

DressCircle

A KERRY PROPERTIES PUBLICATION

臻善譜



**Cover image:**

Apart from delighting us with their sheer beauty, parrots possess qualities that inspire humans as well. Intelligent and sociable, loyal and loving, these birds are dedicated to their life-long mate, instinctively caring for each other while working together to raise their young. May these good signs bring blessings for all as we step forward into a joyful and fruitful 2019.

鸚鵡不但美麗，還有充滿美好的寓意和特質。牠們既有智慧，亦善於交際；既忠心耿耿，亦友愛善良，對伴侶忠貞關顧，更齊心合力養育下一代。在踏進歡欣、豐收的2019年之際，我們祈願象徵吉瑞的鸚鵡能為大家帶來無限祝福。

Dress Circle, January 2019

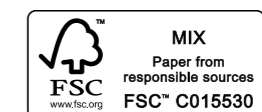
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ALL ROADS LEAD TO RIVER CITY

Masterfully blending the old with the new, central China's hub city of Wuhan is planning for exciting times ahead



Inside the Yellow Crane Tower, an exquisite mosaic artwork multiple stories high tells the legend of Wuhan's most famous landmark.

The Yellow Crane Tower, inspiration for many ancient Chinese artists and poets, dates back to the Three Kingdoms period, when the warring kings all fought to claim this place as their own. To these wise men, Wuhan was "China's thoroughfare", one of the most strategic cities in the country, deserving of a spectacular structure as its watchtower.

The capital of central Hubei province, Wuhan connects the eastern provinces of China with those in the west, channels the north to the south, and links rivers with seas by means of its well-developed transportation infrastructure. Dozens of railways, roads, and expressways pass through the city en route to other major metropolises including Beijing, Shanghai, Guangzhou, Chengdu, and Xi'an - all within 1,200 km, reachable in four hours by train, and only one and a half hours by air.

Because of its key role in domestic transportation, Wuhan has been referred to by foreign sources as "the Chicago of China". Its strong geographical advantage also makes Wuhan a centre of commodities trading between Europe and Asia.

With a history dating back some 3,500 years, Wuhan incorporates three townships: Hankou, the financial hub; Hanyang, the ancient industrial centre, and Wuchang, the university and research park cluster that also forges high-tech companies. Two mighty rivers running through these townships - the Yangtze and Hanshui rivers - have propelled the city's trading-based prosperity, while the series of bridges across them endow Wuhan with many serene and beautiful scenic spots.

It is a tribute to planners committed to preserving the city's culture that Wuhan retains so much of its rich history. Many of the important structures are painstakingly preserved, giving visitors a rare insight into the architecture, rituals and traditions of ancient times. It is this respect for the past, with a visionary eye on the future, that will guide the masterplanning of an iconic new CBD for Wuhan.

A detailed historical record is found in over 200,000 cultural relics exhibited in the Hubei Provincial Museum, including pottery, porcelains, jade, bronze vessels, ancient weapons, and ancient musical instruments. Among them are numerous first-class relics of China, and some are considered national treasures.

At the majestic East Lake, one of the largest city lakes in China, the private retreat house of Mao Zedong is preserved. For visiting dignitaries and tourists alike, a stroll around the lakeside boardwalk reveals the beauty and tranquility of this relaxing lake. In early March, hundreds of cherry blossom trees spring into life, injecting the park's palette of layered greenery with varying shades of pink, red and white - colours that change as the weeks pass. This marvel of nature is celebrated each year with the East Lake Cherry Blossom Festival.

Strolling the riverside city streets reveals handsome colonial buildings built to house the offices of the British, French, Russian, German, and Japanese traders - Wuhan's



Located in Wuchang of Wuhan, the Yellow Crane Tower is one of the four great towers in China's Jiangnan region 位於武漢市武昌的黃鶴樓，為江南四大名樓之一

version of Shanghai's the Bund. A series of bronze sculptures, both ancient and modern, depicts significant events through an artist's eyes.

While the two rivers have and continue to be Wuhan's economic lifeblood, the future is always in sight. By combining traditional industries such as automobile manufacturing with new hi-tech industries including opto-electronic technology, new material industry and environmental protection, Wuhan is hailed for positioning itself as one of the most progressive business cities in Asia.

Identified by real estate services firm JLL as an emerging world city, Wuhan joins the ranks as those defined as fast-growing, large city economies that are positioning to become key gateways and economic engines.

Among that elite coterie, Wuhan is highlighted for the speed with which the city embraces new opportunities. Credit is paid to the business-friendly environment underpinning Wuhan's strengthening corporate activity, and as a natural consequence, an expanding volume of middle-class households.

Wuhan, the report found, is a city riding the wave of strong economic and real estate momentum, and rapidly climbing the value chain.

Also noted frequently in research reports affirming Wuhan's potential is its comprehensive scientific and educational strength.

With more than 90 higher education institutions, including Huazhong University of Science and Technology, one of the country's most prestigious schools, Wuhan is considered a hub for education and entrepreneurship, attracting considerable foreign investment.

Kerry Properties shares an optimistic outlook for the long-term development of Wuhan City, and has confidence in its growth prospects. Having secured a prime site in the upcoming CBD, the Group looks forward to creating a large-scale complex with office, commercial, residential and educational components.

Its approach will be measured and considered, compassionate to the environment and the culture of the Wuhan people. In honouring the city's glorious past, we journey together towards a sustainable future.

Wuhan's new CBD

In 2018, Kerry Properties successfully acquired by tender a site with an aggregate area of 64,664 square metres, investing a record RMB 6,425 million in its purchase.

Located on Hanzheng Street in the vicinity of the Inner Ring Road city centre area, the site's redevelopment will be the beginnings of Wuhan's new CBD, a holistically masterplanned precinct ultimately extending to the Yangtze River waterfront.

Starting in 2019, the Group's development will be a large-scale complex with office, commercial, residential and educational components. Within a GFA of 438,200 square metres, residences, serviced apartments, offices and shops will be provided, along with the rebuilding of a famous secondary school.

武漢全新核心商業區

2018年，嘉里建設成功以64.25億元人民幣，投得一塊佔地面積64,664平方米的地皮。

地皮位處一環內的城市中心區域的漢正街，此重建計劃將是開發武漢全新核心商業區的第一步，再逐步延伸至長江濱水區。

2019年開始，集團將發展一個大型多功能綜合項目，結合辦公、商用、住宅及教育大樓，總建築面積共438,200平方米，將提供住宅、服務式公寓、辦公室及商店，計劃還包括重建一所著名中學。



Wuhan links rivers with seas by means of its transportation infrastructure
武漢交通基建完備，水運便利

阡陌匯聚 江城武漢

武漢貴為中國中部的樞紐城市，新與舊天衣無縫地交融，而前面迎來的將會是精彩璀璨的年華

武漢的黃鶴樓內，有着一面樓高數層的彩瓷鑲嵌壁畫，訴說着這個著名地標的傳奇故事。

曾啟發無數中國古代騷人墨客的黃鶴樓，其歷史最早可追溯至三國時期，各路諸侯爭相割據，欲把武漢據為己有。對這些智士而言，武漢這個九省通衢稱得上是中國最為重要的軍事戰略重地之一，而擁有宏偉壯麗的黃鶴樓作為崗樓也是必然之事。

武漢屬中國中部地區湖北省省會，交通基建完備，貫通東西南北，水運便利。多條鐵路、道路、高速公路交匯於此，而從這裏連接至北京、上海、廣州、成都及西安等周邊重要城市，距離不超過一千二百里，乘坐鐵路車程僅需四小時，飛機則只需一個半小時即可到達。

武漢為國內重要交通樞紐，素來被冠以「東方芝加哥」的美譽，其得天獨厚的地理優勢也令當地成為歐亞商品貿易中心。

擁有三千五百年歷史的武漢三鎮鼎立，分別為商業中心漢口、古代工業重鎮漢陽，以及高等院校、研究所及高科技公司林立的武昌。兩大黃金水道長江及漢水橫貫三鎮，推動當地貿易經濟發展，而多條跨江橋樑也為當地增添不少怡人風景。

武漢能夠傳承着深厚的歷史文化底蘊，全歸功於城市規劃者的銳意保留。當地很多重要建築經悉心保育，讓遊客有機會欣賞悠久的建築、習俗及傳統，發思古之幽情。正是這份對歷史的崇敬之心，以及獨具慧眼的遠見，引領武漢嶄新核心商業區的全面規劃。

湖北省博物館展出的逾20萬件文物，包括陶器、瓷器、玉石、銅器、古代武器、古代樂器等，詳細記錄了當地的歷史。不少展品屬於國家一級文物，部分更被視為國寶。

武漢東湖為中國最大的城中湖之一，保留了毛澤東生前的別墅。不論到訪的是政要或遊客，都可到湖邊步道漫步，

欣賞湖光山色。每年三月初，成千上萬株櫻花綻放，深淺不一的粉紅、紅和白色，隨時間流逝而漸變，為綠草如茵的園林增添色彩。如此壯麗的大自然景觀，在每年一度的武漢東湖櫻花節都能欣賞得到。

沿着江邊大道走下去，一座座富麗堂皇、充滿西式建築特色的大樓映入眼簾。昔日英國、法國、俄羅斯、德國及日本商人的辦公大樓毗鄰而建，景致好比上海外灘。還有一系列的古今銅雕，以藝術角度細說着一段段歷史故事。

古往今來，長江及漢水都是武漢的經濟命脈，未來也會如是。武漢擁有汽車製造業等傳統工業，同時結合光電科技、新材料產業及環保工業等高科技產業，被視為亞洲商業發展最為迅速的城市之一，前途無可限量。

武漢也獲房地產服務機構仲量聯行評為新晉世界城市，與發展高速的大城市經濟體並駕齊驅，成為推動經濟發展的主軸。

在眾多一線城市中，武漢以強勁勢頭突圍而出，這要歸功於其宜商環境。鼓勵當地的企業營商活動日增，中產階層家庭也隨之持續增加。報告又指，武漢的經濟及房地產發展動力強勁，向價值鏈上游攀升。

武漢的科教綜合實力也經常獲各類研究報告肯定。當地擁有超過90間高等教育院校，包括中國享負盛名的華中科技大學，乃中國內地重要的教育及創業基地，吸引大量國外投資。

嘉里建設對武漢的長遠發展抱持樂觀態度，並對其增長前景滿懷信心。集團投得一塊位處武漢全新核心商業區黃金地段的地皮，計劃興建大型多功能綜合發展項目，結合辦公、商用、住宅及教育大樓。

此發展項目將會考量當地環境及社會文化，尊重武漢輝煌的歷史，並且與各方攜手，一同邁向可持續發展的未來。



In early March, hundreds of cherry blossom trees spring into life in the East Lake of Wuhan
每年三月初，成千上萬株櫻花於武漢東湖綻放

Residents can enjoy privacy and tranquility in their own houses
獨立洋房的住戶可享受寧靜的居住環境之餘，隱私亦得以保障

THE KEY TO HOLISTIC HOME LIFE

At the end of the day, privacy and security matter most in the sanctuary of a home

That very first morning was like no other. Roused from slumber by a chorus of birdsong, eyes gently open to the dawn's light so naturally filling the room.

Looking out through an expansive window to the world, the views stretch towards a far horizon. Breakfast is taken on the terrace, and kids are kissed goodbye as you leave to the day's business.

So this is what having a house of your own feels like! It's what you've been waiting for all your life.

The benefits of house and garden living are well documented. Numerous studies have shown that being surrounded by greenery improves our health and wellbeing.





Optimally, a private garden would directly adjoin the home, accessed through large window walls that fill the interior with natural light, and frame the outlook beyond.

As the owner, there's also the opportunity to customise the landscaping; specify low-toxic materials on your home's fitout; and choose calming finishes.

Yet above all else, privacy is perhaps the greatest luxury.

While location, views, scale and fine furnishings all factor into the making of an optimal executive home life, what the well-to-do really crave is knowing that, once they enter the sanctuary of their house, no-one will bother them. That, and the implicit trust that their family, inner sanctum and possessions are secure, matter most.

Therefore, in the most affluent cities globally, privacy and security are the key trends shaping property management today. As one high level property manager serving the rich and famous in New York has noted, the owners – metaphorically speaking - “have to trust you with the keys to their castles”. They need to know that a highly trained, professional property management team will safeguard all that the owners hold most dear.

In Hong Kong, Kerry Property management services team puts peace of mind foremost for its elite house owners. Mindful of their concerns, privacy and security form the overarching philosophy in providing wealthy families with a respectful, green, safe and comfortable living environment at all times.

