



四月號
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PACIFIC VIEWS

April 2024



Private Parties at The Island View

The Island View 餐廳宴會場地

Elevate your next private event at the Pacific Club's Island View Restaurant, where elegance meets exclusivity.

The Island View seamlessly blends indoor comfort with an inviting outdoor ambiance, all while serving up incredible culinary delights and top-tier service. The restaurant's stunning balcony offers sweeping views of the harbour, making this venue a gem for private parties.

We look forward to welcoming you to your next celebration!

The Island View is available for evening party bookings. It can accommodate up to a maximum 150 persons for Buffet Dinner, Western Set Dinner or Cocktail Reception.

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



太平洋會 The Island View 餐廳將室內的優雅裝潢與室外的獨特美景融為一體，讓你在此舉辦的私人宴會更加精彩。

餐廳室內環境舒適，室外美景迷人，並提供美味餐點及優質服務；餐廳露台獨享一覽無遺、令人讚嘆的維港美景，使這裡成為舉辦私人宴會的絕佳選擇。

我們期待為你籌劃下一次活動！

The Island View 餐廳可供會員預訂舉行私人晚餐宴會，人數最多可容納150位，我們可以安排自助晚餐、西式晚餐或雞尾酒會。

查詢有關場地資料和菜譜，請致電 2118 2851 / 2118 2295 與本會宴會部聯絡。

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 |

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Dear Members

As we head into April, we present a rich assortment of engaging activities, events, and exceptional culinary and recreational experiences for our Members here at the Club.

For wine connoisseurs, this month's Bonneau du Martray Wine Dinner on Friday, 26th will surely delight! This world-renowned Burgundy winery, producing some of the most prestigious Grand Cru wines in the world, offers an evening of the finest wines with a perfectly complementing French Menu. See page 18 for more information. On Friday, 12th, Ruinart adds sparkle to the month with the Ruinart Champagne Dinner at Pier 6. Details for this iconic event can be found over the page. And looking ahead to May, we are excited to bring Members something a little bit different

with our Graham's Port Wine Dinner at Bauhinia. Turn to page 12 to see how Chef Keung has expertly matched his menu to the fantastic selection of Graham's ports.

On Friday evenings in April, don't miss our Black Angus Beef Dinner Buffet, with a highlight of picking your own steak from the Butcher's Trolley and having it cooked to your exact liking. Saturdays bring a different kind of indulgence with our Boston Lobster Seafood Feast Dinner Buffet, offering an array of seafood delights. Here, you're invited to select your Lobster directly from our live Lobster tank, choosing to have it steamed, grilled, or baked - the choice is yours!

For a mid-week dining treat, 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 at The Island View Restaurant. Full details can be seen on page 15.

And finally, this month's magazine brings news of some very exciting happenings for next month! Don't forget that Mother's Day falls on Sunday, 12th May. As usual, the Pacific Club is the perfect place to celebrate and indulge your mother. Information about the day's special culinary events at all our restaurants can be found on pages 20 to 21. And from 17th to 19th May, Guest Chef Nic Vanderbeeken, from Apéritif restaurant in Bali, will wield his culinary magic at Pier 6. Many Members may remember Chef Nic from his previous visits to the Pacific Club, so don't miss this opportunity to enjoy his incredible menu on this one weekend only. Information can be found on page 17.

I look forward to seeing you around the Clubhouse in April.

尊敬的會員，

踏入 4 月份，本會將為大家送上豐富且多采多姿的課程、活動，以及無比吸引的美食及娛樂體驗。

對於葡萄酒愛好者來說，一定會非常期待將於本月 26 日星期五舉行的 Bonneau du Martray 葡萄酒晚餐！這間世界著名的勃根地酒莊一向生產一些世界上最負盛名的特級葡萄酒，當晚我們將為大家帶來最優質的葡萄酒之夜，及準備可完美配搭每款佳釀的法式菜餚，請參閱第 18 頁以了解更多資訊。此外於 12 日星期五，Pier 6 亦會舉行 Ruinart 香檳晚餐，令本月份的活動更多采多姿；有關這項具有標誌性的美酒活動的詳情，請參閱下一頁。展望 5 月份，我們很高興在紫荊閣舉行 Graham's 波特酒晚餐，為會員帶來不一樣的體驗；請翻閱第 12 頁，了解總廚強師傅如何巧妙地將他的菜式完美配搭各款 Graham's 波特酒。

於 4 月份逢星期五晚上，請不要錯過我們的黑安格斯牛肉美食自助晚餐，其中的一大亮點就是大家可以從我們特備的肉類餐車上選擇你喜歡的牛排，然後按照你的喜好烹調。到了星期六晚上，我們的波士頓龍蝦及海鮮自助晚餐將提供一系列海鮮美食，為大家帶來別樣的享受；屆時，大家可以Direct從我們的海鮮水族箱中選擇你的龍蝦，以及決定烹煮的方式，蒸、烤或焗 — 選擇權在你手上！

如想於平日享用美食盛宴，我們於逢星期一至星期四在 The Island View 餐廳供應的平日半自助晚餐將提供完美融合各款食材的開胃菜及甜點自助餐，以及精緻的自選主菜，詳情請參閱第 15 頁。

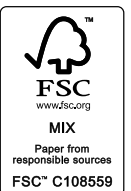
最後，本月份的會刊亦為大家帶來 5 月份非常令人興奮的消息！請不要忘記 5 月 12 日星期日就是母親節，一如以往，太平洋會將成為大家慶祝佳節和寵愛母親的完美地點；有關各餐廳於當日安排的特別美食活動的詳情，請參閱第 20-21 頁。隨後於 5 月 17 日至 19 日，來自峇厘島 Apéritif 餐廳的客席主廚 Nic Vanderbeeken 將於 Pier 6 施展他的烹飪魔法。相信許多會員還記得 Chef Nic 曾多次前來太平洋會掌廚，所以請不要錯過今次的機會，於僅限的週末期間前來享用他的拿手菜式，詳情請參閱第 17 頁。

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 Magnum

Crab Meat
 Saffron | Lobster | Fennel

Ruinart Rosé NV

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

Baby Grapes
 Rosé Champagne Mousse and Granité

Petits Fours

(Wines will be served in limited quantities)

*Described menu and wines are subject to change without prior notice
 以上菜單及葡萄酒如有更改，恕不另行通知



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



In this issue of Pacific Views, please be advised that new Debenture Memberships are open for applications and subject to approval from our Membership Committee.

Please note that both Individual and Corporate Memberships are by invitation and with limited allotment only. An Individual Membership has a debenture issued to an individual owner and supplementary cards are issued to the spouse and children (up to the age of 21 years). A Corporate Membership, on the other hand, has a debenture issued to the owning corporation. This corporation then assigns the Memberships to its nominees. This type of Membership allows companies flexibility, allowing easy redesignation.

If you have friends or relatives who may be interested in a Pacific Club Membership, or if you have any questions relating to any Membership matters, please contact the Membership Office on 2118 1802 during opening hours.

Rainstorm Warnings

With the inevitable rainstorms of the spring, the Club will remain open regardless of the issuance of any Amber, Red or Black Rainstorm Warnings by the Hong Kong Observatory. However, please note that certain facilities and services may be limited during these times.

Membership Card Reminder

Please be reminded that we have been issuing newly-design Membership Cards equipped with smart card functions for some time now. This advancement presents an opportune moment for Members to refresh their profiles, particularly as the photograph on your existing Membership Card — potentially processed several years ago — may no longer accurately reflect your current appearance.

If you have not yet processed your new cards, please contact the Membership Department on 2118 1804 or 2/F Reception Desk to make an appointment as soon as possible. You may send your own updated digital photos to membership@pacificclub.com.hk. Meanwhile the updated version of the Club Rules and By-Laws Booklet is also now available, free-of-charge, from the Membership Office.

在今期薈察中，我想通知大家，本會現正接受全新的債券會籍申請，並須經由我們的會籍委員會批核。

請注意，個人或公司的會籍申請都需要通過本會邀請而獲得，並且名額有限。本會會向個人會籍持有人發行債券，並為其配偶和子女（不超過 21 歲）提供安排附屬卡；而本會會向公司會籍持有機構發行公司名義的債券，該會員公司可提名其行政人員及家屬成為會員，這類型的會籍可使會員公司更具靈活性，亦可隨時更換提名人。

如果閣下有親戚朋友對太平洋會的會籍感到興趣，或者對會籍事宜有任何查詢，請致電 2118 1802 與會籍部聯絡。

暴雨警告措施

每逢春季都經常會出現暴雨，當天文台發出黃色、紅色或黑色暴雨警告時，會所將照常營業，但部分設施及服務或會暫停。

更換新會員証

在此提醒各會員，本會開始為所有成人及兒童會員更換具有智能卡功能的全新會員証已有一段時間，這亦是大家更新個人資料的好機會，尤其是因部分會員証已辦理多年，會員的樣貌已經隨著時間而有所轉變，看起來與現有會員証上的照片不太相同。

如你還沒有辦理新會員証，歡迎致電 2118 1804 或聯絡二樓接待處預約時間。此外，會員亦可把最新的近照以電郵傳送到 membership@pacificclub.com.hk 以作安排換証事宜。其間，會員亦可到會籍部免費索取更新版的「會所規條及守則」小冊子。



FRIDAYS

Angus, Black Angus Dinner Buffett

週五自助晚餐 - 黑安格斯牛美食

Join us on Fridays at The Island View for the ultimate beef experience with our Black Angus Dinner Buffet, featuring Jack's Creek Certified Black Angus - the gold standard of Australian beef. Indulge in a buffet brimming with an extensive array of both hot and cold dishes featuring the finest Australian cattle. Don't miss the pinnacle of the evening... the chance to tailor your meal by selecting your ideal steak cut from our exclusive butcher's trolley and have our expert chefs preparing your steak to your precise liking.

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

於4月份逢星期五晚上，前來 The Island View 享用我們的黑安格斯牛美食自助晚餐，感受品嚐極品牛肉的體驗，其中包括獲澳洲頂級牛肉品牌 Jack's Creek 認證的黑安格斯牛肉 — 澳洲牛肉的黃金標準。

盡情享用各式各樣的自助菜式，包括均採用最優質澳洲牛烹調的冷熱菜餚。還有不要錯過當晚的最精彩時刻...有機會從我們特備的肉類餐車上選擇你喜歡的牛排，再由我們的專業廚師烹煮你的專屬菜式。

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

訂座請致電 2118 1846。

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



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



SATURDAYS

Boston Lobster & Seafood Feast Dinner Buffet

週六自助晚餐 - 波士頓龍蝦及海鮮美食

On Saturdays, indulge in an oceanic bounty, from delicious Boston Lobsters and fresh Oysters to the rich flavours of Snow and Brown Crabs, among other delectable selections. Adults are invited to select their preferred lobster directly from our live tank, choosing to have it expertly steamed, grilled, or baked to perfection. Relish in the luxury of having our chefs prepare your lobster to your exact liking.

And end your sumptuous feast with a sweet surprise: our Sfogliatelle dessert. Though it shares its name with the lobster, this Italian pastry diverges delightfully, offering a creamy, sweet finale to your meal. Rest assured, there are no actual lobsters in your dessert, just the promise of a wonderful end to a magnificent seafood adventure!

