

十月號

薈絮

Fine Wine@The Club
Billecart-Salmon Champagne Dinner
at Pier 6 Restaurant
23rd October 2026

PACIFIC OCTOBER 2026 VIEWS

EARLY BIRD OFFERS FOR YEAR-END BANQUETING EVENTS

年終聚餐 / 派對 「早鳥」餐飲折扣優惠

Planning a year-end celebration? Early reservations come with exclusive privileges... Confirm your November or December 2026 Pacific Club event in advance and enjoy special savings on our 3-hour free-flow Beverage Packages for groups of 30 or more. The earlier you book, the more you save!

計劃年終慶祝活動? 現在提前預訂即可尊享專屬禮遇... 提前確認於2026年11月或12月份在太平洋會舉辦30人或以上的聚餐/派對, 即可獲享3小時無限暢飲餐飲套餐的特別折扣優惠。愈早預訂, 優惠愈多!

SUPERIOR BEVERAGE PACKAGE 尊享餐飲套餐

Including 3 hours free-flow of :

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water
- Carlsberg Draught Beer
- The Wall Chardonnay, New South Wales, Australia
- The Wall Cabernet Sauvignon, New South Wales, Australia

包括3小時無限暢飲：

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水
- 嘉士伯生啤
- 澳洲 The Wall Chardonnay, New South Wales 白酒
- 澳洲 The Wall Cabernet Sauvignon, New South Wales 紅酒

DELUXE BEVERAGE PACKAGE 豪華餐飲套餐

Including 3 hours free-flow of :

- Orange Juice and Apple Juice
- Coca-Cola, Coke Zero, Fanta, Sprite, Schweppes Soda Water, Ginger Ale, Ginger Beer and Tonic Water
- Carlsberg Draught Beer
- Moët & Chandon N.V. Imperial Brut, Champagne, France
- Sancerre Tradition, Gérard Boulay, Chavignol, Loire, France
- Esprit de Pavie, Château Pavie, Bordeaux, France
- Bombay Sapphire Gin, Absolut Vodka, Bacardi White Rum, Jim Beam Bourbon Whiskey

包括3小時無限暢飲：

- 橙汁及蘋果汁
- 可口可樂、無糖可樂、芬達、雪碧、玉泉梳打水、薑汁汽水、薑汁啤酒及湯力水
- 嘉士伯生啤
- 法國 Moët & Chandon, Imperial Brut 無年份香檳
- 法國 Sancerre Tradition, Gérard Boulay, Chavignol, Loire 白酒
- 法國 Esprit de Pavie, Château Pavie, Bordeaux 紅酒
- Bombay Sapphire 薑酒、Absolut 伏特加、Bacardi 白蘭姆酒、Jim Beam 波本威士忌

Book by 31st October 2026

with a signed confirmation letter to enjoy:

- Superior Package : \$180 per person (regular price \$230)
- Deluxe Package : \$490 per person (regular price \$600)

Offers apply to events held from **1st November to 30th December 2026. Blackout dates:** 22nd, 24th, 25th, 26th, and 31st December.

Terms and conditions apply.

於2026年10月31日前預訂, 並簽署確認信, 即可獲享：

- 尊享餐飲套餐 — 早鳥價：每位\$180〔原價每位\$230〕
- 豪華餐飲套餐 — 早鳥價：每位\$490〔原價每位\$600〕

此優惠僅適用於2026年11月1日至12月30日期間舉辦的活動。不適用於以下日期：12月22日、24日、25日、26日及31日。優惠附設條款及細則。

To enquire or reserve, please contact our Banqueting and Events Team on 2118 2851 or 2118 2295.

查詢有關詳情或預訂活動，

請致電 2118 2851 或 2118 2295 與本會宴會部聯絡。





Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members

As we enter the fourth quarter, we're bringing you an eclectic mix of flavours from around the world at the Pacific Club's restaurants. Come and feast on the Pan-Asian Seafood Dinner Buffet at the Island View Restaurant throughout the month, culminating in a Singapore Chilli Crab and Hawker-Style lobster Buffet on Friday 30th October. Please see page 9 for full details.

This month offers plenty of special events. On Friday 23rd October, Pier 6 will showcase fine Champagnes from the House of Billecart-Salmon, perfectly matched with a 5-course menu; full details are on Page 13.

On Saturday 31st October, we celebrate the legendary Chef – Georges Auguste Escoffier. This dinner at Pier 6 will feature some of Escoffier's most celebrated classic dishes. To top it all off, three past and present Presidents of the Disciples Escoffier Hong Kong delegation are preparing this dinner. This promises to be a memorable fine-dining experience, with all details on pages 10 & 11.

Looking ahead to November, please mark your diaries for Friday 20th November when Pier 6 will host Monsieur Yves Cuilleron, Owner and Winemaker of Domaine Yves Cuilleron, one of the most celebrated Wineries from the Rhône Valley. All details, including an early bird offer, can be found on Page 15.

On the Sports & Recreation Side, the Club offers a wide range of activities to support your Wellness needs. Please don't hesitate to contact our Recreation team for advice on your health and fitness regimen. For some impressions of last month's Swimming Gala, please check pages 22 & 23. A new addition to the calendar is the Table Tennis Tournament on Saturday 17th October. This friendly Competition is open to all ages, and we look forward to strong participation from across the membership.

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

Ronald Loges

尊敬的會員，

隨著踏入今年的第四季，太平洋會各餐廳即將為你送上一連串匯集全球風味的美食佳餚。於整個 10 月期間，歡迎蒞臨 Island View 餐廳盡情享用「汎亞海鮮自助晚餐」，品嚐各式亞洲美食；而於 10 月 30 日（星期五）晚上，更將特別推出「新加坡辣椒蟹及大牌檔風味龍蝦美食自助餐」。詳情請參閱第 9 頁。

本月份，我們亦將會舉辦多項美食推廣活動。於 10 月 23 日（星期五），Pier 6 餐廳將呈獻來自 Billecart-Salmon 酒莊的優質香檳，並配搭精心設計的五道菜式晚宴；詳情請參閱第 13 頁。

到了 10 月 31 日（星期六），我們將會向傳奇名廚喬治·奧古斯特·埃斯科菲耶（Georges Auguste Escoffier）致敬。這場在 Pier 6 餐廳舉辦的晚宴將呈現埃斯科菲耶最負盛名的幾道經典佳餚。最特別的是，當晚將會由 Disciples Escoffier 香港分會的三位歷任及現任會長聯合主理。這將會是一場令人難忘的精緻美食盛宴，詳情請參閱第 10 及 11 頁。

展望 11 月，請務必在你的日程表上標記好 11 月 20 日（星期五）這一天。屆時，Pier 6 餐廳將迎來來自隆河谷久負盛名的 Yves Cuilleron 酒莊的主人兼釀酒師 Yves Cuilleron 先生。欲了解包括「早鳥優惠」在內的所有活動詳情，請參閱第 15 頁。

在運動休閒方面，本會一直提供豐富多元的活動，以滿足你對健康及養生的需求。如需要關於健康及健身計劃的專業建議，歡迎隨時聯繫我們的康體活動團隊。此外，翻閱本刊第 22 及 23 頁，你便可以回顧於上個月底舉行的少年游泳比賽的花絮。同時亦請你在活動行程中記下即將於 10 月 17 日（星期六）舉行的乒乓球比賽。這項友誼賽歡迎所有年齡層的會員參加，我們期待大家的踴躍參與。

我期待與大家在太平洋會見面。

Board of Governors

Henry Tang	唐英年
Vincent Fang	方剛
William Fung	馮國編
Kathryn Louey	雷羅慧洪
W. Gage McAfee	
David K.P. Li	李國寶
Stephen Tai	戴德豐
K.C. Chan	陳家強
Oscar Chow	周維正
Takeshi Sokai	祖開健

Management 管理階層

Ronald Loges	羅納德 陸格	Tel : 2118 1888
General Manager	總經理	Fax: 2118 0204
	E-mail: ronaldloges@pacificclub.com.hk	
Flora Lam	林淑娟	Tel : 2118 1830
Chief Accountant	總會計師	Fax: 2118 0208
	E-mail: flora-lam@pacificclub.com.hk	
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Executive Housekeeper	行政管家	Fax: 2118 1836
	E-mail: henry-ng@pacificclub.com.hk	
Chung Chi Ho	鍾志豪	Tel : 2118 1819
Technical Manager	工程部經理	Fax: 2118 1836
	E-mail: chiho-chung@pacificclub.com.hk	

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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THE GRILL IS YOURS: FIRE, FOOD, AND FRIENDS. IT'S BBQ TIME! BBQ 開爐啦！美食火熱，好友同樂！

For everyone who loves to cook, grill, and gather, our DIY BBQ area is the perfect place to fire things up. Set beside the water, it offers a relaxed and inviting setting for sharing good food with good company.

We provide all the essentials — from cooking utensils and charcoal to plates, glasses, and cutlery — and we handle setup and cleanup. Create your own menu, let our chef prepare one for you, or book a fully staffed BBQ buffet. You bring the passion for BBQ. We'll handle the rest.

喜歡烹飪、燒烤、舉辦聚會的你，快前來本會的 DIY BBQ 場盡情開爐！臨海而設的場地，氛圍輕鬆自在，最適合與好友一起邊烤邊聊，享受美食與歡笑。

我們將為你準備好所有必需品 — 烹飪用具、木炭、餐盤、玻璃杯、餐具通通都有，還會幫你搞定場地的餐桌及聚會後清理。你亦可以選擇自己設計菜單，或交給本會廚師代勞，或直接預訂包括全套人員服務的 BBQ 自助餐。你只需要帶著對燒烤的熱情前來，其餘交給我們！

Bookings are available daily in 3-hour increments from 12:00noon to 10:00pm

BBQ 場預約時間為：

每天中午 12 時 至晚上 10 時，每節 3 小時

Contact our Banqueting and Events Department on 2118 2851 or 2118 2295

預約可致電宴會及活動部：

2118 2851 或 2118 2295

Our experts are here to help you with everything you need for a good time.

Get in touch now!

專業團隊將為你提供協助，確保你度過美好時光。

立即聯絡我們吧！

Special offer
for October
and November
10 月及 11 月
限定優惠

Chill and Grill Surf 'n' Turf BBQ 炫烤海陸盛宴 BBQ 派對

Arrive, relax, and let the BBQ begin. Our Chill and Grill Surf 'n' Turf BBQ brings together sizzling favourites from land and sea, prepared and served by our chef while you enjoy the moment. With a full buffet, chef service, soft drinks, beer and house wine included, everything is taken care of — all you need to bring is your appetite.

到場後放鬆心情，燒烤立即展開！「炫烤海陸盛宴 BBQ 派對」把陸地與海洋的美食一次呈現，由本會廚師即場烹調，你只須盡情享受。派對套餐包括：自助餐、廚師服務、汽水、啤酒及餐酒，你只需帶著食慾前來！

\$899 per person
每位

Including chef service, buffet, soft drinks, beer, and house wine.
包括本會廚師服務、自助餐、汽水、啤酒及餐酒

Minimum booking
最低預訂人數

10 persons (位)

MENU 派對菜單

Cheesy Garlic Bread, Tomato and Burrata Salad, Potato Salad, Tuna Tataki, Grilled Oysters, Boston Lobster and Black Angus Rib Eye Surf 'n' Turf, Scallops on the half shell with Garlic and Lemon, Nürnberger Pinwheel Veal Sausage, Grilled Prawns, Stewed Mushrooms with Garlic and Herb Dip, Vegetable Skewers, Vanilla Peaches, Sauces and Condiments

芝士蒜蓉包、蕃茄布拉塔芝士沙律、薯仔沙律、炙燒吞拿魚、烤生蠔、波士頓龍蝦及黑安格斯肉眼海陸拼盤、蒜香檸檬帶子、紐倫堡小牛肉腸旋卷、烤大蝦、蒜香香草燉蘑菇、蔬菜串燒、香草蜜桃、各式醬料及調味品。



By Tommy Ko
Membership Manager
撰文：會籍部經理

To ensure better access control and protect Member identities at the Pacific Club, please present your Membership Card to our staff when entering the Clubhouse, registering for Valet Service, or using the Food & Beverage and Recreation facilities.

The Club's computer system maintains comprehensive individual records for all Membership Cards, including photos and signatures for each Member. This system is in place for your benefit and security, so we appreciate your cooperation in presenting your card for verification.

Additionally, some Members may now look quite different from the photo on their Membership Card, which may have been issued many years ago. It is important to update your card as soon as possible. To make an appointment, please contact the Membership Department at 2118 1804, or you can send your updated digital photos to membership@pacificclub.com.hk.

為了加強會所的出入管理並保障太平洋會會員的身份免被盜用，請各會員在進入會所、登記代客泊車服務，或使用餐飲及康樂設施時，向本會工作人員出示你的會員証。

太平洋會的電腦系統記錄了所有會員的全部個人資料，包括個別會員的相片及入帳簽名等。此系統是為了會員的利益及保障而設，因此，請在有需要時向本會職員出示你的會員証以作核實，多謝各位合作！

除此以外，因部分會員的會員証已是多年前辦理，其樣貌可能隨著時間而有所轉變，故此大家必須儘快辦理更新會員証手續。預約時間，請致電 2118 1804 與會籍部聯絡，或可將閣下的數碼近照發送至 membership@pacificclub.com.hk。

Automated External Defibrillator (AED)

In the case of heart failure, an AED delivers a controlled electric shock to restore heart function. To ensure the safety and well-being of our Members, the Club has installed AED devices at key locations: the 2nd-floor Reception Desk, the 1st-floor Swimming Pool, and the Gymnasium. In an emergency, our certified AED Operators are trained and ready to use these devices.

全自動體外心臟去顫器

當心臟衰竭發生時，全自動體外心臟去顫器（AED）可透過釋放受控電擊來恢復心臟功能。為保障會員的安全及健康，本會已經在一些區域——包括二樓接待處、一樓游泳池及健身室——安裝了 AED 設備。遇到緊急狀況時，我們經認可的 AED 操作人員已做好準備，隨時可使用這些設備。

Car Parking and Safety at the Club

Members are no doubt aware that parking spaces at the Club are very limited. We kindly ask that you park your vehicles properly within the designated spaces and refrain from obstructing the movement or parking of other vehicles in the car park. When moving your vehicle or opening doors, please be careful not to damage other parked cars.

For the safety of everyone, please drive extremely slowly and cautiously on the Club premises. The Clubhouse Driveway also serves as a pedestrian entrance, so please observe the speed limit and stay vigilant about other vehicles and pedestrians at all times.

Thank you for your cooperation.

會所內小心泊車及安全駕駛

各會員想必瞭解，本會的停車位非常有限，請務必將車輛正確地停放在指定車位內，切勿阻礙停車場內其他車輛的通行或停泊。在移動車輛或開關車門時，請小心避免損毀停放在旁的其他車輛。

基於大家的安全，請在會所範圍內謹慎地保持慢駛。會所的行車道同時也作為行人通道使用，因此請務必遵守限速規定，並隨時留意其他車輛及行人之安全。

多謝合作。



Tel : 2118 1828
Fax : 2118 0208
Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk
Website: www.pacificclub.com.hk





THURSDAY,
1ST OCTOBER
10月1日
(星期四)

NATIONAL DAY AT THE CLUB

在太平洋會慶祝 — 中華人民共和國國慶日

FIREWORKS DISPLAY DINNER 國慶日煙花匯演晚餐

Come and celebrate the anniversary of the People's Republic of China while watching this year's spectacular fireworks display in Victoria Harbour from one of the Pacific Club's very well-positioned restaurants.
Book early to avoid disappointment.

於10月1日(星期四)晚上,歡迎前來太平洋會一同慶祝中華人民共和國的大日子,在本會位置優越的餐廳欣賞維港上空的煙花匯演,同時享用豐富美食。欲免向隅,請儘早訂座。

NATIONAL DAY SET DINNER 國慶日精選中式套餐

Venue : Bauhinia
地點 : 紫荊閣

Adults 成人 Children 小童
\$928 \$429

Reservations 訂座 : 2118 1892

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

每位另加\$178可配搭精選餐飲,任飲紅白葡萄酒、日本清酒、啤酒、橙汁/蘋果汁及汽水。

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

M E N U

燻邊叉燒、鹵水牛展、椒鹽紫菜豆腐
Barbecued Honey-glazed Pork
Marinated Beef Shank with Spicy Sauce
Deep-fried Bean Curd with Seaweed and Spicy Salt

黑椒汁煎牛仔柳 拼 貴妃蝦球伴露筍
Pan-Fried Fillet of Beef with Black Pepper
Sauteed Prawns with Asparagus

姬松茸竹笙燉雞湯
Chicken Soup with Matsutake Mushroom and Bamboo Pith

紅燒八頭鮑魚伴花菇
Braised Whole Abalone with Mushroom

豉椒蒸澳洲龍蝦 (每位半隻)
Steamed Australian Lobster with Black Bean Chilli
(half piece per person)

芒果布甸 配 蛋黃白蓮蓉包
Chilled Mango Pudding
Steamed Lotus Paste Buns with Salted Egg Yolk

NATIONAL DAY CRAB CRAZE DINNER BUFFET 國慶日自助蟹宴

Celebrate National Day with a lavish showcase of crab specialities. Enjoy an incredible array of cold and hot creations featuring Snow, Stone, Blue, Brown and Dungeness Crab, prepared in a variety of delicious styles.

