



十二月號
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PACIFIC VIEWS

December 2024



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 人或以以下聚餐，餐飲消費滿\$1,888（食品消費最少\$1,200），方可獲贈Prosecco氣泡酒一瓶及一磅生日蛋糕一個。
- This promotion is valid during the Member's birthday calendar month from 1st July 2024 to 30th June 2025. 此推廣活動的有效日期：2024年7月1日至2025年6月30日期間的會員生日月份內。
- There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer can only be redeemed once per meal and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。
- Blackout dates: 2024: 1/7, 17-18/9, 1/10, 21/12 & 24-31/12; 2025: 1/1, 28-31/1, 14/2, 11/5 & 15/6. 優惠不適用日期：2024 年：1/7、17-18/9、1/10、21/12 及 24-31/12；2025 年：1/1、28-31/1、14/2、11/5及15/6。
- A table reservation is required at the appropriate restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須至少提前 48 小時預訂。
- This offer is not applicable for banqueting events. 此優惠不適用於宴會活動。
- This offer is not transferrable or exchangeable to other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。
- The Pacific Club reserves the right to change the terms & conditions and the decision shall be the final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。

Board of Governors

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Management 管理階層

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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,

This month, the Pacific Club transforms into a haven of festive cheer, with events and menus to make this season merry and truly unforgettable.

Selected Fridays and Saturdays this month bring the magic of a French Noël to The Island View Restaurant. Our Joyeux Noël Dinner Buffet offers a culinary journey across France, featuring Atlantic Oysters, Burgundy Snails, La Lande Foie Gras, and Périgord Truffles, paired with

artisanal cheeses and prime cuts of beef. Turn to page 7 for more details.

At the Club Bar, warm up with our Vacherin Mont d'Or Fondue. Perfectly melted and served with pickles, potatoes, and a rustic baguette, this seasonal favourite is a comforting treat on cooler December days. Bauhinia Restaurant offers hearty Winter Casseroles throughout December, and Chef Keung's one-pot creations are perfect for sharing and savouring the warmth of the season.

Our Festive Calendar promises a full month of celebrations. From the Children's Christmas Party on 14th December to the dazzling Christmas Eve and Christmas Day Buffets, there's no shortage of holiday magic here at the Pacific Club! New Year's Eve at the Club will be a night to remember. Bid farewell to 2024 in style at the Diner en Blanc Gala Dinner at The Island View and Pier 6, where the venue will be transformed into a radiant white wonderland. For an elegant culinary experience, Bauhinia presents its New Year Set Dinner, paired with stunning views of the harbour. Alternatively, for a Roman-inspired evening, Capricci offers its Capodanno Romano, featuring a luxurious Italian menu and themed festivities. Please refer to our separate Festive Calendar for more information on all our festive events.

Looking further ahead, our Lunar New Year celebrations are not to be missed. From 20th January to 9th February, The Island View Restaurant will host Lunar New Year Lunch and Dinner Buffets, featuring a special Lo Hei to welcome the Year of the Snake. On Lunar New Year's Eve, indulge in our Australian Oyster & Wagyu Beef Dinner Buffet at The Island View, or experience the refined flavours of our Set Dinner at Bauhinia. On the second day of the Lunar New Year, enjoy breathtaking views over Victoria Harbour during the Fireworks Display Dinner Buffet at The Island View and Pier 6, or choose Bauhinia's exclusive Set Dinner Menu or enjoy Capricci's Lunar New Year Fireworks Display Italian Set Dinner featuring vibrant dishes and stunning balcony views. Turn to pages 16 - 18 for more.

Wishing you a very happy and memorable Christmas and New Year, and I look forward to seeing you at the Clubhouse during this exciting festive season.

尊敬的會員，

今月份，太平洋會將充滿節慶歡樂，舉辦多項聖誕新年活動並送上豐富美食，讓大家度過令人難忘的節日。

首先，於本月特定的星期五及六晚上，Island View 餐廳將帶來法國聖誕的魔力，舉行「法式快樂聖誕」自助晚餐帶領大家踏上法國美食之旅，享用大西洋的生蠔、勃根地蝸牛菜式、La Lande 鵝肝及 Périgord 松露，再配搭手工芝士及優質牛肉等美食，請參閱第 7 頁以了解更多詳情。

此外亦歡迎大家前來會所酒吧品嚐暖笠笠的法國金山芝士火鍋。這款時令芝士美食在完全加熱溶化後可以配搭醃菜、薯仔及簡樸的法國鄉村麵包一同食用，是在 12 月的寒冷天氣裡享用的最佳美食。而紫荊閣餐廳亦將於整個 12 月份送上暖胃的冬季煲仔菜。強師傅已經特別為大家設計多款煲仔菜，在一個煲仔中備有多款食材，最適合在這個極需要吸取暖意的季節中與人共享。

在我們的節日活動小冊子中已刊登了一整個月的美食慶祝活動，從 12 月 14 日的聖誕兒童派對到不同主題的平安夜及聖誕日自助餐，太平洋會都一一為大家送上！此外，本會的除夕夜也將會是一個令人難忘的夜晚。在 Island View 及 Pier 6 餐廳舉行的「白色之夜」晚餐派對將變身成一個光芒四射的白色仙境，以盛大的方式告別 2024 年。如果想享受高級的用餐體驗，紫荊閣也會推出新年套餐，讓大家一邊品嚐美食，一邊欣賞令人讚嘆的海港夜景。另外，若想體驗充滿羅馬風情的夜晚，歡迎前來 Capricci 餐廳參加以古羅馬為主題的 Capodanno Romano 派對，享用豐富的意大利菜式。請參閱隨本刊附上的節日活動小冊子，以了解更多有關所有節日活動的詳情。

展望未來，本會的農曆新年慶祝活動絕對不容錯過。由 1 月 20 日至 2 月 9 日期間，Island View 餐廳將舉行農曆新年自助午餐及晚餐，並推出特別的「撈起」美食以迎接蛇年。到了農曆年廿九晚上，大家可以到 Island View 餐廳享用澳洲生蠔及和牛美食自助晚餐；或到紫荊閣品嚐精緻的中式晚餐。隨後於農曆年初二晚上，我們也會為大家準備豐富的煙花匯演晚餐活動，包括 Island View 及 Pier 6 的自助晚餐、紫荊閣的中式晚餐套餐，及 Capricci 的意式晚餐套餐；大家在享用美食之餘，亦可以到餐廳的露台上欣賞在美麗維港上空舉行的農曆新年煙花匯演。有關詳情請參閱第 16-18 頁。

在此祝大家及貴家屬聖誕新年快樂！我熱切期待與大家在太平洋會共度精彩的佳節。

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



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Spring Dinners at Pacific Club for Lunar New Year

太平洋會 農曆新年春茗聚餐

10th January – 12th February
1月10日至2月12日

Come and celebrate the Lunar New Year of the Snake with a memorable Spring Dinner at the Pacific Club.

If you are planning a function, our Red, Silver, and Gold Menus provide the perfect selection for any occasion. Let us help you create a special Lunar New Year experience for your guests in an elegant and festive setting.

For booking enquiries, please contact Bauhinia Restaurant on 2118 1892.

歡迎前來太平洋會舉行農曆新年春茗聚餐，迎接蛇年的來臨！

若你正準備籌劃農曆新年慶祝聚餐，太平洋會絕對是你的最佳選擇！我們特別設計了「大展鴻圖」、「銀祿齊來」及「金玉滿堂」三款菜單，不論是公司聯歡或宴請客戶皆宜。

如欲查詢詳情，請致電2118 1892與紫荊閣餐廳聯絡。



大展鴻圖 Red Menu

五福臨門拼盆
蜂蜜叉燒、牛展、燒鴨、椒鹽鮮魷、芥末雲耳
Appetizer Combination

Honey Glazed Barbecued Pork, Marinated Beef Shin,
Roasted Duck, Deep-fried Squid with Spicy Salt,
Black Fungus in Wasabi Sauce

XO醬翡翠野菌炒蝦仁蚌仁拼 避風塘紫菜豆腐
Stir-fried Shrimps and Clams
with Vegetables and Mushrooms in XO Sauce
accompanied by Pan-fried Seaweed Tofu with Spicy Salt

發財好市伴蒜子瑤柱甫
Braised Dried Oysters and Dried Moss
with Whole Conpoy and Garlic

瑤柱姬松茸竹笙燉湯
Double-Boiled Princess Matsutake Soup
with Conpoy and Bamboo Fungus

龍蝦湯脆米蒸原條石斑
Steamed Whole Garoupa in Lobster Soup with Crispy Rice

太平洋脆皮炸子雞
Roasted Crispy Lung Kong Chicken

黑松露乾燒伊麵
Stewed E-fu Noodles with Black Truffle

生炒臘味糯米飯
Fried Glutinous Rice with Preserved Meats

紅豆沙湯丸
Sweetened Red Bean Soup with Sesame Dumplings

鴛鴦雙美點
蜂蜜糕、蓮茸煎堆仔
Chinese Petits Fours

Steamed Brown Sugar Sponge Cake with Honey
Deep-fried Sesame Balls with Lotus Seed Paste

\$9,088 per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,
Orange Juice and Chinese Tea

每桌\$9,088供12位用，
包括3小時任飲汽水、橙汁及中國茶

*Red Menu is not available for private room booking
"大展鴻圖"菜單不適用於預訂宴會廳房

銀祿齊來 Silver Menu

大紅乳豬件伴 蜂蜜叉燒皇
Roasted Suckling Pig
accompanied by Honey Glazed Barbecued Pork

彩椒炒特級安格斯牛柳粒拼 炸荔枝球
Pan-fried Cubed Angus Beef with Bell Peppers
with Deep-fried Lychee-Shrimp Meatball

原粒瑤柱甫伴 好市冬菇
Braised Whole Conpoy, Dried Oyster
and Black Mushrooms

椰子竹笙燉雞湯
Double-boiled Chicken Soup
with Bamboo Fungus and Coconut

清蒸大海東星斑
Steamed Spotted Garoupa

太平洋脆皮炸子雞
Roasted Crispy Lung Kong Chicken

鮑汁燒伊麵
Braised E-fu Noodles with Abalone Sauce

鴛鴦炒飯
Duo of Fried Rice
Shrimp in Cream Sauce and Chicken in Tomato Sauce

紅豆沙湯丸
Sweetened Red Bean Soup with Sesame Dumplings

鴛鴦雙美點
蜂蜜糕、蓮茸煎堆仔
Chinese Petits Fours
Steamed Brown Sugar Sponge Cake with Honey
Deep-fried Sesame Balls with Lotus Seed Paste

\$10,888 per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,
Orange Juice and Chinese Tea

每桌\$10,888供12位用，
包括3小時任飲汽水、橙汁及中國茶

金玉滿堂 Gold Menu

金陵乳豬全體
Roasted Whole Suckling Pig

XO醬翡翠蝦球香煎帶子伴 松葉蟹窩貼蝦多士
Sautéed Prawns, Pan-fried Scallops and Vegetables in
XO Sauce accompanied by Deep-fried Shrimp and Snow
Crab on Toast

火腿雞茸燉燕窩羹 或 椰子螺頭燉花膠湯
Braised Bird's Nest Soup with Yunnan Ham
and Minced Chicken
or
Double-boiled Fish Maw Soup
with Sea Whelk and Coconut

清蒸大海東星斑
Steamed Spotted Garoupa

蜜汁香煎金蟻伴 澳洲鮑片鵝掌
Pan-fried Dried Oysters with Honey
with Braised Sliced Australian Abalone
and Goose Webs

太平洋脆皮炸子雞
Roasted Crispy Lung Kong Chicken

生炒臘味糯米飯
Fried Glutinous Rice with Preserved Meats

上湯煎粉果
Pan-fried Dumplings with Shrimps, Pork
and Water Chestnuts served with Bouillon

紅豆沙湯丸
Sweetened Red Bean Soup with Sesame Dumplings

鴛鴦雙美點
芝麻糕、蓮茸煎堆仔
Chinese Petits Fours
Steamed Sesame Pudding
Deep-fried Sesame Balls with Lotus Seed Paste

\$12,688 per table for 12 persons

including 3 hours' unlimited serving of Soft Drinks,
Orange Juice and Chinese Tea

每桌\$12,688供12位用，
包括3小時任飲汽水、橙汁及中國茶



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko



In this month's issue, I am pleased to report that bookings for our Christmas and New Year's Eve events at the Club are filling up fast. If you haven't made your festive arrangements yet, do take a look at our Festive Brochure and reach out to the respective restaurants to secure your spot as soon as possible.

Here at the Pacific Club, we are extremely grateful for Members' continuous, generous support to our designated charity - the Children's Cancer Foundation - since 2004. December is traditionally the month for giving, so at the Club's Food & Beverage outlets this month, we urge you to support our fundraising efforts by adding a little extra to your restaurant bill, which in turn will be donated directly to the Children's Cancer Foundation.

With your generosity, I am sure that we are heading for another outstanding year for the Pacific Club's fundraising effort. Thank you very much in advance.