It's a given that discretion is paramount. In premium properties, a private concierge is available to owners around the clock, seven days a week, ready to serve should the residents need anything. All services are delivered with heart, and





nothing related to the owners' private business, or their comings and goings, would ever be revealed or discussed.

In the stringent hiring of security personnel, an external consultant has supervision. Integrity checks are conducted, on a regular basis, as part of the management's commitment to service excellence.

To further reassure homeowners of their protection, the management team can refer them to elite security consultants for "penetration testing" and to conduct a risk assessment, both before handover and after occupancy. This service includes technical surveillance counter-measures, using the latest technology.

Another trend in high-end property management globally is the use of smart home features. Mobile application of functions such as intelligent gate locks, management services and message notification is forecast to gather pace to meet residents' expectations for a comfortable, hassle-free lifestyle. Already, Kerry residents in certain estates may utilise a mobile app to book a service call or make a reservation at the clubhouse restaurant.

For the upcoming generation, understanding where food comes from and the wider role of nature and ecosystems is important. Few city kids get the opportunity to garden, so in response, families in select homes under the management of Kerry Properties may participate in a greenhouse programme growing hydroponic vegetables for their table.

The philosophy is that elite house owners deserve nothing but the best. Ongoing innovation and training within the property management team and its broad suite of services will ensure that exacting standards are exceeded – discretely, respectfully, and in line with global trends.

臻善至美 理想生活

私隱與安全是締造夢想家居不可或缺的一環

陽光燦爛的清晨迎來新的一天：啾啾鳥鳴把熟睡的你喚醒，眼睛緩緩張開，映入眼簾的是一室和煦的晨光。

從偌大的落地玻璃窗往外遠眺，視野一望無垠。在露台吃過早餐，與孩子吻別，然後上班去。

這就是擁有洋房的美好享受，也是你一直夢寐以求的生活。

獨立洋房連花園的優點有據可考。不少研究顯示，在鬱鬱蔥蔥的環境下生活，能裨益身心靈健康。可以的話，私人花園宜與家居毗連，再築一道晶瑩剔透的玻璃幕牆，讓明媚陽光灑滿家居每個角落，戶外青蔥美景盡收眼底。

業主更可自由美化家居，選用天然無毒的家具，以柔和的色調佈置全屋。

但說到底，也許私密才是無價之寶。

誠然，地點、景觀、空間大小、裝修全是締造理想家居的必備條件，惟富裕一族真正渴求的是回到安樂窩便能遠離外界的紛紛

擾擾，同時家人、家居和財產得到妥善保障，免卻後顧之憂，享受寧謐時光。

因此，現今全球發達城市的物業管理大多以私隱和安全為尚。一名服務紐約富豪名流的高級物業經理打了個比喻：「業主對你的信任須足以把自己堡壘的鑰匙放心交進你手。」他們知道訓練有素的專業物業管理團隊會把自己珍重的一切妥善看管。

在香港，嘉里建設的物業管理服務團隊深明業主的顧慮，特別重視保障其私隱和安全，務求締造安全舒適的尊尚綠化環境，讓住戶高枕無憂。

低調保密同樣是金科玉律。頂級豪宅有私人服務專員每天24小時候命，滿足業主任何需要。服務專員態度真摯熱誠，保證不會外洩或議論住戶的私事或出入紀錄。

保安人員的招聘標準亦相當嚴謹，過程全由外部顧問監督。管理團隊更會定期對相關人員進行品格檢查，務求服務質素力臻完善。

為進一步鞏固住戶對保安方面的信心，管理團隊可轉介住戶聘請資深安全顧問，於收樓或入伙前，進行「滲透測試」及風險評估，當中包括一些採用最先進反監控技術的服務。

全球高檔物業管理的另一趨勢，是運用智能家居設備。智能圍鎖、管理服務及即時短訊等流動應用程式功能，可滿足住戶對舒適便捷生活的要求。嘉里建設旗下若干屋苑的住戶已可透過流動應用程式，預約服務或預訂會所餐廳。

我們的下一代必須明白盤中餚得來不易，以及大自然和生態系統的重要性。在城市長大的孩子鮮有下田耕種的機會，有見及此，嘉里建設特別為旗下若干物業的住戶舉辦耕種活動，讓一家大小在溫室中親身種植水耕菜作為食材。

畢竟，優質洋房的業主值得擁有最佳享受。順應世界潮流，物業管理團隊不斷推陳出新、加強訓練，並提供一應俱全的服務，確保服務水準精益求精，殷勤周到。



The private garden is a perfect place to unwind after working in the hustle and bustle city
於繁忙都市工作過後，私人花園是放鬆身心的最佳地方

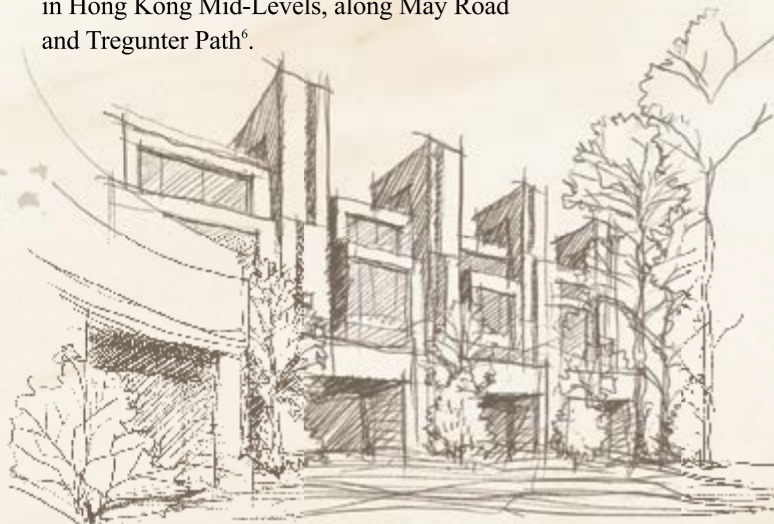
LIVE THE LEGEND

Unprecedented at Beacon Hill in Kowloon, a residential jewel of sublime splendour and status is unveiled for the privileged few. Behold a once-only opportunity to secure panoramic views⁵, low density and luxuriant living in a location of the highest eminence.

“ THE PINNACLE OF PRESTIGE ”

Behold privacy, seclusion and scenic views⁵ from an exclusive address.

Among its portfolio of premium properties, Kerry Properties is renowned for creating a remarkable, landmark living community in Hong Kong Mid-Levels, along May Road and Tregunter Path⁶.



Concept sketch of Mont Rouge by Mr. Ivan Ng, Architectural Designer¹

December 2018, and has been edited and processed with computerized imaging techniques (merging, colour tuning and retouching) the Development. The surrounding environment, buildings and facilities of the Development are subject to change from time to time. The environment, views, facilities, buildings, design, fittings, finishes, equipments, decorations, plants, landscaping and other objects may not be in existence or provided in the Development or its vicinity. The provision of fittings, finishes and appliances is subject to the terms and conditions of the sale and purchase agreement. The vendor reserves the right to make alterations to the building plans. The vendor advises prospective purchasers to conduct an on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. Nothing herein constitutes any offer, promise, representation or warranty on the part of the Vendor in respect of the relevant design, layout, fittings, finishes, appliances, facilities, equipment, decorations, displays, furniture and provisions. 5. The view mentioned may not be applicable to all units in the Development. The view of a unit is dependent on the unit's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. The vendor makes and gives no offer, promise, representation or warranty, whether express or implied, relating to view. 6. The Outline Zoning Plan district of the Development is Shek Kip Mei. This advertisement and the contents thereof are for reference only, and do not constitute and shall not be construed as constituting any contractual term, offer, undertaking, representation or warranty (whether relating to view or not). The Vendor reserves the right to amend the building plans and other plans, design, fittings, finishes and appliances of the Development or any part thereof from time to time. Fittings, finishes and appliances shall be provided according to the terms and conditions of the agreement for sale and purchase. The design of the Development is subject to the latest approval of the relevant Government authorities.



Concept sketch of Mont Rouge by Mr. Ivan Ng, Architectural Designer¹

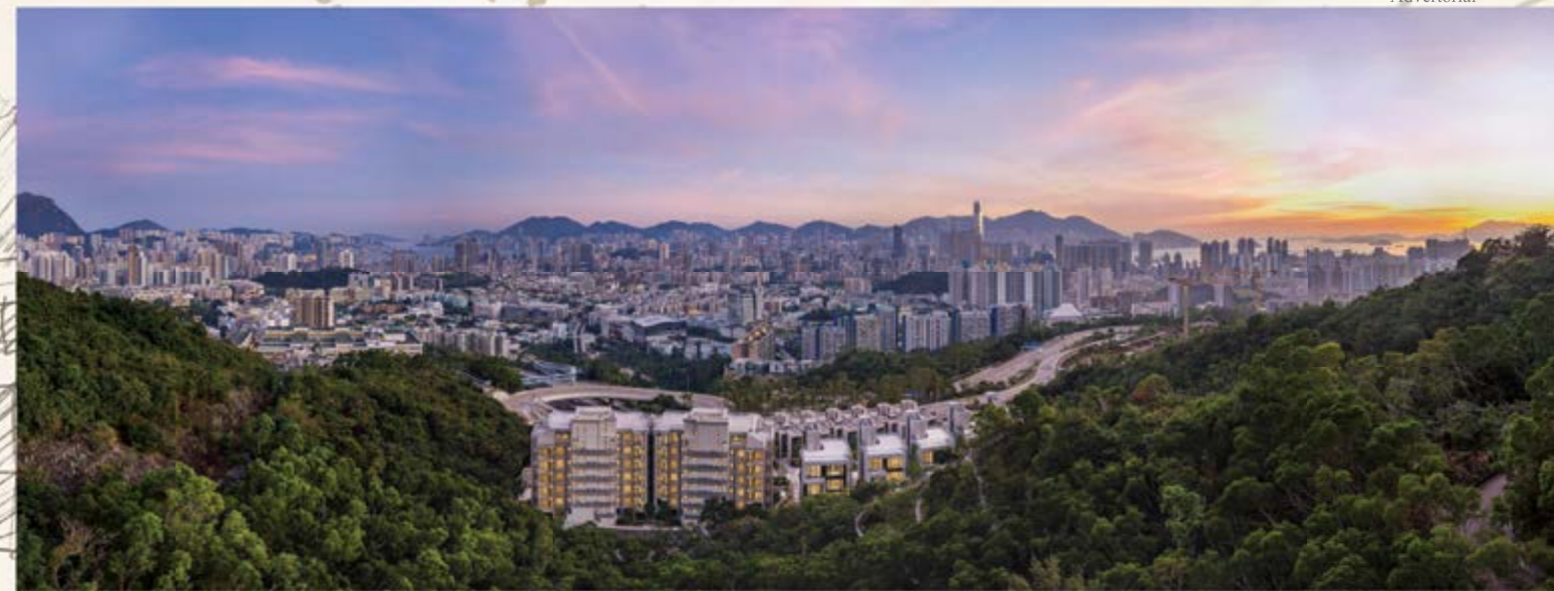
Commanding spectacular city vistas⁵, and defined by luxurious residences of spacious proportions, this exclusive locale – like the Dress Circle of a theatre – is synonymous with sophistication and success.



Like the dress circle of a theatre, the prized position of Mont Rouge offers residents the best seats in the house.²

Leveraging the prestigious status of the Dress Circle to create another exceptional living community has long been the company goal. After many years, an ideal site on Beacon Hill was finally located. High on the lush green hillside, surveying the expansive scenery beyond⁵, stands the place befitting the hallmark of Kerry Properties' prestigious residential pedigree.