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

Date : Every Saturday in April

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$688

Children 6-12 years \$520, 3-5 years \$128

Reservations : 2118 1846

於4月份逢星期六晚上，大家可以在 The Island View 盡情享用海鮮美食，從美味的波士頓龍蝦及新鮮生蠔，到鮮味濃郁的鱈蟹及麵包蟹，以及其他美味佳餚。此外，我們還歡迎成年客人直接從我們的海鮮水族箱中挑選自己喜歡的龍蝦，以及決定烹煮的方式，蒸、烤或焗至完美均可。讓我們的廚師根據你的喜好準備龍蝦，享受奢華。

最後以甜蜜的驚喜結束你的盛宴：我們的千層貝殼酥（Sfogliatelle）。雖然它的外型與龍蝦尾有點相似，但這款意大利糕點有著令人愉悅的不同之處，為你的餐點加添奶油般的甜味。

請放心，你的甜點中並沒有真正的龍蝦，只是為這次海鮮盛宴畫上一個完美的句號！

收費：成人 \$688

小童 6-12歲 \$520，3-5歲 \$128

每位另加\$178可任飲精選紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

訂座請致電 2118 1846。

Remark: Each adult diner will be served a whole lobster 每位成年客人可享龍蝦一隻

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



Classes Cancelled

Please note that all junior and adult group classes will be cancelled on Easter Monday on 1st April and Ching Ming Festival on 4th April.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於4月1日復活節及4月4日清明節公眾假期暫停舉行。



Fascia Exercise Training

During these fantastic Monday afternoon sessions, our expert instructor will help you feel incredibly relaxed, lighter in the body, standing taller and feeling stronger! Fascia is a broad term for the connective tissue that weaves throughout the entire body to stabilize and bind the muscles, bones, and organs together. Participants will learn release techniques with exercise props to condition the fascia.

筋膜運動訓練

在這個於星期一舉行的課程中，專業教練將幫助你感受到難以置信的放鬆，令身體更輕盈、站得更高、感覺更強壯！筋膜是跨越整個身體的複雜結締組織，為肌肉、骨骼和器官提供必要的穩定性和凝聚力，參加者將學習使用練習工具的技巧來調理筋膜以獲得深度放鬆。課程適合16歲及以上的會員參加，4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 8th, 15th, 22nd & 29th April

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



Aqua Fit Class

New

Join us in the refreshing waters of our pool and experience the perfect blend of low to medium intensity, low-impact hydro-fitness with our newly launched Aqua Fit Class. Tailored for both the seasoned swimmer and those just dipping their toes in, Aqua Fit encourages enhanced cardiovascular health's well as improved muscular endurance, all thanks to the gentle yet effective resistance provided by water.

全新一 水中健體班

水中健體是一項由輕量至中度的帶氧運動，不論是經驗豐富的游泳人士還是剛涉足游泳運動的人士都適合參與。在水中進行動作時，水會帶來溫和而有效的阻力，這有助增強心血管健康，提高肌肉耐力，並有助減輕消脂。水中健體也是非常適合有關節問題人士進行的運動。

本會將於4月19日（星期五）下午在游泳池舉行全新的水中健體班，為大家介紹這項有眾多好處的運動，歡迎14歲及以上的會員參加，收費——會員\$100，非會員\$220。

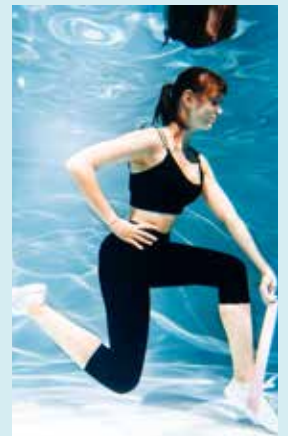
Date : Friday, 19th April

Time : 4:00pm - 5:00pm

Venue : Swimming Pool

Price : Member \$100; Guest \$220

Age : 14 years and above



Zumba Fitness

Our Zumba classes are a great way to keep fit! Come and catch the fast and exhilarating tempo of Latin Dance Music, whilst dancing your way to fitness, burning fat and contouring your body. Zumba is easy to follow and highly addictive!

尊巴健體舞班

本會尊巴健體舞班除可健身之餘，更好玩有趣，讓你同時享受動感拉丁美洲舞蹈並燃燒身體脂肪，達至修身的效果。課程於星期日舉行，適合16歲及以上的會員參加，4月份4堂收費——會員\$720，非會員\$1,200。

Date : Sunday 7th, 14th, 21st & 28th April

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

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

Age : 16 years and above

Jazz Dance

Step into the rhythm and soul of our Jazz Dance class! This vibrant and dynamic class invites you to express yourself through the powerful movements of Jazz Dance. Perfect for anyone looking to improve their technique, find their rhythm, or simply have fun, our class combines classic Jazz steps with modern choreography.

爵士舞班

前來感受本會爵士舞班的節奏和熱情！這個充滿活力的課程可讓你透過爵士舞的強烈動作來表達自己。課程會將經典爵士舞步與現代編舞互相結合，非常適合任何想要提高技巧、尋找節奏感，或只是想享受舞蹈樂趣的人士參加。課程於星期四舉行，適合16歲及以上的會員參加，4月份3堂收費 — 會員\$540，非會員\$900。

Date : Thursday 11th, 18th & 25th April

Time : 3:00pm – 4:00pm

Venue : Aerobics Room

Price : Member \$540, Guest \$900 (for 3 lessons)

Age : 16 years and above



Stretching Exercise Class

Regular stretching is your secret weapon for not only safeguarding against muscle injuries and alleviating soreness but also unlocking profound relaxation for your body. Athletes have long harnessed the art of stretching to secure a competitive edge and minimize the setbacks from muscle injuries. Through our tailored stretching sessions, participants will master the techniques to correct posture, boost flexibility, and enhance blood circulation. Experience the added benefits of stress relief, improved coordination, and a significant reduction in the risk of sports-related injuries.



伸展運動班

定期進行伸展運動是獲得健康的秘密武器，不僅可以防止肌肉受傷和緩解酸痛，還可以讓身體獲得深度放鬆。透過專業教練指導你完成一系列度身定制的伸展運動，可學習掌握糾正姿勢、增強靈活性和促進血液循環的技巧；同時體驗緩解壓力、改善協調性及顯著降低運動相關傷害風險等額外好處。

課程於星期五舉行，適合16歲及以上的會員參加，4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 5th, 12th, 19th & 26th April

Time : 3:00pm – 4:00pm

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

Venue : Aerobics Room

Age : 16 years and above

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

Schedule in APRIL 四月份課程

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

4:30pm – 5:30pm (B)

English Drama Academy 5:30pm – 6:30pm (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)

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)

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)

12:00nn – 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日開始接受下個月各類團體課程的報名。

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

會員擁有優先參加資格，而非會員的參加者則需要排在輪候名單中。

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。

April 2024

Wine Home Delivery Service

4月份餐酒送貨服務



Order Form 餐酒訂購表格

A special selection of Ruinart Champagne for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,800 and above, excluding Outlying Islands.

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

本月為會員介紹多款 Ruinart 香檳，凡購滿\$2,800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香檳。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Ruinart Blanc de Blancs NV	750ml	560		
Ruinart Blanc de Blancs NV Magnum	1,500ml	1,480		
Ruinart Rosé NV	750ml	560		
Dom Ruinart Blanc 2010	750ml	1,580		
Dom Ruinart Rosé 2009	750ml	1,680		

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

Oven-Roasted White Asparagus Salad

With the white asparagus season about to start, this easy and simply delicious recipe will probably make it into your regular repertoire. It also works perfectly with green asparagus once the white is out of season.

If you would rather try a version of this dish on our menu, a little more patience is needed! Here at the Club we'll start serving German white asparagus throughout May during its peak season in Pier 6 and The Island View. Don't miss the upcoming promotions and be sure to reserve your table.

烤焗白蘆筍沙律

隨著白蘆筍季節即將開始，今次介紹的這份簡單美味食譜很可能會成為你的日常菜式之選。而且即使白蘆筍季節過後，它也能與綠蘆筍完美搭配。

如果你想在會餐廳品嚐這道菜的話，便需要多一點耐心。我們將於5月份的時令季節期間，在 Pier 6 及 Island View 餐廳供應德國白蘆筍。請不要錯過這美食推介，儘早預訂你的餐桌。



Serve 3 - 4 persons

Ingredients for 4:

- 20pcs peeled and trimmed 2AA White Asparagus
- Zest and Juice of 1 Orange
- Zest and Juice of 1 Lemon
- 100g toasted Hazelnuts, coarsely crushed
- 2 hardboiled Eggs, coarsely chopped
- Fine dices of 2 small Shallots
- Fine dices of 1 clove of Garlic
- 2 ripe Tomatoes, skinned, cored and cut in small dices
- Mixed Salad of picked Chervil, Tarragon, Chives, Dill, Basil and Frisée Hearts
- Olive Oil, Salt, Pepper, White Wine Vinegar

供3-4人用

4人份量的材料：

- 20 條去皮並修剪的 2AA 白蘆筍
- 一個橙的切碎果皮和果汁
- 一個檸檬的切碎果皮和果汁
- 100克烤榛子，整碎成粗粒
- 2 個焗蛋，切粗粒
- 兩條小青蔥，切丁
- 一粒蒜頭，切丁
- 兩個熟番茄，去皮、去核、切丁
- 由精選的細香芹、龍蒿、細香蔥、莖蘿、羅勒及九芽菜心，混合而成的沙律菜
- 橄欖油、鹽、胡椒、白酒油醋汁



By Executive Chef,
Daniel Birkner

撰文：行政總廚 — Daniel Birkner

Method:

1. Prepare the peeled asparagus on a baking tray, toss with olive oil, zest and juice of the orange, salt, pepper and roast in a preheated oven at 200 degrees Celsius for about 8 minutes. The asparagus should be soft and crunchy at the same time.
2. Take out from the oven and let it cool.
3. Combine the hazelnuts, egg, tomatoes, shallot and garlic in a bowl, add any juices from the asparagus tray, season with salt, pepper, white wine vinegar, the lemon juice and zest as well as olive oil.
4. Lastly, add all the herbs to the mixture and dress atop the asparagus, drizzle with all the vinaigrette, some sea salt and a crack of fresh ground pepper.
5. Either plate the portions individually or as a sharing platter, which looks generous and equally appetising. Enjoy!

烹調方法：

1. 將去皮的蘆筍放在烤盤上，拌入橄欖油、碎橙皮及橙汁、鹽及胡椒粉，放入預熱的烤箱中，以攝氏200度烤約8分鐘。蘆筍會變得又軟又脆。
2. 從烤箱取出蘆筍，在室溫下冷卻。
3. 將榛子、雞蛋、蕃茄、青蔥及蒜子放入碗中，加入蘆筍盤中的汁液，用鹽、胡椒、白酒醋、檸檬汁、檸檬皮及橄欖油調味。
4. 最後，將所有香草加入混合物中，淋在蘆筍上，再灑上所有油醋汁，加一些海鹽及新鮮胡椒。
5. 可以分成細份各自享用，也可以一盤大家分享，看起來既豐盛又開胃！

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



Graham's Port Wine Dinner at Bauhinia

Steeped in history and tradition, Graham's was founded in 1820 by brothers William and John Graham, and has been crafting some of the finest vintages Portugal's Douro Valley offers ever since. In 1970, Graham's was acquired by the Symington family and they have continued to grow its reputation for producing the most incredible ports.

With a combination of traditional techniques and modern innovation, Graham's Port continues to push the boundaries of winemaking.

Port is often reserved to match only with later courses in a meal, but the extensive range of styles of Graham's Port means they partner well with an enormous variety of dishes.

We invite you to join us at Bauhinia restaurant, where Chef Keung has created a beautiful menu to perfectly pair with some of the very best Graham's vintages.

