

Be'Nix

Residents' Magazine

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to kick start your day

Spring

blossoms



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welcome



While we bid the cold weather a fond farewell, the last few months of winter were filled with unforgettable moments at Residence Bel-Air. From festive Chinese New Year celebrations to Family Fun Day and a visit to the senior citizens' home (see photos on p28), it was certainly a special time spent with our nearest and dearest.

The arrival of Spring signals time to turn over a new leaf. As such, we have included tips from our own personal trainer on easy morning exercises to kick-start your day (see p11), light Italian recipes (p16) and recommendations on how to get a good night's sleep to ensure that you awake refreshed and feeling your best (p18). With summer just around the corner, we also featured suggestions on how your kids can get the most of their reading over the holidays (check out p22) and offer suggestions on action-packed activities to experience in Niseko, the ultimate year-round getaway destination (see p26).

Spring is truly in the Air!

過去幾個月的天氣儘管寒冷，貝沙灣依然與大家歡渡一個個溫暖又難忘的時刻：慶祝農曆新年佳節、共享家庭同樂日（Family Fun Day）及探訪老人院（見第28頁的相片），提醒我們多陪伴最親近的家人摯友。

春天更代表一元復始，萬象更新。貝沙灣健身教練的簡易早操，正好讓您精神奕奕迎接每個新一天（見第11頁）；煮一個清新的意式湯慢慢品嚐（見第16頁）、又或者參考專家提供的睡眠秘訣（見第18頁），都能夠令您活力充沛，身心都感到煥然一新。盛夏已經不遠了，漫長的暑假即將來臨，又是小朋友好好閱讀增值的季節（見第22頁）；暑假當然也是一家大小玩樂的季節，日本二世古的戶外活動年終無休，必定帶來一個充滿刺激動感的假期（見第26頁）。

Mr Robert Lee 李智康先生
CEO of Pacific Century Premium Developments
盈科大衍地產發展有限公司行政總裁

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Cover: Dress, RED Valentino

This page: Dress, Matthew Williamson, Earrings,
House of Harlow, both available at Harvey Nichols,
The Landmark, Hong Kong.

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Keep the little ones busy with a host of fun-filled activities this summer

炎炎夏日，我們有精彩的活動陪伴小寶貝歡渡暑假

To ensure that Bel-Air kids are entertained this summer, a wide array of activities have been planned over July and August at the residence. There will simply not be enough time to play video games or watch television with our action-packed line-up, which encourages kids to get outside and make the most of blue skies and sunshine.

Whether it's a visit to the Jelly-Wax Production Workshop, or the Hong Kong Racing Museum Adventure Tour, the varied array of excursions promises to make this holiday one to remember. Closer to home, children can choose from a range of sports including rugby, basketball, soccer and martial arts.

Other interests such as Mandarin classes and chef certifications will equip your young ones with skills for later on in life, as they become well-rounded individuals. Exciting field trips such as the Eco Cruise Trip White Dolphin Watch Day and Adventure

Tour of Albert Einstein's Life will not only provide hours of amusement, but emphasise just how much fun learning can be.

夏天來臨，貝沙灣特別於七月至八月為小寶貝提供連串精彩的暑期活動，鼓勵小寶盡情在陽光下享受藍天白雲，保證小朋友忙得沒時間玩電腦遊戲和看電視。

"GET OUTSIDE
AND MAKE
THE MOST OF
BLUE SKIES AND
SUNSHINE."

參加兒童果凍蠟製作班、或到跑馬地參加香港賽馬博物館探索之旅，豐富的節目都為小寶貝的暑假帶來美好回憶。回到貝沙灣，夏日兒童運動同樣選擇繁多，包括攬球、籃球、足球甚至武術。

自小開始培養小寶寶多方面的興趣，讓他們學普通話或參加小小廚師學習營，小寶寶日後長大必定更加多才多藝！我們的實地考察活動更加寓學習於娛樂，例如海上生態遊-親親中華白海豚或愛因斯坦科學之旅，讓小朋友一邊度過愉快時光一邊吸收實用知識，趣味無窮。

To find out how to enrol your kids in the summer programme, please refer to the summer brochure, which will soon be delivered to your doorstep!

夏日活動的詳情將印成小冊子並送到府上，立即為小寶貝挑選心愛的活動，編排一個好玩又充實的暑假時間表！

An audible era

Bowers & Wilkins pave the way for the future of good sound

B&W開創好聲音年代

It all began in 1966 when John Bowers famously uttered: “The best loudspeaker isn’t the one that gives the most, it’s the one that loses the least” – words which would set the wheels in motion for over 40 years of ground-breaking research, development and technological innovation. The Bowers & Wilkins name was born with a simple goal in mind – to create the perfect loudspeaker.



- Fast-forward two decades and Abbey Road Studios, the world's most legendary recording studio and home of The Beatles, adopted the Bowers & Wilkins 801. Today Abbey Road remains one of the most technically advanced recording and mixing, stereo and surround mastering, interactive design and digital video complexes in existence.

It is no coincidence that Bowers & Wilkins' 800D remains the reference monitor at Abbey Road today, encapsulating the brand's staying power and timeless performance. In addition to the traditional line of such flagship products, a new generation of cutting-edge models have emerged marrying technological and design excellence. Among them, the classic Nautilus™ represents the pinnacle of innovation and the result of five years of research and development, continuing to shape the direction of the audio industry.

Contemporary lines which further position Bowers & Wilkins as pioneers in their field include the recently launched Zeppelin Air, a premium iPod speaker system providing a seismic shift in design and functionality to the original multi-award winning version through its updated drive units and fully integrated Apple's AirPlay Technology, which allows music to be streamed wirelessly from your Mac, PC, iPhone, iPad or iPod Touch.

Within the speaker domain, the MM-1 combines digital signal processing and advanced acoustic technology to bring true hi-fi sound to desktops for the first time. For the most intimate listening experience, the P5 noise-isolating mobile hi-fi headphones produce natural and highly detailed sound on-the-move and a luxurious fit to set the stage for your own personal concert.

Even in 2011, the pursuit of perfect pitch is never ending. To this day, the quest to create a loudspeaker that neither adds nor takes away from recordings, continues. The Society of Sound comprises musicians, technicians, critics and consumers, who share a passion for all things audio, demonstrating Bowers & Wilkins' capacity to remain relevant and persist in achieving their ultimate ambition of bringing listeners as close as possible to pure, unadulterated sound.

Visit www.bwgroup.com.hk/marketing/reg/belair to receive the limited edition, not-for-sale CD proudly presented by Bowers & Wilkins and London Symphony Orchestra.

立即登上www.bwgroup.com.hk/marketing/reg/belair，索取B&W與倫敦交響樂團攜手製作的限量版非賣品專輯CD。



B&W的故事始於1966年品牌創辦人尊•寶華的一句說話：「能夠輸出最豐富音質的揚聲器並不足夠，最能夠保留原音不流失的揚聲器，才是極致完美。」此後B&W正式踏上長達四十多年的創新之路，用心鑽研出登峰造極的音響器材，不斷挑戰音響科技的高峰。B&W品牌誕生的唯一目標，正是追求最高境界的完美揚聲器。

B&W創辦二十年之後，其801鑑聽揚聲器已經走進世界知名的愛彼路錄音室（愛彼路錄音室為披頭四樂隊當年錄音時所採用），成就音樂史上的傳奇。直到今天，愛彼路錄音室依然是當今最專業的錄音場地，從混音及立體環迴聲效製作設備、互動的空間設計到數碼錄影配套，質素都冠絕全球。

"THE BEST
LOUDSPEAKER
ISN'T THE ONE THAT
GIVES THE MOST,
IT'S THE ONE THAT
LOSES THE
LEAST."

