



TRAVEL SIN STYLE

Bel-Air's Limousine Service

Enjoy a hassle-free ride to the airport when you plan your next vacation.

Our professional chauffeur will pick you up at your agreed time,
assist with luggage, and make sure you're comfortably seated in our luxury limousine.

Make your reservation at Club Bel-Air reception or by calling 2989 6383.

甫踏出家門,即有名貴房車接載直達機場,盡享奢華體驗。 貝沙灣專用名車司機準時恭候並為您照顧行李, 讓您與摯愛親友輕鬆舒適抵達目的地,盡顯尊貴品味。 請到貝沙灣會所接待處或致電2989 6383預約!



Deluxe MPV* Capacity 乘客人數: 7 persons / 位

Terms and conditions apply, call 2989 6383 for details. Surcharge for starting point/destination other than Bel-Air please refer to Terms & Conditions 4a.

*In the event that the car requires servicing, repair or maintenance, an equivalent model will be substituted (subject to availability).

須受預訂條款及細則約束,詳情可致電2989 6383查詢。貝沙灣以外地點附加收費請參考條款及細則第4a條。

*如房車已被預約、修理或定期維修,接載服務會同等級車款代替(視乎實際情況而定)。

WELCOME

W elcome to the first paperless version Bel-Air Magazine! In an effort to be more environmentally friendly, we decided to deliver the community magazine to you digitally and I hope you'll enjoy reading it as much as you did the print version.

This summer we have a whole host of activities in store for Bel-Air kids. The complete summer programme and enrolment form are available on www.bel-air-hk.com so don't forget to download your copy. Whether your children are athletically or artistically inclined, there is something for every boy and girl, even for the whole family, in the Bel-Air summer programme. If you are into reading and would like to meet some new friends over summer, the wine cellar in Club Bel-Air is a good location for Book Club meet-ups. Bookings are free and can be made at the club reception.

On top of the kids programme, this issue we bring you our top picks for a fabulous summer in town. Heading to Paris soon? 2015 is an important year for the Palace of Versailles and we recommend a few must-see exhibitions.

Have a wonderful summer and see you in autumn!

Mr Robert Lee

Deputy Chairman and Chief Executive Officer of Pacific Century Premium Developments Limited



世人 迎各位鑒閱第一期網上版〈貝沙灣雜誌〉! 這個轉變代 表我們更積極奉行環保,從此大家可輕鬆透過電腦或 智能手機,掌握貝沙灣裡外的資訊,本人衷心希望網上版會延 續印刷版的任務,帶來同等的閱讀樂趣。

今夏,貝沙灣特別為放暑假的孩子們準備連串精彩節目,請 瀏覽www.bel-air-hk.com下載暑期活動章程及參加表格。無論 你家的小男孩或小女孩是活潑好動型、又或者充滿藝術天份, 都一定有合心意的興趣班甚至跟家人一起體驗的親子活動讓你 選擇。悠長的夏天亦是讀書天,愛閱讀又同時想結識新朋友的 孩子們,貝沙灣會所的酒窖可供你們作為組織讀書會的場地, 只要到會所接待處就可免費預約。

暑期活動之外,今期亦為你帶來城中多個夏日戶外消閒熱點。打算外遊的你,如果目的地是巴黎,留意本年度凡爾賽宮將有連場盛事,以及多個不容錯過的主題展覽。

願大家暢享繽紛的夏日,今天稍後的秋天再見!

李智康先生

盈科大衍地產發展有限公司 副主席及行政總裁

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www.bel-air-hk.com



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Our guide to a fabulous summer in town 城中精彩的夏日玩樂消閒攻略





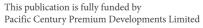
10 MARKING THE TERCENTENARY

300 years after the reign of the Sun King, Château de Versailles celebrates the Louis XIV Year in style. 法國凡爾賽宮今年盛事不斷,以優雅的品味紀念「太陽王」路易十四在位300週年。

■14 MORE THAN MONOCHROME

黑白以外



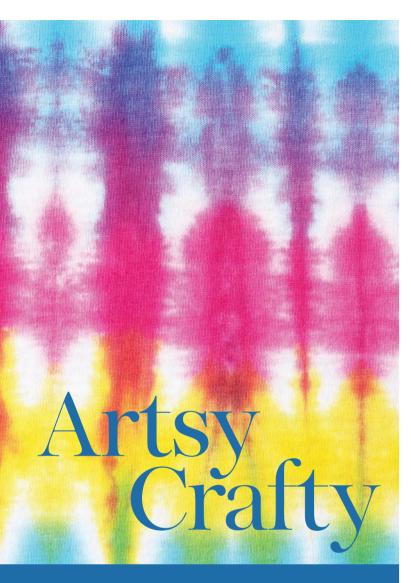


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Convivial gatherings call for a memorable venue. The Grand Function Room offers a dedicated space to host soirees without leaving the comfort of Bel-Air. With its magnificent collection of world-class art pieces and luxurious decoration rivalling that of five-star hotels, The Grand Function Room promises to bring an enchanting sense of moment to any occasion.

華麗優雅的場地能夠為任何聚會帶來難忘一刻,豪華宴會廳讓住客輕鬆在貝沙灣設宴款待到訪貴客。置身世界級藝術,典藏之中,體驗猶如五星級酒店的奢華氣氛,豪華宴會廳令你節慶日子的時光,加倍值得紀念。



27 JULY 2015 (MON) MILK CARTON COIN POUCH WORKSHOP

Did you know you can turn a milk carton into a personalised coin pouch? Show your creativity and your love for our environment by upcycling materials that would otherwise end up in the landfill.

2015年7月27日(星期一)

環保散子包工作坊

有沒有想過牛奶盒可以搖身一變成為獨一無二的散子包?只需略加創意,不但可以廢物利用,而且更能為環保多出一分力。

3 AUGUST 2015 (MON)

NATURAL TIE-DYE RECYCLE BAG WORKSHOP

Making use of colourful natural dye and a little touch of ingenuity, ordinary-looking shopping totes can become a work of art.

2015年8月3日(星期一)

天然紮染環保袋工作坊

我們身邊有很多天然的顏料,只需要花一點心思,便可將自己的環保袋 變成獨一無二的日常用品。

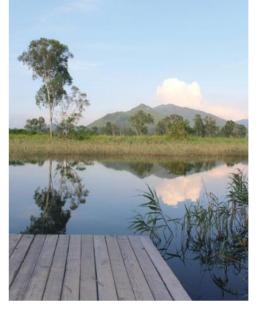
OUTDOOR SUMMER FUN



灣畔會所室外游泳池

貝沙灣小朋友最愛的夏日活動,將泳池變成繽紛水上遊樂場!





19 JULY 2015 (SUN) HELLO KITTY GO GREEN ORGANIC FARM & NAM SANG WAI DAY TRIP

Visit Hong Kong's countryside for a breath of fresh air! Experience organic living at Hello Kitty Go Green Organic Farm and make a trip to Nam Sang Wai to escape the concrete jungle



2015年7月19日(星期日)

HELLO KITTY 有機薈低碳農莊及南生圍一天遊

參觀 Hello Kitty有機薈低碳農莊,走進田園,體驗綠色有機減碳生活。有香港後花園之稱的南生圍更是遠離城市煩囂的好地方。





FOR DETAILS, PLEASE CONTACT CLUB BEL-AIR RECEPTION IN PERSON, OR CALL 2989 9000 (BAY WING) OR 2989 6500 (PEAK WING).

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請親臨貝沙灣會所接待處查詢詳情,或致電2989 9000 (灣畔會所)及 2989 6500 (朗峰會所)。

BEL-AIR DIARY BEL-AIR DIARY











2-4 AUGUST 2015 (SUN – TUE) **ADVENTURE CAMP**

Partnering with Asia Pacific Adventure, Club Bel-Air brings kids the ultimate summer camp with plenty of action in store around home. Sign up with your friends and join us in this wonderful summer adventure!

