ISSUE 6 • SUMMER 2011

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welcome

We hope you have all been enjoying your summer, whether travelling abroad or staying in Hong Kong to enjoy the glorious sunshine! We have been making the most of the clear, blue skies at Residence Bel-Air by savouring refreshing rosé wine (see p14) and delighting in nutritious, organic fare at the clubhouse (see p17).

Warm, summer days should be relaxing and this month's stories focus on achieving a peaceful state of mind. Our feature on finding inner Zen provides tips on how to cope with the stress of city living (see p21), and ultra talented actress and yoga teacher Ankie B shares her recommendations for health and happiness (see p10).

With the kids taking time off from school, our parenting article this issue advises the best way to tackle sibling rivalry and maintain harmony in the home (see p24). For those of you who have left holiday plans to the last minute, we also include a round-up of must-see attractions in Thailand's breathtaking Phang Nga Bay for sun, sand and sea (see p28).

Here's to a great summer everyone, enjoy!

無論身在外地旅遊抑或在香港享受悠閒時光，陽光普照的夏天想必為你們帶來不少歡樂時刻！在藍藍的晴朗天空下，貝沙灣希望大家盡情享樂，蒞臨會所品味一口冰涼的粉紅葡萄酒（見第14頁），品嚐清新悅目的夏日有機菜式（見第17頁）。

炎夏總是令人悠然舒暢，所以今期我們與大家一起尋求寧靜平和的心境。如何在繁囂城市生活中滋養心靈、舒解壓力（見第21頁）？多才多藝的演員兼瑜伽教師貝安琪，更與大家暢談她的健康美麗人生（見第10頁）。

孩子們放暑假，在家中相聚的機會也多了，為人父母可趁這段時間培養孩子與兄弟姊妹的相處之道，教他們化解衝突、友愛融洽（見第24頁）。仍然想趁暑假結束前出門一遊的話，泰國布吉以北的攀牙灣，有我們推介的如畫風光與陽光海灘（見第28頁）。

希望各位歡度一個愉快的夏日！

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

contents

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Suite 10L, 151 Hollywood Road, Central, Hong Kong • Tel: 3711 3066
email: info@kleio.com.hk • www.kleio.com.hk

Publisher: Emily Jones, emily@kleio.com.hk

Managing editor: Stephanie Shiu, stephanie@kleio.com.hk

Art Director: Kitty Chan, kitty@kleio.com.hk

Senior Designer: Pepita Fernandez, pepita@kleio.com.hk

Bel-Air Magazine ISPML Editorial Team
General Manager: Hamlet Law
Assistant General Manager: Winnie Liu
Senior Marketing Manager: Alisa Cheung
Community Relations Manager: Willy Ng
Marketing Officer: Alice Yip
Senior Community Relations Assistants: Yendy Chan; Janet Pang; Jackie Huang

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Summer Diary

CyberRun for Rehab 2011 promotes health and active lifestyles

健康萬步數碼港發揚愛心助人的精神

On 6 November 2011(Sun), The Hong Kong Society for Rehabilitation (HKSR) and tenants of the Cyberport Club will hold the 8th CyberRun for Rehab to raise funds for HKSR.

With the slogan "Happy living, healthy thinking", CyberRun for Rehab 2011 promotes a healthy lifestyle by encouraging stress relief through exercise. All proceeds will go towards the implementation of the Train the Trainers programme to manage chronic disease in rural and urban areas of mainland China.

定於2011年11月6日(星期日) 假數碼港舉行的第八屆「健康萬步數碼港」，是香港復康會及數碼港租戶聯會合辦、為復康會籌款的年度慈善活動。

今年以「健康身心，快樂人生」為主題，呼籲市民應多與家人及摯愛親朋做運動，紓解生活壓力之餘，更可以一同行善，特別有意義。籌得的款項將用作拓展中國內地的身心健康復康項目，為更多傷殘人士及長期病患者提供專業的復康訓練及支援服務。

CYBERRUN PROMOTES A HEALTHY LIFESTYLE BY ENCOURAGING STRESS RELIEF THROUGH EXERCISE

Join us now!

We look forward to forming the Bel-Air team for CyberRun for Rehab 2011. Join us now with your full name, apartment, and contact number at Club Bel-Air Reception in person or via email PCPD-clubevents@pcpd.com.

今年健康萬步數碼港 2011，貝沙灣隊需要您的參與支持！請將全名、單位及聯絡電話親身遞交至貝沙灣會所接待處，或電郵至PCPD-clubevents@pcpd.com。

news

Urban pet at Bel-Air

Created by Swedish design group Front for Moooi, the life-sized Horse Lamp, provides an eye-catching centrepiece in the lobbies of Tower 3 and 5, in Phase 6 of Bel-Air No.8. Inspired by the majestic animal, the striking lamp is sure to be a talking point. Sure to impress design lovers as well as equestrians, the beautiful black sculpture contrasts with the sleek white lobby, while the lampshade, consisting of PVC laminate and metal, emits a gentle glow to enahance its elegant surroundings.

Bel-Air No.8第3及5座的大堂最近迎接了一位新朋友：一比一大小、由荷蘭傢具名牌Moooi出品的「馬燈」。出自瑞典著名女子設計二人組手筆的「馬燈」絕對是話題之作，設計充滿品味而且令人聯想到優雅的馬術。全黑色的「馬燈」富有雕塑的美感，與純白亮麗的大堂形成奪目對比，駿馬頭上的精緻燈罩用層壓PVC及金屬製成，散發柔和亮光令一室更顯溫暖。

Daddy Cool

- Bel-Air dads celebrated Father's Day in June by taking part in a photography contest. Congratulations to Mr. Kim and Mr. Hu – winners of the 'Look-a-like' and "Funny look" competitions respectively. These dashing dads will receive certificates and Deluxe digital frames.

貝沙灣六月舉行了「父親節至CHOK家庭臉攝影比賽」，恭喜分別獲得至CHOK餅印大獎及至CHOK鬼馬大獎的Mr. Kim及Mr. Hu，兩位Chok樣爸爸已分別獲頒發獎狀及獲贈精美電子相架。

Clean & *Green*

Changing your habits to adopt a greener lifestyle doesn't have to be time consuming or expensive. The suggestions below are quick, easy and cost nothing at all. Everyone can incorporate these tips into their daily routine and the planet will thank you for it! Just remember – every little bit counts.

奉行綠色生活其實一點不難，甚至不用花時間或金錢，一切從改變日常習慣開始，人人都做得到。以下一些既簡單快捷又免費的小貼士，記得養成習慣每日實行，地球的珍貴資源就靠大家每人出一分力，一點一滴地節省下來。

1. Ditch disposable plates, cups, bowls and utensils. Instead, bring a reusable coffee cup or water bottle along when you leave home.
不要用任何即棄杯碟餐具，每天出門口記得帶備可再用的咖啡杯及清水瓶。

2. Turn off computers and digital devices, or leave on standby mode.
電腦及其他數碼產品不用時關掉或轉待機模式。

3. Turn lights off when leaving a room or the house. Open the blinds to let in natural light during the day.
離開房間或家中時緊記關燈，日間打開窗簾用天然光代替電燈。