時至今日，愛彼路錄音室仍然選用B&W 800D鑑聽揚聲器，足以證明這個品牌的實力與優秀表現多年來始終如一。創造出皇牌旗艦產品如800D之外，B&W亦曾推出結合高科技與出色設計的新世代音響結晶，創造經典。例如造型猶如現代雕刻藝術品的Nautilus™鸚鵡螺正是其中的代表作，研製過程長達五年，其創新意念改寫了音響界對揚聲器的定義。

最新版本的Zeppelin Air iPod揚聲器功能強勁，單是機型設計已經震撼十足，再次證實B&W於音響界的領導地位。第一代Zeppelin™已經得獎無數，新版除了集合原祖的出色功能以外，更優化了驅動單元及新增Apple AirPlay無線傳音技術，讓音樂從Mac或PC電腦、iPhone、iPad或iPod Touch無線串流到 Zeppelin Air。

MM-1多媒體電腦揚聲器，結合數碼訊息處理（Digital Signal Processing）與嶄新的原音技術，破天荒將專業音響級數的享受帶到桌上。B&W同時提供貼身的音樂體驗，P5隔音便攜式hi-fi耳機隨時隨地帶來超凡自然細緻音效，奢華舒適的設計，感受猶如私人音樂會。

時至2011，B&W的理想始終不變，深信終極的揚聲器必須毫無雜質地透徹重現原音，不會多一分或少一分。B&W更聯同多位音樂製作人、專業音樂技術員、樂評人及熱愛音樂的消費者組成Society of Sound，研究一切有關錄音的專門知識，充分代表品牌走在時代尖端、永不停步的進取精神，全面實現零瑕疵的純音樂夢想。





Body and Soul

Calling all yoga bunnies! We are delighted to present actress and model Ankie Beilke, who will be hosting a yoga event at Club Bel-Air in July to coincide with the recent launch of her first instructional yoga DVD, *Express Power Yoga 1*. The programme will include a video presentation, yoga demonstration and group yoga class, in addition to a special offer on DVDs.

Held in the function room and terrace in Club Bel-Air's Peak Wing, Beilke will provide an introduction to yoga, a powerful and expressive way to harmonise mind and body. Priority will be given to participants in yoga, pilates and sports classes at Club Bel-Air. Bookings for the group yoga session will be on a first-come-first-served basis.

七月，貝沙灣會所將會特別為熱愛瑜伽的住客舉行別開生面的聚會。身兼演員與模特兒的貝安琪（Ankie）將會現場介紹她近期推出的Express Power Yoga 1瑜伽DVD，並播放DVD的影片簡介。當日Ankie更會親自示範及主持小組瑜伽班，同場亦設有DVD折扣優惠。

聚會將於貝沙灣朗峰會所露台及活動室舉行，Ankie首先介紹瑜伽調整身心能量、達到內外合一的益處。貝沙灣會所瑜伽、Pilates及其他運動班的參加者可以優先參與，由Ankie主持的小組瑜伽班需要預先留位，先到先得。



Sharing is *caring*

- We are proud to announce that Island South Property Management Limited was awarded the Caring Company Logo by The Hong Kong Council of Social Service for 2010 and 2011. The award recognises the company's demonstration of good corporate citizenship, complementing The Council's aim to build a cohesive society by promoting strategic partnerships between businesses and social service partners.

The umbrella organisation of more than 370 non-governmental organisations hopes to inspire corporate social responsibility though caring for the community, employees and the environment.

In addition to raising public awareness of corporate social responsibility and its impact on the community, The Council focuses on facilitating a better understanding of community needs, addressing key social challenges and developing social welfare service in Hong Kong through long-term, cross-sectoral partnerships advocating equality, justice and a caring society.

南盈物業管理有限公司榮獲香港社會服務聯會頒發2010及2011年度「商界展關懷」標誌，表揚企業的良好公民形象，「商界展關懷計劃」一直促進商界與社會伙伴合作，致力建設和諧社會。

「商界展關懷」擁有三百七十多個社會團體共同合作，啟發企業社會責任，鼓勵工商及公共機構關懷社群、關心員工及愛護環境。

除了加深大眾對企業社會責任的認識、了解這個概念如何惠及社群之外，香港社會服務聯會亦關注不斷轉變中的社群需要，回應當下重大的社會問題，透過持續鼓勵各界積極合作，為香港福利制定未來發展藍圖，邁向公平、公正而充滿關愛的社會。

Photographer (Sean Lee Davis), Image/Performer: Ankie Beilke, Production: Laufilm International



www.bel-air-hk.com .

The launch of the new Bel-Air Residence Website just made life even more convenient. Consider the residents' homepage your primary resource for essential information, including opening hours and contact details of each of the clubhouses.

Discover all the exciting Bel-Air activities within the comfort of your home, from the latest F&B promotions and full a la carte menus for dining and special events and celebrations, to a user-friendly search engine detailing available recreation activities for the whole family and a transportation link to time tables for each of the various bus routes.



The comprehensive website goes a step further by including photos of Bel-Air residents with their nearest and dearest at community events, a visual diary of memorable holidays and special occasions. A section on lifestyle theme clubs makes it easy to sign up for the full range of services and facilities on the spot.

The complete collections of Bel-Air Magazines will also be available online for your perusal. Last but not least, the agenda and notice of minutes of the Owners' Committee meetings will be displayed to ensure that you are always abreast of the most recent developments within the property.

全新設計的貝沙灣網站已經啟動，方便住客輕鬆查找所需要的資訊，新的住客主頁提供更全面的貝沙灣生活情報，包括每間會所的開放時間及聯絡詳情，瀏覽更加便利。

只要安坐家中電腦旁，即可瀏覽貝沙灣一連串的精彩活動、餐飲推廣優惠以至詳盡的餐牌，安排特別節日慶祝或聚會更加方便。住客亦可使用簡易的搜尋功能，為一家大小朋友挑選合適的娛樂活動。新網站更提供詳細的交通路線資料、巴士班次及時間表。

帶來豐富資訊之外，新網站更體貼地為住客記錄美好時刻，展示住客與摯愛親友出席貝沙灣活動的照片集，為假日與特別節慶的難忘時光留個紀念。主題會所版面讓住客即時預訂各項服務及設施，盡享琳瑯滿目的生活品味。

而所有已經出版的貝沙灣雜誌，均可在新網站上閱讀。最後新網站亦會定期更新業主委員會的會議議程及發放會議紀錄通告，讓住客掌握貝沙灣的最新發展動向。●

Bel-Air

Sculpture and decorative arts are the highlights at Bel-Air this month

雕塑傑作與裝飾藝術品，是貝沙灣今個月的藝術焦點

art

Mirror by Martin Salazar

- Martin Salazar studied Fine Arts in the Faculty of Art at the PUCP in Lima, Peru and spent time teaching drawing and sculpture there before moving to Beijing. In 1993, he received his masters in sculpture at the Central Academy of Fine Arts prior to becoming an artist-in-residence at the Cité Internationale des Arts before eventually settling down in Paris. Since 2005, the artist has divided his time between both his studios in Paris and Beijing.

Salazar enjoys combining great myths with real life scenes and fantastical visions in his work, often intertwined without any obvious reason. He enjoys preserving an element of mystery with a touch of irony thrown into the mix for good measure. His conceptual references are drawn from the three countries where





he has spent most of his life – China, France and Peru – although territorial borders are frequently melded together in his work. Mirror is a set of two sculptures, which are bronze castings made in Beijing in 2005 reproduced in the catalogue “Revue”.