Signing Privileges for Members' Children (over 12 years)

In accordance with Club policy, children of Members who are 12 years of age or older may be granted signing privileges at the Club's outlets, provided they hold a membership card (with relevant signature) linked to their parent's account. Should you wish to authorise the issuance of such a card for your child, please contact the Membership Office, where our staff will be pleased to assist you with the arrangements at no cost.

Should you require additional information, please contact our Membership Office on 2118 1802 or email to membership@pacificclub.com.hk

Season's Greetings!

The Management and Staff of the Pacific Club wish all Members and their families a very Merry Christmas and a Happy, Healthy and Successful New Year 2025.

在今期薈絮中，我非常高興告知大家今年本會舉辦的聖誕及除夕活動得到會員熱烈支持，部分活動經已滿座。如你尚未為這歡樂日子作出安排，請參閱本會的節日活動小冊子，並儘快聯絡有關的餐廳預約。

此外，本會亦非常感謝各會員繼續為我們自 2004 年開始作出慷慨捐輸的指定慈善受惠機構 - 「兒童癌病基金」捐款。12 月是送上關懷的月份，我們鼓勵會員於本月份在各餐廳結帳時，將捐款一併加在帳單上，而所有捐款將直接撥捐「兒童癌病基金」。

有大家的支持，本人確信我們於今年的籌款活動必定能創造佳績。多謝大家慷慨解囊。

會員子女〔12歲以上〕的簽帳權利

根據本會規條，凡年滿 12 歲的會員子女可在會所各餐廳及設施行使簽帳權利，但前提是他們必須持有與其父母帳戶相連繫的會員証（附有效簽名）。

如果你希望授權本會為你的子女發放此會員証，歡迎聯絡會籍部，我們的工作人員將很樂意為你免費進行安排。

如需要查詢更多資料，請致電 2118 1802 聯絡會籍部或發送電子郵件至 membership@pacificclub.com.hk。

恭賀聖誕及新年

太平洋會管理層及全體員工謹祝所有會員及貴家屬聖誕快樂及 2025 年健康愉快，事事順利！

A Slice of the Season...

Festive Turkey Pizza at Capricci and Club Bar

Capricci 餐廳及會所酒吧節日美食 聖誕火雞薄餅

Throughout December, savour the season with our 10-inch Turkey Pizza. Topped with Turkey Meat, Turkey Sausage, Roasted Chestnuts, Cranberries, and Brie Cheese, this pizza captures all the comforting flavours of a festive feast.

Perfect to enjoy alone or share with loved ones, our Festive Turkey Pizza is available from 2nd December at Capricci and the Club Bar. Treat yourself to a slice of holiday cheer!

\$178 per pizza

於12月份，歡迎前來品嚐我們特別為聖誕節日而準備的10吋火雞薄餅。薄餅上舖滿火雞肉、火雞肉腸、烤栗子、蔓越莓及布里芝士，散發著節日盛宴所有令人愉悅的味道。

聖誕火雞薄餅將於12月2日起在Capricci餐廳及會所酒吧供應，非常適合獨自享用或與家人朋友一同分享。前來感受節慶的歡樂吧！

聖誕火雞薄餅 — 每個\$178。



Throughout December at the Club Bar Vacherin Mont d'Or Fondue

12月份會所酒吧美食推介 法國金山芝士火鍋

Warm up this December with our irresistible Vacherin Mont d'Or Fondue, a true seasonal delight. Melted to creamy perfection, this rich, aromatic cheese is served with tender baby potatoes, crisp pickles, and a rustic baguette for the ideal dipping experience.

Savour the perfect treat as the temperature outside drops.

\$288 per portion

於12月份前來會所酒吧品嚐我們特別為大家帶來的溫暖美食 — 法國金山芝士火鍋 (Vacherin Mont d'Or Fondue)。

將口感綿密的小薯仔、爽脆的醃菜和簡樸的法國鄉村麵包，蘸著濃郁芳香、溶化成奶油狀的芝士來食用，帶來完美的美食體驗。

這是一款最適合在寒冷天氣下享用的美食。

法國金山芝士火鍋 — 每份\$288。



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

Fridays
&
Saturdays

Joyeux Noël

- French for Merry Christmas -

Dinner Buffet

「法式快樂聖誕」自助晚餐

This holiday season, let us transport you to the heart of France, where every meal is a celebration of joy, flavour, and togetherness. Our Friday and Saturday Dinner Buffet is the perfect occasion to gather with loved ones and savour the delights of Noël in true French tradition.

Embark on a culinary journey across France, showcasing the finest ingredients and authentic flavours from coast to peak. Indulge in the ocean's treasures with Atlantic Oysters, succulent Lobster, and exquisite Seafood, complemented by the richness of La Lande Foie Gras and the earthy allure of Périgord Truffles. Enhance your experience with a selection of premium French Cheeses, tender Prime Beef, Burgundy Snails, and artisanal Charcuterie.

Available on selected Fridays and Saturdays, this sophisticated feast is designed to elevate your festive celebrations and create lasting memories.

今個聖誕假期，讓我們帶你前往法國的中心地區，感受每一頓飯都充滿歡樂、美味和團聚意義的慶祝活動。於12月6日、20日、27日星期五，以及7日、14日、28日星期六晚上，前來 Island View 享用充滿聖誕特色的自助晚餐，是與親人相聚並品嚐真正法國傳統美食，同時提升你的節日慶典氣氛及創造難忘回憶的絕佳機會。

踏上法國美食之旅，品嚐從海岸到山峰的最優質食材及正宗風味。盡情享用來自大西洋的生蠔、多汁的龍蝦及鮮味的海鮮，配搭 La Lande 鵝肝、Périgord 松露，以及精選法國芝士、優質牛肉、勃根地蝸牛菜式及各款手工醃肉食品。

晚餐收費：成人\$598，小童\$395

每位另加\$178可配搭精選餐飲，任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁
訂座請致電 2118 1846。

Date : Friday 6th, 20th & 27th and
Saturday 7th, 14th & 28th December

Time : From 6:00pm

Venue : The Island View Restaurant

Price : Adults \$598, Children \$395

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

Reservations : 2118 1846

New

Special Discount on Pilates Personal Training Package

This December, Members can enjoy a special rate on a 10-session Pilates Personal Training package. Led by our highly experienced Pilates instructors, each session is designed to improve posture, functional movement, and core stability, helping you achieve lasting strength and balance.

To book your lessons, please contact the Gym Reception at 2118 1863. The package is valid for one month and each Member can purchase a maximum of two packages during this promotion.

普拉提私人訓練課程優惠

本會將於12月份，為會員送上私人普拉提訓練課程優惠。會員可以特別優惠價\$7,000購買10堂私人普拉提訓練課程（原價\$7,200）。普拉提訓練能改善身體姿勢、功能性活動及核心穩定性，並增強身體持久力及平衡。

大家如果想藉此改善好身體狀態，請即致電 2118 1863 與各普拉提教練預約課程。請注意，是項課程優惠有效期為一個月，而每位會員最多只可購買兩個課程。

Coaching Session	10-Lesson Package
1 hour	\$7,200 \$7,000



Holiday Notice

Please note that all junior and adult group classes will be canceled on Christmas Day on 25th December and the first weekday after Christmas Day on 26th December.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於12月25日聖誕節及12月26日聖誕節翌日公眾假期暫停舉行。

Fascia Exercise Training

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



筋膜運動訓練

在這個於星期一舉行的課程中，專業教練將幫助你感受到難以置信的放鬆，令身體更輕盈、站得更高、感覺更強壯！筋膜是跨越整個身體的複雜結締組織，為肌肉、骨骼和器官提供必要的穩定性和凝聚力，參加者將學習使用練習工具的技巧來調理筋膜以獲得深度放鬆。課程適合16歲及以上的會員參加，12月份5堂收費 — 會員\$900，非會員1,500。

備註：課程以廣東話授課

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

Time : 1:30pm – 2:30pm

Venue : Aerobics Room

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

Age : 16 years and above

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

Funky Dance

Funky Dance is a lively, easy-to-follow aerobic dance workout designed to keep you moving and energized. Each one-hour session aims for an impressive 7,000 steps, helping you burn calories while enjoying upbeat, high-energy music.



Funky舞蹈班

Funky Dance 是一種有趣、簡單，又充滿活力的有氧跳舞運動，以不同的音樂和舞步形式來消耗體內的卡路里，在一小時的課堂內便可完成多達7,000個舞步。課程於星期五舉行，適合16歲及以上的會員參加，12月份4堂收費 — 會員\$720，非會員\$1,200。

Date : Friday 6th, 13th, 20th & 27th December

Time : 12:00noon – 1:00pm

Venue : Aerobics Room

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

Age : 16 years and above



Zumba Fitness

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

尊巴健體舞班

本會尊巴健體舞班除可健身之餘，更好玩有趣，讓你同時享受動感拉丁美洲舞蹈並燃燒身體脂肪，達至修身的效果。課程於星期日舉行，適合16歲及以上的會員參加，12月份5堂收費一會員\$900，非會員1,500。

Date : Sunday 1st, 8th, 15th, 22nd & 29th December
Time : 10:00am – 10:45am (45 minutes)
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above

Stretching Exercise Class

Regular stretching not only helps prevent muscle soreness and injury but also promotes overall relaxation for both body and mind. In these sessions, participants will learn techniques to improve posture, increase flexibility and blood circulation, relieve stress, enhance coordination, and reduce the risk of sports-related injuries. Perfect for all levels, this class provides essential skills for a balanced, healthy body.



伸展運動班

定期進行伸展運動不僅可以防止肌肉受傷和緩解酸痛，還可以讓身心同時獲得放鬆。透過專業教練指導你完成一系列度身定制的伸展運動，可學習掌握糾正姿勢、增強靈活性和促進血液循環的技巧；同時體驗緩解壓力、改善協調性及顯著降低運動相關傷害風險等額外好處，適合任何人士參加。

課程於星期五舉行，適合16歲及以上的會員參加，12月份4堂收費：會員\$720，非會員\$1,200。備註：課程以廣東話授課

Date : Friday 6th, 13th, 20th & 27th December
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above
Instruction: Please note, this class is taught in Cantonese only

Schedule in December 十二月份課程

Monday

Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	3:30pm – 4:30pm (B) 4:30pm – 5:30pm (A)

Sunday

Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Wall Climbing	11:30pm – 1:00pm
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輪候名單中。

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

Oyster Fridays

Every Friday is Oyster Night at the Club Bar

週五「盡享生蠔」之夜

每個星期五晚上都是會所酒吧的「盡享生蠔」之夜！

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

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

Date : Every Friday in December

Venue : Club Bar

於12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。



Afternoon Tea

Mont Blanc - Flavours of French Chestnuts and Tahitian Vanilla

at The Island View and Oyster Bar

This December, treat yourself to our elegant Mont Blanc Afternoon Tea at The Island View and Oyster Bar. Featuring the rich, earthy flavours of French chestnuts and the smooth, fragrant essence of Tahitian vanilla, this tea promises a luxurious seasonal experience.

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

\$168 per person, inclusive of tea or coffee

下午茶美食

蒙布朗 — 法國栗子及大溪地香草口味 於12月份在 Island View 餐廳及 Oyster Bar 供應

於12月份，歡迎前來 Island View 及 Oyster Bar 享用蒙布朗甜點下午茶。屆時我們將以濃郁、散發大自然風味的法國栗子，以及芳香柔滑的大溪地香草來製作多款甜點，帶來奢華的秋季享受。

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，包括咖啡或紅茶



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

Festive Red Wine Poached Pear

節日美食 — 紅酒煮梨

As the festive season fills the air with the warmth of spices and aromatic delights, there's something truly special about a dish that captures the essence of simplicity and indulgence. For me, it's often the simplest flavours that bring the most joy.

With just a few easy steps — and a dash of patience — this recipe will transform humble pears into a luxurious dessert. Soft, fragrant, and infused with red wine, these poached pears are sure to enchant your senses and add a festive glow to any holiday meal.

每年聖誕時節，空氣中都瀰漫著香料和美食的溫暖芳香。今次為大家介紹的這道菜式確實非常特別，只需要簡單的食材及製法便能帶出美味的精髓。對我來說，最簡單的味道往往能帶來最大的快樂。

只需按照這個食譜的幾個簡單步驟，再加上一點耐心，就能將不起眼的梨子變成奢華的甜點。這些水煮梨子口感柔軟、味道芳香，並融入濃郁的紅酒，一定能讓你著迷，並為任何節日大餐增添歡樂氣氛。



By Executive Chef, Daniel Birkner

撰文：行政總廚 — Daniel Birkner



Method:

1. Pour the Port and Red Wine into a wide pot or pan with high enough rim. Turn the heat up and reduce the liquid by half.
2. Now add all other ingredients except the pear. Transfer to a pot that is narrow enough to fit the pears and let them sit covered by all the liquid.
3. Add the pears and bring back to a boil, turn the heat off and let sit at room temperature for 3-4 hours, then transfer to the fridge.
4. The longer the pears are sitting in the wine mixture, the deeper their colour and flavour will be. They are ready to eat once the liquid has cooled, but only get better with time.
5. Serve with a scoop of vanilla ice cream, a splash of eggnog, or a dollop of whipped cream, and sprinkle with toasted almonds. Drizzle a little extra poaching liquid over the top, and enjoy this festive classic.

