

Best Air

Residents' Magazine

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welcome



After a well-deserved summer break, we hope you are refreshed and ready to get back into the swing of life. There has certainly been plenty of news here at Bel-Air with the arrival of stunning new art pieces (see p8) and our latest water quality accolade (see p7).

Parents often worry about their children's physical wellbeing but mental health is also equally important. With this in mind, we have created a new Book Corner where we caught up with Helena Hui, editor-in-chief of *Yellow Bus Magazine* who provides expert advice on improving your child's reading habits and her book recommendations for our society's future leaders (see p24). For the grown-ups, we keep you up-to-date with autumn hair trends (see p12) and highlight upcoming art events around town (see p21).

As always, you can look forward to sumptuous seasonal delights, from delectable cocktails to sinful desserts, including traditional favourites like pumpkin pie and innovative creations of rosemary cream with cannoli and cherry jelly (see p18). We have also included a feature on Thai gastronomy to whet your appetite when planning your next getaway (see p15).

Have a great autumn!

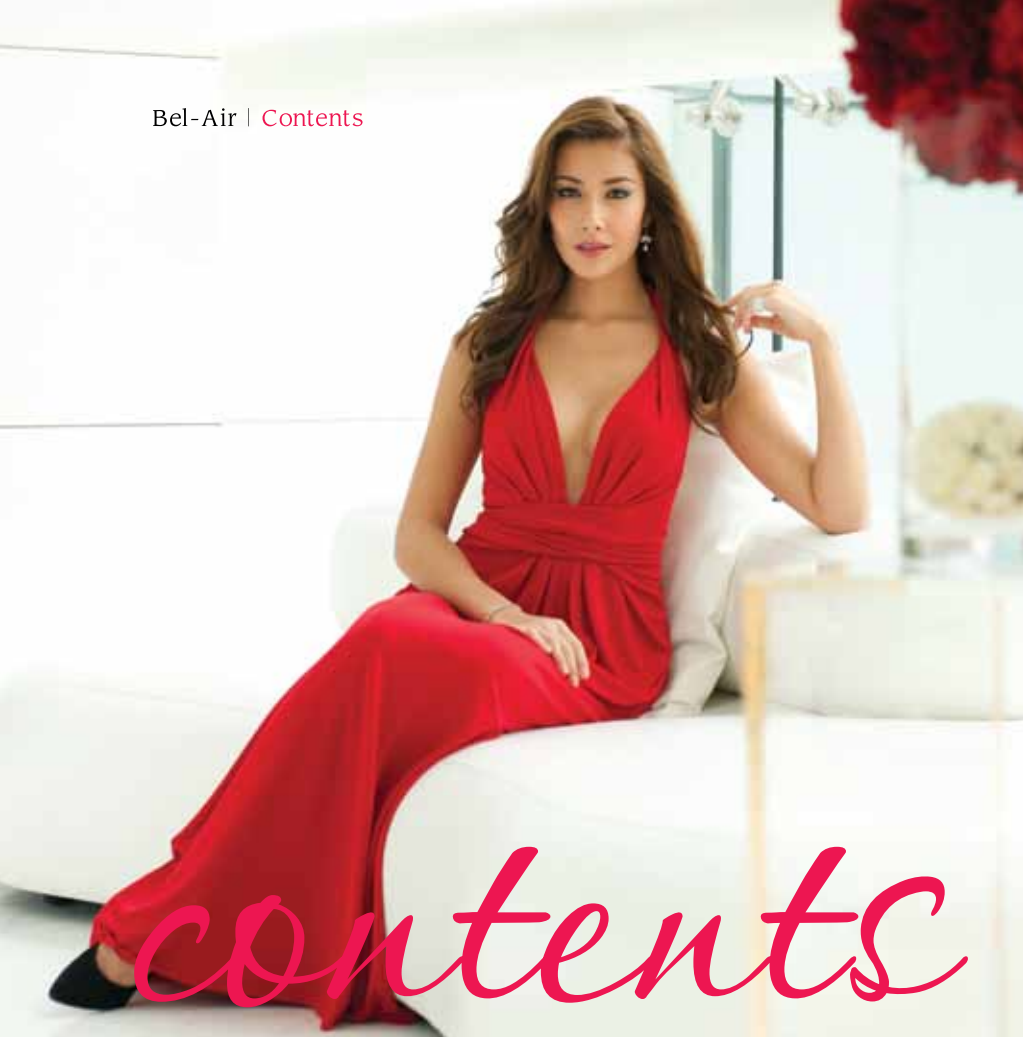
悠長的暑假過後，相信大家已經好好休息，繼續精神爽利地迎接生活挑戰，我們貝沙灣亦踏出新一步，添置全新畢卡索名畫作為藝術典藏（見第8頁），最近更獲得水務署頒發優質食水認可證書（見第7頁）。

為人父母不但希望孩子健康成長，更會照顧到他們的心靈滋養，所以我們特地準備全新閱讀欄目，特別邀請《黃巴士》雜誌總編輯許芷茵小姐精心挑選好讀本，讓小朋友充實知識、培養領導才能，準備成為社會未來的棟樑（見第24頁）。至於愛美麗的大朋友，我們會送上今年秋冬最流行的髮型貼士，還有以下幾個月全城即將舉行的一連串藝術文化盛事（見第21頁）。

味覺享受一年四季都永遠受歡迎，我們帶來了美味易做的秋日特飲與兩款誘人甜點：萬聖節不可或缺的南瓜批，與新鮮口味的迷迭香奶油甜卷配櫻桃果凍（見第18頁），還有旅遊泰國不可不嚐的多款特式美食，讓你計劃下一趟的美食之旅（見第15頁）。

謹祝各位秋日愉快！

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



• 03 *Bel-Air Diary*

Newlife Eco Family Fun Fair promotes green living and well-being
貝沙灣環保親子嘉年華分享綠色好生活之道

06 *Bel-Air News*

The latest updates at the Residence
貝沙灣最新動向

08 *Art*

Bel-Air's world-class art collection
貝沙灣世界級藝術珍藏

12 *Spa*

Philip George on the latest hair style trends
髮型大師暢談秋季流行髮式

15 *Wine*

Autumn cocktails to sip and savour
自家製特飲，細嚐一口秋天氣息

18 *Gourmet*

Sumptuous Autumn delights
同享秋日甜點的窩心好滋味

21 *Community*

Cultural events to get the creative juices flowing
城中一連串文化盛事，激發創意靈感

24 *Book Corner*

Top choices from Club Bel-Air's bookshelf
貝沙灣會所誠意向你推薦優質讀本

30 *Your Bel-Air*

Waterfun Day and Mid-Autumn Festival
貝沙灣住客歡聚於夏日水上嘉年華與中秋佳節

32 *Bel-Air Babies*

Your baby photos
您的貝沙灣寶寶生活照

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Newlife Eco Family Fun Fair

Fun for everyone!

- Join us at Eco Family Fun Fair – a fun filled afternoon organised by New Life Psychiatric Rehabilitation Association! Pick your favourite organic products, make handicrafts from recycled material and take part in exciting games. Renowned children's tutor Lily Poon hosts an hour-long interactive parenting workshop to enhance family bonding, helping us focus on our nearest and dearest.

Date: 12 November, 2011 (Sat)

Time: 2pm-5pm

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

Enquiry: 2989 9000

貝沙灣環保親子嘉年華歡迎一家大小齊齊參與

貝沙灣聯同新生精神康復會，為住客呈獻環保親子嘉年華，讓一家大小齊齊盡興。一連串安排於週六下午的精彩節目包括有機產品攤位、自製環保手工藝及好玩遊戲，更有著名兒童教育導師潘芳芳小姐蒞臨，主持一小時親子手工藝工作坊，分享親子秘訣，令一家人關係更親密，懂得時刻享受家庭樂。

日期：2011年11月12日（星期六）

時間：下午2時至5時

地點：貝沙灣灣畔會所室內運動場

查詢電話：2989 9000





True *gem*

The B&W 800 Series Diamond takes the auditory journey to new heights

B&W 800系列 揚聲器將音樂享受帶到最耀眼的境界

With five generations of B&W Bowers & Wilkins 800 series raising the bar for luxury speakers with cutting-edge technology and stunning design, elevating its outstanding performance was no mean feat. Building on its time-honoured legacy, B&W Bowers & Wilkins have outdone themselves by upping the ante across the board, with the inclusion of a diamond dome tweeter, in every speaker in the seven-model range.

