

# *Bel-Air*

Residents' Magazine

*Summer  
Programme*

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# welcome

We hope you are all having a great summer. There's plenty going on to keep the young ones happy over the holidays with our dedicated summer programme and the fun continues with the Mid-Autumn Festival and Halloween later in the year. Check out the great photos from Easter and the Family Concert, both fun days out for the whole family.

This summer, we have a great line-up of gourmet offerings at Bel-Air with light, healthy fare which will be easily washed down with an array of warm-weather wines. While you can look forward to light and refreshing offerings, those keen to get in shape for bikini season will enjoy our feature on the latest fitness trends in Hong Kong, which are varied enough to ensure you stay motivated.

As always we are keen to give back to the community to the best of our ability. In May we visited a home for the elderly where residents and staff enjoyed spending the day with senior citizens and hopefully brightened their day.

Here's to a lovely summer everyone!

Mr Robert Lee

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



今個夏天，相信大家都過得美滿愉快，特別是陪伴小朋友享受一連串精彩的夏日節目與貝沙灣特別送上的暑期活動。暑假之後我們又聚首一起慶祝中秋節與萬聖節，延續歡樂的氣氛。剛過去的復活節與合家歡音樂會，一家大小樂在其中的熱鬧場面，今期會刊登照片與各位一一重溫。

貝沙灣一向支持健康飲食之道，輕怡美味的佳餚最宜配各款口味清新的夏日美酒。吃得健康再配合運動，可輕鬆鍛練出完美身段迎接夏日陽光，所以今期會為你介紹香港當下最流行的健身運動。充滿新鮮感又好玩的運動，讓你時刻保持動力，全情投入。

時刻關心有需要人士並致力回饋社會的貝沙灣住客，最近於五月探訪長者之家，為公公婆婆送暖，同度有意義一天。當日的照片亦會在今期送上。

請各位盡情享受快樂的夏天！

李智康先生

盈科大衍地產發展有限公司  
副主席及行政總裁





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safer drive. Offering an array of exterior and interior packages, the AMG Sports Package comprises AMG bodystyling with the new-look side sill panels, front apron, rear apron and 18-inch 5-twin-spoke light-alloy wheels.

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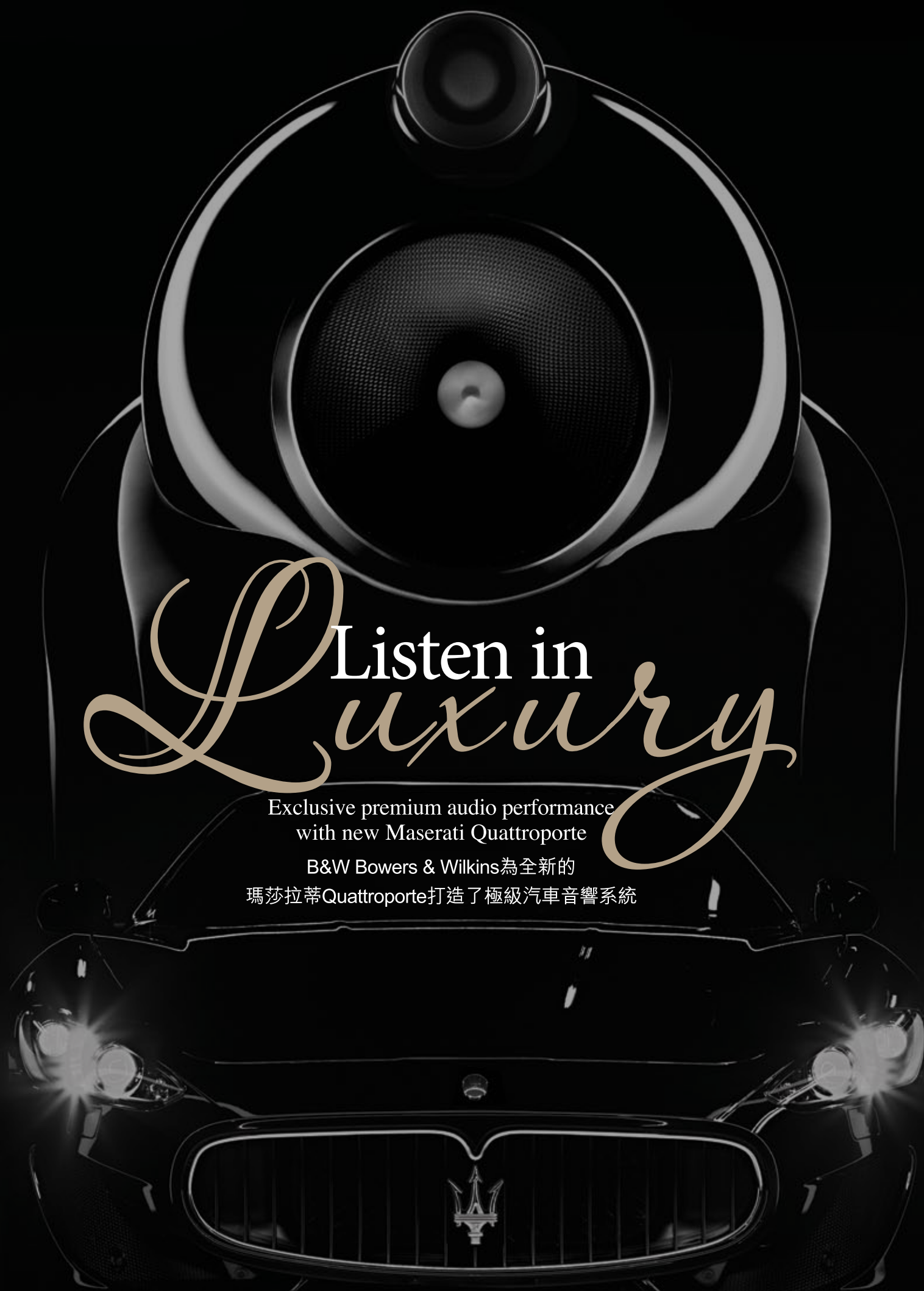
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# Listen in Luxury

Exclusive premium audio performance  
with new Maserati Quattroporte

B&W Bowers & Wilkins為全新的  
瑪莎拉蒂Quattroporte打造了極級汽車音響系統

In a brand partnership celebrating B&W Bowers & Wilkins premium sound system and the addition of a best-in-class entertainment system in the new 2013 Maserati Quattroporte, unrivalled audio expertise in a luxury flagship vehicle present a match made in heaven. The high-performance surround-sound system raises the car audio benchmark with exclusive new features.

Unveiled at the Detroit Motor Show in January 2013, customers had the opportunity to experience the B&W Bowers & Wilkins premium surround system for the first time in the redesigned Maserati Quattroporte. Drawing on the brand's extensive know-how, technology and pioneering use of materials, system components raised audio performance to new levels.

High-performance, low-distortion speaker designs were included in the extended range of aluminium tweeters, Kevlar® midrange units, and Rohacell® woofers, reflecting components found in B&W Bowers & Wilkins award-winning premium loudspeakers. Every detail was designed and acoustically optimised for the Maserati Quattroporte, following the intensive engineering and design collaboration between the Maserati and B&W Bowers & Wilkins teams for uncompromised results.

Powered by a high-efficiency multichannel DSP amplifier, the 15-speaker system incorporates advanced QuantumLogic™ surround technology. The new cutting-edge surround technology provides a choice of listening modes, effectively placing the listener on stage or in the audience, creating an engaging and immersive audio experience unlike any other.

B&W Bowers & Wilkins is a global leader in premium loudspeakers and a purveyor of “true sound” with nearly 50 years of audio heritage. Its innovative, award-winning audio products are an essential element for audio entertainment at home or on the move. B&W Bowers & Wilkins loudspeakers are regarded as the definitive audio reference, as demonstrated by their use in leading recording studios throughout the world, including London's famed Abbey Road Studios and Skywalker Sound in California.

