



DressCircle

A KERRY PROPERTIES PUBLICATION

臻善譜



Cover image:

From the treetops, you can see forever. Just as these graceful birds have found their place in the majestic forests of Tregunter Path, Hong Kong, so have the privileged community who cherish the natural environment of their Dress Circle home.

站得高，看得遠。就像鳥兒棲身位於香港中環半山地利根德里的樹上一般，朗然豁達。同樣地，住客擇居尊貴之地，樹林綠蔭成片，海天一色，對大自然無不心懷感激之心。



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Harbourfront horizons

Harbour living is a coveted lifestyle in Hong Kong, and Kerry's latest development at Yuk Yat Street turns such a dream into reality

Breathtaking panoramic harbour views from
Yuk Yat Street give new meaning to luxurious living.
由旭日街遠眺的海港景致璀璨動人，為奢華生活賦予新定義。



Think of any major harbour city in the world, and living on the waterfront is the ultimate aspiration. A luxury loft on San Francisco Bay, a terraced mansion on Sydney Harbour – so much is said in these few words. Waterfront speaks volumes about prestige and privilege. Owning one equates to success. It is the “holy grail” of real estate, attainable by only a few.

Hong Kong, too, has a world-class harbour, and like its global counterparts, opportunities for residential development around it are coveted. When a new site becomes available for upmarket harbour-view housing, it calls for a special development.

In To Kwa Wan, such a rare prize is possible. One of the advantages of the redevelopment of East Kowloon and the old Kai Tak airport site is the opening up of small but exclusive pockets of waterfront residential land. It is here that Kerry Properties has built its latest Hong Kong project.

Even better, the sea views here are complemented by a carpet of greenery – a rare find indeed in any urban location. For all that sits between the new Yuk Yat Street residential tower and Victoria Harbour is the lush carpet of foliage shading leafy Hoi Sham Park.



Yuk Yat Street Residential Project

Address: 9 Yuk Yat Street, To Kwa Wan, Kowloon

Usage: Residential/Commercial with sea view

GFA: Approx. 150,000 sq.ft.

No. of Unit: 175 No. of Domestic Storeys: 36

旭日街住宅項目

地址：九龍土瓜灣旭日街9號

用途：臨海住宅／商業

建築面積：約15萬平方呎

單位數目：175 住宅樓層：36

It's not just an address that makes a harbourfront home the stuff of dreams – it is the lifestyle, and all it encompasses. The Yuk Yat Street location offers harbour living at its best. You're sheltered from the rushed pace of life, yet close to all the action. You're in a neighbourhood that still has its cherished local tea houses, as well as modern shops and international coffee shops. Recreational opportunities are all around, and growing. And yet, with the streamlined transport connectivity of the area, you can be at the office and home again without a lengthy commute.

First impressions reveal an outlook that delights. Residents in Yuk Yat Street, while facing east, will be able to watch the sun rising beyond Lei Yue Mun. Who could imagine a view from Kowloon that takes in such a broad panorama of seascape? From your home, watch the passenger liners come and go, gliding towards the new cruise ship terminal that is taking shape nearby.

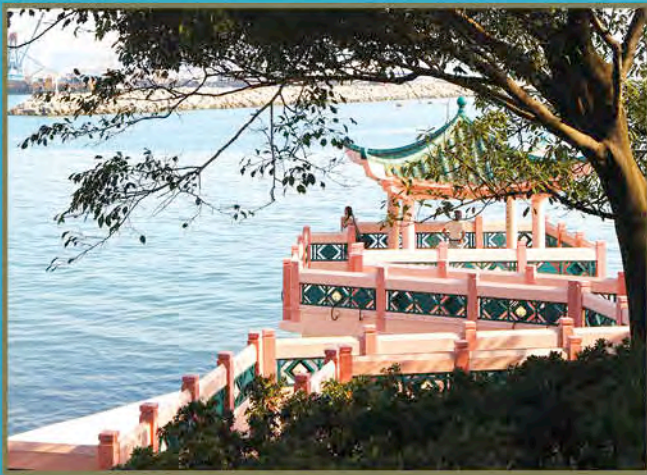
Across the water, your gaze is drawn to the eastern districts of Hong Kong's skyline, resplendent with its iconic buildings, and the business machinations they represent.

Nearby is one of the most exciting advances in modern urban planning – the revitalization of East Kowloon. The size and scope of this vast waterfront site, freed for redevelopment by the closure of the city's old airport and encompassing Kwun Tong and Kowloon Bay, presented a unique opportunity for redevelopment, and the masterplan that resulted is being hailed as visionary. The decision to adopt an integrated approach that would transform the area into an attractive, alternative central business district that would provide for unprecedented levels of recreational activity for locals and visitors, as well as supporting Hong Kong's economic development, was widely applauded.

Wide, green open spaces and parkland, cafés by the waterfront, restaurants and entertainment venues, marinas and water sports facilities all formed part of the planners' vision. They imagined artist workshops and galleries, pedestrian walkways, and cycle paths. An environmentally-friendly transportation network that would include a monorail, al fresco dining to enhance the area's vibrancy and extensive areas for healthy exercise, or simply sitting out in the sunshine enjoying the master-planned surroundings are all icing on the cake for the city.

The works will create a new, all-round destination with so much to offer it will be a must-see tourism asset for visitors to Hong Kong. People who live in the vicinity can enjoy the facilities every day.

Surely no other harbour living address can offer such a rare combination of views, prestige, and recreational pursuits? In the rarity stakes, that puts Yuk Yat Street on a pedestal – a refreshing change indeed for Hong Kong.



臨海而居 聽濤為樂

海濱生活總教人神馳嚮往，嘉里建設最新的旭日街臨海住宅項目讓你夢想頃刻實現。

試聯想一下世界各地的著名海港城市，居於海濱絕對是令人夢寐以求的生活享受。

無論是三藩市海灣的豪華樓閣，還是悉尼港上的大宅，海濱總令人聯想到無比尊貴與優越的生活。能夠實現這種「神級」夢想的人，可謂少之又少。

香港同樣擁有世界級的港口，而正如全球其他海港一樣，臨海住宅發展項目都令人趨之若鶩。當有適合發展高級海景住宅的新據點出現，自然吸引非一般的發展商。

在土瓜灣，你將找到這片珍貴之地。東九龍與舊啟德機場重建計劃，成功為該區開闢了獨家罕有的海濱住宅用地。嘉里建設正是在這裡，建成了其最新的香港住宅項目。

難得的是，位於全新旭日街住宅大廈與維多利亞港中間，乃是一片翠綠、林蔭處處的海心公園。海景再配上綠油油的景緻，實在是城中難求。

旭日街項目代表的生活模式，成就了它成為城市的夢想家居。優越的位置讓你可避開忙碌節奏，卻仍然緊貼城市脈搏，提供最優質的海濱生活。身處其中，你可同時找到歷史悠久的地道茶館、現代商舖和國際咖啡店。到處都設有康樂設施，且正不斷擴展。而靠著便捷的交通網絡，你可輕易來往辦公室與家裡。

晨光象徵美好一天的開始。旭日街的住客向東舉目，便可見朝陽徐徐於鯉魚門方向升起。從家裡放眼看海，盡是來來往往朝著全新郵輪碼頭駛去的客輪，壯麗廣闊的海景在九龍區不可多得。海港的另一方，聳立著東區一幢幢象徵香港繁榮商業發展的代表建築。

旭日街附近的東九龍活化計劃，是令人引頸以待的現代城市規劃之一。這片廣闊海濱地段規模龐大，圍繞觀塘及九龍灣，並隨著舊機場關閉而獲重建的機會，結果，極具遠見的規劃大綱亦獲高度讚揚。計劃以綜合發展形式，將該區打造成香港第二個具吸引力的核心商業區，為香港市民及遊客提供前所未有的優質娛樂，以及支持香港經濟發展，受到廣泛讚揚。

廣闊翠綠的戶外空間和公園、海濱咖啡室、餐廳和娛樂場所、碼頭和水上運動設施，全都在規劃者的計劃之中。他們想到藝術工作坊、畫廊、行人步道和單車徑；而一個環保交通網絡包括單軌鐵路、露天餐廳以增添該區的活力、促進健康的運動區域，或純粹坐在陽光下享受重建後的環境，都為這個城市錦上添花。

這項工程將創造一個全新的綜合據點，成為訪港遊客必到的好去處，而鄰近的居民更可每天享受到這些優越的設施。

結合香港非凡景觀、尊貴地位與康樂活動的臨海住宅，令人耳目一新的旭日街項目，怎不叫人期待？





The new zero carbon zone adjacent to MegaBox is a breathtaking display of green nestled in the East Kowloon district.

毗鄰MegaBox的「零碳天地」是具備實際用途的環保建築物，現已成為九龍東的標誌性綠色項目。

A brave new green world

Hong Kong's first zero carbon zone goes hand-in-hand with neighbour MegaBox in showcasing a greener, better future for all

Can you imagine working in an office without air conditioning, and still being comfortable? Seeing in the dark without the aid of electricity? Or having trees grow in your bathroom?

Such notions may seem fanciful to those of us acclimatised to the artificial environment of a modern city. But a movement is afoot to change that mindset, challenging us to consider a more thoughtful way of living that is respectful of our natural resources, and more caring of society in general. A living, breathing example of how we can tread more lightly on the planet, without the sacrifices one might expect, now exists in East Kowloon.

Hong Kong's new zero carbon zone is not just talk, but action. It contains a functioning eco-office, a futuristic green home, and a garden where birds and other wildlife thrive – right in the middle of the city. Indeed, the contrast of a lush, green, life-affirming space overlooked by new office towers and shopping mall springing up in this the fastest-developing area of Hong Kong is breathtaking. All the more poignant is that East Kowloon, dubbed the “new Central” because of the massive, high-grade investment that is attracting the relocation of so many local and multinational companies, is also a showcase for a greener future.

Especially for this reason, the project is attracting international attention. Not many examples of zero carbon technologies exist yet worldwide. Hong Kong's model is believed to be the most sophisticated, and surely the first in an inner-city business district.

The concept behind the initiative stems from some disturbing news: buildings – where we live, and where we work – account for more than 40 per cent of energy use, and 24 per cent of greenhouse gas emissions, globally. Adopting greener building principles is therefore viewed as a key priority in addressing climate change.

The pinnacle of this endeavour is zero carbon construction. Ideally, this would involve buildings that are self-sustaining in every way: places that produce their own (fossil-free) energy, collect rainwater and heat it for use, and dispose of waste in a carbon-neutral way.

Hong Kong's model of futuristic green building incorporates a functioning eco-office, a carbon-neutral show flat, an eco-garden, and the first urban native woodland. Designed to achieve carbon neutrality, it utilises solar panels and biodiesel made of waste cooking oil to generate renewable energy onsite. Further carbon credits are gained by sending excess energy back to the grid.



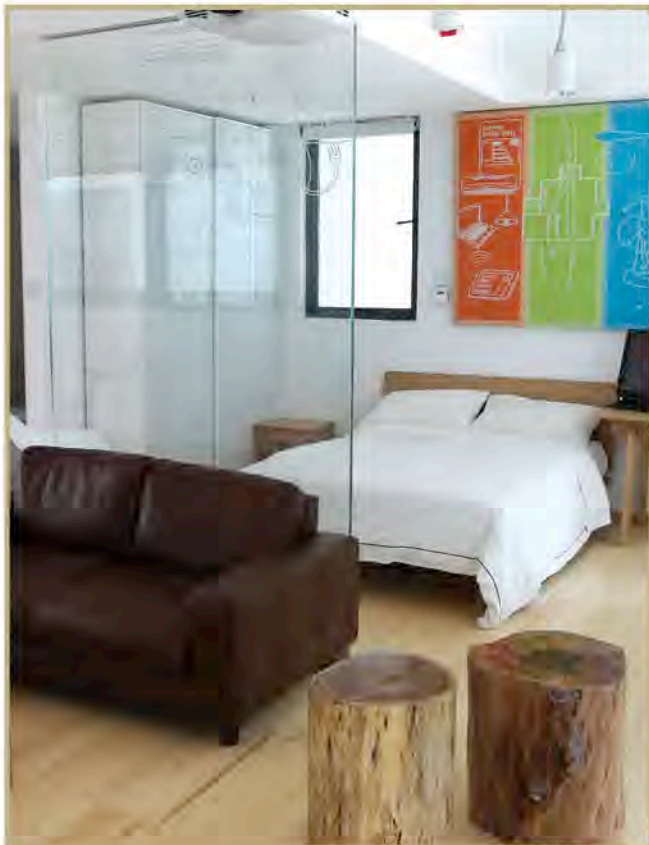
The first thing you notice, upon entering the building, is that the doors and windows are open. Instead of being assaulted by refrigerated air conditioning, you can feel a refreshing breeze gently brush your skin, fanned by specially designed energy-efficient, aerodynamic overhead fans. In the eco-show flat, the shiny new kitchen fittings that look designer-made are actually recycled from waste that would otherwise go to landfill. A night light that would enable the residents to find their way in the dark is powered by the energy around it, not electricity. And in the bathroom, trees and plants grow – a novel feature that zero carbon zone staff say visitors find the most surprising.

