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WELCOME

B efore we know it, 2016 is in sight and it is the most wonderful time of the year again! Every year, Bel-Air's Christmas Carnival is a joyous affair where families celebrate the festive season with their neighbours and friends; this year is no different so we've picked out the best event snapshots for you to savour the memories. We also spoke to residents in Bel-Air to find out how different cultures celebrate Christmas around the world – read the lifestyle story to find out!

For epicureans, the culinary team at Club Bel-Air has put together an exotic spread and paired the exciting dishes with refreshing herbal drinks for your festive enjoyment. Those who are intrigued by craft beers will be pleased to know that Hong Kong's local microbreweries are pushing out quality brews, and that it is quite easy to brew your own beer at home. On the art side, the ascetic world of Chinese scholars is juxtaposed with the opulent side of the early twentieth century European ladies at Liang Yi Museum. You will also get a glimpse into the whimsical world of Piero Fornasetti through his art pieces in Bel-Air.

Wishing you and your family a very merry Christmas and an amazing year ahead!

Mr Robert Lee

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



年最美妙的聖誕節轉瞬即至,代表新的一年亦快將臨近。每年於貝沙灣舉行的聖誕嘉年華,都喜見大家與摯愛的家人、親友及鄰居暢聚碰面,今年也不例外。我們拍下貝沙灣歡度聖誕的照片,紀念普天同慶的時光。今期我們邀請多個貝沙灣住戶,分享世界各地慶祝聖誕的傳統,請大家留意!

愛鑑賞佳餚美饌的你,貝沙灣會所餐廳已準備好帶有異國風情的節日盛宴,並為你配上多款清新的香草特飲。香港近年興起手工啤酒熱潮,愛酒的你應該有興趣認識一些本地啤酒廠的佳釀,甚至在家用簡單工具親手釀製。藝術界動向方面,兩依藏博物館正推出《苦行與奢華的交織——中國雅仕與西方名媛珍品展》。貝沙灣藝術典藏新添置了皮耶羅•佛納塞堤的作品,大家可一睹他的創意奇想。

藉此佳節,願你們一家人度過溫暖的冬日。謹祝聖誕快樂, 新年進步!

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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The Season of GIVI19 Deck the halls with kindness

This year, staff at Bel-Air brightened the season by sharing the joy of Christmas with the New Life Psychiatric Rehabilitation Association. On 12 November 2015, a team of volunteers collected gently used Christmas decorations at Bel-Air and used them to give the association's Shek Pai Wan Integrated Work Centre a Christmas makeover. Everyone enjoyed showing off their creativity a little bit and in a few hours the reception area of the centre was all decked up with colourful decorations at the reception. A big thank you to everyone who participated in this meaningful event!

貝沙灣員工趁今年聖誕與新生精神康復會一起分享 佳節喜悦,組成義工隊收集貝沙灣屋苑略為用鍋的 聖誕裝飾品,於2015年11月12日為新生精神康復會石 排灣綜合培訓中心佈置,帶來滿滿的節日氣氛。當 日義工團隊一展創意手藝,經過數小時的努力,中 心的接待處呈現一片繽紛節慶色彩。謹此向所有參 與今次有義意活動的每位朋友,致以衷心感謝!





About New Life Psychiatric Rehabilitation Association

有關新生精神康復會





Service BRONZE BRONZE EXCELENCE

ith its continued commitment to offering the highest possible service to Residence Bel-Air, Island South Property Management Limited has won Bronze Award at the 2015 Hong Kong Management Association Quality Award, an award introduced by the HKMA in 1991 to give recognition to companies in Hong Kong which have made a lasting commitment to quality.

The HKMA praises Island South Property Management for its "enviable quality system to ensure that reliable, efficient and professional services are provided at the Bel-Air development." Rita Wong, assistant director at ISPML, explains that her teams inspect the entire building grounds and car park at least twice a week, which enables the decision-makers to pay attention to detail and share the company's vision with all frontline employees.

"Most importantly, we observe their daily performance and support them in their service delivery to sustain the high service standard," says Wong. She identifies the service values as family-oriented, caring, multicultural and environmental. "This contributes to our objective, which is to sustain the luxury image of the development," she continues to say.

Club Bel-Air's fine-dining restaurant is a prime example. "The chefs provide residents with healthy dining experiences, such as our Home-made Festival, which cuts out food that is sugary, fatty and generally unhealthy." The clubhouse also organises events such as wine tastings and is equipped with premium function spaces which allow residents to organise events of their own – all part of a five-star lifestyle without leaving home. The hotel-style living at Bel-Air is supported by a professional concierge team who are attentive to residents'

everyday needs, and includes extras such as airport limousine service. Wong also says, "The scope of services for Bel-Air residents is derived from the resident's perspective, and we always go the extra mile."

She adds that Bel-Air is the only fine arts collector in a residential development, saying, "The clubhouse's fine arts guided tour aims to enhance residents' enjoyment of, and interest in, art."

In a service-oriented industry such as property management, talent development and retention remain one of Island South Property Management's biggest focuses. The company takes a proactive approach in which various strategic training courses and workshops covering a wide range of topics such as communication, mentoring, leadership and language have been developed for staff. Wong says that the feedback from employees has been very encouraging – in particular for the mentoring programme, because it enables them to manage their own career path.

The company is encouraged by the HKMA Award but will constantly review areas for improvement. Wong says, "We will adopt a long-term development plan to futher enhance our mangment systems. Most importantly, Bel-Air residents will be the ultimate beneficiaries."

力為貝沙灣提供優秀服務的南盈物業管理有限公司(南盈)、 憑藉對優質服務水平的堅持、榮獲2015年度香港管理專業協 會優質管理獎銅獎。香港管理專業協會優質管理獎始創於1991年, 以表揚積極實踐優質管理理念的企業。 香港管理專業協會讚揚南盈「設立了一套高質素管理系統,為 貝沙灣提供可靠、有效率和專業的服務。」南盈物業管理有限公司 物業管理助理總監黃麗芬指出,團隊每星期最少巡視整個貝沙灣 屋苑範圍與停車場兩次,有助決策者留意到屋苑的每個細節,確 保前線員工執行工作時,能貫徹公司的理念。

黃麗芬表示:「最重要是我們透過觀察團隊每日的表現作出 適當支援,確保他們能一直維持高水準的服務。」提到優質服務 的核心價值,她認為照顧家庭需要、細心關懷、多元文化及著重環 保、是四大重點所在。她續道:「這有助貝沙灣建立尊貴時尚生活 的形象。」

貝沙灣會所的高級餐廳,是卓越服務的成功例子之一。黃麗芬 說道:「廚師團隊為住戶帶來健康餐飲美食。例如曾經舉行的自家 製美食節,就鼓勵大家減少高糖高脂,多享受健康滋味。」貝沙灣 會所不但為住戶舉行品酒會,同時設有豪華宴會廳供住戶租用宴 客,足不出戶就享受到媲美五星級酒店生活品味。貝沙灣專業的禮 賓部團隊對住戶日常生活照顧週到,安排機場轎車接送服務,亦是 酒店式禮賓體驗之一。黃麗芬解釋:「貝沙灣提供的所有服務均從 住戶角度出發,務求今他們喜出望外。」

她補充指·貝沙灣是唯一擁有自家藝術典藏的住宅項目:「會 所的藝術導賞服務旨在提升住戶對藝術的鑒賞力與興趣。」

物業管理行業特別注重服務質素,因此南盈最著重挽留優秀人才,讓他們發揮所長。公司主動安排各種訓練課程及工作坊,涵蓋範圍廣闊,包括溝通技巧、導師計劃、領導才能及語言提升,讓員工積極自我增值。黃麗芬表示,參與員工的反應相當令人鼓舞,尤其有助員工掌握事業路向的導師計劃。

南盈獲得嘉許之餘仍持續改善服務水平,繼續檢討尚待改善的空間。黃麗芬總結道:「為強化我們的管理系統,我們已實行長遠的發展計劃。最終貝沙灣住戶將成為最大的受益者。」

BEL-AIR ART

Stark Contrast

PLACING THE ASCETIC AND THE OPULENT SIDE BY SIDE TO EXPLORE HOW LUXURY HAS EVOLVED THROUGH TIME

從刻苦與享樂兩個極端概念的對比,重新審視奢華的定義如何隨時間演變

two-part exhibition that explores the history of luxury in an east-meet-west scenario, Liang Yi Museum presents two unique collections of playthings owned by Chinese scholars and vanities by elite women from European high society in Scholars and Debutantes: A Contrast of Ascetic and Opulent Luxuries.