2015年8月2至4日(星期日至星期二) 歷奇訓練日營

貝沙灣會所與Asia Pacific Adventure 合辦夏令營,為小朋友帶來滿載動 感的夏日。快來與好友們一同參加,共同投入夏日大冒險。

	Day 1 Water Activity Day	Day 2 Taskoneer Adventure Day	Day 3 High Elements Day	第1天 水上歷奇	第2天 歷奇訓練	第3天 攀岩訓練
n	Lamma Island	Bel-Air	Shek O	南丫島	貝沙灣	石澳
b	Introduction to kayakingDragon boatingRaft building	 Resource prioritisation Planning, designing and constructing Time management 	Survival scenario and fire building Rock climbing Abseiling	介紹獨木舟運動龍舟競技構築木筏	按優先順序分配所得物資學習計劃及設計制作方案,並透過實踐完成指定裝置時間分配	瞭解野外遇險情景, 求生技巧及緊急生火 方法攀岩運動游繩下降訓練

BOOKISH

FUN

JULY & AUGUST 2015 SUMMER BOOK CLUB

What are you reading this summer? If you're not sure what to get from a bookshop or

simply want to meet some like-minded friends who also like reading, here's the perfect idea for you – why not start your own book club?

Club Bel-Air invites everyone above the age of 13 to make use of the wine cellar space in Club Bel-Air as a venue for Book Club meet-ups. Starting from last issue, the Book Corner has brought you a list of "100 Books You Mustn't Miss". Now you can find the recommended books in the club library, and we encourage you to start your own Book Club by picking one book from the list. You can choose from the following timeslots and sign up at the Club Bel-Air reception:

- Wednesdays, 9-11am and 11am-1pm
- Saturdays, 2-4pm and 4-6pm

These sessions are free of charge for Bel-Air residents. Bookings will be made on a first-come, first-served basis. Other timeslots may be available upon request.

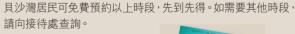
2015年7月及8月

夏日讀書會

夏日炎炎,如果你計劃享受閱讀樂,又想認識新朋友,跟他們分享好書, 何不試試自己組織一個讀書會?

我們邀請13歲以上的青少年利用會所的酒窖空間,作為自行組織夏日 讀書會的場地。我們從上期開始陸續為大家帶來100本不能錯過的好書, 其中已介紹的8本在會所圖書館可供借閱。你可以從中選擇其中一本,作為 與讀書會朋友分享的讀物。酒窖的以下時段現已開放為讀書會之用,你可 在會所接待處查詢和預約:

- 逢星期三:上午9時至11時,上午11時至下午1時
- 逢星期六:下午2時至4時,下午4時至6時







FOR DETAILS, PLEASE CONTACT CLUB BEL-AIR RECEPTION IN PERSON, OR CALL 2989 9000 (BAY WING).

請親臨貝沙灣會所接待處查詢詳情,或致電2989 9000 (灣畔 會所)。



Lush Locks

The lovely sunshine that we enjoy so much in summer isn't that great for our hair. Heat from the sun degrades the protective protein in hair, wiping out the shine and leaving your locks brittle. Strong sunlight also bleaches the colour, not to mention how pool water sucks out moisture from your hair.

Robbie's tips: Those who frequent the pools must take extra care to nourish their hair regularly with protein-rich hair masks. Use a swim cap if you can help it. Keratin treatments and hair oils can help protect your hair against exposure to UV rays.

Scalp Care

Making sure that your scalp is healthy in summer is arguably more important than pampering your locks. Hair follicles produce sebum (oil) as our scalp perspires, and clogged follicles will grow dull, unhealthy hair.

Robbie's tips: While mass-market hair care products available in supermarkets are perfectly fine, if you want to be sure you're using the right shampoo and conditioner for your hair type, get your hairstylist to recommend professional products. Alternating products of different functionalities can work miracles on your hair. Deep cleanse treatments will also control sebum, leaving your hair light and giving it the extra volume for a refreshing summer look.

Hot Hair

What's in for summer?

Ladies: Bob cut is always a chic look for short-haired ladies, while the hottest long hairstyle this summer is a thicker, denser look with few or no layers. Guys: A messy look works just as well as the slicker short sides, long top haircut.

柔潤秀髮

一到夏天,人人均喜愛在燦爛陽光下嬉戲, 但熱力迫人的陽光會分解髮絲的蛋白質保 護層,令頭髮失去光澤,變得脆弱。猛烈的 太陽曬在髮絲上,亦會使頭髮褪色。如果經 常在泳池游泳,水中化學劑更會使秀髮異

Robbie護髮秘訣:經常到泳池游水的話, 要盡可能使用泳帽,同時也要定期敷上含 豐富蛋白質的髮膜,修護秀髮。角質蛋白護 理與焗油對經常受紫外線傷害的髮絲更能 起保護作用。

頭皮護理

嚴格來說,炎熱天氣下保持頭皮健康應該 比護理髮絲本身更重要,因為頭皮出汗時 毛囊會分泌油脂,阻塞的毛囊會長出暗啞 不健康的頭髮。

Robbie護髮秘訣:市面上有售的各種護髮 產品都很有效,如果你想尋找一些能完全 配合自己髮質的洗髮水與護髮素,可請你 的髮型師建議專業美髮產品。交替使用不 同功能的產品,可帶來意想不到的護法效 果。為頭皮進行深層清潔護理,能有效控 油,令髮絲輕盈富彈性,塑造特別適合夏天 的清新爽朗髮型。

大熱髮型

今夏流行什麼髮型設計?

女士:充滿時尚感的Bob頭適合短髮女孩; 長髮方面,今夏流行感覺厚重的髮型,可將 秀髮剪成層次較少甚至尾部整齊的造型。 男士:可選擇營造凌亂隨意感覺,或兩側整 潔地剷短、頭頂留長的髮型,兩者都型格 非常。



IL COLPO OFFERS

TRIAL OFFER*

Hair: 40% off haircuts and/or chemical services

Beauty (Mulan Spa & SwissLine IL COLPO): 50% off treatments valued at \$760 or above

* Limited to first trial and by appointment only.

OFF-PEAK SPECIAL OFFER**

Enjoy 20% off haircuts and/or chemical services every Tuesday to Friday at 11am-3pm.

** By appointment only.

FAMILY PROMOTION

Hair: 30% off kids haircut (under 11 year-old) upon spending on adults haircut[^]

Beauty (Mulan Spa & SwissLine IL COLPO): \$600 off a maximum of two treatments valued at \$1,480# or above

^ Valid until 15 August 2015.

Not valid for package deduction. Balance not to be settled by credit card. Valid until 30 September 2015. Limited to once per person. Appointment required.

迎新優惠*

髮型:剪髮及/或電染護理類服務可享6折

美容(Mulan Spa & SwissLine IL COLPO): 價值\$760以上護理療程可享5折優惠

* 只限首次體驗及必須預約。

非繁忙時段優惠**

每逢星期二至五早上11時至下午3時,剪髮及/ 或電染護理類服務可享8折優惠。

**必須預約。

家庭優惠

*髮型:*凡惠顧成人剪髮[^],同行11歲以下小童 可享7折優惠

美容(Mulan Spa & SwissLine IL COLPO): 凡購買最多兩個價值超過\$1,480#的護理療 程,可享減價\$600優惠。

^優惠期至2015年8月15日止。 #滅價不適用於套票。餘額不可以信用咭支付。優惠期至2015 年9月30日止。每人限用一次。必須預約。

BEL-AIR ART BEL-AIR ART



he reign of Louis XIV (1638–1715) gave the world one of France's most iconic buildings. The Sun King's political and cultural influence placed France in the centre stage of 17th century Europe, and Château de Versailles, or the Palace of Versailles, becomes the embodiment of his prowess and a symbol of absolute monarchy. Today, Versailles, within which Louis XIV's generous patronage of the arts left a lasting legacy, remains a byword for opulence and grandeur.