高端音響系統，由B&W Bowers & Wilkins與瑪莎拉蒂豪華旗艦系列轎車聯手創造。B&W Bowers & Wilkins榮幸地宣佈2013年全新瑪莎拉蒂Quattroporte系列轎車將配備B&W Bowers & Wilkins高性能環繞音響系統。B&W Bowers & Wilkins繼續超越界限，採用專屬的創新技術，為高端車載娛樂音響的性能示範了新的標準。

全新設計的瑪莎拉蒂Quattroporte系列轎車已在2013年1月舉行的底特律車展上首度曝光，向客戶展現B&W Bowers & Wilkins高端環迴音響系統的無窮魅力。全新的音響系統廣泛地採用了B&W Bowers & Wilkins的核心技術和創新物料，將車載音響的音質提升到了一個新的水平。

全新系統組件採用了結合高性能、低失真的揚聲器設計，包括運用在多款B&W Bowers & Wilkins屢受殊榮的高端揚聲器中的鋁製高音單元、Kevlar中音單元和Rohacell低音單元。從設計到音效，B&W Bowers & Wilkins今次推出的全新音響系統都是針對瑪莎拉蒂Quattroporte系列轎車專屬打造，每個細節都一絲不苟。瑪莎拉蒂和B&W Bowers & Wilkins團隊在技術和設計方面展開了緊密合作，將這款無與倫比的傑作呈現於世。

15個揚聲器系統由高效多聲道DSP放大器驅動，具備先進的QuantumLogic環迴立體聲技術。此嶄新的環繞技術為客戶提供多種聆聽模式選擇，帶來身歷其境的音響體驗，這是其他車載音響都無法比較的。

B&W Bowers & Wilkins作為全球高端揚聲器的領導者，擁有將近50多年的音響歷史，一直致力追求「原音展現」。無論是家庭或隨身音響方案，B&W Bowers & Wilkins旗下屢獲殊榮的創新產品都能滿足各類音響娛樂的需求。B&W Bowers & Wilkins揚聲器被視為音響標準。全球領先的錄音室包括世界上最著名的倫敦愛彼路錄音室和加利福尼亞的天行者音效工作室均使用B&W Bowers & Wilkins 揚聲器。



## System Specification 系統規格

15-speaker system features	15個揚聲器系統包含
25 mm extended-range aluminium tweeters (dashboard (L/C/R), rear doors)	• 25mm 鋁製延頻高音單元 (儀表板(左/中/右)，後門)
100 mm Kevlar midrange drivers (front doors, centre dashboard, rear parcel shelf (L/R))	• 100mm Kevlar中音單元(前門，中央儀表板，後側包裹架(左/右))
165 mm carbon-fibre/Rohacell bass drivers (front doors)	• 165mm 碳纖維/Rohacell低音單元(前門)
165 mm Kevlar bass/midrange driver (rear doors)	• 165mm Kevlar中低音單元(後門)
320 mm x 200mm subwoofer (rear parcel shelf)	• 320mm x 200mm超低音(後側包裹架)
1,280 watt, high-efficiency Class-D amplifier	• 1,280瓦高效D類放大器





## Summer Programme

We have plenty of warm-weather favourites to keep your kids entertained this summer. From art and craft activities like pressed flower making to hip-hop dance courses for teens, Bel-Air's young residents can look forward to a full calendar over the break. Our jam-packed line-up includes awesome day trips like the eco-biking tour and the chance to make an impressive rainbow cake! Please refer to the summer programme booklet (delivered to you in June) to find out how to enroll your kids.

### 暑期活動

我們準備了很多小朋友最喜愛的夏日活動，迎接精彩的暑假，包括壓花手工藝製作，少年Hip-hop舞班等等，為他們安排一個充實的暑期日程，其他好玩的節目有綠色環保單車一日遊，還有機會學習親手自製漂亮的彩虹蛋糕！參加詳情可參閱6月寄到府上的貝沙灣暑期活動小冊子。

# news

## In touch with Bel-Air

The Bel-Air Hotline was launched in June to provide an additional communication channel to address, acknowledge, monitor and act upon your suggestions or complaints. In order to serve you better, your conversation with our Bel-Air Ambassador will be recorded.

### 聯繫貝沙灣

六月推出的貝沙灣熱線提供全新溝通渠道，以便更有效回應、確認及跟進住客的建議或投訴。為確保優質服務，住客與貝沙灣大使的對話將會被錄音。



Phase 1 - 3  
第一至三期

Phase 4 - 5  
第四至五期

Phase 6  
第六期

Location 位置	Contact Information 聯絡資料
Bel-Air Service Centre (Management Services) 貝沙灣服務中心(管理服務)	Tel 電話: 2989 6000 Fax 傳真: 2989 6223
Bel-Air Control Room 貝沙灣控制室	Tel 電話: 2989 6008
Bel-Air Rise Control Room 貝沙灣洋房控制室	Tel 電話: 2219 6151
Bel-Air on the Peak Service Centre (Management Services) 貝沙灣南灣服務中心(管理服務)	Tel 電話: 2989 6350 Fax 傳真: 2989 6343
Bel-Air on the Peak Control Room 貝沙灣南灣控制室	Tel 電話: 2989 6351
Bel-Air No.8 Service Centre (Management Services) 貝沙灣No.8 服務中心(管理服務)	Tel 電話: 2989 6262 Fax 傳真: 2989 6343
Bel-Air No.8 Control Room 貝沙灣No.8控制室	Tel 電話: 2989 6263

### Leasing Counter 租務處

2812 0337 (Phase 1 & 2 第一至二期)  
2902 6177 (Phase 4 第四期)  
2989 6383 (Phase 6 第六期)

### Club Bel-Air 貝沙灣會所

2989 9000 (Club Bay Wing 灣畔會所)  
2989 6500 (Club Peak Wing 朗峰會所)  
2989 6383 (Club 8)

### Bel-Air Hotline 貝沙灣熱線

2683 5665

Monday to Friday 星期一至五 - 9:00 to 17:00  
Saturday 星期六 - 9:00 to 12:00  
Closed on Sundays and Public Holidays  
星期日及公眾假期休息

## September

### Mid-Autumn Festival

Celebrate the Mid-Autumn Festival with the whole family! There will be plenty of opportunities to light colourful lanterns to mark the annual occasion. Look out for food booths serving your holiday favourites and workshops especially for the little ones.

### 中秋節

人月兩團圓的中秋佳節，當然要與摯愛家人好好慶祝，點亮美麗的燈籠共度美好時光。今年我們將準備中秋節美食攤位，並為小朋友們送上一連串好玩有趣的工作坊。

## October

### Halloween

Get spooky at Bel-Air on the scariest night of the year! This Halloween promises to be full of fun with ghouls galore, frightening costumes and plenty of delicious sweets. You can expect hilarious games and special performances. Who's ready to trick or treat?!

### 萬聖節

一年一度的萬聖節嘍鬼派對，有創意又愛玩的你當然不可錯過，各種化妝造型的猛鬼當晚將會空群而出，附送大量美味糖果，還有搞笑的趣味遊戲與精彩的特備演出，大家準備迎接萬聖節的驚喜吧！

For details please contact Club Bel-Air receptions in person, or call 2989 9000 (Bay Wing) or 2989 6500 (Peak Wing).  
查詢詳情可親臨貝沙灣會所接待處，或致電2989 9000 (灣畔會所)或 2989 6500 (朗峰會所)。



Download your free Bel-Air Mobile App today  
請即免費下載貝沙灣手機應用程式







# One Fine Day

Bel-Air Outreach Programme touches the lives of the elderly  
貝沙灣外展計劃為長者送上無限暖意

As part of Bel-Air Outreach Programme, residents and the choir visited a home for the elderly in Tung Wah Group of Hospital's Wong Chuk Hang Complex on May 11, 2013. Together they enjoyed an afternoon filled with games, music and singing, strengthening bonds across the generations. As evidenced by the photos, a wonderful time was had by all.