馬丁的雕塑作品「Mirror」

馬丁（Martin Salazar）於秘魯利馬 PUCP 美術學院修讀純藝術，畢業後留校教授素描與雕塑，其後移居北京留學並於 1993 年取得中央美術學院雕塑專業碩士學位，更應法國巴黎西帖國際藝術村的邀請擔任駐村藝術家，自此定居巴黎。2005 年，馬丁展開穿梭巴黎與北京兩地的創作生涯。

"MYSTERY
WITH A TOUCH
OF IRONY THROWN
IN FOR GOOD
MEASURE."

馬丁的作品往往塑造出一幕幕結合偉大神話、現實與幻想之間的場景，互相交織的元素不一定有脈絡可尋，總是保留一絲神秘感。他更擅於賦予作品豐富的幽默感。中國、法國與秘魯三地代表馬丁大部分的人生與藝術歷程，也是他創作概念的重要來源。這些概念在他的作品中都超越國界，渾然融和一體。參考「Revue」樣本以青銅鑄造的「Mirror」系列共有兩件作品，製作於 2005 年北京。

Earthly Powers *by Yuan Jai*

- The works of Chinese artist Yuan Jai are an invigorating mixture of traditional and contemporary. She is particularly inspired by the traditional decorative art of her homeland, more specifically the use of mineral pigment on silk, which featured heavily during the Tang Dynasty.

The frequently distorted and deconstructed landscapes and flowers appearing in *Earthly Powers* are a throwback to early 20th Century modernists, at times displaying surrealist influences. The piece shows the sea and flowers transformed into a dazzling, intensely colourful scene, which strikes a balance between classical Chinese paintings and more modern styles.

Yuan uses the style of yesteryear as a lens through which to view the present. Ironically, the result is a post-modern rendering of Tang era art, which at the same time pays homage to the original material.

袁旃的作品「Earthly Powers」

華裔畫家袁旃在傳統基礎上尋求新意，為作品注入現代氣息。唐朝時期盛行用礦物質顏料於絲絹上作畫，這源遠流長的藝術為袁旃帶來源源不絕的創作靈感。



「Earthly Powers」描繪的自然風景與艷麗花朵都呈現扭曲甚至解體的狀態，偶爾流露超現實主義的元素，頗有二十世紀初現代主義的風格。當中一幅畫作描寫花與海洋遂漸演變成一片濃烈得令人目眩的艷麗色彩，可謂將中國畫精髓與當代藝術手法和諧結合，達致美妙的平衡。

袁旃鑑古知今，透過昔日的中國藝術演繹當下，作品竟儼如後現代版本的唐代藝術，返本還原地向唐朝的原作致敬。•



Head start

Wake up feeling revived with five easy exercises to kick-start your morning

五個簡易早操讓您精神奕奕開始每一天。



Mornings are best for a little 'me' time. Give yourself the advantage of a healthy start to the day with some mild exercises recommended by Bel-Air personal trainer Kasar Fung Yin-ka. The following suggestions will tone and strengthen muscles and are suitable for any age group. Fung emphasises the importance of stretching for between 10 and 20 minutes either before or after. Each exercise should be done for at least 20 minutes, but for no more than an hour. Get your trainers on - it's time to hit the gym!

早晨是美好的時光，應該留一點私人時間給自己做一些簡單運動，身心舒暢地開始新一天。貝沙灣健身教練Kasar提供的簡易運動不但能夠調整與強化肌肉，而且適合一家大小。Kasar提醒大家運動前或運動後記得做10至20分鐘的伸展，而每項運動要至少做20分鐘但不用超過一小時。準備好你的運動裝備，向健身室進發！→



1. Running on the Treadmill

- The secret to getting the best results on the treadmill, in terms of burning fat and sculpting, lies in varying the speed. This improves the cardiovascular workout and works different muscle groups with the change in stride. Mix up the routine by combining sprint intervals and incline intervals. For example, you can begin with five minutes of walking, sprinting for two minutes, walking at an incline for five minutes, before another sprint session. Halfway through the workout is the best time to push yourself and increase speed. During flat periods, try to vary your stride by taking longer steps, to work muscle groups that you may not normally use.

跑步機

要跑步燃燒脂肪並達到塑身效果，秘訣在於改變步速，加強心血管的鍛煉同時藉著不同的步距訓練各組肌肉。間歇衝刺與斜坡跑步可以自由地交替進行，例如一開始先步行五分鐘，衝刺兩分鐘，步行斜坡五分鐘然後再衝刺。斜坡以外的時段可以嘗試不同的步距，走大步或小步能夠訓練平日少用的肌肉群組。

2. Indoor Rowing

- Although an excellent cardiovascular exercise, indoor rowing can be tricky, as it requires mastering proper technique. Achieve flawless form by leaning back from the hips, while pushing backwards with legs and upper body. Bend arms as you pull the handle of the rowing machine, with elbows passing behind the chest and the handle, roughly an inch away from the stomach, before returning to the original start position and repeating. Try to keep your spine straight throughout. Remember to let your legs and arms do a lot of the work, to avoid injuring your back. Keeping your head up and avoiding dropping the chin will also make it easier to breathe.

"IT IS
IMPORTANT THAT
THE RESISTANCE
IS SET TO A LEVEL
THAT YOU CAN
FEEL."

室內划艇機

室內划艇對訓練心血管有極大好處，但必須充分掌握正確的技巧。從下盤發力後，用小腿與上半身向後推，拉動划艇機手把時彎曲雙臂，這時手肘位置應該在胸口及手把之後，距離腹部大約一吋，至此整套正確姿勢已完成，可還原重新開始再反覆練習。過程中脊椎要一直保持挺直，謹記主要用雙腿雙臂發力，以免拉傷背部。保持昂首挺胸有助呼吸暢順。

3. Recumbent or Upright Stationary Bike

- A great alternative to outdoor biking during bad weather, especially for those keen to avoid traffic and air pollution, indoor cycling provides a good cardio workout. Warm up by stretching back, hamstrings and calf muscles for 3-5 minutes and adjust the seat so that your legs are nearly fully extended when pedalling. Increase speed gradually and you can also add arm work, such as weights, and stand up as if biking uphill, to add variety. You can try alternating hard and easy days as you get fitter, and ride longer or push yourself more during the former.

斜躺式或直立式健身單車

天氣不好、想避開繁忙交通及空氣污染的時候，室內單車運動絕對是鍛煉心肺的理想選擇。用3至5分鐘做拉背、大小腿拉筋及肌肉舒展作熱身。調教單車坐位高低，好讓雙腿放下腳踏時差不多完全伸展。除了慢慢加速之外更可以同時舉啞鈴加強雙臂的運動量，或模擬上坡站起來踏車增加動作變化。當體能訓練得更好時可以隔日交替進行正常及高難度的鍛煉，例如加長時間或挑戰更艱深的運動方法。

4. Elliptical *Cross Trainer*

- The perfect all-in-one machine to target different parts of the body, the Elliptical Cross Trainer works legs, arms and mid-section. Best of all, it hits problem areas in a low-impact way that feels relatively easy. It is important that the resistance is set to a level that you can feel on your legs. If you feel ease at any point during the routine, raise the level to increase difficulty for a full workout. Despite the ellipse action making it difficult to injure yourself, correct form involves keeping the knees slightly bent at all times, but never letting them lock. Relax the arms and try to avoid bouncing.

