



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



In the wild, one good deed begets another: the impala provides a home for the oxpecker, who in turn gives its host a free wash. This sweet image of mutual respect and collaboration between two species, different but in concert, beautifully depicts the harmonious balance nature has achieved in supporting the well-being of all.

曠野之中，一個善舉換來另一個善果：黑斑羚為啄牛鳥提供棲息地方，而啄牛鳥又為其宿主清理身上的害蟲。兩種動物雖截然不同，但卻彼此尊重、協作，呈現出動人的畫面，而這正好完美演繹大自然萬物互倚互持、協同永續之道。

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Editorial Director Winnie Chung
Editor Laramie Mok
Chief Production Editor Christine Iyer
Writer Peta Tomlinson
Lead Art Director Chow Kwok-wang
Senior Designer Davis Kwok
Assistant Administration Supervisor Thomas Chang
Account Management Karrie Lam, Johnny Ng, Sophia Cheng
Photos The Clearwater Bay Golf & Country Club,
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Kerry Properties Editorial Team
Michelle Lam, Agnes Au, Winney Leung, Peartie So, Priscilla Wong
5/F, Kerry Centre, 683 King's Road
Quarry Bay, Hong Kong
Tel: (852) 2967 2200



Kerry Properties' commitment to building a more sustainable future relies on stakeholders' participation. Please browse the company's newest Sustainability Report to learn more.

嘉里建設致力與一眾持份者共同建構可持續發展的未來。請瀏覽最新的《可持續發展報告》了解更多。

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URBAN COMMUNITY CURATED WITH HEART

Kowloon is getting its first taste of the Resiglow hassle-free lifestyle

After a very long day, coming home was such sweet relief. The friendly face that smiled a greeting welcomed the weary worker by name, handing over her clean laundry, and asking if there was anything else she needed. Such familiar, attentive service was like a wave of calm washing in.

From her friends on Hong Kong Island, Emily had heard of a contemporary lifestyle brand that felt more like a well-connected community than a typical residential building. Now, she'd been delighted to discover its arrival in urban Kowloon.

Resiglow-La Salle is the latest in Kerry Properties' Resiglow rental portfolio, a curated collection of contemporary apartments designed to be everything a discerning urbanite could wish for – and more – in a hassle-free, modern lifestyle defined by exemplary service. When the brand debuted in Happy Valley, the enthusiastic response made it clear that the Resiglow model met a market need, and soon a second building followed in another urban hotspot – Resiglow-Bonham, Mid-Levels West.

The brand's expansion into Kowloon was only a matter of time, actioned when a prime site became available on La Salle Road, Prince Edward. The site met Resiglow's stringent criteria for creating a third chic and tranquil retreat in a coveted residential district.

Locals consider Prince Edward to be the nexus of everything because of its excellent transportation connections. Be it restaurants, parkland, markets or workplace, residents are never far away from the hustle and bustle of everyday living.



Thanks to its location near the flight path for the old Kai Tak airport, La Salle Road has retained a low-rise streetscape, which adds to its prestige today
喇沙利道昔日毗鄰舊啟德機場的航道，沿路上的建築均採用平房設計



(Above left) The fragrant Flower Market, where heady scents fill the air
(Above right) Yuen Po Street Bird Garden has dozens of stalls selling exotic birds and beautifully crafted bamboo cages
(上左) 花墟洋溢的馥郁芬芳瀰漫於空氣之中，縈繞不散
(上右) 園圃街雀鳥花園擁有多家商店，出售各類珍貴雀鳥，還有精美的竹製鳥籠

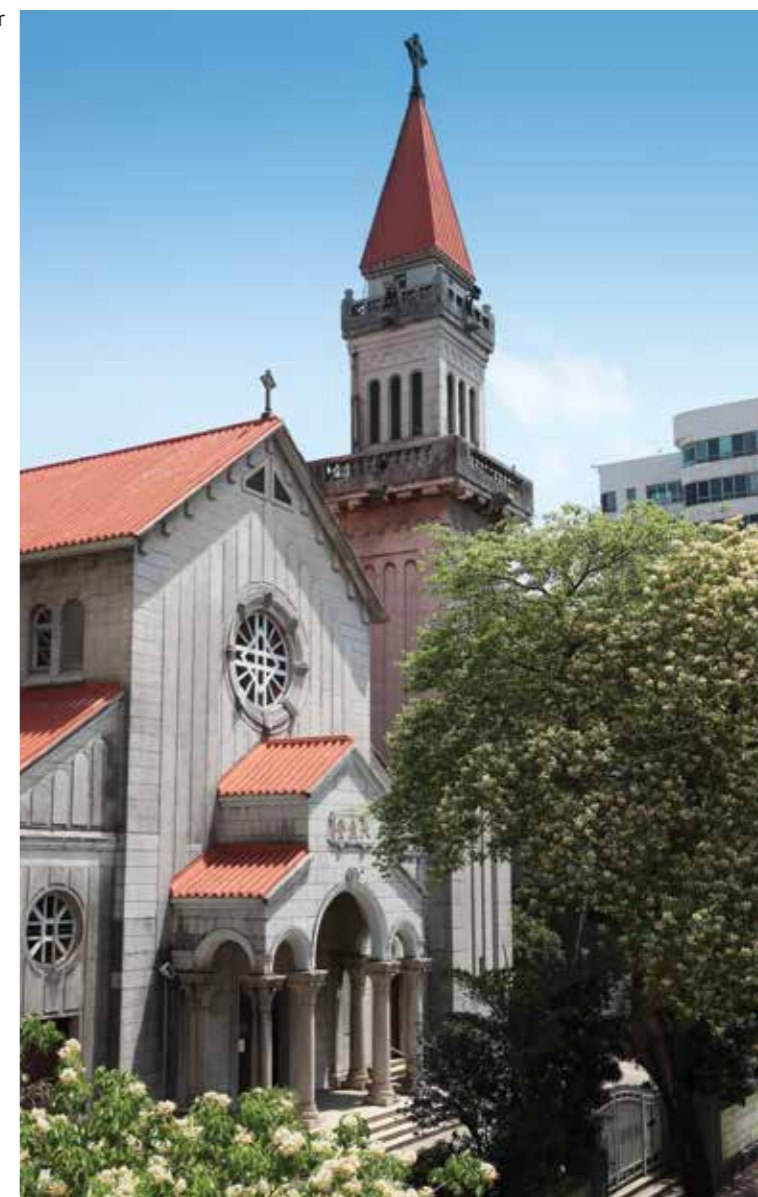


Thanks to its location near the flight path for the old Kai Tak airport, La Salle Road has retained a low-rise streetscape, which adds to its prestige today. Another measure of the district's appeal for generations of upper-class families is the nearby school network. For parents wanting to give their children the best start in life, prestigious institutions such as La Salle College and Maryknoll Convent School are among the choices.

The green heart of the district is Kowloon Tsai Park. Its 15 hectares of open space is another legacy of the former airport, now transformed for community recreation with various sporting facilities, a playground, swimming pool and dog garden. Numerous trees around the park provide plenty of shady resting places, as well as being a habitat for birds whose melodies fill the air to delight the early-morning joggers.

During flowering season, the richly planted Bauhinia Garden is a vision splendid in crimson and green – an idyllic setting for a summer picnic or an outdoor wedding.

Once described as a place that “knits together all the threads of Hong Kong life”, Prince Edward is a treasure trove of multicultural sights, sounds and experiences. Generations of families hold dear the heritage architecture of local institutions such as Saint Teresa's Church; the stories spun in Yuen Po Street Bird Garden, where seniors sit and chat; and the fragrant Flower Market, its heady scents filling the air.





Well received on Hong Kong Island, Resiglow's hassle-free lifestyle model should be ready to welcome its first Kowloon residents later this year
Resiglow輕鬆自在的生活模式深受港島區住戶熱捧，並預期於今年稍後在九龍首次登場



The variety of restaurants in the renowned food district of Kowloon city encourages the enjoyment of good food and company. Thai food, in particular, is one of the notable cuisines. There is also a wet market, and stores selling international food supplies.

With its proximity to the new office buildings and infrastructure of Hong Kong's burgeoning CBD2 in Kowloon East, this area is attracting a raft of young professionals as well as the young family demographic. They should find that the exacting DNA of the Resiglow brand meets expectations perfectly.

The building, with its biophilic design and Provisional Silver rating under BEAM Plus (the Building Environmental Assessment Method in Hong Kong) NB V1.2 credentials, is set back from the street and other high-rises, allowing residents to enjoy more natural light and space. The boutique development of only 73 units offers one- or three-bedroom floorplates, with an emphasis on shared social spaces.

The warm familiarity of being part of a community means everything from starting the day with a sip of Resiglow's own brand of coffee, to a dedicated app created to give residents a direct communication channel to the service staff and management team.

It's about keeping fit in the in-house gym where likeminded neighbours share your goals for maintaining health and wellness. And with many employers now offering flexible workplace options, you can bring your laptop to the common room downstairs to work in the privacy and security of your own building.

As part of the mobile workforce, professionals may want to host small meetings or give presentations. These considerations, as well as the possibility to hold social gatherings, have been included in the building's design.

Exemplary service is a key differentiator of the Resiglow brand. The little things that make daily life easier – such as a friendly concierge who will take care of laundry dropped off in the morning, accept an online grocery delivery on your behalf or suggest local restaurant recommendations – all form part of the service provided by Resiglow's trained personnel.

For those who do want to own a car, basement parking is available.

So well received on Hong Kong Island, Resiglow's hassle-free lifestyle model should be ready to welcome its first Kowloon residents later this year. For those looking to join the discerning Resiglow community, this will be good news indeed.

