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PACIFIC VIEWS

February 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，慶祝蛇年的來臨！

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

大紅乳豬仔伴 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
 Vincent Fang 方剛
 William Fung 馮國綸
 Kathryn Louey 雷羅慧洪
 W. Gage McAfee
 David K.P. Li 李國寶
 Stephen Tai 戴德豐
 K.C. Chan 陳家強
 Oscar Chow 周維正
 Toshiaki Yamamoto 山本利章

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- | | | |
|--|----------------|---|
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Bookings 預約及查詢電話

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

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Dear Members

Kung Hei Fat Choi! I hope you and your family had a wonderful Lunar New Year filled with happiness and togetherness, and that you were able to enjoy some of the Pacific Club's many festive offerings as we welcomed the Year of the Snake.

As February unfolds, we invite you to continue celebrating the season with our Lunar New Year Lunch and Dinner Buffets at The Island View, available until the 9th. Indulge

in an impressive array of Chinese delicacies, complemented by the auspicious Lo Hei, the perfect way to usher in prosperity and happiness for the year ahead.

On selected Friday nights, explore the wonders of the sea with our Seafood Galore Dinner Buffet at The Island View. Featuring freshly-shucked oysters, delicious sea urchin pasta, sashimi, and more, this feast is a must for seafood lovers. Then, transform your Saturday evenings into a gourmet experience with our Mangalitsa Magic Dinner Buffet at The Island View. Mangalitsa pork is renowned for its exceptional marbling, tender texture, and rich, buttery flavour, and our chefs have prepared a selection of dishes that highlight this extraordinary ingredient.

For the true romantics amongst our Members, Valentine's Day is just around the corner, and here at the Club we are offering a variety of dining experiences to make your evening unforgettable. At The Island View, treat your loved one to a lavish buffet featuring a half Boston Lobster Thermidor. Alternatively, savour an intimate four-course menu at Pier 6 or an Italian-inspired set dinner at Capricci. And for the absolute pinnacle in luxury, reserve a table at our exclusive Romantic Sunset Harbourfront Dinner on Valentine's night. Set on the poolside terrace with stunning sunset views of Victoria Harbour, this unforgettable evening includes Champagne and canapés, a bouquet of fresh roses, a seven-course menu paired with fine wines, and attentive service from your personal waiter. Full details can be found on the next page.

Finally, join us in supporting Greeners Action's Lai See Reuse and Recycle Programme 2025. From 7th to 27th February, drop off used Lai See packets in the collection boxes at the G/F and 1/F Receptions. Together, we can make a meaningful impact on Hong Kong's environmental efforts. Turn to page 35 to learn more.

I look forward to welcoming you to the Club this month to enjoy all the exciting events and activities we have planned.

尊敬的會員，

首先向大家說聲“恭喜發財”！祝大家及貴家屬度過一個幸福美滿、愉快團圓的農曆新年，並在蛇年到來之際前來太平洋會館體驗眾多的節日推廣活動。

隨著踏入 2 月份，我們邀請大家繼續前來本會慶祝農曆新年，於 2 月 9 日或之前到 The Island View 餐廳享用農曆新年自助午餐及晚餐，盡情品嚐各式各樣令人回味的中式節慶菜餚，再加上充滿吉祥意義的「撈起」美食，是迎接來年繁榮幸福的最佳方式。

此外在特定的星期五晚上，大家可以在 The Island View 享用到豐盛的海鮮美食自助晚餐，探索大海奇觀；這場盛宴包括新鮮去殼的生蠔、美味的海膽意大利麵、魚生片等，是海鮮愛好者的必嘗之選。然後，大家可以繼續於星期六晚上在 The Island View 享用我們的曼加利察豬美食自助晚餐，將美食體驗變成一種享受。曼加利察豬肉以其獨特的大理石脂肪花紋、柔嫩的肉質及濃郁的油脂香味而聞名，我們的廚師已設計了一系列菜餚以突顯這種非凡的食材。

對於充滿浪漫主義的會員來說，意義重大的情人節即將來臨，我們將會在會所準備不同的用餐體驗，讓大家庭度過難以忘懷的一夜。在 The Island View，大家可以與至愛享用豐盛的自助晚餐，包括半隻波士頓龍蝦及更多美食；另外，大家也可以在 Pier 6 溫馨的環境下品嚐共四道菜式的晚餐；或到 Capricci 享用意大利風味的特色晚餐。若想體驗極致奢華的浪漫，請預訂我們尊貴的浪漫日落海濱晚餐。在泳池日光浴平台上，大家可以欣賞到維多利亞港令人讚嘆的日落美景；這個令人難忘的夜晚包括了香檳及開胃菜、一束新鮮的玫瑰花、配搭精選美酒的七道菜式晚餐，以及專屬服務員的殷勤服務，詳細資訊請參閱下一頁。

最後，我們邀請大家一同參與綠領行動今年舉辦的「利是封回收重用大行動」，於 2 月 7 日至 27 日期間，將用過的完好利是封投入設置於會所地層及一樓接待處的收集箱。我們可以共同為香港的環保工作帶來有意義的影響，請參閱第 35 頁以了解更多資訊。

我期待著於本月份歡迎大家來到會所，體驗我們安排的所有精彩活動。

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



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Friday, 14th 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 Maître 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

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



By Tommy Ko,
Membership Manager
撰文：會籍部經理 - Tommy Ko



In this month's issue, I wish to remind all Members of the policies regarding inviting guests to the Pacific Club.

- Each Membership may reserve a table for up to 12 persons, including themselves, at the Club's restaurants. Please note that guests are not permitted to place food or beverage orders until the hosting Member has arrived.
- A maximum of 4 guests per Membership may be brought to the Club for use of the Sports & Recreation facilities.
- All guests must be signed in by the hosting Member at the Reception Desk prior to using any of the facilities unless prior booking has been made by the hosting Member. Guests not already signed in will be asked to wait for the relevant Member at the Club's Lobby.
- A Guest Fee of \$240 per person, per day, applies for access to Sports & Recreation facilities.
- Guests may not use the Swimming Pool and Spa facilities (except lockers and showers) on Saturdays, Sundays and Public Holidays.
- Guests are not permitted to sign any chits.
- Guests must be accompanied by the hosting Member at all times whilst using any of the Club's facilities.

We kindly remind hosting Members to ensure that their guests are familiar with and adhere to the Pacific Club's Rules and By-Laws. Members are responsible for their guests' conduct while they are on Club premises or using its facilities

Restaurant Bookings

Due to the high demand for restaurant reservations, especially during weekends and public holidays, we strongly recommend that Members book in advance for lunch or dinner to ensure availability and avoid disappointment.

Please note that reservations are held for a maximum of 15 minutes beyond the scheduled booking time. After this grace period, the table may be released to another Member on a first-come, first-served basis.

Magazines at the Spa

To enhance your relaxation experience, the Club continually updates the selection of magazines and newspapers available for Members to enjoy at the Spa. To ensure these materials remain accessible to all, we kindly request that they remain in the Spa area. For hygiene reasons, we also ask that these publications not be taken into the toilets.

在今期的會員須知中，我想提醒所有會員有關邀請賓客到訪太平洋會的守則。

- 在本會餐廳，每一個會籍最多可預訂一桌 12 位，包括會員本人在內。在有關會員還未到達前，賓客不得自行點菜或安排飲料。
- 每一個會籍最多可邀請 4 位賓客使用運動及休閒設施。
- 在使用任何設施前，除非會員已事先安排預訂，否則所有賓客必須在接待處經由有關會員辦理登記手續。如會員未能及時到達本會，有關賓客必須在大堂等候該會員。
- 若賓客需要使用運動及休閒設施，本會將會收取來賓收費，有關費用為每位 240 元。
- 在星期六、星期日及公眾假期期間，賓客不得使用游泳池和水療設施（儲物櫃及淋浴間除外）。
- 賓客不可簽署任何會員賬單。
- 所有賓客必須一直由有關會員陪同下方可使用會所的任何設施。

請注意，會員必須提醒其獲邀的賓客遵守太平洋會的規條及守則，並為其賓客在會所內或使用會所設施期間的行為負責。

餐廳預訂

由於餐廳預訂的需求量大，尤其是在週末及公眾假期，欲免向隅，我們強烈建議各會員提早預訂午餐或晚餐安排。

敬請注意，預訂的餐桌將會在預訂時間過後保留 15 分鐘，之後將按照先到先得的準則將餐桌釋放予其他會員使用。

消閒雜誌

為了提升大家的休閒體驗，本會一直不斷地搜羅不同類型的雜誌及報章，以供會員在休憩間閱讀。由於這些刊物是為所有會員而設，因此請勿將刊物擅自帶走。同時為了保持清潔衛生，請不要將這些刊物帶進洗手間內閱讀。

Seafood Galore Dinner Buffet

Neptune's Delights from the Seven Seas & Five Oceans

海鮮美食自助晚餐

來自七海五洋的豐富海中珍寶

Selected
FRIDAY Nights
特定星期五晚上



On selected Friday nights in February, treat yourself to a sumptuous seafood feast at The Island View with our Seafood Galore Dinner Buffet. Explore the finest treasures from the seven seas and five oceans, presented in an unforgettable dining experience.

Highlights include:

- **Oyster Bar:**
Enjoy freshly shucked oysters from the ocean's finest selections.
- **Seafood Display with Live Cooking:**
Select your favourites from an array of fresh seafood, expertly grilled over charcoal.
- **Sea Urchin Pasta Station:**
Savour the indulgent flavours of creamy sea urchin pasta, made to order.
- **Sashimi Station:**
Relish expertly sliced, melt-in-your-mouth sashimi.

Complement your seafood journey with an assortment of hot and cold dishes, tempting sides, and decadent desserts.

