



四月號  
薈  
絮

# PACIFIC VIEWS

April 2025



(4月20日及21日除外)

# The Wishing Table Dinner Buffet

Available Sunday to Thursday at The Island View

Island View 餐廳 - 4月份週日至週四自助晚餐  
如「許願桌」般送上豐富美食

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

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

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

This storybook supper includes unlimited soft drinks and special beverages:

**Cold : Mandarin Lemon Spritz**

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

Date : Sunday to Thursday throughout April (except 20th & 21st)

Time : Dinner

Venue : The Island View Restaurant

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

Reservations : 2118 1846

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

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

你的許願桌正在等著你的蒞臨！立即訂座享受這神奇的用餐體驗。

這個故事書中的晚餐還包括任飲汽水及特飲：

冷飲：柑橘檸檬汽水

熱飲：蜂蜜薑黃薑茶配薄荷檸檬

收費：成人\$388

小童 6-12歲 \$256，3-5歲 \$128

訂座請致電 2118 1846。

This month, enjoy the thrill of our nightly lucky draws from Sunday to Thursday, with exciting rewards waiting to be won. Prizes include complimentary drinks, exclusive bottles of wine and champagne, and even free meal vouchers.

Each booking membership receives one entry per night. Terms and conditions apply.

本月份從週日到週四，享用我們每晚的美食之餘，大家還可以參加刺激的幸運抽獎，贏取令人興奮的獎品。獎品包括免費飲品、指定葡萄酒及香檳，甚至免費餐券。凡每個會籍預訂餐桌都可以參加當晚的抽獎一次。活動受條款及細則約束。

## Board of Governors

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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

Easter is at the heart of this month's festivities, with a range of dining experiences throughout the long weekend. From Good Friday's buffets at The Island View and Pier 6 to Saturday's family-friendly Easter Lunch with a special visit from the Easter Bunny. On Easter Sunday, enjoy a feast featuring our renowned spit-roasted baby lamb, while Easter Monday rounds off the celebrations with a final buffet indulgence. Take a look at pages 12-13 for all the information.

For our young Members, an exciting programme of Easter activities awaits, including an Easter Egg Design Competition, a Kite Flying Experience Day, and numerous workshops to keep the little ones engaged during the holiday break. Turn to pages 25-27.

Dining highlights this month include our spectacular Japanese Sakura Spring Dinner Buffet every Friday (except 18th April) at The Island View, inspired by the regional flavours of Japan's cherry blossom season. On Saturdays, indulge in the ultimate Surf 'n' Turf Dinner Buffet. Over at Pier 6, we are serving the very best French Bresse Chicken throughout April, roasted to perfection and carved tableside. For a traditional Sunday gathering, our Classic Sunday Roast Lunch Buffet returns on 6th, 13th, and 27th April at The Island View. And from Sunday to Thursday, our Wishing Table Dinner Buffet continues throughout April. This continuous-flow dining experience brings a magical feast straight to your table. As an extra bonus this month, diners can also look forward to our nightly lucky draws, with exclusive prizes such as complimentary drinks, wine, and free meal vouchers.

Looking ahead, Mother's Day falls on Sunday, 11th May, and we have a wonderful selection of dining options to celebrate this special occasion. Even further ahead, be sure to mark your calendar for our Château Lagrange Wine Dinner at Pier 6 on Friday, 16th May, featuring a range of vintages from this prestigious Saint-Julien estate in Bordeaux, hosted by Winemaker Matthieu Bordes. To see all the details on these May events, please turn to pages 4 and 18-19.

Finally, from 18th to 20th April, don't miss our exclusive Pop-Up Apparel Sale on the 1st Floor. Discover a stylish collection of Pacific Club polo shirts and jackets, available at great prices while stocks last.

I look forward to welcoming you to the Club this month for these wonderful celebrations and experiences.

尊敬的會員，

復活節是本月份的重點慶祝活動，我們將於整個長週末為大家安排各種餐飲體驗。精彩活動包括 Island View 及 Pier 6 餐廳的 Good Friday 自助午、晚餐；以及於星期六舉行，適合全家大小前來與復活兔一同慶祝的復活節午餐；到了復活節星期日，大家可以享用一頓以本會著名的烤羊肉為主角的盛宴；而在復活節星期一，我們也將以豐盛的自助餐為慶祝活動畫上圓滿的句號。欲了解所有資訊，請參閱第 12 - 13 頁。

對於年少會員，我們亦將為他們準備一連串令人興奮的復活節活動，包括復活蛋設計比賽、風箏體驗日，以及眾多工作坊，讓孩子們也能充實地度過長假期。詳情請參閱第 25 - 27 頁。

而本月份的重點餐飲活動，包括逢星期五（4月18日除外）在 Island View 舉行的日本春天櫻花季美食自助晚餐，其靈感來自日本櫻花盛開地區的當地風味；到了逢星期六，大家可以盡情享用海陸終極美食自助晚餐。在 Pier 6 餐廳，我們將於整個 4 月份為大家送上最優質的法國布雷斯雞，我們會將原隻雞烤得恰到好處，並在大家的餐桌旁切好上菜。傳統上大家都會在星期日安排家庭聚會，所以我們特別於 4 月 6 日、13 日及 27 日在 Island View 再次推出經典的週日烤肉自助午餐，讓大家可與家人聚首一堂享用美食。此外，Wishing Table 自助晚餐將繼續於 4 月份逢星期日至四舉行，在這獨特的童話式盛宴中，各式各樣美食將源源不絕地送到大家的餐桌上；而本月份還會為大家送上額外的獎賞，客人可以參加當晚的幸運抽獎，獎品包括免費飲品、葡萄酒及免費餐券等。

展望 5 月份，5 月 11 日（星期日）就是母親節，當日我們會安排一連串精彩的餐飲活動來慶祝這個特別日子；除此之外，請大家務必在日曆上記下本會將於 5 月 16 日（星期五）在 Pier 6 餐廳舉行 Château Lagrange 美酒晚餐，屆時釀酒師 Matthieu Bordes 將親臨主持，並帶來波爾多著名 Saint-Julien 產區的一系列年份葡萄酒。欲知有關這兩項活動的詳情，請參閱第 4 頁及 18-19 頁。

最後，不要錯過我們將於 4 月 18 日至 20 日在一樓舉行的會所服裝快閃大特賣，以最優惠價格選購太平洋會的時尚短袖有領 T 恤及外套，售完即止。

我期待於本月份在會所迎接大家參與我們安排的精彩慶祝活動及體驗。

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



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# Château Lagrange Wine Dinner

## with Winemaker, Mr Matthieu Bordes

### Château Lagrange 美酒晚宴

由釀酒師Mr Matthieu Bordes主持



Join us for an exclusive evening at Pier 6 in May celebrating the exceptional wines of Château Lagrange, hosted by esteemed Winemaker, Mr Matthieu Bordes. Located in the Saint-Julien appellation of Bordeaux's Médoc region, this historic Third Growth estate has been producing refined wines for centuries, renowned for their balance, structure, and ageing potential.

Experience a range of Château Lagrange vintages, expertly paired with a delicious French menu, designed to highlight the depth and character of each wine. Don't miss this rare opportunity to gain firsthand insight into the winemaking philosophy, heritage, and craftsmanship behind Château Lagrange, shared by Winemaker Matthieu Bordes himself.

本會誠邀大家於5月16日（星期五）前來 Pier 6 餐廳參加 Château Lagrange 美酒晚餐。當晚，酒莊的著名釀酒師 Mr Matthieu Bordes 將會親臨為大家介紹一系列著名的Château Lagrange 佳釀。這座歷史悠久的三級酒莊位於法國波爾多梅多克地區的聖朱利安產區，幾個世紀以來一直生產酒體細緻的葡萄佳釀，並以其平衡性、結構性及陳釀潛力而聞名於世。

請不要錯過這個難得的機會，品嚐一系列Château Lagrange 酒莊的陳年佳釀，並配搭旨在凸顯每種葡萄酒的深度及特色的美味法式菜餚；同時由釀酒師 Matthieu Bordes 親自分享Château Lagrange 背後的釀酒哲學、傳統及工藝。

晚餐配葡萄酒，收費：每位\$1,250。

訂座請致電 2118 1878。

Date : Friday, 16th May  
 Time : 6:30pm Welcome Drink  
 7:15pm Dinner  
 Venue : Pier 6 Restaurant  
 Price : \$1,250 per person (for Food and Wine Pairing)  
 Reservations : 2118 1878

#### M E N U

**2019 Les Arums de Lagrange Blanc, Bordeaux**  
 Cured Fillet of Trout  
 Toasted Almond Butter Milk | Tarragon Coulis  
 \* \* \*

**2016 Les Fiefs de Lagrange, St. Julien**  
 Charred Asparagus and Black Garlic  
 Langoustines Tails | Arabica Sabayon  
 \* \* \*

**2016 Château Lagrange, 3ème Cru Classe, St. Julien**  
 Pigeon and Duck Foie Gras en Croûte  
 Smoked Duck Breast | Watercress | Artichoke Fondue  
 \* \* \*

**2013 Château Lagrange, 3ème Cru Classe, St. Julien**  
**2009 Château Lagrange, 3ème Cru Classe, St. Julien**  
 Preparations of Pauillac Lamb in Three Ways  
 Sauce Bordelaise | Ramsons | Young Morels  
 \* \* \*

Dune Blanche Revisité  
 Almond Crème | Choux Croquante  
 \* \* \*

Canelé de Bordeaux

\* 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 I wish to update Members about a new **Weekly Newsletter**.

## Weekly Newsletter

Starting from 9th April 2025, the Club will send a weekly update every Wednesday, highlighting key activities and promotions for the coming week. This newsletter will feature Food & Beverage and Sports & Recreation updates, including ad-hoc events and promotions for the week that may not appear in the Club magazine. We look forward to keeping you informed and enhancing your experience at the Club.

This newsletter will be sent to your designated email addresses. Should you decide not to receive such email updates, please advise Membership Office via email: [membership@pacificclub.com.hk](mailto:membership@pacificclub.com.hk) or simply click 'Unsubscribe' at the bottom of the newsletter.

If you have any questions, please contact Membership Office on 2118 1802.

## Happy Easter!

Wishing all our Members and their families a very Happy Easter. The Club is offering numerous activities over the holidays, including both food and beverage and children's recreational workshops. Details can be found in this magazine.

## 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.



今個月份，我想向各位會員介紹全新的「每週通訊」。

### 每週通訊

由 2025 年 4 月 9 日起，本會每逢星期三均會向大家發送關於每週活動更新的通訊，重點推介一星期的重要活動及推廣。此通訊將介紹有關本會餐飲及康樂體育的最新資訊，其中包括可能未曾刊登在會所月刊內、臨時推出的本週活動及推廣。我們希望為大家提供最新的資訊，讓大家緊貼會所的動向，更多參與我們的活動推廣。

此通訊將發送至大家指定的電郵地址。如果你決定不接收此通訊，請透過電郵通知會籍部：[membership@pacificclub.com.hk](mailto:membership@pacificclub.com.hk)；或直接點擊「每週通訊」底部的「取消訂閱」。

如有任何疑問，請致電 2118 1802 與會籍部聯絡。

### 復活節快樂!

本會在此謹祝各會員及貴家屬復活節快樂！在復活節期間，我們將為大家安排一連串美食推廣及兒童興趣班，詳情請參閱本刊內頁。

### 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。



Friday Nights  
星期五晚上

# Japanese Sakura Spring Dinner Buffet

## 「日本春天櫻花季」美食自助晚餐

Experience the beauty of Japan's springtime sakura season every Friday in April (except 18th) with a buffet inspired by the regions where the cherry blossoms bloom. From the southern warmth of Fukuoka, through Osaka, Nagoya, and Tokyo, to the northern charm of Sendai and Sapporo, each week will feature regional specialities alongside an array of dishes prepared by our chefs.

Enjoy jet-fresh Seafood, Nagoya Cochin Chicken, and Kurobuta Pork, with Wagyu Beef taking centre stage at the carving station. Be sure to save room for dessert and indulge in soft-serve Matcha Ice Cream, Dorayaki Pancakes, Matcha Waffles, Hojicha Mousse, and delicate Japanese Peach and Sakura treats.

