



# DressCircle

A K E R R Y P R O P E R T I E S P U B L I C A T I O N

臻善譜







Sham Hoi-ching | Hong Kong | 2.5 years old  
岑鑽晴 | 香港 | 2.5歲



Joy Yang | Beijing | 6 years old  
楊卓依 | 北京 | 6歲



Lv Jianing | Qinghuangdao | 8 years old  
呂佳凝 | 秦皇島 | 8歲



Feng Yujia | Tangshan | 9 years old  
馮雨佳 | 唐山 | 9歲



Cheung Tsz-yiu | Hong Kong | 11 years old  
張子瑤 | 香港 | 11歲



Xue Haoliang | Shanghai | 11 years old  
薛皓亮 | 上海 | 11歲



Tang Nai | Beijing | 8 years old  
唐耐 | 北京 | 8歲



Cherry Li | Shanghai | 12 years old  
李青楊 | 上海 | 12歲



Joanna Xie | Tianjin | 5 years old  
謝承錦 | 天津 | 5歲



Zhang Muqun | Nanjing | 11 years old  
張牧群 | 南京 | 11歲



Jayden Wu | Hong Kong | 11 years old  
吳守喆 | 香港 | 11歲



Cheryl Zhang | Beijing | 9 years old  
張羽軒 | 北京 | 9歲

**Cover image:**

Heart and home; nature and nurture: all that we hold dear, so beautifully expressed in the brushstrokes of a child. As we approach the springtime season of renewal, may we share with your family the most precious values in life, as portrayed by the families of Kerry Properties' staff. These paintings spread a message of joy and prosperity for 2015.

關愛與家庭，自然與育成——大家所珍而重之的一切，在孩子的筆觸之下率真呈現。春天將至，生機無限，藉着嘉里員工家屬創作的畫作，謹祝各位新的一年得享豐盛，事事如意。

**Dress Circle, December 2014**

Published by South China Morning Post Publishers Ltd.,  
22 Dai Fat Street, Tai Po Industrial Estate, Tai Po, N.T.  
Hong Kong.  
Tel: (852) 2680 8888

Printed by  
Toppan Printing Co., [H.K.] Ltd.  
Toppan Printing Centre  
1 Fuk Wang Street  
Yuen Long Industrial Estate  
Yuen Long, N.T. Hong Kong

**Editorial Director** Winnie Chung  
**Editor** Tsang Fan  
**Writer** Peta Tomlinson  
**Subeditor** Laramie Mok  
**Transters** Katherine Lee, Candace Mok, Rebecca Kwok  
**Designer** Chow Kwok-wang, Davis Kwok  
**Production Editor** Deen Nawaz  
**Senior Administrator** Thomas Chang  
**Account Management** Karrie Lam, Debby Lai, Frank Leung, Sophie Chui  
**Photos** South China Morning Post, Shangri-La Hotel, Iris Van Herpen

© Copyright SCMPPL. Reproduction in whole or part is not permitted without the written permission of SCMPPL.

**Kerry Properties Editorial Team**  
Michelle Lam, Jade Fung, Wing Yau,  
Ray Or, Agnes Au  
25/F, Kerry Centre  
683 King's Road  
Quarry Bay, Hong Kong  
Tel: (852) 2967 2200







6 12



16



20

# Contents 目錄

Dress Circle  
Dec 2014

6. Capturing the season of life  
季節盛放的一瞬  
Escape the urban jungle and head up to Kau To peak to enjoy Hong Kong's best natural greenery

12. The key to contentment  
圓夢之匙  
A house in Kowloon Tong is a subtle but true indication of luxury living

16. A feast for sharing  
共享盛饌  
Enjoying a hearty meal at the Aberdeen Marina Club is nourishing for the heart and soul

20. Tianjin, pearl of Bohai  
「渤海明珠」——天津  
Tianjin encapsulates a tale of two cities, where a tribute to ancient civilisation meets a vibrant urban metropolis

24. City of splendour  
輝煌城市  
Castalia Court, a collection of homes developed by Kerry Properties in Hangzhou, offers a healthy living option in the bustling Chinese city

28. Upcycling for life  
「改造」生活  
Waste not want not: transform food waste into fresh produce, fertiliser or even art

32. Sunset in paradise  
夕陽天堂  
Kerry Properties helps you live smart and sustainably, paving the way to a better future for you and your loved ones

36. The rainbow connection  
接壤彩虹  
The use of colours in Chinese cooking has health and cultural significance

40. 3D printing: the future is here  
「印」出個未來  
Science fiction comes to life with 3D printing as artists and architects explore the world of 3D printing

44. Deck the halls with greener holly  
用「環保」點綴節日  
The festive season means tradition and costly decor, but these don't have to harm the environment



24



28



36



40





# Capturing the season of life

All things in nature begin to renew as winter melts towards spring.



Flowers blossom, birds are born, animals and insects come out of hibernation – all around the time when the sun shines more directly onto the earth, beaming down its life-giving energy.

The approaching warmer weather also marks the time that budding nature photographers emerge. For as observed by Terri Guillemets, an American quotation anthologist, the front door to springtime is a photographer's best friend.

It's when we look forward to Hong Kong's countryside brimming again with picturesque delights. Trees in all manner of distinctive varieties, spectacular coastlines, and myriad bird species awakening to the sun's warming rays, offer a treasure trove of opportunities to capture nature through the focus of a camera lens.

An ideal spot for capturing some of the city's best nature photography moments is Kau To peak. Ascending the wooded mountain behind Sha Tin, a panorama of sights can be viewed from a 399-metre altitude, giving a unique, elevated perspective of views towards the sea, racecourse, cityscape, and greenery.

Abundant natural scenery may be explored along the routes winding down from the hill. Nearby, Tai Po Kau Reserve has the additional habitats of grasslands and bamboo trails. These elements, captured along the length of Kau To path, attract rarely seen birds (such as owls in the winter and black capuchins during summer), insects, and plants such as mountain pepper, giant bean and sweet gum.

It is in these lush woodland areas of Kau To and surrounds that nature-lovers have been following the conservation credo of "take nothing but pictures; leave nothing but footprints". The recently-held 1 Click Hong Kong Photo Competition, jointly organised by Eco-

Education & Resources Centre, PolyEd International Limited and Lake Egret Nature Park, and fully supported by Dragons Range, was conceived as a great way to interact with nature, and protect our precious ecosystem.

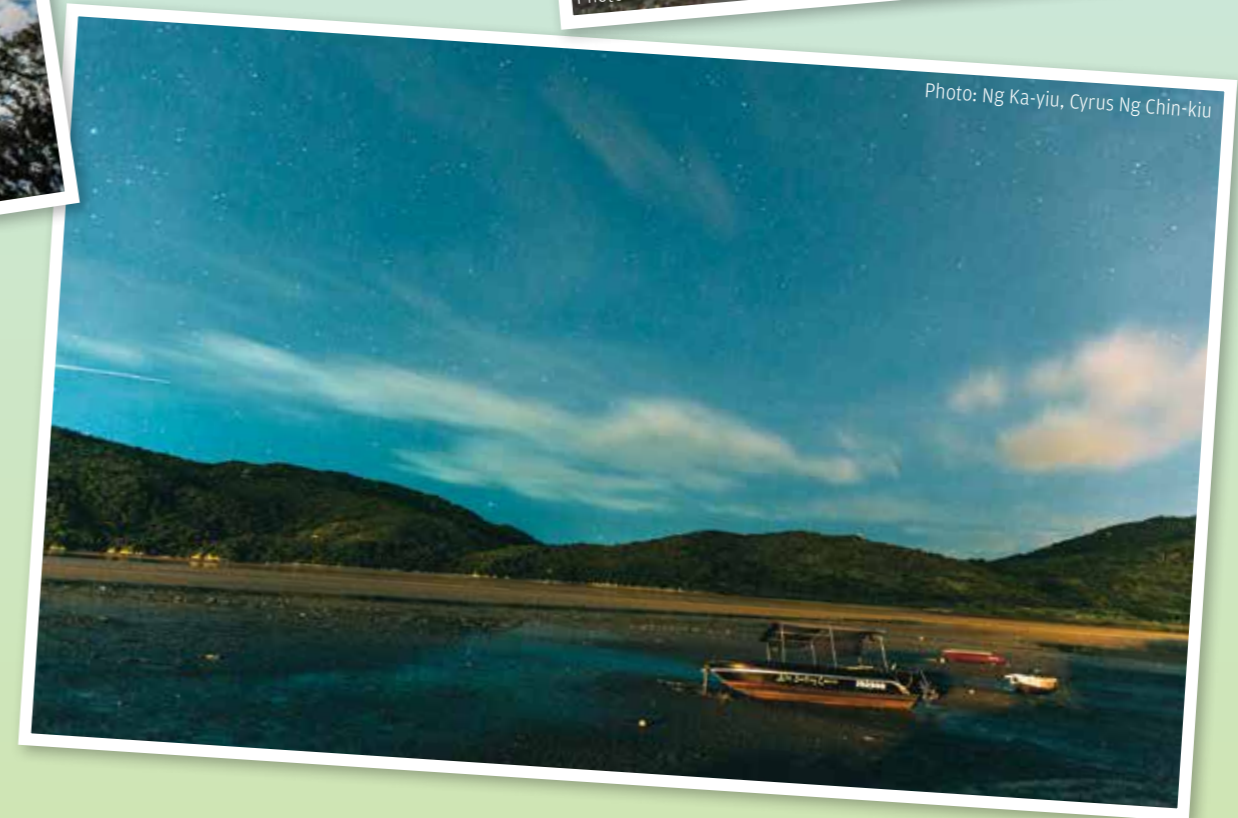
The competition encouraged people to wander the green hills and see inspiration arising from every angle. Primary school children accompanied by their parents, secondary students and those in the open-age category were urged to capture the moving moments experienced when the hills and vales touched their hearts.

Fostering an appreciation of nature in this way sends an important message to the young generation – especially for city kids, who may have little exposure to the natural world.

According to Dr Michelle Cheung Ma-shan, science manager of the Eco-Education and Resources Centre, it instils awareness that the future is in their hands, and through bonding with the outdoor environment – seeing it, feeling it, touching it – these future leaders may better understand the need for conservation.

The judges were impressed by the heart-warming entries received in the photo competition, reflecting a deep appreciation of nature.

According to a Chinese proverb, spring is recognised by plants sooner than by men. It means that you don't need a calendar to mark the arrival of spring – and the photo-taking season full of new life - a feeling in the air will tell. It's the season to take in fresh mountain air, view pristine scenery from an elevated vantage point, and appreciate all the natural wonders our city has to offer.



The judges were impressed by the heart-warming entries received in the competition, reflecting a deep appreciation of nature. 是次參賽作品不乏窩心悅服之作，令一眾評審留下深刻印象，亦反映出參賽者對大自然心存敬愛。



To take nature photos like a professional, Dio Miu, from Hong Kong Institute of Professional Photographers, offers the following tips:

If you don't have expensive single lens reflex (SLR) camera equipment, start out with a smaller, lighter digital camera instead. These can produce nice macro photographs with excellent depth of field.

Photography is more than picture-taking; it enables an appreciation of subjects which can only be viewed through the focus of a lens. The end result can define the meaning of beauty, and convey a message in a unique way.

For budding nature photographers, Miu has this advice: When photographing insects, for example, instead of just pressing the shutter at the object, first think about how to utilise the surroundings to illustrate your way of capturing this insect. The picture can deliver an interactive effect using this approach.

