

Bel Air

Residents' Magazine

WIN
amazing prizes!
World Quiz
Corner

Happy Lunar new year

Feel-good
Fare
Comfort food for winter

Banish
Winter Blues
Happiness in 10
achievable steps

Star Treks
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welcome



• **H**appy New Year to all- may 2012 be filled with health, happiness and success! To start the year on a high note, this issue includes inspiration for better living with our features on how to beat the winter blues in 10 easy steps (see page 10) and our recommendations for the most picturesque hiking trails in Hong Kong (check them out on page 20).

Closer to home, we share classic winter gourmet delights at Bel-Air residence, from delicious mulled wine to African chicken, to keep you toasty during the chilly months. We are also very excited about our two new columns this issue – Investment in Art (see page 26) for discerning art enthusiasts and the World Quiz Corner (page 27) – a special competition to pique the interest of our inquisitive young adults.

Wishing you all the best for the Year of the Dragon!

祝各位新年進步！大家即將度過的2012年，將會滿載健康喜樂，並取得豐碩的成果。新一年的第一期貝沙灣雜誌為您們帶來美滿的開始，送上一連串啟發生活的靈感，首先有十大冬日暖意(見第10頁)，然後有風光如畫的香港行山路線讓大家舒展身心(見第20頁)。

回到溫暖的家中，為自己和家人好好準備豐富的美食，整個冬天必定過得喜氣洋洋。試試動手做貝沙灣推介的美酒與自家製非洲雞，令一室瀰漫溫暖與食物香氣。我們同時隆重宣佈今期兩個新增專欄，特別為眼光獨到的收藏家而設的「藝術有價」(見第26頁)，以及鼓勵少年讀者擴闊知識領域的「打開世界視野World Quiz Corner」比賽(見第27頁)。

龍年是好年，謹此祝大家萬事勝意！

Mr Robert Lee 李智康先生

Executive Director, Deputy Chairman and Chief Executive Officer of Pacific Century Premium Developments
盈科大衍地產發展有限公司執行董事、副主席及行政總裁

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貝沙灣會所誠意向你推薦優質讀本

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的生活

Cover Model Eunice Chan



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WISE KIDS



news

Be a Responsible Global Citizen with Bel-Air's Good Neighbour Project

- To encourage an environmentally friendly lifestyle, Bel-Air is launching the Good Neighbour Programme, a carpool arrangement for our residents. Reduce your carbon footprint by offering others a lift in the morning on your way to work. This will not only save petrol and limit wear-and-tear of your vehicles, but also benefit the environment by decreasing greenhouse gases, global warming and pollution. Just let us know the time you plan to head into town each day, your designated location, how many passengers you can take and we will take care of the rest. Please get in touch with crdept@pcpd.com to find out how you can help today and get to know your neighbours better along the way!

Please contact the service centre 2989 6000 (Phase 1/2) 2989 6350 (Phase 4/5) for further information

好鄰居共乘計劃

貝沙灣鼓勵住客奉行環保好生活，推行「好鄰居共乘計劃」，邀請各位住客早上用私家車接載鄰居上班，多人一車全面減低交通方面的碳足跡之餘，燃油消耗及汽車的耗損亦同步減少，一舉多得。控制溫室氣體排放有助舒緩全球暖化及污染問題，請大家齊心合力為地球出一分力！只要將您每天早上出門前往市區的時間及目的地告知我們，我們就會為您安排一切。立即電郵至crdept@pcpd.com查詢計劃詳情，接載鄰居上班，結識更多同住貝沙灣的好朋友！詳情請致電服務中心，電話2989 6000(第一及二座)或2989 6350(第四及五座)。

"REDUCE
YOUR CARBON
FOOTPRINT BY
OFFERING OTHERS A
LIFT IN THE MORNING
ON YOUR WAY TO
WORK."

2011 Best Security Awards Results

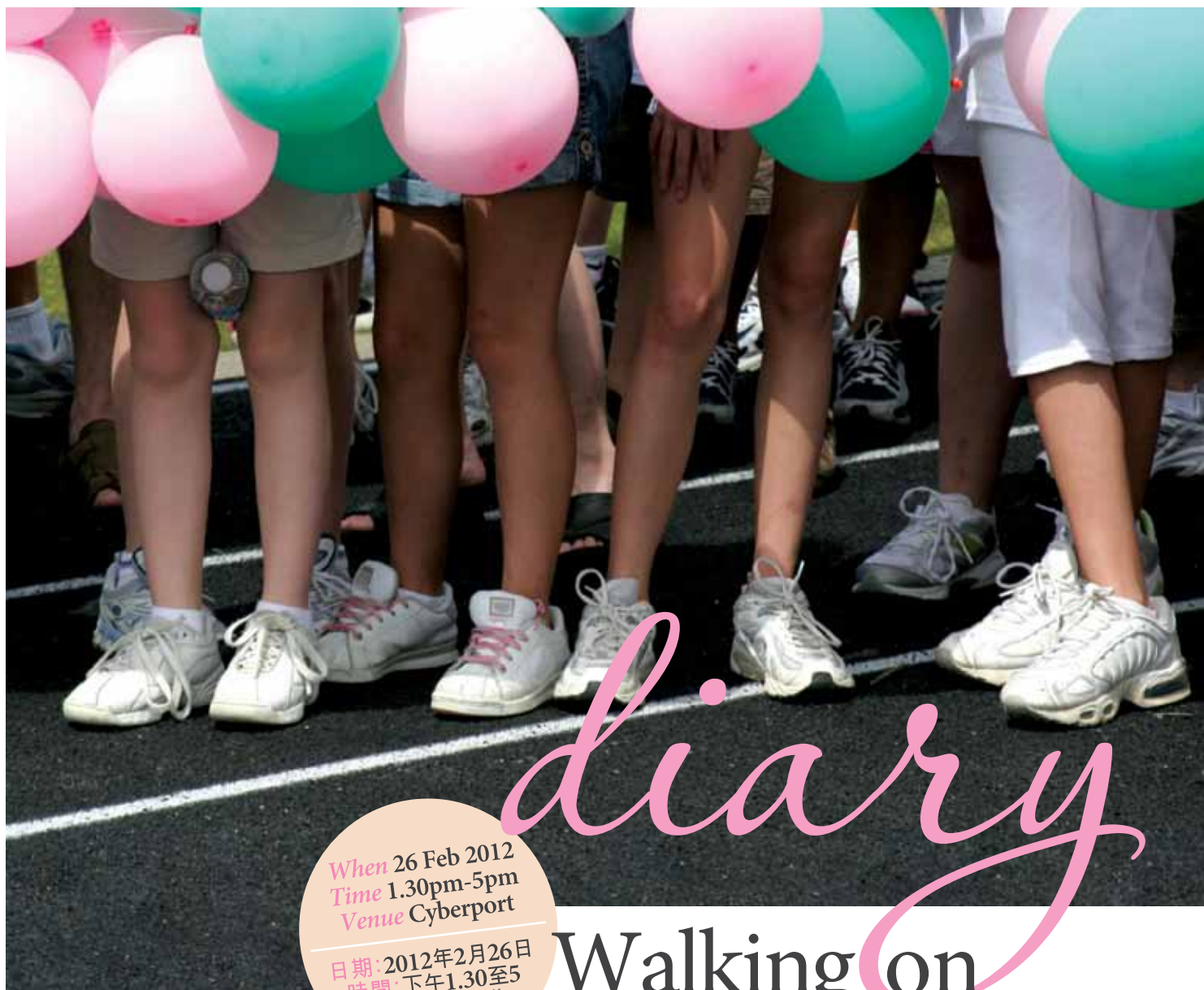
- Bel-Air is pleased to announce that we received the Outstanding Residential Building accolade in the Hong Kong Island Best Security Services Awards 2010-2011 organised by the Hong Kong Police. Two members of staff were named Best Security Personnel, while a third was recognised for Outstanding Security Personnel. We would like to take this opportunity to thank you for your valuable input over the years in maintaining quality management standards at Bel-Air.