Date : Friday, 24th May
 Time : 6:30pm Welcome Drink
 7:15pm Dinner
 Venue : Bauhinia Restaurant
 Price : \$1,288 per person (for Food and Beverage Pairing)
 Reservations : 2118 1892

紫荆閣中餐廳 — Graham's 波特酒品嚐晚餐

Graham's 波特酒公司擁有悠久的歷史及傳統，由 William Graham 及 John Graham 兄弟於1820年創立，從那時起，他們就一直釀造葡萄牙杜羅河谷內一些最佳的年份波特酒。於1970年，Graham's 被 Symington 家族收購，自此他們便因為生產出最受讚賞的波特酒而令其名聲不斷提高。

Graham's 波特酒將傳統技術與現代創新結合，令其不斷突破釀酒的界限。

波特酒通常只用來配搭一餐中最後面的幾道菜餚，但 Graham's 波特酒因為擁有多種風格，因此可以完美配搭各式各樣的菜餚。

現誠邀請大家於5月24日（星期五）前來紫荆閣參加 Graham's 波特酒品嚐晚餐，享用 Graham's 其中一些最優質的年份波特酒，以及由總廚強師傅精心烹調以完美配搭每款佳釀的中式菜餚。

晚餐配搭波特酒，收費：每位\$1,288。

訂座請致電 2118 1892。

↪ Welcome Cocktail ↩

**W & J Graham's Blend No. 5
White Port**

↪ Menu ↩

**W & J Graham's "Six Grapes"
Reserve Port**

黑松露雜菌腐皮卷拼陳醋海蜆頭
 Deep-fried Bean Curd Sheet with Black Truffle
 and Mushrooms
 accompanied by Marinated Jelly Fish with
 Vinegar

W & J Graham's Crusted Port 2013

砵酒生蠔、酥炸瀨尿蝦丸
 Baked Oyster with Port Wine
 and
 Deep-fried Mantis Shrimp Balls

**W & J Graham's
"Quinta dos Malvedos"
Vintage Port 2010**

魚香安格斯牛柳粒
 Pan-fried Cubed Angus Beef
 with Sweet, Sour and Spicy Sauce

椰子燉竹絲雞湯
 Double Boiled Chicken with Coconut Soup

**W & J Graham's
20 Years Old Tawny Port**

煎封筍殼魚
 Deep-fried Marble Goby with Soy Sauce

**W & J Graham's
Single Harvest Tawny Port 1994**

胡椒龍蝦伴龍蝦嫩蛋
 Pan-fried Lobster with Pepper
 accompanied by Steamed Egg with Lobster

燕麥蛋白杏仁茶伴金泊芝麻卷
 Sweetened Almond Cream with Egg White
 and
 Black Sesame Roll with Gold Flakes

(Wines will be served in limited quantities)

*Described menu and wines are subject to change without prior notice
 以上菜單及葡萄酒如有更改，恕不另行通知

April 2024

Wine Home Delivery Service

4月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Graham's Port Wines for Members' enjoyment.

Free delivery will be provided for purchase of HK\$2,000 and above, excluding Outlying Islands.

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

本月為會員介紹多款 Graham's 波特酒，凡購滿\$2,000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波特酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
W & J Graham's Crusted Port 2013	750ml	220		
W & J Graham's "Quinta dos Malvedos" Vintage Port 2010	375ml	260		
W & J Graham's "Quinta dos Malvedos" Vintage Port 2010	750ml	480		
W & J Graham's "Six Grapes" Reserve Port	750ml	200		
W & J Graham's 10 Years Old Tawny Port	200ml	130		
W & J Graham's 10 Years Old Tawny Port	750ml	300		
W & J Graham's 20 Years Old Tawny Port	200ml	190		
W & J Graham's 20 Years Old Tawny Port	750ml	630		
W & J Graham's 30 Years Old Tawny Port	200ml	280		
W & J Graham's 30 Years Old Tawny Port	750ml	880		
W & J Graham's 40 Years Old Tawny Port	750ml	1,350		
W & J Graham's Blend No. 12 Ruby Port	750ml	180		
W & J Graham's Blend No. 5 White Port	750ml	180		
W & J Graham's Late Bottled Vintage Port "Bicentenary Edition" 2017	750ml	220		
W & J Graham's Single Harvest Tawny Port 1974	750ml	2,800		
W & J Graham's Single Harvest Tawny Port 1994	750ml	850		
W & J Graham's Single Harvest Tawny Port 1997	750ml	880		
W & J Graham's Vintage Port 1977	750ml	1,480		
W & J Graham's Vintage Port 2000	750ml	820		
W & J Graham's Vintage Port 2003	750ml	780		
W & J Graham's Vintage Port 2011	375ml	350		

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



Bresse Chicken at Pier 6 Pier 6 餐廳 — 烤原隻法國布雷斯雞

This month, come and indulge in our fabulous French Bresse Chicken, considered by many to be the finest tasting variety in the world.

At Pier 6, our chefs gently cook and fire roast the chicken to enhance the flavours of the meat. The chicken is then carved table-side and served with this season's first morels, peas and verjus.

Our chefs recommend pre-ordering when making your table reservation to ensure availability and to avoid unexpected waiting due to extended preparation time.

Date : From 5th April onwards
Venue : Pier 6
Price : \$798 per serving, suitable for 2 - 4 persons
Reservations : 2118 1878

於4月5日起，歡迎前來 Pier 6 餐廳盡情享用被許多人認為是世界上味道最好的雞肉品種—法國布雷斯雞。我們會將布雷斯雞慢慢地烹煮、燒烤以提升肉的美味，最後在大家的餐桌旁切開，拌以今季的第一批羊肚菌、豌豆和酸葡萄汁一起享用。

我們的廚師建議大家在預訂餐桌時一同提前預訂這道美食以確保供應，並避免因準備時間長而需要等候。

烤原隻布雷斯雞，每份\$798，供2-4人用

訂座請致電 2118 1878。



Lobster Dishes at Bauhinia 紫荊閣 — 龍蝦菜式

Head to Bauhinia Restaurant in April for a selection of delicious dishes featuring the freshest Lobster. This month, Chef Keung presents a special menu of Lobster dishes including Pan-fried Lobster with Basil, Shallots and Scallion, and Steamed Lobster with Chinese Wine.

Date : 1st - 30th April
Venue : Bauhinia
Reservations : 2118 1892

於4月份，強師傅將於紫荊閣為大家送上多款龍蝦好菜，包括三蔥九層塔焗龍蝦、雞油花雕蒸龍蝦，以及其他精選菜式。訂座請致電 2118 1892。

Capricci's New Spring Primavera A La Carte Menu

Capricci 餐廳 — 全新 Primavera 春季菜式

Celebrate the new bounty of the season with Capricci's Primavera Menu - a homage to the freshest ingredients harvested in early spring.

Join us at Capricci for a fantastic Menu that brings the essence of springtime to your table.

For reservations, please call Capricci on 2118 1803.

於4月份，Capricci餐廳會將春天的豐盛收穫帶到你的餐桌上！大家請前來享用全新推出的 Primavera 春季菜式，我們的廚師將以最新鮮的時令食材來精心製作多款美味菜式，以迎接春天的到來。

訂座請致電 2118 1803。

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

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



In April, 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 in April

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.

於4月份，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檔
- 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。

Bucket of Bugs! at the Club Bar in April

扇蝦推介

4 月份在會所酒吧供應

\$398

Feast on a generous serving of a kilogram of Moreton Bay Bugs, expertly grilled and bathed in a sumptuous Garlic-Herb Butter.

歡迎前來享用足量的一千克摩頓灣扇蝦！我們會將扇蝦浸在濃郁的大蒜香草牛油中烤製成惹味的伴酒菜。



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

Matcha Egg Waffles at the Oyster Bar throughout April

抹茶雞蛋仔

4 月份在 Oyster Bar 供應

This Hong Kong-style Egg Waffle is flavoured with Matcha and served with Vanilla Ice Cream, Red Beans, Fresh Mango and Rice Crisps.

Oyster Bar 將於4月份為大家送上香港特色小食一雞蛋仔，以抹茶口味再配搭雲呢拿雪糕、紅豆、新鮮芒果及脆米片。



Wine by the Glass Special Offer at Pier 6 and Capricci

杯裝葡萄酒特別優惠 —
在 Pier 6 及 Capricci 餐廳午餐時段供應

Elevate your lunchtime meal with our special selection of wines, available by the glass at Pier 6 and Capricci this April.

由4月份開始，在Pier 6及Capricci餐廳享用午餐，可同時以優惠價\$68一杯，品嚐多款精選杯裝葡萄酒，提升你的美食體驗。

- Ruggeri Prosecco D.O.C., Argeo Brut, Italy, N.V.
- Giannitessari, Pinot Grigio, Delle Venezie D.O.C., Italy, 2022
- Domaine Lebrun, Pouilly Fume, Loire Valley, France, 2021/22
- Dr. Loosen, Wehlener Sonnenuhr, Riesling Kabinett, Germany, 2022
- Chateau Minuty, Prestige Rosé, Cotes de Provence, France, 2020
- Icardi, Surisjvan Langhe Nebbiolo D.O.C., Organic, Italy, 2021/20
- Domaine R. Dubois, Bourgogne, Cote d'Or, France, 2021
- Esprit de Pavie, Bordeaux, France, 2015

\$68 per glass

* Described wines are subject to change upon availability.
以上葡萄酒可能因供應情況而有所更改

Available
During Lunch
Starting from
April



Guest Chef Nic Vanderbeeken at Pier 6

客席名廚 Nic Vanderbeeken 親臨 Pier 6 餐廳掌廚



Following a series of unforgettable, sold-out evenings at the Pacific Club in previous years, we are excited to announce the much-anticipated return of Guest Chef Nic Vanderbeeken to Pier 6 this May, promising an encore of exceptional dining experiences for Members.

Chef Nic's illustrious career began in his native Belgium, where he honed his skills in some of the most prestigious Michelin-starred kitchens. His culinary journey took him across the globe, from the vibrant landscapes of Southeast Asia to the culinary capitals of Europe, each destination enriching his palette and mastery with diverse cuisines.

Today, Chef Nic is the Executive Chef at Apéritif, in Ubud, considered one of Bali's premier fine dining restaurants. Renowned for his commitment to sustainability and the use of local, organic ingredients, Chef Nic's cooking philosophy is a testament to his respect for nature and the local culture. His signature dishes are an exploration of flavours, textures, and stories that resonate with his passion for culinary innovation and excellence.

At Pier 6, Chef Nic Vanderbeeken will present an exclusive Degustation Menu on 17th and 18th May. On 19th May, Chef Nic will present a uniquely Balinese Brunch. Please look forward to more details on the menus in our next issue of Pacific Views.

Date : 17th – 19th May
Venue : Pier 6 Restaurant
Reservations : 2118 1878

繼數年前多次蒞臨本會舉辦令人難忘、座無虛席的美食之夜後，名廚 Nic Vanderbeeken 即將再度親臨 Pier 6 餐廳掌廚，為會員帶來非凡的用餐體驗。

Chef Nic 的輝煌職業生涯始於其祖國比利時，他曾於多間最享負盛名的米芝蓮星級廚房中工作，磨練出出色的烹飪手藝。其人生的烹飪之旅帶他走遍全球，從充滿活力及色彩的東南亞國家到歐洲的烹飪之都，每個地方都豐富了他的創意和對不同美食的掌握技巧。

Chef Nic 現於峇厘島烏布的 Apéritif 餐廳擔任行政總廚，該餐廳被譽為是當地首屈一指的高級餐廳之一。Chef Nic 因其對永續發展的承諾和善用當地有機食材來烹飪而聞名，他的烹飪理念亦證明了他對大自然和當地文化的尊重。其招牌菜式是對風味、口感和故事的探索，與他對美食的創新和追求卓越的熱情產生了共鳴。

於5月17日至19日期間，Chef Nic Vanderbeeken 將再次於 Pier 6 餐廳掌廚，帶來他專為今次到訪而精心設計烹調的獨特菜式。屆時，他將於17日及18日送上精選品嚐菜單，讓大家可以嘗試新的美食體驗；然後於19日再送上充滿峇厘島特色的早午餐。有關菜式詳情請留意下期「薈絮」。

訂座請致電 2118 1878。



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.

