



Fine Wine@The Club
Moët & Chandon Champagne Dinner
at Pier 6 Restaurant
27th October

十月號
薈
絮

PACIFIC VIEWS

October 2023



Host a Memorable DIY BBQ at the Pacific Club!

Looking for a fantastic way to gather with friends and family?

Reserve your spot now for an exclusive barbecue party at the Pacific Club. Our Ground Floor venue, adjacent to the Poolside, boasts three fantastic barbecue grills, accommodating up to 24 guests.

What We Offer:

- **Idyllic Waterside Setting:** Enjoy the serene backdrop of our waterside setting, perfect for your outdoor gathering.
- **Comprehensive BBQ Kit :** We provide all the essentials, from cooking utensils to plates, glasses, cutlery, and charcoal.
- **Customized Menu** : Take your pick from a mouthwatering array of meats, seafood, vegetables, sauces, and accompaniments. Complement your meal with a selection of beers, wines, and soft drinks.

The only thing we don't provide is your chosen chef for the day!

Bookings are available daily in 3-hour increments, from 12:00noon to 10:00pm.

Contact our Banqueting and Events Department on 2118 2851 or 2118 2295.

Don't hesitate to seek our expert advice on food and beverage pairings. We're here to make your experience extraordinary.

在太平洋會舉辦難忘的自助燒烤派對！

想尋找理想的地方舉辦與親朋好友歡聚的活動？

預約太平洋會的池畔燒烤場就是你的最佳之選！位於會所地層游泳池旁邊的戶外燒烤場設有3個燒烤爐，可提供最多24個座位。

我們可為你準備一個完美的燒烤大餐 —

- **優美的海旁** : 享受我們寧靜優美的海畔環境，非常適合戶外聚會。
- **完善燒烤設備** : 我們提供所有戶外燒烤的必需品，從用具到盤子、玻璃杯、餐具和木炭。
- **選擇豐富的燒烤美食** : 各式各樣令人垂涎的肉類、海鮮、蔬菜、醬料及配料任君挑選，還有多款啤酒、葡萄酒及汽水選擇。

而你所須要自備的只是一名私人廚師！

燒烤場使用時間為每日中午12時至晚上10時，派對時間為3小時。

預約派對可致電 2118 2851 / 2118 2295 聯絡宴會部。

我們非常樂意為你的派對提供最適合的建議及餐飲選擇。

Board of Governors

Henry Tang 唐英年
 Vincent Fang 方剛
 William Fung 馮國倫
 Kathryn Louey 雷羅慧洪
 W. Gage McAfee
 David K.P. Li 李國寶
 Stephen Tai 戴德豐
 K.C. Chan 陳家強
 Oscar Chow 周維正
 Toshiaki Yamamoto 山本利章

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 Email: grace-ng@pacificclub.com.hk

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 Human Resources Manager 人力資源部經理 Fax: 2118 1832
 E-mail: mandy-tsoi@pacificclub.com.hk

Bookings 預約及查詢電話

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

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Dear Members

As we step into October, the Pacific Clubs privileged vantage point takes centre stage, offering the most spectacular view of the National Day Fireworks Display at Victoria Harbour on 1st October. This year's display is extra special as it will be the first in five years, so if you have made a booking, I look forward to seeing you at our restaurants and balconies to enjoy the magic of the evening.

This month's weekend buffets at The Island View promise a tantalizing mix of spices. On Fridays nights, join us for the Singaporean Spicy Chilli Crab and enjoy the bold flavours of this iconic dish, alongside a delicious Singaporean-inspired buffet spread. On Saturdays, enjoy vibrant culinary indulgence, where we showcase the rich diversity of incredible Indian cuisine.

For an evening of opulence, be sure to book a table at our Moët & Chandon Champagne Dinner on 27th October, where each course is expertly paired with an exquisite Moët & Chandon Champagne. All the details about this fantastic event can be found on the next page. And on 6th October, don't miss the Italian Alps Wine Dinner, offering a unique pairing of high elevation wines from the roof of Italy with a six-course Chinese menu.

October is of course the month of Halloween... and I encourage you to book early for the Club's annual Spooky Halloween Brunch, to be held on Saturday, 28th at The Island View Restaurant. Also, don't miss our autumnal promotion this month at Pier 6 and Capricci, showcasing the freshest Porcini Mushrooms.

Finally, as you know, here at the Club we are constantly upgrading the facilities we offer our Members and this month, we are delighted to unveil a brand new Pickleball sports facility on the 4/F rooftop. Whether you're a seasoned player or new to the game, our state-of-the-art court will provide endless hours of fun and fitness. Explore more on page 21 and reserve your spot for our Pickleball Fun Day, scheduled on Sunday, 15th October.

尊敬的會員，

踏入 10 月份，太平洋會的優越位置為觀賞 10 月 1 日在維多利亞港上空舉行的國慶煙花匯演帶來了最壯觀的景象。今年的煙花匯演格外特別，因為這將會是相隔 5 年後首次復辦，因此，如果你已經在本會預訂當晚的晚餐，我期待與大家在餐廳和露台上見面，一同歡度這個夢幻般的夜晚。

本月份 Island View 於週末舉行的自助晚餐將會以誘人的香料菜式為主題。於週五晚上，首先為大家送上新加坡辣椒蟹，品嚐這款標誌性菜餚的刺激風味，還有各式各樣新加坡自助美食；到了週六晚上，歡迎前來享用口味獨特而豐富多樣、令人回味的印度美食。

若想要度過一個奢華的夜晚，請務必參加本會將於 10 月 27 日舉行的 Moët & Chandon 香檳晚餐，屆時每道菜式都會精心搭配一款極品 Moët & Chandon 香檳，有關這項精彩活動的詳情，請參閱下一頁。此外，大家亦不要錯過將於 10 月 6 日舉行的“意大利阿爾卑斯山”葡萄酒晚餐，當晚將介紹多款出品自意大利阿爾卑斯山區的獨特高海拔葡萄酒，並搭配共有六道菜式的中式晚餐。

每逢到了 10 月份，大家首先想到的當然是萬聖節... 我建議大家儘早預訂本會一年一度、將於 28 日星期六在 Island View 餐廳舉行的萬聖節早午餐。另外，也不要錯過本月份在 Pier 6 和 Capricci 餐廳舉行的秋季菜式推廣，我們將為大家送上最新鮮的牛肝菌。

最後，一如以往，本會一直不斷改善提升為會員提供的設施。於本月份，我們很高興在四樓頂層規劃出一個全新的匹克球設施。無論你是經驗豐富的球手還是新手，我們最先進的球場都將為你帶來無盡的樂趣和運動體驗，請參閱第 21 頁了解更多資訊，並立即報名參加將於 10 月 15 日星期日舉行的匹克球體驗日。

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



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Moët & Chandon Champagne Dinner

With Mr Leo Jockovic, Brand Education Manager

On 27th October, join us for an indulgent evening at Pier 6 Restaurant. Our Moët & Chandon Champagne Dinner will feature a selection of iconic Moët & Chandon Champagnes, paired with an exquisite dinner menu prepared by Chef Daniel Birkner.

Date : Friday, 27th October

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

Venue : Pier 6 Restaurant

Price : \$1,288 per person for Food and Champagne pairing

Reservations: 2118 1878

Moët & Chandon香檳晚餐

由品牌培訓經理Mr Leo Jockovic主持

誠邀大家於 10 月 27 日星期五晚上，前來 Pier 6 餐廳品嚐多款著名 Moët & Chandon 香檳，並同時享用由 Chef Daniel 特別為配搭各款佳釀而設計的美味晚餐。

晚餐配搭香檳收費：每位\$1,288。

訂座請致電 2118 1878。

FRANCE  1743
MOËT & CHANDON
CHAMPAGNE

Welcome Drink

Moët & Chandon Imperial N.V.

Menu

Moët & Chandon Imperial N.V. Magnum

Langoustines | Fennel Brandade | Basil

Moët & Chandon Rosé Imperial N.V.

Pigeonneau | Prunes and Plums

Moët & Chandon Grand Vintage 2015

Red Mullet and Red Prawns | Saffron

Main Course: Moët & Chandon

Grand Vintage Rosé 2012

Black Angus Beef Three Ways

Porcini Mushrooms | Foie Gras | Liquorice

Wild Honey Mille-feuille

Petits Fours

(Champagnes will be served in limited quantities)

*Described menu is subject to change without prior notice

以上菜單如有更改，恕不另行通知



By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko

In order to maintain better access control and safeguard Member identity at the Pacific Club, kindly be reminded of the importance of presenting your Membership Card to our staff when entering the Clubhouse, registering for Car Parking and Valet Service, or utilizing the F&B and Recreation facilities.

The Club's sophisticated computer system carries comprehensive individual data records for all Membership Cards, including photographic images of individual Members and their corresponding signature. This system is primarily for your benefit and protection, therefore, your full cooperation is appreciated in presenting your card for verification purposes.

In addition, some Members may now look quite different to the photograph on their existing Membership Card, which may have been processed many years ago! As such, it is important to update the relevant card as soon as possible.

To make an appointment, please contact the Membership Department on 2118 1804 or you may send your own updated digital photos to membership@pacificclub.com.hk.

為了保障會員身分免被盜用，防止陌生人進入及使用本會設施，本人在此提醒大家在進入會所範圍、登記泊車及代客泊車服務、或使用各項餐廳及康體設施時，應謹記出示你的會員証。

太平洋會精確的電腦系統記錄了所有會員的全部個人資料，包括個別會員的相片及入帳簽名等。此系統是為了會員的利益及保障而設，因此，請在有需要時向本會職員出示你的會員証以作核實，多謝各位合作！

除此以外，因有一些會員証已是多年前辦理，有關的會員樣貌亦可能隨著時間而有所轉變，故此大家必須儘快辦理更新會員証手續。

預約時間，請致電 2118 1804 與會籍部聯絡，或可將閣下的數碼近照發送至 membership@pacificclub.com.hk

Horse Racing Season

The new Horse Racing Season has already begun. If you are interested in enjoying the races on-course at the Shatin Racecourse, please note that Members may be able to book a Private Box facility through the Pacific Club.

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

馬季開鑼

新一季賽馬活動已經開鑼，如果大家想到沙田馬場現場觀賞精彩賽事，本會可代為安排使用馬場之私人廂房設施。

如欲查詢有關資料，請致電 2118 1890 與二樓接待處聯絡。

Duplicate Car Parking

Due to the limited parking spaces available at the Club, each eligible Membership that holds full parking privileges may only park one car in our Car Park or register one car for Valet Parking service at any given time.

In order to avoid the error of parking two cars at the same time, please check with your family prior to parking at the Club premises and please be reminded that additional cars parked under one membership will be subject to a parking penalty of \$100 per hour. Any further abuses on this parking rule will result in the relevant parking privileges being reviewed by the Membership Committee.

停泊兩部車輛

由於本會提供的泊車位有限，因此每一個享有泊車代遇之會籍只可以在同一時段內，在本會停車場停泊一部車輛，或登記一部車輛使用代客泊車服務。

為免錯誤地同時間停泊兩部車輛，請各位在泊車或使用代客泊車服務之前，先向家人查詢是否已在本會使用有關服務。若同一個會籍在本會停泊或代泊超過一部車輛，本會將向該額外車輛收取每小時\$100之泊車罰款，敬請各位留意。任何進一步違反此泊車守則之會員將被會籍委員會重新檢視其泊車權利。





Friday Nights Singaporean Spicy Chilli Crab Dinner Buffet

For a true taste of Singapore, be sure to head to The Island View on Friday nights for our Chilli Crab Dinner Buffet. Each adult diner will be served a delicious Chilli Crab, coated with a spicy tomato-based sauce and accompanied by Mantou Buns. In addition, our extensive Buffet features a wide selection of your favourite savoury and sweet dishes.

