



Fine Wine@The Club
Château Lynch-Bages Wine Dinner
at Pier 6 Restaurant
1st March

三月號
薈
絮

PACIFIC VIEWS

March 2024



Amarone della Valpolicella Wine Dinner

Amarone della Valpolicella, commonly known as Amarone, is one of Italy's most prestigious red wines, celebrated for its rich character, complex flavours, and distinctive production method. Originating from the Valpolicella region in Veneto, Northern Italy, Amarone stands apart due to its unique production process known as "appassimento". This involves drying the grapes on straw mats or hanging racks for several months following the harvest, which concentrates the sugars and flavours, resulting in a more potent and flavourful wine.

Amarone is more than just a wine; it's a symbol of Italian winemaking excellence, embodying the creativity, tradition, and passion of the Italian winemakers. Join us at Capricci to sample a selection of these incredible wines, served alongside a deliciously complementing Italian menu.

Date : Friday, 22nd March
 Time : 6:30pm Welcome Drink
 7:00pm Dinner
 Venue : Capricci
 Price : \$798 per person (for Food and Beverage Pairing)
 Reservations : 2118 1803

Amarone della Valpolicella 美酒晚餐

Amarone della Valpolicella，一般被稱為 Amarone，是意大利最負盛名的紅酒之一，以其豐富的特質、複雜的風味和獨特的釀酒方法而聞名。Amarone起源於意大利北部 Veneto 的 Valpolicella 地區，因其獨特的釀酒工藝「枯藤法」而脫穎而出。這工藝是在採收葡萄後將其放在稻草墊或木架上風乾幾個月，這樣可以濃縮糖分和風味，從而釀造出更濃更香更複雜、風味更佳的葡萄酒。

Amarone 不僅是一種葡萄酒，它也是意大利卓越釀酒的象徵，展示了意大利釀酒師的創造力、傳統和熱情。歡迎大家於3月22日（星期五）前來 Capricci 餐廳參加 Amarone della Valpolicella 美酒晚餐，品嚐這些令人讚不絕口的精選佳釀，並搭配美味的意大利菜式以提升你的享受。

晚餐配搭葡萄酒，收費：每位\$798。

訂座請致電 2118 1803。

Welcome Drink
Piccoli OSE Rosato Spumante Brut NV

Menu

Piccoli Amarone Della Valpolicella Monte La Parte DOCG 2016
 Vitello Tonnato
 Duo of Veal and Tuna Tartar
 Confit Tomatoes | Capers
 * * *

ZANONI Amarone Della Valpolicella DOCG 2016
 Open Raviolo of Oxtail and Langoustines
 * * *

Gamba Amarone Della Valpolicella Classico Campedel DOP 2016
 Charred Pigeon and Confit Leg |
 Lemon Gremolata Glaze
 * * *

ZANONI Recioto Della Valpolicella DOCG 2018
 Slow-cooked Sirloin Flap
 Red Wine Sauce | Burnt Tropea Onions |
 Parmesan Polenta
 * * *

Grappa di Amarone Della Valpolicella Barrique Campedel
 Cherry Zabaglione
 * * *

Petits Fours

(Wines will be served in limited quantities)
 *Described menu is subject to change without prior notice
 以上菜單如有更改，恕不另行通知

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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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 |

Contents 內容簡介

- | | | |
|----|-----------------|---------|
| 5 | Membership | 會員資訊 |
| 8 | Recreation | 悠閒活動 |
| 10 | Wine Order | 餐酒訂購表格 |
| 11 | Chef's Page | 廚師心得 |
| 18 | Hit The Trail | 遠足小徑 |
| 20 | Event Calendar | 活動日誌 |
| 22 | Tennis News | 網球資訊 |
| 25 | The Spa | 美容情報 |
| 26 | Hair | 髮式時尚 |
| 27 | Golf News | 高球資訊 |
| 28 | Fitness | 健康情報 |
| 29 | Sudoku | 數獨 |
| 30 | Bookworm | 開卷有益 |
| 31 | In the Frame | 攝影知趣 |
| 32 | In Full Bloom | 創意花坊 |
| 36 | Kids' Corner | 兒童天地 |
| 39 | Reciprocal Club | 全球海外聯會所 |



Dear Members

As we enter the month of March, spring is in the air and the Pacific Club's calendar is brimming with activities, recreational events and culinary delights!

As usual, Easter at the Club will be a vibrant affair with fantastic Lunch and Dinner Buffets from Good Friday through to Easter Monday, ensuring a memorable celebration for the whole family. The magic of the holiday will come alive with a special appearance by the Easter Bunny and the exciting Easter Egg Hunt for our younger Members. See all the details on pages 12 - 13.

If your children are looking for something to do during the Easter school holidays, we are offering a whole range of Easter classes in sports, recreation and arts and crafts here at the Club. Turn to pages 33 to 35 for all the information. And don't forget to pick up an Easter Egg template at the 2/F Reception for this year's Easter Egg Decorating Contest. Details can be found on page 35.

This month, embark on a culinary journey to the Southern Hemisphere with our Friday and Saturday Night Buffets at The Island View Restaurant, offering an exclusive taste of Australia and New Zealand! Each Friday night in March, we invite you to indulge in the rich flavours of the sea with our selection of Australian Kinkawooka Mussels, among other delectable choices. Then, on Saturdays, our Buffet transforms into a grand celebration of Australian and New Zealand cuisine, showcasing a variety of iconic dishes from Down Under.

Our upcoming Wine Dinners promise to be a connoisseur's delight, featuring the distinguished Château Lynch-Bages on the 1st, Amarone della Valpolicella on the 22nd, and a sparkling evening with Ruinart Champagne on 12th April, followed by an evening of Burgundy with Bonneau du Martray on 26th April. These dinners offer an incredible journey through some of the world's most esteemed vineyards, paired with exquisite menus.

Finally, starting this month, we are introducing something new at The Island View Restaurant. If you are looking for a casual, yet refined dining experience, our Weekday Semi-Buffer Dinner offers the perfect blend of appetizers and desserts on the Buffet and elegantly served main courses to your table, available from Monday to Thursday. Full details can be seen on page 6.

I look forward to seeing you at the Club this month.

尊敬的會員，

踏入3月，春天的氣息撲面而來，大家可以在太平洋會的活動日誌上找到各種多姿多彩的活動、課程及餐飲美食推廣！

一如以往，本會為大家安排了非常豐富的復活節慶祝活動，從耶穌受難日到復活節星期一，都會送上美味的自助午餐及晚餐，讓大家與家人度過難忘的節日。復活節亦會特別亮相與年少會員一同慶祝，同時也將舉行令他們興奮的復活蛋尋找活動，讓節日的歡樂氣氛更加濃厚，詳情請參閱第12 - 13頁。

如果你想孩子們能度過更充實的復活節假期，本會將提供一連串有關體育、康樂和手工藝的復活節課程讓他們參與，請參閱第33 - 35頁以了解所有資訊。此外，別忘記到二樓接待處索取蛋殼模型，參加今年的兒童復活蛋設計比賽，詳情請參閱第35頁。

在餐飲活動方面，今個月 Island View 餐廳的週五及週六自助晚餐，將帶領大家踏上南半球的美食之旅，品嚐澳洲及紐西蘭的獨特風味！於每個星期五晚上，我們邀請大家前來品嚐精選澳洲 Kinkawooka 青口以及其他美味佳餚，盡情享受濃郁的海洋風味；然後到了星期六晚上，我們的自助晚餐將呈獻澳洲及紐西蘭美食盛宴，送上兩國的各種標誌性菜餚。

此外，我們亦會舉辦多項葡萄酒晚宴，保證讓各位美酒愛好者盡情品嚐各國佳釀！首先於3月1日晚上，我們將率先帶來著名的 Château Lynch-Bages 美酒；隨後於22日再舉行 Amarone della Valpolicella 美酒晚餐；到了4月份，我們將會於12日舉行 Ruinart 香檳之夜，然後再於26日送上多款 Bonneau du Martray 美酒，與大家一起度過勃根地之夜。這些晚餐活動將讓大家踏上穿越世界各國最受讚譽的葡萄酒園之旅，品嚐美酒之餘更可以享用美味晚餐。

最後，由本月份開始，Island View 餐廳將推出新的晚餐選擇。如果你正在尋找休閒而精緻的用餐體驗，我們的平常日半自助晚餐便可以滿足你的需要。晚餐包括開胃菜及甜品自助餐，再配搭送到你餐桌上的自選主菜，於星期一至星期四供應，詳情請參閱第6頁。

我熱切期待與大家在太平洋會見面。

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



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Ruinart Champagne Dinner at Pier 6

Join us at Pier 6 for our exclusive Ruinart Champagne Dinner. Experience the grandeur of the world's first Champagne house, Maison Ruinart, established in 1729. Each glass of Ruinart Champagne will be accompanied by an incredible menu to perfectly complement.

This promises to be an evening that marries the elegance of Ruinart with contemporary culinary excellence - a journey through centuries of refined taste and tradition.

Date : Friday, 12th April
 Time : 6:30pm Welcome Drink
 7:15pm Dinner
 Venue : Pier 6 Restaurant
 Price : \$1,288 per person (for Food and Beverage Pairing)
 Reservations : 2118 1878

Pier 6 餐廳 Ruinart 香檳晚餐

歡迎大家於4月12日（星期五）晚上前來 Pier 6 餐廳參加 Ruinart 香檳晚餐，品嚐一系列由這間成立於1729年，為全球第一間香檳酒莊出品的著名香檳，並完美配搭精選晚餐菜式。

這絕對是一個將 Ruinart 的優雅與當代卓越烹飪融為一體的夜晚，一次穿越幾個世紀品嚐精緻味道和傳統的旅程。

晚餐配搭香檳，收費：每位\$1,288。

訂座請致電 2118 1878。



Welcome Drink

Ruinart Blanc de Blancs



Menu

Ruinart Blanc de Blancs NV

Crab Meat
 Saffron | Lobster | Fennel

Ruinart Blanc de Blancs NV Magnum

Quail
 White Port Wine | Celeriac | Celery

Dom Ruinart Blanc 2010

Monkfish
 Beetroot | Tarragon | Cucumber

Dom Ruinart Rosé 2009

Veal Tenderloin
 Mushrooms and Carrots Parisienne | Morels

Ruinart Rosé NV

Baby Grapes
 Rosé Champagne Mousse and Granité

Petits Fours

(Wines will be served in limited quantities)
 *Described menu is subject to change without prior notice
 以上菜單如有更改，恕不另行通知



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



This month, I wish to bring your attention to common courtesies in the Spa and Changing areas.

In order to promote an enjoyable environment for all Members, please extend a level of common courtesy towards others whilst at the Spa and Changing areas. In the interest of all, please observe the following rules:

- The Men's and Ladies' Spas are designed to be quiet and peaceful areas. As such, you are requested to keep noise to an absolute minimum.
- Mobile telephone use is strictly forbidden in the Spa and Changing areas.
- Shower cubicles, loungers and chairs in the Spas and Changing areas may not be reserved. Any personal belongings, towels or bathrobes placed in an unoccupied shower cubicle, or on an unoccupied lounge or chair, will be removed by our staff after a reasonable time frame.
- When using the Jacuzzi, Sauna and Steam Room, please shower before entering these facilities as a good hygiene practice. Persons who suffer from any infections or skin conditions must not use these facilities. Also, please be reminded that the Spa facilities and Relaxation Room are meant for relaxation, not exercise.
- In the interest of hygiene, please place all soiled bathrobes, towels and slippers in the designated disposal baskets provided. Please do not rely on the staff to do this.
- Do not stand on, or place bathrobes/towels on the floor (floor mats are provided for this purpose near the shower area).
- Do not consume any food or use any glassware for drinking at the Spa and Changing areas.
- Do not use the hairdryer for other purposes apart from drying head hair.
- Do not engage in activities such as cutting nails and dying hair.

Your cooperation is greatly appreciated.

Use of Internet Stations

We have provided a number of Internet Stations around the Clubhouse, which are located next to the 2/F Membership Office, near the 1/F Seating Area above the Pool and along the 1/F corridor, opposite to the 1/F Function Rooms.

In the interest of all Members, you are reminded that these stations are available for email checking and web browsing only and do not cater to online gaming. As an alternative, Junior Members may make use of the Internet Stations available at the Children's Playroom in order to play online games.

Please also note that the above service is provided to Members and their Guests only.