For an extra culinary highlight and spectacular centerpiece, pre-order a live Alaskan King Crab and let our chefs steam it to tender perfection.

以享用豐盛的冷熱螃蟹菜式來慶祝國慶日，琳瑯滿目的選擇包括雪蟹、石蟹、藍蟹、褐蟹和珍貴蟹，均以各種美味方式烹調成不同的自助餐菜式。

想將你的用餐體驗提升至極致？那就預訂一隻鮮活的阿拉斯加帝王蟹，讓我們的廚師為你烹製成鮮嫩多汁的美食吧！

Please note that the availability of the Alaskan King Crab is exclusively for confirmed pre-orders. To avoid disappointment, we kindly request you to reserve your live Alaskan King Crab by 18th September. The live Alaskan King Crab is priced at \$2,250/pc (approximately 2.5kg per crab) and serves 2 - 4 people.

請注意，鮮活阿拉斯加帝王蟹的供應僅限於已確認的預訂，欲免向隅，請於 9 月 18 日或之前預訂你的鮮活帝王蟹。預訂鮮活阿拉斯加帝王蟹：每隻 \$2,250（約重 2.5 千克），可供 2-4 人享用。

Venue : The Island View & Pier 6
地點 :

Adults 成人 Children 小童
\$798 \$530

Reservations 訂座 : 2118 1846

For an additional \$178, our Beverage Package includes Wine, Sake, Beer, Soft Drinks and Orange/Apple Juice.

每位另加 \$178 可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

NATIONAL DAY FAMILY STYLE DINNER 國慶日意式家常晚餐

Savour the flavours of Italy this National Day at Capricci, where every dish is prepared with the finest ingredients for a truly memorable celebration.

前來 Capricci 餐廳品嚐意大利風味，慶祝今年的國慶日吧！這裡的每道菜式均採用最優質的食材烹製，為你帶來真正難忘的節慶晚餐。

Venue : Capricci
地點 :

Adults 成人 Children 小童
\$598 \$395

Reservations 訂座 : 2118 1803

M E N U

Marinated Heirloom Tomatoes
with Crème Brûlée of Parmigiano-Reggiano
and Basil

Open Raviolo of Italian Egg Yolk, Chicken
and Ricotta with burnt Sage Butter

Oven-baked Prawns
with Saffron Glaze and Black Garlic Crumble

Black Angus Beef Striploin
with Olive and Red Wine Jus, Bell Pepper Confit,
Broccolini and whipped Bone Marrow Butter

Hazelnut and Earl Grey Delight

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

* Final details for the fireworks display arrangements are subject to the announcement by the HKSAR Government in due course.
有關煙花匯演的詳細安排將依照政府公佈進行。

MID-AUTUMN FESTIVAL AND NATIONAL DAY Chinese Lunch and Dinner Buffet at The Island View

慶祝中秋節及國慶日
ISLAND VIEW 餐廳中式美食自助午餐及晚餐

Join us at The Island View for a vibrant celebration of the upcoming Mid-Autumn Festival and the National Day of the People's Republic of China.

Indulge in the Lunch and Dinner Buffet bursting with flavour, showcasing an array of time-honoured favourites and seasonal specialities. Savour perfectly steamed Garoupa, Roasted Meats, freshly set Tofu and Pomelo delights, before treating yourself to our exquisite homemade Mooncakes, freshly prepared by our pastry chefs for the occasion.

With sweeping views, warm hospitality, and a menu that honours the rich traditions of Chinese cuisine, it is the perfect place to gather with family and friends for a memorable dining experience.

誠意邀請大家蒞臨 Island View 餐廳，與我們一同慶祝即將到來的中秋佳節及中華人民共和國國慶日。

盡情享用風味十足的自助午餐及晚餐美食，品嚐一系列經典佳餚及時令特色菜，包括蒸煮完美的石斑魚、烤肉、新鮮出爐的豆腐及柚子菜式，再享用由我們糕點師傅新鮮製作的美味月餅。

餐廳景觀視野開闊，服務熱情周到，菜單秉承了豐富的中式傳統，是與家人朋友歡聚一堂，享受難忘用餐體驗的理想之選。

From 1st to 4th October
(except Dinner on 1st October)
10月1日至4日
(10月1日晚餐除外)

Time : Lunch and Dinner
時間 : 午餐及晚餐

Venue : The Island View Restaurant
地點 : Island View 餐廳

Adults 成人 Children 小童

\$328 \$228

Reservations 訂座 : 2118 1846



PAN-ASIAN SEAFOOD DINNER BUFFET 汎亞海鮮自助晚餐

Join us this month at The Island View Restaurant and explore the flavours of Asia's coastlines with a generous buffet dedicated to fresh seafood and vibrant regional tastes.

From light and elegant Japanese favourites to fragrant Southeast Asian spices, sizzling wok dishes, aromatic curries, and grilled ocean specialties, every dish offers something new to discover. Expect a colourful selection of seafood dishes, fresh salads, noodles, rice, dipping sauces, and Asian-inspired sweet treats - all prepared for an evening that feels abundant, fresh, and full of flavour.

Our Pan-Asian Seafood Buffet is made for guests who love the sea, enjoy variety, and appreciate the bold, bright tastes of Asia.

本月份，誠摯邀請你蒞臨 Island View 餐廳，盡享一場匯聚亞洲海岸風味的豐富自助盛宴，領略新鮮海鮮及各地特色美食的獨特魅力。

從精緻清雅的日式佳餚到香氣四溢的東南亞香料風味，從鑊氣十足的炒菜、濃郁芬芳的咖哩到鮮美誘人的海鮮燒烤，每一道菜都將為你帶來全新的味蕾驚喜。琳瑯滿目的海鮮料理、新鮮沙律、各式麵食及米飯、風味蘸醬及充滿亞洲特色的甜點——這一切將為你呈現一個豐盛、清新且滋味無窮的晚上。

我們的「汎亞海鮮自助晚餐」專為熱愛海洋、追求豐富選擇並鍾情於亞洲濃郁鮮明風味的客人而設。



Monday, 5th to Thursday, 29th October
10月5日(星期一)至29日(星期四)

Time : From 6:00pm
時間 : 由晚上6時開始

Venue :
地點 : The Island View Restaurant

Adults 成人 Children 小童
\$298 \$195

Reservations 訂座 : 2118 1846



SINGAPOREAN CHILLI CRAB AND HAWKER-STYLE LOBSTER DINNER BUFFET 新加坡辣蟹及大牌檔風味龍蝦美食自助晚餐

Step into the vibrant world of Singapore's famous hawker flavours with a generous seafood buffet built around irresistible stars: rich, spicy-sweet chilli crab, black pepper crab, and indulgent lobster specialties. Expect bold sauces, sizzling aromas, fresh seafood, Asian sides, and market-style favourites inspired by Singapore's lively food stalls.

A colourful, flavour-packed evening for seafood lovers who like their dinner with a little spice, a lot of character, and plenty to share.

踏入新加坡著名的「大牌檔美食」天地，盡情享用豐富的海鮮自助盛宴。這裡聚集了令人垂涎的招牌佳餚：濃郁香辣帶甜的辣椒蟹、黑胡椒蟹，以及奢華誘人的龍蝦特色美食。你將品嚐到風味濃郁的醬汁、香氣四溢的即場烹調佳餚、鮮美海鮮、各式亞洲風味配菜，以及靈感源自新加坡熱鬧街頭食肆的市集風味美食。

對於鍾情於微辣口感、獨特風味並樂於與親友分享美食的海鮮愛好者而言，這將會是一個色彩繽紛、滋味無窮的難忘之夜。

Friday, 30th October
10月30日(星期五)

Time : From 6:00pm
時間 : 由晚上6時開始

Venue :
地點 : The Island View Restaurant

Adults 成人 Children 小童
\$598 \$398

Reservations 訂座 : 2118 1846

Each adult diner will be served a chilli crab or black pepper crab at the table.
每位成人可享用一份辣椒蟹或黑胡椒蟹（由專人送至餐桌）

For One Night Only!
只此一晚！

ESCOFFIER DINNER AT PIER 6

Pier 6餐廳
埃斯科菲耶晚宴

Revel — Rejoice — Remember
狂歡 — 慶賀 — 銘記



Three Presidents' Dinner
Honouring the King of Chefs
and Chef of Kings —
Georges Auguste Escoffier

三位會長齊集晚宴，向被稱為
「主廚之王，王之主廚」的
喬治·奧古斯特·埃斯科菲耶
致敬

MENU

Selection of freshly baked Bread
and Éclairé Butter

L'océan

Icelandic Langoustine | Brittany Scallop |

Ōra King Salmon | Sea Urchin |

Yarra Valley Salmon Pearls

Faux et Foie Gras de Canard

Mousseline | Port Wine |

Toasted Brioche Ice Cream

Turbot et l'Homard

Escabèche | Saffron | Squid Ink

La Poule au Pot

Guinea Fowl | Essence | Sot l'y laisse

Poire Hélène Revisitée

Williams Christ Pear | Valrhona Chocolate

Petits Fours

Join us for a distinguished culinary evening dedicated to the legacy of **Georges Auguste Escoffier**, the legendary chef whose influence shaped modern French cuisine and the professional kitchen as we know it today.

Chef **Daniel Birkner**, Past President of the Disciples Escoffier Hong Kong Delegation, together with his brigade here at the Club, is honoured to welcome two esteemed guests: Chef **Florian Muller**, current President of the delegation, and Chef **Jaakko Sorsa**, Founding President. Together, the three presidents will create a memorable dinner inspired by some of Escoffier's most celebrated classic dishes.

This special menu pays tribute to the refinement, discipline, and timeless elegance of Escoffier's cuisine – interpreted with respect, skill, and the shared passion of three chefs united by one extraordinary culinary heritage. An evening to revel in great food, rejoice in friendship, and remember one of gastronomy's greatest masters.

誠摯邀請你共赴一場非凡的美食之夜，向傳奇名廚喬治·奧古斯特·埃斯科菲耶致敬。他的深遠影響力，塑造了現代法國烹飪及當今專業廚房的運作模式。

當晚，香港的頂尖廚師與美食家協會 Disciples Escoffier Hong Kong Delegation 的前任會長 **Daniel Birkner** 及本會的烹飪團隊，非常榮幸地迎來兩位尊貴嘉賓：現任會長 Chef **Florian Muller** 及創會會長 Chef **Jaakko Sorsa**。這三位會長將聯袂呈獻一場難忘的晚宴，靈感源自埃斯科菲耶最負盛名的經典佳餚。

這份特別菜單旨在向埃斯科菲耶的烹飪藝術所蘊含的精緻格調、嚴謹技藝及永恆優雅致敬；三位廚師因共同傳承這一非凡的烹飪遺產而結緣，並以崇敬之心及精湛技藝，賦予了這些經典之作全新的演繹。這將會是一個盡享美食、共敘情誼並紀念這位烹飪界一代宗師的難忘之夜。

Saturday, 31st October
10月31日（星期六）

Time : 6:30pm Reception, 7:00pm Dinner

時間 : 晚上6時30分入座，7時晚宴開始

Venue : Pier 6 Restaurant

地點 : Pier 6 餐廳

.....
\$1,290 per person
每位

* Including Menu and Beverage Pairing
包括晚餐及餐飲配搭





Chef Jaakko Sorsa

Executive Chef, Ocean Table – TK Media Group
Quality Director, NoHo Partners, Finland
Founding President & Lifetime Honorary President,
Disciples Escoffier Hong Kong Delegation.

Ocean Table 餐廳行政主廚 — TK Media Group
芬蘭 NoHo Partners 品質總監
Disciples Escoffier Hong Kong Delegation
創會會長及終身榮譽會長

With over three decades of international culinary experience, Chef Jaakko Sorsa is known in Hong Kong for bringing authentic Nordic flavours to the Asian palate. Arriving in 2004 to open FINDS, he showcased seasonal Scandinavian ingredients and Finnish techniques such as smoking, curing, drying, and pickling. His Asian career includes preparing a modern Finnish dinner in Tokyo for Princess Takamado of Japan, alongside a wider background cooking for royal and diplomatic guests. Today, he leads the culinary experiences at Ocean Table in Hong Kong and serves as Quality Director for NoHo Partners in Finland, dividing his time between Helsinki and Hong Kong. A respected member of the local dining scene, Chef Jaakko founded the Disciples Escoffier Hong Kong Delegation in 2008 and served as President until 2013. He was later named Lifetime Honorary President in recognition of his contribution.

Chef Jaakko Sorsa 擁有逾 30 年的國際烹飪經驗，因為將正宗北歐風味帶給亞洲食客而享譽香港。他於 2004 年到港並開設了 FINDS 餐廳，主打斯堪的納維亞的季節性食材，以及煙燻、醃製、風乾和酸漬等芬蘭烹飪技巧。他在亞洲的職業生涯成就非凡，亮點包括曾在東京為日本高圓宮惠仁親王妃久子烹製現代芬蘭晚宴，此外他還擁有為王室成員及外交貴賓掌勺的豐富經驗。現今，他不僅負責香港 Ocean Table 餐廳的餐飲事務，還擔任芬蘭 NoHo Partners 集團的品質總監，往返於赫爾辛基及香港兩地工作。作為當地餐飲界備受推崇的人物，Chef Jaakko 於 2008 年創立了 Disciples Escoffier 香港分會，並擔任會長至 2013 年；為表彰其卓越貢獻，他隨後被授予終身名譽會長的榮譽。



Chef Florian Muller

Chef de Cuisine – Skye Roofbar & Brasserie
@ The Park Lane Hong Kong
President, Disciples Escoffier Hong Kong Delegation.
香港柏寧酒店 Skye Roofbar & Brasserie 餐廳主廚
Disciples Escoffier Hong Kong Delegation 會長

A classically trained French culinary expert with over 30 years of multicultural experience, specializing in premium Chinese-Asian cuisines across various Michelin-starred restaurants and 5-star luxury hotels in Europe and Asia. Throughout his distinguished career, he has worked at six prestigious Michelin-starred establishments — collectively holding 9 stars — and has served as the Executive Chef at a Michelin-starred restaurant in Lyon, France. Currently, Chef Muller holds the position of Chef de Cuisine at The Park Lane Hong Kong (formerly Autograph Collection), the President of Disciples Escoffier Hong Kong, an official Meat & Livestock Australia (MLA) Ambassador, and the co-author of the French culinary book "Passion by Jacques Barnachon". In addition to his dedication to French fine dining innovation, he has achieved outstanding success in high-end food cost control, team training, and digitalized kitchen management.

Chef Florian Muller 是一位受過正統法式烹飪訓練的專家，擁有超過 30 年的多元文化經驗，專精於歐亞兩地多間米芝蓮星級餐廳及五星級豪華酒店的高級中式及亞洲風味料理。在其卓越的職業生涯中，曾效力於六間享譽盛名的米芝蓮星級餐廳 — 這些餐廳共獲頒 9 顆米芝蓮星級獎項 — 並曾擔任法國里昂一間米芝蓮星級餐廳的行政主廚。目前，Chef Muller 身兼數職：擔任香港柏寧酒店（原屬傲途格精選酒店）的主廚（Chef de Cuisine）、Disciples Escoffier Hong Kong 的會長、澳洲肉類及畜牧業協會（MLA）的官方大使，同時也是法式烹飪書籍《Passion by Jacques Barnachon》的合著者。除了致力於法國高級餐飲的創新外，他在高端餐飲成本控制、團隊培訓及智慧廚房管理方面也取得了卓越成就。



OCTOBER 2026

WINE HOME DELIVERY SERVICE

10 月份餐酒送貨服務



Billecart-Salmon Le Réserve, NV

Light and harmonious, with delicate aromas of crisp apple, pear, and floral notes, and a hint of brioche; a long, persistent finish.