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

Date : Every Friday in October
Time : From 6:00pm
Venue : The Island View Restaurant
Price : \$598 Adults, \$395 Children 6–12 years,
\$128 Children 3–5 years
Reservations: 2118 1846

週五晚上 新加坡辣椒蟹自助晚餐

The Island View 將於10月份逢星期五晚上為大家送上新加坡著名美食 — 辣椒蟹。屆時，每位成年會員可以享用一隻美味的辣椒蟹，配以集合甜酸辣味的蕃茄醬汁及美味的饅頭一同食用；此外還有各式各樣自助美食及甜品。

晚餐收費：成人 — \$598
小童 — 6–12歲：\$395；3–5歲：\$128

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。



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

Saturday Nights Indian Delights Dinner Buffet



On Saturday nights in October at The Island View Restaurant, we take diners on a culinary journey around India with fantastic flavours of exquisite Indian cuisine to tempt your tastebuds. Come and try our Tandoori dishes, Curries, Dhal, Biryani, Pani Puri, Samosas, Chai and much more, as well as authentic Indian desserts to end your meal in style.

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

Date : Every Saturday in October
Time : From 6:00pm
Venue : The Island View Restaurant
Price : \$429 Adults, \$280 Children 6–12 years,
\$128 Children 3–5 years

Reservations: 2118 1846

週六晚上 印度美食自助晚餐

於10月份逢星期六晚上，The Island View 餐廳將帶領大家踏進印度美食之旅，品嚐各式各樣精緻美味的印度地區菜餚，誘惑你的味蕾。快來品嚐即場烤雞、多款咖哩、印度扁豆、印度香飯、空心脆餅、咖哩角、印度奶茶等，最後再以正宗的印度甜品來完滿你的晚餐。

晚餐收費：成人 — \$429
小童 — 6–12歲：\$280；3–5歲：\$128

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。



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



Stretching Exercise Class

Our Stretching Exercise Class is a rejuvenating experience that will leave you feeling refreshed and invigorated. Our expert instructor will guide you through a series of tailored stretches to enhance flexibility, improve posture, and release tension.

- Gentle, targeted stretches for all levels of flexibility.
- Techniques to alleviate stress and promote mental well-being.
- Increased range of motion for everyday comfort and ease.

伸展運動班

本會伸展運動班可讓你放鬆精神、恢復活力、精力充沛。專業教練將指導你完成一系列度身定制的伸展運動，以增強靈活性、改善姿勢並釋放壓力。

- 配合不同程度的身體靈活性，進行溫和、有針對性的伸展運動
- 緩解壓力和促進心理健康的技巧
- 增加身體活動範圍，讓日常舒適輕鬆

課程於星期五舉行，以廣東話授課，適合16歲及以上的會員參加，10月份4堂收費：會員\$720，非會員\$1,200。

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

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, these classes are taught in Cantonese only

Zumba Fitness

Join us for an exhilarating session of Latin-inspired beats, dynamic moves, and pure fitness fun! Burn calories, sculpt your body, and elevate your mood in our lively Zumba class, held every Sunday.

尊巴健體舞班

參加本會尊巴健身舞班，可讓學員在享受動感舞蹈的同時，亦可從跳躍舞步中燃燒身體脂肪，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，10月份5堂收費：會員\$900，非會員\$1,500。

Date : Sunday 1st, 8th, 15th, 22nd & 29th October

Time : 10:00am – 10:45am (45 minutes)

Venue: Aerobics Room

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

Age : 16 years and above

Jazz Dance

Unleash your inner rhythm and flexibility on the dance floor by joining us for our exhilarating Jazz Dance class. The expert instructor will guide you, step-by-step, ensuring every move is polished to perfection. Jazz Dance is great way to stay in shape and de-stress!

爵士舞班

加入本會令人興奮的爵士舞課程，釋放你的內在節奏感和靈活性。導師將引領學員循序漸進地學習爵士舞基本動作，配以音樂跳出各種舞步。課程於星期四舉行，適合16歲及以上的會員參加，10月份4堂收費：會員\$720，非會員\$1,200。

Date : Thursday 5th, 12th, 19th & 26th October

Time : 3:00pm – 4:00pm

Venue: Aerobics Room

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

Age : 16 years and above

Funky Dance

Funky Dance offers a lively aerobic workout! Accompanied by vibrant music and dynamic moves, you'll burn calories, whilst having a lot of fun. In a single hour, you'll achieve an impressive 7,000 steps!



Funky跳舞班

Funky dance 是一種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。課程於星期三及五舉行，適合16歲及以上的會員參加，10月份4堂收費：會員\$720，非會員\$1,200。

Date : (A) Wednesday 4th, 11th, 18th & 25th October

(B) Friday 6th, 13th, 20th & 27th October

Time : (A) 12:30pm – 1:30pm

(B) 12:00noon – 1:00pm

Venue: Aerobics Room

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

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

Age : 16 years and above





Fascia Exercise Training

Fascia is the intricate network of connective tissue that spans the entirety of the body, providing essential stability and cohesion for muscles, bones, and organs. These hour-long sessions focus on techniques using exercise props, aimed at conditioning the fascia for a sense of deep relaxation, increased bodily lightness, improved posture, and heightened strength.

筋膜運動訓練

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。這些一小時的課程側重於使用鍛鍊工具的技巧，旨在調節筋膜以獲得深度放鬆、增加身體輕盈度、改善姿勢和增強力量。課程於星期一舉行，適合16歲及以上的會員參加，10月份3堂收費 — 會員\$540，非會員\$900。

註：課程以廣東話授課

Date : Monday 9th, 16th & 30th October
Time : 1:30pm – 2:30pm
Venue : Aerobics Room
Price : Member \$540, Guest \$900 (for 3 lessons)
Age : 16 years and above
Instruction: Please note, these classes are taught in Cantonese only

Holiday Notice

Please note that all junior and adult group classes will be cancelled on the following Public Holidays:

- Monday, 2nd October: The day following National Day
- Monday, 23rd October: Chung Yeung Festival

課程暫停舉行

請注意，所有兒童及成人團體課程將於以下公眾假期暫停舉行：

- 10月2日星期一：國慶日翌日
- 10月23日星期一：重陽節

Schedule in October 十月份課程

Monday

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

Tuesday

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

Wednesday

Tennis Team Training	10:00am – 12:00noon Ladies
Funky Dance	12:30pm – 1:30pm (A)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)

Thursday

Yoga	10:30am – 11:30am (C)
Jazz Dance	3:00pm – 4:00pm
Tennis Team Training	7:00pm – 9:00pm Men's (A)

Friday

Yoga	10:30am – 11:30am (D)
Morning Water Aerobics	11:00am – 12:00noon (B)
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	2:00pm – 3:30pm
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Rope Skipping	4:30pm – 5:20pm
Sunday Social Tennis	5:00pm – 7:00pm

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

康體部於每個月25日開始接受下個月各類型團體課程的報名。

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

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

Pot Pies

Comfort Food at its Best!

Celebrate the arrival of autumn with our Pot Pie Promotion at the Club Bar this October! Choose from an array of Pot Pie options, including the timeless Classic Chicken, hearty Steak and Kidney, aromatic Lamb Curry, or the indulgent Salmon and Leek.

Each pie is a savoury masterpiece and is guaranteed to warm both your heart and your palate!

From 3rd October onwards

會所酒吧美食推介 — 烤焗鍋批 最佳的暖胃美食！ 10月3日開始供應

於10月份，會所酒吧將為大家送上多款烤焗鍋批，以迎接秋天的到來！從一系列鍋批中選擇你最喜歡的餡料，包括一直深受大眾喜愛的經典雞肉批、豐盛的牛排腰子批、芳香的羊肉咖喱批，以及鮮味的韭蔥三文魚批。

每個鍋批都是美味的傑作，保證能為你的心和味蕾帶來溫暖！



Spooky Halloween Brunch

Join us at the Pacific Club for a fantastic feast of frightfully delicious treats and spine-tingling surprises. Dress up in your best Halloween costume and get ready for an event filled with fun activities, eerie crafts, and spooky decor.

Our talented chefs have conjured up a bewitching buffet with all your favourite Halloween dishes.

「鬼怪萬聖節」早午餐派對

於10月28日（星期六）中午，歡迎大家與孩子們一同前來 The Island View 及 Pier 6 餐廳參加萬聖節派對！當日我們會為大家準備「恐怖」自助早午餐、怪誕繪畫、鬼怪裝飾及「驚」喜活動。

派對收費：成人及3歲及以上小童 — 每位\$350（包括橙汁及汽水）。

訂座請致電 2118 1846。

Date : Saturday, 28th October

Time : From 11:30am

Venue: The Island View & Pier 6 Restaurant

Price : \$350 Adults and Children 3 years and above
(including Orange Juice and Soft Drinks)

Reservations : 2118 1846



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

Sautéed Porcini Mushrooms with Mixed Green Leaves in Raspberry and Hazelnut Vinaigrette



Autumn in Europe heralds a spectacular bounty of produce. While we bid farewell to the final harvest of Girolles mushrooms at the Club, the eagerly anticipated Porcini mushroom season is now here, promising a culinary delight not to be missed.

The finest and most flavoursome European Porcini mushrooms will be featured on the menu at Capricci and Pier 6 in October. If you don't want to cook yourself, come and try our expertly crafted Porcini dishes here at the Club.

I have a very simple but delicious recipe for you to try this month:

覆盆子榛子油醋汁炒牛肝菌配雜菜

歐洲的秋天是盛產農產品的最佳季節之一，我們剛剛在會所推介了雞油菌菜式，而緊接著的就是牛肝菌季節，當然也非常值得期待。於10月份，Capricci 和 Pier 6 餐廳的餐牌上都會出現最優質、美味的歐洲牛肝菌，如果你沒有時間自己烹煮，可以前來本會品嚐我們的牛肝菌菜式。

以下與大家分享一個非常簡單而且美味的食譜。

Ingredients for 4 people:

- 300g fresh Porcini mushrooms, cleaned, cut in 3-4cm pieces
- 2pc small Shallots, finely diced
- 2pc Garlic Cloves, finely diced
- 2 Sprigs of fresh Thyme
- Vegetable Oil
- 50g Butter
- 500g mixed Green Salad Leaves
- 100g Hazelnuts, peeled, toasted, cracked
- 140g Raspberry Vinegar
- 250g Hazelnut Oil
- 1 Tbsp. Honey
- Salt, Pepper

材料 (4人份量):

- 新鮮牛肝菌 (洗淨，切粒約3-4厘米) 300克
- 小青蔥，切丁 2個
- 蒜瓣，切細丁 2顆
- 新鮮百里香 2小枝
- 植物油 適量
- 牛油 50克
- 沙律雜菜 500克
- 榛子 (去皮、烘烤、切碎) 100克
- 覆盆子醋 140克
- 榛子油 250克
- 蜂蜜 一湯匙
- 鹽、胡椒 適量



By Executive Chef,
Daniel Birkner

撰文：行政總廚 — Daniel Birkner

Preparation:

1. In a bowl big enough to hold all the salad, combine the honey, hazelnuts, vinegar and oil with a good pinch of salt and pepper. Set aside.
2. Heat up a frying pan big enough to hold all the mushrooms while only covering the bottom of the pan. If the pan is too small, sautéing the mushrooms becomes impossible as they release too much water. If you don't have a big enough pan, fry the mushrooms in 2-3 batches.
3. Add vegetable oil to the hot pan, followed by the mushrooms, shallot and garlic dices as well as the thyme. Keep the heat high and give the mushrooms a good toss and stir. Once they have browned nicely and release their aroma, add the butter and season with salt and pepper. Give it another stir and check the seasoning.
4. Transfer the mushrooms to the plates and leave space for the salad greens in the middle.
5. Add the salad greens to the vinaigrette you have prepared earlier, give them a good mix and then dress the salad on the plates with the mushrooms. Drizzle the pan juices over the salad, serve and enjoy!