We will continue to work hard to serve our residents and look forward to your ongoing support.

2011年度最佳保安服務大獎

貝沙灣最近於由港島總區防止罪案辦公室主辦的「2010至2011年度最佳保安服務選舉」榮獲多個獎項，奪得最佳保安住宅大獎之餘，更有兩位貝沙灣保安員獲表揚為最佳保安員、一位獲得優秀保安員獎，整體表現出色，可喜可賀。

我們謹此向所有保安部的同事致意，感謝大家多年以來的傑出服務，為貝沙灣住客帶來美好的生活環境，我們會繼續努力提升保安質素，答謝各位住客一直的支持。



When 26 Feb 2012
Time 1.30pm-5pm
Venue Cyberport

日期: 2012年2月26日
時間: 下午1.30至5
地點: 數碼港

智樂快樂行 2012

歡迎大小朋友齊齊玩

2012年度的智樂快樂行，邀請大家以慈善活動展開有意義的一年！當日數碼港全天候廣場設置各式各樣的遊戲區，一直延伸至臨海公園，帶來與別不同的體驗，讓大小朋友一路行、一路玩，度過笑聲滿載的一天。小朋友更可攜同心愛公仔，親臨小熊醫院體驗病童的醫療經歷，籌得的善款將用作支持智樂，為患病、殘疾及資源缺乏的兒童創造遊戲機會！所有參加者將獲得嘉許證書及精美紀念品，另外家庭/團體/個人最高籌款額獎亦會於當日頒發，請即行動，幫助有需要的小朋友！

diary

Walking on Air for Playright 2012

Fun for everyone!

- Start the year off with a charity walk. *Walking on Air for Playright 2012* provides a unique experience with fun booths along Ocean View Court and the Waterfront Park for a day filled with play. Highlights include the Bear Hospital, where kids can visit their favourite toys and learn more about medicine at the same time. The funds raised will help less fortunate children who are either ill, disabled or disadvantaged. All participants will receive a certificate and souvenir, in addition the presentation of awards such as The Most Funds Raised and The Most Supportive Group.

Winter is an exciting time for art at Bel-Air with three beautiful new sculptures to admire

三件珍貴雕塑品駕臨貝沙灣，為這個冬日添上更多藝術氣息

Bel-Air art



Buste de Richelieu by Bernini

- Produced by the official casting workshop of The Louvre, this resine bust of Cardinal de Richelieu, Louis XIII's chief minister was commissioned from the renowned sculptor Bernini, a protégé of Pope Urban VIII at the height of his fame. The half-torso representation and outline of the bust are characteristic of the sculptor, as is the treatment of the hair, which was sculpted in fine parallel waves before the locks were separated to add an effect of lightness. The artist's style is also apparent in his subtle modeling of the folds of the clothing, which renders the rustle of silk to perfection.

黎塞留公爵胸像 貝尼尼的作品

路易十三時代的法國首相黎塞留公爵的樹脂胸像，出自羅浮宮正式的鑄造工場，由教宗烏爾班八世最喜愛的著名雕刻家貝尼尼操刀。貝尼尼是巴洛克時期的天才藝術家，他製作的半身像輪廓線條別具一格，此作品亦可見他處理頭髮的細緻手法，分散成一束束之前每縷髮絲都刻成平衡線，雕像的頭髮因此看上去更輕盈、更栩栩如生。衣服綳褶的刻工也是一貫的細膩，將綢衣的觸感精確完美地表現出來。

"THE HALF-TORSO REPRESENTATION AND OUTLINE OF THE BUST ARE CHARACTERISTIC OF THE SCULPTOR"



Adam et Eve by Remus Botar Botarro

- The latest addition to the function room is a sculpture of Adam et Eve in marble and wood by Romanian painter and sculptor Remus Botar Botarro. He first became an expert in art restoration before becoming recognised in 1983 by the media and critics as a visual arts phenomenon, famed for taking sculptural representation to new heights. He was known for going beyond abstract reductions to reveal higher cosmic secrets.

阿當與夏娃 Botarro的作品

出自羅馬尼亞畫家及雕塑家Remus Botar Botarro手筆的阿當與夏娃像，以雲石及木材精心製成，為宴會廳添上一份藝術氣氛。原本是藝術品修復專家的Botarro於1983年成功建立自己的藝術創作風格，其獨特視覺藝術表現手法贏得藝評人與媒體的讚譽，雕塑方面尤其創新，而他更一再打破抽象藝術的極限，用作品探索宇宙的奧秘。



"FOR
BOTTARO,
ART BEGINS WHEN
DREAMS MATERIALISE
INTO MASTERPIECES
OF CAST MARBLE,
BRONZE &
WOOD."

L'Ephebe Endormie by Remus Botar Bottarro

- By the same artist Remus Botar Bottarro, the L'Ephebe Endormie sculpture in bronze and wood adorns the level three staircase. For Bottarro, art begins when dreams materialise into masterpieces of touchable cast marble, bronze and wood. Spending time in Vienna and Paris, he has exhibited around the world and his sculptures have been compared to the works of Gérôme Bosch and Salvador Dali.

L'Ephebe Endormie Botarro的作品

經過三樓的樓梯，大家可以欣賞到同樣出自Botarro手筆、用木與銅製成的雕像。作品代表Botarro對藝術創作的理解：當夢境幻化成觸摸得到的雲石、銅與木等等實物，就是藝術誕生的一刻。曾旅居維也納及巴黎的Botarro如今經常於世界各地展出作品，有人將他的風格比擬波希的奇幻畫作與超現實大師達利的作品。

Air supply

Bowers & Wilkins launch
premium iPod speaker
system Zeppelin Air

Bowers & Wilkins宣佈推出擁有
蘋果電腦AirPlay®功能的優秀
iPod揚聲器系統

Bowers & Wilkins Zeppelin Air 的驅動單元經過全新改良，結合嶄新數位訊號處理 (Digital Signal Processing) 技術，並擁有完全整合的AirPlay®技術的無線音訊系統，讓用家輕鬆地將音樂串流到一系列的蘋果電腦產品之中。屢獲獎項的Bowers & Wilkins四年前憑著Zeppelin™改寫iPod揚聲器系統的定義，如今Zeppelin Air從音效品質、外形設計到功能表現都取得更令人驚喜的突破。

Zeppelin Air保留Zeppelin的經典外形，巧妙注入一絲現代氣息，令永恆耐看的造型添上時尚品味。新增的AirPlay®技術令Zeppelin Air呈現極致完美的音質，同時方便將個人音樂串流到iTunes、iPhone及 iPod Touch。

Zeppelin Air的音效不但無與倫比，全新的2.1設計亦經過破格提升，所有五個單元都分別由Bowers & Wilkins專門設計的發燒級放大器獨立驅動。改良的輸出功率更新的驅動單元，讓純美音樂縈繞家中每個角落。

Zeppelin Air更帶來嶄新的Bowers & Wilkins Flowport™技術，以及動態均衡(Dynamic EQ)的形式提供進階數位訊號處理 (Digital Signal Processing)，低音輸出的表現全面提昇。升級了DAC能夠與目前最新興的高品質音訊格式相容。AirPlay需要iTunes 10.1或更新版本，以及iOS 4.2版本或更新版本的iPhone、iPad或iPod Touch的支援。

The ultimate AirPlay® wireless audio system, Zeppelin Air by Bowers & Wilkins, has been updated with drive units, Advanced Digital Signal Processing and integrated AirPlay technology for easy music streaming on Apple devices. While the multi-award winning brand has already exceeded expectations with their revolutionary iPod speaker system, they provide yet another seismic shift in audio performance, design and functionality.