1. The above sketches show the general appearance of the relevant part of the Development after completion of construction. The surrounding environment, buildings and facilities of the Development may have been omitted or simplified. The above sketches represent an artist's impression and are for reference only. They do not reflect the actual views from or the actual condition or the actual appearance of the Development or any part thereof or the actual surrounding buildings or environment of the Development. The surrounding environment, buildings and facilities of the Development are subject to changes from time to time. Air-conditioning units, pipes, grilles, crawling ladder or other facilities which may exist on the external walls of the Development are omitted. The colour, fittings, finishes, appliances, trees, plant, landscaping, facilities, furniture, decorative items, lighting features and objects etc. shown in the above sketches may not necessarily appear in the Development or its vicinity. The provision of fittings, finishes and appliances is subject to the terms and conditions of the sale and purchase agreement. The vendor reserves the right to make alterations to the building plans. The vendor advises prospective purchasers to conduct an on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. The above sketches are for reference only and shall not constitute or be construed as constituting any offer, promise, representation or warranty, whether express or implied (whether relating to view or not). 2. This is a stock photo and is not taken from the Development or any part thereof. 3. This photo was taken from an airspace which is near the Development on 4 of external appearance). This photo shows the general condition of the surrounding environment, buildings and facilities of the Development. The surrounding environment, buildings and facilities of the Development are subject to change from time to time. The environment, views, facilities, buildings, design, fittings, finishes, equipments, decorations, plants, landscaping and other objects may not be in existence or provided in the Development or its vicinity. The provision of fittings, finishes and appliances is subject to the terms and conditions of the sale and purchase agreement. The vendor reserves the right to make alterations to the building plans. The vendor advises prospective purchasers to conduct an on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. Nothing herein constitutes any offer, promise, representation or warranty on the part of the Vendor in respect of the relevant design, layout, fittings, finishes, appliances, facilities, equipment, decorations, displays, furniture and provisions. 5. The view mentioned may not be applicable to all units in the Development. The view of a unit is dependent on the unit's level, orientation and the surrounding buildings and environment and the surrounding environment, buildings and facilities of the Development are subject to change from time to time. The vendor makes and gives no offer, promise, representation or warranty, whether express or implied, relating to view. 6. The Outline Zoning Plan district of the Development is Shek Kip Mei. This advertisement and the contents thereof are for reference only, and do not constitute and shall not be construed as constituting any contractual term, offer, undertaking, representation or warranty (whether relating to view or not). The Vendor reserves the right to amend the building plans and other plans, design, fittings, finishes and appliances of the Development or any part thereof from time to time. Fittings, finishes and appliances shall be provided according to the terms and conditions of the agreement for sale and purchase. The design of the Development is subject to the latest approval of the relevant Government authorities.



Above the treetops, the panoramic views stretch across Kowloon to Victoria Harbour, and beyond.^{3,5}

“ A PRECIOUS RARITY ”

A precious community of Dress Circle status is created in Kowloon.

Prime Beacon Hill captures views that stretch forever⁵. From your exclusive eyrie in the sky, gain a dress circle seat to the dynamic panorama, spanning Kowloon and Victoria Harbour, across the city skyline to the mountains beyond⁵.



Mont Rouge villas rekindle the distinctive tower architecture style of San Gimignano, the famous medieval village in Tuscany.⁴

Architectural inspiration for exclusive estate, Mont Rouge, is taken from the natural environment. Exquisitely designed houses with private gardens are arranged to follow the landscape, gently flowing in harmony with the green terrain of Lion Rock and the vibrant Kowloon Peninsula.

Mont Rouge, your private sanctuary on top of the world: a remarkable living place to see, and be seen.



MONT ROUGE
緹山

ENQUIRY: (852) 2967 2222
WWW.THEMONTROUGE.COM.HK



KERRY PROPERTIES
嘉里建設

District: Shek Kip Mei • Street Name and Street Number: 9 Lung Kui Road • The photographs, images, drawings or sketches shown in this advertisement/promotional material represent an artist's impression of the development concerned only. They are not drawn to scale and/or may have been edited and processed with computerized imaging techniques. Prospective purchasers should make reference to the sales brochure for details of the development. The vendor also advises prospective purchasers to conduct an on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. • The address of the website designated by the vendor for the development for the purposes of Part 2 of the Residential Properties (First-hand Sales) Ordinance: www.themontrouge.com.hk

Vendor: NMC 8 Limited • Holding Companies of the Vendor: Kerry Group Limited, Kerry Holdings Limited, Kerry Properties Limited, Kerry Properties (Hong Kong) Limited, Goldash Holdings Limited and Mazlo Holdings Limited • Authorized Person for the Development: Mr. Wong Ming-yim • The firm or corporation of which the Authorized Person for the development is a proprietor, director or employee in his or her professional capacity: DLN Architects Limited • Building Contractor for the Development: CR Construction Company, Limited • The firm of solicitors acting for the owner in relation to the sale of residential properties in the Development: Baker & McKenzie • Authorized institution that has made a loan, or has undertaken to provide finance, for the construction of the Development: The Hongkong and Shanghai Banking Corporation Limited (Note: The undertaking has not yet been issued) • Any other person who has made a loan for the construction of the Development: Dragon Fame Limited • This advertisement is published by the Vendor of Mont Rouge • To the best of the Vendor's knowledge, the estimated material date for the Development: 31 December 2019 ("Material date" means the date on which the conditions of the land grant are complied with in respect of the development. The estimated material date is subject to any extension of time that is permitted under the agreement for sale and purchase.) • Prospective purchasers are advised to refer to the sales brochure for any information on the Development • Date of Print: 07 January 2019

HEALTHY WORKPLACE, HAPPY HEARTS

If you're happy to go to work each day,
then your workplace is doing its job



After a long day at work, you leave the office – feeling relaxed, refreshed, empowered. Is that even possible? Those who study healthy workplaces believe so. International think tank The Global Wellness Institute says that work should enhance, rather than drain, employees' physical and mental health.

A combination of healthy habits, a “well” environment and the engagement of staff across all sectors of a company is key. Noting a holistic wellness movement in proactive companies already, the institute forecasts that such concepts will change workplaces dramatically in the future.

Susie Ellis, Global Wellness Institute Chairman & CEO, said research conducted across US workplaces has revealed a significant trend.

“We saw significant, diverse and positive implications when a company is perceived to care about an employee’s personal wellness, and extremely negative outcomes when it is perceived as a non-caring company,” she said. “And we found that caring companies tackle not just tangibles like healthy food and workspaces, they address emotional, relational, organisational, intellectual and financial wellness at work - whether it’s giving workers more work flexibility or encouraging socialising and friendships.”

Creating a workplace where everyone can thrive is a process.

Steps include reimagining the physical environment (the building) to be healthier and happier for people and the planet. The International WELL Building Institute provides guidelines across seven concept areas – air, water, light, etc – to create spaces that are optimally designed to improve the nutrition, fitness, mood, sleep, comfort and ultimately, performance of the occupants.

Taking sustainability into consideration from design and through construction to long-term operation, the Qianhai Kerry Centre incorporates office wellness design in accordance to the WELL Building Gold Standard.

Another step is to give staff ownership of healthy initiatives. Encouraging teams to brainstorm and implement their ideas adds to an individual’s sense of purpose, and fosters staff engagement. Both are highlighted as important elements of any healthy workplace strategy.

Over the past year, staff-led group activities in Kerry Properties have brought colleagues closer together in various meaningful ways.

To get everyone moving, a step challenge was created in Hong Kong and Hangzhou offices, offering the incentive of a free pedometer for participants to enhance a healthy lifestyle. Held over four weeks, it was designed to make walking a daily habit, and remind about other healthy tips such as drinking more water to keep the body well hydrated.

According to The Global Wellness Institute, company cultures that build positive relationships between employees, managers and co-workers rank high in caring and significantly impact employee health.

This was evident in a healthy salad day where a shift in office hierarchy saw Kerry management serving their teams a light and wholesome lunch. Staff were encouraged to act



The healthy salad day, where a shift in office hierarchy saw Kerry management serving their teams a light and wholesome lunch
Green Salad Day活動當日，嘉里建設的管理層親自為同事製作輕盈健康的午膳，突破傳統階級觀念



greener by bringing their own bowls and cutlery, and the event also had a charitable element, with Food Grace a beneficiary.

Extending that caring spirit further, Kerry Family Day was an occasion for staff to bring their families to the office to see their workplace, and mingle with colleagues. This was followed by a fun afternoon of games, workshops and children's activities. Talks have also been held on important life matters, such as healthy diet, and festive occasions celebrated. The first ever Fun Friday, introduced as a time for relaxing with food, drinks, games and a live music performance by staff, was enjoyed by all.

Recently, an inter-company basketball competition was launched across the Kerry Group, building teamwork and athleticism in a challenge to win the Kerry Challenge Cup.

Rather than something that we have to do, work itself is actually good for us. It feeds our sense of identity, gives us purpose, and puts us in the company of creative, sharp-minded and interesting peers. The icing on that cake is a workplace where staff feel cared for, valued, healthy and nurtured – and therefore, more productive.

愛心職場有法

愉悅而健康的工作間，讓你每天開懷上班去

工作了一整天，當你離開辦公室之際，可會感覺心情放鬆、精神煥發，而且活力充沛？

研究職場健康的專家相信，這並不是空想。國際智庫全球健康研究所（Global Wellness Institute）提倡，工作並非要耗盡員工的精力，而是要促進他們的身心健康。

健康的習慣、良好舒適的環境，以及公司上下攜手參與不同事項，三者都是達致職場身心健康的關鍵所在。不少積極進取的企業已開展全人健康運動，研究所預期這個概念會徹底改變未來的職場環境。

全球健康研究所主席暨行政總裁Susie Ellis表示，在美國各地職場進行的研究揭示了一個重要趨勢：「如果一間公司關懷員工的個人健康，便會有各種正面而顯著的改變。相反，若公司毫無關愛之心，則會承擔嚴重後果。」她續說：「我們發現，關懷員工的公司不但落實改善具體措施，如提供健康食品及工作環境，更會針對員工的工作情緒、人際關係，以至組織、智能及財政健康，對症下藥，例如容許員工彈性工作，或鼓勵他們交朋結友。」

要營造一個令眾人都能健康發展的職場，就得作出改變。

當中所需的步驟包括重新設計物理環境（即建築），令工作環境對人以至地球健康變得有利無害。國際WELL建築研究院（International WELL Building Institute）針對七大範疇，如空氣、水質及光線等，提供健康建築指標，務求營造一個理想空間，改善用戶的營養攝取、體魄、情緒、睡眠質素、舒適度，以至最終提升工作表現。

前海嘉里中心的設計、建造以至往後長期運作，均考慮到可持續發展的概念，並且依循WELL建築健康金級認證（WELL Building Gold Standard）的標準，加入職場健康的設計元素。

接下來便是鼓勵員工，讓他們自發構思有益健康的計劃並落實執行，以增強個人使命感，令員工更投入。這些都是建立健康職場的重要策略。

過去一年，嘉里建設舉辦了不少員工自發的團體活動，以不同方式拉近員工距離。為了鼓勵大家多做運動，香港及杭州舉辦了「喜步展關懷」，並向參加者派送計步器，推動員工步向健康生活。活動為期四星期，目的是讓大家養成多步行的習慣，同時提供其他健康貼士，如提醒大家多喝水以確保身體攝取充足水分。

根據全球健康研究所指出，促進僱員、管理層與同工建立良好關係的公司文化，是評定公司是否關懷員工的重要指標，更對員工健康有重大影響。

Green Salad Day就是一個好例子。活動當日，嘉里建設的管理層親自為大家製作輕盈健康的午膳，突破傳統階級觀念。活動也鼓勵員工響應環保，自攜私人餐具，並透過慈善捐獻，惠及食物回收組織「食德好」。

為延續這份關愛精神，集團舉辦了「嘉里家庭日」，讓員工帶同家人上班，參觀辦公室，還準備了有趣遊戲、工作坊及兒童活動。集團也舉行不同講座，講解日常須知，例如健康飲食及節日慶祝等等。而旨在讓員工放鬆心情的Fun Friday則備有小食、飲品、遊戲及現場演奏，首次舉辦已廣受歡迎，所有同事均盡興而歸。

最近，嘉里集團舉辦內部籃球聯賽，員工競逐嘉里挑戰盃的同時，也有助促進團隊合作及體育精神。

工作並非只是營營役役的苦差，實際上它對我們甚有裨益。工作讓我們建立身份認同及目標，並有機會與具創意、聰明能幹及有趣的同伴共事，再配合一個關懷員工的職場，就如錦上添花，讓大家的價值、健康及需求獲得重視及滿足，事半功倍。



According to the Global Wellness Institute, work should enhance, rather than drain, employees' physical and mental health
國際智庫全球健康研究所提倡，工作並非要耗盡員工的精力，而是要促進他們的身心健康

SOUTHSIDE CALLING

From quaint fishing village to vibrant urban cluster, Wong Chuk Hang is a southern star well on the rise

Had the British not decided to base their early development of Hong Kong along the northern coast of the main island, rather than the south, the city as we know it might look very different today.

For the wealthy merchants and traders who had already set up home by the beautiful beaches of the serene south side, the decision to leave their district in peace was possibly quite welcome. Central, Admiralty and Wan Chai might have been necessary places to do business, but at the end of the day, the call of the sea would bring them back to the sunny south. With mountains behind to freshen the air, and views in front across the South China Sea, here was a perfectly-aligned orientation for a harmonious life.

