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PACIFIC VIEWS

February 2024

Spring Dinners at Pacific Club for Lunar New Year

19th January – 25th February
1月19日至2月25日

太平洋會 農曆新年春茗聚餐

Come and celebrate the Lunar New Year of the Dragon with Spring Dinners at the Pacific Club!

If you are planning a function for Lunar New Year, look no further! Whether you're arranging a small gathering with your staff or hosting a larger event for your valued clients, we offer Red, Silver and Gold Menus to suit your needs.

歡迎前來太平洋會舉行農曆新年春茗聚餐，以迎接龍年的來臨！

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 Squids with Spicy Salt,
Black Fungus in Wasabi

XO醬翡翠野菌炒蝦仁蚌仁
Stir-fried Shrimps and Clams
with Vegetables and Mushrooms in XO Sauce

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

姬松茸竹筍燉螺頭湯
Double-Boiled Sea Whelk Soup
with Princess Matsutake and Bamboo Fungus

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

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，
包括三小時任飲
汽水、橙汁及中國茶

*Not available for private room booking
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 with Honey Glazed Barbecued Pork

彩椒炒特級安格斯牛柳粒拼椒鹽翠塘豆腐
Pan-fried Cubed Angus Beef with Assorted Bell Peppers
accompanied by Deep-fried Homemade Tofu
with Spicy Salt

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

松茸瑤柱竹筍燉雞湯
Double-boiled Chicken Soup with Matsutake
and Conpoy

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

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

\$10,888 per table for 12 persons
including 3 hours' unlimited serving of
Soft Drinks, Orange Juice, Apple Juice and Chinese Tea
每桌\$10,888供12位用，
包括三小時任飲
汽水、橙汁、蘋果汁及中國茶

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

火腿雞茸燴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

蜜汁香煎金蠔配澳洲鮑片鵝掌
Pan-fried Dried Oysters with Honey
accompanied by Braised Sliced Australian
Abalone with 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
紅棗糕、蓮茸煎堆仔
Chinese Petits Fours
Steamed Red Date 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, Apple Juice and Chinese Tea
每桌\$12,688供12位用，
包括三小時任飲
汽水、橙汁、蘋果汁及中國茶

Board of Governors

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

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Bookings 預約及查詢電話

- | | | |
|---------------------|---------|-----------|
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| 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

Kung Hei Fat Choi! As the Year of the Dragon dawns, I extend my very best wishes to you and your family. The Dragon symbolizes strength, courage, and fortune and I hope these qualities will resonate with you throughout the year ahead. This year promises to be an exciting one here at the Pacific Club and we are eager to continue delivering exceptional facilities and services that enhance your Membership experience.

Our Lunar New Year events are detailed on pages 12 to 15. Please note that the Club will be closed on Lunar New Year's Day, Saturday, 10th February, and we welcome Members to our restaurants on the second day of the Lunar New Year to watch the spectacular fireworks display. We also offer a number of options to upgrade your at-home celebrations with Poon Choi Takeaway and Chef Keung's famous Lunar New Year Cakes.

February is a month brimming with celebrations with Valentine's Day on the 14th and Leap Year day on the 29th. For a memorable Valentine's Day, the Club's restaurants offer the ideal setting for a romantic dinner. Explore our special menus on pages 20 and 21. And for a unique, once-in-four-years opportunity, celebrate Leap Year with our exclusive promotions, detailed on page 16.

On Friday and Saturday evenings in February, don't miss our Australian Oyster and Wagyu Beef Dinner Buffet. Beef aficionados will relish our Club Steak Tuesdays at the Club Bar and the Spiced Coffee Rib Eye at Pier 6 on Wednesdays and Thursdays. On Friday, 23rd, join us at Bauhinia for our Whisky Connoisseur's Table where a delicious six-course Chinese menu will be perfectly complemented to a range of iconic Scottish whiskies. And on Friday, 1st March, our Château Lynch-Bages Wine Dinner at Pier 6 needs no introduction and promises to be a very special evening indeed! Details for these two fantastic events can be seen on page 19 and page 4, accordingly.

Finally, over the page, Membership Manager Tommy Ko delivers a very important message concerning a major revision to the Club's car parking policy. This update is of utmost significance and I encourage all Members to review it thoroughly. If you have any questions or require additional information, the Membership Department will be happy to assist.

I look forward to seeing you around the Clubhouse this month for our Lunar New Year celebrations and more!

尊敬的會員，

恭喜發財！龍年即將來臨，我在此向大家及貴家屬送上最真摯的祝福。龍象徵著力量、勇氣和財富，我希望這些特質能夠伴隨大家度過未來的一年。今年對太平洋會來說將會是令人興奮的一年，我們渴望繼續提供卓越的設施和服務，以提升大家的會員體驗。

有關我們今年農曆新年慶祝活動的詳情，請參閱第 12-15 頁。同時亦請大家注意，會所將於 2 月 10 日（星期六）農曆年初一休業一天，並歡迎會員在農曆年初二前來本會餐廳用餐及觀賞壯觀的煙花匯演。除此之外，我們也準備了多款應節美食來讓大家在家中慶祝佳節，包括外賣盆菜及強師傅的著名農曆新年糕的訂購。

今年 2 月是一個充滿節日氣氛的月份，除了農曆新年外，還有 14 日的情人節，以及 29 日的閏日。為了讓大家庭過一個難忘的情人節，會所的餐廳將送上氣氛浪漫的晚餐，有關這特別日子的菜式詳情，請參閱第 20 及 21 頁。而今年亦是四年一遇的閏年，我們將趁著這難得機會為大家準備獨特的餐飲活動以是慶祝，詳情請參閱第 16 頁。

2 月份的美食活動源源不絕送上…逢星期五及六晚上，請不要錯過澳洲生蠔及和牛自助晚餐；而牛肉愛好者亦可於每個星期二前來會所酒吧品嚐我們的特色牛排，以及於星期三及四到 Pier 6 餐廳享用香料咖啡肉眼牛肋排。隨後於 23 日（星期五），歡迎前來參加在紫荊閣舉行的「鑑賞家之桌」威士忌晚宴，屆時一系列標誌性的蘇格蘭威士忌將完美配搭六道美味的中式菜餚一同享用。此外，於 3 月 1 日（星期五），Pier 6 餐廳將舉行 Château Lynch-Bages 葡萄酒晚餐，毫無疑問這將會是另一個令人難忘的夜晚！有關這兩個精彩活動的詳情，請分別參閱第 19 頁及第 4 頁。

最後，在下一頁內，本會會籍部經理 Tommy Ko 將為大家帶來一個非常重要的訊息，有關會所泊車政策的重大修訂。這次的修訂非常重要，我建議所有會員仔細閱讀。如果大家有任何疑問或需要更多資訊，會籍部將很樂意為你提供協助。

我期待與大家在會所一同迎接農曆新年。

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



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Menu

Lynch-Bages Bordeaux Blanc 2022

Aquitaine Heirloom Tomatoes
Floral Citrus Aromatics | Fine Herbs

Ormes de Pez Saint-Estèphe CB 2019

Atlantic Langoustines
Saffron Arabica Escabeche

Haut-Batailley Pauillac 5ème Cru 2018

Delight of Duck Foie Gras
Dark Cherries | Fig Leaves and Rye

Lynch-Bages Pauillac 5ème Cru 2010

Binchotan Roasted Quail
Beetroot and Black Pudding | Mushrooms

Lynch-Bages Pauillac 5ème Cru 2000

Lynch-Bages Pauillac 5ème Cru 1995
Declension of Pauillac Lamb
Sauce Bordelaise | Young Morels | Chou Farci

Madagascan Vanilla Soufflé
Raspberry Sorbet

Petits Fours

(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

Château Lynch-Bages Wine Dinner at Pier 6

Pier 6 餐廳 Château Lynch-Bages 美酒晚餐

We invite you to an extraordinary evening at Pier 6, celebrating the legendary Château Lynch-Bages. This exclusive Wine Dinner is a tribute to a winery that has become the epitome of excellence in the world of fine wines.

Nestled in the heart of Bordeaux, Château Lynch-Bages has been synonymous with top-tier winemaking since the 18th Century. With a history rich in tradition and a commitment to excellence, each bottle is a testament to the winery's enduring legacy, passed down through generations.

Savour a handpicked selection of Château Lynch-Bages wines, whilst enjoying a luxurious dining experience, with each course perfectly matched to complement the unique profile of these legendary wines.

Date : Friday, 1st March
Time : 6:30pm Welcome Drink
7:15pm Dinner
Venue : Pier 6 Restaurant
Price : \$2,288 per person (for Food and Beverage Pairing)
Reservations : 2118 1878

現誠邀大家於3月1日（星期五）晚上前來 Pier 6 餐廳參加 Château Lynch-Bages 美酒晚餐，品嚐一系列由該酒莊釀造、世界最優質之一的葡萄酒。

Château Lynch-Bages 酒莊坐落於波爾多市中心，自18世紀以來一直是頂級釀製葡萄酒的代名詞。憑藉其豐富的傳統歷史和對卓越的承諾，每一瓶佳釀都是酒莊一代接一代不朽傳承的見證。

前來品嚐我們精心挑選的 Château Lynch-Bages 葡萄酒，同時享受奢華的用餐體驗，每道菜式都是為了完美配搭每款佳釀而設計，與這些傳奇葡萄酒的獨特風格相得益彰。

晚餐配搭葡萄酒，收費：每位\$2,288。

訂座請致電2118 1878。





By Tommy Ko,
Membership Manager

撰文：會籍部經理 - Tommy Ko

This month, I would like to bring your attention to a significant policy update at the Pacific Club. Starting 1st April, 2024, we will introduce parking charges in the Club's car park. The decision for this change was made after careful consideration of the current usage and limitations of our parking facilities, operational expenses, and a comparison of parking policies at other Hong Kong City Clubs. By introducing these charges, we aim to ensure the availability of parking spaces for our Members, improve the overall parking experience, and maintain the quality of our facilities. Our Valet Parking service will continue to be included under the new arrangement.

We have devised a tiered structure with the details of the car park charges as follows:

1. Annual Parking Permit (RFID Tag) at HK\$2,000 per annum, per car (maximum of two (2) parking permits per membership. Application for the Parking Tag is exclusive to Members with parking privileges.
2. Each Parking Tag will be registered to one (1) car through the car's Registration document.
3. Billing for the Parking Tag will be on annual basis, commencing 1st April, 2024 or thereafter when registering for Parking Tag with annual auto-renewal unless prior cancellation.
4. Only members who have relinquished their membership will be rebated on pro-rated basis, otherwise no refunds shall be made for the corresponding cycle.
5. Replacement for lost Parking Tag will be charged at HK\$500.
6. Each Parking Tag is entitled to three (3) hours of free parking per day (Monday - Sunday).
7. The free hours of parking are accumulative and can be utilized for multiple entries on the same day.
8. The free parking hours per day expire on a daily basis and cannot be carried forward.
9. Parking in excess of the three (3) free hours of parking per day, will be charged at HK\$50 per hour or part thereof. I.e.: from the 4th parking hour onwards, or part thereof on the same day, parking will be charged at the prevailing rate.
10. Parking hours are from 06:30 am to midnight. Overnight parking is not permitted.

Parking Fee Redemption Mechanism:

1. Members can redeem one (1) hour of HK\$50 charged parking fee for every HK\$200 of monthly discretionary expenses (excluding monthly subscription). For Example, a monthly discretionary spending of HK\$2,000 will offset ten (10) hours of charged parking for that month. Excess monthly discretionary expenses cannot be carried forward to the following month.
2. Charged parking redemption will be automatically applied by the Club based on the level of discretionary expenditure for the applicable month. Redemption value will be credited to Members' account one month in arrears.

To enhance your parking experience, we are introducing a new Parking Management System. This includes issuing Parking Tags for your car's windscreen, a Number Plate Recognition System, and Automated Entry and Exit

Barriers. Registration for the Parking Permit/Tag begins 1st February, 2024, and the system will be operational from this date. Please note, no charges will apply until 1st April, 2024.

We understand that this update may require adjustments for some of our Members. However, we believe that these measures are necessary for the long-term sustainability and better management of the Club's parking facilities.

If you have any questions or concerns regarding the implementation of car park charges, please do not hesitate to contact the Membership Department.

今個月份，我想向大家提及太平洋會的一項重要政策更新。由 2024 年 4 月 1 日起，我們將在會所停車場實施泊車收費。這項改變是我們經過慎重考慮目前泊車設施的使用情況和限制、營運開支，以及比較其他香港市區會所的泊車政策後所作出的決定。我們收取這些費用的目的，是為了確保會員有可用的泊車位，改善整體停車體驗，並維持我們設施的品質。我們的代客泊車服務將繼續在新安排中提供。

我們為停車場的收費計劃定下了一些的程序，詳情如下：

1. 每部車輛可申請一個電子泊車感應器 (RFID Tag)，泊車收費為每年每部車港幣 2,000 元 (每個會籍最多可持有兩 (2) 個電子泊車感應器)。該申請僅限於擁有泊車權利的會員。
2. 每一 (1) 個電子泊車感應器只限登記一部車輛，並必須提交該部車輛的車輛登記證明。
3. 電子泊車感應器將按年收費，從 2024 年 4 月 1 日開始生效，或在其後申請時開始收費，此後將每年自動收費。如欲取消電子泊車感應器，必須提早通知本會。
4. 只有退會的會員才可按比例獲得退還剩餘的年費，否則將不獲退款。
5. 補領遺失的電子泊車感應器將收取每個港幣 500 元。
6. 每個電子泊車感應器每天可享有三 (3) 小時的免費泊車權利 (星期一至星期日)。
7. 已登記之車輛可於一日內多次進出停車場，而免費泊車時間亦可於該日累積計算。
8. 每日的免費泊車時間為當日計算，不可累積到下一日。
9. 如每日泊車超過三 (3) 小時的免費時段，將以每小時港幣 50 元或不足一小時亦當作一小時計算收費。即：從當日泊車的第 4 個小時起計，或超時不足一小時亦當作一小時計算有關收費。
10. 停車場的泊車時段由早上 6 時 30 分至午夜 12 時止。本會不允許通宵泊車。

泊車費回贈機制：

1. 會員每月每消費港幣 200 元 (不包括月費)，即可獲回贈一 (1) 小時即港幣 50 元的泊車費。例如，每月的不規定消費為港幣 2,000 元，即可抵銷該月內十 (10) 小時的額外泊車費。每月的不規定消費餘額不能轉移至下個月。
2. 會所將根據相關月份的不規定消費總額自動計算回贈以抵銷該月份的額外泊車費。該回贈金額將於下一個月存入會員的帳戶內。

為了提升會員的泊車體驗，我們推出了新的泊車管理系統，包括為大家的車輛發放貼於擋風玻璃上的電子泊車感應器、車牌識別系統，以及出入口自動大閘。我們將於 2024 年 2 月 1 日開始接受申請電子泊車感應器，而新泊車系統亦會從該日期開始運作。請注意，2024 年 4 月 1 日之前將不會收取任何費用。

我們明白會員可能需要一段時間來適應這項新政策，然而，我們相信這些措施對於會所泊車設施服務的長遠可持續性和更好的管理是必要的。

如果大家對泊車收費的實施有任何疑問或關切，歡迎隨時與會籍部聯絡。

The Island View Restaurant's Semi-Buffer Dinner



The Island View 餐廳全新推出
平常日 半自助晚餐



Starting 1st March, join us Mondays through Thursdays for a fantastic dinner experience at The Island View with our new **Semi-Buffer Dinner**.