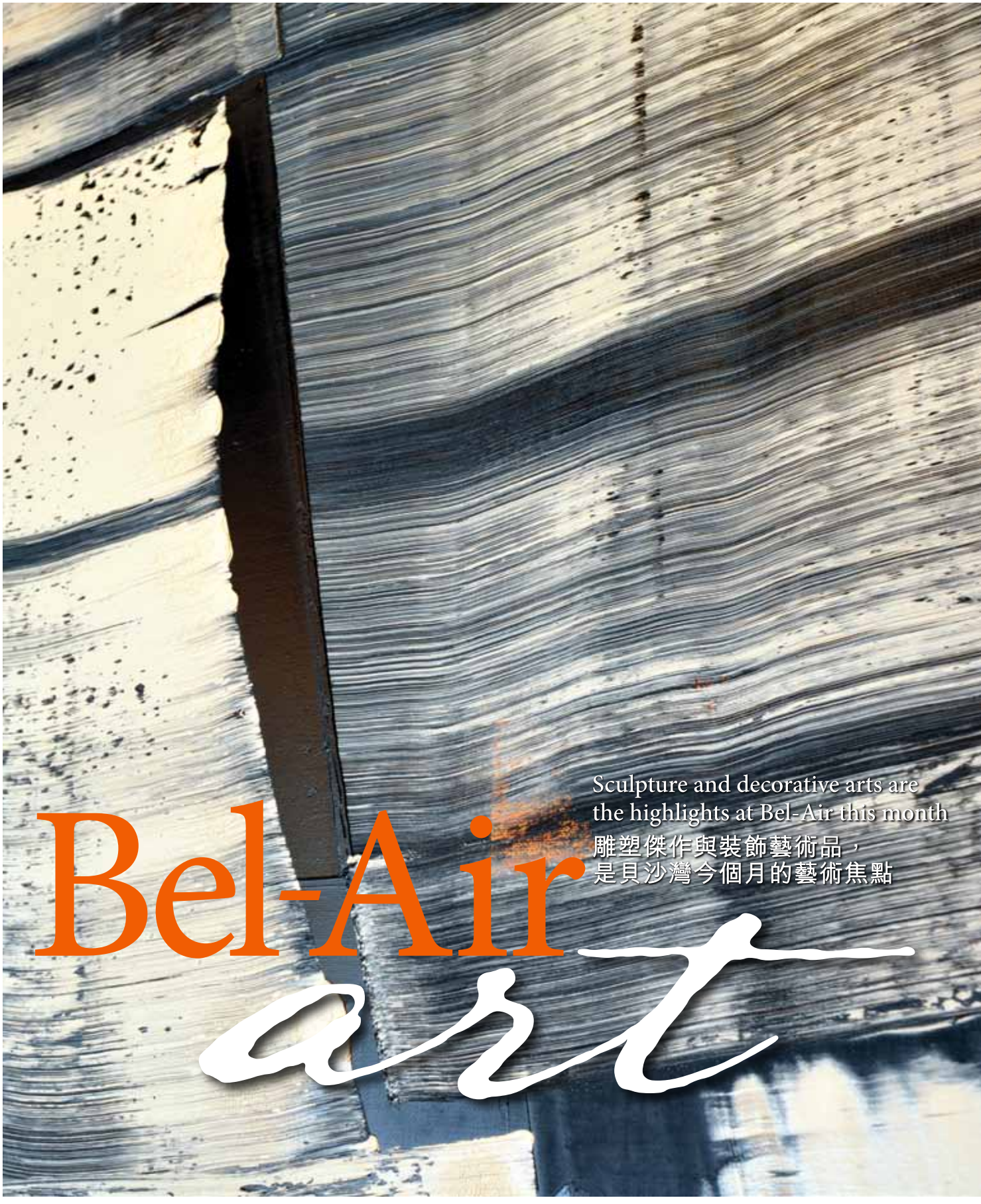
4. Only run fully loaded dishwashers and washing machines.
洗碗碟機與洗衣機裝滿髒碗碟或衣物才一次過清洗。

5. Follow a vegetarian diet to reduce global warming, as the harvesting process produces less greenhouse gas emissions than that of animal rearing.
農作物生產過程中排出的溫室氣體量比畜牧業低，所以素食有助舒緩全球暖化問題。

6. Take your evening shower as soon as you get home to save lighting electricity.
下班回家立即洗澡，有效利用天然光並減少人工照明耗電。

7. Pick up rubbish when hiking, or better still, organise a group clean-up at a local park or beach.
行山遠足時看見垃圾隨手清理掉，最好能夠自發組織清潔隊伍打掃鄰近公園或海灘。

8. Spread the word by sharing your own tips for green living with family and friends so that we can work towards saving our planet together.
將你所知的綠色生活貼士與家人及朋友分享，集合更大力量去保護地球生態。



Bel-Air art

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

Kora MK 12
by Ricardo Mazal

The latest series of abstract paintings by Ricardo Mazal, one of Mexico's most prominent contemporary artists, was inspired by a journey to Mount Kailash – Tibet's holiest summit. Mazal showcased his first solo show in Hong Kong, showcasing a multidisciplinary process of photography, digital technology and painting.

Mazal's 2004 travels examined sacred burial traditions of three cultures, continents and time periods, beginning in the Mayan ruins of The Red Queen in Palenque, Chiapas, Mexico. This was followed by a visit to the Peace Forest cemetery in Odenwald, Germany, while his latest series drew upon his experience of sacred rites and sky burials in his final destination, Mount Kailash.

"PHOTOGRAPHY HAS ALWAYS BEEN A BRIDGE BETWEEN REALITY AND THE ABSTRACT FOR MAZAL"

Photography has always been a bridge between reality and the abstract for Mazal, and his primary means of exploring the cycle of life and regeneration. He uses the images to compose a digital sketch, which he eventually layers on canvas using foam-rubber blades. A dry blade with varying degrees of pressure is used to sweep colour across the canvas, and his signature style is translucent traces of paint, which are faint in texture and hue.

Ricardo Mazal的作品 Kora MK 12

Ricardo Mazal是當今最矚目的墨西哥藝術家之一，一趟岡仁波齊峰之旅，令Ricardo深受這西藏最神聖的山峰啟發，創作出他最新的抽象油畫系列。他即將舉行第一次香港個人作品展，讓大家欣賞他結合攝影、數碼技術及繪畫的多媒體藝術風格。

2004年Ricardo開始穿梭歷史時空、走遍三大洲親身感受三大文化的神聖殯葬傳統。第一站，他走進墨西哥奇雅帕斯省的瑪雅古城帕連克，探訪紅皇后的遺址，

再訪德國奧登森林墓園之後來到靈性之旅的最後一站岡仁波齊峰，目睹西藏的天葬儀式，成為最新系列的靈感。

Ricardo利用攝影鏡頭去了解生命的循環與輪迴、將畫面從現實帶到抽象世界，以照片作參考然後用電腦畫出數碼草稿，最後用海綿乳膠顏料一筆一筆將草稿畫在畫布上，乾筆加上不同的力度抹在畫布上，展現出微微的半透明色彩軌跡，盡顯Ricardo輕描淡寫的成名風格。

Portrait with Blankness
by Ren Sihong

Infused with individuality and humour, Ren Sihong's works reflect his upbringing and personal interpretation of a significant era in Chinese history. Born into an family of artists, he graduated from Hebei Teacher's University with a major in Oil Painting. Like most influential Chinese artists, he completed his Art teaching programme at Beijing's Central Academy of Fine Arts.

Ren's first solo exhibition was held in 1993 at the Central Academy gallery and he was among the first pioneers of the new wave of avant-gardism that swept across China in the early 1990s. He resided in the Yuan Ming Yuan art village in Beijing as a professional artist and went on to become one of the country's most influential contemporary talents.

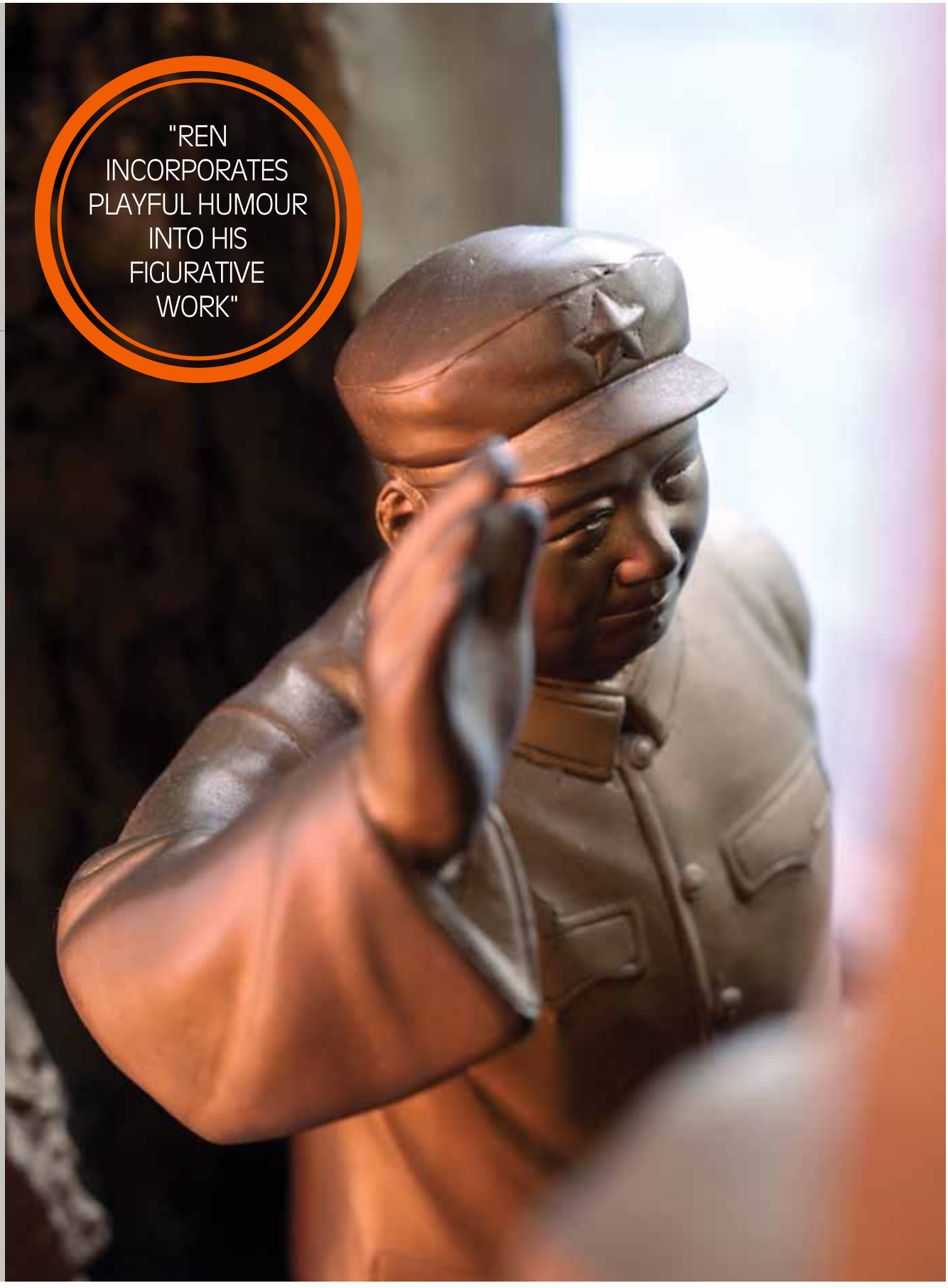
Recognised for his eccentric and artistic creativity, Ren incorporates playful humour into his figurative work, which encompasses ironic undertones and complex content. His pieces have been exhibited and sold at galleries and auction houses worldwide, including Sotheby's New York.

