

Bel Air

ISSUE 23 | SPRING 2018

Residents' Magazine

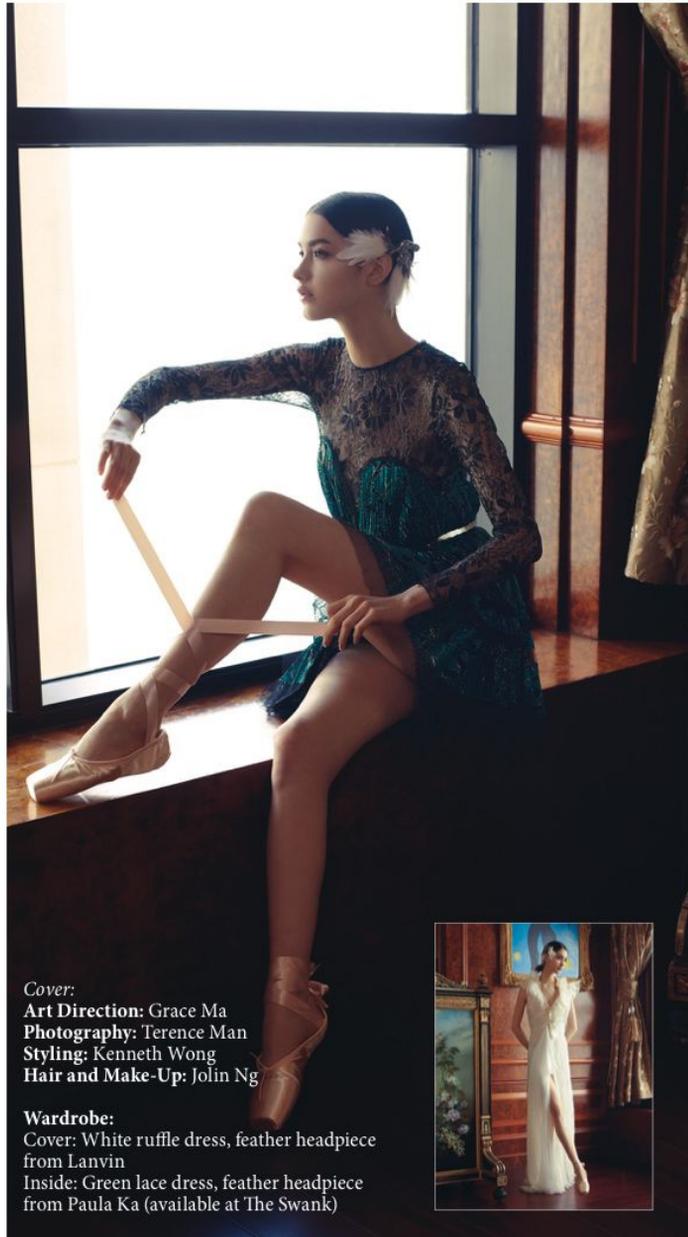
**ART
FOR LIFE**

**IN PRAISE
OF GIN**



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www.bel-air-hk.com



Cover:
Art Direction: Grace Ma
Photography: Terence Man
Styling: Kenneth Wong
Hair and Make-Up: Jolin Ng

Wardrobe:
Cover: White ruffle dress, feather headpiece
from Lanvin
Inside: Green lace dress, feather headpiece
from Paula Ka (available at The Swank)



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ART FOR LIFE



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THE NEXT MASTERCHEF

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Published on behalf of Bel-Air by John Brown Novus
johnbrownnovus.com

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This publication is fully funded by
Pacific Century Premium Developments Limited

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John F Kennedy once said, “Children are the world’s most valuable resource and its best hope for the future.” At Bel-Air, we always strive to create an inspirational environment where children can be creative and unleash their very best potential.

In this issue, we sit down with dedicated child educator and founder of Kids’ Gallery, Joanna Hotung, who shares her insights on how to embrace the uniqueness in every child and bring out their inner artists. Niseko is packed with outdoor activities

during summer months, and this could be a good chance for your children to enjoy the wonderful nature of Hokkaido.

If you’re staying in town, our simple and delicious recipes are perfect for those who want to get creative with the kids in the kitchen. Art fans will find inspirations abound – from our creative courses, performing art activities to major international art fairs in the city.

Spring is the time of new beginnings. Let’s celebrate this beautiful season, and see you soon!

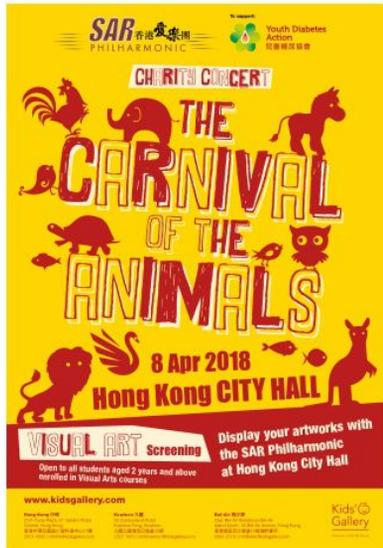


Mr Robert Lee

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

Chances to Perform on Stage

The Carnival of the Animals



Feast your eyes on the creative artworks created by Kids' Gallery students to accompany a special screening of the classic *Carnival of the Animals* by Saint-Saëns.

