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PACIFIC VIEWS

May 2024

Your Lunch or Dinner Events at the Harbour Room

Harbour Room 午宴或晚宴



The Harbour Room is located on the Club's 1/F and offers a versatile event space that can accommodate a wide range of occasions.

Whether you are planning a private lunch or dinner, a conference or lecture, or even a children's party or buffet, our Harbour Room is the ideal setting. With a capacity ranging from 10 to 72 people, we are able to cater to your specific event requirements.

The Harbour Room is available for booking throughout the week, from Monday to Sunday.

For more details regarding availability and tailor-made packages, please call our Banqueting and Events Department on 2118 2851 or 2118 2295.

本會位於一樓的Harbour Room提供一個多功能活動空間，適用於舉行各種大小型活動。無論你是計劃私人午餐或晚餐、會議或講座，甚至是兒童聚會或自助餐，本會Harbour Room都是理想的場地選擇。場地可容納10至72人，能夠滿足你的特定活動要求。

Harbour Room於星期一至日均可供會員預訂舉行私人宴會。

查詢有關詳情，請致電2118 2851 / 2118 2295與本會宴會部聯絡。

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 Oscar Chow 周維正
 Toshiaki Yamamoto 山本利章

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Bookings 預約及查詢電話

- | | | |
|---------------------|---------|-----------|
| Gym | 健身室 | 2118 1863 |
| Membership | 會籍部 | 2118 1802 |
| 2/F Reception | 二樓接待處 | 2118 1890 |
| G/F Reception | 地下接待處 | 2118 1828 |
| Tennis | 網球部 | 2118 1707 |
| The Island View | 西餐廳 | 2118 1846 |
| Pier 6 Restaurant | 扒房 | 2118 1878 |
| Bauhinia Restaurant | 紫荊閣 | 2118 1892 |
| Bowling Alley & Bar | 保齡球館及酒吧 | 2118 1845 |
| Capricci | 意大利餐廳 | 2118 1803 |
| Banqueting | 宴會部 | 2118 1824 |
| Hair Salon | 髮廊 | 2118 1893 |
| The Spa | 美容部 | 2118 1890 |

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Dear Members,

At the Pacific Club, every event is an opportunity to create memorable experiences with your family and friends. Indulge in the tempting tastes of our themed buffets and wine dinners, partake in culinary celebrations at our restaurants and bars, and savour a sense of accomplishment in our diverse sports and recreational activities...there's something for everyone this May!

Friday nights at The Island View Restaurant will transport you to the heart of Korea with our Seoulfood Buffet. Experience the bustling atmosphere of Noryangjin fish market and Seoul's night markets with dishes like Charcoal-grilled Oysters and Korean Prime Beef. On Saturdays, we invite Members to indulge in our White Asparagus Buffet. Join us for this special culinary homage at The Island View Restaurant and even participate in our Asparagus Peeling Challenge against our Executive Chef Daniel Birkner. This month, we also celebrate White Asparagus at Pier 6. Join us for an exclusive menu dedicated to showcasing this seasonal gem.

For a festive atmosphere, head to the Club Bar where we will host the vibrant Fiesta Cinco de Mayo from the 3rd to the 5th of May. Enjoy authentic Mexican cuisine, specialty drinks, and an atmosphere that's sure to be lively! And don't forget Mother's Day falls this month on Sunday, 12th with the Club's restaurants serving up the perfect mix of celebrations for beloved mothers. Details are on pages 12 - 13. On the eve of Mother's Day, we offer a unique opportunity to bond and relax at our Mother's Day Eve Yoga. This special session is designed for mothers and children to enjoy together.

Mid-month, the culinary journey continues with the return of Guest Chef Nic Vanderbeeken from Apéritif restaurant in Ubud, Bali, who will present an exclusive Degustation Menu and a uniquely Balinese Lunch at Pier 6. His masterful integration of local organic ingredients and innovative techniques promises an unforgettable dining experience for our Members.

We wrap up the month with two prestigious wine dinners. The Gaja Wine Dinner on the 31st promises an evening of gastronomic brilliance featuring one of Italy's most prestigious wineries. Details can be seen on page 21. While the Graham's Port Wine Dinner on the 24th offers an extraordinary pairing of delicate Chinese cuisine and fine ports at Bauhinia Restaurant. Turn to page 15 for more information.

I look forward to seeing you around the Clubhouse this month.

尊敬的會員，

在太平洋會，每一次活動安排都是與家人朋友創造難忘體驗的機會。盡情品味我們極吸引的主題自助餐及葡萄酒晚餐，參加各餐廳及酒吧的美食推動活動，並在我們多樣化的體育及娛樂活動課程中感受成就感...今個5月，每個人都可以找到適合自己的活動！

於每個星期五晚上，The Island View 餐廳的首爾美食自助晚餐將讓大家彷彿置身於韓國的中心區，品嚐炭烤生蠔及韓國優質牛肉等菜餚，體驗鷺梁津魚市場及首爾夜市的熱鬧氛圍。到了每個星期六晚上，我們邀請大家前來享用白蘆筍美食自助晚餐；前來 The Island View 餐廳享用這珍貴美食，甚至參加別開生面的削蘆筍皮比賽，與我們的行政總廚 Daniel Birkner 一較高下。同時，Pier 6 餐廳亦將於本月份為大家送上多款白蘆筍菜式，大家請把握機會盡情品嚐這季節限定珍品。

若想感受節日氣氛，便要前來會所酒吧！我們將於5月3日至5日在此舉辦充滿活力的「五月五日節」慶祝活動，帶來正宗的墨西哥美食、特色飲品，以及熱鬧的氛圍！接下來，不要忘記本月12日星期日就是母親節，本會各餐廳已經為各位親愛的母親準備完美的慶祝活動，詳情請參閱第12-13頁。而在母親節前夕，我們亦趁這獨特的機會，安排了一個專為母親及孩子們而設計的瑜伽課程，讓他們透過瑜伽來增進感情及放鬆身心。

到了5月中旬，來自峇厘島烏布市 Apéritif 餐廳的主廚 Nic Vanderbeeken 將再度親臨本會擔任客席廚師，在 Pier 6 呈獻其獨一無二的美饌晚餐及峇厘島特色午餐，帶領大家踏上他的美食之旅。屆時，他會巧妙地將當地的有機食材與其創新的烹飪技巧融為一體，為會員帶來難忘的用餐體驗。

最後，我們將以兩晚著名的美酒晚餐來結束5月份。於31日晚上舉行的 Gaja 美酒晚餐中，將帶來意大利其中一間最享負盛名的酒莊的美酒，當晚絕對是精彩的美食之夜，詳情請參閱第21頁。此外，於24日晚上的 Graham's 波特酒晚餐則會在紫荊閣餐廳舉行，為大家帶來精緻中式菜餚及優質波特酒的非凡配搭，請參閱第15頁以了解更多資訊。

我期待今個月與大家在太平洋會見面。

Yours sincerely,
 Ronald Loges
 General Manager
 羅納德 陸格 - 總經理



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Vignobles K Wine Dinner at Pier 6

Pier 6 餐廳 - Vignobles K 美酒晚餐

Join us for an exclusive evening at Pier 6, featuring the exceptional wines of Vignobles K. This prestigious collection is managed by Peter Kwok, the renowned Hong Kong businessman and recipient of the 2018 Asian Personality Award from The Drinks Business Hong Kong and Vinexpo. Celebrated for his innovative foray into Bordeaux in the 1990s, Kwok's wineries have garnered acclaim from top wine critics including James Suckling and Decanter Magazine.

Featured Estates:

Château Bellefont Belcier: A 19th-Century Grand Cru Classé located on the Cote Pavie, adjacent to esteemed neighbours like Château Pavie and Château Larcis Ducasse. The southern facing slopes of the property gives a power to the wine that is balanced by its fresh acidity. The result is a balanced and complex wine that has so much to offer.

Château Tour Saint Christophe: Recently elevated to Grand Cru Classé, this estate sits atop the Saint Emilion plateau. Its limestone soil imparts a distinctive floral aroma and minerality, typical of the region's finest wines.

Château Haut-Brisson: The first estate acquired by Kwok in 1997, now expanded to 20 hectares. Situated on the limestone plateau of Saint-Etienne-de-Lisse and the gravelly hilltops of Saint-Sulpice de Faleyrens, it produces 60,000 bottles annually. The wines have been certified organic since 2010.

The three properties are often described as rising stars of Bordeaux, and have been featured on many top value lists by wine critics worldwide.

Date : Friday, 7th June
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$828 per person (for Food and Beverage Pairing)
Reservations : 2118 1878

誠邀大家於6月7日(星期五)晚上前來 Pier 6 餐廳與我們一起度過一個獨特的夜晚，品嚐由 Vignobles K 集團旗下酒莊出品的多款優質葡萄酒。這個享負盛譽的品牌由著名香港商人 Peter Kwok 管理，他亦是 The Drinks Business Hong Kong 和 Vinexpo 雜誌合作頒發的「2018 Asian Personality Award」得主。郭先生因1990年代進軍波爾多的創新舉措而聞名，其酒莊贏得了包括 James Suckling 和 Decanter 雜誌在內的多個頂級葡萄酒評論家的讚譽。

今次介紹的酒莊包括：

Château Bellefont Belcier: 位於 Cote Pavie 的19世紀特級酒莊，與鼎鼎大名的 Château Pavie 和 Château Larcis Ducasse 為鄰。酒莊座落在朝南的山坡上，因此賦予了葡萄酒



一種力量，透過其新鮮的酸度來達到平衡，最後釀造出一款具有許多優點，平衡而複雜的葡萄酒。

Château Tour Saint Christophe: 一座位於 Saint Emilion 高原之上的莊園，最近晉升為特級園。其石灰岩土壤賦予了獨特的花香和礦物質味，是該地區最佳葡萄酒的典型特徵。

Château Haut-Brisson: 這酒莊是郭先生於1997年收購的第一座莊園，現已擴大至20公頃。酒莊位於 Saint-Etienne-de-Lisse 的石灰岩高原和 Saint-Sulpice de Faleyrens 的礫石山頂上，每年生產60,000瓶葡萄酒。自2010年起，這酒莊釀造的葡萄酒便獲得了有機認證。

這三個酒莊經常被描述為波爾多的後起之秀，並被世界各地的葡萄酒評論家列入許多最高價值名單中。

晚餐配葡萄酒收費：每位\$828。

訂座請致電2118 1878。

Welcome Drink

Nicolas Feuillatte, Reserve Exclusive Brut N.V.

Menu

Tour Saint Christophe "Angela" Bordeaux Blanc 2022

Confit Fillet of Sea Bass
Green Daikon | Borage Cress

Terrasses Tour Saint Christophe 2019

Tour Saint Christophe 2018

Guinea Fowl « Coq au Vin »

Bellefont Belcier 2015

Crispy Red Mullet
Saffron | Fennel | Espelette Pepper

Haut-Brisson, Estate Release 2006

Gratinated Beef Tenderloin
Bone Marrow | Carrots | Watercress

Crêpes Soufflées

Vanilla Seed Ice Cream | Clear Caramel Sauce

Petits Fours

*Wines will be served in limited quantities
以上葡萄酒將限量供應

*Described menu and wines are subject to change without prior notice
以上菜單及葡萄酒如有更改，恕不另行通知



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



As you are no doubt aware, the quality and hygiene standards of the food and beverage services offered at the Pacific Club are always the very top priority of the Club's management operations.

As such, the ISO22000:2018 Food Safety Management System has been implemented, with the first accreditation of this certification in 2015. In March 2024, the Club appointed Accredited Certification International Limited to conduct an audit for the re-certification. ISO 22000:2018 encourages us to adopt systematic management practices to eliminate risks of food incidents and aligns with recent developments and concepts in food safety standards and Codex Alimentarius. We are very pleased to report that the Club has successfully passed the audit and is fully certified as meeting the requirements of the ISO22000 system.

Currently, we have over 30 staff who have attained the qualification of Hygiene Manager and Hygiene Supervisor. Furthermore, we provide on-going professional food safety training to all F&B related staff, including Stewarding and Technical staff, to ensure their knowledge in meeting with the requirements of food safety.

Typhoon Policy

The Typhoon Season is approaching, so please be reminded of the Club's policy in this regard:

- » The Club will operate normally during Typhoon Signals Number 1 and Number 3.
- » In the event of a Typhoon Signal Number 8 being hoisted, all facilities and outlets at the Club will close.
- » The Club will reopen two hours after the Signal Number 8 has been lowered, providing this occurs before 5:00pm. If the lowering of the Signal Number 8 occurs after 5:00pm, the Club will remain closed until the following morning.

In the event the Government issues an announcement of "extreme conditions" caused by super typhoons (indicative of serious disruption of public transport services, extensive flooding, major landslides or large-scale power outage, in the interest of safety), Club Staff are advised to stay at their current location or in an alternative safe place for two hours after the lowering of the Signal Number 8, instead of heading straight to work. In such circumstances, the reopening time of the Club will therefore be affected and certain facilities and services may be limited.

Thank you for your understanding.

Access to Membership Account via Club's Website

The Pacific Club has recently enhanced its website features. The new function allows Members to access their membership account and view their up-to-date expenses incurred at the Club. In addition, Members will be able to view their account statements for the past three months.

Please be advised that we sent individual Login ID and initial Passwords to all Members at the end of April. Kindly contact the Membership Office on 2118 1802 if you have not received such notice.

相信大家知道，本會一直非常重視在會所內提供的餐飲服務質素及衛生標準。

因此，我們實施「ISO22000:2018 食物安全管理系統」，並且於 2015 年首次成功獲取相關認證。於 2024 年 3 月，本會委託了 Accredited Certification International Limited 國際認可認證有限公司為「ISO22000:2018 食物安全管理系統」進行審查檢測。「ISO22000:2018」有助我們通過系統化的管理，減低發生食物安全事故的風險，並配合近年在食品安全上的發展及國際食品法典。很高興在這裡通知大家，我們已成功通過是次審測，並獲得認證符合該系統的要求準則。

現時，本會共有超過 30 名員工分別擁有食物衛生經理及督導員資格，而且我們亦經常安排所有關於餐飲服務的員工，包括管事及工程部，由專人提供專業的食物安全培訓，確保他們具有相關的食物安全知識。

颱風季節

隨著颱風季節的來臨，請各會員注意本會於颱風襲港期間所實行的措施：

- » 當 1 號或 3 號颱風訊號懸掛時，會所將照常營業。
- » 當 8 號颱風訊號懸掛時，會所內所有部門及設施將會關閉。
- » 若 8 號颱風訊號於當日下午 5 時前除下，會所將於訊號除下後兩小時後重新開放。若訊號於當日下午 5 時後除下，會所則會全日關閉。

若政府宣佈如因超強颱風引致發出「極端情況」信息，如公共交通服務嚴重受阻、廣泛地區水浸、嚴重山泥傾瀉或大規模停電等，為確保人生安全，會所員工在 8 號颱風訊號取消兩小時內，應留在原來的地方或安全地點，毋須立即啟程上班。在這種情形下，會所恢復開放時間將會因而受到影響，並可能只開放部份設施及提供有限的服務。

透過會所網站查閱會員帳戶

太平洋會最近優化了會所網站的功能，新功能允許會員進入其會員帳戶並查閱在會所內的最新消費詳情。此外，會員還可以查閱過去 3 個月的消費帳單。

請注意，我們已經於 4 月底向所有會員發送了會員登入帳戶名稱及首次登入密碼，如未收到該通知，請致電 2118 1802 與會籍部聯絡。

Guest Chef Nic Vanderbeeken at Pier 6



on
17th & 18th
May



Following a series of unforgettable, sold-out evenings at the Pacific Club in previous years, we are excited to announce the much-anticipated return of Guest Chef Nic Vanderbeeken to Pier 6 this month, promising an encore of exceptional dining experiences for Members.