Indeed, the project is intended to surprise and challenge. That is the whole point, says Dr Christopher To, Executive Director of the Construction Industry Council, which developed the site in partnership with the Hong Kong Government.

He explained that the aim is to change conventional thinking, so city folk understand that it is possible to live and work comfortably without air conditioning; that reusing and recycling is actually a good thing; and to invite other living creatures – birds and even insects and spiders – as welcome occupants of a shared habitat.

The end result is more than just saving trees, he said. “The issue is all about neighbourhood, where everyone should be caring about each other.” With a changing mindset comes a more caring attitude,” Dr To said. “By doing, we can show it can work.”

To spread its educational message, tours of the zero carbon zone will be offered to local primary, secondary and tertiary institutions, as well as the general public. Visitors from overseas



will be welcome, too. There are plans to share its knowledge and technologies with others involved in green buildings and sustainable development, along with public seminars delivered by environmental researches.

This low-carbon showcase is expected to attract up to 40,000 people of all ages a year. Together with MegaBox, which opened in 2007, it forms a new and refreshing element of Kowloon Bay, furthering its appeal as a popular visiting spot for the public.

Finding the newly opened zero carbon zone is easy: it's located beside the MegaBox forecourt, accessed via the city's main highways or the mall's free shuttle bus from Kowloon Bay MTR.

MegaBox shares the project's environmental goal of raising community awareness of sustainable living. Examples of eco-initiatives as part of management's corporate policy range from recycling waste water from the mall's air conditioning system for re-use in flushing toilets, to workshops promoting an energy-saving way of life. Both are, in themselves, considered pioneering. Tenants cooperate, too: certain MegaBox restaurant operators have their used cooking oil collected by a recycling company for conversion into biofuel.

In the context of working towards a greener future, never has the phrase “together, we can achieve” been more meaningful.

For more information about the zero carbon zone in East Kowloon, please visit <http://zcb.hkcic.org>.



Recycled materials, energy-efficient fans and use of natural light are the hallmarks of the zero carbon zone's green showcase. 「零碳天地」廣泛採用循環再造物料及以自然光作照明，貫徹環保精神。

綠色新天地

全港首座零碳建築與MegaBox分享環保信念，並肩打造一個更綠化的美好將來。

試想像一下，在一個沒有空調的辦公室，怎可能舒適工作？

在黑暗中沒有電力照明，仍可以清楚看見事物嗎？又或於洗手間內，種植樹木？

以上種種聽起來有點天馬行空的構思，對於我們習慣了在現代化都市生活的人，的確有點難以置信。然而一場綠色革命正在悄悄起動，衝擊著我們改變現有生活方式和態度，鼓勵我們更尊重自然資源和關心社會。一個全新的生態系統，已經在東九龍展現。

香港的首座零排放建築物不是空談，而是已經切切實實地付諸行動的「零碳天地」。它位處東九龍核心，當中包括綠色辦公室、綠色家居、供雀鳥及生物棲息的公眾休憩綠化區。處於新辦公大樓和商場之中，這個生氣勃勃的綠色天地著實令人嘆為觀止。在龐大的新投資建設帶動下，這個被譽為新中環的東九龍吸引了大大小小的本地及國際企業遷入，同時也為創造綠色將來開了新一頁。

正因如此，這個項目吸引到國際關注。全球零碳技術的例子不多，香港的零碳天地相信是當中的表表者，更是首個位於商業區中心的成功案例。

零碳天地的建設概念源於令人感到憂慮的事實——我們居住和工作的建築物，消耗超過全球40%的能源及24%的溫室氣體排放量。故此，大家相信應對氣候變化的其中一項重要措施就是廣泛採用綠色建築原則。

項目的重點是「零碳建築」——這是指建築物可以自給自足的方式，生產非化石能源、收集雨水並加熱使用、以碳中和的方式處理廢物。

香港的未來綠色建築模式，包括了綠色辦公室、綠色家居、公眾休憩綠化區和香港首個都市原生林。以碳中和為建設宗旨，零碳天地利用太陽能光伏板和生物柴油就地發電，剩下的能源更可回饋電網，抵銷從電網中使用的能源。

甫進入零碳天地大樓，你會發現門及窗戶都是開啟的。有別於一般讓人冷得發抖的「冰箱」空調，在這裡你可以感受到來自高流量低

轉速吊扇那陣陣涼風，輕輕迎面送爽。在綠色家居內，閃閃發光的型格廚房設備其實是由本來要葬身堆填區的回收物料循環再造而成，而夜燈是由周圍的能源啟動而不是用電。在浴室內，你會發現樹木和植物叢生，著實令參觀人士感到驚嘆。

建造業議會執行總監陶榮表示，這個與香港政府共同合作的項目充滿驚喜和挑戰性。

他指出，項目的重點是要改變傳統思維，讓都市人了解到沒有空調仍然可以舒適的生活及工作；而循環再造優點良多，值得我們大力推動；當然，我們跟包括鳥類、昆蟲、甚至是蜘蛛等等的生物，也一樣可以融和共處。

項目的長遠目標當然不止於保護樹木，陶榮表示：「這關係到我們身處的環境，每個人都應該互相關心。」通過心態的改變，養成更關懷的態度。「透過實踐，我們可以證明這個概念是可行的。」

為達致推廣教育的成效，零碳天地將開放予小學、中學和大專院校，以及廣大市民參觀，亦同時歡迎海外參觀者到訪。他們還會與其他綠色建築和可持續發展的團體合作，分享綠色建築的知識和技術，並邀請環保專家主講專題研討會。

零碳天地預計每年可吸引40,000人次不同年紀的參觀者前來，並將與2007年開業的地標商場——MegaBox攜手打造一個令人耳目一新的九龍灣，成為參觀熱點。

零碳天地與MegaBox為鄰，交通便利，自行駕車經主要公路，或在九龍灣港鐵站乘坐商場免費穿梭巴士皆可直達。

MegaBox與零碳天地享有共同理念，致力提升大眾對可持續發展的意識。從MegaBox各項嶄新綠色企業管理政策，例如：回收空氣調節系統廢水作洗手間沖水，以至舉辦節能工作坊，可見一斑。加上商戶的支持，例如MegaBox部分食肆把食油回收轉換成生物燃料，成績有目共睹。「齊心就事成」，就讓我們共同合作，合力打造更美好明天。

「齊心就事成」，就讓我們共同合作，合力打造更美好明天。

有關零碳天地的詳情，請瀏覽<http://zcb.hkcc.org>。



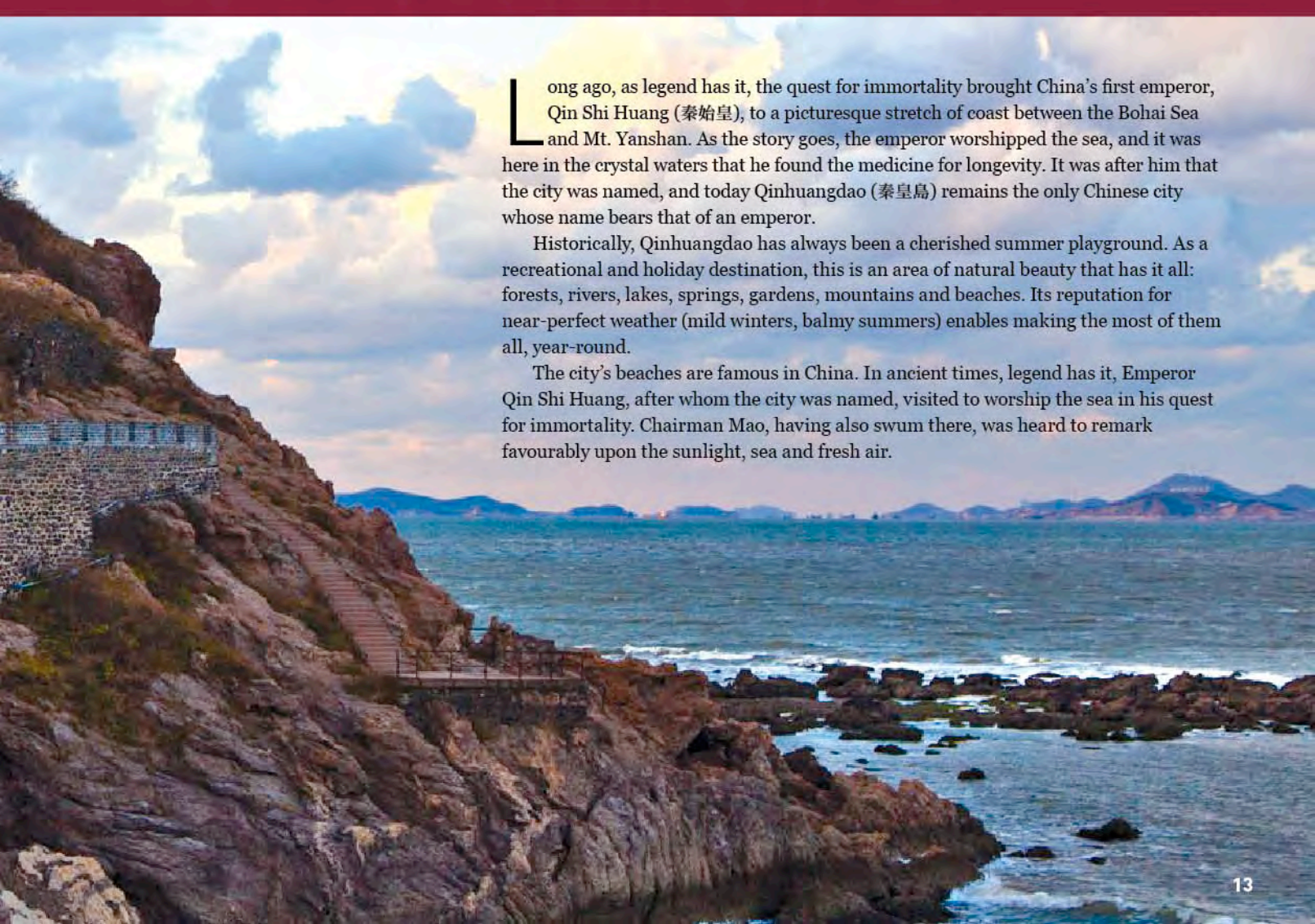
An enchanting kingdom

Rich in history and tradition, the picturesque city of Qinhuangdao today pulsates with the modern face of China's burgeoning economic development

Long ago, as legend has it, the quest for immortality brought China's first emperor, Qin Shi Huang (秦始皇), to a picturesque stretch of coast between the Bohai Sea and Mt. Yanshan. As the story goes, the emperor worshipped the sea, and it was here in the crystal waters that he found the medicine for longevity. It was after him that the city was named, and today Qinhuangdao (秦皇岛) remains the only Chinese city whose name bears that of an emperor.

Historically, Qinhuangdao has always been a cherished summer playground. As a recreational and holiday destination, this is an area of natural beauty that has it all: forests, rivers, lakes, springs, gardens, mountains and beaches. Its reputation for near-perfect weather (mild winters, balmy summers) enables making the most of them all, year-round.

The city's beaches are famous in China. In ancient times, legend has it, Emperor Qin Shi Huang, after whom the city was named, visited to worship the sea in his quest for immortality. Chairman Mao, having also swum there, was heard to remark favourably upon the sunlight, sea and fresh air.



In the modern era, yachting has become a popular activity. Sailboats dot the horizon, and Beijing Sailing Centre, located within the marina at Beidai (北戴河), offers courses following international guidelines for sailors of all ages and skill levels.

Stretching for 52 sun-drenched kilometres, Golden Beach (黃金海岸) is another local highlight. Its fine sand and calm, shallow water make for ideal swimming conditions. Beyond the beach, extending a further 40 kilometres, sand dunes tower dramatically against a green belt of woodland. Children love to slide down these hills, their laughter ringing out.