While the iconic Zeppelin™ shape has been retained, subtle styling has further modernised the timeless design. Improved sound quality has been enhanced with features such as the new AirPlay technology, allowing users to stream music wirelessly from iTunes, iPhone or iPod touch.

The Zeppelin Air with the best sound to date features dramatic changes in its fully active 2.1 design, meaning that all five specially designed units are individually driven by dedicated audiophile amplifiers. Ramped up output power and updated drive units create the ultimate room-filling performance.

Another key feature of the Zeppelin Air is the Bowers & Wilkins Flowport™ technology and Advanced Digital Signal Processing in the form of Dynamic EQ, which combines the significantly upgraded port with superior bass performance. The DACs have also been upgraded with capabilities compatible with emerging high-quality audio formats. AirPlay requires iTunes 10.1 or later and iPhone, iPad or iPod touch with iOS 4.2 or later.



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

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



Ode to joy

Caroline Rhodes, physiotherapist and founder of The Body Group, shares her guide to finding happiness everyday in 10 achievable steps.

快樂，能夠每一天都尋找得到嗎？專業物理治療師以及The Body Group創辦人Caroline Rhodes教您用十個可行方法時刻滿懷喜悅。

Happiness is an emotion that affects us all, as our thoughts send a flood of hormones throughout our entire body.

When we experience negative emotions, some of these hormones release chemicals, which prevent our immune system from fighting off illness and disease. In contrast, happiness boosts the immune system to heal and prolong life.

Our thoughts and feelings carry energy, which flows through our body and outwardly to the environment, affecting those around us. Have you ever felt happier just being around someone cheerful and kind? The reverse is also true when you are around someone negative or angry; we feed off that energy and feel unhappy ourselves.

Try some of the following steps to find happiness and share positive energy with those around you. Feel free to add a new one each day!

人人都受快樂情緒影響，因為生物學上我們的思想會帶動複雜的荷爾蒙運行至身體各部份，當負面情緒侵襲時，其中一些荷爾蒙會釋放化學物質阻止免疫系統對抗各種病源；相反地，快樂則有強化免疫能力的養生作用，因此愉快心境是必須要保持的。

我們的思想與感受都帶有能量，流經身體各處然後釋放出來，影響我們四周的人。你一定試過被身邊開心善良的人感染而變得愉快起來，也會因為負能量及怨氣令你煩躁鬱悶，頓時感到十分掃興。

快樂是找尋得到的，試試用以下方法，每一天將你的正能量傳播給不同的人！

1. Write a gratitude list

At the end of each day, write down three things you are grateful for. You can share this with your partner or kids to end the day on a positive note. Gratitude is one of the most powerful emotions.

1. 常懷感謝

將值得感恩的事一一記下來。每當一天完結，寫下三件應該感恩的事，與伴侶及小朋友分享，以正面好心情為每天劃上句號。感恩會給你很大很大的情感力量。

2. Spend some time outdoors for 15 minutes every day

Sit or take a walk in a park or on the beach. Being connected with nature and taking a break from computers and phones can be uplifting and energising.

2. 每天親親大自然15分鐘

每日享受15分鐘戶外時光，到公園坐坐或海灘散步一下，離開電腦與手機一陣子投進大自然懷抱，情緒會高漲一點，人也活力充沛起來。

3. Do something kind for a stranger

Open the door for someone with their hands full; stop to let someone safely cross the street or simply smile at a stranger. Even when you're feeling down, acts of kindness can quickly lighten your mood.

3. 愛愛陌生人

看到有人雙手拿滿東西，就幫他推開門，繁忙街道上讓個路，甚至給你身邊的陌生人一個微笑。即使你當時心情低落，行善也能夠即時令你滿足愉悅。

4. Don't beat yourself up when you make a mistake

Instead, be thankful for the lesson and use it as a learning experience.

4. 人誰無過

做錯事要原諒自己，別過份自我責備，應該慶幸自己上了一課，藉此改善自己。

5. Have faith

Believing in a loving and nurturing higher being helps us remain optimistic. Even when life seems to be letting us down, remember that everything in life has a natural cycle. Peaks and troughs are normal and we build resilience to persevere knowing that our situation will improve.

5. 總有信心

保持對人生的信念，相信有慈愛與孕育眾生的萬物主宰，無論生命如何也有助你樂觀面對。當遇上氣餒的時刻，記得萬事有循環，人生一連串的高低起伏應該視為常態，要堅強地相信自己會恢復過來，境況自然會慢慢變好。

6. Listen with an open heart

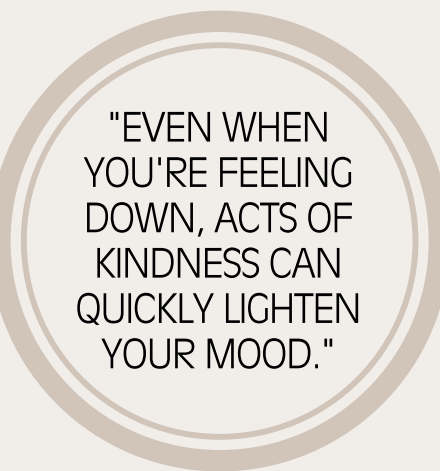
Take time to listen to friends and family when they need to voice their opinions. Let them know you are there for support and to hear what they have to say without judgment or unwanted advice.

6. 以心傾聽

聆聽時要打開心靈，朋友或家人需要提意見時好好去聽，讓他們知道你無論如何都用心支持，也不會隨便批評或給予不中肯意見。

7. Trust your instincts & always follow your gut

This should be our guiding system but sometimes our brains take over and we do what we "think" we should be doing, and usually regret it later. You are on the right path if you follow your instincts.



7. 讓直覺引路

我們原本就應該相信自己的直覺，隨本性而行，不過有時被大腦的理智主導，徘徊在應該與不應該之間，結果通常會後悔。其實跟隨直覺而行才是你的正路。

8. Love yourself or be open to doing something loving for yourself everyday

Loneliness can lead to isolation and depression, so make sure you always have someone to love. If you love yourself, this enables you to love others and attract more love in your life.

8. 每天愛自己

好好愛自己，或每天哄自己開心一下。寂寞有機會引發疏離感及沮喪，所以心中應該常有一個你愛的、在意的人。先懂得愛自己才會懂得愛人，這樣就不斷有愛走進你的生命。

9. Take pride in what you do

Strive to do your best, whether you're a stay-at-home mum, a shopkeeper, professional or tradesman. Be proud of how you can be of service to those around you.

