



# PORTWATCH

*May/June 2025*



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



## THE SPIRIT OF SAILING

Designed to withstand the demands of the open seas. The Yacht-Master is an emblematic nautical timepiece that combines elegance and performance. Its bidirectional bezel is used to calculate sailing time between two points, and its waterproof Oyster case protects the movement in the most extreme conditions. The range includes models fitted with the innovative Oysterflex bracelet, ensuring comfort and reliability. Highly legible and embodying the Rolex sailing tradition, it exemplifies the precision required to navigate the ocean and its challenges. The Yacht-Master.



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# PORTWATCH

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

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THE  
ABERDEEN MARINA CLUB  


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Portwatch Editor / Mr Adam Nebbs



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





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**26**

# MAY

# JUNE

**3**  
SATURDAY

**Arts & Crafts -  
Cinco de Mayo**  
Kids on 8!  
9am - 7pm

**4**  
SUNDAY

**Arts & Crafts -  
Cinco de Mayo**  
Kids on 8!  
9am - 7pm

**The Grabber  
Machine Returns! -  
Flowers Toys**  
The Yard  
9am - 7pm

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

**6**  
TUESDAY

**Fresh Floral Bag  
Workshop**  
Marina Suite  
10.30am - 12.30pm

**9**  
FRIDAY

**Burgundy Rising  
Stars Wine Dinner**  
The Backroom  
7pm

**10**  
SATURDAY

**Arts & Crafts -  
Mother's Day**  
Kids on 8!  
9am - 7pm

**Healthy Snacks  
Pop-up Sale**  
Pro-Shop  
10am - 5pm

**11**  
SUNDAY

**Mother's Day  
Buffets**  
The Deck & Portside  
Lunch & Dinner

**Arts & Crafts -  
Mother's Day**  
Kids on 8!  
9am - 7pm

**Healthy Snacks  
Pop-up Sale**  
Pro-Shop  
10am - 5pm

**Mother's Day  
Card Making**  
Run,2,3!  
2.30pm - 4.30pm

**Bowling  
Grabber Day! -  
Gifts for Mothers**  
Bowling Alley  
11am - 10pm

**12**  
MONDAY

**Pickleball Clinic for  
Beginners**  
7/F Multi-use Court  
12.15pm - 1.15pm

**14**  
WEDNESDAY

**Pickleball Clinic for  
Beginners**  
7/F Multi-use Court  
11.15am - 12.15pm

**Pickleball Clinic  
for Match and  
Strategies**  
7/F Multi-use Court  
6pm - 8pm

**16**  
FRIDAY

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

**Pickleball Clinic for  
Intermediate  
and Above**  
7/F Multi-use Court  
11.15am - 12.15pm

**17**  
SATURDAY

**Pickleball Family  
and Kids Workshop**  
7/F Multi-use Court  
11.15am - 1pm

**Pickleball Free Play**  
7/F Multi-use Court  
1pm - 2pm

**18**  
SUNDAY

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

**20**  
TUESDAY

**Outdoor Yoga by  
Coach Cass**  
8/F Activity Park  
9.30am - 10.30am

**22**  
THURSDAY

**Elio Altare and  
Bruno Rocca  
Wine Dinner**  
Caffè Luna  
7pm

**23**  
FRIDAY

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

**Beauty Workshop -  
Simple Nail  
Art Class**  
Nail Bar  
10.30am - 12pm

**24**  
SATURDAY

**SPCA Adoption Date**  
Children's Play Area  
1pm - 4pm

**25**  
SUNDAY

**The Yard  
Challenge -  
Air Hockey  
Challenge**  
The Yard  
9am - 7pm

**Ice Skating  
Competition**  
Ice Rink  
3pm - 5pm

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

**29**  
THURSDAY

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

## ALL OF JUNE



Marina Grill  
**Australian Black Truffles**

The Deck  
**Korean Festival Buffet**  
(Available on Friday,  
Saturday and Sunday nights)

**1**  
SUNDAY

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

**6**  
FRIDAY

**Scalp Caring  
Session**  
Cutting Edge  
10am - 11am

**8**  
SUNDAY

**Bowling  
Grabber Day! -  
Gifts for Fathers**  
Bowling Alley  
11am - 10pm

**8**  
SUNDAY

**Swimming Gala**  
3/F Pool  
12.30pm - 6pm

**13**  
FRIDAY

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

**Your Wellness  
Experience  
Emsella Trial**  
Cutting Edge  
9am - 7pm

**13**  
FRIDAY

**La Marée Coastal  
Seafood Pop-up  
X Henri Giraud  
Champagne Dinner**  
The Backroom  
7pm

**14**  
SATURDAY

**Arts & Crafts -  
Father's Day**  
Kids on 8!  
9am - 7pm

**15**  
SUNDAY

**Arts & Crafts -  
Father's Day**  
Kids on 8!  
9am - 7pm

**Father's Day  
Card Making**  
Run,2,3!  
2.30pm - 4.30pm

**The Grabber  
Machine Returns! -  
Fun Animals**  
The Yard  
9am - 7pm

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

**Father's Day  
Buffets**  
The Deck & Portside  
Lunch & Dinner

**20**  
FRIDAY

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

**22**  
SUNDAY

**VR Day - Mario Day**  
The Yard  
10am - 7pm

**Tropical Pool  
Splash**  
Tropical Pool  
2pm - 6pm

**29**  
SUNDAY

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

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

## DINING THROUGHOUT MAY AND JUNE

Portside  
**Hong Kong-Style Mixed Cold  
Noodles Station**



The Horizon  
**Provincial Chinese Dishes**

The Balcony  
**Thai Meets Vietnamese**

Caffè Luna  
**Sapori del Mare  
Taste of the Sea**

## ALL OF MAY

Marina Grill  
**White Asparagus**







# Mother's Day Celebrations

母親節

**Sunday, May 11**

五月十一日(星期日)

## THE DECK & PORTSIDE

### Lunch Buffet

1st session: 10.30am — 12.30pm

2nd session: 1-3pm

### Dinner Buffet

5.30-9pm

Adult \$528 Child \$228

Treat your mum to a sumptuous buffet on Mother's Day with delicious starters, mains and desserts for you to enjoy together!

### 自助午餐

第一節：上午10時30分至下午12時30分

第二節：下午1時至3時

### 自助晚餐

下午5時30分至晚上9時

成人\$528 小童\$228

這個母親節帶媽媽來享受一頓豐盛的自助餐，我們準備了多款精緻美食與大家一起慶祝節日！

### HIGHLIGHTS 精選菜式

#### THE DECK

Conch Meat, Sea Whelk and Winter Melon Soup  
冬瓜瑤柱海螺湯

Herbs Roasted Suckling Pig  
香草燒乳豬

#### PORTSIDE

Steamed Whole Sabah Garouper  
清蒸沙巴大龍躉

Slow-roasted Smoked Pastrami with Sweet Mustard  
慢燒煙燻牛肉配甜芥末

## MARINA DELI

### Strawberry Pistachio Saint Honoré

Pre-orders start May 1

Available from May 9 - 11

Crunchy puffs filled with rich pistachio cream and strawberry fillings served on *sablés bretons*. Order now and surprise your mum with this delectable treat.

五月一日起接受預訂

五月九至十一日期間供應

法式酥餅上放上鬆脆的泡芙配以濃郁的開心果忌廉和士多啤梨醬，立即訂購，給媽媽送上甜蜜的驚喜。

Orders訂購：2814 5302 (Marina Deli)



## MARINA GRILL

### Mother's Day Lunch

Celebrate this special day with mum at Marina Grill with a lovely lunch including salad bar, soup and main course, and finishing up with a delicious dessert.

Adults

Three courses: \$548

Four courses: \$598

Kids under 11 years old

\$258 with salad bar, main course and dessert trolley.

### 母親節午餐

在這個特別的日子與媽媽來享用豐富的午餐，包括沙律吧、湯品和主菜，並以滋味的甜品畫上完美的句號。

成人

三道菜 \$548

四道菜 \$598

小童（11歲以下）

\$258（包括沙律吧、主菜和甜品）

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)。

# Father's Day Celebrations

父親節

**Sunday, June 15**

六月十五日(星期日)



## THE DECK & PORTSIDE

### Lunch Buffet

1st session: 10.30am — 12.30pm

2nd session: 1-3pm

### Dinner Buffet

5.30-9pm

Adult \$528 Child \$228

Bring your super dad to The Deck and Portside, and celebrate Father's Day with delicious dishes specially prepared by our chefs!

### 自助午餐

第一節：上午10時30分至下午12時30分

第二節：下午1時至3時

### 自助晚餐

下午5時30分至晚上9時

成人\$528 小童\$228

這個父親節和你的超級爸爸享用自助餐慶祝，盡情享受各種豐富美食！

### HIGHLIGHTS 精選菜式

#### THE DECK

Wok-fried Seafood with Celery and XO Sauce  
XO醬芹香帶子炒花枝片

Salty Crust Baked Turbot Fish  
鹽焗多寶魚

#### PORTSIDE

Conch Soup with Fish Maw and Melon  
蜜瓜螺頭花膠爵士湯

Minute Steak with Sauce Café de Paris  
香煎薄牛扒配巴黎牛油汁

## MARINA GRILL

### Father's Day Lunch

Treat dad to a flavourful feast at Marina Grill to make his day an extra special one.

Adults

Three courses: \$548

Four courses: \$598

Kids under 11 years old

\$258 with salad bar, main course and dessert trolley.

### 父親節午餐

這個父親節，帶爸爸到 Marina Grill 享用一頓美味的大餐，讓這一天變得更難忘。

成人

三道菜 \$548

四道菜 \$598

小童（11歲以下）

\$258（包括沙律吧、主菜和甜品）

## MARINA DELI

### Apricot Chocolate Opera

Pre-orders start June 6

Available from June 13 - 15

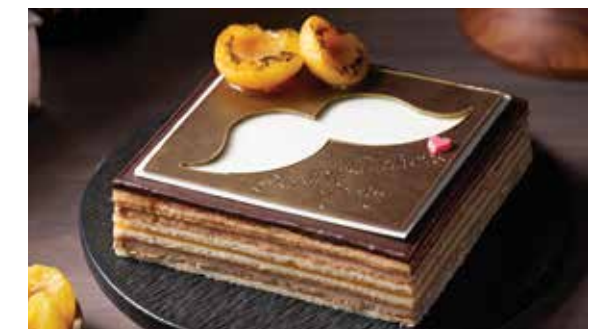
Show your love with this classic French dessert layered with apricot compote, chocolate butter cream and almond sponge cake.

六月六日起接受預訂

六月十三至十五日期間供應

以杏桃醬、朱古力忌廉和杏仁海綿蛋糕打造出這款層次分明的經典法式蛋糕，向爸爸表達愛意。

Orders訂購：2814 5302 (Marina Deli)



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)。



THE HORIZON

## Provincial Chinese Dishes

鄉幫菜式推介

Throughout May and June  
五月及六月

### Highlights

精選菜式

宮保波士頓龍蝦

Kung Pao Boston Lobster

家鄉燒桂魚

Braised Mandarin Fish, Shredded Pork, Mushrooms



THE BALCONY

## Thai Meets Vietnamese

泰國越南菜推介

Throughout May and June

Join us for a wonderful feast of Thai and Vietnamese flavours, perfectly matched for a unique dining experience.

五月及六月

歡迎前來享受泰國和越南風味的盛宴，誠意為您打造完美獨特的用餐體驗。

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)。



MARINA  
DELI

## 傳統名糰

### TRADITIONAL RICE DUMPLINGS

Our delicious rice dumplings are packed with a variety of fillings – including savoury pork, salted egg yolk and sweet red bean paste – offering a delightful choice of traditional flavours.

歡迎來臨深灣店選購各款自家製手工端午糰，裹滿豐腴鮮美的餡料令人垂涎三尺。

現已接受預訂  
PRE-ORDERS START NOW

5月10至31日期間供應  
AVAILABLE  
MAY 10 – 31

桂花紅豆鹹水糰 \$168

Red Bean Paste Rice Dumpling  
with Osmanthus

櫻花蝦蛋黃鹹肉糰 \$218

Sakura Shrimp, Egg Yolk and  
Pork Rice Dumpling

鮑魚黑毛豬腩肉糰 \$238

Abalone and Iberico Pork Belly  
Rice Dumpling

雪紡金腿鮑魚裹蒸糰 \$498

Yunnan Ham and Abalone  
Giant Rice Dumpling



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).