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

Date : Friday, 7th, 21st & 28th February

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$598, Children 6-12 years \$398 ; 3-5 years \$188

Reservations : 2118 1846

在2月7日、21日及28日星期五晚上，歡迎大家前來 The Island View 餐廳享用一頓豐盛的海鮮大餐，在這自助晚餐中探索七海五洋的珍貴美食，享受難忘的用餐體驗。

主打美食包括：

- **生蠔吧：**
品嚐精選新鮮去殼的海洋生蠔。
- **即場烹調的多種海鮮：**
從各種新鮮海鮮中挑選你最喜歡的，然後經過專業的炭火燒烤。
- **海膽意大利麵檔：**
品嚐即點即做的濃郁海膽意大利麵。
- **魚生檔：**
品嚐切片細緻、入口即化的魚生片。

最後以各式各樣的冷熱菜餚、誘人的配菜及精緻的甜點來完滿你的海鮮美食之旅。

晚餐收費：成人 \$598

小童 6-12歲 \$398，3-5歲 \$188

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。

Mangalitsa Magic Dinner Buffet

A Celebration of the Hungarian Woolly Pig!

曼加利察豬美食自助晚餐
品嚐「匈牙利綿羊豬」的盛宴！

Every
SATURDAY Night
逢星期六晚上

Every Saturday in February at The Island View brings a unique dining experience featuring the exceptional Mangalitsa pork, famed for its tender texture, rich marbling, and unmatched flavour. Known as the "Kobe beef of pork," this Hungarian delicacy takes centre stage in a variety of creative dishes.

Highlights include:

- **Signature Roasts:**
Indulge in expertly prepared Mangalitsa pork dishes that showcase its remarkable qualities.
- **Grilled Specialties:**
Enjoy flavourful cuts cooked to perfection over an open flame.
- **Artisan Creations:**
Savour an array of imaginative dishes crafted to highlight this prized ingredient.

Pair these indulgent Mangalitsa pork dishes with an array of hot and cold sides, fresh salads, and desserts to round off your evening in style.

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

The Island View 餐廳將於2月份逢星期六晚上為大家帶來獨特的用餐體驗，送上以高級曼加利察豬肉為主題的美食。這種匈牙利豬肉以其柔嫩的肉質、豐富的大理石脂肪花紋及無與倫比的風味而聞名，有「豬肉界的神戶和牛」之稱，其美味在各種創意菜餚中佔據著中心位置。

主打美食包括：

- **招牌烤肉：**
盡情享用經精心烹調，以充分展現其卓越品質曼加利察豬肉的菜餚。
- **特色燒烤菜：**
享用在明火上燒烤而成的美味肉扒。
- **精巧創作的美食：**
品嚐一系列富於想像力，以突顯這珍貴食材而製作的菜餚。

這些豐盛的曼加利察豬肉菜餚將與各種冷熱配菜、新鮮沙律及甜點完美搭配，為你的美食之夜畫上圓滿的句號。

晚餐收費：成人 \$528；小童 6-12歲 \$348，3-5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。

Date : Every Saturday in February
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$528, Children 6-12 years \$348 ; 3-5 years \$128
To book your table, please call The Island View on 2118 1846



Fascia Exercise Training

Fascia is a broad term for the connective tissue that weaves throughout the entire body to stabilise and bind the muscles, bones, and organs together. During these hour-long sessions, participants will learn release techniques with exercise props to condition the fascia so as to feel relaxed, light in your body, stand taller and feel stronger.

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，2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 3rd, 10th, 17th & 24th February

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

Join us on Fridays at the Aerobics Room for Funky Dance - a simple and easy aerobic dance workout. These extremely energetic classes aim to complete 7,000 dance steps within each one-hour session, burning an incredible amount of calories. Sign-up today!



Funky跳舞班

歡迎參加逢星期五在Aerobics Room舉行的Funky跳舞班 — 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。課程適合16歲及以上的會員參加，2月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Friday 7th, 14th, 21st & 28th February

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

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

Age : 16 years and above



Zumba Fitness

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

尊巴健體舞班

走進尊巴健體舞充滿活力的世界，每一課堂都充滿動感及音樂的快樂！尊巴舞不僅是一種鍛鍊，更是一項全球性的舞蹈熱潮，將世界各地令人興奮的節奏與易於遵循的動作融為一體，創造出充滿活力的健身體驗。課程於星期日舉行，適合16歲及以上的會員參加，2月份3堂收費 — 會員\$540，非會員\$900。

Date : Sunday 9th, 16th & 23rd February

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

Price : Member \$540, Guest \$900 (for 3 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。在我們的課程中，大家可學習掌握糾正姿勢、增強靈活性及促進血液循環。這些練習還旨在緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。課程於星期五舉行，適合16歲及以上的會員參加，2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 7th, 14th, 21st & 28th February

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

Yoga at the Club

The Pacific Club's Yoga programme offers a sanctuary for Members to focus on their physical and mental well-being. With a range of classes throughout the week, our experienced instructors guide you through practices that enhance flexibility, strength, and mindfulness.

太平洋會瑜伽班

太平洋會瑜珈團體課程為會員提供了一個專注提升身心健康的好方法。我們多位經驗豐富的教練會在一星期內開設多項課程，指導大家進行增強靈活性、力量和專注力的練習。

瑜珈團體課程逢星期一、二、四、五及日舉行〔公眾假期除外〕。

收費：會員每堂\$180，10堂套票\$1,620〔套票必須於4個月內完成〕
非會員每堂 \$300

報名請致電 2118 1890。



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

Venue : Aerobics Room

Fee : Members \$180/class, \$1,620/10 classes ; Guests \$300/class

Remark : Packages must be completed within 4 months



Schedule in February 二月份課程

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	4:00pm – 5:00pm *New Time

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候候名單中。

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。

Lunar New Year Dishes at Bauhinia

紫荊閣餐廳—新春賀年菜

Enjoy a selection of festive dishes specially prepared by our talented Chef Keung — available for a limited time until 10th February at Bauhinia.

Indulge in Stir-fried Prawns and Scallops with Carrots and Celery, paired with delicate rice paper for a perfect harmony of textures and flavours, or savour the richness of Pan-fried Dried Oyster with Honey Sauce, a traditional dish symbolising abundance and sweetness for the year ahead.

To make your reservation, please call Bauhinia on 2118 1892

歡迎前來紫荊閣品嚐由我們充滿創意的強師傅特別準備的一系列農曆新年菜餚 — 限時供應至2月10日。

盡情享用口感及味道皆完美和諧的米網錦繡蝦球帶子，或象徵著未來一年豐盛甜蜜的傳統菜式蜜汁香煎金蠔，還有更多菜式選擇。

訂座請致電 2118 1892。

Lunar New Year Afternoon Tea

Until 7th February at the Oyster Bar

農曆新年下午茶美食

在Oyster Bar供應至2月7日

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.

\$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。

農曆新年下午茶美食 — 每位\$148，包括咖啡或紅茶

The Club's Tiramisu...

a treasured recipe finally shared!

期待而久的珍貴食譜...太平洋會的意大利芝士蛋糕

Many of you have asked for it, and I'm happy to finally share the much-requested recipe! This beloved dessert, with its smooth mascarpone mousse and coffee-drenched biscuits, is a true crowd-pleaser - and a very popular dish here at the Club. With just a few simple ingredients and a little care, you can now recreate this rich and velvety treat at home.

很多會員都向我要求過介紹意大利芝士蛋糕 (Tiramisu) 的食譜，現在我很高興終於可以與大家分享了！這款備受大家喜愛的甜點，有著幼滑的 mascarpone 芝士慕斯和浸滿咖啡酒的餅乾，是本會非常受歡迎的美食。只需幾種簡單的材料和一點細心，你現在也可以在家中重現這款濃郁又軟綿綿的美食了。



By Head of Culinary & Restaurant Operations, Daniel Birkner

撰文：廚藝及餐飲營運總監 —

Daniel Birkner



Ingredients

For the Mascarpone Mousse:

- ◆ 100g Italian Egg Yolks (Japanese egg yolks can be used for extra colour and richness)
- ◆ 50g Sugar
- ◆ 500g Mascarpone

For the Coffee Drench:

- ◆ 15g Tia Maria
- ◆ 15g Kahlua
- ◆ 10g Amaretto
- ◆ 25g Sugar
- ◆ 20g Coffee Granules
- ◆ 400g Water
- ◆ 200g Lady Finger Biscuits

材料

製作 Mascarpone 芝士慕斯：

- ◆ 100克意大利蛋黃 (可使用日本蛋黃來增加色彩和濃郁度)
- ◆ 50克糖
- ◆ 500克 Mascarpone 芝士

製作咖啡酒液：

- ◆ 15克 Tia Maria 咖啡酒
- ◆ 15克 Kahlua 咖啡酒
- ◆ 10克 Amaretto 杏仁酒
- ◆ 25克糖
- ◆ 20克磨碎的咖啡粒
- ◆ 400克清水
- ◆ 200克手指餅乾

METHOD:

- 1. Prepare the mousse:** Whip the sugar and egg yolks together until very foamy. Separately, whip the mascarpone to a soft peak and gently combine it with the yolk and sugar mixture.
- 2. Make the coffee drench:** Boil the water and mix in the Tia Maria, Kahlua, Amaretto, sugar, and coffee granules. Allow the mixture to cool at room temperature to let the flavours develop.
- 3. Layer the dessert:** Dip the lady finger biscuits into the coffee drench and layer them in your preferred cake tray or serving dish.
- 4. Add the mousse:** Spread a generous layer of mascarpone mousse over the soaked biscuits.
- 5. Refrigerate:** Cover and refrigerate for 4-6 hours, or ideally overnight, to allow the flavours to deepen.
- 6. Finish and serve:** Before serving, dust the top with bitter cocoa powder.

