



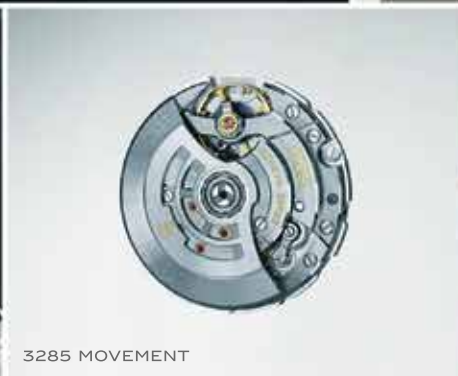
Portwatch

THE ABERDEEN MARINA CLUB MAGAZINE

JULY/AUGUST 2023

On Location
VENICE

Design Icons
**St Mark's
Campanile**



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Portwatch

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Portwatch Editor / Mr Adam Nebbs



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the
BALCONY



TASTES OF PHUKET

布吉島美食推介

THROUGHOUT JULY & AUGUST

七月及八月

Join us on a culinary journey to explore the diversity of Phuket's cuisine and find out why it was the first place in Southeast Asia recognised by UNESCO as a Creative City of Gastronomy. Visitors who know Southern Thai cuisine from sampling Thai classics and street food will be pleasantly surprised with fresh seafood, fiery spices, pungent fermented flavours, farm-to-table crunchy vegetables, and slow-cooked meats.

泰國南部美食眾多，對於只嚐過當地傳統菜式及街頭小食的訪客而言，布吉島的美食相信會帶來一番驚喜。新鮮海產、蔬菜及慢煮鮮肉，再配以惹味的香料和醃菜，別有一番風味。我們將帶您踏上布吉美食之旅，了解這個地方如何成為東南亞第一個被聯合國教科文組織認定的為創意城市美食之都。

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

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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 FROM AUGUST 15 多款月餅及禮品籃由8月15日開始發售

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

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5 to 10 boxes	10% off	5% off
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61 boxes and above	30% off	25% off

COUPON SALES FROM JULY 1

月餅禮券由7月1日開始發售

Moon cakes available at Marina Deli from mid-August
月餅禮券由7月1日開始發售。月餅禮盒於8月15日起在深灣店有售。

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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. All advance orders will be ready for collection at Marina Deli as of August 15, 2023 2. 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. 3. We will confirm your order by phone or by email. Your membership account will then be debited automatically. 4. For enquiries, please contact Marina Deli on 2814 5302 or WhatsApp 6390 0716. 5. Orders start July 1, 2023.		Delivery Charge 送貨服務費	
1. 所有月餅訂單可於2023年8月15日起在深灣店提取。 2. 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。 3. 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。 4. 訂購及查詢，請致電深灣店電話 2814 5302或WhatsApp 6390 0716。 5. 7月1日開始接受預訂。		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
Email: 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



時令蔬果菜式推介

SEASONAL FRUIT AND VEGETABLE DISHES

七月及八月
Throughout July and August

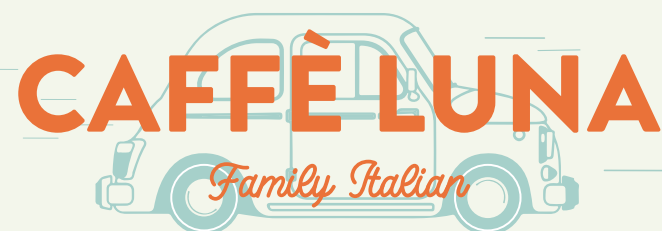
冰鎮花雕九年百合 Chilled fresh lily bulb, Huadiao wine	柑柚脆香骨 Crispy-fried pork spare ribs, pomelo, mandarin orange sauce	夏果蒜片秋葵炒牛柳粒 Sautéed diced beef, macadamia nuts, okra, fried garlic
木瓜燉山斑魚湯 Double-boiled snake head fish, papaya soup	百花釀玉環 Stuffed hairy gourd, minced shrimp, minced pork	籠仔銀魚肉鬆蒸菜心 Steamed Chinese cabbage, white bait, minced pork
八寶燉冬瓜盅 Doubled-boiled whole winter melon soup	金池玉林 Poached shredded bitter cucumber, thick chicken gravy	杏香蘆筍炒帶子 Sautéed fresh asparagus, scallops, almonds
火鳳朝陽 Sautéed diced chicken, dragon fruit, chilli sauce	魚香茄子千葉豆腐 Braised egg plant, minced pork, sliced bean curd	金銀蒜麒麟鱈魚件 Steamed cod fillet, jade melon, garlic

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A BRAND NEW CAFFÈ LUNA IS COMING!

全新的**LUNA**意大利餐廳即將開幕



Caffè Luna is undergoing a complete renovation that will be finished by mid-August. The new design will transport you to the heart of Italy with its vibrant colours, sleek furnishings and modern décor, creating a warm and inviting ambiance that will make you feel like you are dining in a charming Italian village.

A range of enhancements will make your dining experience even more enjoyable. Our newly renovated space will include more open areas, an extended pizza counter and an open kitchen that will allow you to see our chefs in action as they prepare fresh and house-made pizzas. In addition, we will be adding a gelato counter for a sweet treat at the end of your meal.

We look forward to unveiling the new Caffè Luna soon!

Luna意大利餐廳正全面進行裝修，並將於8月中完工。新設計配以鮮豔色彩、時尚家俱和現代裝飾，營造出溫馨宜人的氛圍，讓您彷彿置身於迷人的意大利村莊。

全新裝修的Luna意大利餐廳將開放更多空間，更大的薄餅製作櫃檯及開放式廚房讓會員欣賞廚師即席展示烤製美味的自家製薄餅。我們更會增設意式雪糕櫃，為您的用餐體驗畫上完美的句號。

敬請期待即將開幕的全新Luna意大利餐廳！





PORTSIDE



港式狗仔粉

**DOGGIE
NOODLES**

Throughout
July & August
七月及八月

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PORTSIDE

**Back to
School**

Pop-up

**FRIDAY
AUGUST 18**

Enjoy a campus atmosphere
with a range of food and games
full of childhood memories.

前來一起享用各款充滿兒時回憶
的美食及遊戲。



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**New
Executive Chef**

**Pieter
Fitz-Dreyer**

新任行政總廚斐偉俊



The Club is delighted to welcome
our new Executive Chef, Pieter Fitz-
Dreyer.

Pieter is no stranger to the Shangri-
La Group, and has worked in Hong
Kong before. He was the Executive Sous Chef
at The Kerry Hotel in 2019, and prior to joining
the Club was Executive Chef at the Four
Seasons Resort in the Bahamas. Pieter began
his career in the United Kingdom and has
worked as Executive Chef in city hotels and
resorts in different countries in Europe and the
Caribbean.

"I am happy to be back in Hong Kong," says
Pieter. "I am glad to join the Club and excited
about the renovation of Caffè Luna. I look
forward to meeting you around the Club and
bringing new excitements to your taste buds."

本會很高興歡迎新任行政總廚斐偉俊。

Pieter曾在香港工作，對香格里拉集團並不陌生，他
於2019年出任嘉里酒店的行政副總廚。在加入本會
前，他擔任巴哈馬四季度假酒店的行政總廚。Pieter
在英國開始他的職業生涯，並曾在歐洲和加勒比地
區不同國家的酒店及度假村擔任行政總廚。

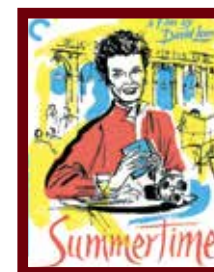
"我很開心再次回到香港，並加入深灣遊艇會。Luna
意大利餐廳正進行裝修工程，我非常期待它的新面
貌，更期待和各會員見面，為大家帶來全新的味覺
體驗。"



With Tony Leung soon to receive a Golden Lion lifetime achievement award at the 80th Venice Film Festival, and the upcoming release of Michelle Yeo's latest movie, *A Haunting in Venice*, it seems like the perfect time to go...

ON LOCATION: VENICE

看電影遊威尼斯



Summertime 夏日時光 (1955)

Director: David Lean

Starring: Katharine Hepburn, Rossano Brazzi

La Serenissima never looked more splendid on screen than it does in David Lean's *Summertime*. Katharine Hepburn is the American tourist immediately enchanted by the city, and soon spellbound by antique-shop owner Rossano Brazzi. Their romance plays out across the city, from the Campo San Barnaba where they first meet (and where she later falls in the canal), through St Mark's Square to the island of Burano. *Summertime* was David Lean's last film before moving on to direct such sweeping, widescreen epics as *The Bridge on the River Kwai* (1957), *Lawrence of Arabia* (1962) and *Doctor Zhivago* (1965), and it is said to have been his personal favourite. The Criterion Collection (criterion.com) released a new DVD and Blu-ray of the film last year featuring a fine 4k digital restoration.

Where to find: DVD and Blu-ray.