今個月份，我想重申有關大家在使用水療區及更衣間時應該遵守的禮儀。

為使水療區及更衣間可保持舒適和諧的環境及氣氛，希望大家能互相尊重及為他人設想。因此，請各位遵守以下規條：

- 男女水療區乃一處寧靜的地方，故此必須保持環境安靜。
- 水療區及更衣間內嚴禁使用手提電話。
- 水療區及更衣間內之淋浴間、躺椅及坐椅均不可預留使用。本會員工有權在合理的時間內拿走所有擺放在空置淋浴間、躺椅或坐椅之私人物品、毛巾或浴袍。
- 當使用按摩浴池、桑拿及蒸氣浴室時亦應顧及他人，使用前必須先淋浴及保持個人衛生。任何患有傳染性疾病或皮膚病之人士，均不可使用以上設施。此外，水療區及休息室是為放鬆身心而設，故此請勿在這些設施內做運動。
- 為顧及衛生起見，請將所有已使用/被弄髒的浴袍、毛巾及拖鞋放入本會提供的指定收集籃內。請勿依賴本會員工執拾。
- 請勿將浴袍/毛巾放置在地上或作墊腳用途(淋浴區附近已為此提供了腳墊)。
- 請勿在水療區及更衣間內進食或使用任何玻璃器皿飲用飲品。
- 除了吹乾頭髮外，請勿使用吹風機作其他用途。
- 請勿進行剪指甲、染頭髮等行為。

多謝各位合作！

使用電腦上網服務

本會於二樓會籍部辦公室旁邊、一樓游泳池上方的休息區及一樓走廊通道(一樓宴會廳對面)，設置了電腦提供上網服務。

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請注意，此電腦服務只提供予會員及其賓客使用。

The Island View Restaurant's Semi-Buffer Dinner



The Island View 餐廳全新推出
平常日 半自助晚餐



Starting 4th March, join us Mondays through Thursdays for a fantastic dinner experience at The Island View with our new **Semi-Buffer Dinner**.

Indulge in a lavish selection that includes:

- Fresh Seafood on Ice
- Exquisite Sushi and Sashimi
- Gourmet Cold Cuts and Cheeses
- A Variety of Hot & Cold Appetisers
- Heartwarming Soup
- Our famous Hong Kong cart-style Noodle Station
- Decadent Desserts and Fresh Fruits

But that's not all... In addition to our Buffet offerings, indulge in a choice of Western and Asian **full-sized Main Course**, served to your table. These seasonal dishes complement our Buffet, providing a complete and varied dining experience.

Reserve your table now and join us for this fantastic weekday dining experience.

Date : Every Monday through Thursday from 4th March

Time : Dinner

Venue : The Island View Restaurant

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

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

由3月4日開始，逢星期一至星期四晚上，The Island View 將供應全新的半自助晚餐，讓大家享受美妙的晚餐體驗。

盡情享用豐富的美食選擇，包括：

- 冰鎮新鮮海鮮
- 精緻的壽司及魚生
- 美味冷盤和芝士
- 各種冷熱開胃菜
- 暖胃湯品
- 我們著名的香港車仔式麵擋
- 令人欲罷不能的甜點及新鮮水果

更多美食源源不絕送上...除了我們的自助菜式外，大家還可以盡情享用各款特別送到大家餐桌上的正常份量西式及亞洲主菜。這些時令菜餚與我們的自助美食相得益彰，提供包羅萬有且多樣化的用餐體驗。

請立即預訂餐桌，前來體驗我們美味的平常日晚餐。

收費：成人 \$388，小童 6-12歲 \$256，3-5歲 \$128

訂座請致電 2118 1846。

Kinkawooka Australian Mussels Dinner Buffet

週五自助晚餐 - Kinkawooka 澳洲青口美食

At this month's Friday Night Buffet, experience South Australian Kinkawooka Mussels, hailing from the pristine waters of Boston Bay near Port Lincoln. These delicacies are cultivated using traditional Mediterranean rope-growing techniques, ensuring each mussel is petite, tender, and brimming with sweetness.

Our expert chefs will transform these mussels into a range of incredible creations, prepared to your liking. As usual, our extensive Buffet will also be available with hot and cold dishes, seafood, sushi, and many hot and cold dishes featuring Kinkawooka Mussels, as well as delectable desserts.

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

於3月份逢星期五的自助晚餐中，大家可以品嚐來自林肯港附近的波士頓灣原始水域的南澳洲 Kinkawooka 青口。這款美味海產採用傳統的地中海繩索養殖技術培育而成，確保每隻青口雖細小但飽滿且鮮美香甜。

屆時，我們的專業廚師會將Kinkawooka青口變成一道道大家都喜愛的創意菜式。如往常一樣，我們豐富的自助餐還提供各式冷熱菜餚、海鮮及壽司等美食，當然還有美味的甜品。

收費：成人 \$448，小童 6-12歲 \$295，3-5歲 \$128
每位另加\$178可任飲精選澳洲紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁。

訂座請致電2118 1846。

Date : Every Friday, in March
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$448, Children 6-12 years \$295, 3-5 years \$128
Reservations : 2118 1846



Flavours of Australia & New Zealand Dinner Buffet

週六自助晚餐 - 澳洲及紐西蘭美食

Explore the rich flavours of Australia and New Zealand at our Dinner Buffet every Saturday night at The Island View Restaurant. Delight as our chefs prepare premium Australian Beef, the freshest Seafood, and succulent New Zealand Lamb right before your eyes at live cooking stations.

Our Buffet will continue to delight with a wide array of hot and cold Australian and New Zealand dishes, showcasing regional specialties and flavours. And don't miss the fantastic Dessert Station, offering an assortment of irresistible treats.

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

Date : Every Saturday in March
Time : Dinner
Venue : The Island View Restaurant
Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$128
Reservations : 2118 1846

於3月份逢星期六晚上，The Island View 餐廳將送上澳洲及紐西蘭美食自助晚餐，探索澳、紐兩國的豐富地道風味。屆時，我們的廚師將會即場為大家烹煮優質澳洲牛肉、新鮮海鮮和多汁的紐西蘭羊肉。

除此之外，我們的自助餐將同時供應各式澳洲及紐西蘭冷熱菜餚，展示當地佳餚的特色及美味。最後更不能錯過令人難以抗拒的一系列甜品。

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。

Water Aerobics Coach – Raymond Yeung

Raymond Yeung leads the Club's Water Aerobics classes. He is a professional Aqua Fitness instructor, swimming coach and life-saving teacher with over 10 years' teaching experience. He attained his Hydro Fitness Instructor qualification at the Physical Fitness Association of Hong Kong and Swimming Coach at the American Swimming Coaches Association.

Raymond's classes incorporate energizing aquatic exercise routines that boost both strength and flexibility. Join Raymond in the pool for a revitalizing workout! To enroll, contact the 2/F Reception on 2118 1890.



水中帶氧運動教練 — 楊漢東

楊漢東教練是本會水中帶氧運動班的專業教練，指導水中帶氧運動、游泳及拯溺有超過10年經驗。他在中國香港體適能總會考取水中健體導師資格，也在美國游泳教練協會考取游泳教練資格。

憑藉楊教練的專業知識，他將給予學員不一樣的訓練，致力幫助大家提升力量、靈活性和技巧。欲與楊教練預約課程，請致電2118 1890聯絡二樓接待處，享受運動的新體驗！

Jazz Dance

Come and learn a variety of unique step-by-step Jazz Dance routines and get a total body workout at the same time. Jazz Dance is great way to stay in shape and de-stress!

爵士舞班

參加本會爵士舞課程，跟隨導師循序漸進地學習爵士舞基本動作，配以音樂跳出各種舞步。課程於星期四舉行，適合16歲及以上的會員參加，3月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Thursday 7th, 14th, 21st & 28th March
 Time : 3:00pm – 4:00pm
 Venue : Aerobics Room
 Price : Member \$720, Guest \$1,200 (for 4 lessons)
 Age : 16 years and above



Fascia Exercise Training

Add another element to your fitness journey with our Fascia Exercise Class! Designed to target and rejuvenate your body's connective tissues, this class offers a unique approach to improving flexibility, strength, and overall well-being.

Through a series of dynamic movements and stretches, you'll unlock tighter areas, enhance your mobility, and reduce pain. Perfect for athletes, fitness enthusiasts, and anyone looking to alleviate daily stress and stiffness. Join us to experience the transformative power of fascia-focused exercises and feel the difference in your body's performance and recovery.



筋膜運動訓練

透過本會筋膜運動訓練，為你的健身之旅增添另一個選擇！這課程旨在針對身體的結締組織並使其恢復活力，提供了一種獨特的方法來增加身體靈活性、力量和整體健康。透過一系列動態和伸展運動，為你調節筋膜以獲得深度放鬆，增強活動能力並減輕疼痛，非常適合運動員、健身愛好者以及任何想要緩解日常壓力和身體僵硬的人士。加入我們，體驗以筋膜為重點的運動新體驗，感受改善身體表現和活動能力後的差異。

課程於星期一舉行，適合16歲及以上的會員參加，3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 4th, 11th, 18th & 25th March
 Time : 1:30pm – 2:30pm
 Venue : Aerobics Room
 Price : Member \$720, Guest \$1,200 (for 4 lessons)
 Age : 16 years old and above
 Instruction: Please note, this class is taught in Cantonese only

Funky Dance

Immerse yourself in the rhythm of Funky Dance, a vibrant aerobic dance workout designed to energize and invigorate. Our high-intensity classes are not just fun; they're a challenge to hit 7,000 dance steps in every exhilarating one-hour session. You'll burn calories, boost your heart rate, and ignite your passion for dance in an atmosphere that's all about joy and movement.



Funky 跳舞班

讓自己沉醉在 Funky Dance 的節奏中！這是一種充滿活力的有氧舞蹈鍛鍊，旨在增強活力和體能，高強度的課程不僅有趣，而且充滿挑戰性。大家在一小時的課程中完成7,000個舞步，在充滿歡樂的運動氛圍中燃燒卡路里、提高心跳率並燃點對舞蹈的熱情。課程於星期三及五舉行，適合16歲及以上的會員參加，3月份4堂收費 — 會員\$720，非會員\$1,200。

Date : (A) Wednesday 6th, 13th, 20th & 27th March
 (B) Friday 1st, 8th, 15th & 22nd March
 Time : (A) 12:30pm – 1:30pm
 (B) 12:00noon – 1:00pm
 Venue : Aerobics Room
 Price : (A) & (B) Member \$720, Guest \$1,200 (for 4 lessons)
 Age : 16 years and above

Zumba Fitness

Experience the incredible energy of our weekly Zumba classes! Join us for a workout that feels more like a celebration as you dance your way to a fitter you! Zumba's easy-to-follow moves make it perfect for everyone, creating a highly addictive fitness experience that will keep you coming back week-after-week!

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，充份體驗帶氧舞蹈的鍛鍊，在享受動感舞蹈的同時，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歲及以上的會員參加，3月份5堂收費 — 會員\$900，非會員\$1,500。

Date : Sunday 3rd, 10th, 17th, 24th & 31st March

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

Price : Member \$900, Guest \$1,500 (for 5 lessons)

Age : 16 years and above



Stretching Exercise Class

Held on Fridays, our Stretching Exercise Class will leave you feeling refreshed and invigorated. Our expert instructor will guide you through a series of tailored stretches to enhance flexibility, improve posture, and release tension.

伸展運動班

本會伸展運動班於星期五舉行，可讓大家放鬆精神、恢復活力。在專業教練的指導下完成一連串度身定制的伸展運動，以增強身體靈活性，改善姿勢並釋放壓力。課程適合16歲及以上的會員參加，3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 1st, 8th, 15th & 22nd March

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 March 三月份課程

Monday

Ladies' Morning Tennis 10:00am – 12:00noon (Intermediate / Advanced Level)

Yoga 10:30am – 11:30am (A)

Fascia Exercise Training 1:30pm – 2:30pm

Men's Double Training 7:00pm – 9:00pm Men's (B)

Tuesday

Morning Water Aerobics 10:00am – 11:00am (A)

Afternoon Water Aerobics 3:00pm – 4:00pm (A)

Evening Water Aerobics 7:00pm – 8:00pm

Wednesday

Tennis Team Training 10:00am – 12:00noon Ladies

Funky Dance 12:30pm – 1:30pm (A)

Thursday

Yoga 10:30am – 11:30am (C)

Jazz Dance 3:00pm – 4:00pm

Tennis Team Training 7:00pm – 9:00pm Men's (A)

Friday

Yoga 10:30am – 11:30am (D)

Morning Water Aerobics 11:00am – 12:00noon (B)

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

Pickleball 10:00am – 11:00am (A)

11:00am – 12:00noon (B)

12:00noon – 1:00pm (C)

Yoga 11:00am – 12:00noon (E)

Wall Climbing 2:00pm – 3:30pm

Sunday Junior Tennis 2:00pm – 3:00pm (A: 3 – 7 years)

3:00pm – 5:00pm (B: 8 – 16 years)

Rope Skipping 4:30pm – 5:20pm

Sunday Social Tennis 5:00pm – 7:00pm

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

*Guests will be put on waiting list, as Members will have first priority for enrolment.

會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

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。

March 2024

Wine Home Delivery Service

3月份餐酒送貨服務



Order Form 餐酒訂購表格

A special selection of Amarone della Valpolicella wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,800 and above, excluding Outlying Islands.

Alternatively, pick-up the wines at the Club Bar.

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

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Piccoli OSE Rosato Spumante Brut Osè IGT NV, Veneto, Italy	750ml	198		
Piccoli Amarone Della Valpolicella "Monte La Parte" DOCG 2016, Veneto, Italy	750ml	598		
ZANONI Amarone Della Valpolicella DOCG 2016, Veneto, Italy	750ml	598		
Gamba Amarone Della Valpolicella "Campedel" DOP 2016, Veneto, Italy	750ml	598		
ZANONI Recioto Della Valpolicella DOCG 2018, Veneto, Italy	500ml	598		
Gamba Grappa di Amarone Barrique "Campedel" 43%, Veneto, Italy	500ml	498		

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

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

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

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

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

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

Delivery Address: _____

Signature: _____ Date: _____

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

Casserole Dish Using Leftovers from Lunar New Year

Although the Lunar New Year has already passed, I feel it's never too late to wish you a happy, healthy and prosperous Year of the Dragon! Now that the holidays are over, you may still have some celebratory food left over, such as preserved sausages, and perhaps you are wondering what you should do with this food!