750ml	\$398/bottle	Qty:	Total Amount:
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Billecart-Salmon Le Réserve, Magnum, NV

Light and harmonious, with delicate aromas of crisp apple, pear, and floral notes, and a hint of brioche; a long, persistent finish.

1500ml	\$880/bottle	Qty:	Total Amount:
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Billecart-Salmon Le Blanc de Blancs NV

100% Chardonnay, fine bubbles, citrus, almond, white blossom and subtle brioche notes, mineral, chalky on the palate.

750ml	\$638/bottle	Qty:	Total Amount:
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Billecart-Salmon Le Sous Bois NV

Vinous, full-bodied, rich and complex, with notes of toasted brioche, butter, citrus and mocha, with a vibrant, chalky finish.

750ml	\$638/bottle	Qty:	Total Amount:
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Billecart-Salmon Le Rosé NV

Elegant, crisp, creamy mousse with fresh strawberry, raspberry, red cherry and citrus zest flavours, balanced structure and a clean, refreshing finish.

750ml	\$638/bottle	Qty:	Total Amount:
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Order Form 餐酒訂購表格

A special selection of Billecart-Salmon Champagne for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,500 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the Champagne at the Club Bar.

本月為會員介紹多款 Billecart-Salmon 香檳，凡購滿 HK\$2,500 及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取香檳。

A total amount of HK\$_____ will be debited directly to your Pacific Club Member's monthly account.

總額 HK\$_____ 將直接於閣下之太平洋會月結賬戶內扣除。

Member's Name (會員姓名):

Membership Number (會員編號):

Contact Telephone No. (聯絡電話):

Delivery Address (送貨地址):

Signature (會員簽名):

• For ordering, please present this form to the Club Bar, or fax to 2118 0207 or email to: clubbar@pacificclub.com.hk
訂購方法：請填妥此表格，並交回會所酒吧；或傳真至 2118 0207；或電郵至 clubbar@pacificclub.com.hk。

• Please allow 5-7 working days lead time for Champagne collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
於會所酒吧領取訂購之香檳，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。

• For further information, please call the Club Bar at 2118 1845.
如有查詢，請致電會所酒吧：2118 1845。

• 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。

CELEBRATE GLOBAL CHAMPAGNE DAY IN STYLE!

隆重慶祝全球香檳日！



Billecart-Salmon Champagne Dinner Billecart-Salmon 香檳晚餐

Pier 6
Restaurant

Everything comes back to the wine. Here, discretion is always at the service of elegance, rarity has a taste of excellence, the passing on of tradition speaks of continuity, audacity becomes the guardian of authenticity, and quality remains primary, above all. Welcome to the story of Maison Billecart-Salmon.

With over two centuries of heritage and craftsmanship, Billecart-Salmon has been guided through seven generations by heirs devoted to pursuing quality and excellence. They have been the committed guardians through the centuries of exacting standards and a passion renewed - for the vine, the terroir and the art of winemaking.

Join us for an extraordinary night of stunning Champagnes reflecting the savoir-faire of one Champagne's most revered family-owned houses, paired with carefully crafted dishes to elevate each Cuvée.

一切都離不開葡萄酒。在這裡，低調卻優雅，稀有臻於卓越，傳統的傳承象徵著延續，大膽創新，守護純正，品質至上，始終如一。歡迎聆聽 Billecart-Salmon 酒莊的故事。

擁有超過兩世紀歷史的 Billecart-Salmon 酒莊，其 7 代傳承的釀酒師始終秉承著對品質及卓越的不懈追求。幾個世紀以來，他們始終堅守著嚴苛的標準，並對葡萄藤、風土及釀酒藝術充滿熱情，矢志不渝地守護著這份傳承。

歡迎於 10 月 23 日晚上加入我們，共度一個非凡的夜晚，品嚐令人驚豔的香檳，感受香檳區最受尊敬的家族酒莊之一的精湛技藝，並配搭精心烹調的菜餚，以提升每一款香檳的質感。



THE 4 PILLARS OF BILLECART-SALMON PERFECTION

The Art of Cold Fermentation:

The secret behind that signature, ridiculously elegant freshness.

A Mastery of Pinot Noir:

Bold, structured, and unapologetically rich.

The Grand Cru Chardonnay Elegance:

Silky, vibrant, and pure sophistication.

Patience & Time (The Art of Aging):

Decades of cellar aging brought to life for just one night.

Billecart-Salmon 完美佳釀的四大基礎

- 冷發酵的藝術：成就其標誌性、無比優雅的清新口感的秘訣。
- Pinot Noir 的掌控：酒體飽滿、結構緊實、醇厚濃郁。
- 特級 Chardonnay 的優雅：絲滑柔順、明亮鮮明、純粹精緻。
- 耐心與時間（陳年的藝術）：數十年的酒窖陳釀，成就一夜的驚艷呈現。

Early Bird offer 早鳥優惠：

\$1,240 per person, if the confirmation letter is signed and returned to us on or before Friday, 9th October 2026.

To make a reservation, please contact Pier 6 Restaurant on 2118 1878 or email to pier6@pacificclub.com.hk

每位 **\$1,240**，必須於 2026 年 10 月 9 日（星期五）或之前簽署並交回確認信。

訂座請致電 Pier 6 餐廳：2118 1878，或
電郵至 pier6@pacificclub.com.hk

RECEPTION

Billecart-Salmon Le Réserve Magnum NV

MENU

Selection of freshly baked Bread and Échiré Butter

Amuse Bouche

Heart of Balik-style Smoked Salmon
with Beetroot, Green Asparagus and Confit Lemon
Crème Fraîche

Billecart-Salmon Le Réserve NV

Gentle poached Gillardeau Oysters
with Kristal Caviar and Chive Beurre Blanc

Billecart-Salmon Le Blanc de Blancs NV

Confit Lobster and its Ragout of Crab Meat,
Veal Tongue and Morel Mushrooms

Billecart-Salmon Le Sous Bois NV

Mild Tonka Bean Mousse
with Raspberry Tarragon Sorbet and Honeycomb
Crumble

Billecart-Salmon Le Rosé NV

Petits Fours

Friday, 23rd October
10月23日（星期五）

Time：6:30pm Reception, 7:00pm Dinner
時間：晚上6時30分入座，7時晚宴開始

Venue：Pier 6 Restaurant

地點：Pier 6 餐廳

\$1,490 per person
每位

* Wines will be served in limited quantities
葡萄酒限量供應

* 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

SPECIAL PROMOTIONS

at Bauhinia in October

紫荊閣 10 月份特別菜式推介



\$518 | per person, minimum 2 persons
每位·兩位起

Available at Lunch and Dinner
from 2nd to 31st October
於 10 月 2 日至 31 日 午餐及晚餐時段供應

Lobster and Baby Pigeon Set Menu 龍蝦乳鴿套餐

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

於 10 月份，歡迎前來紫荊閣品嚐美味的龍蝦乳鴿套餐。

松露腐皮卷、陳醋小雲耳海蜆、濃邊叉燒皇
Deep-fried Bean Curd Sheet with Mushroom and Black Truffle
Marinated Black Fungus with Jellyfish
Barbecued Honey-glazed Pork

瑞士汁燒乳鴿 (每位半隻)
Roasted Baby Pigeon with Swiss Sauce
(Half piece per person)

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

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

牛油上湯焗澳洲龍蝦 (每位半隻) 伴伊麵 或 炒麵
Pan-fried Australian Lobster with Butter and Garlic in Bouillon
(Half piece per person)
with E-fu Noodles or Fried Noodles

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

from 1st – 31st October
10 月 1 日至 31 日供應

Chef Keung's Favourite Bites 強師傅舌尖上的美食

Head to Bauhinia Restaurant in October for a selection of treasured recipe dishes, specially selected by Chef Keung. This month's highlights include Deep-fried Shrimp Toast, as well as Simmered Chicken with Spring Onions and Ginger.

於 10 月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括窩貼蝦多士、家鄉薑蔥撈雞，以及更多精選菜式。



To book your table, please call 2118 1892. 訂座請致電 2118 1892。

YVES CUILLERON RHÔNE VALLEY WINE DINNER

One Night with Rhône's Legend:
Monsieur Yves Cuilleron

法國隆河谷

YVES CUILLERON 美酒晚宴

與隆河傳奇人物 YVES CUILLERON 先生
共度一個晚上



Early Bird offer 早鳥優惠:

For one exceptional evening, the Rhône Valley comes to the table.

Join us on 20th November for an exclusive wine dinner with Monsieur Yves Cuilleron, owner, founder, and winemaker of Domaine Yves Cuilleron — a name synonymous with elegance, precision, and the soul of the Northern Rhône.

With a three-generation family wine legacy, Yves Cuilleron has built a reputation for his "haute-couture" approach to viticulture and tailor-made vinification. His celebrated wines from Côte-Rôtie, Condrieu, Saint-Joseph, Cornas, Saint-Péray, and Crozes-Hermitage are prized for their depth, purity, and unmistakable sense of place.

This is more than a dinner – it is a rare opportunity to spend an evening with one of the Rhône's most compelling winemakers. As our Guest of Honour and Speaker, Monsieur Cuilleron will personally guide guests through his wines, stories, philosophy, and the craftsmanship behind his renowned domaine. Expect a beautifully paired menu, exceptional bottles, and an intimate atmosphere filled with discovery, conversation, and Rhône Valley magic.

Seats will be limited for this exclusive evening – early reservations are highly recommended.

在這個非同凡響的夜晚，隆河的美酒風格將呈現於餐桌上。

於 11 月 20 日，誠摯邀請你出席一場獨家的葡萄酒晚宴，與 Yves Cuilleron 酒莊的主人、創始人兼釀酒師 Yves Cuilleron 先生共度美好的晚上——這酒莊的名字，正是優雅、嚴謹及北隆河谷靈魂的代名詞。

Yves Cuilleron 酒莊承襲了家族三代的釀酒傳統，以「高級訂製」般的葡萄種植概念及量身打造的釀酒工藝而聲名卓著。其出品的佳釀涵蓋 Côte-Rôtie、Condrieu、Saint-Joseph、Cornas、Saint-Péray 及 Crozes-Hermitage 等產區，以其深度、純淨度以及鮮明的地域特質而備受推崇。

這不僅是一場晚宴，更是一次難得的機會，讓你能夠與隆河最具魅力的釀酒師之一共度美好的夜晚。作為我們的特別嘉賓及主講人，Cuilleron 先生將親自介紹其佳釀、品牌故事、釀酒哲學及這享譽盛名的酒莊背後精湛的工藝。你將可以享用精心搭配的晚宴佳餚及頂級佳釀，並在充滿探索樂趣、深度交流及隆河谷獨特魅力的親密氛圍中度過難忘時光。

這次獨家晚宴座位有限，強烈建議你儘早預訂。

\$1,190 per person, if the confirmation letter is signed and returned to us on or before Friday, 6th November 2026

每位 \$1,190，必須於 2026 年 11 月 6 日（星期五）或之前簽署並交回確認信。



RECEPTION

2024 Saint-Péray Les Potiers

MENU

Selection of freshly baked Bread and Échiré Butter

Amuse Bouche

Ocean Trout with its own Roe, Crab Meat, Tarragon and Beetroot

2025 Crozes-Hermitage Les Rousses Agriculture Biologique

Charred Hokkaido Scallop

with Parsley and Artichoke Fondue

2025 Condrieu La Petite Côte

Label Rouge Duck Breast and its Confit Leg

with Foie Gras and Savoy Cabbage

2023 Côte-Rôtie Madinière

Lamb Loin en croûte

with its own glazed Sweetbreads and spiced Pumpkin Variations

2017 IGP Collines Rhodaniennes RIPA SINISTRA

Orange Blossom Honey and Chocolate Delight

2015 Roussillière Rhone Vin de France, Yves Cuilleron

Petits Fours

* Wines will be served in limited quantities
葡萄酒限量供應

* 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

Friday, 20th November

11月20日（星期五）

Time : 6:30pm Reception, 7:00pm Dinner

時間 : 晚上6時30分入座，7時晚宴開始

Venue : Pier 6 Restaurant

地點 : Pier 6 餐廳

.....
\$1,490 per person
每位



To make a reservation, please contact Pier 6 Restaurant on 2118 1878 or email to pier6@pacificclub.com.hk
訂座請致電Pier 6餐廳：2118 1878，或電郵至 pier6@pacificclub.com.hk



BOSTON LOBSTER SPAGHETTI 波士頓龍蝦意粉

Indulge in a freshly prepared portion of Boston Lobster pasta made with Italian Egg Yolk Spaghetti in its own rich Lobster and Tomato-cheese Sauce with fresh Basil.

盡情享用以蛋黃意大利麵，搭配濃郁的龍蝦番茄芝士汁及新鮮羅勒烹調而成的波士頓龍蝦意粉。

Available from 5th October onwards
由10月5日起供應

Venue : The Island View, Capricci, Oyster Bar
and Club Bar

地點 : 在Island View餐廳、Capricci餐廳、
Oyster Bar及會所酒吧

\$228 portion
每份



NAMASTE INDIA LUNCHTIME CURRY BUFFET

at the Club Bar

Every Friday in October

會所酒吧 - 印度咖喱自助午餐

10 月份逢星期五供應

Join us at the Club Bar on Friday lunchtimes for an array of authentic and aromatic curries on our Lunchtime Curry Buffet. Our Speciality Chef will delight you with his offerings. Each week, indulge in a fresh variety of dishes that showcase the depth and richness of Indian cuisine. The buffet is complemented by classic Basmati Rice, Roti Prata, Poppadoms, Condiments and Masala Chai.

於逢星期五的午餐時段，歡迎前來會所酒吧享用我們精心準備的咖喱自助午餐，品嚐多款香氣四溢的正宗咖喱美食。本會的印度菜廚師將奉上美味佳餚，讓你盡情享用。

每個星期，我們都會推出新鮮菜式，盡情展現印度美食的豐富底蘊及精髓。自助美食將搭配經典印度香米、印度煎餅、薄脆餅、各種佐料及印度香料奶茶。



From 12:30pm – 2:30pm
由下午12時30分至2時30分供應

\$198 | per person
每位

STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味
你全新的摯愛三文治



FRENCH DIP ROAST BEEF SANDWICH WITH SWISS CHEESE AND CARMELISED ONIONS

法式蘸醬烤牛肉三文治
佐瑞士芝士及焦糖洋蔥

Tender roast beef, melted Swiss cheese, and gently caramelised onions, layered in a warm baguette roll and served with a rich jus for dipping. A generous, savoury classic with just the right touch of indulgence.

鮮嫩的烤牛肉、融化的瑞士芝士及微微焦糖化的洋蔥，層層疊放於溫熱的法式長棍麵包中，並配以濃郁的肉汁供蘸著食用。這是一款分量十足、風味濃郁的經典美食，恰到好處地滿足了你對美味的渴望。

Available throughout October at the Club Bar, Oyster Bar, The Island View and for takeaway.

整個10月份在會所酒吧、Oyster Bar及Island View餐廳供應，同時亦歡迎使用外賣自取服務。

\$108 | per portion
每份

Our Pastry Chef's Masterpiece SPICED PUMPKIN AND PEANUT VANILLA PASTRY

太平洋會糕點師傅精心傑作
香料南瓜花生香草糕點

Meet our pastry chef's Pastry of the Month: Spiced Pumpkin and Peanut Vanilla Pastry. A refined seasonal creation with warm pumpkin spice, creamy vanilla, and a subtle peanut twist — comforting, elegant, and impossible to resist.

為你隆重介紹由本會糕點師傅精心製作的「本月精心傑作」——香料南瓜花生香草糕點。這款精緻的時令佳作融合了暖意融融的南瓜香料、醇厚順滑的香草風味，以及別具一格的花生香氣——讓人感覺舒服溫暖、造型吸引，難以抗拒。



\$78 | per portion
每份

Available daily in all outlets from 12:00noon
由每日中午12時起在所有餐廳及酒吧供應

Happy Birthday to You!

CELEBRATE THE MOMENT AT THE PACIFIC CLUB

慶祝你的大日子 享受你的生日優惠！

Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia. Share a special meal with friends or family and, with a minimum spend of \$2,000, enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$230 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, from 1st July 2026 to 30th June 2027. Terms & Conditions and Blackout Dates apply.

