

Beth-Ain

ISSUE 25 | 2019

Residents' Magazine

**NISEKO: YOUR
ALL-SEASON
HOME AWAY**

**GREEN IS THE
NEW CHIC**



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www.bel-air-hk.com



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YOUR ALL-SEASON HOME AWAY



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BEL-AIR | WELCOME

Spring is the time for change and new beginnings. I wish all of you a wonderful Year of the Pig with good health, happiness and success!

For many of you, the holiday season includes a family trip out of town. But for those who don't jump on a plane, there are incredible destinations right here on your doorstep in Hong Kong. To help inspire your homegrown adventures, this issue features Hong Kong's top five outdoor destinations.

At the same time, we would like to feed your wanderlust by teleporting you to the north of

Japan, Hokkaido. With the opening of the coveted Park Hyatt Niseko Hanazono on the horizon, we are exploring the four-season activities offered by rich nature in Hokkaido. From the yearly hanami, where Japanese visit the countryside to admire the fleeting beauty of cherry blossom, to skiing on powder snow in more than 100 ski runs in Niseko, Hokkaido just has it all.

We also hope this space to be an educational one. The new Community section will discuss the property's initiatives on tackling social issues such as food waste

and plastic pollution. We hope this is useful reading for our residents.

Let's be the force of change and start step by step from our home.



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



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Celebrate the Season



Santa Baby



The Bel-Air Christmas Carnival 2018 was well concluded on 15 December. It was a blissful occasion for Bel-Air residents to get together after a year of hard work.

Everyone was amused by the Angel Choir's Christmas carol performance and talented shows prepared by our brilliant residents, including Kids Gallery's dance and singing show, dance performance by Carol Bateman School of Dance, and violin performance by Takako Nishizaki Violin Studio. We're also privileged to have students from Pui Tak Canossian College bringing us more Christmas carols. While the balloon twisting artist was the favourite among kids, a Christmas party is not complete without a visit from Santa Claus. He was indeed the most popular personality of the afternoon.

Spreading Christmas Joy

With Christmas on the horizon, Bel-Air residents helped spread the festive cheer by paying a charity visit to New Life Psychiatric Rehabilitation Association's Shek Pei Wan Integrated Work Centre on 7 December 2018.

During the visit, our volunteers and the centre trainees took part in game sessions. The Bel-Air Choir also performed Christmas carols for the audience, led by Ms Wendy Ho, our beloved singing coach.

A total of 25 volunteers took part in this annual volunteering activity, including Dr Pet — Money — which brought much joy to the participants on this heart-warming day.



The Year of the Pig

The Chinese New Year Lion Dance Performance and Parade will also be coming back on 9 February (Saturday) to celebrate the year of the pig. Join us on this auspicious day to bring luck, prosperity and happiness to your whole family!



沐蘭

Mu-lan Spa
CLUB BEL-AIR

WELCOME TO YOUR COMMUNITY OASIS

Mu-lan Spa invites you to discover your neighborhood oasis in the heart of Bel-Air. Relax and renew your body, mind and spirit with our holistic services, including skincare, body massage, hydrotherapy, and more! We offer a calm and serene environment to help you relax and de-stress.

沐蘭——城市中的身心靈綠洲，寧謐舒適的環境，提供愉悅頂級的 Spa 體驗，包括皮膚護理，各種按摩，以及專業的水療項目，令每位客人都可以放鬆及平衡身心。

Mu-lan Rejuvenation Package (2 hours)

- Honey Almond Body Scrub
- Swedish / Chinese Acupressure Massage (55 Mins)
- Aroma Ear Candle

Trial Price : HK\$1,380 (Valued at HK\$2,220)

沐蘭活力再生療程組合 (2小時)

- 蜂蜜杏仁滋潤磨砂護理
- 瑞典 / 中國穴位推拿按摩 (55 分鐘)
- 香薰耳燭護理

體驗價 : HK\$1,380 (價值 HK\$2,220)

This offer expires on 優惠有效日期至：
31st August 2019

Club Bel-Air Bay Wing 貝沙灣會所
Booking Hotline 預約熱線：(852) 2219 6360

條款及細則

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NISEKO

Your All-Season Home Away

PARK HYATT NISEKO HANAZONO, OPENING IN
DECEMBER 2019, THE NEW BENCHMARK FOR LUXURY
HOTELS AND RESIDENCES IN JAPAN

A delightful destination for all ages to immerse themselves in Hokkaido's rich nature, Niseko offers an unprecedented variety of year-round activities for creating vivid family memories.

NISEKO'S MAGNIFICENT WINTER

Praised for its powder snow (often referred to as J Pow), Niseko is believed by many skiers to be the best in Asia. However, there is much more in Niseko than skiing; with a long list of family-friendly activities, everyone will be thoroughly entertained throughout your trip.

Snow tubing in Hanazono Tube Park offers the excitement of speeding down a slope, without the skill required for skiing or snowboarding. A thrilling adventure on a snowmobile takes riders to the area's backcountry, where they can drink in the beauty of the snow-covered nature.



How can we forget the onsen? A heavenly remedy to sore muscles after a day of winter sports. The healing potency of this Japanese hot spring banishes fatigue, improves blood circulation and boosts metabolism — benefits that have been documented by Japanese scientists since the early eighteenth century. Today, the stress-relieving pleasure of immersing yourself in fresh, hot spring water goes way beyond therapeutic benefits.

*A Japanese
spring is not
complete
without sakura.*



THE BEAUTY OF SPRING

With the stunning winter landscape and heavy snow, Niseko is extremely popular among skiers. Winter is thereby the peak season however if you enjoy a slower-paced, relaxing holiday then springtime in Niseko is the best time for you to visit.

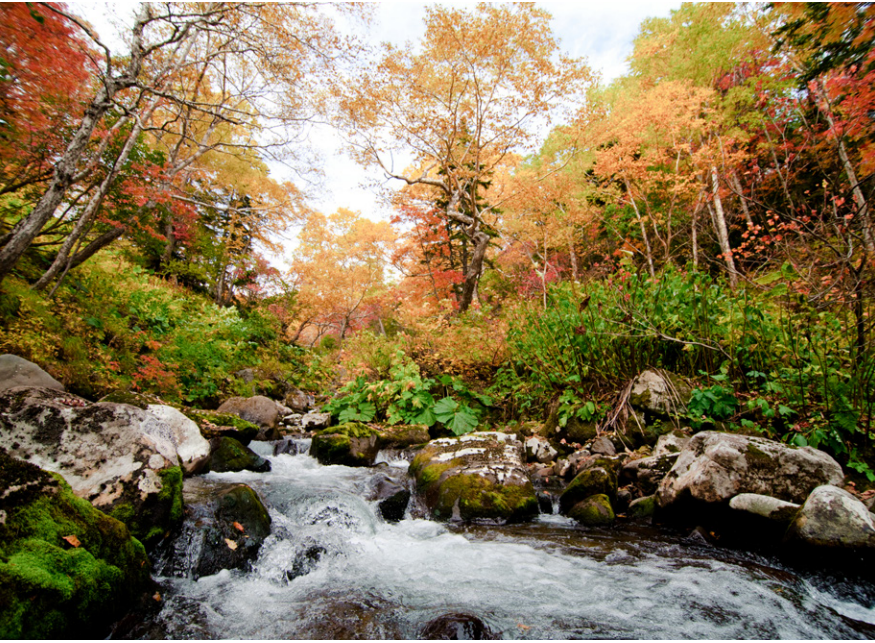
A Japanese spring is not complete without sakura. Join the locals in their yearly hanami, where families visit parks and the countryside with food and sake, to admire the sublime yet short-lived cherry blossom.