9. 忠於本份

無論你是全職媽媽、開店舖、專業人士或做生意，都應該為自己的工作崗位感到光榮，並盡最大努力做到最好。想想自己有能力服務他人，是多麼值得自豪。

10. Live your life according to your values but respect others who may have a different perspective

We establish values at a young age, regarding love, family, security and health. Follow them and you will feel nurtured. If you feel pressured into something that is not in alignment with your values, you will experience stress. The same goes for the other people in your life. Respect the values of others even if you feel angry or afraid because they are different to yours.

10. 堅持自我，接納他人

活出自己的人生價值觀，也尊重他人與你不同的看法。我們從小培養有關愛、家庭、安全感與健康的價值觀，跟從自己一套準則做人令我們感到安穩。當你面對一些不符合你個人價值的事情，你會感到焦慮，將心比己，你身邊的其他人亦會面對相同的感受。即使他人的取向跟你多麼不同，甚至令你憤怒或恐懼，都感當嘗試接受。





Ultimate indulgence

Bel-Air's new spa *ProSkin Treatment Centre by Skincode*, now open at Club Peak Wing!
Pamper and preen with the latest facials, massages and rejuvenating treatments. Spoil yourself, you deserve it...

ProSkin Treatment Centre by Skincode，現已在貝沙灣第4期會所隆重開幕。
一系列的面部護理與各式按摩療程，讓妳從內到外煥發神采。
從心美麗，寵愛自己！



PRO)SKIN
TREATMENT CENTRE by Skincode

Vine FINERY

The latest additions to the Bel-Air Wine Cellar are sure to pique the interest of dedicated oenophiles

貝沙灣酒窖最新推介的
酒藏，肯定吸引到一眾
品酒專家的鑑賞

Winter evenings are made for settling in with a glass of wine, a good book and perhaps a cheesy nibble. The following selections encapsulate classic, rich flavours of the season, from spice and liquorice to dried fruit and cocoa.

斟一杯好酒、找一本好書再配一點芝士小食，度過一個滿足的冬天夜晚！以下介紹的佳釀都充滿獨特個性，從經典醇和、本季最濃郁口味、辛香、甘草芳香、乾果到可可的甘美，式式俱備。



*1. 2007 Chablis 1^{er} Cru "Les Vaillons",
Château de Viviers*

Featuring a beautiful gold colour with a delicate nose and aromas of exotic, white fruit, this wine has a mineral palate and a long finish.

誘人的金色酒身散發的芳香變化多端，包括異國氣息、白色水果與礦物的香氣，餘韻悠長。



*2. 2007 Verdicchio Castelli Jesi DOC
Classico Superiore Vecchie Vigne*

Brilliant golden yellow with green tints, the nose of this full-bodied wine conjures subtle apple and orange flavours, with a fresh, lingering finish.

金黃色澤之中透一絲綠意，濃郁的酒香透出淡淡蘋果與橙的芳香，餘韻清新令人一再回味。



3. 2005 Massolino Barolo DOCG Margheria

Massolino's cask-aged 2005 Barolo Margheria is a sweet, layered wine boasting superb depth and precision. Medium in body, the wine offers up plum, spices, licorice, iron, herbs and flowers in a beautifully articulated style, with a long, pure finish.

Massolino的2005年小木桶佳釀，味道甜美而且層次豐富，口感充滿深度與細緻，中等濃度的口味透露洋李、香料、歐亞甘草、鐵質、香草及花香，圓滿地結合出鮮明的性格，餘甘純正而持久。



4. *Mas Amiel Cuvée Speciale 10 ans d'âge Maury*

This elegant wine possesses notes of roasted chestnut, toasted pralines, dried cherries, and cocoa powder. Smooth and polished on the palate, it both refreshes and finishes with subtle flavour and sweetness.

優雅的酒香滲透烤栗子、烘果仁、櫻桃乾及可可粉的美味，香滑細膩的味道既清新，亦有含蓄而甜香的餘韻。



5. *2000 Plantation Jamaica (42% vol)*

Intense and aromatic as a result of long fermentation and distillation, Plantation Jamaica has a lovely mahogany colour and reveals a nose of plantain, ripe fruit and confectionery sweets. With a generous palate and plenty of length, this powerful rum has plenty of character.

長時間的發酵與獨特蒸餾過程，釀造出這款秣酒的強烈芳香，酒色是迷人的紅木色，香味混合了車前草、成熟果子及糕點糖果的甜美。豐厚的口感與悠長餘味造就出鮮明的個性，值得一細心品嚐。



6. *Plantation Grande Réserve 5 years old (40% vol)*

This fine blend of Barbados rums is aged for five years in bourbon casks in the Caribbean and then refined in old, French oak casks at Château de Bonbonnet. Its succulent nose reveals notes of toasted coconut, fudge and oaky vanilla. Plantation Grande Réserve 5 Years Old can be enjoyed straight, on ice or in cocktails.

精選混合多款巴巴多斯秣酒的釀製過程歷時五年，首先經過加勒比海波本桶的釀製，然後於法國博寶萊古堡用法式老橡木桶再精煉而成，其豐腴充滿水份的口感透出一絲絲烤椰子、甜軟糕及橡木雲呢拿香味，淨飲品嚐、加冰凍飲或調製特飲都非常美味。

"PLANTATION JAMAICA HAS A LOVELY MAHOGANY COLOUR & REVEALS A NOSE OF PLANTAIN, RIPE FRUIT & CONFECTIONERY SWEETS."



Feel-good fare

Hearty comfort food to get you through Winter.

簡單又滿足的家常味道，令您今個冬天暖在心頭。



Don't miss out!

Traditional balsamic vinegar of Modena P.D.O. is now available at Bel-Air! Obtained from crushed grape-must and matured through natural fermentation, less than 10 barrels of this culinary treasure are produced each year. The inimitable flavour is a delicate balance of sweet and sour with velvety undertones. Use 3,800 Bel-Air points on any pasta dish at the clubhouse to sample the sensational 100-year-old balsamic vinegar.

機會難逢！

我們誠邀各位貝沙灣住客，品嚐意大利摩典那原產地認證的古法陳釀黑醋！由極品葡萄汁液天然發酵而成的陳醋珍貴非常，每年生產不超過10桶，擁有獨一無二的芳香濃郁，甜酸度比例完美而且質感幼滑。貝沙灣住客現於會所餐廳用3,800積分享用任何意大利粉美食，即可一嚐經歷長時間熟成的百年正宗陳醋滋味。

• Spicy African Chicken

4 servings

Ingredients

Marinade

2 chilled whole chickens (halved)
50g hot chilli powder
200g minced garlic
400g minced shallot
25g paprika
50g Chinese five-spice
50g rosemary
salt and pepper, to taste

Sauce

30g minced shallot
15g minced garlic
8g dried chilli
45g diced red bell pepper
15g oil
15g paprika
35g grated coconut
10g tomato paste
18g peanut butter
100ml chicken stock
2 bay leaves
4 new potatoes (quartered)

Instructions

1. Mix marinade ingredients, rub onto chicken, cover and refrigerate overnight.
2. Add a little oil to the marinade to help coat the chicken.
3. Sweat shallots, garlic, dried chilli and peppers in oil over low-medium heat, stirring occasionally, until the pepper softens.
4. Add paprika, coconut, tomato paste, peanut butter, bay leaf and chicken stock.
5. Bring to the boil, then simmer, stirring occasionally, for 10 minutes. Keep warm but discard the bay leaves.
6. In a separate frying pan, brown the chicken and potatoes.
7. Transfer chicken and potatoes to a baking dish. Spoon the sauce over and

bake at 350°F for 15 minutes.