製作方法：

- 1. 製作慕斯：**將糖加蛋黃一起攪打，直至變成泡沫。另外，將 mascarpone 芝士攪打至柔軟泡沫狀，然後將其加入蛋黃及糖的混合物中再慢慢混合。
- 2. 製作咖啡酒液：**將水煮沸，並加入 Tia Maria 及 Kahlua 咖啡酒、Amaretto 杏仁酒、糖及咖啡粒。讓混合物在室溫下冷卻，以散發出香味。
- 3. 將甜點分層疊起：**將手指餅乾浸入咖啡酒液中，然後將其分層放在你喜歡的蛋糕托盤或餐盤中。
- 4. 加入慕斯：**在浸泡過的餅乾上塗抹一層厚厚的 mascarpone 芝士慕斯。
- 5. 冷藏：**蓋好托盤或餐盤並冷藏 4-6 小時，或最好超過一夜，以使味道更濃郁。
- 6. 完成並享用：**享用前，在面層撒上苦味的可可粉。



Bowling Parties at Pacific Club 太平洋會保齡球派對

Are you in search of the perfect venue for your child's birthday bash, a memorable family reunion, or a unique corporate team-building event? Look no further! Celebrate in style with a Bowling Party at the Pacific Club.

Our exclusive Bowling Alley is open for private event reservations, offering a vibrant atmosphere for groups of 18 up to 40 guests. And in the evenings, experience the excitement of our special Neon Night Mode — an electrifying setting that transforms your event into an unforgettable bowling extravaganza under the glow of neon lights!

For further information on availability, pricing, and tailored event packages, please contact our dedicated Banqueting & Events Department on 2118 2851 or 2118 2295.

你正在尋找舉行兒童派對，家庭聚會或公司聯誼的理想地點嗎？
不妨考慮到太平洋會舉辦保齡球派對。

本會的保齡球場於星期一至日及公眾假期均可預訂私人派對，可容納人數由 18 位起至最多 40 位，到了晚上，更可以體驗我們特殊的霓虹燈夜間模式，令派對場地變得氣氛十足！

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



The Island View Lunch & Dinner Buffets Celebration of Lunar New Year from 2nd to 9th February

Bring your family and friends to The Island View Restaurant for a memorable dining experience in celebration of the Lunar New Year, available from 2nd to 9th February.

Savour the rich traditions of Chinese cuisine with an impressive array of dishes at our Lunch and Dinner Buffets. Let the festive flavours and warm ambience set the perfect scene for your celebrations.

The Island View 農曆新年自助午餐及晚餐 於2月2日至9日與大家同慶農曆新年 (2月7日及8日的特色主題自助晚餐除外)

本會邀請大家與家人朋友前來 The Island View 餐廳享受一次難忘的用餐體驗，一同慶祝農曆新年。

在農曆新年自助午餐及晚餐中，大家可以品嚐到選擇豐富的中式傳統美食及各式各樣令人回味的菜餚，讓節日的歡樂及溫馨氣氛為你營造完美的慶祝活動。



And there's more... Lo Hei Celebrations

Available from 2nd to 9th February during Lunar New Year Lunch and Dinner Buffets (except 7th & 8th February for themed dinner buffets)

Celebrate the Year of the Snake with an auspicious Lo Hei, available during our Lunar New Year Lunch and Dinner Buffets from 2nd to 9th February.

Each ingredient carries a special meaning: raw fish signifies abundance and longevity, golden crisps represent wealth, and pomelo and lime bring good luck and profit.

Gather around, toss the salad high, and share joyful New Year wishes.

Remember to pre-order your Lo Hei when making a reservation and welcome a year of prosperity and happiness at The Island View!

Date : 2nd - 9th February (except 7th & 8th February for themed dinner buffets)

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

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)
For reservations, please call The Island View on 2118 1846

增添更多喜氣...

農曆新年 — 魚生「撈起」

於2月2日至9日農曆新年自助午餐及晚餐中供應(2月7日及8日的特色主題自助晚餐除外)

以魚生「撈起」來慶祝蛇年來臨!

魚生「撈起」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。

大家圍成一桌，用筷子把食材高高地撈起時，分享快樂之餘祈求新年願望實現。與家人朋友一起參與這項傳統，在 Island View 迎來繁榮及幸福的一年!

大家請記得在訂座時同時預訂魚生「撈起」!

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

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。

World Pizza Day at Capricci

Capricci 餐廳 — 世界薄餅日

Mark your calendar for a delicious celebration at Capricci this World Pizza Day, Sunday, 9th February! Our chefs have crafted an exclusive pizza for the occasion, available not just for the day but throughout the entire month.

And as a special treat, for one day only, you're invited to unleash your creativity and design your very own pizza masterpiece. With a wide selection of premium ingredients to choose from, the flavour combinations are entirely up to you — no rules, no limits!

It's sure to be a fun and tasty celebration at Capricci on World Pizza Day!

2月9日星期日是今年的「世界薄餅日」，請大家記下並由當日起前來Capricci享用由本會廚師為這次活動精心製作的專屬薄餅，因為不僅2月9日，其後的整個月份裡我們都會供應這款薄餅。

此外，僅於這一天，我們邀請大家發揮創意，利用我們豐富的優質食材製作出自己的個人化薄餅…任何口味配搭皆任君選擇！

請勿錯過這次有趣又美味的「世界薄餅日」慶祝活動，即致電 2118 1803 訂座。

Date : Sunday, 9th February

Venue : Capricci

Reservations : 2118 1803



Too Hot to Handle... Sizzling Platters

令人慾罷不能... 鐵板美食

Available
3rd - 28th February
at the Club Bar

Turn up the heat with our Sizzling Platter Promotion at the Club Bar this month. Choose your sizzling platter dish from our special à la carte menu.

Ideal for sharing, or a solo treat, these sizzling platters promise a dining experience that's both dramatic and delicious.

於本月3日至28日期間，會所酒吧將送上發出滋滋聲響的熱辣辣鐵板美食，為你在寒冷天氣中帶來溫暖。從我們的特別菜單中選擇你喜歡的鐵板菜式，非常適合與人分享或獨自享用，為你帶來令人激動又美味的用餐體驗。



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

Celebrate your birthday with friends at the Club! Spend over \$1,888 on lunch or dinner and enjoy a complimentary cake and Prosecco. Make your birthday unforgettable with us!

會員於其生日月份內與親朋好友前來太平洋會的指定餐廳舉行生日聚餐並消費滿\$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！

Until 30th June, 2025
Available every day for Lunch & Dinner
at The Island View, Pier 6, Capricci & Bauhinia restaurants
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人或以下聚餐，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: 2025: 1/1, 28-31/1, 14/2, 4/4, 18-21/4, 1/5, 5/5, 11/5, 31/5 & 15/6.
優惠不適用日期：2025年：1/1、28-31/1、14/2、4/4、18-21/4、1/5、5/5、11/5、31/5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。

Oyster Fridays

Every Friday is Oyster Night at the Club Bar

週五「盡享生蠔」之夜
每個星期五晚上都是會所酒吧的
「盡享生蠔」之夜！

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.

於2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。

Date : Every Friday in February

Venue : Club Bar





Friday, 14th February

2月14日

〔星期五〕

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



Comforting Winter Drinks

the Club Bar & Oyster Bar throughout February

令人舒適的冬季特飲 2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2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。



\$68
per glass
每杯

Cocktails (Hot/Cold)
雞尾酒 (熱/凍)

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

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

\$58
per glass
每杯



Mocktails (Hot)
無酒精熱飲

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 8th & 9th, 15th & 16th, 22nd & 23rd February

迷人草莓

盡情品嚐以日本及韓國草莓製作的甜點

於2月8日及9日、15日及16日、22日及23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。



Japanese Yoshinogawa Sake & Lumière Wine Dinner

日本吉乃川清酒及 Lumière 葡萄酒晚餐

Join us at Pier 6 in March for a one-of-a-kind culinary adventure at our Yoshinogawa Sake & Lumière Wine Dinner. Indulge in an extraordinary evening featuring the finest sake from the renowned Yoshinogawa Brewery, as well as award-winning wines from Lumière Winery, accompanied by a perfectly-paired menu.

Yoshinogawa Brewery, with a heritage dating back to 1548, is celebrated for creating exceptional sake in the heart of Japan's Niigata rice-growing region. Lumière Winery, founded in 1885, is a family-owned vineyard in Yamanashi Prefecture, renowned for its elegant and distinctive wines.

Experience an unforgettable dining experience that unites Japanese tradition, flavour, and creativity.

誠邀各位美酒愛好者於3月28日（星期五）晚上，
前來Pier 6餐廳參加一場獨一無二的美酒佳餚盛宴 — 日本吉乃川清酒及Lumière葡萄酒晚餐。

屆時大家可以享受一個非凡的夜晚，一次過盡情享用由兩間日本著名酒廠出品的佳釀 —
吉乃川高級清酒及Lumière得獎葡萄酒，並完美配搭我們精心烹調的美味菜餚。

吉乃川釀酒廠的歷史可以追溯到1548年，一直在日本新潟稻米種植區的中心地帶釀造優質清酒；
而Lumière酒莊成立於1885年，乃位於山梨縣的家族式葡萄園，以其優雅而獨特的葡萄酒而聞名。

請勿錯過這一次將日本傳統、風味及創造力融為一體的難忘用餐體驗。

訂座請致電 2118 1878。



Date : Friday, 28th March
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Reservations : 2118 1878