做法：

1. 準備一個足以盛載所有沙律的碗，加入蜂蜜、榛子、醋和油與少許鹽和胡椒粉混合，備用。
2. 加熱一個足以在鍋底平鋪一層牛肝菌的平底鍋。如果平底鍋太細，令牛肝菌堆高，那麼便不能夠把牛肝菌快速炒香，因為它們會釋放出過多的水份。如果你沒有足夠大的鍋，可以分2-3次炒。
3. 在平底鍋中加入植物油，然後放入牛肝菌、青蔥、蒜頭和百里香。保持高溫並充分拌炒牛肝菌，當它們變成美麗的棕色並釋放出誘人香氣時，加入牛油並用鹽和胡椒調味；再拌炒一會然後試味。
4. 將牛肝菌倒到碟子上，並在中間留出空位放置沙律菜。
5. 將沙律菜加入早前準備好的油醋汁中，充分混合，然後將沙律菜放在牛肝菌中間。將平底鍋內的汁淋在沙律菜上，即可享用！

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

October 2023

Wine Home Delivery Service

10月份餐酒送貨服務

Order Form 餐酒訂購表格

A special wine selection from the Italian Alps for Members' enjoyment.

Free delivery will be provided for HK\$1,800 and above, excluding Outlying Islands. Alternatively, pick-up the wines at the Club Bar.

本月為會員介紹多款出品自意大利阿爾卑斯山的葡萄酒，凡購買滿\$1,800及以上可獲免費送貨服務，離島除外。或者可於會所酒吧領取葡萄酒。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
Malibran, Gorio Prosecco Superiore Valdobbiadene DOCG Extra Dry 2022	750ml	138		
Malibran, Rose Vino Spumante Brut 2021	750ml	158		
Giannitessari, Perinato Soave Classico Cru Pigno DOC 2021	750ml	188		
Giannitessari, IGT Veneto Rebellis 2020, Organic (Orange Wine)	750ml	198		
Agraria, Riva Del Garda MASO ELES, Pinot Nero Organic Trentino DOC 2019, Organic	750ml	258		
Icardi, Montubert Barbaresco DOCG 2019, Organic	750ml	288		
ZANONI, Amarone Della Valpolicella DOCG 2016	750ml	358		
Icardi, Moscato D'Asti La Rosa Selvatica DOCG 2022, Organic	750ml	118		

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

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

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

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

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

Delivery Address: _____

Signature: _____ Date: _____

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

“The Italian Alps” Wine Dinner at Bauhinia Restaurant

The majestic Alps, the highest and the most extensive mountain range system in Europe, shape the landscape of northern Italy. Cultivating diversity yet embracing harmony, the Alps bestow the spirit and unique character on the modern north.

In October, the Italian Alps will lend their defining essence to the exceptional wines showcased at our upcoming wine dinner event. Join us at Bauhinia and embark on an extraordinary fusion of flavours as we bring together the Italian Alps and Chinese culinary excellence at our exclusive Wine Dinner event.

*This exclusive event is limited to 40 diners only

Date : Friday, 6th October
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Bauhinia Restaurant
Price : \$1,088 per person for Food and Wine Pairing
Reservations: 2118 1892

“意大利阿爾卑斯山”葡萄酒晚餐

雄偉的阿爾卑斯山是歐洲最高、佔地最廣寬的山脈，構建出意大利北部的美麗景觀。阿爾卑斯山孕育多樣性，擁抱和諧，為現代北部地區帶來活力和獨特性。

於10月6日星期五晚上，本會將在紫荊閣舉行“意大利阿爾卑斯山”葡萄酒晚餐，為大家帶來在這雄偉山脈中出品的多款卓越葡萄酒，並搭配中式菜餚，讓大家體驗兩者融為一體的非凡風味及獨特的精髓。

*這美酒晚餐人數只限40位

晚餐連葡萄酒收費：每位\$1,088。

訂座請致電2118 1892。



Welcome Drink

Malibran Gorio Prosecco Superiore Valdobbiadene DOCG Extra Dry 2022

Menu

三小品

燻邊叉燒、芝麻海蜆頭伴鮑魚絲、蒜香安格斯牛柳粒

Chef's Appetizers

Barbecued Honey-glazed Pork, Shredded Abalone with Jelly Fish

Fried Angus Beef Cubes with Garlic

Malibran Rose VINO Spumante Brut 2021

酥炸百花蟹鉗配金沙魚皮

Deep-fried Crab Claw

Deep-fried Fish Skin with Salty Egg Yolk

Giannitessari Perinato Soave Classico Cru Pigno DOC 2021

蟹粉大虎蝦球伴蜜糖燒火腿

Pan-fried Prawn with Hairy Crab Cream

Honey-glazed Yunnan Ham

Giannitessari IGT Veneto Rebellis 2020 Organic (Orange Wine)

開心果煎焗南極白鱈魚

Pan-fried Cod Fish with Pistachio

Agraria Riva Del Garda MASO ELESII Pinot Nero Trentino DOC 2019 Organic

手工臘味飯炸釀雞翼伴香嫩白菜

Deep-fried Chicken Wings stuffed with Assorted Preserved Meat

and Glutinous Rice / Braised Cabbage

ICARDI Montubert Barbaresco DOCG 2019 Organic

ZANONI Amarone Della Valpolicella DOCG 2016

椰子燉桃膠伴香芒糯米糍

Double Boiled Peach Resin with Coconut

Mango Glutinous Rice Dumpling

ICARDI Moscato D'Asti DOCG "la Rosa Selvatica" 2022 Organic

(Wines will be served in limited quantities)

*Described menu is subject to change without prior notice

以上菜單如有更改，恕不另行通知

Tai Po Kau to Lai Chi Shan

Walking the route for this month's column was delayed by the somewhat apocalyptic rainfall that hammered Hong Kong in early September, when three months' worth of rain fell in just 24 hours! Do be aware that some trails may be closed off for a while due to landslips, and always take care of your footing when hiking in rainy conditions. This walk takes you up through forest to a mountain pass, and down the other side.

This hike involves brisk climbs up and downhill so you will need a good level of aerobic fitness. Walking time: 3 hours.

Take the MTR to Tai Po Market and exit to the minibus rank. Green minibus 28K sets off from here for the Tai Po Road which winds across the hillside towards Sha Tin. Alight after about 15 minutes at a place called Chung Tsai Yuen, where there's a garden with pavilions on the other side of the road. Or take buses 72, 72A, 73A or 74A from Tai Po or Sha Tin to the same location.

Rather topically, this was the site of a devastating flood in 1955, when a torrent of water rushed down the valley causing many casualties, and a memorial tablet marks the spot.

Your hike starts at the country parks warden post. Walk steeply uphill along the single-track road, and then turn left onto the Tai Po Kau Nature Trail when you reach the archway for it. These roughly-laid stone steps lead uphill into dense forest, which is protected here as a nature reserve. It's a favourite location for people to view birds, insects and lizards.



At the first fork in the trail, you may see that the leftmost path is still taped off because a landslide has occurred further along it. Luckily we are not going that way. Go straight ahead to descend, beside a rushing rivulet, to another fork where you should turn right. This brings you down to a beautiful sight: a wide, noisy stream that gathers waters from many gurgling tributaries

as it tumbles across boulders on its way downhill.

Take the steps down from the rest area back onto the narrow road, and turn left to walk uphill past the Tai Po Kau Outdoor Study Centre, an educational garden with ponds that are visited by



dragonflies and frogs. As you climb higher, you pass a turning to some village houses, and then soon afterwards you reach a crossroads of paths where there is a rain shelter and a picnic table. This is the pass that marks your highest point for today. Turn right here onto the path that is marked for Tai Po.

The path splits immediately; take the left-hand branch. This descends gently along the side of the hill known as Lai Chi Shan, which also lends its name to one of the old villages below it. As you walk, gaps in the trees allow views of some of these villages in the green valley, and further across to the foothills of Tai Mo Shan.

Eventually the path emerges onto a quiet waterworks road. Turn left and follow it all the way downhill. When it passes under a flyover that carries the Tolo Highway, you'll see an underpass ahead, and this leads straight back to Tai Po MTR station.



從大埔滘到荔枝山

今期要介紹的路線，因為9月初襲擊香港的一場世界末日般的豪雨而被推遲了，當時短短24小時內就下了三個月的降雨量！因此請大家注意，部分路段可能會因山泥傾瀉而封閉一段時間，而且在雨天進行遠足時請務必注意腳步。這條步道將帶你穿過樹林到達山口處，然後從另一邊往下走。

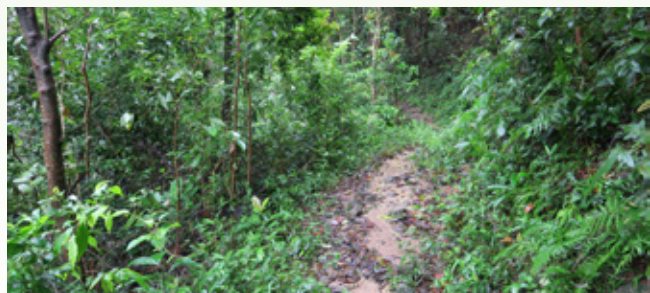
這次遠足涉及快速上坡和下坡路段，因此你需要有良好的體能。步行時間：3小時。

乘搭港鐵至大埔墟站，於前往小巴站的出口離開。專線小巴28K從這裡出發前往大埔公路，蜿蜒穿過山坡往沙田方向行駛。大約15分鐘後，在一個叫松仔園的地方下車，路的另一邊有一個內設涼亭的花園；你也可以從大埔或沙田乘搭72、72A、73A或74A巴士至同一地點。

值得注意的是，這裡是1955年發生毀滅性洪水事故的地點，當時一股洪流沖下山谷，造成許多人命傷亡，事後該處設立了一塊紀念碑。

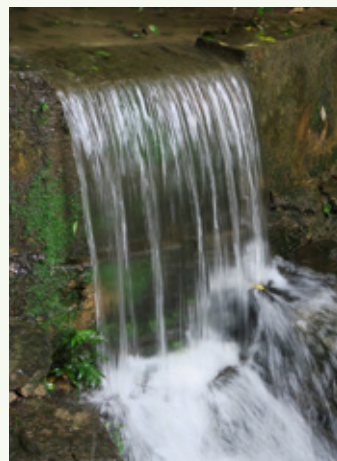
你的遠足就是從郊野公園管理員駐守室開始。沿陡峭的單行步道上坡，到達一道拱門後左轉進入大埔滘自然教育徑。這些粗獷的石級通向山上，進入被劃為自然保護區的茂密樹林。這裡是人們觀賞鳥類、昆蟲和蜥蜴的最佳地點。