While designed for home use, the 800 series offers such superb quality sound that the world's most demanding recording studios, such as Abbey Road Studios in London and Skywalker Sound in California, have chosen to use them. The implementation of the B&W Bowers & Wilkins' famous diamond tweeter technology throughout the range, including the new 805 Diamond, further enhances the solid performance.

Now comprising a quad-magnet design to improve efficiency, the upgraded material improves dispersion characteristics, providing a more stable stereo image and open design. In terms of tone, the bass performance has been ramped up with the introduction of a dual magnet motor system using powerful neodymium characteristics. The final result is a more linear bass driver performance which reduces harmonic distortion.

Making a loudspeaker truly unique requires serious attention-to-detail. B&W Bowers & Wilkins ensure nothing but the best signal quality with their new oxygen-free copper speaker terminals. All models feature a revamped capacitor design consisting of silver, gold and oil construction. Handpicked especially by engineers, the component dramatically boosts sound quality.

The two largest speakers in the range establish their acoustic validity with special features, such as B&W Bowers & Wilkins' Kevlar® FST™ mid-range drivers, Nautilus™ tube-loaded tweeters, Matrix™ enclosures and unique sphere/tube heads. All seven speakers are available in a choice of three finishes – rosenut, cherrywood and a stunning new piano black gloss.

800 Series Diamond range

- The 800 Diamond is the flagship of the range and the latest incarnation of the speakers used in Abbey Road Studios. A new voice coil and bass realignment provides fuller, more consistent performance with improved bass.
- The 802 Diamond is the home-friendly version of the 800 Diamond. It offers most of the same benefits, including the distinctive head unit, yet with a reduced footprint to suit living environments.
- The 803 Diamond suits those with more conservative taste with its traditional, floor-standing speaker design.
- The 804 Diamond is the smallest floorstander in the range and benefits from the implementation of a diamond dome tweeter for the first time.
- The 805 Diamond is the most affordable, real-world speaker bringing a stunning audio performance to discerning listeners.

B&W第五代的800系列揚聲器，向來以無可匹敵的優異性能表現、嶄新的音響技術和美學設計見稱，全新的鑽石800系列亦絕不例外。B&W雖已貴為殿堂級品牌，仍全面地改善鑽石800系列的性能表現，更是首次在同一系列七款型號產品中，所有揚聲器均採用了半球型鑽石高音單元。

全新的鑽石800系列定位於家居音響的頂級監聽級聆聽使用，已經率先被多家世界最頂級錄音室選用，包括天碟聖地：EMI位於倫敦著名的愛彼路錄音室(Abbey Road Studio)，以及領先全球的加州天行者錄音室(Skywalker Sound)。鑽石高音是新系列最耀眼的亮點，這次B&W特別為全線型號裝上鑽石球頂高音揚聲器，包括最新的805 Diamond，更完善地滿足用家的需要。

新800系列中的鑽石高音的磁路部分為全新改良的四磁設計，配合新改良的材料，讓鑽石音膜的高頻率振動更平順穩定，高音的性能更出色。音質方面，引入了全新的雙磁結構驅動系統，配備強勁的鈹磁，創新的設計改良了低音驅動器性能的線性狀態，從而減少諧波失真。

在音響世界之中，再微小的細節都要嚴格對待。B&W Bowers & Wilkins設計的全新無氧銅揚聲器插座和連接，可確保進入揚聲器的信號品質達至最高。所有型號的分頻器均以採用獨一無二的銀、金和油結構、全新設計的電容器，所有零件經過專業工程師精挑細選，確保音色無懈可擊。

800 Diamond系列亦延續了同廠多項專利技術，包括Kevlar FST中音驅動單元、Nautilus鸚鵡螺導管式高音、Matrix矩陣式音箱及金屬球頂與管頂，意味著以往品牌聲學的特質統統保留下來。七款揚聲器都提供有玫瑰木皮、櫻桃木皮、及震撼的亮黑鋼琴漆三種箱體外皮選擇，絕對是從內到外的純美演繹。

800 Diamond鑽石高音單元系列

- 鑽石800系列一直被譽為延續愛彼路錄音室的頂尖揚聲器。採用新型的環繞物料，低音經重新排列，有助提供更穩定的立體聲效，低音效果更進一步。
- 鑽石802系列具有旗艦揚聲器800的許多特點，其中包括獨特的中音頭，但佔用空間減少了，因而更加適合家居環境。
- 經典座地式設計的鑽石803，比較適合傳統口味。
- 鑽石804是系列中最小的座地式產品，首次被升格至鑽石級音質。
- 鑽石805展現了鑽石高音技術進入了最實惠的產品層面，帶來最踏實的音樂鑑賞。

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。



news

Green at Heart

- A simple shift in habits and mindset can change your life and save the planet! Here are some easy tips to make the transition from eco-curious to eco-conscious:

只要稍稍轉換你的習慣和想法，便可改變你的生活及救救地球！以下一些簡單的小貼士，讓你可以開始著手奉行環保生活，真正身體力行：

1. Replace your dryer with a clothesline to reduce electricity use.
以晾衣繩取代乾衣機，節省電源。
2. Wash clothes in cold water as the higher the water temperature, the more electricity consumed.
冷水洗滌衣服，因為高水溫較耗電。
3. Buy fresh produce at your local market. Imported foods are more likely to lose nutrients over time and have a bigger carbon footprint.
在本地市場購買新鮮食品。入口食品較易流失養份。
4. Walk, ride a bike or take public transport instead of driving, for more exercise and less greenhouse gases.
走路、騎單車或乘坐公共交通工具代替駕駛私家車輛，以增加運動量及減少排放引起溫室效應氣體。
5. Hike with your kids. Children benefit from spending time outdoors enjoying nature.
與孩子結伴登高去。小朋友在室外環境活動以及接觸大自然有益身心。
6. Cool down using a fan. It's less environmentally destructive than air-conditioning.
使用電風扇降溫。電風扇相比冷氣機對環境的破壞性較輕微。

EASY
TIPS FOR
THE ECO-
CONSCIOUS



Water Awards

- Bel-Air was recently recognised for the outstanding quality of its water with the Quality Water certification from the Water Supplies Department, HKSAR. Our residence was also awarded with the Wastewi\$e Label of the Hong Kong Awards for Environmental Excellence. Congratulations to all for this amazing achievement!

貝沙灣最近榮獲得香港水務署頒發的優質食水認可證書，對其優質食水予以認可。此外，亦獲得香港環保卓越計劃的減廢標誌殊榮。恭喜貝沙灣獲得卓越的成績！

Cyberport Weekend Market

- Enjoy a fun-filled day at the Cyberport Weekend Market on 5-6 November 2011. Situated at The Podium in Cyberport 2, the event features handicraft booths, workshops and performances for the whole family. Check out Arcade Cyberport on Facebook for more information.

2011年11月5-6日蒞臨數碼港周末藝墟必定為你帶來樂趣無窮的一天。活動於數碼港2期平台位置舉行，節目豐富包括手工藝攤位、工作坊及表演等，適合一家大細參與。詳情參閱數碼港商場Facebook專頁的資料。



CyberRun for Rehab 2011

- One for the diary! On 6 November 2011, The Hong Kong Society of Rehabilitation and Cyberport Club tenants will hold the 8th CyberRun for charity. All proceeds will be donated to the Train the Trainers programme to manage chronic disease in mainland China. Email PCPD-clubevents@pcpd.com for more information.