February 2025

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Spring Dimmers at Bauhinia 1st - 12th</p>	 <p>Lunar New Year Lunch & Dinner Celebrations at the Island View 2nd - 6th, 9th</p>	 <p>Lunar New Year Lunch & Dinner Celebrations at the Island View 1st - 7th</p>	 <p>Valentine's Day Dimmers at the Club 14th</p>			
<p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Lunar New Year Children's Fun Day</p> <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View</p> <p>2</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View</p> <p>Sizzling Platters at Club Bar</p> <p>3rd - 28th</p> <p>3</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View</p> <p>4</p>	<p>Tennis Team Training</p> <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View</p> <p>5</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View</p> <p>6</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Seafood Galore - Neptun's Delights from the 7 Seas and 5 Oceans Dinner Buffet at The Island View</p> <p>Oyster Fridays at Club Bar</p> <p>7</p>	<p>Junior Taekwondo</p> <p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Lunar New Year Afternoon Tea at Oyster Bar</p> <p>1st - 7th</p> <p>Spring Dimmers at Bauhinia</p> <p>1st - 12th</p> <p>Comforting Winter Drinks at Club Bar and Oyster Bar</p> <p>1st - 28th</p> <p>Wine by the Glass Lunch Special Offer at Pier 6 & Capricci</p> <p>1st - 28th</p> <p>Cold Brew Coffee at Club Bar and Oyster Bar</p> <p>1st - 28th</p> <p>Mangalissa Magic Dinner Buffet at The Island View</p> <p>Lunar New Year Dishes at Bauhinia</p> <p>1st - 10th</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Rope Skipping</p> <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View</p> <p>World Pizza Day at Capricci at the Oyster Bar</p> <p>9</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>10</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>English Drama Academy</p> <p>Tennis Team Training</p> <p>11</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>12</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>13</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Valentine's Day Dimmers at the Club</p> <p>Romantic Sunset Harbourfront Dinner at Poolside Sundek</p> <p>Oyster Fridays at Club Bar</p> <p>14</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Mangalissa Magic Dinner Buffet at The Island View</p> <p>Beryllious Afternoon Tea at the Oyster Bar</p> <p>8</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Preserved Flower Glass Ball Workshop</p> <p>Rope Skipping</p> <p>Sunday Lunch & Dinner Buffet at Island View</p> <p>Beryllious Afternoon Tea at the Oyster Bar</p> <p>16</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Wall Climbing</p> <p>17</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>English Drama Academy</p> <p>Tennis Team Training</p> <p>18</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>19</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>20</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Seafood Galore - Neptun's Delights from the 7 Seas and 5 Oceans Dinner Buffet at The Island View</p> <p>Oyster Fridays at Club Bar</p> <p>21</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Mangalissa Magic Dinner Buffet at The Island View</p> <p>Beryllious Afternoon Tea at the Oyster Bar</p> <p>15</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Rope Skipping</p> <p>Sunday Lunch & Dinner Buffet at Island View</p> <p>Beryllious Afternoon Tea at the Oyster Bar</p> <p>23</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Wall Climbing</p> <p>24</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>English Drama Academy</p> <p>Tennis Team Training</p> <p>25</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>26</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>27</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Seafood Galore - Neptun's Delights from the 7 Seas and 5 Oceans Dinner Buffet at The Island View</p> <p>Oyster Fridays at Club Bar</p> <p>28</p>	<p>Mangalissa Magic Dinner Buffet at The Island View</p> <p>Beryllious Afternoon Tea at the Oyster Bar</p> <p>22</p>

March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Yoga Class - Every Mon, Tue, Thur, Fri & Sun (except Public Holiday)</p>	 <p>Water Aerobics Class Every Tue & Fri (except Public Holiday)</p>	 <p>Yoshinogawa Sake & Lumiere Wine Dinner at Pier 6 28th</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
Sunday Lunch & Dinner Buffet at Island View	Wall Climbing				Friday Dinner Buffet at The Island View	1
2	3	4	5	6	Oyster Fridays at Club Bar	8
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				Friday Dinner Buffet at The Island View	15
9	10	11	12	13	Oyster Fridays at Club Bar	15
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	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				Friday Dinner Buffet at The Island View	22
16	17	18	19	20	Oyster Fridays at Club Bar	22
Zumba Fitness / Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics / Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	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				Friday Dinner Buffet at The Island View	29
23/30	24/31	25	26	27	Oyster Fridays at Club Bar	29
29	30	31				

*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

Slow Jogging on a Bosu Ball

在Bosu球上慢跑

For those managing knee or ankle concerns yet eager to maintain a cardio routine, slow jogging on a Bosu ball offers an excellent low-impact option. This innovative workout combines the benefits of core stability, joint-friendly exercise, and a touch of fun.

Traditional jogging surfaces like tracks or roads can place stress on joints. The Bosu ball, a semi-spherical platform filled with air, provides a softer, more forgiving surface. This reduces joint impact while enhancing balance and coordination, making it ideal for individuals seeking a safer alternative.

Stability and Support

Position a handrail at chest height for support during the exercise. This added stability helps minimise the risk of injury and enhances confidence as you adapt to the Bosu's dynamic surface.

Core Engagement

While holding the handrail, focus on activating your core. This stabilises your trunk, providing essential support from the shoulders to the abdomen. The Bosu's air-filled surface creates a sensation of floating, engaging the core further as you maintain balance.

Footwear Considerations

Opt for barefoot or socked feet to maintain a secure connection with the Bosu. Shoes can compromise stability on the rounded surface, whereas bare feet or socks allow your toes to grip, improving balance and safety.

Mastering Stabilisation Techniques

Begin by gripping the handrail lightly and engaging your core muscles to steady your upper body. The goal is to create a firm yet adaptable foundation, making the exercise both safe and effective. The Bosu's soft, cushioned feel helps relieve pressure on the knees and ankles, allowing for a more comfortable experience.

Running with Fun

Stand on the Bosu with a firm grip on the handrails. Engage your core and ensure you feel balanced before starting. Begin with a slow, controlled march. Lift each knee to pelvic level in a deliberate, marching-like motion before returning your foot to the surface. Maintain an upright posture and steady pace.

Start with 15 – 20 minutes of activity, taking breaks as needed to avoid discomfort. Gradually increase intensity and duration over time, raising your knees higher for a more challenging workout.

This engaging routine not only supports joint health but also strengthens the core, improves balance, and adds variety to your cardio workouts. Slow jogging on a Bosu ball is a fun and effective way to stay active, even with joint concerns.



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

對於那些膝蓋或腳踝有問題但又渴望保持有氧運動習慣的人士來說，在半圓平衡球（Bosu Ball）上進行慢跑是一種極好的低強度運動選擇。這種創新鍛鍊方式的好處結合了核心穩定性、維護關節和一點趣味性。

慢跑方式不僅在跑道、草地或道路等傳統的路面上進行，還可以在一個名為“Bosu”的藍色彈性平台上鍛鍊。此平台呈半圓形，內充滿空氣。這種獨特的表面提供了更柔軟的著地表面，減少對關節的衝擊。

穩定性和支持

將扶手放置在胸部高度，以便在運動期間提供支撐。這種增加的穩定性有助於最大限度地降低受傷風險，並在你適應 Bosu 球的動態表面時增強信心。

核心參與

當抓住扶手時，要集中精神激活核心肌群。這可以穩定你的軀幹，為從肩膀到腹部提供必要的支撐。Bosu 球的充氣表面會給你一種漂浮的感覺，讓在你保持平衡的同時進一步使用到核心力量。

鞋類的注意事項

我們可以選擇赤腳或穿著襪子來保持與 Bosu 球的牢固連接，但不穿鞋子。鞋子可能會在圓形表面上造成不穩定而導致滑倒。赤腳或穿襪子可以讓腳趾更好地抓住表面，提高平衡性和安全性。

掌握穩定技術

首先輕握著扶手，並使用核心肌肉來穩定上身。目標是創造一個堅實而又適應性強的基礎，使鍛鍊既安全又有效。Bosu 球柔軟、緩衝的感覺有助於減輕膝蓋和腳踝的壓力，帶來更舒適的體驗。

愉快地跑步

站在 Bosu 球上，緊握著扶手。在開始跑步之前，使用你的核心力量並確保你感覺平衡。從緩慢、有控制的踏步開始，以類似齊步走的動作謹慎地將每邊膝蓋抬起至骨盆水平，然後將腳放回地面。保持直立姿勢和平穩步伐。

由進行 15 至 20 分鐘開始，根據需要而休息以避免膝蓋和腳踝不適。隨時間適應並穩定後可以逐漸增加鍛鍊的時間和強度，將膝蓋抬得更高以進行更具挑戰性的鍛鍊。這種有趣的日常運動不僅有益於關節健康，還能增強核心力量、改善平衡力並為有氧運動增添多樣性。即使有關節問題，在 Bosu 球上慢跑也是一種有趣且有效保持活力的方式。



New Fitness Coach at Pacific Club Serena Cheung

太平洋會新任健身教練 Serena Cheung



Serena Cheung

We are excited to welcome Serena Cheung to the Pacific Club's fitness team! With a wealth of experience in personal training, yoga, and Pilates, Serena is passionate about guiding individuals towards their health and wellness goals.

Serena's holistic approach to fitness ensures that each session is carefully tailored to meet the unique needs of her clients. Whether you're aiming to build strength, improve flexibility, or cultivate a greater sense of balance, Serena's expertise provides the perfect foundation for success.

Her supportive and motivating coaching style empowers clients to challenge themselves, embrace their potential, and adopt a healthier, more fulfilling lifestyle.

我們非常高興歡迎 Serena Cheung 加入太平洋會的健身教練團隊！憑藉她在私人健身訓練、瑜伽和普拉提等方面的豐富經驗，Serena 熱衷指導學員實現他們的健身及健康目標。

Serena 會為每位學員度身訂制全面性的運動方案，以滿足各人的獨特需求。無論你的目標是增強力量、提升柔韌性還是平衡身心以改善運動表現，Serena 的專業知識都能為你成功奠定完美的基礎。

她的支持性及激勵性指導方式讓學員能夠勇於挑戰自己，發揮自己的潛力，達到更健康、更充實的生活。



QUALIFICATIONS 專業資格:

- Advanced Aerial Yoga Teacher Training Program (AUM Yoga Academy)
高級空中瑜伽師資培訓計畫 (AUM瑜伽學院)
- Pre & Post Natal Pilates (AASFP)
產前及產後普拉提 (AASFP)
- Advanced Personal Fitness Trainer (AASFP)
資深私人健身教練 (AASFP)
- Sports Science & Fitness Foundation Certification (AASFP)
運動科學及體適能基礎認證 (AASFP)
- Others Fitness Qualification (Fitness / Yoga / Pilates / First Aid)
其他資格 (健身 / 瑜伽 / 普拉提 / 急救)

Water Aerobics 水中健康舞班

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

前來參加本會的水中健康舞班，可加強心血管健康及力量，同時減少關節問題。課程於星期二及五舉行。



Morning Water Aerobics

Date : (A) Tuesday 4th, 11th, 18th & 25th February
(B) Friday 7th, 14th 21st & 28th February
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : (A) & (B) Member \$700, Guest - \$1,180 (for 4 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 4th, 11th, 18th & 25th February
(B) Friday 7th, 14th 21st & 28th February
Time : 3:00pm – 4:00pm
Venue : Swimming Pool
Price : Member \$175 daily / \$1,650 per 10 classes
Guest \$295 daily
Age : 14 years and above

Evening Water Aerobics

Date : Tuesday 4th, 11th, 18th & 25th February
Time : 7:00pm – 8:00pm
Venue : Swimming Pool
Price : Member \$700, Guest - \$1,180 (for 4 lessons)
Age : 14 years and above

Sunday Social Tennis

Sunday Social Tennis is a weekly event, held on Sundays, that brings together tennis playing Members for a fun and friendly two hours on the courts. This is a great opportunity for players to practice their skills, meet new people, and enjoy the camaraderie of the Pacific Club's tennis community.



