

Portwatch

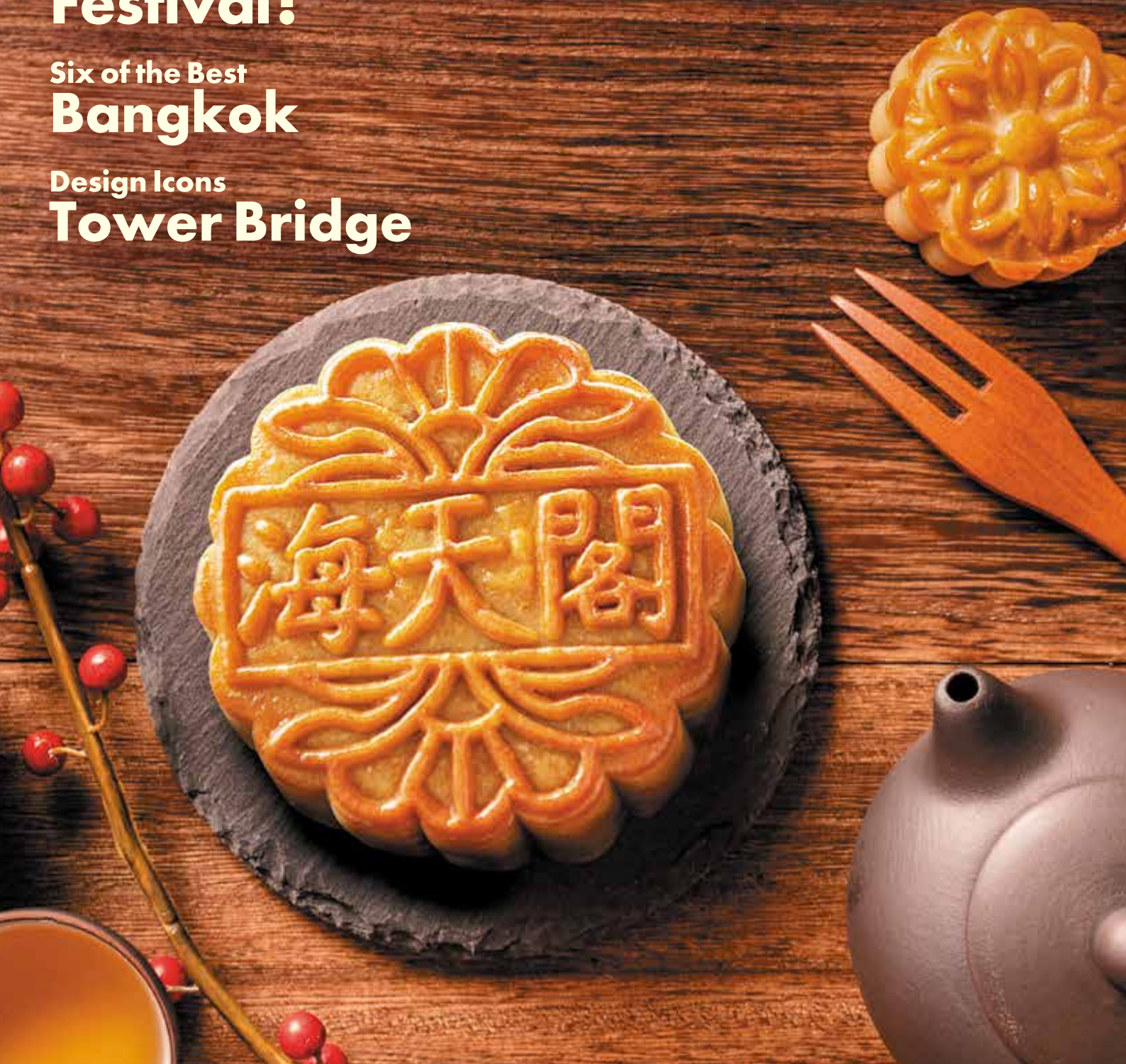
THE ABERDEEN MARINA CLUB MAGAZINE

SEPTEMBER/OCTOBER 2020

Happy Mid-Autumn Festival!

Six of the Best
Bangkok

Design Icons
Tower Bridge





3255 MOVEMENT



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PRESIDENT BRACELET



ROLEX FULL DAY DISPLAY

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ROLEX

Portwatch

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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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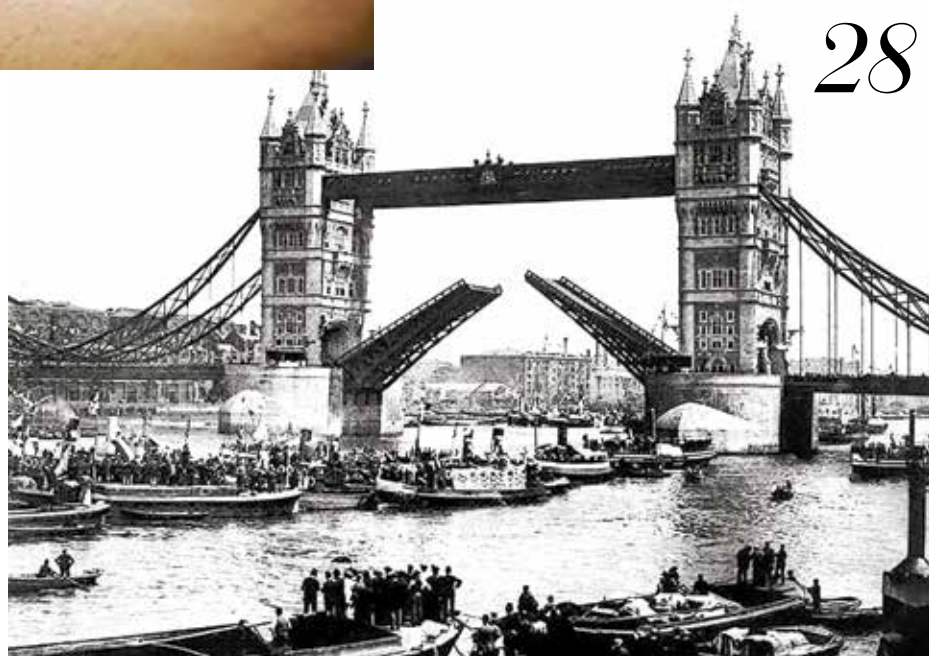
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FLAVOURS OF THE SEA

海之味

*Throughout
September & October*
九月及十月



蟹肉松菌莧菜羹	\$98
Minced Chinese spinach soup, crab meat, pine mushrooms	<i>每位 per person</i>
煎封原條多寶魚	\$388
Pan-fried turbot	
九層塔豬潤龍躉頭腩	\$298
Braised estuary garoupa head and brisket, pig livers	
蒜芯炒南非鮑魚	\$458
Sautéed fresh South Africa abalone, garlic shoots	
鵲巢 XO 醬海中寶	\$388
Sautéed mixed seafood, XO chilli sauce	
古法扣大鱈煲	\$298
Baked fresh eel, roasted pork, fried garlic	
香脆麥片蝦球	\$288
Crispy fried prawns, oatmeal	
辣酒煮青口	\$288
Poached mussels, chilli wine sauce	
原籠生中蝦蒸糯米飯	\$388
Steamed fresh prawns, glutinous rice	<i>四位用 for 4 persons</i>
金沙炒鮮魷	\$168
Sautéed fresh squid, salty egg yolk	
黑椒蘿蔔糕炒羔蟹	\$698
Sautéed roe crab, turnip cake, black pepper sauce	<i>每隻/each</i>
避風塘波士頓龍蝦	\$298
Fried Boston lobster, dried chilli, garlic	<i>每隻/each</i>

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

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



MOON CAKES at Marina Deli

Moon Cake coupons now available
月餅禮券現已發售

*All Horizon moon cakes contain no preservatives,
and are elegantly presented in a gift box.*

*We have also designed two deluxe hampers for
your business partners, and look forward to your visit.
所有海天閣月餅不含防腐劑。我們亦為您的商業夥伴
及親友設計了兩個豪華禮品籃，歡迎選購。*

Additional Redemption Counter 額外換領地點

Kerry Centre, Quarry Bay 嘉里中心
from September 21 to 30, midday to 7pm
由9月21日至30日，中午12時至晚上7時

Moon Cakes and Hampers Now Available

多款月餅及禮品籃現已發售

- Moon Cakes with White Lotus Seed\$338
Paste and Double Egg Yolk (4 pieces)
雙黃白蓮蓉月餅(4件)
- Mini Moon Cakes with Lava\$338
Custard (8 pieces)
迷你流心蛋黃奶皇月餅(8件)
- Mini Moon Cakes with Custard and\$338
Egg Yolk (8 pieces):
迷你蛋黃奶皇月餅(8件)
- Mini Moon Cakes with White Lotus\$318
Seed Paste and Egg Yolk (8 pieces)
迷你蛋黃白蓮蓉月餅(8件)
- Mini Red Bean Paste Moon Cakes\$358
with Dried Citrus Peel (8 pieces)
迷你陳皮豆沙月餅(8件)
- Mid-Autumn Festival Hamper\$1,988
中秋禮品籃
- Mid-Autumn Festival Deluxe Hamper\$2,788
金裝中秋禮品籃

