esidents' magazin

Party Power Key makeup looks for the festive season

Give Back 10 ways to volunteer in Hong Kong

Jecrets ommelier

How to taste wine like a professional



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welcome



"The act of sharing is just as important as the gift itself."

Festive Spirit

As the year comes to a close and Bel-Air is lit up with decorations, it's a poignant time to celebrate, but also to consider how we can extend the festive spirit to those less fortunate than ourselves. From visits to homes for the elderly, to the collection of second-hand clothes and produce for the homeless, Bel-Air has always been actively involved in charity work. To give our residents inspiration on how they can get involved, we have put together 10 ways to give back to the community in Hong Kong (p22). The act of sharing is just as important as the gift itself.

As our community joins together in celebration, I hope you have a wonderful Christmas and wish you a fantastic year ahead in 2011.

隨着這一年即將結束,貝沙灣已換上燦爛華衣,與你一同慶祝佳節和新一年的來臨;與此同時,我們亦希望能把歡樂帶給有需要的人,為他們送上愛心和暖意。貝沙灣一直致力參與慈 善活動,如探訪護老院、為孤獨無依的人送上衣物等等。在第22頁,我們提供了十種回饋社 會的建議,與你分享如何可以為有需要的人送上祝福。分享與禮物的價值同樣重要。

近日,貝沙灣已彌漫着一片濃厚的節慶氣氛,準備與住戶一起慶祝佳節的來臨;我衷心祝願 大家有一個豐盛精彩的 2011年。

Mr Robert Lee 李智康先生

CEO of Pacific Century Premium Developments 盈科大洐地產發展有限公司行政總裁

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A custom publication by Kleio Publishing

15A Yiuga Building, 62 Victoria Road, Kennedy Town, Hong Kong • Tel: 2918 8789 email: info@kleio.com.hk • www.kleio.com.hk

Publisher: Emily Jones, emily@kleio.com.hk Art Director: Matthew Watts, matthew@kleio.com.hk

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Bel-Air Life

As the festive season descends, celebrate with the community and enjoy these five ways to get more out of life at Bel-Air

佳節將至,貝沙灣精心安排了以下五項節目, 務求讓你和其他住戶歡度更精彩、更盡興的聖誕節。

WINE (

Sunday 21st November, Function Room, Club Bel-Air Peak Wing 十一月廿一日 (星期日) 於貝沙灣朗峰 會所宴會廳舉行

Join together with residents for an evening of complimentary wine tasting from the celebrated Umani Ronchi winery in Italy. The Umani Ronchi was mentioned in the popular Japanese manga comics series about wines titled *The Drops of God.* Mr. Gianpiero Rotini from the winery will meet you there!

你將可與其他住戶一起出席精心安排的品酒晚 會,免費品嘗意大利著名酒廠Umani Ronchi 出產的香醇佳釀,與酒莊代表 Gianpiero Rotini 先生暢談品酒心得。Umani Ronchi 馳譽世界, 它的名字更出現於以酒為題材的日本漫畫《神 之水滴》中。

DANCE & MUSIC

Saturday 11th December, Function Room, Club Bel-Air Peak Wing 十二月十一日 (星期六) 於朗峰會所宴 會廳舉行

Watch fantastic performances from our talented Bel-Air kids in celebration of Christmas. Students at Takako Nishizaki Violin Studio and Jean M Wong School of Ballet will be performing festive pieces on Saturday 11th December.



貝沙灣的天才寶寶將藉着佳節,為住戶獻技。 西崎崇子小提琴教室和王仁曼芭蕾舞學校的學 生,將在十二月十一日,星期六為大家獻上精 彩表演。 FESTIVE FUN



Sunday 12th December, Terrace & Function Room, Club Bel-Air Peak Wing 十二月十二日 (星期六) 於朗峰會所宴 會廳及平台舉行

Bel-Air will be celebrating Christmas in style this year with a party for all the family. Join us for snacks and entertainment, gift giving exchange. There's no better way to catch up with your fellow residents and enjoy the festive spirit.

貝沙灣將為住戶安排一個別出心裁的派對,讓 你與家人同賀佳節。除了精心安排的糕點外, 歡迎大家交換禮物,務求讓你與其他住戶在濃 厚的氣氛下,同賀佳節。

CHRISTMAS CARNIVAL

Hall, Club Bel-Air Bay Wing 十二月十八日 (星期六) 於灣畔會所室 內運動場舉行

The carnival will be a day of fun for all the family with a lucky draw, game booths, art & craft workshops, photo opportunities with Santa and many more activities to celebrate the holiday!

聖誕嘉年華節目豐富,定將為你帶來無盡歡 樂,精彩活動包括大抽獎、攤位遊戲、手工藝 工作坊、與聖誕老人合照等等,讓你與家人一 起歡度這個普天同慶的佳節。



For details & enrolment, please contact the Club reception - 2989 9000 (Bay Wing), 2989 6500 (Peak Wing), 2989 6383 (Club 8)

Celebrated artist Wu Shaoxiang created the captivating Austrian coin sculpture that now greets residents of Bel-Air the moment they walk into Club Bel-Air Bay Wing. Wu uses coins in his works to question the very nature of art itself.

現在,只要前往灣畔會所,就可欣賞到著名藝術家吳少湘創作的奧地利錢幣雕塑。 他以錢幣為素材,引領觀眾思考藝術的本質。

Moore Wu Shaoxiang 《Moore》- 吴少湘作品

In 2001, Wu Shaoxiang visited the Museum of Modern Art (MoMA) in New York and was so struck by its collection that he decided to dedicate a show of sculptures to his artistic role models. He entitled the show *Coining MoMA* and one of the most celebrated works of art to emerge from this series was *Moore*, the powerful sculpture of gold Austrian coins that now inhabits the Club Bel-Air Bay Wing.

"You can find me borrowing the aesthetics and form of Chinese folk carvings in this piece. It may not even be purposeful but Chinese culture is in my blood"

Wu painstakingly welded each coin into position to both recreate the style of his hero, Henry Moore and reflect his ancestry. "You can find me borrowing the aesthetics and form of Chinese folk carvings in this piece," he says. "It may not even be purposeful but Chinese culture is in my blood." Despite the fact Wu lives in Austria for half of the year and Beijing for the other half, he feels he is an artist bred by Chinese culture and education and his home will never leave him or his art. "Living in Europe does not change my character as a Chinese person," he reflects. "On the contrary, my character seems more noticeable as it is in such strong contrast with my surroundings, so I feel it is reflected even more deeply in my art."

If you would like to see more of Wu Shaoxiang's work, he regularly exhibits at Plum Blossoms Gallery, 1 Hollywood Road, Central. For more information visit www.plumblossoms.com.

2001年,吴少湘到訪紐約當代藝術館,被館藏深深打動,於是決定舉辦一個雕塑展,以向 心目中的藝術大師致敬。展覽名為《Coining MoMA》,其中一件最著名的作品就是藝術 感極強的奧地利金幣雕塑《Moore》,現正於灣畔會所展覽。

吴少湘花了很多功夫把錢幣逐一焊接,以重現亨利摩爾這位大師的風格,同時亦想反映自 己的中國背景。他説:「從這雕塑可見,我借用了中國民間雕刻的審美觀與表現方式;其 實那倒不是刻意經營的,只是我的血液裏滲着濃厚的中國文化,不經意地流露出來。」雖 然每年一半時間住在奧地利,一半時間居於北京,但吳少湘認為自己始終都是由中國文化 與教育培育出來的,故此所創作的藝術作品,永遠都會反映家鄉的色彩。他告訴我們說: 「雖然長期居於歐洲,我始終都是中國人。當居住在外國環境,自己的東方特質反而顯得 更鮮明,這種特色在我的作品中強烈地反映出來。」

想欣賞更多吳少湘的作品?可前往中環荷李活道一號的萬玉堂參觀,他們定期為吳少湘舉辦作品展。詳情請登入www.plumblossoms.com

Eugenia | *Silvia Willkens* 《Eugenia》- Silvia Willkens 作品

Silvia Willkens evokes the ethereal magic of the Early Renaissance in her portraits. Rather than simply recreating works of old, she injects modern blocks of colour and pattern into her paintings, which evoke the sense of the modern world looking through a keyhole at mythical figures from the past.

