

Dress Circle

Issue No 20

A Kerry Properties Publication



臻善譜

DressCircle

A KERRY PROPERTIES PUBLICATION ISSUE NO 20



Cover image:

After winter comes the sweetness of spring. The enchanting birdsong of the Yellow-bellied Tit boldly perched on the blossoms echoes its confidence towards the future, ushering in the bright promise that the coming Lunar New Year will bring.

揮別寒冬，迎來了萬物更新的初春。棲息在花兒間的迷人黃腹山雀，唱著動人歌謠，藉此訴說著對未來的美麗憧憬，寄語新春帶來的希望與期許。



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Green mission possible

MegaBox's future next-door neighbour will be Hong Kong's first designated low-carbon zone, a fitting partner to its own green initiatives



Kermit the Frog told audiences worldwide, "It's not easy being green," on the popular children's show Sesame Street over 30 years ago. Thankfully, given the seriousness of global warming, it is at least getting easier.

Three decades ago, all garbage went to landfills. We weren't taught to conserve water, and didn't fully understand the consequences of polluting industries, or the cars choking our roads.

Then began the awakening. What started as a spark of environmental awareness took hold to the extent that, within the space of a generation, it became a groundswell. Once people learned that the planet's future is in our hands, they looked for ways to actively contribute towards its preservation.

In response to such concerns, governments are getting serious about carbon-reduction standards. Companies are facing up to their corporate social responsibilities. Consumers routinely say no to plastic bags. Householders recycle; children are environmentally-savvy. In everything we do and buy, green is the new gold.



Hong Kong people will therefore welcome the green initiatives that are helping to reduce our city's carbon footprint. Among the more exciting is a green initiative being pioneered in East Kowloon, where zero emissions is the ultimate goal in Hong Kong's first designated low-carbon zone. Renewable energy sources, waste and water recycling systems and air pollution controls form part of the mix.

This signature project of the Construction Industry Council is now taking shape beside the forecourt of the MegaBox retail and leisure mall. Expected to open in mid-2012, it will showcase state-of-the-art eco-building design and technologies to the construction industry internationally and locally, as well as raising community awareness of sustainable living in Hong Kong.

This zero carbon showcase is a fitting neighbour for MegaBox, which already incorporates green practices as a matter of corporate policy. In the everyday things that most people may not even think about, the MegaBox sustainability team sees environmental opportunities. So if you notice a stand offered for holding wet umbrellas – rather than plastic bags – or escalators moving slowly during non-peak times to conserve energy, it's reassuring to know the reason why. All are energy-saving green initiatives, which make a quantifiable difference given the large volume of people who utilise MegaBox every day.

The big things count, too. Air conditioning is a hungry beast, a major power consumer in any urban building. At MegaBox, waste from the mall's energy efficient water-cooled system is recycled to flush toilets. This is something of an innovation, with MegaBox among the pioneers.

Apart from these measures, MegaBox management provides various ways to help the people of Hong Kong learn more and do more for environmental preservation. Tenants of the MegaBox office towers are invited to monthly Green Life Workshops, where in their lunch hour, workers can learn environmentally-friendly skills like how to make their own natural detergents, or to grow a plant from seeds. At the MegaKids weekly DIY workshops, environmental protection is a constant theme. Children join in fun activities like creating personalised greeting cards from recycled cards and magazines, and the correct way to separate recyclable waste.

Even the seasonal festivities at MegaBox are environmentally conscious. Last Easter, the atrium stage decorations were made from recycled magazines. The current Christmas display is illuminated in part by a solar-powered system designed by Hong Kong Polytechnic University's Department of Electrical Engineering Power Electronics Research Centre.

Where there's a will, there's a way. Together we can find the way, united in our green mission. For as Kermit the Frog pointed out, green is cool: it can be big like an ocean, or important like a mountain, or tall like a tree. As he sang in the closing line, "I am green and it'll do fine, it's beautiful, and I think it's what I want to be."

MegaBox goes green with solar panels, umbrella stands, workshops, energy-saving escalators and Christmas displays. MegaBox已經引入多項環保措施，其中包括太陽能集熱板、雨傘架、環保工作坊、節能扶手電梯及聖誕燈飾。



實現綠色理想

香港首個指定低碳區將會毗鄰MegaBox而建，正好與後者銳意推動環保的理念相符，成為一對崇尚綠色的好鄰居。

早在三十多年前大受歡迎的「芝麻街」兒童節目中，Kermit the Frog已向觀眾道出當青蛙的難處。或許這隻可愛的青蛙具先見之明，早已向我們傳遞訊息，推動「綠色」的環保行動是艱巨的挑戰。可幸的是，隨著全球暖化日益嚴重，推動環保工作已較以前順利。

三十年前，所有垃圾都被運往堆填區處理。大家對節約用水的概念還未鞏固，亦不太明白工業污染與滿街車輛將會帶來的惡果。

然後我們漸漸醒覺了。一下子，環保意識從最初的一點小火花，迅速廣泛發展成為一股潮流。當我們明白到地球的未來原是掌握在自己手中，便積極地尋求方法為環保盡一分力。

有見及此，政府亦開始正視減少碳排放。公司需肩負起其企業社會責任；消費者捨膠袋而自備購物袋；家居住戶開始將廢物分類回收；甚至小朋友都成為精明環保小先鋒。人人所做所想的，盡是以環保為大前題。

對於一切有助減少碳足印的環保措施，香港市民均大表歡迎。其中一個最令人振奮的措施是率先於東九龍興建低碳建築物，並以「零排放」為最終目標。這個措施更包括再生能源、廢物與水循環系統、以及空氣污染控制等部份，規劃完善。

這項建造業議會的代表性項目正於MegaBox購物商場毗鄰動工，預計將於2012年中開幕。項目將向國際與本港建造業界，展現出最先進的環保建築設計與技術，並將提高市民對香港可持續綠色生活的意識。

這項零碳示範項目，可說是對於一向積極奉行環保企業政策的MegaBox之最佳鄰居。就在人們日常不易察覺的細微處，MegaBox的

環保團隊總能發現實行環保的機會。因此，若你留意到MegaBox在下雨天以雨傘架代替膠袋，或在非繁忙時間為節能而放慢速度的扶手電梯，相信你亦會欣賞背後的心思。單看MegaBox每天人流之高，足可見這些微細的節能環保措施亦可帶來重大的影響。

見微知著，MegaBox當然不乏大型的環保措施。商業大廈的冷氣系統，往往是消耗最多能源的一環。MegaBox商場的高效能水冷系統所產生的廢水，會被循環再用作廁所沖水。這是一項非常創新的措施，MegaBox正是率先採用的領導者。

除此以外，MegaBox管理層也提供不同的途徑，讓香港市民可更了解及參與環保。MegaBox辦公大樓的租戶，均會獲邀參加每月舉行的綠色生活工作坊，員工可於午膳時間學習環保小智慧，例如製作天然清潔劑，或栽種植物的技巧等。每星期MegaKids童真天地DIY工作坊都會以環保為主題，舉辦有趣的活動予兒童參與，如以再造卡紙及雜誌紙創作個人特色賀卡，以及學習廢物循環分類的正確方法。

MegaBox即使於節日慶典亦不忘環保。像去年復活節的中央舞台裝飾，正是由回收得來的雜誌製作而成。今年正在展示的聖誕燈飾，更是由香港理工大學電機工程系電力電子研究中心設計的太陽能系統所發電的。

只要有夢想，凡事可成真。當我們在環保路上齊心協力團結一致，定能步向美好將來。像「芝麻街」中Kermit the Frog說，「綠色是讓人讚賞的！可以像海洋般大、可像山一樣重、或像樹一樣的高。」又如牠常在節目結尾時所哼的歌：「綠色真好，不但美極了，也是我所愛所想」。



An artist's impression of the future Kai Tak area featuring a cruise terminal.
畫家筆下未來將設有郵輪碼頭的啟德區域。

Diamond halo arises

Best known for Hong Kong's airport in the 20th century, Kai Tak is experiencing a renaissance of sorts with foundations being laid for a dynamic second business district

Anyone travelling to Hong Kong up to 1998 could never forget their arrival. Landing at Kai Tak airport was one of the great aerial adventures in the world, the planes weaving so closely among the residential buildings you could actually see the people inside them. Ever since the old airport closed to make way for the new Hong Kong International Airport on Lantau, the Kai Tak site has been preserved for an exciting new future.

Our city planners saw the potential such an iconic waterfront site within the "diamond halo" of Kowloon's prime commercial and residential precinct, and gave its redevelopment the time, and special attention, it deserved.

Today, years of visionary masterplanning is beginning to come to fruition. Work has begun on transforming the former airport into Hong Kong's new and dynamic "city within a city": an integrated business and lifestyle destination that will improve the quality of life for local people and visitors alike.

American comic George Burns believed in looking to the future "because that's where I'm going to spend the rest of my life," and that's what this masterplan allows for – to build not just for today, but for generations to come.

The revitalised Kai Tak area will encourage a healthy lifestyle. Radiating from a multi-purpose stadium complex as its anchor, a network of open spaces will include a Metro Park, a number of indoor recreation centres, and extensive cycling and jogging trails.

People are at the heart of the concept. Hence, the waterfront areas are reserved mainly for public enjoyment as parks and promenades. In addition to convenient pedestrian connections to surrounding neighbourhoods, the area will be served by the future Shatin-Central rail link. A recently announced monorail system will add to the area's environmentally-friendly

transportation network. The 9km elevated monorail system will have stations linking the Kai Tak commercial and business developments with the Hoi Bun Road Development and the Kwun Tong Ferry Pier Waterfront Development. It is expected to be commissioned in 2023.

In a fine example of modern urban planning, sustainable and environmentally-friendly aspects are plentiful. These include construction of Hong Kong's first zero carbon building, a role model of energy efficiency to be built within a parkland at the forecourt of MegaBox in Kowloon Bay, a landmark since its opening in 2007.

International businesses have already identified the bright future that the area within this "diamond halo" of urban improvement holds. As companies move in, Grade A office floor space has grown exponentially. The prime office towers rising above MegaBox reflect the district's emergence as a core business hub, the exciting second central business district of Hong Kong.

At the same time this area is culturally significant, holding warm memories for many. Hoi Sham Park, the waterfront

neighbourhood playground in Yuk Yat Street, To Kwa Wan, is the place where children play and friends meet. The greenery of its mature trees provides a tranquil environment for relaxing, chatting, and playing chess. The playground attracts youngsters to gather and play, and draws everyone as the venue for occasional community events. Beside the park, on the harbour's shore, is the famous Fishtail Rock, considered a place of good feng shui. Lovers are drawn to Fishtail Rock, believing that after worshipping in its presence, they will have a good relationship.

For residents who will live in the new housing developments emerging within the halo of these desirable urban improvements, a harmonious future awaits. And nowhere is the potential more evident than at Kerry Properties' new residential development in Yuk Yat Street.

A walk around the construction site reveals just how special this area will be. With only leafy Hoi Sham Park between the building and the sea, there's permanency to the apartments' full harbour view. Even on the lower floors of building, homes look across a leafy canopy of the park's long-matured trees stretching like a green carpet to the sea. The panoramic views take in the colour and movement of the harbour's shipping lanes, the new cruise terminal currently under construction, and the city skyline beyond. In the foreground is fortuitous Fishtail Rock.

Facing south-east towards the harbour, or north-west towards the city, all apartments have a balcony, enhancing the feeling of space. The interiors feel plush, cosy and home-like: all the ingredients that make for

a lifetime of harmonious living.

Around the building, children play in playgrounds that have been established for years. Neighbourhood tea houses that have been serving locals for generations co-exist with modern shops. Memories of happy times pervade, and with this, an overall excitement at the transformation taking place.

But there's one more thing to love about this district: the Ma Tau Kok ferry. The railway is coming, providing residents with even faster and more efficient transport options. But sometimes it's nice to just sit back and take the ferry to North Point, enjoying 12 blissful minutes of solitude on the sea. What better way to start the working day?