週日網球聯誼聚會

週日網球聯誼聚會於星期日傍晚舉行，可讓熱愛網球運動的會員享受一場輕鬆的比賽，藉此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 2nd, 9th, 16th & 23rd February
 Time : 5:00pm – 7:00pm
 Venue : Outdoor Tennis Courts
 Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
 Age : Adults Only

Ladies' Morning Tennis

To improve your tennis technique and brush-up on your tactics for matches, come and join our two-hour Ladies' Morning Tennis sessions with our expert coaches. 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

參加本會於星期一舉行的女子早上網球練習班，在兩小時的專業並個人化指導中提升你的技術及增強戰術知識。每班僅限10名學員參加，請儘快報名。課程收費：每位\$310（包括場租，並設茶點招待）。

Date : Monday 3rd, 10th, 17th & 24th February
 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)



Junior Tennis Academy

The Junior Tennis Academy welcomes young players aged 3½ to 16 years for engaging and skill-building lessons every Saturday. Our structured programme is tailored to suit various age groups and skill levels, fostering a love for tennis while developing coordination, technique, and sportsmanship.

Led by experienced coaches, each session is designed to be a supportive environment where children can grow in confidence and ability. Please note that the fee will be charged on a monthly basis.

青少年網球訓練

於星期六上午舉行的青少年網球訓練班專為3½-16歲的會員而設，課程經過特別設計以適合不同年齡和技術水平的學員參加，旨在訓練協調性、技巧和體育精神，同時培養對網球的熱愛。

在經驗豐富的教練帶領下，學員可以得到一個發展網球技能並提升自信的環境。2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 1st, 8th, 15th & 22nd February
 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

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

Tennis League Teams' Schedule Home Matches in February

網球聯賽 — 2月份主場賽事



DATE	TEAM	MATCH
Monday, 3rd February	Veteran Men's 100+ (Division II)	Pacific Club vs Kowloon Tsai Home Owner's Association
Monday, 17th February		Pacific Club vs Kingswood Villas Tennis Club
Tuesday, 11th February	Veteran Women's 80+ (Division II)	Pacific Club vs American Club
Thursday, 6th February		Pacific Club vs Gold Coast Yacht & Country Club
Thursday, 13th February	Veteran Men's 120+ (Division I)	Pacific Club vs Federation of Community Tennis Clubs
Friday, 7th February	Ladies' (Division I)	Pacific Club vs CWB Bayside Smashers
Friday, 21st February		Pacific Club vs American Club

Words and pictures 撰文及圖片: Pete Spurrier



Lo Fu Tau

Like a fellow-feline counterpart to Kowloon's Lion Rock, Lo Fu Tau (Tiger's Head) is a large crag of solid rock that stands out high above its surrounding landscape. It towers over the Lantau Island residential community of Discovery Bay. A hike over its rock formations takes you to the neighbouring bay of Mui Wo.



This trail is quite steep and rough in places. There are no shops along the route, and it has sections of little shade, so take sun protection and plenty of water. Walking time: 3.5 hours.

Today's hike takes place on Hong Kong's largest outlying island, and so it involves two ferry rides if you follow this suggested route. First, take the ferry to Discovery Bay from Pier 3 in Central. When you arrive, walk ahead through the plaza to Discovery Bay Road, and then turn left and cross the road to find Discovery Valley Road. Here begins your uphill trek.



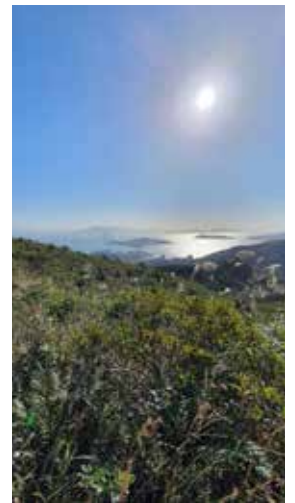
You're aiming for Parkvale Village and then Crystal Court, so turn right and follow the signs. Soon you find a trail into the bush that leads uphill and brings you to a lookout pavilion. From here you can look back and see Discovery Bay below you.

From the lookout, follow the paved road ahead and then turn right onto the Lo Fu Tau country trail. This is where the trail turns into a bit of a scramble over earth and rocks, and it's better to do it at this cooler time of year rather than in the hotter months. Even in the winter it's quite an exertion, but it's easy to follow the route uphill. The crown of Lo Fu Tau is clearly visible ahead like a hilltop fortress.

From the 465-metre summit, you can look back over Discovery Bay and further east across the waters to faraway Hong Kong Island and the New Territories, while views of Lantau's north coast and the island's many other peaks also open up. It's a fair reward for your hard work getting here.

And it's much easier hiking from this point onwards. Going on from the summit, the trail passes some interesting rock formations – one shaped like a turtle, another like a peach – and progresses gradually downhill on a sometimes overgrown path until finally you meet the better-maintained Olympic Trail. Turn left.

Following this paved path, you'll pass the Silvermine Bay waterfalls before arriving in Mui Wo. Take any signposted route through the rural valley to the town. Even though the pier area is currently undergoing redevelopment, there are plenty of options here for a meal or drinks before you board the ferry back to Central.



老虎頭

老虎頭就像九龍獅子山一樣，是一塊形似老虎的巨大堅硬岩石，在大嶼山的高處俯瞰著山下的愉景灣住宅區景觀。步行穿過岩石層即可抵達鄰近的梅窩海灣。



今次路程有些地方相當陡峭和崎嶇，沿途沒有商店，部分路段陰涼處較少，因此請做好防曬並多飲水。步行時間：3.5 小時。

今天的行山旅程在香港最大的離島上進行，因此如果你按照我們建議的路線，便須要乘坐兩程渡輪來回。首先，從中環

三號頭搭渡輪前往愉景灣；抵達後，步行穿過廣場至愉景灣道，然後左轉過馬路即可抵達愉景山道。從此處開始你的上山之旅。

你的目標是前往愉景灣寶峰，然後尋找寶晶閣，因此請右轉並按照路標指示前行。很快，你便會發現一條通往灌木叢的小路，然後通往山坡，並帶你到達一個瞭望涼亭。從這裡你可以回頭看到下方的愉景灣。

從瞭望涼亭出發，沿著前方的柏油路前行，然後右轉進入老虎頭郊遊徑。在這裡，路徑變得須要在一些泥地和岩石上攀爬，因此最好選擇在一年中較涼爽而非炎熱的月份前來。即使在冬天，這也很費力，但沿著這條路線上山還算是很容易的。前方的老虎頭山頂清晰可見，猶如一座山頂堡壘。



從 465 米高的山頂上，你可以回望愉景灣，向東眺望遠處的香港島和新界，大嶼山北海岸和島上其他山峰的景色也盡收眼底。這是對你辛苦到達這裡的公平獎勵。

從現在開始的路程會輕鬆得多了。從山頂繼續前行，路徑會經過一些有趣的岩石層 — 其中一個形狀像烏龜，另一個像桃子 — 然後沿著間中雜草叢生的小路逐漸下坡，直至最後到達維護得更好的奧運徑。在此左轉。

沿著這條鋪砌良好的小路前行，你將會經過銀礦灣瀑布，然後到達梅窩。沿著任何有路標的路線穿過鄉間的山谷到達市鎮。儘管碼頭區域目前正在進行重建，但在你登上渡輪返回中環之前，這裡還是有很多用餐的選擇。



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

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 香港博物館

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。

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

Enquiry 查詢 art@wharfholdings.com

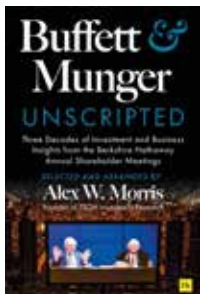


Scan the QR Code to apply
立即掃描參加比賽

Buffett and Munger Unscripted: Three Decades of Investment and Business Insights from the Berkshire Hathaway Annual Shareholder Meetings

by Alex W. Morris

For decades, thousands of people have gathered in Omaha, Nebraska for the Berkshire Hathaway AGM, and quizzed Warren Buffett and Charlie Munger on everything from the psychology of successful investors to the future of Coca-Cola and Apple. But unless you attended, for many years you only had access to what people could remember and report back from the meetings.



In 2018, Berkshire released the archives of the annual meetings going back to 1994. Alex Morris, an equities analyst and financial writer, watched hundreds of hours of video from these annual meetings (as well as the six AGMs held since 2018), covering more than 1,700 questions asked by Berkshire Hathaway shareholders over the past 31 years. He then gathered, organized and edited the most interesting material into a comprehensive and accessible form. *Buffett and Munger Unscripted* is the result.

From the art of intelligent capital allocation to the best ways to judge and compensate management, from understanding the nature of markets to embracing the power of long-term time horizons, this is a book with compelling insights on every page.

