

# Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

SEPTEMBER/OCTOBER 2023

On Location  
**Deserts**

Design Icons  
**The  
Parker  
51**

中秋  
**HAPPY  
MID-AUTUMN  
FESTIVAL!**





ROLEX GLIDELOCK  
EXTENSION SYSTEM



3235 MOVEMENT



WATERPROOF  
OYSTER CASE



OYSTER PERPETUAL SUBMARINER DATE

## LOOK BEYOND

Be it above or below the surface, exploring the unknown is, by nature, unpredictable. To unveil its mysteries, two things are needed. A steadfast willingness to push one's limits always further. And a strong, unwavering ally to fuel your confidence. Over the past 70 years, we have constantly perfected the Submariner to make it the tool watch of reference for the pioneers of the marine world. Yet you need not swim 300 metres deep, or endure 30 bars of pressure, to field-test it. Diving into the unknown can be an exhilarating experience, in any circumstance. All it really takes is to look beyond the surface. **The Submariner.**

*#Perpetual*

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**ROLEX**

# 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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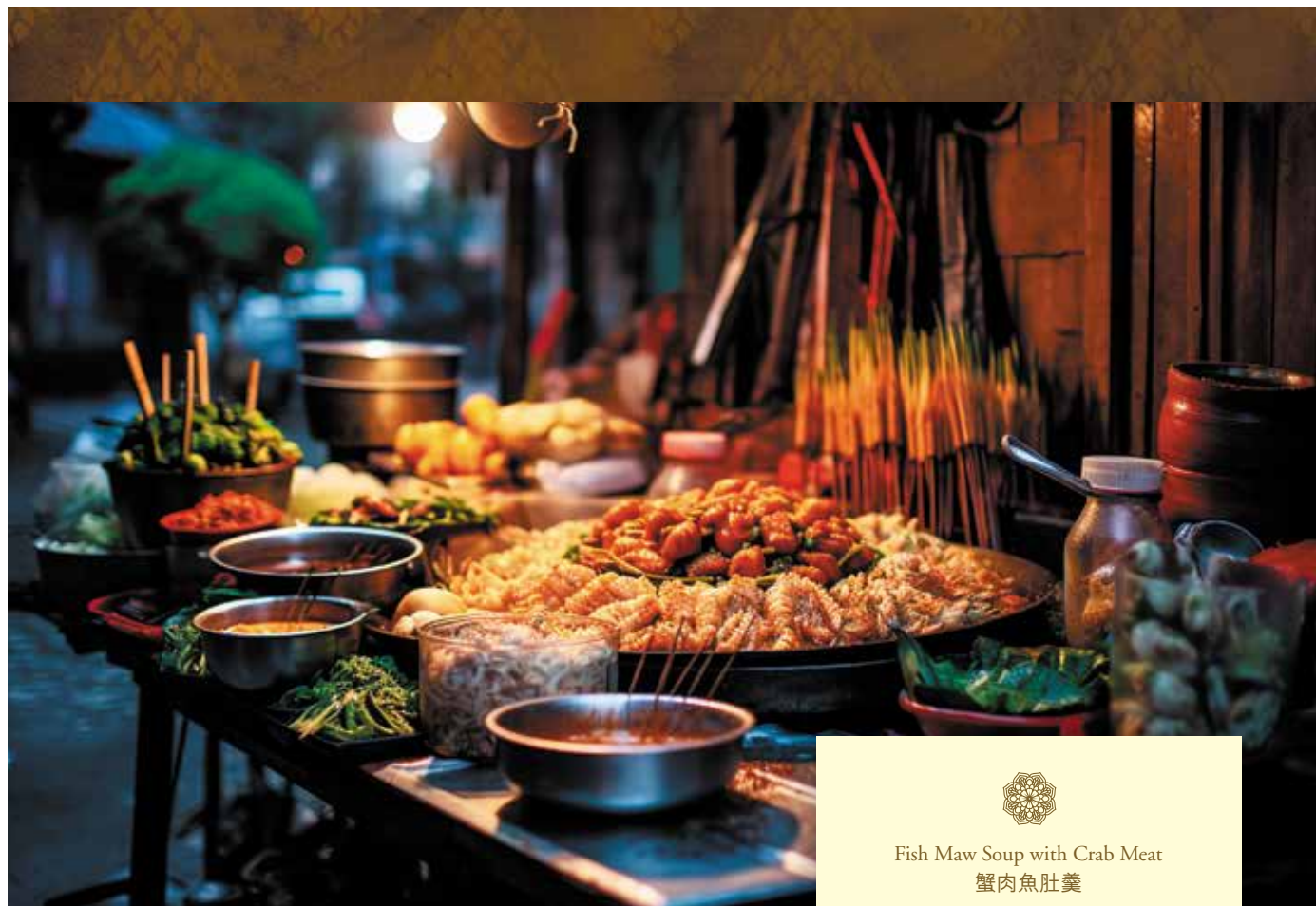
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# BANGKOK STREET FOOD PROMOTION

曼谷街頭美食推介

THROUGHOUT  
SEPTEMBER & OCTOBER

九月及十月

the  
BALCONY

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)。



Fish Maw Soup with Crab Meat  
蟹肉魚肚羹

Steamed Rice Dumpling,  
Stuffed with Minced Chicken and Shrimp  
泰式蒸鮮蝦雞肉餃子

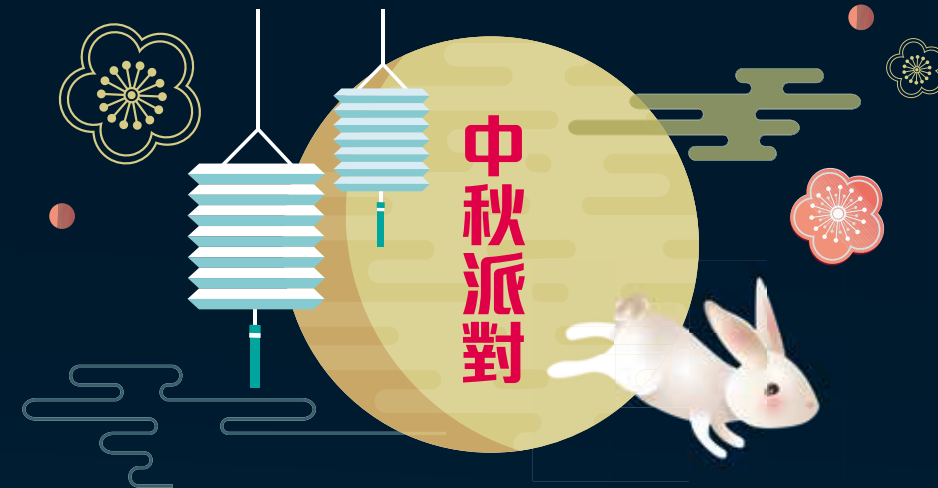
Esan Style Spicy Papaya Salad  
with Fermented Fish Served with BBQ Pork  
Skewers and Coconut Rice  
特色青木瓜沙律

Grilled Squid Salad  
with Spicy Tamarind Peanut Sauce  
烤魷魚沙拉配辣羅望子花生醬

Wonton in Tom Yun Soup  
with Minced Pork, Fish Ball and Fish Cake  
泰式雲吞冬陰湯

Green Bean Dumpling  
with Coconut Sauce  
綠豆糯米糍

PORTSIDE



## MID-AUTUMN FUN PARTY

AT PORTSIDE AND THE DECK

*Friday, September 29*

*6.30-9.30pm*

*Adult \$560 • Child \$400*

Celebrate with your family and friends. Lots of carnival games, arts and crafts and  
festive decoration, plus an international buffet dinner at Portside or The Deck.

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

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

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





# 海鮮及大閘蟹粉 菜式推介

## SEAFOOD AND HAIRY CRAB SPECIAL

九月及十月

Throughout September and October

大閘蟹粉燴燕窩 Braised hairy crab meat, bird's nest	紅酒酥脆生蠔 Deep-fried oysters, red wine sauce	香檳漁灣浸蛤蜊 Poached clams, dried shrimps, scallops, melon, champagne
焗釀鮮大閘蟹蓋 Baked stuffed hairy crab shell	椒鹽百花釀鮮魷 Fried stuffed fresh squid, minced shrimps, spiced salt	原籠生中蝦蒸糯米飯 Steamed fresh prawns, glutinous rice
醬油香煎黃花魚 Pan-fried yellow croaker, home made soy sauce	鴛鴦剁椒蒜蓉蒸馬友 Steamed threadfin, chopped chili, minced garlic	遠年花雕白雪尋龍 Sautéed lobster, egg white, Huadiao wine
蒜芯炒南非鮑魚 Sautéed fresh South Africa abalone, garlic shoots	蜜椒白鱗球 Baked fresh eel, honey, black pepper	蟹粉小籠包 Steamed hairy crab meat, minced pork dumpling

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

# MOON CAKES at Marina Deli



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

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

## MOON CAKES AND HAMPERS AVAILABLE NOW

多款月餅及禮品籃現已有售

Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅 (4件)	\$408
Mini Moon Cakes with Custard and Egg Yolk (8 pieces) 迷你蛋黃奶皇月餅 (8件)	\$408
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces) 迷你蛋黃白蓮蓉月餅 (8件)	\$408
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces) 迷你陳皮豆沙月餅 (8件)	\$408
Quartet Treat Assorted Moon Cakes (8 pieces) 迷你滋味四重奏月餅 (8件)	\$448
Starry Moon Festival Hamper 花好月圓禮品籃	\$2,388
Full Moon Festival Hamper 眾星拱月禮品籃	\$3,288

Seasonal items, while stocks last.  
佳節食品供應有限。

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

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)。

## SPECIAL OFFER

特別優惠

Until Sep 29

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

## ADDITIONAL REDEMPTION COUNTER

其他換領地點

ISLAND SHANGRI-LA 港島香格里拉

From September 18 to 28, midday to 7pm  
由9月18至28日，中午12時至晚上7時

**SUPPORT OUR GREEN INITIATIVES BY  
ORDERING OUR MOON CAKES  
WITHOUT BOXES.**

For every box saved, the Club will donate \$20 to the non-profit organisation Greeners Action.



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	PRICE 單價	QUANTITY 數量	TOTAL 總數
Moon Cakes with White Lotus Seed Paste and Double Egg Yolk (4 pieces) 雙黃白蓮蓉月餅 (四件)	\$408		
Mini Moon Cakes with Custard and Egg Yolk (8 pieces) 迷你蛋黃奶皇月餅 (八件)	\$408		
Mini Moon Cakes with White Lotus Seed Paste and Egg Yolk (8 pieces) 迷你蛋黃白蓮蓉月餅 (八件)	\$408		
Mini Red Bean Paste Moon Cakes with Dried Citrus Peel (8 pieces) 迷你陳皮豆沙月餅 (八件)	\$408		
Quartet Treat Assorted Moon Cakes (8 pieces) 迷你滋味四重奏月餅 (八件) • Earl Grey Tea Custard 斯里蘭卡伯爵奶皇 • Coffee Lava Custard 濃香咖啡流心奶皇 • Chocolate Lava Custard 朱古力流心奶皇 • Sesame Vegan Custard 純素芝麻奶皇	\$448		
Starry Moon Festival Hamper 花好月圓禮品籃 • Chateau Les Charmes-Godard, Francs-Côtes de Bordeaux, France 法國紅酒 • Premium Dried Mushrooms 特級花菇 • Shangri-La Selected Chocolate Gift Box 香格里拉精選朱古力禮盒 • Florté Scented Tea Box 花茶 • Airborne Honeydew Gift Set 紐西蘭蜜糖禮盒 • The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 • The Horizon XO Sauce 海天閣XO醬 • Moon Cakes in Gift Box 月餅禮盒	\$2,388		
Full Moon Festival Hamper 眾星拱月禮品籃 • Veuve Clicquot Ponsardin, Yellow Label, Brut, Champagne, France 法國特級香檳 • Premium Dried Mushrooms 特級花菇 • South Africa Pre-cooked Abalone 南非即食鮑魚 • Cluizel Assorted Chocolate Gift Box 雜錦朱古力禮盒 • Whittard Tea Discovery Collection Gift Box 經典茶包禮盒 • The Horizon Roasted Sweet Walnuts 海天閣琥珀合桃 • The Horizon XO Sauce 海天閣XO醬 • Moon Cakes in Gift Box 月餅禮盒	\$3,288		
Delivery Charge 送貨服務費 : Hong Kong 香港 - \$150, Kowloon 九龍 - \$200, New Territories 新界 - \$250		Sub Total 合計	
TERMS AND CONDITIONS 訂購須知 1. Please fill in this form and return to Marina Deli by WhatsApp 6390 0716, email to marinadeli@aberdeenmarinaclub.com, fax at 3020 7495 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.		Delivery Charge 送貨服務費	
1. 請填妥此訂購表格，並WhatsApp 6390 0716，電郵至marinadeli@aberdeenmarinaclub.com或傳真至3020 7495，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。		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
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



M A R I N A  
G R I L L



MANGALICA  
★★★★ PORK ★★★★★  
Throughout September and October  
九月及十月

Indulge in the exceptional taste of Mangalica Pork at Marina Grill.  
This rare breed, with 200 years of Hungarian heritage, is descended from the European wild boar and is a cousin of the black foot Iberian Pig – combining the high qualities of both.  
Its unique, highly marbled fat content is rarely seen in other breeds and it is regarded as “The Kobe Beef of Pork”.  
With their proficient grilling craftsmanship, our chefs will welcome you with several carefully selected cuts, for an unforgettable dining experience.