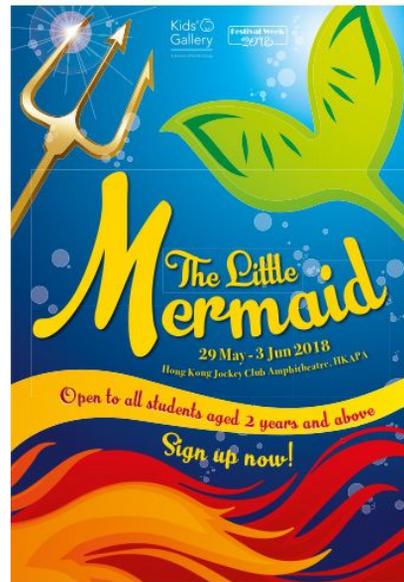
During Act

One, students will enjoy watching a performance of *Peter and the Wolf* by Prokofiev. Then, during Act Two while their children join a backstage concert party, parents will be treated to the melodic sounds of the leading artists from the SAR Philharmonic Orchestra.

*8 April, Hong Kong City Hall
Open to Kids' Gallery visual arts students (aged 2 and above)*

The Little Mermaid

Don't miss the opportunity to join Kids' Gallery during their Festival Week 2018, a large-scale production with Performing Arts students singing, dancing, and acting at The Hong Kong Jockey Club Amphitheatre, HKAPA.



*29 May – 3 June, The Hong Kong Academy for Performing Arts
Open to all Kids' Gallery performing arts students (aged 2 and above)*

Developing Creativity at Bel-Air

Visual Art

The Visual Arts courses at Kids' Gallery Bel-Air introduce children to the fundamentals of different artistic techniques, offering a wide variety of projects and materials to work with and an introduction to art history and appreciation. Each child is encouraged to develop his/her own ideas and imagination.

| | |
|----------------|----------------|
| Little Artists | 2 to 3.5 years |
| Junior Artists | 3 to 5 years |
| Master Artists | 4 to 6 years |
| Fine Arts | 6 to 9 years |



Musical Theatre

In Musical Theatre, children are taught the fundamentals of musical performance, dance movement, singing, clarity and projection of the voice as well as encouraged to participate actively in class improvisations and skits. Through structured courses, engaging themes, accredited exams, and numerous shows, the course caters for all young performers' desires.

| | |
|------------------------|--------------|
| Musical Theatre Bronze | 3 to 4 years |
| Musical Theatre Silver | 4 to 5 years |
| Musical Theatre Gold | 5 to 7 years |

For enquiries, please contact

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BEL-AIR | ART

Hong Kong Art Season

A PREVIEW OF HONG KONG'S MOST
ANTICIPATED ARTS EVENTS IN SPRING 2018



www.asiacontemporaryart.com

ASIA CONTEMPORARY ART SHOW

23-26 March

www.asiacontemporaryart.com

The 12th edition of the Asia Contemporary Art Show will feature more than 2,500 unique works of art spread across four floors comprising more than 80 art living spaces. The works on show will include original paintings, limited editions, sculpture and photography from some of the world's most interesting

emerging and mid-career artists, to those housed in private and public collections, and sold at auction.

Watch out for... Intersections: China – a new feature in 2018 – presents a series of dynamic and diverse works by selected galleries, artists and artist collectives that highlight the conceptual artistic “intersections” between past and present, traditional and modern and East and West in contemporary Chinese art.



ART CENTRAL

27 March - 1 April

artcentralthongkong.com

The last week of March is building up to be an exciting one for art aficionados. Art Central will feature over 100 leading international galleries, with the majority based in Asia Pacific. The Fair's extensive gallery line-up will include 30 galleries making their Art Central debut and will showcase striking works from across the globe, illustrating the diversity and prodigious talent of artists within today's contemporary art market.



artcentralthongkong.com



www.artbasel.com/hong-kong

ART BASEL HONG KONG

29-31 March

www.artbasel.com/hong-kong

One of the heavyweights of Asia's premiere art events, Art Basel Hong Kong features 248 premier galleries this year, half of which have exhibition spaces in Asia Pacific. The show provides an in-depth overview of the region's diversity

through both historical material and cutting-edge works by established and emerging artists.

Watch out for... Emerging artists in the Discoveries section including Carlos Motta and Morgan Wong. Galleries exhibiting in Hong Kong for the first time include Gavin Brown's enterprise, JTT and Petzel Gallery.





affordableartfair.com/fairs/hong-kong

AFFORDABLE ART FAIR

18-20 May

affordableartfair.com/fairs/hong-kong

Positioned as the more layman-friendly (and certainly more affordable) art fair, the Hong Kong edition launched in 2013 and is

still very popular among casual art lovers. With everything from traditional ink painting, abstract canvases, stunning sculpture, editioned prints to eye-catching photography, you could find artworks to suit every space, taste and budget.