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)。



# Traditional Rice Dumplings ORDER FORM

深灣店傳統名饍訂購表格



ALL RICE DUMPLINGS ARE PRESENTED IN GIFT BAGS 所有名饍均備有精美禮品袋以作送禮之用	PRICE 單價	QUANTITY 數量	TOTAL 總數
桂花紅豆鹼水糰 Red Bean Paste Rice Dumpling with Osmanthus	\$168		
櫻花蝦蛋黃鹹肉糰 Sakura Shrimp, Egg Yolk and Pork Rice Dumpling	\$218		
鮑魚黑毛豬腩肉糰 Abalone and Iberico Pork Belly Rice Dumpling	\$238		
雪紡金腿鮑魚裹蒸糰 Yunnan Ham and Abalone Giant Rice Dumpling	\$498		
Delivery Charge 送貨服務費 : Hong Kong 香港 - \$150, Kowloon 九龍 - \$200, New Territories 新界 - \$250			
Sub Total 合計			
Delivery Charge 送貨服務費			
GRAND TOTAL 總計			

**TERMS AND CONDITIONS 訂購須知**  
1. Please fill in this form and return to Marina Deli by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com or in person.  
2. We will confirm your order by phone or by email. Your membership account will then be debited automatically.  
3. For enquiries, please contact Marina Deli on 2814 5302 or WhatsApp 6390 0716.  
1. 請填妥此訂購表格，WhatsApp至6390 0716或電郵至marinadeli@aberdeenmarinaclub.com，亦可親臨深灣店訂購。  
2. 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。  
3. 訂購及查詢，請致電深灣店電話 2814 5302或WhatsApp 6390 0716。

## 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
Preferred Collection Date and Time: 提貨日期及時間	Email: 電子郵箱
Delivery Address: 送貨地址	
Order Date: 訂貨日期	Signature: 簽名



# 有福首見

## Fuzhou Min Cuisine

### June 12 – 21

六月十二至二十一日



福州香格里拉大酒店米芝蓮星級食府江南灶•融府饗宴  
SHOWCASING MIN CUISINE FROM SHANGRI-LA FUZHOU'S  
MICHELIN-STARRED RESTAURANT, JINGNAN WOK RONG



來自福州香格里拉大酒店的中餐行政總廚陳振武師傅，將呈獻一系列傳統經典的閩菜菜式，為您打造一場美味盛宴。本會的中菜行政總廚李文龍師傅將聯同陳師傅於六月十九日為您打造一場四手晚宴。

Master of Min cuisine from Shangri-La, Fuzhou,  
Chef Chen will prepare a series of Min specialities to take you  
on a superb gastronomic journey. Our Chinese Executive Chef Li  
and Chef Chen will craft a four-hands dinner on June 19.

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)。





Vineyard Sunrise - Bordeaux

LA CAVE

# Our First Members' Wine Tour to Bordeaux

波爾多葡萄酒之旅

**September 21-27**  
**Registration from May 6 to 31.**

9月21至27日 (5月6至31日期間接受報名)

**J**oin us for an exclusive seven-day Bordeaux Wine Tour.

This extraordinary journey will include luxurious five-star accommodation, dining at Michelin-starred restaurant and visits to more than 10 prestigious châteaux – including renowned first growth estates.

Enjoy a scenic half day trip to Arcachon and gain deep insights into finest Bordeaux wines under the guidance of experienced sommeliers. From world-class tastings to breathtaking vineyard landscapes, this tour offers a rare opportunity to indulge in the very best of



Château Margaux



Château Duhart-Milon



Château Mouton Rothschild Cellar



Château La Mission Haut-Brion



## WINE TOUR SOMMELIERS 隨團侍酒師

### Ryan Leung

The Club's Director of Wine, Ryan holds the distinction of being a French Wine Scholar, having achieved the highest score in Hong Kong in 2016. Notably, he became the first Chinese head sommelier of the renowned Alain Ducasse restaurants, demonstrating his exceptional expertise and unwavering passion for fine wines globally.

Ryan是本會的葡萄酒總監，他於2016年以香港區最優異成績完成法國葡萄酒學者認證課程。Ryan亦是國際名廚 Alain Ducasse 主理餐廳的首位華人首席侍酒師，擁有卓越的專業知識，熱愛世界各地的優質葡萄酒。

### Stephen Raducki

An experienced Head Sommelier, Stephen has a strong background in luxury hospitality, including Hotel du Vin, The London Edition and Michelin-starred La Trompette. After his UK journey, he moved to Island Shangri-La as Head Sommelier before pursuing new ventures.

Stephen是港島香格里拉大酒店前首席侍酒師，曾任職於多間國際知名豪華酒店及餐廳，包括杜文酒店、倫敦艾迪遜酒店和米芝蓮星級餐廳 La Trompette。

Bordeaux. Don't miss this chance to immerse yourself in the heart of France's most celebrated wine region. Places are very limited.

Price: \$55,888 per person on a twin-share accommodation basis with a \$16,000 single occupancy surcharge. The package excludes round-trip airfares, and transfers between airport and hotel.

誠邀會員參加本會首辦的七天尊尚波爾多葡萄酒之旅。

我們將參觀多個知名列級莊園，包括著名的一級酒莊，品嚐米芝蓮星級食府美饌，並全程入住五星級酒店。

行程亦包括享受風景優美的阿卡雄半日遊，在經驗豐富的侍酒師帶領下探索最優質的波爾多葡萄酒。飽覽讓人驚嘆的世界一流葡萄園景觀，讓您盡情投入波爾多的情懷。名額非常有限，切勿錯過這次機會親身到訪法國最著名的葡萄酒產區中心。

費用：每位\$55,888，單人入住需補\$16,000單人房附加費。團費不包括來回機票以及機場與酒店之間的接送費用。

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

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



## MARINA GRILL



## White Asparagus

### 白蘆筍菜式

Throughout May

Enjoy the unique flavour of seasonal white asparagus at Marina Grill.

五月

Marina Grill 將以時令白蘆筍入饌，為您烹調精心設計的菜式。



## New Menu at The Bar

### The Bar 全新菜單

Available from mid-May

Enjoy a new menu at The Bar with an extensive selection of classic cocktails and snacks – perfect for an aperitif, after-dinner drinks, or just to relax with friends.

五月中旬開始供應

歡迎來臨The Bar品嚐全新菜單，多款經典雞尾酒及小食可供選擇，非常適合與朋友共聚，享用開胃酒或餐後飲品。



## Australian Black Truffles

### 澳洲黑松露特色菜

Throughout June

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

六月

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



CAFFÈ LUNA

## Sapori del Mare

### Taste of the Sea

### 意式海洋滋味

Throughout May & June

**Branzino Al Cartoccio**

**Baked Whole Sea Bass En Papillote**

Cherry Tomato, Capers, Taggiasca Olives, Potato

Fresh sea bass *en papillote* cooked with the distinctive flavours of the Mediterranean Sea.

Order your whole sea bass at Caffè Luna!

五月及六月

歡迎前來Luna意大利餐廳品嚐新鮮地中海原條鱸魚。

## Italian Pop-up Market

### 意大利市集

MERCATO GOURMET

Friday to Sunday, May 16 to 18

Midday to 7pm

Explore an Italian Market filled with authentic Italian flavours and ingredients at Caffè Luna, in collaboration with the Italian food and drinks specialist, Mercato Gourmet Giando Group.

五月十六至十八日（星期五至日）

中午12時至晚上7時

Luna意大利餐廳與意大利餐飲專家Mercato Gourmet Giando Group攜手合作，誠邀會員探索意大利市集的風味及食材。

PORTSIDE

## Hong Kong-Style Mixed Cold Noodles Station

### 港式撈冷麵

Throughout May & June

Pick your favourite toppings from a wide selection and mix with appetising sauce for a nostalgic taste of local street-food.

五月及六月

挑選您最喜愛的配料，拌以各式開胃醬汁，盡情回味充滿兒時回憶的街頭美食。

THE DECK

## Korean Festival Buffet

### 韓式自助餐

Throughout June

Weekend Buffet (including Friday evenings)

Discover the exciting flavours of traditional Korean delicacies like kimbap, unlimited kimchi and banchan, grilled meats and ginseng chicken soup.

六月

週末自助餐 (包括星期五晚上)

品嚐以韓國菜餚為主題的自助餐，感受韓國傳統美食的魅力，多款地道韓式料理包括紫菜包飯、各式泡菜和韓國拌菜、美味烤肉和人蔘雞湯等。



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 Greek Islands

遊歷希臘港口

*One of the purest joys that man can afford in this world is to visit the Aegean Sea in the spring, with a breath of light breeze; I have never been able to imagine paradise in any other way.*

– Nikos Kazantzakis



## Corfu 科孚島

**N**ot quite in the Aegean Sea, but arguably the most beautiful of the Greek Islands, Corfu became one of Greece's first mainstream holiday destinations in the 1960s, and is still among the most popular of the country's 227 inhabited islands. With Venetian, French and British architectural influences from centuries of occupation, it's perhaps rather more interesting to explore than most, and in places can appear more Italian than Greek.

The Old Town of Corfu is a UNESCO World Heritage Site, and about six kilometres out of town, the 1,235-berth Gouvia Marina ([d-marin.com](http://d-marin.com)) is built around a bay used by the Venetian navy as long ago as the 14th century. The busy cruise port is a 30-minute scenic coastal walk from the Old Town, and is visited by all the main cruise lines.

科孚島並不完全位於愛琴海，但可以說是希臘最美麗的島嶼，它在60年代成為希臘主流度假勝地之一，現在仍然是希臘227個有人居住的島嶼中其中一個最受歡迎的島嶼。由於幾個世紀被不同民族管治，島上的建築風格受威尼斯、法國和英國影響，因此這裡有很多地方值得遊覽，而且有些地方看起來更像意大利而不是希臘。

科孚島舊城區是聯合國教科文組織世界遺產，擁有1,235個泊位的古維亞碼頭 ([d-marin.com](http://d-marin.com)) 距離該島約六公里，附近的海灣在14世紀曾被威尼斯海軍使用。繁忙的郵輪港口與舊城區約30分鐘步行距離，沿途風景優美，主要的郵輪航線都會停靠此處。



Photos copyright GNT0 / E. Fili & S. Mouratidou





# Santorini

聖托里尼島

All eyes will be on Santorini this summer as its tourism industry tries to recover from a rash of undersea earthquakes that rattled the island in January and February this year, causing tourists and residents to hastily flee in their thousands by sea and by air. Being the most spectacular and popular of the Greek islands, it's likely that tourists will return this summer but probably not in the numbers that had been descending on it by plane, cruise ship and mega-yacht in recent years. This summer, then, might be a good time to visit, with a rare chance to avoid the crowds.

Cruise ships drop anchor off the island near the town of Fira, and send passengers over on tender boats. From the old port it's a 587-step climb or cable-car ride up to Fira, the island's capital. Boats will also shuttle you from the old port around to Oia, a quieter, less touristy but rather more attractive hilltop town. From here you can walk back to Fira along breathtaking paths in a couple of hours, or just take a bus. Private yachts of up to 49 feet can use the Vlychada Marina on the south of the island, about 20 minutes' drive from Fira. It also offers charter yachts, catamaran cruises and license-free bareboat rentals.



Photo copyright GNT0 / YSkoulas

今年夏天，聖托里尼島將再次成為焦點，因為該島的旅遊業正從1月和2月發生的地震中漸漸復甦過來，這些地震導致成千上萬的遊客和居民匆忙逃離。作為希臘最美麗、最受歡迎的島嶼，今年夏天遊客可能會再次前來，但或許不像以往以乘坐飛機、遊輪和遊艇前來的遊客數量那麼多。難得有機會避開擁擠的人群，今年夏天可能是遊覽聖托里尼的好時機。

遊輪在費拉附近的島嶼外停泊，乘客將乘駁船上岸。從舊港出發，需行587級樓梯或搭乘纜車才能到達聖托里尼首府費拉。船隻也會從舊港前往伊亞，那是一個更安靜、遊客較少但更具吸引力的山頂小鎮。從這裡可以搭乘巴士或沿著風景優美的步道步行約數小時返回費拉。長49尺的私人遊艇可使用島嶼南部的維查德碼頭，距離費拉約20分鐘車程。該處更提供遊艇、雙體船和觀光船租賃服務。

# Mykonos

米科諾斯島

A couple of hours by boat due north of Santorini, the island of Mykonos has been the Cyclades group of islands' other place to 'see and be seen' ever since Jackie Kennedy paid the first of many visits (later as Jackie Onassis) in the early 1960s. Famous for being the region's party capital, it's more expensive than most other Greek islands,



and can get very overcrowded in summer. Of course, it is also very beautiful, with gorgeous beaches, friendly locals and great shopping, with plenty of high-end boutiques, art galleries and gourmet restaurants.