SUMMER ADVENTURES

A summer in Niseko is a summer like no other. Whitewater rafting and horse riding are particularly popular. For a more relaxing experience, you might kayak along the rugged coastline of the Sea of Japan with expert guides, admiring the tranquil summer landscape of Hokkaido.

Apart from water activities, Niseko's great nature also offers a perfect setting for cycling and golfing. Cyclers can follow an experienced guide who will tailor a route according to your skill and age, while golfers can challenge themselves at the Hanazono Golf while admiring the stunning sight of verdant Mount Yotei.



COLOURS OF AUTUMN

The most colourful season in Niseko is autumn. Gorgeous foliage can be found around every corner. To enjoy the changing colours, head to Fukidashi Park, a 30-minute drive from Niseko station. When autumn is at its peak, Fukidashi Park is one of the best places in all of Japan to enjoy the array of colours on display.

You can also hit the road and enjoy the spectacle on four wheels. Drive along highway 66 from Niseko to Iwanai, and admire gorgeous views of Mount Yotei, the Niseko-Annupuri mountain range and the Sea of Japan.



THE FINEST LODGING FOR DISCERNING TRAVELERS

For sophisticated travellers, holiday accommodation should never be mundane. The Park Hyatt hotels are the epitome of the luxury lifestyle, and the Niseko residence is no exception.

Set in the fabled snow region of Niseko, Park Hyatt Niseko Hanazono Residences is designed to combine understated elegance with a distinctive regional character. Guests are welcomed by the warmth of the mountain lodge where natural light abounds. Designed to provide unobstructed views of Mount Yotei, the Park Hyatt residences include floor-to-ceiling windows that frame Mother Nature like a piece of art.

A private onsen (natural hot spring) is included in most suites to complete the Japanese experience. Wellness is essential for all Park Hyatt guests, and locally sourced onsen water is



The Park Hyatt Niseko Hanazono Residences is due for completion at the end of 2019; learn more at www.hanazono-residences.com

provided in the bath. Every aspect, right down to the bathroom soap, is meticulously sourced from leading global brands. Crafted with the greatest attention to detail, Park Hyatt Niseko Hanazono Residences aims to make every suite a refined haven for guests.

A unique ski-in ski-out experience with one of only four exclusive duplexes with private onsen and garden

About Park Hyatt Niseko Hanazono Residences

From one of the most prestigious names in hospitality and the developer

of Hong Kong's Bel-Air Residence comes a premium first-class development at

the heart of the pristine Hanazono area of Niseko. Scheduled to open by the end of 2019, Park Hyatt Niseko Hanazono Residences will be the legendary first residence in Japan under the exquisite Park Hyatt name – a privilege granted only to a handful of properties located in the world's most desirable locations. The 114 luxury residences will set a new benchmark in Niseko, 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 some of Asia's best ski runs and the 18-hole Hanazono Golf Course.



Owners of Park Hyatt Niseko Hanazono Residences will be pampered with a world of privileges, including the esteemed **World of Hyatt** Globalist Membership, the highest tier of Hyatt's loyalty programme only accessible to an elite few. Members will be able to access benefits at participating Hyatt hotels and resorts and their affiliates. At the Residences, a dedicated fleet of dream cars will be on standby to transport owners to their preferred destinations within Niseko**.



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**The service may be subject to change and is provided at the discretion of the Developer. Terms and Conditions apply.

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RESIDENCES

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GREEN IS THE NEW CHIC

5 Best Outdoor Destinations in Hong Kong

THE HUSTLE AND BUSTLE IN A BUSY CITY LIKE HONG KONG CAN BE TIRESOME OR EVEN EXCRUCIATING, BUT IF YOU TAKE TIME TO EXPLORE BEYOND THE FAMILIAR, YOU WILL BE SURPRISED BY THE CITY'S PROXIMITY TO GREENERY

For a place that is known to be a dense metropolis, it may come as a surprise that with 24 designated country parks and numerous outlying islands, 40% of the total land in Hong Kong is countryside. A drive of less than 40 minutes from Bel-Air will take you to the Dragon's Back, a scenic hiking trail recommended by Lonely Planet, while an hour-long ferry trip from Aberdeen will take you to the tranquillity of the remote Po Toi Island, where you can savour the best calamari and discover 3,000-year-old rock carvings on the cliff.

Here are five of the best family-friendly nature attractions on your



doorstep, from easy hiking trails to top camping spots. It's time to ditch the iPad, stay away from Netflix, forget your boss's emails, and spend some quality time with your family in nature.

1 TREKKING THE DRAGON'S BACK

Popular among locals and tourists, Dragon's Back is deservedly one of the best urban hikes in Hong Kong, if not the world. Starting from Shek O Road, after 20 minutes of ascending, hikers will overlook the spectacular view of Shek O Peninsula, where the beach paradise Shek O Beach and a laid-

back village lie. Keep climbing for a great view of the ridge — where you will realise they don't call this the "Dragon's Back" for nothing! Enjoy the panoramic outlook of the southwest coastline of Hong Kong Island, as well as the magical Wan Chai cityscape against a lush forest backdrop. Keep descending after passing Pottinger Gap and a pavilion until you reach the end of

the hike: Big Wave Bay, a sea-gazers' idyll where pearlescent white sand contrasts with turquoise waters and boundless blue sky.

The trail is moderately difficult and recommended for children over five. The entire trail is on paved paths or well-defined dirt tracks. The first half has little shade, so a hat, sunscreen and plenty of water is a must.

Dragon's Back Hiking Trail

Starting point: To Tei Wan Village, Shek O Road

Endpoint: Big Wave Bay

Average hiking time: 4 hours

Distance: 5.2 miles

Refuel: There are no refueling stops along the trail.





2 THE TRANQUIL LANTAU

This is an idyllic route for novice hikers and families as the entire hike is on paved paths with steps and handrails. Set off from Mui Wo Pier and stroll along the Silvermine Bay Beach until you reach the stairs. Climb for an hour and enjoy the lovely view

of the Lantau coastline as well as Peng Chau, Hei Ling Chau and Cheung Chau at the pavilion on top of the hill. Make your descent into the forest and after 30 minutes you will find yourself at Trappist Haven Monastery, a medieval-style Catholic monastery built in 1951. Follow the signs to Nim Shue Wan

where the trail offers plenty of flora and fauna such as ancient trees and colourful butterflies, which should keep your curious little ones entertained. Pass through a village and rocky beach, after 20 minutes you will soon arrive at Discovery Bay. End your hike at Discovery Bay with lunch at one of the

D’Deck restaurants, accompanied by an amazing sea view.