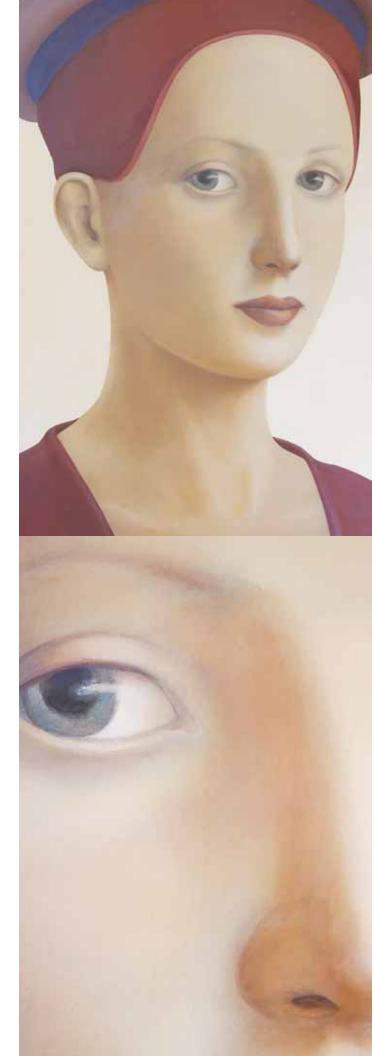
Born in Bad Kreuznach in 1953, Willkens is a great professor of the art faculty at Gutenburg University of Mainz, Germany, where she teaches her simple and delicate approach to painting. She is fascinated by Renaissance art and most of her works are inspired by the faces from Early Renaissance masters, such as Giotto and Della Francesca. Eugenia is one such face and she now hangs in the Club Bel-Air Bay Wing, calmly surveying the residents as they play, dine and greet each other.

Sylvia Wilkens regularly exhibits at Kwai Fung Hin Art Gallery, 20 Ice House Street Central. For more information, visit www.kwaifunghin.com.

素菲亞 (Silvia Willkens) 在她的肖像畫作中,流露 文藝復興早期飄逸細緻的風格,她的作品重點不在 於復古,而是加入大量現代色彩及圖案,在現代世 界中營造了古舊的況味。

素菲亞生於1953年德國巴德科羅茲那赫,於德國哥 頓堡大學藝術系任教,是一位相當出色的教授,其 畫風以簡單細膩見稱。她對文藝復興時期畫作中的 人物深深着迷,故此她大部分肖像畫中的人物,靈 感都是源自這時期的大師作品,如喬托、法蘭西斯 卡等等。《Eugenia》就是其中一幅作品,現正懸 掛在灣畔會所;畫中人物栩栩如生,猶如在專注細 看住戶在會所歡度快樂時光。

素菲亞的作品定期於中環雪廠街二十號的季豐軒畫 廊展覽。詳情請瀏覽www.kwaifunghin.com。





The Grand Odalisque Mural | *Bisazza Italy* 《The Grand Odalisque》 意大利Bisazza 馬賽克

Depicting a concubine reclining by a darkened window, The Grand Odalisque by Jean August Dominique Ingres has long been revered for its sensuous feminine beauty. The original painting of 1814 was commissioned by Napolean's sister, Queen Caroline Murat of Naples and now hangs in the Louvre in Paris. Art lovers at Bel-Air loved the painting so much that they commission Bisazza, the industry's leading producer of glass mosaics to recreate it in mosaic format for the Club Bel-Air Peak Wing. Using a mastery of modern technology fused with the ancient art of mosaic making to create an intricate interpretation, the painting was painstakingly recreated with coloured tiles. A gold frame was added around the piece, made from exclusive Bisazza ORO Bis tiles, which are a unique "sandwich of gold" - a composition of hand applied 24-karat gold leaf between two layers of glass.

安格爾 (Jean August Dominique Ingres) 在《大宮 女》這幅備受推崇的傑作中,描畫了一位輕倚漆黑 窗前的宮女,呈現出觸動人心的女性美。繪於1814 年的真跡,為拿破崙的妹妹,亦即是那不勒斯皇后 卡洛琳 (Caroline Murat)所委託繪製,現在於巴 黎羅浮宮展出。由於這幅名畫備受貝沙灣藝術愛好 者的推崇,故此貝沙灣特別委託首屈一指的玻璃馬 賽克製造商Bisazza,以馬賽克手法為朗峰會所呈 現這幅名畫的風采。用彩色瓷磚逐片砌成的作品, 可稱得上是現代科技與傳統馬賽克工藝的精彩結 合,鉅細無遺地顯現原作的美態。作品配上以高級 Bisazza ORO Bis 瓷磚製造的金色畫框,瓷磚的兩 片玻璃中間都以人手加入24 K金箔,可稱得上是獨 具匠心的高貴「黃金夾心」。

party power

What are the key makeup looks for the forthcoming party season? To find out we catch up with Yvonne Tang, a freelance makeup artist affiliated with IL Colpo Salon in Bel-Air, who has worked with celebrities and fashion magazines, such as *Elle* and *Harpers Bazaar*

派對高峰期將至,究竟今季流行什麼妝容?我們特別 請來貝沙灣 IL Colpo Salon 特約化妝師 Yvonne Tang 與大家分享最新的流行資訊;她除了是多位名人的 指定化妝師外,亦與 Elle、Harpers Bazaar等潮流 雜誌合作無間,對流行妝容瞭如指掌。

What are the biggest makeup trends of Fall/Winter this year?

At a lot of the shows, such as Valentino and Chanel, red lips were really big. A classic red lipstick is always a good party look but it's important to get the right colour for your skin tone and apply it evenly. I love red lipsticks by Chanel, Givenchy and my favourite brand for lipsticks is D&G. The other option is to go for pale lips with smoky eyes, which was big at the Fendi and Isabel Marant shows.

今個秋冬季流行什麼妝容?

在 Valentino、Chanel 等大型品牌的時裝展上,紅唇妝掀起了一遍熱潮。 經典的紅唇妝很適合出席派對,但千萬謹記要配合自己的虜色,同時還要 塗得細緻均匀才會好看。我很喜歡 Chanel和Givenchy 的紅色唇膏;但若 然數到最愛的唇膏牌子,當然是非 D&G 莫屬。今季大熱妝容還有另一選 擇,就是以裸唇配 Smoky eyes,這個妝容在 Fendi 和 Isabel Marant 的時 裝展上,更大放異彩。







How do you perfect smoky eyes?

The key to smoky eyes is everything must be blended together – that's what smoky means! You don't want harsh liner or obvious shading. So start with a light silver colour and sweep it over the entire lid up to the brow. Then choose a pewter shade for the lid itself and run a charcoal shade along the lash line and outer corner of the eyes. Blend everything together using a large eye shadow brush and finish off with lots of black eye liner both on the outside and inside of the eyelids.

怎樣才能化一對完美的smoky eyes?

Smoky eyes 的重點,在於把眼影輕輕推開,塑造富層次感的眼妝,這才稱得上完美!相信誰都 不喜歡畫得不夠細緻的眼線和過濃的眼影吧。所以你可以先在整個眼蓋至眉骨下的位置,均匀 掃上銀白色的眼影;然後在眼窩位置掃上藍灰色眼影,再沿睫毛及眼角位置掃上炭灰色,接着 用大號眼影掃把眼影鬆開,最後緊貼睫毛和眼內框畫上粗黑眼線。

What tips do you have to help skin look glowing and radiant?

This is the ultimate beauty question! Of course it's important to look after your skin, so I recommend using an exfoliator followed by a hydrating masque if you have an event where you want your skin to look extra glowing. I love Victoria Secrets foundation and then use Benefit's "Benetint" blusher and "High Beam" shimmer on cheekbones to create a healthy glow.

想令膚色潤澤均匀,容光煥發,你會有什麼建議?

這是最關鍵的美容扮靚問題!最重要的當然是先好好護理肌膚,我建議在出席派對的前一晚, 先做磨砂,再敷保濕面膜,這樣就能使肌膚顯得容光煥發。我愛用 Victoria Secrets 的粉底,然 後在顴骨位置塗上 Benefit's Benetint 胭脂液和 High Beam 珠光修飾液,這樣就能令膚色透出健 康神采。

How about the morning after the big event? Do you have any tips for covering up tired eyes?

Sunglasses! Alternatively, a good brown or grey eyeliner will help open your eyes without making you look too made up and it is worth investing in a concealer pen like Yves Saint Laurent's "Touch Éclat" light-reflecting under-eye concealer.

通常在派對翌日的早上,雙眼會顯得浮腫疲累,你會有什麼對策呢?

