.	<b>Jayden Wong</b> Boy, age 8 Gold medals in the 25m Butterfly, 25m Backstroke and 25m Freestyle.	
<b>Keira Sohmen</b> Girl, age 6 Gold medals in the 25m Backstroke, 25m Breaststroke and 25m Freestyle.	<b>Lee Sum Yin</b> Girl, age 9 Gold medals in the 25m Butterfly, 25m Backstroke, 25m Breaststroke and 25m Freestyle.	
<b>Kayden Tam</b> Boy, age 6 Gold medals in the 25m Butterfly, 25m Breaststroke and 25m Freestyle.	<b>Jeremy Choong</b> Boy, age 9 Gold medals in the 25m Backstroke, 25m Breaststroke and 25m Freestyle.	
<b>Myra Tsang</b> Girl, age 7 Gold medals in the 25m Backstroke, 25m Breaststroke and 25m Freestyle.	<b>Jacob Lee</b> Boy, age 10 Gold medals in the 25m Butterfly, 50m Backstroke and 50m Freestyle.	
<b>Kayleigh Tam</b> Girl, age 8 Gold medals in the 25m Butterfly, 25m Backstroke, 25m Breaststroke and 25m Freestyle.	<b>Lee Min Ze</b> Boy, age 12 Gold medals in the 25m Butterfly 50m Backstroke, 50m Breaststroke and 50m Freestyle.	



# Congratulations to Club Skating Star Lisha Ma

## 祝賀會所溜冰新星Lisha Ma

Lisha Ma, aged seven, represented the Club at the ISI Hong Kong Invitational held at Discovery Bay on the weekend of June 27 to 29. She entered two events, securing first place in the Alpha Solo Compulsories and fourth place in the Alpha Solo Programme. We would like to congratulate Lisha for her hard work and wish her continued success in her skating future.

七歲的Lisha代表本會參加6月27日至29日在愉景灣舉行的ISI香港邀請賽。她參加了兩項比賽，分別獲得了Alpha Solo Compulsories的第一名和Alpha Solo Programme第四名。我們衷心祝賀Lisha的努力和付出，並祝福她在未來繼續取得更佳成績。

# Aberdeen Fire Station Visit

## 參觀香港仔消防局

Saturday, October 11  
9am – 1pm

Aberdeen Fire Station  
1 Nam Fung Road,  
Wong Chuk Hang

Complimentary

Members only due to  
limited space

For ages 6 years and above. Children aged 6 to 12 must be accompanied by a parent.

10月11日（星期六）  
上午9時至下午1時  
香港仔消防局  
黃竹坑南風道1號

名額有限，只限會員參加，費用全免

適合六歲或以上人士。六至十二歲兒童必須由家長陪同。

Join us for an educational and fun visit for adults and children to the Aberdeen Fire Station with hands-on activities and interactive demonstrations.

The shuttle bus will depart promptly from the Club lobby at 8.30am and return by 1.30pm.

Visit Highlights

- Emergency preparedness and safety knowledge
- Firefighting tool demonstration
- Hands-on experience with equipment including . . .
- Fire Engine

- Hydraulic Platform (HP)
- Turntable Ladder (TL)
- Simulated fire scene activity

Participants will have the chance to become certified as Fire Services Community Emergency Responders and may be invited to future activities organised by the Fire Services Department.

This initiative is part of the Fire Services Department Community Emergency Responder (FSDCER) Scheme, which aims to educate the Hong Kong public with foundational fire prevention and emergency response knowledge. The goal is to enhance confidence and readiness to handle emergencies such as fires, traffic accidents, drowning incidents, hiking mishaps, and to promote CPR and AED training across the community.

Participants should wear comfortable clothing. Skirts are not permitted.

我們將於10月11日（星期六）參觀香港仔消防局，屆時會員可親身體驗活動和互動演示。

接駁巴士將於上午8時30分在會所大堂外準時出發，並於下午1時30分返回會所。

參觀要點：

- 緊急狀況的準備工作與安全知識
- 消防工具演示
- 親身體驗各種設備，包括：
  - 消防車
  - 油壓升降台 (HP)
  - 旋轉台鋼梯車 (TL)
  - 模擬火災現場活動

參加者將有機會獲得消防處社區應急先鋒人員認證，或被邀請參加消防處的未來活動。

這項活動是消防處社區緊急應急先鋒（FSDCER）計畫的一部分，旨在向大眾傳授基本的防火和應急知識，增強大眾應對火災、交通意外、遇溺、登山事故等緊急情況的應變能力和信心，並向社區推廣學習使用心肺復甦法（CPR）和自動心臟除顫器（AED）。

參加者請穿著舒適服裝，避免穿裙裝。

Please scan the QR code to reserve your spot now. Cancellations must be received by the Club no later than Saturday, October 4, or a \$150 fee will be applied.