Why are people so drawn to the sea? In his book *Blue Mind*, marine biologist Wallace J. Nichols explains that the term “blue mind” describes the mildly meditative state we fall into when near, in, on or under water. It’s the antidote to what he refers to as “red mind”, which is the anxious, over-connected and over-stimulated state that defines modern life. According to Nichols’ research and numerous other studies, spending time near the

water is essential for lowering stress, and sustaining happiness.

So as Hong Kong grew in affluence, the well-to-do continued anchoring their families on Hong Kong Island’s south side, building lavish homes to take in the views. International schools set up campuses, so that children could receive quality education nearby.

It was with families in mind that prestigious Aberdeen Marina Club was established, offering members a range of leisure and dining facilities with the level of exclusivity they craved. Located on Aberdeen harbour, the club overlooks the fishing fleet and still-working sampans that are an iconic reminder of Hong Kong’s maritime heritage. Now sharing the harbour with luxury yachts and modern leisure junks, the juxtaposition of history and modernity makes for an enchanting scene.

With the uninterrupted views enjoyed from the club’s outdoor pool deck and waterfront restaurants, members are secluded from the daily hustle and bustle of city life, and may indulge in the feeling of being out at sea.

The peaceful sea view from
Brick Hill in Wong Chuk Hang
從黃竹坑南朗山俯瞰的平靜海景

Here, harbourside living is completed by greenery. With a majestic mountain always visible, the expansive green fields of Wong Chuk Hang Sports Centre have been a local institution for decades. With a variety of sporting pursuits on offer, this facility remains committed to keeping the community healthy.

So around the new Wong Chuk Hang MTR station (opened in 2016), innovators drawn to this neighbourhood's unique character started moving in. Art galleries, cafes and maker's workshops began springing up, earning Wong Chuk Hang its status as an emerging creative hub. F&B operators seized the opportunity to offer something fresh, drawing Hong Kong residents and tourists alike to come and see what they could discover.

Apart from a wide range of interesting cuisines from various parts of the world, old favourites remain. The harbour's famous floating restaurants still draw crowds today, while the long-running and still thriving Aberdeen Wholesale Fish Market retains a reputation for selling and serving the best fresh seafood in Hong Kong.

Many of these attractions are within walking distance of the South Island metro line that puts residents and visitors within two to three stops of the commercial heartland of Admiralty, and all points beyond. Yet the plan for Wong Chuk Hang's gentrification was even grander than that.

Clustered around the MTR station would be a new private residential development – a rare find in this locale, and special indeed for a private estate to enjoy direct metro connectivity.

The site of these prime homes epitomises the tranquillity of low-density Wong Chuk Hang.

Facing south, the views will extend to the beach and aquatic playground of nearby Deep Water Bay, while the Ocean Park mountain right behind stands tall, lush and green. In denser areas, such a setting would be hard to imagine.

From a vague idea of what might be for this characterful and now convenient neighbourhood by the sea, the future had become clear.

Wong Chuk Hang, rising star of Hong Kong's southside, is well and truly on the ascent.



Jumbo Floating Restaurant
珍寶海鮮舫



Ocean Park
海洋公園



Aberdeen Marina Club
深灣遊艇俱樂部

南起之秀

黃竹坑由昔日的小漁村，蛻變為香港南部的繁華新熱點

若當初殖民地政府決定先發展港島南而非港島北，也許，香港今天的面貌會截然不同。

對於居於南區、坐擁優美海灘及寧靜環境的富戶而言，當初讓南區保留原貌的決定說不定挺受歡迎。白天工作，就得到中環、金鐘及灣仔等商業中心；待日入而息之時，大海的召喚總會吸引他們回到這個閒適的南區來。這裏背山面海，空氣清新，且能飽覽南中國海景致，絕對是悠閒生活的理想居停。

到底大海有何吸引之處？海洋生物學家Wallace J. Nichols在著作《藍色意識》(Blue Mind)中解釋道：「藍色意識」指的是當我們靠近水源，或置身水中、水上與水底時，便會進入輕微冥想狀態，這也是矯正他提及的「紅色意識」的解藥。「紅色意識」即現代生活常見的焦慮、過度依賴互聯網及過度刺激的狀態。根據Nichols的研究及其他資料指出，多待在海邊有助舒緩壓力，保持愉悅心情。

因此當香港開始發展起來時，富戶選擇繼續紮根港島南區，興建能飽覽海景的豪宅，設立國際學校，好讓小孩在家附近上學，接受優質教育。

深灣遊艇俱樂部成立之初，便是以家庭為本，提供一系列會員專享的休閒及餐飲服務，滿足他們對優質生活的渴求。俱樂部鄰近香港仔避風塘，極目遠眺，盡是一艘又一艘的漁船以及至今仍在運作的舢舨，讓人頃刻緬懷昔日香港的漁港風情。現在，港口同時停泊着豪華遊艇及新型休閒帆船，新舊事物相映成趣，交織出醉人景致。

俱樂部的戶外游泳池及池畔餐廳擁有開闊景觀，會員可遠離繁囂，享受儼如出海般的寫意感覺。

家住黃竹坑，除可享受海濱生活之外，也可擁有綠樹成蔭的居住環境，隨時能欣賞恢弘壯麗的山景。黃竹坑體育館擁有大片廣闊的草地，多年來致力提供多元化的運動設施，滿足社區的需求及居民的健康需要。

黃竹坑港鐵站自2016年起正式啟用，該區的獨特個性隨即吸引了創作者進駐，藝廊、咖啡店、工作坊如雨後春筍般湧現，令黃竹坑蛻變為新興的創意中心。餐飲業營運者觀準商機，提供特色餐飲，招徠絡繹不絕的香港居民及遊客。

除了薈萃世界各地的特色料理外，該區也保留了舊式風情。香港仔避風塘著名的海上餐廳珍寶海鮮舫仍然客似雲來，而營運多年的香港仔魚類批發市場，至今仍被譽為全港供應最新鮮海產的地方。

這些景點位處港鐵南港島線，距離金鐘商業區僅兩至三個車站之遙，對居民和遊客而言十分方便。然而，黃竹坑的升級轉型尚未停步。一個全新私人住宅發展項目將座落在港鐵站附近，是同區少有毗鄰車站的私人屋苑。

此高級住宅地理位置優越，環境恬靜怡人。背靠海洋公園座落的南朗山，景觀延伸至鄰近的深水灣海灘，如此格局，實在城中難求。

這樣獨特的沿海社區，從過去的鎔光養晦、潛藏實力，到現在的交通便利、鋒芒嶄露，黃竹坑這個香港南部的後起之秀，未來可謂一片光明。



SMART THINKING SAVES WASTE

Some green DIY tips that can contribute towards a sustainable future



Latest scientific warnings of a looming climate change crisis drive home the need for human intervention. Perhaps you wonder what one person can do – or even a single household – among a world population of some 7.4 billion?

The fact is that individuals can make a difference – because the ultimate solution requires behavioural change. So if conserving resources, reducing waste and spreading the awareness becomes a daily habit, you've started a ripple effect.

Make it fun, involve the whole family, and it won't seem so hard. Here are some ideas.



Make your own gifts

'Tis the season for exchanging gifts, and while it's lovely to give as well as receive, few among us need more stuff in our lives. A home-made gift spreads the blessings of the season in a more sustainable way.

Recycled glass jars make a wonderful container. Remove the label by soaking in hot water, adding vinegar if necessary to remove any stubborn residual. Any number of healthy treats can then be added to the clean, dry jars. For instance, layer the ingredients for a wholesome soup – split peas, pearl barley, brown rice, dried lentils, etc. – and hand-write the cooking recipe on a card attached.

Or fill with trail mix from nuts, seeds and dried fruit, including glace cherries for some festive colour. Nuts are nature's superfoods, and the colour and variety can be artfully arranged for visual as well as taste enjoyment.

手作禮物

臨近節日，又是交換禮物的時候了。雖然施與受同樣有福，但相信我們大部分人家中早已不缺任何東西。因此，一份自家製禮物似乎更為適合，能傳達祝福之餘，更可響應環保。

舊玻璃瓶很適合循環再用。把玻璃瓶浸泡在熱水中，便可輕鬆移除瓶身的標籤，如有頑固殘留污漬，可在水中添加白醋。玻璃瓶潔淨乾透後，便可把製作有益湯水或粥品的食材分層堆放瓶內，如豌豆、珍珠麥、糙米、乾扁豆等，再把食譜寫在附着瓶子的賀卡上。

此外，亦可選擇放入堅果、種籽及乾果，再混合蜜餞櫻桃，增添節日色彩。堅果是天然的「超級食物」，色彩繽紛，種類繁多，只需花心思配搭，便能帶出視覺和味覺的雙重享受。

綠在當下

廢物善利用，手作創未來

科學家警告，全球氣候變化危機逐步逼近，人類是時候要出手遏止。不少人或許會想，茫茫74億人海，單憑一己之力或一個家庭的付出能有多少作為？

事實上，一個人也能改變世界，因為終極的解決方法是要改變生活習慣。「千里之行，始於足下」，如果能把節能、減廢及提升環保意識變成日常生活習慣，便能帶來連鎖效應，影響世界。

發掘箇中的樂趣，全家總動員，一切便變得容易得多，不妨參考以下的建議。

DIY heat pack

When you step in from the cold this winter, warm up with a DIY microwavable heat pack that can be made in minutes.

Dried red beans or rice make an ideal filling, adding dried flower petals if you like for fragrance.

Cut leftover cotton fabric into the desired shape (usually a rectangle or square) and hand- or machine-sew three sides to make a pouch. Then turn it inside out. Add filling until the pouch is half to three-quarters full, then carefully stitch the top closed.

Your heat pack is now ready for use. Place it in the microwave with a cup of water, and heat it in increments of 30 seconds, testing after each. When the pack is warmed to your liking – around two to three minutes in total – remove using a hand towel or oven mitt and enjoy its soothing warmth.

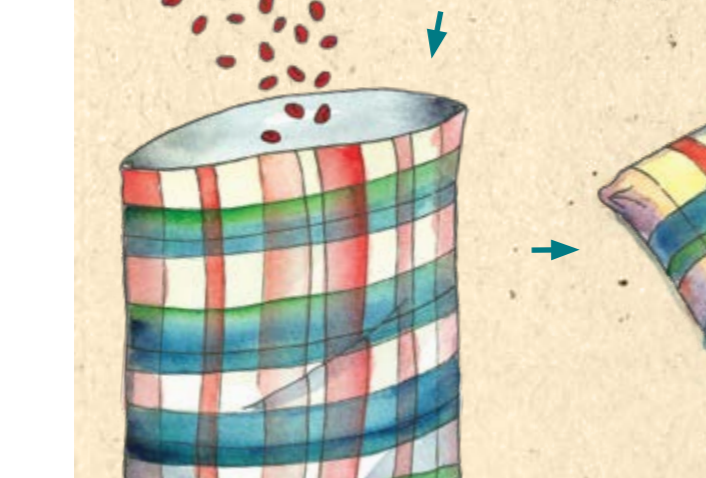
自製暖包

冬天外出回家，想驅走寒意，只要花上數分鐘自製暖包，再以微波爐加熱，便能暖入心窩。

暖包內可放乾紅豆或米粒，如想帶點淡淡幽香，更可加入乾花瓣。

首先把剩餘的棉布剪成合適的大小及形狀，例如長方形或正方形，然後用人手或縫紉機把棉布其中三邊的開口縫合起來，製成小袋子，再從裏朝外翻過來，加入填充物，直至袋子半滿或剩餘四分一空間，再小心把開口縫好。

這就完成了暖包製作。接下來，把暖包連同一杯水放進微波爐漸進加熱，每次最多加熱30秒，並可先試試溫度。當暖包達至理想的溫度後，便用毛巾或隔熱手套取出暖包。整個過程只需花上兩至三分鐘，便能享受舒適暖意。



Lai see ornament

Auspicious they may be, a staggering 320 million lai see packets are distributed each Lunar New Year in Hong Kong alone. To produce them, it apparently takes about 16,300 trees. Keep the good luck going by using those pretty red packets in creative ways.

Design your own jewellery by rolling strips of red packets into small ornaments, shaping as required. Paint with nail polish to maintain the shape and give them a glossy sheen. Add necklace chains and earring hooks for a beautifully matched, eye-catching set.

You can also put used lai see packets away to make next year's lunar new year decorations.

