

# Bel Air

Residents' Magazine

10  
Natural  
Wonders  
Put pep in your step

## *The Festive Issue*

Best of  
Burgundy  
Exciting wines to try

*Hearty and  
Wholesome*  
Perfect dishes for Winter



# LIVING IDEAS

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## Your Home Magic

營造家居潮流魅力



# welcome



The holidays are always a memorable time at Bel-Air and we couldn't be more thrilled about the activities taking place at the residences this December. From our festive programmes and New Year celebrations all the way to Valentine's Day in 2013, there are plenty of reasons to celebrate (see p3). We also reflect on end-of-year fun for the whole family such as Mid-Autumn Festival, Halloween and Bel-Air International Festival with our little ones (see p24).

It's the season to indulge and we have something to treat all the senses from beautiful Islamic art (see p7) to festive spa treatments (see p8), a trio of exciting burgundy wines (see p10) and a Christmas buffet and gala set dinner to enjoy with loved ones. Next year's exciting line-up of F&B promotions includes a pairing of Spanish paella and Chateau Lynch Bages 2007 and Valentine's Day and Chinese Spring dinners.

Despite all the revelry taking place at Bel-Air, we have not forgotten those less fortunate and will be collecting clothes, food and toiletries donations for the Street Sleepers' Shelter Society. Your contributions will go a long way in brightening the lives of the homeless and needy. We will also be holding a charity sale in January next year, the proceeds of which will go to the same organisation. Thanks in advance for your kind donations.

Season's greetings and all the best for the New Year!

美好的假期來臨，很高興在此向各位住客宣佈，貝沙灣12月將會迎接一連串精彩的活動：從聖誕特備節目、慶祝新年到2013年的情人節，都盡是愉快歡聚的好時機（見第3頁）。同時我們亦趁2012年踏入尾聲時，回味一下今年中秋節，萬聖節與貝沙灣國際綜藝節各位住客與小朋友們，一家大小開懷盡興的時光（見第24頁）。

冬天是好好寵愛自己的時節。伊拉克藝術家的書法作品，滋養您的心靈（見第7頁）；也可以好好享受護理療程節日優惠（見第8頁）、品嚐我們推介的3款法國布根地葡萄酒（見第10頁）、或與摯愛親友一起享用聖誕自助餐與特色節日晚餐。明年貝沙灣住客更可享受全新餐飲禮遇，包括西班牙海鮮飯配2007年Chateau Lynch Bages葡萄酒優惠、情人節與春茗晚宴優惠等等。

向來熱心公益的貝沙灣住客，不會忘記為社會上有需要的人送上關懷。誠意邀請大家捐出衣物、食物與衛生用品予香港露宿救濟會，在寒冷天氣下為露宿者送上無限暖意。明年1月我們將再接再勵，為香港露宿救濟會舉行慈善義賣，在此預先感謝大家的熱烈支持。

祝願大家與摯愛共度甜蜜聖誕，並祝新年愉快！

Mr Robert Lee 李智康先生  
Deputy Chairman and Chief Executive Officer of Pacific Century Premium Developments  
盈科大衍地產發展有限公司副主席及行政總裁





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A custom publication by



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This publication is fully funded by  
Pacific Century Premium Developments

## Christmas Carnival

The Christmas carnival will be a fun day for the whole family with lucky draws, Creative Christmas workshops, photos with Santa and plenty more festive activities.

**Date:** 16 December 2012 (Sun)

**Venue:** Indoor Sports Hall, Club Bel-Air Bay Wing

### 聖誕嘉年華

繽紛的聖誕節慶活動包括一系列精彩節目：聖誕大抽獎、創意聖誕工作坊、與聖誕老人合照等等，適合一家大小假日齊齊開心玩足一天。

**日期：**2012年12月16日(日)

**地點：**貝沙灣海鮮會所  
室內運動場

## Christmas Decoration

This year's theme is  
Christmas marching band.

### 聖誕主題佈置

今年有一隊可愛的步操音樂團  
為住客增添節日喜慶。

## Lunar New Year Carnival

**Date:** In the period of  
Lunar New Year

### 農曆新年嘉年華

**日期：**農曆新年期間

## Christmas Caroling

**Day 1** 16 December 2012 (Sun)

**Venue:** Indoor Sports Hall,  
Club Bel-Air Bay Wing.

**Day 2** 24 December 2012 (Mon)

**Venue:** Club Bay Wing Lobby Lounge and  
Club Peak Wing Dining Room.

**Day 3** 25 December 2012 (Tue)

**Venue:** Club Bay Wing Lobby Lounge and Club Peak  
Wing Dining Room.

### 聖誕聯佳音

第1天 2012年12月16日(日)

**地點：**貝沙灣海鮮會所室內運動場

第2天 2012年12月24日(一)

**地點：**灣畔餐廳及朗峰餐廳

第3天 2012年12月25日(二)

**地點：**灣畔餐廳及朗峰餐廳



# diary



# TRIO OF TRIUMPH

Bowers & Wilkins' latest Wireless Music Systems marry unmatched acoustics and convenience

B&W Bowers & Wilkins 全新無線音樂系統讓您隨時隨地享受完美音效



Enhancing Bowers & Wilkins' award-winning portfolio are two new AirPlay® speakers, A7 and A5, featuring outstanding audio performance and Apple AirPlay wireless streaming. The additions to the existing range provide sound connoisseurs with premium acoustics coupled with simple, wireless access to music.

The A7 and A5 Wireless Music Systems marry the experience gained from close to five decades of Bowers & Wilkins audio expertise with Apple's AirPlay technology to deliver the convenience without compromising on sound quality.

The two new products join the renowned Zeppelin Air in featuring the user-friendly AirPlay technology, allowing music to be wirelessly streamed from the iPhone® or iPad®. The app experience facilitates quick and easy access as most users already own the necessary equipment – a wi-fi network and an iPhone, iPad, iPod touch® or a computer running iTunes®.

The intuitive technology is simplified further with the free Bowers & Wilkins Setup App, which can be downloaded from the App Store. Further Wireless Music Systems can also be easily added, allowing music to be taken from room-to-room.

The ultimate Wireless Music System, A7 is the result of nearly 50 years of Bowers & Wilkins experience in advanced acoustics, innovations from some of the industry's finest engineers and the implementation of audiophile-grade electronics, including Digital to Analogue Converters capable of upscaling audio to 24bit/96kHz. The generous dimensions of the best-sounding AirPlay speaker available provide room for a 6-inch dedicated bass driver for an impressively full and controlled bass, even in large living rooms.

Those looking to combine great wireless audio with minimal visual impact are best suited to the versatile A5 model, ideal for any room in the home. Delivering a rich and detailed acoustic performance, it offers the room-filling sound expected from a much larger speaker.

Completing the trio of Wireless Music Systems is the Zeppelin Air. The iconic AirPlay speaker offers the best of both worlds: wireless streaming via AirPlay, and a digital iPod and iPhone dock offering top-notch sound. Whether streaming wirelessly or docking your device, Bowers & Wilkins Wireless Music Systems offer impeccable sound options for any room in the house.