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

Date : Friday 4th, 11th & 25th April

Time : Dinner

Venue : The Island View Restaurant

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

Reservations : 2118 1846

於4月份逢星期五（18日除外）晚上，歡迎大家前來 Island View 餐廳品嚐以日本櫻花盛開地區為靈感的自助美食，感受日本春天櫻花季的美麗。從南部溫暖的福岡，到大阪、名古屋及東京，再到北部充滿魅力的仙台及札幌，每個星期我們都會推出當地的特色菜餚，以及由本會廚師設計烹調的一系列美食。

享用新鮮海產、名古屋交趾雞及黑毛豚肉，還有烤肉區的焦點美食一和牛。此外，切勿忘記一定要在胃部預留空間品嚐精美甜點，盡情享用抹茶軟雪糕、銅鑼燒煎餅、抹茶窩夫餅、焙茶慕斯，以及各式精緻的日本桃子及櫻花甜點。

晚餐收費：成人\$498

小童 6-12歲 \$328，3-5歲 \$188

每位另加\$178可任飲日本清酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。



Saturday Nights  
星期六晚上

# The Ultimate Surf 'n' Turf Dinner Buffet

## 海陸終極美食自助晚餐

On Saturdays, handpick your own Boston Lobster straight from the tank and let our chefs prepare it to perfection. Then, indulge in the ultimate Surf 'n' Turf feast of succulent Boston Lobster paired with a perfectly grilled Black Angus Sirloin Steak, served alongside Baby Vegetables, Buttered Mashed Potatoes, Sauce Béarnaise and Truffled Bone Marrow Jus.

In addition, explore our extensive cold and hot buffet, offering an array of delicious dishes that include many Beef and Lobster preparations, as well as much more.

Join us for an unforgettable Saturday night of Surf 'n' Turf indulgence at The Island View.

**For an additional \$178, our 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 \$798, including one whole Boston Lobster per adult

Children 6-12 years \$598, 3-5 years \$248

Reservations : 2118 1846

Island View 餐廳將於4月份逢星期六晚上舉行海陸終極美食自助晚餐，讓大家可以有機會直接從水族箱中親手挑選自己喜歡的波士頓龍蝦，再讓我們的廚師將其烹調得完美；然後，大家便可以盡情享用到極致的海陸美食盛宴－鮮味多汁的波士頓龍蝦配搭完美燒烤的黑安格斯沙朗牛排，佐以嫩蔬菜、牛油薯蓉、法國Béarnaise醬及松露骨髓汁。

在等候烹調龍蝦牛排期間，大家還可以品嚐我們豐富的冷熱自助菜式，其中包括各式各樣的牛肉及龍蝦菜式。

與我們一起在 Island View 度過令人難忘的週六夜晚，盡情享用海陸美食。

晚餐收費：

成人 \$798，包括每位成年客人享用波士頓龍蝦一隻

小童 6-12歲 \$598，3-5歲 \$248

每位另加\$178可任飲日本清酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。



## Fascia Exercise Training

This specialised class incorporates walls, mats, training tools, and various movement techniques to enhance mobility, strengthen the skeletal system, improve muscle strength, and refine balance. By following the fascia roadmap, participants will develop better movement efficiency and achieve a more poised, aligned posture.

### 筋膜運動訓練

本會的筋膜運動訓練課程教授利用牆壁、墊子、訓練工具及不同運動技巧，來提升活動能力、強化骨骼系統、提高肌肉力量及改善平衡感。學員透過鍛鍊筋膜結締組織，可提高運動效率並獲得更平衡、一致的姿勢。課程適合16歲及以上的會員參加，4月份3堂收費 — 會員\$540，非會員\$900。

備註：課程以廣東話授課

Date : Monday 7th, 14th & 28th April  
 Time : 1:30pm – 2:30pm  
 Venue : Aerobics Room  
 Price : Member \$540, Guest \$900 (for 3 lessons)  
 Age : 16 years old and above  
 Instruction : Please note, this class is taught in Cantonese only



## Funky Dance

Get your body moving with Funky Dance, an upbeat and easy-to-follow aerobic dance workout designed to keep you energised and engaged! Each lively session challenges you to complete 7,000 dance steps in just one hour, helping you burn calories while having fun. With great music and high-energy moves, it's the perfect way to boost fitness, improve coordination, and enjoy a full-body workout.



### Funky舞蹈班

讓身體隨著 Funky Dance 的舞步一齊動起來吧！這種有趣且簡單易學的有氧舞蹈鍛鍊，能讓你充滿動感及活力！每堂都是在挑戰你的體力，在一小時內完成7,000個舞步，讓你在享受樂趣的同時燃燒卡路里。伴隨著輕快的音樂及高能量的動作，這是增強體質、提高協調性及享受全身運動的完美方式。課程於星期五舉行，適合16歲及以上的會員參加，4月份兩堂收費 — 會員\$360，非會員\$600。

Date : Friday 11th & 25th April  
 Time : 12:00noon – 1:00pm  
 Venue : Aerobics Room  
 Price : Member \$360, Guest \$600 (for 2 lessons)  
 Age : 16 years and above

## Stretching Exercise Class

Regular stretching does more than just prevent muscle soreness — it enhances flexibility, improves posture, and promotes overall well-being. Whether you're an athlete looking for a competitive edge or simply want to move with greater ease, this class will help you improve alignment, boost circulation, reduce stress, and enhance coordination. Learn effective techniques to increase mobility, prevent injuries, and feel more balanced in everyday life.



### 伸展運動班

定期進行伸展運動不僅能預防受傷，亦可增強靈活性、糾正姿勢、提升整體表現。無論是尋求競爭優勢的運動員，還是只想令身體更靈活，本課程都可幫助你透過學習有效的技巧來改善身體平衡、促進血液循環、減輕壓力並增強協調性，防止受傷，獲得更平和的生活。課程於星期五舉行，適合16歲及以上的會員參加，4月份兩堂收費 — 會員\$360，非會員\$600。

備註：課程以廣東話授課

Date : Friday 11th & 25th April  
 Time : 3:00pm – 4:00pm  
 Venue : Aerobics Room  
 Price : Member \$360, Guest \$600 (for 2 lessons)  
 Age : 16 years and above  
 Instruction : Please note, this class is taught in Cantonese only





## Zumba Fitness

Bring the energy and excitement of a dance party to your workout with the Club's Zumba Fitness classes. These high-energy, Latin-inspired cardio dance sessions combine infectious rhythms with easy-to-follow moves, making exercise feel fun and effortless.

Dance your way to fitness on Sundays here at the Pacific Club with every step and beat!

### 尊巴健體舞班

參加本會的尊巴健體舞班，讓你的鍛鍊變成舞蹈派對，充滿活力及興奮。這項受到拉丁舞啟發、充滿動感的有氧舞蹈課程將富有感染力的節奏與容易跟隨的動作結合在一起，使運動變得有趣且輕鬆。歡迎於星期日前來太平洋會，隨著每一個步伐及節奏跳舞，保持健康！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。

Dates : Sunday 6th, 13th, 20th & 27th 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

## 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
English Drama Academy	4:30pm – 5:30pm (B) <b>*New Day</b> 5:30pm – 6:30pm (A)
Men's Double Training	7:00pm – 9:00pm Men's (B)

### Tuesday

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

### Wednesday

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

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

### Friday

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

### Saturday

Junior Swimming School	10:00am – 11:00am Elementary (A: 36 – 47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½ – 6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm - 5:00pm (All Levels)
Wall Climbing	2:00pm – 3:30pm <b>*New Day &amp; Time</b>

### Sunday

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

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

\*Guests will be put on waiting list, as Members will have first priority for enrollment. 會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

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



# Private Parties at The Island View

## Island View 餐廳宴會場地

Why not host your next private party in elegant style at The Island View?

The Island View effortlessly combines sophisticated indoor elegance with a welcoming outdoor atmosphere, enhanced by exceptional cuisine and impeccable service. The restaurant's expansive balcony provides breathtaking panoramic views of Victoria Harbour, setting an extraordinary backdrop for private parties.

Available exclusively for evening events, The Island View comfortably accommodates up to 150 guests. Whether you're planning a Buffet Dinner, Western Set Dinner, or a stylish Cocktail Reception, our team will ensure your event is a seamless and unforgettable experience.

We look forward to welcoming you to your next celebration!

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

想安排一個風格優雅的私人宴會？何不選擇本會的Island View餐廳呢？

Island View餐廳完美地將室內的精緻優雅裝潢與室外的溫馨氛圍融為一體，再配上美味的菜餚及無可挑剔的服務，使這裡成為你的絕佳選擇。餐廳更設有寬敞的露台可供欣賞維多利亞港的壯麗全景，為私人宴會提供了非凡的美麗背景。

Island View餐廳可供會員預訂舉行私人晚餐宴會，舒適寬敞的環境最多可容納150位客人，並可以安排自助晚餐、西式晚餐或雞尾酒會，我們的團隊將確保你的宴會成為難忘的體驗。

查詢有關場地資料及菜式選擇，  
請致電2118 2851 / 2118 2295與本會宴會部聯絡。

# Shaved Asparagus Salad with Pancetta and Poached Egg

## 蘆筍絲沙律配意大利煙肉及水波蛋

In this month's issue, I share the recipe for a fantastic springtime dish so simple you'll hardly believe how quickly it comes together. By the time you've finished thinking about it, it's practically done!

本月份，我想分享一道美味春季菜餚的食譜。它的做法非常簡單，讓你幾乎無法相信這麼快就能做出這道菜，當你剛思考完的時候，它實際上已經完成了！



By Head of Culinary & Restaurant Operations, Daniel Birkner

撰文：廚藝及餐飲營運總監 —

Daniel Birkner

### HERE IS WHAT YOU NEED FOR 4 SERVINGS

- 500g Green Asparagus
- 500g White Asparagus, peeled
- 250g Stracciatella Cheese
- 150g Pancetta, thinly sliced
- 20g Tarragon Leaves
- 4 Hen's Eggs, soft poached
- Juice of a Lemon
- Olive Oil
- Salt & Pepper from the mill

### 四人份量的材料包括：

- 500克 綠蘆筍
- 500克 白蘆筍，去皮
- 250克 意大利 Stracciatella 芝士
- 150克 意大利煙肉，切成薄片
- 20克 龍蒿葉
- 4 顆 水波蛋
- 檸檬汁
- 橄欖油
- 研磨後的鹽及胡椒



### METHOD:

1. Only two ingredients require heat in this dish: the eggs for poaching, and the Pancetta slices, which crisp beautifully in the oven. Spread the thinly sliced Pancetta evenly on parchment paper and bake in a preheated oven at 180°C for 6-7 minutes or until golden and crispy. Remove and let cool.
2. With a vegetable peeler, shave the Green and White Asparagus lengthwise into delicate, pasta-like ribbons, placing them directly into a large mixing bowl. Yes, they're served raw—freshness at its best.
3. On each serving plate, spread the Stracciatella Cheese evenly, then season gently with Salt, Pepper, and a drizzle of Olive Oil. Scatter the picked Tarragon leaves over the cheese.
4. In the mixing bowl, lightly toss the asparagus ribbons with Salt, Pepper, Lemon juice, and Olive Oil, just as you would a simple salad. Arrange the dressed asparagus ribbons over the cheese, place a soft poached Hen's Egg on top, and finish by sprinkling crispy Pancetta generously over the dish.

And if even this simple recipe feels too ambitious, we've got you covered... The German Asparagus season is right around the corner, and you'll find this salad soon gracing our menu here at the Club. Be sure to come and enjoy!