The main town is also called Mykonos (Greek islands and their principal towns often share the same name), and known for its attractive Little Venice area, a romantic waterfront spot dating to the 18th century, and overlooked by the picture-postcard Mykonos Windmills. The cruise port is about three kilometres to the north, and receives multiple daily cruises of all classes throughout the summer season. The adjacent 222-berth Tourlos Marina is a full-service and predictably expensive facility for yachts of up to 75 feet.

米科諾斯島位於聖托里尼島的北面，乘船數小時即可到達，也屬基克拉澤斯群島之一，第一夫人積琪蓮甘迺迪在60年代初首次到訪。該島以派對之都而聞名，物價比其他希臘島嶼還要高，而且夏季會非常擁擠。當然，它也非常美麗，擁有醉人的海灘、友善的當地人和一流的購物場所，有許多高級精品店、美術館和餐廳。

主要城鎮為米科諾斯（希臘島嶼與其主要城市通常共用相同的名稱），以迷人的小威尼斯區而聞名，這個浪漫海濱景點可追溯至18世紀，能俯瞰著風景如畫的米科諾斯風車。郵輪港口位於北面約三公里，夏季每天都會有多艘郵輪停泊。相鄰的圖羅斯碼頭擁有222個泊位，提供全方位服務，價格高昂，可容納長達75尺的遊艇。



Photos copyright GNT0 / YSkoulas





# Heraklion

## 伊拉克利翁



The capital of Greece's largest island, Crete, Heraklion is popular with cruise lines, not just for its Venetian-walled old city, but also for its proximity to the ruins of the Minoan palace at Knossos – one of the Mediterranean's greatest archeological sites. In fact Knossos, to whose ruins every cruise line offers excursions but which can be easily reached by public bus, usually takes precedence over Heraklion for cruise passengers short on time. Other nearby places of interest include the beautiful and unspoiled town of Archanes, which can be included on a daytrip with Knossos, or reached in 30 minutes by road from Heraklion.

A centre for maritime trade for almost 5,000 years, Heraklion's port is one of the busiest in Greece, and comprises a ferry/cruise facility and the adjacent Venetian Port. The latter, around 700 years old, is used by local fishing boats and visiting yachts of up to 42.5 feet, and the helpful Heraklion Sailing Club is located just a few steps away.

伊拉克利翁港是希臘最大島嶼克里特島的首府，深受遊輪航線的青睞，不僅因這裡擁有威尼斯城牆環繞的古城，而且還靠近地中海的考古遺址之一——克諾索斯米諾斯宮殿遺址。對行程緊迫的遊輪乘客來說，克諾索斯遺址通常比伊拉克利翁更吸引，因為遊輪航線都提供前往克諾索斯遺址的短途旅遊，但乘坐公共巴士也可輕鬆到達。附近的其他名勝包括美麗而原始的阿坎尼斯鎮，可以與克諾索斯同一日遊覽，或從伊拉克利翁乘車，約30分鐘便可到達。

伊拉克利翁港是擁有五千年歷史的海上貿易中心，也是希臘最繁忙的港口之一，包括渡輪/遊輪設施和相鄰威尼斯舊港。後者也約有 700年歷史，供當地漁船和長42.5尺的遊艇使用，而伊拉克利翁帆船俱樂部 (Heraklion Sailing Club) 距離亦僅數步之遙。

# Kos

## 科斯島

A stone's throw from the Turkish coast, Kos is a family friendly island renowned for its particularly beautiful beaches, ancient Greek, Roman and Byzantine ruins and medieval castles, and friendly traditional villages. High-quality local produce such as olive oil, honey and wine from the island's fertile interior are also among its well-reviewed visitor attractions.

For the more active visitor, this is one of the better locations for enjoying day trips to neighbouring islands, as many are very close by, and there are also frequent ferries to the Turkish city of Bodrum, which only take about 30 minutes. Cruise ships conveniently dock in Kos Town, next to the 14th-century Castle of the Knights, while just a short walk along the shoreline the 265-berth Kos Marina (kosmarina.gr) accommodates visiting sailors with yachts of up to 260 feet.

科斯島距離土耳其海岸僅一箭之遙，是一個適合家庭出遊的島嶼，以其美麗的海灘、古希臘、羅馬和拜占庭遺址和中世紀城堡以及傳統村莊而聞名。島上盛產高品質的橄欖油、蜂蜜和葡萄酒等，廣受旅客好評。

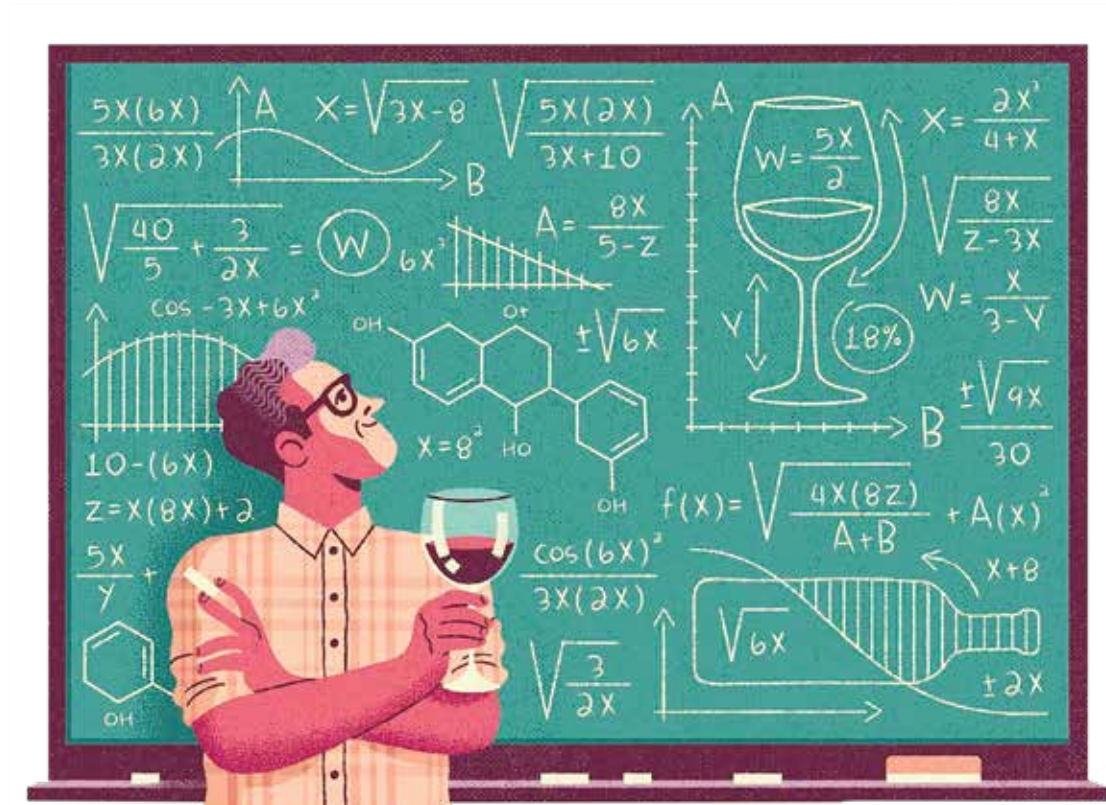
對於更活躍的遊客來說，這是享受鄰近島嶼一日遊的最佳地點之一，科斯島非常靠近其他的島嶼，更有頻密的渡輪航班前



往土耳其城市博德魯姆，僅需30分鐘航程左右。遊輪可輕鬆停靠在科斯鎮，毗鄰14世紀的城堡，而沿海岸線步行不遠便可到達擁有265個泊位的科斯碼頭 (kosmarina.gr)，可容納長達260尺的遊艇。







# Taste Wine in a Scientific Way

By Kenneth Kwan, Sommelier

## 知而後嚐 – 品酒的科學



Have you ever wondered why some wines you taste have specific characteristics?

Grapes have fundamental effects on aromas and flavours that we perceive because of the aromatic compounds found within them. Methoxypyrazines, which occur in Sauvignon Blanc and Cabernet Franc, give a grassy, green pepper aroma. We recommend discovering this with Sileni Estates The Straits Sauvignon Blanc and Tenuta di Trinoro Le Cupole Toscana Rosso.

You may also recognise the peppery character from the compound called rotundone, evident in our Jean-Baptiste Souillard Crozes Hermitage Tenay Syrah and Schloss Gobelsburg Domaene Gobelsburg Grüner Veltliner. Additionally, there are aroma precursors in the grape must that are not aromatic in themselves

but serve as building blocks that become aromatic during fermentation. For example, terpenes released during fermentation contribute floral and fruity aromas, with linalool and geraniol providing grapey characters in our Domaine Weinbach Muscat Reserve from Alsace.

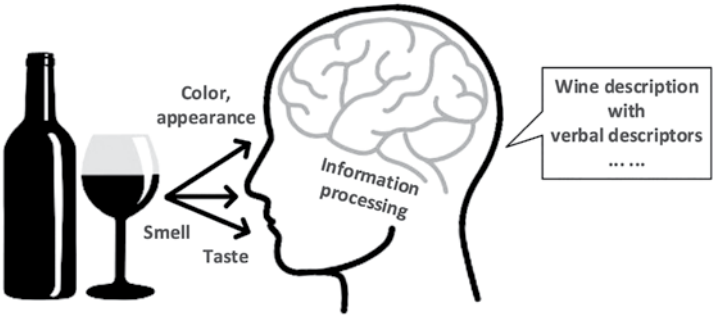
Some aromas and flavours originate from fermentation. Esters are formed by the reaction of certain acids and alcohols through action of yeasts. Isoamyl acetate, the most common ester, gives aromas of banana, as noticed in Obora Chénas En Papolet from Beaujolais. Ethyl acetate, formed by reaction between acetic acid and alcohols, is often associated with volatile acidity, imparting a unique smell reminiscent of vinegar or even nail varnish remover.

Although it may sound unusual, some hyped Burgundian biodynamic producers favour it and manage to make distinctive and balanced wine, such as Bastian Wolber, Prieuré Roch and Yann Durieux. Furthermore, Malolactic conversion converts tart malic acid to softer lactic acid, and produce diacetyl which has buttery notes. This is particularly common in American Chardonnay, such as La Crema and Far Niente.

Winemaking options significantly influence the formation of aromas and flavours. For instance, reductive sulfur compounds occur mainly from fermentation in high levels of solids, minimal oxygen exposure in winemaking and lees aging processes. The desired outcome offers attractive reductive notes, such as struck match and smoke. Good examples include Knewitz Chardonnay from Rheinhessen and Coche-Dury from Burgundy. However, it can turn into unpleasant smells like rotten eggs or cabbage if oxygen is insufficient.

In contrast, oxidation of ethanol takes place, producing acetaldehyde, which imparts nutty and bruised apple flavours. Some producers intentionally make oxidative wines by using oak barrels, long maturation, or the Solera system. The pioneers include Champagne Jacques Selosse, Vina Tondonia from Spain and the Swiss unicorn Mythopia.

When I visited Domaine du Comte Liger-Belair, Louis-Michel shared that there are almost 200 steps in winemaking. There is no formula, and each decision is intertwined with the others. It is intricate, but also fascinating for us to try to understand how these factors affect the final outcome. You are welcome to discover more with us at La Cave!