橢圓訓練機

多用途合而為一的橢圓訓練機能夠全方位鍛練身體各部位，包括小腿、手臂及身體中段，最大的優點是它能夠溫和地針對需要特別訓練的部位，運動起來比較輕鬆簡易。調節適當的阻力時，應該以小腿能夠感受到的程度為準，熟習之後就嘗試增加難度提升運動量。橢圓訓練機基本上很安全易用，受傷機會很微，不過別忘記膝部要時常保持微微屈曲，不要僵硬；此外雙臂要放鬆並盡量避免跳動。

5. *Swimming* •

Swimming is a great way to lose weight as it uses every muscle in the body from head to toe. Swimming interval training is particularly effective as it builds on a cycle of high and low intensity, which boosts your cardiovascular system. It is crucial to learn the right technique and focus on keeping strokes clean and maximising your track. To keep rhythm and fitness training continuous, tumble turns should be used for backstroke and freestyle. Swimming drills are a good way to improve technique and speed during warm up and cooling down. To enhance coordination, mix leg kicks from one stroke with arm movement from another.

游泳

游泳可以從頭到腳運動全身所有肌肉，最能達到減肥的效果，較劇烈和較低運動量的游泳如果能夠交替進行，效果就更加顯著而且可以強化心血管系統。游泳時記得學習正確的泳姿，專心一致地保持標準的划水動作、嘗試挑戰更持久的練習。背泳與自由式應該用滾翻轉身以保持游泳的節奏，持久訓練體能。建議做熱身或降溫運動，甚至針對性地練水，改善泳術及速度。要訓練身體動作協調，手腳可以用不同的泳式划水及踢水。 •



Asia's first Master of Wine
Jeannie Cho Lee shares her insight
on pairing Eastern flavours

亞洲第一品酒專家李志延漫
談東膳西釀的學問

Match made in heaven

What is the biggest myth regarding pairing wine with Asian food?

The biggest myth is that the Gewürztraminer variety is the best pairing for Chinese food. Those unfamiliar with the cuisine find the spices and condiments strong and believe that intense aroma and residual sugar component are balancing. Those who are familiar look for wine that enhances, rather than changes. Additional sweetness is usually unnecessary. You want something dry, supportive and refreshing that counter balances, but doesn't add aroma.

關於亞洲菜配酒的竅門，最常流傳的誤解是什麼？

很多人都認為格烏茲塔明那

（Gewürztraminer）類別的酒最適宜配中菜，因為他們誤會中菜都辛辣而且放很多調味料，故此要配香氣濃烈及甜度高的酒來中和。熟悉中菜的話，就懂得選擇能夠提味而不是改變菜餚味道的酒。配搭的酒通常不用太甜，只要乾身、清新並能夠烘托菜式就可以，無需增加額外的味道。

What would you recommend instead?

For Cantonese dim sum, a dry-style Riesling or light-bodied Pinot Noir from New Zealand or Burgundy. They are uplifting, have light acidity and play a supporting role to food, which doesn't alter the balance of seasonings.

那你有什麼更好的推介？

廣東點心最宜配乾身不太甜的雷司令（Riesling）、輕口的紐西蘭黑皮諾（Pinot Noir）或勃艮第產區出品。這幾個選擇都能夠提升味道、微酸口感更襯托食物的原味，而不至於破壞整體的調味。

What is your pairing rule of thumb?

Experiment by opening more than one bottle of wine. We enjoy Asian meals at home with a spectrum of diverse flavours on the table, such as condiments like XO sauce, sweet and sour sauce, vinegar dip and this should be reflected by wine. You can open a few bottles at the same time, there's no need to serve sequentially.

你配酒的黃金規則是什麼？

多作嘗試，我試酒不會只開一瓶。在家享用亞洲菜時，我們的餐桌上通常備有多種不同口味的醬料如XO醬、甜酸醬及酸汁，各有味道相配的酒。所以我鼓勵一餐開幾瓶酒，未必要喝完一瓶才再開。

Which wines should be avoided when pairing with Asian cuisine?

For cuisines with strong spices and a component of chilli like Southern India, Korea, and Sichuan, I'd avoid full-bodied, oaky reds because the tannins accentuate chilli and make it taste bitter.

哪些酒不能配亞洲菜？

香料重、用辣椒做的菜式如南印度菜、韓國菜及四川菜，我就不會配重口、橡木味的紅酒因為當中的單寧會突出辣椒的味道，變成苦味。

Why are Asian wine pairings more complex?

Chicken with black bean sauce goes well with Australian Grenache, for example, but if you add vegetables or onions it becomes a different dish. So I would then suggest a New Zealand pinot noir because it has a more savoury element that echoes the flavour.

亞洲菜配酒的學問為何比較複雜？

舉個例子，豆豉雞與澳洲歌海娜（Grenache）是絕配，但豆豉雞的材料再加上蔬菜或洋蔥就變成另一道菜，這時配隱約帶鹹香味的紐西蘭黑皮諾（Pinot Noir）又比較對味了。

Which wine pairing was most memorable?


Abalone and Chateau Aubrion. I thought it might not work because it's a full-bodied classic Bordeaux, and I'd usually choose a light to medium-bodied red for seafood, but it went well because the braising and sauce gave it a meaty texture and richness. There were many tannins but they really mellowed. By the time it was served after being decanted, they were softer and brought out the fruit. It was lovely pairing that surprised me.

說說你最難忘的絕配？

我試過用重口的經典波爾多葡萄酒歐•布利昂堡(Chateau Aubrion)配鮑魚，初時還以為合不來因為配海鮮我通常選輕至中口味的紅酒，但結果慢火炆煮的鮑魚與醬汁竟賦予一種肉類的質感與豐腴，出奇地合拍。歐•布利昂堡屬於高單寧但入口十分香醇，當日我們醒酒後才品嚐，入口更柔滑而且將果味完全帶出，這極佳的組合令我驚喜之極。

How does Hong Kong measure up as wine city?

Wine is easy to enjoy as the selection and knowledge has grown. Hong Kong comes close to Japan, who has a huge sommelier community, so their knowledge is greater, but they had a decade's head start.



"EXPERIMENT
BY OPENING
MORE THAN
ONE BOTTLE
OF WINE."

香港稱得上是個品酒之都嗎？

更多人開始視品酒為興趣並加以研究。品酒方面香港的地位接近侍酒業成熟的日本，日本侍酒師這一行比香港早十年興起，因此他們的相關知識非常豐富。

What are Hong Kong's current wine trends?

Over the last three years I've noticed people have changed from swinging between Bordeaux and Burgundy to experimenting with different regions and styles, such as Argentinian Malbec, whereas six years ago there wasn't much interest. People are still drinking more red than white,

but they are looking beyond familiar styles.

The other thing is that women in Hong Kong, Singapore, Japan and Korea are making more of an effort to understand the beverage. Older women felt their husbands and boyfriends dominated the realm and I now see a lot more women gravitating towards it, which is wonderful.

香港目前的品酒趨勢發展如何？

我發現過去三年人們開始改變以往習慣，有興趣嘗試勃艮第或波爾多以外其他產品及類型的酒，例如六年前沒太多人留意的阿根廷馬爾貝克（Malbec）。總體上仍然較多人喜歡喝紅酒多於白酒，但不再限於幾個熟悉的產區。

年紀較大的女性覺得酒只是丈夫或男朋友之間的男人話題，近期我卻發現香港、新加坡、日本及韓國的女性比男性更樂於花時間研究品酒知識，而且相當之熱衷，這絕對是好現象。

What does the future hold for Asian wine?

Look out for wonderful, quality wines from China, India, Japan and Thailand due to the technology and capitol invested in the industry and increased demand. We should consider embracing rice wine; sake pairs beautifully with Asian cuisine. Chinese rice wine has done well, because the base is the same in the meal and alcohol, and goes with just about anything.