In this month's article, I would like to introduce a delicious casserole dish, using preserved sausages.

用餘下的新年食材烹調煲仔菜

雖然農曆新年已過，但祝賀的說話永遠不嫌少，我在此恭祝各會員龍年喜氣洋洋，身體健康，萬事如意！在農曆新年過後，大家可能剩餘不少賀年食品，如臘腸等，並正在煩惱如何處理這些食品呢！

所以今個月份我想為大家介紹一款以臘腸為食材的煲仔菜式—椰汁芋頭鴛鴦腸煲。



By Chef Yip Tsang Keung
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅

Casserole of Preserved Sausages and Taro with Coconut Juice

Serve 3 - 4 persons

Ingredients:

- Assorted Preserved Sausages 3 pcs
- Taro 1 catty
- Fresh Black Mushrooms 4 pcs
- Coconut Juice 4 tbsp
- Milk 2 tbsp
- Butter A little
- Chicken Soup 1 Rice Bowl
- Sugar ½ tsp
- Salt ¾ tsp
- Minced Garlic A little
- Cornstarch Water A little

椰汁芋頭鴛鴦腸煲

供3-4人用

材料：

- 臘腸、潤腸 共3條
- 芋頭 1斤
- 鮮冬菇 4隻
- 椰汁 4湯匙
- 花奶 2湯匙
- 牛油 少許
- 雞湯 一飯碗
- 糖 半茶匙
- 鹽 ¾茶匙
- 蒜茸 少許
- 生粉水 少許



Method:

1. Blanch the preserved sausages in hot water for 2 minutes, then steam over water for 8 minutes. Cut into pieces and set aside.
2. Peel the taro and cut into small pieces and steam over water for 12 - 15 minutes. Set aside.
3. Prepare a casserole, add the coconut juice, milk and butter into it. Set aside.
4. Pan-fry the garlic in hot oil, then add taro, black mushrooms, chicken soup, sugar and salt, cook until boiling. Add cornstarch water and cook for a while to thicken.
5. Add all ingredients into the casserole and cook for 5 - 8 minutes. Stir the ingredients once with chopsticks to mix them well. Serve!

烹調方法：

1. 臘腸、潤腸放入熱水中灼兩分鐘，然後隔水蒸8分鐘，切件備用。
2. 芋頭去皮，切成小件，隔水蒸12-15分鐘，備用。
3. 準備一個砂鍋，放入椰汁、花奶及牛油，備用。
4. 用熱油將蒜茸爆香，然後加入芋頭、冬菇、雞湯、糖及鹽，煮滾；然後加入生粉水，再煮一會使汁液變稠。
5. 將所有材料放入砂鍋中煮5-8分鐘，其間用筷子輕輕攪拌一次以拌勻食材及汁液，即可享用！



Friday,
29th March
3月29日
(星期五)

The Island View Restaurant

Good Friday Dinner Buffet Kinkawooka Mussels

The Club's Dinner Buffet is the best in town, so be sure to make your reservation early for our delicious Easter holiday spread. The usual, fabulous selection of hot and cold international favourites, salads, seafood, delectable desserts and more, will be enhanced with a variety of festive Easter treats, as well as a special addition of fresh Kinkawooka Mussels from Australia.

Adults \$448, Children 6-12 years \$295, 3-5 years \$128

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

The Island View 餐廳

Good Friday Kinkawooka 澳洲青口美食自助晚餐

切勿錯過全城最好的自助美食，於3月29日星期五晚上蒞臨 The Island View 餐廳享用特色復活節自助晚餐，與家人朋友一同慶祝復活節。當晚除了供應豐富國際美食，包括各式冷熱盤、沙律、海鮮及甜品等外，大家還可以品嚐來自澳洲的新鮮Kinkawooka青口。

收費：成人 \$448，小童 6-12歲 \$295，3-5歲 \$128

每位另加\$178可任飲精選澳洲紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁。

Easter Dining at the Club

復活節午餐及晚餐

The Island View & Pier 6 Restaurant

Good Friday Lunch Buffet

Enjoy our extensive Lunch Buffet at the Club this Good Friday, featuring a wide selection of cold cuts, salads, hot and cold dishes, delicious carving and sumptuous desserts. There will also be a fantastic juice station offering a selection of refreshing, fruity treats.

Adults \$428, Children 6-12 years \$280, 3-5 years \$128

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

The Island View及 Pier 6 餐廳

Good Friday自助早午餐

歡迎於3月29日（星期五）前來享用自助早午餐，展開復活節的愉快假期。豐富美食包括各式冷肉片、沙律、冷熱菜式、烤肉及水果、甜品。

收費：成人 \$428，小童 6-12歲 \$280，3-5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。

Friday,
29th March
3月29日
(星期五)

The Island View & Pier 6 Restaurant

Children's Easter Lunch with Easter Bunny

Saturday,
30th March
3月30日
(星期六)

Head to The Island View for our Children's Lunch Buffet. The highlight of the afternoon will be a special visit from the Easter Bunny, ready to pose for photos and create unforgettable moments with our Members.

\$358 per person aged 3 years and above

including Soft Drinks and Orange/Apple Juice

The Island View及 Pier 6 餐廳

復活節兒童午餐派對 與賓尼兔共度佳節

歡迎各位小朋友與家人於3月30日（星期六）前來參加復活節兒童早午餐派對，享用豐富的美食，我們還會安排復活節賓尼兔與大家拍照留念，一同度過快樂的節日。

收費（包括汽水及橙汁/蘋果汁）—

3歲以上小童及成人：每位\$358。

Sunday,
31st March
3月31日
(星期日)

The Island View & Pier 6 Restaurant

Easter Sunday Lunch

Enjoy a sumptuous Lunch Buffet featuring a whole host of your favourite dishes including our famous roasted Baby Lamb, cooked to perfection!

Adults \$428, Children 6-12 years \$280, 3-5 years \$128

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

The Island View及 Pier 6 餐廳 週日復活節自助午餐

3月31日 (星期日) 復活節當天，歡迎前來享用自助午餐，除豐富的美食外，還有深受大家喜愛的烤小羊。

收費：成人 \$428，小童 6-12歲 \$280，3-5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。

Monday,
1st April
4月1日
(星期一)

The Island View & Pier 6 Restaurant

Easter Monday Lunch Buffet

Join us for an Easter Monday Lunch Buffet, complete with a centerpiece of spit-roasted lamb and a fresh juice station. Enjoy a wide selection of savoury and sweet dishes - the perfect setting for unforgettable moments with family and friends.

Adults \$428, Children 6-12 years \$280, 3-5 years \$128

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

The Island View及 Pier 6 餐廳 週一復活節自助午餐

復活節的慶祝活動將延續至星期一！於4月1日 (星期一)，The Island View 及 Pier 6 將會繼續為大家送上豐富的復活節特色午餐美食，還有旋轉烤小羊、鮮果及各式鹹、甜點心，讓你與家人朋友都得到大滿足。

收費：成人 \$428，小童 6-12歲 \$280，3-5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。

The Island View Restaurant

Easter Sunday Dinner Buffet

Our Island View Easter Dinner Buffet is the perfect venue for your family and friends to gather for an Easter Sunday feast.

Adults \$398, Children 6-12 years \$260, 3-5 years \$128

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

The Island View 餐廳 週日復活節自助晚餐

於復活節晚上，The Island View會再為大家安排復活節特色自助晚餐，歡迎大家與家人朋友前來共慶佳節。

收費：成人 \$398，小童 6-12歲 \$260，3-5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。

The Island View Restaurant

Easter Monday Dinner Buffet

Finish the long weekend in style at the Club with our Easter Monday Dinner Buffet, featuring all your favourites and more.

Adults \$398, Children 6-12 years \$260, 3-5 years \$128

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

The Island View餐廳 週一復活節自助晚餐

最後，於星期一晚上前來The Island View享用晚餐，為愉快的復活節假期畫上完美句號。

收費：成人 \$398，小童 6-12歲 \$260，3-5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。

For reservations, please call The Island View on 2118 1846
請致電2118 1846與The Island View餐廳訂座



Milk-fed Lamb from the French Pyrenees

A La Carte Dishes

法國比利牛斯山脈乳飼羊 單點菜式

This month, Pier 6 invites you to indulge in the exceptional taste of Milk-fed Lamb from the French Pyrenees. Renowned for its incredible tenderness and delicate, sweet flavour, this lamb is a product of an exclusive milk diet. Sustainably raised in the pristine French Pyrenees using traditional methods, Milk-fed Lamb is not only a culinary delight, but also a testament to ethical farming practices.

Discover the exquisite flavour of this premium lamb with Chef Daniel's A La Carte Dishes, available from 15th March.

今月份，Pier 6 餐廳誠邀大家前來品嚐來自法國比利牛斯山脈的乳飼羊肉。乳飼羊是一種獨特、只以母乳飼養的羊，以其令人讚譽的嫩滑細膩肉質及鮮甜味道而聞名。這種羊是在法國比利牛斯山脈中採用天然、可持續的傳統養殖方法飼養，不僅是一種美味佳餚，也是實踐農業道德的證明。

由3月15日起，總廚 Daniel 將送上乳飼羊單點菜式，讓大家品嚐這種優質羊肉的細緻風味。

訂座請致電 2118 1878。

Date : From 15th March

Venue : Pier 6

Reservations : 2118 1878



Hanbagu Kare Lunch Set at the Oyster Bar

Oyster Bar 午市套餐—咖喱漢堡扒

Indulge in a fusion of flavours this March at the Oyster Bar!

Join us at lunchtime for our special Hanbagu Kare Lunch Set promotion. Enjoy the perfect blend of juicy, grilled Black Angus Hamburger Steak paired with our rich and savoury Japanese Curry Sauce. Each set is complemented with a side of freshly Steamed Rice and a Japanese Fried Egg, along with Miso Soup and Fresh Fruits.

於3月份，前來Oyster Bar盡情享用融合不同風味的美食！

我們將於午餐時段為大家送上日式咖喱漢堡扒午市套餐，讓大家同時享用多汁的烤黑安格斯漢堡扒伴以香濃味美的日式咖喱汁。每份套餐均配有新鮮白飯及日式煎蛋，以及味噌湯及新鮮水果。

日式咖喱漢堡扒午市套餐 — 每份\$148。

Date : 1st - 31st March

Venue : Oyster Bar

Price : \$148





Bonneau du Martray Wine Dinner at Pier 6

Experience the legacy of Bonneau du Martray at Pier 6, at an exclusive evening dedicated to the world-renowned wines from the heart of Burgundy, France. This historic estate, with origins dating back over a millennium, is set amidst the picturesque slopes of Pernand-Vergelesses and Aloxe-Corton in the celebrated Côte de Beaune region.

Bonneau du Martray stands as a symbol of tradition and excellence, producing some of the most prestigious Grand Cru wines in the world. Come and indulge in a perfectly paired Tasting Menu, each dish designed to expertly complement the exceptional wines of Bonneau du Martray.

Please look forward to more details on menu in our next issue of Pacific Views.

Date : Friday, 26th April
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Reservations : 2118 1878

Pier 6 餐廳 Bonneau du Martray 美酒晚餐

歡迎大家於4月26日（星期五）前來 Pier 6 餐廳參加我們特別呈獻的世界知名葡萄酒之夜，體驗位於法國勃根地中心區的 Bonneau du Martray 酒莊的傳統佳釀。這座酒莊的悠久歷史可追溯到一千多年以前，坐落於著名 Côte de Beaune 地區中的 Pernand-Vergelesses 及 Aloxe-Corton 兩個市鎮之間一個風景如畫的山谷中。

“Bonneau du Martray” 是傳統和卓越的象徵，生產享譽全球的特級葡萄酒。請前來盡情品嚐 Bonneau du Martray 的優質葡萄酒及完美配搭每款佳釀的晚餐菜式。

有關當晚的葡萄酒及菜式詳情，請留意下一期薈絮。

訂座請致電 2118 1878。



March 2024

Wine Home Delivery Service

3月份餐酒送貨服務



Order Form 餐酒訂購表格

A special selection of Château Lynch-Bages wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,500 and above, excluding Outlying Islands.

Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款 Château Lynch-Bages 葡萄酒，凡購滿\$1,500及以上可獲免費送貨服務，離島除外；或者可於會所酒吧領取葡萄酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Château Lynch-Bages, Blanc de Lynch Bages, Pauillac, Bordeaux, France 2022	750ml	750		
Château Ormes de Pez, Saint-Estephe, Bordeaux, France 2019	750ml	320		
Château Haut-Batailley 5eme Cru Classe, Pauillac, Bordeaux, France 2018	750ml	720		
Château Lynch-Bages, 5eme Cru Classe, Pauillac, Bordeaux, France 2010	750ml	2,980		
Château Lynch-Bages, 5eme Cru Classe, Pauillac, Bordeaux, France 2000	750ml	3,480		
Château Lynch-Bages, 5eme Cru Classe, Pauillac, Bordeaux, France 1995	750ml	2,980		

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

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

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

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

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

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

Delivery Address: _____

Signature: _____ Date: _____

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



Menu

Lynch-Bages Bordeaux Blanc 2022

Aquitaine Heirloom Tomatoes
Floral Citrus Aromatics | Fine Herbs

Ormes de Pez Saint-Estèphe CB 2019

Atlantic Langoustines
Saffron Arabica Escabeche

Haut-Batailley Pauillac 5ème Cru 2018

Delight of Duck Foie Gras
Dark Cherries | Fig Leaves and Rye

Lynch-Bages Pauillac 5ème Cru 2010

Binchotan Roasted Quail
Beetroot and Black Pudding | Mushrooms

Lynch-Bages Pauillac 5ème Cru 2000

Lynch-Bages Pauillac 5ème Cru 1995
Declension of Pauillac Lamb
Sauce Bordelaise | Young Morels | Chou Farci

Madagascan Vanilla Soufflé
Raspberry Sorbet

Petits Fours

(Wines will be served in limited quantities)

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



Château Lynch-Bages Wine Dinner at Pier 6

Pier 6 餐廳 Château Lynch-Bages 美酒晚餐

We invite you to an extraordinary evening at Pier 6, celebrating the legendary Château Lynch-Bages. This exclusive Wine Dinner is a tribute to a winery that has become the epitome of excellence in the world of fine wines.

Nestled in the heart of Bordeaux, Château Lynch-Bages has been synonymous with top-tier winemaking since the 18th Century. With a history rich in tradition and a commitment to excellence, each bottle is a testament to the winery's enduring legacy, passed down through generations.

Savour a handpicked selection of Château Lynch-Bages wines, whilst enjoying a luxurious dining experience, with each course perfectly matched to complement the unique profile of these legendary wines.

Date : Friday, 1st March

Time : 6:30pm Welcome Drink
7:15pm Dinner

Venue : Pier 6 Restaurant

Price : \$2,288 per person (for Food and Beverage Pairing)

Reservations : 2118 1878

現誠邀大家於3月1日（星期五）晚上前來 Pier 6 餐廳參加 Château Lynch-Bages 美酒晚餐，品嚐一系列由該酒莊釀造、世界最優質之一的葡萄酒。

Château Lynch-Bages 酒莊坐落於波爾多市中心，自18世紀以來一直是頂級釀製葡萄酒的代名詞。憑藉其豐富的傳統歷史和對卓越的承諾，每一瓶佳釀都是酒莊一代接一代不朽傳承的見證。

前來品嚐我們精心挑選的 Château Lynch-Bages 葡萄酒，同時享受奢華的用餐體驗，每道菜式都是為了完美配搭每款佳釀而設計，與這些傳奇葡萄酒的獨特風格相得益彰。

晚餐配搭葡萄酒，收費：每位\$2,288。

訂座請致電2118 1878。

Fo Dau Ping

Among the lesser-known northern foothills of Lion Rock, Fo Dau Ping is a flat-topped hill that offers excellent views over Sha Tin. A brisk walk up to it is a good winter workout!

This trail is short but it has steep ups and downs. Walking time: 1.5 hours.

Take the Tuen Ma MTR line to Sha Tin Wai station and leave by Exit D. Turn left, then right onto Shui Chuen Au Street. This climbs uphill, and after a while you must cross over to the left-hand pavement by way of a footbridge. Carry on upwards, and just before the road bends left towards Shui Chuen O estate, cross over to the right to follow Tsok Pok Hang Road. It leads uphill, past a scout camp and a vehicular gate and into the hills.



There are plenty of these mysterious pedestrian roads winding through the hillsides of the New Territories. Some were built to access reservoirs, some to reach army lookouts, and some to serve housing estates that were never built. Whatever their origin, they provide easy routes into country park uplands.

At the end of the road, a paved path continues and bends around to the left. At the next fork, marked by signposts, turn right and carry on uphill. The even paving soon gives way to a new path made of rough stones. At the top of these, turn right to walk out onto the plateau of Fo Dau Ping. Suddenly you're

looking straight down the Sha Tin valley, all the way to Tolo Harbour. It was cold and windy up here on our late January hike but this panorama made it worthwhile. You can walk around the edges of this flat open area to get views in many different directions.

Double back now and walk past those rough stone steps to climb the next small peak, which is Mau Tsai Shan (Kitten Hill). On the way, you pass the ruins of a wartime pillbox. There's a trig point at the forested top of Mau Tsai Shan, which shows you have climbed to 258 metres above sea level; turn left and follow the way forward through a bamboo tunnel until you emerge onto the paved path of the Wilson Trail. We'll join it for a short distance. Turn right to go downhill.

Just past a six-sided pavilion, an earthen trail leads off to your right. Follow it all the way downhill to the ramshackle Sha Tin Tau New Village. It seems like a maze of alleyways between houses, stairways and rows of flowerpots, but there is really only one way to go forwards and down. The path brings you out to a footbridge over the busy Lion Rock Tunnel Road, and on the other side are steps down to Sun Tin Wai estate. You can walk through the housing estates to get back to the MTR at Che Kung Temple station but it's a convoluted route, and an easier alternative is to simply jump on the frequent KMB bus 282 that will quickly take you to Sha Tin station.



Words and pictures: Pete Spurrier 撰文及圖片：Pete Spurrier



蝌蚪坪

蝌蚪坪位於獅子山北面山腳的一座鮮為人知的平頂山丘，在此可欣賞到沙田的美景。快步走上那坪地是一項很好的冬季運動！

這路程很短，但亦有陡峭起伏的地方。步行時間：1.5 小時。

乘搭港鐵屯馬線至沙田圍站，由 D 出口離開。於出口左轉，然後右轉進入水泉坳街。這是一條上坡路，過一會兒，你必須經過行人天橋到達左手邊的行人路。繼續向上行，在道路向左轉至水泉澳邨之前，向右過馬路，沿著作壘坑路前行。此路通往山上，會經過一個童軍營地和可讓車輛駛過的大拱門，然後進入山裡。

新界的群山上有許多這樣隱祕的步道，有些是為了進入水庫而建造，有些是為了到達軍隊瞭望台，還有一些是為了從未建成的住宅區而設。無論其來源為何，它們都提供了通往郊野公園高地的便捷路線。

在路的盡頭，有一條鋪設好的小路繼續延伸，並彎向左邊。在下一個岔路口有一個路標，在此右轉並繼續上山。平坦的路面很快就被粗糙的石級路所取代。在石級路的盡頭右轉即可步行至蝌蚪坪高原。此時景觀豁然開朗，你可以直望沙田谷至吐露港。我們於 1 月下旬到此遊，這裡寒冷多風，但看到這全景卻讓一切都值得。你可以繞著這片平坦開放區域的邊緣走動，欣賞不同方向的景色。

現在原路折返，走過那些粗糙的石級路，登上一個小山峰，那就是貓仔山。途中，你會經過一個戰時碉堡的廢墟。貓仔山的樹林高處有一個三角測量點，表示你已經攀登到海拔 258 公尺；左轉，沿著竹林隧道向前走，直到出現衛奕信徑的鋪砌小徑。我們將步行一小段衛奕信徑，然後右轉下山。

剛經過一座六角形的亭子後，便會見到一條通往你右側的泥路。沿著它一路下山就會到達建築物搖搖欲墜的沙田頭新村。房屋、樓梯和一排排花盆之間的小巷看起來像是迷宮，但實際上只有一條路可以通向前方下山。這條小路將帶你到達一座跨越繁忙的獅子山隧道公路的行人天橋，另一邊則是通往新田圍村的梯級。你可以步行穿過屋村回到港鐵車公廟站，但路線較複雜，更簡單的選擇是乘搭班次頻繁的九巴 282 號，很快即可到達沙田站。



British Pub Menu Classics at the Club Bar

會所酒吧 — 3月份美食推介 英式酒吧經典菜式

This month at the Club Bar, come and enjoy a selection of Britain's finest pub dishes. From Fish and Chips to Shepherd's Pie, Steak and Kidney Pie, Toad in the Hole, and Bangers 'n' Mash – we've got all your favourites!

In addition, we present our Scotch Whisky Flight at \$200 per package. This exclusive selection includes three distinct and celebrated single malts, each served in a 30ml measure.

於今月份，大家可以在會所酒吧享用多款英國最著名的酒吧經典菜式。

從炸魚薯條 (Fish and Chips) 到免治羊肉薯蓉批 (Shepherd's Pie)、牛肉牛腰批 (Steak and Kidney Pie)、烤香腸布丁 (Toad in the Hole) 和香腸薯蓉 — 大家最喜愛的都應有盡有！

此外，每位另加\$200即可配搭3款精選的著名蘇格蘭單一麥芽威士忌，每杯30毫升。



- **Laphroaig 10 Years Single Malt:** Embrace the smoky intensity and rich peatiness that define this Islay classic. 這款Islay地區出產的經典威士忌，散發出該地聞名的濃郁煙燻泥煤味
- **Balvenie Doublewood 12 Years Single Malt:** Delight in the smooth, mellow character with hints of dried fruit and toasted almonds, matured in two different types of wood. 此威士忌在兩種不同木材種類的橡木桶中熟成，口感柔順、醇厚，帶有一絲乾果及烤杏仁的味道。
- **Macallan 12 Years Single Malt:** Savour the balance of fruit and oak, underpinned by a subtle sweetness, a hallmark of this renowned Speyside. 從此威士忌中可品嚐到果香及橡木味的平衡，以及微妙的香甜味，充分展現著名Speyside產區的特色。

March 2024

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Château Lynch-Bages Wine Dinner at Pier 6 1st	 Children's Easter Brunch with Easter Bunny at The Island View 30th	 Easter LUNCH & DINNER at The Island View 29th March - 1st April	 Easter Lunch & Dinner at The Island View 29th March - 1st April	 Easter Lunch & Dinner at The Island View 29th March - 1st April	Water Aerobics / Stretching Exercise Junior Swimming School Yoga / Funky Dance KINKAWOOKA – Australian Mussel Dinner Buffet at The Island View Château Lynch-Bages Wine Dinner at Pier 6 Hanbagu Kare Lunch Set at Oyster Bar 1st – 31st Garden Pleasures Cocktail at Oyster Bar and Club Bar 1st – 31st British Pub Classics A La Carte Menu at Club Bar 1st – 31st Vegetable Dishes at Bauhinia 1st – 31st Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga / Funky Dance KINKAWOOKA – Australian Mussel Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Flavours of Australia & New Zealand Dinner Buffet at The Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Sunday Lunch & Dinner Buffet at Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at the Island View	Water Aerobics Semi-buffet Dinner at the Island View	Tennis Team Training Funky Dance Semi-buffet Dinner at the Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at the Island View	Water Aerobics / Stretching Exercise Junior Swimming School Yoga / Funky Dance KINKAWOOKA – Australian Mussel Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Kids' Open Fun Session Flavours of Australia & New Zealand Dinner Buffet at The Island View
3	4	5	6	7	8	9
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping Sunday Lunch & Dinner Buffet at Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at the Island View	Water Aerobics Semi-buffet Dinner at the Island View	Tennis Team Training Funky Dance Semi-buffet Dinner at the Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at the Island View	Water Aerobics / Stretching Exercise Junior Swimming School Yoga / Funky Dance KINKAWOOKA – Australian Mussel Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Junior Easter Egg Design Competition 2024 – Pick Up Egg Template at the 2/F Reception Flavours of Australia & New Zealand Dinner Buffet at The Island View
10	11	12	13	14	15	16
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing St Patrick's Day Celebrations at Club Bar Sunday Lunch & Dinner Buffet at Island View	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at the Island View	Water Aerobics Semi-buffet Dinner at the Island View	Tennis Team Training Funky Dance Semi-buffet Dinner at the Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at the Island View	Water Aerobics / Stretching Exercise Junior Swimming School Yoga / Funky Dance KINKAWOOKA – Australian Mussel Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Flavours of Australia & New Zealand Dinner Buffet at The Island View
17	18	19	20	21	22	23
Zumba Fitness / Yoga Sunday Junior Tennis / Social Tennis Pickleball Group Lesson (24th) Rope Skipping / Wall Climbing Easter Egg Hunt at Children's Playroom (24th) Sunday Lunch & Dinner Buffet at Island View (24th) Easter Sunday Lunch & Dinner Buffet at The Island View (31st)	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training Easter Monday Lunch & Dinner Buffet at The Island View (1st April) Semi-buffet Dinner at the Island View (25th)	Water Aerobics Easter Tennis Academy Semi-buffet Dinner at the Island View	Tennis Team Training Funky Dance Easter Tennis Academy Easter Golf Academy Super Mario Clay Studio Semi-buffet Dinner at the Island View	Yoga / Jazz Dance Tennis Team Training Easter Tennis Academy Easter Golf Academy Sario Drawing Studio Easter Little Harry Potter Semi-buffet Dinner at the Island View	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga / Funky Dance KINKAWOOKA – Australian Mussel Dinner Buffet at The Island View Amarone Wine Dinner at Capriotti Clay Dessert Workshop Good Friday Lunch Buffet at The Island View KINKAWOOKA – Australian Mussel Dinner Buffet at The Island View	Clay Dessert Workshop Children's Easter Brunch with Easter Bunny at The Island View Flavours of Australia & New Zealand Dinner Buffet at The Island View
24/31	25	26	27	28	29	30



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

歡迎參加於星期日傍晚舉行的「週日網球聯誼聚會」，與其他會員及教練切磋球技，更可認識新的志同道合，日後一同分享打網球的樂趣。收費每位\$170（設茶點招待），查詢及報名，請致電2118 1707。此聚會只供成年會員參加。

Date : Sunday 3rd, 10th, 17th, 24th & 31st March
 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

參加由我們的專家教練團隊帶領的女子早上練習班，進行兩個小時的集中訓練，以提高妳的網球技術並學習完善的比賽策略，在球場上作出更佳的表现。中/高班於星期一舉行，兩小時課堂收費：每位\$310（包括場租，並設茶點招待）。請注意，每班人數只限10名，欲免向隅，請儘早報名。

Date : Monday 4th, 11th, 18th & 25th March
 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)



Holiday Notice

Please note that all junior and adult group classes will be cancelled during the Easter Holidays on 29th & 30th March.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於3月29日及30日復活節公眾假期暫停舉行。

Junior Tennis Academy

Tailored for children aged 3½ to 16, the Pacific Club's weekly Junior Tennis Academy offers expert instruction, exciting challenges, and plenty of fun on the court. Led by our experienced coaches, the Academy provides an environment where your child can develop their tennis skills and unlock their full potential. From mastering the fundamentals to advanced techniques, our coaches are dedicated to helping young players grow and excel.