2013年5月11日，貝沙灣住客與歌詠團參與貝沙灣外展計劃的探訪活動，前往東華三院黃竹坑服務綜合大樓的安老院，送上遊戲、音樂與歌唱表演，大小朋友樂在其中，一起度過溫暖滿載的下午。從照片可見，大家都盡情投入愉快的氣氛中。





# Bel-Air

## CHOIR FALL/WINTER

### 貝沙灣歌詠團2013年 秋冬季招募

This term's theme is songs from the movies and will include hits from your favourite films like *Mamma Mia* and *9 to 5*. You can also expect popular tunes such as *I Will Follow Him* from *Sister Act*; *Diamonds are Forever* from the James Bond movie and *Can You Feel the Love Tonight* from Disney's *The Lion King*.

Residents can also look forward to our exciting Christmas concert, which will feature new festive songs such as *In December*; *My Grownup Christmas List*; *What Made the Baby Cry*; *Chestnuts Roasting on the Open Fire* and *White Christmas*.

本季以電影名曲為演唱主題，團員將有機會獻唱〈Mamma Mia〉、〈9 to 5〉、〈修女也瘋狂〉的〈I Will Follow Him〉、鐵金剛〈Diamonds are Forever〉、迪士尼動畫〈獅子王〉的〈Can You Feel the Love Tonight〉等等經典電影流行曲。

歌詠團即將於年底為貝沙灣住客舉行的聖誕演唱會，更值得期待：團員將獻上全新聖誕歌包括〈In December〉、〈My Grownup Christmas List〉、〈What Made the Baby Cry〉、〈Chestnuts Roasting on the Open Fire〉與〈White Christmas〉，共度普天同慶的佳節。

12 trainings on Mondays  
starting from September 9  
till December. Medium: English  
共12節歌唱訓練，從9月9日開始  
至12月，逢星期一進行。  
訓練語言：英語  
Time 時間：1:45pm – 3:45pm  
Venue 地點：Aerobics Room,  
Club Bel-Air Bay Wing  
灣畔會所健康舞室

Application opens on June 28, 2013 and closes on August 28, 2013.

2013年6月28日開始接受申請，至2013年8月28日截止。

Application form can be downloaded from <http://bel-air-hk.com/> or contact Club Bel-Air receptions at 2989 9000 (Bay Wing) or 2989 6500 (Peak Wing).

申請表格可於<http://bel-air-hk.com/>下載或聯絡貝沙灣接待處2989 9000 (灣畔會所)或 2989 6500 (朗峰會所)。



貝沙灣



## Preened and Pampered

The ultimate hydrating, revitalising facial provides a necessary dose of TLC

享受水潤保濕肌膚再生面部護理，親身體驗最溫柔的呵護

An indulgent combination of relaxation and skin-boosting benefits, facials are a great way to look after mind and body. While deep cleansing removes grease and grime, facials do more than restore circulation and reduce lines. They encourage peace of mind thanks to the tranquil space, aromatherapy oils and reassuring touch of a seasoned therapist.

The 60-minute Hydrating & Revitalising facial treatment at Bel-Air's Swiss Line Il Colpa Spa strikes a fine balance between soothing the skin and soul. After selecting the aromatherapy oil of your choice, lavender for relaxation or lemongrass to enliven, your make-up will be removed thoroughly before the luxurious treatment begins.

Anti-aging Swiss skincare Swiss Line products are used throughout the facial. Comprising alpine water enriched with calcium and magnesium, a comforting emulsion cleanser detoxes skin, followed by a botanical-based soothing lotion to remove the last traces of make-up.

A mild exfoliating refiner sloughs away dead cells and stimulates cell renewal before Aqua-Vitale Serum 24 is applied to relieve dryness and unveil radiance. Next, a botanical cream is massaged into the face and neck, enriched with anti-inflammatory camphor to improve circulation and further detoxify.

Finally, a de-stress mask restores and rejuvenates fatigued skin, while a hand, neck, shoulder and head massage tops off the sensory journey. The experience concludes with a corrective eye moisturiser to reduce wrinkles; an alpine ecology cream protects skin from the elements, and a cell shock white lightening bi-phase veil SPF 35 to promote a radiant complexion.

享受面部護理療程不但舒緩身心，更有效改善肌膚。面部療程深層清潔肌膚，去除毛孔日常積聚的油垢，改善皮膚循環再生，減少皺紋與乾旱。在一個寧靜平和的環境享受面部療程，香薰油的芬芳加上美容師豐富經驗，更能夠洗滌心靈，平靜的境界帶來無限滿足。

貝沙灣Swiss Line Il Colpo Spa水療中心提供的60分鐘保濕再生面部護理療程，能夠達到同時喚醒肌膚與心靈的完美平衡。顧客可首先挑選喜愛的香薰，選擇舒緩的薰衣草或提神的檸檬草精油，美容師會徹底清除顧客臉部殘餘的化妝，全面舒緩壓力之後，才正式開始享受舒適的護理。

療程每個步驟都採用Swiss Line抗衰老活膚產品，全面預防肌膚老化並重整膚質。首先用蘊含阿爾卑斯山天然野外純水、豐富的鈣與鎂礦物的輕柔潔面乳，溫和地淨化肌膚，當中的葡萄籽油有助修復皮膚水份功能。然後用草本舒緩乳霜清除最後的化妝品痕跡，防止皮膚過敏泛紅。

接下來使用溫和磨砂啫喱去除皮膚表面的老化及壞死細胞，促進細胞更生。之後塗上能迅速被肌膚吸收的活力水份深層補濕精華24，為肌膚補充大量滋養水份，瞬間讓色澤暗啞、疲憊乾燥的肌膚回復盈潤嫩滑。然後美容師會用草本植物精華霜按摩臉部與頸部，當中的樟腦成份不但有消炎作用，更可促進肌膚循環與排毒。

來到療程的結束部份，先敷上具有抗衰老成份的舒緩壓力面膜，令疲累的肌膚恢復生氣，再現光采。當皮膚慢慢舒緩下來，吸收面膜的水份滋潤時，美容師會為顧客進行手部、頸部、肩膀與頭部按摩，帶來極致的身心舒暢。最後使用眼部保濕護理，有效減淡眼部細紋與水腫，令眼部肌膚恢復彈性；再使用平衡肌態防護滋潤霜，有助鎮靜與保護肌膚；透白細緻防護乳液SPF35為整個護理療程劃上圓滿句號，肌膚感覺猶如再生，從內到外煥發活力光采。

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# Light & Lovely

Enliven the palate with refreshing wines for warm weather  
別有一番清新韻味的佳釀，帶來夏日的味覺喜悅

## Chapoutier La Bernardine Chateauneuf-du-Pape 2006 Rhône Red Blends from Chateauneuf-du-Pape, Rhône, France

Original原價: BP4,020  
Special Price推廣優惠價: BP3,350

Featuring complex aromas of currant, plum, coffee, cinnamon, cherry and spice, this rich red wine has a polished style with rounded silky tannins complementing peppery flavours with nuances of sage, rosemary, spicy raspberry and cherry and a suave mineral undertone. This medium to full-bodied, supple-textured 2006 is best enjoyed in the next eight to 10 years.  
集合多種芳香，包括茶藨子果實、洋李、咖啡、肉桂、櫻桃與香料，層次豐富並具有精緻優雅的口感，圓潤順滑的丹寧伴隨像胡椒的微辛，更會辨別出一點鼠尾草、迷迭香、辛香覆盆子、櫻桃與溫和的礦物氣息。產酒年份是2006，擁有中度至圓滿的酒身，感覺細膩柔軟，宜於未來8至10年內享用。

## Willamette Valley Vineyards Pinot Gris, Oregon 2008, USA

Original原價: BP2,025  
Special Price推廣優惠價: BP1,280

A bright, fruity, refreshing style with pear aromas layered over citrus, complemented by honeydew and green apple in the nose. Highlighting well-balanced acidity, flavours open with fresh green apple are complemented by bold minerality and tropical fruit notes. A perfect match for salmon, cheese, shellfish, chicken, salads and white fish. Best served chilled and allowed to warm in the glass before drinking.  
性格鮮明並散發濃濃果香，清新的梨子味與橘香伴隨蜜瓜與青蘋果的芬芳，突出平均的酸度。由青蘋果香揭開品嘗的序幕，然後是濃郁的礦物香與熱帶果香，配三文魚、芝士、貝殼類海鮮、雞肉、沙律與白魚至為完美。此酒宜冷藏後取出倒進酒杯，在室溫中稍待之後享用。