任思鴻的作品《空像》

任思鴻成長於中國歷史的大時代，創作風格流露他的獨特背景與時代詮釋，充滿個人特色與幽默。出生於藝術世家的任思鴻畢業於河北師大美術系油畫專業，與很多當今最具影響力的中國藝術家一樣、曾經入讀北京中央美術學院助教班。

早於1993年任思鴻已經在中央美術學院畫廊舉行第一次個人展覽，成為九十年代中國藝術界新世代前衛主義的重要人物之一，並居於圓明園畫家村，從事自由藝術創作，被譽為當今知名的新銳藝術家。

任思鴻以異乎尋常的創作手法見稱，任何作品都道出不一樣的玩味與幽默，細味之下更會發現深層複雜的諷刺寓意。世界各地的藝術展覽、藝廊與拍賣會都可以找到他的作品，包括紐約的蘇富比拍賣行。


"REN INCORPORATES PLAYFUL HUMOUR INTO HIS FIGURATIVE WORK"

Path to enlightment

Ankie B's top 5 tips for health and wellness

貝安琪從內而外的美麗法則

As if a thriving acting and modelling career weren't enough to keep her on her toes, multi-talented Ankie Beilke recently launched her first instructional yoga DVD *Express Power Yoga*. A graduate of the Fashion Institute of Technology in New York, her athletic pursuits also include martial arts, jazz dance, swimming, horse riding and kickboxing. The daughter of Hong Kong actress Ankie Lau Heung-ping shares her tips on how to harmonise mind, body and soul.

著名女星劉香萍女兒、身兼藝人與模特兒的貝安琪（Ankie），並沒有被忙碌工作霸佔全部時間。活力十足而且興趣多多的她，最近更推出親自教授示範的《新世代瑜伽》DVD。修讀時裝出身的貝安琪是紐約流行設計學院畢業生，天生喜歡運動的她喜歡武術、爵士舞、游泳、騎馬甚至Kickboxing。對於如何達致身心健康、從內而外的美麗之道，她別有一套心得。

1. Yoga provides *balance and relieves stress*.

First introduced to yoga by a close friend 10 years ago, Beilke incorporates this into her daily routine to maintain harmony and help her cope with pressure. She says: "Yoga helps me focus and clear my mind. It has helped me to discover myself, connect with people, nature and my surroundings. It has taught me to lead a balanced life, be aware of my actions and breath, be present, focus and cultivate a calm, clear mind. These last few years have shaped me into a better person and I will continue to practice. I hope to share this joy with everyone around me."

瑜伽舒緩壓力，平衡身心

Ankie十年前經好友推介之下初次接觸瑜伽，從此愛上而且每日持之以恆。她認為瑜伽對於處理壓力特別有幫助。她道：「瑜伽改善我的集中力，令我頭腦清晰。修練瑜伽能夠發現自我，了解自己之餘有助我與其他人、大自然及四周環境建立更好的關係。瑜伽教我要生活平衡，留意自己的呼吸與行為舉動，注意力集中在當下繼而培養平靜透澈的心境。過去幾年我明顯感到自己變好了，我會繼續向身邊每一位推介瑜伽，分享瑜伽帶來的喜悅。」

2. Discover your *own definition of spirituality*

While spirituality can have different meanings depending on the individual, for Beilke it means unconditional love and respect for all living things. She says: "Yogis have the saying, 'You never lose what you have given,' which is about giving without expectation and practicing non-attachment."

尋找屬於你的靈性

對於生命追求的靈性境界，人人都有不同的定義，Ankie的定義很明確：無條件的愛與尊重所有生命。她道：「瑜伽哲學導師說：你所付出的永不會失去，意思是付出不期望收獲，並要練習不受牽絆。」

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

3. Knowledge is the *greatest gift*

A firm believer that we are all teachers in some capacity, Beilke emphasises the importance of continuing to learn and sharing information with one another. Living by this mantra, she says: “I want to share my love of yoga with everyone around me through this DVD, and spread the joy I have received, with others.” Beilke had a great time scouting for scenic Hong Kong locations, including mountains and beaches, for the shoot. She says: “Yoga helps to prevent injury and it even cured my chronic allergies. It works wonders when you practice regularly. Doing a headstand everyday is the best thing you can do- it can even reverse ageing! Express Power Yoga is a 45-minute DVD that provides a short-and-sweet session, just the right amount of time for our busy lifestyles.”

"THE SECRET TO LOOKING AND FEELING GOOD IS INNER PEACE"

知識是最大的恩賜

Ankie深信人人都可以是老師、都有值得學習之處，生活中不斷吸收、與身邊所有人分享知識是一大樂事。她道：「我最想借今次推出DVD的機會，與所有人分享我對瑜伽的熱愛，

將我從中得到的快樂與大家共享。」更多快樂來自Ankie走遍香港風景最優美的山嶺、海灘，物色瑜伽DVD的最佳拍攝場地。她說：「做瑜伽有防止受傷的功效，更治癒我的長期過敏症。定時練習簡直有奇妙的效果。簡單至每天做一次倒立，都有抗老的好處！《新世代瑜伽》總共45分鐘，都是一些時間不長的練習，最適合忙碌的香港人。」

4. Inner peace is the *secret to outer beauty*

Beilke finds the most effective way to enjoy a healthy lifestyle is by sticking to a routine. She says: "Eat nutritious foods like fruits and vegetables, drink lots of water, get a good night's rest, and of course, regular yoga! The best advice I can give is to follow a strict vegetarian diet, don't eat too late and sleep early. Try to get at least 15 minutes of sunshine a day, as vitamin D will boost your mood. If you are content with yourself – you will also experience better health – it's all in the mind. The secret to looking and feeling good is inner peace."

內心平和，美麗形諸外

Ankie發現享受健康生活其實很簡單：培養每日定時作息的習慣。她說：「多食營養豐富的蔬果、多喝水、晚上睡一覺好的，每日練瑜伽當然少不了！建議最好能夠完全奉行素食，不要太晚進食以及盡量早睡。每天曬15分鐘太陽，因為維他命D可提升情緒。對自己感到滿意，身體自然愈來愈好，一切都是從心而發。內心平和喜樂，自然有諸內形諸外，外表更美、自我感覺更好。」

5. Be *inspired*

The flowing yoga asanas Beilke first learned at OM Yoga in New York sparked her love affair with yoga, in particular, the precise attention to alignment and relaxed wakefulness of Buddhist meditation. While she has tried a range of yoga methods with various teachers, Patrick Creelman, with whom she completed her teacher training at Pure Yoga HK, was her most influential mentor. She says: "Patrick led me to Anusara yoga, which teaches you the 3 A's of attitude, alignment and action. It's all about opening your heart to grace." Beilke is also inspired by Jivamukti, a discipline that focuses on cultivating surroundings and awareness of the ways in which we harm our planet.

瑜伽的啟示

Ankie當年在紐約OM Yoga第一次學習並立即愛上的，是一種注重身體姿勢的「流瑜伽」，強調準確的順位與動作，並融合佛家冥想去舒緩情緒，改善失眠。自此Ankie跟過很多導師練習不同種類的瑜伽，在香港Pure Yoga老師Patrick Creelman的悉心指導下，她更取得瑜伽導師資格。Ankie認為Patrick是至今對自己影響最深的良師：「Patrick教我認識Anusara瑜伽的三個A－態度(Attitude)、準確姿勢(Alignment)與動作(Action)，秘訣在於身體隨心優雅流動。」Ankie亦喜歡Jivamukti瑜伽帶來的啟示，這個流派鼓勵與身邊環境對話，要我們關心人類對地球造成的破壞。

Email your relaxation tips to crdept@pcpd.com and win a free Ankie B Express Power Yoga DVD!