For enquiries, please contact the Membership Office on 2814 5436.

敬請掃描二維碼報名，名額有限，先到先得。如欲取消申請必須在10月4日（星期六）之前通知本會，否則將收取\$150費用。

查詢請致電會員部電話2814 5436。







# Clara Yeung

Director of Membership & Marketing

會員及市場部總監 — 楊凱淇

**T**he Aberdeen Marina Club is a welcoming and friendly community where Members, their families and friends can connect over shared interests and hobbies. To enhance this sense of community, the Club strives to arrange engaging events throughout the year. These events not only foster connections among Members but also create opportunities for meaningful interactions. This year, we have organised more than fifty!

Our diverse offerings ranged from intimate art workshops and educational talks to larger celebrations like Members' Day. Additionally, we have taken Members on excursions to various museums, including a tour of the Palace Museum, and all have received wonderful feedback.

I would like to express my gratitude to all Members for your continued support of all our events. Your enthusiasm motivates our team to deliver exceptional experiences.

Some highlights from this year include our exclusive Sunset Canapé Cruise aboard the *Sea Breeze*, where Members enjoyed a breathtaking sunset at Lamma Island and stunning views of Victoria Harbour. This experience is perfect for small gatherings looking to enjoy a cruise without chartering the whole boat.

We also hosted several cooking classes with our Club chefs, for Members to learn how to prepare signature dishes from our restaurants and engage directly with our culinary team. (Speaking of which, don't miss our monthly pop-up treats in the lobby!)

Looking ahead, we have an exciting Fire Station Visit planned for October, a skincare event, an art appreciation talk and a series of festivities to celebrate the year's end, including Members' Day, the Christmas tree-lighting ceremony and our very first Christmas Market weekends.

To stay updated on all our upcoming events and

receive exclusive information, please fill out our online Member Preference Survey. We would also love to hear any suggestions for events that you would like to see at the Club. Your feedback is invaluable in helping us meet your expectations. You can find the QR code in the corner of this page.

Thank you for your ongoing support!

深灣遊艇俱樂部是一個熱情友善的社區，會員及其家人和朋友藉着共同的興趣和嗜好在此互相聯繫。本會積極舉辦各項精彩活動，進一步促進會員間的交流。這些活動不僅有助於會員之間建立聯繫，更創造出別具意義的交流機會。今年，我們已舉辦超過五十項活動！

我們的活動非常多元化，從藝術工作坊及教育講座，到如「會員日」般的大型活動。此外，我們還安排會員參觀多間博物館，其中包括故宮文化博物館，活動深受歡迎，獲得極佳的回饋。

我藉此向所有會員表達最誠摯的謝意，感謝大家對本會活動一如既往的支持。您們的積極參與推動我們團隊繼續打造卓越的體驗。

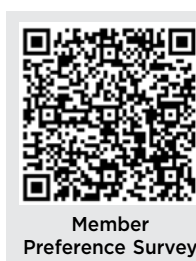
今年的焦點活動之一是會所遊艇Sea Breeze的黃昏海上之旅，會員首先在南丫島欣賞壯麗夕陽，再飽覽維港的迷人景致。這項特別的體驗非常適合小型聚會，會員毋須租全艘船亦可享受遊船之樂趣。

我們亦舉辦了多次烹飪活動，由本會廚師親自教授，讓會員學習會所餐廳的招牌菜，並有機會與烹飪團隊近距離交流。（順帶一提，千萬別錯過我們每月於大堂擺設的快閃小食攤檔！）

展望未來，我們計劃於十月舉行精彩的消防局參觀活動、護膚講座及藝術鑑賞講座，並將舉辦一系列年終慶祝活動，包括會員日、聖誕樹亮燈儀式，以及首度登場的聖誕週末市集。

若希望掌握本會最新活動資訊並獲取專屬的內容，請掃描下方二維碼並填寫簡單的問卷，讓我們知道您的喜好。我們亦希望您分享對本會未來活動的建議。您的意見非常寶貴，有助於我們滿足會員的需求與期望。