KNOW YOUR ART

TRADITIONAL ARABIC ART

Untitled

Hassan Massoudy

“What saves a man is to take a step. Then another step. It is always the same step, but you have to take it.”



Eye of Fertility

Pokras Lampas

Acrylic paint, three kinds of silver ink, golden ink on canvas.

ART for LIFE

CREATIVE ARTS CAN REINVENT
THE WAY CHILDREN ARE EDUCATED IN HONG KONG



An experienced child educator, Joanna Hotung founded Kids' Gallery in 1996 hoping to let children express creativity on their own terms. We chatted with her on her journey of becoming a passionate child educator and the importance of creativity in children development.

How has your personal experience with creative arts and expression shaped the way you raise your children, and in turn shaped the way you structure the classes at Kids' Gallery?

I founded Kids' Gallery in large part because

of my children, when I found that the creative side of their education was lacking at their local kindergarten. Although I didn't originally study the arts formally at school, I always had a passion for art and grew up studying ballet and drama, and my own parents always felt strongly that creative development was important for life skills and enjoyment. Our home is stuffed full of books, paintings, and music, so this is also the environment my children grew up in. Later I received my Trinity College Licentiate in teaching speech and drama and

became a qualified performing arts teacher.

Do you see the use of digital tools as an opportunity to change and expand the ways children express their creativity?

The arts can definitely be explored through many different media and there are huge opportunities nowadays through digital technology. I do see this as an opportunity for innovation and new ways of creative development and the way that children can now build websites and apps is amazing. However, I believe strongly that children,



especially young children, more than ever also need the original ways of creative development – messy play, exploring with traditional media including crayons, pens, clay, playdough, paints – not only for cognitive and imaginative development, but also for important physical

growth in fine motor skills and dexterity. It concerns me how many children nowadays can swipe on a screen but can't use a pair of scissors to cut out a shape!

Over the years how have Kids' Gallery's methodology and learning framework evolved with time?

The methodology has never really changed. Kids' Gallery has always embraced and promoted the arts in all their forms – so a child who loves to paint, or to construct a model, or to act, or to sing will always find an outlet in the creative area that most appeals to them.

As understanding of the importance of arts education grows in Hong Kong in terms of the development of the whole child, we have added more courses and sometimes adapted the content to appeal to current themes, but our philosophy has not changed. What we teach are the skills and sensibilities fundamental to a child's emotional, social, creative, and cognitive growth.

Does art and creativity play a role in helping children better develop their social intelligence?

Absolutely – and I can't emphasise this enough!

Children who are freely exposed to the arts and can therefore use them as an emotional outlet tend to be more balanced in their outlook on life



Children who are freely exposed to the arts and can therefore use them as an emotional outlet – for joy, exploration, comfort, problem solving, and critical thinking – tend to be more balanced in their outlook on life, in the way they deal with difficulties and make decisions. They also have a source of self-entertainment, instead

of always relying on their parents to provide ongoing stimulus and support. I believe that this is one of the critical factors of growing up with strong social intelligence and independence.

The competitive nature of HK's education system has spread to kindergartens

with many parents enrolling young children in hobby classes to build their portfolio. Any word of caution you'd say to these parents?

It's easy to fall into the trap of "peer pressure" where parents aim for certain goals and brand names because everyone else is. Developmental targets are shifting to younger and younger ages which are often not developmentally appropriate. The most important thing is to get to know your own child as a person – their interests, skills, strengths and weaknesses.





In order to become well-adjusted children who love learning, it's important to provide them with developmentally appropriate opportunities, support their interests and

happiness, and stay away from competition. There will be plenty of time for that later, and they will be far more able to cope with the demands of school and life if they themselves have a clear sense of

self and identity, and develop core character attributes such as resilience and problem-solving ability in their early years, rather than focusing on collecting certificates and creating portfolios.



Simple ways to spark your children's creativity at home

- Allow them unscheduled time every day, just to chill, relax, and explore something they're genuinely interested in.
- Don't dictate what they should do or what they should do during that time – there's no need to buy lots of materials and resources.

Sustain your children's interest in art!

- Talk about art, visit museums, go to shows and concerts.
- Praise your children when they have created a new "invention" or choreographed a "show" by themselves.
- Provide lots of books, magazines, pictures, and music as stimuli.
- Limit mindless screen time – use technology wisely through well selected apps and programs that genuinely stimulate creativity and interaction.





The Next Masterchef

FOSTER A LOVE FOR COOKING IN YOUR
KIDS THROUGH THESE EASY, HEALTHY AND
DELICIOUS CHILD-FRIENDLY RECIPES

BREAKFAST OF CHAMPIONS MINI PANCAKES

Ingredients:

| | |
|----------|-------------------|
| 1 cup | Self-rising flour |
| 1 | Egg |
| 1 ⅓ cups | Milk |
| 5 tsp | Sugar |
| 1 tbsps | Butter |





Method:

1. Whisk the egg, sugar and half of the milk (2/3 cup) in a bowl until smooth. Add half of the flour and whisk until smooth. Add the rest of the milk and flour and beat until the mixture is lump-free and has the consistency of double cream.
2. Heat the pan on high heat and melt the butter. Spoon a few tablespoons of batter onto the pan and reduce the heat to medium.
3. When the pancake starts to show bubbles rising through it gently in the middle, flip it over. Cook for another 30 seconds on the other side.
4. Repeat with more butter and the remaining batter.
5. Plate up and serve with desired toppings.