Date : Friday, 26th April
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

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Pier6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。

晚餐配搭葡萄酒，收費：每位\$2,288。

訂座請致電 2118 1878。



Welcome

Delamotte Brut Non-Vintage

Menu

Delamotte Brut Non-Vintage

White Asparagus

Egg Yolk | Caviar

**Bonneau du Martray Corton
Charlemagne Grand Cru 2020**

Alaskan King Crab

Avocado | Pink Grapefruit

**Bonneau du Martray Corton
Charlemagne Grand Cru 2015 Magnum**

Charred Pigeon

Parsley, Peas and Garlic

**Bonneau du Martray Corton 2015
Bonneau du Martray Corton 2017
Magnum**

Pyrenean Milk-fed Lamb

Artichoke | Bell Pepper

**White Nougat Mousse
Kumquat | Saffron**

Petits Fours

(Wines will be served in limited quantities)

* Described menu and wines are subject to change without prior notice
以上菜單及葡萄酒如有更改，恕不另行通知

April 2024

Wine Home Delivery Service

4月份餐酒送貨服務

Order Form 餐酒訂購表格

A special selection of Bonneau du Martray 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 Bonneau du Martray 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\$
Bonneau du Martray Corton Charlemagne Grand Cru 2020	750ml	4,690		
Bonneau du Martray Corton Charlemagne Grand Cru 2015	1,500ml	8,200		
Bonneau du Martray Corton 2015	750ml	2,190		
Bonneau du Martray Corton 2017	1,500ml	5,280		
Bonneau du Martray Corton Charlemagne Grand Cru 2007	750ml	4,200		
Bonneau du Martray Corton Charlemagne Grand Cru 2012	750ml	3,600		
Bonneau du Martray Corton Charlemagne Grand Cru 2015	750ml	3,800		

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

Mother's Day at the Club

太平洋會 - 母親節午餐及晚餐

Make this Mother's Day an unforgettable experience with the Pacific Club's luxurious Lunch and Dinner options! Indulge your mother with a special meal, filled with culinary delights and cherished moments.

與母親前來太平洋會享用一頓充滿美味佳餚及珍貴時刻的豐富午餐及晚餐，讓今個母親節成為她難忘的體驗！

Sunday,
12th May
5月12日
(星期日)

Mother's Day Lunch & Dinner Buffet

The Island View & Pier 6 Restaurant

Celebrate Mother's Day in style with our exquisite Lunch and Dinner Buffets! Spoil your mother with a sumptuous Buffet, topped off with a variety of sweet desserts featuring European strawberries. Book now and give your mom the Mother's Day she deserves!

Time : Lunch – From 12:00noon
Dinner – From 6:00pm
Price : Lunch – Adults \$448,
Children 6-12 years \$298, 3-5 years \$128
Dinner – Adults \$498,
Children 6-12 years \$328, 3-5 years \$128
Reservations : 2118 1846

The Island View及Pier 6餐廳 母親節自助午餐及晚餐

與母親一同蒞臨 The Island View 及 Pier 6 享用自助午餐及晚餐，以慶祝母親節。屆時除了豐富的自助美食外，還有以歐洲草莓為主題的甜品自助餐，保證讓母親們在這個有意義的一天留下難忘回憶！

收費：自助午餐〔中午12時開始〕—
成人 \$448，小童 6-12歲 \$298；3-5歲：\$128
自助晚餐〔晚上6時開始〕—
成人 \$498，小童 6-12歲 \$328；3-5歲：\$128

訂座請致電 2118 1846。



Mother's Day Lunch & Dinner

Bauhinia

Treat your mother to a delicious Lunch or Dinner at Bauhinia this Mother's Day, where she can choose all her favourite dishes from the A La Carte Menu.

Reservations : Please call 2118 1892.

紫荊閣

母親節午餐及晚餐

如喜歡中式菜餚的話，可與母親前來紫荊閣享用中式午餐及晚餐自選菜式。

訂座請致電 2118 1892。

Mother's Day Italian Semi-Buffer Lunch & Dinner

Capricci

Enjoy the elegance of Italian-inspired Mother's Day festivities at Capricci, offering an exquisite tribute to show your mamma just how extraordinary she is.

Time : Lunch - From 12:00noon

Dinner - From 6:00pm

Price : Lunch - \$328 Adults, \$228 Children

Dinner - \$428 Adults, \$295 Children

Reservations : 2118 1803

Capricci餐廳

母親節意式半自助午餐及晚餐

前來Capricci享受意大利的優雅風情及美食，藉此向母親表達對她的感謝，共慶母親節。

收費：半自助午餐（中午12時開始）—

成人 \$328，小童 228

半自助晚餐（晚上6時開始）—

成人 \$428，小童 \$295

訂座請致電 2118 1803。

Mother's Day White Peach Afternoon Tea

Oyster Bar

Your mother deserves the very best, so why not treat her to an indulgent afternoon celebration of White Peach at our Mother's Day Afternoon Tea? Come to the Oyster Bar to enjoy a delectable variety of sandwiches, scones and sweet treats, all with a theme of White Peach.

Date : 12th - 31st May

Time : From 2:00pm - 5:30pm

Price : \$448 for 2, including a bottle of White Peach Bergamot Earl Grey Sparkling Tea

Oyster Bar

母親節下午茶 — 白桃美食

想讓母親度過更完美的母親節，何不於下午時段前來 Oyster Bar 享用以白桃為主題的母親節下午茶美食呢？豐富美食包括多款三文治、烤餅及甜點。

供應時間：由5月12日至31日，
下午2時至5時30分

收費：\$448，供二人享用，

配白桃佛手柑氣泡伯爵
茶一瓶



April 2024

EVENT CALENDAR 活動日誌

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>Champagne Dinner at Pier 6 12th</p>	Easter Monday Lunch & Dinner Buffet at The Island View French Bresse Chicken Dish at Pier 6 1st - 30th Wine by the Glass Special Offer at Pier 6 and Capricci 1st - 30th Primavera - Spring Dishes at Capricci 1st - 30th Matcha Egg Waffle at Oyster Bar 1st - 30th Margarita Cocktails at Oyster Bar & Club Bar 1st - 30th Bucket of Bugs at Club Bar 1st - 30th Lobster Promotion at Bauhinia 1st - 30th Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training	Water Aerobics Easter Tennis Academy Easter Golf Academy Pokemon Clay Music Box Semi-buffet Dinner at The Island View Matcha Egg Waffle at Oyster Bar 1st - 30th Margarita Cocktails at Oyster Bar & Club Bar 1st - 30th Bucket of Bugs at Club Bar 1st - 30th Lobster Promotion at Bauhinia 1st - 30th Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training	Tennis Team Training Easter Tennis Academy / Easter Golf Academy LED Disney 3D Clay Photo Frame Workshop Sumikko Gurashi Clay Capsule Toy workshop Semi-buffet Dinner at The Island View English Drama Academy Tennis Team Training Semi-buffet Dinner at The Island View	Water Aerobics / Stretching Exercise Junior Swimming School Yoga Angus, Black Angus Dinner Buffet at The Island View	4	Water Aerobics / Stretching Exercise Junior Swimming School Yoga Angus, Black Angus Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Boston Lobster & Seafood Feast Dinner Buffet at The Island View	6
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Junior Easter Egg Design Competition 2024 - Deadline for Submitting Egg Sunday Lunch & Dinner Buffet at Island View	Water Aerobics Semi-buffet Dinner at The Island View Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View	2	English Drama Academy Tennis Team Training Semi-buffet Dinner at The Island View	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Rumart Champagne Dinner at Pier 6 Angus, Black Angus Dinner Buffet at The Island View	11	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Rumart Champagne Dinner at Pier 6 Angus, Black Angus Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Boston Lobster & Seafood Feast Dinner Buffet at The Island View	13
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping Sunday Lunch & Dinner Buffet at Island View	Water Aerobics Semi-buffet Dinner at The Island View Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View	9	English Drama Academy Tennis Team Training Semi-buffet Dinner at The Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View	10	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Aqua Fit Class Angus, Black Angus Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Boston Lobster & Seafood Feast Dinner Buffet at The Island View	19
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing Sunday Lunch & Dinner Buffet at Island View	Water Aerobics Semi-buffet Dinner at The Island View Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View	16	English Drama Academy Tennis Team Training Semi-buffet Dinner at The Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View	17	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Angus, Black Angus Dinner Buffet at The Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Boston Lobster & Seafood Feast Dinner Buffet at The Island View	20
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing Sunday Lunch & Dinner Buffet at Island View	Water Aerobics Semi-buffet Dinner at The Island View Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View	22	English Drama Academy Tennis Team Training Semi-buffet Dinner at The Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View	24	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Angus, Black Angus Dinner Buffet at The Island View Bonneau du Martray Wine Dinner at Pier 6	Junior Swimming School Junior Tennis Academy Junior Taekwondo Boston Lobster & Seafood Feast Dinner Buffet at The Island View	27
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing Hot Air Balloon Lamp Workshop Sunday Lunch & Dinner Buffet at Island View	Water Aerobics Semi-buffet Dinner at The Island View Yoga Fascia Exercise Training Men's Double Training Semi-buffet Dinner at The Island View	29	English Drama Academy Tennis Team Training Semi-buffet Dinner at The Island View	Angus, Black Angus Dinner Buffet at The Island View Every Friday	25	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Angus, Black Angus Dinner Buffet at The Island View Bonneau du Martray Wine Dinner at Pier 6	Junior Swimming School Junior Tennis Academy Junior Taekwondo Boston Lobster & Seafood Feast Dinner Buffet at The Island View	26
	Water Aerobics Semi-buffet Dinner at The Island View	30	Angus, Black Angus Dinner Buffet at The Island View Every Friday	Boston Lobster & Seafood Feast Dinner Buffet at The Island View Every Saturday	26	Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga Angus, Black Angus Dinner Buffet at The Island View Bonneau du Martray Wine Dinner at Pier 6	Junior Swimming School Junior Tennis Academy Junior Taekwondo Boston Lobster & Seafood Feast Dinner Buffet at The Island View	27



Angus, Black Angus Dinner Buffet at the Island View
Every Friday



Boston Lobster & Seafood Feast Dinner Buffet at the Island View
Every Saturday



Bonneau du Martray Wine Dinner at Pier 6 26th

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Mother's Day Lunch & Dinner at Pacific Club 12th</p>	 <p>Guest Chef Nic Vanderbeeken at Pier 6 17th-19th</p>	 <p>Graham's Port Dinner at Bauhinia 24th</p>	Public Holiday Lunch & Dinner Buffet at Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View	Water Aerobics / Stretching Exercise Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at Island View
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing 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	English Drama Academy Tennis Team Training 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 Junior Tennis Academy Junior Taekwondo Friday Dinner Buffet at Island View	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at Island View
5	6	7	8	9	10	11
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing Mother's Day Lunch & Dinner at Pacific Club	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	Public Holiday Lunch & Dinner Buffet at Island View	Yoga Jazz Dance Tennis Team Training Semi-buffet Dinner at The Island View	Water Aerobics / Stretching Exercise Junior Swimming School Junior Tennis Academy Junior Taekwondo Friday Dinner Buffet at Island View Guest Chef Nic Vanderbeeken at Pier 6	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at Island View Guest Chef Nic Vanderbeeken at Pier 6
12	13	14	15	16	17	18
Zumba Fitness / Yoga Sunday Junior Tennis / Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing 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	English Drama Academy Tennis Team Training 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 Junior Tennis Academy Junior Taekwondo Friday Dinner Buffet at Island View Graham's Port Dinner at Bauhinia	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at Island View
19	20	21	22	23	24	25
Guest Chef Nic Vanderbeeken at Pier 6 Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Pickleball Group Lesson Rope Skipping / Wall Climbing Semi-buffet Dinner at The 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	English Drama Academy Tennis Team Training 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 Junior Tennis Academy Junior Taekwondo Friday Dinner Buffet at Island View Graham's Port Dinner at Bauhinia	Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at Island View
26	27	28	29	30	31	
Semi-buffet Dinner at The 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	English Drama Academy Tennis Team Training 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 Junior Tennis Academy Junior Taekwondo Friday Dinner Buffet at Island View Gaja Wine Dinner at Pier 6 31st	

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

Recreation
 Club Bar Live TV
 What's Happening in Hong Kong
 Food & Beverage

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 2nd, 9th, 16th, 23rd & 30th April

(B) Friday 5th, 12th, 19th & 26th April

Time : (A) 10:00am – 11:00am

(B) 11:00am – 12:00noon

Venue : Swimming Pool

Price : (A) Member \$875, Guest \$1,475 (for 5 lessons)

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

Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 2nd, 9th, 16th, 23rd & 30th April

(B) Friday 5th, 12th, 19th & 26th April

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 2nd, 9th, 16th, 23rd & 30th April

Time : 7:00pm – 8:00pm

Venue : Swimming Pool

Price : Member \$875, Guest \$1,475 (for 5 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 April 4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。



Golfing Gracefully: Adjusting to Golf as You Age

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

As golfers age, the body undergoes inevitable changes. Flexibility decreases, muscle strength may wane, and the risk of injury can increase. However, golf is a sport that can be enjoyed well into your later years. Here's how ageing golfers can adapt their swing and strategy to continue enjoying the game.