製作方法：

1. 將波特酒和紅酒倒入一個寬面鍋或邊緣夠高的平底鍋中。調高火力，將酒液煮至剩餘一半份量。
2. 除梨子以外，加入所有其他材料，然後將材料轉移到另一個足以容納梨子的窄身鍋中，好讓梨子被所有的酒液覆蓋。
3. 放入梨子，再次煮沸，熄火，在室溫下放置3-4小時，然後放入冰箱。
4. 梨子在酒液中放置的時間愈長，其顏色和味道就愈濃。當酒液冷卻便可以享用了，但浸泡時間愈長味道會愈好。
5. 食用時可以配搭香草雪糕、一點蛋奶酒或生奶油，再撒上一些烤杏仁和加一點煮梨子的酒液，然後就可以享用這款經典的節日甜點。

Recipe for 4:

- 4 pcs peeled Williams Christ Pears
- 2 bottles 750ml Red Wine
- 1 bottle 750ml Red Port Wine
- 3 pcs Star Anise
- 2 pcs Cinnamon Stick
- 1 Vanilla Pod, split and scraped
- Zest and Juice of 1 Orange
- Zest and Juice of 1 Lemon
- 190g Sugar

4人份量食譜：

- 4 個去皮威廉斯梨
- 兩瓶750毫升紅酒
- 一瓶 750 毫升波特酒
- 3 粒八角
- 兩支肉桂
- 一片香草豆莢，將籽刮出
- 一個橙的果皮和果汁
- 一個檸檬的果皮和果汁
- 190克糖

Words and pictures 撰文及圖片: Pete Spurrier



Tai Lam Chung Reservoir

Stage 10 of the Maclehorse Trail skirts the verdant banks of Tai Lam Chung reservoir, but you don't need to walk the Maclehorse all the way from its Tuen Mun starting point to reach it; this hike describes a different way to get there. It gives you views of islands in the reservoir that were once hilltops before the valley was dammed and flooded in the 1950s.

This trail is all uphill for the first half, then all down for the second. Take enough water. Walking time: 3 hours.

Your hike starts at Gold Coast on the western shore of the New Territories. There are various buses that will bring you here: for instance, the 61M from Tai Wo Hau MTR station (cross the footbridge from Exit B). Sit on the top deck, at the front if you can. On this bus, you can enjoy quickly changing views from the elevated coastal road as this highway-on-stilts zooms west, with sea on one side and mountains on the other, with occasional villages in valleys below. The 52X from Mei Foo MTR will also take you on this route.

Alight at Gold Coast. Walk back a short distance from the bus stop, cross the road and then walk up the narrower road inland towards So Kwun Wat village. Soon you'll arrive at the village's Tin Hau temple. You can also get directly to this point by taking green minibus 43 from Ho Pong Street near Tuen Mun station; it's the final stop of this route.



Take a look at the well-kept temple and then follow the road to its left. The words "To Maclehorse Trail" are literally painted on the road so you can't go wrong. On this section, you pass a few organic farms and nature education centres, and there's one farm where some curious goats may come out to greet you.

Soon you meet the Maclehorse Trail, where there's a mapboard and a road barrier. Bear right to follow the track gently uphill. Just after this, you'll see the first dam of the reservoir, but there are no views from this vantage point so keep on climbing up.

As you walk higher, vistas of water and islets start to appear to your right. Leave the paved waterworks road when you see a blue portable toilet: turn right to follow the stony trail to the "Reservoir Islands Viewpoint". This is popularly known as the "Thousand Islands

Lake" viewpoint, and it's well worth the one-way detour up a flight of steps to the best viewing position.

Coming back down to the main trail, turn right to follow it until you come to a yellow-painted shrine in the middle of nowhere, with a speaker playing recorded chanting. Steps lead up to the paved Tai Lam Forest Track, and you pass another lonely shrine below a bridge before you come to a fork in the track. Turn left in the direction marked for "Tai Tong Shan Road Bus Stop".

It's a long walk downhill now, past picnic sites, holiday camps and the locally famous sweet gum trees, to Tai Tong village. Bus K66 will take you from here to Long Ping station in Yuen Long.

大欖涌水塘

麥理浩徑第十段環繞大欖涌水塘翠綠的岸邊，但你無需從屯門起點一路步行至麥理浩徑即可到達，因為這次將為你介紹另一條的遠足路線。在這路線中，你可以看到幾個在水塘中的小島，在1950年代山谷因築建堤壩而被水淹沒之前，這些小島曾經是山峰頂。

今次路程的前半段都是上山路，而後半段則是下山路，要帶備足夠的飲用水。步行時間：3小時。

你的遠足旅程會從新界西岸的黃金海岸開始。有多條巴士路線可到達這裡：例如，從大窩口港鐵站出發（從B出口穿過行人天橋）搭乘61M巴士；如果可以的話，坐在上層的前方。在這輛巴士上，你可以從沿海向西延伸的高速公路上欣賞快速變化的景色，一邊是大海，另一邊是山脈，偶爾可以看到山谷中的村莊。另外，從美孚港鐵站出發的52X巴士也同樣行走這條路線。

在黃金海岸下車。從巴士站往回走一小段路，橫過馬路，然後沿著內陸較窄的道路朝掃管笏村方向走，很快你就會到達村裡的天后廟。你也可以到屯門站附近的河傍街乘搭43號專線小巴直達此處；這是這條路線的終點站。

先參觀這座保存完好的寺廟，然後沿著左邊的路走。看到路上寫著“前往麥理浩徑”，這樣就不會走錯路。沿這一段路，你會經過一些有機農場和



自然教育中心，可能會有一些好奇的山羊從其中一個農場裡出來迎接你。

很快你就會到達麥理浩徑，那裡有地圖板和路障。向右轉，沿著小路緩緩上山。在此之後，你將會看到水塘的第一座水壩，但從這個位置看不到任何風景，因此請繼續上山。

當你走到更高處時，在你的右邊開始出現水塘和小島的景色。當你看到藍色的臨時廁所時，請離開鋪切良好的供水廠路；右轉，沿著石路前往“千島湖清景台”。你可以在這個被稱為“千島湖”的觀景點步上單向環繞的梯級前往最佳觀賞位置欣賞景色。

回到主路，右轉沿路走，直至你到達一個偏僻的黃色神社，那裡有一個揚聲器播放著錄製的誦經聲。沿著梯級通往鋪切良好的大欖林道，在到達林道的分岔路口前，你會經過橋下另一個單獨存在的神社。看到指示“大棠山道巴士站”方向的標誌後左轉。

現在要走一段很長的下山路，經過野餐地點、度假營和當地著名的楓香樹後，才能到達大棠村。你可以乘搭K66巴士從這裡前往元朗朗屏站。



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

Organisers 主辦

HARBOUR CITY
海港城

時代廣場
Hong Kong Times Square

荷里活廣場 PLAZA
HOLLYWOOD

WHARFART
九龍倉

Supported by 支持單位

HKMOA
Hong Kong Museum of Art 香港博物館

Aim 目的

To promote art and stimulate the creativity of local secondary school students, the Competition encourages young talents to step out of the classroom and broaden their horizons. This edition of the Competition is supported by **Hong Kong Museum of Art (HKMoA)**. Apart from entries of **Painting**, this year's Competition will also accept entries of **Digital Graphics** to offer students a wider range of platforms to showcase their skillset and creativity through different mediums.

比賽旨在推廣藝術及激發本地中學生創意，以鼓勵他們跳出校園、擴闊視野。本屆比賽獲得**香港藝術館**支持。今屆比賽除了繪畫組別外，另設**數位繪圖組別**，為學生提供以不同媒介創作的機會。

Eligibility 參賽資格

The Competition is open to all full-time Form 1 to Form 6 students in Hong Kong enrolled in the 2024-2025 school year.

所有於2024至2025學年，於香港就讀中一至中六的全日制學生均可參加是次比賽。

Categories 組別

Painting Category 繪畫組 | Digital Graphics Category 數位繪圖組

Entrants can join the Painting Category and Digital Graphics Category independently or concurrently.

參賽者可選擇獨立或同時報名參加繪畫組和數位繪圖組。

Theme 主題

Entrants are free to create based on any theme. This year, all entrants will also compete for a special award based on the theme "**City Vibrance: Art and Light**" in addition to the regular competition awards.

參賽者可自由創作任何主題。今年比賽亦增設以「**城市活力：藝術與光影**」為主題的特別獎，所有參賽者均會同時競逐此特別獎。

Submission Deadline 作品遞交截止日期

12 February 2025 (Wednesday) at 6pm 2025年2月12日(星期三)下午六時正

Awards and Prizes 獎項及獎品

Apart from cash prizes and book vouchers, winning entrants will be invited to join an exclusive art activity. **Those eligible may also apply for scholarships with Wharf for pursuing their studies in art.**

除獲贈現金獎及書券外，得獎者將獲邀參加專屬藝術活動。合資格之得獎者更可向九龍倉申請獎學金修讀藝術。

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

Enquiry 查詢 art@wharfholdings.com



Scan the QR Code to apply
立即掃描參加比賽

Pacific Club Christmas Wine Fair

Join us this month for a spectacular Christmas Wine Fair here at the Club!

Come and taste over 100 white, red and premium wines from exceptional wineries around the world. This wine weekend gives Members the opportunity to stock-up on some great value wines for the holidays in one convenient location.

Whether you're looking for the perfect festive gift, or an indulgence for yourself, our Christmas Wine Fair has something special for every taste and occasion.

Saturday 7th December – 12:00noon to 9:00pm

Sunday 8th December – 12:00noon to 7:00pm

at the 1/F Corridor

太平洋會 聖誕美酒特賣日

為迎接即將來臨的年終佳節活動，本會特別於本月初為會員舉辦「聖誕美酒特賣日」！

請大家把握機會，於12月7日至8日前來本會一樓走廊，為年終佳節活動選購心水佳釀。屆時我們將帶來超過100款出品自世界各地著名酒莊的紅、白葡萄酒及優質葡萄酒，讓大家試飲及選購。

無論你是為尋找完美的節日禮物，還是自己品嚐，我們的「聖誕美酒特賣日」都能滿足你的各種口味和場合需求。

12月7日（星期六）— 中午12時至晚上9時

12月8日（星期日）— 中午12時至晚上7時

地點：一樓走廊



Festive Cheers!

聖誕特飲

Available at the Club Bar & Oyster Bar throughout December
12月份會所酒吧及Oyster Bar 供應

Celebrate the season with our exclusive December cocktails and mocktails, each designed with a festive touch to bring warmth and cheer to your holidays.

於12月份，歡迎前來會所酒吧及Oyster Bar享用多款有酒精及無酒精的聖誕特飲，加添更濃厚的節日喜氣！

COCKTAILS 雞尾酒

\$68 / per glass
每杯



Mulled Wine

A cosy blend of Red Wine with Cloves, Cinnamon, Orange Slices, Star Anise, and a hint of Sugar.

以紅酒、丁香、肉桂、橙片、八角及一小撮糖調配而成的溫暖特飲。

Apple Pie

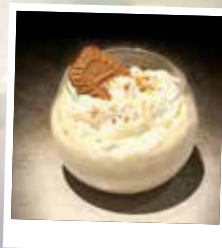
A festive mix of Vanilla Vodka, Cinnamon, Bols Advocaat, Apple Syrup, and Cranberry Juice for a taste reminiscent of a holiday dessert.

以香草伏特加、肉桂、Bols Advocaat蛋黃酒、蘋果糖漿及蔓越莓汁調配而成，充滿節日的香甜味道



MOCKTAILS 無酒精雞尾酒

\$58 / per glass
每杯



The Gingerbread

Creamy Vanilla Ice Cream with Milk, Cinnamon Syrup infused with Star Anise, and a touch of Gingerbread — sweet and perfectly spiced.

濃郁的香草雪糕及牛奶、加入八角的肉桂糖漿，還有一點薑餅 — 充滿甜甜的香味。

Christmas Fizz

A refreshing combination of Cranberry Juice, Ginger Ale, Apple Syrup, Lemon Juice, and Orange Slices for a bright, seasonal sparkle.

以蔓越莓汁、薑汁汽水、蘋果糖漿、檸檬汁、橙片調配而成的清新口味，帶來明亮的節日氣息。



Winter Casserole Promotion

December at Bauhinia

紫荊閣12月精選推介 冬季美食 — 煲仔菜



Throughout December (excluding certain festive days), Chef Keung and his team are serving up a special winter treat to diners at Bauhinia. Come and enjoy the Chef's famous Casserole dishes such as Lamb Brisket Casserole with Bean Curd and Bean Curd Casserole with Chicken, Squid, Shrimp, Pig's Liver and Coral Mussels

Date : Throughout December (excluding certain special festive days)

Venue : Bauhinia Restaurant

Reservations : 2118 1892

於12月份（特別節日活動除外），葉師傅將會在紫荊閣為大家送上熱騰騰的精選煲仔菜，包括古法枝竹鮮羊腩煲、懷舊八珍豆腐煲等，是在寒冷的天氣裡享用的最佳美食。

訂座請致電 2118 1892。

Lunar New Year at the Pacific Club

太平洋會 農曆年慶祝晚宴

There is simply no better place to welcome the Lunar New Year of the Snake than at the Club's restaurants. Come and enjoy the fantastic ambience on Lunar New Year's Eve, and don't miss the breathtaking views of the Harbour Fireworks Display on the second day of the New Year.

