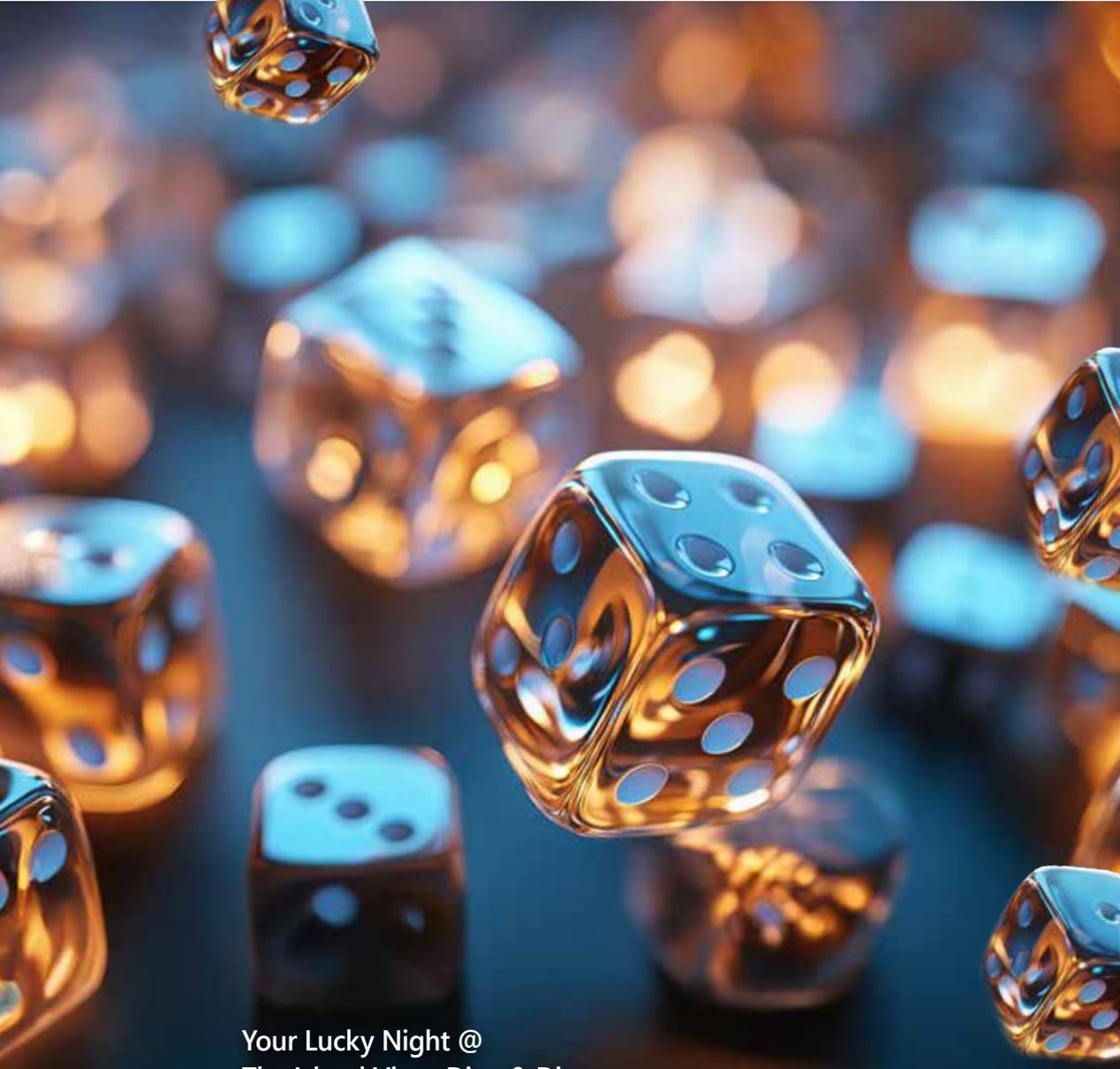


三月號

薈絮



Your Lucky Night @
The Island View: Dine & Dice

PACIFIC

MARCH 2026

VIEWS

CELEBRATE THE MOMENT YOUR BIRTHDAY, OUR TREAT!

慶祝你的大日子 享受你的生日優惠！



Make your birthday truly unforgettable at The Island View, Pier 6, Capricci or Bauhinia. Share a special meal with friends or family and, with a minimum spend of \$2,000, enjoy a complimentary bottle of Prosecco and a beautifully presented one-pound birthday cake.

Hosting a larger celebration? For birthday banquets of 30 guests or more, enjoy a special rate of \$150 per person for our \$200 beverage package, which includes three hours of free-flow wines, beer, juices and soft drinks. When this package is purchased, each guest will receive an additional welcome glass of Prosecco, and a 1.5-pound birthday cake will be provided for every 10 guests.

Choose from a delicious selection of cakes including Vanilla or Mango Napoléon, Opéra, Matcha, Chocolate Mousse, Fresh Fruit Cream and more.

Available throughout your birthday calendar month, until 30th June 2026. Terms & Conditions and Blackout Dates apply.

歡迎會員與親朋好友前來 Island View、Pier 6、Capricci 或紫荊閣餐廳舉行一個難忘的生日聚餐！凡聚餐消費滿 \$2,000 或以上，即可免費獲贈由本會送出的 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。

想安排更大型的慶祝活動？凡舉辦 30 位或以上賓客的生日聚餐，可以以每位 \$150 優惠價享用原價 \$200 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。而選購此飲品套餐後，每位賓客更可額外免費享用 Prosecco 氣酒一杯，以及每 10 位賓客可獲贈一個 1.5 磅重的蛋糕。

我們亦為你準備了多款美味的蛋糕選擇，包括香草或芒果拿破崙蛋糕、歌劇院蛋糕、抹茶蛋糕、朱古力慕斯蛋糕、新鮮水果奶油蛋糕等。

歡迎於你的生日月份內使用此優惠，有效期至 2026 年 6 月 30 日止。優惠受條款及細則約束，並且不適用於部分日期。

TO BOOK YOUR CELEBRATION 預約你的生日聚餐

Dining Reservation

於餐廳享用午餐或晚餐

The Island View 2118 1846 | Pier 6 2118 1878
Capricci 2118 1803 | Bauhinia (紫荊閣) 2118 1892

Banqueting Enquiries

私人聚餐

2118 2851 or 2118 2295

Terms and Conditions for Restaurants 於餐廳用餐 — 條款及細則

1 To qualify for the complimentary one bottle of Prosecco and one-pound birthday cake, a minimum food and beverage spend of \$2,000 is required at The Island View, Pier 6, Capricci or Bauhinia restaurants. In Island View, Pier 6, Capricci or 紫荊閣餐廳用膳消費滿 \$2,000，可獲贈 Prosecco 氣酒一瓶及一磅重的生日蛋糕一個。**2** This promotion is valid during the Member's birthday calendar month, until 30th June 2026. 此推廣活動的有效日期至 2026 年 6 月 30 日期間的會員生日月份內。**3** There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但此優惠每餐僅可兌換一次，且僅適用於單一帳單。**4** Blackout dates – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 及 21/6. 優惠不適用日期：2026 年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6 及 21/6。**5** A table reservation is required at the selected restaurant. All cakes must be pre-ordered at least 48 hours in advance. 必要在指定的餐廳預訂餐桌，所有蛋糕必須最少提前 48 小時預訂。**6** Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、蘇酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。**7** The offer is not applicable to banqueting events. 此優惠不適用於私人聚餐活動。**8** This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。**9** The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。

Terms and Conditions for Banqueting Events 私人聚餐生日優惠 — 條款及細則

1 This offer is only applicable to bookings of 30 persons or more made through the Banqueting Office. Minimum spending applies. For enquiries, please contact the Banqueting and Events Department on 2118 2851 / 2118 2295. 此優惠僅適用於透過本會宴會部預訂 30 人或以上的聚餐。設有最低消費要求。如有任何查詢，請致電 2118 2851 / 2118 2295 與宴會部聯絡。**2** Special rate of \$150 per person for the \$200 beverage package, which includes 3 hours of unlimited soft drinks, orange juice, apple juice, selected beer and house wines. 以 \$150 優惠價享用原價 \$200 的飲品套餐，包括暢飲三小時葡萄酒、啤酒、果汁及汽水。**3** One complimentary welcome glass of Prosecco per person based on the confirmed number of guests. 根據確認賓客人數，每位可獲贈 Prosecco 氣酒一杯。**4** One complimentary 1.5-pound birthday cake for every 10 guests. Available cake flavours: Classic Vanilla Napoléon Cake, Mango Napoléon Cake, Classic Opéra Cake, Matcha Opéra Cake, Fresh Fruit Cream Cake, Duo of Chocolate Mousse Cake, Dark Chocolate Cake with Rum and Raisins, NY Style Cream Cheese Cake, NY Style Blueberry Cream Cheese Cake. 每 10 位賓客可獲贈 1.5 磅重的蛋糕一個。可選擇的蛋糕口味：經典香草拿破崙蛋糕、芒果拿破崙蛋糕、經典歌劇院蛋糕、抹茶歌劇院蛋糕、新鮮水果奶油蛋糕、雙重朱古力慕斯蛋糕、蘇酒提子黑朱古力蛋糕、紐約芝士蛋糕、紐約藍莓芝士蛋糕。**5** There is no limit to the number of visits a Member can make during their birthday calendar month. However, the offer may only be redeemed once per meal period and must be applied to a single bill. 會員在其生日月份內的造訪次數不設限制，但每次聚餐僅可兌換此優惠一次，且僅適用於單一帳單。**6** Blackout dates – 2026: 1/1, 14/2, 16–19/2, 3–7/4, 1/5, 10/5, 25/5, 19/6 及 21/6. 優惠不適用日期：2026 年：1/1、14/2、16–19/2、3–7/4、1/5、10/5、25/5、19/6 及 21/6。**7** This offer is non-transferable and cannot be exchanged for other promotions or credits. 此優惠不可轉讓，或兌換其他推廣優惠。**8** The Pacific Club reserves the right to amend the terms and conditions. All decisions shall be final. 太平洋會保留更改條款及細則的權利，並保留最終決定權。**9** The Pacific Club's Banqueting and Events Terms and Conditions also apply. 太平洋會宴會活動的條款及細則亦同時適用於此優惠。



Ronald Loges
General Manager
總經理 — 羅納德 陸格

Dear Members

Following a memorable Lunar New Year period last month, the weeks ahead focus on regular Club programmes and seasonal activities that maintain a strong sense of momentum across the Pacific Club as we move towards Easter.

New dining promotions launch this month across our restaurants. At Capricci, T-Bone Tuesdays take place weekly, centred around a generous Black Angus T-Bone Steak designed for sharing. Pier 6 presents Wellington Wednesdays, featuring a four-course menu built around classic Beef Wellington or a Salmon and Seabass Wellington. Details can be seen on page 7. In addition, Pier 6 will offer a selection of a la carte dishes featuring Welsh Salt Marsh Lamb throughout March, providing another appealing reason to dine at Pier 6 during the month. Turn to page 15 for more. At Bauhinia, Vegetarian dishes are available throughout March for Members looking for lighter, healthier options as part of their everyday dining.

At The Island View, Dine and Dice is a key highlight this month, running throughout March and turning the moment the bill arrives into part of the evening's enjoyment, with the chance to roll a six and have all food taken off the bill. Don't miss this fantastic promotion, with all the information on page 4.

Looking ahead to Easter in early April, The Island View and Pier 6 will host a programme of elaborate dining experiences and family activities from Good Friday through to Easter Monday, bringing the imaginative world of Alice in Wonderland to life through themed menus, décor and moments of surprise across the Club. Turn to pages 10 to 13 for all the incredible details. Members may also place advance orders for the Pacific Club Chocolate Easter Egg, a truly special seasonal creation prepared individually by our Pastry Team, with limited quantities available. Learn more on page 14.

In Recreation, the Club will host its first Pickleball Tournament on the outdoor courts, using a rotating doubles format. Open to a range of playing levels, the format supports both competition and connection, with limited places available. Sign-up information can be found on page 22.

As always, I look forward to seeing you around the Clubhouse this month.

尊敬的會員，

繼上個月令人難忘的農曆新年慶祝活動後，接下來的幾個星期裡，我們會將注意力放回常規的會所活動及季節性美食上，並重點籌備即將到來的豐富復活節活動。

於本月份，本會各餐廳將推出全新的餐飲優惠活動。首先，Capricci 餐廳將於每個星期二推出「T 骨牛扒星期二」優惠，主打份量十足、適合多人共享的黑安格斯 T 骨牛扒。此外，Pier 6 餐廳則將於每個星期三推出「威靈頓星期三」優惠，提供共有 4 道菜式的套餐，主打經典牛肉威靈頓或三文魚鱸魚威靈頓。詳情請參閱第 7 頁；同時，Pier 6 亦將於整個 3 月份推出一系列以威爾斯鹽沼羊肉為特色的單點菜式，再增添一個吸引你前來 Pier 6 用餐的理由。詳情請參閱第 15 頁。而紫荊閣也將於 3 月份期間為希望在日常用餐中尋求更清淡、更健康選擇的會員提供素食菜式。

在 Island View 餐廳，本月份的活動焦點就是「擲骰子贏晚餐」活動，將於整個 3 月份舉行。屆時，結帳環節也將成為你享受當晚樂趣的一部分：凡擲出 6 點，當晚所有食品費用全免。千萬不要錯過這項精彩的活動，欲知更多詳情請參閱第 4 頁。

展望於 4 月初的復活節，從 Good Friday 到復活節星期一，Island View 及 Pier 6 餐廳皆會舉辦一連串精心策劃的餐飲體驗和家庭活動，透過主題菜單、裝飾和會所各處的驚喜，將《愛麗絲夢遊仙境》的奇幻世界呈現在大家面前。更多精彩詳情，請參閱第 10-13 頁。此外，會員還可以提前預訂太平洋會朱古力復活蛋。這是一款由本會的糕點師傅團隊精心製作的特別節日甜點，數量有限，詳情請參閱第 14 頁。

在康體活動方面，本會將於戶外球場舉辦首屆匹克球比賽，以輪換雙打賽制進行，歡迎所有程度的球員參加，賽制兼顧競技性和交流性，名額有限，報名資訊請參閱第 22 頁。

一如以往，我期待與大家在太平洋會見面。

Board of Governors

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

Management 管理階層

Ronald Loges	羅納德 陸格	Tel: 2118 1888
General Manager	總經理	Fax: 2118 0204
	E-mail: ronaldloges@pacificclub.com.hk	
Flora Lam	林淑娟	Tel: 2118 1830
Chief Accountant	總會計師	Fax: 2118 0208
	E-mail: flora-lam@pacificclub.com.hk	
Tommy Ko	高文偉	Tel: 2118 1808
Membership Manager	會籍部經理	Fax: 2118 0209
	E-mail: tommy-ko@pacificclub.com.hk	
Anson Ho	何嘉熹	Tel: 2118 5286
Sports & Leisure Manager	體育及康樂經理	Fax: 2118 0206
	E-mail: anson-ho@pacificclub.com.hk	
Daniel Birkner		Tel: 2118 1825
Head of Culinary & Restaurant Operations	廚藝及餐飲營運總監	Fax: 2118 0207
	E-mail: daniel-birkner@pacificclub.com.hk	
Grace Ng	吳嘉華	Tel: 2118 1824
Banqueting & Events Manager	宴會及活動統籌經理	Fax: 2118 0207
	Email: grace-ng@pacificclub.com.hk	
Irene Chan	陳亮而	Tel: 2118 1806
Human Resources Manager	人力資源部經理	Fax: 2118 1832
	E-mail: irene-chan@pacificclub.com.hk	

Bookings 預約及查詢電話

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

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25	Golf News	高球資訊
26	In Full Bloom	創意花坊
27	The Spa	美容情報
28	Fitness	健康情報
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32	Kids' Corner	兒童天地
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DINE & DICE

Roll a Six and Eat for Free!