### 製作方法：

1. 這道菜中只有兩種食材需要加熱：水波蛋及意大利煙肉片，後者會用烤箱烤得非常酥脆。將切成薄片的意大利煙肉均勻鋪在烘焙紙上，放入預熱至180°C的烤箱中烘烤6-7分鐘，或直至呈金黃色且酥脆。取出並冷卻。
2. 用蔬菜削皮刀將綠蘆筍及白蘆筍縱向切成細軟，如意大利麵條狀的幼絲，然後將其直接放入一個大攪拌碗中。是的，這些都是生食的——最新鮮。
3. 在每人的盤子上均勻鋪上Stracciatella芝士，然後用鹽、胡椒及少許橄欖油稍為調味。將新鮮採摘的龍蒿葉撒在芝士上。
4. 在攪拌碗中，將蘆筍絲與鹽、胡椒、檸檬汁及橄欖油輕輕拌勻，就像製作簡單的沙律一樣。將拌好的蘆筍絲排放在芝士上，再在上面放一顆水波蛋，最後在盤子上撒大量酥脆的意大利煙肉。

如果你仍然覺得這個簡單食譜太耗時費力，我們也可以為你代勞...德國蘆筍季節即將來臨，你很快就可以在本會的菜單中找到這道沙律，請務必前來品嚐！

# Easter Dining at the Club

## 復活節午餐及晚餐

### The Island View & Pier 6 Restaurant

## Good Friday Lunch Buffet

Friday, 18th April  
4月18日 (星期五)

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

Adults \$348, Children 6-12 years \$230, 3-5 years \$128

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

### The Island View 及 Pier 6 餐廳

## Good Friday 自助午餐

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

收費：成人 \$348；小童 6-12歲 \$230，3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Saturday, 19th April  
4月19日 (星期六)

### The Island View & Pier 6 Restaurant

## Children's Easter Lunch with Easter Bunny

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

\$358 per person aged 3 years and above

including Soft Drinks and Orange / Apple Juice

### The Island View 及 Pier 6 餐廳

## 復活節兒童自助午餐派對 與寶尼兔共度佳節

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

收費 (包括汽水及橙汁/蘋果汁) —

3歲及以上小童及成人：每位 \$358。

### The Island View Restaurant

## Good Friday Surf 'n' Turf Dinner Buffet

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

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

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

### The Island View 餐廳

## Good Friday 海陸美食自助晚餐

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

收費：成人 \$498；小童 6-12歲 \$328，3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Sunday, 20th April  
4月20日 (星期日)

## The Island View & Pier 6 Restaurant Easter Sunday Lunch Buffet

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

Adults \$408, Children 6-12 years \$270, 3-5 years \$128

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

The Island View 及 Pier 6 餐廳

### 「復活節星期日」自助午餐

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

收費：成人 \$408；小童 6-12歲 \$270，3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

## The Island View Restaurant Easter Sunday Dinner Buffet

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

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

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

The Island View 餐廳

### 「復活節星期日」自助晚餐

於「復活節星期日」晚上，Island View 會再為大家安排復活節特色自助晚餐。歡迎大家與家人朋友前來享受美食，共慶佳節。

收費：成人 \$388；小童 6-12歲 \$256，3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

Monday, 21st April  
4月21日 (星期一)

## The Island View & Pier 6 Restaurant Easter Monday Lunch Buffet

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

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

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

The Island View 及 Pier 6 餐廳

### 「復活節星期一」自助午餐

復活節的慶祝活動將延續至星期一！於4月21日（星期一），Island View 及 Pier 6 將會繼續為大家送上豐富的復活節特色午餐美食，還有旋轉烤小羊、鮮果及各式鹹、甜點心，讓你與家人朋友擁有愉快難忘的時光。

收費：成人 \$388；小童 6-12歲 \$256，3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

## The Island View Restaurant Easter Monday Dinner Buffet

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

Adults \$348, Children 6-12 years \$230, 3-5 years \$128

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

The Island View 餐廳

### 「復活節星期一」自助晚餐

最後，於「復活節星期一」晚上前來 Island View 享用晚餐，為愉快的復活節假期畫上完美句號。

收費：成人 \$348；小童 6-12歲 \$230，3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁。

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



## Oyster Fridays

Every Friday is Oyster Night at the Club Bar

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

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

Date : Every Friday in April

Venue : Club Bar

## 週五「盡享生蠔」之夜

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！

於4月份逢星期五晚上前來會所酒吧品嚐即叫即開的新鮮生蠔，搭配香草檸檬醬或辣味血腥瑪麗酒一同享用，令這個晚上變得不一樣！

多加一重享受…同時享用精選香檳，每杯只需\$78。

## This Month at Bā Ramen

### Pork Ramen with Wild Garlic Pesto and Asparagus Shavings

#### 4月份拉麵推介 - 野香蒜蘆筍絲豚肉拉麵

The bright, fresh flavours of spring take centre stage in this irresistible bowl of ramen. Wild Garlic, at its peak in April, lends a fragrant depth, perfectly complementing the season's finest Asparagus and Sweet Peas.

Topped with charred, slow-cooked Pork Collar and a marinated Soft Egg, this is a dish so satisfying, you'll be coming back for more.

\$168 per bowl

這碗令人無法抗拒的拉麵充滿了春天的清新味道。4月是野生大蒜的最佳季節，散發出濃郁的芳香，與當季最好的蘆筍及甜豌豆完美配搭。

上面鋪著烤得焦香的慢煮豚肉及軟滑的溏心蛋，是一道令人非常滿足，想不斷回味的美食。

野香蒜蘆筍絲豚肉拉麵 — 每碗\$168。



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



## Club Apparel Pop-Up Sale 會所服裝 — 復活節快閃大特賣

Visit our special Weekend Pop-up Sale on the 1st Floor of the Clubhouse from 18th to 20th April and choose from a stylish selection of polo shirts and jackets, all featuring the distinctive Pacific Club logo.

Perfect for casual days or active weekends, each piece combines comfort with effortless Pacific Club style. Don't miss this special weekend of great prices!

歡迎大家於4月18日至20日復活節假期的中午12時至下午6時，前來在一樓舉行的快閃大特賣，以最優惠價格選購印有太平洋會標誌的短袖有領T恤及外套。

多種款式，包括休閒及運動風格，應有盡有。千萬別錯過這次機會購入心水服裝！

Date : Friday – Sunday 18th, 19th & 20th April

Time : 12:00noon – 6:00pm

Venue : 1/F Reading Area

## 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 4th April onwards

Venue : Pier 6

Price : \$798 per Bresse Chicken, suitable for 2-4 persons

Reservations : 2118 1878

於4月4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、豌豆及酸葡萄汁一起享用。

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。



# Spring Awakening

## Drink Promotion at the Club Bar & Oyster Bar throughout April

### 春之覺醒

雞尾酒及無酒精特飲推介 — 4月份會所酒吧及 Oyster Bar 供應



#### Cocktails 雞尾酒

\$88 per glass (每杯)

##### Spring Fling

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

氈酒 / 柚子泥 / 青瓜片 / 薄荷葉 / 青檸汁 / 湯力水

##### Sakura Spritz

Sake / Yuzu Purée / Elderflower Syrup / Prosecco Rosé

清酒 / 柚子泥 / 接骨木花糖漿 / Prosecco粉紅氣泡酒

#### Mocktails 無酒精特飲

\$68 per glass (每杯)

##### Passionfruit & Ginger Cooler

Passionfruit Purée / Ginger Beer / Lime Juice / Soda Water

百香果泥 / 薑汁啤酒 / 青檸汁 / 蘇打水

##### Blood Orange Green Iced Tea

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

冰綠茶 / 血橙果汁 / 接骨木花糖漿 / 青檸汁

## Primavera - Spring Menu at Capricci

### Available from 3rd to 30th April

#### Capricci 餐廳 - Primavera 春季菜式

由4月3日至30日供應

Celebrate the new bounty of the season with Capricci's Primavera Menu - a homage to the freshest ingredients harvested in early spring, Our Primavera Menu that brings the essence of springtime to your table.

由4月3日起，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。

For reservations, please call Capricci on 2118 1803

<b>Sugar Snap Pea Salad</b>	<b>\$168</b>
Stracciatella Cheese   Sugar Snap Peas   Fine Herbs   Crispy Pancetta	
<b>Spaghetti al Limone</b>	<b>\$198</b>
Zesty Lemon Cream Sauce   Smoked Salmon   Fresh Dill	
<b>Grilled Green Asparagus with Balsamic, Parma Ham and Parmigiano Reggiano</b>	<b>\$228</b>
<b>Pizza Primavera</b>	<b>\$148</b>
Mozzarella   Pesto   Zucchini   Peas   Fennel   Arugula	
<b>Crispy-fried Zucchini Flowers with Tomato and Lemon Sauce</b>	<b>\$158</b>
(daily limited availability 每日限量供稱)	
<b>Limoncello Tiramisu</b>	<b>\$78</b>





# Classic Sunday Roast Lunch Buffet

Sundays  
in April  
(Except 20th)

## 週日烤肉美食自助午餐

於4月份逢星期日〔20日除外〕在Island View餐廳舉行

There's nothing quite like a classic Sunday Roast — a hearty feast best enjoyed with family and friends.

Join us at The Island View for a traditional Roast Carvery Buffet featuring Roasted Black Angus Sirloin, crisp Porchetta, and succulent Turkey Breast, served with all the classic trimmings. Indulge in Duck Fat-roasted Potatoes, Yorkshire Puddings and rich, homemade Gravy, alongside Cauliflower Cheese and a generous selection of Seasonal Vegetables.

For younger guests, a dedicated Children's Buffet is available, as well as a Juice Station.

End your meal on a sweet note with a tempting selection of desserts, the perfect finish to a leisurely Sunday afternoon at the Club.

Date : Sunday, 6th, 13th & 27th April

Time : From 12:00noon

Venue : The Island View Restaurant

Price : Adults \$448, Children 6-12 years \$298, 3-5 years \$188

Reservations are recommended. Please call The Island View on 2118 1846 to book your table.

沒有什麼比起在週日中午享用烤肉美食更好了 — 這是可以與家人朋友一起享用的豐盛大餐。

歡迎前來Island View享用傳統烤肉自助午餐，我們準備了豐富的燒烤美食，包括黑安格斯沙朗牛排、脆皮豬肉卷及多汁的火雞胸肉等，並配搭所有經典配菜，包括鴨油烤薯仔、約克郡布丁及濃郁的自製肉汁，再伴以芝士焗椰菜花及各種時令蔬菜。

此外，餐廳還會為年紀較小的客人特別設有兒童自助美食及果汁區。

最後，以各式各樣的誘人甜點來結束你的美味大餐，為本會悠閒的週日下午畫上完美的句號。

午餐收費：成人 \$448

小童 6-12歲 \$298，3-5歲 \$188

欲免向隅，建議大家提早訂座，請即致電 2118 1846。

## Lobster Roll at the Club Bar and Oyster Bar 會所酒吧及Oyster Bar供應 龍蝦包

Indulge in a classic Lobster Roll, brimming with lobster and finished with a luscious Lemon-Tarragon Sauce. Served with French Fries, this irresistible treat is available throughout April for just \$198.

於4月份，前來會所酒吧及Oyster Bar盡情享用經典的龍蝦包，裡面填著滿滿的龍蝦肉，再淋上香濃的檸檬香草醬。這款令人無法抗拒的美食將配搭炸薯條一同送上。

每份只需 \$198。

Available daily in limited quantities  
每日限量供應

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



# Mother's Day at the Club

## 太平洋會 母親節午餐及晚餐

Sunday  
11<sup>th</sup> May  
5月11日  
〔星期日〕

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！

### Mother's Day Lunch & Dinner Buffet

at The Island View & Pier 6 Restaurant

Celebrate Mother's Day in style with our incredible Lunch and Dinner Buffets! Spoil your mother with a sumptuous Buffet, topped off with a variety of sweet desserts featuring European strawberries. Make this Mother's Day one to remember with a dining experience she truly deserves.

Time : Lunch – From 12:00noon  
Dinner – From 6:00pm

Price : Lunch - Adults \$448  
Children 6-12 years \$308, 3-5 years \$188  
Dinner - Adults \$498  
Children 6-12 years \$348, 3-5 years \$188

Reservations : Please call 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多款甜品，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 \$308，3-5歲 \$188  
自助晚餐（晚上6時開始）—  
成人 \$498；小童 6-12歲 \$348，3-5歲 \$188

訂座請致電 2118 1846。

### Mother's Day Lunch & Dinner

at 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

at 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 : From 12:00noon  
Price : Adults \$348, Children \$248

Reservations : Please call 2118 1803

Capricci餐廳—

### 母親節意式半自助午餐

前來 Capricci 體會意大利的優雅風情及美食，向母親展示她在你心目中的非凡地位。

收費：成人 \$348，小童 \$248

訂座請致電 2118 1803。

### Mother's Day Semi-Buffer Dinner

at Capricci

Capricci serves up a perfect Mother's Day Semi-Buffer Dinner Menu. Celebrate your gratitude for mamma with an exquisite Italian dining experience at the Club.

Time : From 6:00pm  
Price : Adults \$448, Children \$328

Reservations : Please call 2118 1803

Capricci餐廳—

### 母親節意式半自助晚餐

當晚，Capricci也會送上完美的母親節半自助晚餐菜式，讓大家在會所盡情享用精緻的意大利美食，表達對母親的感謝。

收費：成人 \$448，小童 \$328

訂座請致電 2118 1803。



## Mother's Day Red Velvet Afternoon Tea

Your mother deserves the very best, so why not treat her to an indulgent Red Velvet Afternoon Tea celebration at the Pacific Club over the Mother's Day weekend? Come and enjoy a delectable variety of sandwiches, scones and sweet treats, all with a theme of Red Velvet.

Date : Friday, 9th - Sunday, 11th May

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

Price : \$448 for 2, including Tea or Coffee

\$598 for 2, including a glass of Champagne per person.