Mui Wo – D-Bay Trail

Starting point: Mui Wo Ferry Pier

Endpoint: Discovery Bay

Average hiking time: 2.5 hours

Distance: 4.8 miles

Refuel: There are no refueling stops along the trail.



Big Wave Beach

Address: Big Wave Bay Road, Shek O,
Hong Kong Island

3 RIDE ON THE BIG WAVE

Big Wave Bay and Shek O Beach are two of the most popular summer destinations in Hong Kong Island. Compared with the lively Shek O Beach, which is a five-minute car ride away, Big Wave Bay is more laid-back and less crowded, ideal for a family outing where kids and canines can run freely on the shimmering stretch of sand, while parents chill on the beach with a glass of champagne and their favourite summer read. Inflatables and snorkelling equipment are available for rental in the eateries, as well as surf lessons for the energetic. Numerous pubs, small cafes and barbecue pits mean you can spend a day on this beautiful beach with a content stomach. Remember, lifeguard service is suspended from December to February, while with shorter service hours in November and March, so better to ride on the waves of summertime for a cooling dip.

4

EXPLORE PO TOI ISLAND

Time stands still in Po Toi where some Hongkongers choose an alternative lifestyle to the urban jungle. A short distance away from the southeastern tip of Hong Kong Island, the largely-unspoiled island is mostly composed of well-weathered granite, resulting in a peculiar landscape and interesting trails.

Start your hike from the pier, turn left and follow the trail next to a shanty store. The footpath will take hikers to the summit in less than 30 minutes, where you can enjoy a bird's-eye view of the South China Sea. Descending, you will be greeted by Monk Rock and Tortoise Rock, two aptly named natural formations. Hikers will arrive at Lighthouse 126 after a 10-minute uphill climb, a romantic yet wild vantage point where waves pound against the cliffs underfoot. Follow

the coastline to 3,000-year-old rock carvings for another half an hour, before reaching the pier again, where the hike adjourns. It's time to enjoy some simple fare or gourmet seafood in one of the cafes or restaurants next to the pier, not forgetting the calamari which is said to be the best in Hong Kong.

Po Toi Island Hike

Starting point and endpoint: Po Toi Pier

Average hiking time: 2.5 hours

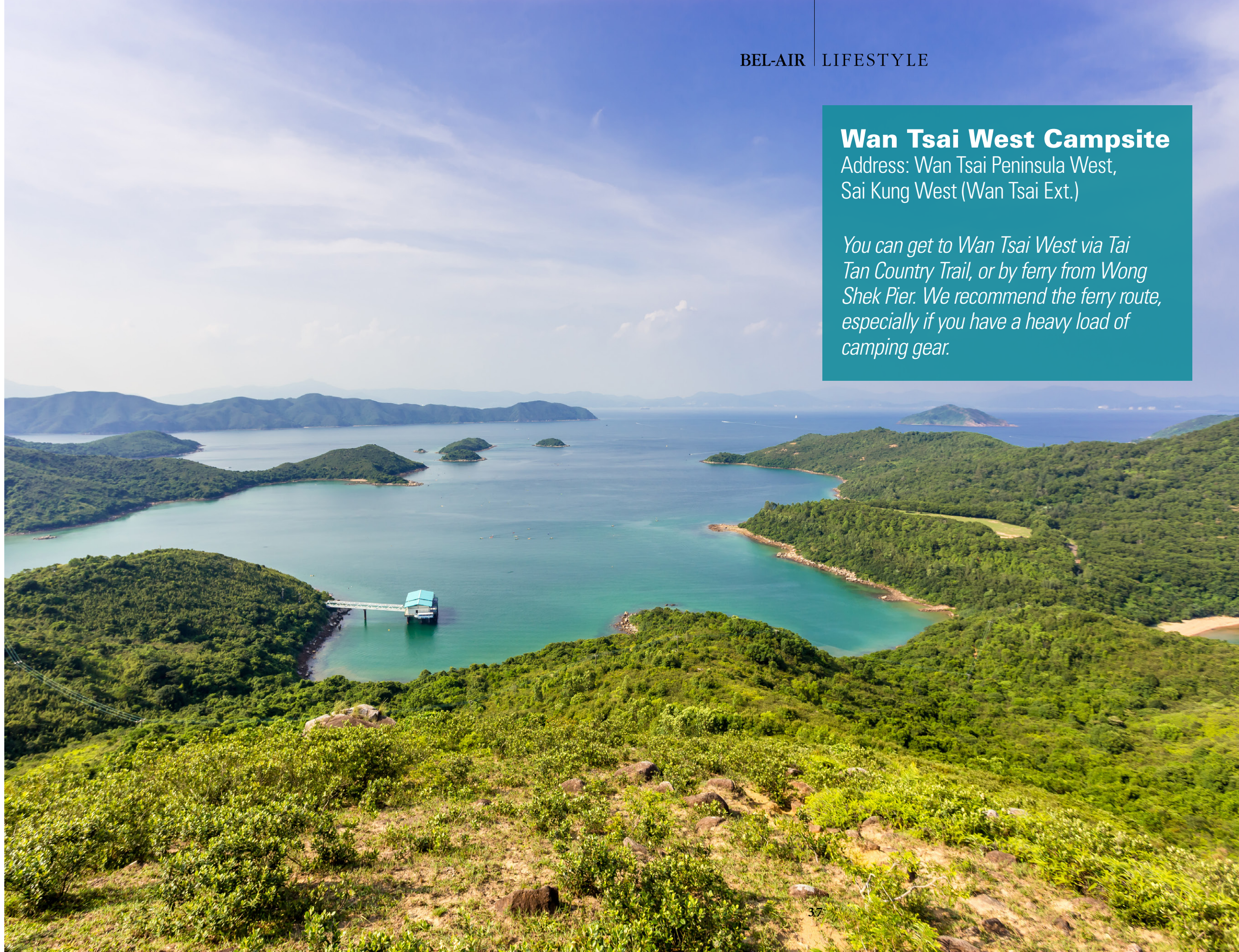
Distance: 2.5 miles

Replenishing stations: There are eateries and a seafood restaurant near the pier, though no refreshments are available along the hiking trail.

Po Toi Island is only accessible by ferry, departing from Aberdeen and Stanley.

5 CHALLENGE: SAI KUNG RETREAT

So now you're ready for a challenge and the chance to be at one with nature for a bit longer. There are, surprisingly, plenty of public campsites in Hong Kong (41 designated campsites according to the Agriculture, Fisheries and Conservation Department) for a green getaway. The Wan Tsai West Campsite located at the northwestern Sai Kung Peninsula is a top pick for novice campers and families. Boasting large, flat grassy areas, the campsite is readily accessible with pleasant views and facilities including barbeque pits, benches and tables, tap water and clean shower and toilet facilities. The campsite is next to the Hoi Ha Wan Marine Park, where you can see various mangrove, coral and marine animals such as starfish and jellyfish. The grassy area is the best place for kite-flying, sunbathing, stargazing or simply enjoying a peaceful time with your loved ones.