精心打造 雅致居停

Resiglow 輕鬆的生活模式首現於九龍區，延續高雅格調

辛勞工作過後，一張笑容可掬的臉孔在家門前向你問好，然後遞上洗妥的衣物，並樂意為你的各種需要效勞，如此友善殷勤的服務令人如沐春風。

Emily從港島區的朋友聽說有時尚生活公寓品牌打造了一個生活配套一應俱全的社區，絕非一般住宅可比擬。得知品牌進駐九龍市區，她倍感高興。

Resiglow-La Salle是嘉里建設住宅租賃品牌 - Resiglow 的最新項目，這個時尚精品公寓系列不僅薈萃都會品味雅士夢寐以求的設計和選址巧思，更帶來卓爾不凡的一站式服務，悉心照料現代生活各種需要。品牌自從於跑馬地初嶄鋒芒以來，一直備受追捧，足見Resiglow的優越模式迎合市場需要，其後再下一城的西半山都會項目Resiglow-Bonham同樣反應熱烈。

在太子喇沙利道成功覓得黃金地段後，品牌順勢於九龍拓展版圖。這片寶地處矜貴難求的住宅區，生活配套齊備，與Resiglow構建旺中帶靜、清幽雅致居所的嚴謹要求不謀而合。

在區內居民眼中，交通四通八達的太子區可謂是包羅萬有的生活圈。這裏規劃完善，食肆、公園、街市或辦公室統統咫尺可達，多姿多采的娛樂設施近在眼前。

喇沙利道昔日毗鄰舊啟德機場的航道，沿路上的建築均採用平房設計，在寸金尺地的今天益顯尊貴奢華。區內所屬的優越校網向來備受城中望族青睞，令此地段更見顯赫。喇沙書院和瑪利諾修院學校等尊尚學府，是莘莘學子的升學首選。

九龍仔公園是區內寶貴的城市綠洲，這片廣達15公頃的開闊空間昔日同為舊機場規劃範圍，如今已蛻變為區內的康樂園地，設有多項體育設施、遊樂場、泳池，還有專為「毛孩」而設的寵物公園。綠樹成蔭的環境除了帶來俯拾皆是的乘涼休憩之處，還造就出雀鳥天堂，清脆悅耳的啁啾聲為晨運客譜奏出歡欣樂韻。

到了繁花吐艷的季節，洋紫荊園會換上一片姹紫嫣紅，令人恍如置身世外桃源之中，是夏日野餐或戶外婚禮的理想場地。

太子區薈萃了具特色的歷史建築、人文風貌，可謂把香港多元的生活文化共冶一爐。舉例而言，聖德肋撒堂等區內建築歷史悠久，顯赫有名；長者最愛聚首於園

圃街雀鳥花園，論盡天南地北；花墟洋溢的馥郁芬芳瀰漫於空氣之中，縈繞不散。

九龍城餐廳林立，雲集各國菜式，是享負盛名的美食天堂，饕客最愛結伴前來大快朵頤。區內的泰國菜更是遠近馳名。街市和雜貨店同樣不乏各地食材，教「自煮」一族目不暇給，「買」不釋手。

九龍東將成為城中另一個核心商業區，簇新的辦公大樓和基建設施不斷湧現，發展一日千里，周邊地區坐擁地理優勢，吸引不少新世代專業人士以及年輕家庭落戶，而Resiglow崇尚極致品質的品牌哲學正好讓他們如願以償。

此外，大樓獲得綠環評（BEAM Plus，香港的綠色建築評級工具）新建建築（1.2版）暫定銀級認證，設計崇尚自然，與周遭的街道和建築物保持足夠距離，讓住戶更充分享受天然光線及寬敞空間。這個宣揚共享社交空間理念的精品建築項目，將提供73個一房或三房單位。

親切溫馨的社區生活應該是可一邊呷着Resiglow自家品牌的香濃咖啡享受早晨時光，一邊透過專屬的應用程式直接與服務人員和管理團隊聯絡，輕鬆展開美好新一天。

大樓內設有健身房，供住戶強身健體，並與志同道合的鄰居分享保健養生之道。在彈性地點遙距工作已成為當下趨勢，設於低層的休憩空間正好可讓足不出戶的住客攜同手提電腦，在不受打擾的安全環境內靜心工作。

專業人士的工作不囿於特定空間，但偶爾需要舉行小型會議和發佈會，以及在假日組織聯誼聚會，因此大樓配備了一應俱全的設施，貼心照顧住戶的不同需要。

卓爾不凡的服務是Resiglow品牌脫穎而出的關鍵，旗下員工訓練有素，從清洗住客在早上交託的衣物、收取網購貨件，以至推薦鄰近的出色食肆，統統可由親切友善的禮賓服務員代勞，周到的細節安排令生活更安枕無憂。

此外，住所更設有地下停車場，令車主不假外求。

Resiglow輕鬆自在的生活模式深受港島區住戶熱捧，並預期於今年稍後在九龍首次登場，對嚮往Resiglow尊尚生活的品味人士而言實屬佳音。



SHARE A LITTLE KINDNESS

Modern-day heroes don't wear capes - they live among us in society, perhaps unbeknown to most



Shenyang Kerry Centre was the driving force behind a basketball competition that was attended by more than 10,000 students
由瀋陽嘉里中心策動的籃球比賽吸引超過一萬名學生參與

To everyday people, navigating through life, true heroes are there when you least expect it: ready to lend a helping hand however big or small the need, or even just gifting a smile to a passing stranger. They might at times be very brave, but always they are kind – acting purely out of care and concern for others.

With so much going on in the world that feels beyond our control, we need such kind souls more than ever.

Beyond the momentary flush of goodwill an act of kindness elicits, the effects are positive, and powerful. A feeling of happiness lasts in both the giver and receiver. One kind act begets another, and starts a ripple effect. In his book *Why Kindness Matters*, author Leon Logothetis describes how this can build until “a river of kindness flows through each and every one of us, connecting us together”.

Leon Logothetis, who gave up his career as a broker in London to travel the world spreading goodwill, can now genuinely espouse that life is not about income, it's about impact and kindness. “It doesn't matter whether you die penniless or a billionaire, if you did not impact others and live a life of joy and kindness, it was all for naught,” he says.

Reminding us all how meaningful gestures can bring joy to others is Shenyang Kerry Centre's involvement in a basketball competition for local schools. Not only is playing basketball a healthy and fun activity which children love, it also strengthens young bodies physically, while developing their individual will and striving spirit.

Titled “Small Basketball, Big Dream”, the competition held across 14 cities in Liaoning Province in mid-2019 drew more than 10,000 elementary school students to compete in some 1,000 teams. This was the catalyst for Shenyang Kerry Centre's ongoing support for basketball in schools.

The initiative also brought together children from different backgrounds. Apart from varying ages and experiences, children who have always known the love of their parents made new friends among those from the local orphan school. Even during the cold winter, students enthusiastically rose early to train, eager to strive for their best effort, working hard for their team and the school. A documentary film made of the event, *Son of Dreams*, will be something to look back on in the future, reminding everyone that happiness can be found, even in times of darkness.

“ The activity let the children show their own basketball skills and communicate with each other, working hard for their team. It was very encouraging to see this

孩子能在活動中展現球技，增進交流，為各自的隊伍全力奮鬥，實在令人鼓舞 ”

Dan Li, Principal of Wenhua Road Primary School
李丹, 文化路小學校長



Tenants of Jing An Kerry Centre joined in the spirit of goodwill, supporting the initiative in various ways
靜安嘉里中心旗下租戶也加入關愛行列，以各種方式共襄善舉

According to the principal of Wenhua Road Primary School, the “Small Basketball, Big Dream” competition ignited students’ sporting dreams. Competing on the same court where their heroes had played inspired the children to strive even harder, Ms. Dan Li explained.

Firm friendships were forged in this spirit of friendly rivalry, the principal noted, and “the atmosphere of the whole school was different”.

“The activity let the children show their own basketball skills and communicate with each other, working hard for their team. It was very encouraging to see this,” Ms. Li said. “They even woke up at 6 o’clock in the morning to train: we all know this is especially difficult for kids during the freezing winter.”

Amid the fear, disruption and heartbreak of the recent pandemic, kindness shone a beacon of hope, galvanising communities and uplifting spirits. Around the world, people stepped up to assist and encourage one another, so that nobody need feel that they were alone.

During the chill of winter in Shanghai, with much of the city in lockdown, a simple idea to thank those frontline workers who risked their own health to keep the city functioning

demonstrated the power of momentum. In a united show of gratitude, retailers put their competitiveness aside to set up free kiosks outside their stores, handing out food, water, daily necessities and joyful surprises to these unnamed heroes.

Some tenants of Jing An Kerry Centre joined in the goodwill spirit by supporting the initiative in various ways. The delight of simply taking home springtime flowers, to share the happiness with family members who were confined indoors, was evident in the smiles on recipients’ faces.

In Hong Kong, kindness in a different form responded to a pressing community need.

With recent economic situation causing much uncertainty around job security, Kerry Property Management Services launched a work experience programme aimed at recruiting and training the unemployed workers in catering section so as to equip them for a change in career. Participants worked on site on the assistant property services team, earning income and gaining new skills that opened their eyes to future possibilities.

In recent months, the world has witnessed a heartfelt surge in human kindness. May this be a lasting, positive legacy of a terrible event – the silver lining of this dark cloud.

善意清流 鼓舞人心

行善不分大小，也許無名英雄就在你我當中

在日常生活遇到的真正英雄，大概不如想像般驚天動地，但他們總願意在你有需要時不辭勞苦，伸出援手、向你報以微笑。或許，他們不是無時無刻挺身而出，但卻常常懷着慈愛之心、出於關顧之情協助他人。

當下的社會環境也許教人感覺無力、難以掌控，但我們更須保持一顆善良的心。

仁愛的行為不但讓人感受到瞬間善意，還會帶來強大的正能量。無論是施予還是受助的一方，都會把這份快樂銘記於心。善舉還能往外傳揚，產生漣漪效應。《Why Kindness Matters》的作者Leon Logothetis在其著作分享箇中之道：「善意之河能流淌各處，讓我們連繫起來。」

Leon Logothetis原於倫敦任職證券經紀，後來毅然辭掉工作，走遍各地，傳揚善心，身體力行，展現人生並非為追名逐利，而是為了以生命影響生命，活出美善。他曾經說過：「無論你離世時身無分文還是富可敵國，若不曾燃亮他人生命，透過傳遞愛心體會快樂，你的人生也只是徒勞無功，虛度光陰而已。」

瀋陽嘉里中心早前為當地學校的籃球比賽出一分力，印證了行事只要多花心思，就能為他人帶來歡樂。籃球運動不僅是讓兒童樂在其中的健康活動，更有助他們增強體魄，並鍛鍊出個人意志和拼勁。

「小籃球，大夢想」比賽去年中於遼寧省14個城市舉行，吸引過萬名小學生組成上千隊伍參與。是次計劃非常成功，亦驅使瀋陽嘉里中心繼續致力支持校園籃球活動。

這項計劃亦令不同背景的孩子聚首一堂。他們年紀和經驗各異，有來自溫暖家庭的，亦有來當地的孤兒院校的學生，這次正好讓他們互相認識。即使在嚴寒天氣之下，一眾學生的熱情依然高漲，一早起來受訓，誓要全力以赴，為各自的隊伍和學校奮戰，有關單位更把過程攝製成紀錄片《逐夢之子》，讓他們日後重溫這段美好回憶，即使身處逆境之時，仍能找到快樂。

文化路小學校長李丹表示，「小籃球，大夢想」比賽激發起學生追逐運動之夢。她解釋，與心中的英雄在同一場地上陣，能激勵孩子奮發向上。

李校長覺得，「友誼第一」的競技精神能讓孩子建立深厚情分，「整間學校的氣氛亦因而變得截然不同。」

李校長說：「孩子能在活動中展現球技，增進交流，為各自的隊伍全力奮鬥，實在令人鼓舞。他們甚至需在清晨6時起來受訓，加上時值隆冬，孩子們的堅毅由此可見。」

在近期疫情肆虐下，人們難免感到恐懼與傷痛，生活節奏亦被打亂，但善良之心卻能燃點希望，鼓勵社會大眾重新振作。世界各地的人士均互助互勉，讓彼此感覺到大家並非孤軍作戰。

上海於「封城」狀態期間正值寒冬，有善心人想出了一個簡單方法，向那些冒着健康風險也在所不辭地維持市內運作的前線工作者致謝，展現眾志成城的力量。一些零售商舖團結一致，不計利潤，在店外設置免費打氣站，向這些無名英雄派發食物、樽裝水、日用品以及溫暖人心的驚喜，以表敬意。

靜安嘉里中心旗下部分租戶也加入關愛行列，以各種方式共襄善舉，例如派發在春日盛放的鮮花，讓收花者與禁足的家人分享喜悅，這項看似微不足道的舉措足以讓他們展現歡顏，揮去陰霾。

在香港，有另一種形式的善行正發揮作用，幫助社會解決一項迫切需要。

有見近期的經濟狀況令就業前景增添陰霾，嘉里物業管理服務有限公司推出工作體驗計劃，招募並培訓曾從事餐飲行業的人士，協助他們轉型。學員獲派駐物業服務助理團隊工作，既能賺取收入，亦可掌握新技能，從而拓闊視野，為未來發掘更多可能。

近月，世上各地均綻放令人動容的人性光輝，但願這能成為疫情留下的永恆善果，讓我們在逆境中得到慰藉。



Scan the QR code to watch *Son of Dreams*
請掃描二維碼瀏覽《逐夢之子》紀錄片





Photo 1

THE HEIGHT of PRESTIGE 筆架山上 峻極天下

On Beacon Hill, one of Hong Kong's most coveted residential locations, lies a secluded enclave of luxury dwellings designed to offer the best of the city in a serene grandeur.