太陽眼鏡絕對是急救佳品!又或是細緻地畫上啡色或灰色眼線,這既不誇張又能即時令雙眼顯得有神。此外,優質的遮瑕筆也是值得花錢投資的,就如 Yves Saint Laurent 的 Touch Éclat,就用光線折射原理來掩飾眼肚的暗啞問題。

"I recommend using an exfoliator followed by a hydrating masque if you have an event where you want your skin to look extra glowing."

K How do professionals taste wine? We chat to Marie von Ahm a wine expert and the first woman to be made a permanent member of the Grand Jury Européen - to discover how tasting wine is as much a skill as it is a fun pastime...

如何才能像專家一樣,掌握品酒的竅門?我們特別訪問了品酒專家 Marie von Ahm,了解有關心 得。Marie 是首位成為 「Grand Jury Européen 歐洲大評審團」永久會員的 女性,她除了與大家分享品 酒技巧,還教我們發掘箇中

Commelier's

<u>N</u>C

There seems to be many different methods to wine tasting from swirling and sniffing to gurgling wine! What do you find are the best methods to properly taste wine and what should we be looking out for?

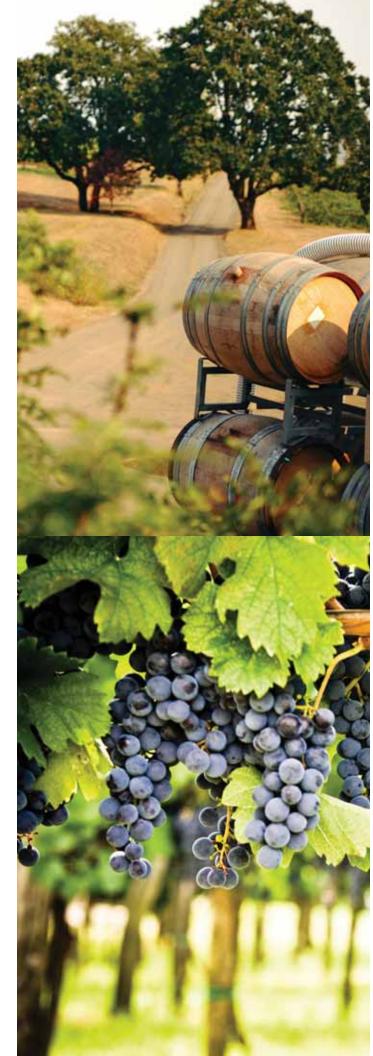
Everyone has their own preferred methods for determining the characteristics of a wine but basically, all good wine connoisseurs will be looking to assess the appearance, the aroma and then the taste of the wine. So first of all pour a fairly generous amount of wine into the glass so you can taste it several times (but not so much that it will swill over the edge). By first looking at the wine, you can get a lot of clues about the quality from the clarity, intensity, colour and other observations, such as tints and highlights or the legs of the wine (the density of wine as it dribbles down the side of a glass). Generally in red wine, a lighter, less dense wine with a more brown and rusty colour tends to be an older wine, while denser and vibrant purple wines are generally younger. In whites, a more gold or amber coloured wine tends to represent age, while a lighter, lemongreen wine tends to be more youthful.

品酒方式各施各法,有人愛輕輕搖晃酒杯、有人愛 低頭輕聞,有些人愛呷一小口酒,再在嘴巴稍微動 一下,才慢慢嚥下……,究竟哪些才是最佳方法! 又有甚麼地方需要注意?

每個人都有自己的方式去鑑定酒的特質,但基本上 所有專業的鑑酒家都會先從外觀、香氣着手,然後 再品嚐味道。所以首先該把相當份量的酒倒進杯 內,這樣才能夠多次品嚐(但不要倒得過滿令酒濺 溢出來)。當細心注視杯中佳釀,就能從清澈度、 濃度、色澤等,得知大量線索;然後再透過其他觀 察,如色調及亮度或酒的掛杯情況(酒在杯壁上流 下的速度,可顯示酒的濃密度)鑑賞酒的各方面特 質。一般來説,質感較輕和濃密度較低、呈啡鏽色 的紅酒,多屬較陳年;如質感較稠、呈鮮紫色的紅 酒,則年份多屬較近。若白酒呈金黃或琥珀色,代 表年份較久遠;若顏色較淺帶黃青色,則年份較近。

Why is it so important to smell the wine before you taste it?

You can distinguish much more about a wine from the aroma than from the taste. This is because your nose is more sensitive to the complexity of a wine. Also, when you taste lots of wines in a row, your sense of smell does not get corrupted as much as your sense of taste, which weakens the more flavours you experience. The alcohol in the wines also easily dulls your palate.





為甚麼在品嚐前必須先聞酒?

酒的香氣遠較其味道更容易讓人分辨它的質素, 而我們的嗅覺亦能更敏鋭地捕捉酒那錯綜複雜的層 次;再者,當一次過試不同的酒,酒精會令味蕾變 鈍,削弱舌頭對不同味道的感覺,而嗅覺則較味覺 更能保持靈敏。

What should you look out for in the "nose" of a wine?

You should look at the condition, intensity, development and characteristics of the wine. With the condition we're looking at whether it is clean or if there is a cork taint or other fault. With intensity, you need to decipher how light or pronounced the aroma is - so whether it is subtle or very strong. The development of the wine is also evident in the aroma indicating how youthful it is. Finally, the distinct characteristics of the aroma can tell you a lot about the wine. These can be grouped into five categories; fruit, floral, spice, vegetal and other.

當聞酒時,有甚麼需要注意?

必須注意酒的通透度、濃度、味道的延續性和特 性。通透度是指要留意酒是否乾淨或酒塞有沒有腐 壞或其他問題。至於濃度,大致可分為輕淡或突 出——即是香氣究竟是隱隱散發出來,還是襲人而 來。味道的延續性亦能夠透過酒的香氣表現出來, 説明此酒是新酒還是老酒。最後,你也可從香氣 辦別此酒的個性。香氣可分為五大類別:水果、花 卉、香料、蔬菜及其他。

What should you look for in the first taste of a wine?

The first taste will give you an indication of the wine's sweetness, acidity, tannin levels, alcohol levels, body and the texture and balance of the wine. The flavour intensity and characteristics can also be assessed and grouped into the same flavour groupings as aromas. Finally, you should also look out for the "length" of the wine, this means how long the flavours linger in your mouth; and of course, very importantly; if you like the wine.

試第一口酒時,該留意甚麼?

呷下第一口酒後,應能感受到酒的甜度、酸度、丹寧和酒精的濃度,還有酒體、質感和它的均 匀度。我們同時亦可評估它的密度和特性,從而將味道如同香氣一樣分門別類。最後,你要留 意「餘韻」,即是味道停留在口腔裏的時間;當然,最重要是你是否喜歡這酒的味道。

How can you tell if a bottle of wine is corked?

When we say a wine is corked, it means it has too high levels of TCA (2,4,6-trichloroanisole), which is a compound that develops in wine either through tainted corks, barrels or cellars. You can both taste and smell it in the wine, as it usually has the dirty, mouldy scent of an old cellar. Around 5-10 percent of all wine is corked and it is more common in cork bottles, but it can definitely also occur in screw tops. Some people have more sensitivity to the smell than others, but generally if you have experienced a corked bottle of wine once, you will be able to pick it out every subsequent time.

如何分辨酒是否受到酒塞污染?

當我們說酒已經 corked 了,即是說酒受到酒塞污染,表示酒中的 2,4,6 三氯苯甲醚含量過 高。2,4,6 三氯苯甲醚是一種因酒塞、酒桶、酒窖出現腐壞情況而形成的物質。已經 corked 的 酒,不論是氣味或味道,都會彌漫着一股舊酒窖的腐壞和霉味。約有百分之五至十的酒會受到 酒塞污染,通常發生在軟木塞酒瓶,但有時亦會出現在螺旋瓶蓋的酒瓶。有些人對這種味道較 敏感,有些人則沒有那麼敏感。但其實只要飲過受到酒塞污染的酒,日後便能輕易察覺哪瓶酒 有這個問題。

What piece of advice would you give to anyone wanting to learn more about wine tasting?

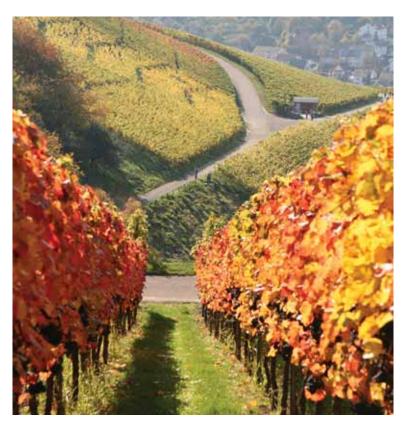
I personally believe the best experience when it comes to educating yourself about wine is simply practice and experimentation. There are many courses you can attend but wine is such a fun and sociable pursuit that it is best enjoyed with friends. So go to wine tasting events and taste lots of different wines, or even host your own and invite friends to come over with different bottles of wine then refer to a wine encyclopedia to learn more about each. Ultimately, wine is a very subjective topic, and above all, it's best to simply work out your own personal tastes through experimentation.