Island View餐廳及Oyster Bar

### 母親節「紅絲絨美食」下午茶

想讓母親度過更完美的母親節，何不於5月9日至11日週末下午前來Island View餐廳或Oyster Bar，享用「紅絲絨美食」下午茶呢？屆時，我們將為大家送上一系列以紅色為主題的三明治、烤餅及甜點。

供應時間：5月9日（星期五）至11日（星期日），下午2時至5時30分

收費：\$448，供二人享用，包括紅茶或咖啡

\$598，供二人享用，包括每人一杯香檳

at The Island View &  
Oyster Bar



## Mother's Day Cake

Treat your mother to a stunning culinary masterpiece crafted by the Pacific Club's pastry chefs. This year's special Mother's Day Cake features the flavours of European Strawberry Cheesecake and Buddha's Hand Mousse, enhanced with a touch of Tonka Bean. Finished with a stunning multi-colour mirror glaze, this elegant cake will make the occasion truly special.

Our Mother's Day Cake is available in our restaurants and for takeaway at home throughout May. Please order at least 48 hours in advance.

\$458 per 2-pound cake

### 母親節蛋糕訂購

請為你的母親獻上一份由太平洋會糕點師傅精心製造的美食傑作。

今年，我們特別為母親節準備了帶有一絲零陵香豆風味的歐洲草莓佛手柑慕斯芝士蛋糕。這款優雅的蛋糕採用了令人讚嘆的多彩鏡面裝飾製成，表面光亮如鏡，絢麗多彩，將使這個特別日子變得更加特別。

大家可於整個5月份向本會訂購這款母親節蛋糕，在各餐廳內享用或外帶回家均可。請最少提前48小時預訂。

每個（兩磅）\$458

To order your Mother's Day Cake, please contact The Island View Restaurant on 2118 1846

訂購母親節蛋糕，請致電 2118 1846 聯絡 Island View餐廳。



# Celebrate the Moment

## Exclusive Birthday Dining at the Pacific Club

### 太平洋會為你送上專屬的生日用餐體驗 慶祝你的大日子

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

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

Until 30th June 2025

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

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

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

#### Terms and Conditions 條款及細則

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

# Floral Infusions Afternoon Tea at The Island View & Oyster Bar

1st - 30th  
April

## 花果下午茶

於4月份在Island View餐廳及Oyster Bar供應

Enjoy a leisurely Afternoon Tea at the Club, where fragrant floral infusions and fine teas are delicately woven into an array of pastries and cakes. Jasmine and Mango, Sakura and Strawberries, or Oolong and Lychee — each pairing showcases the season's ripest fruits, infused into every bite for a refined Afternoon Tea experience.

Afternoon Tea is served daily, from 2:00pm to 5:30pm

\$168 per person, inclusive of tea or coffee

歡迎大家前來Island View餐廳及Oyster Bar悠閒地享用下午茶美食。於4月份，我們會將芳香的上等花草茶，配搭成熟得剛好的當季水果來製作美味的點心及蛋糕，如茉莉配芒果、櫻花配草莓，或烏龍配荔枝 — 每一款組合都是精心設計，將花、果融入每一口中，以帶來精緻的下午茶體驗。

下午茶美食供應時間：每日下午2時至5時30分

收費：每位\$168，包括紅茶或咖啡

## Spa and Afternoon Tea Experience 水療與下午茶體驗

Indulge in a luxurious afternoon dedicated to relaxation here at the Club. Enjoy our special promotion, featuring a soothing 55-minute massage — choose from Chinese Acupressure, Aromatherapy, Lymphatic Drainage, or Slimming. Afterwards, savour our elegant Floral Infusions Afternoon Tea for one at either the Oyster Bar or The Island View Restaurant. As a token of appreciation, we'll also give you a gift to enhance your self-care journey.

Book your **Spa and Afternoon Tea Experience** today, and treat yourself to pure bliss and rejuvenation!

- 55-minute massage (Your choice of Chinese Acupressure / Aromatherapy / Lymphatic Drainage or Slimming Massage)
- Afternoon Tea for one at the Oyster Bar or The Island View
- A Gift – Selected Beauty Product

逃離日常生活的喧囂，前來本會享受愉快的下午，放鬆身心及恢復活力吧！我們將於4月1日至5月31日期間，為大家送上一項特別優惠 — 水療與下午茶體驗，讓大家享受身體按摩療程及享用精緻的花果下午茶。此外，大家還可以獲贈精美禮物一份，以提升你的愉快體驗。

請立即到二樓接待處購買「水療與下午茶體驗」優惠套票，讓自己沉浸在純粹的幸福及放鬆之中！

「水療與下午茶體驗」套票包括 —

- 一次55分鐘身體按摩療程 — 可選擇中式壓療、芳香療法、淋巴引流或瘦身按摩療程
- 在Oyster Bar或Island View享用一人下午茶美食
- 精美禮物 — 精選美容產品一份

套票收費：每位\$680

適用時間：由4月1日至5月31日，逢星期一至五（公眾假期除外），下午2時至5時30分



Date : 1st April – 31st May, Monday to Friday, except Public Holiday

Price : \$680 per person (including 55-minute Body Massage & Afternoon Tea)

Time : 2:00pm - 5:30pm

Venue : Afternoon Tea at Oyster Bar or The Island View

\*To enjoy this promotion, Members need to purchase a set of body massage & afternoon tea coupons at the 2/F Reception

# April 2025

## EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Yoga Class Every Mon, Tue, Thur, Fri &amp; Sun (except Public Holiday)</b> 	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View <b>6</b>	Water Aerobics / Yoga Wine by the Glass Lunch Special Offer at Pier 6 & Capricci 1st - 30th Cold Brew Coffee at Club Bar and Oyster Bar 1st - 30th The Wishing Table Dinner Buffet at The Island View Floral Infusions Afternoon Tea at The Island View & Oyster Bar 1st - 30th Lobster Roll at Club Bar & Oyster Bar 1st - 30th Spring Awakening Drink Promotion at Club Bar and Oyster Bar 1st - 30th Lobster Dishes at Bauhinia 1st - 30th Water Aerobics Yoga <b>8</b>	Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>2</b>	Yoga Tennis Team Training Primavera Spring A La Carte Menu at Capricci from 3rd The Wishing Table Dinner Buffet at The Island View <b>3</b>	Public Holiday Lunch Buffet at Island View Oyster Fridays at Club Bar Japanese Sakura Spring Dinner Buffet at The Island View Bresse Chicken at Pier 6 from 4th <b>4</b>	Junior Swimming School Junior Tennis Academy Junior Taekwondo Surf 'n' Turf Dinner Buffet at The Island View <b>5</b>
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Classic Sunday Roast Lunch Buffet at The Island View The Wishing Table Dinner Buffet at The Island View <b>7</b>	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View <b>7</b>	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View <b>15</b>	Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>16</b>	Yoga Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>17</b>	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Japanese Sakura Spring Dinner Buffet at The Island View Oyster Fridays at Club Bar <b>11</b>	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Surf 'n' Turf Dinner Buffet at The Island View <b>12</b>
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Classic Sunday Roast Lunch Buffet at The Island View The Wishing Table Dinner Buffet at The Island View <b>13</b>	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View <b>14</b>	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View <b>16</b>	Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>17</b>	Yoga Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>17</b>	Easter Pop-Up Sale at 1/F Good Friday Lunch Buffet at The Island View Good Friday Surf 'n' Turf Dinner Buffet at The Island View Oyster Fridays at Club Bar <b>18</b>	Easter Pop-Up Sale at 1/F Children's Easter Lunch with Easter Bunny at The Island View Surf 'n' Turf Dinner Buffet at The Island View <b>19</b>
Easter Pop-Up Sale at 1/F Zumba Fitness / Yoga Sunday Social Tennis Easter Sunday Lunch & Dinner Buffet at The Island View <b>20</b>	Easter Monday Lunch & Dinner Buffet at The Island View Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View <b>21</b>	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View <b>22</b>	Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>23</b>	Yoga Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>24</b>	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Japanese Sakura Spring Dinner Buffet at The Island View Oyster Fridays at Club Bar <b>25</b>	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Surf 'n' Turf Dinner Buffet at The Island View <b>26</b>
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Classic Sunday Roast Lunch Buffet at The Island View The Wishing Table Dinner Buffet at The Island View <b>27</b>	Ladies' Monday Tennis Yoga Fascia Exercise Training Men's Double Training English Drama Academy The Wishing Table Dinner Buffet at The Island View <b>28</b>	Water Aerobics Yoga The Wishing Table Dinner Buffet at The Island View <b>29</b>	Tennis Team Training The Wishing Table Dinner Buffet at The Island View <b>30</b>	Children's Easter Lunch with Easter Bunny at The Island View <b>19th</b> 	Japanese Sakura Spring Dinner Buffet at The Island View Oyster Fridays at Club Bar <b>25</b>	Easter Lunch & Dinner at The Island View <b>18th - 21st</b> 

# May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Yoga Class Every Mon, Tue, Thur, Fri &amp; Sun (except Public Holiday)</b> 	 	 				
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Water Aerobics Yoga	Tennis Team Training Chateau Lagrange Wine Dinner at Pier 6 16th	Mother's Day Cake Order at The Island View	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View Oyster Fridays at Club Bar	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Saturday Dinner Buffet at The Island View	3
4	5	6	7	8	9	10
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Mother's Day Lunch & Dinner at the Club Mother's Day Afternoon Tea at The Island View & Oyster Bar	Water Aerobics Yoga	Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Mother's Day Afternoon Tea at The Island View & Oyster Bar Friday Dinner Buffet at The Island View Oyster Fridays at Club Bar	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Mother's Day Afternoon Tea at The Island View & Oyster Bar Saturday Dinner Buffet at The Island View	17
11	12	13	14	15	16	17
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Water Aerobics Yoga	Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View Oyster Fridays at Club Bar	Junior Swimming School Junior Tennis Academy Junior Taekwondo Wall Climbing Saturday Dinner Buffet at The Island View	24
18	19	20	21	22	23	24
Zumba Fitness / Yoga Sunday Junior Tennis Sunday Social Tennis Rope Skipping Sunday Lunch & Dinner Buffet at The Island View	Water Aerobics Yoga	Tennis Team Training	Yoga Tennis Team Training	Water Aerobics / Stretching Exercise Yoga / Funky Dance Junior Swimming School Junior Badminton Friday Dinner Buffet at The Island View Oyster Fridays at Club Bar	Saturday Dinner Buffet at The Island View	31
25	26	27	28	29	30	31

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

Recreation

Food & Beverage

## The Interpreter's Daughter

by Teresa Lim

"I would learn that when families tell stories, what they leave out re-defines what they keep in. With my family, these were not secrets intentionally withheld. Just truths too painful to confront."

In the final years of her life, Teresa Lim's mother, Violet Chang, made copies of a treasured family photograph for those still alive. Mounted on cream card, the studio's name is stamped at the bottom in Chinese characters, with "Hong Kong, 1935" handwritten on the back. Teresa was captivated by this image, particularly by the striking fierceness and beauty of her great-aunt Fanny. Yet, intriguingly, Fanny was rarely mentioned in the stories passed down through generations. Teresa wondered why.

Prompted by this photograph, Teresa embarks on a compelling journey into her family's hidden past. Through meticulous detective work, fortunate coincidences, and the generosity of strangers, she reconstructs the remarkable yet forgotten life of her great-aunt Fanny. Her investigation leads to discoveries about the complex worlds of sworn spinsters, ghost marriages, and working-class feminists in 19th-century southern China. But understanding Fanny's story first requires Teresa to unravel the circumstances and struggles of the family around her, as well as the profound yet overlooked historical events that would culminate in wartime Singapore and a family tragedy long buried.

The Interpreter's Daughter is a moving exploration of memory, family secrets, and the extraordinary lives hidden within ordinary histories.

「我了解到，當家人講述故事時，他們所遺漏的內容會重新定義他們想保留的一切。對我的家人來說，這些並不是故意隱瞞的秘密，只是事實太痛苦了，難以面對。」

在生命的最後幾年裡，Teresa Lim 的母親 Violet Chang 為仍健在的人複製了珍貴的家庭照片。她將相片裱在米色咭紙上，底部以中文字印有工作室的名稱，背面手寫「香港，1935」。Teresa 被這張照片迷住了，尤其是她的姑婆 Fanny 那令人驚訝的堅定和美麗。然而，有趣的是，在代代流傳的故事中 Fanny 很少人被提及。Teresa 想知道為什麼。

在這張照片的啟發下，Teresa 開始了一段引人入勝的旅程，探索她家族隱藏的過去。透過細緻的查探、幸運的巧合以及陌生人的慷慨相助，她重建了姑婆 Fanny 非凡而又被遺忘的一生。她的調查發現了有關 19 世紀中國南方的自梳女、冥婚和工人階級女權主義者的複雜世界。但要了解 Fanny 的故事，首先需要 Teresa 揭開她周遭家庭的處境和掙扎，以及新加坡在戰時引發的一場深刻卻被忽視的歷史事件，及一段被一直埋藏著的家庭悲劇。

《The Interpreter's Daughter》是對記憶、家庭秘密及隱藏在平凡歷史中的非凡生活的動人探索。



## The Not To-Do List

by Rolf Dobelli

We systematically overestimate the role of success factors; but at the same time, we systematically disregard the role of failure factors. Why? Because successful companies, projects and people make it into the media. Flops, on the other hand - no one wants to hear about them. Deadbeats don't usually write autobiographies. And in the rare event that they do, they fail to find a publisher or at the very least an audience.