導演：戴維利恩

演員：凱薩琳赫本、羅薩諾布拉茲

在戴維利恩的電影《夏日時光》中，威尼斯呈現出前所未見的光彩。凱薩琳赫本飾演的美國遊客立刻被這座城市迷住了，不久更被羅薩諾布拉茲飾演的古董店老闆迷倒。整個城市上演一幕幕的浪漫情節，從他們第一次相遇的聖巴納巴廣場（亦是她後來墜進運河的地方），到聖馬可廣場，再到布拉諾島。《夏日時光》是戴維利恩在執導《桂河大橋》(1957)、《沙漠梟雄》(1962)及《齊瓦哥醫生》(1965)等闊銀幕史詩式電影前的第一部作品，據說這是最愛。Criterion Collection (criterion.com)去年發佈了該電影的新DVD和藍光影碟，更採用精美的4k數碼修復。

觀看影片：DVD或藍光影碟





Senso 戰地佳人 (1955)

Director: Luchino Visconti
Starring: Farley Granger, Alida Valli

After Venice's grand La Fenice opera house was destroyed by arson in 1996, enlarged still images from Visconti's epic *Senso* were used as a vital reference in its reconstruction. Such attention to authenticity, period detail and the fantastic use of Technicolor are what make this such an absorbing film, set in mid-19th-century Venice under Austrian occupation. Hollywood heart-throb Farley Granger is the Austrian soldier wooing Alida Valli's Italian countess from the alleyways, canals and courtyards, and beyond to Vicenza and Verona in the wider Veneto region. First shown at the Venice Film Festival in 1954, *Senso* was released in Italian cinemas early in 1955, the same year as *Summertime*, and is also available on DVD and Blu-ray from The Criterion Collection.

Where to find: DVD and Blu-ray.

導演：盧切諾維斯康堤

演員：花利格蘭加·雅烈坦華莉

威尼斯鳳凰歌劇院在1996年被縱火燒毀，維斯康堤的《戰地佳人》中的影像，經放大後被用作為重建的重要參考。故事發生在19世紀中期被奧地利佔領的威尼斯，影片充滿真實性、時代細節及巧妙運用色彩，使這部電影更引人入勝。荷里活萬人迷花利格蘭加是一名奧地利士兵，在小巷、運河和庭院中追求意大利女伯爵雅烈坦華莉，更不惜追隨至廣闊的威尼託區的維琴察和維羅納。《戰地佳人》於1954年在威尼斯電影節首次上映，並在1955年初與《夏日時光》同年在意大利電影院上映。我們現在可以透過The Criterion Collection的DVD和藍光影碟觀賞這影片。

觀看影片：DVD或藍光影碟



Moonraker 鐵金剛勇破太空城 (1979)

Director: Lewis Gilbert
Starring: Roger Moore, Michael Lonsdale

James Bond has made three screen visits to Venice – firstly in 1963 in *From Russia With Love* (although we never see Sean Connery actually in the city) and most recently in *Casino Royale* (2006). But it is Roger Moore's 25-minutes of screen time that is the longest and perhaps most entertaining of the three. Bond's impressive but rather unnecessary spin around St Mark's Square in a hovercraft-type Gondola (or "Bondola" as fans have named it) is a highlight, as is the preceding chase through the city's canals. Many popular locations are featured – one even after Bond has left Venice, with the Monastery of San Nicolo al Lido used as the Brazil HQ of MI6.

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

導演：路易斯吉爾伯特

演員：羅渣摩亞·米高朗斯代爾

占士邦電影曾三次在威尼斯拍攝，第一次是1963年的《鐵金剛勇破間諜網》（儘管我們從未真正在這座城市見過辛康納利），最近一次是《鐵金剛智破皇家賭場》（2006年）。片中羅渣摩亞有25分鐘的戲份在威尼斯拍攝，是三部影片中 longest 的，也許亦是最富娛樂性的。邦乘坐氣墊船貢多拉 Gondola（或粉絲們稱為 "Bondola"），繞過聖馬可廣場的一幕，最為令人深刻，而在這之前穿越城市運河的追逐也是一大亮點。許多熱門景點都出現在電影中，甚至包括邦離開威尼斯之後，聖尼科洛利多修道院被用作秘密情報局的巴西總部。

觀看影片：Apple TV/iTunes、DVD或藍光影碟





The Italian Job

天羅盜網 (2003)

Director: F. Gary Gray
Starring: Donald Sutherland, Mark Wahlberg

Donald Sutherland returned to Venice 30 years after filming the rather morbid and dark *Don't Look Now* (1971) to play the boss of an American crime gang that steals a huge stash of gold from one of the city's grand *palazzi*. The preparation, the job itself and the subsequent speedboat chase through the canals, and the celebrations in the mountains north of the city, take up about 25 minutes, and there's a brief closure in Venice at the end. Otherwise most of the film takes place in Los Angeles, but its an entertaining action movie overall with some pleasant Venetian scenery (look out for Jason Statham wandering through *Summertime*'s Campo San Barnaba) to enjoy.

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

導演：菲力士加利格雷

演員：當奴修打蘭、麥克華堡

當奴修打蘭於1971年拍攝了暗黑電影《威尼斯疑魂》，30年後他重返威尼斯，飾演一名美國犯罪集團的首領，該集團從宮殿中竊取了大量黃金。從快艇在運河追逐，到城市北部山區的慶祝活動，以及最後在威尼斯結尾，這些情節大約長25分鐘。電影其他部份都在洛杉磯拍攝，是一部富娛樂性的動作片，觀眾更可從中欣賞威尼斯的風景（不要錯過積遜史達頓在《夏日時光》中在聖巴爾納伯小廣場漫步的一幕）。

觀看影片：Apple TV/iTunes、DVD或藍光影碟



The Tourist

機密邂逅 (2010)

Director: Florian Henckel von Donnersmarck
Starring: Johnny Depp, Angelina Jolie

A much more generous helping of Venetian splendour is served up in *The Tourist*, and after a brief spell in Paris, we're on the train to Venice, and soon exiting the Santa Lucia railway station for an extended grand tour of the city. With a solid supporting cast including Paul Bettany, Steven Berkoff and Timothy Dalton (whose Bond never made it to Venice), *The Tourist* is an underrated film with, despite a troubled production history, the most impressive screen presentation of Venice since *Summertime*. If you enjoyed Cary Grant and Grace Kelly in *To Catch a Thief* (1955), or Grant and Audrey Hepburn in *Charade* (1963), then you might just find echoes of those films here with Johnny Depp and Angelina Jolie as mysterious Americans abroad.

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

導演：弗洛里安·亨克爾·馮·杜能斯馬克

演員：尊尼特普、安祖蓮娜祖莉

《機密邂逅》展現了威尼斯的瑰麗景色，在巴黎短暫停留後，乘坐火車前往威尼斯，不久便離開聖露西亞火車站，開始放慢腳步遊覽這座城市。配角的表現出色，包括保羅班特尼、史蒂文伯科夫和鐵摩達頓（他演的邦從未到過威尼斯），《機密邂逅》是一部評價過低的電影，儘管製作過程不順利，但它展現了自《夏日時光》以來銀幕上最令人印象深刻的威尼斯。如果您喜歡《捉賊記》（1955年）中的加利格蘭和嘉麗絲姬莉，或《花都奇遇結良緣》（1963年）中的格蘭特和柯德莉夏萍，那麼您也會喜歡這片中的尊尼特普和安祖蓮娜祖莉所飾演的神秘美國旅客。

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³

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」⁴

圖片於2022年10月24日在南朗山上空拍攝¹

模擬效果圖²

發展項目期數名稱：港島南岸的第4期「海盈山」^的第4A期^（「第4A期」）。^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，中文名稱「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）。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。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^

¹此圖片於2022年10月24日在南朗山上空拍攝，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)，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落成後的實際景觀、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、喉管、窗框、格柵、吊扇、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優化處理或並無顯示。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、電器、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或目的。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。²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圖範圍內。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。³「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

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

，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開設及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。(資料來源：http://www.mtr.com.hk/chi/corporate/properties/sil_wongchukhang.html；參考日期：2022年12月2日)「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權意向或有明確選擇權意向。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管第4A期的設計、規劃、建造、裝置、完成及銷售的過程的人士。〕。賣方的控股公司：擁有人(香港鐵路有限公司)的控股公司：不適用，如此聘用的人(WCH Property Development Company Limited)的控股公司：Fortune Access Holdings Limited。第4A期的認可人士：吳國輝。第4A期的認可人士以其專業身份擔任經營人、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。第4A期的承建商：中國海外房屋工程有限公司。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：的近律師行、高李葉律師行、何耀棟律師事務所、司力達律師樓、丹士打律師行、陳添耀、陳煥律師事務所。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。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。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規限的。)●本廣告由如此聘用的人在擁有人的同意下發布。●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。*第4A期的售樓說明書及就第4A期指定的互聯網網站尚未發布。此廣告之印製日期：2023年6月19日

En Primeur

期酒

En Primeur is a term used in the wine industry to refer to the practice of purchasing wine while it is still in the barrel, prior to its release and bottling. This practice is common in many wine-producing regions around the world, but is most closely associated with the Bordeaux region of France.

The En Primeur process typically takes place in the spring, after the harvest and fermentation of the grapes. Wineries will invite merchants, brokers, and wine aficionados to taste samples of the wine that is still in the barrel, often offering them the opportunity to purchase cases of the wine before it is bottled and released to the public.