請將您的減壓秘訣電郵至crdept@pcpd.com與我們分享，即有機會贏取貝安琪新世代瑜伽DVD！

First Blush of *Summer*

Chairman of the Hong Kong Sommelier Association, Nelson Chow, on why rosé is the perfect warm-weather wine

香港專業品酒師協會主席周國明暢談盛夏品嚐玫瑰葡萄酒的樂趣

How does rosé differ from other wines, in terms of its ingredients and production process?

The main difference lies in the duration of grape skin contact. While red wine requires 14 days, rosé wines are made by leaving the grape skins in contact with grape juice for merely a few hours, or one day. Rosé possesses less tannins, minerals and acidity compared to white wine, resulting in sweetness, lower alcohol content and increased versatility. The duration of skin contact also affects the colour of the wine, which can range from pale pink to delightful shades of salmon and coral.

粉紅葡萄酒的釀造方法與選用的葡萄，比紅酒白酒有何分別？

主要分別在於葡萄汁與葡萄皮的接觸時間長短。紅酒浸泡需時14日，粉紅葡萄酒短則幾小時、長則一天已經足夠。比起白酒，玫瑰葡萄酒的單寧酸、礦物成份、酸度甚至酒精度都較低，所以味道清澈柔和、充滿甜美果香，也很容易配搭。葡萄皮接觸時間的長短也直接影響酒的色澤，粉紅葡萄酒的顏色從極淡的玫瑰粉紅、淺淺的鮭魚橘紅到珊瑚色都有，看著已經是視覺享受。

Rosé was previously believed to be a woman's wine. Does this perception still hold true today?

Rosé is often associated with celebration because of its beautiful blush colour and pleasant, sweet flavour. It's a great party wine, but also recognised for its broad appeal as an all-year wine for everyone. A new generation of winemakers recently started to incorporate modern technique into traditional methods of rosé production, to improve the wine's character and quality.

一般人總覺得粉紅葡萄酒只是適合女士喝的甜酒，近年有沒有開始改觀？

這種葡萄酒天生有漂亮粉紅色，加上甜甜的滋味極之討好，所以節日慶典場合非常之受歡迎，開派對時更添氣氛。其實欣賞粉紅葡萄酒無分性別與場合。現時較新的釀酒廠亦開始改良傳統的釀製技術，創出不同風格而且優質的新世代粉紅葡萄酒。

Why are rosé wines a popular summer drink?

Rosés are nicknamed a summertime "patio" wine, as they are refreshing on warm days and their low alcohol content makes them light and easy to drink. They are also mainly produced in places with warm weather. Some of the best rosés come from Provence, France as its warm climate favours the growth of quality wine grapes. The region's rosés share characteristics of being fresh, crisp, bright and dry on the palate.

為什麼大家特別喜歡夏天品嚐粉紅葡萄酒？

外國人暱稱粉紅葡萄酒為「夏日陽台必備」，口味清爽涼快能夠為炎熱天氣降溫，而且粉紅葡萄酒的主要原產地都氣候和暖，當中法國普羅旺斯的出品最有名，因為當地天氣明朗怡人，可以種出最好的釀酒葡萄。普羅旺斯出產的粉紅葡萄酒通常比較清新淡雅、爽脆俐落和乾身。

"ROSÉS ARE OFTEN ASSOCIATED WITH CELEBRATION BECAUSE OF THEIR BEAUTIFUL BLUSH COLOUR."

Which dishes are rosé wines best paired with?

One of the highlights of rosé is its ability to pair with a wide array of food. It goes particularly well with Mediterranean cuisine and many of

Deutz Champagne Brut Rosé, Champagne, *France*

Made exclusively from Pinot Noir grapes with a vivid pink tinge and fine bubbles, this full-bodied wine highlights aromas of cherry, blackberry, pomegranate and redcurrant, with a pleasantly acidic finish. (Robert Parker 92pts, HK$603. Special Offer*: 4480BPs)

用黑皮諾葡萄獨家釀製，酒色鮮艷粉紅、冒著小小的氣泡，濃郁圓潤的酒味帶有櫻桃、黑莓、石榴及紅醋栗的芳香，餘韻是清爽的淡淡酸味。(Robert Parker 92pts, HK$603. Special Offer*: 4480BPs)

Peju Provence, *California NV*

A unique blend of strawberry and raspberry jam, fresh cranberry, rose petal and citrus notes, this rosé leaves a soft, rich and round impression with a lengthy, refreshing finish. (Wine Enthusiast 84pts (NV), HK$232. Special Offer*: 2080BPs)

瀰漫士多啤梨和草莓醬的氣息，還有新鮮小紅莓、玫瑰花瓣和柑橘的香氣，滲出柔軟、豐富和圓潤的氣息，餘韻悠長清爽。(Wine Enthusiast 84pts (NV), HK$232. Special Offer*: 2080BPs)

the wines originate from this region. Chefs increasingly serve rosé with Asian dishes and wine lovers are getting creative and serving it at poolside parties, beside the grill or campfire and even with Chinese-style hotpot. The latter provides a surprisingly nice balance in contrast to the heaviness of the meat. Rosés can be chilled up to 14°c to pair with barbecued or grilled meat, while 16°c is ideal for hotpot.

粉紅葡萄酒配什麼菜式效果最好？

容易配搭，正是粉紅葡萄酒的一大特色，它們與很多食物都是好搭檔，與地中海一帶的菜系尤其匹配。很多星級名廚開始用粉紅葡萄酒配亞洲菜，更有創意的甚至用來為各種場合增添氣氛，例如泳池派對、燒烤野火聚會甚至中式火鍋。中式火鍋通常較多肉類，配粉紅葡萄酒卻出奇地平衡飽膩的感覺。雪凍至攝氏14度的粉紅葡萄酒最宜配燒烤或烤焗肉類，16度適合用來配火鍋。

"DRY ROSÉS ARE EXTREMELY PLEASANT AND FRUITY"

Which countries produce the most reputable rosés?

Countries that produce quality Rosés in a variety of styles include the southern rand Bordeaux region of France, southern Italy, Chile, Australia and the US.

哪些國家出產的粉紅葡萄酒最享負盛名？

產自法國南部及波爾多一帶的粉紅葡萄酒最出色而且種類豐富多變化，意大利南部、智利、澳洲和美國的品質也相當好。

Any tips for selecting a quality rosé?

Rosés are generally reasonably priced. Those produced in Provence or Bordeaux range from HK$100 to HK$200. Although the sweet varieties are well known, dry rosés are also extremely pleasant and fruity. Rosés from Chile and Bordeaux have also become increasingly popular.

怎樣選購優質的玫瑰葡萄酒？

大部份粉紅葡萄酒都價錢合理，普羅旺斯或波爾多出品都是一至兩百元。粉紅葡萄酒有多種不同風格的甜味可以選擇，較為乾身的也很有濃郁芬芳的果香。智利與波爾多出產的粉紅葡萄酒目前相當受歡迎。

* Bel-Air Exclusive Offer is valid till further notice while stock lasts
* 貝沙灣粉紅葡萄酒推廣期直至另行通知，售完即止

Easy breezy

Beat the heat with these refreshing summer dishes – perfect for showcasing delicious, organic ingredients

熱浪迫人的夏天品嚐新鮮健康有機菜，盡享清爽滋味

Vegetarian Buckwheat *Pancake Rolls*

4 servings

INGREDIENTS

Pancake

150g buckwheat flour
30g flour
120g milk
2 eggs
50g butter
175g water

Filling

6g garlic
12g peanut butter
60g honey bean
60g carrots
60g celery
60g leek
40g peanuts

Soy and peanut sauce

5g fresh ginger
80ml sesame oil
20ml soy sauce
5g fresh chive
40ml extra virgin olive oil

INSTRUCTIONS

1. Combine both types of flour and add eggs, melted butter, a pinch of salt and half the milk. Mix until smooth before adding the remaining milk. Pan-fry the mixture to make 8 pancakes.
2. Wash and slice the honey beans, carrots, celery and leek. Finely chop the garlic and sauté with olive oil and peanut butter. Add chopped peanuts after seasoning with salt and pepper.
3. Make the sauce by mixing soy sauce, sesame oil, olive oil, chopped ginger and chives.
4. Wrap vegetables in the pancakes and serve with sauce.