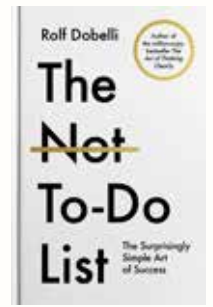
So, we study these shining examples and delude ourselves that success is the result of a series of carefully orchestrated success factors, when it's really about avoiding the things that kill success. Tip: Why not visit the graveyards of failed companies, projects, people, marriages and families instead? That's where you'll learn the most - namely, what to avoid.

Just as some people collect vinyl, video game consoles or vintage clothes, for years Rolf Dobelli has been accumulating stories of failure - botched attempts at work, family life, marriage and life in general. Using information gleaned from some of the world's most innovative and curious minds, as well as from his own experience as a writer, businessman, entrepreneur and philosopher, Dobelli skillfully distills the 52 most important habits to avoid if you want to live a successful, and ultimately happy, life.

我們都會系統性地高估了成功因素的關鍵；但同時，我們又會有系統地忽略了失敗因素的關鍵。為什麼？因為成功的公司、專案和人物都會出現在媒體上受人讚揚；另一方面，沒有人願意聽到失敗的故事。遊手好閒者通常不會寫自傳，即使在他們中極少數的人願意做，他們也找不到出版商，或至少找不到讀者。

因此，我們研究這些傑出的例子，欺騙自己說成功是一系列精心策劃的成功因素的結果，而真正的關鍵在於避免那些阻礙成功的因素。提示：為什麼不去探察一下那些失敗的公司、計畫、人物、婚姻和家庭呢？你將可以從中學到最多的東西——就是應該避免什麼。

就像有些人收集黑膠唱片、電玩遊戲機或復古服裝一樣，多年來 Rolf Dobelli 一直在積累失敗的故事——工作、家庭生活、婚姻以及生活中的失敗嘗試。利用從世界上最具創新精神和好奇心的頭腦中收集的信息，並根據自己作為作家、商人、企業家和哲學家的親身經歷，Dobelli 巧妙地總結出想要過上成功並最終幸福的人生就應該避免的 52 種最重要的習慣。



From now until 30th April, 2025, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至4月30日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.  
216 Pacific Place, Admiralty

Kelly & Walsh Ltd  
金鐘太古廣場216號舖

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

香港圖書文具有限公司  
中環德輔道中25號





Children's Easter Activities 2025 復活節兒童活動

# Junior Easter Egg Design Competition 2025

## 兒童復活蛋設計比賽2025

Calling all young artists! Join our Easter Egg Design Competition and turn a simple eggshell template into a dazzling work of art. Let your imagination run wild with colours, patterns, and creative decorations to make an Easter egg that stands out!

Open to children aged 4 to 11, the competition features two age groups: 4-7 years and 8-11 years. Each participant will receive a Club-provided Easter egg template, ready to be transformed with whatever materials inspire you — paint, pens, glitter, ribbon, paper, or any craft supplies you have at home.

We can't wait to see your amazing designs!

### 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 Tuesday, 15th 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 the May 2025 issue of Pacific Views magazine.

我們現邀請所有小會員變身為藝術家，參加「復活蛋設計比賽」，發揮你們的心思與創意，將平平無奇的蛋殼，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、物料來設計蛋殼，包括顏色筆、油彩、膠水、絲帶、紙張、閃光物料等，不設限制。

我們迫不及待地想看到你們那令人驚艷的作品了！

### 參加比賽的方式非常簡單：

- **索取蛋殼模型：**請到二樓接待處索取空白的蛋殼模型。
- **設計你的作品：**憑藉你獨特的藝術視野，將蛋殼模型變身為美麗的復活節彩蛋。
- **提交完成作品：**參賽作品必須於4月15日（星期二）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2025年5月號蒼絮月刊中公佈。請踴躍參加！

# Kite Flying Experience Day

## 復活節風箏體驗日

Join us for a fun-filled afternoon of creativity and adventure this Easter! Start by designing and decorating your own kite with bright colours, fun patterns, and special details. Then, take it outside and watch it soar through the sky!

在今個復活節假期加入我們共度一個充滿創造力、歡笑及樂趣的日子！首先用鮮豔的色彩、獨特的圖案及有趣的裝飾來設計你的專屬風箏。一旦你的風箏準備好了，我們便將帶它到戶外，觀看它在天空中舞動！活動將於4月12日（星期六）在游泳池旁的日光浴平台舉行，歡迎6歲及以上的小朋友前來一起參與五彩繽紛的風箏活動，收費：會員\$200，非會員\$320（包括課程當日的兒童遊戲室入場費）。

Date : Saturday 12th April  
Time : (A) 2:30pm – 3:30pm  
(B) 3:30pm – 4:30pm  
Venue : Poolside Sundeck  
Price : Member \$200, Guest \$320 (for one session)  
Age : 6 years and above

To book, please contact the 2/F Reception on 2118 1890.  
報名請致電 2118 1890。



## Easter Tennis Academy

Give your child a fun and engaging introduction to tennis this Easter! Designed for children aged 4 to 11, our Tennis Academy is divided into groups based on age and ability, ensuring the best learning experience for every player. With exciting games and skill-building drills led by our professional coaches, this is the perfect opportunity for young players to develop confidence, improve their technique, and have a fantastic time on the court.

### 復活節兒童網球訓練班

今年復活節，讓孩子以有趣的方式認識網球運動！本會將於4月15日至17日舉行復活節兒童網球訓練營，適合4-11歲的小朋友參加。我們將根據年齡及技術程度分為多個小組，確保每位學員都能獲得最好的學習體驗。透過專業教練指導的精彩比賽及技能訓練，讓年輕學員建立信心、提高技術並在球場上度過美好時光。

3堂收費 — A班(4-6歲)：會員\$690，非會員\$1,050；B班(7-11歲)：會員\$1,380，非會員\$1,740。非會員收費包括課程當日的兒童遊戲室入場費。

Date : Tuesday – Thursday 15th, 16th & 17th April  
Time : (A) 11:00am – 12:00noon  
(B) 2:00pm – 4:00pm

Venue : 4/F Indoor Tennis Courts

Price : (A) Member \$690, Guest \$1,050  
(B) Member \$1,380, Guest \$1,740  
(for 3 lessons, including Children's Playroom entrance fee)

Age : (A) 4 – 6 years, (B) 7 – 11 years



## Jellycat Painting Class

Discover the joy of drawing with our Jellycat Painting Class, perfect for young artists! Inspired by the beloved Jellycat characters, this fun and engaging class will teach children how to draw their favourites.

Through simple techniques, they'll learn to use lines, shapes, and colours to bring their artwork to life, building confidence and creativity along the way.

### Jellycat夢幻繪畫班

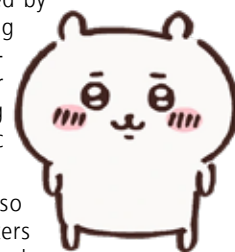
這個有趣且引人入勝的課程將教導小朋友如何畫出他們最喜歡的Jellycat角色，在趣味中發現繪畫的樂趣。透過簡單的技巧，他們將學會使用線條、形狀及顏色、圖形基本繪畫方法，從而建立信心及創造力。課程將於4月11日(星期五)舉行，歡迎3-6歲的小朋友參加，收費：會員\$600，非會員\$720(包括課程當日的兒童遊戲室入場費)。

Date : Friday 11th April  
Time : 10:00am – 11:55am  
Venue : Children's Playroom Library, 1/F  
Price : Member \$600, Guest \$720  
(including Children's Playroom entrance fee)  
Age : 3 – 6 years

## Chiikawa Clay & Drawing Class

The adorable Chiikawa characters are loved by children of all ages. In this fun and engaging workshop, children will learn step-by-step drawing techniques to recreate their favourite Chiikawa characters, exploring the use of lines, shapes, and basic artistic methods.

Beyond drawing, our instructors will also guide them in crafting these cute characters with clay. This hands-on activity not only teaches essential clay modelling skills but also helps develop fine motor skills and hand-eye coordination.



### Chiikawa森林家族派對

深受大小朋友喜愛的Chiikawa森林家族角色樣子可愛，療癒著每個人的心靈。本課程將透過繪畫Chiikawa卡通人物，學習不同的繪畫技巧，如線條運用及圖形基本繪畫方法，導師亦會教授學員利用黏土製作出這些角色，除了能學習到黏土的使用技巧，更可以讓小朋友藉著搓揉黏土來訓練小手肌及手眼協調能力，同時享受藝術創作帶來的樂趣。

課程將於4月15日(星期二)及16日(星期三)舉行，歡迎3-12歲的小朋友參加，收費：會員\$1,000，非會員\$1,240(包括課程當日的兒童遊戲室入場費)。

Date : Tuesday & Wednesday 15th & 16th April  
Time : (A) 10:00am – 11:55am  
(B) 12:00noon – 1:55pm  
Venue : (A) Children's Playroom Library, 1/F  
(B) Gym Aerobics Room, 1/F  
Price : Member \$1,000, Guest \$1,240 (including Children's Playroom entrance fee)  
Age : (A) 3 – 6 years  
(B) 7 – 12 years

## Miniature Clay

## Bread Clock Workshop

Join us for a fun and creative workshop where your child will learn to make a miniature bread-shaped clock using clay! Our instructor will guide participants step-by-step, teaching simple techniques to shape and decorate your own unique design.

### 輕黏土麵包時鐘工作坊

參加這趣味滿滿的手作課程，跟隨導師學習如何利用輕黏土製作可愛的麵包造型時鐘，掌握輕黏土的基礎技巧，發揮創意，在輕鬆愉快的氛圍中逐步完成自己的專屬作品。工作坊將於4月13日及20日(星期日)舉行，歡迎6-12歲的會員參加，收費：會員\$200，非會員\$320(包括課程當日的兒童遊戲室入場費)。



Date : Sunday (A) 13th April & (B) 20th April  
Time : (A1) (B1) 2:00pm – 3:30pm  
(A2) (B2) 3:45pm – 5:15pm  
Venue : Children's Playroom Library, 1/F  
Price : Member \$200, Guest \$320  
(including Children's Playroom entrance fee)  
Age : 6 – 12 years

## STEM Scientific Exploration Journey

Get ready for an exciting adventure into the world of science... In this hands-on class, very young children will build, experiment, and explore as they create fascinating scientific models using a variety of materials.

This course makes learning science fun, interactive, and unforgettable. From exciting experiments to eye-opening discoveries, the session is designed to inspire young minds and bring science to life in the most exciting way!



### STEM科學探索之旅

準備好踏入科學世界，開啟一場激動人心的冒險吧...在這實踐課堂上，小朋友可透過運用各種物料，在構建、實驗和探索的過程中創造出令人著迷的科學模型。本課程使學習科學變得有趣、互動性強且令人印象深刻。從令人興奮的實驗到啟發性的發現，旨在激發小朋友的思想，並以最令人興奮的方式將科學帶入生活！

課程將於4月14日（星期一）舉行，歡迎3-6歲的小朋友參加，收費：會員\$750，非會員\$870（包括課程當日的兒童遊戲室入場費）。

課堂內容參考：電路積木小實驗、電動飛雲。

Date : Monday 14th April  
 Time : 2:00pm – 3:55pm  
 Venue : Harbour Room, 1/F  
 Price : Member \$750,  
 Guest \$870 (including Children's Playroom entrance fee)  
 Age : 3 – 6 years

## STEM Scientific Explorer

Designed for older children, this exciting class takes science beyond the textbook with hands-on experiments that bring real-world concepts to life. Through engaging activities, students will explore scientific phenomena, create interactive models, and gain a deeper understanding of how science shapes the world around them.