Marina Grill 為您呈獻曼加利察豬的獨特風味。曼加利察豬源自匈牙利，有長達 200 多年的歷史。此品種為歐洲野豬的後代，亦與伊比利亞黑毛豬為同一家族，因而結合了兩者的優點，成為高品質的豬肉。曼加利察豬有如大理石花紋般的油脂分佈，在同類品種中屬非常罕見，更被冠以「豬肉界的神戶牛肉」的名銜。

我們的廚師團隊精心挑選曼加利察豬的不同部位，以精湛的手藝，為您呈現難忘的美食體驗。

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。





PORTSIDE

**地道生菜魚肉  
碗仔翅**

*Hong Kong-Style  
Fish Balls and Lettuce Soup  
Braised Vermicelli Soup*

Throughout  
September and October  
九月及十月



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

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*Chai Time*  
**Indian-Themed Afternoon Tea Set**  
印式下午茶

Throughout  
September and October  
九月及十月

**Friday to Sunday and  
Public Holidays**

**3-5.30pm**

**\$478 for two persons**

*Includes Masala Chai*

*Add \$100 for two glasses of prosecco*

Enjoy a relaxing afternoon  
with Masala Chai Tea at  
The Deck, with an afternoon  
tea set featuring delicious  
Indian snacks and bites.

於 The Deck 享用瑪撒拉下午茶，  
配以美味的印度美食和小吃，  
享受一個悠閒的下午。

**SAVOURY**

Butter chicken vol-au-vent  
Lamb kebab burger  
Cheese and chutney sandwiches  
Pakora – vegetable fritter ✓  
Dhokla – chickpea sponge cake ✓  
Samosa ✓

\*\*\*

**INTERMEDIATE**

Assorted Indian crackers  
and cookies

\*\*\*

**SWEET**

Gulab jamun – dumpling in syrup  
Sohan papdi – sweet chickpea cake  
Rose macaron  
Pistachio chocolate praline  
Mango crepe

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)。



## New Caffè Luna Chef Stefano Tasso



**B**orn and raised in the beautiful Italian city of Venice, Stefano found his passion in cooking and developed his interest as a career. He started his journey at a very young age, training and working in the five-star Hotel Danieli in Venice. After more than 10 years' experience in Italy, between fine-dining restaurants and hotels, Stefano moved to Shanghai in 2014 and ran various Italian restaurants there.

Chef Stefano looks forward to bringing you authentic and exciting Italian dishes. Buon appetito!

Stefano在意大利城市威尼斯出生和長大，他發現了自己對烹飪的熱情，並將他的興趣發展成事業。他在年輕時便開始烹飪旅程，在威尼斯五星級達涅利酒店接受培訓和工作。Stefano在意大利的高級餐廳和酒店累積超過10年入廚工作經驗後，於2014年遷移到上海，並在那裡營運了多間意大利餐廳。

Stefano期待為您帶來正宗的意大利佳餚。



## THE TASTE OF HOME



Throughout  
September and October  
九月及十月

Caffè Luna will be back in early September with an exciting new look and authentic Italian flavours. Chef Stefano and his team are already preparing a warm welcome with traditional Venetian dishes from his home town of Venice.

Caffè Luna 將於九月初以煥然一新的面貌和正宗的意大利風味回歸。

主廚 Stefano 和他的團隊正在準備以故鄉威尼斯的傳統菜餚歡迎您的蒞臨。

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)。

# HALLOWEEN SEMI-BUFFET DINNER

萬聖節半自助晚餐

Friday to Sunday  
**October 27 to 29**  
5.30-9 pm  
(with face painting until 8pm)

Adult \$488  
(choice of main course)  
Child \$348

Join our Venice Carnival-themed  
Halloween party!

**CAFFÈ LUNA**  
Family Italian

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)



In this issue we're heading for dry heat and  
distant sands, to take you . . .

# ON LOCATION: DESERTS

看電影遊沙漠



## Lawrence of Arabia 沙漠梟雄 (1962)

Director: David Lean

Starring: Peter O'Toole, Alec Guinness

Winner of seven Academy Awards, including Best Picture, Best Director and best Colour Cinematography, *Lawrence of Arabia* has never been bettered for sweeping desert grandeur. As British army officer T. E. Lawrence brings together various tribes as part of the Arab Revolt against the Ottoman Empire during World War I, epic landscapes unfold as if on another planet. The film's desert scenes were shot in Jordan and Morocco as well as in Almeria and Donana in Spain. Most impressive, perhaps, is Wadi Rum, to which travellers still continue to make their way on days-long guided tours. *Lawrence of Arabia* was restored and remastered in 4K for its 50th anniversary in 2012 and this is the version to look out for – either streaming or on home media.

Where to find: Netflix, Apple TV/iTunes, DVD and Blu-ray.



導演：戴維利恩

演員：彼得奧圖、阿力肯尼斯

《沙漠梟雄》榮獲七項奧斯卡殊榮，包括最佳影片、最佳導演和最佳攝影，其廣闊的沙漠壯麗景觀堪稱無與倫比。在第一次世界大戰期間，英國軍官T.E. Lawrence將各個部落聚集在一起，參與反對奧斯曼帝國的阿拉伯起義，史詩般的景觀令人嘆為觀止。影片中沙漠場景是在約旦和摩洛哥以及西班牙的艾美利亞和多納納拍攝的。最令人印象深刻的也許是瓦地倫，直至目前仍然吸引遊客參加導賞團前往遊覽。《沙漠梟雄》在2012年上映50週年之際重新製作4K復修版，觀眾可以在串流平台或家庭影院觀賞。

觀看影片：Netflix、Apple TV/iTunes、DVD或藍光影碟







## The Flight of the Phoenix

### 鳳凰號 (1965)

**Director:** Robert Aldrich

**Starring:** James Stewart, Richard Attenborough

Arguably the best of all lost-in-the-desert movies (with *Sands of the Kalahari*, released the same year, coming a close second), *The Flight of the Phoenix* boasts an unusually strong international cast and a compelling story. After their twin-engine airliner crashes in the Libyan Sahara en route to Benghazi, the surviving passengers and crew are encouraged by a German aircraft designer among them to rebuild it as a single-engine plane to carry them all back to civilisation. All goes well until it is revealed that the designer's credentials are not quite what they seemed. Completely believable as the Libyan desert, the film's outdoor locations were actually in California and Arizona. *The Flight of the Phoenix* was released on DVD and Blu-Ray last year by the Criterion Collection (criterion.com), but is also sometimes available as an



HD upload on private YouTube channels. Not to be confused with the similarly named 2004 remake, *Flight of the Phoenix*.

*Where to find:* DVD and Blu-ray.

**導演:** 羅拔阿德烈治

**演員:** 占士史超域、李察艾登布祿

《鳳凰號》可以說是所有迷失沙漠電影中最佳的一部（同年上映的《荒漠恩仇記》緊隨其後），《鳳凰號》擁有強勁的國際演員陣容和引人入勝的故事。劇情講述一班雙引擎客機於飛往班加西的途中在利比亞撒哈拉墜毀，倖存的乘客和機組人員在一位德國飛機設計師的引導下，利用飛機殘骸製造出一架單引擎飛機以脫險。一切看似很順利，直到發現設計師的資格並不是大家所預期的。影片的沙漠景點被認為是利比亞沙漠，實際上是在加州和亞利桑那州拍攝。《鳳凰號》去年由 Criterion Collection (criterion.com) 發行了 DVD 和藍光影碟，我們也可以在 YouTube 私人頻道上觀賞高清影片，但不要與2004年重拍的同名電影相混淆。

**觀看影片:** DVD或藍光影碟



## The English Patient

### 別問我是誰 (1996)



**Director:** Anthony Minghella

**Starring:** Ralph Fiennes, Kristin Scott Thomas

Anthony Minghella's film version of the award-winning Michael Ondaatje novel, *The English Patient* won two more Oscars than *Lawrence of Arabia*, rightfully including – just like *Lawrence* – Best Movie, Best Director and Best Cinematography. The story is spread fairly evenly between Tuscany in Italy and Egypt, although the spectacular Egyptian desert scenes were filmed in Tunisia. The verdant splendour of the Tuscan countryside throws the desert into particularly parched relief as the protagonist's tragic love story is told in flashback while he gradually expires among the Italian ruins towards the end of World War II. Aerial photography is particularly impressive, with a pair of vintage biplanes adding to the romance of the desert, rather than shooting it up as they did in *Lawrence of Arabia*.

HK Category IIB

*Where to find:* Apple TV/iTunes, DVD and Blu-ray.

**導演:** 安東尼明格拉

**演員:** 賴夫費恩斯、姬絲汀史葛湯瑪士

安東尼明格拉把米高·翁達傑獲獎小說改編成電影《別問我是誰》，比《沙漠梟雄》多贏得兩項奧斯卡獎，與《沙漠梟雄》一樣，囊括最佳電影、最佳導演和最佳攝影。儘管壯觀的埃及沙漠場景是在突尼西亞拍攝，但故事卻是發生在意大利的托斯卡尼和埃及兩地。托斯卡尼鄉村青翠欲滴的景色讓沙漠變得格外乾燥，男主角的愛情故事以倒敘方式講述，他在二次世界大戰接近結時，在意大利的廢墟中離世。雙翼飛機增添了沙漠的浪漫氣息，以航拍效果特別令人印象深刻，拍攝手法與《沙漠梟雄》不盡相同。

IIB級影片

**觀看影片:** Apple TV/iTunes、DVD或藍光影碟





## Sahara

### 撒哈拉奇兵 (2005)



**Director: Breck Eisner**

**Starring: Matthew McConaughey, Penelope Cruz**

Quite a blockbuster at the time of its release, but having run seriously over budget during production, *Sahara* is known for being one of Hollywood's biggest box-office failures. It is, however, quite spectacular – a good old-fashioned, family-friendly adventure, with Matthew McConaughey bringing novelist Clive Cussler's Dirk Pitt to the big screen in what was supposed to be the first (but was sadly the last) of many screen adventures. Desert filming took place in the Moroccan Sahara, with Pitt and his band of assistants searching for an American iron-clad warship that travelled there in the 1860s filled with gold, and became stranded after it navigated its way up a now dried-up river. It's all good fun, with an amusing script, some spectacular desert scenery, rip-roaring action – and even an apparent nod to *The Flight of the Phoenix*.

HK Category IIA

Where to find: Apple TV/iTunes, DVD and Blu-ray.



導演：麥可布雷肯里奇

演員：馬修麥康納、彭妮露古絲

《撒哈拉奇兵》在上映時相當轟動，但在製作過程中嚴重超支，因此成為荷里活票房最差的影片之一。然而，卻是相當壯觀的影片，這是一部合家歡的老式冒險影片，馬修麥康納將小說家克萊夫卡斯勒筆下的Dirk Pitt搬上大銀幕，是這套小說的第一部電影，但遺憾地也是最後一部。影片在摩洛哥撒哈拉沙漠拍攝，Pitt和他的助手們正尋找一艘1860年代的美國軍艦，艦上滿載黃金卻擱淺於一條乾涸的河流中。有趣的劇本、壯觀的沙漠風景、驚心動魄的劇情，明顯是對《鳳凰號》致敬。

IIA級影片

觀看影片：Apple TV/iTunes、DVD或藍光影碟



## Mad Max: Fury Road

### 末日先鋒：戰甲飛車 (2015)

**Director: George Miller**

**Starring: Tom Hardy, Charlize Theron**

Director George Miller's follow-up to his earlier Mad Max films of the 1970s and 1980s was supposed to be filmed, like them, in his native Australia. Unexpected record rainfall in the New South Wales location, however, caused desert greenery and blooms so colourful that production was shifted all the way to Namibia in southern Africa. Filmed mostly in Dorob National Park on the country's South Atlantic coast, *Mad Max: Fury Road* presents the desert as a nightmarish, post-apocalyptic landscape, not the romantic backdrop offered by the likes of *Lawrence of Arabia* and *The English Patient*. That said, there's never been a more breathlessly thrilling, high-octane movie set in such a spectacular desert landscape (or perhaps anywhere else for that matter). A long-awaited follow-up prequel, *Furiosa*, starring Chris Hemsworth and apparently filmed in Australia, is due for release in May.