感謝您一直以來的支持與鼓勵！



# Sarah Leonides Lai

Captain, The Deck

The Deck 部長

恭喜 Sarah Leonides Lai於六月份獲頒為本會的「悦享大使」。會所於今年二月推出「悦享家計劃」以表彰和獎勵在日常工作以外為會員創造難忘時刻的傑出員工，獲得超過15次顧客讚賞的同事將被授予「悦享大使」。

Sarah說：「我很榮幸，也很感恩能夠被認可為『悦享大使』。這激勵我繼續傳播正能量，並與他人建立有意義的聯繫。」

Sarah時刻真誠與會員互動，用心周到。她相信一句善意的問好或一個小小的驚喜等簡單的舉動就能讓人開心一整天。

在會所工作了12年，Sarah憑藉自己的個人特質與會員建立良好的關係。「我透過殷勤款待、積極聆聽和真誠關懷來建立關係。始終如一和真誠的態度助我贏得會員的信任，並隨著時間不斷鞏固我們之間的聯繫。」

下次在 The Deck 碰到 Sarah 時，記得跟她打個招呼。她燦爛的笑容和積極的能量一定會讓你心情愉悅。

**I**n this issue we pay tribute to Sarah Leonides Lai, who was named the Club's Joy Ambassador in June.

The Club recognises and rewards our extraordinary team members who go above and beyond their regular duties to create memorable guest experiences through the Moments of Joy programme. This was launched in February this year, and colleagues who receive more than 15 compliments will be awarded the title Ambassador of Joy.

"I feel honoured and grateful to be recognised as an Ambassador of Joy. It inspires me to continue spreading positivity and creating meaningful connections with others," says Sarah.

Sarah created Moments of Joy by being thoughtful and intentional in every interaction with Members, and believes that simple gestures like a kind word or a small surprise can go a long way in making someone's day.

Having worked at the Club for 12 years, her personal qualities enable her to establish relationships with Members. "I build relationships by being present, actively listening and showing genuine care," she says. "Consistency and sincerity help me earn their trust and strengthen our bond over time."

Be sure to say hello next time you see Sarah at The Deck. Her cheerful smile and positive energy will surely brighten up your day.

## Compliments from Members

*"Sarah at The Deck is very kind, funny, and welcoming. She provided me and my guests with the best meal possible. Her energy truly elevated our dining experience. Sarah was incredibly accommodating of my dietary requests and I truly appreciate that."*

**Ms Bathija**

*"I'd like to especially commend our waitress, Sarah, for her outstanding attentiveness. Although there were only two occupied tables in the outdoor area, she ensured our space was clean and our plates were cleared promptly. We never once felt neglected, and she regularly checked in to top up our bottled water. At one point, a child accidentally spilled some apple juice, and Sarah responded immediately -cleaning it up with care and making sure the child was alright. It was a truly memorable dining experience tonight, thanks in large part to her professionalism and thoughtfulness."*

**Ms Ching**



# The Admiral's Cup

海軍上將盃

**C**ongratulations to Club Member Mr Karl Kwok, whose sailing yachts *Beau Ideal* and *Beau Geste* achieved second place overall in the 2025 Admiral's Cup.



Established in 1957, the Admiral's Cup is renowned worldwide as the unofficial world championship for offshore racing. Organised by the Royal Ocean Racing Club, it takes place off Cowes on the Isle of Wight in southern England.

Fifteen teams representing 12 countries and regions each sent two yachts to compete in two separate divisions. Each consists of eight races, with the final offshore race, the Rolex Fastnet Race, being the most critical, carrying a 3x points coefficient on the scoreboard and is non-discardable.

In the final standings, *Beau Geste* placed fifth in the AC1 division, while *Beau Ideal* secured third in AC2, and the team scored 75 points securing second place overall.



Mr Karl Kwok (left) and Mr Gavin Brady (Mr Kwok's long-time Sailing Master)

This remarkable result reflects the exceptional skill, dedication and teamwork of the sailors. Once again, we extend our heartiest congratulations to Mr Karl Kwok and the crews of *Beau Geste* and *Beau Ideal* for such a fine achievement.

恭喜本會會員郭志樑先生及其船隊*Beau Geste*「騰龍號」和*Beau Ideal*「騰達號」出戰海軍上將盃 (Admiral's Cup) 勇奪亞軍!