SPECIAL OFFER 特別優惠 Now until October 1

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

For enquiries, please call Marina Deli on 2814 5302 or email marinadeli@aberdeenmarinaclub.com.
查詢請致電深灣店電話 2814 5302或電郵至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 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	UNIT 單價	QUANTITY 數量	TOTAL 總數
Mini Moon Cakes with Custard and Egg Yolk (8 pieces) 迷你蛋黃奶皇月餅 (八件)	\$338		
Mini Moon Cakes with Lava Custard (8 pieces) 迷你流心蛋黃奶皇月餅 (八件)	\$338		
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces) 迷你蛋黃白蓮蓉月餅 (八件)	\$318		
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces) 迷你陳皮豆沙月餅 (八件)	\$358		
Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅 (四件)	\$338		
Mid-Autumn Festival Hamper 中秋禮品籃 <ul style="list-style-type: none"> Château Roc de Segur, Bordeaux, France 法國紅酒 Premier Dried Mushrooms 特級花菇 Airborne-Clover & Honeydew Set 紐西蘭特級蜜糖禮盒 France Galler Mini Chocolate Gift Box 法國雜錦迷你朱古力條禮盒 Handcraft Nuts Biscuits 手工果仁曲奇 Roasted Sweet Walnuts with Glass Jar 甜合桃禮盒 Herbal Origin Tea Collection 皇室特級精選茶葉 The Horizon - XO Sauce 海天閣XO醬 Mooncakes in Gift Box 月餅禮盒 	\$1,988		
Mid-Autumn Festival Deluxe Hamper 金裝中秋禮品籃 <ul style="list-style-type: none"> Champagne Maison Veuve Clicquot, Yellow Label, Brut, N.V 法國特級香檳 Premier Dried Mushrooms 特級花菇 South Africa Pre-cooked Abalone 60gm 南非即食鮑魚 Abalone Noodle with Truffle Powder and Olive Oil 南非鮑魚松露粉撈麵 Valrhona Amandes & Hazelnuts Chocolate Box 法國榛子果仁朱古力禮盒 Whittard Premium Biscuits Collection 皇室特級曲奇 Roasted Sweet Walnuts with Gift Box 甜合桃禮盒 The Horizon - XO Sauce 海天閣XO醬 Mooncakes in Gift Box 月餅禮盒 	\$2,788		
Delivery Charge 送貨服務費 : Hong Kong 香港 - \$120, Kowloon 九龍 - \$180, New Territories 新界 - \$220			
Sub Total 合計			
TERMS AND CONDITIONS 訂購須知			
1. All advance orders will be ready for collection at Marina Deli as of August 3, 2020 .			
2. Please fill in this form and return to Marina Deli by fax at 3020 7495, email to marinadeli@aberdeenmarinaclub.com or in person.			
3. We will confirm your order by phone. Your membership account will then be debited automatically.			
4. For enquiries, please contact Marina Deli on 2814 5302.			
5. Order starts July 1, 2020.			
1. 所有月餅訂購可於2020年8月3日起在深灣店提取。			
2. 請填妥此訂購表格傳真至3020 7495或電郵至marinadeli@aberdeenmarinaclub.com，亦可親臨深灣店訂購。			
3. 本會所將以電話確認閣下之訂單。而訂購總額將會自動在您的會員賬戶內扣除。			
4. 惠顧及查詢，請致電深灣店電話 2814 5302。			
4. 7月1日開始接受預訂。			
Add: Delivery Charge 加: 送貨服務費			
GRAND TOTAL 總計			

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
E-mail: 電子郵箱	Fax No.: 傳真號碼
Preferred Collection Date: 提貨日期	Time: 時間
Order Date: 訂貨日期	Signature: 簽名



An illustration for a Mid-Autumn Festival event. It features a large, bright yellow full moon in the center. To the left, a red lantern hangs from a string. To the right, a white rabbit is depicted in a flying or jumping pose. Below the moon, another white rabbit is shown holding a green bamboo shoot. A yellow lantern hangs from the bottom right. The background is a light teal color with scattered orange and red maple leaves and small teal stars.

MID-AUTUMN FUN PARTY AT PORTSIDE

Thursday, October 1 • 6.30-9.30pm

Adult \$518 Child \$368

Celebrate this day with your family and friends.

Lots of carnival games, arts and crafts and festive decoration at the lawn area,
plus an international buffet dinner served at Portside.

與家人及朋友於Portside慶祝中秋節。除了各式遊戲，手工藝術製作，還有自助晚餐供應。



PORTSIDE

For reservations, please call our Events Sales Team on 2814 5442 or email events@aberdeenmarinaclub.com
預訂請致電宴會部電話2814 5442或電郵至events@aberdeenmarinaclub.com



Photo 1

THE HEIGHT of PRESTIGE 筆架山上 峻極天下

On Beacon Hill, one of Hong Kong's most coveted residential locations, lies a secluded enclave of luxury dwellings designed to offer the best of the city in a serene grandeur.

Mont Rouge, an exclusive collection of homes created by Kerry Properties, comprises 5 three-storey villas, 14 two-storey houses and two towers with 26 apartments. These dwellings are intended for a privileged few who relish gracious elegance and timeless design.



M O N T R O U G E

緹 山



Photo 2

District: Shek Kip Mei • Street Name and Street Number: 9 Lung Kui Road • The photographs, images, drawings or sketches shown in this advertisement/promotional material represent an artist's impression of the development concerned only. They are not drawn to scale and/or may have been edited and processed with computerized imaging techniques. Prospective purchasers should make reference to the sales brochure for details of the development. The vendor also advises prospective purchasers to conduct an on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. • The address of the website designated by the vendor for the development for the purposes of Part 2 of the Residential Properties (First-hand Sales) Ordinance: www.themontrouge.com.hk

A View of All Things Splendid¹

傲然卓立 處尊居顯

Situated on the lofty heights of Beacon Hill, Mont Rouge commands breathtaking 180-degree views of the entire Kowloon Peninsula and surrounding mountain peaks on Hong Kong Island, the Lei Yue Mun Strait, and Stonecutter's Island¹. Residents of this prestigious development can bask in unobstructed sunshine, savour mountain breezes, and enjoy tranquility that is rare and precious in this bustling metropolis.



Photo 3

Refined Living in Spacious Elegance

深邃奢華 超逸風範

The five spacious and meticulously designed villas provide between 5,128 and 7,171 square feet² of living space in three storeys, with front and back gardens, a carport as well as a rooftop garden. The surrounding trees enhance residents' privacy while making greenery an everyday feature of living. The rooftop garden, served by a private lift, adds an extra touch of natural beauty.

Fine Living Inside Out

匠心巧藝 鴻圖華構

At Mont Rouge, outside spaces blend with striking interiors. The approximately eight-metre high ceilings³ and full-view windows bring in ample natural sunlight, and reveal the splendours of Kowloon and Hong Kong¹. The master bedroom fills an entire floor, and provides a spacious walk-in closet area, a rare and much sought-after amenity in Hong Kong.

A Legendary Lifestyle of Unrivalled Convenience

極致體驗 心向往之

Mont Rouge promotes well-being and peace of mind in an exquisitely private setting. Those who make their home in these exceptional villas enjoy not only their own parking, but also a thoroughfare, Lung Kui Road, specifically built for the residents.

A man-made natural wonder, a refuge of singular status, a legend lying between the Kowloon skyline and the clouds above, Mont Rouge will be admired by all. Only a very fortunate few, however, will call it home.



嘉里建設有限公司
KERRY PROPERTIES LIMITED

(Incorporated in Bermuda with limited liability)

Enquiry Hotline

(852) 2524 8484



Website



Video

Vendor: NMC 8 Limited (Remark: The place of incorporation of the Vendor is British Virgin Islands. The liability of the members of the Vendor is limited.) • Holding Companies of the Vendor: Kerry Group Limited, Kerry Holdings Limited, Kerry Properties Limited, Kerry Properties (Hong Kong) Limited, Goldash Holdings Limited and Mazbo Holdings Limited • Authorized Person for the Development: Mr. Wong Ming-yim • The firm or corporation of which the Authorized Person for the development is a proprietor, director or employee in his or her professional capacity: DLN Architects Limited • Building Contractor for the Development: CFI Construction Company Limited • The firm of solicitors acting for the owner in relation to the sale of residential properties in the Development: Baker & McKenzie • Authorized institution that has made a loan, or has undertaken to provide finance, for the construction of the Development: Not applicable • Any other person who has made a loan for the construction of the Development: Dragon Fame Limited • This advertisement is published by the Vendor of Mont Rouge • Prospective purchasers are advised to refer to the sales brochure for any information on the Development • Date of print: 1st September, 2020
Photos 1,2,3, were taken at the entrance of the Development (on 6th Jun 2019), Tower 2 Unit 7A (on 15th Jan 2019), and living room of Villa 2 (1st May 2020), respectively and have been edited and processed with computerized imaging techniques (merging, colour tuning and retouching of external appearance). These photos show the general condition of the surrounding environment, buildings or facilities of the part of the Development concerned. The view of a residential property is dependent on the residential property's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. The environment, views, facilities, buildings, design, fittings, finishes, equipment, decorations, plants, landscaping and other objects shown on the photos may not be in existence or provided in the Development or its vicinity. The provision of fittings, finishes and appliances is subject to the terms and conditions of the sale and purchase agreement. The vendor advises prospective purchasers to conduct on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. These photos and the content thereof are for reference only and shall not constitute or be construed as constituting any offer, promise, representation or warranty, whether express or implied (whether in relation to the Development and its surrounding environment, landscaped areas, open spaces, view, facilities and buildings). 1. The view of a residential property is dependent on the residential property's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. 2. These are references to saleable areas. Please refer to the sales brochure for details of the saleable areas. The saleable area of each residential property and the floor area of every balcony, utility platform or verandah (if any) are calculated in accordance with section 8 of the Residential Properties (First-hand Sales) Ordinance. 3. Not applicable to each residential property. Only applicable to certain part(s) of a villa in the Development. The Vendor reserves the right to amend the building plans and other plans, design, fittings, finishes and appliances of the Development or any part thereof from time to time. Fittings, finishes and appliances shall be provided according to the terms and conditions of the agreement for sale and purchase. The design of the Development is subject to the latest approval of the relevant Government authorities. This advertisement/promotional material is for reference only and shall not constitute and shall not be construed as constituting the giving of any offer, promise, representation or warranty whether expressly or impliedly, or any seeking of any general expression of intent or specific expression of intent on any residential property. The sale of the residential properties in the Development will be carried out in accordance with the Residential Properties (First-hand Sales) Ordinance. Market conditions may change from time to time. Prospective purchasers shall consider their own financial status and ability to afford and all relevant factors before deciding whether to purchase or when to purchase any residential property. In any circumstances or at any time, prospective purchasers shall not rely on or be affected by any content, information or concept of this advertisement/promotional material in deciding whether to purchase or when to purchase any residential property.