以下為香港專業攝影師公會Dio Miu對專業自然攝影的心得：

其一，假如沒有價格高昂的專業單反相機，可以較小較輕便的數碼相機代之，用它拍攝景深或微距的影像同樣出色。

其二，攝影的深層次意義：攝影是透過攝影者的眼睛、鏡頭，從而表達出攝影者對「美」的定義，是另類傳遞訊息的方式。

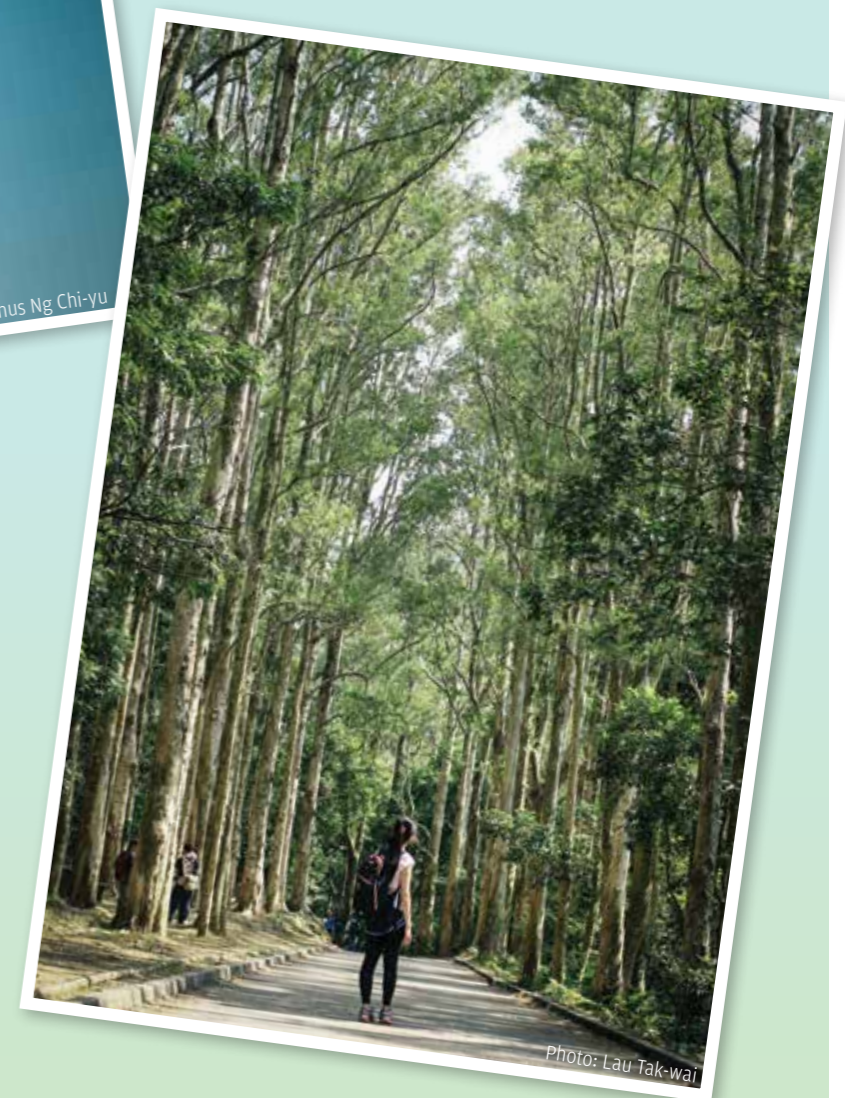
此外，Dio Miu對新手有以下建議：拍攝昆蟲時，不要見到昆蟲停下來便立即按下快門，而應先思考可怎樣利用四周環境，表現自己拍攝昆蟲的方式。這樣，拍出來的照片才會顯得生動。

Fostering an appreciation of nature in this way sends an important message to the young generation, especially for city kids.

對於年輕一代，尤其在城市長大的小孩而言，透過攝影欣賞大自然別具啟發意義。



Below presents the award-winning photographs in the 1 Click Hong Kong Photo Competition. 以下圖片為「山影人趣1 Click」全港攝影比賽之得獎作品。



### 季節盛放的一瞬

冬去春來之際，大地回暖，萬象更新。

每逢這個時分，日光直照大地，喚發無限生機，孕育群芳綻放，稚鳥初生，各種動物、昆蟲亦從冬眠中蘇醒過來。

和暖氣溫漸漸步近，同時亦宣告一眾自然生態攝影者是時候整裝待發了。一如美國格言編纂者Terri Guillemets觀察所得：「春季是攝影師的最佳夥伴。」

本地郊野再度回復茂密的怡人景致特別令人期待。樹木呈現各種獨特美態，海岸線壯麗迷人，多種雀鳥在和煦的春光下覺醒。這個每年難得一遇的契機，正適合攝影師透過相機鏡頭一一捕捉大自然的風貌。

要捕捉香港自然生態最美的一瞬，九肚不失為最佳地點。繞過沙田攀上其後的山林，便可從海拔399米鳥瞰大海、馬場、城市景觀和綠茵地帶的全景。從山崗拾級而下，沿路盡是自然景觀，等候人們去欣賞、發掘，而附近的大埔滘自然護理區內更不乏草坪生境及竹徑風光。這些在九肚徑沿途可見的自然元素，引來了稀有鳥類（如冬季出現的貓頭鷹；夏季出現的黑卷尾）和昆蟲，還有蒼樹、槭藤子、楓香等植物。

一群遊走於九肚茂林及周邊地帶的自然愛好者，一直以來奉行「拍攝，但不損耗環境；遊覽，但不造成滋擾」的保育信條。

而近期舉行的「山影人趣1 Click」全港攝影比賽，便是跟大自然互動，以及讓我們保護珍貴生態系統的良機。比賽由生態教育及資源中心、寶育國際有限公司及白鷺湖互動中心合辦，並獲「玫瑰山」全力支持。比賽鼓勵人們踏遍綠茵山頭，從多角度發掘靈感。小學生在家長的陪同下享受攝影之樂，而中學生及公開組參賽者則忙於捕捉山丘溪谷撩動心靈的動容一瞬。

對於年輕一代，尤其在城市長大，極少接觸大自然的小孩而言，透過攝影欣賞大自然別具啟發意義。正如生態教育及資源中心科學事務經理張瑪珊博士所說，攝影比賽能讓年輕人意識到，未來掌握在自己的手中，而透過與戶外環境互動——用眼觀看、以身感受、伸手觸碰——社會未來的主人翁將更了解保育的必要。此外，是次參賽作品不乏窩心悅服之作，令一眾評審留下深刻印象，亦反映出參賽者對大自然心存敬愛。

正如中國諺語所說：「春到人間草木知。」人們並不須在日曆上標記下春天以及攝影季節的來臨，空氣中卻自會瀰漫着一股氣息，提醒你春天將至。

春天，最適合人們享受山巒的清新空氣，居高俯瞰美景，並欣賞城內所有的自然奇觀……







# The key to contentment

“Buy land, they’re not making it any more,” Mark Twain famously said. Land opens the door to an address of one’s own, but it may also pave the way to a picture-perfect life: a house set behind tall gates, with a yard to play in, steaks sizzling on the barbecue, and music or laughter emanating from within.

Throughout history, landed properties have been equated with status and privilege. In early modern British society, grand homes were the domain of upper class aristocrats of independent wealth – knights, baronets, dukes and the like – who enjoyed high status on the social ladder, and were held in esteem within their community.

Today these grand manor houses still exist, but their numbers are few. They remain acknowledged as the most stately homes in England.

These days, though, most people want to live near amenities like shopping, schools, and transport. Busy lives demand urban convenience, and wherever you look in the world, city location usually rules out the possibility of owning a house. Hong Kong is one of the exceptions.

When English businessman and Legislative Council member Charles Montague Ede took on the role of developing Kowloon Tong, his vision was to create a garden city. In this traditional luxury area of Hong Kong, a landed property remains the pinnacle of prestige.

Arriving via your own front garden, a house provides a private and welcoming entrance which is just for you, not shared by others. A leafy pathway guides your guests and their limousines to your front door while your vintage cars or Lamborghini are resting in the basement parking spaces longing for your call. Luxury is epitomised in a lift waiting to transport residents and guests from the basement carpark to

the lavish upper floors. In such a setting, the owners also enjoy the peace of mind of uncompromised security. A house allows the luxury of space: bedrooms enough for everyone, each with their own ensuite. Places for study, or quiet reflection. In larger homes, there may even be room to accommodate hobbies – a music or fitness room, perhaps, or even a photographic studio.

Thoughtful architecture of a grand home would allow scope for big-volume living areas designed for entertaining; their sheer size giving a true sense of luxury and intimacy which only a house can offer. Young maestros could practise their piano at home, without troubling the neighbours.

At the same time, having space allows for intimate zones as well. In a well laid out house, family members of varying generations can gather together, or enjoy quiet time. Unlike in most apartments, you won’t hear the sounds from upstairs residents moving about above you.

When spacious lines and solid structure are expertly aligned, the vision of a dream home takes shape. Visualise a kitchen where gourmet chefs prepare restaurant-quality cuisine – with professional fittings, a hob and wok cooking station, coffee machine, wine fridge and more – and you can understand the superior lifestyle a house offers over most apartments.

The main advantage, though, is the blending of indoor/outdoor living that only a private garden of decent size can provide. Our living habits are so much more relaxed these days:

gone are the dark-roomed formalities of old, making way for lighter, brighter spaces, and treasured leisure time which provides a restful connection with nature.

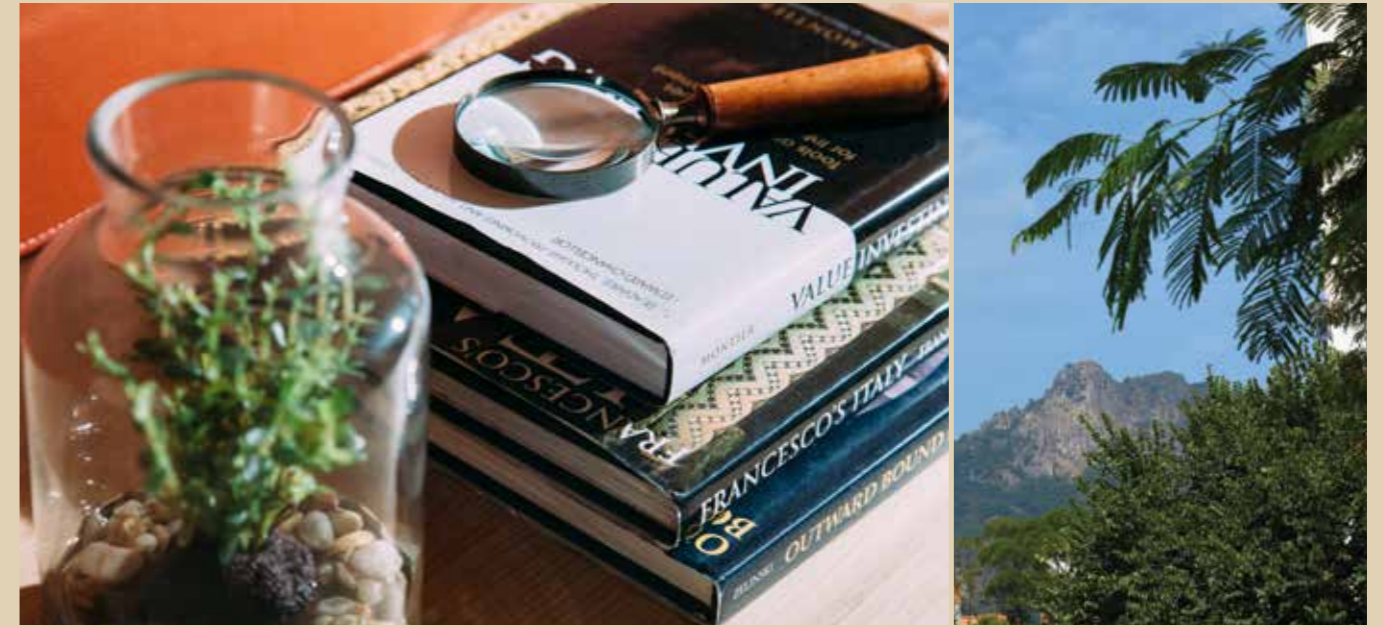
Indoor and outdoor space is precious. We long to fling back the doors and let the fresh air in. To step outside and breakfast on the terrace; or barbecue under the stars. To view the world from the elevated height of our own rooftop terrace. Even in winter, when it’s warm and cosy inside, a well-designed house lets its occupants “feel” nature through picture windows overlooking the garden.

For today’s elite, an independent house, with its own address, is a powerful asset. Living in such a house in desirable Kowloon Tong speaks of status and prestige. Even an invitation to visit is a privilege in itself.