Mountains and sea are an enchanting combination, and Qinhuangdao is blessed with both. Its landscape is renowned for beautiful, undulating mountain ranges resplendent in their coat of green, and the trees that refresh the air.

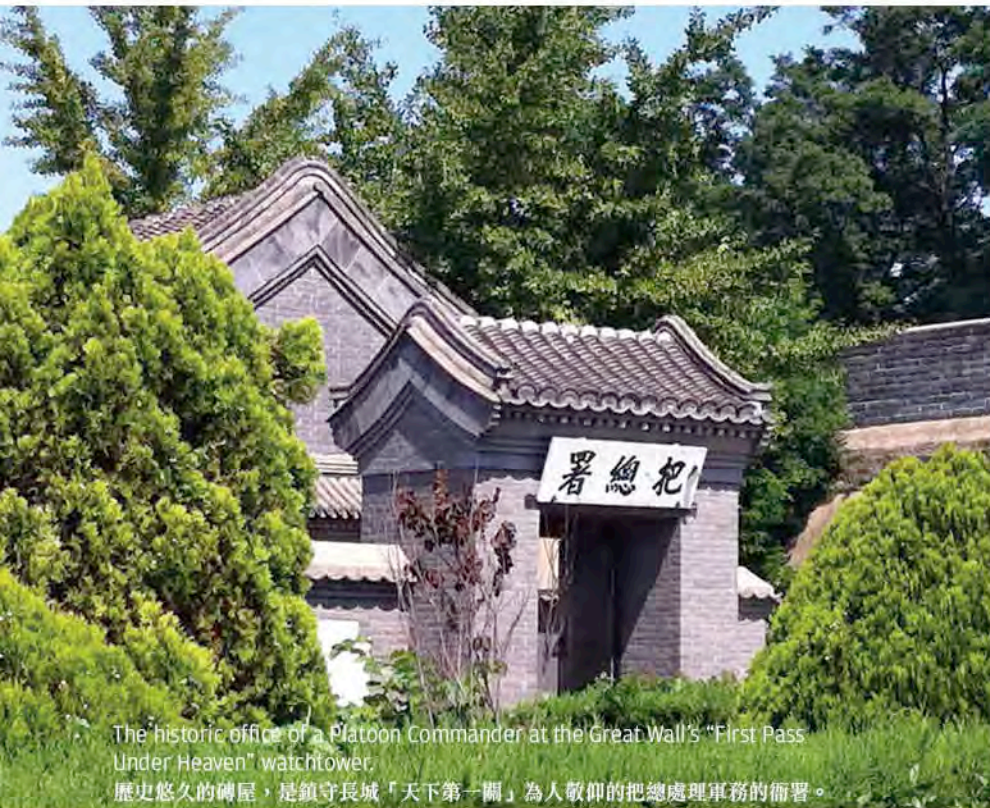
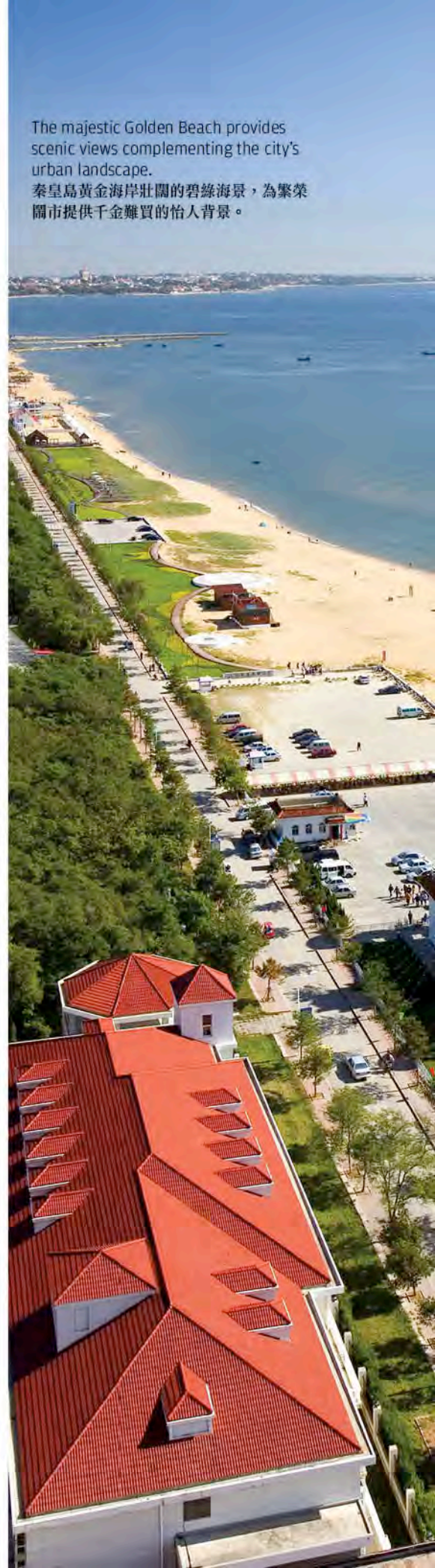
Complemented by abundant greenery in the urban landscape, Qinhuangdao has earned the reputation as a garden city. A generous allocation of green land per capita has resulted in numerous parks and gardens provided for community enjoyment. Notable among them is the picturesque Qinhuangdao Red Ribbon Park (紅飄帶), designed to capitalise on its riverside location, and the expansive Qinhuangdao Botanical Garden, showcasing various wonders of the natural environment for the daily enjoyment of residents strolling through.

Culture and tradition are another integral element to the way of life. In Chinese folklore, the city went by the auspicious name of the Old Dragon Head (老龍頭). During the Qing Dynasty, various emperors visited to view the vast sea and pray for happiness. The Great Wall stretching right across the city has the section known as the “first pass under heaven” (天下第一關). Qinhuangdao also became known as the place where the Great Wall meets the sea (or in Chinese, where the dragon’s head dips into the sea).

Today’s visitors are treated to even more delights. Among the opportunities is an up-close, first-hand look at one of the world’s most colourful and diverse marine life at Xinao Aquarium Underwater World and porpoise pool. Qinhuangdao Olympic Sports Center Stadium, a host venue of the 2008 Beijing Olympic Games, is a lasting legacy for community benefit. The scenic Beidai River Area, excellent for sunbathing and swimming, is renowned as the place for romantic picnics, and breathing in the beauty of nature.

The majestic Golden Beach provides scenic views complementing the city’s urban landscape.

秦皇島黃金海岸壯闊的碧綠海景，為繁榮鬧市提供千金難買的怡人背景。



The historic office of a Platoon Commander at the Great Wall’s “First Pass Under Heaven” watchtower.
歷史悠久的磚屋，是鎮守長城「天下第一關」為人敬仰的把總處理軍務的衙署。



Smooth sailing at “Habitat Carnival by Kerry Properties” brings a refreshing change of pace in Qinhuangdao.
在「嘉里建設·秦皇島海碧台嘉年華會」上揚帆出海，為靜謐和諧的秦皇島添上活力。



In terms of economic development, Qinhuangdao's strategic location has always served it well. Being almost equidistant between Beijing, 281 kilometres to the west, and Tianjin, 245 kilometres to the south, it is a critical point of communication in the north of China. Three major railroads converge here. A key port city, and the summer office of government, it has attracted industry and commerce alike. Within the heartland of the Bohai Economic Circle, one of the economic engines powering China's growth, Qinhuangdao benefits from the advantages of well-developed and convenient transportation, a strong base of industries, technology and education. The upcoming high speed train service, soon to become operational, will further sharpen the city's competitive edge by cutting transportation time between Beijing and Tianjin.

Today Qinhuangdao thrives with the modern face of economic development. The catalyst was the establishment, in 1984, of the Qinhuangdao Economic and Technical Development Zone (經濟開發區). More special development zones followed, attracting substantial domestic and foreign investment. Modern offices and housing, and educational facilities including an international school, emerged to support the city's growing and increasingly sophisticated population.

A most desirable place to live among the new residential areas is the elegant beachfront community of Golden Dream Bay. East of the Shandong Baolijaio Bridge, the bay sweeps along a vast stretch of coastline encompassing parkland, gardens, water features and resort areas. Environmentally sensitive urban planning preserves a calming affinity between humans and nature, resulting in a peaceful, harmonious living environment.

It is here, in the heart of Golden Dream Bay, that Kerry Properties chose to build a new residential project, HABITAT (海碧台). Breaking the mould of conventional architecture in a tiered design that blends effortlessly into its environment, the building is a truly welcome addition to this masterplanned coastal community.

Its design also maximises scenic views and cooling breezes from the property's seafront position. Residents who will live there will be able to gaze over the same clear blue waters where the first emperor of the Qin Dynasty once bathed, seeking immortal medicine from the sea. Complementing these views are the high standards of quality construction and service excellence for which the Kerry brand is renowned. Could any home be more life-affirming?



迷人的河北名城

歷史悠久的秦皇島不單是一座風景優美的旅遊名城，經濟發展更是一日千里。

很久以前，傳說中國的第一個皇帝秦始皇為追求長生不朽，而遠赴渤海和燕山之間的海岸。故事中秦始皇朝拜大海，終在那片清澈的海水中找到了長生不老藥。該城於是以此命名，時至今日，秦皇島仍然是中國唯一以皇帝名號為地名的城市。

歷史上秦皇島一直是個避暑山莊。作為休閒度假勝地，秦皇島擁有森林、河流、湖泊、溫泉、花園、高山與海灘等一切大自然的攝人風光。冬暖夏涼的天氣，令這裡成為全年皆可出遊的著名地點。

秦皇島的海灘馳名中國。古時，傳說秦始皇為尋求長生不老藥而前往祭拜大海。毛澤東主席也曾到此暢泳，對其陽光海灘與清新空氣讚口不絕。

現在，揚帆出海已經成為秦皇島其中一項流行玩意。水平線上到處佈滿帆船，而坐落在北戴河內的北京航海中心則為不同年齡和技術水平的人士提供符合國際標準的課程。

陽光燦爛的黃金海岸綿延52公里，是秦皇島另一熱點。淺灘水清沙幼，因而大受泳客歡迎。從海灘延伸40公里，沙丘屹立於綠油油的林木之地。喜歡滑下山丘的孩子盡情玩樂，笑聲此起彼落，樂而忘返。

秦皇島有山有海，得天獨厚，境內山地廣闊，峰巒起伏與翠綠群木，優美的自然風光令人心曠神怡。

秦皇島城中綠意盎然，因而贏得花園城市的美譽。城裡設有許多公園和花園，好讓市民都可享受到充裕的綠化空間。特別是風景如畫、依河而建的秦皇島紅飄帶公園，與偌大的秦皇島植物公園，為前來漫步的居民送上四時美景。

眾所週知，秦皇島擁有豐富的文化與傳統。在中國民間傳說中，秦皇島市已有「老龍頭」這個吉祥名字。清朝年間，多位皇帝都曾到訪觀賞浩瀚的大海並親自祈福。而長城的秦皇島市部分更稱為「天下第一關」，並以老龍頭長城入海的景點而馳名。

現今的遊客更可大開眼界，像到新澳海底世界近距離觀看世界上最豐富多彩的海洋生物。而2008年北京奧運場地之秦皇島奧林匹克體育場，亦是造福社群的重要傳奇建築。風景秀麗的北戴河區，最宜享受日光浴與游泳樂趣，更是情侶在大自然環境下浪漫野餐的拍拖勝地。

在經濟發展方面，秦皇島一直憑其優越位置一距離西面的北京281公里，而距離南面的天津約245公里，成為中國北部的一個重要據點。秦皇島更是三條主要鐵路的交匯點，重要性可想而知。作為一個主要的港口城市與政府的辦公室，造就了工商業發展。處於中國經濟增長動力之一的環渤海經濟圈內，秦皇島坐擁發展完善便捷的交通系統，以及基礎穩健的工業、科技和教育優勢。籌備興建中的高鐵服務，更將大大縮短來往北京和天津的交通時間，進一步提高秦皇島市的競爭力。

自從秦皇島經濟開發區於1984年成立以來，經濟不斷快速蓬勃發展。隨後成立的其他特別開發區，亦引入了大量的國內和國外資金，促進繁榮。這座日益成長的城市刻下已具備現代化的辦公室、住宅，以及包括一所國際學校在內的教育及配套設施，滿足居民的生活需要。

在眾多的新住宅區中，最令人嚮往擇居的地點可算是優美的金夢海灣區。位於山東堡立交橋以東的海灣沿海岸線而建，涵蓋公園、花園、水景和度假區等設施。城市規劃以保護環境為本，致力維繫人類與自然的平靜和諧。

嘉里建設正是選址金夢海灣的中心地帶來興建其全新的住宅項目—海碧台。項目突破傳統的建築設計概念，獨特的意念令其與自然海岸完美結合。

海碧台的設計匠心獨運，充分利用其臨海優勢，為住客提供最寬廣的海景及怡人海風。住客將來遷入以後，便可時刻遠眺當年秦始皇到來尋找長生不老秘密那一望無際的壯麗碧綠景致。嘉里建設一向以優質的建築水平及無懈可擊的服務見稱，海碧台的水準當然不負發展商的盛名。能夠擇居其中，怎不教人艷羨？

Fast Facts:

- Habitat is designed by the renowned architect designer, Moshe Safdie, who designed renowned buildings and awarded architectures such as Habitat '67 in Canada and Marina Bay Sands in Singapore.
- Habitat is a mixed development of seaside residence, including high-rise residence, detached houses, and shopping arcade.
- Grand opening and first launch is scheduled for September 2012.
- Gross Floor Area of approximately 550,000 square metres and total saleable area of approximately 440,000 square metres.
- Habitat provided 778 units in the 1st phase, with size mainly ranging from 150-250 square metres.