對於想深入認識品酒的讀者,你會有甚麼建議?

我個人認為學習品酒的最好方法,就是不斷的嘗試和實驗。坊間不乏品酒課程,但我認為最輕 鬆有趣的方式,就是與好友共嘗。所以最好就是參與試酒會,一次過品嚐不同的酒類;又或是 自己舉行品酒聚會,邀約朋友攜酒出席,然後再自行參閱有關的百科全書,加深對每種酒的認 識。酒是一門很主觀的課題,最重要是透過不斷嘗試,找出最適合自己的味道。 "Some people have more sensitivity to the smell than others, but generally if you have experienced a corked bottle of wine once, you will be able to pick it out every subsequent time."



Rhine of the



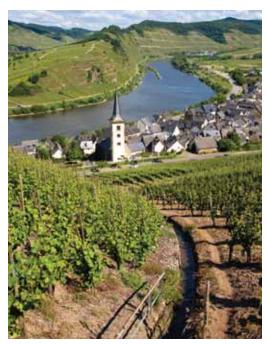
Bel-Air organised an exciting German wine tasting event by introducing over 10 different wine varietals from top six wine growing regions in Germany. Residents discovered there is a lot more to German wine than a classic Riesling as they joined the fabulous tasting event in the Billiard Room of Club Bel-Air Peak Wing. Guests experienced some of the new varietals available and learnt wine tasting tips from expert sommeliers. Primarily grown on the banks of the river Rhine, the most famous of German wines is Riesling, but the country produces a huge range of wines, from elegant Pinot Noirs to floral, sweet Gewürztraminer. Indeed, it is the eighth largest wine producer in the world. All wines at Bel-Air are certified with the VDP symbol, which indicates wines

from the best vineyards in Germany. Residents can pick up an order form and enjoy premium German wines for as little at 880 points through the Bel Air Wine & Cigar Club. For more details call 2989 9017 (Dining Room) or 2989 9075 (Lobby Lounge).

貝沙灣早前為住戶舉辦了德國佳釀試酒會,讓 與會者一次過可以品嚐十種來自德國六個著名 產區的上乘名酒。

於朗峰會所英式桌球室舉行的品酒活動,與會 嘉賓除了對德國葡萄酒有能更深認識外,還可 以一嚐多種新品種的佳釀,同時趁機請教品酒 專家,學習品酒秘訣。德國的主要釀酒廠都設 在萊茵河流域一帶,除了最著名的 Riesling 白 甜酒外,亦同時盛產各適其適的葡萄美酒,包 括優雅中散發獨特韻味的 Pinot Noirs 紅酒、 滲着濃濃花香甜味的 Gewürztraminer 白酒 等;Gewürztraminer 更是全球第八大葡萄酒生 產商。所有在貝沙灣供應的葡萄酒,均獲 VDP 地區餐酒認證,證明這些佳釀全部來自德國最 享負盛名的葡萄園。

住戶只需填妥訂單,即可以 880 分在貝沙灣 的紅酒及雪茄會換購德國極品葡萄酒。有關詳 情,請致電 2989 9017 (宴會廳) 或 2989 9075 (灣畔會所餐廳)。



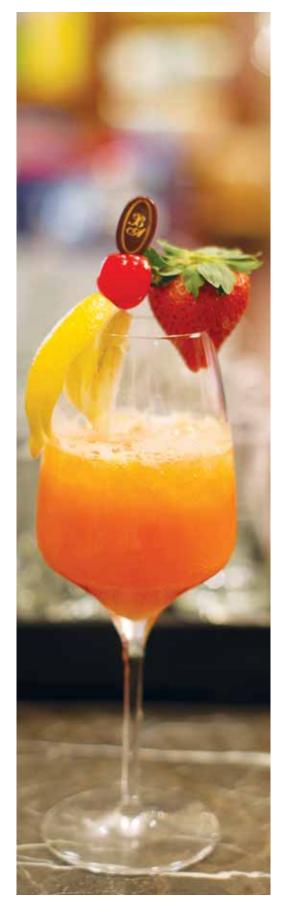
1 oz Midori
1 oz Bacardi Rum
0.5 Cointreau
3 oz Orange Juice
1 oz Lychee Syrup

Pour all the ingredients into a cocktail shaker and shake well. Fill a highball glass with crushed ice and fill about halfway with the cocktail mixture. Top up with ice-cold soda water.

1 安士蜜瓜酒 1 安士百家得冧酒 0.5 安士君度橙酒 3 安士橙汁 1 安士荔枝糖漿

將所有材料倒入調酒壺內 搖匀,倒進預先加入碎冰 的高球杯至一半,再加入 梳打水。

Shaken not stirred





Pink Hawaii Mocktail

3oz Orange Juice 3oz Pineapple Juice 2oz Passion Fruit Syrup | 2安士熱情果糖漿 0.5oz Grenadine Syrup I egg white

| 3安士橙汁 | 3安士菠蘿汁 | 0.5安士石榴糖漿 | 一隻蛋清

Pour all the ingredients into a cocktail shaker and shake well. Pour into a chilled martini glass over crushed ice. 將所有材料倒入調酒壺內搖勻,倒入預先加入了碎冰 的雞尾酒杯內。

Smoked Fish 熏魚 Serves 4 (4人用)

- 1 whole carp or other white fish (around 2 pounds) cleaned
- 1/4 cup soy sauce

eatwell

- 1/4 cup Chinese rice wine, or pale dry sherry
- $\frac{1}{2}$ teaspoon salt
- 4 slices peeled ginger root
- 1 scallion, including green top, cut into 2-inch pieces
- 1/4 cup chicken stock
- 2 tablespoons dark brown sugar
- 3 cups peanut oil, or flavorless vegetable oil
- $1/_2$ teaspoon five-spice powder
- Wash the fish quickly under cold running water, and pat it dry inside and out with papertowels. With a cleaver or heavy, sharp knife, split the fish in half by cutting along its back bone. Remove the bones, lay each half flat on a board and chop the halves cross wise into ½-inch-wide slices.
- 2. In a large bowl, combine the soy sauce, wine, salt, ginger and scallions. Add the carp and toss gently in the mixture to coat each strip thoroughly. Marinate at room temperature for 3-4 hours, stirring every hour.
- 3. Remove the fish slices from the marinade with a slotted spoon and drain them thoroughly on a rack. Strain the marinade through a sieve into a small saucepan, pressing down hard on the ginger and scallions to extract all their liquid before discarding them.
- 4. Bring the pan of strained marinade to the boil over a high heat, then reduce the heat to its lowest point, and stir in the chicken stock and brown sugar. Let the sauce simmer as slowly as possible while the fish is being fried.

- 1 條鯇魚或其他白魚(約兩磅),洗淨
- 14 杯豉油
- 14 杯中國米酒,或甜度偏淡的些厘酒
- ⅓ 茶匙鹽
- 4 片薑(去皮)
- 1 棵蔥,連同綠色部分,切成兩吋長蔥段
- 14 杯雞湯
- 2 湯匙黃糖
- 3 杯花生油或無味菜油
- 1/2 茶匙五香粉
- 用冷水將魚沖洗乾淨,然後用廚房紙抹乾魚身 的內外。用菜刀或切肉刀沿魚的背骨切開成二, 去骨。將兩邊魚平放在砧板上,然後斜切成半 寸闊魚塊。
- 將豉油、酒、鹽、薑、蔥倒入大碗內拌匀。加 入鯇魚塊,讓每件魚塊都沾有醬汁;置於室溫 下醃三至四小時,每小時拌匀一次。
- 用有孔的舀勺將魚塊取出,隔乾水份。然後把 醬汁隔渣倒入平底鑊,在棄掉薑蔥前盡量將薑 蔥的汁液擠出。
- 開大火煮滾鑊中的醬汁,然後校至最細火,倒 入雞湯和黃糖。放入魚塊以細火慢慢煀香,直 至醬汁收乾。
- 5. 在鑊中或炸鍋中加入三杯油,煮熱至冒煙。每次放進六件魚塊炸五分鐘,或直至魚塊轉成金黃色。用筷子逐件夾出,點些醬汁,然後平放在碟上,置於室內至涼,上桌前灑上的五香粉。

5. Pour 3 cups of oil into a wok or heavy deep fryer and heat until a haze forms smoking. Drop the fish into the oil about 6 pieces at a time and deep-fry them for 5 minutes, or until they are crisp and brown. Then pick them up one at a time with chopsticks, dip them in the sauce and lay them side-by-side on a platter. Cool to room temperature and just before serving, sprinkle the deep-fried lightly with five-spice powder.