Celebrating the tercentenary of the death of Louis XIV, the Palace of Versailles is set to unveil a series of major restoration efforts and makeovers throughout the entire estate, most notably its entrance, Pavillon Dufour. Architect and town planner Dominique Perrault has been entrusted with this delicate yet herculean task, and the palace's new, mordernised front is expected to complete later this year. While the idea of the design is to "respect all the historic and architectural heritage of this part of the old palace", visitors can expect to see an element of modernity dramatically different from the baroque style in which much of the palace was built. Capable of receiving a minimum of four million visitors annually, this bold new extension to the old wing will be something to look forward to if you have plans to visit Versailles.

London-based Anish Kapoor takes a more political perspective of power and its representation. His work will be displayed in the Palace gardens and, for the first time ever, in a location that is little-known but iconic of Versailles. Catherine Pégard, President of the Palace of









Club Bel-Air hosted a glamorous President of Château de Versailles, Catherine Pégard, in April this year.

Top right: Carina Lau Top left: Max Johnson, Victoria and Iake Astor Federation of Hong Kong and Tatiana Kalinin

Opposite page: Catherine Pégard, President of Château de Versailles

Versailles, says, "It is not by chance that Anish Kapoor was the first to push open the door to the Jeu de Paume, which he considers as a work of art in itself, to exhibit his installation. Anish Kapoor draws us into a hidden history, within the boundaries of Versailles."

From Louis XIV to Charles de Gaulle 18 June - 9 November 2015

To celebrate the opening of the Trianon-sous-bois wing following restoration work carried out on the roof, an exhibition will be held, evoking the role of Trianon as a sovereign dwelling from Louis XIV through to General de Gaulle.



Catherine Pégard was appointed to the presidency of the Versailles by the Cabinet of France in 2011. 凱瑟琳 • 貝嘉於2011年獲法國內閣委任為 凡爾賽宮總監。

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Later This Year

The King is Dead 27 October 2015 -21 February 2016

The Public Institution of the Palace of Versailles's grand exhibition commemorates the death of Louis XIV at Versailles, 300 years ago on 1st September 1715, four days before his 77th birthday. The death of the king, both man and institution, was a key moment in the construction of the public perception of the monarchy, combining religion and politics. From the final death throes to the burial, it resembled a performance, a great baroque show of huge significance to courtly society, which was affected by it significantly.

易十四在他悠長的統治期間(1638-1715),為世界帶來了凡 出之外,他的作品更會現身於宮中一個很有代表性但令人意想不 時代。凡爾賽宮象徵路易十四的治國才能與君主權力,至今路易十 四時期留傳下來的龐大藝術典藏,將留傳後世,今凡爾賽宮繼續 成為華麗閃耀與宏大氣派的代名詞。

今年為紀念路易十四辭世300週年,凡爾賽宮內外已展開多項 翻新修復工程,當中最矚目的施工是接待遊客的迪伏爾樓,由著 名建築師及城市規劃師多明尼克•佩羅操刀,利用巧妙的設計完 成這艱鉅的任務,全新富現代感的凡爾賽宮入口,今年稍後將展 現世人眼前。迪伏爾樓入口的設計概念是「尊重古宮殿這一隅的 歷史原貌,及原有的建築傳統」,訪客將欣賞到與現有巴洛克建 築風格截然不同的現代元素。由舊翼全新擴充的廳堂,每年將至 少迎接4百萬遊客,計劃一遊凡爾賽宮的話,絕對值得細心鑑賞。

路易十四年 慶祝活動

凡爾賽宮卡普爾個人展覽

2015年6月9日至11月1日

倫敦雕塑家安尼施•卡普爾於路易十四駕崩300週年展出一系列 從政治角度探索權力與其表現方式的作品。除了凡爾賽宮花園展 以表現其儒雅的社會禮儀與君王的巨大影響力。■

具代表性的宏偉殿堂。憑政治與發展文化 到的地點。凡爾賽宮總監凱瑟琳•貝嘉表示:「卡普爾能夠成為第 一位走進國立網球場現代美術館大門、展出作品的藝術家, 絕非 偶然。他認為有幸到此展出其裝置作品,此舉本身已稱得上是一 項藝術。今次他將帶我們探究凡爾賽宮一段隱秘的歷史。」

從路易十四到戴高樂

2015年6月18日至11月9日

為慶祝「樹林下的特里亞儂宮」天台修復工程落成並揭幕展現新 貌,凡爾賽宮特別舉行特里亞儂宮主題展覽,展示這宮殿在法國主 權更替擔當的重要角色。

今年稍後

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2015年10月27日至2016年2月21日

1715年9月1日,路易十四在凡爾賽宮溘然長逝,距離他77歲壽辰還 有4天。時至2015年,凡爾賽宮將舉辦紀念路易十四逝世300週年 的大型主題展覽。國王離世是君主體制向子民展現皇權的重要時 刻,具有深刻的政治與宗教意義。是次展覽將揭示從路易十四呼 出最後一口氣到下葬,所奉行的一套猶如盛大演出的巴洛克儀式,







MORE THAN MONOCHROME 黑白以外

(Above, left to right)

Yours, Mine and Forever Mine, 2011 Ingres 1853, 2008 Ingres 1842, 2008

Eric Chan

Eric Chan is one of Southeast Asia's notable contemporary painters. A Masters of Fine Art (Painting) graduate of the Royal Melbourne Institute of Technology, Australia and Lasalle College of the Arts, Singapore, Chan has carved out a reputation for reinvigorating interest in painting as a resonant contemporary media. His paintings are shaped by photographic and camera effects and aesthetics – from the blurring or smearing of paintings (simulating photographic images taken with slow shutter speed) to the distinctive graphics of film negatives with its tonal inversions.

Chan is currently based in Singapore, where he actively exhibits. His works have also toured overseas in the UK, Hong Kong, UAE, Australia, Malaysia, Philippines and Indonesia

Eric Chan 是知名的東南亞當代畫家,澳洲皇家墨爾本理工大學藝術(繪 畫)碩士及新加坡拉薩爾藝術學院碩士。陳氏的作品燃起了對繪畫這種 美學形式的興趣與討論,重新探索繪畫為何成為一種能引起迴響的當 代媒體。從模糊或塗抹油畫的效果(模擬使用慢速快門拍攝的照片),到 圖案分明的菲林底片,他的畫作都充滿攝影及鏡頭的風格元素,倒錯的 色調尤其突出。

陳氏目前以新加坡為創作基地,多次在當地展出作品,並於英國、香港、 阿聯酋、澳洲、馬來西亞、菲律賓及印尼舉行過多個海外展覽。

Forbidden Collar II, 2009 Annysa Ng

Annysa Ng is a Hong Kong-born artist who divides her time between her hometown and The Big Apple. She studied fine art at Staatliche Akademie der Bildenen Künste in Germany and School of Visual Arts in New York. Praised by the London Times as one of the Ten Talents to Watch in 2008, her work has been exhibited internationally in solo shows as well as respectable international art exhibitions.

The featureless silhouettes in her "Closed Eyes" collection are Ng's way of tackling the identity and history of Hong Kong. With physiognomy taken out of the picture, she combines period European fashion with traditional Chinese costume not only to illustrate Hong Kong as an east-meet-west city but also to explore the paradox of constructing a void identity.

生於香港的吳欣慈,曾於德國斯圖加特國家美術學 院和紐約視覺藝術學院修讀美術,現以香港及紐約 兩地作為創作大本營。2008年被《星期日泰晤士 報》選為『十大要注視的當代藝術家之一』的吳氏, 不但曾經舉行個人展覽,其作品更可見於國際性的大 型藝術展。

在她的《閉上眼睛》鋼筆水墨畫系列中,描繪沒有五 官的身影,代表香港獨特的歷史背景與身份認同,畫 中的無面人身穿的衣飾結合歐洲各時期的服裝風格 與傳統中國服元素,象徵著香港同時包融中西方文 化,卻又缺乏身份特徵的悖論。





Forbidden Collar II Function Room, Club Bel-Air



Yours, Mine and Forever Mine, 2011



Ingres 1842, 2008



Ingres 1842, 2008

Refined Taste

A QUICK GUIDE TO IDENTIFYING SAKE ESSENTIALS

品嚐日本清酒必備的入門知識

urely made from rice, water and yeast, sake has inspired endless discussion by devoted admirers for over 2,500 years since its first production within the shrines of Shintoism, Japan's oldest religion. Today sake is still a pivotal element of Japanese festivals, and refinements over the centuries have taken the brewing craft to the point of high art. A simple creation at a glance, the subtleties and complexities of aromas and flavours of sake that distinguish each label from the next are much dependent on the processed techniques of brewers.