蕎麥烤餅素卷

4人份

材料：

蕎麥烤餅
150克蕎麥粉
30克麵粉
120克牛奶
2隻雞蛋
50克牛油
175克清水

素餡料
6克蒜頭
12克花生醬
60克蜜糖豆
60克紅蘿蔔
60克西芹
60克韭菜
40克花生

豉油花生蘸醬
5克薑片
80毫升麻油
20毫升豉油
5克香蔥
40毫升初榨橄欖油

做法

1. 混合蕎麥粉與麵粉，加蛋、已融牛油、少許鹽及半份牛奶拌勻至幼滑，然後加餘下牛奶。用粉漿煎成8塊烤餅皮。
2. 素餡用的蔬菜全部洗淨切片。蒜頭切碎，下橄欖油及花生醬炒香，用鹽及胡椒調味之後加入花生碎。
3. 調勻豉油、麻油、橄欖油、切碎的薑片及香蔥造成蘸醬。
4. 用烤餅皮卷起蔬菜餡料配蘸醬享用 。

Steamed Turbot *with Potato Purée and Cherry Tomato Foam*

4 servings

INGREDIENTS

Turbot

400g turbot fillet
100ml white wine
1 clove garlic
2 leaves fresh tarragon

Garlic purée

300g potatoes
115ml milk
3 pieces garlic, finely chopped
3tbsp butter

Cherry tomato foam

200g cherry tomato
8g fresh basil
4tbsp olive oil
salt and pepper, to taste

INSTRUCTIONS

1. Remove the skin from the turbot. Add white wine, garlic, tarragon leaves and steam for 9 minutes.
2. Boil potatoes in salted water and mash with wooden spoon. Bring milk to the boil with garlic, adding the mashed potato and butter. Season with salt and stir for 5 minutes.
3. To make the foam, blend cherry tomatoes, basil, olive oil, salt and pepper in a food processor until smooth, and strain through a fine sieve.
4. Place 2 tablespoons of mashed potato on a plate and top with steamed turbot and cherry tomato foam.

蒸比目魚配馬鈴薯泥及蕃茄泡沫

4人份

材料

比目魚
400克比目魚柳
100毫升白酒
1瓣蒜頭
2枝新鮮龍蒿

馬鈴薯泥
300克馬鈴薯
115毫升牛奶
3瓣蒜頭切碎
3湯匙牛油

車厘茄泡沫
200克車厘茄
8克新鮮羅勒
4湯匙橄欖油
鹽及胡椒調味

做法

1. 比目魚柳去皮，用白酒、蒜頭及龍蒿醃好，蒸9分鐘至熟。
2. 馬鈴薯用鹽水煮熟，用木匙羹壓成薯泥。牛奶加入蒜頭煮沸，拌入薯泥與牛油後加鹽調味，輕輕攪拌5分鐘。
3. 車厘茄、羅勒、橄欖油、鹽及胡椒放攪拌機內打至幼滑，用小孔篩網過濾後便成為蕃茄泡沫。
4. 放2湯匙薯泥在碟上，鋪上比目魚然後淋上蕃茄泡沫。

• Organic Food
食得有機

What are the benefits of going organic?

Research indicates that organic and conventionally produced foods possess similar nutritional content. However, the former contains less pesticide residue, food additives, processing aids and fortifying substances. Organic farming methods also reduce pollution and conserve water and soil quality.

日常選用有機食材有什麼益處？

研究發現，有機與傳統方法生產的食材雖然營養價值相若，但有機食材的殘餘農藥、食物添加劑、加工及強化成份都比較少。有機耕種方式不但造成較少污染，更減低對水質及土壤的侵害。

Organic or not? How to tell…

Check the label! The US Department of Agriculture has established a certification programme to ensure that all foods deemed 'organic' meet government standards, which regulate growth, handling and processing. Only products which are completely organic, namely single ingredient foods like fruit, vegetables and eggs, are labelled 100 per cent organic and can carry the USDA seal.

Foods containing a number of ingredients can be labelled 'organic' as long as the product is at least 95 per cent organic. All foods comprised of less than 70 per cent organic ingredients cannot carry the seal or be labelled 'organic'.

如何分辨有機與普通食材？

查看標籤！看看食材是否符合美國農業部制定的有機食品標準。這些食品從生長、處理到加工都需要達到政府指定要求。只有單一材料的食品，例如水果、蔬菜及雞蛋才配稱100 %有機，符合USDA認證的資格。

多種材料的食材要有95% 或以上的有機成份，才可以取得有機標籤。少於70%有機成份的食品其實並未符合標準，不應該有任何有機標籤。

Organic food tips

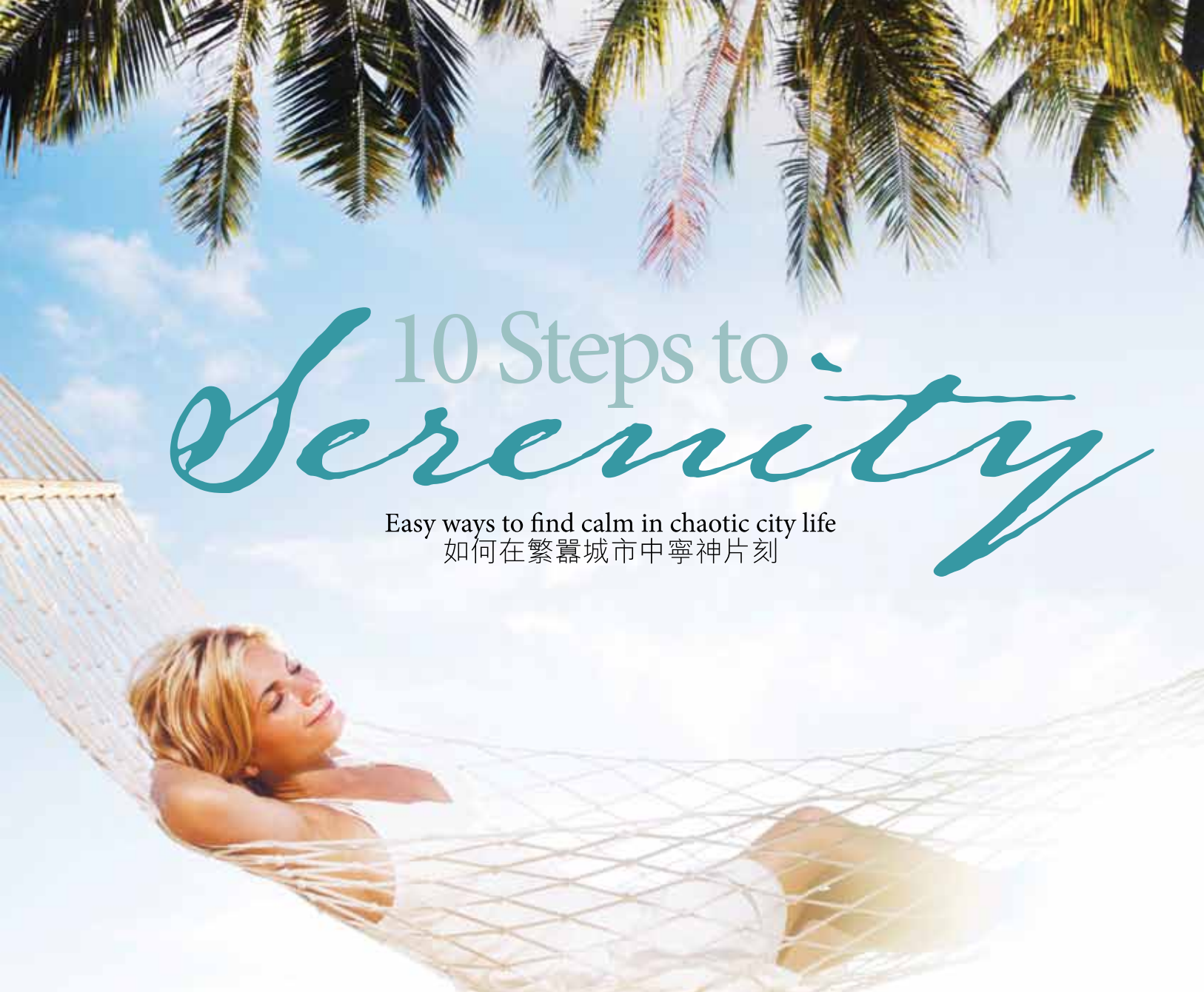
- Vary your food sources to limit exposure to a single pesticide
- Consume the freshest produce by only buying fruit and vegetables which are in season
- Read labels! Organic products are not necessarily healthier so you still need to check the fat, salt and calorie content
- Wash produce thoroughly to remove dirt and chemical residue. Peeling the skin of fruit is even more effective, but can remove fibre and nutrients in the process

有機飲食小貼士

- 從不同的農場或商店購買有機食材，可避免長期吸收同一種農藥。
- 想吃到最新鮮的有機蔬果，就要緊記不時不食，購買當造產物。
- 留意標籤！有機有時不等於健康，選購時仍需細閱脂肪、鹽及熱量等等。
- 徹底清洗食材，洗去污垢及殘留化學劑。去皮其實最徹底，不過可能同時去掉有益的纖維。 •

10 Steps to Serenity

Easy ways to find calm in chaotic city life
如何在繁囂城市中寧神片刻



While Hong Kong's dynamic atmosphere and energetic buzz are an undeniable highlight, the dazzling lights and rapid pace can make chilling out a challenge. Busy executives seeking a breather from the rat race can try simple techniques to ease tension, which don't involve leaving town. The following tips help to achieve a Zen state of mind, an important skill that will equip you with the confidence to tackle anything!

