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PACIFIC VIEWS

January 2025



# Spring Dinners at Pacific Club for Lunar New Year

## 太平洋會 農曆新年春茗聚餐

10th January – 12th February  
1月10日至2月12日

Come and celebrate the Lunar New Year of the Snake with a memorable Spring Dinner at the Pacific Club.

If you are planning a function, our Red, Silver, and Gold Menus provide the perfect selection for any occasion. Let us help you create a special Lunar New Year experience for your guests in an elegant and festive setting.

For booking enquiries, please contact Bauhinia Restaurant on 2118 1892.

歡迎前來太平洋會舉行農曆新年春茗聚餐，迎接蛇年的來臨！

若你正準備籌劃農曆新年慶祝聚餐，太平洋會絕對是你的最佳選擇！我們特別設計了「大展鴻圖」、「銀祿齊來」及「金玉滿堂」三款菜單，不論是公司聯歡或宴請客戶皆宜。

如欲查詢詳情，請致電2118 1892與紫荊閣餐廳聯絡。



### 大展鴻圖 Red Menu

五福臨門拼盆  
蜂蜜叉燒、牛展、燒鴨、椒鹽鮮魷、芥末雲耳  
**Appetizer Combination**

Honey Glazed Barbecued Pork, Marinated Beef Shin,  
Roasted Duck, Deep-fried Squid with Spicy Salt,  
Black Fungus in Wasabi Sauce

XO醬翡翠野菌炒蝦仁蚌仁拼 避風塘紫菜豆腐  
Stir-fried Shrimps and Clams  
with Vegetables and Mushrooms in XO Sauce  
accompanied by Pan-fried Seaweed Tofu with Spicy Salt

發財好市伴蒜子瑤柱甫  
Braised Dried Oysters and Dried Moss  
with Whole Conpoy and Garlic

瑤柱姬松茸竹笙燉湯  
Double-Boiled Princess Matsutake Soup  
with Conpoy and Bamboo Fungus

龍蝦湯脆米蒸原條石斑  
Steamed Whole Garoupa in Lobster Soup with Crispy Rice

太平洋脆皮炸子雞  
Roasted Crispy Lung Kong Chicken

黑松露乾燒伊麵  
Stewed E-fu Noodles with Black Truffle

生炒臘味糯米飯  
Fried Glutinous Rice with Preserved Meats

紅豆沙湯丸  
Sweetened Red Bean Soup with Sesame Dumplings

鴛鴦雙美點  
蜂蜜糕、蓮茸煎堆仔  
**Chinese Petits Fours**  
Steamed Brown Sugar Sponge Cake with Honey  
Deep-fried Sesame Balls with Lotus Seed Paste

**\$9,088 per table for 12 persons**  
including 3 hours' unlimited serving of Soft Drinks,  
Orange Juice and Chinese Tea  
每桌\$9,088供12位用，  
包括3小時任飲汽水、橙汁及中國茶

\*Red Menu is not available for private room booking  
"大展鴻圖"菜單不適用於預訂宴會廳房

### 銀祿齊來 Silver Menu

大紅乳豬件伴 蜂蜜叉燒皇  
Roasted Suckling Pig  
accompanied by Honey Glazed Barbecued Pork

彩椒炒特級安格斯牛柳粒拼 炸荔枝球  
Pan-fried Cubed Angus Beef with Bell Peppers  
with Deep-fried Lychee-Shrimp Meatball

原粒瑤柱甫伴 好市冬菇  
Braised Whole Conpoy, Dried Oyster  
and Black Mushrooms

椰子竹笙燉雞湯  
Double-boiled Chicken Soup  
with Bamboo Fungus and Coconut

清蒸大海東星斑  
Steamed Spotted Garoupa

太平洋脆皮炸子雞  
Roasted Crispy Lung Kong Chicken

鮑汁燒伊麵  
Braised E-fu Noodles with Abalone Sauce

鴛鴦炒飯  
Duo of Fried Rice  
Shrimp in Cream Sauce and Chicken in Tomato Sauce

紅豆沙湯丸  
Sweetened Red Bean Soup with Sesame Dumplings

鴛鴦雙美點  
蜂蜜糕、蓮茸煎堆仔  
**Chinese Petits Fours**  
Steamed Brown Sugar Sponge Cake with Honey  
Deep-fried Sesame Balls with Lotus Seed Paste

**\$10,888 per table for 12 persons**  
including 3 hours' unlimited serving of Soft Drinks,  
Orange Juice and Chinese Tea  
每桌\$10,888供12位用，  
包括3小時任飲汽水、橙汁及中國茶

### 金玉滿堂 Gold Menu

金陵乳豬全體  
Roasted Whole Suckling Pig

XO醬翡翠蝦球香煎帶子伴 松葉蟹窩貼蝦多士  
Sautéed Prawns, Pan-fried Scallops and Vegetables in  
XO Sauce accompanied by Deep-fried Shrimp and Snow  
Crab on Toast

火腿雞茸燉燕窩羹 或 椰子螺頭燉花膠湯  
Braised Bird's Nest Soup with Yunnan Ham  
and Minced Chicken  
or  
Double-boiled Fish Maw Soup  
with Sea Whelk and Coconut

清蒸大海東星斑  
Steamed Spotted Garoupa

蜜汁香煎金蠔伴 澳洲鮑片鵝掌  
Pan-fried Dried Oysters with Honey  
with Braised Sliced Australian Abalone  
and Goose Webs

太平洋脆皮炸子雞  
Roasted Crispy Lung Kong Chicken

生炒臘味糯米飯  
Fried Glutinous Rice with Preserved Meats

上湯煎粉果  
Pan-fried Dumplings with Shrimps, Pork  
and Water Chestnuts served with Bouillon

紅豆沙湯丸  
Sweetened Red Bean Soup with Sesame Dumplings

鴛鴦雙美點  
芝麻糕、蓮茸煎堆仔  
**Chinese Petits Fours**  
Steamed Sesame Pudding  
Deep-fried Sesame Balls with Lotus Seed Paste

**\$12,688 per table for 12 persons**  
including 3 hours' unlimited serving of Soft Drinks,  
Orange Juice and Chinese Tea  
每桌\$12,688供12位用，  
包括3小時任飲汽水、橙汁及中國茶

## Board of Governors

Henry Tang 唐英年  
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 K.C. Chan 陳家強  
 Oscar Chow 周維正  
 Toshiaki Yamamoto 山本利章

## Management 管理階層

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Irene Chan Human Resources Manager	陳亮而 人力資源部經理 E-mail: irene-chan@pacificclub.com.hk	Tel: 2118 1806 Fax: 2118 1832

## Bookings 預約及查詢電話

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

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Dear Members

Happy New Year! As we enter 2025, the Pacific Club is the place to start the year with a range of fantastic celebrations. And with Lunar New Year falling at the end of January, we have an exciting programme of events and dining experiences to welcome the Year of the Snake.

On 3rd and 4th January, savour French favourites at the Chef's Epiphany Dinner Buffet, and on 5th, join us for the Galette des Rois

Sunday Lunch Buffet to enjoy the traditional French cake of Kings. In addition, enjoy the Hot Pot Dinner Buffet on selected Fridays at The Island View, and on Saturdays, experience New Zealand's finest at our Cloudy Bay Clams & Wine Dinner Buffet, showcasing Marlborough clams and premium Cloudy Bay wines. January also brings Black Winter Truffles from Périgord in France to Pier 6, starting from the 14th, and Prime Beef Nights on prime-numbered dates, where you can enjoy premium cuts freshly carved to order.

On 28th, gather with loved ones at The Island View for our Lunar New Year's Eve Australian Oyster & Wagyu Beef Dinner Buffet. On 30th, celebrate the highlight of the season with the Lunar New Year Fireworks Display Dinner Buffet at The Island View and Pier 6, or choose an exclusive dining experience with a Chinese Set Dinner at Bauhinia or an Italian-inspired Set Menu at Capricci. Each offers a front-row view of Victoria Harbour's dazzling fireworks display.

Looking ahead to February, celebrate Valentine's Day with us on Friday, 14th February. For a truly unforgettable evening, and something very special indeed, book our Romantic Sunset Harbourfront Dinner at the Sundeck. Against the stunning backdrop of Victoria Harbour, enjoy an exclusive menu paired with premium beverages, enhanced by personalised touches such as engraved Champagne flutes and a bouquet of roses. Full details about this incredible experience are on page 23. Alternatively, choose from romantic dining options at The Island View, Pier 6, or Capricci, each offering incredible Valentine's menus to create lasting memories with your loved one.

Finally, this month's issue includes a special double-page feature showcasing the highlights, results, and photos from our recent Annual Pacific Club Tennis Championships. Congratulations to all the winners on their outstanding performances! We would also like to inform Members that the Golf Driving Range will be temporarily closed from 6th to 13th January for an upgrade. This includes replacing the artificial turf with a new high-performance surface, ensuring an enhanced experience for all. The range will reopen on 14th January.

Wishing you a happy and prosperous start to the year and I look forward to celebrating these special occasions with you and your family here at the Club.

尊敬的會員，

新年快樂！踏入 2025 年，太平洋會將舉辦一連串精彩的慶祝活動來展開新的一年。隨著 1 月底農曆新年的臨近，我們安排了多項令人興奮的活動及餐飲體驗來迎接蛇年的到來。

首先於 1 月 3 日及 4 日，大家可以前來參加「主顯節」主廚美食自助晚餐品嚐法式美食，並於 5 日參加我們的「國王酥餅」週日自助午餐，品嚐傳統的法國國王蛋糕。此外，大家還可以於特定的星期五在 Island View 享用火鍋自助晚餐，而於特定的星期六則可以在 Cloudy Bay 鮮蜆及葡萄酒自助晚餐品嚐紐西蘭最好味的美食，包括生長於 Marlborough 的蜆及優質 Cloudy Bay 葡萄酒。另外，Pier 6 餐廳將由 1 月 14 日開始為大家帶來法國 Périgord 地區的冬季黑松露，並於 1 月份每個「質數日」舉行優質牛排之夜，讓大家可以享用即時切割及烹調的優質牛排。

於 1 月 28 日，歡迎與至愛家人前來 Island View 享用澳洲生蠔及和牛美食自助晚餐，慶祝農曆年廿九；而到了 30 日，Island View 及 Pier 6 餐廳將舉行農曆新年的焦點盛事——農曆新年煙花匯演自助晚餐，大家也可以選擇到紫荊閣享用中式晚餐，或到 Capricci 享用意大利風味套餐，感受獨特的用餐體驗。每間餐廳均可在露台上欣賞到維多利亞港上空的璀璨煙花匯演。

展望 2 月份，歡迎於 2 月 14 日星期五與我們一起慶祝情人節。如果你想度過一個與眾不同、真正難忘的夜晚，我們也為大家準備了特別的安排——預訂在本會日光浴平台上舉行的浪漫日落海濱晚餐。在令人讚嘆的維多利亞港襯托下，享受專屬菜單配搭高級餐飲，並獲得刻有你名字的香檳杯及玫瑰花束等專屬禮品。想了解更多關於這個千載難逢的體驗，請參閱第 23 頁。此外，大家亦可以選擇到充滿浪漫氣氛的 Island View、Pier 6 或 Capricci 餐廳享用美味的情人節晚餐，與所愛之人締造難忘的回憶。

最後，在本月份的會刊內包括了一個特別的雙頁專題，刊登了我們最近舉行的年度太平洋會網球比賽的結果及照片。恭喜所有表現出色的優勝者！同時，我們也在此通知各會員，本會的高爾夫練習場將於 1 月 6 日至 13 日暫時關閉以進行場地改善工程，工程會將現有的草坪更換成新的高性能人造草坪，以確保為大家提供更好的使用體驗。新的練習場將於 1 月 14 日重新開放。

本人謹代表太平洋會祝大家及貴家屬新年快樂、萬事如意，並期待在會所與大家一起慶祝佳節。

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



PACIFIC CLUB

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“善家”由 Harbour City Estates Ltd 旗下之太平洋會出版。  
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# LUNAR NEW YEAR CAKE ORDER FORM

## 農曆新年 年糕訂購表格

Chef Yip Tsang Keung and his team at Bauhinia Restaurant have prepared three choices of delicious Lunar New Year Cakes to help you celebrate the advent of the Year of the Snake. The cakes make perfect gifts for your family and friends!

為迎接農曆新年的來臨，本會紫荊閣總廚葉增強師傅和他的一班助手，為大家精心製備了三款色香味俱全的新年糕點，作為餽贈親朋或自奉享用之佳品。

Member's Name (in full):  
會員姓名

Membership Number:  
會員編號

Contact Telephone Number:  
聯絡電話

Collection Date:  
領取日期

Approximate Time:  
領取時間

ITEM 食品	QUANTITY 數量	UNIT PRICE 單價	SUB-TOTAL 總額
Lunar New Year Cake 年糕		\$160	
Turnip Cake with Preserved Meats 臘味蘿蔔糕		\$190	
Water Chestnut Cake with Brown Sugar 黑糖馬蹄糕		\$175	
		TOTAL 總額	

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

- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk  
訂購方法：請填妥此表格，並交回紫荊閣；或傳真至 2118 0207；或電郵至 lawrence-lo@pacificclub.com.hk。
- The date for ordering begins on 2nd January, whilst stock lasts.  
於 1 月 2 日開始接受訂購，數量有限，售完即上。
- Collection may be made from 21st - 28th January at Bauhinia Restaurant.  
閣下訂購之年糕可於 1 月 21 日至 28 日期間到紫荊閣領取。
- Please allow three days for preparation.  
請提前三天時間預訂。
- The charges of this confirmed order will be directly debited to your account.  
有關費用將直接於閣下之月結賬戶內扣除。
- For enquiries, please call Bauhinia Restaurant on 2118 1892.  
如有查詢，請致電紫荊閣：2118 1892。

Member's Signature 會員簽署





By Tommy Ko,  
Membership Manager

撰文：會籍部經理 - Tommy Ko



As you know, the Pacific Club is fully committed to protecting the environment and supporting sustainable initiatives. Our vision is to establish ourselves as a truly "green" Clubhouse within Hong Kong society.

For over 15 years, we have actively worked to recycle waste materials generated from our daily operations. In 2024 alone, we successfully collected approximately 20 tons of recyclable waste. In order to enhance our collective efforts in environmental protection, we invite Members to join us by contributing selected domestic waste materials for recycling. Below, you'll find details on the types of materials we can accept and the designated collection points for your donations:

- Used Clothes, CDs & Ink Cartridges - G/F Car Park Entrance
- Paper, Plastics, Metals and Rechargeable Batteries - G/F Car Park Exit
- Old Books - 1/F Corridor leading to Swimming Pool
- Used Tennis Balls - 4/F Tennis Lobby

In addition, we also encourage Members to register to use e-statements, as well as reading the Club's e-magazine online. To register for an e-statement and e-magazine, please contact the 2/F Reception Desk or Membership Office, or you may send an email request to [membership@pacificclub.com.hk](mailto:membership@pacificclub.com.hk). We believe every small effort together can make a big difference!

## Telephone Recording & Surveillance Cameras

For security reasons, please note that most of the public/common areas of the Club are covered by surveillance cameras with a recording function. These areas include the Car Park, Driveway, Lobbies, Corridors, Receptions, Lifts, Bowling Alley, Children's Playroom, Gymnasium and Swimming Pool. In addition, a telephone recording system is in operation at the 2/F & 4/F Reception Desks for the purpose of staff training and service quality control.

## Club Closure at Chinese New Year

The Pacific Club will be closed on Lunar New Year's Day, Wednesday, 29th January. On behalf of the Club Management and Staff, we extend our warmest wishes to all Members and their families for a healthy, happy, and prosperous Year of the Snake.

Kung Hei Fat Choi!