HK Category IIB

Where to find: Apple TV/iTunes, DVD and Blu-ray.



導演：佐治米拿

演員：湯哈迪、查理絲花朗

與70和80年代早期《末日先鋒》系列電影一樣，導演佐治米拿計劃在他的出生地澳洲拍攝。然而，新南威爾士州意外地出現破紀錄的降雨量，使沙漠綠化和長出色彩繽紛的花朵，以至拍攝遷移到非洲南部非洲的納米比亞。《末日先鋒：戰甲飛車》主要在當地南大西洋海岸的多羅布國家公園拍攝，將沙漠呈現為噩夢般的世界末日景像，而不是《沙漠梟雄》和《別問我是誰》等影片的浪漫背景。從來沒有一部比這更激動人心的電影，片中背景設於壯觀的沙漠（或可能是其他地方）。期待已久的前傳電影《Furiosa》，由基斯咸禾夫主演，亦會在澳洲拍攝，預計將於五月上映。

IIB級影片

觀看影片：Apple TV/iTunes、DVD或藍光影碟



# LA MONTAGNE

## 海盈山

Vibe of the Southside 南區一脈

### 匯聚睿智 強勢聯手 締造「港島南岸」載譽之作

尊尚命脈 | 一脈相承港島南區尊尚地段，佔天時、擁地利

環抱山脈 | 傲踞南岸，與自然脈搏融和相扣<sup>3</sup>

繁盛之脈 | 無縫連接港鐵黃竹坑站及港島南最大型地標商場  
「THE SOUTHSIDE」<sup>4</sup>

圖片於2022年7月22日在香港仔郊野公園上空拍攝<sup>1</sup>

模擬效果圖<sup>2</sup>

發展項目期數名稱：港島南岸的第4期「海盈山」<sup>^</sup>的第4A期<sup>^</sup>(「第4A期」)。<sup>^</sup>備註：港島南岸的第4期，位於香港仔內地段第467號之地盤D，中文名為「海盈山」，英文名稱為「LA MONTAGNE」。第4A期為第4期「海盈山」之其中一個期數。第4A期包括第2座(2A及2B)。區域：香港仔及鴨脷洲。第4A期所位於的街道名稱及門牌號數(臨時)：香葉道11號 (此臨時門牌號數有待第4A期建成時確認)。<sup>•</sup>本廣告/宣傳資料內載列的相片、圖像、繪圖或素描顯示純屬畫家對有關發展項目之想像。有關相片、圖像、繪圖或素描並非按照比例繪畫及/或可能經過電腦修飾處理。準買家如欲了解發展項目的詳情，請參閱售樓說明書。賣方亦建議準買家到有關發展地盤作實地考察，以對該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。<sup>•</sup>賣方為施行《一手住宅物業銷售條例》第二部而就第4A期指定的互聯網網站的網址：[www.lamontagne.com.hk/phase4A](http://www.lamontagne.com.hk/phase4A)

<sup>1</sup>此圖片於2022年7月22日在香港仔郊野公園上空拍攝，並經電腦修飾處理(修飾內容為圖片整合和連接、顏色調整及外觀修飾)，並非按照比例繪製，並加入光束及特效以凸顯期數的大概位置，僅用作展示期數的大約位置及周邊環境，並不反映期數或其任何部分落成後的實際高度、外觀或景觀，僅供參考。此圖片並非在或自期數或其附近拍攝，並不反映期數落成後或其任何部份的實際景觀。此圖片內展示的環境、景觀、設施、建築物、設計、裝置、裝修物料、設備、裝飾物、植物、園景及其他物件等未必會在期數落成後或其附近範圍內出現或提供。期數的周邊環境、建築物、設施及景觀會不時改變。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其景觀、周邊地區環境及附近的公共設施有較佳了解。此圖片並不構成亦不得被詮釋成賣方就期數或其任何部份作出任何不論明示或隱含之要約、陳述、承諾或保證(不論是否有關景觀)。此模擬效果圖僅作顯示期數落成後相關部分大概外觀之用，純屬畫家對期數相關部分之想像，並不反映期數或其任何部分的實際景觀、外觀或狀況或其周邊之建築物或環境，僅供參考。期數仍在興建中，期數周邊環境、建築物及設施會不時改變。期數外牆、平台及天台等可能存在之冷氣機、暖氣、窗框、吊橋、爬梯或其他設施均無顯示。期數以外的建築物或設施可能經簡化處理或並無顯示。此模擬效果圖所示之設計、顏色、布局、用料、裝置、裝修物料、設備、植物、園景、設施、家具、擺設、燈飾、物件等未必會在期數落成後或其附近出現。賣方保留權利不時改動期數的建築圖則及其他圖則，期數設計以相關政府部門最後批准之圖則為準。賣方建議準買家參閱售樓說明書，以了解期數的資料。此模擬效果圖並不構成亦不得被詮釋成賣方就期數或其任何部份作出任何不論明示或隱含之要約、承諾、陳述或保證(不論是否有關景觀)。準買家切勿依賴此模擬效果圖作任何用途之目的。賣方建議準買家到有關發展地盤作實地考察，以對該發展地盤、其景觀、周邊地區環境及附近的公共設施有較佳了解。<sup>2</sup>期數所在地點屬「香港仔及鴨脷洲分區計劃大綱核准圖(編號 S/H15/33)」之範圍內。資料來源：城市規劃委員會<https://www1.ozp.tpb.gov.hk/gos/default.aspx?planno=S%2FH15%2F33&lang=1#> (擷取日期：2023年1月5日)。所述或所示之地點、建築物及設施與期數無關，亦未必與期數位於同一分區計劃大綱範圍內。所述僅為期數周邊環境的大概描述，並不反映期數任何住宅物業或其他部分可享有之景觀。賣方就景觀不作出任何不論明示或隱含之要約、陳述、承諾或保證。賣方建議準買家到有關發展地盤作實地考察，以對

賣方(如此聘用的人)的間接股東：



嘉里建設  
KERRY PROPERTIES



SINO LAND  
信和置業



太古地產  
SWIRE PROPERTIES



賣方(擁有人)：

「港島南岸」第4期

查詢熱線：(852) 2872 0808

該發展地盤、其周邊地區環境及附近的公共設施有較佳了解。<sup>•</sup>「無縫連接」僅為大概描述。發展項目的不同期數設有通道貫連發展項目商場與港鐵黃竹坑站，連接發展項目第4期至港鐵黃竹坑站及未來發展項目商場的通道部分未必可以於期數落成時即時啟用。賣方就相關通道部分何時落成及啟用並不作出任何不論明示或隱含之要約、陳述、承諾或保證。發展項目商場位於發展項目第3期，並非位於期數內，亦非期數的一部分。發展項目商場仍在設計或興建中，香港鐵路有限公司(擁有人)保留決定及/或更改發展項目商場及其任何設施開幕及/或啟用日期的權利。發展項目商場及其不同部份的用途可能不時更改，於期數住宅物業入伙時可能尚未完成及/或未必能即時啟用，完成後之狀況可能與本廣告或宣傳資料所述者有所不同。賣方就發展項目商場中是否有哪類型商舖並不作出任何不論明示或隱含之要約、陳述、承諾或保證。發展項目商場之設計、面積及實際設施之提供以相關政府部門最終批核之圖則及最終審批為準。發展項目商場之名稱僅作推廣之用，不會用於或出現在建築圖則、主公契、副公契、買賣合約、轉讓契或其他業權或法律文件，可能與發展項目商場落成後的名稱不同，亦可能不時更改。相關資料僅供參考，賣方就上述情況並不作出亦不得被詮釋成作出任何不論明示或隱含之要約、陳述、承諾或保證。<sup>(資料來源：http://www.mtr.com.hk/ch/corporate/properties/sil\_wongchukhang.html；參考日期：2022年12月2日)</sup>「港島南最大型地標商場」指與於本廣告/宣傳資料製作當日已興建或興建中或落實將會興建的商場作比較。所述情況可能不時出現改變。相關資料僅供參考，賣方就此並不作出亦不得被詮釋成作出任何不論明示或隱含之要約、陳述、承諾或保證。

賣方保留權利不時改動第4A期或其任何部分之建築圖則及其他圖則、設計、裝置、裝修物料及設備等。裝置、裝修物料及設備之提供以買賣合約的條款及條件為準。第4A期設計以相關政府部門最後批准者為準。本廣告/宣傳資料僅供參考，並不構成亦不得被詮釋成賣方作出任何不論明示或隱含之要約、承諾、陳述或保證，或對任何住宅物業探求任何無明確選擇購樓意向或有明確選擇購樓意向。第4A期住宅物業之出售將按照《一手住宅物業銷售條例》進行。市場情況不時變化，準買方應衡量其財務情況及負擔能力及所有相關因素作出決定購買或於何時購買任何住宅物業，於任何情況或時間，準買方絕不應以本廣告/宣傳資料之任何內容、資料或概念作依據或受其影響決定購買或於何時購買任何住宅物業。賣方：香港鐵路有限公司(作為「擁有人」)、WCH Property Development Company Limited (作為「如此聘用的人」)(備註：「擁有人」指第4A期中的住宅物業的法律上的擁有人或實益擁有人。「如此聘用的人」指擁有人聘用以統籌和監督第4A期的設計、規劃、建造、裝置、完成及銷售的過程的人士。)<sup>•</sup>賣方的授權公司：擁有人(香港鐵路有限公司)的授權公司：不適用；如此聘用的人(WCH Property Development Company Limited)的授權公司：Fortune Access Holdings Limited。<sup>•</sup>第4A期的認可人士：吳國輝。<sup>•</sup>第4A期的認可人士以其專業身份擔任經管人、董事或僱員的商號或法團：梁黃顧建築師(香港)事務所有限公司。<sup>•</sup>第4A期的承建商：中國海外房屋工程有限公司。<sup>•</sup>就第4A期中的住宅物業的出售而代表擁有人行事的律師事務所：的廷律師行、高李葉律師行、何耀棟律師事務所、司力達律師樓、孖士打律師行、陳添耀、陳琨律師事務所。<sup>•</sup>已為第4A期的建造提供貸款或已承諾為該項建造提供融資的認可機構：不適用。<sup>•</sup>已為第4A期的建造提供貸款的任何其他人：Apex Ally Limited、耀澤投資有限公司及太古地產有限公司。<sup>•</sup>盡賣方所知的第4A期的預計關鍵日期為：2025年5月15日。(「關鍵日期」指根據批地文件的條件就第4A期而獲符合的日期。預計關鍵日期是受到買賣合約所允許的任何延期所限制的。)<sup>•</sup>本廣告由如此聘用的人在擁有人同意下發布。<sup>•</sup>賣方建議準買方參閱有關售樓說明書，以了解發展項目或第4A期的資料。詳情請參閱售樓說明書。此廣告之印製日期：2023年8月18日





# What is Cult Wine?

認識膜拜酒



**C**ult wine is a term used to describe a subset of high-end California wines that have gained a cult following among wine collectors and connoisseurs. These wines are often produced in limited quantities, using meticulous farming and winemaking techniques, and aged in oak barrels for several years before release. Cult wines are known for their exceptional quality, complexity, and aging potential and they often fetch high prices at auction and in the secondary market.

The cult wine phenomenon in California began in the 1980s, when a handful of wineries started producing wines that were unlike anything else on the market. These wineries, which included Harlan Estate, Screaming Eagle, and Opus One focused on producing small quantities of high-quality wine that



could compete with the best wines from Bordeaux and Burgundy.

One of the key factors that set cult wines apart from other California wines was their emphasis on terroir. These wineries carefully selected vineyard sites that had unique soil types, microclimates, and elevations, and they worked closely with viticulturists and soil scientists to optimise grape quality and flavour development. The winemakers also used traditional techniques such as hand harvesting, wild yeast fermentation, and extended maceration to extract maximum flavour and tannin from the grapes.

Another characteristic of cult wines is their aging potential. These wines are often aged for several years in new French oak barrels, which impart flavours of vanilla, spice, and toast to the wine. The extended ageing also allows the wine to develop complex aromas and flavours, as well as softening the tannins and integrating the oak flavours into the wine.

Despite their high prices and limited availability, cult wines have become increasingly popular among collectors and enthusiasts. Some of these wines have achieved legendary status, with bottles fetching tens of thousands of US dollars at auction. While some critics argue that the cult wine phenomenon has led to inflated prices and a focus on luxury over terroir, others see it as a natural evolution of California winemaking, and a testament to the region's ability to compete with the best wines in the world.