數十年來，成千上萬的人聚集在內布拉斯加州的城市奧馬哈參加 Berkshire Hathaway 公司的年度股東大會，向華倫巴菲特和查理芒格提出各種問題，從成功投資者的心理到可口可樂和蘋果的未來。但除非你參與其中，否則這麼多年來都只能從參與者得到他們能記住的會議報告內容。

2018 年，Berkshire 公佈了自 1994 年以來的年會檔案。股票分析師兼金融作家 Alex Morris 觀看了這些年度會議（以及自 2018 年以來舉行的 6 次年度股東大會）的數百小時視頻，涵蓋了 Berkshire Hathaway 公司股東在過去 31 年中提出的 1,700 多個問題。然後，他收集、組織並編輯了最有趣的材料，整合成一種全面且易於理解的形式公開，就是《Buffett and Munger Unscripted》。

從智慧資本配置的藝術到判斷和補償管理的最佳方法，從理解市場的本質到擁抱長遠視野的力量，這本書中每一頁都有令人信服的見解。

Gambling Man: The Wild Ride of Japan's Masayoshi Son

by Lionel Barber



Gambling Man is the biography of one of the world's least known but most consequential investors. Japan's Masayoshi Son has made and lost several fortunes, investing or controlling assets worth \$1 trillion in the past two decades through his media-tech giant, SoftBank. He bankrolled Alibaba, before the world had heard about it; plotted with Steve Jobs to turn the iPhone into a wonder product; and financed hundreds of tech start-ups, fuelling the biggest boom Silicon Valley has ever seen.

This book takes you on Son's wild ride, from his birthplace in a Korean slum in post-war Japan to the modern-day temples of power. Son's story captures a 25 year-span of hyper-globalisation in which money, technologies and ideas flowed freely. From the launch of the microchip to the advent of artificial intelligence, he has ridden the technological wave that has created extraordinary wealth and economic change.

As an ethnic Korean in Japan, Son has overcome adversity and discrimination to become Japan's best-known businessman and empire-builder but he remains an elusive, intensely private figure. This book, by a former editor of the Financial Times, contains a wealth of new information and has had the co-operation of many of the key participants, including Son himself. *Gambling Man* reveals the man behind the money, what drives him, why he matters, and what he plans for his next act.

《Gambling Man》是一本世界上最不為人知但最具影響力的投資者之一的傳記。

日本億萬富翁孫正義在過去 20 年裡透過自己的媒體科技巨頭軟銀投資或掌控了價值 1 兆美元的資產，他曾賺過也損失過好幾筆財富。在阿里巴巴聞名世界之前，他就為其提供過資金；他亦曾與喬布斯密謀將 iPhone 打造成一款非凡的產品；並資助了數百間科技初創企業，推動了矽谷有史以來最大的繁榮。

這本書將帶你踏上孫正義的狂野之旅，從他於戰後日本的一個韓國貧民窟的出生地到現代的權力殿堂。孫正義的故事記錄了跨越 25 年的超全球化，在此期間，金錢、科技和思想自由流動。從微晶片的推出到人工智能的出現，他駕馭了科技浪潮，創造了非凡的財富和經濟變革。

身為一個生活在日本的韓裔人士，孫正義克服了逆境和歧視，成為日本最知名的商人和帝國締造者，但他仍然是一個難以捉摸、極其注重隱私的人物。在這本由《金融時報》前編輯所撰寫的書中，包含了大量新訊息，並得到包括孫正義本人在內的許多關鍵參與者的配合。《Gambling Man》以與其主題相契合的熱情寫成，揭示了金錢背後的人、驅動他的因素、他的重要性，以及他下一步的計劃。

From now until 28th February, 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2月28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.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

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

香港圖書文具有限公司
中環德輔道中25號



How to Increase Your Driving Distance in Golf

如何有效增加發球距離



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



To effectively increase your driving distance, it's essential to develop a consistent swing rhythm and maintain self-confidence. During the backswing, engage your upper body first while keeping your lower body stable. Limit your lower body rotation to no more than 45 degrees, allowing your upper body to rotate beyond 90 degrees. This creates the torque required for powerful energy transfer.

As you transition into the downswing, initiate the movement with your lower body, using leg strength to drive your upper body and generate power through your core. Throughout the swing, keep your shoulders and arms relaxed, and maintain a light, natural grip on the club. Avoid gripping too tightly, as this helps ensure a smoother, more effective swing and contributes to increased distance.

Strengthening your core is also vital for enhancing swing stability and power. Incorporating consistent training and making adjustments to your technique will help improve your driving ability and overall performance on the course.

要有效增加高爾夫球的發球距離，首先需要良好的揮桿節奏和充分的自信心。在上桿時，應該先啟動上半身，同時保持下半身的穩定，轉動角度不應超過45度，而上半身則須轉動超過90度。這樣可以確保力量的有效傳遞，增強擊球的準確性。

當進入下桿動作時，應先開始下半身動作，利用腿部的力量來帶動上半身，並發揮核心力量。在這個過程中，肩部和手臂必須保持放鬆，握桿的力度也要輕鬆自然，避免過緊，這樣能讓揮桿更加流暢，從而有效增加發球距離，提升整體表現。

增強核心力量對於提高揮桿的穩定性和力量也非常重要。通過持續的訓練和調整，將有助提升你的發球能力，達到更好的表現，讓你在球場上更具競爭力。

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax) 私人課程（一人）—

1-hour 一小時課程	\$760 per person 每位\$760
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Package of 4, 1-hour lessons 4堂一小時課程	\$2,900 per person 每位\$2,900
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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
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Package of 4, 1-hour lessons 4堂一小時課程	\$1,600 per person 每位\$1,600
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Contact the 4/F Tennis Reception on 2118 1707 for booking details.
預約及查詢，請致電 2118 1707。

Golf Driving Range - Reopened

高爾夫球練習場 — 重新開放

We are pleased to announce that the Pacific Club's golf driving range has now reopened following January renovation works.

The installation of brand-new artificial turf has completely transformed the facility. The upgraded surface offers an outstanding playing experience, designed to enhance performance and bring greater enjoyment to our Members.

We look forward to seeing you on the range soon!

我們很高興向大家宣佈，太平洋會的高爾夫球練習場已經完成於1月份進行的翻新工程，並重新開放使用。

這項設施提升旨在為會員提供更好的高爾夫球體驗及樂趣，而全新的人工草皮令練習場煥然一新。

我們期待大家再次蒞臨，享受升級後的高爾夫球練習場！



NEW



Christmas Cheer Day

聖誕同樂日花絮

The Pacific Club's Christmas Cheer Day in December was a fantastic celebration with festive games, creativity and fun for children and families alike. It was a day brimming with laughter and holiday spirit, creating cherished memories that are sure to last a lifetime.

Thank you to all our Members who joined us and made this occasion truly unforgettable.

太平洋會於12月舉辦的「聖誕同樂日」已圓滿結束，當日是一場精彩的慶祝活動，我們為孩子們及其家人帶來節日遊戲、發揮創造力及充滿樂趣的活動。這是充滿歡笑和節日氣氛的一天，為大家留下了難忘的美好回憶。

感謝所有參加的會員，讓這次活動變得如此精彩！



Spa Promotions in February 2月份美容療程優惠

Lift Summum Treatment

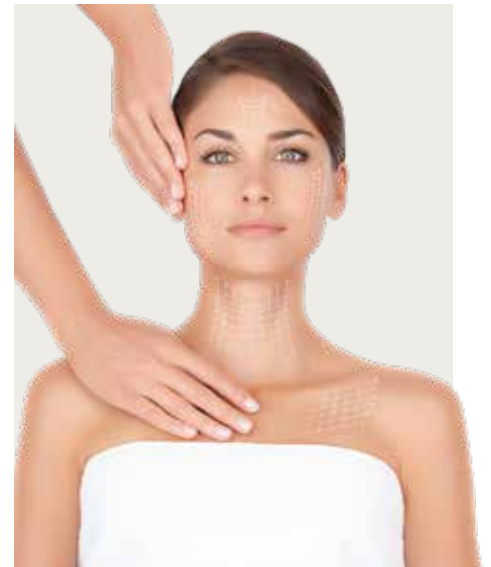
(1hr 25min)

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

The Lift Summum Treatment is a highly effective firming solution tailored specifically for mature skin. Combining expert massage techniques with specialised masks, it offers comprehensive care for the face, neck, and chest. This advanced treatment works to smooth out wrinkles, redefine facial contours, and restore skin's natural firmness, promoting a revitalised and youthful appearance. It is the perfect choice for those seeking visible, immediate results that enhance skin elasticity and tone.

煥顏緊膚修護療程 (1小時25分鐘)

煥顏緊膚修護療程專為成熟肌膚量身定制的專效緊緻護理，結合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。對於追求即時可見效果、改善皮膚彈性和膚色的人士來說，它是完美的選擇。



Guinot Hydradermie Lift Deluxe

(1hr 45min)

~~\$1,580~~ \$1,264

This revolutionary lifting facial utilises a gentle microcurrent, the Hydraderm machine (exclusive to Guinot), and massages to drain toxins. It improves microcirculation and skin tone, creates a healthy radiance and stimulates collagen and elastin production to smooth fine lines and wrinkles. This results in more extreme muscle lifting, skin toning, and a youthful and visibly rejuvenated appearance.

Guinot雙效機理極緻緊膚療程 (1小時45分鐘)

此革命性面部提升療程利用 Guinot 獨有的 Hydraderm 儀器，以溫和的微電流按摩排出毒素，改善微循環和膚色，回復健康的光澤；刺激膠原蛋白和彈性蛋白的產生，能撫平面部、頸部和眼睛周圍細緻部位的細紋和皺紋。這抗衰老皮膚治療能提升肌肉，改善皮膚色調，從而煥發青春的外觀。



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。

Hair Product Sale in February

2月份頭髮產品優惠

Hair Salon Closed for Lunar New Year

The Hair Salon will be closed from 29th January to 2nd February for the Lunar New Year holidays, and will reopen on Monday, 3rd February.