你覺得亞洲酒類的前景如何發展？

當下投資酒業的科技規模與資金都相當龐大，需求亦與日俱增，所以我們可特別留意中國、印度、日本及泰國出產的優質佳釀。米酒類很值得品嚐，可以開始考慮轉喝，例如跟任何亞洲菜都配搭得美妙的日本清酒；中國米酒亦有機會大行其道，配米飯為主的中菜效果最好，差不多任何菜式都沒問題。 •

Viva Italia

The next best thing to a trip to Italy is savouring the country's glorious ocean treasures.

品嚐意大利海鮮的風味，讓味蕾好好享受假期



Fisherman's *soup*

4 servings

• INGREDIENTS

700g fresh prawns
300g fresh squid
100g fresh mussels
400g fresh clams
3 pieces fresh tomato
10g garlic
3 tablespoons of olive oil
12g salt
10g parsley

INSTRUCTIONS

1. Heat olive oil and garlic in a large pot over medium heat.
2. Sauté tomatoes and parsley for two minutes.
3. Add six cups of water, bring to the boil, reduce heat and boil for an additional 20 minutes.
4. Add all seafood to soup base, and cook until opaque in the centre, before seasoning with salt. Serve with parsley and drizzle with olive oil.

意大利漁夫湯

4人份

材料：

700克鮮蝦
300克鮮魷
100克新鮮青口
3個新鮮蕃茄
10克蒜頭
3湯匙橄欖油
12克鹽
10克洋芫荽

做法

1. 橄欖油與蒜頭放在鍋內用中火加熱。
2. 加入蕃茄與洋芫荽炒兩分鐘。
3. 加入六杯水，煮沸之後轉小火，再煮二十分鐘做成湯底。
4. 將所有海鮮加入湯底，煮至湯水中央不再呈透明之後加鹽調味，最後灑上芫荽與數滴橄欖油即成。

Angel hair pasta with *cheese sauce and bottarga*

4 servings

• INGREDIENTS

240g Angel hair pasta
600g cream
80g freshly grated Parmigiano Reggiano cheese
80g parma ham
60g bottarga, for serving
15g salt
8g black pepper

INSTRUCTIONS

1. Cook the angel hair pasta in salted boiling water until al dente.
2. Pour the cream into a medium-sized pan on low heat and add the parma ham and black pepper to taste. Heat gently, stirring occasionally.
3. Drain the pasta and coat thoroughly with the sauce.
4. Serve immediately and garnish with bottarga and shavings of cheese.

天使麵配芝士汁及地中海烏魚子

4人份

材料：

240克天使麵
600克忌廉
80克新鮮磨碎的正宗巴馬臣芝士
80克巴馬火腿
60克地中海烏魚子，裝飾用
15克鹽
8克黑胡椒

做法

1. 燒滾一鍋加入鹽調味的水，放入天使麵煮至 Al Dente 彈牙口感。
2. 忌廉倒入中等大小的煎鍋，調慢火並加入巴馬火腿煮熟，黑胡椒調味。繼續慢火烹煮並不時攪拌。
3. 天使麵瀝乾水後，放進忌廉醬汁內攪拌至完全均勻。
4. 上碟並灑上烏魚子及磨碎芝士裝飾。





Rest Assured

How can you avoid sleepless nights and sleep like a baby again? Bel-Air asks the experts for their tips on how to make slumber a friend rather than foe...

晚上失眠、輾轉反側甚至半夜醒來，的確令人煩惱。貝沙灣邀請專家傳授憩睡秘訣，讓您每晚安枕無憂...

We've all been there - tossing and turning at night long after the lights have been switched off and the covers pulled over. There's little more frustrating than the ability to drift off, where the ticking of the bedside alarm clock seems almost deafening and its illuminated digits merely a reminder that it is only a matter of hours before the sun comes up.

人人都有過失眠的經驗，關上燈蓋好被之後依然輾轉反側，就是無法好好進入夢鄉，這種感覺的確令人沮喪，床前的鬧鐘滴滴答答彷彿愈來愈嘈吵，發光的跳字變成壓力，提醒您還有數小時就到天亮。

Restorative sleep: *Sleeping longer and deeper*

- Caroline Rhodes, physiotherapist and founder of The Body Group, focuses on helping patients develop a new relationship with their bodies, which includes achieving restorative sleep. Comprised of Deep and REM sleep, this renews us physically and emotionally, which can enhance memory and the development of new skills.

Rest is essential in allowing the immune system to repair the damage to organs by stress, pollution, unhealthy food and toxins in general.

Rhodes says: "Your body can either be in fight-or-flight mode, which is common for city dwellers, or rest-and-digest. It cannot do both at the same time, so if you're stressed, the body falls ill easily, which can lead to more serious health conditions over time."

Although the amount of sleep needed depends on the individual, Rhodes recommends between six to eight hours each night. She finds that often common causes for sleepless nights include stress and worry regarding work, family and finances, in addition to caffeine, eating too late and hitting the hay after 11pm.

深沉持久的優質睡眠

The Body Group創辦人兼物理治療師Caroline Rhodes致力幫助患者重新與自己的身體建立良好關係，其中一個方法正是追求優質睡眠。Caroline集中改善深睡期與夢睡期，協助患者達到生理上與情緒上的更新，這樣患者的記憶力與學習新技能的能力都可以更全面地發揮。

人體休息期間，免疫系統會修補身體器官因壓力、污染來源、無益食物及毒素造成的耗損。Caroline道：「一般城市人的體質不是處於準備迎戰或逃避的狀態，就是休養生息的狀態，兩者不會同時進行。這就解釋到為什麼受壓力時



我們很容易生病，這有機會引致更嚴重的健康問題。」

"HEAVY MEALS,
ALCOHOL AND
SUGAR SHOULD
BE STEERED
CLEAR OF."

睡眠時間因人而異，Caroline建議每晚六至八小時就足夠。她發現常見的失眠原因除了工作、家庭及財政上的壓力之外，還有咖啡因、進食時間太晚及晚上十一時後才上床休息。

The nightly routine •

The key to getting a good night's rest lies in establishing a routine to unwind each night.

Whether its taking a bath or shower, brushing your teeth or setting out your clothes for the next day, it is helpful to give your body a sign to prepare for slumber. While such activities can include finishing last-minute emails or Skype sessions, reading or watching television, Rhodes emphasises that the material should be light as opposed to stimulating, such as work-related subjects.

Heavy meals, alcohol and sugar should also be steered clear of before bed. Although Rhodes advises against eating four hours prior to sleep, should a hunger pang arise, consuming a small portion of protein is the best option. She also suggests avoiding heavy exercise or any workout late at night as this can spike your energy levels. For those needing an extra hit of calm, she suggest having a cup of chamomile tea, which has soothing qualities and can be helpful in promoting rest. →

Another way to get into the right frame of mind is to keep sleep essentials close by. Rhodes suggests keeping comfortable earplugs and an eye mask at hand. She says: “The most comfortable pair I have ever had are by the brand Bucky and they feel like a soft duvet over the eyes. They also come with a handy little pocket for storage.” Playing subliminal relaxation CDs is another option for those who frequently wake in the middle of the night.