Indulge in a lavish selection that includes:

- Fresh Seafood on Ice
- Exquisite Sushi and Sashimi
- Gourmet Cold Cuts and Cheeses
- A Variety of Hot & Cold Appetisers
- Heartwarming Soup
- Our famous Hong Kong cart-style Noodle Station
- Decadent Desserts and Fresh Fruits

But that's not all... In addition to our Buffet offerings, indulge in a choice of Western and Asian **full-sized Main Course**, served to your table. These seasonal dishes complement our Buffet, providing a complete and varied dining experience.

Reserve your table now and join us for this fantastic weekday dining experience.

Date : Every Monday through Thursday from 1st March

Time : Dinner

Venue : The Island View Restaurant

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

For reservations, please call The Island View on 2118 1846.

由3月1日開始，逢星期一至星期四晚上，The Island View 將供應全新的半自助晚餐，讓大家享受美妙的晚餐體驗。

盡情享用豐富的美食選擇，包括：

- 冰鎮新鮮海鮮
- 精緻的壽司及魚生
- 美味冷盤和芝士
- 各種冷熱開胃菜
- 暖胃湯品
- 我們著名的香港車仔式麵檔
- 令人欲罷不能的甜點及新鮮水果

更多美食源源不絕送上...除了我們的自助菜式外，大家還可以盡情享用各款特別送到大家餐桌上的正常份量西式及亞洲主菜。這些時令菜餚與我們的自助美食相得益彰，提供包羅萬有且多樣化的用餐體驗。

請立即預訂餐桌，前來體驗我們美味的平常日晚餐。

收費：成人 \$388

小童 6-12歲 \$256，3-5歲 \$128

訂座請致電 2118 1846。

* Friday & Saturday Nights *

Australian Oyster and Wagyu Beef Dinner Buffet

澳洲生蠔及和牛美食自助晚餐

In February, join us at The Island View Restaurant on Fridays and Saturdays for a very special dining experience with our **Australian Oyster and Wagyu Beef Dinner Buffet**.

Begin this gourmet adventure with an unlimited supply of fresh Australian Oysters, sourced directly from the pristine waters Down Under. These handpicked oysters are a true taste of luxury.

And the indulgence doesn't stop there... we also feature incredible Wagyu Beef, prepared in various styles by our skilled chefs.

To complement these standout dishes, our buffet boasts a wide array of both hot and cold selections. Indulge in everything from crisp, refreshing salads, to expertly crafted sushi and sashimi. Explore a world of flavours with our assortment of gourmet sides, and a comprehensive mix of international specialties. And for the grand finale, treat yourself to our lavish dessert table, an array of sweet delights.

There will be a Lunar New Year theme on 9th February

For an additional \$178, our Beverage Package includes Selected Australian Red & White Wines, Beer, Soft Drinks and Orange/Apple Juice.

Date : Every Friday & Saturday in February (except 10th)

Time : Dinner

Venue : The Island View Restaurant

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

Reservations : 2118 1846



於2月份逢星期五及六晚上（10日會所休業除外），歡迎大家前來 Island View 餐廳享用澳洲生蠔及和牛自助晚餐，享受非常特別的用餐體驗。

以無限供應、直接來自澳洲天然水域的新鮮澳洲生蠔開始這場美食之旅，經過精心挑選的鮮味生蠔為大家帶來真正的奢華盛宴。

美食享受不止於此...我們還會供應令人難以抗拒、由我們的精英廚師以各種風格烹調的和牛菜式。

與這些奢華美食相得益彰...我們的自助晚餐還會供應各式冷熱菜餚。大家可以盡情享用清脆爽口的沙律、精心製作的壽司和魚生等；還有世界各地的特色美食及配菜，讓大家可以體驗各地的風味。最後，大家可以再犒賞自己，在選擇豐富的甜點桌上挑選自己喜愛的甜點。

於2月9日年三十晚的自助晚餐中更會送上農曆新年特色美食。

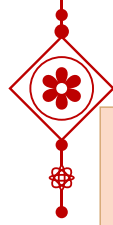
收費：成人 \$498

小童 6-12歲 \$328，3-5歲 \$128

每位另加\$178可任飲精選澳洲紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁。

訂座請致電 2118 1846。





Holiday Notice

Please note that all junior and adult group classes will be cancelled during Lunar New Year holidays on 10th (Club closed), 12th and 13th February.

課程暫停舉行

請注意，所有兒童及成人團體課程將於2月10日（會所休業）、12日及13日農曆新年公眾假期暫停舉行。

Pacific Club Swimming Coach Focus – Pang Hung Lam



Coach Pang Hung Lam is a highly experienced and accomplished swimming coach with over 30 years of expertise in the field. He has a wealth of qualifications and certifications, including the swimming coach certificate of the Swimming Teachers' Association Hong Kong.

Coach Hung has successfully developed different age groups of swimmers, helping them achieve their full potential in the pool. His coaching emphasizes technique, endurance, and safety, ensuring that each swimmer receives

personalized attention and guidance.

Whether you're a beginner looking to learn the basics or an advanced swimmer aiming to refine your skills, Coach Hung's expertise and passion for the sport will help you reach new heights in your swimming journey.

太平洋會游泳教練 — 彭雄林

彭雄林教練是一位經驗豐富、成就斐然的游泳教練，在該領域擁有超過30年的專業知識。他擁有豐富的資歷及認證，包括香港游泳教師總會的游泳教練證書。

彭教練成功培育了不同年齡層的游泳運動員，幫助他們在游泳池中充分發揮潛力。他的教學強調技術、耐力和安全，確保每位游泳選手都得到個人化的關注和指導。

無論你是初學者還是進階泳手，彭教練的專業知識和對這項運動的熱情都能幫助你在游泳之旅中取得新的突破



Jazz Dance

Come and learn a variety of unique step-by-step Jazz Dance routines and get a total body workout at the same time. Jazz Dance is great way to stay in shape and de-stress!

爵士舞班

參加本會爵士舞課程，跟隨導師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，2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 : Thursday 1st, 8th, 15th, 22nd & 29th February
Time : 3:00pm – 4:00pm
Venue : Aerobics Room
Price : Member \$900, Guest \$1,500 (for 5 lessons)
Age : 16 years and above

Fascia Exercise Training

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. During these hour-long sessions, participants will learn release techniques with exercise props to condition the fascia so as to feel relaxed, light in your body, stand taller and feel stronger.



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，2月份3堂收費—會員\$540，非會員\$900。

備註：課程以廣東話授課

Date : Monday 5th, 19th & 26th February
Time : 1:30pm – 2:30pm
Venue : Aerobics Room
Price : Member \$540, Guest \$900 (for 3 lessons)
Age : 16 years and above
Instruction : Please note, this class is taught in Cantonese only

Funky Dance

Funky Dance is a simple and easy aerobic dance workout. These extremely energetic classes aim to complete 7,000 dancing steps within each one hour session, burning many calories.



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，2月份4堂收費—會員\$720，非會員\$1,200。

Date : (A) Wednesday 7th, 14th, 21st & 28th February
(B) Friday 2nd, 9th, 16th & 23rd February
Time : (A) 12:30pm – 1:30pm
(B) 12:00noon – 1:00pm
Venue : Aerobics Room
Price : (A) & (B) Member \$720, Guest \$1,200 (for 4 lessons)
Age : 16 years and above

Zumba Fitness

Our Zumba classes are so much fun! 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

本會尊巴健體舞班好玩有趣，可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，2月份3堂收費 — 會員\$540，非會員\$900。

Date : Sunday 4th, 18th & 25th February

Time : 10:00am – 10:45am (45 minutes)

Venue : Aerobics Room

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

Age : 16 years and above



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.

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。課程於星期五舉行，適合16歲及以上的會員參加，2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 2nd, 9th, 16th & 23rd February

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 February 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)

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

Pickleball 10:00am – 11:00am (A)

11:00am – 12:00noon (B)

12:00noon – 1:00pm (C)

Yoga 11:00am – 12:00noon (E)

Wall Climbing 2:00pm – 3:30pm

Sunday Junior Tennis 2:00pm – 3:00pm (A: 3 – 7 years)

3:00pm – 5:00pm (B: 8 – 16 years)

Rope Skipping 4:30pm – 5:20pm

Sunday Social Tennis 5:00pm – 7:00pm

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

康體部於每個月25日開始接受下個月份各類團體課程的報名。

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

會員擁有優先參加資格，而非會員的參加者則需要排在候候名單中。

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

February 2024

Wine Home Delivery Service

2月份餐酒送貨服務



Order Form 餐酒訂購表格

A special selection of whiskies for Members' enjoyment.

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

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

本月為會員介紹多款威士忌，凡購滿\$2,000及以上可獲免費送貨服務，離島除外；

或者可於會所酒吧領取威士忌。

Special Price

Item	Size	Per Bottle HK\$	Quantity	Total Amount HK\$
The Macallan 12 Years Old Highland Single Malt Double Cask	700ml	520		
The Macallan Classic Cut 2023 Release	700ml	1,080		
Highland Park 18 Years Old	700ml	1,200		
The Macallan Litha	700ml	1,380		
The Macallan Harmony Collection Amber Meadow	700ml	1,580		
Highland Park 21 Years Old	700ml	2,480		
The Glenrothes Whisky Maker's Cut	700ml	620		
The Glenrothes 25 Years Old	700ml	4,580		
The Glenrothes 40 Years Old Quantum	700ml	36,800		
Highland Park 25 Years Old	700ml	6,000		
Highland Park 30 Years Old	700ml	10,200		
The Macallan 15 Years Old Highland Single Malt Double Cask	700ml	1,180		
The Macallan 18 Years Old Highland Single Malt Double Cask	700ml	2,380		
The Macallan Rare Cask 2023 Release	700ml	2,680		
The Macallan 25 Years Old Sherry Oak	700ml	15,880		
The Macallan 30 Years Old Double Cask	700ml	29,800		

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

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

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

For further information, please call the Club Bar at 2118 1845.

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

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

Delivery Address: _____

Signature: _____ Date: _____

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

Leap into Flavour: Celebrating Frog Legs this February

Frog Legs with Garlic, Parsley and Lemon Butter

This month, I would like to share a dish steeped in regal history and gastronomic delight: Frog Legs. First recorded in the 17th Century as a dish for French monarchs, it has since found a cherished place in both traditional bistros and fine dining establishments.

This dish is special because of its perfect mix of flavours. Imagine delicate and tender frog legs enhanced with the freshness of lemon and parsley. Garlic adds a rich, earthy base, making the meal both elegant and comforting. It's hard not to love it!

This Leap Year presents a unique opportunity. On 29th February, try this simple yet elegant recipe at your home kitchen, or, join us at The Island View where we feature this dish as a part of our celebrated buffet.

And for an even more exquisite rendition of this French classic, I invite you to visit Pier 6 on the same day. Here, we elevate the dish to an art form, serving Frog Legs accompanied by a velvety Confit Garlic Purée and an aromatic Parsley Sauce. It's more than a meal; it's a celebration of flavors, history, and the joy of cooking!

So, whether you're at home or in our restaurants, let's celebrate this leap year with a classic, delicious dish. Bon appétit!



躍進美味之中 — 2月份帶來田雞美食

法式田雞腿配香蒜、芫茜及檸檬牛油汁

今個月，我想與大家分享一道充滿帝王歷史和美食樂趣的菜餚：田雞腿。它於早17世紀首次被記錄於法國君主享用的菜餚中，此後在傳統小酒館和高級餐廳中都佔有一席之地。

這是一道非常特別的菜式，因為它完美地融合了各種味道。試想像一下精緻嫩滑的田雞腿加上味道清新的檸檬和芫茜，再以香蒜增添濃郁的自然大地香味，讓這道菜式顯得既高雅又能帶來滿足感。誰可抗拒呢！

今年的閏年提供了一個獨特的機會。在2月29日這一天，讓大家可以嘗試在家中親自烹調這道簡單而高雅的菜式，又或者前來 Island View 餐廳品嚐，我們會將這道菜式加入當日的自助餐中。

為了更精緻地演繹這道法國經典菜式，我邀請大家在同一天前來 Pier 6 餐廳。屆時，我們會將這道菜式提升至一種藝術層次，將田雞腿搭配口感柔軟的油封蒜泥及芳香的芫茜醬。這不僅僅是一頓飯，而是一場對風味、歷史和廚藝之樂的慶典！



By Executive Chef,
Daniel Birkner

撰文：行政總廚 — Daniel Birkner

Method:

1. Season the frog legs with salt and pepper, then dust in flour and shake off all excess flour.
2. In a large frying pan, melt 120g butter.
3. Fry the floured frog legs on medium-heat for 3 to 4 minutes in the foaming butter until golden brown on all sides.
4. Remove from heat and place frog legs on a warming plate while you finish the sauce.
5. Wipe the pan clean with a paper towel and return to stove, melting the remaining butter.
6. When just melted, sauté the garlic for just a minute or so, to flavour the butter. Remove from heat and add lemon juice and parsley.
7. Pour the sauce over the frog legs and serve.

Ingredients:

- 500g Frog Legs
- Salt
- Pepper
- Flour
- 1 Lemon, juiced
- 180g Butter
- 3 to 4 Garlic Cloves, sliced thinly
- 40g Fresh Flat-Leaf Parsley Leaves, coarsely chopped

烹調方法：

1. 田雞腿用鹽和胡椒調味，然後撒上麵粉，並抖掉多餘的麵粉。
2. 在一個大煎鍋中，融化120克牛油。
3. 將撒了麵粉的田雞腿放入已融化的牛油中，以中火煎3至4分鐘，直至每一面都呈現金黃色。
4. 收乾醬汁後，將田雞腿從火上移開，然後放在一隻已溫熱的碟上。
5. 用紙巾把煎鍋擦乾淨，然後放回爐火上，融化剩餘的牛油。
6. 在牛油剛融化時，加入香蒜炒一分鐘左右，為牛油調味；然後移離爐火，再加入檸檬汁和芫茜。
7. 將醬汁倒在田雞腿上即可享用。

材料 (4人份量)：

- 500克田雞腿
- 鹽
- 胡椒
- 麵粉
- 一個檸檬的汁
- 180克牛油
- 3至4瓣蒜瓣，切成薄片
- 40克新鮮扁葉芫茜，隨意切碎

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



Lunar New Year at the 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 Dragon than at the Club's restaurants. Come and enjoy the fantastic ambiance 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.

本會各餐廳是慶祝龍年來臨的最佳地點！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三十晚及年初二。欲免向隅，請儘早訂座。

Lunar New Year's Eve Australian Oyster & Wagyu Beef Dinner Buffet

at The Island View & Pier 6 Restaurant

Come and indulge in a feast of unlimited jet-fresh Australian Oysters on Lunar New Year's Eve at The Island View Restaurant. There will also be an extensive hot and cold buffet selection, featuring tender Wagyu Beef.