不容錯過的節目！香港復康會及數碼港租戶聯合合辦的第八屆慈善活動，將於2011年11月6日在數碼港舉行。活動籌得的所有款項將會為中國內地的長期病患者提供專業身心復康訓練及支援服務。詳情請以電郵查詢：PCPD-clubevents@pcpd.com



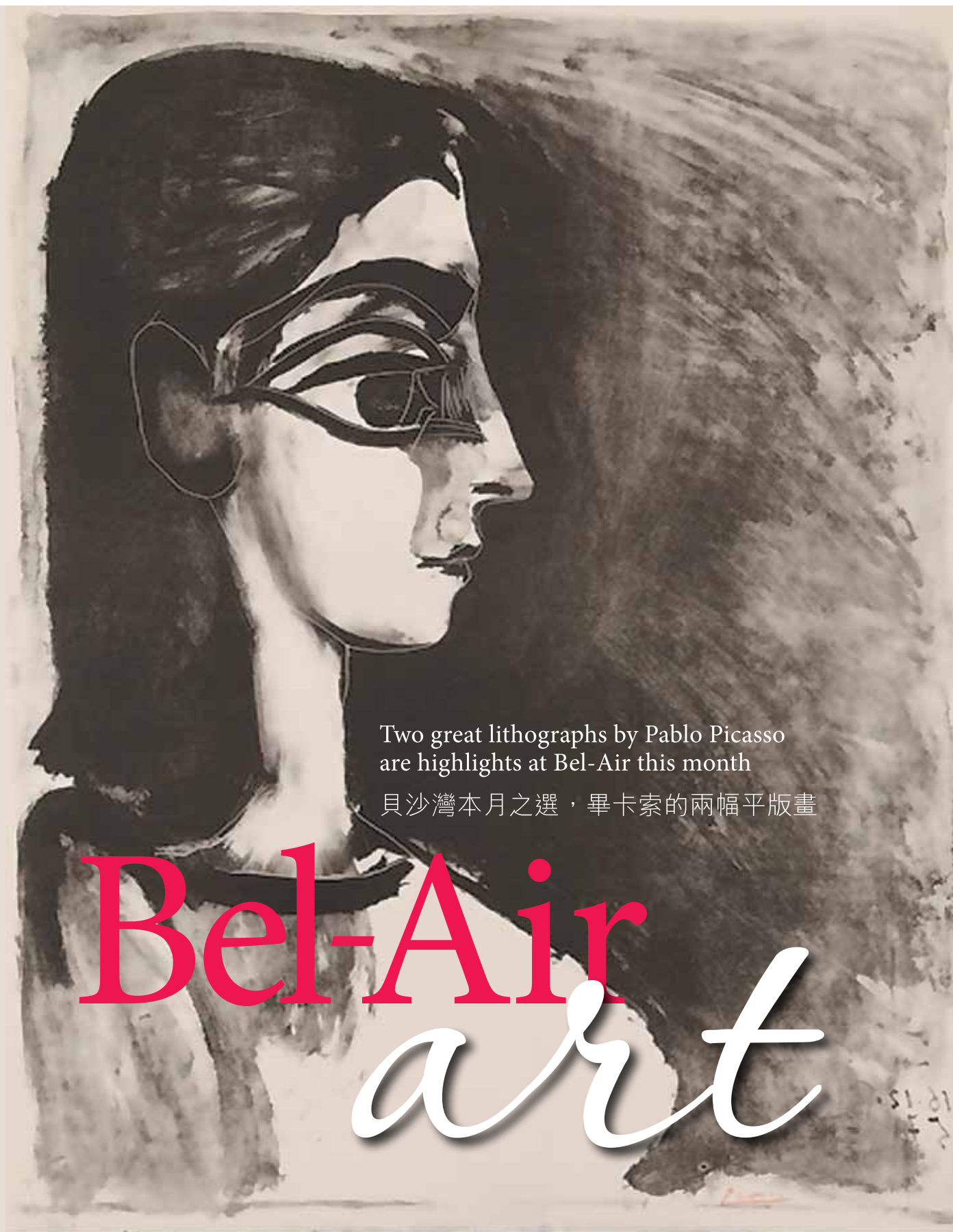
Path to Enlightenment •

Yoga instructor Ankie Beilke demonstrates harmony of the mind and body with her debut instructional yoga DVD, Express Power Yoga. Email your relaxation tips to crdept@pcpd.com to win a free copy!



瑜伽導師Ankie B透過她的首張瑜伽教學光碟Express Power Yoga，向大家展示如何令身心達至協調一致。將你鬆弛精神的方法電郵至crdept@pcpd.com，有機會免費贏取光碟！•





Two great lithographs by Pablo Picasso
are highlights at Bel-Air this month

貝沙灣本月之選，畢卡索的兩幅平版畫

Bel-Air
art

Buste de Profil

• *by Pablo Picasso*

Inspired by Picasso's most famed and celebrated muse, Jacqueline Roque, *Buste de Profil* (aka *Portrait de Jacqueline, de profil*) is among the best lithographs of Roque produced by the artist in the late 1950s. She was Picasso's second wife and remained a loyal companion for the last 20 years of his life. As with all his preceding love interests, Roque soon became the primary focus of his art, but he portrayed her far more often than any other woman in his life. This painting tenderly depicts her countenance, and with a few bold brushstrokes, brings out her sensitivity and intelligence.

畢卡索的作品「半身像的輪廓」

畢卡索蒙受其著名的繆思女神賈桂琳（Jacqueline Roque）啟發，創作半身像的輪廓畫作（*Buste de Profil*，又名 *Portrait de Jacqueline, de profil*）。於1950年代末期，這幅作品是云云畫家所繪畫的女性平版畫肖像中最出色的一張。賈桂琳是畢卡索的第二任妻子，她是畢卡索生命中餘下20年裡矢志不移的伴侶。一如畢卡索對待以往的愛侶，賈桂琳很快便成為他藝術作品的焦點，畢卡索描畫這位妻子的次數比起生命中其他的女性有過之而無不及。這幅畫作細緻地繪畫出她的面容表情，以大膽明確的筆觸表達她既敏感及充滿智慧的特點。

"THIS PAINTING
DEPICTS HER
COURTENANCE,
AND BRINGS
OUT HER
SENSITIVITY."



Head of a Young Girl

by Pablo Picasso

- *Head of a Young Girl* is an impressive lithograph that demonstrates the artist's skill and originality when developing surprising effects in the medium. The work's importance also lies in the fact that it was created between 1945-1950, at a time when the field of lithography experienced a significant evolution. During this period, Picasso experimented with the possibilities of lithograph, using crayon, brush, pen, pencil and paper as a powerful means of creative expression. His exploration resulted in amazing variations and values that seemed to produce an

entirely new art form. The enduring significance of this work can be seen in the wide-eyed steadfast gaze and calm serenity of the Egyptian Fayum portraits.

畢卡索的作品「年輕女孩頭像」

年輕女孩頭像是一幅令人印象深刻的平版畫，透過運用不同的繪畫工具呈現令人驚喜的效果，展示畫家的技巧及原創性。令作品備受矚目的另外一個原因，是其創作年份為1945-1950年，當時平版畫正經歷一場革命。期間，畢卡索運用粉彩、畫筆、鋼筆、鉛筆及紙張作為表達創意的重要工具，探索平版畫的可能性，並製作出驚人的作品變化及價值標準，形成一種全新形式的藝術作品。畢卡索作品永垂不朽，從他的作品埃及法耶姆肖像也可窺見，畫中人物睜開眼睛眼神堅定不變，神情沉著而平靜。



Sophie-Mayuko Vetter: *Piano Recital in Bel-Air*

- On November 5, 2011, five consul generals from across the globe are set to join together at Bel-Air for an exclusive music performance by renowned pianist Sophie-Mayuko Vetter. The pianist has been praised for her extraordinary expressivity and versatility. From an early age, she performed in the world's most renowned concert halls and most prestigious European festivals. At the recital in Bel-Air, Vetter will share her favourite repertoire, from early baroque to contemporary pieces.

貝沙灣鋼琴獨奏表演「Sophie-Mayuko Vetter」

11月5日，來自五個國家的駐港大使將會蒞臨貝沙灣，出席著名鋼琴家Sophie-Mayuko Vetter的私人演奏會。Vetter以其情感豐富及具變化的非凡表演手法美名，她自幼已於世界知名的音樂廳以及參與最具名望的歐洲節日慶典中表演。演奏會上她將與貝沙灣住戶分享由巴羅克時期至當代作品中她最喜愛的曲目。

Bel-Air *Lifestyle Club Tour*

- Experience the art of living by admiring Bel-Air Club's unique art pieces! Every Saturday, we offer guided tours of Bel-Air's impressive art collection led by our Art Ambassadors. Check out the Club's latest offers and services during your visit for lifestyle inspiration. Three-day advanced bookings are required for the art tour. There are 30-minute tours available for Phase 1 and 3, so make your booking now!