### STEM新紀元科學探索家

這個令人興奮的課程專為年齡較大的兒童設計，透過進行各種實驗將科學知識從課本中帶到現實。學員將可探索科學現象，創建互動模型，並更深入地了解科學如何塑造他們周圍的世界，同時訓練手眼協調和專注力，啟發小朋友對科學的興趣。

課程將於4月17日（星期四）舉行，歡迎7-12歲的會員參加，收費：會員\$750，非會員\$870（包括課程當日的兒童遊戲室入場費）。

課堂內容參考：自製迷你小鋼琴、自製求生小電筒



Date : Thursday 17th April  
 Time : 2:00pm – 3:55pm  
 Venue : Harbour Room, 1/F  
 Price : Member \$750,  
 Guest \$870 (including Children's Playroom entrance fee)  
 Age : 7 – 12 years



## The Monsters Clay & Drawing Class

These Monsters have won hearts with their quirky and fun appearances! In this exciting class, children will learn to draw and sculpt their favourite monster characters, exploring different techniques to bring them to life. They will also experience clay modelling, shaping their own monster figures — a fantastic way to spark creativity and enjoy the magic of hands-on art!

### The Monsters美術世界

The Monsters 裡的頑皮小精靈，憑著古靈精怪的外貌擄獲了大小朋友的心。本課程將透過繪畫 The Monsters 卡通角色，學習不同的繪畫技巧，如線條運用及圖形基本繪畫方法，導師亦會教授學員利用黏土製作出這些角色，除了能學習到黏土的使用技巧，更可以讓小朋友藉著搓揉黏土來訓練小肌肉及手眼協調能力，同時享受藝術創作帶來的樂趣。

課程將於4月14日（星期一）及17日（星期四）舉行，歡迎3-12歲的小朋友參加，收費：會員\$1,000，非會員\$1,240（包括課程當日的兒童遊戲室入場費）。

Date : Monday & Thursday, 14th & 17th April  
 Time : (A) 10:00am – 11:55am  
 (B) 12:00noon – 1:55pm  
 Venue : Harbour Room, 1/F  
 Price : Member \$1,000, Guest \$1,240  
 (including Children's Playroom entrance fee)  
 Age : (A) 3-6 years, (B) 7-12 years



To book, please contact the 2/F Reception on 2118 1890.  
 報名請致電 2118 1890。



# Osteoporosis

## 骨質疏鬆症

**Osteoporosis is a common condition characterised by reduced bone density and deterioration of bone tissue, leading to fragile bones and an increased risk of fractures.**

骨質疏鬆症是一種常見的骨骼疾病，主因為骨密度降低及骨骼內部結構破壞，導致骨骼脆弱，增加骨折風險。

### Causes

Common causes of osteoporosis include ageing, hormonal changes, nutritional deficiencies, lifestyle factors, certain medications, and underlying health conditions.

- **Ageing:** Bone density naturally declines with age, increasing the risk of osteoporosis.
- **Hormonal Changes:** Reduced oestrogen levels in post-menopausal women and decreased testosterone in men accelerate bone loss.
- **Nutritional Deficiencies:** Insufficient intake of calcium and vitamin D weakens bone strength.
- **Lifestyle Factors:** Lack of physical activity, smoking, and excessive alcohol consumption significantly increase bone loss.
- **Medication Side-effects:** Long-term use of medications, such as corticosteroids or specific thyroid drugs, can negatively affect bone density.

### Symptoms

Osteoporosis typically shows no symptoms during its early stages. As the condition progresses, even minor stresses can cause fractures, commonly affecting the hips, spine, wrists, ankles, and feet. Structural changes, such as height loss or a hunched posture, may occur due to spinal compression fractures.



### Diagnosis

Fractures are usually identified through X-rays; however, MRI scans can detect more subtle fractures. Early assessment of bone density is best achieved using Dual-Energy X-ray Absorptiometry (DEXA scans).

### Treatment and Management

Medical intervention is effective in treating osteoporosis and slowing bone loss. Consultation with a healthcare specialist is recommended to determine appropriate treatment options.

### Prevention and Improvement

Daily practices can significantly improve bone health and reduce the risk of osteoporosis:

- **Balanced Diet:** Maintain adequate calcium and vitamin D intake through foods such as dairy, leafy greens, and fish.
- **Regular Exercise:** Incorporate weight-bearing and resistance exercises to strengthen bones.
- **Healthy Lifestyle:** Avoid smoking, limit alcohol, ensure adequate rest, and maintain good sleep hygiene.
- **Regular Check-ups:** Routine medical screenings are essential, especially for those at higher risk or with a family history of osteoporosis.

### Recommended Exercises

Exercises specifically beneficial for osteoporosis patients include:

- **Weight-bearing Exercises:** Jogging, stair climbing, weightlifting, and bodyweight resistance training stimulate bone growth.
- **Balance Training:** Activities like Tai Chi, Pilates, yoga, and single-leg standing exercises improve stability and reduce fall risk.
- **Flexibility Training:** Stretching exercises and gentle yoga increase joint mobility and minimise injury risk. Avoid excessive bending or twisting movements.

### Exercise Precautions

- **Avoid High-risk Activities:** Steer clear of intense, high-impact exercises like jumping or running that could increase fracture risk.
- **Progress Gradually:** Begin with low intensity and gradually increase both intensity and duration.
- **Seek Professional Guidance:** Consult a doctor or physical therapist before beginning a new exercise routine.
- **Maintain Proper Posture:** Engage correct posture to minimise unnecessary stress on bones.

Osteoporosis can be effectively managed and prevented with early detection, proactive medical care, and consistent lifestyle adjustments. By prioritising bone health through diet, exercise, and regular medical supervision, individuals can significantly reduce their risk of fractures, enhancing long-term health and quality of life.



By Personal Trainer, Yan Lau  
撰文：私人健身教練 - Yan Lau

## 成因

引發此症的普遍原因包括：年齡增長、荷爾蒙變化、缺乏某些營養、生活及飲食習慣、藥物和受潛在的健康狀況影響。

- **年齡**：骨密度會隨著年齡的增長而自然下降，增加骨質疏鬆症的風險。
- **荷爾蒙變化**：女性停經後雌激素減少，以及男性睪酮水平下降，都會加速骨質流失。
- **營養缺乏**：鈣質及維生素 D 的攝取不足會影響骨骼健康。
- **生活習慣**：缺乏運動、吸煙、過量飲酒等生活習慣也會增加骨質流失風險。
- **藥物的副作用**：長期使用某些藥物，例如糖皮質激素或甲狀腺的藥物，也會對保持骨密度產生負面影響。



## 症狀

通常骨質疏鬆初期並無明顯的症狀，當骨質流失至某個程度，只要輕微外力即可引發骨折，常見部位為髖部、脊柱、手腕、腳腕及腳掌。結構性改變，如身高下降及駝背，也會影響脊柱，形成壓縮性的骨折。

## 診斷

較明顯的骨折可透過 X 光檢查發現，但對於更微細的骨折則須要進行 MRI 掃描才可以檢測得到，或者預早進行骨密度檢測 (DEXA 掃描) 作骨質密度的早期評估。

## 治療及控制

藥物方法，可以利用藥物治療改善骨質流失情況 (請詢問專科醫生) 醫療介入對於治療骨質疏鬆症和減緩骨質流失是有效的，建議諮詢醫療保健專家以確定合適的治療方案。

## 預防及改善

透過改變日常習慣可以顯著改善骨骼健康，降低骨質疏鬆症的風險：

- **均衡飲食**：攝取足夠的鈣質及維生素 D，如奶製品、綠葉蔬菜、魚類等。
- **恆常運動**：定期進行負重鍛鍊及抗阻訓練有助於增強骨骼，保持骨骼健康。
- **健康的生活習慣**：避免吸煙及過量飲酒，充足休息，及保持良好的睡眠質素。
- **定期檢查**：定期進行身體檢查非常重要，尤其是對於那些骨質疏鬆症高風險族群或有家族病史的人士。

## 運動建議

以下是一些適合骨質疏鬆症患者進行的運動類型：

- **負重運動**：慢跑、行樓梯、器械負重或自身體重的負重訓練，能刺激骨骼生長，增強骨骼力量。
- **平衡訓練**：太極、普拉提、瑜伽及單腳站立等運動，能夠提高平衡力，減少跌倒的風險。
- **柔軟性訓練**：伸展運動及簡單的瑜伽動作，能增加關節的活動幅度，減少受傷風險。避免進行過度彎曲或扭轉的動作。

## 運動的注意事項

- **避免高風險運動**：避免進行跳躍或跑步等劇烈、高強度的運動，因為這些運動可能會增加骨折風險。
- **循序漸進**：從低強度開始，逐漸增加強度及時間。
- **尋求專業指導**：開始進行新嘗試的運動前，建議先諮詢醫生或物理治療師的意見，確保安全。
- **保持正確姿勢**：採取正確的姿勢，盡量減少對骨骼附加不必要的壓力。

## 總結

透過及早發現、積極治療及持續調整生活方式，可以有效地管理及預防骨質疏鬆症。透過飲食、運動及定期的醫療監察來優先注意骨骼健康，那麼每個人都可以顯著地降低骨折風險，提升長久健康及生活品質。

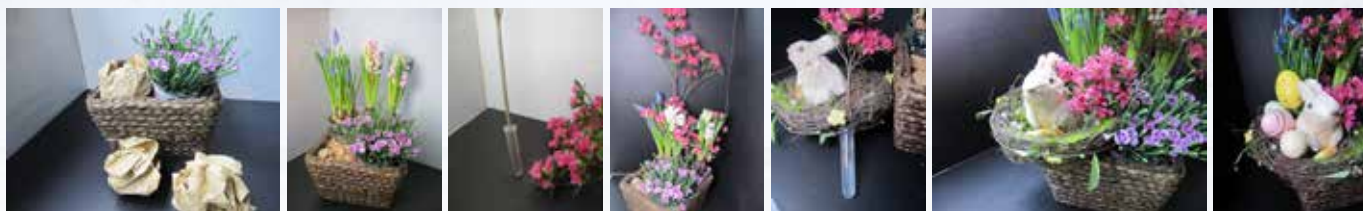
# An Easter Arrangement

## 復活節花卉擺設



1. Place the Dianthus in one front corner of the bamboo basket.
2. Crumple the paper sheets into balls and use them to fill the remaining space inside the bamboo basket, creating a stable base.
3. Place the Hyacinth and Muscari at the back of the bamboo basket on the paper balls.
4. Fill the plastic water tubes with water, insert one Japanese Azalea in each and bind them together with wires.
5. Position the large Japanese Azalea behind the Hyacinth and Muscari.
6. Arrange the small Japanese Azalea between the Hyacinth and Muscari.
7. Insert one small Japanese Azalea through the bird's nest and secure with wire.
8. Place the Easter Bunny figurine inside the bird's nest. Secure the whole decoration at another corner of the bamboo basket, atop the paper balls.
9. Scatter some Easter eggs next to the Easter Bunny for a festive finishing touch.

1. 將石竹花放入竹籃內前方的一邊角落。
2. 將紙張揉成球形，填滿竹籃內的剩餘空間，做成穩定的底層。
3. 將風信子及葡萄風信子放在竹籃後方的紙球上。
4. 將塑膠小水瓶裝滿水，每根小水瓶內插入一株日本杜鵑花，並用鐵絲將它們固定在一起。
5. 將一株大的日本杜鵑花插入風信子及葡萄風信子後面。
6. 將數株小的日本杜鵑花插入風信子及葡萄風信子之間。
7. 將一株小的日本杜鵑花穿過鳥巢並用鐵絲固定。
8. 將復活兔公仔放入鳥巢中，然後將整個裝飾物固定在竹籃另一個角落的紙球上。
9. 在復活兔公仔旁邊分散放置一些復活彩蛋，完成擺設。



### What You'll Need:

- Japanese Azalea (one large and a few small)
- Hyacinth, Muscari and Dianthus (with pots)
- A Large Bamboo Basket
- An Artificial Bird's Nest
- Easter Bunny Figurine
- Colourful Easter Eggs
- Floral Plastic Water Tubes
- Large Sheets of Paper
- Wire

### 材料：

- 日本杜鵑花〔一株大及數株小〕
- 風信子、葡萄風信子、石竹花〔連花盆〕
- 大竹籃
- 人造鳥巢
- 復活兔公仔
- 復活彩蛋
- 花藝塑膠小水瓶
- 大的紙張
- 鐵絲



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

# Mastering Your Putting

## 掌握推桿技巧

It is no secret that mastering your putting can dramatically enhance your golfing success. Effective putting demands precise control, consistent rhythm, and excellent balance. Begin by setting your stance correctly: your feet should be shoulder-width apart with weight evenly distributed over the balls of your feet. This balanced posture ensures stability throughout your stroke.

Your elbows should be slightly bent and close to your body, allowing for a smooth putting motion. Leaning forward helps align your sight above the ball, focusing on its position to judge direction and distance.

