



Fine Wine@The Club
Japanese Yoshinogawa Sake &
Lumière Wine Dinner
at Pier 6 Restaurant
28th March 2025

三月號
薈
如
系

PACIFIC VIEWS

March 2025



Celebrate the Moment

Exclusive Birthday Dining at the Pacific Club

太平洋會為你送上專屬的生日用餐體驗 慶祝你的大日子

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

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

Until 30th June 2025

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

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

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

Terms and Conditions 條款及細則

- To qualify for the complimentary one bottle of Prosecco and one pound birthday cake, a minimum food and beverage spend of \$1,888 for 6 persons or fewer (with a minimum food spend of \$1,200) is required at The Island View, Pier 6, Capricci or Bauhinia restaurants.
在 The Island View、Pier 6、Capricci或紫荊閣餐廳舉行6 人或以上聚餐，餐飲消費滿\$1,888（食品消費最少\$1,200），方可獲贈Prosecco氣泡酒一瓶及一磅生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month from 1st July 2024 to 30th June 2025.
此推廣活動的有效日期：2024年7月1日至2025年6月30日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer can only be redeemed once per meal and must be applied to a single bill.
會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates: 2025: 1/1, 28-31/1, 14/2, 4/4, 18-21/4, 1/5, 5/5, 11/5, 31/5 & 15/6.
優惠不適用日期：2025 年：1/1、28-31/1、14/2、4/4、18-21/4、1/5、5/5、11/5、31/5 及15/6。
- A table reservation is required at the appropriate restaurant. All cakes must be pre-ordered at least 48 hours in advance.
必要在指定的餐廳預訂餐桌，所有蛋糕必須至少提前 48 小時預訂。
- This offer is not applicable for banqueting events.
此優惠不適用於宴會活動。
- This offer is not transferrable or exchangeable to other promotions or credits.
此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to change the terms & conditions and the decision shall be the final.
太平洋會保留更改條款及細則的權利，並保留最終決定權。

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

Management 管理階層

Ronald Loges General Manager	羅納德 陸格 總經理	Tel: 2118 1888 Fax: 2118 0204 E-mail: ronaldloges@pacificclub.com.hk
Flora Lam Chief Accountant	林淑娟 總會計師	Tel: 2118 1830 Fax: 2118 0208 E-mail: flora-lam@pacificclub.com.hk
Tommy Ko Membership Manager	高文偉 會籍部經理	Tel: 2118 1808 Fax: 2118 0209 E-mail: tommy-ko@pacificclub.com.hk
Anson Ho Sports & Leisure Manager	何嘉熹 體育及康樂經理	Tel: 2118 5286 Fax: 2118 0206 E-mail: anson-ho@pacificclub.com.hk
Daniel Birkner Head of Culinary & Restaurant Operations	廚藝及餐飲營運總監	Tel: 2118 1825 Fax: 2118 0207 E-mail: daniel-birkner@pacificclub.com.hk
Grace Ng Banqueting & Events Manager	宴會及活動統籌經理	Tel: 2118 1824 Fax: 2118 0207 Email: grace-ng@pacificclub.com.hk
Irene Chan Human Resources Manager	陳亮而 人力資源部經理	Tel: 2118 1806 Fax: 2118 1832 E-mail: irene-chan@pacificclub.com.hk

Bookings 預約及查詢電話

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

Contents 內容簡介

5	Membership	會員資訊
6	Food & Beverage	佳餚美酒
8	Recreation	悠閒活動
11	Chef's Page	廚師心得
12	Wine Order Form	餐酒訂購表格
20	Event Calendar	活動日誌
24	Hair	髮式時尚
25	Tennis	網球資訊
26	Hit The Trail	遠足小徑
28	Fitness	健康情報
30	In the Frame	攝影知趣
31	Golf News	高球資訊
32	In Full Bloom	創意花坊
33	The Spa	美容情報
34	Bookworm	開卷有益
36	Kids' Corner	兒童天地
38	Sudoku	數獨
39	Reciprocal Club	海外聯繫會所



Dear Members

With the arrival of spring, the Pacific Club welcomes a new season of fresh flavours for Members to enjoy.

The Island View Restaurant presents three distinctive dining experiences throughout the month. The new Wishing Table Dinner Buffet, available Sunday to Thursday, offers a unique, storybook-style feast with fresh Oysters, Seafood, and a continuous flow of international dishes served directly to your table. On Friday nights,

indulge in the vibrant flavours of Spain and the Basque Country, from Paella to Bellota Ham, Basque Cheesecake and much more. Saturdays celebrate the best of Hokkaido with an evening Seafood Buffet featuring the freshest Seafood selection, Sushi and Sashimi, alongside an interactive Shabu-Shabu experience.

A highlight mid-month at the Club Bar is St Patrick's Day on Monday, 17th, with a perfect pairing of a Guinness and Shepherd's Pie. Throughout the month, the Club Bar also offers a comforting Chicken Pot Pie Promotion, and don't forget Oyster Fridays, held every Friday evening, offering freshly-shucked Oysters by the piece. Enjoy them with a glass of Champagne as you ease into the weekend.

Capricci showcases one of Italy's most beloved dishes this month with a selection of Risottos. Also available is a special Mortadella & Pistachio Pizza, served throughout March at Capricci and the Club Bar. Meanwhile, the Oyster Bar invites you to an afternoon treat of Belgian-style Waffles, served with indulgent toppings such as Hot Cherry Compote or Salted Caramel with Banana.

To finish the month on an exciting note, Pier 6 hosts a Japanese Sake & Wine Dinner on Friday, 28th, featuring the prestigious Yoshinogawa Brewery and award-winning wines from Lumière Winery, celebrating true Japanese craftsmanship and tradition. Turn to page 13 for more.

Looking ahead, our Easter celebrations promise a wonderful selection of festive dining experiences. From the Good Friday Lunch and Dinner Buffets at The Island View to the Children's Easter Lunch with a special visit from the Easter Bunny, there's something for everyone to enjoy. Easter Sunday will feature our celebrated Spit-roasted Baby Lamb as part of the Easter Sunday Lunch Buffet, while Easter Monday rounds off the long weekend with a range of seasonal delights. Be sure to book early to celebrate Easter in style at the Club. All the details can be found on pages 16 to 17.

And finally, for those looking to sharpen their skills on the basketball court, we are delighted to introduce Coach Bobby Yip, our new Basketball Coach at the Club. Take a look at page 23 more information.

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

尊敬的會員，

隨著春天的來臨，太平洋會亦將送上新一季的鮮味美食予會員享用。

在 Island View 餐廳，今個月裡將為大家帶來 3 種獨特的用餐體驗。全新概念的 Wishing Table 自助晚餐於逢星期日至四舉行，供應獨特的童話式盛宴，美食包括新鮮生蠔、海鮮及源源不絕直接送到大家餐桌上的各式國際美食。而每個星期五晚上，請盡情享用西班牙及巴斯克地區的鮮活風味，從西班牙海鮮飯到黑毛豬火腿、巴斯克芝士蛋糕等，應有盡有。到了星期六晚上的海鮮自助餐將為大家呈獻北海道的最佳風味，包括最新鮮的海鮮、壽司及刺身，以及讓大家一同享用的日式火鍋。

本月中，會所酒吧的焦點活動就是於 17 日（星期一）舉行的 St Patrick's Day 美食慶祝，屆時將為大家送上 Guinness 黑啤酒及牧羊人派的完美配搭。此外於整個月裡，會所酒吧亦會推出令人舒心暖胃的烤焗雞肉鍋批，而且別忘了參加逢星期五晚上舉行的「週五盡享生蠔之夜」，齊來享用新鮮去殼的生蠔，並配搭一杯香檳，放鬆心情迎接週末時光。

除此之外，Capricci 餐廳也將推出一系列意大利最受歡迎的菜餚之一——意大利燴飯；另外還有口味獨特的肉腸芝士開心果薄餅，將於整個 3 月份在 Capricci 及會所酒吧供應。同時，Oyster Bar 亦邀請大家前來享用下午茶美食，品嚐比利時高夫餅，淋上不同的鮮果醬料，包括熱糖煮櫻桃、鹹味焦糖香蕉等。

若想以興奮的心情結束這個月份，便不能錯過將於 28 日（星期五）在 Pier 6 餐廳舉行的日本清酒及葡萄酒晚餐，屆時將為大家介紹著名的吉乃川清酒及來自 Lumière 酒莊的獲獎葡萄酒，以慶祝這日本真正工藝及傳統。欲知更多詳情，請參閱第 13 頁。

展望 4 月份，我們的復活節慶祝活動將為大家帶來精彩的節日餐飲體驗。從 Island View 餐廳的「Good Friday」自助午餐及晚餐，到復活節兔特別前來與大家一同慶祝的兒童午餐派對，讓每個客人都可以享受到各自的樂趣。於「復活節星期日」舉行的自助午餐將以我們著名的烤小羊為主打，隨後再會於「復活節星期一」送上一系列時令美食來為這個長週末畫上圓滿的句號。若然大家想於本會一同慶祝復活節，請務必提前預訂座位。有關所有活動的詳情，請參閱第 16 - 17 頁。

最後，我們很高興向每位想要磨練籃球技術的會員介紹本會的新任籃球教練 Bobby Yip，欲了解更多有關他的資料，請參閱第 23 頁。

我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



PACIFIC CLUB

Harbour City, Kowloon, Hong Kong
 Tel: 2118 1828 Fax: 2118 0208
 E-mail: info@pacificclub.com.hk
 Website: www.pacificclub.com.hk



Pacific Views is published by the Pacific Club, part of Harbour City Estates Ltd. Pacific Views is published each month and is circulated among members of the Pacific Club and to a selected mailing list. Articles and pictures contained in Pacific Views may not be reproduced or published without prior written consent of the Publisher.

“善案”由 Harbour City Estates Ltd 旗下一太平洋會出版。
 “善案”乃一月刊並只給予太平洋會會員及指定人士閱讀。
 如未獲編者書面許可，刊內之圖片及文章不得翻版或發行。



The Wishing Table Dinner Buffet

Available Sunday to Thursday at The Island View

Island View 餐廳 —— 週日至週四自助晚餐
如「許願桌」般送上豐富美食

Step into a fairy tale where the feast never ends. Inspired by the Brothers Grimm, this enchanting dining experience brings a continuous flow of dishes straight to your table.

Begin with fresh Oysters, Seafood, and a selection of appetisers, followed by a comforting Soup and an array of internationally inspired main courses. As the evening unfolds, indulge in an irresistible spread of desserts and sweet treats, all served effortlessly while you relax at your table and enjoy.

Your Wishing Table awaits! Reserve now and experience the magic.

This storybook supper includes unlimited soft drinks and special beverages:

Cold : Mandarin Lemon Spritz

Hot : Steeped Ginger and Turmeric-Honey with Mint and Lemon

Date : Sunday to Thursday throughout March

Time : Dinner

Venue : The Island View Restaurant

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

Reservations : 2118 1846

走進一個永不結束的童話故事盛宴裡！受到格林兄弟的啟發，我們會把這種令人欲罷不能的用餐體驗帶到 Island View 餐廳，將源源不絕的菜餚直接送到你的餐桌上。

首先是新鮮的生蠔、海鮮及各種開胃菜；然後是暖胃的湯品及一系列齊集國際風味的主菜；隨著夜幕降臨，還讓你盡情享用各種令人無法抗拒的甜點；而你只需輕鬆坐著等待我們將這些美食送到你的餐桌上。

你的許願桌正在等著你的蒞臨！立即訂座享受這神奇的用餐體驗。

這個故事書中的晚餐還包括任飲汽水及特飲：

冷飲：柑橘檸檬汽水

熱飲：蜂蜜薑黃薑茶配薄荷檸檬

收費：成人 \$388

小童 6-12歲 \$256，3-5歲 \$128

訂座請致電 2118 1846。



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



Every year, hundreds of millions of people across more than 7,000 cities in over 180 countries take part in Earth Hour, uniting in a powerful statement of support for our planet's future. Many choose to mark the occasion by switching off their lights for 60 minutes — a symbolic show of solidarity in the face of an escalating climate crisis.