Date: Every Saturday from now

Time: 11am-4pm (subjected to attendance)

Reservation: 2902 6780

貝沙灣會所悠閒之旅

貝沙灣會所為你呈獻獨一無二的藝術品，讓你開始體驗生活的藝術！每個星期六，我們安排了導賞團，由我們的藝術大使為大家介紹展示在貝沙灣的優雅藝術展品。蒞臨會所享受悠閒生活之際，不妨查看我們最新提供的活動及服務。藝術導賞團必須於三天前預訂。欣賞第一期與第三期的藝術典藏分別各需時30分鐘，請大家支持藝術鑑賞！

日期：即日起逢星期六

時間：早上11時至下午4時(視乎出席人數)

預訂：2902 6780

Club Bel-Air

Bel-Air Lifestyle Club Tour
貝沙灣會所導賞之旅

True Art of Living
Take a look to the art collection in the Club, gain updated information of the Club's Lifestyle offerings & services, enjoy every second in this ideal place to savour your elegance with enhanced lifestyle.

You are cordially invited to join this Bel-Air Lifestyle Club Tour starting 16 July 2011 (every Saturday between 11:00am and 4:00pm, subject to availability).

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放膽盡情四閱，感受藝術不同角度的藝術雅趣；配上編及生活各個角度的服務及尊榮，寫盡出更高層次的的生活構圖。

誠邀蒞臨來參與《貝沙灣會所導賞之旅》，導賞之旅將於2011年7月16日開始，逢星期六早上十一時至下午四時分時段供住客預約(視乎預約情況)。

For further information or reservation, please call 2902-6780.
歡迎致電2902-6780查詢或預約導賞之旅。

3-day advanced booking required [booking will be on first-come-first-served basis].
請於至少3天前報名參與(名額有限，先到先得)。

For further information, please contact Club Bel-Air Reception in person or call 2909-8000/My Wang 2909-8000/Pan 2909-8000/2909-8000. The Club reserves the right to cancel the activity due to lack of participants or inclement weather conditions. 查詢或預約請親臨貝沙灣會所或致電2909-8000/2909-8000/2909-8000/2909-8000。如有任何天氣、出席人數不足等情況，俱樂部有權取消活動。詳情請向俱樂部查詢。For more information, please call 2909-8000. Pictures are for reference only. 圖片以作參考。



*enrich
the moment*
此刻，如此瑰麗

Experience a fairytale white wedding in Bel-Air's romantic function room. Say your vows to a backdrop of endless blue sea, celebrate with a fabulous lunch buffet and then enjoy cocktails on the terrace as the sun sets on the first day of the rest of your lives.

在碧海藍天下舉行猶如童話的白色婚禮，與愛侶相許一生一世的承諾……貝沙灣朗峰會所宴會廳，成就浪漫瑰麗的一刻。新人在親友的祝福下，共嚐精緻自助午餐，並於陽台上舉行雞尾酒會，在斜陽的親吻下，掀開人生新一頁。

For more information call 詳情請致電 2989 6352



Mane Event

Hair maestro Philip George reveals the latest hair trends for Autumn

髮型大師Philip George預告本年秋冬最流行髮式

The change in season calls for a makeover and what better way to revamp your current look than a trip to the hairdresser? Philip George, founder of his eponymous salon and a grooming guru with more than 20 years in the business, shares the latest news on hair care and styling.

入秋天氣轉涼，是時候從頭到腳的換季了！擁有20年豐富經驗的髮型屋創辦人Philip George教你從「頭」開始轉換新形象，從設計造型談到護髮的最新潮流。

What are the hairstyle trends for Autumn 2011?

At the moment, hair is either short or very long, there is nothing much happening in the middle. With winter coming, short hair must have plenty of volume and texture. Clothes like jumpers, cardigans and scarves are thicker, and therefore hair needs to be bigger, to remain in proportion. Soft perms and products are great for adding volume. Also, although the back and sides are short, we tend to keep the fringe and top area long for greater flexibility when styling; it can either be swept backwards or forwards.

Long hair is all about texture now. In the past, the super-straight, Japanese ion-perm was in demand but today the Brazilian blow-out is more popular. It tames frizz and unruliness while maintaining body, allowing women to have smooth, thick, full, textured and layered hair. Haircuts should be soft with no blunt lines, and fringes big and full.

2011年秋季髮型的大方向是？

當下的髮型長度兩走極端，不是極短就是極長，沒所謂中長度。不過隨冬天來臨，短頭髮也流行豐厚與質感，為配搭更厚的衛衣、外套或頸巾，髮型體積要稍為大一點去保持比例平衡。做個柔和鬚髮或使用髮型產品，都能夠做出漂亮的豐盈效果。雖然髮尾與兩側長度流行偏短，劉海應保留而且頭頂的頭髮長一點會更好，造型也更多創意發揮，掃前掃後都相當好看。

長髮方面就完全講求質感，早年流行將頭髮拉得很直的日本負離子，當下Brazilian blow-out直髮護理卻最受歡迎，可以把毛躁鬚曲的頭髮變成瀑布一樣柔順光滑，濃厚光亮、質感豐盈又充滿層次感，經過這種護理的髮質最好配合線條極分明的髮型、及較大較厚的劉海。

Which hair colours are on-trend at the moment?

Very deep reds, copper and white platinum blonde are big, as opposed to last year's chocolate and ash brown. Multicoloured highlights with three to four different shades are also popular. Solid colour toners are also great for conditioning and giving hair shine and depth. Demand is growing for two-tone colour, or dip-dye, where the roots and section are one colour and move into another at the end. Another contrasting look is ombre, where the colour gradually shifts from light to dark.

今季最流行染什麼顏色？

極深的紅色、銅色及接近白色的淡淡金色，將大行其道，與去年流行的朱古力啡及炭灰啡色有很大對比；今季也流行挑染而且可以同時玩三、四種顏色；實色潤髮護理可以改善髮質，頭髮看起來更光潤有深度。兩種色調的染髮、髮根頭頂過渡至髮尾變成另一種顏色的紮染，都愈來愈受歡迎。由淺至深的幻彩也是流行的對比造型。

How receptive is the local clientele to international hair trends?

Hong Kong is a very sophisticated market, aware of international trends and demanding the latest looks. Clients over 25 are influenced by trends from the UK, France and Italy while the younger girls are led by the look of teenage pop stars in Japan and Korea.

香港人接受國際時尚髮型趨勢嗎？

香港是個很成熟的市場，對時尚界的髮型潮流敏感度高，懂得追求最流行的髮型。25歲以上的喜愛英國、法國及意大利的髮型風格，小女孩自然喜歡模仿日韓明星偶像的髮型。



What are the challenges involved working with Asian hair?

Working with Asian hair is completely different to Caucasian hair. Hong Kong hairdressers are challenged, as they have to recreate European styles on Asian hair. They have to abide by the rules of texture, softening and creating movement, and learn to adapt, but it can be done.

處理亞洲人髮型有什麼難度？

做法的確跟白種人頭髮完全不一樣，所以香港髮型師要將歐美髮型搬到亞洲人身上，是相當大挑戰的，從髮質、柔軟度到動感的營造都有種種限制，要想方法做出相同效果雖然有可能，但絕不容易。

Which factors should you consider when deciding on a hairstyle?

Firstly, hair type. There's no point for people with frizzy or wavy hair to try a bob. If hair is really curly and cut too short, it will just sit on top of their head - you need to match the style with the hair type. Secondly the jawline, size of the nose and face shape should be considered, as well as features to be highlighted, whether cheekbones or eyes. Finally, lifestyle is another consideration, as business executives need a style that can be managed easily, while sporty housewives may

need to be able to put their hair into a ponytail when working out.

你設計髮型前，有什麼先決條件？

頭髮種類一定要首先考慮，天生頭髮鬆曲的就無謂剪bob頭，因為鬆髮剪得太短會集中在頭頂，髮型必要配合髮質。其次是需要考慮下頷的輪廓、鼻子的大小與臉型，再想想要突出什麼臉部特徵，例如顴骨或雙眼。最後就視乎你是什麼類型的生活方式，行政人員髮型要容易打理，活躍的家庭主婦最適合做運動時能夠紮起頭髮的髮型。

Which classic hairstyle never goes out of style and will suit anyone?