In this issue, we're looking forward to taking a short break in Thailand to visit . . .

SIX OF THE BEST BANGKOK

曼谷六大旅遊景點



01

The Grand Palace 大皇宮

One of the top tourist attractions in all of Thailand, the Grand Palace has been home to the Kings of Siam since the late 18th century. Although no longer the official residence of the present king, it is still used for official events, such as state functions and royal ceremonies, and is of great architectural and cultural interest. Arriving by boat is a grand experience in itself, with great views of the palace from the water. The 94.5-hectare complex also contains the Wat Phra Kaew, the spiritual core of Thai Buddhism, and home to the famous Emerald Buddha. A comprehensive website with detailed visitor information and online ticket sales can be found at www.royalgrandpalace.th/en/home.

大皇宮是泰國最受歡迎的旅遊景點之一，自18世紀末成為暹羅國王的官邸。儘管它不再是現任國王的官邸，但仍被用作官方活動，如國家活動和皇室儀式，其建築具有很大的文化意義。乘船遊覽是非常好的體驗，可以在水上欣賞宮殿的美景。佔地94.5公頃的建築群，包括有玉佛寺（Wat Phra Kaew），是泰國佛教的精神核心，以及著名的翡翠佛陀的所在地。查閱更多有關旅遊資訊和網上票務銷售，可瀏覽這網址：www.royalgrandpalace.th/en/home。



02

Wat Pho 臥佛寺

Located just south of the Grand Palace, Wat Pho was built by King Rama I and is the oldest Buddhist temple in Bangkok. Long considered an important place of healing, it was famous long ago for its pharmacy and for being Thailand's first university. Wat Pho is also known as the Temple of the Reclining Buddha, and its most famous resident is the 46-metre-long, 15-metre-high golden statue that is the focal point of the temple grounds. Visitors can also find colourful murals with over 400 images of the Buddha, as well as a traditional Thai massage school. You can get a Thai or foot massage here – which you might need after a tour of the Grand Palace – but prices are quite a bit higher than elsewhere in the city.

臥佛寺位於大皇宮的南面，由拉瑪一世國王建造，是曼谷最古老的佛教寺廟。很久以前就以藥房和泰國第一所大學而聞名。Wat Pho也被稱為 Temple of the Reclining Buddha，在正殿的「釋迦牟尼臥佛像」，是最著名的泰國佛像，這尊金碧輝煌的佛像身長46公尺、高15公尺。參觀者還可欣賞到色彩繽紛的壁畫，上面有超過400張佛像圖，以及有一所傳統的泰式按摩學校。有需要還可以在這裡享受泰式足部按摩，但是收費比城市及其他地方較高。

03 Wat Arun 鄭王廟

Renovated and reopened to the public at the end of 2017, Wat Arun – or the Temple of Dawn – is a majestic white temple that sits across the Chao Phraya river from Wat Pho, in the old capital of Thonburi. One of the more visible and hence familiar sights in the city, the temple features five prangs (or towers), which are visible from the river and covered with vivid porcelain and colourful ceramic tiles. It makes for a spectacular sight at any time of day but is especially impressive around sunset.

There's a fine display of beautiful architecture to see here, so it's a good idea to allow yourself at least an hour to look around. Frequent cross-river ferries run over to Wat Arun from Tien Pier, near the Grand Palace and Wat Pho, and the Chao Phraya Express Boat also stops here.

2017年底，鄭王廟進行了翻新工程，並重新向公眾開放。這座白色寺院座落於舊城吞武里的臥佛寺對面的湄南河上。這座寺廟是城市中最知名的景點之一，有五座大樓，從河上可以觀賞到覆蓋著彩色鮮豔的瓷磚建築物。在任何時候都可以欣賞到壯觀的景色，但在日落時分特別令人印象深刻。建議至少預留一個小時遊覽這景點。可乘搭班次頻繁的渡輪從大皇宮和臥佛寺附近的碼頭到達鄭王廟，也可選擇湄南河遊船。



04 Lumpini Park 樂園

The largest public space in the city, Lumpini Park is one of the few places in the city centre with wide open spaces and greenery, away from the crowds, noise and traffic. There's a fair amount to see and do here, and after a couple of days experiencing urban Bangkok, Lumpini Park offers a welcome change of pace. It was created in the 1920s on royal land, when it was on the outskirts of the city. Today it's right in the main business district, and so is easy to reach. Visitors can rent boats and paddle around in the artificial lake or walk along the park's 2.5 kilometres of pathways. People-watching can be a fun thing to do in Bangkok, and early morning in Lumpini Park is a great time to do it, as the park comes to life when locals show up for their morning exercise routines.

樂園是該市最大的公共場所，是市中為數不多遠離人群喧鬧，擁有廣闊開放空間和綠色植物的地方。經過幾天在曼谷市區遊覽後，再遊覽樂園給人有著欣喜的感覺。於1920年在城市的皇家教區建成，現今已成為主要的商業區，所以交通非常方便。遊客可以在人造湖租船和划艇，或者沿2.5公里的公園小徑漫步。在清早樂園開始熱鬧起來，不少當地人前來做運動，是遊覽不錯的時間。



05 Jim Thompson House 泰絲博物館

The former residence of its namesake, the so-called “Thai Silk King” – who famously and inexplicably disappeared on an afternoon stroll in Malaysia’s Cameron Highlands in 1967 – Jim Thompson House today is a museum containing his prized art collection. Thompson was a respected American businessman who established a large and successful Thai silk company. During the 1950s and 1960s he put together this home with pieces from six antique Thai houses to create this unique property. Several books about Thompson and his disappearance have been written, and if you’re looking for holiday reading, consider taking along *The Ideal Man: The Tragedy of Jim Thompson and the American Way of War* (2011) by Joshua Kurlantzick.

Jim Thompson House與故居同名，又名“Thai Silk King”，他於1967年的一個下午，在馬來西亞金馬崙高原散步時失蹤。今天的Jim Thompson House為一所博物館，收藏了他珍貴的藝術品。Thompson是一位受人尊敬的美國商人，他建立了一家大型而成功的泰國絲綢公司。在1950年代和1960年代，他把這棟房屋與六座泰國古董房屋結合一起，形成獨特的物業。已經有幾本關於Thompson失蹤的書，如果想在旅遊時閱讀，可以考慮Joshua Kurlantzick在2011年著作的《The Ideal Man: The Tragedy of Jim Thompson and the American Way of War》。



06 Floating Market 水上市場

Something of a tourist trap, and a little way out of town, the Damnoen Saduak Floating Market in Ratchaburi is still an oddly compelling highlight of a trip to Bangkok. The easiest way to visit is with an organised, inclusive tour that will pick you up from your hotel, and get you there and back in air-conditioned, relative comfort. With the recent drop in tourist numbers to Bangkok, though, it seems likely that the waterways will be much less crowded and touristy than usual. If you employ your own boatman, try and get him to take you to the residential area, which presents a much more authentic view of the traditional floating way of life.

丹嫩莎朵水上市場離市區有點遠，仍然是去曼谷旅行的一個亮點。最方便的方法是參加當地的旅遊團，並可安排到酒店接送，便可舒適地暢遊。隨著最近前往曼谷的遊客數量下降，水上市場比往常少了點擁擠。如果自己租用船夫，可嘗試讓他帶您到居住區，可認識更多傳統的水上生活方式。





M A R I N A
G R I L L

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September & October
九月及十月

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**WILD MUSHROOMS
PROMOTION**

Chef Jack presents delicious mushrooms this autumn, featuring a selection of dishes created with seasonal wild mushrooms. Enjoy these earthy and rich flavours, paired with a glass of fine wine!