The ideal putting stroke should be guided by your chest and shoulders while your wrists and lower body remain still. Only turn your head to observe the ball's path after the putt. A relaxed grip is vital, as holding the putter too tightly can hinder control. The stroke should mimic a pendulum, maintaining consistent rhythm. Through practice, find a comfortable tempo to enhance your confidence.

To perfect distance control, experiment with varying stroke lengths and speeds during your practice sessions. Through dedicated practice and mindful adjustments, you will discover your optimal tempo, enhancing both confidence and performance.

Putting demands patience and precision. Once you've mastered these essentials, you'll no doubt see your golfing performance significantly improve.

在高爾夫球中，掌握推桿技巧能大大提高成功率已經不是什麼秘密了。有效的推桿需要精確的控制、一致的節奏和良好的平衡。首先站姿要正確：雙腳與肩同寬，身體的重量均勻分佈在前腳掌上。這種平衡的姿勢可確保在整個擊球過程中保持穩定性。

你的手肘應該稍微彎曲並靠近身體，以便能夠平穩流暢地推桿。身體前傾有助於將視線集中在球的上方，並專注於觀察球的位置來判斷方向和距離。

理想的推桿動作應該由胸部和肩部引導手臂和球桿，同時手腕和下半身保持靜止。只有在推桿後才轉過頭觀察球的路徑。保持放鬆的握桿狀態至關重要，因為握得太緊會妨礙控制力。推桿動作應模仿鐘擺，保持一致的節奏。透過反覆練習，找一個最適合自己的節奏來增強信心。

為了精確地控制球的距離，請在練習期間嘗試不同的推桿幅度和速度。透過專注的練習和用心的調整，你將可找到自己的最佳節奏，從而增強信心和表現。

推桿需要耐心和精準度，一旦你掌握了這些要領，必定會看到自己的高爾夫表現顯著提升。

## Golf Private Lessons

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

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

### 高爾夫球私人課堂

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

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

1-hour 一小時課程	\$760 per person 每位\$760
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Package of 4, 1-hour lessons 4 堂一小時課程	\$2,900 per person 每位\$2,900
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#### Semi-Private Lessons (2 pax) 半私人課程（二人）

1-hour 一小時課程	\$430 per person 每位\$430
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Package of 4, 1-hour lessons 4 堂一小時課程	\$1,600 per person 每位\$1,600
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Contact the 4/F Tennis Reception on 2118 1707 for booking details. 預約及查詢，請致電 2118 1707。

# Water Aerobics

## 水中健康舞班

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

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



### Morning Water Aerobics

Date : (A) Tuesday 1st, 8th, 15th, 22nd & 29th April  
(B) Friday 11th & 25th 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 \$350, Guest \$590 (for 2 lessons)  
Age : 14 years and above

### Afternoon Water Aerobics

Date : (A) Tuesday 1st, 8th, 15th, 22nd & 29th April  
(B) Friday 11th & 25th 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 1st, 8th, 15th, 22nd & 29th 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 five days throughout the week (except Public Holidays), are a great way to exercise the body and mind.

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.

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

## 瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、二、四、五及日舉行(公眾假期除外)。

收費：會員每堂 \$180，

10堂套票 \$1,620 (套票必須於4個月內完成)

非會員每堂\$300

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。





## Sunday Social Tennis

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

### 週日網球聯誼聚會

參加本會於星期日傍晚舉行的「週日網球聯誼聚會」，是與其他會員及教練切磋球技，認識新的志同道合，一同分享打網球樂趣的好機會。收費每位\$170（設茶點招待），查詢及報名，請致電 2118 1707。此聚會只供成年會員參加。

Date : Sunday 6th, 13th, 20th & 27th 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

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

### 青少年網球訓練

你的孩子們希望學習打網球嗎？報名參加本會於星期六上午舉行，專為3½ - 16歲會員而設的青少年網球訓練班吧！這每星期一堂的訓練班會將專業教練指導與樂趣結合在一起，旨在於友好及獲支持的环境下讓他們可以充分發揮潛力。4月份課程收費 — A班（3½ - 6歲，3堂）：會員\$630，非會員\$990；B班（6 - 16歲，3堂）：會員\$840，非會員\$1,200。

備注：此訓練活動以月費形式支付

Date : Saturday 5th, 12th & 26th April  
Time : (A) 10:00am – 11:00am  
(B) 11:00am – 1:00pm  
Venue : Indoor Tennis Courts  
Price : (A) Member \$630, Guest \$990 (for 3 lessons)  
(B) Member \$840, Guest \$1,200 (for 3 lessons)  
Age : (A) 3½ – 6 years  
(B) 6 – 16 years

### Holiday Notice

Please note that all junior and adult group classes will be cancelled during Ching Ming Festival (4th April) and Easter Holiday (18th, 19th & 21st 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4日清明節及4月18日、19日及21日復活節公眾假期暫停舉行。

## Ladies' Morning Tennis

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

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

### 女子早上網球練習

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

Date : Monday 7th, 14th & 28th April  
Time : 10:00am – 12:00noon  
(Intermediate / Advanced Level)  
Venue : Indoor Tennis Courts  
Price : \$310 (for 2 hours, including court charges and selected beverage at the Tennis Lounge)



Words and pictures 撰文及圖片: Pete Spurrier



You can use part of the Wilson Trail to make an anti-clockwise circuit of Kowloon Reservoir, enjoying the clean air of the deep forest.

*This trail includes an initial climb but it is not a long route. Walking time: 1.5 hours.*

Take bus 72 or 81 up the hill from Sham Shui Po and into the countryside, and alight at the stop named Kowloon Reservoir on Tai Po Road. Walk back a few metres until you see the Wilson Trail marker W061, and turn right to follow the path. (You can get to this point also from Sha Tin on the same bus routes; if you do this, cross the road to the other side using the footbridge, as the traffic on this old mountain road is not heavy but is very fast).

The path widens into a paved track and then brings you to a large metal cage designed to trap wild macaques. You will probably see some of these acrobatic monkeys hanging around – make sure your backpack pockets are zipped up, and try not to eat or drink within the sight of monkeys, as they may try to steal your snacks. On our visit, two nonchalant monkeys were relaxing on top of the cage, not fooled by this man-made trap!

Turn immediately left to follow the Wilson Trail up into the forest. The sound of traffic quickly fades away. At first, it's a steep flight of steps that will give your lungs a workout, but when the steps come to an end, the trail bears left along a more natural stony path, and it levels out.

The beautiful trail is crossed by tree roots and minor streams. At some points, you can see through the trees to get views of Lion Rock and Beacon Hill.



At the fork just past marker W064, keep straight ahead to cross another narrow watercourse. The trail then emerges onto the paved Golden Hill Road, a quiet route that winds among these hillside reservoirs. Turn left and follow it back downhill, across the wide stone dam and all the way back to Tai Po Road.

Turn right to find the bus stops; on this side of the road for Sha Tin, or across the footbridge to get back to Kowloon.

今次帶領大家沿著衛奕信徑的部分路段，以逆時針方向環繞九龍水塘一周，享受樹林的清新空氣。

這行程的最初部分有登山路段，但路程並不長。步行時間：1.5 小時。

從深水埗乘搭 72 號或 81 號巴士上山，前往郊外，然後在大埔道九龍水塘站下車。往回走幾米路，直到看見衛奕信徑的 W061 標記，然後右轉沿小路前行。（你也可以從沙田乘搭同一巴士路線到達此地點。如果這樣做，請使用行人天橋橫過馬路到另一邊，因為這條舊山路上的交通並不繁忙，但速度很快）。

一路前行，這條小徑會逐漸變寬成為一條鋪砌良好的小路，然後帶你到達一個用來捕捉野生獼猴的大型金屬籠子。你可能會看到一些正在玩耍的猴子在附近徘徊 — 請確保你背包口袋的拉鍊已經拉上，並儘量不要在猴子的視線範圍內飲食，因為牠們可能會試圖搶走你的食物。我們行經時，有兩隻神情冷漠的猴子躺在籠子頂上休息，並沒有被這個人造陷阱愚弄到呢！

在此左轉，沿著衛奕信徑進入樹林。行車的聲音很快就消失了。起初，你會經過一段陡峭的梯級，挑戰你的肺活量，但當梯級結束時，小路會沿著一條更荒野的石路向左轉，然後就變得平坦了。

在這條美麗的小路上穿插著樹根及小水溪。在某些地方，你可以透過樹木間看到獅子山及畢架山的景色。

在剛經過 W064 標記後的分岔路口處，繼續直行即可穿過另一條狹窄的水道。然後，小路來到了鋪砌良好的金山路，這是一條蜿蜒穿過山坡水庫的寧靜道路。左轉並沿路下山，穿過寬闊的石壩一直回到大埔公路。

右轉找到巴士站；從馬路這邊行駛可前往沙田，或是走過行人天橋到對面可返回九龍。



# Elevate Your Basketball Game With Private Coaching

Want to dribble, shoot, and score like a pro? Our Private Basketball Training is designed to boost your skills, sharpen your moves, and build your confidence on the court. With the Pacific Club's expert coach, Bobby Yip, leading the way, you'll master key techniques and game strategy, whilst improving your speed and agility.

Whether you're just starting out or aiming to dominate the competition, personalised training will take you to the next level.

## 提升你的籃球比賽水平 私人教練課程

想要像職業籃球員一樣靈活運球、入籃及得分嗎？我們的私人籃球訓練課程旨在幫助你提高技術，磨練動作，並建立在球場上的自信心。在太平洋會專業籃球教練 Bobby Yip 的帶領下，你可以掌握關鍵技術及比賽策略，同時提高速度及敏捷性。

無論你是剛起步的初學者，還是想成為比賽的主導者，這個人化的訓練都可讓你的表現提升至更高水平。



## Basketball Private Lessons 私人籃球課堂

### Private Lessons (1pax)

1-hour : \$650 per person  
1½hour : \$900 per person

### Private Lessons (2pax)

1-hour : \$900 per session  
(Additional participant: \$200/pax, up to 8 pax)

### 私人課程 (一人)

一小時課程 : 每位\$650  
1½小時課程 : 每位\$900

### 半私人課程 (二人)

一小時課程 : 每堂\$900  
(額外參加者 : 每堂/每位\$200, 上堂人數最多8位)

Contact the 4/F Tennis Office on 2118 1707 for booking details. 預約私人籃球課堂，請致電2118 1707向四樓網球部查詢。

By Craig Norris

www.momentsbycraig.com

# The Return of the Folding Camera

## TTArtisan's New Camera Defies Expectations

### 手動、折疊、即影即有 超出預期的TTArtisan全新相機

In last month's article, I mentioned my preference for simple mechanical cameras. In earlier pieces, I also noted how some manufacturers incorporate "retro" styling from older models into their modern designs. TTArtisan, a Chinese lens manufacturer, has taken both of these ideas to heart with their first-ever camera — a fully mechanical, instant-film folding camera.



Polaroid instant film camera

This is the first camera to be made by TTArtisan, and it is quite surprising that they chose to make this modern camera with a completely mechanical design for the shutter, aperture and focusing system. What's even more surprising is that this camera uses "instant film" as pioneered by Polaroid a long time ago, and then made even more popular in recent times by Fujifilm in their "Instax" range of instant film cameras. But the most remarkable aspect of all... This camera is a true folding camera, a design that allows the lens to collapse into the body for compact storage and easy portability.

Folding cameras were very popular in the 1930s and remained so right up to the 1950s. I have a Fujica folding camera that was made in 1955. It still works perfectly today, requires no batteries, and captures beautiful images.

For TTArtisan to enter the camera market with a fully manual, instant-film folding camera is a bold move. Whether it finds an audience remains to be seen, but it's certainly an intriguing throwback to a classic era of photography.

在上個月的文章中，我提及到對簡單手動（機械式）相機的偏好；而在更早之前的文章中，我還注意到一些製造商如何將舊款型號的「復古」風格融入他們的現代設計中。中國鏡頭製造商 TTArtisan 就將這兩個想法融入了他們的第一款相機 — 全手動即影即有風琴相機。

這是 TTArtisan 製造的第一款相機，令人驚訝的是，他們選擇採用完全手動設計的快門、光圈及對焦系統來製造這款現代相機。而令人更驚訝的是，這款相機採用了寶麗來在很久以前開創的“即影即有相紙”技術，而經過 Fujifilm 在其 "Instax" 系列即影即有相機中使用這種技術令其變得更加流行。但最引人注目的是... 這款相機是一款真正的風琴式相機，這種設計允許鏡頭折疊到機身內，令體積更細、更易於存放及攜帶。

風琴式相機在 1930 年代非常流行，熱潮更持續到 1950 年代。我也有一部 1955 年製造的 Fujica 風琴式相機，至今仍運作正常，無需電池，而且能拍攝出美麗的身影。

現在 TTArtisan 以這款全手動即影即有風琴相機進入相機市場是一個大膽的舉措，它是否能吸引大眾還有待觀察，但它無疑是對攝影經典時代的有趣回歸。



1955 Super Fujica-6 unfolded



1955 Super Fujica-6 folded



TTArtisan folding instant camera

# Spa Promotions in April

## 4月份美容療程優惠



### Sothys Detox Energie Intensive Treatment

(1hr 25mins)

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

This incredible treatment incorporates a unique facial 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.