## Les Cretes Valle d'Aosta DOC Chardonnay Classico 2008, Italy

Original原價: BP2,834  
Special Price推廣優惠價: BP2,180

The 2008 Chardonnay Vigne Frissonniere offers outstanding overall balance and style with a long, refined and impeccable finish. This Chablis-like white has a brilliant, straw yellow hue and a nose of ripe melon and papaya with almond milk. Lush, ripe fruit on the palate with a rich mineral finish. Pair with soups, pasta, cheese and herb-based omelettes, fish and roasted meat.  
2008年出產的Vigne Frissonniere Chardonnay白葡萄酒，整體均衡度理想，餘韻悠長細緻，無可挑剔，味道與法國夏布利白酒相似，酒色透出耀眼的稻草金黃，擁有熟透甜瓜與木瓜、以及杏仁牛奶的香氣，成熟多汁的果香以豐厚的礦物香作總結，宜配湯、意大利麵、芝士、香草奄列、魚與烤肉。





# Adventures of the *Appetite*

Bel-Air's exciting F&B line-up features warm weather and autumn favourites  
貝沙灣迎接夏日與秋日的繽紛美食推廣

## INGREDIENTS

120g honeydew melon  
4 kiwis  
1 sprig fennel  
1 sprig mint  
8ml mint wine  
1/4 lime, juiced  
3 tbsp yoghurt  
100g feta cheese  
salt and pepper, to taste  
olive oil for garnish

## METHOD

1. Peel and slice honeydew melon and kiwi.
2. Chop sprigs of fennel and mint, combine with kiwi and melon in a blender and process until smooth.
3. Add yoghurt to taste and season with salt, pepper, lime juice and mint wine.
4. Leave to chill in the fridge.
5. Serve in soup bowls sprinkled with crumbled feta and olive oil.

## 材料

120克 蜜瓜  
4個 奇異果  
1束 茴香  
1束 薄荷葉  
8毫升 薄荷酒  
1/4個 青檸汁  
3湯匙 乳酪  
100克 希臘Feta芝士  
鹽與胡椒調味  
橄欖油數滴

## 做法

1. 蜜瓜與奇異果去皮切片。
2. 茴香與薄荷葉切碎，與蜜瓜及奇異果一起放進攪拌機中打至幼滑。
3. 加乳酪、鹽、胡椒、青檸汁與薄荷酒調味。
4. 放入冰箱雪凍。
5. 舀進湯碗中，灑上希臘Feta芝士與橄欖油即成。



**Chilled honeydew melon  
and kiwi soup (serves 4)**  
蜜瓜奇異果凍湯 (4人份)

## Upcoming Promotions! 美食推廣預告!

July 七月

Shanghai cuisine promotion  
上海美食佳餚推廣

September 九月

Wild mushroom promotion  
野菌美食推廣  
Mid-Autumn special set menu  
中秋節特色套餐

August 八月

Southeast Asian Food Promotion  
東南亞美食推廣

October 十月

Hairy crab promotion  
大閘蟹推廣





Pan-roasted duck breast, honey caramelised apple, pomegranate & orange sauce (serves 4)  
香煎鴨胸配蜂蜜焦糖蘋果伴石榴香橙汁 (4人份)

INGREDIENTS

- 2pcs French duck breast, chilled
- For sauce
- 80ml pomegranate juice
- 20ml orange juice
- 1 tsp orange zest
- 2pcs cinnamon sticks
- 60ml cream
- 20g gravy
- 15g ginger juice
- 10g butter
- For caramelised apple
- 2pcs green apple
- 40g honey
- 15g brown sugar
- 10g cinnamon ground
- 20g butter

METHOD

- To make the sauce, combine all ingredients, except for ginger juice and butter, in a medium saucepan and bring to a boil over high heat. Then lower the heat and simmer until the liquid has reduced by two thirds for 10 to 12 minutes. Stir in the ginger juice and butter, strain the sauce through a fine-mesh strainer and set aside.
- Peel the apples and cut each one into 1.5cm cubes.
- Melt the butter over medium-high heat. Once almost melted, add the brown sugar followed by the apples.

Cook and toss the apples a few times until they are caramelised on all sides. Add the cinnamon and honey, and cook a minute longer. Keep warm until ready to serve.

- Preheat oven to 375 to 400 degrees F.
- Score a shallow criss-cross on the skin side, allowing the fat to render in the pan to make the skin crispy. Do not slice the meat.
- Sprinkle each breast on both sides with salt and pepper. Be generous with the salt on the skin side to dry it out so that it become super crispy.
- Heat a cast iron skillet over medium-high heat. Place duck breasts skin side down and cook for about 5 minutes or until the skin is golden brown. Remember to watch it carefully so that the skin turns crisp without the meat overcooking. Remove the drippings from the pan before placing in the oven.
- Place your skillet with your duck breasts (skin side down) into the preheated oven. Cook for about 9 minutes or until medium rare. Remember to watch the duck carefully as cooking time varies depending on the thickness of the breast.
- Plate the sliced duck breast and serve with caramelised apple and pomegranate sauce.

材料

- 2片 冷藏法式鴨胸肉
- 汁料
- 80毫升 石榴汁
- 20毫升 橙汁
- 1 茶匙 橙皮絲
- 2條 肉桂條
- 60毫升 鮮忌廉
- 20克 肉汁
- 15克 薑汁
- 10克 牛油
- 焦糖蘋果材料
- 2個 青蘋果
- 40克 蜂蜜
- 15克 黃糖
- 10克 肉桂粉
- 20克 牛油

做法

- 除薑汁及牛油外，將所有汁料材料放在中鍋內用高火煮沸，轉小火煮10至12分鐘直至汁料濃縮至剩下三分之一，拌入牛油與薑汁，用密孔篩子隔濾後備用。
- 蘋果去皮切成1.5cm大小方粒。
- 中高火煮熱牛油，至差不多全溶時加入黃糖然後再加蘋果。將蘋果翻滾幾次直至每一面都煮成焦糖狀，加肉桂粉及蜂蜜後再煮1分鐘。
- 焗爐預熱至華氏375至400度。
- 用刀尖在鴨胸皮的一面輕輕劃出十字紋，稍後煎時讓脂肪溢出令表皮鬆脆。不要將鴨胸切斷。
- 鴨胸兩面灑上鹽與胡椒調味，皮的一面可多放鹽，令表皮更乾身，煎後更香脆。
- 中高火燒熱鐵鍋，鴨胸皮向下放在鍋上煮約5分鐘或直至表皮呈金黃色。留意表皮變脆時鴨胸肉亦不會煮得過熱。鴨胸連鍋放進焗爐之前，記得倒掉多餘的汁液。
- 鴨胸皮的一面向下，連鍋放進已預熱的焗爐焗約9分鐘或至中等生熟程度。注意烤焗時間長短視乎鴨胸的厚度而有所不同，要經常留意避免煮得過熱。不要將鴨胸切斷。
- 煮好的鴨胸切片，配焦糖蘋果並淋上石榴香橙汁享用。



Squid ink risotto with seared scallop and calamari (serves 4)  
墨魚汁意大利燉飯配煎帶子與小魷魚 (4人份)

INGREDIENTS

- 3tbsp olive oil
- 250g Arborio rice
- 1 onion, finely chopped
- 20g garlic, finely chopped
- 180ml dry white wine
- 1000ml fish stock or vegetable stock
- 2tbsp squid ink
- 16pcs fresh baby squid
- 20pcs scallop
- salt and freshly ground pepper, to taste

METHOD

- Heat the stock and leave to simmer.
- Heat olive oil in a medium saucepan over medium-high heat. Add the onion and garlic and sauté until soft. Add the rice, mixing to coat with the oil, and cook for 2 minutes. Add the baby squid and cook for another

- 2 minutes. Turn the heat to high, adding the wine and cooking until all the liquid has evaporated. Remove the squid and set aside.
- Stir the squid ink into the rice and pour in a ladle of simmering stock, stirring until completely absorbed.
- Gradually add the remaining stock, one ladle at a time, allowing the rice to absorb the liquid before adding more, and stir constantly.
- Cook for 20 minutes until the risotto is creamy and the rice al dente.
- Stir in the baby squid and parsley, and season with salt and pepper.
- Heat a small sauté pan and add a little olive oil, over a high heat. Sear the scallops for 10 seconds on each side.
- Transfer the squid ink risotto into a pasta bowl and top with seared scallop.