The impacts of climate change are more evident than ever. The World Meteorological Organization (WMO) has confirmed that 2024 is the warmest year on record, with the past decade consistently ranking among the hottest in history. This makes Earth Hour 2025 more significant than ever.

At the Pacific Club, we are once again proud to support this global movement. At 8:30pm on Saturday, 22nd March, we will switch off non-essential external lighting and dim various internal lights as a show of commitment to the cause. We encourage all our Members to join us by taking part at home.

To sign up or learn more about Earth Hour, please visit <https://earthhour.wwf.org.hk>.

Noise Consideration

To ensure a comfortable environment for all Members, we kindly ask that noise levels be kept to a minimum throughout the Club. This applies even in areas where the use of mobile phones or electronic devices with built-in speakers is permitted.

Additionally, radios, voice recorders, music players, and musical instruments may not be brought into or used on Club premises without prior approval from Club Management. Thank you for your cooperation in maintaining a peaceful atmosphere for everyone.

Keep Your Contact Details Up-to-Date

To ensure you receive important updates and communications from the Club, please make sure we have your most current contact information on record. If you have recently changed your address, telephone number, or email, kindly notify our Membership Department.

If your details have recently changed, please turn to page 35 of this magazine and complete the Updated Member Contact Details Form. For further information, please contact the Membership Department on 2118 1802 or email membership@pacificclub.com.hk.

每年都有來自全球 180 多個國家，7,000 多個城市的千萬民眾一起參與「地球一小時」活動，以表明關心地球的未來。他們選擇通過「熄燈」60 分鐘來標記「地球一小時」— 這是在日益嚴重的氣候危機面前展現團結的象徵。

現今氣候變遷對地球的影響比以往任何時候都更加明顯。世界氣象組織(WMO)已確認 2024 年是過去有紀錄以來最熱的一年，而過去 10 年的氣溫都是在有史以來最熱的前 10 名之列，這就是 2025 年「地球一小時」活動變得更重要的原因。

太平洋會將於 3 月 22 日(星期六)晚上 8 時 30 分再次參與這項全球活動。在這一小時內，我們會關掉一些非必要的戶外燈光，及將部分室內的燈光調暗，以表示對這項活動的承諾。我們亦鼓勵所有留在家中的會員一同參與。

如欲參加「地球一小時」熄燈行動，或想得到更多有關資訊，可瀏覽網址：<https://earthhour.wwf.org.hk>。

減低噪音滋擾

為了確保所有會員可享有舒適的環境，我們懇請大家在使用會所設施時將噪音水平降至最低，此要求也適用於允許使用手機或設有內置揚聲器的電子設備的區域內。此外，未經會所管理層事先准許，不得將收音機、錄音機、音樂播放器及樂器帶入會所，或在會所內使用。感謝大家的合作，讓所有會員都能夠享有一個平靜舒適的休憩環境。

更新你的聯絡資料

為了確保你能收到會所的重要更新及資訊，請確保你已向本會提供正確的聯絡資料。若你最近更改了地址、電話號碼或電郵地址等，請儘快通知會籍部以作更新。

如須更新資料，請填妥並交回刊登於第 35 頁內的「更新會員聯絡資料」表格。欲查詢更多資訊，請致電 2118 1802 聯絡會籍部；或電郵至 membership@pacificclub.com.hk。

Flavours of Spain and the Basque Country

「西班牙及巴斯克地區風味美食」自助晚餐

Every Friday in March, experience the bold and vibrant flavours of Spain and the Basque Country with a Buffet celebrating its most beloved dishes. Enjoy a selection of Tapas and Pintxos, bursting with authentic taste. Watch on the Balcony as our chefs prepare Paella over charcoal, infusing every bite with rich, smoky depth. Indulge in the finest Bellota Ham, Iberico Pork, and Lamb, alongside a selection of Mediterranean and Atlantic Seafood, and much more.

Finish on a sweet note with the bright, zesty flavours of Spanish Citrus Fruits, the crisp indulgence of Churros, the unique creamy richness of Basque Cheesecake, and Turrón, Spain's beloved almond and honey candy.

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

Date : Every Friday in March

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$498, Children 6-12 years \$328, 3-5 years \$188

Reservations : 2118 1846

於3月份逢星期五晚上，歡迎大家前來 Island View 餐廳品嚐味道與色彩均大膽鮮明的西班牙及巴斯克地區風味自助餐，享用兩地最受歡迎的菜餚。豐富美食包括正宗風味、選擇繁多的 Tapas 及 Pintxos 前菜小食；在露台上觀看我們的廚師在炭火上即場烹製每一口都熱辣辣的西班牙海鮮飯；盡情享用最優質的西班牙火腿、伊比利亞豬肉及羊肉；以及精選地中海及大西洋海鮮等。

最後以味道清新濃郁的西班牙柑橘水果、酥脆的西班牙油條、奶味獨特濃郁的巴斯克芝士蛋糕，以及西班牙備受歡迎的杏仁蜂蜜糖果 Turrón 所帶來的甜美口感來結束這晚豐盛的大餐。

晚餐收費：成人 \$498；小童 6-12歲 \$328，3-5歲 \$188

每位另加\$178可任飲日本清酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。



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



Saturday Nights
星期六晚上

Hokkaido Seafood Delights and Shabu-Shabu

北海道海鮮美食及火鍋 自助晚餐

On Saturday nights at The Island View this month, enjoy a spectacular Seafood Buffet celebrating the best of Hokkaido cuisine. Feast on a bountiful selection, from sweet scallops and succulent crab to prawns, squid, as well as fish and freshly prepared sushi and sashimi. Each dish celebrates the quality and freshness of Japan's northern waters.

Complement your meal with an interactive Shabu-Shabu experience, featuring a selection of meats, seafood, and vegetables simmered in a flavourful broth and paired with a range of dipping sauces. Finish the evening with a tempting array of Japanese-inspired desserts.

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, Children 3-5 years \$188

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

於3月份逢星期六晚上，Island View 餐廳將為大家送上豐盛的海鮮自助餐，品嚐最美味的北海道美食。盡情享用各式各樣的日本菜式，從鮮甜的扇貝及肉厚的螃蟹，到鮮蝦、魷魚，以及各種鮮魚及新鮮製作的壽司及刺身，每道菜式都體現了日本北部水域的高品質及新鮮度。

大家還可以同時享用火鍋來豐富你的晚餐，在美味的湯底中燉煮各式各樣的肉類、海鮮及蔬菜食材，並搭配多款蘸醬。最後再以一系列誘人的日式甜品來結束這個夜晚。

晚餐收費：成人 \$498；小童 6-12歲 \$328，3-5歲 \$188

每位另加\$178可任飲日本清酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。





Fascia Exercise Training

Unlock your body's full potential with our Fascia Exercise Training class, held every Monday. This specialised session focuses on gentle, controlled movements designed to improve flexibility, mobility, and overall body resilience. By targeting the fascia — the connective tissue that supports muscles and joints — you'll enhance movement efficiency, reduce stiffness, and promote long-term physical wellbeing.

Perfect for all fitness levels, this class is an excellent complement to any exercise routine, helping to prevent injuries and improve recovery. Join us each week to feel lighter, looser, and more energised.

筋膜運動訓練

透過我們於星期一舉行的筋膜運動訓練課程釋放你身體的潛能！這訓練課程旨在透過一連串可控的動作提高靈活性、機動性和身體的彈性。透過鍛鍊筋膜—支撐肌肉和關節的結締組織—可以提高運動效率、減少僵硬並促進長久的身體健康。

這課程適合所有健身水平的人士參與，有助於預防傷害並改善復原，是任何日常運動的最佳輔助。每週加入我們，感受更輕鬆、更放鬆、更有活力的身體。課程適合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。

備註：課程以廣東話授課

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

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

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

Age : 16 years and above

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

Funky Dance

Funky Dance is a fun and easy aerobic workout that combines upbeat music with simple dance moves. In just one hour, you'll burn calories while dancing to the rhythm, completing up to 7,000 steps. It's an energetic way to stay fit and have fun at the same time!

Funky舞蹈班

Funky Dance 是一種有趣、簡單，又充滿活力的有氧跳舞運動，以不同的音樂和舞步形式來消耗體內的卡路里，在一小時的課堂內便可完成多達7,000個舞步。課程於星期五舉行，適合16歲及以上的會員參加，3月份4堂收費—會員\$720，非會員\$1,200。

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

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

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

Age : 16 years and above



Zumba Fitness

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

尊巴健體舞班

走進尊巴健體舞充滿活力的世界，每一課堂都充滿動感及音樂的快樂！尊巴舞不僅是一種鍛鍊，更是一項全球性的舞蹈熱潮，將世界各地令人興奮的節奏與易於遵循的動作融為一體，創造出充滿活力的健身體驗。課程於星期日舉行，適合16歲及以上的會員參加，3月份5堂收費—會員\$900，非會員\$1,500。

Date : Sunday 2nd, 9th, 16th, 23rd & 30th 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

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



伸展運動班

定期進行伸展運動不僅能預防受傷，亦是提高生活品質的全面方法。在我們的課程中，大家可學習掌握糾正姿勢、增強靈活性及促進血液循環。這些練習還旨在緩解壓力及增強協調性，有助於提高整體運動表現並降低未來受傷的風險。課程於星期五舉行，適合16歲及以上的會員參加，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 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

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

Yoga at the Club

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

太平洋會瑜伽班

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

瑜伽團體課程逢星期一、二、四、五及日舉行（公眾假期除外）。

收費：會員每堂\$180，10堂套票\$1,620（套票必須於4個月內完成）

非會員每堂\$300

報名請致電 2118 1890。



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

Venue : Aerobics Room

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

Remark : Packages must be completed within 4 months

Schedule in 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
Wall Climbing	4:30pm – 6:00pm
Men's Double Training	7:00pm – 9:00pm Men's (B)

Tuesday

Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm

Wednesday

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

Thursday

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

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
Funky Dance	12:00noon – 1:00pm (B)
Stretching Exercise	3:00pm – 4:00pm (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)

Saturday

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

Sunday

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

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

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

會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

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



Private Events at Pier 6

Pier 6 Restaurant is a perfect venue to enjoy a lunch party bathed in bright sunlight or a dinner party under the glittering stars!

The restaurant's elegant, contemporary style, with expansive floor-to-ceiling windows, means everyone can enjoy the magnificent harbour view. We serve a private Set Lunch or Dinner from 35 to 64 people, with exquisite food and excellent service to ensure your party will be a memorable one!

Pier 6 is available for private party bookings from Monday to Sunday for lunch and dinner events.

