



DressCircle

A KERRY PROPERTIES PUBLICATION

臻善譜



Cover image:

Hardworking, resourceful, courageous and talented: in Chinese astrology, the Rooster has all of these character traits. As we welcome the arrival of the Year of the Rooster, may this noble creature inspire and exemplify all that we wish for to live mindfully and well.

在中國生肖中，公雞擁有辛勤、機智、勇敢、才華洋溢多個優良特質。隨著雞年將至，就讓這高貴的公雞激勵人心，為我們心中憧憬的美滿、安泰生活作典範。

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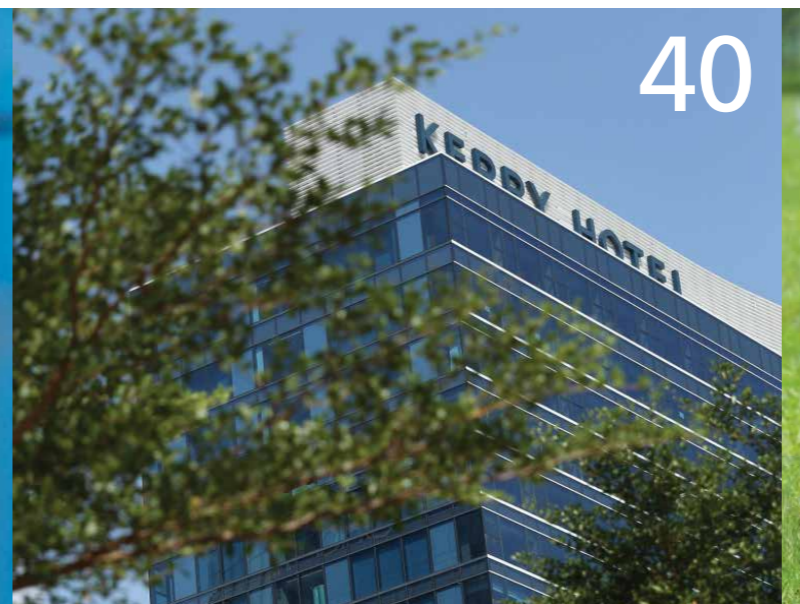
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Reflections on a water city

“The wise find pleasure in water,” Confucius said, while “the virtuous find pleasure in hills”.

For thousands of years, the wise have established roots in Ningbo, a pretty coastal city within the Yangtze River Economic Belt, south of Shanghai.

They saw that in this beautiful place where three rivers converge and spill into vast Pacific Rim oceans, water would be the key to prosperity. And those early settlers, and all who have followed, were proven wise indeed: with a natural deep water harbour in the shelter of Hangzhou Bay, Ningbo opened up lucrative trade lanes between China and the world.

History would show Ningbo to be the starting point of the Silk Road of the Sea, bringing prosperity indeed to its business-savvy population. Today Ningbo remains one of the busiest ports around the world. It is also a pivotal city in the Silk Road's modern-day equivalent, the belt and road initiative.

There is no other city which can blend water and the landscape together as perfectly as Ningbo does. Apart from supporting generations of livelihoods as far back as the Tang dynasty, its water cultivates the beauty of the city and impacts Ningbo residents' character as well.

The city's name literally means "a quiet sea has no wave." With such peaceful natural attractions as the Xuedoushan Scenic Area, the expansive Dongqian Lake and verdant Tiantong National Forest Park, the views are mesmerising. Wherever you go in Ningbo, you can always feel the gentleness of the surroundings and discover the staple beauty of a Jiangnan water city.

The acknowledged birthplace of Hemudu culture, it's also a city rich in history. Throughout its modernisation, care has been taken to preserve important cultural sites, notably the precious Tiantong Temple, King Asoka Temple and Xuedou Temple, as well as Tiany Chamber, one of the oldest libraries in China, where books recount ancient legends dating back more than 5,000 years.

This wisdom of cherishing heritage for the cultural enrichment of future generations extends as well into new luxury residences Kerry Properties is developing.

As an important industrial and business hub in China, Ningbo flourishes under the acumen of Yong Shang, a highly significant business group which has contributed greatly to the city's economic development. Its thriving export sector is open to change and diversity, and as the doorway to the 21st century, Ningbo invested 200 billion yuan to exploit the eastern district of the city and develop a new urban centre, Xincheng.

Designed by an international urban planner, the area is comprised of nine new centres encompassing commerce, international finance, the maritime sector, ecology and leisure, the Ningbo Trade and Exhibition Centre, Cultural and Creative Centre and Fashion Centre. After 10 years of development, this district is now the centre of opportunity in vibrant Ningbo city.

In 2010, Kerry Properties acquired the highest-valued land within this prosperous district. Its vision was to develop a high-end real estate project befitting Ningbo's wealthy gentry, who could plant their roots for a blissful and fruitful life at the symbolic intersection of three great rivers.

Time passes slowly in this picturesque environment, where waterways reflect light and views, and birds fly over to nest in the wetlands. With nature and urban life in such perfect harmony, it's hard to imagine any other place could compare.

Apart from supporting generations of livelihoods as far back as the Tang dynasty, Ningbo's water cultivates the beauty of the city and impacts its residents' character as well.

寧波的水不但自唐朝開始世代維持寧波人的生計，更孕育出當地的自然美景，深深影響着寧波人的獨特個性。



寧波水鄉 波光倒影

子曰：「智者樂水，仁者樂山。」

寧波位處上海以南，乃長江經濟帶內一個美麗的沿海城市，數千年來，無數智者擇居於此。

他們洞悉到寧波是個三江匯聚的優美城市，江水直奔廣闊無垠的環太平洋，是促進經濟繁榮的命脈所在。歷史一再證明，這些有先見之明的賢智之士和後來定居這裏的人，他們的確精明：水深港闊的天然港口，在杭州灣的庇蔭下，讓寧波開拓出繁華昌盛的貿易通道，接通中國和全世界。

寧波在古代是海上絲綢之路的起點，為精通營商的居民帶來繁榮盛世。時至今日，寧波仍然是世上最繁忙的港口之一，亦是現代絲綢之路——一帶一路的經濟重鎮。

再無任何城市能像寧波一樣把山水完美糅合。寧波的水不但自唐朝開始世代維持寧波人的生計，更孕育出當地的自然美景，深深影響着寧波人的獨特個性。

「寧波」意謂「海定則波寧」。雪竇山風景區寧靜太平的自然景色、一望無際的東錢湖，還有蒼翠如濯的天童國家森林公園，蔚為奇觀。不論身在寧波何處，都可感受恬靜舒適的環境，探索這個江南水都的絕美景色。

此外，寧波歷史源遠流長，是廣為人知的河姆渡文化搖籃。在當地的現代發展進程中，重要的文化古跡得以細心保育，其中以天童寺、阿育王寺、雪竇寺及天一閣最為珍貴，後者更是中國最古老的藏書樓之一，藏書中講述的古代神話，可追溯至五千多年前。

這種珍惜歷史文物、滋養後世文化的智慧，融入了嘉里建設開發的全新豪宅項目之中。

寧波作為中國工商業重要樞紐，憑藉甬商智慧使當地欣欣向榮。甬商是舉足輕重的商業集團，對寧波的經濟發展貢獻良多。寧波的出口業務發展蓬勃、靈活變通、涉獵廣泛。踏入21世紀，寧波斥資二千億人民幣開發東部地區，發展嶄新都會——新城。

該區由國際城市規劃師設計，劃分成九大中心，包括商務、國際金融、航海業務、生態環境與休閒娛樂、寧波國際貿易展覽中心、創意文化中心及國際時尚中心。經過十年發展後，該區已成為寧波市商機薈萃之地，展現無窮活力。

2010年，嘉里建設在這個繁華區域中收購了造價最高的地段，並計劃發展高級地產項目，讓城中優裕階層落地生根，在三江交匯的重鎮上揭開豐盛的一章。

在廣闊壯麗的景色下，時間亦將步伐放緩，江河映照山光水色，雀鳥在天空翱翔，飛往濕地棲息。自然環境與都市生活和諧協奏，難以想像有任何地方能與之媲美。

Low-density eco-luxury

With all the peaceful charm of a Jiangnan water village, The Berylville, offers low-density living in ecological luxury. Its location at the core of the city also offers proximity to the prime business and government district.

A choice of villas, terraced homes and six-storey waterfront homes – only 97 units for Phase one of The Berylville are available – assures exclusivity, and the promise of a pampered, laid-back leisure lifestyle. Residents will enjoy bespoke luxury, with sophisticated furnishings, thanks to Kerry Properties.

A healthy living environment is encouraged through various amenities, including a jogging trail. Residents may also access a dedicated mobile app keeping them up to date with news about the property, the nearby community and even online shopping.

Phase one of The Berylville was completed in 2015 and is now set to deliver investors a rare residential opportunity.

The upcoming second phase continues along the river, its 437 units incorporating a mix of 6-storey waterfront houses and 14/15-storey luxury apartments. Facing the city, this phase also introduces the luxury experience.

The entire project is informed by nature – from construction to landscape to interior design. As the rivers meander around a huge green park, a healthy living lifestyle awaits.

In Ningbo, The Berylville is a most majestic new luxury accommodation option. Fusing the beauty of a water city with the dynamics of an urban metropolis, securing a home here surely signifies a wise move for the future.

低密度而環保的奢華府邸

泊環廷環抱江南水鄉的閒適恬靜，提供低密度的居住環境，兼享奢華與自然美態。項目位於市內核心地段，鄰近主要商業及政府區域。

泊環廷設有不同類型的雅宅，包括別墅、連排大宅及六層高的鄰水大宅——泊環廷一期則提供97個單位——確保優越獨特，承諾締造無比舒適、輕鬆悠閒的生活方式。住戶可在嘉里建設精心雕琢的大宅中，享受度身訂造的奢華。

此外，住宅區的周邊設有緩跑徑等多項設施，營造健康的生活環境。住戶亦可從特別設計的手機應用程式獲悉屋苑的最新資訊，了解毗鄰社區動向，甚至到網上商店購物。

泊環廷第一期於2015年落成，為投資者帶來擁有頂級住宅物業的罕貴機遇。

興建中的第二期同樣沿江而築，由六層高河濱大宅及14或15層的豪華公寓組成，提供437個單位。第二期項目依舊面朝繁華都會，呈獻奢華體驗。

整個住宅項目從建築、景觀以至室內設計均充滿大自然氣息。蜿蜒曲折的江水縈繞廣闊偌大的綠化公園，滋養健康的生活方式。

泊環廷是寧波極致尊貴的嶄新豪宅選項。項目融合水都美景與大都會的無限活力，在此落戶定必是未來發展的明智之舉。

Best foot forward

Hong Kong is a city of walkers. A study conducted by the Hong Kong Polytechnic University found that, over a 12-month period, almost 39 per cent of daily trips were made entirely on foot – a reflection, the researchers concluded, of people’s willingness to walk.

ZCB
零碳天地

地球·敢「動」已
Green WALK Hong Kong

The habit of walking brings many benefits, both physical and psychological. It helps keep weight in check, strengthens bones and muscles, and elevates mood. The faster, further and more frequently we walk, the greater the benefits, according to the Mayo Clinic.

Kerry Properties encourages this trend, and is inviting people to come to MegaBox in East Kowloon to join in its support of the Green WALK campaign. Organised by the non-profit World Green Organisation (WGO), it aims to reduce the use of short-distance transportation, and by walking instead through the different checkpoints, practise a low-carbon, greener lifestyle.

Hong Kong is famous for its scenic country trails, but the walking opportunities in and around the MegaBox “green zone” show that you don’t need to leave the city to enjoy one of our favourite pastimes.

For a relaxing lunchtime stroll, spend time in the grounds of Hong Kong’s Zero Carbon Building (ZCB), located by the MegaBox forecourt. But if you’re keen to venture further, the wider area is perfectly pedestrian-friendly.

Give the legs a good stretch along the waterfront boardwalk at nearby Kwun Tong Promenade. Enjoy relaxing harbour views en route to the Kai Tak Cruise Terminal, before pausing to rest on treed lawns of the new Runway Park.

Or soak up traditional culture as you stroll around the grounds of Chi Lin Nunnery and Nan Lian Garden, both only around 2km away. Some of Kowloon’s treasured heritage is preserved in the vicinity, and best enjoyed on foot.