Mont Rouge, an exclusive collection of homes created by Kerry Properties, comprises 5 three-storey villas, 14 two-storey houses and two towers with 26 apartments. These dwellings are intended for a privileged few who relish gracious elegance and timeless design.



MONT ROUGE

緹山



Photo 2

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

A View of All Things Splendid¹

傲然卓立 處尊居顯

Situated on the lofty heights of Beacon Hill, Mont Rouge commands breathtaking 180-degree views of the entire Kowloon Peninsula and surrounding mountain peaks on Hong Kong Island, the Lei Yue Mun Strait,

and Stonecutter's Island¹. Residents of this prestigious development can bask in unobstructed sunshine, savour mountain breezes, and enjoy tranquility that is rare and precious in this bustling metropolis.

Refined Living in Spacious Elegance

深邃奢華 超逸風範

The five spacious and meticulously designed villas provide between 5,128 and 7,171 square feet² of living space in three storeys, with front and back gardens, a carport as well as a rooftop garden. The surrounding trees enhance residents' privacy while making greenery an everyday feature of living. The rooftop garden, served by a private lift, adds an extra touch of natural beauty.

Fine Living Inside Out

匠心巧藝 鴻圖華構

At Mont Rouge, outside spaces blend with striking interiors. The approximately eight-metre high ceilings³ and full-view windows bring in ample natural sunlight, and reveal the splendours of Kowloon and Hong Kong¹. The master bedroom fills an entire floor, and provides a spacious walk-in closet area, a rare and much sought-after amenity in Hong Kong.

A Legendary Lifestyle of Unrivalled Convenience

極致體驗 心向往之

Mont Rouge promotes well-being and peace of mind in an exquisitely private setting. Those who make their home in these exceptional villas enjoy not only their own parking, but also a thoroughfare, Lung Kui Road, specifically built for the residents.

A man-made natural wonder, a refuge of singular status, a legend lying between the Kowloon skyline and the clouds above, Mont Rouge will be admired by all. Only a very fortunate few, however, will call it home.



Photo 3



嘉里建設有限公司
KERRY PROPERTIES LIMITED

(Incorporated in Bermuda with limited liability)

Enquiry Hotline

(852) 2524 8484



Website



Video

Vendor: NMC 8 Limited (Remark: The place of incorporation of the Vendor is British Virgin Islands. The liability of the members of the Vendor is limited.) • Holding Companies of the Vendor: Kerry Group Limited, Kerry Holdings Limited, Kerry Properties Limited, Kerry Properties (Hong Kong) Limited, Goldash Holdings Limited and Mazo 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: DUN 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: Not applicable • 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 • Prospective purchasers are advised to refer to the sales brochure for any information on the Development • Date of print: 5th June 2020 Photos 1, 2, 3, were taken at the entrance of the Development (on 6th Jun 2019), Tower 2 Unit 7A (on 15th Jan 2019), and living room of Villa 2 (1st May 2020), respectively and have been edited and processed with computerized imaging techniques (merging, colour tuning and retouching of external appearances). These photos show the general condition of the surrounding environment, buildings or facilities of the part of the Development concerned. The view of a residential property is dependent on the residential property'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 environment, views, facilities, buildings, design, fittings, finishes, equipment, decorations, plants, landscaping and other objects shown on the photos 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 advises prospective purchasers to conduct on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby. These photos and the content thereof are for reference only and shall not constitute or be construed as constituting any offer, promise, representation or warranty, whether express or implied (whether in relation to the Development and its surrounding environment, landscaped areas, open spaces, view, facilities and buildings). 1. The view of a residential property is dependent on the residential property'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. 2. These are references to saleable areas. Please refer to the sales brochure for details of the saleable areas. 3. The saleable area of each residential property and the floor area of every balcony, utility platform or verandah (if any) are calculated in accordance with section 8 of the Residential Properties (First-hand Sales) Ordinance. (Not applicable to each residential property. Only applicable to certain parts) of a villa in the Development. 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. This advertisement/promotional material is for reference only and shall not constitute and shall not be construed as constituting the giving of any offer, promise, representation or warranty whether expressly or impliedly, or any seeking of any general expression of intent or specific expression of intent on any residential property. The sale of the residential properties in the Development will be carried out in accordance with the Residential Properties (First-hand Sales) Ordinance. Market conditions may change from time to time. Prospective purchasers shall consider their own financial status and ability to afford and all relevant factors before deciding whether to purchase or when to purchase any residential property. In any circumstances or at any time, prospective purchasers shall not rely on or be affected by any content, information or concept of this advertisement/promotional material in deciding whether to purchase or when to purchase any residential property.



LETTING NATURE LEAD

From the seed of an idea, a community asset flourishes

On a hilltop peninsula kissed by gentle sea breezes, a lone Screw Pine stands where it always has for more than 35 year. No-one is quite sure how it got there, as this species is usually found in the coastal lowlands. Perhaps the seeds were tossed up during a long-ago typhoon?

In this scenically spectacular, yet exposed location, it's a wonder the plant has survived for so long. That it even sprouted, and has since thrived, is one of the great mysteries of nature.

This resilient Screw Pine, known colloquially as the "Fake Pineapple", is one of the oldest trees in the diverse planted landscape of The Clearwater Bay Golf & Country Club, Hong Kong. Its story is entwined in the Club's very existence.

Since the seed of an idea to create a recreational facility for the Hong Kong community on the scenic Sai Kung peninsula was first sown in the early 1970s, it was decided that 'nature would lead' in the architecture of the club's now renowned 18 holes.

To reinforce its sense of place, around 80 per cent of the greenery on the two scenic courses is native vegetation. Rather than trying to disrupt the natural rhythm, the Club's landscape planners set out to provide a favourable environment in which the most suitable trees and plants could grow.

The Club's early members joined in these conservation efforts, hand-planting saplings which have since matured into mighty trees. Along with the decades-old Screw Pine near hole number 3, other specimens of significance in Chinese culture include the revered banyan tree – one of which,



This resilient Screw Pine, known colloquially as 'Fake Pineapple', is one of the oldest trees in The Clearwater Bay Golf & Country Club
 這棵頑強的露兜樹俗稱「假菠蘿」，是其中一棵座落於清水灣鄉村俱樂部老樹

in a tribute to nature's resilience, has survived despite losing half its limbs in the last major typhoon to hit Hong Kong.

Various birds, bees, butterflies and other species take shelter in this rich habitat, contributing to the Club's role as a valued asset not just for members, but for all. Perhaps you may spot a black kite soaring overhead, or one of the migratory species foraging on the green on their annual Hong Kong stopover between Siberia and Australia.

The Club has been part of the community since its inception. The first step in the project, building a road into the site, marked its initial contribution by bringing jobs to local villagers who, in a further benefit, now enjoyed road access to their homes where there was none before.

As construction of the clubhouse and facilities progressed, creating more employment, the local workforce grew, planning, building, and planting out the wide, green, scenic open spaces that define the site today. Internally, a core group of believers

was forming to realise the founders' vision. Externally, a network was sprouting that would anchor the Club into the broader community from its very beginnings.

Time would reveal how valuable this people's asset would become. From needed infrastructure to precious greenery, to expansive recreational facilities for the community to enjoy, the Club's mission from the outset was to serve its neighbourhood, and give love and care to those less fortunate.

These efforts have gained momentum since 2003, when a Community Outreach Programme was established to advance ideas from the formative stage into a comprehensive, scalable programme of charitable initiatives and activities. Since that time, and with the enthusiastic and generous backing of members, much needed funds and service initiatives have been raised in collaboration with various charity partners.

Beyond monetary donations, the Club becomes emotionally invested in the projects it champions or supports, aiming to bring hope and positive changes into people's lives.

With its focus on healthy sporting pursuits, the comprehensive youth programme is one of the highlights. The extremely popular Golf Ambassador and Tennis Ambassador programmes offer much coveted spots for aspiring young sportsmen and women to train and receive coaching at the Club, thus nurturing Hong Kong's talents in a professional and welcoming environment and helping to contribute to the city's sporting diversity and growth.

In addition, selected young sporting talents, regardless of their code, have access to training facilities under the Junior Sports Development Scheme.

Everyone is given a chance, including athletes with an intellectual disability, low academic achievers, and children in low-income families. It is hoped that, through empowerment, young people could see themselves, and their future, with a different perspective.

Joining in united efforts to raise public awareness around health and wellness, the Club wholeheartedly supports the Government's annual Sport for All Day, opening up its facilities to public and charity partners.

Through their engagement with various charities, members can get to the very heart of the community by learning about, and empathising with, how the other half lives. Charity work is a great leveller, and members feel fortunate that they can make a difference by contributing to causes which, to name just a few, give comfort to cancer patients, bring hope and practical supports to pregnant teens or children without families, or ensuring elderly folk don't go without a hot meal.

Through an approach which strikes a harmonious balance between nature and people, The Clearwater Bay Golf & Country Club is well woven into a connected community which is, quite simply, better together.