100 Scholarly Objects

As the title suggests, the curatorial team of Liang Yi Museum assembled 100 objects typically found in Chinese scholars' studios, coming from collections all over the world. The exhibits range from everything one can find on a scholar's desk, like brush pots and inlaid boxes, to priced collectables like the beautiful zitan birdcage and carriage harness mount. Housed on the ground floor of the museum, 100 Scholarly Objects offers a glimpse into the masculine and ascetic world of China's literati, a class second only to royalties. The pieces, though highly valuable, exude understated charm, which is in line with the values of Buddhist and Taoist teachings.

A History of Evening Bags

Upstairs, a completely different world, one that late 19th to 20th century upper-class European women belonged in, unveils. The fascinating vanities amassed, some 200 altogether, include clutches, evening bags and nécessaires from familiar names such as Cartier, Van Cleef and Boucheron. Material favoured by ladies at that time being gold, precious gems and even diamonds, the exhibits here reveals an entirely different philosophy and notion of luxury.

Together, these contrasting pursuits lead to new insights into how luxury was interpreted differently over time and across cultures, and raise interesting questions about luxury in the $21^{\rm st}$ century.





依藏博物館展出的《苦行與奢華的交織—中國雅士與西中外名流珍貴玩物的互相印證,帶來對奢華的重新思考,當中的今方名媛珍品展》共分為兩部份,添溫東西方文化的對照並 列,展示多件屬於中國文人與歐洲名媛的珍貴玩物。

《文房中的小宇宙:百件風雅文玩器物》

顧名思義,兩依藏博物館的策展人搜羅100件來自世界各地的中 國古董工藝藏品,文人書齋之中常見的文房陳設,例如筆筒、 匣子以至珍罕的紫檀木鳥籠及馬鞍,於入口層作全層展出。中 國名人雅士自古以來地位尊崇,僅次於皇族貴胄,從他們珍愛 的玩物,可想像到當時的顯赫生活品味及讀書人的清修之道。 這些器物縱使價值不菲,外觀卻古樸盎然,隱然透露佛道兩家 的修行境界。

《晚宴手袋的華麗歷史》

走到博物館上層,登時步入19世紀末至20世紀初的歐洲上流社會 衣香鬢影的世界。當中展出的瑰麗飾品逾200件,包括女裝手提 包、晚宴手袋和各式瑰麗飾物,其中部份展品來自家傳戶曉的頂 級品牌,如卡地亞、梵克雅寶、寶詩龍等,堪稱巧奪天工。當時 婦女鍾情黃金、寶石甚至鑽石等物料,從展出的珍品可見一斑, 同時意味著西方世界對「奢華」二字的註譯,與東方全然不同。

方名媛珍品展》共分為兩部份,透過東西方文化的對照並 昔對比與文化對話實在引人入勝。來到21世紀,我們又應當如何 看待奢華?的確值得深思。

SCHOLARS AND DEBUTANTES:

A Contrast of Ascetic and Opulent Luxuries
Opening Hours: Tuesday to Saturday, 10am to 6pm
Closed on Sundays, Mondays and Public Holidays

Liang Yi Museum 181-199 Hollywood Road, Sheung Wan, Hong Kong

苦行與奢華的交織──中國雅士與 西方名媛珍品展

開放時間:星期二至星期六·上午10時至下午6時 星期日·星期一及公眾假期休館

兩依藏博物館 香港上環荷李活道181-199號

liangyimuseum.com

Prior to Scholars and Debutantes, Liang Yi Museum showcased, for the first time, a range of French and Chinese antique furniture from 17th and 18th century in Great Minds Think Alike, a collaboration between the museum and Parisbased Kraemer Gallery.

furniture from two of the world's language.

most fabled courts - Louis XIV, XV and XVI, and emperors Kangxi and Qianlong in Qing dynasty - revealed many curious design and craftsmanship similarities. As such, the exhibition explored these resemblances and the notion The parallel display of antique of aesthetics as a universal

前, 兩依 藏博物館曾與巴黎的 Kraemer Gallerv共同展出《異曲 同工——18世紀中法古代傢俱藝 至18世紀中法兩國傢俱珍品的 語言。

該展覽平衡展出來自18世紀的 歐亞兩國皇室傢俱:清初康熙與 乾隆皇帝,與法國路易十四至路

在展出《苦行與奢華的交織》之 易十六,處處盡顯異曲同工之妙。 《異曲同工》盡展中法兩國古典傢 俱的工藝設計之美,並從兩者相 似之處,探討工藝美學是否能夠 術展》,是史上首個對比研究17 跨越國界、時空,成為世人之共同















THE WHIMSICAL WORLD OF FORNASETTI









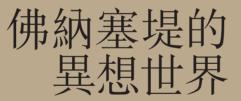
































iero Fornasetti (1913 - 1988) was a celebrated Italian painter, sculptor, interior decorator and engraver. The prolific artist had lived most of his life in Milan, creating more than 11,000 items. His works are renowned for the heavy use of black and white, and the recurring themes of the sun and time. His style is reminiscent of Greek and Roman architecture, by which he was heavily influenced.

Today, it is most common to see
Fornasetti's signature style in fashion
and room accessories such as scarves,
ties, lamps, furniture, china plates and
tables. After his passing, his son, Barnaba
Fornasetti, continues to carry on the
legacy and design in his father's name.

兼畫家、雕塑家、室內設計師與雕刻師等多重身份的意大利傳奇藝術家皮耶羅·佛納塞堤(Piero Fornasetti, 1913 - 1988),在創作生涯中完成超過11,000件作品,產量驚人。畢生幾乎都以米蘭為創作舞台的佛納塞堤,擅長採用大量的黑白色,作品中反覆出現太陽及關於時間的題材,並展現他本人所熱愛的濃厚古希臘及羅馬建築色彩。

佛納塞堤的典型設計風格, 至今依然領導時尚界及室內裝 飾界的潮流,從絲巾、領帶、 燈具、傢具、瓷器到桌椅,處 處閃現他的靈感想像。佛納塞 堤逝世後,兒子巴爾拿巴·佛 納塞堤將父親的設計奇想延續 下去,以家族之名繼續推出新 作品。



Fornasetti's take on the most classical piece of design, the chair, is a ground breaking artistic achievement in imagination.

佛納塞堤最為人熟悉的經典 椅子設計,當中無限的想像 力,被譽為重要的藝術成就。



Trompe L'Oeil Umbrella Stands

Exceptionally crafted and carefully selected designs turn a rainy day into a precious artistic experience.