Nature's Gift

Unlike wines, where terrain and grape variety have important implications on their quality, a big part of the brewing process and classification of sake depends on how the rice are polished, washed, steamed and filtered. Not all rice varieties are meant to be used for brewing sake – most high quality sakes are made with *Shuzo-koteki-mai*, a rice variety specially cultivated for brewing. Its large grain size and presence of *Shinpaku*, a high concentration of starch in the middle of

the grain, is central to making good sake, but growing *Shuzo-koteki-mai* is tricky business since the crop is easily affected by adverse weather.

For beginners, learning to appreciate sake starts with identifying some famous examples of sake rice such as Miyama Nishiki, Gohyakumangoku, Omachi and Hattan Nishiki. The king of sake rice, Yamada-nishiki, harvested from designated fields, is one of the top-notch sake rice, and could cost up to three times more than regular sake wine. The degree of rice milling also plays a major role in the final product. Between 30% and 70% of the outer rice layer is removed, resulting in a polishing ratio of 70% to 30% as shown on the labels. The lower the ratio means the higher the cost of production, and a well-balanced sake with pronounced aroma, smooth mouth-feel and good aftertaste.

As the rice grain itself does not contain any liquid, water makes up 80% of sake ingredients; it goes without saying that the style of sake is also influenced greatly by the quality of the water. Traditional sake brewing locations, like Nada (Kobe), Fushimi (Kyoto) and Saijo (Hiroshima) came into

Sake has, over its history, developed a special cultural significance in Japan, so entwined has it become with the country's customs and traditions.



BEL-AIR WINE



existence partly due to the abundant supply of good water in the region.

From Field to Table

Among all attempts to categorise sakes, classification based on polishing ratio seems the clearest definition of the ascending grades of sake. Generally speaking, the more unwanted part of rice grains are removed before fermentation, the more likely to result in a clean, elegant and refined outcome with lively aromatics. Junmai and Honjozo are both made with rice grains polished down to 70% of their original sizes. Full rich body and high acidity characterise the palates of *Junmai* while *Honjozo* shows a smoother texture and stronger fragrance with addition of alcohol. Ginjo is much lighter and complex in flavour than the previous two as only 60% of the rice kernel are retained. With the chemistry of special yeast and ingredients, lower fermentation temperatures, and fancy sake techniques, Ginjo demonstrates a

fruitier nose and good aftertastes. Made with even more polished rice with at least 50% of the outer layer being removed, *Daiginjo* is the cream of the crop featuring a blend of delicate tastes and redolence.

The finer the sake, the more sensitive it is to temperature. Good sake like Ginjo and Daiginjo are usually best served in room temperature or slightly chilled to maintain an intricate balance of mouth-feel and aroma. With its intense flavour and low fragrance, *Junmai* sake is most often served hot – often warmed by placing the sake-filled *Tokkuri* in a pan of hot water (never use boiling water as it will ruin the original taste). Sake pairs well with most Japanese cuisines and fish, and as a rule of thumb, they go well with ingredients and cooking styles based in the same area as the brewery. Selecting food according to the location of brewery could be a fun way of sake pairing as it encourages you to explore authentic culinary culture of a region in depth. ■

The sommelier of Club Bel-Air has handpicked three exquisite sakes for your enjoyment at the club restaurant. For those of you who are keen to explore pairing options, our chefs have also prepared some refreshing summer dishes to go with the sakes. You can also try making these dishes at home!

貝沙灣會所的侍酒師親自挑選4款風格突出的清酒,誠邀大家往會所餐廳一嚐。有興趣深入研究清酒美食配搭的你,我們的大廚精心準備3道清新怡人並宜配清酒享用的夏日美饌,讓你自己在家試試做!

Kokuryu Nizaemon – Junmai Daiginjo 黑龍二左衛門 Dassai 23 獺祭 遠心分離 二割三分 Jozen Mizunogotoshi – Junmai Daiginjo 上善如水純米大吟釀 用日本米、水及米麴釀製而成的清酒,最早出現於2,500年前日本古老的神道教儀式之中,簡單不過的釀造材料,卻令愛酒之人著迷至今,當中的學問亦不斷流傳。如今清酒在日本各種節慶祭典之中,依然佔重要地位。幾十個世紀以來不斷改良的技術,已將釀清酒提昇至藝術的境界。米與水的結合,形成千變萬化的風味,不同品牌清酒展現的酒香與口味差異,很大程度上取決於「酒藏」(釀酒廠)處理步驟上的分別。

自然之禮讚

稻米造就清酒,正如葡萄之於葡萄酒一樣,只是清酒的風格不像葡萄酒般受地區風土影響,反而視乎釀酒過程中碾米、洗米、蒸米與過濾手法,而產生各個等級的製成品。並非所有日本米都可用來釀清酒:大部份高級清酒所用是特別栽種的「酒造好適米」,米粒相對較大而且米心有釀製清酒必需的豐富澱粉質,稱為「心白」。酒造米的生長較易受不穩定天氣影響,在日本並不如栽種食用米般普遍。

美山錦、五百萬石、雄町及八反錦,都是值得初品嚐清酒者認識的幾款酒造米,還有號稱酒米之王的山田錦,產自指定的稻田,被公認為特級酒造米,售價可達一般清酒的三倍。白米磨去表層後,留下多少心白部份亦是清酒品質的關鍵,招紙上寫的「精米步合」,就是米粒磨掉從30%至70%不等的百分比,磨掉越多數字越小,代表材料成本越高,越接近酒香濃郁、口感順暢與怡人餘韻的完美平衡度。

由於米粒本身沒任何水份,清酒當中有八成是水,故此理所當然地,名酒必須用好的水質釀出來。神戶的攤區、京都伏見區與廣島西条能夠成為自古聞名的清酒酒鄉,正因為當地擁有理想的水源。

一桌好酒

區分清酒級別的方法有很多種,當中以精米步合比率決定品級的高低,似乎最清晰易明。總括來說,發酵前磨掉越多外層,越大機會釀出晶瑩通透、風味優雅而芳醇活潑的上品。「純米」與「本釀造」基本上採用磨剩七成的酒造米,酒身雄渾結實而有較高酸度,由於額外加入了酒精,口感淡雅柔和並呈現較強酒香。精米步合比率有六成的「吟釀」比前兩者風味更加爽麗多變,米麴與其他材料釀製時產生的化學作用加上較低發酵溫度與獨特釀造技藝,煉出獨有的吟釀果香與悠長餘韻。用上五成或更少心白的大吟釀堪稱清酒中之極品,不但感精緻細膩,更散發迷人馥郁芳香。

高級的清酒在不同溫度之下,會表現出不同的香與味,因此並不是所有清酒皆適合加熱飲用(燗酒)。好的清酒如吟釀及大吟釀適合於室溫至稍為冰冷飲用,才可嚐到香與味的微妙之處。純米口味強烈而酒香不濃,是最常見的暖飲清酒,只需將裝了酒的酒瓶放在熱水中待暖,切記不要用沸水,以免影響清酒的原味。清酒與大部份和食與魚類美食都匹配,享用時可嘗試根據地區作為配搭原則:好酒通常與釀酒產地的食材及料理手法十分相配,用這種方法配搭不會有大差錯,而且能同時深入了解一個地區的飲食文化,品酒過程增添不少樂趣。■

THREE-WAY PLATTER

Duck Foie Gras Torchon with Sparkling Citrus Gelée, Yuzu Miso Cucumber Salad, Marinated abalone with jellyfish

DUCK FOIE GRAS TORCHON WITH SPARKLING CITRUS GELÉE

INGREDIENTS

For duck foie gras

400g...... fresh duck foie gras

35g sea salt

13g sugar

7g..... pink curing salt

5g white or black pepper

1½ tbsp.. brandy (such as Cognac)