- 海碧台由國際著名建築師Moshe Safdie一手打造，出自Safdie手下的名作包括位於加拿大的Habitat '67，以及新加坡的Marina Bay Sands
- 海碧台屬於綜合發展項目，並由特式高層住宅、臨海別墅及商業配套組成
- 項目預計於2012年9月進行盛大開幕及首度銷售
- 總面積約55萬平方米，總銷售面積則約44萬平方米
- 海碧台第一期將提供778單位，面積介乎150至250平方米





Scenic surroundings of Tianjin along the Haihe River are cherished by the city's residents. 海河被譽為天津的象徵，沿岸風光秀麗迷人，是當地居民心目中的瑰寶。



Living the life

From management services and shopping to convenient transport links, Arcadia Court in the heart of Tianjin promises its residents the most of every moment





In Tianjin on the Heihe River, prosperous port city in northern China, the setting is one of restful tranquility. On the river, there is gentle activity. Folk fish, and boats glide past on the water. The sky is blue, and the pace relaxed.

And yet, Beijing is so close. A peaceful lifestyle, a dynamic growing city with easy access to the capital – this is why all investment eyes are focused on emerging Tianjin.

Indeed, Tianjin is extremely well positioned to support all forms of commerce and enterprise. Access to an international airport and a major seaport is efficient and convenient. Reflecting its status as a major and growing economic force, Tianjin is on the receiving end of a massive infrastructure upgrade that is attracting the attention of astute investors.

Everywhere you look are the visible signs of a city up and coming. Bridges are being built, and new roads made. The rail network is expanding, and reaching out into new directions. Parks, squares and other community facilities are being created for public enjoyment.

Clearly, this is a city in transition: a vibrant and dynamic hub in the making, underpinned by the massive improvements currently underway.

Pinpointing the future focal point of a city is not always easy, but in the case of Tianjin, Haihe district stands out. Here, urban planners have the luxury of working with a blank canvas. This part of the city was previously under-developed, so it offers the widest scope for thoughtful master planning.

The Haihe district is also endowed with a most favourable southerly aspect, enjoying a wide sweep of river views, which are delightfully bathed in sunlight.

It is here that Kerry Properties has chosen as the site of a new residential development, Arcadia Court, as part of the fully integrated, master-planned Tianjin Kerry Centre.

Kerry Properties' idea for mixed-use development is a concept that works particularly well in China. The vision for the Tianjin property is to be an outstanding example of the streamlined connectivity that modern families seek to make the most of their time. This would surely be a key consideration for any investor looking to get in on the ground floor of a real estate market in a city of the future.

Once completed, Arcadia Court will offer direct access to all components of the development. Without leaving their building, residents will be able to go downstairs to the planned shopping mall – expected to feature an international supermarket, branded stores, children's adventure zone, cinema and ice rink in some 80,000 square metres of retail space.

As the office towers are completed, they can also move effortlessly into the adjoining Grade A commercial space. Completing the picture of a functional, modern mixed-use development will be a brand new Shangri-La Hotel, also under construction.

Transport connections are dovetailed: the building is directly connected to Metro line 9, and only one stop away from Tianjin Railway Station. The capital is just 30 minutes away. With the rail infrastructure in place or under development, this effectively means that Arcadia Court residents can go from home, transiting on fast train to Beijing and even beyond to the capital's airport, without ever stepping outside into the weather.



Convenient Living

Tianjin Arcadia Court is the residential component of the new Tianjin Kerry Centre. Located within the Haihe River East CBD, it is directly connected to Metro line 9 and close to all highway/rail networks. Arranged over three 61-storey towers, the building offers a choice of one, two and three bedroom units from 78 – 80 sq. m., to the largest, 180 sq. m.

Services include:

- 24-hour concierge
- 24-hour security
- Housekeeping service
- Relocation assistance
- Ordering of bottled water
- Newspaper and magazine subscription
- Laundry and dry cleaning service
- Temporary storage of delivered frozen meat

For landlords: Full asset management service, including selection of tenant, handling of leases and rental payments, and professional account keeping.

便捷生活

天津·雅頌居是新建的天津嘉里中心的住宅部分，位於海河東岸的核心地段，直接連接地鐵9號線，鄰近公路及鐵路網絡。三座住宅各樓高61層，設有一房、二房及三房單位可供選擇，最小的單位面積為78-80平方米，最大為180平方米。

服務包括：

- 24小時禮賓服務
- 24小時保安
- 家務管理服務
- 搬遷協助
- 訂購瓶裝水
- 訂閱報紙和雜誌
- 洗衣及乾衣服務
- 提供凍肉暫存服務

業主服務：完善的資產管理服務，包括選擇租戶、處理租賃和租金，以及專業會計管理。

Also appealing to high-end tenants, the developer has packaged this project as the ultimate in aspirational lifestyle. This extends to the selection of stores in the retail mall, and ensuring they share Kerry Properties' service ethos of caring from the heart.

This is manifested in a wide range of professional management services designed to relieve tenants of the burden of everyday household chores. Everything from initial orientation and 24-hour concierge and housekeeping services, to newspaper subscriptions and laundry delivery are taken care of. This frees Arcadia Court residents to maximise quality time spent with family, and enjoying their precious leisure hours.

As for the potential future residents, it's not so much a question of who will live here, but when. Tianjin is already attracting widespread international attention, which is translating into commitment. The United States' century-old artistic institute the Juilliard School is building its first overseas college in Tianjin to nurture music talent. Motion picture giant the Cameron-Pace Group, also of the US, has chosen Tianjin, one of the cities involved in China's early movie industry, to create a world-class 3D film base. Tianjin is also attracting international teachers to serve in its high-quality vocational educational institutions.

Investors can also avail of Kerry Properties' tailor-made asset management program which can take care of everything, from finding ideal tenants, to handling the lease, receiving rental payments, and providing the owner with timely accounting details.

For all concerned, whether they are future residents or astute investors looking for opportunities now in the current favourable real estate market, the Arcadia Court philosophy is all about enjoying the moment, stress-free and relaxed.

Arcadia Court provides the framework for a lifestyle like no other in the relaxed, yet progressive city of Tianjin. For investors who seize this opportunity, or home-seekers who find it to be "the one", memories are made of this.





Tianjin Arcadia Court offers luxury living infused with contemporary design. 天津·雅頌居為獨具慧眼的住客帶來極富現代感的豪華生活享受。

樂享優質生活

無論是專業的管理服務、多采的購物選擇或便利的交通網絡，位處天津市核心地段的天津·雅頌居一應俱全，讓住客盡情享受人生。

天津·雅頌居位於中國北方繁華的港口城市天津的海河區，環境優美寧靜。在蔚藍的天空下，泛舟恬靜悠閒的河上，映照穿梭水中的魚兒，生活寫意如詩。

從天津，雅頌居前住北京亦非常快捷方便。悠然閒逸的生活方式，加上往返首都的便捷交通，難怪令投資者的目光都集中在快速發展中的天津。

事實上，天津的地理位置非常優越，既能支援各式各樣的企業商貿，到國際機場和主要港口的交通亦快速便捷，故此不斷攀升成國內的經濟主流城市，配合不斷優化的大規模基礎設施，時刻吸引著精明投資者的目光。

在天津，到處可見正在興建的橋樑和新道路、為遠達更多地區而不斷擴展的鐵路網絡，以及正在規劃興建供市民享用的公園、廣場和其他社區設施等。

從這些大規模增善工程來看，這個城市正在轉型成充滿生命力與活力的樞紐，潛力豐厚，蓄勢待發。

要勾勒出一座城市未來的焦點所在當然並非易事，但由於海河區在此前並沒有特別加以發展，故此城市規劃者可盡享自由度，如在一幅白畫布上從頭繪畫發展藍圖。而海河區本身坐北向南，住戶既可擁覽寬廣的海河景觀，又可享受陽光。

有見及此，嘉里建設選址在這裡興建全新住宅天津·雅頌居，成為精心規劃的一站式城市綜合體「天津嘉里中心」的住宅部分。嘉里建設使用的「一站式城市綜合體」構思，在中國大陸收到極佳的成效。項目的發展目標，聚焦在能夠便捷地連接商業與生活的地方，讓現代家庭可在日常生活中善用時間。而這個構思亦將會是投資者在這個焦點城市入手地產項目的主要考慮因素。

落成後，天津·雅頌居將可直達整個項目的其他部分，讓住客無需離開室內，便可直達樓下的商場。商場預計規劃約80,000平方米的零售空間，內有國際超市、名店、兒童探險區、戲院和溜冰場等，應有盡有。

辦公大樓建成後，住客還可輕鬆地進出相鄰的甲級寫字樓。此外，規劃中的全新香格里拉酒店亦是中心的一部分，全面體現現代化混合用途發展的理念。

交通方面，天津·雅頌居緊密連接地鐵9號線，與天津火車站亦僅一站之隔，往北京亦只需30分鐘。以目前及未來的鐵路基建規劃來看，天津·雅頌居的住客從家中出發，搭乘高速列車直達北京甚或到首都機場以外的地方，均無需踏足室外。

在發展商的精心打造下，項目體現了極致的理想生活方式。商場內的每一個商戶，都是經過精挑細選，確保他們活現出嘉里建設從心出發的服務精神。

這種精神充分體現於各式各樣特設的專業管理服務中，務求舒緩住戶的日常生活負擔，從住宅導覽、24小時禮賓服務和家務管理，以至訂閱報刊和洗衣服務等均一應俱全，全面照顧各種需要，讓住客可最有效地善用時間，與家人共享天倫及享受寶貴的閒暇。

對天津·雅頌居有興趣的住客來說，他們大抵最關心何時可以入住這個理想居停。天津這個地方，已經吸引國際社會的廣泛關注，亦因而吸引著名機構來發展。美國有百年歷史的表演藝術學校「朱利亞德學院」將於天津成立首間海外學院，以培訓音樂人才；而天津作為中國早期發展電影業的城市，亦獲美國龍頭電影公司Cameron-Pace Group挑選為創造一部世界級三維電影的基地。此外，天津亦吸引了世界各地的教師任職高質素的職業訓練機構。

投資者絕不需要擔心物業是否獲得妥善的管理。嘉里建設度身訂造的資產管理方案，從物色理想租戶、處理租賃事宜、收取租金，以及適時呈交會計資訊等，均一一為投資者細心處理。無論是未來的住客或正擬在目前蓬勃樓市物色機會的投資者而言，天津·雅頌居的生活哲學是輕鬆自由地享受每一刻。

天津的發展潛力，加上天津·雅頌居獨特的生活方式，是其他城市無可比擬的。對想抓緊這個機會的投資者，或期盼擁有理想家居的置業者而言，是時候積極考慮一下了。



The cosy confines and delectable dishes of Portside let you enjoy any occasion.
Portside餐廳的舒適環境與美味佳餚，令人無時無刻都陶醉其中。



From meals to meetings

From weddings and board meetings to your casual weekend dinner, Aberdeen Marina Club's exciting new restaurant Portside offers a toast to all of life's occasions



Cross the grand lobby of the Aberdeen Marina Club, into the clubhouse's newly opened venue, Portside, and prepare to be intrigued. With its warm ambience, artworks and sofas, the room has the welcoming feel of a home. The marina views and alfresco poolside terrace add a unique charm. Throughout, the aromas of delicious cooking pervade from chefs working in lively open kitchens. So is this a home, a restaurant, or a high-class function venue?