Airplanes flying above Kai Tak and Hoi Sham Park (right) remain historical cornerstones of the rejuvenated area. 昔日飛機穿梳啟德機場及飛越海心公園，成為這個重建後區域的美好回憶。



璀璨地位，奪目如鑽

20世紀的「啟德」，代表著香港的國際機場。現在，這個臨海區域正在經歷重大蛻變，並即將成為本港又一核心商業中心，無限發展潛力，蓄勢待發。

在1998年以前，對乘坐飛機前來香港的人來說，降落啟德機場絕對是一個驚險難忘的經歷——飛機就在樓房上空掠過，幾乎可以清楚看見大廈裡的住客。

自舊機場關閉，遷往大嶼山的香港國際機場後，啟德舊址已保留下來，迎接未來新發展。這個臨海地區位處九龍黃金商住地段周邊，城市規劃專家認為其極具潛力，並投入不少時間及心血，積極籌備發展計劃。

經過多年來的設計籌劃，這項發展大計已漸見成果，並已開始動工，將機場舊址化身為充滿活力的「城中城」，這個嶄新的商業及生活綜合發展區，將可令區內居民及訪客享受更優質的生活。

美國著名喜劇明星George Burns曾經說過：「我展望將來，因為我的餘生都在那裡度過」，而這個規劃大綱亦抱持同一理念：籌建不為現在，更為未來的世代。

啟德地區將會注入活力，提倡健康生活，以多用途體育館為中心，連接不同的公共設施，包括都會公園及多個室內康樂中心，亦設有規劃完善的單車徑及緩跑徑。

本著以人為本的概念，臨海區域主要用作興建公園及休閒設施。除了設有四通八達的行人路連接鄰近社區外，日後亦將興建沙田至中環的港鐵線。而當局最近更宣布在區內的環保交通網絡增添單軌鐵路系統，計劃建造一條全長9公里的高架單軌鐵路，連接啟德商業發展區、海濱道項目及觀塘渡輪碼頭海傍發展項目，預期於2023年落成。

優秀的現代城市規劃，必須具備多元化的可持續發展和環保元素，當中包括即將在九龍灣地標MegaBox旁一幅公共用地上，興建全港首座零碳排放建築物，為能源效益建立典範。

不少環球企業早已看準該區的秀麗前景，紛紛進駐這個備有極大發展潛力的地段，甲級寫字樓的供應亦因而倍增。聳立於MegaBox上

的優質商廈，見證該區被開拓為新興的商業中心，並成為本港第二個核心商業區。

同時，該區亦具有重要的文化意義，為許多人帶來溫暖回憶。位於土瓜灣旭日街的海心公園，是孩子們及三五知己的好去處，這個臨海而建的休憩公園綠樹成蔭，讓人在寧靜的環境下舒展筋骨，又或閒談下棋。不少青少年會到公園的遊樂場盡情暢玩，那裡亦會不時舉辦社區活動，氣氛熱鬧。在公園海岸的魚尾石也是著名景點，相傳情侶在拜祭過這風水石後，便可成就一段美好姻緣。

該區充滿發展機遇，於周邊置業安居定可迎來和諧美好的未來，而嘉里建設在旭日街的全新住宅項目，勢必具備優厚發展潛力。

在項目工地附近漫步，便會發現這個地方的獨特之處。這座即將落成的物業與大海之間，只相隔了形狀如樹葉的海心公園，讓住戶坐享一望無際的永久海景。從低層單位望出去，綠蔭茂盛的公園恍如一塊翠綠地毯，向大海伸延。眺望船隻在海港穿梭往來，加上興建中的新郵輪碼頭及沿岸高樓大廈，景致遼闊開揚。在公園的前方，還有相傳會帶來好運的魚尾石。

物業東南面向海，西北則望城市景觀及翠綠山巒。所有單位均設有露台，提升空間感；室內設計盡顯優雅氣派，營造家的舒適寫意，融合了和諧生活的所有元素。

在大廈附近建成已久的兒童遊樂場、服務街坊多年的餐廳茶座，與現代化商店和諧共存，為該區居民帶來愉快回憶，亦體驗到令人興奮的城市發展。

該區還有一個值得喜愛之處，就是馬頭角碼頭渡輪。雖然即將興建的港鐵線為居民提供更快捷的交通選擇，但偶爾乘坐渡輪前往北角，享受12分鐘的悠閒海上旅程，有什麼比這樣展開新一天的工作來得更好？



The lush greenery and relaxed lifestyle of Happy Valley provides a haven to recharge the soul. 跑馬地翠意盎然，悠閒寫意的生活節奏，居於此區讓人倍感身心舒暢。

Between hills and parks

Kerry's The Altitude rises above the scenic backdrop of Happy Valley and offers residents the comfort of state-of-the-art facilities to play host for their guests



City living is sublime. The bright lights and buzz are energising, and that's only the beginning. Urban dwellers are spared a lengthy commute to the office. They have the widest possible choice of restaurants and theatres, and interesting shops to browse through. If they locate wisely into a well-planned residential district, tranquility will surround them. Ideally, parkland greenery beckons to rest and recharge the soul.

Such a lifestyle has always appealed, but no longer will the discerning settle to merely exist in a tiny city flat. Social trends have changed: we spend much more time at home, so we invest in making it comfortable. We still love fine dining, but don't always want to go out for it.

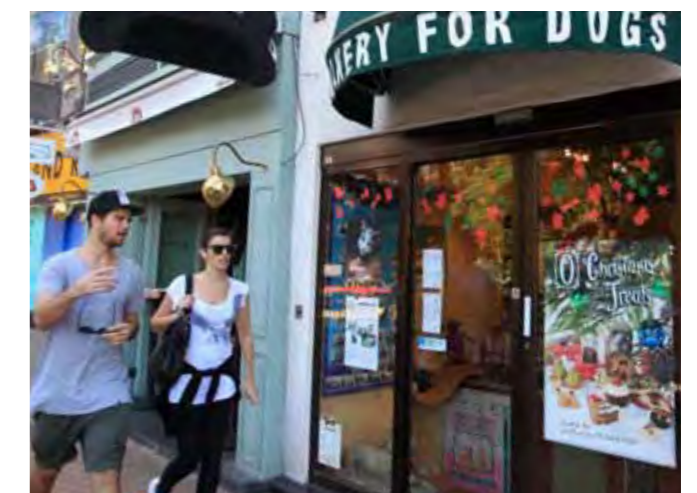
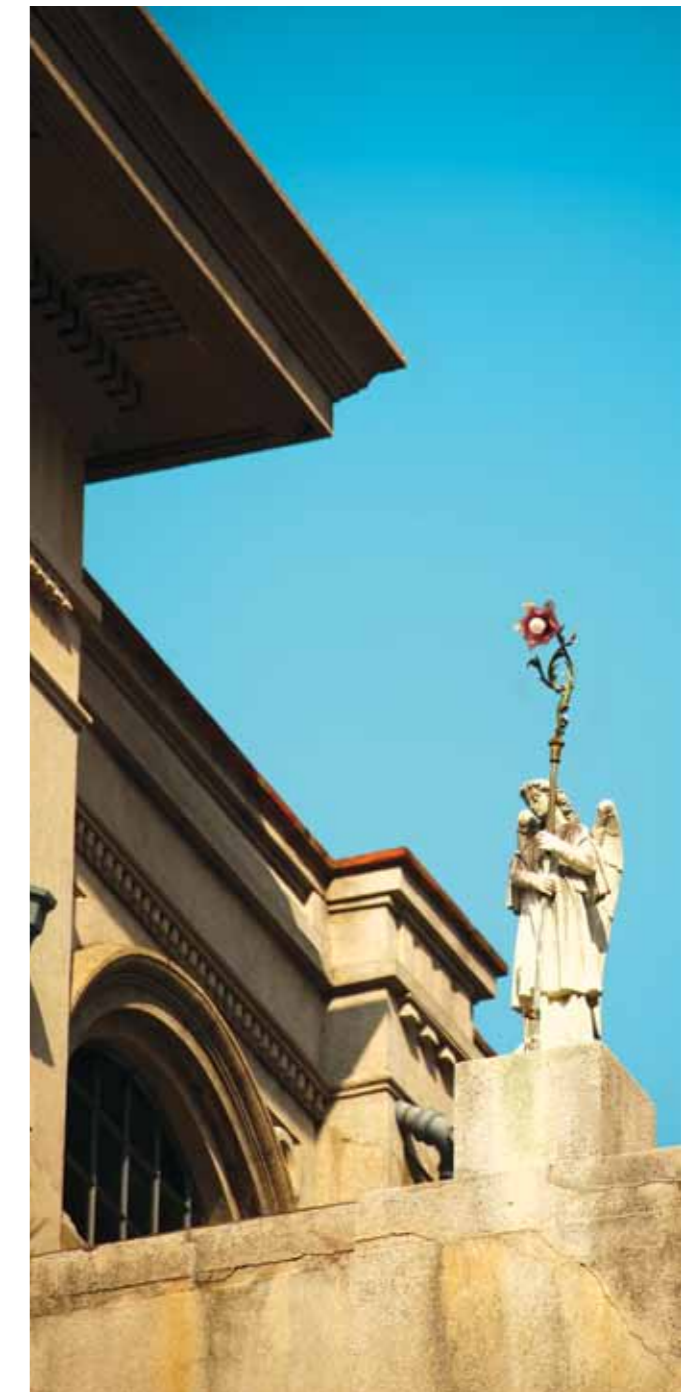
More and more, we prefer to entertain friends at home. We cherish quality time spent with loved ones in a private space where we can all relax and reconnect. We value our health and wellbeing, and want fitness facilities that are easily accessible, so as to integrate smoothly into our daily routine. Anyone who can find all of these lifestyle advantages in a neatly wrapped home environment would be living the high life indeed.

Happy Valley provides such a setting. Located only a short distance from the pulsating commerce of Causeway Bay and Central, Happy Valley is cloistered in tranquility. Nestled between mountain ranges and country parks, this natural valley is a restful backyard to the bustling city. Long recognised for its rarity as a true urban oasis, it's a prestigious area where property is tightly held, often kept in the same family for generations.

For this reason, Kerry Properties' new Happy Valley luxury development, The Altitude, is the talk of the town. A look inside reveals what all the excitement is about.

First impressions are the feeling of space. By anyone's standards these apartments are big, but their spaciousness is enhanced by expansive picture windows overlooking the all-encompassing greenery. Double glazed using low-e glass for optimal insulation and energy efficiency, these window walls overlook the surrounding mountains, parks, trees, sports grounds and racecourse for which Happy Valley is famous. Soaking in this calming atmosphere, one gets the feeling of being embraced in greenery.

Look closer, and a raft of premium international names makes it clear why The Altitude's city lifestyle represents the





The Altitude is characterised by spacious units and premium amenities for living in luxury. 紀雲峰的尊貴住客坐享寬敞的居住空間及一系列頂級設備，樂享優越生活。

height of prestige. Europe's leading bathroom brands, among them tapware by Dornbracht, the "spirit of water," epitomise quality.

"The pinnacle of bathroom luxury is proudly showcased at The Altitude where Dornbracht's cutting edge, award-winning fittings are a perfect match with the urban home styling," said Ms Denise Lau, COO of B.S.C. "The Dornbracht 'spirit of water' creates a holistic wellbeing experience, transforming the bathroom into a private haven of rejuvenation and relaxation of the body and mind."

Kitchens are equipped for a master chef, not only in their size, but also the luxury appointments. Fitted into the custom-made Poggenpohl cabinetry is a full complement of appliances by globally respected brand Miele: three ovens (microwave, convection and steam oven), gas and electric hob, fridge, washing machine, dryer and wine cellar. In such gourmet conditions, creating a restaurant-quality meal can become a reality without having to leave the comfort of your own home.

Richard Green, Head of Marketing and Brand at Miele Hong Kong, said that as a world leader in the production of stylish, high-performance appliances, Miele is delighted that Kerry Properties set such a high standard in selecting

appliances for The Altitude. "By choosing Miele, they have made a statement that they do not compromise on quality and truly appreciate the luxury standards of our appliances."

For those who care about environmental protection, it's also reassuring to know that the units' timber flooring, and even its backing material, is sourced from sustainable forests.

There's even more to The Altitude's premium lifestyle. Highly unusual for a Hong Kong home is that within the residents' clubhouse, a luxury spa can be booked for family use. What better way for loved ones to spend time together than quietly connecting as they bathe in the soothing, warmly heated jacuzzi, be gently lulled by the massaging jets of the whole-body Vichy Shower, or be mesmerized by the twinkling "stars" above the designer sauna.

To celebrate their special events, residents will surely make use of the clubhouse's intimate function room with its adjacent kitchen. Simply hire a chef, or even self-cater, to host an event that's so much more convivial because you're holding it in your own home environment.

Successful people who have achieved the height of career success will want to elevate their home life to match. The Altitude offers the lifestyle you may have been longing for.