本會各餐廳是慶祝蛇年來臨的最佳地點！我們已特別準備了豐富的中西美食，與大家一同歡度農曆年廿九及年初二。欲免向隅，請儘早訂座。

Tuesday, 28th January
農曆年廿九 (1月28日 (星期二))

Thursday, 30th January
年初二 (1月30日 (星期四))

Lunar New Year's Eve

Australian Oyster & Wagyu Beef Dinner Buffet

at The Island View & Pier 6 Restaurant

Celebrate Lunar New Year's Eve with a spectacular feast at The Island View and Pier 6 Restaurant. Enjoy unlimited jet-fresh Australian Oysters alongside an extensive selection of hot and cold dishes, including Wagyu Beef. Gather with loved ones and savour this indulgent buffet as you welcome the New Year in style.

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

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

Reservations : 2118 1846

The Island View & Pier 6餐廳

澳洲生蠔及和牛美食自助晚餐

歡迎大家於年廿九前來慶祝農曆新年，品嚐新鮮澳洲生蠔、和牛菜式及其他豐富自助美食。

收費：成人 \$498，小童 6-12歲 \$328；3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

Lunar New Year Fireworks Display Dinner

at The Island View & Pier 6 Restaurant

Join us for an unforgettable Lunar New Year Fireworks Display Dinner Buffet! Savour a sumptuous spread of culinary delights while enjoying front-row views of the dazzling display over Victoria Harbour. A perfect evening to celebrate with family and friends.

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

Price : Adults \$688, Children 6-12 years \$455, 3-5 years \$128

Reservations : 2118 1846

The Island View及Pier 6餐廳

農曆新年煙花匯演自助晚餐

享用豐富自助美食，同時欣賞維港上空的精彩煙花匯演，歡度農曆年初二。

收費：成人 \$688，小童 6-12歲 \$455；3-5歲 \$128

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1846。

Thursday, 30th January
年初二(1月30日(星期四))

Lunar New Year Set Dinner at Bauhinia Restaurant

Experience an unforgettable Lunar New Year Fireworks Display at Bauhinia Restaurant with our exclusive Lunar New Year Set Menu.

Price : Adults \$938, Children \$628
Reservations : 2118 1892

紫荊閣 農曆新年煙花匯演中式晚餐

在紫荊閣欣賞精彩的農曆新年煙花匯演，並享用應節晚餐套餐一同慶祝。

收費：成人 \$938，小童 \$628
訂座請致電 2118 1892。

MENU

恭賀新禧 — 招牌蜂蜜叉燒皇、陳醋雲耳、海蜇燻蹄
Barbecued Honey-glazed Pork, Marinated Black Fungus with
Vinegar, Marinated Pork Knuckle in Chinese Spices with Jelly
Fish

萬事如意 — 牛油上湯焗龍蝦 (每位半隻)
Baked Lobster with Butter Sauce (half piece per person)

身體健康 — 海底椰椰子燉鷄湯
Double Boiled Chicken with Coconut and Sea Coconut

和氣生財 — 柚子香煎金蠔伴花菇鵝掌
Pan-fried Dried Oysters with Yuzu Sauce
accompanied by Goose Webs and Mushrooms

年年有餘 — 金銀蒜茸粉絲蒸石斑頭腩
Steamed Garoupa Brisket with Garlic and Vermicelli

金銀滿屋 — 芥蘭炒鴛鴦腸雞球
Stir-fried Preserved Sausages and Chicken with Chinese Kale

五穀豐收 — 黑松露乾燒伊麵
Stewed E-fu Noodles with Black Truffle

滿堂吉慶 — 雙美點
蜂蜜糕、豆沙酥角
Chinese Petits Fours
Steamed Brown Sugar Sponge Cake with Honey
and Deep-fried Bean Paste Pastries

闔府團圓 — 紅豆沙湯丸
Sweetened Red Bean Soup with Sesame Dumplings

Club Closure at Lunar New Year

Please note that the Pacific Club will be closed on Lunar New Year's Day – Wednesday, 29th January. Kung Hei Fat Choi!

農曆年初一會所休業

請注意，本會將於1月29日(星期三)農曆年初一休業一天。
恭喜發財！

Thursday, 30th January
年初二(1月30日(星期四))

Lunar New Year Fireworks Display Italian Set Dinner Menu at Capricci

Celebrate the Lunar New Year Fireworks Display with our special Italian Set Menu at Capricci. Experience a menu of incredible Italian dishes, whilst watching from the Balcony.

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

Price : Adults \$498, Children \$328
Reservations : 2118 1803

Capricci餐廳 農曆新年煙花匯演意式晚餐

前來 Capricci 餐廳，可以享用我們特別設計的意大利晚餐，同時欣賞農曆新年煙花匯演。一邊品嚐精緻的意大利菜餚，一邊在露台上觀賞美景。

收費：成人 \$498，小童 \$328

每位另加\$178可任飲紅白葡萄酒、日本清酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1803。

MENU

Festive Antipasti

Baked Beef Consommé with Black Truffle and Ravioli

Red Prawn Pasta

Black Angus Beef in Two Ways
Seared Tenderloin and Short Rib Croquette
Balsamic Jus | Caramelised Shallot | White Onion Soubise

Tri-Colour of Valrhona Chocolate
Mandarin Sorbet

The Island View Lunch & Dinner Buffets

Celebration of Lunar New Year from 20th January to 9th February

Gather your loved ones and join us at The Island View Restaurant from 20th January to 9th February for an unforgettable dining experience.

Embrace the spirit of Lunar New Year with a delicious showcase of Chinese culinary treasures at our Buffet, available for both Lunch and Dinner. On the Second Day of the Lunar New Year, indulge in a sumptuous spread featuring an array of dishes honouring the arrival of the Year of the Snake.

農曆新年自助午餐及晚餐

1月20日至2月9日與大家同慶農曆新年!

為慶祝農曆新年，Island View 餐廳除了在大年初二舉行自助晚餐，為大家送上豐盛的農曆新年必備菜餚，以慶祝蛇年的來臨外，還會於1月20日至2月9日期間舉行的自助午餐及晚餐中再為大家送上各式各樣的中西賀年美食。



And there's more... Lo Hei Celebrations

Available from 20th January to 9th February during Lunar New Year Lunch and Dinner Buffets

Welcome the Year of the Snake with an auspicious Lo Hei! Traditionally enjoyed during the first 15 days of the Lunar New Year, this vibrant dish symbolises prosperity and good fortune. Please remember to pre-order Lo Hei when making your reservation.

Each ingredient carries a special meaning: raw fish represents abundance and longevity; golden crisps embody wealth; pomelo and lime symbolise good luck and profit, among others.

The experience of Lo Hei is as joyful as its symbolism. Gather around the table as the ingredients are added one by one, crowned with fresh raw fish. Participants then toss the salad high into the air with chopsticks, accompanied by New Year wishes. The belief is simple: the higher the toss, the greater the fortune!

Celebrate this tradition with family and friends to usher in a year of prosperity and happiness at The Island View!

Date : 20th January - 9th February (except 28th January, 30th January to 2nd February for themed dinner buffets and Club closed on 29th January)

Time : From 6:00pm

Venue: The Island View Restaurant

Price : **Including Lo Hei (please pre-order when making reservations) :**

Lunch : Adults \$328, Children 6-12 years \$230, 3-5 years \$168

Lunch on 30th : Adults \$428, Children 6-12 years \$285, 3-5 years \$128

Dinner : Adults \$428, Children 6-12 years \$296, 3-5 years \$168

Excluding Lo Hei:

Lunch : Adults \$288, Children 6-12 years \$190, 3-5 years \$128

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

To order Lo Hei on the spot, please add \$55 per person (whilst stock lasts)

Reservations: 2118 1846

增添更多喜氣...

農曆新年 — 魚生「撈起」

於1月20日至2月9日農曆新年自助午餐及晚餐中供應

(1月28日、1月30日至2月2日的特色主題自助晚餐，及1月29日會所關閉除外)

以魚生「撈起」來迎接蛇年來臨! 「撈起」是中國慶祝農曆新年的傳統美食，尤其流行於新加坡及馬來西亞，一般於農曆新年開始的15天內食用。大家請記得在訂座時要同時預訂魚生「撈起」!

這道美味菜餚中的每種食材都有其吉祥意思：魚生意味著豐盛長壽；金黃色的脆片代表財富；柚子和青檸被解釋為好運和財富等。

「撈起」的方式與它的象徵意義一樣令人愉快。當開始「撈起」時，大家會圍成一桌，將食材一一放在碟上，最後將生魚片放在最面層。當大家用筷子把食材高高地撈起時，新年願望就能實現。人們相信將食材撈得愈高，所獲得的財富就愈多。

與家人朋友一起慶祝這項傳統，在 Island View 迎來繁榮和幸福的一年!

自助午餐及晚餐收費 —

包括享用魚生「撈起」(請於訂座時預訂) :

自助午餐 : 成人 \$328; 小童 6-12歲 \$230, 3-5歲 \$168

1月30日自助午餐 : 成人 \$428; 小童 6-12歲 \$285, 3-5歲 \$128

自助晚餐 : 成人 \$428; 小童 6-12歲 \$296, 3-5歲 \$168

不包括享用魚生「撈起」 :

自助午餐 : 成人 \$288; 小童 6-12歲 \$190, 3-5歲 \$128

自助晚餐 : 成人 \$388; 小童 6-12歲 \$256, 3-5歲 \$128

即場下單享用魚生「撈起」: 每位加\$55 (售完即止)

訂座請致電 2118 1846。

Halloween



Our younger Members enjoyed a night of spooky fun, creative costumes, and magical entertainment at the Club's Halloween Party.

本會一眾年少會員在萬聖節派對上穿著創意服裝，享受了一個充滿怪異趣味及神奇的夜晚。

January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Spring Dinners at Bauhinia 10th Jan - 12th Feb</p>	 <p>Lunar New Year Fireworks Display Dinner 30th</p>	 <p>New Year's Day Lunch & Dinner Buffet at The Island View</p>	<p>Yoga</p> <p>Jazz Dance</p> <p>Tennis Team Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>Friday Dinner Buffet at The Island View</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Saturday Dinner Buffet at The Island View</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Saturday Dinner Buffet at The Island View</p>
<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>Semi-buffet Dinner at The Island View</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Yoga</p> <p>Jazz Dance</p> <p>Tennis Team Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Friday Dinner Buffet at The Island View</p> <p>Spring Dinners at Bauhinia 10th Jan - 12th Feb</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Saturday Dinner Buffet at The Island View</p>	<p>11</p>
<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>Semi-buffet Dinner at The Island View</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Yoga</p> <p>Jazz Dance</p> <p>Tennis Team Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>Friday Dinner Buffet at The Island View</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Saturday Dinner Buffet at The Island View</p>	<p>18</p>
<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>Semi-buffet Dinner at The Island View</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Yoga</p> <p>Jazz Dance</p> <p>Tennis Team Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Oyster Fridays at Club Bar</p> <p>Friday Dinner Buffet at The Island View</p>	<p>Junior Swimming School</p> <p>Junior Tennis Academy</p> <p>Junior Taekwondo</p> <p>Saturday Dinner Buffet at The Island View</p>	<p>25</p>
<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>Lunar New Year's Eve - Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p>	<p>Club Closed for Lunar New Year</p> 	<p>Lunar New Year Fireworks Display Dinner at the Club</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Friday Dinner Buffet at The Island View</p>	<p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View 20/1 - 9/2</p> 	<p>31</p>
<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p> <p>Semi-buffet Dinner at The Island View</p>	<p>Water Aerobics</p> <p>Yoga</p> <p>Lunar New Year's Eve - Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p>	<p>Club Closed for Lunar New Year</p> 	<p>Lunar New Year Fireworks Display Dinner at the Club</p>	<p>Water Aerobics / Stretching Exercise</p> <p>Yoga / Funky Dance</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Friday Dinner Buffet at The Island View</p>	<p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View 20/1 - 9/2</p> 	<p>25</p>
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*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

When to Use Ice or Heat Therapy for Injuries

受傷時該選擇冰敷或熱敷

When dealing with injuries, understanding when to use an ice or heat compress can be key to relieving pain and speeding up recovery. Both therapies serve to ease discomfort but are best suited to different types of injuries. Here's a guide to help you determine which to use and how to apply each correctly.