The bob. Three years ago, it was all about the Posh Spice bob, but now it's either chin or shoulder-length and layered - still very classic, but a softer version. It's a favourite haircut at the moment. If all else fails, most women will go for a textured bob.

有沒有永不過時的百搭髮型？

就是bob頭，三年前碧咸太太的bob頭掀起一陣熱潮但現在流行的長度，分別是到下巴或齊肩，還要有層次感，經典依舊不過是比較柔和的版本，現在最深受喜愛，如果所有髮型都不合心意，大部份女性都選擇有質感的bob頭。

What is the best way to change your look temporarily?

Velcro and hot rollers are amazing and can create waves, curls and bounce, by blow-drying from the bottom and leaving the top straight.

Rather than attempting to cut or colour, you can put rollers in, add wax or gel, or brush out for a versatile way to change your look immediately.

想臨時換個新造型，頭髮可以怎麼弄？

魔術貼及捲髮筒都很神奇，可以在髮尾做出大小波浪及彈性鬆髮，髮根上可保留直髮，捲髮筒可以代替剪髮與染髮，加髮蠟或造型啫喱，甚至將頭髮梳出來都可即時改變形象。

Which are some more innovative ways to update your look?

Hair extensions are still popular for volume and length. The trend of feather extensions, which began in the US and Europe this summer, has been in demand in Hong Kong this October and November. It's a growing trend as many clothes and handbags also incorporate feathers.

有沒有更創新的髮型玩法？

加厚加長的話可試試駁髮，還有今年夏天在歐美興起的駁羽毛，相信十月至十一月將有很多捧場客，加上今季時裝與手袋都流行羽毛裝飾，受歡迎程度應該有增無減。



Sip & Savour

Autumn is here, and with the season comes a whole roster of homemade cocktails for your sipping pleasure. Each drink is guaranteed delicious and good for cool weather

天清氣爽，我們為你送上一系列自家製特色飲品，
讓你呷一口秋天的滿足滋味



Green Goblin

1 serving

INGREDIENTS

70ml guava juice
1 egg white
5ml green mint syrup
soda water (to fill shaker)

INSTRUCTIONS

1. Combine all ingredients in the shaker and shake well
2. Serve in a tall glass and garnish

綠精靈

1人份

材料

70毫升番石榴汁
1隻蛋白
5毫升綠薄荷糖漿
梳打水(斟滿搖酒器)

做法

1. 所有材料倒進搖酒器中，搖勻。
2. 倒進長身玻璃杯中，加上裝飾。



Black Witch

1 serving

INGREDIENTS

2 tsp chocolate powder
1 cup hot coffee
20ml chocolate syrup
20ml fresh cream

INSTRUCTIONS

1. Combine all ingredients in the shaker and shake well
2. Serve in a tall glass and garnish

暗黑女巫

1人份

材料

2茶匙朱古力粉
1杯熱咖啡
20毫升朱古力糖漿
20毫升鮮忌廉

做法

1. 所有材料倒進搖酒器中，搖勻。
2. 倒進長身玻璃杯中，加上裝飾。





Bloody *Dream*

1 serving

INGREDIENTS

20ml Campari bitter
20ml vodka
30ml orange juice
30ml mango juice

INSTRUCTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Freeze the mixture.
3. Serve in a martini glass and garnish.

血色之夢

1人份

材料

20毫升Campari苦味酒
20毫升伏特加酒
30毫升橙汁
30毫升芒果汁

做法

1. 所有材料倒進攪拌器中拌勻至幼滑。
2. 放冰箱冷藏至略為結冰。
3. 倒進長身玻璃杯中，加上裝飾。

"YOUR FRIENDS
WILL LOVE THESE
COLOURFUL
COCKTAILS"

Sinful *indulgence*

Treat yourself with sumptuous seasonal sweet delights, from traditional favourites to innovative creations

從傳統南瓜批到創意新穎的果凍，秋日享用自家製甜點永遠是最窩心的享受



Pumpkin Pie

4 servings

• INGREDIENTS

Pastry

170g plain flour
100g cold butter
2 tbsls caster sugar
1 egg yolk

Pie filling

1 small pumpkin
145g maple syrup
1 tbsls cinnamon
1/2 tbsls ground ginger
1/2 tbsls ground cloves
3 tbsls golden rum
2 large eggs, beaten
150ml evaporated milk

INSTRUCTIONS

1. Pre-heat the oven to 200°C. Cut the pumpkin into quarters. Place skin-side up in a roasting dish with two tablespoons of water. Roast for about 30 minutes, until tender.
2. Leave pumpkin to cool before peeling off skin. Place the pumpkin flesh in a food processor and blend until smooth. Place in a fine sieve suspended over a bowl and drain for at least an hour.
3. Sift the flour into a mixing bowl, stir in the salt, then grate in the butter. Rub in using your fingertips until it resembles breadcrumbs, then stir through the sugar. Mix egg yolk with 2 tablespoons of ice water, sprinkle half over the mixture, then stir together with a knife until it comes together to form a paste.
4. Combine the mixture with your fingertips, and then roll out on a floured surface to the thickness of a HK\$5 coin. Line a 20cm tart tin using the mixture, cover with cling film and chill in the fridge for 30 minutes.
5. Line the pastry case with grease-proof paper. Place in the oven for 15 minutes, then remove the paper and bake for another 5-10 minutes until the base is lightly browned. Remove from the oven. Turn the temperature down to 180°C.



6. Meanwhile, put 250g of pumpkin purée in a large bowl, and stir in the maple syrup, rum and spices. Taste for sweetness, then mix in the eggs. Gradually stir in the evaporated milk until you have a thick, creamy consistency. Pour into the pastry case.
7. Bake for about 40 minutes until the filling is set, but still slightly wobbly in the centre. Allow to cool on a wire rack for at least an hour before serving.

南瓜批

4人份

材料

酥皮

170克麵粉
100克凍牛油
2大匙細沙糖
1隻蛋黃

餡料

1 個細南瓜
145克楓糖糖漿
1湯匙肉桂粉
1/2大匙薑粉
1/2大匙丁香粉
3大匙罌酒 (隨意)
2 隻大雞蛋, 拌勻
150毫升煉奶

做法

1. 焗爐預熱至200度。將南瓜切成小塊置於烤盤上，連皮的一面朝上，並加入兩大匙水。烤半小時直至軟熟。
2. 取出南瓜略為放涼，除去外皮後將南瓜肉放攪拌機中打至軟滑，然後再以細篩子過濾，放於碗上至少一小時瀝乾。

3. 將麵粉過濾後放於攪拌碗中，加鹽拌勻，之後拌入刨碎的牛油。以手指搓勻直至呈麵包碎狀，然後加入糖。將兩大匙凍水拌入蛋黃液中，並將其一半撒於混合粉內，以刀將之拌勻直至呈糊狀 — 如有需要可再加入蛋液。

4. 以手指將混合粉搓疊，在平面上灑上麵粉，並將粉團攤開至約為五元硬幣之厚度置於平面上。將粉團平均攤壓在20cm餡餅盤上。以保鮮紙包好並將之雪藏30分鐘。

5. 把牛油紙放於酥皮模中，放進焗爐焗15分鐘，將紙取去，再焗5-10分鐘直接底部吐呈淺啡色。從焗爐取出模。將焗爐溫底調低至180度。

6. 將250g南瓜餡置於大碗中，加入楓糖糖醬及香料，如選用罌酒也一併加入。可試其甜度，加進雞蛋。慢慢拌入煉奶直至全部均勻並達至濃厚軟滑狀，將之倒進酥皮模內。

7. 焗40分鐘至餡料穩定，但中心部份仍保持軟滑。完成後放於鐵架上至少一小時置涼，可供享用。

Rosemary Cream *with Cannoli and Cherry Jelly*

4 servings

INGREDIENTS

Rosemary cream

60g egg yolk
200ml milk
45g sugar
2 sprigs fresh rosemary
1 sprig fresh thyme
2 pieces lemon zest

Cannoli

60g all-purpose flour, sifted
1tbs sugar
6g salt
30g egg yolk
45ml white wine
45ml butter, softened
oil, for frying

Cherry jelly

100g cherries, stoned
70ml red wine
1 sheet gelatine

INSTRUCTIONS

1. Boil milk with rosemary and thyme for one minute. Combine egg yolk and sugar. Add milk to the egg mixture, place the container over simmering water and whip the mixture until stiff. Fold in the lemon zest and chill in the fridge.
2. Mix flour, sugar and salt in a bowl. Add butter, wine and egg yolk, stirring with a fork until the dough clings together. Roll the dough until almost paper thin, cut into small circles and roll around a metal cannoli tube. Fry until golden brown.
3. Blend cherries in a food processor until smooth. Place in a pan with red wine and bring to the boil. Strain through a fine sieve, add the soaked gelatine sheets and keep warm.
4. Chill the cream for 10 minutes in serving glasses. Pour cherry jelly on top and refrigerate for six hours. Top with cannoli.

