

# DressCircle

A KERRY PROPERTIES PUBLICATION ISSUE NO 19

臻善譜



HK awaits annual return of the birds



# A perfect match

Investors in Kerry's Soho 189 can now make use of the services of Hong Kong Sotheby's International Realty for their property leasing and tenancy management needs



Home and hearth go hand in hand, evoking images of warmth and security. A home of one's own is what we all aspire to. Having settled comfortably in one's primary place of residence, a natural next step is to build on that equity. On the face of it, this sounds simple. The golden rule of location, location, location is key to any real estate decision.

Some people are prepared to do all the legwork themselves. But not everyone has the time.

Perhaps the prime opportunity you have spotted is somewhere other than your home city. Would you then hesitate, concerned about what could go wrong? Verifying the developer's credentials, for instance. Identifying a suitable tenant. And ensuring that your investment is protected, your rental stream consistent and your property properly maintained.

For these would-be investors, there is a solution. In a first for Hong Kong, Hong Kong Sotheby's International Realty has devised a hassle-free asset management service that takes care of every detail of a property investment, so the owners do not have to worry about a thing.

The firm is offering its experience and history in managing

luxury property exclusively to owners of Soho 189, Kerry Properties' new luxury residential development in Wilmer Street, Island West.

This property has been much anticipated among Hong Kong professionals, for whom it was specifically designed. It provides a fully-serviced lifestyle in the city offering the space and comfort to truly feel like a home base, yet is easy to lock up and leave when travelling. Housekeeping and laundry services are available, and the homes come with custom-made furniture from stylish interiors brand Indigo Living. Health and leisure facilities include a pool, spa, gym and outdoor garden terrace.

The well-connected building has Central, Causeway Bay and Wan Chai only minutes away, the Macau ferry terminal nearby, and a new MTR station to open almost outside the door. It is the first property to specifically meet the needs of the young and upwardly mobile.

Hong Kong Sotheby's International Realty foresaw a high demand for this concept. Buyers could invest with confidence, while tenants would be prepared to pay a premium rental to live there.

Samson Law, Managing Director, Hong Kong Sotheby's



International Realty, saw the opportunity as “the right fit”. “We could only do this with a quality developer who would provide back-up service,” Mr Law said. “Kerry Properties has the reputation, quality, after-sales service and management we can trust.” Rental history shows that residents of Kerry’s developments tend to be long-staying, so the vacancy rate should be lower – a definite plus for landlords.

The combined strength of two renowned brands – Kerry Properties and Sotheby’s International Realty® – results in a service that is hassle-free on every level. While Kerry management takes care of the day-to-day tenant issues, such as property maintenance and housekeeping arrangements, Sotheby’s-branded real estate professionals provide landlords with one-stop support. Everything is covered – from tenant selection and leasing, to collecting rent. Landlords are kept informed of real estate market updates, and condition reports on their property. Even legal support is available, should they ever need it.

Taking care of tenant issues, arranging contractors and dealing with statutory requirements are things most landlords would not have time to worry about. But they are also issues that require timely action. Hong Kong Sotheby’s International Realty’s asset management team takes care of it for you.

So landlords can relax, knowing their asset is protected and working for optimal return. This frees them to get on with the important business of managing their own lives and careers.

Soho 189’s unique concept and stylishness offers great value for purchasers, whether it is for investment or self use. 西浦Soho 189別樹一幟的設計概念及時尚感，買家無論自住或作投資用途，均感物超所值。



## 完美結合

嘉里西浦Soho189的買家現在可以透過香港蘇富比國際物業顧問的專業服務出租物業，享受一站式的租管服務。

家，是我們的安樂窩。無論誰，都渴望擁有自己溫暖的居所。

安居樂業以後，下一步自然聯想到物業投資。聽起來，這是顯淺易明的道理。

任誰也知道「地利」是地產投資最重要的考慮。事實上，投資物業事前必須搜集資料做足功課，但並非人人有時間作詳盡分析。倘若眼前的黃金投資機會位處你所居住的城市以外，你可會因此而猶豫、擔心有任何意料之外的情況發生？像驗證發展商證明文件、尋找合適的租戶、確保投資得到保障、租金收入穩定、而且物業獲妥善保養管理等，要做的準備功夫可真不少。

現在，準備投資物業的買家可以考慮一個嶄新的解決方法——香港蘇富比國際物業顧問在香港開創先河，推出物業租管服務，服務遍及地產投資的所有細節，讓業主可輕鬆無憂。

香港蘇富比國際物業顧問具備多年管理豪宅的豐富經驗及專業知識。現在，公司將為嘉里建設位於港島西威利麻街的全新豪華住宅項目——西浦Soho 189，提供獨家物業租管服務。

西浦Soho 189設計別樹一幟，為城中專業人士熱切期待的住宅項目。它提供前衛而服務貼心的家，在舒適空間以外，便利的位置讓經常離港出外的人士可來去自如。備有家傭及洗衣服務，及由時尚室內設計品牌Indigo Living負責訂造傢俱。此外亦備有休閒設施包括游泳池、水療室、健身室及戶外花園露台等。

西浦Soho 189位置四通八達，前往中環、銅鑼灣及灣仔車程只需

數分鐘，物業靠近港澳碼頭，而全新的港鐵站更貼近物業。如此符合年青才俊的需要，西浦Soho 189可算是香港地產項目中的先鋒。

香港蘇富比國際物業顧問預期，他們的服務讓買家可放心投資，亦可吸引租戶以合理租金在這裡安居，服務必將大受歡迎。

香港蘇富比國際物業顧問董事總經理羅禮才認為這是完美的機遇：「我們對於挑選合作伙伴一事是非常嚴謹的，只有實力雄厚及能提供充分支援的發展商才能符合要求。」羅先生續說：「嘉里建設享負盛名，無論質素、售後服務和管理都無容置疑，絕對值得我們的信任。」從過去的租賃記錄可見，租戶都傾向長時間租住嘉里建設的物業，因而空置率偏低，實乃業主喜訊。

結合嘉里建設與蘇富比國際地產兩個知名品牌的實力，這項物業租管服務可謂無出其右，讓用家大可安枕無憂。一方面，嘉里管理團隊會負責日常的租戶問題，例如物業維修及家傭服務安排。與此同時，蘇富比國際地產旗下的專業地產顧問則為業主提供一站式的支援。從挑選租戶與租賃到收取租金，一一照顧週到。業主亦會接收到最新的地產市場資訊，與及他們的物業狀況報告。有需要時，更可提供法律上的支援服務。

絕大部份的業主都難於抽空處理租務、安排承辦商及處理法例問題等的事宜，然而這些往往是應該盡早解決的事情。現在，透過香港蘇富比國際物業顧問的物業管理服務，一眾業主大可放心，盡情享受人生，讓資產在其專業管理下賺取可觀回報。



## Cool destination

MegaBox is fast emerging as a fashion hub as top brands line up to showcase their new collections

Throughout the ages, communities have looked to congregate at a central meeting point. In ancient times it was the freshwater well or the village hall that brought people together. Today's urban equivalent – the shopping mall – has a similar pull. We do not go there just to buy things, but to meet friends, relax, be entertained, and engaged. A modern shopping mall needs to be all things to all people, across all age groups, encompassing the widest possible range of interests.

This is where MegaBox excels. The largest retail mall in East Kowloon redefines a sense of community by wrapping all of the most-wanted lifestyle experiences – shopping, dining and entertainment – into one neatly packaged, easily accessible destination.

Since its opening in 2007 as Hong Kong's first vertical megamall, MegaBox has continued to surprise and delight. This has involved an ongoing evolution of the retail mix to meet and even exceed community expectations. As a result, its emergence as a fashion hub has been met with widespread delight.

Swedish brand H&M is among the first to put its name to

the mall's new-look fashion statement. Renowned for its collaborations with upscale designers and celebrities, H&M enables fashion by prestigious names like Versace, Stella McCartney, Karl Lagerfeld, Roberto Cavalli, Jimmy Choo and David Beckham to be an everyday purchase, not just once in a life time. Highly anticipated is the upcoming H&M Autumn-Winter 2011 range, a trend-setting collection introducing elegance for ladies, and simplicity and function for men. At H&M again this season, it is about creating your own style.

Just as these celebrity brands have found the right retail partner in H&M, the store itself identified MegaBox as a similarly perfect fit. Both are continuously coming up with exciting and surprising ideas. Both share a philosophy of offering quality at the best price.

LexKeijser, H&M Greater China and Singapore Country Manager, is pleased to have a flagship store in Hong Kong's newest fashion hub. "It's a great concept to offer one-stop shopping, eating and entertaining. We see that the traffic this generates within the one mall could benefit us as well."

“The largest retail mall in East Kowloon redefines a sense of community by wrapping all of the most-wanted lifestyle experiences - shopping, dining and entertainment - into one neatly packaged, easily accessible destination”

H&M's collections for men, women and children are just a part of an all-encompassing fashion offering. Famous swim and surfwear brand Quiksilver has also recently opened at MegaBox, bringing its iconic collections of apparel, accessories and gear for an active lifestyle. Quiksilver labels like Roxy are particularly attractive to teenagers, but the brand has something for everyone.

An entire floor is devoted to the youngest fashion followers. Browsing through Level 9 reveals such stores as Captain Kiddo, Chickeeduck, Comical Kid's Land, Cotton Candy Kids, Hallmark Babies, Kids Wonderland, Kiews, La Compagnie Des Petits and Smile No Matter What. Even the soon-to-be-born are catered to with shops like Mother World and mothercare.

These brands appreciate the size of the mall, its good transport links, and a layout designed into specific areas that makes it easier for shoppers to find and compare the particular goods they are after. These retailers appreciate the family-friendly environment that even includes a kids' zone, where children can play under supervision while their parents shop. Shoppers enjoy the wide variety of children's fashion, at reasonable prices.

Comical Kid's Land says the mall's positioning as a leisure shopping destination for families is the reason it chose to locate at MegaBox. Smile No Matter What likes the large variety of facilities dedicated to children, and shares the business goal of offering quality and diversified products. Along with trendy clothes, this shop has surprises in store which are regularly refreshed and updated, and knowing that shopping can become tiresome for young feet, even offers a free children's resting area.

Who knows what you will find next at the largest shopping mall in East Kowloon? The best way to find out is to check it out yourself.



At MegaBox there is always the attempt at evolution of tenant mix to meet or even surpass community expectations. MegaBox致力網羅優質商戶，務求超越顧客期望，精益求精。



## 酷·熱點

隨著國際知名品牌陸續進駐，MegaBox正火速成為領導時尚潮流的時裝熱點。

古往今來，人們都喜愛在社區中設定一個聚腳點，暢聚一番。時至今日，城市裡的大型購物商場亦同樣起著帶動人群的作用。購物以外，我們還愛到商場與朋友會面，參與各種娛樂活動，享受生活。能夠滿足不同階層、不同年紀人士的需求，正是現今大型商場的特色。

作為東九龍最大的零售商場，MegaBox絕對是傲視同儕——集合購物、美食與娛樂於一身，最佳生活享受一應俱全，而且交通便利，讓MegaBox成為城中熱點。

MegaBox是香港首座垂直設計的大型商場，自2007年開幕以來，創舉連連。一直以來，MegaBox不斷豐富商場中的品牌商舖，在滿足顧客需要的同時，務求為市民製造更多驚喜，現在更成為備受追捧的潮流熱點。

來自瑞典的時裝品牌H&M，率先為MegaBox披上至潮新裝。H&M一向以高級時裝設計師與國際巨星共同合作設計時裝而見稱，因著H&M的合作企劃，即使是Versace、Stella McCartney、Karl Lagerfeld、Roberto Cavalli、Jimmy Choo及David Beckham等的設計，顧客亦能以大眾化的價錢購得心頭好。在H&M，即將上架的2011年秋冬系列，突顯女士們高貴優雅及男士們簡約舒適的特色，定將備受矚目，讓你輕鬆創造自己的獨特風格。

正如這些知名品牌選擇了H&M為他們的最佳銷售拍檔，H&M與MegaBox同樣力求為顧客帶來驚喜創意，並提供物超所值的服務，理念一致。

H&M大中華及新加坡地區經理Lex Keijser表示，很高興能夠在香

港最新時裝集中地開設旗艦店：「這裡為市民提供一站式購物、餐飲及娛樂體驗，所產生的人流亦惠及我們的品牌。」

H&M的產品涵蓋男士、女士及兒童服飾，然而在MegaBox，時尚潮流服飾的選擇可謂非常多元化。最近，著名游泳及滑浪用品品牌Quiksilver亦於MegaBox開設分店，為好動的一群提供多款受歡迎的服裝、配飾及用具系列。Quiksilver旗下的Roxy品牌深受年青人喜愛，而其他的產品系列也能全面照顧到廣大的消費者。

MegaBox的整個九樓已經成為兒童流行服裝的新天地。這裡充滿最時尚的童裝品牌如童裝天地 (Kids Wonderland)、Captain Kiddo、Chickeeduck、Comical Kid's Land、Cotton Candy Kids、Hallmark Babies、Kiews、La Compagnie Des Petits和Smile No Matter What等等，琳瑯滿目。此外，亦有媽媽世界 (Mother World)及mothercare等，提供一系列嬰兒和孕婦服飾及用品等。

MegaBox環境寬敞，具備完善交通配套；商店區域分佈清晰，讓顧客一目了然，輕鬆選購心頭好，故此特別獲得零售商的讚賞。MegaBox為一家大小設想週到，更設有由專人看管小朋友的兒童遊樂區，家長們大可放心選購各式各樣的童裝飾物，盡享購物樂。

Comical Kid's Land選擇進駐MegaBox，正正因為這裡是一家大小悠閒購物的好去處。Smile No Matter What則喜愛商場設有多種為小朋友而設的大型設施，與他們致力提供優質及多元化產品的目標一致。不說不知，除了時尚服飾以外，此店經常為顧客帶來新驚喜，甚至貼心地為小朋友提供休息區。

想知道MegaBox還有甚麼寶藏？由您親自去發掘就最好不過！



## So happy in the Valley

Fifteen minutes' drive from Central and nestled just minutes from busy Causeway Bay is tranquil Happy Valley - where discerning Hong Kong families have lived for generations

There is a place in Hong Kong where residents awake to the sound of birdsong. And yet they are in the city. Where the cars move slowly and quietly, being local traffic only. And yet all the major thoroughfares are just minutes away. And where gourmets can indulge their taste for international cuisine, or buy soya milk from a stall that has been on the same street corner for over 50 years.