Imagine if there were no compromises: that this ideal house was not an older one refurbished, but brand new, architecturally designed in contemporary style to accommodate modern living. If, even living in such a house, the family could enjoy clubhouse facilities; a gym and pool; function room; and children’s playroom. A concierge, and professional management services. All this, in a quiet green environment, close to elite schools, and within walking distance of the MTR.

Once in a lifetime, the opportunity to join the landed gentry in a grand home in Kowloon Tong might just come along. Of course, only the wealthiest could afford it ... but isn’t that what being a nobleman is all about?





Wherever you look in the world, city location usually rules out the possibility of owning a house. Hong Kong is one of the exceptions. 觀乎世界各地，在城市中擁有獨立屋實不容易，但香港卻是例外的城市之一。

## 圓夢之匙

「買地，因它無法再造。」美國作家馬克吐溫的名言如是說。大地賜予我們容身之所，也為美好的生活鋪路——一棟座落於高欄之內的房子，內有可供遊樂的庭園，美食在烤架上燒得滋滋作響，夾雜着悠揚的樂曲和歡樂笑聲……

縱觀歷史，擁有物業往往是身份和社會地位的象徵。在近代的英國社會中，宏偉的宅邸均列於騎士、準男爵、公爵等上流貴族的名下。他們擁有獨立財富，處身社會階梯的上層，身份顯赫，深受社會敬仰。時至今日，我們仍能找到這些壯麗宅邸的蹤影，儘管數量已是寥寥可數，但它們仍被公認為英國最莊嚴堂皇的古宅。

近年，不少人期望安居於商場、學校和交通設施附近，而便捷的城市配套亦成為忙碌生活的必需品。觀乎世界各地，在城市中擁有獨立屋實不容易，但香港卻是例外的城市之一。

當年，英國商人兼立法會議員義德肩負發展九龍塘的重任，並銳意將其打造成一花園城市。時至今日，九龍塘依舊為香港傳統的豪宅地段，在此擁有一所獨立屋，仍是地位顯赫的代名詞。

穿過私家前園抵步大宅門前，獨立屋的入口私密卻不失溫馨好客之感，它更是你專有的大門，不須與任何人共享。此外，鬱蔥小徑將賓客和他們的房車引領至大宅門前，閣下的古典座駕，又或是林寶堅尼則停泊在地窖的車位，靜候你發號施令。電梯把住戶和賓客從地窖停車場送往裝潢奢華的上層樓面，盡顯豪華氣派。置身其中，屋主毋須為保安問題費心，盡享平靜安泰的生活。

屋中偌大的空間，讓家中每位成員各自擁有配備獨立套廁的寢室，而供學習或靜思的空間同樣無一或缺。面積較大的房子，更予以屋主充足空間陶冶性情——可以是音樂室、健身室，或攝影工作室，寬敞的空間都能讓你隨意發揮。

一座貼心的豪宅建築，應當於室內預留大範圍空間作為娛樂休憩之用，當中的宏敞更能予人一種高尚、親切的氣度，而這些都是獨立屋專享的特質。在這寬敞的大屋中，家中年幼的「音樂大師」大可盡情演奏，鍛煉琴技，而毋須憂心會喧擾鄰舍。

同時，寬綽的空間亦為親密聚會提供舒適的環境。在佈局精緻的房子中，子子孫孫同堂聚首；閒時，屋主亦可享受靜謐安寧的時光。

有別於其他許多的單位，身處此屋，你絕不會聽到樓上住戶四處走動發出的聲響，生活分外安寧。

當寬敞的輪廓線條幻化成實體結構，構想中的夢想之家就此成形。試想像，家中大廚身處配備專業烹飪器具的廚房，為你炮製餐廳級的美味佳餚——那兒附有中西式的爐具、咖啡機、酒櫃等等——由此，你自會感受到獨立屋的高品質生活是絕大部分分層住宅單位所不能比擬的。

獨立屋最大的優點為擁有大面積的私家花園，讓住戶專享戶內戶外融和一體的生活。我們的生活方式較以前輕鬆簡約，陰暗俗套的陳舊居室不復再現，取而代之的是光潔明媚的居住環境，樂於享受閒暇時光，與大自然悠閒地互通。

室內、室外空間稀罕珍貴。誰不渴望能敞開門扉，呼吸新鮮空氣；甚或步出陽台，品嚐一頓早餐；又或在漫天星際下燒烤作樂；甚至在私家天台俯視美景？即使時至寒冬，設計別具心思的獨立屋，仍能讓藏身溫暖屋內的住客，透過窗戶觀賞花園，感受大自然的氣息。

對於時下的菁英才俊來說，擁有獨立門牌的獨立屋，絕對是顯赫的資產。居於九龍塘如此一個讓人心往神馳的地點，本就是身份地位和聲望的象徵，而有幸受邀親臨如斯貴境，本身亦已是優厚的待遇。

試想一下，這座完美的房子並不是舊屋新裝，而是原封簇新的，當中風格時尚的建築設計正好迎合當下的摩登生活。即使居於獨立屋之中，家人仍可享受會所的設施，健身室、游泳池、多功能活動室、兒童遊戲園等一應俱備。此外，更兼設禮賓及專業管理服務。以上一切，全座落於恬靜、青蔥之中，毗鄰一眾名校，更與港鐵站分隔咫尺。

若要成為九龍塘豪宅的主人翁，就得把握這可一不可再的機遇。當然，家財萬貫的人才能負擔得起如此大宅，但這不正就是貴胄的不凡嗎？



# A feast for sharing

In the 1960s, doctors were puzzled by the low rates of heart disease in a close-knit Italian-American community in Roseto, Pennsylvania, US, despite no particular efforts on their part to pursue a healthy lifestyle.

Researchers who studied the case found a community who worked hard, played together, and shared hearty meals. The scientists deduced that all of these communal rituals - an evening stroll, the social clubs, the festivals seen as occasions to celebrate - contributed to the villagers' good health. Of mealtimes, they found that "all those groaning dinner tables offered nourishment for the human spirit as well as the body".

The conclusion - which went on to be known in medical circles as the Roseto Effect - is that people are nourished by other people.

Numerous studies continue to show the benefits of spending time together with family and friends. Shared meals - be they a routine evening dinner, or a leisurely weekend lunch - offer an opportunity to focus on, and connect with, those closest to us, and to foster meaningful relationships. The giving to each other of time and attention makes individuals feel valued. Fun is also part of the recipe for holistically-nourishing mealtimes - easy to achieve around plates brimming with good food where everyone helps themselves. It's something most of us would love to do more often .... if only we had time.

Refreshingly, Aberdeen Marina Club (AMC) is bringing togetherness back to mealtimes. Think family and friends gathered

around tables groaning with food; spectacular views across the bustling harbour; and a welcoming, relaxed atmosphere, and you have the new Marina Grill.

In keeping with its essence as a family club, AMC has relaxed the dress code for the Marina Grill. It now welcomes children, and is open for lunch as well as dinner. And while prices are kept purposely accessible, the quality of the food remains exceptional. In fact, with dry-aged steak as one of its signature dishes, the Club has brought in a chef it felt could present the prime imported beef to perfection - one who was once a butcher.

Australian-born Chef Ryan Crawford's early training inspired his passion for beef in general, and the dry-ageing process in particular. It equipped him with the butchering skills so often lost to chefs today, given the prevalence of pre-prepared ingredients.

AMC sources its beef from a single supplier in prime grazing countries like the United States and Australia. Black Angus cows are chosen for their meat's natural marbling and rich, beefy flavour, and even then, to ensure optimal provenance, the animals can be traced back 10 generations.

The meat arrives fresh, and bone-in, to be dry-aged for around 21 days in a special temperature and humidity-controlled refrigerator. There's no exact formula to the process - each piece is different - and Chef Ryan tends the joints like a mother would her infant, checking regularly, watching for changes, and knowing instinctively if a piece needs a day or two more, or less.

While the more prevalent wet-aged beef is also on the menu, and has pleasant characteristics of its own, dry-ageing is a current hot trend in gourmet capitals of the world. Connoisseurs appreciate its more robust flavour and delicate texture. Here, the steaks are seared on a genuine charcoal grill - one of only a handful in Hong Kong - adding a delectable, smoky crunch to the bite.

Diners can order a single-serve portion, but in the spirit of sharing and caring, Marina Grill also specialises in slow-grilling large joints of rib-eye or sirloin - weighing up to a couple of kilos each - for parties. Emerging from the kitchen as delicious, steaming slabs of decadence, they are carved on a central table made from a Japanese cedar tree, and served to appreciative diners at their comfortable window-seat tables. A private dining room seating up to 18 guests is also available within the restaurant - an impressive venue for a memorable corporate event or special occasion.

Such a feast is not only for carnivores: seafood is grilled to perfection as well. Lobsters imported live from Canada, tuna from Italy, whole Sicilian sea bass, as well as oysters, crabs and clams from the world's pristine oceans, are among the speciality dishes.

Ryan is also proud of his tartare menu - featuring innovative ways with salmon, scallops and tuna as well as traditional beef tartare - since preparing raw food is an art in itself.

Both the business set lunch, and the weekend family lunch, are hearty, multi-course affairs designed for everyone to dig in. The family lunches are likened to "a buffet just for you" - an array of generously proportioned dishes laid out in abundance, with the promise that no-one will ever leave hungry.

Tables laden with fine food; laughter and conversation flowing around mouthwatering dishes: it all comes back to the ethos of sharing, which is at the heart of the Marina Grill's offering.

Considering that we all have to eat, every day, why should sitting down together over a meal be reserved for special occasions? For Aberdeen Marina Club members, it doesn't have to be.



01 A spectacular view of the harbour from the restaurant. 從餐廳向外觀望，可見壯麗的海港景色。

02 Simple and delicate furnishings in the entrance creating a high-grade interior. 簡單而精緻的擺設，是營造品味空間的元素。

03 Wall adorned with flowers, offering a relaxing atmosphere. 以花朵點綴牆身，為餐廳增添閒逸氛圍。



## 共享盛饌

60年代，美國賓夕凡尼亞州的羅塞托鎮中有一意大利人的小社區，當地居民親密無間。縱然，他們沒有刻意追求健康的生活方式，但患上心臟病的比率甚低，使一眾醫生大惑不解。

後來，研究人員發現，社區內的人不但勤奮工作，且愛聚首要樂，共享豐盛餚饌。因此，科學家推斷，該社區的生活習慣——傍晚時分散步、參與社交活動和節日慶典——均有利村民的健康。飲食方面，科學家則發現，滿載食物的餐桌，不僅能滿足人們的口腹之慾，亦同時治癒他們的心靈。最後，科學家得出結論：人和人的相處能有益彼此的身心。這也就是醫學界著名的羅塞托效應。

不少研究指出，多花時間與家人、朋友相處有百利而無一害。無論是每天恆常的晚飯，或是周末時一頓休閒的午膳，只要與親友同桌共享，都是關懷摯親、互相溝通和建立良好關係的時機。親友間彼此付出時間和關心，更是重視對方的表現。而吃得開懷也是盛饌背後的關鍵——席上客能隨意地拿取盤中豐盛的美食。只要有閒暇，相信無人會抗拒這樣的聚餐。

讓人心曠神怡的深灣遊艇會，將親友團圓的樂趣再度回歸餐桌。家人、朋友聚首滿佈美食的餐桌前，放眼海港熙攘的優美景致，氣氛輕鬆舒適，而這正就是全新的Marina Grill。為秉持家庭會所的特質，

深灣遊艇放寬了Marina Grill的衣着要求，亦開始招待小孩，並兼營午市及晚市。儘管Marina Grill菜餚的質素過人，但價格卻相宜。

乾式熟成牛排（dry-aged steak）是會所的招牌菜式之一，為此，會所特邀拿手烹調頂級進口牛肉的主廚Ryan Crawford進駐——一名曾當過肉販的主廚。Ryan生於澳洲，早年的訓練生涯喚醒了他對牛肉的熱情，特別是乾式熟成的處理手法。而時下不少廚師多會選用現成的食材，故此，如Ryan般擁有屠宰技能的廚師，實在是寥寥無幾。