Uniquely, Portside can be all of the above. Here you can take the best elements of high-class hospitality - service, ambience and exceptional food - and make it your own.



The concept of creating a venue well-equipped for hosting life's most important celebrations, or high-level corporate meetings is evident in Portside's flexibility of design.

Many hotels offer newlywed couples a ballroom, but perhaps for your special day you'd like something different? Now there is a romantic alternative: an intimate wedding banquet that begins with cocktails on the terrace, before your guests adjourn to a cosy space to feast of freshly cooked international cuisine.

The venue can also be sectioned as required into accommodate smaller gatherings. This makes a refreshing option for occasions such as corporate hospitality, luxury product launches and high-level board meetings. For corporate guests, Portside offers the discreet and quiet confines of an exclusive private club, fitted with the latest, state-of-the-art audio-visual technologies.

With any event at Portside, the difference is in the detail. Meticulous execution of service by staff professionally trained to the highest degree ensures excellence in every aspect. But the innovative thinking didn't stop there. Just as the space itself introduced something new to the city, it was deemed that so too should the culinary offerings. It was noted that while fine dining options are plentiful, diners lament that something is missing – the local foods of their childhood, with all the feelings of comfort and security they evoke. Thus Portside was charged with an enticing mission: to bring back these "forgotten foods of Hong Kong".

An ambience of relaxed informality is evident in the natural look and feel of the décor which, with its bespoke furnishings, is both chic and welcoming.

The menu is designed for relaxed grazing. Diners can choose to their heart's content from the delicacies on the appetizer buffet, before moving on to their cooked-to-order main course.

The signature dishes are Cantonese favourites of claypot, wonton noodles and barbecue dishes, cooked in the authentic way in open kitchens, using the freshest, top-quality ingredients. To ensure authenticity, traditional Hong Kong dai pai dongs were scoured to find the chefs who were masters of their craft. Complementing the Chinese dishes are favourite comfort foods from the West.

The Portside concept is also child-friendly and flexible. Whether enjoyed for a relaxed weekday meal by Aberdeen Marina Club members and their families, or booked privately for a dream wedding banquet or impressive corporate function, Portside delivers a night to remember. Just remember to bring your appetite!



宴會佳選 成就非凡體驗

從盛大的婚宴、嚴肅的董事局會議，到輕鬆愉快的週末晚餐，深灣遊艇俱樂部新開幕的Portside餐廳是舉行各種宴會及活動的理想場地。

穿過深灣遊艇會地下大堂，正是會所全新開幕的Portside。Portside設計洋溢溫馨氣氛，藝術品與沙發佈置，散發著家一般的溫暖感；碼頭景致與露天池畔露台，令Portside更顯與眾不同；廚師們在開放式廚房大展身手，處處香氣撲鼻。究竟這裡是家？餐廳？抑或宴會場地？

Portside可謂集以上所有於一身。在這裡，您會得到最好的禮遇——超卓的服務、一流的環境與無與倫比的美食。

Portside的場地設計靈活有彈性，無論是舉辦重要喜慶活動或企業會議，兩相皆宜。

大部分的酒店都會向新人提供宴會廳作為婚禮場地，但你可希望搞搞新意思？想浪漫一點，不妨先讓賓客在露台享受餐前雞尾酒，談天說地一番，然後慢慢品嚐國際美食。

Portside亦可因應需要，靈活間隔為較小型的聚會場地，是舉行企業款客活動、高級產品發佈會與董事會會議等的另一佳選。Portside配備最新最先進的視聽器材，為企業賓客提供私人會所獨有的寧靜環境與空間。

無論舉辦任何活動，Portside對細節的追求都是一絲不苟的。所有員工都受過專業訓練，務求在每一個服務範疇做到最好，精益求精。

而在環境設計之外，Portside的美食創意同樣層出不窮。雖然城中不乏高級餐飲選擇，然而卻沒有多少能讓我們回味童年時的地道美食，重拾那份溫暖回憶。有見及此，Portside決意肩負重任，為大家尋回這些被遺忘的港式美食。

Portside崇尚自然觀感的裝潢與特別訂製的傢俱，盡顯別致溫馨的氣氛，足見這是放鬆身心的好地方。

菜單上的食物選擇亦本著讓客人以輕鬆心情享受美食為依歸。食客可先從餐前自助餐選擇喜愛的開胃小食，然後再品嚐即點即煮的主菜。

店裡的招牌菜乃廣東人至愛的煲仔飯、雲吞麵和燒味菜式，全部以最新鮮的頂級食材，配合地道烹調手法於開放式廚房炮製。為確保客人能品嚐到真正的地道風味，Portside特別從傳統香港大牌檔尋訪經驗老到的大師傅加盟。在中式佳餚以外，餐廳同時亦供應多款受歡迎的西方地道美食。

Portside的靈活設計同時兼顧到小朋友的需要，考慮周詳。無論是會員與親朋好友享受悠閒週末，或是供私人租用作為夢想婚宴或企業活動場地，Portside準會令你留下珍貴難忘的回憶。





Long live the seafood

Global stocks of seafood are plummeting to low levels, but fortunately sustainable seafood is becoming more accessible in Hong Kong

Hong Kong's early prosperity was built upon the bounty of the sea. Once brimming with nearly one thousand marine species, its waters enabled the city to develop as a fishing port, and an important source of sustenance for generations.

In addition to supplying food, oceans help regulate our climate, and supply a livelihood for millions of people. Just as important, we depend on the oceans for recreation and renewal. But our seas are not the infinite bounty they appear to be. Today, no part of the oceans remains unaffected by human activities. And among the many factors influencing our ocean ecosystems, few have as great an impact as fishing.

Ocean species are declining globally, due to more efficient fishing methods, and our growing appetite for marine

delicacies. According to the United Nations Food and Agriculture Organisation, over 70 per cent of the world's fish stocks are either fully exploited or depleted. Most of this over-fishing has occurred in the last 50 years.

In Hong Kong, we love our seafood, consuming an average of 64.4 kilograms per person per year. That's about 3.8 times higher than the global average, and double the per capita consumption in the PRC. Thankfully, there is no reason to stop. We can still have our seafood, and eat it too, courtesy of a sustainable seafood movement that is gaining momentum in our city.

The good news is that it's surprisingly easy to make an informed choice that is kinder on marine resources, without forgoing taste and quality. And it's not even more expensive. Simply swapping one species for another, or confirming its



source of origin, may be enough. Take coral trout, for instance. As the WWF Hong Kong Sustainable Seafood Guide points out, the Southeast Asian leopard coral trout is overfished, but Australian leopard coral trout populations are relatively healthy. Which would you choose, knowing that?

The guide for Hong Kong covers the 67 most popular seafood species that can easily be found in local wet markets, supermarkets, frozen food shops and restaurants that sell live fish. It groups seafood into three categories: green for recommended, yellow for “think twice”, and red for species to avoid. Species on the green list have been caught or farmed in an ecologically-friendly way in well-managed fisheries. The list incorporates many of our favourites, such as Pacific salmon, sea urchin, scallop, clam, black cod and rock lobster.

The yellow list indicates some issues with the fishing or fish management methods, and that increased demand could affect sustainability. It includes Atlantic salmon, big eye, several species of grouper, mud crab, squid, yellowfin tuna, and sole.

Species on the red list are already over-exploited. These include orange roughy, red crab, some coral trout, cuttlefish, shrimp, abalone, and sturgeon caviar.

Research shows we are hungry for such information. In a 2005 WWF survey, more than 70 per cent of Cantonese-speaking people in Hong Kong did not know the origin of the

seafood they ate, how it was produced, and the environmental impacts associated with its production. In the same study, 97 per cent of respondents said they wanted to stop or cut down on eating threatened marine seafood species, and 70 per cent said that if guidance were available to show how their seafood consumption affected the environment, they would follow it.

And the tide of public awareness is rising. Last year, the Hong Kong Chamber of Seafood Merchants, accounting for around 90 per cent of live seafood traders in Hong Kong, signed a landmark declaration to help improve the trade practices of seafood sourced from areas where live reef food fish are being severely depleted. The city’s first-ever Sustainable Seafood Week was launched in November to encourage industry participation and public involvement.

The reason this matters is that fish are the last wild food, but our oceans are being picked clean. Fishing practices worldwide are damaging our oceans—depleting fish populations, destroying habitats and polluting the water. Informed consumers can help turn the tide.

Ready to shop or order sustainably? Please use this handy guide, or download the WWF pocket guide at http://awsassets.wwf.hk.panda.org/downloads/seafood_guide_hk_card_fold.pdf



“ Simple choices when shopping for seafood can protect the health of our oceans.

一些購買海鮮的簡單選擇原則，便能為保護海洋生態出一分力。 ”

Recommended species:

「建議」類別包括：

- Pacific salmon 太平洋三文魚 (Alaska 阿拉斯加)
- Sardine 沙甸魚 (Portugal 葡萄牙)
- Scallops 帶子 (Australia 澳洲)
- Black cod 銀鱈魚 (North America 北美)
- Abalone and oyster 鮑魚及蠔 (China 中國)
- Rock lobster 龍蝦 (Australia 澳洲)
- Leopard coral trout 東星斑 (Australia 澳洲)
- Sea urchin 海膽 (South China Sea 南中國海)

“Think twice” species:

「想清楚」類別包括：

- Big eye 大眼雞 (South China Sea 南中國海)
- Giant grouper 花尾躉 (Hong Kong 香港)
- Atlantic salmon 大西洋三文魚 (Norway 挪威)
- Turbot 多寶魚 (China 中國)
- Yellow sea bream 黃腳鮫 (Hong Kong 香港)
- Yellow fin Tuna 黃鳍吞拿魚 (global 全球)
- Sole 龍脷 (New Zealand 紐西蘭)

Species to avoid

「避免」類別包括：

- Flathead 牛魷 (South China Sea 南中國海)
- Red crab 紅蟹 (South China Sea 南中國海)
- Orange roughy 金獅魚 (global 全球)
- Hong Kong grouper 紅斑 (China 中國)
- Swordfish 劍魚 (global 全球)
- Abalone 鮑魚 (South Africa 南非)
- Sturgeon caviar 鱈魚魚子醬 (global 全球)
- High finned grouper 老鼠斑 (Southeast Asia 東南亞)
- Humphead wrasse 蘇眉 (Southeast Asia 東南亞)



Source: WWF Hong Kong sustainable seafood guide
資料來源：世界自然基金會香港分會《海鮮選擇指引》

Sustainable salmon, scallops and prawns retain the same sumptuous flavours while ensuring a healthier ocean.