香港的生活最精彩，人人活力十足、步伐緊湊，而且爆發無窮能量，五光十色的燈光好像永遠不會熄滅，可是這樣的城市也令人無法得到片刻安靜。除了偶然參加公益慈善的運動或外地旅遊，日理萬機的行政人員其實可以用很多簡易方法舒緩壓力，以下的秘訣有助你達到禪修的寧靜心境，掌握當中的技巧會令你充滿信心，處理任何事情都無往不利！

1. Happy *Place*

If an island getaway isn't an option, escape to an imaginary place, free from stress and worry, instead. Whether revisiting a favourite childhood memory or daydreaming about a tropical beach, picture your own personal utopia when you need a break from reality. Close your eyes and put everything else on hold. Visualise with detail, from how the water reflects rays of light, to the smell of the sea, the sound of waves and the taste of the salt in the air.

遠走快樂鄉

沒心情老遠跑到離島的話，可以用想像力讓精神來一趟旅行，遊走到無憂無慮的境地：回憶最快樂的童年往事、幻想烈日下的熱帶沙灘或其他嚮往的仙境，都令你從現實中得到喘息。停下來閉目入神，想象水面如何反映光線、微鹹的海水氣息甚至細碎的海浪聲，感受愈細緻愈好。 ➜

2. Breathe *Easy*

Deep breathing calms nerves. The idea is to breathe from the abdomen, as opposed to shallow breaths from the chest, as this increases oxygen intake and reduces anxiety. The next time you find yourself in panic mode, sit straight and inhale through your nose and exhale through your mouth, counting slowly and taking in enough air so that your lower abdomen rises and falls as you do so. Some find it easier to try this exercise lying on the floor with a book over their stomach, which should rise and fall as you breathe deeply.

好好深呼吸

深呼吸有效鎮靜神經，原理是將平常胸口的淺呼吸提升到源自腹部的深長呼吸，增加氧份吸收達到紓緩緊張情緒。下次驚慌失措的時候，記得坐直用鼻子深深吸氣然後用口呼氣。吸氣時慢慢倒數直至下腹升降，就代表已吸夠大量空氣。有人甚至覺得躺在地上放一本書在腹部，進行以上呼吸方法時令書本起伏，會感到更輕易。

3. Smooth *Moves*

Anyone who has caught a glimpse of Tai Chi enthusiasts in the park has observed the peace induced by the slow, synchronised movements. The non-competitive activity involves self-paced, flowing movements, which enhances concentration, relaxation and the circulation of energy throughout the body. Rooted in martial arts, tai chi aims to reduce stress while providing physical conditioning, using breathing to hone focus and attention. Suitable for everyone due to its low impact, even those recovering from injury, tai chi develops fitness gradually.

慢動作養生

看見有人在公園耍太極，一定感受到他們緩慢一致的動作，實在能夠帶來平和寧靜。太極是不用爭勝的運動，講求自我調整節奏及流暢的動態，能夠改善集中力、有助放鬆以及將能量輸送循環到身體各部份。太極的本源是功夫，減壓之外更訓練體能，透過呼吸提高注意力與集中力，而且人人都很易上手，即使受傷或康復中，打太極也能夠漸漸提升你的健康。

4. Choice *Cuppa*

Think twice before ordering that extra shot of espresso to kick-start your day. Although you may feel more awake, research indicates that coffee raises the stress hormone cortisol, which makes it more difficult to cope with challenging situations in the long run. If you can't forego your caffeine fix entirely, tea is a better option due to its calming properties. Some varieties have been known to lower cholesterol, stimulate the immune system and prevent blood clots. Theanine, an amino acid found in tea, reportedly delays ageing, lowers blood pressure and assists the digestive system.

以茶代咖啡

早上那杯提神的濃縮咖啡，一杯就足夠了，多過一杯沒錯令你即時更精神，但研究指出長期飲太多咖啡會增加壓力皮質醇，長此下去反而削弱你抵抗挑戰的能力。未能一下子放棄咖啡因可試試以茶代替，因為茶有鎮靜神經作用，不同種類的茶葉各有功效，一些甚至可降低膽固醇、強化免疫系統、防止血凝塊。茶葉的茶氨酸成份更證實有抗衰老、降血壓及增強消化系統的好處。

5. Al *Fresco*

Although air-conditioning provides welcome relief during Hong Kong's sticky summers, taking a break from shopping malls and restaurants can do a world of good. Scientific studies suggest that spending time in nature helps speed up recovery time after a traumatic event, as it encourages us to focus on the present, rather than daily stress. Whether it's a hike, gardening, a swim in the ocean or camping, rediscovering nature is a simple way to bring serenity back into your life.

親親大自然

儘管香港天氣酷熱、濕度更高，經常困在冷氣商場和餐廳內對身體和地球氣候都不好，科學研究證明接近大自然能夠更快從痛苦經歷中復元，因為天然環境鼓勵我們更著眼於當下，暫時忘卻每日的壓力。行山遠足、打理花園、到海邊游泳或露營，都讓你重新發現大自然的美，心中重拾恬靜和平。

6. Spoilt *Rotten*

Pamper yourself with a visit to the spa. Swedish massage is one of the most popular techniques for its ability to simultaneously relax and energise, while shiatsu massage suits those who favour an emphasis on acupressure. The intensity of deep-tissue and sports massages may leave you a little sore afterwards, so perhaps not best for tension relief albeit effective. Self-massage techniques can be applied at home, but nothing beats the feeling of letting a professional do the work so that you can unwind completely.

"BREAKING UP THE DAY WITH A LIGHTHEARTED ACTIVITY INCREASES PRODUCTIVITY"

寵愛不過份

好好享受一次Spa，推介有效即時放鬆及恢復能量的瑞典式按摩，日本正宗按摩治療適合喜歡指壓的城市人，深度運動按摩的力度比較強勁，盡管有效但未必能夠放鬆崩緊的神經。在家中自行按摩也不錯，但始終沒有由專業按摩師代勞的全面鬆弛感覺。

7. Scent *Sense*

- Spas often use aromatherapy to evoke relaxation, as essential oils can affect your mood. They stimulate olfactory receptor cells when burned, transmitting an impulse to the limbic system, a part of the brain connected to blood circulation and the glands which regulate hormone levels. Lavender is commonly used to treat stress and depression, induce sleep and promote relaxation. The oil can be used in a warm bath, during massage, added to body lotion or sprayed on to your pillow before bedtime.

香氛助舒緩

做Spa通常配合香氛精油的治療，透過嗅覺改善情緒。精油加熱時，連接血液循環及荷爾蒙分泌的大腦邊緣系統，就會接收到傳來的刺激。薰衣草一般用來治療壓力與抑鬱，幫助放鬆與入眠。薰衣草精油多用於暖水浸浴、按摩甚至混合於潤膚露或臨睡前噴灑在枕頭上。

8. Peaceful *Harmony*

Alleviate pressure by playing relaxing tunes in the background as you work. Classical music, in particular, slows breathing, lowers heart rate and promotes calmness. Soothing sounds can lessen muscle tension, provide mental preparation and redirect focus from the cause of concern in a positive way. Affirmative lyrics create optimistic energy, while sounds of nature - such as rain, ocean waves, chirping birds and wind chimes- are also ideal for setting a tranquil atmosphere.

樂樂好心情

工作時播放輕鬆背景音樂，尤其古典音樂可以舒減壓力，減慢呼吸及心跳速度，令人平靜下來。悠揚的音樂有治療作用，減少肌肉緊張、準備情緒並轉移注意力，用樂觀心態面對焦慮來源。意義肯定的歌詞散發正能量，大自然的雨聲、海洋浪聲、宛轉鳥鳴與風鈴聲都帶領心神進入平和境界。

9. Time *Out*

Tackle a demanding task by giving yourself a five-minute break. Go for a short walk or nip out to the shop to take your mind off it, allowing you to return with a fresh outlook. Reading an inspirational blog, or chatting to a friend briefly, can prevent the frustration of a taxing assignment. Breaking up the day with a light-hearted activity ultimately increases productivity.

外出走一走

遇著棘手的工作可以先給自己五分鐘休息，外出散步一會或到小店逛逛，暫時轉移一下注意力、清空一下腦袋。看一個有趣的Blog或跟朋友閒談一下，心情都會開朗起來，足以對抗繁重工作帶來的沮喪。進行一些輕鬆活動後繼續工作反而更有精神、效率更高。

10. Scribble *Away*

Keeping a journal of your biggest concerns can be a cathartic form of release. Identifying these worries allows you to confront them by taking a step back and reassessing their true importance and whether you have been unnecessarily anxious. Putting each item in perspective means that you can be objective when considering how they fit into the bigger picture.