歡迎會員與親朋好友前來 Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐！凡聚餐消費滿 \$2,000 或以上，即可免費獲贈由本會送出的 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動？凡舉辦 30 位或以上賓客的生日聚餐，可以以 \$150 優惠價享用原價 \$230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。而選購此飲品套餐後，每位賓客更可額外免費享用 Prosecco 氣酒一杯，以及每 10 位賓客可獲贈一個 1.5 磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇，包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠，有效期由 2026 年 7 月 1 日至 2027 年 6 月 30 日止。優惠受條款及細則約束，並且不適用於部分日期。

TO BOOK YOUR
CELEBRATION
預約你的生日聚餐

Dining Reservation 於餐廳享用午餐或晚餐

The Island View	2118 1846
Pier 6	2118 1878
Capricci	2118 1803
Bauhinia (紫荊閣)	2118 1892
Banqueting Enquiries 私人聚餐	2118 2851 or 2118 2295

Birthday Offer for Banqueting Events and Terms and Conditions 私人聚餐生日優惠 — 條款及細則

- This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂 30 人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電 2118 2851 / 2118 2295 與宴會部聯絡。
- Special rate of \$150 per person for the \$230 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以 \$150 優惠價享用原價 \$230 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。
- One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈 Prosecco 氣酒一杯。
- One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈 1.5 磅重的蛋糕一個。可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。
- The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。

Terms and Conditions for Restaurants 於餐廳用餐 — 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. 在 Island View、Pier 6、Capricci 或紫荊閣餐廳用餐消費滿 \$2,000，可獲贈 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month, from 1st July 2026 to 30th June 2027. 此推廣活動的有效日期：2026 年 7 月 1 日至 2027 年 6 月 30 日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates 優惠不適用日期 – 2026: 1/7, 25-26/9, 1/10, 22/12, 24-31/12; 2027: 1/1, 5-9/2, 14/2, 26-29/3, 1/5, 9/5, 13/5, 9/6, 20/6.
- A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。
- Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、林酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。
- The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。
- This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。

AUTUMN DRINKS

秋季特飲

Available Daily at all Outlets throughout October.
10月份每日在所有餐廳及酒吧供應。

AUTUMN APPLE AND CINNAMON TEA
秋日蘋果肉桂茶

\$60

+ Add a shot of Bourbon Whiskey
加一份波本威士忌

\$30

EARL GREY AND BISCOFF COOKIE TEA
伯爵茶佐焦糖餅乾

\$60

+ Add a shot of Amaretto
加一份杏仁利口酒

\$30

CITRUS SOY MILK DRINK WITH YUZU HONEY AND MANGO
柚子蜂蜜芒果柑橘豆乳飲

\$60

Your choice of hot or iced
可選熱飲或凍飲

PUMPKIN SPICE LATTE
南瓜香料拿鐵

\$60

+ Add a shot of Dark Rum
加一份黑祿酒

\$30



HALLOWEEN AT THE CLUB

太平洋會萬聖節派對

A little spooky, a little magical, and full of flavour – Halloween at the Club invites you to an unforgettable evening of tricks, treats, and surprises. Enjoy a mysterious hour-long live magic show filled with laughter and wonder, then indulge in a themed dinner buffet featuring delicious Halloween creations from our culinary team.

With eerie decorations, festive details, and a few unexpected surprises along the way, Halloween night has never tasted so good.

既帶點詭秘奇趣，又充滿魔幻色彩，更少不了誘人的美食——誠邀你蒞臨本會的萬聖節派對，共度一個充滿妙趣、美味及驚喜的難忘夜晚。屆時，你可以欣賞到一場充滿歡笑及奇蹟的神秘現場魔術秀，隨後盡情享用由我們的烹飪團隊精心製作的萬聖節主題自助晚餐。

在充滿詭趣的裝飾及節日氛圍中，伴隨著意想不到的驚喜，這個萬聖節之夜將為你帶來無與倫比的美味體驗。

Saturday, 31st October
10月31日（星期六）

🎃 5:00pm - 6:00pm
下午5時至晚上6時

Magic Show on The Island View Balcony
Island View餐廳露台魔術表演

🎃 6:00pm onwards
晚上6時開始

Halloween Dinner Buffet at The Island View
Island View餐廳萬聖節自助晚餐

\$368 | per person
每位

Including Magic Show and Dinner Buffet with complimentary Orange and Apple Juice, and Soft Drinks
包括欣賞魔術表演及享用自助晚餐（包括免費享用橙汁、蘋果汁及汽水）

To make a reservation, please contact The Island View Restaurant on 2118 1846 or email to islandview@pacificclub.com.hk.
訂座請致電 2118 1846，或電郵至 islandview@pacificclub.com.hk。

MISO BUTTER MUSHROOM TIN FOIL PACKS 味噌奶油蘑菇錫紙包



By Daniel Birkner

Head of Culinary &
Restaurant Operations
撰文：廚藝及餐飲營運總監



Rich, savoury, and beautifully aromatic, these Miso Butter Mushroom Tin Foil Packs are a simple BBQ favourite with a touch of Japanese-inspired flair. As the mushrooms steam gently inside the foil, they soak up the miso butter, garlic and soy, becoming tender, juicy and full of umami flavour. Add cheese before closing the pack for an extra indulgent version that melts into the mushrooms as they cook.

Easy to prepare, easy to share and perfect beside grilled meats, seafood or vegetables, this is the kind of BBQ side dish that feels both effortless and special.

And if you prefer to skip the cooking altogether, come to the Club and order it as part of your poolside BBQ experience.

濃郁、鹹香、芳香四溢，這道「味噌奶油蘑菇錫紙包」是簡單卻充滿日式風味的燒烤人氣料理。蘑菇在錫紙中輕柔蒸煮，吸收味噌奶油、蒜頭及醬油的滋味，口感鮮嫩多汁，滿滿鮮味。若在封口前加入芝士，更能享受濃郁奢華的版本，芝士在烹調過程中融化，與蘑菇完美融合。

容易準備、方便分享，也非常適合搭配烤肉、海鮮或蔬菜，是既輕鬆又特別的燒烤配菜。

若你想省去烹調的麻煩，也可以直接到本會點選，作為池畔燒烤體驗的一部分。



INGREDIENTS - SERVES 4 AS A SIDE DISH 材料（4人份量，作為配菜）

- Mixed Mushrooms 雜錦蘑菇..... 600g (克)
such as Shiitake, Oyster, Shimeji, Enoki, Button or King Oyster
香菇、平菇、鴻喜菇、金針菇、白蘑菇或杏鮑菇
- Unsalted Butter, softened..... 60g (克)
無鹽奶油，軟化
- White or Yellow Miso Paste..... 1½ tsp (湯匙)
白味噌或黃味噌
- Soy Sauce..... 1 tbsp (湯匙)
匙豉油
- Sesame Oil..... 1 tsp (茶匙)
芝麻油
- Garlic Clove, finely grated..... 1 Small (小瓣)
蒜頭，細磨
- Mirin or Honey, optional..... 1 tsp (茶匙)
味醂或蜂蜜（可選）
- Black Pepper..... to taste (適量)
黑胡椒
- Spring Onion..... 1 sliced (根)
青蔥
- Fresh Parsley or Coriander Chopped (切碎)
新鮮香菜或芫荽，切碎
- Lemon Wedges..... to serve
檸檬角，食用時配搭

OPTIONAL CHEESE 可選用芝士

- Grated Mozzarella, Cheddar,..... 80–100g (克)
Gruyère or Mixed Cheese
水牛芝士、車打芝士、格呂耶爾芝士或綜合芝士（刨絲）

INSTRUCTIONS 製作步驟

1. Prepare the mushrooms

Clean the mushrooms and trim any tough ends. Tear or slice larger mushrooms into bite-sized pieces. Keep smaller mushrooms whole.

2. Make the miso butter

In a small bowl, mix the softened butter with the miso paste, soy sauce, sesame oil, grated garlic, mirin or honey, and a little black pepper.

3. Fill the foil packs

Lay out two large sheets of Aluminium foil. Divide the mushrooms between them and spoon the miso butter over. If using cheese, sprinkle it over the mushrooms now, before sealing the packs.

4. Seal the packs

Fold the foil tightly into parcels, making sure the edges are well sealed. Leave a little space inside for steam to circulate.

5. Cook on the BBQ

Place the foil packs on a medium-hot BBQ grill. Cook for 10–15 minutes, turning once, until the mushrooms are tender, juicy and fragrant.

6. Finish and serve

Carefully open the packs, as hot steam will escape. Sprinkle with sliced spring onion and fresh herbs, then serve with lemon wedges.

1. 準備蘑菇

清洗蘑菇並修剪硬梗。大顆蘑菇撕或切成一口大小，小顆蘑菇保持完整。

2. 製作味噌奶油

在小碗中混合軟化的奶油、味噌、醬油、香油、蒜泥、味醂或蜂蜜，並加入少許黑胡椒。

3. 填入錫紙包

鋪好兩張大的錫紙。將蘑菇平均分放，淋上味噌奶油。若想加入芝士，可以這時撒在蘑菇上，再封口。

4. 封口

將錫紙緊密折成包裹，確保邊緣密封，內部留些空間讓蒸氣循環。

5. 燒烤

整包放在中火烤架上，烤 10–15 分鐘，中途翻轉錫紙包一次，直至蘑菇變成鮮嫩多汁、香氣四溢。

6. 完成及上桌

小心地打開錫紙包，熱蒸氣會釋出。撒上青蔥片及新鮮香草，配搭檸檬角享用。

CHEF'S TIP 主廚小秘訣

Prepare the foil packs in advance and keep them chilled until ready to grill. They make a delicious side for steak, chicken, seafood or a generous vegetarian BBQ spread.

可事先準備好錫紙包並冷藏，待烤時取出即可。它是牛排、雞肉、海鮮或豐盛素食燒烤拼盤的絕佳配菜。

* Photograph of dish is for reference only 食物相片只供參考

Rise of the Robots

by Martin Ford

AI is well on its way to making white-collar jobs obsolete. Data-analysts, paralegals, writers, and most ironically, computer programmers are all on the chopping block. Without a radical reassessment of our economic and political structures, we stand at the precipice of mass unemployment and the implosion of the capitalist economy as we know it.

In *Rise of the Robots*, Martin Ford systematically outlines the impact of AI and robotics, drawing on a wealth of economic data to illustrate the terrifying societal implications. From health and education to finance and technology, his warning is stark – all jobs, from doctors to electricians, are at risk of automation.

This new edition includes extensive coverage of the latest advances in generative AI and robotics, and explores what these technologies mean for the job market and the economy of the future. How can individuals, and society as a whole, adapt to the changes that are coming? The past solutions to technological disruption, especially more training and education, aren't going to work. We must decide, now, whether the future will see broad-based prosperity or catastrophic levels of inequality and economic insecurity.

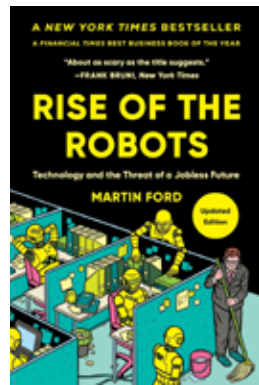
Prescient and clearly reasoned, this award-winning book is essential reading for understanding what accelerating technology means for us and our future.

AI（人工智能）正迅速取代白領工作。數據分析師、律師助理、作家，以及最諷刺的程式設計師，都面臨失業的風險。如果我們不徹底反思自身的經濟和政治結構，我們將面臨大規模失業和資本主義經濟體系崩潰的危機。

在《Rise of the Robots》一書中，Martin Ford 系統性地闡述了 AI 和機器人技術帶來的影響，並引用大量經濟數據，以說明其令人擔憂的社會後果。從醫療、教育到金融和科技，他的警告十分嚴峻——從醫生到電工，所有工作都面臨被自動化取代的風險。

新版的內容全面涵蓋了生成式 AI 和機器人技術的最新進展，並探討了這些技術對未來就業市場和經濟的影響。從個人及至整個社會該如何適應即將到來的改變？過去應對科技顛覆的方案，尤其是加強訓練和教育，已經不再奏效。我們現在必須做出抉擇：未來是普惠繁榮，還是災難性的不平等和經濟不安全？

這本屢獲殊榮的書籍見解深刻、論證清晰，是了解科技加速發展對我們和我們的未來意義的必讀之作。



The Secret History of Gold: Myth, Money, Politics and Power

by Dominic Frisby

Gold (noun): A precious, yellow metal, prized for its beauty. Inert, immune to corrosion, highly malleable, though with little utility. Seen as pure wealth.

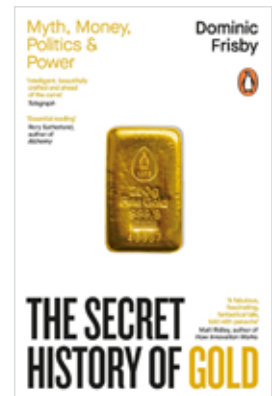
The definitive biography of the metal that has shaped our world – and may yet determine its fate. The *Secret History of Gold* tells the epic tale of the world's oldest, and most treasured, currency. From its origins in the formation of the solar system to its pivotal role in both ancient myth and modern finance, Dominic Frisby explores, with wit and brevity, how gold has defined the entire course of human civilisation.

Gold has inspired men to do the most brilliant – and terrible – things. The most stolen metal in history, it has lured explorers, conquerors and thieves. It has sparked wars, it has built empires, it has empowered leaders – from Alexander the Great to Adolf Hitler – good and bad. As nations today such as China and Russia mine and hoard gold at record rates, Frisby examines its enduring significance in the digital age and its potential to influence global peace and power. This is the untold story of gold: its past, its present and its future.

黃金（名詞）：一種珍貴的黃色金屬，因其美麗而備受珍視。性質穩定，不易腐蝕，延展性極佳；雖然實用價值不高，仍被視為純粹財富的象徵。

這是一本塑造了我們世界、且可能進一步決定世界命運的金屬的權威傳記。《The Secret History of Gold》講述了世界上最古老、最珍貴的貨幣的史詩故事。從太陽系形成之初的起源，到它在古代神話和現代金融中扮演的關鍵角色，Dominic Frisby 以幽默簡潔的筆觸，探索了黃金如何塑造整個人類文明的進程。

黃金激發了人類做出最輝煌——也最可怕——的行徑。作為歷史上被盜掘最嚴重的金屬，它吸引了探險家、征服者和盜賊；它引發戰爭，建立帝國，賦予領袖權力——從亞歷山大大帝到阿道夫希特勒——無論善惡。如今，中國和俄羅斯等國家正以前所未有的速度開採和囤積黃金，Frisby 探討了黃金在數碼時代經久不衰的意義，以及它對全球和平及權力格局的潛在影響。這是黃金不為人知的故事：它的過去、現在和未來。



From now until 31st October, 2026, 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10月31日止，太平洋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.
216 Pacific Place, Admiralty

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

Kelly & Walsh Ltd
金鐘太古廣場216號舖

香港圖書文具有限公司
中環德輔道中25號





PACIFIC CLUB ANNUAL JUNIOR SWIMMING GALA 2026 2026 年度少年游泳比賽





The Annual Junior Swimming Gala 2026 was a resounding success, filled with high energy, spirited competition and fierce determination. Our young swimmers took to the pool with tremendous enthusiasm, while family and friends created an incredible atmosphere, cheering them on from the stands. It was an unforgettable day of sportsmanship and fun for our community!

2026 年度少年游泳比賽已經圓滿結束！當日現場氣氛高漲、競爭激烈，小泳手們展現出無比熱情及拼勁，在賽道上全力以赴。看台上家長及親友的歡呼及聲援更將氣氛推向高潮，為大家帶來了一個難忘又充滿活力的大賽日！





KEI LING HA 企嶺下



A sheltered inlet of Tolo Harbour in Sai Kung provides the backdrop for an easygoing seaside walk.

This trail is easy and suitable for all. Walking time: 1.5 hours.

Take the East Rail to Sha Tin and find the central bus station, which is down the escalators from New Town Plaza. Board KMB bus 299X, which starts its journey here. Alight at the stop named Shui Long Wo on Sai Sha Road.

Walk ahead past the parking bays toward the barbecue area, a well-used staging point on the MacLehose Trail. But just before you reach it, turn left onto a single-track road that is signposted for Yung Shue O.

This quiet road leads downhill through lush greenery, giving you views of the bay ahead. At the bottom, where a watchman's hut guards a fork in the road, turn left. You soon arrive in the tranquil village of Kei Ling Ha. Keep right to walk along the shore. Through the mangroves, you have glimpses of a wide, shallow bay, the perfect habitat for crabs, mudskippers and many other marine creatures.

The path enters the forest, crosses a stream that flows into the bay, and reaches a clearing where a trail of stones leads off to the right. Follow it across the mud into a thicket of mangroves, where a narrow passage allows you access to the top of a breakwater made of huge rocks. From here you get a better view of the waters and the green hills all around, which include the steep peak of Ma On Shan. You can walk out to the end of the breakwater to see the bay of Kei Ling Ha Hoi – known in English as Three Fathoms Cove – from different angles.