By purchasing wine En Primeur, buyers are able to secure the wine at a lower price than they would pay once it is released. Additionally, buying En Primeur allows buyers to secure a guaranteed allocation of the wine, which can be in short supply for highly sought-after wines.

One of the main advantages of purchasing wine En Primeur is the potential for the wine to increase in value over time. If the wine receives positive reviews from critics and becomes highly sought after, its value can increase significantly by the time it is released.



However, there are also risks associated with purchasing wine En Primeur. The wine is still in the barrel and has not yet been bottled, so there is always the possibility that it may not turn out as



expected. Additionally, there is no guarantee that the wine will increase in value over time.

En Primeur is a practice that requires a significant amount of knowledge and expertise in the wine industry. Those who participate in En Primeur typically include wine merchants, brokers, and collectors who have a deep understanding of the wine market and the potential for a particular wine to increase in value over time.

In conclusion, En Primeur is a practice that allows wine enthusiasts to purchase wine while it is still in the barrel, prior to its release and bottling. While there are potential benefits to purchasing wine En Primeur, there are also risks involved, and the practice requires a significant amount of knowledge and expertise in the wine industry.

This summer, La Cave will receive En Primeur wines including some grand cru classé from exceptional vintages. The La Cave team is looking forward to introducing them to you!

期酒是葡萄酒貿易的一個術語，指的是當酒還在木桶中、尚未推出市場和裝瓶之前購買葡萄酒的做法。這種做法在世界各地的葡萄酒生產區都很常見，但最為人所知的是法國波爾多地區。

期酒的購買通常在春季進行，即在葡萄收成和發酵之後。

酒莊會邀請商人、經紀和葡萄酒愛好者品嚐尚在木桶中的酒的樣品，通常還提供他們在葡萄酒推出市場之前購買的機會。

通過購買期酒，買家能夠以比產品推出時更低的價格購入葡萄酒。此外期酒購買還能夠確保買家獲得葡萄酒的分配，對於非常受歡迎的葡萄酒來說，在市場銷售時可能會變得非常短缺。

購買期酒的主要優點之一是，葡萄酒的價值有可能隨著時間而增值。如果葡萄酒得到了酒評家的好評並成為受歡迎的酒款，那麼在推出時，它的價值可能會大幅上漲。

然而，購買期酒也存在風險。葡萄酒還在木桶中，尚未裝瓶，因此存在可能不如預期的風險。此外，也不能保證葡萄酒一定能升值。

購買期酒需要對葡萄酒具備相當的知識和專業。參與期酒購買的人通常包括葡萄酒商、經紀人和收藏家，他們對葡萄酒市場和特定葡萄酒的增值潛力具有透徹的了解。

總括而言，期酒是一種讓葡萄酒愛好者在葡萄酒推出市場和裝瓶之前購買葡萄酒的做法。雖然購買期酒有潛在的好處，但也存在一定的風險，而且這種做法需要對葡萄酒具備相當的知識和專業。

今年夏天，La Cave 將收到新一批期酒，其中包括一些來自卓越年份的列級酒莊。La Cave 團隊期待著向大家介紹這些新酒！

MARINA
GRILL

HououBiden
Sake Dinner
鳳凰美田清酒晚宴

Thursday, August 24 8月24日 (星期四)
Welcome drink: 7pm 酒會: 晚上7時
Dinner: 7.30pm 晚宴: 晚上7時30分
\$1,180 per person 每位\$1,180
Guest Speaker: Ben Fu, International Kikisake-shi (SSI)



SAKE TO BE TASTED

鳳凰美田 劍 辛口 純米酒
HououBiden, Tsurugi, Karakuchi, Junmaishu

鳳凰美田 Black Phoenix 純米吟釀
HououBiden, Black Phoenix, Junmai Ginjo
(1,800ml)

鳳凰美田 Gold Phoenix 純米大吟釀
HououBiden, Gold Phoenix, Junmai Daiginjo

鳳凰美田 髭判 純米大吟釀
HououBiden, Junmai Daiginjo
(1,800ml)

鳳凰美田 熟成秘藏梅酒
HououBiden, Hizo Umeshu

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。

MARINA
GRILL

A TASTE OF AUSTRALIAN TRUFFLE

THROUGHOUT JULY & AUGUST

Indulge in our luxurious
Australian black-truffle menu and transport
your tastebuds to gourmet paradise.
以奢華的澳洲黑松露入饌，帶來感動味蕾的新體驗。

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。

MARINA
DELI

CHAMPAGNE, VODKA & CAVIAR COMBO

ENJOY A \$200 DISCOUNT ON SELECTED BOTTLES OF CHAMPAGNE
AND VODKA WHEN SPENDING \$2,000 OR MORE ON CAVIAR.

CAVIAR SELECTION

CALVISIUS - Siberian Classic
30g \$480
50g \$780
100g \$1,380

CALVISIUS - Tradition Prestige
30g \$520
50g \$820
100g \$1,520

CALVISIUS - Oscietra Royal
30g \$680
50g \$1,080
100g \$1,980

CHAMPAGNE

**2012 Taittinger, Comtes de
Champagne, Blanc de Blancs:** \$1,600

**MV18 Henri Giraud, Aÿ Grand
Cru (AMC Special Label):** \$1,680

**2010 Dom Pérignon, Lady Gaga
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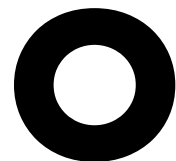
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St Mark's Campanile

聖馬可鐘樓

- by Peter Walbrook



One of the world's most influential buildings, replicas of St Mark's Campanile (or *Campanile di San Marco*) can be found as far afield as Las Vegas, the Philippines,

Florida and Macau. Towers whose architects were inspired by the Campanile are even more numerous and widespread, and can be seen in Australia, South Africa, Spain, Germany and across North America.

Indeed the Campanile standing today in St Mark's Square is itself a replica of the original, which collapsed on the morning of July 14, 1902. News

of the sad event reached as far as Hong Kong two days later. "The famous Campanile of St Mark's, Venice, fell in minutes this morning," noted a wire report in *The Hongkong Telegraph*. "Sudden signs of decay were noticed in the tower yesterday, but no immediate danger was feared."

In a follow-up report in the same newspaper, it was noted that "The campanile collapsed where it stood, and is now a heap of ruins . . . a cordon of troops is keeping the Piazza clear. The ruins are piled up to the height of about 100 feet. The Piazza di San Marco and the adjoining squares are covered with



Ruins of St Mark's Campanile, 1902



Original Campanile Postcard, 19th century

debris and dust. The disaster has caused a great sensation." Fortunately, no human lives were lost, as the collapse had been anticipated for some days. Fundraising got underway immediately and it was decided that the Campanile should be rebuilt *dov'era e com'era* (where it was and how it was).

On April 27, 1912, *The Hong Kong Daily Press* reported that "Venice was beflagged yesterday [April 25] when the Duke of Genoa inaugurated the new Campanile amidst enormous enthusiasm. There were processions, many notable people were present, the gondolas were in great force, and the bluejackets fired *feux-de-joie*."

Replaced in just a decade, the original Campanile had been under gradual construction (and reconstruction, following multiple lightning strikes, fires and earthquakes) for something like 600 years by the time it reached its full height and finished form in 1514.

Today the bell tower of domed St Mark's Basilica nearby, it was originally built as a watchtower and landmark for homecoming sailors, and standing at almost 100 metres it is today still the tallest building in Venice, on clear days offering views as far as the Alps and all across La Serenissima below.



Campanile Reconstruction, St Mark's Square, 1911

聖馬可鐘樓作為世界上最具影響力的建築之一，遠在拉斯維加斯、菲律賓、佛羅里達和澳門都能找到仿建建築。受到鐘樓啟發，相類似的建築遍佈更廣，在澳洲、南非、西班牙、德國和整個北美也可找到。

事實上原建築於1902年7月14日早上倒塌，今天矗立在聖馬克廣場的鐘樓只是按原本的鐘樓重建。意外發生後兩天，消息便傳到了香港，香港電訊報導指出“今天早上，著名的威尼斯聖馬可鐘樓在幾分鐘內倒塌”。“昨天在鐘樓突然發現了破損的跡象，但並沒有構成直接的危險。”

同一間報社跟進報導指出，“鐘樓倒塌了，現在成了一堆廢墟。部隊保持廣場暢通無阻。廢墟積聚了約100英尺高的瓦礫，而聖馬可廣場和毗鄰的廣場上佈滿了碎片和灰塵。這場災難引起了極大的震撼。”幸好並沒有人喪生，因為幾天前就已經預料到會發生倒塌。籌款活動隨即開始，並決定重建鐘樓 *dov'era e com'era*（在原地以原本的建築外形重建）。

於1912年4月27日，香港日報報導稱，“昨天（4月25日）Genoa公爵在熱烈的氣氛中為新鐘樓揭幕，更有遊行隊伍、許多名人、多艘貢多拉船在場，及警隊鳴槍慶祝。”

原本的鐘樓在建設時因多次受雷擊、火災和地震影響，歷時600年，直到1514年才完工，而新的鐘樓僅花了10年建造。

今天，鐘樓就在聖馬可大教堂的附近，最初是作為瞭望塔和水手歸來的地標而建造的，高達近100米，如今它仍然是威尼斯最高的建築，在明朗的日子可以遠眺阿爾卑斯山以及整個威尼斯。

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Newly Formulated Kerasilk Treatment

Kerasilk全新配方護理療程

Cutting Edge brings you a newly formulated treatment and innovation-led products this summer. KERASILK formulations are infused with carefully selected, active and high-potency ingredients that help to enhance and beautify diverse hair types and textures based on individual hair needs and goals.