在處理受傷時，了解什麼情況下使用冰敷或熱敷，可能是緩解疼痛和加速康復的關鍵。

這兩種療法都可以緩解疼痛症狀，但卻各自適用於最不同類型的傷患。以下指南可協助你確定使用哪一種以及如何正確地應用。



By Personal Trainer, Derek Ma
撰文：私人健身教練 – Derek Ma

WHEN TO USE ICE 何時使用冰敷

Ice compresses are ideal for acute injuries, such as sprains, falls, or direct impacts. These injuries often cause immediate, intense pain. Applying ice helps by numbing the area, reducing pain, and slowing blood flow to minimise swelling and inflammation. This is especially useful in the first 48-72 hours after an injury.

冰敷是治療扭傷、跌倒或直接撞擊等急性損傷的理想選擇。這些損傷通常會立即引起劇烈疼痛，而冰敷有助於麻痺傷處，減輕疼痛並減慢血液流動，從而最大限度地減少腫脹和發炎。這方法在受傷後的 48-72 小時內尤其有用。

How to Apply Ice 如何進行冰敷

Timing:

Start applying ice immediately after injury. Ice for 15-20 minutes every 2-3 hours, or every 1-2 hours if there is noticeable swelling or heat.

Location:

Focus on the most painful and swollen area. For example, for a knee injury, centre the ice on the area with the most discomfort and allow time for full coverage around the joint.

Important Notes:

Do not use ice if there is active bleeding. Extended ice application can cause the opposite effect by dilating blood vessels, so stick to the recommended duration.

冰敷時間：

受傷後應該立即開始冰敷。每隔 2-3 小時冰敷 15-20 分鐘，如果有明顯腫脹或發熱，則每 1-2 小時冰敷 15-20 分鐘。

冰敷的位置：

集中在最疼痛和腫脹的地方，以膝蓋受傷為例，可將冰塊集中在最不適的位置，然後再慢慢移動至完全覆蓋關節周圍。

重要提示：

如果有傷口出血情況，請勿使用冰敷。此外，冰敷時間太長可能會擴張血管，從而產生相反的效果，因此請遵守建議的持續時間。

WHEN TO USE HEAT 何時使用熱敷

Heat compresses are suited for chronic injuries or the later stages of acute injuries (after 48 hours), as they help relax tight muscles, alleviate spasms, and improve blood flow. For ongoing muscle strain or overuse injuries, heat can soothe the area and increase flexibility.

熱敷有助於放鬆緊繃的肌肉、緩解痙攣並改善血液流動，適用於慢性損傷或急性損傷的後期（48 小時後）。熱敷亦可以舒緩持續的肌肉拉傷或過度使用的勞損位置，並增加其靈活性。

How to Apply Heat 如何進行熱敷

Timing:

Apply heat for about 30 minutes at a comfortable temperature (around 40°C), two to three times daily. Simple methods like warm towels or baths can be used, though they may only hold heat for 5-10 minutes.

Location:

Apply heat to areas of muscle tightness or chronic pain to relieve stiffness.

冰敷時間：

以舒適的溫度（約 40°C）敷約 30 分鐘，每天 2-3 次。可以簡單地使用熱毛巾或溫水浴，但它們的溫度只能保持 5-10 分鐘。

冰敷的位置：

在肌肉繃緊或慢性疼痛的部位熱敷，以緩解僵硬。

Ice or Heat: Which is Better for Treating Injuries?



Choosing Ice or Heat Based on Symptoms 根據症狀選擇冰敷或熱敷

Selecting the correct therapy depends on the specific condition 選擇正確的治療方法取決於具體情況：



Sprains: Ice compresses should be used immediately to prevent swelling.
扭傷：應立即使用冰敷以防止腫脹。



Muscle Tightness: The moist steam of a hot bath helps even more. Heat compresses can relax muscles and joints and relieve symptoms associated with stiffness.

肌肉繃緊：熱水澡的濕熱水氣的幫助作用更大。熱敷可以放鬆肌肉和關節，並緩解與僵硬相關的症狀。



Bruises: Applying ice to the affected area for 15 minutes every hour during the early stages of an acute bruise can reduce swelling and help numb the pain.

瘀傷：在急性瘀青的初期階段，每小時冰敷患處 15 分鐘，可以減輕腫脹並幫助麻痺疼痛。



Menstrual Cramps: Heat compresses can help relieve menstrual pain. Menstrual cramps are caused by prolonged uterine contractions, and heat compresses can relieve pain by relaxing muscles and improving blood circulation.

經痛：熱敷可以幫助緩解經痛。經痛是由子宮長時間收縮引起的，熱敷可以透過放鬆肌肉和改善血液循環來緩解疼痛。



Insect Bites: Applying ice to the insect bite site for a short period of time can provide initial relief from the pain caused by the bite. In addition to relieving pain and itching, it can also reduce inflammation at the bite site.

昆蟲叮咬：在昆蟲叮咬部位短暫冰敷可以初步緩解叮咬引起的疼痛。除了緩解疼痛和搔癢外，還可以減輕咬傷部位的炎症。

In all cases, it's best to follow medical advice or consult a professional to tailor treatment to your specific injury. Knowing when to use ice or heat can make a significant difference in recovery and comfort.

不論在任何情況下，最好遵循醫療建議或諮詢專業人士，根據你的特定損傷情況來制定治療方案。知道何時使用冰敷或熱敷，便可以加快復原和舒緩疼痛。

Spa Promotions in December 12月份美容療程優惠



Christmas Beauty Deals

Celebrate the festive season with two days of exclusive beauty deals. Join us in mid-December for unmissable discounts on a range of luxurious skincare essentials and calming massage oils, perfect for treating yourself or gifting to loved ones.

Warm holiday wishes from The Spa, and happy shopping!

聖誕美容產品限時優惠

準備迎接節日吧！本會將於12月14日及15日中午12時在一樓走廊舉行聖誕美容產品優惠活動，無論是高效的護膚品還是芳香舒緩的按摩油，都是給予自己或摯愛親朋的最佳聖誕禮物。在這個分享快樂的季節，請前來盡情享受購物的樂趣。本會美容部祝大家聖誕快樂！

Date : Saturday 14th & Sunday 15th December
Time : 12:00noon - 6:00pm
Venue : 1/F Corridor

Guinot Hydra Summum Treatment

(1hr 25mins)

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

Experience the ultimate in skin hydration with the Guinot Hydra Summum Treatment. This luxurious 85-minute session features a high concentration of Hyaluronic Acid, designed to plump and deeply moisturise your skin. After the treatment, your skin will feel exceptionally hydrated, with fine lines and wrinkles visibly reduced.

活肌水凝療程 (1小時25分鐘)

使用全新的 Guinot Hydra Summum 護理療程，體驗終極肌膚補水效果。這款 85 分鐘的尊貴療程含有高濃度玻尿酸，旨在豐盈並深層滋潤你的肌膚。療程後，皮膚會感覺異常水潤，細紋及皺紋明顯減少，肌膚變得豐潤，重新煥發活力。



Sothys Youth Intensive Treatment

(1hr 45mins)

~~\$1,480~~ \$1,258

Indulge in our luxurious Youth Intensive Treatment, designed to address the visible signs of ageing such as wrinkles, diminished firmness, and slackened skin. This treatment combines ultra-targeted products with expert application techniques. Spend 1 hour and 45 minutes in sublime relaxation and emerge with visibly rejuvenated skin, noticeable even after the initial session.

原肌修復再生療程 (1小時45分鐘)

原肌修復再生療程能有效還原年輕肌膚，更具抗皺、收緊和修復作用，配合專業按摩手法及卓越產品，能全方位抵禦歲月痕跡。透過 1 小時 45 分鐘的療程享受極致放鬆，肌膚明顯煥發活力，即使在初次療程後效果也很明顯，綻放年輕美態。



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。

MOISTURIZING Set
微分子4重水漾胜肽 套裝



微分子水漾精華
HYDRATING Serum (50ml)

胜肽水漾乳霜/面霜
HYDRATING Satin/Velvet Cream (50ml)

Special Price
聖誕優惠價
VALUE 原價 \$3,650
\$2,030



Gift 送

1 盒 BOX
極速補水精華
Moisturizing Ampoule SOS (2ml x 10)

1x JUMBO SIZE
水漾豐盈面膜
Hydro-plumping Mask (75ml)

WWW.SOTHYS.COM

SECRETS DE SOTHYS Gift Set
女神之秘密 禮盒



面霜
SECRETS Face Cream (50ml)

眼霜霜
SECRETS Eye & Lip Cream (15ml)

Special Price
聖誕優惠價
VALUE 原價 \$3,776
\$2,990

Joyeuses Fêtes

Par Sothys
HAPPY FESTIVE SEASON

多款聖誕禮遇
閃耀登場

WWW.SOTHYS.COM

GUINOT
INSTITUT • PARIS

年度必買美肌套裝 延續美麗



長效水潤美肌套裝 Long-lasting and Hydrating Skincare Set

53% OFF

\$1,280 價值 \$2,744/Set

水分特效霜-任何皮膚 50ml、水潤精華素 30ml、中性潔面乳 30ml、中性爽膚水 30ml、逆轉時空再生眼霜 3ml x 2、細胞營養抗氧化眼霜 3ml、水分保濕眼霜 3ml x 2
Hydrazone Cream 50ml, Hydra Cellulaire Serum 30ml, Cleansing Milk - Normal Skin 30ml, Toning Lotion - Normal Skin 30ml, Age Logic Eye Cream 3ml x 2, Longue Vie Eye Cream 3ml, Hydrazone Eye Cream Serum 3ml x 2



明眸再生護理套裝 Ultimate EyeCare Set

31% OFF

\$1,200 價值 \$1,760/Set

逆轉時空24再生眼部精華 15ml、逆轉時空再生眼霜 15ml、美容冰球
Age Logic Eye Serum 15ml, Age Logic Eye Cream 15ml, Ice Globe



逆轉時空活顏套裝 Time-Reversible and Rejuvenating Set

38% OFF

\$2,800 價值 \$4,562/Set

逆轉時空再生面霜 50ml、逆轉時空24再生精華 25ml、舒緩養分面膜 15ml、中性潔面乳 30ml、中性爽膚水 30ml、美容冰球
Age Logic Cream 50ml, Age Logic Serum 25ml, Essentiel Nutri Confort Mask 15ml, Cleansing Milk - Normal Skin 30ml, Toning Lotion - Normal Skin 30ml, Ice Globe



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。上課時間如下：



Morning Water Aerobics

Date : (A) Tuesday 3rd, 10th, 17th, 24th & 31st December
(B) Friday 6th, 13th, 20th & 27th December
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
Venue : Swimming Pool
Price : (A) Member \$875, Guest - \$1,475 (for 5 lessons)
(B) Member \$700, Guest - \$1,180 (for 4 lessons)
Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 3rd, 10th, 17th, 24th & 31st December
(B) Friday 6th, 13th, 20th & 27th December
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 3rd, 10th, 17th, 24th & 31st Decemberr
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.

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。

New Class

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



32nd Annual Pacific Club Tennis Championships

第32屆太平洋會網球比賽



Our 32nd Annual Pacific Club Tennis Championships will be played on the first and second weekends of December. If you are visiting the Club over these weekends, please stop by the 4/F and cheer on the competitors in the various categories.

本會第32屆太平洋會網球比賽將於12月第一個及第二個週末舉行，屆時如果大家將會前來本會，歡迎前往四樓網球場為各個組別的參賽者加油。

Holiday Notice

Please note that all junior and adult group classes will be cancelled on the following dates in December:

- 1st, 7th, 8th, 14th & 15th for the 32nd Annual Pacific Club Tennis Championships
- 25th & 26th for the Christmas Holidays

課程暫停舉行

請注意，所有兒童及成人網球團體課程，將於以下日期暫停舉行：

- 12月1日、7日、8日、14日及15日太平洋會網球比賽舉行期間
- 12月25日及26日聖誕節公眾假期

Sunday Social Tennis

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



週日網球聯誼聚會

12月份的週日網球聯誼聚會將於22日及29日星期日傍晚舉行，歡迎前來參加這兩小時課程學習各種網球技能，與其他會員及教練切磋球技，同時認識新的志同道合。收費每位\$170（設茶點招待），查詢及報名，請致電 2118 1707。此聚會只供成年會員參加。

Date : Sunday 22nd & 29th December
 Time : 5:00pm – 7:00pm
 Venue : Outdoor Tennis Courts
 Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)
 Age : Adults Only

Ladies' Morning Tennis

To improve your tennis technique and brush-up on your tactics for matches, come and join our two-hour Ladies' Morning Tennis sessions with our expert coaches. Please note each clinic is limited to 10 players only, so please enroll as early as possible.