Return to the coastal trail and continue your walk north past a seemingly abandoned organic farm. After passing a few houses, again keep right on a cement path to follow the shore. This leads you to the next village: Sai Keng. Walk alongside the mangroves to find a paved path that leads out onto the sheltered bay, which is full of small watercraft.

The road bends left and upwards to bring you to a surprisingly well-stocked village store. Steps lead back up to Sai Sha Road where you can get back on the bus. To return to Sha Tin, turn right and walk a short distance before crossing the road to the bus stop



西貢吐露港內一處隱密的海灣，為這段輕鬆愜意的海濱漫步旅程提供了一幅優美的背景。

這條步道輕鬆易行，老少咸宜。步行時間：1.5 小時。

乘搭東鐵線前往沙田，找到位於新城市廣場扶手電梯下方的巴士總站。乘搭九巴 299X 線，車由此站開出，到西沙路的「水浪窩」站下車。

下車後沿路前行，經過停車位，朝燒烤場方向走去 — 那裡是麥理浩徑上一個熱門的中途休憩點。不過，在抵達燒烤場之前，請向左轉，進入一條標示著前往「榕樹澳」的單行路。

這條幽靜的小路穿過鬱鬱蔥蔥的綠意蜿蜒下行，前方的海灣景緻盡收眼底。行至路盡頭的分岔路口，可見一間崗亭，請在此處向左轉，隨後便會抵達寧靜的企嶺下村。沿岸邊步道靠右前行，穿過紅樹林，可以隱約望見一片寬闊的淺灘 — 這裡是螃蟹、彈塗魚及眾多海洋生物的理想棲息地。

小徑進入林間，跨過一條匯入海灣的溪流，隨後抵達一片林中空地，一條石徑向右延伸開來。沿著石徑穿過泥濘地，便進入紅樹林叢；穿過其中的狹窄通道，即可登上由巨石砌成的防波堤頂端。這裡視野開闊，周圍的水域及綠色山巒盡收眼底，其中包括陡峭的馬鞍山峰頂。你還可以沿著防波堤一直走到盡頭，從不同角度欣賞企嶺下海（英文名為 Three Fathoms Cove）的景緻。

回到海岸步道，繼續往北前行，途經一座看似荒廢的有機農場。經過幾間房屋後，再次沿著右側的水泥路前行，沿海岸線繼續走。這條路會帶你到達下一個村莊 — 西徑。沿著紅樹林旁的小路走，你會找到一條鋪設好的步道，通往一處避風海灣，那裡停泊著許多小型船隻。

沿路向左上行，便會來到一間貨品出乎意料齊全的村內商店。沿著梯級可上行回到西沙路，乘搭巴士離去。若要返回沙田，請向右轉，步行一小段距離後過馬路前往巴士站。

Words and pictures 撰文及圖片 | **Pete Spurrier**



OYSTER FRIDAYS

Every Friday is Oyster Night
at the Club Bar!

週五「盡享生蠔」之夜
每個星期五晚上在會所
酒吧舉行

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy weekly changing, freshly shucked oysters, available by the piece and served with Mignonette and Lemon.

In addition, enjoy a special offer for Moët & Chandon Champagne at \$78 per glass.

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！每個星期我們都會送上來自不同地區的新鮮即開生蠔，收費以每隻計算，每隻生蠔均佐以香草檸檬醬享用。

多加一重享受...同時享用 Moët & Chandon 香檳，每杯只需 \$78。



* Photograph of dish is for reference only 食物相片只供參考

Schedule in October 十月份課程

MONDAY	
Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training (A)	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)
TUESDAY	
Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm
WEDNESDAY	
Tennis Team Training	10:00am – 12:00noon Ladies
Adult Swimming Course	11:00am – 12:00noon
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Junior Swimming School	5:00pm – 6:00pm Advanced (C: 4 – 14 years old)
Pickleball Meet Up Nights	7:00pm – 9:00pm *New Time
THURSDAY	
Yoga	10:30am – 11:30am (C)
Holistic Aquatic Exercise Training	11:00am – 12:00noon (B)
Stretching Exercise	12:00noon – 1:00pm (B)
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)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (A)
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: 36-60 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months & above)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Junior Pickleball Academy	2:00pm – 3:00pm (A: 3½-6 years) 3:00pm – 4:00pm (B: 7-11 years)
SUNDAY	
Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Wall Climbing	11:30am – 1:00pm
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。

FASCIA EXERCISE TRAINING

筋膜運動訓練

Fascia Exercise Training targets the body's connective tissues using flowing stretches and controlled movements to melt away tension and boost mobility. This gentle, low-impact program is designed to enhance posture, coordination, balance, and circulation, making it an excellent fit for any fitness level.

「筋膜運動訓練」透過一系列流暢的伸展與控體動作，深層釋放結締組織的緊繃感，從而顯著提升靈活性與機動性。這項溫和且低衝擊性的課程，旨在改善體態、協調性、平衡感與血液循環，非常適合各種體能水平的人士參與。

DATE 日期	(A) Monday 5th, 12th & 26th October (B) Wednesday 7th, 14th, 21st & 28th October A班 10月5日、12日及26日（星期一） B班 10月7日、14日、21日及28日（星期三）
TIME 時間	(A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 下午1時30分至2時30分 B班 上午11時至中午12時
VENUE 地點	Aerobics Room
PRICE 收費	A) Member \$570, Guest \$930 (for 3 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 會員\$570，非會員\$930（3堂） B班 會員\$760，非會員\$1,240（4堂）
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	Please note that this class is taught in Cantonese only 廣東話授課



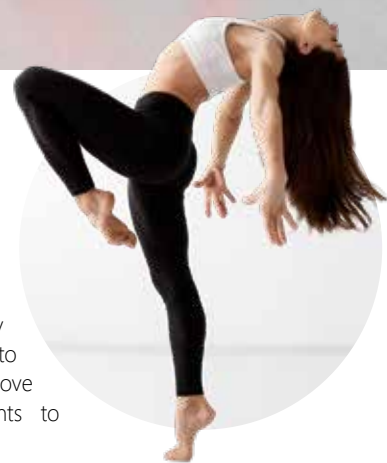
JAZZ DANCE

爵士舞班

Bring energy and expression to every movement in this upbeat Jazz Dance Class. Participants will learn dynamic routines and expressive choreography in these hour-long classes. Set to lively music, each session helps improve flexibility while encouraging students to dance with confidence and style.

在這活力四射的爵士舞班上，每個動作都充滿能量和表現力。學員將在一小時的課堂裡學習動感十足、富有表現力的舞蹈，伴隨著歡快的音樂，有助於提升學員的柔韌性，並鼓勵他們自信優雅地舞動。

DATE 日期	Thursday 8th, 15th, 22nd & 29th October 10月8日、15日、22日及29日（星期四）
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760，非會員\$1,240（4堂）
AGE 年齡	16 years and above 16歲及以上





FUNKY DANCE

FUNKY舞蹈班

Dynamic music and fun choreography come alive in this vibrant class inspired by street dance and modern pop! Designed to boost rhythm and coordination, it delivers an exciting, active workout that flies by. Best of all, participants can achieve up to 7,000 dance steps in just one hour!

動感十足的音樂與趣味編舞完美交融，在這啟發自街舞與現代流行風格的活力課程中釋放精彩！本課程旨在提升節奏感與身體協調性，為你帶來既興奮又充滿活力的運動體驗，讓時間在不知不覺中飛逝。最有趣的是，學員在短短一小時內就能挑戰高達 7,000 步的舞蹈步伐！

DATE 日期	(A) Wednesday 7th, 14th, 21st & 28th October (B) Friday 2nd, 9th, 16th, 23rd & 30th October A班 10月7日、14日、21日及28日（星期三） B班 10月2日、9日、16日、23日及30日（星期五）
TIME 時間	12:00noon – 1:00pm 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	(A) Member \$760, Guest \$1,240 (for 4 lessons) (B) Member \$950, Guest \$1,550 (for 5 lessons) A班 會員\$760・非會員\$1,240 (4堂) B班 會員\$950・非會員\$1,550 (5堂)
AGE 年齡	16 years and above 16歲及以上

ZUMBA FITNESS

尊巴健體舞班

Let the bright rhythms and Latin beats awaken your inner athlete. Our Zumba class beautifully fuses infectious dance choreography with high-efficiency fitness, creating a high-energy party that keeps you fully engaged from start to finish. In this joyful atmosphere, members will not only boost their cardiovascular endurance but also experience the pure joy of breaking a sweat. Perfect for all fitness levels, this group dance workout invites you to stay active, burn fat with confidence, and soak up the electric energy.

讓明快的節奏與拉丁律動喚醒身體的運動細胞。本會尊巴健體舞班將充滿感染力的舞蹈與高效體能訓練完美融合，打造一場讓人全程投入的高能量派對。學員不僅能在歡樂的氛圍中提升心肺耐力，更能純粹地享受揮灑汗水的快感。本課程適合任何體能水平的人士參與，一同在熱烈的音樂氣氛中保持活力、自信燃脂。

DATE 日期	Sunday 4th, 11th, 18th & 25th October 10月4日、11日、18日及25日（星期日）
TIME 時間	10:00am – 10:45am (45 minutes) 上午10時至10時45分〔45分鐘〕
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760・非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上



STRETCHING EXERCISE CLASS

伸展運動班

Take time to reset the body with our relaxing Stretching Exercise Class, focused on lengthening muscles and improving everyday movement. Slow and steady exercises help reduce the risk of injury, increase range of motion, and leave the body feeling lighter and more refreshed. Ideal for all fitness levels, this class is especially beneficial for those looking to unwind, recover after exercise or maintain better flexibility and balance.

前來參加本會伸展運動班放鬆身心，感受煥然一新的感覺吧！課程專注於延伸肌肉與改善日常活動能力，透過緩慢而穩定的練習，有效降低運動受傷的風險、擴大關節活動度，並讓身體感覺更輕盈、煥然一新。這課程適合各種體能水準的人士參與，特別有助於放鬆身心、運動後恢復，以及維持更好的柔軟度與身體平衡。

DATE 日期	(A) Friday 2nd, 9th & 30th October (B) Thursday 8th, 15th, 22nd & 29th October A班 10月2日、9日及30日（星期五） B班 10月8日、15日、22日及29日（星期四）
TIME 時間	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 下午3時至4時 B班 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	A) Member \$570, Guest \$930 (for 3 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 會員\$570・非會員\$930 (3堂) B班 會員\$760・非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	(A) Instructor: Max, Cantonese Speaking only (B) Instructor: Tree, Cantonese & English A班 教練：Max・廣東話 B班 教練：Tree・廣東話及英語



COMMUNITY CONNECT

OCT 2026

ISO14064 Greenhouse Gas Verification Statement

ISO14064 溫室氣體查證聲明

Pacific Club is committed to monitor and minimize the impacts to environmental pollution from the Club's operations. Performing Greenhouse Gas (GHG) emissions assessment for individuals, facilities and different entities became a regular practice of Pacific Club since 2011. We have set 2011 as the base year for the future comparison and analysis.

We are pleased to announce that Pacific Club has accredited ISO14064-1 Greenhouse Gas Verification Statement for the carbon inventory of 2025. The Statement is shown that inventory of greenhouse gas emission from Pacific Club for the period of 1st January 2025 to 31st December 2025 has been verified and it is in accordance with ISO14064-1:2018 Part 1: Specification with the guidance at the organization level for quantification and reporting of greenhouse gas emissions and removals. In order to promote consistency, transparency and credibility, the guideline is used for development and maintenance of the GHG information system including determination of GHG data, calculation and the reported GHG emissions.

The GHG emissions of Pacific Club in 2011 (Base Year) and 2025, in terms of carbon intensity were 0.01659 and 0.00977 tonnes of CO₂e per Food & Beverage Cover Served, with 44.57% of reduction in comparison. Net carbon emission reduced 41.12%.

We look forward to continuing our efforts for reducing carbon emissions from the operations.

本會承諾會密切監察及減少因營運而對環境污染所造成的影響，故此太平洋會由2011年起對營運中所產生的碳排放進行量化計算。我們把2011年定為基準年，用作為日後碳排放量的比較。

我們很高興向大家宣佈，太平洋會已獲得ISO14064-1溫室氣體查證聲明，以證明本會於量化及計算2025年度的碳排放報告符合國際標準14064:2018第一部份：在組織層面溫室氣體排放和移除的量化報告指南性規範。該標準規範了溫室氣體資料和數據管理、匯報和驗證模式，提高報告一致性、透明度和可信度。

以光顧餐廳人次計算，本會於2011年(基準年)及2025年的人均溫室氣體排放分別為0.01659和0.00977噸二氧化碳當量(CO₂e)，即減少了44.57%的碳排放。淨溫室氣體排放共減少了41.12%。

我們將會繼續努力推動減少從營運中產生的碳排放。



Refer to Greenhouse Gas Verification Opinion Report

The inventory of greenhouse gas emissions in 2025 from Pacific Club are as follows
以下是太平洋會於2025年所產生的碳排放

Direct GHG Emissions 溫室氣體的直接排放	328.93 tonnes of CO ₂ e 噸二氧化碳當量
Indirect GHG Emissions from Imported Energy 溫室氣體的能源間接排放	1429.21 tonnes of CO ₂ e 噸二氧化碳當量
Indirect GHG Emissions from Products Used by the Responsible Party 溫室氣體的其他間接排放	251.17 tonnes of CO ₂ e 噸二氧化碳當量
Total GHG Emissions 溫室氣體的總排放	2009.31 tonnes of CO ₂ e 噸二氧化碳當量
CO ₂ Emissions from Combustion of Biomass 生物質的二氧化碳排放	0.78 tonnes of CO ₂ e 噸二氧化碳當量



DOUBLE-LAYER ARRANGEMENT

雙層植物擺設

This arrangement features two distinct climbing plants secured to a rustic bamboo stand, showcasing a vibrant, multi-layered vertical display.

這個擺設將兩種截然不同的蔓藤植物固定在質樸的竹竿支架上，展現了一種充滿活力、層次豐富的垂直佈局。

WHAT YOU'LL NEED 所需材料

- Green Plants: Butterfly Peas, Cuban Oregano
綠色植物：蝶豆花、到手香
- 4 Long, Thick Bamboo Poles
4 支長的圓藝青色竹竿
- Curled Dried Rattan
捲曲的乾樹藤
- 2 White Flower Pots with Saucers
兩個白色圓形花盆連托盤
- Hemp Rope
麻繩
- Thick Wire
粗鐵絲
- Cutter & Scissors
界刀及剪刀
- Glue
膠水



By Andy Au of Andy's Florist 撰文及圖片 | Andy's Florist

INSTRUCTIONS 步驟

1. Apply glue to both ends of four bamboo poles and then wrap them with several turns of hemp rope. 在 4 支竹竿的兩端塗上膠水，然後綁上幾圈麻繩。
2. Cut a notch at the bottom and middle levels of each bamboo pole, large enough to fit the flower pot saucer. 在 4 支竹竿的底部及中間位置切出一個缺口，大小可以套入花盆托盤。
3. Place two flower pot saucers into the top and bottom notches of the four bamboo poles, respectively. Wrap several turns of hemp rope around the outside of the bamboo poles to secure the flower pot saucers, and create a four-legged stand. 將兩個花盆托盤分別套入 4 支竹竿的上下缺口內，在竹竿外圍綁上幾圈麻繩，將花盆托盤固定，並做成一個四腳架。
4. Bend two thick wires into a horseshoe shape, then bend the ends into hooks. Wrap hemp rope around the wires, as shown in the pictures. 將兩支粗鐵絲屈曲成馬蹄形狀，再將兩端屈起成勾狀。在粗鐵絲上綁上麻繩，如圖示。
5. Overlap the two thick wires into a cross shape and wrap with hemp rope to secure them, creating a cover. 將兩支粗鐵絲疊起成十字形，綁上麻繩固定，做成一個罩。
6. Use hemp rope and glue to attach this cover to the bamboo pole at the top of the four-legged stand. 用麻繩及膠水將這個罩固定在四腳架頂部的竹竿上。
7. Place the Cuban Oregano on the lower flower pot saucer and the Butterfly Peas on the upper flower pot saucer. 將到手香放在下面的花盆托盤上，蝶豆花放在上面的花盆托盤上。
8. Finally, wind the curled dried rattan around the entire arrangement. 最後，將乾樹藤圍繞著整個擺設。

SPA PROMOTIONS IN OCTOBER 10月份美容療程優惠



SOTHYS GLOW DEFENSE INTENSIVE TREATMENT SOTHYS 蛋白科研光感療程

Indulge in an Intensive Treatment and discover the full range of sensory expertise thanks to the Digi-Esthétique® technique and Sothys efficiency in a single treatment. This treatment effectively repairs damage from everyday stressors, showing immediate results in your skin's overall condition after just one session, and your complexion will look instantly brighter and more radiant, maintaining its beautiful glow.