利是飾品

派利是雖然意頭十足，但每年農曆新年，單是香港已用上三億二千萬個利是封，足足需要耗費16,300棵樹木。要流年吉利，何不巧花心思創意，重用這些設計精緻的利是封，延續新春喜氣？

想擁有自家設計的首飾，可以先把利是封剪成紙條，然後捲起來，製成所需形狀的飾物，再塗上指甲油以固定形狀，並增添亮澤效果。最後配上鏈條及耳環鉤，一套別出心裁的自家製首飾便大功告成了。

此外，你也可保留用過的利是封，待來年農曆新年用來佈置家居。

Zero-cost speaker

A smartphone speaker that doesn't cost a cent? It's easy to make yourself one at home, using items salvaged from the recycling bin.

All you need is one toilet paper roll, and two cardboard or plastic cups.

After marking around the base of your phone on the toilet paper (or paper towel) roll, cut it out carefully. Using the end of the roll as a template, cut out circles in the sides of the cups as well.

Paint and decorate all three pieces, then carefully slot them together: paper towel roll in the middle; cups on both sides. Slip your phone into the middle, and start the music to hear the amazing results.

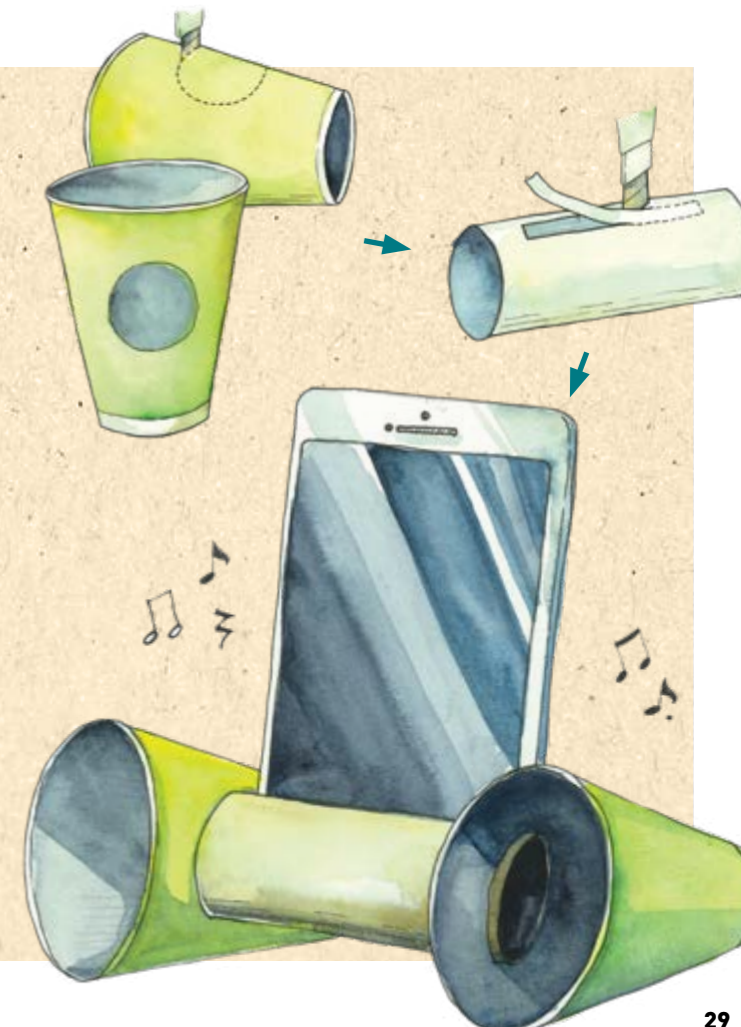
零成本揚聲器

有沒有想過能夠以零成本擁有一個全新的智能手機揚聲器？只要利用回收物品，自己在家也能輕鬆動手製作。

所需物料只有一個廁紙筒，以及兩個紙杯或膠杯。

在廁紙筒或廚房紙筒上，勾畫出手機底部的形狀，然後小心沿着所畫形狀剪出。再分別在兩個杯子杯身上，剪出一個等同紙筒直徑大小的圓洞。

接下來，把紙筒及杯子着色並裝飾一番，然後把紙筒置中，兩個杯子分別在兩端，再小心把三個部件組合在一起。把手機插進紙筒中間的洞隙之中，並播放音樂，就能「坐聽其成」，享受悠揚樂韻。





ALL ON BOARD FOR FAMILY FUN

Spanning time, countries and cultures, classic table games have never had more relevance than today

Wherever they are in the world, Kari, a financial analyst, and Joe, an IT graduate, come home to Hong Kong for Chinese New Year.

After the feasting and exchanging of gifts, parents and siblings sit down as they always have for an afternoon of tabletop games. Their lively banter lights up the room, interspersed with the cheerful clatter of tiles on a board, or the shuffling of cards.

This happy family scene is a festive tradition played out in Chinese and Western households everywhere. Board game favourites like Scrabble, Monopoly, Rummikub or Mahjong have been enjoyed for generations, and even in the digital era, remain highly relevant today. Busy schedules tend to restrict the quality time spent with friends and family and, as a consequence, limit the opportunities to deepen relationships.

Gathering everyone around the table for a fun and creative outlet puts the focus back on relationships – which is good for personal happiness, and also benefits our health. They're

inexpensive to buy, and may be played over and over – without needing a recharge.

Board games aren't just entertaining – they are also educational. Scrabble helps children to build vocabulary and word skills, and aging minds to remain agile. But even simple board games like Snakes and Ladders teach young ones important life skills such as patience, sharing, and enjoying interaction with others. Board games can also foster the ability to focus by encouraging the completion of an exciting, enjoyable game.

Some games are historic examples of innovation overcoming challenges of the time. Scrabble, for instance, was invented by American Alfred Mosher Butts, an out-of-work architect who had lost his job during the Great Depression of the 1920s. With time on his hands, Mr Butts, a fan of crosswords, played around with the idea of a game that would cheer people up whilst exercising their brains.

In the 1930s, when playing cards were outlawed in Central European Romania, Ephraim Hertzano decided to come up with a substitute. He exchanged the cards with tiles – and Rummikub was born. While this helps young minds develop a foundation for maths, it's also an excellent game for mental agility in adults of all ages.

Meanwhile, in Ghana, Africa, the enduring game of Jenga came about through one family utilising local resources.

The parents of its inventor, Leslie Scott, made their own entertainment using small wooden blocks sourced from the sawmill near their home. The challenge to build a tower by removing and replacing blocks, without the construction falling over, requires skills, intelligence and strategic decision making. Like the other best-selling games, it has sold more than 50 million sets worldwide.

Originally conceived as The Landlord's Game, Monopoly needs no introduction. American Elizabeth Magie is credited



Rummikub
魔力橋數字牌

with the idea of moving pieces around a board trading properties and paying rent (way back in 1904), but the game wasn't commercialised – as Monopoly – until 1935.

In Britain, the names of the properties were changed to well-known streets in London – a practice that was followed as Monopoly made its way around the world.

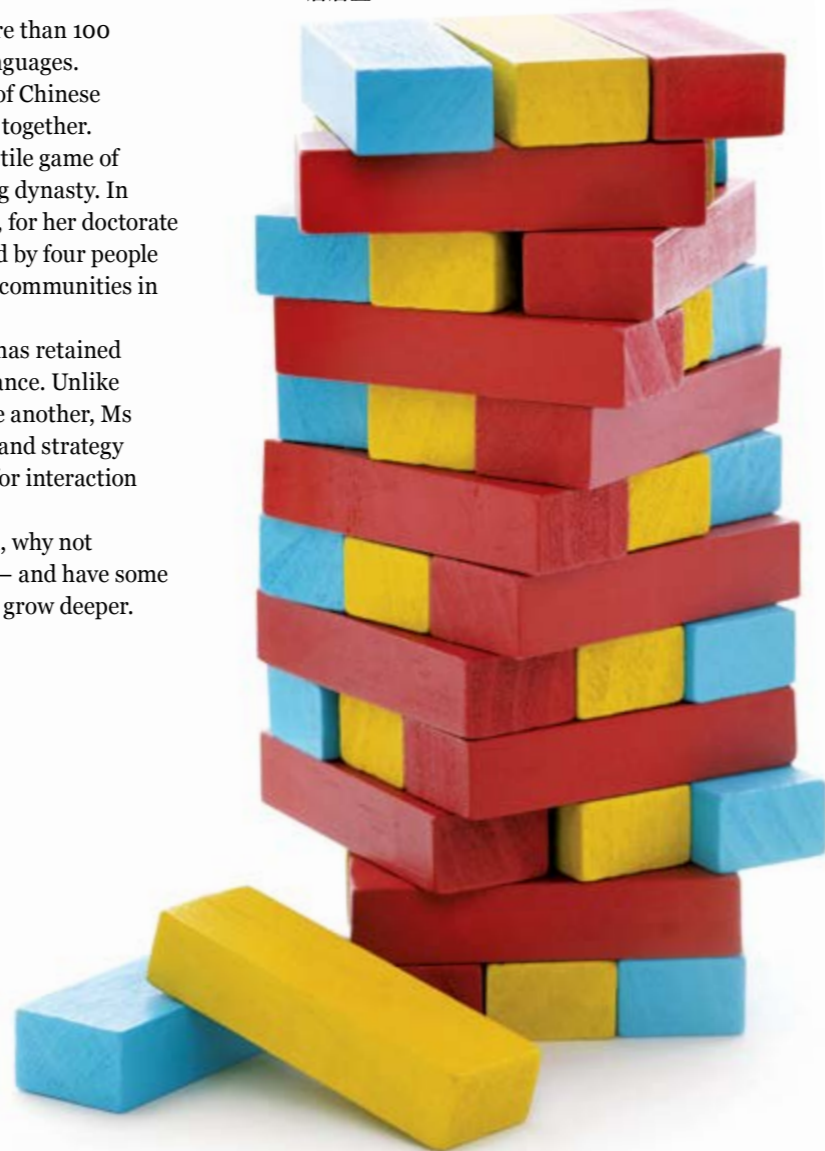
Multicultural monopoly has been sold in more than 100 countries, and translated into no less than 47 languages. Bi-lingual versions are also available, so groups of Chinese and English-speaking friends may enjoy playing together.

Still ubiquitous in Chinese society today, the tile game of Mahjong was developed in China during the Qing dynasty. In 2013, American PhD Annelise Heinz researched, for her doctorate at Stanford University, how a game of skill played by four people with tiles could be so ingrained in the culture of communities in the US as well as China.

She called Mahjong a remarkable game that has retained its core interest and beauty across time and distance. Unlike other leisure games which pit players against one another, Ms Heinz found that Mahjong requires cooperation and strategy between players, which creates an "ideal forum for interaction between people."

As loved ones get together this festive season, why not surprise everyone by bringing out a board game – and have some tried-and-true fun while the bonds of friendship grow deeper.

Jenga
層層疊



Mahjong
麻將

獨樂樂不如眾樂樂

經典的桌上遊戲衝破時間、國家及文化藩籬，時至今日仍風靡全球

無論身處世界哪個角落，金融分析師Kari和資訊科技畢業生Joe每逢農曆新年，必會回港度歲。

飽餐一頓及交換禮物後，一家大小慣常會安坐家中，投入桌上遊戲，消磨午後時光。整個房間充斥着喧鬧歡笑聲，還有麻將碰撞和紙牌洗牌的聲音，洋溢歡悅的節日氛圍。

無論是中國或西方家庭，家家戶戶都能見到這種歡度佳節的家庭樂情景。受歡迎的桌上遊戲眾多，諸如英文拼字遊戲「Scrabble」、「大富翁」（Monopoly）、「魔力橋數字牌」（Rummikub）和麻將等，均在不同年代風靡各地，即使是現今這個數碼時代仍教人樂此不疲。

繁忙生活窒礙親朋好友的相處時間，也因此難以建立深厚感情。桌上遊戲則讓親友聚首一堂，共度歡樂時光，重新投入彼此關係，不但可陶冶性情，也有益健康。桌上遊戲既非奢侈品，還可供人反覆玩樂，從不會有需要充電的煩惱。

桌上遊戲並非僅用來娛樂消遣，還富教育意義。「Scrabble」有助孩童認識詞彙，老年人則可保持頭腦靈活。即使是簡單如「蛇梯棋」的桌上遊戲，年輕一輩也可在玩樂過程學習重要的處世之道，如忍耐、分享及享受與他

人互動的樂趣。桌上遊戲透過刺激有趣的方式鼓勵玩家完成遊戲，也有助提升專注力。

創意歷久不衰，部分歷史悠久的遊戲便是最好例證。以「Scrabble」為例，其發明者為美國人Alfred Mosher Butts，他本是一名建築師，可惜於1920年代大蕭條之際失業。在這段空閒時間，熱愛填字遊戲的Butts希望設計出一個有趣又能鍛鍊玩家頭腦的遊戲。