材料

- 3湯匙 橄欖油
- 250克 意大利米
- 1個 洋蔥切碎
- 20克 蒜頭切碎
- 180毫升 乾身白酒
- 1000毫升魚湯或蔬菜湯
- 2湯匙 墨魚汁
- 16隻 新鮮小魷魚
- 20隻 帶子
- 鹽與現磨黑胡椒調味

做法

- 煮熱魚湯或蔬菜湯。
- 中等大小的鍋中倒上橄欖油，用中高火力將洋蔥及蒜頭炒至軟身，然後加入意大利米，與油及洋蔥蒜頭拌勻煮2分鐘，加入小魷魚與白酒再煮2分鐘，再轉高火將所有材料煮至乾身，小魷魚夾起備用。
- 墨魚汁淋在鍋中的意大利飯上，舀一杓煮熱的湯拌勻，煮至飯粒吸收全部湯汁。
- 餘下的湯逐次加入，每次一杓，待飯粒吸收全部湯後再加第二杓，拌勻，直至加完所有湯。
- 煮20分鐘至汁醬呈奶油狀，飯粒依然保持彈性。
- 加上早前煮好的小魷魚，灑上荷蘭芹並加鹽與胡椒調味。
- 小平底鍋加一點橄欖油，高火煎熟帶子兩面，每面煎10秒。
- 用大碗裝起墨魚汁意大利飯，鋪上帶子即成。



# Let's Get Physical!

Get beach-ready with Hong Kong's hottest workouts  
想到海灘展示完美身型？試試本地最流行的健身運動吧

Forget slogging it out on the treadmill for hours, the latest exercise trends provide a more interesting way to get in shape for summer. A variety of fitness approaches makes it easy to find one that suits you best, whether your objective is to trim down, tone up or gain muscle. Most importantly, these sessions are a blast, which means you're more likely to keep with it!

早 就厭倦跑步機上作機械式運動的你，有否想過擺脫沉悶，用最流行又趣味十足的運動方法來鍛練身型？無論你打算修身、塑形或操練肌肉，以下介紹的總有一種可配合你的夏日keep fit大計。怕悶的話絕對不用擔心，這些新品種運動好玩得令人上癮，培養運動習慣絕無難度！

## Get Trim

If you tire of monotonous routines easily and need extra motivation, TORQ™ Cycle class is a great way to keep cardio interesting. At Hong Kong's first independent indoor cycling studio, the workout engages the core and upper body while using light weights to tone with movements that combine Cycling, Pilates, Boxing, Muay Thai and Yoga. Each session is choreographed by energetic instructors for a fun, effective ride synced to high-energy music handpicked by their in-house DJ.

Margaret Kao, founder of TORQ Cycle Studio, explains that it's easy to track your progress as the Schwinn Authentic Cycling series bikes are wirelessly connected to a power console which displays the rider's measurements including

RPM, heart rate, speed, distance, calories, watts and time - all emailed to you after the session so you can see how far you've come. She says: "Performance data from each ride, including RPM, resistance, speed, power, distance and estimated calories burned are recorded here making it easy to track performance over time."

Three levels of classes are available – Beginners TORQBody; TORQBody to strengthen the core, sculpt the upper body and tone your arms while burning fat; and finally Torq de HK, a cycling-focused class for competitive types where your performance is displayed on a large screen. Each month, a themed music cycling session will be held at the studio for extra group motivation, where riders can pedal to a playlist dedicated to divas, rock, Michael Jackson and 1990s retro.

## 修出完美身段

刻板而甚少變化的運動，容易令人生厭，TORQ™室內單車或可重新燃起運動的興趣，令心肺功能更理想。作為全港首間獨立室內單車健體中心，這裡提供針對身體軀幹特別是上半身的帶氧健體鍛鍊；踏踩室內單車時，配合輔助器材如啞鈴、槓鈴或負重箍，透過集合踏單車、普拉提、拳擊、泰拳及瑜珈的動作，美化全身的肌肉線條，並設駐場DJ揀選播放澎湃的音樂，參加者在導師活力十足的指導下完成最有效又饒有趣味的健體鍛鍊。

中心創辦人Margaret Kao解釋，這健體運動所用的Schwinn Authentic Cycling仿戶外單車系列接連無線顯示屏，提供每分鐘轉數、心跳、速度、距離、卡路里消耗、瓦特及時間等多個數據，有助追蹤運動者的進度與鼓勵完成鍛練項目。她道：「每次運動的表現都透過每分鐘轉數、阻力、速度、力量、距離及估計卡路里耗量等等紀錄顯示出來，很方便查看個人進度。」

課程共分為三個級別：初學者TORQBody；針對加強身體核心訓練、上半身塑型、收緊手臂及燒脂的TORQBody；引入良性競爭、將參加者表現展示於大屏幕上的Torq de HK。每個月更在中心舉行主題音樂單車堂，參加者可用不同類型音樂如歌后精選、搖滾、MJ或90年代金曲增加鍛練的推動力。

## Get Toned

Another unique offering to hit the Hong Kong fitness scene is the Lagree Fitness technique, only offered at H-Kore Full Body Conditioning. Using a method created by Sebastian Lagree, the full body conditioning technique incorporates cardio, intensity, strength, flexibility and endurance training in a 45-minute session. Best of all, classes are kept to a maximum of 10 people so that each client receives plenty of individual attention. The instructors are great about ensuring correct form and adjusting levels to suit your ability.

Director and Co-Founders Vivienne Fitzpatrick and Vanessa Valenzuela explain that unlike traditional methods, this kind of training can work up to 600 muscles in one session maintaining constant muscle tension throughout. Take it from us, you will definitely feel it the next day as muscles which do not usually get used are seriously put to task for greater effectiveness. Classes are suitable for all levels as the intensity of every move can be modified by adjusting positioning or resistance on the Megaformer.



Fitzpatrick and Valenzuela are quick to highlight: "It is very important to note that Lagree Fitness is not Pilates; but perhaps the only workout that allows for maximum muscular effort while minimising stress on the joints, connective tissues and spine." Lifting slowly with control forces muscles to remain contracted through the entire range of motion to build strength and lessen the risk of injury. While slow, controlled movements may be familiar to those who have tried pilates, the lifting and lowering phases of each repetition last at least four seconds to eliminate the use of momentum, for a much more intense workout.

## 塑造緊緻線條

Lagree Fitness是另一登陸香港的健身新潮流，暫時只有H-Kore Full Body Conditioning提供課堂。由健身教練Sebastian Lagree首創的45分鐘全身塑形教程，全方位鍛練心肺、強度、力量、彈性





### Get Strong

For those who have had their fill of machine circuits and standard body building routines, strength and conditioning programme CrossFit Asphodel comprises varied movements executed at high-intensity. An array of activities, from swinging kettle bells to performing powerlifts are designed to ramp up cardio endurance, stamina, strength, flexibility, power, speed, coordination, accuracy, agility and balance. You'll also learn the correct way to lift, squat, throw and jump to ensure safety.

CrossFit Asphodel offers a motivated group structure under the watchful eye of experienced instructors, suitable for everyone from armed forces, paddlers, rugby players to anyone trying to get fit. Coach Alix James says that workouts can be customised to the individual: "It can be altered for people with minimal fitness or injuries, and a great tool for those with high levels of strength and conditioning."