Focus on Efficiency

Focus on swing efficiency rather than power. As we age, the explosive power in our swing may diminish, but efficiency—hitting the ball with accuracy and consistency—can keep you in play and competitive. Concentrate on making a smooth, controlled swing that maintains balance and rhythm.

Modify Stance and Grip

As flexibility decreases, adjusting your stance can help maintain a comfortable and effective swing. Consider widening your stance slightly to improve balance and stability. Additionally, experiment with a stronger grip or adjust the grip position to compensate for reduced wrist flexibility or strength, aiding in maintaining control of the club throughout the swing.

Shorten the Backswing

A full backswing relies heavily on flexibility and can strain the back, shoulders, and hips. Ageing golfers may benefit from shortening their backswing. This adjustment not only reduces the strain on the body but can also improve control and consistency of the shot.

Leverage Technology and Equipment

Advancements in golf technology offer invaluable support for senior players. Today's clubs can significantly mitigate the effects of diminished swing speed and muscle strength. Lightweight clubs equipped with flexible shafts sustain your driving distance. Additionally, clubs featuring larger clubheads are engineered to enhance forgiveness.

Prioritize Conditioning and Flexibility

Regular conditioning, focusing on flexibility and core strength, can significantly impact your ability to adjust your swing as you age. Incorporate stretching into your daily routine, focusing on the muscles most used in golf. Yoga and Pilates can be excellent for maintaining flexibility, balance, and core strength, directly benefiting your golf swing.

By making mindful adjustments to your swing, stance, and equipment, and by prioritizing your physical condition, you can continue to enjoy and excel in the game of golf. Embrace these changes not as limitations but as opportunities to evolve your game in new and rewarding ways.

舒適自在享受高爾夫球： 隨著年齡增長改變打球的習慣

對高爾夫球手來說，隨著年齡增長，身體不可避免地也會發生變化；靈活性下降，肌肉力量可能減弱，受傷的風險可能增加。然而，高爾夫球是一項可以享受到晚年的運動，以下是建議高齡人士在打高爾夫球時如何調整揮桿及策略，以繼續享受打球的樂趣。

著重於效率

專注於揮桿效率而不是力量。隨著年齡增長，揮桿的爆發力可能會減弱，但效率（準確且穩定地擊球）可以讓你保持比賽狀態及競爭力。專注於打出平穩、受控的揮桿，以保持平衡及節奏。

改變姿勢及握桿方法

隨著靈活性降低，調整姿勢可以幫助保持舒適有效的揮桿。考慮稍為擴闊你的站姿以提高平衡性和穩定性。此外，嘗試使用更強的握力或調整握桿位置以補償手腕靈活性或力量的下降，有助於在整個揮桿過程中保持對球桿的控制。

縮短向後揮桿的幅度

完整的向後揮桿在很大程度上依賴靈活性，否則可能會拉傷背部、肩膀和臀部。縮短向後揮桿的幅度可能會對高齡球手更有利。這種調整不僅可以減輕身體的壓力，還可以提高擊球的控制力和一致性。

善用科技及設備

高爾夫球技術的進步為高齡球手提供了寶貴的支援。如今的球桿可以顯著地緩緩和因揮桿速度及肌肉力量下降而產生的影響，配備軟軸的輕量球桿可維持你的擊球距離。此外，具有較大桿頭的球桿經過精心設計，可以更有效地修正錯誤。

優先考慮體能及靈活性

定期進行專注於靈活性及核心力量的訓練，對你因為隨著年齡增長而調整揮桿的能力有顯著的幫助。將伸展運動融入日常生活中，並專注鍛鍊打高爾夫球時最常用的肌肉。瑜伽及普拉提運動對於保持靈活性、平衡及核心力量非常有效，對揮桿動作有直接益處。

透過仔細調整揮桿動作、姿勢及裝備，並優先考慮身體狀況，你便可以繼續享受高爾夫球運動並取得優異成績。樂於進行這些改變，不要將其視為限制，而是以新的、有益的方式延長你的高球生命的機會。



Golf Experience Day 高爾夫球體驗日

The Club's Golf Experience Day, held in February, was a resounding success, thanks to the expert guidance of our Golf Professional, Mr. Alain Lau. Attendees benefitted from a thorough practice session, which included both range and putting green activities. This event provided a fantastic introductory and refresher golfing experience for our Members.

本會的高爾夫球體驗日已經於2月下旬順利舉行，感謝本會高爾夫球教練 Alain Lau 的專業講解及指導，讓所有參加者學習到揮桿的動作及力學知識，幫助提高技術，同時享受高爾夫球的樂趣，製造了難忘的回憶。

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。

Personal Trainers & Pilates Coaches at the Club

太平洋會 — 私人健身及普拉提教練團隊

We are proud to offer a team of highly skilled and professional personal trainers and Pilates coaches dedicated to helping you achieve your fitness goals. Our trainers are experienced in creating personalized workout plans tailored to your needs, while our Pilates coaches can help improve your strength, flexibility, and overall well-being.

Join us at the Pacific Club to experience the difference our expert trainers can make in your fitness journey. For more information, please contact the Gymnasium on 2118 1863.

本會的專業私人健身及普拉提教練團隊，致力幫助大家實現健身目標。每一位教練均擁有豐富且專業的教學經驗，能夠為大家度身定制最切合需求的個人化運動計劃，為大家的健身旅程帶來前所未有的體驗。

讓我們的專業教練為你的健身之旅帶來改變。欲知更多詳情，請致電 2118 1863 與健身室聯絡。



Billy Che



Cindy Ng



Daniel Wong



Derek Ma



Gary Wong



Ida Kam



Max Ng



Rosel Chu



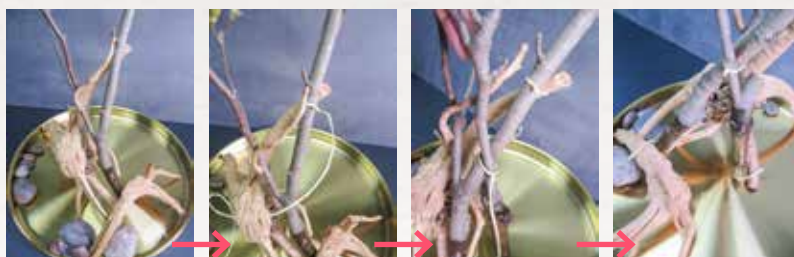
Yan Lau

A Springtime Arrangement

1. Secure a few of the tree branches together with wire to make a stand on the round plate.
2. Place some black pebbles onto the round plate. Use the large ones to secure the stand and the small ones for decoration.
3. Secure the Bamboo plants on the stand with wire.
4. Secure the Anthrium Hawaii and Yulan Magnolia on the stand one-by-one as well.
5. Add water into the round plate and change regularly.

春季花卉擺設

1. 用鐵絲將幾支樹枝固定在一起，做一個支架放在圓盤上。
2. 在圓盤裡放一些黑色卵石，大的用來固定支架，小的用來作裝飾。
3. 首先用電線將竹葉植物固定在支架上。
4. 然後將夏威夷掌和玉蘭花也先後固定在支架上。
5. 在圓盤中加清水並定期更換。



What You'll Need:

- Various Mini Plants:
Yulan Magnolia, Bamboo Plant, Anthrium Hawaii
- A Large, Round Plate
- Thick Tree Branches in different heights
- Black Pebbles in different sizes
- Floral Wire

所需材料：

- 花卉植物：
玉蘭花、竹葉植物、夏威夷掌〔火鶴花〕
- 一個大圓盤
- 不同長度的粗樹枝
- 不同大小的黑色卵石
- 花卉鐵絲

Hair Product Sale in April 4 月份頭髮產品優惠



Deuxer Soft Wax 2

~~\$250~~ \$225

Deuxer 2 Soft Wax creates a natural, soft look. This product is suitable for medium to long hair, as well as curly hair. All DEUXER styling products contain either macadamia nut oil or macadamia nut butter to provide incredible smoothness, gloss, and moisture to the hair. Use this fantastic moisture-rich product to create various hair styles without weighing the hair down.

Deuxer 2號軟髮蠟

Deuxer 2 號軟髮蠟能夠締造自然及柔軟的造型效果，適合中至長髮及曲髮人士使用。各款 Deuxer 產品均含有澳洲堅果油，賦予頭髮順滑、光澤及水潤感覺，為髮根至髮尾作出修護及保濕，打造出無重、自然順滑、柔軟整潔的髮型。

Proaction for C. Shampoo, 170ml

~~\$130~~ \$115

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

Proaction C. 鎖色洗髮水，170毫升

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



Avarice Awaken 003 Salt Water, 120ml

~~\$220~~ \$180

This incredible salt water product can help to maintain your hair style longer and increases volume immediately. It is suitable to use as a base for all kinds of hair styling. The biggest advantage of this product is to achieve the effect of fullness, whilst also providing soft and natural hair texture.

Avarice Awaken 003頭髮蓬鬆水定型噴霧，120毫升

使用這款鹽水可令造型更持久，並立即提升豐盈感，適合在進行各種頭髮造型前使用。其最大優點是使用後可以令頭髮感覺柔順及自然，同時亦能做到豐盈的效果。

This Month's Promotion

Brighten Your Style with an Exclusive 10% Off Full Head Highlights

This April, indulge your hair with our complete highlighting treatment at the Hair Salon, designed to refresh and illuminate your style. Our expert stylists are ready to transform your look and ensure you shine!

