

# Bel-Air

residents' magazine | summer 2010

## Radiance Revealed

Introducing Bel-Air's Guerlain Spa

## La Vita Bella

Tasting Italian wine with four  
of Italy's top wine producers

## Global Citizens

Encouraging kids to  
embrace other cultures





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# welcome



## A community *like no other*

There's always a special sense of community at Bel-Air over the summer. It's a fantastic time to enjoy the outdoors, so we are opening up our gardens with our new organic farm. You can read about our own farm and the way organic farming improves your carbon footprint in our interview with our landscape gardener on page 14.

Bringing up children is a universal joy and obligation, so we'd love to hear your anecdotes. In the next issue, we will be publishing your parenting stories so please write to us at [crdept@pcpd.com](mailto:crdept@pcpd.com).

With many opportunities to join together and enjoy Bel-Air's surroundings, activities and facilities, I hope you have a wonderful summer!

每逢夏季貝沙灣都展現出一幅和諧共融的美麗圖畫，小孩嬉戲，鄰里相約一起活動。夏日是享受戶外活動的最佳時機，貝沙灣為此特別推出首個有機種植園，讓住戶一嚐做有機農夫的滋味，詳情請翻到第 14 頁，細閱貝沙灣園藝師的專訪，認識貝沙灣的有機種植園，了解有機種植如何幫助減輕碳足跡。

在香港帶孩子是件愉快的事，也是做父母的責任，因此我們渴望聽到你的故事，並樂於將其刊登於下一期的貝沙灣雜誌中，請將你的分享電郵至 [crdept@pcpd.com](mailto:crdept@pcpd.com)。

在今個夏天，我們推出多項親子活動，希望你喜歡，也能盡情享用貝沙灣的優美環境和設施，度過寫意盛夏！

**Mr Robert Lee** 李智康先生

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

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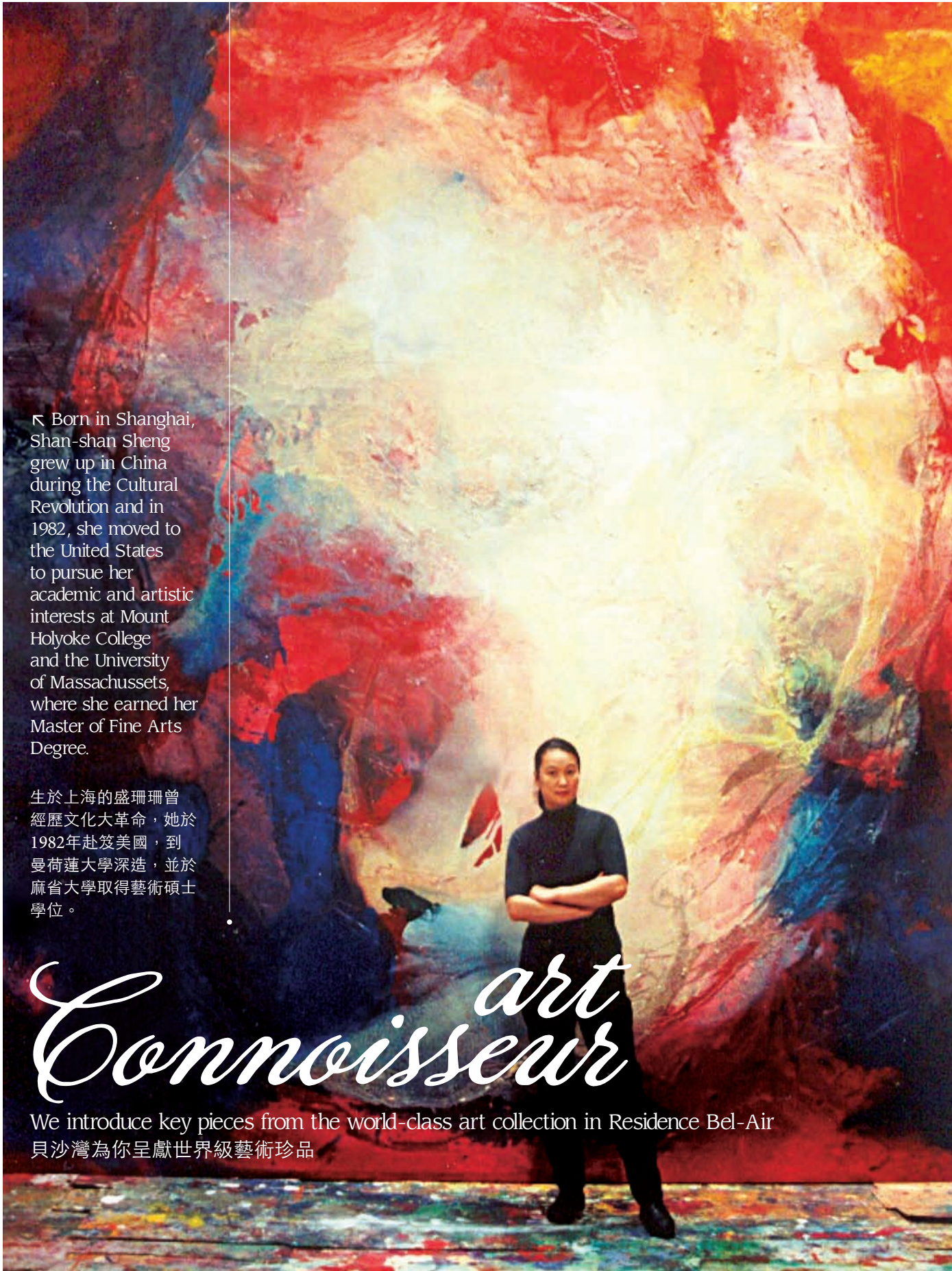
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Born in Shanghai, Shan-shan Sheng grew up in China during the Cultural Revolution and in 1982, she moved to the United States to pursue her academic and artistic interests at Mount Holyoke College and the University of Massachusetts, where she earned her Master of Fine Arts Degree.

生於上海的盛珊珊曾經歷文化大革命，她於1982年赴美，到曼荷蓮大學深造，並於麻省大學取得藝術碩士學位。

# art Connoisseur

We introduce key pieces from the world-class art collection in Residence Bel-Air  
貝沙灣為你呈獻世界級藝術珍品



## The Infinite Universe | *Shan-shan Sheng*

### 盛珊珊的無限宇宙

Enlivening the Club Bel-Air Bay Wing reception area, this huge painting by celebrated Chinese-American artist Shan-shan Sheng combines her abstract painting style with vibrant colours and intense brushstrokes to dramatic effect. One of Shan-shan Sheng's most celebrated works of art, it was specially commissioned by Bel-Air as part of the residence's dynamic art programme. The painting depicts all the elements of the universe – earth, sky, water, fire and air - in a dynamic explosion of powerful reds, contrasting aqua marine and delicate earth tones. It's a painting that demonstrates the contrasts in the world around us and evokes the energy of our natural elements.

Although Shan-shan Sheng is now one of the most sought after Asian artists, it took her hard work and commitment to achieve her goals. From the moment she first applied for a visa to study in the US, she needed to prove herself. "The staff at the consulate looked at my artwork in the interview and then asked me to paint a painting for them right there and then," she describes. "I thought this would be a good opportunity for me to show them my ability, I took out my art supplies and started painting for them. After doing only half the painting, they gave me the visa and that was the moment that I knew that I could use my ability to become a successful artist."



這幅由美籍華人盛珊珊所創作的油畫，結合抽象畫風與鮮活的色彩，加上氣勢磅礴的筆觸，流露出強烈的對比效果，為灣畔會所接待處增添無限生氣。此油畫是盛珊珊最享負盛名的作品之一，由貝沙灣委託創作，是屋苑藝術的重要一環。畫家用上充滿爆炸力的紅色，與冷靜的藍綠色和溫暖的啡系色調，作出了鮮明的對比，把宇宙的所有元素——天、地、水、火、氣，混然為一，帶出世界存在不同面貌的信息，散發着大自然的澎湃力量。

貴為當代最受歡迎的亞洲藝術家之一，盛珊珊的藝術生涯並非一帆風順。當年，盛珊珊到美國領事館申請簽證，準備到美國升學時，就要在諸多領事館職員面前展示實力。盛珊珊憶述：「在見移民官時，那裏的職員看過我的畫作後，便着我即席畫一幅。我當時想，這該是我展示實力的大好機會，所以我取出畫具，即席揮毫。當畫到一半，他們已經把簽證發給我了。那一刻，我知道自己將能憑着本事，成為出色的藝術家。」

## Roman Emperor Profile Reliefs

### 范思哲曾收藏的羅馬帝王浮雕

Carved around 1850 by an anonymous Italian sculptor, these marble reliefs flank the entrance to the Club Bel-Air Peak Wing function room. The contrasting deep mahogany coloured background accentuates their noble profiles, created by carving directly from marble. Acquired from Sotheby's in 2009, the reliefs were originally from the Gianni Versace collection and at some point would have decorated one of the great Italian fashion designer's houses in the US or Italy. After Gianni Versace was tragically murdered outside his Miami beach house in 1997, his entire rare artwork collection was left in his will to his nephew Daniel Versace.