屢獲殊榮的B&W Bowers & Wilkins產品系列再添新成員，宣佈推出兩款完美結合Apple AirPlay®無線串流功能與高保真音響表現的全新揚聲器A7與A5，為追求高品質音色和無線播放音樂的品味人士，帶來隨時隨地都可享受音樂的體驗。

A7與A5終極無線音樂系統，是擁有近50年的專業音響技術的B&W Bowers & Wilkins優秀工程師們不斷完善音質、追求細節品質的卓越成果，配合Apple AirPlay®科技的便利，帶出絕不妥協的卓越音色。

這兩款產品繼承了獲獎無數的B&W Zeppelin Air的優良特質，能夠利用創新而且操作簡易的AirPlay技術，從您現有的iPhone®或iPad®進行無線連接串流，直接播放您的iPhone、iPad、iPod Touch®或儲存在電腦iTunes®內的音樂，加倍簡便快捷。

您可以直接從蘋果App Store下載免費的Bowers & Wilkins Setup應用程式，輕鬆按照指示設置無線串流。您還可以增設更多享用無線音樂的功能，包括設定多室播放系統，進行多室播放。



A7這款終極無線音樂系統，由擁有近50年專業音響技術的B&W Bowers & Wilkins優秀工程師精心創製而成，他們不斷完善音質，每個細節都做到一絲不苟。A7採用了高保真級別的數碼模擬轉換器，將頻率範圍擴展到24bit/96kHz，專屬的6英寸低音驅動單元，即使在較大的起居室也能夠播放出飽滿可控的完美低音。

對於希望在家裡的起居室、臥室甚至廚房等空間裡無線播放音樂的人士，多功能的A5揚聲器便是最理想的選擇。它具有絕佳的聲學表現，豐厚而細膩的音色，為您帶來只有大型揚聲器所擁有的那種溢滿空間的效果。

無線音樂系統中的第三款主打產品，是極具代表性的Zeppelin Air揚聲器，亦是目前最優秀的其中一款結合AirPlay無線串流技術、iPod與iPhone底座的揚聲器，音效品質無與倫比。無論您追求一流的接駁設備抑或無線串流體驗，B&W Bowers & Wilkins無線音樂系統都是您完美的家居音響選擇。



## Street Sleepers' Shelter Society Donation Programme

- We will be collecting clothes, food (cup noodles) and toiletries (toothpaste, towels, soap and washing powder) to donate to the Street Sleepers' Shelter Society (SSSS) between December 16, 2012 and February 16, 2013 at Club Bel-Air Bay Wing, Peak Wing and Club 8 Reception. Please note that only brand new clothes and unopened food and toiletries will be accepted.

If you would like to make a cash donation, please transfer to HSBC account 002-246106-001.

For more information, please contact Club Bel-Air Reception in person or call 2989 9000 (Bay Wing)/ 2989 6500 (Peak Wing)/ 2989 6383 (Club 8).

### 為香港露宿救濟會捐贈物資

今年12月16日至明年2月16日，我們將會收集貝沙灣住客捐出的物資，贈予香港露宿救濟會 (SSSS)。歡迎大家將衣服、食品 (杯麵) 與衛生用品 (牙膏、毛巾、香皂與洗衣粉) 交到灣畔會所、朗峰會所或Club8的接待處。提提大家，我們只接受全新衣服與包裝未經打開的食品與衛生用品。

如有興趣捐款支持香港露宿救濟會，請存入匯豐銀行戶口002-246106-001。

查詢更多資料，可親身前往或致電貝沙灣會所各接待處，2989 9000 (灣畔會所) / 2989 6500 (朗峰會所) / 2989 6383 (Club 8)。

### About Street Sleepers' Shelter Society

The Street Sleepers' Shelter Society (SSSS) was founded in 1933 by renowned philanthropists, including the late Sir Shiu-kin Tang and Sir Thun-nin Chow. The registered Hong Kong charity provides more than 200 places for the homeless and needy at their shelters in Wanchai, Yau Ma Tei and Sham Shui Po.

Originally aimed at caring for the homeless (particularly women and children) after the War, SSSS provides free, year-round temporary shelters for the poor. Facilities include beds, shared toilets, showers with heated water, fans, phones, televisions and lockers.

The SSSS is committed to serving vulnerable members of society, assisting with charity work for the Hong Kong Government and encouraging its members to eventually become financially independent.

### 關於香港露宿救濟會

香港露宿救濟會是註冊慈善機構，成立於1933年，創會成員包括著名的慈善家鄧肇堅爵士及周俊年爵士等人。現時該會提供超過兩百個宿位於屬下三間分別位於灣仔、油麻地及深水埗的宿舍。

該會成立初期的使命是為戰後貧苦及有需要的無家可歸人士提供免費的容身之所，並優先照顧婦孺及孩童。所提供的設施包括碌架床、公用洗手間、浴室、熱水器、風扇、電話、電視及儲物櫃等。

香港露宿救濟會旨在向社會上有需要人士伸出援手，作為政府社會服務機構以外的輔助角色，鼓勵他們日後自力更生。



## Charity Sale

- A "Lai See" red envelope charity sale sponsored by Pacific Century Premium Developments commences in early January 2013 and all proceeds will go to the SSSS.

For more information about the charity sale, please refer to the event poster.

### 慈善籌款

由盈科大衍地產發展有限公司全力贊助的「利是封慈善義賣籌款」活動，將於2013年1月正式展開，貝沙灣住客購買利是封的收入將全數撥捐香港露宿救濟會。

查詢更多義賣籌款詳情，請留意本活動的宣傳海報。



## Middle Eastern

# Mystique

*Discover the work of Hassan Massoudy, one of the greatest living calligraphers of our time.*

哈桑·馬素迪是當今舉足輕重的書法藝術家，貝沙灣住客現在可親身感受他作品的魅力。

- Displayed in the Function Room at Club Bel-Air Peak Wing, this untitled contemporary piece by Iraq artist Hassan Massoudy features a quote from French writer, poet and aviator Antoine de Saint-Exupéry's autobiographical novel Wind, Sand and Stars.

The quote "What saves a man is to take a step, another step. It's always the same steps we take again and again" was translated from French into Arabic. Originally written horizontally, Massoudy presents the script vertically for enhanced aesthetic effect, creating a meaningful image based on Saint-Exupéry's inspiration.

Born in 1944, Massoudy's work has been showcased at The Kennedy Center, Washington DC; the British Museum, London; Musee d'Arvranches, France; October Gallery, London; the Hunar Gallery, Dubai; Centre d'Art Contemporain, Abbaye de Trizay, France; Palais des Congres; and Sundaram Tagore Gallery, New York and Beverly Hills.



貝沙灣朗峰會所宴會廳最近瀰漫全新藝術氣息，伊拉克當代書法藝術家哈桑·馬素迪的一幅無題作品重新演繹了法國自傳式小說《風沙星晨》內的名句，作者聖艾修伯里是著名作家、詩人與飛行家。

由法文翻譯成阿拉伯文的名句，意謂「只要多走一步就可以拯救一個人，哪怕只是一步，我們有時只是不斷的原地踏步。」哈桑將原本橫向的名句變成直向，散發獨特美感，把聖艾修伯里的靈感幻化成意味深長的視覺圖像。

生於1944年的哈桑曾經於世界各地展出作品，包括美國華盛頓甘迺迪中心、位於倫敦的大英博物館、法國Musee d'Arvranches、倫敦十月畫廊、杜拜The Hunar Gallery、法國當代藝術中心、Palais des Congres、以及紐約與比華利山的Sundaram Tagore Gallery。



# Tis the Season to be Spoilt

Get ready for Christmas with the ultimate festive pampering.  
重整身心、容光煥發地迎接聖誕節，為住客送上連串優惠。

## Mulan Spa Bel-Air

### CHRISTMAS SPECIAL PROMOTION 聖誕優惠

From now until January 31, 2013, enjoy 20% off selected Dr. Spiller or Skincode facial treatments (valued BP7,800 and up)

—— OR ——

20% off selected body treatments (valued BP6,800 and up) or enjoy 30% off treatments for two people.