(Left) Located right beside the Megabox, the ZCB in Hong Kong generates on-site renewable energy from photovoltaic panels.
(左) 毗鄰 Megabox的香港零碳天地能透過光伏板即場生產可再生能源。



Kerry Properties' participation in Green WALK is intended to build healthier communities, and respect the environment. Research deduced from different academic and scientific sources suggests that, if 10,000 people in Hong Kong walked 10,000 steps each in one day, CO2 emissions would be reduced by 18.75 tonnes – the equivalent to that absorbed by 680,000 trees.

For the community at large, joining in with healthy, greener walks is as simple as downloading the app developed specially for this campaign. The app will not only count the user's steps on their smart phone, but in what's believed to be a first anywhere, also equates the distance covered to carbon emission savings. Watching one's progress on a daily basis, and comparing it with fellow walkers, is a fun activity to be shared.

The campaign reached a crescendo on Green WALK day in November, when thousands of people who walked for the environment called in to MegaBox as one of the checkpoints. Gathering at the celebration ceremony at Chater Garden, Central, they had contributed to the campaign record of 3.6 billion steps, which is equivalent to walking more than 270,000 kilometres – or nearly seven laps around the earth – saving more than 68 tonnes of carbon emissions.

That one day might have been the highlight of the campaign, but it's not the end. Maintaining a habit of regular city walks using the app will keep the carbon savings mounting day by day. Healthy communities, and a healthy environment: together, we can achieve.



腳下一小步 地球一大步

香港的步行者眾。香港理工大學的一個研究指出，在一年之中，步行佔日常出行方式近39%，反映出人們走路的意欲。

根據世界著名醫療服務及研究機構梅奧醫院 (Mayo Clinic) 指出，步行的習慣對身心均有很多益處，除有助維持正常體重外，亦可強健骨骼和肌肉及改善心情。走路的速度愈快、路途愈長、次數愈多，得益愈大。

為培養步行的健康風氣，嘉里建設廣邀大眾前往東九龍的大型商場MegaBox，一同支持由非牟利機構世界綠色組織 (WGO) 舉辦的《地球·敢「動」日》。此活動旨在鼓勵大眾減少使用短途交通工具，以雙腳遊走全港不同地方的「遊點」，實踐低碳的綠色生活。

香港郊區的遊徑風光明媚，人所皆知，但於MegaBox所在的「綠化區」漫步，卻讓你身在城中，仍能體驗到步行的樂趣。

午膳時間想輕鬆散步的話，可到位處MegaBox旁的香港低碳建築「零碳天地」公園走走，但假如想走得更遠去探索其他地方，單靠雙腳便可步行至鄰近更見開闊的地帶。

不妨沿着鄰近的觀塘海濱花園走走，在長廊上好好舒展筋骨，然後步向啟德郵輪碼頭，欣賞海港景致，最後於全新的啟德跑道公園草坪上好好休息。

你亦可選擇暢遊約兩公里路程外的志蓮淨苑和南蓮園池，感受傳統文化氣息。九龍部分的歷史遺跡寶地亦近在咫尺，徒步觀賞，最是適合不過。

藉着參與《地球·敢「動」日》，嘉里建設希望能建構一個更健康的社區，珍愛環境。不同的學術及科學研究均指出，如果香港一天內有一萬人各自步行一萬步，二氧化碳排放量將減少18.75公噸，等同由68萬棵樹木的吸收量。

對於廣大市民而言，只要輕鬆下載專為活動而設的手機應用程式，便能參與這項環保、健康的步行活動。手機應用程式不但能在智能手機上記錄用戶的步數，更可把步行距離換算成所能減少之二氧化碳排放量，相信為全球首創。每天觀察步行進度，並與「同路人」互相對比，當中的樂趣實在值得共享。

於11月舉行的《敢「動」禮》為整個活動的高潮，吸引成千上萬參加者為環保而行，而MegaBox則成為活動的遊點之一。慶祝活動於中環遮打花園舉行，一眾參加者為活動創下共36億步之成績，等同超過27萬公里之距離，足以圍繞地球七圈，能減省逾68噸二氧化碳排放。

雖然活動隨着當天的慶祝和城市遊蹤而告一段落，但步行的習慣並不因此而結束。活動的最終目標是希望大眾仍會透過手機程式，繼續走更多的路，讓空氣更清新。

健康社區齊起動，綠化環境共創造。

A feast of authentic cuisine

Families and friends gathered around tables. An abundant feast laid out to share. Firecrackers, festive decorations and dragon dance – this can mean only one thing.



It's Chinese New Year in the New Territories: a time of blessings, family reunions, and the partaking of a Hakka feast of nine dishes (Gau Dai Guai), the authentic, indigenous cuisine of Hong Kong.

The feast has been enjoyed on celebratory occasions since the early settlers arrived with their recipes for honest, earthy, full-of-flavour dishes. On this most auspicious festival, the arriving of the new lunar year, this feast, served family-style and incorporating the lucky number nine, draws loved ones together in time-honoured tradition.

The dishes will occupy the entire table, symbolising abundance. Their ingredients, simple yet delicious, are chosen for their significance: long life, good health, wealth, and happiness. This is truly a feast for group sharing, and for the friends and family gathered around the table, the communal ritual practised since ancient times feels familiar, and comforting. To affirm one's sense of belonging in a treasured family network, there could be no greater exchange.

As the hotels and restaurants around town gear up to serve their festive fare, home-style chefs in the New Territories are still dishing up the traditional New Year feast of Hong Kong's indigenous Hakka people, Gau Dai Guai.

Its title refers to the nine different types of gourmet ingredients used to create the feast. Many different kinds of dishes may make up the nine, the recipes varying from place to place, but pork is a staple. It's been said that braised pork is to the Hakka people what chilli is to Americans, and ragu to Italians: delicious, home cooking that can be elevated to a gourmet experience in the right hands.

In certain hidden gems of places, authentic Hakka cuisine and traditions may still be savoured today. To find one of the best, head to the north-western New Territories walled villages of Ping Shan in Yuen Long district, one of Hong Kong's most historically significant areas.

It takes a lot of time and effort to prepare the nine dishes of a Gau Dai Guai feast, so this is always a special event in Hakka villages, reserved for festive occasions.

As you arrive, the decorations set the scene. The colour red adorns centuries-old homes and community buildings. Lucky symbols – including, this year, the rooster – abound. Golden kumquat fruit is displayed, symbolising luck. Firecrackers and a dragon dance will precede the feasting.

Meanwhile, the cooking aromas emanating from within tantalise the taste buds.

The food preparation starts days beforehand. For instance, cuts of pork, as the main meat ingredient, are stewed with fruit peels and ginger slices over a period of two days. Simmering of the soup – usually the fresh and sweet duck soup with tangerine – takes up to six hours. Another dish, mushroom cooked with chicken gravy, is half a day in the making.

To begin, sweet and sticky fresh young pineapple preserved in ginger whets the appetite for the feast to come.

Interesting pairings define the cuisine: crispy duck with soft taro a favourite. Sweet and sour flavours are enjoyed in dishes of trotter and handmade minced pork meatballs.

Huangjiu chicken, a traditional Hakka course, is a famous rice wine dish whose ingredients are said to boost circulation – a healthy start to the new year.

Deep fried fish, an auspicious Chinese symbol, is served to bring abundance in the coming year. Long cellophane noodles, symbolising a long life, are fried with dried seafood and vegetables.

In the centre of the table will be a bowl of Mini Poon Choi (big bowl feast), made with radishes, pork skin, yuba, squids and pork.

Before sitting down to begin the feast, tradition dictates that villagers will first pay tribute to their ancestors. Firecrackers will be lit to drive away evil, and ring in the new year. Children perform a dragon dance around the village shrine. Then the food is served.

Chinese New Year in Hong Kong and China is always an occasion for people to get together and have a good time. Much might have changed over the centuries, but those who long for an authentic experience cannot go past the tasty treats of the Hakka feast.





Before sitting down to begin the feast, children perform a dragon dance around the village shrine, then the food is served. 習俗上，小朋友會於開席前舞獅助興，在祠堂內走一圈，接着便可開席用膳。



正宗口味 傳統盛宴

家人和朋友齊集在餐桌面前。豐富菜式放滿一整桌，等着大家去分享。爆竹、喜慶的裝飾，還有醒獅表演，這一切都意味着同一件事。

來到了新界的農曆新年，又是互相祝福、家人團圓和一起享用客家菜「九大簋」的時候。九大簋是香港最正宗、最本土的菜式。

自早期的村民定居香港開始，就引入了這個樸素踏實，而且能滿足味蕾的菜式，而每逢喜慶場合，九大簋都成為了必備的菜餚。農曆新年將至，在這個一年之中最為吉祥的節日裏，九大簋不但適合一家人一起圍桌享用，更取幸運數字「九」之意，讓摯愛至親有機會聚首一堂，分享這個由來已久的傳統習俗。

九大簋的菜式能足足鋪滿一整桌，象徵豐裕滿足。九大簋的食材雖然簡單，但卻可口美味，而且每一種用料均有其意義所在：長壽、健康、財富和快樂。九大簋是真切切切適合大夥兒一起享用的盛宴，親朋好友圍着飯桌用餐，而這種自古就有的習俗也讓人感到分外親切、溫馨。要鞏固家庭族裔中那份珍貴的歸屬感，這無疑是不可取替的。

正當城中的酒店、餐廳都在密鑼緊鼓，準備呈獻他們的新年菜式之際，住在新界的那些「住家廚師」還在一碟一碟地端上九大簋的饌菜——香港本地客家人在傳統農曆新年會享用的盛宴。

「九大簋」之名源於菜式背後的九種食材。其實，九大簋可以由許多不同的菜式組合而成，不同的地方均有自己的菜譜，但豬肉則是必備的主食。燻豬肉對於客家人而言，就如辣椒之於美國人，或是肉醬之於意大利人一樣。美味的家常菜，用心加以烹煮，便可昇華至更高層次的美食體驗。

時至今日，我們尤能在一些隱世寶地享受到正宗的客家菜和欣賞傳統習俗。而要品嚐城中其中一個最地道美味的九大簋，就得到新界西北元朗區的屏山村，那兒更是香港其中一個歷史最悠久的村落。

炮製九大簋的九道菜式所需時間長，準備功夫亦多，因此，這對

於客家村來說是個特別的活動，只會在喜慶節日才會享用這種盛宴。

當你到達村莊時，各種佈置均洋溢着喜慶的氛圍。紅色的裝飾點綴了擁有多個世紀歷史的屋子及村子內的其他建築。象徵吉祥的擺設處處皆是，包括今年的生肖——雞，還有意味大吉大利的果子——金桔。在用餐之前，村民先會放爆竹，欣賞醒獅表演。

同時，食物的香氣飄散而至，誘惑着每一個人的味蕾。

村裏的人在用餐的前幾天就得開始準備各種食材。例如說，把主畜豬肉切好，然後與果皮、薑絲一併燜燉，足足需時兩天才大功告成。至於清甜甘香的陳皮鮮鴨湯，則須要燉上六個小時才夠火候。而另一道菜式，雞汁燴花菇亦需要燴煮大半天。

九大簋的頭盤為新鮮菠蘿子薑，酸酸甜甜，讓眾人胃口大開。

有心思的食物搭配往往是菜餚的關鍵所在：酥脆的鴨皮配上鬆軟的芋泥，惹人垂涎，還有豬手及免治豬肉製成的手搓肉丸，配以酸甜醬汁，同樣可口美味。

至於著名的傳統客家菜黃酒雞則以糯米酒烹煮。人們認為黃酒雞能增進血液循環，是新的一年健康的好開始。而炸魚亦是中國人吉利的象徵，意味接下來的一年豐足「有餘」，還有寓意長壽的粉絲，伴以海味和蔬菜炒成。放於餐桌中央的為「小盆菜」，含有蘿蔔、豬皮、枝竹、魷魚和豬肉。

習俗上，村民於開席前會先祭祖，燒爆竹則是為了驅趕年獸，爆竹的聲響亦代表了新一年的來臨。小朋友會舞獅助興，在祠堂內走一圈，接着便可開席用膳。

無論是香港還是中國內地的農曆新年，都是讓人們聚首一堂，享受快樂時光的節日。雖然在幾個世紀以來，不少傳統習俗已經改變不少，但對於渴望感受正宗傳統的人來說，一定不能錯過客家盛宴的美味佳餚。



Luxury low-rise living in green

The greatest wealth is health, wrote Virgil, one of the great Roman poets.

Centuries later, it is widely understood that wellness is a journey, not a destination. And that we, as individuals, can steer the path towards it.

It may start in the mind, contemplating fields of green, and mountains lush, soothing in their luxuriant embrace.