擲骰子，贏取美食享受！

擲出 6 點，即可免費用餐！

This March, dinner at The Island View Restaurant comes with a little extra anticipation. Alongside our extensive Dinner Buffet, Members are invited to take part in Dine & Dice, a simple moment of chance that could see your entire food bill taken care of.

The Buffet showcases Jet fresh Atlantic Oysters and an abundant Seafood Selection, Black Angus Prime Rib served with classic trimmings at the carving station, Japanese-inspired Matcha Desserts, and a dedicated Kids' Station with freshly made Candy Floss, Popcorn, Poffertjes Pancakes, and much more.

When it is time to settle the bill, roll the die and see what the evening brings!

於 3 月份，在 Island View 餐廳享用晚餐將增添多一份期待。除了豐盛的自助餐餚外，會員還可以參與「擲骰子贏晚餐」活動，只需試試運氣，就有機會贏得食品全額免費享用。

自助晚餐美食包括新鮮捕撈的大西洋生蠔和琳瑯滿目的海鮮，還有即場供應的黑安格斯肋眼牛排配搭經典配菜、日式抹茶甜點，以及專為兒童而設的兒童美食區，提供新鮮製作的棉花糖、爆米花、荷蘭小鬆餅等。

結帳時，不妨擲一下骰子，看看當晚會有什麼驚喜！

1st to 31st March

3月1日至31日

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$448	\$298	\$208

Venue : The Island View Restaurant
地點 :

Reservations 訂座 : 2118 1846

Roll a 6
擲出6點

▶ All food is removed from the bill
所有食品費用全免

Roll a 5
擲出5點



▶ enjoy 50% off all food
所有食品享5折優惠

Roll a 4
擲出4點



▶ enjoy 40% off all food
所有食品享6折優惠

Roll a 3
擲出3點



▶ enjoy 30% off all food
所有食品享7折優惠

Roll a 2
擲出2點



▶ enjoy 20% off all food
所有食品享8折優惠

Roll a 1
擲出1點



▶ enjoy 10% off all food
所有食品享9折優惠

- When requesting the bill, one die will be presented per booking or party. 每一個預訂安排或團體聚餐，結帳時將獲一枚骰子。
- The Member may roll the die personally or appoint one of their attending guests to do so. 會員可親自擲骰，或委託一位賓客代為擲骰。
- One roll only per booking or party. No practice rolls or re-rolls unless the die is clearly stuck between numbers or falls off the table. 每一個預訂安排或團體聚餐僅限擲骰一次，並不提供試擲。除非骰子明顯卡在兩個數字之間或掉落到桌子外，否則不提供重擲機會。

Terms and Conditions 條款及細則

1. This promotion runs from 1st to 31st March at The Island View Restaurant during dinner service and applies to food only. 此優惠活動將於 3 月 1 日至 31 日在 Island View 餐廳的晚餐時段舉行，並僅限食品收費可獲減免（不包括飲品）。
2. Valid for one Membership account per booking or party. 每一個預訂安排或團體聚餐中僅限一個會員可參與遊戲。
3. The maximum party size is 12 guests. 團體聚餐人數上限為 12 人。
4. Not applicable to Banquet or Event bookings. 此優惠不適用於特別安排的宴會活動。
5. Not valid in conjunction with any other promotion including birthday offers. 此優惠不可與其他優惠活動（包括生日優惠）同時使用。
6. Prizes are not transferable, exchangeable or redeemable for cash, credit or any other form of compensation. 獎品不可轉讓、兌換其他優惠，或折算成現金、扣除其他消費或兌換其他任何形式的補償。
7. Pacific Club reserves the right to refuse participation or rewards in cases of unfair conduct, dishonesty or ineligibility. 如遇不正當行為、詐欺或不符合資格的情況，太平洋會保留拒絕參與或授予獎賞的權利。
8. Pacific Club reserves the right to suspend, cancel, modify or withdraw this promotion at any time. 太平洋會保留隨時暫停、取消、修改或撤銷此優惠活動的權利。
9. In the event of any dispute, Pacific Club reserves the final decision. 如有任何爭議，太平洋會保留最終決定權。



By Tommy Ko
Membership Manager
撰文：會籍部經理

In this issue, I would like to kindly remind all Members to be considerate when using handheld electronic devices, in particular mobile phones, tablets and notebook computers, on Club premises. To help maintain a comfortable and enjoyable environment for everyone, we ask that Members observe the following guidelines.

All mobile phones and electronic devices should be set to silent mode while on Club premises, including all outdoor areas such as balconies, outdoor tennis courts, poolside and the sundeck etc.

To avoid disturbing fellow Members, when using mobile phones or handheld electronic devices to play music or games, watch videos, listen to voice messages or take part in video conferencing in designated areas, the use of headphones is required.

Please note that the other existing Club rules on use of mobile phones and handheld electronic devices on the Club premises remain unchanged.

Thank you for your cooperation.

在今期薈絮中，我想提醒各位會員，在會所範圍內使用手提電子裝置時，特別是手提電話、平板電腦及手提電腦，應顧及他人。為了讓所有會員能享受更舒適和諧的環境及氣氛，請大家留意及遵守以下規條。

於會所範圍內，包括戶外地方，如露台、室外網球場、游泳池畔及日光浴區等，必須把所有手提電話及電子裝置調教至靜音模式。

為了避免打擾其他會員，當在指定區域使用手提電話及手提電子裝置聆聽音樂或玩遊戲、觀看影片、聆聽語音信息或進行視像會議時，必須使用耳機。

請注意，本會現行有關在會所內使用手提電話及電子裝置的其他規條保持不變。

多謝各會員合作。



Earth Hour 2026

Since the launch of Earth Hour by the World Wildlife Fund in 2009, the initiative has encouraged people around the world to pause and reflect on the collective impact of small, thoughtful actions in addressing climate change. It serves as a reminder that tackling climate change begins with awareness, shared responsibility and a willingness to act, even in simple ways.

The Pacific Club will once again support Earth Hour, which takes place **from 8.30pm to 9.30pm on Saturday, 28th March**. During this time, selected non-essential internal and external lighting across the Club will be switched off as a gesture of support for climate action and environmental sustainability. Members are encouraged to take part at home too.

To learn more about Earth Hour or to sign up for the campaign, please visit <https://earthhour.wwf.org.hk>.

Children's Playroom

For the well being of all Members, we ask that children are not brought to the Playroom if they are showing any respiratory symptoms such as a cough, cold or fever, or if they have a contagious illness. Please note that children who are unwell or showing signs of illness will not be permitted to use the Playroom and may be asked to leave the facility.

We also ask for parents and guardians to ensure that children behave appropriately while using the Playroom. Children whose behaviour disrupts others or the general enjoyment of the facility may be restricted from future use of the Playroom.

地球一小時2026

自從「世界自然基金會」於2009年發起「地球一小時」熄燈行動以來，這項倡議鼓勵世界各地人士停下腳步，反思那些看似微小卻意義深遠的行動，它們如何匯聚力量，共同應對氣候變遷。這行動提醒我們，應對氣候變遷始於提高意識、共同承擔責任及採取行動的意願，即使只是一個簡單的方式。

太平洋會將於3月28日(星期六)晚上8時30分至9時30分再次參與這項有意義的行動。在這一小時內，我們會關掉一些非必要的室內外照明燈光，以示對拯救氣候和環境永續發展的支持。我們也鼓勵會員在家中一同參與。

如欲參加「地球一小時」熄燈行動，或想得到更多有關資訊，可瀏覽網址：<https://earthhour.wwf.org.hk>。

兒童遊戲室

為所有會員健康設想，如果兒童出現咳嗽、感冒或發燒等呼吸道疾病症狀，或患有接觸傳染性的疾病，請勿帶他們前往兒童遊戲室。請注意，身體不適或出現疾病症狀的兒童將不允許使用兒童遊戲室，並可能被要求立即離開。

我們也請家長和監護人確保兒童在使用遊戲室時行為正確。兒童如做出騷擾他人或影響他人使用設施的行為，本會可能會限制他們今後使用兒童遊戲室的權利。



Tel : 2118 1828

Fax : 2118 0208

Address : Harbour City, Kowloon, Hong Kong

E-mail : info@pacificclub.com.hk

Website: www.pacificclub.com.hk



HOST A MEMORABLE DIY BBQ AT THE PACIFIC CLUB!

在太平洋會舉辦難忘的自助燒烤派對！



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

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

What We Offer:

● **Idyllic Waterside Setting**

Enjoy the serene backdrop of our waterside setting, perfect for your outdoor gathering.

● **Comprehensive BBQ Kit**

We provide all the essentials, from cooking utensils to plates, glasses, cutlery, and charcoal.

● **Customized Menu**

Take your pick from a mouthwatering array of meats, seafood, vegetables, sauces, and accompaniments. Complement your meal with a selection of beers, wines, and soft drinks.

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

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

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

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

想尋找理想的地方舉辦與親朋好友歡聚的活動？

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

我們可為你準備一個完美的燒烤大餐！

● **優美的海旁**

享受我們寧靜優美的海畔環境，非常適合戶外聚會。

● **完善燒烤設備**

我們提供所有戶外燒烤的必需品，從用具到盤子、玻璃杯、餐具和木炭。

● **選擇豐富的燒烤美食**

各式各樣令人垂涎的肉類、海鮮、蔬菜、醬料及配料任君挑選，還有多款啤酒、葡萄酒及汽水選擇。

而你所須要自備的只是一名私人廚師！

燒烤場使用時間為每日中午 12 時至晚上 10 時，
派對時間為 3 小時。

預約派對可致電 2118 2851 / 2118 2295 聯絡宴會部。

我們非常樂意為你的派對提供最適合的建議及餐飲選擇。



T-BONE TUESDAYS

Every Tuesday at Capricci

T 骨牛扒星期二

Tuesdays in March are for sharing at Capricci!

Gather around the table and enjoy our generous 1kg Black Angus T-Bone Steak, simply prepared and served with a fresh Arugula Salad and shavings of Parmigiano-Reggiano. Perfect for sharing with friends or family.

3 月份逢星期二，Capricci 餐廳歡迎大家前來共享美食！

與親朋好友圍坐在餐桌旁，享用我們精心烹製的1千克黑安格斯T骨牛扒，配搭灑上巴馬臣碎芝士的新鮮芝麻菜沙律，是最適合與親朋好友共享的美食。

\$750 | per piece
每份

Venue : Capricci Restaurant
地點 :

Reservations 訂座 : 2118 1803

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

WELLINGTON WEDNESDAYS

Every Wednesday at Pier 6

威靈頓星期三

A new midweek promotion arrives at Pier 6 with Wellington Wednesdays, an elegant dining experience centred on a classic favourite. The four course menu offers a choice of Black Angus Beef Wellington or Salmon and Seabass Wellington, creating a meal that feels refined and luxurious, at a great price!

Pier 6 餐廳將於3月份逢星期三推出全新美食推介—「威靈頓星期三」，為大家帶來以經典威靈頓菜式為主題的優雅用餐體驗。

在共有4道菜式的套餐中，包括了黑安格斯牛肉威靈頓或三文魚鱸魚威靈頓兩種選擇，並以實惠的價格送上這精緻奢華的套餐！

MENU

Fine de Claire Oysters with Mignonette and Lemon

Signature Boston Lobster Bisque

Black Angus Beef Wellington with Morel Sauce
Served with Mashed Potatoes, Green Peas and Carrots
Or

Wellington of Salmon and Sea Bass with Chive Beurre Blanc
Served with Mashed Potatoes, Green Peas and Carrots

Pistachio Tiramisu

\$598 | per person
每位

Venue : Pier 6 Restaurant
地點 :

Reservations 訂座 : 2118 1878



HEALTHY VEGETARIAN DISHES AT BAUHINIA

健康素菜

This month, Bauhinia introduces a selection of meat free dishes created for those who enjoy lighter, plant-based eating without giving up flavour. Prepared using fresh vegetables, these dishes offer a wholesome option for everyday dining.

本月份，紫荊閣將推出一系列專為喜愛清淡無肉卻不想犧牲口福的會員而設計的素食菜餚。這些菜餚採用新鮮蔬菜烹製，是日常用餐的健康之選。

菜式包括

- Sweet and Sour Lion's Mane Mushroom with Pineapple
鮮菠蘿甜酸猴頭菇
- Baked Assorted Vegetables in Portuguese Sauce
葡汁焗四寶蔬

1st to 31st March

3月1日至31日

Venue : Bauhinia

地點 : 紫荊閣

Reservations 訂座 : 2118 1892



Our Pastry Chef's Masterpiece CASSIS CRÈME BRÛLÉE DANISH WITH BLUEBERRIES AND ALMONDS

太平洋會糕點師傅精心傑作
黑莓焦糖燉蛋丹麥酥
配藍莓杏仁

A crisp, buttery Danish forms the base for a smooth cassis crème brûlée. The richness of the filling is balanced by the natural freshness of blueberries, while sliced almonds add a light, toasted finish.

酥脆的牛油丹麥酥皮為柔滑的黑莓焦糖燉蛋作基底，濃郁的燉蛋與藍莓的清新口感完美平衡，而杏仁片則帶來一絲輕盈的烘焙香氣。

\$68 | per piece
每件

Available daily in all outlets from 12:00noon
由每日中午12時起在所有餐廳及酒吧供應

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

A COMFORTING CASSEROLE DISH

暖胃煲仔菜

Casserole Rice dishes are the perfect meal for the cooler weather. This month, I would like to introduce a casserole dish with a delicious flavour - Casserole of Preserved Sausages and Taro with Coconut Juice.