Enjoy 15% off additional facial treatments.

\*Offer not valid on Saturdays & public holidays. Please contact Mu-lan Spa at Club Bel-Air Bay Wing on 2219 6360 or visit the spa for details.

由即日起至 2013年1月31日期間，顧客於貝沙灣沐蘭預約任何Dr. Spiller或Skincode面部護理服務(價值BP7,800或以上)，可享8折優惠。

—— 或 ——

預約指定身體護理療程(價值BP6,800或以上)可享8折優惠，二人同行更可享7折優惠。

附加面部護理服務，可享85折優惠。

\*優惠不適用於星期六及公眾假期，查詢請致電或親臨灣畔會所沐蘭，電話2219 6360。

## IL COLPO Bel-Air

### CHRISTMAS SPECIAL PROMOTION 聖誕優惠

From now until January 31, 2013, enjoy 20% off all hair services (valued BP5,700 and up) or a complimentary moisturising hair treatment (valued BP6,500) or a complimentary child haircut service\* (valued BP2,600) for two people.

Enjoy 15% off additional treatments.

\*Offer does not include shampoo & blow dry services.

Offer not valid on Saturdays & Public Holiday. Please contact IL COLPO Hair Salon at Club Bel-Air Bay Wing on 2219 6436 or visit the salon for more details.

由即日起至 2013年1月31日期間，顧客預約任何BP5,700或以上單項髮型服務可享8折優惠\*，或二人同行免費獲得保濕護髮療程(價值BP6,500) 或兒童剪髮服務\*(價值BP2,600)。

購買附加療程，更可享85折優惠。

\*優惠不包括洗吹服務。

優惠不適用於星期六及公眾假期，查詢請致電或親臨灣畔會所 IL COLPO Bel-Air，電話2219 6436。

## ProSkin

From now until December 31, 2012, enjoy a special price of BP10,080 (40% off) for the Aqua Moisturising Facial Treatment (Original Price BP16,800)

—— OR ——

Enjoy a special price of BP14,000 for a couple's massage including a Relaxing Swedish Massage for him and Aroma Body Massage for her (Original Price BP20,000)

Please contact Pro Skin Treatment Centre at Club Bel-Air Peak Wing on 2668 3030 or visit the spa for details.

由即日起至 2012年12月31日期間，顧客可以優惠價BP10,080(6折)享用活力水分補濕面部護理。(原價BP16,800)

—— 或 ——

以優惠價BP14,000享用雙人優惠，包括忘憂舒緩全身按摩(男士)及舒壓香薰全身按摩(女士)。(原價BP20,000)

查詢詳情請致電或親臨貝沙灣朗峰會所Pro Skin Treatment Centre，電話2668 3030。



# Best of Burgundy

Three exciting new wines to try this holiday.  
誠意推介三款最配合節日氣氛的最新美酒。



## 1. 2009 Chassagne Montrachet, Morgeot, Marquis de Laguiche, Joseph Drouhin (White)

*Special tasting offer 推廣優惠價：BP6,880/bottle 750ml*

This fine, full-bodied Chassagne-Montrachet from Maison Drouhin has a beautiful mineral backbone that complements the oily richness of the fruit, for a truly memorable combination.

杜茵酒莊釀製的「夏山-蒙哈榭」白葡萄酒，酒體純淨而豐滿，主調是美妙的礦物芳香，配合油潤豐腴的水果甜美，一試難忘。



## 2. 2008 Puligny-Montrachet, Les Pucelles, 1<sup>er</sup> Cru, Domaine Leflaive (White)

*Special tasting offer 推廣優惠價：BP38,880/ bottle Magnum – 1500ml*

Featuring a nose of honeysuckle and citrus, this round, medium-bodied wine possesses excellent depth on a focused and unusually powerful finish. An ample amount of underlying tension balances its concentrated dryness.

初調是金銀花與柑橘氣息，中度酒體不但圓潤，風格突出的餘韻強烈得令人印象深刻，令口感更有深度，並隱藏豐富的張力，平衡濃烈的乾爽口味。



## 3. 2009 Berrys' Extra Ordinary Red Burgundy, Maison Roche de Bellene

*Special tasting offer 推廣優惠價：BP1,380/ bottle 750ml*

This intensely flavoured Pinot Noir exhibits raspberry aromas with top notes of vanilla, while the palate offers a cornucopia of perfumed raspberries, strawberries and cherries. Depth of flavour, great poise and a lingering finish denote the quality of this wine. Superb with red meat and poultry.

味覺濃郁的黑皮諾散發覆盆子的芳香與明顯的雲呢拿主調，豐厚的口感混合紅莓、士多啤梨與櫻桃的莓果香氣，深刻的味道、完美的平衡與悠長的餘韻體現此酒的高質素，宜配紅肉或禽鳥類菜式。

*Limited offers only, available while stocks last. For enquiries, please contact the Lobby Lounge at Club Bel-Air Bay Wing on 2989 9075 or the Dining Room at Club Bel-Air Peak Wing on 2989 9017.*

以上推廣的餐酒存貨有限，查詢可致電2989 9075貝沙灣灣畔會所餐廳，或致電2989 9017貝沙灣朗峰會所餐廳。





Hearty  
and Wholesome

The quintessential Spanish dish paella is perfect for sharing with loved ones this winter.

一鍋熱辣辣的西班牙海鮮飯，在寒冬之中與一家摯愛分享，暖意入心。

INGREDIENTS

材料

150g	chorizo sausage slices	150克	切片西班牙辣肉腸
110g	pancetta cubes	110克	切粒意大利鹹煙肉
2 cloves	garlic, chopped	2瓣	剝碎蒜頭
1	onion, large	1個	大洋葱
1	red pepper, diced	1 個	紅甜椒
1tsp	thyme, chopped	1茶匙	百里香切碎
100g	frozen peas	100克	雪藏青豆
4	tomatoes, seeded and diced	4個	去籽切粒蕃茄
¼ tsp	chilli flakes	¼ 茶匙	辣椒碎
500g	paella rice (arroz bomba)	500克	西班牙米
125ml	white wine	125毫升	白酒
1.2l	chicken stock	1.2升	雞湯
	chopped parsley, to taste		切碎洋芫荽適量調味
	saffron, to taste		番紅花適量調味
	salt and pepper, to taste		鹽與胡椒調味