培養睡意

要晚上得到充足休息，關鍵在於習慣每晚逐步逐步放鬆心情，即使是沐浴、刷牙或配襯明天穿的衣服之類瑣事，都等於向身體不斷發出準備休息的訊號。您也可以回覆一些電郵、Skype、閱讀或看電視，不過Caroline不建議處理一些比較緊張的事項，例如公事。

臨睡前要謝絕酒精及高糖份食物，也不要吃得過量。Caroline指出睡前四小時不要進食，萬一真的覺得餓就吃一點點蛋白質類食物。晚間做運動尤其是劇烈運動會令你活力充沛，反而難以入睡，應該盡量避免。喝一杯寧神的甘菊茶能夠穩定情緒，幫助您平靜下來好好睡一覺。

Caroline亦建議時常放一些幫助睡眠的用品在身邊，例如一雙舒適的耳塞及眼罩。她道：「我試過最舒服的眼罩牌子是Bucky，戴上感覺像為雙眼蓋上柔軟被子，還附上方便收藏的小袋。」經常半夜醒來的話，臨睡前可以播放一些潛意識放鬆的音樂CD。

A room for *slumber*

- Having said that, Rhodes says that having electrical appliances around your head is not advisable as they omit electromagnetic frequencies, which can disrupt sleep. She also recommends putting your phone on airplane mode if it needs to be kept close to the bed. In case you are the kind of person that lies in bed with their mind racing, she says: “Keep a pad of paper and pen by your bed and write down any last-minute thoughts or things to do for the next day.”

Preparing your bedroom is another way to create a relaxing atmosphere. Rhodes suggests keeping the room temperature at 20 degrees, wearing wool socks and ensuring the windows are sealed or double-glazed if you live in a noisy area. She says: “Make the room as dark as possible by using black out shades. If you can’t eliminate all light, wear eyeshades. Light at night can interfere with your natural circadian or biological rhythm making it difficult to sleep.”

Rhodes often applies Emotional Freedom Techniques (EFT) when experiencing difficulty sleeping. She says: “Think or say things playing on your mind that are keeping

you from falling asleep. This releases stressful thoughts and feelings immediately.” She also recommends using natural sedatives such as slow-release melatonin, passion flower, valerian root or a drop of hops essential oil to induce sleep.

憩睡空間

Caroline指出睡床近頭部附近不應放置任何電器，因為它們形成的電磁場會干擾睡眠，即使電話一定要放床邊也要調至飛行模式。就寢的時候腦袋依然未能停止運作的您，Caroline提議：「床前經常備有紙筆，臨時想起什麼或明日需要處理的事項，就立刻記下來。」

佈置睡房環境有助營造舒緩的睡眠氣氛，這時您可以穿上羊毛襪、室溫保持攝氏20度、居住的一帶比較嘈吵的話就關緊窗戶或裝上雙層玻璃。她道：「睡房愈黑暗愈好，如果用了隔光簾效果都未如理想，可同時戴上眼罩。身體有晝夜及生理節奏，被光線擾亂就難以入睡。」

Caroline常用情緒釋放療法（EFT）診治失眠：「一些想法或大腦中未能平息的事物會阻止我們入睡，EFT正是即時釋放出這些帶有壓力的念頭和感覺。」她主張服用天然食品鎮靜情緒，例如緩慢釋放的褪黑色素、西番蓮、纈草根膠囊甚至數滴酒花油都有助安睡。

Wellness in *body and mind*

- Steve Lau, managing director of the HomeCare Medical Limited, a specialist provider in sleep diagnostics, believes that it is important to identify the cause behind a restless night. These can include sleep apnea, stress, anxiety and restless leg syndrome. He says: “A doctor may recommend undergoing a thorough check, like a sleep study, to test what they problem may be. A treatment can be described based on the findings.”

Some of the most obvious symptoms of a sleep disorder include snoring, sleepiness in the day time, headaches in the morning or the cessation of breathing during sleep. Waking frequently is another sign to watch out for. Lau says: “Those who have trouble getting back to sleep may be experiencing pain, hunger, thirst, anxiety, nightmares or visiting the toilet frequently. They should seek medical advice if problems persist.”

Consulting a medical professional is advisable if sleep deprivation begins to affect work performance. This can also have serious implications for drivers and potentially lead to car accidents. Lau explains that those suffering from obstructive sleep apnea are prone to cardiovascular, gastrointestinal, endocrine and neurological consequences. In these cases, respiration therapy devices can be used to treat the problem.

Lau emphasises that reliance on sleeping pills should be avoided as they tend to lose their effectiveness if taken over an extended period of time. Worse still, this can often lead to drug dependency. Instead, he recommends a mug of warm milk before bed and to turn off the computer at least an hour before retiring for the night to ensure you have sufficient time to wind down. He says: "A comfortable pillow with effective neck support should also be conducive to a good night's sleep."

睡得好，身心健康

專營睡眠治療儀器的康家醫療有限公司總裁Steve Lau相信，正確查出睡不好的原因十分重要，一般常見的原因可能是睡眠窒息症、壓力、焦慮以至睡眠腳動症。他說：「醫生會建議作全面的睡眠檢查找出成因，再根據檢查所得對症下藥。」

睡眠障礙最明顯的徵狀是鼻鼾、日間感到疲倦、早上醒來頭痛或睡眠期間呼吸中斷、頻頻醒來都應該注意一下。Steve道：「半夜睡夢中驚醒再睡不著的患者，極可能是因為感到疼痛、肚餓、口渴、焦慮、發惡夢或頻頻上洗手間，問題持續發生應該諮詢醫生。」

當每晚嚴重失眠至影響工作表現，應該立即尋求專科醫生的協助，最好別忽視問題的嚴重性，假設司機失眠駕駛可能有機會引起交通意外。Steve補充，睡眠窒息症可能是心血管、腸胃、內分泌及神經系統疾病的先兆，這時就需要靠呼吸輔助器材去改善情況。

Steve亦指出不應服食太多安眠藥，因為長期服用會漸漸失去效力，更嚴重可引藥物倚賴。他建議用其他方法如臨睡前喝一杯溫熱牛奶、睡前一小時關電腦以預留足夠時間給自己放鬆情緒等等。他道：「有效承托頸部的舒適枕頭，也會讓你一覺安睡到天明。」

"PREPARE
YOUR BEDROOM
TO CREATE
A RELAXING
ATMOSPHERE."





Hooked *on books*

Teach your kids to read more effectively with tips from our panel of experts

專家教您如何鼓勵孩子們有效閱讀

The world can be an overwhelming place for today's youth. Bombarded by a plethora of information from every angle, be it magazines, television, music or the internet, the sheer content overload can be a lot to digest at the best of times. It has also become increasingly challenging for parents to oversee the wealth of material their children are exposed to.



At the same time, reading is a fundamental part of education and a skill that needs to be encouraged. Bel-Air seeks specialist advice on how children can adopt strategies to read effectively, gaining the ability to absorb noteworthy material and the capability to differentiate between the less relevant. The result will hopefully be not only to apply the techniques, but to make reading a rewarding and bonding experience.

Stephanie Chung, founder of The Behavior Center and a Board Certified Behavior Analyst (BCBA), highlights that every family has its own style of parenting which ultimately determines what is appropriate for their child. If parents would like to lessen interest in mobile phones and computers, she suggests that these activities should be earned via involvement in more preferable ones, such as reading.