高超的技巧加上精心的構想·下雨天也變得充滿詩情 畫意。







Tema E Variazioni

Piero Fornasetti found his unlikely muse when he was flipping through 19th century magazines. The expressionless stare and flawless complexion of operatic soprano Lina

Cavalieri inspired him to create over 350 pieces in the plate series, where the face of Cavalieri was drawn and redrawn again in different themes and styles.

佛納塞堤有一次翻閱19世紀的雜誌時,無意中發現了自己的靈感女神:歌劇女伶琳娜·卡瓦列里淡淡然的目光與晶瑩的肌膚,令佛納塞堤深深入迷,此後350件陶瓷碟作品都以她為主題,反覆使用不同的手法繪出她美麗的臉龐。

10



pop of the cap, a clank of the glass, outpours the frothy, light-coloured drink. In Hong Kong, beer is still viewed as a beverage for casual occasions thanks to familiar names such as Carlsberg and San Miguel. Perhaps there is indeed a time and place for mass-market beers, but connoisseurs know these drinks are brewed for volume, not taste. The run-of-the-mill, mass-produced cans you find on the shelves of supermarkets and convenience stores have very little to offer in terms of flavour profile, leaving beer enthusiasts unsatisfied and the average drinkers unenlightened.

The limited and lacklustre range of beers in Hong Kong has, in a way, catalysed a boom in the demand for craft beers. Bars, pubs and restaurants are starting to import bottles and kegs from microbreweries all over the world; Beertopia, first launched in 2012, has become the largest craft beer festival the city has ever seen. With the rising interest in craft beer, some have gone ahead and started their own craft breweries locally with considerable success.

The Trail Blazer

Hong Kong Beer Co has been around for quite some time, since 1995 to be exact, but the brand hasn't been well known among regular beer drinkers until the craft beer movement started to take off a few years ago. They were Asia's first craft brewery to sell beer exclusively in bottles and kegs. Bringing in American brewmaster Simon Pesch in 2001, the microbrewery now boasts six different year-round brews, ranging from amber ale to stout, and the occasional limited draft or cask only beers. The brand even has suggested food pairings for each of their beers – perfect for those who're looking to complement their culinary creations with a solid craft beer.

Rise through the Ranks

One of the earliest craft beer brands to establish in Hong Kong, Young Master Ales have made itself a reputation of specialising in artisanal brews that pay homage to Hong Kong's unique heritage, evident from the names given to their beers. The microbrewery's star is a hoppy porter they brewed in their home-brewing days, making use of six different malt types, Chinese red sugar and a blend of floral and spicy hops to round out the flavours. The resulting ale, dubbed Hong Kong Black, was awarded first place in the city's first homebrew competition in 2013.

Since then, Young Master Ales has pushed out more fantastic brews, some available year-round and some seasonal, many of which are available on tap at the finest locations all over Hong Kong including iconic bars at luxury hotels, craft beer specialist bars, trendy bars and restaurants, and prestigious private clubs.

Learn the Craft

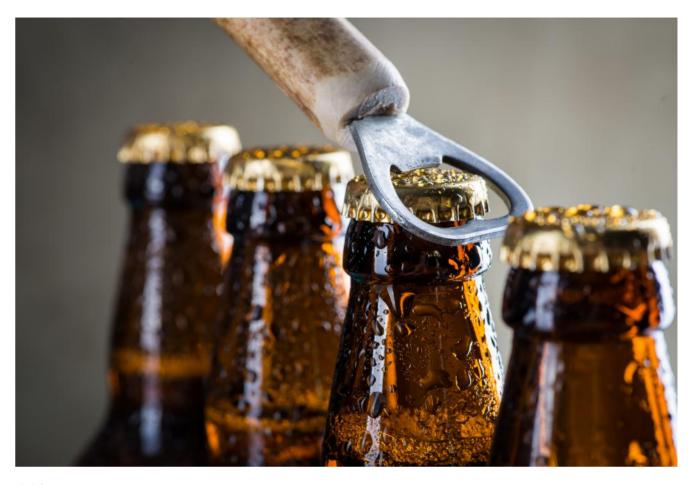
HK Brewcraft takes their passion for quality beers to a whole new level by preaching actual home brewing instead of just selling artisanal craft beers from around the world. Not only do they offer workshops for beginners, their well-stocked up store has everything from brewing kits and glass bottles to different types of malts, hops and yeasts for experienced brewers.

If you're interested in dabbling in home brewing, rest assured that the set up is surprisingly simple and the process requires virtually no specialised skills (perfecting your brew, however, is a different story). HK Brewcraft breaks it down to six steps:

- Preparation, which involves cleaning and sanitising the equipment
- Steeping grains in hot water to create a sugary soup called the "wort"
- Soaking and rinsing the grains
- Boiling the wort with hops and spices
- Mixing the chilled wort with yeast and allowing it to ferment for two weeks
- Bottling the brew

Brewing beers is like a scientific experiment in many ways; novices are bound to run into setbacks. Lucky for them, HK Brewcraft facilitates regular homebrew sharing sessions for seasoned and beginner brewers alike, so there is always someone to taste your beer before you share it with family and friends.





蓋「噗」的一聲打開,冰凍的淡金色酒液伴隨幼滑的泡沫冒出來,這種享受,愛喝一兩杯的香港人應該相當熟悉,而且 出來,這種享受,愛喝一兩杯的香港人應該相當熟悉,而且 較大眾化的啤酒品牌如嘉士伯及生力啤,幾乎成為某些節日場合 人會所都有供應各款少爺麥啤。 的指定飲品。然而直正懂得欣賞啤酒的話,卻明白到在紹市或便利 店貨架上的貨色都是大量生產,固然未能滿足要求啤酒有獨特個 性的品酒客,甚至對一般人來說也是驚喜欠奉。

香港的酒吧與餐廳開始從世界各地的小型釀酒廠引進一些樽裝或 小桶裝的手工啤酒。2012年香港首次舉行最大型的Beertopia香港 國際手工啤酒節,不但吸引更多愛酒之人品嚐手工啤,當中一些有 啤酒廠 心人更設立了自家的本地釀酒廠,並且做得相當成功。

本地啤始祖

準確來說,香港啤酒這品牌早在1995年誕生,直到近幾年手工啤 酒潮流湧現,才廣受啤酒粉絲們所認識。香港啤酒是亞洲第一間手 •麥芽在熱水中浸泡,造成含有糖份的「麥芽汁」 工啤酒廠,專門製造瓶裝啤酒及桶裝生啤酒。2001年美國釀酒大 • 浸泡及沖洗麥芽 師Simon Pesch加盟後,至今全年供應的精釀啤酒口味達6款,從號 •麥芽汁加入啤酒花與香料一起煮沸 珀啤到黑啤等等之外,亦有限量生啤或只供應桶裝的麥啤,每款 • 將冷卻的麥芽汁與酵母混合,發酵兩星期 手工啤酒都有建議食物配搭,方便尋找美酒佳餚的靈感。

穩打穩紮

程到啤酒的命名都很突出,極有傳統老香港風味。少爺麥啤的皇請其他釀造者品評一下。■ 牌是一款啤酒花香濃郁的波特黑啤,是當年他們在家中自釀啤酒 時研究出來的配方,用上6種麥芽、紅糖及混合花香與辛香的啤酒 花,令味覺感受更圓滿。這款名為Hong Kong Black的招牌黑啤, 更於2013年度香港首屆自釀啤酒大賽勇奪第一名。