8. Cut chicken and serve with remaining sauce.

香辣非洲雞

4人份

材料

醃雞

2份切半冰鮮雞(一隻切兩半)
50克 辣椒粉
200克 蒜蓉
400克 紅蔥頭切碎
25克 紅椒粉
50克 五香粉
50克 迷迭香
鹽與胡椒調味

汁料

30克 紅蔥頭切碎
15克 蒜蓉
8克 辣椒乾
45克 紅甜椒切粒
15毫升 油
15克 紅椒粉
35克 椰絲
10克 蕃茄醬
18毫升 花生油
100毫升 雞湯
2片桂葉
4個新薯(一開四)

做法

1. 將醃料拌勻然後抹在雞身，蓋好放冰箱醃一晚。
2. 醃料加少許油更容易塗抹均勻。
3. 開中低火煮汁料，首先將蒜蓉、紅蔥頭、辣椒乾及甜椒用油炒煮，偶爾拌炒一下直至甜椒煮熟變軟。
4. 加入紅椒粉、椰絲、蕃茄醬、花生油、桂葉及雞湯一起煮。
5. 煮沸後轉低火煮10分鐘，偶爾攪拌一下。汁料煮好之後棄掉桂葉然後保溫。
6. 用另一個煎鑊上煎香雞件及薯仔至金黃色。
7. 將雞件及薯仔放到焗盤上，用350°F焗15分鐘。
8. 焗好的雞切塊，淋上汁料然後上碟。

• Boiled Pork Knuckle With Sausage Trio

2 servings

Ingredients

Pork Knuckle

2pcs corned pork knuckle

50g carrot

50g celery

50g onion

2p bay leaves

10g black pepper

Water

Sweet Pommery Mustard Sauce

40g carrot, cubed

30g cabbage slices

40g potato, cubed

100g Nürnberger sausage

100g Frankfurter sausage

60g Chorizo sausage

50g Pommery mustard

8g honey

30g Dijon mustard

20ml white wine

20ml cream

ground black pepper, to taste

Instructions

1. Combine pork knuckle ingredients in a pot and cover with water. Bring to the boil and simmer for 2 hours, until meat is tender.
2. Discard all ingredients,

with the exception of the pork knuckle, warm the remaining stock.

3. In a separate pot, bring salted water to the boil and cook the carrot, cabbage and potato until tender.

Cool in cold water and dry in a sieve.

4. Add the sausages, carrot, potato and cabbage to the pork knuckle stock, boil for 8 minutes and season with black pepper.

5. Combine mustard, honey, white wine and cream to make the sweet Pommery mustard sauce.

6. Surround the pork knuckle with vegetables and sausages, and serve with a little stock and sweet Pommery mustard sauce.

煮豬手配三款香腸

2人份

材料

煮豬手

2件咸豬手

50克 紅蘿蔔

50克 西芹

50克 洋葱

2片桂葉

10克 黑椒

水

甜芥末汁

40克 紅蘿蔔切方粒

30克 椰菜切片

40克 薯仔切粒

100克 紐倫堡式肉腸

100克 法蘭克福腸

60克 西班牙辣肉腸

50克 芥末醬

8克 蜜糖

30克 法式第戎芥末醬

20毫升 白酒

20毫升 奶油

黑椒粉調味

做法

1. 所有煮豬手材料放在鍋內，加水至蓋過材料，煮沸後用文火煮兩小時直至豬手軟脰。
2. 舀起豬手及保留煮豬手的清湯，保暖，其餘材料可以棄掉。
3. 煮沸另一鍋用鹽調味的水，煮紅蘿蔔、椰菜及薯仔至軟熟，過冷河然後放篩中待乾。
4. 香腸、紅蘿蔔、椰菜及薯仔加到豬手及清湯中滾8分鐘，用黑椒調味。
5. 芥末醬、蜜糖、白酒和奶油拌成甜芥末汁。
6. 豬手放碟中央伴以香腸及蔬菜，淋上少許清湯及甜芥末汁即成。

Jackie Peers, founder of Walk Hong Kong, shares the city's best trails for enjoying the great outdoors

想放懷享受香港的大自然，Walk Hong Kong創辦人Jackie Peers與你踏遍本地風光最優美的行山路徑

Star treks

Cooler weather marks the start of the hiking season in Hong Kong, when the brisk air and blue skies create the perfect backdrop for outdoor pursuits. Jackie Peers began as a tour guide for Walk Hong Kong before taking over the business from its previous owner. She says: “The pleasure comes from showing off where I live. I am proud of the colourful culture and history of Hong Kong.”

Walk Hong Kong offers guided hiking tours through unpopulated and pristine areas, interspersed with in-depth local information, in addition to walking tours in town that focus on history, photography workshops, bird watching and private shopping. Peers highlights the accessibility of hiking in Hong Kong and the immense potential for exploring nature with more than 40 per cent of designated park space in the city.

Her advice for those braving the trails: “You will need water, a phone, a map of the area and a sense of humour if you get lost! Wear sensible clothes in the summer and check the weather forecast on the morning of the hike. Remember

112 is the international emergency number which is necessary in our country parks.”

每年天氣一轉涼就是香港行山的好時節，藍藍天空下的空氣份外清冽，不到戶外走一走好像太浪費了。Jackie Peers最初為Walk Hong Kong擔任行山導遊，最後愈來愈投入將之變成自己的事業。她指：「能夠展示香港的美好風光，是我最大的樂趣，藉著行山介紹這裡豐富的文化歷史，令我感到相當自豪。」

Walk Hong Kong提供的行山導遊路線都是一些比較人跡罕至甚至隱秘的地區，輔以精彩的額外行程包括深入了解當地背景、漫遊市區認識當地歷史，甚至攝影工作室、觀鳥及獨家購物等等特色節目。香港是很適宜行山的城市，超過四成的郊野公園面積都被列為指定的行山範圍，隨時隨地都可以發掘大自然的無窮樂趣。

準備上路前，Jackie建議大家：「要帶備足夠水、手機、目的地的郊區地圖，還有一點幽默感去應付迷路時的心情！穿著適合當日天氣的衣服，早上出發前要再看一次天氣預測，記得郊野公園的緊急求助電話是國際最常見的112。」

Dragon's Back

One of Hong Kong's most popular hikes, the Dragon's Back hiking trail follows an undulating ridge with breathtaking views of dazzling seas, the distant Nine Pins Islands, Big Wave Bay, Tai Tam Harbour, Stanley and the Red Hill peninsula. Shady groves of bamboo and lush woodland emerge into open hillsides covered with wild azaleas and rose myrtle.

龍脊

香港最受歡迎的行山步道之一，沿著起伏有致的山脊一路前行，果洲群島、大浪灣、大潭港、赤柱及紅山半島一幕幕美麗的海洋景色在你眼前輪流上演，竹林成蔭與青翠林地旁的山坡，鋪滿野杜鵑與桃金娘。

Peak towards Aberdeen

Marvel at the best views in town from the Peak, offering unrivalled panoramas of one of the world's best natural harbours, Victoria Harbour. Pass through the tranquil Tai Ping Shan mountain overlooking the north Kowloon peninsula and New Territories on one side, and Lantau, Lamma and Cheung Chau nestled in the South China Sea on the other.