我手寫我想

用日記簿寫下你心中最大的憂慮，可達到淨化的作用，因為你首先認清了憂慮的是什麼，能夠退一步評估他們的重要性，繼而勇敢面對、甚至發現自己只是不必要地過慮。客觀判決每個擔憂的來源，衡量他們如何左右大局時你就有更清楚的畫面。

Happy families

Residence *Bel-Air Magazine* speaks to behaviour specialist Nhu DeBasitiani on how to avoid sibling rivalry and achieve harmony in your home

兒童行為治療師Nhu DeBasitiani教您如何解決家中兄弟姐妹互相競爭的問題，讓一家人友愛和睦，融洽相處

Whether bickering over a stuffed animal or attempting to outshine each other on the sports field, anyone who has grown up with siblings can identify with with fierce competition. Nhu DeBastiani, MS, BCBA behaviour specialist and founder of Effective Learning Environments, shares her tips on how to encourage your children to play nice.

兄弟姐妹很容易成為競爭對象，成長期間會爭玩具甚至比併運動的成績，嚴重的情況下彼此更會產生敵意。行為治療師及Effective Learning Environments創辦人Nhu DeBasitiani與父母分享心得，教他們鼓勵家中孩子和洽相處。

What are the main causes of sibling rivalry?

Sibling rivalry is a natural part of growing up in households with more than one child, as they compete for attention, toys and acknowledgement of their individuality. As children grow older, they may assert their independence, which can cause conflict if they deliberately take positions contrary to their sibling's preferences and identity. However, there are many things parents can do to mitigate the intensity of such rivalries within the family.

兄弟姐妹為什麼視彼此為競爭對象？

只要有任何兄弟姐妹，爭寵、爭玩具及爭取表現獲得讚賞，就是必經的成長階段。孩子長大開始獨立之後，如果刻意做一些兄弟姐妹不喜歡、或與他們性格不符合的行為，自然會發生衝突。父母可以用很多方法調停，緩和家中緊張的關係。

Which factors aggravate sibling rivalry?

Stressed-out children are more easily agitated. Moreover, stressed-out parents are less likely to spend quality time with their children and may not notice inconsistent treatment between siblings. This can lead to increasing agitation within the family, unless a parent steps in and consciously strives to give fair treatment to both siblings.

If fighting or arguing is accepted as means of resolving family disputes, children will behave in the same way with their siblings. Conflicts also arise when children are bored or restless, such as during long-distance travel, unstructured weekends or when irritable due to interrupted meal or sleep schedules.

什麼原因令兄弟姐妹競爭問題更嚴重？

壓力大的孩子特別容易發怒，父母如果同樣承受巨大壓力，自然較少花時間與子女培養感情，也不會為意自己對待孩子是否一視同仁。除非爸爸或媽媽主動出來主持公道，保證不偏心任何一方，否則兄弟姐妹之間會愈來愈多爭吵。

一家人意見分岐時，如果習慣用吵架爭執方式解決，小朋友對待兄弟姐妹也會有樣學樣。孩子覺得太悶或欠缺休息，衝突也有機會增加，例如長途旅行或週末的活動行程太緊密，日常吃飯及睡眠的時間表打亂了，也會令孩子們煩燥不安。

How can parents prevent sibling rivalry?

Spend time with children by watching movies or reading on family outings together. Ensure time is spent in a positive manner as opposed to correcting, "teaching" or criticising. The general rule of thumb is that for every negative comment, five positive comments should be made regarding a child's behaviour.

Parents need to recognise that each child has unique strengths and weaknesses. Avoid making comparative statements, as this teaches children that they need to be "better" than siblings to receive parental approval. Instead, sincerely praise children for their individual success.

Children learn by watching parents interact with each other. If they see conflict resolved by screaming or arguing, they will learn that such behaviour is acceptable. ➜

When conflict occurs in front of the children, try to listen to the other party and compromise. As a last resort, take time to cool off, to avoid discussing in front of the kids.

Ensure that children have structure and time apart when conflicts are more likely, such as in the morning, before dinner and bed time. Prepare for unpredictable downtime, such as long layovers or restaurant queues, by providing activities to occupy their time.

父母如何防止兄弟姐妹的競爭問題？

一家人應該多一起相聚，外出遊玩、看電影或閱讀，共聚的時候不要只管批評、改正或訓導孩子，應該保持正面及愉快的氣氛，要訣是緊記每對孩子作出一個負面評語之後，要用五個正面的評價去補充正能量。

父母也要明白每個小朋友的長處與弱點都不同，所以言語上要避免比較他們的能力，這會令他們錯覺要得到父母認同，就要比自己的兄弟姐妹優勝。父母真心讚賞孩子個別的成就，已經是很好的鼓勵。

孩子往往模仿父母二人如何相處，假如夫妻之間有爭拗通常會大聲吵罵爭辯，孩子們就誤會吵架是正確的解決方法。爭吵時孩子在場的話，父母要嘗試聆聽對和然後作出讓步，不得已的話，最後的辦法是靜下來一會兒，盡量別在孩子面前爭執。

孩子的時間安排也很重要，尤其容易發生衝突的時段，包括早晨、晚飯前及臨睡時。父母可以為子女準備玩具或遊戲，打發意料之外的等候時間，例如旅途中停留過久或餐廳要排隊輪候，免得他們太無聊。

How should conflict be resolved?

Parental involvement should depend on the developmental level and age gap between siblings. Ideally, step back and let children learn to resolve conflict with each other. Stepping in to handle the situation robs them of learning negotiation and compromise.

Often just leaving the room expedites a resolution, as it removes the need to compete for attention or approval from parents. However if children are still learning the ground rules for conflict resolution, or if one child is clearly at a disadvantage, then it may be necessary to step in and facilitate. The facilitator's job is to make sure both sides adhere to fair ground rules. It's important not to take sides and ensure each child feels like they are heard.

吵的雙方要遵守規矩公平解決，父母記住絕對不能偏袒任何一方，讓每個孩子都感到你在聆聽他們的心聲。

What are the pros and cons of getting involved in disputes?

The pro to getting involved is that the dispute will be resolved more quickly, as a third party authority figure makes the final decision. However, the con is that it may not resolve the long-term issue, as children have not learned how to settle their own arguments. By staying out of it, they learn how to share, compromise, cooperate and see another person's point of view.

子女發生衝突時，應該怎樣解決？

父母可以衡量孩子們的成長階段及年齡差距，介入當中調解衝突。最理想當然是從旁觀察，讓孩子自己學習解決互相的紛爭。有時父母介入調停，孩子反而失去學習談判及妥協的機會。父母離場甚至令問題更快得到解決 ，因為孩子已無需要爭取誰的注意力或認可。

年紀太小的孩子可能仍未懂得解決衝突的基本方法，又或者其中一方明顯處於弱勢，父母就有需要介入幫忙，規定爭

父母介入調解子女的爭執，分別有什麼好處和壞處？

好處是爭吵比較快得到和解，因為有權威的第三方在場作主。壞處是治標不治本，未必徹底解決到長久累積的不和，因為父母代為處理了，孩子仍未學懂如何自己解決問題。唯有父母不在場，孩

子才會學習告訴對方自己的想法、互相讓步甚至合作，從而了解其他人的觀點。

What are the signs that sibling rivalry is becoming a problem?

Signs that sibling rivalry is a becoming a problem are if overly aggressive behaviours arise, such as name-calling, swearing, fighting or property damage. Negative comments from siblings can affect self-image, making children feel bad or unsuccessful, which can lead to them giving up in other areas, such as trying to make friends. In older children, low self-esteem can manifest itself as depression or isolation.

怎樣判斷他們的爭吵已演變成大問題？

當爭吵導致更激烈的行為就有問題了，這些徵象包括謾罵、粗言穢語、動手打架及破壞物件。兄弟姐妹的負面說話會貶低孩子的自我形象，令孩子自覺差劣及失敗，引致他們在其他方面放棄自己，例如不敢交朋友。年長一點的孩子如果自信心低落，有機會惡化至精神抑鬱或感到孤獨疏離。

How do parents differentiate between small squabbles and more serious sibling rivalry?

The main thing to look out for is if siblings start to insult, name call or get physical. Emotions run high during arguments and children should be taught that they can express their feelings, but that abusive or bullying is unacceptable.

"DOING ACTIVITIES TOGETHER INSTILS A SENSE OF FAMILY"

父母如何分辯孩子一般的小爭拗與嚴重的競爭問題？

觀察明顯的跡象，例如孩子是否開始侮辱、怒罵甚至動手打兄弟姐妹。爭吵時人人都怒火中燒，父母要教導子女即使情緒沸騰，也可以坦白說出自己的感受，但絕不容許辱罵與欺負。

What can parents do to help their children get along better?