相信大家知道，太平洋會一向致力於保護環境及支持可持續發展的措施，我們的目標是能夠在香港社會成為一間真正的「綠色」會所。

在過去 15 年來，我們一直持續回收每天經由營運時產生的各種不同廢棄物料，僅於 2024 年，我們已經成功收集了大約 20 噸的廢棄物料。為了推廣這項環保意識予持份者，本會鼓勵各會員一同參與這回收計劃，並把一些廢棄的家居物料帶到會所以作回收用途。以下是我們可以回收物料的種類及其收集地點：

- 舊衣物、光碟及油墨打印匣 — 地層停車場入口
- 紙張、塑膠、金屬及可再充電電池 — 地層停車場出口
- 舊書籍 — 一樓通往游泳池的走廊
- 舊網球 — 四樓網球部大堂

此外，我們亦鼓勵會員登記使用電子帳單及在本會網頁瀏覽電子版「薈絮」。會員可在二樓接待處或會籍部登記使用電子帳單及電子版「薈絮」，或可發送電子郵件到 [membership@pacificclub.com.hk](mailto:membership@pacificclub.com.hk)。我們相信每一個細微的環保措施都可以成就大改變。

## 電話錄音和監控攝錄系統

請各會員注意，基於保安理由，本會在會所公眾範圍內已設置監控攝錄機及有關錄影系統。這些範圍包括停車場、車路、大堂、走廊、接待處、電梯、保齡球場、兒童遊樂室、健身室及游泳池。此外，我們已將所有致電二樓及四樓接待處的電話內容錄音，作為日後員工培訓及服務質素監察用途。

## 農曆年會所休業

各會員請注意，本會將於 1 月 29 日（星期三）農曆年初一休業一天。

太平洋會全人預祝所有會員及貴家屬，蛇年身體健康、喜氣洋洋、百事亨通！



Selected  
Friday Nights  
特定星期五晚上



## Twin Hot Pot Dinner Buffet Lobster Broth & Mongolian-spiced Broth

On selected Fridays, head to The Island View for a unique hot pot experience with our Twin Hot Pot Dinner Buffet, featuring two exceptional broths: a luxurious Lobster broth and an aromatic Mongolian-spiced broth. Savour premium cuts of lamb and beef, along with a wide array of fresh ingredients to cook right at your table.

In addition to the hot pot, enjoy our extensive Buffet, offering hot and cold dishes, fresh seafood, sushi, desserts, and more. Perfect for a fun night out with friends or family, this is dining at its most interactive and flavourful.

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

Date : Friday, 17th, 24th & 31st January  
Time : Dinner  
Venue : The Island View Restaurant  
Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$128  
Reservations : 2118 1846

### 鴛鴦火鍋自助晚餐 龍蝦湯底及蒙古香辣湯底

於1月17日、24日及31日星期五晚上，歡迎前來 Island View 餐廳盡情享用特色鴛鴦火鍋自助晚餐，同時以奢華的龍蝦湯底及惹味的蒙古香辣湯底來親自烹煮各式各樣的火鍋食材，包括高級牛肉及羊肉等。

除了火鍋，我們豐富的自助餐中也將提供各式冷熱菜餚、海鮮、壽司、甜點等，讓你與家人朋友共度美好的夜晚。

晚餐收費：成人 \$498；小童 6-12歲 \$328；3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

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



# New Zealand Cloudy Bay Clams & Wine Dinner Buffet

Selected  
Saturday  
Nights

特定星期六晚上

## 紐西蘭 Cloudy Bay 鑽石蜆及葡萄酒自助晚餐

Join us at The Island View on selected Saturdays this month for an unforgettable dining experience celebrating the best of New Zealand at our **Cloudy Bay Clams & Wine Dinner Buffet**. At the heart of the feast are the famous Marlborough Diamond Shell Clams, perfectly paired with Cloudy Bay wines— both flowing freely throughout the evening.

Watch as our chefs prepare dishes live at the open kitchen and on the Balcony, cooking the clams with their namesake wine to bring out their delicate flavour. The Buffet also features a bounty of New Zealand's finest produce, including lamb, beef, fish, seafood, and a vibrant selection of fruits, offering a true taste of the region.

Cloudy Bay wines and soft drinks are included, making this a Saturday night celebration not to be missed.

Date : Saturday, 18th & 25th January

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498,

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

於1月18日及25日星期六晚上，歡迎大家前來 Island View 享用 Cloudy Bay 鑽石蜆及葡萄酒自助晚餐，品嚐紐西蘭最優質的美食，享受難忘的用餐體驗。這場盛宴的主角是著名的 Marlborough 鑽石蜆，與 Cloudy Bay 葡萄酒是完美的配搭——現在兩者都可以在整個晚上盡情享用。

屆時，大家可以觀看我們的廚師在開放式廚房及露台上即場準備菜餚，用相同出產地的葡萄酒烹調鑽石蜆，以呈現其細緻的風味。在自助餐中還會供應以紐西蘭最優質食材烹調的菜式，包括羊肉、牛肉、魚、海鮮及各種新鮮水果，完全展現紐西蘭真正的地道風味。

自助餐除了美食外，還有 Cloudy Bay 葡萄酒及汽水，令這個週六晚上的慶祝活動更不容錯過。

晚餐收費：成人 \$498；小童 6-12歲 \$328；3-5歲 \$128

訂座請致電 2118 1846。

To book your table, please call The Island View on 2118 1846



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

**Holiday Notice**

Please note that all junior and adult group classes will be cancelled on New Year's Day on 1st January and Lunar New Year Holidays from 29th – 31st January.

**課程暫停舉行**

請注意，所有兒童及成人團體課程，將於1月1日元旦日，及1月29日至31日農曆新年公眾假期暫停舉行。



## Fascia Exercise Training

Fascia, a vital connective tissue encompassing and supporting muscles, bones, and organs, is the focus of these specialised classes at the Club, held on Mondays. Led by our experienced instructor, these sessions employ targeted techniques to improve flexibility, mobility, and overall physical function. Elevate your workout routine with the transformative benefits of fascia classes.

**筋膜運動訓練**

筋膜是跨越整個身體的複雜結締組織，為肌肉、骨骼和器官提供必要的穩定性和凝聚力。在這一小時課程中，學員將以針對性的練習來改善筋膜的活動、增強肌肉力量、骨骼槓桿力及平衡力。課程適合16歲及以上的會員參加，1月份4堂收費 — 會員\$720，非會員\$1,200。

備註：課程以廣東話授課

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

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

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

Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only

## Funky Dance

Our Funky Dance classes offer a lively aerobic workout that seamlessly blends music, movement, and calorie-burning. With a dynamic mix of music and steps, you'll experience a unique exercise program. In just one hour, you'll achieve around 7,000 dancing steps, infusing your routine with energy and excitement.



**Funky舞蹈班**

Funky Dance是一種有趣、簡單，又充滿活力的有氧跳舞運動，以不同的音樂和舞步形式來消耗體內的卡路里，在一小時的課堂內便可完成多達7,000個舞步。課程於星期五舉行，適合16歲及以上的會員參加，1月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Friday 3rd, 10th, 17th & 24th January

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

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

Age : 16 years and above

## Zumba Fitness

The Club offers exciting Zumba classes every Sunday. These high-energy dance fitness classes are perfect for those looking to have fun while getting a great workout. Our classes feature a mix of Latin and international music and dance styles, and are suitable for all fitness levels. Come join the fun and get your heart rate up!

**尊巴健體舞班**

尊巴健身舞班於星期日舉行，在音樂和舞蹈的結合之下，充份體驗高能量帶氧舞蹈的鍛鍊，在享受拉丁美洲及各國獨特動感舞蹈的同時，亦可燃燒身體脂肪，讓自己變得更健康。尊巴舞的動作簡單易學，適合16歲及以上不同體能程度的會員參加，1月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Sunday 5th, 12th, 19th & 26th January

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

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

Age : 16 years and above







## Stretching Exercise Class

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

### 伸展運動班

定期進行伸展運動不僅能預防受傷，亦是提高生活品質的全面方法。在課程中，大家可學習糾正姿勢、增強靈活性及促進血液循環，還可以緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。課程於星期五舉行，適合16歲及以上的會員參加，1月份4堂收費 — 會員\$720，非會員\$1,200。

備註：課程以廣東話授課

Date : Friday 3rd, 10th, 17th & 24th January

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

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

Age : 16 years and above

Instruction: Please note, this class is taught in Cantonese only



## Schedule in January 一月份課程

### Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate / Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Wall Climbing	4:30pm – 6:00pm
Men's Double Training	7:00pm – 9:00pm Men's (B)

### 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
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

### Thursday

Yoga	10:30am – 11:30am (C)
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 (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)

### Saturday

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

### Sunday

Zumba Fitness	10:00am – 10:45am
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)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

\* Members can sign up for 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 enrollment.

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。

To enroll in these classes, please contact the 2/F Reception on 2118 1890.  
報名參加以上課程，請致電 2118 1890。

# Galette des Rois Sunday Lunch Buffet

Experience our Galette des Rois Sunday Lunch Buffet and have the chance to become the reigning King or Queen for a day!

Join us at The Island View Restaurant on Sunday, 5th January for a taste of this traditional French cake, complete with a hidden porcelain figurine. Originating from the 14th Century, this time-honoured holiday tradition deems that the lucky recipient of the hidden figurine in their slice is declared the day's royalty, adorned with a special golden paper crown!

Be sure to join us at The Island View for an exceptional Lunch Buffet featuring all your favourite dishes, including the Galette des Rois cake.

## 週日自助午餐 特別送上「國王酥餅」

The Island View 將於1月5日（星期日）舉行的自助午餐中，特別送上「國王酥餅」，讓大家當一次國王或皇后！

屆時，我們會特別準備以酥皮製成的著名傳統法式糕餅「國王酥餅」，裡面裝滿甜杏仁奶油，以及隱藏了一個特製的瓷器小雕像。這款酥餅的歷史源自法國14世紀的一個節日，現今凡是發現隱藏的瓷器小雕像的人都會被宣佈為國王或皇后，晚上會戴上特別的金紙皇冠！

自助午餐收費：成人 \$428  
小童 6-12歲 \$285；3-5歲 \$128

Date : Sunday 5th January  
Time : From 12:00noon  
Venue : The Island View Restaurant  
Price : Adults \$428, Children 6-12 years \$285, 3-5 years \$128  
Reservations : 2118 1846

## BYOB Salad Build Your Own Bowl 親自製作你的自選沙律

After the indulgence of the holidays, keep things light and delicious with our **Build Your Own Bowl**. Tailored to your taste, this all-day offering at the Club Bar makes healthy eating enjoyable in just three simple steps:

1. Choose the size and base of your salad.
2. Select your favourite toppings from our wide range of fresh ingredients.
3. Finish with your choice of flavourful dressings.

Stop by the Club Bar today and create your perfect salad.

在盡情享受節日美食後，大家可能會想品嚐一些清淡可口的食物吧！所以會所酒吧特別為大家準備「自製沙律」，全日提供可以讓大家依照個人口味製作的大碗沙律，只需三個簡單的步驟即可享受健康美食：

1. 選擇沙律的份量和底層食材。
2. 從我們種類繁多的新鮮食材中選擇最喜歡的面層食材。
3. 最後搭配你選擇的美味調味醬汁。

今天就前來會所酒吧，製作你的完美沙律。





# Deep-fried Shrimp on Toast

## 窩貼炸蝦多士

Deep-fried Shrimp on Toast is a crispy and delicious party snack that both adults and children love. The Lunar New Year is approaching and I believe many of you will arrange parties or gatherings for celebrations. This is the perfect snack to serve your guests over the holidays!

窩貼炸蝦多士是一道香脆美味的派對小食，大人小孩都會喜歡。農曆新年將至，相信大家都會安排很多派對或聚餐活動，這是節日期間招待客人的完美小吃！



By Chef Yip Tsang Keung  
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅



### Recipe:

Ingredients (8 toasts):

- 2 Slices of White Bread
- 8 Shrimps
- 2 Eggs (separate the whites and yolks)
- A little Salt
- A little Chicken Powder
- 3-4 tsp Cornstarch
- A little Parsley

### 材料（8件多士）：

- 白麵包 兩片
- 蝦 8隻
- 雞蛋 兩隻（將蛋白、蛋黃分開）
- 鹽 少許
- 雞粉 少許
- 生粉 3-4茶匙
- 芫茜 少許

### Method:

1. Cut each slice of bread into 4 portions and set aside.
2. Remove the shrimp shells, mix the shrimps with a little of salt and cornstarch, then wait for 2-3 minutes. Wash and rinse away the salt and cornstarch with water.
3. Dry the shrimps with kitchen paper and place them in the refrigerator for 20 minutes.
4. Take out the shrimps, add a little salt, chicken powder and egg white again and mix well.
5. Then cut the back of the shrimps and remove the intestines, set aside.
6. Use two egg yolks, add a little of salt and 3 teaspoons of cornstarch, mix well into a paste.
7. Coat the shrimps with the egg yolk paste and place one shrimp on each piece of bread. Then add a little parsley on the shrimps as well.
8. Heat the oil to 50°C and deep-fry the shrimp toasts. Make sure to put the shrimp side down.
9. After deep-frying the shrimp toasts for 1-2 minutes, increase the oil temperature to 80°C slowly and continue deep-frying for 3-4 minutes.
10. Place the shrimp toasts on an oil absorbent paper for a while and then serve.

### 製作方法：

1. 將每片麵包切成4份，備用。
2. 將蝦去殼，先用少許鹽、生粉拌均，待2-3分鐘後用水清洗及沖走鹽及生粉。
3. 用廚房紙吸乾蝦的水分，然後將蝦放入冰箱待20分鐘。
4. 將蝦取出，再次加入少許鹽、雞粉、蛋白拌均。
5. 然後將蝦的背部切開，清除蝦腸，備用。
6. 用兩隻蛋黃，加入少許鹽、3茶匙生粉拌均成漿狀。
7. 將蝦粘滿蛋黃漿，然後放在麵包上，再在蝦上放少許芫茜。
8. 將油燒熱至50度，然後放入蝦多士。記得要將有蝦的一面向下放入油炸。
9. 炸蝦多士1-2分鐘後慢慢將油加熱至80度，繼續炸3-4分鐘。
10. 將蝦多士放在吸油紙待一會，即可上碟。

# Lunar New Year at the Pacific Club

## 太平洋會 農曆年慶祝晚宴

There is simply no better place to welcome the Lunar New Year of the Snake than at the Club's restaurants. Come and enjoy the fantastic ambiance on Lunar New Year's Eve, and don't miss the breathtaking views of the Harbour Fireworks Display on the second day of the New Year.

本會各餐廳是慶祝蛇年來臨的最佳地點！我們已特別準備了豐富的中西美食，與大家一同歡度農曆年廿九及年初二。欲免向隅，請儘早訂座。

Tuesday, 28th January  
農曆年廿九 (1月28日 (星期二))

Thursday, 30th January  
年初二 (1月30日 (星期四))

Lunar New Year's Eve

### Australian Oyster & Wagyu Beef Dinner Buffet

at The Island View & Pier 6 Restaurant

Celebrate Lunar New Year's Eve with a spectacular feast at The Island View and Pier 6 Restaurant. Enjoy unlimited jet-fresh Australian Oysters alongside an extensive selection of hot and cold dishes, including Wagyu Beef. Gather with loved ones and savour this indulgent buffet as you welcome the New Year in style.

For an additional \$178 per person, our Beverage Package includes Sake, Red and White Wines, Beers, Soft Drinks and Orange/Apple Juice.

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

Reservations : 2118 1846

The Island View & Pier 6餐廳

### 澳洲生蠔及和牛美食自助晚餐

歡迎大家於年廿九前來慶祝農曆新年，品嚐新鮮澳洲生蠔、和牛菜式及其他豐富自助美食。

收費：成人 \$498，小童 6-12歲 \$328；3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

### Lunar New Year Fireworks Display Dinner

at The Island View & Pier 6 Restaurant

Join us for an unforgettable Lunar New Year Fireworks Display Dinner Buffet! Savour a sumptuous spread of culinary delights while enjoying front-row views of the dazzling display over Victoria Harbour. A perfect evening to celebrate with family and friends.