迷迭香奶油甜卷配櫻桃果凍

4人份

材料

迷迭香奶油

60克蛋黃
200毫升牛奶
45克砂糖
2枝新鮮迷迭香
1枝百里香
2片檸檬皮

甜卷

60克多用途麵粉，篩好備用
1湯匙糖
6克鹽
30克蛋黃
45毫升白酒
45毫升半溶軟牛油
煎炒用的油

櫻桃果凍

100克櫻桃去核
70毫升紅酒
1片魚膠

做法

1. 牛奶加入迷迭香與百里香，煮一分鐘。蛋黃與糖拌勻，將牛奶加入蛋汁，座在熱水上攪拌至稠身，拌入檸檬皮之後雪凍。
2. 麵粉、糖及鹽放碗中，加白酒、變軟牛油及蛋黃，用叉拌成有黏性的麵團，桿成紙張般的薄片，用模切出一張張圓麵皮，裹在甜卷管上煎至金黃色。
3. 櫻桃用攪拌機打至幼滑，倒入平底鑊與紅酒一起煮沸，然後用篩網過濾，加入漫軟的魚膠片，保暖。
4. 奶油倒入玻璃杯冷藏10分鐘之後，倒上櫻桃果凍液再冷藏6小時，最後用甜卷裝飾。•





Creative vibe

From modern architecture to performing arts and design, autumn inspires with a host of exciting cultural events around town.

從現代建築以至表演藝術及設計，這個秋季城中上演一連串文化盛事，全面激發生活靈感

• World Cultures Festival 20 October - 20 November

In its forth year, the World Cultures Festival highlights a colourful array of top-quality programmes ranging from traditional repertoires to contemporary interpretation. Exploring Asian artistic traditions and culture, the programme features world-renowned performers from the National Ballet of China, Shanghai Yue Opera Company, the legendary Etitetsu Hayashi from Japan, Thang Long Water Puppet Troupe from Vietnam and Taiwan's Legend Lin Dance Theatre. For more information, visit www.worldfestival.gov.hk

世界文化藝術節 10月20日至11月20日

第四屆世界文化藝術節搜羅了一系列高質素的節目，由傳統劇目至當代的演出，令人目不暇給。藝術節旨在探索亞洲傳統及文化藝術，並且邀請了世界知名的表演者，包括中國國家芭蕾舞團、上海越劇院、日本Etitetsu Hayashi、越南升龍水上木偶劇團及台灣無垢舞蹈劇場。

www.worldfestival.gov.hk

Architecture is Art Festival 10 November - 11 December

Curated and directed by Mathias Wu of Zuni Icosahedron, the Architecture is Art Festival is the first of its kind in Hong Kong to explore the relationship between humans and architecture through exhibitions and performances. This year's festival centres around History, Avant-garde and Housing which re-examines architecture from an aesthetic perspective. Visit www.zuni.org.hk for more details.

建築是藝術節 11月10日至12月11日

由進念·二十面體胡思威策劃及監督的建築是藝術節，是首個香港同類型的活動，透過展覽及表演探討建築與人類生活之間的關係。本年度的主題圍繞「歷史、前衛及房屋」，從美學角度重新審視建築。www.zuni.org.hk →

Roy Lichtenstein:
Landscapes in the Chinese Style
12 November - 22 December

While synonymous with Pop Art, Roy Lichtenstein's latest exhibition reinterprets traditional Chinese paintings from the Song Dynasty, using his own established methods and materials. Landscapes in the Chinese Style features simulated Benday dots and block contours rendered in hard, vivid colour, with all traces of the hand removed. Lichtenstein reflects on the harmony and balance of ancient works through his edgy visual effects.

Visit www.gagosian.com for details.

羅伊 • 李奇登斯坦: 中國式山水
November 12- December 22

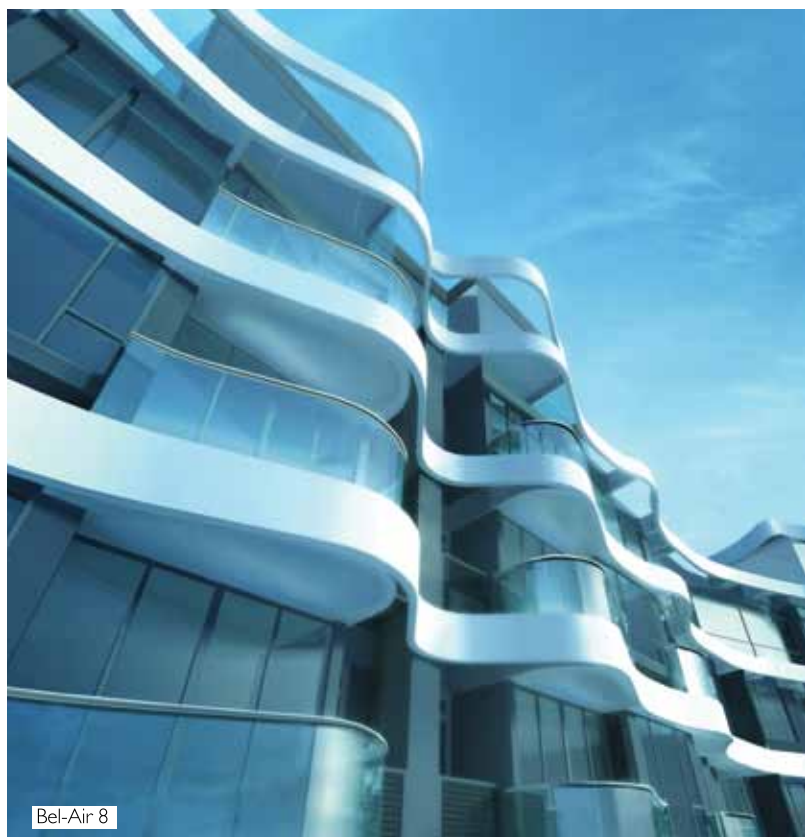
羅伊・李奇登斯坦以普普藝術成名，但他即將在香港展出的作品，卻是運用他強烈的創作風格與喜愛的素材，重新演繹中國宋朝的山水畫。他的中國式山水動用小點筆法與版塊線條表現硬朗鮮明的色彩，完全去掉人手作畫的痕跡，將講求和諧與平衡的傳統中國畫風一轉，變成新鮮感十足的視覺效果。詳情可瀏覽www.gagosian.com。

Business of Design Week
28 November - 3 December

One of the most significant events on the international design calendar, BODW 2011 features a series of exhibitions, forums and outreach programmes. With Germany as the partner country this year, an unparalleled line-up of experts and creative legends will gather in Hong Kong to promote the power of design, complemented by a series of local design events. For more information, check out www.bodw.com.

設計營商周 11月28日至12月3日

BODW2011是不容錯失的設計界盛事，節目包括一系列的展覽、論壇及延伸項目。是次營商周的夥伴國德國，其無可比擬的專家團隊及創作專才將雲集香港，宣揚創意的深遠影響，以及呈上一連串的本地創意項目。詳情可瀏覽 www.bodw.com。



Hong Kong Arts Festival
28 January - 8 March

Get tickets now to the Hong Kong Arts Festival
The biggest festival of its kind in Hong Kong, The Hong Kong Arts Festival is now in its 40th year. Despite the fact the festival does not run until January 28- 8 March, 2012, it has developed such a strong reputation for showcasing the very best in opera, dance, music and theatre performances that tickets sell out months in advance - so it is worth booking now to get the best seats. You can check out the full line-up and book tickets at www.hk.artsfestival.org.