OPTIONAL

額外材料

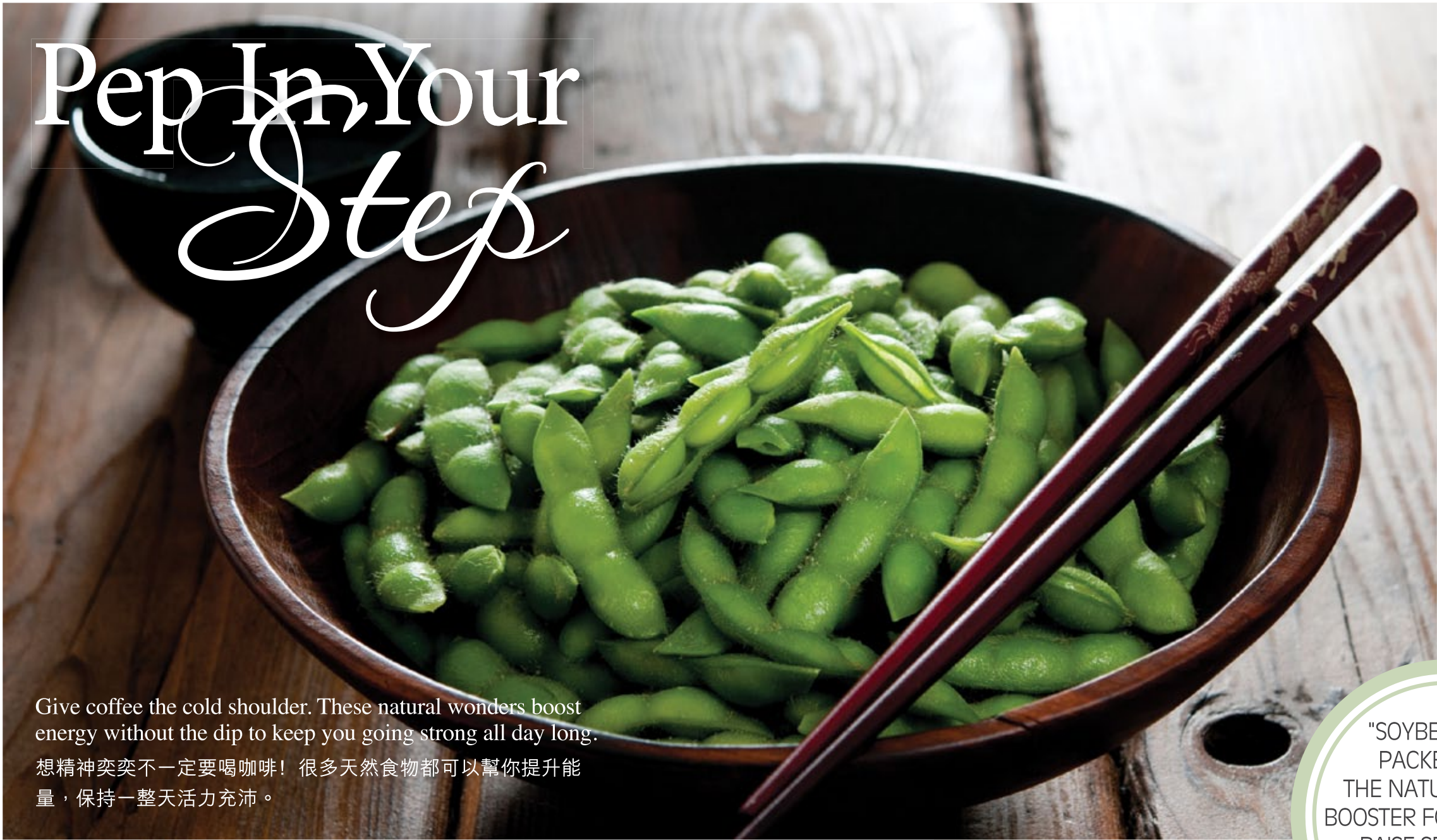
8	chicken thighs (or duck leg confit)	8隻	雞腿 (或油封鴨腿)
18	small clams	18隻	小蜆
12	jumbo prawns	12隻	珍寶大蝦
300g	squid, diced	300克	魷魚切粒

METHOD

做法

- 1. Heat half the olive oil in a paella dish or heavy based saucepan. Add chorizo and pancetta and fry until crisp. Add garlic, onion and pepper and heat until softened. Add thyme, chilli flakes and paella rice, and stir until all the grains of rice are coated and glossy. Add the paprika and white wine. When this bubbles, pour in hot chicken stock, add the chicken thighs and cook for 5-10 minutes.
  - 2. Place the clams in the dish with the join facing down so that the edges open outwards. Sprinkle in peas and chopped tomatoes and cook gently for another 10 minutes.
  - 3. Heat the remaining oil and garlic in a separate pan and add the prawns. Fry quickly for a minute or two and add to the paella. Do the same with the squid.
  - 4. Scatter the chopped parsley over the paella and serve immediately.
- 1. 在西班牙海鮮飯鍋或重身厚底鍋中加入橄欖油燒熱，爆香辣肉腸與鹹煙肉至香脆，再落蒜頭、洋葱與紅甜椒炒至軟身，然後加上百里香、辣椒碎與西班牙米，拌炒至每顆米粒都沾上橄欖油之後，再加上番紅花與白酒煮沸所有材料至冒泡。這時可加入雞湯與雞腿，再煮5至10分鐘。
  - 2. 放蜆入鍋時將蜆的連接處朝向鍋底，蜆煮熟時可以向外打開，加上青豆與切碎蕃茄，慢火再煮10分鐘。
  - 3. 在另一鍋中倒些橄欖油爆香蒜蓉之後炒香大蝦，只須快炒1至2分鐘至熟就可放上飯面，魷魚亦是同一做法。
  - 4. 在飯面灑上洋芫荽碎，趁熱享用。





# Pep In Your Step

Give coffee the cold shoulder. These natural wonders boost energy without the dip to keep you going strong all day long. 想精神奕奕不一定要喝咖啡！很多天然食物都可以幫你提升能量，保持一整天活力充沛。

The automatic response to the afternoon slump is to reach for the nearest caffeinated drink or the nearest sugar fix. While this provides a short-lived boost, when the effects wear off we're often left feeling even more fatigued than we were to begin with. To keep energy levels steady, feast on the following to keep you balanced and on-the-ball.

午後疲倦突襲，忽然很想睡覺的時候，我們通常會立即補充咖啡因或吃甜食提神。不過這方法只暫時有效，精神振奮一陣子之後，可能比之前感到更疲累。要保持穩定的能量狀態，以下的食物有助您身心平衡、表現出色。

### Spirulina

First discovered by the Aztec people, the single-celled algae spirulina soon became a staple in their diet. High in useable protein, vitamin B-12, minerals and seven types of Vitamin A precursors, it is also packed with chlorophyll, which contains blood purification properties, in addition to boosting energy. Rich in iron and magnesium, the beta carotene in spirulina strengthens the immune system as an added bonus.

### 螺旋藻

相信最早使用螺旋藻作為日常食物的是墨西哥的阿茲特克人。這種單細胞海藻擁有異常豐富的蛋白質、維他命B-12、礦物

### 卡宴辣椒

最強的天然草本植物興奮劑，促進消化系統運作並加強血液循環，改善新陳代謝甚至幫助舒緩疼痛，可食用又可藥用，含豐富的鈣、鉀、維他命A、C與複合維他命B。很多節食減肥食品都採用卡宴辣椒，因為它能夠加速全身血液運行，全面提升動力。

### Goji Berries

Grown in evergreen shrubs in China and Tibet, goji berries are rich in antioxidants and carotenoids, which prevent age-related vision problems. Studies indicate that the juice made from these berries not only increased energy in subjects, but also improved their general sense of wellbeing, sleep and athletic performance. The berries are also packed with amino acids and essential fatty acids.

### 杞子

蘊藏豐富抗氧化效能與類胡蘿蔔素的杞子，生長於中國與西藏長青灌木林，並有助預防老年視力衰退。有實驗證明指出，杞子汁不但可提升研究對象的能量水平，甚至可改善他們整體身心平衡與睡眠質素，運動亦表現得更敏捷。杞子同時含有大量胺基酸與人體所需脂肪酸。

### Edamame

High in energising nutrients such as B-vitamins, copper and phosphorous, edamame are a great snack after an endurance training session. They are also rich in the essential trace mineral molybdenum, which improves alertness, concentration, balance blood sugar levels and metabolise fats and carbohydrates to ensure that cells function properly. Soybeans are also packed with the natural mood booster folate, which raise serotonin levels to keep the blues at bay.