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

Price : Adults \$688, Children 6-12 years \$455, 3-5 years \$128

Reservations : 2118 1846

The Island View及Pier 6餐廳

### 農曆新年煙花匯演自助晚餐

享用豐富自助美食，同時欣賞維港上空的精彩煙花匯演，歡度農曆年初二。

收費：成人 \$688，小童 6-12歲 \$455；3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。



Thursday, 30th January  
年初二(1月30日(星期四))

## Lunar New Year Set Dinner at Bauhinia Restaurant

Experience an unforgettable Lunar New Year Fireworks Display at Bauhinia Restaurant with our exclusive Lunar New Year Set Menu.

Price : Adults \$938, Children \$628  
Reservations : 2118 1892

### 紫荊閣 農曆新年煙花匯演中式晚餐

在紫荊閣欣賞精彩的農曆新年煙花匯演，並享用應節晚餐套餐一同慶祝。

收費：成人 \$938，小童 \$628  
訂座請致電 2118 1892。

#### MENU

恭賀新禧 — 招牌蜂蜜叉燒皇、陳醋雲耳、海蜇燻蹄  
Barbecued Honey-glazed Pork, Marinated Black Fungus with  
Vinegar, Marinated Pork Knuckle in Chinese Spices with Jelly

Fish

\*\*\*

萬事如意 — 牛油上湯焗龍蝦 (每位半隻)  
Baked Lobster with Butter Sauce (half piece per person)

\*\*\*

身體健康 — 海底椰椰子燉鷄湯  
Double Boiled Chicken with Coconut and Sea Coconut

\*\*\*

和氣生財 — 柚子香煎金蠔伴花菇鵝掌  
Pan-fried Dried Oysters with Yuzu Sauce  
accompanied by Goose Webs and Mushrooms

\*\*\*

年年有餘 — 金銀蒜茸粉絲蒸石斑頭腩  
Steamed Garoupa Brisket with Garlic and Vermicelli

\*\*\*

金銀滿屋 — 芥蘭炒鴛鴦腸雞球  
Stir-fried Preserved Sausages and Chicken with Chinese Kale

\*\*\*

五穀豐收 — 黑松露乾燒伊麵  
Stewed E-fu Noodles with Black Truffle

\*\*\*

滿堂吉慶 — 雙美點  
蜂蜜糕、豆沙酥角  
Chinese Petits Fours  
Steamed Brown Sugar Sponge Cake with Honey  
and Deep-fried Bean Paste Pastries

\*\*\*

闔府團圓 — 紅豆沙湯丸  
Sweetened Red Bean Soup with Sesame Dumplings

## Club Closure at Lunar New Year

Please note that the Pacific Club will be closed on Lunar New Year's Day – Wednesday, 29th January. Kung Hei Fat Choi!

### 農曆年初一會所休業

請注意，本會將於1月29日(星期三)農曆年初一休業一天。恭喜發財！

Thursday, 30th January  
年初二(1月30日(星期四))

## Lunar New Year Fireworks Display Italian Set Dinner Menu at Capricci

Celebrate the Lunar New Year Fireworks Display with our special Italian Set Menu at Capricci. Experience a menu of incredible Italian dishes, whilst watching from the Balcony.

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

Price : Adults \$498, Children \$328  
Reservations : 2118 1803

### Capricci餐廳 農曆新年煙花匯演意式晚餐

前來 Capricci 餐廳，可以享用我們特別設計的意大利晚餐，同時欣賞農曆新年煙花匯演。一邊品嚐精緻的意大利菜餚，一邊在露台上觀賞美景。

收費：成人 \$498，小童 \$328  
每位另加\$178可任飲紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁  
訂座請致電 2118 1803。

#### MENU

Festive Antipasti  
\*\*\*

Baked Beef Consommé with Black Truffle and Ravioli  
\*\*\*

Red Prawn Pasta  
\*\*\*

Black Angus Beef in Two Ways  
Seared Tenderloin and Short Rib Croquette  
Balsamic Jus | Caramelised Shallot | White Onion Soubise  
\*\*\*

Tri-Colour of Valrhona Chocolate  
Mandarin Sorbet



## The Island View Lunch & Dinner Buffets

### Celebration of Lunar New Year from 20th January to 9th February

Gather your loved ones and join us at The Island View Restaurant from 20th January to 9th February for an unforgettable dining experience.

Embrace the spirit of Lunar New Year with a delicious showcase of Chinese culinary treasures at our Buffet, available for both Lunch and Dinner. On the Second Day of the Lunar New Year, indulge in a sumptuous spread featuring an array of dishes honouring the arrival of the Year of the Snake.

### 農曆新年自助午餐及晚餐

#### 1月20日至2月9日與大家同慶農曆新年!

為慶祝農曆新年，Island View 餐廳除了在大年初二舉行自助晚餐，為大家送上豐盛的農曆新年必備菜餚，以慶祝蛇年的來臨外，還會於1月20日至2月9日期間舉行的自助午餐及晚餐中再為大家送上各式各樣的中西賀年美食。



## And there's more... Lo Hei Celebrations

Available from 20th January to 9th February during Lunar New Year Lunch and Dinner Buffets

Welcome the Year of the Snake with an auspicious Lo Hei! Traditionally enjoyed during the first 15 days of the Lunar New Year, this vibrant dish symbolises prosperity and good fortune. Please remember to pre-order Lo Hei when making your reservation.

Each ingredient carries a special meaning: raw fish represents abundance and longevity; golden crisps embody wealth; pomelo and lime symbolise good luck and profit, among others.

The experience of Lo Hei is as joyful as its symbolism. Gather around the table as the ingredients are added one by one, crowned with fresh raw fish. Participants then toss the salad high into the air with chopsticks, accompanied by New Year wishes. The belief is simple: the higher the toss, the greater the fortune!

Celebrate this tradition with family and friends to usher in a year of prosperity and happiness at The Island View!

Date : 20th January - 9th February (except 28th January, 30th January to 2nd February for themed dinner buffets and Club closed on 29th January)

Time : From 6:00pm

Venue: The Island View Restaurant

Price : **Including Lo Hei (please pre-order when making reservations) :**

Lunch : Adults \$328, Children 6-12 years \$230, 3-5 years \$168

Lunch on 30th : Adults \$428, Children 6-12 years \$285, 3-5 years \$128

Dinner : Adults \$428, Children 6-12 years \$296, 3-5 years \$168

**Excluding Lo Hei:**

Lunch : Adults \$288, Children 6-12 years \$190, 3-5 years \$128

Dinner : Adults \$388, Children 6-12 years \$256, 3-5 years \$128

To order Lo Hei on the spot, please add \$55 per person (whilst stock lasts)

Reservations: 2118 1846

增添更多喜氣...

### 農曆新年 — 魚生「撈起」

於1月20日至2月9日農曆新年自助午餐及晚餐中供應

(1月28日、1月30日至2月2日的特色主題自助晚餐，及1月29日會所關閉除外)

以魚生「撈起」來迎接蛇年來臨! 「撈起」是中國慶祝農曆新年的傳統美食，尤其流行於新加坡及馬來西亞，一般於農曆新年開始的15天內食用。大家請記得在訂座時要同時預訂魚生「撈起」!

這道美味菜餚中的每種食材都有其吉祥意思：魚生意味著豐盛長壽；金黃色的脆片代表財富；柚子和青檸被解釋為好運和財富等。

「撈起」的方式與它的象徵意義一樣令人愉快。當開始「撈起」時，大家會圍成一桌，將食材一一放在碟上，最後將生魚片放在最面層。當大家用筷子把食材高高地撈起時，新年願望就能實現。人們相信將食材撈得愈高，所獲得的財富就愈多。

與家人朋友一起慶祝這項傳統，在 Island View 迎來繁榮和幸福的一年!

自助午餐及晚餐收費 —

包括享用魚生「撈起」(請於訂座時預訂) :

自助午餐 : 成人 \$328; 小童 6-12歲 \$230, 3-5歲 \$168

1月30日自助午餐 : 成人 \$428; 小童 6-12歲 \$285, 3-5歲 \$128

自助晚餐 : 成人 \$428; 小童 6-12歲 \$296, 3-5歲 \$168

不包括享用魚生「撈起」 :

自助午餐 : 成人 \$288; 小童 6-12歲 \$190, 3-5歲 \$128

自助晚餐 : 成人 \$388; 小童 6-12歲 \$256, 3-5歲 \$128

即場下單享用魚生「撈起」: 每位加\$55 (售完即止)

訂座請致電 2118 1846。





# Lunar New Year

## Poon Choi Takeaway Order Form at Bauhinia

Limited Availability!  
限量供應

### 紫荊閣中餐廳 —— 農曆新年 外賣盆菜訂購表格

Experience the authentic taste of Poon Choi at your home with Bauhinia restaurant's Poon Choi takeaway! Enjoy a luxurious pot brimming with layers of premium ingredients - the perfect dish for your family reunion..

Bauhinia's Poon Choi is available on Tuesday, 28th January only in various sizes for 4, 6 or 8 persons. Please order early to avoid disappointment.

在家中享用紫荊閣的外賣盆菜，體驗正宗的中式盛宴！盆中載滿豐盛的優質食材，代表來年豐衣足食 —— 是一家共慶團圓的完美菜餚。

紫荊閣外賣盆菜於1月28日（星期二）供應，設有三款大小選擇，可供 4、6 或 8 人享用。欲免向隅，請儘早訂購。

	數量 QUANTITY	單價 UNIT PRICE	總額 SUB-TOTAL
Serves 4 Persons (4位用)		\$1,398	
Serves 6 Persons (6位用)		\$2,098	
Serves 8 Persons (8位用)		\$2,798	
		總額 TOTAL	

會員姓名 Member's Name : \_\_\_\_\_ 會員編號 Membership Number : \_\_\_\_\_  
 聯絡電話 Contact Telephone Number : \_\_\_\_\_ 會員簽名 Member's Signature : \_\_\_\_\_

- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk  
 訂購方法：請填妥此表格，並交回紫荊閣；或傳真至2118 0207；或電郵至lawrence-lo@pacificclub.com.hk。
- Ordering begins from Wednesday, 15th January, whilst stock lasts.  
 外賣盆菜訂購日期：1月15日（星期三）開始，數量有限，售完即止。
- Collection must be made on Tuesday, 28th January at 4:00pm at Bauhinia Restaurant (one day only).  
 閣下訂購之外賣盆菜，必須於1月28日（星期二）下午4時到紫荊閣領取（只限一天）。
- The charges of this confirmed order will be directly debited to your account.  
 有關費用將直接於閣下之月結賬戶內扣除。
- For enquiries, please call Bauhinia Restaurant on 2118 1892.  
 如有查詢，請致電紫荊閣：2118 1892。

Abalone	原隻8頭鮑魚
Sea Cucumber with Oyster Sauce	蠔皇海參
Dried Oyster in Port Wine	砵酒金蠔
Whole Conpoy	瑤柱甫
Stewed Ox Tripe with Chinese Spices	五香牛肚
Prawns	蝦
Black Mushrooms with Chicken Sauce	雞汁北菇
Dried Black Moss	髮菜
Roasted Duck	燒鴨
Roasted Pork	燒肉
Chicken with Ginger	沙薑雞
Duck Web	鴨掌
Taro and Pork Belly	芋頭扣肉
Dace Balls	鯪魚球
Hog Skin	豬皮
Turnip	蘿蔔
Bean Curd Sheet with Red Fermented Bean Curd	南乳枝竹
Chinese Cabbage	娃娃菜
Broccoli	西蘭花

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

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



# Raclette, Tartiflette and Cheese Fondue Dinner Buffet



For an authentic alpine culinary experience, head to The Island View Restaurant in January. Indulge in the true flavours of the mountains with our very popular Dinner Buffet, held 10th - 11th of the month. On offer will be all your cheesy favourites, such as Raclette, bubbling Fondue and hearty Tartiflette.

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

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Date : Friday 10th & Saturday 11th January  
Time : Dinner  
Venue : The Island View Restaurant  
Price : Adults \$498,  
Children 6-12 years \$328, 3-5 years \$128  
Reservations : 2118 1846

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## The Island View 自助晚餐 熱溶芝士、烤焗芝士薯仔及 芝士火鍋之夜

想品嚐正宗的歐洲高山美食，請於1月10日（星期五）及11日（星期六）前來 Island View 餐廳享用自助晚餐，屆時我們將為大家帶來所有最受歡迎的芝士美食，包括熱溶芝士、芝士火鍋及烤焗芝士薯仔等。

晚餐收費：成人 \$498；小童 6-12歲 \$328；3-5歲 \$128  
每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

# Chef's Epiphany Dinner Buffet

## 「主顯節」主廚美食自助晚餐

Kick off the new year with a celebration of French culinary excellence at our Chef's Epiphany Dinner Buffet, taking place on 3rd and 4th January. Leading up to Epiphany Sunday, when we crown kings and queens with the Galette des Rois, this special Dinner Buffet is a tribute to France's finest flavours.

Indulge in a spectacular feast of French delights, including fresh oysters, foie gras, and the season's first black Périgord truffles, as well as much, much more.

於1月3日及4日晚上，我們將舉辦「主顯節」主廚美食自助晚餐，歌頌卓越的法式烹飪，以此拉開新年的序幕。

在主顯節週日到來之前，我們將用國王酥餅為國王和王后加冕，這份特別的自助晚餐是對法國最美味佳餚的致敬。盡情享受法式美食的盛宴，包括新鮮生蠔、鵝肝和當季第一批Périgord黑松露等。

自助晚餐收費：成人 \$498；小童 6-12歲 \$328；3-5歲：\$128

訂座請致電 2118 1846。

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Date : Friday 3rd & Saturday 4th January  
Time : Dinner  
Venue : The Island View Restaurant  
Price : Adults \$498,  
Children 6-12 years \$328, 3-5 years \$128  
Reservations : 2118 1846

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



# Black Winter Truffles at Pier 6

Pier 6餐廳 — 冬季黑松露菜式



To celebrate the Winter Truffle Season, Chef Daniel has prepared a very special Black Truffle Menu this month at Pier 6, showcasing these prized fungi.

Transport your tastebuds to new heights of indulgence with Black Winter Truffles, directly from the Périgord region of southwest France. Renowned as the pinnacle of culinary luxury, these rare winter treasures are available for a limited time at Pier 6.

為慶祝冬季黑松露的收成，Chef Daniel 將於1月14日起在 Pier 6 餐廳準備非常特別的黑松露菜單，以呈獻這款珍貴的菌類美食。

產自法國西南部風景如畫的Perigord地區的黑冬松露，風味細緻，香氣濃郁，定能將你的味蕾帶入新境界。這種罕見的冬季珍品被譽為奢華美食中的極品，只在 Pier 6 限時供應。

訂座請致電 2118 1878。

Date : From 14th January

Venue : Pier 6 Restaurant

Reservations : 2118 1878



\$148 per bowl (每份)

## Black Truffle Spaghetti

Available on World Spaghetti Day for One Day Only!

### 黑松露意大利麵

為慶祝1月4日「世界意大利麵節」— 僅此一天

The 4th of January is observed as World Spaghetti Day! What better way to pay homage to this beloved pasta than by enhancing it with this season's Périgord Black Winter Truffle? For just one day, indulge in our exclusive offering of Black Truffle Spaghetti, available at Capricci and the Club Bar.

每年1月4日是慶祝「世界意大利麵節」的日子 — World Spaghetti Day! 還有什麼慶祝方式比使用時令的 Périgord 冬季黑松露來配搭一道美味意大利麵更好的呢? 僅此一天，我們將於 Capricci 餐廳及會所酒吧特別為大家送上黑松露意大利麵，請不要錯過!



From 3rd January  
at the Club Bar



## Taste the Classic: Philly Cheesesteak Sandwich

品嚐經典美食 — 費城芝士牛排三文治  
由 1 月 3 日起在會所酒吧供應

This month at the Club Bar, we're bringing Members the iconic Philly Cheesesteak Sandwich — tender beef, caramelised onions, and melted cheese, all packed into a perfectly toasted roll. Served with fries, jalapenos, and dill pickles, this is a meal that satisfies every craving.