1 tbsp..... port wine (such as Grahams Six)

. cheesecloth or other lint-free linen (about 16 inches wide by 2 feet long)

3 cups chicken stock

For sparkling citrus gelée

4g agar powder

210ml blood orange juice

Juice of 1 grapefruit

Juice of 1 lemon

½ tbsp.... limoncello

½ cup..... orange muscat dessert wine

34 cup..... sparkling wine

30g caster sugar

METHOD

For duck foie gras

- 1. Let foie gras rest at room temperature for about 45 minutes before starting to clean and de-vein. Lay the cleaned lobes on a sheet pan lined with parchment paper. Season both sides with the curing salt, sugar, sea salt and white pepper. Drizzle the brandy and the port over. Wrap with plastic wrap and refrigerate overnight.
- 2. Place each piece of foie gras in a separate piece of linen, with the lobe side down. Using the linen, roll the foie gras to form a cylinder-like shape. Wrap tightly and secure both ends with strings. In a saucepan, bring chicken stock to a simmer. Poach the pieces of foie in the stock for six minutes or until the outer area of the foie is soft with a tough core. Set aside until cooled to room temperature.
- 3. Remove the foie onto a resting rack and refrigerate in the linen until cool but still pliable. Untie and remove linens and repeat the rolling procedure with fresh linens; retie and refrigerate. This process keeps the cylindrical shape of the foie gras intact.

For sparkling citrus gelée

- 1. In a small saucepan, bring orange, lime, lemon juice, and sugar just barely to a simmer over medium heat, stirring until sugar is dissolved. Remove from heat; add limoncello and wine. Stir to combine.
- 2. Place the agar in the juice and bring to a boil until the agar melts completely. Continue cooking on mediumhigh heat for about five minutes or till the mixture begins to gel and thicken. Strain the liquid through a fine mesh sieve into a pourable container.
- 3. Slice foie gras Torchon into disks. Use a round pastry cutter to trim oxidized edges off. Pour citrus gelée mixture on top. Refrigerate for 45 minutes or overnight

YUZU MISO CUCUMBER SALAD

INGREDIENTS

6q salt 200g Saikyo shiromiso

120g sugar 3 tbsp sake

1½ thsp., soy sauce 3 tbsp mirin

150g sliced cucumber fresh Yuzu

METHOD

- 1. Separate the Yuzu into sections and peel each one. Break up the sections into pearls.
- 2. Place the cucumber in a bowl and sprinkle with salt. Leave these for 30 minutes then rinse under running water and dry on paper towels. Combine everything except the cucumber in a large bowl and stir with a whisk. Add cucumber and toss. Refrigerate overnight before served.

MARINATED ABALONE WITH JELLYFISH

INGREDIENTS

4..... fresh abalone 300ml Chinese soy and spices marinade

½ tbsp ... sesame seeds, toasted

60g jellyfish

METHOD

Mix the abalone with marinade and refrigerate overnight. Drain the excess marinade and steam for 15 minutes. Let cool to room temperature and refrigerate again.

Serving the platter:

- 1. Place a piece of duck foie gras Torchon with gelée on the serving dish.
- 2. Place a piece of abalone and top with jellyfish and sesame
- 3. Place cucumber Salad and top with Yuzu.

頭盤三拼

鴨肝醬配酒香果凍,柚子麵豉青瓜沙律,海蜇鹵水鮑魚

鴨肝醬配酒香果凍

材料

鴨肝醬

400克 鮮鴨肝 ..海鹽 13克......糖

... 醃漬用粉紅鹽

1½湯匙...白蘭地(如干邑) 1湯匙波特酒 (如Graham's Six)

2塊.......紗布或其他非絨毛的麻布(約16吋寬 2呎長)

3杯 雞湯

酒香果凍 4克......魚膠粉 210毫升...血榜汁 ..西柚榨汁 ..檸檬榨汁 %湯匙....檸檬酒 ½杯.......橙香甜酒

34杯 汽洒 30克......砂糖

做法

- 1. 將鴨肝置於室溫下約45分鐘,然後清洗並除去血 管。洗淨的鴨肝放在鋪了焗爐紙的淺焗盤上,兩 面都用海鹽、糖、粉紅鹽及白胡椒調味,再淋上拔 蘭地及波特酒,用保鮮紙封好放在冰箱醃一晚。
- 2. 將鴨肝瓣塊朝下,用紗布或麻布分別捲成圓柱狀 並緊緊包裹,再用繩子固定兩端。用一個鍋將雞 湯煮熱,鴨肝放進即將煮滾的雞湯內浸6分鐘至 熟,或直至外層柔軟而內裡堅實。待涼至室溫。
- 3. 取出鴨肝, 連包裹布放在架上, 放進冰箱待涼, 但不要雪硬,要保持一定柔韌度。拆開已放涼的 鴨肝,用一塊新布包裹及捲好,捲的作用是保持

酒香果凍

- 1. 用小鍋將血橙汁、西柚汁和檸檬汁加砂糖用中火 3. 青瓜沙律放上柚子肉點綴。 加熱至稍熱,然後拌匀至糖完成溶解,離火後加 檸檬酒和汽酒拌匀。
- 2. 魚膠粉放入煮好的果汁酒中,煮滾至魚膠粉完全 溶解,繼續以中高火煮5分鐘,或直到果汁酒液開 始變稠成啫喱狀。用細孔網篩將果汁酒液隔濾, 放在方便傾注的壺或瓶中。
- 3. 將鴨肝切片,吸上圓形餅模,將形狀修至整齊並 倒上果凍液。放冰箱冷藏45分鐘或過夜。

柚子味噌青瓜沙律

材料

200克 西京白味噌 120克.....糖 3湯匙.....清酒 1.5湯匙...醬油 3湯匙.....料酒味醂 150克 青瓜切片

1個.....新鮮柚子

- 1. 柚子分開成一瓣瓣,每瓣去衣 後仔細剝成散絲狀。
- 2. 另外用一大碗盛青瓜片,灑上 鹽靜候30分鐘,然後用水沖洗, 再在廚紙上吸乾。其他材料全 部放在大碗內拌匀,再拌入青 瓜片,放冰箱冷藏一晚即成。

海蜇鹵水鮑魚

材料

300毫升..中式豉油與鹵水香料 %湯匙....烤香芝麻

60克海蜇

鮮鮑魚用豉油與鹵水香料拌好, 放冰箱醃一晚後,將餘下的鹵汁 隔出來蒸15分鐘,待涼至室溫再

- 1. 放一片鴨肝醬與果凍在碟子
- 2. 在鮑魚上放一些海蜇,灑上芝

Recommended sake pairing: Kokuryu Nizaemon – Junmai Daiginjo

清酒配:黑龍二左衛門 純米大吟釀

明太子串燒雞肉

12支5吋長竹籤(在水中浸

泡30分鐘)

.無骨去皮雞腿肉

...日本大蒜 180克 明太子 少許......植物油

120毫升..醬油 120毫升..味醂 60毫升 ... 清酒

60毫升 ...水 2茶匙.....黃糖

做法

- 1. 將味醂、醬油、清酒、水、黃糖 及1支日本大蒜的綠色部份放 在小鍋中,開大火煮沸後隨即 轉小火,開蓋煮至汁液濃縮至 一半(約需時30分鐘)。當汁 料開始變濃稠及顯出光澤時, 就可放一旁待涼。留三分之一 的汁料,待上碟時用。
- 2. 餘下的日本大蒜切成1吋長的大 小,雞腿肉切成1吋大小。在平 坦的廚房料理台上,將每片雞肉 對摺,竹籤45度插進雞肉中間 串起來,然後垂直地串上1塊大 蒜,重複以上步驟,每支竹籤大 約串上4片雞肉和3個大蒜。
- 3. 在燒爐的爐排/網架上(或適 用於焗爐的冷卻架)塗一點 油,放上雞肉串,調至高熱,待 爐燒熱後,將雞肉串烤6分鐘, 兩面掃上燒汁,繼續烤3至4分 鐘至燒汁表面呈焦糖狀。
- 4. 將雞肉串上碟, 掃上預先留下 的燒汁,配上明太子享用。



MANGO & BERRIES SABAYON WITH MARSALA

INGREDIENTS

.. large ripe mango, peeled and cubed

450a fresh ripe wild berries (strawberries, raspberries, blueberries)

1 tbsp..... sugar

2 tsp freshly squeezed lemon juice

For the sabayon

6eaa volks 1 cup sweet Marsala wine

1/3 cup sugar

To taste .. drops of freshly squeezed lemon juice

For the whipped cream

½ cup heavy cream 1 tsp sugar

METHOD

Preparing the wild berries:

Rinse the berries and drain them on paper towels. Cut off the stems and halve or quarter the strawberries lengthwise. Put all berries into a bowl. Sprinkle the sugar and lemon juice over. Fold gently together to blend well. Taste a strawberry, add more sugar or lemon juice if needed, and set aside to macerate for an hour.