這些精緻的大理石浮雕，約於 1850 年由意大利匿名雕刻家創作，點綴着朗峰會所入口至宴會廳的兩側。藝術家直接在大理石上雕刻，利用底部的深紅色大理石作出對比，凸顯帝王的崇高氣派。此浮雕於 2009 年從蘇富比投得，屬名設計師范思哲的珍藏系列之一。它們本來可能成為范思哲於美國或意大利豪宅內的裝飾，可惜的是，范思哲於 1997 年在邁阿密的海濱別墅內遇害，他的所有珍貴藝術收藏，按着其遺願歸侄兒丹尼爾范思哲擁有。



## Copper Cheongsam Lady | Yang Tao

### 楊韜的雕塑銅像《花-2009》

Like a genteel lady waiting for an escort to dinner, Yang Tao's copper cheongsam lady stands outside the entrance to the function room. Specially commissioned by Bel-Air, the sculpture is a unique collaboration between Mr Lee and Yang Tao. The piece was originally created as a torso with a flower head but throughout weeks of discussion during the collaboration, it was extended to include the entire cheongsam with intricate, swirling engravings that make a subtle statement about the elegance of oriental women. The sculpture is a departure from Yang Tao's traditional style – he is best known for his inflated, almost grotesquely rounded figure sculptures, which have echoes of Henry Moore's avant-garde work. Born in Tai Yuan, Shan Xi in 1970, Yang graduated from the Beijing Institute of Light Industry in 1995, launching his career as a liberal artist in Beijing with a series of one-man shows.

Having exhibited several times in the celebrated Xin Beijing Art Gallery, Yang Tao is one of Beijing's most celebrated artists.

楊韜的雕塑銅像《花-2009》，擺放在宴會廳的入口，就像一位上流名媛，靜候陪伴她出席晚宴的男士。這個雕像由貝沙灣委託創作，是公司行政總裁李先生與創作人楊韜的努力成果。這個雕像的初型，本是一個銅製女體加一朵花作為頭部。後來李先生和楊韜經過數星期的商討後，決定以巧奪天工的鏤空雕刻為創作重點，把東方女性的高貴氣質徹底展現。楊韜的雕刻作品，素來都以誇張渾圓見稱，處處流露出亨利摩爾式的前衛風格；而這個《花-2009》雕像，手工華麗細膩，可稱得上是楊韜的一大突破。

生於 1970 年的楊韜，是山西太原人，於 1995 年在北京輕工業大學畢業後，隨即作出了一系列的個人表演，在北京展開了表演藝術的生涯。貴為北京最享負盛名的藝術家之一，楊韜的作品曾多次於著名的新北京畫廊展覽。



love  
spa

## radiance revealed

We chat to Pinky Choi,  
Spa Director at Bel-Air's  
Guerlain Spa to find out  
her tips for a glowing  
and healthy complexion  
throughout the summer

我們特別請來貝沙灣嬌蘭水  
療中心總監蔡佩思小姐，分  
享夏日護膚之道，讓你的肌  
膚在盛夏煥發健康神采







## How does the changing weather affect the skin?

As the seasons change, skin problems get much more exaggerated and your skin is constantly in flux, trying to balance itself out and protect itself against the changing conditions. So if you have oily skin, you are likely to experience more breakouts and if you have dry skin, your skin is likely to get much dryer.

## How should people change their skincare regimes in the summer to combat these problems?

A lot of people with dry skin make the mistake of trying to use oil-based products to combat drying skin. Equally, those with oily skin tend to stop using moisturiser as they feel it is too oily for their skin. In fact, all skin types need help to rehydrate and combat imbalances with a good water-based hydration cream. This will not block your skin and will allow it to breathe and ultimately balance itself out. A good rehydrating night cream is an essential item during the summer months.

## What's the most common mistake that women make with their skincare regime?

While most women now wear SPF on a daily basis, many forget to reapply it throughout the day and this is a big mistake as most SPF15 creams will only last for two and a half hours – so after applying cream in the morning, if you pop out for lunchtime or in the afternoon, you will no longer be protected. I recommend choosing a day cream with SPF in it and keeping a small pot in your handbag for touch ups at lunchtime. Alternatively, you can use a good foundation with sun protection for touch ups if you are worried about your makeup.

## If you do forget to apply sun cream and end up with sunburn, what is the best way to treat it?

Firstly, aloe vera is by far the best product to treat sunburn with – use a gel that is at 95 percent pure aloe vera. Secondly, many people think you should take a cold bath or put your aloe vera gel in the fridge. I don't recommend

this as skin is already ultra sensitive after a burn and dramatic changes in temperature will only make it more sensitive – so try to keep your shower water and products at the same temperature as your skin.

## 天氣的改變，對皮膚造成什麼影響？

夏季天氣變幻莫測，這特別容易令肌膚出現問題。肌膚本身具調節功能，能因應環境作出平衡，避免受外在環境威脅。然而，若變化過劇，肌膚便容易出問題，例如油性肌膚可能會暗瘡頻生；而乾性皮膚，則可能會變得更乾。

## 在炎炎夏日，該選擇什麼護膚產品，對症下藥？

很多擁有乾性皮膚的人，都誤用油性產品以圖改善乾燥的膚質。同樣，油性肌膚的人，會選擇停用保濕乳液，因為他們認為保濕乳液油分太重。其實，任何一種膚質都需要使用水分重的補濕霜，以補充肌膚的水分，從而平衡油脂的分泌。這類補濕霜不但不會堵塞毛孔，而且更能讓肌膚透氣，保持於平衡狀態。優質的補濕晚霜，絕對是夏天的必然之選。

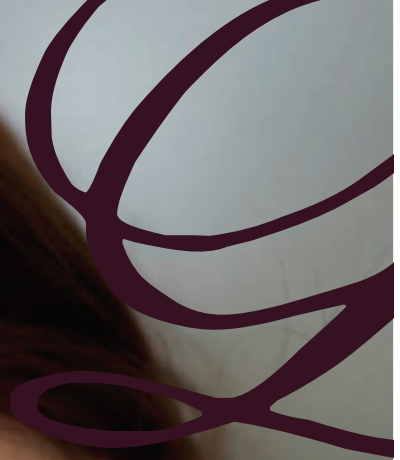
## 女性在護膚上最常犯什麼錯誤？

現今大部分女性都會使用防曬產品，但很多時都誤解其特性，忘記於日間再次補上。其實大部分具 SPF15 防曬度的產品只有約兩小時有效時間。如果你在早上塗上防曬產品，然後於午間或下午外出的話，臉上的防曬產品已無法發揮保護作用。我建議女士們可選擇含有防曬成分的日霜，並將日霜裝進小瓶內隨身攜帶，以便在午間補上。有化妝的女士可選擇具防曬功能的優質粉底，並隨身攜帶以作補妝之用。

## 如果忘記塗防曬產品而曬傷了，最有效的處理方法是什麼？

讀者可考慮使用成分天然的蘆薈膏。蘆薈含量為百分之九十五或以上的蘆薈膏是目前最有效的產品，能有效舒緩曬傷的肌膚。許多人以為曬傷後來一個冷水浴，或把蘆薈膏放在冰箱冷凍後使用是有效減少肌膚紅腫的方法。然而我並不贊成這種做法，因為曬傷的肌膚極為敏感，驟冷的溫度可能使情況更嚴重。最好的方法是以體溫相約的暖水沐浴，並塗上置於室溫的蘆薈膏。

*Heritage  
Taste*



In celebration of the fantastic year for Italian wine in 2009, Bel-Air invited four Italian winemakers for a tasting evening. We caught up with them to find out more about their regions and what makes Italian wine so special

2009 年是意大利產酒好年，為了讓讀者更加認識意大利美酒的特色，貝沙灣會所誠邀四名意大利釀酒師出席品酒之夜，並把握與他們相聚的時間，深入了解各種植區的特色，暢談意大利美酒為何能自成風格



# La vita bella!

## LES CRETES

Originally from France, the Charrère family moved to the Aosta Valley in Italy in the mid 1700s. They started out as farmers and millers but in 1955, their future profession changed forever when they planted their first two hectares of grapes “focusing on making quality wines out of the indigenous vinifera varieties grown in the Aosta Valley”. In 1989, the Charrères enlarged the original estate and built Les Crêtes winery.