為什麼某些葡萄酒有個別的特徵？

首先，葡萄當中含有的芳香化合物，對我們感知的香氣和風味有著根本影響。甲氧基吡嗪，這種化合物存在於長相思和品麗珠中，散發出草本和青椒的香氣。我們推薦以 Sileni Estates The Straits Sauvignon Blanc 和 Tenuta di Trinoro Le Cupole Toscana Rosso 來體驗這一點。另外，名為莎草萜酮的化合物具有胡椒香氣，這在 Jean-Baptiste Souillard Crozes Hermitage Tenay Syrah 和 Schloss Gobelsburg Domaene Go belsburg Grüner Veltliner 中都能明顯被辨識。此外，葡萄汁中有一些香氣前體本身並不具芳香性，但在發酵過程中會被轉化為芳香物質。例如，萜烯是發酵過程中所釋放的化合物，促成酒液中的花香和果香，當中的芳樟醇和香葉醇更提供獨特的麝香葡萄香氣，您可從阿爾薩斯的 Domaine Weinbach Muscat Reserve 感受到。

此外，一些香氣和風味源於發酵。酯類由某些酸和醇在酵母的作用下生成。乙酸異戊酯是最常見的酯類，會散發出香蕉的香氣，來自博酒萊的 Obora Chénas En Papolet 是其中一例子。乙酸乙酯則是由乙酸和醇反應而成，其揮發性酸度散發出類似醋或指甲油去除劑的獨特氣味。雖然聽起來不尋常，但一些受追捧的勃艮第生物動力法釀酒師會利用這一特性，使他們的葡萄酒具有獨特又平衡的風味，如 Bastian Wolber、Prieuré Roch 和 Yann Durieux。還有，蘋果酸乳酸發酵將酸味突出的蘋果酸轉化為較柔和的乳酸，並產生具有奶油香氣的丁二酮。這在美國的霞多麗中尤其常見，例如 La Crema 和 Far Niente。

最後，釀酒對香氣和風味亦有重大影響。例如，還原硫化物主要出現在固體含量高的發酵過程、接觸少量氧氣的釀酒及酒泥陳年過程中。理想的成品擁有迷人的還原性香氣如火柴和煙霧，最佳例子包括萊茵黑森的 Knewitz Chardonnay 和自勃艮第的 Coche-Dury。然而，如果氧氣不足，它可能會轉變為不討好的氣味如腐壞的雞蛋或椰菜。相反，乙醇的氧化過程會產生乙醛，這會帶來堅果和氧化的蘋果味。然而，一些製造商故意使用橡木桶、長時間陳釀或索萊拉陳年系統來製作具有精準氧化特性的葡萄酒。這些先驅者包括香檳 Jacques Selosse、西班牙的 Vina Tondonia 和瑞士的 Mythopia。

當我參觀 Domaine du Comte Liger-Belair 時，Louis-Michel 分享了釀酒過程中幾乎有 200 個步驟。當中沒有任何公式，每一個決定都是相互交織的。這些錯綜複雜的因素使葡萄酒的成品更令人著迷，歡迎到 La Cave 與我們一起探索吧！





Elio Altare and  
Bruno Rocca  
Wine Dinner  
葡萄酒晚宴

Thursday, May 22  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$980 per person  
Guest Speaker: Domenico di Luccio,  
Brand Ambassador



日期：5月22日(星期四)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$980  
演講嘉賓：品牌大使Domenico di Luccio



WINES FEATURED

- 2023 Ruggeri, Giustino B., Extra Dry, Valdobbiadene Prosecco Superiore
- 2022 Bruno Rocca, Cadet, Langhe Chardonnay
- 2020 Elio Altare, La Villa, Langhe Rosso
- 2021 Bruno Rocca, Barbaresco
- 2020 Elio Altare, Barolo
- 2021 Bruno Rocca, Rabaja, Barbaresco
- 2018 Elio Altare, Cerretta Vigna Bricco, Barolo Riserva

For enquiries, please call Caffè Luna on 2814 5952.  
查詢請致電Luna意大利餐廳電話2814 5952。

THE BACKROOM  
AT LA CAVE

La Marée Coastal  
Seafood Pop-up x  
Henri Giraud  
Champagne Dinner  
海鮮配香檳晚宴

Friday, June 13  
Welcome drink: 7pm  
Dinner: 7.30pm  
Price: \$1,680 per person  
Guest Speakers: Julien Morin, Brand Ambassador  
日期：6月13日(星期五)  
酒會：晚上7時  
晚宴：晚上7時30分  
費用：每位\$1,680  
演講嘉賓：品牌大使Julien Morin



CHAMPAGNES AND WINES FEATURED

- NV Henri Giraud, Esprit Nature
- NV Henri Giraud, Blanc de Craie
- NV Henri Giraud, Hommage au Pinot Noir
- MV19 Henri Giraud, Aÿ Grand Cru
- 2014 Henri Giraud, Argonne (limited quantity)
- 2019 Henri Giraud, Côteaux Champenois Blanc, Cuvée de Croix Courcelles (limited quantity)
- 2018 Henri Giraud, Côteaux Champenois Rouge, Cuvée des Froides Terres (limited quantity)
- NV Henri Giraud, Ratafia Champenois Solera (500ml)

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.

香檳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

La Marée  
Coastal Seafood  
Pop-up at The  
Backroom

海鮮小酒館

Following the success of the Bouchon Classic French Pop-up, we come to the second episode of The Backroom Pop-up Series. Enjoy a La Marée Coastal Seafood Pop-up, with mouthwatering seafood treats made with the finest ocean flavours in a relaxed setting. A special menu will be available at The Backroom from June 5 - 17, with an exclusive Henri Giraud Champagne Dinner on June 13.

繼大受好評的經典法式小酒館後，我們迎來The Backroom期間限定系列的第二個推廣——海鮮小酒館！在輕鬆的氣氛下享用以最優質海鮮精心烹製的美味菜式。菜式將於6月5至17日期間供應，並於6月13日舉辦 Henri Giraud 香檳晚宴。



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)。



Farewell to  
Chef Pachuen

告別主廚Pachuen

We would like to say a huge thank-you to our Thai Chef, Pachuen Rattanachai, who will be retiring in July after working at the Aberdeen Marina Club for almost 30 years.

Chef Pachuen has always been passionate about food and will miss preparing her fine Thai cuisine at The Balcony as much as we will miss tasting it.

"I would like to express my heartfelt thanks to all the Members, the management and my team," she told us recently. "Every engagement with Members holds great memories for me."

Chef Pachuen will return to Thailand to enjoy family life, and we wish her all the very best for the future.

在會所工作了近30年的泰國主廚Pachuen Rattanachai將於7月份退休，我們在此向她致以誠摯的謝意。

Pachuen一直對美食充滿熱情，她將惦掛在露臺泰國餐廳烹調精緻的泰國菜餚，我們亦會非常掛念她的拿手菜式。

她說：「我想藉此機會向所有會員、管理層和我的團隊表示衷心的感謝。」「與會員的每一次接觸都為我留下美好的回憶。」

主廚Pachuen將返回泰國享受家庭樂，我們祝福她未來一切順利，身體健康。



# The Anthora

Anthora 紙杯

by Peter Walbrook



*The Wolf of Wall Street*



Jerry Seinfeld

If you have never visited New York City, but find the Anthora strangely familiar, then chances are you've seen this ubiquitous paper coffee cup in movies, on television – or likely both.

Featured in films such as *The Wolf of Wall Street* and *Men in Black*, and on countless TV series including *Seinfeld*, *Friends*, *The Sopranos*, *Mad Men* and *Brooklyn Nine-Nine*, it's one of the most enduring symbols of the Big Apple.

“What”, asked a *New York Times* article in 2001, “sums up this city better than the blue-and-white Greek coffee cup? Maybe the subway or the Statue of Liberty, but not much more.”

The Anthora was designed for his employer, the Sherri Cup Company, by Leslie Buck in 1963. Born Laszlo Büch in Czechoslovakia in 1922, marketing director Buck had noticed that many of New York City's diners and coffee shops were owned by Greeks or Greek Americans and so – with no prior design experience – created a paper cup that he thought would appeal to them.

With two Ancient Greek amphoras and WE ARE HAPPY TO SERVE YOU in Greek-style lettering, sandwiched by Ancient Greek meander motifs and printed with the blue and white of the Greek flag, it was a huge success. The name Anthora was also coined by Buck who, according to his son, mispronounced the word amphora.

By the mid 1990s, the company was selling a reported 500 million cups a year, but sales declined as people switched from independent coffee shops to Starbucks. The independents fought back with more modern cup designs of their own, and after the 9/11 attacks, American-flag-themed cups became very popular.

Production of the Anthora stopped in 2006, then restarted in 2015 to counter the many fakes and copies that had appeared, and today can still be found across the city, and replicated in ceramic form in the gift shop of the Museum of Modern Art in Manhattan.

如果您從未去過紐約市，但卻發現 Anthora 有一種似曾相識的感覺，那麼您很可能在電影或電視中見過這款隨處可見的咖啡紙杯。

它曾在無數電影及電視劇中出現過，如《華爾街狼人》、《黑超特警組》、《宋飛正傳》、《老友記》、《黑道家族》、《廣告狂人》和《荒唐分局》等，是最能代表紐約的其中一個標誌。

2001年《紐約時報》的一篇文章問道：「什麼能比藍白相間的希臘咖啡杯更好地代表這城市？也許是地鐵或自由女神像，但僅此而已。」

Anthora 紙杯是 Leslie Buck 於 1963 年為他的公司 Sherri Cup Company 設計的。行銷總監 Buck 於 1922 年出生於捷克斯洛伐克，原名 Laszlo Büch。他注意到紐約市的許多餐廳和咖啡館都是由希臘人或希臘裔美國人經營的，沒有任何設計經驗的他，因而製作了一個他認為可以吸引到他們的紙杯。

紙杯上印有的兩個古希臘雙耳瓶，以及「我們很高興為您服務」的希臘風格字樣，配以古希臘蜿蜒圖案，和象徵希臘國旗的藍白色，使這款設計大受歡迎。Anthora 這個名字也是由 Buck 創造的，據他的兒子說，Buck 把 amphora 這個字的發音讀錯了。



*Mad Men*



到了1990年中期，據報道公司每年銷售的咖啡杯數量已達5億個，但隨著人們從獨立咖啡店轉投向星巴克，銷量隨之下降。而個別商店亦用上自己設計的杯子。另外911襲擊後，美國國旗主題的杯子變得非常流行。

Anthora 於 2006 年停止生產，然後於 2015 年恢復生產，以應對大量仿製品的出現。如今您仍然可以在紐約市各處找到，在曼哈頓現代藝術博物館的禮品店中更發售陶瓷紀念版。





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## Chef's Favourites Classic French Madeleines

經典法式瑪德蓮蛋糕

**R**aymond Fung gives us his much-loved recipe for the classic French Madeleine, a delightful sponge cake with a shell-like shape on one side and the distinctive *la bosse* bump on the other.

Madeleines can be traced back to the 17th century in the Lorraine region of northwest France. They were a favourite treat of King Louis XV that grew in popularity with the French nobility of the time and are now a staple that should be found in all good French bakeries. The key to a good Madeleine is good butter as they are made with equal parts flour and butter, and you want to ensure the best quality fresh from the oven.

Raymond Fung 為大家介紹他喜愛的經典法式瑪德蓮蛋糕的製作方法。這是一款美味的海綿蛋糕，一面是貝殼形狀，而另一面是微微隆起的小丘。

瑪德蓮蛋糕的歷史可以追溯到17世紀法國西北部的洛林地區。是國王路易十五最喜愛的美食，在當時的法國貴族中也越來越受歡迎，如今已成為高級法國烘焙店中必會找到的蛋糕。製作美味瑪德蓮蛋糕的關鍵在於優質的牛油，因為它是由同等份量的麵粉和牛油製成的，亦要確保剛出爐的瑪德蓮蛋糕具有最佳的品質。

### Ingredients (6-8 pieces)

• Egg	87g
• Sugar	78g
• Honey	36g
• Vanilla essence	2g
• Cake flour	120g
• Baking powder	6g
• Melted butter	120g
• Orange zest	2g
• Lemon zest	1g

### 材料 (6-8件)

• 雞蛋	87克
• 糖	78克
• 蜜糖	36克
• 雲呢拿香精	2克
• 低筋粉	120克
• 泡打粉	6克
• 融化牛油	120克
• 橙皮	2g
• 檸檬皮	1g



Pastry Chef Raymond Fung

### Method

- 1 Mix the egg, sugar, honey and vanilla essence in a mixing bowl.
- 2 Add milk and mix well.
- 3 Add dry flour into the mixture.
- 4 Add warm butter and mix well.
- 5 Add fruit zest, mix well and rest at room temperature for 2 hours.
- 6 Preheat oven to 180°C (356°F).
- 7 Butter the madeleine mold and pipe the mixture into it (90% full).
- 8 Bake for about 9-10 minutes.
- 9 Remove from mold and place madeleines on a plate.