山頂至香港仔水塘

要居高臨下欣賞世上其中一個最渾然天成的海港——維多利亞港，最佳位置莫過於太平山頂。寧靜的山頂觀景角度極佳，從北九龍半島及新界的一端、橫越至連接南中國海的大嶼山、南丫島及長洲，環迴景緻一望無際。

Lamma Island

Walking is the only way to explore the trails on Lamma Island as there are no roads. Take a slow boat to get there, entering through Sok Kwu Wan Village, which comprises ancestral graves, a famous stretch of waterfront seafood restaurants and the atmospheric 1836 Tin Hau Temple. A scenic walk past the World War II Kamikaze tunnels to the village of Yung Shue Wan features local shops and a generally relaxed vibe. The southern end of Lamma is a breeding site for the endangered green sea turtle, which flock to the shore between June and October to lay eggs.

南丫島

沒有馬路的南丫島最適宜徒步遊覽，可以乘渡輪往索罟灣經小漁村前往，沿路參觀當地的祖先祠堂、海邊多間熱鬧的海鮮酒家以及值得一到的1836天后廟。欣賞過二次大戰時神風洞附近的風景，抵達榕樹灣會看見離島獨有的小店，氣氛悠閒舒適。島的南端有罕見頻危海洋生態綠海龜，牠們每年6至10期間會爬上岸產卵。

Deserted Beaches

Starting at the tip of the Sai Kung peninsula, soak in the white sand beaches and clear azure water when hiking through the remote Sai Wan and Ham Tin villages and Sai Kung Country Park. Check out the popular surfers destination of Tai Long Wan and its lush vegetation, mountain and coastal views. Explore the historical villages of Chek Keng, where time seems to stand still in ancestral homes and an abandoned Catholic church.

沙灘之旅

沿西貢半島一路往上的海灣，盡是潔白細沙與碧藍海水，西灣、鹹田灣及西貢郊野公園一帶更是寧靜迷人。大浪灣的植物種類不但豐富，而且更是香港著名的滑水勝地，上山下海的風景同樣令人心曠神怡。走進西貢赤徑的歷史村落，看到古式祠堂與棄置的天主教堂，感覺猶如進入時光隧道。

Ma On Shan

Climb one of Hong Kong's highest peaks in one of the most spectacular sections of the famous 100km Maclehoose hiking trail. At 702 metres, you can walk for an entire day without seeing a single soul. Look out for wild azaleas and rhododendrons on the ascent, with the Ma On Shan range rising imposingly above. Upon reaching the top, striking views of the Sai Kung peninsula, New Territories and mainland China are a well-deserved reward. The scenic track winds down to the fishing town of Sai Kung and concludes with a visit to the Tin Hau Temple.

馬鞍山

想挑戰香港第一高山上足有100公里長的麥理浩徑，建議選擇沿途風景最漂亮的一段，大約在702米的位置左右開始，整個行程可以寧靜得不見一個人影，讓你專心欣賞隨馬鞍山山嶺地勢上升而展現眼前的各種野生杜鵑花，行畢全程抵達山頂之際，遠眺西貢半島、新界以至中國大陸的景色，走得再辛苦也絕對值得！然後回程途經西貢的漁村參觀天后廟，為行山之旅劃下圓滿句號。

Following the introduction of Bel-Air Book Corner last issue, here are this month's selections

上期貝沙灣首次推出閱讀專欄，今期繼續有我們誠意推介的好讀本

With winter upon us, your little ones will be spending more time indoors. Make the most of family time together by getting cosy with a cup of hot cocoa and a book. Children's writer Elle Kwan loves writing fiction for all ages and is the author of several educational titles for kids, including the upcoming *The Little Impossible King* for Tuntun Books. She shares her picks for cold-weather reads that will keep your youngsters entertained for hours on end.

天氣依然有點寒冷，相信你和孩子們都較少外出活動。逗留家中的親子時光如何享受？一杯熱可可加上幾本好書已經是相當的舒適愜意。兒童讀本作家Elle Kwan熱愛為不同年齡的孩子寫作小說，也曾經撰寫一系列兒童教育讀本。她為Tuntun Books創作的新書*The Little Impossible King*即將出版。愛寫作愛閱讀的她誠意為大家挑選適合冬天閱讀的好書，滋養你和孩子的心靈，暖洋洋地度過午後時光。



Sapphire Battersea, Jacqueline Wilson

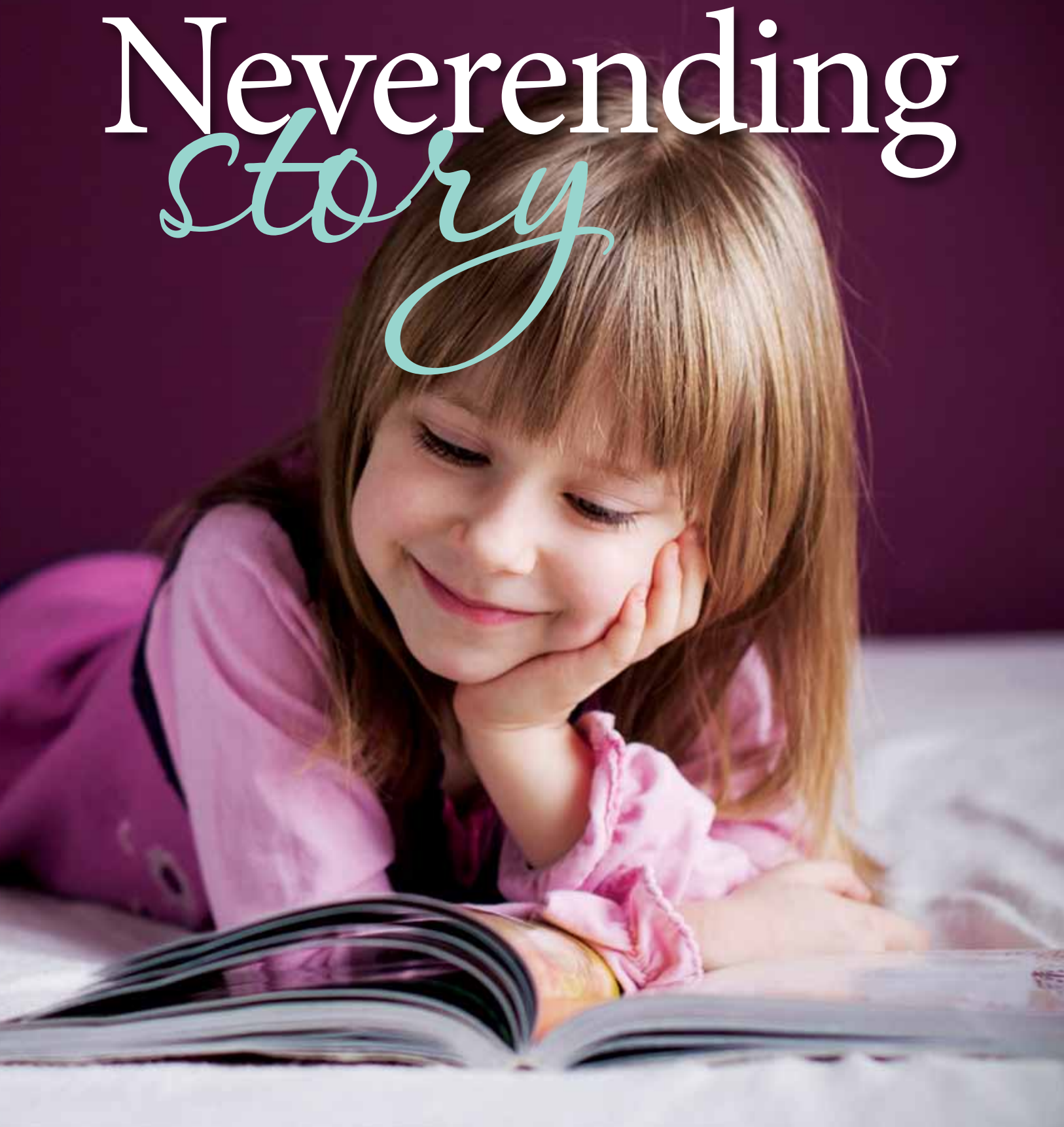
The latest book from Britain's most-borrowed author of the decade in 2010, *Sapphire Battersea* is a fascinating, funny and moving Victorian novel featuring Hetty Feather. The sequel to *Hetty Feather* is an evocative and original historical novel set in 1970's London. Girls will love reading

about Hetty's journey, the main character whose eyes shine like sapphires, to find her real mum after they are separated. Find out what happens after she leaves home to become a maid for Mr Buchanan.