Little helping hands

When your kids reach five, they are able to handle more detailed preparation with your help, such as stirring the pancake batter or even cracking an egg. Give them a free hand when it comes to garnishing – from maple syrup, fruits to Nutella – they'll likely be very enthusiastic about helping out!



PARTY TREATS

HAM AND PINEAPPLE PITA PIZZAS

Ingredients:

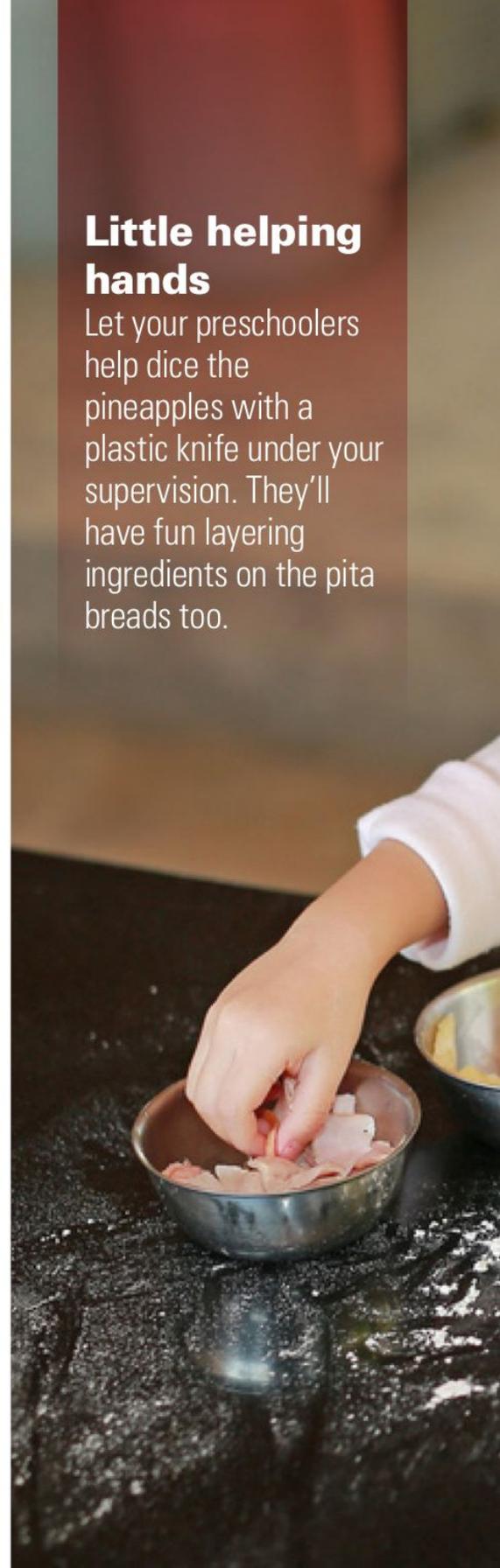
| | |
|-------|-------------------------|
| 4 pcs | Pita breads |
| 220g | Sliced deli ham |
| 510g | Mozzarella cheese |
| 510g | Canned pineapple chunks |

Method:

1. Preheat oven to 220°C. Place the pita breads on a baking sheet.
2. Cut the ham and cheese into small pieces. Drain and dice the pineapples.
3. Layer the breads with the ham, mozzarella, and pineapple.
4. Bake in the oven for 10 minutes until the pitas are crispy and the cheese has melted.

Little helping hands

Let your preschoolers help dice the pineapples with a plastic knife under your supervision. They'll have fun layering ingredients on the pita breads too.







ALL-TIME FAVOURITE STEAMED VEGETABLE DUMPLINGS

Ingredients:

| | | | |
|----------|--|---------|----------------------------|
| 1 ½ cups | Finely-chopped cabbage | ½ tbsp | Grated ginger |
| ½ cup | Chopped bean sprouts | 2 tbsps | Low-sodium soy sauce |
| 4 | Chopped scallions (light green and white parts only) | 1 tbsp | Sesame oil |
| | | 15 | Round dumpling wrappers |

Method:

1. In a medium bowl, stir together the cabbage, chopped beansprouts, scallions, soy sauce, sesame oil and ginger.
2. Heat a pan over medium. Once its hot, add all ingredients of the bowl, cover and cook for 2 minutes.
3. Working with one dumpling wrapper at a time, spoon 1 tsp of filling into the centre of the dumpling wrapper. Brush the edges with water and fold the wrapper over, sealing the edges together with your fingers. Repeat until all of the dumplings are filled and sealed.
4. Cover and steam for 7 minutes until cooked through.