於 1 月份在會所酒吧，我們將為大家帶來一款標誌性美食 — 費城芝士牛排三文治 — 將鮮嫩牛肉、焦糖洋蔥和熱溶芝士包裹在烤焗完美的麵包中，再配搭薯條、墨西哥辣椒和醃黃瓜一同享用，是一款可以滿足你各種渴望的美食。



## Chef Keung's Favourite Bites at Bauhinia

紫荊閣 — 強師傅舌尖上的美食

This month, join us at Bauhinia Restaurant and enjoy a selection of Chef Keung's most cherished recipes. January's highlights include Simmered Chicken with Ginger and Spring Onions as well as Pan-fried Angus Beef and Mushroom in a Casserole.

Date : 1st - 28th January  
Venue : Bauhinia  
Reservations : 2118 1892

於 1 月 1 日至 28 日期間，強師傅將於紫荊閣為大家送上多款拿手好菜，包括家鄉薑蔥撈雞、砂窩乾通什菌安格斯牛腩煲，以及其他精選菜式。訂座請致電 2118 1892。

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



# Prime Beef Nights at Pier 6

Starting 3rd January, join us on every Prime Number date of the month for our incredible USDA Prime Beef Night at Pier 6.

Choose your favourite cut from our Butcher's Trolley and watch as it's freshly carved to your desired size, right before your eyes. Each perfectly cooked steak is served with velvety mashed potato, confit garlic and tomato, caramelised shallot, and marinated watercress.

Elevate your meal with a selection of sauces: Three Peppercorn and Cognac, Café de Paris, or Madeira. For the perfect finishing touch, enjoy freshly grated horseradish, Dijon mustard, or grain mustard.

**And there's more... Guess the weight of your raw cut steak accurately within +/- 5g on the scale, and it's on the house!**

Date : 3rd, 5th, 7th, 11th, 13th, 17th,  
23rd, 29th & 31st January

Time : Dinner

Venue : Pier 6

Reservations : 2118 1878

## 優質牛排之夜

由1月3日開始，Pier 6 餐廳將於1月份的每個「質數日」，即3日、5日、7日、11日、13日、17日、19日、23日及31日，舉行美國農業部優質牛排之夜。

屆時大家可以從我們放置了各款牛排的手推車中選擇你最喜歡的一款，並告訴我們你喜歡多大的份量，然後我們便會即時將你想要的牛排切下來。

每塊牛排均拌以焗薯、油封香蒜番茄、焦糖青蔥和醃西洋菜，大家亦可以從三款黑胡椒醬、巴黎卡菲醬和馬德拉醬中選擇其一，並搭配新鮮即磨的辣根茸、第戎芥末和芥末籽醬享用。

你覺得還未滿足...若你能猜中你選擇的生切牛排的正確重量，只要答案在+/- 5克之內，那麼這份牛排就由我們免費送上！

訂座請致電 2118 1878。

# Capricci Parmesan Wheel from 7th January

由1月7日起 Capricci 餐廳送上  
巴馬臣芝士輪意大利麵

Experience pasta like never before with our **Parmesan Wheel Pasta Promotion** at Capricci this month. Selected pasta is expertly tossed and finished tableside in our 24-month aged Parmesan Wheel, creating a rich, velvety sauce infused with authentic flavour.

For true cheese lovers, this is a must-try.

For reservations call Capricci on 2118 1803



本月份，Capricci餐廳將送上巴馬臣芝士輪意大利麵，讓大家以另類的方式享用意大利美食。屆時，我們會在大家的餐桌旁即時將各位的意大利麵放入經過24個月熟成的巴馬臣芝士輪中仔細攪拌，讓所有麵條都被濃郁、柔滑、充滿正宗風味的芝士醬汁包裹著。

這是芝士愛好者不能錯過的美食。

訂座請致電 2118 1803。

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



# Valentine's Day at the Pacific Club

## 太平洋會 情人節晚餐

### Valentine's Day Dinner Buffet at The Island View Restaurant

Join us for an unforgettable Valentine's Day Dinner Buffet at The Island View and indulge in a lavish buffet spread in a romantic setting. Treat your beloved to a night of exquisite culinary delights!

Each adult diner can enjoy a half Boston Lobster Thermidor in addition to the Buffet.

Venue : The Island View Restaurant

Price : Adults \$598

Children 6-12 years \$395, 3-5 years \$128

(including a Punch Bar serving unlimited Alcoholic and Non-alcoholic Fruit Punch)

Reservations : 2118 1846

#### The Island View 餐廳 — 情人節自助晚餐

於情人節當晚，與至愛一同前來Island View，在維港美景的陪伴下享用豐富自助美食，共度一個浪漫的夜晚！

當晚，每位成年客人更可享受芝士焗龍蝦半隻。

晚餐收費（包括任飲有酒精及無酒精果汁賓治）：

成人 \$598；小童 6-12歲 \$395，3-5歲 \$128

訂座請致電 2118 1846。







## Romantic Menu at Pier 6

Celebrate this Valentine's Day at Pier 6 with our exclusive Valentine's Day Romantic Menu, designed to create unforgettable culinary moments with the one you love.

### Pier 6餐廳 — 情人節晚餐套餐

今年情人節，Pier 6餐廳將充滿浪漫氣氛，並為大家準備精緻美味的情人節晚餐，讓你與至愛一同慶祝佳節。

晚餐收費：每位\$1,098，包括享用餐前香檳一杯，及與菜式配搭的精選葡萄酒或無酒精飲品。

訂座請致電 2118 1878。

Time : Dinner

Venue : Pier 6 Restaurant

Price : \$1,098 per person  
(including welcome Champagne and  
Wine Journey/ non-alcoholic Beverage Pairing)

Reservations: 2118 1878

#### MENU

Mille-feuille of Duck Foie Gras and Black Truffle

\*\*\*

Hokkaido Scallops with Saffron and Pumpkin

\*\*\*

Beef Fillet Mignon and Langoustine Tails

\*\*\*

Caramelised Pistachio Soufflé  
with Raspberry Sorbet

\*\*\*

Petits Fours

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

## Valentine's Day Italian-inspired Set Menu at Capricci

Experience the romantic allure of Italy at Capricci this Valentine's Day. Join us for an evening featuring an Italian-inspired Set Dinner Menu, shared with your special someone.

### Capricci餐廳 — 意式情人節晚餐套餐

歡迎前來Capricci餐廳享用意式晚餐，與至愛一同體驗意大利情人節的浪漫情懷。

晚餐收費：每位\$798，包括享用餐前香檳一杯，及與菜式配搭的精選葡萄酒或無酒精飲品。

訂座請致電 2118 1803。

Time : Dinner

Venue : Capricci

Price : \$798 per person  
(including welcome Champagne and Wine Journey /  
non-alcoholic Beverage Pairing)

Reservations: 2118 1803

#### MENU

Mediterranean Red Prawn Carpaccio

\*\*\*

Egg Yolk Raviolo "Carbonara"

\*\*\*

Duo of Beef Tenderloin and Snow Crab

\*\*\*

Milk Chocolate and Yuzu Delight

\*\*\*

Petits Fours

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

# Oyster Fridays

## Every Friday is Oyster Night at the Club Bar

Make Friday night extra special with Oyster Night at the Club Bar! Enjoy freshly-shucked Oysters, available by the piece and served with your choice of Mignonette & Lemon or a tantalizing, spicy Bloody Mary Shot.

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

Date : Every Friday in January

Venue : Club Bar

### 週五「盡享生蠔」之夜 每個星期五晚上都是會所酒吧的 「盡享生蠔」之夜！

於1月份逢星期五晚上前來會所酒吧品嚐即叫即開的新鮮生蠔，搭配香草檸檬醬或辣味血腥瑪麗酒一同享用，令這個晚上變得不一樣！

多加一重享受…同時享用精選香檳，每杯只需\$78。



# Champagne Cheers

## A Selection of Premium Champagnes by the Glass and Bottle

This January, let the champagne flow at all of the Club's outlets. From the 6th to the 31st, join us at all outlets to celebrate the sparkle of the season with an exceptional selection of champagnes by the glass and bottle.

Whether you're toasting to the New Year or simply savouring the moment... life is always better with bubbles!

### 暢飲精選高級香檳 杯裝及瓶裝優惠

於1月份，本會為大家送上香檳優惠！由1月6日至31日期間，大家可以在各餐廳及酒吧盡情暢飲多款精選的杯裝及瓶裝香檳，慶祝光輝燦爛的新一年來臨。

無論你是想慶祝新年還是只是享受這一刻...這些黃金泡泡總能令人生變得更美好！





Friday, 14<sup>th</sup> February  
2月14日(星期五)

The Ultimate Valentine's Day Experience...

# Romantic Sunset Harbourfront Dinner

終極情人節體驗...

## 浪漫日落海濱晚餐

For the pinnacle of exclusivity this Valentine's Day, book our Romantic Sunset Harbourfront Dinner experience at the Pacific Club's Sundeck, where every detail has been designed to create the ultimate romantic evening. Against the breathtaking backdrop of Victoria Harbour at sunset, this unforgettable experience is reserved for an elite few...

Your evening begins with a reception of Champagne and canapés, featuring personalised, engraved Champagne flutes to commemorate the occasion. As you make your way to your private table, a bouquet of fresh roses and the soft glow of the setting sun set the stage for a night like no other.

Indulge in a one-of-a-kind Menu, inspired by the Seven Seas and Five Oceans, specially prepared by your personal chefs. Each course is perfectly paired with premium Champagnes, wines, and refined botanicals, selected with care by our Maître d'hôtel. Every element ensures this evening is unforgettable and yours to cherish.

This is not just a dinner, it is the ultimate romantic evening, designed to celebrate the beauty of shared moments. A true once-in-a-lifetime experience for those who desire nothing but the best.

Reservations are strictly limited and confirmed on a first-come, first-served basis, with written confirmation required. In the event of unsuitable weather, the elegant, harbour-facing enclosed balcony at The Island View will serve as the perfect alternative.

The evening includes: Personal Maitre d'hotel service, Champagne and Canapé reception, personalised engraved Champagne flutes, celebratory bouquet of roses, menu and beverage pairing, selection of finest homemade chocolates, a framed picture taken on the night and transfer home via Uber.

This luxurious dinner is available for \$4,888 per person.

To reserve your exclusive table, please contact our Banqueting & Events team on 2118 2851 or 2118 2295 by 5th February.

想於今個情人節享受一個無與倫比的尊貴體驗？請即預訂我們將於會所日光浴平台上舉行的浪漫日落海濱晚餐吧！當晚的每一個細節都會經過精心設計，旨在打造一個終極浪漫的夜晚。在日落時分令人讚嘆的維多利亞港襯托下，這種難忘的體驗只有我們少數的尊貴會員可享有...

屆時，我們會以香檳酒會開始這個夜晚。大家可以使用刻有你個人名字的香檳杯來享用香檳並收藏作紀念，及品嚐精美的開胃菜。當你步向你的餐桌時，一束新鮮的玫瑰花及柔和的夕陽餘暉已準備好為你創造一個與眾不同的夜晚。

接著請大家盡情享用由當晚的專屬廚師團隊準備，靈感來自七海五洋的獨一無二菜式。每道菜式都會完美配搭由本會的專業侍餐人員精心挑選的高級香檳、葡萄酒及優質蔬果，讓每一個元素都確保這個夜晚令人難忘且值得珍惜。

這不僅是一頓晚餐，而是一個終極浪漫的夜晚，旨在慶祝共享時刻的美好。對於只追求最完美的人士來說，這是一次真正千載難逢的體驗。

由於座位數量有嚴格的限制，所以預訂時需要按照先到先得的原則並進行書面確認。如果當晚天氣不佳，Island View餐廳面向海港的優雅玻璃幕牆露台將成為完美的後備之選。

晚餐包括：專屬服務員侍餐、供應香檳及開胃菜的香檳酒會、刻有你個人名字的紀念香檳杯、玫瑰花束、美酒佳餚、最優質的自製朱古力、當晚拍照留念連相框，及安排Uber送大家回家。

這頓豪華晚餐的收費為每位\$4,888

要預訂你的專屬餐桌，請於2月5日前致電 2118 2851 或 2118 2295 與本會宴會部聯絡。

### MENU

Delight of Atlantic Blue Lobster

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Hokkaido Sea Urchin

\*\*\*

Otoro Bluefin Tuna

\*\*\*

Oysters and Caviar Pearls

\*\*\*

Tasmanian Ocean Trout and Saffron

\*\*\*

Fillet of Dover Sole and Périgord Black Truffle

\*\*\*

Valrhona Tainori Chocolate with Buddha's Hand

\*\*\*

Petits Fours

# January 2025

## EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Spring Dinners at Bauhinia</b> 10th Jan - 12th Feb</p>	 <p><b>Lunar New Year Fireworks Display Dinner</b> 30th</p>					
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	Tennis Team Training	Tennis Team Training	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training	Italian Wheel Cheese Pasta Promotion at Capricci from 7th	"A Bite of Chef Keung" Promotion at Bauhinia 1st - 28th	Lunar New Year Cake Order at Bauhinia from 2nd	Oyster Fridays at Club Bar	Chef's Epiphany Dinner Buffet with French Delights at Island View
Galette de Rois Sunday Lunch Buffet at The Island View	Semi-buffet Dinner at The Island View	Prime Beef Nights at Pier 6	1	2	Pilly Cheese Steak Sandwich at Club Bar 3rd - 31st	Beer and Wings Happy Hour at Club Bar
Sunday Dinner Buffet at Island View	Champagne Cheers at All Outlets from 6th	7			Prime Beef Nights at Pier 6	Black Truffle Spaghetti on Spaghetti Day at Capricci & Club Bar
Prime Beef Nights at Pier 6	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Chef's Epiphany Dinner Buffet with French Delights at Island View	Berrylicious! Afternoon Tea at Oyster Bar
Berrylicious! Afternoon Tea at Oyster Bar	Yoga / Wall Climbing	Yoga	Tennis Team Training	Tennis Team Training	Build Your Own Salad at Club Bar from 3rd	at Oyster Bar
5	Fascia Exercise Training	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Water Aerobics / Stretching Exercise	Junior Swimming School
Zumba Fitness / Yoga	Men's Double Training	Prime Beef Nights at Pier 6	8	9	Yoga / Funky Dance	Junior Tennis Academy
Sunday Junior Tennis	Semi-buffet Dinner at The Island View	Water Aerobics	English Drama Academy	Yoga	Junior Swimming School	Junior Taekwondo
Sunday Social Tennis	Champagne Cheers at All Outlets from 6th	Yoga	Tennis Team Training	Tennis Team Training	Junior Badminton	Raclette, Tartiflette and Cheese Fondue Dinner Buffet at The Island View
Rope Skipping	Ladies' Monday Tennis	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	Junior Swimming School	Beer and Wings Happy Hour at Club Bar
Sunday Lunch & Dinner Buffet at Island View	Yoga / Wall Climbing	Black Winter Truffle Menu at Pier 6 from 14th	Poon Choi Takeaway Order at Bauhinia	Yoga	Oysters Friday at Club Bar	Prime Beer Nights at Pier 6
Berrylicious! Afternoon Tea at Oyster Bar	Fascia Exercise Training	14	15	16	Spring Dinners at Bauhinia 10th Jan - 12th Feb	Berrylicious! Afternoon Tea at Oyster Bar
12	Men's Double Training	Water Aerobics	English Drama Academy	Tennis Team Training	Raclette, Tartiflette and Cheese Fondue Dinner Buffet at The Island View	11
Zumba Fitness / Yoga	Prime Beef Nights at Pier 6	Yoga	Tennis Team Training	Semi-buffet Dinner at The Island View	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Semi-buffet Dinner at The Island View	Semi-buffet Dinner at The Island View	English Drama Academy	Semi-buffet Dinner at The Island View	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Semi-buffet Dinner at The Island View	Junior Swimming School	Junior Taekwondo
Rope Skipping	Yoga / Wall Climbing	Yoga	English Drama Academy	Yoga	Junior Badminton	Beer and Wings Happy Hour at Club Bar
Sunday Lunch & Dinner Buffet at Island View	Fascia Exercise Training	Pick-up Lunar New Year Cake at Bauhinia 21st - 28th	Poon Choi Takeaway Order at Bauhinia	16	Oysters Friday at Club Bar	New Zealand Cloudy Bay Clams and Wine Dinner Buffet at The Island View
Prime Beef Nights at Pier 6	Men's Double Training	21	22	23	Mongolian Spiced and Lobster Broth Hot Pot Dinner Buffet at The Island View	Berrylicious! Afternoon Tea at Oyster Bar
Berrylicious! Afternoon Tea at Oyster Bar	Lunar New Year Afternoon Tea at Oyster Bar 20th Jan - 9th Feb	Water Aerobics	English Drama Academy	Tennis Team Training	Prime Beef Nights at Pier 6	Junior Swimming School
19	Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View	Yoga	Tennis Team Training	Prime Beef Nights at Pier 6	Water Aerobics / Stretching Exercise	Junior Tennis Academy
Zumba Fitness / Yoga	Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View	Lunar New Year Cake	22	23	Yoga / Funky Dance	Junior Taekwondo
Sunday Junior Tennis	Lunar New Year Afternoon Tea at Oyster Bar 20th Jan - 9th Feb	Pick-up Lunar New Year Cake at Bauhinia 21st - 28th	22	23	Junior Swimming School	Beer and Wings Happy Hour at Club Bar
Sunday Social Tennis	Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View	Water Aerobics	Club Closed for Lunar New Year	Lunar New Year Fireworks Display Dinner at the Club	Junior Badminton	New Zealand Cloudy Bay Clams and Wine Dinner Buffet at The Island View
Rope Skipping	Lunar New Year Afternoon Tea at Oyster Bar (except 28th Jan to 2nd Feb)	Yoga	Club Closed for Lunar New Year	Lunar New Year Fireworks Display Dinner at the Club	Junior Badminton	25
Sunday Lunch & Dinner Buffet at Island View	Ladies' Monday Tennis	Lunar New Year's Eve - Australian Oyster & Wagyu Beef Dinner Buffet at The Island View	29	30	Mongolian Spiced and Lobster Broth Hot Pot Dinner Buffet at The Island View	
26	Yoga	Pick-up Takeaway Poon Choi at Bauhinia & Pier 6	29	30	Prime Beef Nights at Pier 6	
	Fascia Exercise Training	28			Oysters Friday at Club Bar	
	Men's Double Training	27			Oysters Friday at Club Bar	
	27					
	28					
	29					
	30					
	31					