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

Pier 6 餐廳私人宴會

Pier 6 餐廳是在燦爛陽光下享受午餐聚會，或在星光下舉行晚宴的最佳地點！

餐廳擁有舒適優雅的風格及落地玻璃窗設計，讓大家可以一邊享用美食，一邊欣賞美麗的維港景色。我們可為大家安排35至64人的私人午餐或晚宴，提供美味的食物和優質的服務，必定讓你享受一個難忘的聚會。

Pier 6 餐廳於星期一至日可供會員預訂舉行私人午餐及晚餐宴會。

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

Stir-fried Clams with Black Beans

豉椒炒花蛤

In this month's recipe, I would like to introduce one of my favourite dishes - Stir-fried Clams with Black Beans. You may also come to Bauhinia Restaurant to taste this dish in our "Chef Keung's Favourite Bites" menu throughout March.

在今期的“每月食譜”中，我想介紹一道我非常喜愛的菜式——豉椒炒花蛤。此外，今個月份在紫荊閣推出的“強師傅舌尖上的美食”菜單中也有這道菜式，歡迎大家前來品嚐。



By Chef Yip Tsang Keung
Executive Chef, Bauhinia Restaurant

撰文：紫荊閣總廚 — 葉增強師傅



METHOD:

1. Cook the clams in boiling water over mild heat for 1-2 minutes until the shells are open. Set aside.
2. Stir-fry Ingredients (A) in hot oil.
3. Add the clams, Ingredients (B) and water and mix well.
4. Add all seasonings, mix well. Simmer the mixture over mild heat for 2-3 minutes.
5. Add a little corn starch water and cook until the sauce is thickened. Enjoy!

製作方法：

1. 將花蛤放入滾水中用慢火煮1-2分鐘至殼打開，倒起備用。
2. 用熱油爆香材料（一）。
3. 加入花蛤、材料（二）及清水，拌勻。
4. 加入所有調味料，拌勻，以慢火煮2-3分鐘。
5. 最後加入少許生粉水打芡，煮至芡汁變稠。即成！

INGREDIENTS

- Clams 600g (1 catty)
- Corn Starch Water A little
- Water ½ Rice Bowl

Ingredients (A):

- Green Pepper A little, diced
- Red Pepper A little, diced
- Garlic A little, minced
- Dried Shallots A little, minced
- Onion A little, diced

Ingredients (B):

- Chili Paste 1½ tsp
- Hoi Sin Sauce 2 tsp
- Black Beans 2 tsp

SEASONING

- Sugar ½ tsp
- Oyster Sauce 1 tbsp
- Soy Sauce 1 tbsp
- Sweet Dark Soy Sauce 1½ tbsp

材料

- 花蛤 600克（一斤）
- 生粉水 少許
- 清水 半飯碗

材料（一）：

- 青椒角 少許
- 紅椒角 少許
- 蒜茸 少許
- 乾蔥茸 少許
- 洋蔥粒 少許

材料（二）：

- 辣椒醬 1½茶匙
- 海鮮醬 兩茶匙
- 豆豉 兩茶匙

調味料

- 糖 半茶匙
- 蠔油 一湯匙
- 生抽 一湯匙
- 甜老抽 1½湯匙

WINE HOME DELIVERY SERVICE

3月份餐酒送貨服務

SPARKLING

**Lumière Sparkling Koshu 2021, Yamanashi**

Crisp and refreshing with flavours of green fruits, hints of minerals, and a zesty finish.

75 cl	\$250/bottle	Qty:	Total Amount:
-------	--------------	------	---------------

WHITE

**Lumière "Histoire" Blanc 2019, Yamanashi**

Rich and creamy texture with flavours of pineapple, mango, and a lingering finish of toasted oak.

75 cl	\$220/bottle	Qty:	Total Amount:
-------	--------------	------	---------------

SAKE

**Yoshinogawa Sousai Junmai, Niigata 吉乃川爽彩純米 純米酒**

Smooth and well-balanced, with savoury rice flavours and faint umami. A touch of minerality and mild fruitiness.

72 cl	\$150/bottle	Qty:	Total Amount:
-------	--------------	------	---------------

**Yoshinogawa "MINAMO" Daiginjo, Niigata 吉乃川 MINAMO 大吟釀**

Elegant and refined with a silky texture, showcasing flavours of pear, apple, and a lingering finish of white flowers.

72 cl	\$400/bottle	Qty:	Total Amount:
-------	--------------	------	---------------

**Yoshinogawa "MINAMO" Junmai Daiginjo, Niigata****吉乃川 MINAMO 純米大吟釀**

Richer than the Minamo Daiginjo, with umami flavours of rice and subtle fruit tones like apple and melon. Slightly drier and more structured.

72 cl	\$425/bottle	Qty:	Total Amount:
-------	--------------	------	---------------

RED

**Lumière "Chateau Lumiere" Rouge 2014, Yamanashi**

Full-bodied and robust, with flavours of blackcurrant, blackberry, and hints of dark chocolate or espresso. Tannins are well-integrated, and the acidity provides balance.

75 cl	\$375/bottle	Qty:	Total Amount:
-------	--------------	------	---------------

SWEET

**Lumière "Shirakaga Umeshu" Plum Wine, Yamanashi**

Sweet and luscious with flavours of ripe plum, honey, and a smooth, velvety finish.

50 cl	\$200/bottle	Qty:	Total Amount:
-------	--------------	------	---------------

Order Form 餐酒訂購表格

A special selection of Japanese Yoshinogawa Sakes & Lumière Wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$1,500 and above (Hong Kong, Kowloon and N.T. areas only). Alternatively, pick-up the sakes / wines at the Club Bar.

本月為會員介紹多款日本吉乃川清酒及Lumière葡萄酒，凡購滿HK\$1,500及以上可獲免費送貨服務（只限香港島、九龍及新界地區）；或者可於會所酒吧領取清酒/葡萄酒。

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

總額HK\$_____將直接於閣下之太平洋會月結賬戶內扣除。

Member's Name (會員姓名): _____

Membership Number (會員編號): _____

Contact Telephone No. (聯絡電話): _____

Delivery Address (送貨地址): _____

Signature (會員簽名): _____

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

• Please allow 5-7 working days' lead time for sake/wine collection at the Club Bar or free delivery service (Hong Kong, Kowloon and N.T. areas only)
於會所酒吧領取訂購之清酒/葡萄酒，或安排免費送貨服務（只限香港島、九龍及新界地區），需時5-7個工作天。

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

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



Japanese Yoshinogawa Sake & Lumière Wine Dinner

日本吉乃川清酒及 Lumière 葡萄酒晚餐

Join us at Pier 6 in March for a one-of-a-kind culinary adventure at our Yoshinogawa Sake & Lumière Wine Dinner.

Indulge in an extraordinary evening featuring the finest sake from the renowned Yoshinogawa Brewery, as well as award-winning wines from Lumière Winery, accompanied by a perfectly-paired menu.

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

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

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

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

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

請勿錯過這一次將日本傳統、風味及創造力融為一體的難忘用餐體驗。

晚餐配美酒收費：每位\$988。

訂座請致電 2118 1878。

M E N U

Lumière Sparkling Koshu 2021, Yamanashi
Aperitif and Amuse Bouche

Lumière "Histoire" Blanc 2019, Yamanashi
Hokkaido Scallop Preparations | Floral Aspects

Yoshinogawa Sousai Junmai, Niigata
Sea Urchin | Seaweed and Angel Hair

Yoshinogawa "MINAMO" Daiginjo, Niigata
Yoshinogawa "MINAMO" Junmai Daiginjo, Niigata
Marinated Hamachi | Sushi Rice and its own Vinegar

Lumière "Chateau Lumiere" Rouge 2014, Yamanashi
Wagyu Beef Two Ways
Miso Eggplant | Shiso Salsa | Sancho and Shishito Pepper

Lumière "Shirakaga Umeshu" Plum Wine, Yamanashi
Buddha's Hand | Yuzu and Calamansi

Petits Fours

Date : Friday, 28th March

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

Venue : Pier 6 Restaurant

Price : \$988 per person (for Food and Wine Pairing)

Reservations : 2118 1878



Mortadella & Pistachio Pizza

Simple, Delicious, Unforgettable

意大利肉腸芝士開心果薄餅
簡單、美味、令人難忘

Sometimes, the simplest things are the best, like our Mortadella Pizza with Pistachios, Stracciatella Cheese, and Rosemary Honey.

Silky layers of Mortadella Sausage, toasted pistachios, and luxuriously creamy Stracciatella Cheese atop a perfectly crisp pizza base, finished with a golden drizzle of rosemary-infused honey.

Deliciously simple, yet absolutely unforgettable!

Come and try it today at Capricci and the Club Bar

\$198

有時候，最簡單的東西就是最好的，就像本會以意大利肉腸配搭開心果、意大利芝士及迷迭香蜂蜜烤焗而成的薄餅。

在酥脆的薄餅底上鋪滿嫩滑的意大利肉腸、烤焗得脆口的開心果，以及奶味濃郁、如絲綢般軟滑的 Stracciatella 芝士，最後淋上一層金黃色的迷迭香蜂蜜。

美味又簡單，但絕對令人難忘！

今日就來 Capricci 餐廳及會所酒吧試試吧！

意大利肉腸芝士開心果薄餅 — 每份\$198。



Oyster Fridays

Every Friday is Oyster Night at the Club Bar

週五「盡享生蠔」之夜

每個星期五晚上都是會所酒吧的
「盡享生蠔」之夜！

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

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

於3月份逢星期五晚上前來會所酒吧品嚐即叫即開的新鮮生蠔，搭配香草檸檬醬或辣味血腥瑪麗酒一同享用，令這個晚上變得不一樣！

多加一重享受…同時享用精選香檳，每杯只需\$78。

Date : Every Friday in March

Venue : Club Bar



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

St Patrick's Day at the Club Bar

Guinness and Shepherd's Pie Pairing

前來會所酒吧慶祝 St Patrick's Day

享用Guinness啤酒配牧羊人派

Join us on Monday, 17th March at the Club Bar for a hearty St Patrick's Day feast. Nothing says Irish comfort food like a rich, savoury Shepherd's Pie, with a gravy slow-braised with Guinness, infusing every bite with deep, malty richness.

For one day only, enjoy this classic pairing — a perfectly baked Shepherd's Pie alongside a smooth, expertly poured glass of Guinness — for just \$188.

Come and celebrate the spirit of Ireland at the Club Bar with us!

Available on St Patrick's Day only.

Call the Club Bar on 2118 1845 for more details.

於3月17日（星期一），歡迎前來會所酒吧享用豐盛的St Patrick's Day美食。慶祝St Patrick's Day，當然不能缺少味道濃郁可口的愛爾蘭代表性美食——牧羊人派（免治肉薯蓉批）。以Guinness啤酒慢煮的肉汁餡料，讓每一口都充滿濃郁的麥芽味。

僅限一天，讓你可以享受這一份經典配搭——烤焗完美的牧羊人派配搭一杯口感順滑的Guinness啤酒——只需\$188。

歡迎與我們一起在會所酒吧慶祝愛爾蘭精神！

此美食僅於St Patrick's Day當日供應。

如需了解更多詳情，請致電2118 1845向會所酒吧查詢。



1st – 31st March

from 2:00pm - 5:30pm at the Oyster Bar

3月1日至31日

下午 2時至5時30分 在Oyster Bar供應



Fresh Belgian-style Waffles

served with Crème Chantilly

新鮮焗製比利時窩夫

配上香緹鮮奶油

Join us for an afternoon treat of freshly-prepared Belgian-style Waffles, served with your choice of delicious toppings.