今個秋天大廚Jack為你獻上一系列以新鮮野菌製作的美味菜式，不妨配上一杯我們精心挑選的美酒，快來投入這個充滿秋季特色的味覺之旅！

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Vincent Girardin

Burgundy Wine Dinner

紅酒晚宴

Friday, September 25	9月25日 (星期五)
Welcome Drink: 7pm	酒會: 晚上7時
Dinner: 7.30pm	晚宴: 晚上7時30分
\$1,088 per person	每位\$1,088
Hosted by Stephen Raducki, Brand Ambassador	主持: Stephen Raducki 品牌大使

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MENU

Welcome Drink

2015, Savigny Les Beaune Blanc,
Vieilles Vignes

Amuse Bouche

Dinner

Shrimp Dijonnaise

avocado / crispy shallots / herb salad

2016, Meursault "Les Charrons"

Butter poached Alaskan cod

trout roe chutney / puffed rice

2013, Puligny Montrachet 1er Cru
"Les Referts"

Pumpkin ravioli stuffed with ricotta cheese

truffle chicken jus / sage

2016, Santenay Rouge, Vieilles Vignes
2017, Gevrey Chambertin, Vieilles Vignes

M9 Australian bavette steak

bone marrow / mixed mushroom wrapped
in Swiss chard / red wine reduction.

2011, Volnay 1er Cru "Les Santenots"
2011, Charmes Chambertin Grand Cru

Dessert

Mango caramel snow egg

passion fruit sorbet / yoghurt meringue /
mango compote / fresh mango

V I N O I T A L I A N O

AN ITALIAN WINE & FOOD JOURNEY



PORTSIDE

MORE THAN
100 WINES
FROM ITALY WITH
DELICIOUS FOOD
PAIRING!

COMING SOON
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THE
ABERDEEN MARINA CLUB



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Maison Vincent Girardin

Maison Vincent Girardin was founded by Vincent Girardin with only two hectares of vines in 1980. His wines were soon recognised by wine lovers. At the beginning, he focused on the red and white wines from Côte de Beaune, but since the demand was far more than his production, he started to source grapes from different growers, who shared his philosophy. Eric Germain, appointed as a winemaker at Vincent Girardin, made a dramatic change at the winery, focusing on the expression of terroir, sustainable agriculture principles and less new oak barrels in their wines. The resulting wines displayed more purity and mineral complexity.

Today, Maison Vincent Girardin owns more than 20 hectares of vines, almost all from nine villages in Côte de Beaune and some in Beaujolais. The most famous are Meursault, Puligny-Montrachet, Chassagne-Montrachet, Aloxe Corton, Volnay and Pommard.

Maison Vincent Girardin由Vincent Girardin於1980年成立，當時只有兩公頃的葡萄藤。他的葡萄酒很快便得到葡萄酒愛好者的高度評價。起初，他專注於Côte de Beaune的紅、白葡萄酒，但由於需求遠遠超過了他的產量，他便開始和擁有相同理念的種植者採購葡萄。釀酒師Eric Germain及後對該酒莊進行了重大改變，以著重風土、可持續農業原則以及減少使用新橡木桶為重點，葡萄酒從而顯示出更高的純度和礦物複雜性。

今天，Maison Vincent Girardin 擁有超過20公頃的葡萄藤，幾乎全部來自Côte de Beaune的9個村莊以及 Beaujolais 的一些村莊。最著名的是Meursault、Puligny-Montrachet、Chassagne-Montrachet、Aloxe Corton、Volnay和Pommard。



Wine Philosophy 葡萄酒哲學

Although Vincent Girardin sold his operation in 2012, Eric Germain decided to stay on and knows every vine and respects the terroirs. Only the best quality grapes are chosen for the final wines. Vincent Girardin was certified biodynamic from 2007-2010, but gave this up as they needed the flexibility to make their own style wines, but their core values never changed . . .

- No herbicides or insecticides.
- Use of natural composts from farms in the Burgundy region.
- Manual harvests with sorting in the vineyard and in the vat room.

儘管Vincent Girardin在2012年出售了自己的業務，但Eric Germain決定留下。他尊重風土並且了解每一棵葡萄藤。只有最優質的葡萄才會被選用。Vincent Girardin從2007年至2010年獲得生物動力認證，但由於他們需要更多的靈活性釀造自己風格的葡萄酒而放棄了這認證，但其核心價值從未改變：

- 不用除草劑或殺蟲劑
- 使用Burgundy產區農場裡的天然堆肥
- 在葡萄園和釀酒廠中進行嚴格的葡萄篩選



2015, Savigny Les Beaune Blanc, Vieilles Vignes

From 45-year-old vines, wood fermentation and aged 12 months on fine lees in different barrels. The resulting wine is fresh, aromatic floral with a fruit-driven palate.

葡萄採摘自45年老樹藤，在橡木筒桶內發酵，然後在不同桶中陳年12個月。這白葡萄酒味道清爽，充滿著花香和水果味道。

2016, Meursault “Les Charrons”

From 60-year-old vines, fermented in 228-litre French oak casks and aged on fine lees. It displays stone fruit flavours, a touch of mineral on the mid-palate and a buttery finish.

葡萄採摘自60年老樹藤，在228公升的法國橡木筒桶內發酵和並與殘餘的酵母一起陳釀；葡萄酒中帶著杏桃的味道、一點礦物味和如奶油般柔和的餘韻。



2013, Puligny-Montrachet 1er Cru “Les Referts”

Les Referts is situated on the northern part of Puligny-Montrachet. The wine was bottled following the moon calendar after 14 months ageing in French oak. It shows a full-bodied mouth feel, the rich fruity flavours are followed by a nutty, creamy complexity.

Les Referts坐落於Puligny-Montrachet的北部，在法國橡木桶中陳釀14個月後，選擇節日日曆裡的月日裝瓶。此酒口感濃郁，果味豐富的味道伴隨著堅果、榛子和奶油等複雜餘韻。

2016, Santenay Rouge, Vieilles Vignes

Santenay has a similar terroir as Gevrey-Chambertin. It was aged in 15-percent new oak for 14 months on fine lees. The result is delicate, fine-grained tannin with lot of strawberries and dried plum flavour on the palate.

Santenay與Gevrey-Chambertin的風土氣候相似。它在15%的新橡木桶中陳釀14個月；所得葡萄酒單寧細膩，味道中帶著豐富的草莓和乾李子味。

2017, Gevrey Chambertin, Vieilles Vignes

From 60-year-old vines, and bottled according to the lunar calendar, when the moon was down on the fruit day. The flavours are intense yet delicate, and the silky tannin is followed by a mineral finish.

葡萄採摘自60年老樹藤，選擇在節日日曆裡的月日裝瓶。味道醇厚而細膩，迷人的礦物味伴隨著柔滑的丹寧酸。

2011, Volnay 1er Cru “Les Santenots”

The vineyard “Les Santenots” is situated in the village in Meursault; but by law, the red wine produced is classified as Volnay. It is bottled according to the lunar calendar. It is a feminine Burgundy red, which shows fresh acidity and delicate tannin, aromatic violet and juicy berries.

葡萄園“Les Santenots”實際上是位於Meursault的村莊。但根據法律，所生產的紅酒需被歸類為Volnay。它是根據節日日曆 - 果日裝瓶的。它是一種優雅的勃艮第紅葡萄酒，具有新鮮的酸度和精緻的單寧、充滿著芳香的紫羅蘭花白香和果味。

2011, Charmes Chambertin Grand Cru

Aged in 30-percent new French oak for 18 months and bottled according to the lunar calendar, this wine shows intense aromatic earthiness and a touch of dried herbs. The tannin is strong enough to support a good level of acidity and lengthy finish.

在30%的新橡木桶中陳釀18個月，在節日日曆裡的月日裝瓶；此酒充滿著花香、泥土和陣陣香草氣息；醇厚的單寧被清爽酸度和持久的餘韻中和。

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BALCONY
TRADITIONAL THAI
SPECIALITIES
泰國傳統菜式

Traditional Thai cuisine will be presented at The Balcony
in September and October.

泰式傳統菜式美食，將於九月十月於泰國露台餐廳呈獻。



Steamed sago ball stuffed with
minced pork, ground peanut

免治豬肉碎釀西米

Bitter cucumber soup with spare rib

苦瓜排骨湯

Crispy water spinach salad with shrimp

脆炸通菜蝦沙律

Beef brisket turmeric curry with sweet potato

黃薑牛腩咖喱

Crispy rice vermicelli with
tamarind river prawn

脆米粉配羅望子河蝦

Steamed seafood with red curry
in coconut

泰式蒸紅咖喱海鮮

Grilled sea bass fillet with
Thai Herb in banana leaf

泰式香草燒鱸魚柳

Stir-fried angled gourd with
pork slice and egg

勝瓜肉片炒蛋

Egg noodles soup with pork roll,
minced pork, chili, garlic, peanut

特色扎肉豬肉碎湯麵

Deep-fried banana with mango ice-cream

炸香蕉配芒果雪糕

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WEEKEND SPECIAL

Our weekend special buffet offering changes every two weeks.

週末自助餐每兩週轉換一次主題菜式!