深灣遊艇會的牛肉均來自美國、澳洲等主要畜牧國家的單一供應商，並按照黑安格斯牛的天然脂肪分佈、牛肉口味等挑選肉塊。為確保材料來自最佳原產地，他們更有可能追索牛隻過往十代的狀況紀錄。

牛肉運抵時新鮮、帶骨，然後被置於特定溫度及濕度的雪櫃中乾放21天。由於每件肉塊均為獨一無二，故乾化過程並沒有一成不變的公式，而Ryan處理牛肉的方式，則有如母親對嬰孩般細心。他會定時檢查肉塊及觀察其轉變，再憑藉個人經驗斷定個別肉塊是否需要多放或少放一兩天。

其實，Marina Grill的菜單上也不乏甚受歡迎的濕式熟成牛肉（wet-aged beef），它的口味獨特宜人，但要數世界各個美食之都現今熱捧的菜式，卻非乾式熟成牛肉莫屬，其濃郁的風味及細膩的口感成功贏得一眾食家的芳心。Marina Grill把牛排放在真炭烤爐上以高溫熟烤——此烹調法在香港可謂絕無僅有——可為肉塊平添煙燻後的香脆，可口惹味。

在Marina Grill，顧客可按單人份量點菜，但為了彰顯關愛、分享的精神，Marina Grill亦特別供應以慢烤處理的大塊肉眼眼排或西冷排——每塊重量可達數公斤——以供不同派對之用。蒸氣騰騰、美味豐厚的肉排從廚房徐徐端出，然後擺於餐館中央的日本雪松木桌上即席剖開，再分送至舒適的倚窗雅座，供品味高尚的席上客品嚐。餐廳另提供可容納18人的私人貴賓房，是舉辦公司聚會或慶祝特別日子的理想場地。

既為豐盛美饌，當然不止限於滿足嗜肉者的味蕾，Marina Grill的

海鮮同樣烤製得至臻完美。當中不乏加拿大新鮮進口的龍蝦、意大利的吞拿魚、西西里海的鱸魚，以及來自潔淨海洋的生蠔、蟹、蜆等，全都是餐廳的拿手菜式。

此外，主廚對其自創的韃靼肉食譜亦十分自豪，皆因生肉處理並不易掌控，甚至稱得上是一門藝術；主廚選擇在傳統的韃靼牛肉中加入三文魚、扇貝及吞拿魚等配菜，巧妙創新。

無論是商務午市套餐，還是家庭假日午市套餐，均包含多款菜式，豐富無比，絕對能滿足各人的脾胃。其中，家庭假日午市套餐形同一頓「度身訂造的自助餐」——份量十足的菜式擠滿餐桌，保證一家大小飽口福，盡興而歸。

滿桌美食，笑聲人語縈繞於惹人垂涎的佳餚之間。這一切乃源自一份無私分享的精神，也是Marina Grill一直以來的經營理念。

我們每天都必須用餐果腹，那為何要待大時大節才大夥兒聚首用膳？相信對深灣遊艇會的會員而言，隨時隨刻都可與親友共享盛宴。

A private dining room seating up to 18 guests is also available within the restaurant.  
餐廳提供可容納18人的私人貴賓房。





# Tianjin, pearl of Bohai

Strolling among the heritage neighbourhoods of China's third-largest city, it's evident why Tianjin is a cherished jewel of national history.

**R**esplendent architecture from the British and French Concessions, local treasures such as China's first official post office, and the office building where a young Herbert Hoover, the 31st president of the United States, once worked as a geologist, are all to be discovered during a pleasant walk, each chapter unfolding as a well-preserved time capsule.

It's only when a high-speed bullet train zips past, connecting with Beijing in just over 30 minutes, that the city's modern persona kicks in. Then you notice a Starbucks tucked into an historic building, and a modern hotel with a retro façade. For Tianjin is truly a tale of two cities: on the one hand a

tribute to ancient civilisation, on the other a vibrant urban metropolis. Present day Tianjin thrives on international commerce, as the eastern outpost of numerous Fortune 500 companies, home to China's third largest port, and incubator of advanced industry, financial reform, and innovation.

The fascinating history of Tianjin dates back to the Ming dynasty. Liners which dock at its international cruise terminal bring visitors from around the world keen to explore the city's renowned historical sites, and hear the stories of the characters and enterprises which laid the foundations for Tianjin's rise to prosperity, and continued growth potential.

Walking or cycling along the serpentine Haihe River reveals a rich multicultural history steeped in Chinese, British, and European architecture. It's said that the old Italian Concession area has the largest cluster of Old Italian architecture outside of Italy. Grand colonial mansions, built to house the industrialists who came from abroad to make their fortune in Tianjin, now sit harmoniously among the modern highrises and shopping malls.

The meandering waterfront promenades also provide ideal vantage points to see and photograph Tianjin's famous 24 bridges. Built or renovated as part of an economic stimulus over the past decade, Tianjin's much-photographed bridges criss-

crossing the Haihe include Stone Lion Forest Bridge, featuring impressive lions' heads carved in stone; Bei'an Bridge, a replica of Pont Alexandre III in Paris; and the stately, refurbished Jiefang Bridge, built in 1927, the oldest working bridge in Tianjin that can still open up in the middle.

Another bridge holds the 120m tall Tianjin Eye, the only Ferris wheel in the world built on a bridge. Be sure to return after dark, when the illuminated bridges take on an enchanting night persona. For its many charms, the Haihe River has been likened to a beautiful painting.

Visitors also find a city of refreshing greenery. Gardens, to



the Chinese, have always been a place of joy and reflection, inspiring beauty in poets and painters; and wisdom in philosophers. Modern-day China is returning to its roots, and bringing back the greenery which it once had in abundance. Nowhere is this better illustrated than this scenic river city which grew prosperous during the economic miracle, and has transformed into one of the most liveable cities in China, with greenery at its heart.

A bird's eye view of the Haihe River is best enjoyed from the new Shangri-La Hotel, Tianjin, located just five minutes from the central business district, and developed to reflect both the historic characteristics of Tianjin, and its future potential.

Beijingers frequently retreat to Tianjin for some weekend rest and relaxation, but for anyone looking for a reason to visit, Lunar New Year is perfect. Among the local customs is Yangliuqing Spring Festival Painting, where artisans still carve and paint in the traditional way, reinvigorating a form of Chinese folk culture handed down through generations.

A few years ago, after *The Economist* magazine voted Tianjin the most liveable city in China, reporters went to find out why. Especially for expatriates, they discovered, Tianjin "has it all": the quality housing, shopping, international restaurants and coffee shops they enjoy at home, and opportunities to soak up the Chinese culture by dropping in to a neighbourhood tea house, or sitting in a quiet park, or watching the locals chit-chat under shady trees.

The charming coastal city of Tianjin has been called the "bright pearl by the Bohai Sea". If you've never been, or not for a while, there may be no time like the present.



### Tianjin Kerry Centre

Tianjin Kerry Centre is an integrated development complex, located in the central business district of Tianjin with spectacular Haihe Eastern shore views. It comprises:

- a premier residential project – Arcadia Court with 1,126 units (handover commenced in 2014);
- a 120,000 sq ft shopping mall (including basement) - Tianjin Riverview Place - housing multiple dining and entertainment venues plus the first immersive, play-focused kids playground in Tianjin, ZipPiTeeDoo's Xin Xing Yuan, all coming in 2015;
- the only five-star international hotel in the city connected to shopping mall: Shangri-la Hotel, Tianjin, which is in service now. Its spacious deluxe rooms are some of the largest in the city, expanding up to a generous suite. The hotel offers 39 serviced apartments, all with river views.

As part of the development, the hotel plays to its location on the river with floor-to-ceiling windows in the lobby lounge showcasing the view. Among the detailed finishing, Paris-based artist Chen Jianghong returned to his home city to paint a stunning mural in the lobby, along with other selected installations. Over 70 paintings by local artists adorn the walls in Shangri-La's signature Shang Palace restaurant.

Extensive recreational amenities include a health club with 24-hour gym, indoor swimming pool, two outdoor tennis courts, jacuzzi, sauna and steam room plus Shangri-La's CHI, the Spa. In-house food and beverage offerings include Shang Palace restaurant, serving local specialties and authentic Cantonese cuisine as well as the all-day dining restaurant, Café Yun, with six live theatre kitchens serving cuisine from around the world.

### 天津嘉里中心

天津嘉里中心為一綜合發展建築群，座落於天津的商業中心區，盡覽海河東岸壯麗的景致。建築群中包括：

- 高級住宅項目——擁1,126個單位之雅頌居（於2014年入伙）；
- 12萬平方呎購物中心（連地下層面積）——天津嘉里匯內設多家食肆、娛樂場所，以及天津首個虛擬實景，並以玩樂為主導的兒童樂園——ZipPiTeeDoo的昕星園，全於2015年開幕；
- 連接購物中心，市內唯一五星級酒店——天津香格里拉酒店，現已正式營業。酒店套房面積寬敞，豪華套房之面積更為市內酒店數一數二；此外，酒店更提供39間海景酒店式公寓。

藉其優越的地理位置，項目當中的天津香格里拉酒店在大堂裝上落地玻璃窗，讓客人飽覽河畔美景。酒店內部的裝潢細緻，並邀得長駐法國的藝術家陳江洪重返故鄉，為酒店大堂創作壁畫，與其他精選的藝術裝置並列。而香格里拉的經典餐廳香宮的牆壁上，亦掛有逾70幅本地藝術家的作品點綴潤飾。

酒店內康體設施齊備，康體養生中心內有24小時健身房、室內游泳池、兩個室外網球場、按摩浴、桑拿、蒸汽浴以及香格里拉的CHI水療中心。酒店內的餐飲供應包括香宮炮製的天津特色小菜和正統粵菜。此外，酒店亦有全日開放的餐廳如韻咖啡，一眾主廚在現場劇院式的廚房中烹煮蒸餛，讓客人嘗盡國際美食。

## 「渤海明珠」——天津

只要到天津的文化遺產區溜躉一下，就會明白為何這座中國的第三大城市會被視為國家歷史上的瑰寶。

前英法租界遺留下的華麗建築，加上本地的珍貴遺跡，如中國首個官方郵政局，還有美國第31任總統Herbert Hoover，於年輕時代從事地質研究工作的辦公室，全都座落在這個城市之中，伴隨着你的步伐。區內每一座遺蹟都是完好無缺的時間錦囊，為你訴說一章又一章的歷史故事。

直到高鐵開通，把天津和北京的距離縮短至半小時的車程，自此，這座城市步入了現代的一章。然後你會發現某座歷史建築內鑽出了一家星巴克，又或遇上一家用上了復古外牆設計的現代酒店。天津是名副其實的雙城記：一方面環境古色古香，另一方面又充滿大都會的活力。當前的天津，國際商業活動頻繁，不但為國內第三大港口的據點，更為不少財富世界500強企業東來營商的前哨站，同時也是先進工業、金融改革和創新工業的搖籃。

天津引人入勝的歷史可溯源至明朝。一艘艘大客輪駛進當地的國際郵輪碼頭，船上來自世界各地的遊客無不慕名前來，遊覽市內有名的歷史建築，以及熱切地打探此城風雲人物的故事和企業典故。

沿着蜿蜒的海河散步或騎單車，便會看見很多中、英及歐式建築，散發着多元文化的歷史氣息。據說在前意大利租界範圍裏，有着意國以外最大的意式古典建築群。昔日殖民地風格的華麗大宅，專為東來天津尋覓機會的工業家而建，現在，周邊林立着現代摩天大廈、購物商場，構成共存共融的景象。

若想觀賞或拍攝天津著名的二十四橋，蜿蜒的海濱長廊絕對是個有利位置。這些在黑河上交錯的橋樑，在過去十年間相繼落成或重新修葺，亦促進了經濟的發展。這些橋路包括：雕有精緻石獅頭的獅子林橋、仿巴黎亞歷山大三世橋而建的北安橋，以及建於1927年的解放橋，後者曾經翻新，為市內最古舊的橋樑，雄偉莊嚴，橋身中央至今仍開合自如，有利水陸兩路交通。此外，120米高的「天津之眼」亦