# February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Spring Dinners at Bauhinia 15th-12th</p>	 <p>Lunar New Year Lunch &amp; Dinner Celebrations at The Island View 3rd - 9th</p>	 <p>Lunar New Year Afternoon Tea at Oyster Bar 1st - 9th</p>	 <p>Valentine's Day Dinners at the Club 14th</p>			
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training			Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training				Junior Badminton	Saturday Dinner Buffet at The Island View
Lunar New Year Children's Fun Day	Wall Climbing				Oyster Fridays at Club Bar	
2	3	4	5	6	7	8
Sunday Lunch & Dinner Buffet at Island View	Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View 3rd - 9th				Friday Dinner Buffet at The Island View	
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training			Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training				Junior Badminton	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at Island View	Wall Climbing				Valentine's Day Dinners at the Club	
9	10	11	12	13	14	15
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training			Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training				Junior Badminton	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at Island View	Wall Climbing				Oyster Fridays at Club Bar	
16	17	18	19	20	21	22
Sunday Lunch & Dinner Buffet at Island View					Friday Dinner Buffet at The Island View	
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Yoga	Tennis Team Training	Jazz Dance	Yoga / Funky Dance	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training			Tennis Team Training	Junior Swimming School	Junior Taekwondo
Rope Skipping	Men's Double Training				Junior Badminton	Saturday Dinner Buffet at The Island View
Sunday Lunch & Dinner Buffet at Island View	Wall Climbing				Oyster Fridays at Club Bar	
23	24	25	26	27	28	
Sunday Lunch & Dinner Buffet at Island View					Friday Dinner Buffet at The Island View	

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

Recreation

Food & Beverage

# Lunar New Year Afternoon Tea

From 20th January - 9th February  
at the Oyster Bar

## 農曆新年下午茶美食

於1月20日至2月9日期間在Oyster Bar供應

Celebrate the Lunar New Year with an Afternoon Tea inspired by the vibrant colours and flavours of the season. Delight in treats shaped like medallions and firecrackers, featuring black sesame, mandarin orange, ginger, lychee, and more. Each bite reflects the festive hues of red, gold, and orange, symbolising joy and prosperity.

Join us for a feast of flavour and tradition to welcome the Year of the Snake ahead.

\$148 per person, inclusive of tea or coffee

享用以節日鮮豔色彩和風味為靈感的下午茶美食來慶祝農曆新年。美食將以不同的食材包括黑芝麻、柑橘、生薑、荔枝等做出各種應節造型，如金幣和鞭炮形狀，每一口都充滿紅色、金色和橙色等象徵著歡樂和繁榮的節日色彩。

與我們一起享受美味和傳統的盛宴，迎接即將到來的蛇年。

農曆新年下午茶美食 — 每位\$148，包括咖啡或紅茶

## Berrylicious at the Oyster Bar Sweet Treats Showcasing Japanese and Korean Strawberries



Straight from our Dessert Trolley, enjoy an irresistible array of desserts and sweet delights prepared by our talented Pastry Chefs. Featuring peak-season Japanese and Korean strawberries, flown in fresh each week, these creations are perfectly timed for a weekend of indulgence.

Choose your favourite pastry à la carte, or elevate your experience with our Afternoon Tea, offering unlimited rounds of these exquisite treats paired with coffee or tea, all for \$288 per person.

Available 4th & 5th, 11th & 12th, 18th & 19th January

### 迷人草莓

#### 盡情品嚐以日本及韓國草莓製作的甜點

於1月4日及5日、11日及12日、18日及19日在Oyster Bar供應

本會才華橫溢的糕點廚師將會製作一系列令人難以抗拒的草莓甜點，並展示於甜點餐車上讓大家直接挑選。這些甜點均以每週新鮮空運到港的時令日本及韓國草莓為主要食材，非常適合在週末期間盡情享用。

除了單獨挑選你最喜歡的甜點外，大家還可以透過享用我們的下午茶來無限量品嚐各款精美甜點並配搭咖啡或茶，每位只需\$288。



# Comforting Winter Drinks the Club Bar & Oyster Bar throughout January

## 令人舒適的冬季特飲 1 月份會所酒吧及 Oyster Bar 供應

Join us for a refreshing new range of winter cocktails and mocktails, served hot or cold, available at the Club Bar and Oyster Bar.

歡迎於1月份前來會所酒吧及 Oyster Bar 享用多款凍或熱的冬季雞尾酒及無酒精熱飲。



**Cocktails (Hot/Cold)**  
雞尾酒 (熱/凍)

\$68 / per glass  
每杯

### **Nutty & Nice**

Grapefruit Juice, Cranberry Juice, Amaretto, Hazelnut Syrup, Dried Raisins

西柚汁、蔓越莓汁、杏仁酒、榛子糖漿、葡萄乾

### **Dark & Cosy**

Yuzu-Honey, Orange Juice, Dark Rum, Kalamansi Juice, Thyme

柚子蜂蜜、橙汁、黑蘭姆酒、金桔汁、百里



**Mocktails (Hot)**  
無酒精熱飲

\$58 / per glass  
每杯

### **Apple & Carrot Spiced Delight**

Fresh Apple and Carrot Juice, Cinnamon, Star Anise, Rosemary

鮮蘋果及紅蘿蔔汁、肉桂、八角茴香、迷迭香

### **Warm Citrus**

Grapefruit Juice, Orange Juice, Lemon Juice, Honey

葡萄柚汁、橙汁、檸檬汁、蜂蜜



# Golf Driving Range Closure

## 高爾夫球練習場關閉

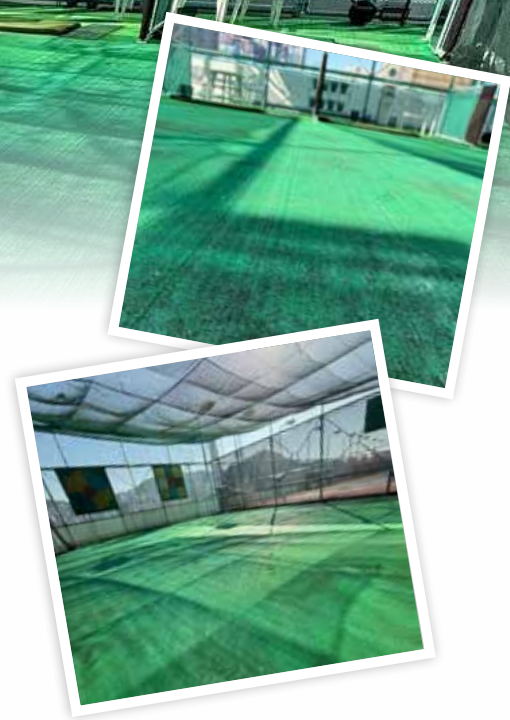
6th - 13th January / 1月6日至13日

To enhance your golfing experience, we will be replacing the artificial turf at the Pacific Club's Golf Driving Range from 6th to 13th January. This upgrade is part of our commitment to maintaining the highest-quality facilities for our Members. The existing turf has served us well over the years, and it's now time for a refresh.

During this period, the driving range will be temporarily closed to ensure a smooth and efficient installation process. We look forward to welcoming you back on 14th January to enjoy an improved playing surface and upgraded facilities.

為了提升大家的高爾夫球體驗，我們將於 1 月 6 日至 13 日期間更換太平洋會高爾夫球練習場的人造草坪。今次的改善工程是我們為會員維持最高品質設施的承諾的一部分。這片草坪已經為我們服務多年，現在是時候進行更換了。

在此期間，練習場將會暫時關閉，以確保更換過程順利且有效率地進行。我們期待於 1 月 14 日歡迎大家重回全新的高爾夫球練習場。



### What to Expect During the Closure:

#### Artificial Turf Replacement:

The existing turf will be replaced with a new, high-performance surface to elevate your practice experience.

#### Maintenance and Touch-Ups:

Additional maintenance and touch-ups will be carried out to ensure the entire driving range is in top condition.

#### Enhanced Equipment:

We are upgrading our golf tools and resources to offer you the latest in golfing technology and support.

Thank you for your patience and understanding during this time. We are confident that these improvements will make your time at the Pacific Club Driving Range even more enjoyable.

### 於關閉期間進行的工作：

#### 更換人造草坪：

現有的草坪將被更換成新的高性能草坪，以提升大家的練習體驗。

#### 維護和修整：

我們將進行額外的維護和修整工作，以確保整個練習場處於最佳狀態。

#### 加強裝備：

我們將引進更合時的高爾夫球工具和設備，為大家提供最新的高爾夫技術和支援。

感謝大家在此期間的耐心等待和理解。我們相信，這些改進會為大家在使用太平洋會練習場時帶來更愉快的體驗。

## Saturdays Just Got Better!

# Beer & Wings Happy Hour at the Club Bar

Start your weekend with the perfect pairing! Every Saturday from 5.00pm to 7.00pm, savour unlimited chicken wings from the Buffet and a refreshing selected beer, all for just \$109 per person.

Available on Saturday 4th, 11th, 18th & 25th January.

## 會所酒吧 週六歡樂時光 — 啤酒雞翼優惠

以完美的美食配搭來展開你的愉快週末！於1月份逢星期六下午 5 時至晚上 7 時，前來會所酒吧品嚐無限量供應的美味雞翼，配搭一杯冰涼啤酒，每人只需\$109。

啤酒雞翼優惠 — 於1月4日、11日、18日及25日星期六供應。





# Why Distance Matters in Golf

## 為何距離對高爾夫球運動十分重要

Mastering distance is one of the most important skills in golf. Whether you're teeing off or closing in on the green, understanding how far you can hit and what lies ahead can make all the difference in your game. By knowing the course and your own strengths, you can make smarter choices and play with more confidence.

When teeing off, it's not just about hitting the ball as far as you can, it's about being aware of what's in your way. Bunkers, trees, and other obstacles can quickly turn a great shot into a tricky one. Knowing how far you usually drive the ball helps you pick the right club and aim for safe spots on the fairway.

As you approach the green, distance becomes even more important. Most courses have markers to help you figure out how far you are from the green, and choosing the right club can really sharpen your accuracy. It also helps you control the power and direction of your shots, making every swing count.

Additionally, the impact of wind cannot be overlooked. Wind strength and direction directly affect the ball's flight path, requiring players to adjust their strategies based on environmental conditions.

In the end, distance isn't just about hitting it far — it's about playing smart. By paying attention to the course, picking the right clubs, and adapting to the elements, you'll not only improve your game but also feel more in control with every shot. With a good handle on distance, every swing can bring you closer to your target and make the game even more enjoyable.

在高爾夫球運動中，掌握距離是最重要的技術之一。無論你是在發球階段還是進攻果嶺的過程中，了解球道的特性和自身的擊球能力，都可以讓比賽變得截然不同。透過了解球場和自己的優勢，你可以做出更明智的決策並更有信心地比賽。

發球時，不僅是盡可能地將球擊打出去，還要清楚了解球道中有什麼阻礙了你。沙坑、樹木及其他障礙物都可能成為影響擊球的因素，即時令一次精彩的擊球變得棘手。了解自己能做到的擊球距離可以幫助你選擇適合的球桿並瞄準球道上的安全點。

當進攻果嶺時，距離的評估變得更加重要。大多數球場都會設有距離標記，幫助你準確計算到果嶺的距離，從而選擇適合的球桿以真正提高你擊球的精準度，亦可以幫助你控制擊球的力量和方向，讓每次揮桿都能到達目標。

此外，風的影響也不容忽視。風的強度和方向直接影響球的飛行路徑，需要球員根據環境條件來調整策略。

最後，距離不僅是代表將球擊得遠，還要做得聰明。透過深入了解球道特性、選擇適合的球桿並靈活應對各種因素，你不僅可以提高自己的球技，還可以更好地控制每次擊球。掌握好距離，每次揮桿都能讓你更接近目標，讓比賽變得更有意思。

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



## Golf Private Lessons

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

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

### 高爾夫球私人課堂

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

#### Private Lessons (1 pax) 私人課程（一人）—

1-hour 一小時課程	\$760 per person 每位\$760
Package of 4, 1-hour lessons 4堂一小時課程	\$2,900 per person 每位\$2,900

#### Semi-Private Lessons (2 pax) 半私人課程（二人）

1-hour 一小時課程	\$430 per person 每位\$430
Package of 4, 1-hour lessons 4堂一小時課程	\$1,600 per person 每位\$1,600

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



Words and pictures 撰文及圖片: Pete Spurrier



## Kwai Tei Shan

A steep hill behind Fo Tan is not on any signposted trail, but scrambling up it provides a good workout in cooler weather.

*This trail is unmarked and partly overgrown so it is only suitable for experienced walkers. Take a GPS-enabled phone in case you get lost. Walking time: 2-3 hours.*

From Exit B of Sha Tin MTR station, turn left and board green minibus 60K. It travels through housing estates and industrial areas before reaching its terminus at Kwai Tei New Village at the back of the Fo Tan valley. Get off here.

Walk up the sloped road straight ahead, and at the top, take another track that leads uphill to your left. This brings you up to another terrace of houses, and a set of maintenance steps that rise straight up the hillside.

This first stage is easy, if a bit aerobically challenging! At the top of the steps, a narrow trail leads up through the lightly forested hillside. It winds left and right, but there's only one direction forwards so it's easy enough to follow. Pause occasionally to catch your breath and take a moment to compare your progress to the towering Chun Yeung Estate behind you. In no time, you'll have climbed the equivalent of 30 storeys or more.

There's a single lonely grave in a grassy clearing, and this more or less marks the 299-metre summit of this hill. It's not named on many maps, and I find it called Kwai Shan as well as Kwai Tei Shan. Not many people come up here, so its name has fallen out of use.