### 方法

- 1 將雞蛋、糖、蜂蜜和雲呢拿香精放入碗中拌勻。
- 2 加入牛奶攪拌均勻。
- 3 將乾麵粉加入混合。
- 4 加入融化牛油並攪拌均勻。
- 5 加入橙皮及檸檬皮，攪拌均勻，室溫放置2小時。
- 6 將焗爐預熱至180°C (356°F)。
- 7 在瑪德蓮模具上塗上牛油，並將混合物倒入模具中至九成滿。
- 8 焗約9-10分鐘。
- 9 從模具中取出瑪德蓮蛋糕便可上碟。





# Hong Kong History

by Giles Leonard,  
Director of Sports & Recreation

香港歷史

As Cantonese-speakers will know, Ap Lei Chau means 'Duck Tongue Island', as its shape resembles the tongue of a duck, although reclamation work over the years may have somewhat reduced this resemblance.

As with Aberdeen, Ap Lei Chau started life as a small fishing village and early maps labelled both it and Aberdeen village as Fragrance Harbour Village, the likely origin of the name Hong Kong. Early 19th-century visitors mistook the name as the name of the whole island and by the time they had realised their mistake, the name for Hong Kong had taken hold.

Looking at Ap Lei Chau today, we see the vast collection of high-rise residential buildings and although much of the island is undeveloped, the sheer number of inhabitants make Ap Lei Chau one of the most densely populated islands in the world –

depending on the sources, it is listed as the second, the fourth or the eighth.

South Horizons is a prominent feature amongst the high-rise buildings, though this area was one of Hong Kong's main power stations, built in 1968. It powered the whole of Hong Kong Island before it was relocated to Lamma Island in 1989.

The highest point of Ap Lei Chau is Yuk Kwai Shan or Mount Johnston, named after Alexander Robert Johnston who served as Acting Administrator of Hong Kong in the early colonial era. Johnston was likely the proponent of Hong Kong's early development as he made key decisions while his superiors were away from the colony. While he received little thanks for his efforts, his name lives on, not only on Ap Lei Chau, but also in Wan Chai as the busy Johnston Road is also named after him.

The oldest building on Ap Lei Chau, and indeed the oldest in the whole district, is the Hung Shing Temple, which dates back to 1773 as a place where fishermen and maritime traders came to worship and receive blessings before they ventured out to sea.

Adventurous types may take on the challenging hike from Lei Tung, over Yuk Kwai Shan and on to the small Ap Lei Pai island on the south side. It's a fairly exposed hike with little natural cover and some sections of the hike are lined with ropes to assist you, so don't take on this hike without the necessary preparations.

The historical photograph, one we have seen before, was taken by Hedda Morrison in 1949 and courtesy of Harvard Digital Collections. It shows a bare-looking Ap Lei Chau with its developing fishing village and Aberdeen village in the foreground.

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



一般說廣東話的人都知道，鴨脷洲的意思是「鴨舌島」，因為它的形狀像鴨舌，儘管多年來的填海工程已經令它的外型改變了。

與香港仔一樣，鴨脷洲最初也是一條小漁村，早期地圖將它和香港仔標記為「香江」，這可能是「香港」這個名字的由來。19世紀初的遊客將這個名字誤認為整個島的名稱，當他們意識到錯誤時，「香港」這個名字已經廣為流傳。

今天的鴨脷洲，我們看到大量的高層住宅大廈，儘管島上大部分地區尚未開發，但居民的數量令鴨脷洲成為世界上人口最稠密的島嶼之一。

海怡半島是島上最大型的高層住宅屋苑，香港其中一座主要發電廠於1968年建於該處。它為整個香港島供電，直到1989年遷移到南丫島。

鴨脷洲的最高點是玉桂山或莊士敦山，以早期殖民時代香港護理行政官亞歷山大·羅伯特·莊士敦的名字命名。莊士敦可能是香港早期發展的推動者，因為他在其上級離開殖民地時做出了關鍵決策。雖然他的努力沒有得到太多回報，但他的名字不僅在鴨脷洲留傳下來，灣仔繁忙的莊士敦道也是以他命名的。

鴨脷洲最古老的建築，也是整個地區最古老的建築，是洪聖古廟，其歷史可追溯至1773年，是當時的漁民和海上商人在出海前拜祭祈福的地方。

喜歡挑戰的人可以從利東出發，穿越玉桂山，前往南側的鴨脷排小島。這是一條相當開揚而且富難度的行山徑，幾乎沒有天然樹蔭，有些路段甚至需利用繩索協助，故不應在未做好相應準備的情況下挑戰這條路線。

左頁的歷史照片是1949年由Hedda Morrison拍攝，由哈佛數位收藏館提供，顯示了當時尚在發展中的鴨脷洲，前景是正在發展的漁村和香港仔村。

如欲了解更多香港歷史的資訊，請聯繫本會康體部總監李基爾。



BEAUTY SALON

# Embody

A Revolutionary New Treatment for Muscle Toning

春日再生療程

EMBODY®  
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EXCELLENCE

20,000  
Muscle Contractions

90%  
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This innovative Embody treatment utilises HIFEM (High-Intensity Focused Electromagnetic) technology to stimulate muscle contractions, resulting in increased muscle strength and tone without the need for traditional exercise.

A single session causes thousands of powerful muscle contractions, which are extremely important in improving the tone and strength of the muscles.

These induced muscle contractions are very intense, and the muscle tissue is thus forced to adapt to such extreme conditions. The muscle tissue responds by deep remodeling of its inner structure, which results in muscle building and body sculpting.

KEY BENEFITS

Efficiency in Muscle Toning

The Embody treatment offers an impressive 450% increase in muscle contractions compared to conventional exercise methods.

Comprehensive Muscle Focus

Targets various muscle groups, including the abdomen and buttocks.

Targeted Areas

Effectively tones abdominal muscles, contributing to a more defined midsection, also targets the gluteal muscles, helping to lift and enhance the shape of the buttocks

Embody 是一種創新的療程，利用HIFEM(高強度電磁波)技術刺激肌肉收縮，是一種非侵入性技術並針對特定的肌肉群，因此無需傳統運動即可增強肌肉力量和張力。

Embody的主要效果

肌肉強化效率

與傳統運動相比，Embody療程可將肌肉收縮量增加 450%。

全面肌肉聚焦

針對各個肌肉群，包括腹部和臀部。

針對區域

有效鍛鍊腹部肌肉，使腹部線條更清晰，也針對臀肌，有助提升和改善臀部形狀。



HAIR SALON

# Summer Scalp SOS

Keep Your Roots Happy in the Heat

夏日頭皮護理



Summer's sun, sweat and surf can turn your scalp into a stressed-out mess. Hidden under your hair, this sensitive zone faces a triple threat: clogged pores (thanks to sweat and sunscreen), moisture loss (from UV rays and saltwater), and greasy buildup (blame humidity). Ignore it, and you risk irritation, flakes or limp, lifeless hair. The fix? A targeted scalp care routine.

Three Reasons to Love Seasonal Scalp Treatments

1. Deep Cleanse: Lightweight exfoliating treatments with charcoal or salicylic acid dissolve sweat, oil, and pollution trapped at the roots.
2. Quench Thirst: Hydrating serums with aloe vera or hyaluronic acid repair sun-parched scalps.
3. Defend and Balance: Formulas with niacinamide tame oiliness, while UV-protective sprays guard vulnerable part lines.

Summer Scalp Hacks in 60 Seconds

- Swap heavy shampoos for a clarifying wash weekly.
- Post-beach? Rinse hair immediately to avoid salt/chlorine buildup.
- Apply a cooling treatment mask to soothe irritation.
- Always use lukewarm water as hot showers strip natural oils.

Your scalp is the secret to hair that glows. Keep it clean, shielded and hydrated, and you'll avoid seasonal sabotage. For stubborn issues like redness and flakes, see a hair stylist — otherwise, dive into summer with confidence.

夏日的陽光、汗水和戶外活動會導致頭皮狀況變得不穩定。髮根面臨三重威脅：毛孔堵塞(由於汗水和防曬霜)、水分流失(受紫外線和海水影響)以及油脂堆積(歸咎於濕度)。忽視問題，頭皮就會受到刺激，出現頭皮屑，使頭髮變得脆弱無力。針對性的頭皮護理可助您解決問題。

頭皮護理的三個理由

1. 深層清潔：使用木炭或水楊酸進行輕度去角質，溶解髮根堆積的汗水、油脂和污染物。
2. 解決水份流失：使用含蘆薈或玻尿酸的保濕精華可修復曬傷的頭皮。
3. 防禦及平衡：含有菸鹼醯胺的配方可以抑製頭油，而防紫外線噴霧則可以保護脆弱的髮絲。

60秒解決夏日頭皮問題

- 每週使用一次深層清潔洗髮露。
- 在海灘進行水上活動後，立即沖洗頭髮以去除鹽分或氯。
- 使用鎮靜或保濕頭皮髮膜以舒緩頭皮不適。
- 使用溫水洗髮，因為熱水會帶走天然油脂。

擁有閃亮秀髮的秘密在於健康的頭皮。保持頭皮清潔、加強保護和保濕，就能避免受季節性問題影響。對付頑固問題，如頭皮紅腫及頭皮屑，請向您的髮型師諮詢。

CUTTING  
Edge

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



PILATES

# Pilates Workout Chest Lifts

By Pilates Manager, Tracy So

普拉提斯鍛鍊胸部抬起

The chest lift is a foundational Pilates mat exercise that strengthens the abdominal muscles and improves spinal flexibility and control.

Lie on your back with your legs bent. Interlace your fingers and place them behind your head, elbows in your peripheral view. As you exhale, lift your head and chest, keep your pelvis in a neutral position. Inhale to pause, breathing through the ribs, exhale to lower back to the mat.

The chest lift may look like the familiar abdominal crunch. Unlike the crunches, however, the chest lift is a great exercise for training your abdominals as it focuses on the slow, controlled engagement of the abs. It doesn't use any momentum, meaning you rely only on your abs to lift your chest away from the floor. Your ribs stay on the floor and try to curl up until your tip of the shoulder blades leave the mat.

**Tips for proper form.**

- Avoid pulling on your neck: Try to relax your head back on to your hands, keep your gaze forward, avoid looking up or down to maintain proper neck alignment
- Breathe deeply: Coordinate your breath with the movement to enhance core engagement and relaxation.

胸部抬起是普拉提斯在墊上的基礎動作之一，能提升核心肌肉力量，保持脊骨靈活度及控制活動幅度。

仰臥，雙腿彎曲。將手指交叉並放在頭部後面，手肘放在視線範圍內。呼氣時，抬起頭部和胸部，保持骨盆處於中立位置。吸氣暫停動作，同時留意肋骨微微膨脹，呼氣時躺回墊上。

胸部抬起運動可能看起來很熟悉，就像腹部捲曲運動。然而，與腹部捲曲運動不同，胸部抬起是集中及緩慢地控制腹部，不使用任何動力，只靠腹肌將上身提起。你的肋骨保持在地面上，並嘗試把上身捲起到肩胛骨尖位置。

**注意事項**

- 避免拉扯頸部：放鬆頸部，將頭靠在雙手上，目光向前，避免向上或向下看，以保持正確的頸部姿勢。
- 深呼吸：協調呼吸，以增強核心的運用和放鬆。

TENNIS

# Junior League – Summer

By Tennis Coach, Loki Ng

夏季青少年聯賽

The 2025 Spring Season Bank of China Junior League finished in February. Both of our teams fought hard in all their matches but unfortunately missed the playoffs.

Team C made great improvements this year, finishing in 5th place in the group. Team B also kept their competitiveness in the group, finishing in 7th place.

We had a few new players representing our team this year. Huge thanks go to Aviva, Adele and Isabel, who played a lot of great tennis through the season. Also thank you to all the parents for supporting us and being so committed to the Friday night matches.

The next season is going to start in autumn, and we invite anyone who is interested to join the Junior Teams. To be a part of the action, please call Tennis Reception on 2814 5318 for more details.