That place is Happy Valley, nestled in its urban environment like a pearl cloistered by the protective oyster shell.

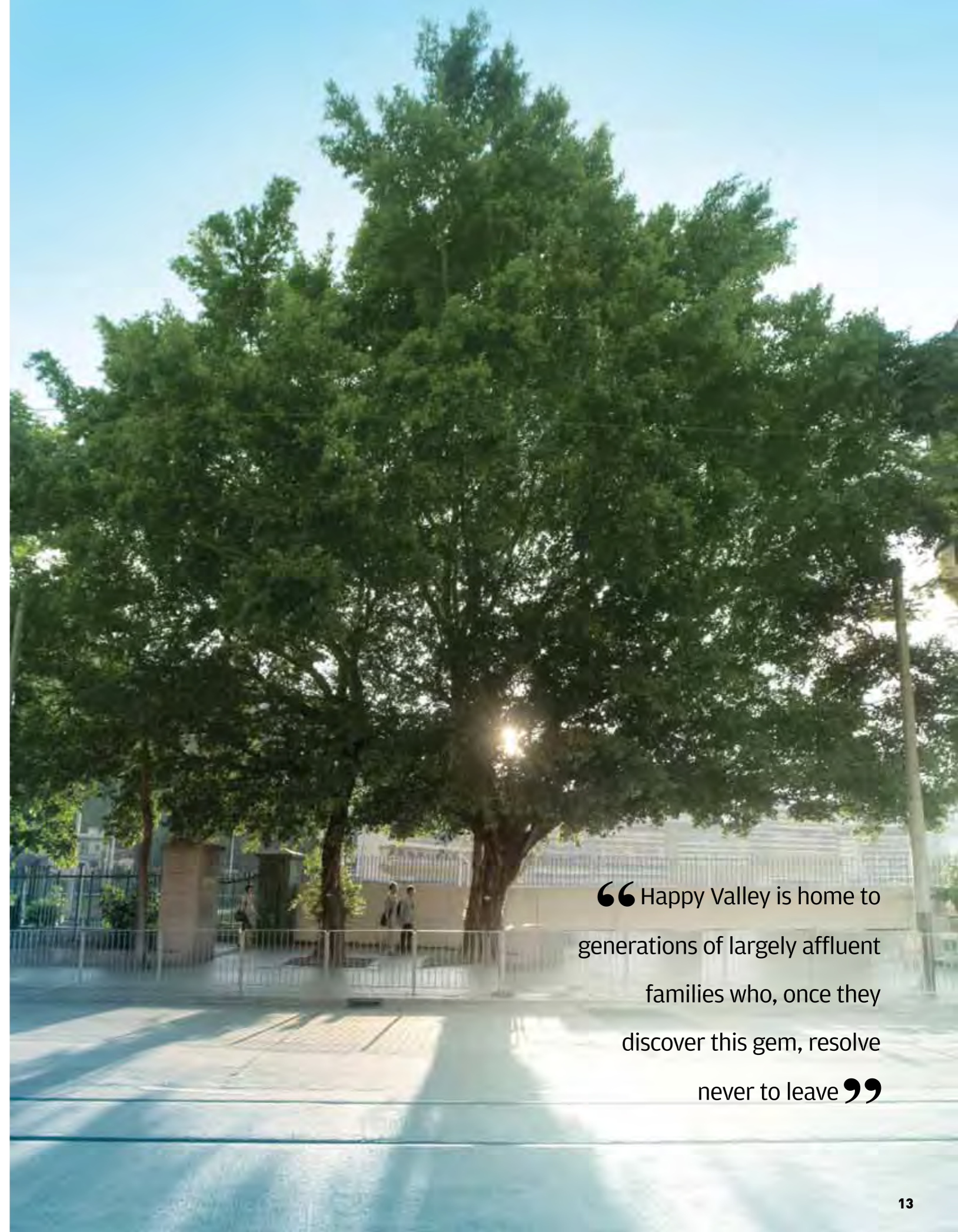
All around are the machinations of a city going about its business, in the shopping malls and office towers of nearby Causeway Bay and Central, and the dining and cultural districts of Mid-Levels. But Happy Valley is quieter, more relaxed – residents have lobbied for the strict planning codes that keep it that way. The area is neither commercial nor touristy, but remains today as it has always been – a luxury

residential neighbourhood sought after especially by expatriates for its unique appeal.

As historians noted as early as 1846: "Happy Valley is now one of Hong Kong's higher-class residential areas, with quite a number of foreigners present." As the residents moved in, they established households that still remain in the same family, generation after generation. When they have such a precious place to live, they are reluctant to let it go. Hence, much of the residential property in Happy Valley is extremely tightly held. Scarcity of supply seemingly always outweighs the demand.

A stroll through the neighbourhood explains why. Despite its urban convenience, the lifestyle has a village feel. Couples are out on an evening walk, or sipping a cool drink at one of two English pubs, their dogs resting faithfully at their feet. Such simple pleasures are prized in Hong Kong.

It is a tight-knit community, but one that has everything. Fresh fruit vendors and flower stalls on the one hand, an



“Happy Valley is home to generations of largely affluent families who, once they discover this gem, resolve never to leave”

## Time for the final touches

Workers are putting the finishing touches to The Altitude, Kerry Properties' new luxury residential building on Shan Kwong Road. Set in one of Happy Valley's most desirable locations, The Altitude makes the most of the area's sweeping green views.

Its design maximises the natural light and scenery, further enhancing a feeling of space. With all the attractions of Happy Valley around it, the launch of this project will be much anticipated.

### 閃耀登場

建築工人正在為嘉里建設的山光道全新豪華住宅項目紀雲峰進行最後的整理粉飾工作。紀雲峰坐落於跑馬地最優越的地點之一，飽覽四周青翠景致。樓宇設計讓住客可享受大量自然光和優美風景，進一步增強空間感。憑著跑馬地的過人之處，山光道項目絕對令人引頸以待。

Happy Valley is home to the world-renowned Happy Valley Racecourse which plays host to international races with big prize money for winners. 跑馬地坐擁世界著名的跑馬地馬場，所舉行的國際賽事皆設巨額獎金，頒予優勝者。

international supermarket, with a full range of organic produce, on the other. What is the source of those enticing aromas? Ah, the village baker or barista. And wine cellars for picking up a nice bottle on the way home.

Residents do not have to leave their neighbourhood to enjoy fine dining. The local restaurants are the kind where everyone knows your name. And you can actually have a conversation over dinner – venues tend to keep the noise low, out of respect for the neighbours.

The choice of fare is an international smorgasbord. Within a short walk you can have milk tea and egg tart at a generations-old Chinese dessert shop, pick up a baguette from France, or salami from Italy. Enjoy freshly shucked imported oysters, or the finest Angus steak. The traditional dai pai dongs are not to be missed, and on weekends, you will find it hard to get a seat at the local dim sum restaurant.

Besides these fine food outlets, the range of shops reflects the genteel lifestyle: pet grooming parlours, stylish hair and beauty salons, day spas and yoga studios, and even a piano school serve the regular clientele. You won't find shopping malls in Happy Valley, but you will find small, independent boutiques where residents browse for treasures they may not find anywhere else. There are tiny stores selling one-off objets d'art, and designer furniture stores stocking high-end European brands.

Just three main streets make up the village heart of Happy Valley, but from them you can enjoy an easy walk along Bowen Road to Mid-Levels, which will reward with its cityscape views and lush greenery. There is even an auspicious rock along the trail, called Lover's Rock, which is said to bring luck for a happy marriage. Its elevation also enables a good view of Victoria Harbour.

Much of Hong Kong's abundant greenery seems to be centred around Happy Valley. As a natural valley, this area sits at the foothills of mountain ranges between Tai Tam and Aberdeen country parks, enabling both cooling breezes, and green views, to permeate through the valley.

Happy Valley is also home to the world-renowned Happy Valley Racecourse, a green oasis in the heart of Hong Kong Island. The racecourse attracts not only the finest horses from international racing stables, but prominent global visitors as well. Even Queen Elizabeth II and Prince Philip visited in 1975. Prominent local tributes – the naming of Queen's Road East and Queen Elizabeth Stadium, and the statue of Queen Victoria on her throne – are reminders of the area's royal connection. But mostly, the valley is home to generations of largely affluent families who, once they discover this gem, resolve never to leave.

Within a short walk of their homes, Happy Valley residents can access the exclusive, members-only Jockey Club Clubhouse, world-class health care at the Hong Kong Sanatorium and Hospital, and witness international sporting events at the Hong Kong Stadium. Top-notch public sporting grounds allow for their own fitness and leisure routines.

For the many dimensions that contribute to its appeal, property values in Happy Valley are the kind that make owners smile. Who wouldn't be happy living in Happy Valley?

Happy Valley residents do not have to leave their neighbourhood to enjoy fine dining or eat out at traditional Chinese restaurants.  
不論是最時尚的高級餐飲體驗，或是傳統中式酒樓的一盅兩件，跑馬地居民均可不假外求。



The elegant and chic Altitude development rises majestically in the quiet upper segment of Happy Valley.  
紀雲峰傲立跑馬地優越地段，散發優雅氣度，時尚非凡。



## 谷中樂土

跑馬地距離中環僅15分鐘的車程，而且鄰近繁忙熙攘的銅鑼灣，這片城市綠洲是香港許多精明一族世代擇居之樂土。

雖然位處市區，這裡的居民每朝卻在鳥兒的晨歌中醒來。車輛在區內緩緩行駛，寧靜從容，然而城中所有賽馬盛事卻在咫尺上演。愛好美食者，既能在這裡品嚐到一級環球美饌，亦可選擇來自屹立街角超過半個世紀的百年老店的馳名豆漿。

在城市環境包圍下，跑馬地宛如一顆藏身於蠔殼內的珍珠。跑馬地的四周，無論是銅鑼灣、中環一帶的商業大廈和購物商場、或是中半山的餐廳和文化區，四處可見翻新及拓展工程在進行中。然而，跑馬地卻是安靜悠閒的。正因為此，區內的居民一直要求政府嚴格審批任何發展計劃，希望盡量保持這裡的獨特風貌。跑馬地既非商業區，亦不是為遊客而設，一直維持著高級住宅區的特質，尤受外籍人士所追捧。

歷史學家指出，早於1846年已有不少外籍居民聚居跑馬地，見證當時的跑馬地已成為香港的高級住宅區之一。自此之後，這批居民便世世代代的在這裡落地生根。如此的安居好地方，任誰都不會輕言放棄。因此，跑馬地大部份的業主都傾向借售物業，難怪這區的供應往往緊絀。

在跑馬地大街小巷中漫步一會，便可明白這區的珍貴之處。雖位處交通便利的城市中心，卻有著村莊生活的閒逸感覺。晚飯後到街上散散步，或帶著狗兒坐在露天茶座享受一杯凍飲。如此簡單的快樂，在香港可謂彌足珍貴。

小小的社區，一切應有盡有。新鮮水果店與花店林立，同時亦設有大型國際超級市場，供應各式各樣的生活用品及有機食品。從酒窖選購一瓶佳釀回家細意品嚐，或到不遠處的麵包店或咖啡室購買賣相誘人的麵包及香醇咖啡，實為人生一大樂事。

想要享受高級餐飲，家住跑馬地的話自可不假外求。區內餐廳的店員大抵都能認出熟悉的顧客，服務更感賓至如歸。大部份的餐廳均會致力減低聲浪，務求不對附近的民居造成騷擾，在這樣的舒適環境下，當然可與賓客輕鬆地談天說地。

來自世界各地的美食選擇豐富，種類包羅萬有。你可在經歷數代仍由家族經營的中式甜品店品嚐奶茶蛋撻、選購由法國到港的正宗法式麵包或意大利沙樂美香腸；亦可享用新鮮進口的去殼生蠔或最優質的安格斯牛扒。而傳統大牌檔的美食更是不容錯過，要在星期天品嚐他們的點心可是一桌難求呢。

除了這些食店以外，其他店舖如寵物美容店、時尚髮型屋與美容中心、日間水療與瑜伽中心、以至鋼琴學校等，處處反映著悠閒的生活模式。在跑馬地，你不會找到大型商場，但你會發現各種小型的獨立精品店舖，並往往發掘到不少珍品。這裡有銷售獨一無二的藝術品小店，亦有引入高級歐洲品牌傢俱的設計師傢俬店，琳琅滿目。

跑馬地的中心只由三條主要街道組成，然而你可沿路輕鬆由寶雲路走到半山，享受優美的城市景觀與翠綠山色。途中路經象徵吉祥的姻緣石，據說能為愛侶帶來幸福美滿的婚姻。從此處更可俯瞰維多利亞港，美景盡收眼底。

跑馬地仿佛置身在一片茂盛的翠綠之中。這座天然的山谷坐落在大潭山脈與香港仔郊野公園之間，因而造就涼風與翠綠山景，貫穿山谷。

跑馬地亦擁有享譽世界的跑馬地馬場，堪稱位於香港島中心的綠洲。馬場的國際性賽事，不僅吸引世界各地最優秀的賽駒，更帶來了全球的遊客，就連英女王和菲臘親王亦曾於1975年到訪。著名的本地景點如皇后大道東、伊利沙伯體育館與維多利亞女王雕像，都是香港與英國皇室的歷史印記。然而，這裡終歸是大部份富裕家庭的當年首選的聚居地，而他們在發現這顆瑰麗明珠後，更是愛不釋手。

就在距離住宅區不遠處，還有為尊貴會員而設的香港賽馬會跑馬地會所、世界級的醫療保健機構、以及經常舉行國際體育盛事的香港大球場。而跑馬地的市政大樓亦為居民提供運動健身的好地方。

種種優越條件與背景，造就了跑馬地物業價格持續上升的現象，試問業主們怎不笑逐顏開。



# Green wins gold

Kerry Logistics' environmentally friendly new facility in Tai Po is drawing in more carbon footprint-conscious customers

Man kind might strive to be efficient at industry, but Mother Nature has it all sewn up. There is power in the wind and sun; sustenance from the earth. And they are freely available to those who care to accept them. If only someone could find a way to let nature and commerce work in harmony.