熱騰騰的煲仔菜絕對是寒冷天氣下的最佳美食，所以今個月我想為大家介紹一款香味撲鼻的煲仔菜——椰汁芋頭臘腸煲。

By Chef Yip Tsang Keung

Executive Chef, Bauhinia Restaurant

撰文：紫荊閣行政總廚 — 葉增強師傅

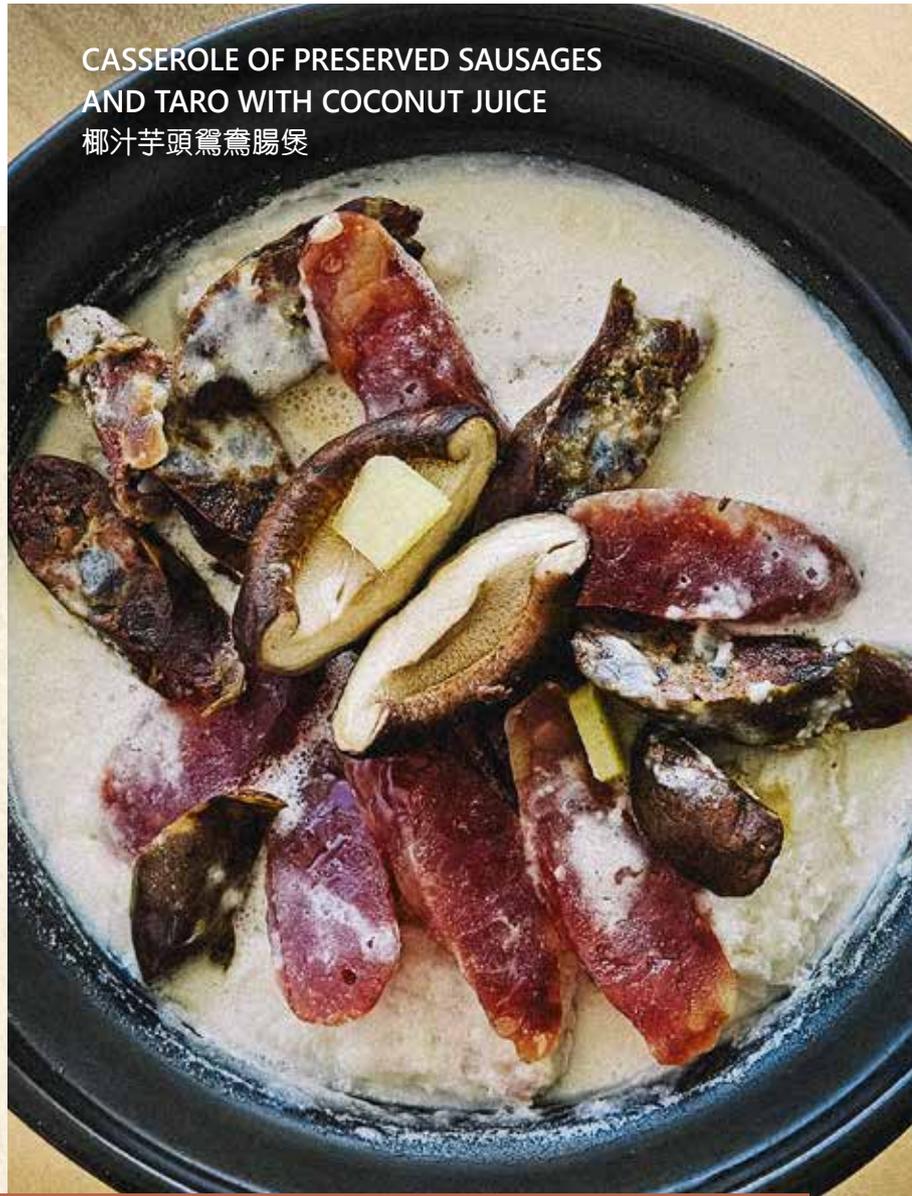


INGREDIENTS 材料

• Assorted Preserved Sausages	3 pcs	臘腸、腸腸	共3條
• Large Taro	½ pc	大芋頭	半個
• Fresh Black Mushrooms	3 pcs, cut in half	鮮冬菇	3隻·切半
• Coconut Juice	3 tbsp	椰汁	3湯匙
• Milk	3 tbsp	花奶	3湯匙
• Butter	A little	牛油	少許
• Chicken Soup	1½ Rice Bowls	雞湯	1½ 飯碗
• Sliced Ginger	A little	薑片	少許
• Sugar	¾ tsp	糖	¾茶匙
• Salt	½ tsp	鹽	½茶匙
• Chicken Powder	A little	雞粉	少許
• Cornstarch Water	A little	生粉水	少許

CASSEROLE OF PRESERVED SAUSAGES AND TARO WITH COCONUT JUICE

椰汁芋頭臘腸煲



INSTRUCTIONS 步驟

1. Wash and peel the taro and cut it into small pieces. Steam them over water for 15-20 minutes. Set aside.
2. Blanch the preserved sausages in hot water for 2 minutes, then steam over water for 8-10 minutes. Cut into pieces and set aside.
3. Add the coconut juice, milk, butter, chicken soup, sliced ginger and black mushroom into a casserole. Bring these ingredients to a boil.
4. Add sugar, salt and chicken powder and cook for a further 5-6 minutes.
5. Add cornstarch water and cook for another 2-3 minutes to thicken. Stir the ingredients with chopsticks to mix them well. Serve!

1. 將芋頭洗淨、去皮，切成小件，隔水蒸 15-20 分鐘。備用。
2. 將臘腸、腸腸放入滾水中灼兩分鐘，然後隔水蒸 8-10 分鐘，切件備用。
3. 將椰汁、花奶、牛油、雞湯、薑片及冬菇加入砂鍋中，煲滾。
4. 然後加入糖、鹽及雞粉，再煲 5-6 分鐘。
5. 最後加入生粉水，再繼續煲 2-3 分鐘至汁液變稠。其間用筷子輕輕攪拌以拌勻食材及汁液。即可享用！



AN ALICE IN WONDERLAND EASTER AT THE CLUB

太平洋會復活節 「愛麗絲夢遊仙境」



GOOD FRIDAY & EASTER SATURDAY WONDERLAND LUNCH BUFFET

「GOOD FRIDAY 及復活節星期六夢遊仙境」自助午餐

Enjoy our extensive Lunch Buffet this Good Friday and Easter Saturday, where the table drifts into Wonderland. Wander down the Rabbit Hole and discovering something new at every turn.

Explore generous displays of cold cuts and salads, a broad selection of hot and cold dishes, traditional carving favourites and a plentiful spread of desserts. A dedicated Juice Station offers a playful Drink Me moment, serving refreshing, fruit filled blends to accompany the fantastic spread.

在 Good Friday 及復活節星期六，歡迎前來盡情享用我們豐盛的自助午餐，屆時讓你彷彿置身於仙境之中，漫步於奇妙的兔子洞穴，處處充滿驚喜。

琳瑯滿目的凍肉及沙律、各式各樣的冷熱菜餚、傳統烤肉及豐富甜點，應有盡有。我們還設有專屬果汁吧，為你帶來趣味十足的「Drink Me」時刻，供應清新可口的果汁，與豐盛的自助餐點完美搭配。

Friday, 3rd April

4月3日 (星期五)

Venue :

地點 : The Island View & Pier 6 Restaurant

Saturday, 4th April

4月4日 (星期六)

Venue :

地點 : The Island View Restaurant

Adults

成人

\$298

Children 6-12 years

小童 6-12歲

\$228

3-5 years

3-5歲

\$148

including Juice Station

包括果汁任飲





SEAFOOD DINNER FEAST 海鮮自助晚餐

This Good Friday and Easter Saturday evening, Alice's sense of curiosity sets the tone for a Seafood Dinner Buffet that invites guests to explore and discover. Follow the White Rabbit from counter to counter as the Buffet unfolds, revealing chilled seafood, fresh salads, hot and cold dishes and delicious seafood specialties along the way.

There is a touch of the Mad Hatter's fondness for abundance in the generous spread, while the Cheshire Cat makes his presence felt as dishes catch your eye just when you think you have seen it all. A tempting display of desserts brings the evening to a close, overseen by a hint of Queen of Hearts indulgence.

A dedicated Juice Station offers refreshing, fruit filled blends to accompany the flavours of the sea.

Served across two evenings at The Island View and Pier 6, this Easter Seafood Dinner Buffet is the perfect place for a holiday meal.

在今年的 Good Friday 及復活節星期六晚上，愛麗絲的好奇心將引領你一同探索及發掘海鮮自助晚餐的美味。跟隨白兔先生的腳步，穿梭於每張自助美食枱之間，率先用眼睛品嚐琳瑯滿目的佳餚，包括冰鎮海鮮、清新沙律、冷熱菜餚及各種海鮮特色菜。

在豐盛的菜餚中瀟灑著瘋帽子對美食的熱愛，而柴郡貓的出現，會讓你以為已經飽覽所有美食時，一道道誘人的菜餚再映入你的眼簾。令人垂涎的甜點將為這場盛宴畫上完美的句號，其中還夾雜著一絲紅心皇后的奢華誘惑。

特設的果汁吧將供應清新可口的果汁，與海鮮的鮮味相得益彰。

復活節海鮮自助晚餐將於連續兩個晚上在 Island View 及 Pier 6 餐廳舉行，是你歡度佳節的理想之選。



Friday, 3rd April
Saturday, 4th April
4月3日 (星期五)
4月4日 (星期六)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$398	\$288	\$188

including Juice Station
包括果汁任飲



MAD HATTER'S TEA PARTY AT PIER 6 「瘋帽子」下午茶派對

Step into a curious world where tea time never seems to end. The Mad Hatter's Tea Party brings the spirit of Alice in Wonderland to Pier 6, creating an afternoon that feels colourful, imaginative and unexpected.

Members are encouraged to dress for the occasion, with outfits inspired by Wonderland characters warmly welcomed. The restaurant will be styled with whimsical touches and unexpected details, stepping away from the ordinary.

Activities will take place throughout the afternoon, including riddles, a game of flamingo croquet and a Cheshire Cat inspired challenge, adding light moments of fun to the experience. At the table, guests can enjoy a decadent selection of themed food and drinks, with sweet treats and signature cocktails presented with curious details and finished with "Eat Me" and "Drink Me" elements, appearing just when you least expect them.

踏入一個奇妙的世界，這裡的下午茶時光彷彿永不完結。「瘋帽子」下午茶派對將愛麗絲夢遊仙境的奇幻氛圍帶到 Pier 6，為你打造一個色彩繽紛、充滿想像力及驚喜的下午。

我們鼓勵會員以仙境人物為靈感的裝扮出席，餐廳將以奇幻的裝飾及意想不到的細節點綴，為你帶來與眾不同的體驗。整個下午都將會安排各種活動，包括猜謎遊戲、紅鶴槌球遊戲及以柴郡貓為主題的挑戰，為你的用餐體驗增添輕鬆愉快的氛圍。

在餐桌上，賓客可以享用一系列精緻的主題美食及飲品，包括甜點及特色雞尾酒，每道菜都以別緻的細節呈現，並巧妙地融入了「Eat Me」及「Drink Me」的元素，在你意想不到的時候驚喜出現。



Saturday, 4th April
4月4日 (星期六)

Venue :
地點 : Pier 6 Restaurant

Time : 2:30pm - 5:30pm
時間 : 下午2時30分至5時30分

aged 3 years and above (per person)
3歲以上兒童及成人 (每位)

\$188



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EASTER BUNNY SUNDAY LUNCH BUFFET 「復活兔」週日自助午餐

Easter Sunday brings a family friendly celebration with a touch of Wonderland, as the White Rabbit makes a special appearance with small surprises for our younger guests. The dining experience is complemented by Easter favourites, including a whole roasted baby lamb.

While adults enjoy their meal, children are invited to step into a playful afternoon in Pier 6 Restaurant and the Children's Playroom, where themed entertainment will take place from 2:00pm to 4:00pm. Activities include classic Easter games, an egg hunt, creative arts and crafts, themed game booths and a bouncy castle, offering plenty of fun throughout the afternoon.

A Juice Station will be available, offering refreshing fruit blends for both adults and children.

於復活節星期日，我們將舉辦一場充滿奇幻色彩的家庭慶祝活動，白兔先生將親臨現場，為小朋友帶來驚喜。除了豐富的復活節特色美食外，我們還準備了烤全小羊，讓你盡情享用盛宴。

除了大人們可以享用美食外，孩子們也可以於下午2時至4時在 Pier 6 餐廳及兒童遊戲室參與各種主題娛樂活動，包括經典的復活節遊戲、尋蛋遊戲、創意手工藝、主題遊戲攤位及充氣城堡，讓孩子們在整個下午都能玩得盡興。

此外，我們還設有果汁吧，為成人及兒童供應清新的果汁。



Sunday, 5th April
4月5日 (星期日)

Venue :
地點 : The Island View & Pier 6 Restaurant

aged 3 years and above (per person)
3歲以上兒童及成人 (每位)

\$358

including Juice Station and Children's Activities
包括果汁任飲及參與兒童活動



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EASTER SUNDAY DINNER BUFFET 「復活節星期日」自助晚餐

The Island View Easter Sunday Dinner Buffet offers a relaxed setting for family and friends to gather and enjoy the holiday together. The evening will include a special visit from the White Rabbit, who will bring small giveaways for younger guests. Easter favourites take centre stage at the buffet, including a whole roasted baby lamb, alongside a generous selection of dishes designed for an enjoyable Easter Sunday dinner.

Island View 餐廳的「復活節星期日」自助晚餐是讓你在輕鬆愜意的氣氛下，與家人朋友歡聚一堂，共度佳節的理想之選。當晚，白兔先生將驚喜現身，為小朋友帶來精美小禮物。

自助餐以復活節經典菜餚為主題，包括烤全小羊，以及其他精心準備的豐富佳餚，定能讓你盡享「復活節星期日」晚餐的美味。

Sunday, 5th April
4月5日 (星期日)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$388	\$268	\$188

including Juice Station
包括果汁任飲



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EASTER MONDAY LUNCH BUFFET 「復活節星期一」自助午餐

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

Children can enjoy a range of Easter themed activities during the afternoon, including an egg and spoon race, egg bingo, an egg hunt and Easter arts and crafts, as the White Rabbit makes a special appearance with small surprises for our younger guests.

歡迎前來享用「復活節星期一」自助午餐，盡情享用各式美味佳餚，包括烤全小羊及清新果汁，與家人朋友共度難忘時光。

孩子們還可以參加於下午舉行的一連串復活節主題活動，包括雞蛋湯匙賽跑、雞蛋 bingo 遊戲、尋蛋遊戲及復活節手工藝；而白兔先生亦會前來為小朋友帶來精美小禮物。

Monday, 6th April
4月6日 (星期一)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$388	\$268	\$188

including Juice Station
包括果汁任飲



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EASTER MONDAY DINNER BUFFET 「復活節星期一」自助晚餐

Round off the Easter weekend with a magical Dinner Buffet at The Island View and Pier 6. The evening will include a special visit from the White Rabbit, who will bring small giveaways for younger guests. The buffet features a generous selection of dishes alongside Easter favourites, including a whole roasted baby lamb.