EVERY FRIDAY TO SUNDAY

SPECIAL HOT DOGS

特色熱狗

AUGUST 28-30, SEPTEMBER 4-6

MEXICAN TACOS

墨西哥卷餅

SEPTEMBER 11-13, 18-20

JAPANESE TAKOYAKI

日式章魚燒

SEPTEMBER 25-27, OCTOBER 2-4

ROUGAMO (CHINESE HAMBURGER)

肉夾饅

OCTOBER 9-11, 16-18



PORTSIDE

HIGHLIGHT OF THE MONTH

每月精選

September & October

9月及10月



- Local street-side snacks
港式小食
(fried sambol, curry fish balls,
fish meat shaomai, fish and lettuce soup)
煎釀三寶, 咖哩魚蛋, 魚肉燒賣及生菜魚肉
- Salty 7-up and herbal tea
鹹檸七喜及涼茶
- Table games
桌上遊戲

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Caffé LUNA



經典焗薯

CHOICE OF BAKED POTATO

Throughout September 九月

Traditional

(bacon, spring onion & sour cream)

Beef Ragout

Truffle Cream & Cheese

經典 (煙肉、蔥和酸忌廉)、燉牛肉、松露醬及芝士



法國藍青口配薯條

FRENCH BLUE MUSSEL POT WITH FRIES

Throughout October 十月

Spicy tomato sauce,

white wine sauce or cream sauce

辣番茄醬、白酒汁或奶油醬

LUNA HALLOWEEN PARTY LUNA 萬聖節派對

Dinner semi buffet

(choice of main courses with starter and dessert counter)

半自助晚餐 (自選主菜, 配以自助區多款的前菜及甜品)

October 30 & 31

5.30pm to 9.30pm

Face painting from 5.30pm to 7.30pm

10月30及31日

下午5時30分至晚上9時30分

繪面由下午5時30分至晚上7時30分

Adult 成人 \$448 Child 兒童 \$308

Including face painting 包括面部彩繪



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MEETINGS AND DINNERS



MEETING PACKAGE

Meeting package at \$850 per person to include –

- Use of the meeting room from 9am to 5pm
- Continental breakfast served upon arrival
- Two coffee or tea breaks with refreshments
- Choice of Chinese dim sum lunch; Western set lunch or Thai lunch



DINNER AT 1/F FUNCTION ROOMS

Make any day delightful, meaningful and memorable with the help of your Club Events Sales Team.

Chinese dinner menu from \$8,180 per table;
Western set dinner menu from \$720 per person.

Karaoke system available in all the function rooms (except Library).

For reservations, please call the Events Sales Office at 2814 5442 or email events@aberdeenmarinaclub.com

預訂請致電宴會部電話 2814 5442 或電郵至 events@aberdeenmarinaclub.com



Aberdeen Urban History Walks

香港仔城市歷史漫步

This popular walk will return for the cooler months, and is a great chance to see some of Hong Kong's history, just a stone's throw from the Club.

The oldest building on the walk is the Tin Hau temple which dates back to 1851. While no longer on the seafront due to reclamation, it used to sit close to the Lamont and Hope dockyards, which were built in the 1850s and 1860s. With the dockyard came a much busier Aberdeen, and the Police Station (top left, above) was built in 1891. The building is well preserved and tucked away at the top of a small hill, which used to overlook the whole of Aberdeen Harbour.

Everywhere we walk in Aberdeen, we are reminded of its history, as first a quiet fishing village and then a bustling town. As fishing gradually subsided, the Aberdeen Industrial School was built in 1935 to offer trades for young boys. Finally we walk past the Holy Spirit Seminary (top right, above), which was built in 1931. A building we see almost every day at the Club, most are unaware of its storied past.

The walk will start and finish at the Club. We leave at 9.30am, and return by midday. The walk is suitable for children aged eight years and older, although it can be quite hot, so bring your hat, sunscreen and water bottle.

Walks are led by our Director of Sports & Recreation, Giles Leonard, and will take place on Saturday, September 5, October 10, November 7 and December 5.

Reservations are required.

天氣開始清涼又是登山的好時機，本會再次舉辦大受會員歡迎的香港歷史漫步。

步行路途上最古老的建築是建於1851年的天后廟。建於1850和1860年代，由於填海的關係再不位於海濱，曾經靠近Lamont和Hope船塢。隨著船塢的出現，香港仔漸漸變得更繁忙。而警察局（上圖左上）建於1891年，該建築保存完好，藏在小山丘的頂部，可在小山俯瞰整個香港仔的景觀。

在香港仔漫步讓我們想起了它的歷史，首先是一個安靜的漁村，之後是一個熱鬧的漁鎮。隨著捕魚逐漸式微，香港仔工業學校建於1935年，專門為青少年提供貿易知識。最後，我們將走過建於1931年的聖神修院（上圖右上）。我們幾乎每天在深灣遊艇會看到的一棟建築物，但大部分會員卻不知道它過去的歷史。

活動將於上午9時30分在深灣遊艇會出發，並大概於中午完結。活動適合各會員，但比較適合8歲以上的兒童。請穿著舒適的衣服和鞋子及帽子，並自備水瓶及防曬用品。活動將由本會的康體部總監李基爾領導和主持。活動日期為星期六，9月5日、10月10日、11月7日及12月5日。敬請及早報名。



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倫敦塔橋

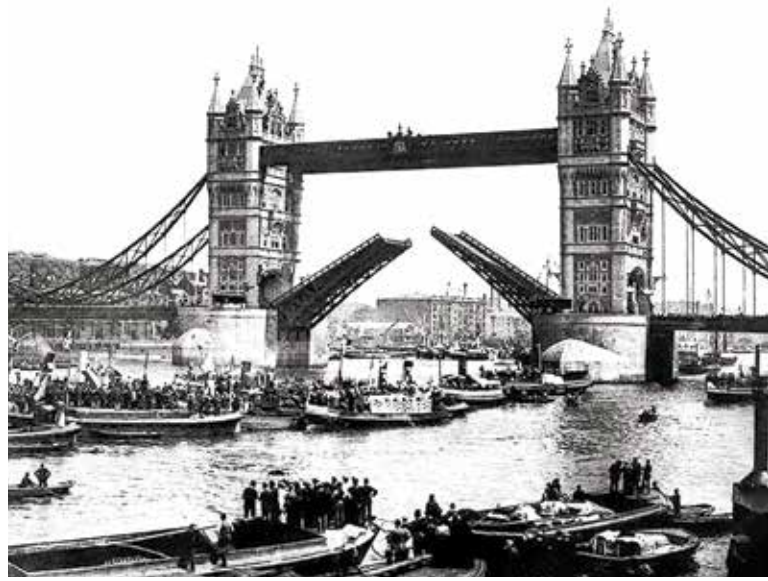
Tower Bridge

- by Peter Walbrook



As recognisable as any of the world's city landmarks, London's Tower Bridge was the result of a design competition that attracted more than 50 entries. The selection process took several years, but in 1884 a design by architect by Sir Horace Jones (who happened to be one of the judges) was chosen as the most practical. Under the instructions of engineer Sir John Wolfe Barry, construction began in June 1886, when the Prince of Wales laid the first stone. He and the Princess of Wales also opened Tower Bridge on June 30, 1894 (right).

To have the bridge blend in with the nearby Tower of London, much of its modern steel framework was clad



The two high-level walkways were designed so that pedestrians would still be able to cross the bridge when it was open to river traffic. Most people preferred to wait, though, and as a result they became one of London's more unusual informal red light districts, also frequented by sundry villains and other unsavoury characters. The walkways were closed to the public in 1910, and reopened in 1982 as part of the Tower Bridge Exhibition.

Ships still have the right of way over road traffic, and as long as 24 hours notice is received from the vessel, anybody approaching when the bascules begin to rise – including US President Bill Clinton in 1997 – will have to wait until they are lowered again before continuing their trip across the River Thames.

倫敦塔橋是世界上眾所周知的一個城市地標，建築設計當年參加了比賽，還吸引了其他五十多個參賽作品。甄選過程耗時數年，在1884年，建築師Horace Jones爵士（恰好是評委之一）的設計被選為最實用。在工程師John Wolfe Barry爵士的指示下，於1886年6月開始建造，當時由威爾士親王奠基。並於1894年6月30日，他和威爾士王妃主持的塔橋開幕禮。

為了使塔橋與附近的倫敦塔融為一體，部分現代鋼框架都用石材覆蓋，而創造了一種新哥特式的男爵風格，使其看上去比實際要古老得多。倫敦塔橋是世界上同類橋樑中最複雜的。燃煤蒸汽發動機用於升高兩個基架，直到1970年代之後被電液驅動系統取代。

設計兩層行人道，當橋樑向內河開放時，以便行人仍然能夠越過橋樑。不過大多數人寧願等待，結果成為倫敦最不尋常的非正式紅燈區之一，各種不討人喜歡的人物經常出現在這區。行人道於1910年關閉，並在1982年塔橋重新開放為展覽區。

船舶仍然可以通行，船舶只要在二十四小時前發出通知，並當浮雕開始上升時，任何人包括1997年美國總統克林頓，都不得不等待直到再次降下，方可繼續穿越泰晤士河。



Alternative bridge design



Tower Bridge under construction, 1889

in stone, creating a neo-gothic, baronial style that makes it look much older than it really is.

Beneath the surface, it was the most sophisticated bridge of its kind in the world. Coal-burning steam engines were used to lift the two bascules that are raised to allow shipping to pass, and these were working until the 1970s when they were replaced by an electro-hydraulic drive system.

FITNESS TIPS

健身秘訣



Friday Fitness Mornings

週五早上健身練習

With the cooler months just about upon us, we will re-start our Friday morning social fitness sessions at the Aberdeen Track from October onwards. We meet at the Main Lobby at 7.15am, before taking a leisurely

warm-up one-kilometre jog to the track, where we will do a 30-minute speed/interval/core session before a cool-down jog back to the Club. Track workouts can bring a whole new element to your training and are aimed at those who already exercise on a regular basis.

The sessions are led by our Director of Sports & Recreation, Giles Leonard, and reservations are required.