BEL-AIR GOURMET

Whipping the sabayon:

Whisk to blend the yolks, Marsala wine and sugar in a stainless-steel bowl. Rest the bowl in a saucepan over hot water. Whisk for four to five minutes until the mixture has the consistency of lightly whipped cream. Clear the bottom of the bowl constantly with the whisk so that the eggs do not scramble and adjust the heat as needed. Taste the sauce, the sabayon should never get so hot, and add drops of lemon juice or more sugar to taste. When thick, foamy, and tripled in volume, remove from heat.

1. Cool the sabayon to room temperature. Whip the cream and sugar until soft peaks form, and fold the cream into the sabayon with a rubber spatula.

2. Turn on the broiler, spoon a portion of mango cubes and wild berries into each goblet until half filled. Pour sauce over the fruits until they are completely submerged. Set the goblet under the broiler around six inches from the heat for a minute or two, turning the dish as needed to glaze evenly, until the top of the sabayon is nicely browned and slightly crusted. Serve right away.

芒果莓果配瑪莎拉沙 巴翁

材料:

.熟的大芒果,去皮切粒 450克 新鮮的熟莓果(草莓

紅莓,藍莓) 1湯匙糖

2茶匙.....鮮榨檸檬汁

沙巴翁

6隻.....蛋黃 1杯........瑪莎拉甜酒

調味......鮮榨檸檬汁數滴

奶油

1茶匙....糖

做法

Recommended

sake pairing:

lozen Mizunogotoshi

- Junmai Daiginjo

清酒配:上善如水純

準備雜莓:

將雜莓沖洗乾淨,放在紙巾上吸 掉多餘水份,去蒂切半或草莓可 縱長切開四份。用碗裝好所有雜 莓,撒上糖和檸檬汁,輕輕地拌 匀折。噌一嚐草莓的味道,按需 要增添糖或檸檬汁,然後浸漬一 個小時。

拂製沙巴翁:

在不銹鋼碗內拂匀所有蛋黃、瑪 莎拉甜酒和糖,然後將整個碗座 在一鍋熱水上。拂打4至5分鐘直 到蛋漿呈現像淡奶油一樣的濃稠 度。不時用拂打器拌一下碗底的 蛋漿以免蛋液過熟,如有需要可 調低一點火力。試一試味,沙巴翁 應保持溫暖而不會過熱,有需要 可再用糖或檸檬沫調味。當拂打 至稠身呈泡沫狀,體積變大3倍 就可以離火。

- 1. 沙巴翁放涼至室溫, 拂打奶油 與糖至柔軟企身,用膠刮以切 拌方式將奶油拌入沙巴翁。
- 2. 開著燒爐,用高腳杯盛芒果粒 與雜莓至半滿,淋上沙巴翁至 浸滿所有果粒。將沙巴翁果杯 放在燒爐下距離火力6吋左右 的位置,燒熱1至2分鐘,轉動 杯子令所有表面均匀地燒至金 黃色,並呈現略脆的質感,就 可立即享用。

CHICKEN YAKITORI WITH MENTAIKO

INGREDIENTS

12.....5-inch bamboo skewers (soaked in water for 30 minutes)

450g boneless, skinless chicken thiahs

.. scallions 180g mentaiko tsubu Drizzles .. vegetable oil

For Yakitori sauce

120ml soy sauce 120ml mirin

60ml sake 60ml water

2tsp packed brown sugar

METHOD

- 1. In a small saucepan, add the mirin, soy sauce, sake, water, brown sugar, and the green part of one scallion, and bring it to a boil over high heat. Once boiling, reduce the heat to low and simmer uncovered, until the liquid is reduced to half (takes about 30 minutes). The sauce will become thick and glossy. Set aside to cool. Reserve one-third of the sauce in a small bowl for serving.
- 2. Cut the remaining scallions into one-inch pieces. Dice chicken into one-inch cubes. On a flat work surface, fold each slice of chicken in half, insert skewer into chicken at a 45-degree angle, and press down on the skewer to pierce through the center. Alternate each chicken slice with a piece of scallion lined up perpendicular to the skewer. Each skewer will hold about 4 chicken slices and 3 scallion pieces.
- 3. Grease the grate of the broiler/wire rack (or oven-safe cooling rack). Place the skewers on top. Set the broiler to high heat and wait until the heating elements are hot. Broil for 6 minutes. Brush the sauce on the meat on both sides and continue to broil for 3-4 minutes to caramelize the sauce.

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4. Serve skewers on a serving plate and brush the chicken with the reserved sauce. Served with mentaiko.

Riding the Heatwave

OUR GUIDE TO A FABULOUS SUMMER IN TOWN

城中精彩的夏日玩樂消閒攻略

taying in town for summer? There The Peak is no reason why your holiday shouldn't be as glorious as an overseas vacation. We round up some of the coolest ways to spend the sizzling hot summer days in Hong Kong - hop on a junk and explore the great outdoors; step out of air-conditioned restaurants for some alfresco dining action. Plus, there is plenty of good stuff around home in store for kids.

Picnic Perfect

We know, summer is hot and sticky but aren't you tired of staying indoors already? Pack your basket with delicious goodies we're going on a picnic!

Not far from the touristy attractions at the Peak Galleria is the Victoria Peak Garden, where we recommend you lay down your basket on the grass and enjoy the afternoon sun with a glass of champagne. At dusk, head back to the Peak Galleria to watch the spectacular sunset against the Hong Kong skyline.

Turtle Cove

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If on a weekend the Peak gets too crowded to enjoy a quiet picnic, head south towards Stanley to escape the everyday humdrum. Turtle Cove will give you the privacy you need to read a book on the beach or spend some quality time with loved ones. There are also barbecue pits around so you can always change your mind about the picnic and opt for something fierier.



Cyberport

One of the perks of living in Bel-Air is having easy access to a rare gem in Hong Kong – a green lawn. While getting to the first two locations require a bit of planning ahead, you can pop down to the Cyberport Waterfront Park pretty much whenever you fancy, and let's not forget the unrivalled sea view that will be the backdrop to your relaxing afternoon.

游,在香港同樣可以度過歡樂愉快的夏 天。炎夏熱浪迫人,登上游艇享受陣陣海風,立即 暑氣全消;又或者嘗試遠離凍冰冰的冷氣間,享 數碼港 受一頓美妙的露天晚餐;南區一帶也有不少好地 居住貝沙灣的一大好處,就是出門即擁有全港少 方,可以帶小朋友四處走走、玩個痛快。

愉快野餐去

夏天天氣確實有點黏膩,但呆在室內太久也很悶! 不如拿一個大籃子,装滿心愛的美食,一起到戶外 野餐去!