Hair damage is a complex issue. Unwelcome stress, harmful air pollutants, complex chemicals – even the sun's UV rays. All can lead to hair gradually losing its own natural qualities of strength and beauty. The powerful scientific combination found in KERASILK formulas helps to nurture and nourish the very best that hair already has to offer.

KERASILK's success in actively restoring, repairing and strengthening even the most stressed and damaged hair across a diverse range of types and textures. Each treatment arrives at weightless, dream-like hair with sensory movement, reflective shine and touchable softness. Even for the most unruly hair types and textures, KERASILK always delivers silk-like results.

Your best hair is ahead of you at Cutting Edge.

今年夏天，美髮及美容中心推出全新配方的護理療程。KERASILK產品配方中加入了精心挑選的高效活性成分，有效針對個人髮質需求和目標，打造強韌和美麗動人的髮絲。

髮絲受損是一個複雜的問題。壓力、有害的污染物、複雜的化學物質——甚至是太陽的紫外線，都會導致頭髮變得脆弱，失去亮澤。KERASILK強大的配方能滋養髮絲，並讓頭髮回復最佳狀態。

KERASILK產品有效地修復各種髮質，恢復頭髮強韌性，即使是受損了的頭髮。每次護理後都會帶來如夢幻般的輕盈、亮澤和柔軟感。即使對於難梳理的髮質，KERASILK也能讓秀髮回復絲綢般的順滑。

美髮及美容中心誠意為您提供最佳體驗，塑造最理想造型。請即預約，體驗與眾不同的服務。



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Teen Balance and Restoration Facial

青少年面部護理療程

This facial is designed specifically for teen and pre-teen skin. Our therapist will conduct a consultation with parents or teens to discuss a treatment plan that includes an appropriate at-home skincare routine to educate our younger clients how to properly take care of their skin.

The facial will be specially designed to match their specific demands of skin complexion, calm acne breakouts, balance oily skin and diminish the appearance of enlarged pores.

The Teen Facial helps to calm inflammation and purify the skin of acne-causing bacteria. And by decongesting the pores of dirt, sebum and gunk, helps get the skin to normal and healthy oil levels.

這個45分鐘的面部療程，專為青少年和青春期前的皮膚而設。我們的美容師在療程前將與父母或青少年進行諮詢，介紹療程計劃，其中包括適當的在家護膚程序，以教育年輕客人如何正確護理皮膚。

療程將配合個人所需，以滿足客人對膚色、粉刺、平衡油脂和收細毛孔的特定需求。

青少年面部護理療程有助於鎮定炎症，並淨化引起痤瘡的細菌問題。通過清除毛孔中的污垢、皮脂和粘性物質，有助皮膚達到正常和健康的油脂水平。

45
MINUTES



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Hong Kong History

Neighbourhood Watch

香港歷史

For this issue, let's look at Black's Link – a delightful road (or link) between Wong Nei Chung Gap and Wan Chai Gap. Many of us will have seen the start of Black's Link at Wong Nei Chung Gap but if we persevere past the real estate, we get to the link itself, which offers a challenging walk and some lovely views along the way. As with many of Hong Kong's roads, though, we may not know the history and purpose behind the road itself.

Black's Link was opened in 1904 and was created out of a need to improve the island's defences in case of a seaborne attack on the south of Hong Kong Island. Discussions about on the Battle of Hong Kong in December 1941 often focus on the need to "defend the gaps," which were vital for both sides. This was obvious even back in 1898 when the idea of Black's Link was formed as essentially a link



Entrance to Mount Nicholson



Hong Kong Trail sign

between Wong Nei Chung Gap, Middle Gap and Wan Chai Gap. The original idea came from Major General Sir Wilson Black, which he described in his farewell speech to Legco as Acting Governor in November 1898.

Health and pleasure and the wheels of progress, and I may add of bicycles, move on roads, and in my belief a great strengthening of the defence of this Island will take place when the tracing across the pathless barrier of Mount Cameron and Mount Nicholson is broadened into a road. Shortly after arriving in this colony I urged the Government to take this in hand on public grounds, and it is with great pleasure that by an agreement effected on my representation this boon to the pleasure of the colony and to its defence may be expected shortly to begin. The Executive Council has directed that this road be called "General Black's Link." I feel and value the compliment and only ask that the name may be shortened to "The Black Link."

Aside from the views and being at one with nature, there are not too many features along the link itself. However, as we walk from Wong Nei Chung Gap, the first point of interest is the pillbox located just a short way up the road. To see this involves a scramble up the storm culvert, which is not for everyone, but if you do try, you can see a very well-preserved pillbox. The pillbox saw some action during the fighting in 1941, although the general consensus is that it was immobilised fairly early in the battle as the shrapnel marks indicate.

Once past all the houses you are on the link itself and the first half is pretty much all uphill. Look out for the distance markers for the Hong Kong Trail, which joins Black's Link at the mid-point near Middle Gap. If you are feeling extra energetic, you can take a side trip up Mount Nicholson, which is accessed via a trail visible on the right as you reach the first high point of the link. As you reach Middle Gap, you can also take a side trail up Mount Cameron. Make



Middle Gap



Feral cat



An array of flora

sure you're prepared though – research the routes in advance and bring water, a hat and sunscreen.

Black's Link is pretty isolated in terms of traffic so is home to an array of flora and fauna including wild boars, porcupines and a large collection of feral cats who are fed by some regular morning walkers. After Middle Gap, work your way down the link and you will eventually come to Wan Chai Gap from where you can head home via Wan Chai Gap Trail down to Wan Chai, or the frequent buses. For more information on this walk or other Hong Kong history walks, please contact Giles Leonard, our Director of Sports & Recreation.

今期我們來探索布力徑——一條風景綺麗連接黃泥涌峽與灣仔峽的道路（或可稱小徑）。相信很多人都認識布力徑位於黃泥涌峽端的起點，越過住宅區後便會接上小徑，路線雖有一定難度，但沿途也有不錯的風景。與香港許多其他道路一樣，我們未必知道布力徑本身的歷史、用途及其背後的故事。

布力徑於1904年啟用，是為了加強防禦港島南部的海上襲擊。於1941年12月香港保衛戰期間的部署都集中在「保衛峽口」的必要性上，這對峽口兩端都至為重要。早在1898年，這一點就已經很明顯了，當時布力徑的概念主要是連接黃泥涌峽、中峽和灣仔峽。最初的想法來自少將布力爵士，他在1898年11月作為代理港督向立法會的告別演說中描述了這一點。

隨着車輪一起輕鬆愉快前行，我還可帶上自行車，在路上行駛。我深信能在充滿密林障礙的金馬倫山和最高信山開拓出一條道路，大大加強港島的防禦。來到這個殖民地不久，我便敦促政府以公眾利益為由處理這件事，很高興在我倡議下，通過一項惠及殖民地的協議，而它的防務將會很快開始。行政會已指示將這條路名為「布力將軍徑」。我感激並尊重這份表揚，並要求將名稱縮寫為「布力徑」。

除了自然景觀外，路徑本身並沒有太多景點。然而，當我們從黃泥涌峽起步時，第一個有趣的景點是位於道路不遠處的碉堡。要看到這景點，需要爬上排水管，雖然

這不容易，但如果您嘗試的話，您會看到一個保存完好的碉堡。從碉堡上的彈片痕跡顯示，碉堡在1941年的戰鬥中經歷過好一些攻擊。

經過所有房屋後便正式進入布力徑，前半部分幾乎都是上坡路。留意沿途有港島徑的標距柱，該徑是在中峽附近與布力徑接上。如果您體能充沛，可以順道登上最高信山。當您到達第一個高點時，可以循右側的小徑進入。到達中峽時，您還可以沿著小徑登上金馬倫山。不過要確保有足夠準備——提前研究路線並帶上足夠的水、帽和防曬霜。

布力徑在交通方面相對偏遠，因此有許多動植物棲息繁殖，包括野豬、箭豬和大量由農運人士餵食的野貓。過了中峽後，沿著路徑一直走，最後抵達灣仔峽，從那裡您可以經過灣仔峽道或乘坐巴士前往灣仔。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。

Summer Lifestyle Changes

改變生活習慣迎接夏日

With summer here, our exercise and nutrition routines will likely be thrown out of synch. Maybe now might be a good time to re-evaluate our lifestyles and experiment with some changes to our routines.

Research suggests that because our body's hormones, chemicals and proteins change so much over the course of 24 hours, there might be an optimal time of the day for us to exercise.