Chef Nic's illustrious career began in his native Belgium, where he honed his skills in some of the most prestigious Michelin-starred kitchens. His culinary journey took him across the globe, from the vibrant landscapes of Southeast Asia to the culinary capitals of Europe, each destination enriching his palette and mastery with diverse cuisines.

Today, Chef Nic is the Executive Chef at Apéritif, in Ubud, considered one of Bali's premier fine dining restaurants. Renowned for his commitment to sustainability and the use of local, organic ingredients, Chef Nic's cooking philosophy is a testament to his respect for nature and the local culture. His signature dishes are an exploration of flavours, textures, and stories that resonate with his passion for culinary innovation and excellence.

At Pier 6, Chef Nic Vanderbeeken will present an exclusive Degustation Menu on 17th and 18th May. On 19th May, Chef Nic will present a uniquely Balinese Lunch.

Date : 17th – 19th May
Venue : Pier 6 Restaurant
Price : Dinner on 17th & 18th - \$1,488 per person
Lunch on 19th - \$688 per person
Reservations : 2118 1878

客席名廚 Nic Vanderbeeken 親臨 Pier 6 餐廳掌廚

繼數年前多次蒞臨本會舉辦令人難忘、座無虛席的美食之夜後，名廚 Nic Vanderbeeken 即將再度親臨 Pier 6 餐廳掌廚，為會員帶來非凡的用餐體驗。

Chef Nic 的輝煌職業生涯始於其祖國比利時，他曾於多間最享負盛名的米芝蓮星級廚房中工作，磨練出出色的烹飪手藝。其人生的烹飪之旅帶他走遍全球，從充滿活力及色彩的東南亞國家到歐洲的烹飪之都，每個地方都豐富了他的創意和對不同美食的掌握技巧。

Chef Nic 現於峇厘島烏布的 Apéritif 餐廳擔任行政總廚，該餐廳被譽為是當地首屈一指的高級餐廳之一。Chef Nic 因其對永續發展的承諾和善用當地有機食材來烹飪而聞名，他的烹飪理念亦證明了他對大自然和當地文化的尊重。其招牌菜式是對風味、口感和故事的探索，與他對美食的創新和追求卓越的熱情產生了共鳴。

於5月17日至19日期間，Chef Nic Vanderbeeken 將再次於 Pier 6 餐廳掌廚，帶來他專為今次到訪而精心設計烹調的獨特菜式。屆時，他將於17日及18日送上精選品嚐菜單，讓大家可以嘗試新的美食體驗；然後於19日再送上充滿峇厘島特色的午餐。

收費：17日及18日晚餐 — 每位\$1,488, 19日午餐 — 每位\$688

訂座請致電2118 1878。

Dinner Menu

Snacks
Rice Cracker
Fish Tartar | Yuzu Kosho | Yoghurt
Smoked Mackerel Cream Puff

Hokkaido Scallop
Crudo | Cultured Cream | Ponzu | Ikura

Heirloom Tomato
Cheese | Tomato Syrup | Tuille | Kombucha Sorbet

Octopus
Lemon Basil | Serundeg | Jicama | Aromatic Ginger

Spring Chicken
Jerusalem Artichoke | Jus
Yellow Curry Emulsion | Coconut

Wagyu Beef Short Ribs
Scallion | Chinese Cabbage | Tamarind

Milk & Honey
Buttermilk | White Chocolate | Honey | Beehive Tuille

Petits Fours
Pacific Club Selection

Balinese Lunch Menu

Rice Cracker
Fish Tartar | Yuzu Kosho | Yoghurt

Roast Beef Carpaccio
Black Garlic Emulsion | Wagyu Fat | Soy Sauce

Urab - Green Bean Salad
with Coconut and Spinach

Octopus Satay
Onion | Ketjap Manis | Green Mango | Buckwheat

Balinese-marinated Chicken
Pok Choy | Yellow Rice | Tomato-Chilli Sambal

Grilled Fish Fillet on Skin
Sambal Mata | White Rice with Sake and Nori

Milk & Honey
Buttermilk | White Chocolate | Honey | Beehive Tuille

Petits Fours
Pacific Club Selection

* Described menus are subject to change without prior notice
以上菜單如有更改，恕不另行通知



Seoulfood Buffet

Join us on Friday nights in May to experience the heart of Korean cuisine with our Seoulfood Buffet! Begin at the iconic Noryangjin fish market, where the sea's treasures are freshly caught and prepared right before your eyes. Then, stroll through the bustling night markets of Seoul, where we bring the street food scene to you. Feast on a lavish spread including Charcoal-grilled Oysters, decadently topped Tteok-bokki with quail eggs and truffle, the finest cuts of Korean Prime Beef, creamy Sea Urchin, and an endless variety of other gourmet delights.

Our Friday Seoulfood Buffet is your gateway to experiencing the authentic flavours and vibrant spirit of Seoul.

Free-flow Beverage Packages:

- For an additional \$128, our Beverage Package includes Jinro, Makgeolli Wine, Terra Beer and Banana Milk.
- For an additional \$178, our Beverage Package includes Wines, Sake, Beers, Soft Drinks and Orange/Apple Juice.

Date : Every Friday in May

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$128

Reservations 2118 1846

韓國首爾美食

5月份逢星期五晚上，前來 The Island View 享用首爾美食自助餐，體驗韓國美食的正宗風味及精髓！豐富美食由來自著名鷺梁津魚市場的新鮮捕獲及烹調的海洋珍寶開始；然後，我們為大家帶來特色街頭美食，讓你如同漫步於首爾熙熙攘攘的夜市中；再盡情享用更多韓國美食，包括炭烤生蠔、配有鵝卵石及松露的辣炒年糕、最上等的韓牛、鮮味濃郁的海膽等，數之不盡。

收費：成人 \$498

小童 6-12歲 \$328；3-5歲 \$128

飲品任飲套餐：

- 每位另加\$128可任飲韓國真露、馬格利米酒、Terra啤酒及香蕉牛奶。
- 每位另加\$178可任飲精選紅白葡萄酒、清酒、啤酒、汽水及橙汁/蘋果汁。



White Asparagus Buffet

It's White Asparagus season and our Saturday Buffet at The Island View showcases this incredible vegetable in all its glory! Join us on Saturdays to try dishes such as Cream of White Asparagus Soup, Marinated Asparagus Salad, Asparagus Ham Rolls and oven-baked Glazed White Asparagus, as well as traditionally Poached Spears, served with Hollandaise Sauce, Buttered New Potatoes and Pork Schnitzel, Grilled Salmon, German Ham and more...

Elevate the excitement with our signature Asparagus Peeling Challenge, where you can show off your culinary skills and win fabulous prizes! Test your prowess against our celebrated Executive Chef, Daniel Birkner. He might even level the playing field by participating blindfolded!

Date : Every Saturday in May

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498,

Children 6-12 years \$328, Children 3-5 years \$128

Reservations 2118 1846

For an additional \$178, our free-flow Beverage Package includes German Sparkling, Red and White Wines, Beers, Soft Drinks and Orange/Apple Juice.

白蘆筍美食

又到了白蘆筍的時令季節，The Island View將於逢星期六舉行的自助晚餐中，以這款令人讚不絕口的蔬菜為主題，帶來豐富的美味菜式！

屆時，大家可以品嚐的豐富菜式包括忌廉白蘆筍湯、醃蘆筍沙律、蘆筍火腿捲及焗白蘆筍，以及傳統水煮白蘆筍配以荷蘭醬、牛油新薯及炸豬肉排、烤三文魚、德國火腿等...

此外，歡迎敢於挑戰的客人參加削蘆筍皮比賽，展示你的技術及贏取精美獎品！來與本會的行政總廚Daniel Birkner較量，測試你的實力，也許我們這位熱愛白蘆筍的德國烹飪大師可以讓一讓你，蒙著眼睛來比賽！

晚餐收費：成人 \$498

小童 6-12歲 \$328；

3-5歲 \$128

每位另加\$178可任飲德國氣泡酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁。

訂座請致電2118 1846。

Saturday Nights

週六自助晚餐





Holiday Notice

Please note that all junior and adult group classes will be cancelled during Labour Day on 1st May and The Birthday of the Buddha on 15th May.

課程暫停舉行

請注意，所有兒童及成人團體課程將於5月1日勞動節及5月15日佛誕公眾假期暫停舉行。

Fascia Exercise Training

Unlock the potential of your body with our innovative Fascia Exercise Training classes! Fascia, the connective tissue that envelops muscles and organs, is gaining recognition for its critical role in overall body function and mobility. Our training sessions are designed to enhance your understanding of fascia through a series of targeted exercises that utilize walls, mats, specialized equipment, and diverse athletic techniques. These exercises not only aim to improve the activity of fascia but also to fortify muscle strength, enhance skeletal leverage, and boost your balance.



筋膜運動訓練

透過我們創新的筋膜運動訓練課程釋放你身體的潛能！筋膜是跨越整個身體的複雜結締組織，為肌肉、骨骼和器官提供必要的穩定性和凝聚力。我們的訓練課程旨在透過一系列利用牆壁、墊子、專用設備及不同運動技巧，以針對性的練習來增強你對筋膜的 Understanding。這些練習不僅旨在改善筋膜的活動，還可以增強肌肉力量、骨骼槓桿力及平衡力。課程適合16歲及以上的會員參加，5月份4堂收費 — 會員\$720，非會員\$1,200。

備註：課程以廣東話授課

Date : Monday 6th, 13th, 20th & 27th May

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

Price : Member \$720, Guest \$1,200 (for 4 lessons)

Age : 16 years old and above

Instruction: Please note, these classes are taught in Cantonese only

Jazz Dance

Come and explore the rhythms of Jazz Dance - a fusion of fun and fitness at the Club! Jazz Dance offers a blend of distinctive, step-by-step choreographies that challenge both beginners and seasoned dancers. Not only will you master new moves and rhythms, but you'll also enjoy a comprehensive workout that tones your body and boosts your mood.

爵士舞班

前來本會探索爵士舞的節奏—樂趣與健身的融合！爵士舞融合了獨特、循序漸進的編舞，對初學及富經驗的舞者同樣帶來挑戰。學員不僅可以掌握新的動作和節奏，還可以體驗全面的鍛鍊，調整身體並改善情緒。課程於星期四舉行，適合16歲及以上的會員參加，5月份3堂收費 — 會員\$540，非會員\$900。

Date : Thursday 9th, 16th & 23rd May

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

Price : Member \$540, Guest \$900 (for 3 lessons)

Age : 16 years and above



Zumba Fitness

Step into the vibrant world of Zumba Fitness, where every class is a celebration of movement and music! Zumba is not just a workout; it's a global dance phenomenon that blends exhilarating rhythms from around the world with easy-to-follow moves to create a dynamic fitness experience.

Join us to feel the beat, enjoy the music, and dance your way to a healthier, happier you!

尊巴健體舞班

走進尊巴健體舞充滿活力的世界，每一課堂都充滿動感及音樂的快樂！尊巴舞不僅是一種鍛鍊，更是一項全球性的舞蹈熱潮，將世界各地令人興奮的節奏與易於遵循的動作融為一體，創造出充滿活力的健身體驗。加入我們，感受節拍、享受音樂及舞蹈，讓自己更健康、更快樂！

課程於星期日舉行，適合16歲及以上的會員參加，5月份3堂收費——會員\$540，非會員\$900。

Date : Sunday 5th, 12th & 19th May
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$540, Guest \$900 (for 3 lessons)
Age : 16 years old and above



Stretching Exercise Class

Regular stretching is key to more than just preventing injuries; it's a holistic approach to enhancing your quality of life. In our classes, you'll learn the proper techniques to correct your posture, increase flexibility, and boost blood circulation. These exercises are also designed to relieve stress and enhance coordination, contributing to overall sports performance and reducing the risk of future injuries.

Join us to stretch your way to a healthier, more balanced you.

伸展運動班

定期進行伸展運動不僅能預防受傷，亦是提高生活品質的全面方法。在我們的課程中，大家可學習掌握糾正姿勢、增強靈活性及促進血液循環。這些練習還旨在緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。加入我們，讓你更健康、身心更平衡。

課程於星期五舉行，適合16歲及以上的會員參加，5月份5堂收費：會員\$900，非會員\$1,500。

備註：課程以廣東話授課。

Date : Friday 3rd, 10th, 17th, 24th & 31st May
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years old and above
Instruction: Please note, these classes are taught in Cantonese only



Schedule in MAY 五月份課程

Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate / Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)

Tuesday

Morning Water Aerobics	10:00am – 11:00am (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

Thursday

Yoga	10:30am – 11:30am (C)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Stretching Exercise	3:00pm – 4:00pm (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)

Saturday

Junior Swimming School *	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	3:30pm – 4:30pm (B) 4:30pm – 5:30pm (A)

Sunday

Zumba Fitness	10:00am – 10:45am
Pickleball	10:00am – 11:00am (A) 11:00am – 12:00noon (B) 12:00noon – 1:00pm (C)
Yoga	11:00am – 12:00noon (E)
Wall Climbing	2:00pm – 3:30pm
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

* Members can sign up various group classes at 2/F Sports Desk on or after the 25th of each month for the next month's classes.

康體部於每個月25日開始接受下個月份各類團體課程的報名。

* Guests will be put on waiting list, as Members will have first priority for enrolment. 會員擁有優先參加資格，而非會員的參加者則需要排在輪候名單中。



Festive Dragon Boat Dumplings Order Form

端午節粽子訂購表格

Limited Availability
限量發售

Order Form 訂購表格

Our Chinese Executive Chef, Yip Tsang Keung, has prepared delicious Glutinous Rice Dumplings wrapped in lotus leaves for Members to celebrate the Dragon Boat Festival on 10th June.

今年6月10日是端午佳節，本會紫荊閣行政總廚葉增強師傅已為大家準備了兩款美味應節的端午節粽子，送禮自用皆宜，請即訂購。

Item 食品	Price 單價	Quantity 數量	Total Amount 總額
Glutinous Rice Dumplings with Conpoy and Assorted Meats 裹蒸粽	\$218		
Sweet Glutinous Rice Dumplings with Red Bean Paste 豆沙鹼水粽	\$78		
Glutinous Rice Dumplings with Conpoy and Assorted Meats + Sweet Glutinous Rice Dumplings with Red Bean Paste 裹蒸粽 + 豆沙鹼水粽	\$290		

Member's Name (in full) 會員姓名： _____

Membership No. 會員編號： _____ Contact Telephone No. 聯絡電話： _____

Collection Date 領取日期： _____ Time 時間： _____

* The personal data collected in this order form will be used for order confirmation only.
本表格內所收集的個人資料只用作確認訂購之用途

- Please submit your order: From 16th May, whilst stocks last.
預訂日期：由5月16日開始，售完即止。
- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk
訂購粽子，請填妥此表格，並交回紫荊閣；或傳真至 2118 0207；或電郵至 lawrence-lo@pacificclub.com.hk。
- Collection may be made from 5th–10th June at Bauhinia Restaurant.
閣下訂購之粽子可於6月5日至10日期間到紫荊閣領取。
- The charges of this confirmed order will be debited to your monthly account.
此表格上所有訂購之總額將會記入閣下之月結賬戶內。

Bird's Nest: A Luxurious Delight

Bird's nest is prized for its exceptional nutritional benefits, including a high concentration of protein that is believed to enhance health and improve skin complexion. This makes it a sought-after ingredient for preparing nourishing desserts and soups, particularly favoured by women. With Mother's Day approaching this month, it's the perfect time to share a special recipe that celebrates this luxurious ingredient. I'm happy to guide you through preparing a delicious Bird's Nest Soup, enhanced with Red Dates, Longan, and Crystal Sugar—a favourite treat that is sure to please mothers everywhere!