青少年網球訓練

本會於星期六舉行的青少年網球訓練班專為3½-16歲的會員而設，在經驗豐富的教練帶領下，為他們提供了一個可以發展網球技能並充分發揮潛力的環境，從掌握基礎知識到提升技術，幫助他們成長和超越自己。3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 2nd, 9th, 16th & 23rd March
 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





Pickleball Private Lessons

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

Private Lessons (1pax)

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

Semi-Private Lessons (2pax)

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

匹克球私人課程

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

私人課程 (一人)

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

半私人課程 (二人)

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

預約課程請致電2118 1707。



Pickleball Group Lessons

Experience the excitement of Pickleball with our brand-new Group Classes catering to various age groups. Whether you're a youngster or a seasoned adult eager to try something new, these classes are designed just for you! Please note that the fee will be charged on a monthly basis.

匹克球團體課程

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

備註：此訓練活動以月費形式支付

Date : Sunday 3rd, 10th & 17th March
 Time : (A) 10:00am – 11:00am
 (B) 11:00am – 12:00noon
 (C) 12:00noon – 1:00pm
 Venue : Outdoor Pickleball Court
 Price : Member \$540, Guest \$900 (for 3 lessons)
 Age : (A) 6 - 9 years
 (B) 10 - 14 years
 (C) 18 years and above



Tennis League Teams' Schedule Home Matches in March

網球聯賽 – 3月份主場賽事



DATE	TEAM	MATCH
Friday, 1st March	Ladies' (Division I)	Pacific Club vs Hong Kong Country Club
Tuesday, 5th March	Veteran Women's 80 + (Division II)	Pacific Club vs Ladies Recreation Club

Water Aerobics

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

水中健康舞班

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



Morning Water Aerobics

Date : (A) Tuesday 5th, 12th, 19th & 26th March

(B) Friday 1st, 8th, 15th & 22nd March

Time : (A) 10:00am – 11:00am

(B) 11:00am – 12:00noon

Venue : Swimming Pool

Price : Member \$700, Guest \$1,180 (for 4 lessons)

Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 5th, 12th, 19th & 26th March

(B) Friday 1st, 8th, 15th & 22nd March

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 5th, 12th, 19th & 26th March

Time : 7:00pm – 8:00pm

Venue : Swimming Pool

Price : Member \$700, Guest \$1,180 (for 4 lessons)

Age : 14 years and above

Yoga at the Club

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

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、四、五及日舉行（公眾假期除外）。

收費：會員每堂\$180，10堂套票\$1,620

非會員每堂\$300

另設有私人課堂，每位收費每小時\$680，

套票必須於4個月內完成。

報名請致電 2118 1890。

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

Venue : Aerobics Room

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

Remark : Packages must be completed within 4 months

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



Spa Promotions in March 3月份美容療程優惠

Lift Summum Treatment

(1hr 25mins)

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

The Lift Summum Treatment is an investment in your skin's health and appearance. It's an ideal choice for those looking to combat the signs of ageing and achieve a firmer, more youthful complexion.

Targeted Care for Mature Skin: Specifically formulated for those experiencing signs of ageing, this treatment aims to revitalize skin by addressing sagging, wrinkles, and loss of firmness.

Unique Massage Techniques: Our therapists use specialized massage methods to stimulate the skin, enhancing blood circulation and facilitating the deeper absorption of firming products.

Specialized Masks: A series of exclusive masks are applied during the treatment, each serving a specific purpose. These masks work to hydrate, nourish, and tighten the skin, contributing to a smoother and more defined appearance.

Comprehensive Coverage: The treatment extends beyond the face to include the neck and chest, ensuring these often-neglected areas receive the same rejuvenating care.

Visible Results: Expect to see noticeable improvements in the skin's texture and firmness. Wrinkles appear smoother, facial contours are more defined, and overall skin firmness is restored, lending a more youthful and radiant look.



煥顏緊膚修護療程 [1小時25分鐘]

此乃特別針對改善皮膚健康和外觀的高效緊膚療程，是對抗衰老現象並重塑細緻面部輪廓的理想之選。

成熟肌膚的針對性護理：此護理專為出現歲月問題的肌膚而配製，旨在透過解決鬆弛、皺紋和緊緻度下降問題，使肌膚重新煥發活力。

獨特的按摩技巧：我們的美容師將採用專門的按摩手法來刺激皮膚，促進血液循環，令緊膚產品能得到更深層的吸收。

專用面膜：療程期間將使用一系列專用面膜，每種面膜都有特定的用途，如保濕、滋潤和收緊肌膚，使肌膚看起來更光滑、更輪廓分明。

全面效能：療程範圍從臉部延伸到頸部和胸部，確保這些經常被忽視的部位得到相同的修復及護理。

明顯效果：皮膚紋理和緊緻度將得到顯著的改善。能撫平皺紋，令臉部輪廓更加清晰，整體肌膚恢復緊緻，看起來更加年輕、容光煥發。



Sothys Detox Energie Intensive Treatment

(1hr 25mins)

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

This treatment incorporates a unique energizing massage to treat your skin to a surge of energy. Indulge in this groundbreaking skincare concept that focuses on depolluting, detoxifying, energizing, and rebalancing the microbiome to unlock the full potential of your skin's health.

Book now to experience the transformational benefits of the Sothys Detox Energie Intensive Treatment and embark on a journey towards radiant and revitalized skin.

Sothys五加蔘能量光感療程 [1小時25分鐘]

療程配合 Sothys 的「能量定點按摩」，有效激活肌底細胞能量，為肌膚充電儲能，同時有效阻截環境侵害，調節肌膚「微生態」及抗污染，提升肌膚自我防禦能力，有助於在不同環境壓力下對抗令肌膚加速老化的傷害，綻放健康光芒。

現在就預約療程，體驗 Sothys 五加蔘能量光感療程強化護理的變革性功效，踏上煥發肌膚活力的旅程。

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 March 3 月份頭髮產品優惠



Muriem Home Milk

~~\$240~~ \$220

Discover the luxury of deeply moisturized, luscious hair with Muriem Home Milk. Specially crafted for those with fluffy and loose hair types, this premium hair care solution is infused with rich nutrients and hydrating elements. It penetrates deep into your hair strands, offering nourishment and a silky smooth finish. Ideal for taming dry, frizzy ends, it leaves your hair glossy and irresistibly soft.

Muriem 順滑乳霜

使用 Muriem 順滑乳霜，體驗深層滋潤、亮澤秀髮的奢華體驗。這款優質護髮產品專為擁有蓬鬆、易散亂頭髮的人士而設，蘊含豐富的營養成分和保濕因子，能深入滲透到髮絲中，提供滋養和絲般柔滑的效果。它非常適合滋潤乾燥、毛躁的髮尾，讓頭髮變得柔軟、有光澤。



Techni Leave-In Hydrating Gel, 150ml

~~\$200~~ \$180

Unlock the secret to effortlessly beautiful hair with Techni's Leave-In Hydrating Gel. Infused with the power of ginkgo biloba, this fantastic gel boasts a delicate, smooth texture that sinks into your hair instantly, offering profound hydration right at the cellular level. The magic lies in its lightweight formula – it rejuvenates and moisturizes without ever leaving your hair feeling heavy.

Techni 水份免沖護髮劑，150毫升

使用 Techni 水份免沖護髮劑，揭開輕鬆擁有美麗秀髮的秘密。這款神奇的護髮劑蘊含銀杏成份，質感細膩、光滑，可立即滲入髮絲，在細胞層面上提供深層保濕。其神奇之處在於其輕盈的配方 — 可以使頭髮恢復活力和滋潤，而且不會讓頭髮感到沉重。



HairPrime® Herbal Shampoo

~~\$220~~ \$200

Elevate your hair care with HairPrime® Herbal Shampoo, enriched with the natural active ingredient Phydemanol®. Designed to avoid heavy conditioners and synthetic agents that can lead to hair loss, this shampoo nourishes hair and cleanses the scalp, targeting problems like sebum and DHT. Ideal for coloured or treated hair, it offers gentle cleansing and essential nourishment for healthier, stronger hair.

HairPrime® 草本洗髮露

使用含豐富天然活性成分 Phydemanol® 的 HairPrime® 草本洗髮露，提升頭髮的護理效果。這款洗髮露不使用可能導致脫髮的刺激、強烈、有害成份，能滋養頭髮並清潔頭皮，可洗走頭皮上的不健康物質，如皮脂、DHT 等。它非常適合染色或經化學療程處理過的頭髮，提供溫和的清潔和必要的營養，使頭髮更健康、強韌。

This Month's Promotion

10% Discount on Intensive Hair Care Treatments

This March, embrace a fresh, curly look at the Hair Salon! We're excited to offer a fabulous 10% discount on all hair curling and wave perming services. Transform your hair with stunning curls or elegant waves styled by our professional hairstylists.

Book your appointment now! Call us on 2118 1893 and let our team give you a curly new look!

微卷或曲髮電燙服務9折優惠

轉換一個清新卷曲髮型，改變一下形象吧！歡迎到會所髮廊，讓我們的專業髮型師為你設計一個令人驚艷的卷髮或優雅的微波浪髮型。

會員於 3 月份惠顧任何微卷或曲髮電燙服務，可享有 9 折優惠。查詢詳情及預約服務，請致電 2118 1893。





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

How To Avoid Missing Shots in Golf

打高爾夫球時如何避免擊球失誤

Missing shots is a common challenge in golf, encountered by players of all levels, from amateurs to seniors. To enhance your performance on the golf course and minimize errors, maintaining the stability of your swing is crucial. Here are some key exercise tips to improve your swing.

Optimal Standing Posture

Begin by raising your head slightly and keeping your back straight. Position your feet a little wider than shoulder-width apart. Once you've achieved a stable and balanced stance, use your shoulders to rotate your body. This rhythmic rotation helps in building up power and strength.

Relieve Tension

It's natural to feel more relaxed at the driving range, where there's no pressure of performance. However, on the course, every shot counts, often leading to psychological stress and disrupted rhythm. Stay calm and don't let one bad shot impact your next swing. A relaxed approach can significantly smooth out your golf swing.

Complete Swing

Familiarity with the backswing and downswing is common among golfers. However, eagerness to see the shot's outcome can lead to neglecting the finishing move, resulting in an incomplete swing. The closing movement is vital for a full swing. It ensures a better swing arc, improved swing speed, and increased ball stability.

Control Swing Power

Avoid intentionally increasing your swing's power and speed, as this can introduce more unpredictability. In open fairways, the temptation to swing harder can be strong, but this often leads to counterproductive results. Overpowering your swing can disrupt its rhythm and increase the likelihood of missing shots.

By focusing on these aspects, you can improve your swing's consistency and accuracy on the golf course.

在高爾夫球場上，擊球失誤是十分常見的情況，無論是資深或業餘球手，都一定試過在球場上表現失準。想要充分發揮水準，避免擊球失誤，揮桿的穩定性十分重要。以下是一些練習揮桿的建議。

最佳的站姿

首先頭部微微抬起，後背挺直，雙腳張開比肩膀稍寬，站穩並取得平衡後，利用肩膀的轉動讓身體有節奏地旋轉，這有助於增強力量及強度。

消除緊張

在練習場上，因為有無數次的擊球機會，自然不會產生緊張的感覺；然而在球場上每一次擊球都直接影響到成績，所以難免會造成心理壓力，擾亂揮桿的節奏。不要因為一次失誤而影響了下一次揮桿的表現，保持心情放鬆可以幫助我們的揮桿動作更加流暢。

完整的揮桿

相信每位球手都對上桿、下桿等動作非常熟悉，但有時球手在擊球後會急著前去檢視擊球的結果而忽略了收桿動作，導致擊球動作不完整。收桿動作是評估揮桿是否完整的指標，當你有完整的收桿才能有更好的揮桿圓弧，產生更好的揮桿速度，亦令擊球更加穩定。

控制揮桿力量

揮桿時千萬不要刻意加大揮桿力量和速度，因為這些都會帶來更多的不確定因素。當面對空曠的球道時，球手難免會下意識地更加發力地揮桿，但這樣做的結果非但不能讓擊球更遠，反而破壞了揮桿的節奏，增加擊球失誤的機率。

只要多注意以上幾點，便可以提高在高爾夫球場上揮桿的一致性和準確性。

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax)

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

Semi-Private Lessons (2 pax)

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

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



Understanding Pain

了解「疼痛」

By Personal Trainer, Max Ng

撰文：私人健身教練 - Max Ng



The Misconception of Pain Relief

Pain is a universally unwelcome sensation, prompting many to seek quick fixes through the use of painkillers and anti-inflammatory medications. These short-term solutions may temporarily mask discomfort by deceiving our nervous system into a false sense of wellness. However, as the medication's effects diminish, the pain often returns with increased intensity due to the unresolved underlying issue. This reliance on pharmaceuticals can lead to a detrimental cycle, neglecting the root cause of the pain and imposing additional strain on our organs.