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

Time : From 6:00pm

Price : Adults \$498

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

Reservations : 2118 1846

農曆年三十晚 — 澳洲生蠔及和牛美食自助晚餐

歡迎大家於年三十晚前來品嚐新鮮澳洲生蠔、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。

Friday,
9th February
2月9日
(星期五)

Lunar New Year Fireworks Display Dinner Buffet

at The Island View & Pier 6 Restaurant

Join us for an unforgettable Lunar New Year Fireworks Display Dinner Buffet! Indulge in a feast of flavours while enjoying the dazzling fireworks above Victoria Harbour.

For an additional \$178, our Beverage Package includes Wines, 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，慶祝農曆新年。

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。

Sunday,
11th February
2月11日
(星期日)



Lunar New Year Fireworks Display Set Dinner

Sunday,
11th February
2月11日
(星期日)

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，並享用應節晚餐菜式一同慶祝。

收費：成人 \$938，小童 \$628
訂座請致電 2118 1892。

Club Closure at Chinese New Year

Please note that the Pacific Club will be closed on Lunar New Year's Day – Saturday, 10th February. Kung Hei Fat Choi!

農曆年初一會所休業

請注意，本會將於2月10日（星期六）農曆年初一休業一天。恭喜發財！



菜譜 MENU

恭賀新禧

招牌蜂蜜叉燒皇、陳醋雲耳、麻辣牛肉
Barbecued Honey-glazed Pork, Marinated Black Fungus
with Vinegar, Marinated Beef with Spicy Sauce

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

椰子燉鷄湯
Double Boiled Chicken with Coconut

和氣生財

柚子香煎金蠔伴百花釀冬菇
Pan-fried Dried Oysters with Yuzu Sauce accompanied
with Stuffed Black Mushrooms with Shrimp Paste

年年有餘

金銀蒜茸粉絲蒸龍躉球脯
Steamed Giant Garoupa Fillet 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

太平洋會炒飯
Fried Rice with Shrimps, Minced Pork, Bell Pepper and Egg

滿堂吉慶

雙美點
杞子元肉桂花糕、豆沙酥角
Chinese Petits Fours

Wolf Berries and Longan Pulp with Osmanthus
Pudding Deep Fried Bean Paste Pastries

闔府團圓

紅豆沙湯丸
Sweetened Red Bean Soup with Sesame Dumplings

Lunar New Year Fireworks Display Italian Set Dinner

Sunday,
11th February
2月11日
(星期日)

at Capricci Restaurant

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

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

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

Capricci — 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Prosecco汽酒、紅白葡萄酒、啤酒、汽水及橙汁/蘋果汁

訂座請致電 2118 1803。

MENU

Antipasti

Stracciatella Consommé with Crab Meat and Italian Egg

Lobster and Scallop Raviolo | Black Truffle Froth

Fire Roasted Beef Steak with Tomato-Olive Salsa
Mediterranean Giant King Prawns

Ossobuco Milanese with Gremolata | Saffron Risotto

Gianduja Nougat Mousse

Petits Fours

*Described menu is subject to change without prior notice

The Island View Lunch & Dinner Buffets

Embrace the spirit of Lunar New Year 2024 with a delicious showcase of Chinese culinary treasures at our Island View Buffet. On the Second Day of the Lunar New Year, indulge in a sumptuous spread featuring an array of dishes honoring the arrival of the Year of the Dragon.

Gather your loved ones and join us from February 1st to 18th for an unforgettable dining experience at The Island View Restaurant, available for both lunch and dinner.

農曆新年自助午餐及晚餐 Island View 與大家同慶農曆新年!

為慶祝2024農曆新年，The 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，以慶祝龍年的來臨外，還會於2月1日至18日（2月9日、11日及14日的特色主題自助晚餐及2月10日會所關閉除外）舉行的自助午餐及晚餐中再為大家送上各式各樣的中式賀年美食。



Lo Hei Celebrations

Available from Monday, 1st to 18th February during Lunar New Year Lunch and Dinner Buffets

Start the Year of the Dragon with an auspicious Lo Hei!

This traditional Chinese New Year dish, popular in Singapore and Malaysia, is usually eaten during the first 15 days of the Lunar New Year. Each of the ingredients in this incredible dish has an auspicious meaning: raw fish for abundance and long life; golden crisps signify wealth; pomelo and lime are for good luck and profit, to name a few.

When Lo Hei is served, all participants gather around the table, ingredients are added one-by-one, then topped with raw fish. New Year wishes are recited as the salad is tossed into the air with chopsticks. It is believed the higher the toss, the greater the fortune one will receive.

Date : 1st - 18th February (except 9th, 11th & 14th February for themed dinner buffets and Club closed on 10th February)

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 11th : 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

Reservations : 2118 1846

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

增添更多喜氣...農曆新年 — 魚生「撈起」

於2月1日至18日農曆新年自助午餐及晚餐中供應
（2月9日、11日及14日的特色主題自助晚餐及2月10日會所關閉除外）

以魚生「撈起」來迎接龍年來臨！

「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。這道美味菜餚中的每種食材都有其吉祥意思：生魚意味著豐盛長壽；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。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。

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

2月11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。



Lunar New Year Cake Order Form

農曆新年 年糕訂購表格

Chef Yip Tsang Keung and his team at Bauhinia Restaurant have prepared three choices of delicious Lunar New Year Cakes to help you celebrate the advent of the Year of the Dragon. The cakes make perfect gifts for your family and friends!

為迎接農曆新年的來臨，本會紫荊閣總廚葉增強師傅和他的一班助手，為大家精心製備了三款色香味俱全的新年糕點，作為餽贈親朋或自奉享用之佳品。

Member's Name (in full):
會員姓名

Membership Number:
會員編號

Contact Telephone Number:
聯絡電話

Collection Date:
領取日期

Approximate Time:
領取時間

ITEM 食品	QUANTITY 數量	UNIT PRICE 單價	SUB-TOTAL 總額
Lunar New Year Cake 年糕		\$160	
Turnip Cake with Preserved Meats 臘味蘿蔔糕		\$190	
Water Chestnut and Sweet Corn Cake with Brown Sugar 黑糖粟米馬蹄糕		\$175	
		TOTAL 總額	

* The personal data collected in this order form will be used for order confirmation only 本表格內所收集的個人資料只用作確認訂購之用途

- For ordering, please present this form to Bauhinia Restaurant or send by fax to 2118 0207 or email to lawrence-lo@pacificclub.com.hk
訂購方法：請填妥此表格，並交回紫荊閣；或傳真至 2118 0207；或電郵至 lawrence-lo@pacificclub.com.hk。
- The date for ordering begins on 22nd January, whilst stock lasts.
於 1 月 22 日開始接受訂購，數量有限，售完即上。
- Collection may be made from 29th January – 9th February at Bauhinia Restaurant.
閣下訂購之年糕可於 1 月 29 日至 2 月 9 日期間到紫荊閣領取。
- Please allow three days for preparation.
請提前三天時間預訂。
- The charges of this confirmed order will be directly debited to your account.
有關費用將直接於閣下之月結賬戶內扣除。
- For enquiries, please call Bauhinia Restaurant on 2118 1892.
如有查詢，請致電紫荊閣：2118 1892。

Member's Signature 會員簽署



Leap Year at the Club

太平洋會閏年美食活動

Join us at the Pacific Club for a once-in-four-years culinary extravaganza! As the calendar turns to the rare and special date of 29th February, our restaurants are offering a series of unique promotions to celebrate the Leap Year in style.

歡迎於2月29日(星期四)前來太平洋會參加這場四年一度的美食盛宴! 翻開月曆便會發現今年出現了2月29日這一個罕有而特殊的日子, 藉此機會, 本會餐廳將推出一連串獨特的美食推廣活動, 以慶祝閏年。

Pier 6 - Deliciously Leaping Frogs for Lunch and Dinner

This 29th February, Pier 6 invites you to savour the taste of our signature Frog Legs. Prepared in a classic French style, these frog legs are served with Parsley and Confit Garlic Purée, offering a finger-licking culinary experience.

Elevate your meal with our special Leap Year Cocktail, priced at just \$58. This elegant drink is a mix of British Gin, Grand Marnier, Sweet Vermouth, and Fresh Lemon Juice, served martini-style with a lemon twist, perfectly complementing the frog legs.

To make your reservation, please call Pier 6 on 2118 1878.

Pier 6 餐廳 - 於午餐及晚餐時段送上美味的田雞腿菜式

今年2月29日, Pier 6 誠邀大家前來品嚐我們的招牌田雞腿菜式。這菜式將採用經典法式風格烹製, 搭配芫茜和油封蒜泥, 帶來回味無窮的美食體驗。

想提升美食的層次, 可以\$58享用一杯我們特製的閏年雞尾酒。這款優雅的飲品是用英國薑酒、Grand Marnier 香橙甜酒、甜苦艾酒及新鮮檸檬汁調配而成, 以馬丁尼風格搭伴檸檬皮點綴奉上, 是田雞腿菜式的完美搭配。

訂座請致電 2118 1878。

The Island View Restaurant - Leap Year Buffet and Birthday Bonanza

The Island View Restaurant offers a unique deal for those born on 29th February. Show your Hong Kong ID and enjoy a complimentary lunch or dinner, including a glass of our Leap Year Cocktail. As part of the feast, don't miss the crispy fried Frog Legs on the Buffet.

Price : 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 make your reservation, please call The Island View on 2118 1846.

The Island View 餐廳 - 閏年自助餐及生日禮遇

Island View 餐廳為慶祝閏年, 凡於2月29日出生的會員可獲得尊享優惠。於2月29日當日, 出示你的香港身份證以作證明, 即可免費享用自助午餐或晚餐, 包括一杯我們特製的閏年雞尾酒。作為盛宴的一部分, 請不要錯過自助餐上的脆炸田雞腿菜式。

收費: 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

訂座請致電 2118 1846。



Club Bar Leap Year Cheers!

At the Club Bar, we're hosting a Leap Year Happy Hour like no other. From 5:00pm to 7:00pm, enjoy a Chicken Wing and selected Beer Buffet for only \$99 per person. It's an offer so good, it only happens every four years!

For more information, call the Club Bar on 2118 1845.

會所酒吧 為閏年乾杯!

在會所酒吧, 我們將於2月29日舉行機會難逢、四年一次的“閏年歡樂時光”優惠! 由下午5時至晚上7時, 每人只需 \$99 即可享用雞翼及精選啤酒自助餐。

查詢詳情, 請致電 2118 1845。

Limited Availability!
限量供應

Lunar New Year

Poon Choi Takeaway at Bauhinia

紫荊閣中餐廳 —— 農曆新年 外賣盤菜

Experience the authentic taste of Poon Choi at your home with Bauhinia restaurant's Poon Choi takeaway! Enjoy a luxurious pot brimming with layers of premium ingredients - the perfect dish for your family reunion..

Bauhinia's Poon Choi is available on Friday, 9th February only in various sizes for 4, 6 or 8 persons. Please order early to avoid disappointment.

在家中享用紫荊閣的外賣盆菜，體驗正宗的中式盛宴！盆中載滿豐盛的優質食材，代表來年豐衣足食 — 是一家共慶團圓的完美菜餚。

紫荊閣外賣盆菜於2月9日（星期五）供應，設有三款大小選擇，可供4、6或8人享用。欲免向隅，請儘早訂購。

Price (收費) : \$1,398 (serves 4 persons, 4位用)
\$2,098 (serves 6 persons, 6位用)
\$2,798 (serves 8 persons, 8位用)

Ordering begins from Thursday, 1st February, whilst stock lasts.
外賣盤菜訂購日期：由2月1日（星期四）開始，數量有限，售完即止。

Collection must be made on Friday, 9th February at 4:00pm at Bauhinia Restaurant (one day only).

閣下訂購之外賣盤菜，必須於2月9日（星期五）下午4時到紫荊閣領取（只限一天）。

To order takeaway Poon Choi, please contact Bauhinia Restaurant on 2118 1892.
訂購外賣盤菜，請致電紫荊閣 2118 1892。



Abalone	原隻8頭鮑魚
Sea Cucumber with Oyster Sauce	蠔皇海參
Dried Oyster in Port Wine	砵酒金蠔
Whole Conpoy	瑤柱甫
Stewed Ox Tripe with Chinese Spices	五香牛肚
Prawns	蝦
Black Mushrooms with Chicken Sauce	雞汁北菇
Dried Black Moss	髮菜
Roasted Duck	燒鴨
Roasted Pork	燒肉
Chicken with Ginger	沙薑雞
Duck Web	鴨掌
Taro and Pork Belly	芋頭扣肉
Dace Balls	鯪魚球
Hog Skin	豬皮
Turnip	蘿蔔
Bean Curd Sheet with Red Fermented Bean Curd	南乳枝竹
Chinese Cabbage	娃娃菜
Broccoli	西蘭花

Cozze all'Italiana

Mussels the Italian Way

Indulge in the essence of Italy this February with our Cozze all'Italiana - a culinary celebration of Mussels, Italian-style!

Be it gently tossed with your favourite pasta, charred in the flames of the pizza oven or simply braised in their own juices by the kilo — don't miss our Italian Mussel Promotion at Capricci in February!

1st - 29th February
Capricci | 2118 1803

意大利風味青口美食 於2月1日至29日在 Capricci餐廳供應



於2月份，前來 Capricci 餐廳盡情品嚐以意大利風味烹調的青口美食！

無論你喜歡將青口加入意大利麵中，或用來製作烤至香脆的薄餅，還是簡單地以湯汁煮熟的一公斤青口鍋，都不能錯過！

訂座請致電 2118 1803。

World Pizza Day at Capricci

Celebrate World Pizza Day in style at Capricci restaurant! Enjoy a special pizza created by our chefs for this day, which will remain on the menu the entire month.

In addition, for one day only, we encourage diners to create their very own personalized pizza from a huge list of incredible ingredients... no questions asked as to your choice of flavour combinations!

Capricci餐廳 - 世界薄餅日

Capricci 餐廳將以別具一格的方式來慶祝「世界薄餅日」！歡迎大家於2月9日（星期五）前來享用由本會廚師為這一天而特別製作的特色薄餅，這款薄餅還會加入到餐廳的菜單上，讓大家於整個月份都可以隨時享用。

此外，僅於這一天內，我們鼓勵大家利用豐富的食材製作出自己的個人化薄餅...任何口味配搭皆任君選擇！

訂座請致電 2118 1803。

Date : Friday, 9th February
Venue : Capricci
Reservations : 2118 1803



Spiced Coffee Rib Eye

This February, treat yourself to our extraordinary Spiced Coffee Dry Rub Black Angus Rib Eye, available for Lunch and Dinner on Wednesdays and Thursdays.

- **Spiced Coffee Dry Rub:** Our signature dry rub, infused with the rich and aromatic flavours of coffee and exotic spices, creates a crust that's simply delicious.
- **Huge 800g Bone-In Rib Eye:** Juicy, tender, and full of flavour, this generous cut is ideal for sharing.
- **Reverse Cooked - Low and Slow:** We cook our rib eye at low temperatures to ensure it is perfectly tender.
- **Finished with Binchotan Charcoal:** This Japanese charcoal, known for its superior heat, imparts a subtle smokiness and a crisp finish that elevates the steak to new heights.