近十年英國最家傳戶曉的兒童作家Jacqueline Wilson，最近又有新作面世：充滿維多利亞時代色彩的*Sapphire Battersea*，主角繼續是作者喜愛的藍眼睛女孩Hetty Feather。趣味十足又感人肺腑的原創歷史小說以1970年代的倫敦為背景，Hetty與親生媽媽失散後展開尋親之旅，輾轉來到Buchanan先生家中當傭人的經歷，一定令小女孩讀者們萬分感動。→

"MAKE THE MOST OF FAMILY TIME TOGETHER BY GETTING COSY WITH A CUP OF HOT COCOA & A BOOK."

Neverending *Story*



Home sweet home 我的家是香港

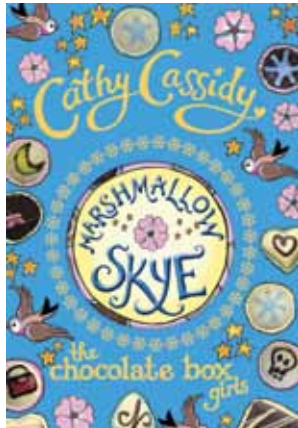
Hong Kong ABCs by Diana Wu-David brings 26 images of local delights to life in this charming, chunky board book, illustrated by Margaret Jung. Created for babies learning the alphabet, toddlers and kids interested in learning about local culture, all proceeds from book sales will go to Room-to-Read. In collaboration with the Hong Kong community, this non-profit organisation develops literacy skills among primary school children and provides secondary school students with essential life skills.

Diana Wu-David推出的*Hong Kong ABCs*以介紹香港地道文化的形式教小朋友學字母。26個英文字母全部由Margaret Jung根據香港日常生活主題繪畫插圖，結集成精裝圖書，適合讓幼兒與小朋友熟習本地文化，售賣圖書所得收益全部撥捐Room-to-Read作慈善用途。非牟利團體Room-to-Read一向致力與本地社會各界合作，於各小學推廣吸收知識技巧，同時為中學生提供生活成長指導。

Marshmallow Skye,

Cathy Cassidy

The latest edition to the Chocolate Box Series, *Marshmallow Skye* is about identical twins Skye and Summer Tanberry. Skye loves her sister more than anyone else in the world and they do everything together. But lately, Skye has been feeling a little neglected. What's worse is that her friend Alfie confesses to falling for her sister, which only adds to her feeling like she is second best. Learn how Skye comes into her own, rather than being overshadowed by her effortlessly cool sister, and discovers her time to shine.



Chocolate Box兒童小說系列的最新出版，講述要好的Tanberry孿生姊妹Skye與Summer如何經歷感情上的考驗。兩姊妹原本視對方為摯愛而且永遠行動一致，直至Skye發現Summer好像對自己比從前冷淡，更意外是好朋友Alfie向Skye表明愛上了Summer！淪為次選的感覺令Skye加倍失落。面對最親的人成為大家的寵兒，Skye如何擺脫鬱悶的心情，重拾愛與信心？



Inheritance,

Christopher Paolini

The much-anticipated final installment to the bestselling *Inheritance* series about Alagaësia has finally arrived. Following on from *Eragon*, *Eldest* and *Brisings*, the fantasy-science fiction tells the tale of a once poor farm boy, Eragon-Shadeslayer, Dragon Rider and his dragon Saphira (merely a blue stone in the forest at the start of the adventure). Much has changed with the fate of an entire civilisation now resting on their shoulders. Months of

training and battle have been filled not only with victory, but also heartbreaking loss. They have exceeded all expectations, but will they be strong enough to topple the evil king Galbatorix? No one else is capable of restoring justice, and if they fail, there will no second chances.

暢銷奇幻冒險小說〈龍騎士〉系列，最近推出萬眾期待的最終回，主線落在Alagaësia世界發生的驚險故事，緊接上集*Eragon*, *Eldest* and *Brisings*的情節發展，故事圍繞主角Eragon本來是貧窮農家小孩，直到遇上由森林中一顆藍石變成的龍座騎Saphira，際遇從此全面改寫，勇敢地肩負起拯救世界的命運。延續多個月的戰鬥有光榮勝利的一刻亦有慘痛的傷亡，所有人都超越自己的極限而變得更強，能否有足夠力量戰勝邪惡的Galbatorix魔王仍然是未知之數，但全世界的正義就維繫於龍騎士的一戰之間，只許勝不許敗！

The Unwanteds,

Lisa McMann

Hailed as a cross between *The Hunger Games* and *Harry Potter* series, *The Unwanteds* depicts an annual event in Quill, where 13-year-olds are divided into two categories – the intelligent Wanteds who go to university, and the Unwanteds who are condemned to die. Alex accepts his fate as part of the latter group, while his twin brother Aaron is deemed a Wanted. As he awaits his destiny, Alex discovers a secret place called Artime, where children are taught to use their creativity to use magic and weave spells, changing the world as he knows it.



緊張刺激的故事由神秘國度Quill一年一度的生死儀式開始，13歲少年被分成兩批，聰明的優等Wanteds精英可以上大學，其餘的Unwanteds就要處死，情節像〈飢餓遊戲〉與〈哈里波特〉的混合體。主角Alex的孿生兄弟成為精英，他自己卻要被遺棄等待處死，正當Alex要接受悲慘命運的一刻，奇蹟地闖進了Artime魔幻境界，學習到各種魔法與咒語，一班少年更希望藉此改變殘酷的世界。

We would love to hear your thoughts on our book recommendations. Email us at crdept@pcpd.com

您對貝沙灣的閱讀推介有何意見？歡迎電郵至crdept@pcpd.com與我們分享。



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the moment*
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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

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的油畫



Still Life & Flower (17th Century)

Code No. AC/P/00008

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125 Blaes的油畫

Two Good Friends

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World Quiz corner

Attention Bel-Air young adults! Welcome to our brand new World Quiz Corner section, where each quarter we will showcase a socially significant international figure for you to research as part of an exciting competition. Anyone under the age of 18 can enter with a chance to win a coupon for pancakes and ice-cream on Sunday at the Clubhouse. The best overall response in 2012 will have a unique opportunity to win a prize of their choosing, provided that it is reasonable and enhances education and self-improvement.