療程以嶄新提升細胞蛋白科技，再結合多效活顏注氧成份，能有效對抗疲倦、缺乏活力、脆弱、皮膚微生物群失衡及暗啞的膚質，鞏固肌膚天然防禦能力，提升細胞能量，凝住亮肌時刻，打造強韌水光肌。

~~\$1,520~~ **\$1,216**
(1hr 25mins) (1小時25分鐘)

SOTHYS YOUTH INTENSIVE TREATMENT SOTHYS 原肌修復再生療程

A targeted treatment to combat the signs of ageing: anti-wrinkle, firming and slackened skin. Combines the ultra-targeted products with expert application methods.

Spend 1 hour and 45 minutes in relaxation and expert treatment for visibly younger skin; effectiveness is proven after the first treatment.

一款專為預防衰老跡象的療程，能有效還原年輕肌膚，具抗皺、收緊及修復作用；配合專業按摩手法及 Sothys 的卓越產品，能全方位抵禦歲月痕跡。

1 小時 45 分鐘的療程能打造年輕美肌，一次療程後已能令肌膚綻放年輕美態。

~~\$1,520~~ **\$1,216**
(1hr 45mins) (1小時45分鐘)



HAIR PRODUCT SALE IN OCTOBER 10月份頭髮產品優惠

NUMBER THREE PROACTION FOR C. SHAMPOO

NUMBER THREE PROACTION FOR C. 洗髮水

Number Three Proaction for C. Shampoo is a specialised colour-care formula designed to protect and prolong your hair colour. It gently cleanses while effectively removing residual chemicals, such as peroxide and alkali, left by salon treatments. By balancing the hair's pH, it prevents fading, repairs damage, and leaves coloured hair vibrant, healthy, and beautifully soft.

Number Three Proaction for C. 洗髮水專為染髮後護理而設計，能有效延長髮色的持久度。它能溫和潔淨頭髮，深層清除染髮後殘留的化學物質（如過氧化物和鹼）。透過平衡髮絲的 pH 值，能有效防止褪色並修復受損髮質，讓染後頭髮保持亮麗、健康及柔軟。



~~\$130~~ \$115
170g (克)

NUMBER THREE GLATTY MATTY GLATTYSPIKE

NUMBER THREE閃亮造型啫喱

Number Three Glatty Matty Glatty Spike is a premium, salon-exclusive Japanese styling gel designed for a strong, long-lasting hold. Ideal for men's hair, its fast-drying, non-sticky formula locks styles firmly in place without collapsing. It delivers a brilliant, glossy shine while keeping hair manageable, making it perfect for creating sharp, structured, and polished everyday looks.

Number Three 閃亮造型啫喱是一款高級沙龍專屬的日本造型啫喱，專為打造強力持久定型效果而設計。這款產品尤其適合男士使用，其速乾不黏膩的配方能夠牢牢鎖住髮型，防止塌陷。它能賦予頭髮亮麗光澤，同時保持頭髮易於打理，是打造俐落、立體、精緻日常造型的理想之選。



~~\$240~~ \$215
150ml (毫升)

MURIEM HOME MILK

MURIEM家用護髮乳

Number Three Muriem Home Milk is a deeply hydrating, leave-in hair treatment designed for overnight repair. Perfect for dry, coarse, or unruly hair, this Japanese salon-quality milk locks in moisture and essential nutrients while you sleep. Applied to damp or dry strands, it effortlessly softens and smooths, leaving your hair beautifully manageable, vibrant, and easy to style the next morning.

這是一款日本沙龍級的深層保濕免沖洗護髮產品，專為夜間修護而設計。這款護髮乳特別適合乾枯、粗糙或毛躁的頭髮使用，可在睡眠時鎖住水分和必需的营养。塗抹於濕髮或乾髮上，即可輕鬆軟化並無平毛躁，讓頭髮柔順易打理，煥發活力，第二天早晨即可輕鬆造型。



~~\$220~~ \$200
150g (克)



THIS MONTH'S PROMOTION 本月特別優惠

10% DISCOUNT ON INTENSIVE HAIR CARE TREATMENTS

Treat yourself this month with 10% off all Intensive Hair Care Treatments. Deeply nourish, repair, and restore your hair's natural shine.

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

深層頭髮護理9折優惠

會員於10月份到會所髮廊惠顧深層護髮療程，可享9折優惠。為你的頭髮帶來深層滋潤及修護，重煥自然健康光澤。

查詢詳情及預約服務，請致電 2118 1893。

SHOOTING VIDEOS WHILE ON THE RUN

邊走邊拍攝影片

■ DJI Osmo Pocket 4 in hand

By Craig Norris www.momentsbycraig.com

I mentioned in my article a few months ago that image stabilisation is an important feature in most new cameras. This feature helps avoid or minimise the loss of sharpness in a photo caused by camera movement, especially when shooting without a tripod in dim lighting and when using a long telephoto lens.

When shooting video, there's an additional scenario which goes beyond just the shaking of the camera in our hands. The challenge is to keep the image not only stable, but also level (not tilted). Many vloggers shoot their videos while walking and talking. It's hard to keep the camera steady and level while holding it with only one hand while walking.

Keeping the camera level and steady in one hand while walking and talking takes a lot of practice. But for people who take their Vlogging seriously, using a gimbal can improve stability and help avoid unwanted camera tilt. A gimbal is a device that keeps the camera stable and pointing in the right direction even while the camera operator is walking or running.

Two companies are competing fiercely in the market for small gimbal systems. Those companies are based in Shenzhen. Personally, I haven't paid much attention to that business, but they caught my attention this month because both companies have announced very similar and remarkable new products.

DJI and Insta360 have both launched compact, handheld, integrated gimbal systems, complete with cameras, screens, and remote controls that make it easy to produce very good video even while walking, talking, running, and during other challenging movements. To find detailed information on these new integrated gimbal cameras, search for "DJI Osmo Pocket 4" and "Insta360 Luna Ultra".



■ Insta360 Luna Ultra

我在幾個月前的文章中提及過，影像穩定功能是大多數新相機的重要部件。這項功能有助於避免或最大程度地減少因相機震動造成的照片清晰度下降，尤其是在光線昏暗、不使用三腳架，或使用長焦鏡頭拍攝時。

拍攝影片時，除了手持相機時的震動之外，還有其他的挑戰。那就是不僅要保持畫面的穩定，還要保持水平（不傾斜）。很多影片部落客都是邊走、邊拍、邊說話，而單手握持相機時便很難保持畫面的穩定及水平。

當邊走邊說話時，要單手保持相機水平穩定需要大量的練習。但對於認真拍攝 Vlog 的人士來說，使用穩定器可以提高穩定性，避免相機出現不必要的傾斜。穩定器是一種即使在拍攝者行走或奔跑時，也能保持相機穩定並指向正確方向的裝置。

現時有兩間位於深圳的公司正在小型穩定器市場展開激烈競爭。我個人之前並沒有太關注這個行業，但這個月它們引起了我的注意，因為這兩間公司都發布了非常相似且性能卓越的新產品。

DJI 及 Insta360 都推出了輕巧型手持式一體化雲台系統，配備攝影機、螢幕及遙控器，即使在行走、交談、跑步或其他高難度動作中也能輕鬆拍攝出高品質的影片。如欲了解這些新型一體化雲台相機的詳細資訊，請搜尋 DJI Osmo Pocket 4 及 Insta360 Luna Ultra。



■ DJI Osmo Pocket 4



■ DJI Osmo Pocket 4 rotated screen



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

Explosive Body Power: THE SECRET TO EFFORTLESS DISTANCE

爆發力十足的身體力量： 輕鬆擊出遠距離的秘訣

To achieve incredible distance, the secret is to turn your arms into "passive ropes" while letting your core serve as the power source. Many golfers mistakenly believe that forcing the swing with their hands will increase distance, but tight hand muscles actually impede energy transfer.

First, you must learn to relax. Soften your grip pressure and release tension in your arms so they remain passive. As your torso rotates, your arms should naturally follow like a whip, transferring energy efficiently.

During the backswing loading phase, the ideal motion involves rotating your shoulders beyond 90 degrees while keeping your hips within 45 degrees. This rotational difference between your upper and lower body builds powerful "torque," storing energy much like a stretched spring. Of course, rotation angles should be adapted to your age and flexibility to avoid overcompensation or injury.

The downswing is where the explosion happens. Avoid yanking the club down with your hands; instead, lead the movement with hip rotation, which pulls your torso and arms smoothly through the swing. Maintain your wrist angle on the way down to create "lag," letting your wrists naturally release like a popping whip at the exact moment of impact to channel maximum force into the club head.

By mastering this sequence — passive arms, hip-driven rotation, and delayed release — you will effortlessly hit the ball with surprising distance!

要用身體打出驚人的擊球距離，關鍵在於將雙臂化為「被動的繩索」，讓身體核心成為動力源頭。許多球友誤以為用雙手死命揮打就能打遠，但手部肌肉容易僵硬，反而會阻礙力量傳遞。

首先必須學會「放鬆」。減輕握桿力度，並放鬆雙臂，讓雙臂處於被動狀態。當軀幹旋轉時，手臂應順應帶動，如同鞭子般傳遞力量。

進入上桿蓄力時期，理想狀態下雙肩應旋轉超過 90 度，而胯部（髖部）則控制在 45 度以內。上下身的角度差能創造出強大的「扭轉張力」，如同拉開的彈簧般蓄積能量。當然，轉動角度可依照個人年齡及身體柔軟度而彈性調整，切勿強求以免代償或受傷。

下桿則是爆發的關鍵。切忌用雙手將球桿向下拉，而是先由胯部旋轉發力，帶動軀幹及雙臂順勢轉動，過程中保持手腕角度，形成「延遲釋放」，直至擊球瞬間手腕才如甩鞭般自然釋放，將力量集中於桿頭爆發。

只要掌握「放鬆雙臂、胯部帶動、延遲釋放」的發力順序，就能輕鬆打出意想不到的遠距離！

GOLF PRIVATE LESSONS

高爾夫球
私人課堂

Refine your game with personalised golf instruction at the Club. Our professional coach will work closely with you to improve swing technique, consistency and overall performance. Whether you are new to golf or looking to sharpen specific aspects of your game, each one-on-one lesson is tailored to your ability and goals, helping you build confidence and play with greater control.

在本會接受個人化高爾夫球指導，提升你的球技。我們的專業教練將與你密切合作，幫助你提高揮桿技巧、穩定性以及整體表現。無論你是高爾夫球新手，還是希望精進某方面的球技，我們都會根據你的能力和目標度身定制一對一課程，幫助你建立自信，更好地掌控比賽。

PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour 一小時課程	\$770 per person 每位 \$770
Package of 4, 1-hour lessons 4 堂一小時課程	\$3,000 per person 每位 \$3,000

SEMI-PRIVATE LESSONS (2 PAX) 半私人課程 (二人)

1-hour 一小時課程	\$435 per person 每位 \$435
Package of 4, 1-hour lessons 4 堂一小時課程	\$1,650 per person 每位 \$1,650

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約及查詢，請致電 2118 1707。



Pilates: AN INVISIBLE WORKOUT

普拉提：一種隱形運動

Why don't the effects of Pilates appear immediately? Actually, that's a good thing.

In a world of instant everything, we've been conditioned to expect instant bodies too. We want the reflection in the mirror to change after one class. But Pilates doesn't work like that, and that's precisely why it lasts.

The first changes Pilates creates happen beneath the surface, where you can't see them. Your deep stabilising muscles — the transverse abdominis, the pelvic floor, the multifidus along your spine — awaken long before your reflection changes. This is internal architecture work. You're rebuilding the foundation before renovating the façade.

Most clients notice three subtle shifts in the first 3–6 weeks: they sleep more deeply, their lower back feels less stiff after a long day at the office or 18 holes on the course, and they stop holding their breath during stressful moments. None of these shows up in a selfie, yet they transform how you feel in your body every single day.

Then comes posture. As your alignment improves, you naturally stand taller. Clothes fit better. You move with more economy and grace. These changes don't shout — they whisper. But everyone notices.

為什麼普拉提的效果不會立刻顯現？這其實是一件好事。

在這個什麼都要求快速的世界，我們習慣了連身材也要速成。我們希望上一堂課後，鏡中的自己就已經有所不同。但普拉提並非為這樣的目的而設，而這正是它能持續下去的關鍵原因。

普拉提帶來的第一個改變，是發生在我們看不見的地方。你的深層穩定肌群——腹橫肌、骨盆底肌、沿著脊椎的多裂肌——會在你察覺到鏡中的變化之前率先甦醒。這是在進行「內部結構工程」：你先重建地基，再翻新外牆。

大多數學員在最初的 3 至 6 週內，會注意到 3 個細微的轉變：睡眠變得更深沉；在辦公室久坐或打完 18 洞高球後下背不再那麼僵硬；面對壓力時不再不自覺地憋氣。這些變化不會出現在自拍裡，卻能徹底改變你每天與身體相處的感受。

接著，姿態會開始改變。隨著排列變好，你自然站得更挺直；衣服穿起來更好看；動作也變得更從容優雅。這些變化不張揚，卻人人都看得出來。



By Ida Kam
Personal Trainer
撰文：私人健身教練

Here are three simple exercises to experience this
"INVISIBLE WORK" for yourself

以下3個簡單動作，可讓你親身體驗什麼是
「看不見的練習」

BRIDGE

1

橋式



Lie on your back, knees bent, feet flat. Inhale to prepare; exhale as you roll your spine up one vertebra at a time into a bridge. Inhale at the top, then exhale as you roll back down. This mobilises the spine and wakes up the glutes and deep core.

仰臥，膝蓋彎曲，腳掌平放地面。吸氣預備；吐氣時將脊椎一節一節捲起，形成橋式。於頂部吸氣停留，然後吐氣再一節一節回到開始位置。這動作可以活動脊椎，喚醒臀肌及深層核心。

死蟲式

2

DEAD BUG



Lie on your back, arms reaching toward the ceiling, knees at 90 degrees. Slowly extend your right leg toward the floor while lowering your left arm overhead, then return and switch sides. This teaches deep abdominal control without straining the neck or lower back.

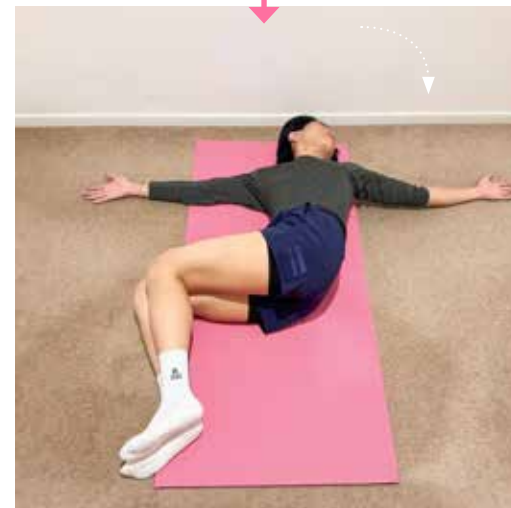
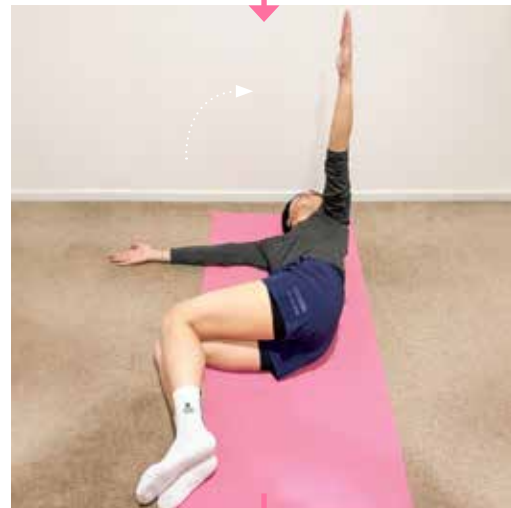
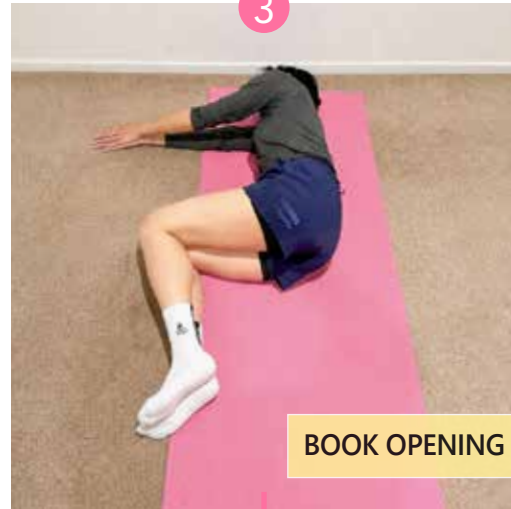
仰臥，雙手向上伸直指向天花，膝蓋彎曲成 90 度。緩緩將右腳伸直趨近地面，同時左手向頭頂方向下降，然後回到起開始位置，換邊進行。這動作可以訓練深層腹部控制，同時不會對頸部或下背造成壓力。

Lie on your side, both knees bent, arms extended in front at shoulder height. Keep the bottom arm still, and inhale as you rotate your top arm and upper body open toward the ceiling, with the floor behind you. Exhale to return. This restores rotational mobility to the thoracic spine.