涼爽的月份來臨，本會將在香港仔徑再舉辦週五早上的社交健身練習。於早上7時15分在會所大堂集合，經過熱身後將會跑一公里，隨後將進行30分鐘的速度/間歇/核心訓練，再跑回會所。此活動可以為您的訓練帶來新元素，特別有助定期進行鍛鍊的人。

課程由本會的康體部總監李基爾主持。

敬請預約報名。

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

報名或查詢請致電預訂服務中心電話2814 1222或電郵至 reservations@aberdeenmarinaclub.com

**NZ'S BEST
DELIVERED
FRESH**



Eat the kiwi is your one-stop online grocer offering next day delivery, Hong Kong wide.

Their wide range of products are sourced from New Zealand. Working directly with their farmers and producers means better prices, savings which they share with you.

10% OFF
YOUR FIRST ORDER
use the code **AMC** at the checkout

Halloween

HIGHLIGHTS

萬聖節特備節目



SPOOKY ADVENTURE ZONE 鬼魅動感樂園

Dress up and have fun at the Spooky Adventure Zone.
打扮鬼魅一同來參加動感樂園萬聖節派對吧。

October 30 and 31 (Friday and Saturday)
From 6pm to 9pm

Includes one play session at either
Adventure Zone or Run, 2, 3!

10月30及31日(星期五及六)
下午6至9時

可享在動感樂園或Run, 2, 3! 玩樂一節。

Member 會員 \$88 Guest 來賓 \$108

Enquiries 查詢: 2814 5360

HALLOWEEN PUMPKIN HUNT 萬聖節尋找南瓜遊戲

Come and enjoy our Pumpkin Treasure Hunt
in your favourite costume at the
Children's Play Area
快來穿著您喜愛的服飾參加在兒童天地舉行的
戶外尋找南瓜的有趣活動。

Saturday, October 31
From 2pm to 4pm
Ages 3 to 8

10月31日(星期六)
下午2至4時

適合3至8歲兒童參加

Member 會員 \$120 Guest 來賓 \$150



Session 1
第一節 2 - 2.20pm
下午2時至2時20分

Session 2
第二節 2.30 - 2.50pm
下午2時30分至2時50分

Session 3
第三節 3 - 3.20pm
下午3時至3時20分

Session 4
第四節 3.30 - 3.50pm
下午3時30分至3時50分

For bookings and enquiries, please call Adventure Zone on 2814 5360

or email adventurezone@aberdeenmarinaclub.com.

報名及查詢請致電動感樂園電話2814 5360或電郵至adventurezone@aberdeenmarinaclub.com。

CUTTING
Edge

Z E N T S

MANICURES & PEDICURES

AT CUTTING EDGE NAIL BAR



ZENTS Manicures & Pedicures are carefully crafted treatment experiences blending powerful natural ingredients with beautiful aromas for long-lasting results.

ORGANIC FORMULAS | Age-defying and detoxifying principles form an integral part of our treatment philosophy. Natural and powerful ingredients such as exfoliating fruit enzymes, pain-relieving arnica, remineralising and detoxifying salts and age preventing shea butter are all incorporated into our protocols.

ZENTS Manicures & Pedicures provide an effective and safe way of treating hands and feet for long-lasting results. Imperfections are easily recognized and more effectively removed when the skin is "dry". This technique also reduces the risk of damaging delicate skin that may have been altered in appearance by pre-soaking.

ZENTS美甲和修腳甲的產品成分天然及芬香，效果能保持長久，讓您感受精心打造的治療體驗。

有機配方 | 抗衰老和排毒是治療哲學不可或缺的一部分。天然成分，含有去角質水果酵素，緩解疼痛的山金車，補充礦物質和解毒的鹽，以及防止衰老的乳木果油等。ZENTS美甲和修腳甲產品安全以及效果持久。當表層乾或開始有瑕疵時很容易擦去。產品技術可以減少甲面擦花或因浸泡而改變色澤。

For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com

預約及查詢請致電美髮及美容中心電話2814 5320或電郵至 salon@aberdeenmarinaclub.com

THE MASSAGE CENTRE AT HEALTH CLUB

Open daily from 9am to 9pm



Z E N T S

For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com
預約及查詢請致電美髮及美容中心電話2814 5320或電郵至salon@aberdeenmarinaclub.com

THE REAL ALTERNATIVE FOR AMAZING LASHES AT CUTTING EDGE BEAUTY



YUMI LASHES' strength lies in its ability to boost the eyelash without using false lashes, and will nourish, straighten, thicken and lift your eyelashes.

YUMI is the compelling alternative, giving you long-lasting results and improving the quality of the natural eyelashes using keratin.

The process combines eyelash enhancement and dyeing for optimum glowing without curling or using mascara.

Please note that advance booking required and treatment duration is 90 minutes.


YUMI LASHES的優勢在於能滋養及增強睫毛，並具有拉直、濃密和提升睫毛的效能。

YUMI為您帶來持久效果，並使用角蛋白改善天然睫毛的質量。過程結合了增強睫毛和染色以獲得最佳的效果。從始再無需使用睫毛夾或睫毛膏了。療程約90分鐘，敬請預約。

For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com

預約及查詢請致電美髮及美容中心電話2814 5320或電郵至 salon@aberdeenmarinaclub.com

TAKE YOUR HAIR EXPERIENCE TO A NEW LEVEL WITH THE CUTTING EDGE SALON TEAM



CURE AMINEXIL (ANTI-HAIR LOSS)
亞美尼斯活髮精華

AMINEXIL® 15 000 PPM + RHAMNOSE
亞美尼斯15 000 PPM + 銀樺樹毛囊強化因子

ANTI-HAIR LOSS EFFICACY AFTER 6 WEEKS*
6星期有效對抗掉髮*

*Clinical test, 130 people vs placebo. Daily application for 6 weeks.
*臨床實驗 - 130測試者每天使用6星期與全數測試的對照結果

For reservations and enquiries, please call the Hair & Beauty Salon on
2814 5320 or email salon@aberdeenmarinaclub.com

預約及查詢請致電美髮及美容中心電話 2814 5320 或電郵至 salon@aberdeenmarinaclub.com

CUTTING

Edge

The Solution for Intimate Health by BTL

Special Promotional Package available for EMSELLA and EXILIS FEMME

私密療程



ULTRA FEMME 360™

For vaginal laxity.

50%

50% OF PAROUS WOMEN ARE CONCERNED WITH VAGINAL LAXITY¹

57%

57% OF UROGYNS REPORTED THAT VAGINAL LAXITY NEGATIVELY AFFECTS PATIENTS' SEXUAL FUNCTION²



25-63% IS THE WORLDWIDE PREVALENCE OF FEMALE SEXUAL DYSFUNCTION³

BTL EMSELLA®

For urinary incontinence and pelvic floor muscles.



WOMEN MOSTLY COMPLAIN ABOUT THE LACK OF SEXUAL INTEREST⁴



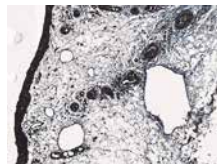
200 MILLION PEOPLE WORLDWIDE ARE AFFECTED BY INCONTINENCE⁵

6.5

6.5 YEARS ON AVERAGE FROM FIRST SYMPTOMS TO SEEKING HELP⁵

Histology after 3 TX ⁶

1-WEEK FOLLOW-UP: elastin fibers



1-MONTH FOLLOW-UP: elastin fibers

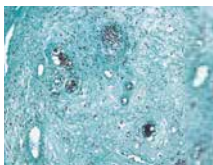


Histology after 3 TX ⁶

1-WEEK FOLLOW-UP: collagen fibers

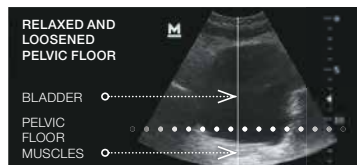


1-MONTH FOLLOW-UP: collagen fibers

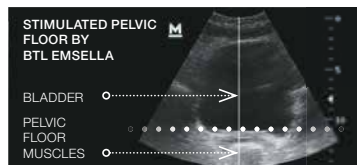


A frontal view of the pelvic floor muscles and bladder using ultrasound imaging.

BEFORE:



AFTER:



For reservations and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email salon@aberdeenmarinaclub.com

預約及查詢請致電美髮及美容中心電話2814 5320或電郵至salon@aberdeenmarinaclub.com

Art on Ice!

冰上繪畫

Sunday, September 20

From 4.30-6pm

Come along to have a great painting experience on the ice!

Prizes will be given to the best three paintings for each age group!

Members \$150 Guests \$210

9月20日(星期日)

下午4時30分至6時

快來體驗在溜冰場上繪畫。每組最好的三幅畫將會獲得獎項。

會員\$150 來賓\$210



Halloween Fun on Ice!

冰上萬聖節派對

Dress Up and have fun at the Ice Skating Rink!

Saturday, October 31 from 6.30-8.30pm

Members \$80 Guests \$120.

悉心打扮來參加溜冰場的萬聖節派對吧！

10月31日(星期六)，下午6時30分至8時30分

會員\$80 來賓\$120

Enquiries 查詢: 2814 5374





F1 Pitstop Weekend Challenges

F1週末賽事

Fun challenges every Grand Prix weekend. Pay for 15 minutes, but drive for 30 minutes!