1930年代，玩紙牌在中歐國家羅馬尼亞被視為違法，於是Ephraim Hertzano決意找尋替代品。他把紙牌換成小磚塊，「魔力橋數字牌」由此誕生。這種設計精妙的遊戲有助年輕人打好數學基礎，同時也鍛鍊男女老幼的腦筋靈活性。

另一邊廂，非洲國家加納當地一個家庭運用本地資源，設計出經典遊戲「層層疊」。

設計師Leslie Scott的父母從居所附近的鋸木廠取得細小木方塊，用來製作自家遊戲。遊戲過程要抽走木塊並放置在塔頂上，木塔愈堆愈高但不可倒塌，挑戰玩家的技巧、智慧，同時考驗謀略。「層層疊」就如其他熱賣暢銷遊戲，全球賣出超過五千萬組。

「大富翁」更是街知巷聞。「大富翁」前身為「大地主遊戲」，由美國人Elizabeth

Magie設計，遊戲概念是在卡板上移動棋子，藉此買賣物業及繳付租金（當時為1904年）。遊戲直至1935年才以「大富翁」的模式商品化出售。

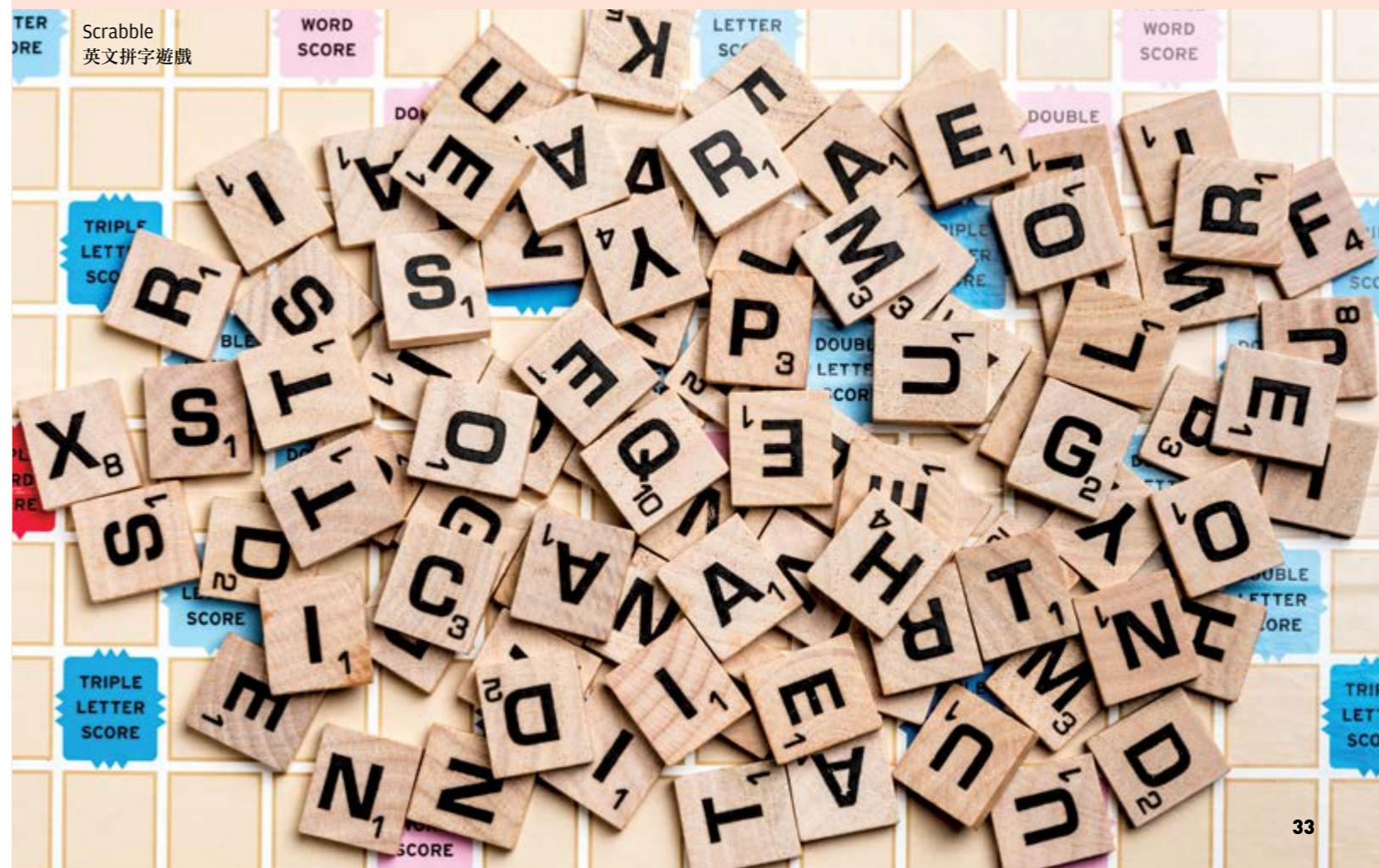
在英國，遊戲中的物業名稱全改成倫敦當地著名的街道。此做法一直沿用至今，跟着「大富翁」走遍世界各地。

融合多元文化背景的「大富翁」遊戲於超過一百個國家發售，並至少有47個不同語言的翻譯版本。雙語版本也同樣有售，不論說中文或英語的朋友也可以一同享樂。

源於清代的麻將，至今於中國社會仍廣受歡迎。2013年，美國史丹福大學博士生Annelise Heinz研究，打麻將這種四人參與的小方塊遊戲，為何能深深植根中美社區的文化之中。

她指出，麻將設計巧妙，歷經歲月仍不失趣味與美感。她發現，麻將跟其他休閒遊戲的不同之處，在於遊戲玩家並非完全對立，而是需要合作並運用策略，「為眾人搭建互動的平台」。

佳節當前，與親朋好友共聚一堂時，何不製造驚喜，帶桌上遊戲一同耍樂，保證好玩之餘，還能增進感情。



Scrabble
英文拼字遊戲



The obstacles vary in the spartan race and there is no course map released beforehand
斯巴達障礙賽的關卡變化多端，賽道地圖也不會事先公佈

THAT SPARTAN SPIRIT

Mud, sweat and tears: why city folk are racing to put themselves through the latest and toughest endurance sport

While most of us are enjoying the relaxed pace of a leisurely Saturday or Sunday, the weekend warriors of spartan racing are up early, pounding the pavement or country trails, or pushing their bodies to the limit in the gym.

Spartan racing is a new trend in endurance sport rapidly gaining traction worldwide. Over kilometres-long courses punctuated by extremely demanding challenges, participants sprint, crawl, climb and clamber, motivated to be one of those bruised, muddied, and exhausted spartans who make it to the finish line.

One among various brands in the burgeoning obstacle race category, spartan racing is not for the faint-hearted. Yet according to devotees, such races are a fun way to challenge your mental and physical limits – and get a little dirty in the process.

Born in the green mountains of Vermont, USA, and now followed in more than 30 countries, spartan racing takes its name from the most formidable warriors of all time: the Sparta army of ancient Greece. So physically powerful were these men, trained for the role from boyhood, that no soldiers in the world could come close to matching their prowess.

A spartan, according to Joe DeSena, the American endurance racer who founded the brand in 2004, is gritty, resilient, and passionate.

More than a sport, it's a way of life where training and nutrition require dedicated commitment. In addition to a rigorous fitness regimen, participants are encouraged to “eat like a spartan”, avoiding processed foods, fasting occasionally, and choosing nutrient-rich whole foods.

The obstacles vary, and because the course map is not released beforehand, competitors have no way of knowing exactly what to prepare for. As one spartan coach tells her group, “you have to be ready for anything”. And regardless of what the obstacles are, “your endurance, speed, and upper and

lower body strength are tested”. All of these fitness components should be included into a training routine, and in Hong Kong, a number of gyms offer spartan training programmes.

The official spartan website offers tutorials such as the fastest way to crawl under barbed wire – a staple challenge of all events – as is the mud challenge. Other online tutorials include how to conquer the sled drag; the rope climb; the monkey bars; sandbag carrying and fire jumping.

The website also includes nutritional videos, which anyone can access, spartans or not, explaining the benefits of certain foods and offering a handy meal plan.

But through all the tears and triumphs, there's always the comfort of others in the cohort. That's one endearing aspect of the sport: in spartan racing, no one journeys alone.

The first spartan race in Hong Kong took place in November 2016. Now, events are held in the city twice annually – in November and April – with regular series also held in the mainland cities of Beijing, Shanghai, Qingdao and Shenzhen.





All members of a fit family can be involved. In the kids' event (minimum age four years), the course is a manageable 1 – 2 km, with no obstacles. The sprint event for adults covers 6 km with 25 obstacles, while in the “super” event, racers tough it out over a distance of 12 km with 25 obstacles.

Events start at the Kam Tin Country Club, and continue into the surrounding countryside. At last count, the most popular course – the “super” – attracted more than 6,000 racers, and some 4,000 spectators. Last November also saw the debut of a team challenge, the ‘hurricane heat’, as a team-building event for corporates or simply groups of friends.

From spartan racing – the race that claims to be life-changing – come inspiring stories. One Hong Kong mother who took up the sport to shed a few pounds of baby weight has ended up being a regional champion. The newlyweds who stood on the podium last year, having taken out the men's and women's titles, had used part of their earlier prize money to fund their wedding.

It's said that spartan warriors have no age limit. That age is “just a number”, and that anyone who is healthy, has a brave heart and trains sufficiently, can compete. At 70, a successful spartan in the Shanghai event proved that it can be done.

Yet on the day, it's the endeavour that is applauded.

Racers of any age are not encouraged to push themselves too far. For whether or not they make it to the finish, participation is enough. That's the spartan spirit.

All members of a fit family can be involved in spartan racing, while kids at four years old or above can join the kids' event
家中老少均可參與斯巴達障礙賽，四歲或以上的小孩亦可參加兒童賽



斯巴達精神

泥濘、汗水、熱淚……無論如何也阻擋不了城市人克服艱苦挑戰的耐力

當大部分人在享受悠閒輕鬆的周末時光，斯巴達障礙賽的戰士一大早就起來，在路上或郊外小徑跑步，或在健身室內挑戰身體極限。

斯巴達障礙賽這種耐力運動近年在世界各地愈來愈受歡迎，以公里計算的賽程，途中加入極為消耗體能的關卡。參加者要全速奔跑、在地上爬行、往上攀爬，就如同斯巴達戰士一樣，渾身瘀傷，沾滿泥濘，耗盡體力，但仍堅持衝過終點完成賽事。

五花八門的障礙賽事近年迅速冒起，斯巴達障礙賽是其中之一。對愛好者而言，這些比賽挑戰身心極限，即使過程中會讓參賽者變得有點厭倦，但仍是蠻有趣的體驗。

斯巴達障礙賽源自美國佛蒙特州，現時已在逾30個國家舉辦賽事。比賽取名自史上最英勇的戰士——古希臘的斯巴達軍隊。斯巴達人體格健碩，年少時便開始接受訓練，其英勇無畏的精神實在是無人能及。

斯巴達障礙賽由美國冒險賽好手Joe DeSena於2004年創辦。對他而言，斯巴達選手必須堅忍不拔、善於應變，而且擁有一顆熱情澎湃的心。與其說是運動，斯巴達障礙賽更像是一種生活方式。在訓練及營養攝取方面都須百分百投入。參加者除了要遵循嚴格的健康生活規律，更應「吃得像個斯巴達戰士」，避免進食加工食品，快餐只可偶爾淺嘗，平日要挑選營養豐富天然健康食品。

比賽關卡變化多端，賽道地圖也不會事先公佈，選手無法得知事前該如何準備。一位斯巴達教練告訴學員：「你們要準備面對任何事情。」她指出不管障礙物是甚麼，「目的都是測試你的耐力、速度，以及上下肢肌力。」訓練內容都涵蓋這些元素，而香港部分健身中心也有提供斯巴達訓練課程。

斯巴達障礙賽的官方網站也有提供指導，例如在刺網下匍匐前進的最快方法，而一如泥濘挑戰，兩者同樣是所有關卡中最基本的項目。

其他網上指導還教授如何拖雪橇、爬繩、爬攀架、抬沙包及跨跳火海。

網站亦有發佈關於食物營養的短片，解釋部分食物的益處，並有簡便的餐單以供參考。不論你是否斯巴達參加者，皆可觀看。

不管成敗得失，參加者身邊總有戰友相伴，這就是斯巴達障礙賽其中一個迷人之處。比賽中，沒有人會孤身作戰。

香港首個斯巴達障礙賽於2016年11月舉行。時至今日，賽事於每年11月及4月舉辦。另外，常規賽事也會在北京、上海、青島及深圳等內地城市舉行。

只要身體健康，家中老少均可參與。兒童賽（四歲或以上）的賽程只有一至兩公里，沒有障礙物，相對輕鬆容易。為成人而設的衝刺賽全長六公里，共有25個障礙物。至於「超級賽」的選手則要咬緊牙關，捱過12公里及25個障礙物。

香港比賽的起點設於錦田鄉村俱樂部，賽道延伸至周邊郊外地區。根據最新統計數字，最受歡迎的「超級賽」共吸引逾六千名選手參與及四千名觀眾圍觀。去年11月的賽事更首次推行隊制賽「暴風雨大賽」，旨在發揮團隊精神，不論是企業團隊或朋友結伴皆可組隊參與。斯巴達障礙賽揚言可改變人生，其中更有不少啟發人心的故事。一位香港媽媽分娩後本為了減肥而參賽，最終卻贏得地區冠軍。一對新婚夫婦去年分別奪得男子及女子冠軍，並用了部分獎金籌辦婚禮。

斯巴達障礙賽沒有年齡限制，年齡「純粹是一堆數字」，只要身體健康，心臟強健，並事先接受充足的訓練，都能參加比賽。上海賽事中，一名70歲的斯巴達參加者完成挑戰，證明凡事皆有可能。

在比賽場上，努力過後最終總會獲得掌聲。

所有參賽者，不論甚麼年紀，都要量力而為。無論到達終點與否，只要有參與便已足夠。這就是斯巴達精神。



FIELDS OF DREAMS

For your next holiday, why not glam it up with an extravagant outdoor adventure

Sleeping outdoors away from home is one way to get back to nature, but some people may not want to rough it in a flimsy tent, with just the bare necessities – the way that camping used to be.