香港藝術節

2012年1月28日至3月8日

香港藝術節無疑是本地最大型的文化表演盛事，而且今年已踏進40周年。今年的主要節目由明年1月28日至3月8日，期間會獻上豐富的舞蹈、音樂和戲劇節目，大量精彩的表演門票往往很早被搶購一空，現在正是預留心愛節目的好時機，節目表與購票詳情可瀏覽www.hk.artsfestival.org。

Lord Foster's designs shape Hong Kong's Skyline

One of Hong Kong's most memorable events this year honoured architectural legend Lord Norman Foster. For the past three decades, since its creation of the HSBC headquarter in 1980s, Foster + Partners defined our city with architectural marvels such as the Hong Kong International Airport, Bel-Air No. 8 residence and forthcoming West Kowloon Cultural District.

Held at The Hong Kong Art Centre, The Art of Architecture (Foster + Partners) exhibition showcased more than 277 projects in 20 countries, with a focus on infrastructure, sustainability, urban planning, history and culture. These include the Great Court at the British Museum, Swiss Re Headquarters, Terminal 3 of Beijing International Airport, the Reichstag in Berlin and the zero-waste, carbon-neutral Masdar City in Abu Dhabi.

Curated by writer and critic Richard Cork, the consortium of diverse work demonstrates the continuously evolving nature of architecture, while accentuating Foster's signature style. His profound commitment to each exhilarating project have made him one of the most respected architects of our time.



Beijing Airport



Gherkin Tower London

建築大師 霍朗明塑造香港天際線

要數本年度最重頭的展覽，非早前在香港藝術中心舉行的《建築之藝術 (Foster + Partners)》莫屬。這位建築大師過去三十年為香港城市不斷創作令人驚歎不已的建築巨作，包括香港國際機場、貝沙灣六期住宅以及即將展開的西九龍文娛藝術區項目。他已成為香港建築界的傳奇。

《建築之藝術 (Foster + Partners)》展覽展出這家國際級事務所過往於20個國家所創作的超過277個項目，並以基建、可持續建築、城市規劃、歷史及文化為主題。其中包括大英博物館的大中庭、瑞士再保險總部大樓、北京首都國際機場3號客運大樓、柏林的國會大廈及零消耗、無碳的阿布扎比馬斯達爾市。

展覽由作家及評論家Richard Cork策劃，他精心挑選不同類型的展品，展示不斷演變的建築特質，同時突顯Foster的獨特風格。Foster + Partners全情投入每個建築挑戰，實在是當代建築界令人敬佩的人物。



Chep Lap Kok Airport



Are your teens avid readers or book averse?
Here are top choices from Club Bel-Air's
bookshelf to inspire

孩子喜愛閱讀與否，很視乎家長的鼓勵與
引導。以下是貝沙灣會所推薦之書目，
希望你們可從中找尋閱讀的樂趣

Ready to
read

Who has time to read? With so many entertainment options and educational demands competing for time today, reading for fun may not be high on a teenager's list. But as Helena Hui, editor-in-chief of teen magazine *Yellow Bus* and *Yellow Bus Light* explains, encouraging young adults to read can be rewarding. Rather than using pressure tactics or criticising their literary choices, the trick is to find out what your teens are truly passionate about. "The 11-16 age group are most likely to rebel against their parents. Parents can nurture reading habits by giving teenagers the freedom to follow their interests," says Hui. Developing reading habit begins with identifying your teenager's interests. Hui remarks: "Starting with tool books could be a good idea. I know a boy who doesn't read but really loves movies and video editing. To find the latest news on computer software for video editing, he had to search for books on the topic. Through acquiring knowledge proactively, he was able to access a wider spectrum of information. Next I would introduce him to books on screenplay writing."

While the benefits of reading include improved language ability and communication skills, it also helps teenagers expand their horizons, as they learn more about other cultures and the world. Hui says: "It provides opportunities for your children to experience how others live. Whether positive or negative, this is a crucial part



of emotional education. Reading can help teenagers understand human nature, and appreciate the fact that everyone has problems. This may even help them find solutions to their own problems."

As many teenagers have a packed schedule with exams and school work, challenging reads can be overwhelming. As Hui concludes: "We can always begin with short articles and easy reading – with no restriction on topics – just opt for a fun start to arouse their interest and develop the habit gradually." →





今時今日，誰有時間閱讀？娛樂選擇眾多，並且對於學習需求時間安排緊迫，故此，對於青少年來說為興趣而閱讀已成為奢侈之事。《黃巴士》及《黃巴士Light》總編輯許芷茵 (Helena) 解釋，鼓勵青少年閱讀是一件值得去做的事。父母應該嘗試了解孩子對於什麼感興趣，而非運用壓迫手段或批評他們的閱讀選擇。她續說：「11-16歲的紀組別的孩子特別喜歡與父母對抗。父母可以培養青少年的閱讀興趣，給他們自由選擇他們感興趣的書籍。」

故此，培養閱讀習慣的首要是先了解你孩子的興趣。Helena 強調：「從工具書著手是個好方法。我認識一個男孩子，他不喜歡閱讀但熱愛電影及影片剪接。由於他設法尋找最新的影片剪接電腦軟件，故此他必須從相關的書籍中搜尋資料。透過主動探求知識，這個孩子有機會接觸大量的資料。下一步我會向他介紹有關劇本寫作的書籍。」

閱讀不但可以幫助孩子改善其語文能力及溝通技巧，同時亦可以令他們知道世界大事及了解他們的國家文化，從而擴闊

他們的知識領域。許說：「閱讀可以令小朋友們了解世界上其他人的生活模式。是正面或負面也好，這是情緒教育中不可或缺的。此外，閱讀亦可讓年青人對人類增添了解，明白到每人都會遇到難題，協助他們日後尋找解決問題的方法。」

很多年青人的時間表均塞滿了考試及功課編排，要他們閱讀艱深的書籍近乎不可能。Helena 總括說：「我們可以以簡短及易於閱讀的書籍作入門之選——同時不設種類限制——總之以有趣好玩作開始以吸引他們的興趣，然後再慢慢培養成習慣。」

“ENCOURAGE
TEENS TO
READ BY HONING
IN ON THEIR
INTERESTS.”

Food for Thought

Helena's Booklist

1. *Alex Rider* Series

- Aimed at young adults with teenage spies as the protagonists, this series by bestselling British author Anthony Horowitz is captivating and addictive. Nine novels have been published to date and these action-packed stories are ideal for elementary readers with its clear and concise writing.

Alex Rider 小說系列

故事的閱讀對象為少年人，因為一眾主角都是年輕間諜。此系列小說出自英國暢銷作家Anthony Horowitz的手筆，令人一看便欲罷不能。系列已出版共九本小說，當中所含的故事情節豐富，而且行文清晰易讀，十分適合初階讀者。

2. *Five People You Meet In Heaven*

The timeless tale by Mitch Albom is great for teens, as the story explores the afterlife and raises questions regarding the unknown. Through the main character Eddie, Albom conveys his concept of heaven with a heart warming and inspirational story. Teenagers will experience a new perspective on life and advice on how to handle their problems in a different way.

在天堂遇見的五個人

由Mitch Albom編寫的不朽故事是年青人的閱讀之選，故事探討死亡後發生的事，及對於未知的世界發出提問。透過筆下角Eddie，作者將自己對於天堂的概念與認識，以令人溫暖及具啟發的故事形式表達出來。少年讀者可從中得到啟發，從另一角度認識生命，懂得用不同的方式面對自己所遇到的問題。

3. *Three Kingdoms*

- In this beloved Chinese history classic by Luo Guanzhong, teenagers will be hooked on its startling insight on how power is wielded, diplomacy conducted and how wars are planned and fought. They will learn about their favourite heroes and warriors in the accompanying popular computer game based on the novel.

三國演義

這本著名的中國經典是羅貫中的著作，故事中對有關運用權力與謀略、如何部署戰爭、角色之間如何鬥智鬥力都有深刻的著墨，少年讀者定必對之著迷。此外，亦可從書中認識以小說為藍本的電腦遊戲、當中受歡迎的英雄人物及他們的英勇事跡。

4. *100 Chapters to Savour Life*

Renowned Hong Kong columnist Lee Yee compiles 100 easy reading short pieces to inspire and enlighten. Expressing his views and wisdom, Lee provides food for thought to help teenagers cultivate a positive attitude and embrace imperfection.