Going ahead, you enter thicker forest, and you should bear right at the fork. This is a level, but somewhat overgrown, path, and you have to push your way through the foliage. It descends to a plateau of long grass where there are boulders and giant, spiky aloe plants. There's a crossroads of trails here. Turn left.

This easy downhill path takes you back into the forest, to a fork where you should turn left, and then to a pool that you must cross by stepping stones. The mountain stream falls steeply away over a wall of rocks to your left; don't try this hike immediately after heavy rains, as this crossing may be dangerous or impossible.

The trail passes an earth god shrine shaded by trees before delivering you onto a single-track village road. Turn left and follow it downhill. When you reach Chun Yeung Estate, there's a bus stop on the left-hand side of the road where you can once again jump on the 60K, and travel back to Sha Tin. Or, if you like, you can carry on straight ahead and walk through Fo Tan to the MTR.



## 龜地山

龜地山是位於火炭後方的一座陡峭山坡，山上沒有任何路標，但爬上山坡是在清涼天氣下鍛鍊身體的好去處。

這條路徑上沒有標記，部分路段雜草叢生，因此只適合經驗豐富的行山人士。請帶上具有GPS功能的手機，以防迷路。步行時間：2-3小時。

從港鐵沙田站B出口外左轉，乘搭60K專線小巴。小巴會經過住宅區和工業區，最後抵達位於火炭山谷後方的桂地新村。在這裡下車。

沿著傾斜的路徑一直向前走，到達在頂部後，走另一條通往左側的上坡路。它會帶你到達另一排房屋的平台，以及一組直接攀上山坡上的工程梯級。

梯級的第一段很輕鬆，除了有點挑戰你的肺活量！在梯級的頂部，一條狹窄的小路穿過樹木茂密的山坡。它左右蜿蜒，但只朝著一個方向前進，因此很容易跟隨。偶爾停下來喘口氣，花點時間看看身後高聳的駿洋村並計算一下你已完成的距離。很快，你就會爬上相當於30層樓或更高的高度。



在一片草地上有一座孤單的墳墓，這或多或少標誌著這裡是299尺高的山頂。很多地圖上都沒有命名此地，我發現它叫龜山，或叫龜地山。來這裡的人不多，所以它的名字已經不再使用了。

再往前走，你會進入更茂密的樹林，你應該在分岔路口右轉。這是一條平坦的小路，但有些雜草叢生，你必須穿過樹葉前進。它會帶你下山到達一片長滿長草的高地，那裡有巨石和巨大的帶刺蘆薈植物。找到連接小路的十字路口，左轉。

這條容易行走的下坡路將帶你回到樹林，到達一個分岔路口時左轉，然後到達一個水池，你必須走過墊腳石橫過這水池。山間溪流從左邊的岩壁上急湍而下，建議大雨過後不要急於前來此地，因為要穿過急速流水可能會非常危險，甚至不可能。

這條路徑會經過一座綠樹成蔭的土地神祠，然後進入一條單向行走的鄉村道路。左轉並沿著它下坡。當你到達駿洋邨時，路的左側有一個巴士站，你可以再次乘搭60K小巴返回沙田。或者，你可以繼續直行，穿過火炭前往港鐵。



THE WHARF HONG KONG SECONDARY SCHOOL  
ART COMPETITION  
九龍倉全港中學生繪畫比賽2024-25

### Aim 目的

To promote art and stimulate the creativity of local secondary school students, the Competition encourages young talents to step out of the classroom and broaden their horizons. This edition of the Competition is supported by **Hong Kong Museum of Art (HKMoA)**. Apart from entries of **Painting**, this year's Competition will also accept entries of **Digital Graphics** to offer students a wider range of platforms to showcase their skillset and creativity through different mediums.

比賽旨在推廣藝術及激發本地中學生創意，以鼓勵他們跳出校園、擴闊視野。本屆比賽獲得香港藝術館支持。今屆比賽除了繪畫組別外，另設數位繪圖組別，為學生提供以不同媒介創作的機會。

### Eligibility 參賽資格

The Competition is open to all full-time Form 1 to Form 6 students in Hong Kong enrolled in the 2024-2025 school year.

所有於2024至2025學年，於香港就讀中一至中六的全日制學生均可參加是次比賽。

### Categories 組別

Painting Category 繪畫組 | Digital Graphics Category 數位繪圖組

Entrants can join the Painting Category and Digital Graphics Category independently or concurrently.

參賽者可選擇獨立或同時報名參加繪畫組和數位繪圖組。

### Theme 主題

Entrants are free to create based on any theme. This year, all entrants will also compete for a special award based on the theme "City Vibrance: Art and Light" in addition to the regular competition awards.

參賽者可自由創作任何主題。今年比賽亦增設以「城市活力：藝術與光影」為主題的特別獎，所有參賽者均會同時競逐此特別獎。

### Submission Deadline 作品遞交截止日期

12 February 2025 (Wednesday) at 6pm 2025年2月12日(星期三)下午六時正

### Awards and Prizes 獎項及獎品

Apart from cash prizes and book vouchers, winning entrants will be invited to join an exclusive art activity. **Those eligible may also apply for scholarships with Wharf for pursuing their studies in art.**

除獲贈現金獎及書券外，得獎者將獲邀參加專屬藝術活動。合資格之得獎者更可向九龍倉申請獎學金修讀藝術。

Organisers 主辦

HARBOUR CITY  
海港城

時代廣場  
Hong Kong Times Square

荷里活廣場 PLAZA  
HOLLYWOOD

WHARFART  
九龍倉

Supported by 支持單位

HKMOA  
Hong Kong Museum of Art 香港藝術館

For details, terms and conditions, please refer to [www.wharfart.com](http://www.wharfart.com).  
如欲參閱比賽之詳情、條款及條件，請瀏覽 [www.wharfart.com](http://www.wharfart.com)。

Enquiry 查詢 [art@wharfholdings.com](mailto:art@wharfholdings.com)



Scan the QR Code to apply  
立即掃描參加比賽

## How Not to Age

by Michael Greger

Live better for longer with this ultimate guide to longevity from the bestselling author of *How Not to Die*. We all want to stay healthy as we age but, with so many different claims out there, it can be hard to know the best advice to follow. In *How Not to Age*, Dr Michael Greger digs into the top peer-reviewed anti-ageing research to deliver a complete and optimal guide with simple steps to extend your lifespan and slow the adverse effects of ageing.

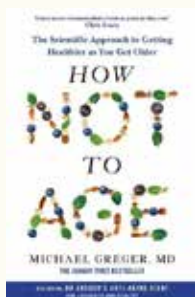
Inspired by the dietary and lifestyle patterns of the world's centenarians and residents of 'blue zone' regions where people live the longest, Dr Greger presents easy, evidence-based ways to preserve the body functions that keep us feeling youthful, both physically and mentally. Can an apple a day really keep the doctor away? What's better for your longevity, jogging for four hours or eating two handfuls of nuts twice a week?

Brimming with expertise, *How Not to Age* lays out practical strategies for living your longest, healthiest life – and for enjoying every moment of it.

暢銷書《How Not to Die》的作者帶來這本終極長壽指南，讓你活得更長、更長壽。我們都希望隨著年齡增長仍保持健康，但由於坊間眾說紛紜，我們很難知道哪個才是應該遵循的最佳建議。在《How Not to Age》一書中，Michael Greger 博士深入研究了經過同行評審的頂級抗衰老研究，透過簡單的步驟提供完整、最佳的指南，以延長你的壽命並減緩衰老的不利影響。

因受到世界上百歲人瑞和平均壽命最長的藍區 (Blue Zone) 地區居民的飲食和生活方式的啟發，Greger 博士提出了簡單且有根據的方法來保護身體功能，使我們在身體和精神上都保持年輕。一日一蘋果真的能讓醫生遠離我嗎？慢跑四小時或每週兩次吃兩把堅果，哪一個對長壽比較好？

《How Not to Age》充滿了專業知識，提出了實現最長久、最健康生活並享受每一刻的實用策略。



## Hidden Potential: The Science of Achieving Greater Things

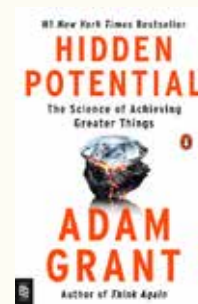
by Adam Grant

The #1 New York Times bestselling author of *Think Again* illuminates how we can elevate ourselves and others to unexpected heights.

We live in a world that's obsessed with talent. We celebrate gifted students in school, natural athletes in sports, and child prodigies in music. But admiring people who start out with innate advantages leads us to overlook the distance we ourselves can travel. We underestimate the range of skills that we can learn and how good we can become. We can all improve at improving. And when opportunity doesn't knock, there are ways to build a door.

*Hidden Potential* offers a new framework for raising aspirations and exceeding expectations. Adam Grant weaves together groundbreaking evidence, surprising insights, and vivid storytelling that takes us from the classroom to the boardroom, the playground to the Olympics, and underground to outer space. He shows that progress depends less on how hard you work than how well you learn. Growth is not about the genius you possess—it's about the character you develop. Grant explores how to build the character skills and motivational structures to realize our own potential, and how to design systems that create opportunities for those who have been underrated and overlooked.

This book reveals how anyone can rise to achieve greater things. The true measure of your potential is not the height of the peak you've reached, but how far you've climbed to get there.



《紐約時報》排名第一的暢銷書《Think Again》的作者啟發我們如何能夠將自己和他人提升到超乎預期的高度。

當今人們對於「天賦」相當執著，我們會讚揚天才學生、天生運動員和音樂神童，但只是不斷追捧那些生來便有優勢的人會讓我們忽略了自己的優點和潛力，嚴重低估後天學習能達到的境界，對於自己可以變得多麼優秀一無所知。我們都可以在改進中自我改善和提升，當機會沒有來敲門時，那就親自建造一扇門。

《Hidden Potential》旨在提供一個指引：如何提高對自己的期望，以及如何超越期望。作者 Adam Grant 帶我們從教室到董事會，從操場到奧運會，從地底到外太空，將開創性的證據、令人驚訝的見解和生動的故事敘述結合在一起。他強調：進步並非取決於你有「多努力」，而是重於你「如何進步」。他深信成長絕不是來自擁有天賦的多寡，而是來自人們所具備的人格。他透過此書探討如何建立正確的性格和進步動機，以發揮真正潛力，及如何協助潛力被低估的自己和他人，創造激發潛力的環境和機會。

這本書揭示了一個人如何能夠取得更大的成就，並表示衡量你潛力的真正標準不是你達成成就的高低，而是你為了到達那裡而作出了多少努力。

From now until 31st January, 2025, 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1月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.  
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**Holiday Notice**

Please note that all junior and adult group classes will be cancelled on New Year's Day on 1st January and Lunar New Year Holidays from 29th – 31st January.

**課程暫停舉行**

請注意，所有兒童及成人團體課程，將於1月1日元旦日，及1月29日至31日農曆新年公眾假期暫停舉行。



## Sunday Social Tennis

Join us every Sunday for two hours of exciting tennis action. This weekly event is the perfect chance to play matches, practice your skills, and enjoy the game with fellow tennis enthusiasts from the Club.

**週日網球聯誼聚會**

歡迎前來參加於星期日傍晚舉行的週日網球聯誼聚會，享受一場輕鬆的比賽，並磨練球技同時認識新的志同道合。收費每位\$170（設茶點招待），查詢及報名，請致電2118 1707。此聚會只供成年會員參加。

Date : Sunday 5th, 12th, 19th & 26th January

Time : 5:00pm – 7:00pm

Venue : Outdoor Tennis Courts

Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)

Age : Adults Only



## Junior Tennis Academy



Is your child eager to learn tennis? Our Junior Tennis Academy is designed for kids aged 3½ to 16 and offers a fun and engaging way to develop their skills. With professional coaching and a focus on enjoyment, your child will have the opportunity to improve while having a great time. Please note, the fee is billed monthly.

**青少年網球訓練**

想增加孩子們對打網球的興趣？報名參加本會於星期六上午舉行，專為3½-16歲會員而設的青少年網球訓練班吧！在經驗豐富的教練帶領下，他們可以得到一個發展網球技能並充分發揮潛力的環境，學習掌握基礎知識及提升技術。1月份課程收費—A班（3½-6歲，4堂）：會員\$840，非會員\$1,320；B班（6-16歲，4堂）：會員\$1,120，非會員\$1,600。

備注：此訓練活動以月費形式支付

Date : Saturday 4th, 11th, 18th & 25th January

Time : (A) 10:00am – 11:00am

(B) 11:00am – 1:00pm

Venue : Indoor Tennis Courts

Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)

(B) Member \$1,120, Guest \$1,600 (for 4 lessons)

Age : (A) 3½ – 6 years

(B) 6 – 16 years



## Ladies' Morning Tennis

Elevate your game with our Ladies' Morning Tennis, a weekly two-hour session dedicated to match tactics and strategy. Perfect for players of all levels, these sessions are designed to help you refine your skills, improve your court positioning, and master winning techniques.

Please note each clinic is limited to 10 players only, so please enroll as early as possible.

**女子早上網球練習**

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

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

Time : 10:00am – 12:00noon (Intermediate / Advanced Level)

Venue : Indoor Tennis Courts

Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)



Contact the 4/F Tennis Office on 2118 1707 for booking details.

查詢及報名，請致電 2118 1707。





# 32nd Annual Pacific Club Tennis Championships 2024

## 第32屆太平洋會網球比賽



We would like to give special thanks to the following companies for sponsoring our Tennis Championships this year.

本會特別鳴謝以下品牌贊助今年的網球比賽！

- Beautideal Company Limited - Alqvimia
- William Pharmaceutical Agency Ltd - Sothys
- Kingstar International Trading Ltd - Guinot
- Head
- Ongo Food Limited
- Jebesen Beverage Company Limited
- Shine & Shine Food Company



### Ladies' Open Singles

Winner : Karen Chan  
1st Runner-Up : Eugenie Kim  
2nd Runner-Up : Debbie Lam



### Men's Open Singles

Winner : Walton Lee  
1st Runner-Up : Vishal Daswani  
2nd Runner-Up : Andy Lau



### Ladies' Open Doubles

Winner : Jenny Yiu & Corey Cho  
1st Runner-Up : Karen Chan & Ellen Tang  
2nd Runner-Up : Kang Yu Kyoung & Hur Min Kyong



### Men's Open Doubles

Winner : Kelvin Wong & Kelvin Tam  
1st Runner-Up : Gabriel Li & Vishal Daswani  
2nd Runner-Up : Hiroaki Sema & Akihiro Torii







**Veteran Men's Singles (45-54 years)**

Winner : Andy Lau  
 1st Runner-Up : Gene Miao  
 2nd Runner-Up : Francis Kwok



**Mini (7-8 years)**

Winner : Ian Wong  
 1st Runner-Up : Madison Ho  
 2nd Runner-Up : Ethan Chung

**Mini (9-10 years)**

Winner : Jiho Lee  
 1st Runner-Up : Ethan Koh  
 2nd Runner-Up : Michael Lee



**Veteran Men's Singles (55 years or above)**

Winner : Peter Woo  
 1st Runner-Up : Steve Moore  
 2nd Runner-Up : James Mok



**Junior Singles**

Winner : Travis Hui  
 1st Runner-Up : Yuto Ue  
 2nd Runner-Up : Jasper Ho



**Veteran Men's Doubles**

Winner : Philip Ng & Andy Lau  
 1st Runner-Up : Peter Woo & Oscar Chow  
 2nd Runner-Up : Francis Kwok & Tommy Cheung



**Super Mini**

Winner : Emerson Soong  
 1st Runner-Up : Ellie Koh  
 2nd Runner-Up : Alyssa Chan



**Mixed Doubles**

Winner : Gianni Rauti & Crystal Rauti  
 1st Runner-Up : Lee Young Joon & Kang Yu Kyoung  
 2nd Runner-Up : Kelvin Tam & Hur Min Kyong

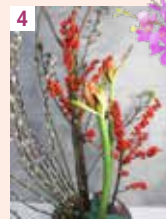


# A Lunar New Year Arrangement

## 農曆新年花卉擺設

Celebrate the Lunar New Year with a beautiful floral arrangement that symbolises prosperity, harmony, and renewal. Using a mix of vibrant blooms and lush greenery, this arrangement is perfect for bringing festive cheer into your home.