- For those wishing to prevent heart disease and stroke, the optimal time to exercise was seen to be between 8am and 11am and ideally closer to 11am.
- Another report suggested that women who exercised in the morning shed more abdominal fat than those who exercised later in the day.
- Female morning exercisers were also more likely to have lower blood pressure.
- However when it comes to men, or those with type-2 diabetes, the data showed that men who exercised later in the day markedly reduced their blood pressure, cholesterol, body fat and feelings of fatigue.
- For both sexes though, the optimal time for building and preserving muscle appears to be later in the day. Multiple studies suggested that afternoons and evenings are the best time for muscle building as muscles gradually strengthen during the day, so the later you lift, the stronger you are with less perceived effort required.

When it comes to eating, try changing your regular habits.

- When you sit down to eat, don't reach for the bread basket or the chips straight away. Eating these heavy carb foods first will lead to a rapid increase in blood glucose levels and a subsequent insulin response. This will likely leave you feeling tired, hungry and irritable a few hours later. Instead, try to eat salad or veggies first, perhaps with some olive oil and a vinegar or lemon dressing. This extra acidity can reduce overeating on your next course by reducing hunger signals and harmful blood sugar spikes.
- Be smarter with our protein intake by reducing meat consumption. Instead, consume meals with grains, legumes, fungi or sustainable seafood such as clams and mussels. Not only are they packed with protein but also contain zinc, iron, choline, iodine and B vitamins. Mushrooms are also very good – great flavour, nutrients, protein and vitamin D.
- Avoid fruit juices and soft drinks as the sudden impact of the sugar (natural or added) is too much for the body. If a glass of orange juice contains three oranges, just think how much fuller you would be if you ate those three oranges.

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

Challenge 2023

Something Different!

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 six months are already on the books, you can still join in and even achieve Silver 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.

雖然活動已開始了六個月，您仍然可以參加，並挑戰銀星級。

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。

夏天來了，我們的鍛鍊和營養習慣可能需要作出改變，也許是重新評估生活方式並嘗試改變日常生活習慣的好時機。

研究指出，由於我們身體的荷爾蒙、化學物和蛋白質在24小時內出現很大的變化，因此我們有可能可以識別出一天當中的最佳鍛鍊時間。

- 對於那些希望預防心臟病和中風的人來說，最佳鍛鍊時間是在早上8時到11時之間，最好是接近11時。
- 另一份報告指，在早上鍛鍊的女性相比晚上鍛鍊的女性可減去更多腹部脂肪。
- 早上鍛鍊的女性血壓較低。
- 然而，對於男性或第二型糖尿病患者，數據顯示，在晚上鍛鍊顯著降低了血壓、膽固醇、體脂和疲倦感。
- 對於所有人來說，鍛鍊和保持肌肉的最佳時間大概在晚上。多項研究表明，下午和晚上是鍛鍊肌肉的最佳時機，因為肌肉會在白天逐漸增強，所以您越晚鍛鍊，感覺所需的力量也越少，可以練得更強壯。

在飲食方面，請嘗試改變您的日常習慣。

- 吃飯時，不要以麵包或薯條作為開端。進餐時先吃這些高碳水化合物食物會導致血糖水平迅速升高，隨後會產生胰島素反應。這可能會讓您在幾個小時後感到疲倦、飢餓和煩躁。相反，嘗試先吃沙律或蔬菜，或許可配一些橄欖油、醋或檸檬汁。額外的酸度可以減少飢餓信號和有害的血糖值，有效減少暴飲暴食的習慣。
- 聰明地攝取蛋白質，減少進食肉類產品。相反，可選擇穀物、豆類、真菌或蜆肉和青口等海鮮。這類食物不僅含豐富的蛋白質，還蘊含鋅、鐵、膽鹼、碘和維他命B群。蘑菇也是很好的選擇 — 味道好、富營養、蛋白質和含維他命D。
- 避免果汁和汽水，因為糖份（天然的或添加的）對身體影響太大了。假設一杯橙汁中含有三個橙，想想如果吃了這三個橙會更有飽肚感。

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。

JUL
七月
Treadmill
60km

AUG
八月
Bike
180km

SEP
九月
Rower
20km

OCT
十月
Elyptical
60km

NOV
十一月
Stepper/Stepmill
150 Floors

DEC
十二月
Pool 100
lengths

Fitness Tips

Get Ready for 做好準備迎接夏日

SUMMER!

Our Master Personal Trainer Evelyn gives us a strategy to get ready for the beach this summer!

Want to lose excess flab so you finally have that beach body you've always dreamed of? These four strategies will enhance your metabolic health, allowing you to lose fat for summer and beyond.

為今個夏天出海做好準備！本會的高級私人教練Evelyn為我們提供了一些鍛鍊策略。

想減掉多餘的贅肉，擁有夢寐以求的身形嗎？以下四個提示將增強您的新陳代謝，讓您在夏季及以後的日子減去脂肪。



1 Metabolic training: Completing structural and compound exercises with a short rest in between in order to maximise calorie burn and metabolic rate during and after the workout. Your metabolism (aka metabolic rate) is the number of calories your body burns at rest.

Method: Lift weights using large muscle group with fairly heavy loads, e.g. squat, deadlifts, rows, chin-ups, pulls and presses.

新陳代謝訓練：在進行結構性和復合性鍛鍊之間作短暫休息，以便在鍛鍊期間和鍛鍊後燃燒大量卡路里和提升新陳代謝率。新陳代謝（又稱新陳代謝率）是身體在休息時燃燒的卡路里數量。

方法：使用大肌肉群負重，例如深蹲、硬拉、划船、引體上升、拉舉和推舉等。

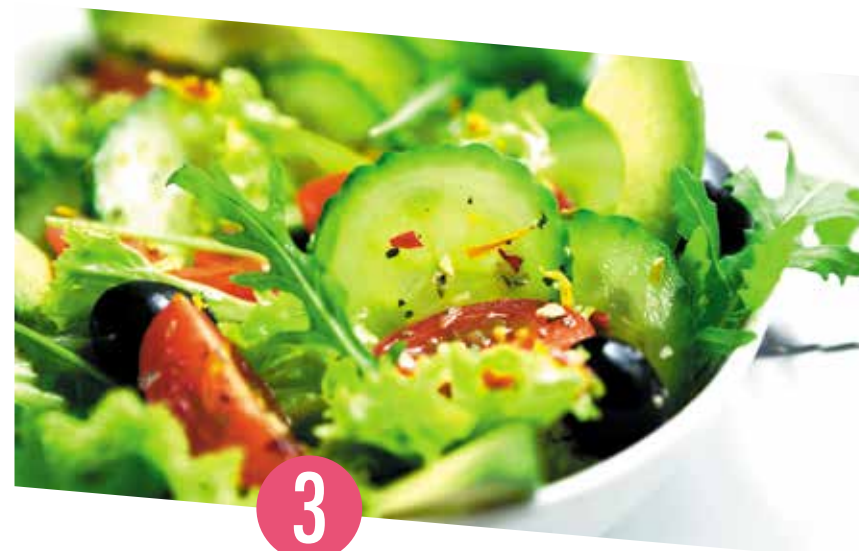


2 Sprints vs steady-state cardio: Steady-state cardio, such as distance running, is all about efficiency. It trains the body to use the least amount of energy to produce the greatest amount of work. Sprint training, on the contrary, works wonders because it puts the body under a lot of metabolic stress in the same way that weight lifting with short rest periods.

Method: Try 6-10 x 30-second sprints, with three minutes' rest between sprints.

短跑與恆速有氧訓練：恆速有氧訓練，例如長跑，都是講求效率的。訓練身體使用最少的能量來產生最大的效率。相反，短跑訓練效果驚人，因為它使身體承受大量新陳代謝壓力，就像舉重時休息時間較短一樣。

方法：嘗試6至10次的30秒短跑，期間休息三分鐘。



3

Focus on food quality and up your protein: Optimal body composition can be promoted in a straightforward manner. High-quality protein, plenty of vegetables, fruits, beneficial fats, and other nutrient dense whole foods. Why is this diet so efficient for reducing body fat? Whole foods require more energy to digest and utilise than processed foods. They are also more filling and haven't been scientifically engineered to increase food intake, so you consume fewer calories without even trying. Furthermore, a high-protein diet enables people to eat fewer calories while maintaining lean muscle mass for a higher metabolic rate.

Method: Eat high-quality protein and fat at every meal. This is easily done by eating meat, fish or eggs (or beans, lentils and chickpeas for vegans and vegetarians)

Consume vegetables and fruit to get your carb fix. If you go very low in carbs (below 50 grams a day, for example) consider high-glycemic whole food carbohydrates, such as starchy root vegetables (potatoes or sweet potatoes) or boiled grains.