在步道的第一個分岔路口，你可能會看到最左邊的路徑仍然被膠帶封閉，因為沿路更遠的地方發生了山泥傾瀉。幸運的是我們不會走那條路。一直向前走，在一條湍急的小溪旁邊往下走，到達另一個分岔路



口，在那裡你應該右轉。這將帶你看到一道美麗的景色：一條寬闊而聲響的溪流，在下坡時從許多潺潺支流中匯集成水流，在巨石上翻滾。

從休息區走下梯級，回到狹窄的道路上，然後左轉上山，經過大埔滘野外研習園，這是一個自然教育花園，裡面有池塘，吸引了蜻蜓和青蛙於此棲息。當你攀得更高時，你會經過一個轉彎位，看到一些村屋，然後很快你就到達了一個小路的十字路口，那裡有一個避雨棚和一張野餐桌。這是標誌著你已經到達今天最高點。在此右轉，進入標記至大埔的道路。



很快道路便一分为二，選擇左邊的路走。這條路沿著被稱為荔枝山的山坡緩緩往下走，山下的一個古老村莊也因此得名。沿途你可以透過樹林的縫隙看到一些建於綠色山谷中的村莊，甚至可以看到大帽山的山麓。

最終，這條路會連接到一條安靜的自來水廠道路上。左轉並沿著它一路下坡。當它經過吐露港公路的天橋時，你會看到前面有一條地下通道，可直接返回大埔港鐵站。

Delightful Durian Afternoon Tea

From 3rd October onwards

Indulge in a truly unique culinary experience at the Pacific Club in October with our Durian Afternoon Tea.

Discover the rich and distinctive flavour of the "King of Fruits" in an array of exquisite Afternoon Tea treats — each bite a celebration of this tropical delight.

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

\$398 for 2 persons, including Coffee or Tea

特色下午茶美食主題 — 榴槤

由10月3日開始供應

歡迎大家於10月份前來本會 Oyster Bar 品嚐以榴槤為主題的特色下午茶套餐。

有“水果之王”之稱的榴槤味道濃郁而獨特 — 以其製作的點心每一口都會為你帶來熱帶風味。

下午茶美食供應時間：每日下午2時至5時30分

收費：\$398供兩人用，包括咖啡或紅茶



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

Autumn's Finest

Porcini Mushroom Showcase

Available at Lunch and Dinner at Pier 6 and Capricci from 6th October onwards

For a true taste of the autumn season, don't miss our Porcini Mushroom Menus at Pier 6 and Capricci — a gastronomic celebration of the rich, earthy flavours of this delicious mushroom! Elevate your dining experience with a selection of dishes featuring the exquisite Porcini, available for a limited time only.

秋季美食 — 牛肝菌

由10月6日開始於 Pier 6 及 Capricci 餐廳
午餐及晚餐時段供應

想要品嚐真正的秋季風味，請不要錯過將於10月份在 Pier 6 及 Capricci 餐廳供應，以牛肝菌為主題的多款菜式。牛肝菌是一種帶有濃郁、純樸香氣的蘑菇，加入菜式中定能提升你的用餐體驗！牛肝菌菜式將限時供應。



Warm Drinks

at The Club Bar & Oyster Bar throughout October

Embrace the cosiness of the autumn with our new menu of warm beverages, available at the Club Bar and Oyster Bar.

熱飲推介

10月份 Club Bar 及 Oyster Bar 供應

在10月份微涼舒適的秋天裡，本會 Club Bar 及 Oyster Bar 準備了用料全天然的健康熱飲，為大家溫暖身體。

調酒熱飲 — 每杯\$68

茶類熱飲 — 每杯\$58

Hot Cocktails — \$68 per glass

- **Mulled Wine**

Red Wine, Brandy, Honey, Cinnamon, Star Anise, Cloves & Orange Slice

- **Hot Temper**

Canadian Club Whisky, Amaretto, Cinnamon & Hot Water

Hot Tea — \$58 per glass

- **Warm Welcome**

Yuzu Syrup, Black Tea, Peach Syrup & Fresh Lime

- **Honeylicious**

Orange Juice, Grapefruit Juice, Lemon Juice & Ginger Juice & Ginger Slice



FREE SEMINAR AT PACIFIC CLUB

Admissions to Top US & UK Universities — here's what you'll need to know to succeed

太平洋會免費專題講座 — 考入英美頂尖大學須知



Date	: Wednesday, 8th November
Time	: 10:30am – 12:00noon
Venue	: 1/F Harbour Room
Language	: English, supplemented Cantonese
Capacity	: Each Membership can enroll 2 adults (above 18 years), maximum capacity is 60pax
Charge	: Free-of-charge
Reservations	: Please call the 2/F Reception Desk on 2118 1890 to book your seat
Deadline for Enrollment	: Wednesday, 1st November
Remark	: Members Only
日期	: 11月8日 (星期三)
時間	: 上午10時30分至中午12時
地點	: 一樓 Harbour Room
語言	: 英文, 輔以廣東話
參加人數	: 每個會籍供兩名成人 (18歲以上) 報名參加, 參加人數最多 60 名
收費	: 免費
訂座	: 請致電 2118 1890
截止報名日期	: 11月1日 (星期三)
備註	: 只供會員參加

About Aegis Advisors

Aegis Advisors is one of Hong Kong's leading educational services company with a 16-year track record of helping students get into top boarding schools and universities in the US and the UK, as well as international schools in Hong Kong. We provide support and guidance throughout the entire educational lifespan. Our team of experienced admissions consultants, academic tutors and test-prep experts work together with clients to help them realise their full potential.

關於 Aegis Advisors

Aegis Advisors 是一家擁有16年記錄的專業教育顧問公司。我們為學生量身定做個性化的學習方案，成功幫助學子邁入美國和英國的頂尖大學和寄宿學校，以及香港的國際學校。我們的團隊包括經驗豐富的輔導老師，備試老師和升學顧問，能提供全方位的教育服務，確保學生得到量身定制的幫助，並能在頂尖的學府成功錄取學位。

What does it take to get accepted at a top US or UK university, including the Ivy Leagues and Oxbridge? Find out as we have an alumni and industry expert speak on admissions trends, what admissions officers look for, key preparation tips, and how to navigate an increasingly complex and competitive admissions process. Time will be allocated for Q&A.

孩子需要具備什麼條件才能考入常春藤聯盟以及牛津和劍橋等頂尖英美學府？不妨從行內專家 Aegis Advisors 得出答案。在這個講座中，Aegis Advisors 將會討論美國及英國頂尖學府的招生趨勢、學校招生的標準、準備申請的關鍵技巧，以及如何在既複雜又競爭激烈的申請過程中脫穎而出。

About the Speakers 演講者簡介

Cindy heads up the US Advisory Team at Aegis Advisors. She has over 16 years of experience in US boarding school and undergraduate admissions, and was formerly an active member of the Princeton Alumni Representative Committee and interviewed students for admissions. Cindy graduated from Princeton University, where she received a Bachelor of Arts in History. She was also a letter-winner on Princeton's NCAA Division I Varsity Tennis Team. Prior to Princeton, Cindy attended Hong Kong International School and was a top player on the Hong Kong National Tennis Team.

Cindy 擁有超過 16 年幫助學生入讀美國寄宿學校和大學的指導經驗，並曾是普林斯頓大學校友會的活躍成員，擔任該校的入學面試官多年。Cindy 畢業於普林斯頓大學，並獲得歷史和東亞研究專業的學士學位。她是普林斯頓大學網球隊的成員，參加過 NCAA Division I 的團體比賽。進入普林斯頓大學前，Cindy 曾就讀於香港國際學校，而且是擁有世界排名的香港網球代表球員。

Lucy is the head of the UK Advisory Team at Aegis Advisors. She has over 10 years of experience helping students get into top UK boarding schools and universities. Lucy graduated with Honours from the London School of Economics (LSE) with a degree in Government and Economics and a Master of Science with Distinction in Analysis Design & Management of Information Systems. Prior to attending LSE, Lucy studied at Benenden School in Kent.

Lucy 擁有超過 10 年幫助學生入讀英國寄宿學校和大學的指導經驗。她畢業於英國倫敦政治經濟學院，擁有該校經濟和政治學士學位和信息系統管理專業的碩士學位。入讀倫敦政治經濟學院之前，她在英國的 Benenden 學校取得了優異成績。

Christy has been with Aegis Advisors for 8 years and oversees the test preparation team at Aegis Advisors. Her team helps students prepare for various admissions tests for US and UK boarding schools and universities, as well as international schools in Hong Kong. Christy graduated with a degree in Politics and Philosophy from the London School of Economics (LSE), after which she acquired her Juris Doctor at the University of Hong Kong. Prior to university, Christy attended Badminton School in the UK, where she completed her GCSEs and A-Levels.

Christy 在英美寄宿學校及大學和香港的國際學校入學考試指導上擁有超過八年的經驗。她畢業於英國倫敦政治經濟學院，擁有該校的政治及哲學學士學位，以及香港大學的法律博士 (J.D.) 學位。於入讀倫敦政治經濟學院前，Christy 畢業於英國的 Badminton 學校。