到 Island View 及 Pier 6 餐廳享用充滿魔力的自助晚餐，為復活節的最後一天畫下圓滿的句號。當晚，白兔先生將驚喜現身，為小朋友帶來精美小禮物。自助餐菜餚種類豐富，除了復活節經典美食外，還有烤全小羊等豐盛佳餚。

Monday, 6th April
4月6日 (星期一)

Venue :
地點 : The Island View & Pier 6 Restaurant

Adults 成人	Children 6-12 years 小童 6-12歲	3-5 years 3-5歲
\$298	\$228	\$148

including Juice Station
包括果汁任飲

For reservations, please call The Island View Restaurant on 2118 1846.
訂座請致電 Island View 餐廳：2118 1846

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

PURE FLAVOUR ZERO ALCOHOL

純正風味 · 無酒精飲品

Continuing in March, discover a selection of zero alcohol drinks here at the Club, defined by balance, structure and flavour. Our team has developed a range of non alcoholic botanical infusions, sparkling teas and zero alcohol cocktails that stand comfortably alongside any classics, showing that nothing is missing.

Available in all outlets.

整個3月份，大家都可以在本會品嚐到一系列口感平衡、層次分明、味道絕佳的無酒精飲品。我們的團隊精心研發了一系列無酒精花草茶、氣泡茶及無酒精雞尾酒，它們與任何經典飲品都相得益彰，證明無酒精飲品同樣可以帶來好享受。

精選無酒精飲品將於所有餐廳及酒吧供應。

\$45 | per glass
每杯

Dilly Dally

Refreshing flavours of Lemongrass, Muddled Cucumber and Elderflower infused in Jasmine Tea.

清新的檸檬草、青瓜碎及接骨木花風味融入茉莉花茶中。

Kiss the Soul

Notes of Homemade Orange Bitters with Spices and Aromatics paired with toasted Hazelnut Earl Grey Tea

融合香料芳香的自製橙味苦酒，配搭烤榛果伯爵茶。

Bloom

Seedlip Grove 42 Botanicals, Lychee, Orange and Yuzu fizzed up with Ginger Ale; Delightful!

Seedlip Grove 42無酒精水果香料飲品、荔枝、橙及柚子，加入薑汁汽水，口感清爽怡人！

Spice Island Ice Tea

Mango and Orange Juice give this Spice infused Black Tea an exotic finish.

芒果及橙汁為這款香料紅茶增添了異國情調。



\$890 | per egg
每隻

THE ULTIMATE EASTER EGG 太平洋會精緻復活蛋

This Easter, our Pastry Team introduces a Pacific Club Chocolate Easter Egg that goes beyond the ordinary. This is a very special Easter gift for someone special, each egg is made individually to order and finished by hand.

The Pacific Club Egg is made from Valrhona Guanaja 70% Dark Chocolate. Inside, Orange Milk Chocolate Crunch, Pacific Club Logo Chocolates and mini foil-wrapped Chocolate Easter Eggs make this a rich indulgence.

Available exclusively for Members by pre order until 31st March, with a minimum lead time of 48 hours for collection. The Egg weighs one kilogram including its filling.

今年復活節，本會的糕點師傅團隊將推出一款非一般的太平洋會朱古力復活蛋。這是一份送給特別之人的特別復活節禮物…每一隻復活蛋均為手工定制，精心製作而成。

太平洋會朱古力復活蛋採用 Valrhona Guanaja 70% 黑朱古力製作，蛋殼內藏了香橙牛奶朱古力脆片、印有太平洋會標誌的朱古力，及以錫紙包裝的迷你朱古力復活蛋，為你帶來極致奢華的味蕾享受。

太平洋會朱古力復活蛋僅限會員預訂，截止日期為3月31日，最少需提前48小時預訂方可取貨。朱古力蛋，包括內裡的朱古力，共重一千克。

To order your Easter Egg, please contact The Island View Restaurant on 2118 1846, or email: islandview@pacificclub.com.hk

預訂復活蛋，請致電 2118 1846 聯絡 Island View 餐廳，或電郵至 islandview@pacificclub.com.hk。

WELSH SALT MARSH LAMB

A La Carte Dishes at Pier 6

PIER 6 餐廳 特別自選菜式 威爾斯鹽沼羊肉

From 1st March, Pier 6 presents a seasonal selection of a la carte dishes showcasing Welsh Salt Marsh Lamb. Reared along the coastal salt marshes of Wales, the lamb grazes naturally on wild grasses and herbs influenced by the sea, giving the meat its distinctive tenderness and clean, savoury flavour.

Our chefs prepare the lamb in a variety of ways, from slow-cooked confit to simple searing or cooking over the coals in our Josper oven, allowing its natural character to remain the focus on the plate.

Available for lunch and dinner throughout March, come and enjoy one of Wales' most respected ingredients at Pier 6.

自3月1日起，Pier 6 餐廳將推出多款時令單點菜餚，帶來威爾斯鹽沼羊肉。鹽沼羊是一種在威爾斯沿海鹽沼地帶放養，以受到海洋影響的野生牧草和香草為糧食，賦予了羊肉獨特的鮮嫩口感和純淨鮮美的風味。

屆時，我們的廚師團隊將採用多種方式烹調這款羊肉，從慢煮油封到簡單的煎烤，以及在 Josper 烤爐中以炭火燒烤，力求保留羊肉的天然風味，讓其成為餐桌上的主角。

歡迎於3月份午餐和晚餐時段蒞臨 Pier 6 餐廳，品嚐被受推崇的威爾斯鹽沼羊肉美食。

Venue : Pier 6 Restaurant
地點 :

Reservations 訂座 : 2118 1878



March Feature: The Laugen Legend
3月份精選 — 德國經典Laugen漢堡

STACKED SENSATION

Your New Favourite Sandwich

層層疊的美味 你全新的摯愛三文治

This month's Stacked Sensation looks to Germany for inspiration, bringing a comforting, full flavoured sandwich to the spotlight. The Laugen Legend is available at the Club Bar, Oyster Bar, The Island View and for takeaway throughout March.

A classic Laugen Bun is generously filled with juicy Meat Loaf and Braised Onions cooked until soft, then finished crisp for extra depth. A Sunny-side Up Egg adds richness, while Pickles and Radishes cut through with freshness and crunch. Everything is finished with a sweet and spicy Mustard Sauce that brings warmth and balance to every bite.

本月份「層層疊的美味」的靈感來自德國，為大家帶來一款溫暖人心、風味十足的漢堡 — Laugen Legend，於整個3月份可在會所酒吧、Oyster Bar及 Island View 餐廳享用，同時亦歡迎使用自取外賣服務。

在經典的 Laugen 麵包裡塞滿多汁的肉餅和煮至軟嫩再煎至微脆的洋蔥，層次豐富；添加太陽蛋增加了濃郁的口感，而醃黃瓜和蘿蔔則帶來清爽脆嫩的口感。最後淋上甜辣芥末醬，每一口都帶來溫暖平衡的滿足感。

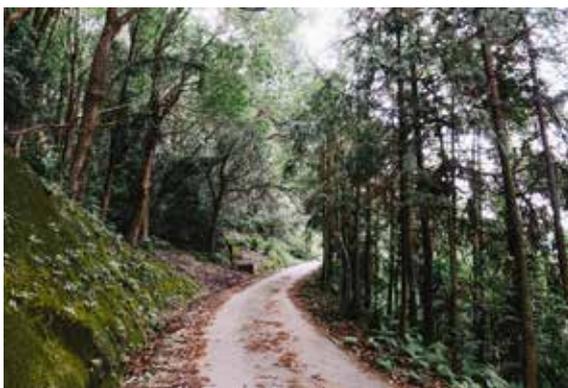
\$98 | per piece
每份

Available throughout March
整個3月份供應



ROUTE TWISK TO KAM SHEUNG ROAD 從荃錦公路到錦上路

Words and pictures 撰文及圖片 | Pete Spurrier



Take it easy with this entirely downhill and flat trail that leads you from the high altitudes of Route Twisk down to the sea-level valley of Shek Kong.

This is a forest trail for its first half and a catchwater track for its second. No climbing is involved. Walking time: 3.5 hours.

Take the MTR's Tuen Ma line to Tsuen Wan West station and find KMB bus 51, which leaves from the public transport interchange underneath the nearby Nina Tower. The bus departs only once an hour on weekdays, at 20 minutes past the hour, but goes twice or four times an hour at weekends.

Enjoy the winding ride up the hill, past villages and small bridges over mountain streams. Get off the bus at the stop named Tai Mo Shan Country Park, which is at Tsuen Kam Au, the highest point of Route Twisk.

From the bus stop, walk straight ahead. Your trail begins in the thick forest to your left. At first, follow signs for the Kap Lung Ancient Trail. At a signposted crossroads, carry straight on.

The path's weathered stone steps were used by farmers and villagers for centuries before the modern road of Route Twisk was cut across the hillside. Fast-moving streams rush beside it, with warnings of flash floods. Through the foliage, you can see the summit of Kwun Yam Shan, the pointy hill that shelters Kadoorie Farm.

When you meet the single-track waterworks road, turn left and follow the catchwater channel past the first of several barbecue sites. The track crosses a bridge over a stream – in which we saw three joyful goats leaping around – and passes the Farm Milk Company, a dairy that opens a cafe at weekends serving fried egg noodles and ginger milk pudding.

Walk a little further and you arrive at a small herb garden planted out with flowers and trees that native birds and insects thrive on. Information boards give details of species that can be found here in Tai Lam Country Park.

The trail continues beside the catchwater. This is easy walking on a traffic-free paved road. Look to your right to enjoy views of the Shek Kong valley through the trees. The next item of interest is the stone dam of the peaceful Tsing Tam Reservoir, built to supply water to fields far below.

After following the track downhill, you eventually arrive at a junction where a sign points you to Ho Pui Tsuen. Walk down between the houses to find the Ho Pui village office. This is the terminus for green minibus 71, which will take you back to the MTR at Kam Sheung Road station.



這條全程下坡的平坦步行徑能讓你輕鬆漫步，從荃錦公路的高海拔地區一路下行至石崗的低窪山谷。

前半段為林間小徑，後半段為山澗小徑，全程無需攀爬。步行時間：3.5 小時。

乘搭港鐵屯馬線至荃灣西站，然後到附近如心廣場地層的公共交通交匯處轉乘九巴 51 號線出發。平日該巴士每小時僅一班，於每整點的 20 分開出；週末則每小時兩班或四班車。

盡情享受蜿蜒的上山路程，途經村莊和橫跨山澗的小橋。在位於荃錦坳的「大帽山郊野公園」站下車，這是荃錦公路的最高點。

下車後從巴士站向前直行，今次要走的步行徑從左側茂密的樹林開始。一開始，沿著「甲龍古道郊遊徑」的指示牌走，走到有路標的十字路口時，繼續直行。

在現今的荃錦公路建造之前，這條已風化的古道石梯級一直是當地農民和村民在幾個世紀中的必經之路。湍急的溪流從路邊奔流而過，時時警戒著突發洪水的威脅。樹根和落葉賦予了這條林間小徑大自然的氣息，透過樹葉間，可以看到觀音山的山頂，這座尖峰一直庇護著嘉道理農場。

當你到達單行的水廠路時，請左轉，沿著引水渠前行，經過幾個燒烤點中的第一個。這條路會穿過一座小橋，我們看到在橋下的小溪中有三隻快樂的山羊在蹦蹦跳跳；然後經過農場鮮奶有限公司，這間乳品廠會在週末時開設一間咖啡館，供應餐蛋麵和薑汁牛奶布甸。

再往前走一點，就到達一個小型藥草園，裡面種植著各種花卉和樹木，是本地很多鳥類和昆蟲賴以生存的棲息地。資訊牌上詳細介紹了在大帽山郊野公園可以找到的各類物種。

步行徑沿著蓄水池繼續延伸。這是一條平坦的無車道路，步行十分輕鬆。向右望去，透過樹木可以欣賞石崗的山谷景色。下一個值得一看的景點是寧靜的青潭水塘石壩，這水塘曾用於為下游的農田供水。

沿著小路下坡，最終會到達一個岔路口，那裡有路標指向河背村。穿過房屋之間，就能找到河背村公所。這裡是綠色小巴 71 號線的終點站，可以帶你返回錦上路港鐵站。

OYSTER FRIDAYS

at the Club Bar

週五「盡享生蠔」之夜 在會所酒吧舉行

Start the weekend in style with freshly-shucked Oysters, served by the piece with your choice of classic Mignonette and Lemon or a Spicy Bloody Mary Shot.

Pair your Oysters with a glass of selected Champagne at a special price of \$78 and toast to a refined Friday evening.

Date : Every Friday in March

Venue : Club Bar

於 3 月份逢星期五晚上前來會所酒吧，以品嚐即叫即開的新鮮生蠔來開啟美好的週末。生蠔將以每隻計算，配搭香草檸檬醬或辣味血腥瑪麗酒一同享用。

更可同時享用精選香檳來配搭生蠔，每杯只需 \$78。

齊來為快樂的星期五夜晚乾杯！



Schedule in March 三月份課程

MONDAY	
Ladies' Morning Tennis	10:00am – 12:00noon (Intermediate/ Advanced Level)
Yoga	10:30am – 11:30am (A)
Fascia Exercise Training (A)	1:30pm – 2:30pm
Men's Double Training	7:00pm – 9:00pm Men's (B)
English Drama Academy	4:30pm – 5:30pm (B) 5:30pm – 6:30pm (A)
TUESDAY	
Morning Water Aerobics	10:00am – 11:00am (A)
Yoga	10:30am – 11:30am (B)
Afternoon Water Aerobics	3:00pm – 4:00pm (A)
Evening Water Aerobics	7:00pm – 8:00pm
WEDNESDAY	
Tennis Team Training	10:00am – 12:00noon Ladies
Fascia Exercise Training (B)	11:00am – 12:00noon
Funky Dance	12:00noon – 1:00pm (A)
Pickleball Night	8:00pm – 10:00pm
THURSDAY	
Yoga	10:30am – 11:30am (C)
Stretching Exercise	12:00noon – 1:00pm (B)
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 (A)
Afternoon Water Aerobics	3:00pm – 4:00pm (B)
Junior Swimming School	6:00pm – 7:00pm Intermediate (A) 7:00pm – 8:30pm Advanced (B)
Junior Badminton	6:30pm – 7:30pm (A) 7:30pm – 8:30pm (B)
SATURDAY	
Junior Swimming School	10:00am – 11:00am Elementary (A: 36-47 months) 11:00am – 12:00noon Intermediate (B) 12:00noon – 1:00pm Elementary (B: 48 months+)
Junior Tennis Academy	10:00am – 11:00am (A: 3½-6 years) 11:00am – 1:00pm (B: 6-16 years)
Junior Taekwondo	4:00pm – 5:00pm (All Levels)
Junior Pickleball Academy	2:00pm – 3:00pm (A: 3½-6 years) 3:00pm – 4:00pm (B: 7-11 years)
SUNDAY	
Zumba Fitness	10:00am – 10:45am
Yoga	11:00am – 12:00noon (E)
Sunday Junior Tennis	2:00pm – 3:00pm (A: 3 – 7 years) 3:00pm – 5:00pm (B: 8 – 16 years)
Wall Climbing	11:30am – 1:00pm
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輪候名單中。



FASCIA EXERCISE TRAINING
筋膜運動訓練

Fascia plays a key role in movement, posture and recovery. This weekly Fascia Training Class improves mobility, balance and body awareness through controlled, fluid movement using walls, floor work and simple training aids. Guided exercises strengthen skeletal support, enhance alignment and help the body move with greater ease, stability and efficiency.