以象徵繁榮、和諧和新生的美麗花卉擺設來慶祝農曆新年。這款擺設結合了充滿生氣的花朵和綠意盎然植物，非常適合為家居帶來節日氣氛。



### What You'll Need:

- Various Flowers and Plants: Vanda, Amaryllis, Orchid, Sakura, Christmas Berries, Gold Tint Eryngium, Watermelon Peperomia, Dragon Juniper, Silver Willow, Dogwood
- A Large Glass Plate
- Floral Foam
- Thick Wire
- Green Adhesive Tape
- Cutter

1. Find a glass plate large enough to support the weight of this large and tall arrangement.
2. Cut the floral foam to fit in the glass plate.
3. Place the floral foam on the glass plate and secure with green adhesive tape.
4. Insert the Sakura into the centre of the floral foam.
5. Insert the Amaryllis and Silver Willow separately into both sides of the floral foam.
6. Insert the Christmas Berries between these two plants.
7. Insert a bunch of Dogwood at one side, then bend the branches across the plants and insert the ends into the floral foam at another side.
8. Secure the Dogwood on the Sakura with wire as well.
9. Insert the Gold Tint Eryngium and Vanda in the front part of the arrangement.
10. Insert the Orchid and Watermelon Peperomia under the Vanda.
11. Finally, insert the Dragon Juniper under all flowers.

### 材料：

- 多種花卉植物：萬代蘭、朱頂蘭、胡姬蘭、櫻花、聖誕子、染金高麻、西瓜葉、銀柏、銀柳、紅狗木
- 大玻璃盆
- 花泥
- 粗鐵絲
- 綠色膠紙
- 鋸刀

1. 尋找一個足夠承重這個高大擺設的大玻璃盆。
2. 將花泥裁成可放入玻璃盆的大小。
3. 將花泥放在玻璃盆上，並貼上綠色膠紙固定。
4. 將櫻花插入花泥的中心位置。
5. 將朱頂蘭和銀柳分別插入花泥的兩側。
6. 將聖誕子插入兩種植物之間。
7. 將一束紅狗木插在一側，然後將其枝幹彎曲越過其他植物，將末端插入另一側的花泥中。
8. 也用鐵絲將紅狗木固定在櫻花上。
9. 將染金高麻和萬代蘭插入擺設的前方位置。
10. 將胡姬蘭和西瓜葉插在萬代蘭的下面。
11. 最後，將銀柏插在所有蘭花的下面。





# Celebrate the Moment

## Exclusive Birthday Dining at the Pacific Club

### 太平洋會為你送上專屬的生日用餐體驗 慶祝你的大日子

Join us at the Pacific Club for an unforgettable birthday celebration! Members are invited to gather with friends during their birthday month to indulge in a delectable lunch or dinner at our designated Club restaurants.

Spend over \$1,888 and enjoy a complimentary celebratory cake and a bottle of Prosecco courtesy of the Pacific Club. Make your birthday truly memorable with us!

Until 30th June 2025

Available every day for Lunch & Dinner  
at The Island View, Pier 6, Capricci & Bauhinia restaurants

會員可以在其生日月份內與親朋好友前來太平洋會的指定餐廳舉行一個難忘的生日聚餐，享用美味的午餐或晚餐！凡聚餐消費滿\$1,888，即可免費獲贈由本會送出的慶祝蛋糕一個及Prosecco氣泡酒一瓶，為你的生日添上難忘的回憶！

由即日起至2025年6月30日  
每日的午餐及晚餐時段  
在The Island View、Pier 6、Capricci 及紫荊閣餐廳享用

#### Terms and Conditions 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 \$1,888 for 6 persons or fewer (with a minimum food spend of \$1,200) is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. 在 The Island View、Pier 6、Capricci或紫荊閣餐廳舉行6 人或以上聚餐，餐飲消費滿\$1,888（食品消費最少\$1,200），方可獲贈Prosecco氣泡酒一瓶及一磅生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month from 1st July 2024 to 30th June 2025. 此推廣活動的有效日期：2024年7月1日至2025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 can only be redeemed once per meal 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: 2024: 1/7, 17-18/9, 1/10, 21/12 & 24-31/12; 2025: 1/1, 28-31/1, 14/2, 11/5 & 15/6. 優惠不適用日期：2024 年：1/7、17-18/9、1/10、21/12 及 24-31/12；2025 年：1/1、28-31/1、14/2、11/5及15/6。
- A table reservation is required at the appropriate 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，所有蛋糕必須至少提前 48 小時預訂。
- This offer is not applicable for banqueting events. 此優惠不適用於宴會活動。
- This offer is not transferrable or exchangeable to 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 change the terms & conditions and the decision shall be the 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。

# Hair Product Sale in January 1 月份頭髮產品優惠



## Be Color Shampoo (pH5.5)

~~\$200~~ \$180

Enhance your hair care routine with Be Color Shampoo, a luxurious formula designed for colour-treated and chemically-treated hair. Infused with caviar extract, keratin, and collagen, this shampoo deeply moisturises, cleanses, and protects your hair, leaving it stronger and healthier.

This fantastic shampoo deeply moisturises and cleanses your hair, enriched with nourishing ingredients for comprehensive care. It tames frizz, leaving your hair smooth, manageable, and strong, while reducing breakage and preventing split ends. With its protective properties, it preserves hair fullness, safeguards its natural quality, and enhances the vibrancy and longevity of your colour.

### Be Color魚子精華角蛋白洗髮水〔pH5.5〕

使用 Be Color 魚子精華角蛋白洗髮水，優化你的護髮程序。這是一款專為經過染色和化學處理的頭髮而設計的奢華配方，富含魚子萃取物、角蛋白和膠原蛋白，可深層滋潤、清潔和保護頭髮，使其更強韌、更健康。

這款神奇的洗髮水含有豐富的成分，可深入滋養和清潔頭髮，有效對抗毛躁，讓頭髮光滑易打理，強韌頭髮，減少斷裂，防止髮尾開叉。此外，它還能保持頭髮豐滿，增加髮質自然彈性，並增強髮色的色彩和持久性。

## Be Hair Caviar Essence Mask, 500ml

~~\$300~~ \$270

A rich treatment infused with caviar essence, keratin, and collagen, designed to repair and protect coloured and chemically treated hair.

- Protects hair against harsh chemical and environmental agents
- Reconstructs hair damage caused by chemical ingredients
- Prolongs colour effect
- Nourishes and moisturizes hair
- Brings extraordinary shine to coloured hair

### Be Hair魚子精華鎖色焗油，500毫升

一種富含魚子醬精華、角質蛋白和膠原蛋白的滋養髮膜，專為修復和保護經過染色及化學處理的頭髮而設。

- 保護頭髮免受刺激性化學物質和環境因素的侵害
- 重建因化學成分造成損傷的頭髮
- 延長色彩效果
- 滋養及滋潤頭髮
- 為染髮帶來非凡光澤



## Revlon Style Masters Volume Amplifier Mousse, 300ml

~~\$250~~ \$225

Revlon Style Masters Amplifier Mousse is formulated to elevate your hair, infusing it with body and defining texture. Free from stickiness and residue while avoiding any extra weight, this mousse prioritises the creation of effortlessly beautiful waves. Revel in natural movement and bounce, allowing your hair to exude a captivating vibrancy.

### 露華濃增強捲曲髮型立體感慕斯，300毫升

產品配方可賦予卷曲髮型更具豐盈立體質感，但同時仍保持自然髮質的柔軟度，並確保頭髮易於梳理和造型。產品沒有粘膩感或殘留物，不會增加頭髮重量，只著重於令卷曲髮型更有立體感、彈性和保持亮麗的層次。



## This Month's Promotion

### 10% Discount on Full Head Highlight Treatments

In January at the Hair Salon, treat your hair to complete highlights to brighten your style for the New Year.

To make an appointment with one of our expert stylists, please call the Salon on 2118 1893.

### 全頭顏色挑染9折優惠

為頭髮染上新色彩來迎接新一年吧！會員於1月份到會所髮廊惠顧全頭顏色挑染服務，可享有9折優惠。查詢詳情及預約服務，請致電 2118 1893。





## Spa Promotions in January 1月份美容療程優惠



### Lift Summum Treatment

(1hr 25min)

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

Rediscover youthful vitality with the Lift Summum Treatment, a luxurious experience tailored for mature skin. This specialised firming treatment rejuvenates the face, neck, and chest with unique massage techniques and unique masks. Designed to smooth wrinkles, redefine facial contours, and restore firmness, the Lift Summum Treatment offers unparalleled care for a radiant, lifted appearance. Treat yourself to this all-encompassing transformation and feel confident in your skin again.

#### 煥顏緊膚修護療程 (1小時25分鐘)

透過煥顏緊膚修護療程，一款專為成熟肌膚量身定制的奢華體驗，重新煥發年輕活力。這專效緊緻護理透過獨特的按摩技術和特製面膜，全方位護理面及頸胸部位，顯著撫平頑固皺紋、重塑細緻鮮明的面部輪廓，為你提供無與倫比的護理，回復緊緻肌膚，散發年輕光澤。前來享受這全方位的改變，再次對自己的肌膚充滿信心。

### Youth Intensive Treatment

(1hr 45min)

~~\$1,480~~ \$1,258

Indulge in our luxurious Youth Intensive Treatment, designed to address the visible signs of ageing such as wrinkles, diminished firmness, and slacked skin. This treatment combines ultra-targeted products with expert application techniques. Spend 1 hour and 45 minutes in sublime relaxation and emerge with visibly rejuvenated skin, noticeable even after the initial session.

#### 原肌修復再生療程 (1小時45分鐘)

盡情享受奢華的原肌修復再生療程，一次解決皺紋、緊緻度下降和皮膚鬆弛等明顯的衰老跡象。這款療程結合了超針對性的產品和專業的護理技術，在1小時45分鐘內享受極致放鬆，肌膚明顯煥發活力，即使在初次療程後也有顯著效果，令你綻放年輕美態。



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



## Distribution of Renewed Lai See Packets 派發「新生利是封」

As the Lunar New Year approaches, let's celebrate the season with a focus on sustainability! This year, the Club is proud to continue its partnership with Greeners Action for the "Lai See Reuse and Recycling Programme."

This meaningful initiative not only helps reduce solid waste in Hong Kong but also creates job opportunities for those in need. Last year, over 10 million lai see packets were collected, and after careful selection and repackaging, 3 million have been transformed into "Renewed Lai See Packets" ready for reuse.

Every renewed packet is neat and has been sorted into large, medium and small sizes. A sticker of "Please Reuse Me" is on the back of each packet, to spread this important environmental message.

These renewed packets are available free of charge (50 pieces per pack) and will be distributed at the Club's Reception Desk from mid-January on a first-come, first-served basis. For bulk requests, please contact our Assistant Membership and Sustainability Manager, Christy Tsoi, on 2118 1807 to make special arrangements.

Thank you for supporting this meaningful initiative and helping to make a positive difference this festive season.

農曆新年快到了！讓我們在佳節中也支持保護環境。今年，本會將繼續參與綠領行動的「利是封回收重用大行動」。

這個有意義的活動不但能避免利是封成為垃圾，減少廢物的產生，還為弱勢社群提供更多就業機會。去年利是封的回收數量突破一千萬個，經社福機構的工場篩選處理變成「新生利是封」的數量亦達三百萬個。

每個經人手篩選出完好的「新生利是封」，均會按大、中、小的呎碼作分類，並於背面貼上「請重用我」的標語，希望藉此將惜物重用回收減廢的環保訊息透過農曆新年派發利是的傳統習俗中傳開。

50 個為一疊的新生利是封費用全免，現暫定於 1 月中旬在會所接待處派發，先到先得。如欲索取大量「新生利是封」，請致電 2118 1807，聯絡本會助理會籍部及持續發展經理 Christy Tsoi 以作安排。

多謝各會員積極參與，支持此項有意義的活動，並在這農曆年期間帶來正面的能量。







Fuji TELE CARDIA SUPER in TELE mode



Fuji TELE CARDIA SUPER infinity focus button



Fuji TELE CARDIA SUPER lens closed



Fuji TELE CARDIA SUPER lens open



Fuji TELE CARDIA SUPER top plate

## Finding the Ideal Budget-Friendly Film Camera

### 尋找價格實惠的菲林相機

I'm often asked for recommendations on affordable film cameras, and the people asking typically fall into two groups. The first group is young people who have only ever used smartphone cameras. They're looking for a more hands-on experience with a manual camera that offers easy control over settings. The second group is older individuals who are used to larger digital SLR cameras but now prefer something smaller and lighter.

Fortunately, the second-hand camera market offers plenty of budget-friendly options. While big-name brands like Canon, Nikon, and Contax often come with higher price tags, lesser-known brands like Pentax, Ricoh, Minolta, Yashica, and Fuji can still be found at bargain prices.

I have used and still own quite a few old compact film cameras of the "point and shoot" variety. While these are convenient, fully automatic models often lack meaningful manual controls. However, one stands out for its combination of simplicity and manual versatility: the Fuji TELE CARDIA SUPER (known as the Fuji DL400 TELE SUPER in overseas markets).

This camera can be used in a very simple point and shoot manner. But there are several important manual controls. You can force the flash to fire in bright sunlight conditions to fill in shadows on people's faces. You can force the autofocus system to focus at infinity so that you can take photos through a glass window. And it has a telephoto 70mm lens built in, as well as the standard 35mm lens. Despite being highly affordable online, these cameras often remain in excellent condition.

For anyone seeking their first film camera, this model strikes the perfect balance between simplicity, functionality, and affordability. It's an excellent choice for both beginners and enthusiasts looking for something more versatile.

我經常被問到對價格實惠的菲林相機有何建議，提出此問題的人通常分為兩類。第一類是只用過智慧型手機相機的年輕人，他們通常正在尋找一種可以輕鬆控制設定的手動相機，希望得到更多的實踐體驗；第二類是老年人，他們一般習慣使用較大的數碼單反相機，但現在更喜歡更小、更輕型的相機。

幸運的是，二手相機市場提供了大量經濟實惠的選擇。雖然 Canon、Nikon 和 Contax 等大品牌的價格都是較高，但仍然可以找到一些不太著名的品牌，如 Pentax、Ricoh、Minolta、Yashica 和 Fuji 等，以較相宜的價格發售。

我曾經使用過並且仍然擁有一些舊式的小型“傻瓜”菲林相機。雖然它們很方便，但缺乏手動控制的全自動型相機通常讓人感到沒有趣味。然而，有一款產品卻因其簡單性和手動多功能性的結合而脫穎而出：Fuji TELE CARDIA SUPER（在海外市場稱為 Fuji DL400 TELE SUPER）。

這款相機可以以非常簡單的“傻瓜式”拍攝方式使用，但也有幾個重要的手動控制。你可以強制閃光燈在明亮的陽光下閃光，以降低人臉上的陰影；可以強制自動對焦系統對焦在無限遠，這樣你就可以透過玻璃窗拍照；此外它內建了一個 70 毫米長焦鏡頭，以及標準的 35 毫米鏡頭。儘管這些相機的網上價格非常實惠，但通常都是狀況良好的。

對於任何想要購買第一部菲林相機的人來說，這型號相機在簡單性、功能性和經濟性之間都取得了完美的平衡，而對於初學者和尋求更多功能的愛好者來說，這是一個絕佳的選擇。

By Craig Norris

[www.momentsbycraig.com](http://www.momentsbycraig.com)

# How Muscle Training Benefits Long-distance Runners



Long-distance running and muscle training are two distinct yet complementary forms of exercise that, when combined, can significantly enhance overall fitness and performance. While long-distance running primarily focuses on building cardiovascular endurance and stamina, muscle training emphasises strength, power, and muscle development.