### 枝豆

枝豆擁有特別多補充能量的營養成份，包括多種維他命B、銅與磷，持久運動訓練之後最適合享用枝豆作補充體力的小食。枝豆含有的鉬微量礦物質同時能夠改善警覺性、專注力、平衡血糖並促進脂肪與碳水化合物代謝，確保人體細胞的健康運作。與其他豆類一樣，枝豆蘊含令人情緒愉快的葉酸，提高血清素水平，將鬱悶心情一掃而空。

"SOYBEANS ARE PACKED WITH THE NATURAL MOOD BOOSTER FOLATE WHICH RAISE SERATONIN LEVELS TO KEEP THE BLUES AT BAY."

### Pumpkin Seeds

Packed with protein, fat and fibre, pumpkin seeds are great for maintaining blood sugar for sustained energy. High in healthy omega-3 fatty acids, this nutritious treat maintains glowing skin and hair while relieving inflammation and maintaining testosterone levels in men. Rich in magnesium and zinc, the micronutrients in pumpkin seeds curb anxiety, support bone health, reduce muscular pain and improve the immune system.

質與7種可轉化成維他命A的前驅元素，還有大量能提升能量之餘更有效淨化血液的葉綠素。螺旋藻之中的鐵質、鎂質與胡蘿蔔素亦可強化免疫系統，為健康額外加分。

### Cayenne

One of the strongest herbal stimulants, cayenne aids the digestive system, improves circulation, boosts metabolism and can even relieve pain. The medicinal and nutritional herb is rich in calcium, potassium and vitamin A, C and B complexes. Featuring in many diet and weight loss products, cayenne increases blood flow throughout the body resulting in increased energy.



南瓜籽

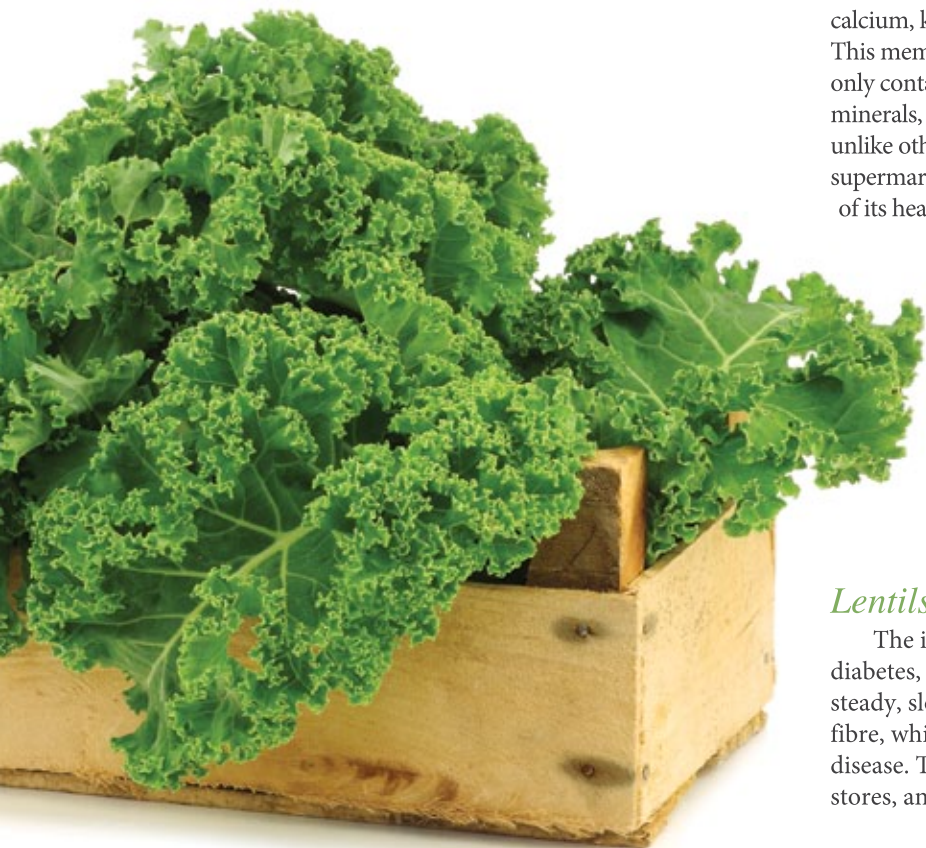
穩定的血糖水平令你長期處於活力充沛狀態，所以要多吃含有豐富蛋白質、脂肪與纖維的南瓜籽。它更含有健康的不飽和三酸甘油脂，保持皮膚與頭髮的光澤之餘，亦可舒緩發炎與維持男士的睪丸素水平。南瓜籽不但擁有豐富的鎂與鋅，其微量營養素的好處更數之不盡，可舒解焦慮、強化骨骼、舒緩肌肉痛與鞏固免疫系統。

Raisins

Recent studies show that raisins provide the same amount of energy as most energy bars on the market, due to their optimum combination of carbohydrates and potassium. A small box contains 300 milligrams of the latter, helping to maintain fluids and prevent dehydration and muscle cramps. The great grapes also prevent oxygen-based damage to cells in the body, promote bone health and protect against visual degeneration.

葡萄乾

最新研究發現，葡萄乾提供的能量相當於市面上大部份的能量棒小食，因為葡萄乾的碳水化合物與鉀的結合比例恰當。一小盒葡萄乾已經含有300毫克鉀，足夠維持人體水份平衡，防止脫水與肌肉抽搐。對人體細胞造成的氧化侵害，葡萄乾也能發揮神奇的預防功效，還可以保持骨骼健康、有防治視力退化的作用。



Oats

Like all cereal grains, oats are a great source of carbohydrates, altering metabolism and enhancing athletic performance when ingested prior to exercise. Best of all, the slow release of carbohydrates into the bloodstream in oats keeps blood sugar levels steady so that no dramatic spikes or drops in energy occur. Oats also improve hypertension, lower cholesterol, regulate bowel movements and even reduce the risk of cancer.

燕麥

與其他穀物類一樣，燕麥是極好的碳水化合物來源，可調整新陳代謝，運動前進食燕麥，表現將會更加滿意！燕麥轉化成的碳水化合物不會一次過滲透在血液中，反而慢慢地釋放令血糖水平得以維持穩定水平，以免身體能量供應大起大落。燕麥有助對抗高血壓、降低膽固醇、調整腸道活動甚至減低患癌風險。

Kale

A powerful antioxidant, packed with Vitamins A, C, E, potassium, iron and calcium, kale is the perfect energy booster. This member of the brassica family not only contains essential vitamins and minerals, but flourishes in the winter unlike other greens, and can be found at supermarkets year round. Take advantage of its health benefits by consuming it raw in a smoothie, salad or wrap.

芥藍菜

由於擁有極好的抗氧化功效，兼蘊含豐富維他命A、C與E，鉀、鐵與鈣等礦物質，芥藍菜能夠使您能量飽滿。屬於芸苔屬植物科的芥藍菜在冬天也有收成，全年在超級市場都很容易買到，比其他季節性蔬菜供應期更長，未經煮熟新鮮食用最能夠吸收它的養分，可以打成蔬果菜露、做沙律或餡卷。

Lentils

The ideal sustenance for those with hypoglycaemia or diabetes, lentils balance blood sugar levels while providing steady, slow-burning energy due to large amounts of soluble fibre, which regulate the digestive system and prevent heart disease. These legumes enhance vitality by replenishing iron stores, and transport oxygen from the lungs to the rest of the



"GOJI BERRIES ARE PACKED WITH AMINO ACIDS AND ESSENTIAL FATTY ACIDS."

cells, an integral part of the enzyme systems used for energy production and metabolism.