Black kites are frequent visitors of the Club
麻鷹為會所常見的訪客之一



隨自然而行

社區發展的豐碩成果，源自最初的願景

柔柔海風吹拂，一棵露兜樹35年來孤高地矗立在半島的山頭上。

這株海岸植物究竟是如何攀上山尖，無人知曉，或許是多年前的一股颶風將種子席捲而上，繼而落地生根。

在這片景色壯麗卻又無遮蔽的土地上，這棵樹非但長年屹立不倒，反而愈加茁壯，蔚為自然奇觀。

這棵頑強的露兜樹俗稱「假菠蘿」，是其中一棵植根於清水灣鄉村俱樂部的大樹，與這個蔥鬱蒼翠的園地有着深厚淵源。

在風光明媚的西貢半島上興建公眾休憩設施的意念於1970年代初萌芽，現時著名的18洞高爾夫球場，當時便秉持「順應自然」為建築方針。

為了凸顯當地特色，兩個景致優美的高爾夫球場的植物約有八成屬原生植物。園境師從一開始便無意擾亂當地的自然生態，專心致志為最合適的草木構建理想的生長環境。

早期的會員亦有共襄保育善舉，他們當日種下的樹苗如今已長成參天大樹。三號洞附近屹立數十載的露兜樹旁，還有不少富中華文化意涵的品種，包括象徵大自然頑強生命力的老榕樹，其中一棵於上次超強颶風襲港後，儘管失去了一半枝節，仍然倖存下來。

雀鳥、蜜蜂、蝴蝶和其他物種均悠然自在地棲息於這片豐饒的土地上，成為會員以至香港人珍貴的自然財產。或

許你會偶然瞥見一頭麻鷹掠過天空，又或者目睹在西伯利亞與澳洲之間遷徙時途經香港的候鳥於綠野中覓食。

自啟用以來，會所便與社區融為一體。項目的首個工程就是修築一條通往場內的道路，除為當地村民帶來就業機會，還讓他們享用這條通往居所的道路。

會所與周邊的休憩設施不斷擴建，帶來更多的就業機會。工作人員將場內規劃並構建成今天廣袤無邊、綠草如茵的戶外樂土。對內，會所有一群中堅努力實現創辦人的願景，而對外則有一個社交網絡甫開始便不遺餘力地將會所的理念傳遍社區每個角落。

時間會證明這片寶地的價值所在。從基建到珍貴的一草一木以至寬敞的社區娛樂設施，其使命由始至終都是為社區鄰里服務，並為弱勢社群送上愛與關懷。

2003年展開的一個社區外展計劃就是朝着這使命更邁進一步。「清水灣·走入社群」計劃旨在將種種構思付諸實踐，推出一系列全面周詳、可擴展的慈善方案和活動。自此，會所在熱心會員的踴躍支持下，得以籌集所需資金，並與不同慈善夥伴攜手啟動各類社區服務。

除了捐款外，會所亦推動其支持的慈善計劃，努力為有需要人士的生活帶來希望和改善。

會所致力推動健康運動文化，青少年發展計劃是當中的重點活動之一。高爾夫球大使及網球大使計劃極受歡



This decades-old banyan tree provides shade for golfers at the Club
榕樹於會所植根數十年，為高爾夫球手提供樹蔭休憩

迎，一方面為有抱負的年輕選手提供良好的練習場地，另一方面能藉此支持具有潛質的運動員，推動香港體育多元發展。

此外，被選中的運動新秀不論背景，均可使用「青少年運動發展計劃」(Junior Sports Development Scheme) 旗下所涵蓋的訓練設施。

即使是有智力障礙的運動員、低學歷人士或來自基層家庭的兒童，都同樣享有發光發熱的機會。計劃希望能賦予年輕人力量，讓他們從嶄新角度發掘自身天賦，闖出新天地。

為與社會各界聯袂促進公眾關注身心健康，會所於政府推行的年度「全民運動日」，向公眾及慈善夥伴開放其娛樂休憩設施。

會員藉着與其他慈善機構合作，深入了解和體會基層市民生活，從而透徹掌握社區的精神面貌。慈善工作面前人人平等，一眾會員亦很榮幸能向癌症患者、未成年孕婦、孤兒和長者等弱勢社群施予援手，為他們帶來支援和希望。

清水灣鄉村俱樂部秉持「天人合一」的發展方針，創造出大自然與人類和諧並存、共生共榮的社區。



The Club offers coveted spots for aspiring young people to train and receive coaching, thus nurturing Hong Kong's rising talents
會所為有抱負的年輕人提供良好的練習場地，亦藉此發掘具有潛質的運動員



Commonly found in the herbal tea shops, copper gourds are used to store turtle jellies and double as ornaments because of their distinctive style. 銅製葫蘆常見於涼茶舖之中，除了用以存放龜苓膏外，其獨特外形亦成為店舖的裝飾。



GOOD HEALTH DOWN TO A **TEA**

Society owes a lot to herbal teas, a brew more relevant now than ever

How are you feeling today? Perhaps the summer humidity might be getting you down, or work is proving stressful. Modern society is full of advice on what foods to eat, or which practices to follow, to recalibrate the body and mind back to feeling fantastic. But for generations of Chinese, all it takes is a daily cup of tea.

Tea has been an integral part of Chinese life for thousands of years. As an essential component of Traditional Chinese Medicine (TCM), herbal varieties originated as a popular and affordable way for ordinary people to relieve common ailments.

The first herbal tea shop in China can be traced back to 1828, when a practitioner named Wang Zebang set up a store in Guangzhou. Labourers and business people alike were known to frequent these places, and when migrant workers came to Hong Kong in the late 19th century, they brought their recipes – and associated customs – with them.

The idea caught on, resulting in a proliferation of herbal tea shops where people would congregate not only to consume the beverage's healing properties, but to socialise.

By the 1940s onwards, herbal tea shops were also functioning as neighbourhood entertainment centres. Folk were drawn to the traditional music blaring from scratchy gramophones, and as time went on, Western influences saw English pop songs being played as well, attracting a younger crowd.



Preserved plums and prunes
嘉應子及陳皮梅

Then the miracle of television arrived. This was a luxury few could afford at home, so proprietors took the initiative to install a black and white set in their shops. Every day, customers would gather to drink Cantonese favourites such as 24 flavours (廿四味) (a tea containing up to two dozen ingredients such as cleistocalyx operculatus, liquorice, cortex ilicis rotunda and abrus precatorius), and watch television together.

In recognition of its influence on Hong Kong society, in 2006 herbal tea was inscribed on the first national list of Intangible Cultural Heritage.

Though not as ubiquitous today, herbal tea shops remain a familiar sight on some Hong Kong streets. The drink itself has lost none of its following: thanks to modern manufacturing, it's just easier to come by.

Many people still rely on herbal tea, or leung cha, to keep ills at bay – especially in Hong Kong, where hot, damp weather and busy lifestyles are the norm.

The beverage is made from different parts of various plants, including the leaves, bark, buds and roots, with recipes concocted and adjusted by TCM practitioners to target specific conditions.

The custom of drinking “cooling tea” (yin) has been popular in southern China for more than two hundred years. Particularly in the hot summer months, it is widely used to drive out toxins, helping to balance the heat (yang) in the body.

In addition to the common heat-clearing herbs found in cooling teas, people like to use local ingredients grown mainly in southern China. Popular brews at this time of year include chrysanthemum tea (銀菊露 / 菊花茶), which can clear toxic heat and sharpen the eyesight, and five flowers (or floral) tea (五花茶) whose main ingredients are honeysuckle, chrysanthemum, silk cotton, plumeria rubra and pueraria lobate, a formula devised to clear heat and expel dampness, alleviating symptoms like fatigue.

Some of the traditional brews specified for clearing heat and removing dampness are preserved in history



In 2006, herbal tea was inscribed on the first national list of Intangible Cultural Heritage
涼茶於2006年被列入第一批國家級非遺代表性項目名錄



Herbal tea shops also functioned as neighbourhood entertainment centres; people were drawn to the traditional music blaring from scratchy gramophones
涼茶舖同時「兼任」大眾的消遣園地，一眾街坊愛在此傾聽留聲機中偶帶雜音的舊歌

as Intangible Cultural Heritage formulas. Favourites among them are qu shi tea (祛濕茶), containing herba artemisiae scopariae, rhizoma imperatae, canton abrus herb, plantain herb, and bombax ceiba; canton abrus (雞骨草), combining liquorice with the canton abrus herb; and the aptly named spica prunellae drink (夏枯草), made with spica prunellae, grosvenor momordica fruit and liquorice.

You might have seen elaborate copper pots prominently displayed in Hong Kong herbal tea shops. These contain turtle jelly, a health-giving delicacy made from turtle shells and herbs. Following tradition, jelly cups are stored on the upper part of the tripod, with burning coals at the bottom to keep the jelly warm. Decorations on the vessel symbolise peace and health.

Health-giving they might well be, but traditional herbal teas are not always easy to swallow. Even Chinese herbalists acknowledge this by telling their patients that “good medicine is bitter to the taste”.

Some people find that, after a while, they do get used to the taste. There are also those who actually enjoy the earthy flavours of natural medicine.

For the rest, there are ways to make herbal teas more palatable, as well as more relevant to contemporary lifestyles, without diminishing the benefits.



Haw flakes 山楂餅

Turtle jelly 龜苓膏



If the tea is too bitter or sour, steeping the brew for a shorter time, at a lower temperature, might result in a gentler taste. Some people take haw flakes (山楂餅), sweets made from the fruit of the Chinese hawthorn, to counter the bitter taste, or preserved sour plum (huamei), a healthier alternative to candy that is also beneficial to the stomach, lungs or spleen, according to TCM.

For a fun summery treat, freeze fruity, flavoured herbal infusions to make your own icy poles, or mix with sparkling water for a healthy and refreshing glass of fizz.

There are even inventive mixologists around town whipping up herbal mocktails. Customers simply choose the mocktail which corresponds to how their body is feeling that day, and the bartender will make it to alleviate conditions including tiredness and stress.

Some shops also sell boxed remedies for people to take away and enjoy at home.

These innovations have moved a traditional herbal remedy into modern-day “teas with a purpose”, which can be just as beneficial for overall wellbeing as, say, going to the gym or having a massage.

In this busy day and age, nothing could be simpler. We have our ancestors to thank, and a healthier future to look forward to.

養生「良」茶

養生成為潮流，而向來被奉為保健良方的涼茶，可謂更添身價

你今天感覺好嗎？夏日的潮濕天氣或許會令你提不起勁，而工作的壓力更容易令人喘不過氣。

現今坊間有各式各樣的健康飲食指南，以及洗滌身心的法則，務求令人活得舒暢。但中國的傳統智慧卻告訴我們，每日一茶「能醫百病」。

茶品是華夏數千年文明的結晶之一。傳統中醫主要以草本植物入藥，調製自中草藥的茶品更是昔日廣大民眾調理身體的廉價恩物。

中國第一家涼茶舖始見於1828年，由中醫王澤邦於廣州開設。當時，不少勞工和商人均是此類商店的常客，而一些工人於19世紀末移居香港之時，亦把涼茶配方和這種飲用習俗傳至城中。

本地的涼茶文化興起後，涼茶舖的發展猶如雨後春筍，人們聚首店中，不僅為了以茶治病，還會藉機聯誼。

至1940年代起，涼茶舖同時「兼任」大眾的消遣園地，一眾街坊愛在此傾聽留聲機中偶帶雜音的舊歌，隨着西方文化日盛，店內亦開始播放英語流行曲，吸引年輕人捧場。

後來香港進入電視時代，但電視機當時是大眾難以負擔的奢侈品，因此不少店主把握商機，在店中安裝黑白電視，每日引來成群「茶」客，一邊呷着廣東人最愛的涼茶之一——廿四味（匯集水翁花、甘草、救必應和相思藤等24種成分的涼茶），一邊同看電視。

涼茶更於2006年被列入第一批國家級非遺代表性項目名錄，以肯定其對香港社會的良多貢獻。

縱然現時涼茶舖的數目大不如前，但在街頭巷尾總能找到其蹤影。而由於現時生產技術進步，相比昔日，支裝涼茶更隨處可購，飲品本身依舊長盛不衰。

時至今日，仍有不少人依賴涼茶抗病，而在居住環境潮濕炎熱、生活營營役役的香港更是追捧者眾。

這種飲品由多種植物的不同部分（包括樹葉、樹皮、花蕾和根部）製成，配方則由中醫師視乎個人特定體質調配和增減。



「涼茶」屬性陰寒，早已在華南地區盛行200多年，人們更經常在酷熱炎暑飲用，為陽邪「熱氣」的身體解毒降火。

除了涼茶中常見的清熱草藥，人們還喜歡以主要於嶺南土生土長的植物入藥。以當下時節而言，最宜飲用銀菊露和五花茶，前者有助清熱、解毒和明目；後者的主要成分則為金銀花、菊花、雞蛋花、葛花、木棉花，用以清熱祛濕、緩解困倦等症狀。