Italy, Singapore, Russia

– September 5, 6, 19, 20, 26 & 27

Japan, United States

– October 10, 11, 24 & 25

挑戰富刺激性的週末大獎賽。只需支付15分鐘的費用便可享用30分鐘。

意大利，新加坡，俄羅斯

– 9月5, 6, 19, 20, 26 & 27日

日本，美國

– 10月10, 11, 24 & 25日

Enquiries 查詢: 2814 5483 (Chill Zone)



Bazooka Ball Challenge

It's like Laser Tag, but even better! It's like Paintball, but less messy!

From 7-7.30pm

晚上7時-7時30分

- Friday, September 11
- Friday, October 16
- 9月11日(星期五)
- 10月16日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

Foam Factory Ball Blaster Challenge

泡泡工廠衝擊波賽

From 6-6:30pm

晚上6時30分-7時30分

- Friday, September 18
- Friday, October 30
- 9月18日(星期五)
- 10月30日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

Laser Tag Challenge

鐳射槍賽

From 6.30-7.30pm

晚上6時30分-7時30分

- Friday, September 25
- Friday, October 23
- 9月25日(星期五)
- 10月23日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

CLASS HIGHLIGHTS

康體課程推介

Children's Gymnastics by Sportscene Limited

兒童體操

This gymnastics programme is designed to teach children aged two and above the fundamentals and techniques through step-by-step progression. Potential gymnasts are encouraged to participate in inter-school and other open competitions. Every year, students will be tested according to the British Amateur Gymnastics Association (B.A.G.A.) Test. Certificates and badges will be awarded to those who can fulfill the test requirements.

Gym Fun (for ages two to three years with parent).

Children can enhance self-confidence, establish a sense of self-respect as well as physical ability, intelligence and socialising through different gymnastics activities.

Beginner Class (for ages three to five) and

Intermediate Class (for ages six and seven, or children recommended by coaches).

Emphasis is placed on form, flexibility, strength and basic floor exercise, such as forward and backward rolls, basic jumps, and balancing and landing skills.

Advanced Class (for ages eight and above or children recommended by coaches).

This promotes the power and technique in cartwheels, the combination of all single movements, forward handstands, round-offs, dive rolls and the combination of all single movements.

這體操課程是為兩歲或以上的兒童而設，簡易的方法教授基本原理和技術。

體操玩樂 (兩至三歲需由家長陪同)

透過課程可增加兒童自信心，建立自我感，改善體能和學習與人相處。

初級 (三至五歲) 及 **中級** (六至七歲或教練推薦)

課程著重教授姿態，靈活性，強度和基本地上運動，例如前滾翻和後滾翻，基本跳躍，以及平衡和著地技能。

高級 (八歲或以上或教練推薦)

課程教授側手翻，混合動作和，前手倒立等。

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

報名或查詢請致電預訂服務中心電話2814 1222或電郵至 reservations@aberdeenmarinaclub.com



MiniSport®

迷你運動課程

Every Tuesday & Saturday from 9-11am

MiniSport® provides children aged 1.5 to 3.5 years with a well-rounded introduction to five sports through one signature programme. These sports are soccer, basketball, tennis, athletics and rugby.

Starting from September on Every Tuesday morning.

逢星期二及六，早上9至11時

課程於9月初開始，提供一歲半至三歲半幼童，課程讓孩子透過不同活動認識五項熱門運動，包括足球、籃球、網球、體操及欖球。

Playgroup 玩樂班

Assisted by a guardian, children are encouraged to explore new ranges of bodily movement such as running, turning, crawling, stepping and jumping. Every lesson is a chance to create lively, memorable experiences for children & build an eagerness for activity at this important age.

孩子需由家長陪同參與，激勵孩子探索不同的活動範圍，如奔跑，轉彎，爬行，踩踏和跳躍。課程為孩子們創造有趣生動的體驗，並在這個重要的年齡樹立積極開展活動的渴望。

Mini-Tots 幼兒班

With the ability to walk and run, children at this age are keen to further experiment with the range of activities that their bodies can cope with. We draw upon a range of games that possess more complex rules and demands to delve into dynamic gross motor movements such as balancing, running and evasion.

孩子在走和奔跑的階段，渴望嘗試各探索新事物，身體可以應付的各種活動。課程提供一系列複雜的遊戲來介紹不同的身體動作，如平衡，奔跑和躲避。

Line Dancing Regular Adult Class

by Katina

排排舞成人班

Every Thursday
10.30-11.30am
7/F Activities Studio

Line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time.

逢星期四，上午10時30分-11時30分
7樓活動室

排排舞是一種精心設計的舞蹈，一組人排成一排或多行，面向對方或朝著同一方向，並重複跳一系列的舞步。

Stretch-eze® by Pilates coach Iris Cheung 普拉提斯Stretch-eze®

Stretch-eze® was developed by former dancer, dance and movement therapist and Pilates instructor Kimberly Dye. A circular resistance fabric band made with high quality nylon / lycra spandex is used for support and resistance in a Pilates mat class. Exercise with Stretch-eze® helps establish body awareness, improve balance, flexibility, and concentration. The springy resistance creates more space in joints but is less prone to cause injury.

Stretch-eze®是由前舞蹈員、運動治療師和普拉提斯導師 Kimberly Dye開發。由高質量彈力的尼龍纖維帶製成，支持各款阻力動作。Stretch-eze®有助提高自我意識、平均力、靈活性及專注度。彈性阻力增強關節柔韌度，更不易受傷。並調節神經系統。



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

報名或查詢請致電預訂服務中心電話2814 1222或電郵至reservations@aberdeenmarinaclub.com

Our Skating Coaches share a few of their favourite things!

本會溜冰教練的喜愛

RYAN MCCLENAGHAN

Favourite sport

最喜歡的運動: **Ice Hockey**

Favourite athlete

最喜歡的運動員: **Roger Federer (Tennis)**

Favourite spin

最喜歡的旋轉動作: **Sit Spin**

Favourite jump

最喜歡的跳躍動作: **Triple Loop Jump**

Highlight of your skating career

溜冰生涯的亮點: **Competing at Canadian National Championships twice**



ALAN NG

Favourite sport

最喜歡的運動: **Car Racing**

Favourite athlete

最喜歡的運動員:

Fernando Alonso (F1 Racing)

Favourite spin

最喜歡的旋轉動作: **Sit Spin**

Favourite jump

最喜歡的跳躍動作: **Salcow**

Highlight of your skating career

溜冰生涯的亮點: **Leading the Club skating team to 2nd runner up at Skate Hong Kong 2008**



LEIGH YIP

Favourite sport

最喜歡的運動: **Ice Skating**

Favourite athlete

最喜歡的運動員:
Yuzuru Hanyu (Ice Skating)

Favourite spin

最喜歡的旋轉動作: **Flying Camel**

Favourite jump

最喜歡的跳躍動作: **Russian Split Jump**

Highlight of your skating career

溜冰生涯的亮點: **Triple gold medallist at the World Masters Games in 2020**



CHRIS CHEUNG

Favourite sport

最喜歡的運動: **Ice Skating**

Favourite athlete

最喜歡的運動員:

Robin Cousins (Ice Skating)

Favourite spin

最喜歡的旋轉動作: **Flying Sit Spin**

Favourite jump

最喜歡的跳躍動作: **Toe Loop**

Highlight of your skating career

溜冰生涯的亮點: **Representing Hong Kong to join the World Figure Skating Championship in 1994**



DEREK CHANG

Favourite sport
最喜歡的運動: **Snowboarding**

Favourite athlete
最喜歡的運動員:
Hamilton (Ice Skating)

Favourite spin
最喜歡的旋轉動作: **Back Spin**

Favourite jump
最喜歡的跳躍動作: **Double Flip**

Highlight of your skating career
溜冰生涯的亮點:

ISIA U.S. Competition, Skate Asia



SUZANNA NG

Favourite sport
最喜歡的運動: **Ice Skating**

Favourite athlete
最喜歡的運動員:
Kim Yeon-A (Ice Skating)

Favourite spin
最喜歡的旋轉動作: **Flying Camel**

Favourite jump
最喜歡的跳躍動作: **Split Jump**

Highlight of your skating career
溜冰生涯的亮點: **ISIA U.S Competition, Skate Asia**



BRIAN CHIMUK

Favourite sport
最喜歡的運動: **Snowboarding**

Favourite athlete
最喜歡的運動員: **Lionel Messi (Soccer)**

Favourite spin
最喜歡的旋轉動作: **Death Drop**

Favourite jump
最喜歡的跳躍動作:
Triple Lutz off a Spread Eagle

Highlight of your skating career
溜冰生涯的亮點:

Touring the world with Disney on Ice



CHAD HAWSE

Favourite sport
最喜歡的運動:
Figure Skating & Mountain Biking

Favourite athlete
最喜歡的運動員: **Bobby Orr (Ice Hockey)**

Favourite spin
最喜歡的旋轉動作: **Flying Change Sit Spin**

Favourite jump
最喜歡的跳躍動作: **Double Axel**

Highlight of your skating career
溜冰生涯的亮點: **Winning the Canadian National Pairs title with my partner Samantha Marchant**



New Pilates Coach

KELLIE SIMPSON

Kellie has been involved in physical fitness just about all her life. Her mother was a Physical Culture teacher, so it's in her genes. She began teaching aerobics when she was 20, and has continued to teach for another 25 years. She became interested in Pilates after attending an Introductory Mat course with PhysicalMind, and then furthered her knowledge by attending Polestar Mat Levels 1, 2 and 3. Kellie went on to complete a Studio course with PhysicalMind, and worked for over 10 years at One Pilates studio. She also completed her Gyrotonic Instructor training in Hong Kong and Portland with Master Trainers.