In the New Territories of Hong Kong, someone has. Kerry Logistics' new Tai Po facility, PC<sup>3</sup> (which stands for Product Customisation and Consolidation Centre), is a facility purposely designed out of respect for the environment. By utilising the gifts that nature offers, it has been possible to create a low-carbon enterprise that not only runs efficiently in its own right, but saves energy, time and costs for the customers who use it.

The building is in sync with modern commerce. Moving freight around the world is a necessary component of business today, but increasingly, international companies are concerned that the various steps involved in that process leave a heavy carbon footprint. More are seeking logistics providers who can help them cut energy consumption and reduce their environmental impact.

The challenge to innovate with cleaner, greener supply chain management is being met by Kerry Logistics. From the ground up, PC<sup>3</sup> saves energy throughout its operational functions, and enables customers to better meet their own carbon-reduction targets.

Samuel Lau, Director, Kerry Logistics (Hong Kong), says more large international companies expect that in their service providers. "Some



leading brands have a worldwide policy around green building, which makes them quite selective in their choice of vendors. They're asking what green elements we can offer that will reduce their carbon footprint."

A green image adds value for international brands.

A greener supply chain is not something they may necessarily even make public, but it is built into corporate policy. Manufacturers are aware that governments worldwide are beginning to put a price on carbon emissions, and may be preparing for that. But equally, they are aware of their responsibilities as a good corporate citizen.

At PC<sup>3</sup>, the design and construction incorporates green technology that conforms to the requirements of Leadership in Energy and Environmental Design (LEED), an internationally-recognised green building certification system.

Features include energy-saving lighting, double-glazed windows positioned to let in natural light, rainwater harvesting, and eco-friendly paint

## FACT FILE:

Kerry Logistics' PC<sup>3</sup>: Opened late 2010  
Location: Tai Po Industrial Estate  
Total floor area: 25,700 square metres

### 設施簡介：

嘉里物流PC<sup>3</sup>：2010年底啟用  
位置：大埔工業村  
總面積25,700平方米

Green credentials: The building has received Hong Kong BEAM gold rating (provisional) and targets to receive LEED (Gold) environmental standard.

The centre supports the daily replenishment of garments, accessories, footwear and home products of a leading department store chain in Hong Kong. The customer's food merchandise is serviced from Kerry Logistics' cold store facility in Tsuen Wan. PC<sup>3</sup>'s other key customer is a leading French fashion brand.

環保認證：PC<sup>3</sup>已獲得「香港建築環境評估法」(金級)認證，並已申請「領先能源與環境設計」(金級)認證。

「產品組裝及整合中心」維持香港一間大型連鎖百貨公司每日補充貨品的需求，包括衣服、飾物、鞋及家庭用品等；其食品則由嘉里物流位於荃灣之冷凍倉庫負責存放。PC<sup>3</sup>亦為另一著名法國時裝品牌提供服務。



finishes. Sophisticated IT systems allow for an almost paperless operation, and all cardboard and plastic from the incoming goods is recycled. The air conditioning is programmed to run efficiently.

A green roof atop the building acts as a natural insulator and a habitat for wildlife. The garden's grass and plants are watered by the harvested rainwater. The rooftop also houses solar panels and wind generators to help meet the building's energy needs. Five beehives house 50,000 bees. Bees are necessary in the food chain, as they pollinate all the fruit and vegetables we eat. They are considered the bellwether of environmental health.

Two key customers at the facility are a luxury French fashion brand, and a UK-based department store warehousing its garments, accessories, footwear and home products there.

Kerry Logistics helps them save both energy and manpower in a number of ways. It removes all unnecessary packaging on site, and forwards it to the recycler of the customer's choice. Garments are sorted, labelled, steamed and pressed prior to dispatch, so they are ready for display in-store. Hangers are collected daily from the customers, and reused as soon as possible.

Both of the major customers at PC<sup>3</sup> say these green initiatives are the reason they chose Kerry Logistics as their logistics provider.

A greener supply chain offers companies the opportunity to increase revenue, reduce costs, manage risk, and build intangible assets such as brand value and customer goodwill. Every step counts.



Above top: Green power - part of the building's energy needs are met by the solar panels installed on the rooftop.

上圖：設於天台的太陽能發電設施，為大廈提供部份能源需要，響應環保。

Above: Kerry Logistics' PC<sup>3</sup> warehouse is a veritable habitat of nature. The five beehives currently house 50,000 bees on the rooftop.

下圖：嘉里物流全新倉儲設施的綠化天台是野生動物的棲息處：五間蜂窩內飼養了50,000隻蜜蜂。



## 點綠成金

嘉里物流位於大埔的全新倉儲設施，現已成為致力減少碳排放企業的環保新寵

人類一直致力提高做事的效率，但原來大自然早已為我們準備了解決的辦法。就像風與太陽蘊藏著無比能量，而大地能夠孕育出豐富產物，這些神奇的現象都不費分毫，只待我們加以利用。故此，只要能找出讓大自然與商業運作能夠和諧共存的方法，潛藏豐厚的資源便垂手可得。

嘉里物流位於新界大埔的全新設施PC<sup>3</sup>（即「產品組裝及整合中心」）正好實現了此理想。這所以尊重及保護環境為設計理念的設施，成功地透過善用自然資源，創建出高效率、低碳及自給自足的營運環境，更同時為客戶節約能源、時間與成本。

PC<sup>3</sup>的理念與現代營商之道可謂不謀而合。環球經濟走向一體化，貨物隨訂單被迅速運送到世界每個角落。然而，愈來愈多的跨國公司意識到，在貨運過程中同時留下不少碳足印。為此，不少克盡企業公民責任的公司正積極物色能夠有效幫助他們減低能耗和減少對環境造成影響的物流服務供應商，務求為環保出一分力。

響應環保，嘉里物流已經率先克服了這項綠色挑戰，創建了更符合保護環境原則的供應鏈。整座PC<sup>3</sup>都透過不同的環保操作系統以節省能源，從而支持客戶達到減少碳排放量的目標。

嘉里物流（香港）董事劉健培先生指出，愈來愈多的大型跨國公司認為這是供應商應有的服務：「有些著名品牌需遵循其國際性的綠建築政策，因此對供應商的要求頗為嚴格，甚至會問及我們能夠提供甚麼環保措施以助他們減少碳排放。」

一個注重環保的形象，自能為國際品牌加分。對一家決定綠化供應鏈的公司而言，他們的措施是建基於整套企業政策之中，公眾會否認識得到卻不是最重要的一項考慮。不少製造商都意識到，世

界各國的政府已開始（或正準備）要為企業碳排放而徵費。同樣的，他們亦意識到這是作為一個優秀企業公民的責任。

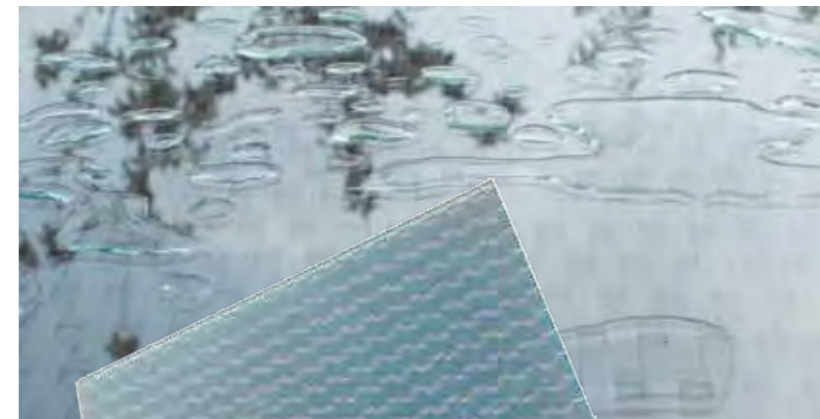
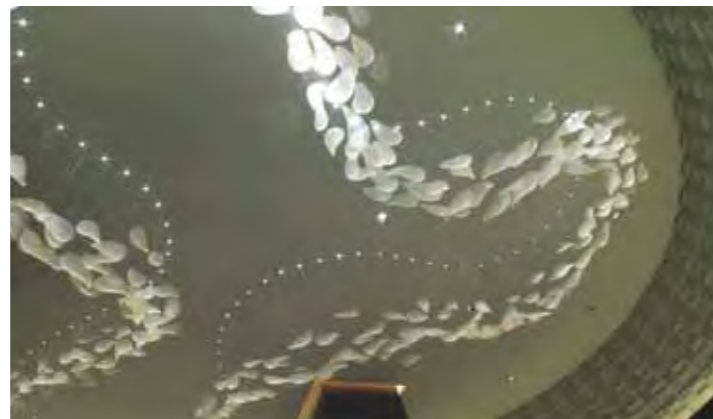
PC<sup>3</sup>的大廈設計及建築方面，均結合多項環保技術以符合國際認可的綠建築評分認證系統「領先能源與環境設計」（金級）（LEED—Leadership in Energy & Environmental Design），包括節能照明、雙層玻璃窗引入自然光、收集雨水作灌溉用途及環保油漆等等。精密的資訊科技系統，讓日常運作接近全面數碼化，而所有運入貨物的包裝硬板紙及塑膠都會被回收。另外，大廈亦設置高效能空調系統，進一步節省能源。

大廈的綠化天台能減低熱島效應，亦是野生動物的棲息處。花園的植物由收集得來的雨水灌溉。天台亦設有太陽能及風力發電，為大廈提供所需能源。五間蜂窩內有50,000隻蜜蜂，牠們負責為人類食用的所有水果蔬菜傳播花粉，不但是食物鏈中的重要一員，更被認為是環境衛生的領導者。

PC<sup>3</sup>的兩大主要顧客，分別是一高級法國時裝品牌，與另一來自英國的百貨公司存放著衣服、飾物、鞋及家庭用品等的貨物。

嘉里物流從多方面協助他們節省能源及人力資源，包括即場拆除不必要的包裝，並轉運到客戶選用的回收商處理；將成衣分類、標籤、熨燙再發送到商舖。每日亦會派員從商舖回收衣架，盡量循環再用。而PC<sup>3</sup>的兩大主要客戶均表示，以上種種的環保措施，正是他們選擇嘉里物流作為物流應商的原因。

更綠化的供應鏈，讓公司有機會進一步提高收入、減低成本、管理危機、以及建立更好的品牌形象與信譽，每一小步的背後，都帶來重大意義。



# Pudong complex springs to life

As the hotel and grade A offices at Kerry Parkside begin to fill up, the vibrant shopping mall is also starting to attract the crowds

It is a bright Saturday afternoon in July with tiny clouds floating aimlessly across the Pudong sky above the green sprawl of Century Park. On the second floor of Kerry Parkside's shopping mall, a crowd of adults hovers around several tables where children are drawing all over large long-tail kites. As minders in orange move from one table to another dropping off more crayons, a young woman turns to add a few items to the grocery list as her husband heads to Ole. Then she drifts off into the just-opened GAP store with her girlfriend as grandma clucks at her young son's drawings.

Life at Kerry Parkside is underway.

Throughout the spring, aspects of the mixed-use complex have opened up to the public like blossoms, one by one. In February, just as the weather turned, the hotel accepted the first guests. In May, the office building opened its doors and in April the first family moved into the Kerry Residences.

Today, at the height of the summer, couples, families and small groups of friends and colleagues trickle in from the Line 7 Metro stop underneath the shopping mall and crossing over to the complex from the park. Moms descend from the Adventure Zone to feed starving broods at Element Fresh while professionals retreat to The BREW for a world-class summer ale. The GAP's official first-day opening may have drawn some of the crowd, but nobody's here for that alone.

The Kerry Parkside is more than just "the new mall in town"—it is the vibrant scene of a gathering of people that feels natural and familiar, yet exciting and new.

Watching young couples wander up from the subway station through the first floor of the mall to shop for baby strollers and onesies at mothercare brings to mind a comfortable, established community. It is as if Kerry Parkside has always been here, on the corner of Century Park, set like a glittering gem between international villas on one side and the business district centred on the exposition on the other side.