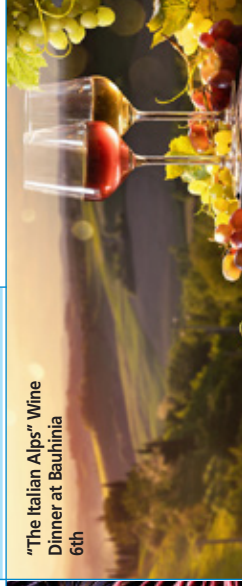
October 2023

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Zumba Fitness / Yoga	Giroles Mushroom Menus at Pier 6 and Capricci	Water Aerobics	Tennis Team Training	Yoga	Water Aerobics / Yoga	Junior Swimming School
Sunday Social Tennis	Public Holiday Lunch Buffet at The Island View	Durian Afternoon Tea at Oyster Bar From 3rd onwards	Funky Dance	Jazz Dance	Stretching Exercise / Funky Dance	Junior Tennis Academy
Chinese National Day Fireworks Display Dinner at the Club	Matcha and Mango Afternoon Tea at Oyster Bar	Pot Pie Promotion at Club Bar from 3rd onwards		Tennis Team Training	Junior Taekwondo / Junior Badminton	Junior Taekwondo
Giroles Mushroom Menus at Pier 6 and Capricci	Festive Chinese Dinner Buffet at The Island View				"The Italian Alps" Wine Dinner at Pier 6	Indian Delights Dinner Buffet at The Island View
Sunday Lunch Buffet at The Island View		3	4	5	Singaporean Spicy Chilli Crab Dinner Buffet at The Island View	7
Chief Keung's Favourite Bites at Bauhinia 1st - 31st	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Porcini Mushroom Menu at Pier 6 and Capricci from 6th onwards	
Matcha and Mango Afternoon Tea at Oyster Bar	Yoga		Funky Dance	Jazz Dance	Water Aerobics / Yoga	Junior Swimming School
Warm Drinks at Club Bar & Oyster Bar 1st - 31st	Men's Double Training		English Drama Academy	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Tennis Academy
Zumba Fitness / Yoga / Rope Skipping	Fascia Exercise Training				Junior Taekwondo	Junior Taekwondo
Wall Climbing / Sunday Junior Tennis		10	11	12	Junior Swimming School	Indian Delights Dinner Buffet at The Island View
Sunday Social Tennis	9				Junior Badminton	14
Sunday Lunch Buffet at The Island View	Ladies' Monday Tennis	Water Aerobics	Tennis Team Training	Yoga	Singaporean Spicy Chilli Crab Dinner Buffet at The Island View	
Sunday Roast Bingo Dinner Buffet at The Island View	Yoga		Funky Dance	Jazz Dance	Water Aerobics / Yoga	Junior Swimming School
Zumba Fitness / Yoga / Rope Skipping	Men's Double Training		English Drama Academy	Tennis Team Training	Stretching Exercise / Funky Dance	Junior Tennis Academy
Sunday Junior Tennis / Wall Climbing	Fascia Exercise Training				Junior Taekwondo	Junior Taekwondo
Texture Painting Workshop		16			Junior Swimming School	Indian Delights Dinner Buffet at The Island View
Sunday Lunch Buffet at The Island View		17	18	19	Junior Badminton	21
Sunday Roast Bingo Dinner Buffet at The Island View					Singaporean Spicy Chilli Crab Dinner Buffet at The Island View	
Zumba Fitness / Yoga / Rope Skipping		Water Aerobics	Tennis Team Training	Yoga	Water Aerobics / Yoga	Junior Swimming School
Sunday Junior Tennis / Wall Climbing			Funky Dance	Jazz Dance	Stretching Exercise / Funky Dance	Junior Tennis Academy
Sunday Social Tennis			English Drama Academy	Tennis Team Training	Junior Taekwondo / Junior Badminton	Junior Taekwondo
Sunday Lunch Buffet at The Island View					Junior Swimming School	Indian Delights Dinner Buffet at The Island View
Sunday Roast Bingo Dinner Buffet at The Island View	23	24	25	26	Moët & Chandon Champagne Dinner at Pier 6	Spooky Halloween Brunch at The Island View & Pier 6
Zumba Fitness / Yoga / Rope Skipping	Ladies' Monday Tennis	Water Aerobics			Singaporean Spicy Chilli Crab Dinner Buffet at The Island View	28
Sunday Junior Tennis	Yoga					
Sunday Social Tennis	Men's Double Training				"The Italian Alps" Wine Dinner at Bauhinia 6th	
Sunday Lunch Buffet at The Island View	Fascia Exercise Training					
Sunday Roast Bingo Dinner Buffet at The Island View	30	31				
Zumba Fitness / Yoga / Rope Skipping						
Sunday Junior Tennis						
Sunday Social Tennis						
Sunday Lunch Buffet at The Island View						
Sunday Roast Bingo Dinner Buffet at The Island View	29					



Chinese National Day
Fireworks Display Dinner
1st



"The Italian Alps" Wine
Dinner at Bauhinia
6th

November 2023

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
 <p>Yoga Class Every Mon, Thur, Fri & Sun (except Public Holiday)</p>						English Drama Academy Tennis Team Training Funky Dance		Yoga Jazz Dance Tennis Team Training		Water Aerobics/Stretching Exercise Junior Swimming School Junior Badminton Yoga / Funky Dance Friday Dinner Buffet at The Island View		Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View	
						1		2		3		4	
Zumba Fitness / Yoga Wall Climbing Sunday Junior Tennis Sunday Social Tennis Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View		Ladies' Monday Tennis Yoga Men's Double Training Fascia Exercise Training		Water Aerobics		English Drama Academy Tennis Team Training Funky Dance		Yoga Jazz Dance Tennis Team Training		Water Aerobics/Stretching Exercise Junior Swimming School Junior Badminton Yoga / Funky Dance Friday Dinner Buffet at The Island View		Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View	
5		6		7		8		9		10		11	
Zumba Fitness/Yoga Sunday Junior Tennis Rope Skipping / Wall Climbing Sunday Social Tennis Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View		Ladies' Monday Tennis Yoga Men's Double Training Fascia Exercise Training		Water Aerobics		English Drama Academy Tennis Team Training Funky Dance		Yoga Jazz Dance Tennis Team Training		Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga / Funky Dance Friday Dinner Buffet at The Island View		Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View	
12		13		14		15		16		17		18	
Zumba Fitness/Yoga Sunday Junior Tennis Rope Skipping / Wall Climbing Sunday Social Tennis Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View		Ladies' Monday Tennis Yoga Men's Double Training Fascia Exercise Training		Water Aerobics		English Drama Academy Tennis Team Training Funky Dance		Yoga Jazz Dance Tennis Team Training Thanksgiving Day Dinner Buffet at The Island View at Pier 6		Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga / Funky Dance Friday Dinner Buffet at The Island View		Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View	
19		20		21		22		23		24		25	
Zumba Fitness/Yoga Sunday Junior Tennis Rope Skipping / Wall Climbing Sunday Social Tennis Sunday Lunch Buffet at The Island View Sunday Roast Bingo Dinner Buffet at The Island View		Ladies' Monday Tennis Yoga Men's Double Training Fascia Exercise Training		Water Aerobics		English Drama Academy Tennis Team Training Funky Dance		Yoga Jazz Dance Tennis Team Training		Water Aerobics / Stretching Exercise Junior Swimming School Junior Badminton Yoga / Funky Dance Friday Dinner Buffet at The Island View		Junior Swimming School Junior Tennis Academy Junior Taekwondo Saturday Dinner Buffet at The Island View	
26		27		28		29		30		 Dinner Buffet at The Island View 23rd		25	

*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

Club Bar
Live TV

What's Happening in Hong Kong

Food & Beverage



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-of-age. 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

出色球技需要自小開始訓練，本會於星期六舉行的青少年網球訓練班將透過訓練、練習和比賽幫助大家打穩基礎，提升球技，適合3½–16歲的會員參加。10月份4堂收費 — A班（3½–6歲）：會員\$840，非會員\$1,320；B班（6–16歲）：會員\$1,120，非會員\$1,600。

〔備注：此訓練活動以月費形式支付〕

Date : Saturday 7th, 14th, 21st & 28th October

Time : (A) 10:00am – 11:00am

(B) 11:00am – 1:00pm

Venue: Indoor Tennis Courts

Price : (A) Member \$840, Guest \$1,320 (for 4 lessons)

(B) Member \$1,120, Guest \$1,600 (for 4 lessons)

Age : (A) 3½ – 6 years

(B) 6 – 16 years

Classes Cancelled

Please note that all junior and adult group classes will be cancelled during the following Public Holidays:

- Monday, 2nd October: The day following National Day
- Monday, 23rd October: Chung Yeung Festival

課程暫停舉行

請注意，所有兒童及成人團體課程將於以下公眾假期暫停舉行：

- 10月2日星期一：國慶日翌日
- 10月23日星期一：重陽節

Sunday Social Tennis

Join us on selected Sundays for our lively Sunday Social Tennis! These fantastic two-hour sessions bring together our tennis-playing Members, offering a chance to hone your skills, make new connections, and relish the vibrant camaraderie within the Pacific Club's tennis community.

週日網球聯誼聚會

歡迎參加逢星期日傍晚舉行的「週日網球聯誼聚會」，與其他會員及教練切磋球技。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 1st, 8th, 15th, 22nd & 29th October

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

Call the Tennis Reception on 2118 1707 for further information

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

女子早上網球練習

各位女士如果想提升網球技術、戰術運用和比賽技巧，歡迎參加每週兩小時的女子早上練習班。中/高班逢星期一舉行，兩小時課堂收費：每位\$310（包括場租，並設茶點招待）。每班人數有限，請儘早報名。

Date : Monday 9th, 16th & 30th October

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)

Tennis League Teams' Schedule Home Matches in October

網球聯賽 – 10月份主場賽事

DATE	TEAM	MATCH
Friday, 20th October Friday, 27th October	Junior (Division A)	Pacific Club vs Fairview Park Country Club Pacific Club vs Kornhill Recreation Club
Friday, 6th October Friday, 20th October Friday, 27th October	Ladies' (Division I)	Pacific Club vs Hong Lok Yuen Country Club Pacific Club vs Indian Recreation Club Pacific Club vs Play Better
Tuesday, 3rd October Tuesday, 17th October Tuesday, 24th October	Men's (Division B)	Pacific Club vs United Services Recreation Club 1 Pacific Club vs Hong Kong Cricket Club Pacific Club vs Hong Kong Football Club
Wednesday, 18th October	Men's (Division C)	Pacific Club vs Police Tennis Club

New Pickleball Facility

We are delighted to unveil a brand new Pickleball sports facility on the 4/F rooftop area. This fantastic facility offers Members the chance to engage in one of the fastest-growing sports of recent years.

Pickleball combines elements of tennis, badminton and table tennis and its simplicity and convenience have attracted many people to try it. With gameplay similar to tennis, Pickleball offers an equally exhilarating workout but with reduced physical strain, making it an attractive choice for all.

The Pacific Club's brand new Pickleball facility is available for booking in October.

Court Hire Fee:

Weekdays before 6:00pm \$60 per hour
Weekdays after 6:00pm, Saturday, Sunday & Public Holiday \$100 per hour

*Paddles are available for rental at the Tennis Reception.

全新匹克球設施

本會很高興已經於四樓戶外網球場範圍內規劃出一個全新的匹克球設施 (Pickleball)。匹克球是近年發展得最快的新興運動之一，而這個設施可為會員提供體驗這項運動的機會。

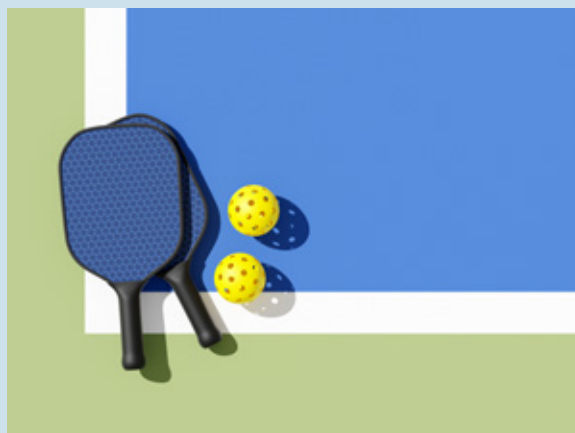
匹克球結合了網球、羽毛球和乒乓球的元素，其簡易及便利性吸引了許多人嘗試。由於匹克球的打法比較接近網球，運動量亦同一樣激烈，但相對較少運動傷害，所以吸引了眾多人士挑戰這項運動。

太平洋會的全新匹克球設施將於10月份開始供會員預約使用。

租場費用：

星期一至五下午6時前 每小時\$60
星期一至五下午6時後、星期六、日及公眾假期 每小時\$100

*可於網球部接待處租用球拍



Pickleball Fun Day

Join us at the Pacific Club on Sunday, 15th October for an introduction to the game of Pickleball, led by our expert coaches. Places are limited, so please call the Tennis Reception on 2118 1707 to register as early as possible.