燕窩 — 珍貴的美食

燕窩因其豐富的營養價值而備受推崇，其中含有高濃度的蛋白質，據說有助提升人體健康並有養膚效果，這使其成為製作養顏甜點及湯品的熱門食材，尤其受到女士的青睞。隨著今個月初母親節的臨近，現在是分享這奢華美食的最佳時機。因此今期我想教大家準備一道美味的燕窩糖水，並加入紅棗、桂圓（龍眼肉）及冰糖，一定會令每一位母親都感到滿意！



By Chef Yip Tsang Keung
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅



Method:

1. Begin by soaking the bird's nest in warm water for 24 hours to remove any feathers. After soaking, drain and set aside.
2. In a saucepan, combine the red dates, longan, and $\frac{3}{4}$ tael of crystal sugar with two rice bowls of water. Bring the mixture to a boil, then reduce the heat and simmer for one hour. Remove from heat and set aside.
3. Place the pre-soaked bird's nest in a small pot with a pinch of crystal sugar and half a rice bowl of water. Bring to a boil and cook for 3 minutes. Carefully pour off the water to remove any remaining impurities.
4. Transfer the cleaned bird's nest into a stew pot. Add the sweet broth from Step 2. Cover and set the pot over a water bath and stew gently for 20 minutes. Enjoy!

製作方法：

1. 首先將燕窩放在溫水中浸泡24小時，以清除燕窩內的羽毛。浸泡後，瀝乾備用。
2. 將紅棗、桂圓、 $\frac{3}{4}$ 兩的冰糖放入鍋中，加兩飯碗水煮滾。混合物煮滾後將火調小，再煮一小時。熄火備用。
3. 將預先浸泡好的燕窩放入小鍋中，加入少許冰糖及半飯碗水，煮3分鐘至水滾。然後小心地把水倒去，除去殘留的雜質。
4. 將洗淨的燕窩放入燉盅內，加入步驟2的甜湯食材。蓋上盅蓋，將燉盅隔水煮20分鐘。即成！

Bird's Nest Soup with Red Dates, Longan and Crystal Sugar

Ingredients for 2-3 bowls:

- Bird's Nest (Filament) 4 taels (150g)
- Red Dates 10 Pieces
- Longan A few
- Crystal Sugar 1 tael (37.5g)
- Canned Lotus Seeds A little
- Water $2\frac{1}{2}$ Rice Bowls

紅棗桂圓冰糖燉燕窩

材料（2-3人用）：

- 碎燕窩 4兩（150克）
- 紅棗 10粒
- 桂圓（龍眼肉） 數粒
- 冰糖 一兩（37.5克）
- 罐頭蓮子 少許
- 清水 $2\frac{1}{2}$ 飯碗

Mother's Day at the Club

太平洋會 - 母親節午餐及晚餐

Make this Mother's Day an unforgettable experience with the Pacific Club's luxurious Lunch and Dinner options! Indulge your mother with a special meal, filled with culinary delights and cherished moments.

與母親前來太平洋會享用一頓充滿美味佳餚及珍貴時刻的豐富午餐及晚餐，讓今個母親節成為她難忘的體驗！

Sunday,
12th May
5月12日
(星期日)

Mother's Day Lunch & Dinner Buffet

The Island View &
Pier 6 Restaurant

Celebrate Mother's Day in style with our exquisite Lunch and Dinner Buffets! Spoil your mother with a sumptuous Buffet, topped off with a variety of sweet desserts featuring European strawberries. Book now and give your mom the Mother's Day she deserves!

Time : Lunch – From 12:00noon
Dinner – From 6:00pm
Price : Lunch – Adults \$448,
Children 6-12 years \$298, 3-5 years \$128
Dinner – Adults \$498,
Children 6-12 years \$328, 3-5 years \$128
Reservations : 2118 1846

The Island View及Pier 6餐廳 母親節自助午餐及晚餐

與母親一同蒞臨 The Island View 及 Pier 6 享用自助午餐及晚餐，以慶祝母親節。屆時除了豐富的自助美食外，還有以歐洲草莓為主題的甜品自助餐，保證讓母親們在這個有意義的一天留下難忘回憶！

收費：自助午餐〔中午12時開始〕—
成人 \$448，小童 6-12歲 \$298；3-5歲 \$128
自助晚餐〔晚上6時開始〕—
成人 \$498，小童 6-12歲 \$328；3-5歲 \$128

訂座請致電 2118 1846。



Mother's Day Lunch & Dinner

Bauhinia

Treat your mother to a delicious Lunch or Dinner at Bauhinia this Mother's Day, where she can choose all her favourite dishes from the A La Carte Menu.

Reservations : 2118 1892.

紫荊閣

母親節午餐及晚餐

如喜歡中式菜餚的話，可與母親前來紫荊閣享用中式午餐及晚餐自選菜式。

訂座請致電 2118 1892。

Mother's Day Italian Semi-Buffer Lunch & Dinner

Capricci

Enjoy the elegance of Italian-inspired Mother's Day festivities at Capricci, offering an exquisite tribute to show your mamma just how extraordinary she is.

Time : Lunch - From 12:00noon

Dinner - From 6:00pm

Price : Lunch - Adults \$328, Children \$228

Dinner - Adults \$428, Children \$295

Reservations : 2118 1803

Capricci餐廳

母親節意式半自助午餐及晚餐

前來Capricci享受意大利的優雅風情及美食，藉此向母親表達對她的感謝，共慶母親節。

收費：半自助午餐（中午12時開始）—

成人 \$328，小童 \$228

半自助晚餐（晚上6時開始）—

成人 \$428，小童 \$295

訂座請致電 2118 1803。

Mother's Day White Peach Afternoon Tea

Oyster Bar

Your mother deserves the very best, so why not treat her to an indulgent afternoon celebration of White Peach at our Mother's Day Afternoon Tea? Come to the Oyster Bar to enjoy a delectable variety of sandwiches, scones and sweet treats, all with a theme of White Peach.

Date : 12th - 31st May

Time : From 2:00pm - 5:30pm

Price : \$448 for 2, including a bottle of White Peach Bergamot Earl Grey Sparkling Tea

Oyster Bar

母親節下午茶 — 白桃美食

想讓母親度過更完美的母親節，何不於下午時段前來 Oyster Bar 享用以白桃為主題的母親節下午茶美食呢？豐富美食包括多款三文治、烤餅及甜點。

供應時間：由5月12日至31日，下午2時至5時30分

收費：\$448，供二人享用，配白桃佛手柑氣泡伯爵茶一瓶



May 2024

Wine Home Delivery Service

5月份餐酒送貨服務



Order Form 餐酒訂購表格

A special selection of Graham's Port Wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,000 and above, excluding Outlying Islands.

Alternatively, pick-up at the Club Bar.

本月為會員介紹多款 Graham's 波特酒，凡購滿\$2,000及以上可獲免費送貨服務，離島除外；

或者可於會所酒吧領取波特酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
W & J Graham's Crusted Port 2013	750ml	220		
W & J Graham's "Quinta dos Malvedos" Vintage Port 2010	375ml	260		
W & J Graham's "Quinta dos Malvedos" Vintage Port 2010	750ml	480		
W & J Graham's "Six Grapes" Reserve Port	750ml	200		
W & J Graham's 10 Years Old Tawny Port	200ml	130		
W & J Graham's 10 Years Old Tawny Port	750ml	300		
W & J Graham's 20 Years Old Tawny Port	200ml	190		
W & J Graham's 20 Years Old Tawny Port	750ml	630		
W & J Graham's 30 Years Old Tawny Port	200ml	280		
W & J Graham's 30 Years Old Tawny Port	750ml	880		
W & J Graham's 40 Years Old Tawny Port	750ml	1,350		
W & J Graham's Blend No. 12 Ruby Port	750ml	180		
W & J Graham's Blend No. 5 White Port	750ml	180		
W & J Graham's Late Bottled Vintage Port "Bicentenary Edition" 2017	750ml	220		
W & J Graham's Single Harvest Tawny Port 1974	750ml	2,800		
W & J Graham's Single Harvest Tawny Port 1994	750ml	850		
W & J Graham's Single Harvest Tawny Port 1997	750ml	880		
W & J Graham's Vintage Port 1977	750ml	1,480		
W & J Graham's Vintage Port 2000	750ml	820		
W & J Graham's Vintage Port 2003	750ml	780		
W & J Graham's Vintage Port 2011	375ml	350		

Please allow 5-7 working days' lead time for delivery 訂購以上美酒需時5-7個工作天。

Please charge the total amount of HK\$ _____ to my Pacific Club Member's account.

For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: joey-ho@pacificclub.com.hk

For further information, please call the Club Bar at 2118 1845.

Name: (please print) _____ Membership No.: _____

Contact Telephone No.: (Home) _____ (Office) _____

Delivery Address: _____

Signature: _____ Date: _____

* The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
本表格內所收集的個人資料只用作確認訂購及安排送貨之用途



Graham's Port Wine Dinner at Bauhinia

Steeped in history and tradition, Graham's was founded in 1820 by brothers William and John Graham, and has been crafting some of the finest vintages Portugal's Douro Valley offers ever since. In 1970, Graham's was acquired by the Symington family and they have continued to grow its reputation for producing the most incredible ports.

With a combination of traditional techniques and modern innovation, Graham's Port continues to push the boundaries of winemaking.

Port is often reserved to match only with later courses in a meal, but the extensive range of styles of Graham's Port means they partner well with an enormous variety of dishes.

We invite you to join us at Bauhinia restaurant, where Chef Keung has created a beautiful menu to perfectly pair with some of the very best Graham's vintages.

Date : Friday, 24th May
 Time : 6:30pm Welcome Drink
 7:15pm Dinner
 Venue : Bauhinia Restaurant
 Price : \$1,288 per person (for Food and Beverage Pairing)
 Reservations : 2118 1892

紫荆閣中餐廳 — Graham's 波特酒品嚐晚餐

Graham's 波特酒公司擁有悠久的歷史及傳統，由 William Graham 及 John Graham 兄弟於1820年創立，從那時起，他們就一直釀造葡萄牙杜羅河谷內一些最佳的年份波特酒。於1970年，Graham's 被 Symington 家族收購，自此他們便因為生產出最受讚賞的波特酒而令其名聲不斷提高。

Graham's 波特酒將傳統技術與現代創新結合，令其不斷突破釀酒的界限。

波特酒通常只用來配搭一餐中最後面的幾道菜餚，但 Graham's 波特酒因為擁有多種風格，因此可以完美配搭各式各樣的菜餚。

現誠邀請大家於5月24日（星期五）前來紫荆閣參加 Graham's 波特酒品嚐晚餐，享用 Graham's 其中一些最優質的年份波特酒，以及由總廚強師傅精心烹調以完美配搭每款佳釀的中式菜餚。

晚餐配搭波特酒，收費：每位\$1,288。

訂座請致電 2118 1892。

Welcome Cocktail

**W & J Graham's Blend No. 5
White Port**

Menu

**W & J Graham's "Six Grapes"
Reserve Port**

黑松露雜菌腐皮卷拼陳醋海蜆頭
 Deep-fried Bean Curd Sheet
 with Black Truffle and Mushrooms
 accompanied by Marinated Jelly Fish
 with Vinegar

W & J Graham's Crusted Port 2013

砵酒生蠔·酥炸瀨尿蝦丸
 Baked Oyster with Port Wine
 and Deep-fried Mantis Shrimp Balls

**W & J Graham's
"Quinta dos Malvedos"
Vintage Port 2010**

魚香安格斯牛柳粒
 Pan-fried Cubed Angus Beef
 with Sweet, Sour and Spicy Sauce

椰子燉竹絲雞湯
 Double Boiled Chicken with Coconut Soup

**W & J Graham's
20 Years Old Tawny Port**

煎封筍殼魚
 Deep-fried Marble Goby with Soy Sauce

**W & J Graham's
Single Harvest Tawny Port 1994**

胡椒龍蝦伴龍蝦燉蛋
 Pan-fried Lobster with Pepper
 accompanied by Steamed Egg with Lobster

燕麥蛋白杏仁茶伴金泊芝麻卷
 Sweetened Almond Cream with Egg White
 and Black Sesame Roll with Gold Flakes

(Wines will be served in limited quantities)

*Described menu and wines are subject to change without prior notice
 以上菜單及葡萄酒如有更改，恕不另行通知

Lobster and Baby Pigeon Set Menu at Bauhinia

紫荊閣 5 月份優惠 - 龍蝦乳鴿餐

Come and enjoy our incredible Lobster and Pigeon Set Menu, available for lunch and dinner at Bauhinia throughout the month of May.

\$588 per person

**For reservations, please call
2118 1892**

紫荊閣將於5月份為大家送上美味的龍蝦乳鴿套餐，歡迎前來品嚐。

收費：每位\$588，訂座請致電
2118 1892。



MENU

豉椒炒花蛤 拼
野菌腐皮卷、醬蘿蔔雲耳
Stir-fried Clams with
Black Beans and Chilli
accompanied by Deep-fried
Bean Curd Sheet and Marinated
Turnip and Black Fungus

紅燒童子鴿(每位半隻)
Roasted Baby Pigeon
(Half piece per person)

龍蝦汁扒紫菜豆腐
Braised Tofu with Seaweed
in Lobster Sauce

瑤柱金菇扒菠菜
Braised Spinach with Conpoy
and Enoki Mushrooms

上湯焗澳洲龍蝦伴伊麵
(每位半隻)
Pan-fried Australian Lobster
(Half piece per person)
in Bouillon with E-fu Noodle

芒果雪糕 或 精美甜品
Mango Ice Cream or
Daily Dessert

German White Asparagus Menu at Pier 6

From 6th May until season ends

Experience the unique flavour of German White Asparagus at Pier 6, a cherished springtime treat. Our talented Pier 6 chefs have created an exclusive White Asparagus Menu featuring this seasonal gem.

Book a table today and don't miss this very limited German White Asparagus season!

Call 2118 1878 to make your reservation

Pier 6 餐廳 - 白蘆筍菜式

由 5 月 6 日開始供應至季節期結束

歡迎前來 Pier 6 餐廳盡情品嚐德國春季的最鮮嫩蔬菜—白蘆筍。本會廚藝非凡的廚師團隊特別創作多款白蘆筍菜式，以突出這時令珍品的美味。

請勿錯過這供應期有限的德國白蘆筍季節，立即致電2118 1878訂座！

Cold Brew Coffee at the Oyster Bar throughout May

Come and taste our exclusive Cold Brew Coffee promotion at the Oyster Bar in May!

Each Cold Brew Coffee starts from carefully selected beans. We steep our coffee grounds for a full 8-12 hours in cold water, a method that gently extracts the coffee's flavours, resulting in a smoother, richer coffee without the bitterness typical of hot brewing methods. This meticulous process ensures every sip is infused with the full depth and complexity of the coffee beans, making it the perfect warm weather refreshment.