關注食物質量並增加蛋白質吸收：達到身體最佳狀態從飲食入手。進食優質蛋白質、大量蔬菜、水果、有益脂肪和其他營養豐富的天然食品。為什麼這種飲食習慣對減少體內脂肪如此有效？與加工食品相比，天然食品需要更多的能量來消化和使用。天然食品更飽腹，並且沒經加工處理來增加食物攝取量，因此減少進食加工食物已減少卡路里的攝取。此外，高蛋白飲食可以讓人們攝入更少的卡路里，同時保持瘦肌肉質量以獲得更高的新陳代謝率。

方法：每餐選擇優質蛋白質和脂肪，如肉類、魚或雞蛋（素食者可選擇豆類、扁豆和鷹嘴豆）。

進食蔬菜和水果來補充碳水化合物。若碳水化合物攝入量非常低（例如每天低於50克），請考慮使用高升糖指數的蔬果，例如含澱粉的根莖類蔬菜（薯仔或蕃薯）或穀物類。



4

Sleep and recovery: Some research suggests that sleep deprivation raises levels of the stress hormone cortisol. High levels of stress can quickly decrease hormones that aid in fat loss and tissue regeneration following strenuous training. Recovery days are critical to sports performance, some are physiological while others are psychological in nature.

Method: Manage mental stress by deep breathing, visualisation, or meditation. Consume antioxidant-rich foods like berries, green vegetables, and whey protein to speed recovery from training.

Try to schedule an enjoyable, pleasurable activity post-workout to aid recovery, such as listening to music or getting a massage.

睡眠和恢復期：研究指出，睡眠不足會提高激素皮質醇的水平。在劇烈的鍛鍊後，高壓力會迅速減少有助於減脂和組織再生的荷爾蒙。恢復期對運動表現至關重要，有些是生理性的，有些是心理性的。

方法：通過深呼吸、觀想或冥想來控制精神壓力。食用含抗氧化劑的食物，如莓類、綠色蔬菜和乳清蛋白，以加速訓練後的恢復。

嘗試在鍛鍊後安排一些放鬆的活動以幫助精神恢復，例如聽音樂或按摩。

COACH SPOTLIGHT
教練焦點

Andy Henderson
Senior Golf Professional

Andy teaches a system based on the Iain Roberts Teaching Manual with its systematic method and focus on the pupil. A golf coach since 1999, Andy has worked in the UK, USA, Russia, Poland and China. After becoming a PGA of Europe Tutor and an R&A Golf Development Consultant, Andy served on the PGA Poland Education Committee for five years. As a player he has had some success, winning a PGA Cup Pro-Am in 2008 and reaching the PGA Matchplay semi-final in 2006.

Andy以Iain Roberts的教學基礎為中心來教授學生。他在1999年成為高爾夫教練，先後在英國、美國、俄羅斯、波蘭和中國工作。在成為歐洲PGA導師和R&A高爾夫發展顧問後，Andy曾在PGA波蘭教育委員會任職五年。作為一名球員，他在2008年贏得了PGA杯Pro-Am，並在2006年進入了PGA比賽的準決賽。

Mike Rivera
Core Training, Stretching and Functional Workout Professional

Mike has been in the fitness industry for over 20 years. He moved from Mexico to Hong Kong in 2008 after sharing his experience in fitness in countries such as Germany, Spain, Argentina, Brazil and Chile. Mike has a Masters Degree in Psychology of Sports and focuses on classes such as HIIT, Tabata, TRX, Functional Training and Spinning. "Fitness has given me the best in my life and I just want to share the love for it," he says.

Mike在健身行業工作了20多年。他曾在德國、西班牙、阿根廷、巴西和智利等國家分享健身經驗，並於2008年從墨西哥移居香港。Mike持運動心理學碩士學位，專門教授 HIIT、Tabata、TRX、功能訓練及健身單車等。

Mike說：「健身給予我生命中最好的，我想與大家分享這份熱愛。」



Christine Chuck
Golf Professional

Christine became Hong Kong PGA Professional in 2009. After moving back to Hong Kong from the United States in 2004, she worked at The Jockey Club Kau Sai Chau Public Golf Course as Golf Services Manager until 2009. During her tenure at KSC, Christine acquired sound foundation in golf skills and teaching. From 2009 to 2011 she apprenticed under Richard Fern, USPGA, and learned John Jacobs golf teaching.

Christine於2009年成為香港PGA職業球員。2004年她從美國遷回香港，並開始在賽馬會溜西洲公眾高爾夫球場擔任高爾夫球服務經理至2009年。在任期間，她在高爾夫技巧和教學方面打下了良好的基礎。由2009到2011年，她是USPGA的Richard Fern旗下的學員，並學習John Jacobs的高爾夫教學技巧。

Sandra Jimenez
Latino Moves Professional

Sandra was born in Colombia and graduated in Physical Education from the country's most prestigious university. A lover of physical activities in all its expressions but with a marked preference for dance, Sandra ventured into fitness, teaching physical activity for health through dance, especially using Latin rhythms. Passionate about her roots, she always tries to share the essence of Latin culture in her Dance and Latino Moves classes.

Sandra出生於哥倫比亞，並在哥倫比亞最享負盛名的專業體育大學畢業。她透過教授舞蹈以促進健康，尤其是運用拉丁舞的節奏。Sandra對舞蹈充滿熱情，喜歡與她的學生分享拉丁文化的精髓。她在2013年獲得ZUMBA證書，其後在香港生活了兩年。她喜歡在舞蹈課程中分享拉丁文化的特色和樂趣。

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

報名及查詢，請致電預訂服務中心電話2814 1222或電郵至 reservations@aberdeennarinaclub.com。



New Personal Trainer
Leslie Cheung
新任私人教練

Leslie works his Personal Training magic by perfecting optimal training and diet advice to best fit his clients' unique physique, helping them to efficiently achieve their fitness goals. Leslie's versatile expertise covers strength training, functional training, posture correction and rehabilitation, and he is constantly learning and expanding his knowledge and qualifications to bring the most up-to-date advice and techniques.

Leslie建議透過完善的鍛鍊和飲食來提升課程的效果，為每個學員設計合適個人體質的課程，幫助他們達到健身的目標。Leslie的專長包括力量訓練、功能訓練、姿勢矯正和復康運動等。他不斷學習和提升自己的知識和資格，帶給學員最新的建議和技巧。



Dates for your Diary

JUL	Events	Location	Time
All July	Summer Camps	Various	Whole Month
All July	Summer Fun Day Pass	Various	Whole Month
All July	Monthly Fitness Challenge - Treadmill 60km	Fitness Centre	Whole Month
Jul 2, 9 & 23	Speed Skating Experience Classes with Olympian Sidney Chu	Ice Rink	10am - 11.30am
Jul 9	Pac Man Highest Score Day!	The Yard	9am - 7pm
Jul 14	Bazooka Ball Challenge	Adventure Zone	7pm - 7.30pm
Jul 16	10km Treadmill Challenge	Fitness Centre	6.30am - 10.30pm
Jul 21	Dodgeball Tag Challenge	Adventure Zone	6.30pm - 7.30pm
Jul 23	Bowling High Score Challenge	Bowling Alley	Midday - 10pm
Jul 28	Laser Tag Challenge	Adventure Zone	6.30pm - 7.30pm
Jul 29 & 30	World Friendship Day - Arts & Crafts	Kids on 8!	3.30pm - 4.30pm

AUG	Events	Location	Time
Up to Aug 25	Summer Camps	Various	Whole Month
All Aug	Summer Fun Day Pass	Various	Whole Month
All Aug	Monthly Fitness Challenge - Bike 180km	Fitness Centre	Whole Month
Aug 11	Bazooka Ball Challenge	Adventure Zone	7pm to 7.30pm
Aug 13	30km Bike Challenge	Fitness Centre	6.30am to 10.30pm
Aug 13	Space Invaders High Score Day!	The Yard	9am to 7pm
Aug 18	Laser Tag Challenge	Adventure Zone	6.30pm to 7.30pm
Aug 20	Bowling High Score Challenge	Bowling Alley	Midday to 10pm
Aug 20	Ice Skating Open Day	Ice Rink	3pm to 6pm
Aug 21	Ice Hockey Tryouts	Ice Rink	6.30pm to 8pm
Aug 25	Dodgeball Tag Challenge	Adventure Zone	6.30pm to 7.30pm
Aug 26	Pro-Shop Pop Up Market	Pro-Shop	10am to 5pm
Aug 26 & 27	Back to School - Arts & Crafts	Kids on 8!	3.30pm to 4.30pm
Aug 27	Back to School Sunday Splash	Tropical Pool	2pm to 6pm



Summer Camps

Have a fantastic summer and help your kids to select their favourite activities from the following categories.

康體部準備了多項精彩的暑期活動。快為您的子女選擇他們喜愛的活動，讓他們度過一個歡樂而難忘的暑假吧！

- Arts & Crafts 手工藝創作營
- Ball Games 球類活動營
- Health & Fitness 健體營
- Ice Skating 溜冰營
- Martial Arts 武術班
- Self-development 個人發展班
- Swimming 游泳營

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

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Coming Soon to the 9/F Chill Zone – The VR Room!

9樓Chill Zone之VR Room即將啓用

Children will be able to enter the wonderful world of Virtual Reality starting in July, with a wide variety of games including sports, fantasy, roller coasters, driving and much more. Parents will be able to see what the children are experiencing via TV monitors.

由七月起,少年會員可體驗精彩的虛擬世界,多款遊戲包括體育、奇幻、過山車及駕駛等。父母更可透過電視觀看孩子們的遊戲內容。

Enquiries 查詢: 2814 5483 (Chill Zone)

Fun Challenges for Children

兒童遊戲挑戰賽

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, July 28	• 7月28日(星期五)
• Friday, August 18	• 8月18日(星期五)
• Friday, September 22	• 9月22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!