匹克球體驗日

會員如欲親身體驗匹克球的樂趣，便不要錯過將於10月15日星期日下午舉行的體驗日，透過簡介及遊戲進一步了解這項有趣的運動。活動費用全免，名額有限，請儘早致電 2118 1707向網球部報名。

Date : Sunday 15th October
Time : 3:30pm – 5:30pm
Venue: Outdoor Pickleball Court
Price : Free-of-charge

Orchid Garden Symphony

1. Put two pieces of *Livistona Chinensis* together.
2. Bend the tips of the leaves down at the back and secure them on the stem with paper wire.
3. Secure 3-4 long thick wire pieces on the *Livistona Chinensis* and insert it into the vase.
4. Replant the *Phalaenopsis* into a clear, plastic floral pot and insert a long thick wire through the plastic floral pot.
5. Insert the *Phalaenopsis* into the vase and secure the pot and *Livistona Chinensis* together with paper wire.
6. Bend one end of two long thick wires to make a hook and insert into the pot of *Dischidia Chinensis* 'Variegata'.
7. Secure them on the pot with the hooks and tie the tails together with paper wire.
8. Insert the *Dischidia Chinensis* 'Variegata' into the vase.
9. Finally, insert the *Dracaena Surculosa* into the vase behind the *Dischidia Chinensis* 'Variegata'.

華麗和諧的蘭花擺設

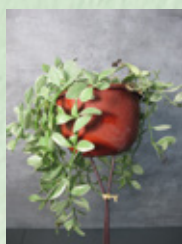
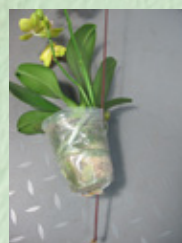
1. 將兩片蒲葵葉疊放在一起。
2. 將葉的尖端從背後彎向下，並用紙鐵絲將其固定在葉莖上。
3. 將3-4支長粗鐵線固定在蒲葵葉上，然後將其插入花瓶中。
4. 將蝴蝶蘭移植到透明塑膠花盆中，並在塑膠花盆中插入一支長粗鐵絲。
5. 將蝴蝶蘭插入花瓶中，並用紙鐵絲將花盆和蒲葵葉固定在一起。
6. 將兩支長粗鐵絲的一端彎曲成一個鉤子，然後插入金邊翡翠的花盆中。
7. 將鉤子扣在花盆上，並用紙鐵絲將粗鐵絲的尾部綁在一起。
8. 將金邊翡翠插入花瓶中。
9. 最後，將星點木插在金邊翡翠的後面。

What You'll Need:

- Various Flowers and Plants: here we use *Phalaenopsis*, *Livistona Chinensis*, *Dracaena Surculosa*, *Dischidia Chinensis* 'Variegata' (hanging plant)
- A Tall, Heavy Vase with a small open mouth at one side
- Paper Wire
- Long Thick Wire
- A Clear Plastic Floral Pot

材料：

- 花卉植物：文中選用蝴蝶蘭、蒲葵葉、星點木、金邊翡翠（垂吊植物）
- 一個高的重型花瓶，一側有一個小瓶口
- 紙鐵絲
- 長的粗鐵絲
- 一個透明塑膠花盆



by Andy Au of Andy's Florist
撰文及圖片：Andy's Florist

Spa Promotions in October

SOTHYS Hydrating Intensive Treatment: Hydra Hyaluronic Acid

(1hr 25mins)

~~\$1,480~~

\$1,184

This high-performance treatment combines four sources of hyaluronic acid with two Sothys' patented active ingredients, especially suitable for dehydrated skin. The absolute hydration solution completely quenches, hydrates and plumps the skin, renewing its youthfulness.

微分子透明質酸水漾療程 (1小時25分鐘)

獨具慧眼的SOTHYS融合尖端科學技術、天然成分與多項領先美肌水漾知識，以有機胜肽及海藻糖促進脂質製造及重新激活水分流動，提升肌膚含水量。再注入牛肝菌及高、低、微分子透明質酸，特別適合缺水性肌膚。療程結合六個步驟全方位補水，為肌膚帶來如嬰兒般水漾豐盈的質感。



Lift Summum Treatment

(1hr 25mins)

~~\$1,480~~

\$1,184

Experience our targeted firming treatment, especially designed for mature skin. Through the application of specialised massage techniques and rejuvenating masks, this procedure provides comprehensive care for the face, neck, and chest. Wrinkles are visibly smoothed, facial contours are redefined, and skin regains its youthful firmness.

煥顏緊膚修護療程 (1小時25分鐘)

此療程特別針對成熟肌膚研製的高效緊膚療程，配合獨有按摩技巧及特製面膜，全方位護理面及頸胸部位，顯著撫平頑固皺紋、重塑細緻鮮明的面部輪廓，令肌膚回復緊緻彈性，散發年輕光澤。



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。

Pacific Club Swimming Gala 2023

太平洋會少年游泳比賽 2023





Hair Product Sale in October 10月份頭髮產品優惠



Techni Leave in Hydrating Gel, 150ml

~~\$200~~ \$180

With a fine and smooth texture, and featuring the ingredient ginkgo biloba, this incredible product penetrates immediately for deep down hydration of the capillary cells, without weighing hair down. To revitalize dry, hard to manage hair, or lifeless curls, this easy to use gel will give you luscious locks!

Techni 水份免沖護髮劑，150毫升

產品蘊含銀杏分子，能提高頭髮角質層內的水份連結，滲透入頭髮毛細管內，令頭髮保持濕潤，損壞、乾燥及糾結的頭髮可回復柔順及有光澤，亦能防止頭髮受到外在環境的傷害，撫平開叉。



HairPrime® Herbal Shampoo

~~\$220~~ \$200

HairPrime® Shampoo includes the proven active, natural herbal ingredient, Phydemanol®, and avoids the use of heavy conditioning and synthetic ingredients. This shampoo nourishes the hair and cleanses the scalp of unhealthy factors (e.g. sebum, DHT, adverse ingredients in hair styling products) that may contribute to hair loss. It is particularly suitable for coloured and treated hair.

HairPrime® 水份免沖護髮劑，150毫升

HairPrime® 草本洗髮露經過臨床測試，從天然草藥中提取有效活性成分Phydemanol®，並避免使用可能導致脫髮的刺激、強烈、有害成份。HairPrime® 亦可洗走頭皮上的不健康物質（如皮脂、DHT、造型產品中的有害成分），防止脫髮，在滋養頭髮同時為頭髮保持健康生長條件，也適合在電燙、漂染護理後使用，可保持漂染色澤、令電燙造型持久。



Deuxer Hard Wax 5

~~\$250~~ \$225

With a smooth touch and light texture, this fabulous product controls the flow of hair from the root to the tip. Macadamia nut oil, with repairing ingredients, provides smoothness, gloss and moisture to the hair. The smoothness penetrates into the hair, moisturizing and shaping the hairstyle at the same time.

Deuxer 5 強力造型髮泥

以柔滑的觸感和輕盈的質感，梳理出設計感造型。產品含有修護成分的澳洲堅果油，能賦予頭髮順滑感、光澤及水潤。柔滑滲透至髮絲內，令髮根到髮梢都得到滋潤同時塑造髮型。

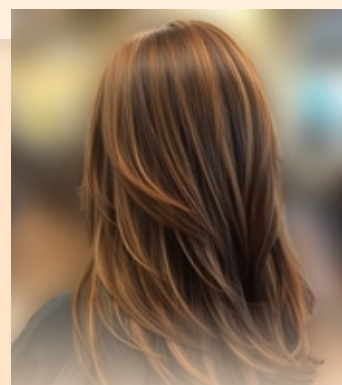
This Month's Promotion

10% Discount on Highlight Treatments

In October at the Hair Salon, treat your hair to complete highlights to brighten your style. To make an appointment with one of our expert stylists, please call the Salon on 2118 1893.

顏色挑染9折優惠

會員於10月份到會所髮廊惠顧顏色挑染服務，可享有9折優惠。查詢詳情及預約服務，請致電 2118 1893。





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

Overcoming Nervousness on the Course

Nervousness is a common challenge faced by golfers, whether they're amateurs or seasoned professionals. Given that the golf swing is an intricate chain reaction, feeling nervous can lead to tense muscles, ultimately impacting your swing and ball contact, and subsequently, your overall performance.

To conquer this hurdle, self-confidence is paramount, and this confidence is forged through dedicated practice. Envision each practice session as a game, carefully considering your movements and techniques before every swing, ensuring each movement is purposeful and efficient. Emulate real-game scenarios by seamlessly transitioning between clubs during practice, mirroring the diversity of shots required in an actual match. As your confidence in your abilities grows, stepping onto the course for a real game will feel as natural and relaxed as any practice session at the range.

消除緊張心情

緊張，是所有高爾夫愛好者都需要克服的難題之一，不論是業餘還是職業選手。由於揮杆是一個連鎖反應的過程，如果內心感到緊張的話，身體肌肉就會變得僵硬，因而影響揮杆和擊球，最後便有機會影響表現。

要消除緊張的心情，最重要的是對自己有信心，而自信心的表現最主要來自大量的練習。試將每次練習都當作正式的比賽，每一次揮杆前都好好思考動作和技巧，確保每個動作都有目的且高效率。練習時亦可以不斷轉換球桿來模擬真實比賽場景，反映實際比賽中所需擊球的多樣性。隨著你對自己能力的信心不斷增強，踏上球場進行一場真正的比賽時，便會感覺像在練習場的任何練習一樣自然和放鬆。

Golf Private Lessons

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

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

高爾夫球私人課堂

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

Private Lessons (1 pax)

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

Semi-Private Lessons (2 pax)

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

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



Elon Musk

by Walter Isaacson

From the author of *Steve Jobs* and other bestselling biographies, this is the astonishingly intimate story of Elon Musk, the most fascinating and controversial innovator of our era – a rule-breaking visionary who helped to lead the world into the era of electric vehicles, private space exploration, artificial intelligence and Twitter.

When Elon Musk was a kid in South Africa, he was regularly beaten by bullies. One day a group pushed him down some concrete steps and kicked him until his face was a swollen ball of flesh. He was in the hospital for a week. But the physical scars were minor compared to the emotional ones inflicted by his father, an engineer, rogue, and charismatic fantasist. His father's impact on his psyche would linger. He developed into a tough yet vulnerable man-child, prone to abrupt Jekyll-and-Hyde mood swings, with an exceedingly high tolerance for risk, a craving for drama, an epic sense of mission, and a maniacal intensity that was callous and at times destructive.

For two years, Isaacson shadowed Musk, attended his meetings, walked his factories with him, and spent hours interviewing him, his family, friends, coworkers, and adversaries. The result is the revealing inside story, filled with amazing tales of triumphs and turmoil, which addresses the question: are the demons that drive Musk also what it takes to drive innovation and progress?

《Steve Jobs》及其他暢銷人物傳記作者的最新力作，解構馬斯克（Elon Musk）令人驚訝的貼身故事。他是我們這個時代最迷人、最具爭議的創新者，一位打破規則、擁有卓越遠見，幫助引領世界進入電動汽車、私人太空探索和人工智能，以及Twitter。

當馬斯克小時候在南非時，經常被惡霸毆打。有一天，一群人把他推下水泥台階，並踢他，直到他的臉腫成一團肉，最後在醫院住了一個星期。但與他的父親（一名工程師、流氓和魅力十足的幻想家）所造成的情緒傷害相比，身體上的傷痕並不重要。他在父親對他心靈的影響下，成長為一個堅韌卻又脆弱的男孩，容易出現在兩個極端之間的情緒波動，對風險有極高的容忍度，熱愛戲劇化的場面，擁有史詩般的使命感，以及冷酷無情的破壞性。

作者Isaacson貼身採訪馬斯克長達兩年，參與他的會議、與他一同進入工廠，並訪問其家人、友人、同事與對手們。本書揭露了這位狂人背後高潮迭起、充滿勝利與混亂的故事，更進一步探討眾人心中的疑問：驅動馬斯克的心魔，是否也是推動他創新和進步的因素？

The Coming Wave

by Mustafa Suleyman & Michael Bhaskar

This ground-breaking book from the ultimate AI insider – Mustafa Suleyman, co-founder of DeepMind, part of Google – establishes 'the containment problem' - the task of maintaining control over powerful technologies - as the essential challenge of our age.