\$28 per glass

冷萃咖啡 於 5 月份在 Oyster Bar 供應

於5月份前來 Oyster Bar 品嚐我們特別推廣的冷萃咖啡吧！

我們每杯冷萃咖啡均採用精心挑選的咖啡豆沖製而成。冷萃咖啡，又稱為冷泡咖啡，是將咖啡磨粉後浸泡在冷水中整整8-12小時，藉由長時間的低溫浸泡來萃取咖啡液，從而產生更順滑、更濃郁的咖啡，而沒有高溫熱水沖煮咖啡的苦味及酸澀味。這個細緻的過程確保每一口都融入了咖啡豆的全部精髓和複雜性，使其成為溫暖天氣下的完美提神飲品。

冷萃咖啡 — 每杯\$28



* Photographs of food are for reference only. 食物相片只供參考

Mint Julep Magic at the Club Bar & Oyster Bar 1st - 31st May

Head to the Club Bar and Oyster Bar this May to enjoy the elegance of our Mint Julep promotion, a cocktail with a rich history stretching back to the 18th Century.

This classic concoction combines freshly-picked Mint, smooth Bourbon, a splash of Syrup Water, and a touch of Crushed Ice, offering a refreshing sip of tradition with every glass.

5月1日至31日會所酒吧及 Oyster Bar 帶來 Mint Julep 雞尾酒的神奇魔力

於5月份，前來會所酒吧及 Oyster Bar 享用我們特別調製的 Mint Julep 冰鎮薄荷雞尾酒。這是一款歷史悠久的雞尾酒，可追溯至18世紀。

這款經典的雞尾酒融合了新鮮採摘的薄荷葉、順滑的波本威士忌、少許糖水及一些碎冰，讓每一杯都充滿清爽的氣息。

Mint Julep
recipe

8 mint leaves

1/4 ounce
simple syrup

2 ounces bourbon

Garnish: mint sprig,
Angostura bitters



每碗
\$168



May at Bā Ramen 5月份拉麵推介

Welcome the flavours of spring at Ba Ramen in May with our delicious Ramen of the Month. Indulge in our **Snow Crab and Sweetcorn Ramen**, where delicate snow crab meets sweet corn kernels, all nestled in a rich, savoury broth.

於5月份，歡迎前來拉麵吧享用本月的美味拉麵推介，迎接春天的味道。盡情享用我們的雪蟹甜菜米拉麵，鮮味的雪蟹配上甜菜米粒及濃鬱可口的高湯。

Cheesecakes Around the World

Join us every Friday, Saturday, and Sunday for our "Cheesecake Around the World" addition to the Dessert Buffet, available at both lunch and dinner at The Island View Restaurant.

We showcase an eclectic mix of the world's most delightful Cheesecake flavours and styles. Experience the silky texture of Japanese Cheesecake, the rich German Käsekuchen, the famous French Cheesecake, and the unique charm of Burnt Basque Cheesecake. Our offerings extend to airy Mousse, frosty Ice Cream Cheesecakes, freshly-baked classics, light soufflé versions, and more — all whipped, drizzled, and crafted to perfection.

Reservations: 2118 1846

「芝士蛋糕」環球之旅

於5月份的每個星期五、六及日在The Island View餐廳舉行的自助午餐及晚餐中，大家除了可以享用豐富的甜點美食外，還有世界各地的芝士蛋糕。

我們將集結世界各地不同口味及風格的最美味芝士蛋糕，大家可以盡情享用絲滑口感的日本芝士蛋糕、香味濃郁的德國 Käsekuchen芝士蛋糕、著名的法式芝士蛋糕，以及擁有獨特魅力的巴斯克焦香芝士蛋糕。此外，還有其他甜點美食，包括充滿空氣感的慕斯、冰凍的雪糕芝士蛋糕、新鮮出爐的各式經典蛋糕、清新鬆軟的梳乎厘蛋糕等 — 全部經過精心製作，力求完美。

訂座請致電 2118 1846。



Fiesta Cinco de Mayo

from 3rd to 5th May at the Club Bar

墨西哥「五月五日節」慶祝活動

由5月3日至5日在會所酒吧舉行

Celebrate Cinco de Mayo in style at Club Bar! Join us for an unforgettable Fiesta Cinco de Mayo, happening from 3rd to 5th May! Immerse yourself in the vibrant culture and lively spirit of Mexico right here at the Pacific Club.

- **Authentic Mexican Cuisine** : Feast on a selection of traditional Mexican dishes, from tantalizing Tacos to delicious Nachos, Ceviche, Chili con Queso and more.
- **Specialty Drinks** : Sip on our Mexican-themed cocktails, including our signature Margaritas and Tequila Shots.

This is a three-day extravaganza you won't want to miss!

於5月3日至5日前來會所酒吧，與我們一起慶祝墨西哥傳統「五月五日節」，讓自己沉浸在墨西哥充滿活力的文化和熱鬧氣氛中！

- **正宗墨西哥美食**：享用精選的傳統墨西哥菜餚，從誘人的玉米夾餅到美味的烤乾酪辣味玉米片、檸汁醃魚、辣醬玉米片等。
- **特色飲品**：品嚐我們的墨西哥主題雞尾酒，包括我們的招牌瑪格麗特酒及龍舌蘭酒。

這是一場為期三天的盛會，實不容錯過！



Oyster Fridays – here to stay!

Indulge in the exquisite pleasure of freshly-shucked Oysters, available by the piece and served with your choice of Mignonette & Lemon or a tantalizing Spicy Bloody Mary Shot.

In addition, enjoy a special offer for selected Champagnes at \$78 per glass.

Date : Every Friday in May

Venue : Club Bar

週五「盡享生蠔」之夜— 將延續下去！

從現在開始，每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！

歡迎於逢星期五晚上前來會所酒吧品嚐即叫即開的新鮮生蠔，可搭配香草檸檬醬或辣味血腥瑪麗酒一同享用。

多加一重享受…香檳優惠

同時享用精選香檳，每杯只需\$78。



* Photographs of food are for reference only. 食物相片只供參考

Wine & Dine Wednesdays at Pier 6

Experience Elegance and Gastronomy Midweek

Join us for an unforgettable evening of fine dining and wine pairing, set against the beautiful backdrop of Pier 6. Delight in a special Three-course Dinner Menu designed for two people, thoughtfully paired with Two Wines chosen by our Sommelier.

Every Wednesday at Pier 6

For : 2 Guests

Menu : 3 Courses and 2 Wine Pairings

Price : \$1,288 - per couple

For reservations, please call Pier 6 on 2118 1878.

星期三晚上在 Pier 6 餐廳舉行 美酒佳餚之夜 - 享受美食及優雅的用餐體驗

前來與我們一起度過一個難忘的夜晚，在 Pier 6 餐廳的美麗海景襯托下享用佳餚及美酒。品嚐專為二人設計、共有三道菜式的晚餐，配搭由我們的侍酒師精心挑選的兩款葡萄酒。

每個星期三在 Pier 6 餐廳供應

適合：兩位客人享用

菜單：三道菜式及兩杯葡萄酒

收費：\$1,288 (二人用)

訂座請致電 Pier 6 餐廳：2118 1878。



Please Note: Our fixed menu and wine pairings are meticulously selected to complement each other and as such, we cannot accommodate substitutions or changes. This ensures every guest enjoys the full gastronomic experience as intended by our culinary team.

請注意：我們的固定菜單及葡萄酒配搭都是經過精心挑選，以相互配合，因此我們不能轉換當中的食材或更改菜式。這是為確保每位客人都能享受到我們烹飪團隊所期望的完整美食體驗。

Wine by the Glass Special Offer at Pier 6 and Capricci

Available
During Lunch

杯裝葡萄酒特別優惠 — 在 Pier 6 及 Capricci 餐廳午餐時段供應

Elevate your lunchtime meal with our special selection of wines, available by the glass at Pier 6 and Capricci in May.

於5月份，在 Pier 6 及 Capricci 餐廳享用午餐，可同時以優惠價\$68一杯，品嚐多款精選杯裝葡萄酒，提升你的美食體驗。

- Ruggeri Prosecco D.O.C., Argeo Brut, Italy, N.V.
- Giannitessari, Pinot Grigio, Delle Venezie D.O.C., Italy, 2022
- Domaine Lebrun, Pouilly Fume, Loire Valley, France, 2022
- Dr. Loosen, Wehlener Sonnenuhr, Riesling Kabinett, Germany, 2022
- Chateau Minuty, Prestige Rosé, Cotes de Provence, France, 2021
- Icardi, Surisjvan Langhe Nebbiolo D.O.C., Organic, Italy, 2021
- Domaine R. Dubois, Bourgogne, Cote d'Or, France, 2021
- Esprit de Pavie, Bordeaux, France, 2015/17

\$68 per glass

* Described wines are subject to change upon availability.
以上葡萄酒可能因供應情況而有所更改



May 2024

Wine Home Delivery Service

5月份餐酒送貨服務



Order Form 餐酒訂購表格

A special selection of Gaja wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,800 and above, excluding Outlying Islands. Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Gaja 葡萄酒，凡購滿 \$1,800 及以上可獲免費送貨服務，離島除外；或者可於會所酒吧領取葡萄酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Delamotte Brut Non-vintage	750ml	360		
Gaja Ca'Marcanda Vistamare 2021	750ml	380		
Gaja Gaia & Rey 2021	750ml	1,890		
Gaja Ca'Marcanda Magari 2018	750ml	460		
Gaja Brunello di Montalcino PSR Rennina 2016	750ml	1,180		
Gaja Costa Russi 2011	750ml	2,890		
Gaja Brunello di Montalcino PSR Rennina 2018	750ml	1,290		

Please allow 5-7 working days' lead time for delivery 訂購以上美酒需時5-7個工作天。

Please charge the total amount of HK\$ _____ to my Pacific Club Member's account.

For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: joey-ho@pacificclub.com.hk

For further information, please call the Club Bar at 2118 1845.

Name: (please print) _____ Membership No.: _____

Contact Telephone No.: (Home) _____ (Office) _____

Delivery Address: _____

Signature: _____ Date: _____

* The personal data collected in this order form will be used for order confirmation and delivery arrangement only.
本表格內所收集的個人資料只用作確認訂購及安排送貨之用途

Gaja Wine Dinner

Enjoy an evening of culinary and viticultural excellence at the Gaja Wine Dinner at Pier 6. This prestigious evening showcases one of Italy's most celebrated wine producers, known for their exceptional Barbaresco and Barolo wines. Founded in 1859 by Giovanni Gaja in the heart of Piedmont, the winery has been an emblem of Italian wine innovation and quality for over five generations and great-grandson, Angelo Gaja, expertly runs the estate today. Gaja is also a leading name in Tuscany, having diversified into the production of Brunello and Super Tuscan wines.

Delight in a sumptuous Degustation Menu designed to complement the incredible flavours of Gaja's finest selections. Each course will be paired with wines that not only honour the traditional methods passed down through the Gaja family, but also embrace their pioneering spirit in modern winemaking.

Don't miss this chance to indulge in a night of gourmet food, outstanding wines, and captivating stories from the Gaja winemaking legacy.

Date : Friday, 31st May
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$1,288 per person (for Food and Wine Pairing)
Reservations : 2118 1878

Gaja 美酒晚餐

歡迎於5月31日星期五前來 Pier 6 餐廳參加 Gaja 美酒晚餐，享受一個美食及葡萄酒文化之夜。Gaja是享譽全球的意大利最著名葡萄酒生產商之一，以其卓越的 Barbaresco 及 Barolo 葡萄酒而聞名。酒莊由 Giovanni Gaja 於1859年在Piedmont的中心地帶創立，至今已經歷超過五代傳承，一直是意大利葡萄酒創新及品質的象徵，如今由其曾孫 Angelo Gaja 專業經營。在Tuscany 地區的釀酒產業中，Gaja 亦是佔有主導地位的品牌，已採用多元化技術生產 Brunello 及 Super Tuscan 葡萄酒。

當晚，我們將會準備與每款精選Gaja美酒的風味配搭相得益彰的晚餐菜式。這些葡萄酒不僅遵照Gaja家族傳承的傳統方法釀造，同時亦體現了他們在現代釀酒方面的開拓精神。

請不要錯過這個機會，盡情享受美食、優質葡萄酒及Gaja酒莊釀酒歷史的迷人故事。

晚餐配葡萄酒收費：每位\$1,288。

訂座請致電 2118 1878。

Welcome Drink

Delamotte Brut Non-vintage

Menu

Gaja Ca'Marcanda Vistamare 2021

Marinated Carabiniere Prawns
Espelette Pepper | Finger Lime | Olive Oil

Gaja Gaia & Rey 2021

Grilled White Asparagus | Bellota Ham

Gaja Ca'Marcanda Magari 2018

Hokkaido Scallops
Assam Pepper Sabayon | Bell Pepper Confit

Gaja Brunello di Montalcino

PSR Rennina 2016

Venison Loin and Praline
Pumpnickel | Black Olives | Candied Oranges

Gaja Costa Russi 2011

Dark Chocolate Trilogy
Cherries | Black Berries

Petits Fours

(Wines will be served in limited quantities)

* Described menu and wines are subject to change without prior notice
以上菜單及葡萄酒如有更改，恕不另行通知



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Mother's Day Lunch & Dinner at Pacific Club 12th</p>	 <p>Guest Chef Nic Vanderbeeken at Pier 6 17th-19th</p>	 <p>Graham's Port Dinner at Bauhinia 24th</p>	<p>Wine by the Glass Special Offer at Pier 6 and Capricci 1st - 31st New Pasta Dishes at Capricci From 1st Every day is Sundae Sunday! at Oyster Bar 1st - 31st Mint Julep at Club Bar & Oyster Bar 1st - 31st Cold Brew Coffee Special Offer at Oyster Bar 1st - 31st PapPeroni Combo Package at Club Bar 1st - 31st Wine & Dine Wednesdays at Pier 6 Public Holiday Lunch & Dinner Buffet at The Island View</p>	<p>Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise Junior Swimming School Yoga Cheesecake Around the World at The Island View Seoulfood Dinner Buffet at The Island View Fiesta del Cinco de Mayo at Club Bar 3rd - 5th Oyster Fridays at Club Bar</p>	<p>Junior Swimming School Junior Tennis Academy Junior Taekwondo Cheesecake Around the World at The Island View German White Asparagus Dinner Buffet at The Island View</p>
<p>Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Cheesecake Around the World at The Island View Sunday Lunch & Dinner Buffet at The Island View</p>	<p>Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training White Asparagus Menu at Pier 6 From 6th Onwards Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics Semi-buffet Dinner at The Island View</p>	<p>English Drama Academy Tennis Team Training Wine & Dine Wednesdays at Pier 6 Semi-buffet Dinner at The Island View</p>	<p>Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise Junior Swimming School Junior Tennis Academy Junior Taekwondo Cheesecake Around the World at The Island View Seoulfood Dinner Buffet at The Island View Oyster Fridays at Club Bar</p>	<p>Junior Swimming School Junior Tennis Academy Junior Taekwondo Cheesecake Around the World at The Island View German White Asparagus Dinner Buffet at The Island View Mother and Child Yoga Course</p>
<p>Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping Candle Workshop Cheesecake Around the World at The Island View White Peach Afternoon Tea at Oyster Bar 12th - 31st Mother's Day Lunch & Dinner at Pacific Club</p>	<p>Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics Semi-buffet Dinner at The Island View</p>	<p>Wine & Dine Wednesdays at Pier 6 Public Holiday Lunch & Dinner Buffet at The Island View</p>	<p>Yoga Jazz Dance Tennis Team Training Dragon Boat Dumpling Order at Bauhinia Starting from 16th Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise Junior Swimming School Junior Tennis Academy Junior Taekwondo Cheesecake Around the World at The Island View Seoulfood Dinner Buffet at The Island View Oyster Fridays at Club Bar Guest Chef Nic Vanderbeeken at Pier 6</p>	<p>Junior Swimming School Junior Tennis Academy Junior Taekwondo Cheesecake Around the World at The Island View German White Asparagus Dinner Buffet at The Island View Guest Chef Nic Vanderbeeken at Pier 6</p>
<p>Zumba Fitness / Yoga Sunday Junior Tennis / Social Tennis Rope Skipping / Wall Climbing Cheesecake Around the World at The Island View Sunday Lunch & Dinner Buffet at The Island View Guest Chef Nic Vanderbeeken at Pier 6</p>	<p>Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics Semi-buffet Dinner at The Island View</p>	<p>English Drama Academy Tennis Team Training Wine & Dine Wednesdays at Pier 6 Semi-buffet Dinner at The Island View</p>	<p>Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise Junior Swimming School Junior Tennis Academy Junior Taekwondo Cheesecake Around the World at The Island View Seoulfood Dinner Buffet at The Island View Oyster Fridays at Club Bar Graham's Port Dinner at Bauhinia</p>	<p>Junior Swimming School Junior Tennis Academy Junior Taekwondo Cheesecake Around the World at The Island View German White Asparagus Dinner Buffet at The Island View</p>
<p>Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing Cheesecake Around the World at The Island View Semi-buffet Dinner at The Island View</p>	<p>Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics Semi-buffet Dinner at The Island View</p>	<p>English Drama Academy Tennis Team Training Wine & Dine Wednesdays at Pier 6 Semi-buffet Dinner at The Island View</p>	<p>Yoga Tennis Team Training Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Cheesecake Around the World at The Island View Seoulfood Dinner Buffet at The Island View Oyster Fridays at Club Bar Graham's Port Dinner at Bauhinia</p>	<p>Gaja Wine Dinner at Pier 6 31st</p>