Salt-baked Chicken 鹽焗雞 Serves 4 (4人用)

- 1 strip dried tangerine peel
- 1 whole chicken
- 51/2 teaspoons coarse sea salt, divided
- 1/4 cup finely chopped shallots
- 2 tablespoons minced ginger
- 2 tablespoons Shaoxing (Chinese rice wine) or dry sherry
- 1 tablespoon low-sodium soy sauce
- 11/2 teaspoons sesame oil
- $\frac{1}{2}$ teaspoons sesame
- 1 teaspoon honey
- 2 green onions
- Combine 2 ½ cups boiling water and tangerine peel in a bowl; cover and let stand for 30 minutes. Drain in a colander over a bowl, reserving both.
- 2. Remove and discard the giblets and neck from the chicken. Trim excess fat. Starting at neck cavity, loosen the skin from the breast and drumsticks by inserting fingers and gently pushing between skin and meat. Rub 1 tablespoon salt under skin and let stand for 5 minutes. Rinse the chicken under cold water; pat dry with paper towels. Place chicken on the rack of a roasting pan and let stand for 1 hour at room temperature.
- 3. Preheat your oven to 425°F. Transfer the chicken to a work surface. Combine the remaining 2 ½ teaspoons salt, shallots, ginger, wine, soy sauce, oil, and honey in a small bowl. Rub 3 tablespoons of the shallot mixture inside the cavity of the chicken. Place the onions and tangerine peel inside the cavity. Rub remaining shallot and sesame mixture under the loosened skin.
- 4. Place chicken, breast side up, on the rack of a roasting pan coated with cooking spray. Pour reserved tangerine soaking liquid into a shallow roasting pan; place rack in pan. Bake at 425°F for 1 hour or until a meat thermometer registers 165°F and skin has turned a dark golden brown color.

- 1 片陳皮
- 1 隻全雞
- 5½ 茶匙粗鹽,分多次用
- ¼ 杯乾蔥,切碎
- 2 湯匙薑茸
- 2 湯匙紹興酒 (中國米酒) 或不甜的些厘酒
- 1 湯匙低鈉醬油
- 1½ 茶匙麻油
- 1/2 茶匙芝麻
- 1 茶匙蜜糖
- 2 棵蔥
- 在碗內注入2½杯滾水,放入陳皮,加蓋焗 三十分鐘。取起陳皮待用,用筲箕濾走雜質, 陳皮水留起待用。
- 去除雞的內臟、頭頸、脂肪。從頸腔開始,用 手指慢慢推進,使雞胸和雞脾位置的皮肉分 離。將粗鹽捽在雞皮下的位置,待五分鐘,用 冷水沖洗乾淨,再用廚房紙抹乾。將雞放在烤 架上,於室溫待一小時。
- 3. 將焗爐預熱至 425 度 (華氏,下同)。將雞放 在枱上,將餘下的 2 ½ 茶匙鹽、乾蔥、薑、 酒、豉油、油、蜜糖放進碗內拌匀。將三湯匙 乾蔥汁抹進雞內,同時加入蔥和陳皮。然後將 餘下的乾蔥汁塗抹在雞皮下的位置。
- 將雞胸向上,放在已預先噴上食油的烤架上。 把陳皮水倒進淺烤盤裏,再放上烤架,以 425 度烤一個小時,或直至雞肉的溫度達 165度、 雞皮焗至金黃色為止。





1. Clear out your closet

The Street Sleepers' Shelter Society Trustee Incorporated runs a shelter for the homeless, providing more than 220 free bed spaces to people in need. The shelters are also linked to social welfare facilities, encouraging the homeless to reintegrate with society and eventually find employment and a permanent residence. Food is also provided and overcoats are given out during the winter months. The shelters are entirely self-financed, so rely on donations to survive and volunteers to help run it. Bel-Air regularly organises collections for this shelter so look out for collection drives within the residence.

香港露宿者救濟會的宿舍,為露宿者提供 220 個免費床位。每個宿舍 都與社福機構聯繫,以鼓勵這些無依的人士重投社會,甚至幫助他們 找工作和長期居所。踏入冬天,香港露宿者救濟會更會為露宿者供應 食物和禦寒衣物。由於每個宿舍都是自負盈虧經營,因此極需要捐款 和義工的支持。貝沙灣會定期為露宿者救濟會舉辦捐贈活動,請密切 留意有關通告。

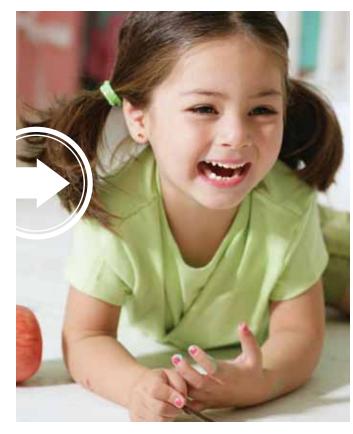
2. Volunteer with Kids

The Hong Kong Society for the Protection of Children (www.hkspc.org) provides day care for needy children up to the age of six and is always looking for native English-speaking volunteers to read stories and teach social English in its nurseries. Mothers Choice is a charity organisation in Hong Kong that provides accommodation for young girls facing crisis pregnancies and runs a Baby Care Home for children up to two years old, as well as three small group homes catering to children from four-18 years old. All the centres need help from volunteers.

香港保護兒童會 (www.hkspc.org) 為六歲以下的有需要兒童提供日間託 管服務。他們極需要以英語為母語的義工在中心為孩子講故事和教授社 交英語。另一個香港慈善機構母親的抉擇,專為未婚懷孕的少女提供協 助,同時為兩歲以下等待領養的幼兒提供照顧。此外,中心還設有三個 家舍,為四至十八歲因家庭遇到困難而未能得到適當照顧的兒童和青少 年,提供住宿服務。所有服務都需要義工的積極支持和參與。



Give back back ways to volunteer in Hong Kong





3. Educate & Inform

There are opportunities both within Hong Kong and internationally to help children in need. The Changing Young Lives Foundation (www.changingyounglives.org.hk) helps improve the lives of countless children in Hong Kong and the mainland by running extra curricular classes, field trips, adventure camps and career development workshops for children from disadvantaged families. They need volunteers to do everything from helping children in foster care with their homework, to mentoring youths new to the workplace.

不論是在本港還是其他地區,都有很多機會 為有需要的兒童伸出援手。成長希望基金會 (www.changingyounglives.org.hk)為了改善香 港及內地兒童的生活,特別為來自不幸家庭的 兒童,舉辦課外課程、考察團、探險活動、職 業發展工作坊等;此外,該會還為兒童提供補 習服務,以及為年青人提供職業輔導等,故此 亦十分需要義工的積極參與。



4. Ride with the Disabled

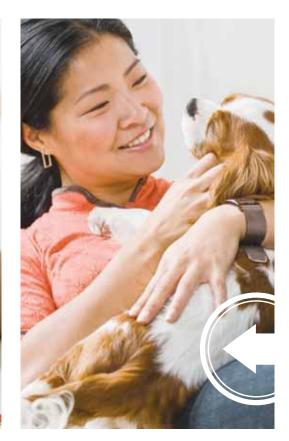
Riding for the Disabled Association of Hong Kong (www.rda.org.hk) is a non-profit making association that teaches disabled people to ride horses. Horse riding is recognised as one of the most beneficial forms of therapy for disabled people helping to build self-confidence and improve concentration, as well as providing a fun means of meeting new people. More than 170 disabled children and adults enjoy free weekly lessons thanks to the organisation and volunteers are always needed to help run the classes.