膜拜酒是指來自加州的高檔葡萄酒，被受葡萄酒收藏家和鑑賞家追捧。這些葡萄酒通常產量極少，使用精細的耕作和釀造技術，並在發酵後於橡木桶中陳年數年。膜拜酒以其卓越的品質、複雜性和陳年潛力而著稱，並且通常在拍賣會和二手市場上以高價賣出。

在加州，膜拜酒的現象始於20世紀80年代，當時有數家酒莊開始生產與市面上其他葡萄酒截然不同的葡萄酒。這些酒莊包括Harlan Estate、Screaming Eagle和 Opus One，他們專注於生產少量高品質的葡萄酒，足以與波爾多和勃艮第的最頂級葡萄酒競爭。

膜拜酒與其他加州葡萄酒有所區別，關鍵在於它們強調獨特的地方風味。這些酒莊精心挑選具有獨特的土壤性質、微氣候和高度的葡萄園，並與葡萄栽培者和土壤學家密切合作，優化葡萄的品質和風味發展。釀酒師還使用傳統技術，如手工收割、野生酵母發酵和延長浸泡時間，從葡萄中提取最佳的風味和單寧。

膜拜酒的另一個特點是其陳年潛力。這些葡萄酒通常在新的法國橡木桶中陳年數年，過程中會為葡萄酒中注入香草、香料和烤面包的風味。延長陳年還能使葡萄酒發展出複雜的香氣和風味，柔和了單寧，並將橡木風味整合到葡萄酒中。

儘管膜拜酒的價格高昂且供應量有限，但它們越來越受到收藏家和愛好者的歡迎。其中一些葡萄酒已經赫赫有名，部分在拍賣會中可以數萬美元賣出。然而，一些酒評家認為膜拜酒的現象已經導致了價格膨脹和對奢侈品關注超過了酒的本身，但其他人認為這是加州葡萄酒的自然演進，也是該地區能夠與世界上最好的葡萄酒競爭的證明。



the  
BALCONY

Louis Roederer Cristal  
Champagne Dinner  
香檳晚宴

Thursday, September 14	9月14日 (星期四)
Welcome drink: 7pm	酒會：晚上7時
Dinner: 7.30pm	晚宴：晚上7時30分
\$2,380 per person	每位\$2,380
Guest Speaker: Bojan Radulovic, Brand Ambassador	



Champagnes Featured

- NV Louis Roederer, Collection 242 (1500ml) \*\*\*
- 2015 Louis Roederer, Vintage Rosé \*\*\*
- 2015 Louis Roederer, Cristal \*\*\*
- 2006 Louis Roederer, Cristal \*\*\*
- 2013 Louis Roederer, Cristal Rosé (limited quantity)



For enquiries, please call the Balcony on 2814 5927 or email balcony@aberdeenmarinaclub.com  
查詢請致電泰國露臺餐廳電話2814 5927或電郵至balcony@aberdeenmarinaclub.com

MARINA  
GRILL

Lou Dumont  
Wine Dinner  
葡萄酒晚宴

Thursday, September 28	9月28日 (星期四)
Welcome drink: 7pm	酒會：晚上7時
Dinner: 7.30pm	晚宴：晚上7時30分
\$1,580 per person	每位\$1,580
Guest Speaker: Florian Beaubouchez, Wine Specialist	



Wines Featured

- 2018 Lou Dumont, Bourgogne Blanc \*\*\*
- 2020 Lou Dumont, Marsannay Blanc \*\*\*
- 2020 Lou Dumont, Nuits-Saint-Georges, Vieilles Vignes \*\*\*
- 2019 Lou Dumont, Corton Grand Cru \*\*\*
- 2019 Lou Dumont, Charmes-Chambertin Grand Cru



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



THE BACKROOM  
AT LA CAVE

Joseph Phelps Insignia  
Wine Dinner  
葡萄酒晚宴

Friday, October 13 10月13日 (星期五)  
Welcome drink: 7pm 酒會: 晚上7時  
Dinner: 7.30pm 晚宴: 晚上7時30分  
\$2,080 per person 每位\$2,080  
Guest Speaker: Vitor Lima, Brand Ambassador



Wines Featured

- 2018 Rathfinny, Blanc de Noirs  
\*\*\*
- 2019 Joseph Phelps, Freestone Vineyards, Chardonnay  
\*\*\*
- 2012 Joseph Phelps, Insignia  
\*\*\*
- 2014 Joseph Phelps, Insignia  
\*\*\*
- 2015 Joseph Phelps, Insignia  
\*\*\*
- 2018 Rathfinny, Rosé

Bookings 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.  
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New Head Pastry Chef  
Raymond Fung  
餅房總廚馮威文



Raymond has attained various awards and accolades in Macau and overseas in the past decades. Before joining the Club, he worked in several luxury hotels in Macau, including The Four Seasons Hotel, Mandarin Oriental and Galaxy Macau. He comes with a wealth of experience and has very high standards in pastry production. Raymond will work closely with the Food & Beverage team and bring you deliciously creative pastry delights.

Raymond過往在澳門和海外獲得多個獎項和榮譽。在加入會所之前，他曾在澳門多間高級酒店工作，包括四季酒店、文華東方酒店及澳門銀河酒店。他擁有豐富的經驗，製作出非常高水準的糕點。Raymond將與餐飲團隊緊密合作，為您帶來美味的創意糕點美食。

SEASONAL CAKE BOUTIQUE  
CHOCOLATE HAZELNUT  
SAINT HONORÉ



Discover this  
beautifully decorated,  
sensationally sweet  
delight at Marina Deli.

重塑經典法式蛋糕，  
令人難以抗拒的滋味。



Made with chocolate sable breton,  
praline feuilletine, Valrhona Guanaja chocolate  
chantilly cream and hazelnut choux puffs.



# The Parker 51

派克鋼筆51  
- by Peter Walbrook



Kenneth Parker and wife  
with company Beechcraft,  
late 1940s.



1940s magazine  
advertisement



Modern Parker 51

**S**leek, streamlined and sophisticated, the Parker 51 fountain pen first went on sale in 1941. Design and development had been completed in 1939, the 51st anniversary of the Parker Pen Company – hence the name.

Marketed as “The World’s Most Wanted Pen,” its modern design, with hooded tubular nib, was years ahead of its time, and while it was popular, the

entry of the United States into World War II that year made the Parker 51 hard to find for some years.

As explained in Parker 51 advertising at the time . . .

“Your natural desire, of course, is to possess this finest of all writing instruments at once. Yet, you may have to wait for yours.

“You see, production of all fountain pens has been curtailed by official government order.



Queen Elizabeth II writing with a Parker 51

“Secondly, Parker craftsmen are creating primers, fuzes, parts for aircraft engines (including that of the P-51 Mustang) and a long list of other vital war equipment.”

The aircraft reference was no coincidence, and went beyond a similarity in names between the Parker 51 and the P-51 fighter plane. Kenneth Parker, son of the company’s founder George Safford Parker, was a keen aviator and no doubt based the design of the Parker 51 on some of the futuristic-looking aircraft fuselages of the 1930s.

Parker operated a fleet of executive aircraft, including a Beechcraft, acquired in 1946, which had “Parker 51” emblazoned on its nose.

Notable owners of the pen have included Queen Elizabeth II, President Dwight D. Eisenhower, General Douglas MacArthur and the Welsh poet Dylan Thomas. It was also popular with aircraft crew and frequent fliers as – with its special quick-drying 51 ink – it still worked well at high altitude (something most of its contemporaries did not).

The Parker 51 was eventually withdrawn in the early 1970s. An updated version, which is slightly different but very similar in style, was released in 2021. Pen aficionados, however, seem to prefer the original, examples which can still be found for sale on eBay and elsewhere, and serviced if required. A surprising number of them still seem to be perfectly functional, though, and still as stylish-looking today as they were back in the 1940s.



Early Parker 51  
advertisement



1948 advertisement

派克鋼筆51的流線型設計既時尚又精緻，於1941年首次發售。設計及開發於1939年完成，為派克鋼筆公司成立51週年，因而取其名為派克51。

派克51被稱為“世界上最受喜愛的鋼筆”，其時尚的設計和帶帽的管狀筆尖，遠遠領先當時的設計概念。雖然它很受歡迎，但因那年美國加入了第二次世界大戰，使得派克51好幾年也很難被人接觸到。

正如派克51當時的廣告中所提及的...

“你當然渴望立刻擁有這樣精巧的書寫工具。然而，你可能需要等待一段時間。”

“你看，政府正式命令限制所有鋼筆的生產。”

“其次，派克工匠正在製造底火、導火線、飛機發動機零件（包括P-51戰機）以及很多其他重要戰爭裝備。”

飛機的參考並非巧合，派克51和P-51戰機之間的名稱相似之處還不止於此。公司創始人George Safford Parker的兒子Kenneth Parker是一位熱衷於飛行的人，毫無疑問，Parker 51的設計是源自1930年代一些富未來感的飛機機身。

派克營運著一支行政機隊，包括1946年購入的一架Beechcraft，機頭印有“Parker 51”字樣。

擁有這款鋼筆的知名人士包括，英女王伊麗莎白二世、總統德懷特艾森豪、道格拉斯麥克阿瑟將軍和威爾士詩人戴倫湯瑪士。它也很受機組人員和飛行常客的歡迎，因為51具有獨特的快乾墨水，在高海拔地區仍能運作自如（這是同期產品中所無法做到的）。

派克51最終於70年代初停產，但風格相似，而略有不同的新版本於2021年推出。然而，鋼筆愛好者似乎更喜歡原版的派克51，我們現時仍然可在eBay和其他地方購入。意外地，部分原版似乎還具有完美的功能，至今外觀仍然那樣時尚。



## Exceptional Events and Unique Occasions at Portside

Portside provides a convivial atmosphere and relaxed setting for business events, parties and wedding receptions. Superb catering and professional, attentive service are hallmarks of the Aberdeen Marina Club, and we take great care and pride in ensuring that everything is perfectly managed at every stage.

The outdoor terrace facing the Club's Tropical Pool and Marina shares its sunlight with the restaurant interior through full-length windows, with space for one hundred comfortably seated guests.



For tailor-made packages,  
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## In-Light Beauty Treatment

In-Light美容療程



**E**quipped with Vacuum Assisted Light Technology, the In-Light vacuum gently draws skin to stretch evenly to the energy source for optimal treatment results.

This Italian equipment provides professional treatment solutions for a broad spectrum of skin conditions.

- Addresses acne bacteria.
- Reduces redness.
- Reduces pigmentation.
- Fractional skin rejuvenation solution to improve textures.
- Improves skin vascular appearance.

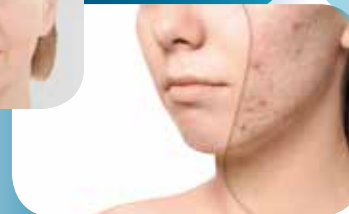
This treatment is efficient and safe, with minimal or almost no pain.

備有真空輔助光技術的In-Light真空儀，使能量更有效地被皮膚吸收，以達至最佳療程效果。

這款意大利美容儀適合各種皮膚狀況，美容師將為您提供專業意見和療程方案。

- 對抗痤瘡細菌。
- 減少發紅。
- 減少色素沉澱和膚色不均。
- 具修復再生的功效，改善膚質和細紋。
- 改善皮膚表面血管問題。

療程有效且安全，幾乎不會引起痛楚。



CUTTING  
Edge

We are open daily from 9am to 7pm.  
For booking and enquiries, please call the Hair & Beauty Salon on 2814 5320 or email [cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com).

美髮及美容中心營業時間為每天上午9時至晚上7時。  
預約及查詢請致電美髮及美容中心電話2814 5320或電郵至[cuttingedge@aberdeenmarinaclub.com](mailto:cuttingedge@aberdeenmarinaclub.com)。



# ETHICA

## Advanced Molecular Technology

ETHICA 嶄新分子技術

**H**air Ages? Yes!  
You've probably heard all the buzz words when it comes to hair care, and there are certainly too many to list here. Yet over the past few years, one term has been on the tips of our tongues – anti-ageing. In fact, hair really does age!

As we age, our hair production slows, texture becomes thinner, a reduction in keratin makes hair feel coarser and drier, and pigment cells stop working, which causes our hair to turn a distinguished grey. So, on the most basic level, the idea of keeping your hair youthful is mostly about keeping its colour, strength, volume and shine.

Deep within your scalp, each hair grows from an

individual follicle. The goal is to keep the skin on your head healthy so that hair can continue to be produced at its maximum potential. The healthier your scalp, the healthier your hair.