Soon you will live surrounded by AIs. They will organise your life, operate your business, and run core government services. You will live in a world of DNA printers and quantum computers, engineered pathogens and autonomous weapons, robot assistants and abundant energy. None of us are prepared. As co-founder of the pioneering AI company DeepMind, Mustafa Suleyman has been at the centre of this revolution. The coming decade, he argues, will be defined by this wave of powerful, fast-proliferating new technologies.

In *The Coming Wave*, Suleyman shows how these forces will create immense prosperity but also threaten the nation-state, the foundation of global order. As our fragile governments sleepwalk into disaster, we face an existential dilemma: unprecedented harms on one side and the threat of overbearing surveillance on the other. Can we forge a narrow path between catastrophe and dystopia?

這本開創性的作品出自人工智能公司的終極內部人士 — Google 旗下 DeepMind 的聯合創始人 Mustafa Suleyman 之手 — 提出“遏制問題” — 亦即對於強大的科技，維持一定控制能力的任務 — 作為這個時代人類最重要的挑戰。

很快地，我們的生活中將充斥著人工智慧。它們將會協助你生活中的大小事、經營你的業務，甚至運行政府的核心服務。你將生活在一個充滿 DNA 印表機、量子電腦、人造病原體、自主武器、機器人助理和豐富能源的世界。

但，我們還沒準備好迎接這一切。作為人工智能先驅公司 DeepMind 的聯合創始人，Mustafa Suleyman 一直處於這場革命的中心。他認為，這一波強大、急速成長的科技浪潮，將定義未來的十年。

在《The Coming Wave》中，Suleyman 展示了這些力量將如何創造巨大的財富，但同時也可能製造超乎想像的劇烈動盪，威脅全球秩序的基礎。當脆弱的政府不知不覺陷入災難，我們面對的將是兩難處境：一方面是放任開放所帶來的傷害，另一方面則是專橫的監控帶來的威脅。我們能夠在大災難和反烏托邦的夾縫之間，走出一條道路嗎？



From now until 31st October, 2023, 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10月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
204 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場204號舖

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

香港圖書文具有限公司
中環德輔道中25號

Affordable Excellence: The Game-Changing Era of High-Performance Cameras



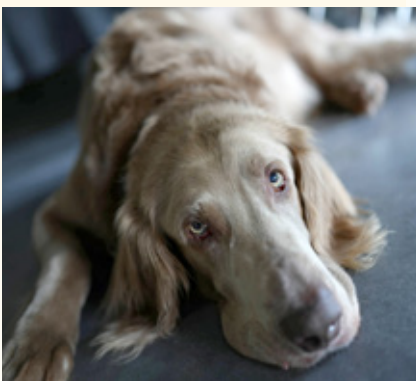
Canon EOS R6 MkII.jpg



Sony Alpha 7C Mk2 body



Sony Alpha 7C Mk2 top view



Sony Alpha 7C Mk2 sample image

I am amazed at how fast the camera industry is improving the price/performance ratio of their products. You are very lucky if you are currently in the market to buy a new camera, because the image quality and performance you can get for your money these days is quite remarkable. Every year, at least one manufacturer releases a new 'game-changing' camera.

I bought my first digital SLR in 2005. It was the Canon EOS 5D, which had a 12 megapixel sensor. The kit with a zoom lens and a flash and a few memory cards cost me about HKD40,000. At that time, the flagship Canon digital SLR for professionals was the EOS 1Ds MkII, which had a retail price of HKD63,800 for the body only (no lens, no flash, no memory cards).

The situation today is rather mind-blowing when we consider the following: Sony's flagship camera, the Alpha 9 MkII, exceeds the performance and features of the old Canon EOS 1Ds MkII in every measure, yet has a list price of only HKD34,990. Even more remarkable is Sony's recent announcements of the new Alpha 7C MkII (HKD16,490) and the Alpha 7CR (HKD23,490). It's noteworthy that all these cameras are full-frame, just like the original Canon models I mentioned earlier.

The implication of such high performance at such low prices is this: the cost of entry for starting a professional photography business is much less than it used to be. High-end image quality for landscape photography and fashion photography is now within reach of aspiring photographers on a much lower budget. The same trend applies for other respected Japanese brands such as Fujifilm, Canon, Nikon and Panasonic. This is a good time to upgrade your photography kit!

經濟實惠的卓越之選：高性能相機顛覆市場的時代

我對相機行業在提高產品性價比的速度感到驚訝。如果你現在購買一部新相機，那麼便非常幸運，因為你所花的錢可以得到相當出色的影像質量和相機性能。每年最少會有一間製造商發布一款可以“顛覆市場”的新相機。

我在 2005 年購買了第一部數碼單反相機，它是 Canon EOS 5D，配有 12 兆像素傳感器。這套包括有變焦鏡頭、閃光燈和幾張記憶卡的套件花了我大約港幣 40,000 元。當時 Canon 的專業級旗艦數碼單反相機是 EOS 1Ds MkII，僅機身零售價就需要港幣 63,800 元（無鏡頭、無閃光燈、無記憶卡）。

而現今的情況也令人相當震驚：Sony 的旗艦相機 Alpha 9 MkII 在性能和功能的各個方面都超越了舊款 Canon EOS 1Ds MkII，但標價僅為港幣 34,990 元；

更引人注目的是 Sony 最近發布的新款 Alpha 7C MkII

（港幣 16,490 元）和 Alpha 7CR（港幣 23,490 元）。

值得注意的是，所有這些相機都是全畫幅的，就像

我之前提到的原始 Canon 型號一樣。以如此低的

價格就可以獲得如此高性能，即表示：開創專業

攝影業務的入門成本比以前低得多了。現在，

有抱負的攝影師可以以低得多的預算獲得風景

攝影和時尚攝影的高端影像質量。同樣的

趨勢也出現於 Fujifilm、Canon、Nikon 和

Panasonic 等其他受人推崇的日本品牌上。

這是升級攝影套件的好時機！



Sony Alpha 9 Mk2

Understanding Sciatica: Causes, Symptoms, Prevention, and Relief

Sciatica is a common, but often misunderstood, condition that affects millions of people worldwide. It is characterized by pain that radiates along the sciatic nerve, which runs from the lower back down the back of each leg. In this article, we will explore the causes, symptoms, ways to prevent, and ways to find relief from sciatica.

Causes

Sciatica usually occurs when the sciatic nerve is compressed or irritated. Common causes include:

- **Herniated Disc:** When the soft inner core of a spinal disc leaks out and presses on the nerve.
- **Spinal Stenosis:** Narrowing of the spinal canal, which puts pressure on the nerve.
- **Spondylolisthesis:** A condition where one vertebra slips over another.
- **Piriformis Syndrome:** When the piriformis muscle in the buttocks irritates the nerve.

Symptoms

The hallmark symptom of sciatica is pain that can vary from a mild ache to a sharp, shooting sensation. Other symptoms include:

- **Tingling or Numbness:** Along the nerve pathway in the leg.
- **Weakness:** Difficulty moving the leg or foot.
- **Burning Sensation:** In some cases, a burning feeling accompanies the pain.

Prevention

Preventing sciatica is possible by adopting these practices:

- **Maintain Good Posture:** Proper alignment reduces pressure on the spine.
- **Exercise Regularly:** Strengthening the back and core muscles can provide support.
- **Lift Properly:** Bend at the knees, not the waist, when lifting heavy objects.
- **Avoid Prolonged Sitting:** Take breaks and stretch if you have a desk job.
- **Sleep on a Supportive Mattress:** A firm mattress can help maintain spinal alignment.

Relief and Conclusion

If you experience sciatica, relief is possible through various treatments, including physical therapy, pain medications, and in severe cases, surgery. However, prevention is key to avoiding the discomfort and limitations sciatica can bring.

Sciatica is a condition that can significantly impact your daily life, but with the right knowledge and preventive measures, you can reduce the risk of developing it. Remember to prioritize your spine's health through good posture, regular exercise, and mindful lifting techniques. If you suspect sciatica, consult a healthcare professional for an accurate diagnosis and tailored treatment plan.

Here are some basic stretching exercises and exercises to strengthen the back and core muscles, which can prevent or help alleviate and improve sciatica.

了解坐骨神經痛： 原因、症狀、預防和緩解方法

坐骨神經痛是一種常見但亦常被誤解的痛症，影響著全球數百萬人。它以沿著坐骨神經的放射痛為特徵，該神經從下背部一直延伸到每條腿的後方。在本文中，我們將探討坐骨神經痛的原因、症狀、預防及緩解方法。

原因

坐骨神經痛通常發生在坐骨神經被壓迫或刺激時，常見的原因包括：

- **椎間盤突出：**當脊柱椎間盤內部的軟核漏出並壓迫神經時。
- **脊柱狹窄：**脊柱管變窄，對神經產生壓力。
- **椎體滑脫：**一椎體滑移到另一椎體上的情況。
- **坐骨肌綜合症：**臀部的坐骨肌刺激了神經。

症狀

坐骨神經痛的典型症狀是從輕微的疼痛到劇烈的射擊感疼痛。其他症狀包括：

- **刺痛或麻木：**沿著腿部的神經通道發生。
- **無力：**難以移動腿部或腳部。
- **灼熱感：**在某些情況下，疼痛伴隨著灼熱感。

預防

通過採取以下做法，可以預防坐骨神經痛：

- **保持良好的姿勢：**正確的體線減輕對脊柱的壓力。
- **定期鍛鍊：**加強背部和核心肌肉可以提供支持。
- **正確地提起重物：**提起重物時彎膝而不是腰。
- **避免長時間坐著：**如果你需要在辦公桌上工作，要定時休息並進行伸展。
- **睡在有支撐的床墊上：**堅硬的床墊有助於維持脊柱對齊。

緩解和結論

如果你患有坐骨神經痛，可以通過多種治療方法獲得緩解，包括物理療法、止痛藥物，以及在嚴重情況下可能需要的手術。然而，預防是避免坐骨神經痛帶來不適和局限性的關鍵。

總而言之，坐骨神經痛是一種可能顯著影響你日常生活的痛症，但通過正確的知識和預防措施，便可以減少患病的風險。請緊記，保持良好的姿勢、定期鍛鍊和謹慎的提重物技巧是確保你的脊柱健康的優先條件。如果你懷疑自己患有坐骨神經痛，請諮詢醫學專業人士尋求幫助。

以下與大家分享一些基本的伸展動作，以及增強背部和核心肌肉的動作，可預防或幫助舒緩和改善坐骨神經痛。



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



1. Prone Extension

Lie prone on a yoga mat. Gently curl up the upper body within a range you are comfortable with, keep the navel drawing into spine and hold for 10-15 seconds. Repeat 3-5 sets.