扁豆

低血糖或糖尿病患者可將扁豆當作日常主要糧食，穩定血糖之餘，燃燒得較緩慢的能量可穩定地保持身體活力充足，因為它有豐富的可溶性纖維，額外益處包括調理消化系統及預防心臟病。由於豆科植物能增加身體的鐵質儲備，並將氧分從肺部輸送到身體各部份的細胞，有利於產生能量與促進新陳代謝的酵素的合成。

Cocoa Nibs

Last but definitely not least, cocoa nibs are a delicious treat with plenty of nutritional value. Made from roasted

cocoa beans that have been separated from their husks and broken into smaller pieces, they are rich in theobromine, a stimulant that affects the central nervous system in the same way as caffeine. Rich in antioxidants, cocoa nibs have also been shown to elevate mood, relieve premenstrual syndrome and improve circulation and cholesterol levels.

可可豆

美味的可可豆碎營養價值也絕對不容忽視。用去殼的烘烤可可豆壓成粗粒的豆碎，含有豐富咖啡鹼，對中樞神經系統所起的作用與咖啡因無異，是天然的興奮劑，而且抗氧化成份豐富，有助改善心情、舒緩月經前緊張症候、促進血液循環與降低膽固醇。



# Stocking Stuffer

The season's latest reads to unwrap this holiday.  
節日最佳禮物：一系列最新推出的好讀本。

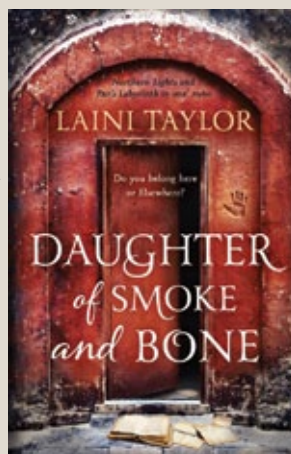
When in doubt, books are the ultimate gift as there is truly bound to be something for everyone. Here are our picks for winter must-reads, which are guaranteed to be a hit with young and old alike. So pull up a chair, make a cup of hot chocolate and get cosy.

為挑選禮物感到傷腦筋的時候，一本好書永遠是錯不了的選擇，因為人人都可以從書本中得到啟發。今個冬天特別介紹一些大中小朋友都一定會愛上的好書，請準備好舒服的椅子與一杯熱朱古力，享受閱讀時光。

## *Daughter of Smoke & Bone* Laini Taylor

Teenage art student Karou is sent on an errand collecting teeth for a shadowy purpose across the globe by her monstrous father. She encounters an angel who reveals the secrets of her life and family, resulting in beautiful and disastrous consequences. Readers will be enchanted with this story of magic, star-crossed love and difficult choices.

在美國暢銷青少年小說家萊妮·泰勒的筆下，少年藝術學院學生卡洛奉妖魔父親之命，奔走到世界各地蒐集牙齒，卻遇上天使為她解開身世與家庭之謎，後果是一浪接一浪充滿災難性卻又動人的經歷。讀者一定萬分投入連場魔法奇幻、戀愛厄運與陷於兩難的故事情節。



## *This Dark Endeavour: The Apprenticeship of Victor Frankenstein* Kenneth Oppel

Twin brothers Victor and Konrad stumble upon the Dark Library containing secret books of alchemy and ancient remedies. Despite being forbidden by their father to visit again, Konrad's illness forces Victor to return, where he uncovers the formula for the Elixir of Life. In a quest for magic ingredients, he scales the highest trees, dives into the deepest lakes and makes an unthinkable sacrifice.

學生兄弟Victor與Konrad的驚險旅程從闖入暗黑圖書室開始，發現神秘的古籍記載煉金術與奇幻的遠古藥物療法之後，即使父親堅決反對，Victor亦決意冒險再闖取得古籍上的秘方，



企圖拯救病重的Konrad，結果竟然意外發現長生不老的藥方！為了採集藥方上千奇百怪的罕有材料，Victor不惜上山下海，歷盡千辛萬苦與犧牲也在所不計。

## *Beyond the Cherry Tree* Joe O'Brien

Josh Bloom has a feeling there's something spooky about Cherry Tree Manor, which he visits on a field trip with a class. Upon discovering that the owner General Edgar Pennington disappeared exactly 12 years ago, he embarks on a journey to find him. His quest takes him to the enchanting land of Halibon, a strange mythical land full of danger, excitement and magic.

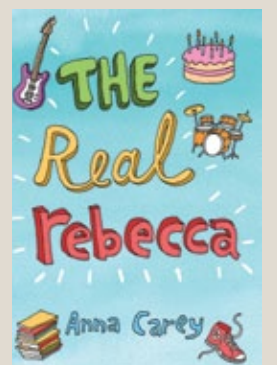
主角Josh Bloom帶同他一班學生到櫻桃樹大宅進行課外考察，卻發現一件令人毛骨悚然的靈異事：大宅主人General Edgar Pennington 正正在12年前的同一日失蹤，至今音訊全無。Josh 決定尋找失蹤的大宅主人，結果抵達使人著魔的Halibon神秘境地，猶如神話中的世界充滿種種潛伏的危機、意想不到的刺激與神奇魔法。



## *The Real Rebecca* Anna-Marie Carey

Rebecca Rafferty paid no attention to the boring books her mother wrote for grown-ups, but it's a different story when the latest book tells the story of an awful teenage girl – who everyone assumes is her – includes the gorgeous newspaper delivery boy. To top things off, an annoying girl in class tries to use her newfound “fame” to get on to a reality show. How will she show everyone who the real Rebecca is?

儘管媽媽是作家，主角Rebecca Rafferty從來對媽媽為成年人寫的書不感興趣，直到有一天媽媽開始寫新書，發現書中的討厭少女主角彷彿有自己的影子，故事更出現一個英俊的派報紙少年。這個女孩子還希望利用自己所謂的名氣上電視真人騷，令事情變得一發不可收拾。究竟這個虛擬角色如何揭示Rebecca真實的一面？





# Investment in Art *Picture Perfect*

Bel-Air's stunning portraits of Napoleon III and Empress Eugenie.