The CrossFit concept hinges on boosting capacity in a variety of areas to improve different skills. Some of the most rewarding success stories for James are cases where ladies who were initially incapable of lifting a 15kg bar eventually were able to squat 60kg in six months; or men with base level training who achieved a two and half times bodyweight deadlift in the end. He says: "In our long-term programme, the effort you put in reflects the results obtained. If you are looking for short-term beach muscles, there may be better options, but as a general approach to get faster, stronger and fitter in a relatively short space of time, we think we hit the nail on the head."

"AS A GENERAL APPROACH TO GET FASTER, STRONGER AND FITTER IN A RELATIVELY SHORT SPACE OF TIME, WE THINK WE HIT THE NAIL ON THE HEAD."

與耐力，而且每堂最多10位參加者，可以得到更多個人化的健身指導，專業的導師保證參加者訓練出正確的形態，並會因應能力建議不同程度的練習。

H-Kore兩位主管與創辦人Vivienne Fitzpatrick與Vanessa Valenzuela解釋Lagree與傳統健身運動的分別，在於能夠在一課堂內活動多達600條肌肉，而且全程保持穩定的肌肉張力，充分鍛鍊尚未習慣的肌肉，運動後第二天就可感受到所發揮的更大效益。每個動作的強度都可透過調整Megaformer的位置與阻力加以改動，所以課堂可配合任何程度參加者的需要。

兩位創辦人指出這種運動的重點，道：「要知道Lagree Fitness跟Pilates絕對不同，它或許是唯一一種讓肌肉發揮最大力量之餘，對關節、結締組織與脊椎形成最小壓力的健身運動。」以節制的力度慢慢抬起肌肉，迫使肌肉在整個運動過程中保持收縮狀態，從而增加肌肉力量，也不容易受傷。試過Pilates的話，或者對Lagree那緩慢而抑制的動作很熟悉，每個重複動作的升降維持至少4秒去消滅動量的消耗，健身效果才會更密集。

### 操練肌肉

一向有做機械運動並跟從標準健身操練進程的話，集中鍛鍊力量與塑身CrossFit Asphodel特別設計多個需要極高強度的健身動作，包括擺動壺鈴作舉重訓練，藉此加強心肺耐力、韌力、力度、彈性、力度、速度、協調、準確度、韌度與平衡力，也能夠學習到正確安全的舉重、蹲、擲與跳的姿勢。

這健身運動會分組進行增加參加者的推動力，經驗豐富的導師會從旁細心觀察，特別適合紀律部隊、划獨木舟者、欖球員或任何希望操練得更強壯人士。教練Alix James指出

CrossFit Asphodel健身可以迎合不同需要進行個人化設計：「動作可以遷就健康狀況較弱或受傷人士加以改變，至於本身已相當強壯及注重塑身的人，此健身運動用來日常操練就最理想。」

Crossfit運動的概念在於從多方面擴大承載力，達到提升各種運動技巧。教練分享了多個令人鼓舞的個案，包括當初無力舉重15公斤的女士們經過半年的訓練，已能夠蹲舉60公斤；從初階開始訓練的男士現已能舉起兩倍半體重的重量。他說道：「長遠健身計劃的效果顯而易見，你所投放的努力絕不會白費。想在短時間內操練肌肉到沙灘展示身型，或許有其他好方法，但在較短時間內做到既快速、最強效和最健康的結果，Crossfit大概是最適當的選擇了。」

# Stellar Strokes

Chinese artist Zhang Hou's striking calligraphy documents personal evolution.

中國藝術家張浩將深刻的個人經歷演化為充滿力量的書法水墨畫。

Born in Tianjin, China, Zhang Hou graduated from Professor Shu Chuanxi's studio in the Department of Calligraphy at Zhejiang Academy of Fine Arts. Today he tutors graduate students at the China Academy of Art and is also guest lecturer at Anhui University. His solo exhibitions have been showcased throughout China and his works in group exhibitions have also appeared in Germany and Korea.

Some of Zhang's most memorable pieces to date include Spirits as Sublime as a Dream (2009); Free Imagination-the Confucian Temple in Pingyao (2008) and A Spiritual Journey-Dream about Ancient Chinese Culture. His calligraphy is the physical representation of his imaginative interpretations of special experiences, journeys and memories of cities and spaces.

生於天津的張浩畢業於浙江美術學院（現中國美術學院）中國畫系舒傳熹教授工作室，現為中國美術學院教授及安徽大學藝術學院客座教授。張浩曾於中國多地舉行個人畫展，亦參與韓國與德國多個團體展覽。

至今張浩最廣為人知的作品包括Spirits as Sublime as a Dream (2009)、Free Imagination-the Confucian Temple in Pingyao (2008)與及A Spiritual Journey-Dream about Ancient Chinese Culture。他將心目中獨特的經歷、旅途片段以及城市與空間的雜憶加入豐富想象，透過書法的力量賦予新意義。



A Spiritual Journey-Dream about Ancient Chinese Culture



Free Imagination-the Confucian Temple in Pingyao (2008)



Spirits as Sublime as a Dream (2009)



# Pool Perfect

Summer reads ideal for lazy days  
一本好書在手，悠然度過懶洋洋夏日

Summer means long afternoons spent by the pool and we have a great selection of books that will make the perfect accompaniment to any tanning session or beach visit. The following titles were selected as favourites by top children's writers and are bound to keep the young ones occupied over the school holiday!

悠長的夏日午後，在泳池畔或海灘盡情享受陽光之時，我們送上多本好書讓你投入閱讀的美妙境界。由著名兒童作家推薦的心愛讀本，令小朋友們的漫長暑假過得更充實！

Most of our recommended reads are available for loan. Please refer to clubhouse poster for details.  
大部份推介讀本可供借閱，詳情請留意會所宣傳海報。

## • The Get Rich Quick Club Dan Gutman

To experience the best summer ever, the members of the Get Rich Quick Club, vowed to make a million dollars by September and agreed that nothing - neither rain, nor snow, nor gloom of night - would prevent them from achieving their goal. Gina Tumolo and her Get Rich Quick Club are determined to make their summer pay off through a pact and by hatching a scheme that will change their small-town lives forever.



為了度一個心目中最完美的夏天，主角Gina與同伴組成「極速致富會」，立志無懼風霜與黑夜，齊齊在暑假結束的九月前賺到一百萬元，成為百萬富翁！幾個夥伴策劃連串大計去實現這夢想中的夏天，他們一直在小鎮過著的平靜生活，亦從此一去不返。

## The Great Rabbit Rescue Katie Davies

The kids from The Great Hamster Massacre are back and on a rabbit rescue mission! Joe has gone to live with his dad, leaving his beloved pet rabbit behind. Anna and Suzanne try to look after it, but when the rabbit becomes ill, are convinced it's due to missing Joe. When Joe also becomes sick, the girls are certain that the boy and his rabbit need to be reunited if they are to recover. But can Anna and Tom and Suzanne pull off The Great Rabbit Rescue in time?

繼倉鼠之後，今次一班主角的拯救目標是小白兔！由於要跟爸爸一起生活，Joe不得不放棄心愛的寵物兔，交給Anna與Suzanne照顧，可是小兔卻因為太掛念小主人Joe而生病了。當Joe也因為想念小兔而病倒，一班好朋友決定要讓他們及早康復，就要儘快讓他們團聚。Anna、Tom與Suzanne最後能否爭取時間，讓Joe與小兔有個大團圓結局？



## • Cosmic Frank Cottrell Boyce

Liam has always had trouble keeping his feet on the ground, and being 239,000 miles from earth doesn't make it any easier. A fantastic, funny and moving novel on what it takes to be a good, responsible father is comical yet charmingly earnest. The author not only makes you laugh but ponder parenthood and growing up.