會所髮廊農曆新年休業

會所髮廊將於1月29日至2月2日農曆新年期間休業，並於2月3日（星期一）重新開業。

Proaction for C. Shampoo, 170ml

~~\$130~~ \$115

A daily care shampoo for colour-treated hair. This shampoo can extend colour luminosity and restore moisture balance. Seal-in vibrant colour by gently adjusting your hair's pH balance.

Proaction C.鎖色洗髮水，170毫升

此產品適合為漂染頭髮進行日常護理，可延長頭髮顏色的持久度及光澤度，恢復水分平衡、適當調節頭髮的酸鹼平衡值。



Avarice Awaken 003 Salt Water, 120ml

~~\$200~~ \$180

This is a versatile styling essential perfect for enhancing a variety of hairstyles. Designed to prevent hair from becoming flat or losing its shape, this product also serves as a strong foundation for styling, helping your look last longer while instantly adding volume and body.

For added texture, use scrunching or twisting motions while blow-drying to bring out natural waves, creating a unique and personalised style. Its lightweight formula is ideal for shaping casual looks, giving the appearance of thicker hair without any heaviness.

The true strength of this saltwater spray lies in its ability to provide fullness and volume while keeping the hair soft and natural. It's an excellent choice for men aiming to showcase their personal style and for women looking to achieve elegant, sophisticated hairstyles with ease.

Avarice Awaken 003頭髮蓬鬆水定型噴霧，120毫升

這是一款多功能造型產品，適合在進行各類頭髮造型前使用。產品旨在防止頭髮變得扁塌或變形，也可為造型前作打底，幫助造型更持久，並即時提升髮量感。

此外，在吹頭髮時搭配搓揉或扭轉的手勢，可以為髮絲創造紋理，增強波浪的自然線條，打造獨特的個性造型。其輕盈配方非常適合塑造休閒髮型，使頭髮看起來更濃密而不會有任何沉重感。

這款鹽水噴霧的真正功效在於它能夠使頭髮豐盈、蓬鬆，同時保持頭髮柔軟自然。無論是想要展現個人風格的男士，還是想追求優雅、精緻髮型的女士，這產品都是一個絕佳的選擇。



Deuxer Medium Hard Wax 4

~~\$250~~ \$225

This fabulous styling and finishing product offers medium hold. With a smooth touch and light texture, it controls the movement of hair from the root to the tip, creating a design with a sense of shape. Macadamia nut oil, with repairing qualities, provides smoothness, gloss, and moisture to the hair. This product also provides high-efficiency styling and natural luster.

Deuxer 4中硬度造型髮蠟

這款中硬度造型髮蠟觸感柔滑，質感輕盈，從髮根到髮梢控制頭髮，整理出具層次及質感的造型。產品含有具修護成分的澳洲堅果油，賦予頭髮順滑、光澤、水潤及自然光澤感。



This Month's Promotion

10% Discount on Intensive Hair Care Treatments

Throughout February, enjoy a 10% discount on our Intensive Hair Care Treatments, including the rejuvenating Curepod and Trisys Triphilia. These treatments are expertly formulated to restore hair damaged by swimming pool chlorine, intense sunlight, dryness, and styling treatments like colouring, perming, or straightening.

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

深層頭髮護理9折優惠

會員於2月份到會所髮廊惠顧深層頭髮護理，可獲享9折優惠（包括 Curepod 及 Trisys Triphilia 護理）。專業頭髮護理能有效地修復因過度漂染、電燙、乾旱、負離子、泳池氯氣及陽光曝曬所引致的嚴重受損髮質。查詢及預約服務，請致電 2118 1893。





Fujifilm X-M5 black edition



Fujifilm X-M5 flip-out screen



Fujifilm X-M5 with lens



Panasonic S9 camera top view



Panasonic S9 camera

The Rise of Vlogging 視訊部落格的興起

Establishing a personal presence on the Internet has become a popular pursuit for people of all ages. Whether you prefer platforms like Facebook, Instagram, TikTok, YouTube, or a dedicated podcast channel, the goal remains the same: to share engaging content that resonates with others.

Among the various forms of online content, video is arguably the most compelling. It's no surprise, then, that more and more individuals are turning to their smartphone's video features to capture and share moments that stand out. For many creators, the ultimate dream is to achieve recognition through a viral video — one that gains widespread attention and is shared extensively across audiences worldwide.

As the ambition to create higher-quality, more professional videos grows, many are looking beyond smartphones to specialised cameras designed specifically for video content creation. Often referred to as "vlogging cameras" (short for video blogging), these devices offer advanced features that cater to the needs of content creators. In response to this growing demand, leading camera manufacturers are competing to deliver innovative products to this expanding market.

Recently, Panasonic and Fujifilm have made headlines with their latest offerings for vloggers. Panasonic has introduced the S9, while Fujifilm has launched the X-M5. If you're considering starting your own video journey on the Internet, these cameras are worth exploring to elevate the quality and impact of your content.

對於各個年齡層的人士來說，在網絡上建立自己的線上個人專頁已經成為一件非常流行的事情，無論你選擇的平台是 Facebook、Instagram、Tik Tok、YouTube 還是專門的播客頻道，目的都是一樣的：分享能引起他人共鳴的有趣內容。

在各種形式的線上內容中，影片可以說是最引人注目的，因此愈來愈多人開始利用智能手機的視訊功能來捕捉和分享精彩瞬間。對許多創作者來說，最終的夢想是透過「病毒影片」（網上廣受歡迎並在全球觀眾中廣泛分享的影片）從而獲得認可。

隨著製作更高品質、更專業影片的願望日益強烈，許多人已將目光從智能手機轉向專門為視訊內容創作而設計的专业相機。這類相機通常被稱為「視訊部落格相機」，可提供滿足內容創作者需求的高級功能。為了滿足日益增長的需求，現在各著名相機製造商都爭相向這個不斷擴大的市場提供創新產品。

最近，Panasonic 和 Fujifilm 就各自發佈了為視頻博主推出的新型相機的新聞。Panasonic 推出了新款 S9 相機，而 Fujifilm 則推出了 X-M5 相機。如果你正在考慮在網絡上開始自己的視訊之旅，便可以多了解這兩款相機，以提升內容的品質和影響力。

By Craig Norris

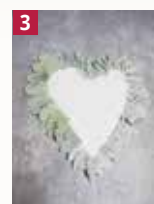
www.momentsbycraig.com

Be My Valentine...

成為我的愛人...

This Valentine's Day, create a one-of-a-kind floral arrangement that speaks from the heart. With just a few simple materials and a touch of creativity, you can craft a beautiful display that perfectly captures the spirit of love!

今年情人節，齊來製作一個獨一無二、表達真心的花藝作品。只需一些簡單的材料及一點創意，就可以製作出完美表現愛情的美麗擺設！



1. Draw a heart shape on the card paper and cut it out.
2. Cut the Silver Ragwort off the stem and stick them around the heart paper with glue.
3. Secure a bunch of Cymbidium Goeringii Leaves with wire and stick them at the bottom part of the heart paper.
4. Take the rose petals off and stick them one-by-one all over the heart paper.
5. Cut a hole on the upper part of the heart paper.
6. Put the Mini Butterfly Orchid and Wax Flowers through the hole.
7. Put the whole arrangement into the glass vase and add water.

1. 在卡紙上畫一個心形圖案並將其剪下來。
2. 將銀葉菊從莖上剪下來，用膠水圍著心形卡紙的邊緣逐一貼上。
3. 將一束春蘭葉用鐵絲固定，貼在心形卡紙的下半部。
4. 把玫瑰花瓣摘下來，然後逐片貼滿整個心形卡紙上。
5. 在心形卡紙的上半部剪一個洞。
6. 將迷你蝴蝶蘭及蠟梅從洞中穿過。
7. 將整個擺設放入玻璃花瓶中並加入清水。

What You'll Need:

- Various Flowers & Plants: Red Roses, Mini Butterfly Orchid, Wax Flowers (or Wintersweet), Cymbidium Goeringii Leaves, Silver Ragwort
- Tall, Large, Round Glass Vase
- A Large Piece of Card Paper
- Thin Wire
- Glue
- Scissors

材料：

- 多種花卉植物：紅玫瑰、迷你蝴蝶蘭、臘梅、春蘭葉、銀葉菊
- 高、大、圓形玻璃花瓶
- 一張大卡紙
- 幼鐵絲
- 膠水
- 剪刀



Lai See Reuse and Recycle Programme 2025 利是封回收重用大行動 2025



We are pleased to announce that Greeners Action is continuing its Lai See Reuse and Recycling Programme for the 16th consecutive year. This inspiring initiative collects used Lai See packets, recycles them, and redistributes them as "reborn" Lai See packets for reuse in the next Lunar New Year. By reducing the volume of solid waste, the programme makes a meaningful contribution to Hong Kong's environmental efforts. Last year alone, over 10 million Lai See packets were collected, with more than 3 million deemed in excellent condition to be reused after sorting and repackaging.

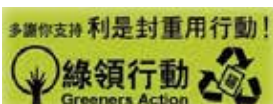
The Pacific Club is proud to support this impactful campaign once again. Members are encouraged to drop off their used, but still in good condition, Lai See packets in the collection boxes located at the Club's G/F and 1/F Receptions from 7th to 27th February. Your participation will help drive the success of this significant environmental initiative.

To learn more about the campaign, please visit: www.greeners-action.org

我們很高興告知大家，今年是綠領行動連續第 16 年舉辦全港「利是封回收重用大行動」。這項有意義的活動是將回收得來的利是封經篩選處理後變成「新生利是封」，並於新一年農曆年前派發給市民重用，目的是推動香港的源頭減廢及環保意識。僅是去年利是封的回收數量便多達 1,000 萬個，經社福機構的工場篩選處理變成「新生利是封」的數量亦超過 300 萬個。

今年，太平洋會很高興再次參與這項影響深遠的活動，並呼籲所有會員於 2 月 7 日至 27 日期間把曾使用但仍完好的舊利是封投入設置於會所地層及一樓接待處的收集箱，為保護環境出一分力。

如欲取得更多相關活動資料，可瀏覽網頁：www.greeners-action.org。





Lunar New Year Children's Fun Day

Celebrate the Lunar New Year with 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.