Every Wednesday & Thursday
Pier 6 | 2118 1878

香料咖啡肉眼牛肋排

於2月份逢星期三及四在Pier 6餐廳供應

於2月份逢星期三及四的午餐及晚餐時段，歡迎前來Pier 6餐廳品嚐香味非凡的香料咖啡乾磨黑安格斯肉眼牛肋排。

- **香料咖啡乾磨：**我們的特色乾磨烹調技術，為肉排注入咖啡和異國香料的濃郁芳香，創造出美味的外皮。
- **800克巨型帶骨肉眼牛排：**多汁、鮮嫩、肉味濃郁，這種巨型的牛排非常適合與他人一同分享。
- **反向烹調—低溫慢速：**我們會先以低溫烹調肉眼牛排，以保存其肉質完美嫩滑。
- **最後再以備長炭煎熟：**這款日本木炭以其超常的熱度而聞名，賦予牛排微妙的煙熏香和酥脆口感，將牛排提升到新的層次。

訂座請致電 2118 1878。



Club Steak Tuesdays

Available at Lunch and Dinner every Tuesday in February at the Club Bar

Make your Tuesdays special this February at the Club Bar. Get ready for a mouth-watering **400g Bone-in Black Angus Sirloin Steak**, perfectly cooked to your liking and accompanied by a fantastic array of sides:

- Grilled Baby Peppers
- Golden Crispy Onion Rings
- Classic French Fries
- Our creamy Café de Paris Butter

Every Tuesday in February
The Club Bar | \$398 per person

會所酒吧 - 週二牛排美食 於2月份逢星期二午餐及晚餐 時段供應

讓2月份逢星期二變成特別的日子！前來會所酒吧享用令人垂涎的400克帶骨黑安格斯沙朗牛排，按照你的喜好完美烹調，並搭配多款美味配菜：

- 烤小辣椒
- 黃金脆皮洋蔥圈
- 經典薯條
- 濃郁的巴黎卡非醬汁

每位\$398

Honey-inspired Cocktails & Mocktails

Throughout February at the Club Bar and Oyster Bar
於2月份在會所酒吧及 Oyster Bar 供應



Join us at the Club Bar and Oyster Bar for a celebration of flavours at our Honey Drink Promotion this month! Enjoy our range of cold and hot cocktails and mocktails that feature a blend of nature's golden nectar - honey!

黃金特飲 蜂蜜雞尾酒和無酒精雞尾酒

於2月份前來會所酒吧及 Oyster Bar，享一杯以蜂蜜為主要材料的風味特飲吧！我們將為大家送上多款冷、熱雞尾酒和無酒精雞尾酒，其中融合了大自然的金色花蜜 — 蜂蜜！

Cold Honey Cocktails 凍蜂蜜雞尾酒

- **Gold Rush**
Bourbon, Lemon Juice, Honey Syrup
波本威士忌、檸檬汁、蜂蜜糖漿
- **Bee's Knees**
Bombay Gin, Lemon Juice, Honey Syrup
Bombay 藍酒、鮮榨檸檬汁、蜂蜜糖漿

Hot Honey Cocktail 熱蜂蜜雞尾酒

- **Honey Toddy**
Whisky, Honey Syrup,
Hot Water, Lemon Juice, Cloves
威士忌、蜂蜜糖漿、
熱水、新鮮檸檬汁、丁香

Cold Honey Mocktails 凍蜂蜜無酒精雞尾酒

- **Honey Mango**
Mango Purée, Honey Syrup,
Orange Juice, Ginger Beer
芒果蓉、蜂蜜糖漿、橙汁、薑汁啤酒
- **Queen Bee**
Honey Syrup, Cranberry Juice,
Lipton Tea, Ginger Beer
蜂蜜糖漿、蔓越莓汁、立頓紅茶、薑汁啤酒

Hot Honey Mocktail 熱蜂蜜無酒精雞尾酒

- **Spicy Honey Limeade**
Hot Water, Ginger Juice,
Brown Sugar, Honey Syrup,
Fresh Lime Juice
熱水、薑汁、紅糖、
蜂蜜糖漿、新鮮青檸汁

Whisky Connoisseur's Table at Bauhinia

with Mr Ron Taylor,
Representative from Edrington Hong Kong



Welcome Drink

The Macallan Double Cask 12 Years Old

Menu

The Macallan Classic Cut 2023

香煎鵝肝·柚子蝦球·片皮鴨沙律

Pan-fried Goose Liver

Deep-Fried Prawn with Yuzu Honey Sauce

Sliced Peking Duck with Salad

Highland Park 18 Years Old

脆皮鮮奶炸蟹蓋

Braised Crab Shell stuffed with Crab Meat and Milky

The Macallan Litha

酸菜魚灌湯餃

Soup Dumpling with Fish and Preserved Vegetables

in Sour and Spicy Soup

The Macallan Harmony Collection Amber Meadow

紅燒六頭南非鮑魚拼東星石斑卷

Braised South African Abalone with Garoupa Roll

Highland Park 21 Years Old

手工糯米炸釀雞翼伴蜜汁煎金蠔

Deep-fried Chicken Wing stuffed with Glutinous Rice

accompanied by Pan-fried Dried Oyster

The Glenrothes Whisky Maker's Cut

酥炸雪糕伴芝士奶皇酥角

Deep-fried Ice Cream with Cheese Custard Puff

(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

This month, Bauhinia Restaurant invites you to an exclusive evening at the "Whisky Connoisseur's Table," hosted by Mr Ron Taylor, a representative from Edrington, the parent company of The Macallan.

Indulge in an extraordinary showcase of iconic whiskies, each paired with a sumptuous six-course set dinner. Our renowned Chinese Executive Chef, Yip Tsang Keung, has expertly crafted each dish, using the freshest seasonal ingredients, to enhance and complement the unique character of each whisky.

Prepare for an evening of refined flavours as we take you on a journey through the exquisite tastes of these incredible whiskies.

Date : Friday, 23rd February

Time : 6:30pm Welcome Drink

7:15pm Dinner

Venue : Bauhinia Restaurant

Price : \$1,688 per person (for Food and Beverage Pairing)

Reservations : 2118 1892

紫荊閣中餐廳 鑑賞家之桌 — 威士忌晚宴 由 Edrington 代表 Mr Ron Taylor 親臨介紹

於2月23日(星期五)晚上,紫荊閣為會員隆重呈獻「鑑賞家之桌—威士忌晚宴」,與著名威士忌品牌麥卡倫(The Macallan)的母公司 Edrington 合作帶來一系列標誌性佳釀,並由該公司代表 Ron Taylor 親臨與大家分享各款威士忌的獨特之處。

當晚,紫荊閣總廚葉增強師傅亦將會根據每款佳釀的特性,悉心挑選時令食材,以烹調共有六道菜式的晚膳套餐。美食與佳釀相互平衡,帶出完美口感,絕對是一次令人難忘的美酒佳餚之旅。

晚餐配搭威士忌,收費:每位\$1,688。

訂座請致電 2118 1892。

Valentine's Day at the Club 太平洋會 情人節晚餐



The Island View Restaurant - Valentine's Day Dinner Buffet

Join us for an unforgettable Valentine's Day Dinner Buffet at The Island View and indulge in a lavish buffet spread in a romantic setting. Treat your beloved to a night of exquisite culinary delights!

Each adult diner can enjoy a Gratin of Boston Lobster and Hokkaido Scallop Thermidor-style, and children aged 6 - 12 can enjoy a smaller portion, in addition to the Buffet.

Time : Dinner

Venue : The Island View Restaurant

Price : Adults \$598 (including a glass of Cosmopolitan Cocktail)

Children 6-12 years \$394, 3-5 years \$128 (including a glass of Fruit Punch)

Reservations : 2118 1846

The Island View 餐廳 — 情人節自助晚餐

於情人節當晚，與至愛一同前來 Island View，在維港美景的陪伴下享用豐富自助美食，共度一個浪漫的夜晚！

當晚，每位成年客人更可享受一份芝士焗波士頓龍蝦及北海道帶子，而6-12歲的小童也可以享用一細份芝士焗波士頓龍蝦及北海道帶子。

晚餐收費：成人 \$598 (包括享用Cosmopolitan雞尾酒一杯)

小童 6-12歲 \$394，3-5歲 \$128 (包括享用果汁賓治一杯)

訂座請致電 2118 1846。

Romantic Menu at Pier 6

Celebrate this Valentine's Day at Pier 6 with our exclusive Valentine's Day Romantic Menu, designed to create unforgettable culinary moments with the one you love.

Time : Dinner

Venue : Pier 6 Restaurant

Price : \$798 per person
(including a glass of Champagne)
Additional \$230 per person for 4 glasses of wine pairing

Reservations : 2118 1878

Pier 6 餐廳 - 情人節晚餐

今年情人節，Pier 6 餐廳將充滿浪漫氣氛，並為大家準備精緻美味的情人節晚餐，讓你與至愛一同慶祝佳節。

晚餐收費：每位\$798（包括享用香檳一杯）
每位另加\$230可配搭4杯葡萄酒

訂座請致電 2118 1878。

Menu

Boston Lobster Rillettes and its own Mousse
Tarragon Coulis | Herb Waffle
Minuty Prestige Rose 2021

Ox Heart Tomato
Thyme | Ham and Cheese | Floral Aspects and Vinegar
Domaine Lebrun, Pouilly Fume 2021

Fillet Mignon of Black Angus Tenderloin
Morel Sauce | Green Asparagus | Fondant Potato
M Chapoutier Crozes Hermitage Les Meysonniers 2019

Freshly baked Raspberry Soufflé
Madagascar Vanilla Custard | Raspberry Sorbet
Prince de Saint Aubin Sauternes 2019

Petits Fours



* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

Valentine's Day Italian-inspired Set Menu at Capricci

Experience the romantic allure of Italy at Capricci this Valentine's Day. Join us for an exquisite evening featuring an Italian-inspired Set Dinner menu, shared with your special someone

Time : Dinner

Venue : Capricci

Price : \$498 per person
(including a glass of Pink Prosecco)
Additional \$147 per person for 4 glasses of wine pairing

Reservations : 2118 1803

Capricci 餐廳 - 意式情人節晚餐

歡迎前來 Capricci 餐廳享用意式晚餐，體驗意大利情人節的浪漫情懷。

晚餐收費：每位\$498（包括享用 Pink Prosecco 汽酒一杯）
每位另加\$147可配搭4杯葡萄酒

訂座請致電 2118 1803。

Menu

Charred Octopus
Salsa Verde | Romesco Sauce
Giannitessari DOC Delle Venezie Pinot Grigio 2022

Red Prawn Pasta
Minuty Prestige Rose 2021

Beef Fillet "Oscar"
Sauce Béarnaise | Crab Meat | Green Asparagus
Icardi Surisjvan Langhe Nebbiolo DOC 2021

Raspberry Dôme
Candied Rose Petals | Lychee and Rose Sorbet
Dr Loosen Wehlener Sonnenuhr Riesling Kabinett 2021

Petits Fours



* Described menu is subject to change without prior notice
以上菜單如有更改，恕不另行通知

February 2024

EVENT CALENDAR 活動日誌

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Spring Dinners at Bauhinia 1st - 25th</p>	 <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View 1st - 18th</p>	 <p>Lunar New Year Fireworks Display Dinner 11th</p>	<p>Yoga/Jazz Dance</p> <p>Tennis Team Training</p> <p>Lunar New Year Lunch & Dinner Buffet + Lo Hei Celebrations at The Island View 1st - 18th (except 9th - 11th & 14th)</p> <p>Spring Dinners at Bauhinia 1st - 25th</p> <p>Honey Drinks at Club Bar & Oyster Bar 1st - 29th</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Lunar New Year Children Workshop - Lantern Making</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Lunar New Year Children Workshop - Mosaic Coaster Making</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Lunar New Year Children Workshop - Mosaic Coaster Making</p>
<p>Zumba Fitness/Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Pickleball Group Lessons</p> <p>Sunday Lunch and Dinner Buffet at Island View</p>	<p>Ladies' Monday Tennis</p> <p>Yoga</p> <p>Fascia Exercise Training</p> <p>Men's Double Training</p>	<p>Water Aerobics</p> <p>Club Steak Tuesdays at Club Bar</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>Funky Dance</p> <p>Spiced Coffee Rib Eye at Pier 6</p>	<p>Order for Lunar New Year Poon Choi Takeaway at Bauhinia from 1st</p> <p>Spiced Coffee Rib Eye at Pier 6</p> <p>Cozze all'Italiana - Mussels Promotion at Capricci 1st - 29th</p> <p>100% Arabica Afternoon Tea at Oyster Bar 1st - 29th</p> <p>Yoga/Jazz Dance</p> <p>Tennis Team Training</p> <p>Spiced Coffee Rib Eye at Pier 6</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Yoga/Funky Dance</p> <p>Lunar New Year's Eve - Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Collection for Lunar New Year Poon Choi Takeaway at Bauhinia</p> <p>World Pizza Day at Capricci</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Yoga/Funky Dance</p> <p>Festive Golf Academy</p> <p>Festive Tennis Academy</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Lunar New Year Children Workshop - Mosaic Coaster Making</p>
<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Pickleball Group Lessons</p> <p>Sunday Lunch Buffet at Island View</p> <p>11</p>	<p>Lunar New Year Children Workshop - Creative Clay</p>	<p>Club Steak Tuesdays at Club Bar</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>Funky Dance</p> <p>Festive Golf Academy</p> <p>Festive Tennis Academy</p> <p>Valentine's Day Dinners at the Club</p> <p>Spiced Coffee Rib Eye at Pier 6</p>	<p>Yoga/Jazz Dance</p> <p>Tennis Team Training</p> <p>Festive Golf Academy</p> <p>Festive Tennis Academy</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Lunar New Year Children Workshop - Mosaic Coaster Making</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Yoga/Funky Dance</p> <p>Festive Golf Academy</p> <p>Festive Tennis Academy</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Lunar New Year Children Workshop - Mosaic Coaster Making</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Yoga/Funky Dance</p> <p>Lunar New Year Children Workshop - Mosaic Coaster Making</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>Zumba Fitness/Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Rope Skipping/Wall Climbing</p> <p>Sunday Lunch and Dinner Buffet at 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>Water Aerobics</p> <p>Club Steak Tuesdays at Club Bar</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>Funky Dance</p> <p>Spiced Coffee Rib Eye at Pier 6</p>	<p>Spiced Coffee Rib Eye at Pier 6</p> <p>Yoga/Jazz Dance</p> <p>Tennis Team Training</p> <p>Spiced Coffee Rib Eye at Pier 6</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Badminton</p> <p>Yoga/Funky Dance</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p> <p>Whisky Connoisseur's Table Dinner at Bauhinia</p>	<p>Water Aerobics/Stretching Exercise</p> <p>Junior Swimming School</p> <p>Junior Taekwondo</p> <p>Golf Experience Day</p> <p>Australian Oyster & Wagyu Beef Dinner Buffet at The Island View</p>
<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>Zumba Fitness/Yoga</p> <p>Sunday Junior Tennis</p> <p>Sunday Social Tennis</p> <p>Pickleball Group Lessons</p> <p>Rope Skipping/Wall Climbing</p> <p>Clay Mini Bread Workshop</p> <p>Sunday Lunch and Dinner Buffet at 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>Water Aerobics</p> <p>Club Steak Tuesdays at Club Bar</p>	<p>English Drama Academy</p> <p>Tennis Team Training</p> <p>Funky Dance</p> <p>Spiced Coffee Rib Eye at Pier 6</p>	<p>Yoga/Jazz Dance</p> <p>Tennis Team Training</p> <p>Leap Year Frog Leg Dish at Pier 6</p> <p>Leap Year Buffet & Birthday Bonanza at Island View</p> <p>Leap Year Happy Hour - Chicken Wing and Beer Buffet at Club Bar</p> <p>Spiced Coffee Rib Eye at Pier 6</p>	<p>Whisky Connoisseur's Table Dinner at Bauhinia</p>	<p>Valentine's Day Dinners at the Club 14th</p> 
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>23</p>	<p>24</p>