Hair-care technology is always advancing, and ETHICA takes full advantage of new science breakthroughs to help provide the best anti-ageing hair care on the market. The product line is free of sulfates, parabens and gluten.

Similar to effective skin care, routine use must be consistent over time to achieve results.

At Cutting Edge we are dedicated to keeping your hair healthy, gorgeous and full.

頭髮也分年齡？對的！

您可能聽過很多有關頭髮護理的流行語，多得無法一一列出。但在過去的幾年裡，有一個詞語一直被掛在口邊——抗衰老。事實上，頭髮確實會老化！

隨著年齡的增長，頭髮生長速度減慢，變得稀薄，角蛋白的減少使頭髮感覺更粗糙和乾燥，色素細胞停止工作，導致頭髮變白。因此，在基礎護髮層面上，保持頭髮年輕，需要保持髮色、強度、髮量和光澤。

深入頭皮深處，每根髮絲從毛囊長出。要使頭髮健康生長，就必須保持頭皮皮膚健康。頭皮越健康，頭髮就越強韌。

護髮技術不斷進步，ETHICA 突破科學，提供市面上最好的抗衰老護髮產品。產品系列不含硫酸鹽、羥基苯甲酸酯和麩質。

與皮膚護理相同，必須持續使用產品才能達到最佳的效果。

美髮美容中心致力讓您的頭髮保持健康、美麗和豐盈。

ETHICA



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Edge

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## Hiraya Scent & Co at Cutting Edge Hair & Beauty Salon

**H**iraya Scent & Co is all about the experience. From the blended scents inspired by memories, the images that reflect the essence of each scent and to the special way to package the orders like gifts to bring calm and light to your days through every little details – because you deserve it. Drop by the salon and pick your unique scent.

Hiraya Scent & Co 一切建於體驗。從記憶中啟發的混合香氣，到反映每種香味本質的形象，再到像禮物般精緻的包裝，每一個細節為您的日常帶來平靜和幸福。歡迎親臨美髮美容中心挑選您喜愛的獨特香氣。



CUTTING  
Edge

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## Bynacht

**B**ynacht products are 100% free of parabens, silicones, PEGs, triclosans, formaldehydes, phthalates, petrolatum, GMOs, EDTA, artificial colours, paraffins and nitrates. Not only because these substances are harmful to your skin and health, but because they believe in the incredible power of nature and science.

The unique efficiency of the combination of revolutionary laboratory developments such as the 8-fold Hyaluronic Acid Complex in our Hypercharged Glass Skin Serum, and 100% pure, natural ingredients provide unmatched results on and under your skin while you sleep.

We also take meticulous care to ensure that our active ingredients are not only good for the skin, but also for those who lovingly produce them for us. They therefore come not only from sustainable cultivation but also, wherever possible, from small, certified fair trade farms in Germany and Austria.

Bynacht產品不含羥基苯甲酸酯、矽、聚乙二醇、三氯沙、甲醛、鄰苯二甲酸鹽、石油、基因改造、乙二胺四乙酸、人造色素、石蠟和硝酸鹽。因為這些化學成份對您的皮膚和健康有害，Bynacht只堅信自然和科學具有不可思議的力量。

結合革命性實驗室的獨特成果，如Hypercharged Glass Skin Serum 中的專利Super 8透明質酸複合物及100%純天然成分，讓您的皮膚在睡眠時進行修復，達至無與倫比的效果。

品牌對每個細節一絲不苟，產品中的活性成份均來自德國和奧地利受公平貿易認證的小型農場，確保用家能毫無負擔且安心地使用產品。



# Hong Kong History

香港歷史

by Giles Leonard

Director of Sports &amp; Recreation



French Mission Building

In this issue, let's look at Queen's Road, a road with so much history. Queen's Road could be said to have been the first principle road in colonial Hong Kong and was officially named Main Street for a short while before being formally named after Queen Victoria.

As the colony developed it was nicknamed First Road and as you may recall, Kennedy Road was termed Second Road and Bowen Road was termed Third Road as these were the first three roads that ran along the length of Hong Kong Island. These are not to be confused with First, Second and Third Streets in Sai Ying Pun, which came along later, together with High Street, which was originally named Fourth Street before it was rapidly changed to avoid any bad luck.

In previous articles and walks, we have learned how Hong Kong was originally laid out and Queen's Road would have linked these important areas – the Cemetery and Horse Racing in Happy Valley, through to the main administration zone of Queenstown. The name Queenstown soon gave way to the new name of Victoria City but we all now know it as Central.

The road continued beyond Queenstown to Sai Ying Pun and Shek Tong Tsui. Queen's Road was the focal point of the city and many of the early inhabitants built their houses along it. Wealthy merchants would live in Victoria City while many workers would also live in the less salubrious area of Wan Chai.

Early colonial life revolved around Queen's Road – home, work and play – and the Hong Kong Club's first premises was also on Queen's Road – at the junction of D'Aguilar Street.

While Queen's Road is now pretty much all land-locked, when we walk along we can get a good idea of Hong Kong's original coast line. Any land to the harbour-side of Queen's Road was reclaimed in various projects from the late 1800s onwards. Indeed, aside from the road adjacent to Morrison Hill (which was originally an actual hill), Queen's Road basically traces the original coastline.

Development was fairly haphazard for the first thirty or so years of the colony, but that was soon to change after the Great Fire of Hong Kong in 1878. This wiped out over 400 houses and with this area cleared, land prices then grew tremendously.

While the majority of Queen's Road has been developed since those early days, there are still some historical sights to look out for and we have referenced many in previous articles. While not a building as such, the oldest reference point in colonial Hong Kong is at Hollywood Road Park at the junction of Possession Street – thought to be the location of Possession Point, the spot where the British claimed Hong Kong in early 1841.

One of Hong Kong's most majestic buildings also looks over Queensway and as you walk past you can imagine how the French Mission Building would have dominated the area around it and commanded wonderful views over the harbour.

There is so much else to look at along the way and a walk from one end to the other will give anyone a glimpse into Hong Kong life – from the relative calm of Queen's Road West to the hustle and bustle along Queen's Road Central at lunchtime and the frantic buzz around Queen's Road East, with its restaurants and bars before a Wednesday evening race meeting. For more information on this or other Hong Kong history walks, please contact Giles Leonard our Director of Sports & Recreation.



Hollywood Road Park



Queen's Road East

今期讓我們來追溯歷史悠久的皇后大道。皇后大道可以說是香港殖民地時期的第一條主要道路，最初被命名為「大街」，不久之後正式以維多利亞女王的名義命名。

隨著殖民地的發展，它被稱為「第一街」，您可能還記得，堅尼地道被稱為「第二街」，寶雲道則被稱為「第三街」，因為這是香港島沿岸最早的三條街道。但不要與後來出現在西營盤的第一街、第二街和第三街相混淆，還有最初被稱為「第四街」的高街，後來因為「四」字意頭不好而迅速改名。

在以往的文章中，我們瞭解到香港最初期的城市格局，皇后大道將這些重要區域連接起來，從跑馬地的墓園和馬場，穿過主要的行政區女皇鎮。女皇鎮的名字很快變成了維多利亞城，但我們現在都知道它就是中環。

道路從女皇鎮一直延伸至西營盤和石塘咀。皇后大道是城市的中心，早期許多居民沿着皇后大道建屋居住。富有的商人聚居在維多利亞城，而工人則散落在不太宜居的灣仔地區。

殖民地的早期生活圍繞著皇后大道一帶——如居住、工作及娛樂，香港會的第一個會址也在皇后大道上——位於德己立街的交界處。

雖然現在皇后大道幾乎全都是在內陸，但當我們沿著這條道路走時，便能瞭解到香港最初的海岸線。任何位於皇后大道海港側的土地都是從19世紀末起的各項填海項目中開發出來的。事實上，除了摩利臣山旁邊的一段路（原來是一座山丘），皇后大道基本上勾勒了最初的海岸線。在殖民地的首三十年左右，發展是相當雜亂無章的，但在1878年的香港大火之後很快便改變了。這場火災摧毀了超過400座房屋，隨著這個地區被清理後，土地價格也急劇上漲。

雖然皇后大道自很早期便發展起來，但沿途仍存在好一些歷史景點，我們在之前的文章中亦提到了許多。位於水坑口街交界處的荷李活道公園雖然不是甚麼特別的建築物，但卻是殖民地香港最古老的參考地點。水坑口被認為是英國在1841年初登岸宣佈佔領香港的地方，該處被命名為「佔領角」。

法國外方傳道會大樓是香港最宏偉的建築之一，也俯瞰著金鐘道。當您經過時，您可以想象它如何傲視其周圍的地區，並享有港口上最美的景緻。

從安靜的皇后大道西走到分嚷的皇后大道中，最後到食肆臨立的皇后大道東，您可以體現更多有關香港的生活。

欲了解更多關於這次遠足或其他香港歷史遠足的資訊，請聯絡本會的康體部總監李基爾。



1 Queen's Road West

## Challenge 2023

Last chance to get started!

2023健身挑戰活動

We have thrown down a slightly different challenge for our regular Fitness Centre users this year. Instead of a year-long challenge, we set monthly challenges on different equipment so anyone can join in at any time. Remember, everyone is different – some people will find certain pieces of equipment easy while others find them hard. This is a chance to try new equipment and, you never know, you may want to add it to your regular routine.

今年健身中心的挑戰與過往略有不同。挑戰每月在不同設備上達到所要求，而不是長達一年的挑戰目標。請按自己的程度選擇完成任何或所有挑戰。每人都可以不同，有些人喜歡選擇較容易的，而有些人會喜歡挑戰更難的。這是一個嘗試新設備的機會，或許您會想把它添加至日常鍛鍊中。

### Completion Levels 完成級別

- 12 Challenges completed 十二項 – Super Star 超級星
- 8 Challenges completed 八項 – Gold Star 金星
- 6 Challenges completed 六項 – Silver Star 銀星
- 4 Challenges completed 四項 – Bronze Star 銅星

Even though the first eight months are already on the books, you can still join in and even achieve Bronze Star level!

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

雖然活動已開始了八個月，您仍然可以參加，並挑戰銅星級。

查詢有關詳情，請聯絡健身中心團隊Nelson及Keith，或您的健身教練。

SEP

九月

Rower

20km

OCT

十月

Elliptical

60km

NOV

十一月

Stepper/Stepmill

150 Floors

DEC

十二月

Pool 100

lengths



# The Technogym Hip Thrust Machine

臀舉器械

This article was originally featured earlier in the year, however now that the equipment has finally arrived, it deserves another read!

The top floor of the Fitness Centre features a variety of functional training equipment that offer different ways of exercising to traditional strength and cardio training. The new Hip Thrust Machine from Technogym provides a safer and more structured system for performing the barbell hip thrust.

The main benefit of doing hip thrusts is to improve your glute (buttock) strength, which will in turn lead to improved lower-body strength and power. As you may know, squats, lunges and deadlifts also target similar muscle groups, however the hip thrust allows you to isolate and work the glutes in a very controlled range of motion through full hip extension, which makes it one of the best exercises you can do for glute strength.

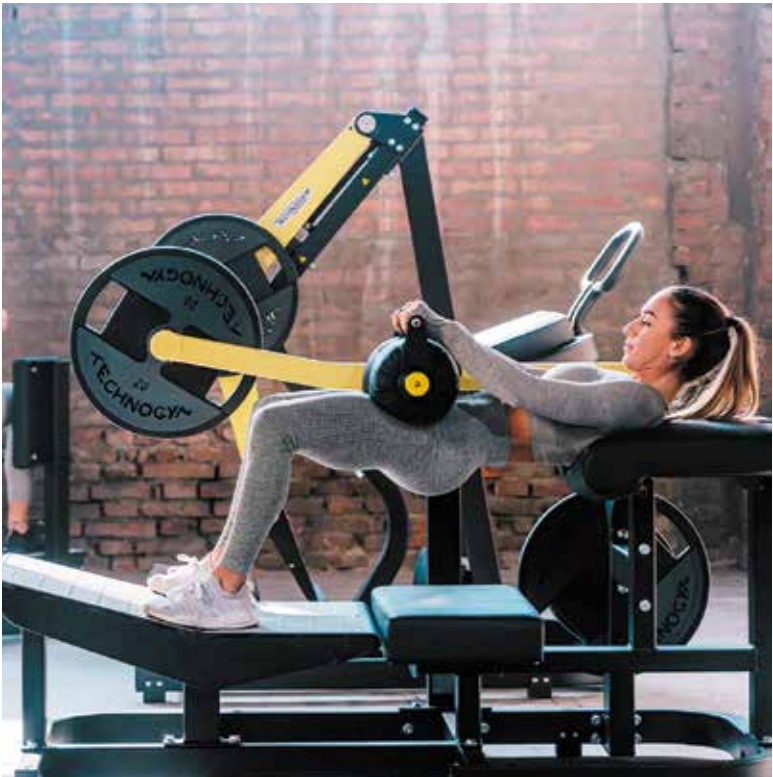
Hip thrusts are also a great way to prevent injuries both in and outside of the gym. That's because your glutes are actually composed of three large muscles, all of which help to stabilise the lower back and pelvic region – gluteus maximus, gluteus medius, and gluteus minimus. If any of these three muscles are neglected or under-

trained, it can put you at a higher risk of knee, hip and lower-back injuries due to a lack of lower-body stabilisation.