2025年中銀香港青少年春季聯賽已於2月結束。我們兩支球隊在每一場比賽中都拼盡全力，但遺憾地無緣季後賽。

我們的C隊有顯著進步，以該組別第5名完成賽季，B隊則保持競爭力，以第7名完成。今年有幾位新球員加入本會球隊。Aviva、Adele和 Isabel，她們在整個賽季中表現出色。感謝各家長支持本會球賽，尤其積極參與週五晚的賽事。

下個賽季將於秋季開始，我們誠邀任何有興趣的青少年加入球隊。如欲參與此活動，請致電網球接待處2814 5318了解更多詳情。

**Upcoming Tennis Events**

# New Players Evening

網球迎新活動

**Thursday, May 29, from 7-9pm**

5月29日(星期四)，晚上7時至9時

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

認識新球員並與我們的網球教練交流，學習一些網球技巧。活動適合初學者參加。

Enquires 查詢: 2814 5318 (Tennis Centre)

PICKLEBALL

# The Joy of Learning Pickleball

By Pickleball Coach, Asif Ismail

享受匹克球的樂趣

The Club held its first-ever Pickleball Week in February and received an enthusiastic response from Members. The event was designed to cater to players of all skill levels, including beginners, intermediates and parent-child pairs, making it a truly inclusive experience.

Throughout the week, Members eagerly signed up for group lessons that included various drills that focused on essential aspects of the game.

**Basic Techniques** Participants learned fundamental skills that are crucial for effective gameplay, learning the importance of proper grip, stance and swing techniques to ensure that each player developed a solid foundation.

**Court Positioning** Understanding where to be on the court can significantly impact a player's performance. Insights were given into optimal positioning, helping players anticipate their opponents' moves and respond strategically.

**Match Play Scoring** Many newcomers find scoring in pickleball confusing. Rules and processes involved in match-play scoring, enabling players to focus on their game without being hindered by uncertainty, were explained and practiced.

**Match Play Strategy** Beyond the basics, advanced strategies that can elevate a player's competitive edge were introduced and shot selection, teamwork, and effective court coverage – all vital for success in matches – were covered.

The atmosphere during Pickleball Week was vibrant and supportive, with Members enjoying the opportunity to learn and practice alongside family and friends. This collaborative spirit not only fostered skill development but also strengthened community bonds among participants.

Overall, the Pickleball Week was a resounding success, leaving Members with improved skills and cherished memories. The combination of skill enhancement, social interaction and the joy of learning made this event a standout experience, paving the way for future pickleball activities at the Club.

本會於二月舉辦了首次的匹克球週活動，並得到會員們的熱烈支持。這項活動旨在滿足各水平的參與者需求，包括初學者、中級者，甚至親子樂，因而受到大家歡迎。

會員在整個活動週積極地報名參加小組課程，包括針對匹克球各種基本技巧的訓練。

**基本技巧** 學員有效地掌握運動所需的基本技巧，將學習正確握拍、站姿和揮拍的重要性，以確保每位學員都打下堅實的基礎。

**球手位置** 透過深入了解最佳位置，幫助球手預測對手的動作並做出策略性反應，顯著影響球員表現。

**比賽計分制講解** 許多新手發現匹克球比賽的計分令人困惑。我們將講解並練習比賽計分規則和流程，使球員能夠專注於比賽。

**比賽策略** 除了基礎技巧，進階策略能提升球手的競爭力。學員可學習關鍵策略，包括擊球選擇、團隊合作及有效的球場覆蓋。

匹克球週期間的氣氛充滿活力和支持，會員們享受與家人和朋友一起學習和練習的機會。這不僅促進了技能發展，也加強了參與者之間的連結。

總括而言，匹克球週取得了重大的成功，讓會員提高了技能並留下美好的回憶。技能提升、社交互動和學習樂趣的結合，這次活動為未來的匹克球活動展開新一頁。





# Annual Swimming Gala 2025

週年水運會



Scan the QR code to Register Now

We are thrilled to announce that our Annual Swimming Gala will be held on Sunday, June 8. This much-anticipated event promises to be a day of fun, friendly competition and celebration for swimmers of all ages.

The gala kicks off with an adorable and thrilling start – the four and five-year-olds' width race across the pool. This event is always a highlight for parents and spectators, as the youngest swimmers showcase their enthusiasm and determination.

Once the boys' and girls' width races are finished, the excitement ramps up. Lane ropes will be set up for swimmers aged 5 to 9 years, who will compete in the Backstroke, Breaststroke, and Freestyle over 25 metres. Additionally swimmers aged 7 to 15 years will also compete in the 25-metre Butterfly event. For the 10 to 15 years and above age groups, the level of competition intensifies with races covering 50 metres for Breaststroke, Backstroke and Freestyle.

Every participant in the gala will receive a medal, celebrating their effort and participation. Additionally, swimmers who place first, second and third in their events will be awarded, gold, silver and bronze medals.

Don't miss this fantastic opportunity to recognise the hard work and skill of all competitors! Whether you're a participant or a spectator, come and enjoy a day filled with fun, games and amazing memories.

For more information, please scan QR code of the application form and enrol now!

本會的週年水運會將於6月8日(星期日)舉行。這項備受期待的活動將為各級別和年齡層的學員帶來充滿樂趣、友好競爭和歡樂的一天。

活動由四歲和五歲的賽事開始。這項賽事對家長和觀眾來說是一大亮點，因為最年輕的泳手將展現他們的熱情和決心。

當最年輕的泳手賽事結束後，比賽將變得更激烈。賽事轉到5至9歲的泳手，他們將參加25米的背泳、蛙式和自由式比賽。此外，當日亦設25米蝶泳項目讓7至15歲的泳手參加。而10至15歲及以上的年齡組別更可挑戰難度更高的50米賽事。

每位參賽者將獲得一枚獎牌，以表彰他們的努力和參與。此外，在各項目中獲得第一名、第二名和第三名的游泳選手將獲得金牌、銀牌和銅牌。

切勿要錯過這個絕佳機會來一展身手！無論您是參加者還是觀眾，歡迎來享受充滿樂趣和美好回憶的一天。

如欲了解更多詳情或報名，請掃描報名表二維碼。

Enquiries 查詢: 2814 1222 (Central Reservations Centre)

## Ice Skating Competition

溜冰比賽

Sunday, May 25  
3-5pm

5月25日(星期日)，  
下午3時至5時

Enquiries 查詢:  
2814 5374 (Ice Rink)



## 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     |
| • Health & Fitness Camp | • 健身班       |
| • Ice Skating Camp      | • 溜冰訓練營     |
| • Martial Arts Camp     | • 功夫訓練營     |
| • Self-Development Camp | • 知識啟發科學訓練營 |
| • Swimming Camp         | • 游泳班       |

Enquiries 查詢: 2814 1222 (Central Reservations Centre)

# Challenge Roth Training Diary

Challenge Roth訓練日誌

As featured in the last issue of Portwatch, our Director of Sports & Recreation is taking on an Ironman-distance Triathlon this summer, in the delightful town of Roth in Bavaria, Germany. Here are his thoughts as he works through his training programme.

As this will be my fourth Ironman-distance Triathlon, I have my previous training records and know what time and distance I need to be at as I work through the 24-week training programme. Juggling work and training means I cannot devote too much time to training, but I aim for around 6-7 hours per week, building up to 9-10 hours a week towards weeks 18-20. This consists of 2-3 swims per week, 2-3 bike rides and at least 1 run.

My strongest sport is running, but with niggling injuries, I limit myself to the one weekly run to reduce strain on my knees and hips. My weakest sport is swimming, so I need to devote more time here and enjoy getting to the pool at 7am to put in the work. As the bike portion of the race is 180km, training for cycling needs the most effort, but with the ever-busier roads on Hong Kong Island, I only ride on the roads on Sunday mornings.



Here is a glimpse of the famous Solar Hill in Challenge Roth.

My other rides are on the Keiser indoor bike, which is a great replication of outdoor riding. I will need to be putting in some 4-5 hour hilly rides as I get to the later stages of the training programme, so I will be up earlier and earlier on Sunday mornings!

上期提及，我們的康體部總監今年夏天將在德國巴伐利亞州風景秀麗的羅特小鎮參加三項鐵人賽，以下是他的訓練計劃。

這將是我第四次參加三項鐵人賽，因此已有以往的訓練記錄，並知道在24週的訓練計劃中我需要達到什麼目標。

兼顧工作和訓練意味著我不能花太多時間在訓練上，但我的目標是每週訓練大約6-7小時，到第18-20週增加至每週9-10小時。其中包括每週2-3次游泳、2-3次踏單車和至少1次跑步。

我最擅長的運動是跑步，但由於經常受傷，我只會每週跑一次，以減輕膝蓋和臀部的負擔。我最不擅長游泳這項目，所以我需要加強這方面的訓練，並享受早上七時到泳池練習。由於比賽的單車項目長達180公里，因此單車訓練需要付出最大的努力，但由於香港島的道路越來越繁忙，我只能在周日早上進行訓練。

我亦將利用Keiser室內單車進行訓練，它能完美地複製戶外路線。當進入訓練計劃的後段，我需要進行4-5小時的山地騎行，所以我在周日需要很早起來練習！

## End of School Party Packages

學期末派對套餐

Let your kids celebrate the end of the school year at one of our amazing party venues, such as Adventure Zone, Kids on 8! or RUN,2,3!

讓您的孩子在會所的Adventure Zone、Kids on 8! 或 RUN,2,3!，舉行一場歡樂的派對慶祝學年結束。

Enquiries 查詢:  
2814 5360 (Adventure Zone)



## Bazooka Ball at Chill Zone

Bazooka Ball Parties are available at the Chill Zone Foam Factory from now until June 30.

即日起至6月30日，您可以於Chill Zone Foam Factory 舉辦Bazooka Ball派對。

Enquiries: 2814 5483 (Chill Zone)

## Party Promotion

派對時間！

Book an after-school Children's Party at Kids on 8! or Chill Zone on weekdays (except public holidays) during May or June for a free popcorn machine or Grabber machine with a soft toy for all party participants.

凡於5月及6月期間逢星期一至五(公眾假期除外)在Kids on 8!或Chill Zone預訂學生派對，可免費使用爆谷機或夾公仔機。

Enquiries: 2814 5493 (Kids on 8!)



# Mother's Day Events

## 母親節特備節目

**Saturday & Sunday, May 10 & 11**  
5月10及11日（星期六及日）

### Kids on 8!

Celebrate Mother's Day by making a lovely gift for your lovely mother at Kids on 8!

為您親愛的媽媽製作一份精美的禮物來慶祝母親節！

Enquiries 查詢: 2814 5493 (Kids on 8!)

**Sunday, May 11**  
5月11日（星期日）

### Health Club

Members can bring their mothers to the Health Club to receive a special gift on Mother's Day.

#### 健康中心

與母親一起前來健身，在母親節當天領取一份特別的禮物。

Enquiries 查詢: 2814 5342 (Health Club)

### Bowling Alley

Free Bowling and a glass of Prosecco for our special mothers! Show your mother a great time this year and come join us to make her day an extra-special one.

#### 保齡球場

母親節當天，母親於保齡球場可免費玩樂和享用氣泡酒一杯，讓會員與母親度過特別的一天。

Enquiries 查詢: 2814 5900 (Bowling Alley)

### Ice Rink

When Members bring their mother to the Ice Rink between 3pm and 6pm on Mother's Day she can enjoy a free open skating session.

#### 溜冰場

母親節當天，會員於下午3時至6時與母親一起前來溜冰場，母親可享一節免費溜冰。

Enquiries 查詢: 2814 5374 (Ice Rink)



# Father's Day Events

## 父親節特備節目

**Saturday & Sunday, June 14 & 15**  
5月14及15日（星期六及日）

### Kids on 8!

Come to Kids on 8! to make a gift for your Dad on this special day.

為您尊敬的爸爸製作一份精美的禮物來慶祝父親節！

Enquiries 查詢: 2814 5493 (Kids on 8!)

**Sunday, June 15**  
6月15日（星期日）

### Health Club

Members can bring their fathers to the Health Club to receive a special gift on Father's Day.

#### 健康中心

與父親一起前來健身，在父親節當天領取一份特別的禮物。

Enquiries 查詢: 2814 5342 (Health Club)

### Bowling Alley

Free bowling and beer for dads! We are celebrating Father's Day by giving fathers a complimentary beer to enjoy with their game.