That the surrounding neighborhoods have taken to Kerry Parkside so quickly testifies to the need the complex is filling: an elegantly designed environment where you can buy quality groceries, let the kids run around a



## 生氣活現 · 浦東嘉里城

企業相繼進駐浦東嘉里城的辦公樓，旅客亦開始下榻其新酒店，浦東嘉里城內的全新購物中心亦開始綻放光芒，成為城中的新焦點。



Visitors to Kerry Parkside will be spoilt for choice. The complex also houses a spacious gym and a play zone to keep the small ones busy. 浦東嘉里城琳瑯滿目的設施充份照顧每一位到訪者的需要，不但有寬敞的健身中心，還有讓小朋友流連忘返的遊樂區。

bit before settling down to ice cream, meet colleagues, friends and family, pick up some new clothes, and have a great meal.

It sounds simple enough – but the team responsible for putting Kerry Parkside together takes nothing for granted.

“There was no master plan when we approached this project,” says Chris Liu, General Manager of Kerry City Properties. “Nothing was set in stone. Everything that has happened here has come organically, naturally. And I think that is the key to the project’s current and future success.”

In the snacks section of Ole, a massive American furrows his brow at the organic chip section while a pair of tiny Japanese ladies buzz around the chocolate.

A family with noticeable Hong Kong accents gathers around a pile of fresh cantaloupe while a chic Shanghainese couple grabs a bottle of wine, smiling.

You cannot manufacture this; you cannot force it. Only a natural yet determined focus on quality of life can attract such a diverse range of people at once.

Later, I stand in line with the Hong Kong family at the Cold Stone

Creamery, then I bump into the American at the second floor bookstore – we both buy the latest hardcover instalment of “A Song of Ice and Fire.” Already, people are greeting each other with smiles and asking, Do you live nearby? How long are you in Shanghai? Most will answer when asked that they live in Pudong, but a few, like me, live over the river in Puxi.

Pudong has always been like another, distant city to those of us in Puxi, but with the metro station directly underneath the Kerry Parkside – not across the street, not a block away, but underneath the mall – even a family of four with a maid in tow can make the trip with ease.

“This is the real world now,” says Norman Chan, General Manager of Kerry Parkside. “All of the preparatory work is over with and we are live now, so it is a very exciting time, but also a very tense time.”

I actually feel a little bad for Kerry Parkside’s management team. While they are working hard to meet the high standards they have set for themselves and the project, the rest of us are watching our children fly kites while sipping reverently on one of The BREW’s excellent beers just before digging into a new book as the breeze flows briskly, naturally, through a perfectly placed open courtyard.

七月的的週日下午陽光燦爛，細碎的雲霞，飄散在滿眼翠意央央的浦東世紀公園對開的天空上漫無目。於浦東嘉里城購物中心，小孩們專注地在拖尾風箏上發揮靈動創意，在旁觀看的大人似乎比執筆繪畫的主角更為緊張。

身穿鮮橙色制服的導師忙著走到每張桌邊分發更多的蠟筆。在商場的另一邊，年輕的太太向正要步進Ole'超市的丈夫吩咐好要買的東西後，轉過頭便與女伴跳進新開張的GAP時裝店。奶奶此時便無人打擾，可以專心指導孫兒的風箏畫作。

各式各樣多姿多彩的生活方式，盡現浦東嘉里城。

自今年春季開始，浦東嘉里城的多功能綜合設施就如燦爛的花蕾，逐一向公眾綻放。二月，隨著天氣回暖，上海浦東嘉里大酒店也迎來第一批的客人，浦東嘉里城辦公大樓則於五月開幕，而首戶家庭則於四月遷入浦東嘉里城公寓。

在炎夏中的今天，拍著拖來的、一家大小的、三五知己和同事們一起湧到浦東嘉里城的購物中心，他們有部份利用站口就設於中心之下的地鐵七號線，有些則從對面的公園過來。浦東嘉里城的設施一應俱全，充份照顧每一位到訪者的需要：母親可與剛在冒險天地盡興而返的小寶寶到新元素餐廳大飽口福，行政人員則可相聚於The BREW呷一口頂級麥芽啤酒。浦東嘉里城，生活就是豐富多樣。還記得GAP時裝店開張的那天，吸引了大批時尚粉絲聚首此間，但可以肯定的是，他們蒞臨，並非只為了一家店的開幕。

浦東嘉里城當然不只是一個新購物中心，這名字已成為凝聚人們的代名詞，讓人感覺既熟悉又自然，亦同時帶來了無限的創新和無比的興奮。

年輕夫婦從地鐵站出口走到購物中心一樓的mothercare店選購嬰兒車及嬰兒用品，為這成熟的社區格外增添幾分安逸和諧。浦東嘉里城就像早已植根於此，有如一顆座落在世紀公園一角的閃爍寶石，照耀著兩旁的國際級別墅和以博覽業為中心的商業區。

週邊社區對浦東嘉里城非常受落，足證它全面滿足了大家的需要：一個設計優雅的環境，讓你可以悠閒選購優質雜貨家品、讓孩子自由的跑跑跳跳，然後才停下來吃杯雪糕、讓你跟同事和親朋好友約會，繼而挑選幾款新裝，當然，還有好好的享受各種美食。

聽起來頗為簡單的理念，然而在背後策劃執行的浦東嘉里城團隊卻從不掉以輕心，一直默默耕耘，力臻完美。

浦東嘉里城房地產有限公司總經理柳公偉憶述：「最初接觸這個項目時並沒有計劃大綱，故此沒有任何既定內容，發揮的空間很大。項目一直順應實際需要而而建設，在沒有顧慮下設計出最好地方案。我認為這正是項目現在和未來的成功之道。」

走進Ole'超市，一位健碩的美國人正對著琳瑯滿目的有機薯片貨架「煩惱」著，兩名身形嬌小的日本女士則忙著選購喜愛的朱古力。操香港口音的家庭聚在一堆新鮮的哈密瓜細心挑戰，一對打扮新潮的上海夫婦則手執一瓶精心挑選的美酒，臉上流露滿足的微笑。這一切都是不能刻意製造或者勉強得來的。唯有對優質生活的一份執著和持持，自然能吸將人們的不同面貌匯聚於此。

我及後於酷聖石冰淇淋排隊時碰上了另一個香港家庭，然後又在位於二樓的書店遇上一位與我不約而同購買了最新一期《A Song of Ice and Fire》精裝版的美國人。沿途碰面的人都已經以微笑互相問好：「你家住附近嗎？來了上海多久了？」

大多數人都會回答說他們住在浦東，但亦有少數和我一樣是住在對岸的浦西。浦東對於住在浦西的我們而言，好比一個遙遠的社區。但位處浦東嘉里城地下鐵站，讓前來這裡的旅程變得輕鬆便捷，即使一家四口帶著傭人一同蒞臨，都可以從容應付。

「這裡的一切並非想像，而是切切實實的夢想成真了。」浦東嘉里城總經理陳家岳說：「所有的籌備工作經已完成，我們已進入了實際運作的階段，一個既興奮又繁忙的全新階段。」

我對浦東嘉里城的管理層帶著一點同情。因為，正當他們努力不懈地工作，務求達到自己訂下的極高標準的同時，我們在舒適的庭園裡看著小孩放風箏，在微風吹拂下呷著冰涼啤酒、然後埋首在喜愛的新書裡，寫意地享受著人生。



# Glorious Vancouver

This beautiful Canadian coastal city much beloved of tourists is at its wondrous best in autumn. Anyone planning a visit will be spoilt for choice of things to do



Autumn in Vancouver is a many splendoured thing. It is the sight of colours changing – of nature rugging up, and theatre seasons beginning. The sound of fallen leaves crunching underfoot. It is the smell of just-baked pumpkin pie, and fresh oysters plucked from the sea. And the sense of a winter wonderland just around the corner.

Tourists have voted Vancouver, in Canada's British Columbia, one of the most attractive places on earth to visit. And for good reason. Set between mountain ranges and the Pacific Ocean, it is a naturally beautiful city of trees, vast parklands, and some of Canada's best beaches. Sharing synergies with Hong Kong, Vancouver is also one of the most cosmopolitan and vibrant cities in Canada, and as is the case with our city buildings, many of the high-rises defining its urban heart overlook these scenic views.

In the warm glow of autumn, the city takes on a special charm. As noted by one visitor last autumn, on the crisp and clear mornings, when you breathe cool air into your lungs "you feel alive!". The giant trees of Stanley Park are a beautiful sight with their different coloured leaves falling.

It is said that even the Dr Sun Yat-Sen Classical Chinese Garden mirrors autumn's contemplative mood. Its yin and yang in perfect balance with the change of seasons.

Days kissed by the lingering warmth of summer are ideal for exploring this cosmopolitan city – by horse and carriage, if you wish. Autumn casts a warm glow on the vibrant waterfront, so enjoy a leisurely harbour cruise before indulging in the region's famous seafood.

In the evening, cosy up by the fire at restaurants where freshly picked, new-season produce headlines the bill of fare. Wild mushrooms, tender root vegetables, and wines from boutique vineyards you will not find in stores will delight the palate and leave lasting memories.

Anyone planning a visit to Vancouver in autumn will be spoiled for choice of things to do. For lovers of local gourmet specialities, October sees the last of the summer Farmers' Markets, and the start of the West Coast Chocolate Festival. Themed this year as "an indulgent escape", events are planned to offer something for everyone – even a chocolate spa, billed as the ultimate indulgence, where you can literally bathe in chocolate. Wine and chocolate seminars and a children's chocolate workshop are also on the three-week programme.



“Tourists have voted Vancouver one of the most attractive places on earth to visit”

Around this time, the Apple Festival kicks off, featuring dozens of apple varieties to try and buy.

October means Halloween, and nobody does it better. A kid-friendly ghost train winds throughout the “spooky” landscape of Vancouver’s famous Stanley Park, followed by a night-time street parade. The city’s year-round fairground joins in with Halloween-themed rides and exhibits.

In November, the Eastside Cultural Crawl is an annual three-day visual arts festival where people can visit artists in their studios. Painters, jewellers, sculptors, furniture makers, musicians, weavers, potters and more, from emerging talents to those of international fame, demonstrate their skills in the heart of Vancouver’s cultural community. This is your chance to take home a local treasure by commissioning something unique.

So rug up this autumn and get set to savour Vancouver in all its wondrous glory. And discover for yourself why so many visitors return year after year to this captivating city.

For more on Vancouver in autumn, visit [http://www.tourismvancouver.com/visitors/things\\_to\\_do/top\\_10\\_fall\\_activities\\_in\\_vancouver](http://www.tourismvancouver.com/visitors/things_to_do/top_10_fall_activities_in_vancouver)



### Room with a view at the Shangri-La

Shangri-La Hotel, Vancouver is an ideal base for exploring British Columbia. In the tallest building in downtown Vancouver, rooms feature expansive city views, and many have private balconies. CHI, The Spa at Shangri-La, offers personalised spa treatments, and guests can savour regionally inspired dishes at fine-dining restaurant MARKET by Jean-Georges.

For business travellers the hotel offers flexible meeting rooms and professional planning services. And the 24-hour health club lets you tone up in preparation for those exciting outdoor adventures ahead.

### 醉人景致·香格里拉大酒店

溫哥華香格里拉大酒店是遊歷英屬哥倫比亞旅客的理想據點。酒店乃溫哥華市中心最高的建築，客房飽覽廣闊的城市景觀，不少房間更設有私人露台。設於香格里拉大酒店的頂級水療中心「氣」，提供為客人度身訂造的水療及按摩療程，住客更可於高級餐廳MARKET by Jean-Georges中品嚐極品美饌。

酒店亦為商務旅客提供用途廣泛的會議室及專業策劃服務。此外，你可隨時到24小時開放的健身室，舒展筋骨，為刺激的戶外旅程做好準備。

### 戀上溫哥華

位於加拿大沿海的溫哥華，深受遊客愛戴。踏入秋季，溫市不但散發著絕美的景色，林林總總的活動更令到訪者樂而忘返。

溫哥華的秋日美不勝收，大地換上金黃新裝，綻放著季節的精彩。走在路上，腳下枯葉演奏出清脆的樂曲，更傳來那剛出爐熱烘烘南瓜批的芳香及那剛捕獲生蠔的鮮活味道。

位於英屬哥倫比亞省的溫哥華，一直是香港及中國大陸遊客眼中最吸引的旅遊點之一。這城市之所以受歡迎，其實不無原因。溫市位處群山與太平洋之間，城中樹木處處，擁有偌大園林區及加拿大數一數二的優美海灘。現代化商廈林立的溫市，是加國充滿活力的動感之都。市中心內不少高聳的建築均坐擁醉人景致，城市發展與自然美景巧妙融合。

披上色彩繽紛的秋衣，這城市更別有一番景象。正如去年此際一位到訪的遊客說道，秋天的早上，清爽涼快，吸一口清新的空氣，倍感精神奕奕，煥發身心。於著名的史丹利公園內，巨木五彩繽紛的落葉隨風飄落，美景令人為之目眩。

即使是富中國特色的溫市中山公園，亦同樣散發著一股與秋天融和匹配的幽靜。隨著季節的更替，陰陽相濟，和諧有致。

在初秋和煦的陽光下探索這個大都會可謂最好不過，喜歡的話還可選擇騎馬及乘坐馬車四處漫遊。秋日的海濱閃著暖暖金光，試試放慢腳步，坐上小輪暢遊海港，再寫意地享受那裡著名的海鮮大餐。

晚上，餐廳以各式時令新鮮食材炮製的盛宴總令人引頸以待。你甚至可品嚐到罕有的野菌及根莖蔬菜，以及甚少於商店出售、來自小莊園的自家極品佳釀。這些獨特的體驗都教人一試難忘。