非牟利機構香港傷健策騎協會(www.rda.org.hk)為殘疾人士提供學習策 騎馬匹的機會。策騎有助傷健人士重拾自信、增強集中能力,還讓他們 在輕鬆的環境下,擴大社交圈子。多得香港傷健策騎協會的大力支持, 至今已有超過一百七十名傷健小童及成人能夠在享受每週免費課程。協 會經常需要一些志願人士協助授課。

5. Love Abandoned Animals

Animal cruelty is rife in Hong Kong and the city has a high rate of pet abandonment, so there are many local animal aid charities that are always in need of volunteers to help with everything from educating the public about pet care, to fostering abandoned pets. The Society for Abandoned Animals (www.saa.org.hk), Hong Kong Alley Cats (www.hkalleycats.com) and Hong Kong Dog Rescue (www.hongkongdogrescue.com) all help save and rehome abandoned animals. The Animals Asia Foundation (www.animalsasia.org) campaigns against animal cruelty and is best known for its efforts to rescue abused moon bears from mainland bile farms. Volunteers are needed to help in fundraising initiatives as well as animal care.

在香港, 虐畜和遺棄寵物都相當普遍, 所以很多動物慈善團體經常都 需要義工協助教育大眾, 同時照顧被遺棄的動物。保護遺棄動物協會 (www.saa.org.hk)、香港流浪貓協會 (www.hkalleycats.com) 和救狗之 家 (www.hongkongdogrescue.com) 為遭遺棄的寵物尋找新的主人。亞 洲動物基金 (www.animalsasia.org) 除了打擊虐畜行為外,更致力從內 地供應黑熊膽汁的養熊場中, 拯救黑熊, 引起廣泛關注。這些慈善團體 需要義工推動籌款活動, 同時幫助提高大眾愛護動物的意識。



6. Nurture Nature

Protecting the local wildlife and fauna are important in our everexpanding city and there are several organisations in Hong Kong that lead local cleanup and protection projects. The Worldwide Fund for Nature (www.wwf.org.hk) organises a wide range of conservation and education programmes in Hong Kong and China, as well as managing Mai Po Marshes Nature Reserve and Education Centre, which often needs field workers. Ecovision Asia (www.ecovisionasia.com) organises a range of events throughout the year to improve Hong Kong's waste problem.

隨着城市不斷拓展和擴張,我們極需要保護野生動物和生態環境。 香港有多家機構推動清潔和環保運動,例如世界自然基金會 (www.wwf.org.hk)常在中港兩地舉辦連串的自然保育活動,並負 責米埔自然保護區及教育中心的運作,他們經常需要駐地義工的協 助。Ecovision Asia (www.ecovisionasia.com)於年中亦舉辦各類活動, 致力改善香港的廢物問題。



7. Man a Bazaar

The festive period brings with it the bazaar season, most of which raise considerable funds for good causes. St John's Cathedral (www.stjohnscathedral.org.hk) hosts an annual Christmas fair and is always looking for volunteers to help look after the charity sales stall. Caritas Bazaar is organised annually by Caritas Yaumatei Social Centre (www.caritas.org.hk), a community college and residential centre for medium-grade mentally handicapped people.

節日前後最適合舉辦慈善義賣,而且大部分都能夠籌得可觀善款。聖約翰座堂(www.stjohnscathedral.org.hk)每年都舉行聖誕賣物會,故此極需要義工協助義賣攤位的運作。設有社區學院和為中度智障人士提供宿社的明愛油麻地服務中心(www.caritas.org.hk),亦將舉行一年一度的明愛賣物會。



NALL AND



Ms. Veronica Li (right)



8. Cook for Charity

Towngas runs an innovative range of programmes that encourage volunteers to cook for charity or deliver food to those in need. Volunteers can get involved in the Cook Easy programme, which provides employment opportunities in the food industry to people with disabilities. The service provides fresh and pre-prepared food packs, which are designed to help busy families maintain a healthy diet. The food packs are then delivered to homes, enabling busy families to enjoy healthy home-cooked meals. To learn more about how you can get involved visit the Social Responsibility (community) area of www.towngas.com.

香港中華煤氣有限公司致力回饋社會,透過一連串極具創意的活動,推 動義工為慈善一展廚藝,或給有需要的人送上食物。義工可參與專為殘 疾人士在飲食業提供就業機會的「煮餸易」,為忙碌的家庭預備和送遞 新鮮的餸菜包,讓有需要的家庭能夠在家吃得更健康。

若想有機會參加有關活動,歡迎到 www.towngas.com 的「社會責任」 (關懷社區)查閱詳情。



9. Assist the Elderly

Many elderly people are left without care and help from their families and volunteers are always needed to help these elderly underprivileged people and bring them some joy through social interaction. Residence Bel-Air regularly organises trips to homes for the elderly where residents play games and talk to the elderly, as well as bring donations collected within the residence. Helping Hand (www.helpinghand.org.hk) also provides personalised residential care services for 362 elderly residents in five public housing estates. It often organises activities for the elderly for which it needs volunteers.

很多不幸的長者都缺乏家人的關心和照料, 而義工的關心慰問,則有助他們投入社交活動,重拾歡欣。貝沙灣定期舉辦探訪護老院 活動,住戶除了可以和長者玩遊戲、傾談 外,還可以透過捐款來為有需要的長者送上 暖意與祝福。伸手助人協會 (www.helpinghand.org.hk) 設有五間護老 院,為三百六十一名體弱的長者提供住宿及

院,為三百六十二名體弱的長者提供住宿及 起居護理。協會定期為長者舉行活動,極需 要義工的參與。



10. Walk for Charity

Charity can be a great motivator to get fit and there are a huge range of action events throughout the year that raise huge amounts for charity. The Oxfam Trailwalker (www.oxfam.org) is one of the world's toughest team challenges and a global phenomenon in which teams of four take on a 100km along the MacLehose Trail in the New Territories. This year's event takes place on November 19-21 and other than hiking, you can also support the event organisers as volunteers.

行善原來都可以成為強身健體的原動力。年中有 多個慈善活動,需要參與者付出大量體力,以籌 得善款。樂施毅行者(www.oxfam.org)可說是全 球最艱苦的隊伍挑戰籌款活動之一,參加者需要 四人組成一隊,日夜趕路橫越一百公里的麥理浩 徑。今年的籌款活動將於十一月十九至廿一日舉 行,除了參與艱巨的挑戰,你亦可成為義工出一 分力。

Bel-Air Charity

Watch out for all the charity initiatives happening within Residence Bel Air! There will be a collection for the Street Sleepers Shelter Society Trustees Incorporated from 17th November to 7th December, as well as the annual collection for Christmas gifts from 28th December to 10th January for the needy. For enquiries, call Community Relations Department on 2989 6088

請密切留意貝沙灣舉辦的各類慈善活動!十一 月十七日至十二月七日 我們將為香港露宿者 救濟會收集日用品:在十二月二十八日至一月 十日 會為有需要人士籌集聖誕禮物。查詢請電 2989 6088社區關係組

culture club

How important are arts in a child's education? We interview Ms Jean M. Wong, the worldrenowned ballerina and principal of JMW Ballet. Ms Wong was recently awarded a fellowship of the Royal Academy of Dance, as well as the Bronze Bauhinia Star from the gouvernment for her contribution to the development of ballet in Hong Kong. Her award-winning dance school, in Bel-Air and across Hong Kong, is celebrating its 50th year this year

藝術與文化對孩子的教育有多重要?國際知名的芭蕾舞蹈家王仁曼女士將為你 娓娓道來。王女士除了是王仁曼芭蕾舞 學校校長外,近日更獲頒英國皇家舞蹈 學院院士及香港特區政府銅紫荊星章, 以表揚她對芭蕾舞發展的貢獻,成就非 凡。這家屢獲殊榮的學校,在貝沙灣及 港九均有分校,今年踏入創校五十周年 紀念日子。





How important do you believe it is for a child to get an education from the arts as well as from their schoolbooks?

In my opinion, play through the arts is an absolutely essential part of a child's education because children are born to be children – they're not born to just study. They explore music, painting, dancing and acting, all of which will eventually be very useful for them in future life.

Aside from teaching children to move well, what other attributes do you think learning to dance can teach a child?

Learning ballet is a group activity done in a class so students socially interact with other children. Our students don't just learn technique - which is of course very demanding – but they also learn coordination and spatial awareness and how to carry themselves.

Most dancers are also very focused – you can't do ballet and be thinking about what you're going to be doing at 6 o' clock – you need to focus. As a result I have seen that most children that are good at ballet, tend to also do very well academically because they know how to concentrate.

Do you think performing as a child, gives individuals more confidence in adulthood?

Yes we also always encourage our students to perform because it gives them so much confidence. I think it improves their public speaking and interview skills in later life, because they have stood up on stage in front of large audiences so they certainly feel they can walk into a room of a few people and perform well in an interview.

Ms Jean M. Wong believes ballet should be open to everyone and it is never too late to learn! There are classes for all ages and abilities at her schools, including adult classes. For more information log onto the school website at www.jmwballet.org.