筋膜在運動、姿勢和身體恢復中扮演關鍵角色，每星期一次的筋膜運動訓練班透過牆壁、地板和簡單的訓練輔助工具進行流暢的控制性運動，來改善靈活性、平衡性和身體感知能力。指導性練習可以增強骨骼支撐，改善體態，並幫助身體更輕鬆、穩定、有效率地活動。

DATE 日期	(A) Monday 2nd, 9th, 16th, 23rd & 30th March (B) Wednesday 4th, 11th, 18th & 25th March A班 — 3月2日、9日、16日、23日及30日 (星期一) B班 — 3月4日、11日、18日及25日 (星期三)
TIME 時間	(A) 1:30pm – 2:30pm (B) 11:00am – 12:00noon A班 — 下午1時30分至2時30分 B班 — 上午11時至中午12時
VENUE 地點	Aerobics Room
PRICE 收費	(A) Member \$950, Guest \$1,550 (for 5 lessons) (B) Member \$760, Guest \$1,240 (for 4 lessons) A班 — 會員\$950·非會員\$1,550 (5堂) B班 — 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	Taught in Cantonese only 廣東話

JAZZ DANCE
爵士舞班

This upbeat Jazz Dance class combines expressive movement with dynamic choreography for a full body workout. Learn stylish routines step-by-step while improving coordination, strength and flexibility. Set to lively music, the class offers an enjoyable way to stay active and release tension.

充滿活力的爵士舞課程將富有表現力的動作與動感十足的編舞相結合，帶來全身鍛鍊。學員將循序漸進地學習時尚的舞步，同時提升協調性、力量和柔韌性。伴隨著歡快的音樂，這課程提供了一種輕鬆愉悅、保持活力和釋放壓力的最佳方式。

DATE 日期	Thursday 5th, 12th, 19th & 26th March 3月5日、12日、19日及26日 (星期四)
TIME 時間	3:00pm – 4:00pm 下午3時至4時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上





FUNKY DANCE FUNKY舞蹈班

Funky Dance is an easy to follow aerobic dance class set to energetic music. With simple dance steps and a steady rhythm, participants can complete up to 7,000 dance steps in a one hour class while improving coordination and overall fitness.

Funky 舞蹈是一種簡單易學、配搭動感十足的音樂來進行的有氧舞蹈鍛鍊。簡單的舞步和穩定的節奏，讓學員在一小時的課程中完成多達 7,000 個舞步，同時也能提升協調性和整體體能。

DATE 日期	(A) Wednesday 4th, 11th 18th & 25th March (B) Friday 6th, 13th, 20th, 27th March A班 — 3月4日、11日、18日及25日 (星期三) B班 — 3月6日、13日、20日及27日 (星期五)
TIME 時間	12:00noon – 1:00pm 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上

ZUMBA FITNESS 尊巴健體舞班

Zumba Fitness is a high intensity, music driven workout designed to improve cardiovascular fitness, endurance and coordination. Continuous movement and structured dance sequences keep the heart rate elevated throughout the session, supporting calorie burn and overall conditioning. Set to a wide range of rhythms, the class delivers an effective cardio workout that feels engaging and motivating from start to finish.

尊巴健體舞是一種高強度、由音樂驅動的健身運動，旨在提升心肺功能、耐力和協調性。持續的運動和結構化的舞蹈動作能夠使心率在整個課程中保持較高水平，從而幫助燃燒卡路里並增強體能。課程採用多種音樂節奏，提供高效的有氧運動，從頭到尾都充滿活力和動感。

DATE 日期	Sunday 1st, 8th, 15th, 22nd & 29th March 3月1日、8日、15日、22日及29日 (星期日)
TIME 時間	10:00am – 10:45am (45 minutes) 上午10時至10時45分
VENUE 地點	Aerobics Room
PRICE 收費	Member \$950, Guest \$1,550 (for 5 lessons) 會員\$950·非會員\$1,550 (5堂)
AGE 年齡	16 years and above 16歲及以上



STRETCHING EXERCISE CLASS 伸展運動班

This class focuses on improving flexibility, mobility and overall movement quality through guided stretching exercises. Sessions target key muscle groups to help release tension, improve joint range of motion and support better posture. Suitable for all levels, the class is ideal for easing stiffness, supporting recovery and maintaining long term physical comfort and balance.

本課程透過指導性的伸展練習，以提升柔軟度、靈活性和整體活動品質。鍛鍊主要針對關鍵肌群，幫助釋放肌肉緊張，改善關節活動範圍，並改善體態。課程適合所有程度的學員參加，是緩解身體僵硬、促進恢復及維持長期身體舒適度和平衡感的理想選擇。

DATE 日期	(A) Friday 6th, 13th, 20th, 27th March (B) Thursday 5th, 12th, 19th & 26th March A班 — 3月6日、13日、20日及27日 (星期五) B班 — 3月5日、12日、19日及26日 (星期四)
TIME 時間	(A) 3:00pm – 4:00pm (B) 12:00noon – 1:00pm A班 — 下午3時至4時 B班 — 中午12時至下午1時
VENUE 地點	Aerobics Room
PRICE 收費	Member \$760, Guest \$1,240 (for 4 lessons) 會員\$760·非會員\$1,240 (4堂)
AGE 年齡	16 years and above 16歲及以上
INSTRUCTION 語言	(A) Taught in Cantonese only (B) Taught in Cantonese & English A班 — 廣東話 B班 — 廣東話及英語



TENNIS LEAGUE TEAMS' SCHEDULE HOME MATCHES IN MARCH

網球聯賽 — 3月份主場賽事

DATE	TEAM	MATCH
Wednesday, 11th March Wednesday, 25th March	Mixed Doubles (Division II)	Pacific Club vs Hong Kong Cricket Club 1 Pacific Club vs Hong Kong Cricket Club 2
Friday, 13th March Friday, 20th March	Ladies (Division 1)	Pacific Club vs Discovery Bay Recreation Club Pacific Club vs Ladies Recreation Club



SUNDAY SOCIAL TENNIS

週日網球聯誼聚會

Sunday Social Tennis returns this month and will now take place on the Indoor Court, offering greater comfort and consistent playing conditions. Each two hour session is supported by on court coaches who provide guidance throughout, allowing Members to fine tune their skills, enjoy relaxed match play, and spend time with fellow players in an easy going, social setting.

已經由2月份起重新舉辦的「週日網球聯誼聚會」，將於室內場地進行，為大家帶來更舒適及不受天氣影響的比賽體驗。這兩小時活動全程由專業教練提供指導，讓會員能夠精進球技，享受輕鬆的比賽，並在友好的社交環境中與其他球友進行交流。

DATE 日期	Sunday 1st, 8th, 15th, 22nd & 29th March 3月1日、8日、15日、22日及29日 (星期日)
TIME 時間	5:00pm – 7:00pm 下午5時至晚上7時
VENUE 地點	Indoor Tennis Court 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverage at the Tennis Lounge) 會員\$320·非會員\$440 (兩小時·包括場租及飲品招待)
AGE 年齡	14 years and above 14歲及以上

JUNIOR TENNIS ACADEMY

青少年網球訓練

Designed for young players aged 3½ to 16, the Pacific Club Junior Tennis Academy is where a love for the game begins! Our weekly programme offers expert coaching through well structured sessions tailored to each age group, allowing children to develop proper technique while enjoying their time on court. Whether your child is picking up a racket for the first time or building on existing skills, the Academy provides a positive and enjoyable introduction to tennis. Fees are charged on a monthly basis.

本會的青少年網球訓練班於星期六上午舉行，專為3½-16歲會員而設，為年輕球員提供結構化的學習、提升和享受網球的途徑。課程由經驗豐富的教練指導，根據不同年齡和技能水平度身定制，將技術提升與合適其年齡的趣味訓練相結合。無論你的孩子是初次拿起球拍，還是希望提升現有技術，本課程都能提供積極愉快的網球入門體驗。

此訓練活動以月費形式支付。

DATE 日期	Saturday 7th, 14th, 21st & 28th March 3月7日、14日、21日及28日 (星期六)
TIME 時間	(A) 10:00am – 11:00am (B) 11:00am – 1:00pm A班 — 上午10時至11時 B班 — 上午11時至下午1時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$880, Guest \$1,360 (for 4 lessons) (B) Member \$1,400, Guest \$1,880 (for 4 lessons) A班 — 會員\$880·非會員\$1,360 (4堂) B班 — 會員\$1,400·非會員\$1,880 (4堂)
AGE 年齡	(A) 3½ – 6 years (B) 6 – 16 years A班 3½-6歲·B班 6-16歲



SUNDAY JUNIOR TENNIS

週日青少年網球班

Sunday Junior Tennis offers young players an energetic and enjoyable weekly session on the Indoor Courts. Led by our coaching team, each class combines drills, rallying and game play to keep children moving while building confidence, coordination and court awareness in a lively group setting.



週日青少年網球班在室內球場舉行，為年輕球員提供每週一次，充滿活力且有趣的訓練。在我們教練團隊的指導下，每節課堂均結合練習、對打和比賽，讓孩子們在輕鬆愉快的團體氛圍中保持活動，同時培養自信心、協調性和提升預判及理解比賽中各種情況的能力。

DATE 日期	Sunday 1st, 8th, 15th, 22nd & 29th March 3月1日、8日、15日、22日及29日 (星期日)
TIME 時間	(A) 2:00pm – 3:00pm (B) 3:00pm – 5:00pm A班 一下午2時至3時 B班 一下午3時至5時
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	(A) Member \$1,100, Guest \$1,700 (for 5 lessons) (B) Member \$1,750, Guest \$2,350 (for 5 lessons) A班 一會員\$1,100, 非會員\$1,700 (5堂) B班 一會員\$1,750, 非會員\$2,350 (5堂)
AGE 年齡	(A) 4 – 7 years (B) 8 – 16 years A班 4-7歲, B班 8-16歲



LADIES' MORNING TENNIS

女子早上網球練習

Start your week on court with our Monday Ladies' Morning Tennis sessions. These two-hour clinics blend technical work with tactical match-play, offering plenty of opportunity to refine your game. With places limited to just 10 players per session, early enrollment is recommended.

歡迎於星期一前來參加本會的女子早上網球練習班，開啟活力滿滿的一週。這兩小時的訓練課程融合了技術練習和戰術實戰，為你提供充足的機會提升球技。每堂僅限 10 名學員參加，請儘早報名。

DATE 日期	Monday 2nd, 9th, 16th, 23rd & 30th March 3月2日、9日、16日、23日及30日 (星期一)
TIME 時間	10:00am – 12:00noon (Intermediate / Advanced Level) 上午10時至中午12時 (中級/高級班)
VENUE 地點	Indoor Tennis Courts 室內網球場
PRICE 收費	Member \$320, Guest \$440 (for 2 hours, including court charges and selected beverages at the Tennis Lounge) 會員\$320, 非會員\$440 (兩小時, 包括場租及飲品招待)
AGE 年齡	14 years and above 14歲及以上



PICKLEBALL PRIVATE LESSONS

匹克球私人課程

Designed around your individual goals, these one-on-one Pickleball lessons offer focused coaching to help refine technique, improve footwork and sharpen match awareness. Each session is tailored to your playing level, providing clear guidance and practical adjustments that build confidence and consistency on court.

這一對一的匹克球課程將根據個人需求和程度度身定制，提供專注的指導，幫助你精進技術、改善步法並增強比賽意識。每一堂都會根據你的程度進行調整，提供清晰的指導和切實可行的調整方案，幫助你在球場上建立自信和提升穩定性。

Private Lessons 私人課程 (1 pax/人)

1-hour \$650 per person
一小時課程 每位\$650

Package of 10, 1-hour lessons \$6,300 per person
10 堂一小時課程：每位\$6,300

Semi-Private Lessons 半私人課程 (2 pax/人)

1-hour \$345 per person
一小時課程 每位\$345

Package of 10, 1-hour lessons \$3,350 per person
10 堂一小時課程：每位\$3,350

PICKLEBALL MEET UP NIGHTS

匹克球晚間聚會

On two Wednesdays in March, Pickleball Meet Up Nights offer a relaxed and social way to enjoy evening play on court. Led by Coach Cindy, each session combines light coaching, group practice and friendly match play, giving Members the chance to sharpen fundamentals, stay active and connect with fellow players in an easy going setting.

於3月份兩個指定星期三晚上舉行的匹克球晚間聚會，可以讓喜歡匹克球的會員享受一個輕鬆愉悅的晚間打球活動。活動由專業教練 Cindy 指導，內容包括技術指導、非正式的友誼賽和團隊練習，讓會員有機會在輕鬆的環境中磨練基本功、保持活力並與志同道合交流。

DATE 日期	Wednesday 4th & 18th March 3月4日及18日 (星期三)
TIME 時間	8:00pm – 10:00pm 晚上8時至10時
VENUE 地點	Outdoor Pickleball Court 室外匹克球場
PRICE 收費	\$260 per session (for 2 hours) 每堂\$260 (兩小時)
AGE 年齡	14 years and above 14歲及以上



PACIFIC CLUB PICKLEBALL TOURNAMENT

A Call for Participants!

太平洋會匹克球比賽 - 熱烈招募參賽者！



TOURNAMENT DETAILS 比賽詳情

DATE 日期	Saturday, 21st March 3月21日 (星期六)
TIME 時間	2:00pm – 4:00pm 下午2時至4時
VENUE 地點	Outdoor Pickleball Courts, 4/F 四樓室外匹克球場
PRICE 收費	\$200 per participant 每位參賽者\$200
AGE 參賽資格	Open to players aged 14 and above 年滿14歲及以上
FORMAT 比賽形式	Doubles Matches 雙打賽事

SUITABLE FOR ALL PLAYING LEVELS

Our very first Pickleball Tournament is a doubles event designed to maximise play time and variety on court. Instead of fixed teams, players rotate partners between matches, meaning you will play with different teammates and face different opponents throughout the tournament.