自此他們不斷推出更多全年或季節限定的出色手工啤,香港多 間星級酒店的酒吧、專售手工啤酒的酒吧、人氣餐廳酒吧及高級私

自釀入門

除了出售多個國家的進口手工啤之外, HK Brewcraft更將釀酒愛好 坊間啤酒種類供應有限,可謂間接造就手工啤酒的需求,近年 發揚光大,為初學者開設自釀啤酒工作坊,他們可在HK Brewcraft 店內買到各式釀造器材與玻璃瓶,還有不同種類的麥芽、啤酒花 及酵母,供已有自釀啤酒經驗者選購,讓大家輕鬆在家自設迷你

> 想一嚐自家釀啤酒之樂,所需的裝備其實出乎意料地簡單,而 且所有工序基本上無需任何專門技巧(易學難精則是必然的)。HK Brewcraft將釀製手工啤酒的過程分為6個步驟:

- 事前準備,首先所有工具器材必須清洗及消毒

- 將釀好的啤酒裝進玻璃樽

親自動手釀啤酒有點像做科學實驗,初學者必定容易出錯。不 過無論是新手或老手, HK Brewcraft都為大家定期舉行試酒會。 少爺麥啤亦是香港第一代手工啤酒牌子,他們從品牌形象、釀製過 邀請摯親好友喝一杯你親手釀造的啤酒前,大可以先在試酒會上





以色列小米配雜菜濃湯

材料:

2瓣.....大蒜頭

1湯匙橄欖油

100克 洋葱切條

60克……紅蘿蔔切條 60克……黃燈籠椒切條

60克......西芹切條

60克......意大利青瓜粒

40克.......蘑菇切片 40克.......去籽切粒的番茄

1茶匙 乾牛至草碎

1茶匙.....乾羅勒碎

5杯 半份蔬菜湯半份水,或只用水皆可

2杯以色列小米

做法

- 1. 用湯鍋煮沸蔬菜湯與水,加入小米後轉慢火,加 蓋煮小米10至12分鐘,直至小米軟稔。
- 2. 隔出煮小米的水備用。煮熟的小米放在濾鍋用冷水沖洗,放在一旁濾去多餘水份直至冷卻。
- 3. 用易潔鍋燒熱油,炒洋葱至軟身及開始呈金 黃色。
- 4. 加入燈籠椒、紅蘿蔔、西芹及蘑菇同炒,中火煮 15分鐘。
- 5. 加入意大利青瓜、番茄、牛至、羅勒、水或蔬菜湯,用小火再煮15分鐘。
- 6. 用煎鍋炒以翻熱,用湯碗盛起, 淋上蔬菜濃湯即可享用。

Recommended herbal tea pairing:

COUSCOUS IN THICK VEGETABLE BROTH

INGREDIENTS

2 cloves.. large garlic (finely chopped)

1 tbsp.... olive oil

100g onions, cut into strips

60g carrots, cut into strips 60g yellow bell pepper, cut into

strips

60g celeries, cut into strips

60g zucchini, diced into cubes 40g mushrooms. sliced

40g tomatoes, seeded and diced

1 tsp dried oregano

1 tsp dried basil

5 cups..... liquid (half vegetable broth and half water)

2 cups..... Israeli couscous

METHOD

- In a stockpot, bring broth and water to a boil. Add the couscous, then reduce the heat and simmer with the cover on for 10-12 minutes until the couscous is tender.
- 2. Drain the broth and save for later. Rinse the couscous in a colander under cold water. Set aside to drain and cool.
- 3. Sauté onions and garlic in hot oil in a non-stick skillet until onions soften and begin to brown.
- 4. Add peppers, carrots, celeries and mushrooms in the skillet. Continue cooking over medium heat for 15 minutes.
- Add zucchinis, tomatoes, oregano, basil and liquid.
 Cook over low heat for about 15 minutes longer.
- 6. Reheat the couscous in a sauté pan, then place it in a soup bowl. Pour the thick vegetable broth over.







TAJINE COD AND CHICKEN

INGREDIENTS

400g...... cod fish in thick slices 4 pieces.. chicken drumstick

1.....large onion, cut into rings 3tomatoes, cut into thin

slices

1.....yellow bell pepper

1 tsp salt

½ tsp pepper 1.....preserved lemon,

quartered

Handful .. black olives 1/3 cup olive oil

For the chermoula

......large bunch cilantro (coriander), finely chopped

3 tbsp garlic, pressed or finely chopped

2 tbsp paprika

1½ tbsp...cumin

1 tsp salt, or more to taste 2 tsp ginger, finely chopped

2 tsp ginger, finely choppe ½ tsp cayenne pepper

½ tbsp ground coriander 1 tsp ground ginger

1¼ tsp saffron threads, crumbled

3 tbsp..... olive oil ½ tsp..... turmeric

Juice and zest of 1 small lemon

METHOD

- Mix all chermoula ingredients together in a bowl. The chermoula is now ready to use.
- 2. Reserve half of the chermoula and mix the remaining half with a little more oil and a tablespoon of water to thin the marinade, then marinate fish and chicken over night.
- 3. Preheat the oven to 150°C. Pour the olive oil into a tagine and distribute the onion slices across the bottom. Criss-cross the tomato slices in the centre to form a bed and spread the reserved chermoula over the vegetables.
- 4. Add the fish, chicken and its marinade to the centre of the tajine. Arrange the strips of pepper on top of the fish in a decorative manner. Garnish the lemon and olives, then sprinkle salt and pepper over.

- 5. Cover the tajine and cook over low to mediumlow heat for about 45 minutes, or until the chicken is done.
- 6. Pour out the liquid from the tajine into a saucepan to reduce it. Pour it back over the fish and chicken.
- 7. Raise the oven temperature to 260°C. Uncover the tajine, bake for 8 minutes, or until a nice crust has formed over the vegetables. Garnish with coriander. Serve warm.

摩洛哥瓦鉢 烟鱈魚及雞肉

材料:

400克......厚片鱈魚 4隻.......雞腿

1個.......洋葱切圈 3個......番茄切薄片

1個黃燈籠椒 1茶匙鹽

1条起 鹽 1⁄2茶匙 胡椒

摩洛哥芫荽檸檬青醬

1大把芫荽切碎 3瓣蒜頭壓扁或切碎 2湯匙.....紅椒粉

2湯匙..... 紅椒料 1½湯匙... 孜然

1茶匙鹽,有需要可多用一點

2茶匙.....薑蓉

½茶匙卡宴辣椒粉

½湯匙芫荽粉 1茶匙薑粉

1/4茶匙....西班牙番紅花,切碎

3湯匙.....橄欖油 ½茶匙....黃薑粉

1個檸檬,取檸檬皮與汁

做法

- 將所有摩洛哥芫荽檸檬青醬材 料放碗拌匀備用。
- 2. 預留一半份量的青醬,另外半份拌入多一點橄欖油,用來醃 每魚及雞肉,醃一晚至入味。
- 3. 焗爐預熱至150度。倒橄欖油 在摩洛哥瓦鉢中,鋪上一圈圈 的洋葱在底部,然後將番茄一 片片叠在中間,形成厚厚的蔬 菜層,最後倒上餘下一半的青 整。
- 4. 將鱈魚及雞肉連同醃料放在 摩洛哥瓦鉢的中央,黃燈籠椒 切絲,鋪在魚肉上,再在鉢內 放檸檬與橄欖裝飾,灑點鹽與 胡椒調味。
- 5. 蓋上瓦鉢,用小火或中小火煮 約45分鐘,或直到雞腿煮熟。
- 6. 從瓦鉢倒出醬汁至小鍋中,慢 火將醬汁煮至更濃稠,然後淋 在瓦鉢內的魚肉和雞肉上。
- 7. 焗爐調高至260度。瓦鉢開蓋 放入焗爐焗8分鐘,或直至洋 葱與番茄表面呈金黃色。用芫 荽點綴,上桌即可享用。



GRILLED CHORIZO AND LAMB

METHOD

1. Peel, wash and quarter the

potatoes. Place in a pan to boil.

half of the olive oil and a pinch

of salt. Pound until the mixture

and crush the lemon, then mix

3. Marinate the lamb chops in the

4. Grill lamb chops on a hot grill

paste and refrigerate overnight.