法皇拿破侖三世與皇后歐仁妮的肖像，是貝沙灣近期最矚目的藝術傑作。

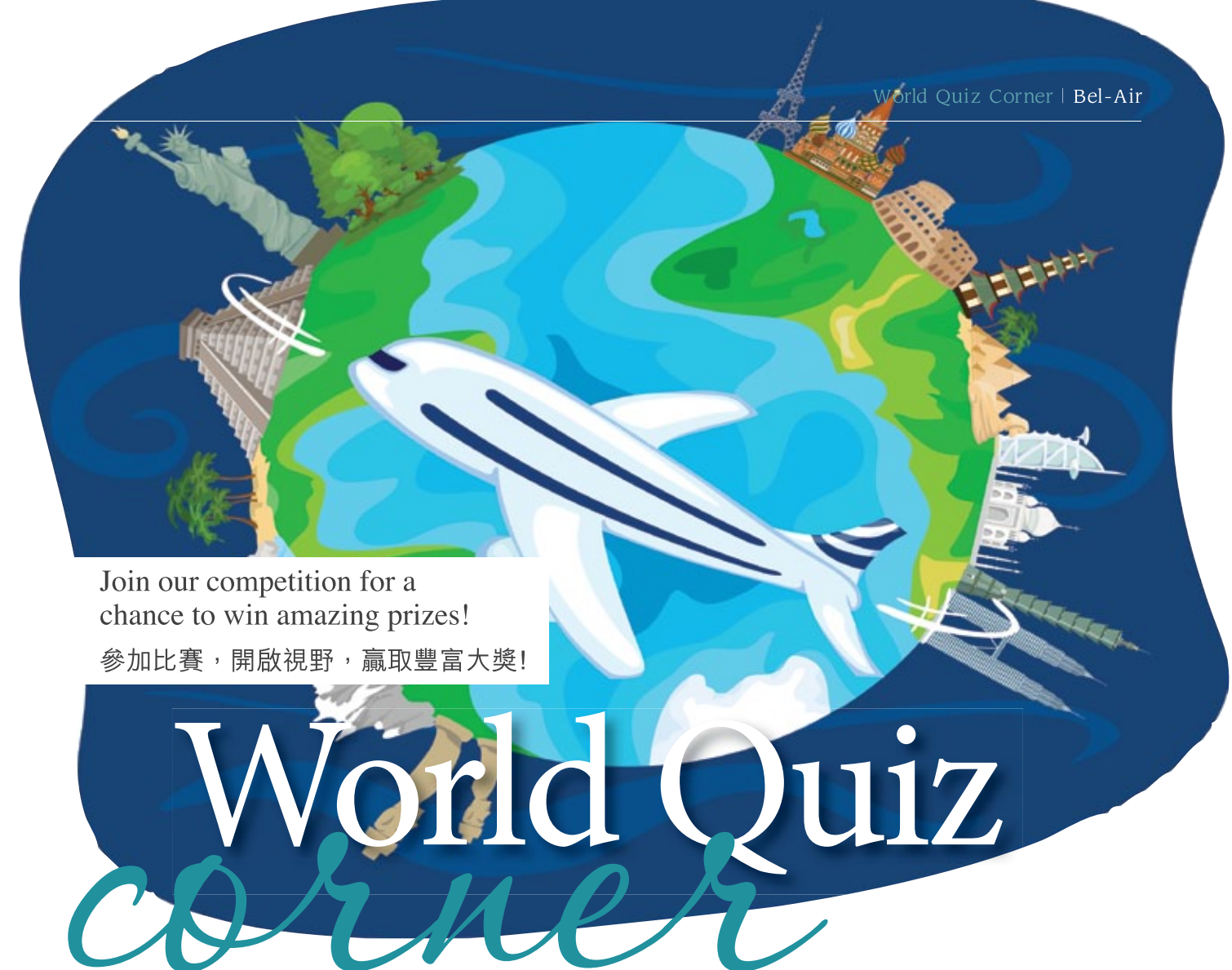


Acquired from Sotheby's, London, a pair of framed, full-length porcelain plaques of Napoleon III and Empress Eugenie are a sight to behold. Showcasing the iconic figures in state dress, the late 19th Century piece portrays them standing beside a chair, with a cushion displaying their crowns.

這一組購自倫敦蘇富比拍賣行的全身肖像，在鑲畫框的瓷片上繪出法國皇帝拿破侖三世與歐仁妮皇后，矚目地描繪人物的神態。皇帝與皇后都身穿法國正統宮廷服飾，作品的年份是19世紀末。畫中人站在椅子旁，軟墊上的皇冠代表他們的顯赫身份。



For more information email: [crdept@pcpd.com](mailto:crdept@pcpd.com)



Join our competition for a chance to win amazing prizes!

參加比賽，開啟視野，贏取豐富大獎！

## World Quiz *corner*

Attention Bel-Air young adults! Welcome to our World Quiz Corner section, where each quarter we will showcase a socially significant international figure for you to research as part of an exciting competition. Anyone under the age of 18 can enter with a chance to win a coupon for pancakes and ice-cream on Sunday at the Clubhouse. The best overall response in 2012 will have a unique opportunity to win a prize of their choosing, provided that it is reasonable and enhances education and self-improvement.

我們誠邀18歲或以下的貝沙灣住客投稿，參與貝沙灣雜誌全新的「打開世界視野」專欄。每期我們將會以一位世界偉人為主題，請大家分享對這位人物生平事跡的所思所想，你的佳作有機會贏得週日貝沙灣會所送出的Pancake及雪糕贈券，2012年度總冠軍更可獲得自選大獎（獎品必須合理並屬教育及自我增值範疇）。

*The key personality for this month is...*

Please email your response to the following 3 questions to [crdept@pcpd.com](mailto:crdept@pcpd.com).

1. Who is he?
2. How has he impacted society?
3. Why is he important?

本月的人物主角：請回答以下三個問題，電郵至[crdept@pcpd.com](mailto:crdept@pcpd.com)。

1. 他是誰？
2. 他如何影響社會？
3. 為什麼他會成為重要的人物？





# Louvre delegation visits *Bel-Air*

Mr Henri Loyrette, the President of the Louvre Museum in Paris, paid a visit to Bel-Air with major art collectors from France and the US. In attendance were also Mr & Mrs Arnaud Barthelemy, Consul General of France in Hong Kong, Mrs Ina Giscard d'Estaing, Mr & Mrs Chris de Sibert, Mr Christophe Monin and Mr Adrian Cheng. 法國羅浮宮博物館館長Henri Loyrette與來自法國與美國的幾位藝術鑑賞家蒞臨到訪貝沙灣，法國駐港澳總領事栢雅諾伉儷、季斯卡夫人、Chris de Sibert伉儷、Christophe Monin先生與Adrian Cheng先生亦現身這次難得盛會。

Mrs Eleonore de Sibert, Mrs Maryvonne Pinault and Mrs Becca Thrash (from left to right)  
Eleonore de Sibert夫人、Maryvonne Pinault夫人與Becca Thrash夫人(從左至右)



Mr Henri Loyrette presents “Ambassador for the Louvre in China” award to Mr Robert Lee  
Henri Loyrette頒發「羅浮宮的中國大使」榮譽予李智康先生



# Elderly home visit

The Bel-Air Choir performed at the home for the elderly accompanied by a few young volunteers to brighten the day. 貝沙灣歌詠團帶同可愛小朋友到訪老人院，在一片熱鬧氣氛送上美妙歌聲。





# Halloween

Bel-Air kids (and grown-ups!) dressed up in fantastic costumes for a spooky evening of trick or treating.

大細嘩鬼於萬聖節當晚齊齊出動，個個打扮創意十足，快拿出糖果款待他們！







Bel-Air celebrated Mid-Autumn Festival with lanterns, crafts for the kids and an array of musical performances.