Matches follow the traditional side out scoring system and are kept short and active, allowing everyone to stay moving and involved. This format keeps the afternoon lively, avoids long waiting times, and creates a relaxed but competitive atmosphere where each game feels fresh. Whether you are new to Pickleball or an experienced player, this is a wonderful opportunity to showcase your skills, make friends, and enjoy the sport.

Places are limited to 10 players. Early enrollment is recommended.

The deadline for entry is Saturday, 14th March.

To register, please visit the Tennis Reception on the 4th Floor to collect and submit the Registration Form. For enquiries, please call 2118 1707.

適合所有程度的球員參加

本會首屆匹克球比賽是一項雙打賽事，旨在充份利用比賽時間和場地上的多樣性。比賽將採用雙打形式進行，卻非固定拍檔。球員將在每場比賽中輪流交換隊友，這意味著大家將會在整個比賽期間與不同的隊友合作，並挑戰不同組合的對手。

比賽將採用傳統的發球得分制，令比賽節奏緊湊、明快，每個球員都能保持運動狀態並積極參與其中。

這種賽制讓整個比賽充滿活力，同時避免了長時間的等待，營造出輕鬆而又不失競爭的氛圍，讓每一場比賽都充滿新鮮感。

無論你是匹克球新手還是經驗豐富的球員，這將是一個展示球技、結交朋友、享受這項運動樂趣的絕佳機會。

參加人數僅限最多 10 位，請儘早報名。

截止日期：3 月 14 日 (星期六)

報名參加，請親臨四樓網球接待處索取及遞交報名表格。

如有任何查詢，請致電 2118 1707。

A NEW TAKE ON INSTANT PHOTOGRAPHY

「即影即有」攝影的新視角

By Craig Norris www.momentsbycraig.com



▮ instax mini Evo Cinema lens



▮ Fujifilm instax mini eva

For many people, photography isn't necessarily a pursuit of excellence in image quality. Especially among students and younger photographers, it is far more about the experience itself. Photography can be a social activity, something shared with friends, where the real pleasure lies in taking a picture and holding a physical print moments later.

Instant photography was originally pioneered by the Polaroid company, but in recent years, the market for instant photos has been dominated by Fujifilm's instax range.

Building on that idea, Fujifilm has introduced the instax mini Evo Cinema, a camera that adds several new dimensions to the instant photography experience. At its core, it remains an instant camera, allowing users to print photos directly from the built in printer. Beyond that, it also functions as a digital video camera, which Fujifilm describes as a hybrid approach. In addition, the camera can connect to a smartphone app, allowing images taken on a phone to be printed through the camera itself.

The design of the instax mini Evo Cinema camera is reminiscent of the old 8mm movie cameras of the past. The video function is digital, not film-based. Only the still image photos need you to buy packs of instax film.

There is one other innovation, and that is a dial on the camera for you to select your preferred filter that lets you choose a look, or style, for the images, much like the early Instagram app. This new camera's dial ranges from 1930 to 2020. That is, from a vintage look, to a modern look, and everything in between.



▮ instax mini Evo Cinema camera

▮ instax mini Evo Cinema screen



▮ instax mini Evo Cinema era dial

對許多人來說，攝影並非一定要追求卓越的影像品質，尤其對於學生和年輕攝影師而言，更注重的是攝影的體驗。攝影可以是一種社交活動，真正的樂趣在於按下快門，片刻之後便能拿到實體照片，與朋友分享。

「即影即有」相機最初是由 Polaroid 公司開創，但近年來，這市場一直由 Fujifilm 的 instax 系列產品主導。

基於這個理念，Fujifilm 推出了 instax mini Evo 相機，為「即影即有」攝影體驗增添許多全新設計及選擇。其核心依然是一款「即影即有」相機，使用者可以直接透過內建的打印機列印相片。除此之外，它還具備數碼攝影機的功能，Fujifilm 將其描述為一種混合式功能。此外，該相機還可以連接智慧型手機應用程式，將以手機拍攝的照片直接傳送到相機並列印出來。

instax mini Evo 相機的設計讓人聯想到過去的 8 毫米電影攝影機。它的影片功能是數碼化，而非使用底片，只有拍攝靜態照片時才需要購買 instax 底片。

還有一項創新之處，就是在相機上新增了一個轉盤，讓你可以像早期的 Instagram 應用程式一樣，透過轉盤選擇你喜歡的特效，為照片添加不同的效果，選項範圍從 1930 年到 2020 年，涵蓋了從復古到現代的各種風格。



YOGA AT THE CLUB 太平洋會瑜珈班

Find time to slow down, stretch and reset with our yoga sessions at the Club. Suitable for both beginners and experienced practitioners, each class focuses on improving flexibility, balance and strength while encouraging a sense of calm.

Led by our experienced instructors, sessions flow through a considered sequence of postures and relaxation techniques, helping to release tension, improve posture and restore ease in both body and mind.

Enjoy a quiet moment in your week. Yoga at the Club offers a simple and restorative way to begin the day feeling refreshed and re-energised.

於星期一、二、四、五及日參加本會的瑜珈班，放慢腳步，舒展身心，重煥活力。無論你是瑜珈初學者還是經驗豐富的練習者，每節課堂都會專注提升你的柔韌性、平衡和力量，同時幫助你獲得內心的平靜。

經驗豐富的教練將帶領你體驗一系列精心設計的體位法和放鬆技巧，幫助釋放壓力，改善體態，讓身心都放鬆。

在一星期中享受片刻寧靜。本會的瑜珈班將為你提供一種簡單而有效的方式，讓你以煥然一新、充滿活力的狀態開啟新的一天。



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

VENUE 地點	Aerobics Room
PRICE 收費	Members \$190/class, \$1,710/10 classes, Guests \$300/class 會員每堂\$190，10堂套票\$1,710 非會員每堂\$300
REMARK 備註	Packages must be completed within 4 months 套票必須於4個月內完成

For more information, please call the
2/F Reception on 2118 1890.
報名請致電二樓接待處：2118 1890。

UNLOCKING MORE DISTANCE OFF THE TEE

解鎖打出更遠的開球距離

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

Achieving greater driving distance in golf is about efficiency, sequencing, and power transfer rather than brute force. Elite players regularly produce 300+ yard drives by optimising several key elements working together: physical attributes, swing mechanics, equipment matching, and training habits. Below is a breakdown of the most critical factors and how to improve them.

在高爾夫球運動中，提升擊球距離的關鍵在於效率、動作順序和力量傳遞的完美結合，而非單純的蠻力。職業球手透過優化幾個關鍵要素的協同作用，經常能打出 300 碼以上的擊球，包括身體素質、揮桿技術、球具選用和訓練習慣。以下將詳細分析最關鍵的因素以及如何改進它們。



Golf Private Lessons 高爾夫球私人課堂

Work one-on-one with Club Golf Professional Lau Yat Hung, Alain, in private lessons shaped entirely around your goals. From fundamentals to fine adjustments, these personalised sessions help golfers develop consistency, confidence, and a stronger understanding of their own game.

與本會高爾夫專業教練劉日洪 (Alain) 進行一對一私人課程，內容完全根據你的目標度身定制。從基本功到細微調整，這個人化課程將幫助每位高爾夫球手培養穩定性、增強自信心，並更深入地了解自己的球技水平。

PRIVATE LESSONS (1 PAX) 私人課程 (一人)

1-hour 一小時課程	\$770 per person 每位 \$770
Package of 4, 1-hour lessons 4 堂一小時課程	\$3,000 per person 每位 \$3,000

SEMI-PRIVATE LESSONS (2 PAX) 半私人課程 (二人)

1-hour 一小時課程	\$435 per person 每位 \$435
Package of 4, 1-hour lessons 4 堂一小時課程	\$1,650 per person 每位 \$1,650

PHYSICAL FOUNDATION 身體基礎

Height and body weight can provide a natural advantage, but the true difference makers are flexibility, particularly through the hips, thoracic spine, and shoulders, along with core strength and explosive rotational power. A strong, stable core allows energy to transfer smoothly from the ground up through the kinetic chain, reducing energy leaks and maximising speed at impact. 身高和體重固然能帶來一些先天的優勢，但真正決定勝負的是柔韌性，尤其是髖關節、胸椎和肩部的柔軟度，以及核心力量和旋轉爆發力。強健穩定的核心能夠使能量從地面順暢地傳遞到運動鏈的每個環節，減少能量損耗，並在衝擊時最大限度地提升速度。

SWING RHYTHM, RELAXATION & EFFICIENT POWER DELIVERY 揮桿節奏、放鬆與能量傳遞

Many amateurs lose distance by trying to swing hard instead of swinging fast. Stay relaxed in the arms and grip and maintain a smooth, athletic tempo. Initiate the downswing from the ground up, letting the hips lead and the upper body follow to create natural speed. 許多業餘球手都試圖「用力揮桿」而不是「快速揮桿」，因而造成擊球距離不足。讓手臂和握桿放鬆，並保持揮桿節奏流暢自然：從下桿開始，讓髖部引領，上半身跟隨，產生自然的力度。

LAG & DELAYED RELEASE – THE DISTANCE MULTIPLIER 滯後和延遲釋放 – 距離倍增

One of the clearest differences between average hitters and long drivers is the ability to maintain wrist lag deep into the downswing before releasing it. This stored angle between the lead arm and the club shaft acts as a reservoir of energy that is unleashed just before impact, dramatically increasing clubhead speed. Drills that promote keeping the hands behind the body longer can help develop this powerful delayed release. 普通擊球手和遠距離擊球手之間最明顯的區別之一，在於後者能夠在下桿過程中保持手腕滯後，並在擊球前釋放能量。前臂與桿身之間這種記憶角度，就像一個能量庫，在擊球瞬間釋放，從而顯著提高桿頭速度。透過練習，讓雙手更長時間地保持在身體後方的位置，從而幫助培養這種力量強大的延遲釋放能力。

FULL & EXPLOSIVE BODY ROTATION 完整且爆發性的身體旋轉

A full shoulder turn and explosive hip and torso rotation generate a wider swing arc and more speed. The body should lead the swing, with the arms reacting rather than taking over early. 充分的肩部轉動，及爆發性的髖部和軀幹旋轉，能夠產生更大的揮桿弧線和更快的揮桿速度。應該由身體引領揮桿，然後手臂作回應，而不是手臂過早主導。

BOTANICAL BALANCE

平衡性植物擺設

This step-by-step project uses simple branch structures to create height and form, allowing plants to grow naturally within the design. The finished arrangement is perfect for a home or office display.

這個必須循序漸進地仔細製作的擺設，利用簡單的枝條結構來營造高度和造型，讓植物在設計中自然地生長。成品非常適合用來點綴家居或辦公室。



By Andy Au of Andy's Florist 撰文及圖片 | Andy's Florist

WHAT YOU'LL NEED 所需材料

- Various Plants: here we use Clerodendrum Wallichii, Coniogramme Emeiensis
多種植物：文中選用 — 蕾絲玉蝶花、黃金斑馬蕨
- Bun Moss
球狀苔蘚
- A Large Golden Plate
一個大的金色圓盤
- 12-14 Dried Branches
12-14 支乾樹枝
- Brown Paper Wire
棕色包紙鐵絲
- Golden Thin Wire
金色幼鐵絲

INSTRUCTIONS 步驟

1. Depending on the size of the plate, lay out 12 to 14 dried branches in a straight row. Secure them together one by one using brown paper wire, fixing the wire at both ends of each branch and leaving small gaps between them. 根據圓盤的大小，將 12-14 支乾樹枝筆直地擺放成一排。用棕色包紙鐵絲將它們逐一固定在一起，鐵絲須固定在樹枝的兩端，並在樹枝之間保留一些空隙。
2. Join the first and last branches together to form a cylinder. 再將第一支及最後一支樹枝連接一起，做了一個圓筒。
3. Using brown paper wire, bind two dried branches together in a cross shape. 用棕色包紙鐵絲將兩支乾樹枝固定成十字形。
4. Gently twist the branch cylinder at the centre to create an hourglass shaped stand. The upper half of the stand should be wide enough to hold the Clerodendrum Wallichii, while the lower half must sit securely on the plate and support the full structure. 在樹枝圓筒中間輕輕扭轉，使其形成沙漏狀的支架。支架上半部應足夠寬闊容納蕾絲玉蝶花，而下半部則必須穩固地放置在圓盤上，支撐整個擺設。
5. Insert the cross shaped branches into the lower half of the stand and wire them firmly to the surrounding branches to add stability and hold the shape. 將十字形樹枝插入支架的下半部分，並用鐵絲將其牢固地固定在周圍的樹枝上，以增加穩定性並保持形狀。
6. Place the completed stand in the centre of the large plate. 將整個支架放在大圓盤的中央。
7. Remove the plants from their pots, wrap the roots tightly with bun moss, and secure with thin wire to form neat moss balls. 將植物從花盆中取出，用球狀苔蘚包裹著根部，纏上幼鐵絲固定成整齊的球狀。
8. Position the Coniogramme Emeiensis between the branches around the base on the plate. 將黃金斑馬蕨放在圓盤上的樹枝之間。
9. Place the Clerodendrum Wallichii inside the hourglass shape, at the top of the stand. 蕾絲玉蝶花則放在支架頂部的沙漏內。

NEW



INTERNATIONAL WOMEN'S DAY WELLNESS TREAT 國際婦女節特別禮遇

To mark International Women's Day on 8th March, we invite our female Members to enjoy a small gesture of appreciation at the Spa. When booking any Beauty or Massage Treatment on the day, a complimentary gift will be offered as part of your visit.

Book your treatment now by calling The Spa 2118 1890.

3月8日為國際婦女節，本會將特別於當日為每位尊貴的女士送上最溫馨的禮遇——凡惠顧任何美容或按摩服務，即可免費獲贈精美禮物一份。

預約服務，請致電 2118 1890 與美容部聯絡。

SPA PROMOTIONS IN MARCH 3月份美容療程優惠

SIGNATURE MASSAGE PROMOTION NEW

BODY MASSAGE AND FOOT REFLEXOLOGY

經典雙重按摩優惠

全身按摩 + 足部反射按摩

~~\$940~~ \$752

55mins (55分鐘)

+

55mins (55分鐘)

This March, Members are invited to enjoy a special offer on our Signature Massage experience, with 20 percent savings on a 55-minute Body Massage combined with a 55-minute Foot Reflexology session. Designed to ease tension and restore balance, this relaxing pairing offers full body renewal followed by focused relief for tired feet.

Available throughout March for Members at the special rate of \$752.