June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Class Every Mon, Thur, Fri & Sun (except Public Holiday) 	 Vignobles K* Wine Dinner at Pier 6 7th	 Father's Day Lunch & Dinner at Pacific Club 16th HAPPY FATHER'S DAY	 Calon Segur Wine Dinner at Pier 6 28th	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wine by the Glass Special Offer - During Lunch at Pier 6 and Captici Saturday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffet Dinner at The Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training	Collection for Dragon Boat Dumplings at Bauhinia 5th - 10th	Collection for Dragon Boat Dumplings at Bauhinia 5th - 10th	Semi-buffet Dinner at The Island View	Yoga	Saturday Dinner Buffet at The Island View
Rope Skipping / Wall Climbing	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View		Friday Dinner Buffet at The Island View	at The Island View
Sunday Lunch & Dinner Buffet at The Island View	3	4	5	6	"Vignobles K" Wine Dinner at Pier 6	7
2					Oyster Fridays at Club Bar	8
Zumba Fitness / Yoga	Public Holiday Lunch & Dinner Buffet at The Island View	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis		Semi-buffet Dinner at The Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis		Funky Dance	Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Yoga	Saturday Dinner Buffet at The Island View
Rope Skipping / Wall Climbing	10	11	12	13	Friday Dinner Buffet at The Island View	at The Island View
Sunday Lunch & Dinner Buffet at The Island View	9				Oyster Fridays at Club Bar	15
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffet Dinner at The Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Yoga	Saturday Dinner Buffet at The Island View
Rope Skipping / Wall Climbing	Semi-buffet Dinner at The Island View				Friday Dinner Buffet at The Island View	at The Island View
Father's Day Lunch & Dinner at Pacific Club	16	18	19	20	Oyster Fridays at Club Bar	22
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffet Dinner at The Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training		Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Yoga	Saturday Dinner Buffet at The Island View
Rope Skipping / Wall Climbing	Semi-buffet Dinner at The Island View				Friday Dinner Buffet at The Island View	at The Island View
Sunday Lunch & Dinner Buffet at The Island View	23/30	25	26	27	Oyster Fridays at Club Bar	29
24					Friday Dinner Buffet at The Island View	at The Island View
					Calon Segur Wine Dinner at Pier 6	
					Oyster Fridays at Club Bar	

*All classes and events in the calendar may be subject to changes without notice. 月曆中的所有課程及活動可能會被更改，恕不另行通知。

Recreation

Club Bar
Live TV

What's Happening
in Hong Kong

Food & Beverage

Father's Day at the Club

在太平洋會慶祝父親節

Father's Day is swiftly approaching, falling on Sunday, 16th June this year. Don't miss the opportunity to celebrate with your father at the Pacific Club for a special event dedicated just for him!

6月16日〔星期日〕便是一年一度的父親節，當日本會各餐廳將特別準備精選午餐及晚餐，歡迎大家與父親一同蒞臨慶祝這重要日子！

Sunday,
16th June
6月16日
(星期日)

Father's Day Lunch & Dinner Buffet

The Island View &
Pier 6 Restaurant

This Father's Day, indulge in a lavish buffet for both lunch and dinner, complete with a wide array of international delicacies.

Time : Lunch – From 12:00noon
Dinner – From 6:00pm

Price : Lunch – Adults \$448,
Children 6-12 years \$298, 3-5 years \$128
Dinner – Adults \$498,
Children 6-12 years \$328, 3-5 years \$128

Reservations: 2118 1846

The Island View及Pier 6餐廳 父親節自助午餐及晚餐

今年父親節，大家可以在豐富的自助午餐及晚餐中盡情享用世界各地的美食。

收費：自助午餐（中午12時開始）—
成人 \$448，小童 6-12歲 \$295；3-5歲 \$128
自助晚餐（晚上6時開始）—
成人 \$498，小童 6-12歲 \$328；3-5歲 \$128

訂座請致電2118 1846。



Father's Day Lunch & Dinner

Bauhinia

Treat your dad to a family gathering at Bauhinia this Father's Day, where he can choose from the usual, comprehensive menu, available for both lunch and dinner.

Reservations: 2118 1892

紫荊閣 父親節午餐及晚餐

歡迎與父親前來紫荊閣享用中式午餐及晚餐自選菜式，慶祝父親節。

訂座請致電 2118 1892。

HAPPY
*Father's
Day*
Mustache



Father's Day Italian Semi-Buffer Lunch & Dinner

Capricci

Celebrate this special day at Capricci with a semi-buffer lunch and dinner featuring a wide selection of beloved culinary classics!

Time : Lunch – From 12:00noon
Dinner – From 6:00pm

Price : Lunch – Adults \$328, Children \$228
Dinner – Adults \$428, Children \$295

Reservations: 2118 1803

Capricci餐廳

父親節意式半自助午餐及晚餐

於父親節前來Capricci享用意式半自助午餐及晚餐，以意大利的美酒佳餚來與父親慶祝佳節！

收費：半自助午餐（中午12時開始）— 成人 \$328，小童 \$228
半自助晚餐（晚上6時開始）— 成人 \$428，小童 \$295

訂座請致電 2118 1803。





Kau To Shan

Kau To Shan is the name of an upscale residential area in the hills above Fo Tan, and the summit it is named after makes for a reasonably challenging hike. Not many people walk this trail.

The first part of this trail has no signage, so bring a GPS-enabled device with a mapping app. Walking time: 3.5 hours.



From Sha Tin MTR station on the East Rail, leave by Exit B. Right in front of you, there's the green minibus 66K. Jump on board and ride it until it starts to wind uphill towards the low-rise Kau To Shan residential area. The bus will make a left turn onto Ma Lok Path, and you should alight at the end of this road, just before you see a green-roofed pavilion. You can shout "Ma Lok Geng" to let the driver know you want to get off. After here, the bus makes a U-turn, so if that happens, you'll know you've stayed on too long.

Walk straight ahead. A signpost points to Ma Liu Village, and ropes are strung from the steep trail behind it. But don't worry, these are the only ropes on the whole hike. Pull yourself up and start climbing through the forest.

There is only one way ahead and it's quite easy to follow. Just keep to the ridge of the hill all the way. You reach a trig point in the forest, and then



a ledge of flat rocks where you can enjoy a view over the Sha Tin valley. The next trig point is at the summit of Kau To Shan, and it's perched high on a boulder with views over Tolo Harbour to the north. We were hiking in misty April weather, so our views were limited, but the peaceful forest had a fairytale feeling, with spider webs daintily decorated with droplets of rain.

The trail carries on downhill over grassy land, and then reaches a saddle where it forks, but both paths go the same way. Take the right-hand path through the leaf-strewn forest, bearing slightly left through the trees to keep going straight ahead. This will soon bring you to a stone trail that starts climbing again. Go up. (There are side trails here that lead downhill both left and right, but they are rather overgrown and hard to follow).



The path brings you up to a helipad at one end of the paved Tai Po Kau Forest Track. From here on, it's easy walking on a network of signposted trails. There are many ways to reach your endpoint, the bus stop at Tai Po Road, from here. One way is to go ahead, and turn right at the first track junction. Turn left onto the Yellow Walk, and then right onto the Brown Walk. Whichever way you choose,

the colour-coded walks all meet lower down in the Tai Po Kau Nature Reserve's stream valley, and you just carry on walking downhill to the main road at Tsung Tsai Yuen.

Cross over for buses going back to Sha Tin, or stay on the same side for buses to Tai Po.

九肚山

九肚山是火炭上方山上一個高級住宅區的名稱，以它命名的山頂為遠足人士帶來相當大的挑戰性，因此走這條路的人士不多。

這條步道的第一部分沒有路標，因此請攜帶附有 GPS 定位的地圖應用程式。步行時間：3.5 小時。

從東鐵沙田站 B 出口離開。綠色小巴 66K 就在你的面前。上車並乘坐直到它開始蜿蜒上坡，駛向低層建築的九肚山住宅區。巴士將左轉進入馬樂徑，你應該在這條路的盡頭下車，就在看到綠頂涼亭之前，你可以喊「馬樂徑」讓司機知道你要下車。過了這裡，巴士就會掉頭，所以如果發生這種情況，你就會知道你坐過籠了。

一直向前走。有一路標指向馬料村，後面陡峭的小徑上掛著繩索。但別擔心，這些是整個遠足旅程中唯一出現的繩索。振作起來，開始攀爬穿過樹林。

前面只有一條路，而且很容易跟隨。一直保持前進直至到達山脊。你會到達在樹林中的一個三角測量點，然後到達平坦的岩石壁架，在那裡可以欣賞沙田山谷的景色。下一個三角測量點是在九肚山的山頂，它高高地坐落在一塊巨石上，可以看到北面的吐露港。我們在 4 月裡多霧的天氣下前往，視野有限，但寧靜的樹林有一種童話般的感覺，蜘蛛網被水珠巧妙地裝飾著。



這條小路會繼續下坡，穿過草地，然後到達山鞍處的分叉位，但其實這兩條路都是同一條路。沿著右手邊的小路穿過遍地樹葉的樹林，稍微向左穿過樹林，繼續直行。很快你就會到達一條再次開始上坡的石路。向上走。（這裡有左右兩邊下坡的小路，但它們雜草叢生，難以行走）。

這條小路將帶你到達大埔滘林徑一端的直升機坪。從這裡開始，你可以輕鬆地在設有路標、縱橫交錯的小徑上行走，也有多種方法可以到達你的終點站，即大埔公路的巴士站。第一種方法是繼續前進，在第一個小路交匯處右轉；或左轉進入林徑的「黃路」，然後右轉進入「啡路」。無論你選擇哪種方式，不同顏色的步道都會在大埔滘自然保護區的溪谷下方交匯，你只需繼續下山即可到達松仔園的主幹道。

過對面可以乘搭返回沙田的巴士，或留在同一側乘搭前往大埔的巴士。



Every Day is Sundae! 每日都是 "新地日" !

Indulge in frosty delights made from premium ice cream and the freshest, most delicious toppings at our Sundae promotion this month at the Oyster Bar.

From Banana Split to Melon Fiesta, to Coppa Amarena Cherry and the decadent Nutcracker, as well as the classic Strawberry Fudge and Caramel Chocolate Sundae...Treat yourself because every day deserves its own sundae!

Date : 1st - 31st May

Venue : Oyster Bar

於5月份，大家可以在 Oyster Bar 盡情品嚐以優質雪糕和最新鮮、美味的配料製成的新地美食。

配料口味選擇豐富，從香蕉船到 Melon Fiesta（蜜瓜），再到 Coppa Amarena Cherry（櫻桃杯）和 Nutcracker（果仁），以及經典的 Strawberry Fudge（草莓）和焦糖朱古力新地...獎勵自己，讓每一日都成為"新地日"！



Sunday Social Tennis

Every Sunday, join us at the Pacific Club for two hours of friendly tennis. This regular late-afternoon session is perfect for players of all skill levels looking to improve their game, meet new people, and enjoy the community spirit.

週日網球聯誼聚會

歡迎前來參加於星期日傍晚舉行的週日網球聯誼聚會，與其他會員及教練切磋球技，認識新的志同道合，一同分享打網球的樂趣。收費每位\$170（設茶點招待），查詢及報名，請致電 2118 1707。此聚會只供成年會員參加。

Date : Sunday 5th, 12th, 19th & 26th May
 Time : 5:00pm – 7:00pm
 Venue : Outdoor Tennis Courts
 Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
 Age : Adults Only

Ladies' Morning Tennis Clinic

Elevate your tennis game with our exclusive Ladies' Morning Tennis Clinics! Designed to refine your technique and enhance your tactical knowledge, these two-hour sessions are led by our expert coaches. To ensure personalized attention, each clinic is limited to just 10 participants.



女子早上網球練習

透過參加本會於星期一舉行的女子早上網球練習班，提升你的網球技術！這兩小時課程由我們的專業教練指導，旨在完善你的技術並增強戰術知識，此外為了確保提供個人化的指導，每班僅限10名學員參加。課程收費：每位\$310（包括場租，並設茶點招待）。

Date : Monday 6th, 13th, 20th & 27th May
 Time : 10:00am – 12:00noon (Intermediate / Advanced Level)
 Venue : Indoor Tennis Courts
 Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)

Tennis League Teams' Schedule Home Matches in May

網球聯賽 — 5月份主場賽事

DATE	TEAM	MATCH
Monday, 6th May Monday, 13th May	Men's (Division A)	Pacific Club vs Kowloon Cricket Club Pacific Club vs Hong Lok Yuen Country Club
Tuesday, 7th May Tuesday, 14th May Tuesday, 21st May	Men's (Division B)	Pacific Club vs Police Tennis Club Pacific Club vs Discovery Bay Recreation Club Pacific Club vs The Hong Kong Jockey Club 2
Wednesday, 22nd May	Men's (Division C)	Pacific Club vs Kowloon Tong Club

Holiday Notice

Please note that all junior and adult group classes will be cancelled on Labour Day on 1st May and the Birthday of the Buddha on 15th May.

課程暫停舉行

請注意，所有兒童及成人團體課程將於5月1日勞動節及5月15日佛誕公眾假期暫停舉行。



Junior Tennis Academy

Is your child eager to learn tennis? Enroll them in the Pacific Club Junior Tennis Academy! Catered to young players aged 3½ to 16, our academy offers weekly sessions that combine expert coaching with lots of fun. Sessions are designed to foster skill development in a friendly and supportive environment.