在遊客喜愛的山頂廣場不遠處,就是風景優美的 山頂公園,在草地上打開一籃子的美食,午後陽 光下一杯香檳在手, 實在是人生一大快事。臨近 黄昏,可到山頂廣場從高空欣賞香港夕陽斜照的 壯麗景色。

龜背灣

週末的山頂可能擁擠了一點,想享有寧靜的野餐 時光可選擇南區的赤柱,遠離市區的喧鬧。附近 的龜背灣更加幽靜隱秘,可徜徉在沙灘上看看書 盡情享受夏日陽光,未必一定要趁暑假外 或與至愛共享美好時光。這裡亦有公眾燒烤爐, 適合野餐之餘也可以考慮來一個燒烤派對。

見的大片青草地。選擇到山頂或龜背灣野餐,事 前少不免要作一番準備,但到數碼港海濱公園基 本上可隨時即興,別忘記公園對出還有一望無際 的海景,讓你在藍天碧海之間享受悠閒的午後。



Posh Picnic Essentials

Some like to just grab a sandwich and a few bags of crisps, but we like to do picnic in style. Here's a quick checklist for a chic, glam, and more importantly fuss free picnic!

The foods: Bite-sized fresh fruits like berries and grapes; prepack salad or pasta in mason jars and mix in the sauce when you're ready to eat. Quaint finger sandwiches is a must-have.

The drinks: A chilled bottle of rosé or champagne, plus some pink lemonade for the kids.

The setup: Plastic plates and cutleries are convenient but for an environmental friendly and chic picnic, pack proper dinnerware. And don't forget your blanket!

優雅野餐必備

有人喜歡簡單地一份三文治加 幾包薯片,但我們的野餐美食可以更精緻一點。以下的清單,讓 你快速簡易地準備好一頓優雅 野餐所需的一切:

食物:準備一口大小的新鮮水 果,如莓果類與葡萄;可用闊口 玻璃瓶盛載沙律材料或意大利 粉,上碟時才拌上醬汁。精巧美 味的迷你三文治,亦是必備的。

飲品: 準備一支冷藏好的玫瑰葡 萄酒或香檳,同時帶一些粉紅檸 檬水給孩子們享用。

佈置: 膠餐具與膠碟沒錯是很 方便,但為了環保也為了能夠優 雅地用餐,還是帶上正式的餐具 吧, 也要記得帶上野餐毯子!







Tai Long Wan Tai Long Wan Pe Toi

Nautical Fun

Summer time is junk time! Hong Kong's unique geographic location makes it one of the best places for junk trips and since May, happy boaters have been seen all over Hong Kong's cooling waters. On weekends, some popular places are so packed with junks it's hard to get some peace and quiet. For all you junk boat junkies, we recommend our top three picks of lesser known spots to drop the anchor.

Po Toi

Just a few kilometres south of Hong Kong island is Po Toi, a remote and serene island that's worth a day trip (accessible by ferries from Stanley and Aberdeen). While Po Toi is not unknown among boaters, it's relatively less popular but by no means inferior to spots closer to Repulse Bay. The island's sheltered cove is great for taking a dip and if your junk is not catered, Ming Kee seafood restaurant on Po Toi is highly regarded for its black pepper squid.

Tai Long Wan

Beaches in Sai Kung are always popular but Tai Long Wan is certainly one of the most beautiful in Hong Kong. A good 90-minute boat ride from Sai Kung pier means it's secluded and you're less likely to rub shoulders with other boaters at sea. The white sand and crystal clear waters will have you believe you're on vacation in a tropical paradise and far from home.

Soko Islands

To the southwest of Lantau lies a group of uninhabited, lush green islands. The Sokos formerly accommodated a refugee camp for Vietnamese boat people back in the 1980s, now it's popular among adventurous boaters who are not afraid to walk the unbeaten paths. The junk can moor by a small, sandy beach on one of the islands.

暢遊海岸線

夏天就是要遊船河!香港擁有延綿的海岸線,這樣的地理環境最適宜坐船暢遊。每年5月開始,坐遊艇出海消暑玩樂的人群遍及全港的海岸,週末期間一些大受歡迎的海灣,寧靜一角更難尋。所以愛遊船河的朋友們,大可以嘗試前往一些較鮮為人知的海灘泊船。

蒲台

位於港島南端僅有幾公里遠的蒲台島,甚有世外 小島的感覺,從赤柱或香港仔乘渡輪即可到蒲台 島一日遊。愛遊船河的朋友也知道蒲台島是個好 地方,不會有太多船隻而且比起淺水灣一帶的海 岸毫不遜色。島上有避風灣,可以下水暢泳,如果 你不打算在遊艇上用餐,蒲台明記海鮮酒家的招 牌菜椒鹽鮮魷,絕對值得一嚐。

大浪灣

西貢的海灘一向相當受遊人歡迎,當中景色最迷 人莫過於聞名全港的大浪灣。從西貢碼頭前往大 浪灣需要個半小時船程,對一般遊船來説屬於偏 遠,因此理所當然地比較僻靜。較少其他遊艇之 餘,置身水清沙幼之間更極有熱帶海岸的氣氛,閒 適的感覺猶如度假。

索罟群島

spots closer to Repulse Bay. The island's dip and if sheltered cove is great for taking a dip and if your junk is not catered, Ming Kee seafood restaurant on Po Toi is highly regarded for its black pepper squid. 位於大嶼山西南部的幾個鬱鬱蔥蔥的綠色小島 嶼,現時並未有居民,當中的大鴉洲有八十年代 留下的越南船民羈留中心遺址。不少打算探險一番的遊人都喜歡落船上岸走一走,其中一個小島上有個小沙灘可供遊船泊岸。





Summer at Bel-Air

If you have kids in tow and want to stay close to home, Club Bel-Air's summer programme will keep your kids happy and active during their holidays. Go check out the summer programme at www.bel-air-hk.com or get your copy at Club Bel-Air. Sign up is super easy – just call up the club reception or enquire personally. Here are just a few of the programme highlights:

On the water...

The Water Fun Day at Club Bel-Air Bay Wing has always been a firm favourite among Bel-Air kids – what's better than having a good time and splashing around at the outdoor pool? Expect to see inflatables, paddling boats and all sorts of water games which will keep everybody wet and wild!

For the intrepid...

For the first time, Club Bel-Air is partnering with Asia Pacific Adventure to offer a three-day camp that will test kids' endurance, teamwork and survival skills. Tailored for children who won't shy away from a challenge, the camp's instructor will guide them through three days of themedadventures, tackling fun tasks on water, at height and with new friends on their teams.

Grab a book...

Reading is usually considered a solitary hobby but there is no reason why children can't enjoy reading and make new friends at the same time! Summer is a great time for kids to get a stab at organising their own book clubs and talk about their favourite literary treasures with their peers. Club Bel-Air has reserved Summer is a great time for kids to talk about their favourite literary treasures with their peers. timeslots at the club cellar every week to help make organising a book club easier for kids. Pick a book, book a session at the club reception – it's that simple!

貝沙灣夏日維

如果你帶著孩子不想離家太遠,貝沙灣會所亦準備了一連串的暑期活動,讓活躍的小朋友發揮各種天份。請瀏覽www.bel-air-hk.com或親臨貝沙灣會所索取活動章程。參加辦法相當簡單:只需致電會所接待處或親臨查詢報名。以下是部份的精彩活動:

水上滿緒約

貝沙灣灣畔會所每年舉行的夏日水上嘉年華, 都令貝沙灣的小朋友們萬分期待。炎炎夏日,最 暢快莫過於能夠在室外泳池盡情投入繽紛水世 界,我們準備各式充氣玩具、小艇及水上玩意, 等待各位小朋友前來狂歡盡興!

歷奇夏令營

貝沙灣今年首次與Asia Pacific Adventure合作 舉辦為期3日的夏令營,專為勇於接受挑戰的小 朋友而設,全面考驗耐力、團隊精神與求生技 能。在導師的帶領下,小朋友們將於3天內連續 體驗多個主題歷險旅程,在水上及高空與初相 識的隊員發揮合作精神,完成有趣好玩的任務。

悦讀看世界

閱讀通常被認為是一種較靜態的嗜好,讓孩子們享受閱讀樂趣,同時結交新朋友又何樂而不為?暑假悠悠長,正好讓孩子有充裕時間,嘗試自行組織讀書會,與同輩好友暢談心愛讀本的所思所想。貝沙灣會所每星期在酒窖設有閱讀時段,方便小朋友們相聚安排自己的讀書會。只需選一本好書,到會所接待處預約一個時段,即可閱始!