首辦於1957年，海軍上將盃向來被視為帆船離岸賽中的非官方世界錦標賽，享負盛名。賽事由皇家海洋競賽會舉辦，並在英格蘭南部威特島的考斯進行。

今屆賽事共有15支來自12個國家和地區的队伍參加，每支隊伍需派出兩艘船分別參加兩個組別的賽事。每個組別包含八場賽事，其中最後一場離岸賽——勞力士法斯特耐特帆船賽是整個盃賽中最關鍵的賽事，在賽中獲得的積分以三倍計算，並且不能從總成績中扣除。

最終，「騰龍號」在AC1組中獲得了第5名，而「騰達號」則在AC2組中獲得了第3名，團隊以75分獲得總成績亞軍。

這項非凡成就反映出參賽隊伍的優秀技術、堅毅的精神和團隊合作。我們再次恭喜郭志樑先生及他的船隊「騰龍號」和「騰達號」創出歷史性的佳績。



# Books and Toys Drive

書籍和玩具募捐活動



CORPORATE SOCIAL RESPONSIBILITY  
企業公民社會責任

In June, the Club arranged a Books and Toys Drive with Project Stardust, a student-led, non-profit initiative that aims to bring hope and happiness to paediatric patients in Hong Kong by hosting various events and programmes.

Books and toys collected were donated to Heep Hong Society, which supports children with developmental needs, and Ronald McDonald House, which provides a comforting home away from home for families with hospitalised children.

Thank you for all your support. Your donations brought comfort and happiness to young patients during challenging times.

在六月份，本會與Project Stardust合作舉辦「書籍和玩具募捐活動」。Project Stardust是一項由學生主導的非營利計劃，旨在透過舉辦各種活動，為香港的兒科病患者帶來希望和快樂。

募集到的書籍和玩具已捐贈給協康會（支持有需要兒童發展）和麥當勞叔叔之家（為住院兒童家庭提供溫馨舒適的家）。

感謝大家的支持。你們的捐贈為處於艱難時期的病童帶來了安慰和快樂。

# Club Memories

俱樂部回憶

**D**id you recognise the area shown in our last issue? It was Go Zone, located on the 8/F at Marina Tower. It was opened in the summer of 2004. The area featured environmentally friendly electric go-carts, suitable for all ages.

Congratulations to the three winners: Mr Wong Kong Yen, Mr Nathan Louey and Ms Alice Tang, who will each receive a \$500 Marina Grill dining voucher.

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

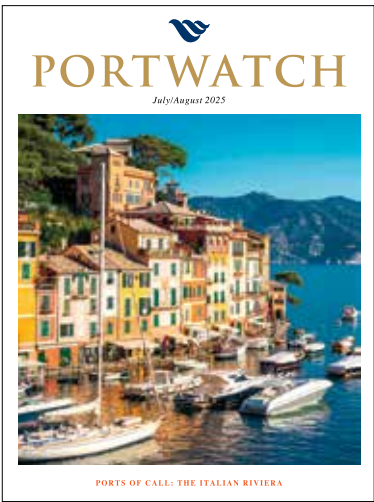
大家是否能認出我們上期所刊登的區域嗎？那是位於深灣大樓8樓的Go Zone。它於2004年夏天啟用。那裡設有電動高卡車，適合所有年齡層的會員玩樂。



恭喜3位得獎者Mr Wong Kong Yen、Mr Nathan Louey 和Ms Alice Tang可獲得Marina Grill餐飲券價值\$500。

看看你是否能猜出上方的照片的拍攝地點，並在10月8日前將答案發送至member@aberdeenmarinaclub.com。我們將隨機選出三位獲獎者，並通過電子郵件通知他們，獲獎者將在下期公佈。祝您好運！





## e-Portwatch

Members are encouraged to support the Club's green initiatives by requesting regular e-copies of Portwatch instead of printed issues. Please send an email with "Subscribe e-Portwatch" in the subject line to member@aberdeenmarinaclub.com stating your Membership number.

本會鼓勵會員訂閱電子版Portwatch，如欲定期收取，請電郵至member@aberdeenmarinaclub.com，於郵件主題請註明“訂閱電子版Portwatch”，並註明您的會員號碼。

## Annual Staff Party 員工週年派對

The Club will close at 4pm on Monday, September 22 for the Annual Staff Party. We apologise for any inconvenience.

If any Members would like to sponsor a prize for our lucky draw, please contact the Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com.

本會將於9月22日(星期一)下午4時關閉以舉行員工週年派對。不便之處，敬請原諒。

任何會員如欲贊助我們的幸運大抽獎，請致電2814 5436或電郵至member@aberdeenmarinaclub.com聯繫會員部。

## Club Parking Rules 停車規則

Any Member who violates the Club's parking rules will incur a \$500 penalty, which will be donated to a designated charity. Each quarter, we will select a different organisation and provide donation receipts.