於3月份每日的下午茶時段，歡迎前來Oyster Bar 享用新鮮焗製，配搭不同美味鮮果及醬料的比利時窩夫。

- **Hot Cherry Compote**
Vanilla Ice Cream
- **Salted Caramel-Banana**
Chocolate Sauce | Vanilla Ice Cream
- **Mango**
Red Bean Compote | Green Tea Ice Cream
- **Hot Raspberry Compote**
Vanilla Ice Cream
- **Maple Syrup**
Butter

\$98
per serving
每份

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

Easter Dining at the Club

復活節午餐及晚餐

The Island View & Pier 6 Restaurant

Good Friday Lunch Buffet

Friday, 18th April
4月18日 (星期五)

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 \$348, Children 6-12 years \$230, 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 自助午餐

歡迎於「Good Friday」前來享用自助午餐，豐富美食包括各式冷切肉、沙律、冷熱菜式、烤肉及甜品；我們同時會設有一個果汁吧，提供各種清涼可口的水果及果汁。

收費：成人 \$348；小童 6-12歲 \$230，3-5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。

Saturday, 19th April
4月19日 (星期六)

The Island View & Pier 6 Restaurant

Children's Easter Lunch with Easter Bunny

Celebrate Easter with a delicious Children's Lunch Buffet at The Island View & Pier 6, featuring a spread of family-friendly favourites, sweet treats, and festive delights. The excitement continues with a special visit from the Easter Bunny, ready to pose for photos and create magical memories. A wonderful afternoon of great food and Easter fun awaits...

\$358 per person aged 3 years and above

including Soft Drinks and Orange / Apple Juice

The Island View 及 Pier 6 餐廳

復活節兒童自助午餐派對 與寶尼兔共度佳節

歡迎各位小朋友與家人於4月19日(星期六)前來參加復活節兒童自助午餐派對，享用適合一家大小的豐富節日美食。我們還會安排復活節寶尼兔前來與大家拍照留念，創造難忘的回憶。一個充滿美食和復活節氣氛的快樂下午正在等著你...

收費(包括汽水及橙汁/蘋果汁) —

3歲及以上小童及成人：每位 \$358。

The Island View Restaurant

Good Friday Surf 'n' Turf Dinner Buffet

Celebrate Good Friday with our special Surf 'n' Turf Dinner Buffet at The Island View. Enjoy an incredible spread featuring the finest selection of land and sea delights, from succulent grilled meats to fresh seafood, alongside an array of hot and cold international favourites, salads, and irresistible desserts.

Adults \$498, Children 6-12 years \$328, 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

Good Friday 海陸美食自助晚餐

於4月18日(星期五)蒞臨 Island View 餐廳享用豐富的海陸美食自助晚餐來慶祝「Good Friday」。令人難忘的盛宴包括陸地上及海洋中的精選美食，從多汁的烤肉到新鮮的海鮮，還有世界各地的冷熱盤菜、沙律及令人無法抗拒的甜點。

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。

Sunday, 20th April
4月20日 (星期日)

The Island View & Pier 6 Restaurant Easter Sunday Lunch Buffet

Gather with family and friends for a relaxed and festive afternoon filled with exceptional food and good company. Enjoy an incredible Easter Sunday Lunch Buffet at The Island View & Pier 6, featuring a whole host of your favourite dishes, including our famous roasted baby lamb, cooked to perfection. Enjoy a selection of seasonal sides, fresh salads, and indulgent desserts, all served in the impressive Island View setting.

Adults \$408, Children 6-12 years \$270, 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

「復活節星期日」自助午餐

於「復活節星期日」與家人朋友歡聚一堂，享用美味佳餚和美好陪伴，度過一個輕鬆而歡樂的下午。當日大家可以在 Island View 及 Pier 6 享用美味的「復活節星期日」自助午餐，品嚐各種大家喜愛的菜餚，包括我們烤製得恰到好處的著名烤小羊。大家還可以在餐廳美麗的環境下享用各式各樣時令配菜、新鮮沙律及美味甜點。

收費：成人 \$408；小童 6-12歲 \$270，3-5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 \$388, Children 6-12 years \$256, 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

「復活節星期日」自助晚餐

於「復活節星期日」晚上，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享受美食，共慶佳節。

收費：成人 \$388；小童 6-12歲 \$256，3-5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, 21st April
4月21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 \$388, Children 6-12 years \$256, 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

「復活節星期一」自助午餐

復活節的慶祝活動將延續至星期一！於4月21日（星期一），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，讓你與家人朋友擁有愉快難忘的時光。

收費：成人 \$388；小童 6-12歲 \$256，3-5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 \$348, Children 6-12 years \$230, 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

「復活節星期一」自助晚餐

最後，於「復活節星期一」晚上前來 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 \$348；小童 6-12歲 \$230，3-5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 Island View 餐廳訂座。

Spring Awakening

Drink Promotion at the Club Bar & Oyster Bar throughout March

春之覺醒

雞尾酒及無酒精雞尾酒推介—3月份會所酒吧及 Oyster Bar 供應

Cocktails 雞尾酒

\$88 per glass (每杯)

Spring Fling

Gin / Yuzu Purée / Cucumber Slice / Mint Leave / Lime Juice / Tonic Water

氈酒 / 柚子泥 / 青瓜片 / 薄荷葉 / 青檸汁 / 湯力水

Sakura Spritz

Sake / Yuzu Purée / Elderflower Syrup / Prosecco Rosé

清酒 / 柚子泥 / 接骨木花糖漿 / Prosecco粉紅氣泡酒

Mocktails 無酒精雞尾酒

\$68 per glass (每杯)

Passionfruit & Ginger Cooler

Passionfruit Purée / Ginger Beer / Lime Juice / Soda Water

百香果泥 / 薑汁啤酒 / 青檸汁 / 蘇打水

Blood Orange Green Iced Tea

Iced Green Tea / Blood Orange Juice / Elderflower Syrup / Lime Juice

冰綠茶 / 血橙果汁 / 接骨木花糖漿 / 青檸汁



From 1st March
at the Club Bar
由3月1日起在會所酒吧供應

Chicken Pot Pie Promotion

烤焗雞肉鍋批

Head to the Club Bar this March for the perfect indulgence with our Chicken Pot Pie promotion. Each pie is a savoury masterpiece, filled with tender Chicken, Paris Mushrooms, caramelised Pearl Onions, and a tasty Tarragon Sauce, all enveloped in a golden, flaky pastry crust.

Served alongside a light vinaigrette-seasoned salad, this dish is a nostalgic favourite of comfort food at its finest.

\$168 per serving

於3月份，歡迎前來會所酒吧享用我們的烤焗雞肉鍋批，體驗完美的美食享受。每個鍋批都是美味的傑作，裡面有嫩雞肉、巴黎蘑菇、焦糖珍珠洋蔥，配可口的龍蒿醬，全部包裹在金黃色的酥皮中。

這道鍋批將搭配一份以醋汁調味的清新沙律享用，是一款能引起懷舊情感的療癒美食。

烤焗雞肉鍋批 — 每份\$168。

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

Risotto

An Italian Slow-cooked Classic

意式慢煮經典菜餚 意大利燴飯

This March, experience the rich, velvety texture of authentic Risotto at Capricci, made with premium Arborio rice and carefully selected ingredients. Slow-cooked to creamy perfection, each dish balances deep flavours with the natural silkiness of this classic Italian grain.

於3月份，大家可以到Capricci餐廳品嚐口感綿密順滑的正宗意大利燴飯。我們將採用優質Arborio大米及精心挑選的食材烹製，每道燴飯都經過慢火烹調，呈現出完美的奶油口感，濃郁的風味將與這種經典意大利穀物的天然絲滑口感完美結合。

訂座請致電 2118 1803。

- Half a Boston Lobster Risotto with Saffron and Fennel** - \$398
- Black Ink Risotto with Grilled Octopus and Bell Pepper** - \$268
- Risotto with Mixed Mushrooms and Chives** - \$188
- Risotto with Green Peas, Pancetta, and Grilled Scallops** - \$298
- Hokkaido Pumpkin Risotto with Grilled Chicken** - \$228

For reservations, please call 2118 1803

1st - 31st March
at Capricci



Chef Keung's Favourite Bites at Bauhinia

紫荊閣 - 強師傅舌尖上的美食

This month, join us at Bauhinia Restaurant and enjoy a selection of Chef Keung's most cherished recipes. March's highlights include Stir-fried Clams with Black Beans, as well as Steamed Bean Curd Sheets with Yunnan Ham and Choy Sum.

於3月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括豉椒炒花蛤、金腿蒸素千層腐皮等，以及其他精選菜式。

訂座請致電2118 1892。

Date : 1st - 31st March
Venue : Bauhinia
Reservations: 2118 1892

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

March 2025

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Yoga Class - Every Mon, Tue, Thur, Fri & Sun (except Public Holiday)</p> 	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>2</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>3</p>	<p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>4</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>5</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>Flavour of Spain and the Basque Country Dinner Buffet at The Island View</p> <p>6</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Wine by the Glass Lunch Special Offer at Pier 6 & Capricci 1st - 31st</p> <p>Cold Brew Coffee at Club Bar and Oyster Bar 1st - 31st</p> <p>Hokkaido Seafood Delights and Shabu-shabu Dinner Buffet at The Island View</p> <p>Mortadella and Pistachio Pizza at Capricci & Club Bar 1st - 31st</p> <p>Risotto Promotion at Capricci 1st - 31st</p> <p>"A Bite of Chef Keung" Promotion at Bauhinia 1st - 31st</p> <p>Drink Promotion at Club Bar and Oyster Bar 1st - 31st</p> <p>Belgian-style Waffles at the Oyster Bar 1st - 31st</p> <p>Chicken Pot Pie at Club Bar 1st - 31st</p> <p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Hokkaido Seafood Delights and Shabu-shabu Dinner Buffet at The Island View</p> <p>8</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Sunday Lunch Buffet at Island View</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>2</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>3</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>4</p>	<p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>5</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>6</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>Flavour of Spain and the Basque Country Dinner Buffet at The Island View</p> <p>7</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Hokkaido Seafood Delights and Shabu-shabu Dinner Buffet at The Island View</p> <p>15</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Rope Skipping</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Sunday Lunch Buffet at Island View</p> <p>9</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>10</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>11</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>12</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>13</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>Flavour of Spain and the Basque Country Dinner Buffet at The Island View</p> <p>14</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Hokkaido Seafood Delights and Shabu-shabu Dinner Buffet at The Island View</p> <p>15</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Rope Skipping</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Sunday Lunch Buffet at Island View</p> <p>16</p>	<p>Ladies' Monday Tennis</p> <p>Yoga / Wall Climbing</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>St Patrick's Day - Guinness and Shepherd's Pie at Club Bar</p> <p>17</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>18</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>19</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>20</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>Flavour of Spain and the Basque Country Dinner Buffet at The Island View</p> <p>21</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Hokkaido Seafood Delights and Shabu-shabu Dinner Buffet at The Island View</p> <p>22</p>
<p>Zumba Fitness / Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Rope Skipping</p> <p>Starry Night Lamp Workshop</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>Sunday Lunch Buffet at Island View</p> <p>23/30</p>	<p>Ladies' Monday Tennis</p> <p>Yoga / Wall Climbing</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>24/31</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>25</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>26</p>	<p>Yoga</p> <p>Tennis Team Training</p> <p>The Wishing Table Dinner Buffet at The Island View</p> <p>27</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Yoshinogawa Sake & Lumiere Wine Dinner at Pier 6</p> <p>Oyster Fridays at Club Bar</p> <p>Flavour of Spain and the Basque Country Dinner Buffet at The Island View</p> <p>28</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Hokkaido Seafood Delights and Shabu-shabu Dinner Buffet at The Island View</p> <p>29</p>



Junior Swimming - Build Confidence, Improve Technique

少年游泳班 — 幫助你建立信心, 提高技術

We offer weekly group sessions with our expert swim coaches on Fridays and Saturdays for Elementary, Intermediate and Advanced junior swimmers.