It touches the body – a breeze brushing skin; water, cleansing and purifying; laughter, joyous and energising. And is felt by the heart, which when open to love and goodness, brims with happiness. Living well is the sum of all these parts, each uplifting, each connected.

Those embarking on a wellness lifestyle may look to inspiration in the natural environment. Just as “green exercise” is a term explaining why spending time surrounded by nature benefits our health and wellbeing, so too is the luxury market becoming ever greener.

Consider how high end brands are innovating to enable their affluent customers to live well, while living responsibly. The fashion labels making great strides towards sustainability; the luxury hotels reducing their carbon footprint, while enhancing their guest services.

If you could live in a house with enough space in and around so that you didn’t feel hemmed in; the air fragrant

with the scents of flowers; mountain greenery on one side and deep blue sea on another, wouldn’t that feel like the ultimate lifestyle luxury?

Picture yourself in such a setting, a place of harmony for body and soul, perfectly aligned for wellness to flourish. Now, let’s explore it.

Blossoming as a flower in springtime, the first layer would be revealed. Now, as eagerly anticipated, its ambient green luxury elevates to the next level.

On an expansive turfed terrace which forms the development’s green heart, low-rise homes of elegant proportions set the scene for a holistic wellness lifestyle.



When you want to exercise, there are clubhouse facilities dedicated to wellness living. 若想做運動，這裏設有專為健康生活而設的會所設施。



From the restorative sea in front to the mountain forest backdrop, nature wraps around, soothing and nourishing.

Without prompting, the senses are attuned. The fragrance of flowers fills the air. The quiet frees the mind from the busyness outside. Stress ebbs away, serenity taking its place.

Here one can be passive or active, finding the right balance which resonates for you. Laze on the central park, to picnic or read a book. Relax on your balcony, or join a private hobby class, provided exclusively for residents. Refuel with wholesome refreshments – perhaps an organic juice.

When you want to exercise, there are clubhouse facilities dedicated to wellness living. Play or train in the choice of pools. Or, splash on the beaches along the Gold Coast so close you can breathe in the clear sea air.

Hit the gym; stretch in the yoga room. Explore beyond, biking or hiking through the surrounding country park, either in your family group or with a guide.

A community of intellectuals will call such a property home. In this neighbourhood of elite education, young minds are also nourished.

Every element of a healthy living lifestyle would be considered to encapsulate the notion of green luxury. Its reward is respite from the frenetic pace of today's world, in which the words of a proverb have never been more

meaningful: "Tension is who you think you should be. Relaxation is who you are."

So Kwun Wat is a traditional luxury area which has become ever more desirable as transportation networks provide convenient linkages to all prosperous economic zones: Zhuhai-Macau, Shenzhen bay port, and all the business districts of Hong Kong.

Various experts can put a modern-day interpretation on why health is the true wealth.

As psychologist Ofer Zur explains it, health is cultivating that which enables us to live life joyfully, intentionally, consciously, morally, and well. It involves connections to other people, personal meaning, and thoughtful attention to one's body, mind, and spirit, as well as to one's community and the world, he says.

Greg Anderson, an American wellness expert, believes that when we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life.

To want this, to strive for it, is a worthy pursuit.

In one exceptional new residential development at So Kwun Wat, green luxury is elevated to the next level. The opportunity for spacious and private living in four-bedroom units set across low-rise towers is so close by – you just need to reach out and grasp it.



奢華府邸 綠色生活

古羅馬偉大詩人維吉爾曾言道：「健康是最大的財富。」

兩千年後的今天，大家都清楚明白保持健康是一段漫長的旅程，必須鍥而不捨地持續進行，而每個人都可追求更健康的人生。

我們可先由心靈健康開始，凝望無垠草地，遠眺峰巒疊翠，在青蔥翠綠的大自然懷抱中放鬆身心。

徐徐的微風輕拂肌膚，清澈的純水淨化身心，愉悅的笑聲則帶來歡樂和魄力。打開心扉，靜心感受愛與美好，內心頓時感到幸福滿溢。當這些使人身心舒暢的元素交疊起來之時，便能昇華至更高層次的優質生活態度。剛開始健康生活的人，不妨嘗試投身大自然。「綠色運動」一詞解釋了為何貼近大自然能夠有益身心健康，奢侈品市場亦逐漸以綠色環保為依歸。

現在有多個高級品牌均致力於革新，讓富有的客人既能活得健康，亦同時承擔環境責任。時裝企業積極推動可持續發展，豪華酒店減少碳足跡之餘，亦不忘提升服務質素。

如果能夠住進景觀開揚、空間寬敞，而且沒有壓迫感的房子，空氣中還飄散着花香，放眼望去更可欣賞到層巒疊翠的山林及蔚藍大海，那不就是終極高尚的生活方式嗎？

試想像置身於一個能讓身心舒暢的和諧之地，美好的日子不絕而來，而此刻就齊來探索這片樂土。

掀開第一層面紗，百花盛放，恍若春日，一如所願，奢華的綠色景致昇華到更高層次。

鋪滿草皮的階梯式建築成為整個項目的綠色主軸，一間間洋房排列優雅，為完整美滿的生活方式定調。由眼前慰藉身心的海洋，到背後鬱蔥的山林，均處於大自然的懷抱之中，令人心曠神怡。

身體的各個感官自然地與周邊的環境共融。空氣中蕩漾着花香，靜謐的環境讓你的神緒從外面的煩囂之中釋放出來，壓力盡消，留下的

只有一片寧靜。在這裏，你可兼享動靜皆宜的生活方式，找出適合自己的平衡之道。懶洋洋地坐在中央庭園上野餐或看書、在露台上閒坐，又或是參加住戶尊享的私人興趣班，累了便坐下來享用茶點，喝一口有機果汁。

若想做運動，這裏設有專為健康生活而設的會所設施，你可在不同的泳池中玩樂或鍛鍊身體，又或是到黃金海岸旁的沙灘嬉水，呼吸充滿海洋氣息的清新空氣。

除了到健身室和瑜伽室外，你亦可一家人一起出發或跟隨導遊去戶外探索，到附近的郊野公園踏單車或遠足。

城中才俊樂於在此落地生根，周邊社區更是精英搖籃，培育下一代發展的寶地。

我們將健康生活的所有元素納入考量，將綠色奢華概念付諸實行。在此，你將可逃離當下社會的急速步伐，充分體現一句諺語的意義：「壓力，是你想像中的自我；鬆弛，則是你真正的自我。」

掃管笏一直是傳統的奢華住宅地段，隨着交通網絡擴展，變得更令人嚮往。此區四通八達，連接各大繁榮的經濟商圈，包括往返珠海和澳門、深圳灣港口，以及香港所有商業區。

各界專家均以現代角度，解說為何健康是真正的財富。

心理學家Ofer Zur解釋：「健康能陶冶身心，令我們活得開心、有意義，在意識和道德層面上得到滿足。健康生活包括與他人保持聯繫、思考自身的意義，並關懷自己的身體、思緒和精神狀況，乃至社區及整個世界。」

美國健康專家Greg Anderson認為，生活中須要有不同的推動力，才稱得上是真正的人生，而這些推動力也許是擁有深層意義的目標，也許是一些未實現的夢想，又或是等候我們去表達的真愛。

想要就得去爭取，這一切絕對值得去追求。

座落於掃管笏的最新住宅項目，令「綠色奢華」更上一層樓。低座住宅的四房單位寬敞且私隱度高，享受其中的機遇近在眼前，你又怎可錯失良機？



Green vision honoured

New buildings these days can be a blank canvas for sustainable construction and maintenance practices.



The US Green Building Council said Beijing Kerry Centre's LEED certification demonstrates tremendous green building leadership. 美國綠色建築協會表示，LEED認證能彰顯北京嘉里中心於推廣綠色建築的領導地位。

That Beijing Kerry Centre, at nearly two decades old, has achieved LEED Platinum status, the highest international environmental standard is, according to the assessment panel, a credit to the green vision inherited from the founding fathers of Kerry Properties, which guides all of the group's businesses today.

Andy To, managing director of asset services at CBRE Greater China, which conducted the rigorous assessment, said that, unlike new developments, Beijing Kerry Centre was not built to aim for LEED (Leadership in Energy and Environmental Design) certification, a highly-regarded benchmark of the US Green Building Council.

"This shows that it's the developers' commitment to green management practices, ongoing for 18 years, which makes Beijing Kerry Centre (BKC) deserving of this award," To said.

Following a ten-month evaluation process, the building completed in 1998 was this year awarded the world's first LEED Platinum certification for an existing mixed-use building.

Today, green building standards are almost a business imperative for new construction, but when Beijing Kerry Centre was delivered for operation, no such framework existed. From the outset, however, Kerry Properties has been determined to go for green, working hard on carbon emissions reduction for all properties within the group's portfolio, including its flagship mixed-used development in Beijing.

This landmark achievement recognises, in particular, the innovation of operations throughout the 232,000 sq m development, which incorporates high-quality office space, a lifestyle shopping mall, 192 luxury serviced apartments, Kerry Sports fitness centre and the newly

renovated, 486-room Kerry Hotel Beijing, new five-star brand in the Shangri-La Hotels and Resorts family – all positioned at the commercial crossroads of Beijing's core CBD.

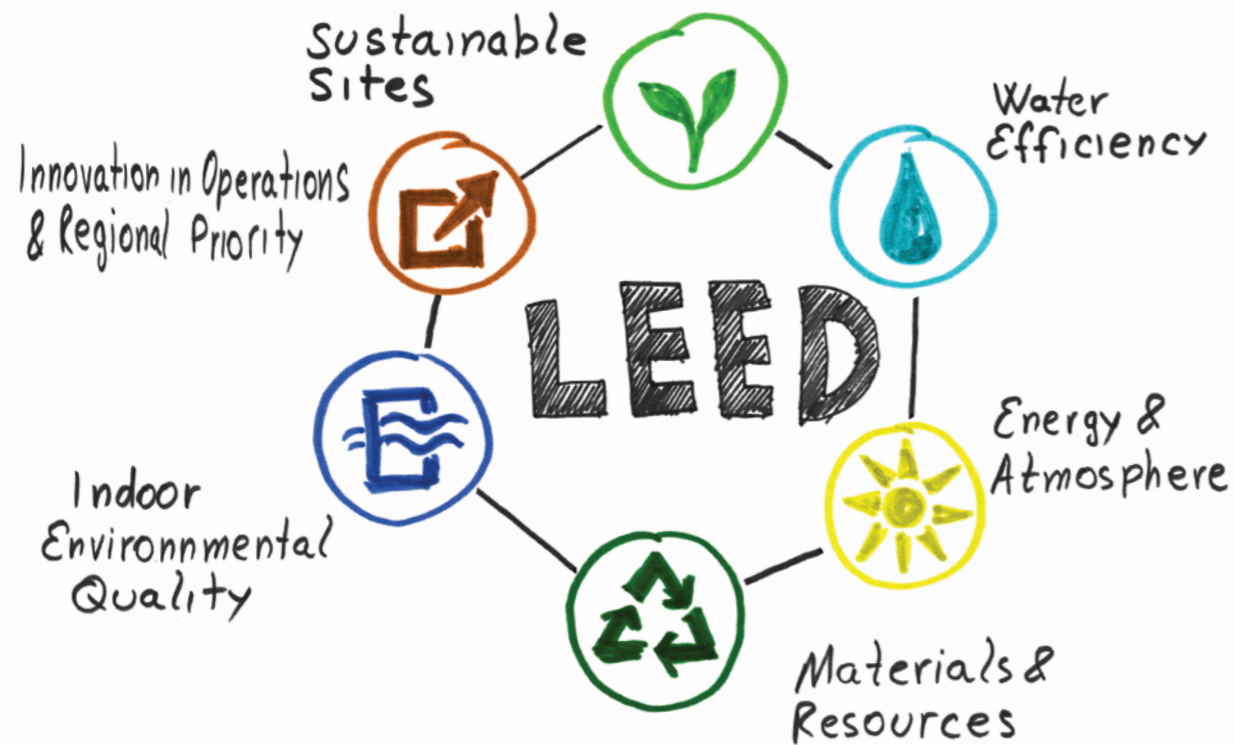
To meet the certification requirements, key differentiators including water efficiency, energy and environmental management, use of materials and resources, quality of indoor environment and innovation in operation were assessed to gauge the building's overall performance in sustainability and operational efficiency.