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

為造型添加色彩 — 全頭顏色挑染9折優惠

於4月份，到會所髮廊惠顧全頭顏色挑染服務，為秀髮帶來容光煥發的效果。本會的專業髮型師已隨時作好準備，為你設計一個煥然一新的造型，確保令你變得光彩照人！

查詢詳情及預約服務，請致電 2118 1893。





Holiday Notice

Please note that all junior and adult group classes will be cancelled on Easter Monday on 1st April and Ching Ming Festival on 4th April.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於4月1日復活節及4月4日清明節公眾假期暫停舉行。



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

每週一堂的週日網球聯誼聚會於星期日傍晚舉行，歡迎前來與其他會員及教練切磋球技，認識新的志同道合，一同分享打網球的樂趣。收費每位\$170（設茶點招待）。此聚會只供成年會員參加。

- Date : Sunday 7th, 14th, 21st & 28th April
- 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

If your child is interested in playing tennis, our weekly Pacific Club Junior Tennis Academy is especially for kids aged 3½ to 16 years. Come and sign-up for expert instruction, together with lots of fun. Please note that the fee will be charged on a monthly basis

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。4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 6th, 13th, 20th & 27th April
- Time : (A) 10:00am – 11:00am
(B) 11:00am – 1:00pm
- Venue : Indoor Tennis Courts
- Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)
(B) Member \$1,120, Guest \$1,600 (for 4 lessons)
- Age : (A) 3½–6 years
(B) 6–16 years



Ladies' Morning Tennis

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 8th, 15th, 22nd & 29th April
 Time : 10:00am – 12:00noon (Intermediate/Advanced Level)
 Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)
 Venue : Indoor Tennis Courts



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

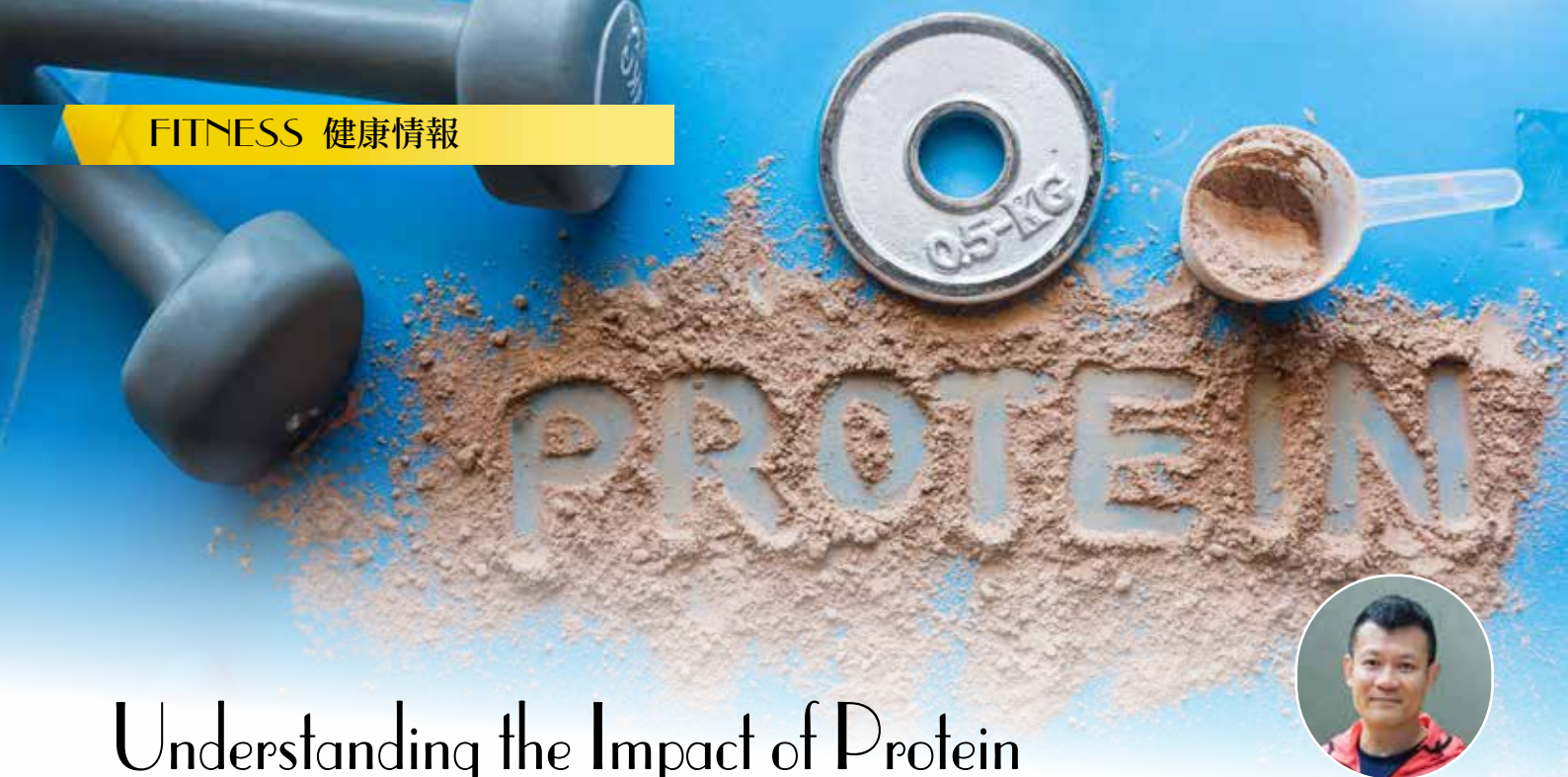
Experience the excitement of Pickleball with our Pacific Club Group Classes, catering to various age groups. Whether you're a youngster or a seasoned adult eager to try something new, these classes are designed just for you!

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，4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 14th, 21st & 28th April
 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



Understanding the Impact of Protein Powder Supplementation After Exercise

By Personal Trainer, Derek Ma

撰文：私人健身教練 - Derek Ma

Many fitness enthusiasts consider consuming a protein shake right after their workout session as a key part of their routine. This practice stems from the belief that immediate protein supplementation is crucial for muscle development and recovery post-exercise. Yet, the actual benefits of this timing may not be as significant as commonly thought.

The concept of the "Metabolic Window" suggests a critical period, typically within one hour post-exercise, during which the body supposedly benefits most from protein intake. This theory is based on the idea that muscles, having been stressed and slightly damaged during exercise, are more receptive to absorbing and utilizing protein to repair and grow during this window.

The premise is that delaying protein consumption beyond this window might impede the muscles' ability to recover and grow efficiently. Exercise, especially strength training, micro-damages the muscles, necessitating protein for repair and growth. Amino acids in protein are essential for mending damaged muscle fibers and synthesizing new protein strands, aiming to enhance muscle strength, size, and health.

Contrary to previous beliefs, recent studies indicate that our protein needs might be higher than once thought. The traditional guideline suggests a daily intake of 0.8 grams of protein per kg of body weight. For someone weighing 68 kg, this translates to about 55 grams of protein daily. However, for optimal muscle growth, the National Strength and Conditioning Association (NSCA) now recommends 1.5 to 2 grams of protein per kg of body weight, doubling the previous suggestion to 102-136 grams for a person of the same weight.

Research also debunks the necessity of consuming protein immediately after exercise. Findings show that muscle protein synthesis rates are similar whether amino acids are consumed one, two, or three hours post-exercise. Moreover, the effectiveness of protein powder in building muscle does not significantly differ whether consumed immediately after exercise or not, as long as the overall daily protein target is met.

These insights reveal that the "Metabolic Window" for protein intake might extend up to 24 hours or more post-exercise, suggesting that the timing of protein supplementation is less critical than previously believed. What matters more is ensuring you meet your daily protein intake goals for muscle growth.

Maximizing Muscle Growth Through Protein Distribution

While the Metabolic Window may be longer than once thought, there's still a strong case for distributing protein intake evenly throughout this period. Studies have examined the effects of consuming 80 grams of protein at various intervals after strength training. The findings suggest that consuming 20 grams of protein every three hours post-exercise yields a higher muscle protein synthesis rate compared to other distribution patterns.

For optimal muscle development, it's recommended to consume 0.4 - 0.55 grams of protein per kg of body weight four times a day. For an 82 kg individual, this means intake of 33 - 45 grams of protein across four daily sessions.

Maintaining muscle health requires 25 - 35 grams of protein per meal, achievable through sources like lean meat, eggs, dairy, and legumes. Ultimately, the key to muscle growth and recovery lies in meeting daily protein requirements through thoughtful distribution, rather than timing protein intake to a narrow post-exercise window.



許多健身愛好者都認為，在運動後立即飲用蛋白粉應該成為他們日常生活的習慣。原因是他們相信：立即補充蛋白質對於運動後的肌肉發展和恢復十分重要。然而，在這個時候飲用蛋白粉的實際好處可能不如大家所預期的有意義。

有一個名為「合成代謝窗口」的概念提出了一個關鍵的時間，通常是運動後一小時內，在此期間身體從蛋白質攝取中獲益最多。此理論是基於這樣的觀點：在運動過程中受到壓力和輕微損傷的肌肉，在這個窗口期內更容易吸收及利用蛋白質來進行修復及生長。

前提是，延遲蛋白質消耗超過這個時間可能會阻礙肌肉有效恢復及生長的能力。運動，尤其是艱苦的肌力訓練，都會對肌肉造成微小的損傷，這需要蛋白質來進行修復及生長。蛋白質中的胺基酸對於修復受損的肌肉纖維及合成新的蛋白質鏈十分重要，最終目標是增強肌肉的力量、大小及健康。

與先前的看法相反，最近的研究指出，我們對蛋白質的需求可能比以前想像的更高。一般的建議是每人每日以每千克體重攝取 0.8 克的蛋白質，即是對於體重 68 千克的人士來說，每日應攝取約 55 克的蛋白質。然而，為了達到最佳的肌肉生長狀態，美國國家體能協會（NSCA）現在建議每千克體重應攝取 1.5-2 克的蛋白質，表示體重 68 千克的人士的蛋白質攝取量需要增加一倍至 102-136 克。

研究也揭穿了運動後立即攝取蛋白質的必要性的真相。研究結果顯示，無論在運動後一小時、兩小時，或是 3 小時內攝取胺基酸，肌肉的合成代謝反應都差不多。此外，只要達到每日的整體蛋白質攝取目標，那麼無論運動後立即食用蛋白粉與否，蛋白粉在增肌方面的效果並沒有顯著的差異。

這些見解揭示，蛋白質攝取的「合成代謝窗口」可能會延長至運動後 24 小時或更長時間，這顯示補充蛋白質的時機並不像之前認為的那麼重要，更重要的是確保能夠達到有助肌肉生長的每日蛋白質攝取目標。



透過蛋白質分佈令肌肉生長達到最大值

雖然「合成代謝窗口」的時間可能比以前想像的更長，但在此期間仍有充分的理由均勻分配蛋白質攝取量。研究檢驗了在力量訓練後的不同時間間隔攝取 80 克蛋白質的效果，結果顯示，與其他分佈模式相比，運動後每 3 小時攝取 20 克蛋白質可以產生更高的肌肉蛋白質合成率。

為了獲得最理想的肌肉生長狀態，建議每人每日以每千克體重攝取 4 次 0.4-0.55 克的蛋白質；這意味著對於體重 82 千克的人士來說，每日應攝取 4 次 33-45 克的蛋白質。

要維持肌肉健康，成年人需要在每餐攝取 25-35 克的蛋白質，這可以透過食用瘦肉、雞蛋、乳製品及豆類等食物取得。最終，肌肉生長及恢復的關鍵在於透過深思熟慮的分配來滿足每日蛋白質的需求，而不是將蛋白質攝取時間限制在運動後的狹窄時段內

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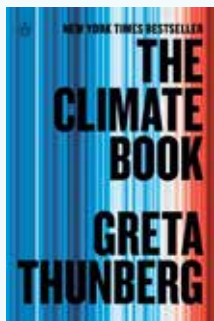


The Climate Book: The Facts and the Solutions

by Greta Thunberg

We still have time to change the world. From Greta Thunberg, the world's leading climate activist, with her commentaries throughout and updates for this new paperback edition to reflect the latest research, comes the essential handbook for making it happen. You might think it's an impossible task: secure a safe future for life on Earth, at a scale and speed never seen, against all the odds.

There is hope - but only if we listen to the science before it's too late. In The Climate Book, Greta Thunberg has gathered the wisdom of over one hundred experts - geophysicists, oceanographers and meteorologists; engineers, economists and mathematicians; historians, philosophers and indigenous leaders - to equip us all with the knowledge we need to combat climate disaster. Alongside them, she shares her own stories of demonstrating and uncovering greenwashing around the world, revealing how much we have been kept in the dark.



This is one of our biggest challenges, she shows, but also our greatest source of hope. Once we are given the full picture, how can we not act? And if a schoolchild's strike could ignite a global protest, what could we do collectively if we tried? We are alive at the most decisive time in the history of humanity. Together, we can do the seemingly impossible.