部分標榜能清熱祛濕的傳統涼茶藥方更名列非物質文化遺產，流傳後世。當中以祛濕茶（成分：綿茵陳、白茅根、雞骨草、車前草和木棉花）、雞骨草（成分：甘草和雞骨草），以及夏枯草（成分：夏枯草、羅漢果和甘草）最受歡迎。

路經本地的涼茶舖，你或會看見內有精緻奪目的銅鼎立足其中，當中盛載以龜板和多種中草藥熬製而成的龜苓膏。這款食品保健功效卓著，根據傳統古方，一盅盅龜苓膏會放於鼎內上層，下層則以炭火加熱，至於鼎的表面飾紋則有健康祥和之意。

不過，縱然傳統中藥有益健康，味道卻未必人人樂嘗，就連中醫師亦向病人坦言「苦口良藥」的道理。

有些人在淺嘗一口涼茶後，便能適應其味道，部分人甚至會愛上那股天然草藥的泥土味。

若真的接受不了那苦澀味，坊間有不少方法讓涼茶更易入口之餘，又無損藥效，切合現今的口味。

若怕涼茶過苦或過酸，待溫度稍降後再入口，或能令味道更為溫和。有人則會以山楂果製成的蜜餞山楂餅佐藥，中和苦味，亦有人會配上酸中帶甜的話梅，根據中醫理論，這種涼果對脾胃和肺部有益，較糖果來得健康。

炎炎夏日，不妨親自動手，以果汁和涼茶自製冰凍雪條，或在涼茶中混入梳打水，調配出健康醒神的氣泡特飲，消暑之餘增添樂趣。

城中甚至有調酒師發揮創意，以草藥調製出新穎的無酒精雞尾酒。客人只須選擇切合當日身體狀況的口味，調酒師便會搭配出有助舒緩疲勞和壓力等症狀的「杯中物」。

此外，部分商店亦有售盒裝沖劑，方便顧客在家享用。這些創新構思，令傳統的涼茶藥方如今成為「功能飲品」，養生成效媲美健身、按摩。

有賴這道祖傳妙藥，我們才可在生活匆忙勞碌的世代，得享此便捷不過的養生方法，同時透過革新改良，承傳後世。



24 Flavours is a tea containing up to two dozen ingredients such as cleistocalyx operculatus, liquorice and cortex ilicis rotunda 廿四味匯集水翁花、甘草、救必應等24種材料





REFRESH AND RECONNECT WITH NATURE

Nature-based design enhances health and wellbeing for individuals and society

“Look deep into nature, and you will understand everything better,” Albert Einstein observed.

This quote from one of the world’s great physicists suggests that nature is the ultimate teacher – if only we listen and absorb.

Recognising the many benefits a connection to nature can bring – for our physical and mental wellbeing, productivity and life enjoyment, to name just a few – a new design trend aims to restore the cherished relationship with nature that so many are seeking. When a positive relationship with nature can be rekindled through planning, it’s expected that this approach, known as “biophilic design”, will be embraced more widely to inform urban development.

Prominent examples around the world include the Vertical Forest in Milan, where two high-rise residential towers entirely covered by trees (the work of Italian architect Stefano Boeri) help to clear polluted urban air, and Central Park, New York’s well known “lung of the city”, providing oxygen and a green escape to tens of thousands of people who come daily to rest and restore in nature.

For the benefit of communities in which it operates, Kerry Properties is embracing biophilic design principles to optimise the indoor and outdoor environment in several of its key developments in Hong Kong and mainland China.

What does such design look like? At first glance, a biophilia-inspired indoor space will be endowed with greenery. Living plants make people feel calmer, boost mood and help clear the air – and besides, they’re just nice to have around.

That’s why the first thing visitors at Kerry Centre, the company’s Hong Kong headquarters, see inside is a lush, green wall. Not only in the lobby, verdant planting also greets workers driving into the building’s basement carpark.

Flowing water, another soothing element of biophilic design, is incorporated, too, in a cascading waterfall linking the ground and first floors of the building.

But humans respond to more than that which first meets the eye. Hence, biophilic design replicates nature in ways that touch all the senses.

Along with as much as natural lighting as possible, indoor air should be as fresh as a summer breeze. This

is beneficial in two ways: studies suggest that air quality is not only related to occupants' comfort, but also their cognitive performance and efficiency.

Leveraging the latest available indoor air quality (IAQ) technology, Kerry Properties is investing in RESET™ Air, the world's first sensor-based and performance-driven building standard that emphasises the health of occupants, focusing specifically on indoor air quality.

As part of the company's efforts to build healthier communities for stakeholders, occupants of a growing number of key buildings managed by the company, including Kerry Centre (Hong Kong), Beijing Kerry Centre, Hangzhou Kerry Centre, Jing An Kerry Centre, Kerry Parkside, Shenzhen Kerry Plaza and Kerry Everbright City Phase III – Enterprise Centre, have obtained RESET™ Air Core & Shell certification.

Not only does the RESET™ Air facilitate the maintenance of a high IAQ standard in our properties, it also creates a real-time platform providing data for our tenants, and for managing Hong Kong and Mainland property services teams as a whole.

Even for indoors, biophilic design should give a sense of place that changes with the seasons. This can be achieved through glazing which frames views of a natural setting, such as a garden, and ideally, access to landscaping where the seasonal textures and fragrances of nature, as well as the changing colours, may be physically felt.

Introducing this new concept of urbanism to the upcoming financial hub of the Guangdong-Hong Kong-Macao Greater Bay Area is Qianhai Kerry Centre, Shenzhen.

For the benefit of both the building's occupants, and also those within its environs, indoor and outdoor gardens are designed with specific purpose. Among them, a sunken plaza draws natural light into the nearby subway, while sky gardens provide a soothing space for workers to relax. Parks are incorporated for the enjoyment of everyone. In reconnecting people with nature, the community is bestowed with a beautiful place to live, work, meet, and learn.

Integration with nature is especially important in highrise buildings. Within Kerry Properties' Resiglow residential leasing portfolio, Resiglow-Bonham demonstrates how this can be achieved in various ways.

Roadside planting and a green pedestrian walkway with shady outdoor seating areas improve the environment of the neighbourhood, benefiting the wider community. Individually, residents are engaged by property management to bring greenery into their homes.

Biophilic design requires a holistic rethink of the way buildings design and function, which is widely regarded as the right way forward.

Designing, building and operating buildings in a more environmentally responsible manner also reduces the negative impact of urbanisation overall. Perhaps, by adopting this approach, we can go some way towards resorting the natural order, for the benefit of people and the planet.

Knowing that greenery connects people to nature intuitively, Kerry Properties has set up a Greenery Enhancement Taskforce to contribute to a healthy and pleasant environment for everyone. It is initiated under the company's sustainability direction to focus on the enhancement of greenery in its property portfolio.

綠化環境連結人與自然，且有助構建人人均樂在其中的健康環境，嘉里建設成立了「綠化改善工作小組」(Greenery Enhancement Taskforce)，透過奉行公司的可持續發展原則，專責為旗下物業擴展綠化地帶。



Biophilic design has been applied on various buildings under Kerry Properties' portfolio
嘉里建設旗下的多項建築均沿用「親和自然」的設計

親和自然的綠色設計

設計結合自然，對個人身心健康以至社會皆有裨益

「細看自然，方能洞悉萬象。」愛因斯坦如是說。

這句來自偉大物理學家的箴語，道出大自然蘊藏深邃大智慧，但前提是我們要主動求索，敞開胸懷，方能領悟箇中真諦。

與大自然連繫，有助改善身心健康，提升生產力和生活樂趣，裨益數之不絕，因此新派設計亦傾向順應此道，聚焦為嚮往綠色生活的用家重建與自然的聯繫。只要在規劃上巧花心思，要與大自然重新接軌並非難事，而這種「親和自然」的設計 (biophilic design) 預期將成為都市發展的大勢所趨。

環顧全球，出色的典範可數米蘭的垂直森林 (Vertical Forest) 和紐約有名的「城市綠肺」中央公園 (Central Park)，前者由意大利建築大師Stefano Boeri操刀設計，在兩座住宅高樓密佈草木，淨化鬧市廢氣，提升空氣質素；後者則為每天數以萬計到此休憩的都市人帶來清新空氣，同時讓他們在這自然環境中暫忘俗務，洗滌心靈。

有見及此，嘉里建設亦正奉行「親和自然」的設計原則，在中港兩地多個主要發展項目中致力打造至臻完善的室內外空間，藉以惠及其紮根的社區。

這些設計原則到底會呈現怎樣的面貌？乍看起來，「親和自然」的室內空間往往綠意盎然，生機蓬勃的植物能令人寧神靜心，豁然開朗，並有助潔淨空氣，僅在視覺上已收賞心悅目、美化環境之效。

因此，甫進公司的香港總部嘉里中心，便會看到一道青翠蔥鬱的綠化牆。除大堂之外，就連這座大樓的地下停車場也綠茵處處，夾道歡迎乘車回來的員工。

淙淙流水沿着貫通地下和一樓的瀑布潺潺而下，亦為大樓增添另一項「親和自然」的設計常見的治癒元素。

當然，人類並非只追求悅目之物，故此「親和自然」的設計會在不同的感官層面向自然取經。

嘉里中心內除了盡量引入天然陽光，室內空氣亦務求有如夏日涼風般清新舒爽，這樣做有兩大益處：有研究指出空氣質素不僅與處所人士的舒適度息息相關，還會影響其認知表現和辦事效率。

嘉里建設正致力投放資源，憑藉最先進的室內空氣質素 (IAQ) 科技達致RESET™ Air標準——全球首項以感應器衡量實際效能的建築標準，專門監察IAQ，從而關注處所人士的健康。

香港嘉里中心、北京嘉里中心、杭州嘉里中心、靜安嘉里中心、浦東嘉里城、深圳嘉里建設廣場及嘉里不夜城三期-企業中心等由公司管理的主要項目，獲RESET™ Air內核與外殼認證的租戶數目與日俱增，締造出令持份者更健康的理想社區。

RESET™ Air認證不僅促進公司維持旗下物業的IAQ嚴格標準，其實時的數據平台亦為租戶以至嘉里建設全面管理中港物業服務團隊的事務帶來便利。

即使是室內空間，「親和自然」的設計也應讓人從中感受到四時的變化，例如設置能透視花園等自然環境的玻璃窗，而最理想的方法是能讓空間直達園林，令人真切體會季節變換的鮮明特質和環境色調，以及大自然的清新氣息。

深圳前海嘉里中心先拔頭籌，將此嶄新的都會建設概念引入粵港澳大灣區的未來金融樞紐。

中心的室內外花園均經過特別設計，令大樓內外人士均能受惠。其中，休閒廣場把自然光線引進通往地鐵的道路，而空中花園則為上班族提供寫意悠閒的空間。此外，建築物四周設有多個公園，令公眾同享生趣。這個社區成功構建生活、工作、聚會以至休閒的理想園地，令人重新與自然和諧共融。

發展高樓大廈時，尤需順應自然，嘉里建設旗下Resiglow住宅租賃項目的Resiglow-Bonham可謂多方位實踐的典範。設計師於住宅大樓入口一側設計小花園，提供戶外庇蔭座位，供人小憩，既改善了周邊環境，又惠及鄰居。在個人層面，物業管理團隊亦會鼓勵住戶添置植物，綠化家居。

「親和自然」的設計講求全面反思建築物的設計和功能，被普遍視為未來建築的王道。

另外，以更環保的方式設計、興建和管理建築物，也有助減低都市化對環境造成的負面影響。也許，我們能透過這種方法回歸自然，反璞歸真，令人類與地球互惠共生。



WORKPLACE RESPONSIVE TO STAFF NEEDS

Forward-looking organisations support their staff to thrive, feel energised, and be part of the bigger picture

Why wouldn't they? Google's stated aim – soon shared by the likes of Facebook and Apple – was to create “the happiest, most productive workplace in the world”. In the early 2000s, table football, video gaming and Friday night happy hours defined the coolest workplaces, to be replaced in the health-conscious next decade by in-house gyms and wellness programmes.