於3月份，本會為會員送上雙重按摩優惠！凡惠顧55分鐘全身按摩加55分鐘足底反射按摩組合，即可享8折優惠。此組合由專業技師為你徹底釋放都市壓力、恢復身心平衡，再專注緩解雙腳的疲憊，帶來煥然一新的體驗。

3月份會員專享優惠價，只需 \$752 (原價 \$940)。



YOUTH INTENSIVE TREATMENT

SOTHYS 原肌修復再生療程

~~\$1,520~~ \$1,216

1hr 45mins (1小時45分鐘)

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

盡情享受奢華的原肌修復再生療程，一次解決皺紋、緊緻度下降和皮膚鬆弛等明顯的衰老跡象。這款療程結合了超針對性的產品和專業的護理技術，在1小時45分鐘內享受極致放鬆，肌膚明顯煥發活力，即使在初次療程後也有顯著效果，令你綻放年輕美態。



BERNARD CASSIERE SPIRULINA YOUTH TREATMENT

BERNARD CASSIERE

螺旋藻逆轉時光美肌療程

~~\$1,520~~ \$1,216

1hr 25mins (1小時25分鐘)

The Bernard Cassiere Spirulina Youth Treatment is your secret to vibrant, youthful skin. Powered by two exceptional natural ingredients: Spirulina deeply nourishes and revitalises, while Chlorella shields against environmental stressors and blue light exposure. This dynamic duo strengthens the skin's defences, fights signs of ageing, and delivers a surge of antioxidants to keep your complexion radiant. By slowing free radical production and reinforcing the skin barrier, it leaves your skin plumper, smoother, and visibly refreshed.

Bernard Cassiere 螺旋藻逆轉時光美肌療程是你擁有活力及年輕肌膚的秘訣。療程使用的產品糅合兩大天然成分：有效養內、逆齡美肌的螺旋藻和負責抗外和抵禦藍光的醉魚草，合力刺激免疫系統、抗衰老、抗氧化、減慢細胞因暴露於藍光下所產生的自由基、保護皮膚屏障等，令皮膚豐盈飽滿，更顯年輕活力。



To make your appointment with one of our expert Spa Therapists, please call the Spa Reception on 2118 1890.

預約美容療程，請致電 2118 1890 與本會美容師聯絡。



WARM-UP AND COOL-DOWN Q&A

熱身與緩和運動 Q&A

Whether you are heading into a gym session, stepping onto the tennis court, or fitting in a quick workout, how you prepare your body can make a significant difference to both performance and recovery. Warming up and cooling down are often overlooked, yet they play a vital role in helping the body move well, reduce injury risk, and feel better after exercise. Personal Trainer and Tennis Coach Cindy Ng answers some of the most common questions around warm-up and cool-down, and explains how simple habits can support safer, more effective training.

無論你是準備去健身室做運動、踏上網球場，還是進行快速的體能訓練，如何先讓身體做好準備都會對你的運動表現和體能恢復產生顯著影響。熱身和緩和運動往往都會被忽視，但它們對於幫助身體更好地活動、降低受傷風險以及在運動後保持良好狀態至關重要。私人教練兼網球教練 Cindy Ng 將為大家解答一些關於熱身和緩和的常見問題，並解釋一些簡單的習慣如何幫助你進行更安全、更有效的訓練。

WHY DO WE NEED TO WARM-UP BEFORE A WORKOUT?

A proper warm-up prepares the body for exercise by gradually increasing heart rate, improving blood circulation, and raising muscle temperature. This helps the body transition safely into physical activity, improves performance, and reduces the risk of injury.

DYNAMIC STRETCHING OR STATIC STRETCHING FOR WARM-UP EXERCISE?

Dynamic stretching is best before a workout. These controlled, movement based stretches increase blood flow, improve joint mobility, and activate muscles in a way that mirrors the activity ahead. Compared with static stretching, dynamic movements better prepare the body and help reduce injury risk.

HOW LONG SHOULD A WARM-UP BE?

A warm-up should usually last between five and 10 minutes. For higher intensity workouts or sports, a longer warm up of around 15 to 20 minutes allows the body more time to prepare for demanding movement.

WHY IS COOL-DOWN IMPORTANT AFTER A WORKOUT?

Cooling down helps the body return to its resting state in a gradual and controlled way. It allows heart rate and blood pressure to normalise, supports recovery, reduces muscle stiffness, and helps prevent post exercise discomfort.

WHAT SHOULD WE DO FOR COOL-DOWN?

Cool-down should include low-intensity exercise, such as light jogging, to bring the heart rate back to normal levels gradually, along with stretching to relieve muscle tension.

WHEN IS THE BEST TIME TO STRETCH?

The best time for static stretching is immediately after a workout. Muscles are still warm at this stage, which allows them to lengthen more effectively and helps improve flexibility over time.

WHAT IS THE BENEFIT OF FOAM ROLLING IN COOL-DOWN?

Foam rolling helps release tight areas within the muscles, improves blood flow, and reduces post workout soreness. It is particularly useful for easing muscle tension and breaking down tight spots after exercise.

FOAM ROLLING OR STATIC STRETCHING?

Both play an important role. Foam rolling is best used first to release tension, followed by static stretching to maintain flexibility and support long term mobility.



By Cindy Ng
Personal Trainer & Tennis Coach
撰文：私人健身及網球教練



為什麼在運動前需要熱身？

適當的熱身運動能夠透過逐漸提升心率、增加血液循環並溫暖肌肉，使身體為體能消耗做好準備。這有助於身體安全地過渡到運動狀態，提高運動表現，並降低受傷的風險。

熱身應該做動態伸展還是靜態伸展？

建議在運動前進行動態伸展。這種可控、以運動為基礎的伸展方式可以促進血液循環，改善關節活動度，並以與即將進行的運動相對應的方式激活肌肉。與靜態伸展相比，動態伸展能更好地幫助身體做好準備，並有助降低受傷風險。

熱身應該持續多久？

適當的熱身通常應持續 5-10 分鐘。對於強度較高的鍛鍊或激烈運動，則建議延長熱身時間至 15-20 分鐘，這樣可以讓身體有更多時間為高強度運動做好準備。

為什麼運動後需要緩和？

緩和運動有助於身體以漸進且可控的方式恢復到靜止狀態，它能使心率和血壓逐漸恢復正常，促進體能恢復，舒緩肌肉僵硬，並有助於預防運動後不適。

運動後該進行什麼緩和運動？

緩和運動應包括低強度運動，例如慢跑，以使心率逐漸恢復正常，同時配合伸展運動來緩解肌肉緊繃。

什麼時候是伸展的最佳時機？

在運動後立即進行靜態伸展是最佳的時候。此時肌肉仍然保持溫暖，更容易拉伸，長期堅持有助於提高柔軟度。

使用按摩滾筒進行緩和有什麼好處？

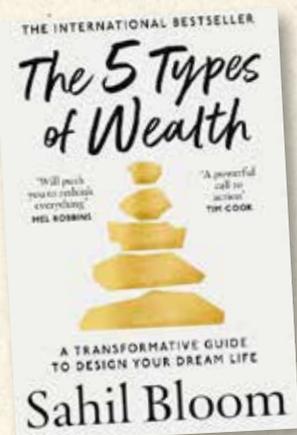
按摩滾筒有助於放鬆肌肉中的緊繃部位，促進血液循環，並減輕運動後的肌肉酸痛。它尤其適用於即時緩解肌肉緊張和消除運動後的僵硬部位。

應該選擇按摩滾筒還是靜態伸展？

兩者都發揮著重要作用。最佳效果是先使用按摩滾筒釋放肌肉緊張，然後再進行靜態伸展，以保持柔軟度並支持長期的活動能力。

The 5 Types of Wealth: A Transformative Guide to Design Your Dream Life

by Sahil Bloom



Reject the default path, define your priorities, and achieve lasting happiness with this transformative guide to designing your dream life, a life centred on the five types of wealth.

After years of research, personal experimentation, and thousands of interviews around the world, Sahil Bloom has created a groundbreaking blueprint for building your life around the five types of wealth: Time Wealth, Social Wealth, Mental Wealth, Physical Wealth, and Financial Wealth.

Through powerful storytelling, science backed practices, and practical insights, The 5 Types of Wealth shows you how to prioritise energy creating tasks to unlock more time in your day, how to form deeper connections and build a meaningful

network, how to engage with your purpose to fuel ongoing growth, how to maximise health and vitality through three simple principles, and how to achieve financial independence while defining your own sense of enough.

No matter where you are on your path, whether you are a recent graduate, a new parent, navigating midlife, retired, or anywhere in between, The 5 Types of Wealth will help you act on what matters most, create an immediate positive impact in your daily life, make better decisions, and design the life you have always dreamed of.

拒絕墨守成規，明確你的優先事項，並透過這本變革性的指南獲得持久的幸福，從而實現你的夢想生活——一種以五種財富為中心的生活。

經過多年的研究、個人實驗和在全球進行的數千次採訪，Sahil Bloom 提出了一個劃時代的藍圖，圍繞著五種類型的財富來構建你的生活：時間、社交、心理、身體和財務。

《The 5 Types of Wealth》透過引人入勝的故事、科學的實踐和切實可行的見解，讓你學會如何優先處理提升能量的任務，從而一天中騰出更多時間；如何建立更深厚的人際關係並構建強大的人脈網絡；如何發掘並投入你的目的以不斷促進自我成長；如何透過三個簡單的原則最大限度地提高健康和活力；以及如何實現財務自由並定義你自己的「足夠」標準。

無論你正處於人生的哪個階段，無論是應屆畢業生、新手父母、步入中年、退休人士，還是介於兩者之間的其他階段，《The 5 Types of Wealth》都能幫助你聚焦於最重要的事情，在日常生活中創造立竿見影的積極影響，做出更好的決策，並設計你一直夢想的生活。

The Elements of Power: A Story of War, Technology, and the Dirtiest Supply Chain on Earth

by Nicolas Niarchos

Epic, shocking, and deeply reported, The Elements of Power tells the story of the battle for the global supply of battery metals, resources essential to the decarbonisation of our economies, and the devastating human cost of this badly misunderstood industry.

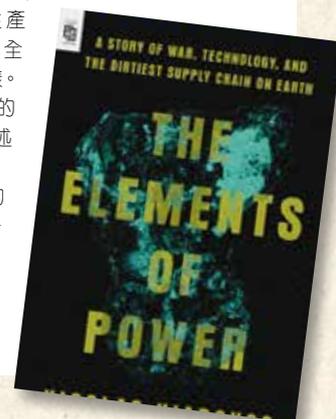
If the Democratic Republic of the Congo possesses such riches, why are its children routinely descending deep into treacherous mines to dig with the most rudimentary tools, or in some cases with their bare hands? Why are Indonesia's seas and skies being polluted in the rush for battery metals? Why is Western Sahara, a key source of phosphates, still treated like a colony? And who ultimately pays the price for progress?

Through unparalleled, original reporting, Nicolas Niarchos reveals how the scramble to control these metals and their production is reshaping the world order, much as the global race for oil defined the twentieth century. By exploring the rise of the lithium ion battery and tracing the supply chain behind its production, Niarchos tells the story of both the people driving these seismic changes and those whose lives are being torn apart by them. He exposes the true and often devastating consequences of our best intentions, while helping us prepare for an uncertain future.

史詩般、令人震驚且深入報導的《The Elements of Power》，講述了全球電池金屬供應之爭的故事。這些資源對於我們經濟的脫碳至關重要，同時也講述了這個被嚴重誤解的行業所造成的毀滅性人員傷亡。

如果剛果民主共和國擁有如此豐富的資源，為什麼當地的孩子還要經常深入險惡的礦井，用最簡陋的工具，甚至赤手空拳地挖掘？為什麼印尼的海洋和天空都因為急於開採電池金屬而遭受污染？為什麼磷酸鹽的重要產地西撒哈拉仍然被當作殖民地對待？最終，誰來為進步付出代價？

Nicolas Niarchos 以其獨特的原創報導，揭示了對這些金屬及其生產的爭奪如何重塑世界秩序，正如全球石油爭奪戰定義了 20 世紀一樣。Niarchos 深入探討鋰離子電池的興起，並追蹤背後的供應鏈，講述了推動這些巨變的人們的故事，以及那些生活因此而支離破碎的人們的故事。他揭露了我們出於好意而做出的種種真實且往往具有毀滅性的後果，同時也幫助我們為充滿不確定性的未來做好準備。



From now until 31st March, 2026, 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3月31日止，太平洋會會員憑有效會員証到以下書店購買此兩本書籍，可獲9折優惠，請於付款時出示會員証。

Kelly & Walsh Ltd.
216 Pacific Place, Admiralty

Kelly & Walsh Ltd
金鐘太古廣場216號舖

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

香港圖書文具有限公司
中環德輔道中25號





BE MINERAL SHAMPOO, 300ML BE MINERAL 洗髮露, 300毫升

Designed for weak and sensitised hair, Be Mineral Shampoo delivers targeted care that restores body, softness and shine with every wash. This advanced formula helps strengthen the hair fibre while gently cleansing, making it ideal for fine or delicate hair in need of added support.

Enriched with a Polymeric Multifunctional Complex and Limnanthes Alba, the shampoo coats the hair cuticle to help protect against daily environmental stress while improving manageability. Essential moisture is replenished to leave hair feeling soft and supple, while a natural plumping effect enhances volume and fullness without weighing hair down.

The result is hair that looks healthier, feels stronger and appears visibly shinier, with a light, clean finish suitable for regular use.

專為脆弱敏感髮質設計的 Be Mineral 洗髮露，每次洗髮都能提供針對性護理，讓秀髮恢復豐盈、柔軟和光澤。其先進配方在溫和清潔的同時，有助強韌髮絲，特別適合需要額外呵護的細軟或脆弱髮質。

這款洗髮露富含聚合多功能複合物及白花草，能夠包裹毛鱗片，幫助抵禦日常環境壓力，令秀髮容易梳理。它能補充秀髮必需的水分，讓秀髮柔軟順滑，同時自然豐盈的效果還能增加髮量和豐盈度，而不會使頭髮扁塌。

使用後，秀髮看起來更健康、強韌、有光澤，並呈現輕盈潔淨的質感，適合日常使用。

~~\$300~~ \$270

HAIR PRODUCT SALE IN MARCH 3月份頭髮產品優惠

BE COLOR MASK, 500ML BE COLOR 魚子精華鎖色髮膜, 500毫升

A rich treatment infused with caviar essence, keratin, and collagen, designed to repair and protect coloured and chemically treated hair.

- Reconstructs hair damage caused by chemical ingredients
- Protects hair against harsh chemical and environmental agents
- Prolongs colour effect
- Nourishes and moisturises hair
- Brings extraordinary shine to coloured hair

一種富含魚子醬精華、角質蛋白和膠原蛋白的滋養髮膜，專為修復和保護經過染色及化學處理的頭髮而設。

- 重建因化學成分造成損傷的頭髮
- 保護頭髮免受刺激性化學物質和環境因素的侵害
- 延長色彩效果
- 滋養及滋潤頭髮
- 為染髮帶來非凡光澤。

~~\$300~~ \$270



NOTIO SOLID CREAM, 90G NOTIO 造型髮蠟/乳霜, 90克

This stylish Japanese hair product is designed with skincare ingredients, making it gentle and suitable for daily use. Perfect for dry or thin hair, it also works beautifully as a styling wax for short to medium curly hair.