本會逢星期五及六舉行的少年游泳班，設有初級、中級及高級班，為學員提供由專業游泳教練指導的小組課程。

課程收費：初級、中級 — 每小時\$175

高級班 — 1½小時\$250

本會同時設有私人課程

查詢報名詳情請致電 2118 1890 二樓接待處。



DATE	TIME	CLASS
Friday	6:00pm – 7:00pm	Intermediate (A)
	7:00pm – 8:30pm	Advanced (B)
Saturday	10:00am – 11:00am	Elementary (A)
	11:00am – 12:00noon	Intermediate (B)
	12:00noon – 1:00pm	Elementary (B)

Price : Elementary & Intermediate: \$175/hour

Advanced: \$250/1½ hours

Private lessons are also available. For enquiries, please contact the 2/F Reception on 2118 1890

Water Aerobics

水中健康舞班

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

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



Morning Water Aerobics

Date : (A) Tuesday 4th, 11th, 18th & 25th March

(B) Friday 7th, 14th, 21st & 28th March

Time : (A) 10:00am – 11:00am

(B) 11:00am – 12:00noon

Venue : Swimming Pool

Price : (A) & (B) Member \$700, Guest - \$1,180 (for 4 lessons)

Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 4th, 11th, 18th & 25th March

(B) Friday 7th, 14th, 21st & 28th 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 4th, 11th, 18th & 25th March

Time : 7:00pm – 8:00pm

Venue : Swimming Pool

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

Age : 14 years and above

Basketball Coach — Bobby Yip

太平洋會新任籃球教練 — Bobby Yip

New

BASKETBALL at the Club 全新 — 太平洋會籃球運動

Introducing our new Basketball Coach at the Pacific Club... Bobby Yip is a seasoned basketball player and coach with extensive experience in competitive leagues and instruction. Over the years, he has worked with various teams, achieving notable successes, including a championship victory in Hong Kong's top-tier A1 Basketball League. Passionate about the game, he is committed to sharing his knowledge and skills with players of all ages, helping them develop both technically and as part of a team.

我們歡迎籃球教練 Bobby Yip 加入本會...葉教練是一位經驗豐富的籃球運動員及教練，擁有多年的籃球聯賽及教學經驗。在他的職業生涯中，有幸與多支隊伍合作，取得了運動方面的重要成就，包括香港最高水平甲一籃球聯賽冠軍。他熱愛這項運動，熱衷於與各年齡層的學員分享籃球知識及技術，促進他們在籃球上的多方面發展，提高技術和團隊合作的精神。

Basketball Private Lessons

私人籃球課堂

Pacific Club's private basketball training sessions offer Members a personalised approach to improving their basketball skills and athletic performance. Led by our experienced professional coach, these sessions cover fundamental techniques, advanced strategies, and physical conditioning. Whether you're new to the game or an experienced player, training plans are tailored to your individual needs, helping you refine your technique, build confidence, and elevate your performance. Join us and take your game to the next level!

- Private Lessons (1pax)** 1-hour : \$650 per person
1½hour : \$900 per person
- Private Lessons (2pax)** 1-hour : \$900 per session
(Additional participant: \$200/pax, up to 8 pax)

太平洋會的私人籃球訓練課程為會員提供個人化教學來提高他們的籃球技能及運動表現。課程由我們經驗豐富的專業教練指導，涵蓋基本技巧、高級策略及體能調節。無論你是初學者還是經驗豐富的球員，我們都可以根據你的個人需求度身定制訓練計劃，幫助你發揮潛能、完善技術、建立信心並提升表現。齊來加入我們，將你的球技提升到新的水平！

- 私人課程 (一人)** 一小時課程 : 每位\$650
1½小時課程 : 每位\$900
- 半私人課程 (二人)** 一小時課程 : 每堂\$900
(額外參加者 : 每堂/每位\$200, 上堂人數最多8位)

Contact the 4/F Tennis Office on 2118 1707 for booking details. 預約私人籃球課堂，請致電 2118 1707 查詢。

Hair Product Sale in March

3月份頭髮產品優惠

Be Mineral Shampoo, 300ml

~~\$300~~ \$270

Revitalise your hair with Be Mineral Shampoo, a premium solution designed specifically for weak and sensitised hair.

- **Plumping Effect:** Adds volume and fullness to fine, delicate hair.
- **Advanced Protection:** Formulated with a Polymeric Multifunctional Complex and Limnanthes Alba, this shampoo adheres to the hair cuticle, shielding it from environmental stressors.
- **Deep Hydration:** Provides essential moisture to keep hair soft and manageable.
- **Enhanced Shine:** Improves overall hair health, leaving it shiny and vibrant.

Treat yourself to Be Mineral Shampoo and enjoy visibly plumper, shinier hair with every wash.

Be Mineral 洗髮露，300毫升

Be Mineral 洗髮露是一款專為脆弱及敏感髮質而設計的優質解決方案，讓你的頭髮煥發活力。

- **豐盈效果：**令纖細秀髮變得輕巧豐盈。
- **加強保護：**配方採用聚合多功能複合物及白花草配製而成，可黏附在頭髮角質層上，保護其免受環境壓力的影響。
- **深層保濕：**提供保濕作用，保持頭髮柔軟且易於打理。
- **增強光澤：**改善頭髮的整體健康，使其充滿光澤、活力。

享受 Be Mineral 洗頭露帶來的好處，每次洗髮後頭髮都會明顯變得豐盈、亮澤。



Be Hair Caviar Essence Mask, 500ml

~~\$300~~ \$270

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

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

Be Hair 魚子精華鎖色焗油，500毫升

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

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



NOTIO Solid Cream, 90g

~~\$240~~ \$210

This stylish Japanese hair product is designed with skincare ingredients, making it gentle and suitable for daily use. Perfect for dry or thin hair, it also works beautifully as a styling wax for short to medium curly hair.

NOTIO造型髮蠟/乳霜，90克

這款日本時尚捲髮造型產品，以護膚成分為基底，溫和健康，適合日常使用。產品不僅適用於乾燥和幼弱頭髮，同時亦可用作為短至中長度捲髮的造型蠟。



This Month's Promotion

10% Discount on Hair Curl/Wave Perming Treatments

In March, the Hair Salon is offering 10% discount on hair curl or wave perming treatments. Come and treat your hair to a curly new look!

To make your appointment with one of our expert hairstylists, please call 2118 1893.

微卷或曲髮電燙服務9折優惠

轉換一個潮流卷曲髮型吧！會員於3月份到會所髮廊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。



Sunday Social Tennis

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

週日網球聯誼聚會

歡迎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 2nd, 9th, 16th, 23rd & 30th 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



Junior Tennis Academy

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



青少年網球訓練

你的孩子們希望學習打網球嗎？報名參加本會於星期六上午舉行，專為3½ - 16歲會員而設的青少年網球訓練班吧！這每星期一堂的訓練班會將專業教練指導與樂趣結合在一起，旨在於友好及獲支持的環境下讓他們可以充分發揮潛力。3月份課程收費 — A班（3½ - 6歲，5堂）：會員\$1,050，非會員\$1,650；B班（6-16歲，5堂）：會員\$1,400，非會員\$2,000。

備注：此訓練活動以月費形式支付
 Date : Saturday 1st, 8th, 15th, 22nd & 29th March
 Time : (A) 10:00am – 11:00am
 (B) 11:00am – 1:00pm
 Venue : Indoor Tennis Courts
 Price : (A) Member \$1,050, Guest \$1,650 (for 5 lessons)
 (B) Member \$1,400, Guest \$2,000 (for 5 lessons)
 Age : (A) 3½ – 6 years
 (B) 6 – 16 years



Ladies' Morning Tennis

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

女子早上網球練習

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

Date : Monday 3rd, 10th, 17th, 24th & 31st 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)



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

Tennis League Teams' Schedule Home Matches in March

網球聯賽 — 3月份主場賽事

DATE	TEAM	MATCH
Monday, 3rd March	Veteran Men's 100+ (Division II)	Pacific Club vs Craigengower Cricket Club
Tuesday, 4th March	Veteran Women's 80+ (Division II)	Pacific Club vs Club De Recreio 2
Thursday, 6th March	Veteran Men's 120+ (Division I)	Pacific Club vs Gold Coast Yacht and Country Club
Friday, 14th March	Ladies' (Division I)	Pacific Club vs Discovery Bay Recreation Club
Friday, 21st March		Pacific Club vs Hong Kong Country Club
Friday, 28th March		Pacific Club vs Hong Lok Yuen Country Club



Words and pictures 撰文及圖片: Pete Spurrier

Lin Ma Hang

蓮麻坑



A new green minibus arrangement has made access to Lin Ma Hang much easier. This Hakka village on the border with Shenzhen was previously only reachable by minibus if you had a frontier closed area permit. But now you can ride there and see the neighbouring abandoned lead mine and a border fort built in the 1950s.

This trail is all climbing and descending, with little level ground. The area is quite remote so bring enough water. Length depends on how you choose to finish the route. Walking time: 1.5-4 hours.

Take the East Rail to Sheung Shui and leave by Exit A3 or D to find the green minibus station. Board the 59K. Previously, you would have been turned away from this bus without a closed area permit, but since the end of January, passengers are allowed to ride the section of road that passes through the frontier closed area as long as they don't alight there. Your destination is the terminus of the route at Lin Ma Hang village, so just stay on until the end.

First, a short detour. Walk straight ahead from the bus stop, through the courtyard of an old house with beautifully decorated eaves, to find the village's half-moon pond. It's a lovely setting, with some of the villagers' ancestral halls fronting on to the water, and green hills all around. It's worth having a look inside some of the halls.

Return now to the bus stop and carry on until you see signs near a large tree on your right. These point you up steps into the forest. The destination is marked as 'Robin's Nest' even though this is the newly demarcated Lin Ma Hang Country Trail.

As you climb, you realise just how close to Shenzhen this village is, as



you look straight across the narrow border river into apartment towers on the Guangdong side. The tall peak of Ng Tung Shan to the north is marked by a spire on its summit.

The steps are quite punishing but eventually they deliver you to a green-painted Macintosh fort at Kong Shan. This police post was built in the 1950s as one of seven hilltop observation posts set up on the border. They are all now recognised as heritage buildings. This one is still used by the police and we saw guard dogs sitting calmly inside the perimeter.

A little further along the path, a signposted left turn takes you gently downhill to the entrance of the old Lin Ma Hang lead mine. This was once a big enterprise, and the Japanese took over its operation during the Second World War, but it fell out of use in the 1960s. The deeper sections have now been blocked off but you can explore the parts nearest the entrance. Since being abandoned, the mine has become home to a big population of bats, so the area is now protected as a site of special scientific interest.

Go back uphill to the main trail and turn right to retrace your steps to Lin Ma Hang village. Or: if you prefer a much longer and more challenging hike, turn left to follow the signposted trail past an overgrown helipad and up, up, up to the trail's end near the summit of Robin's Nest. You can then follow the Robin's Nest Country Trail down the other side of the hills to eventually arrive at a bus stop on Sha Tau Kok Road, and return to Sheung Shui that way.