聳立於另一道橋上，是全球唯一的橋上摩天輪。無論如何，你都不能錯過入夜後的橋上風光，華燈之美，令人着迷。海河一橋一景的醉人魅力，儼如一軸綺麗的畫卷。

遊客還可在天津找到讓人精神煥發的綠林景致。對中國人而言，花園庭院一直是忘憂和靜思之地，為詩人畫家帶來靈感，亦啟發了不少賢哲。現代中國則開始回歸傳統，把昔日綠野處處的風光重現眼前。天津在經濟起飛下愈趨繁榮，同時躋身為中國最宜居城市之一，其市中心更不乏綠化地帶，也許，唯有這座美麗的河港城市才能把如斯景致完美呈現。

要鳥瞰海河一帶的景色，天津香格里拉酒店不失為最佳觀賞地點。酒店地理位置優越，跟中心商業區只有五分鐘距離，在那裏，你可同時看到天津的歷史特色和未來的發展潛力。

北京人不時於周末訪遊天津，稍作輕鬆小休。若想重訪天津，農曆新年最是適合不過。在眾多本地習俗中，楊柳青木版年畫依然由工匠和畫家沿用傳統方式套印和彩繪，發揚中國民間工藝，讓文化得以世代相傳。

幾年前《經濟學人》雜誌票選天津為中國最宜居的城市，不少記者特地前往天津追根究底。對僑居當地的外籍人士而言，天津應有盡有：優良的住宅及購物區，還有環球美食的餐館和咖啡店。偶爾上上茶樓，或到幽靜的公園坐坐，看看當地人在樹蔭下閒聊，盡情浸淫在中國文化之中，令他們感覺好不寫意。

天津貴為沿海的魅力都會，一直有「渤海明珠」的美譽。若你從未到訪天津，或已有一段時間沒有重遊那兒，現在正是合適的良機。



The hotel plays to its location on the river with floor-to-ceiling windows in the lobby lounge showcasing the view.

天津香格里拉酒店在大堂裝上落地玻璃窗，讓客人飽覽河畔美景。







Mei Jia Wu, the village famous for tea.  
以茶聞名的梅家塢。

## City of splendour

As one of the seven ancient capitals in China, Hangzhou is credited as creating Liangzhu culture, which would become known as the dawn of civilisation.

During the glorious Song dynasty (1127 – 1279), the natural beauty of Hangzhou was a constant source of inspiration for artists and poets – especially the shimmering West Lake, backed by misty mountains. In his romantic writings, poet Su Dongpo compared West Lake to Xi Zi, the most beautiful woman in ancient China.

When Italian merchant Marco Polo arrived in the 13th century, the city was already affluent. His notebook recorded that Hangzhou had 10 marketplaces, each half a mile long,

where up to 50,000 people would go to shop on any given day. The explorer also admired Hangzhou as “the most splendid and luxurious city in the world”.

A district rich in natural resources, Hangzhou grew prosperous on tea and silk. Verdant plantations of high-grade dragon well tea - known locally as Longjing – still criss-cross the landscape. Modern-day merchants and visitors from around the world continue to seek out Hangzhou’s famous silk products.

The abundant natural forests in and around Hangzhou have

been likened to “a green, engulfing dream”. Another natural spectacle which brings millions of visitors is the Qiantang River Tide. On certain days of the lunar calendar, people flock to Hangzhou to watch the tide surge up metres in the air, generating a sound akin to thousands of galloping horses.

Entwined with its culture, the progressive city of Hangzhou has embraced a modern resort feel as well. In Zhijiang National Tourist Resort Area, a World Cultural Heritage Site near the fabled West Lake Scenic Spot, one of the most scenic championship courses in China attracts avid golfers from around the world. Hangzhou Stadium, an Olympic-sized venue comparable to the Birds Nest National Stadium in Beijing, and currently under construction, will bring a range of world-class events to Hangzhou – perhaps even a future Olympics bid.

In this prized locale, Kerry Properties is developing Castalia Court, a collection of homes of distinction infused with lifestyle-enhancing healthier living concepts.

In low-density towers designed by renowned Hong Kong architects Dennis Lau & Ng Chun Man Architects, buildings

merge into courtyards, and bright, airy rooms overlook the scenic surroundings. The project’s restful community garden, beckoning residents to step into the sunshine and enjoy the region’s renowned fresh air, is a rare find in such a central urban environment. This modern interpretation of indoor-outdoor living adds to the overall elegance and luxury of the residences.

Generously proportioned apartments of up to three bedrooms feature stylish interiors by Biege Design of Hong Kong, with international brand fittings highlighting their superior finish. Leisure, family activities and the recreational amenities of Kerry Club complete the picture of harmonious living.

Recognising the upward direction this progressive modern city is heading, Kerry Properties is investing in another major infrastructure project, Kerry Central, the largest multi-use development in the centre of Hangzhou.

Situated near the West Lake, this highly anticipated, fashion and service-focused shopping mall, grade A offices, five-star





The prime place to live in Hangzhou is near the fabled West Lake, a World Cultural Heritage Site. 傳說中的西湖仙境是杭州顯赫的居住地段，也是世界文化遺產。



"Nine Creeks Meandering through a Misty Forest" inside the West Lake Scenic Spot. 西湖風景區內的九溪煙樹。

In springtime the West Lake, like a beautiful woman, steps out in her finest glory. As the water sparkles in the morning dew, birds cheerfully chirp among swaying willow branches and the scent of peach blossoms wafts through the air, a future here may indeed feel like paradise found – for the fortunate ones to enjoy.

## 輝煌城市

杭州是中國七大古都之一，也是有「文明曙光」之稱的良渚文化發源地。

在輝煌的宋代（1127至1279年），杭州的自然美景是藝術家和詩人的靈感之源，尤其是朦朧山景掩映中的西湖。蘇東坡在抒情作品中，就曾以中國古代美人西施喻西湖，描繪其動人之美。

當意大利商人馬可孛羅於13世紀抵達中國之時，杭州已是一片繁華富饒的景象。他的筆記上共摘錄了杭州的十個市集，每個市集均長半哩，每天就有多達五萬人前來購物。這位探險家更讚譽杭州為「世界上極致輝煌、奢華的城市」。

杭州天然資源渾厚，茶葉和絲綢令這座城市變得繁榮興旺。至今，高級龍井茶依然種遍杭州山野。此外，來自世界各地的商人和遊客駱駝不絕，無不為著名的杭州絲綢製品慕名而來。

杭州市內至市郊一帶有着豐盛的天然綠林，猶如「濃鬱青蔥的夢境」。自然奇觀錢塘江潮，更吸引數以百萬計遊客前來觀賞。每年農曆中的特定日子，湧潮拍岸至幾米高，聲音如萬馬奔騰，壯觀至極。

杭州是座不斷邁步向前的城市，在與文化緊緊交織的同時，也籠罩着現代度假勝地的氣息。在靠近西湖風景名勝區的世界文化遺產——之江國家旅遊度假區內，有着一個達國際錦標賽規模的高爾夫球場，而且風景如畫，吸引了世界各地的高球愛好者前來。此外，一個達奧林匹克規格的杭州奧林匹克運動中心目前亦正在建設之中，規模絕可媲美北京的鳥巢國家體育館。竣工後，一系列世界級運動賽事將在此舉行，甚至有機會在未來成為奧運會的比賽場地。

在這個山明水秀的地方，由嘉里建設發展的住宅項目雲荷廷，把「提高生活質素，活得更健康」的生活理念注入住宅之中。

此低密度住宅項目雲荷廷由著名的劉榮廣伍振民建築師事務所（香港）有限公司負責設計，住宅建築與庭院融為一體，房間明亮通風，更可俯瞰四周美景。該項目附設一中央庭院，環境清幽，令住戶有更多機會享受陽光，呼吸區內的清新空氣，要在市中心找到如此世外桃源，實在難能可貴。把室內外的生活賦予如斯現代化的演繹，令雲荷廷的住宅塗添幾分優雅、奢華之感。

雲荷廷的單位空間寬敞，當中包括三房戶型，室內的時尚設計由香港的貝斯設計顧問有限公司負責，以國際名牌家品陳設出高雅格調。會所內之休憩及家庭活動空間、娛樂設施等，則讓住客享受和諧舒適的生活。

隨着這個現代化城市不斷進步，嘉里建設正投資另一重大基建項目——杭州嘉里中心，為杭州市中心最大型的綜合發展項目。



這座備受矚目的多用途綜合項目與西湖為伴，當中包括以時尚及休閒為主的購物商場、甲級寫字樓、五星級酒店和服務式公寓，落成後將與周邊城市景觀相融合，成為杭州的一道美景。嘉里中心座落於延安路和慶春路的交匯處，位處杭州市內的主要交通樞紐，也與地鐵一號線及二號線的唯一轉乘站鳳起路站無縫連結。

此外，該項目的仿「校園式設計」與周邊的建築和諧融合，將形成一個更為廣泛的商業區。

作為市內充滿活力的新建商業區，區內滿載社交元素。全天候營業的餐廳、精品酒店勢將成為時尚的會面場所。此外，園林綠化亦是一個不可或缺的元素，精心設計的花卉植物、流水景觀、雕塑和休憩小區，實為各種休閒活動提供理想之地。

當下的杭州，古典文化與年輕時尚匯聚，並於舒適、愉快的環境中彼此交疊。在如斯黃金地段擁有住宅或商用物業，實在難能可貴。傳說中，很久以前就有一顆寶石從杭州市郊山上落入凡間，變成今天的西湖。也許，當你在杭州擁有自己的物業，就像得到傳說中那顆無價的寶石一樣，如獲至寶。

春天的西湖有若美女，以最漂亮的姿態步出。清晨的露水閃爍發光，鳥兒在柳枝間高聲放歌，空中飄蕩着陣陣的桃花芳香。居於這裏，猶如覓得隱世的人間天堂，讓幸運兒享受美好的生活。



The exterior rendering of Kerry Central, Hangzhou. 杭州嘉里中心外觀設計圖。





# Upcycling for life

It takes months to grow each grain of rice, and years to nurture coffee plants. Citrus trees need a decade of care before their vitamin-packed fruit reaches maturity.

With so much effort invested in food production, it seems a shame to waste it. Yet waste we do, on a vast scale. According to the United Nations Environment Programme, up to one-third of the food produced in the world for human consumption – approximately 1.3 billion tonnes – gets lost or wasted every year.

Hong Kong's daily food wastage alone is estimated at over 3,200 tonnes. Much of this ends up in landfill, where it creates methane, and exacerbates carbon emissions.

Such wastage is not inevitable. Food scraps can be recycled into useful resources, such as organic fertilisers and fish feed. As community campaigns such as Food Wise Hong Kong demonstrate, a multi-pronged approach can take us closer to the ultimate goal of zero food waste, if everyone chips in.

In cities including Hong Kong, vermiculture (the cultivation of earthworms for converting organic waste into fertiliser) is already gobbling up piles of our leftovers. A number of restaurants participate in schemes such as collection of used cooking oil, for recycling into biofuel.

At home, we can take food waste into our own hands in a number of ways. Scraps of various fruits and vegetables can make interesting natural dyes for home-made textiles. Brown onion skins, for example, can be boiled and simmered for about one hour, then applied to dampened plain fabric to take on a wonderful earthy hue. The pigment of the raw ingredient determines the end result. But apart from obvious clues, such as berry ends for red dyes, nature has some surprises. Avocado peels and pits, for example, produce pale pink.

Vegetable odds and ends can be converted into a DIY enzyme solution for use as a natural detergent and air purifier. All you need is an air-tight plastic container, brown sugar and water, to which organic waste is added and left to ferment. Add orange or lemon peel for a fresh-smelling solution.

Spent coffee grounds make a great fertiliser for houseplants as they are rich in nitrogen. These can be applied either directly onto the soil, rubbed into the leaves of plants, or added to a home worm farm or mini-compost bin.

Eggshells are packed with calcium, and have many uses. Pulverised eggshells can be added to pet food, boosting the bone health of your four-legged friends, or

sprinkled on to pot plant soil, where they also help to keep slugs at bay. You can even clean pots and pans using eggshells ground into an abrasive powder.