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Château Lynch-Bages Wine Dinner at Pier 6 1st</p>	 <p>Children's Easter Brunch with Easter Bunny at The Island View 30th</p>		 <p>Easter Lunch & Dinner at The Island View 29th March - 1st April</p>			
Zumba Fitness/Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics/Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffer Dinner at the Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training		Semi-buffer Dinner at the Island View	Semi-buffer Dinner at the Island View	Yoga/Funky Dance	Saturday Dinner Buffet at Island View
Rope Skipping/Wall Climbing	Semi-buffer Dinner at the Island View				Friday Dinner Buffet at Island View	
Sunday Lunch & Dinner Buffet at Island View	4	5	6	7	8	9
3						
Zumba Fitness/Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics/Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffer Dinner at the Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training		Semi-buffer Dinner at the Island View	Semi-buffer Dinner at the Island View	Yoga/Funky Dance	Saturday Dinner Buffet at Island View
Rope Skipping/Wall Climbing	Semi-buffer Dinner at the Island View				Friday Dinner Buffet at Island View	
Sunday Lunch & Dinner Buffet at Island View	11	12	13	14	15	16
10						
Zumba Fitness/Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics/Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffer Dinner at the Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training		Semi-buffer Dinner at the Island View	Semi-buffer Dinner at the Island View	Yoga/Funky Dance	Saturday Dinner Buffet at Island View
Rope Skipping/Wall Climbing	Semi-buffer Dinner at the Island View				Friday Dinner Buffet at Island View	
St Patrick's Day Celebrations at Club Bar						
Sunday Lunch & Dinner Buffet at Island View	18	19	20	21	22	23
17						
Zumba Fitness/Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics/Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffer Dinner at the Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training		Semi-buffer Dinner at the Island View	Semi-buffer Dinner at the Island View	Yoga/Funky Dance	Saturday Dinner Buffet at Island View
Rope Skipping/Wall Climbing	Semi-buffer Dinner at the Island View				Friday Dinner Buffet at Island View	
St Patrick's Day Celebrations at Club Bar						
Sunday Lunch & Dinner Buffet at Island View	18	19	20	21	22	23
17						
Zumba Fitness/Yoga	Ladies' Monday Tennis	Water Aerobics	English Drama Academy	Yoga	Water Aerobics/Stretching Exercise	Junior Swimming School
Sunday Junior Tennis	Yoga	Semi-buffer Dinner at the Island View	Tennis Team Training	Jazz Dance	Junior Swimming School	Junior Tennis Academy
Sunday Social Tennis	Fascia Exercise Training		Funky Dance	Tennis Team Training	Junior Badminton	Junior Taekwondo
Pickleball Group Lesson	Men's Double Training		Semi-buffer Dinner at the Island View	Semi-buffer Dinner at the Island View	Yoga/Funky Dance	Saturday Dinner Buffet at Island View
Rope Skipping/Wall Climbing	Semi-buffer Dinner at the Island View				Friday Dinner Buffet at Island View	
Sunday Lunch & Dinner Buffet at Island View (24th)						
Easter Sunday Lunch & Dinner Buffet at The Island View (1st April)	25	26	27	28	29	30
The Island View (31st)	24/31					

*All classes and events in the calendar may be subject to changes 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

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Lunar New Year holidays on 10th (Club closed), 12th and 13th February.

課程暫停舉行

請注意，所有兒童及成人團體課程將於2月10日（會所休業）、12日及13日農曆新年公眾假期暫停舉行。

Lunar New Year Tennis Camp

Our Lunar New Year Camp is especially designed for little ones aged 4 to 14 years. Participants will learn a variety of tennis skills through fun games and drills. Sign-up at Tennis Office today!

農曆新年兒童網球訓練營

農曆新年兒童網球訓練營將於2月14日至16日舉行，適合4-14歲的會員參加，讓他們透過遊戲學習來改善網球技術，度過一個愉快的假期。訓練營收費—A班（4-6歲，3堂）：會員\$690，非會員\$1,050；B班（7-14歲，3堂）：會員\$1,380，非會員\$1,740。

備註：非會員收費包括課程當日的兒童遊戲室入場費。

Date : Wednesday – Friday 14th, 15th & 16th February

Time : (A) 10:00am – 11:00am

(B) 11:00am – 1:00pm

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 - 14 years

To enroll, please call the Tennis Reception on 2118 1707

Sunday Social Tennis

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

週日網球聯誼聚會

歡迎參加於星期日傍晚舉行的「週日網球聯誼聚會」，與其他會員及教練切磋球技，更可認識新的志同道合，日後一同分享打網球的樂趣。收費每位\$170（設茶點招待），查詢及報名，請致電2118 1707。此聚會只供成年會員參加。

Date : Sunday 4th, 11th, 18th & 25th February

Time : 5:00pm – 7:00pm

Venue : Outdoor Tennis Courts

Price : \$170 (for 2 hours, including court charges and light refreshments in the Tennis Lounge)

Age : Adults Only

Junior Tennis Academy

If your child is interested in playing tennis, our weekly Pacific Club Junior Tennis Academy is especially for kids aged 3½ to 16. 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。2月份課程收費 — A班（3½-6歲，3堂）：會員\$630，非會員\$990；B班（6-16歲，3堂）：會員\$840，非會員\$1,200。

備註：此訓練活動以月費形式支付

Date : Saturday 3rd, 17th & 24th February

Time : (A) 10:00am – 11:00am

(B) 11:00am – 1:00pm

Venue : Indoor Tennis Courts

Price : (A) Member \$630, Guest \$990 (for 3 lessons)

(B) Member \$840, Guest \$1,200 (for 3 lessons)

Age : (A) 3½ – 6 years

(B) 6 – 16 years



Ladies' Morning Tennis

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

女子早上網球練習

參加由我們的專家教練團隊帶領的女子早上練習班，進行兩個小時的集中訓練，以提高妳的網球技術並學習完善的比賽策略，在球場上作出更佳表現。中/高班於星期一舉行，兩小時課堂收費：每位\$310（包括場租，並設茶點招待）。請注意，每班人數只限10名，欲免向隅，請儘早報名。

Date : Monday 5th, 19th & 26th February

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)

Pickleball Private Lessons

Unlock your full potential on the Pickleball court with personalized, one-on-one private lessons at Pacific Club with our expert Pickleball Coach, Rachel Lam. Receive individual attention and tailored coaching designed to meet your specific goals and skill level.

Private Lessons (1pax)

1-hour \$630 per person
Package of 10, 1-hour lessons \$6,100 per person

Semi-Private Lessons (2pax)

1-hour \$335 per person
Package of 10, 1-hour lessons \$3,250 per person

匹克球私人課程

參加由本會專業匹克球教練Rachel Lam指導的一對一私人匹克球課程，釋放你在匹克球場上的全部潛能。Rachel可以為你的特定目標和技能水平而設計個人化的課程。

私人課程（一人）

一小時課程：每位\$630
10堂一小時課程：每位\$6,100

半私人課程（二人）

一小時課程：每位\$335
10堂一小時課程：每位\$3,250



Pickleball Group Lessons

Experience the excitement of Pickleball with our brand-new Group Classes catering to various age groups. Whether you're a youngster or a seasoned adult eager to try something new, these classes are designed just for you! Please note that the fee will be charged on a monthly basis.

匹克球團體課程

歡迎參加本會匹克球課程，體驗這項受大眾歡迎的新興運動。無論你是渴望嘗試新事物的青少年，還是運動經驗豐富的成年人，這課程都適合各年齡和程度的會員參加！課程於星期日舉行，2月份3堂課程收費——會員\$540，非會員\$900。

備註：此訓練活動以月費形式支付

Date : Sunday 4th, 11th & 25th February
Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon
(C) 12:00noon – 1:00pm
Venue : Outdoor Pickleball Court
Price : Member \$540, Guest \$900 (for 3 lessons)
Age : (A) 6 - 9 years
(B) 10 - 14 years
(C) 18 years and above

Tennis League Teams' Schedule Home Matches in February

網球聯賽 — 2月份主場賽事



DATE	TEAM	MATCH
Wednesday, 7th February Wednesday, 21st February	Mixed Doubles (Division II)	Pacific Club vs Craigengower Cricket Club Pacific Club vs Hong Kong Cricket Club
Friday, 23rd February	Ladies' (Division I)	Pacific Club vs Discovery Bay Recreation Club
Tuesday, 6th February Tuesday, 20th February	Veteran Women's 80+ (Division II)	Pacific Club vs Chinese Recreation Club Pacific Club vs Hong Kong Football Club
Monday, 5th February Monday, 26th February	Veteran Men's 100+ (Division II)	Pacific Club vs Club De Recreio Pacific Club vs The Clearwater Bay Golf & Country Club



Pickleball Fun Day

匹克球同樂日

The Pickleball Fun Day, held last December, was a great success, bringing together Members, family and friends on the brand new outdoor Pickleball facility on the Club's 4/F. For many of the participants, this was their first time playing Pickleball - a game of both strategy and fun!

If you would like to learn more about this great sport, please join our Group or Private classes or contact the Tennis Reception on 2118 1707. Don't miss this opportunity to be part of our growing Pacific Club Pickleball community!



於12月在四樓網球場舉行的匹克球同樂日已經完滿結束，當日活動非常精彩，參加的會員都與家人朋友一起體驗本會全新的匹克球運動，度過了歡樂的時光。大多數參加者都是第一次嘗試匹克球，這是一項既具有策略性又充滿樂趣的運動。讓我們一起分享他們喜悅吧！

如果你想進一步了解這項有趣的運動，請報名參加我們的團體或私人課程，或致電 2118 1707 聯繫網球接待處查詢更多資訊。不要錯過這個機會，成為我們不斷發展的太平洋會匹克球團隊的一員！



Victory for Peter Woo in the Legends Cup at the Hong Kong Marathon 2024

吳光正先生於渣打香港馬拉松2024「殿堂盃」奪得佳績



The Standard Chartered Hong Kong Marathon 2024, held on Sunday, 21st January, showcased various distances including the Full Marathon, Half Marathon, and 10-Kilometre races. A highlight of this year's event was the revival of the "Leaders' Cup" and "Legends Cup" after a five-year break. These short-distance races attracted prominent personalities from political and business circles, who competed over a two-kilometre course from Wan Chai Sports Ground to Victoria Park.

Many congratulations to Peter Woo for winning the Legends Cup this year!

「渣打香港馬拉松2024」已經於1月21日星期日舉行，並進行了多項不同距離的比賽，包括全馬拉松、半馬拉松和10公里賽。今年賽事的一大亮點是時隔5年重新舉辦的「領袖盃」和「殿堂盃」賽事。這兩項短距離比賽吸引了多位政界和商界的知名人士參加，他們從灣仔運動場出發到達維多利亞公園，完成兩公里的比賽。

在此恭喜吳光正先生在今年「殿堂盃」比賽中奪得冠軍！

Spa Promotions in February

Diana Dickson Caviar Collagen Moisture Programme

(1hr 25mins)

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



Caviar is the marine treasure that helps to restore youth and is rich in vitamins, minerals and lipids. Caviar also helps to stimulate cell renewal, blood circulation and the lymphatic system, thus improving skin appearance. Collagen, another essential protein, is a great moisture-binding agent, leaving the skin smooth and soft. Together with other active ingredients, this Moisture Programme effectively deters the ageing process of the skin, bringing back youthful radiance and suppleness. The treatment also includes one Generic Moisture Serum that can be used for seven days.

Diana Dickson 魚子精華骨膠療程 (1小時25分鐘)

魚子精華為海洋瑰寶，此種珍貴蛋白質蘊含多種維他命、礦物質和脂肪質，能促進細胞更新、血液循環及增強淋巴排送功能，明顯改善皮膚質素，令肌膚重拾青春美態。骨膠原為另一種重要蛋白質，有助高度鎖緊水份，使肌膚保持水潤柔軟；再配合其他活躍成份，能顯著延緩肌膚老化的過程，回復柔潤細緻，明艷照人。療程中包括一支保濕緊緻精華，可供 7 天使用。

CV Ritual Essential Treatment

(1hr 25mins)

New

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

Experience facial rejuvenation with our exclusive CV Ritual Essential Treatment. This revitalizing treatment combines natural essential oils from the prestigious Spanish brand CV Primary Essence. Enjoy a relaxing massage using facial pindas infused with plants and herbs based on Asiatic Spark, renowned as "The Eternal Youth Herb," and Marigold. Our holistic approach focuses on detoxification to restore harmony within the body, effectively treating mature, wrinkled, or dull skin.

全新推出 — 暖肌花球護理療程 (1小時25分鐘)

本療程採用被稱為「永恆青春草藥」的積雪草及金盞花混合而成，並以花球浸泡在來自於西班牙品牌 CV Primary Essence 的溫熱植物油和天然精油當中，透過使用輕柔臉部花球按摩手法，讓身心浸沉在芬芳氣味之中，從而排走身體毒素，達致身心和諧，並有效為成熟、皺紋、暗啞肌膚重拾紅潤青春光澤。

CV
Primary Essence



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。



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

From the Fairway to the Future: Golf as a Tool for Children's Growth

In recent years, golf has become an increasingly popular sport among children. Experts suggest that starting golf lessons at the ages of five to six is ideal, as most children at this stage have developed sufficiently in muscle growth, motor skills, coordination, and listening abilities. Beyond the enjoyment of the sport, golf offers a multitude of benefits for a child's physical and mental development.

Enhancing Concentration

Golf demands a high level of focus. Children learn to remain undistracted by their surroundings, concentrating on the ball, planning its trajectory, and determining the precise swing and power needed.

Improving Body Coordination

Golf requires the coordination of various body parts to execute a smooth swing. Children, with their quick learning abilities, can master these skills relatively easily.

Developing Thinking Skills

Each golf course presents unique challenges with varying terrains and obstacles. Children learn to strategize to navigate around hazards like water and bunkers, aiming for the lowest score. This nurtures problem-solving skills and enhances their adaptability and analytical thinking.

Strengthening Muscles

Playing golf is a great workout for several muscle groups including the legs, core, and back. Each proper swing is an opportunity for muscle development.

Learning Etiquette

Golf also instills in children a respect for opponents and adherence to rules and etiquette. This includes understanding the importance of silence and stillness when an opponent is taking a shot, and being mindful of not stepping on others' putting lines.