細味人生100篇

這本書是由著名的香港專欄作家李怡編寫，書中匯集一百篇簡短易讀、具啟發及教育性的小故事。作者在書中表達他的想法及生活智慧，令年青人培養正面的態度及對包容生活中不完美的事情。•



All the above books can be borrowed at no charge from the Peak Wing and Bay Wing Clubhouses.

所有推介好書均可於貝沙灣灣畔會所及朗峰會所免費借閱。



Island epicurean

Aside from pristine beaches and azure ocean, Phang Nga also boasts some of Thailand's most famous culinary gems.

除了原始沙灘及蔚藍海洋外，攀牙島上更有最滋味的泰國特色菜

- The ultimate holiday destination, Phang Nga is known for sun, sand and sea, though its glorious food is reason enough to hop on a plane. Known for its incredible spiciness, Southern Thai dishes are heavily influenced by Malay, Indonesian and Indian cooking, destinations that have formed an integral part of the region's history. Seafood is another highlight and most beachfront eateries display the catch of the day, allowing diners to personally select fish to be served to suit individual taste. The following five quintessential Thai favourites are so popular that they appear on menus around the country and are certainly not to be missed.

攀牙島是度假的不二之選，除了陽光、沙灘及海洋以外，其一流的美食已極具吸引力令人食指大動非去不可。南泰的菜餚以其辛辣見稱，並受其過往歷史所影響，充滿馬來、印尼及印度的烹調特色。此外，新鮮海產亦是其菜餚的特色賣點。臨海的食肆均會展示出當天所捕獲之海產，讓食客作個人之選，迎合不同口味。以下五款泰菜精髓深受大眾歡迎，在世界各地的泰菜食譜上均可找到，絕對不容錯過。

1. *Lively Lemongrass*

- Famous for its fiery cuisine, Thailand's tom yam goong soup packs a serious punch in the flavour department. The combination of heat and sourness comes from the generous use of herbs, which include lemongrass, lime leaves, galangal and shallots. Jumbo shrimp and mushroom are common ingredients but the versatile dish can also be made with chicken and a variety of seafood. Tom yam goong can either be served as clear, spicy broth or a thicker soup, as a result of adding coconut milk to thicken the stock and tone down the spice.

冬蔭功

以其火辣見稱，泰國的冬蔭功湯味道豐富而複雜。湯中加入大量的香料令湯的味道既辣且酸，包括檸檬草、青檸葉、南薑及蔥等。一般常加入的材料還有珍寶大蝦及蘑菇，由於湯中的材料可作自由變化，故此以雞肉及不同種類的海鮮泡製亦可。冬蔭功湯的味道可以是清淡、辛辣又或是濃厚，視乎加入椰醬的多寡，以控制湯的濃度及中和香料的辛辣感。



2. The Spice of Life

Although green chicken curry originates from central Thailand, its popularity has made it a ubiquitous offering. *Kang kiew wan* literally translates to 'sweet green curry', a delicious combination of mild spice from the chilli paste, creaminess from the coconut milk, sweetness and savoury fish sauce. The soup is usually served with steamed rice or used as a sauce to accompany *kanom jeen* noodles, which have a consistency similar to spaghetti.

青咖喱雞

雖然青咖喱雞這菜色源自泰國中部，但卻廣受大眾歡迎。泰文「Kang Kiew」意指甜青咖喱，由辣椒醬、濃郁的椰醬及香甜的魚醬烹製而成，味道溫和而鮮美無窮。湯汁一般佐以蒸白飯，或作拌醬附隨一種類似意粉的 *kanom jeen* 泰式麵食同吃。

3. Sweet and Sour

- Due to its cult culinary status, each Thai region has their own take on the ingredients and varying degrees of sweet and sourness in the spicy papaya salad known as *som tam*. Comprised of shredded unripened green papaya, yardlong beans and tomato, the dish should provide a healthy dose of heat. The ingredients are mixed and pounded in a mortar, combining sour lime, hot chilli, salty fish sauce and palm sugar. The Central Thai version often contains crushed peanuts and dried brine shrimp. The nutritious salad is usually served alongside grilled chicken and sticky rice.

泰式木瓜沙律

泰文為「Som Tam」的木瓜沙律味道可口深受愛戴，每個泰國地區製作及採用的食材均不同且甜酸度不一。材料包括將未成熟的青木瓜切絲、加上豇豆及番茄，味道略帶辛辣。製作方法是將所有材料置於鉢中拌勻及搗碎，加以酸青檸、辣椒、咸魚醬汁及棕櫚紅糖。泰國中部所製作的版本則包含碎花生及咸蝦乾。此道營養豐富的菜色一般伴以烤雞肉及糯米同吃。

4. Classic Flavours

A prime example the balance of the five fundamental flavours in Thai cuisine, national dish *pad Thai* consists of a medley of fresh ingredients. An integral part of Thai gastronomic history, the classic dish consists of stir-fried noodles with eggs, fish sauce, tamarind juice, red chilli peppers, bean sprouts, shrimp and tofu, garnished with crushed peanuts and coriander. *Pad Thai* should be dry and light with a complex flavour and a subtle red-brown colour.

泰式炒貴刁

泰式炒貴刁是展示出泰國菜中五種基本味道平衡結合的最佳例子。此道菜色被視為國際菜餚，製作中包含大量新鮮的用料，並為泰國美食史上擔當重要的角色。經典的烹調菜餚其材料包括雞蛋、魚醬、羅望子汁、紅辣椒、芽菜、蝦及豆腐拌以炒麵，並灑上碎花生及胡荽作裝飾。泰式炒貴刁是一道不帶濃厚醬汁的菜色，顏色略帶啡紅，味道複雜而豐富。

5. A Touch of Crunch

- Although influenced by Chinese cuisine, the chicken and cashew nut stir-fry has become a menu staple on Thai menus. Made with lean breast meat, the dish often comprises shitake mushrooms, bok choy and other Chinese vegetables. Cashew nuts add crunch and texture and are grown locally. The healthy favourite is popular with tourists due to its mild flavour and is best served with jasmine rice. Best of all, the essential ingredients can be found easily around the world, for those who wish to create their own version.

炒腰果雞丁

受中國菜影響，炒腰果雞丁成為泰國菜的菜譜中不可或缺之選。主要材料為瘦雞胸肉，很多時還會加入冬菇、白菜及其他中國蔬菜。腰果是在泰國本地種植，可為菜餚增添香脆口感。由於味道溫和，且伴以茉莉香米同吃口味極佳，這道健康的菜色甚受遊客歡迎。再者，由於材料在世界各地均可輕易找到，烹飪者可隨易發揮創意。



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 Water *fun day*

Bel-Air water babies had a wet and wild time splashing around on their big day out

貝沙灣夏日水上嘉年華有齊好玩又刺激的水上活動，所有小朋友都盡情投入玩樂





Bel-Air residents celebrated Mid-Autumn Festival with beautiful lanterns and delicious mooncakes

貝沙灣住客歡渡中秋，在人月兩團圓的佳節欣賞美麗燈籠、品嚐可口月餅

Your Bel-Air Mid-Autumn Festival



Bel-Air *Babies*



Angelo Brownlie 29 months

“Hi my name is Angelo and it's my first day at school IMS 29 August 2011. I am so excited.”

Angelo Brownlie, 29個月「我叫Angelo，今年8月29日開學，心情很興奮。」



Isabella Brownlie

13 months

“Hi my name is Isabella this is me getting ready to go to the club house. I love living at Bel Air.”

Isabella Brownlie, 13個月「我是Isabella，正準備到會所去玩，我很喜歡住在貝沙灣。」



Glitzy bits

Hero and Bear are the latest 2011 collections created by renowned jewellery designer Aaron Basha. Exquisitely made with colourful enamel pieces, these adorable pendants can be worn in a number of ways to create eye-catching effects for your little ones.

知名珠寶設計師Aaron Basha最近推出全新的「英雄」Hero及Bear「小熊」吊墜飾物系列，展現品牌一貫精細的琺瑯彩工藝。造型可愛的小飾物最適合小朋友，無論成雙成對或多款混合配戴，效果都相當奪目。




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