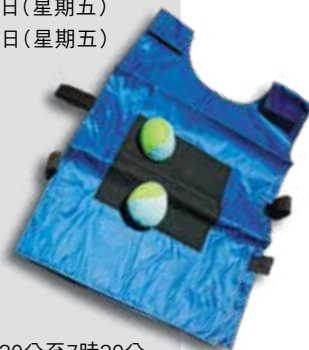
From 6.30-7.30pm	晚上6時30分至7時30分
• Friday, July 21	• 7月21日(星期五)
• Friday, August 25	• 8月25日(星期五)
• Friday, September 15	• 9月15日(星期五)

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, July 14	• 7月14日(星期五)
• Friday, August 11	• 8月11日(星期五)
• Friday, September 8	• 9月8日(星期五)

Enquiries 查詢: 2814 5360 (Adventure Zone)



Capoeira

by Sport Max

卡波耶拉班

Every Thursday for children ages 3 to 12.

Children's Capoeira is a 60-minute class in which children will learn dance, aerobatics, music and self-defense through fun capoeira games and exercises. Private lessons are also available.

逢星期四, 適合3至12歲兒童

在這60分鐘的課程裡,孩子們將通過有趣的卡波耶拉遊戲來學習舞蹈、體操、音樂和自衛。會員亦可選擇以私人課程形式授課。



Painting

by Pitter Painter

繪畫班

Every Wednesday,
Friday and Saturday
for children ages 3 to 11.

Unleash your child's creativity in an inspiring and nurturing atmosphere. Children will have fun drawing, painting and letting their imagination run free!

In small classes, children will be guided through themed projects and taught the fundamentals of drawing, colour mixing, painting techniques and even some interesting bits of art history. Our lessons are developmentally appropriate, designed to give kids a central idea to start from and the room to take this idea as far as their inspiration, little fingers and loads of paint will take them.

逢星期三、五及六
適合3至11歲兒童

繪畫讓孩子啟發想像力。導師設定不同的主題,教授混色和繪畫技巧的基本原理,還可認識有趣的藝術史。學員透過課程啟發靈感來源,讓他們創造出自己獨特的作品。



Private Singing Lessons

by Sing And You

私人唱歌班

Everyone is born with a unique instrument – the human voice.

Are you using your voice properly? Steve Tan, with 30 years of stage experience and his state-of-the-art voice coaching methodology, is dedicated to honing his students' skills in singing, speech, communication and stage performance, turning ordinary into extraordinary.

大家都擁有天賦獨特的聲音,您有否正確地用聲?Steve擁有30多年的經驗,他致力培養學生的歌唱、演講、溝通和舞台表演技巧,使平凡變成非凡。



For bookings and enquiries, please contact 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。

Speed Skating Experience Classes with Olympian Sidney Chu

與奧運選手朱定文體驗速度滑冰

An amazing opportunity to meet and skate with Hong Kong's Flag Bearer at the Beijing 2022 Winter Olympics, short track speed skater Sidney Chu.

Sunday, July 2, 9 & 23

For ages 3 and above

10-10.30am: Safety talks and introduction at the Chill Zone.

10.30-11.30am: On-ice experience class.

朱定文是北京2022年北京冬奧會香港短速滑冰選手兼持旗手，把握機會與他會面並一起體驗短速滑冰的樂趣。

7月2日、9日及23日（星期日）

早上10時-10時30分：於Chill Zone舉行安全講座和介紹

早上10時30分-11時30分：冰上體驗課

Open to current skaters of all experience levels and to be divided into groups based on experience.

- Group A: No skating experience at all
- Group B: Little skating experience, able to skate a few meters without assistance.
- Group C: Comfortable with ice skating, able to skate normally without assistance at all.
- Group D: Comfortable with skating fast on ice, or tried roller speed skating or ice speed skating before.

以經驗及水平分組教授：

- A組：完全沒有溜冰經驗
- B組：溜冰經驗少，可以在沒有協助的情況下滑行幾米。
- C組：溜冰得心應手，不需協助下溜冰。
- D組：適合具有速度溜冰經驗，或嘗試過輪滑或短速滑冰。

Enquiries 查詢

2814 5374 (Ice Rink)

Session Fee
\$200 per Member
\$280 per Guest

(Skaters can join one or all three sessions)

費用

每位會員\$200

每位來賓\$280

(學員可以參加一節或所有課程)

Private and Semi-Private Golf

by Iain Roberts Golf Limited and Coach Christine Chuck

私人及半私人高爾夫球班

Golf is a great game for all ages. The Club offers private, semi-private and group lessons for juniors, ladies and men, which are designed to improve your golf game through quality golf instruction. Our Foresight Sports Golf Simulator is a great way to start the game, or for practicing your skills.

For new players

- Introduction to the basic fundamentals and our Golf Simulator
- Learn the Basic Swing Shape
- Full Swing instruction (Driving Range)
- Putting and Chipping instruction

For experienced players

- Full Swing/Ball Flight introduction
- Putting and Chipping review
- Pitching and Sand instruction

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

高爾夫是一項適合所有年齡層的運動。本會為青少年、女士和男士提供私人、半私人及團體課程，提供優質的高爾夫球指導來提升您的水平。Foresight Sports高爾夫球模擬器是初學和練習技巧的絕佳方式。

初學者

- 介紹基本原理和本會的高爾夫球模擬器
- 學習基本揮桿姿勢
- 全揮桿指導（練習場）
- 教授推桿和切桿

有經驗的學員

- 全揮桿/球路介紹
- 推桿和切桿練習
- 教授投球和沙地技巧

報名及查詢，請致預訂服務中心電話2814 1222

或電郵至reservations@aberdeenmarinaclub.com。



Pro-Shop



AirFly Sunglasses

AirFly Sunglasses are unique in that they are supported by side pads instead of nose pads. The durable titanium core inside can be adjusted to fit your face, making AirFly very stable and non-slip. As there is no nose pad and no pressure on your nose, no marks will be visible, and the lenses will not touch longer eyelashes.

AirFly有別一般眼鏡，首創沒有鼻墊的設計，再也不用擔心因流汗導致眼鏡滑落、長時間配戴造成鼻樑上不舒服的壓痕。「側托」外部使用親膚止滑橡膠，包裹輕巧耐凹折的鈦金屬芯，可根據臉寬左右調節。即使劇烈運動也可以維持絕佳穩定性。由於沒有鼻架，鼻樑上不再有擾人的鼻架痕跡。您也可以作適當調整，使鏡片不會碰到您的睫毛。

Conspiracy Chocolate



Conspiracy Chocolate is a bean-to-bar chocolate company based in Hong Kong. The chocolate is made using cacao from a single farm in the Dak Lak region of Vietnam. It is handcrafted from the bean to the bar using slow and mindful processes to retain the natural taste and health benefits of the cacao. Conspiracy's chocolate combines traditional Mayan methods with modern science, using high-quality cacao and heavily researched processes to bring out a terroir's natural qualities without distractions, additives or manufacturing compromises.

Conspiracy Chocolate 是一個本地朱古力品牌。從選取可可豆，到製作朱古力，都由品牌一手主理。這店家選用越南多樂地區農場的可可豆。所有朱古力都是手工製作，採用複雜而謹慎的工藝，以保留可可的天然味道和健康益處。Conspiracy 的朱古力以傳統瑪雅方法與現代科學相結合，使用高品質可可和經深入研究的工藝，不含添加劑，帶出可可最佳的風味。



SANLORENZO



A guardian of tradition and a pioneer of innovation.



AVAILABLE
FOR VIEWINGS
IN HONG KONG

Pro-Shop Pop-up Market

Pro-Shop快閃市場

Come and see the latest sportswear collections at the 5/F Health Club on Saturday, August 26 from 10am to 5pm.

5樓康體中心於8月26日上午10時至下午5時，舉行最新系列的運動服飾推廣活動。快來參觀選購！

For enquiries, please contact Pro-Shop on 2814 5417. 查詢請致電Pro-Shop電話2814 5417。



SANLORENZO

ASIA

Simpson Marine
sanlorenzo@simpsonmarine.com
sanlorenzoasia.com

sanlorenzoyacht.com

SL 90/A



Support a Good Cause with Delicious Cookies!

曲奇義賣活動

The Club is delighted to support the annual cookie campaign organised by local non-profit organisation Helping Hand. Members can show support by purchasing these delicious cookies at Marina Deli for just \$40 per box.

All proceeds will go directly to Helping Hand to support their many programmes, including rehabilitation and other caring initiatives for the elderly, so you will also be contributing to a good cause as well as enjoying some tasty treats.

Helping Hand is a registered Hong Kong charity that has provided housing and care to the elderly in the community since 1978. It offers a wide range of services to meet the needs of senior citizens. It currently operates three Care & Attention Homes for the frail and elderly suffering from dementia or other illnesses, and three Self Care Homes where the elderly living in the community support each other.

Hong Kong seniors can also choose to live and receive full nursing care, rehabilitation and support in their Integrated Home in Zhaoqing, Guangdong Province.