恬靜山間，尊貴一隅

嘉里建設精心打造的紀雲峰不但傲踞港島跑馬地翠綠尊尚地段，更為住客呈獻國際級的設施，宴請賓客盡顯氣派非凡。

令人嚮往的城市生活總是充滿魅力，五光十色的街景映襯出活力澎湃的生活節奏。

居於鬧市的好處，除了無需長途跋涉到辦公室上班外，亦享有最豐富的餐廳及戲院選擇，當然還可以到五花八門的商店閒逛。但只有最得天獨厚的住宅區才能讓你坐擁旺中帶靜的優越生活。理想中的居所，既要能讓你身處繁華都市之中，卻又能隨時於綠油油的園林景致裡休養生息。

這種夢想居所當然為我們所渴望擁有的，而一般的市區單位已不能滿足追求品味生活的一群。時代轉變，我們較以往更喜歡留在家中，花上更多時間與心思去營造一個溫暖舒適的安樂窩。我們依舊欣賞高級精緻的美食體驗，卻未必選擇常常外出享用。反之，我們愈來愈喜歡在家裡招待親朋好友，珍惜與摯愛在家相聚的珍貴時間。我們重視身心健康，即使在忙碌的日常生活中，亦可隨時享用健身設施。能夠盡攬上述優點的生活，才可稱得上是理想優越。

位處尊尚地段的跑馬地正具備以上種種條件：既就近銅鑼灣與中環兩個繁忙的商業區，又自成一角享受著遠離繁囂的寧靜，得天獨厚。跑馬地這個天然山谷坐落於山脈與郊野公園之間，可說是繁華都市的後花園。長久以來，跑馬地被視為城市中罕有的綠洲，這裡的物業總是世代相傳，居民更絕不輕易出售物業搬離這個尊貴地段。

正因如此，嘉里建設最新的跑馬地豪宅項目紀雲峰自推出以來便成為城中熱話。只要親身到訪，便會明白箇中罕貴。

甫踏進單位內，強烈的空間感即讓人一見難忘。偌大的單位加上寬闊的窗戶，可俯瞰四周的翠綠優美景致，倍添室內的空間感。窗戶採用雙層高效節能玻璃，高效透光、隔音、低傳熱及提升能源效益，讓人在屋內就能將周遭群山、公園綠林、運動場，以及跑馬地的著名馬場盡收眼簾。陶醉在如此平靜的氣氛之中，感覺猶如被大自然緊緊擁抱著。

細看單位內採用的設施與產品，眾多國際高級品牌襯托出紀雲峰的尊貴生活態度。其中歐洲一流衛浴設備品牌「水之精神」Dornbracht，就是極品質素的同義詞。

「紀雲峰選用之Dornbracht產品均為品牌最新的獲獎出品，與優質城市生活配合得天衣無縫，盡顯豪華浴室的氣派。」B.S.C.首席營運總監劉思蔚續說：「Dornbracht『水之精神』予人一種神聖的舒暢體驗，更能將浴室變成放鬆身心的私人天堂。」

紀雲峰的廚房設計亦同樣出色，無論是空間的大小，還是豪華的配套，都彷彿是為大廚而設。於特別訂造的Poggenpohl廚櫃內，就是國際著名家電品牌Miele的全套產品，包括三種烤箱（微波爐、焗爐及蒸爐）、煤氣爐與電爐、雪櫃、洗衣機、乾衣機及酒櫃。擁有如此頂級設備，即使安在家中也能炮製出上乘的佳餚盛宴。

Miele香港市場拓展及品牌主管Richard Green表示：「作為高級家電的領導品牌，對於嘉里建設為紀雲峰挑選家電訂下如此嚴格的標準，我們感到十分欣喜。選擇Miele，足證嘉里對質素的堅持，與及對Miele豪華設備的認同。」

單位內所選用的木地板甚至其承托材料，皆是來自可持續森林，絕對符合環保。

紀雲峰提供的優質生活當然不止於此。住客會所內的豪華私人水療室，可謂城中罕見，更可供家庭預訂使用，一家人在溫暖舒適的按摩浴池裡，享受著輕柔的全身淋浴按摩，又或在特別設計的蒸氣浴室內欣賞醉人「星空」，倍添家庭樂。

住客更可於會所附設廚房的宴會廳裡舉行派對慶祝活動。無論是外聘名廚或親自下廚，都可在輕鬆舒適的環境裡舉行派對，更添歡樂氣氛。

成功人士無不希望於卓越事業以外，追求更優質的家。紀雲峰的出現，將為你呈獻夢寐以求的理想生活。





A home's warm embrace

With the chilly winter season upon us, Kerry's Lions Rise residential project at the heart of Kowloon East provides residents warm surroundings to seek comfort in



When it's cold outside and we've been out all day, don't we long to arrive home? Shedding that heavy winter coat, and easing chilled feet into fluffy warm slippers, makes you want to go "Aaaaah." The sense of comfort that being home brings seems to be heightened in winter. Step inside your own front door, and the grey skies part. Outside it may be cold, damp, and gloomy, but inside we are shielded, cocooned in our home's warm embrace.

Compared to many other countries, Hong Kong winters are relatively short. But they can certainly be cold. And, just as we all add clothing layers as the weather cools, so too can we have fun dressing up our home to prepare for the winter season. By adding warming features, we not only raise the physical temperature of our home environment, it makes us feel good all over. Here's how to begin:

First impressions always count, and that applies to your home, too. When your building has a lobby that is stylish and inviting – spacious, airy and lightly decorated – it sets the tone for what is to follow. Greenery enhances the welcoming feeling, so if there are trees and gardens outside, it's a great start.

The first place to add cosy layers to your interior scheme is the floor. Hard flooring like marble is pleasing and practical, if a little cold in winter. Such finishes, and even timber floorboards, are the perfect partners for a beautiful covering. Rugs in natural fibres like chunky wool or luxurious silk placed by the sofa, bed or dining table are gorgeous to walk on, and will keep even bare feet comfy in winter.

Continuing with the textural theme, add some new throw cushions. Interior designer Monica Ng of design firm Hospitality & Leisure Asia (HLA) tends to choose

light fabric sofas for a clean, uncluttered look, but in winter, she splashes out with warm-coloured cushion covers. Earthy autumn tones such as burgundy and tangerine feel warming and relaxing, she says. A few jewel-coloured accents add life, and the hint of springtime to come. Curtains that are changed with the seasons, from light and breezy in summer, to rich and luxurious in winter, will surely help create a cosy and soulful mood. Ms Ng also favours tactile wall treatments: soft furnishings aren't just for the floors and windows, she points out – they can also be used to make a plush wall feature.

Nothing says winter warmth quite like a burning flame. People are always drawn to a fire as their focal gathering point, and with the new, eco-friendly, freestanding decorative fireplaces on the market these days, you can enjoy the same ambience at home, without the mess and fuss. They're smoke-free and so safe, you can even place them on a tabletop. For a flickering flame that also gives a romantic lighting effect, place candles around the home. Burn scented candles or aromatherapy oils for a spicy fragrance that is so desirable in winter, exuding a warm, loving feeling.

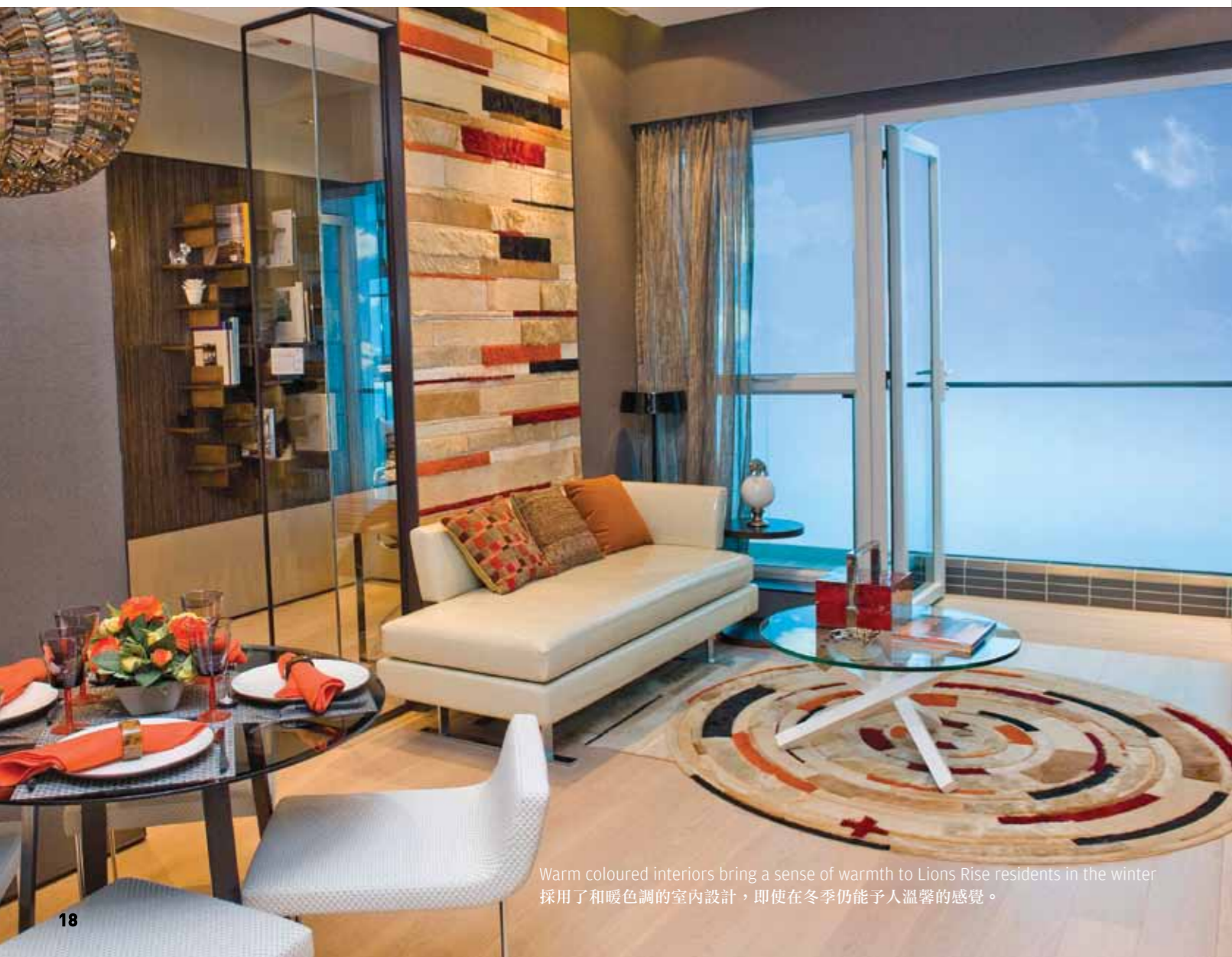
We may not all have the flair of a professional interior

designer, but we can take our cues from them. Ms Ng shows us how in two quite different but equally charming examples of a cosy home at Lions Rise, a Kerry Properties' contemporary residential project in Wong Tai Sin.

In one flat, the colour scheme teams light coloured, environmentally-friendly beech flooring with tangerine-toned accessories. The selection of textured soft furnishings creates a warm and plush aesthetic. A pure silk rug in the living room looks and feels luxurious.

The second flat has contemporary marble and dark walnut floors as its backdrop, with fashionable metallic-coloured accents. Yet despite this strong background palette, it still manages to feel warm and cosy in winter. This is the result of an interesting layer technique designers use to create a well-balanced interior finish. Layering adds depth and character to a room, explains Ms Ng. Light teamed with dark, soft with hard, and textures that seem made to mix and match: these elements are like yin and yang, holding the key to cosiness.

It's starting to get cool outside, and when we leave home we're rugging up already. Let's settle in to welcome the winter season in a cosy home that's a joy to return to.