農曆新年兒童同樂日

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

Congratulations to Our Junior Taekwondo Team!

We are delighted to celebrate the latest achievements of our Junior Taekwondo Team, who recently participated in the Asia Invitational Tournament, organised by the ITF Hong Kong Original Taekwon-Do Council on 22nd December 2024. Their impressive performances in many categories showcased their dedication and hard work, earning them well-deserved recognition.

We are incredibly proud of their efforts and wish the team continued success in the future!

恭喜本會跆拳道團隊！

本會幾位跆拳道學員在2024年12月22日參加了「香港正統跆拳道聯盟亞洲區邀請賽」，他們發揮了出色的表現，並奪得1銀2銅的佳績。在此恭喜得獎學員，並希望他們在日後能夠取得更多獎項！

RESULTS 獎項



Silver Medal 銀牌 :
Claire Wong



Bronze Medal 銅牌 :
Ho Pui Yi



Bronze Medal 銅牌 :
Jessie Chan

Preserved Flower Glass Ball Workshop

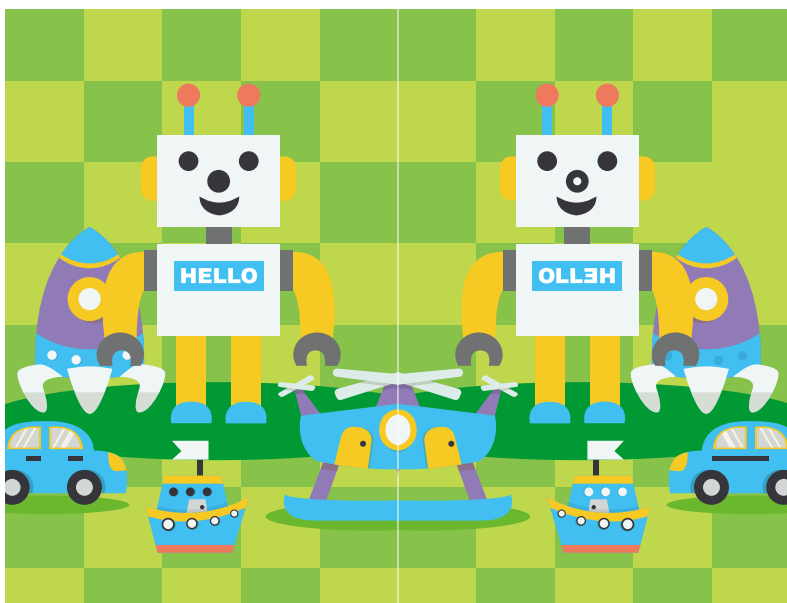
Join us for an afternoon Preserved Flower Glass Ball Workshop, where participants will learn the art of creating a beautiful and lasting arrangement. Guided by our expert instructor, students will master every step — from selecting and preparing preserved flowers to arranging them elegantly and sealing them within a delicate glass ball. This workshop promises a truly memorable experience, and the Glass ball can be taken home after the class.

永生花玻璃球製作坊

歡迎6-12歲的會員於2月16日（星期日）前來參加永生花玻璃球製作坊，跟隨導師學習選擇和搭配永生花材，再仔細地排列花朵並密封於玻璃球內，讓大家在輕鬆愉快的氛圍中，親手創造出屬於自己的藝術作品，無論是送給親朋作禮物還是為自己留作紀念，都將會是一個難忘的體驗。製作坊收費：一堂 – 會員\$250，非會員\$370（包括課程當日的兒童遊戲室入場費）。



Date : Sunday 16th February
 Time : (A) 2:00pm – 3:15pm
 (B) 3:30pm – 4:45pm
 Venue : Children's Playroom Library
 Price : Member \$250, Guest \$370 (Including Children's Playroom entrance fee)
 Age : 6-12 years



Spot the differences

Can you find 7 differences between the two pictures?
 請找出兩圖中的7個不同之處。

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, 28th February. 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2月28日（星期五）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____



Junior Taekwondo

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

少年跆拳道

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。課程新上課時間為星期六下午4時至5時，適合4歲及以上所有程度的會員參加，2月份4堂收費 — 會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday 1st, 8th, 15th & 22nd February
Time : 4:00pm – 5:00pm (All levels) ***New Time**
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，2月份3堂收費 — 會員\$540，非會員\$570。

Date : Sunday 9th, 16th & 23rd February
Time : 4:30pm – 5:20pm (50 mins)
Venue : Aerobics Room
Price : Member \$540, Guest \$570 (for 3 lessons)
Age : 7-12 years

Wall Climbing

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

運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期一舉行，適合6-10歲的會員參加，2月份兩堂收費 — 會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Monday 17th & 24th February
Time : 4:30pm – 6:00pm
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，2月份3堂收費 — 會員\$600，非會員\$630。

Date : Wednesday 12th, 19th & 26th February
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歲的會員而設。透過課程學員將發展他們的技能、提高比賽水平，並享受打羽毛球的樂趣。2月份4堂收費 — 會員\$1,040，非會員\$1,080。

Date : Friday 7th, 14th, 21st & 28th February
Time : (A) 6:30pm – 7:30pm
(B) 7:30pm – 8:30pm
Venue : Aerobics Room
Price : Member \$1,040, Guest \$1,080 (for 4 lessons)
Age : (A) 6-10 years
(B) 11-16 years



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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Monday, 17th February. 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/Bufferet for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in March. Good Luck!

請於2月17日(星期一)前將答案傳真至 2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於3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

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

January
Solution
1月份
遊戲答案

Congratulations to the winner
of last month's puzzle

恭喜上期得獎者

Ms Mandy Mok



February at Bā Ramen 2 月份拉麵吧推介

Spicy Grilled Chicken Ramen is our featured dish this month at Bā Ramen. Savour the delightful flavours of Grilled Chicken paired with a rich and savoury broth. This ramen promises a symphony of textures and flavours.

\$128 per bowl

本月份，拉麵吧將為大家送上推介美食 — 香辣燒雞拉麵。品嚐惹味的燒雞配濃郁可口的湯底，這款拉麵帶來了和諧的口感及味道。

香辣燒雞拉麵 — 每碗\$128。

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



Live Sports at the Club Bar 精彩體育賽事 酒吧現場直播

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

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



Kitzbühel Country Club, Austria

As Austria's first private members' club of its kind, the Kitzbühel Country Club offers a welcoming home-away-from-home experience. Located in the charming Alpine town of Kitzbühel, east of Innsbruck in the Tyrol region, the Club is easily accessible from Munich, Salzburg, Innsbruck, and Zurich.

The Gourmet Restaurant serves breakfast, lunch, and dinner in an elegant setting, offering a menu that blends world cuisines with beloved regional cooking traditions. Members can also enjoy the Club's four themed private dining rooms for more intimate gatherings. The Cigar Lounge and Cocktail Bar provide the perfect spaces to unwind in solitude or meet friends for lively conversation.

Nestled in the heart of the Kitzbühel Alps, the Club is a paradise for nature enthusiasts. In summer, enjoy breathtaking hiking trails, while winter brings some of the best skiing in Europe. For golf lovers, the region boasts a selection of beautiful alpine courses just a short distance from the Club.

The Spa is a sanctuary of relaxation, featuring a sauna, steam bath, and the tranquil Stone Pine Room, ideal for recharging your body and mind. The highlight is the exclusive 25-metre natural stone swimming pool, where large windows provide natural light and panoramic views of the surrounding landscape, ensuring a rejuvenating experience in any weather.

For extended stays, the Club offers a hotel with individually designed suites, each featuring a private balcony with stunning views of the Alps. Suites range from the 45m² Junior Suite to the spacious Deluxe and Wellness Suites, exceeding 100m² in size.

So, if you will be travelling to Austria in the near future, be sure to obtain a Letter of Introduction to the wonderful Kitzbühel Country Club — a place that welcomes Pacific Club Members.



作為奧地利第一間私人會員制的會所，Kitzbühel Country Club 為訪客提供賓至如歸的溫馨體驗。會所位於提洛爾地區因斯布魯克東部景色迷人的阿爾卑斯山小鎮基茨比厄爾，從慕尼黑、薩爾斯堡、因斯布魯克及蘇黎世等地均可輕鬆抵達。

會所餐廳 Gourmet Restaurant 環境優雅舒適，供應早、午及晚餐，菜式融合了世界各地的特色美食及當地受人喜愛的烹飪傳統。會員還可以使用會所四個不同主題的私人廂房，享受更親密的聚會；而 Cigar Lounge 及 Cocktail Bar 為會員提供獨自放鬆身心或與朋友相聚的完美空間。

會所坐落在基茨比厄爾阿爾卑斯山脈的中心地帶，是大自然愛好者的天堂。

在夏季，你可以遊走於環境令人驚嘆的遠足小徑，冬季則可以體驗歐洲最好的滑雪勝地。對於高爾夫愛好者，該地區擁有多個距離會所僅幾步之遙的美麗高山球場。

水療中心是放鬆身心的聖地，設有桑拿、蒸氣浴和寧靜的石松休息室，是讓你恢復身心活力的理想場所。會所的亮點是擁有獨特的

25 米天然石游泳池，光線從環繞整個泳池的落地玻璃窗外照射來，可以看到周圍的美麗景觀，讓你可以任何天氣條件下都能夠享受完美的游泳體驗。

對於需要住宿的客人，會所提供個別設計的套房，每間均設有私人露台，可欣賞阿爾卑斯山的壯麗景色。套房面積從 45 平方米的小型套房，到超過 100 平方米的寬敞豪華套房及附設水療設備的康體套房。

若你將計劃前往奧地利，請緊記攜同會所介紹信，親身體驗 Kitzbühel Country Club 讓你感到賓至如歸的服務。

LPG

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BETTER LIFE.**

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「動能活化」
啟動內源力量



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

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