這款日本時尚捲髮造型產品，以護膚成分為基底，溫和健康，適合日常使用。產品不僅適用於乾燥和幼弱頭髮，同時亦可用作為短至中長度捲髮的造型蠟。



~~\$240~~ \$210

THIS MONTH'S PROMOTION

10% DISCOUNT ON HAIR CURL / WAVE PERMING TREATMENTS

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

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

微卷或曲髮電燙服務9折優惠

轉換一個潮流卷曲髮型吧！會員於3月份到會所髮廊惠顧任何微卷或曲髮電燙服務，可享有9折優惠。查詢詳情及預約服務，請致電 2118 1893。



KIDS' OPEN FUN SESSION TIMETABLE IN MARCH 3 月份兒童樂趣活動時間表

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

MINI CLAY BENTO WORKSHOP

黏土迷你便當工作坊

NEW

Children are invited to create a miniature Bento Box at this hands on workshop. Participants will shape a selection of lifelike clay food items and arrange them into a personalised lunchbox, choosing combinations that reflect their own style. They will also learn how to make a mini iced drink, complete with realistic ice cubes and fruit slices, adding a playful finishing touch to your Bento Box.

在這個趣味十足的工作坊裡，小朋友可以親手製作自己的精緻迷你午餐盒。他們將用黏土捏出各種栩栩如生的食物造型，並根據自己的喜好，自由配搭擺放在專屬的餐盒中。孩子們還將學習如何製作迷你冰飲，杯中包括逼真的冰塊和水果片，為自己的午餐盒增添一份趣味。

DATE 日期	Sunday (A) 15th March, (B) 22nd March 3月15日(A班)及22日(B班)(星期日)
TIME 時間	2:30pm – 3:30pm 下午2時30分至3時30分
VENUE 地點	Children's Playroom Library 兒童遊戲室
PRICE 收費	Member \$200, Guest \$260 (Including Children's Playroom entrance fee) 會員\$200·非會員\$260 (包括課程當日的兒童遊戲室入場費)
AGE 年齡	5 years and above 5歲及以上



JUNIOR TAEKWONDO

少年跆拳道

This junior class introduces children to the fundamentals of Taekwondo, developing balance, coordination, and focus through structured and engaging training. Students work towards belt progression, learning new techniques at each level while building confidence and discipline. New participants are always welcome.

本會少年跆拳道班旨在向孩子們介紹跆拳道的基本技巧，透過結構性且趣味十足的訓練，培養他們的平衡感、協調性和專注力。學員將努力晉級，在每個級別學習新的技術，同時增強自信心和紀律。我們隨時歡迎新學員加入。

DATE 日期	Saturday 7th, 21st & 28th March 3月7日、21日及28日(星期六)
TIME 時間	4:00pm – 5:00pm (All levels) 下午4時至5時(所有級別)
VENUE 地點	Aerobics Room
PRICE 收費	Member \$570, Guest \$600 (for 3 lessons) 會員\$570·非會員\$600(3堂)
AGE 年齡	4 years and above 4歲及以上

ROPE SKIPPING CLASS 花式跳繩班

An energetic class where children learn a wide range of rope skipping skills, from individual techniques to partner routines. This is a great way for children to stay active and learn new skills.

在這個充滿活力的課程中，孩子們將學習各種跳繩技巧，包括個人及雙人組合。這對於孩子們保持活力和學習新技能都是絕佳的方式。



DATE 日期	Sunday 1st, 8th, 15th, 22nd & 29th March 3月1日、8日、15日、22日及29日(星期日)
TIME 時間	4:30pm – 5:20pm (50 mins) 下午4時30分至5時20分(50分鐘)
VENUE 地點	Aerobics Room
PRICE 收費	Member \$950, Guest \$1,000 (for 5 lessons) 會員\$950·非會員\$1,000(5堂)
AGE 年齡	7 – 12 years 7-12歲

WALL CLIMBING 運動攀石訓練班

An exciting introduction to wall climbing that encourages children to move with confidence and purpose. Through guided climbs, participants build strength, flexibility, and coordination while learning how to approach challenges with focus and determination.

這是一項刺激的攀石入門課程，旨在鼓勵孩子們自信而有目的地進行攀爬。在教練指導下，學員可以增強力量、柔軟性和協調性，同時學習如何專注而堅定地應對挑戰。

DATE 日期	Sunday 22nd & 29th March 3月22日及29日(星期日)
TIME 時間	11:30am – 1:00pm 上午11時30分至下午1時
VENUE 地點	Children's Playroom (Climbing Wall) 兒童遊戲室(攀石牆)
PRICE 收費	Member \$460, Guest \$580 (for 2 lessons, including Children's Playroom entrance fee) 會員\$460, 非會員\$580 (兩堂, 包括課程當日的兒童遊戲室入場費)
AGE 年齡	6 – 10 years 6-10歲



JUNIOR BADMINTON GROUP LESSONS

少年羽毛球 — 團體訓練班

For players aged 6 to 16, these group lessons introduce the fundamentals of badminton through structured training and on court practice. Led by experienced coaches, students develop technique, footwork, and game awareness while playing alongside peers.

這針對 6-16 歲少年會員而設的團體課程，透過系統化的訓練和場地練習，介紹羽毛球的基本技巧。在經驗豐富的教練指導下，學員可與同伴一起練習，提升技術、步法和比賽意識。

DATE 日期	Friday 6th, 13th, 20th & 27th March 3月6日、13日、20日及27日(星期五)
TIME 時間	(A) 6:30pm – 7:30pm (B) 7:30pm – 8:30pm A班 — 晚上6時30分至7時30分 B班 — 晚上7時30分至8時30分
VENUE 地點	Aerobics Room
PRICE 收費	Member \$1,080, Guest \$1,120 (for 4 lessons) 會員\$1,080, 非會員\$1,120 (4堂)
AGE 年齡	(A) 6 – 10 years (B) 11 – 16 years A班 6-10歲, B班 11-16歲



JUNIOR BADMINTON LESSONS (PRIVATE)

少年羽毛球 — 私人課程

These one-on-one badminton lessons are tailored to each junior player's age, ability, and learning pace. Sessions focus on technique, footwork with clear guidance to help players improve consistency and confidence on court. Suitable for beginners as well as those looking to refine their skills through personalised coaching.

這一對一羽毛球課程是根據每位年少會員的年齡、能力和學習進度度身定制，重點在於技術和步法，並提供清晰的指導，幫助他們提高場上發揮的穩定性和自信心。課程適合初學者和希望透過個人化指導提升技能的會員參加。

PRIVATE LESSONS 私人課程收費	1pax: \$720/hour (including court hire) 一人: \$720/每堂一小時(包括場租)
	2pax: \$920/hour (including court hire) 二人: \$920/每堂一小時(包括場租)

ENGLISH DRAMA ACADEMY

英語話劇訓練班

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.

本會的英語話劇訓練班導師將透過講故事、聲線及形體練習、角色扮演、劇場遊戲、舞蹈、朗誦、劇本創作等，培養學員的創造力，提高語言及溝通能力，增強解決問題的技巧，並建立自信心。

DATE 日期	Monday 2nd, 9th, 16th, 23rd & 30th March 3月2日、9日、16日、23日及30日(星期一)
TIME 時間	(A) 5:30pm – 6:30pm (B) 4:30pm – 5:30pm A班 — 下午5時30分至晚上6時30分 B班 — 下午4時30分至5時30分
VENUE 地點	Gym Activities Room
PRICE 收費	Member \$1,050, Guest \$1,100 (for 5 lessons) 會員\$1,050, 非會員\$1,100 (5堂)
AGE 年齡	(A) 3 – 5 years (B) 6 – 12 years A班 3-5歲, B班 6-12歲



TABLE TENNIS PRIVATE LESSONS

乒乓球 — 私人課程

One-on-one table tennis coaching designed around your ability and goals. Led by experienced instructors, each session sharpens technique, improves game awareness, and supports confident progress, whether you are starting out or fine tuning competitive skills.

這一對一乒乓球課程將根據學員的能力和目標度身定制，由經驗豐富的教練指導，每堂都能幫助他們提升技術水平、增強比賽意識和自信，無論是初學者還是希望精進比賽技能都適合參加。

1 HOUR 每堂一小時	\$460 per person (including court hire) 每位\$460(包括場租)
1½ HOURS 每堂1½小時	\$680 per person (including court hire) 每位\$680(包括場租)
2 HOURS 每堂兩小時	\$880 per person (including court hire) 每位\$880(包括場租)



BASKETBALL PRIVATE LESSONS 私人籃球課堂

PRIVATE LESSONS (1 PAX) 私人課程(一人)

1-hour 一小時課程	\$650 per person 每位 \$650
1½ hour lessons 1½小時課程	\$900 per person 每位 \$900

PRIVATE LESSONS (2 PAX) 半私人課程(二人)

1-hour 一小時課程 (Additional participant: \$200/pax, up to 8 pax)	\$900 per session 每堂 \$900 (額外參加者: 每堂/每位\$200, 上堂人數最多8位)
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Looking to take your basketball further with focused, one-on-one coaching? The Pacific Club's Private Basketball Training Sessions offer Members a personalised approach to improving both basketball skills and overall athletic performance. Led by our experienced professional coach, each session is designed around your individual goals and playing level, whether you're new to the game or looking to advance further.

From mastering the basics to refining your shooting form, ball handling, or defensive play, training covers fundamental techniques, advanced strategies, and physical conditioning. These one-on-one sessions help build confidence, sharpen technique, and elevate your game in every area.

想透過一對一的專屬指導提升籃球水準嗎? 太平洋會私人籃球訓練課程為會員提供個人化的訓練方案, 幫助你提升籃球技巧和整體運動表現。經驗豐富的專業教練將根據你的個人目標和水平度身定制每節課堂, 無論是籃球新手還是希望更進一步, 都能從中受益。

從掌握基本功到精進投籃姿勢、控球和防守技巧, 訓練涵蓋基礎技術、進階策略和體能訓練。這一對一課程有助於增強自信、改善技術, 並在各方面全面提升你的籃球水平。

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

SUDOKU© PUZZLES BY PAPPOCOM

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

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

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

Submit your answer to the Editor by fax at 2118 0206 or email to:

vivian-ng@pacificclub.com.hk by latest Thursday, 19th March. 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 April. Good Luck!

請於 3 月 19 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 4 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

數 獨 SUDOKU

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

February Solution
2月份遊戲答案

Congratulations to the winner of last month's puzzle

恭喜上期得獎者

Mr Gilbert Lee



THE UNION CLUB
OF BRITISH COLUMBIA

CANADA



Founded in 1879, the Union Club of British Columbia is a landmark institution in the heart of downtown Victoria. With an imposing neo-Georgian design inspired by the classic clubs of London, this heritage building has always offered premier service, amenities and exceptional comfort. The Union Club is located in the heart of downtown Victoria, right next to one of Canada's most beautiful harbours and within walking distance of interesting shops, restaurants, art galleries, bookstores, eco-adventures, and tourist attractions.

The opulent lobby features rich mahogany panelling, a 20-foot ceiling, and an expanse of stained glass skylights, offering an appropriately grand welcome. The Union Club provides many in Victoria's business and social communities a special place to create new alliances, entertain and be entertained. Membership at the Club provides access to the elegant, century-old building, casual and fine dining, billiards room and card rooms, well equipped fitness centre, three meeting rooms, and much more.



Dining remains a central part of the Union Club experience. The main dining room is complemented by several bar and lounge spaces within the Club, allowing Members to choose between more formal meals and relaxed, informal dining. The McGregor Bar and Lounge offers a comfortable setting for drinks, light meals and casual gatherings, while the Renaissance Lounge provides a more informal atmosphere with food suited to socialising. The Begbie Lounge is frequently used for smaller lunches, receptions and private functions, with food service available for hosted events.



If you are looking for a place to stay in the city, the club offers accommodation at the attached Inn at the Union Club. Refined and discreet, this century-old Inn is an oasis of privacy and privilege that combines Old World flair with the most modern of hotel amenities. It has 22 guest rooms, including seven suites with separate sitting rooms. All rooms are appointed with comfortable queen or king-sized beds, and many of the Inn's rooms have fantastic views of the scenic Victoria Inner Harbour. The Union Club Inn is ideal for both leisure and business travellers.

So, if you will be traveling to British Columbia in the near future, be sure to obtain a Letter of Introduction to the wonderful Union Club, a place that warmly welcomes Members of the Pacific Club.

Union Club of British Columbia 成立於 1879 年，是維多利亞市中心的標誌性機構。這座歷史建築擁有雄偉的新喬治亞風格設計，靈感來自倫敦的經典俱樂部，一直以來都提供一流的服務、完善的設施和卓越的舒適體驗。Union Club 坐落於維多利亞市中心，毗鄰加拿大其中一個最美麗的港口，步行即可抵達許多特色商店、餐廳、藝廊、書店、生態探險場所和旅遊景點。

富麗堂皇的大廳擁有華麗的紅木鑲板、20 英尺高的天花板和大面積的彩色玻璃天窗，營造出莊重典雅的迎賓氛圍。Union Club 為維多利亞的商界和社交名流提供了一個建立新關係、招待賓客和享受娛樂的理想場所。會員可以在這座優雅的百年建築物裡享用休閒和精緻餐飲服務、桌球室和卡牌遊戲室、設備齊全的健身中心、三個會議室及更多設施。

餐飲服務仍然是 Union Club 的核心部分，除了主餐廳外，會所內還設有多間酒吧，會員可根據自身需求選擇隆重或簡單的用餐環境。McGregor Bar and Lounge 環境舒適，是享用飲品、簡餐和休閒聚會的理想場所；而 Renaissance Lounge 則氛圍更輕鬆，提供適合群體社交的餐點。Begbie Lounge 適用於舉辦小型午餐、招待會和私人活動，並提供餐飲服務。

如果你需要在市內尋找住宿的地方，Union Club 亦附設有旅館住宿服務。這間擁有百年歷史的旅館設計精緻而低調，是一處隱私度高，將舊世界風情與現代化酒店設施相結合的舒適住處。旅館擁有 22 間客房，其中包括 7 間設有獨立起居室的套房。所有客房均配備舒適的大床或特大床，而大部分客房都可以欣賞到維多利亞內港的壯麗景色。Union Club 旅館是休閒和商務旅客的理想選擇。

若果你將計劃到訪加拿大卑詩省，請務必攜同本會的介紹信，親訪 Union Club 這個令太平洋會會員感到賓至如歸的會所。

For further information on reciprocal clubs, please contact the Membership Office on 2118 1802.
如欲查詢有關海外聯繫會所的資料，請致電 2118 1802 聯絡會籍部。



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