Warm coloured interiors bring a sense of warmth to Lions Rise residents in the winter. 採用了和暖色調的室內設計，即使在冬季仍能予人溫馨的感覺。

暖暖冬日居

雖然嚴冬將至，住客身處位於九龍東心臟地帶的嘉里現崇山住宅項目，仍可感到絲絲暖意。

在寒風刺骨的天氣下忙了一整天，任誰都定會歸心似箭，希望盡快回到溫暖的安樂窩。回到家裡脫下厚重的大衣，讓雙腳鑽進暖洋洋的軟毛拖鞋中，那種暢快的感覺實在難以言喻。在寒冷的冬天，能夠待在家中彷彿就是最棒的事。踏進自己的家門，儘管陰沉的街上又濕又冷，在家裡我們總是被溫暖幸福的氛圍緊緊包圍。

香港的冬季時間，相對比其他國家為短，然而卻可以非常寒冷。隨著天氣轉冷，我們為自己添衣之際，亦可趁機粉飾安樂窩，好好迎接冬季的來臨。為家居增添暖意，不但可提升家裡的溫度，更讓我們感覺舒適窩心。

就像人與人之間的相處，居室予人的第一印象其實甚為重要。假如您家大廈的大堂環境雅致寬敞，設計時尚而富有空間感，已經為你的居所加分不少。綠色植物能帶出朝氣的感覺，外面種有樹木或設有花園的話，更是十分理想的點綴。

地板是首個能為室內家居增添舒適感的地方。像雲石等堅硬的地板材質，是受歡迎而實際的選擇，唯在冬季則略為冰冷一點。這些材質（甚至木地板）與漂亮毯子可說是絕配。放上像以短羊毛等天然纖維製成的地毯，或在梳化、睡床或飯桌旁鋪上名貴的絲綢，踏上去不但感覺美妙，亦會在冬日好好保護雙足，即使赤足仍感溫暖舒適。

在地板材質以外，不妨添置一些的布藝靠墊。來自Hospitality & Leisure Asia (HLA) 的設計師伍麗萍小姐喜愛選擇外觀簡潔輕巧的布藝梳化，每逢冬季，她會一併將靠墊都換上暖色系的布套。她說，如酒紅色及橙色等樸實的秋季色調，都會令人感覺暖和，身心放鬆。加上幾種珠寶色作點綴，更能增添生氣勃勃的初春氣息。隨著季節更替，將夏季那輕盈飄逸的窗簾布換上豪華瑰麗的冬季質料，可營造出溫馨而熱情的氣氛。伍小姐亦鍾情富有觸感的牆身裝飾。她指柔軟的裝飾陳設並非只為地板與窗戶而設，它們更可用來設計華麗的特色牆呢。

火，最能在寒冬裡帶來溫暖。自古以來，人們總愛聚集於火的四周，隨著現時市面上各種全新設計、環保、獨立式的精緻家居壁爐面世，你也可在家裡輕鬆享受暖暖營火。這些壁爐無煙而安全，甚至可直接擺放於桌面上。想以閃爍的火光為家裡營造點點浪漫氣氛，可在四周擺放一些蠟燭。此外，燃點香味蠟燭或帶有辛辣味的香薰油，也能在冬日散發出暖洋洋和充滿愛的感覺。

雖然我們未必擁有專業室內設計師的觸覺，卻可從他們的設計獲得一點靈感。在嘉里建設位於黃大仙的大型豪宅項目現崇山，伍小姐為我們展示出兩個截然不同、但同樣令人嚮往的安樂窩典範。

其中一個示範單位以淺色系為主調，採用環保樺木地板並配搭橙色調的裝飾。單位選用了富質感的軟身毛絨裝潢，營造出溫暖、令人賞心悅目的氣氛。客廳放置的一塊純真絲地毯，令家居更添豪華。

另一單位鋪上當代大理石與深色胡桃木地板，綴以時尚的金屬色裝飾。縱然背景色調強烈，仍然能在冬季散發溫暖舒適感。這歸功於設計師充滿玩味的層次技巧，令室內各種裝潢都能取得平衡。伍小姐解釋說，分層技巧可增添房間的深度與格調。光暗、軟硬對比與各種不同質感的材質，有如陰陽調和，是營造舒適氣氛的關鍵。

天氣漸涼，為自己添衣之餘，亦一起為我們的安樂窩換上冬裝吧！



Shanghai's enchanting call

Jing An Kerry Centre delineates a new visage of Shanghai

Shanghai – Pearl of the Orient – has a history as romantic as its name. Evolving from small fishing village then vibrant sea port to a leading financial and commercial hub, China's largest city has always marched to the tune of its own beat – and usually, one step ahead of the rest. It is at this exact juncture where Kerry Properties has chosen to bring up its first fully-integrated development. The new Jing An Kerry Centre is poised to catapult the metropolis' converging lifestyles while closely preserving the city's enduring Wu and Yu Dynasty roots.

A river city, Shanghai spans across two banks of the Huang Pu River, a tributary of the Yangtze. Pudong lies on the east side, and Puxi on the west. While Pudong is a thriving financial district, Puxi complements as the city's "soul". Poets, artists and creative types have long been drawn to this intricate part of town, which exudes a sophistication saluting their legacy. The sum of both these parts makes Shanghai the vibrant and influential metropolis it is today.

Strolling along the tree-lined promenades of Jing An,

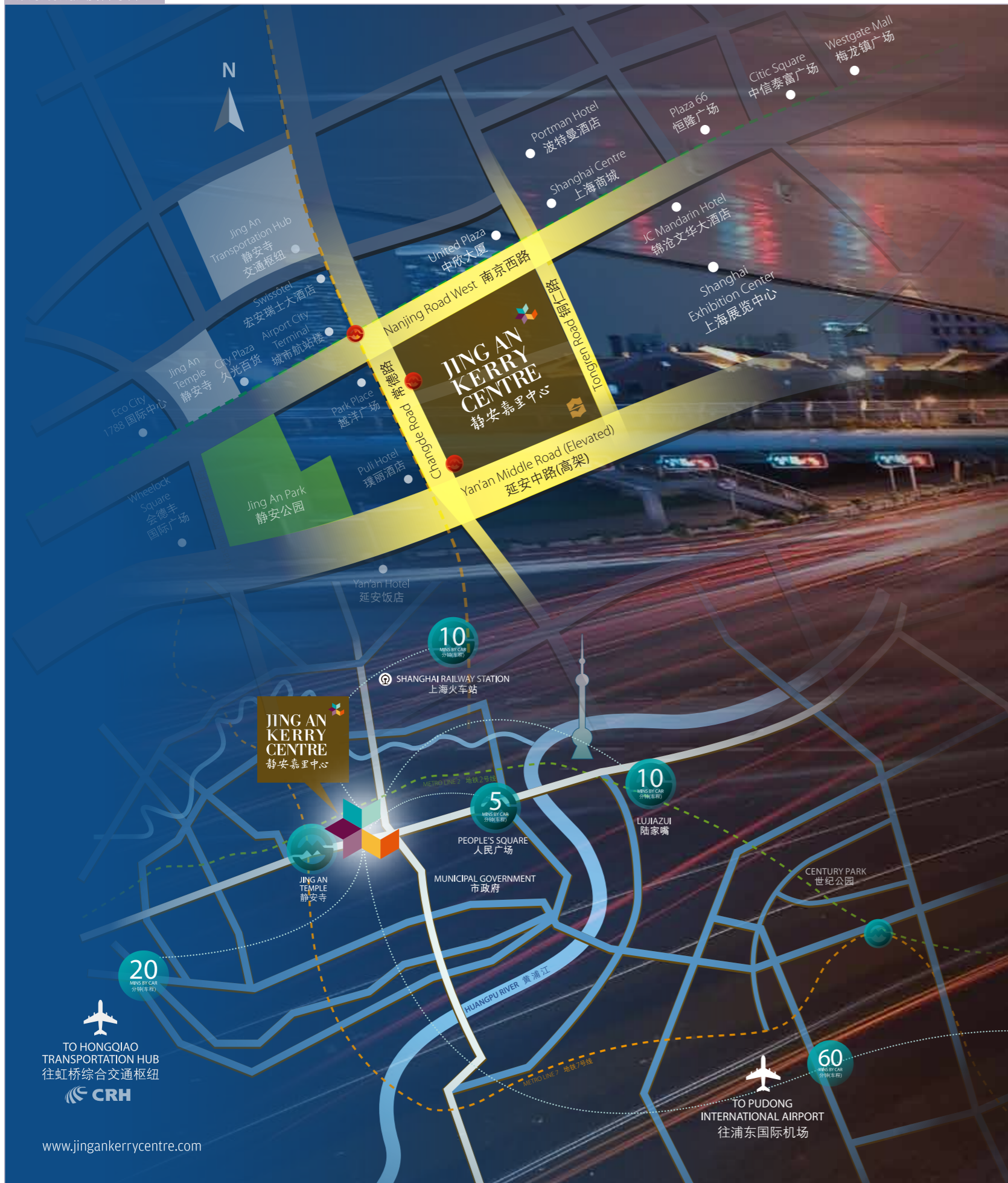
Puxi's uptown district, history and modernity sit side by side in an east-meets-west melting pot that is uniquely Shanghai. There are traditional brick houses amid art-deco European mansions; quaint lanes among modern thoroughfares; one-off boutiques beside glamorous shopping centres. In front of the high-street chain stores, street vendors selling their traditional wares preserve Shanghai's local flavor. The sharp-suited executives browsing during their lunch breaks is a reminder, however, that today's Jing An is open for business, attracting multinational companies and local corporations alike to showcase their presence in this strategic commercial hub.

Everywhere, interesting street art installations gently nod to Puxi's inherent romantic nature. Outside the Russian-designed Shanghai Exhibition Centre, the sculpture of a horse by artist Arman rears with spirit. The inscription hails the French-born contemporary master for his ability to give original things new face and significance – and this is precisely what's happening at Jing An Kerry Centre, the first fully-integrated development in uptown Jing An district.

**JING AN
KERRY
CENTRE**
静安嘉里中心

www.jingankerrycentre.com





Sitting at the crossroads of Nanjing Road West and Chang De Road, Jing An's newest arrival is eagerly awaited within the community it will serve. The emerging Jing An Kerry Centre is the city's first integrated lifestyle destination. Scheduled to open in late 2012 on the last expanse of prime CBD real estate, it will deliver exciting new shopping, premium office towers, luxury residential and world-class hospitality in a way that epitomises contemporary Shanghai-chic.

This mixed-use development is an all-encompassing destination, imbued both with the energy and dynamism of Shanghai, and the culture and heritage that is uniquely Jing An. As William Chan, General Manager of Jing An Kerry Centre explains, it is a welcome addition to the city scene. "This is something for the whole district to enjoy - it's the final piece in the puzzle that residents and the business community have been waiting for."

The vision, now being realised, is the creation of a gathering place where business and lifestyle seamlessly merge. The focal point is a modern town square radiating around the heritage house that Chairman Mao stayed in for a time in 1920. This open-air courtyard will be a place of living culture, home to artists-in-residence and various creative activities appealing to the community at large.

Developer Kerry Properties long ago realised where Jing An was headed - characteristically ahead of the curve - and identified the missing piece. "Our vision is to grow organically with the whole district, to be part of Shanghai in a multi-faceted way," Mr Chan said.

Jing An Kerry Centre will offer businesses the space they need for expansion, in prime, new offices of a quality and flexibility designed to sharpen their competitive edge. When executives come down from their boardrooms, they can mix and mingle in a retail component that provides a vastly-improved choice of restaurants and a cultural heart that inspires and relaxes.

Shops here will feature modern contemporary American and European brands, some of them new to Shanghai. In addition to the glamour of fashion shopping, the Centre is also about a high quality yet accessible lifestyle, incorporating cinema entertainment, supermarket convenience and creative designs. This reflects the vibe of the development, appealing to a younger, creative, and aspirational generation of cosmopolites. Norman Chan, Senior Commercial Director of Jing An Kerry Centre, says: "We believe that the consumers in China are increasingly making more sophisticated, forward-looking luxury choices, and we are committed to this trend. Jing An Kerry Centre will offer a retail experience where shoppers can be absolutely authentic as to who they are as distinct from all the others."

For the residents who will live in the property's luxury serviced apartments, and guests who will stay in the new Jing An Shangri-La hotel, all of these elements are combined into one compelling lifestyle destination that awaits right on their doorstep.

Shortly, the door will open to the new face of Shanghai - a visage which celebrates Shanghai's colourful past, and propels it into the future. Jing An Kerry Centre holds the key.