Wan Tsai West Campsite

Address: Wan Tsai Peninsula West,
Sai Kung West (Wan Tsai Ext.)

You can get to Wan Tsai West via Tai Tan Country Trail, or by ferry from Wong Shek Pier. We recommend the ferry route, especially if you have a heavy load of camping gear.



LOVE OUR COUNTRYSIDE

As we enjoy the gifts of nature, it is our responsibility to keep natural surroundings unspoiled for future visitors. We recommend the following tips for minimal-impact hiking or camping.

1. Never leave trash

There might not be designated trash bins along the trail or at your campsite so it's better to take your trash with you. Remember, you are not the only visitor and animals can be affected by what you leave behind.

2. Take only pictures, leave only memories

You might be tempted to take some wild flowers, bones or rocks as souvenirs. However, if everyone does so the landscape will quickly be destroyed. Photographs are the best souvenirs.

3. Do not feed animals

Wild animals, especially cows and boar which are commonly seen in Hong Kong, have their own diet. Feeding them might

upset their system. In addition, if they get used to being fed they could damage your equipment or even attack you to get more food.

4. Stay on the trail and use established campsites

Staying on the designated trail and in established campsites keeps you safe and separate from wildlife. Pitching your tent on a sustainable surface such as hard-packed dirt can also minimise the damage to the environment.

5. Protect our water

Water is one of our most precious resources and it's our responsibility to keep it clean. One way is to bring your water bag or bucket and wash there instead of in the river, lake or sea. Use biodegradable

or natural cleaning products to reduce our impact on the environment.

6. Respect wildlife

Remember, it's the wildlife sharing nature with human beings, not the other way around. Let's respect them by leaving them alone. Store your food and trash securely so wild animals don't mistake them for food. Control your pets and children, and teach children to only observe wildlife from a distance.

7. Eco-friendly products

Chemicals in products such as shower gels, detergents and sunscreen might be harmful to plants and animals. Make sure you bring natural products with you.



Nature's Gift

Hokkaido Art Map

A LAND BLESSED WITH VAST NATURAL LANDSCAPES, HOKKAIDO HAS AN ABUNDANCE OF ARTISTS AND WORKS INSPIRED BY THIS BEAUTIFUL ISLAND



Address: Kita 1-jo Nishi 17-chome, Chuo-ku, Sapporo
 Open: 9:30am-5pm (Last admission 4:30pm)
 Close: Mondays (except on national holidays), 29 Dec-3 Jan
 Website: www.dokyoipref.hokkaido.lg.jp/hk/knb

In Hokkaido you will find art museums with a splendid array of domestic and international works. Here are five art museums in the region where travellers can immerse themselves in the Northern Japanese art scene.

HOKKAIDO MUSEUM OF MODERN ART

Conveniently located in the heart of Sapporo, the Hokkaido Museum of Modern Art boasts the greatest art collection in Hokkaido. Founded in 1977, the museum mainly displays Hokkaido-associated painters and sculptors, as well as glass arts. One of the signature exhibits is Tamako

Kataoka's Mt. Fuji (1964), painted in bold colours and seen as a prime example of a Nihonga (Japanese-style) artwork.

The museum also includes a selection of contemporary European pieces, including Little Girl with a Bouquet (1925), one of the most famous paintings of Bulgarian

impressionist and "School of Paris" painter Jules Pascin.

For a relaxing afternoon, stroll through the idyllic garden while admiring the contemporary sculptures, or enjoy the healthy vegetarian dishes in the Beaux-Arts restaurant on the second floor.



MIGISHI KOTARO MUSEUM OF ART

Surrounded by picturesque trees, the exterior of this museum is as pleasant as inside. This Museum is dedicated to Migishi Kotaro, an avant-garde Japanese artist who unfortunately died young — at the age of 31 — and who had just been painting for 12 years before his demise.

Girl Holding a Lemon (1923) and Woman with a Red Shawl (1924) are two of his early major works which captured much attention. In his meteoric career, Migishi Kotaro explored various styles, reflecting the trends at the moment. In the 1920s while living in Shanghai he created a series of works portraying clowns with a touch of Fauvism, including Marionette (1930) and Clown (1932). Another piece, Orchestra (1933), showcases the avant-garde work of Migishi Kotaro before he succumbed to disease.



Girl Holding a Lemon (1923)

Address: Kita 2-jo Nishi 15-chome, Chuo-ku, Sapporo
 Open: 9:30am-5pm (Last admission 4:30pm)
 Close: Mondays (except on national holidays), 29 Dec-3 Jan
 Website: www.dokyojoi.pref.hokkaido.lg.jp/hk/mkb/english.htm

All 255 Migishi Kotaro's works, donated by his family, are housed in this modern architecture, which is also home to many art and culture events in Hokkaido.



Photo: www.sapporo.travel

SAPPORO ART PARK

Opened in July 1986, the Sapporo Art Park is a 40-hectare complex consisting a number of art and culture premises including the Sapporo Sculpture Garden, Sapporo Art Museum, Craft Hall, Takeo Arishima Residence (a famous Japanese novelist who once studied in Sapporo) and Sato Churyo Children's Atelier (a Japanese sculptor grew up

on Hokkaido). There is also a sleek-looking art hall and a lush outdoor stage where visitors can enjoy musical and theatre performances.

Its most intriguing zone is the open-air Sapporo Sculpture Garden, perfectly harmonising art and nature. Surrounded by lavish greenery, this hillside garden boasts 74 works by 64 artists. Visitors are welcome to not

only admire the sculptures but also go on a nature stroll or even a family picnic. The garden is particularly charming during springtime when the sakura (cherry blossom) blooms.

To complete the five-sense experience, enjoy Hokkaido cuisine in Hatake no Haru, a buffet restaurant in the park, or have a light meal in their Café La Foglia, which

offers a rich selection of tea and homemade confections.

Address: Geijyutsu-no-Mori 2-chome 75, Minami-ku, Sapporo
 Open: 9:45am–5pm year-round or 9:45am–5:30pm Jun-Aug (Last admission 4:30pm)
 Close: Closed on Mondays from Nov-April.
 Website: www.artpark.or.jp.e.mq.hp.transer.com



Photo: www.artepiazza.jp

ARTE PIAZZA BIBAI — KAN YASUDA SCULPTURE PARK

A secret garden en route to Sapporo, Arte Piazza Bibai celebrates the impressive collection of sculptures created by Kan Yasuda, a highly-acclaimed Japanese artist born in the city of Bibai, Hokkaido in 1945. Yasuda spends most of his time in Italy, and earns his worldwide reputation with his marble and bronze sculptures.

Art meets nature at Arte Piazza Bibai with Yasuda's 40 artworks subtly nestled between mountains, forests and rivers in the 7-hectare development. Wildlife co-exists peacefully in this paradise with deer, foxes and squirrels free to roam. Once a flourishing coal-mining town, Bibai has been in a decline since the '60s with the closure of two main mines. Two abandoned structures — the

school and gymnasium — were fortunately saved from demolition to be beautifully restored.