The Role of Medication in Pain Management

It's important to acknowledge that, in moderation, medications can be beneficial in managing pain, particularly during acute episodes. They can temporarily alleviate discomfort, providing a window to address the underlying problem. Yet, excessive dependence on these drugs can have the opposite effect, exacerbating the issue rather than resolving it.

Pain as a Protective Mechanism

Pain serves as an essential warning system, indicating potential danger to our body. It originates from the stimulation of nerve endings, which relay messages to our brain, interpreting these signals as pain. Understanding this mechanism sheds light on the dual nature of pain, encouraging a more informed response to its occurrence.

The Pitfalls of Ignoring Pain in Fitness

Ignoring pain during physical activity, under the misconception that it's a normal aspect of training, can lead to persistent discomfort and potential injury. This approach, driven by a belief in the necessity of overcoming physical limitations, often results in long-term harm, overshadowing the benefits of exercise.

The Importance of Correct Approach and Communication

Frequently, issues arise from a misplaced confidence in one's methods. In any learning situation, facing challenges should prompt a re-evaluation of our approach and a willingness to seek guidance. Additionally, effective communication with our bodies and with others is crucial for maintaining health. Ignoring bodily signals and pushing beyond limits can lead to irreversible changes and impair daily function.

Embracing Pain as a Signal for Action

Pain is not an adversary; it is an indicator that demands attention and action. Resorting to medication abuse only masks symptoms and delays healing. Identifying and addressing the cause of pain can restore balance to the body and lead to a healthier, pain-free life.

These insights into the nature of pain challenge us to reconsider our immediate reactions to discomfort. Rather than viewing pain solely as an obstacle to be quickly eliminated, it's essential to understand its role as a protective signal, guiding us towards greater awareness of our bodies' needs. By adopting a more mindful approach to pain management — balancing appropriate medication use with a deeper investigation into its causes — we can foster a healthier relationship with our bodies. This shift in perspective not only aids in achieving physical well-being but also empowers us to engage in activities, like fitness, in a more sustainable and injury-free manner. Embracing pain as a vital communicator rather than an enemy allows for a more detailed and thoughtful approach to health, ultimately leading to a more balanced and pain-free existence.





緩解疼痛的誤解

疼痛是一種不受歡迎的感覺，因此很多人都會使用止痛藥和抗發炎藥物來作為快速解決問題的方法。這些短暫解決方法可能會欺騙到神經系統，讓我們產生一種錯誤的舒緩感，從而暫時掩蓋不適，但隨著藥物療效的減弱，由於潛在問題尚未解決，疼痛往往會以更嚴重的程度再次出現。這種對藥物的依賴可能會導致惡性循環，令我們忽略了疼痛的根本原因，並對器官造成額外的負擔。

藥物在疼痛管理中的作用

重要的是我們必須承認，適量的藥物有助於控制疼痛，特別是在急性發作的期間，它們可以暫時緩解不適，提供一段短暫的時間讓我們去解決根本問題。然而，過度依賴這些藥物卻可能會產生反效果，導致加劇而不是解決問題。

疼痛是一種防禦機制

疼痛是提醒身體有潛在危險的一個重要警報，是一種必不可少的防禦機制。我們會感覺到疼痛是因為神經末梢受到刺激，於是發放訊息到大腦，並將這些訊息解讀為疼痛。了解這個機制有助於了解疼痛的雙重性質，並鼓勵大家對此做出更明智的反應。

運動時忽視疼痛的隱患

忽視身體在運動期間出現的疼痛，錯誤地認為這是訓練的正常狀況，可能會導致持續的不適和潛在的傷害。這種訓練時必須要克苦忍耐的想法，往往會造成長期傷害，反而掩蓋了運動的好處。

使用正確方法和溝通的重要性

通常，問題都是因為對自己的方法缺乏信心而產生的。在任何的學習情況下，面對挑戰時都應該先重新評估我們使用的方法是否正確，並在遇到困難時尋求指導；此外，與我們身體的內在、外在及他人有效地溝通，也是對保持健康非常重要。忽視身體的訊號並超越極限可能會導致不可逆轉的變化，並影響到日常生活的活動。

正視疼痛為行動的訊號

疼痛不是敵人；這是一個需要關注和採取行動的指標。濫用藥物只會掩蓋症狀並延遲治療，識別並解決疼痛的起源可以恢復身體平衡，達至更健康的無痛人生。

這些對疼痛特性的見解讓我們必須重新思考我們對不適的即時反應，不要只是將疼痛視為需要快速消除的障礙，重要的是要了解它作為防禦訊號的作用，引導我們更好地認識身體的需求。透過採取更謹慎的疼痛管理方法——平衡適當的藥物使用和更深入地找尋疼痛的根本原因——我們便可以與身體建立更健康的關係。這種觀點的轉變不僅有助於實現健康的體魄，也使我們能夠以更永續和無傷害的方式參與健身等活動。將疼痛視為重要的溝通者而不是敵人，可以對健康採取更細心、更全面的關注，最終帶來更平衡和無痛的生活。

SUDOKU 數獨

Sudoku® Puzzles by Pappocom

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

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Monday, 18th March. 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 April. Good Luck!

請於3月18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4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			2	6				8
1	3	4		7				
6								
	5			9			4	
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February
Solution
二月份
遊戲答案

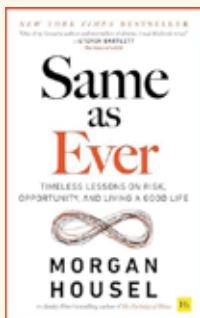
4	8	6	1	2	5	9	7	3
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7	9	4	5	8	3	2	1	6
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8	6	2	9	1	7	3	4	5
6	4	1	3	7	2	5	8	9
2	7	3	8	5	9	1	6	4
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Congratulations to the winner
of last month's puzzle
恭喜上期得獎者
Ms Ada Yu

Same as Ever:
A Guide to What Never Changes
by Morgan House

When planning for the future, we often ask, "What will the economy be doing this time next year?" Or, "What will be different ten years from now?"

But forecasting is hard. The important events that will shape the future are inherently unpredictable. Instead, we should be asking a different question: What will be the same ten years from now? What will be the same one hundred years from now? Knowledge of the things that never change is more useful, and more important, than an uncertain prediction of an unknowable future.



In Same As Ever, bestselling author Morgan House shares 24 short stories about the ways that life, behaviour, and business will always be the same. Armed with this knowledge of the unchanging, you will have a powerful new ability to think about risk, opportunity, and how to navigate the uncertainty of the future.

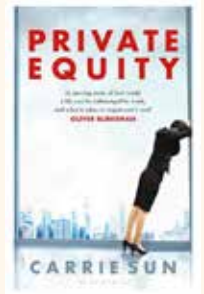
在規劃未來時，我們經常會問：「明年這個時候經濟會怎樣？」或者「十年後會有什麼不同？」。

但未來是難以預測的。塑造未來的重要事件本質上是不可預測的。相反，我們應該問一個不同的問題：此後十年都不變會怎樣？此後一百年都不變會怎樣？了解永遠不會改變的事物比對不可知的未來進行不確定的預測更有用，也更重要。

暢銷書作家 Morgan House 在《Same As Ever》一書中分享了 24 個短篇故事，講述生活、行為和事業始終如一的方式。有了這種關於不變的知識，你將擁有強大的新能力來思考風險、機會以及如何駕馭未來的不確定性。

Private Equity
by Carrie Sun

When we meet Carrie Sun, she can't shake the feeling that she's wasting her life. The daughter of Chinese immigrants, Carrie excelled in school, graduated early from MIT, and climbed the corporate ladder, all in pursuit of the American dream. But at twenty-nine, she's left her analyst job, dropped out of an MBA program, and is trapped in an unhappy engagement.



So when she gets the rare opportunity to work at one of the most prestigious hedge funds in the world, she knows she can't say no. Fourteen interviews later, she's in. Carrie is the sole assistant to the firm's billionaire founder. She manages his work life, becoming the right hand to an investor who can move mountains and markets with a single phone call. Eager to impress, she dives headfirst into the firm's culture, which values return on time above all else. A luxury-laden world opens up for her, and Carrie learns that money can solve nearly everything. Playing the game at the highest levels, amid the ultimate winners in our winner-take-all economy, Carrie soon finds her identity swallowed whole by work.

With her physical and mental health deteriorating, she begins to rethink what it actually means to waste one's life. A searing examination of our relationship to work, Carrie's story illuminates the struggle for balance in a world of extremes: efficiency and excess, status and aspiration, power and fortune. Private Equity is a universal tale of self-invention from a dazzling new voice, daring to ask what we're willing to sacrifice to get to the top-and what it might take to break free and leave it all behind.

當我們見到孫嘉莉時，她無法擺脫自己在浪費生命的感覺。身為中國移民的女兒，嘉莉在學校成績優異，提前從麻省理工學院畢業，並在企業中不斷晉升，這一切都是為了追求美國夢。但在 29 歲時，她辭去了分析師的工作，終止了 MBA 課程，並陷入一段不愉快的婚約中。

因此，當她獲得在世界上其中一間最負盛名的對沖基金公司工作的難得機會時，她知道自己不能拒絕。經過 14 次面試後，她成功了。嘉莉是該公司億萬富翁創辦人的唯一助理。她管理他的工作生活，成為一個只需一個電話就可以搞定市場的投資者的得力助手。為了給人留下深刻的印象，她深入了解公司的文化，而這種文化最重視按時回報。一個充滿奢華的世界就出現在她眼前，嘉莉了解到金錢幾乎可以解決一切問題。在這場最高水平的遊戲中，玩家都是贏家通吃的經濟市場中的終極贏家，嘉莉很快發現自己被工作完全吞沒了。

隨著身心健康狀況的惡化，她開始重新思考到底什麼是浪費生命。嘉莉的故事對我們與工作的關係進行了尖銳的審視，闡明了在極端世界中為平衡而進行的鬥爭：效率與無節制、地位與抱負、權力與財富。《Private Equity》是一個在令人眩目的新世界中自我創造的普遍故事，詢問我們願意犧牲什麼來達到頂峰，以及需要付出什麼才能掙脫束縛並把一切拋在腦後。

From now until 31st March, 2024, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至3月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
204 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場204號舖

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

香港圖書文具有限公司
中環德輔道中25號





Nikon Z f full frame sensor

Unveiling the Stylish Nikon Z f Camera

Nikon is making significant progress in catching up with Canon, Sony, Fujifilm, Panasonic, and Olympus in the competitive market of producing the most attractive mirrorless digital cameras. Nikon's latest product is now in the hands of the professional reviewers and we should see it available in the shops quite soon. Keep your eye out for the new Nikon Zf.

The first thing you'll notice about the Z f is the retro styling. The design is very similar to the classic film SLR camera bodies of the 1980s and 1990s. Nikon has taken a cue from Fujifilm's success with that approach. Olympus too has been reaping good sales by maintaining the 'classic' look and feel of the old film SLR cameras of the 1990s.

I don't have enough space in this article to go into detail about the long list of impressive technical merits to be found in the Nikon Z f. But one thing I must point out is the fact that Nikon has updated its relatively new 2021 Nikkor 40mm F2 lens (which has sleek, modern styling) by giving that lens a new, classic appearance like that of older film SLR cameras.

The new 2023 Nikkor 40mm F2 (SE) lens is a perfect match for the classic styling of the Z f camera body. This new version of the 40mm lens is in perfect harmony with the new camera body. The body and lens together form a beautiful piece of industrial design.

I am so pleased to see that most camera makers are now bringing back the 40mm focal length as the preferred 'normal' lens. The 40mm lens on a full frame camera produces images with a more natural perspective. To me, 40mm lenses occupy the sweet spot between 50mm and 35mm. If I was only allowed to use one lens, it would be a 40mm.