“Nobody is born a winemaker, above all, I guess destiny leads us to choose a profession like this, then the passion makes sure of the rest.”

“Nobody is born winemaker,” says Costantino Charrère the owner at Les Crêtes vineyard. “Above all, I guess destiny leads us to choose a profession like this, then the passion makes sure of the rest.”

With 25 hectares of vines, Les Crêtes is the largest privately held vineyard and winery operation in the Aosta Valley. “Aosta is a highly interesting region,” explains Costantino. “No other region on earth knows such a rich variety of grapes in such little space.” Les Crêtes vineyards are located at relatively high mountain elevations (600 to 1,000 metres.), and due to the climatic conditions, the harvests often begin in late autumn. This gives the grapes time to ripen while they are exposed to a wide variety of day and night temperatures, a natural process that adds to the unique aromatic character and flavour profile of the resulting wines.

原屬法裔的 Charrère 家族在 1700 年代中期移居意大利西北部的奧斯塔山谷（Aosta Valley），起初以務農和經營磨坊為生，到了 1955 年，他們開墾了首幅兩公頃的葡萄園，「主力種植奧斯塔山谷土生的 vinifera 品種葡萄，冀以釀造優質葡萄酒」。此後，他們的未來從此改寫。Charrères 於 1989 年在原址擴建莊園，建立了 Les Crêtes 釀酒莊。

「無人天生釀酒師。」Les Crêtes 葡萄園園主 Costantino Charrère 如是說。「我猜是命運先引領我們選擇了這個行業，然後是熱情讓我們將事業發揚光大，這正是精誠所至，金石為開。」

Les Crêtes 現擁有 25 公頃大的葡萄園，是奧斯塔山谷最大的私營葡萄園和釀酒坊。Costantino 指出「奧斯塔是一個引人入勝的種植地區，它能在細少的空間出產這麼多品種的葡萄，實在是世界其他種植區難以媲美的。」Les Crêtes 葡萄園位於高山地帶（600 至 1,000 米），因氣候使然，收割的日子往往在晚秋開始，這令葡萄有足夠時間完全成熟。此外，極大的日夜溫差，也有助葡萄釀造出芳香獨特、味道馥郁的葡萄酒。

[www.lescrettes.it](http://www.lescrettes.it)



## PICO MACCARIO

Pico Maccario was founded by two brothers Pico and Vitaliano Maccario who inherited from their grandfather, Carlo, both the land for the vineyard and their passion for wine. With fantastic conditions for wine growing in the hills of Mombaruzzo, in just a few years the brothers have created a respected vineyard run with a “magical balance between work and family”. The brothers divide the work based on their characters, their hopes and their vocations. Pico, the eldest, devotes himself to the production of the wine, while Vitaliano handles the commercial side. They have high standards and are demanding vineyard owners, particularly with themselves, as they have an exact idea of the effort required to achieve excellent results, which they do with the help of their carefully selected equipment and staff who work in the vineyards and cellars.

The conditions at the vineyard are so perfect as it is set in the golden triangle between Tanaro and Belbo, known as one of the most important Italian wine regions due to its “terroir” (the soil and land that contributes to a grape’s flavour). “It is a well balanced and harmonious landscape marked by the geometry of the vineyards like the tiles of a big mosaic”, says Vitaliano. “The great Barberas, Tre Roveri, Lavignone and Cantamerli, grow in the vineyard with a southern exposure where the luxuriant vines can catch the maximum amount of light and heat and the clay soil gives the wine a notable full-bodied density and a pleasantly full flavour.”



Pico Maccario 由兩兄弟 Pico 和 Vitaliano Maccario 創辦，他們從祖父 Carlo 手中承繼了對葡萄酒的熱愛和種植葡萄園的土地。Pico Maccario 的葡萄園位於意大利北部 Mombaruzzo 山丘，那裏的氣候環境十分利好葡萄的生長，因此兄弟倆僅花數年便建立了譽滿酒界的葡萄園，而且可在「工作和家庭兩兼顧的情況下」經營。兩兄弟合作無間，按照個性、抱負和專業分工合作，哥哥 Pico 全情釀酒，而弟弟 Vitaliano 則負責商業運作。他們定下很高的標準，是一絲不苟的葡萄園東主，對自己的要求特別高，因為他們清楚知道需要怎麼樣努力才能做出卓越成就。他們引入精心挑選的器材和員工，以輔助葡萄園和酒窖的工作。

Pico Maccario 葡萄園的環境相當理想，地處 Tanaro 和 Belbo 之間的黃金三角，而這個金三角亦憑其「terroire」（即土釀和一切促成葡萄酒味道的天然因素）成名，並晉身意大利最重要的釀酒區之一。Vitaliano 指出葡萄園所在地「地勢均勻和美，從遠處看來，葡萄園就像一幅巨型的馬賽克畫。葡萄園的南向日照極為充足，讓葡萄樹可充分吸收陽光和熱量，茂盛生長，並結出一流的葡萄，品種包括 Barberas、Tre Roveri、Lavignone 和 Cantamerli。由於當地的土壤屬黏土類，所產出的葡萄酒酒體豐厚，味道馥郁。」

[www.picomaccario.com](http://www.picomaccario.com)

“The vineyard is run with a magical balance between work and family.”



“The Massolinos believe in making wine with passion in its land of origin and preserving the typical characteristics of the autochthonous grape varieties.”



## MASSOLINO

“The history of the Massolinos and their wine became entwined with the history of Serralunga d’Alba in 1896,” explains Franco Massolino of Massolino vineyard. “When Giovanni founded the estate, he was an enterprising, tenacious and creative man and the progenitor of a family that has made the combination of inspiration and tradition something to be proud of.” The first wine cellar was built on the land by Giuseppe, son of the founder Giovanni who together with his sister Angela, extended his estate into the best soils. In 1934, he then became one of the founders of the Consortium for the Defence of Barolo and Barbaresco. At that time, Giuseppe had six children. Three of them, Giovanni, Camilla and Renato, followed in their father’s footsteps, expanding the estate with the purchase of cru vineyards.

In the 1990s Franco and Roberto, both oenologists, joined the family estate. Their work condenses the experience of an entire family and the ambition of a new generation, determined to make an important contribution to the innovation of oenological and agronomical techniques and to the image of the estate in Italy and abroad.

The philosophy of Massolino started with the very first wines created by Giuseppe, who believe in “making wine with passion in its land of origin and preserving the typical characteristics of the autochthonous grape varieties.” Indeed, Giuseppe was so passionate about wine that he was convinced there was “a deep and tangible link between the vines, hills and winegrowers.” Since 1896, the Massolino family has been making wine this way, loyal to this philosophy and to the capacity for innovation in the name of tradition.

In short, they believe their wines reflect their philosophy and the way they remain true to their history. The family has continued their production following in the footsteps of their relatives and their style of production has not changed dramatically because they believe that the historical Barolo is “really one of the best wines in the world”.

Massolino 莊園位於意大利北部 Barolo 區的 Serralunga d’Alba 村莊，由 Giovanni 於 1896 年創立，現任掌舵人為 Franco Massolino。Franco 稱，「Massolino 的歷史和其出產的葡萄酒自 1896 年起，就與 Serralunga d’Alba 的歷史密不可分。先祖 Giovanni 是極富進取心、意志堅定和創意橫溢的漢子。身為家族的開荒者，他把靈感和傳統結合，我們無不以他為榮。」

Massolino 的首個酒窖則由 Giovanni 的子女 Giuseppe 和 Angela 建造，他們把莊園擴展至最優質的土壤上，並於 1934 年參與成立 Consortium for the Defence of Barolo and Barbaresco。Giuseppe 育有六名子女，其中三人 Giovanni、Camilla 和 Renato 追隨父親的抱負，不斷收購優質的葡萄園以壯大自家的莊園。

在 1990 年代，Massolino 的第四代傳人 Franco 和 Roberto 參與莊園經營。他們俱為釀酒專家，銳意革新釀酒和務農技術，遂將 Massolino 家族的豐富經驗和新一代的雄心壯志糅合，為 Massolino 莊園在意大利和海外形象作出重大貢獻。

Massolino 的經營哲學於 Giuseppe 首批釀造的葡萄酒率先體現——「在原產地之上以最大的熱誠釀造醇酒；保存土產葡萄品種的典型特質；深信葡萄樹、山丘和葡萄種植者之間的深厚連聯能產出最美的佳釀。他們對土地的珍愛貫徹始終，堅定不移」。自 1896 年以來，Massolino 家族一直以這種態度釀酒，對此經營哲學不偏不離，並在傳統之上加上創新精神。

簡言之，他們認為佳釀反映其家族的一套理念，並對緊守家族歷史矢志不渝。家族經營的釀酒廠，一脈相承，釀酒方法始終依祖傳秘方，變化不大，全因他們相信老字號 Barolo 「實屬全球佳釀之一」。

[www.massolino.it](http://www.massolino.it)

## VILLA SPARINA

Villa Sparina estate includes 100 hectares of land, of which 60 are vineyards surrounded by woods, ventilated by winds coming from the Ligurian Sea and exposed to the sun. Most vineyards are cultivated with Cortese grapes and are located on the Monterotondo hill, while in Cassinelle, 4 hectares of vineyards are cultivated with Dolcetto grapes under the Ovada DOC appellation. As the winemakers explain, “The prestige of Villa Sparina and its soul are in the recognition that Monterotondo wine is the most noble of the white wines obtained with a severe and attentive selection of the Cortese DOCG grapes.”