Similar to Sapporo Art Park, Arte Piazza Bibai invites strolling. It is absolutely worth the visit especially for city-dwellers to enjoy a moment of zen.

Address: Ochiaicho Sakaemachi, Bibai, Hokkaido 072-0831

Open: The park is open daily. The facilities are open on Wednesdays to Mondays 10am-5pm.

Close: Closed on Tuesdays, the days after the public holidays, and Dec 31-Jan 5

Website: www.artepiazza.jp/english



Photo: www.sapporo.travel

NAKASATSUNAI ART VILLAGE

Located in Hokkaido's Tokachi district, Nakasatsunai Art Village contains art museums, galleries and restaurants scattered around an oak forest.

Visitors can spend a day wandering through the forest's wooden path and readily find sculptures, both in the forest and the cosy wooden building museums in the grounds. Aihara Kyuichiro Art Museum showcases the artist's Hokkaido landscape painting, while the Koizumi Junsaku Art Museum is dedicated to the renowned artist whose most famous works are the 40 paper screens at Todaiji, a World Heritage site in Nara Prefecture.

Rokka no mori (Forest of Rokka), which is a mere 10-minute drive away, is an extension of the Nakasatsunai Art Village (both operated by the Japanese

confectionary brand Rokkatei, famous for its package with flowers). A highlight of the garden is the sculpture 'The Thinker' by Masaru Bando, a world-renowned Japanese sculptor based in New York.



Address: 172-1, Sakaehigashi 5 Sen,
Nakasatsunai, Kasai District, Hokkaido
Open: 10am–5pm (May–Oct)
Close: Closed for the winter/from the middle
of October until the end of April
Website: www.rokkatei.co.jp/e.sy.hp.transer.com/facilities/index.html

Savour the Taste of
SPRING

JAPAN HAS FOUR VERY DISTINCT SEASONS
WHICH OFFERS A GREAT VARIETY OF
SEASONAL INGREDIENTS YEAR ROUND



Here we present three recipes making use of Spring ingredients from Japan, including Katsuo (skipjack tuna), Gobo (burdock root) and Nagaimo (Yam).

KATSUO TATAKI (SEARED SKIPJACK TUNA)

Cook time: 20 minutes

Difficulty: Moderate

Serves 2



Katsuo (Skipjack Tuna) is a favourite fish on the Japanese menu. It can be served in many ways such as sashimi or deep-fried. Tataki is the Japanese term for a half-sashimi, where the meat or fish is seared briefly over a hot flame. The key to this recipe is the tuna; it should not be 100% cooked. Instead, it's seared on the outside and still raw inside. Therefore, it's important to source the freshest tuna from a trusted fishmonger.

Ingredients

350g Skipjack Tuna (sashimi grade/ belly portion)

300g daikon radish (grated)

20g spring onion (chopped)

1 tsp salt

Vinegar water

100ml rice vinegar

200ml water

Method

1. Rub the salt on both sides of the tuna evenly.
2. Mix the rice vinegar and water, pour them into a tray.
3. Use a barbecue fork to sear the skin of the tuna. Hold the skin side over a high flame until it turns brown. Flip over and slightly sear the other side.
4. Quickly soak the tuna in the vinegar water, skin side facing down. Flip over to cool down another side.
5. Line a fine mesh strainer with a paper towel and strain the rice vinegar mixture.
6. Mix the grated daikon radish with 150ml rice vinegar mixture.
7. Cut the tuna evenly into 5mm slices.
8. Soak the tuna slices in the daikon mixture for 10 minutes.
9. Serve with the chopped spring onion.



KINPIRA GOBO (CHOPPED GOBO BURDOCK ROOT)

Cook time: 25 minutes Difficulty: Easy Serves 4

Kinpira Gobo is a classic Japanese side dish and extremely easy to make. Gobo, also commonly referred to as greater burdock is a versatile ingredient. It can be eaten

fresh, cooked or even as tea. It has numerous health benefits including treating diabetes, improving blood sugar and fighting against infections.

Ingredients

- 200g gobo (burdock root)
- 40g carrot
- 2 dried red chilli (small)
- 135-200 ml water (to soak the gobo)
- 1½ tbsp cane sugar or sugar
- 1½ tbsp sake
- 2 tbsp soy sauce
- 1 tbsp sesame oil

Method

1. Clean the gobos, then peel with a tawashi scrubber brush. Cut the gobos into matchstick sizes.
2. Soak the gobo matchsticks in water to remove its harshness. Leave for 5-10 minutes then strain. Save the water for later use.
3. Cut the carrots in the same way. No need to soak them in water.
4. Soak the dried chilli in lukewarm water for a few minutes just to rehydrate them.

5. Stir-fry the gobos and carrots over high heat until they're coated evenly. Pour the retained gobo water into the pot just enough to cover the ingredients. Add the red chilli and put the lid on.
6. Add the sugar and sake when it boils. Put the lid on again, simmer until the water evaporates.
7. Add soy sauce and sesame oil and stir.



SAUTÉED NAGAIMO (SAUTÉED YAM)

Cook time: 25 minutes Difficulty: Easy Serves 2

Crunchy and fresh, this dessert is heavenly and uncomplicated to prepare. Pay attention that Nagaimo/yam is different from sweet potatoes though they are both root vegetables. Yams are usually

in brown skin with yellow, white or pink flesh. It's cylindrical and less sweet, but more starchy and dry compared to sweet potatoes.



Ingredients

7cm Nagaimo
1 tbsp extra virgin olive oil
Kosher salt
2 tbsp soy sauce
Mizuna (optional)

Method

1. Peel the Nagaimo and slice it into 15mm pieces.
2. Heat the olive oil in the frying pan over medium heat.
3. Pan-fry the Nagaimo for 4 minutes, flip and cook for another 4 minutes. Both sides should have a nice brown colour.
4. Pour the soy sauce and coat the Nagaimo evenly with the sauce.
5. Once the soy sauce condenses it's ready to serve. You can serve it with Mizuna for fresh flavour if you fancy.

THE TASTE OF
THE NORTH:

酒

LOCAL WINES
HOKKAIDO

TAKE YOUR TASTE BUDS ON A JOURNEY
TO THE NORTHERNMOST ISLAND OF JAPAN





Japanese whiskies may have risen to the top in the past decade, but let's not forget the traditional sake rice wine and the renowned beer of the region. Here we recommend five local tipples for sophisticated drinkers.

Daiginjo Kokushimuso You can't possibly miss Kokushimuso once you set foot in Hokkaido. This local favourite can easily be found in stores and restaurants. A 40% polished rice sake, this daiginjo is brewed in Hokkaido using only

home-grown rice. Dry, light-bodied and rich in flavour, it has a mellow aroma and refreshing aftertaste. The sake can be served chilled or warm and makes a good pairing with



white fish sashimi and steamed chicken. Don't forget to check out the Takasago Meiji Sake Brewery, home to Kokushimuso, if you are near Asahikawa (a two-hour drive away from Sapporo). Here you can taste the freshest daiginjo as well as other liquor made in this fabled brewery.