(180°C) for 6 minutes on each

side and do the same with the

and fluffy, drain the water and mash with the remaining olive

oil and paprika. Add salt and

2. Pound the garlic and rosemary

in a mortar. Add bay leaves,

resembles a paste. Quarter

together with the paste.

chorizo for 4 minutes.

pepper to taste. 6. Serve the lamb chops and chorizo with the mash on a

serving dish.

5. When the potatoes are soft

INGREDIENTS

4 pieces.. Australian lamb chops 20ml olive oil

3 sprigs .. fresh rosemary (strip leaves from stem)

4 cloves.. garlic ½ lemon

2 pieces.. bay leaves

1..... medium sized potato

½ tsp sweet paprika

300g...... chorizo

To taste .. salt and Pepper

材料

20毫升 ... 橄欖油 3枝新鮮迷迭香 4瓣蒜頭 ½個.....檸檬

300克 西班牙紅椒香腸

做法

- 1. 薯仔洗淨去皮後切角,放入一 鍋沸水慢火烚軟。
- 2. 蒜頭與迷迭香用研缽搗碎,加 入月桂葉,一半份量的橄欖油 及一點鹽, 搗至所有材料研磨 成醬狀,檸檬切角輕壓,加入成 為醃醬。
- 3. 用醃醬醃羊排,在冰箱中冷藏 一晚。
- 烤6分鐘。西班牙紅椒香陽每 邊烤4分鐘。
- 5. 將煮至鬆軟的薯仔隔水,加入 餘下一半的橄欖油與甜紅椒 粉, 搗成薯蓉後用鹽與胡椒調
- 6. 羊排與香腸伴薯蓉排在碟上,

烤西班牙紅椒香腸及羊排

4支......澳洲鮮羊排

2片...... ...月桂葉 1個.......中型薯仔 16茶匙 甜紅椒粉

鹽與胡椒調味

4. 用180度的燒烤爐,每邊羊排

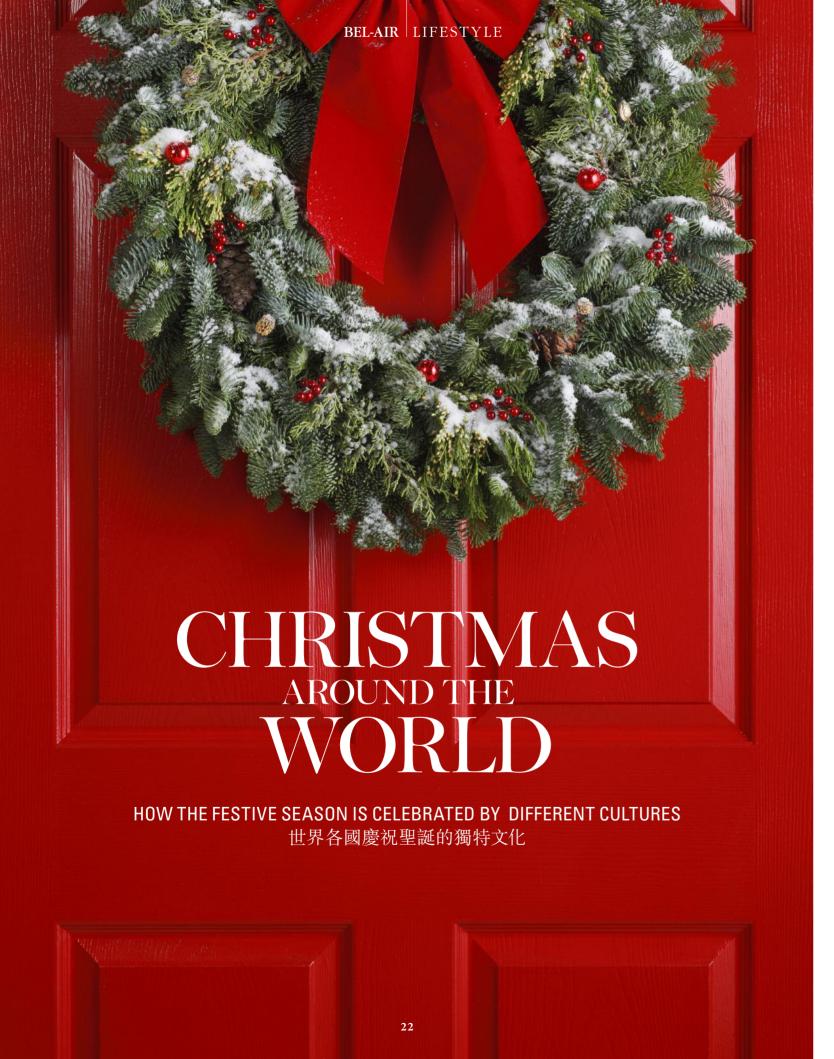
即可享用。

Health Boosters

DRINKS INFUSED WITH HOMEGROWN HERBS ARE PERFECT FOR A SUMPTUOUS SPREAD OF EXOTIC DISHES

用產自本地的新鮮香草調製飲品,與異國風味美食是最佳配搭







hristmas is now one of the most celebrated festivals around the world. Regardless of your religion, the yuletide season brings high sprits to many parts of the world. We caught up with residents of Bel-Air to see how their cultures celebrate the holiday season.

Local Heroes

The Wongs from Hong Kong

How do you celebrate Christmas? To many people in Hong Kong, Christmas is a time for partying, giving and receiving presents, and having tons of fun. To our family, Christmas means a lot more than that - we are Christians so Christmas is the time to celebrate Jesus' birth! Christmas service at the church is one of the highlights in celebrating the joy of the season. Our family also prepares presents for each other and our friends. They all go under the Christmas tree and will only be opened on Boxing Day (26 December). We also invite our extended families and friends to come to our place for Christmas dinner.

What dishes are typically found on your festive table? We like having a variety of festive treats such as homemade baked

ham, barbecued meat, salads and all sorts of desserts and sweets.

What do you think is the most unique Christmas tradition in Hong Kong? Hong Kong is a city famous for its amazing night-time skyline. As festive season approaches, Christmas lights illuminate the streets and skyscrapers along the harbour. Heading out to see the Christmas lights (and take as many photos as they can) has been many Hong Kong people's favourite pastime around this time of year.

How do the kids celebrate Christmas? Our kids love presents! (Who doesn't?) We usually prepare something for them and put the presents under the Christmas tree. On Boxing Day, we will open them together.

How do we say "Merry Christmas" in your language? 聖誕快樂!

運節,儼然已成為全球同慶的節日之 一,人人普世歡騰,無分宗教國籍。 居住貝沙灣的多個不同國籍家庭,今期特別 跟大家分享他們過聖誕的獨待文化習俗。

香港聖誕

來自香港的黃氏一家

你們通常怎樣過聖誕?對很多港人而言, 聖誕節是大家狂歡盡興,約朋友開派對及

聖誕快樂!