Is this what workers really want? Surprisingly, no, conclude researchers from Harvard University. A study conducted last year revealed that, rather than perks, the employees surveyed prioritised better air quality, access to natural light, and the ability to personalise their workspace. Of these, air quality and light were cited as the biggest influencers of employee performance, happiness and wellbeing.

Certainly, a high-quality office can motivate staff and reduce absenteeism, but in today's complex corporate environment, it's only one piece of the puzzle. If the goal of an organisation is to create a dynamic workplace culture, the challenge is to strike a balance that accommodates every employee's needs.

Various global studies have shown the positive impact this can have on a company's Key Performance Indicators. Among the findings, a Gallup report on employee engagement reveals that employees who believe their voice is heard are 4.6 times more likely to feel empowered to perform their best work. In other data gathered from workplaces around the world, highly engaged teams deliver 21 per cent greater profitability. They also show a 41 per cent less absenteeism, and 59 per cent reduction in staff turnover.

To achieve such desired outcomes, three factors stand out: flexible work schedules; a commitment to health and wellbeing; and a sense of shared purpose. That's according to a global talent trends study by recruitment firm Mercer.

As the events of this year to date have underscored, the nature of work is changing.

The global pandemic has necessitated unprecedented shifts in the way workplaces function, and it's quite likely some of those changes will be here to stay.

When it comes to attracting top talent, many employers are prepared to offer greater flexibility. Moving forward to a modern workplace model has been found to improve employee satisfaction and productivity, which is ideal in today's job climate.

Telecommuting has replaced in-person meetings, without obvious detriment to outcomes, which apparently suits most of us, anyway. According to global workplace analytics statistics, 85 per cent of employees would like to work remotely at least part of the time.

If their role and the company's IT infrastructure support what, why not let them? A recent study by Airtasker in the US found that remote employees work an additional 1.4 more days per month than in-office employees, which is nearly 17 additional workdays a year. They also tend to be healthier, having more time to devote to exercise.

Flexibility in working hours hasn't shown to hurt business performance either, while also meeting individuals' needs in terms of balancing work with family responsibilities.



The badminton competition organised by Shenzhen Kerry Plaza
深圳嘉里建設廣場舉辦的羽毛球比賽

Through initiatives to provide a family-friendly workplace, Kerry Properties has found this to be true. Staff enjoy peace of mind knowing that, should the need arise, they can take two days of Caregiver Leave to look after family members. The Kerry Family Day encouraged colleagues to bring their loved ones to visit the office to understand more about their work. This initiative was well received, as was the summer internship programme, which the children of staff were invited to join.

Best-practice employers are also attentive to both the physical health of staff, as well as their emotional wellbeing. In order to make movement fun, Kerry Properties organises activities and groups in which everyone can be involved – such as the Shenzhen

Kerry Plaza's badminton competition, the Kerry Running Club, and Kerry Properties Basketball Team. A highlight for everyone was staff participation in the Walk for Green Earth, a low-carbon event set in Hong Kong's beautiful countryside while fundraising to promote a zero waste culture.

Overwhelmingly, Mercer's research finds that employees crave meaningful work. Respondents who report being truly fulfilled, personally and professionally, say that they work for a company with a strong sense of purpose.

Kerry Properties agrees that providing an environment which enables people to thrive, as part of a strong workplace culture overall, helps to build a more engaged and satisfied team of talents. The results of our staff satisfaction survey concur: employee engagement across group workplaces in 12 mainland Chinese cities consistently rated an overall score of 78 per cent, a result considered to be an ideal benchmark.

Nearly three-quarters of executives surveyed for Mercer's 2019 Global Talent Trends study predicted significant workplace disruption in the next three years, compared to 26 per cent in 2018. As executives focus on making their organisations "future-fit", human capital risk becomes a number one concern.

If a happy workforce is the answer, then Confucius knew how, all along, when he said: "Choose a job you love, and you will never have to work a day in your life."



Switching to a modern workplace model has been found to improve employee satisfaction and productivity, which is ideal in today's job climate
有研究發現，新世代職場模式有效提升員工滿意度及工作效率，有利現今時代的業務

從員工出發的職場文化

隨着世界各地的科技巨擘為建設員工樂意流連的辦公空間譜寫標準，不少公司亦爭相效法

這種想法再自然不過——當谷歌聲言要營造「世上最快樂、工作效率最高的工作環境」，Facebook和蘋果等同業隨即振臂呼應。在千禧年代初，設置足球機和電子遊戲，讓員工在周五晚歡樂時光暢聚，才堪稱夢幻工作園地。十年過後，隨着健康意識抬頭，辦公室提供健身設施和舉辦養生活動成為潮流。

不過，員工所嚮往的又是否如此？答案並非如此。哈佛大學去年進行的一項研究發現，受訪僱員最希望改善空氣質素、讓自然光透進辦公室，以及可自行佈置個人的工作空間，享樂設備只屬次要。調查亦指出，空氣質素和光線才是影響僱員工作表現、愉悅心情和身心健康的關鍵。

良好的工作空間固然能激勵士氣，減少缺勤率，但現今的企業環境遠比以往複雜，舒適場所只屬其中一環。若機構希望打造活力十足的職場文化，如何在配合不同員工需要之間取得平衡，將會是一大考驗。

多項全球調查亦顯示，機構若能處理得當，將有助提升公司的關鍵績效指標。其中，據國際管理績效諮詢公司蓋洛普（Gallup）一份以員工投入度為題的報告指出，若公司願意聆聽員工的聲音，他們會於工作上更趨落力，願意「全力以赴」的概率高出4.6倍。至於其他在環球職場得出的數據亦反映，投入度高漲的團隊能帶來多21%的盈利，他們的缺勤率和流失率也分別較一般僱員低41%及59%。



Kerry Properties' management having fun with staff on "Green Wrap Day"
嘉里建設的管理層開心參與與員工同樂的「Green Wrap Day」活動

根據招聘公司美世（Mercer）一項針對全球人才趨勢的調查，彈性工作時間、關心員工身心健康，以及讓他們相信個人目標與公司一致，是達致上述理想效果的要素。

然而，今年發生的種種事情卻改寫了工作既有的定義。肆虐全球的疫症導致職場的運作模式出現前所未有的轉變，估計部分變遷於日後也會成為常態。

為羅致頂尖人才，不少僱主均樂意放寬自由度。有研究發現，新世代職場模式有效提升員工滿意度及工作效率，對現今的職場環境最為有利。

現時，遙距辦公取代了面對面的會議，成效卻大致不變，顯然能為大部分上班族所接受。根據全球職場的分析數據，八成半員工希望能偶爾遙距工作。

若員工的工作性質和公司的資訊科技配套許可，何樂而不為？任務共享型社群平台Airtasker最近在美國進行的研究發現，遙距工作的員工較駐辦公室人員每月平均工作多出1.4天，即每年多出近17天；而由於他們能投放更多時間於運動上，往往更為健康。

另外，研究也反映推行彈性上班時間既無損企業績效，員工亦能更妥善兼顧事業與家庭。

嘉里建設深明此道，一直以來致力締造促進家庭關係的工作環境。舉例而言，員工可在有需要時放取兩天家庭關顧假期，照顧至



親，讓他們平日安心為公司打拼。「Kerry Family Day」則鼓勵員工帶同家人參觀辦公室，讓親友深入了解其日常工作，活動深受歡迎。另一項募集僱員子女的暑期實習計劃同樣廣獲好評。

關顧員工的身心健康，才算模範僱主。嘉里建設舉辦全員參與的活動以增添運動樂趣，當中包括深圳嘉里建設廣場的羽毛球比賽，以及嘉里跑步會和嘉里建設籃球隊。另外亦參與「Walk for Green Earth」推廣低碳活動，讓公司員工走進香港美麗的郊野遠足，同時為推廣零浪費文化籌款。

美世的研究更發現絕大部分員工渴望能在工作尋覓意義，而自稱能在職責中真正獲取個人和工作滿足感的員工，均表示對其效力的公司擁有強烈的使命感。

嘉里建設認同要構建一個有利員工發展潛能的工作環境，並建立優良的職場文化，能令他們更積極投入工作，獲取更大的滿足感。從員工滿意度調查的結果可見其方向正確：在12個內地城市分部，員工投入度的整體評分均達致78%的理想水平。

根據美世的《2019年全球人才趨勢研究》，近四分三受訪行政人員預期職場在未來三年將出現巨變（2018年只有26%受訪者持此意見）。在行政人員致力於提高企業對未來的適應能力之際，人力資本風險成為首要隱憂。

若敬業之道在於樂業，那麼孔子於《論語》中早已一語道破：「知之者不如好之者，好之者不如樂之者。」

The canteen at Google's office in Berlin, Germany
德國柏林谷歌辦公室的員工餐廳

SUMMER BEACH BLISS

Take a staycation in Hong Kong this summer to enjoy favourite beach pastimes

Even though many people will be staying home this summer, there's no need to miss out. Blissful beaches exist right here on Hong Kong's doorstep, and with a little planning, it's possible to have an amazing staycation enjoying something different on every outing.

As an island in the South China Sea, Hong Kong is blessed with miles and miles of coastline, and that's not even counting the outlying islands. By researching as you would ahead of any trip abroad, the fun can begin by shortlisting the beaches you'd most like to explore.

If clear, turquoise water is a priority, Hap Mun Bay should definitely make the list. Also known as Half Moon Bay, this tiny, crescent-shaped beach tucked away at the southern tip of Sharp Island consistently tops Hong Kong's water quality ratings, making it ideal for swimming. Fine white sand for reclining on, and beautiful scenery of mountains and rock

formations, make a day's outing well worth the pleasant sail or speedboat ride from Sai Kung.

Nearby, the bigger Kiu Tsui Beach has a sandbar, or tombolo, connecting to a tiny islet where rockpools may be explored. Accessible only at low tide, this section of coast holds delight for children who scramble over the rocky outcrops as they search for elusive sea creatures.