提起溫哥華的秋季，活動實在是多采多姿，故此選擇於秋季到訪

的遊客，準會忙得不亦樂乎。十月是夏季最後的「農夫市場」與「西岸朱古力節」的開始，愛好地道特色美食的遊客不萬不要錯過。這個為期三週的朱古力節，本年將以「放縱地享受」為主題，各種活動皆極盡享受，像朱古力水療——參加者可嘗試在朱古力中浸浴！大會同時亦會舉行美酒與朱古力講座，以及為小朋友而設的朱古力工作坊。此外，一年一度的蘋果節亦將在十月揭幕，當中更會有數十種不同品種的蘋果供遊客品嚐和選購。

十月的活動當然不可缺少萬聖節這個重要節日。每逢十月，深受小朋友歡迎的萬聖「猛鬼」小火車，將穿梭於著名的史丹利公園，隨後在這佈置陰森的公園街頭更會上演夜間巡遊。而溫市全年開放的露天市集，亦會披上萬聖節新裝，推出各種主題遊樂設施與展品，好不熱鬧！

接下來，於十一月份將舉行為期三天的溫哥華東區文化藝術節，此乃一年一度的視覺藝術節。期間人們可到訪藝術家們的工作室，而分別來自不同界別、從新晉以至蜚聲國際的藝術家包括畫家、珠寶家、雕塑家、家具匠、音樂家、織工及陶工等等，均會聚首這個溫哥華文化區的中心，大展身手。有興趣的話，更可讓這些大師為你度身訂造獨一無二的本地創作。

把握時機，快來一睹溫哥華秋天的瑰麗色彩，你自會明白為甚麼遊人會被這美麗的城市吸引著，年復一年，重臨故地。

想進一步了解秋季遊覽溫哥華的資料，請瀏覽：

[http://www.tourismvancouver.com/visitors/things\\_to\\_do/top\\_10\\_fall\\_activities\\_in\\_vancouver](http://www.tourismvancouver.com/visitors/things_to_do/top_10_fall_activities_in_vancouver)



# A pet is for life

Animals can help bring warmth and life into our homes but before adopting them, ask if you can commit to the long term

Animals have a very important and powerful impact on our lives. Despite what people may say about animals needing us, the truth of the matter is that we need them too. In almost every situation that we go through and deal with in our lives, animals always seem to bring us comfort and happiness whenever we are facing difficult and stressful moments.

But before you embark on this potentially joy-filled journey, stop and consider this: do you have what it takes? Pets can be loving companions – a welcome extension to the family, bringing warmth and life into a home. It is a long-term commitment, as you can see from our Mid-Levels residents who have devoted to the well-being of their furry friends.

To begin with, it is a long-term commitment. Dogs can easily live for 10 years or more, and cats for up to 20. A tortoise can outlast several human generations. The bond goes both ways – it has been shown how strongly pets connect with their owners, and can fret if separated. Anyone who has known the sad eyes of a puppy when their “special person” goes to work in the morning can imagine the stress if they left for good. Of course, certain circumstances are beyond our control, but if you cannot see yourself committing for a pet’s lifetime, it is probably kinder not to at all.

Not all homes are suitable. Many buildings do not allow pets, and although some residents decide to keep them anyway, there is the likelihood that management will be alerted, and you will have no option but to get

rid of them. For the reasons outlined above, is this fair? If you can keep a dog, be prepared to compensate for the confines of its life in a city flat. Dogs – even the small ones – are not meant to be cooped up: they need to run, sniff and explore. For proper exercise, dogs should be walked at least twice a day. They want to socialise with other dogs, and also with strangers. Summer and winter – weather is no excuse.

Dogs – and cats – also need daily feeding, frequent fresh water and regular grooming.

Fish might be more of your scene: they take up little space, and you do not need to let them out. Some people insist that fish can hear, and they are able to communicate with them. An aquarium is far more interesting to watch than any television channel, but it also requires more maintenance. Fish are highly susceptible to stress and disease. Their water temperature must be maintained quite precisely, and filtered regularly. Feeding is recommended twice daily, and a close watch should be kept for any signs of distress.

Many people love to keep birds, especially those good-luck songbirds. In addition to fresh feed and water daily, birds thrive on interaction – they have been known to die from neglect. And there is the ethical question of whether a creature born to fly should be kept in a cage at all.

Pets can be a welcome addition to neighbourhood life, as the pet-owning residents of the Dress Circle can attest. They provide love and companionship within the home, and also a social outlet as well. Conversations seem to flow when you meet another resident out walking the leafy pathways with

their dogs. But any pet, no matter what species, brings with it responsibilities. Animals need care just like we do.

The first golden rule of pet ownership is to never take an endangered species as a pet. Some unscrupulous vendors engage in this illegal trade, so if in doubt, always check.

The second is to only take on a pet you are willing, and able, to fully commit to.

If you love animals but for whatever reason accept that their full-time care is not a good decision, there are alternatives. Hong Kong Dog Rescue matches foster carers with dogs awaiting adoption. Some of these dogs have been rescued from horrible circumstances – they may need extra attention and understanding, or medicines to be administered, or even toilet training. So, this option is not for everyone – certainly not for the inexperienced dog owner. But if you can foster a dog on a part-time basis, it could bring you untold joy, and possibly save a life.

Hong Kong Alley Cat offers a similar service for cats. Carers are needed for newborn kittens, which require bottle feeding, through to older cats, while permanent homes are found. This is an ideal option for people on limited assignments in Hong Kong, who might be missing their pets back home.

Remember, too, that you can always appreciate animals in the wild. A day spent birdwatching in our country parks and wetlands, or diving into the wondrous depths of the marine environment, can produce many special moments where you leave no mark on another living creature, and take away nothing but memories.



## 關顧終生

可愛的寵物在家裡蹦蹦跳跳，逗人歡笑之餘，更為家庭注入生命力和溫暖。但是在決定飼養小動物前，我們必須考慮清楚能否承諾照顧終身。

動物對人類影響至深，即使有說動物依賴我們而活，實情可能剛好相反。在我們經歷低潮或感到焦慮的時候，身邊的寵物往往能帶給我們歡樂和讓我們釋懷。飼養寵物，總要待之以愛。

不過，在飼養寵物前，請先停下來，想一想：我真的準備好了嗎？寵物無疑是討人喜愛的伴侶，常常為家裡帶來的歡笑與活力，親密儼如家中一員。可要知道，飼養寵物是長期的承諾和責任，而半山住客對寵物無微不至就是箇中代表。

狗兒的壽命動輒達十年或以上，貓隻更可長達二十年。烏龜甚至可存活數百年，足以橫跨幾代人。一項調查指出，主人與寵物之間的關係是可以相互影響的，寵物的情緒甚至會因與主人分隔而變得暴躁或焦慮，足證兩者之間的關係是深厚微妙的。如果你曾經見過小狗狗目送主人離家上班，面上那可憐兮兮的表情，便可明白當主人要離棄牠們時，寵物會有多麼的孤獨、哀傷和無助。當然，有些情況是超越我們的控制範圍，但如果你知道自己或未能承諾給予一生的照顧，還是不養為妙。

即使考慮得清清楚楚，可是要為寵物找一個居所也並非易事，因為現時不少住宅大廈均不准住客飼養寵物。雖然有些住戶不理會禁令，可是一旦被大廈管業處發現的話，住戶就不得不放棄飼養。如果因為這個原因而要拋棄寵物，對牠們公平嗎？

決定養小狗的話，請為牠們提供生活在城市單位所欠缺的跑動空間。就算體型再小，狗兒也絕不應被困在籠內，過著像坐牢一般的生活。牠們需要到處跑動、四處嗅嗅去探索充滿新奇的世界。牠們還需要定時做做運動，例如每天至少兩次外出散步。狗兒天性亦喜歡參加群體活動，與其他狗隻甚至是陌生人接觸。不論炎夏寒冬，主人都應該帶小狗到街上逛逛，切勿讓天氣作為躲懶的藉口。當然，狗兒和貓兒每天都需要餵飼、新鮮食水和梳理儀容，確保牠們身心健康。

如果不能負擔飼養貓狗所需要的心血和時間，養魚或許是較為合適的選擇。因為養魚所需要的空間較少，而又不需帶牠們外出跑動！有人說，魚兒雖然沒有耳朵，仍能與人溝通，更說牠們能夠聆聽主人的心聲。欣賞放滿色彩繽紛魚兒的水族箱，大抵比任何電視節目還來得精彩。當然，魚兒一樣需要基本的日常打理。魚是非常敏感的品種，十分容易受壓力和疾病的影響，故此必需嚴格控制水族箱的水溫，定期的過濾和清潔更是不能或缺。專家一般建議每日餵飼兩次，並應定期觀察魚兒有沒有任何異樣。

本地不少人也喜歡飼養雀鳥，尤以那些被指能為主人帶來好運的鳴禽更受歡迎。除了新鮮的鳥糧和潔淨的食水之外，雀鳥非常依靠與外界溝通，長期的忽略甚至會導致雀鳥死亡。更有人質疑，將天性喜歡自由

飛翔的雀鳥困在籠內是否符合人道。

有時候，飼養寵物的確可以有助增進鄰里關係，對此嘉里建設旗下中環及山頂核心地段豪宅的住客紛紛表示認同。寵物為家裡帶來愛，成為我們的最佳伴侶，同時更能夠為我們的社交生活製造不少話題！當你帶狗隻出外散步時，遇上志同道合的狗主自然有說不完的話題。但無論選擇飼養甚麼寵物，我們都必須做一個稱職的主人，對它們有所承擔，關懷備至。

要做一個稱職的主人，首先千萬不要飼養瀕臨絕種的動物。有些不法之徒為求圖利而將瀕臨絕種進行非法買賣，如果你對正擬購買的寵物存疑的話，切記先行查核清楚，小心為上。當然亦要撫心自問，是否願意及有能力全心全意投入照顧寵物，作出照顧一生的承諾。

如果你喜愛動物卻又沒有能力或時間長期照顧寵物的話，不妨考慮下列的短期選擇，以其他的方式享受養寵物的樂趣。

「救狗之家」是一家專門提供狗隻領養服務的機構，為被遺棄的狗隻找尋合適的主人。當中部份狗隻他們從非常惡劣環境下拯救回來，因此牠們往往更需要主人悉心的照料和愛護，有些狗隻甚至需要接受長期的藥物治療或如廁訓練。所以，對於一些欠缺養狗經驗的人，這個選擇就可能不太合適了。但如果你可以當一個兼職領養者的話，這些小狗為你帶來的歡樂可是妙不可言的，而你亦可藉此救活這些可愛的小生命，相得益彰。

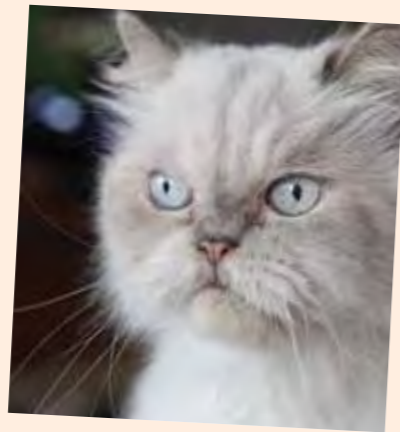
Hong Kong Alley Cat Watch同樣提供類似的服務，為流離失所的流浪貓尋找新歸宿。無論是新生或需要用奶瓶喝奶的小貓，以至年紀較大的貓兒，都很需要找尋合適的主人，給牠們一個安樂窩。對於那些在香港短期居留、因離開家鄉而思念自己的小貓的人來說，這不失為一個好選擇。

喜歡動物並不一定要擁有牠們，其實在野外觀賞動物亦同樣充滿樂趣。在郊野公園或濕地景致觀賞候鳥，又或者潛入無邊無際的大海，探索令人嘆為觀止的深海奇景及海洋生物，都一樣能留下美好回憶，而又不曾對其他生物造成永不磨滅的傷害。

“ Dogs can easily live for 10 years or more, and cats for up to 20. A tortoise can outlast several human generations ”