女子早上網球練習

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

Date : Monday 2nd, 9th, 16th, 23rd & 30th December
 Time : 10:00am – 12:00noon (Intermediate / Advanced Level)
 Venue : Indoor Tennis Courts
 Price : \$310 (for 2 hours, including court charges and selected refreshments at the Tennis Lounge)

Junior Tennis Academy

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

青少年網球訓練

想增加孩子們對打網球的興趣？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，學習掌握基礎知識及提升技術吧！12月份課程收費—A班（3½ - 6歲，兩堂）：會員\$420，非會員\$660；B班（6-16歲，兩堂）：會員\$560，非會員\$800。

Date : Saturday 21st & 28th December
 Time : (A) 10:00am – 11:00am
 (B) 11:00am – 1:00pm
 Venue : Indoor Tennis Courts
 Price : (A) Member \$420, Guest \$660 (for 2 lessons)
 (B) Member \$560, Guest \$800 (for 2 lessons)
 Age : (A) 3½ – 6 years
 (B) 6 – 16 years



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



A Festive Centrepiece

聖誕中央擺設

Create an elegant holiday arrangement with natural elements that bring warmth and charm to your home. This design combines rustic textures and vibrant touches, making it perfect as a centerpiece or seasonal decoration.

利用自然元素打造優雅的節日佈置，為家居帶來溫暖和魅力。這款設計結合了質樸的韻味和充滿活力的色彩，使其成為完美的中央擺設或節日裝飾。



What You'll Need:

- Large, Thick, Round Slice of Tree Trunk
- A Twig Wreath
- Christmas Berries
- Sea Mango
- One Large Pine Cone
- A Few Small Pine Cones
- Dried Chenopodium
- Eucalyptus
- Pine Branches
- Dried Flat Moss
- Large Red Candle
- Thin and Thick Wire
- Glue
- Large Staples
- Plastic Test Tubes (for Water)

1. Attach two thick wires to one end of the large Pine Cone and secure it to one side of the wooden base using staples.
2. Fix thick wires to the Twig Wreath to create a vertical stand, then attach the wreath securely to the wooden base with staples.
3. Use glue to cover the wooden base with dried Flat Moss, Sea Mango, small Pine Cones, Eucalyptus, and Pine Branches.
4. Arrange Eucalyptus and Pine Branches beside the large Pine Cone, fastening them with wires for added stability.
5. Fill plastic test tubes with water, insert the Christmas Berries, and bind them together with wires.
6. Secure additional Christmas Berries to the Twig Wreath using wires.
7. Add small Pine Cones and Pine Branches at the base of the Twig Wreath for a balanced look.
8. Hang dried Chenopodium on the Twig Wreath for added texture and detail.
9. Place the red candle on the wooden base as a finishing touch.

材料：

- 一塊大的圓形厚木塊
- 樹枝花環
- 聖誕子
- 海芒果
- 一個大的松果
- 多個細的松果
- 乾的柔麗斯
- 尤加利葉
- 松葉
- 乾苔蘚
- 紅色大蠟燭
- 幼及粗鐵絲
- 膠水
- 大的釘書釘
- 膠試管（裝水用）

1. 在大松果的一端綁上兩條粗鐵絲，然後用釘書釘將大松果固定在木塊上的一側。
2. 在樹枝花環上加上幾條粗鐵絲並屈成一個腳架，讓其能直立起來，然後用釘書釘將樹枝花環固定在木塊上。
3. 用膠水將乾苔蘚、海芒果、小松果、尤加利葉和松葉黏在木塊上，並覆蓋整塊木塊。
4. 在大松果旁邊用鐵絲固定一些尤加利和松葉。
5. 將清水注入膠試管中，然後插入聖誕子，用鐵絲將它們固定在一起。
6. 用鐵絲將聖誕子固定在樹枝花環上。
7. 將一些小松果和松葉固定在樹枝花環的底部。
8. 將乾柔麗斯掛在樹枝花環上添加韻味和細節。
9. 將紅色蠟燭放在木塊上完成擺設。

Mastering Your Short Game

掌握你的短桿技巧

To take your short game to the next level, begin by focusing on your grip. A relaxed, natural grip is essential for avoiding tension; if you're struggling with distance, try shortening your grip slightly. This adjustment can increase flexibility and provide better control over your swing.

Your stance is equally important. Maintain a stable base by keeping your feet slightly apart, with your body weight slightly forward. Always align yourself toward the target. This helps with both accuracy and stability. During the swing, minimize wrist movement and let your body's motion guide the shot. This reduces unnecessary deviation and adds consistency to your strikes.

For effective clubface control, pay close attention to its positioning during both the backswing and follow-through. As you take the club back, keep the clubface slightly closed to maintain stability and keep the ball on course. During the follow-through, an open clubface can help control the ball's trajectory and landing, allowing you to place it exactly where you intend.

Enhance your practice by setting up multiple targets around the green, working from various distances and angles. Experiment with different shot types — high, low, and side cuts — to build versatility in different conditions. Lastly, maintain your mental composure; staying calm and focused during practice will help you manage nerves in real play. Visualizing each shot's path builds confidence, and with consistent practice, your short game will become a stronger asset.

要將你的短桿技巧提升到一個新的水平，首先要注意握桿的方式。保持放鬆、自然的握力對於避免緊張至關重要；如果距離不足，可以嘗試縮短握桿的位置，這樣有助於增強靈活性並更好地控制你的揮桿動作。

你的站姿同樣重要。雙腳稍微分開，身體重心稍微前傾，以保持下半身的穩定。身體始終朝向目標方向，這樣能提高擊球的準確性和穩定性。在揮桿過程中，盡量減少手腕的動作，主要依靠身體的動作來控制擊球。這可以減少不必要的偏差並增加擊球的穩定性。

為了有效控制桿面，請密切注意揮桿時及之後動作過程中的位置。當你收回球桿時，保持桿面稍微閉合以保持穩定性並防止球出現偏離；而在後續動作過程中，打開桿面可以幫助控制球的軌跡和落地，確保球能如預期般落在目標位置。

透過在果嶺周圍設定多個目標，從不同的距離和角度進行練習，可以提升你的技術。嘗試不同的擊球方式 — 高、低和側切 — 以增強對各種情況的應對能力。最後，保持心態平和；在練習時保持冷靜和專注，將有助於你在真正的比賽中管理緊張情緒。預測每次擊球的路徑可以幫助你建立信心，以及透過堅持不懈的練習，短桿將成為你更強大的優勢。



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



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.

Private Lessons (1 pax)

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

Semi-Private Lessons (2 pax)

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

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。

私人課程〔一人〕—

一小時課程	每位\$760
4 堂一小時課程	每位\$2,900

半私人課程〔二人〕

一小時課程	每位\$430
4 堂一小時課程	每位\$1,600

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Hair Product Sale in December 12 月份頭髮產品優惠

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.

Experience the luxury of beautifully nourished hair with Muriem Home Milk.

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。



Paul Mitchell Flexible Style Super Sculpt, 500ml

~~\$300~~ \$270

Create hairstyles at lightning speed! This fast-drying hair styling glaze provides flexible control and long-lasting memory, while conditioning with enhanced body and maximum shine. It can be used on all hair types for sculpting or blow-drying.

Paul Mitchell 快乾記憶豐型液，500毫升

一種快速變乾的頭髮定型產品，可靈活控制造型和具有持久的記憶力，同時能護理髮質，令頭髮顯得明亮有光澤。此產品適用於所有頭髮造型或吹乾頭髮時使用。



Orofluido Heat Protector Spray, 150ml

~~\$250~~ \$225

A styling spray with UV filters and a blend of Argan, Linseed and Almond Oil. This fabulous spray provides protection against styling damage caused by high heat up to 230°C.

Orofluido 高溫保護噴霧，150毫升

這款造型噴霧含有紫外線過濾劑和摩洛哥堅果油、亞麻籽油和杏仁油等精緻混合物，可防止高達 230°C 的高溫造型所造成傷害。



This Month's Promotion

10% Discount on Hair Curl / Wave Perming Treatments

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

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

微卷或曲髮電燙服務9折優惠

轉換一個潮流卷曲髮型以迎接即將到來的節日慶祝派對吧！會員於 12 月份到會所髮廊惠顧任何微卷或曲髮電燙服務，可享有 9 折優惠。

查詢詳情及預約服務，請致電 2118 1893。



Essential Battery Care for Your Photography Equipment

攝影設備的基本電池保養



Corroded battery compartment cover



Corroded terminal inside camera



Leaking alkaline batteries in packet



Extreme corrosion in battery compartment

Regularly using your photography equipment is not only essential for maintaining its quality but also for preventing hidden damage. When gear sits idle, tucked away in a bag or drawer, it's not just gathering dust, it's at risk of serious deterioration, particularly in Hong Kong's tropical humidity. Electronic components can degrade, and rubber and plastic parts can become brittle, compromising the reliability of your tools when you need them most.

The expression "use it or lose it" couldn't be more apt, especially for electronic equipment reliant on batteries. For any device you plan to store for more than a few days, make a habit of removing the batteries to avoid unpleasant surprises.

Leaving batteries in a camera, flash gun, radio, or wireless microphone can lead to leaks that spill corrosive chemicals into your gear. This chemical leakage is especially common with standard AA and AAA batteries, which can cause extensive corrosion to the metal contacts inside. These corrosive chemicals don't just damage the battery compartment, they can affect the entire device, leading to malfunction and costly repairs.

Lithium-ion batteries, commonly used in cameras and smartphones, bring a different set of risks. While they don't leak, they can swell as they age, expanding to a point where they can jam inside the battery compartment. I once experienced this firsthand: a lithium-ion battery in my compact camera had swelled so badly that I had to completely disassemble the device to free it. Similarly, a swollen battery in my smartphone pushed the screen out, nearly destroying it in the process.

The solution is simple but effective: remove batteries from any device you won't be using for an extended period. This small step can prevent costly damage, preserve your equipment's functionality, and give you the confidence that your gear will be ready whenever inspiration strikes.

定期使用你的攝影設備不僅對於保持其品質至關重要，更可以防止隱藏的損壞發生。當這些設備被閒置、藏在袋子或抽屜裡時，它不僅會積聚灰塵，還會有嚴重損壞的風險，尤其是在香港的熱帶潮濕環境中。電子元件可能會退化，橡膠和塑膠零件可能會變脆硬，從而在你最需要的時候損害工具的可靠性。

這時候「用進廢退」這句話再貼切不過了，尤其是對於依賴電池的電子設備而言。如果你打算將這些設備收藏起來數天或更長時間，請養成取出電池的習慣，以避免發生不愉快的意外。

將電池留在相機、閃光燈、收音機或無線咪中可能會導致電池內部的化學物質洩漏，從而將具腐蝕性的物質濺入你的裝備中。這種化學洩漏在標準 AA 和 AAA 電池中尤其常見，可能會對內部的金屬接觸點造成嚴重腐蝕。這些腐蝕性化學物質不僅會損壞電池盒，還會影響整個設備，導致故障和昂貴的維修費用。

相機和智能手機中常用的鋰離子電池同樣帶來各種不同的風險。雖然它們不會洩漏，但隨著使用年期的增長，它們會膨脹，甚至到可以堵塞電池盒的程度。我曾經親身經歷過這種情況：我的輕便相機中的鋰離子電池膨脹得非常厲害，以至於我不得不完全拆開設備才能將其取出。同樣，我的智能手機中膨脹的電池將螢幕推出機殼外，在此過程中幾乎將其毀壞。

解決方案很簡單但有效：從任何長時間不使用的設備中取出電池。這一小步驟可以防止代價高昂的損壞，保持設備的功能，並讓你確信只要靈感來襲，設備就會準備就緒。

By Craig Norris

www.momentsbycraig.com

Citizen: My Life After the White House

by Bill Clinton

On January 20, 2001, after nearly thirty years in politics — eight of them as president of the United States — Bill Clinton was suddenly a private citizen. Only fifty-four years old, full of energy and ideas, he wanted to make meaningful use of his skills, his relationships with world leaders, and all he'd learned in a lifetime of politics, but how? Just days after leaving the White House, the call came to aid victims of a devastating earthquake in India, and Clinton hit the ground running. Over the next two decades, he would create an enduring legacy of public service and advocacy work, from Indonesia to Louisiana, Northern Ireland to South Africa, and in the process reimagine philanthropy and redefine the impact a former president could have on the world.



Citizen is Clinton's front-row, first-person chronicle of his post-presidential years and the most significant events of the twenty-first century, including 9/11 and the run-up to the Iraq War, the Haiti earthquake, the Great Recession, the January 6 insurrection, and the enduring culture wars of our times. With clarity and compassion, he also weighs in on the unprecedented challenges brought on by a global pandemic, ongoing income inequality, a steadily warming planet, and authoritarian forces dedicated to weakening democracy. Yet Citizen is more than a

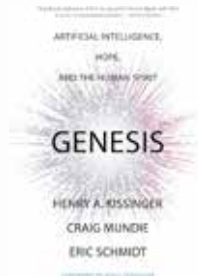
political memoir. These pages capture Clinton in a rare and unforgettable light: not only as a celebrated former president and a foundation leader, but as a father, grandfather, and husband. He recounts his support for Hillary Clinton during her time as senator, secretary of state, and presidential candidate, and shares the frustration and pain of the 2016 election.