我們誠邀18歲或以下的貝沙灣住客投稿，參與貝沙灣雜誌全新的「打開世界視野」專欄。每期我們將會以一位世界偉人為主題，請大家分享對這位人物生平事跡的所思所想，你的佳作有機會贏得週日貝沙灣會所送出的Pancake及雪糕贈券，2012年度總冠軍更可獲得自選大獎(獎品必須合理並屬教育及自我增值範疇)。

The key personality for this month is...

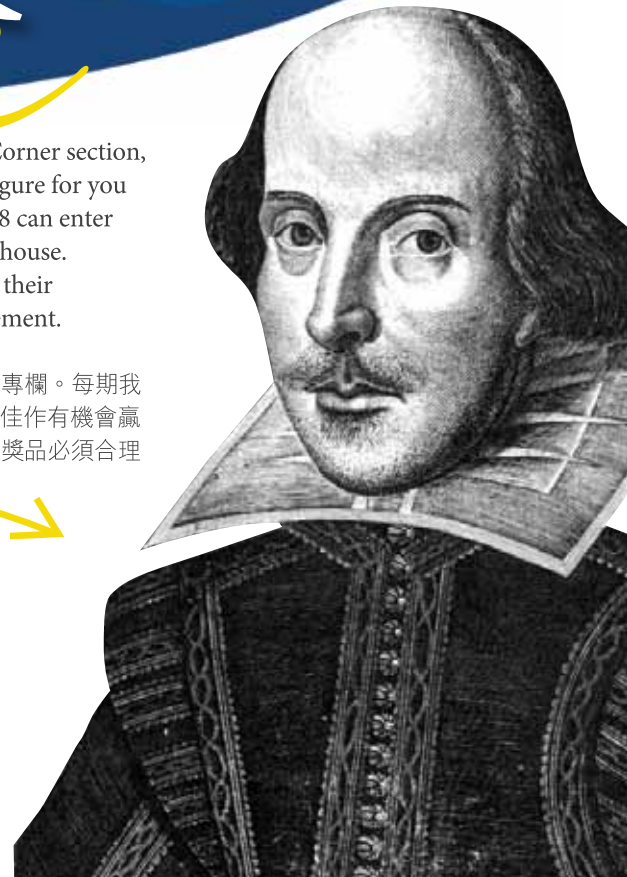
Please email your response to the following 3 questions to crdept@pcpd.com.

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

本月的人物主角：

請回答以下三個問題，電郵至crdept@pcpd.com。

1. 他是誰？
2. 他如何影響社會？
3. 為什麼他會成為偉人？



Your

The end of 2011 proved a most exciting time at Bel-Air Residence

2011 年踏入尾聲，貝沙灣住客的生活愈見精彩豐盛

Sophie-Mayuko Vetter Piano Recital

Sophie-Mayuko Vetter gave a memorable performance at the Red Room in Club Bel-Air's Peak Wing

貝沙灣朗峰會所Red Room喜迎Sophie-Mayuko Vetter令人難忘的鋼琴獨奏夜



Guest Performer Paul Cibis

另一位表演嘉賓Paul Cibis亦同場獻藝



Guest Performer Angelronda Lee (right) with Sophie-Mayuko Vetter at Piano Recital.

Sophie-Mayuko Vetter與當晚的特別表演嘉賓Angelronda Lee



Cyber Run for Rehab

CyberRun for Rehab 2011 promoted a healthy lifestyle with stress relief through exercise

2011年度健康萬步數碼港再次宣揚運動減壓的健康生活態度



Bel-Air Music Festival

Wonderful tunes filled the air at
Bel-Air's Music Festival

貝沙灣音樂節期間，空氣中瀰漫一片愉快歌聲





Charity Event – Home for the Elderly Visit

The Bel-Air choir brought joy to the elderly with their song performance.

貝沙灣歌詠團與眾位老人家齊齊分享節日的喜悅。

Bel-Air Choir with Conductor Amuer Calderon (Lorrain Tan, Elsa Berriman, Sandy Chen, Eva Cheung, Chen Wai, Mimi Chan, Ethel Tornberg)

貝沙灣歌詠團與指揮Amuer Calderon(歌詠團成員Lorrain Tan, Elsa Berriman, Sandy Chen, Eva Cheung, Chen Wai, Mimi Chan, Ethel Tornberg)



Mr Christopher Forbes with Mr Jean-François Moueix (Owner of Château Petrus)

福布斯集團Christopher Forbes先生與Château Petrus酒莊主人Jean-François Moueix先生



Mr Christopher Forbes with Mr Adrian Cheng (Executive Director of New World Development)

福布斯集團Christopher Forbes先生與新世界發展執行董事鄭志剛先生

Art Patrons Luncheon

Influential figures in the art world enjoyed lunch at Bel-Air

多位藝術界傑出人物暢聚貝沙灣共晉午餐



Halloween at Bel-Air

Bel-Air kids came out to play on the spookiest night of the year.

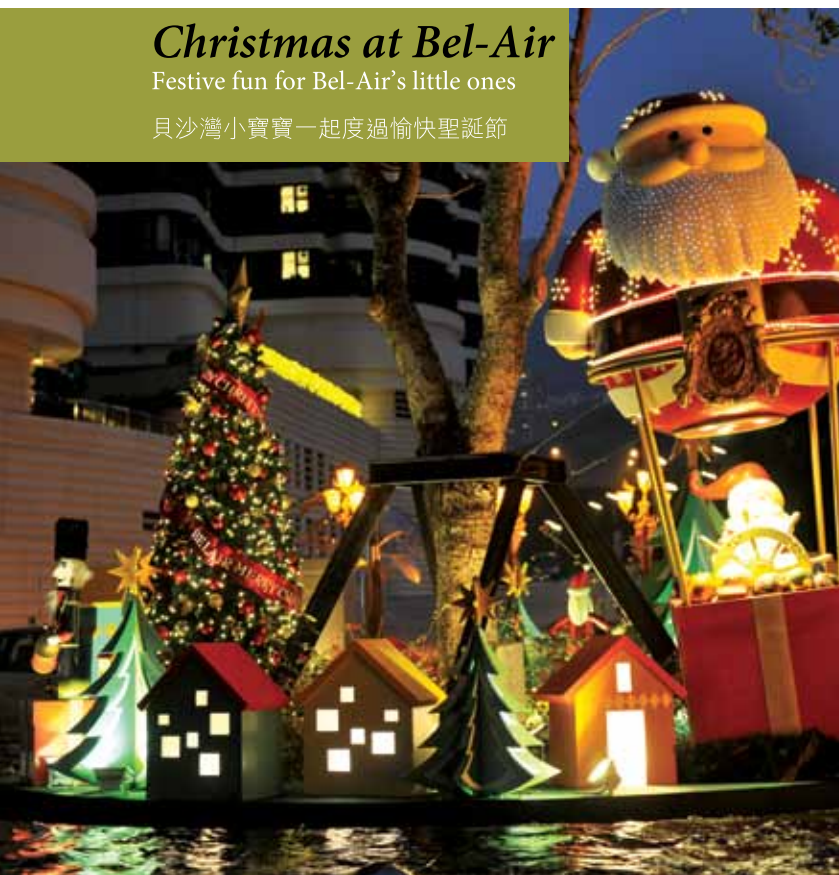
貝沙灣最可愛的小嘩鬼於萬聖節當晚齊齊出動



Christmas at Bel-Air

Festive fun for Bel-Air's little ones

貝沙灣小寶寶一起度過愉快聖誕節



Bel-Air Christmas Wonderland
貝沙灣聖誕童話仙境 2011



Glitzy bits

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

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






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