Long-distance running is a sustained aerobic activity that challenges the cardiovascular system, improving endurance and stamina. It primarily engages the heart, lungs, and lower body muscles such as the quadriceps, hamstrings, and calves. However, while beneficial for cardiovascular health, long-distance running alone may not be sufficient for developing muscle mass or boosting strength.

Muscle training, or resistance training, involves using weights, resistance bands, or body weight to target specific muscle groups. It plays a crucial role in building strength, increasing muscle mass, and improving body composition. This type of exercise activates major muscle groups, including the chest, back, shoulders, arms, and legs, and complements the endurance gained from running.

Despite their differences, long-distance running and muscle training can work together to create a balanced fitness routine. Here's how they complement each other:

## Improved Performance

Long-distance running enhances cardiovascular endurance, vital for excelling in endurance events such as marathons. Muscle training boosts strength and power, improving running efficiency and speed, ultimately helping runners perform better during races.

## Injury Prevention

Incorporating muscle training strengthens muscles and joints, reducing the likelihood of injuries such as shin splints, knee pain, or IT band syndrome. Stronger muscles and increased stability enhance resilience, allowing runners to train and compete with reduced risk of injury.

## Enhanced Recovery

Muscle training supports recovery by promoting muscle repair and growth after intense running sessions. Exercises like stretching, foam rolling, and yoga improve flexibility, reduce soreness, and facilitate quicker recovery between runs.

## Balanced Body Composition

Long-distance running burns calories and promotes cardiovascular health, while muscle training builds muscle mass and increases metabolic rate. Combining both exercises creates a balanced physique with enhanced endurance and strength.

In conclusion, long-distance running and muscle training are two complementary forms of exercise that together can help individuals achieve a broad range of fitness goals. Incorporating both into your routine enhances overall performance, reduces the risk of injuries, promotes faster recovery, and fosters a balanced body composition. Whether you're a runner aiming to build strength or a weightlifter seeking to boost endurance, combining these two disciplines paves the way for a well-rounded and effective fitness programme.





## 肌肉訓練 對長跑運動員的好處



長跑和肌肉訓練是兩種截然不同卻可以相輔相成的鍛鍊形式，兩者結合起來可以顯著提高整體健康和表現。長跑主要著重於增強心血管耐力和強韌，而肌肉訓練則強調力量、爆發力和肌肉質量的發展。

長跑是一項持續的有氧運動，挑戰心血管系統並提高整體耐力。它主要針對心臟、肺部和下半身肌肉，例如股四頭肌、腿後肌和小腿。然而，它雖然有益於心血管健康，但僅進行長跑可能不足以發展肌肉質量或增強力量。

肌肉訓練也稱為阻力訓練，涉及使用外部阻力，如重量器材、阻力帶或體重，來針對特定的肌肉群。這種鍛鍊形式對於增強力量及肌肉質量，以及改善身體組成方面發揮著至關重要的作用。這種類型的運動可以激活主要肌肉群，包括胸部、背部、肩膀、手臂和腿部，並補充從跑步所獲得的耐力。

雖然長跑和肌肉訓練是兩種不同的運動形式，但兩者可以一起創造一個平衡的健身習慣。以下是它們如何相輔相成：

### 提高表現

長跑有助於提高心血管耐力，這對於在馬拉松或長跑等耐力賽事中取得良好表現至關重要。另一方面，肌肉訓練可以幫助提高力量和爆發力，從而透過提高速度和效率來提升跑步表現。

### 降低受傷風險

肌肉訓練有助於增強肌肉和關節，從而降低因長跑而受傷的風險，例如脛骨夾板、膝蓋疼痛或髂脛束症候群。透過將肌肉訓練納入日常訓練中，跑步者可以提高整體肌肉力量和穩定性，有助於預防受傷並提升跑步表現。

### 加快恢復

肌肉訓練可以透過促進長跑後的肌肉修復和生長來幫助改善恢復力，透過結合泡沫軸、伸展運動和瑜伽等肌肉訓練的練習，跑步者可以提高靈活性、減少肌肉酸痛並加快跑步期間的整體恢復。

### 平衡的身體組成

長跑可以幫助個人燃燒卡路里並改善心血管健康，而肌肉訓練可以幫助增加肌肉質量並加快新陳代謝。透過結合這兩種形式的鍛鍊，可以增強耐力和力量，打造平衡的體格。

總括而言，長跑和肌肉訓練是兩種可以相輔相成的運動形式，可以幫助個人實現各種健身目標。將這兩者納入日常運動中，可以提高整體表現、降低受傷風險、促進恢復並實現身體組成平衡。無論你是希望提高力量的長跑運動員，還是尋求增強耐力的舉重運動員，將這兩種運動結合起來便可以幫助你實現全面的健身計劃。



By Personal Trainer, Daniel Wong

撰文：私人健身教練 – Daniel Wong

**Holiday Notice**

Please note that all junior and adult group classes will be cancelled on New Year's Day on 1st January and Lunar New Year Holidays from 29th – 31st January.

**課程暫停舉行**

請注意，所有兒童及成人團體課程，將於1月1日元旦日，及1月29日至31日農曆新年公眾假期暫停舉行。

## Fuzzy Wire Mandarin Plant Workshop for Lunar New Year

Celebrate the Lunar New Year with creativity and culture at this hands-on workshop. Children will craft a festive mini potted plant using vibrant, colourful chenille stems in various shapes. While having fun with this engaging activity, children will also discover more about the rich traditions behind the Lunar New Year.

The completed potted plant will make a one-of-a-kind decoration or a meaningful gift, symbolising good luck and prosperity for the year ahead.

### 新年毛毛條大吉小盆栽

農曆新年將至，前來參加在這個工作坊，跟隨導師學習以不同顏色和形狀的毛毛條，製作出一個充滿新年氣氛的大吉小盆栽，讓小朋友在享受手工製作樂趣的同時，學習到更多關於新年傳統文化。

完成的小盆栽不僅是一個獨特的裝飾品，也是一份充滿意義的新年禮物，象徵著新一年大吉大利。工作坊將分別於1月12日及19日（星期日）舉行，適合6-12歲的會員參加，一堂收費 - 會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。

- Date : (A) Sunday, 12th January  
(B) Sunday, 19th January
- Time : (A1) (B1) 2:00pm – 3:15pm  
(A2) (B2) 3:30pm – 4:45pm
- Venue : Children's Playroom Library
- Price : Member \$180, Guest \$300  
(Including Children's Playroom entrance fee)
- Age : 6 – 12 years



## Lunar New Year Children's Fun Day

Celebrate the Lunar New Year with joy and creativity at our Lunar New Year Children's Fun Day! Bring your little ones along for an afternoon packed with exciting activities, including the Pitch-Pot Fun Game, Gold Leaf Painting, and DIY Night Light making.

This special event is the perfect way to embrace the festive spirit while sparking imagination and building new friendships.

### 新年兒童同樂日

我們將於2月2日（星期日）舉行農曆新年兒童同樂日，以歡樂和創造力慶祝農曆新年！歡迎各位家長攜同3歲及以上的孩子一同前來參加刺激的遊戲活動，包括投壺遊戲、金箔繪畫和小夜燈製作等，共度一個充滿趣味的下午。

這項特別的活動可以讓孩子們在愉快的氛圍中學習新年傳統，展現創意，並結識新朋友。收費 - 會員\$100，非會員\$160。

- Date : Sunday 2nd February
- Time : 3:00pm – 4:00pm
- Venue : Children's Playroom
- Price : Member \$100, Guest \$160
- Age : 3 years and above



## Happy Lunar New Year

Count the CNY elements and write the number you find next to the picture.

請數一數圖中4款農曆新年物件的數量，並填寫在空格中。

### Win a Fabulous Prize

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

### 贏取精美禮品

請將答案傳真至2118 0209或交回二樓接待處。所有答中的小朋友均可參加於1月31日（星期五）舉行之抽獎，勝出者可獲禮物一份。

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Contact Tel. No.: \_\_\_\_\_

Membership No.: \_\_\_\_\_





## Congratulations

Congratulations to Cesar Chan and William Ng, who have successfully achieved a First Dan (I degree) awarded by the International Taekwon-do Federation.

恭喜本會跆拳道學員 Cesar Chan 及 William Ng 成功考獲由國際跆拳道聯盟頒發的黑帶一段。

## Junior Taekwondo

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

### 少年跆拳道

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，1月份4堂收費 — 會員\$720，非會員\$760。歡迎新學員參加！

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

## Rope Skipping Class

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

### 花式跳繩班

參加本會的花式跳繩班，除了可以學習跳繩技巧、增強身體四肢的運動量及靈敏度、訓練個人反應外，還可以學習自我肯定、領導力和團隊合作。課程於星期日舉行，適合7–12歲會員參加，1月份4堂收費 — 會員\$720，非會員\$760。

Date : Sunday 5th, 12th, 19th & 26th January  
Time : 4:30pm – 5:20pm (50 mins)  
Venue : Aerobics Room  
Price : Member \$720, Guest \$760 (for 4 lessons)  
Age : 7 – 12 years

## Wall Climbing

Let your child conquer new heights at our exciting Wall Climbing Workshop! This engaging activity not only boosts physical fitness and flexibility but also enhances balance, coordination, and problem-solving skills.

### 運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。1月份新上課時間，於星期一下午4時30分至6時舉行，適合6–10歲會員參加，兩堂收費 — 會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Monday 13th & 20th January \*New Date  
Time : 4:30pm – 6:00pm \*New Time  
Venue : Children's Playroom (Climbing Wall)  
Price : Member \$450, Guest \$570 (for 2 lessons, including Children's Playroom entrance fee)  
Age : 6 – 10 years



## English Drama Academy

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

### 英語話劇訓練班

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。課程於星期三舉行，適合3–12歲的會員參加，1月份3堂收費 — 會員\$600，非會員\$630。

Date : Wednesday 8th, 15th & 22nd January  
Time : (A) 5:30pm – 6:30pm  
(B) 4:30pm – 5:30pm  
Venue : Gym Activities Room  
Price : Member \$600, Guest \$630 (for 3 lessons)  
Age : (A) 3 – 5 years (B) 6 – 12 years

## Junior Badminton Lessons

Our Junior Badminton Lessons are designed for young players aged 6 to 16. Join us for the very best badminton coaching where participants will develop their skills, improve their game, and have fun.

### 少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6-16歲的少年會員而設。學員可以學習正確的羽毛球技術、步法和策略，將他們的球技提升到一個新的水平。1月份3堂收費 — 會員\$780，非會員\$810。

Date : Friday 10th, 17th & 24th January  
Time : (A) 6:30pm – 7:30pm / (B) 7:30pm – 8:30pm  
Venue : Aerobics Room  
Price : Member \$780, Guest \$810 (for 3 lessons)  
Age : (A) 6 – 10 years / (B) 11 – 16 years

## Junior Badminton Lessons (Private)

Elevate your child's badminton game with personalised coaching from our expert Badminton Coach. These Private Lessons are tailored to meet the needs of each individual player.

Private Lessons

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

### 少年羽毛球 — 私人課程

想學習羽毛球知識及提升個人技巧，歡迎前來參加私人羽毛球班，本會經驗豐富的專業羽毛球教練將針對每位學員的獨特優點、缺點和目標而度身設計適合他們的課程。查詢及預約時間請致電2118 1890。

私人課程收費（包括場租） —

一人：\$700/每堂一小時 / 二人：\$900/每堂一小時



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

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

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Wednesday, 15th January. 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 February. Good Luck!

請於1月15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2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

December  
Solution  
12月份  
遊戲答案

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

Congratulations to the winner of last month's puzzle  
恭喜上期得獎者  
Mr Eric Lam



## Ten Mushroom & Beef Ramen at Bā Ramen in January

### 1 月份拉麵吧推介 10 款蘑菇牛肉拉麵

Savour the ultimate bowl of comfort with our 10 Mushroom and Beef Ramen. A rich, hearty beef broth is perfectly paired with a medley of mushrooms: Shiitake, Button, Oyster, Porcini, Enoki, Wood Ear, Shimeji, King Oyster, Straw, and Bamboo, creating a symphony of flavours in every bite.

\$148 per bowl

到拉麵吧享用10款蘑菇牛肉拉麵，品嚐令人舒暢的終極滋味。味道濃郁豐富的牛肉湯底搭配10款蘑菇：香菇、白蘑菇、秀珍菇、牛肝菌、金針菇、木耳、白茶樹菇、杏鮑菇、草菇和竹筴，每一口都交織出美味的樂章。

10 款蘑菇牛肉拉麵 — 每碗\$148。

## Live Sports at the Club Bar

Keep up to date on the live sports action at our vibrant Club Bar!

With numerous screens and a dynamic atmosphere, it's the place to be for catching this month's thrilling global sporting events.

**Call the Club Bar on 2118 1845 for more details.**

Club Bar Opening Hours: Daily, from 11:00am – 11:00pm

### 精彩體育賽事 酒吧現場直播

本會酒吧設有多部電視屏幕，是讓大家在熱鬧的氣氛下，觀看本月份全球各項刺激體育賽事的最佳場所。

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時





MANITOBA  CLUB | 1874

Winnipeg, Canada



Nestled in the heart of Winnipeg, the Manitoba Club stands as Canada's oldest private club, an oasis of tradition and refinement since 1874. Situated on the scenic Assiniboine River, this historic landmark offers an unparalleled blend of timeless elegance and modern amenities, making it the perfect destination for business and leisure alike.



The Manitoba Club's Main Dining Room is a fantastic culinary venue, with menus that celebrate the best of local ingredients. Guests can enjoy a wide range of delicious dishes while enjoying views of the landscaped gardens and riverbank. For a more casual experience, the Club Lounge provides a relaxed yet sophisticated setting, ideal for drinks, light meals, or a casual meeting.

Private dining and event spaces are available for gatherings large and small, from intimate dinners to grand celebrations. For wine enthusiasts, the Club boasts an impressive wine cellar featuring a selection of vintages.

Fitness and wellness are key elements of the Manitoba Club experience. The state-of-the-art fitness centre is complete with personal training options. After a workout, unwind in the luxurious steam rooms or indulge in a massage at the wellness spa.

A highlight of the Club is its Business Centre, which provides a professional environment with meeting rooms and fully equipped workspaces. It's the perfect solution for those seeking a quiet space to work or host clients.

So, if you're planning a visit to Winnipeg, don't forget to request a Letter of Introduction for the Manitoba Club — a place that warmly welcomes Pacific Club Members.

Manitoba Club 位於溫尼伯市中心，是加拿大最古老的私人會所，自 1874 年以來一直是傳統及優雅舒適兼備的地方。這座歷史悠久的地標坐落在風景優美的阿西尼博因河畔，將自古以來的優雅與現代設施無與倫比地融合在一起，使其成為處理商務及享受休閒的完美地方。

Manitoba Club 的主餐廳是一個享用美食的絕佳地點，所有菜式均採用當地最好的食材烹製而成，客人可以一邊品嚐各種美味佳餚，一邊欣賞園景花園及河岸的景色。若想享受更休閒的體驗，會所酒廊提供輕鬆但高雅的環境，是享用飲料、輕食或進行休閒會議的理想場所。

會所內設的私人用餐及活動空間可舉辦大大小小的聚會，從私人晚宴到盛大慶祝活動皆宜。對於葡萄酒愛好者來說，會所擁有一個令人印象難忘的酒窖，收藏了大量精選年份的葡萄酒。



健身及體療是 Manitoba Club 的重點設施體驗。會所設有最先進的健身中心提供個人訓練選項；運動後，你可以使用豪華舒適的蒸氣浴室放鬆身心，或在體療中心內享受按摩。

會所的一大亮點是其商務中心，提供專業的環境、會議室及設備齊全的工作空間。對於那些想尋找安靜環境工作或接待客戶的人士來說，這裡可以完美地解決所需。

若你將計劃前往溫尼伯市，請緊記攜同會所介紹信，親身體驗這間令太平洋會會員感到賓至如歸的會所。

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啟動內源力量



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