2001年1月20日，在從政近30年——其中8年擔任美國總統——之後，Bill Clinton（克林頓）突然做回一名普通市民。年僅54歲的他仍然充滿活力和想法，想要有意義地利用自己的技能、與世界領導人的關係，以及在從政生涯中學到的一切，但如何做呢？離開白宮幾天後，克林頓接到了援助印度毀滅性地震受害者的電話，便立即開始行動。然後在接下來的20年裡，從印尼到路易斯安那州，從北愛爾蘭到南非，他在公共服務和宣傳工作方面創造出不朽的貢獻，並在此過程中重新構想慈善事業及重新定義前總統可能對世界產生的影響。

《Citizen》是克林頓以第一人稱的方式記錄了他卸任總統後的歲月，以發生於及21世紀最重大的事件，包括911事件及伊拉克戰爭、海地地震、經濟大衰退、國會山莊騷亂，以及我們這個時代一直持續的文化戰爭。他也以清晰及憐憫的態度，對全球流行病、持續的貧富差距、逐漸加劇的地球暖化，以及致力於削弱民主的獨裁勢力所帶來前所未有的挑戰進行了權衡。然而《Citizen》不僅是一本政治回憶錄，書中以一種罕見且令人難忘的方式描述了克林頓：不僅作為一位著名的前總統和基金會領導人，亦作為一位父親、祖父和丈夫。他講述了自己在Hillary Clinton（希拉莉）擔任參議員、國務卿和總統候選人期間對她的支持，並分擔了2016年大選的挫折和痛苦。

Genesis: Artificial Intelligence, Hope, and the Human Spirit

by Henry Kissinger



In his final book, the late Henry Kissinger joins forces with two leading technologists to examine the epochal challenges and opportunities presented by the revolution in Artificial Intelligence: a breakthrough that dramatically empowers people in all walks of life while also raising urgent questions about the future of humanity.

As it absorbs data, gains agency, and intermediates between humans and reality, Artificial Intelligence will help us to address enormous crises, from climate change to geopolitical conflicts to income inequality. It might well solve some of the greatest mysteries of our universe and elevate the human spirit to unimaginable heights. But it will also pose challenges on a scale and of an intensity that we have never seen — usurping our power of independent judgment and action, testing our relationship with the divine, and perhaps even spurring a new phase in human evolution.

The last book of elder statesman Henry Kissinger, written with technologists Craig Mundie and Eric Schmidt, Genesis charts a course between blind faith and unjustified fear as it outlines an effective strategy for navigating the age of AI.

在已逝世的Henry Kissinger（基辛格）的最後一本書中，他與兩位最頂尖的技術專家聯手審視人工智能革命帶來的劃時代挑戰和機遇：這項突破大大增強了各行各業人士的能力，同時也提出了有關人類未來的迫切問題。

隨著人工智能吸收數據、成為不可缺少的工具及人類與現實之間的中間人，它可以幫助我們解決從氣候變遷到地緣政治衝突再到貧富懸殊的巨大危機；它很可能解決我們宇宙中一些最大的謎團，並將人類精神提升到難以想像的高度。但它也將帶來我們前所未見的規模和強度的挑戰——篡奪我們獨立判斷和行動的權力，考驗我們與神的關係，甚至可能刺激人類進化的新階段。

《Genesis》是德高望重的政治家基辛格與技術專家Craig Mundie和Eric Schmidt共同撰寫的最後一本書，書中描繪了一條介於盲目信仰和毫無根據的恐懼之間的路線，概述了駕馭人工智能時代的有效策略。

From now until 31st December, 2024, these two featured books are available at the following bookstores at a special 10% discount to Pacific Club Members. Please show your Membership Card to the cashier in order to enjoy this discount. 由現在至12月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

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

香港圖書文具有限公司
中環德輔道中25號



Junior Festive Programme 2024

Festive Tennis Academy

This holiday season, let your child enjoy a festive tennis experience with our special holiday course. Guided by our expert coach, these lively sessions are designed to teach key tennis skills while fostering friendly competition. Through exciting games and drills, participants will improve their abilities and have fun along the way.



聖誕兒童網球訓練營

在這個充滿活力的聖誕網球訓練營中，教練會透過有系統的訓練教授網球的基本技巧，並讓學員互相切磋，及透過遊戲學習來改善網球技術，一起探索網球的樂趣，度過愉快的假期。訓練營將於12月18日至20日舉行，適合4-12歲的小朋友參加，收費-A班：會員\$690，非會員\$1,050；B班：會員\$1,380，非會員\$1,740（包括課程當日的兒童遊戲室入場費）。

Date : Wednesday – Friday 18th, 19th & 20th December

Time : (A) 10:00am – 11:00am
(B) 2:00pm – 4:00pm

Venue : 4/F Indoor Tennis Court

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

Age : (A) 4 – 6 years
(B) 7 – 12 years

Festive Golf Academy

Treat your child to a golfing experience with our Festive Golf Academy, held at the 3/ F Golf Driving Range. With engaging drills and friendly competitions, children will improve their skills and build confidence. Enroll today at the Golf Reception.



聖誕兒童高爾夫球訓練班

齊來參加這個有趣的高爾夫球班，讓孩子們體驗高爾夫球的樂趣。在專業高爾夫球教練的指導下，學員可以在練習場上進行練習，透過指導和系統性的訓練，掌握正確的高爾夫球基本技術。訓練班將於12月23日及24日、12月27日及30日舉行，歡迎5-10歲的會員參加，收費：會員\$1,200，非會員：\$1,440（包括課程當日的兒童遊戲室入場費）。

Date : (A) Monday & Tuesday 23rd & 24th December
(B) Friday & Monday 27th & 30th December

Time : 10:30am – 12:00noon

Venue : 4/F Golf Driving Range

Price : Member \$1,200, Guest \$1,440
(including Children's Playroom entrance fee)

Age : 5 – 10 years

Festive Badminton Academy

Our Festive Badminton Academy is a great opportunity for children aged 8 to 16 years to learn badminton skills while having festive fun with our professional coaches.



聖誕兒童羽毛球訓練班

在教練指導下，讓小朋友在享受節日氣氛的同時，透過遊戲學習來改善羽毛球技術，度過一個愉快的聖誕假期。訓練班將於12月24日及26日舉行，歡迎8-16歲的會員參加，收費：會員\$260，非會員\$380（包括課程當日的兒童遊戲室入場費）。

Date : (A) Tuesday 24th December
(B) Thursday 26th December

Time : (A) 11:30am – 12:30pm
(B) 9:30am – 10:30am

Venue : Aerobics room, 1/F

Price : Member \$260, Guest \$380
(including Children's Playroom entrance fee)

Age : (A) 8 – 12 years
(B) 12 – 16 years

Christmas Crystal Ball Light Workshop

No Christmas decor is complete without the charm of a festive crystal ball! In this hands-on workshop, you'll learn to create your own magical crystal ball light using string lights, snow powder, and festive ornaments. Perfect as a holiday decoration or a unique Christmas gift for a friend, this craft is sure to add a warm glow to your celebrations.



聖誕水晶球小夜燈

提及聖誕節裝飾，怎能缺少充滿聖誕氣氛的水晶球呢！這個課程將教授學員利用燈串、雪粉及一些聖誕小飾物來製作一個充滿冬日聖誕氣氛的聖誕水晶球夜燈，無論放在家中作飾物擺設，或是當作聖誕禮物送給朋友都非常合適。課程將於12月15日舉行，歡迎6-12歲的會員參加，收費：會員\$250，非會員：\$370（包括課程當日的兒童遊戲室入場費）。

Date : Sunday 15th December

Time : (A) 2:00pm – 3:30pm
(B) 3:45pm – 5:15pm

Venue : Children's Playroom Library, 1/F

Price : Member \$250, Guest \$370
(including Children's Playroom entrance fee)

Age : 6 – 12 years

To book your child's place on any of these classes, please contact the 2/F Reception on 2118 1890.

報名參加以上課程，請致電 2118 1890 與二樓接待處聯絡。

Junior Festive Programme 2024



Christmas Clay Music Box & LED Flower Lampshade Class

In this fun and creative afternoon workshop, participants will learn various clay techniques that help develop fine motor skills through hands-on activities. Students will use clay to sculpt 3D flowers and plants, decorating their own unique lampshades and music boxes with playful cartoon designs.

- How to create a Disney-themed LED flower lampshade
- Crafting a Sumikko Gurashi music box
- 3D floral sculpting techniques
- How to mix and match clay colours
- Colour coordination and clay preservation tips

聖誕黏土旋轉音樂盒及LED花燈罩

本課程將教授學員各種黏土工藝手法，透過觸摸、抓、握、推、拍、捏、壓等動作，以黏土製作一系列的立體花及植物，以及不同的卡通造型來裝飾花燈罩和音樂盒。課程將於12月18日及19日舉行，歡迎6-12歲的會員參加，收費：會員\$1,200，非會員：\$1,440（包括課程當日的兒童遊戲室入場費）。

課堂內容參考：

- 《迪士尼》LED花燈罩製作
- 《角落小夥伴》音樂盒製作
- 立體花藝創作技巧
- 黏土混色技巧
- 顏色配搭技巧及黏土保存法

Date : Wednesday & Thursday 18th & 19th December
Time : 2:00pm – 4:55pm
Venue : Room TWO, 1/F
Price : Member \$1,200, Guest \$1,440
(including Children's Playroom entrance fee)
Age : 6 – 12 years

STEM Christmas Exploration of Science

Students will create exciting scientific models, such as circuit building experiments and an electric bubble-blowing machine. Using a variety of materials, this hands-on workshop is designed to spark children's curiosity and encourage creative thinking.

STEM聖誕科學探索之旅

本課程透過運用各種物料讓小朋友學習製作有趣的科學模型，如電路積木小實驗、神奇電動吹泡泡機等，啟發他們的好奇心和創意思維，更具體、有效且有趣地學習各種科學知識，從而引發他們對科學的興趣。課程將於12月23日舉行，歡迎3-6歲的會員參加，收費：會員\$700，非會員：\$820（包括課程當日的兒童遊戲室入場費）。



Date : Monday 23rd December
Time : 3:00pm – 4:55pm
Venue : Children's Playroom Library, 1/F
Price : Member \$700, Guest \$820
(including Children's Playroom entrance fee)
Age : 3 – 6 years

Christmas STEM Electric Ride Theme Park

Children love theme parks, and in this exciting workshop, we bring the magic of the playground to life through hands-on science! Participants will create motorized models of flying swings and Ferris wheels, sparking their curiosity and teaching them key scientific principles in a fun, interactive way. It's the perfect way to combine creativity and learning this holiday season!



聖誕STEM電動機動遊戲主題公園

小朋友都喜歡遊樂場，因此我們將以遊樂場為主題教授小朋友製作科學手工模型，如飛天鞦韆、摩天輪等，塑造出屬於自己的遊樂場，並從中增加他們對科學的好奇心，學習不同的科學原理，令科學變得更有意思。課程將於12月27日舉行，歡迎6-12歲的會員參加，收費：會員\$900，非會員：\$1,020（包括課程當日的兒童遊戲室入場費）。

Date : Friday 27th December
Time : 2:00pm – 4:55pm
Venue : Room TWO, 1/F
Price : Member \$900, Guest \$1,020
(including Children's Playroom entrance fee)
Age : 6 – 12 years

To book your child's place on any of these classes, please contact the 2/F Reception on 2118 1890.

報名參加以上課程，請致電 2118 1890 與二樓接待處聯絡。

Junior Festive Programme 2024

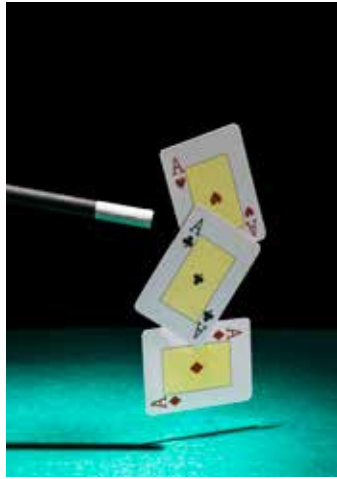
English Magic Academy

At the English Magic Academy, kids will learn a variety of tricks, including restoration magic, table magic, magic dice, and magic pen illusion, all while enhancing their English vocabulary and language skills. It's the perfect way to spark their interest in both magic and English!

幼兒英語魔術學院

本課程將透過多種魔術表演，如復原魔術、餐桌魔術、魔術骰子、神奇魔術筆等，並且加入英語學習的元素，為小朋友提供一個輕鬆、愉快的環境學習魔術技巧及英語詞彙，從而培養對英語的興趣。課程將於12月23日及24日舉行，歡迎3-6歲的會員參加，收費：會員\$900，非會員：\$1,140（包括課程當日的兒童遊戲室入場費）。

Date : Monday & Tuesday 23rd & 24th December
Time : 1:00pm – 2:55pm
Venue : Children's Playroom Library, 1/F
Price : Member \$900, Guest \$1,140
(including Children's Playroom entrance fee)
Age : 3 – 6 years



CoComelon & Babybus Christmas Art Party

In this festive art class, children will learn to draw their favourite CoComelon and Babybus characters through fun, step-by-step lessons. They'll explore the basics of using lines and shapes while developing their observation, imagination, and creative skills in an engaging and enjoyable way. Perfect for young artists who love these popular characters!