青少年網球訓練

想增加孩子們對打網球的興趣？於星期六上午前來本會參加專為3½ - 16歲會員而設的青少年網球訓練班吧！在經驗豐富的教練帶領下，他們可以得到一個發展網球技能並充分發揮潛力的環境，從掌握基礎知識到提升技術，幫助他們成長和超越自己。5月份課程收費 — A班（3½ - 6歲，4堂）：會員\$840，非會員\$1,320；B班（6 - 16歲，4堂）：會員\$1,120，非會員\$1,600。

Date : Saturday 4th, 11th, 18th & 25th May
 Time : (A) 10:00am – 11:00am
 (B) 11:00am – 1:00pm
 Venue : Indoor Tennis Courts
 Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)
 (B) Member \$1,120, Guest \$1,600 (for 4 lessons)
 Age : (A) 3½ – 6 years
 (B) 6 – 16 years



How to Play Pickleball: Quick Guide

如何打匹克球:快速指南

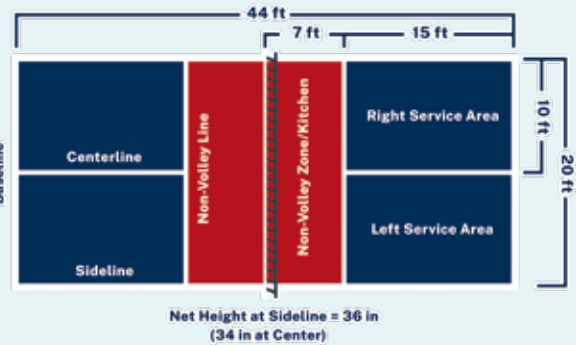
Pickleball is an exciting mix of tennis, badminton, and table tennis, perfect for singles or doubles. The game is played on a court similar to badminton, with consistent scoring rules but varied strategies between match types.

The Basics: Matches start with a serve from the right side, leading to a rally. Points are scored only by the serving team, aiming for 11 points but requiring at least a 2-point lead to win.

Court Features: Key to the court is the "no-volley zone," or "Kitchen," extending about 2 metres from the net. Volleys from this zone are prohibited, adding a layer of strategy.

Tournament Play: Tournaments typically involve three games per match, testing skill and endurance.

Ready for some dynamic fun? Pickleball offers a great workout and a fantastic way to engage in friendly competition. Grab your paddle and experience the world of Pickleball at the Pacific Club today!



匹克球是一種結合了網球、羽毛球和乒乓球元素的運動，非常適合進行單打或雙打。

比賽在類似羽毛球場的場地上進行，計分方法亦相約，但兩者的比賽技巧及戰略卻有所不同。

基礎知識：比賽從右邊球員先發球，然後進行對攻。僅由發球方得分，每局比賽目標是11分，但至少領先兩分才能獲勝。

球場特色：球場上有一個名為“禁止截擊區”或“廚房”的區域，距離球網約2米。禁止從該區域進行截擊，從而增加了策略的範圍。

比賽形式：比賽通常以每場三局制，考驗技巧及耐力。

準備好享受這項充滿活力及樂趣的運動嗎？匹克球能提供一種很好的鍛鍊及友好競爭的方式，今天就拿起你的球拍，來太平洋會體驗匹克球的世界吧！

Pickleball Private Lessons

Unlock your full potential on the Pickleball court with personalized, one-on-one private lessons at Pacific Club with our expert Pickleball Coach, Rachel Lam. Receive individual attention and tailored coaching designed to meet your specific goals and skill level.

Private Lessons (1pax)

- 1-hour \$630 per person
- Package of 10, 1-hour lessons \$6,100 per person

Semi-Private Lessons (2pax)

- 1-hour \$335 per person
- Package of 10, 1-hour lessons \$3,250 per person

匹克球私人課程

預約由本會專業匹克球教練 Rachel Lam 指導的一對一私人匹克球課程，釋放你在匹克球場上的全部潛能。Rachel可以為你的特定目標和技能水平而設計個人化的課程。

私人課程 (一人)

- 一小時課程 : 每位\$630
- 10 堂一小時課程 : 每位\$6,100

半私人課程 (二人)

- 一小時課程 : 每位\$335
- 10 堂一小時課程 : 每位\$3,250

預約課程請致電 2118 1707。



Pickleball Group Lessons

Experience the excitement of Pickleball with our Pacific Club Group Classes, catering to various age groups. Whether you're a youngster or a seasoned adult eager to try something new, these classes are designed just for you!

匹克球團體課程

歡迎參加本會匹克球課程，體驗這項受大眾歡迎的新興運動。無論你是渴望嘗試新事物的青少年，還是運動經驗豐富的成年人，這課程都適合各年齡和程度的會員參加！課程於星期日舉行，5月份3堂課程收費：會員\$540，非會員\$900。

備註：此訓練活動以月費形式支付

Date : Sunday 5th, 12th & 26th May

Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
(C) 12:00noon – 1:00pm

Venue : Outdoor Pickleball Court

Price : Member \$540, Guest \$900 (for 3 lessons)

Age : (A) 6-9 years
(B) 10-14 years
(C) 18 years and above



To enroll in Pickleball, please contact the 4/F Tennis Office on 2118 1707. 預約匹克球課程，請致電 2118 1707 聯絡四樓網球部。

Hair Product Sale in May 5月份頭髮產品優惠

Deuxer Veil 7 - Freeze Hard

~~\$250~~ \$225

This quick-dry, super styling product holds your style throughout the day. A great product for women's updos and short, spiky styles as well men's short hair styles that emphasize multi-dimension.

Deuxer Veil 7超強力造型噴霧

具有速乾性的超強造型力，讓造型在一整天都可維持美觀，非常適合女士盤髮或注重立體感的男士短髮造型使用。



American Crew Power Cleanser Style Remover, 250ml

~~\$220~~ \$200

This shampoo can be used daily, or as necessary, to remove product build up, such as hair gel and wax, leaving hair ultra clean and healthy. Extracts of menthol, rosemary and thyme cool and refresh the scalp whilst improving hair texture, thickness and shine.

American Crew深層清潔洗髮露〔專為男士而設〕，250毫升

此洗髮水可每日或需要時使用，以清除由造型產品如造型啫喱、髮蠟等殘留在頭髮中的物質，令頭髮回復清潔、健康。產品含有薄荷醇、迷迭香和百里香的提取物，為頭皮帶來涼爽感，同時改善頭髮的質感、厚度和光澤。

Paul Mitchell Flexible Style Super Sculpt, 500ml

~~\$300~~ \$270

Create hairstyles at lightning speed! This fast-drying hair styling glaze provides flexible control and long-lasting memory, while conditioning with enhanced body and maximum shine. It can be used on all hair types for sculpting or blow-drying.

Paul Mitchell 快乾記憶豐型液，500毫升

一種快速變乾的頭髮定型產品，可靈活控制造型和具有持久的記憶力，同時能護理髮質，令頭髮顯得明亮有光澤。此產品適用於所有頭髮造型或吹乾頭髮時使用。



This Month's Promotion

10% Discount on Intensive Hair Care Treatments

This May, give your hair the care it deserves with our exclusive 10% discount on Intensive Hair Care Treatments, including the renowned Curepod and Trisys Triphilia treatments.

Perfect for combatting the effects of swimming pool chlorine, harsh sunlight, dryness, and the stress of colouring, perming, or straightening, these treatments are designed to deeply nourish, repair, and rejuvenate your hair.

To make your appointment, please call the Hair Salon on 2118 1893.

深層頭髮護理9折優惠

於5月份，前來會所髮廊進行深層頭髮護理，讓秀髮更健康亮麗，同時可享9折優惠，包括 Curepod 及 Trisys Triphilia 護理。

採用專業頭髮護理進行深層滋養，能有效地修復因泳池氯氣、陽光曝曬、過度漂染、電燙、乾旱、負離子等所引致的嚴重受損髮質，恢復頭髮活力。

查詢及預約服務，請致電 2118 1893。





Achieving a Hole-in-One: A Golfer's Dream Tip

一桿入洞：高爾夫球手的夢想秘訣

By the Club's Golf Professional,
Lau Yat Hung, Alain

A hole-in-one is a rare and exciting feat in golf, often a blend of skill, strategy, and a touch of luck. While there's no guaranteed formula for acing a hole, here are some tips that can increase your chances of achieving this memorable golfing achievement:

- 1. Know the Hole:** Study the hole before you tee off. Understand the distance, the layout, and any prevailing wind conditions. Look at the pin placement and take note of where the hazards are located. Use a rangefinder or a course map to get accurate measurements.
- 2. Choose the Right Club:** Selecting the right club is crucial. You want a club that will comfortably reach the green, considering factors such as elevation and wind. The goal is to land the ball on the green with enough spin to control its roll towards the hole.
- 3. Perfect Your Swing:** Consistency in your swing is key. Practice swinging smoothly and focus on hitting the ball cleanly with your club's sweet spot. Achieving a hole-in-one often requires a straight flight path with minimal spin that could divert the ball off course.
- 4. Aim for the Centre of the Green:** While it might be tempting to aim directly for the hole, it's generally safer to aim for the centre of the green to maximize your chances of staying on the green, especially on unfamiliar courses or with tricky pin placements.
- 5. Visualize Your Shot:** Before taking your shot, take a moment to visualize the ball's flight path and its ideal landing spot. This mental rehearsal can help align your body and swing with your target.
- 6. Stay Relaxed:** Keeping your body and mind relaxed can improve your swing mechanics and overall performance. Tension can lead to mis-hits and errors in judgment.
- 7. Practice Often:** While a hole-in-one does involve some luck, regular practice will increase your chances of hitting the perfect shot when the opportunity arises.

Remember, a hole-in-one is a rare achievement, even for professional golfers. Enjoy the challenge and celebrate your successes, whether they come as birdies, eagles, or the elusive ace. Every shot you take brings you one step closer to that perfect moment on the course.

一桿入洞是高爾夫運動中難得一見且令人興奮的壯舉，通常是技巧、策略和運氣的結合。雖然沒有保證一定能打出一桿入洞的方程式，但以下一些技巧可以增加你實現這個令人難忘的高爾夫成就的機會：

- 1. 了解球洞：**開球前先研究一下球洞。了解距離、佈局以及風向情況。查看旗杆的位置並記下危險的位置。使用測距儀或路線圖來獲得準確的測距。
- 2. 選擇正確的球桿：**選擇正確的球桿最為重要。考慮海拔和風力等因素，然後選擇一支能夠輕鬆到達果嶺的球桿。目標是讓球以足夠的旋轉落在果嶺上，以控制其滾向球洞。
- 3. 完善你的揮桿：**揮桿的一致性為關鍵。練習平穩揮桿，並專注於用球桿的最佳擊球點乾淨俐落地擊球。想實現一桿入洞通常需要一條筆直的飛行路徑，並且具有可能使球偏離路線的最小旋轉。
- 4. 瞄準果嶺的中心：**也許你想直接瞄準球洞，但瞄準果嶺中心通常更安全，這樣可以最大限度地提高你留在果嶺上的機會，尤其是在不熟悉的球場上或旗杆處於比較棘手位置的情況下。
- 5. 想像你的擊球：**在擊球之前，花點時間想像球的飛行路徑及其理想的著陸點。這種心理演練可以幫助你調整身體並向準目標揮桿。
- 6. 保持放鬆：**保持身心放鬆可以改善你的揮桿技巧和整體表現。緊張會導致擊球失誤和判斷錯誤。
- 7. 經常練習：**雖然一桿入洞確實需要一些運氣，但定期練習會增加你在機會出現時打出完美擊球的機會。

請記住，即使對於職業高爾夫球手來說，一桿入洞也是一項難得的成就。享受挑戰並慶祝得到的成功，無論是小鳥、老鷹還是難能可貴的一桿入洞。你的每一次擊球都會讓你離球場上的完美時刻更近一步。

Golf Private Lessons

With the Club's Golf Professional Lau Yat Hung, Alain

Our experienced Golf Pro offers private lessons to really improve your game. Whether you are a beginner or a low handicapper, these lessons can make a huge difference to your technique.

高爾夫球私人課堂

不論你是初學者還是高手，想進一步改善及提升高爾夫球技術的話，歡迎前來參加由本會專業私人教練劉日洪（Alain）教授的私人高爾夫球課堂。預約及查詢，請致電2118 1707。

Private Lessons (1 pax)

1-hour	\$760 per person
Package of 4, 1-hour lessons	\$2,900 per person

Semi-Private Lessons (2 pax)

1-hour	\$430 per person
Package of 4, 1-hour lessons	\$1,600 per person

Contact the 4/F Tennis Reception on 2118 1707 for Golf Lesson booking details. 查詢及報名，請致電 2118 1707。

Resistance Band Training Guide

阻力帶健身訓練

Resistance band training combines various exercises and repetitions to create stable, cyclic resistance workouts that enhance muscle strength, cardiopulmonary health, and body shaping. Working out with a partner can add a fun and challenging element to the routine.

阻力帶的訓練主要通過不同的動作及次數重覆訓練，以多變的循環動作，以產生穩定的循環阻力，除了增強肌肉力量，還著重於心肺功能及改善身段線條。若與同伴一起共同訓練，更能增加運動的樂趣及挑戰性。



3

Overhead Arm Curl

Attach the band above head height. Kneel down and grasp the band, pulling it towards you in a curling motion to effectively target the biceps.

反手二頭勾手

將阻力帶固定在高於頭上的位置，然後抓住阻力帶，雙膝跪在地上。將阻力帶向下拉近自己，直到手臂及二頭肌完全屈曲。



1

Push-Up with Resistance Band

Wrap the resistance band around your upper back, threading it through your hands. Perform standard push ups to engage your chest, arms, and back muscles effectively.

掌上壓

將阻力帶環繞著在上半身，穿過兩邊手，作一般標準掌上壓動作，配合胸部、手臂及背部肌肉的鍛鍊。



2

Resistance Band Back Row

- Secure the resistance band to a stable column. Grasp the band with both hands, forming a triangle, and perform rows by pulling the triangle larger using your back muscles.
- For partner exercise, face each other, pulling the band from a small rectangle into a larger rectangle to strengthen your backs together.

阻力背划

- 將阻力帶綁在穩固的支撐柱上，兩手緊握阻力帶，形成一個小三角型，兩手用力向後拉，運用背肌將小三角型拉成大三角型。
- 與同伴一起訓練時，二人面向對方，同時握起阻力帶，拉成一個小長方形，運用背肌將小長方形拉成大長方形。

4

Arm Extension from Above

Fix the resistance band above an incline bench. Lie down, hold the band, and perform arm extensions to work the triceps.

斜板三頭下推

將阻力帶固定在斜板椅上方的高處，身躺平於斜板上；雙手緊握阻力帶往下拉至手臂伸直，以鍛鍊三頭肌。



5

Single Leg Deadlift

Place the band under the front foot in a forward lunge stance. Holding the band with both hands, perform deadlifts, focusing on stability and strength in the supporting leg. Alternate legs for balance.

單腳硬拉

前後腳站立，前腳呈弓步姿勢，將阻力帶踏於腳下；雙手緊握阻力帶，以前腳為重心進行一般的硬拉動作，完成後換另一邊腳重覆動作。



6

Front Squat on Bosu Ball

Stand on a Bosu ball with heels on the edge and toes on the floor. Place the resistance band under your toes, holding it at your chest, and perform squats to engage your core and lower body deeply.

半圓平衡球上斜前蹲

腳跟站於半圓平衡球的邊緣，腳尖貼地。阻力帶踏於腳尖下，雙手緊握阻力帶拉至胸口，進行前蹲動作。



7

Low Abs Crunch

Set up near a stable pole with the resistance band attached. Place a bench in front of the pole, lie down on the floor, place your feet on the edge of the bench, and hold the band. Perform crunches to activate deep abdominal muscles, enhancing lower abdominal engagement.