Just about any kind of used fat can be made into soap. It's simply boiled with water, mixed with a lye solution, cooled and blended. Add your fragrance of choice, pour into a mould, and your beautiful, handmade soap is ready for use at home or for gift-giving.

With hardly any effort, kitchen scraps can be the basis of inexpensive natural beauty treatments. Banana peels sprinkled with sugar make a soft, exfoliating loofa and avocado peel is a rich facial moisturiser.

“Culinary upcycling” refers to re-using perfectly edible scraps that usually end up as trash – such as broccoli stalks. The root ends of some vegies – such as leeks, spring onions and fennel - can also be re-used to re-grow fresh produce.

In earlier generations, nothing was wasted – survival depended on the conservation of resources. In modern society, honouring that which the earth has given seems a natural progression.

Just about any kind of used fat can be made into soap.  
差不多所有用過的油，  
均可製成肥皂。





"Approximately 1.3 billion tonnes of the food produced gets lost or wasted every year."



Scraps of various fruits and vegetables can make interesting natural dyes for home-made textiles.  
生果和蔬菜的廢棄部分，可成為手製紡織品的天然顏料。

### 「改造」生活

食物得來不易，大米的成長需時數月之久，培植咖啡樹則須以年計算，而要橘樹長出營養豐富的果實，更須長達十年的悉心照料。

人類在食物生產上投放了大量人力物力，理應好好珍惜，但情況卻剛好相反，人類每天都正在大規模地浪費食物。根據聯合國環境規劃署的資料顯示，每年約有13億公噸的食糧流失或遭棄掉，佔全球食物總生產量的三分之一多。而單是香港每天丟棄的廚餘，就估計超過3,200公噸。廚餘最終被送到堆填區，並在腐爛分解的過程中釋出甲烷，加劇碳排放量。

其實，餘飯剩菜也不一定是廢物。廚餘也可以回收再造成有用的資源，化廢為糧，循環再造成有機肥料和魚糧。不同的社區推廣項目如「惜食香港運動」告訴我們，只要市民攜手合力，並透過不同途徑達至零廚餘，此終極目標實指日可待。

不少大城市包括香港，已透過蚯蚓堆肥技術（即透過養殖蚯蚓，將有機廢料轉化為肥料）解決了部分堆積的廚餘。而不少食肆亦紛紛響應，如收集廢食油以循環再造成生物柴油。

在家，我們可用不同的方式自行處理廚餘，如生果和蔬菜的廢棄部分，就可成為手製紡織品的天然顏料。舉例說，我們可把啡褐色的洋蔥皮慢火煲煮約一小時，然後把汁液塗在沾濕的素色布料上，成品便會呈現出美妙的土壤色澤。原材料的色素不同，染出來的效果也會有所差異。例如紅莓可製成紅色染料，我們並不難想像這些蔬果所能變化出的顏色，但大自然總是充滿驚喜，牛油果的皮和核就是一例，它們所調製出的是淡淡的粉紅色。

新鮮蔬菜的頭頭尾尾，可轉化成自家製的環保酵素，既可作天然

清潔劑，也可用以淨化空氣。你只需要一個密封的塑膠容器，加入黃糖和水，再放進新鮮廚餘，待其發酵。若要酵素氣味清新，則可加入橙皮或檸檬皮一同發酵。

咖啡渣含豐富的氮，是室內植物的上佳肥料。不妨將咖啡渣直接放進泥土，及在葉片上揉擦，亦可加至家庭式蚯蚓堆肥，或迷你垃圾分解箱之中。

而蛋殼則含有豐富的鈣質，故此，用途也十分多元化。將磨碎了的蛋殼粉放進寵物的食物，有助牠們的骨骼健康；也可撒於盆栽植物的泥土中，起驅蟲的作用；你甚至可用蛋殼粉來清潔煮食器具。

此外，差不多所有用過的油，均可用來製成肥皂。只要將用過的油跟水一起煮滾，再加入鹼性液攪勻。放涼後，逐加入喜歡的香味，然後倒進模具，待其冷卻凝固後，一塊美觀，送禮自用兩皆宜的手造肥皂便即完成。

不須任何複雜的加工，廚餘亦可為經濟實惠的天然美容護膚品。只要在香蕉皮上灑上適量砂糖，便是一塊柔軟且具去除角質功能的潔膚工具，至於牛油果皮亦是滋潤的保濕面霜。

所謂「廚餘活用」就是善用那些被視為垃圾的食用廢料，諸如西蘭花莖，但其實很多蔬菜的根莖也可重用兼再生為新鮮農產品，如韭菜、蔥和茴香就是很好的例子。

我們的上一代不會造成浪費，因為善用資源就是生存之道。而在現今社會中，感謝大自然所賦予我們的一切，亦是理所當然之事。





# Sunset in paradise

At the turn of the century, a universal lifestyle aspiration was expressed in the catchy British music-hall song, *I Do Like to Be Beside the Seaside*.

The seaside may retain its allure, but a century later, the city has a powerful pull. More than half of the world's population now lives in urban areas, according to a recent United Nations report, with China contributing largely to the additional 2.5 billion city-dwellers predicted by 2050.

The key to maintaining happy, healthy and sustainable communities in higher-density settings is to live smarter. This is a growing trend worldwide, and it doesn't just mean arming yourself with the latest techno devices – but by nurturing the holistic self by eating well, keeping physically active, connecting with others, and in taking time out for the things that matter to you.

Quality time is precious and valuable, but increasingly hard to find amid the busyness of modern life. Yet time seems to stand still on the peaceful beachfront of Golden Bay, a sweeping stretch of natural beach in Yingkou, Liaoning province. With waves lapping at the sandy shore, daylight gives way to a brilliant orange sunset, the sky transforming into a magical tapestry of starlight. As the relaxation gently washes in, it's easy to get lost in one's thoughts - imagining, perhaps, a life well lived, in picturesque surroundings, with every comfort on hand. A life like that which awaits at Hyades Residence, Kerry Properties' new seafront development.

Within the Smart House component of this large-scale development, smart living concepts curated by an Italian design team characterise a floorplate cradling the shore, its curvaceous design allowing space for courtyards, which are connected yet independent. The well-arranged, delicate design guarantees the best sea views, and optimal natural light.

Each Smart House residence is multi-functional, incorporating multiple entertainment functions: health-building, games, dancing and more cater to quality time enjoyed with partners, family, and friends. A flexible layout provides intelligent spaces which transform according to the need. A sofa which folds out to a bed; a dining setting which can be moved out of sight – innovations which maximise the use of space so there's room for entertaining when you need it.

The Mediterranean feeling of the resort is further expressed in its contemporary architecture, ensuring that every unit has a sea view – and a balcony for enjoying it.

The living is easy in stylish units which come fully furnished and ready to live in any time. Tailor-made imported soft furnishings are crafted exclusively for this development by a brand with over 50 years' experience making luxury furniture.

Top-end kitchens of international standard combine exquisite design with technology and durability. Fittings are made to last, reflecting again the developer's selection of quality imported products.

Smart House owners have no maintenance or security issues, thanks to professional management provided by Kerry Properties. While the units offer an ideal sleeping arrangement for one or two, friends and guests can stay overnight in the planned Shangri-La Hotel to be located next door. Such considerations enhance a quality of life rarely found so close to major cities.

City planners worldwide agree that smart living is the key to overall wellbeing, and also the way of the future. It's a pioneer concept in China, and one which Kerry Properties has embraced with its new Yingkou development. On this site, the benefits are epitomised by centralised, urban convenience, in a tranquil seaside location.

In such a well-designed, well-managed environment, the quality time that we hold so dear may be spent strolling along the beach with a loved one, dining on the region's famous seafood, or rejuvenating in Yingkou's mineral-rich natural hot springs. And all within around 90 minutes by train from Shenyang and Dalian. Smart movers will want to be among the first to benefit.

"What a life, to have all this in a place where you can kick your shoes off at will, and feel the sand beneath your feet."



## 夕陽天堂

旋律深刻動聽的英國演奏廳樂曲《I do like to be beside the seaside》，把新紀元中普世追求的生活模式顯露無遺。

海濱的魅力不減如昔，可是，再過一百年，市區的吸引力可能會更大。根據聯合國近日發表的報告，全球現時有超過半數人居於市區，至2050年，估計將有再多25億人居於市區，當中，以中國遷移至市區的比率最高，比現在有增無減。

在人煙稠密的環境裏保持身心健康，並使社區可持續地發展，關鍵在於活得更智慧。睿智生活(smart living)是漸漸冒起的全球趨勢，然而，要做到這點，卻不單是配備最新的科技產品即可，而是有健康的飲食及積極運動的習慣，也要有適當的社交聯誼，並要懂得將時間花在自己重視的事物之上，以培養一個更全面的自我。

優質時間(quality time)十分寶貴，要在現代的忙碌生活中享受片刻的優質時間，確實愈來愈難。然而，在遼寧省營口市的天然金沙灘上，時間似乎都在一片寧謐中靜止。海浪輕輕拍打鋪滿細沙的海岸，日光褪成迷人的夕陽，然後天空演變為星光編織而成的奇妙帷幕。在閒適的氛圍內，思緒便容易盪失於幻像之中——想像自己被如畫般的風景包圍，日子快活寫意，舒適生活的必需品唾手可得。如今，如此美好的生活已不再是奢想，嘉里建設的全新海濱發展項目海檣台正在恭候你的大駕。

在這個大型的Smart House項目中，睿智生活的概念由一意大利設計團隊策劃。整項建築環抱海濱，利用弧線設計以騰出空間作為庭院，既能與外界互通卻又自成一角。整個項目設計雅緻，佈局穩當，保證住戶能坐擁悅目海景，屋內亦有充足的自然光線。

海檣台的每個單位均具多元化用途，讓住戶能在屋內享受各樣娛樂活動，與朋友及家人一起共度優質時間。此外，室內設計靈活多變，智慧型空間可隨時按需要而改變用途。如沙發可攤開平放作睡床之用，餐桌組合則可全套收起隱藏——這些創新意念能善用每一寸空間，讓我們在有需要時，輕易騰出更多空間。

海檣台的當代建築風格充滿地中海度假風情，同時確保每家每戶都能在露台上享受壯麗的海景。而設計時尚的Smart House更讓生活變得簡單，皆因家具早已配備完善，可供隨時入住。當中，海檣台的室內家具由擁有超過50年製作奢華家具經驗的意大利進口品牌度身訂製。

達國際標準的高端型廚房，集高科技及耐用度於一身，將精緻的設計共冶一爐。廚房內的設備講求耐用，再次反映出發展商精選高質素進口配備的心思。

有賴嘉里建設的專業管理團隊，Smart House的屋主毋須為維修和保安的事宜操心。海檣台絕對能為一至兩人家庭提供理想的居所，來訪的客人及朋友則可選擇入住毗鄰的營口香格里拉大酒店。在這裏居住，生活質數與大城市無異。

世界各地的城市規劃師無不認同睿智生活是達至整體安樂幸福的關鍵，同時也是未來的發展方向。對中國來說，這概念才剛起步，而嘉里建設位於營口的海檣台就體現了這種嶄新的智慧，更為這罕有的寧靜海濱區帶來都市的便利。

身處於設計精妙、管理出色的環境裏，跟摯愛在沙灘上漫步徘徊，在附近的餐廳享用區內馳名的海鮮，又或是在當地富含天然礦物的溫泉中洗滌身心，全都是我們心中嚮往的優質時間。而這一切的良辰美景，跟瀋陽和大連就只有約90分鐘的高鐵車程。相信一眾智慧之士定必不甘後人，搶先成為此等優質生活的其中一員。



A flexible layout provides intelligent spaces which transform according to the need.  
室內設計靈活多變，智慧型空間可隨時按需要而改變用途。



The living is easy in stylish units which come fully furnished and ready to live in any time.  
滿有時尚氣息的單位裝潢完備，可供住戶隨時入住，簡易便利。

## Smart house

Big ideas in smaller spaces: this sums up the “smart house” concept, a globally-recognised style of architecture which urban planners say is the way we will live in the future. The term refers to cleverly designed homes which provide spacious living on minimal floor plans.