Recently, a new form of luxury camping – called glamping – has emerged as a travel trend. For even those globetrotters who have travelled the world many times, glamping can take you to places you've never imagined.

Its name is a fusion of two words, glamorous and camping – some also call it glorious camping. But neither adjective can adequately describe the experience of sleeping outdoors surrounded by nature, with all the creature comforts of a high-end hotel.

Glamping goes where no resort can: from a see-through bubble deep in a forest, to a private pod perched on a ski slope, and all manner of extravagant indulgences in between. Forget any notion of rugged travel, and think instead high thread count sheets, downy-soft duvets, hot showers and Michelin-starred cuisine.

Though the term itself is relatively new, the concept of staying in luxury in the wild has been around since the 1900s. Of course, the yurt-dwelling Mongolians had been sheltering under the stars long before that, but it was to cater to wealthy

Europeans and Americans on their adventures in Africa that safari tents were first furnished with antique furniture, Persian rugs and luxury bedding.

Modern-day glampers say it's the most relaxing way to travel. You're at one with nature, with everything provided – fully absorbed in the beauty all around. No wonder that so many couples find glamping such a romantic experience.

For those planning their first taste of glamping, a side trip from a regular holiday might be a good start. And where better than to journey to the Mongolian regions, a destination of superb natural scenery and authentic ethnic customs, where tent-living has been a local tradition for thousands of years.

Basing your trip at the Shangri-La Hotel, Huhhot will be your introduction to the capital of China's Inner Mongolia Autonomous Region, enjoying the legendary hospitality of the Shangri-La brand. From your hotel, embark on a unique grasslands and Singing Sands desert experience, spending three or four nights in a deluxe yurt with all the privileges of a VIP visitor, including traditional Mongolian welcome. At night, after a rousing campfire under the starry sky, nature is revealed in full glory from the comfort of your yurt windows.

Even those travellers privileged enough to have witnessed the elusive Northern Lights probably couldn't imagine seeing

Glamping describes the experience of sleeping outdoors surrounded by nature, with all the creature comforts of a high-end hotel
「野奢露營」意謂於野外露宿，仍能享受高級酒店的奢華享受



In Australia, wine-loving glampers can sleep in a vineyard in a luxe tent (one designed as a bridal suite), dine at the winery's restaurant, and finish their day with a round of golf.

For those who love to follow the sun, beachfront doesn't get any closer than in a luxury tent in Phuket. After a day spent frolicking in the surf and sand, rinse off with a warm shower in your tent, and drift into slumber to the sound of the waves rolling in.

Snow-bunnies have their share, too. In the wintry wonderland of the Swiss Alps, luxury igloo pods beside the best ski runs offer a rare tranquillity in the busy holiday season.

But as wealthy world travellers discovered for themselves all those decades ago, it's hard to pass up the lure of Africa. Lodges can only get so close to the game reserves – glamping

puts you right in the heart. Luxury is redefined in tents that share the home of the "big five" – lions, elephants, rhinos, buffalo and leopards – with even the likes of a massage room, swimming pool and spa for true indulgence after a long day of exploring.

Oh, the places you'll go on a luxury glamping trip. For those who long for a path less travelled, your next adventure starts here.

nature's spectacular light show from the warmth of their bed. Whether cosied up inside a heated lakeside dome in Finland, or an inflatable bubble in Iceland, there's nothing between you and the stars – with all the comforts of home.

Perhaps live a childhood fantasy by sleeping in a treehouse? At a secluded glamping spot in a Californian redwood forest, your overnight home high up in the branches even comes with its own hot tub.



With superb natural scenery, Mongolian regions are the ideal destination for glamping. 蒙古地區擁有絕美的風景，是旅客首選的野奢露營目的地。



旅宿夢田

下一趟旅程，何不另闢蹊徑，體驗豪華的特色露營生活

要回歸大自然，可選擇離開居所到戶外露宿。然而，不是人人都喜歡一般的露營，住進只配備基本必需品的簡陋帳篷。

最近，豪華露營體驗的旅遊新熱潮席捲全球。即使是走遍世界各地的旅遊達人，豪華露營也會帶你到前所未見的地方，給予無限驚喜。

Glamping結合「豪華」(glamorous)與「露營」(camping)二詞，有些人會稱之為「野奢露營」，意思是在野外露宿，仍能體驗高級酒店的奢華享受，但無論哪種叫法，都無法表達其奧妙之處。

豪華露營能深入沒有度假村的秘境，例如住進叢林裏的透明泡泡屋，又或是滑雪坡上的私人帳篷，同時兼備各種極致奢華的享受。別再以為露營一定是艱辛無比，你仍然可以在大自然環抱下高床軟枕，享受舒適熱水浴，品嚐米芝蓮星級美食。

雖然「豪華露營」仍未廣為人知，但早在1900年代已有人於戶外過着優渥生活。當然，居住在蒙古包的遊牧民族自古已在野外生活，逐水草而居，但人們開始在野外營帳內擺設古董家具、波斯地毯及名貴床鋪，則源自到非洲探險的歐洲及美國富翁。

有曾經參與豪華露營的人士指這種旅遊方式最輕鬆自在。因為即使你身處大自然，一切需要仍然一應俱全，讓你可以完全沉醉在四周的美景之中，難怪很多情侶覺得豪華露營十分浪漫。

如果是第一次嘗試豪華露營，開始時可在尋常的旅程中加插這環節。至於旅遊目的地，首選莫過於蒙古地區，當地有絕美的自然風景、獨特的風俗習慣，以及過千年來野外住宿的傳統。

以呼和浩特香格里拉大酒店作為旅程的大本營，先讓你認識這個中國內蒙古自治區的首府，享受香格里拉品牌聞名的殷勤款待。繼而從酒店出發，開展一趟大草原和響沙灣的獨特旅程，欣賞風吹草低見牛羊的草原景致，也盡覽黃沙萬里的沙漠風光。在豪華蒙古包度過

三、四晚，享受貴賓式待遇，體驗濃郁的蒙古風情，傳統蒙古歡迎儀式讓人更感賓至如歸。夜幕低垂，在閃爍星空下參加笙歌鼎沸的營火會，然後安躺蒙古包內，飽覽窗外良辰美景，悠遊寫意。

即使是那些有幸目睹北極光奇景的旅客，也難以想像欣賞大自然光影變幻的同時，可以享受高床暖枕。無論是安坐芬蘭湖邊的溫暖圓頂小屋中，還是身處冰島的充氣泡泡屋，欣賞一望無垠的漫天繁星之餘，亦擁有在家的舒適感覺。

或者實踐兒時夢想，到樹屋歡度一宵又如何？在美國加州的一片紅杉樹海中，有一處幽靜的露營場地，附設私人浴缸的樹屋高掛樹上，必可一圓大家童年探險夢。

在澳洲，愛酒之士大可選擇入住葡萄園內設計成新婚套房的豪華帳幕，到酒莊的餐廳用膳，然後打一場高爾夫球，為一天劃上完美句號。

對於喜歡追逐陽光的朋友，必定會愛上布吉海濱區的豪華帳幕。沙灘近在咫尺，嬉沙戲水一整天，回到營中用暖水淋浴後，鑽進被窩，傾聽着海浪聲入睡。

偏愛冰天雪地的話，可選擇在瑞士阿爾卑斯山的冬日國度，入住著名滑雪道旁的豪華冰屋圓頂帳篷，讓你在鬧哄哄的節慶活動中，遠離繁囂，享受歲月靜好的閒適時光。

多年前，富裕的遊人就是在非洲發現這一切，現在要享受豪華露營，當然少不了這個魅力非凡的地方。住在野外小屋可靠近野生動物保護區，而選擇露營則可以深入心臟地帶，恍如住進非洲「五霸」的家，與獅子、大象、犀牛、水牛和野豹為伴。帳幕附設按摩室、泳池及水療等一系列設施，探險過後可盡情享受，把奢華體驗提升至另一層次。

豪華露營帶你於嚮往以久的夢想國度中飛翔。喜歡到訪人跡罕至的秘境？下一次不妨一試這樣的旅行方式。



POT FULL OF GOODNESS

Lighten up this festive season with a healthier take on traditional hotpot

For sheer number and variety of ingredients, possibly no other dish in the world can match traditional Chinese hotpot.

But did you know there is much symbolism in the steaming hotpot customarily served in homes and restaurants during the festive season?

The round shape of the pot represents family gathering; while the heat of its contents signifies warmth and love. More than just food, hotpot embodies the spirit of sharing and the joy of harmonious relationships.

For healthy eating, however, this traditional dish can be a trap. It may seem preferable to fried food, which may contain toxins due to high-temperature cooking, but many hotpot ingredients are high in sodium and fat.

With friends and family gathered round a table, everyone in a celebratory mood, it's also easy to lose track of how much is being consumed. If you're not careful, it's possible to consume 1,500 calories - an entire day's worth for most people - in one sitting. As Sylvia Lam, accredited practising dietitian and chairperson of the

Hong Kong Dietitians Association points out, "people tend to eat more when they are in a happy, festive mood".

The good news is that there's no need to deprive yourself. By making some simple changes, it's easy to enjoy a delicious, healthier hotpot with all the love and flavour inside.

If you're eating out, advises Ms Lam, avoid the hotpot buffet and choose a la carte instead. Then eat the vegetables first, so that with hunger abating, you'll want less of the meat and other proteins. Preparing the dish at home makes it easier to take control. "You can really be creative, as well," Ms Lam says. For inspiration, take a basket to your local wet market and fill it with the day's freshest produce.

The secret is in the soup base. If a soup looks dense, then that's what it is: heavy on calories, salt, and fat. The clearer the soup, the better - so always start with a light base such as a consommé.