According to LEED consultant CBRE, Beijing Kerry Centre scored exceptionally well in the LEED targets for water conservation. This was reflected in a number of initiatives installed over time, as part of a continuous programme of green investment – among them systems for recycling grey water, and the installation of water meters. The progressive upgrade of air conditioning units to more energy efficient models contributed to the final score on two fronts, reducing energy consumption and improving the indoor environment.

To contribute to outdoor air quality in the capital, Beijing Kerry Centre encourages its office tenants to cycle to work by providing secure, indoor bike parking – a popular facility which is well utilised. Sensors installed on the building's façade switch off the artificial light when natural daylight will suffice, saving more energy.

The property's high appraisal is a tribute to Kerry Properties' long-standing, environmentally-focused maintenance of all components of its Beijing flagship. LEED accreditation cannot be achieved for a short-term effort, but as a result of continuous improvement of the development over the years.

To said the building's world-leading accreditation is significant for the example it sets. Others can learn from this that meeting with



“It’s the developers commitment to green management practices, ongoing for 18 years, which makes Beijing Kerry Centre deserving of this award.”

LEED’s requirements is unrelated to a building’s age, and may not necessitate a huge investment.

However, the environmental targets which LEED accreditation achieves can bring many advantages to all stakeholders.

According to CBRE research, LEED-certified commercial buildings across Hong Kong and Taiwan record better operational performance than non-LEED-certified projects. In mainland China, LEED-certified Grade-A offices in most cities enjoy a 10-30 per cent rental premium, and the number of MNC occupiers is 100-150 per cent higher than in non-LEED-certified offices.

It is further acknowledged that high performing building features will increasingly enter into tenants’ decisions about leasing space, and into buyers’ decisions about purchasing properties and homes. On an individual level, employees working in LEED-certified buildings are found to be more productive and engaged in their work.

Though the health benefits of the green initiatives implemented at Beijing Kerry Centre may not be immediately visible to every-day users, people certainly feel more comfortable in a better quality indoor environment. Studies have shown that employees’ sick days are reduced, and there is less incidence of headaches, allergies, asthma and communicable respiratory conditions, demonstrating how in addition to caring for the planet, Kerry Properties cares for people as well.

Mahesh Ramanujam, COO of the US Green Building Council, said Beijing Kerry Centre’s LEED certification demonstrates tremendous green building leadership. “These significant efforts to create more sustainable, healthier, and energy-efficient buildings play an incredibly important and ongoing role in Beijing and Asia’s rapidly evolving future,” he said.

To its credit, China has made a quantum green leap in the past two decades. In line with its commitment to dramatically reduce carbon emissions, a major cause of climate change, the mainland is now the second most active LEED participant after the US.

Greener new construction is commendable, but it’s only part of the solution. If relying on new stock alone, it would take 40 years to meet the targeted emissions reduction for China’s buildings – hence, bringing existing buildings up to meet LEED’s environmental standards is so important.

Following the green vision set out by the group’s founding fathers, a Sustainability Committee based out of Kerry Properties’ Hong Kong headquarters guides the company-wide environmental commitment today. Within its “circle of care” for the world and its inhabitants, Beijing Kerry Centre is just one example.

向環保先鋒致敬

近年新開發的建築物設計大可預留充裕的發展空間，作可持續建設及維修之用。

將近20年樓齡的北京嘉里中心，卻依然能夠榮獲節能及環保設計（LEED）鉑金級這個國際上最高級別的環保認證，根據評審委員會表示，獲獎原因全賴嘉里建設創辦人的環保遠見，有關理念至今仍然為整個集團的先導。

負責評審的世邦魏理仕集團大中華區資產服務部董事總經理杜日生表示，北京嘉里中心與新興建築不同，其設計當初並不為滿足美國綠色建築協會的LEED權威認證為出發點。

杜日生說：「由此可見，發展商堅持綠色管理，並持之以恆18年之久，令北京嘉里中心實至名歸。」

經過十個月的評審，這座建於1988年的建築終於在2016年成為全球首棟獲得LEED鉑金級認證的綜合發展項目。

時至今日，綠色建築標準幾乎成為現有建築的必備條件，但北京嘉里中心當年正式落成啟用之時，還沒有類似的準則可依循。事實證明，嘉里建設打從開首便致力創建綠色生活，減少旗下所有建築物的碳排放量，位處北京的綜合發展旗艦項目亦不例外。

對北京嘉里中心而言，LEED鉑金級認證無疑是對其創新營運模式的一個肯定。這個大型項目總樓面面積23.2萬平方米，集不同功能於一身，包羅優質辦公室空間、休閒購物廣場、192間高級服務式公寓、嘉里健身中心，以及香格里拉酒店集團旗下的五星級北京嘉里大酒店，一一座落於北京中央商業區核心地段的樞紐位置。其中，北京嘉里大酒店現已全面翻新，提供共486間客房。

要達致認證所要求之水平，建築物的用水效率、能源及環境管理、材料與資源運用、室內環境品質及營運創新方式等標準均須經過評核，以測量建築物的可持續性及營運效率的整體表現是否符合要求。

根據LEED之顧問公司世邦魏理仕集團指出，北京嘉里中心於達致LEED節約用水方面的表現尤其突出，而這於過往多年來一直沿用的多項措施中可見一斑，更是持續環保投資計劃的一部分，當中包括增設污水循環再用系統及安裝水錶等。此外，北京嘉里中心還逐步提升空氣調節系統，採用能源效益更高的型號，成功在節能及改善室內環境兩方面爭取不少分數。為持續改善北京的戶外空氣質素，北京嘉里

中心提供安全的室內自行車停車場，以鼓勵辦公室租戶以自行車代步上班，設施廣受歡迎，並得以充分利用。而當設於大廈外牆的感應裝置探測到充足自然光時，亦會自動關閉燈光以節省能源。

旗艦建築北京嘉里中心之所以獲高度評價，有賴嘉里建設長久以來採取環保方針來維修保養及不斷更新。要獲得LEED認證並非一朝一夕之事，而是集團多年來持續改善物業設施的碩果。

杜日生表示，北京嘉里中心通過國際認證的意義重大，能為同行樹立榜樣，證明要達致LEED認證的要求與樓齡無關，亦不一定需要巨額投資。

另一方面，LEED認證所達致的環保目標亦讓相關利益者受惠。

根據世邦魏理仕集團的研究顯示，香港及台灣獲LEED認證的商業大廈比沒有認證項目的營運表現更佳，而於中國內地，大部分城市獲LEED認證的甲級寫字樓租金溢價達10%至30%，跨國企業租戶的數目更比沒有認證的寫字樓高出100%至150%。

除此，建築物中的高效能設施逐漸為人所重視，並成為租戶考慮租賃的條件，以及買家購買物業的考慮因素。而就個人而言，研究發現於LEED認證大廈上班的員工工作亦更具效率、更為投入。

雖然一般人未必能即時察覺北京嘉里中心的環保措施對改善健康的成效，但身處質素獲提升的室內環境中必定比以往更舒適。根據研究顯示，員工因病請假的次數減少，亦較少患上頭痛、敏感、哮喘及呼吸道傳染疾病。由此可見，嘉里建設不但致力改善地球環境，同時亦關心大眾健康。

美國綠色建築協會全球首席運營官Mahesh Ramanujam表示，LEED認證能彰顯北京嘉里中心於推廣綠色建築的領導地位。他說：「致力興建可持續、更健康及更高效能的建築物，對北京以至亞洲急速發展的前景發揮重要及持續性的功用。」

值得表揚的是，中國於過去20年致力推動環保綠化工作，並承諾改善導致氣候變遷的碳排放問題，現時已成為繼美國之後，第二大積極達至LEED標準的國家。

興建更環保的全新建築無疑值得推崇，但此並非唯一解決方法。如只依賴新興環保建築，中國至少需要花上40年時間才能達到建築物減排目標，故此提升現存建築至LEED認證級別才是關鍵所在。

嘉里建設香港總部的可持續發展委員會承傳集團創辦人的環保理念，引領公司實踐環保承諾。嘉里建設的關懷對象為世界乃至全人類，而北京嘉里中心的貢獻只是其中一例而已。



Scripting the art of patience

On a computer keyboard, most users can easily bash out hundreds of characters per minute.



Once you can write in beautiful regular script, the foundation is built. 只要能書寫出端莊美觀的正楷書體，就已打好了書法的根基。



Artful hand-writing is long and slow, and in its making, the curvaceous strokes from the calligrapher's brush become more than a means of communication, but an expression of self. In this busy day and age, taking the time to hand write is appreciated more than ever before.

From the Greek word "kallos graphe" which means beautiful writing, calligraphy occupies a distinguished position in the field of traditional art which transcends both Eastern and Western cultures. Through the ages in China, a good hand has been regarded as a sign of refinement. Even today, if you're lucky enough to receive a Christmas card from the US president, it will be hand-addressed by his staff of calligraphers.

But you don't have to be part of an elite circle to receive such a personal touch. Modern style calligraphy enjoys huge popularity in the wedding and corporate sectors, and the trend is still growing. A handwritten invitation or note gives the recipient an incomparable special feeling, no matter who they are.

Both Chinese and Western calligraphy comes in many



different forms. In the lead-up to Lunar New Year, Chinese calligraphers will be kept busy creating billboards, festive greetings and name cards for companies, as tradition dictates. Western calligraphers are in-demand for Christmas and new year events, both crafting invitations, and personalising gifts. A high-end fashion brand might inscribe a leather handbag for a

special customer; or a company might write a valued client's name on a special occasion bottle of wine.

For promotional events hosted by businesses of all kinds, companies wishing to make an impression will often have a calligrapher standing by.

Workshops offered by specialists in Hong Kong offer training in both forms, to a growing number of people learning calligraphy as a hobby.

People often come to the workshops with some degree of trepidation. Some think they may need to be creative to begin with – you don't: like dancing, the muscles remember the moves through repetition.

In fast-paced Hong Kong, many wonder how they would find the patience, or clear their mind sufficiently to concentrate on just one task. Before long, even the most frazzled relax to the gentle rhythm of the craft, stress easing and busy thoughts banished by the wonder of the artworks flowing from their own hand. With practice, this "art of slow" starts to become instinctive.



With practice, this “art of slow” starts to become instinctive. 只要多加練習，這種「緩慢的藝術」就會開始變成一種自然的本能。



The curvaceous strokes from the calligrapher's brush become more than a means of communication, but an expression of self. 書法家筆下彎曲圓妙的筆畫不只是單純的文字溝通，而是表現自我的一種方式。



In a single three-hour workshop, says Western calligrapher Kalo Chu, who runs a studio in Central, the basic skills can be learned. People often come with a clear goal in mind: writing invitations for an upcoming wedding, for example. Others come purely for personal enrichment.

Lui Chiu-wing, who teaches Chinese calligraphy at his studio in Prince Edward, finds that a lot of children are learning the craft now – some schools even place calligraphy on their syllabus. Children become more confident if they have beautiful handwriting, and they may even do better academically. Awards and competitions heighten the hobbyist's interest. It takes a lot of practice to become exceptional, but once you can write in beautiful regular script, the foundation is built. In theory, it then becomes effortless to master other scripts.

Improvement, however, takes a back seat to enjoyment. Blocking out the busyness and relaxing into “me time” is a reward in itself.

The pens or brushes used have become modernised over time. Once made with animal hair – from a wolf or goat – new brushes in man-made fibre have made it easier to write Chinese characters. Different nibs give Western calligraphers the particular style they want.

The actual technique is basically the same: an upstroke gives a thin line, a downstroke, with more pressure applied, a thicker ink flow. According to tradition, a piece of calligraphy work, even if in black and white, should be composed of many “colours” – meaning variations of thin and thick lines.

In our rushed society, calligraphy is a meditative practice which anyone can learn. It could be viewed as a gift to one's self as well as a gift treasured by the fortunate recipient.