Such homes are well-organised in terms of layout and storage; have space-saving features, such as appliances which tuck out of sight when not in use; and a sleek, coherent décor which is both easy on the eye, and restful for the soul.

It's been noted that in avante garde cities around the world, buyers who are “totally urban, minimalist, (and) love to live in the city” are being drawn to this relatively new but totally liveable notion of smart house design. At Hyades Residence in Yingkou, it's already there.

## 「Smart house」

「小空間大智慧」，一句話就概括了「smart house」的概念。「Smart house」是全球認可的建築設計風格，城市規劃師更認為它將是我們未來的生活模式。這個術語代表着那些設計精妙的家園，它們在最小的建築平面上，予以住戶寬敞舒適的居所。

房子無論在間格和儲物方面均井然有序，且能節省空間，比如某些家電在不須使用時，可將之隱藏起來。此外，其時尚、統一的裝潢，亦讓人舒心養目。

以上家居設計理念相對新穎，但在全球各個先進的城市中，對那些「奉行都會簡約主義，喜歡居於城市」的買家來說，這概念深得其心。如今，「smart house」並不遠矣，營口的海檣台正能滿足渴求。



Smart living is a growing trend worldwide.  
睿智生活是漸漸冒起的全球趨勢。



Cradling an expansive stretch of natural beach, the project adopts the shape of waves lapping at the sand.  
項目設計仿效海浪拍打沙灘的形態，環抱廣闊的天然海灘。





## The rainbow connection

Lunar New Year is on its way, and with it, the Spring Festival, the most important and ceremonious tradition in China, celebrating food, glorious food.

**T**hat the Chinese cherish their national cuisine is evident in its elegant preparation, year-round. Spring Festival meals and banquets, though, are considered auspicious. The foods consumed are believed to be linked with all good things we wish one another in the year ahead, such as health, happiness and prosperity.

It is no coincidence that the dishes chosen to be served on these occasions also represent the five colours which encapsulate all plant-based food. For nature's helpful colour coding has its roots in the five elements of Traditional Chinese Medicine, where foods are linked to healthy energy flow. The key to eating optimally, traditional wisdom says, is to aim for the right balance of red (being the colour of fire), yellow (the colour of earth), white (the colour of metal), blue or black (the colour of water), and green (the colour of wood).

Around Lunar New Year – a time of new beginnings – traditional festive dishes offer a delicious way to rebalance our bodies with the elements befitting the season. It's the ideal time to enjoy favourites like turnip cake (white), since Chinese white radish, its main ingredient, (菜頭, chhài-thâu) sounds like "good fortune" (好彩頭, hó-chhái-thâu) in Hokkien.

The Cantonese word for lettuce sounds like rising fortune, so it is common during Spring Festival time to serve lettuce wraps (green) filled with other lucky foods. To turn this into an even more symbolic dish, people often substitute dried oysters for the chicken meat (dried oyster sounds like the word for "good").

Many Chinese families include prawns or shrimps (red) on their celebration menu, as the pronunciation of prawns in Cantonese is "ha" – much like "laughter", that is associated with the idea of happiness and joy.

Braised shitake mushrooms in oyster sauce (black) are associated with all traditional Chinese festivals. As mushrooms were quite pricey in olden times, this dish's significance at Lunar New Year is about bringing wealth into the coming year.

Laba congee (various colours) is a Spring Festival staple. In Ming and Qing dynasties, people sacrificed Laba congee to their ancestors or sent it to relatives, as a blessing. The emperors would bestow the congee to their ministers as well as temples. Chinese people would also sacrifice Laba congee to the Five Cereals Gods. These kinds of ceremonies have disappeared, but the custom of enjoying Laba congee remains. Another festive





The Yellow Emperor wrote his classic book on internal medicine that people should eat food with “five colours, five tastes, and five fragrances.”  
黃帝在撰寫《黃帝內經》時已指出，選擇食物時應依循「五色、五味、五香」的原則。

favourite, Prosperity Toss/Lo Hei, also encompasses the various colours. A Teochew-style raw fish salad usually served as an appetiser is interpreted as a symbol of abundance, prosperity and vigour. The popular custom is for all round the dining table to toss the ingredients high in the air with joyful exclamations of "Loh Hey" (toss high).

Once the seasonal celebrations have passed for another year, continuing to follow a five-colour diet is recommended for ongoing health and vitality. The Chinese have known this for thousands of years – ever since the 3rd century, when the Yellow Emperor wrote his classic book on internal medicine

that if people wanted to obtain health and longevity, they should eat food with “five colours, five tastes, and five fragrances”. Chinese grandparents, traditionally dominant in shaping children’s behaviour – including their eating habits – have instilled these principles for generations.

Nutritionists from West also espouse colour-coded dietary guidelines, encapsulating the concept of food as therapy. “Let food be your medicine, and medicine your food,” said Hippocrates, the father of Western medicine.

There’s no complex formula to eating for health: just follow the rainbow, as Mother Nature intended.

## 接壤彩虹

農曆新年將至，而春節向來都是中國人隆而重之的傳統大日子，當中固然離不開各式應節美食。

無論過節與否，中國人一年到尾均精心準備每一道菜式，可見他們對自家傳統的菜式珍愛有加。而傳統的新年菜式則特別講究意頭，目的是藉着這些意頭菜，祈求新的一年能如願以償，保佑身體健康、生活愉快、好運旺來等等。

中國人的賀年菜，常兼具五種顏色，且涵蓋豐富的蔬菜類食材，而這並非巧合。因應中國傳統醫藥的概念，不同顏色的食物與五行相應，並能對應人體的五臟，故食物的顏色與身體五臟的補養息息相關。傳統智慧有云，要吃出健康，關鍵是在五色食物中取得平衡：紅色（象徵火）、黃色（象徵土）、白色（象徵金）、藍色或黑色（象徵水）和綠色（象徵木）。

一元復始，萬象更新。傳統的新年菜讓我們享受美食之餘，亦可重新調理身體，皆因當中選用的均為當造食材。應節食品首選蘿蔔（白色），因主材料白蘿蔔在閩南語中稱為「菜頭」，聽起來像「好彩頭」。

廣東話中，生菜喻意風生水起，因此夾釀着各式意頭配菜的生菜包（綠色）在賀年菜中經常出現。另一代表性食品是蠔豉，有人甚至將之取代雞肉，因為蠔豉與「好市」發音相約。

不少中國家庭的賀年菜單中，也會用上蝦（紅色）來做菜。蝦的粵語發音為「哈」，喻意笑口常開，取幸福、快樂之意。

蠔油燜冬菇（黑色）在中國傳統節日中不容缺少。昔日，冬菇非一般平民百姓負擔得起，而這賀年菜就意味着新的一年招財進寶。

春節的主食是臘八粥（多色）。在明、清兩朝，人們以臘八粥來供奉先人，又或與家人分享，互相祝福，而皇帝也會給各大臣和寺廟賜粥。中國傳統以臘八粥祭五穀神，此儀式雖已隨年月消失，但享用臘八粥的習俗依然存在。另一春節佳品，莫過於「撈起」，這道色彩繽紛的前菜，乃潮州風味的魚生沙律，象徵豐足、繁榮和活力。圍坐着的親友一同起筷，使材料在空中揚起，同時高呼「撈起」，取其風生水起，愈「撈」愈旺之意。

儘管節慶每年只有一次，但堅持五色飲食法，可讓我們的身心保持健康、活力。早在數千年以前的三世紀，黃帝在撰寫《黃帝內經》時，已記載人若要健康、長壽，選擇食物時應依循「五色、五味、五香」的原則。中國人家庭的孩子多由上一代的長輩照料，而他們的傳統飲食習慣，亦因此得以世代相傳。

西方的營養學家也認同以飲食作治療的概念，並主張顏色代碼（colour-coded）的飲食法。一如西方醫學之父Hippocrates所說：「醫食同源，以食養身。」

要吃出健康並沒有複雜的公式，只須按着彩虹的顏色選擇食物即可，此乃大自然賜予我們的養生之道。





# 3D printing: the future is here

During 2014 fashion weeks in London, Milan and Paris, catwalks were abuzz with garments and accessories made entirely on 3D printers.



When the Smithsonian Institute in Washington welcomed a new presidential portrait in June 2014, it was a bust of Barack Obama, printed in 3D. This is the technology futurists predict will change the world as we know it in as little as 50 years. And although what we're seeing right now might seem like science fiction, it's only the beginning.

It might sound fanciful to "print" a building, a car, edible food or wearable garments from a digital file – much like we'd print a document from our laptop or PC. But in fact, scientists have been doing it for years. Only now has the technology advanced to enable these recent breakthroughs, to the point where it seems almost anything can be printed with the right raw materials. This includes recycled waste such as plastic and construction debris, which could also help to reduce global pollution.

3D printing is a process of making three dimensional solid objects from a digital file.

Thinly-sliced cross-sections of the object to be created are printed and assembled, layer upon layer – much like a baker would layer a cake. Since the "ingredients" printed can be numerous different materials, including plastic, metal, nylon, and possibly one day even human tissue, 3D printing has been likened to the third industrial revolution.

Potentially, 3D printing has myriad applications across all industries and sectors. It's already being used in space exploration, medical research, construction, and all manner

of consumer goods production. The technology's appearance in prestigious fashion and arts circles cements its place in the creative sector, too.

The fusion of art and technology was highlighted at the first-ever White House Maker Faire, held in June 2014 to celebrate America's innovators and entrepreneurs. A Smithsonian-led team presented their 3D-printed bust and life mask of the President, created for the National Portrait Gallery. A young musician played on his 3D-printed fiddle, and various crafters showed their 3D-printed wares. "If you can imagine it, then you can do it, whatever it is," President Obama told them.

The Smithsonian exhibit broke new ground as it was the first artwork of its kind for a serving president. It was also, quite possibly, the fastest artwork produced of a president.

While Presidents Abraham Lincoln and George Washington sat for hours for similar-looking plaster masks taken while they were alive, Obama reportedly sat for just five minutes while scientists used digital scanning technology to capture his entire face. After a separate process involving handheld 3D cameras and scanners to create the bust, the sculpture was printed via a laser which melted together thousands of plastic layers. All up, the artwork was completed in just 40 hours. The 3D Obama portrait will reside in the National Portrait Gallery in Washington.

Around the world, artisans are already embracing 3D printing technology. In a London studio, Van Gogh's two dimensional Sunflowers painting was transformed into a bronze-finished 3D sculpture, a computer replicating the master's brush strokes and detail into a palpable form.

Romanian-born artist Ioan Florea uses 3D-printed plastic moulds to shape liquid nano-metals into massive sculptures, creating everything from a car to a covered wagon.

Swiss architects Michael Hansmeyer and Benjamin Dillenburger's prototype for the world's first 3D-printed room is a full-scale ornate model featuring an estimated 80 million surfaces finished in either rendered sandstone, glaze or gilding.

Chinese-born design graduate Xuedi Chen has created a wearable sculpture – a garment which changes from white to clear via data controlled by a mobile phone app. And at Paris Fashion Week in October 2014, Dutch designer Iris van Herpen unveiled her spring/summer 2015 collection 3D-printed garments and accessories.

Making 3D-printed artworks and fashion is not really as easy as just pressing "print". A lengthy and highly specialised process is involved to accurately plan and execute each step – that's after a creative mind has come up with the idea.

However, who knows what will be possible within the space of a generation? While currently the technology remains largely in the realm of scientists' laboratories and artists' studios, experts predict that in the coming years, 3D printers will be common in homes as well. Conjuring up the future may no longer be a figment of one's imagination, but a tangible reality.