Yochi Single Malt Whiskey

The legendary Yochi Single Malt has won the heart of whiskey aficionados worldwide with its unique smoky flavour. It's balanced by a sea-salt

briskness thanks to the distillery's proximity to the sea. Surrounded by mountains on three sides while facing the shore, the distillery boasts the freshest air and water plus the perfect humidity for whiskey-making. A sip

of Yochi Single Malt is said to be like an adventure for the palate; it starts with a powerful yet balanced note, strong in peat, smoke, spices, fruits and nuts, and finishes with a silky texture, salty flavour and coastal freshness.





Prikawakka Beer

This catchy yet unfamiliar name literally means “pure water” in Ainu, a local dialect spoken by the indigenous people of Hokkaido. Prikawakka might not be as famous internationally as Hokkaido beers such as Asahi, Sapporo, Kirin or Suntory, but nevertheless, the brand is acclaimed for only using Hokkaido’s finest water for brewing, and adding nothing more than malt, hops and yeast. The minimum filtering and heating in the fermentation process ensures the yeast is still alive and healthy.



Prikawakka Beer is available in weizen, stout, seasonal editions and the award-winning pilsner, which won the silver award in the 2015 Asia Beer Cup in Japan.

Otaru Niagara

Thanks to the year-round cool, dry

Hokkaido climate and the high altitude, Hokkaido is well-suited to winemaking. Sweet, fruity and refreshing, the Otaru Niagara is made from the popular trellis grape: Niagara grown in the Shiribeshi region

(the southwestern part of Hokkaido). Awarded bronze in the 2013 Japan Wine Competition, Otaru Niagara is one of the best-selling white wines in Japan. It’s best served with Hokkaido cheese, especially the creamy camembert.



Kiyosato Shochu

Shochu is a type of distilled liquor usually made with barley or rice, but Kiyosato Shochu is made of potatoes from the region, where relatively warmer

winters help grow the high-quality potatoes loved by the Japanese. The shochu is brewed from water taken from the Shari river, which is said to be the cleanest river in Japan. Japan's first potato liquor is rich in a floral notes with an understated potato flavour. You can drink it straight,

on the rocks or with juice, green tea or soda, which makes for some appetising cocktails. More than just a memorable taste experience, Kiyosato shochu's sleek and elegant bottle, which won the Good Design Award in 2015, is a charming addition to any wine rack.



Winemaking in Hokkaido

Beverages in Japan are more than a sip of alcohol; the stories of local history, culture and community all add to the unique taste. Home to the world-famous Nikka Whisky and Sapporo beer, Hokkaido has no lack of vintage breweries or scenic vineyards which will feed your wine curiosity and enrich your tasting experience.

Spend a day in the Otaru Wine Gallery, conveniently located along Maple Highway 393 and approximately 20 minutes by car from Otaru town centre. This tranquil winery allows you to sample freshly-made local wines, including the signature Otaru Niagara, learn about winemaking history in the region,

and even witness the process. Tours are available upon request. Apart from wine, the shop also has a selection of delectable food made from local ingredients which pair well with their vintage.

Otaru Wine Gallery

Address: 130, Asarigawa Onsen 1-chome, Otaru-shi, Hokkaido

Opening hours: 9am–5pm (3 pm on December 31)

Contact: +81 134-34-2187

Entrance fee: free entry

Official URL: <http://www.hokkaidowine.com/>
(Available only in Japanese)

BEL-AIR GOES GREEN

IT'S TIME TO INVEST IN A SUSTAINABLE FUTURE

Let's acknowledge the facts: global temperatures are increasing and the planet is drowning in waste. In 2017, Hong Kong sent 10,733 tonnes municipal solid waste to landfill every day, an increase of 3.7% on the previous year. The city has an

overwhelming waste problem, and it's threatening our next generation.

In the past decade, the Hong Kong government has introduced a number of initiatives: a plastic shopping bags levy; an EcoPark

in Tuen Mun; an e-waste disposal scheme; and the much-loved 'no-waste' ambassador Big Waster. Echoing this trend, Bel-Air is endeavouring to minimise waste impact on all fronts, with a number of green schemes in our properties.



1. RECYCLE & GET REWARDED

A popular campaign since 2018, residents are encouraged to recycle their waste in this reward scheme. Residents are given redemption cards to collect stamps and redeem gifts, sourced from NGOs, by

submitting recyclable materials to designated collection points. Residents can also choose to redeem herb plants cultivated by the Bel-Air landscape team.

While your effort is much appreciated, kindly remember that the waste should be

properly separated, i.e. paper, plastic, metal, glass; and some packages such as egg containers, drink cartons are not accepted. Please contact your Tower Concierge or Service Centre for further details and scheduled collection dates.

Get Stamps 獲取印花

- 1KG Paper 紙張 2 stamps 印花
- 1 Plastic Bottle 膠樽 1 stamp 印花
- 1 Aluminum Can 鋁罐 1 stamp 印花
- 1 Glass Bottle 玻璃樽 1 stamp 印花

Get Rewards 獲取禮物

1. Organic Potted Plants including Mint or Basil cultivated by our Landscape Team 有機小盆栽 (薄荷/羅勒), 由屋苑園藝團隊培植, 為您家園增添生氣! 50 stamps 印花
2. 3M General Purpose Disinfecting Wipes 3M消毒抹布 30 stamps 印花
3. Chamomile Tea 洋甘菊茶 30 stamps 印花
4. Jasmine Tea 茉莉花茶 30 stamps 印花
5. Organic Pistachio Nuts 有機開心果 50 stamps 印花
6. Roasted Salted/ Honey Roasted Almonds 鹽焗/蜜糖杏仁 50 stamps 印花
7. Deluxe Four Fruits/Deluxe Thick Apricot Spread 綜合/杏桃果醬 70 stamps 印花
8. Coren Spain Iberico Luncheon Meat 黑毛豬午餐肉 70 stamps 印花
9. Fuyunhon Cream 護手軟膏 50 stamps 印花
10. 3M Insect Repellent 3M驅蚊噴霧 50 stamps 印花
11. White Truffled Sauce/ Truffled Sauce 白/黑松露醬 100 stamps 印花
12. Honey and Royal Jelly 蜂蜜皇漿 100 stamps 印花

Recycle Now! 珍惜資源, 支持回收



2. REDUCE FOOD WASTE

Joining hands with Environment and Conservation Fund and Green Life, Bel-Air residents are welcome to trash their food waste in the designated recycling boxes that will be sent to a recycling centre. To collect the box and for further details, please contact your tower concierge.

Food Waste Recycling Projects in Housing Estates 屋苑廚餘循環再造項目

Calling for Participants 參與住戶招募

Act Now! 請即參與!