置身資訊過度泛濫的年代，兒童與青少年特別容易感到迷失。從雜誌、電視、音樂到互聯網都可以獲取大量訊息，在有限時間內實在難以一一消化。正因為選擇太豐富，為人父母也很難留意孩子正在接收什麼類型的資訊。

閱讀始終是教育的重要基礎，父母應該鼓勵孩子培養閱讀的技能。貝沙灣為此邀請專家教授有效的閱讀技巧，指導兒童提升閱讀能力，懂得選擇性吸收有用的知識並分辨資訊的重要程度。希望訓練兒童正確地閱讀之餘，領略到吸收知識的樂趣與滿足感，從中建立親密的關係。

行為研究中心（The Behavior Center）創辦人Stephanie Chung是註冊行為分析師（BCBA）相信兒童接觸的資訊直接取決於個別家庭的教育方式，如果父母不想子女過份沉迷手機電腦的資訊，就應該選擇更理想的學習途徑，例如閱讀。→



The Internet as a *Friend & Foe*

- While situations will arise requiring use of the Internet, Chung emphasises the importance of developing skills to do so effectively. She says: “Encourage them to use it appropriately or aid in the initial search online. It is inevitable that a child will want to access social networking sites, such as Facebook, and the decision is up to the parents, but it’s important to keep in mind that this is a primary form of interaction, and limiting access to these sites may prohibit overall socialisation with peers.”

Moreover, forbidding certain types of media is likely to further increase the desire to use them. Chung says: “Tell someone they can’t eat chocolate and all they want to do is eat some chocolate. Restricting Internet content is complicated and it may be beneficial to discuss with your children why you feel it’s important that they can or cannot access certain sites and TV channels. This will encourage them to develop their own sense of what is appropriate.”

互聯網的好與壞

有關父母如何處理子女上網的問題，Stephanie強調要孩子培養使用的技巧，以加強學習效率。她道：「要鼓勵小朋友適當使用互聯網，或開始時協助他們搜尋資訊。小朋友對Facebook之類的社交網絡一定好奇心，准許與否由父母決定，但父母必須考慮到禁止的後果，有可能影響孩子與朋友們建立社交生活。」

此外兒童一般對父母禁止接觸的媒體反而越好奇。Stephanie道：「我不讓你吃巧克力，反而令你越想吃。禁止小朋友上某些網站可能令情況複雜起來。我建議父母坦誠地與子女討論選擇的準則與原因，解釋為什麼這些網站或電視頻道不適合小朋友，讓他們知道當中的重要性必定有幫助，從中更可培養他們的觸覺，以自行選擇合適的資訊。」

Making reading more *Effective*

- Positive reinforcement is another powerful tool to increase enthusiasm for reading. Chung recommends teaching children that indulging in their favourite activities is dependent on behaviour, while ensuring that expectations are clear, simple and that the reward suits the task. Making the reading experience fun and rewarding is important, as is encouraging your child to explore beyond the topics assigned at school.

Make reading a habit by establishing a routine either at bedtime or another time during the day. Chung says: “Children generally cope well with predictability and parents can bond with their child by reading together regularly and choosing their favourite books to make it more rewarding.” To create an environment conducive to reading, she suggests a comfortable, well-lit space free from noise, people and distractions in general.

In terms of techniques to make reading more effective, Chung recommends making a list of words that your child is unsure of, which you can look up together later. It may also be helpful to assign a specific chapter or page and create questions or activities based around that particular information. She says: “Using positive reinforcement, such as praise, edibles or access to preferred items and activities usually increases motivation to complete an activity, which may lead to more effective and efficient reading.”

Tara S. Levinson, US licensed psychologist specialises in children and adolescents at the Southside Family Health Centre, emphasises the importance of communication between parents and their children. When setting limits on computer and electronics, she advises using passwords and parental control to monitor. She says: “Be present when your child is on the computer. Use it as a time to dialogue what is going on in their world.”



更有效的閱讀法

父母作出正面的引導，是達至理想效果的好方法，從而激發孩子對閱讀的熱忱。Stephanie指出，要教導沉迷心愛玩意的孩子，可以從行為方面著手，父母要清楚簡潔地表明對孩子有什麼期望，成功做到的話給予適當的獎勵。秘訣在於讓孩子感受閱讀難以言喻的樂趣與滿足，孩子自然會主動吸收課堂以外的其他知識。

Stephanie認為父母要幫助子女養成每天閱讀的習慣，而且要安排在臨睡前故事時間以外的額外時段。她說：「正常情況下孩子預料到這個時段，很快就會適應。父母定時與小朋友一起讀書必定增進親子關係，讓孩子自行挑選喜愛的讀本，可以令他們更投入。」

改善閱讀效率的技巧有很多，Stephanie有幾個建議：讓孩子列出他不懂的字詞，稍後一起翻查；或者選出某章節或某一頁，用來做問答遊戲或創意活動的主題。她道：「別忘記要正面的引導，讚賞、零食、孩子喜歡的玩意或遊戲都是很大的推動力，有助他們完成更有效率的閱讀。」

香港Southside Family Health Centre的美國註冊兒童與青少年心理學家Tara S. Levinson指出父母與子女互相溝通的重要性。限制小朋友使用電腦與科技玩意可設定密碼或親自指引監督。她道：「子女用電腦時要在場，趁這段時間傾談一下，了解他們的世界。」

Making reading Fun

In order to develop a love for reading, Levinson recommends starting from a young age to increase vocabulary and everyday knowledge. She suggests determining a manageable amount of time for reading depending on age and taking breaks when necessary. She says: "Children retain information best when they can make a meaningful connection to what they are

reading. Talk about it at home. If your child is studying a unit of inquiry at school, find websites and activities related to this topic at home. Weekends are great times to explore the community to extend learning in the classroom." Paired reading can be used as a technique to build confidence in struggling readers, where parent and child take turns reading a page each. Levinson also advises repeating readings whereby the parent reads the story one time alone and immediately again with the child to increase fluency. The next stage is to boost comprehension. She says: "Ask your child what they have read, have them make predictions about what will happen next and ask about the feelings of the characters. After you read, have your child retell the story."

"READING IS
A FUNDAMENTAL
PART OF
EDUCATION
& NEEDS TO BE
ENCOURAGED."

To make reading more pleasurable, Levinson suggests keeping it a cosy and fun activity and asking plenty of questions to familiarise yourself with your child's favourite books and authors. She says: "Personally, I would recommend all reading. Children often read books of lower literary value as they are important socially in the classroom. If they are using books to relate to peers, extend creative play and develop friendships, that is another fantastic reason to encourage reading!"

將閱讀變成樂事

Tara建議愛閱讀的習慣應該自小養成，越早開始，每日累積的詞彙與知識就越豐富。她指出可按照孩子不同年齡去決定抽多少時間閱讀，時間長的話更可以安排小息。她說：「當孩子閱讀的內容與自己有切身關係，就能夠吸收最多。」父母應該跟孩子在家中談談學校的事，例如課堂指定某個研習題目，子女與父母可以一起在家中上網搜尋更多相關資料與活動，甚至週末進行實地考察，走出課室繼續擴闊知識領域。

若果子女閱讀時比較吃力，可以嘗試每人讀一頁，用二人輪流閱讀法為孩子建立信心。Tara又提出重複閱讀法，父母首先示範讀故事一遍，隨即小聲與孩子一起唸第二遍讓他們讀得更流利。下一步就是加強理解力。Tara道：「問小朋友這是什麼故事，叫他們想像情節將會怎樣發展、嘗試代入角色的感受。父母講完之後叫孩子將同一故事再講一遍。」

Tara提出應該將閱讀變成好玩又娛樂性十足的親子活動，用大量的問答去熟習孩子心愛的書本及作者。她說：「個人認為任何書本都值得推介，小朋友通常會喜愛一些沒太高文學價值的消閒書，以便跟同學們有更多話題。如果孩子們懂得藉閱讀認識同年齡朋友、想出更多創意遊戲甚至藉此加深友誼，閱讀從此變得更加合情合理！」



Heating up *hanazono*

Niseko isn't just a winter destination. The mountain retreat can provide a range of exciting summer activities too. From white water rafting to golfing, check out these top 5 things to do in **Hanazono** this summer for a truly action-packed adventure...