Fast Facts:

- Jing An Kerry Centre is the first fully integrated development in Jing An district
- Grand opening is scheduled for late 2012
- 450,000 sq m of mixed-use development includes 86,000 sqm of retail, 152,000 sqm Premium Grade A offices, 133 luxury residence units, and the Jing An Shangri-La hotel
- The development is a 40-minute drive from Shanghai Pudong International Airport, with onsite connections to Metro lines 2 and 7
- Premium Grade A office towers achieve LEED Gold pre-certification from the US Green Building Council
- Kerry Residences, the serviced apartment component, will be managed by Kerry Properties
- Jing An Kerry Centre is a joint development by Kerry Properties Ltd and Shangri-La (Asia Ltd)



都会典范，成就非凡

静安嘉里中心以崭新的生活潮流理念，为上海开辟全新一隅。

被誉为「东方之珠」的上海，地如其名，拥有如诗如歌般的浪漫历史。从小渔村到繁荣港口，以至今天的金融商业中心，这个中国最大的城市仍然踏著领先的步伐努力不懈地向前迈进。这正是嘉里建设选择於上海浦西发展首个综合性项目的原因。全新的静安嘉里中心为这个大都会带来独特融合的生活模式，同时亦致力於保留上海曾为吴越之地的珍贵历史传承。

上海这座水岸城市，横跨长江支流之一的黄浦江两岸。东岸乃浦东，一江之隔的则是浦西。浦东是欣欣向荣的经济金融中心，另一边厢，浦西却是这个城市的灵气与精髓所在。一众诗人、艺术家与从事创意工作的人士都为这里的文化底蕴所倾倒，纷纷慕名而至。各具特色的东西两岸风华，造就了上海今日繁荣而举足轻重的大都会景象。

漫步於浦西静安区绿树成行的林荫大道，这里展现的正是上海独有的历史与现代、东西文化交汇的面貌：传统的砖屋坐落在充满艺术气息的欧洲大宅旁、繁忙的现代大街中穿插著具有本土风貌的石库门弄堂、精緻的小店点缀在五光十色的商场旁边。在高级品牌的连锁店前，街头摊贩不遗余力地推销著极具本土风味的传统制品。各种风情与人文在此交汇，让西装笔挺的白领们时刻意识到，今天的静安区已发展为跨国与本地企业争相进驻的战略性商业枢纽。

在浦西，四处可见展现著其浪漫本质的街头装置艺术品。俄罗斯古典主义建筑风格的上海展览中心前，矗立著法国艺术家阿曼栩栩如生的马匹雕塑。题词颂扬著这位法国当代大师，拥有解构事物赋予全新面貌与意义的非凡能力，这一点用来形容静安区首项全面综合发展项目——静安嘉里中心，正是贴切不过。

这个精彩纷呈的全新地标坐落於南京西路与常德路交界，将是上海首个潮流生活据点。静安嘉里中心预定於2012年底开幕，届时会带来令人振奋的全新购物体验、超甲级办公楼、服务式公寓、以及五星级酒店服务的完美契合展现出上海尚城生活的一面。

静安嘉里中心同时是一个全方位城市热点，注满上海的活力能量与静安区独有的文化传统。静安嘉里中心总经理陈惠明表示，项目备受静安区欢迎。「这是为整个静安区而设，让居民与商界一直翘首期盼的关键发展项目。」

静安嘉里中心所实现的目标，正是要创造一个商业及生活完美结合的典范。围绕毛主席曾於1920年停留过的故居，建有一现代化的城市露天广场，乃此项目的焦点所在。它将成为生活文化的聚集地，汇聚各界艺术家激发灵感，开展创作，为广大众提供最佳的活动场地与创意熔炉。

发展商嘉里建设一早洞悉先机，看准静安区的所需。陈先生说：「我们的目标是与整个静安区一起茁壮成长，支持和参与城市发展，融入并成为上海重要的一部分。」

静安嘉里中心将为企业提供扩展业务的空间，全新的超甲级办公大楼设计卓越，室内面积灵活，可满足企业不同的需求。行政人员离开办公室以后，可随即步入大型商场，体验购物休闲，享受不同餐饮选择，又或是投入各种文化艺术活动中，启迪及放松身心。

商场将汇集时尚现代的欧美创意品牌，众多品牌是首次亮相於中国。除了令人著迷的时尚购物体验，中心亦提供优质而亲民的生活享受，包括电影娱乐、便利的超级市场与创意设计，满足年轻、有创意、有要求的新一代消费者。静安嘉里中心高级商业总监陈家岳说：「我们坚信中国的消费者对奢侈品牌的选择愈来愈有见解，而我们亦致力於引领这一趋势。静安嘉里中心将为顾客提供无可比拟的购物体验。」

这里提供的休闲娱乐元素，對於静安嘉里中心服务式公寓的住客，和下榻全新静安香格里拉酒店的贵宾以及本地消费者而言，正是近在咫尺的惬意生活写照。

在不久的将来，静安嘉里中心将展现上海传承与发展的新面貌，为上海打开全新的一片天。



项目简介

- 静安嘉里中心是上海静安区的首个综合性项目
- 预计于2012年底正式开幕
- 此项目总建筑面积约45万平方米，包括86,000平方米之商场、152,000平方米之甲级办公楼、133套服务式公寓、以及静安香格里拉酒店
- 项目距离上海浦东国际机场车程为40分钟，并连接上海地铁2号线及7号线
- 办公大楼达甲级写字楼标准，获美国绿色建筑协会颁发能源与环境先导设计（LEED）金证书殊荣
- 嘉里服务式公寓将由嘉里建设管理
- 静安嘉里中心项目由嘉里建设有限公司与香格里拉（亚洲）有限公司合作开发

**JING AN
KERRY
CENTRE**
静安嘉里中心



Life imitates art

Programmes such as DETOUR 2011 are helping to promote the Hong Kong art scene and foster creativity among local artists

The rich fabric of society has many threads - art being among the most engaging. Art speaks in a language that transcends words. Anyone, anywhere in the world can identify with a piece of visual art. Art can move us, inspire us, and bring people together in a way that nothing else can.

Since the earliest civilisations, people have communicated via paintings, sculptures, songs, and other art forms. Even in today's high-tech age, art continues to play an important role in modern society, "speaking" to people in a way that no words, written or spoken, can.

It's never too early to start. Fostering art appreciation among the young, and providing interesting showcases for art, is the way to keep the vein of creativity flowing in a community.

In Hong Kong, government, corporates and private citizens unite in bringing art into the realm of the wider community. This is achieved through a range of events showcasing young and, through this exposure, nurturing and encouraging local talents.

One of the major arts organisations offering a platform for emerging artists is the State-of-the-Arts Foundation. This new initiative, established in 2011, is devoted to promoting the growth and professionalism of the arts industry based on high ethical standards.

Through events such as an award programme, the Foundation strives to introduce talented artists to new audiences. It also hosts or participates in events that engage the wider community in celebrating the existence of the arts.



DETOUR 2011 showcased creativity in all shapes and sizes.
DETOUR 2011透過琳琅滿目的展品，盡展創意。



This year's "Use Less" theme focused on promoting environmental issues through artwork. 本年的主題為「Use Less」，旨在透過藝術品來宣揚環保訊息。



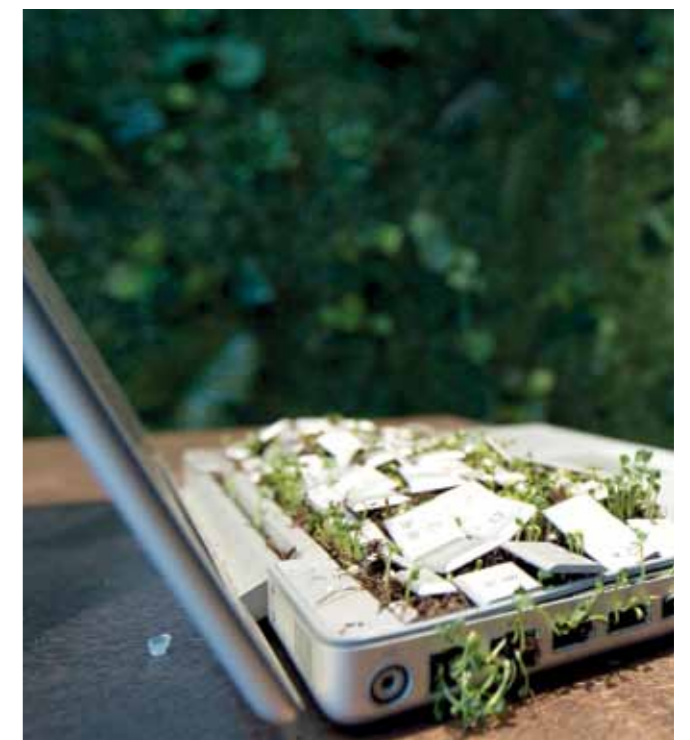
The Foundation works on enhancing communication between the local and international communities through education, resource support, community involvement and networking.

SOTA is an exciting addition to the arts scene this year, initiating various elements that contribute towards a greater appreciation of art in our community. For this reason, Kerry Properties is pleased to be an inaugural supporter of SOTA.

Another high-profile arts and cultural showcase is DETOUR, the annual flagship event of the Hong Kong Ambassadors of Design (HKAoD). This non-profit organisation was founded in 2006, promoting design, creativity and local culture through a series of dynamic, experiential and educational events and projects held at various venues in Hong Kong.

In the six years since it has been held, DETOUR has provided a platform for hundreds of emerging and established artists, sculptors, designers, architects, musicians and more. Its importance to the community is reflected in the fact that audience numbers have doubled. Today, over 50,000 people participate in the three-week program of exhibitions, installations and workshops held in Hong Kong each November to December.

This year, DETOUR 2011, entitled "Use Less", had an environmental theme.



Through creative insights and knowledge-sharing, the community was encouraged to reduce, reuse, and recycle. Such consciousness-raising can help to reduce the enormous amount of waste our society generates each year.

The event has been developed not only as an artistic showcase but a way to engage the public.

“This year’s theme is about simplicity in life. It encourages the community to think about a simpler way of living, to consider a less consumption-based lifestyle through design,” said Jehan Chu, Program Committee Co-chairman.

Mr Chu praised the support of volunteers – mostly design students from Hong Kong tertiary institutions – and corporate sponsors for their role in fostering art in our society. “Through their commitment, community members and corporate sponsors are promoting a creative culture in Hong Kong. Together, using art as the channel, we can show the world the emerging cultural and artistic hub our city has become.”

It’s been written that one of the easiest ways to make the world a better place is to do something unexpected and artistic that will inspire people. Through its support of artistic endeavours in Hong Kong and China, including DETOUR and State-of-the-Arts Foundation, Kerry Properties joins in the chorus of community will. Together, we can keep artistic spirit alive and flourishing in our society.



Various art pieces supported by the State-of-the-Arts Foundation to foster artistic spirit. State-of-the-Arts藝術基金 透過支持各項不同類型的藝術活動，宣揚藝術精神。

生活模仿藝術

DETOUR 2011及類似藝術活動不但有助推動香港的藝術發展，更讓本地藝術家發揮無盡創意。

在社會眾多的範疇中，藝術往往最能觸動人心，取得共鳴。藝術是一種超越文字的語言，世界任何地方的人都可感受藝術，從中得到感動和啟發，更可將人與人的距離拉近。

自遠古的文明時期開始，人類以圖畫、雕刻、樂曲及其他形式的藝術作溝通；直到現今的高科技時代，藝術繼續於社會扮演著重要角色；不用文字，也無需說話，照樣傳情達意。

為了推動藝術發展，我們應及早行動，鼓勵青少年欣賞藝術，為藝術提供有趣的展示空間，令社會充滿創意。

在香港，政府、商界以至市民都同心推動藝術發展，合力將藝術帶進社群，透過各式各樣的活動，展現城市年輕活力的一面，並藉此培育及鼓勵本地人才發展。

State-of-the-Arts藝術基金是本港其中一間主要藝術機構，提供平台讓新晉藝術家一展所長。該基金於2011年成立，致力推動藝術發展，以及提高業界的專業水平。

透過舉辦藝術大獎等活動，基金積極協助才華洋溢的藝術家，讓他們接觸不同的觀眾。基金亦會舉辦及參與不同活動，以提高社會對藝術的興趣及認知。

State-of-the-Arts藝術基金透過教育活動、資源支援、社會參與及網絡聯繫，促進本地與國際之間的藝術交流。

今年SOTA為本港藝術界增添姿采，並藉著不同元素，提高社會對藝術發展的認同，因此，嘉里建設欣然成為SOTA的始創贊助商。

另一項藝術文化的矚目盛事，就是由香港設計大使（HK AoD）舉辦的年度旗艦活動DETOUR。非牟利機構HK AoD於2006年成立，透

過在本港不同場地舉辦豐富多彩的創意藝術活動，推廣設計、創意及本地文化發展。

自從六年前面世至今，DETOUR為一眾新晉或著名藝術家、雕塑家、設計師、建築師及音樂家等人才，提供發揮創意的平台。這項活動廣受大眾歡迎，參觀人數更倍增，每年11月至12月為期三週的活動匯集了各式各樣的展覽、藝術裝置及工作坊，至今已吸引超過50,000人參與。

今年的DETOUR 2011以「Use Less」為主題，探索環保之道。

藉著展現創意及分享知識，鼓勵社會各界實踐節約、廢物利用及循環再造。本港每年產生的廢物量非常龐大，提高市民在這方面的意識，可有助推動減廢。

除了展示藝術文化外，這項活動更提供了與社會大眾接觸的機會。

活動委員會聯席主席朱沛宗說：「今年的主題是簡約生活，藉此鼓勵大眾思考一下簡單的生活態度，想想如何透過設計，減少生活上的浪費。」

這項藝術盛會獲得不少志願人士的支持，他們大都是來自本港大專院校的 design 系學生，多間企業亦為活動提供贊助，同為推廣本地藝術出力，朱沛宗對此表示讚賞：「社會人士及贊助商的積極支持，推動了香港的創意文化發展，讓我們一起透過藝術，向世界各地展示香港作為文化藝術中心的魅力。」

曾有人寫道：讓世界變得更美好的其中最簡單方法，就是以意想不到的藝術去啟發他人。嘉里建設全力支持香港及內地的藝術項目，當中包括DETOUR及State-of-the-Arts藝術基金，與社會各界一同攜手，讓藝術精神延續下去。



One's trash is another's treasure

We all dream of that sustainable world where waste is reduced to the bare minimum. Indications are that utopia may not be too far-fetched with innovations such as biodiesel

Do you live to eat, or eat to live? Ancient Greek philosopher Socrates is credited with the oft-repeated quote that now has many of us questioning the quantity, and quality, of the food we consume. It wasn't always so. The early hunters and gatherers took only what they needed for survival. Families used to share their food, so that the whole community had enough. Generations grew up being taught to eat everything on their plate. Waste not, want not, was the lesson.