Little helping hands

Show your child how to hold onto a bowl with one hand to keep it steady, before mixing and stirring all vegetables together. Little ones can also help with spooning dumpling fillings onto wrappers. They can be creative with folding up and shaping their own dumplings.

DEVELOPING GOOD EATING HABITS

Getting kids to become good eaters is a goal for many parents. Apart from involving them in the kitchen at a young age, here are some practical tips for them to learn to enjoy the pleasures we get from different food and cuisines.

- Be aware of the types of food you make available to your kids. Eat whole and fresh food, and embrace their natural goodness.
- Take them to the market and teach them about where food comes from, and learn to respect the effort behind.
- Let kids suggest what fruit and vegetables they want in their lunch and even dinner. Expose them to a wide variety of food and let them learn to make their own choices.
- Growing edible plants at home is a powerful way to teach food appreciation through caring for the plant on a daily basis. Not to mention the joy of plucking homegrowns off and taste them.
- Make family dinner a habit and enjoy the same dishes together. Your children will start to connect good food with togetherness.





In Praise of Gin

DANNY LAU, BAR MANAGER AND MIXOLOGIST OF DRAGON-I, GIVES US A GIN 101 AND THE BASICS OF GIN AND THE BEST INGREDIENTS TO CREATE CLASSIC GIN COCKTAILS, EVEN OFFERING INSPIRATION TO INVENT YOUR OWN.





**Where does gin originate from?
What is the most popular type of gin?**

Although gin is widely recognised as the national alcohol

of Britain, the world actually owes it to the Dutch for the invention of this aromatic drink. Widely believed to be invented by the Dutch, gin's roots can

be traced back to a juniper-infused spirit called Jenever and its intended use was actually medicinal – to treat kidney ailments. When the method of



re-distillation of malt spirit with juniper became popular in England, gin drinking went mainstream in the 17th century.

Though today's gin has evolved into many different styles, to qualify as a gin, the liquor has to be predominantly juniper flavoured. London dry gin is the most common of all styles, and its balanced flavour and aroma make it a popular alcohol base, especially among the ladies.

Gin distilleries are dotted all over the world. What kind of distinctive characteristics can we expect from different regional gins?

The variables – and the most interesting part – in a gin's flavour

and aroma are in its ingredients rather than its geographical terrain. It all depends on the botanicals the distilleries use in their recipes – if a distiller harvests his botanicals locally then his gin will have a distinctive regional flavour. The method by which the flavours of the botanicals are infused in the spirit also plays a part in the taste of the final product. Traditionally the botanicals are either steeped (where the base spirit is placed in a pot still along with juniper berries and other ingredients) or vapour-infused (where ingredients are placed into baskets in the still).

Everyone's idea of a perfect G&T is different but a mixologist's favourite recipe surely wouldn't lead you astray. In the age-old lemon-versus-lime debate, Lau sides firmly with the yellow citrus.

- 1) Fill two-thirds of a 11.5oz (300ml) highball or wide glass with ice cubes.
- 2) Pour in 1.5oz (45ml) of your favourite gin.
- 3) Top up the glass with tonic water till the glass is nine-tenths full.
- 4) Squeeze the juice of a wedge of lemon into the glass.
- 5) Stir and serve.





What in your opinion is the perfect gin and tonic recipe?

It's a matter of personal taste. But choosing the right tonic water is important as it can make or break your G&T. The citrus acidity in lemon is traditionally considered a perfect match for the bitterness in quinine and the distinct flavour of juniper berries. But nowadays with such a broad range of botanicals used in gin, more inventive garnishes such as cucumber, grapefruit and orange peel can be used to bring out the characteristics of a certain gin.

Aside from gin and tonic, what are some of the more iconic cocktails with gin as the primary alcohol?

Gin is a spirit with such distinct flavour that the mixer used to make gin-based cocktails are mostly simple fizzy drinks. Tom Collins for example is gin mixed with soda water. To appreciate gin in all its glory, my favourite is still a gin martini where extra dry vermouth brings out the smoothness in gin. Try mixing gin with tea – chamomile, peppermint, even oolong – for something a little more creative. I remember being really impressed with an earl grey martini once!

A photograph of two people kayaking on a vast, calm blue sea under a clear sky. The kayaker in the foreground is wearing a purple cap and a red life vest, paddling a yellow and white kayak. The second kayaker is further ahead, wearing a white head covering and a red life vest, paddling a white and red kayak. The water is a deep, vibrant blue with gentle ripples.

The Headquarters of Adventure

IN NISEKO, THE SUMMER MONTHS ARE A TIME PACKED WITH ADRENALIN-PUMPED ACTIVITIES. FOR KIDS, IT IS THE PERFECT OPPORTUNITY TO OPEN THEIR EYES TO NATURE AND ENJOY THE GREAT OUTDOORS OF HOKKAIDO



SEA KAYAKING

Cruise along the rugged coastline of the Sea of Japan in the Niseko-Shakotan-Otaru Kaigan Quasi-National Park on specialised kayaks. It's an incredibly fun way to spend time with the children – with the

help of expert guides, the techniques of gliding across the calm waters in summer will be easy to master, even for young kids.