下腹捲

將阻力帶固定於穩健的支柱上，在支柱前面放一張長凳，躺於地上，雙腳輕踏於長凳的邊緣，雙手緊握阻力帶。順着方向進行捲腹動作，欲有效鍛鍊腹肌的深層肌肉；由於雙腳提高，所以能增加下腹肌肉的鍛鍊。



This guide provides a clear, step-by-step approach to each exercise with resistance bands, optimizing your training for strength, endurance, and body sculpting. Should you need any assistance with your training, please do not hesitate to contact our Personal Trainers at the Gym.

以上的指導為每個阻力帶訓練動作提供了清晰的步驟，以優化你的肌力、耐力及塑身訓練。如果你在訓練方面需要任何協助，歡迎隨時與本會健身室的私人教練聯絡。

By Personal Trainer, Billy Che
撰文：私人健身教練 – Billy Che



Water Aerobics

Join our Water Aerobics classes to build cardiovascular fitness and strength whilst being low-impact on your joints. We offer various classes throughout the week.

水中健康舞班

前來參加本會的水中健康舞班，可加強心血管健康及力量，同時減少關節問題。上課時間如下：



Morning Water Aerobics

Date : (A) Tuesday 7th, 14th, 21st & 28th May
 (B) Friday 3rd, 10th, 17th, 24th & 31st May
 Time : (A) 10:00am – 11:00am
 (B) 11:00am – 12:00noon
 Venue : Swimming Pool
 Price : (A) Member \$700, Guest \$1,180 (for 4 lessons)
 (B) Member \$875, Guest \$1,475 (for 5 lessons)
 Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 7th, 14th, 21st & 28th May
 (B) Friday 3rd, 10th, 17th, 24th & 31st May
 Time : 3:00pm – 4:00pm
 Venue : Swimming Pool
 Price : Member \$175 daily / \$1,650 per 10 classes
 Guest \$295 daily
 Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 7th, 14th, 21st & 28th May
 Time : 7:00pm – 8:00pm
 Venue : Swimming Pool
 Price : Member \$700, Guest \$1,180 (For 4 lessons)
 Age : 14 years and above

Yoga at the Club

Our Group Yoga Classes, held on four days throughout the week (except Public Holidays), are a great way to exercise the body and mind.

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、四、五及日舉行（公眾假期除外）。

收費：會員每堂\$180，10堂套票\$1,620
 非會員每堂\$300

另設有私人課堂，每位收費每小時\$680，
 套票必須於4個月內完成。
 報名請致電 2118 1890。

A	Monday	10:30am – 11:30am
B	Thursday	10:30am – 11:30am
C	Friday	10:30am – 11:30am
D	Sunday	11:00am – 12:00noon

Venue : Aerobics Room
 Fee : Members \$180/class, \$1,620 / 10 classes
 Guests \$300/class
 Remark : Packages must be completed within 4 months

For more information and enrollment, please contact the 2/F Reception on 2118 1890.



By Craig Norris

www.momentsbycraig.com

1972 Olympus OM-1 film camera



1986 Olympus OM-4Ti



2014 Olympus OM-D E-M10



2023 OM System OM-1

The OM Legacy: Olympus's Bold Leap into the Digital Era

Olympus is a well-known and respected Japanese brand of cameras and other optical equipment. Interestingly, they didn't make their first full-frame 35mm film SLR camera until 1972 – some 13 or so years after the other big Japanese brands. In order to compete with the well-established SLRs from Pentax, Canon, Minolta and Nikon, Olympus had to make something special. That special quality in their first full frame film SLR, the “OM-1”, was its small size and light weight.

The compact size and lightweight construction was a winning combination, making it a big hit with consumers. The legendary “OM system” of cameras was born, and Olympus became a household name among amateur and professional photographers. The OM system evolution culminated in the flagship OM-4Ti camera that sold from 1986 to 2002 – a very long production run for a single model of camera.

As we entered the digital era after 2002, Olympus competed very well in the consumer market, especially among the younger generation of photography enthusiasts, partly because those youthful customers were attracted by the classic retro styling of the new OM-D digital cameras. But the OM-D system never gained a foothold in the professional photography market.

However, the Olympus camera business is now under new management. Having been cut away from the original parent company in 2020, the OM brand has been reborn under the new corporate entity called OM Digital Solutions, 95% owned by private equity firm Japan Industrial Partners (JIP).

The Olympus OM-1 is now reborn as the OM System OM-1! In this reincarnation, we have a very high-end digital camera aimed squarely at professional users, but still easily within reach of amateur photographers too. The OM System OM-1 represents a significant milestone, potentially reshuffling the dynamics within the photography industry.

OM的延續：Olympus大膽躍進數碼時代

Olympus 是一個著名且受人尊敬的日本相機及其他光學設備品牌，有趣的是，他們直到 1972 年才生產出第一部全片幅 35 毫米菲林單反相機，比其他日本大品牌遲了大約 13 年。

為了與 Pentax、Canon、Minolta 及 Nikon 等有深厚根基的單鏡相機競爭，Olympus 必須做出一些特別的東西，而他們的第一款全片幅菲林單反相機“OM-1”的特色在於其體積小、重量輕。

小巧的尺寸及輕便的結構是一個成功的組合，使其深受消費者的歡迎。然後傳奇性的“OM System”相機誕生了，Olympus 亦成為業餘及專業攝影師之間家喻戶曉的名字。“OM System”的發展以旗艦相機 OM-4Ti 達到頂峰，該相機從 1986 年銷售到 2002 年，這對於單一型號的相機來說是一個非常長的生產週期。

2002 年後開始進入數碼時代，Olympus 在消費市場，尤其是年輕一代的攝影愛好者中取得非常好的成績，部分原因是這些年輕消費者被新款 OM-D 數碼相機的經典復古造型所吸引，但 OM-D System 卻從未在專業攝影市場中站穩腳步。

然而，Olympus 相機業務現正由新的管理層接管！OM 品牌於 2020 年脫離了原來的母公司，現已在名為 OM Digital Solutions 的新公司實體下重生，私募股權公司 Japan Industrial Partners (JIP) 持有其 95% 的股份。

Olympus OM-1 現在重生為“OM System OM-1”！在這次的轉變中，我們擁有了一款非常高階的數碼相機，雖說是專門針對專業用家而設，但業餘攝影師也可以輕鬆使用。OM System OM-1 代表著一個重要的里程碑，有可能令攝影產業的發展重新洗牌。

The Great Crashes: Lessons from Global Meltdowns and How to Prevent Them

by Linda Yueh

The global economy has weathered the most tumultuous century in modern financial history. Since America's Wall Street crash of 1929, the global economy has weathered the most tumultuous century in financial history. From the currency crises of the 1980s, to Japan's housing meltdown, the dot com boom and bust, the global financial crash and the COVID pandemic, crash after crash has sent shockwaves through our world.

The Great Crashes tells the stories of ten of these historic financial events. They serve as a series of cautionary tales, each with their own lessons to be learnt. With clear-eyed analysis, renowned economist Professor Linda Yueh uses these meltdowns to extract a critical three-step framework to help recognise the early signs of a crash, mitigate the effects and even prevent them in the future. There is very little that is certain in economics, except for this: there will be another financial crisis. Combining her in-depth knowledge with compelling storytelling, The Great Crashes is essential reading that offers urgent lessons for the modern world.



自1929年美國華爾街崩盤以來，全球經濟經歷了金融史上最動盪的世紀。從1980年代的貨幣危機，到日本的房地產崩潰、網路泡沫的繁榮與蕭條、全球金融崩潰和新冠病毒大流行，一次又一次給我們的世界帶來了嚴重的衝擊。

《The Great Crashes》講述了10件歷史性金融事件的故事。它們是一系列的警示故事，都帶來各自的教訓。著名經濟學家Linda Yueh教授透過清晰的分析，利用這些崩潰引伸出一個關鍵的三步驟框架，以幫助識別崩潰的早期跡象，減輕影響，甚至在未來預防它們。經濟學中幾乎沒有什麼是確定的，除了這一點：將會出現另一場金融危機。《The Great Crashes》將作者深入的知識與引人入勝的故事相結合，是一本不可錯過的書籍，為現代世界提供了緊迫的教訓。

How Big Things Get Done: The Surprising Factors That Determine the Fate of Every Project, from Home Renovations to Space Exploration and Everything In Between

by Bent Flyvbjerg & Dan Gardner



Nothing is more inspiring than a big vision that becomes a triumphant, new reality. Think of how the Empire State Building went from a sketch to the jewel of New York's skyline in twenty-one months, or how Apple's iPod went from a project with a single employee to a product launch in eleven months.

These are wonderful stories. But most of the time big visions turn into nightmares. Remember Boston's "Big Dig"? Almost every sizeable city in the world has such a fiasco in its backyard. In fact, no less than 92% of megaprojects come in over budget or over schedule, or both. The cost of California's high-speed rail project soared from \$33 billion to \$100 billion — and won't even go where promised. More modest endeavours, whether launching a small business, organising a conference, or just finishing a work project on time, also commonly fail. Why?

Understanding what distinguishes the triumphs from the failures has been the life's work of Oxford professor Bent Flyvbjerg, dubbed "the world's leading megaproject expert." In How Big Things Get Done, he identifies the errors in judgment and decision-making that lead projects, both big and small, to fail, and the research-based principles that will make you succeed with yours.

沒有什麼比一個偉大的願景變成真實所帶來的勝利感更鼓舞人心的了。想想帝國大廈如何在21個月內從草圖變成紐約天際線的瑰寶，或者蘋果的iPod如何在11個月內從一個只有一名員工的項目變成上市的产品。

這些都是完美的故事。但大多時候，遠大的願景都會變成惡夢。還記得波士頓的「大開掘」嗎？世界上幾乎每個大城市的後院都有這樣的慘敗。事實上，超過92%的大型專案都超出預算或工期超時，或兩者兼有。加州高速鐵路計畫的成本從330億美元飆升至1,000億美元，甚至無法實現承諾的目標。就連規模較小的計劃，無論是開辦小型企業、組織會議，或是按時完成工作項目，通常也會失敗。為什麼？

被稱為“世界超大型專案的頂尖專家”的牛津大學教授Bent Flyvbjerg畢生致力於了解成功與失敗的差異。在《How Big Things Get Done》一書中，他指出不分規模大小的專案，有哪些常見的決策錯誤，並提供具有研究基礎的成功法則。

From now until 31st May, 2024, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount.

由現在至5月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
204 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場204號舖

Hong Kong Book Centre Ltd.
25 Des Voeux Road, Central

香港圖書文具有限公司
中環德輔道中25號

Spa Promotions in May 5月份美容療程優惠



Hydra Peeling Skin Renewal Treatment

(1hr 25mins)

~~\$1,480~~ \$1,184

Come and experience this fantastic treatment from Guinot at The Spa. Hydra Peeling offers visible removal of age-related signs and recovery of skin luminosity. It can help erase visible signs of ageing, add radiance to the complexion and attenuate dark spots.

Guinot水潤新生療程〔1小時25分鐘〕

療程能有效軟化細胞間的連結，刺激及更新細胞，為細胞提供活膚營養，提升皮膚的天然保護功能，延緩衰老痕跡，減少皺紋、色斑及黑色素形成，改善暗啞膚色。

Diana Dickson Beauty Secret Treatment Delight

(1hr 25mins)

~~\$1,480~~ \$1,184

This treatment is a brand-new skin-revitalizing solution to stimulate circulation and fortify skin to fight against various skin issues. Featuring cutting-edge innovation and pioneering science, indulge in a potent formula enriched with alginic acid, stem cells and collagen.

The treatment promotes purification, activates cell renewal and reverses signs of ageing. The appearance of lines and wrinkles is quickly reduced, and skin is empowered with a silky smooth and luminous look.

Diana Dickson原生幹細胞膠原療程〔1小時25分鐘〕

這全新活膚方案結合三大頂尖美肌元素，從底層喚醒活力泉源，頃刻解決多種肌膚問題。

- 海藻酸為肌膚剔除毒素，利用專業人手按摩去除老化角質，暢通毛孔，呼吸新鮮空氣。
- 幹細胞與骨膠原相互作用下，為肌膚逐寸抗氧，活化細胞，徹底走面上衰老痕跡。

完成療程後，膚質加倍細緻，幼紋悄然減退，雕塑亮澤緊緻輪廓，肌膚如鑽石般綻放璀璨光芒。



To make your appointment with one of our expert Spa Therapists, please call the Spa Reception on 2118 1890. 預約療程請致電 2118 1890。

Mother's Day Flower Arrangement

1. Carefully remove the Dendrobium orchid from its pot. Encase the orchid's roots entirely in dried moss to help maintain moisture.
2. Use floral wire to wrap around the moss-covered roots, ensuring the moss stays in place.
3. Apply a small amount of glue to the bottom of the moss-wrapped root, then firmly press it onto the centre of the round plate. Allow it to set.
4. Cut short lengths of thick wire and bend them into U-shaped pins. These will be used to secure additional elements to the arrangement.
5. Wrap the base of the Dendrobium and its roots with dried Chenopodium to create a lush, green bed. Use the U-shaped pins to secure the Chenopodium around the orchid.
6. Cover the entire surface of the plate with more Chenopodium, ensuring a uniform and attractive bed of greens.
7. Strategically place large pebbles among the foliage to add an aesthetic touch and to help keep the arrangement stable.



母親節花藝擺設

1. 將石斛蘭小心地從盆中取出，用乾水苔包裹整個根部，以保持其濕潤。
2. 用花藝鐵絲圍繞著整個裹著乾水苔的根部，以固定乾水苔。
3. 在石斛蘭根部的底部加少許膠水，然後將其黏貼在大圓盤上。待它固定。
4. 將粗鐵絲剪短，並將它們彎曲成U形別針，以用於將其他物品固定在擺設上。
5. 用柔麗絲包裹整個石斛蘭的下半部及根部，為其加添茂盛的大自然感覺；然後用U型別針將柔麗絲固定。
6. 將柔麗絲鋪滿盤子上的所有空間，創造出一個美麗的花圃。
7. 仔細地在柔麗絲上放置一些大卵石以增添美感，同時幫助固定擺設。

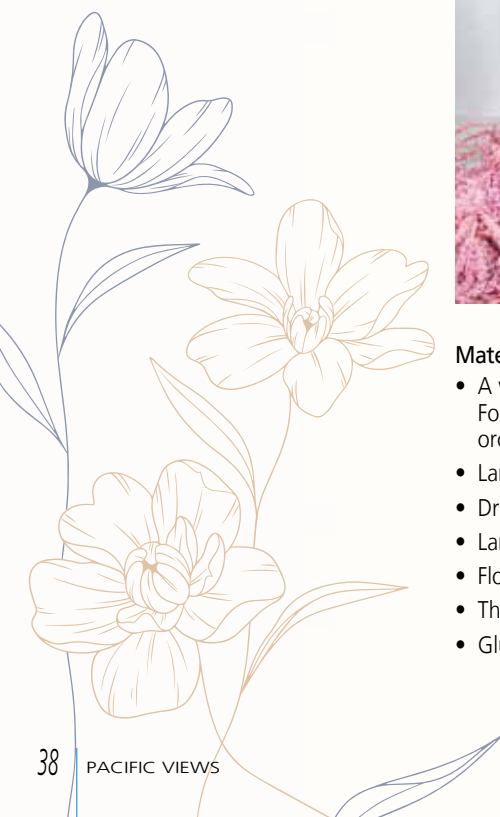


Materials Needed:

- A variety of flowers and plants: For this arrangement, we've used Dendrobium orchids and dried Chenopodium.
- Large, round plate
- Dried moss
- Large decorative pebbles
- Floral wire
- Thick wire
- Glue

材料：

- 多種花卉植物：文中選用石斛蘭、柔麗絲（乾）
- 一個大圓碟
- 乾水苔
- 大卵石
- 花藝鐵絲
- 粗鐵絲
- 膠水



Results of Junior Easter Egg Design Competition 2024

The Junior Easter Egg Design Competition 2024 was a fantastic showcase of imagination and talent, attracting numerous entries from our younger Members.