Another lesser-known benefit of hip thrusts is their ability to improve overall athletic performance, including running, jumping and sprinting. That's because strong glutes help you accelerate, decelerate, change direction, and create explosive power when jumping. Those

of us who play any sport can benefit from regular hip thrusts, while those who do not can also benefit as the glute is important for so many everyday activities such as climbing stairs and picking things up from the floor correctly.

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



這篇文章最初發表於今年初，現時設備終於抵達，值得再次介紹！

健身中心的頂層設有各種功能性訓練設備，提供不同力量和帶氧訓練的儀器。Technogym的全新臀部上舉儀器能更有效訓練臀部線條。

臀推練習主要能提高臀肌力量，從而提升下半身的力量和爆發力。深蹲、弓箭步和硬拉也針對類似的肌肉群，透過臀部上舉儀器可以在可控的運動範圍內鍛鍊整個臀部，是鍛鍊臀部力量的最佳方法之一。

使用臀部上舉儀器鍛鍊也可以防止受傷。臀部實際上由三塊大肌肉組成——臀大肌、臀中肌和臀小肌——有助於穩定下背和盆骨。如這三塊肌肉中的任何一塊被忽視或訓練不足，下半身將缺乏穩定性，使膝蓋、臀部和下背受傷的風險更高。

另一個鮮為人知的好處是能夠提高整體運動表現，包括跑步、跳躍和短跑。那是因為增強了臀肌，幫助您在跳躍時加速、減速、改變方向並發揮爆發力。運動愛好者可以透過定期鍛鍊臀部肌力提升表現，其他人士也可從而得益，因為臀部對於許多日常活動都很重要，例如上落樓梯和正確地從地板上撿起物件。

查詢有關詳情，請聯絡健身中心團隊 Nelson及Keith，或您的健身教練。

## Dates for your Diary

SEP	Events	Location	Time
All Sep	Badminton Mini Competition	7/F Multi-Use Court	Every Monday 6-7pm (whole month)
All Sep	Monthly Fitness Challenge - Rower 20km	Fitness Centre	Whole Month
Sep 3	10 minutes Battle Rope Challenge	Fitness Centre	6.30am - 10.30pm
Sep 8	Bazooka Ball Challenge	Adventure Zone	7 - 7.30pm
Sep 10 & 24	Bowling Exact Score Day	Bowling Alley	Midday - 10pm
Sep 15	Dodgeball Tag Challenge	Adventure Zone	6.30 - 7.30pm
Sep 16	Basketball Fun Day & 3-on-3 Challenge	7/F Multi-use Court	2 - 6pm
Sep 17	Basketball Highest Score Day	The Yard	9am - 7pm
Sep 22	Laser Tag Challenge	Adventure Zone	6.30 - 7.30pm
Sep 23	Run, 2, 3 ! Treasure Hunt	Run, 2, 3!	4 - 6pm
Sep 23 & 24	Kids on 8 Weekend Fun Arts & Crafts - Moon Festival	Kids on 8	3.30 - 4.30pm
Sep 24	42km Berlin Marathon	Fitness Centre	6.30am - 10.30pm
Sep 29	Adventure Zone Physical Challenge	Adventure Zone	4 - 6pm

OCT	Events	Location	Time
All Oct	Badminton Mini Competition	7/F Multi-Use Court	Every Monday 6-7pm (whole month)
All Oct	Monthly Fitness Challenge - Elliptical 60km	Fitness Centre	Whole Month
Oct 1	10 Reps Tire Flip Challenge	Fitness Centre	6.30am - 10.30pm
Oct 6	Bazooka Ball Challenge	Adventure Zone	7 - 7.30pm
Oct 8	Chicago Marathon 42km Challenge	Fitness Centre	6.30am - 10.30pm
Oct 8 & 22	Bowling Exact Score Day	Bowling Alley	Midday - 10pm
Oct 13	Dodgeball Tag Challenge	Adventure Zone	6.30 - 7.30pm
Oct 14	Run, 2, 3 ! Treasure Hunt	Run, 2, 3!	4 - 6pm
Oct 15	Darts Challenge	The Yard	9am - 7pm
Oct 20	Laser Tag Challenge	Adventure Zone	6.30 - 7.30pm
Oct 27	Adventure Zone Physical Challenge	Adventure Zone	4 - 6pm
Oct 27, 28 & 29	Halloween Event - Escape!	Run, 2, 3! Adventure Zone	6 - 9pm
Oct 28 & 29	Halloween Hunting	Adventure Zone	Midday - 4pm
Oct 29	Halloween Hunting on Ice!	Ice Rink	3 - 6pm



# Fitness Tips Swimming as a Life Sport

by Edward Borja

Swimming Coach

游泳作恆常運動

Swimming is one of the healthiest physical activities. It maintains health in many aspects and is one of the only sports that you can perform at any age. Here are the most important points to consider when swim training.

- Controlled and measured breathing patterns and hypoxic (being out of breath) training strengthens the cardiovascular and circulatory systems.
- Wide and more complex ranges and direction of motions of the limbs with core coordination develops and maintains muscular strength and flexibility.
- With swimming being one of the only exercises that engages the most muscle contractions in a single exercise, a swimmer has to be both alert and calculating while performing, which maintains long-term mental health.
- It is the only sport with the least impact to joints so you can even perform it at any age without worrying about injuries induced by ageing body parts.
- Distance Swimming burns calories and sugar more efficiently compared to other sports through water propulsive movements and this can help maintain ideal blood sugar levels.

- Swimming demands proper posture to reduce drag in the water, which is a must for efficient aquatic performance.

游泳是最健康的運動之一。在多方面也能保持身體健康，並且適合任何年齡人士鍛鍊，以下是游泳訓練時需要注意的幾個重點。

- 控制和測量呼吸模式，以及低氧（氣喘）訓練可以增強心血管和循環系統。
- 以大幅度和複雜的四肢練習動作配合核心協調，來發展和保持肌肉強度和靈活性。
- 游泳是讓肌肉收縮最多的運動之一，泳者在運動時必須保持警惕並進行計算，才能保持長期的心理健康。
- 游泳是對關節老化影響最小的運動，甚至適合任何年齡人士，也不必擔心因身體老化而受傷。
- 與其他運動相比，長距離游泳通過水中推進運動能更有效地燃燒卡路里和糖分，有助維持理想的血糖水平。
- 游泳需要正確的姿勢以減少水中的阻力，這是保持有效率的水中表現的必要條件。

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

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

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# Fun Challenges for Children

## 兒童遊戲挑戰賽

### Adventure Zone Physical Challenge 體力挑戰賽

Work out in an entertaining way! Complete the Ninja Track in less than two minutes, score 400 points on the trampoline and many more!

From 4-6pm	下午4時至6時
• Friday, September 22	• 9月22日(星期五)
• Friday, October 20	• 10月20日(星期五)
• Friday, November 17	• 11月17日(星期五)

### Adventure Zone Laser Tag Challenge 鐳射槍賽

Calling all LASER-taggers – mark your diary!

From 6.30-7.30pm	晚上6時30分至7時30分
• Friday, September 22	• 9月22日(星期五)
• Friday, October 20	• 10月20日(星期五)
• Friday, November 24	• 11月24日(星期五)

### Adventure Zone Dodgeball Tag Challenge 躲避球挑戰賽

Kids don't play by the rules, and that's the fuel that fires up their imaginations!

From 6.30-7.30pm	晚上6時30分至7時30分
• Friday, September 15	• 9月15日(星期五)
• Friday, October 13	• 10月13日(星期五)
• Friday, November 17	• 11月17日(星期五)

### Bazooka Ball Challenge Bazooka Ball 挑戰賽

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

From 7-7.30pm	晚上7時至7時30分
• Friday, September 8	• 9月8日(星期五)
• Friday, October 6	• 10月6日(星期五)
• Friday, November 10	• 11月10日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)

### Run, 2, 3! Treasure Hunt 尋寶遊戲

The clock is ticking! Go search for the hidden treasure at Run, 2, 3!

From 2-4pm	下午2時至4時
• Saturday, September 23	• 9月23日(星期六)
• Saturday, October 14	• 10月14日(星期六)
• Saturday, November 11	• 11月11日(星期六)

Enquiries 查詢: 2814 5360 (Adventure Zone)

### The Yard Arcade Game Challenges 遊戲機挑戰賽

Fun challenges every Sunday! Have a great time playing together.

From 9am-7pm	上午9時至晚上7時
Basketball Highest Score Day	籃球最高得分賽
• Sunday, September 17	• 9月17日(星期日)
Darts Challenge	飛鏢挑戰賽
• Sunday, October 13	• 10月13日(星期日)
Skeeball Highest Score Day	滾球最高得分賽
• Sunday, November 19	• 11月19日(星期日)

Enquiries 查詢: 2814 5483 (Chill Zone)

### Bowling Alley Bowling Exact Score Day 保齡球挑戰賽

Pop down to bowl and see if you can match the random score!

From midday-10pm	中午至晚上10時
• Sunday, September 10 & 24	• 9月10及24日(星期日)
• Sunday, October 8 & 22	• 10月8及22日(星期日)
• Sunday, November 12 & 26	• 11月12及26日(星期日)

Enquiries 查詢: 2814 5200 (Bowling Alley)



# Art on Ice!

## 冰上繪畫

Sunday,  
September 24  
3-5.30pm

Come and join our unique painting experience on the ice!

9月24日(星期日)  
下午3時至5時30分

快來參加獨一無二的冰上繪畫活動吧!

Enquiries查詢: 2814 5374  
(Ice Rink)



# Basketball Fun Day

## 籃球同樂日

Fun Games and  
3-on-3 Challenge!

Saturday, September 16  
2-6pm

7/F Multi-Use Court

Member \$150 Guest \$235

Come and join us for the skill challenge and team up with your friends for the fun 3-on-3 game!

For ages 6 to 9 – Rookie Challenge

For ages 10 to 13 – Semi Pro

For ages 13 to 16 – All Stars

For ages 16 or above – Hall of Fame

Reservations required.

三人籃球賽

9月16日(星期六)下午2時至6時

7樓多用途場地

會員\$150 來賓\$235

快來加入我們的技能挑戰吧，與您的朋友組隊參與刺激的三人籃球賽!

敬請預約。

Enquiries查詢: 2814 1222  
(Central Reservations Centre)



# Halloween Events

## 萬聖節活動

### Escape!

Friday, Saturday and Sunday  
October 27 to 29, 6-9pm  
Member \$88 Guest \$108

Dress up and have fun at the Haunted Adventure Zone and Run, 2, 3!

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

10月27至29日(星期五、六及日)晚上6時至9時  
會員\$88 來賓\$108

悉心打扮前來動感樂園或Run, 2, 3! 盡情玩樂吧!

收費包括享用動感樂園或Run, 2, 3! 玩樂一節!

Enquiries 查詢: 2814 5360 (Adventure Zone)

### Halloween Hunting

Saturday and Sunday,  
October 28 to 29, midday-4pm

Complimentary Halloween Hunting all over the club.

Show off your favourite Halloween costume and let the haunting games begin!

10月28及29日(星期六及日)中午12時至下午4時

參加萬聖節尋寶活動費用全免。

穿上你最喜歡的萬聖節服飾，參與有趣的尋寶活動吧!

Enquiries 查詢: 2814 5360 (Adventure Zone)

### Halloween Hunting on Ice!

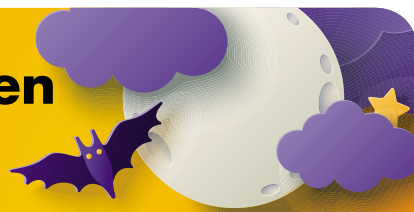
Sunday,  
October 29, 3-6pm  
Member \$80 Guest \$120

Dress up and have fun at the Skating Rink!

10月29日(星期日)下午3時至6時  
會員\$80 來賓\$120

悉心打扮前來溜冰場盡情玩樂吧!

Enquiries 查詢: 2814 5374 (Ice Rink)





## Family Hiking Club 家庭登山樂

With the cooler weather coming, we can resume our monthly hikes and will once again tackle our local reservoirs, each featuring many old buildings that are still in use today.