俯臥伸展 —

俯臥於瑜伽墊上，慢慢地將上半身向上彎起，保持在舒適範圍內，將腹部向脊柱收起，並保持10-15秒，重複3-5組。



2. Glutes Stretch

Lie down on the floor, crossing one leg over the other at the knee and bring the opposite leg towards the chest until you feel the glutes muscles stretched.

Hold for 30-60 seconds. Repeat 2-3 times.

臀部伸展 —

躺在地板上，交叉一條腿，然後用手將另一條腿向胸部拉近，直至感覺到臀部肌肉伸展。保持30-60秒，重複2-3次。



3. Abductor and ITBand Stretch

Lie down on the floor, use a towel or a stretching strap, crossing over the feet of one leg, stretch the leg up towards the ceiling, until the knee is straight or you feel the hamstring stretched, then slowly bring the towel or the strap to the opposite side until you feel the outer thigh is stretched or the ITBand is stretched.

Hold for 30-60 seconds. Repeat 2-3 times.

大腿外側和髂脛束伸展 —

躺在地板上，使用長毛巾或伸展帶，繫於一邊腳板底，將腿向天花板伸展，直到膝蓋伸直或感到腿後肌肉（腘繩肌）被拉伸，然後慢慢將毛巾或伸展帶移到相反的一側，直到感到大腿外側被拉伸或髂脛束被拉伸。保持30-60秒，重複2-3次。

Yoga at the Club

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

瑜珈班

本會瑜珈團體課程由專業教練教授，逢星期一、四、五及日舉行（公眾假期除外）。

收費：會員每堂\$180，10堂套票\$1,620
非會員每堂\$300

另設有私人課堂，每位收費每小時\$680，套票必須於4個月內完成。
報名請致電2118 1890。



A Monday 10:30am – 11:30am

B Thursday 10:30am - 11:30am

C Friday 10:30am – 11:30am

D Sunday 11:00am – 12:00noon

Venue : Aerobics Room

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

Remark : Packages must be completed within 4 months

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

Texture Painting Workshop

Ignite your child's creativity with our exciting Texture Painting Workshop! Let their imagination run wild as they explore the world of textures and colours at this hands-on painting experience. Our expert instructors will guide them in various techniques, from bold brush strokes to playful patterns, creating a unique masterpiece they can take home after the class.

The course fee includes a 15cm art board and a wooden stand.

肌理畫製作坊

肌理畫是流行的藝術創作，本會導師將教授小朋友利用顏料配以簡單的構圖，製作出有紋理和質感的畫作，畫作可於製作完成後帶回家中。工作坊將於10月15日星期日舉行，適合5歲及以上的會員參加，一堂收費——會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。

課程費用包括：15厘米畫板及小木架



Date : Sunday, 15th October
Time : (A) 2:00pm – 3:00pm (B) 3:15pm – 4:15pm
Venue: Children's Playroom Library
Price : Member \$180, Guest \$300
(Including Children's Playroom entrance fee)
Age : 5 years and above

Classes Cancelled

Please note that all junior and adult group classes will be cancelled during the following Public Holidays:

- Monday, 2nd October: The day following National Day
- Monday, 23rd October: Chung Yeung Festival

Wall Climbing

Reach new heights at our fun Wall Climbing classes. Climbing is a fantastic way to enhance physique, improve flexibility, and develop strength while promoting proper body alignment and fostering agility. Our workshop is designed to provide a safe and supportive environment where children can challenge themselves and explore their limits..

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、穩定性及靈活性。課程於星期日舉行，適合6-10歲的會員參加，10月份3堂收費——會員\$675，非會員\$855（包括課程當日的兒童遊戲室入場費）。

Date : Sunday 8th, 15th & 22nd October
Time : 2:00pm – 3:30pm
Venue: Children's Playroom (Climbing Wall)
Price : Member \$675, Guest \$855
(for 3 lessons, including Children's Playroom entrance fee)
Age : 6-10 years



課程暫停舉行

請注意，所有兒童及成人團體課程將於以下公眾假期暫停舉行：

- 10月2日星期一：國慶日翌日
- 10月23日星期一：重陽節



Find the mushrooms

Please find 15 mushrooms in the autumn forest. Circle each one.
請在秋天的森林裡，找出15顆蘑菇

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 October. 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10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

歡迎參加本會跳繩班，加強身體四肢的運動量及靈敏度，訓練個人反應、手腳協調、增強肌耐力和心肺功能、加速新陳代謝。課程於星期日舉行，適合7-12歲的會員參加，10月份4堂收費——會員\$720，非會員\$760。

Date : Sunday 8th, 15th, 22nd & 29th October

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

英語話劇訓練班

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。課程於星期三舉行，適合3-12歲的會員參加，10月份3堂收費——會員\$600，非會員\$630。

Date : Wednesday 11th, 18th & 25th October

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 Taekwondo

Taekwondo is not just a martial art, it's a pathway to confidence, discipline, and self-defense skills! Join us at the Aerobics Room for our weekly Taekwondo classes, with participants taking various examinations in order to progress through the belt rankings. New children are always welcome!

少年跆拳道

跆拳道不僅是一門武術，還有助增強自信、紀律和自衛技能。參加本會跆拳道班，學員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。10月份4堂收費——會員\$720，非會員\$760。歡迎新學員參加！

Date : (A) Saturday 7th, 14th, 21st & 28th October

(B) Saturday 7th, 14th, 21st & 28th October
(Advanced Level) (Advanced Level)

Time : (A) 4:30pm – 5:30pm

(B) 3:30pm – 4:30pm

Venue: Aerobics Room

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

Age : 4 years and above

Junior Badminton Lessons

Our Junior Badminton Programme is available for junior players from 6 to 16 years of age. Come and join us for expert badminton instruction in a fun, group setting.

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，設有適合不同年齡及程度的組別，歡迎6-16歲的會員參加。10月份4堂收費——會員\$1,040，非會員\$1,080。

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

27th October

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)

Unlock your child's full potential in badminton with our Junior Badminton Private Lessons. Our highly skilled Coach will provide personalized training sessions that cater to individual needs and goals. Whether your child is a beginner looking to develop a passion for the sport, or a competitive player aiming to enhance their skills, our private lessons offer the perfect platform for improvement.

Private Lessons

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

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

少年羽毛球 — 私人課程

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

私人課程收費（包括場租）——

一人：\$700/每堂一小時

二人：\$900/每堂一小時



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

SUDOKU 數獨

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

Sudoku© Puzzles by Pappocom

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

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

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

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

請於10月17日(星期二)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11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

September
Solution
九月份
遊戲答案

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

Congratulations to the winner
of last month's puzzle

恭喜上期得獎者

Mr Chiu Sai Hon

Chef Keung's Favourite Bites at Bauhinia



In October, make your way to Bauhinia Restaurant and savour a selection of Chef Keung's cherished recipes. This month's highlights include Deep-fried Shrimp Mousse Toast on a bed of Chinese Cabbage, as well as Steamed Australian Lobster with Vermicelli and Garlic.

紫荊閣 — 強師傅舌尖上的美食

於10月份，強師傅將於紫荊閣為大家送上多款拿手好菜，包括窩貼炸小菜、金銀蒜蓉粉絲蒸波士頓龍蝦，以及其他精選菜式。訂座請致電2118 1892。

Date : 1st – 31st October
Venue : Bauhinia
Reservations: 2118 1892



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

Kobe Club Kobe, Japan

Located on a quiet, 10,000 square metre wooded property near the heart of bustling downtown Kobe, the Kobe Club offers the perfect setting to relax and socialize. The Kobe Club has a long history, having been established shortly after Kobe was opened to foreign trade in 1868. The club offers a host of activities and facilities, and is the perfect place to visit whilst on a business trip or vacation to the city.

The club's Dining Room offers a range of French cuisine using the freshest seasonal ingredients, as well as a variety of dishes from around the world.

The spacious Kitano Terrace restaurant with its sun terrace features an extensive menu and wine list, as well as gourmet events and Sunday brunches.



In addition, the main bar with its panoramic view of Kobe City is a favourite place to meet friends old and new. In summertime, al-fresco dining is also available on the Terrace.

Surrounded by beautiful gardens and set against the Futatabi Hills, the Club's outdoor Swimming Pool is a refreshing oasis for relaxation. Open June through September, the pool area includes a sun terrace, and drinks and snacks are available from the pool gazebo. A wading pool is provided for small children.



During the summer, barbecue events are held. Other facilities include a sauna and a fully-equipped fitness

room where aerobic sessions are held weekly. Changing rooms with lockers and showers are located adjacent to the fitness room, as is a children's playroom.



With its manicured gardens, subtle elegance and privacy, the Kobe Club provides a refreshing alternative to the standardized facilities offered by the city's modern luxury hotels. Several multi-purpose rooms are available, ranging from the spacious Main Ballroom, to the Vista Gallery with its lovely garden view, and the more intimate Executive Dining/Conference Room. The Club's catering services offer a wide selection of food and beverages, from cocktail refreshments to elaborate buffets and full-course banquets.

Please note that the club is closed on Mondays.

So, on your next visit to Kobe, be sure to obtain a Letter of Introduction for the Kobe Club, where you will find great dining options and recreational facilities in close proximity to the city centre.



日本神戶俱樂部

神戶俱樂部座落於佔地 10,000 平方米，環境安靜的林木間，鄰近神戶市中心，是休閒娛樂及洽談商務的理想地點。俱樂部擁有悠久歷史，建於 1868 年神戶對外開放貿易後不久，為客人提供各類型的活動及設施，非常適合到神戶公幹或度假的人士享用。

俱樂部的餐廳提供一系列採用最新鮮時令食材烹製的法國美食，以及世界各地的不同菜餚。環境舒適寬敞的 Kitano 露台餐廳供應選擇豐富的菜餚及美酒，還定期舉行特色美食推廣及週日早午餐，夏季時客人還可以選擇到露天平台在溫暖的陽光下進餐；此外，餐廳的主酒吧更可飽覽神戶市全貌，是與舊雨新知相聚的好地方。

被美麗花園包圍著的室外游泳池靠近再度山 (Futatabi Hills)，給予游泳人士清新及無拘無束的感覺。游泳池於每年 6 月至 9 月期間開放使用，池畔附設日光浴區、供應飲品小食的泳池涼亭及兒童嬉水池，夏季期間更會在此舉行燒烤活動。

俱樂部內的其他設施包括桑拿浴室，以及設備完善、每星期均會舉辦健康舞班的健身室。更衣室位於健身室及兒童遊戲室附近，內裡設置了儲物櫃及淋浴間。



神戶俱樂部擁有修剪整齊的美麗花園，環境精緻高雅，隱密性高，是除了當地高級酒店以外，另一個宴客的最佳之選。俱樂部內設有多間多用途

房間，包括寬敞的宴會廳 Main Ballroom、可看見花園美景的 Vista Gallery 及隱密性高的晚宴 / 會議室等。在餐飲方面，俱樂部提供種類繁多的選擇，由佐酒小食、自助餐到宴會套餐，應有盡有。



俱樂部逢星期一休業。

若你將計劃前往神戶市，請緊記攜帶會所介紹信，到訪這個鄰近市中心，擁有不同類型餐廳及多元化休閒設施的會所。

For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.

如欲查詢有關海外聯繫會所的資料，請致電 2118 1802 聯絡會籍部。

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

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