Age limit: 5 and above

RAFTING, DUCKING AND CANYONING

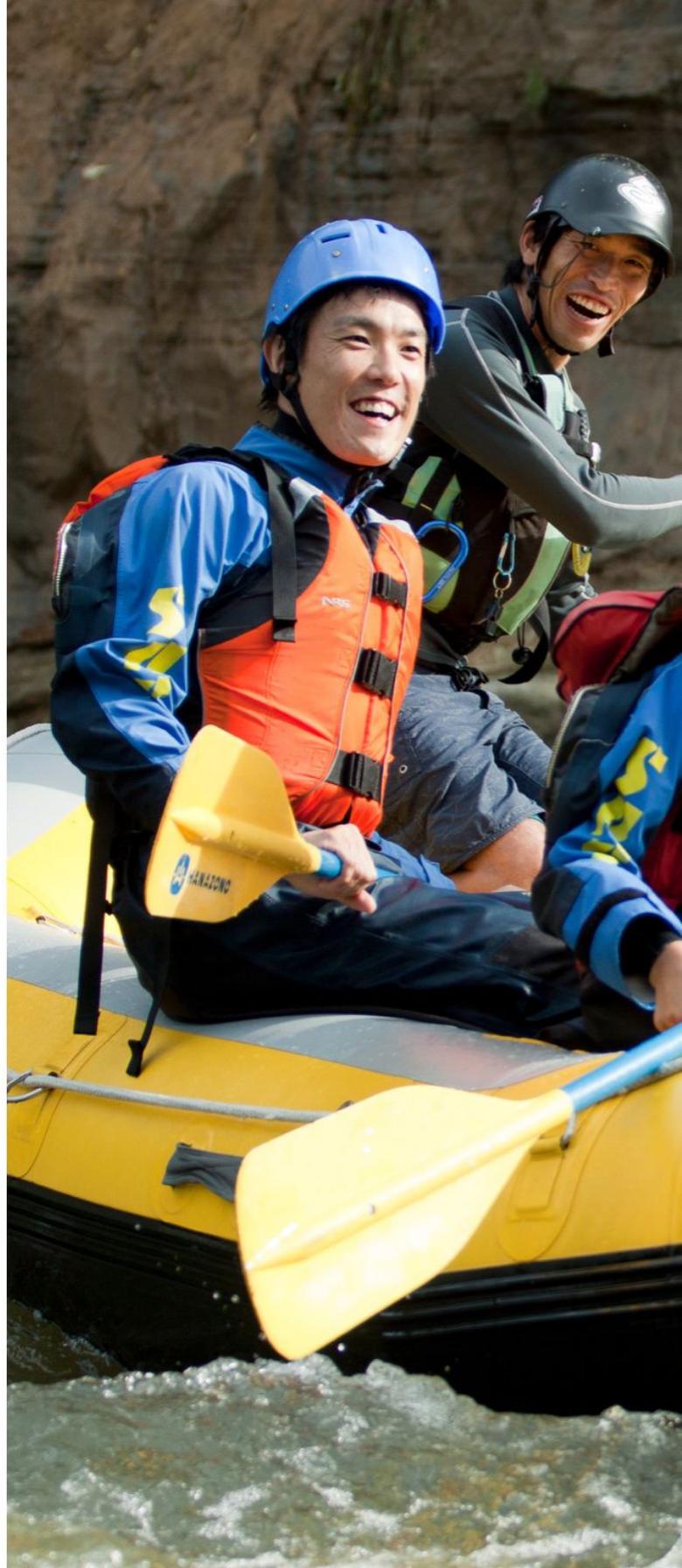
There are many ways children can get up close and personal with Shiribetsu River, one of the most beautiful rivers in Hokkaido. Younger kids can try white water rafting, where they jump into a rubber boat to navigate the river with their crew and an experienced guide. For something a little more advanced, you can pair up with your child and join a ducky tour – riding on an inflatable kayak allows you to be nimbler but poses a greater challenge. Older kids can explore a network of canyons and deep pools where they will jump, slide, swim and finish off with a 6m jump into a deep blue pool.

Age limit:

Rafting: 6 and above

Ducking: 7 and above

Canyoning: 13 and above





ROAD AND MOUNTAIN BIKING

Niseko's glorious nature make biking a joy in summer. Bikers of different skill levels can follow an experienced guide who will tailor the route according to their skill and age. Why trek the forest and hills when you can easily get around on a bike? Don't forget to look out for the breathtaking views of Mount Yotei.

Age limit: 6 and above







STAYING IN NISEKO

Renowned as a fun destination to bring children of all ages for a taste of Hokkaido's wild nature, Niseko makes for a great holiday the whole family can enjoy. For those looking for family-friendly accommodation

in Niseko, Hanazono is an area with remarkably pristine setting and easy access to an unprecedented variety of activities. A range of luxury apartments are on offer in the area, in which Park



Hyatt Niseko Hanazono Residences stands out with its spacious interior, self-contained facilities, exclusive services and revitalising natural hot springs.