- Pok Fu Lam Reservoir – Saturday, September 23
- Aberdeen Reservoir – Saturday, October 28

These walks are pretty easy-going and suitable for families with children aged eight years and above. Please bring your own water bottle, hat, sun lotion and comfortable walking shoes. Both walks will commence at the Club lobby at 9.30am and we should return around midday, just in time for lunch!

For more information on these family walks, please contact our Director of Sports & Recreation, Giles Leonard. For reservations, please call the Central Reservations Centre on 2814 1222.

隨着天氣漸涼，我們可以回復每月舉辦的家庭登山樂活動。我們再次遊覽本地的水庫，每個水庫都有許多仍然使用至今的舊建築。

薄扶林水塘 — 9月23日（星期六）  
香港仔水塘 — 10月28日（星期六）

路線相當輕鬆，適合8歲或以上的兒童參加。請自備水、帽、防曬用品和穿著舒適的鞋履。兩個活動均於上午9時30分從本會大堂出發，大約中午時分返回會所，正好趕上享用午餐！

如欲查詢更多有關家庭登山樂的資訊，請聯絡本會康體部總監李基爾。報名請致電預訂服務中心電話2814 1222。

Aberdeen Reservoir

## Group Fitness Programme for Adults 成人團體健身班

成人團體健身班



To get back to your workout routine please join our regular programmes.

快來加入我們，重啟你的日常鍛鍊。

### Every Monday 逢星期一

- 10.15-11.15am Water Aerobics by Corwin
- 10.30am-midday Tai Chi Advanced by Donald

### Every Tuesday 逢星期二

- 8.30-9.30am Pilates by Tracy
- 9.30-10.30am Body Sculpt by Cass

### Every Wednesday 逢星期三

- 9-10.15am Tai Chi Beginner by Donald
- 9.30-10.30am Pilates by Tracy

### Every Thursday 逢星期四

- 9.15-10.15am Functional Workout by Mike
- 10-11am Yoga Stretch by Elsie
- 7.15-8.15pm Cardio Tennis

### Every Friday 逢星期五

- 9.30-10.30am Dance Fitness by Sandra
- 10.15-11.15am Water Aerobics by Corwin

### Every Saturday 逢星期六

- 11am-midday Latin Dance by Sandra

Please look out for more programme details on the flyer racks. For booking and enquiries, please contact the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com).

如欲了解更多課堂詳情，請留意傳單架上的單張。報名及查詢，請致電預訂服務中心電話2814 1222或電郵至 [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)。

## Diving by Mandarin Divers 潛水班

Are you ready for underwater adventures? Two diving courses – PADI Open Water Diver & PADI Discover Scuba Diving – are now available for beginners to join!

### PADI Open Water Diver (Five-day Course)

Duration: 13 hours

Participants: From one to four people

For ages eight years and above.

Member \$5,500/course Guest \$6,000/course

### Thursday, September 7

E-learning briefing session from 4.30pm to 5.30pm.

Instructors will review all knowledge development and answer questions on theory.

### Sundays, September 10 & 17

Confined water dive at 3/F Swimming Pool from 12.45pm to 5.45pm.

### Saturday & Sunday, September 23 & 24

Open-water dive in Sai Kung from 9am to 4pm.

- For open-water dive, companion guests will be charge \$500 each (maximum two companion guests for each enrolled student).
- All equipment and tanks provided.
- Refreshments and drinks included on boat for open water dives dates.
- The boat departs from Sai Kung New Pier at 8.45am.
- The course may be conducted in English, Cantonese and Mandarin.

### PADI Discover Scuba Diving (One-day Course)

### Friday, September 8

From 3-6pm

Participants: From one to four people

For ages eight years and above.

Member \$2,000/course Guest \$2,500/course

For beginners to experience diving in the G/F Tropical Pool.

### PADI開放水域潛水班（五日課程）

13小時的課程，每班一至四名學員

適合8歲或以上兒童

會員\$5,500/課程 來賓\$6,000/課程

### 9月7日（星期四）

下午4時30分至5時30分透過網上學習認識基本潛水知識。導師將回顧所有知識，並回答學員問題。

### 9月10及17日（星期日）

中午12時45分至下午5時45分在三樓游泳池進行控制水域潛水。

### 9月23及24日（星期六及日）

上午9時至下午4時於西貢開放水域潛水。

- 於開放水域潛水，每位同行者需支付\$500的費用（每位註冊學員最多可攜帶兩名同行者）。
- 提供所有器材和氣樽。
- 開放水域潛水期間，船上供應茶點和飲料。
- 上午8時45分從西貢新碼頭出發。
- 課程以英語、粵語和普通話教授。

### PADI 探索水肺潛水體驗（一日課程）

### 9月8日（星期五）

下午3時至6時，每班一至四名學員

適合8歲或以上兒童

會員\$2,000/課程 來賓\$2,500/課程

課程供初學者於地下碧波游泳池體驗潛水的樂趣。

For bookings and enquiries, please contact the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto: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](mailto:reservations@aberdeenmarinaclub.com)。



CLASS HIGHLIGHTS  
康體課程推介



Basketball  
Adventure  
by Adventure Sports  
Academy Limited  
籃球班

Mini Dunks Programme

Ages two and three years  
Every Friday

Children will be introduced to the basic skills of basketball and begin the development of hand-eye coordination and key motor skills.

Basketball Adventure Programme

Ages four years and above  
Every Wednesday and Friday

Children will learn the concept of playing the game of basketball and may further develop the fundamental skills of dribbling, catching, shooting and passing.

One-on-one Private Training

Private one-on-one classes are also available for our enthusiastic young athletes of all ages.

幼童入籃班

逢星期五，適合兩至三歲兒童

向學員們介紹籃球的基本技能，並開始發展手眼協調和關鍵動作技巧。

籃球冒險班

逢星期三及五，適合四歲或以上兒童

這個課程將向學員介紹打籃球的概念，進一步學習運球、接球、投籃和傳球的基礎技能。

一對一私人教授班

私人一對一教學，適合各年齡人士參加。

Principal Pilates  
Course  
by Tracy So  
普拉提斯課程

September 4, 11, 18 & 25  
From 9.30-10.30am  
3/F Activities Studio

Member \$1,700/course Guest \$2,200/course

This course is designed for students to learn the fundamental skills required to participate in Group Pilates classes, which include abdominal control, joint stability, mind-body focus and breath control. Exercises will be performed on the mat, the Allegro reformer, the Wunda Chair and using props and accessory equipment.

9月4、11、18及25日：上午9時30分至10時30分  
三樓活動室

會員\$1,700/課程 來賓\$2,200/課程

團體課程讓學員學習普拉提斯的基本技巧，包括腹部控制、關節穩定性、專注力和呼吸控制。練習將在墊子、Allegro塑身機、Wunda椅上以及使用器材和輔助設備進行。

Kung Fu  
by Heng Yue Yen Long Kwon  
功夫 - 恆宇仁龍拳

Every Friday, 4.30-5.30pm

With spirit and skills, students are trained to be proactive and unflinching when facing challenges. This class is suitable for children aged four and above, as well as adults.

Heng, or Perseverance, embodies unceasing endeavour, stalwartness, and patience.

Yue, or Universe, stands for boundlessness. It also symbolises wisdom and knowledge.

Yen, or benevolence, is the embodiment of kindness, care and sympathy.

Long is righteousness, the best as well as gentlemanliness. It is also the symbol of China.

Kwon is martial arts. It is a combination of skills, wisdom, and body strength. At the same time, it is also a demonstration of valour and peace.

逢星期五，下午4時30分至5時30分

學員將透過課程學習積極主動、不畏懼的精神和基本技巧。適合四歲及以上兒童及成人。

恆，即毅力，體現不斷的努力、堅定和耐心。

宇，即宇宙，代表無邊無際，象徵智慧和知識。

仁，是仁慈、關懷和同情的意思。

龍，為義，也是中國的象徵。

拳，是武術，技能、智慧和體力的結合，也是勇敢與和平的意義。



For bookings and enquiries, please contact the Central Reservations Centre on 2814 1222 or email [reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)  
報名及查詢請致電預訂服務中心電話2814 1222或電郵至[reservations@aberdeenmarinaclub.com](mailto:reservations@aberdeenmarinaclub.com)。

COMPLIMENTARY ADULT FITNESS CLASSES



Dance Fitness  
by Sandra

舞蹈健身課程

Friday, September 1, 8, 15  
10-11am  
6/F Activities Studio

9月1、8、15日星期五  
上午10至11時  
六樓活動室

Body Sculpt  
by Cass

塑身課程

Tuesday, September 5, 12, 19  
9.30-10.30am  
7/F Activities Studio

9月5、12、19日星期二  
上午9時30分至10時30分  
七樓活動室

Enquires查詢: 2814 1222 (Central Reservations Centre)

CLUB NOTICES

會所快訊

New Lifting Platform for  
Enhanced Accessibility  
無障礙升降平台

A new lifting platform is expected to be installed next to Marina Deli by the end of September. This will facilitate access for wheelchair users and anyone with reduced mobility. A hoarding will be in place during construction.

We apologise for any inconvenience and thank you for your patience and understanding.

為方便輪椅使用者及行動不便之人士進出會所，我們正在深灣店旁邊安裝無障礙升降平台，預計9月底啟用。施工期間將設置圍板。本會很抱歉為您帶來不便，並感謝您的耐心和諒解。

Membership  
Card Verification  
認證會員證

According to the Club's Bye-Laws, Members must not lend their Membership Cards to family, friends or other persons for any purpose. Members should always carry their Membership Cards, which must be presented for every transaction or for verification if requested by a Club employee.

根據本會規章，會員不得將會員證借予家人、朋友或其他人士使用。會員應隨身攜帶會員證，每次消費時都必須出示，或應會所員工的要求進行確認。



No Waiting  
at the Driveway  
禁止在行車道上等候

Please remind your drivers that no waiting is allowed at the Club's driveway, as it causes congestion and inconvenience for Members. The Club driveway is only for instant dropping off and picking up. Drivers may also use the 3/F Car Park's designated drop-off and pick-up area.

會所門口的車道只允許乘客上落車，不得停車等候，以免導致擠塞及為他人帶來不便。會員亦可使用三樓停車場的指定上落區。



Annual Staff Party  
員工週年派對

The Club will close at 4pm on Tuesday, September 19 for the Annual Staff Party. We apologise for any inconvenience.

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

本會將於9月19日（星期二）下午4時關閉以舉行員工週年派對。不便之處，敬請原諒。

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





# Donate Your Clothes, be Green Ladies!

## 衣物捐贈

It is time to declutter the clothes in your closet. This October, the Club will collaborate with Green Ladies & Green Little, a social enterprise under St. James Settlement, for secondhand clothing donation.

The fast-changing fashion trend causes a huge amount of waste and results in unfavourable environmental impact. According to the United Nations, it is estimated that the fashion industry contributed 2-8% of the world's greenhouse gas emissions. Not only the production, but the clothes disposal also does harm, since they take a very long time to break down in landfills, releasing harmful chemicals in the process.

Clothes collected will be re-used, resold or recycled. For more information, please visit [gl.sjs.org.hk/greenladies](http://gl.sjs.org.hk/greenladies). Please drop your unwanted clothing in the boxes at the 5/F Health Club from October 1 to 31.

### What to donate

Good quality women's and children's clothes (preferably fall and winter items).

Not accepted: Broken, stained, pilling fashions, uniforms, swimsuits, executive suits, fur and related items.

### Green Ladies

Established in 2008, Green Ladies has been promoting eco-friendly habits and middle-aged ladies employment. Secondhand business is expanded to kids wear and established Green Little in 2016, in order to provide an eco-shopping platform for parents and kids. Through collection of high quality fashion and accessories, we promote secondhand clothing for sustainable use of resources.

### Try Before You Buy, Think Before You Trash!

Green Ladies is the first social eco consignment enterprise in Hong Kong. To encourage the public to bring their clothes to the shops, a maximum 30% of the selling price will be given to the consignor as a rebate. By running consignment shops, Green Ladies also create job opportunities for middle-aged women, providing them training and assisting them to re-enter the labour market.