Monterotondo is an area of sandy terrain set at 300-350 metres above sea level. A hilly area facing mainly east-south-east, Monterotondo towers over its two neighboring towns. These features - together with a remarkable windiness that originates from the merging currents whipping between the hills - yield grapes that mature late and have an acidity, special character and aroma that are unique to the region. Harvesting takes place in October, providing the perfect balance between sweet, floral flavours and refreshing undertones of citrus.

Here among older cellars and vineyards, the Moccagatta family founded Villa Sparina, and put its strength in the power of tradition and creative innovation. Today Villa Sparina is a prestigious name also famous for its unmistakable bottle shape.

Villa Sparina 莊園由 Moccagatta 家族創立，佔地 100 公頃，其中 60 公頃為有樹林包圍的葡萄園，環境得天獨厚，不但陽光充沛，也享 Ligurian 海吹來的自然海風。葡萄園分佈於兩大區域，位於 Monterotondo 山丘之上的葡萄園幅員較廣，種滿 Cortese 葡萄；而位於 Cassinelle 盆地的葡萄園則種植了 Dolcetto di Ovada (DOC) 葡萄，佔地約4 公頃。正如釀酒師說，「Villa Sparina 的聲望和靈魂來自於 Monterotondo 的葡萄酒，因為那裏的白葡萄酒地位崇高，全由精挑細選的 Cortese DOCG 葡萄釀造。」

Monterotondo 屬沙土地帶，位處海拔 300 至 350 米。Villa Sparina 的 Gavi 葡萄酒由上等葡萄釀製，並以種植區內最重要的市鎮取名。處於丘陵地帶的 Monterotondo 面向東南偏東方，比毗鄰兩個市鎮高出很多。種種地勢特色再加上山丘間風谷所匯聚的氣流，形成強烈風勢，為葡萄生長提供良好條件。當地葡萄傾向晚熟，有一種獨特的酸性、個性和果香，為 Monterotondo 區所獨有。每逢十月是收割期，葡萄的果甜、花香味道和清新的柑橘基調比例恰到好處。

Moccagatta 家族不但創立了 Villa Sparina，也擁有許多歷史悠久的酒窖和葡萄園，而 Villa Sparina 就把其優勢建築在傳統和創意革新的力量之上。今天 Villa Sparina 名揚葡萄酒界，其渾圓的酒瓶形狀也是馳名設計。

[www.monterotondoresort.com/villasparina](http://www.monterotondoresort.com/villasparina)

“The success of Villa Sparina lies in the fact we passionately believe that Monterotondo wine is the most noble of the white wines.”





Bel-Air has always been home to gourmet food and wine lovers from all over the world and in testament to its reputation for fine dining, Club Bel-Air recently played host to Sotheby's International Head of Wine, Ms Serena Sutcliffe, in celebration of her birthday. One of the world's leading authorities on wine and an internationally recognised wine writer and renowned taster, Ms Sutcliffe was joined by Mr Robert Lee, the owners of Château d'Esclans in the South of France, Mr & Mrs Sacha & Mathilde Lichine, noted food critic from Japan, Ms Satoko Yahata, internationally acclaimed tenor Mr Warren Mok and other gourmands, including Mr Nicholas Yang, Mr & Mrs Richard & Esther Fung and Mr Alan Wu.

Guests indulged in a luxurious 11-course meal, which featured a global feast of delicacies, including seafood starters of Hokkaido oyster fritters fresh from Japan and stuffed crab shells. This was followed by Italian angel hair pasta in black truffle and bottega cream sauce, Chinese-style pan-fried fish head, pan-fried crisp salmon fillet, sweet and sour prawns and braised abalone with seasonal vegetables in oyster sauce. Roasted baby pigeon and slow cooked whole rib-eye steak were also on the menu and to freshen the palate after such an odyssey of flavours, a delicious tom yum goong soup was served chilled. The feast was completed with sizzling crepes Suzettes, drizzled with hot caramel sauce and Grand Marnier.

The menu was paired with a spectacular range of wines, starting with a 1989 magnum of Krug Champagne. The red wine menu resembled a guide to the most outstanding wines of the century and featured a 1959 Château Margaux, a 1961 Château Beychevelle, a 1970 Château Cheval Blanc, a 2003 DRC Echezeaux and an unforgettable

## Heavenly Celebration



magnum of 1975 Château Mouton Rothschild. The fish was served with a refreshing 1995 Montrachet and as a grand finale to the meal, a syrupy 1990 Château D'Yquem dessert wine was enjoyed.

貝沙灣薈聚環球美食及世界名釀，是美食愛好者的天堂，為了證明此言非虛，貝沙灣會所最近就特別為蘇富比國際葡萄酒部主管 Serena Sutcliffe 安排了豐盛的慶生宴。身為世界首屈一指的洋酒權威及世界公認的酒評家及知名的美食專家，Sutcliffe 相識滿天下，與她共度生辰的好友，包括李智康先生、法國南部Château d'Esclans 酒莊主人Sacha & Mathilde Lichine 伉儷、知名食評家Satoko Yahata 女士、享譽國際男高音藝術家莫華倫先生、美食愛好者Nicholas Yang 先生、Richard & Esther Fung 伉儷及 Alan Wu 先生。

當晚共有十一道菜式，盡攬環球美食的精髓，頭盤包括海鮮拼盤——由日本空運到港的北海道炸生蠔和釀蟹蓋，味道鮮甜；而主菜則包括 Bottega 白汁意大利天使麵伴黑松露、中式煎魚雲、香煎三文魚柳、咕嚕蝦、蠔皇鮑魚扒時蔬、吊燒妙齡鴿、慢煮原塊肉眼扒。緊接多道味道紛陳，各具特式的熱葷的，是一道涼入心脾的冰凍冬蔭公湯，正好清清味蕾，迎接最後的甜點。煎得薄薄的 Crepes Suzettes，灑以熱焦糖漿和 Grand Marnier 力嬌酒，令人無法抗拒。

美味的佳餚，還需美酒相配，才能相得益彰。李生先特別為是次晚宴挑選多款名酒，最先出場的是 1989 年的 Krug Champagne，接着是 1959 年的 Château Margaux、1961 年的 Château Beychevelle、1970 年的 Château Cheval Blanc、2003 年的 DRC Echezeaux，以及叫人難忘的 1975 年 Château Mouton Rothschild，款款紅酒都是本世紀最出眾的佳釀。當奉上魚類菜式時，則換上 1995 年的 Montrachet，口味清新雋永。晚宴最後以香甜如蜜的 1990 Château D'Yquem 甜酒作結，為盛宴添上完美句號。

# Summer Recipes

Try out these delicious seafood dishes from our Bel-Air chef 貝沙灣特別為你設計  
兩款夏日滋味食譜，口味清新

Salmon Fillet  
with Crispy Skin





## Salmon Fillet with Crispy Skin

220g		Salmon fillet	220克		三文魚柳
15g		Sea salt	15克		海鹽
5g		Black pepper	5克		黑胡椒
50g		French beans	50克		法國邊豆
35g		Shallots (thinly sliced)	35克		紅蔥頭（切薄片）
30ml		Olive Oil	30毫升		橄欖油

1. **Preheat the oven** to 190°C. Pat the salmon fillets dry using kitchen paper and then brush each fillet with olive oil and season well with salt and black pepper.
2. **Heat a grill pan** on a medium heat and place the salmon skin side down in the pan and cook for 2 -3 minutes.
3. **Turn the fish over** and cook for another minute then transfer the fish onto a heated baking tray (skin side up) and place in the oven for a further 4 - 5 minutes.
4. **While the salmon is cooking**, sauté the beans with the shallots. Season with salt and pepper, serve with the salmon.