到二世古雪山度假不一定要等冬天，其實當地也提供激流划艇及高爾夫球等等刺激好玩的夏日活動。以下是**Hanazono Resort**的五大玩樂推介，讓您盡情享受一個動感十足的夏日歷險之旅...



1. Get *Wet!*

- One of the most popular activities in Hanazono is rafting. Take a trip down one of Hokkaido's most beautiful rivers by jumping into a rubber boat with friends. Adrenaline junkies will love the thrill of white water rafting in the spring time after the snow melts, while the summer's more gentle courses are more suited to family fun. Rest assured you are in safe hands with experienced guides who will expertly negotiate the course. Whether a first timer or an experienced outdoorsy type, a great time on the rapids is guaranteed.

下水禮

划艇是Hanazono Resort最受歡迎的節目，您可以跟摯愛好友登上橡皮艇悠然漂流於北海道最美麗的河道，沿途欣賞怡人風光。愛冒險的話可以趁春天融雪期間嘗試新奇的激流划艇，夏天的旅遊行程就比較適合一家大小。經驗豐富的導遊會為您安排最妥善的玩樂行程，讓您放心享受假日的悠閒。無論您是初次到訪抑或是熟悉門路的戶外活動愛好者，都保證全程樂趣無窮，盡興而歸。

2. Hit the *turf*

- Make the most of stunning views of Mount Yotei on the Niseko Tokyu golf course at Hanazono Resort. Featuring immaculately maintained grounds, the top-notch 18-hole, par 72 golf course of 7,003 yards is by far the most sought-after course in the area and is sure to challenge even the most accomplished golfer. Clubs and golf carts are available for rental.

打高球

Hanazono Resort的二世古東急高爾夫球場飽覽有「小富士山」之稱的蹄山，景緻令人驚艷。這個18洞72標

準杆、7,003碼的高爾夫球場，綠草如茵，屬當地數一數二的水平，即使最專業的高爾夫球手也可以盡情發揮，場內更有高球俱樂部及高球車可供租用。

3. *Bike Park*

- Experienced competitors designed the Hanazono Bike Park, Hokkaido's most comprehensive purpose-built bike park, with every level of rider in mind. For the ultimate biking adventure, visit the Hanazono 308 Activity Centre, which includes a skill development area and jump park for all levels, in addition to a pump track and exciting cross-country trails. The ideal place to learn mountain biking basics or hone competitive skills, the park also features a new Bag Jump, which allows you to try tricks and freestyle safely.

單車遊

由專業單車選手設計的Hanazono單車公園是北海道設備最完善、為專門用途興建的單車公園，無論您是初學者抑或是專業單車手，總會找到最適合的暢遊路線。Hanazono 308活動中心從技巧訓練場、跳單車公園、土坡徑賽場地以至越野單車徑都一應俱全，渴望刺激的您能夠盡情體驗。Hanazono單車公園也是學習爬山單車基本技巧、甚至鍛鍊專業騎車比賽技巧的理想場地，最近新增的Bag Jump場地更可以玩花式單車，而且安全設施相當齊備。

4. *Wake Park*

- The first in Japan to have its own action sport wake park, Hanazono provides the perfect place to develop your skills whether you are trying your hand at wakeboarding for the first time or an old timer. The System 2.0 straight-line cable system has been specifically designed to provide

a seamless, continuous ride so that you do not have to drop the handle or stop after being pulled down on the course.

衝浪去

Hanazono擁有全日本首創的動感滑水樂園，同時適合初體驗滑水的新手及熟練的滑浪者大顯身手。特別設計的System 2.0直線電纜系統令滑水過程順暢無阻，即使中途被拉扯下來也無需放掉把手或停下來。

5. Zipline and *Kids Adventure*

Among only a handful in Hokkaido and one of the longest in the Japan, the Zip Line is the latest addition to the Hanazono 308 Activity Centre. An inclined cable between two points, the zip line harnesses the rider to the cable with a pulley-like device that allows a ride down the line with the force of gravity. Two lines are offered, one of 200m and another at 230m, allowing a ride over the Hanazono basin and the Summer Bag Jump. Kids will love summer tubing down the specially designed chutes on tubby mats and testing their skills on the Spider Web with Slide and Climbing Wall.

吊纜與兒童樂園

北海道僅有幾個Zip Line（高空滑纜設施），其中一個全日本最長的吊纜就在Hanazono 308活動中心。Zip Line是呈斜度的吊纜，利用一個類似滑輪的裝置配合地心吸力將您從起點送往終點，過程驚險刺激。備有200米及230米兩條路線可供選擇，分別途經Hanazono盆地及夏日Bag Jump單車場地。此外，活躍的小朋友一定喜歡特別設計的夏日滑管，還有滑梯及攀爬牆，讓好動的孩子們舒展身心甚至扮演蜘蛛俠。

Destined to be the “Whistler of Asia”, Hanazono is the latest luxury resort development from Pacific Century Premium Developments in Niseko, Hokkaido. This ski-in ski-out haven in Hanazono will truly redefine the ski resort experience in Asia, whilst offering a myriad of exciting adventures for the rest of the year. For enquiries, please call Ms Tang on 2878 8878.

向有「亞洲Whistler」之稱的Hanazono，是盈科大衍地產於北海道二世古發展的最新豪華度假村項目。Hanazono的ski-in ski-out設計更可直達滑雪場，而大量精彩刺激的戶外活動更是全年無休。如有查詢請致電2878 8878鄧小姐。

Your Bel-Air Chinese New Year

Welcome the Year of the Rabbit
貝沙灣喜迎兔年的來臨





Bel-Air residents
visited Po Leung Kuk,
home for the elderly,
in Wong Chuk Hang
貝沙灣住客到黃竹
坑探訪保良局老人
院的長者



Your Bel-Air

Big day out



Snap *happy*

A time for rebirth and renewal, Bel-Air residents were asked to capture the essence of Spring through photography. And the winners are...

一年之計在於春，貝沙灣住客鏡頭下的春天風光明媚，每個畫面都綻放無限的生機 恭喜以下的得獎者：。

1st place

Mr Robin Van Aeken
(13 years old)
Purple Flower

Each image was assessed for creativity, photographic technique, effectiveness in conveying the theme and composition. There were some great entries, which made judging a real challenge!

攝影比賽的評審準則包括創意、技巧、能否清晰表達主題以及構圖。今次參賽的作品水平相當高，評選過程絕不容易！



2nd place

Mr Mihir Melwani (12 years old) *Birds of Spring*

3rd place

Mr Lee Ka Chun (17 years old)
Spring, Rain, Umbrella



4th place

Mr Ho Wai Hong (46 years old)
Spring Fog, Bel-Air



Bel-Air *Babies*



Lau Sam Rex *6 months*

- “Hi everyone! I’m Lau Sam Rex and I was born on September 19, 2010. I’m a happy baby and love to smile. I look forward to making more friends at Bel-Air!”

Lau Sam Rex, 6個月「你們好嗎？我叫Lau Sam Rex，2010年9月19日出生。我是個快樂的寶寶，最喜歡微笑，也很希望在貝沙灣認識很多很多新朋友！」



Jonathan O'Donnell *1 year 10 months*

- “Bubble baths are my favourite.”

Jonathan O'Donnell, 1歲10個月「泡泡浴，我的最愛。」



Yasmin Woo *2 years 11 months*

- “I am hopping around like a bunny in the Year of the Rabbit.”

Yasmin Woo, 2歲11個月「我約了好朋友們參加聖誕派對，所以花很多心思打扮得漂漂亮亮！」或「今年是兔年，我也要像小白兔一樣蹦蹦跳！」

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