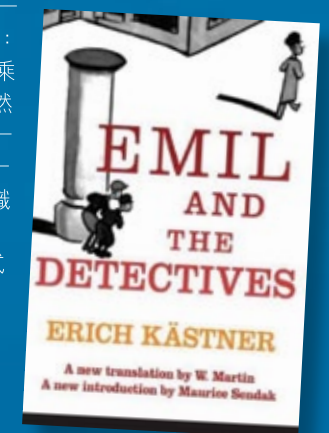


主角Liam一向不算腳踏實地，當他身處離地球239,000里遠的外太空展開奇妙旅程，更加覺得迷失方向。這本精彩、有趣又感人的小說，主題是關於如何成為有承擔的好爸爸，充滿喜劇感的情節卻流露誠摯的感情，歡笑中讓讀者作更多有關父母及成長的反思。

## Emil and the Detectives Erich Kastner

This engaging tale has delighted readers for generations. It's Emil's first train ride alone, who is excited if a little nervous. After a man in a bowler hat offers him chocolate on a train, he suddenly finds himself drowsy and checks his coat pocket to find the money he's taking to his grandmother has gone missing. With the help of some new friends Emil becomes a detective and tracks the thief through the city.

這引人入勝的故事吸引一代又一代的大小朋友讀者：主角Emil第一次自己獨個乘火車，心情既興奮又緊張。忽然間，他感到一陣昏昏欲睡，摸一摸大衣口袋發覺帶給祖母的一筆錢已經不翼而飛，幸好認識了一班好朋友幫忙調查真相，全城搜查小偷大行動，正式展開！





Fancy a new iPhone 5 or iPad mini?  
想贏得iPhone 5或iPad mini大獎嗎？

# World Quiz corner

All you need to do is answer 3 super-easy questions for an awesome prize! Each issue we pick a world-famous celebrity and you simply need to do a little research to respond. Anyone who enters the competition with satisfactory answers will receive a voucher for pancakes and ice-cream at the clubhouse.

But here's the exciting part - the overall winner wins the prize of their dreams! The best submission from a young adult under the age of 18 wins ANY prize they wish for within reason, so long as it enhances your studies in some way – such as a new iPhone 5 or iPad mini. Look out for the big announcement at the end of 2013!

What are you waiting for? Time to get cracking kids!

需回答以下3條簡單問題，即有機會贏得獎品！每一期我們會挑選一位著名人物，誠邀您們搜集一點有關他的資料回答以下問題，獲選最佳答案的入圍參加者，即獲贈會所餐廳的班戟與雪糕禮券。

從每期入圍參加者之中選出的18歲以下全年總冠軍，更可贏得夢寐以求的自選大獎，例如一部全新iPhone 5或iPad mini，或任何有助學習需要的獎品均可！幸運兒將於2013年底誕生，請密切留意！

立即參加，幸運兒可能就是您！

## The key personality for this month is...

Please email your response to the following 3 questions to [crdept@pcpd.com](mailto:crdept@pcpd.com).

1. Who is she?
2. How has she impacted society?
3. Why is she important?

本月我們的著名人物是……

請將您以下3條問題的答案電郵至 [crdept@pcpd.com](mailto:crdept@pcpd.com)。

1. 她是誰？
2. 她如何影響社會？
3. 為何她會成為重要人物？



# Cyberport Summer Mega Sale Carnival

20-21 July, 2013 (Sat & Sun) 11am-7pm  
Ocean View Court, The Arcade, Cyberport

Over **10,000** Branded Products  
up to **90% off**



Furniture • Home Deco • Children Furniture  
Carpet & Rug • Leisure Goods

**\$1 Furniture & Home Deco Bid**  
21 July (Sun) 3pm

**Afternoon Tea**  
3pm-5pm  
\$68/Head  
(Minimum 2 Persons)

**Kids' Corner**  
Bouncing Castle

**Free Gift Redemption**  
Get a bottle of free wine  
(while stock lasts) upon a  
purchase of \$1,000 or above  
at the event

**Fun-filled Entertainment**



HIDESTYLE



ToTo-Living



HOME SaJo



aluminium



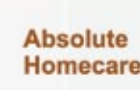
BARONE Italian Kitchen



Rodd Decor 樂家



樂家



Eeki MO's

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Organizer: **HKOMML**

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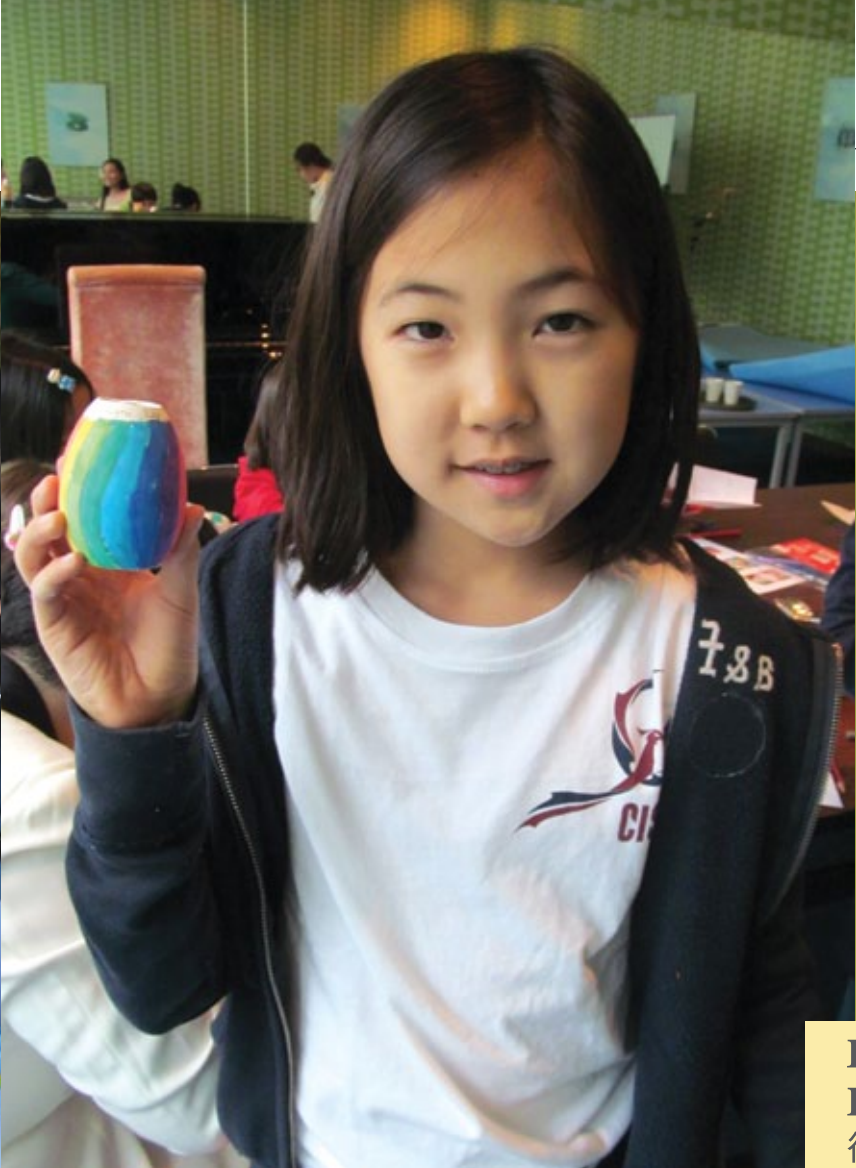


# Your Bel-Air

Bel-Air's little ones met the Easter Bunny and got creative decorating eggs this Easter. 貝沙灣小朋友於復活節發揮無限創意，手繪七彩繽紛的復活蛋，與復活兔共度歡樂一刻。



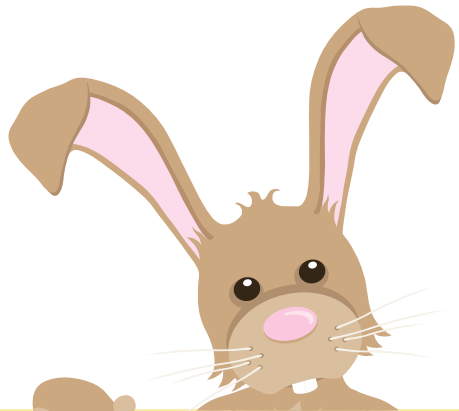
Easter Creativity LEGO Workshop  
復活創意積木工作坊



Easter Magical Planting  
Decoration Workshop  
復活魔蛋工作坊







Meet the Easter Bunny  
親親復活兔

Bel-Air kids had a memorable Easter with a visit from a special furry friend. 復活兔現身貝沙灣，與小朋友歡度難忘的復活節。



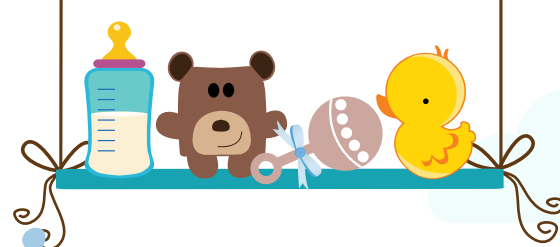
Family  
Concert

A fun family day out to see City Chamber Orchestra of Hong Kong Concert for Families Featuring Clownductor MELVIN TIX at Bel-Air.