But it has to be us, and it has to be now!

我們還有時間改變世界。積極推動解決世界氣候變遷問題的領導人 Greta Thunberg 為這本新平裝書籍提供了貫穿始終的評論和更新，以反映最新的研究成果，為實現這一目標提供了重要的實用手冊。你可能認為這是一項不可能的任務：以前所未有的規模和速度，克服一切困難，確保地球上所有生命擁有安全的未來。

希望仍然存在 — 但前提是我們要在為時已晚之前傾聽科學的聲音。在《The Climate Book》裡，Greta Thunberg 匯集了一百多位專家的智慧 — 地球物理學家、海洋學家和氣象學家；工程師、經濟學家和數學家；歷史學家、哲學家和原住民領導人 — 為我們所有人提供應對氣候災難所需要的知識。除了他們之外，作者還分享了自己在世界各地展示和揭露「漂綠」的故事，揭示了我們被矇騙了多少事情。

她表示，這是我們面臨的最大挑戰之一，但也是我們最大的希望之源。一旦我們了解了全局，我們怎麼能不採取行動呢？如果小學生的罷課可能引發全球抗議，那麼如果我們嘗試的話，我們能集體做些什麼呢？我們活在人類歷史上最決定性的時刻。只要齊心協力，我們就能完成看似不可能的事。

但必須是我們，而且必須是現在！

AI 2041: Ten Visions for Our Future

by Lee Kai-Fu and Chen Qiufan

How will artificial intelligence change our world within twenty years? AI will be the defining development of the twenty-first century. Within two decades, aspects of daily human life will be unrecognizable. AI will generate unprecedented wealth, revolutionize medicine and education through human-machine symbiosis, and create brand new forms of communication and entertainment.

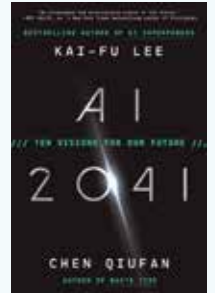
However, AI will also challenge the organizing principles of our economic and social order and bring new risks in the form of autonomous weapons and smart technology that inherits human bias. AI is at a tipping point, and people need to wake up-both to AI's radiant pathways and its existential perils for life as we know it. In this provocative, utterly original work of "scientific fiction," Lee Kai-Fu, the former president of Google China and bestselling author of AI Superpowers, joins forces with celebrated novelist Chen Qiufan to imagine our AI world in 2041 in ten gripping short stories.

Gazing toward a not-so-distant horizon, AI 2041 offers urgent insights into our collective future and reminds us that we are the authors of our own destiny.

在 20 年內，AI（人工智能）將如何改變我們的世界？AI 將成為 21 世紀的決定性發展。在 20 年內，人類日常生活中的各方面都將會變得面目全非。AI 將創造前所未有的財富，透過「人機共生」徹底改變醫學和教育，為人類創造全新的溝通和娛樂形式。

然而，AI 也將挑戰我們經濟和社會秩序的組織原則，並以繼承人類偏見的自主武器和智慧技術的形式帶來新的風險。AI 正處於一個轉折點，人們需要清醒地認識到 AI 的飛速發展和我們所知它對生命構成的生存危險。在這本極具挑釁性、完全原創的「科幻小說」中，Google 中國前總裁、暢銷書《AI Superpowers》的作者李開復與著名小說家陳楸帆聯手，用十個扣人心弦的短篇故事來想像 2041 年的 AI 世界。

放眼不那麼遙遠的未來，《AI 2041》為我們共同的未來提供了迫切的見解，並提醒我們，我們是自己命運的創造者。



From now until 30th April, 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.

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Sony FE 24-50mm lens

Sony FE 24-50mm lens
on Alpha 7R cameraSony FE 24-50mm lens
on Alpha 7C cameraSony FE 24-50mm lens
on FX3 cinema camera

From Clutter to Clarity: Streamlining Your Lens Collection for Maximum Impact

In the dynamic world of photography and videography, where technology evolves at a breakneck pace, owning a camera that supports interchangeable lenses opens up a universe of creative possibilities. Over my 25-year career in this industry, I've navigated the challenging waters of lens selection numerous times. The journey hasn't always been straightforward, as each lens brings its unique strengths to a shoot, complicating the decision-making process.

Throughout the years, I've amassed a considerable collection of lenses, each acquired with the vision of unlocking new creative avenues. Yet, when I survey my collection today, a twinge of unease accompanies the realization that a significant portion of these lenses have seen little to no action. Despite their potential, some have yet to justify their cost with sufficient use, laying dormant unless a highly specific project demands their capabilities.

A handful of lenses, however, have stood the test of time and usage, consistently contributing to the financial success of my studio. This disparity raises the question: should I streamline my collection, focusing only on those lenses that have proven their worth? The thought of parting with my lesser-used lenses always brings a moment of hesitation, fueled by the optimism that they may yet play a crucial role in a future project.

This ongoing dilemma has often led me to ponder the existence of a "one-size-fits-all" lens, capable of handling the majority of my professional needs without the bulk, weight, and expense typically associated with professional zoom lenses. My quest for such a solution seemed fruitless until a recent announcement caught my attention.

Yesterday I saw the announcement about a new lens coming onto the market in May. It's the 24-50mm f2.8 lens for the Sony Alpha mirrorless cameras, such as the Sony Alpha 7 series. At last there is a small and lightweight lens that costs much less while still satisfying about 95 percent of my needs for professional photo shoots. I can hardly wait to try it out when it becomes available!

從混亂到清晰：簡化你的鏡頭收藏以獲得最大效果

在瞬息萬變的攝影和錄像世界中，科技以驚人的速度發展，擁有一部支援可更換鏡頭的相機開啟了無限的創意可能性。在我從事這行業 25 年的職業生涯中，曾多次經歷選擇鏡頭的挑戰。這個過程並不總是能順利完成，因為每個鏡頭都會為拍攝帶來其獨特的優勢，從而使決策過程變得複雜。

多年來，我收集了大量鏡頭，每個鏡頭都是為了開啟新的創意途徑而搜羅的。然而，當我今天查看我的收藏時，竟發現這些鏡頭中有大部分都幾乎沒有動用過，這讓我感到一陣憂慮。儘管它們都具有創新的潛力，但有些尚未通過充分使用以證明其成本合理，除非有一個非常具體的項目需要用到其功能，否則它們就只能被暫時擱置。

然而，只有少數鏡頭能經得起時間和使用的考驗，可以持續地為我工作室的財政收入作出貢獻。這種差異提出了一個問題：我是否應該簡化我的收藏，只專注在那些已經證明其價值的鏡頭上呢？但「放棄我較少使用的鏡頭」的想法總是讓我有片刻猶豫，總是樂觀地想著，也許它們在未來的一些工作中可以發揮著至關重要的作用。

這個持續令我進退兩難的問題讓我經常思考是否存在一種「一體適用的」的鏡頭，能夠滿足我大部分的專業需求，而不會像專業變焦鏡頭那樣體積大、沉重而且價格高昂。我對這種解決方案的追求似乎只是一場空想，直到最近的一項公告引起了我的注意。

昨天我看到一篇有關即將於 5 月份開售的新鏡頭公告。這是適用於 Sony Alpha 無反光鏡相機（例如 Sony Alpha 7 系列）的 24-50mm f2.8 鏡頭。終於有一款小而輕的鏡頭面世了，而且價格低得多，還能夠滿足我大約 95% 的專業照片拍攝需求。我殷切期待它發售及嘗試使用！



Robin's Nest

Hong Kong's newest country park – Robin's Nest – has just been declared in the far northeast corner of the New Territories. The mountain it is named after, of course, has always been there, but the long-unofficial trail over it is now official, with signposts freshly erected.

This hike is quite rugged, with a lot of ups and downs on sometimes rough paths, and should only be attempted by experienced hikers. Walking time: 5 hours.



Take the MTR's East Rail to Sheung Shui, leave by Exit A1 and cross the street to the green minibus terminus. Minibus 55K is directly opposite. Ride it for about 30 minutes to Tam Shui Hang, which is just before the frontier closed zone boundary at Sha Tau Kok. The stop is marked by a pink-tiled pavilion. If you go past it, don't worry, you will have to alight at the closed zone boundary anyway and you can just walk back.

Turn left just before the pink pavilion and walk through the village. Keep the yellow-roofed ancestral hall on your right, and then turn right at the abandoned village school. A path leads through trees to meet the well-paved Shan Tsui Road. Turn left onto it and you'll find the start of the Robin's Nest Trail a short distance on, marked by a brand-new mapboard.



Hiking uphill through shady forest, it's not long until gaps appear in the foliage and you can enjoy views of Starling Inlet to the south, and Shenzhen to the north. Here, you are very close to the frontier between Hong Kong and Guangdong province.

Signage is still quite sparse, but there is really only one path to follow as you climb gradually uphill. Wartime ruins, in the form of a pillbox and a lookout post, are interesting to explore, and further on there are some old barrack buildings for the soldiers who were once stationed up here. Past these, the trail rises out of the forest and suddenly you're hiking across rolling open hillsides.

The hilltop of Hung Fa Chai at 489 metres is almost as high as your ultimate destination, the 492-metre Robin's Nest, but it's quite a distance between the two. Despite being named the Robin's Nest Trail, the actual summit of Robin's Nest is not signposted, and the new trail bypasses it. To set foot on the peak, make a right turn up the steps at the signpost for Lin Ma Hang, and then quickly turn left on a narrower path to walk up through the rocky scrub to the summit.

From here you can see a transmitter building below to the south. Walk down in its direction, on a steep stony trail which can be treacherous but is not long. It ends at a paved jeep track, which leads you back downhill on a long but easy route.

When you meet a quiet road, turn left and follow it to a roundabout on the Sha Tau Kok Road. Follow the pavement, keeping to the left, until you can cross the road opposite the ornate archway of Loi Tung village. There's a bus stop here from where you can catch minibus 55K or KMB bus 78K back to the MTR.





紅花嶺

位於新界東北角的紅花嶺剛被宣佈為香港最新的郊野公園。當然，以其名字命名的那座山峰存在已久，但山上一直存在的非官方小徑現在也正式被官方認可，路標也剛剛被豎立起來。

這次行走的路線非常崎嶇，部分崎嶇不平的路徑上還有很多起伏，只適合經驗豐富的遠足人士前往。步行時間：5 小時。

乘搭港鐵東鐵線至上水站，由 A1 出口離開，橫過馬路到達專線小巴總站。小巴 55K 就在對面。乘坐約 30 分鐘到達位於沙頭角邊境禁區邊界前的担水坑，車站以粉紅色瓷磚亭子為標誌。如果你錯過了這個站也不用擔心，只要你在被封閉的區域邊界下車，然後走回去即可。

在粉紅色涼亭前左轉，穿過村莊。保持黃頂祠堂在你的右手邊，然後在廢棄的鄉村學校右轉。一條小路穿過樹林，來到鋪砌好的山咀村路交會處。左轉進入該路，你會在不遠處發現紅花嶺步道的起點，並有全新的地圖板標記。

步行上山，穿過濃蔭密布的樹林，不一會兒，樹葉間就出現了縫隙，向南可眺望沙頭角海，向北可眺望深圳。在這裡，你已經非常靠近香港與廣東省之間的邊境。

該處的指示牌仍然不足，但當你逐漸上坡時，實際上只有一條路可以走。戰時遺址以碉堡和瞭望台組成，值得停留探索一下；更進一步，還有一些為曾經駐紮在那裡的士兵而建造的舊營房。經過該處後，小路就從樹林中向上延伸，突然間你就已經徒步穿越了起伏的開闊山坡。

紅花寨山頂位於海拔 489 米，幾乎與你的最終目的地 492 米高的紅花嶺一樣高，但兩者之間的距離相當遠。儘管被命名為紅花嶺步道，但真正的紅花嶺頂峰並沒有設置路標，要經由新的步道繞過前往。要踏上山頂，請在蓮麻坑路標處的梯級上右轉，然後快速左轉走進一條較窄的小路，穿過岩石灌木叢到達山頂。



從這裡你可以看到南面下方的一座發射站。在一條陡峭的石路上朝著它的方向往下走，雖然很危險，但路程並不長。它的終點是一條鋪砌好的吉普車小徑，沿著一條漫長但輕鬆的路線回到山坡下。

當你到達一條安靜的道路時，請左轉並沿著它前往沙頭角道的迴旋處。沿著行人路靠左行，直至穿過菜洞東村一個華麗牌坊對面的馬路。這裡有巴士站，你可以在那裡乘搭小巴 55K 或九巴 78K 返回港鐵站。

Margarita Cocktails

at the Oyster Bar & Club Bar in April

瑪格麗特雞尾酒

於 4 月份在 Oyster Bar 及會所酒吧供應

Savour the magic of Margarita Month at the Oyster Bar & Club Bar! Join us to indulge in a wide variety of Margarita cocktails, at \$58 per glass.