#### Sothys五加參能量光感療程 (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。

### Hydra Peeling Skin Renewal Treatment

(1hr 25mins)

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

Experience the revitalising power of Guinot's Hydra Peeling treatment at The Spa. This advanced facial visibly reduces age-related signs while restoring your skin's natural glow. Hydra Peeling helps diminish the appearance of dark spots, rejuvenating your complexion, and enhancing radiance for a more youthful, luminous look.

#### Guinot水潤新生療程 (1小時25分鐘)

前來本會美容部體驗 Guinot 水潤新生療程的活膚功效。這先進的臉部護理可顯著減少歲月痕跡，透過刺激及更新細胞，為細胞提供活膚營養，減少皺紋、色斑及黑色素形成，改善暗啞膚色，恢復皮膚的自然光澤。



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。



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

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

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

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

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

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

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



# Hair Product Sale in April

## 4月份頭髮產品優惠

### Be Color Shampoo (pH5.5)

~~\$280~~ \$180

Elevate your hair care routine with Be Color Shampoo, specially formulated for colour-treated and chemically-treated hair. Infused with nourishing caviar extract, keratin, and collagen, this shampoo gently cleanses and deeply moisturises, reducing frizz and improving manageability. It strengthens hair from root to tip, preventing breakage and split ends, while protecting hair fullness and enhancing colour vibrancy for lasting, healthy-looking results.

#### Be Color 魚子精華角蛋白洗髮水 (pH5.5)

使用 Be Color 魚子精華角蛋白洗髮水，優化你的護髮程序。這是一款專為經過染色和化學處理的頭髮而設計的奢華配方，利用含量豐富的魚子萃取物、角蛋白和膠原蛋白，為頭髮進行溫和清潔、深層滋潤、減少毛躁，使其容易打理，從髮根到髮尖變得強健，防止斷裂和分叉，同時保持頭髮豐盈並增強髮色，使頭髮呈現持久健康。



### Paul Mitchell® Hold Me Tight, 315ml

~~\$330~~ \$300

This is a fast-drying hairspray designed to add fullness, texture, and shine. Its lightweight formula provides a flexible hold, allowing you to effortlessly brush and style your hair exactly how you like. The fine mist dries quickly, leaving hair soft and touchable, with a refreshing cucumber melon fragrance complemented by gentle notes of violet and water flower. Ideal for all hair types, it's perfect for adding body, shine, and lasting hold to your hairstyle.



#### Paul Mitchell®

##### 「靈活的風格」定型噴霧，315毫升

這款快乾定型噴霧可為頭髮有效增添頭髮的豐盈感、質感和光澤。其輕盈配方提供靈活的定型效果，讓你只須隨心地梳理頭髮，便可以做出你想要的造型。細小的噴霧能快速變乾，頭髮依然保持柔軟，而且氣味清新，帶有青瓜果香、淡淡的紫羅蘭和水花香氣。產品適合所有髮質使用，是增強頭髮豐盈感、光澤和靈活定型的最佳選擇。

### Muriem Home Milk

~~\$220~~ \$200

Elevate your hair care routine with Muriem Home Milk. Designed for those with fluffy or loose hair types, this luxurious formula is enriched with vital nutrients and intense hydration to transform your hair. Penetrating deep into each strand, Muriem Home Milk nourishes, smooths, and tames dry, frizzy ends, leaving your hair glossy, soft, and manageable.

- **Intense Hydration:** Deeply moisturises to soften and enhance hair texture.
- **Nutrient Retention:** Locks in essential nutrients and moisture for a cohesive, silky feel.
- **Overnight Repair:** Apply after shampooing to support repair and revitalise hair as you sleep.
- **Effortless Styling:** Wake up to smoother, more manageable hair, ready for easy styling.



#### Muriem 順滑乳霜

使用 Muriem 順滑乳霜提升你的護髮程序。這款奢華配方專為蓬鬆、易散亂頭髮的人士而設計，富含豐富的營養成分和保濕因子，有效改善髮質。Muriem 順滑乳霜能深入滲透每一根髮絲，滋養、撫平乾燥、毛躁的髮尾，讓頭髮充滿光澤、柔軟且易於打理。

- **強效保濕：**深層滋潤，軟化並增強髮質。
- **鎖緊營養及水分：**幫助鎖緊營養物質及水分，為頭髮帶來光滑有彈性的感覺。
- **夜間修復：**在晚上洗髮後使用，可在睡覺時修復髮絲，恢復頭髮活力。
- **輕鬆造型：**一覺醒來後，頭髮變得更光滑、更容易進行造型。

## This Month's Promotion

### 10% Discount on Full Head Highlight Treatments

This April, refresh your look and brighten your hair with our Full Head Highlight Treatment at the Hair Salon. Whether you're looking for subtle enhancements or bold transformations, our expert stylists are ready to create the perfect highlights tailored to your personal style.

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

#### 全頭顏色挑染9折優惠

於4月份，歡迎前來會所髮廊惠顧全頭顏色挑染服務，換一個煥然一新、更加亮麗的造型。無論你是想進行細微的顏色補染還是大膽的改變，我們的專業髮型師都可以根據你的個人風格及喜好打造出完美的亮麗髮色。

現為會員送上全頭顏色挑染服務9折優惠。查詢詳情及預約服務，請致電 2118 1893。





## Junior Taekwondo

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

### 少年跆拳道

參加本會跆拳道班可學習套拳、對策、搏擊等技巧，還可以經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上所有程度的會員參加，4月份3堂收費—會員\$540，非會員\$570。歡迎新學員參加！

Date : Saturday 5th, 12th & 26th April  
 Time : 4:00pm – 5:00pm (All Levels)  
 Venue : Aerobics Room  
 Price : Member \$540, Guest \$570 (for 3 lessons)  
 Age : 4 years and above

### Holiday Notice

Please note that all junior and adult group classes will be cancelled during Ching Ming Festival on 4th April and Easter Holiday on 18th, 19th & 21st 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4日清明節及4月18日、19日及21日復活節公眾假期暫停舉行。

## Rope Skipping Class

Join our weekly Rope Skipping Class, where children learn individual and partner skipping skills through engaging and energetic sessions. Classes focus on improving fitness, building self-esteem, encouraging leadership, recognising personal achievement and promoting 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3堂收費—會員\$540，非會員\$570。

Date : Sunday 6th, 13th & 27th April  
 Time : 4:30pm – 5:20pm (50 mins)  
 Venue : Aerobics Room  
 Price : Member \$540, Guest \$570 (for 3 lessons)  
 Age : 7 – 12 years



## Spot the differences

Please find 7 differences between the two pictures.  
 請找出兩圖中的7個不同之處。

### Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Wednesday, 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（星期三）舉行之抽獎，勝出者可獲禮物一份。

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

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

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



## 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。由4月份開始，課程將更改至星期六下午舉行，適合6-10歲的會員參加，兩堂收費 — 會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Saturday 12th & 26th April **\*New day & time**  
 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

Join our English Drama Academy, now on a new day and time — Mondays! Led by our experienced instructor, this dynamic class explores storytelling, role-play, scriptwriting, dance, speech, prose and narration. Each session is designed to boost creativity, enhance language and communication skills, strengthen problem-solving abilities, and build self-confidence.

### 英語話劇訓練班

由4月份開始，本會的英語話劇訓練班將更改至星期一下午舉行。課程由經驗豐富的導師指導，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，來激發學員的創造力、提高語言及溝通技巧、增強解決問題的能力，並建立自信心。課程適合3-12歲的會員參加，4月份3堂收費 — 會員\$600，非會員\$630。

Date : Monday 7th, 14th & 28th April **\*New day & time**  
 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 for junior players aged 6 to 16 years. In these group classes, our experienced coaches are dedicated to helping children of all skill levels develop their badminton abilities to take their game to the next level.

### 少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6-16歲的會員而設。透過課程學員將發展他們的技能、提高比賽水平，並享受打羽毛球的樂趣。4月份兩堂收費 — 會員\$520，非會員\$540。

Date : Friday 11th & 25th April  
 Time : (A) 6:30pm – 7:30pm  
 (B) 7:30pm – 8:30pm  
 Venue : Aerobics Room  
 Price : Member \$520, Guest \$540 (for 2 lessons)  
 Age : (A) 6 – 10 years  
 (B) 11 – 16 years

## Junior Badminton Lessons (Private)

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

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

### 少年羽毛球 — 私人課程

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

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



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

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Thursday, 17th 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17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！

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

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  
3月份  
遊戲答案

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

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Fung Kok Po

## 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，強師傅將會在紫荊閣為大家送上鮮味的龍蝦菜式，包括三蔥九層塔焗龍蝦、雞油花雕蒸龍蝦，請勿錯過。

訂座請致電 2118 1892。



## Live Sports at the Club Bar

### 精彩體育賽事 酒吧現場直播

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

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

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

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

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

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時

# The Columbia Club Indianapolis, Indiana, USA

Founded in 1889, the Columbia Club stands prominently on Monument Circle in the heart of downtown Indianapolis. Initially established to support President Benjamin Harrison's successful campaign, today the club continues its tradition as a distinguished centre for social gatherings, professional networking, and refined leisure.

Dining at the Columbia Club is a delightful experience, offering options to suit every preference. The Crystal Terrace provides a bright, welcoming atmosphere for lunch, serving contemporary American cuisine with picturesque views of Monument Circle. For evening dining, the Harrison Room combines elegance with culinary excellence, presenting innovative dishes and an extensive wine selection. Members seeking a relaxed atmosphere can visit the Hensley Grille in the Grand Lobby for casual bites and refreshing cocktails, or the Platinum Lounge on the fifth floor, ideal for sipping sophisticated drinks while overlooking the iconic Soldiers and Sailors Monument. Additionally, the Monument Café offers seasonal al fresco dining, perfect for socialising and enjoying the vibrant city ambiance.



The Columbia Club is well-equipped to meet the leisure and business needs of members. The Health and Wellness Centre features a modern fitness facility complete with personal training, nutritional guidance, and diverse exercise classes. The club also houses convenient private meeting rooms and a fully-equipped Business Centre with complimentary copying and printing services.

For those planning an extended visit, the Columbia Club offers elegant guest rooms ranging from classic rooms to the opulent Presidential Suite. Each room is tastefully designed with modern amenities to ensure the utmost comfort.

So, if your travels take you to Indianapolis, be sure to request a Letter of Introduction for the Columbia Club—a place that warmly welcomes Pacific Club Members.



Columbia Club 成立於 1889 年，矗立在印第安納波利斯市中心的紀念碑廣場上。會所最初是為了支持總統 Benjamin Harrison 的成功競選而成立，如今它繼續延續其傳統，成為結合社交聚會、專業交流及高級休閒的著名地標。

在 Columbia Club 用餐是一種愉快的體驗，提供適合各人喜好的選擇。Crystal Terrace 餐廳擁有明亮、溫馨的午餐氛圍，供應現代美式菜譜，用餐時同時可以欣賞紀念碑廣場的美景。

至於晚餐，Harrison Room 融合了優雅環境及卓越烹飪，提供新穎的菜餚及豐富的葡萄酒選擇。想尋求輕鬆氛圍的會員，可以前往位於大堂的 Hensley Grille 享用休閒小食及清新的雞尾酒；或前往五樓的酒廊 Platinum Lounge，品嚐特色飲品並同時俯瞰當地為紀念戰時士兵及水手而建的標誌性紀念碑。此外，咖啡室 Monument Café 還設有季節性的戶外餐飲區，非常適合在此與朋友相聚及享受充滿活力的城市氛圍。

Columbia Club 設施齊全，能滿足會員的休閒及商務需求。康體及健身中心擁有現代化的健身設施，並提供私人訓練、營養指導及多樣化的運動課程。會所還設有多間方便會員使用的私人會議室及設備齊全的商務中心，提供免費影印及列印服務。對於計劃使用住宿服務的客人，Columbia Club 提供多間典雅的客房，從傳統客房到豪華的總統套房俱全。每間客房均設計高雅，並配備現代化設施，確保會員在入住期間得到最舒適的體驗。

如果你將計劃前往印第安納波利斯，請攜同本會的介紹信到訪 Columbia Club——一個讓太平洋會會員感到賓至如歸的地方。



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