1. 預熱焗爐至攝氏 190 度。用廚房專用紙巾抹乾三文魚柳上的水分，然後掃上橄欖油，加海鹽及黑胡椒調味。
2. 用中火燒熱平底鑊，放入三文魚柳，魚皮向下，煎 2 至 3 分鐘。
3. 把魚柳反轉，煎 1 分鐘，用經預熱的焗盤盛起，魚皮向上，放進焗爐焗 4 至 5 分鐘。
4. 當魚柳在焗爐烤焗時，爆香紅蔥頭和法國邊豆，以海鹽和黑胡椒調味，與三文魚柳一同上碟。

## Curried Shrimp Salad

35g		Plain yogurt	35克		原味乳酪
35g		Mayonnaise	35克		蛋黃醬
30ml		Milk	30毫升		牛奶
15g		Curry powder	15克		咖喱粉
80g		Medium shrimps, shelled and cooked	80克		中蝦，去殼及煮熟
50g		Pineapple	50克		菠蘿
40g		Mango chutney	40克		芒果甜酸醬
40g		Red grapes	40克		紅提子
35g		Chopped mango (garnish)	35克		芒果肉切粒（裝飾用）
15g		Toasted coconut (garnish)	15克		烘椰絲（裝飾用）
30g		Cashew nuts (garnish)	30克		腰果（裝飾用）
40g		Mixed Green Leaves	40克		新鮮沙律菜



1. **In a medium bowl**, combine the yogurt, mayonnaise, milk, curry powder and mango chutney and mix well. Add the shrimps and toss until they are coated in the dressing.
2. **In a large serving bowl**, combine the diced pineapple, red grapes and mixed green leaves. Add the shrimp-curry mixture to the salad and toss until everything is lightly coated.
3. **Plate up the salad** on a chilled plate and garnish with chopped mango, toasted coconut and cashew nuts.

1. 在中型碗內加入原味乳酪、蛋黃醬、牛奶、咖喱粉、芒果甜酸醬，拌勻。加入中蝦攪拌至蝦身沾滿醬汁。
2. 把菠蘿粒、紅提子、蔬菜加入大碗內，拌勻；然後倒入上述的咖喱蝦混料，攪拌至材料沾上醬汁。
3. 把沙律倒在經冷凍的碟上，灑上芒果粒、烘椰絲、腰果作裝飾。

# on the Farm

Bel-Air's family trip to the New Life Organic Farm was both enlightening and exciting. 在新生園有機農莊舉行的親子遊，既益智，又好玩。



Justin Kim, 4 with his mum

Bel-Air families gathered to experience the joys of the great outdoors at New Life Organic Farm on 26 June, as part of Bel-Air's exciting range of summer programmes. Run by the New Life Psychiatric Rehabilitation Association, the farm provides education and training to the mentally ill, as well as producing sustainable and environmentally friendly produce. With 4.1 hectares of interactive farmland, families experienced the educational fun of the organic agricultural exhibition gallery, organic herb garden, organic farming zone, the butterfly garden, the Chinese herb garden and the amazing organic cactus garden.

There were also lots of fun-packed interactive activities and games for visitors of all ages to enjoy, including handicraft workshops that use natural materials such as plants, seeds and stones. Of course, families also got their hands dirty and got involved with the farming, digging up their very own vegetables!

踏入暑假，貝沙灣舉辦了連串的精彩活動，與住戶一起歡度盛夏。6月26日就於新生園有機農莊舉行了親子遊，獲多個喜愛大自然的貝沙灣家庭熱情參予，氣氛熱鬧。

新生園有機農莊由新生精神康復會營運，為精神病康復者提供教育及培訓機會，同時出產具持續性的環保產品。這個互動農場佔地4.1公頃，設有不同主題的區域，包括寓教育於娛樂的有機農業展覽館、有機香草園、蝴蝶園、本草園及有機仙人掌園等。

農莊提供多個好玩有趣的互動環節和遊戲，適合一家老幼參與，例如環保手工藝班，就教授如何以稻草、種子及石頭等天然素材製作大自然手工藝；而有機田園更開放予遊人參與，讓都市人一嚐做農夫的滋味。當天，不少貝沙灣家庭齊齊捲起衣袖，親身體驗有機耕種的樂趣，親手掘出新鮮甜美的農作物。



Louise Strelow, 2

**New Life Organic Farm, Tuen Mun**  
For enquiries call 2461 1712,  
or visit [www.nlptra.org.hk](http://www.nlptra.org.hk).

屯門新生園有機農莊  
請致電 2461 1712 查詢  
或瀏覽網址 [www.nlptra.org.hk](http://www.nlptra.org.hk)。





⌞ Hong Kong's organic farms are small-scale operations that can make a big impact on our planet and our health.

香港的有機農場規模雖小，但對地球和人類健康有極大的好處。

# homegrown & wholesome

## Homegrown & Wholesome

As Bel-Air launches its very own organic farm, we investigate the trend. 貝沙灣近日開墾了自家的有機種植園，讓我們率先探討此熱潮。



It's 8am and the sun is already beating as Monica Yan, the landscape gardener at Bel-Air gathers with a group of residents in the gardens. If it weren't for their collection of trowels and spades, you could be forgiven for thinking they were a group of neighbours going for a swim. In fact they are hitting the gardens to rake and hoe the land, planting aubergines and watering tomatoes in the ultimate means of getting back to nature.

Farming may seem like a surprising urban pursuit but the entire organic produce movement has become increasingly popular in Hong Kong over the past decade.

In the late 1990s Hong Kong had fewer than 20 organic farms but throughout the past decade that figure has skyrocketed to 320 organic farms, according to the Agriculture, Fisheries and Conservation Department. This dramatic increase cannot simply be attributed to a few environmentalists with nostalgia for traditional farming techniques. So what exactly makes a farm "organic" and why the sudden craze? It is only in the 20th century that synthetic chemicals were introduced to the food supply. Organic farming reverts back to traditional methods and excludes the use of synthetic materials during production and pesticides, insecticides and herbicides are only used as a last resort. Due to rising concerns over the impact these synthetic chemicals have on our bodies and our planet, organic produce has become popular with people seeking to live a healthy and green lifestyle.

"Getting involved in organic farming appeals to people on a number of levels," explains Yan. "It lets people experience how nature works and appreciate how it can be protected. All we need are some seeds, sunlight and water - all things that come from nature - and we can produce food. We don't need to use any chemicals or artificial substitutes in the process. So on

harvest day, you really experience the gift of nature in its simplest form, and from this experience comes an appreciation of the subtlety between human beings and their environment. It highlights that nothing can be taken for granted."

"It is so encouraging to see people in Hong Kong move towards living a greener, healthier lifestyle."

Kadoorie Farm & Botanic Garden was one of the first farms in Hong Kong to reject modern pesticides and grow organic produce. In 2007, it joined the One Tonne Challenge campaign (a campaign encouraging Hong Kongers to reduce their carbon footprint) to launch Central Organic Farmers' Market.



"Getting involved in organic farming appeals to people on a number of levels. **It lets people experience how nature works** and appreciate how it can be protected."

The market encourages people to live a healthy and low-carbon lifestyle by buying organic produce and also provides a platform for fair-trade to help small, local farmers stay in business and build community support to help protect Hong Kong's farmland.

The buzzing market is a testament to the way in which Hong Kong's community is embracing organic, locally produced food. Farmers exchange advice, while shoppers fill their bags with locally grown produce, eagerly exchanging recipes and tips on what produce is in season. Idy Wong, Head of the Sustainable Living and Agriculture Department from the Kadoorie Farm & Botanic Garden believes the growth of the organic food market in Hong Kong demonstrates a dramatic shift in attitude for Hong Kongers. "10 years ago locally grown produce was almost considered a poor substitute for imported goods," she says. "Now you see the popularity of the market and it's clear that people are celebrating our local produce and learning to embrace it again."

For Wong this shift in attitude is critical for the future of our countryside and indeed, our planet. Organic farms tend to be smaller, locally operated farms, which means the produce they sell has not been flown around the world so has a smaller carbon footprint. People are increasingly driven to buy local organic produce because it satisfies their hunger to both feed their bodies in a healthy manner, as well as feed their social and environmental consciences. "It is important for us to support the local farming movement because a local food system with low food mileage is more sustainable than a global system where a lot of energy is used to transport produce from farms in one part of the world to consumers in another" he says. "Global food systems

also do not facilitate nutrient and energy recycling in the food production process, which can only happen in a local organic food system."

There is an encouraging sense of community spirit at the markets, which indicate a change of heart. "I don't think the social aspect of this market and the whole organic food movement in Hong Kong can be overlooked," says Wong. "A stronger community bond and connection develops between farmers and consumers."

As Monica Yan gets to work on the organic farm in Bel-Air she is certainly aware of the way the simple act of joining together as a team to grow vegetables can bring a community together. "It is so encouraging to see people in Hong Kong move towards living a greener, healthier lifestyle," she says. "Residents come with their hearts and do not mind working in the hot sun, strong wind, and heavy rain."