交換禮物的節日。我們一家是基督徒,聖 誕對我們來說除了玩樂之外,也是慶祝耶 穌降臨之時!參加教堂舉行的節日儀式, 是聖誕節最重要的慶祝活動,我們會為所 有家人及好友準備禮物,滿滿堆放在聖誕 樹下,靜待26日拆禮物日才一一打開。我們 也會邀請親戚朋友來我們的家,享用聖誕 晚餐。

你們的聖誕餐桌上,通常會有什麼菜式?我們喜歡品嚐各式各樣的節日美食,如自家烤製的焗火腿、烤肉、沙律與不同種類的甜點。

香港的聖誕傳統慶祝方式之中,哪一種最有特色?維港兩岸高樓林立的夜景,是香港聞名國際的特色之一。聖誕臨近之際,從街道到大廈的牆身都換上美麗的燈飾,沿岸閃耀照亮海港。每年聖誕期間,不少香港人喜歡趁節日外出欣賞聖誕燈飾(當然還要盡情拍大量照片留念)。

香港的小朋友們怎樣慶祝聖誕?我們家的小孩最愛收禮物!(試問誰會不喜歡呢?)我們通常會預早買好禮物,放在聖誕樹下,待拆禮物日來臨時一起打開。

BEL-AIR LIFESTYLE



Continental Traditions The Baumanns from Germany and the UK

Back home, what do you normally do to celebrate Christmas? In Germany we start the Christmas season at the beginning of advent. We have a wreath on the table at home with four advent candles and each one is lit for each week leading up to Christmas. The candles represent hope, love, joy and peace. Christmas is officially celebrated on the evening of 24 December. That evening we read the story of Christmas, about the birth of Jesus, as a reminder of the true meaning of Christmas and why it is such an amazing celebration. Then we gather around the piano and sing Christmas carols together as a family, followed by opening gifts from under the tree. After a humble dinner (usually potato salad) we then go to the night service together.

Has this changed since you've moved to Hong Kong? We try to keep our traditions in Hong Kong as

well. The major differences are that the family gathering is smaller, as the grandparents, aunts, uncles and cousins are not around. Also, instead of at night, we go to church in the morning. We are lucky that there is an English speaking church at Cyberport, so we can take a leisurely stroll there on Christmas morning.

What dishes are typically found on your festive table? We will eat a huge feast on Christmas Day (25 December), with a Christmas goose as the centrepiece! This is always prepared at home; most restaurants are closed on Christmas day as it is really a special time for family to be together. Everyone should be with their family, very much like Chinese New Year in Hong Kong.

What is the most unique Christmas tradition in Germany? The Christmas markets in Germany are very unique and well worth experiencing. Every town has one and there are lots of open air stalls selling traditional decorations.

gifts, food and drinks, such as mulled wine. The sights, smells and sounds encapsulate a festive Christmas spirit that has lasted hundreds of years.

Opening presents on Christmas Eve is also quite unique as many people celebrate on 25 December instead, following the tradition of the English speaking countries. However, in central Europe, many countries celebrate on the 24 December.

How do the kids celebrate Christmas? The kids celebrate Christmas in many ways, from singing Christmas carols to decorating the Christmas tree, to hand writing Christmas card greetings to family and friends and of course opening their advent calendars every day for a surprise! We play a lot of Christmas music during this time, which is so joyful and really marks the season for us. Last year we asked family not to send gifts (although they did still end up with some). We want to encourage our children to enjoy Christmas without the

consumerism. We try to think of gifts which are personal or hand-made, and don't add to the landfills. Gifts which focus on spending quality time together are the best.

How do we say "Merry Christmas" in your language? Frohe Weihnachten!

歐陸聖誕

來自德國與英國的Baumanns一家

你們在家鄉通常怎樣過聖誕?德國人在每年將臨期剛開始時,已準備過聖誕節。我們在餐桌上放一個花圈做裝飾,並圍著四支代表將臨期四週的蠟燭,每週燃起一支直到聖誕日到臨,寓意帶來希望、愛、喜樂與和平。12月24日傍晚是正式慶祝聖誕的時刻,我們會一起讀耶穌降生的故事,重溫聖誕真正的意義及美好之處。然後一家人圍在鋼琴旁一起頌唱聖詩,再在聖誕樹下拆開期待己久的禮物。用過簡單晚餐後(通常是薯仔沙律),我們會一同到教堂參加儀式。

移居香港後,你們過聖誕的方式可有改變?我們希望在香港繼續保留德國的聖誕傳統。在香港最大的分別是家庭聚會的人數少了很多,因為祖父母、姑姨叔舅及表

Frohe Weihnachten!

兄弟姐妹們都在外國。晚上到教堂的慣例 也改為了早上。數碼港設有英語堂會,方便 我們參加崇拜。聖誕日的早上禮拜完結後, 我們會悠閒地在數碼港一帶散散步。

你們的聖誕餐桌上,通常會有什麼菜式?12月25日,一頓豐富聖誕大餐是少不了的,主角是聖誕烤鵝!聖誕節是一家人歡聚的特別時刻,連大部份餐廳都在聖誕日休息,所以這道烤鵝主菜必定由我們自家精心炮製。聖誕節就是要跟家人在一起過節,就像香港人過農曆新年一樣。

德國的聖誕傳統慶祝方式之中,哪一種最有特色?德國的聖誕市集是獨一無二的,絕對值得去體驗一下。每個小鎮都有一個專屬的市集,形形式式的露天攤位擺賣節日氣息濃厚的傳統裝飾品、禮物、美食與飲品,還有暖暖的香料酒。這種色香味營造出來的聖誕氣氛,經歷多個世紀仍一直流傳。

25

多數人跟隨英語國家的習俗,在12月 25日拆禮物,德國的獨特之處是大家會在 平安夜打開禮物,這亦是大部份中歐國家 的傳統。

德國的小朋友們怎樣慶祝聖誕?他們有很多聖誕活動,例如唱聖詩、裝飾聖誕樹、親手寫聖誕咭送給家人和朋友等,除此之外,當然還要每天打開一格聖誕倒數月曆,看看有什麼驚喜!這期間我們會播放動聽的聖誕音樂,在一片歡欣悠揚的氣氛下迎接佳節來臨。去年我們呼籲各位家人不用送贈聖誕禮物(雖然最後還是收到了一些),鼓勵小朋友學習節日的意義不在於消費。如果要送禮物,最好選一些配合個人需要或手造的心意,避免造成浪費。最理想莫過於能夠找到一些令一家人相聚時光更珍貴的禮物。

用你的語言向大家説「聖誕快樂」: Frohe Weihnachten!

BEL-AIR LIFESTYLE

Boldog Karácsonyt!

From Prague with Love The Fehérs from Hungary

Back home, what do you normally do to celebrate Christmas? At Christmas we celebrate the birth of Jesus and read the story from the Bible to our children. It is also a time for family reunion and we visit our parents and grandparents. The children receive presents from family members, which is our way of expressing our love towards them. On Christmas Eve we have a special dinner (fish soup is the traditional Christmas food) before the kids can open their presents.

Has this changed since you've moved to Hong Kong? We moved to Hong Kong in 2014 and on 24 December we had a home cooked dinner after which we exchanged presents. Unfortunately we could not visit our parents last year but we called them on Skype and had a long chat. On Christmas Day, we went to our church in Hong Kong for a service.