貝沙灣一家大小齊享家庭樂，欣賞香港城市室樂團馬文·狄斯玩轉音樂會。







# Bel-Air babies

We would like to invite some Bel-Air Babies to celebrate with other little ones born at Club Bel-Air. Email the baby's name, date of birth and photo to [crdept@pcpd.com](mailto:crdept@pcpd.com). Your child will receive a birthday invitation to celebrate the special day with cake and loads of fun. Stay tuned for the highlights of upcoming birthday bash!

各位貝沙灣小寶貝，我們誠意邀請您到貝沙灣會所與其他小朋友一起參加生日派對！請將小寶貝的名字、生日日期及照片電郵至 [crpdept@pcpd.com](mailto:crpdept@pcpd.com)，就會收到我們的生日會邀請通知，生日蛋糕與好玩遊戲已經準備就緒！請留意下次生日派對的花絮！

Jay Chang  
1 year  
3 months



Kingsley  
Yeung  
11 months



Yuuta Ikeda  
9 months



Jacob Wong  
11 months



## Prime Air Time

B&W Bowers & Wilkins launches Z2 Wireless Music System  
B&W Bowers & Wilkins Z2無線音樂系統隆重面世

Featuring great sound, features and a versatile form, B&W Bowers & Wilkins' new wireless iPhone speaker docks, the Z2, includes an iPhone 5-compatible Lightning connector, featuring Apple AirPlay® technology for intuitive, quality wireless streaming, available in a black or white finish with a versatile design.

Customers can dock the new Lightning connector to the latest generation of iPhone, iPod touch® and iPod nano® and stream wirelessly from iPhone and iPad® models or from a Mac® or PC running iTunes®. A curved metal grille protects the new B&W Bowers & Wilkins engineered drive units, while proprietary Flowport™ technology ensures tight and controlled bass performance. Decades of acoustic engineering experience allow the Z2 to remain compact while producing natural and controlled music at any volume.

The user-friendly AirPlay® technology allows you to stream music wirelessly from an iPhone or iPad to either of the new docks, or alternatively, the Zeppelin Air, A7 and A5 which completes the B&W Bowers & Wilkins Wireless Music System line-up. Most customers already own the necessary equipment – a Wi-Fi network, an iOS device or a computer running iTunes – to enjoy the rich app experience. The free Bowers & Wilkins setup app, downloadable from the App Store™, makes the intuitive technology even more straightforward.

Z2 and the complete B&W Bowers & Wilkins Wireless Music System range combines the brand's traditional audio expertise with AirPlay® wireless streaming, the latest in digital amplifier technology and bespoke Digital Signal Processing, for convenience and the freedom of wireless music that does not compromise sound quality.

全新推出的B&W Bowers & Wilkins Z2 iPhone無線揚聲器底座，提供最佳的聲效和功能，其外型尺寸適用於任何場合。揚聲器底座採用了可相容iPhone 5的Lightning介面，並配備感應式的高品質Apple AirPlay®無線串流技術。備有黑白兩款飾面選擇，多功能的外型展現優雅品味。

全新Lightning介面讓用戶可對接最新一代的iPhone、iPod touch®和iPod nano®，與各型號的iPhone與iPad®，或已裝設iTunes®的Mac®或PC電腦進行無線音串流。B&W Bowers & Wilkins全新設計的驅動單元，由設計巧妙的彎曲金屬網罩保護，並用上Flowport™氣流導孔專利技術保持低頻表現的緊密和穩定。B&W Bowers & Wilkins運用數十年累積的聲學工程經驗，打造出外型小巧的Z2，無論音量調到多大，音樂聽起來都非常自然、穩定和圓潤。

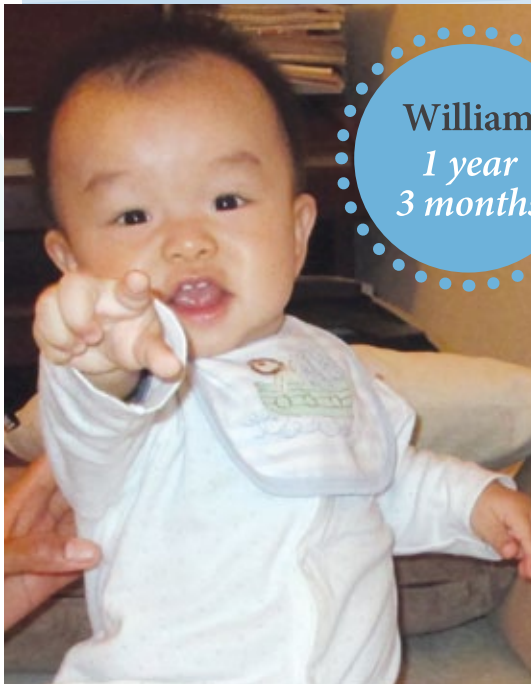
安裝和使用簡易的AirPlay®技術，讓您從iPhone或iPad®無線串流音樂到任何新款的底座，甚至串流到同屬B&W Bowers & Wilkins無線音樂系列的Zeppelin Air, A7和A5之上。許多人已擁有享受美好音質所需的一切裝備：一個Wi-Fi網路，一個iOS設備或運行iTunes的電腦。只須到App Store™免費下載Bowers & Wilkins無線串流啟動程式，使用AirPlay®技術就變得更加直接簡便。

Z2與所有B&W Bowers & Wilkins無線音樂系列同出一轍，將傳統的B&W Bowers & Wilkins音響技術、AirPlay®無線串流技術、嶄新數位擴音器科技和訂製數位信號處理技術相結合，帶來輕便自主的無線音樂，讓您體驗完美無瑕的音質境界。





# Bel-Air *Babies*



William  
1 year  
3 months



Cordis  
Jane Tai  
9 months



Justin Kam  
3 years  
3 months



Isaac Lau  
1 year  
2 months



## *Bel-Air* GRAND FUNCTION ROOM

Celebrate in Style



貝沙灣





**Fiber here! 1000M & beyond\***

**Fiber-To-The-Home broadband experience for Bel-Air residents.**

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NETVIGATOR is served by PCCW Global's international network, which delivers bandwidth of 319Gbps and reaches more than 1,500 cities and 110 countries.



### In & outdoor wireless solutions<sup>^</sup>

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\*Customers have to subscribe to designated NETVIGATOR Fiber-To-The-Home services with commitment period of at least 24 months. Bandwidth Specification refers to network specifications of the subscribed Services for the broadband line connected from the modem at your Premises to the first piece of network equipment or central office of the NETVIGATOR network. For Fiber-to-the-home Plan, bandwidth specifications of 1000M correspond to a maximum upstream and downstream bandwidth of 1000Mbps respectively. The actual speed you experience using the Service will be less than the network specifications and affected by your device, technology, network and software used, network configuration and coverage, usage levels and extraneous factors. <sup>#</sup> On a shared basis with PCCW Global's other customers. <sup>^</sup> Services are provided subject to separate applications