來自符合可持續發展準則供應商的三文魚、帶子及蝦同樣鮮味無比，而且更是有助保護海洋生態的選擇。

開懷嚐鮮 不忘環保

全球海鮮數量正在急劇下降，情況刻不容緩，猶幸本地環保海鮮的供應正日益增加，為消費者提供有助環保的選擇。

香港早期得以繁榮發展，全賴豐富的海洋資源。這片蘊含近千種魚類的海域，不但令這個城市發展成漁港，也成為許多世代的重要生計來源。

海洋不但為人類供應食物，亦起著調節氣候的作用。全球有數以百萬人依靠海洋維生，也是我們輕鬆消閒的好去處。然而，海洋資源並非取之不盡，用之不竭。現時海洋正飽受人類活動干擾，在眾多影響海洋生態的因素中，以捕魚作業帶來的影響尤為嚴重。

由於漁民採用更高效率的捕魚方法，加上我們對海產的需求日漸增加，全球的海鮮生物品種數目持續下降。聯合國糧食及農業組織的資料顯示，全球有超過七成的漁業資源遭完全捕撈，甚至耗盡，而大部分的過度捕撈活動都在過去50年發生。

香港人向來嗜吃海鮮，每年每人平均吃掉64.4公斤，是全球平均食量約3.8倍，比中國的人均海鮮食用量亦高出一倍。那麼，是要我們停止吃海鮮嗎？可幸的是，近年大力推行的環保海鮮行動已逐漸見到成效，亦讓我們可繼續享用海鮮美食。

只要我們多認識各種海鮮的情況，便可輕鬆為海洋生態作出明智選擇。只要避免吃遭受過度捕撈威脅的海鮮，而改吃其他的品種，又或確定海鮮的來源地，我們便無須額外花費也能享受到同等的味道和品質。舉例說，當我們從世界自然基金會香港分會的《海鮮選擇指引》，了解到東星斑在東南亞已遭過度捕撈，但澳洲東星斑的數量仍處於健康水平，答案是否顯而易見？

這份《海鮮選擇指引》列出67種在街市、超級市場、凍肉店及食肆常見的海鮮品種，並分為三個類別：綠色「建議」、黃色「想清楚」，以及紅色「避免」。綠色類別是來自管理妥善的漁業，或符合環保原則經營的海鮮養殖場，包括太平洋三文魚、海膽、帶子、蜆、銀鱈魚及龍蝦等極受歡迎的海產。

黃色類別代表海鮮的捕撈或養殖方法，以及漁業管理制度仍存在問題，而需求增加可能對這些品種的生存造成影響，當中包括大西洋三文魚、大眼雞、多種斑類、青蟹、魷魚、黃鰭吞拿魚及龍躑。

至於紅色類別的海鮮，已遭受過度捕撈的厄運，包括金獅魚、紅蟹、部分星斑品種、墨魚、海蝦、鮑魚及魷魚。

據世界自然基金會於2005年進行的調查顯示，我們有迫切需要了解這些資訊。調查發現，本港有超過七成操廣東話人士，並不知道所進食的海鮮來源、生產過程及其對環境造成的影響。調查亦指出，97%受訪者願意停止或減少食用瀕危海洋生物。另外有70%受訪者表示，若有指引解釋食用海鮮對環境帶來的影響，他們都願意跟從。

此外，市民大眾對環保海鮮的認識亦與日俱增。成員包括本地約九成活海鮮販商的香港海鮮業聯合總會，於去年簽署了一項重要聲明，致力改善來自珊瑚礁被嚴重消耗地區的海鮮貿易作業模式。全港首個「品味環保海鮮週」亦於去年11月舉行，以鼓勵業界及公眾參與。

魚是人類最後的野生食物，然而，我們的海洋正逐漸被捕撈一空。全球各地的捕魚作業方式，令海洋環境備受破壞，不但導致魚類種類減少，亦摧毀了海洋生態，並造成海水污染。作為消費者，我們只要增加對環保海鮮的認識，便可以為扭轉海洋厄運出一分力。

如要選購環保海鮮，你可參考以下資料，或登入世界自然基金會網頁 (http://awsassets.wwf.hk.panda.org/downloads/seafood_guide_hk_card_fold.pdf) 下載《海鮮選擇指引》。





For the love of collecting

For collectors the world over, the beauty and value of the collectable - be it coins, stamps or antiques - lies in the thrill of discovery

Serendipity is a wondrous thing. A fleeting moment, a chance encounter, can alter lives, and change the course of history. Collectors know that feeling. Who knows when a happy find of something that sparks a special interest may be the catalyst for a collection? Once an interest is piqued, years or even a lifetime of contented searching for the next special addition may follow.

People collect all sorts of things. It might start with stamps or movie tickets during their childhood, and perhaps lead to figurines, or travel souvenirs, charms or coins, which are the most widely collected items worldwide. Some people collect buttons, others rare and even priceless gems or antiques.

The beauty of any collectable is in the eye of its beholder. For as they know, regardless of its appeal to anyone else, to a collector the value of a "find" lies in the thrill of discovery.

And that is how one of the world's greatest collections of ancient Greek coins came to be in Hong Kong.

The precious Zhuyuetang Collection stemmed from happenstance that occurred during a road trip across the US. In the window of an antiques shop was an unusual-looking silver coin.

On one side of a shekel of Tyre was a portrait of Melkart, a Phoenician god, while the other side showed an eagle. The imagery on the coin, two thousand years old, was in itself interesting enough, but it was the accompanying description that really caught the imagination. For the coin dated back to the time of Jesus Christ, and it was for this very coinage (the 30 pieces of silver) that Judas Iscariot betrayed him.





1. Spartan Tetradrachm - the first coin issued in Sparta, minted between 267 and 265 B.C.
Spartan Tetradrachm - 於公元前267至265年間鑄造，是首枚在希臘古城斯巴達發行的錢幣。
2. Kroisos Stater - the first gold coin in the world c. 560 B.C.
Kroisos Stater - 於公元前560年鑄造，是世上首枚金幣。
3. Flamininus Aureus - the first coin to bear an image of a living Roman, issued in 196 B.C.
Flamininus Aureus - 於公元前196年鑄造，是首枚鑄有羅馬人像的錢幣。
4. Phanes Stater - the first coin ever to bear a Greek inscription. Read from right to left, it means, "I am the badge of Phanes."
Phanes Stater - 首枚鑄有希臘文的錢幣，由右至左的句子意指「我是法那斯的象徵」。
5. Corinthian Stater - an early coin c. mid - 6th century B.C. from the city-state of Corinth.
Corinthian Stater - 於公元前6世紀中在希臘港口城市哥林斯鑄造。
6. Attic Decadrachm - a coin issued during the height of Athens' empire c. between 486 and 484 B.C.
Attic Decadrachm - 於公元前486至484年間鑄造，於雅典帝國的全盛時期發行。
7. Hermès Tetradrachm - a coin depicting the Greek god wearing head-gear called petasos, responsible for dispatching messages.
Hermès Tetradrachm - 此貨幣描繪了戴有帽子的希臘神赫密士，他負責傳遞信息。
8. Gorgoneion Tetradrachm - from the Attic series Wappenmünzen, recognised as one of the first coin types of Athens.
Gorgoneion Tetradrachm - 屬於Wappenmünzen雅典系列，是此城邦最早貨幣系列之一款。



The statue of Roman Emperor Augustus, the earliest known coin collector, guards the entrance to a castle in Saalburg, Germany. 羅馬帝國開國君主奧古斯都大帝據說是已知的最早的錢幣收藏家，圖為其位於德國Saalburg某城堡門外的雕像。

For the lifelong collector whose gaze was drawn to the coin, this was a most significant find. The coin was duly purchased, and a new collection of antique Greek coins, adding to the collector's existing collections of many things quirky and interesting, including significant Chinese ceramics, vintage Leica cameras and miniature model cars, had begun.

That collection now numbers some 600 museum-quality ancient Greek coins, regarded as possibly one of the most comprehensive private collections, covering the regions of the Peloponnese, Macedonia, Thrace and the Aegean coast of present day Turkey, in the world.

To most of us today, coins have little more than nuisance value. Jangling in pockets, weighing down wallets and not worth much in monetary terms, "loose change" is something many feel we are better off without. History has shown, however, that coins are a remarkable anthropological record, charting the events, military might and influential characters – both real and mythical – of cultures past. Some seem remarkably familiar, testament to how the threads of ancient cultures are still influencing society today.

The stories behind them abound, and Mr Richard W.C. Kan, owner of the Zhuyuetang Collection, tells them with passion. The one showing a horse charging into an elephant is a depiction of Alexander the Great, still held up as the greatest warrior the world has ever seen, in battle with King Poros. On the flip side he is being crowned by Nike, the goddess of victory. His noble horse, Bucephalus, is honoured on another coin, and

today a city in Afghanistan is named after the revered equine.

In coins bearing the image of Asclepius, the god of physicians, he is always with a snake. Today, the snake endures as the universal symbol of modern medicine.

Even in 196BC, coins reflected public opinion. King Philip V of Macedon was unpopular among his subjects, so when he was defeated in battle by T. Quinctius Flaminius, a Roman general, he was considered a liberator. The first gold coin bearing a living Roman face was minted somewhere in Greece in his name. Flaminius is not as well-known as Julius Caesar, but his coinage preceded the latter's by some 200 years.

In Greek mythology, everything King Midas touched turned into gold. We've all heard of him, but who knows what he looked like? Only portrait coinage can tell.

Far beyond their original face value, coins are a treasure. Throughout the course of history, coins have documented great victories and defeats, important births, deaths and marriages, and the philosophies of their time.

As long as coins have been in use, enthusiasts have enjoyed collecting them. The earliest known collector was the first Roman Emperor Augustus, who collected old precious coins and some of them he gave to his guests. Coins remain one of the most popular collectables, the rarest changing hands for millions of dollars at international auction sales.

We might discard our loose change today with barely a second thought, but one wonders: what stories will the plastic card currency of our day hold for the generations to come?

珍藏之最

對世界各地的收藏家來說，無論是錢幣、郵票或古董等藏品的吸引之處和珍藏價值，其實在於發現心頭好一刻的喜悅。

意外的發現往往帶來奇妙的感覺——發現珍品的一瞬間，就像發現了可以改變生活，甚至改變歷史洪流的難得機遇。

收藏家都熟悉這種奇妙的感覺。找到某件珍品的快感，或會令你產生對收藏該類物件的興趣。而當興趣一旦建立起來，可能教人花上隨後幾年，甚至是一生的光陰努力尋覓下一件心頭好。

我們收集的東西五花八門。小時候通常會從郵票或戲票開始，然後是模型、旅遊紀念品、吊飾或硬幣等，這些都是世界上最普遍的一些收藏品。有些人則會收集鈕扣、罕見甚或是價值不菲的寶石或古董，各有所好。

不論在其他入眼中那藏品的價值如何，在收藏者眼中的藏品都是自己的寶貝，正正是「情人眼裡出西施」。因為只有他才明白，真正的價值在於「發現」的過程和快感，這亦是世界上其中一系列最珍貴的古希臘錢幣來到香港的原因。

珍貴的「竹月堂古希臘錢幣收藏」的傳奇源自收藏家在橫渡美國之旅時，偶然在一間古董店的櫺窗看到一枚不尋常的古銀幣而開始。這枚有2,000年歷史的錢幣上，一面是腓尼基神密爾加的頭像，另一面則是一隻鷹；這種圖案組合本來已經很有意思，但隨附的說明則更引發無限聯想。因為這枚銀幣的歷史可以追溯到耶穌基督的時期，而這枚銀幣正是十二門徒之一的猶大出賣耶穌基督得到三十枚銀幣那一個系列的東西。

對畢生收藏錢幣的人來說，這誠然是個重大發現。這枚銀幣旋即獲購入，並組成全新的希臘錢幣收藏系列。這位收藏家竹月堂主人還有許多其他特別的珍藏，包括貴重的中國陶瓷、古董萊卡相機和微型汽車模型等。

這系列現存約600枚博物館級別的古希臘錢幣，更可能是世界上最全面的私人珍藏之一，內有希臘各個地區的錢幣，包括伯羅奔尼撒半島、馬其頓、色雷斯和現時為土耳其國土的愛琴海沿岸地區。

對大多數現代人來說，錢幣有時令人困擾，在口袋裡撞擊而發出的刺耳響聲，令錢包變重，而且價值不高，不少人更覺得沒有「零錢」的生活更好。然而，歷史證明錢幣是重要的人類學記錄，讓我們得以追溯過去的文化，從中可看到史事、軍事實力和有影響力的人物或神話。當中有些人或事更是家傳戶曉的，證明古代文明對現今社會仍然存在深遠影響。

「竹月堂」主人簡永楨先生熱切地告訴我們，這些錢幣背後的故事俯拾皆是。其中一枚錢幣印有駿馬猛攻大象的圖案，代表亞歷山大大帝身為世界最偉大的戰士與波斯國王的戰爭，而錢幣的另一面則印有他獲勝利女神尼刻加冕的圖案。另外一枚錢幣印有他的愛驅布西發拉斯，今天阿富汗的其中一個城市亦以此駿馬的名字命名。而另一枚印有藥神阿斯克勒庇俄斯與一條蛇的錢幣亦是歷史悠久的，時至今日，這個蛇形的圖案更成為現代醫學的象徵圖案。

遠在公元前196年，錢幣的圖案已經用來反映民意。當時的馬其頓國王菲利普五世不得民心，後來更被羅馬將軍提圖斯·昆克蒂烏斯·弗拉米寧在戰爭中擊敗，弗拉米寧因而被冠上解放者的尊稱。而以弗拉米寧肖像作為圖案的金幣此時亦於希臘鑄造和發行。雖然弗拉米寧並不如凱撒大帝般赫赫有名，但他的肖像金幣卻比後者早約200年面世。

在希臘神話中，能點石成金的邁達斯國王碰到的每一樣東西都會變成黃金，很多人都聽過關於他的神話故事，但有誰知道他長成什麼模樣呢？而鑄有肖像的錢幣可以讓我們一窺其真貌。

錢幣是歷史的寶庫，遠遠超出其原來的面值。在歷史洪流中，錢幣記載了重要戰爭的成敗、偉人的出生、死亡及婚姻，以及當時的哲學思想。只要有使用過的錢幣，收藏家都喜歡收集起來。歷史上第一位錢幣收藏家是羅馬第一任皇帝奧古斯都，他收集珍貴的古錢幣，並將其中一些送給賓客。至今，錢幣仍是其中一項最受歡迎的收藏品之一，在國際拍賣會中，罕有的錢幣每每以數以百萬美元轉手。

今天我們可能想也不想便會丟棄零錢，但有時候也會想想：現代的電子貨幣又會有什麼故事留待後世去發掘呢？



10

9. Alexander the Great Decadrachm - this coin was minted to mark Alexander's conquest over the Persians and his marriage to Roxanne, a Sogdianian princess, c. 330 B.C.
Alexander the Great Decadrachm - 此錢幣是為紀念亞歷山大大帝於公元前330年左右征服波斯帝國以及與中亞細亞一位公主成婚的盛事。
10. Shekel of Tyre - the first Greek coin acquired by the renowned Zhuyuetang Collection.
Shekel of Tyre - 首枚由「竹月堂」收藏的古希臘錢幣。



Designated cycling paths prevalent in the West are making its way to Hong Kong in the near future. 在不久的將來，香港將會陸續引進早已在西方盛行的單車徑網絡。



A welcome change of pace

New cycling paths proposed in the revitalisation of East Kowloon pave the way for leisurely bike rides amidst the hustle and bustle of Hong Kong

Who doesn't love to live in the city? The bright lights, buzz of activity, and being able to get what you want, when you want it in a city that pulsates night and day are drawing populations around the world to inner urban areas.