不少家長非常着重課本知識,你認為藝術 對兒童教育有多重要?

在我看來,在藝術中遊樂嬉戲是兒童教育中絕 不可少的,因為小孩生來就該做小孩做的事; 他們可不是只為了讀書而生。小孩子發掘音 樂、繪畫、舞蹈、戲劇各方面的天份,對他們 的將來會有莫大好處。

習舞除了令孩子姿態優美外,還有什麼 好處?

芭蕾舞是群體活動,要一班人一起參與,因而 可以幫助孩子學習與其他小朋友交流溝通。學 習芭蕾舞當然十分吃力,但我們的學生不只 學習舞蹈技巧,他們同時還在鍛鍊肢體協調能 力、對空間感的配合,以及怎樣展現自信。

跳芭蕾舞必須全神貫注,因為你不能一邊跳 舞,一邊在想下課後要做什麼;因此,大部分 跳得極出色的孩子,學術表現都同樣非常優 異,因為他們懂得集中精神。

你認為從小時候開始參與表演,會讓孩子 長大後更有自信嗎?

對,我們經常鼓勵學生表演,這樣能幫助他們 提升自信。我認為這有助增強他們公開演說及 面試的技巧,因他們已擁有站在舞台上為大 批觀眾表演的經驗;日後要他們面對幾個人面 試,自然能應付自如了。

王仁曼女士深信,每個人都可以學習芭蕾舞, 而且永遠都不會嫌遲!她的學校提供適合不同 年齡及程度人士的芭蕾舞班,當中包括成人班。 詳情請瀏覽學校網頁 www.jmwballet.org。



Katie Lui | Grade 2 Ballet Class

home alone

Is "only-child syndrome" fact or fiction? Increasing research is proving the whole concept is purely a myth.

In July this year, Time Magazine ran an article debunking the myths of the only child. The article presented research from noted developmental psychologists stating that the common misconceptions of the only child (selfish, antisocial children that don't know how to share) were exactly that – complete misconceptions. It was simply society that had conditioned itself to believe having just one child was a less healthy family environment for children. Despite the fact that this evidence is not new and research has demonstrated for many decades that "only child syndrome" is a myth; the article became one of the most talked about features of the year. It seemed to resonate even more highly in Hong Kong, where just across the border, our neighbours are an entire nation of only children. Indeed, according to the last government census, the average household size in Hong Kong was 3.1, demonstrating a strong trend towards having just one child. Meanwhile, the labour force participation rate of women in Hong Kong is as high as 51.8 percent, showing that when compared to other cities, far more Hong Kong women work, rather than staying at home with a family. This could explain why many women are choosing to have a single child - as it's easier to juggle a smaller family with a career. There are clearly financial benefits to having one child but in our city thriving with affluent smaller family units, is there any evidence to suggest that there may be some proof in the age-old only child stereotype?

A SOCIAL MISCONCEPTION

The reason society assumes that only children are more self-centred is because we believe that whatever parents have will be lavished on their sole child. In fact most professionals agree that just with many other developmental issues, a child's sense of entitlement simply comes down to the style of parenting, rather than the family size. John Shanahan a developmental psychologist at the Hong Kong practice, Therapy Associates, underlines that there is no evidence to suggest only children are more selfish than children with siblings. "Every child at some point in their development thinks the world revolves around them," he explains.



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"I am not aware of any good evidence that indicates that only children are more selfish than children with siblings. Actually, there is good evidence to suggest that only children are generally like children with siblings." However, depending on the family, Shanahan believes that only children can sometimes feel under more pressure to live up their parents' expectations. "I could imagine that only children in some families are put under tremendous pressure to perform because they are the only child, and all the parents' expectations, goals and dreams are placed on this child's shoulders," he says. "However it's hard to generalise so widely - it's difficult to say that because you are an only child you will be like this and that."

ACADEMIC ONLY

Whether it's due to more focus from parents, or more financial resources, there is substantial research to demonstrate that only children tend to get better academic results and get more education than children with siblings. "There's no doubt that a child's development



is impacted by the amount of parental resources available to that child," says Shanahan. "For example, if a parent is supporting their child every night with their homework, that child will tend to perform better at school. So you could say that an only child has the opportunity to experience more parental resources than a child with siblings, as their parents will have to split their resources and attention between their two or three children. You could even go so far as to speculate that an only child could receive so much love and resources that they will be more balanced – but this is down to their parents, and does not mean that parents of more than one child will produce children that are not as well balanced."

THE ROLE OF THE PARENTS

If only children are so highly indulged, couldn't there be truth in the theory that when it comes to social interaction, they find it harder to share and tend to be less generous – both with their possessions and their time for others? Shanahan, believes that while only children have been given more attention and nurturing to develop themselves, that is not necessarily the same thing as being selfish and on balance, that amount of parental care and attention can do wonders for a child's self-esteem and subsequent social relationships. However, he stresses that parents of only children, need to make the effort to ensure their children get the benefits of playing with other children. "Socialisation at a young age is really important for future development," he says. "Siblings have each other to constantly play with and practice their social skills. Only children don't have this and tend to have more interaction with adults, so it's important to ensure that your only child is still getting time to practice their social skills by organising play dates and joining social activities like boy scouts."

Clearly the message here is that it doesn't matter how many children you have, but how well you bring them up. "You cannot put only children in a box and say that they will have certain attributes and children with siblings fit in another box, and have other attributes," says Shanahan. "Being an only child does not predict your future. One of my colleagues has six

"Every child at some point in their development thinks the world revolves around them." children, and they each have their own strengths and weaknesses. They would probably be very different individuals if they didn't have five brothers and sisters, but I don't think they would be better or worse people."

"You could even go so far as to speculate that an only child could receive so much love and resources that they will be more balanced."

John Shanahan can be contacted at Therapy Associates. To find out more visit, www.talhk.com

如果想向 John Shanahan 請教更多心 得,可聯絡 Therapy Associates,詳情請登入 www.talhk.com 今年七月,《時代雜誌》刊登了一篇報道,揭開獨生子女的迷思。文中指出著名兒童發展心理 學家的研究顯示,一般人對獨生子女的看法(自私、不擅交際或與人分享)是徹徹底底的誤 解。這純粹是社會自設的框框,令人以為一孩家庭對孩子的成長有不良的影響。縱然已有證據 證明「一孩綜合症」並不屬實,亦有數十年的研究證明此説法毫無理據,但是這篇文章仍然成 為了年度最引起關注的話題,在香港更引起了極大的迴響;因為只要環顧四周的鄰居,相信大 部分都是一孩家庭。根據政府最新的人口統計,香港的平均家庭人口是 3.1人;很明顯,一孩家 庭實在比比皆是。此外,在香港,選擇出外工作的女性,佔勞動人口的 51.8%,遠較其他城市 為多。這亦可解釋為何大部分女性都寧願生一個小孩;因為家庭人口少,對她們來說較易取得 平衡,經濟上當然亦較容易負擔。究竟在香港這個充斥着富裕小家庭的社會,會否能夠找到線 索,證明「一夜綜合症」的存在呢?

一切都是社會的誤解

社會普遍認為獨生子女比較自我,因為我們相信父母會傾盡所有,將最好的留給唯一的子女。 但是很多專家都認為,這其實跟一般兒童發展問題一樣;孩子對於自我應得的權利,不會因 為家中有多少位成員而受到影響,而是視乎父母用什麼手法去處理。香港治療協會(Therapy Associates)的兒童發展心理學家 John Shanahan 強調,獨生子女較有兄弟姊妹的孩子更自我的 說法是毫無根據的。他解釋:「每個小朋友在成長時期,或多或少都以為這個世界是以他們為 中心的。但我卻無法找到明顯證據,顯示獨生子女較其他小朋友自我;相反,卻有證據顯示, 獨生子女其實與其他孩子分別不大。」然而,對於部分家庭,Shanahan 相信獨生子女有時候對 父母的期望,會感到較大的壓力:「不難想像,某些家庭會給獨子或獨女極大壓力,全因為他 們是家中的唯一孩子,父母不其然會將所有期望、目標、理想等,都加諸在他們的身上。但是 父母是否因為孩子是唯一的孩子,而特別提出諸多要求,這實在難以一概而論。」