小朋友最喜愛的漂亮燈籠與好玩小手工，還有精彩音樂表演，陪伴貝沙灣住客度過人月兩圓的中秋節。

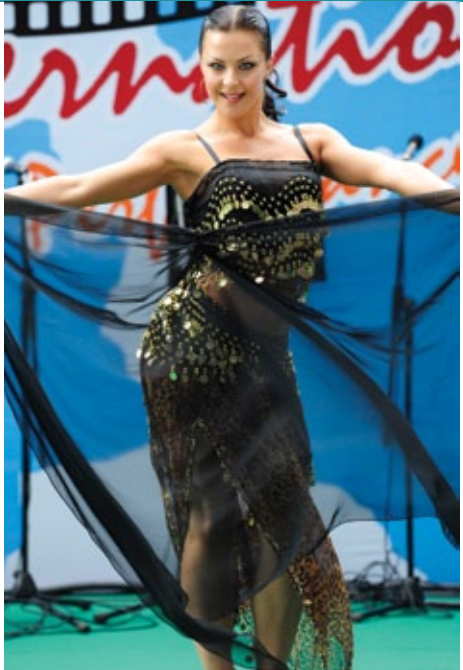






# Bel-Air International Festival

Bel-Air International Festival celebrated world culture with games, music and dance.  
貝沙灣國際綜藝節以精彩遊戲、音樂與舞蹈，頌讚世界各國多元文化。







# Outreach

## Programme 2013

Inspiring Compassion Through Music  
歌聲獻關懷

The Bel-Air community has participated in a range of community services, from collecting donations for the needy to visits to children's hospitals and elderly homes over the last eight years.

In 2013, we plan to visit the Tung Wah Group of Hospitals Wong Chung Hang Complex's Yu Chun Keung Memorial Care & Attention Home on a regular basis with the Bel-Air Choir for afternoons of interactive games, music and singing.

The Home is committed to providing quality accommodation, personal care and nursing for the elderly. Its professional services, diverse activities and homely environment allow residents to lead a meaningful and dignified life.

Please join us for a rewarding, fun-filled day out! For more information or to enrol, send an email with your name, residence and contact details (email/ phone) to Community Relations Dept. email: [crdept@pcpd.com](mailto:crdept@pcpd.com)

貝沙灣社區一向熱心公益，過去8年曾經參予各式各樣的捐獻活動與義工服務，包括收集物資捐贈有需要人士，以及探訪醫院為兒童與老人家送上溫暖。

2013年我們繼續發揚服務精神，計劃定期探訪東華三院黃竹坑服務綜合大樓，屆時貝沙灣歌詠團將會為院友送上音樂與歌曲表演，並一起玩集體遊戲歡度一個下午。

黃竹坑服務綜合大樓之院旨在為精神病康復者提供長期及日間復康支援服務，並且為長者提供膳宿、起居照顧、護理及醫療、復康等服務，令長者能得到全面優質關顧服務，安享尊嚴及愉快的生活。

誠邀各位貝沙灣住客參與這個充滿愛心、愉快又有意義的活動！查詢或報名可將你的姓名、地址與聯絡方式(電郵/電話)電郵至貝沙灣社區關係組 [crdept@pcpd.com](mailto:crdept@pcpd.com)。



### Singing Training Sessions

Mondays 1:30-3:30pm  
January 21- April 29, 2013

**Venue:** Aerobic Room,  
Club Bel-Air Bay Wing

**Application deadline:**  
January 12, 2013 (Saturday)  
Application forms are available at the  
Club Reception. Alternatively visit  
[www.bel-air-hk.com](http://www.bel-air-hk.com) to download.

### 歌唱訓練班

逢星期一下午1:30至3:30  
2013年1月21日至4月29日

**地點：**灣畔會所健康舞室

**報名截止日期：**2013年1月12日(星期六)  
申請表格可向會所接待處索取，或於  
貝沙灣網站[www.bel-air-hk.com](http://www.bel-air-hk.com)下載。



# Bel-Air *babies*



## Stitch Ho *9 months*

- “Hi my name is Stitch Ho and I love to go swimming at the clubhouse!  
Stitch Ho, 9個月「你好！我叫Stitch Ho，最喜歡到會所的泳池游泳！」



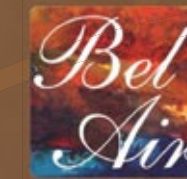
## Elizabeth Tung *5 months*

- I adore pets and my mummy Sharon believes that having animals around helps to strengthen my immune system.  
Elizabeth Tung, 5個月「我好喜歡可愛的寵物，媽媽Sharon時常說多點與小動物共處，對強化免疫系統有幫助。」



# Bel Air iPhone App

貝沙灣 IPHONE 應用程式



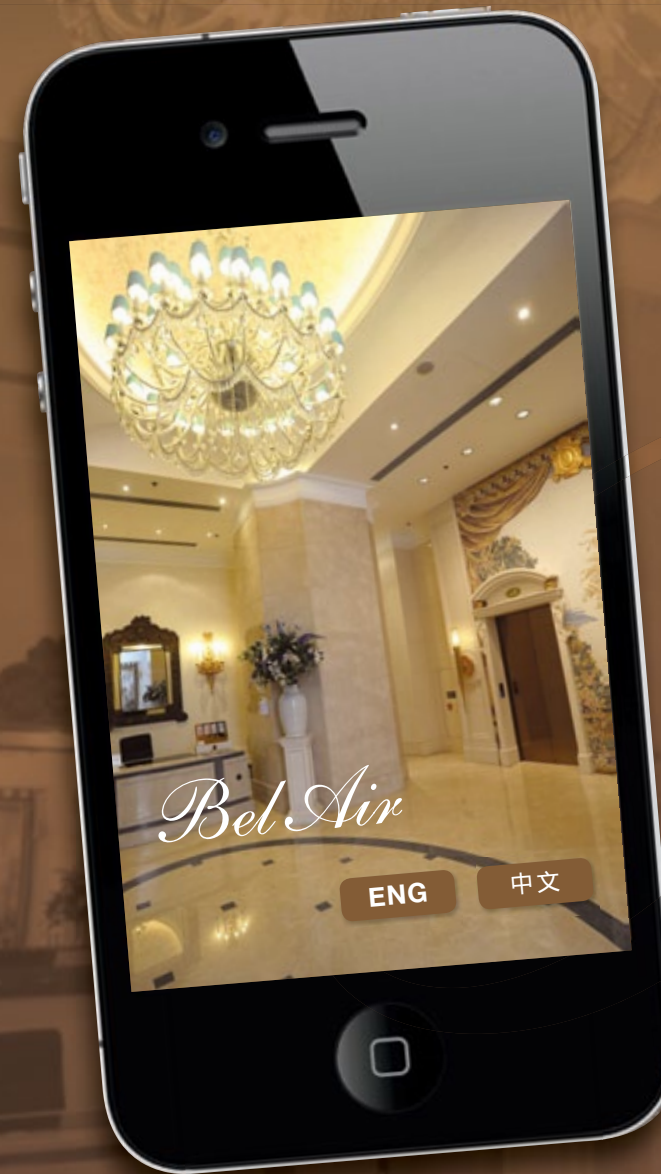
## New Features in the Latest Version 最新版本功能更全面

The New Event Section and Event Notification function provide more Bel-Air information you need with the touch of a finger. You can now also contact Bel-Air clubhouses, service centres and control rooms directly using the mobile App.

Bel-Air Android and iPad Apps are currently under development and will launch shortly – watch this space for the latest updates!

新增「最新活動」欄目與「活動通知」功能為住客提供更豐富資訊，只需指尖輕觸，即可透過應用程式直接聯絡各個會所、服務中心與控制中心。

籌備中的貝沙灣Android智能手機與iPad版應用程式即將面世！請留意我們的最新公佈。



Available on the  
**App Store**

Download the free Bel-Air iPhone App today  
請即免費下載貝沙灣iPhone應用程式



貝沙灣



# VILLA BEL-AIR

## THE ULTIMATE LUXURY