歡迎前來 Oyster Bar 及會所酒吧感受瑪格麗特月的魔力！盡情品嚐多款瑪格麗特雞尾酒，當中每一款都是我們的精心傑作，將優質原材料與調酒技術融為一體。請不要錯過！每杯 \$58。

The Quintessential Classic Margarita
典型的經典瑪格麗特

The Delicate Lychee Margarita
味道精緻的荔枝瑪格麗特

The Refined Strawberry Margarita
優雅的草莓瑪格麗特

The Intriguing Passion Fruit Margarita
香氣迷人的百香果瑪格麗特

The Lush Mango Margarita
充滿果香的芒果瑪格麗特

The Sumptuous Pineapple Margarita
奢華的鳳梨瑪格麗特

Each variation is a masterpiece, blending premium ingredients with artisanal flair. Don't miss it!

* Described cocktails are subject to change upon availability.
以上雞尾酒會根據供應情況而有所更改。



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

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

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

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

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

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

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



1

2



Ean Chen



Edward Ho

Congratulations to Edward Ho, who has successfully achieved a Second Dan (II degree), and Ean Chen, who has successfully achieved a First Dan (I degree) awarded by the International Taekwondo Federation.

恭喜本會跆拳道學員 Edward Ho 成功考獲由國際跆拳道聯盟頒發的黑帶二段，以及 Ean Chen 也成功考獲黑帶一段。



The Pacific Club's Taekwondo students recently showcased their skills at the prestigious Original Taekwondo Council ITF Invitational Tournament, an event celebrating the 75th Anniversary of the founding of the People's Republic of China. Their exceptional performances were a testament to their dedication and hard work. Congratulations to the Club's Junior Taekwondo Team on their remarkable achievements!

本會多位跆拳道學員於較早前參加了「慶祝中華人民共和國成立75週年—香港正統跆拳道聯盟邀請賽2024」，並獲得佳績。在此恭喜各位得獎學員。



Group Achievements 團體賽成績

Color Belt Patterns Group B - Team A 兒童色帶隊制套拳B組

- 1st Runner-up 亞軍：Ho Yik Sum, Ho Pui Yi, Jasmine Jim

Color Belt Patterns Group C 兒童色帶隊制套拳C組

- Winner 冠軍：Team C: Claire Wong, Cedrina Lock, Jessie Chan
- 1st Runner-up 亞軍：Team B: Cesar Chan, Ean Chen, Jeremy Yau

Individual Achievements (Teenager) 個人賽成績 (青少年)

Male Color Belt Patterns 男子青少年色帶套拳

- 2nd Runner-up 季軍：Bosco Chan

Individual Achievements (Junior) 個人賽成績 (兒童)

Male Black Belt Patterns 男子兒童黑帶套拳

- Winner 冠軍：Edward Ho

Male Age 11 男子兒童色帶套拳(11歲)

- Winner 冠軍：Ean Chen
- 1st Runner-up 亞軍：William Ng, Jeremy Yau

Male Age 9-10 男子兒童色帶套拳(9-10歲)

- 1st Runner-up 亞軍：Cesar Chan

Male Age 9 男子兒童色帶套拳(9歲)

- 1st Runner-up 亞軍：Vincent Ng

Male Age 8-9 男子兒童色帶套拳(8-9歲)

- 1st Runner-up 亞軍：Javan Jim

Male Age 4-5 男子兒童色帶套拳(4-5歲)

- 2nd Runner-up 季軍：Ho Yik Sum

Female Age 10-12 女子兒童色帶套拳(10-12歲)

- Winner 冠軍：Claire Wong

Female Age 10-11 女子兒童色帶套拳(10-11歲)

- Winner 冠軍：Jasmine Jim, Jessie Chan
- 1st Runner-up 亞軍：Cedrina Lock

Female Age 7-9 女子兒童色帶套拳(7-9歲)

- 2nd Runner-up 季軍：Ho Pui Yi



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

本會跆拳道班將教授套拳、對策、搏擊等技巧以及體能訓練，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，4月份4堂收費-會員\$720，非會員\$760。歡迎新學員參加。

Date : (A) Saturday 6th, 13th, 20th & 27th April

(B) Saturday 6th, 13th, 20th & 27th April

(Advanced Level)

Time : (A) 4:30pm - 5:30pm

(B) 3:30pm - 4:30pm

Venue : Aerobics Room

Price : Member \$720, Guest \$760 (for 4 lessons)

Age : 4 years and above



Holiday Notice

Please note that all junior and adult group classes will be cancelled on Easter Monday on 1st April and Ching Ming Festival on 4th April.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於4月1日復活節及4月4日清明節公眾假期暫停舉行。



Junior Easter Egg Design Competition 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 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

兒童復活蛋設計比賽2024

接受創意的挑戰，我們現鼓勵所有4-11歲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：**前往二樓接待處索取你的空白蛋殼模型。
- **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月號薈聚月刊中公佈。請踴躍參加



Spot the differences

Please find 8 differences between the two pictures.
請在兩圖中找出8個不同之處。

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Tuesday, 30th April. 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4月30日（星期二）舉行之抽獎，勝出者可獲禮物一份。

Name: _____
Age: _____ Contact Tel. No.: _____
Membership No.: _____

Hot Air Balloon Lamp Workshop

Create a magical piece of decor for your room with this adorable Hot Air Balloon Lamp. This hands-on workshop guides participants in how to make the lamp, which includes a cute bunny companion too!

熱氣球枱燈工作坊

在這個工作坊中，導師將會指導學員製作一個以可愛兔子為主題的熱氣球枱燈。這個枱燈製作容易，完成後可放在房間中作擺設。工作坊將於4月28日（星期日）舉行，適合5-12歲的會員參加，一堂收費 — 會員\$250，非會員\$370（包括課程當日的兒童遊戲室入場費）。

Date : Sunday, 28th April

Time : (A) 2:00pm – 3:00pm, (B) 3:15pm – 4:15pm

Venue : Children's Playroom Library

Price : Member \$250, Guest \$370

(including Children's Playroom entrance fee)

Age : 5–12 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歲會員參加，4月份4堂收費 — 會員\$720，非會員\$760。

Date : Sunday 7th, 14th, 21st & 28th April

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。課程於星期日舉行，適合6-10歲會員參加，4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 : Sunday 21st & 28th April

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

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，4月份3堂收費 — 會員\$600，非會員\$630。

Date : Wednesday 10th, 17th & 24th April

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. Through a combination of drills, games, and personalised 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。4月份3堂收費 — 會員\$780，非會員\$810。

Date : Friday 12th, 19th & 26th April

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



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

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

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

請於4月18日(星期四)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5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

March
Solution
三月份
遊戲答案

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

Congratulations to the winner
of last month's puzzle
恭喜上期得獎者
Ms Christina Chung



Amaebi and Shiso Ramen at Bā Ramen in April

Experience the exquisite blend of flavours where the sweet tenderness of Amaebi (sweet shrimp) meets the fresh, herbaceous notes of Shiso Leaves. Served with a light, yet savoury broth, this ramen offers a delicate, yet complex taste experience.

\$168 per bowl

4月份拉麵推介—日式甜蝦紫蘇拉麵

甜蝦的鮮甜與紫蘇葉的新鮮草本香氣互相結合，享受微妙的味覺融合。這款拉麵配有清淡而美味的湯底，提供精緻而複雜的味覺體驗。

每碗\$168。

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

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



Pacific City Club - Bangkok, Thailand

With style and prestige, the Pacific City Club, established in 1995, is located on the top three floors of impressive Two Pacific Place in central Bangkok. In addition to a wide range of facilities, personal and attentive services, the club presents incredible vistas over the city.



The dining outlets at Pacific City Club - Sai Si, The Dining Room, and The Bar convey the ambience of stylish dining and entertaining for members, with a combination of innovative, classic and traditional menus, complemented by an excellent selection of beverages.

At the Lobby, members can relax in comfortable armchairs with freshly brewed tea, tasty sandwiches and drinks of choice, or just catch up with current events in the daily newspapers. Indulge in delicious Traditional Afternoon Tea and discover the collection of exclusive teas on offer. Wind up the day on a sparkling note with a glass of champagne.

Offering Hong Kong style and Cantonese specialties, Sai Si features culinary creations. Cuisine from Sai Si can also be served in the Club's numerous private dining rooms when hosting guests for important occasions.



The Spa at the Pacific City Club, Bangkok is a calming haven in the heart of Bangkok's bustling metropolis. Quiet and cool, the décor is modern Thai, with elements of a bygone era and modern facilities. Individual changing and relaxation areas for female and male clients include steam, saunas, showers, and personal lockers.

The Spa features an extensive menu of treatments and therapies to renew and rejuvenate. In addition, the spacious, air conditioned gym boasts state-of-the-art TechnoGym equipment and expert personal trainers to upkeep your fitness during your visit.

So, when you are next travelling to Bangkok, be sure to obtain a Letter of Introduction to the wonderful Pacific City Club - a place that truly welcomes Pacific Club Members.

尊貴與品味集於一身的 Pacific City Club 建於1995年，座落泰國曼谷市中心 Two Pacific Place 最頂端的三個樓層，可抱覽全城景觀，為會員提供各項不同類型設施及個人、細心的服務。

在中西餐服務方面，會所設有 Sai Si 餐廳及酒吧，為會員提供時尚的餐飲及娛樂服務。在優雅的環境裡，配上揉合創新、古典及傳統風格於一身的中西菜式，以及選擇繁多的美酒及各式飲品，必定能令客人一試難忘。

會員亦可以安坐於會所大堂，優閒地泡茶，品嚐美味的三文治和各式特飲，寫意地閱讀各類型報章、雜誌。在下午茶時段，會員除了可以享用美味點心之餘，亦有一系列特色茶品供應；又或是忙裡偷閒，享用一杯香檳消除一天的倦意。



Sai Si 餐廳供應以香港地道口味融合廣東菜精髓為特色的港粵佳餚，在喜慶節日時，會員更可以包下私人廂房，細意品嚐廚師團隊的精湛手藝。

想在煩囂的曼谷市中心享受優哉游哉的寫意生活，可到 Pacific City Club 的水療中心。水療中心環境寧靜，設備先進齊全，設計以現代化的泰式裝修為主，讓古今風格融為一體。水療中心亦設有獨立男女賓休息室、更衣室、蒸氣浴室，桑拿及私人儲物櫃等設施，各種舒緩身心的水療及護理服務亦一應俱全。此外，會所還設有佔地寬敞的健身中心，擁有先進的 Techno Gym 健身器材及空調設備，專業健身教練可助你有效地達到運動目標。

若閣下正計劃到曼谷旅遊或公幹，請緊記攜同本會介紹信，親身體驗 Pacific City Club 這個能令你感到賓至如歸的地方。



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。

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