側臥，雙膝彎曲，雙臂在肩膀高度向前伸直。下方手臂保持不動，吸氣時將上方手臂與上半身像翻書一樣旋轉打開，朝向天花板及身後地面；吐氣回到開始位置。這動作可以恢復胸椎的旋轉靈活度。

3

BOOK OPENING



開書式

A quick note
溫馨提示

The three exercises above are suitable for beginners, but if any club member has a pre-existing back or neck condition, they should consult a trainer before trying them.

Pilates is not a quick fix. It's a recalibration. Trust the invisible work — the visible results will follow.

以上 3 個動作適合初學者進行，但若任何會員本身有背部或頸部舊患，在嘗試前應先諮詢教練。普拉提不是速效方案，而是一種重塑及校準。相信那些看不見的努力，終會得到看得見的成果。



PICKLEBALL MEET UP NIGHTS WITH NEW COACH, NICO

與新教練NICO一同參與 — 匹克球晚間聚會

Wednesday evenings are set aside for Pickleball Meet Up Nights with Coach Nico, offering a relaxed and sociable way to spend time on court. Open to all levels, these sessions bring Members together for easygoing match play and plenty of opportunity to join in, no matter your experience. Pickleball is easy to pick up, with short rallies and a pace that keeps the game moving without feeling rushed.

由教練 Nico 帶領的週三匹克球晚間聚會，為大家提供一個輕鬆愉快的社交方式，在球場上共度美好時光。無論你的匹克球技術如何，都歡迎參加這聚會，享受一個輕鬆的比賽平台。匹克球容易上手，回合短促，節奏適中，讓比賽流暢進行而不至於讓人感到匆忙。



DATE 日期	Wednesday 7th, 14th, 21st & 28th October 10月7日、14日、21日及28日（星期三）
TIME 時間	7:00pm – 9:00pm *New Time 晚上7時至9時（新時段）
VENUE 地點	Outdoor Pickleball Court 室外匹克球場
PRICE 收費	\$260 per session (for 2 hours) 每堂\$260（兩小時）
AGE 年齡	14 years and above 14歲及以上

JUNIOR PICKLEBALL ACADEMY 少年匹克球訓練

Come and play Pickleball with Coach Nico! Specially designed for children aged 3½ to 11, this fun and fast-growing sport combines elements of Tennis, Badminton and Table Tennis. Easy to learn, each class introduces children to the basics. It is a great way to build coordination and confidence, while having plenty of fun on the court.

前來與教練 Nico 一起享受匹克球運動吧！這項趣味十足、發展迅速的運動專為 3½ 歲至 11 歲的兒童設計，融合了網球、羽毛球及乒乓球的元素。匹克球易於上手，每節課堂都會向孩子介紹基本規則。他們不僅能從中獲得樂趣，還能在球場上鍛鍊協調能力及建立自信心。

DATE 日期	Saturday 3rd, 10th, 17th, 24th & 31st October 10月3日、10日、17日、24日及31日（星期六）
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 4:00pm A班 下午2時至3時 B班 下午3時至4時
VENUE 地點	Gym Aerobics Room, 1/F 一樓健身室Aerobics Room
PRICE 收費	(A) Member \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,400, Guest \$2,000 (for 5 lessons) A班 會員\$1,100，非會員\$1,700（5堂） B班 會員\$1,400，非會員\$2,000（5堂）
AGE 年齡	(A) 3½ – 6 years (B) 7 – 11 years A班 3½至6歲 B班 7至11歲



PICKLEBALL PRIVATE LESSONS 匹克球私人課程

Whether you are new to Pickleball or looking to take your game to the next level, our Private Lessons provide personalised coaching tailored to your individual needs. With the coach's full attention, you will develop technique, improve shot selection, refine court positioning and build greater confidence on court.

Suitable for players of all ages and abilities, these one-on-one sessions offer an effective way to accelerate progress and enjoy the game even more.

無論你是匹克球新手，還是希望增進球技，匹克球私人課程都能提供根據你的個人需求度身定制的個人化指導。每堂一對一課程都會根據你的程度度身定制，重點在於培養你在球場上的自信心、控球能力和穩定性。在教練的悉心指導下，你將能提升技術、改善擊球技巧、優化場上站位，並在球場上建立更強的自信心。

這一對一課程適合所有年齡及程度的學員參加，是加速進步、享受比賽樂趣的有效途徑。

Private Lessons 私人課程 (1 pax/人)

1-hour 一小時課程	\$650 per person 每位\$650
Package of 10, 1-hour lessons 10 堂一小時課程	\$6,300 per person 每位\$6,300

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour 一小時課程	\$345 per person 每位\$345
Package of 10, 1-hour lessons 10 堂一小時課程	\$3,350 per person 每位\$3,350

SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

Looking for more court time? Our Sunday Social Tennis sessions offer the perfect opportunity to play, practise and meet fellow Members in a relaxed setting. Taking place on the indoor court, each two-hour session will have coaches present throughout to provide guidance.

想多些享受網球運動嗎? 本會的週日網球聯誼聚會能提供最好的機會, 讓你在輕鬆的氛圍中與人對打、進行練習並結識其他會員。活動在室內網球場進行, 每堂兩小時, 全程皆由專業教練指導。

DATE 日期	Sunday 4th, 11th, 18th & 25th October 10月4日、11日、18日及25日 (星期日)
TIME 時間	5:00pm – 7:00pm 下午5時至晚上7時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員\$320, 非會員\$440 (兩小時, 包括場租及飲品招待)
AGE 年齡	14 years and above 14歲及以上



JUNIOR TENNIS ACADEMY

青少年網球訓練

Whether your child is picking up a racket for the first time or looking to develop their game, the Pacific Club Junior Tennis Academy offers a fun and structured pathway to improvement. Open to children aged 3½ to 16, each weekly session focuses on developing technique, coordination and court awareness in an enjoyable environment.

Please note that fees are charged on a monthly basis.

無論你的孩子是初次拿起球拍, 還是希望提升球技, 太平洋會青少年網球訓練班都能提供充滿樂趣且結構化的訓練途徑。訓練班專為 3½ 至 16 歲的年輕學員而設, 每週課程都著重於以輕鬆愉快的氛圍培養他們的技術、協調性及場上表現。

請注意, 課程按月收費。

DATE 日期	Saturday 3rd, 10th, 17th, 24th & 31st October 10月3日、10日、17日、24日及31日 (星期六)
TIME 時間	(A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 上午10時至11時 B班 上午11時至下午1時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,750, Guest \$2,350 (for 5 lessons) A班 會員\$1,100, 非會員\$1,700 (5堂) B班 會員\$1,750, 非會員\$2,350 (5堂)
AGE 年齡	(A) 3½ – 6 years (B) 6 – 16 years A班 3½ – 6歲, B班 6 – 16歲



SUNDAY JUNIOR TENNIS

週日青少年網球班

Give your child something to look forward to every Sunday. Designed for children aged 4 to 16, our Junior Tennis programme combines expert coaching with enjoyable on-court activities that help young players develop skills. Please note that fees are charged on a monthly basis.

讓孩子的每個星期日都充滿期待。本會的青少年網球班專為 4 至 16 歲的年輕學員設計, 將專業教練指導與趣味十足的場上活動相結合, 幫助年輕學員提升技能。

請注意, 課程按月收費。

DATE 日期	Sunday 4th, 11th, 18th & 25th October 10月4日、11日、18日及25日 (星期日)
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 下午2時至3時 / B班 下午3時至5時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 會員\$880, 非會員\$1,360 (4堂) B班 會員\$1,400, 非會員\$1,880 (4堂)
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4 – 7歲, B班 8 – 16歲



LADIES' MORNING TENNIS

女子早上網球練習

Take your match play to the next level with our Ladies' Morning Tennis sessions. Designed for players looking to improve their performance in competitive situations, these two-hour clinics focus on tactical awareness, point construction, shot selection, and court positioning. To ensure personalised instruction and plenty of court time, each clinic is limited to 10 players. Early enrollment is recommended.

參加本會的女子早上網球練習班, 提升你的比賽水準! 這兩小時的訓練課程專為希望在比賽中提高表現的學員而設計, 重點在於增強戰術意識、得分策略、擊球選擇及場上站位等知識。為確保個人化指導及充足的場地練習時間, 每堂僅限 10 名學員參加, 請儘早報名。

DATE 日期	Monday 5th, 12th & 26th October 10月5日、12日及26日 (星期一)
TIME 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時 (中級/高級班)
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320, 非會員\$440 (兩小時, 包括場租及飲品招待)
AGE 年齡	14 years old and above 14歲及以上

Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約課程, 請致電2118 1707聯絡四樓網球部。

TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN OCTOBER

網球聯賽 — 10月份主場賽事

DATE	TEAM	MATCH
Monday, 26th October	Men's (Division A)	Pacific Club vs Kowloon Tsai Home Owner's Association
Tuesday, 6th October	Men's (Division B)	Pacific Club vs Kornhill Recreation Club
Tuesday, 13th October		Pacific Club vs The Hong Kong Jockey Club
Tuesday, 20th October		Pacific Club vs Kowloon Cricket Club
Tuesday, 27th October		Pacific Club vs Chinese Recreation Club
Wednesday, 14th October	Men's (Division C)	Pacific Club vs United Services Recreation Club
Wednesday, 21st October		Pacific Club vs Indian Recreation Club
Wednesday, 28th October		Pacific Club vs Hong Kong Cricket Club
Friday, 16th October	Ladies' (Division 1)	Pacific Club vs American Club
Friday, 23rd October		Pacific Club vs Clearwater Bay Golf & Country Club





HOLISTIC AQUATIC EXERCISE TRAINING FOR ADULTS

成人綜合水中運動訓練

This fun, low-impact course combines aqua jogging, interval sprints, and water resistance to boost cardio and sculpt total-body strength. Sessions feature fluid stretches and multi-planar movements to improve flexibility, mobility, and balance, closing with mindful breathing to harness water's healing power for deep relaxation. Designed for all ages and fitness levels, it is the perfect way to elevate your fitness and overall well-being.

本課程結合水中慢跑、間歇衝刺及水的自然阻力，全面提升心肺功能及雕塑全身肌力。課堂融入流暢的伸展及多平面動作，以增進柔韌度、活動度及平衡協調，並透過正念呼吸，藉著水的療癒力深層減壓。這項充滿樂趣的低衝擊訓練適合各年齡及健身水平人士參加，幫助提升體能、全面擁抱身心健康。

DATE 日期	Thursday 8th, 15th, 22nd & 29th October 10月8日、15日、22日及29日（星期四）
TIME 時間	11:00am – 12:00noon 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member - \$720, Guest - \$1,200 (for 4 lessons) 會員\$720，非會員\$1,200（4堂）
AGE 年齡	16 years and above 16歲及以上



ADULT SWIMMING COURSE

成人游泳班

Our Adult Swimming Course is suitable for Members aged 18 and above, whether beginners who are afraid of water, or those looking to refine stroke technique. Small-group lessons led by professional coach Stephen, with personalised instruction tailored to each student's needs. Learn essential skills like floating, breath control, breaststroke and freestyle, and help to overcome water fear, build confidence, enhance water safety awareness, and enjoy the fun and fitness benefits of swimming with ease.

成人游泳班適合 18 歲及以上會員參加，無論是零基礎的怕水人士，或想改良泳姿皆可。課程由專業教練 Stephen 以小班形式教學，因材施教，學習浮水、呼吸控制、蛙泳、自由泳等基本技巧，並幫助學員克服對水的恐懼，提升自信及水中安全意識，輕鬆享受游泳的樂趣及健身的效益。

DATE 日期	Wednesday 7th, 14th, 21st & 28th October 10月7日、14日、21日及28日（星期三）
TIME 時間	11:00am – 12:00noon 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$1,040, Guest \$1,520 (for 4 lessons) 會員\$1,040，非會員\$1,520（4堂）
AGE 年齡	18 years and above 18歲及以上



JUNIOR SWIMMING CLASSES

少年游泳課程

Our Junior Swimming Group Classes provide structured training for children of different ages and ability levels. From developing water confidence and basic techniques to refining strokes and building endurance, our experienced coaches ensure a safe, supportive, and social environment. Learning alongside their peers, children will not only progress at their own pace and stay active, but also build teamwork skills, make new friends, and foster a lifelong love for the water together.

本會少年游泳課程為不同年齡及能力水準的學員提供系統性的專業培訓，從培養水中自信心、掌握基本功，到精進泳姿及提升耐力，我們經驗豐富的教練團隊將全力打造一個安全、備受支持且互動性高的學習環境。透過與同齡夥伴一同練習，孩子們不僅能按照自己的節奏穩步前進、保持活力，更能培養團隊合作精神、結交新朋友，並在歡樂的團體氛圍中共同建立對游泳運動的終身熱愛。

Date	Time	Class	Price	Age	Coach
Wednesday	5:00pm – 6:00pm	Advanced (C)	\$220/hour	4 - 14 years old	Kary
Friday	6:00pm – 7:00pm	Intermediate (A)	\$180/hour	4 - 14 years old	Ip Lai Kuen
Friday	7:00pm – 8:30pm	Advanced (B)	\$260/1½hour	7 - 17 years old	Ip Lai Kuen
Saturday	10:00am – 11:00am	Elementary (A)	\$180/hour	36 – 60 months old	Ip Lai Kuen
Saturday	11:00am – 12:00noon	Intermediate (B)	\$180/hour	4 - 14 years old	Ip Lai Kuen
Saturday	12:00noon – 1:00pm	Elementary (B)	\$180/hour	48 months and above	Ip Lai Kuen

WATER AEROBICS AT THE CLUB

水中健康舞班

Combining the natural resistance of water with upbeat music, this session offers a fantastic full-body workout that strengthens muscles and improves cardiovascular fitness while being incredibly gentle on your joints. Exercising alongside a supportive group, you will move through a variety of fun, water-based routines designed to boost energy, flexibility, and core stability. Suitable for all fitness levels, it is the perfect way to stay active, cool off, and enjoy a lively, social fitness experience together.

本課程將水的天然阻力及輕快明細的音樂完美結合，在提供全身性鍛鍊、增強肌肉力量及提升心肺功能的同時，更能保護關節免受衝擊。在充滿支持感的團體氛圍中，學員將跟隨同伴一起完成各式趣味水中動作，有效提升核心穩定度、身體柔韌性及活力。本課程適合各種體能水平的人士參加，是保持活力、消暑放鬆並享受歡樂社交健身體驗的絕佳選擇。



Morning Water Aerobics

DATE 日期	A) Tuesday 6th, 13th, 20th & 27th October B) Friday 2nd, 9th, 16th, 23rd & 30th October A班 10月6日、13日、20日及27日 (星期二) B班 10月2日、9日、16日、23日及30日 (星期五)
TIME 時間	A) 10:00am – 11:00am B) 11:00am – 12:00noon A班 上午10時至11時 B班 上午11時至中午12時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	(A) Member - \$720, Guest - \$1,200 (for 4 lessons) (B) Member - \$900, Guest - \$1,500 (for 5 lessons) A班 會員\$720, 非會員\$1,200 (4堂) B班 會員\$900, 非會員\$1,500 (5堂)
AGE 年齡	14 years and above 14歲及以上

Afternoon Water Aerobics

DATE 日期	A) Tuesday 6th, 13th, 20th & 27th October B) Friday 2nd, 9th, 16th, 23rd & 30th October A班 10月6日、13日、20日及27日 (星期二) B班 10月2日、9日、16日、23日及30日 (星期五)
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$180 daily / \$1,700 per 10 classes Guest \$300 daily 會員\$180 (每堂) / \$1,700 (10堂) 非會員\$300 (每堂)
AGE 年齡	14 years and above 14歲及以上

Evening Water Aerobics

DATE 日期	Tuesday 6th, 13th, 20th & 27th October 10月6日、13日、20日及27日 (星期二)
TIME 時間	7:00pm – 8:00pm 晚上7時至8時
VENUE 地點	Swimming Pool 游泳池
PRICE 收費	Member \$720, Guest \$1,200 (for 4 lessons) 會員\$720, 非會員\$1,200 (4堂)
AGE 年齡	14 years and above 14歲及以上

TABLE TENNIS TOURNAMENT

乒乓球比賽

Looking to showcase your skills and experience a fast-paced showdown? This tournament features Open Singles and Doubles (Men's, Women's, or Mixed). Matches follow a best-of-three, 11-point system, with a thrilling special rule "1 serve per person before switching". It's the ultimate test of your lightning reflexes and teamwork!