But we want more these days. Along with city convenience, people expect more greenery in their lives and opportunities for leisure. They want to shop, dine, exercise and entertain, without venturing far from their neighbourhood. This poses one of the greatest challenges for planners worldwide: providing a pleasant lifestyle experience for locals and visitors, in built-up areas already under pressure. CBD land is always scarce, and constraints such as existing infrastructure need to be worked around.

For this reason, the potential offered by East Kowloon represents an exciting opportunity.

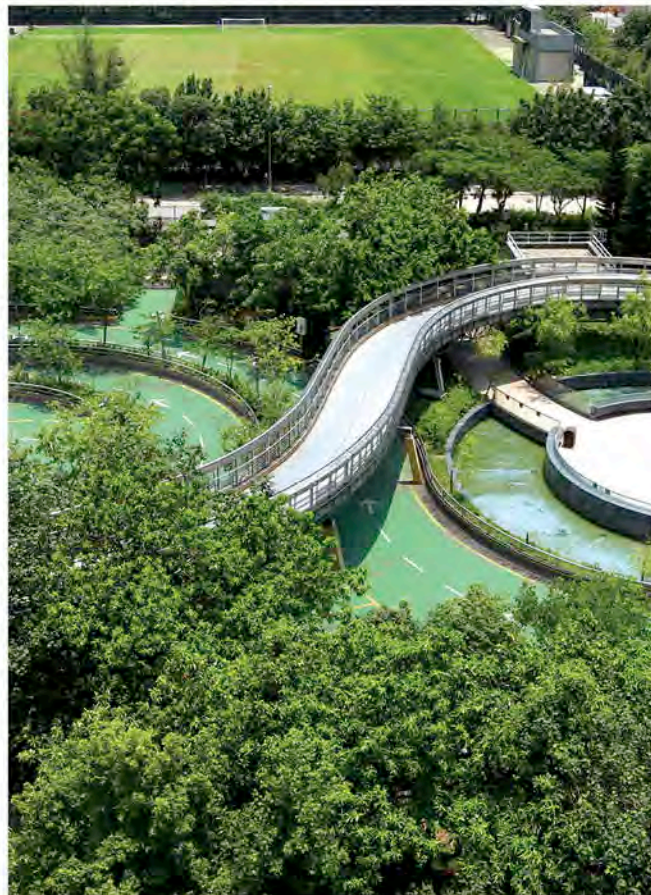
The vast space opened up for redevelopment on the site of the old Kai Tak airport is a rare commodity in any world city, and thus provides scope to create a "new CBD" with all the excitement of inner urban areas, without the inherent constraints.

The revitalisation of East Kowloon, encompassing Kai Tak and the wider area to Kowloon Bay, will be a role model city of the future combining all the elements of business, commerce and lifestyle enjoyment. The opportunity for green urban design will be grasped, too. The vision to create a new destination where businesses will be drawn to relocate, people will want to live and tourists will be enticed to visit incorporates refreshing parkland greenery and an eco-friendly transportation linkage. Within this network, new cycling paths are proposed.

Cycling hails back to a less hurried time, when society moved at a more leisurely pace, allowing people to engage and appreciate their surroundings, and bicycles were the main way of getting around. Cycling did not generate pollution, and was a more social form of transport. It was easy to stop and chat to a neighbour, admire a flower, or rest awhile.

Bicycles have largely disappeared from our cities and that seems a pity, since cycling is so enjoyable, and remains a desirable part of community life. As so poignantly observed by a mayor in France, where cycling has never gone out of vogue, the world today is divided into two: cities that have bicycle networks, and others who want them.

As noted by Professor Raymond So of Hang Seng Management College, it is far easier to accommodate cycling paths in an old area being reconstructed, and cycling seems an ideal fit on two counts. It is in keeping with both the green transport network proposed for the area, and its appeal as a tourist attraction.



For tourists visiting the world's great cities, one of the nicest experiences is to rent a bicycle and explore at a leisurely pace. Imagine the many happy hours that could be enjoyed cycling along scenic paths within the East Kowloon revitalisation zone with its glorious waterfront location. Uniquely for any city, there might even be the possibility of cycling to the door of a major mall, MegaBox, while you shop, browse or have a meal.

Currently, an expansive 80 kilometres of waterfront land is being considered for its potential to be opened up for cycling trails, adding to the existing network. The aim is that these routes should be "as scenic as possible", accessible, and integrated as part of community life.

Already, the city has about 170 kilometres of purpose-built, landscaped cycle tracks which are predominantly around the coastline. Standout examples of these paths include the current extension of the Tuen Mun to Tsuen Wan route, along Castle Peak Road, which ticks all the boxes in terms of safety, scenery, and being appropriate for its environment. Places to stop for rest and refreshments, with kiosks and sitting-out areas designated along the planned routes, will add to the enjoyment for cyclists of all ages.

Cycling was once the main form of transport in Hong Kong, and there's no reason to believe it can't enjoy an elevated role in society once again. It might never again replace our daily commute, but how lovely to take time out to enjoy our city with the freedom that two wheels offer.



遠離煩囂

名為「起動九龍東」的發展計劃提出海濱長廊單車徑的建議，讓市民可於繁忙的生活中享受悠閒單車樂。

試問誰不喜歡在市區生活呢？五光十色的都市生活、多采多姿的活動、與購物熱點為鄰的優勢，加上交通便捷等多個優點，難怪愈來愈多的人都擇居於市區。

但是，單單一個市區的住處似乎已經不能滿足我們今天的追求。除了市區所帶來的方便之外，我們亦希望享受綠化生活，並可在忙碌的生活中找尋運動和娛樂的機會。簡單來說，我們的住所附近最好購物、飲食、運動和娛樂兼備，一應俱全。對於城市規劃人員來說，要滿足此等要求，殊非容易。究竟怎樣可以在已經擠滿建築物的地區，騰出空間讓居民和遊客體驗健康優質的生活？商業區地方稀少，加上現有公共建設帶來的限制等，「方便」和「優質」這兩者似乎真的很難並存。

正因如此，東九龍的發展計劃大為居民造就良機，體驗更優質生活。啟德機場舊址被列為新發展區，所騰出的龐大地皮，可以在不受現有建設的制肘下，重新發展，發揮最大潛力。

東九龍發展計劃中的發展範圍，包括舊啟德機場，以至觀塘及九龍灣等一帶地區，並銳意打造成一個集商業、生活和文化元素為一體的模範市區，當中更不乏綠化環境等的建設。預計在這個新核心商業區建成後，將有很多企業選擇從其他地方遷移往東九龍新發展區，亦將會有越來越多人選擇於東九龍居住，更會吸引許多遊客到該區遊覽綠化園林和文化建設，還有連接舊區和新發展區的高架鐵路等環保公共交通設施。計劃更建議在這個交通網絡中興建新單車徑，讓市民可以運動和娛樂。

踏單車起源自生活節奏較慢的年代，當時的居民生活優哉悠哉，讓他們有更多時間去感受和細心欣賞生活周圍的環境，而單車就是當時最常用的代步工具。踏單車不但不會污染環境，而且是一種令人與人之間有更多溝通機會的交通工具。你可隨時將單車停下，與鄰居閒聊一番，賞賞花又或者於路邊休息一會。

可惜，單車這種有趣又對社區生活非常重要的交通工具，似乎在今天的市區中愈來愈少見。法國曾經有一個市長心酸地表示過，雖然踏單車這種運動從來沒有過時，但今天的世界只分為兩類：不是已有單車網絡的城市，就是渴望擁有單車網絡的城市。

恒生管理學院商學院院長蘇偉文教授表示，在舊區重建時提議增加新單車徑是較易容納，而興建新單車徑可以同時保留新發展區的綠化交通網絡建議，以及增加令遊客到該區遊覽的吸引力。

遊客若想細意遊覽世界各大城市的風光美景，租單車是其中一個不錯的選擇。試想像一下，於東九龍新發展區的海濱長廊，一邊踏著單車，一邊欣賞兩旁的風景，可謂賞心樂事。另外，計劃中亦有提及到可以踏單車經過九龍灣的大型商場MegaBox，讓您可稍作休息、觀光購物，甚至用膳呢！

東九龍新發展計劃的一部份，是在沿有的交通網絡中，利用海濱80公里長的海岸線興建新單車徑。計劃單車路線希望沿途多風景、連接交通方便，可以融入為社區生活的一部份。現時新市區已有約170公里長、為特定目的建造兼沿途有風景看的單車徑，主要於海岸線而興建。比較突出的例子有，由屯門伸延至荃灣、沿青山公路的單車徑，這條單車徑不但安全，而且沿途風光明媚，對該區環境來說非常適合。單車徑沿線設有涼亭及休憩處等提供小食及休息的地方，讓不同年齡的踏單車人士自得其樂。

踏單車曾經是舊香港最主要的交通工具，所以沒有理由相信，在今天的香港社會不能重新享受和提升這種交通工具的樂趣。雖然單車可能永遠不會像以前一樣取代現有的交通工具，但在閒時抽點時間一邊踏單車，一邊細意欣賞市區風光未嘗不錯呢！



At one with the environment

Planes, trains, and automobiles: major contributors to global warming, one might think. We fuss about such things as roadside pollution and the environmental impact of air travel, yet Mother Nature is equipped to deal with that: as scientists have figured out, forests absorb much of the carbon dioxide human activities release into the air.

The real concern is that forests are disappearing at an alarming rate - faster than the earth can replenish them. As city folk, we might not be able to plant a tree - but as environmentalists point out, anyone can "plant a notion". Going

green to help save trees doesn't have to be a daunting task involving sweeping life changes. Simple things can make a difference.

If you think that habits like turning off the light when leaving a room, or deciding to print out one less document can make any real difference in the scheme of things, consider this from National Geographic: every day, American office workers generate about two pounds of paper waste, amounting to 10,000 sheets of copy per year. Much of it just gets thrown away - in Hong Kong, paper accounts for about 25 per cent of



Cleaning up our planet will always reveal a universal fact
- it's the simple things that count

domestic waste disposed of at landfills.

Turning off electrical appliances when not in use simply makes sense: it saves money on power bills, and prolongs the life of the equipment. And why not turn off those lights in an empty room? They contribute up to 15 per cent of a lighting bill, for no apparent benefit.

Being the one to lead by example can have an amazing snowball effect. Earth Hour began in one city in Australia in March 2007 when two million people and businesses turned off their lights for an hour in the evening. By 2012, hundreds of

millions of people had joined in worldwide, including 2.8 million in Hong Kong.

Of course, its intent goes beyond conserving energy for one hour. As WWF explains, Earth Hour encourages individuals to set their own energy-saving targets, and work towards living sustainably. A resultant survey proved promising: 77 per cent of participants in Hong Kong said they would now turn off lights when not in use; 64 per cent would replace old light bulbs; and 61 per cent would turn off appliances when not in use.