It is certainly not easy to grow crisp, green pak choi and or juicy red tomatoes, so it is with a sense of satisfaction that residents take their homegrown produce home to their dinner table. "Organic farming may be hard work but it is great fun for the whole family," says Yan. "We hope that by teaching residents to appreciate the delicate balance of nature, the farm will be the first point for many people on the road to living a greener lifestyle."



早上八時，太陽已經曬得熾熱，貝沙灣的園藝師 Monica Yan 與一眾住客在花園集合。要不是他們個個拿着大小不一的鏟子，你可能會以為他們只是前往游泳池。其實，他們是假日農夫，正準備往有機種植園栽種茄子，幫番茄澆水，一起親親大自然。

做假日農夫好像是小眾玩意，但整個有機耕種運動在過去十年卻是愈來愈受歡迎。根據漁農署的統計數字，在九十年代末，香港只有寥寥數個有機農場，但過去十年已經增加至320個。這個增幅並非能由數名懷念鄉土生活的環保人士，或純粹因為害怕吃到有抗生素的白菜的人士所能推動。

那何謂「有機」農場？此熱潮又所謂何事？從二十世紀開始，許多農夫大量使用合成化學品，而有機農場的耕種方式則回歸傳統做法，在過程中避免使用合成化學品。他們只會在別無選擇時，才使用殺蟲劑、農藥、除草劑等。當人們愈來愈關注這些合成化學品對身體和地球所造成的影響，就吸引更多人去追尋健康的綠色生活。

Monica 解釋：「有機耕種老少咸宜，能令很多人感受大自然的奧妙、體會該如何保育大自然。我們所需的只是種子、陽光、水分等天然資源而已，而根本不需要使用任何化學品或人工代替品。收成時，你可見證大自然之奇妙，欣賞人與自然環境之間的含蓄關係，亦能體驗一分耕耘一分收穫的道理。」

嘉道理農場暨植物園在很早以前已經反對使用現代殺蟲劑，實踐有機耕種，並於 2007 年參加了「噸噸愛地球」計劃（此計劃的目的是呼籲港人減少碳足跡），在中環開辦了有機農墟。農墟鼓勵香港人購買有機產品、採取健康及低碳方式生活。此外，農墟也提供公平貿易的平台，幫助本地的小型農場維持生計並教育大眾，好好保護香港的農場。

熙來攘往的農墟正好說明香港人是真心喜愛本地的有機農作物。在這裏，農夫們可以交換耕種情報；消費者可購買新鮮的本地農作物；大

家可熱烈地交流食譜，談論當造的農作物。嘉道理農場永續生活及農業部主管王麗賢女士指出：「隨着有機食物的市場增大，可見香港人的態度有很大的轉變。她表示，在 10 年前，大眾仍認為進口貨才是優質之選，而本地農產品俱為次一等的選擇。現在本地農產品那麼受歡迎，足以證明港人對本地農產品已經重拾信心。」

王女士道出港人態度的轉變，這對於我們未來的郊區環境以及整個地球都十分重要。一般本地的有機農場規模較小，他們的產品量不足以外銷到其他國家，因此其碳足跡較低。港人愈來愈喜歡購買有機產品，因為此舉不但可以供應身體營養所需，更可表達自己對社會與環境的關注。王女士續稱：「支持本地的農業活動十分重要，因為本地農作物不涉及長途運輸，所耗能源也較小，因此整體上比進口農產品更具持續性。進口貨在運輸的過程中消耗了很多能源，因為要從地球的一端送到另一端，而且不能在食物的生產過程中循環使用能量與營養。只有本地種植的有機產品才能將能量和養分充分循環再生。」

農墟受到社區歡迎，表明香港消費者的生活態度日漸改變。王女士表示：「我認為農墟對社區，以及對整個有機食物運動的影響都是不容忽視的。農墟為農夫和消費者提供一個平台，讓他們建立更強的社區聯繫和連結。」

當 Monica Yan 在貝沙灣的有機種植園工作時，她把住客聚集一起種菜，就是這麼簡單的動作就能夠把整個社區聯繫起來。「能夠看到香港人決心改變其生活方式，過更健康、更綠色的生活，實在十分鼓舞。」她說。「住客們都是有心人，他們不怕日曬雨淋，熱心打理每棵植物，實在毅力可嘉。」要種出爽脆碧綠的白菜、甜美多汁的番茄一點也不容易，不過當住客把自己的心血帶回家中享用時，就會感到很有成就感。Monica 說：「有機耕種並非易事，但能夠為一家大小帶來很多樂趣。我們希望透過耕種，讓住客們體驗大自然平衡之道。貝沙灣這個都市中的有機農場，更會成為許多同路人的一個起點，讓他們實踐綠色生活。」







Bel-Air baby, Thompson Poon (11 months) with his parents Grace and Thompson Poon.  
貝沙灣寶寶，Thompson Poon (11 個月)及母親 Grace 及父親 Thompson Poon.

κ How can parents help encourage their kids to embrace other cultures and traditions and ultimately grow up with a global understanding of the world?

處身於文化薈萃的香港，家長應如何鼓勵子女包容異地文化和傳統，使他們長大後對世界有深切的認識？

# Global citizens

# Global Citizens

We talk to Malcolm Pritchard, Principal of the ISF academy to get some informed advice on raising a global citizen. 我們專訪弘立書院總校長查永茂聽取撫養小孩成為世界公民的心得。

Do you believe that growing up in Hong Kong gives children a good understanding of other cultures?

Yes, Hong Kong has a marvelous blend of cultures that children seem to absorb like a sponge. I've lived in a lot of different places around the world and I really think this city is unique in the way we have such a diversity of cultures and languages and still have such a comfortable tolerance for this diversity. It's actually this tolerance that makes Hong Kong such a fantastic base for children – when they see adults living together in harmony and embracing their differences, they behave in the same way.

What key attitudes do you think are important when it comes to understanding cultural identity?

Many people in Hong Kong divide everything into “East” and “West” but in fact, within those very divisions, there are huge differences – we have children at ISF from Korea and others from Taiwan and they will tell you how different their culture and traditions are – it's important to understand that there is diversity even within regions. I think when children grow up with a broad understanding of the world early on, they are more open to exploring the subtleties and complexities of every different country, rather than categorising everything into stereotypes.



Malcolm Pritchard





"When children grow up with a broad understanding of the world early on, they are **more open to exploring** the subtleties and complexities of every different country."



Why do you think it is important for children to grow up to be flexible and open to other cultures in the modern world?

The global village teaches us that without understanding and respect, intolerance will breed conflict, enmity and ultimately misery and unhappiness. In understanding someone who comes from a different background, who speaks a language that is not your own, you grow to respect and embrace difference encouraging your child to be someone who sees every situation from a multiplicity of different perspectives.

Of course, as more and more jobs require mobility, you also really don't know where you'll end up! It's important to provide your child with the maximum flexibility to make choices and learn. Opportunities can be

opened up by a diverse upbringing as children lose their fear of the "other" and the unknown. Children that end up growing up in an environment that embraces difference tend to become more adventurous, they're willing to take a few risks with friendships and venture into other kinds of interactions so they learn a lot more and the world becomes their oyster.

There's a quote from Charlemagne [Charles the Great, King of the Franks from 768 and Emperor of the Romans from 800] that says "when you learn another language, you gain another soul," and I think this is incredibly true – it is not just career opportunities that open up by growing up as a global citizen, it is also the opportunity to embrace a broader range of friendships and experiences.

Aside from travelling around the world, how can parents encourage kids to embrace new cultures?

There's a fairly naïve notion amongst adults that children do all their learning at school from textbooks. But in fact children are learning machines that are constantly absorbing attitudes and experiences and trying out different ways of behaving depending on what they have seen from adults and other kids around them. They pick up a lot of their attitudes from how parents treat others. So the best way to teach a child to celebrate diversity is to lead by example.

On the flipside, living somewhere like Hong Kong means there is such a melting pot of cultures that children could be in danger of losing their personal sense of cultural identity. Do you think it's important for children to have a sense of where they have come from and their own nationality's culture?

Most core values tend to be universal. They're often just stated in a different way. At ISE, we have the "eight virtues plus one" that form the basis for our entire education system and these are rooted in Chinese culture. But these values such as loyalty, respect, tolerance and a love of learning are universally important and they could be applied to any school anywhere in the world. So while it is really important for children to understand their culture, I think it is more important for them to grow up with solid universal values – an education without values is really an education half pinched.

"Opportunities can be opened up by a diverse upbringing as children lose their fear of the 'other' and the unknown."