For an Insta-worthy holiday snap, drop anchor at exquisite Clearwater Bay on the eastern shores of Hong Kong. The pristine sand and sparkling waters feel like a tropical paradise, and the lush green mountains of the county park behind make this spot picture-perfect. It's also the place to head if you want to get away from the crowds.

Even more secluded is the soft-sand stretch of Tai Long Wan. Ranked on a global list of 100 "under-the-radar beaches everyone should visit in their lifetime", this undeveloped part of the coastline offers 3km of

rarely found privacy, even in summer. Bring a surfboard to ride the waves in to shore, or a beach towel and book to soak up the serenity.

And if you can't imagine coral reefs being so close to home, prepare to be amazed by the diverse underwater flora and fauna in Hong Kong's marine parks. These waters are protected from fishing, but open for diving and snorkelling: At Hoi Ha Wan alone, 60 species of coral and 120 species alone have been identified. Even for those who prefer to keep their feet dry, the clear water makes it possible to spot fish and coral even from the pier.

During your stay-at-home beach vacation, making mindful choices will help preserve such experiences for generations to come.

For instance, applying sunscreen is a must, but the chemicals that protect human skin from burning may also be toxic to marine life. Research suggests that up to 10 per cent of the world's coral reefs are threatened

Located in Sai Kung East Country Park at section 2 of the MacLehose Trail, Sai Wan is characterised by white sand and clear blue water
西灣座落於西貢東郊野公園麥理浩徑第二段，水清沙白



1. Find out the shell length of the clam - a clam needs 2-3 years to mature

找出蜆殼的長度
蜆隻約需要2-3年
才會長到成熟大小

2. Compare the length with the gauge diameter

平放蜆隻，比對
測量圈直徑

3. Release young clams that pass through

如蜆隻可穿過測量圈，
建議不要收採

WWF recommends clam diggers not to collect clams smaller than the clam gauge
世界自然基金會建議，掘蜆人士不要採集體積小於「蜆類保育尺」之蜆隻



Scan the QR code to learn more about the clam gauge
掃描二維碼以瀏覽「蜆類保育尺」之詳情

by sunscreen-induced bleaching, so check the label to choose ocean-friendly brands.

Clam-digging is a favourite beach activity for Hongkongers, but WWF urges exercising restraint to avoid overexploitation of the species. Just 20 years ago, the largest clam collected by coastal villagers would reach 130 mm in shell length – nowadays however, clams are becoming fewer and smaller in size. To preserve tradition and the species, WWF has designated a minimum size for capture to be 4cm. Further information is available on the WWF web site, so check that out if you plan to fossick in local clam-digging hot spots.

Responsible beach etiquette also decrees not to feed the fish or seagulls, as human food is not the natural diet of wildlife, and may do more harm than good.

It goes without saying that no rubbish should be left behind, but do resist the urge to take home any seashells or corals. These may look like a pretty souvenir, but many organisms inhabit shells and rely on their protection for survival.

Perhaps, after all that fun in the sun, you're moved to give something back to the environment. Kerry Properties' staff members have joined a coastal clean-up campaign initiated under the company's Community Caring Scheme, but various NGOs need volunteers as well. Beach clean-up days have resulted in tons of plastic waste and abandoned fish nets being removed and correctly disposed of, reducing the threat of man-made pollution to the delicate marine ecosystem. For details on how to help, check the websites of organisations such as Hands On Hong Kong, Hong Kong Clean Up or Ocean Asia.

Wherever you're out and about this summer, let's make this a season to remember – for all the right reasons.



(Top) If you prefer a quiet place, Kiu Tsui Beach on Sharp Island is a good choice. (Above) Marine life around Sharp Island (Photo: Information Services Department)
(上) 假如你喜歡靜謐的沙灘，橋咀洲上的橋咀泳灘是個好選擇
(下) 橋咀洲的海底世界 (照片由政府新聞處提供)



夏日浪遊

這個夏天就留在香港度假消暑，享受美好的消遣時光

今年夏天，儘管不少人或會留港度假，但也不愁意趣。浪漫迷人的沙灘近在咫尺，只需稍加規劃，即使安在城中，亦可享受各有特色的戶外之行。

作為南海島嶼之一，香港的海岸線延綿不斷，離岸小島更是多不勝數。從思考目的地一刻起，單是從眾裏挑選最想探索的沙灘已教人目不暇給，樂在其中。

嚮往清澈碧水的話，萬勿錯過位於橋咀洲南端的廈門灣海灘，這個細小海灣因呈半月形而有「半月灣」之稱，水質更一直位居全港頂級水平，可謂暢泳的理想之選。從西貢寫意揚帆出海或乘坐快艇出發，展開戶外一日遊，靜躺在細白沙灘之上，欣賞四周的優美山景和岩石地貌，實屬一大樂事。

鄰近的橋咀泳灘相對寬廣，潮退之時更會冒出連接另一小島的天然沙堤（或稱連島沙洲），小孩子可趁機探索這種海岸沉積地貌，在橫越沙石後戲水，訪尋海洋奇珍，盡享大自然之趣。

位於香港東岸的清水灣，浪花朵朵，風光原始純樸，恍如熱帶天堂，更被蒼翠蔥鬱的郊野公園山巒環抱，絕對是假日拍照「打卡」的完美佈景。這裏更是遠離繁囂的避靜勝地。

如在尋找更清幽脫俗的樂土，可到訪大浪灣的細沙海灘。大浪灣位列全球百大「人生必到隱世沙灘」之一，延綿三公里的海岸遺世天然，即使在夏日也人跡稀少，是城中難求的清幽後花園。來到這裏，既可帶上衝浪板，體驗風口浪尖弄潮的刺激；也可躺在沙灘巾上悠閒看書，感受恬靜之美。

要尋覓豐富多彩的珊瑚礁美景，無須踏破鐵鞋，香港的海岸公園同樣是海洋動植物的大觀園，令人樂而忘返。這些水域禁止捕魚，但對潛水和浮潛無任歡迎；單在海底灣已擁有逾60種石珊瑚和120種珊瑚魚。這裏的水質清澈見底，即使不想下水的遊人也可以在碼頭附近找到魚兒和珊瑚的蹤跡。

在城中享受海灘假期之際，勿忘為環境多想一步，確保我們的下一代能繼續享受這些愜意體驗。

舉例而言，到戶外少不免要塗上防曬產品，以免肌膚曬傷。誠然，產品中的化學物質確實能為我們帶來保護，卻也可能危害海洋生物。有研究指出，全球多達一成的珊瑚礁便因為這些產品而面臨白化的危機，因此，選購這些產品前可先查閱標籤，確保其對海洋無害。

此外，港人喜愛到沙灘「摸蜆」尋樂，對此世界自然基金會呼籲大眾適可而止，以免這類海產被過度採集。就在20年前，逐水而居的村民挖掘出來的蛤蜊外殼長達13厘米；但時至今日，蛤蜊的數目以至大小均已不斷遞減。在保留傳統之餘，也保育環境，基金會建議大家只可採集體形至少長達四厘米的蛤蜊。因此，大家到本地的「摸蜆熱點」尋寶之前，請先參閱基金會的網站了解詳情。

別在沙灘上餵飼魚類或海鷗，也是遊人應盡之責，因為人類的食物並非野生動物的天然食糧，讓牠們進食或會危害生態平衡。

「自己垃圾自己帶走」毋須贅言，但切勿把沙灘上的貝殼或珊瑚也一併帶回家去。它們看似是美麗的紀念品，但同時是不少生物賴以生存的載體，生物需要寄居其中，在甲殼的保護下存活。

在陽光下享受過山林大海禮贈的樂趣，也應好好回饋大自然。就像嘉里建設的員工，早前響應公司的社區關愛計劃的號召，參與清潔海灘行動，而各個非牟利組織同樣需要招募義工協助。已舉辦多次的海灘清潔日成功清除並妥善處置數以噸計的塑膠垃圾和廢棄漁網，減低人為污染對脆弱的海洋生態系統造成的威脅。如欲成為保護環境的一分子，可參閱「牽手·香港」、「清潔香港」或保育海洋生態組織 Ocean Asia 等機構的網站了解詳情。

無論你計劃於今夏到何地出遊，也請凡事感恩，好好珍惜，因為一切皆非必然。

Tai Long Wan was ranked on a global list of 100 "under-the radar beaches everyone should visit in their lifetime"
大浪灣位列全球百大「人生必到隱世沙灘」之一



THE JOY OF BAKING

Is the daily grind getting you down?
Head to the kitchen and start baking

Nothing says 'home' like the smell of baking. Could there be a more perfect welcome than opening the door to find delicious aromas filling the air?

The scent of what's cooking heightens the anticipation of the treats to come – a positive emotion in itself. But that's not the only reason why our senses come alive the second a hint of baking wafts our way. Smells trigger memories, even long-ago forgotten ones. All it takes is a whiff from the oven to transport us back to a cherished 'happy place': perhaps to grandmother's kitchen – so simple by today's standards – that harboured such warmth and comfort during childhood years. Or to a sidewalk café in Paris, where a croissant nibbled by two fanned the first flame of youthful romance.

As author M.F.K. Fisher wrote in *The Art of Eating* (1954), "the smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight".

Behind the source of that scent lies so much opportunity to bring positivity into our lives.

Made with love, home-cooked food is healthy, wholesome, and an expression of care. So it nourishes self, and those with whom we share. In fact, Meg Bowman, an American clinical nutritionist, describes cooking as "self-care at its most basic and nourishing". "It is alchemy," she says.

Part of the joy of baking comes from the process itself, the mindful measuring, sifting, stirring and folding
專注地量度材料份量、篩入麵粉、攪拌並將麵糰折疊搓揉，無不是烘焙的樂趣

"You take ingredients and transform them into something delicious that feeds body and spirit."

Part of the joy of baking comes from the process itself, the mindful measuring, sifting, stirring and folding likened to a form of relaxing meditation.

As one baking blogger explains: "When I'm being truly present in the kitchen ... It feels like freedom from my thoughts and emotions. There's no thinking; my hands and mind are seemingly in perfect concert with one another, and I'm able to enjoy every step of the process."

Why not use baking as a bonding opportunity? The planning, preparation, cooking and decorating of cakes and cookies are things the whole family can be involved in. The creative expression baking unleashes boosts overall wellbeing, and besides, it's loads of fun. When children participate, they're learning important life skills – and might even pick up some 'secret' tips and techniques handed down from the more senior generation.

These are the times, says Susan Krauss Whitbourne, professor of psychological and brain sciences at the University of Massachusetts, US, when precious memories are made.

"Food memories are more sensory than



Located in MegaBox, Bake Your Own's Kitchen provides everything you need – bakeware, accessories and recipes. MegaBox BYO自助烘焙的共享廚房設備齊全，烘焙器具、配件和食譜等應有盡有。



Behind the source of that aroma lies so much opportunity to bring positivity into our lives. 香氣能散發着對生命的無窮希冀，讓人變得積極。

other memories in that they involve all five senses – so when you're that thoroughly engaged with the stimulus it has a more powerful effect," she explains. "You're not just using your sight, or your taste, but all the senses and that offers the potential to layer the richness of a food memory."

With so many of us watching our diets and being wary of additives and allergens, it's reassuring that most recipes are customisable: you control what ingredients are used, and can adjust things like fat, sugar and salt if you like. Plus, no food miles can be lower than the product of your own hands.