又到了整理衣櫃的季節了。今年十月，本會將與聖雅各福群會轄下的社會企業Green Ladies & Green Little合作，舉行捐贈二手衣物活動。

時尚潮流急速變化，造成大量衣物浪費，並對環境造成了不利的影響。據聯合國估計，時尚產業排放量佔全球溫室氣體排放量的2-8%。不僅是生產過程，衣服的处理也對環境造成危害，棄置於垃圾堆填區中需要很長時間才能分解，並釋放出有害化學物質。

收集到的衣物將被重複使用、轉售或回收。如欲了解更多資訊，請瀏覽[gl.sjs.org.hk/greenladies](http://gl.sjs.org.hk/greenladies)。請於10月1日至31日期間，將捐贈的衣物放到5樓健身中心的回收箱。

捐贈要求：品質保持良好的女裝和童裝衣物（最好是秋冬衣物）。

不接受：破損、有污漬、起毛頭的服飾、校服、制服、泳衣、行政套裝、皮草及相關物品。

### Green Ladies & Green Little

Green Ladies於2008年成立，一直以環保及推動中年婦女就業為目標。於2016年更成立Green Little，為父母及孩子提供一個環保購物平台。透過收集優質時裝，積極推動及鼓勵二手時裝買賣，使社會資源有效循環再用。

### 購買前先嘗試，扔掉前三思！

Green Ladies是香港首家以寄賣模式營運的環保社會企業。為了鼓勵公眾攜帶衣服到商店，最多可向寄賣者提供售價的30%作為回饋。通過經營寄賣店，Green Ladies還為中年女性創造就業機會，為她們提供培訓，幫助她們重新進入勞動力市場。



# Join the Green Movement this Mid-Autumn Festival

## 於中秋佳節參與環保活動

As the Mid-Autumn Festival approaches, we invite you to celebrate and support our green initiatives by ordering our delicious moon cakes without boxes. For every box saved, the Club will donate \$20 to the non-profit organisation Greeners Action.

With your help, we can reduce waste and make a positive impact on the environment.

We thank you in advance for joining us in our efforts to create a more sustainable world. Let us celebrate the Mid-Autumn Festival together and make a difference!

### Greeners Action

Greeners Action is the leading environmental non-profit organisation in Hong Kong. Its core aims are to change the disposable lifestyle of local citizens and raise public awareness about environmental issues.

Established by a team of volunteer undergraduates and professionals from various sectors in 1993, Green Student Council was registered as an independent environmental group in 1998 and renamed Greeners Action in 2007 as a charitable institution.

Over the past two decades, Greeners Action has successfully advocated for the plastic bag levy, eco-friendly lunch programme, Lai See Reuse & Recycle Programme and more. Their team promotes a sustainable lifestyle with emphasis on waste

reduction, plastic pollution and food waste issues. Through policy advocacy and public environmental education, Greeners Action strives to take Hong Kong into a new green era.

中秋節即將來臨，我們誠邀您訂購美味的無禮盒月餅，慶祝節日的同時，亦支持我們的綠色環保活動。每節省一個禮盒，本會將向非牟利組織綠領行動捐贈\$20。

在您的幫助下，我們可以減少浪費並對環境產生正面的影響。

我們預先感謝您與我們一起努力創造一個可持續發展的世界。讓我們一起歡度中秋，共創美好！

### 綠領行動

綠領行動是香港主要的非牟利環保組織。目標是改變市民慣常的即棄生活方式，提高公眾對環境問題的認識。

原名為綠色學生聯會，於1993年由一群大學生和來自不同領域的專業人士義務組成，1998年註冊為獨立環保團體，並於2007年改名為綠領行動。

過去二十年，綠領行動成功倡導膠袋徵費、環保午膳計劃、利是封重用及回收計劃等。他們的團隊提倡綠色生活，重點關注減少廢物、塑料污染和食物浪費等問題。綠領行動透過政策游說及公眾教育，致力帶領香港走入綠色新時代。

# A Big Thank You 衷心感謝



Last April, the Club called for children's face-mask donations for the resumption of school lessons. Hundreds of masks were collected over a two-week period for Jubilee Ministries to distribute among quarantined and underprivileged families in the Jordan area.

The campaign was actually initiated by Kiran Malviya, a 12-year-old junior Club Member.

"I would like to say a big thank you to all Club Members who made a donation," says Kiran. "I could not have done this without your help."

去年四月，由於學校恢復面授課堂，本會曾呼籲捐贈兒童口罩給有需要的學童。我們在兩週內為禧福協會收集了數百個口罩，分發給佐敦的貧困家庭。

該活動原是由一位12歲的少年會員Kiran Malviya發起的。

Kiran說：「我要向所有捐贈口罩的會員表達衷心的感謝。如果沒有您們的幫助，我自己是不能做到的。」





# What is the Best Academic Path for your Child?

## Navigating the complex and competitive education systems in Hong Kong and abroad.

探討香港及海外教育制度  
為孩子選擇合適的升學途徑

IB

IGCSE

A-Levels

AP



Thursday, September 14

10.30am to midday

2/F Marina Suite

Members: Complimentary; Guests: \$60

### Speakers

Cindy Hah, Head of US Admissions Advisory Services

Lucy Lau, Head of UK & HK Admissions Advisory Services

Christy Chan, Entrance Test Prep Team Head

What is the Best Academic Path for your Child?

Navigating the complex and competitive education systems in Hong Kong and abroad.

What is the best academic path to get my child into a top university? Should I send them to local or international schools? How to choose between IB, AP, IGCSE and/or A-Level curricula? Which school in Hong Kong would give my child the best edge? How do you get into them? Should I switch schools, and if so, when? What are the key milestones I need to be aware of? Should I consider boarding school? How will my choices now ultimately impact my child's chances for university admissions?

Find out as our academic and admissions experts provide valuable insights on options, timelines, key preparation tips, and how to navigate an incredibly complex and competitive education and admissions process in Hong Kong, the US and UK for boarding school and university.

Time will be allocated for Q&A.

Aegis Advisors is committed to making a positive impact on the lives of students and their families. With a 16-year track record of helping students get into top

boarding schools and universities in the US and the UK, and provide support and guidance throughout the entire educational lifespan. The team of committed consultants and experienced academic and test-prep tutors work together with parents and students to help them realise their full potential.

9月14日 (星期四)

上午10時30分至中午

二樓海翔廳

會員免費 來賓\$60

搜索不同國際學校和寄宿學校的課程可能很複雜。IGCSE、AP、IB 和 A-Level中哪一個課程最適合您的孩子？哪些學校的成績最好？歡迎參加是次講座，探索學校和課程的趨勢，以及對美國和英國頂尖大學入學的影響。

經驗豐富的業內專家將分享心得，講座內容包括課程趨勢、招生的要求、關鍵的準備技巧以及如何駕馭日益複雜和競爭激烈的體系。

Aegis Advisors 擁有16年的經驗，致力幫助學生進入美國和英國的頂尖寄宿學校和大學，並在教育行業中提供支持和指導，務求對學生及其家庭的生活產生正面的影響。顧問團隊由學術和教授應試準備的導師組成，具有豐富的經驗，配合客戶幫助他們充分發揮潛能。



For registrations and enquiries, please call Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com  
報名及查詢，請致電會員部電話2814 5436或電郵至member@aberdeenmarinaclub.com。

# ChatGPT and your Child:

## Tips for Navigating in the Age of AI

認識ChatGPT  
為孩子做好準備迎接AI世代

Wednesday, September 27

10.30am to midday

2/F Marina Suite

Member: Complimentary

Guest: \$60

Artificial Intelligence (AI) is becoming increasingly prevalent, and parents are understandably concerned about how this technology will impact their children's lives. ChatGPT is at the forefront of this technological shift.

To address parental concerns, Baker & Bloom is offering a parent talk that will provide valuable insights into the role of AI in the latest education and job trends. Parents will learn how to create high-quality prompts that enhance the educational experience. We will also equip parents with the necessary critical thinking tools to help their children decipher what AI feeds them. By attending this talk, you can be assured that you will be better prepared to help your child navigate the Age of AI and thrive in this rapidly changing technological landscape.

Renée Boey is the founder of Bloom KKCA Academy and Baker and Bloom Education Center.

She graduated from Harvard College as an English major and obtained an M. Phil in Renaissance Literature at Cambridge University. She completed teaching internship at St. Paul's Co-Educational College and received her Postgraduate Diploma in Education at the University of Hong Kong. Renée has been an educational consultant for schools such as St. Stephen's College, a board member of the HKMA David Li Kwok Po College, and was an IB English and Humanities teacher at The ISF Academy. She stays connected to her US boarding school, St. Paul's School as a form agent and has served as a Board Director of the Harvard Club of Hong Kong for the past six years,

For registrations and enquiries, please call Membership Office on 2814 5436 or email member@aberdeenmarinaclub.com  
報名及查詢，請致電會員部電話2814 5436或電郵至member@aberdeenmarinaclub.com。



as well as the Co-Chair of the Harvard Book Prize Committee for the past four years. She is a director of the Harvard Club of Hong Kong Education Fund.

9月27日 (星期三)

上午10時30分至中午

二樓海翔廳

會員免費 來賓\$60

人工智能 (AI) 的運用越來越普遍，而ChatGPT更是這種技術的重要一環，家長們自然會擔心這技術將如何影響他們孩子的生活。

為解決家長們的擔憂，Baker & Bloom舉辦是次講座，旨在為家長們提供有關AI在最新教育和就業趨勢中的作用。家長將學習如何創建高質量的提示，以增強教育體驗。家長亦可認識如何以「批判性思維工具」幫助孩子解讀AI提供的信息。通過參加這次講座，家長可更好地幫助孩子在AI時代中航行，並在這個快速變化的技術中茁壯成長。

Renée Boey是Bloom KKCA Academy和Baker and Bloom Education Center的創辦人。她在哈佛大學獲得英語專業學位，並在劍橋大學獲得文藝復興文學的M. Phil學位。她在聖保羅男女中學完成了教學實習，並在香港大學獲得了教育研究生文憑。Renée是聖士提反書院的教育顧問，亦是香港管理專業協會李國寶中學的董事會成員，還曾擔任ISF學院的IB英語和人文學科教師。她曾於美國的St. Paul's School寄宿，並與母校保持聯繫，現時亦為此校的代理人。Renée在過去六年擔任香港哈佛俱樂部的董事會成員，以及過去四年的哈佛書獎委員會聯合主席。她亦是香港哈佛俱樂部教育基金的董事。





## Private Viewing of Tiffany & Co. Jewellery and Customised Jewellery Dish Workshop

Tiffany & Co. 珠寶私人鑑賞及個人化飾物碟工作坊

### Monday, October 16

Session 1: 2-3.30pm

Session 2: 4-5.30pm

### Tuesday, October 17

Session 1: 11am-12.30pm

Session 2: 1.30-3pm

Session 3: 3.30-5pm

### 1/F Governor's Room

Complimentary for all Members and their guests.

Maximum one guest per Member due to limited seats.

Founded in 1837, Tiffany & Co. is a global luxury jeweller synonymous with elegance, fine craftsmanship and creative excellence.

In October, over 40 pieces of Tiffany & Co. jewellery will be showcased at the Club. Members can discover iconic designs and join a workshop to customise their own jewellery dish.

Members are invited to indulge in the world of exquisite jewellery, such as the Tiffany Lock collection, a dedication to love and bonds, and the iconic Bird on a Rock by legendary jewellery designer Jean Schlumberger.

### 10月16日 (星期一)

第一節：下午2時至3時30分

第二節：下午4時至5時30分

### 10月17日 (星期二)

第一節：上午11時至下午12時30分

第二節：下午1時30分至3時

第三節：下午3時30分至5時

### 一樓總督廳

所有會員及來賓均可免費參加。

名額有限，每位會員可邀請最多一位來賓。

國際奢華珠寶品牌Tiffany & Co. 自1837年創立以來便成為融合優雅氣質、非凡創意及精湛工藝的代名詞。

今年十月，逾40件Tiffany & Co. 的精緻珠寶作品將於本會展示，讓大家一同探索品牌獨一無二的作品，會員更可參加工作坊，設計專屬的飾物碟。

活動將會展出多個Tiffany & Co. 的標誌系列，當中包括象徵團結與包容、愛以及人與人之間牢不可破的關係的Tiffany Lock系列。另外，由傳奇珠寶設計師Jean Schlumberger所設計的高級珠寶「Bird On A Rock」系列作品亦會於活動期間展出。

For registrations and enquiries, please call Membership Office on 2814 5436 or email [member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)  
報名及查詢，請致電會員部電話2814 5436或電郵至[member@aberdeenmarinaclub.com](mailto:member@aberdeenmarinaclub.com)。

## MEMORABLE MOMENTS

難忘片段







BENTLEY



More space inside, for you to explore outside.

**The new Bentayga Extended Wheelbase.**

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BENTLEY NETWORK BY DCH MOTOR GROUP: HONG KONG, SHANGHAI, GUANGZHOU, HANGZHOU, JIAXING, NANJING, HEFEI, NINGBO, DALIAN.



寶利香港大昌行  
@bentleymotorshk

The name 'Bentley' and the 'B' in wings device are registered trademarks.  
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**BENTLEY HONG KONG - DCH**

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