## 你認為讓子女在香港成長能使他們理解異國文化嗎？

肯定能，因為香港是不同凡響的文化薈萃之都，而小孩都如海綿般吸收力強，這裏為他們提供了學習多元文化的理想環境。我本身曾於世界各地多個地方居住，而據觀察所得，香港在文化和語言方面百花齊放，包容度相當高。正是這種海納百川的態度，令香港成為鍛鍊孩子國際視野的理想之地。當小孩眼見成年人和諧共處，彼此接納，他們便以同樣態度處世。

## 談到理解文化身分，你認為應向子女灌輸什麼態度？

香港有很多人把事物區分為「東方」與「西方」，不過，事實是單在東方世界也存在極大差異。舉例說，弘立書院有韓國來的孩子，也有台灣來的，他們能告訴你兩地在文化傳統上的差異。因此，理解每個區域的多元性非常重要。我認為孩子在成長期間，若能盡早對世界有廣泛的認識，便能以開明的態度來探索各國的微細差異和深厚文化，而不會以既定眼光看事物。子女越以開明的態度探索世界，日後就越易遇上不同的機會。

## 為何你認為學懂靈活變通、對異國文化抱開明態度對現今新一代那麼重要？

地球村教曉我們一個道理，就是若欠缺理解、尊重和包容，就會衍生衝突、仇恨，最終只換來痛苦和不快。與來自不同背景、說着不一樣語言的人交朋友，可讓孩子在學習尊重和接納文化差異中成長，鼓勵他們從多重和不同的角度看待各種處境。

隨着社會走向環球化，越來越多工作需要流動性，家長也許都不知道自己會在哪儿落地生根。因此，在抉擇和學習上盡量給予子女最大的彈性相當重要。如兒童自幼便能接受多元教育，就不會對「另類」的陌生事物感到害怕，從而能開創更多機會。子女若能在多元開放的環境中成長，他們會更富冒險精神、更願意認識不同種族的朋友、更敢於參與其他互動交流，從中學習更多知識，以致他日能在世界舞台上長袖善舞。

The ISF Academy offers a unique education in Hong Kong: a global orientation founded on Chinese-English bilingual immersion within a framework of traditional Chinese cultural values updated to be relevant in today's world

弘立書院在香港提供獨特的教學模式，通過雙語教學，在傳統中華文化及價值觀的基礎上建立國際視野

[www.isf.edu.hk](http://www.isf.edu.hk)

查理曼大帝（即查理大帝，於公元 768 年統治法蘭克；於公元 800 年登基成為羅馬大帝）有句至理名言：「當你學習另一種語言，便會有另一種世界觀。」我認為這是千真萬確的金玉良言。培育孩子成為世界公民不僅有助他們打開事業契機，也讓他們贏盡五湖四海的友誼和豐盛的人生體驗。

## 除了周遊列國外，家長該怎樣鼓勵小孩子以更開明的態度接納新文化？


成年人有個頗特別的想法，就是認為孩子必須從學校和教科書中汲取知識。然而，孩子領悟力強，彷彿是部學習機器，能從身邊的長輩和同輩，不斷吸收待人接物之道，並嘗試應用在生活中。父母對待他人的態度對子女尤具影響力，因此以身作則就是教育孩子欣賞多元文化的最佳方法。

## 居住於香港一類的文化熔爐，孩子有機會對所屬文化身分失去認同感。你認為保留自身文化身分認同感和民族文化歸屬感，對孩子在來說是否重要？

大部分的核心價值觀是世界通用的，只是以不同的方式表述而已。弘立書院的核心價值觀為「八德一智」，是弘立整體教育制度的基礎，這些美德建基於中華文化的精華，其中的忠、仁、和、智等價值觀是不分地域的，適用於世界各地的任何一所學校。因此，讓子女理解其文化的確重要，然而我認為讓他們邊成長，邊學習良好的環球價值觀更重要——沒有賦予價值觀的教育是半途而廢的教育。







κ The summer break is a fantastic time for kids to learn new skills and experience adventures so check out these 10 summer classes across Hong Kong.

悠長的暑假，最適合讓孩子學習新的技能，又或是參加探險歷奇的活動。我們特別為你的孩子搜羅了十個在香港舉行的精彩課程。

# Kidding around

# Golf Gurus

PGA Junior Golf Academy at Sai Kung Golf Club



Tiger Woods wannabes will love the PGA Junior Golf Academy at Sai Kung Golf Club. It is an eight-level program that promises to take your child from their first swing to their first Birdie. Each level lasts 16 weeks and takes kids through the key skills of golf in a lively and fun way. Once a child has successfully completed all the skills and challenges of each level, they will receive a certificate and be eligible to move onto the next level.

若果孩子以活士為奮鬥目標的話，一定想加入西貢高爾夫球會的 PGA 青少年高球學院。整個課程共分為 8 級，從如何揮出第一杆，直至成功打出小鳥為止。每個級別為期 16 周，孩子可從生動有趣的課堂，掌握高爾夫球的竅門。在成功完成每個級別的挑戰後，都可獲頒證書一張，同時可晉身下一級別，最高可達至參賽水平。至於暑期高爾夫球營，則着重密集式訓練，讓孩子在短時間內完成課程。

[www.hkprogolf.com](http://www.hkprogolf.com)

# Dance Divas

Red Shoe Dance Company

There is a whole range of dancing opportunities available for light-footed kids in Hong Kong. Red Shoe Dance Company (85-89 Wellington Street, Central) offers modern styles, including jazz, street, hip hop, tap, contemporary and musical theatre jazz. The fun high-energy approach will help kids become more coordinated, rhythmic and learn a new and sociable skill.

對於活潑好動、步履輕盈的小朋友來說，在香港跳舞的機會多的是。紅舞鞋舞蹈中心（中環威靈頓街 85-89 號）提供不同的舞蹈課程，包括爵士舞、街頭舞、嘻哈舞、踢躂舞、當代舞、音樂劇式爵士舞等。充滿活力和趣味的訓練，讓孩子的動作更協調、更有節拍感，同時還能夠提高他們的交際能力。

[www.redshoedance.com](http://www.redshoedance.com)



# Kidding around







## Sail Away

Lantau Boat Club

Sailing is the perfect sport for summer as kids will find it easier to learn when the winds are lower. For the most picturesque sailing experiences, head out to the outer lying islands. Lantau Boat Club offers sailing courses for children of all ages and abilities. Sailing instructors have been trained by Brian Phipps, a UK multihull coach from Windsport International. Group lessons or one-on-one courses are available and course prices start at HK\$1,450 per person. It's a sport that requires both balance and coordination, as well as quick thinking and an understanding of the wind.

揚帆出海可說是夏季的最佳活動，因為夏季的風速較低，孩子能較易掌握。若把帆船駛至離島對外的海域，更可享受賞心悅目的航海體驗。大嶼山船會為不同年齡、不同能力的小朋友，提供航海課程，每位教練都由 Windsport International 的英國雙體小帆船教練拜仁菲普斯（Brian Phipps）訓練，課程包括團體或一對一教授，價錢由每位港幣 1,450 元起。今個暑假如想鍛鍊平衡力、協調力、應變力，或考考自己對風速的認識，就不可錯過本課程。

[www.lantauboatclub.com](http://www.lantauboatclub.com)



## Language Adventures

Hong Kong Institute of Languages

The best way to learn a language is to immerse yourself within a foreign society, so the Hong Kong Institute of Languages organises two-to-eight week trips abroad with groups of students. The trips to Europe, the Mainland and across Asia, allow kids to learn a foreign language in the actual city it is spoken whilst enjoying an action-packed programme of sports and recreational and cultural activities.

學習語言的最佳方法，就是浸淫在外語環境中。香港語言學院特別為學生舉辦了為期 2 至 8 周的海外學習團，不論是在歐洲、中國大陸，還是亞洲的其他國家，孩子都將能在所學語言的母語環境下，活學外語；同時還可透過各項運動、康樂文化活動等，享受無窮樂趣。

[www.hklanguages.com](http://www.hklanguages.com)

## Act it Out

Faust International Youth Theatre

Why not let your kids vent their dramas through a theatre course? Faust International Youth Theatre offers drama classes and summer workshops introducing children aged four through to 18 to the world of theatre and performing arts. The fun-filled environment helps build a child's confidence, encouraging teamwork and learning from direct experience. All programmes are taught by experienced and qualified performing arts teachers.