Kellie大部份時間都放在鍛鍊身體上。她的母親是一名體育老師，也許與遺傳有關。她從20歲開始教授健美操，並持續任教25年。她參加了PhysicalMind的基礎課程之後，對普拉提斯產生了興趣。之後更參加Polestar Mat 1、2和3級，進一步提高了對普拉提斯的知識。Kellie繼續完成了PhysicalMind工作室課程，並在One Pilates工作室工作了10年以上。她在香港和波特蘭完成了大師級Gyrotonic教練培訓。



Private and Group lessons are available.
For more details, please contact the Ice Rink at
2814 5374 or icerink@aberdeenmarinaclub.com

本會提供私人及團體課程。查詢詳情請致溜冰場電話2814
5374或電郵至 icerink@aberdeenmarinaclub.com



Get Redressed Month Returns in October

回收衣物 Redressed 十月再重臨

We are pleased to confirm that Redress will be running its annual Get Redressed Clothing Drive again this October. This year, instead of collecting directly from companies and schools, collection boxes will be placed in numerous public locations across Hong Kong, including Aberdeen Marina Club.

Get Redressed Month encourages everyone to reimagine their wardrobes by reviving, restyling, reweaving and recycling clothes to make them last longer. With a small change to how we view our clothes, we can make a big difference in reducing fashion waste, and the impact our wardrobes have on the environment.

Please drop your unwanted clothing in the boxes located at 5/F Health Club from October 1 to 31. Donations will be carefully redistributed to local charities, directly benefiting refugees, babies and children living in poverty, women at risk, and the elderly. Top-quality clothing will be sold to raise funds for Redress in an educational pop-up shop following the drive. Clothes that cannot be reused will be recycled.

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

Not accepted: Shoes, school or work uniforms and home textiles.

Thank you to all Club Members who donated their unwanted clothes last year. We collected a total of 612.9 kilos of clothing, contributing to a whopping total of 15.4 tonnes of unwanted clothes, and are very much looking forward to you joining us in our mission to cut waste out of fashion again this year.

For more information about the campaign including free online public events, please visit the Redress website www.redress.com.hk/getredressed2020

本會很高興與Redressed在10月份再次舉辦Get Redressed回收衣物活動，今年 Redressed 將於香港不同地方設置回收箱，包括深灣遊艇會。

Get Redressed 回收衣物活動鼓勵大家重用衣物作新造型及回收衣服，使衣物的壽命更長。透過這個改變，我們可以減少浪費時裝衣物，以及對我們環境造成的影響。

請在10月1至31日內把捐贈的衣物放到5樓健康中心的回收箱。回收到的衣物，Redressed 將分發給本地的慈善機構，令有需要的難民、嬰兒、兒童、婦女及長者受惠。

較優質的衣物將出售以為Redressed籌募資金，用作臨時回收衣物場地之用。而沒並選用之衣物，將循環再造為新紡織品。

回收要求：品質保持良好的男裝、女裝及童裝衣物。

不接收：鞋履、校服、制服、內衣及睡衣。

感謝各會員去年的支持。我們共收集了612.9公斤的衣服，活動總數收到15.4噸的衣服，並非常期待您們今年再次支持減少浪費時尚服裝。

查詢更多資訊，請瀏覽Redress網頁
www.redress.com.hk/getredressed2020



JUNIOR CLUB STARS

SKATER • AGE 7

BONNIE CHOI



Bonnie is working on Delta level, and skates twice a week. She has been skating for over three years. Well done, Bonnie!

Bonnie每週上兩堂溜冰班，現時在Delta階段。練習溜冰已三年。做得好Bonnie，繼續努力！

SKATER • AGE 8

EMMA ALEXANDER



Emma is a joy to teach. She is very hardworking and self-motivated. You can usually see Emma practicing on her own, on multiple days of the week. Such hard work and dedication has certainly paid off, and Emma has passed several tests these past few months to prove it. We wish Emma all the best in her skating, and continued success!

Emma非常努力及有上進心。常常看到Emma獨自練習。經過辛勤的練習無疑獲得正面的回報，在過去的幾個月中，Emma已通過了幾次測試來證明努力的成績。祝願未來有更好的成績，繼續努力Emma！

SWIMMER • AGE 10

SUZANNE HUI



Suzanne has consistently shown progress and interest in swimming. She excels in the stroke she loves the most – the breaststroke. Her consistent attendance and perseverance to improve while enjoying her sessions has earned for her the title of being the most efficient female Breaststroke on the swim team. Congratulations, Suzanne!

Suzanne有著很大的進步，顯示出對游泳的熱愛。她擅長和喜歡蛙泳。目前她努力不懈地提高游術，並贏得游泳隊中最有成績的女蛙泳稱號。恭喜Suzanne!

TENNIS PLAYER • AGE 12

JENNIFER TAN & AMELIA TAN



Jennifer and Amelia have both shown great improvement. Their favourite player is Nick Kyrgios and their favourite shot is the forehand. They are both hardworking and active during lessons. Keep up the good work, Jennifer and Amelia!

她們倆都表現出很大的進步，最喜歡的球員是Nick Kyrgios，而她們最喜歡的正手抽擊。課堂上她們倆都很努力和活躍。繼續努力，Jennifer & Amelia！

3/F Swimming Pool Bubble Inflation

安裝三樓游泳池帳篷

The Club will announce the closing date of the 3/F Swimming Pool for bubble inflation and maintenance in October by e-news, depending on weather conditions. For enquiries, please contact the 5/F Health Club reception on 2814 5342 or email healthclub@aberdeenmarinaclub.com.

本會將根據天氣情況決定三樓游泳池帳篷之安裝日期，並以電郵通知各會員。查詢請致電康體部2814 5342或電郵至healthclub@aberdeenmarinaclub.com。



Tropical Pool Opening Hours

碧波池畔 開放時間

From September 7 until Bubble inflation.

Monday to Friday: 2pm to 7pm

Saturday, Sunday and Public Holidays: 9am to 7pm

由9月7日起至拆除帳篷

星期一至五:下午2時至晚上7時

星期六、日及公眾假期:

上午9時至晚上7時

Child Safety and Behaviour

兒童安全及禮儀

- Please remind your children not to run or shout in the 2M corridor.
- Children should always be supervised by an adult Member or family assistant. No running, screaming or rough playing is permitted.
- Parents are reminded that the supervision of children in the swimming pool is not the responsibility of lifeguards. Children under the age of 12 should always be accompanied and watched by a parent or other family member over the age of 16.
- Please note that no child aged seven or over may enter the changing room of the opposite sex. Accompanying adults must also prevent children from making excessive noise or misbehaving.
- 請提醒兒童在2M走廊不得喧譁及奔跑。
- 兒童應由成人或家務助理監管及陪同。嚴禁奔跑、叫喊或胡亂嬉戲。
- 家長們請注意，看管兒童在游泳池中的活動並不是救生員的責任。12歲以下的兒童應由父母或16歲以上的家庭成員陪同及看管。
- 請注意，7歲或以上的兒童不得進入異性的更衣室。陪同的家長或監護人必須提醒兒童不得過度喧譁或不端的行為。

Family Assistants

家務助理

Family Assistants are allowed on the Club premises to take care of Members' children. They are required to behave in a proper manner and respect Members' priority to all facilities.

本會容許家務助理在本會照顧會員的子女。他們需有恰當的禮儀及尊重其他會員使用本會設施的優先權。

Parking and Driving Etiquette

泊車和駕駛禮儀

No parking or waiting is permitted in the entrance driveway. Please drive within 8km/h at the Club's parking areas with vehicle headlights on, and always remain in the same lane.

在會所大門入口行車道禁止停泊或等候。並在會所停車場內請遵守時速8公里行車限制、開啟車頭燈及切勿越線。

Membership Card Verification

會員卡認證

Please be reminded that Members are required to present Membership cards for verification in all restaurants and sports & recreation receptions at the Club. Membership cards may not be given to non-card holders for use, including family members. Members introducing guests should always accompany them while on Club premises.

會員須在所有餐廳和康體部接待處出示會員卡進行認證。會員卡不得借給他人使用，包括家庭成員。會員必須陪同賓客享用會所餐廳及設施。多謝合作。



Dry Boat Store

There are some vacancies in the dry boat store for you or your boat crew.
This is the only indoor weather-proof dry boat store in Asia, providing perfect conditions for smaller boats and jetskis.

本會之室內快艇倉現有空位出租，這是香港唯一的室內防風雨的快艇倉，適合各快艇及水上電單車。

Club Ferry

Monday, Wednesday to Friday
星期一、三至五

8.30am to 7pm

Tuesday 星期二

8.30am to 5.30pm

Saturday, Sunday and
Public Holidays
星期六、日及公眾假期

8am to 8pm

Dry Boat Store

Monday, Wednesday to Friday
星期一、三至五

8.30am to 7pm

Tuesday 星期二

Closed

Saturday, Sunday and
Public Holidays
星期六、日及公眾假期

8am to 8pm

For enquiries, please contact the Marina Office on 2814 5368 or
email to marina@aberdeenmarinaclub.com

查詢請致電海事部電話2814 5368或電郵至 marina@aberdeenmarinaclub.com

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