About Park Hyatt Niseko Hanazono Residences

From one of the biggest names in hospitality and the developer of Hong Kong's Bel-Air Residence comes a premium development in

the heart of the prestigious Hanazono area of Niseko.

Slated to open by the end of 2019, Park Hyatt Niseko

Hanazono Residences will be the legendary first in Japan under the prestigious Park Hyatt name – a privilege granted to only a handful of properties located in the world's most desirable locations. An exciting addition to the highly popular holiday destination, a total of 114 luxury residences, including Dual-Key (2-bedroom) Units and Ski-in Ski-out Units (both with private onsen), will set a new benchmark, with world-class gourmet dining, wellness and spa facilities, five star services and amenities such as Park Hyatt's first ever private hot-spring, access to Asia's best ski runs and the 18-hole Hanazono Golf Course.



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For enquiry:

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A LEGENDARY *first*



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Books You Mustn't Miss

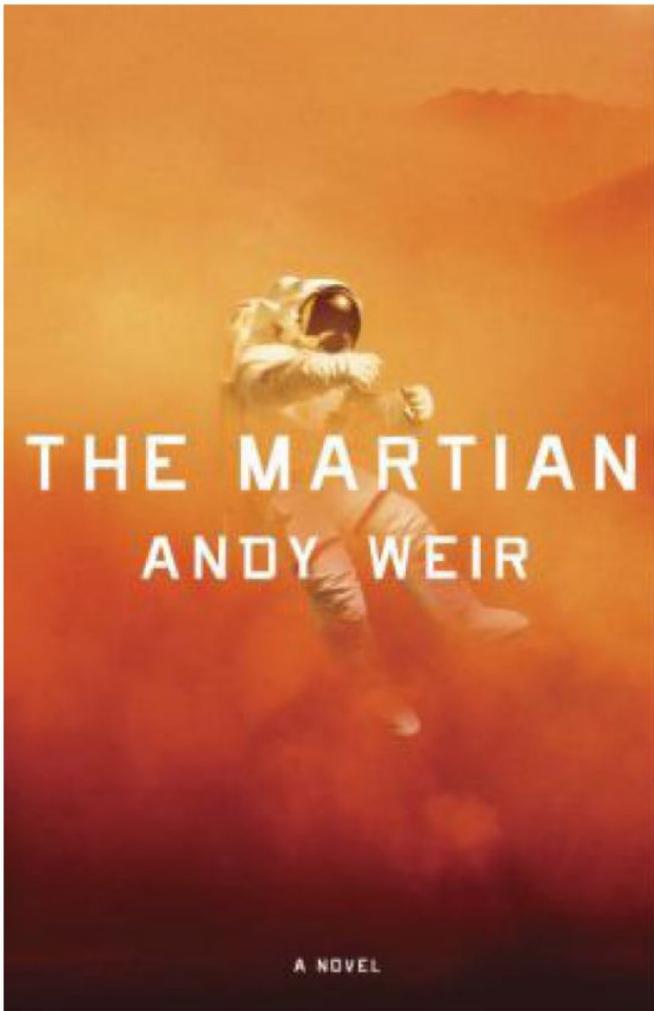


INTRODUCING LITERARY TREASURES THAT ENRICH
YOUR KNOWLEDGE AND STRETCH YOUR IMAGINATION

Relax and Breathe | 15 and above

The Martian

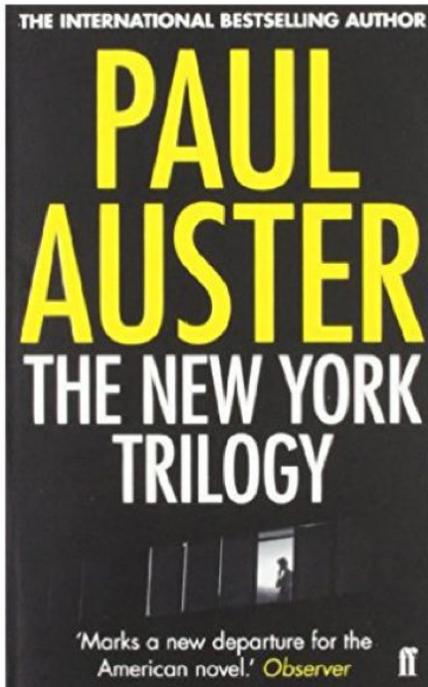
Andy Weir



This fictional – but scientifically sound – tale of the first man to walk and survive on Mars is an absolute page-turner. Mark Watney is a botanist who finds himself stranded on Mars after his crew’s first mission on the planet goes terribly wrong. Now he must find a way to survive Mars’ unforgiving environment while his team returns to bring him home. An immensely fun read for sci-fi fans, *The Martian* was never imagined to be the phenomenon it is today when the author first finished it, having been rejected so many times before he decided to self-publish it on Amazon and garnered enough fans for the book to finally gain the recognition it deserves.