CoComelon x Babybus聖誕美術派對

本課程將教授小朋友繪畫CoComelon及Babybus角色人物的技巧，在趣味中循序漸進地學習繪畫，如了解線條運用、圖形基本繪畫方法、色彩配搭技巧、構圖技巧等，從而提升小朋友的觀察力、想像力及創作能力。課程將於12月23日及24日舉行，歡迎3-6歲的會員參加，收費：會員\$900，非會員：\$1,140（包括課程當日的兒童遊戲室入場費）。

Date : Monday & Tuesday 23rd & 24th December
Time : 11:00am – 12:55pm
Venue : Children's Playroom Library, 1/F
Price : Member \$900, Guest \$1,140
(including Children's Playroom entrance fee)
Age : 3 – 6 years

Duffy and Friends Christmas Clay Playground

In this fun workshop, children will sculpt their favourite Duffy and Friends characters and holiday scenes using clay, letting them explore the magic of the cartoon world through creative hands-on play.



Duffy與好友聖誕黏土樂園

本課程將會教授小朋友利用黏土製作出 Duffy and Friends 的著名卡通人物及故事場景，將卡通世界帶到現實中。課程將於12月18日及19日舉行，歡迎3-12歲的會員參加，收費：會員\$900，非會員：\$1,140（包括課程當日的兒童遊戲室入場費）。

Date : Wednesday & Thursday 18th & 19th December
Time : (A) 10:00am – 11:55am
(B) 12:00noon – 1:55pm
Venue : Room TWO, 1/F
Price : Member \$900, Guest \$1,140
(including Children's Playroom entrance fee)
Age : (A) 3 – 6 years
(B) 6 – 12 years

Christmas Colour Sketching Studio

This exciting course introduces children to the art of sketching through colour coordination and composition techniques, sparking their interest in drawing. By learning to understand 3D forms and balance colours, students will enhance their visual awareness, observation skills, and patience, all while developing their artistic potential.



聖誕彩色素描畫室

本課程將教授小朋友運用繽紛的色彩搭配方法、構圖技巧來提高學員對素描畫的趣味，讓他們理解各立體形態、學習色彩協調、建立視覺平衡感，並訓練觀察、思考和耐性，進而發展其藝術潛能。課程將於12月18日及19日舉行，歡迎6-12歲的會員參加，收費：會員\$900，非會員：\$1,140（包括課程當日的兒童遊戲室入場費）。

Date : Wednesday & Thursday 18th & 19th December
Time : 12:00noon – 1:55pm
Venue : Room ONE, 1/F
Price : Member \$900, Guest \$1,140
(including Children's Playroom entrance fee)
Age : 6 – 12 years

To book your child's place on any of these classes, please contact the 2/F Reception on 2118 1890.

報名參加以上課程，請致電 2118 1890 與二樓接待處聯絡。



Christmas Cheer Day

Join us for Christmas Cheer Day on 22nd December - a magical event designed especially for children. Participants can enjoy playing in a snowy wonderland of artificial snow, as well as festive arts and crafts, and Christmas face painting. This celebration is sure to spark joy, inspire creativity, and create wonderful holiday memories for the whole family.



聖誕同樂日

歡迎14歲及以下的會員於12月22日（星期日）前來參加聖誕同樂日——一個專為兒童而設計的精彩活動！屆時，大家可以在鋪蓋了人造雪的場地中盡情玩樂，我們還準備了節日工藝坊、聖誕臉部彩繪等活動，激發大家的歡樂、想像力，並為全家人創造美好的聖誕節日回憶。

聖誕同樂日收費——會員\$180，非會員\$300。每位參加者可獲臉部彩繪一次。

Date : Sunday, 22nd December
 Time : 2:00pm - 5:00pm
 Venue : Children's Playroom
 Price : Member \$180, Guest \$300
 Age : 14 years and under
 Remark : Each participant is entitled to one face painting service.
 To book, please contact the 2/F Reception on 2118 1890.

Kids' Open Fun Session in December

12月份兒童樂趣活動時間表

SESSION	Green Arts & Crafts
DATE	Saturday, 28th December
TIME	3:00pm - 4:00pm
AGE	4 - 10

Holiday Notice

Please note that all junior and adult group classes will be cancelled on Christmas Day on 25th December and on the first weekday after Christmas Day on 26th December.

課程暫停舉行

請注意，所有兒童及成人團體課程，將於12月25日聖誕節及12月26日聖誕節翌日公眾假期暫停舉行。

Junior Taekwondo

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

少年跆拳道

本會跆拳道班將教授套拳、對策、搏擊等技巧以及體能訓練，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，12月份3堂收費——會員\$540，非會員\$570。歡迎新學員參加！

Date : Saturday 7th, 14th & 28th December
 Time : (A) 4:30pm - 5:30pm
 (B) 3:30pm - 4:30pm (Advanced Level)
 Venue : Aerobics Room
 Price : Member \$540, Guest \$570 (for 3 lessons)
 Age : 4 years and above

Find Santa's Reindeer

Help Santa to find Rudolph.
 請幫聖誕老人找回紅鼻子馴鹿魯道夫。

Win a Fabulous Prize

Fax your answer to the Editor at Fax No. 2118 0209 or pass your entry to the 2/F Reception. All correct entries will be placed into a draw to be held on Tuesday, 31st December. 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12月31日（星期二）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____



Rope Skipping Class

Come and join the fun at our weekly Rope Skipping Class! Children are coached in individual rope skipping skills, as well as partner skipping. The classes emphasize fitness, self-esteem, leadership, personal accomplishment and teamwork.

花式跳繩班

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

Date : Sunday 8th, 15th, 22nd & 29th December
Time : 4:30pm – 5:20pm (50 mins)
Venue : Aerobics Room
Price : Member \$720, Guest \$760 (for 4 lessons)
Age : 7 – 12 years



English Drama Academy

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

英語話劇訓練班

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。課程於星期三舉行，適合3-12歲的會員參加，12月份兩堂收費 — 會員\$400，非會員\$420。

Date : Wednesday 11th & 18th December
Time : (A) 5:30pm – 6:30pm
(B) 4:30pm – 5:30pm
Venue : Gym Activities Room
Price : Member \$400, Guest \$420 (for 2 lessons)
Age : (A) 3 – 5 years
(B) 6 – 12 years

Wall Climbing

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



運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期日舉行，適合6-10歲的會員參加，12月份兩堂收費 — 會員\$450，非會員\$570（包括課程當日的兒童遊戲室入場費）。

Date : Sunday 8th & 15th December
Time : 11:30am – 1:00pm
Venue : Children's Playroom (Climbing Wall)
Price : Member \$450, Guest \$570
(for 2 lessons, including Children's Playroom entrance fee)
Age : 6 – 10 years

Junior Badminton Lessons

Our Junior Badminton Programme is held for junior player from 6 to 16 years old. Our experienced coaches are dedicated to helping children of all skill levels develop their badminton abilities. Through a combination of drills, games, and personalised instruction, your child will learn proper technique, footwork, and strategy to take their game to the next level.

少年羽毛球 – 團體訓練班

本會羽毛球訓練班於星期五晚上舉行，專為6-16歲的少年會員而設。學員可以學習正確的羽毛球技術、步法和策略，將他們的球技提升到一個新的水平。12月份4堂收費 — 會員\$1,040，非會員\$1,080。

Date : Friday 6th, 13th, 20th & 27th December
Time : (A) 6:30pm – 7:30pm
(B) 7:30pm – 8:30pm
Venue : Aerobics Room
Price : Member \$1,040, Guest \$1,080 (for 4 lessons)
Age : (A) 6 – 10 years
(B) 11 – 16 years



Junior Badminton Lessons (Private)

To really improve your child's badminton skills, book Private Lessons with our Badminton Coach.

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

Private Lessons

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

少年羽毛球 — 私人課程

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

私人課程收費（包括場租） —

一人：\$700/每堂一小時
二人：\$900/每堂一小時

To enroll in these Classes, please contact the 2/F Reception on 2118 1890.

課程報名，請致電2118 1890二樓接待處。

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

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

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

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

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

請於12月18日(星期三)前將答案傳真至 2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於1月份(星期一至四，特別節日活動除外)到 The Island View 餐廳享用二人晚市套餐或自助晚餐。祝各位好運！

Name 會員姓名：_____

Membership No. 會員編號：_____

Contact Tel. No 聯絡電話：_____

*Please note only one entry will be accepted per Membership 每個會籍只限參加一次

November
Solution
11月份
遊戲答案

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

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

Personal Training at the Gym 健身室 私人健身訓練課程



Give yourself the gift of fitness this Christmas! Our fully-certified Personal Trainers will create a tailored plan to help you stay active and energised throughout the festive season, whether your goal is weight loss, muscle gain, or simply staying fit and healthy.

Call the Gym on 2118 1863 to book your session and make this festive season your healthiest yet!

今年聖誕節給自己一份健康的禮物！無論你的目標是減重、增肌，還是只是保持身體健康，本會的專業私人教練都可為你量身定制個人健身計劃，幫助你在整個節日期間保持活力、健康。

請致電 2118 1863 與健身室預約課程，度過一個最健康的節日！

Live Sports at the Club Bar

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

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

Call the Club Bar on 2118 1845 for more details.

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

精彩體育賽事 酒吧現場直播

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

查詢詳情請致電 2118 1845。

酒吧營業時間：星期一至日：上午 11 時至晚上 11 時



Reciprocal Clubs Around The World

LOCATION		CLUB
Africa		
S. Africa	Johannesburg	The Country Club Johannesburg* ®
Middle East		
U.A.E	Abu Dhabi	The Club Abu Dhabi
Pacific		
Australia	New South Wales / Newcastle	Newcastle Club*
	New South Wales / Sydney	Royal Automobile Club of Australia*
	Queensland / Brisbane	United Service Club*
	Victoria / Cobram	Royal Automobile Club (Club Cobram)*
	Victoria / Healsville	Royal Automobile Club (Country Club)* ®
	Victoria / Melbourne	Athenaeum Club* / Royal Automobile Club (City Club)*
Asia		
China	Beijing	Beijing Riviera Country Club* / Chang An Club
	Shanghai	Ambassy Club Shanghai / Shanghai Racquet Club* / Shanghai Town & Country Club*
	Tianjin	Tianjin Goldin Metropolitan Polo Club*
India	Kolkata	Space Circle Club / The Tollygunge Club Ltd*
	Mumbai	Goregaon Sports Club*
Indonesia	Jakarta	The International Sports Club of Indonesia
Japan	Kobe	Kobe Club
	Tokyo	Ark Hills Club / Roppongi Hills Club / Tokyo American Club*
South Korea	Seoul	Seoul Club
Malaysia	Kuala Lumpur	Kelab Darul Ehsan® / Royal Selangor Club
Philippines	Makati City	Manila Polo Club / The Rockwell Club
Singapore	Singapore	Hollandse Club / Raffles Town Club* / Singapore Recreation Club
		The American Club Singapore / The British Club
Taiwan	Taipei	American Club Taipei
Thailand	Bangkok	Pacific City Club
Europe		
Austria	Reith bei Kitzbühel	Kitzbühel Country Club*
Belgium	Brussels	Aspria Royal La Rasante* / Aspria Arts-Loi / Aspria Avenue Louise
England	London	Oxford & Cambridge Club* / St. James's Hotel & Club*
	Oxfordshire	Phyllis Court Club*
France	Paris	Saint James Club, Paris*
Germany	Berlin	Aspria Ku'damm*
	Hamburg	Aspria Alstertal / Aspria Uhlenhorst*
	Hannover	Aspria Maschsee*
Ireland	Dublin	The Stephen's Green Hibernian Club*
Italy	Milan	Aspria Harbour Club®
Scotland	Aberdeen	The Royal Northern & University Club*
Spain	Barcelona	Circulo Ecuestre* / Circulo del Liceo#
	Madrid	Casino de Madrid# ® / Club Financiero Genova#
North America		
Canada	British Columbia / Vancouver	Hollyburn Country Club / Jericho Tennis Club / The Arbutus Club / The Vancouver Club*
	British Columbia / Victoria	Union Club of British Columbia*
	Ontario / Toronto	The National Club / The Ontario Club*
	Quebec / Dorval	The Forest & Stream Club#
	Winnipeg / Manitoba	Manitoba Club#
	California / Pacific Palisades	The Riviera Country Club*
	California / San Francisco	Marines' Memorial Club* / University Club of San Francisco
	Colorado / Colorado Springs / Colorado / Denver	EL Paso Club / The Denver Athletic Club
	Florida / Tallahassee	The Governors Club of Tallahassee
	Hawaii / Honolulu	The Pacific Club#
U.S.A	Indiana / Indianapolis	The Columbia Club*
	Michigan / West Bloomfield	Knollwood Country Club®
	New York / Rochester	Genesee Valley Club
	Pennsylvania / Philadelphia	The Racquet Club of Philadelphia*
	Texas / Houston	The Houston Club
	Washington / Seattle	College Club of Seattle / The Rainier Club*

Remarks: * Clubs with accommodation
 # Hotel nearby offering special rate for reciprocal members
 ® Clubs with golf course

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