Their unique Holiday Centre, open to all Hong Kong residents, offers recreational and educational services in beautiful surroundings overlooking Tolo Harbour, giving a much-needed break from everyday life to the elderly and their caregivers.

Helping Hand also operates a Day Care Unit and runs a comprehensive community outreach programme.

本會很高興支持本地非營利組織伸手助人協會的年度曲奇義賣活動。會員可於深灣店以每盒\$40購買美味曲奇來支持這活動。

所有收益將全數捐贈給伸手助人協會，以支持協會的活動，包括復康和長者護理計劃，您在可享用美味曲奇的同時，為慈善出一分力。

伸手助人協會是香港註冊的慈善機構，自1978年起為社區長者提供住宿和照顧，及提供廣泛的服務以滿足長者的需求。目前，協會為患有認知障礙症或其他疾病的體弱長者開設了三間護理院，以及三間老人之家，為有住屋需要的長者提供適切的服務。

香港長者亦可選擇入住廣東省肇慶市的頤養院，並接受全面的護理、復康及支援服務。

協會的長者度假中心開放給香港市民，在俯瞰吐露港的優美環境中提供娛樂和教育服務，為長者及其照顧者提供日常生活急需的休憩場所。

伸手助人協會還設有日間護理單位，並不時舉辦社區外展計劃，以服務有需要的長者。



Parking System Upgrade 停車場系統升級

The upgrade of the Club's parking system is expected to be finished by mid-July, by which time the system will recognise vehicle registration plates instead of Autotoll tags for entry. Members are advised to contact the Membership Office to keep registration-plate records up to date and avoid unnecessary parking fees.

Motorcycle owners are kindly requested to contact the Membership Office for specific arrangements.

本會停車場系統將於7月中進行升級，屆時，停車場出入口將由識別快易通標籤改為識別閣下所登記之車牌號碼。會員可聯絡會員部，確保閣下的所有車牌已完成登記，以免被收取不必要之泊車費用。

電單車車主請聯絡會員部以作進一步安排。

Revamped Club Website Launch 會所網頁全面更新

We are excited to announce the launch of our new and improved website, with enhanced booking features for restaurants, sporting facilities and other services, as well as comprehensive Club information, and exciting new promotions.

In line with the revamp, the Club's iAMC app will no longer be updated, nor available for download. We therefore advise Members to delete the app from their devices and instead use the website's mobile version when using phones or tablets.

If you need to retrieve your login ID and password for the website, please call the Membership office on 2814 5436 or email member@aberndeenmarinaclub.com.

We very much hope that you enjoy the new and improved website, and we trust that it will provide you with an improved interactive experience with the Club going forward.

本會網頁已進行全面更新，會員現可透過網站預訂餐廳、康體設施及各項服務，亦可瀏覽有關會所的最新資訊和推廣。

隨著網頁的更新，原有iAMC 應用程式已停止更新及下架，會員可解除該程式，並以手提電話或平板電腦瀏覽流動版網頁。

如欲取回您的登入帳號或密碼，請致電會員部電話2814 5436 或電郵至member@aberndeenmairnaclub.com。

我們期待全新升級的網頁能為閣下帶來更完善的體驗。

Reciprocal Club Arrangements 海外互惠會所

Members are entitled to visit selected overseas clubs under reciprocal arrangements for up to 14 days in any calendar year. Please inform the Club prior to your visit and we will prepare a letter of introduction for you.

會員可於每個年度到訪海外互惠會所14日，請在到訪前通知本會以為您準備介紹信。

<p>The Balboa Bay Club & Resort</p> <p>1221 West Coast Highway Newport Beach California 92663 USA Tel: (01) 949 645 5000 www.balboabayclub.com</p>	<p>The Royal Selangor Golf Club</p> <p>Jalan Kelab Golf Off Jalan Tun Razak Kuala Lumpur Malaysia Tel: (603) 92063 208 www.rsgc.com.my</p>
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For enquiries, please contact the Membership Office on 2814 5436 or email member@aberndeenmarinaclub.com.

查詢請聯絡會員部2814 5436，或電郵至 member@aberndeenmarinaclub.com。

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

**G/F Tropical Pool
(Until September 3)**

Daily 9am to 7pm

3/F Swimming Pool

Daily 7am to 10pm

地下碧波池畔(至9月3日)
每天早上9時至晚上7時

3樓泳池
每天早上7時至晚上10時

JUNIOR CLUB STARS

SKATER • AGE 11

OLIVIA TAN

Olivia started ice skating when she was eight years old, and now she is working on Freestyle 4 level. She has shown great improvement and dedication to skating and has made remarkable progress. Keep it up, Olivia!

Olivia從八歲開始學習溜冰。現在她正在學習花式溜冰4級。她的溜冰技巧有顯著的進步。Olivia繼續努力！



TENNIS PLAYER • AGE 8

DANIEL XIANG

Daniel has shown great enthusiasm in his lessons and has improved his tennis game all around. He loves playing matches and his favourite shot is the forehand. Well done, Daniel!

Daniel在課堂上是一個充滿活力和好奇心的學生。他喜歡參與賽事，並最愛正手擊球。做得好，Daniel！



SKATER • AGE 10

AVERY CHANG

Avery is an up-and-coming skater and has shown lots of improvement, dedication and commitment this year. She is happy, enthusiastic and a joy to teach. We expect great things for her in the future. Keep it up, Avery!

Avery今年表現出很大的進步、努力學習和積極投入。她的性格樂觀、熱情，及樂於改進。我們期待她未來有更佳表現。繼續努力Avery！



SWIMMER • AGE 10

ETHAN CHAN

Ethan is a dedicated athlete who has made significant improvements in his swimming ability through regular training. On March 25, Ethan participated in his first swimming competition, where he showcased his skills and dedication and managed to secure the 8th position in the 100m Freestyle and 9th position in the 50m Breaststroke. Congratulations, Ethan!

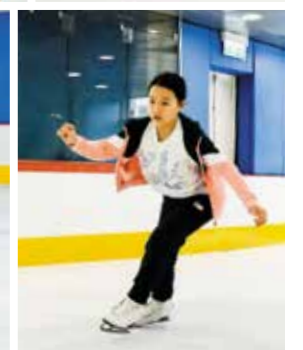
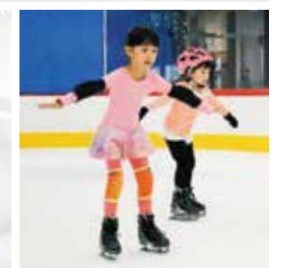
Ethan是一位非常上進的學員，透過定期訓練，他的泳術有了顯著提升。Ethan於3月25日參加了他的第一次游泳比賽，並展示了自己努力練習的成果，獲得了100米自由泳第8名和50米蛙泳第9名的佳績。恭喜Ethan！



The First Wine Fair



Ice Skating Competition



The Annual
Swimming Gala Returns

After a long break, we were delighted to host our annual Swimming Gala in early June. More than 100 swimmers took part – with everyone eager to show their progress, swim with their friends and, of course, aiming to win a medal! After some early rain, the sun came out for most of the day and it was great to see the smiles on the faces of all the children and their very supportive families. We thank everyone who joined in the fun and we look forward to seeing you all again next year!

週年水運會回歸

因疫情而停辦了三年的週年水運會於6月份再度舉行。超過100位泳手參賽，各人盡展實力，全力爭勝之際，亦不忘與好友同樂。雖然當天早上有雨，但慶幸之後天氣轉晴，令活動得以順利進行。我們很開心再次看到大家的笑容，參賽者家人在旁打氣亦令現場氣氛非常熱烈。本會衷心感謝大家參與今年的水運會，期待來年再見。





GET YOUR BOAT READY FOR SUMMER!



It is always worth ensuring that your boat is ready to go once the boating season starts. With this in mind, look no further than the Marina's Boatyard for everything you need to keep your vessel in tip-top shape.

The Marine Travelift boat hoist can handle vessels of up to 38 tonnes, while the platform area can accommodate yachts or powerboats up to 60 feet in length.

夏季開始，確保您的船準備就緒。本會的船塢可讓您的船隻保持最佳狀態。Marine Travelift船用升降機可搬運重達38噸的船隻，而平台區域可容納長達60英尺的遊艇或快艇。

SERVICES INCLUDE 服務包括...

Bottom Work 船底保養

- Hull bottom high-pressure cleaning 高壓清洗
- Bottom painting 油漆
- Replace zinc anode 更換鋅陽極

Air Conditioning Work

冷氣工程

- Air conditioner repair service 維修冷氣

Mechanic 機械部件

- Engine service 維修引擎服務

Electrical 電氣

- Shore power cable replacement 更換岸電電纜
- Battery replacement 更換電池

Fibreglass Work 修理玻璃纖維

- Fibreglass dock box supply (standard size) 供應玻璃纖維碼頭箱(標準尺寸)
- Gelcoat touch up 修補凝膠塗層
- External hull polishing 拋光外部船身

Other 其他

- Pest control 滅蟲服務

For further information, please contact the Marina Office on 2814 5430
or email marina@aberdeenmarinaclub.com

查詢請致電海事部電話2814 5430或電郵至marina@aberdeenmarinaclub.com。