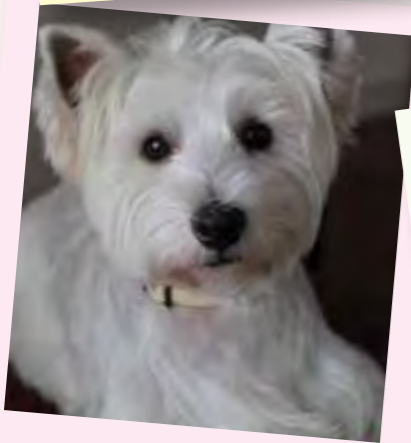
Faye 4 yrs old



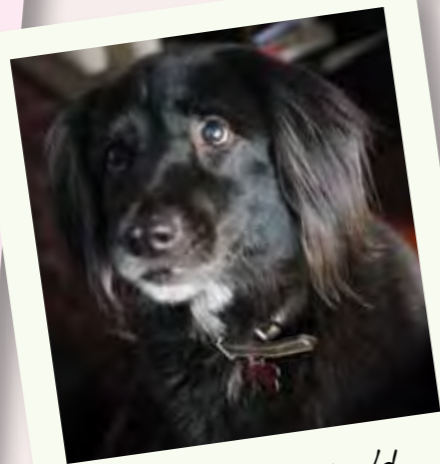
Mac 6 yrs old



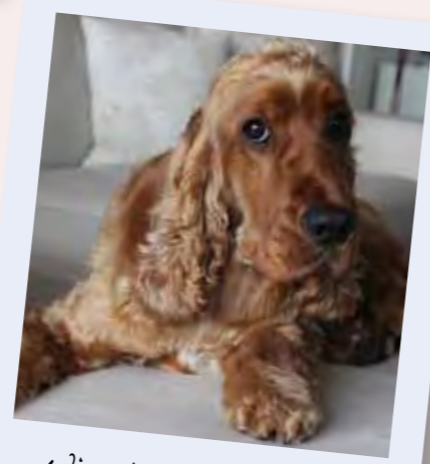
Dai Tao 5 yrs old



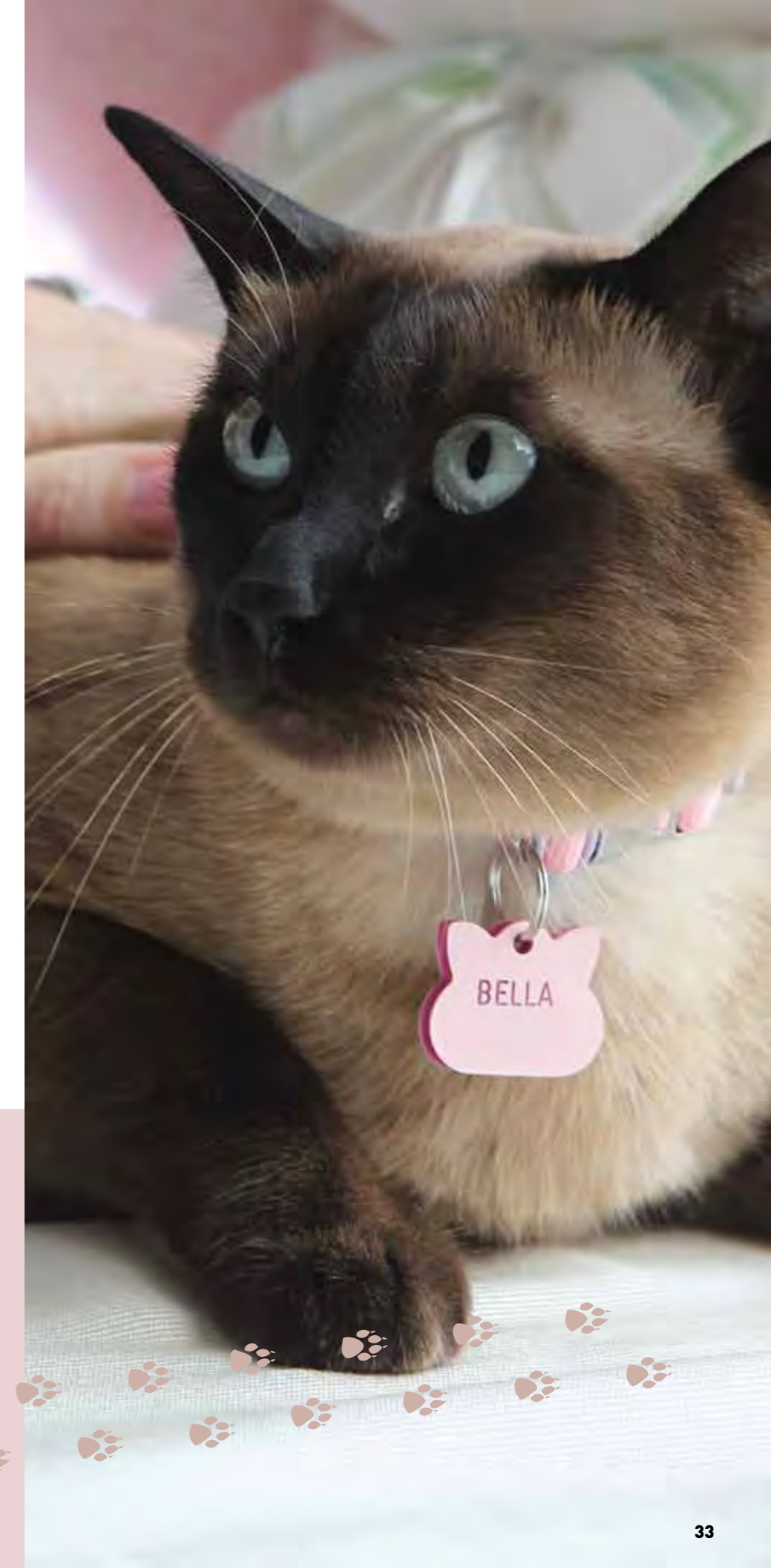
The Stig 2 yrs old



Brodie 11 yrs old



Winston 2 yrs old







## Doing good

Volunteer work brings benefits to both the giver and receiver. Kerry Properties staff show they can rise to the challenge of ‘a great need in Hong Kong’

Even in the most prosperous societies, there are people who are lonely, disadvantaged or simply feel lost. Some require the gift of food, others a shoulder to lean on. There are children struggling to grasp basic literacy or language skills; adolescents searching for guidance from a strong role model. The sick in hospitals, the mentally suffering, and isolated elderly with no-one to talk to.

The need is not only human: homeless animals crave attention, too. Environmental groups always welcome willing helpers to clean up coastlines and replant forests. These are just some of the ways in which volunteers step in, freely giving of their time and energy for the betterment of their community.

Volunteers come from all walks of life, and can be of all ages. No special skill sets are required. Whether a high-level executive or a housewife at home, volunteers share the bond of human kindness. They are compassionate people who can see a need, and are prepared to respond to it. As one famous quote says: “The world is hugged by the faithful arms of volunteers.”

Need exists everywhere. In Hong Kong alone, it is estimated that over one million people are

living below the poverty line, among them the most vulnerable: children and the elderly. Thankfully, there are a great many generous folk who commit their time and expertise to a wide range of causes. They are responding to what Nicole Plumez, executive director of the charity HandsOn Hong Kong, calls “a great need in Hong Kong”.

HandsOn alone has 2,600 registered volunteers who assist with everything from tutoring children from low-income families, single parents and new immigrants, to interacting with handicapped children and adults, or spending time listening to the stories of the elderly.

Underprivileged children account for possibly the greatest need, especially in the New Territories, where there are fewer helpers available to assist with their homework or teach them English or even, for the new arrivals, Cantonese. In these emerging communities, Plumez says, there is an urgent need for more volunteers.

Volunteers walk the city’s homeless dogs which are awaiting adoption (in association with Hong Kong Dog Rescue), and dispense food to



the refugees and asylum-seekers who are not allowed to work. They raise millions of dollars for local charities and overseas disaster relief. And are always needed in our busy hospitals to assist with myriad administrative and patient-centred tasks.

The reasons why people volunteer vary. For one Kerry Properties staff member, who is both a Scouts youth leader and helps with an overseas student exchange programme, it is a way to promote wholesome family-based activity and communication. His volunteering began when his own children were adolescents, but continues now that they have grown up, because both causes make a meaningful contribution to society.

A Kerry colleague also works with young people, as a leader in Hong Kong Air Cadet Corps. His volunteering helps guide adolescents in their formative years to learn tolerance, obedience, perseverance and leadership – skills that will equip them well for adulthood.

Another Kerry staff member travels monthly with her church to Guangdong, teaching English to children through songs and stories, and visiting old people whose families have moved away, so that “they still have love around them”.

Doing good for others for no financial gain brings benefits for the giver as well as the receiver. Volunteering can boost self-confidence, self-esteem and life satisfaction. It is a way of keeping physically active. Studies have found that those who volunteer have a lower mortality rate than those who do not.

Career-wise, unpaid work can offer experience in a new

field, and the opportunity to practise important skills such as teamwork, communication, problem-solving, and project planning. Potential employers rate volunteering highly. Successful people can use their respected position as a volunteer advocate raising awareness for a favourite cause.

The learning of new skill sets, such as counselling training to assist refugees or natural disaster survivors, can also develop a volunteer personally. Oxfam Hong Kong, for example, holds regular education and training, enabling volunteers to learn more about poverty in our world and effective ways to tackle it.

Some volunteer activities are family-focused. Undertakings such as the International Coastal Clean-Up Challenge offer rewarding opportunities for all ages to spend time together while appreciating and improving our natural environment. A corporate team from Kerry Properties participated in the Hong Kong coastal clean-up organised by Green Council, united in their efforts to protect the ocean. Friends of the Earth holds an annual tree-planting event – once again, it can involve everyone in the family.

And the whole community joins together on World Environment Day, in organised activities to combat climate change. With its theme “Forests: Nature At Your Service” this year, such volunteer activities are a reminder of the urgent need to fight climate change, and the vital role that trees play in preserving the precious harmony between mankind and mother earth.

The benefits of volunteering are enormous, both to you and the community. The right match can help you find friends and reach out to the community.

義工活動對個人及社會均有裨益，更可藉此廣交朋友，進一步認識社區。



## 惠澤社群獻善心

參與義務工作，我們可體會到「施與受同樣有福」的道理。嘉里建設員工同樣身體力行，回應社會對義工服務的殷切需求。

即使於繁榮富庶的社會裡，總會有貧苦、孤獨或感到困惑的人，他們有的需要食物，有的則需關懷照料。同樣地，無論是努力爭取讀書識字機會的兒童、尋求師長指導的青少年、醫院病友、精神病患者以至獨居老人，均需別人施予援手。

除了幫助有需要的人外，流浪動物的問題亦值得我們關注。環保組織舉辦的清潔海灘及植樹運動，也隨時歡迎志願者參與協助。有意成為義工的人士可藉著這些機會，投入時間和精力，造福社群。

既沒有任何年齡及背景的限制，也無需特別技能；不管是高級行政人員又或家庭主婦，只要擁有一顆熱切助人的愛心，積極參與公益，就可以加入義工行列。正如一位名人所言：「我們的世界被善心滿載的義工緊緊環抱」。

需要幫助的人其實無處不在。單單在香港，便估計有超過一百萬人生活在貧窮線以下，當中兒童及長者是最脆弱的一群。慈善機構「牽手·香港」總幹事 Nicole Plumez形容「香港有眾多需要援助的人」，幸好社會上有不少善心人願意獻出時間，並利用其專業知識，回應大眾對社會服務的殷切需求。

「牽手·香港」的登記義工共有2,600人，他們積極參與各類活動，包括為來自低收入、單親或新移民家庭的兒童輔導功課、與殘疾兒童及成人互動交流，以及細心聆聽長者的需要。

據估計，現時社會最需要關注的可能是貧困兒童問題，當中尤以新界區為甚。由於義工人手不足，導致在安排兒童補習班、英語班或新來港學童廣東話學習班時出現困難。Plumez表示，這些新發展社區急需招募更多義工。

除了照料在「救狗之家」等待領養的流浪狗外，義工朋友亦向難民及不獲准在港工作的尋求庇護者送贈食物，更為本地慈善機構及海外救災行動籌募數以百萬元計的善款。他們也會因應需求，協助醫院處理繁重的行政及關顧病人工作。

每位踏出義工生涯第一步的人，原因各有不同。就以嘉里建設的其中一位員工為例，這名童軍領袖參加了一個海外交換生計劃，協助推動有益身心的家庭活動及溝通交流。在子女年少時，他已開始投身義工行列，直至孩子長大後，他仍然滿腔熱誠，為貢獻社會出力。

另一位嘉里員工亦積極參與青少年活動，擔任香港航空青年團的領袖，為青少年義務提供輔導服務，讓他們在成長過程中學習到忍耐、服從，並培養出堅毅精神及領導才能，為未來作好準備。

還有一位嘉里員工每月都會跟教友前往廣東省，以歌唱和講故事的方式，向小朋友教授英語。她亦會探訪獨居長者，讓他們感受到愛是無處不在。

在參與義務工作的過程中，助人者不計報酬，受助者也沒得到金錢上的濟助，但他們卻因此提高自信及尊嚴，並從中獲得很大的滿足感。事實上，做義工也是保持健康之道，有研究發現，參與義工活動人士的死亡率比從未擔任義工的人為低。

在事業發展方面，參加義工服務不但可獲得新的經驗，亦有機會實踐團隊合作、溝通交流、解決問題及籌劃項目等重要工作技巧，不少具潛力的優秀員工都積極參與義務工作，社會上的成功人士亦可藉著名人效應，號召更多人加入義工行列。

在個人發展方面，義工朋友可參加培訓課程，學習新的技能，例如為難民及天災倖存者提供心理輔導等。樂施會定期舉辦教育及培訓項目，就是為了讓義工更了解全球貧窮問題及扶貧工作。

好像「海灘清潔比賽」的一類義工活動適合一家大小參與，讓不同年齡人士能夠一起合作，並同時欣賞及改善自然環境。嘉里建設亦派隊參與這項由環保促進會舉辦的活動，為保護海洋資源獻出努力。另外，地球之友每年舉行的植樹活動，亦歡迎義工與家人同行。

市民大眾可藉著參與「世界環境日」，一同對抗氣候變化。為響應今年的主題「森林：大自然為你效勞」，各地舉辦不同的活動，讓義工明白到解決氣候變化問題刻不容緩，以及了解樹木在保護人類與地球間和諧關係方面扮演的重要角色。



# Cleaning up

Ditch the supermarket products and instead opt for grandma's recipe of baking soda, lemon, salt, vinegar and tea tree oil to help save our Earth

Coral reefs support thousands of natural species in what many describe as the "rainforests of the seas". These reefs may be rich in marine life now, but they are dying around the world. We know that pollution is a major influence, but have you considered that the household products used in our homes every day could be contributing?

Those cheerfully-packaged cleaning products that promise to whiten and brighten very often contain toxic chemicals. And they come with a significant environmental cost: all chemicals tipped down the drain end up in the ocean, where they can encourage algae blooms and kill marine life.

As Norwegian environmentalist Thor Heyerdahl writes in *How To Kill An Ocean*, most of these chemical products are not only toxic, they are designed to sterilise and kill as well. As they head for the sea, "they do not evaporate, nor do they recycle, but they grow in number and quantity and threaten

all marine life". Household chemicals also contribute to indoor air pollution, which studies have shown can be worse than the air outside. Indoor toxins have been linked a range of allergies and ailments, and there is always the risk of accidental poisoning, especially with children around.