What dishes are typically found on your festive table? Last year on 24 December, we prepared the Christmas dinner just like when we were in Hungary. The preparations started in the morning when the whole family decorated the Christmas tree, then I made dinner and topped that off with a cake.

What is the most unique Christmas tradition in Hungary? Before 24
December, people decorate their houses and get busy with cooking and baking because family members are coming together to celebrate. On Christmas Eve, everyone gathers round the Christmas tree to decorate it with pretty ornaments and put wrapped Christmas presents under it. This always gets the children eager and excited about dinner because after the meal, we sing carols around the tree, and then it's time to open the presents.

On Holy Night, Hungarians listen to holiday songs such as "Silent Night" and sing or attend church service. They also burn candles on the Advent wreath during the four weeks before Christmas.

How do we say "Merry Christmas" in your language? Boldog Karácsonyt!

布拉格情懷

來自匈牙利的Fehérs一家

你們在家鄉通常怎樣過聖誕?聖誕是慶賀 耶穌誕生的節日,這時我們會為孩子們講 聖經故事。聖誕也是舉家團聚的時刻,我 們會趁佳節探望父母及祖父母。孩子們會 收到家人送贈的聖誕禮物,意義在於表達 對他們的愛。慶祝平安夜的晚餐會有匈牙 利傳統魚湯,飯後小朋友們就可以拆開禮 物了。

移居香港後,你們過聖誕的方式可有 改變?我們2014年來港,那年的平安夜我 們一家人交換禮物後,一起享用自家煮的 聖誕晚餐。那次未能探望爸媽是有點美中 不足,但我們有用Skype跟他們長途面談 了很久。聖誕日我們如常到香港的教堂做 禮拜。

你們的聖誕餐桌上,通常會有什麼菜式?去年平安夜,我依足匈牙利傳統準備了一頓聖誕晚餐,從聖誕日早上就開始預備,一家人首先裝飾聖誕樹,我隨即到廚房弄晚餐,菜式做妥後還焗了一個蛋糕。

匈牙利的聖誕傳統慶祝方式之中,哪一種最有特色?匈牙利人聖誕節會一家聚在一起慶祝,因此24日平安夜之前,大家已忙著裝飾自己的家,並作好種種烹調與烤焗糕點所需的材料工具。平安夜來臨,全家上下圍在聖誕樹旁一同佈置,掛上一個個漂亮吊飾、將已包好的聖誕禮物擺在樹下。晚餐後,最令孩子們興奮的一刻來臨:圍住聖誕樹下唱過聖詩後,終於可拆開期待已久的聖誕禮物。

匈牙利人喜歡在平安夜聽聖誕歌,例如Silent Night或參加教堂儀式頌唱聖詩。聖誕節前的四個星期,匈牙利人會燃點將臨期花圈上的蠟燭,倒數節日來臨。

用你的語言向大家説「聖誕快樂」: Boldog Karácsonyt!







Mulled Grape Juice
For the designated drivers!

2 litres non-alcoholic grape juice
2 cups water
1 cup sugar
2 dozen whole cloves
4 cinnamon sticks
1 orange, zest of
1 lemon, zest of
Crushed nutmeg, seed
2 ½ cups of hot lemon juice or lime juice

Heat the water and add the sugar, cloves, cinnamon, nutmeg and peel. Boil for 5 minutes and leave to simmer for 5 more. Strain this syrup into a large pot and add the citrus juice, heat until it is gently bubbling. Add the 2 litres of grape juice and keep the mixture on a low heat, serve with a slice of lemon.

暖香料葡萄酒 專門為駕車人士而設!

2公升無酒精葡萄汁 2杯水 1杯糖 2打原粒丁香 4支玉桂枝 1個橙皮 1個檸檬皮 磨碎的肉豆蔻子

2½杯熱檸檬汁或青檸汁

將水煮沸後加入糖、丁香、玉桂、肉豆蔻、橙及檸檬皮。煮沸5分鐘後,再慢火煮5分鐘成為糖漿。糖漿隔濾至大鍋中,加入檸檬汁或青檸汁,煮至微沸出現小泡沫。將葡萄汁加

入鍋中,繼續用小火煮熱,上桌時用檸檬片

Across the Pond

The Bauguesses from the USA

Back home, what do you normally do to celebrate Christmas? We decorate our Christmas tree around 1 December. On Christmas Eve we sit around the tree as a family and allow children to open one gift each (there are a few gifts under the tree from relatives...Santa delivers after children go to sleep on this night). On Christmas morning, children wake up quite early as they are very excited about what Santa has brought them whilst they were asleep. Gifts and Christmas stockings are opened and then everyone has a simple breakfast. We enjoy new toys and spend time together before having Christmas lunch or dinner as a family.

Has this changed since you've moved to Hong Kong? We try to keep these traditions but often we travel for the holidays so it's not easy.

What dishes are typically found on your festive table? We usually have turkey, ham, potatoes, greens and some type of Christmas pudding for dessert. If we are home, we will prepare the meal at home. If we are travelling, we will most likely go out for the meal. What is the most unique Christmas tradition in the US? The Christmas music is very popular this time of year and you can hear it playing anytime after Thanksgiving. It is tradition in the United States for children to leave a glass of milk and a plate of Christmas cookies for Santa Claus...and sometimes carrots for his reindeer.

How do the kids celebrating Christmas? The children write a letter to Santa Claus with a wish list of toys and things they would like. If they are "good" they may receive the items on their list. Kids are reminded to have good behaviour as Santa is watching them! Children expect to receive the gifts they have requested from Santa. Parents give a few gifts too.

美洲聖誕

來自美國的Bauguesses一家

你們在家鄉通常怎樣過聖誕?我們12月1日 已開始佈置聖誕樹,然後平安夜一家人園 坐樹下,讓孩子們自拆開自己的一份禮物 (樹下還有些親戚們送的禮物,而聖誕老人 則要待孩子們睡著後才靜悄悄來派禮物)。 聖誕日大清早,孩子們懷著雀躍心情起來 查看昨晚聖誕老人送來了什麼。拆開聖誕 禮物並掏出聖誕襪子內的小禮品後,我們 會吃個簡單的早餐,玩玩新拆開的玩具, 繼續享受家人陪伴在旁的時光,直到大家 再聚在餐桌旁享用聖誕午餐或晚餐。

移居香港後,你們過聖誕的方式可有改變?我們也希望保留傳統,但由於我們經常趁聖誕假期外遊,所以要做到並不容易。

你們的聖誕餐桌上,通常會有什麼菜式?主菜有烤火雞及火腿,配馬鈴薯及蔬菜,還有聖誕布甸作甜品。如果那年我們不到外地遊行的話,通常會在家煮聖誕大餐。 外遊時多數會光顧餐廳的聖誕大餐。

美國的聖誕傳統慶祝方式之中,哪一種最有特色?每年感恩節過後的日子,美國各地都流行播放聖誕音樂。傳統上,美國的孩子們會準備一杯牛奶及聖誕曲奇,招待深夜到訪的聖誕老人,還有為拉車馴鹿準備的紅蘿蔔。

美國的小朋友們怎樣慶祝聖誕?小朋友們會寫信給聖誕老人,列出他們希望收到的玩具或其他禮物。如果他們表現夠「乖」,就會收到寫下的禮物,所以小朋友們記得要聽話,聖誕老人才會實現你的願望!除了收到向聖誕老人許願的禮物,爸爸媽媽們也會送禮物給孩子。



Introducing literary treasures that enrich your knowledge and stretch your imagination

打開文學的寶庫,可以增長知識並開拓廣闊的想像力

••••••

Struggles of Humanity | 15 and above

Silence

Shusaku Endo

Silence is the story of a Jesuit missionary sent to Japan during the time of the "Kakure Kirishitan", Hidden Christians. The theme of the silence of God is prevalent throughout the book as the Portuguese priests come face to face with adversity that challenges their faith and their natural instinct of survival. For the secular, Silence gives an insight into the life of faith, while for the religious it raises questions that you would never have dared ask before.