But with increasing affluence came abundance, and somewhere along the way we became a wasteful society. It even became okay to throw away food, and before we knew it, there were mountains of it. An estimated 3,000 tonnes of food waste is deposited in landfills each day in Hong Kong: 70 per cent from households, and 30 per cent generated by the commercial sector. That includes about 10,000 litres of used cooking oil, a staple of Chinese cooking. Of all this waste, the cooking oil poses perhaps the most worrying environmental problem: oil doesn't break down as quickly as other organic waste, and if not disposed of correctly, can end up in our oceans and waterways polluting drinking water, and endangering marine life.

But what if these leftovers were not worthless waste after all? What if they could be, in fact, a potential new source of sustainable, green energy? Could cooking oil, for instance, possibly be reused to power cars, ships and even airplanes? Could table scraps one day generate electricity? Such notions are not as far-fetched as one might imagine. Indeed, it is happening right now.

Around the world, eco-entrepreneurs are turning such waste into biodegradable, non-toxic, clean-burning energy known as biofuel. One such product, biodiesel, is particularly exciting as it is being used already in some cars, a major contributor to poor air quality in cities worldwide.

Many Hong Kong restaurants, including some at MegaBox, utility provider Hong Kong Electric, various hotels, the Hong Kong Jockey Club and Hong Kong International Airport, have



“One day in the not too distant future, more of Hong Kong's food waste might be recycled as a major source of energy powering our city.”

their used cooking oil collected by a recycling company for conversion into biofuel. Dynamic Progress International, one of the first companies licensed to manufacture biodiesel in Hong Kong, treats tens of thousands of tonnes of used cooking oil each year at its factory in the New Territories, recycling it as a blended fuel for diesel vehicles. It's not suitable for every vehicle, particularly those manufactured more than five years ago. But, its usage is expanding. Already, Hong Kong International Airport uses a blend of diesel containing biodiesel in all its ground transport vehicles. Airlines are beginning to use biofuel mixes to power their aircrafts. Given that the airline industry is one of the biggest emitters of greenhouse gases, the new biofuel mixes could help it to become more environmentally friendly, industry analysts believe.

But this is only the beginning. Even animal fats like beef tallow and fish oil can be used to make biodiesel fuel.



Technologies are being developed that can turn table scraps into biogas – a renewable substitute for natural gas. In addition to food waste, it is believed that all types of urban waste – including treated wastewater, garden clippings, non-recyclable paper, and even manure from farms – have potential to create biogas, under the right conditions. Already, many cities in Europe produce biogas exclusively from food scraps. The recycled product can be used to generate electricity and, with minimal treatment, can be substituted for traditional natural gas in power plants, residential buildings, vehicles and businesses.

Nature offers us sustainable energy solutions, too: the sun, wind and ocean currents are all potential power supplies that are virtually inexhaustible. Many of the technologies to harness these natural resources are already available: the challenge for climate change scientists is to find ways to make them commercially viable.

One day in the not too distant future, more of Hong Kong's food waste might be recycled as a major source of energy powering our city. Hong Kong's first Biofuel Research Centre has been set up at City University to undertake research into sustainable alternatives to fossil-based fuel. Dr Michael Leung, the centre's director, said that, apart from providing fuel for vehicles, food waste of various types can be used in fuel cells, an alternative to batteries, which could power everything from mobile phones and notebook computers "all the way up to a power station for a high rise", without the need for electrical recharging.

Could our future be one where travel doesn't pollute our planet, and laptop batteries never run down? What a smart world that would be.



Biofuel has been adopted in other parts of the world and will soon reach Hong Kong to some day power the city. 部份國家已經開始應用生物燃料，相信在不久的將來亦會獲引進香港。

變廢為寶，環保創意

我們都夢想身處的地球可以生生不息，生態持續發展，並將浪費減到最低。隨著如生物燃油的環保能源的出現，這個綠色烏托邦可能並非遙不可及。

你是為了吃而活著，還是為了生存而進食？古希臘哲學家蘇格拉底這句名言，讓我們對所吃食物的數量或質量作出了反思。

追溯至古時，人們只獵取及收集供給生存所需的食物，並會與其他家庭分享，所以整個社會都有足夠的糧食；小朋友也被教導要把碟上的食物吃光，學習「不浪費，不匱乏」的道理。

然而，隨著物質變得豐富富庶，社會的浪費現象亦日益嚴重。丟棄食物甚至已成為了可以接受的習慣，久而久之廚餘便堆積如山。在香港，每天棄置到堆填區的廚餘估計多達3,000公噸，當中70%是來自家居，其餘30%則產生自商界。這些廚餘亦包括約10,000公升的廢棄食油。食油是中式烹調的主要用料，由於油的分解速度不及其他有機廢物，所帶來的環境問題更令人憂慮，若沒有以正確方法棄置，廢食油可能會流入大海或下水道，不僅污染食水，更會對海洋生態構成威脅。

假如這些廚餘並不是毫無價值，更可變成可持續發展的環保能源，結果又會怎樣？食油能否循環再造，製成汽車、船隻甚至飛機的燃料？餐桌上的廚餘又能否產生電力？現在這些構思不再是空想，更已付諸實行。

世界各地的環保企業家正在努力，將這些廢物轉化為生物燃料。令人振奮的是，現時世界各地已有部分車輛使用生物柴油這種可生物分解及潔淨燃燒的無毒能源。而車輛正是全球城市空氣污染的主要來源。

本港有不少餐廳（包括MegaBox部分食肆）、公用事業機構香港電燈有限公司、多間酒店、香港賽馬會及香港國際機場均委聘回收公司，以收集廢食油製成生物燃料。泰榮環保科技國際是全港首個獲發牌照的生物柴油生產商之一，設於新界的廠房每年處理數以萬噸的廢食油，循環再造製成混合燃料，供柴油車輛使用。生物燃料不適用於所有汽車，特別

車齡達五年或以上的車輛，但是，現時生物燃料的使用已愈見廣泛。香港國際機場的地勤服務車輛均已採用含有生物柴油的混合柴油，航空公司亦已開始使用混合生物燃料，為飛機提供動力。由於飛機是地球上最大的溫室氣體排放源之一，因此業內分析員相信，這種嶄新的混合生物燃料可推動航空業的環保發展。

除此之外，牛脂及魚油等動物脂肪亦可用於生產生物柴油。隨著科技發展，廚餘也可製成可再生的生物燃氣，作為天然氣的替代品。除了廚餘外，城市中的各種廢物垃圾，包括經處理的廢水、園藝清除的雜草枝葉、非環保紙，甚或是農場肥料，都可在適當的條件下轉化為生物燃氣。事實上，歐洲不少城市已專用廚餘生產生物燃氣。環保產品亦可用於發電，便可取代發電廠、住宅、車輛及商務所用的傳統天然氣。

大自然亦為可持續能源提供解決方法，例如太陽能、風力及潮汐能等天然資源，都是取之不盡、用之不竭。現時已有多種利用天然資源的技術，而專責對抗氣候變化的科學家所要面對的挑戰是要尋求辦法，令這些技術變成可行的商業方案。

相信在不久將來，香港會有更多廚餘送往回收再造，為城市供應更多能源。香港城市大學成立全港首間生物燃料研究中心，專責研發化石燃料以外的其他可持續能源，中心主任梁國熙博士表示，除了提供汽車燃料外，不同種類的廚餘亦可應用於燃料電池，以取代傳統電池，為流動電話、手提電腦等設備提供電力，而且毋須再充電。梁博士亦說道，這些電池甚至可用於為高樓大廈發電的發電站，將應用提升至更高水平。

交通工具不會為環境帶來污染，手提電腦電池不會耗盡—這些理想能在未來實現嗎？在充滿智慧的世界，一切皆有可能。





Vive la bicyclette

The practicality and health benefits of cycling allow it to have mass appeal, and now an increasing number of enthusiasts are pedalling their way towards cycling holidays

Bicycles have been around for hundreds of years, not only as a means of transport, but a source of inspiration. In their bicycle repair shop in Ohio, US, the Wright brothers, Orville and Wilbur, dreamed that if man could travel on two wheels, why couldn't he fly? It was here that they built the world's first airplane, the 1903 Wright Flyer.

Yet despite all manner of automation that followed in the century since, cycling has endured as the most energy efficient form of transport ever invented, transcending continents, age and socio-economic groups. Even today, an estimated 100 million bicycles are manufactured worldwide each year.

While most of us may no longer ride to work, many of us

cycle whenever we can. Vast numbers of people are biking on back roads every weekend, exploring their home cities at a leisurely pace, with the wind in their hair. It's a sport that's healthy, and accessible to all age and socio-economic groups. Cycling is a low-impact activity that tones and trims, working the entire body, without unduly stressing the joints. Health experts say that a daily bike ride will start revealing physical benefits within a short period of time.

Riding a bike eases stress as well. Whether riding for leisure or a specific purpose, cyclists arrive at their destination feeling relaxed and energised.

Being on a bike puts one less car on the road – and that's a

good feeling, too, knowing you are getting to where you want to go without adding to a city's pollution. It's the cheapest form of transport – no fares, no petrol, no tolls – and puts you in control of when, and where, you travel. Let's face it: riding a bike makes you feel better about the world, and yourself. No wonder this one-time weekend hobby is becoming a major trend across Europe, and it's taking off in Hong Kong too.

Fancy equipment is not mandatory. Basic bicycles cost very little. On the other hand, purists can spend many thousands of dollars on a lean, green racing machine, or invest hundreds of thousands on the world's most expensive bikes, some even diamond-encrusted, which have become collector's items. There is a class of bike designed for every application, from off-road to city use, and individual cycling styles. There are even lightweight folding bicycles that can be stored in a cupboard, car boot, or as plane luggage. Using modern materials such as titanium, today's bikes can weigh less than 5 kilograms.

In many cities, including Hong Kong, you can "try before you buy." Renting a bike is a great way to explore the scenic country roads of Lantau and the New Territories, and a great day out on islands like Cheung Chau. You do need a helmet as basic safety equipment, but special clothing is optional. For a very small outlay, you could soon be on your way.



Cycling is also a social sport, and if you care to join a group, there are many options available. The Hong Kong Cycling Association runs events that include hillclimbs, sprints and even games of cycle ball, a sport similar to football only played on bicycles.

By adopting cycling as a hobby or chosen mode of transport, we also do our bit for the environment. It's been said that, pound for pound, a person on a bicycle expends less energy than any creature or machine covering the same distance.

Community organisations like the Hong Kong Mountain Bike Association contribute to environmental sustainability and the health of society through their biking activities. This club also offers volunteer opportunities to lead or join a ride. For older folk the Athletic Veterans of Hong Kong holds regular cycling, swimming and running meets.

Plan your own cycling adventure using the Leisure and Cultural Services Department's online bike trail guide at <http://www.gov.hk/en/residents/culture/recreation/activities/Cycling.htm>.

The site outlines interesting routes on Hong Kong Island, Kowloon and the New Territories, including a list of mountain bike trails and competitive cycling events. It posts important safety requirements, and advice on issues such as road rules for cyclists, and trails where permits are required (in certain areas of country parks, for example).

In the cool, dry months of autumn, a novel way to greet the arrival of thousands of migratory birds is on a cycling trip to Mai Po Reserve and Hong Kong Wetland Park organised by the Hong Kong Tourism Board. Take your bike across the border to



Where to stay:

The Shangri-La Hotel, Paris, makes an indulgent base for a romantic cycling holiday. Built in 1896 as the home of Prince Roland Bonaparte - Napoleon Bonaparte's grandnephew - this historic hotel is surrounded by museums, overlooking such iconic sights as the Eiffel Tower and Seine River, Les Invalides, the Louvre and Montmartre.

Restored to a high level of luxury, Shangri-La Paris has the largest rooms among Parisienne hotels, set amid a secluded garden. With only 81 rooms, it's the height of exclusivity. Guests stay in a prestigious home in a unique setting, enjoying all the service and privilege of Shangri-La's legendary hospitality.