譜寫閒慢之章

在鍵盤世界中，大部分人都可輕易地在一分鐘內輸入數百個字而毫不費勁。

要寫出一手藝術書法，便得花時間慢慢去寫，過程中，書法家筆下彎曲圓妙的筆畫不只是單純的文字溝通，而是表現自我的一種方式。在這個庸碌的世代，願意花時間去以手書寫，比從前顯得分外可貴。

希臘文中，「kallos graphe」意謂美麗的文字書寫，書法在傳統的藝術世界中地位顯赫，且更是橫跨中西文化。在歷代中國，寫得一手好書法是有教養的表現。甚至到了今天，假如你幸運地收到美國總統的聖誕卡，上面的文字都是他僱用的書法家親手寫上的。

可是，要感受這份個人心思，並不一定是上流社會的專利。現代風格的藝術書法，在婚禮、商業範疇上廣受歡迎，而且更有持續發展的趨勢。一張以人手書寫的請柬或便條，無論書寫人是誰，收件者都會感到無比窩心。

中國和西洋書法各有其不同的字體。臨近農曆新年之時，中國書法家一如傳統，忙於為公司書寫廣告牌、喜慶字句和賀卡，而西洋書法家則於聖誕節和新年最是忙得不可開交，除了精製活動邀請函之餘，還要為每份禮物添上個人色彩。至於一些高級的時尚品牌，則會為特別的客人於皮革手袋上刻寫文字，有些公司也會在酒瓶上寫上尊貴客戶的名字作為紀念品。

在各行各業的推銷活動中，不少公司都會邀請書法家駐場，好讓來賓留下深刻的印象。

在香港，以寫書法為樂的人愈來愈多，因此專業人士紛紛開班教授中、西書法。

前來興趣班的人通常也會有一點猶疑，有些人會想，要開始寫藝術書法，就得有創作的天份，然而，這是不必要的憂慮，正如跳舞一樣，身體的肌肉會自動記憶每個重複的動作。

香港的生活步伐急速，不少人會疑惑，怎樣才能培養出耐性，如何才能徹底清理雜念，以全神貫注在單一事件之上？透過手執筆桿遊走

紙上的奇妙力量，即使是筋疲力竭的人，都能很快放鬆下來，找到那份溫和寫意的節奏，從而紓解壓力，驅除煩亂的思緒。只要多加練習，這種「緩慢的藝術」就會開始變成一種自然的本能。

西洋書法家Kalo Chu在中環開辦工作室，她認為，三小時的課堂就足以學會基本的書法技巧。前來學習書法的人往往有着清晰的目標，例如為即將來臨的婚禮書寫請柬等，亦有些人是純粹為了豐富個人經歷而來。

至於在太子開設工作室教授中國書法的雷超榮，則發現時下有不少孩子都在學習這門手藝，而有些學校更把書法列入課程之中。假如孩子能寫得一手好書法，自信心亦會隨之增強，甚至會有更好的學術成績。至於獎項和比賽則為書法愛好者增添學習的興趣。要寫出擁有獨特風格的書法作品，須要經歷長時間的鍛煉，但只要能書寫出端莊美觀的正楷書體，就已打好了書法的根基。理論上，只要有良好的基礎，就自然能輕鬆駕馭其他書體。

可是，享受過程比追求進步來得重要。在寫書法的過程中，隔絕外界的庸碌，放鬆投入「私人時間」之中，本身就是件有益身心的事。

寫書法所用的鋼筆或毛筆，隨時間變得更趨現代化。舊時的毛筆以動物毛髮製成，如狼毛、羊毛，但現在則以人造纖維代替，以之書寫中文書法時更見得心應手。至於西洋書法家則可以選擇各式各樣的鋼筆尖，從而營造出他們想要的特定風格。

基本上，實際的書法技巧不相伯仲：提起筆桿時，可寫出幼細的線條；用力往下壓時，墨水則更多更深。傳統上，一篇書法即使只有黑白二色，但卻應能見到不同的「色調」，即是線條上應有粗幼之別。

在煩囂的城市中，練習書法是靜思沉澱的過程，人人皆能學習。你可以視書法為送給自己的一份禮物……同時也是向那位被幸運選中的收件者送上的一份心意。



Rising above

Aerial photography using drones is one of the fastest-growing hobbies among amateur enthusiasts. Controlled via smartphone or tablet by an operator on the ground, drones can capture new angles and perspectives which are just not possible without the elevation.

But these camera-equipped self-flying robots are not just for fun: they're being utilised for everything from delivering small parcels to environmental protection. Now, even large-scale construction projects can be mapped out efficiently using a drone.

The development industry has been identified as a particularly ripe target for the continuous tracking technology which drones enable. Traditional methods of gathering data on construction projects have been labour-intensive, and time-consuming. Having data from whole-site surveillance captured within minutes, and delivered to project managers in real time, enables progress to be monitored as it happens, and issues which require action identified as and when they occur.

The potential for site mapping drones to help make construction more efficient was demonstrated in an aerial survey done for the developer of a new stadium project in California, US. In addition to capturing images to use in the sales models, the drone imagery also helped calculate the volume of materials that would need to be removed from the site, and the fill needed to bring the site up to grade. It would have taken a team of two surveyors one week to complete the survey using traditional methods. The drone operator achieved this in 1 hour and 15 minutes, representing significant cost and time savings for the client.

A report from Goldman Sachs forecasts that construction will be the biggest commercial sector for drone use in the near future. In agriculture, drones are increasingly used by modern-day farmers to analyse crops and field conditions. They can quickly and cost-effectively gather in minutes the kind of information once only obtainable from a manned aircraft.

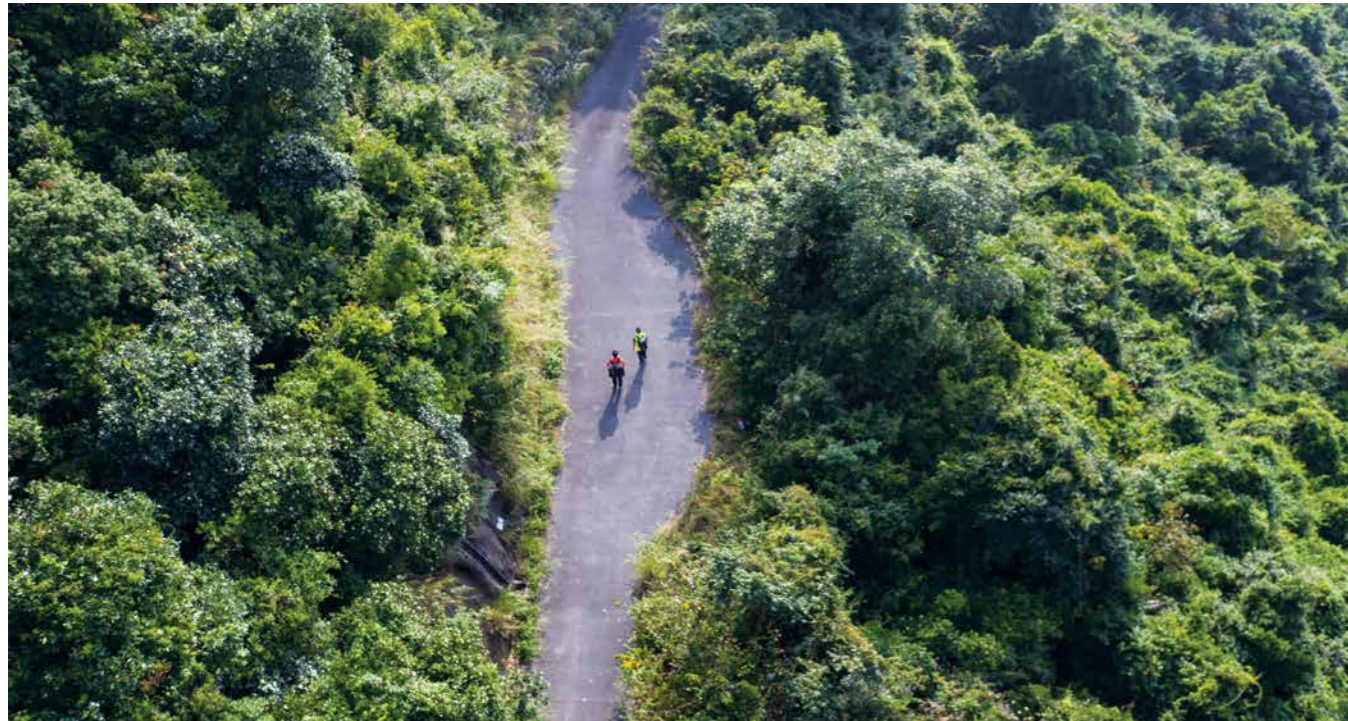
Data captured on a frequent basis enables growers and agronomists to map the health and vigour of crops, as well as observing the crops' changes over time. When paired with proprietary software now available, the drone becomes a platform enabling precision spraying and optimal yield.

For example, the quality of wine grapes is determined largely by when they're harvested — picking them at the exact right time for sugar content. Using a drone with companion software, a grower in India was able to schedule harvests for specific plots rather than all at once, achieving higher revenues at lower cost. A small-scale soyabean farmer, having spotted an infestation in her crop, employed a local drone operator to gauge the extent.

She was able to take remedial action, using timely treatments to eradicate the weed and avoid crop loss.

Analysis by RR Market Research estimates the current worldwide market for agricultural drones is US\$494 million, and that it will reach US\$3.69 billion by 2022.

Duke University researchers' use of drones to map grey seal populations in Canada also highlights the technology's role in conservation. Counting animals which move around is difficult enough already: in the case of grey seals, a species known to be wary of humans, the challenges are greater. Information gathered by the drones showed the scientists where colonies



were thriving, where they were sparse, and the survival rates of new-born pups. All was achieved without causing stress or disruption to the animals.

Drones have also been used to survey endangered orangutans nesting deep in jungle rainforests – a task completed in hours which would otherwise require weeks or months of work by biologists walking on foot. These drones have also enabled the detection of poachers or illegal loggers, and the gathering of video evidence.

Most countries have rules around the use of drones, and it's important to be aware of these in any jurisdiction where you intend to fly. In Hong Kong, the government's Civil Aviation Department (CAD) website outlines what is allowable.

It states that no permit is required for recreational flying of drones weighing less than 7kg, but there are specified guidelines. When you're sharing the sky with all other aircraft in Hong Kong's limited air space, it's imperative to limit your drone height to 300 feet above ground level. Keep a watch for any aircraft flying in the vicinity, and if one is spotted, land your craft for safety reasons. It is the drone operator's responsibility to avoid a collision, as the pilot of a helicopter or small aircraft may not see a small model in time to avoid it.

Drones should not be flown over populated and congested areas, or in the vicinity of airports. The CAD website does however state where drones can be flown, and lists a number of scenic hot spots, such as Tai Tong in Yuen Long, Tate's Cairn in Sha Tin, Tseung Kwan O in Sai Kung, and Clear Water Bay Peninsula area in Sai Kung.

Etiquette also applies: respecting the privacy of other people is the code of conduct among all drone photographers.

The wonder of this new-age aerial photography is that the technology is only just taking off. As drones become lighter, faster and more advanced day by day, we're only seeing the start of these exciting images shot from the sky.

These camera-equipped self-flying robots are not just for fun: they're being utilised for everything from delivering small parcels to environmental protection.

設有內置相機的無人飛行器，並不單單作為玩樂之用，它們更可用以傳送小型包裹，甚至為環境保護作出貢獻。



放飛高空

利用無人航拍機進行高空拍攝為其中一個愈趨業餘愛好者追捧的嗜好。用家不用身處高空，便能透過智能電話或平板電腦來操控飛行器，從而捕捉嶄新的角度和視野，這都是平地拍攝所不能滿足得到的。

可是，這些設有內置相機的無人飛行器，並不單單作為玩樂之用，它們更可用以傳送小型包裹，甚至為環境保護作出貢獻。現在，甚至是較為大型的建築項目都可利用無人機來準確規劃位置圖。

航拍機的持續追蹤科技正為建築發展業帶來更方便、更可靠的技術支援。

以傳統方式到工地收集數據，既費時又費力。假如能在數分鐘之內完成監察整個工地，並捕捉有關數據，然後再實時傳送給項目主管，這樣便可更容易了解工程進展，亦可更迅速地應付突發事故。

美國加州一個球場新項目的發展商作出了一項高空調查，說明了工地繪圖航拍機能讓建築過程更具效率。當中所捕捉到的圖像，除了能用以製作銷售模型外，還可幫助計算工地中須要移除的物料體積，以及填平該工地所需之物料數量。按照傳統的做法，有關工序需要兩位勘測員整整一星期的時間才能完成。而航拍機卻只需要一小時15分鐘去完成這項工作，為建築商省下大量金錢和時間。

根據高盛的報告預測，在不久的將來，建築業將會是航拍機最大的商業市場。

在農業方面，現今世代的農夫亦愈趨使用航拍機來分析農作物和農地的狀況。這些從前只能靠人類駕駛飛機才能獲取的資訊，現在於數分鐘內就能以低成本得到。

不斷更新的數據讓種植者和農學家能了解到農作物的健康和生長狀況，同時亦能觀察它們隨着時間的變化。現在，配合特定的軟件一同使用，航拍機更能精確地噴灑農藥，達致最佳的收成。