一條新的綠色小巴專線令前往蓮麻坑變得更加容易了。這個位於深圳邊境的客家村落，以前只準持有邊境禁區通行證才能乘搭小巴到達。但現在你可以乘車前往那裡，看看附近廢棄的鉛礦和 1950 年代建造的邊境堡壘。

今次的路段全是上坡和下坡，平地很少。該地區相當偏遠，所以請帶備足夠的飲用水。路線長短取決於你的選擇。步行時間：1½ 至 4 小時。

乘搭東鐵至上水站，從 A3 或 D 出口出站即可到達綠色小巴站。乘搭 59K 小巴。以前，如果沒有禁區通行證，乘客會被拒之門外。你的目的地是位於蓮麻坑村的小巴終點站，因此只須一直走到總站即可。

首先，在附近繞一圈。從巴士站直行，穿過一座有著美麗屋簷的老房子庭院，就能找到村裡的半月形池塘。這裡環境優美，一些村民的祠堂面向池塘，周圍環繞著綠色的山丘。有些大廳內部值得進入參觀。

現在返回巴士站並繼續前行，直到你看到右側一棵大樹附近的標誌。這些標誌會指引你走向樹林的梯級。雖然這是新劃定的蓮麻坑郊遊徑，但目的地卻標示為「紅花嶺」。



當你上山去，穿過狹窄的交界河直視廣東一側的住宅大樓時，你就會意識到這個村莊距離深圳有多近。

北面是梧桐山高峰，峰頂有一座尖塔。

雖然走上梯級相當艱辛，但最終你會到達礦山的一座綠色的麥景陶碉堡。該警察警崗建於 1950 年代，是邊境設立的七個山頂觀察哨站之一，現在它們都被列為歷史建築，但至今仍被警方使用，我們都看到警犬安靜地坐在圍欄內。



沿著小路再往前走一會兒，按照路標指示左轉，你就會緩緩地下坡，到達舊蓮麻坑鉛礦的入口。這裡曾經是由一間大企業管理，第二次世界大戰期間日本人接管了它的運營，但在 1960 年代就不再運作。較深的部分現已封鎖，但你可以到最靠近入口的部分參觀。自廢棄以來，該礦井已成為大量蝙蝠的家園，因此該地區現已成為具有特殊科學價值的保護區。



回到上坡的主路，然後右轉，沿著原路返回蓮麻坑村。或者：如果你喜歡更長途、更具挑戰性的遠足旅行，請左轉，沿著有路標的小徑穿過雜草叢生的直升機停機坪，一直向上走，直至到達小徑的盡頭靠近紅花嶺山頂。然後，你可以沿著紅花嶺郊遊徑下山，最後到達沙頭角公路的巴士站，然後返回上水。



Lunar New Year Children's Fun Day 農曆新年兒童同樂日

The Pacific Club hosted a lively Lunar New Year Children's Fun Day, bringing families together for a day of festivities. Thank you to all Members who joined in and made this a special occasion to remember!

太平洋會於上月份舉辦了熱鬧的農曆新年兒童同樂日，讓會員與家人歡聚一堂，共享快樂的節慶時光。感謝所有會員的參與，使活動成為一個值得紀念的特別時刻！



Pilates for Busy Professionals: Quick Routines for a Healthier Workday

適合忙碌專業人士的普拉提： 更健康地迎接工作日的快速練習

In today's fast-paced world, busy professionals often struggle to find time for exercise. However, incorporating short Pilates routines into your workday can boost energy, improve posture, and enhance focus — all without leaving your desk or taking a long break. Pilates is more than just core work; it's a holistic approach to fitness that strengthens the body, sharpens the mind, and promotes overall well-being.

When people think of Pilates, they often associate it with core strength and toned abs. While it's true that Pilates is exceptional for building a strong core, its benefits extend far beyond that. Pilates is a full-body workout that enhances flexibility, improves posture, and promotes mental clarity. Its emphasis on controlled movement ensures balanced muscle development, reducing the risk of injury and improving coordination.

在現今節奏急速的世界中，忙碌的專業人士常常難以找到時間做運動。然而，將簡短的普拉提練習融入工作日，可以提升能量、改善姿勢並增強專注力，而且毋須離開辦公桌或花費長時間即可進行。普拉提不僅是一種核心訓練，它亦是一種全方位的健身方式，能夠強化身體、提升心智並促進整體健康。

當人們想到普拉提時，通常會聯想到核心力量和緊實的腹肌。雖然普拉提確實能有效鍛鍊核心肌群，但它的好處遠不止於此。普拉提是一種全身鍛鍊，能夠增強柔韌性、改善姿勢及提升心理清晰度。它強調控制動作，確保肌肉的平衡發展，從而降低受傷風險及提高協調性。

For busy professionals, Pilates offers a practical solution to combat the physical and mental strain of long work hours. Here are three quick Pilates exercises you can do in just 5-10 minutes:

對於忙碌的專業人士來說，普拉提提供了一種實用的解決方案，可以緩解長時間工作帶來的身心壓力。以下是三個只需 5-10 分鐘的快速普拉提練習：



Seated Spine Stretch 坐姿脊柱伸展

Sit tall in your chair with feet flat on the floor. Inhale deeply, and as you exhale, slowly round your spine forward, pulling your belly button toward your spine. Inhale to return to an upright position. Repeat 5-8 times to release tension in your back and improve posture.

坐在椅子上，雙腳平放在地板上，保持挺直。深吸一口氣，呼氣時慢慢將脊柱向前彎曲，收緊腹部。吸氣時回到挺直姿勢。重複 5-8 次，可釋放背部壓力及改善姿勢。

1

2



Chair Roll-Down 椅子捲動

Sit at the edge of your chair with feet hip-width apart. Inhale, then exhale as you slowly roll down through your spine, one vertebra at a time, until your hands reach the floor (or as far as comfortable). Inhale to pause, then exhale to roll back up. This exercise strengthens your core and stretches your lower back.

坐在椅子邊緣，雙腳與臀部同寬。吸氣，呼氣時慢慢將脊柱一節一節地向下捲動，直至雙手觸地（或盡可能接近）。吸氣暫停，呼氣時再慢慢回復脊柱挺直。這個動作可以強化核心並伸展下背部。

3

Standing Leg Lift 站立抬腿



Stand behind your chair, holding it for support. Shift your weight to one leg and lift the opposite leg straight back, keeping it low. Engage your core and glutes as you lift and lower the leg 8-10 times. Switch sides. This move improves balance and activates your posterior chain.

站在椅子後方，扶著椅子以保持平衡。將重心移到一條腿上，另一條腿向後伸直抬起，保持低位。收緊核心和臀部，抬腿 8-10 次後換另一邊。這個動作可以改善平衡及激活後側肌肉鏈。

Pilates also emphasizes the mind-body connection, requiring concentration and precise breathing. This not only reduces stress but also improves mental focus, making it a form of moving meditation. Pilates offers something for everyone. It's more than just core work — it's a pathway to a stronger, more balanced, and mindful life.

普拉提同時強調身心連接，練習時須要集中注意力和正確地呼吸。這不僅有助於減輕壓力，還能提高心理專注力，使其成為一種動態冥想。因此普拉提不僅是核心訓練，更是一條通往更強壯、更平衡和更專注生活的途徑。



By Personal Trainer, Ida Kam
撰文：私人健身教練 - Ida Kam

The Timeless Charm of Mechanical Film Cameras

機械菲林相機的永恆魅力

Just as vinyl records have seen a resurgence in popularity among music enthusiasts, there is a growing appreciation for film cameras from the last century. During my personal efforts to accumulate a collection of old film cameras, I have come to the conclusion that the Japanese cameras made between 1955 and 1968 are my favourites.

The reason I like to collect Japanese cameras from that era is the simple fact that most of those cameras still work quite well today, even after all these years. My preference is to buy and use mechanical cameras that have no electronics in them. Such cameras can be used without a battery.

Almost all cameras built after 1970 have electronic circuits and electrically controlled shutters. Many of them can't be repaired today because the spare parts are no longer available. Even if they are still in good working condition, they won't work if they don't have the required battery.

After you have successfully acquired a nice mechanical film camera in good working condition, there still remains a serious obstacle to using such cameras for real photography. That obstacle is the high cost of film, and the limited supply of film. In the 1990s, film was cheap, easy to buy, and the cost of processing the film was not expensive. Sadly, the situation is very different today.

Fortunately, I recently came across news that a Chinese company, Lucky Film, is set to reintroduce colour film at an affordable price. While their product has not yet launched, they have created a teaser website with further details expected later this year. You can find more information at www.luckyfilm.net.

就像黑膠唱片在音樂愛好者中重新流行起來一樣，大眾對上個世紀的菲林相機的興趣也日益濃厚。在我個人努力收集舊菲林相機的過程中得出一個結論，1955年至1968年期間所製造的日本相機是我的最愛。

我喜歡收藏那個時代的日本相機的原因很簡單，就是即使過了這麼多年，大多數相機在今天仍然可以運作良好。我傾向於購買和使用沒有電子設備的機械相機，此類相機無需電池即可使用。

幾乎所有在1970年後製造的相機都配有電子電路和電動控制快門，但如今它們許多損壞了的已無法修復，因為再沒有零件可作更換。即使它們仍處於良好的操作狀態，如果沒有所需的電池，它們也無法運作。

當你成功獲得一部性能良好、操作正常的機械菲林相機之後，使用這種相機進行真正的拍攝仍然存在著嚴重的阻礙。這個阻礙就是菲林成本高，而且供應有限。在1990年代，菲林售價很便宜，而且很容易買到，沖洗菲林的成本也不昂貴。可惜的是，今天的情況已大不相同。

幸運的是，我最近看到消息，中國樂凱膠片公司即將以實惠的價格重新推出彩色菲林膠片。雖然他們的產品尚未推出，但已經建立了一個預告網站，預計將在今年稍後提供更多詳細資訊。大家可以在網站 www.luckyfilm.net 找到更多資訊。

By Craig Norris

www.momentsbycraig.com



1955 Olympus 35-S camera top



1955 Olympus 35-S camera



1956 Aires 35-III camera top



1956 Aires 35-III camera



Lucky Film teaser image



The Importance of Short Game Clubs

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

短桿的重要性

Short game clubs, including wedges and putters, play a crucial role in a golfer's performance. Among the wedges, various lofts are available — such as 58°, 54°, 50°, and 46° — which help control the height and trajectory of your shots. Choosing the right wedge can significantly influence not just the flight path of the ball, but also the distance it rolls after landing.

For example, when facing a high or tightly packed green, a higher lofted wedge like the 58° can be essential for executing a soft landing with minimal roll. Mastering the art of high flop shots allows you to land the ball gently on the green, reducing the chance of it rolling off into difficult areas. This skill is particularly important when navigating obstacles or uneven surfaces. Furthermore, controlling the pace and accuracy of your wedge shots requires continuous practice and adjustment to ensure that you can adapt to various course conditions.

Additionally, consistent practice with your putter is vital. Focus on varying distances and work on your uphill and downhill putt techniques. Understanding the rolling characteristics of the ball and the speed of the greens is critical for accurate putting. By honing these skills, you will naturally see an improvement in your overall performance on the course. The stability and finesse of your short game can significantly impact your scores, making it essential to dedicate time to practice and refine these crucial aspects of your game.