巴黎香格里拉大酒店是浪漫單車之旅的終極據點。建於1896年的這座歷史建築曾是拿破崙孫子Roland Bonaparte王子的府邸，酒店附近盡是博物館，更可遠眺巴黎鐵塔與塞納河、傷兵院、羅浮宮和蒙馬特等著名景點。

經復修的豪華巴黎香格里拉大酒店，擁有全巴黎酒店中最大的客房，位處一片寧靜的花園之中。酒店只有81間客房，客人可享有高度的私隱與空間。尊貴獨特的客房為客人提供香格里拉馳名的貼心款客服務，令顧客賓至如歸。

explore Shenzhen beyond the shops - or even venture beyond. Growing numbers also like to pack up their bikes and head overseas.

Cycling holidays are hot the world over, in destinations as nearby as China, Cambodia and Vietnam, or as far flung as Europe, the Americas, and Australia. You may not feel inclined to follow the path of Fred A. Birchmore, who circled the globe by bicycle in 1935, pedalling 25,000 miles, but can still enjoy a memorable trip to a city just made for exploring on two wheels: Paris, the "city of love." Indeed, it's been said that the cycling is the only way to discover the ins and outs of the "real" Paris. It's *de rigueur* to saddle up in Europe's fashion capital since greatly expanded bike lanes ignited a visible rise in bike commuters. Leaving the city behind, there is surely no better way to explore the scenic back roads of France - the châteaux, the vineyards, the rivers and valleys - than at the leisurely pace that cycling allows.

You don't even need to take your own bike. Paris has a city-wide bike rental scheme: cyclists can simply pick up a bike from one of the stations, go for a ride, and drop it back at any station they choose.

So even if you haven't ridden since you were a kid, why not rediscover a skill they say you never forget. For a fun, inexpensive, environmentally-friendly holiday or weekend outing, vive la bicyclette!



The Arc de Triomphe du Carrousel of France is one of many scenic destinations for cycling holidays. 法國巴黎卡魯索凱旋門是其中一個具代表性的單車旅遊景點。

踏出寫意旅途

踏單車既符合經濟效益又有益健康，不但躍身成為廣受歡迎的普及運動，而且愈來愈多的愛好者甚至展開單車假期之旅。

單車已存在數百年之久，不僅是一種交通工具，更可以是啟迪靈感的泉源。萊特兄弟（奧維爾和威爾伯）當年於美國俄亥俄州的單車維修店裡曾經這樣夢想，既然人類可以以兩輪單車四處去，為甚麼就不能飛？憑藉這個信念，他們終於成功研製出世界上第一架飛機——1903年的萊特飛行者一號。

即使各種自行車在往後的一個世紀裡如何蓬勃發展，單車仍然是有史以來最具能源效益的交通工具，跨越洲份、年齡及社會階層的界限。時至今日，全球每年生產的單車數量估計仍達一億架。

雖然大部份人都不會騎單車代步上班，但是我們總會把握機會回味那種滋味。每逢週末，很多人都會騎單車四處遊歷探索一番，享受涼風迎面吹拂的感覺。這是一項無分年齡及社會階層的健康運動。騎單車是全身的鍛鍊，能夠達到修身效果而不會只對關節造成壓力。健康專家指出，只要養成每天騎單車的習慣，短時間內便可見到健身的成效。

騎單車也可舒緩壓力。無論是消閒或是任何其他目的，騎者都能透過踏單車放鬆，感覺全身充滿活力。

選擇以單車代步等於為道路上減少了一輛汽車，既可到達目的地而沒有為城市帶來污染，讓人感覺舒服。騎單車不需付車費、汽油費及任何道路收費，是最便宜的交通工具，而且時間及路線完全在自己的控制之內，何樂而不為？難怪這種週末活動已逐漸成為熱潮，席捲歐洲，在香港亦蔚然成風。

騎單車不一定要有昂貴花巧的器材，一部基本功能的單車其實花費有限。當然，完美主義者亦可花數萬元購買一架輕巧而環保的賽單車，甚至是投資數十萬元於全球最昂貴的單車（當中有些甚至是鑲有鑽石的收藏品單車）。市面上有一類單車是針對多種用途而設計，從越野到城市穿梭，以及滿足各種個人騎車風格都能照顧得到。此外亦有輕巧可摺合的單車，可存放在櫃子或車尾箱內，甚或是作為簡單的飛機行李。隨著現代物料如鈦金屬的應用，現今的單車甚至可輕於5公斤以下呢。

想體驗單車的樂趣，並不一定要先購買一輛單車。不妨先試試租用單車，譬如騎單車探索大嶼山及新界的美景，或是到離島（如長洲）一日遊，都是賞心樂事。你應帶備一個頭盔作為基本的安全設備，除此之外，並無其他必需的特別裝備。只要有限的花費，便可隨時出發。

騎單車也是一種社交運動，有興趣加入單車會的話，坊間也有不少

選擇。其中，香港單車聯會經常舉辦不同活動，包括攀山、短途賽、甚至單車球賽（一種在單車上進行，類似足球的運動）。

選擇騎單車作為興趣或代步方式的同時，我們也能對保護環境盡一分力。有研究曾指出，騎單車所消耗的能源，比任何穿越相同距離的生物或機器為少。

社區組織如香港爬山單車協會，都會透過他們的單車活動支持環保與促進社會健康。該協會亦提供機會予義工參與領導或加入騎單車活動。香港元老田徑會則為年長一輩定期舉行單車遊、游泳及賽跑活動。

想計劃你的單車之旅，可瀏覽康樂及文化事務署網頁上的單車徑指南 <http://www.gov.hk/en/residents/culture/recreation/activities/Cycling.htm>。

網頁上概述香港島、九龍和新界有趣的路線，包括越野單車徑名單和單車競賽詳情。此外亦列有騎單車時的重要安全措施，騎單車者應留意的道路規則，以及需領有許可證方可使用之單車徑（如郊野公園內的特定區域）等資料。

在天氣清涼而乾燥的秋季，不妨參加由香港旅遊發展局舉辦的單車之旅，到米埔自然保護區及香港濕地公園，以別開生面的形式迎接成千上萬的候鳥。你也可帶著單車跨越邊境，探索深圳在購物以外的另一面。現在，愈來愈多人甚至攜同單車出發到海外旅遊去。

單車旅遊熱潮正在世界各地發展，目的地可近至中國、柬埔寨和越南，或可遠達歐洲、美洲及澳洲等。你未必想追隨Fred A. Birchmore（他曾於1935年騎單車踏過25,000里路，環繞地球一周），但你仍然可以到一個專為單車遊而設的城市——「浪漫之都」巴黎，享受一段難忘的旅程。難怪不少人說，騎單車是唯一可以發掘巴黎真面目的途徑。大大擴闊了的單車路令單車一族人數顯著增加，亦令騎單車成為這個歐洲時尚之都的最新潮流。城市背後，要暢遊法國郊外的酒莊、葡萄園、河流與山谷，相信沒有甚麼比單車遊更悠閒自在。

你甚至不用攜帶自己的單車。巴黎有單車租用服務覆蓋全市，你只需從其中一個車站領取單車便可隨時出發，更可在任何你選擇的車站退回單車。

或許你在長大以後便鮮有再踏過單車，何不重拾這種你永遠不會忘記的技能？騎上單車，享受這充滿樂趣、既經濟又環保的假期活動，馳騁一番。



Food for all seasons

Congee has stood the test of time and remains a favourite among Chinese households. Satisfy your taste buds at Kerry Centre's Congee and Noodle Shop



The Chinese believe in eating for health. Their diet is carefully constructed to keep illness and ailments at bay, with attention paid to the ingredients' healing properties. Food choices are influenced by the seasons. Hot and spicy foods such as chillies, onions and garlic are prominent during cooler weather, with the aim of increasing blood circulation and protecting against the cold and damp. Milder foods taken in summer reduce the hotness and dryness. This theory is all about balancing yin and yang.

One of the most enduring of all dishes is congee, a soup-like rice porridge consumed since ancient times. Nourishing, easy to digest and simple to cook, congee remains a staple in all Chinese households.

According to Traditional Chinese Medicine (TCM), congee is an ideal autumn/winter dish. As the season changes and the temperature drops, the body needs to adjust, TCM counsels. Foods that are easy to digest and are easily absorbed to nourish the internal organs are recommended. Steaming hot and silky smooth, congee is an ideal autumn/winter dish, instantly warming and nourishing the whole body from the inside out.

Congee's benefits may also be enjoyed as the basis for soups and hot pot. Gathering friends and family around for a shared seasonal meal based on congee is one of the highlights of this time of year.

Like Goldilocks with her porridge, its preparation must be "just right." In order to cook delicious congee, high quality rice should be used. In ancient times people were said to be very picky about the water used for congee cooking. Rain water at the beginning of spring was seen as a tonic; and snow water in mid-winter antidotal. Both were excellent choices for congee.

The level of heat during the cooking process is important. If the temperature is too low, the aroma will not come out. If too strong, the aroma will decline. A general rule is to add the rice to boiling water, leaving the heat on high until it returns to a boil, then reducing to cook slowly until well done. In the "Idyllic Recipe", Yuan Mei, a poet and scholar of the Qing Dynasty,

concluded that congee made without the right proportions of rice and water could not be considered first-class congee. When carefully balanced, he said, "The water and the rice should combine to make a whole".

In addition to those two primary ingredients, other elements are added. Stock may be used instead of water for a richer flavor, and ingredients such as dried scallops, beef, pork, or mushrooms added. It is customary to accompany congee with a crispy, deep fried doughy pastry similar to a bread stick, and to serve with a variety of condiments.

The dish can be prepared on a stove top, in a slow cooker or rice cooker, aiming for a result that is rich and velvety. In addition to rice – white, brown or red – other grains, such as cornmeal, millet, barley, sorghum and even one of nature's "superfoods", quinoa, a protein rich in iron, can be the basis of a delicious congee.

It's been said that there are as many recipes for congee as there are mothers and grandmothers to make them. Some of the more interesting varieties are created at the Congee and Noodle Shop in Kerry Centre, Quarry Bay. In addition to plain congee (Congey & Gingko Congee), this popular new eatery also services delicacies such as Pumpkin and Minced Pork Congee (with mixed mushroom); Original Style Crab Congee; and Roast Duck with Jellyfish Congee.

Besides being an everyday meal, congee is considered to be "food therapy" for the unwell. It is usually the first solid food a Chinese baby is offered, and continues to be consumed throughout their lifetime.

A little congee goes a long way. Historically, the dish was served during times of famine, or when large crowds gathered at the temples, as a way to stretch the rice supply to feed more people.

Our ancestors might have eaten congee because it was all they could afford. Today, across all modern Chinese cities, smart-suited business men and women enjoy congee because they choose to. What is the main attraction? Until you've tasted it, you'll never know.



How to cook congee

Chef King of the Congee and Noodle Shop, Kerry Centre, Quarry Bay, has been a congee specialist for 30 years. He was coaxed out of retirement to manage the new Congee and Noodle Shop in Kerry Centre, Quarry Bay, so that the people of Hong Kong could once again enjoy his famous congee. His return also means that Chef King's particular style of congee-making involving prime ingredients and whole-hearted cooking, will be passed on.

Cooking congee is simple: simply add rice to boiling water, in a ratio of 8:1 to 12:1, depending on the required thickness, and simmer for around one hour. Chef King offers the following tips for more interesting congee:

- 1) After washing the rice, wait for it to dry before putting it into boiling water. This prevents the rice from sticking to the bottom of the pot while cooking.
- 2) Consider putting in dried tangerine peel for a sweet and pungent aroma, in addition to the health benefits. This ingredient wards off bodily ills and helps maintain internal balance. (Note: peel must be added to cold water, before cooking the congee).
- 3) Add pork bones or slightly fried fish to the congee for added flavour.
- 4) Feel free to use your creativity, adding different toppings or ingredients to your congee, according to individual preferences.