#### 保齡球場

父親節當天，父親於保齡球場可免費玩樂和享用啤酒一杯，讓會員與父親一同慶祝。

Enquiries 查詢: 2814 5900 (Bowling Alley)

### Ice Rink

When Members bring their father to the Ice Rink between 3pm and 6pm on Father's Day, he can enjoy a free open skating session.

#### 溜冰場

在父親節當天，會員於下午3時至6時與父親一起前來溜冰場，父親可享一節免費溜冰。

Enquiries 查詢: 2814 5374 (Ice Rink)

## BOWLING

# Upcoming Bowling Events

## 保齡球活動

### Complimentary Bowling in May

**Every Tuesday, Wednesday and Thursday in May (not including public holidays) From 2-6pm**

Members can enjoy one complimentary game.

- Members only, standard guest fees apply.

- Last walk-in at 5pm (games starting after 5pm will have to be completed by 6pm).

- Subject to availability, please call ahead to avoid disappointment.

#### 五月免費保齡球活動

五月內逢星期二、星期三及星期四（公眾假期除外），下午2時至6時

會員可享免費保齡一局。

- 只限會員，來賓需付標準費用。

- 最後入場時間為下午5時（下午5時後開始的球局，必須在下午6時前完成）。

- 視乎球道供應情況而定，敬請提前致電查詢。

### Bowling High Score Day

**Sundays, May 4 and June 1**

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

#### 保齡球最高得分日

5月4日及6月1日（星期日）

當天得到最高分的球手可贏得獎品！



### Bowling Grabber Day

**Sundays, May 11 and June 8**

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

#### 夾公仔機出沒

5月11日及6月8日（星期日）

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

### Bowling Bingo!

**Sundays, May 18 and June 15**  
**From 11am – 10pm**

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

#### 保齡球Bingo!

5月18日及6月15日（星期日）  
上午11時至晚上10時

打保齡球時填寫您的Bingo卡，看看您能否贏得獎品！

### Social Bowling

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

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

#### 社交保齡球

逢星期三晚上6時至7時

齊來認識其他熱衷保齡球的會員。歡迎隨時加入。

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 5324。

### Club Bowling Leagues

Are you a regular bowler and enjoy playing with friends and family? If so, would you like to join our Club Bowling Leagues? If you can form a team of four players, please let us know and if we have enough teams, we may form Leagues for Men, Ladies and even Family Teams.

All matches would be played here at the Club and at your own convenience, we would ask that your team meets and plays together a minimum of five times over a two-month period. You would then submit your scores and we would enter them into the league tables against the other teams. Our Senior Management Team will also enter a team and would literally 'get the ball rolling' with a one-off match against our Members on Friday, June 6 at 6pm.

Participants must be Club Members and no guard rails or ball rollers are permitted.

For more information, please contact our Director of Sports & Recreation Giles Leonard on giles.leonard@aberdeenmarinaclub.com.

#### 保齡球聯賽

如您是保齡球愛好者，並喜歡與家人朋友一起玩樂，誠邀參加本會的保齡球聯賽。您可以組成一支四人隊伍，如有足夠的隊伍參加，我們會組成男子、女子聯賽，甚至家庭聯賽。

比賽將於本會舉行。每支隊伍需在兩個月內至少打球五次，並提交分數，我們將把各隊得分輸入聯賽表中。我們的管理層亦將派出一支隊伍，於6月6日（星期五）下午6時與會員進行一場比賽。

活動只限會員參與，不可使用護欄或投球器。

查詢及報名，請聯絡本會康體部總監李基爾，或電郵至giles.leonard@aberdeenmarinaclub.com。



# The 65th Quebec International Pee-Wee Hockey Tournament

第65屆Pee-Wee青少年冰球錦標賽

This past February the Hong Kong Typhoons Hockey Club sent their team to compete in the prestigious Quebec International Pee-Wee Hockey Tournament in Canada. This annual event plays host to some the best 11- and 12-year-old players from around the world, and many have gone on to become superstars of the sport, including Wayne Gretzky, Guy Lafleur, Mario Lemieux, Steven Stamkos and Connor McDavid.

This year two of the Club's young Members, Sheldon Ng and Keith Chan were part of the Hong Kong team. Sheldon started skating at the Club when he was three years old and still takes two hours of lessons every week. Keith started skating at the Club when he was four years old. He used to take weekly lessons but now only has time to train with the team.

In their first game of the tournament, they were off

to a great start shutting out the Atlantic Selects 5-0. Goaltender Sheldon saved all 19 shots, showing his strength and agility and making key saves when needed. This allowed Keith and the rest of the team to mount an offensive charge to score five unanswered goals. They played with confidence and worked well as a team to defeat this very formidable opponent.

In the quarter-final game against the Halifax Jr. Mooseheads, they came out with an early first goal, showing great energy. After Halifax tied the game in the first period, the Typhoons went ahead again with a goal from Keith in the second period. Unfortunately the Mooseheads went ahead in the third period and despite a great effort from the team they couldn't manage to close the gap. Despite their impressive skill and teamwork, this meant that their quest to reach the semi finals or beyond was dashed. However, they left the tournament with some



valuable experience, were contenders on the world stage and ended the tournament in 11th place in their division.

Sheldon with his efforts in goal came out with a 1.516 goals against average and was near the top of the list being 6th out of all 55 goalies.

Well done Sheldon, Keith and the Hong Kong Typhoons!

今年二月，香港颶風精英隊前往加拿大魁北克參加著名的Pee-Wee青少年冰球錦標賽。這項年度錦標賽吸引了來自世界各地的11歲及12歲優秀的球員，其中許多參賽球員已經成為冰球明星，包括Wayne Gretzky, Guy Lafleur, Mario Lemieux, Steven Stamkos和Connor McDavid。

今年，本會的兩名少年會員Sheldon Ng和Keith Chan代表了香港隊出戰。Sheldon從三歲開始在本會學習溜冰，至今每週仍上課兩小時。Keith四歲開始溜冰，並曾於會所每週上課，但現在只和球隊一起訓練。

在錦標賽的第一場比賽中，他們取得了良好的開局，以5-0擊敗了美國大西洋精英隊。守門員Sheldon接了19次射門，展示了他的力量和敏捷性，並在需要時做出了關鍵的撲救。這使得Keith和其他隊員發動進攻，攻入五球。他們充滿信心，體現團隊合作，擊敗了這個非常強大的對手。

在八強賽遇上Halifax Jr. Mooseheads，他們開場就率先進球，展現出極強的活力。Halifax在第一節扳平比數後，颶風隊在第二節憑藉Keith的進球再次領先。不幸的是，Mooseheads隊在第三節領先，儘管香港颶風隊付出了很多努力，但他們還是無法收窄距離，賽果意味著他們無緣進入準決賽甚至決賽，但球隊的技術與團隊合作令人留下深刻印象。然而，他們在比賽中獲得了寶貴的經驗，成為了世界舞台上的競爭者，並在其級別比賽中獲得了第11名的佳績。

Sheldon憑藉其守門員方面的努力，平均每場失球數為1.516個，在55名守門員中排名第六。

Sheldon、Keith和香港颶風隊，做得好！



## JUNIOR CLUB STARS

SKATER • AGE 6

### Ethan Shum

Ethan is a joy to teach and works very hard every time he comes to the Ice Rink. In the past few months, he has passed multiple tests and continues pushing forward and learning. We wish Ethan continued success in his skating. Keep up the good work, Ethan!

Ethan每次在溜冰課上都表現非常努力。在過去的幾個月，他通過了許多測試，並繼續努力前進和學習。我們期待著Ethan持續取得成功。繼續努力，Ethan！



SWIMMER • AGE 14

### Michael Chan

Swim team member Michael shows exceptional dedication to the sport with consistent attendance, and rarely misses training sessions.

He arrives early to warm up, demonstrating his commitment to improvement. He has recently made impressive advances in his competitive turns, highlighting his hard work and determination to excel in swimming. Keep it up, Michael!

游泳隊成員Michael對游泳表現出熱誠，堅持不懈，很少缺席訓練課堂。他總是提前到達進行熱身，展現出他不斷進步的決心。他最近在比賽中取得了令人矚目的進步，突顯出他努力練習的成果和追求卓越的決心。繼續努力，Michael！





# Get Redressed Month Returns in May

Get Redressed將於五月回歸

The largest consumer awareness campaign for circular fashion in town, Get Redressed is back this May. Thanks to your support, last year we contributed more than 600kg of unwanted clothing.

According to a study by Get Redressed, two in five people in Hong Kong throw away clothes after a year or less. As consumers, we play an essential role in maintaining the sustainability and circularity of fashion items. We may give clothes multiple lives by curbing our need to buy, taking good care of our clothes, reselling and buying pre-loved clothes and donating unwearable clothes to textile recycling schemes.

Please drop off your unwanted clothing in the boxes at the 5/F Health Club from May 1 to 30.

What to donate: Good quality men's, women's and



children's clothes.

Not accepted: Shoes, uniforms and home textiles.

For more information, please visit [redress.com.hk](http://redress.com.hk)

Get Redressed是香港最大型的時裝回收活動，將於五月回歸。感謝您的支持，去年我們捐贈了超過600公斤的衣物。

根據Redress的研究，五分之一的香港人會在一年或更短時間內棄掉衣服。作為消費者，我們在維持時裝的可持續性和循環性中扮演著重要的角色。我們可以透過抑制購買慾、妥善保養衣物、轉售及購買二手衣物和捐贈舊衣給回收機構來賦予衣物多重生命。

請於5月1至30日期間把捐贈的衣物放到五樓健康中心的回收箱。

回收要求：品質保持良好的男裝、女裝及童裝衣物。

不接受：鞋履、校服、內衣及睡衣。

查詢詳情，請瀏覽[redress.com.hk](http://redress.com.hk)。

## Club Memories 俱樂部回憶



Were you able to guess which area was shown in the photo last issue? It was eau restaurant and bar, which is now Marina Grill. The restaurant opened in October 2001 with live artists performing jazz and blues on stage.

Congratulations to the winner Mr Paolo Picazo who will receive a \$500 Marina Grill dining voucher.

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

您能猜出上期照片中展示的是哪個位置嗎？它是eau餐廳、酒吧，現在為Marina Grill。該餐廳於2001年10月開業，並定期邀請歌手到現場表演爵士樂和藍調音樂。

恭喜得獎者Mr Paolo Picazo可獲得Marina Grill餐飲券價值\$500。

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

# SPCA Adoption Date

愛護動物協會領養日

Saturday, May 24  
From 1-4pm  
Children's Play Area

五月二十四日（星期六）  
下午1時至4時  
地下兒童天地

Join us for the SPCA's first Adoption Date at the Club. This is your chance to meet some adorable rescue dogs waiting to find their forever homes.

The afternoon will be filled with activities, such as learning how to upcycle old cotton t-shirts into your very own dog tug-toy. Kids can also have a go at fun educational games to learn more about animal welfare. Don't miss the charity sale featuring pet treats, handy tote bags, caps and other summer essentials.

From May 1 until event day, we invite you to bring along used cotton t-shirts and used clean towels to donate to the SPCA's Homing and Welfare Department. Please drop these off at the lobby reception.

Your donations will be used to create dog-tug toys, which provide enrichment and comfort for rescue animals awaiting their forever homes.

No Reservations required.

During extreme weather or forecasted rain, we will reschedule the event and inform all participants as soon as possible.

For enquires, please contact the Membership Office on 2814 5436 or email [member@aberdeenmarinclub.com](mailto:member@aberdeenmarinclub.com).

### About The Society for the Prevention of Cruelty to Animals (Hong Kong)

Officially registered in 1921, the Society for the Prevention of Cruelty to Animals (Hong Kong) is the region's longest-standing and largest independent animal welfare charity. The organisation's mission is to end animal cruelty, alleviate suffering and protect the health and welfare of all animals across Hong Kong through action, advocacy and education. With continuous support from the public, we hope to create a harmonious Hong Kong where all animals are treated with compassion and respect.



Dogs for Adoption are subject to change.  
待領養狗狗可能有所變更。

With only 1% of our funds coming from the government, we rely on generous donations to continue our animal rescue and welfare work.