時尚的 Nikon Z f 相機

在生產最具吸引力的無反光鏡數碼相機的競爭市場中，Nikon 正努力追趕上 Canon、Sony、Fujifilm、Panasonic 及 Olympus 等品牌，並且取得了重大進展。Nikon 的最新產品現已交到專業評論家手中，我們應該很快就會在商店中看到它。請密切注意新款 Nikon Z f。

關於 Z f，你首先會注意到的就是它的復古造型。其設計與 1980 和 90 年代的經典菲林單反相機的機身非常相似，這一點可見 Nikon 從 Fujifilm 的成功中得到了啟示。Olympus 也是透過保持 1990 年代舊式菲林單反相機的“經典”外形和感覺而獲得了良好的銷量。

我在本文中沒有足夠的篇幅來詳細介紹 Nikon Z f 所具有的一連串令人印象深刻的技術優點，但我必須指出的一件事是，Nikon 改良了其相對較新的 2021 Nikkor 40mm F2 鏡頭（具有時尚、現代的造型），賦予此鏡頭既新穎又經典的外觀，就像舊式菲林單反相機一樣。

全新 2023 Nikkor 40mm F2 (SE) 鏡頭與 Z f 相機機身的經典造型完美配搭。這款新版的 40 毫米鏡頭與新相機機身完美契合，共同構成了精美的工業設計。

我很高興看到大多數相機製造商現在重新將 40 毫米焦距作為“普通”鏡頭的首選。全片幅相機上的 40 毫米鏡頭可產生具有更自然視角的影像。對我來說，40 毫米鏡頭佔據了 50 毫米和 35 毫米之間的最佳位置，所以如果只允許我使用一個鏡頭，我會選擇 40 毫米。



Nikon Z f with 40mm (SE) lens



2021 Nikon Z 40mm (S) lens



2023 Nikon Z 40mm (SE) lens



1978 Konica 40mm lens



1968 Minolta 40mm lens

An Easter Centrepiece

1. Place a piece of floral foam in the plant saucer tray.
2. Insert the Eucalyptus Leaves at the back of the floral foam.
3. Insert the Kalanchoe and Orchid at the front of the Eucalyptus Leaves at different levels.
4. Place this arrangement on one side of the Cunninghamia wood piece and the mini green plant next to it.
5. Using the ribbon, tie a bow on the Betula tree branch and place it horizontally in front of the plants on the Cunninghamia wood piece.
6. Place the bunny toy behind the tree branch.

復活節花卉擺設

1. 將一塊花泥放在花盆托盤中。
2. 將尤加利葉插入花泥的較後位置。
3. 在尤加利葉前面以不同高度插入家樂花和蘭花。
4. 將這盆花放在杉木塊上的一側，然後將迷你綠色植物放在旁邊。
5. 在樺樹木上綁上一條闊絲帶，然後將其橫放在杉木塊上的植物前面。
6. 將賓尼兔公仔放在樺樹木後面。



What You'll Need:

- Various Plants & Flowers:
Kalanchoe, Orchid, Eucalyptus Leaves, Mini Green Plant
- A Section of Betula Tree Branches
- Cunninghamia Wood
- Plant Saucer
- Floral Foam
- Bunny Toy
- Wide Ribbon

所需材料：

- 花卉植物：
家樂花、胡姬蘭花、尤加利葉、迷你綠色植物
- 一段樺樹木
- 一片杉木塊
- 一隻花盆托盤
- 花泥
- 賓尼兔公仔
- 闊絲帶



Children's Easter Activities 2024

復活節兒童活動

Easter Egg Hunt

Join the excitement with our Easter Egg Hunt adventure, a highlight for children! Embark on a thrilling quest through our specially decorated playroom, transformed into an Easter wonderland, where hundreds of vibrantly decorated eggs await discovery. With a set time to uncover these hidden treasures, every found egg brings your child closer to an exclusive Easter surprise!

And the fun doesn't stop at the hunt! Join us for our Mini Bag Workshop and an enchanting Balloon-twisting Session, ensuring a day of endless entertainment and joy for the little ones.

To book your child's spot, please contact the 2/F Reception on 2118 1890.

復活節尋蛋樂

於3月24日(星期日), 兒童遊戲室將變身為復活節遊樂園! 當日, 歡迎5歲及以上的小朋友前來參加「復活節尋蛋樂」, 盡情地翻轉兒童遊戲室尋找過百隻復活蛋, 只要在限時內找到復活蛋, 便能贏得精美禮物乙份!

當日我們還設有不織布小物袋工作坊及氣球扭扭樂, 讓小朋友樂而忘返!

收費: 會員\$120, 非會員\$180(包括課程當日的兒童遊戲室入場費), 報名請致電 2118 1890。

Date : Sunday 24th March

Time : 2:00pm - 4:00pm

Venue : Children's Playroom

Price : Member \$120, Guest \$180 (including Children's Playroom entrance fee)

Age : 5 years and above

Easter Golf Academy

Celebrate Easter at our Kids' Golf Academy! Our seasonal program is a perfect blend of Easter joy and professional golf training for youngsters aged 6 and over. Engage in holiday-themed drills and receive guidance from our experienced coach.

復活節兒童高爾夫球訓練班

復活節兒童高爾夫球訓練營將於3月27日及28日, 以及4月2日及3日舉行, 適合6歲及以上的小朋友參加。他們將透過教練的專業指導, 體驗高爾夫球的樂趣, 同時掌握高爾夫球的基本技術, 度過一個愉快的復活節假期。訓練營收費(兩堂): 會員\$560, 非會員\$800(包括課程當日的兒童遊戲室入場費)。

報名請致電 2118 1707。

Date : (A) Wednesday & Thursday 27th & 28th March
(B) Tuesday & Wednesday 2nd & 3rd April

Time : (A1) (B1) 10:30am - 11:30am
(A2) (B2) 11:30am - 12:30pm

Venue : 4/F Golf Driving Range

Price : Member \$560, Guest \$800 (for 2 lessons)

Age : (A1) (B1) 6 - 12 years
(A2) (B2) 13 years and above

To enroll, please call 2118 1707

Easter Tennis Academy

Join us this Easter at our Tennis Academy for kids! Our special Easter program blends festive fun with professional tennis coaching, perfect for young tennis players aged 4 - 11. Discover the joy of tennis through drills, games, and more.

復活節兒童網球訓練營

復活節兒童網球訓練營將於3月26日至28日, 及4月2日至3日舉行, 適合4-11歲的小朋友參加。在教練指導下, 透過遊戲學習來改善網球技術。3堂收費-A1班(4-6歲): 會員\$690, 非會員\$1,050; A2班(7-11歲): 會員\$1,380, 非會員\$1,740; 2堂收費 - B1班(4-6歲): 會員\$460, 非會員\$700; B2班(7-11歲): 會員\$920, 非會員\$1,160; 非會員收費包括課程當日的兒童遊戲室入場費。

Date : (A) Tuesday - Thursday 26th, 27th & 28th March
(B) Tuesday & Wednesday 2nd & 3rd April

Time : (A1) (B1) 10:00am - 11:00am
(A2) (B2) 11:00am - 1:00pm

Venue : 4/F Indoor Tennis Courts

Price : (A1) Member \$690, Guest \$1,050 (for 3 lessons)
(A2) Member \$1,380, Guest \$1,740 (for 3 lessons)
(B1) Member \$460, Guest \$700 (for 2 lessons)
(B2) Member \$920, Guest \$1,160 (for 2 lessons)

Age : (A1) (B1) 4 - 6 years
(A2) (B2) 7 - 11 years

To enroll, please call the Tennis Reception on 2118 1707

LED Disney 3D Clay Photo Frame

Enjoy the magic of our LED Disney 3D Clay Photo Frame Workshop. Learn advanced clay techniques to create your own personalized photo frame, illuminated by sparkling LED lights, which can be taken home after the class.

迪士尼LED閃燈立體黏土相框製作班

本課程採用混合創意藝術的教導方式, 讓學員學習運用黏土的各種技巧, 製作出個人化的手工藝術相框, 最後再在相框上加上閃燈裝飾。製作班將於4月3日(星期三)舉行, 歡迎7-12歲的小朋友參加, 收費: 會員\$800, 非會員\$920(包括課程當日的兒童遊戲室入場費)。

課堂內容: 迪士尼立體相框製作、卡通人物造型構圖技巧、立體空間比例掌握、黏土混色及立體創作技巧、顏色搭配技巧及黏土保存法。

報名請致電 2118 1890。

Date : Wednesday, 3rd April

Time : 1:00pm - 4:00pm

Venue : 1/F Gym Activity Room

Price : Member \$800, Guest \$920 (including Children's Playroom entrance fee)

Age : 7 - 12 years



Clay Dessert Workshop

This Easter, we are offering an exciting clay crafting workshop. Our Clay Dessert Workshop offers an engaging afternoon filled with colour, texture, and creativity. Under the guidance of our expert instructor, participants will master the art of clay modeling techniques, transforming simple clay into exquisite dessert replicas. Learn how to sculpt your favourite treats at this hands-on workshop.

黏土甜品工作坊

黏土是一種色彩繽紛、能輕鬆上手、任意創作各種造型的素材。在這個工作坊中，導師將會教授黏土上色的技巧及製作出不同款式的甜點作品，歡迎5-12歲的小朋友參加，收費：會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。

報名請致電 2118 1890。

Date : (A) Friday, 29th March

(B) Saturday 30th March

Time : (A1) (B1) 2:00pm – 3:00pm

(A2) (B2) 3:15pm – 4:15pm

Venue : 1/F Children's Playroom Library

Price : Member \$180, Guest \$300 (including Children's Playroom entrance fee)

Age : 5 – 12 years

To enroll, please call 2118 1890

Sanrio Drawing Studio

Celebrate 60 years of Sanrio's enchanting characters at our Sanrio Drawing Studio! This workshop introduces youngsters to the art behind the beloved characters, teaching essential drawing techniques, from line work to basic shapes and graphics. Join us and bring the magic of Sanrio to life on canvas!

Sanrio繪畫遊樂場

為慶祝Sanrio卡通60周年紀念，本會將於3月28日（星期四）舉行Sanrio繪畫遊樂場，透過繪畫Sanrio卡通人物，讓小朋友學習不同繪畫技巧，如認識線條運用、圖形基本繪畫方法等，培養他們的繪畫興趣。活動歡迎3-12歲的小朋友參加，收費：會員\$550，非會員\$670，（包括課程當日的兒童遊戲室入場費）。

課堂內容：繪畫Kuromi、My Melody

Date : Thursday, 28th March

Time : (A) 1:00pm – 2:55pm

(B) 3:00pm – 4:55pm

Venue : 1/F Gym Activity Room

Price : Member \$550, Guest \$670 (including Children's Playroom entrance fee)

Age : (A) 3 – 6 years

(B) 7 – 12 years

Super Mario Clay Studio

This clay workshop offers a creative escape for children to craft Mario's world with their hands, stepping back from digital devices. They'll learn sculpting and colour mixing, all while embarking on a creative journey with Super Mario.

Super Mario黏土任天堂

本會將於3月27日（星期三）舉行 Super Mario 黏土任天堂工作坊，讓小朋友以黏土重新呈現真實版嘅Mario世界，學習黏土手法技巧和色彩混合，訓練手眼的協調和色感，與 Mario 一起展開奇妙旅程。工作坊歡迎3-12歲的小朋友參加，每堂收費：會員\$600，非會員\$720（包括課程當日的兒童遊戲室入場費）。

課堂內容：Mario製作、Yoshi製作、場景製作及學習黏土保存法。

Date : Wednesday, 27th March

Time : (A) 1:00pm – 2:55pm

(B) 3:00pm – 4:55pm

Venue : 1/F Room ONE

Price : Member \$600, Guest \$720

(including Children's Playroom entrance fee)

Age : (A) 3 – 6 years

(B) 7 – 12 years

Sumikko Gurashi Clay Capsule Toy

Join our fun-filled workshop to create your own Sumikko Gurashi clay figures! Kids will enjoy hands-on fun while learning the art of clay colour mixing and design. This is a creative way to boost their artistic skills in a Sumikko Gurashi-themed environment.

《角落小夥伴》奇趣黏土扭蛋機

這課程除了教授學員製作屬於自己的扭蛋機外，還可以運用黏土製作不同的角落小夥伴，將它們放在扭蛋中，並同時學習黏土製作的各種技巧。完成課程後可將作品帶回家中擺放。課程歡迎3-12歲的小朋友參加，收費：會員\$800，非會員\$920（包括課程當日的兒童遊戲室入場費）。

課程內容：扭蛋機安裝技巧及操作原理、《角落小夥伴》北極熊/企鵝製作、《角落小夥伴》貓咪/藍色蜥蜴製作。

報名請致電 2118 1890。

Date : Wednesday, 3rd April

Time : (A) 10:00am – 12:30pm

(B) 2:00pm – 4:30pm

Venue : (A) 1/F Aerobics Room

(B) 1/F Children's Playroom Library

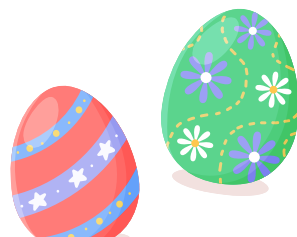
Price : Member \$800, Guest \$920

(including Children's Playroom entrance fee)

Age : (A) 7 – 12 years

(B) 3 – 6 years

To enroll, please call 2118 1890



Pokemon Clay Music Box

Unlock your child's creativity at our Pokémon Clay Music Box Workshop! Participants will engage in hands-on clay artistry, enhancing fine motor skills while crafting unique music boxes. They'll explore design technique, colour matching and shape to bring their Pokémon creations to life. The music box can be taken home after the class.