Well done to all the budding artists who participated, turning simple eggs into extraordinary masterpieces, each reflecting a unique flair and creativity. Many congratulations to the winners in both age categories - whose designs captivated with their innovation and charm.

We invite everyone to come and admire the incredible designs on display in the Children's Playroom - a celebration of colour, creativity, and Easter spirit you won't want to miss!

兒童復活蛋設計比賽2024 — 得獎結果

本會舉辦的兒童復活蛋設計比賽2024已完滿結束，在此多謝各位小朋友的參與。

所有交回的復活蛋都充分發揮了創意及心思，各具特色。經過我們的評審後，最終選出兩個組別的優勝者，在此恭喜兩位得獎小朋友。

所有參賽作品現已經於本會兒童遊戲室內展出，歡迎大家前來欣賞。這一場集色彩、創造力及復活節精神的慶祝活動，請勿錯過！



Winner of Category 4-7 Years
4-7歲組別優勝者

Julius Tam (6 years old)



Winner of Category 8-11 Years
8-11歲組別優勝者

Jessie Chan (11 years old)



Easter Egg Hunt Extravaganza 2024

The Pacific Club's Easter Egg Hunt 2024 was an unforgettable adventure, with children and adults alike eagerly searching for hidden eggs filled with surprises. Thank you to all who joined in, making this event a spectacular celebration of Easter fun and cherished memories.

復活節尋蛋樂2024 — 活動花絮

本會於較早前舉行的復活節尋蛋活動已完滿結束，各位參與的大人小孩都度過了快樂的一天。當日他們都興奮地四處尋找被收藏的彩蛋，驚喜連連，現場充滿了歡聲笑語和激動人心的氣氛，讓每個人都沉浸在歡樂氣氛中，留下了難忘的回憶！



Mother and Child Yoga: A Mother's Day Eve Celebration

Join us for Mother's Day Eve at our special Children and Mothers' Yoga event! Designed for family fun and relaxation, kids will love the fun yoga poses, engaging games, and creative activities, while mums can enjoy relaxing stretches and serene, mindful moments.

This is more than just a yoga class; it's a chance to create lasting memories, strengthen the mother-child bond, and promote well-being together. Celebrate Mother's Day in a unique, healthy, and joyful way.

母親節特別課程 — 親子瑜珈班

歡迎於5月11日星期六母親節前夕，前來參加我們特別為孩子與母親舉行的瑜珈親子活動！享受愉快的瑜珈體驗、親子樂，同時放鬆身心並加強母子的親密聯繫。

孩子們可以享受有趣的瑜珈姿勢，與母親一同進行互動遊戲及創意活動，而母親們則可以盡情享受恢復活力的伸展運動及寧靜、專注的時刻。這不僅是瑜珈課程，亦可為大家創造珍貴的回憶，加強母子聯繫，培養幸福感。

課程歡迎每位母親帶同一位5歲及以上的小朋友參加，會員收費 — 成人\$180，小童\$120；非會員收費 — 成人\$300，小童\$180。

報名請致電 2118 1890。

Date : Saturday, 11th May

Time : 2:00pm - 3:00pm

Venue : Aerobics Room, 1/F Gym

Price : Adult Member \$180, Child \$120;

Adult Guest \$300, Child Guest \$180

Age : 5 years and above

Remark: Every enrollment must include 1 Mother and 1 Child

To enroll, please call the 2/F Reception on 2118 1898

Holiday Notice

Please note that all junior and adult group classes will be cancelled on Labour Day on 1st May and The Birthday of the Buddha on 15th May.

課程暫停舉行

請注意，所有兒童及成人團體課程將於5月1日勞動節及5月15日佛誕公眾假期暫停舉行。



Candle Workshop

Discover the art of candle-making at our hands-on workshop! Learn to craft unique candles shaped like succulents using natural wax. These easy-to-make candles are perfect for adding a natural touch to your decor. Join us and create something beautiful for your home!

蠟燭工作坊

在這個工作坊中，導師將會教授學員利用天然蠟材，製作出自己喜愛且獨一無二的多肉植物造型蠟燭。這個有趣的蠟燭手工藝製作容易，完成的作品亦可擺放在家中，為家裡帶來一點自然氣息。工作坊將於5月12日（星期日）舉行，適合5-12歲的會員參加，一堂收費 — 會員\$250，非會員\$370（包括課程當日的兒童遊戲室入場費）。

Date : Sunday 12th May

Time : (A) 2:00pm – 3:00pm

(B) 3:15pm – 4:15pm

Venue : Children's Playroom Library

Price : Member \$250, Guest \$370

(including Children's Playroom entrance fee)

Age : 5-12 years



Find the treasure

Please help the pirate find the treasure in the sea.

請幫助海盜船長尋找黃金寶藏。

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Friday, 31st May. The winner will receive a fabulous prize.

贏取精美禮品

請將答案傳真至2118 0209或交回二樓接待處。所有答中的小朋友均可參加於5月31日（星期五）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Junior Taekwondo

Our ongoing Taekwondo classes are a great opportunity for children to progressively learn this martial art, with participants taking various examinations in order to progress through the belt rankings. New children are always welcome!



少年跆拳道

本會跆拳道班將教授套拳、對策、搏擊等技巧以及體能訓練，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，5月份4堂收費 — 會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday 4th, 11th, 18th & 25th May
 Time : (A) 4:30pm – 5:30pm
 (B) 3:30pm – 4:30pm (Advanced Level)
 Venue : Aerobics Room
 Price : Member \$720, Guest \$760 (for 4 lessons)
 Age : 4 years and above

Rope Skipping Class

Come and join the fun at our weekly Rope Skipping Class! Children are coached in individual rope skipping skills, as well as partner skipping. The classes emphasize fitness, self-esteem, leadership, personal accomplishment and teamwork.

花式跳繩班

參加本會的花式跳繩班，除了可以學習跳繩技巧、增強身體四肢的運動量及靈敏度、訓練個人反應外，還可以學習自我肯定、領導力和團隊合作。課程於星期日舉行，適合7–12歲會員參加，5月份3堂收費 — 會員\$540，非會員\$570。

Date : Sunday 12th, 19th & 26th May
 Time : 4:30pm – 5:20pm (50 mins)
 Venue : Aerobics Room
 Price : Member \$540, Guest \$570 (for 3 lessons)
 Age : 7 – 12 years

English Drama Academy

Our experienced instructor leads this interesting class that includes story-telling skills, role-play, script writing, dance, speech, prose and narration. This class aims at developing participants' creativity, improving language and communication skills, enhancing problem-solving techniques and building self-confidence.

英語話劇訓練班

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。課程於星期三舉行，適合3–12歲的會員參加，5月份3堂收費 — 會員\$600，非會員\$630。

Date : Wednesday 8th, 22nd & 29th May
 Time : (A) 5:30pm – 6:30pm
 (B) 4:30pm – 5:30pm
 Venue : Gym Activities Room
 Price : Member \$600, Guest \$630 (for 3 lessons)
 Age : (A) 3 – 5 years
 (B) 6 – 12 years

Wall Climbing Class

Reach for the sky at our fun Wall Climbing Workshop. Climbing improves physique and flexibility, as well as strengthening body alignment and encouraging agility. In addition, your child will learn about facing and overcoming challenges.

運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期日舉行，適合6–10歲會員參加，5月份兩堂收費 — 會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Sunday 19th & 26th May
 Time : 2:00pm – 3:30pm
 Venue : Children's Playroom (Climbing Wall)
 Price : Member \$450, Guest \$570
 (for 2 lessons, including Children's Playroom entrance fee)
 Age : 6 – 10 years

Junior Badminton Lessons

Our Junior Badminton Programme is held for junior players from 6 to 16 years old. Our experienced coaches are dedicated to helping children of all skill levels develop their badminton abilities. Through a combination of drills, games, and personalised instruction, your child will learn proper technique, footwork, and strategy to take their game to the next level.

少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6–16歲的少年會員而設。透過練習、遊戲和專業導師的指導，學員可以學習正確的羽毛球技術、步法和策略，將他們的球技提升到一個新的水平。5月份4堂收費 — 會員\$1,040，非會員\$1,080。

Date : Friday 10th, 17th, 24th & 31st May
 Time : (A) 6:30pm – 7:30pm
 (B) 7:30pm – 8:30pm
 Venue : Aerobics Room
 Price : Member \$1,040, Guest \$1,080 (for 4 lessons)
 Age : (A) 6 – 10 years
 (B) 11 – 16 years

Junior Badminton Lessons (Private)

To really improve your child's badminton skills, book Private Lessons with our Badminton Coach. With one-on-one attention, your child will receive a training programme tailored to their unique strengths, weaknesses, and goals. Whether your child is a beginner or an advanced player, our coach will work with them to improve their skills and develop their full badminton potential.

Private Lessons

1pax: \$700/hour (including court hire)
 2pax: \$900/hour (including court hire)

少年羽毛球 — 私人課程

想學習羽毛球知識及提升個人技巧，歡迎前來參加私人羽毛球班，本會經驗豐富的專業羽毛球教練將為每位學員度身設計適合他們的課程。查詢及預約時間請致電 2118 1890。

私人課程收費（包括場租）

一人：\$700/每堂一小時，二人：\$900/每堂一小時



Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

玩法：在圖上的每一直行、每一橫列、每個獨立九宮格內填上數字1至9，每行、列及九宮格內數字不可重複出現。

Tips and computer program at 遊戲貼士及下載可瀏覽網頁：www.sudoku.com

5				1				
7	6			2				8
		3	4			5		
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8				4			9	6
				6				5

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Monday, 20th May. Alternatively, you may pass your entry to the 2/F Reception Desk. All correct entries will be placed into a draw. The winner will receive a Set Dinner/Buffer for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in June. Good Luck!

請於5月20日(星期一)前將答案傳真至 2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於6月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

Name 會員姓名：_____

Membership No. 會員編號：_____

Contact Tel. No 聯絡電話：_____

*Please note only one entry will be accepted per Membership 每個會籍只限參加一次

April
Solution
四月份
遊戲答案

2	7	6	1	3	4	8	9	5
8	5	3	9	7	6	4	1	2
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7	6	4	5	8	3	9	2	1
1	4	9	3	5	7	2	8	6
6	8	7	2	4	1	5	3	9
3	2	5	6	9	8	1	4	7

Congratulations to the winner
of last month's puzzle
恭喜上期得獎者
Ms Tina Chung

New Dish at Capricci Spaghetti Ice Cream

Get ready for a treat like no other with our newest creation at Capricci — Spaghetti Ice Cream! Imagine Vanilla Ice Cream turned into noodles, smothered in Strawberry Sauce and sprinkled with White Chocolate.

Gelato delizioso!

Capricci餐廳新菜式 雪糕意粉

作好準備前來品嚐 Capricci 餐廳的最新創意 — 雪糕意粉，享受獨一無二的美食吧！想像一下，將雲呢拿雪糕變成得意的麵條形狀，淋上草莓醬，再撒上白朱古力。

盡情享受雪糕的美味！



PepPeroni Combo at the Club Bar throughout May PepPeroni Combo 啤酒薄餅套餐 於5月份在會所酒吧供應

This May, the Club Bar is offering the ultimate duo for pizza and beer enthusiasts! Gather your friends and get ready to indulge in our mouth-watering PepPeroni Combo.

- A gigantic, cheesy 15" Pepperoni Pizza, topped with the finest slices of pepperoni,
- 6 bottles of Peroni beer, the perfect companion to your pizza.

\$328 per set

於5月份，會所酒吧將為薄餅及啤酒愛好者送上終極美食二重奏！與朋友一起盡情享受我們特別為大家準備，令人垂涎欲滴的 PepPeroni Combo — 意大利辣香腸芝士薄餅及Peroni啤酒套餐。

- 舖滿最好味的意大利辣香腸片的15吋巨型 Pepperoni 芝士薄餅
- 6瓶 Peroni 啤酒，是薄餅的完美配搭

每份\$328



* Photographs of food are for reference only. 食物相片只供參考



The Denver Athletic Club

Nestled in the heart of downtown Denver, the Denver Athletic Club (DAC) stands as a beacon of health, wellness, community spirit, and culinary delight. With its rich history dating back to 1884, the DAC has evolved into a vibrant hub of social, recreational, and gastronomic oasis that caters to the diverse needs of its members.

Today, the DAC boasts an impressive array of amenities that make it one of the premier athletic clubs. Members have access to a vast selection of fitness equipment, swimming pool, squash and racquetball courts, a full-size basketball court, and an array of fitness classes ranging from yoga to high-intensity interval training. Additionally, the club features several dining options, including a formal restaurant and a casual café, each offering menus using high-quality, locally-sourced ingredients.



The Centennial Restaurant at the DAC is a culinary destination in its own right, known for its sophisticated atmosphere and gourmet cuisine. The menu changes seasonally, reflecting the club's commitment to freshness and quality.



Meanwhile, the more laid-back Café offers a variety of health-focused dishes designed to complement the fitness lifestyle. From protein-packed smoothies to hearty salads and wraps, the café caters to those looking for a quick but nutritious meal. For somewhere even more casual, the Pub and Billiards Room is a great venue to grab a drink, enjoy a bite to eat and play a game of billiards with friends. While you're there, be sure to check out the Golf Simulator.

So, if you will be travelling to Denver in the near future, be sure to obtain a Letter of Introduction for the wonderful Denver Athletic Club - a place that warmly welcomes Pacific Club Members.



Denver Athletic Club (DAC) 坐落在美國科羅拉多州的丹佛市中心，是當地的健康、休閒、社區精神及美食的指標。DAC的悠久歷史可以追溯到1884年，時至今日已發展成為一個充滿活力的社交、休閒及美食中心，可滿足其會員的各種需求。

現今，DAC擁有一系列令人印象深刻的設施，使其成為頂級的體育會所之一。會員可以使用各種健身器材、游泳池、壁球場、短拍壁球場、標準籃球場，以及從瑜伽到高強度間歇訓練等一系列健身課程。此外，會所還設有多處餐飲選擇，包括高級餐廳及休閒式的咖啡廳，每間餐廳均提供採用當地優質食材烹製的菜式。



DAC 內的 Centennial 餐廳本身就是一間讓大家可以品嚐當地風味的地方，以優雅氛圍及美味佳餚而聞名。其菜單隨季節變化，體現了會所對食材新鮮度及品質的承諾。



同時，氣氛更悠閒的咖啡廳則提供各式各樣以健康為主的菜餚，旨在保持健康的生活方式。從富含蛋白質的奶昔冰沙到材料豐富的沙律及卷餅，這咖啡廳都可滿足那些尋求快速但營養豐富膳食的人士的需求。如果想要找更輕鬆的地方，酒吧及桌球室就是讓你暢飲一杯、吃點東西以及與朋友玩桌球的最佳場所。當你到那裡時，記得一定要試玩他們的高爾夫球模擬系統。

因此若你將計劃前往丹佛，請緊記攜同Denver Athletic Club的介紹信，親身體驗這間可以令太平洋會會員感到賓至如歸的地方。

For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.
如欲查詢有關海外聯繫會所的資料，請致電2118 1802聯絡會籍部。

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