FOR DETAILS OF THESE SUMMER ACTIVITIES, FLIP OVER TO PAGE 3 OR CONTACT CLUB BEL-AIR.

查詢更多暑期活動的詳情,可參閱第 3頁或聯絡貝沙灣會所。

Books You Mustn't Miss

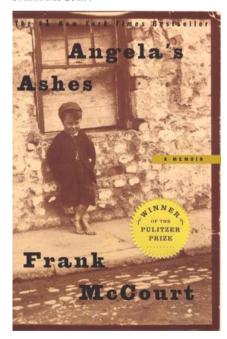
Introducing literary treasures that enrich your knowledge and stretch your imagination.

打開文學的寶庫,可以增長知識並開拓廣闊的想像力。

Struggles of Humanity | 15 and above

Angela's Ashes

Frank McCourt



"I'm seven, eight, nine going on ten and still Dad has no work."

The celebrated author Frank McCourt debuted his compelling memoir in 1996 and won the Pulitzer Prize. Born in Brooklyn in 1930 to recent Irish immigrants Malachy and Angela McCourt, he grew up in Limerick

after his parents returned to Ireland because of poor prospects in America Angela's Ashes, imbued on every page with Frank McCourt's astounding humour and compassion, is a tale of survival. The author endured poverty, near-starvation and the casual cruelty of relatives and neighbours, yet lived to tell his tale with eloquence, exuberance and remarkable forgiveness.

When you've finished this book...

Check out McCourt's follow-up to his first autobiography, 'Tis and Teacher Man.

《安琪拉的灰燼》是作者法蘭克·麥考特回 憶生平的自傳式寫照。法蘭克生於1930 與母親安琪拉都是愛爾蘭新移民,後來在 美國難以維持生計,舉家遷回愛爾蘭利 默里克,作者的成長之地。本書講述一個 困境求存的故事,每一頁都充滿令人絕倒 的幽默與憐憫世人的筆觸。儘管一生歷 盡貧困飢餓、親戚鄰里的冷眼苛待,作者 依然能夠以絕妙的技巧道出引人入勝而 充滿寬恕大愛的故事,亦憑著作贏得了普 利策獎。

延伸活動

看畢麥考特的第一本自傳式著作,可再讀-下其他作品如《然也》及《為人師表》

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Power of Imagination | 12 and above

The Curious Incident of the Dog in the Night-time

Mark Haddon



Christopher Boone, the autistic 15-year-old narrator of this revelatory novel, relaxes by doing math problems in his head. Strange as he may seem, other people are far more of a conundrum to him. When his neighbour's poodle is killed and Christopher is falsely accused of the crime, he decides that he will take a page from Sherlock Holmes (one of his favourite characters) and track down the killer.

When you've finished this book...

This best-selling book has been adapted into an award-winning play, showing in West End and Broadway. You can watch this in Hong Kong cinemas via National Theatre Live.

馬克·海登著作《深夜小狗神祕習題》,從 患有自閉症的15歲小男孩克里斯多弗的角 度敘述,故事發人深省。透過心算數學習題 穩定情緒的他,在旁人眼中顯得怪異,他其 實也無法跟陌生人溝通。當他發現鄰居的 小狗被殺,別人誤以為自己是兇手時,他決 定仿效偶像福爾摩斯,找尋線索捉拿真兇。

這部暢銷書被改編成得獎音樂劇劇本, 於紐約百老匯及倫敦西區上演。你也可以 在香港的戲院欣賞到英國國家劇院的現 場錄像

The Evolving World | 15 and above

A Brief History of Time

Stephen Hawking

HOLES



jargon. Among the topics covered are gravity, black holes, the Big Bang, the nature of time and physicists' search for a grand unifying theory. When you've finished this book... Watch the 2014 film *The Theory of* Everything. Eddie Redmayne bagged an Academy Award for his beautiful

portray of the physicist.

questions using a minimum of technical

寫下了《時間簡史》這部當代經典科普著 作,普羅大眾可藉此開始探索物理世界的 基礎,以及人類存在的問題,例如宇宙從 何而來,一切是怎樣開始的,原因又何在? 霍金希望盡量少用艱深的術語,回應以上 問題。本書範圍涵蓋了地心引力、黑洞、 宇宙大爆炸、時間的本質以至物理學家不 斷追求的一個統一的時間總論。

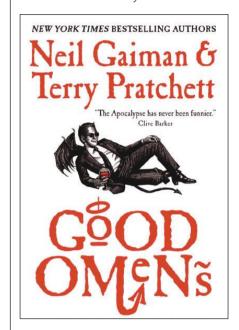
延伸活動

欣賞2014年電影《霍金:愛的方程式》, 男主角艾迪烈柏尼憑著飾演霍金的精湛演 技,獲得本屆奧斯卡影帝。

Relax and Breathe | 15 and above

Good Omens

Neil Gaiman and Terry Pratchett



Co-written by renowned fantasy writer Pratchett and humour writer Gaiman, the fast-paced novel begins with the comic errors in the divine plan for Armageddon. Aziraphale, an angel who doubles as a rare-book dealer, and Crowley, a demon friend who's assigned to the same territory, like life on Earth too much to allow the longplanned war between Heaven and Hell to happen, so they set out together on a journey to avert Armageddon.

When you've finished this book...

Read Neil Gaiman's interview on BBC and find out how this incredibly book came into existence.

《好預兆》是幽默作家尼爾·蓋曼與奇幻作 家泰瑞·普萊契聯手推出的小說,開場即展 現緊湊節奏,講述偉大的末日審判計劃進 行時出現搞笑的失誤。落入凡間的天使成 為舊書店老闆,惡魔使者克勞利同樣被派到 人間,二人竟同時愛上了凡塵俗世的生活. 為了阻止末日毀滅地球,二人結成同一陣 線,企圖扭轉早已成定局的神魔大戰

閱讀作者之一尼爾·蓋曼的BBC訪問 一看出色著作的靈感從何而來。



貝沙灣圖書館的網上目錄現已 登陸網站,馬上掃瞄代碼: 預約書籍!











LAST CHRISTMAS 齊賀聖誕

The Christmas Carnival was the highlight of the seasonal celebration at Bel-Air. A parade band, followed by musical and dance performances, opened the event. Santa dropped by to say hi and he was joined by carol singers and balloon twisters on stilts. Everyone had a great time!

去年底舉行的貝沙灣聖誕嘉年華帶來一片歡樂節日氣氛,巡遊樂隊 奏起美妙樂章,連場舞蹈及音樂表演揭開活動的序幕,當日聖誕老 人現身與歌詠團唱聖詩,更有高蹺小丑即場扭氣球,大家都盡情投 入愉快時刻!



CHINESE NEW YEAR 新年喜羊羊

Kick-starting the Year of the Goat were some wonderful Chinese New Year decorations in our neighbourhood and a spectacular lion dance.

貝沙灣一帶換上喜氣洋洋的農曆新年裝飾擺設, 迎接羊年來臨·同時送上精彩的賀年舞獅表演。







EGGCITING TIMES 續FUN復活蛋

Kids of Bel-Air enjoyed a fun and creative Easter where they took part in an arts and craft class at the club and made beautiful Easter eggs to celebrate the festival.

貝沙灣的小朋友們齊齊 參加會所舉辦的復活節 手工藝班,齊齊發揮創 作天份,親手自製漂亮 的復活蛋,度過益智又 好玩的復活節。







PAWS FOR FUN 親親小狗

The Bel-Air Dog Carnival in April saw our four-legged friends meet new friends and have lots of fun around home. Many of them showed off their talent at the Dog Catwalk Show and Running Star Competition. Dog owners took home some great tips at the training demonstration and dog health checks.

4月舉行的貝沙灣狗狗嘉年華,吸引愛狗狗的朋友們帶同「毛小孩」參加,在開心的聚會上結識附近一帶的狗狗朋友。當日更有狗狗模特兒行天橋與賽跑活動,並即場示範訓練狗隻及為牠們作健康檢查,令主人們學習更多愛護狗狗的秘訣。