Please contact our tower concierge for enrollment and collection boxes arrangement. 如欲參與, 請通知大堂禮賓員, 以便安排派發回收盒。

Plastic 塑膠
 例如 Examples
 Shampoo/Shower gel bottle 洗頭水/視液樽
 Water/Soft drink bottle 飲品樽
 Softener bottle 柔順劑容器

Metal 金屬
 例如 Examples
 Milk powder tin can 奶粉鐵罐
 Food tin can 食物鐵罐
 Soft drink aluminum can 飲品鋁罐

Glass 玻璃
 例如 Examples
 Beer bottle 啤酒樽
 Wine bottle 紅/白酒樽
 Water/Soft drink bottle 飲品樽

請先作簡單清洗再放入回收箱
 Please clean it before putting into collection box

3. RECYCLING COLLECTION BOXES

Keep an eye out for our recycling boxes for used clothes, fluorescent lamps, rechargeable battery, paper, and plastic, glass and aluminium bottles. Don't forget to clean your items before recycling.

Bel-Air Recycling Points 貝沙灣回收點

where you can recycle used clothes, fluorescent lamps, rechargeable batteries, paper items, bottles (glass and plastic) and containers (glass, metal and plastic).

Let's join hands to promote Green Living, enhance environmental education and help collect different types of recyclables in the Bel-Air Community. 攜手推動綠色生活, 於貝沙灣社區內加強環保環境教育, 及收集可循環再用物品。Get the Bel-Air Mobile App 下載貝沙灣應用程式

Recycle Now! 珍惜資源, 支持回收

4. NO STRAW CAMPAIGN



PLASTIC STRAWS

Plastic straws are no longer available at any F&B outlet inside Club Bel-Air. This is a small step but we hope to inspire all of you to reduce plastic pollution.



Peach Blossom Tree Recycling Programme 桃花回收活動

5. PEACH BLOSSOM TREE RECYCLING

The blooming pink peach blossom is a beautiful Chinese New Year decoration; nevertheless, let's not waste the plant after the annual celebration. Bel-Air is recycling the plant for mulch and compost. For further details, please refer to the Bel-Air website.



6. OTHER INITIATIVES

There are also other green campaigns throughout the year including mooncake box recycling, mooncake and Christmas toys donation, and "No Air-Con Night". Stay tuned and join the upcoming Bel-Air green projects. Remember, environmental protection begins at home.



As part of our continued commitment to sustainable living, the air conditioning at the carpark lobbies of Phase 1-6 will be switched off from 7:00 p.m. on 5 October 2018 (Friday) to 7:00 a.m. the next morning. You are also encouraged to switch off the unnecessary air-con during the period.

為配合我們致力推動可持續生活的承諾，第1至6期停車場大堂的冷氣將於10月5日(星期五)晚上7時至翌日上午7時關閉。您亦可於活動期間關上家裡不必要的冷氣設備，一起為地球降溫出一分力!

報名及詳情 <http://greensense.org.hk/noaircon>

月餅轉贈活動 Mooncake Donation Program

01.09.2018 - 16.09.2018

我們誠意邀請您參與月餅轉贈活動，收集到的月餅將轉贈予基層長者享用，一起感受節日氣氛。

We sincerely invite you to share the joy of Mid-Autumn Festival with the needy elderly by donating extra mooncakes.

收集地點 Collection Points:
貝沙灣灣畔會所(第一期)及朗峰會所(第四期)
Club Bel-Air Bay Wing (Phase 1) and Peak Wing (Phase 4)

回收項目 Recycling Items:
獨立包裝、食用日期為兩星期以上、香港或澳門製造之月餅
不包括冰皮及需要冷藏的月餅
Mooncake with individual packing, at least 2 weeks of expiry date and manufactured in Hong Kong or Macau
Excluding snowy mooncake or mooncake need to be stored frozen

Organiser: 心好月圓 中秋行動
主辦機構: Mid-Autumn Festival Appeal

For further information, please contact Club Bel-Air Reception in person or call 2989 9000 (Bay Wing) / 2989 6500 (Peak Wing).
請親臨貝沙灣會所或致電 2989 9000 (灣畔) / 2989 6500 (朗峰) 接待處查詢。

Christmas Toys Recycling 聖誕玩具回收活動

Incorporate the 3R principle in our daily lives! Bring your unwanted toys to clubhouse reception and all items will be donated to someone in need.

來一起實踐減廢、再用及循環再造守則，將二手玩具交到會所接待處，捐贈到社會上有需要的人士手上。

Collection Period 收集時間: Now till 即日 至 14.01.2019

Collection Points 收集地點:
Club Bel-Air Bay Wing (Phase 1) and Peak Wing (Phase 4)
貝沙灣灣畔會所(第一期)及朗峰會所(第四期)

Recycling Items 回收項目:
Toys in good conditions 完好無損的玩具
Small sports equipment and music instruments 小型運動及音樂器材
Educational toys 益智玩具
Stationery 文具

Not Accepted 不接收:
Soft Toys (except package unopened) 毛公仔(未開封除外)
Toys with liquid or food 有液體或食物的玩具
Incomplete set 不齊件的玩具
Violence or indecent toys 具暴力或不良意識的玩具
Personal items (e.g. hair accessories or accessories) 個人物品(如頭飾、飾物)
Small decorations (e.g. chain stores souvenirs) 小型裝飾品(如連鎖店紀念品)

Beneficiary Organization 受惠機構:
Toy Bank of YMCA 香港基督教青年會
玩具銀行

Remember to remove battery before recycling!
回收前請拆掉所有電池!

For further information, please contact Club Bel-Air Reception in person or call 2989 9000 (Bay Wing) / 2989 6500 (Peak Wing) / 2989 6383 (Club S).
請親臨貝沙灣會所或致電 2989 9000 (灣畔) / 2989 6500 (朗峰) / 2989 6383 (Club S) 接待處查詢。

Mooncake Box Recycling Programme 月餅鐵盒回收活動2018

Collection Period 收集日期:
21.09.2018 (Friday 星期五) - 09.10.2018 (Tuesday 星期二)

Collection Points 收集地點:
Club Bel-Air Bay Wing (Phase 1) and Peak Wing (Phase 4)
貝沙灣灣畔會所(第一期)及朗峰會所(第四期)

Recycling to Save Planet
循環再造，拯救地球

For further information, please visit Club Bel-Air Reception in person or call 2989 9000 (Bay Wing) / 2989 6500 (Peak Wing).
請親臨貝沙灣會所或致電 2989 9000 (灣畔) / 2989 6500 (朗峰) 查詢。



What Else Can I Do?