舉例說，用以釀製紅酒的葡萄，其質量的好與壞取決於當中的含糖量，因此適當的收割時間成為了背後的關鍵。在印度，一位種植者就利用了裝配軟件的航拍機，為耕地的不同部分制定收成時間表，而避免於同一時間內收成所有農作物，從而以較低成本賺取較高盈利。而另一位種植大豆的農夫則發現自己的農田遭受蟲患，她於是聘請了當地的公司運用航拍機測量受災的範圍。最後，她及時作出補救，杜絕野草，減少農作物損失。

根據RR市場調查公司分析及估計，現時全球農業的航拍機市場為4億9千4百萬美元，而時至2022年，更將達至36億9千萬美元。

杜克大學的研究院利用航拍機來統計加拿大灰海豹的數目，顯示了有關科技於保育上的角色。由於動物甚少停留不動，故此要計算其數目本身就是個艱難的任務，加上灰海豹畏懼人類，令難度更高。航拍機所採集得之數據，能讓科學家知道灰海豹集中棲身，又或是較為稀少的區域，還可找出那些能生存下來的初生灰海豹。這些數據全都在不打擾動物的情況下完成。

此外，航拍機亦能深入巢穴，調查熱帶雨林中頻臨絕種的猩猩。航拍機只消數分鐘便能完成任務，但假如生物學家徒步走進雨林，則須用上數星期，甚至是數個月的時間。無人機還可以用來偵查偷獵者和非法伐木，協助收集影像證據。大部分國家都已就航拍機飛行進行監管，而無論在任何區域使用航拍機都必須加倍小心。在香港，民航處的網頁就列明了相關的操作規範。

根據民航處指出，七公斤以下，用作閒暇用途之航拍機，一般毋需向當局申請，但使用者仍須遵守特定的操作規範。香港的領空有限，在共用天空的情況下，航拍機的放飛高度不得超過地面以上三百呎。使用時必須留意附近一帶飛機飛行之情況，假如有飛機經過，使用者須以安全為由，降落其航拍機。因直升機或小型飛機之駕駛員未必能及時看見體積細小的航拍機，故航拍機操控員有責任避免相撞事故。

此外，航拍機亦不應飛進煙稠密和擠迫的範圍，並應遠離機場。民航處的網頁列出了幾個能使用航拍機的地方，包括多個熱門景點，

There are various drone models available on the market including quadcopters (top), hexacopters (middle) and octocopters. The more the rotors, the more stable the drone will be. 市面上現有多款型號之航拍機，包括有四軸（上）、六軸（中）、八軸之分。一般而言，軸數愈多，愈趨穩定。



如元朗大棠、沙田大老山、西貢將軍澳，以及西貢清水灣半島一帶。

除此之外，駕駛無人機時亦應遵守規矩，尊重他人私隱，這可謂是所有航拍攝影師應有的道德規範。

新世代的高空攝影科技正剛剛起步。漸漸地，航拍機將會愈來愈輕型、迅速和先進，我們現在所看到高空攝影所捕捉的精彩圖像無不是個序幕，日後定必陸續有來。

Jump for joy

Purely for the joy it brings, children love to skip along the footpath, and in the playground. But skipping is not just for kids. It's both an aerobic activity routinely practised in adult gyms, and an internationally-recognised sport. And just as there is more than one way to swing a rope, there are various ways to skip.

There is of course the classic jump, both feet in the air, as well as a hopping technique, akin to a jogging motion, where one foot stays on the ground. Side to side, front to back and single foot hops become increasingly more challenging, leading to advanced techniques which involve criss-crossing of hands or feet, or both.

Then there are variances in the ropes themselves. A single jump rope can be held either by the person skipping solo, or by two playing partners. Double Dutch style involves jumping over two ropes. A speed rope is made from very thin vinyl, deemed best for indoor use. Beaded ropes, whereby nylon cord is covered in different-coloured beads, add sparkle to competition skipping.

Parents know that such active play is good for their children's development. The physical movement helps build healthy bodies, but skipping also exercises the brain. Concentration is boosted by the rhythmical repetition of skipping, while the accompanying rhymes improve memory.

But the joy of skipping is fleeting: all too soon, kids will stop – usually around the age of 10, suddenly too cool to play childhood games.

Today, free-spirited adults from all walks of life are picking up the jump rope again, knowing that skipping gives a fat-burning, full body workout.

It's an efficient workout for the time-pressed – jumping rope for 10 minutes gives similar cardiovascular benefits as





swimming for 20 minutes, or jogging for 30 minutes. And it doesn't take long to reap the rewards: it's said that two 10-minute sessions each day can burn more than 200 calories, or more than 1,000 calories a week.

Plus, as the calories are burned, helping to keep the body trim and toned, skippers find that workday stress is also eased by the sport's soothing rhythm.

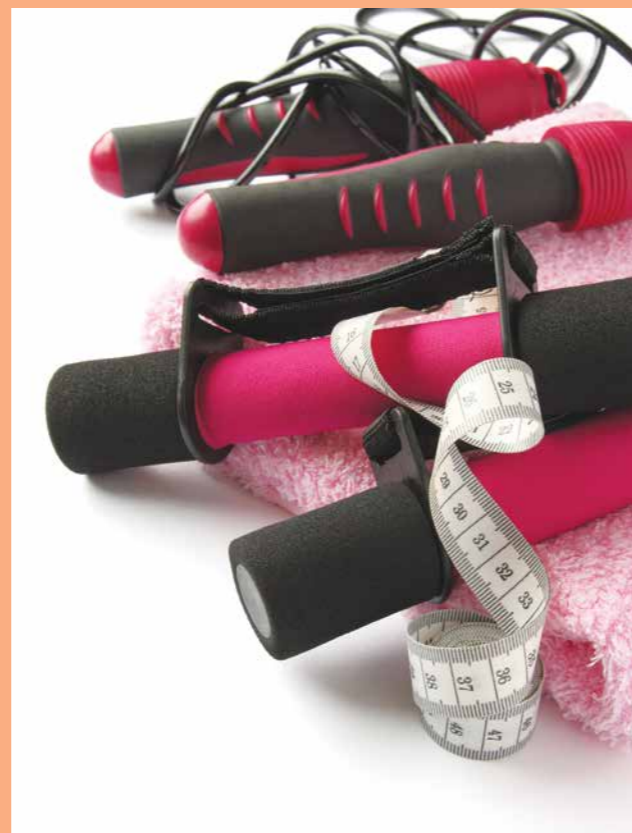
In a space-constrained city like Hong Kong, it is perhaps the most versatile of aerobic exercise. You can skip on a treadmill, down the street, in a park, or even around the house, hardly taking up any room. You don't need a partner, or expensive equipment: just suitable sports shoes and a rope. It doesn't require a specific venue, or to join a class. This is a bonus for busy people, who find it difficult to commit to scheduled sessions.

As a general rule, skipping is not limited by age. According to the sport's governing body, the Hong Kong Rope Skipping Association, China, a jumper who competed in the world championships in Paris last year was 63 years old. It's like dancing, the experts say: just follow the music, and go at your own pace. Beginners are encouraged to start off slowly, gradually turning the rope faster as their stamina increases.

The association helps train, coach and organise demonstrations for jump rope skippers in Hong Kong, and promotes the sport as a fun and healthy activity for all. This year (2016) at the world championships in Portugal, the Hong Kong team won 11 gold medals, competing in both the freestyle and speed events.

The skipping movement is gaining ground overseas – in the US but also in Europe. In fitness-conscious Hong Kong, where time is short, space is at a premium and fun tends to get forgotten, perhaps it's time that we joined in, too.

Jumping rope for 10 minutes gives similar cardiovascular benefits as swimming for 20 minutes or jogging for 30 minutes. 跳繩十分鐘的心血管效益，相等於游泳20分鐘或緩步跑半小時。



Besides helping to keep the body trim and toned, the sport's soothing rhythm can also ease the workday stress. 跳繩除有助修身塑形外，跳繩時的節拍更有鎮靜作用，舒緩工作壓力。

喜悅狂跳派

小孩子喜歡在步道和操場上蹦蹦跳跳，為的純粹是跳躍所帶來的喜悅。可是，跳繩卻不只是小孩子的專利。

跳繩既是成人健身室中恆常鍛煉的帶氧活動，同時也是一項國際認可的運動。其實，跳繩可以有許多不同的方式，花式亦不只一種。

當然，最基本的跳繩就是雙腳離地，又或以單腳跳行方式，就類似緩步跑的動作，同一時間只有其中一隻腳着地。左右跳、前後跳，還有單腳跳都是較高難度的方式，繼而就是更為進階的方式，如交叉腳或是交叉手，甚至是手腳同時交叉跳動。

此外，我們亦可以利用繩子本身去創造不同的花式。單一跳繩既可單人搖繩獨自跳躍，亦可由兩位夥伴在旁搖動繩子。交互跳繩則須穿插於兩根繩子之間跳動。高速跳繩之繩索以非常幼細的塑料製造，最適合室內使用，而以珠子包裹尼龍繩的為珠節繩，能增添聲效，令跳繩比賽生色不少。

一眾父母都明白，跳繩是個十分活潑的運動，有助孩子身心發展。跳繩的肢體動作不但能維持身體健康，而且更是一門能鍛煉大腦的運動。有節律地重複跳繩能增強集中力，而過程中所伴隨的規律亦有助改善記憶。

可是，似乎只有小時候才能領略到跳繩的愉悅：這種快樂流逝得太快，瞬間不復再現。

人們大概到了十歲左右，就會忽然覺得這種兒時玩意過於幼稚。今天，喜歡無拘無束的成年人，不論來自哪個背景階層，都再度投身跳繩這項運動，皆因他們明白跳繩是個能燃燒全身脂肪的體育項目。

對於百務纏身的人來說，跳繩無疑是個高效率的運動，跳繩十分鐘的心血管效益，相等於游泳20分鐘或緩步跑半小時，而且一般在短時

間內就可看到成績：每天進行兩節十分鐘的跳繩運動，就可以燃燒超過二百卡路里，維持一星期，更可燃燒超過一千卡路里。

跳繩除了能燃燒卡路里，有助修身，塑造健美線條之外，跳繩者更發現，跳繩時的節拍有鎮靜的作用，工作中的壓力亦會隨之舒緩。

香港空間狹窄，跳繩可能是最方便的帶氧運動。你可以選擇在跑步機上跳繩，也可以在街道上、公園內跳，甚至在家裏，穿上球鞋、拿起繩子就跳起來。跳繩並無地域限制，不一定需要夥伴，亦不須要參加任何課堂。對於繁忙的人來說，他們難以定期參與健身課堂，而跳繩則是個維持健康的捷徑。

跳繩基本上是個不限年齡的運動。根據香港官方跳繩機構——中國香港跳繩總會指出，去年於巴黎參加世界公開跳繩錦標賽的其中一位跳繩運動員已年屆63歲。專家說，跳繩就如跳舞一樣：跟隨音樂，並以自己的節拍跳動。一般建議初學者剛開始時可以跳得較為緩慢，然後再隨着耐力增強而慢慢加快搖繩速度。

中國香港跳繩總會於香港為一眾跳繩者提供訓練、指導及作出示範，同時亦將這項適合任何人士的健康有趣活動推廣開來。2016年，在葡萄牙的世界公開跳繩錦標賽中，香港代表隊就參與了花式和速度跳項目，並贏得11面金牌。

跳繩在世界各地正愈來愈受歡迎，包括美國，甚至歐洲等地。而在香港，不少人都注重身體健康，但無奈時間卻十分有限，空間也狹小珍貴，人們似乎都把歡樂地拋諸腦後，也許我們也是時候投身跳繩這項有益的運動了。



This year (2016) at the world championships in Portugal, the Hong Kong team won 11 gold medals, competing in both the freestyle and speed events. 2016年，在葡萄牙的世界公開跳繩錦標賽中，香港代表隊就參與了花式和速度跳項目，並贏得11面金牌。



Community welcomes vibrant new neighbour

The business brain has been working overtime throughout the long flight.

A packed schedule lies ahead: team meetings, client appointments, a gala reception for hundreds. What's needed is a place to recharge. And right now, arriving at Hong Kong's newest hotel is as welcome as a favourite pair of loafers.

A swift check-in, a little friendly banter, noticing the sheer scale and beauty of the space – from the relaxed yet confident vibe, you just know that everything will be okay.