有想過讓孩子參加戲劇課程，讓他們充分發揮演藝才華？浮士德國際青年劇場提供戲劇班和暑期班，讓 4 至 18 歲的孩子及青少年參加，在多采多姿的戲劇世界，發揮表演天分。趣味盎然的學習環境，幫助孩子建立自信，同時培養團隊精神，讓他們從親身經驗中取經。所有課程均由經驗豐富的合資格表演藝術老師教授。

[www.faustworld.com](http://www.faustworld.com)

# Scouts

## Hong Kong Scouts

The scouts offer a safe environment in which kids experience adventure and learn key outdoor skills. There are three sections in the Hong Kong scouts; the Beavers (boys and girls aged six to eight years); the Cubs (boys and girls aged eight to 11 years) and Scouts (boys aged 11 to 15 years). New members are accepted on a first-come-first-served basis. 讓孩子當童軍，能夠讓他們在安全的環境下，學習戶外技能，體驗冒險精神。香港童軍共分為 3 個等級，包括小童軍（6 至 8 歲的男女童），幼童軍（8 至 11 歲的男女童）及童軍（11 至 15 歲的男童），名額先到先得，額滿即止。



[www.scout.org.hk](http://www.scout.org.hk)

# The Great Outdoors

## Dragonfly Outdoor Adventure Programs

Dragonfly offers outdoor adventure programs in Hong Kong, China and abroad and takes kids on hiking or adventure trips to learn more about the world around them. Programmes are offered throughout the summer covering environmental awareness, nature discovery and adventure trekking amongst many other outdoor pursuits. Local courses are held in Hong Kong's country parks, or kids can join trips to Yangshuo to discover the mountains, caves and trails of this picturesque region.

Dragonfly 在香港、中國及外國均舉辦不同類型的戶外探險活動，孩子將可透過遠足或冒險旅程，加深對這個世界的認識。多項暑期戶外活動，包括環境體驗、發掘大自然、徒步探險等，讓孩子透過戶外歷奇，親親大自然。至於本地課程，則會在香港的郊野公園舉行。此外還有廣西陽朔團，讓孩子翻山越嶺，在如詩如畫的國度，尋幽探秘。

[www.dragonfly.com.hk](http://www.dragonfly.com.hk)





## Art Attack

Colour my World

Art can be a creative break from the school books and encourage a love of all things cultural in your children. Colour my World offers a huge range of art classes for kids to learn to express themselves, from painting, sculpture, drawing and printmaking to photography, mixed media, theatre and even art parties. Throughout the summer, there will be a series of children's workshops on offer in the Aberdeen gallery. The workshops are fun, sociable and guaranteed to ensure kids bring home some highly creative pieces.

藝術能夠讓孩子走出課本，盡情發揮創意，同時還幫助他們發掘對周遭事物的興趣。在 Colour my World，你會找到各式各樣的藝術課程，包括油畫、雕刻、繪畫、版畫製作，以至攝影、混合媒體、戲劇、藝術交流派對等，讓孩子更善於表達自己。這個暑假，香港仔畫室更會舉辦連串的兒童工作坊，有趣互動，保證孩子能夠把充滿創意的作品帶回家。

[www.colour-my-world.com](http://www.colour-my-world.com)



## Thrill seekers

Treasure Island Adventure Camp

Adventurous kids that enjoy spending all their time outdoors will love Treasure Island Global Adventure Camp on Pui O Beach, Lantau. The camp is a haven for active kids with a huge range of exciting holiday camps and environmental education days - there are even surf camps for budding thrill seekers.

既愛冒險又愛戶外活動的小朋友，必定會喜歡由金銀島在大嶼山貝澳海灘舉辦的國際探險營。各式各樣的精彩假日營和環境教育日，將教活潑好動的孩子興奮不已。此外還有滑浪活動，對追求刺激的朋友，實在是今夏不能錯過的好選擇。

[www.treasureislandhk.com](http://www.treasureislandhk.com)



## Kung Fu Kings

The Chinese International Kung-Fu School

Martial arts is such a large part of Hong Kong culture that kids will love learning to move like Bruce Lee, as well as keeping fit. The Chinese International Kung-Fu school is one of the city's biggest martial arts schools and offers group instruction, including kids' classes and parent and kid classes. Most courses tend to be long at around three to six months, but at the end of the course, children will have a good grounding in the basics of their chosen martial art. Alternatively, the school can also arrange personal instruction for individuals or groups. 功夫是香港的重要文化之一，相信活潑好動的孩子，一定喜歡能夠像李小龍一樣，身手敏捷，身型建碩。中國功夫國際學校是城中最大型的武術學校之一，提供兒童班和親子班；大部分課程為期3至6個月，可選擇小組或個別授課。課程結束後，孩子將能夠練得所選學功夫的基本功，一顯身手。

[www.samlau-wingchun.com](http://www.samlau-wingchun.com)

# creative Kids

With thanks to Kids Gallery. 鳴謝：兒童藝廊

**Bel-Air's artistic kids joined together to create their own masterpieces at the Bel-Air Painting Day**  
貝沙灣寶寶雲集兒童繪畫日，合力繪出心中美麗的家園

Despite torrential rain, Bel-Air's kids were not short of inspiration as they joined the Bel-Air Painting Day on 27 June when they developed their painting skills and created a huge picture of the residence. Their beautiful work of art will be displayed in the kids' reception of Bay Wing Clubhouse – so go and take a look at their masterpiece!

繪畫日於 6 月 27 日舉行，當天雖然下着滂沱大雨，但並沒有影響參加者的興致，每一位貝沙灣寶寶都投入參與，流露出澎湃創意。在專業導師指導下，小朋友合力完成一幅巨型圖畫，展現貝沙灣不同的美態。有關作品 快將於灣畔會所兒童接待處展出，敬請細意欣賞！



Hugo Tam, 7



**PARTICIPATING YOUNG ARTISTS / 才華洋溢的小畫家**  
Jane Wong, 8; Christie Yim, 7; Karen Guan, 9  
Loreen Tse, 9; Tse Lok Kwan, 5; Jin Seong, 5  
Yeung Lok Yan, 5; Grace Vivien Li, 6; Gregory Valentin Li, 4  
Hugo Tam, 7; Lee Wai Ching, 9  
Elodie Yip, 5; 陳頌松; Byron Chan; Fiona Tam





Jin Seong, 5



Gregory Valentin Li, 4



Loreen Tse, 9  
Tse Lok Kwan, 5





# Bel-Air Babies

"It may have been 30 degrees in Europe but I caught my first glimpse of snow this summer on top of the towering Matterhorn, one of the highest peaks in the Alps." Maximus

「在歐洲，氣溫或許已飆升至 30 度，而我第一次看見雪山就是在高聳的 Matterhorn ——阿爾卑斯山最高山峰之一。」

"Even though I'm only four months old, my mum says I am already a comedian and able to make everyone laugh with me! She says I have the cutest smile in the world! All I know is whenever I find something funny, everyone else seems to join in with my giggles." Oliver

「4 個月大的我，最擅長令身邊的人開懷大笑，所以媽媽說我是天生的喜劇演員。媽媽還說我的笑容是世界上最可愛的！每當我發現一些新奇的事物，每個人都會與我一同歡笑。」

"I'm a true explorer. The moment I started walking, I wanted to jump out of my cot and discover the world around me. I pull down anything and everything I can get my hands on at home and watch the object drop to the floor for a few seconds before going after my next target." Marcus

「我是天生的探險家，打從懂行路開始，就想跳下小床，探索周遭的世界。在家裏，我會拉下一切觸手可及的東西，然後看着它們掉在地上。幾秒後再向另一目標出發。」

"Although I am only 11 months old, I already have two girlfriends! I met Lexy, my first girlfriend, at Bel-Air playground and we had our first kiss at the clubhouse music class. What Lexy doesn't know is I have another girlfriend called Emily, who has pretty golden hair. My biggest problem in this world right now is making sure my two girlfriends don't find out about each other... thankfully they live in different towers!" Thompson

「雖然我只有 11 個月大，但已經有兩位女朋友了！在貝沙灣遊樂場，我認識了第一位女朋友 Lexy，我更在會所的音樂班裏將初吻獻給她呢！有件事 Lexy 還不知道的，就是我還有一位金髮女朋友——Emily。我現在最大的煩惱就是如何令她們不知到對方的存在。幸好，她們住在不同的大廈！」



Maximus Shing Mo Keller, 2



Oliver Kai Stapleton, 4 months



Marcus Lai, 20 months



Thompson Poon (left), 11 months





HONG KONG  
INTERNATIONAL  
COASTAL CLEANUP  
CHALLENGE  
海灘清潔比賽



Join Bel-Air's coastal cleanup team  
on 30 August and make a real difference.

請加入貝沙灣海灘清潔隊，於8月30日同心為香港海灘出一分力。

**A simple plastic bottle can kill millions of marine animals every year**

**Take part in Hong Kong International Coastal Cleanup Challenge 2010 to help save these lives**

For further information and to enrol, please  
contact Club Bel-Air Reception in person or call  
2989 9000 (Bay Wing) / 2989 6500 (Peak Wing) /  
2989 6262 (Club 8)

有關詳情及報名細節，請親臨貝沙灣會所接待  
處或致電 2989 9000 (灣畔) / 2989 6500 (朗峰) /  
2989 6262 (Club 8)

Photos: Courtesy of Hong Kong  
International Coastal Cleanup Challenge.





*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