Overall, golf is not just a sport for children; it's a comprehensive development tool that aids in their physical, mental, and social growth.

從球道到未來： 以高爾夫球運動作為兒童成長的教學工具

近年來，愈來愈多家長讓子女學習打高爾夫球。一般而言，建議兒童由5-6歲起開始學習高爾夫球最為理想，因他們在這階段的肌肉發展、運動功能、協調性及聆聽能力等各方面已達至良好水平。在兒童享受運動樂趣的同時，這運動亦為他們的身心發展帶來不少好處。

提升專注力

高爾夫球是一項需要高度專注的運動，兒童須要不受環境影響，專心一致望着球，然後思考球的路線，判斷出正確的揮桿動作及力度。

提升身體協調能力

打高爾夫球時，兒童須要協調身體的每個部位，做出流暢的揮桿動作。由於兒童的學習速度較快，會相對容易掌握到技巧。

訓練思考力

每個球場的地勢和障礙物都不一樣，帶來不同的挑戰性。要打出最低的桿數，兒童便要思考如何避過水池或沙坑等障礙物，把球打上果嶺，故此能有效提高他們解決問題的能力、訓練思考力及應變能力。

強化肌肉

打高爾夫球時，兒童可以鍛鍊到很多肌肉群，如腿部肌群、核心肌群、背部肌群等。每一次正確的揮桿動作，都是鍛鍊肌肉的好機會。

學習禮儀

透過高爾夫球運動可讓兒童學習尊重對手及遵守規矩等禮儀，例如當對手擊球時，旁人應避免走動及說話，以免影響對手擊球，另外亦須注意不要踩踏到別人的推桿路線等。

總括來說，高爾夫球運動不僅是一項適合兒童參與的運動，也是一種有效幫助他們在身體、心理和社交方面全面發展的教學工具。



Golf Experience Day

Join us for our Pacific Club Golf Experience Day on Saturday, 24th February where golf enthusiasts of all levels, from beginners to seasoned players, can enjoy a variety of golfing activities here at the Club. Take part in putting challenges, explore expert swing tips, and understand the mechanics behind a perfect swing. Additionally, learn essential techniques to avoid golf-related injuries.

For more details and to book your spot, please contact us at 2118 1890.



高爾夫球體驗日

歡迎14歲及以上的高爾夫球愛好者，於2月24日（星期六）前來參加太平洋會高爾夫球體驗日，不論你是初學者還是經驗豐富的球手，都可以在這活動中享受到高爾夫球的樂趣。

當日大家可以體驗推桿比賽，在專業教練的指導下學習揮桿技巧、了解揮動的力學及學習避免打球時受傷的基本技術。

高爾夫球體驗日收費：會員\$100，非會員\$240。查詢詳情及報名，請致電2118 1890。

Date : Saturday, 24th February

Time : 2:30pm – 4:00pm

Venue : Golf Driving Range (4/F)

Price : Member \$100, Guest \$240

Age : 14 years and above

(beginners and intermediate golfers are welcome)

Children's Festive Golf Camp

This Lunar New Year, give your child an exciting start in golf at our Children's Festive Golf Camp. Under the expert tuition of Coach Alain, these classes blend fun with learning, ensuring your child grasps the fundamentals of golf in an engaging environment. Join us for a fun-filled start to the Year of the Dragon, and watch your little ones fall in love with every swing!

農曆新年兒童高爾夫球訓練營

農曆新年兒童高爾夫球訓練營將於2月14日至16日舉行，適合6歲及以上的會員參加，讓他們透過專業教練的指導體驗高爾夫球的樂趣，同時學習掌握基本技術，度過一個愉快的新年假期。訓練營3堂收費：會員\$840，非會員\$1,200（包括課程當日的兒童遊戲室入場費）。

Date : Wednesday – Friday 14th, 15th & 16th February

Time : (A) 11:00am – 12:00noon

(B) 12:00noon – 1:00pm

Venue : 4/F Golf Driving Range

Price : Member \$840, Guest \$1,200

(including Children's Playroom entrance fee)

Age : (A) 6 - 12 years

(B) 13 years and above



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。

Hair Product Sale in February 2 月份頭髮產品優惠



Deuxer Veil 7 - Freeze Hard

~~\$250~~ \$225

This quick-dry, super styling product holds your style throughout the day. A great product for women's updos and short, spiky styles, as well men's short hair styles that emphasize multi-dimension.

Deuxer 7 超強力造型噴霧

具有速乾性的超強造型力，讓造型在一整天都可維持美觀，非常適合女士盤髮或注重立體感的男士短髮造型使用。

Proaction for C. Shampoo, 170ml

~~\$130~~ \$115

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

Proaction C. 鎖色洗髮水，170毫升

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



Avarice Awaken 003 Salt Water, 120ml

~~\$200~~ \$180

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

Avarice Awaken 003 頭髮蓬鬆水定型噴霧，120毫升

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

This Month's Promotion

10% Discount on Intensive Hair Care Treatments

Throughout February, enjoy a 10% discount on our Intensive Hair Care Treatments, including the rejuvenating Curepod and Trisys Triphilia. These treatments are expertly formulated to restore hair damaged by swimming pool chlorine, intense sunlight, dryness, and styling treatments like colouring, perming, or straightening.

Pamper your hair with the care it needs and step into spring with radiant locks!

To make your appointment, please call the Hair Salon on 2118 1893.

深層頭髮護理9折優惠

會員於2月份到會所髮廊惠顧深層頭髮護理，可獲享9折優惠（包括 Curepod 及 Trisys Triphilia 護理）。專業頭髮護理能有效地修復因過度漂染、電燙、乾旱、負離子、泳池氯氣及陽光曝曬所引致的嚴重受損髮質。

查詢及預約服務，請致電 2118 1893。





Recycle Your Gently Used Lai See Packets

利是封回收重用大行動 2024

For the 15th consecutive year, Greeners Action proudly announces the launch of its Lai See Reuse and Recycling Program. This initiative has been instrumental in transforming over 79 million used Lai See Packets from past Lunar New Years into over 25 million "Reborn Lai See Packets". These packets, still in excellent condition, are redistributed within the community for the next Lunar New Year, with the goal to significantly reduce solid waste in Hong Kong and alleviate the burden on our landfills.

The Pacific Club is once again supporting this worthy campaign. All Members are invited to participate and we kindly ask you to deposit your gently used Lai See Packets into the designated Collection Boxes located at the Club's Ground Floor and First Floor Receptions, from 16th to 29th February.

Your involvement is not just a contribution, but a testament to the success of this meaningful program. Together, we can make a difference - one Lai See Packet at a time!

To learn more about the campaign, please visit:
www.greeners-action.org

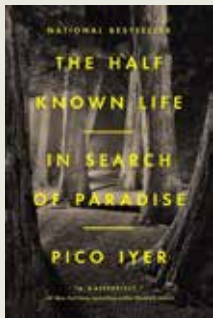
今年是綠領行動連續第15年舉辦全港「利是封回收重用大行動」。過去利是封的回收數量一共為7,900萬個，經社福機構的工場篩選處理變成「新生利是封」的數量亦超過2,500萬個。「新生利是封」將於新一年農曆年前派發給市民重用，此活動的目的是推動香港的源頭減廢，減輕堆填區的負荷。

今年太平洋會再次贊助綠領行動舉辦這項有意義的活動，現呼籲所有會員於2月16日至2月29日期間把仍完好的舊利是封投入設置於會所地層及一樓接待處的收集箱，為保護環境出一分力。

如欲取得更多相關活動資料，可瀏覽網頁：

www.greeners-action.org。





**The Half Known Life:
Finding Paradise in a Divided World**
by Pico Iyer

One of our most perceptive travel writers embarks on an exploration of the world's holiest places and where we might find paradise on Earth.

After half a century of travel, Pico Iyer asks himself what kind of paradise can ever be found in a world of unceasing conflict. In a spectacular journey, both inward and outward, he roams the globe, from crowded mosques in Iran to a holy mountain in Japan. By the end, he has upended any of our expectations and dared to suggest that we can find paradise right in the heart of our angry and confused world.

最具洞察力的旅行作家之一開始探索世界上最神聖的地方，以及我們可能在地球上哪一處找到天堂。

用了半個世紀的時間去旅行，Pico Iyer 問自己，在一個衝突不斷的世界裡，到底能找到什麼樣的天堂。在一次不論是對內還是對都令人難忘的旅程中，他環遊世界，從伊朗擁擠的清真寺到日本的一座聖山。到最後，他顛覆了我們的任何期望，並敢於建議我們可以在這個憤怒和困惑的世界中心找到天堂。

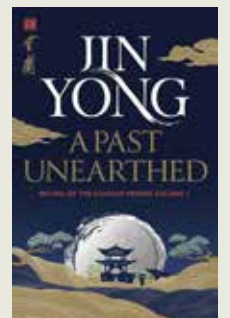
**A Past Unearthed:
Return of the Condor Heroes Volume 1**
by Jin Yong

CHINA, 1237 A.D. Genghis Khan is dead, but the Mongolians, led by his son, continue their assault on the Central Plains. A new generation of martial artists has emerged to face this threat, foremost among them Guo Jing and his wife Lotus Huang. And a new danger stalks the land, with all the fury of a woman scorned - Blithe Li, the Red Serpent Celestial.

It is an encounter with this pitiless foe that reunites Guo Jing with Penance, the son of his treacherous sworn brother, Yang Kang. He resolves to lift the boy from a life of vagrancy and initiate him into the martial world. Placed under the care of the Quanzhen Sect at their temple in the Zhongnan Mountains, Penance stumbles across the mysterious history behind this most respected martial school. What he uncovers sends him on a journey that will force him to come to terms with his father's past and the secrets of his own heart.

中國，西元 1237 年，成吉思汗死後，蒙古人在他兒子的帶領下繼續進攻中原。新一代的武林人士已經出現以應對這次威脅，其中最重要的是郭靖和他的妻子黃蓉。一種新的危險正逼近這片土地，一個帶著憤怒的女人—「赤練仙子」李莫愁。

正當對付這位無情敵人之時，郭靖與其奸詐的結拜兄弟楊康之子楊過重聚。他決心讓這男孩擺脫流浪的生活，並讓他進入武林世界。楊過在終南山受到全真教的照顧，偶然發現了這個最受尊敬的武術教派背後的神秘歷史，而這發現讓他踏上了一段旅程，迫使他了解父親的過去和自己內心的秘密。



From now until 29th February, 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2月29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。

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204 Pacific Place, Admiralty

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Leica M6 rangefinder camera



1985 Pentax K1000 SLR camera



1982 Pentax PC35AF film camera

Film's Bright Future: The Return of the Leica M6 and Ricoh's Upcoming Release

As further proof to support my statement in last month's article suggesting that "film is not dead," I'd like to advise you of two other film cameras that are now being manufactured. The first is a re-release of a very famous film camera, the Leica M6 TTL rangefinder camera.

The Leica M6 TTL was originally brought to the market in the 1990s and was discontinued in 2002. It was the first Leica rangefinder to have a built-in Through-The-Lens (TTL) light meter system. Leica is now manufacturing an updated version of the original M6 TTL rangefinder. This new version (Leica M6 2022) benefits from more modern and efficient electronics technology for its built-in light meter system.

Joining this revival, Ricoh Imaging Company Ltd., renowned for its Ricoh and Pentax digital cameras, is poised to unveil a new line of film cameras. This year promises the release of two compact film cameras under the Pentax brand, followed by the launch of one or two new film SLR cameras.

I've personally amassed quite a collection of film cameras produced in the 1980s and 1990s. These cameras, once in prime condition, now lay dormant, their intricate electronic components obsolete and irreplaceable. The frustration of being unable to revive these classic models due to the unavailability of specific electronic parts is a sentiment shared by many enthusiasts. Therefore, the announcement of brand-new, technologically advanced film cameras is very good news for film enthusiasts like me!

菲林的光明未來： Leica M6 的回歸與 Ricoh 即將推出的新品

為了進一步證明我在上個月的文章中提出有關「菲林不死」的說法，我想向大家推薦另外兩款正在生產的菲林相機。第一款是非常著名，現在重新發行的菲林相機 Leica M6 TTL 旁軸相機。

Leica M6 TTL 最初於 1990 年代推出市場，並於 2002 年停產。它是第一款內置鏡後測光系統（TTL）的 Leica 旁軸相機。Leica 現正生產原始 M6 TTL 測光儀的更新版本，這個新版本（Leica M6 2022）的內置測光系統就是受益於更現代、更有效率的電子科技。

以理光（Ricoh）和賓得（Pentax）數位相機而聞名的理光影像有限公司也加入了這場復興項目，準備推出新的菲林相機系列。他們今年將推出兩款賓得品牌的輕巧菲林相機，隨後再推出一款或兩款新的菲林單鏡相機。

我個人收藏了相當多於 1980 和 1990 年代生產的菲林相機。這些相機曾經處於最佳狀態，但現在卻未能使用，因為其複雜的電子零件已經不再生產，無法替換。由於缺乏特定的電子部件而無法讓這些經典款式重新運作，這挫敗感相信是許多愛好者的共同感受。因此，擁有先進技術的全新菲林相機的發布對於像我這樣的菲林愛好者來說是一個非常好的消息！



Railway Pass

A forgotten railway tunnel stretches under the range of hills between Kowloon and Sha Tin. The high pass directly above the tunnel seems to be named for the railway, and you can hike up through forest to reach it.

Most of this trail is not marked, so bring a map on paper or on your phone. Walking time: 3.5 hours.

Take the MTR to Kowloon Tong station. Leave by Exit H or through the Festival Walk mall, and walk through the flower-filled Cornwall Street Park. If you walk past the squash and table tennis centre, you'll find steps that lead up to Tat Chee Avenue. Turn right, go straight ahead and cross the road to put yourself on the north side of Cornwall Street.

Turn right, walk past Mount Beacon and the petrol station, and then look out for a gap in the wall on your left. Here you can walk down a flight of metal stairs to find the disused Beacon Hill Tunnel. Built between 1906 and 1910, with those dates carved into its stonework, it carried the original Kowloon-Canton Railway northwards under the mountains to the New Territories. Some years ago, the railway line was modernised and diverted to go through a new tunnel, and this original route is now forgotten in this wooded hollow hidden below the road. It feels strange to stand on the spot, quiet now, where hooting steam trains once burst out of the darkness.

Go back up the stairs and carry on along the road, and then take the first left turn onto Beacon Hill Road. It's a residential cul-de-sac, and just before you get to the end of it, a rough path leads off to your left beside a narrow and steep stream. Follow it uphill, stepping from one side of the channel to the other where necessary; there are no signposts but there is only one way forwards. It leads you up to a footbridge over Lung Cheung Road.

On the far side, turn right and walk along the road for a short distance. Soon you meet lamppost no. 8858 opposite another set of steps. Climb up them and turn right onto a ledge, and then follow the earthen trail into the forest. You are now leaving the city behind.



Some helpful hikers have hung blue ribbons from the trees. Follow these gradually uphill and you won't go wrong. The forest trail occasionally crosses stream gullies by way of carefully laid stone slabs, indicating that this may once have been a well-used path. Soon you emerge from the trees and can look back to see views of the city and harbour behind you. The ribbon-marked trail bends left and downhill before once again climbing to reach a mysterious pile of stones, which is in fact a "meridian mark" built in 1913 by the Hong Kong Observatory. Staff at the Observatory in Tsim Sha Tsui would train their telescope on this stone at midday to help them accurately tell the time.