Spending time together as a family decreases the need for parental attention. Also, we are less likely to argue with those know we will be spending significant time with in the future. Doing activities together also instils a sense of family, teamwork and unity in children. Find activities focusing on cooperation as opposed to competition, such as arts and crafts or baking, to foster sibling cooperation. It is also good to spend time with children independently, so that they get their fair share of undivided parental attention.

父母可以用什麼妙法讓子女相親相愛？

一家人多點時間共聚，孩子自然不需過份爭取父母的注意。孩子同時意識到，兄弟姐妹日後將會有很多時間與自己共處，彼此也會較少爭吵。習慣全家總動員，集體行動令家人之間感覺更團結，也可以一起進行合作性比較強、不是以爭勝為主的活動，例如藝術創作、焗蛋糕等等，培養兄弟姐妹的團隊合作精神。父母亦需要抽時間與個別孩子單獨相處，確保所有孩子有足夠「獨享」爸爸媽媽的快樂時光。

How can holding family meetings benefit sibling rivalry?

Family meetings are a good forum for discussing issues and making decisions together. They teach children to listen to other's views and facilitate cooperation and responsibility. There should be ground rules, however, such as taking turns to speak and listening when someone else is talking. Parents in particular should adhere to the rules, to set an example.

家庭會議如何改善兄弟姐妹的競爭情況？

開家庭會議的好處，是很多事情都有機會坦誠地討論、甚至一起作決定，小朋友藉此學習到聆聽別人的看法、如何合力處理事情及養成責任感。家庭會議應設有一些基本規則，好像說話要輪流有次序，別人講話時要專心傾聽。父母自己要嚴格遵守定下來的規則，為孩子樹立好榜樣。 •

Finding Paradise

While Phuket remains one of the best-loved destinations for Hong Kong globetrotters, further north... 5 must-see attractions for your summer getaway

泰國布吉早已成為香港人最喜愛的度假後樂園，當地除了有大家熟悉的旅遊熱點，布吉以北--- 攀牙灣還有更多清幽的世外桃源。趁今個夏天展開一趟尋找人間天堂之旅，探訪攀牙灣五大隱世仙景

1. Scenic *Splash*

Located in a National Park, a visit to the five-tiered Lam Ru Waterfalls is the perfect way to soak in the natural beauty of Kradai Ridge. Eight kilometres to the East lies Hin Lat Waterfalls, where three canals merge to form the origin before gathering in a stream of crystal clear water, which meanders through arresting rocks and boulders. Explore nearby Kapong Hot Springs with its 65-degrees Celsius mineral water and Saeng Thong Waterfalls. These flow year round and provide a great backdrop for bird watching.

躍動之泉

想完全沉浸於Kradai Ridge壯麗的大自然懷抱，必定要一遊拷叻Lam Ru國家公園內的五層彩虹瀑布，而且東面八公里外就有三大運河匯聚成源頭的欣叻瀑布，流水清澈如水晶，蜿蜒穿插於奇岩巨石之間。附近的Kapong溫泉有蘊含豐富礦物質的65度泉水，可順道觀賞Saeng Thong瀑布，而且全年氣候怡人，最適合觀賞野生鳥。

2. *Mysterious* Exploration

One of Phang Nga's most significant landmarks, the gargantuan Phung Chung Cave appeals to adventurers, who can canoe and raft through icy cold waters and admire the sparkling calcites overhead. The legend behind the natural wonder is that an elephant owner stabbed the animal in the belly and its wound formed the cave. Be dazzled by amazing sights and sounds, as you climb the peaks and float through the subterranean river.

尋幽探秘

巨大無邊的朋昌洞（又名象肚洞）是深受攀牙灣探險者歡迎的景點。乘坐獨木舟或木筏漂流於冰涼的溪水上，抬頭更看到晶瑩奪目的鐘乳石。這天然奇觀的典故來自一頭被主人刺穿腹部的大象，傷口裂開變成如今的朋昌洞。無論尋訪秀麗山峰抑或泛舟地下河道，從視覺到聽覺，必定經歷難忘的體驗。

3. *Spiritual* Awakening

To experience the quieter side of Phang Nga Bay, visit Wat Rat Uppatham, a beautiful temple atop a hill between Phang Nga Town and Krabi. Surrounded by undulating mountains and lush greenery, highlights include a giant Buddha with Naka, the seven-headed snake, and a statue of Chinese goddess Guan-yin. The temple houses significant Buddhist artifacts, including an elaborate upturned bell-shaped pagoda called Chedi Phutthathambanlue.

靈性體驗

攀牙灣當然有遠離俗世的寧靜一面。攀牙市與喀比之間的一座山上就有美麗的柴迪瑪哈泰寺，被周遭起伏的山巒與盈盈綠意重重包圍。寺內有七頭蛇神像與佛像，還有中國的觀音像，和其他佛教藝術瑰寶，包括宏偉的Chedi Phutthathambanlue鐘形曲線塔。

4. *Sails* Away

Nothing beats savouring a Phang Nga sunset aboard a cruise to take in the stunning views. Boating is a popular pastime as the limestone cliffs provide a picturesque backdrop and there are many safe places to anchor. Protected from the Northeast and Southwest monsoon seasons, the prime location features calm waters, a scenic setting and abundant wildlife. Experienced sailors can charter bare boats with friends and family, while luxury crewed yachts can also be charted for the ultimate indulgence.

日落海岸

細賞攀牙灣日落的最佳地點，莫過於遊艇的甲板上。大量石灰岩峭壁襯托之下的日落，更加如詩如畫，而且攀牙灣有很多安全的泊船地點，船上賞日落因此大受歡迎。最好選擇避開東北及西南季候風的時間，賞日落的理想地點要水面平靜、風景怡人而且野生生態豐富。航行經驗豐富的話可以自行租船，與摯親享受寧靜時光，又或者登上豪華遊艇縱情享樂。

5. Wet and *Wild*

Explore mysterious microcosms known as Hongs or 'rooms' that lie deep within the islands of Phang Nga Bay, first discovered through aerial surveys. Surrounded by limestone walls, the collapsed cave systems are home to an array of untouched flora and fauna. The best way to discover the hidden realms is by weaving your way through the network of crystalline caverns in purpose-built inflatable kayaks at low tide. Each has its own distinct character and conceals a unique ecosystem of monkeys, birds and fish.

別有洞天

攀牙灣有罕見的Hongs是埋藏在島嶼深處的奇妙生態景觀，最初是進行航空測量時首次被發現，表面是嶙峋的石灰岩牆、裡頭是一個接一個凹陷的山洞，內有多種珍稀未曾曝光的動植物物種，稱得上真正的隱世仙境。最佳的探險方法是潮退時乘坐特製的充氣獨木舟，漂流於迷宮似的晶石岩洞，盡情觀賞每個洞內不同品種的猴子、鳥類和魚類。

The latest Thai luxury resort development from Pacific Century Premium Developments is situated at the Thai Muang Golf & Resort. Located merely 35 minutes north from Phuket International Airport, the 1.72 square km site features natural beauty and pristine beaches spanning 2.8km.

盈科大衍地產最新的泰國豪華度假村項目位於Thai Muang高爾夫度假村，距離布吉國際機場只有35分鐘車程，總面積1.72平方公里，環抱醉人山光水色，2.8公里的無人沙灘盡享私人天地。

Your Bel-Air *Day Out*

Bel-Air residents enjoyed nature during the Summer Family Fun tour

貝沙灣住客一家大小盡情享受大自然

Bel-Air Babies

Andres Kwok *1 year*

"Hello I'm Andres! When I grow up I'll work out at the gym everyday!"

Andres Kwok，1歲「你好嗎？我叫Andres，長大後每日要勤力做gym！」

Jaden Cheung *1 year*

"Hi my name is Jaden! I like to smile so much because I live in a happy family!"

Jaden Cheung，1歲「我叫Jaden，為什麼我笑口常開？因為我的家很開心快樂！」

Joshua Chan *13 months*

"We just moved to Bel-Air in June and love the clubhouse – especially the outdoor pool!"

Joshua Chan，13個月「我們一家剛剛於六月搬來貝沙灣，我最喜歡去會所玩耍，尤其是到泳池玩水！」

Hebe Cheng *7 months*

"Sunbathing at the park downstairs is my favourite thing to do. When I grow up I'll play tennis with my mom and dad and have fun with the other Bel-Air babies!"

Hebe Cheng，7個月「到樓下公園曬太陽是我最喜愛的節目。長大後我要跟爸爸媽媽一起打網球，跟貝沙灣其他小朋友開開心心玩耍！」

Alexis Hu *23 months*

"My name is Lexy and I'm practicing my 'no-teeth' smile in the photo!"

Alexis Hu，23個月「我叫Lexy，正在chok一個不露牙齒的微笑表情！」

Jayden Li *2.5 years*

"Check out my Picasso painting from summer school!"

Alexis Hu，2歲半「暑假學畫畫，畢加索是我的偶像！」

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