But everyone wants a nice clean floor and a gleaming bathtub. There is an effective alternative, and that, quite simply, is to clean like how our grandmothers did. If we look back to the days when money was tighter, and householders were not bombarded by so much commercially-produced choice, we will find natural-formula cleaning solutions that are kinder to both purse and planet.

Baking soda can be your best friend in your new green cleaning routine. Dissolved in water and poured into a spray bottle, this mixture can be used as a general cleaner for all kitchen and bathroom surfaces. Dry baking soda kept in a jar

Natural-formula cleaning solutions can be made from baking soda, salt, lemon and vinegar.  
只要小梳打、鹽、檸檬及醋，便可自製天然環保的清潔用品。



“ A combination of baking soda and vinegar works just as effectively as a drain cleaner ”

with a shaker cap is handy for jobs that need a more abrasive action. Baking soda is a natural deodoriser, too: simply sprinkle on rugs or fabrics and vacuum after a few minutes. And it can even banish the smell from sports shoes.

Drain cleaners are among the most dangerous of household chemicals, but a combination of baking soda and vinegar (half a cup of each) can be just as effective. Pour the baking soda into the drain first, followed by the vinegar, and watch it bubble furiously as it clears your pipes. It will not harm you if it accidentally touches your skin as baking soda is a natural product.

Clean the bath and shower with diluted white vinegar, a safe and versatile ingredient that kills bacteria and can easily cut through soap scum. Full-strength vinegar sprayed onto tiles and grout can combat mould and give a bright, shiny finish. A cup of vinegar in the dishwasher rinse cycle can also do the same job as those expensive – and toxic – commercially-bought cleaners.

Lemon is a natural cleaner, and it can even sanitise your toilet. Simply mix half a cup of Borax and a cup of lemon juice for a powerful toilet cleaner that will leave it smelling extra clean. Lemon juice added to your washing machine cycle can whiten laundry far more gently than chlorine bleach – one of the worst environmental offenders. When mixed with water, lemon juice also makes an effective and pleasant-smelling window cleaner.

No matter how well you rinse dishes washed with chemical detergents, some residue will remain. Use salt instead, sprinkling a tablespoon into a sink full of water, and rinsing

well afterwards. Salt sprinkled on cooking spills can make the hob easier to clean, and it is particularly good at absorbing grease and oils. Even food burnt on to your pots and pans is easier to remove if salt is applied quickly, left for a while and then washed with hot water.

Toilet blocked? Try flushing with one kilogram of ice cubes. The weight of the ice along with water can effectively unclog a toilet, avoiding the pollution caused by other highly erosive solutions.

For a sparkling hob on your kitchen cooker, flour rubbed on with cleaning pads will work magic. To remove yellow stains from white clothing, wet till soaking, and place in the sun for an hour. The heat from the sun combined with water will create ozone, which has a bleaching effect to remove stains – no harmful chemicals required. With so many of us seeking a simpler life, and widespread concern about preventable pollution, the Internet is full of instructions for home-made cleaning products. For example, mix 30 drops of tea tree oil and three tablespoons of liquid soap with water for a powerful disinfectant. Combine one-quarter cup vinegar and 30 ounces of warm water to scrub dirt and grime from floors.

For a sweet-smelling remedy to keep mould at bay, add one or two teaspoons of essential oil (such as lavender, clove, or tea tree oil) to two cups of water in a spray bottle. It is interesting that the information technology our ancestors could never have dreamt of is teaching us the life lessons they would want us to learn. Grandmother would be pleased.



## 返璞歸真，潔淨有道

想為保護地球出一分力其實可以從日常生活中著手，例如減少使用購自超級市場的清潔用品，改為採用祖父母傳授的清潔秘方，包括以小梳打、檸檬、鹽、醋與茶樹油等天然材料代替，效果同樣出色，更符環保。

珊瑚礁孕育著數以千計海洋生物物種，其多樣性堪稱「海洋中的熱帶雨林」。然而這些豐富的珊瑚礁，在世界各地卻正逐漸步向滅亡。眾所周知，污染是破壞環境的元兇，但你可曾想過，我們日常生活中使用的家居產品亦可能是幫兇？

市面上美輪美奐的清潔用品，紛紛標榜強勁漂白功能，其實當中往往含有有毒化學物質。透過污水渠流入大海的化學物質，助長海藻滋生並殺死海洋生物，為大自然帶來沉重的代價。挪威環境學專家 Thor Heyerdahl 在其著作《How To Kill An Ocean》中指出，這些化學品不但絕大部份含有毒性，而且正是為消毒及殺滅生物而設。當它們流向海洋時，既不會蒸發，亦不可循環再造，反之，它們只會不斷倍增，危害整個海洋生態。

一般家居使用的化學品亦會污染室內的空氣。研究顯示，室內的空氣污染情況有時候比室外更甚。這些毒物不但會在室內引發各種敏感與病症，而且亦增加了意外中毒的潛在危機，情況尤以小朋友為甚。

試問誰不希望家裡的地板與浴室清潔光亮？要達成這個目標，不妨考慮來自祖父母一輩的天然清潔方法，簡單又有效。回看昔日，社會沒有現在的富庶，更沒有這麼多商品充斥市面，人們自然尋訪天然的清潔良方，既省錢又環保。

不說不知，小梳打可是符合環保的清潔好幫手。只要將小梳打溶於水中並以噴壺裝好，便可用作廚房及浴室的清潔液。把小梳打存於附有小孔的樽內，亦可隨手用來去掉頑固的污垢。此外，小梳打亦是天然的除臭劑，只須灑於地毯或布料上，待數分鐘後再以吸塵機吸走便可。那怕是運動鞋頑固的臭味，同樣可以一舉消除。

在眾多家居化學品當中，通渠劑乃最危險的一種。其實，只要用上半杯小梳打及半杯醋，效果同樣顯著。先將小梳打倒進水渠，然後再倒入醋，即可溶解污物，疏通渠道。由於小梳打是天然產品，所以即使不慎沾到溶液亦不怕會傷害皮膚。

稀釋了的白醋安全且用途廣泛，能夠殺死細菌及輕易地除去肥皂

污垢，用於清潔浴缸及淋浴間最好不過。以醋噴灑於磁磚及水泥牆上，則可令磁磚光潔如新。而沖洗碗碟時加入一杯醋，亦可帶來超卓的洗滌效果，絕對不比市面上價格高昂而帶有毒性的清潔品遜色。

同樣道理，檸檬亦是天然的清潔劑，甚至可用作消毒洗手間之用。只須將半杯硼砂與一杯檸檬汁混合，即成為氣味清香的強力潔廁劑。在洗衣機內加入檸檬汁，相比破壞環境最嚴重的漂白水，更能溫和地使衣物潔白。而與水混合後的檸檬汁，亦可有效地作清潔窗戶之用，還會散發陣陣怡人香氣。

使用化學洗潔精清洗碗碟後，無論你如何仔細地沖洗，化學物仍會殘留。不妨用鹽代替洗潔精，將一湯匙鹽灑入一盤水中以浸泡碗碟，然後再以清水沖淨。此外，鹽擅於吸油，將鹽灑在煮食時溢出的污跡上，能令其更易於清除。即使是煲及鑊上煮焦了的食物，若能盡快灑上鹽，待一會後以熱水沖洗，亦會變得更易清理。

遇上惱人的廁所淤塞？只要把大約一公斤的冰塊倒進廁所內，利用冰塊的重量，便可以把淤塞物清除，而又不需要使用任何具腐蝕性的通渠劑。

想令煮食爐具光潔如新，只要用少許麵粉，再以百潔布稍加擦洗便可。白色衣物出現頑固的黃漬？沒問題！衣服洗後，不要脫水也不擰乾，直接放到太陽下去曬，太陽的熱力和水所產生的臭氧便能把衣服重新漂白，可免卻任何化學用品呢！

隨著我們追求更簡約的生活方式，加上對預防污染更為警覺，可以在互聯網搜索到的自製清潔劑配方，比比皆是。例如，將30滴茶樹油和3湯匙視液與水混合，便能製成強效的消毒劑。混和1/4杯醋及30安士溫水，便可洗擦灰塵及地板上的污垢。此外，將一至兩茶匙的精油（如薰衣草、丁香或茶樹油）加進兩杯水中，以噴壺裝好，亦可隨時用作氣味清香的防霉清潔液。

值得慶幸的是，現代資訊科技發達，讓我們能夠學習到這些畢生受用的生活小智慧。使用返璞歸真的清潔方法，將更名為保護地球出一分力。





## Simply breathtaking

A stressful life can often lead to ill health due to incorrect breathing. Qi qong, an ancient wellness workout, helps to energise the body

Sometimes it seems that our lives are on fast-forward. Our schedules can be crazy, to-do lists never-ending. But if we see our bodies as a living remote control, it's easy to push the pause button: just take a few seconds to breathe.

The simple action of inhaling deeply, holding the air deep in the lungs, then releasing it slowly, is one of the best things we can do for overall well-being. Particularly in times of stress, our default breathing tends to be short and shallow. While this may be enough to keep us alive, it inhibits oxygen (or air), life's energy-giving force, from doing its job – which is to purify, relax and calm.

The way we breathe can make a difference to whether we feel tired and lethargic, even on waking, to going through the day with a spring in our step. Hence, there is a truism in the saying: when all else fails, take a step back and breathe.

Controlled breathing has been an integral component of the Chinese wellness exercise of qigong for thousands of years. The aim of qigong is to cultivate energy for health maintenance and disease prevention, through physical movements, mental focus and deep breathing.

Qigong is a general term to describe exercises that will enhance qi flow or balance. The word “qi”, or “chi”, means energy; and “gong” means work. Practitioners say they feel energised after their morning qigong ritual – their body relaxed, their minds clear – enthused for the day ahead.

Now, US researchers agree with what generations of Chinese have long believed: that such exercise may be good for you. Many factors impacting our immune system, physical and mental well-being might all be improved by regular practice of qigong, according to findings published in the *American Journal of Health Promotion*.

In the study, university researchers reviewed 77 controlled trials, involving thousands of tai chi and qigong participants, which had been published over the previous few years. The authors concluded there was a stronger evidence base of the benefits of such exercise in terms of bone health, cardio-respiratory fitness, physical function, immune system, quality of life and mental health.

Most qigong practices are practical and simple. They begin by taking a few deep breaths,

“The simple action of inhaling deeply, holding the air deep in the lungs, then releasing it slowly, is one of the best things we can do for overall well-being”



1. Stand with your feet about shoulder-width apart, knees relaxed
2. Using an open palm, pat your arm from shoulder to hand – first the left side, then the right
3. Making a loose fit with both hands, reach back and tap the muscles of your spine
4. Next, tap the front torso, from shoulder to lower abdomen
5. Tap your legs, from thigh to feet
6. Inhale, and reach your arm skyward to feel the stretch
7. Hands on hips, rotate from the waist, first left, then right

Repeat each exercise seven times before moving on to the next. The last one, hip rotation, should be repeated 18 times.

1. 雙腳分立與肩同寬，放鬆膝部。
2. 用手掌從肩膀由上而下輕拍手臂；先拍左面，再到右面。
3. 放鬆雙手伸向背部，輕拍脊骨上的肌肉。
4. 然後從肩膀至下腹輕拍身體。
5. 再由大腿至腳掌輕拍腿部。
6. 吸氣，向上伸展手臂直至有拉扯感覺。
7. 將手放在臀部，向左扭動腰部，然後往右。

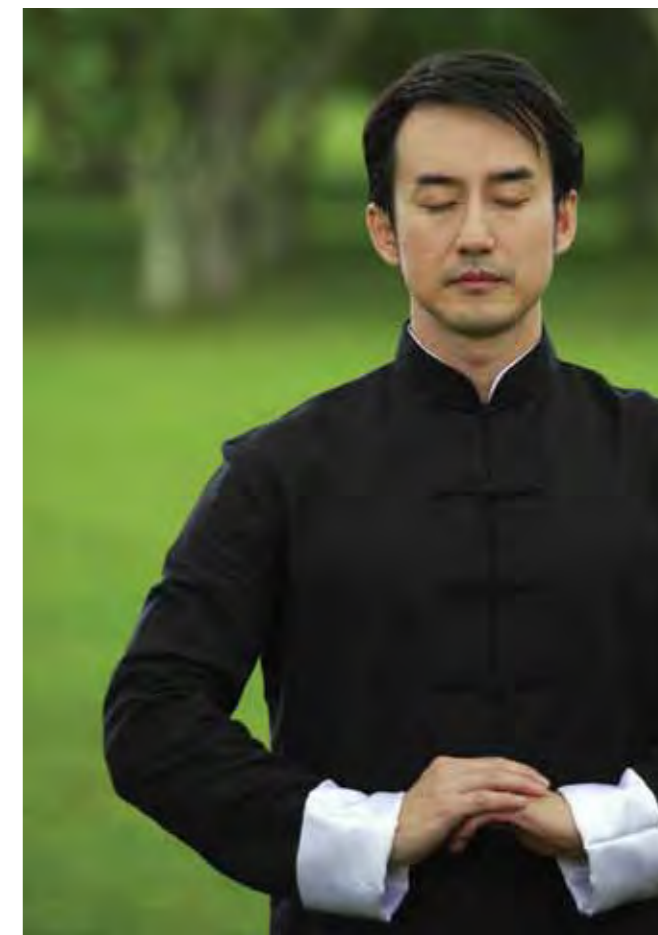
重複每個動作七次後，再進行下一個動作；最後的扭腰動作則做18次。

and imagining you are a tree with roots going deep into the earth, from which energy is drawn. This frees the mind to relax and focus on the process of synchronising gentle movements with “whole body” breathing. Practitioners like to follow a series of set exercises two to three times a day for health maintenance, and up to 10 times a day for health enhancement.