短桿，包括切桿和推桿，在高爾夫球手的表現中扮演著至關重要的角色。切桿有多種角度可供選擇，如58度、54度、50度和46度等，這些角度有助於控制擊球的高度和軌跡。選擇合適的切桿不僅能影響球的飛行路徑，還能決定擊球後的滾動距離。

例如，當面對高或密集的果嶺時，使用58度的高角切桿能夠有效地讓球輕柔地落地，減少滾動的機會。掌握高拋球的技巧能夠讓你更安全地將球停留在果嶺上，這在面對障礙物或不平整的果嶺時尤為重要。此外，對切桿的控制也包括擊球的力度和準確性，這須要不斷地練習和調整。

此外，推桿的練習同樣重要。專注於不同距離的推桿練習，以及上下坡的推桿技術。了解球的滾動特性和果嶺的速度對於準確推桿至關重要。通過不斷磨練這些技能，你的整體表現將自然有所提升。短桿的穩定性與技巧顯著地影響你的比賽成績，所以將更多時間投放在短桿練習中將是提升球技的關鍵。

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax) 私人課程〔一人〕

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

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

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

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

預約及查詢，請致電 2118 1707。

An Eco-friendly Flower Arrangement

環保花卉擺設

This month, I would like to teach you how to create an eco-friendly flower arrangement to welcome the arrival of spring. This time we are going to spend a little more time and use recycled cardboard to make a large rose. In order to clearly demonstrate the process, I used white cardboard here, but you can choose any colour of cardboard to make the arrangement more colourful.

今個月份，我想教導大家插一盆以環保為主題的花卉擺設，以迎接春天的到來。今次我們要花多一點時間及心思，用硬紙板來製作一朵大玫瑰花，為了清楚示範製作過程，我使用了白色的硬紙板，但大家製作時可以選用彩色硬紙板令擺設更添色彩。



What You'll Need:

- 6 pcs Large Cardboard
- Various Mini Flowers & Plants: here we use Snow Willow, Green Hydrangea, Kalanchoe, Berzelia, Coffee Bean Plant
- Dried Flat Moss
- Large, Round Glass Container
- A Large Piece of Floral Foam
- Thick Wire
- Glue
- Scissors

材料：

- 6張大的硬紙板
- 多種花卉植物：文中選用雪柳、綠繡球、家樂花、綠毛球、咖啡豆
- 乾地衣
- 大的圓形玻璃盆
- 一塊大的花泥
- 粗鐵絲
- 膠水
- 剪刀

1. Firstly, make a large paper Rose. Draw shapes (as in the photograph) on each piece of cardboard and cut them out: 4 x four leaf clovers, 1 star and 1 stem with leaves.
2. After cutting them out, collage them with glue in the centre. 4 x four leaf clovers at the bottom and the star on top.
3. Put a thick wire through the centre of the cardboards as a stem.
4. Move the cardboard to one end of the wire. Bend the wire and secure it on the cardboard with glue.
5. Wrap the wire with the paper star as the heart of the flower. Secure it with glue and wire.
6. Fold the petals of the paper four leaf clovers, layer-by-layer, as the petals of the flower. Secure the petals with glue.
7. Cut the cardboard to a long strip and wrap around the long wire.
8. Stick the paper stem on the stem as well to complete the paper rose.
9. Place a piece of floral foam into the glass container.
10. Secure the dried flat moss with wire on the floral foam first.
11. Insert Green Hydrangea, Kalanchoe, Berzelia and Coffee Bean around the dried flat moss.
12. Insert the paper Rose in the centre of the arrangement.
13. Insert the Snow Willow next to the paper Rose.

1. 首先，製作一朵大的紙玫瑰。在每張硬紙板上畫一個形狀並剪下來：4張四葉草、一張星星及一張帶葉的枝桿(如圖示)。
2. 剪下來後，用膠水把它們拼貼起來。4張四葉草在底部，星星在最上面。
3. 將一支粗鐵絲穿過硬紙板的中心當作枝桿。
4. 將硬紙板移到鐵絲的一端，彎曲鐵絲並用膠水將其固定在硬紙板上。
5. 摺起紙星星包裹鐵絲，作為花蕊，用膠水及鐵絲將其固定。
6. 將紙四葉草的花瓣一層層摺起來，作為紙玫瑰的花瓣。用膠水將花瓣固定。
7. 將硬紙板剪成長條狀，包裹著長鐵絲。
8. 將紙樹枝貼在枝桿上，完成紙玫瑰。
9. 將花泥放入玻璃花盆中。
10. 先用鐵絲將乾地衣固定在花泥上。
11. 然後在乾地衣周圍插入綠繡球、家樂花、綠毛球、咖啡豆。
12. 將紙玫瑰插入擺設的中心。
13. 最後將雪柳插在紙玫瑰旁邊。

Spa Promotions in March 3月份美容療程優惠

NEW
TREATMENT

Bernard Cassiere Spirulina Youth Treatment

(1hr 25min)

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

The Bernard Cassiere Spirulina Youth Treatment is your secret to vibrant, youthful skin. Powered by two exceptional natural ingredients, Spirulina deeply nourishes and revitalises, while Chlorella shields against environmental stressors and blue light exposure. This dynamic duo strengthens the skin's defences, fights signs of ageing, and delivers a surge of antioxidants to keep your complexion radiant. By slowing free radical production and reinforcing the skin barrier, it leaves your skin plumper, smoother, and visibly refreshed.

全新一 螺旋藻逆轉時光美肌療程 (1小時25分鐘)

Bernard Cassiere 螺旋藻逆轉時光美肌療程是你讓擁有充滿活力年輕肌膚的秘訣。療程糅合兩大天然成分：螺旋藻可深層滋養、逆齡美肌；而醉魚草則可以抵禦環境壓力和藍光照射的傷害。這兩者合力能增強肌膚的防禦能力，對抗老化跡象，並提供大量抗氧化劑，讓膚色保持容光煥發。透過減緩自由基的產生和增強皮膚屏障，它可以使皮膚更加豐盈飽滿、光滑、明顯煥然一新。



Diana Dickson Caviar Collagen Moisture Programme

(1hr 25min)

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

Caviar, a true marine treasure, is packed with vitamins, minerals, and essential lipids that help restore youthful vitality to the skin. Renowned for its ability to stimulate cell renewal, boost circulation, and support the lymphatic system, it enhances skin tone and texture. Complementing this is collagen, a powerhouse moisture-binding protein that deeply hydrates, leaving the skin irresistibly smooth and supple.

Infused with a blend of active ingredients, this luxurious Moisture Programme helps slow the ageing process, restoring radiance and elasticity for a rejuvenated complexion. The treatment also includes a Generic Moisture Serum for continued hydration and nourishment over seven days, ensuring long-lasting results.

Diana Dickson 魚子精華骨膠療程 (1小時25分鐘)

魚子精華為海洋瑰寶，富含多種維他命、礦物質和人體必需的脂肪質，有助於恢復皮膚的年輕活力。它以刺激細胞更新、促進血液循環和增強淋巴系統的能力而聞名，可以明顯改善皮膚質素。與此相輔相成的是骨膠原，它是一種強大的保濕蛋白，可以深層補水，讓肌膚變得光滑有彈性。

這款奢華的保濕療程融合了多種活躍成份，有助延緩肌膚老化過程，回復柔潤細緻，使膚色煥發年輕光彩。療程中還包括一支保濕緊緻精華，可供7天內持續保濕和滋養，確保持久效果。

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。

Hong Kong Kitchen by Jeremy Pang

Jeremy Pang's Hong Kong Kitchen is inspired by the food culture of Hong Kong, where western sensibilities and tastes overlap with an ancient cuisine. Hong Kong's cuisine draws from traditions from around the world, from classic Chinese to America's west coast. Chef Jeremy Pang grew up with Hong Kong as his second home, and he expertly brings together the very best dishes that the city has to offer.

Now he will help you recreate irresistible street food such as marbled tea eggs, crispy fish crackling, and fried stuffed tofu, as well as dumplings, baos and BBQ snacks, through to hotpots, rice pots, noodles, desserts and drinks. With tips and tricks, such as double frying and double cooking, Jeremy gives you a personal insight into the treasures of a place where east meets west in the most unforgettable way.

由名廚 Jeremy Pang 撰寫的作品《Hong Kong Kitchen》靈感來自香港的飲食文化，西方的情調和口味與古祖美食交織在一起。從傳統中餐到美國西海岸美食，香港美食都汲取了世界各地的傳統風味。名廚 Jeremy Pang 從小就把香港作為他的第二故鄉，他熟練地將這座城市最美味的菜餚融合在一起。



現在，他將幫助大家重現令人無法抗拒的街頭美食，例如像大理石般茶葉蛋、酥脆魚皮和炸釀豆腐，以及餃子、包點和燒烤小食，還有火鍋、米飯、麵條、甜點和飲品。Jeremy 透過雙重煎、煮等技巧和竅門，讓大家以最令人難忘的方式親身體驗東西方文化交匯的地方寶藏。

Source Code: My Beginnings by Bill Gates

Bill Gates is one of the most transformative figures of our age. In Source Code he takes us back to his beginnings. He describes with candour his childhood in Seattle, the centrality of family – his close relationship with his card-playing grandmother and his demanding but caring parents – his struggles to fit in, his rebelliousness, his first deep friendships and the impact of losing his closest friend.

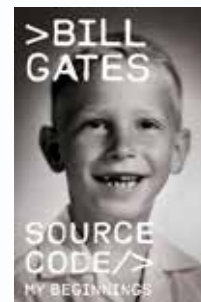
We see Gates's extraordinary mind developing, the restless teenager who discovered a love of coding and computing at the dawn of a new era and felt that 'by applying my brain, I could solve even the world's most complex mysteries'. We see the earliest signs of his phenomenal business acumen, which led him to drop out of Harvard at the age of 20 to devote all his energies to Microsoft, the company he started with his childhood friend Paul Allen. He writes about his first involvement with three Steves – Jobs, Wozniak and Ballmer – who would play a crucial role in so much that followed.

The book ends in the late 1970s when Microsoft, still with only a dozen employees, signed its first deal with Apple. The deals would go on and Microsoft would grow unimaginably. Yet Gates never forgot his mother's reminder that he was merely a steward of any wealth that he gained. This warm and inspiring book, Bill Gates' origin story, allows readers to understand his energy and ambition – and to see how he sets himself in the world.