Baking at home can be simple, quick, cost-effective, and doesn't need complicated equipment.

Or head on over to MegaBox, where innovative store Bake Your Own is a convivial place for people to get together and enjoy the fun of baking. This professionally-equipped co-working kitchen provides everything you need – bakeware, accessories and recipes – for home cooks to enjoy DIY baking at their leisure.

So why not put on an apron today and start a new family tradition?



RECIPE 1: Raspberry and pistachio tea cake

Ingredients:

- 1 cup unsalted shelled pistachios
- 1/2 cups sugar
- 1 teaspoon salt
- 1/2 cup unsalted butter
- 2 teaspoons pure vanilla extract
- 4 large eggs
- 1 cup all-purpose flour
- fresh raspberries
- slivered or chopped pistachios, to garnish

Method:

1. In a food processor, finely grind shelled pistachios with the sugar and salt. Add butter, vanilla, and eggs, and process until smooth. Add flour, then pulse until just moistened and combined.
2. Divide batter into paper-lined muffin tins, dropping a couple of raspberries into each. Sprinkle with slivered pistachios and bake in an oven pre-heated to 375 degrees F (190 degrees C) until golden brown. Transfer tins to wire racks to cool.

RECIPE 2: Hong Kong style sponge cake

Ingredients:

- 4 eggs
- 100g caster sugar
- 130g cake flour
- 15ml vegetable oil
- Few sliced almonds

Method:

1. Beat eggs and caster sugar together until a ribbon forms (it takes about 5 to 8 minutes).
2. Add vegetable oil and sifted flour, folding in gently.
3. Lightly brush the cake tin with oil, or line with parchment paper. Pour the batter into the cake tin, tapping the tin for few times to release the bubbles. Decorate top with almonds.
4. Bake in an oven preheated to 350 degrees F (180 degrees C) for 20 to 25 minutes. Serve with tea or coffee.



食譜一： 紅桑子開心果蛋糕

材料：

- 無鹽去殼開心果1杯
- 糖1 1/2杯
- 鹽1茶匙
- 無鹽牛油1/2杯
- 純雲尼拿香油2茶匙
- 大雞蛋4隻
- 中筋麵粉1杯
- 新鮮紅桑子
- 開心果薄片或碎粒（撒在蛋糕上）

做法：

1. 將去殼開心果連同糖和鹽攪進食物處理器中磨碎。加入牛油、雲尼拿香油和雞蛋拌勻，再加入麵粉，攪拌至濕潤及完全混合。
2. 將麵糊分配至各個已鋪烘焙紙的蛋糕烤模中，適量加入紅桑子並撒上開心果薄片，放入已預熱至華氏375度（攝氏190度）的焗爐烤至金黃色。把蛋糕紙置於金屬架上待涼。

食譜二： 港式海綿蛋糕

材料：

- 雞蛋4隻
- 幼砂糖100克
- 低筋麵粉130克
- 植物油15毫升
- 切片杏仁少量

做法：

1. 將雞蛋和幼砂糖打至發白和企身（需時約5至8分鐘）。
2. 加入植物油和過篩後的麵粉，慢慢以摺疊式拌勻。
3. 為蛋糕杯輕輕掃上油，或者鋪上烘焙紙。將麵糊倒入蛋糕杯中，輕拍蛋糕杯讓麵糊內的氣泡冒出來。撒上切片杏仁作點綴。
4. 放入已預熱至華氏350度（攝氏180度）的焗爐烤20至25分鐘。佐以茶或咖啡。

烘焙之樂

每天為工作奔波勞碌教你厭倦不已？不妨走進廚房，從烘焙中重拾生活樂趣。

廚房飄來的陣陣香氣，最能傳遞「家」的感覺。打開家門，香味撲鼻而來，這種幸福無可比擬。

誘人的美食香氣讓人對即將上桌的佳餚倍感期待——光是這種期待已教人心生愉悅之情。但這不是感官被香氣瞬間喚醒的唯一原因。氣味能喚起被人遺忘已久的回憶，我們可輕易因焗爐傳來的一陣香氣，憶起昔日珍貴的「樂土」——例如祖母的廚房盛載的溫馨童年時光；又或是在巴黎街頭的一間咖啡館，由二人共享一件牛角包燃起的青澀浪漫史。

正如著名飲食作家費雪（M.F.K.Fisher）於1954年的著作《The Art of Eating》寫道：「烘烤麵包的香氣有如潺潺的流水聲，其所喚發的純真和歡欣深刻得難以言傳。」

那陣香氣能散發着對生命的無窮希冀，讓人變得積極。

用愛烹調的家常菜健康有益，滿載關懷，讓我們和身邊親友身心滿足。美國臨床營養師Meg Bowman形容烹飪是「愛護自己的最基本又富營養的方式」。她說：「烹飪好比煉金術，把各種食材轉化成滋養身心的美味菜餚。」

烘焙的過程亦可帶來樂趣，專注地量度材料份量、篩入麵粉、攪拌並將麵糰折疊搓揉，讓身心靈跟隨每個步驟逐漸放鬆。

一位於網絡撰文的烘焙達人解釋：「當我置身於廚房，便不再受囿於自己的思緒與情感，不用費神，雙手與腦袋便已默契十足，讓我在每個步驟均樂在其中。」

烘焙之時，何不藉此連繫感情？研究食譜、準備材料、烹調以至為蛋糕和曲奇餅點綴裝飾，下廚是讓家人聚首一堂、享受天倫之樂的絕佳活動。烘焙激發無窮創意，不但能促進身心健康，過程更饒富樂趣。孩子能在參與的過程中學會重要的生活技能，甚至在老一輩身上獲得「家傳」的生活智慧與技巧。

美國麻省大學心理及腦科學教授Susan Krauss Whitbourne指出，這些時刻正是締造珍貴回憶的良機。她解釋：「有關食物的記憶往往比其他記憶更能連繫五官的全體驗。當你全情投入享用食物的當下，所創造的回憶自然更為深刻，因為你所運用的不單是視覺或味覺，而是匯聚所有感官，賦予對當前食物的記憶更豐富細膩的印象。」

今時今日，我們十分注重日常飲食，對添加劑和食物過敏原格外謹慎。家常菜正好可讓你隨心修改食譜：親自挑選食材，調校油、鹽和糖等調味料的用量。再者，自己親手炮製菜式能大大減低食物里程（food miles）。

在家烘焙簡易快捷且相對划算，亦不需要複雜的煮食用具。

另外，你也可相約親友到位於MegaBox的BYO自助烘焙，一起在愉悅的氣氛下享受烘焙樂趣。這個專業的共享廚房設備齊全，烘焙器具、配件和食譜等應有盡有，讓一眾居家大廚在DIY烘焙的歡樂中度過休閒時光。

立即穿上圍裙，展開不一樣的家庭日吧！

TONE UP WITH

DESKERCISE

健身桌子操

Sometimes it's hard to squeeze enough physical activity into the course of the day. If you'd like to do more, try these simple yet effective weight-bearing exercises that take only minutes – requiring just a desk, chair and wall – to tone up without leaving the home or office. As researches have found, even one-minute spurts of activity throughout the day can be beneficial.

每天營役役，未必可忙裏偷閒做運動。不過，你只要有決心，願意騰出三數分鐘的時間，利用椅桌和牆壁，便可安在家中或辦公室進行簡單有效的負重運動，輕鬆健體。研究發現，即使是每天一分鐘的運動，也對身體大有裨益。



2. Shoulder stretch

Stand up at your desk with arms by your sides and palms facing behind. Pulse the arms backward for 20 seconds, keeping arms as long and straight as possible.

肩膀伸展

站立於桌前，雙臂靠兩旁，手心朝後。雙臂向後伸展20秒，期間手臂盡量向後伸直。

1. Leg extension

While sitting at your desk, extend one leg in front of you and hold for 20 seconds, then repeat with the other leg. For an added challenge, make small circles with the foot of the extended leg.

雙腿伸屈

坐在桌前，向前方伸直一條腿並維持20秒，之後換上另一條腿，重複動作。若想增加難度，可用前伸的腿比劃細小圓形。



3. Calf raises

Stand behind your chair or table and hold on for support. Raise your heels till you're standing on tippy-toe, then slowly lower yourself back to the floor.

小腿上提

站在椅子或桌子後面並以此作為扶手，提起腳跟直至踮起腳尖，然後緩緩地著地。



5. Simple cardio

Using two filled water bottles as weights, extend your arms and do overhead presses, arm curls, and other simple gym-style workouts right at your desk.

簡單心肺訓練

用兩個裝滿水的瓶子充當啞鈴，向上伸展雙臂，舉起瓶子，然後屈曲雙臂彎舉，再進行其他簡單的健身動作。



4. Work the core

Slide your back down a wall until your hips are at the same level as your knees, keeping them together at an angle of 90 degrees. Maintain the position for 30 to 60 seconds, then release.

核心肌群訓練

背部貼着牆壁向下滑，直至臀部與膝部呈一直線，與背部形成90度角。維持姿勢30至60秒，然後放鬆。



6. Full body stretch

Standing up, feet slightly apart, stretch your arms overhead and interlock your fingers. Turn palms to the ceiling, chin up, gaze up at the ceiling, and push. Inhale, exhale, release.

全身伸展

雙腳稍微分開站立，高舉雙臂，手指相扣。把手心朝向天花板，面部仰天，眼望天花板，雙手往上推。吸氣、呼氣、放鬆。





CHINESE CHESS 中國象棋

In the parks, streets, laneways and inside, through open doorways, you can see them. Heads bowed in earnest concentration, hands moving slowly, and with purpose.

Two are engaged in this meditative endeavour, while onlookers gather mostly in silence, occasionally offering a word of advice. This is the way it has been throughout thousands of years of xiangqi, or Chinese chess, the oldest board game in China, and remains so in Hong Kong and the mainland today.

The first known origins of this ancient game of strategy date back as far as the 4th century BC, when xiangqi was mentioned in an anthology of Chinese poetry.

The circular discs players move around the board, starting with 16 pieces each, are typically made of either wood or plastic, inscribed with Chinese characters. Each set, defined by its colour, represents an army, the aim being to capture your opponent's general.

Although only beginning to become widely known in the west, xiangqi is probably played by more people than any other board game in the world. It's also credited with being the forerunner to the more familiar game of "international" chess.

With no age boundaries, this is a game for everyone – all over the world.

公園中、街道旁、窄巷上，甚至屋子裏，透過敞開的門戶，我們總會看到其影子。俯首匯神，謹慎抬手，每一步都是心思。

二人埋首對弈，旁觀者默不作聲，只是偶爾低語寥寥數字提醒當局者。這就是中國象棋數千年來的「戰局」。象棋是中國最古老的棋類，時至今日，在香港和內地仍然盛行。

據說，中國象棋早於公元前四世紀就已在詩集《楚辭》中出現。

棋局中，下棋雙方各有16枚棋子，多由木或塑料製成，上面刻有不同文字。下棋雙方持有各自顏色之棋子以分敵我，首先吃掉對家帥將的一方為勝。

雖然，中國象棋剛在西方普及不久，但它卻是世上最多人下的棋類，而它更被視為是「國際象棋」的始祖。

中國象棋老少咸宜，不論膚色地域，人人均可參與。