In today's parlance, some would call this decidedly unconventional five-star hotel a disruptor. To this weary road warrior, it just feels like coming home.

Kerry Hotel, Hong Kong is the new kid on the block in Kowloon's up-and-coming Hung Hom Bay area. This young, fresh hotel brand is operated by Shangri-La Hotels and Resorts. When the first Kerry Hotel, Pudong opened in Shanghai in February 2011, it broke the mould of a typical five-star business hotel. As a MICE traveller, you could hit the ground running, but life is too short for all work and no play.

The on-site brewery beckons – to sip a craft beer, enjoy live music, and chat if you wish with the locals who gather. They'd never had anything like this in the neighbourhood before, and this was the favourite new chill-out zone.

Then maybe a swim or a pre-dinner workout in the signature sports club?

Kerry Hotel, Beijing followed in 2012 as the second in the brand's portfolio, and now it's Hong Kong's turn.

You couldn't ask for a better location. Situated next to the Hung Hom ferry terminal, it's central for the offices of many well-known corporations, convenient for Hong Kong's "new CBD" in Kowloon Bay, and only steps away from Tsim Sha Tsui East's famous shopping district. Between the ferries at the doorstep, the bus interchange on site and a new MTR station so close by, guests can easily be wherever they need to be, quickly and efficiently.

But it's the views that will take your breath away. Expansive and unobstructed, they scan Victoria Harbour in an ever-changing panorama, capturing the Hong Kong of a million postcards.

You can graze as you please indoors or out, in a choice of all-day dining venues. The free-flowing spaces make room for life, allowing you to relax, to breathe, and just to be.

Getting down to business, no detail can be left to chance. You know it won't be. In the grand, pillar-less ballroom, the largest in Hong Kong, a sea of tables is impeccably laid. As your guests arrive – 1,000 for a sit-down banquet, or twice that number for a stand-up function – a dedicated team stands by ready to take care of everything.

Your function is faultless. But you're not the only ones enjoying the venue. Such is the design and spatial expanse of this hotel that there could be a black-tie gala going on in the ballroom, be it corporate event or wedding, a cocktail in the rooftop beer garden and a kids' party on the pool deck all happening at the same time, without anyone but the invited guests being any the wiser.

That's the thinking behind this fresh young hospitality brand. You're in one of the busiest, most vibrant up-and-coming districts of Hong Kong, yet you never feel hemmed in, either inside, or looking out. What a refreshing buffer in this iconic cityscape.

Traditional five-star formality will always have a place in the hospitality sector, and loyalists may prefer to keep returning to the refined, pampered luxury of the Shangri-La brand they know so well. Kerry Hotel merely offers an alternative.

It's inclusive, rather than exclusive; relaxed and unconventional. While remaining true to its parent's core values, this young brand also presents approachable luxury. For the business traveller, holidaying guest and local community alike, Kerry Hotel, Hong Kong will surely be a welcome addition to the neighbourhood.



Kerry Hotel, Hong Kong is inclusive, rather than exclusive; relaxed and unconventional. 香港嘉里酒店平易近人，不會令人有高高在上之感，洋溢着放鬆自在的氛圍，打破傳統酒店的拘謹格局。

迎接海濱新開

商務人士出國公幹，就連在長途機上亦須要工作。

工作日程排得密密麻麻，除了小組會議外，還得與客戶會面、籌劃大型晚宴等等。

他們所需要的是一個能夠抖擻精神，讓他們恢復元氣的地方。現在，香港這家即將開幕的酒店，就提供這種賓至如歸的舒適感。

酒店的入住手續便捷、服務人員親切友善、空間寬敞開揚、裝潢精美。當你親身體驗到這裏休閒輕鬆而踏實端莊的氛圍，你就知道自己的選擇是正確的。

當下有一種說法，認為這家新派五星級酒店刻意挑戰傳統，但對於疲憊不堪的商務人士而言，這裏卻令他們有回家的感覺。

香港嘉里酒店位處九龍新興地區紅磡灣畔，是香格里拉酒店集團的年輕新潮酒店品牌。

於2011年2月正式開幕的上海浦東嘉里大酒店為嘉里酒店品牌於當地的首家酒店。它打破了典型五星級商務酒店的既有繩規。若你是「MICE」類別（會議展覽及獎勵旅遊）的旅客，固然可選擇埋首工作，但人生苦短，豈能讓生命被公務淹沒，而不偷閒享受一下呢？

酒店餐廳以自家啤酒作招徠，客人可一邊細味手工啤酒，一邊欣賞現場演奏的音樂，亦可與本地人談天說地，為區內注入一股全新活力，成為大受歡迎的蒲點。然後，客人亦可選擇到酒店的經典健身俱樂部游泳或在晚餐前運動一下。

在2012年進駐首都的北京嘉里大酒店是品牌旗下第二家酒店，現在品牌終於正式進駐香港。

香港嘉里酒店位置優越，毗鄰紅磡渡輪碼頭，多間知名企業的辦公室均聚集於此，往來九龍灣「新中央商業區」的交通十分便利，而且距離著名尖東購物區更只是數步之遙。除了近在眼前的渡輪碼頭，巴士轉乘站和新開通的港鐵站亦近在咫尺，可以輕鬆快捷地往返任何地方。

最令人歎為觀止的，還要數酒店的景觀。酒店客房景致開揚，飽覽瞬息萬變的維港全景，把千千萬萬張明信片上的香港美景盡收眼簾。無論你想要在室內還是戶外進餐，酒店多間全日營業的餐廳均能滿足你的需求，讓你在寬敞的空間內放鬆心情、呼吸新鮮空氣，隨心享受。

酒店在提供每一項服務時均一絲不苟，專業可靠，讓人格外放心。酒店宴會廳富麗堂皇，一排排的桌子井井有條，更擁有全港最大的無柱空間，可容納一千人筵席或舉行二千人的站立式酒會。隨着宴會開始，專業活動管理團隊會在旁待命，協助處理一切大小事宜。

香港嘉里酒店舉辦的宴會定必完美無瑕，但卻不僅止步於此，酒店還提供多個不同的場地以舉行各類型活動。正當宴會廳舉行須穿着正式禮服的晚宴，如企業活動或婚宴之際，天台的啤酒花園卻在舉行雞尾酒會，而池畔平台則在舉行兒童派對，這無不是酒店設計和空間特色。酒店亦會提供嚴密的保安服務，確保進場人士均為受邀來賓。

以上都是這家年輕新潮酒店背後的理念。即使身處香港其中一個最繁忙精彩的新興地區，但無論身處酒店之中，還是在內朝外觀看，都不會令你感到侷促壓迫，可謂是石屎森林中一片喘息的樂土。

傳統五星級大酒店依舊會屹立不倒，鍾情傳統的顧客或許會繼續入住香格里拉品牌旗下的酒店，享受精緻奢華的服務，但嘉里酒店無疑提供了多一個選擇。

香港嘉里酒店平易近人，不會令人有高高在上之感，洋溢着放鬆自在的氛圍，打破傳統酒店的拘謹格局。這個年輕酒店品牌，不但貫徹香格里拉酒店集團的核心價值，亦為顧客提供親切的奢華體驗。對出國公幹的商務人士、來港度假的旅客和本地人而言，香港嘉里酒店絕對會成為區內大受歡迎的新地標。



Wine and dine by the waterfront

Kerry Hotel, Hong Kong is situated next to the Hung Hom ferry terminal on the Kowloon waterfront. It is easily accessible to Hong Kong Island via a short ferry ride; has an on-site bus and vehicular interchange; with a new MTR station nearby.

The property's 546 guest rooms are unusually spacious, and its grand, pillar-less ballroom, hosting up to 1,000 people seated, and a standing reception of 2,000-plus, is the largest in Hong Kong. The hotel also features 17 smaller multi-function rooms and a variety of indoor and outdoor event spaces.

Four restaurants and a bar offer relaxed, all-day dining either indoors or out. The hotel also introduces Kerry Health Club to Hong Kong. It rates among the most comprehensive fitness centres in the city, offering a 24-hour gym and 25-metre outdoor swimming pool.

享受海濱優游時光

香港嘉里酒店座落於九龍海濱，毗鄰紅磡渡輪碼頭，一程短途渡輪便可到達香港島，旁邊亦設有巴士轉乘站和公共運輸交匯處，新通車的港鐵站亦只是數步之遙。

酒店內546間客房出乎意料地寬敞，富麗堂皇的無柱宴會廳可容納高達一千名賓客筵席，亦可舉行二千多人的站立式活動，堪稱全港最大的宴會廳。酒店亦設有17間多功能宴會廳，以及多個室內外活動空間。

酒店內有四家餐廳及酒吧，賓客全日均可選擇在室內或戶外空間輕鬆自在地用膳。酒店亦將嘉里健身中心引入香港，中心配備了城中最先進齊全的健身器材，並24小時無休開放，更另設有25米戶外泳池。

Angels of the wetlands

In a rich river valley not far from Central, a breeze brushes through groves of healthy feng shui woodlands. Forest birds glide and swoop from the clear sky. Nutrient-rich marshes shelter abundant wildlife.

Hong Kong's early villagers enclosed this natural wetland wonderland, and converted it to rice paddies. They also introduced a beast of burden which has possibly been mankind's greatest ally: the humble, hard-working water buffalo.

The rice paddies may have gone, but Pui O's scenery remains preserved, drawing local residents and visitors alike to marvel that such a place could still exist so close to the urban metropolis. They come not only to be immersed in greenery, but to see these remarkable creatures which have for centuries toiled the fields in China now wandering free to wallow in wetlands and munch on grasses.

In their retirement, these animals are in fact working still, churning up the land with their hooves and horns, encouraging plants and wildlife. Conservationists say that, in effect, these families of free-range water buffalo are creating an eco-buffer zone within the landscape, stimulating a breeding habitat for thousands of other species.

They extend an area of wetland by up to five times, says one local water buffalo carer. "No other animal on the planet can do that; this is why we call them wetland angels."

Chinese farmers were among the first to domesticate wild water buffalo, utilising their mighty strength and compliant nature in agriculture as far back as the Shang dynasty. These animals are also revered in Chinese mythology. The image of a boy riding an ox/water buffalo is believed to represent Ming dynasty emperor Hongwu, who came from humble origins. The species is one of the 12 animals of the zodiac. And, due to its association with harvest and fertility, spring is a particularly significant season for water buffalo sightings.



Standing up to 2.7 metres tall, and weighing up to 1,200 kgs, they are the largest bovine, and also sure-footed, their wide-splayed hooves giving a good grip in mud. They've been called the living tractor of the East, indispensable to farmers throughout Asia for pulling carts and ploughing rice paddies.

But these are also gentle giants, valued as well as a human companion. In China, the water buffalo is a symbol of power, wealth and comfort.

This animal served generations of Hong Kong farmers as well, until the 1970s, when rice cultivation ceased, making them redundant. Many were simply let loose to fend for themselves, but as they strayed onto public roads, or ate other farmers' crops, the water buffalo became regarded by some as nothing more than a nuisance.

Over subsequent decades, authorised culling decimated Hong Kong's buffalo numbers to the extent that the species became endangered. However, since 2010 the SPCA has assisted government teams with a more humane program of population control, via surgical sterilisation. Basic surveys have indicated a population growth of around 15 per cent annually.

Not everyone agrees that the water buffalo has a place in Hong Kong. It's not an indigenous species, they argue, and there is still the issue of public safety when such large animals share space with people.

Those who lobby to conserve the species, which includes various community groups, point out that water buffaloes do play a role in modern-day Hong Kong. They're part of the biodiversity of Hong Kong, and to see such an idyllic rural scene in one of the densest cities in the world is a rare visual reminder of nature on our doorstep.

Water buffalo can still be seen in many parts of Hong Kong, most of them easily accessible from Central. Sometimes, they appear in unexpected places: like the herd who sheltered in a Lantau police station during a late-summer heavy rainstorm, and the individual who surprised students by running alongside them in a cross-country race.

The World Wildlife Fund, which manages Mai Po marshes, has water buffalo as guardians of this important wetland habitat. Subsequent studies have shown that, as a result, diversity of bird species has increased, including two new species – the northern lapwing and black-faced spoonbill – never before recorded at the site, suggesting they are attracted to the newly grazed habitat.

Pui O, on Lantau, is the most populous habitat. Under the watch of local residents, at least four generations of these majestic animals may be seen in fields and on beaches, roaming freely, and harmoniously integrated into the daily life of the island.

For many brought up in urban Hong Kong, the water buffalo is their first introduction to wildlife. Their presence is credited with contributing to a growing awareness of the need for environmental protection.