Power of Imagination | 13 and above**The New York Trilogy***Paul Auster*

From one of the most celebrated American authors of our time comes a trilogy of interwoven stories that at first glance could be mistaken as your typical detective fiction. Paul Auster carved out a new genre with his remarkable writing in *The New York Trilogy*, where we find our detectives chasing down clues in their investigation of a crime that ultimately explores existentialism. “But in the

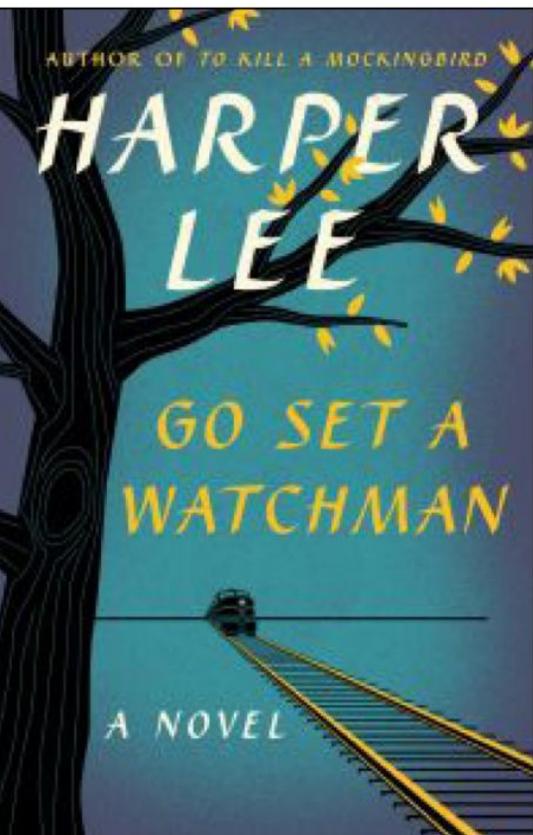


end, he manages to resolve the question for himself – more or less. He finally comes to accept his own life, to understand that no matter how bewitched and haunted he is, he has to accept reality as it is, to tolerate the presence of ambiguity within himself.”

Struggles of Humanity | 13**Go Set a Watchman***Harper Lee*

The much-anticipated follow-up to a classic that’s been described as America’s “national novel”. Set in the age of civil rights movements, our heroine “Scout” in *To Kill a Mocking Bird* grows up to be a young woman in this sequel and the story follows her on an annual visit to her hometown in Alabama, where she discovers the truth about her family and the place she grew up in. The novel is controversial to say the least, shattering the kind, wise and

and above



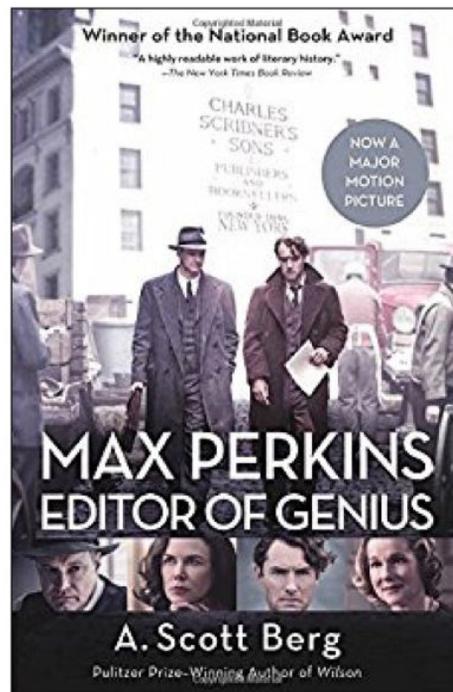
just image of the hero in *Mocking Bird* but at the same time offering a deeper context for an American classic.

The Evolving World | 13 and above

Max Perkins: Editor of Genius

A. Scott Berg

Most of us know Scott Fitzgerald, Ernest Hemingway and Thomas Wolfe, but behind these literary giants was a man that worked tirelessly to perfect their manuscripts and fill every plot hole. The world owes Max Perkins a big thank-you for discovering the greatest writers of the 20th century. In this biography, Berg paints a picture of a man whose “essential quality was always to say little, but by powerful empathy for writers and for books to draw out of them what they had it in them to say and to write.” The book is an interesting read for literary fans but also offers aspiring editors a glimpse of what it’s like to work in publishing back in its heydays.





WORDS FROM OUR YOUNG READER

“I read 3 to 4 books a month and I can find quite a lot of age-appropriate reads at the Club Bel-Air Library. To me, *The Five People You Meet in Heaven* is the most memorable pick I’ve come across in the Library – it is thought provoking! Fiction is my favourite book genre and I’m interested in mystery, action and thriller novels, as well as poem collations such as *Milk and Honey*. It’ll be great if more choices of these genres could be available at the Club Bel-Air Library.”

- *Angelronda Lee*

We always welcome your thoughts

Getting feedbacks from users is a great opportunity for Club Bel-Air Library to continuously improve and refine its collection. Get in touch with our Club Reception (2989 9000 Club Bel-Air Bay Wing or 2989 6500 Club Bel-Air Peak Wing) to share your ideas on library service, facilities and the books you love to read!

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