Vegetables are low on calories, and high on fibre, vitamins and antioxidants, so load up the platters with those. For a well-rounded choice from the five colour groups, offer various leafy

The following are calories per 100g of raw vegetables

以下為各種未經處理蔬菜，每100克所含之卡路里

31kcal
CORN
粟米



14kcal
MUSHROOM
香菇



25kcal
BABY SPINACH
菠菜苗



14kcal
AUBERGINE
茄子



26kcal
PUMPKIN
南瓜



22kcal
LEEK
韭菜



19kcal
TURNIP
蘿蔔



27kcal
RED CABBAGE
紫椰菜



18kcal
TOMATO
番茄



健康美味 共治一爐

團爐共嘗健康美味的傳統火鍋，為節日增添溫馨暖意

若要談食材數量和種類繁多，相信世上沒有別的菜式比得上傳統中式火鍋。

然而，佳節當前，你又可知在家裏或餐廳品嚐火鍋隱藏了多少含意？

圓形的煮食鍋象徵一家團圓；溫熱的配料則猶如家人的和暖愛意；大家圍爐享用火鍋更蘊含和諧融洽及分享的意義。

不過，說到健康飲食，火鍋的傳統烹調方式卻是陷阱處處。火鍋看似比油炸食品為佳，因為高溫煮食過程可能產生毒素，但其實很多火鍋配料均屬高鈉高脂食物。

當親朋好友聚首一堂，滿懷過節的興奮心情時，難免會忘形而開懷大嚼。稍不留神，一頓下來，便可能吃下1,500卡路里，相等於很多人一整天攝取的熱量。註冊營養師暨香港營養師協會主席林思為指出：「很多人心情愉悅時，往往吃得比平日多。」

然而，吃得健康不等於要「勒緊肚皮」，只要略為改變一下，便能輕鬆享用一頓美味健康的火鍋大餐，而又不失當中的愛意與風味。

如果選擇外出用餐，林思為建議避免光顧火鍋自助餐，改為選擇按照菜單點菜。進食次序方面，先吃蔬菜增加飽足感，自然會少吃一點肉類及其他蛋白質食物。如果能在在家準備食材就更能控制自主，林思為說：「這便是你發揮創意的時候。」例如，帶上籃子到街市購買即日新鮮食材，以買滿一籃子的分量為限。

另外，還有一個秘訣，那就是湯底。如果湯底看似濃稠，便表示卡路里、鹽分及脂肪含量過高。因此所選的湯底愈清愈好，像清燉肉湯便是最好的選擇。

蔬菜卡路里低，並蘊含豐富纖維、維他命及抗氧化物，多吃有益。選購時，最好兼備五種不同顏色，包括綠色的多葉蔬菜如菠菜及白菜、紫色的茄子或紫甘藍、白色的蘿蔔、韭蔥及菇菌類、紅色的番茄及紅椒以及黃色的粟米及南瓜。

肉類方面，和牛雖然名貴，但脂肪含量極高。如果你想吃牛肉，不妨考慮薄片西冷，小牛肉甚或駝鳥肉尤佳。鮮紅色的駝鳥肉看似牛肉，但飽和脂肪的含量較低。另一個小提示，如果嫌駝鳥肉太老，可先用蛋白這種天然鬆肉劑醃製駝鳥肉30至60分鐘。

環保海鮮比肉類更為理想。新鮮魚類、鮑魚、扇貝、青口、龍蝦、蟹腳及蝦等海鮮既低脂又低膽固醇，而且更添節日氣息。如果用上雞肉，切記先要去掉含有大量脂肪的雞皮。

準備功夫完成後，就得小心處理醬料。傳統火鍋的佐料都是高鈉高脂，倒不如試試自行調味。

準備醬油或醋，加入新鮮辣椒、茱萸碎、蔥花及新鮮蒜頭。若想更健康有益的話，可以選用以獨特方法發酵的低鹽醬油，保留原有風味之餘，鈉含量減半，而使用醬油噴壺則可減少攝取量。

切記不要飲用火鍋湯。儘管很多人喜歡喝湯底，惟湯底吸收了所有食材的脂肪和鹽分，導致卡路里容易超標。

吃火鍋難免吃得渾身發熱，想飲用冰凍飲品降溫，健康的選擇有竹蔗水、無糖冰茶或氣泡水。林思為說：「當然，我們不鼓勵喝酒精飲品。」但如果你真的想過節時小酌一番，女士最多喝一杯，男士兩杯為限。

greens such as spinach and pak choi (green group); aubergine or red cabbage from the purple group; turnip, leek and mushrooms from the white group; tomatoes and red capsicum from the red group; and corn and pumpkin from the yellow group.

Among the meat choices, Wagyu steak may be a luxurious ingredient, but it's also high in fat. If you do want beef, consider swapping for thinly sliced, lean sirloin. A better choice is veal or even ostrich, a meat that is red in colour so it looks like beef, but is lower in saturated fat. (Tip: if you find ostrich to be a bit tough, simply marinate in egg white – a natural tenderiser – for 30 to 60 minutes).

Instead of meat, sustainable seafood makes a great choice. Fresh fish, abalone, scallops, mussels, lobster, crab legs and prawns are all low in fat and cholesterol, and have a festive feeling about them. If using chicken, be sure to remove the skin, where all the fat is lurking.

After all that good work, be careful of the sauces.

Traditional condiments for hotpot are high in sodium and fat, so have fun making your own.

To light soy sauce or vinegar, add fresh chillies, chopped coriander, chopped green onion, and fresh garlic. A healthier choice is salt-reduced soy sauce, made using a special fermentation process that retains the flavour, with almost half the sodium, while a spray on soy sauce will limit the quantity consumed.

Resist drinking the soup. Though many people like to, the soup has absorbed and holds all the fat, salt and calories from the other ingredients.

To cool down the body from the heat of hotpot, sugarcane juice, unsweetened iced tea or sparkling water are the healthiest choices. "Of course, we don't encourage drinking alcohol," Ms Lam says. But if you do choose to have a festive tippie, limit it to one drink for a woman, and two for a man.



MINIATURE MARVELS

The world owes much to the most diminutive of plant species - even though you may not have noticed

On face value, there's nothing much outstanding about the mosses growing ubiquitously in forests almost everywhere.

Hong Kong has plenty of these small green plants that provide little more than surface coverage, spreading sometimes wide, but never tall. Yet their diminutive size reveals little of the important role that mosses play in nature's plan.

These elders of the flora kingdom have been around almost longer than anything. As part of the Bryophyte family, mosses are among the oldest of all land plants, having evolved from aquatic species millions of years ago.

Their size comes back to their genetic make-up. Mosses absorb water directly through their leaves and stem - in human terms that's like drinking through your skin. They need to be small to keep the whole plant body hydrated.

In the overall scheme of maintaining healthy ecosystems, mosses have many jobs. One is to be a pioneer establishing vegetation in places that seem impossible - such as on barren rocks, and exposed hillsides. By colonising these areas, mosses create a foundation for other plants to grow. Ultimately, shrubs and trees establish, and the whole area converts into woodland.

The carpet-like structure mosses formed on forest floors also prevents soil erosion. By holding much of the rain water that falls, these plants reduce the amount of run-off and help to prevent flooding.

Mosses also serve a role in supporting human life - from farmers adding mosses to their organic fertilisers to provide nutrients for crops, to researchers around the world exploring the plant's potential as a biofuel of the future.

In one example, scientists from the UK's Cambridge University have developed a moss table to showcase an emerging technology called biophotovoltaics (BPV), which uses the natural process of photosynthesis to generate electrical energy. They believe that BPV has the potential to power small devices within the next 10 years.

Researchers in Japan have demonstrated that moss can be a

green alternative for decontaminating polluted water and soil – a process which otherwise requires fossil fuels and a tremendous amount of energy.

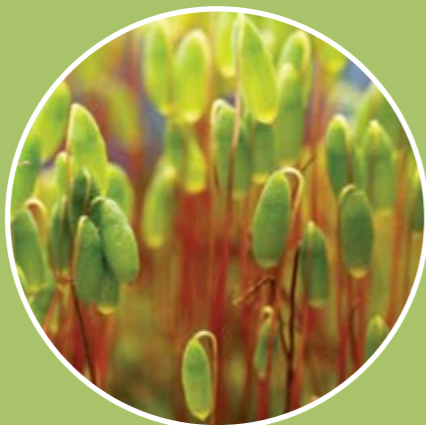
Already, it's being brought into cities to purify urban air. The sculptural moss installations called CityTrees, developed by a German start-up, are being installed on busy streets in various cities. According to the company, each vertical wall of living mosses absorbs the same amount of pollution as 275 trees, while helping to cool the air and reduce heat island effect.

The plant's purifying ability and attractive aesthetics have also been harnessed as an interiors trend. A certain type of moss harvested sustainably in Finland can be cut into artistic shapes, even dyed naturally into various colours, without harming the plant. When hung as an artwork in homes and offices, it's said to reduce VOCs in the air (the chemicals emitted from some paints and furniture), and inhibit the growth of bacteria.

So next time when you're in a woodland, look out for the little fellas. They might not look outstanding, but mosses are mighty.



The purifying ability and attractive aesthetics of mosses have also been harnessed as an interiors trend. 苔蘚具淨化空氣的功能，加上別致的形態，故成爲了一種室內裝飾潮流。



綠色小精靈

即使「蘚」為人知，但卻功不可沒

在樹林中，苔蘚幾乎隨處可見，但以外形論，它卻絕不起眼。

香港有很多這類細小的綠色植物，覆蓋面廣，可是從不長高。這些苔蘚植物雖看似微不足道，卻在自然界扮演舉足輕重的角色。

苔蘚屬苔蘚植物門（學名：bryophyte），在世上存活已久，堪稱植物界的「老祖宗」。自數百萬年前就從水中物種演化而來，幾乎比所有陸生植物都要出現得早。

苔蘚的體形與基因組合有關，它們直接從葉及莖吸取水分，若以人類作比擬，就像透過皮膚直接喝水一樣。苔蘚須保持細小體形，以確保整株植物充滿水分。

在維持健康的生態系統方面，苔蘚身兼多職。其一是擔當拓荒者的角色，開拓看似寸草不生的荒蕪地帶，例如廢石或光禿禿的山坡。苔蘚會佔據這些地方並大量繁殖，為其他植物奠下生長的根基，最終長出灌木及樹木，整片不毛之地蛻變為綠樹成蔭的叢林。

結構如地毯般的苔蘚覆蓋森林地面，能防止水土流失，減少雨水逕流，防範水災。

苔蘚對人類生活同樣發揮重大作用。舉例說，農夫會在有機肥料加入苔蘚，為農作物提供養分。研究學者也致力發掘苔蘚作為未來生物燃料的潛力。

此外，英國劍橋大學的科學家設計出一張苔蘚桌子，展示一種名為「生物光電技術」（biophotovoltaics，簡稱「BPV」）的新興科技。此技術利用植物天然的光合作用發電。科學家相信，BPV技術在未來十年內能為小型裝置供電。

日本研究人員發現苔蘚能夠淨化受污染的水源及土壤，比需要化石燃料及大量能量的舊方法更為環保。

現時苔蘚已被用以淨化市區空氣。德國一間初創公司發明了一座名為「城市樹木」（CityTrees）的苔蘚雕塑裝置，並將之安裝在不同城市的繁忙街道上。根據公司數據顯示，每一面苔蘚牆能吸收大量污染物，擁有相當於275棵樹木的過濾能力，而且可以降溫，有助對抗城市的熱島效應。

苔蘚具淨化空氣的功能，加上別致的形態，故成爲了一種室內裝飾潮流。將可持續生產的芬蘭苔蘚修剪成悅目形狀，甚至以天然無害方法染成不同顏色後，掛於家中或辦公室作裝飾品，據說能降低空氣中的揮發性有機物（volatile organic compounds，簡稱「VOCs」），即部分油漆及家具散發出來的化學物質，並能阻礙細菌滋生。

當你再次造訪郊野時，不妨嘗試尋找這些「綠色小精靈」的蹤跡。它們看似平平無奇，卻偉大非凡。



PIGGY BANK 豬仔錢罌

Children learn savings habits from this familiar receptacle. But how did the piggy bank get its name? And why is it shaped like a pig?

Around the 15th century, metal was expensive and seldom used for household wares. Instead, dishes and pots were made from an economical clay called pygg. Whenever housewives could save an extra coin, they would drop it into one of these jars, calling it their “pyggy bank”. The idea stuck and within a few generations, had evolved into the concept of a money box for children. Since “pyggy” and “piggy” have similar pronunciation, potters began making them in the cute shape of a pig, and the name piggy bank was born.

In Chinese culture, pigs are also the symbol of wealth, their chubby faces being a sign of fortune, honesty and general prosperity. In 2019, the Year of the Pig, may we all have a blessed, beautiful year ahead and continued good fortune throughout our lives.

這個大家都熟知的盛器，讓孩子養成了儲蓄的習慣。到底「豬仔錢罌」是如何得名？為何它以豬的形象定成外形呢？

大概在15世紀，金屬十分昂貴，故很少會用以製造家居物品。取而代之的是一種名為「pygg」的物料，它的價錢便宜得多，因此人們用以製作碟子和鍋子等器皿。而當家庭主婦有多餘的零錢時，便會放進這些罐子裏，並稱之為「pyggy bank」。此做法留存下來，代代相傳，最終演變成小孩子儲蓄的錢箱。由於「pyggy」讀音與「piggy」相似，陶藝工匠開始打造可愛的豬型罐子，豬仔錢罌因而得名。

在中國文化中，豬同時亦象徵富貴。牠們那胖圓的臉就是財富、誠信和繁榮的標誌。祝願大家在己亥豬年幸福、美滿，而且繼續好運亨通。

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.

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