比爾·蓋茨是我們這個時代最具變革力的人物之一。在《Source Code》一書中，他帶我們回顧了他成長奮鬥的起源。他坦誠地描述了在西雅圖的童年，以及家庭的中心地位——他與喜歡打牌的祖母以及要求嚴格但又充滿關懷的父母關係密切——他努力融入的掙扎、他的叛逆、他的初次深厚友誼以及失去摯友的打擊。

我們看到蓋茨非凡頭腦的發展，這個不安分的少年在新時代掘起時發現了對數碼和電腦的熱愛，並感受到「透過運用我的大腦，我甚至可以解決世界上最複雜的謎團」。我們看到他擁有非凡商業頭腦的最早跡象，這促使他在 20 歲時從哈佛大學輟學，將所有精力投入到他與兒時好友保羅·艾倫共同創立的微軟公司。他寫了自己與 Steves Jobs、Steves Wozniak 和 Steves Ballmer 的首次交往，這三位 Steves 在隨後發生的許多事情中發揮了至關重要的作用。

本書的故事結尾結束於 1970 年代末，當時只有十幾名員工的微軟與蘋果簽署了第一份協議。交易將繼續進行，微軟將以難以想像的速度發展。然而蓋茨從未忘記母親的提醒：他只不過是自己所獲得財富的管家而已。這本溫暖而鼓舞人心的書籍講述了比爾蓋茨的起源故事，讓讀者了解他的活力和野心，以及如何在世界上定位自己。



From now until 31st March, 2025, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至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.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

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

香港圖書文具有限公司
中環德輔道中25號



Updated Member Contact Details

更新會員聯絡資料

Please complete this Reply Slip and return by email to membership@pacificclub.com.hk or to 2/F Reception Desk
請填妥以下回條並以電郵發送至 membership@pacificclub.com.hk 或把回條交到二樓接待處

A. Principal Contact Information (for main cardholder) 主要聯絡資料 (供主咭持有人)

Name of Member 會員姓名 :	Membership Number 會員編號
Email Address (for Monthly Statement) 電郵地址 (收取月結單)	
Email Address (for Member Notices) 電郵地址 (收取會員通告) <input type="checkbox"/> Same as Monthly Statement 與月結單電郵地址相同 <input type="checkbox"/> Other Email Address 其他電郵地址	
Residential Address 居住地址	
Telephone Number 電話號碼	Mobile Phone Number 手提電話號碼
Company Name 公司名稱	
Office Address 公司地址	
Position 職位	Telephone Number 電話號碼

Please ✓ in the boxes below for your options for Mailing Instructions 請於方格內 ✓ 以選擇郵寄方式

1. Monthly Statement 月結單

- By Email 電郵 Statement Shown Without Company Name 月結單不顯示公司名稱 or With Company Name 顯示公司名稱
or By Mail 郵寄 To Residential Address 居住地址 or To Office Address 公司地址

2. Club Magazine 會刊

- No Printed Hard Copy to be Mailed (You may view E-version of Club Magazine on Club's Website)
or 不收取郵寄印刷本 (你可到會所網頁瀏覽電子版本)
 By Mail 郵寄 To Residential Address 居住地址 or To Office Address 公司地址

3. Member Notices – By Email Only 會員通告 — 只可以電郵收取 or Not Required 不需收取

B. Supplementary Contact Information (for supplementary cardholder / contact person)

附加聯絡資料 (供附屬咭持有人 / 聯絡人)

Name of Member 會員姓名	Name of Contact Person 聯絡人姓名
Membership Number 會員編號	Position 職位
Mobile Phone Number 手提電話號碼	Telephone Number 電話號碼
Email Address 電郵地址	Email Address 電郵地址
For Receiving 以收取 <input type="checkbox"/> E-Statement 月結單 <input type="checkbox"/> Member Notice 會員通告	For Receiving 以收取 <input type="checkbox"/> E-Statement 電子月結單 <input type="checkbox"/> Member Notice 會員通告

NOTE: G.P.O.Box is not accepted as correspondence address. 注意：郵政信箱不接納為通訊地址

Signature of Main Cardholder 主咭持有人簽名:

Date 日期:

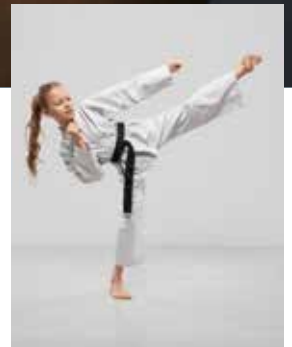
Starry Night Lamp Workshop

In this creative workshop, participants will be guided through the process of making their own Starry Night Lamp. The instructor will introduce the necessary tools and materials before participants personalise their lamps with their own designs. At the end of the session, everyone will take home their unique, handcrafted piece to brighten their space.

星星小夜燈工作坊

在這個創意工作坊中，導師首先會介紹製作小夜燈所需的工具和材料，然後讓學員可以盡情發揮創意，隨自己的喜好親手製作及裝飾自己獨一無二的小夜燈。過程不僅充滿樂趣，還能製作出一盞為家中增添溫馨與浪漫的星星小夜燈。工作坊將於3月23日（星期日）舉行，適合6 - 12歲的會員參加，一堂收費 — 會員\$200，非會員\$320（包括課程當日的兒童遊戲室入場費）。

Date : Sunday 23rd March
 Time : (A) 2:00pm – 3:15pm
 (B) 3:30pm – 4:45pm
 Venue : Children's Playroom Library
 Price : Member \$200, Guest \$320 (including Children's Playroom entrance fee)
 Age : 6 – 12 years



Kids' Open Fun Session Timetable in March 3月份兒童樂趣活動時間表

SESSION	Green Arts & Crafts
DATE	Saturday, 29th March
TIME	3:00pm – 4:00pm
AGE	4 – 10

Junior Taekwondo

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

少年跆拳道

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程新上課時間為星期六下午4時至5時，適合4歲及以上所有程度的會員參加，3月份4堂收費 — 會員\$720，非會員\$760。歡迎新學員參加！

Date : Saturday 1st, 8th, 15th & 29th March
 Time : 4:00pm – 5:00pm (All levels)
 Venue : Aerobics Room
 Price : Member \$720, Guest \$760 (for 4 lessons)
 Age : 4 years and above



Find the Animal Shapes

Please write the number on the picture for the corresponding shape.

請找出相對形狀的動物，並把數字填寫在格子內。

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 Monday, 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（星期一）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Rope Skipping Class

Jump into the fun at our weekly Rope Skipping Class! Participants will learn individual skipping skills and partner techniques while staying active and building confidence. With a focus on fitness, teamwork, leadership, and personal achievement, this class is a great way to develop coordination and have a great time!



花式跳繩班

參加本會的花式跳繩班，跳入花式跳繩的樂趣！學員除了可以學習各種跳繩技巧、增強身體四肢的運動量及靈敏度、訓練個人反應外，還可以學習自我肯定、領導力和團隊合作。課程於星期日舉行，適合7-12歲會員參加，3月份4堂收費 — 會員\$720，非會員\$760。

Date : Sunday 9th, 16th, 23rd & 30th March
 Time : 4:30pm – 5:20pm (50 mins)
 Venue : Aerobics Room
 Price : Member \$720, Guest \$760 (for 4 lessons)
 Age : 7 – 12 years



Wall Climbing

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

運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期一舉行，適合6 – 10歲的會員參加，3月份兩堂收費 — 會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Monday 17th & 24th March
 Time : 4:30pm – 6:00pm
 Venue : Children's Playroom (Climbing Wall)
 Price : Member \$450, Guest \$570
 (for 2 lessons, including Children's Playroom entrance fee)
 Age : 6 – 10 years

English Drama Academy

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

英語話劇訓練班

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

Date : Wednesday 12th, 19th & 26th March
 Time : (A) 5:30pm – 6:30pm
 (B) 4:30pm – 5:30pm
 Venue : Gym Activities Room
 Price : Member \$600, Guest \$630 (for 3 lessons)
 Age : (A) 3 – 5 years
 (B) 6 – 12 years



Junior Badminton Lessons

Our Junior Badminton Programme is held for junior players from 6 to 16 years old. Our experienced coaches are dedicated to helping children of all skill levels develop their badminton abilities 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歲的會員而設。透過課程學員將發展他們的技能、提高比賽水平，並享受打羽毛球的樂趣。3月份4堂收費 — 會員\$1,040，非會員\$1,080

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

Junior Badminton Lessons (Private)

To really improve your child's badminton skills, book Private Lessons with our Badminton Coach. With one-on-one attention, your child will receive a training programme in Badminton tailored to their unique strengths, weaknesses, and goals.

少年羽毛球 — 私人課程

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

Private Lessons

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

私人課程收費（包括場租）

一人：\$700 / 每堂一小時
 二人：\$900 / 每堂一小時

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

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

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Wednesday, 19th 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/Bufferet for Two (Monday to Thursday, excluding special days) at The Island View Restaurant in April. Good Luck!

請於3月19日(星期三)前將答案傳真至 2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於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

February
Solution
2月份
遊戲答案

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

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Ng Chin Fung



Personal Training at the Gym

健身室 私人健身教練

Reach your fitness goals with personalised training at the Gym. Whether you're looking to build strength, improve endurance, or stay motivated, our expert Personal Trainers are here to guide you with tailored workouts and professional support.

Call the Gym on 2118 1863 to book your session

在本會健身室透過個人化訓練實現你的健身目標。無論你是想鍛鍊肌肉、提高耐力或保持身體動力，我們的專業私人健身教練都可為你提供成功所需的指導和支持。

請致電 2118 1863 預約你的健身課程。



Live Sports at the Club Bar

精彩體育賽事 酒吧現場直播

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

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

Call the Club Bar on 2118 1845 for more details.

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

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

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時

Royal Selangor Club Kuala Lumpur, Malaysia



The Royal Selangor Club (RSC) is one of Asia's oldest sporting institutions, founded in 1884 and located in the heart of Kuala Lumpur. The club was granted a royal charter by DYMM Sultan Selangor in 1984 and thereafter became known as Kelab DiRaja Selangor or Royal Selangor Club.

RSC offers a variety of excellent dining options to suit every taste. The Verandah Coffee House serves a wide selection of international and local dishes in a traditional setting. The Penang Nyonya Pavilion specialises in authentic Penang Nyonya delicacies, offering a true taste of Malaysia. For those craving Indian cuisine, Pavilion Terrace serves traditional Indian dishes, including banana leaf meals. The Japanese Restaurant offers a range of classic Japanese favourites.



The Long Bar, one of Malaysia's oldest bars, provides a historic and convivial atmosphere for a casual drink and light snacks.

Recreational facilities at the RSC are second to none. The swimming pool remains a central feature of the club, offering a welcome retreat from the city's heat. Tennis enthusiasts can enjoy both artificial and grass courts, while the cricket pitch and two football fields provide ample space for sports lovers. The club also features a fully equipped gym, squash courts, billiards and pool tables, and a hockey field.

If you are planning a visit to Kuala Lumpur, be sure to obtain a Letter of Introduction to experience the Royal Selangor Club, a place that warmly welcomes Pacific Club Members.



成立於 1884 年，位於吉隆坡市中心的馬來西亞 The Royal Selangor Club [RSC] 是亞洲最古老的體育機構之一。會所於 1984 年被 DYMM Sultan Selangor (馬來西亞雪蘭莪州蘇丹) 授予皇家特許狀，此後被稱為 Kelab DiRaja Selangor 或 Royal Selangor Club。

RSC 設有多款餐飲選擇，以滿足不同人士的口味。Verandah Coffee House 咖啡館在傳統的環境中供應各式各樣的國際及當地菜餚。Penang Nyonya Pavilion 專營正宗的檳城娘惹菜式，讓客人品嚐到真正的馬來西亞風味。想品嚐印度美食的人士，可以前往 Pavilion Terrace 品嚐傳統印度菜，包括香蕉葉菜式。會所亦設有供應正宗日本料理的日本餐廳；而 Long Bar 是馬來西亞最古老的酒吧之一，擁有悠久的歷史及歡樂的氛圍，可供客人悠閒地享用飲品及小食。



RSC 的康體設施也是市內首屈一指的。游泳池位於會所的中心位置，是遠離炎熱城市的好去處，深受會員歡迎；網球愛好者可以享受會所內的人造球場及草地球場；而板球場及兩個足球場則為運動愛好者提供了充足的運動空間。會所還設有設備齊全的健身室、壁球場、桌球及曲棍球場。



因此，如果你將計劃前往吉隆坡，請攜同本會的介紹信到訪 Royal Selangor Club — 一個讓太平洋會會員感到賓至如歸的地方。

LPG

**INNER POWER.
BETTER LIFE.**

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

LPG endermologie®

「動能活化」
啟動內源力量



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

Made in **France**

CELLU M6 ALLIANCE®

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