From this point the path leads directly upwards. When you emerge onto a main trail, turn right. This quickly leads you to Railway Pass, a meeting point of six paths, where there is a wartime directional marker. Take the second trail on your left. This pretty path leads you around the north side of Beacon Hill, occasionally aided by ropes where minor landslips have occurred. When you meet Lung Yan Road, turn right, and then right again onto the MacLehose Trail. This joins up with the Eagle's Nest Nature Trail. Bear right to follow it to Tai Po Road, where buses from the near side of the road will take you back to Kowloon.

鐵路坳

在九龍和沙田之間的山巒下隱藏了一條被人遺忘了的鐵路隧道，隧道正上方的高山口似乎因鐵路而得名，大家可以徒步穿越樹林到達。

這條路線的大部分路段都沒有標記，因此請攜帶印刷本或網上地圖。
步行時間：3.5 小時。

乘搭港鐵至九龍塘站，從 H 出口或穿過又一城商場離開，然後步行穿過開滿鮮花的歌和老街公園。如果你走過壁球及乒乓球中心，便會發現通往達之路的梯級。右轉，一直向前走，穿過馬路，到達歌和老街的北側。

右轉，穿過畢架山和加油站，然後留意左邊牆上的一個缺口。在這裡，你可以走下一段金屬製的梯級，找到廢棄的煙墩山隧道（舊畢架山隧道）。它建於 1906-1910 年間，石牆上也刻有這個日期，記載著原來的九廣鐵路從山下面向北前往新界的歷史。幾年前，鐵路軌道進行了現代化改造並改道穿過一條新隧道，這條原來的軌道現在已被遺忘並隱藏於道路下方這個樹木繁茂的山谷中。昔日這裡經常有蒸汽火車從黑暗中衝出來而發出的轟鳴聲，但現在站於這處變得安靜的地方讓人有一種很奇怪的感覺。



返回步上梯級並沿著路繼續前行，在第一個路口左轉進入筆架山道。這是一條住宅區內的死胡同，就在你到達盡頭之前，一條崎嶇的小路通往你的左邊，旁邊是一條狹窄而陡峭的溪流。沿著它上坡，必要時從通道的一側走到另一側；這裡沒有路標，但只有一條路前進。它會帶你到達龍翔道上的一座行人天橋。

在遠處右轉，沿著路走一小段路。很快你就會見到 8858 號路燈柱，對面是另一道梯級。步上梯級，右轉到達一個岩石的突出處，然後沿著泥路進入樹林。你現在要離開這座城市了。

一些樂於助人的遠足人士在樹上掛上藍色絲帶，只要遵循這些絲帶慢慢上坡，便不會走錯路。林間小徑偶爾會有精心鋪設的石板跨越溪谷，證明這可能曾經是一條經常使用的小路。很快你就會從樹林中走出來，回頭可以看到身後的城市和港口景色。這條有絲帶標記的小徑向左彎曲下坡，然後再次向上攀，到達一堆神秘的石頭，這實際上是香港天文台於 1913 年建造的「子午線標記」。尖沙咀天文台的工作人員會在中午將望遠鏡對準這塊石頭，以幫助他們準確地報時。



從這裡開始，路徑會直接帶你向上走。當你出現在主幹道上時，請向右轉。這很快就會帶你到達鐵路坳，這是六條路徑的交匯點，還有一個戰時的座標石。走左邊的第二條路。這條美麗的小路將帶你繞過筆架山的北側，在偶爾會發生輕微沙泥滑落的地方則需要借助繩索前進。當你到達龍欣路時，請右轉，然後再右轉進入麥理浩徑，這與鷹巢山自然教育徑相連。右轉沿著大埔道前行，附近的巴士可帶你返回九龍。

100% Arabica Afternoon Tea at the Oyster Bar

100% Arabica 咖啡美食下午茶 2月份於 Oyster Bar 供應

This month, we invite you to indulge in an Afternoon Tea experience like no other, highlighting the rich and diverse array of aromas found in Arabica coffee beans! Taste the complexity and depth that only Arabica can offer in our range of savouries, pastries, cakes and scones, as well as our homemade, not-to-be-missed white coffee ice cream.

For an additional \$58, complement your experience with two of our specially crafted drinks. Choose from an enticing array of hot and cold options.

\$158 per person, inclusive of tea or coffee

\$216 per person, inclusive of two speciality drinks

今個月份，我們邀請大家前來 Oyster Bar 享用獨一無二的下午茶美食，同時體驗被 Arabica 咖啡豆豐富多樣的香氣包圍的感覺！

品嚐只有 Arabica 咖啡才能提供的香味深度與複雜性！我們將以 Arabica 咖啡豆特別製作一系列精緻的鹹味點心、蛋糕、烤餅，以及不容錯過的自製白咖啡雪糕。

另加 \$58，還可以從一系列誘人的冷熱特色飲品中選擇兩款來豐富你的美食體驗。

100% Arabica 咖啡美食下午茶收費：

每位 \$158，包括茶或咖啡

每位 \$216，包括兩杯特色飲品



Hot Drinks

Gingerbread Latte
Coconut Coffee
Vanilla Cardamom Latte
Peppermint Mocha
Golden Latte

Cold Drinks

C&T
Coconut Coffee Smoothie
Iced Mocha Colada
Tiramisu Frappé
Coffee Berry Spritzer

Water Aerobics

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

水中健康舞班

前來參加本會的水中健康舞班，可加強心血管健康及力量，同時減少關節問題。上課時間如下：



Morning Water Aerobics

Date : (A) Tuesday 6th, 20th & 27th February
(B) Friday 2nd, 9th, 16th & 23rd February

Time : (A) 10:00am – 11:00am
(B) 11:00am – 12:00noon

Venue : Swimming Pool

Price : (A) Member \$525, Guest \$885 (for 3 lessons)
(B) Member \$700, Guest \$1,180 (for 4 lessons)

Age : 14 years and above

Afternoon Water Aerobics

Date : (A) Tuesday 6th, 20th & 27th February
(B) Friday 2nd, 9th, 16th & 23rd February

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 6th, 20th & 27th February

Time : 7:00pm – 8:00pm

Venue : Swimming Pool

Price : Member - \$525, Guest - \$885 (for 3 lessons)

Age : 14 years and above



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 aims to promote art in Hong Kong and 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。本屆比賽祝願香港未來的藝術發展綻放異彩，並獲得**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 2023-2024 school year.

所有於2023至2024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 "Museum and Colours" 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「藝術館·色彩綻放」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

21 February 2024 (Wednesday) at 6pm 2024年2月21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。

Organisers 主辦



Supported by 支持單位



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



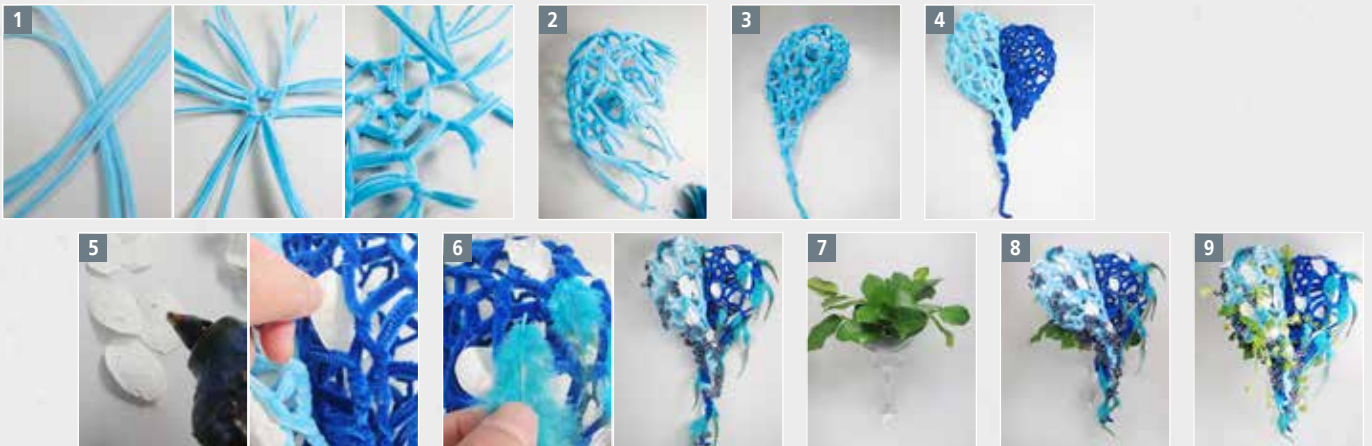
Scan the QR Code to apply 立即掃描參加比賽

A Valentine's Arrangement

1. Place two bunches of 3 pipe cleaner sticks into a cross and twist two wires together, one-by-one, to weave a net.
2. When weaving the net, add extra pipe cleaner sticks to enlarge the size, as shown in the pictures.
3. When the net is as large as you desire, curve it to make a half-heart shape with a long tail. Make two and secure together into one big heart.
4. Cut the artificial white leaves off the stem (if necessary). Add some glue on the leaves and stick them on the big heart.
5. Stick the feathers and pepper berries all over the big heart as well.
6. Place the floral foam into the glass vase and insert the sara leaves around it.
7. Add wires on the big heart and secure on the floral foam.
8. Insert the white roses and Trachymene Coerulea through the empty spaces between the pipe cleaners.

農曆新年花卉擺設

1. 將兩束各有3支的絨毛條交叉擺放，然後將兩根絨毛條逐一互相交織在一起，編織成一張網。
2. 在編織網時，添加額外的絨毛條以加大尺寸，如圖示。
3. 當網達到你想要的大小時，將其屈曲成半個心形，並留下一條長尾巴。
4. 製作兩個半心形並固定在一起成為一顆大的心形。
5. 從枝莖上剪下人造葉子（如有需要）。在葉子上塗上一些膠水，然後將它們黏在大心形上。
6. 再將羽毛和胡椒豆黏在大心形上。
7. 將花泥放入玻璃花瓶中，並圍繞著它插入沙巴葉。
8. 在大心形上加上鐵絲，然後將其插入在花泥中。
9. 穿過絨毛條之間的空隙插入白玫瑰和翠珠花。



What You'll Need:

- Various Flowers & Plants:
White Roses, Trachymene Coerulea (Blue Lace Flowers), Pepper Berries, Sara Leaves
- Artificial White Leaves
- Artificial Colored Feathers
- Tall, Slim Glass Vase with a Wide Mouth
- Floral Foam (to fit inside the glass vase)
- 2 Different Colours of Pipe Cleaner Sticks
- Thin Wire
- Glue

所需材料：

- 多種植物：
白玫瑰、翠珠花、胡椒豆、沙巴葉
- 白色人造葉子
- 不同顏色的人造羽毛
- 一個高的闊口玻璃花瓶
- 一塊花泥（可放入花瓶內）
- 兩種不同顏色的絨毛條
- 幼鐵絲
- 膠水



Preparatory position: Stand upright with arms hanging down, relax the whole body, touch the roof of the mouth with your tongue, and look ahead.

預備姿勢：直立垂臂，全身放鬆，舌抵上腭，目平視。



The Ideal Trilogy of Physical Activities: Relaxation, Dynamic, and Static Exercises



1. First Brocade - Holding the Sky:

- Lift arms with palms up, interlock fingers, raise heels.
- Turn palms down, lower arms, relax shoulders.
- Breathing: Inhale raising hands, exhale lowering.

第一段錦：兩手托天理三焦

- 雙手手心朝上在兩側提起，手指相交，同時抬起雙腳腳跟。
- 雙掌外翻手心朝下，鬆肩、垂臂、屈手肘，腳跟著地。
- 呼吸：雙手向上舉時吸氣，下垂時呼氣。



2. Second Brocade - Archery Stance:

- Step left and bend knees, form horse stance, mimic bow drawing.
- Focus on controlled arm movements and stances.
- Breathing: Exhale drawing bow, inhale releasing.

第二段錦：左右開弓似射雕

- 左腳向左踏出一步，屈膝成馬步，雙手向左做出拉弓動作。
- 專注於手臂的動作和姿勢。
- 呼吸：拉弓時呼氣，釋放時吸氣。向右重複動作。



3. Third Brocade - Spleen and Stomach Balance:

- Stand straight, alternate raising one hand overhead and pressing the other down.
- Breathing: Exhale during lift and press, inhale during transitions

第三段錦：調理脾胃單舉手

- 直立，交替將一隻手舉過頭頂，另一手向下壓。
- 呼吸：舉起和按下時呼氣，轉換時吸氣。

The Concept of 'Disease' and Its Implications for Health:

The word "disease" merges "dis" and "ease," highlighting the critical connection between discomfort and poor health. This notion underpins the importance of maintaining a state of physical ease to prevent health problems. Medical research further expands on this by showing that lack of relaxation and stress can contribute significantly to various health issues.

Oxygen Deprivation and Its Health Consequences:

Scientific studies have shown that hypoxia, a condition caused by inadequate oxygen levels, plays a significant role in the progression of serious illnesses, including cancer. When the body is deprived of oxygen, it resorts to inefficient energy production methods, leading to adverse effects on cell health and an increased risk of diseases.

Nutrition and Exercise: A Dual Approach to Health:

To counteract these health risks, a combination of proper nutrition and consistent physical activity is key. This dual approach is akin to using both hands in harmony, each playing an essential role in maintaining good health and preventing disease. Nutrition provides the body with the necessary resources, while physical activity ensures effective circulation and oxygen delivery.

Introducing the Trilogy of Physical Activities:

The trilogy consists of relaxation and stretching exercises, dynamic (movement-based) exercises, and static (stillness-based) exercises. This comprehensive approach is designed to improve overall body function, supporting both disease prevention and recovery.

Baduanjin: A Traditional Exercise Methodology:

The Baduanjin (Eight Brocade Exercises) is a series of exercises that combine stretching and posture control. These exercises have historical significance and have been proven beneficial in maintaining physical and mental well-being.

The trilogy of physical activities presents a holistic approach to health, blending traditional exercises with modern understanding of wellness. This balanced regimen is designed to cater to various aspects of physical health, addressing the needs of different body systems and promoting overall well-being. The Baduanjin exercises, in particular, offer an accessible way to integrate these principles into daily life, suitable for people of all ages and fitness levels.

Regular practice of these exercises can lead to improved circulation, enhanced oxygen delivery to tissues, better digestion, increased muscle strength, and greater mental clarity. Furthermore, the emphasis on relaxation and mindful breathing within these exercises helps in reducing stress, a significant factor in many chronic diseases. These exercises are not just physical routines; they also encourage a deeper connection between mind and body. This mindfulness aspect is crucial in achieving a state of relaxation and ease, which is essential for preventing disease and maintaining good health.