學業成績較驕人

大量調查證明獨生子女學業成續較其他孩子出色,不知道這是否因為父母能夠花更多的時間和 心思給他們,或是更捨得花錢在他們的身上。Shanahan 表示:「毫無疑問,孩子的成長與發 展,與父母能否付出時間、心機、金錢有關。如果父母能夠每晚都花時間與孩子溫習功課,這 些小朋友當然會取得較理想的成績。事實上,獨生子女的父母大都會將全副心機放在孩子身 上;而擁有多名孩子的父母,則需要分散注意力。你甚至可以由此推論,由於獨生子女得到父 母全心全意的呵護,他們的身心得以發展得更平衡;但這不代表擁有兄弟姊妹的孩子不能取得 平衡,因為這全視乎父母親的做法。」

父母的角色

既然獨生子女能夠獨享父母親的愛,這是否意味着他們會較難與人分享自己的東西或時間? Shanahan 相信獨生子女得到父母的悉心呵護,對孩子的自尊心與日後的社交生活,都有極大的 好處。但他同時強調,一孩家庭的父母必須確保孩子有機會與別的小朋友玩耍,這對他們身心 都有好處。「小時候有足夠的社交生活,對孩子的成長有莫大好處。多孩家庭的小朋友,不怕 沒有機會透過兄弟姊妹學習社交技巧;但是獨生子女卻沒有這種機會,而且大部分時間都是與 大人相處。因此,你必須確保孩子有適當的社交生活,例如與其他小朋友遊玩,或參加童軍等 團體活動。」

由此可見,有多少名孩子並不重要,最重要是你懂得好好養育、栽培他們。Shanahan 説:「你 不能把所有獨生子女歸納為某種類型,又把擁有兄弟姊妹的小朋友歸納為另一種類型。孩子的 未來,不是取決於有沒有兄弟姊妹。我的同事有六個孩子,每一個都各有長處和不足之處;如 果他們沒有其他五名兄弟姊妹的話,我相信他們會有不同,但絕不在於是變得更好還是變得更 壞。」

Moon the

The residents of Bel-Air joined together to celebrate Mid-Autumn Festival in style. 貝沙灣住戶共慶中秋,歡度 了與別不同的明月夜。



Bel-Air celebrated a vibrant Mid-Autumn festival with a carnival of colour. Residents joined together from 7pm to watch a parade of mythical figures dance in celebration. Kids and adults alike enjoyed some competitive fun at the game booths and then dined on a range of culinary delights from the food stalls. The residence was decorated with beautiful, intricately patterned lanterns, which were used for a game of lantern riddles. The grand finale to the evening was a series of performances, including an energetic jo jo performance and a Chinese drama performance. 一個充滿嘉年華色彩的中秋節,讓參與的住戶 留下了深刻印象。晚會在七時由以中國神話人 物造型的舞蹈員,以精彩舞姿揭開序幕。大人 和小孩除了在各類攤位遊戲中互相較量外,還 可飽嘗多款特色美食。此外,貝沙灣到處都布 置得美侖美奐,讓住戶可以邊賞花燈,邊猜燈 謎。最後,我們還安排了連串引人入勝的表 演,包括活力花式搖搖和中國大戲等,為這一 夜畫上了完美的句號。





$\overset{\text{fun in the}}{Sun}$

Bel-Air's kids used their break from their schoolbooks to learn new skills and socialise with their neighbours by enjoying the wide range of summer programmes on offer within the residence. Dexterous kids enjoyed taekwondo and ballet lessons in the clubhouse, while artistic children learnt new skills, such as creative rock painting, "Flowerme" (a Mexican toymaking handicraft), accessory and jewellery making and paper cutting. Budding aquatic acrobats loved the water fun day, where there were water races and obstacle courses for all the kids to enjoy. And the fun wasn't just limited to Bel-Air; there was an exciting trip to the local fire station, where the kids saw a working fire engine and there was flour and dough flying everywhere at the trip to Pizza Hut where children learnt how to make pizza. Culinary kids also loved the Homemade Summer Delights Workshop, where our very own Bel-Air chef taught them how to make their favourite cakes and jelly candy.

貝沙灣舉辦了連串暑期活動,讓小朋友與小 鄰居一起拋低課本,打成一片,歡度了一個 既益智又精彩的暑假。活潑好動的孩子選擇 在會所裏學習跆拳道、芭蕾舞;充滿藝術天 分的,則選擇學習各類手工藝課程,包括創 意石頭畫、"Flowerme"墨西哥麵粉花黏土 製作、自製飾物、藝術剪紙等,讓創意翻 翔。至於熱愛水上運動的小朋友,更在水上 同樂日的水上賽和障礙賽中,大顯身手,盡 興而回。這些趣味活動並不單止在貝沙灣舉 行,小朋友還參加了消防局開放日,參觀消 防車救火示範:又到了必勝客的廚房參觀, 親睹麵粉和麵團如何製作成美味的薄餅。愛 下廚的孩子更對夏日美味工作坊讚不絕口, 全因貝沙灣的大廚親自教他們製作惹人垂涎 的蛋糕和果凍糖。

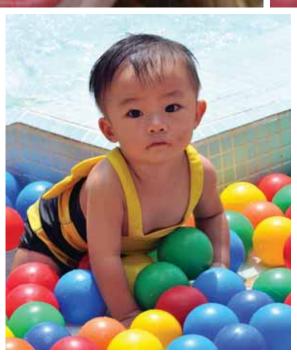








Sophie Connell







35 | Your Bel-Air



Derren Lam, Aimee Lam, Sardonna Fong, Sophie Connell, William Connell, Woo Hern Yee, Woo Tze Yee

Bel-Air Babies

"We were overjoyed at a new addition to our family this summer. Our beautiful new baby boy is called Sunny Fok and he was born on 15 July 2010. We celebrated with a boat trip." The Fok family 霍家:「這個夏天家裏增加了一位新成員,令我 們欣喜萬分。這個漂亮的小男孩名叫 Sunny Fok, 生於2010年7月15日,我們更安排了遊船河來慶祝 一番。」

"We celebrated "Choosok" (Korean Mid-Autumn Festival) by dressing up in traditional Korean costumes and eating "songpyon" (Korean mooncake), which is slightly different to the Hong Kong version – it looks like a half-moon, not a fullmoon!" (From left) Rita, Tiffany and Yereem Chan. 「我們換上了傳統的韓國服飾、品嚐韓式月餅,一 起慶祝韓國的中秋節。跟香港的月餅有些不同,韓 式月餅不是圓形,而是呈新月形的!」(由左至右) Rita、Tiffany 及 Yereem Chan.

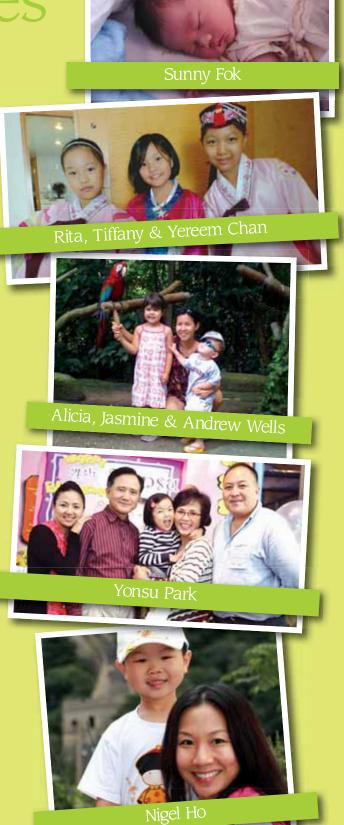
"We had a wonderful summer break back home in Singapore where we visited the zoo, played in the swimming pool and went horse riding. At the zoo, we met a very special feathered friend." Alicia and Andrew Wells with their mum, Jasmine.

「趁着暑假,我們回到新加坡。除了到動物園探險歷奇外,還到了泳池暢泳、騎馬。在動物園裏, 我們更碰到了外型奇趣的羽毛朋友呢。」Alicia 和 Andrew Wells 與母親 Jasmine合照.。

"I celebrated my 4th birthday with lots of friends and family. Best of all, my grandparents came to visit all the way from Korea to join my party. During the summer, I returned the visit to Korea and had a brilliant time!" Yonsu Park Yonsu Park:「很多小朋友和家人與我一起慶祝四歲 生辰。最開心的,是祖父母特地從韓國飛來香港, 出席我的生日派對。我亦在暑家回了韓國一趟,享 受了極難忘的假期。」

"We had a fantastic summer holiday visiting Beijing. We saw all the famous sites, including the Great Wall of China. Here I am on the wall with my mum!" Nigel Ho.

Nigel Ho:「這個暑假我們到了北京,遊覽萬里長城 等名勝古蹟;這是我和母親在長城的合照!」





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