《寵物小精靈》寶可夢黏土音樂盒DIY

參加本會的《寵物小精靈》寶可夢黏土音樂盒製作班，解鎖你的豐富創意！本課程將教授學員運用黏土裝飾音樂盒，透過各種技巧刺激腦力控制與肌肉發展，訓練對色彩的認識及形狀的控制能力，學習運用空間建立、色彩搭配、比例配置的概念來完成作品。課程將於4月2日（星期二）舉行，歡迎6-12歲的小朋友參加，收費：會員\$850，非會員\$970（包括課程當日的兒童遊戲室入場費）。

Date : Tuesday, 2nd April

Time : 2:00pm – 6:00pm

Venue : 1/F Aerobics Room

Price : Member \$850, Guest \$970

(including Children's Playroom entrance fee)

Age : 6 – 12 years

Easter Little Harry Potter Magic Class

Celebrate Easter with a magical twist! Join our fun Harry Potter Magic Class where children learn a variety of unique magic tricks to impress friends and family!

小小哈利波特 — 復活節神秘魔術師

本課程為小朋友提供一個輕鬆、愉快的環境來學習魔術，領略魔術的樂趣，創造出屬於自己的魔法舞台。課程將於3月28日（星期四）舉行，歡迎3-6歲的小朋友參加，收費：會員\$550，非會員\$670（包括課程當日的兒童遊戲室入場費）。

課程內容：魔術杯，魔術骰子，魔術卡。

報名請致電 2118 1890。

Date : Thursday 28th March

Time : 10:00am – 12:00noon

Venue : 1/F Children's Playroom Library

Price : Member \$550, Guest \$670

(including Children's Playroom entrance fee)

Age : 3 – 6 years

To enroll, please contact the 2/F Reception on 2118 1890



Junior Easter Egg Design Competition 2024

兒童復活蛋設計比賽2024



Don't miss the Pacific Club's Junior Easter Egg Design Challenge 2024! We're calling on all our younger Members, aged between 4 and 11, to showcase their artistic talents at this year's exciting competition. Our participants will be grouped into two age categories for judging: 4 to 7 years and 8 to 11 years.

Let your imagination run wild and decorate the Easter Egg using the Club's provided template. Feel free to use any craft supplies you can find – pens, paint, glue, ribbon, paper, glitter or any other creative materials you have at home

Here's How to Get Started:

- **Collect Your Egg Template:** Stop by the 2/F Reception Desk from Saturday, 16th March to pick up your blank Egg Template.
- **Create Your Masterpiece:** Transform your template into a spectacular Easter Egg design with your unique artistic vision.
- **Submit Your Design:** Bring your decorated Easter Egg back to the 2/F Reception Desk by Sunday, 7th April.
- **Exciting Prizes Await:** The winner of each age category will be awarded a special prize to celebrate their creativity. Plus, all the incredible egg designs will be proudly displayed in the Playroom for everyone to admire.

Entry fee: \$30 per entry

The results will be announced in Pacific Views May 2024 magazine.

接受創意的挑戰，我們現鼓勵所有4-11的年少會員齊來參加「復活蛋設計比賽」，發揮你們的想像力把平平無奇的蛋殼，幻化成一隻色彩繽紛、人見人愛的愛心復活蛋。

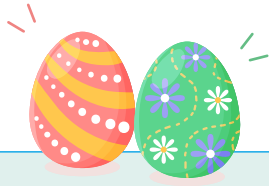
比賽將分為4-7歲及8-11歲兩個組別，本會將為參賽者提供蛋殼模型，大家可以任意使用各種顏料、裝飾、物料來裝飾蛋殼，包括顏色筆、油彩、膠水、絲帶、紙張、閃光物料等，不設限制。

參加比賽的方式非常簡單：

- **索取蛋殼模型：**於3月16日（星期六）開始到二樓接待處索取空白的蛋殼模型。
- **設計你的作品：**憑藉你獨特的藝術視野，將蛋殼模型變身為美麗的復活節彩蛋。
- **提交完成作品：**參賽作品必須於4月7日（星期日）或之前交回本會二樓接待處。
- **豐富獎品：**兩個組別的勝出者均可獲得精美禮物一份，而所有參賽作品亦將於本會兒童遊戲室內展出。

每件參賽作品收費\$30，得獎名單將於2024年5月號薈絮月刊中公佈。請踴躍參加！





Holiday Notice

Please note that all junior and adult group classes will be cancelled during the Easter Holidays on 29th & 30th March.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於3月29日及30日復活節公眾假期暫停舉行。

Kids' Open Fun Session Timetable in March

3月份兒童樂趣活動時間表

SESSION	DATE	TIME	AGE
Green Arts & Crafts	Saturday, 9th March	3:00pm – 4:00pm	4 – 10

Junior Taekwondo

Our weekly Junior Taekwondo classes offer a fantastic blend of fun, fitness, and learning - perfect for energetic youngsters! Your child will not only learn martial arts techniques, but also valuable life lessons in perseverance and respect. New children are always welcome!

少年跆拳道

本會每星期一堂的少年跆拳道班將樂趣、健身和學習融為一體，非常適合精力充沛的小朋友參加！他們不僅會學到武術技巧，還會學到堅持和尊重的寶貴人生課程。課程於星期六舉行，適合4歲及以上的會員參加，3月份4堂收費 – 會員\$720，非會員\$760。歡迎新學員參加！

報名請致電 2118 1890。

Date : Saturday 2nd, 9th, 16th & 23rd March

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

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



Find the way back to the jungle

Please write the number on the picture to bring the animals back home.

請在空白的動物形狀中填寫數字，把森林中的動物帶回家。

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 Sunday, 31st March. 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3月31日（星期日）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Wall Climbing

Discover the thrill of climbing with our Wall Climbing classes. Ideal for children of all abilities, our class offers an exciting blend of physical activity and mental challenge to scale new heights on the Club's indoor climbing wall.



運動攀石訓練班

本會的運動攀石訓練班適合各種能力的小朋友參加，在會所的室內攀石牆上體驗攀石的刺激、樂趣及挑戰。課程於星期日舉行，適合6-10歲的會員參加，3月份兩堂收費 - 會員\$450，非會員\$570。

Date : Sunday 17th & 24th March
 Time : 2:00pm - 3:30pm
 Venue : Children's Playroom (Climbing Wall)
 Price : Member \$450, Guest \$570 (for 2 lessons, including Children's Playroom entrance fee)
 Age : 6 - 10 years



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歲的會員參加，3月份4堂收費 - 會員\$720，非會員\$760。

Date : Sunday 10th, 17th, 24th & 31st March
 Time : 4:30pm - 5:20pm (50 mins)
 Venue : Aerobics Room
 Price : Member \$720, Guest \$760 (for 4 lessons)
 Age : 7 - 12 years



Junior Badminton Lessons

The Club's Junior Badminton programme is aimed at junior players from 6 to 16 years-of-age. Through a combination of drills, games, and expert instruction, your child will learn proper technique, footwork, and strategy to take their game to the next level.

少年羽毛球 - 團體訓練班

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

Date : Friday 8th, 15th & 22nd March
 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)

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

Private Lessons

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

少年羽毛球 - 私人課程

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

私人課程收費 (包括場租)
 一人: \$700/每堂一小時
 二人: \$900/每堂一小時



To enroll in any Junior Classes, please contact the 2/F Reception on 2118 1890.
 課程報名，請致電2118 1890二樓接待處。

Garden Pleasures Cocktail

Available at the Club Bar and Oyster Bar in March

Garden Pleasures雞尾酒 3月份在會所酒吧及Oyster Bar供應

Indulge in the essence of the garden with our bespoke botanical cocktail, an exquisite blend of nature's bounty and artisan spirits, exclusively available at the Club Bar and Oyster Bar this March.

We can tailor your cocktail exactly to your preference - choose from our selection of premium clear spirits and enchanting flavours - for a truly unique experience.

\$88 per glass

前來會所酒吧及 Oyster Bar 品嚐我們特別調配的 Garden Pleasures 雞尾酒，盡情享受結合大自然草本及藝術的精髓。

我們可以根據你的喜好及口味調配你的專屬雞尾酒 — 從我們提供的選擇中挑選你喜歡的優質清澈烈酒及迷人的水果/香草調味 — 以獲得真正的獨特體驗。

每杯\$88



Crafting Your Garden Elixir 自製你的專屬雞尾酒：

- **Base Spirit:** Choose your preferred clear spirit from our selection, including Gin, Vodka, White Rum, and Tequila, to set the foundation of your cocktail.
基底酒：從我們的選擇中挑選你喜歡的清澈烈酒，包括氈酒、伏特加、白蘭姆酒和龍舌蘭酒，為你的雞尾酒奠定基礎。
- **Natural Flavour:** Personalize your drink with a touch of nature by selecting your favourite from Orange, Passion Fruit, Cranberry, Celery, or Cucumber, each offering a distinct garden-fresh essence.
大自然風味：從香橙、百香果、蔓越莓、芹菜或青瓜中選擇你最喜歡的口味，為你的飲品帶來大自然氣息，每種口味都具有獨特的花草清新精華。
- **Green Tea Infusion:** A chilled, unsweetened green tea adds a subtle, refined depth, enhancing the botanical notes.
綠茶沖泡：冰鎮、不加糖的綠茶增添了微妙、精緻的深度，提升花草植物的香氣。
- **Honey Water:** A sweet whisper of honey water balances the flavours, adding a gentle sweetness.
蜂蜜水：甜美的蜂蜜水可平衡味道，增添溫和的甜味。
- **Fresh Basil:** Incorporate four fresh basil leaves into the mix, with additional leaves for an aromatic garnish, introducing a refreshing herbal complexity.
新鮮羅勒：將4片新鮮羅勒葉加入飲品中，並用額外的葉子加添香氣及裝飾，帶來清爽的草本複雜性。
- **Effervescence:** A splash of club soda and a hint of champagne introduce a celebratory fizz.
氣泡：以少許蘇打水及香檳帶來嘶嘶的氣泡聲。
- **Ice:** Served over ice to ensure your concoction is delightfully cool.
冰塊：加冰飲用，確保為你帶來冰凍涼快的感覺。

St Patrick's Day Special at the Club Bar

Be sure join our St Patrick's Day celebrations on Sunday, 17th March at the Club Bar!

Guinness Beer Promotion
Guinness "Surger" at \$48

Call the Club Bar on 2118 1845 for more details.

會所酒吧慶祝 St Patrick's Day 送上啤酒優惠

歡迎各位會員於3月17日(星期日)前來本會酒吧以優惠價享用 Guinness 啤酒，慶祝 St Patrick's Day。

Guinness "Surger" 啤酒 — 每杯\$48

查詢詳情，請致電會所酒吧 2118 1845。



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



Hollyburn Country Club Vancouver, Canada

Situated amidst the stunning natural beauty of Vancouver, British Columbia, the Hollyburn Country Club stands as a prestigious private members' club renowned for its unique combination of social, athletic, and dining facilities.

Established nearly 60 years ago, Hollyburn Country Club has grown from a small community sports club into one of the most premier, private, recreational, competitive, social and family friendly Clubs in Canada. Located on 47 prime acres in the West Vancouver, it is truly one of the most beautiful vistas in all of Vancouver.



First and foremost, Hollyburn Country Club is a sports club. Offering 25 tennis courts, seven squash courts, two swimming pools, state-of-the-art fitness facilities, ice rinks for ice hockey and figure skating, seven badminton courts, pickleball courts, a wellness centre, child minding, and more.

The Hollyburn Club's restaurants are currently undergoing a complete makeover, but the club is offering some fantastic dining options in the meantime. Intermission Bar & Grill is open daily from 3pm to 11pm. In addition, Bistro Life restaurant serves up a fantastic menu of old favorite dishes alongside raw and healthy options, coffee, smoothies, beer and wine. It is open daily from 8am to 8pm.

Business and social functions can be accommodated in the banquet and meeting rooms with full catering capabilities.

So, if you will be visiting Vancouver in the near future, be sure to obtain a Letter of Introduction to the wonderful Hollyburn Country Club - a place that offers a warm welcome to Pacific Club Members.



Hollyburn Country Club 坐落於英屬哥倫比亞省溫哥華市的驚世自然美景中，是一家享有盛名的私人會所，以其獨特的社交、運動和餐飲設施而聞名。

會所大約於60年前成立，至今已從一間小型社區運動俱樂部發展成為加拿大最頂級的私人、休閒、康體、社交和家庭友好會所之一。它位於西溫哥華佔地47英畝的黃金地段，是溫哥華最美麗的景觀之一。

首先也是最重要的，Hollyburn Country Club 是一間體育會所，提供25個網球場、7個壁球場、2個游泳池、最先進的健身設施、冰球和花式溜冰場、7個羽毛球場、匹克球場、康體中心、兒童看護設施等。



Hollyburn Country Club 的餐廳目前正在進行全面翻新工程，但會所仍然繼續提供一些出色的餐飲選擇。Intermission Bar & Grill 餐廳每天下午3時至晚上11時營業。此外，Bistro Life 餐廳提供精美的菜式，其中包括受大眾喜愛的懷舊菜式，以及生機（不烹煮）和健康菜式選擇，還有咖啡、冰沙、啤酒和葡萄酒供應，營業時間為每日上午8時至晚上8時。



會所的宴會廳和會議室可舉辦商務和社交活動，並提供全套餐飲服務。

若大家將計劃前往溫哥華，請緊記攜同會所介紹信，親身體驗這個令太平洋會會員感到賓至如歸的會所。



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

LPG

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

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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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CELLU M6 ALLIANCE®

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