The Club has proudly supported many charitable causes over the years, and this initiative is a meaningful way to give back to the community. In the past six months, \$17,000 and \$18,000 has been donated to Ebenezer School & Home for the Visually Impaired and The Hong Kong Society for the Prevention of Cruelty to Animals (SPCA) respectively.

For the third quarter, we are pleased to announce that our charity will be Mother's Choice.

We issued more than 240 reminder letters last year and would like to remind you that Members who violate parking rules three times will have their parking rights suspended.

We appreciate your understanding and kindly ask all Members and their drivers to adhere to our parking rules and show consideration for others.

Thank you for your attention and cooperation.

任何違反停車規例的會員將需向指定慈善機構捐款500元。每個季度，我們會選擇不同的慈善機構並提供捐贈收據。

多年來，會所致力支持各項慈善項目，以回饋社區。過去六個月，分別向心光視障學校暨院舍和香港愛護動物協會捐款17,000元和18,000元。

於第三季度，我們將款項捐贈予「母親的選擇」。

去年我們發出了240多封警告信，提醒大家遵守停車規則，違反停泊規例三次的會員將被暫停泊車使用權。

我們懇請各會員及其司機遵守會所的停車規則並互相體諒。感謝您的合作。

## Sports and Recreation Area Reminders

### 康體中心各區提示

#### Fitness Centre and Sauna Room

The Fitness Centre and Sauna Room are shared facilities to be used by all in an appropriate and hygienic manner, and our team will conduct frequent checks to ensure proper usage.

#### Swimming Pool

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

#### Towels

To help reduce waste, please consider the environment and use only the towels that you really need.

Thank you for your co-operation.

#### 健身中心及桑拿室

健身中心和桑拿室乃共用設施，大家應時刻保持衛生。本會的團隊將加緊巡查以確保設施被適當地使用。

#### 泳池

請會員在離開泳池時，把使用過的毛巾放回指定的籃子。在碧波池畔用餐的會員，也請將餐具、刀叉和水杯歸還到碧波泳池咖啡座或相關餐廳。

#### 毛巾

為保護環境，請適量使用毛巾。

感謝您的合作。



On June 18, my mom brought me to Caffè Luna to make cake pops. I was very excited and looked forward to it. My sister wanted to join, too, but she couldn't because she is only five years old.

First, we kneaded the dough. It was fun, like playing with Play-Doh. Next, we rolled the dough into a few tiny balls. Then, we poked some sticks into the little balls to make them like lollipop shapes. After that, we dipped the cake pops into a cup of chocolate sauce. Lastly, we decorated the cake pops with colourful toppings, such as candies and rainbow sugar.

I really enjoy baking and I want to join the class again. I brought home the delicious cakes pops and I shared them my family. They all love the cake pops I made!

6月18日，媽媽帶我到Caffè Luna製作有趣的蛋糕棒。我非常興奮並滿懷期待。妹妹也想一起去，可是她只有五歲，並沒有一起前來。

首先，揉麵團的過程很有趣，就像玩泥膠一樣。接下來，我把麵團揉成幾個小球。之後，用一些小棍子插進小球裡，把它做成棒棒糖的形狀。我再把蛋糕棒沾上一些朱克力醬。最後，用糖果和彩虹糖的配料裝飾蛋糕棒。

我非常喜歡烘焙，我希望能再次參加這種課程。我把美味的蛋糕棒帶回家和家人分享。他們也很喜歡我做的蛋糕棒！

By Jayden Li, aged 7



## Pop-up Treats





**Cooking Class with Executive  
Sous Chef Mark Young**



Mr Alfred Kwan



Ms Brenda Tang



Mrs Helena Mills-shih and Ms Emilia Mills-shih



Mr Herman Woo



Mr Amir Nanneh and guest



Ms Doris Chan and guests



Mr & Mrs Aaron Yeo and  
Ms Loretta Chan with guests



Mr Bo Jun and guests



Mr Dickie Mok and guests



Mr Patrick Tsang and guests



Mr & Mrs Steven Lo and guests



Ms Lorraine Chow and guests

**Australian Black Truffle  
x By Farr Wine Dinner**

**The Yard  
Grabber Winners**



Mr Yuki Yanai and family



**Tropical Pool  
Summer Splash**





# SANLORENZO



The avant-garde is behind.



SANLORENZO

ASIA PACIFIC

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