We are exceptionally honored to welcome professional table tennis coach Mr. William Wong as our Guest Referee to oversee the matches and offer professional guidance. Whether you are competing for glory or simply love the game, join us for an unforgettable event! Sign up today!

想一展身手、體驗快節奏對決? 今次乒乓球賽事設有公開單打及雙打 (男雙、女雙或混雙皆可) 項目。賽制採用三局兩勝 11 分制，並特別實施「每人輪流發一球即換發權」的刺激玩法，極力考驗你的極速反應及雙打默契!

我們更非常榮幸邀請到專業乒乓球教練黃 Sir 親臨現場擔任大會評審，為賽事作公正裁決及專業指導。歡迎各位乒乓好手踴躍報名，一同切磋球藝，共創熱血時刻!

DATE 日期	Saturday, 17th October 2026 10月17日 (星期六)
TIME 時間	2:00pm – 4:00pm 下午2時至4時
VENUE 地點	Gym Aerobics Room 健身室Aerobics Room
AGE 年齡	All Ages 所有年齡人士
REGISTRATION CLOSES 截止報名日期	Saturday, 10th October 10月10日 (星期六)

EVENT CATEGORY & PRICE 比賽組別及收費

Open Singles 公開單打	\$90/entry \$90/每位
Open Doubles 公開雙打	\$180/pair \$180/每對

- * All events are open to all genders and ages
所有賽事均不設性別及年齡限制
- * Open Doubles can be any combination of players
公開雙打可自由組隊 (任何性別組合皆可)
- * Guest tournament participants: Additional \$120 per person
如當日有賓客參加賽事，將另外收取每位 \$120



DIM SUM FRIDGE MAGNET WORKSHOP 點心磁石貼工作坊

Create adorable clay fridge magnets inspired by Hong Kong's favorite dim sum! From piggy buns to sausage rolls, kids will shape, decorate, and bring these tasty icons to life — all in just one hour. It's a fun, hands-on way to add flavor and color to your fridge while crafting a mini dim sum collection to take home!

這一小時快閃課堂，帶領孩子親手製作趣味十足的點心磁石貼！從小豬包到腸仔卷，捏出可愛造型，再加上細緻裝飾，讓經典港式點心化身冰箱上的小藝術。快來一起玩黏土，把美味及創意帶回家！

DATE 日期	Sunday 11th October 10月11日（星期日）
TIME 時間	2:30pm – 3:30pm 下午2時30分至3時30分
VENUE 地點	Children's Playroom Library 兒童遊戲室圖書館
PRICE 收費	Member \$200, Guest \$320 (Including Children's Playroom entrance fee) 會員\$200・非會員\$320 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	5 years and above 5歲及以上

ROPE SKIPPING CLASS 花式跳繩班

Join our weekly Rope Skipping Class and enjoy an active, fun-filled session packed with movement and energy. Children will learn a variety of individual and partner skipping techniques through games, challenges and guided practice with our coaches.

參加本會每週一堂的花式跳繩班，享受充滿活力和樂趣的精彩課程。在教練的指導下，孩子們將透過遊戲、挑戰和練習，學習各種個人和雙人跳繩技巧。



DATE 日期	Sunday 4th, 11th, 18th & 25th October 10月4日・11日・18日及25日（星期日）
TIME 時間	4:30pm – 5:20pm (50 mins) 下午4時30分至5時20分（50分鐘）
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$800 (for 4 lessons) 會員\$760・非會員\$800（4堂）
AGE 年齡	7 – 12 years 7-12歲

JUNIOR TAEKWONDO 少年跆拳道

One of the Club's most popular youth programmes, Junior Taekwondo offers children the opportunity to develop fitness, coordination and self-confidence. Under the guidance of our experienced instructors, students learn new techniques, build discipline and focus, and work steadily towards higher belt levels. New participants are always welcome to join.

少年跆拳道是本會其中一項最受歡迎的青少年課程，為孩子們提供提升體能、協調性及自信心的機會。在經驗豐富的教練指導下，學員可學習新的技術、培養自律性及專注力，並穩定提升段位級別。歡迎新學員參加！



DATE 日期	Saturday 3rd, 10th, 17th & 31st October 10月3日・10日・17日及31日（星期六）
TIME 時間	4:00pm – 5:00pm (All Levels) 下午4時至5時（所有級別）
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$800 (for 4 lessons) 會員\$760・非會員\$800（4堂）
AGE 年齡	4 years and above 4歲及以上



WALL CLIMBING

運動攀石訓練班

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

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。

DATE 日期	Sunday 18th & 25th October 10月18日及25日（星期日）
TIME 時間	11:30am – 1:00pm 上午11時30分至下午1時
VENUE 地點	Children's Playroom (Climbing Wall) 兒童遊戲室（攀石牆）
PRICE 收費	Member \$460, Guest \$580 (for 2 lessons, including Children's Playroom entrance fee) 會員\$460，非會員\$580（兩堂，包括課程當日的兒童遊戲室入場費）
AGE 年齡	6 – 10 years 6-10歲

ENGLISH DRAMA ACADEMY

英語話劇訓練班

Led by an experienced instructor, English Drama Academy provides a fun and engaging way for children to develop their English language skills through storytelling, role play, script writing, speech, dance and performance. Through creative activities and self-expression, participants build confidence, strengthen communication skills and improve their spoken English.



在經驗豐富的導師帶領下，英語話劇訓練班為孩子們提供一種寓教於樂的方式，透過說故事、角色扮演、劇本創作、演講、舞蹈及表演等活動，幫助他們提升英語語言技能。創意活動及自我表達能夠幫助學員建立自信，增強溝通能力，並提高英語口語水平。

DATE 日期	Monday 5th & 12th October 10月5日及12日（星期一）
TIME 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 — 下午5時30分至晚上6時30分 B班 — 下午4時30分至5時30分
VENUE 地點	Gym Activities Room
PRICE 收費	Member \$420, Guest \$440 (for 2 lessons) 會員\$420，非會員\$440（兩堂）
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 years A班 3-5歲，B班 6-12歲



JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

These one-on-one badminton lessons are tailored to each junior player's age, ability, and learning pace. Sessions focus on technique, footwork with clear guidance to help players improve consistency and confidence on court. Suitable for beginners as well as those looking to refine their skills through personalized coaching.

這一對一羽毛球課程是根據每位少年學員的年齡、能力及學習進度度身定制。課程重點在於技術及步法，並提供清晰的指導，幫助學員提高球場上的穩定性及自信心。課程適合初學者及希望透過個人化指導提升技能的學員參加。

PRIVATE LESSONS 私人課程收費

1pax : \$720/hour (including court hire)
一人：\$720/每堂一小時（包括場租）
2pax : \$920/hour (including court hire)
二人：\$920/每堂一小時（包括場租）

JUNIOR BADMINTON GROUP LESSONS

少年羽毛球 — 團體訓練班

Fast, dynamic, Badminton is a sport that develops agility, coordination and quick decision making from an early age. Our Junior Badminton Lessons introduce children to the techniques and movement of the game through structured coaching and match play practice.

羽毛球是一項速度快、充滿活力的運動，能夠從小培養孩子的敏捷性、協調性及快速決策能力。本會的少年羽毛球課程透過系統性的教練指導及比賽練習，為孩子們介紹這項運動的技術及步法。

DATE 日期	Friday 2nd, 9th, 16th, 23rd & 30th October 10月2日、9日、16日、23日及30日（星期五）
TIME 時間	(A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 — 晚上6時30分至7時30分 B班 — 晚上7時30分至8時30分
VENUE 地點	Aerobics Room
PRICE 收費	Member \$1,350, Guest \$1,400 (For 5 lessons) 會員\$1,350，非會員\$1,400（5堂）
AGE 年齡	(A) 6 – 10 years (B) 11 – 16 years A班 6-10歲，B班 11-16歲

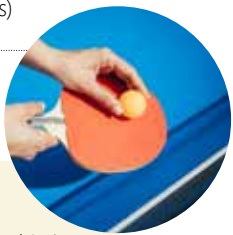


TABLE TENNIS LESSONS (PRIVATE) 乒乓球 — 私人課程

Join us for professional Table Tennis coaching suitable for players of all ages and skill levels. Lessons are led by our experienced instructor, with extensive technical skills and game strategies. Whether you are a beginner looking to master the basics or an advanced player aiming to elevate your competitive edge, our coach will tailor a training plan to your personal goals, helping you progress quickly and enjoy the fun of the game.

本課程適合所有年齡層及不同技術水平的學員參加，由經驗豐富、在技巧及戰術策略上均擁有深厚專業造詣的教練親自執教，無論你是想掌握基本功的初學者，還是渴望提升競爭優勢的高階選手，教練都會根據你的個人目標量身定制訓練計劃，助你快速進步，並盡情享受乒乓球運動的樂趣。

1 HOUR 每堂一小時
\$460 per person (including court hire)
每位\$460（包括場租）

1½ HOURS 每堂1½小時
\$680 per person (including court hire)
每位\$680（包括場租）

2 HOURS 每堂兩小時
\$880 per person (including court hire)
每位\$880（包括場租）

		9			4	6		
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				7	9		3	
		8	4			5		

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

September Solution
9月份遊戲答案

Congratulations to the
winner of last month's
puzzle

恭喜上期得獎者

Mr Patrick Ma

SUDOKU© PUZZLES BY PAPPOCOM

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

Submit your answer to the Editor by fax at 2118 0206 or email to:

vivian-ng@pacificclub.com.hk by latest Wednesday, 14th October. 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 November. Good Luck!

請於10月14日(星期三)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11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

BASKETBALL PRIVATE LESSONS 私人籃球課堂

Dribble, shoot, defend and score with confidence. These one-on-one coaching sessions with our experienced coach are tailored to your level, helping you sharpen your skills, improve technique and become a stronger all-round player.

讓你自信滿滿地運球、投籃、防守、得分。本會經驗豐富的教練將為你提供一對一的指導課程，內容將根據你的水平度身定制，幫助你提升技能、改進技術，成為更全面的球員。



PRIVATE LESSONS (1 PAX) 私人課程(一人)

1-hour 1小時課程 \$650 per person 每位 \$650

1½ hour lessons 1½小時課程 \$900 per person 每位 \$900

PRIVATE LESSONS (2 PAX) 半私人課程(二人)

1-hour 1小時課程 \$900 per session 每堂 \$900
(Additional participant: 〔額外參加者：每堂/每位 \$200/pax, up to 8 pax〕 \$200，上堂人數最多8位)

Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約私人籃球課堂，請致電 2118 1707 向四樓網球部查詢。

YOGA AT THE CLUB 太平洋會瑜伽班

Find time to slow down, stretch and reset with our yoga sessions at the Club. Suitable for both beginners and experienced practitioners, each class focuses on improving flexibility, balance and strength while encouraging a sense of calm.

Led by our experienced instructors, sessions flow through a considered sequence of postures and relaxation techniques, helping to release tension, improve posture and restore ease in both body and mind.

於星期一、二、四、五及日參加本會的瑜伽班，放慢腳步，舒展身心，重煥活力。無論你是瑜伽初學者還是經驗豐富的練習者，每節課堂都會專注提升你的柔軟性、平衡和力量，同時幫助你獲得內心的平靜。經驗豐富的教練將帶領你體驗一系列精心設計的體位法和放鬆技巧，幫助釋放壓力，改善體態，讓身心都放鬆。



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

VENUE
地點

Aerobics Room

PRICE
收費

Members \$190/class, \$1,710/10 classes, Guests \$310/class
會員每堂\$190，10堂套票\$1,710，非會員每堂\$310

REMARK
備註

Packages must be completed within 4 months
套票必須於4個月內完成

For more information, please call the 2/F Reception on 2118 1890.

報名請致電二樓接待處：2118 1890。



BEIJING RIVIERA COUNTRY CLUB

北京香江花園俱樂部

The Beijing Riviera Country Club, nestled in the prestigious Beijing Central Villa District, offers unparalleled convenience, located just 15 minutes from the bustling heart of Beijing and Capital Airport.

Culinary enthusiasts will delight in the array of dining options available. The Jamaica Blue Cafe, with its inviting open-air decor, serves a delightful selection of light international cuisine, including fresh sandwiches and vibrant salads, complemented by an impressive coffee menu.

For a more sophisticated dining experience, Bistro Saveur brings a taste of the Mediterranean, offering exquisite tapas and expertly prepared wood-fired steaks and seafood, all paired with approachable wines for a relaxed atmosphere.

The Riviera Cantonese Pavilion is renowned for its authentic Chaoshan cuisine and traditional Hong Kong-style dim sum, meticulously prepared using seasonal ingredients.

For Japanese cuisine aficionados, the Japanese Restaurant presents an exquisite ambiance, featuring Teppanyaki cooking stations that showcase authentic izakaya flavors with charcoal grills and teppan griddles.

The Beijing Riviera Country Club boasts a wide selection of both indoor and outdoor recreational facilities. The Club has a fully equipped Fitness Centre, private men's and women's dry/wet saunas and hot/cold massage pools, indoor and outdoor swimming pools, squash court, golf driving range, basketball court, multi-functional sports hall and four outdoor tennis courts.

With versatile meeting and banquet halls, the club is also an ideal venue for business events and intimate gatherings. Visitors to Beijing can enjoy comfortable overnight accommodations at attractive rates.

Don't miss the opportunity to secure a Letter of Introduction for the distinguished Beijing Riviera Country Club, a welcoming haven for Members of the Pacific Club.



北京香江花園俱樂部坐落於久負盛名的北京中央別墅區，地理位置優越，交通極為便利，距離北京繁華市中心及首都機場僅需 15 分鐘車程。

美食愛好者一定會對這裡豐富多元化的餐飲選擇感到歡喜。「藍色牙買加」咖啡廳擁有宜人的開放式環境，供應一系列美味的國際風味輕食，包括新鮮三文治及色彩豐富的沙律，並供應種類繁多的優質咖啡。

若想享受更精緻的用餐體驗，法國小酒館「Bistro Saveur」帶來了一抹地中海風情，供應各式精美佐酒小吃，以及由名廚精心烹製的火炭烤牛排及海鮮，搭配親民、香醇可口的葡萄酒，營造出輕鬆愜意的氛圍。

「香悅明居」餐廳以其道地的潮汕菜及傳統港式點心而聞名，所有菜餚均選用時令食材精心烹製。對於日本料理愛好者而言，日式餐廳「京味亦羽橋」營造出精緻優雅的用餐氛圍，並設有鐵板燒烹飪台，透過炭火烤架及鐵板設備呈現正宗的居酒屋風味。

北京香江花園俱樂部擁有豐富的室內外休閒娛樂設施，包括設備齊全的健身中心、男女獨立的乾/濕桑拿房及冷熱按摩池、室內外游泳池、壁球場、高爾夫練習場、籃球場、多功能運動館及四個室外網球場。

此外，俱樂部設有功能多元化的會議及宴會廳，是舉辦商務活動及私人聚會的理想場所。來京訪客亦可以優惠價格享有舒適的住宿體驗。

切勿錯失良機，前來本會索取介紹信，尊貴的北京香江花園俱樂部是太平洋會會員的最佳選擇。



The Pacific Club Spa offers tailor-made beauty treatments for gentlemen & ladies. Book your appointment today and discover the miracle of beauty!

LPG

INNER POWER.
BETTER LIFE.

LPG endermologie®

「動能活化」
啟動內源力量



*For reservation, please call our
Spa Reception on 2118 1890*

Made in **France**

CELLU M6 ALLIANCE®

LPG endermologie® technology gently stimulates the skin to reactivate dormant cellular activity. **100% Natural and painless**, it provides visible results instantly with zero side effects. Over 200,000 people choose this technology every day.