理想的身體活動三部曲： 放鬆拉筋、動態及靜態身體活動

「疾病」的概念及其對健康的影響

在英語的“疾病”一詞由“dis”和“ease”組合而成，清楚顯示了不適與健康狀況不佳之間的重要關係。這個概念強調了保持身體輕鬆狀態以預防健康問題的重要性，醫學研究進一步詳細闡述了這一點，顯示缺乏放鬆和承受壓力會嚴重導致各種健康問題。

缺氧及其健康後果

醫學研究顯示，由氧氣水平不足引起的缺氧，在包括癌症在內的嚴重疾病的進展中起著重要作用。當身體缺氧時，就會採用低效率的能量生產方法，對細胞健康產生不利影響並增加患病風險。

營養與運動：雙重健康方法

為了應對這些健康風險，關鍵是要結合充足的營養和持續的身體活動。這種雙重方法類似於協調使用雙手，每一隻手都在保持健康和預防疾病方面發揮重要作用。營養為身體提供必要的資源，而身體活動則確保有效的循環和氧氣輸送。

身體活動三部曲

這三部曲包括放鬆和伸展練習、動態（以運動為基本）練習和靜態（以靜止狀態為基本）練習。這種綜合方法旨在改善整體的身體功能，支持預防疾病和身體的復原。

八段錦：傳統運動方法

八段錦是一套結合站立式拉伸導引身體筋骨氣血和姿勢控制的動作，這套動作擁有悠久的歷史，並已被證實為有益於保持身心健康。

身體活動三部曲呈現了一種整體的健康方法，將傳統運動與現代對健康的理解融為一體。這種平衡的養生法旨在滿足身體健康的各個方面及不同身體系統的需求並促進整體健康。尤其是八段錦運動，它提供了一種將這些原則融入日常生活中的簡單方法，適合所有年齡和健康水平的人士。

定期進行這些運動可以改善血液循環、增強組織的氧氣輸送、提升消化機能、增強肌肉力量及提升思考的清晰度。此外，練習中強調的放鬆和專注呼吸有助於減輕壓力，而壓力是引起許多慢性疾病的重要因素。這些練習不僅是身體鍛鍊，也鼓勵身心之間建立更深層的連結，並且這種專注對於實現放鬆和安心的狀態最為重要，預防疾病和保持身體健康的關鍵。



4. Fourth Brocade - Looking Back:

- Slowly turn head left and right while standing.
- Keep posture straight, focus on neck flexibility.
- Breathing: Exhale turning head, inhale returning to centre.

第四段錦：五勞七傷往後瞧

- 直立，慢慢地左右轉動頭部。
- 保持姿勢端正，注意頸部的轉動幅度。
- 呼吸：轉動頭部時呼氣，回到中心時吸氣。

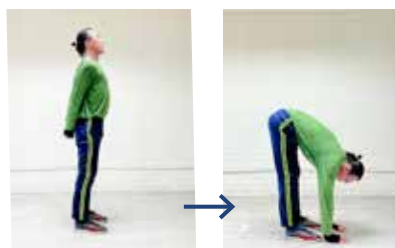


5. Fifth Brocade - Head and Tail Movement:

- In horse stance, swing head and hips side to side.
- Maintain balance, suitable for beginners and elderly.
- Breathing: Exhale during swing, inhale returning to center.

第五段錦：頭擺尾去心火

- 保持馬步姿勢，雙手按膝，頭部和臀部左右擺動。
- 保持平衡，動作適合初學者和老年人。
- 呼吸：擺動時呼氣，回到中心時吸氣。



6. Sixth Brocade - Kidney and Waist Strengthening:

- Lean back, then bend forward touching heels.
- Keep knees straight, focus on whole-body relaxation.
- Breathing: Inhale leaning back, exhale bending forward.

第六段錦：兩手攀足固腎腰

- 上身向後傾，然後向前屈身觸碰腳跟。
- 保持膝蓋挺直，專注於全身放鬆。
- 呼吸：向後傾時吸氣，向前屈身時呼氣。



7. Seventh Brocade - Fist Punching with Glare:

- Horse stance, punch forward and sideways with focus.
- Maintain stable posture, control breathing.
- Breathing: Coordinate with punching movements.

第七段錦：攢拳怒目增氣力

- 保持馬步姿勢，手向前方和側身重力出拳。
- 保持姿勢穩定，控制呼吸。
- 呼吸：配合出拳動作。



8. Eighth Brocade - Heel Raise for Health:

- Hands behind back, alternate raising and lowering heels.
- Focus on balance and relaxation.
- Breathing: Inhale raising heels, exhale lowering.

第八段錦：背後七顛百病消

- 雙手放在背後，交替抬起腳尖和腳跟。
- 注重平衡和放鬆。
- 呼吸：抬起腳尖時吸氣，抬起腳跟時呼氣。



Lunar New Year Children's Workshop

Celebrate the Lunar New Year with our engaging and educational Children's Workshop! Join us for an immersive experience filled with cultural activities and crafts for the Lunar New Year. Each session is packed with interactive activities and creative crafts - the perfect opportunity for kids to learn about and celebrate the customs and festivities of this auspicious time.

For more details and reservations, please call the 2/F Reception on 2118 1890.

農曆新年兒童小手作工作坊

歡迎4-12歲的會員於2月3日、12日及17日前來參加充滿趣味且具有教育意義的兒童小手作工作坊，一起慶祝農曆新年！這工作坊是讓小朋友認識和學習中國傳統文化及手工藝的好機會，讓他們以有趣和互動的方式探索這個節日的傳統和習俗。

每堂均有不同的主題，包括：

- (A) 2月3日星期六 — 農曆新年燈籠製作坊
- (B) 2月12日星期一 — 農曆新年創意黏土工作坊
- (C) 2月17日星期六 — 農曆新年馬賽克杯墊製作坊

每堂收費 — 會員\$80，非會員\$150（包括課程當日的兒童遊戲室入場費）。報名請致電 2118 1890。

- Date : (A) Saturday 3rd February –
Lunar New Year Lantern Making Workshop
 (B) Monday 12th February –
Lunar New Year Creative Clay Workshop
 (C) Saturday 17th February –
Lunar New Year Mosaic Coaster Making Workshop

Time : 2:30pm – 3:15pm

Venue : Children's Playroom

Price : Member \$80, Guest \$150
 (including Children's Playroom entrance fee)

Age : 4-12 years

Holiday Notice

Please note that all junior and adult group classes will be cancelled during Lunar New Year holidays on 10th (Club closed), 12th and 13th February.

課程暫停舉行

請注意，所有兒童及成人團體課程將於2月10日（會所休業）、12日及13日農曆新年公眾假期暫停舉行。

Clay Mini Bread Workshop

This month, be sure to sign-up for our Clay Mini Bread Workshop. Spend an afternoon with us as our expert instructor leads you through the process of molding clay into an array of realistic mini breads. Participants will also learn the art of colouring techniques, adding that final touch to make the creations irresistibly lifelike.



Join us for a session of artistic exploration and take home your own miniature bakery.

黏土迷你麵包工作坊

黏土是能輕鬆揉搓出各種造型的素材，在這個工作坊中，導師將會教授學員如何運用黏土及上色技巧，製作出各款栩栩如生，看似美味可口的麵包模型。工作坊將於2月25日（星期日）舉行，適合5-12歲的會員參加，一堂收費一會員\$180，非會員\$300（包括課程當日的兒童遊戲室入場費）。

Date : Sunday, 25th February

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 : 5-12 years



Happy Lunar New Year

Search for and count the Lanterns, Stars and Flowers. Write the number found next to the picture.

請找出圖中燈籠、星星及花花的數量。

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 Thursday, 29th February. 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2月29日（星期四）舉行之抽獎，勝出者可獲禮物一份。

Name: _____

Age: _____ Contact Tel. No.: _____

Membership No.: _____

Junior Taekwondo

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

少年跆拳道

本會跆拳道班將教授套拳、對策、搏擊等技巧以及體能訓練，學員更可經由教練安排考取國際跆拳道聯盟認可之色帶級別。課程於星期六舉行，適合4歲及以上的會員參加，2月份3堂收費—會員\$540，非會員\$570。歡迎新學員參加！

Date : (A) Saturday 3rd, 17th & 24th February
(B) Saturday 3rd, 17th & 24th February
(Advanced Level)

Time : (A) 4:30pm – 5:30pm
(B) 3:30pm – 4:30pm

Venue : Aerobics Room

Price : Member \$540, Guest \$570 (for 3 lessons)

Age : 4 years and above



Rope Skipping Class

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

花式跳繩班

參加本會的花式跳繩班，除了可以學習跳繩技巧、增強身體四肢的運動量及靈敏度、訓練個人反應外，還可以學習自我肯定、領導力和團隊合作。課程於星期日舉行，適合7-12歲會員參加，2月份兩堂收費—會員\$360，非會員\$380。

Date : Sunday 18th & 25th February

Time : 4:30pm – 5:20pm (50 mins)

Venue : Aerobics Room

Price : Member \$360, Guest \$380
(for 2 lessons)

Age : 7-12 years



Wall Climbing

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

運動攀石訓練班

接受更高的挑戰，參加運動攀石訓練班吧！這項運動有助提升個人運動質素、強化體質、增加身體柔軟度，從而增強肢體協調、穩定性及靈活度。課程於星期日舉行，適合6-10歲會員參加，2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 18th & 25th February

Time : 2:00pm – 3:30pm

Venue : Children's Playroom (Climbing Wall)

Price : Member \$450, Guest \$570
(for 2 lessons, including Children's Playroom entrance fee)

Age : 6-10 years

English Drama Academy

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

英語話劇訓練班

本會經驗豐富的導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，來激發學員對學習英語的興趣。課程於星期三舉行，適合3-12歲的會員參加，2月份4堂收費—會員\$800，非會員\$840。

Date : Wednesday 7th, 14th, 21st & 28th February

Time : (A) 5:30pm – 6:30pm
(B) 4:30pm – 5:30pm

Venue : Gym Activities Room

Price : Member \$800, Guest \$840 (for 4 lessons)

Age : (A) 3-5 years

(B) 6-12 years



Junior Badminton Lessons

Our Junior Badminton Programme is aimed at junior players of all ages. Come and join us for expert group badminton instruction.

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，教導學員正確的技術、步法和策略。課程歡迎6-16歲的會員參加，2月份兩堂收費—會員\$520，非會員\$540。

Date : Friday 16th & 23rd February

Time : (A) 6:30pm – 7:30pm
(B) 7:30pm – 8:30pm

Venue : Aerobics Room

Price : Member \$520, Guest \$540 (for 2 lessons)

Age : (A) 6-10 years

(B) 11-16 years

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。

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to: vivian-ng@pacificclub.com.hk by latest Thursday, 15th February. 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 March. Good Luck!

請於2月15日(星期四)前將答案傳真至2118 0206、電郵至vivian-ng@pacificclub.com.hk，或交到二樓接待處，所有答中者均可參加抽獎。得獎者可於3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

January Solution
一月份
遊戲答案

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

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

Charred Pork Belly and Spicy Sweetcorn Ramen at Bā Ramen in February

Savour the rich, smoky essence of tender charred pork belly, paired with spicy sweetcorn. Our ramen is brought to life with a rich, flavourful broth, simmered slowly with exotic spices and herbs for a deep, soul-satisfying taste.

\$128 per bowl



2月份拉麵吧

日式叉燒辛辣甜粟米拉麵

帶煙燻香氣、嫩滑微焦的燒豚肉，配搭帶點辛辣味的甜粟米。這款拉麵的香濃美味湯底，是以富異國風味的香料和香草慢火熬製，帶來濃厚、令人滿足的味道。歡迎前來品嚐。

每碗\$128。



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



United Service Club Brisbane, Australia

Located in Brisbane, Queensland, the United Service Club was originally formed as an officers' club for the Queensland Defence Force, for socialising and to promote the study of military and naval matters. It has evolved over the years to become a premium private members' club that welcomes civilian and military members both from within Queensland and the broader community.

The United Service Club offers dining options to suit a range of tastes and occasions. From à la carte to relaxed dining, the dedicated kitchen and food and beverage team are focused on providing members and guests with the most memorable dining experience when visiting the Club.

The Front Verandah & Terrace is a very popular spot to enjoy a meal on those perfect weather days in Brisbane. The menu is casual and relaxed. For a more formal meal, the Club's Dining Room is open for lunch and dinner, and has dress code requirements in the evenings. The Members' Bar and adjoining Military Bar provide the perfect oasis for time out from the hustle and bustle of the city. Simply wander in and enjoy coffee and cake – the cakes are all homemade by the Pastry Chef – or even a light lunch with friends, or catch up with colleagues and clients over a relaxing drink after work. This is also the perfect spot to meet prior to your lunch or dinner booking.

If you need space to work, the co-working hub provides that perfect spot where members can deal with business... in the heart of the city, amid the comfort of the Club. In the Reading Room, you'll find a sanctuary of peace and quiet, with comfortable armchairs surrounded by an extensive and eclectic library, artworks and memorabilia. Retreat to the Reading Room to read, enjoy a game of chess or catch up on emails.

And if you are looking for accommodation in the heart of Brisbane, the United Service Club provides quality accommodation for members of reciprocal clubs. All rooms feature ensuite bathrooms, televisions, air-conditioning, direct dial telephones, free wireless internet and personal bars.



So, if you are planning on traveling to Brisbane in the future, be sure to obtain a Letter of Introduction for the United Service Club - a place that welcomes Pacific Club Members.

United Service Club 位於澳洲昆士蘭布里斯班，最初是作為昆士蘭國防軍的軍官俱樂部而成立，用於社交和促進對軍事和海軍事務的研究。經過多年後，它已經發展成為一間高級私人會所，會員來自昆士蘭及其他社區的市民和軍人。

United Service Club 為了迎合不同人士的口味和不同場合的需要而提供多種餐飲選擇。無論是自選菜式到簡單餐點，專業的廚房和餐飲團隊都會專注於為會員及其客人在到訪會所期間提供最難忘的用餐體驗。

Verandah & Terrace 是一個非常受會員歡迎的地方，可以讓他們在布里斯班極好的天氣下享用輕鬆簡單的美食。對於較正式的用餐，會所的 Dining Room 會於午餐和晚餐時段開放，而晚餐時段則設有特定的穿著要求。Members' Bar 和毗鄰的 Military Bar 是遠離城市繁囂的好去處。悠閒地步入酒吧，享用咖啡和蛋糕 — 這些蛋糕都是糕點師傅親自製作 — 甚至可以與朋友共進午餐，或者在下班後與同事和客戶小酌一杯。這裡也是在享用午餐或晚餐之前與同伴相約見面的理想場所。



如果大家需要在市中心找尋一個共同工作的空間，建於會所內的辦公中心可以讓大家舒適地處理業務，為會員提供了一個完美的選擇。在會所閱覽室，大家會發現這是一個寧靜祥和的地方；在舒適的扶手椅周圍環繞著廣泛而兼收並蓄的圖書、藝術品和紀念品，大家可以在這裡看書、下國際象棋或收發電子郵件。

如果大家需要在布里斯班市中心尋找住宿地點，United Service Club 也為海外聯繫會所的會員提供優質的住宿服務。所有客房均設有套間浴室、電視、空調設施、電話服務、免費無線網絡和私人酒吧。

因此，如果大家將計劃前往布里斯班，請攜同本會的介紹信到訪 United Service Club — 一個熱烈歡迎太平洋會會員的地方。

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

如欲查詢有關海外聯繫會所的資料，請致電2118 1802聯絡會籍部。

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