Small steps go a long way. Start with little habits — you will be amazed how easily you can incorporate them into your lifestyle. Here are some ideas:

- 1.** Reduce packaging: perhaps even visit a zero packaging shop
- 2.** Refuse plastic straws
- 3.** BYO: always bring your own water bottles, cutlery and shopping bags
- 4.** Buy eco-friendly, energy-efficient appliances
- 5.** Install a low-flow showerhead
- 6.** Invest in cloth napkins: good for the planet, and good for your wallet
- 7.** Grow your own food: herbs, salad greens and cherry tomatoes are easier to grow than you think
- 8.** Eat less meat: meat product results in more carbon emissions, consuming more greens is healthy as well
- 9.** Borrow or rent: whether it's a bike or a book, think twice before purchasing, especially those items you only use once or twice a year
- 10.** Go second-hand: goodwill stores offer quality products; giving the pre-loved a second life

Ways to Live Sustainably

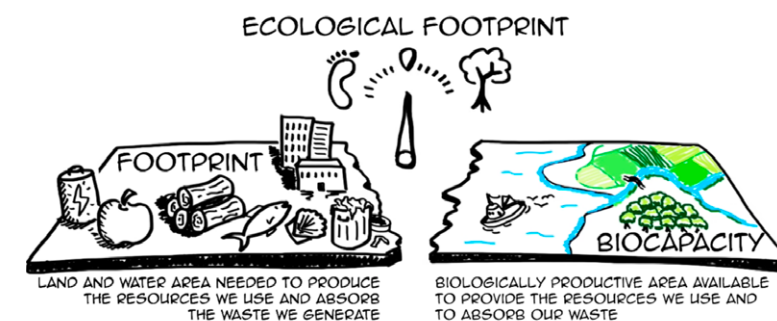
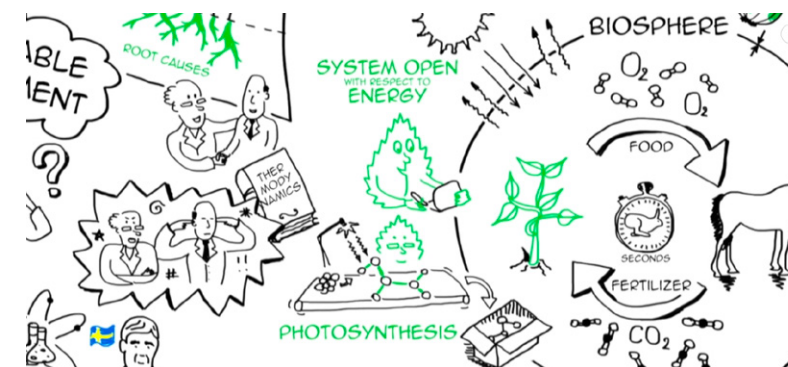
FOCUSING ON THE THEME OF SUSTAINABILITY, WE'VE SELECTED SOME DIGITAL CONTENT AND BOOKS SUITABLE FOR YOUNG CHILDREN AND READERS OF ALL AGE

No one can deny it's the digital age when our kids can't take their eyes off from their smartphones and tablets. While the source of knowledge has shifted from books and newspapers to vloggers and social media influencers, maybe it's a good idea to look for educational online content for our young generation. Online content is the means to arouse young children's curiosity and craving for knowledge, and eventually turn them back to books that are full of fascinating insights.

YouTube Channel

Sustainability Illustrated

Animated and engaging videos on sustainability; some are suitable for children too.



Instagram Influencer

@nevereverpayretail



Follow Hannah Klose, an Australian blogger, for some second hand-style inspiration. Hannah hasn't brought any new clothing since 2014.

Documentary

Minimalism: A Documentary About the Important Things (2015)

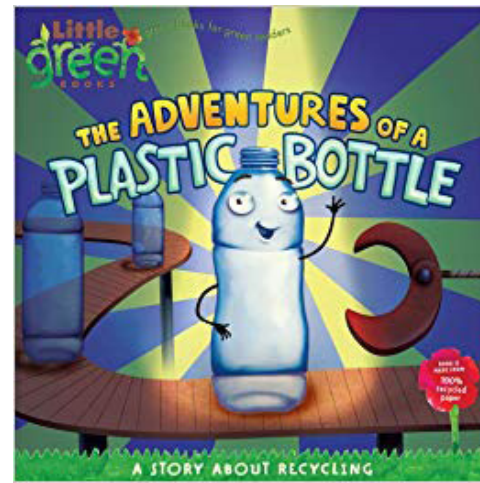


Look inside the lives of minimalists from various walks of life.

Books

The Adventures of a Plastic Bottle: A Story About Recycling

by Alison Inches

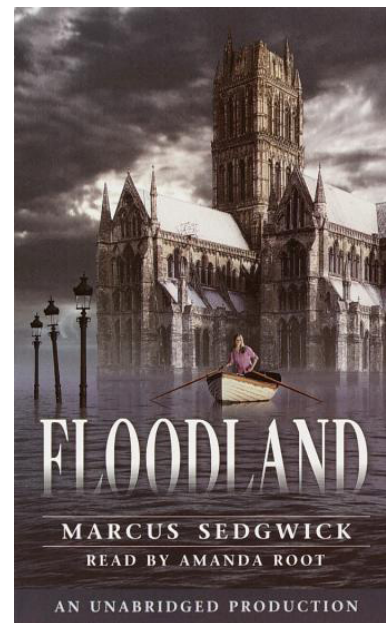


A diary from the perspective of a plastic bottle on its adventure to a recycling plant.

Floodland

by Marcus Sedwick

An award-winning novel depicting England covered by water, while the protagonist Zoe has to survive on her own.



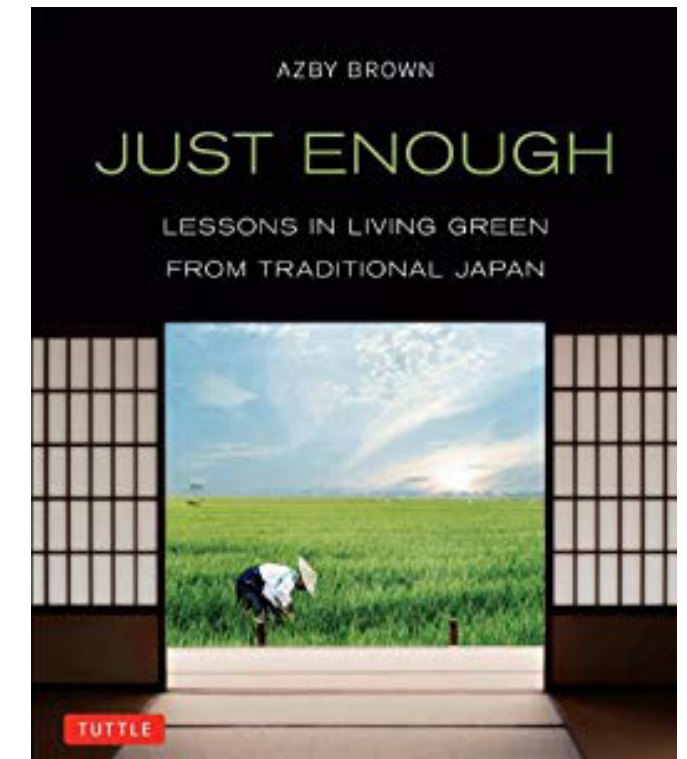
The Vanderbeekers and the Hidden Garden

by Karina Yan Glaser

Children set out to create a community garden for their neighbour Mr Jeet, who suffered a stroke. However, they're facing one obstacle: a wealthy developer has another plan for the lot.

Just Enough: Lessons in Living Green From Traditional Japan

by Azby Brown



Stories to illustrate how people lived in Japan some 200 years ago — a society that was conservation-minded and waste-free.



Bel-Air
GRAND FUNCTION ROOM

Celebrate in Style



貝沙灣

Bel-Air
ISLAND SOUTH