To have such a close and natural encounter with the animal kingdom is, the water buffalo watchers believe, something we owe to our children, and to future generations. It instills important life lessons which, they point out, cannot be learned from a computer.



The wetland area, where the buffaloes live in, serves as precious natural resource for educating our next generation. 水牛生活的沼澤地帶是教育下一代的天然資源，十分寶貴。



The water buffaloes are creating an eco-buffer zone, stimulating a breeding habitat for thousands of other species. 這些水牛製造了生態緩衝地帶，為數千物種提供繁殖的溫床。



Water buffaloes guard the Mai Po marshes. The wetland habitat in Hong Kong has a diverse range of bird species that has increased over the years, such as the black-faced spoonbill. 水牛充當米埔濕地的保衛者，而在過往幾年裏，香港濕地的雀鳥多樣性亦有所提升，黑臉琵鷺是其中之一。

濕地天使

在一個離中環不遠之處，有一個豐盈的河谷，那兒微風輕拂樹叢，掠過山明水秀的茁壯木林。叢中鳥翱翔而過，從清澈的天空中震翅撲飛。養分豐潤的濕地為大量野生物種提供棲息之所。

早期的香港村民發現了這片天然的沼澤寶地，並在那兒種植稻米。他們更引進擅長肩負粗活的牲畜，牠們很可能是人類最好的夥伴——謙卑、辛勤的水牛。

稻田可能已經不復再現了，但貝澳的風光依舊不變，吸引本地居民和遊客前來，他們驚歎在大城市的咫尺之距，竟然仍能保存着這樣的一片自然天地。他們來到這裏，為的不但是沉浸在翠山綠林之中，而是為了看看這一幫特別的生物。牠們幾個世紀以來，在中國的農田上勤勞耕耘，而現在則自由閒蕩，在泥沼裏打滾和起勁地咀嚼草兒。

雖然已經不用再於田裏工作，但實際上這群動物仍在幹活。牠們用自己的蹄和角來翻土，有利植物和野生物種繁衍。環境保護團體指出，這些自由放牧的水牛家族實際上為附近地區的景觀製造了一個生態緩衝地帶，為數千物種提供繁殖的溫床。

牠們把原有的濕地面積擴展五倍，一位本地的水牛守護者說：「地球沒有另外一種動物能勝任得了，所以我們稱牠們為濕地天使。」

最先把野生水牛馴養的是中國農民。水牛氣力強大，天性和順，以之協助耕作適合不過，而這種做法可溯源至商朝。水牛在中國神話之中更是受到敬仰，中國繪畫中有一位牛童騎在一頭公牛或水牛之上，而據說他就是明朝時期，出身卑微的洪武帝。此外，牛更是12生肖中的其中之一；而且水牛與收成、繁殖相關，故春天是尋找水牛蹤跡的旺季。

水牛站立起來可高達2.7米，體重達1,200公斤，是最大的牛科類動物，而且牠們的步履穩健，其寬闊的腳蹄令牠們能抓緊泥地。水牛更被號稱為活生生的「東方拖拉機」，負責拉車和翻耕稻田，對亞洲的農夫來說，是不可或缺的工具，但牠們也是溫順的巨獸，珍貴且更是人類的好夥伴。在中國，水牛象徵力量、財富和舒泰。

這種動物亦曾經服務過幾代的香港農民，直至70年代，香港的稻

米種植式微，人們亦不再需要這些水牛。當中有不少水牛變成無人看管，自生自滅，當牠們誤闖公路，又或是吃掉其他農戶的莊稼時，部分人就只視水牛為製造滋擾的動物。

在隨後的幾十年裏，經批准而限量捕殺的香港水牛眾多，令水牛的數量大減，甚至到達瀕臨絕種的地步。可是，自2010年開始，香港愛護動物協會便協助政府團隊，實行更為人道的牲口控制計劃，為水牛進行絕育手術。初步調查顯示，水牛的數量按年增長約一成半。

也許，未必人人都同意水牛應當在香港擁有棲身之所。有些人會爭論，水牛並不是本土物種，而當水牛這種龐大的動物與人類共享同一空間時，公眾安全問題仍然存在。

坊間有不同的社會團體遊說各界，爭取保護水牛，他們指出水牛在今時今日的香港仍然在生態環境中擔當着重要的角色。水牛是香港生物多樣性的其中一部分，而在這個世界上其中一個最密集的城市中，仍能看見如此的田園郊野風光，對我們而言無不是個珍貴的提示，從視覺上提醒我們，大自然其實就在舉步之遙。

香港不少地方仍然可以看到水牛的蹤影，從中環出發到牠們出沒的地方十分便捷。有時候，牠們會在你意想不到的地方出現：正如在夏末的一場暴風雨中，有一群牛到了大嶼山的警署避雨，還有另一頭牛在越野跑路線上，出奇地在學生旁邊並肩前進。

負責管理米埔沼澤的世界自然基金會，亦有利用水牛充當「保育員」，保護濕地這個重要的生物棲所。在隨後的的研究中發現，水牛放牧有助提升雀鳥種類的多樣性，當中包括兩種新品種——鳳頭麥雞及黑臉琵鷺，而這兩種鳥類之前均從未於該地區出現過，證明牠們乃受新的水牛放牧區吸引而來。

位於大嶼山的貝澳，是物種最多的生物棲息地。在本地居民的看管下，這種值得敬佩的動物於田野和沙灘上四代同行，自由自在地閒遊，和諧地融入島上的日常生活之中。

對於那些成長於香港市區的人來說，他們首次接觸的野生動物就是水牛。牠們的存在增進了大眾保護環境的意識。

不少水牛看守者認為，我們虧待了自己的小孩和後代，導致他們未能有機會與動物世界有親密、天然的接觸。牠們又指出，這些自然生態是重要的生命課堂，是電腦世界所不能提供的天然教室。



Energise your inner wellspring

Does time management really hold the key to a productive working day? Or is there a better way?

No matter how organised we try to be, there are only 24 hours in a day. Energy, however, is a resource which keeps on giving. The healthy human body can be a wellspring of energy, if we treat it right.

Roosters wake up full of life to greet the brand new day, and as we head into 2017 – a Fire Rooster year, the most dramatic and energised of all the rooster signs – perhaps it's timely to take a cue from this hard-working member of the animal kingdom and reenergise ourselves.

Traditional therapies have shown the way for thousands of years, and they're being embraced wholeheartedly across all cultures today, in even the highest circles.

When it was revealed at the 2016 Rio Olympic Games that champions including multiple gold medal-winning swimmer Michael Phelps had been treated with cupping – as had a number of Hollywood A-listers as well – much of the Western world wondered why. Its primary purpose is to encourage blood circulation – the thing which keeps a human body functioning smoothly, much like engine oil does for your car.

The theory is that if blood flow gets blocked the delivery of oxygen is reduced, resulting in fatigue. Vital organs, including the heart and brain, may also be missing out on all the nutrients they need. This is summed up in the Chinese saying which loosely translates as “where there is flow there is health.”

In cupping, cups are placed on various areas of the body to create suction, which stretches the skin and draws out toxins. After around 10 minutes, the cups are removed. Advocates say it is this stretching and contraction of the skin

which gets the blood flowing, and realigns the body's energy meridians. Afterwards, many report a general feeling of calm and wellbeing – some report that it feels like an emotional blockage has been released.

Modern cupping therapy – the type preferred by athletes and celebrities – uses cups attached to suction pumps. Practitioners say this improves the technique, and maximises the benefits.

Given today's busy lifestyles, acupuncture for stress relief is in demand. This is another traditional therapy enjoying a resurgence for its potential to reenergise and promote overall wellbeing.

Making sure that the person is lying down comfortably, the acupuncturist inserts thin needles into the skin at specific points on the body's energy field, to gently manipulate certain qi meridians. This treatment is not painful – acupuncture needles are hair-thin and flexible, so they can barely be felt. Expect to leave feeling relaxed both mentally and physically, and the benefits cumulate over several treatments.

Every day in Hong Kong – and indeed the world over – people of all ages may be seen practising Tai Chi in the park. The purpose is to align fluid movement with mindful breathing and meditation. In concert, these activities help to balance qi and restore energy. Newcomers are welcome to join group sessions, while some basic movements can be performed at home. Daily practice is said to help you feel more relaxed and energised.

Sitting down to a relaxing foot massage is usually the first step and last step in a reflexology treatment. In this traditional therapy



Cups are placed on various areas of the body to create suction, which stretches the skin and draw out toxins.

拔罐時，把罐子置於不同部位，從而產生吸吮力，令皮膚伸展並導出毒素。

involving the application of pressure to areas on the feet and hands, the therapist seeks to reduce stress by restoring balance and harmony to the body and mind.

The release of blocked energy promotes relaxation and rejuvenation. A course of four to six treatments is usually recommended for optimal results.

Many traditions around Chinese New Year are believed to bring good luck. A boost to one's health through traditional treatments is surely a great way to manifest good fortune and wellbeing for the year to come.

打開生命之泉

良好的時間管理真的是工作成效高低的關鍵嗎？還是，有其他更好的方法呢？

無論我們如何有系統地做事，也不會改變一天只有24小時這個事實。然而，我們無時無刻都在消耗身體的能量。假如我們好好善待自己的身體，強健的體魄也可以是能量的泉源。

公雞在清晨時分精神奕奕地啼叫着，為新的一天揭開序幕，而我們亦正邁向2017年。丁酉年為火屬雞年，是五行屬性中最振奮和最具活力的雞生肖。也許，這隻動物界中勤勞的一員在暗示，我們是時候要為自己重新注滿能量了。

數千年來，傳統的治療法一直流傳下來，時至今日，不同文化背景，甚至是上流社會的人，仍然熱衷於這些療法。

在2016年里約熱內盧奧運會中，不少獎牌得主，包括多次榮膺金牌的游泳選手米高·菲比斯（Michael Phelps）以及不少荷李活一線影星，都以拔罐方式治療。不少外國人都感疑惑，到底拔罐是甚麼一回事？拔罐的主要用途為促進血液循環，從而令人體能暢順無阻地運作，這就正如汽車機油的角色一樣。

拔罐背後的理論認為，血液運行不佳會導致氧氣無法順利傳輸至身體各部分，從而令人有疲乏之感，而心臟、大腦等重要器官所需之養分亦會因此而流失。簡而言之，即中國人常言道的「氣血通暢，百病不生」。

拔罐時，治療師會把罐子置於身體的不同部位，從而產生吸吮力，令皮膚伸展並導出毒素，在大概十分鐘後，便可把罐子拔走。喜歡拔罐療法的人認為，拔罐透過伸展及收縮皮膚以令血液運行流

通，重新打通人體經絡。治療過後，不少人都有感安康平靜，有的人甚至覺得拔罐能讓心靈獲得釋放，心情暢快得多。

不少運動員和名人採用的現代拔罐療法，均利用帶有吸泵的拔罐器，採用有關方式的人指出，這種罐具有助改良既有療法，從而達至最佳療效。

有鑒於時下的生活模式忙碌緊湊，不少人都會以針灸來舒緩緊張壓力。針灸是另一種傳統療法，有助喚醒身體的潛能，讓人體重重新注滿能量，提升整體健康。

在針灸過程中，醫師會確保患者在舒適的狀態下躺着，然後利用纖細的針插進皮膚下的各個穴位，慢慢地調理行氣的經絡。針灸過程並不痛楚，針灸用的軟針如髮絲般纖幼，故此患者甚至不會感到針的存在。治療後，精神和肉體上都會鬆弛下來，重複多次治療，療效更佳。

在香港或是其他世界各地，每天都會有各個年齡的人士在公園裏鍛鍊太極。過程中，人們小心調節呼吸，再配合冥想，目的就是要調整血液運行。

在呼吸和冥想的配合下，太極有助平衡氣血，恢復能量。太極初學者可參與集體訓練班，而一些基本的動作則可在家中自行練習。不少人認為，每天練習太極能有助放鬆身心，精神充沛。

至於安坐下來享受腳部按摩，則往往是反射治療前後的必經步驟。治療師會透過按壓手腳的不同部位，讓人體和精神恢復平衡、和諧，達舒緩壓力之效。

消除氣結能有助放鬆人體、恢復元氣，而要取得最佳療效，一般建議進行四至六次治療為宜。

農曆新年有不少傳統習俗都寄予吉祥的祝福。透過傳統的療法來促進身體健康，無疑是在新一年裏兌現運氣和幸福的最佳途徑。

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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