When you've finished this book... Look out for the movie that will premiere next year.





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貝沙灣圖書館的網上目錄現已登陸網站,馬上掃瞄代碼,預約書籍!



日本作家遠藤周作最重要作品之一《沉默》,故事發生在德川幕府年間的禁教令時期,一個基督徒受迫害而須隱藏起來的時代。主角葡萄牙耶穌會的教士偷渡到日本傳教,面臨多番挫折與信仰考驗,甚至來到捨生與求生的關口,神卻始終保持沉默。對於沒宗教信仰的讀者,閱讀本書可認識何謂信仰生活,對於有信仰者,本書會提出一些你從不敢問的宗教問題。

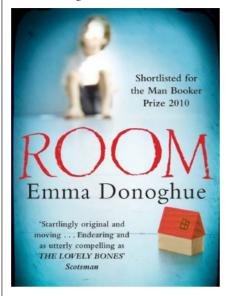
延伸活動

《沉默》已拍成電影,並將於明年上映。

Power of Imagination | 12 and above

Room

Emma Donoghue



Jack's entire world is Room. Inside Room, there is Floor, Duvet, Wardrobe and other things. Jack's mother is Ma and to Ma, Room is a prison where Old Nick has kept her for seven years. She convinces Jack that Room is the entire world to keep him safe and happy. Viewed through the eyes of Jack, the novel is a psychological thriller, filled with suspense and terror. *Room* is strikingly disturbing and allows readers to experience the realities of transitioning from one world to another.

When you've finished this book...

Take a look at the trailer of the book's movie adaptation, which has just come out in October 2015.

愛爾蘭作家愛瑪·多諾霍的小說《房間》, 講述小男孩傑克的整個世界,就是一間只有 地板、被鋪與衣櫃的房間,媽媽是他唯一接 觸的人類。其實媽媽被壞人老尼克囚禁在 這房間中已經7年,為了保護小傑克及令他 愉快成長,媽媽嘗試說服他,當下眼中房間 的一切就是全世界。這個心理驚悚故事從 小傑克的視角出發,情節充滿懸疑與恐懼, 令人極度不安,深刻地體會到當自己原本重 身的世界出現翻天覆地的變化時,那種真 實而殘酷的痛苦。

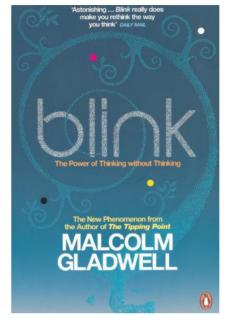
延伸活動

由《房間》改編的電影已於2015年10月推出了預告片,有興趣可留意一下。

The Evolving World | 15 and above

Blink: The Power of Thinking Without Thinking

Malcolm Gladwell



How are we making decisions in the blink of an eye? Why are some people brilliant decision makers, while others are consistently inept? Why do some people follow their instincts and win, while others end up stumbling into error? *Blink* reveals the secret to good decision-making – the art of filtering the very few factors that matter from an overwhelming number of variables.

When you've finished this book...

Read *The Tipping Point*, which is Gladwell's debut book, and find out how little things can make a big difference.

暢銷作家麥爾坎·葛拉威爾探討如何運用 直覺,眨眼之間作出準確決定的著作《決 斷2秒間》,內容講述為何有些人天生就是

出色決策者,有些則永遠沒有決斷力;有人懂得跟隨自己的直覺從而獲得成功,亦有人跌 跌碰碰、反覆在錯誤中嘗試。作者指出良好決策的秘訣在於過濾,學懂從事件的大量變數 之中,準確找出幾個決定性的關鍵,就能練習到眨眼間的決斷。

延伸活動

閱讀作者的第一部著作《引爆趨勢:小改變如何引發大流行》,尋找種種流行現象的脈絡。

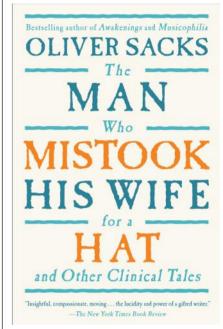
"The key to good decision making is not knowledge. It is understanding. We are swimming in the former. We are desperately lacking in the latter."



Relax and Breathe | 15 and above

The Man Who Mistook His Wife for a Hat and other Clinical Tales

Oliver Sacks



Dr Sacks tells stories of those who have been affected by fascinating perceptual and intellectual aberrations. These bizarre tales are bound to evoke sympathy for those who experience these incredible adversities. The case studies puts us in the world of the neurologically impaired and forces us to imagine what it must be like to live as these patients do.

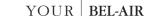
When you've finished this book...

Listen to Gregory Petsko's TED talk on "The coming neurological epidemic" about how the aging world population will see an increase in neurological diseases.

美國神經學家奧利佛·薩克斯的著作《錯把太太當帽子的人》帶領讀者深入神經病患者的內心世界·藉著一個個離奇的案例,喚起大家關注患上感知錯亂與心智失常人士,明白到他們正在面對非常人能理解的逆境。作者請大家透過文字的想像,代入神經缺陷者的處境,感受他們的切膚之痛。

延伸活動

聽聽生化學家Gregory Petsko發表的TED 演説「即將爆發的神經性疾病」,了解為何世 界人口老化時,神經性疾病將會愈來愈普遍。





YOUR BEL-AIR





LOOKING BACK ON SUMMER 回顧夏日

The hotter months have been fabulous for Bel-Air kids, with a host of innovative summer programmes and the immensely popular Water Fun Day dotting the summer holiday calendar. Let's take a look at some of the highlights!

貝沙灣小朋友在今年夏日炎炎的日子度過了精彩暑假!大家踴躍參 與各種各樣的創新暑期活動和大受歡迎的水上嘉年華,玩得不亦樂 乎。讓我們來看看活動精彩的花絮!







YOUR BEL-AIR























The Christmas Carnival is one of the highlights on Bel-Air residents' social calendar. Carollers, ballet dancers and talented violinists put on great performances to entertain the audience, while the balloon twister proved to be very popular with kids off stage. It was an event filled with joy and laughter!

貝沙灣的聖誕嘉年華是大家都熱切期待的年度活動。當日精彩表演不絕,包括聖誕歌曲獻唱、芭蕾舞表演和小提琴演奏等,而台下的眾多活動中,要數扭氣球最受孩子們歡迎。貝沙灣的大小朋友都喜迎佳節,度過了充滿聖誕氣氛的一天。



FUN FILLED MID-AUTUMN 中秋同樂

End of September was when we dug out our lanterns, had lots of mooncakes to celebrate the moon festival at Bel-Air's Mid-Autumn Carnival.

在今年9月底的中秋佳節·一眾大小朋友都一同暢玩燈籠和品嚐月餅,在「花好月圓映貝沙」活動中歡度中秋。



SPOOKTACULAR BEL-AIR

Kids and adults had a great time at Club Bel-Air's Halloween party.

大人小朋友齊齊在貝沙灣會所 舉行的萬聖節派對盡情玩樂。