誠邀會員參加香港愛護動物協會（愛協）在會所舉辦的首個領養日，屆時會員將有機會與愛協的待領養狗狗見面，藉此希望能早日為牠們找到永遠的家園。

活動當天將有一系列精彩活動，包括教授會員如何利用捐贈的棉質T恤製作狗狗玩具。少年會員還可透過有趣的教育遊戲，深入了解動物福利的相關知識。此外，現場將設有慈善義賣，提供各種寵物零食、實用的手提袋、時尚的帽子及其他夏季必需品。

由五月一日至活動當天，我們邀請會員捐贈舊的棉質T恤和乾淨的舊毛巾給愛協的領養及福利部門。

您的捐贈將用於製作狗狗拉扯玩具，這些玩具將為等待被領養的動物提供豐富的娛樂。

無需預約，誠邀所有會員參與！

如遇極端天氣或預測天氣不穩的情況下，我們將會重新安排活動，並盡快通知所有會員。

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

### 關於香港愛護動物協會

香港愛護動物協會成立於1921年，是香港歷史最悠久、規模最大的獨立動物福利慈善機構。愛協使命是透過實際行動、倡導和教育，保障香港動物的健康及福利，致力終止殘酷對待動物的行為，免牠們承受痛苦。愛協希望在社會各界的支持下，創造一個人寵共融的香港，讓所有動物都能受到關愛與尊重。

愛協營運經費中只有1%來自政府，其餘資金均來自不同渠道，包括香港市民的慷慨捐款，以支持協會實現其使命和目標。





# Cheng Chi Keung

Duty Engineer

當值工程師 — 鄭志强

Cheng Chi Keung is our Duty Engineer, and although you may not yet have made his acquaintance, he is well known by his colleagues for his dedication and hard work.



Referred by a friend, Keung joined the Club back in 2005 as a Technician. As a Duty Engineer, he is responsible for ensuring everything is in good condition, and works overnight in areas such as the kitchens and restrooms to keep the Club running smoothly.

Over the years, Keung has been in charge of various projects, including the replacement of the Club's central air-conditioning system. "This was a very extensive project as we had to replace the system for the whole Club," recalls Keung. "Starting from the Club House and Marina Tower, the project was split into two phases, lasting for more than three years. I learned a lot through coordinating the work with the contractor."

"I always feel grateful to be part of the Club family", he added. "Colleagues from every department is very cooperative and willing to work towards the best solution."



During his leisure time, Keung like to go on fishing trips with friends. You can see that they had a great time at Ishigaki-jima last October in the photo above.

Be sure to say hi to Keung on your next Club visit – he will be delighted to share some fishing tips with you!

鄭志强是我們的當值工程師，儘管您可能還不認識他，但他的奉獻精神和勤奮工作為同事們所熟知。

經朋友介紹下，阿強在2005年加入本會擔任技工一職。作為一名當值工程師，他負責確保一切設備處於良好狀態，並需在廚房和洗手間等區域通宵工作，以確保運作順利。

多年來，阿強負責多項工程，包括更換中央空調系統。「這是一項非常龐大的工程，我們須為整個會所更換系統。」阿強回憶道。「從會所大樓和深灣大樓開始，項目分為兩個階段，歷時三年多。通過與承包商協調工作，我學到了很多東西。」他補充說：「我一直很感激能夠成為會所大家庭的一份子。」「每個部門的同事都非常配合，總是願意共同努力尋找最佳解決方案。」

閒暇時，阿強喜歡和朋友一起出海釣魚。您可以在照片中看到他們去年十月與同事們在石垣島度過了愉快的時光。當您下次到訪會所巧遇阿強時可與他交流和分享一些釣魚的心得！

# Pieter Fitz-Dreyer

Executive Chef

行政總廚 — 斐偉俊

I can't believe it's been two years since I joined the Club as executive chef – these years have passed in a whirlwind! When I first stepped into the kitchen, my vision was clear: to transform the dining experience by blending innovation with tradition to challenge the "norm", always looking to move forward.

The team and I are always working behind the scenes to bring something new and fresh to the culinary offerings and one of the projects closest to my heart is The Backroom Pop-up Series. As this goes to print, we're soon approaching the second instalment out of four planned events for this year, and it's been an exhilarating ride.

Each pop-up allows me and the team to create unique, immersive dining experiences that transport our guests to a different culinary region of the globe. It's incredibly rewarding to see diners eagerly anticipate these events, knowing they're in for a culinary adventure. The next installment is called La Maree (The Tide) and focuses on Champagne and global costal dishes featuring carefully sourced seafood.

As summer approaches we are also gearing up for another exciting project with the temporary closure and refresh of our beloved Portside restaurant. We want to give Portside a revamped and more focussed menu with a nostalgic approach, preserving the charm that our guests love while infusing new and innovative twists. I can't wait to unveil the reimagined Portside offerings when we reopen in the autumn.

We've also invited our Michelin-starred colleagues from Shangri-La Fuzhou to come and showcase their Min cuisine at The Horizon. A unique blend of flavours and emphasis on fresh, high-quality ingredients make it a beloved culinary tradition in China and beyond.



Looking ahead, I'm excited about the journey and the upcoming pop-ups, simple seasonal menu changes, chef's specials, guest chefs or Four Hands Dinners. I remain dedicated to creating more unforgettable dining experiences at the Club for you to share with your family and friends.

Please feel free to stop and have a chat with me when I'm around the Club to find out what's cooking. Here's to more delicious adventures ahead!

不經不覺，我已加入會所擔任行政總廚兩年了——這段日子過得真快！當我第一次走進廚房時，我的目標很明確，希望透過融合創新與傳統來打破「常規」，改變用餐體驗並向前邁進。

我和團隊一直在幕後努力工作，帶來新鮮的菜式，其中最讓我得意的項目之一就是The Backroom一系列的期間限定推廣。在本刊付印之時，我們很快就要迎來今年四個期間限定的第二個項目，這是令人興奮的旅程。

每次期間限定活動都讓我和團隊能夠創造出獨特的用餐體驗，把客人帶到不同的地區。看到會員們的熱切期待，讓我感到非常欣慰。接下來的主題是 La Maree (海鮮)，以精心採購的新鮮海鮮，準備世界各地的沿海菜式並配上香檳。

隨著夏季將至，我們正在為另一個令人興奮的項目作準備。備受歡迎的Portside將暫時關閉並進行翻新。我們希望以懷舊情懷的方向為Portside改造，並重新設計菜單，保留原有的魅力之餘，同時注入新的元素。我們希望可以在秋季重新營業，並讓大家品嚐全新設計的菜式。

我們也邀請了福州香格里拉大酒店的米芝蓮星級廚師來到海天閣展示閩南美食。獨特的風味配合新鮮優質的食材，使其成為中國乃至全世界深受喜愛的中國傳統菜式。

展望未來，我對即將推出的期間限定推廣、簡單的菜單季節調整、廚師特備菜式、客席廚師及四手晚宴感到興奮。我將繼續致力於在會所創造更多令人難忘的用餐體驗，讓您與家人和朋友分享。

當在會所巧遇時，歡迎隨時停下來與我聊天，了解會所的各项推廣。期待未來為大家帶來更多的美味之旅！



# Dock G Embarkation and Disembarkation

## G碼頭的上落船安排

To enhance embarkation and disembarkation at Dock G, we would like to remind you of the following.

- Dock G embarkation and disembarkation is for approved boats only and must be applied for at least 24 hours in advance. Unapproved mooring will incur a \$1,000 penalty.
- Please ensure that the entire party has arrived before the vessel moors for boarding.
- Boarding time should not exceed 10 minutes, and \$1,000 will be charged for every additional five minutes taken.
- Approved applicants can pick up a South Shore Gate Pass at the lobby reception to access Dock G and should return it before leaving the Club. Failure to return cards will incur a penalty.
- Please fill in the embarkation form on the Club website ([www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com)), or email a form to the Marina Office at [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com).

For any queries, please contact the Marina Office on 2814 5368.

請遵守以下碼頭G橋上落船守則。

- 碼頭G橋只限獲批准之船隻於指定時間內使用，並需於24小時前申請。未經批准之停泊將罰款港幣1,000元。
  - 請確保乘客到齊方可上落。
  - 登船時間不得超過10分鐘。超時將收取每5分鐘港幣1,000元的費用。
  - 獲批准的申請人可到大堂接待處領取南岸入口的入閘咭，並在離開會所前交還。未歸還入閘咭將會收取罰款。
  - 請於會所網頁 [www.aberdeenmarinaclub.com](http://www.aberdeenmarinaclub.com) 填妥申請表格或電郵至 [marina@aberdeenmarinaclub.com](mailto:marina@aberdeenmarinaclub.com) 申請。
- 如有查詢請致電海事部2814 5368。

# Mobile Phones and Electronic Devices

## 有關手提電話及電子裝置的使用

The use of mobile phones and other electronic devices in changing rooms and wet areas (Sauna, Steam Room and Whirlpool) is strictly prohibited.

In addition, mobile phones and electronic devices may not be used for voice calls or conference calls in restaurants, the fitness centre, changing rooms, or hair & beauty salon areas, including relaxation rooms.

Thank you for your cooperation.

更衣室及淋浴設施範圍 (包括桑拿、蒸氣房及漩渦浴池) 內嚴禁使用手提電話及電子裝置。

另外，所有餐廳、健身室、更衣室、美髮及美容中心及成人休憩室內，均不准使用手提電話及電子裝置之語音通話功能或進行電話會議。語音通話及電話會議只可於室外、其他公眾地方或私人宴會廳內進行。

多謝合作。



# Typhoon Policy

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.

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最新資訊。

# Club Parking Rules

## 停車規則

Any Member who violates the Club's parking rules will make a \$500 donation, 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 first quarter of this year, a total of \$17,000 was donated to Ebenezer School & Home for the Visually Impaired.

For the second quarter, we are pleased to announce that our charity will be The Hong Kong Society for the Prevention of Cruelty to Animals (SPCA).

We 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要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。在本年的第一個季度，我們總共向心光盲人院暨學校捐贈了17,000元。在第二季度，我們將把善款捐贈予香港愛護動物協會。

如會員違反停泊規例3次，將會被暫停泊車使用權。

我們懇請所有會員及其司機遵守我們的停車規例並互相體諒。

感謝您的合作。

# Art at the Club



Mrs Rachel Malviya



Ms Elaine Chan and artist Ms Jacqueline Shiu



Ms Yin Tingting and son



Mr Austin Mok and family



Mrs Juliet Lui and daughter



Mrs Julija Ferland



Ms Lili Zheng and daughter



Mrs Michelle Hung



Ms Kan Pui



Ms Mavis Lam



Mr and Mrs Raymond Sze



Ms Eileen Liu and Mrs Sheila Dayaram



# Exclusive Palace Museum Tour



Bowling Bingo



Pop-up Treats



The Balcony  
Four Hands Dinner



Château de  
Beaucastel Wine Dinner





Outdoor Circuit Training



Pickleball Week



Surprise Easter Egg  
Cake Workshop



Grabber Winners



Mr Takatsugu Koyama and guest

Ms Wu Shui Che and daughter

Ms Xie Shuying and family

Ms Cherry Fung and family

Borugogne vs.  
Premier Cru  
A Luncheon Blind  
Tasting Challenge



Ms Jade Cheung and  
speaker Mr Jasper Morris

Mr & Mrs David Rogers and  
speaker Mr Jasper Morris

Mr & Mrs Joseph Silva and  
speaker Mr Jasper Morris



# SET SAIL ABOARD SEA BREEZE



With warmer weather approaching, now is a great time to plan a fabulous day on the ocean aboard the Club's boat, *Sea Breeze*.

This luxurious 66-footer can easily accommodate up to 25 guests with plenty of space for recreation and relaxation.



Full-Day Rental (8 hours)	\$32,000 (weekend)
	\$28,800 (weekday)
Half-Day Rental (4 hours)	\$26,000 (weekend)
	\$22,000 (weekday)
Special Occasions (8 hours)*	\$36,000
Special Occasions (4 hours)*	\$28,800
Additional Hours	\$3,200
Far Destination Additional Charge	\$3,300

\* *Special Occasions include Fireworks Night, Christmas Eve, Christmas Day, Boxing Day, New Year's Day, Valentine's Day, Mid-Autumn Festival, other Public Holidays and Wedding Photo Shoots.*

To embark on your *Sea Breeze* adventure, please call the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com) °