煮粥秘技

鯉魚涌嘉里中心粥麵館的景叔，擁有30年炮製美味粥品的經驗。景叔本已退休，經過連番力邀才毅然重出江湖，主理粥麵館，讓本地食客可以品嚐他的廚藝。景叔的復出亦象徵了他堅持的煮粥理念——以最優質材料加上用心烹飪的熱誠，得以承傳。

要煮一碗好粥，其實並不困難：把米放進在燒滾的水裡，文火煮一個小時左右便可，水對米的份量比例應介乎1:12至1:8之間，視乎喜愛的稀濃程度。景叔更為我們提供下列的實用小貼士，讓粥品更美味：

- 1) 洗米以後，先讓米乾透以後，才放進滾水裡。這樣的做法可以防止米粒黏到鍋底。
- 2) 不妨在粥裡加點陳皮同煮，除了健康效益以外，更可增添清新的果香味。陳皮的功效頗多，除了有助預防疾病以外，據說更可清理腸胃，調適身體平衡。（注意：陳皮必須於水冷時放入）
- 3) 可以適量加入豬骨或稍微煎香的魚，提升粥品的味道。
- 4) 即管發揮創意，按照自己的喜好，嘗試加入不同的材料，自創美味。

Chef King prepares his speciality made from the finest ingredients. 景叔堅持以最優質的食材來炮製招牌粥品。



Congee is the ideal winter dish to warm and nourish the body during chilly conditions. 粥乃冬季的美食佳品，發揮暖身及滋潤的效用。

四季佳品

古往今來，粥仍然是中國家庭最愛之食品之一。在嘉里中心粥麵館，滋味粥品定會叫你一試難忘。

中國人相信以食療養生，透過精心設計的膳食餐單並選用具有食療功效的食材，保持身體健康，延年益壽。

食物的選擇因季節而異。辛辣的食物如辣椒、洋蔥和大蒜等都是秋冬季的主角，可速進血液循環，幫助身體抵抗寒冷與潮濕的天氣。在夏季，進食較溫和的食物則有消暑保濕之效。這些理論，正是由中國的陰陽調和之說而生。

粥乃最歷久不衰的菜式之一，自古以來中國人已有食用這種像湯般的米糊。粥不但滋補養生，易於消化，而且製作簡單，故此成為所有中國家庭的主食之一。

根據中國傳統醫學，粥是秋冬兩季皆宜的菜式。隨著季節變化與氣溫下降，中醫認為身體需要作出調息，因此建議食用易於消化及被吸收的食物，滋潤五臟六腑。熱騰騰的香滑粥品，吃後即時暖身養胃，實是最佳的秋冬美食。

粥也是湯底與火鍋的好配搭，與三五知己或家人聚首共享滋味粥宴，是冬季令人期待萬分的好節目。

烹調粥品的準備功夫必須恰好處。想煮出美味的粥，應該考究材料，所以應該使用優質的大米。古時候，人們對煮粥所用的水非常講究。有說立春期間的雨水特別滋補，而冬季中期的雪水更有解毒作用，兩者都是用作煮粥的佳選。

烹調過程中的溫度控制也很重要。溫度過低，米香便不能散發出來；相反若溫度過高，香氣又會減退。一般的做法是將米加入滾水中，保持高火將水再煮滾，然後才以文火煮成粥。清代詩人及學者袁枚在其著作《隨園食單》中曾記載，要煮出一流的粥，米和水的比例

必須十分準確。他指出兩者必需取得平衡：「必使水米融洽，柔膩如一，而後謂之粥。」

在水和米這兩個主要材料之外，粥還加入了其他元素。如可以清湯代替水，令粥的味道更豐富，並可加入瑤柱、牛肉、豬肉或冬菇等食材。品嚐時一般佐以酥炸薄脆片，以及各種調味品。

煮粥可以明火烹調，亦可以電磁爐或電飯煲慢煮，務求煮出口感豐富綿稠的效果。而除了白米、糙米或紅米以外，亦可以其他穀物如玉米、小米、大麥、高粱，甚至含有高鐵質、被稱為大自然「超級食品」的藜麥等，皆為美味粥品之上等材料。

粥的食譜多不勝數，種類更是多采多姿（大抵是因為粥是長久以來媽媽和祖母的拿手菜式之一吧！）。來到嘉里中心粥麵館，食客可以品嚐到不少有趣的口味。除了以瑤柱及白果烹調的白粥以外，更有南瓜肉碎粥、原味蟹皇粥及自家火鴨粥。

除了日常食用外，粥也可用作食療，發揮調理身體的效用。一般而言，中國人給嬰兒餵食的第一種固體食物就是粥（當然，他們長大後仍以粥為主食之一）。

一碗小小的稀粥，意義可以非常深遠。由於煮粥所需要的米比起煮飯的要少，故此在中國歷史上，每當遇上飢荒，或是在廟宇舉行的大型聚會，用作賑災或是分享的食品總離不開這道粥。

我們的祖先是因為資源所限才以粥為主食。時至今日，中國現代城市穿著入時的男男女女卻是特地選擇吃粥。究竟它的吸引力何在？來一碗試試看，便會明白箇中妙處。



Red and gold dominate the Lunar New Year in line with Chinese traditions. 遵照中國傳統，紅色與金色是農曆新年的主要節慶色調。



In with the new

Lunar New Year traditions and festivities closely observed since ancient times will usher in a prosperous year of the dragon in 2012

Like Christmas in the West, there's no mistaking the impending arrival of Lunar New Year. Streets, shops, buildings and homes are elaborately decorated in the lucky colours of red and gold as the Chinese prepare to welcome the most important and meaningful celebration of the lunar calendar, also known as Spring Festival.

In two weeks of rituals handed down since ancient time, there will be lion dances, firecrackers, and feasting. These are not just colorful displays – they have specific meaning.

Spring Festival has its roots in Chinese mythology, when a fearsome creature would appear on the first day of the new year, eating crops and livestock. To appease the monster, villagers put food outside their doors. This worked temporarily, but as it became bolder, the villagers began decorating their doorways in

red, a colour they believed would scare it away. They also hung red lanterns, banged on drums, and finally used firecrackers to frighten the beast.

A Chinese proverb states that all creations are reborn on new year's day – hence, Lunar New Year is a celebration of change: out with the old and in with the new. What happens around new year is believed to impact one's life for the rest of the year. Hence, the rituals are intended to stimulate positive energy flow at home and at work, to ensure a prosperous and healthy year.

In the lead-up, Chinese households clean up their home, getting rid of all the things associated with the old year. Debts are paid, differences with friends, neighbours and business associates resolved. Windows and doors are decorated with red and gold adornments, symbolising happiness, wealth, and



Lion dances and lai see are among enduring Chinese traditions to welcome the new year. 醒獅表演與紅封包是中國人慶祝農曆新年的傳統習俗。

longevity. Offerings such as fresh fruit are made to ancestors - a sign of life and a new beginning. Throughout the new year period, friends and visitors will be presented with circular trays filled with candy and other auspicious treats. Known as a “prosperity box” (also “tray of togetherness”, or “box of harmony”) its contents may include lotus roots (symbolising abundance), sweetened lotus seeds (suggesting fertility), dried melon seeds (for profuse earnings), and all kinds of candied fruit, such as dried melon for fruition, cumquat for prosperity, and coconut for friendship.

New clothes are worn, and homes will be filled with flowers. The giving of red envelopes is customary. These will be filled with “lucky money” (or lai see) – preferably new dollar bills from the bank - and presented to children, friends, employers and business associates as a mark of respect and appreciation.

On the eve of Chinese New Year, worshippers wait outside Hong Kong’s most famous temple, Wong Tai Sin, to offer incense at midnight. As part of this ritual, a soothsayer will tell your fortune for the coming year. Wong Tai Sin temple is located on the southern side of Lion Rock in Kowloon. It is regarded as a place where wishes come true, in the belief that what you seek is what you receive.

On the first day of the new year, the Chinese are taught to not wash their hair, sweep the floor, or drop their chopsticks. They do not borrow or lend money. It is a time for reflection, to consider the changes you want to make in your life. And for coming together for feasting – either as a family, with a shared family dinner, or with business associates at the traditional Spring Dinner. During these meals, certain foods may be served: fish to represent prosperity, a whole chicken for family togetherness, and lettuce – a word which in Cantonese sounds like rising fortune – wrapped around other lucky food. Desserts include tangerines, oranges and Chinese New Year cake.

The coming Lunar New Year – the Year of the Dragon – will be celebrated in late January 2012. A new year, a new beginning. Enter the dragon.



Year of the Dragon

The familiar new year zodiac signs relate to Chinese astronomy. Twelve animals are represented, on a rotating cycle. The characteristics of a person’s zodiac sign are attributed with influencing their personality and events in their life. The upcoming celebrations will ring in the Year of the Dragon, considered the luckiest of all. The dragon represents an intelligent and laborious worker who has the courage to face challenges, an active mind, and an unfeigned interest in the world around them. The dragon is a symbol of wealth and power.

The dragon is a noble, mythical animal representing the Chinese emperors. Babies born in the Year of the Dragon are natural leaders, gifted with power and luck. Most people look up to the dragon.

Dragons are idealists, and perfectionists. Their advice is good, and their influence considerable. People listen to the dragon. Dragons are also tenacious, willing and generous. They can do anything. No matter what the dragon chooses as a career, he will be successful. Finally, the dragon is well-loved. Women of this sign are surrounded by admirers and receive many offers of marriage.

龍年生肖

在中國傳統曆法中，以十二生肖紀年，每十二年為一個循環。自古相傳，個人的性格及運程會受所屬生肖影響。龍年即將來臨，而龍一直被視為最幸運的生肖。龍代表聰明，做事勤奮，有勇氣面對挑戰，而且頭腦靈活，個性真誠坦率。龍亦象徵財富及權勢。

龍是一種高貴的神話動物，也是帝皇的象徵。據說在龍年出生的人是天生的領袖，擁有權力及運氣，並得到別人的尊敬。

肖龍的人是理想主義者，喜歡追求完美。他們往往能提出好建議，而且說話具有重大影響力，令人樂於聽從。肖龍的人智慧過人、意志堅定、樂於助人及熱情慷慨，任何事情都難不倒他，無論選擇什麼職業，最終都能取得成功。此外，肖龍的人亦很受愛戴，特別是肖龍女性往往不乏追求者，婚姻運不俗。





喜迎新歲

龍年將至，農曆新年的傳統習俗及節慶活動將為我們揭開新春佳節的歡樂序幕。

農曆新年又名春節，是中國傳統一年中最重要節慶，其重要性好比西方的聖誕節。大街小巷、商店大廈，以至家家戶戶都會以紅金這兩種寓意好運的顏色作佈置，迎接這個節日的來臨。

自古以來，在為期大約兩星期的春節慶典中，少不了舞獅、爆竹及各式豐富節慶美食，這些習俗不但為節日增添熱鬧氣氛，而且更具有特別意義。

春節與中國的神話故事頗有淵源。相傳有一隻名為「年」的猛獸，每當新年的第一天都會出現，吃掉莊稼及牲畜，為了安撫年獸，村民在門口放上食物，但隨著年獸愈來愈凶猛，這個方法逐漸失效。後來，村民認為紅色可以驅走這隻惡獸，於是開始以紅色裝飾家門，並且在門外掛上紅燈籠、敲鑼打鼓、燃放爆竹，令年獸不敢來犯。

古語有云：一年伊始，萬象更新，農曆新年是慶賀轉變、送舊迎新的好時機。傳統上，於新年期間所做的事情，都會影響整年的運程，所以我們會進行一些習俗，為家庭及工作帶來好運。

在迎接春節的時候，家家戶戶都會按中國傳統為家居大掃除，將舊一年的東西通通送走，另外亦會還清欠款，以及解決與親友和業務夥伴的紛爭。在門窗貼上紅色和金色的裝飾佈置，象徵如意吉祥、健康長壽；也向祖先供奉新鮮水果，寓意生命及新開始。在新年期間，我們會向拜年的親友奉上滿載糖果及其他應節食品的全盒，內裡有糖

蓮藕（寓意年年都有）、糖蓮子（寓意連生貴子）、瓜子（寓意多賺錢）、糖冬瓜（寓意團團圓圓）、糖柑桔（寓意大吉大利）或糖椰子（寓意關係甜絲絲）等。

除了穿上新衣外，家裡亦會擺放各式各樣的年花，當然還少不了派發利是的傳統習俗。很多人愛用新鈔封利是派給孩子、親友、員工及生意夥伴，寓意祝福及好兆頭。

在年三十晚深夜，善信紛紛前往黃大仙祠等待於凌晨新年來臨一刻上香，並按傳統習俗祈福求籤，了解流年運程。黃大仙祠是香港最著名的祠宇之一，位於九龍獅子山南面，不少人會到祠宇誠心參拜，祈求願望早日實現。

大年初一，按照中國傳統不可洗頭、掃地或把筷子掉在地上，也不可借錢給別人或問別人借錢，因為這樣會送走好運，影響整年的運程。在新年期間，無論是與家人共進晚餐，或是與生意夥伴享用春茗晚宴，菜式方面總不可少了寓意「年年有餘」的魚、象徵「全家福」的全雞或有「生財」意思的生菜，以及其他好意頭的食品。至於飯後甜點，則會選擇品嘗桔、橙及年糕。

我們將於2012年1月底便踏入龍年，就讓我們在新的一年，迎接新的開始。

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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