Apart from following a set qigong routine, there are other ways to energise the body with oxygen. Laughter is one. Laughing increases the amount of air we take in, exercises the breathing muscles, and goes a long way towards handling stress and loosening those tight muscles.

Even easier is hand clapping. Clapping is said to promote “super energy”, producing a range of kidney-restoring, life-extending, chi-awakening health benefits. A simple routine is to clap 20 times, then stop to breathe, feeling the energy in your hands and arms. Repeat, and feel the energy travel to other parts of the body as well. Rub your hands really fast for about 30 seconds, and place them on your heart to return the energy to its source. This warm heart energy can be used to wash and clear the whole body: just rub or sweep your hands lightly across your skin. It even works through clothing.

Besides which, clapping is fun. Children’s games are full of it, and according to a study out of one US university, youngsters who engage in hand-clapping songs show an increase in motor and cognitive skills. The study found that clapping benefited college students, too: they felt more focused, relaxed and in a better mood after partaking in such games, mostly because the action reminds them of childhood. Let us have a round of applause for that.



## 簡單氣功 調息身心

**節奏緊張的生活，加上缺乏正確的呼吸方法，每每誘發疾病。氣功這門古老的養生運動，原來可以有效增進健康。**

城市人生活節奏急速，時間表排得密密麻麻，應接不暇的工作令人透不過氣來。如果我們將身體比喻為一個遙控器的話，想要按下「暫停」鍵其實很簡單：只消幾秒鐘，好好呼吸便行。

先深深吸一口氣，然後憋住，再慢慢呼氣——這個簡單的呼吸法對健康原有莫大益處，尤其在遇到壓力時，呼吸會變得短淺，令身體無法獲取足夠氧氣。雖然我們不會就此一命嗚呼，但由於氧氣是供給身體動力的重要元素，一旦有所不足，我們便沒有充足能量去淨化、放鬆和平靜心情。

無論在疲憊不堪、昏昏欲睡，又或是清醒的時候，都可藉著調整呼吸，使人精神煥發，充滿朝氣。難怪有人說，當感到渾身不對勁，就要停下來好好呼吸一下，原來不無道理。

氣功在中國已流傳了數千年，而調息是這種養生運動的重要元素。練習氣功，就是要通過身體活動、集中意識及深呼吸，達致強身健體及預防疾病之效。

簡單來說，氣功是有助促進體內氣的流動或平衡的運動。「氣」一字指能量，而「功」的意思則是鍛鍊。有練習氣功的人表示，在早上練習後，可令身體放鬆、頭腦清醒，朝氣蓬勃地面對新的一天。

最近有美國學者認同，這種在中國有著悠久歷史的運動對健康確有益處。在《American Journal of Health Promotion》發表的研究顯示，常練氣功可有助改善免疫系統及身心健康。

在該項研究中，大學研究人員審閱了77個在過去幾年間發表的對照實驗報告。參與實驗人士多達數千人，而他們都有練習太極拳或氣功的習慣。研究結果發現，氣功對骨骼及心肺健康、身體功能、免疫

系統、生活質素及心理有著顯著的幫助。

大部分的氣功練習方法均簡單易學，而且非常實用。開始時先深呼吸幾下，然後想像自己是一棵盤根大樹，從地下吸取能量，從而令人放鬆入靜，集中精神做出輕緩的動作，同時亦感覺到「氣」在整個身體內流動。每天練習氣功兩至三次，可以保持健康；如能鍛鍊達十次，更可令體魄更強健。

除了練習氣功外，也有其他方法使身體吸取更多氧氣，從而增強活力。「笑」就是其中之一。在開懷大笑時，不僅可增加氧氣的吸入量及強化呼吸肌，亦有助紓緩壓力，令繃緊的肌肉得到放鬆。

想增進健康，還有更簡易的方法——拍手。據說連續拍手可以產生不少神奇功效，如恢復腎氣、延年益壽及促進血氣運行。試試拍手

20下，然後停下來深呼吸，感受手臂及掌中的能量。重覆這個練習，然後感受這股能量從手部運行到身體其他部位。另外，試試快速搓手30秒，然後把掌心放在心臟位置，讓能量回歸。這股熱能據說能夠潔淨身體呢！同樣地，在皮膚上來回輕掃亦能達到同樣效果，即使隔著衣物亦可。

拍手除有養生之效，也同時帶來歡樂。我們與小朋友玩遊戲時，便常有拍手的動作，功效可想而知。美國一間大學的研究發現，小朋友一邊拍手、一邊唱歌，可有助增進活動及認知能力；中學生亦可通過參與拍手遊戲，提高注意力、放鬆及改善情緒，主要因為這個動作可令他們想起童年的美好回憶。為了有愉快好心情，就讓我們盡情拍拍手吧！



# Super berries

Not only are these fruits loved for their delicious sweetness but they have won kudos as ‘nature’s super-food’ and ‘nutritional powerhouse’ as well

America’s black bears are highly intelligent animals. They have outstanding long-term memory, and their navigation ability is considered superior to that of humans. They eat a range of fruits, nuts, succulent greens, meats and fish. But come berry season, they will consume nothing else. It has been documented that bears will travel, on an empty stomach, up to 24 kilometres a day to sniff out a blueberry patch.

Could those bears be on to something? For while vast amounts of money and scientific effort is expended annually trying to find solutions to the diseases afflicting mankind, one of nature’s most diminutive food sources has been linked to their prevention.

Berries look gorgeous. Round, plump and luscious, they would tempt anyone’s taste buds with their promise of the sweet juices within. It has emerged that berries are also extremely good for us. Words like “nature’s super-food” and “nutritional powerhouse” have been used to describe berries of all varieties, which are rich in Vitamin C, fibre and antioxidants. These nutrients form a potent combination that helps fight free radicals – nasties which can damage cells in the body and contribute to chronic disease.

Some berries – like those blueberries the bears love, and strawberries, the so-called “fruit of love”, according to the French – are well known and widely consumed. Others are more recent arrivals on the gourmet scene.

Acai berries (pronounced ah-sigh-ee), for instance, are a purple-black fruit which tastes like a blend of berries and slightly bitter chocolate. Packed with antioxidants, essential fatty acids and fibre, they also contain iron, calcium fibre and heart-healthy fats. Few people may have seen them in the flesh – fresh acai is only available in the Amazon rainforest of Brazil – but it is available in juice form and also as a pulp or powder, which can be mixed into yoghurt or smoothies.

Like most fruits and vegetables these days, you can buy berries year-round. Pick the plumpest, most fragrant berries – locally grown is best. Do not wash or hull berries until you are ready to use them.

Refrigerate as soon as possible in an open colander – allowing the cold air to circulate – and remove them an hour or so before serving. Berries are most flavoursome at room temperature.

Berries also freeze well, and many come in cans – nutritionists say these can be just as healthy as their fresh produce counterparts. So this is a good reason to always keep some in your freezer or pantry.

Some simple recipes include blueberry muffins – a family favourite. Made of flour, sugar, an egg, milk, butter and fresh or frozen blueberries, they take just 15 minutes to prepare, and about the same cooking time. Stored in an airtight container they stay fresh for a few days – if they last that long.

Could there be anything more luscious for a romantic occasion than chocolate-dipped strawberries? Choose the plumpest, sweetest fresh strawberries you can find, and good quality dark chocolate. Melt the chocolate gently in the microwave or double boiler, and dunk the washed strawberries, green leaves intact, using a toothpick. Allow to set on a wire rack and later, drizzle with melted white chocolate. Serve with Champagne.

English-style summer pudding is one of the best ways to enjoy all the berry fruits of the season. Its rich, vibrant red colour makes this a visually stunning dessert. It is so simple to prepare – no baking required – and everyone will love it (see recipe in sidebar).

And if you have frozen berries in your freezer, a delicious Sunday brunch can be whipped up in no time. Just make a pancake batter using self-raising flour, sugar, milk, egg whites and a dollop of vanilla yoghurt. Stir thawed berries through the batter, and cook as usual. Top with more berries, drizzle with maple syrup and serve. Delicious!



Berries of all varieties are rich in nutrients such as vitamin C, fibre and antioxidants.  
莓果蘊含豐富維他命C及纖維，有益健康。

## 神奇莓果

這種人見人愛的水果不但香甜味美，更被公認為最有營養和能量的「天然超級食物」。

美洲黑熊是絕頂聰明的動物：擁有極強的記憶力，方向感甚至被指比人類更強。黑熊乃雜食性的動物，一般會進食不同種類的水果、堅果、多汁的嫩芽、肉類和魚類。可是一到了莓果旺季，牠們便會為之瘋狂，非莓果不吃。證據顯示，即使餓著肚子，黑熊仍甘願日行多達24公里，千里迢迢的尋找藍莓。

難道黑熊早已參透莓果的奇效？正當我們每年大洒金錢及在科學上傾盡努力，務求研究出對抗人類疾病的對策之時，原來一種小小的天然食品，似乎蘊含了預防疾病的神奇之鑰。

莓果圓圓的、豐滿而甜美多汁，單看美麗的外表已令人垂涎三尺，事實亦已證明莓果對健康非常有益。各個品種的莓果均含有豐富的維他命C、纖維素和抗氧化劑，因而被冠以「大自然的神奇食品」和「營養泉源」等美譽。豐富的營養形成強而有力的防禦網，能有效對抗破壞人體細胞並引發慢性疾病的自由基。

某些莓果（如黑熊鍾愛的藍莓，和法國人稱為「愛情果」的士多啤梨）已廣為人所熟悉和享用。最近，不少其他品種的莓果亦紛紛登上這個美食大舞台。

以巴西莓(Acai berry)為例，是一款呈深紫色的品種，味道像混合多種莓果與略帶苦澀的朱古力。它蘊含著豐富的抗氧化劑、脂肪酸與纖維，亦含有鐵質、鈣纖維和對心臟健康有益的脂肪。新鮮的巴西莓只生長在巴西亞馬遜雨林中，故此能一睹其真面目的人也許不多，但它們會被製成果汁、果漿或粉末，可加入於乳酪或冰沙飲品中，讓大眾一嚐其滋味。

像大部份的蔬果一樣，我們現在可以一年四季也買到莓果，非常普及。選購莓果的心得？首選外形最飽滿而最芳香的果實，如是

本地出產的品種則更佳。記住，在準備品嚐之前方才沖洗或切去蒂部。冷藏的時候，應置於開放式設計的蔬果室，好讓冷空氣流通。進食前的一小時左右可以先行取出解凍，室溫的莓果是最為美味的。

除了新鮮進食，莓果也適合急凍或以罐頭加工處理。據營養師指出，它們與新鮮的莓果其實同樣健康有益。因此，不妨在冰箱或廚房裡常備存貨。

喜歡下廚的話，可以參考一些採用莓果的簡單食譜，包括深受一家大小歡迎的藍莓鬆餅。這款甜點的做法非常簡單：材料有麵粉、糖、雞蛋、牛奶、牛油及新鮮或急凍藍莓，而製作過程只需15分鐘。剩下的鬆餅更可儲存在密封容器中，數天內仍可保持新鮮。

試想想，與愛侶共度浪漫一刻之際，有甚麼比共享原粒朱古力士多啤梨更甜蜜呢？挑選的時候，首選飽滿鮮甜的新鮮士多啤梨以及優質的黑朱古力。接著，以微波爐或煮食爐將朱古力略略煮溶，以牙籤將已洗淨（保留綠葉）的士多啤梨浸入朱古力漿中。將其架於網上待涼，然後灑上白朱古力漿便大功告成。與香檳一同享用更是無以尚之。

炮製英式夏日布甸，是品嚐莓果的佳選之一。其鮮艷奪目的紅色賣相，令人一見傾心。製作這種布甸非常簡單，過程甚至不用烘烤，真正是任誰都會喜歡的甜品（請參閱側欄之食譜）。

如你的冰箱內備有急凍莓果，更可隨時炮製出一頓美味的週日早午餐。先以自發粉、糖、牛奶、蛋白和一點雲呢嚨乳酪製成班戟糊，拌入已解凍的莓果烹調，再在上面鋪上更多的莓果並澆上糖漿，即成滋味有營的美食！

### English-style Pudding 英式布甸

#### Ingredients 材料

450g washed, mixed berries (raspberries, strawberries, red and blackcurrants, damsons and blackberries are ideal)	已洗淨雜莓450克（紅桑子、士多啤梨、車厘子、黑加侖子、布拉斯李子及黑莓最佳）
2 tablespoons water	水 兩湯匙
150g sugar	糖 150克
100g -150g thin sliced white bread, crusts removed	切邊白麵包薄片100-150克
whipped cream or custard	淡忌廉或吉士適量

#### Method 做法

Stir the water and sugar together and bring to a gentle boil. Add the berries and stew very gently until softened but still holding shape. Line a pudding basin with bread slices, ensuring there are no gaps. Fill with the berry mixture and top with more bread slices. Place a saucer with a weight on top, and refrigerate overnight. To serve, turn the pudding onto a plate and decorate with whipped cream or custard.

將水與糖混和，略為煲滾。加入雜莓輕輕攪伴至軟身。沿著布甸模鋪上麵包片，確保當中沒有縫隙。倒入所有雜莓漿，頂層鋪上更多麵包片。以稍具重量的淺碟壓在上方，放進雪櫃冷藏一晚。將布甸取出，反轉覆在碟上，以忌廉或吉士裝飾即可享用。