3D printing has been likened to the third industrial revolution. 立體打印可以稱得上是第三次工業革命。

THE  
VERLAN  
DRESS

MADE FROM  
PRINTED ON



Almost anything can be printed with the right raw materials. 只要用上適合的原料，似乎沒有甚麼不可給打印出來。





01

**01** 3D printing is what technology futurists predict will change the world as we know it in as little as 50 years. 立體打印技術是未來學家預言將會於五十年內改變世界的技術。  
**02** Possibly one day even human tissue can be printed. 說不定，將來有天我們甚至可以打印出人體的細胞組織。  
**03** 3D printing is a process of making three dimensional solid objects from a digital file. 所謂立體打印指的是從數碼檔案製作出三維實體的過程。



02



03



3D print show in London demonstrated the latest developments in this incredible industry. 倫敦的 3D print show 展示出此技術的最新發展動向。

## 「印」出個未來

以立體打印而成的服飾，在2014年倫敦、米蘭及巴黎時裝周天橋上爭妍鬥麗。

2014年6月，美國華盛頓的史密森尼學會迎來了新的總統人像，那是一尊以立體打印技術造成的奧巴馬總統半身像。這正是未來學家（futurist）預言將於50年內改變世界的技術。雖然我們眼前看到的已像科幻小說般神奇，但這一切都只是序幕。

驟聽之下，根據數碼檔案把建築物、車輛、食物和衣服如打印文件般「列印」出來，似乎天馬行空。但事實上，對於一眾科學家來說，已不是新鮮事。近年的立體打印技術有突破性發展，只要用上適合的原料，似乎沒有甚麼不可給打印出來。此外，廢物回收得來的塑膠和建築物也可用作立體打印的原料，有助減少地球污染。

所謂立體打印是指從數碼檔案製作出三維實體的過程。當中，打印機先列印出製成品的橫切面，繼而將這些薄片一層一層地組裝起來，過程就似麵包師傅層層堆疊焗製蛋糕。立體打印稱得上是第三次工業革命，皆因可用作打印的物料實在不勝枚舉，諸如塑膠、金屬、尼龍等均。說不定，有天我們甚至可以打印出人體的細胞組織。

立體打印具有應用於所有行業和部門的潛質。這種技術已經被應用於太空探索、醫學研究、建築和各種消費品的生產之上。而立體打印能夠打入高級時裝和藝術界，亦奠定了其在創意行業的重要地位。

2014年6月舉行的首屆「白宮创客市集」(White House Maker Faire)，以藝術和科技融合為主題，表揚美國發明家和企業家的成就。其中，史密森尼學會團隊展示了為國家肖像館而製，以立體打印而成的奧巴馬半身人像和面部模像。一位年輕音樂家則拉奏立體打印而成的小提琴，不少工匠亦展出立體打印而成的商品。「不管那是甚麼物件，只要想像得到，都能製作出來。」美國總統奧馬巴向在場人士說。

史密森尼學會的展品甚具突破性，因為這些展品不單是首次為在任總統製作的藝術品，更可能是同類藝術品中，最快完成的一件。

當年，林肯和華盛頓總統都曾經呆坐好幾個小時，讓工匠測量真身以製造石膏面部模像。如今，憑藉數碼掃描技術，科學家只消五分鐘便可完整地讀取奧巴馬總統容貌數據。過程只須利用手提立體照相機及掃描器來製作半身人像，並以雷射將數千枚塑膠片融合成雕塑，從頭到尾僅需40小時。這座立體的奧巴馬人像將收藏於華盛頓的國家肖像館內。

在世界各地，工匠們都紛紛推崇立體打印技術。在倫敦的一個工作室內，梵高的名作《向日葵》被轉化成青銅雕塑。電腦不單鉅細無遺地複製了大師的筆觸，更使其質感躍然眼前。

羅馬尼亞藝術家Ioan Florea使用立體打印而成的塑料模具，將液態納米金屬鑄造成巨型雕塑模型，如汽車和布篷馬車等。瑞士建築師Michael Hansmeyer和Benjamin Dillenburger則製出世上首個立體打印而成的一比一房間模型，當中須組裝約八千萬個平面，並以砂礫、彩釉或金色塗層粉飾。

中國藉設計系畢業生陳雪迪，創製了一可穿戴的雕塑，並可透過手機應用程式調色，將其由白色變為透明。而在2014年10月的巴黎時裝周，荷蘭時裝設計師Iris van Herpen亦以立體打印技術製作其2015年春夏服飾系列。

製作立體打印的藝術品和時裝，並非按下「列印」鍵即可，創新的意念背後，須歷經漫長而高度專業化的過程，精心部署當中的每一個步驟，然後將之一一實現。

接下來，立體打印技術會有甚麼發展的可能性？雖然，此技術目前主要在科學家的實驗室和藝術家的工作室中找到，但是專家們卻預測，立體打印機將會在未來幾年內普及至家居。也許，未來不再是人們的幻想，而是觸摸得到的立體現實。



# Deck the halls with greener holly

Chestnuts roasting in an open fire; carols sung with gusto.  
“Lucky” envelopes stuffed with good fortune;  
and red banners hung from doorways.

**I**t simply wouldn't be festival time without certain cultural rituals, and these are important to uphold, as they lift community spirit, and create a sense of inclusion. Decorations adorning our streets, homes and shopping malls give the first clue that the holiday is on its way. Yet there's more than meets the eye to the pine trees we love at Christmas, and cherry blossoms at Lunar New Year.

In Western culture, the evergreen fir tree has been used to celebrate the December festival for thousands of years. Secular households say decorating its branches during the winter solstice reminds them of the coming spring. Christians do so as a sign of everlasting life with their god.

Because Lunar New Year marks the arrival of the Spring Festival, flowers and plants are auspicious decorations for the Chinese during this time, symbolising new life. Azaleas for happiness, harmony and balance; chrysanthemums for joy and longevity; orchids for beauty, wealth and luck; peonies for prosperity and honour: flowers are the quintessential symbol of the most important festival on the Chinese calendar. Cherry or plum blossoms, bamboo and evergreen pine are also auspicious for relationships, and for perseverance in the face of adversity. It is considered double good luck if the plant blooms on New Year's day, because “when flowers bloom, prosperity comes”.

These are traditions steeped in history – but in these environmentally-enlightened times, should we worry about cutting down a tree for the sake of a few short festival days? Not at all, the experts say.

According to The Nature Conservancy, a global network of volunteers working to protect ecologically

important lands and waters around the world, using a real tree is better for the environment than using an artificial tree, which is made from plastic. Real trees have been grown for several years before being cut, so they've already helped to filter the air by absorbing carbon. According to [pickyourownchristmastree.org](http://pickyourownchristmastree.org), an acre of plantation Christmas trees provides for the daily oxygen requirements of 18 people.

Festive plants are also sustainably farmed, not taken from the wild: for every tree harvested, two or three more or are planted. And unlike fake trees, real trees are biodegradable and recyclable.

Conservation groups encourage the spreading of joy and luck-bringing during the festive season by upholding traditions inspired by nature. What we can do, responsibly and sustainably, is to honour that tree or cut plants by recycling them afterwards.

During Christmas 2012, the Hong Kong Environmental Protection Association (EPA) launched a recycling programme of Christmas trees. This was extended to cherry blossom and other Lunar New Year plants the next year. Trees and plants collected from businesses and households are recycled into wood coal, which is a cleaner fuel than conventional coal, and its residual ashes can also be used for composting. Still-living plants can either be re-planted for next year, or donated to charitable organisations.

In 2014, the campaign was expanded to cover a network of 50 collection points for individuals and households in all the districts of Hong Kong.

While helping to reduce waste in the city, this simple act of recycling also helps preserve precious natural resources. Last year, over 110 tonnes of Christmas trees and plum trees were collected.

As part of group-wide efforts to reduce greenhouse emissions wherever it has a presence, Kerry Properties has been actively supporting the EPA's tree recycling scheme since the beginning. Our residents are equally enthusiastic, with the communities of Dress Circle buildings Tavistock, Belgravia, Branksome Crest, Branksome Grande, Century Tower I and II, and May Tower I and II, along with those at Soho 38 in Mid-Levels West, participating every year.

This is a further reflection of the depth of the Group's commitment to the principle of good corporate citizenship by caring for the environment, the broader community, and its employees.

Considering that an estimated 36 million Christmas trees are produced globally each year, that's a level of reforestation which is worth celebrating. The new year being a time for renewal, recycling festive decorations could be one small way of giving back to the planet which sustains us.





Trees and plants collected are recycled into wood coal, which is a cleaner fuel than conventional coal.

收集回來的植物被循環再造成木炭，比傳統煤炭乾淨。



## 用「環保」點綴節日

爐火烤香栗，佳音處處響；

紅包盈金圓，春聯戶戶賞。

文化儀式是節日慶典當中不可或缺的，能維持及提升社區精神和凝聚力。街道上、商場內和家居中令人愉悅的裝飾品總是提示着我們假期的來臨。聖誕節的聖誕樹，還有農曆新年的桃花，吸引我們目光之餘，亦體現了我們的文化。

在西方文化中，以常綠的杉樹作為聖誕節的裝飾已有上千年歷史。人們在枝葉上掛上裝飾品以預示春天將至。基督教徒則以此象徵上帝的永生。

對中國人來說，農曆新年標誌春回大地，吉祥喜慶的花卉則喻意萬象更新。杜鵑花代表喜慶、和諧及穩當；菊花代表喜悅和長壽；蘭花代表美麗、財富和好運；芍藥則代表繁榮和名譽。其他植物如梅花、竹和柏樹則代表良好的人緣和面對逆境時的不屈不撓。而花卉在大年初一綻放更被認為是「花開富貴，好運齊來」之兆。

這些都是根深蒂固的傳統文化，但身處於提倡環保的年代，我們也許會自問：為了短短數天的節慶而砍伐樹木，這有違環保嗎？專家則告訴我們，這是不必要的擔憂。

大自然保護協會為一個全球性的義工網絡，並以保護人類賴以為生的土地、淡水和海洋為己任。該會指出，以真實樹木作佈置比用塑膠製造的人造樹更環保，皆因樹木在砍伐前的生長期間，有效過濾空氣中的二氧化碳。而根據網站 [pickyourownchristmastree.org](http://pickyourownchristmastree.org) 的資料顯示，一英畝的聖誕樹植被每日可為18人提供所需氧氣。

此外，節慶植物乃由可持續栽植而得，並非取諸野外——每收割一棵樹，便可種植兩至三棵新樹。有別於人造樹，種植而來的真樹具有可供生物分解及循環再造的特質。一眾保育團體亦提倡承傳這些受大自然啟發的節慶傳統。我們應當以盡責及持之以恆的態度實行循環再造，以向大自然致敬。

在2012的聖誕節，香港環境保護協會舉辦了聖誕樹回收行動。翌年，回收行動拓展至回收農曆新年的年花。從商戶和住宅收集回來的植物被循環再造成木炭，它不但比傳統煤炭乾淨，其灰燼更可作肥料之用，而可繼續生長的植物則被重新種植或送贈予慈善機構。

如此簡單的循環再造之舉，不單為城市減廢，更有助保護珍貴的天然資源。2013年收集得來的聖誕樹和桃花就超過110公噸。時至2014年，回收行動繼續擴展，全港各區共設有50個回收站，以供個人及家庭住戶棄置過時的節慶植物。

嘉里建設致力減少溫室氣體排放，從一開始便積極支持香港環境保護協會舉辦的樹木回收計劃，而旗下的物業每年亦踴躍參與，當中包括中半山的騰皇居、Belgravia、Branksome Crest、Branksome Grande、世紀大廈一及二座、梅苑一及二座和西半山的Soho 38。我們一直關懷環境、社區及旗下的員工，這正好體現作為一個良好企業公民的承擔。

想像全球每年共生產3,600萬棵聖誕樹，其衍生出的再造林規模令人振奮。新年是萬象更新的時節，就讓我們從小處做起，將節日裝飾循環再造，以回饋為人類不斷提供資源的地球。







Just as the best seats in the house are called the dress circle, so too is the best of the Kerry spirit embodied in this magazine, similarly and appropriately titled *Dress Circle*. Our concern for the environment, our reverence for heritage and the glories of the past, our affection for culture, our appreciation of the finer things in life, our corporate adventures – all contribute topics towards the making of this fine magazine. *Dress Circle* is our commitment and our gift to you. We hope you enjoy it.

## A Kerry Properties Publication

For more information please visit [www.kerryprops.com](http://www.kerryprops.com) or email [communication@kerryprops.com](mailto:communication@kerryprops.com)