In addition, here are some other ways a simple change of daily habits can have a positive effect on the environment:

- Choose a laptop over a PC – they use up to 90 per cent less energy than a standard desktop computer.
- A full freezer consumes less energy to cool than an empty one, so try and fill it up if possible, even with bottles of water or old newspapers until you need the space.
- Skip eating red meat occasionally. Cows generate huge amounts of waste and CO₂.
- Occasionally replace your frothy cappuccino with green or herbal tea, reducing the carbon footprint of your beverage by up to 16 times.
- Aside from donating unwanted goods and clothing to charities, consider hosting a fashion swap party. Popular in the UK and US, these are a way for friends to gain an entirely new look, without impacting on the environment.
- Older showerheads can use three gallons per minute or more. Switch to newer, efficient models that deliver water in multiple small streams, rather than a fine mist; they keep water warmer and make rinsing easier.
- Investigate ways to not only recycle waste, but also reuse it. Commercial quantities of waste such as used cooking oil can be turned into another business' raw materials.
- Recycle. Just recycling glass alone reduces related air pollution by 20 per cent, and related water pollution by 50 per cent. If it isn't recycled, glass can take a million years to decompose.
- Using a clothes rack to air-dry clothes is the most environmentally friendly option, but it will not always be possible in Hong Kong's humid weather. Time in the clothes dryer can be reduced by using a high spin cycle in the washing cycle to remove most of the moisture.
- Bring your own water bottle. Plastic bottles are by-products of oil. Their manufacture and transport requires massive amounts of energy and resources.
- Spread the word. Promoting a commitment to reducing your environmental impact, both at home and at work, encourages others to follow.

From little things, big things grow. And in the modern reality of a planet under pressure, each and every eco-advance matters. For as the Chinese proverb says, if we do not change our direction, we are likely to end up where we are headed.

擁抱環境

努力保護地球，自會明白「小事成就大事」的真理。

人們或會以為，地球暖化的主要元兇是飛機、火車和汽車這些交通工具。我們為著路面上的空氣污染、航空交通對環境的影響而煩惱。然而科學家發現，森林早已吸收大部份由人類活動所釋放的二氧化碳；說明大自然其實早有對策。

事實上，真正值得我們關注的，是地球上的森林正以驚人的速度消失。作為城市人的我們未必有機會種植樹木，但正如環保人士指出，每個人都可播下「環保的種子」。保護林木支持環保其實不必大費周章，簡單的小事情亦足以帶來改變。

你或會認為，離開房間時關燈或打印少一份文件沒甚麼幫助？然而根據《國家地理雜誌》，美國的上班族每天製造約兩磅廢紙，即每年達一萬張，其中大部分直接被丟棄。在香港，紙張便佔堆填區裡的家居廢物約25%。

關掉非使用中的電器可謂理所當然——不但能節省電費，亦可延長電器的壽命。空房間裡的燈既構成15%的照明電費，亦無實際需要，何不乾脆關掉？

當你願意以身作則，往往可以帶來重大影響，甚至做到一呼百應的效果。正如始於2007年3月澳洲一個城市的「地球一小時」，當時有企業和約200萬人和在晚上一起關燈一小時。及至2012年，世界各地已有數以億計的人加入，當中包括280萬香港人。

「地球一小時」的目的，當然不只是節省一小時能源而已。誠如世界自然基金會解釋，「地球一小時」是要鼓勵人們設定個人的節能目標，邁向可持續生活。活動相應的調查亦獲正面結果：77%香港受訪者表示現在會關掉非使用中的電燈；64%會更換舊燈泡；61%會關掉不需使用的電器。

此外，以下各種日常習慣的小改變亦有助保護環境：

- 選擇手提電腦代替桌上型電腦—手提電腦耗用的能源比標準桌上型電腦少達90%。
- 一個滿滿的雪櫃耗用的能源比一個空雪櫃為少，因此盡可能填滿它，即使是一瓶瓶水或舊報紙也可先放進去，直至你需要騰出空間時才再取出。
- 少吃紅肉，因為牛隻產生大量廢物和二氧化碳。
- 間中以綠茶或花茶取代泡沫咖啡，可減少達16倍的碳足印。
- 舊衣物及用品除可捐贈予慈善機構，更可藉以與親朋好友舉行有趣的交換時裝派對。這在英美很受歡迎，能為朋友帶來全新形象，同時亦不會對環境造成影響。
- 舊式花灑頭每分鐘可耗用三加侖或以上的水。轉用較新型及高效、以較多小水柱噴水的型號，能保持水溫及更易沖洗。
- 除了將廢物循環回收外，發掘更多廢物再用的方法，商業廢物如煮熟過的食油，可以是其他商用產品的原材料。
- 循環再造玻璃能減少20%空氣污染及50%相關的水污染，否則，玻璃需要約100萬年才能被分解。
- 讓衣物自然晾乾是最環保的做法，但在潮濕的香港天氣下也未必可行。選擇高轉數的洗衣程序可揮走衣物中大部份的水份，從而縮短使用乾衣機的時間。
- 常帶備自己的水壺。膠水樽是石油副產品，其生產及運輸均耗用大量能源及資源。
- 將訊息傳開去。無論在家還是在工作間，都身體力行減少對環境的破壞，感染身邊人。

小事成就大事。在這個飽受破壞的地球上，每項環保工作都刻不容緩。是時候為未來作出改變，何不就从今天開始！

Simple actions such as reducing air conditioner use can put a happy smile on Mother Nature.
簡單如減少使用冷氣，即可有助保護大自然。



Licence to thrill

If it's non-stop excitement you're after, take an exhilarating spin with wakeboarding - the fastest growing water sport in the world





Who said mankind was not born to fly? Watching the men, women and children soar through the air with the greatest of ease, whooping with delight, and laughing for the sheer joy of it all, makes you want to jump out of the speedboat and try wakeboarding for yourself.

And just about anyone can, according to the coach of the Hong Kong wakeboard team. As long as you have a zest for life, and no heart condition, people aged from four to 60-plus can learn to ride a wakeboard for fun or competition.

A hybrid water sport that is part surfing, part skiing, and completely thrilling, wakeboarding has come a long way in a short time. It's only been around since the 1980s, yet is now recognised as the fastest growing water sport in the world. Wakeboarding is also one of eight new sports being considered for inclusion in the 2020 Olympic Games.

In Hong Kong, our perfect combination of scenic bays and beaches, long summers and warm waters make ideal conditions for beginners to start. Membership of clubs such as the Hong Kong Waterski Association means you don't have to own a boat to join in the fun and excitement.

The sport is also highly competitive. Hong Kong has an

elite squad of nine men and women participating in international competitions, and in July the city welcomed wakeboard champs from many countries to compete in the prestigious Hong Kong Open Wakeboard Championships.

Riders choose a board's size and weight according to individual preference. Generally, the higher a person's body weight, the heavier their board, which can be up to 5 kilograms including the boot fittings. A buoyancy vest is always worn. Balance and flexibility are required, but both can be learned with training. Beginners who have a gymnastics background tend to pick up the technique more easily, but even if not, activities like trampolining are useful for building wakeboard skills.

The aim of this game is to perform tricks – the more difficult, the better. A rider starts by sitting in the water, legs crouched on board, and signals the boat driver when he is ready to go. The cable attached to an overhead tower, the wake and speed of the boat all contribute to the required "air space" that make the tricks so dramatic.

Tricks have unusual names, usually dreamed up by the rider who invented them. It could take hundreds of attempts to master the Tantrum, involving a spectacular

back somersault and landing successfully back on your feet, or the even trickier Tantrum to Blind, with an extra flip compounding the difficulty. There's the Scarecrow featuring a challenging front roll, and an Elephant, which is a Scarecrow performed backwards, with an extra twist. Not forgetting the Whirlybird, a difficult spin trick which leaves spectators awe-struck.

Timing is everything, but even when the rider feels ready, it takes courage to make that final leap.

When they do, riders feel exhilarated. Ruby Lee Kit Sum and Ronnie Cheung Ho Lung, both members of the Hong Kong team, are clearly pumped after a performance. They report feeling "so happy", likening the experience to floating weightless in space, then easing down gently in slow motion.

Apart from the exhilaration, riders say the appeal of wakeboarding is that you are always learning something new. It is a sociable sport, offering the camaraderie of other riders, and a fun way to build strength and mobility.

Before even attempting this sport, beginners should learn proper boating safety. Seek advice from an experienced rider or coach, and once you get into the water, start at slow speed to gradually gain balance and confidence. Experts say that by mastering the fundamentals first, the harder and more advanced techniques will be a lot easier to learn later on.

Wakeboarding has been called the wet and wild cousin of skateboarding, snowboarding, waterskiing and surfing – taking a little bit of each, and mixing it up in the most creative way imaginable. For extreme sporting action that exhilarates like no other, why not give wakeboarding a try?



花式滑水 挑戰膽量

如果您是熱愛刺激和速度的一群，花式滑水定能滿足您的追求。何不一展滑水技術，挑戰這種近年極受歡迎的水上運動！

誰說人類不能飛翔？看著男男女女，甚至小朋友於水上輕鬆翱翔、高聲歡呼吶喊、哈哈大笑和真情流露的興奮模樣，令人想立刻跳上滑板，一展身手。

正如香港花式滑水代表隊教練所言，任何人都可以挑戰花式滑水這項運動。只要您對生命充滿熱誠而心臟健康，不論你的年紀是四歲或超過六十歲，心態是玩票性質或是一心希望參加比賽，都可以學習花式滑水。

香港景致怡人的海灣和沙灘，加上悠長的夏季和較暖和的海水，誠然為花式滑水初學者提供一個理想的學習環境。只要成為像香港滑水總會會所的會員，初學者便無需擁有私人快艇，便可享受花式滑水的樂趣。

花式滑水是一項充滿競爭性的運動。香港花式滑水代表隊目前由九名男女運動員組成，並代表香港參加各項國際賽事。多個不同國家的花式滑水精英剛於七月雲集香港，並於香港公開花式滑水錦標賽上一較高下。

運動員根據個人喜好選擇滑板的大小和重量。一般來說，體型愈大就應選擇愈重的滑板，滑板的重量（包括固定在滑板上的滑水靴）可達五公斤重。必須注意一點，滑水員必須時刻穿上救生衣。滑水講



With the proper equipment, wakeboarders can have a thrilling time in Hong Kong's waters. 只要擁有適當的滑水設備就可在香港的海域範圍享受精彩刺激的滑水時光。

求平衡力和靈活性，而兩者均是可以透過訓練提升。初學者若曾經學習體操的話，一般較容易上手。即使沒有類似的經驗，多做例如跳彈床等活動亦有助改善滑水技術。

練習花式滑水的終極目標就是要在水上表演不同的花式，而且難度愈高，代表技術愈上乘。滑水員著上裝備後，開始時會坐於水中，雙腳屈曲在滑板上，準備好滑行時會以手勢向快艇上的駕駛員示意。繩索連接著一個高置的滑輪組，快艇的高速航行讓花式表演更具動感和戲劇性。

每一款花式都有其獨特的名稱，一般是由該花式的創作者負責命名。以翻騰花式動作「Tantrum」為例，這個後空翻再成功著陸水面的動作，滑水員一般需要嘗試過百次才能成功做出這個動作；又或者再高難度一點的動作「Tantrum to Blind」，即後空翻兩周再成功著陸水面，難度倍增。另外，「Scarecrow」這個需要前空翻的花式動作亦同樣充滿挑戰性。而「Elephant」就是將「Scarecrow」的翻騰動作以相反方向進行，並再增加一個轉體動作。當然，不能不提「Whirlybird」這個難度極高的轉體一周半加後空翻動作，絕對令觀眾嘆為觀止。

時間的配合對於表演花式滑水動作來說十分關鍵，就算當滑水員心理上已準備好，亦需要勇氣才能做出跳躍動作。

當滑水員成功做出動作，心情自然激動和興奮莫名。香港花式滑水代表隊隊員李潔心和張浩龍同樣表示，表演成功時心情真的很開心和興奮，就好比進入太空的無重狀態一樣，身體都變得輕了。

花式滑水除了使人振奮之外，更能令人學習到新的知識。滑水是一種社交活動，既能增進隊友間的士氣和互信，更可以有興趣的途徑提升體能和靈活性。

不過，在嘗試玩這項運動之前，初學者應先學習正確的划船安全守則。不妨跟隨有經驗的滑水員或教練學習，而在水中起步時應先以慢速開始，再按部就班學習如何平衡和增強自信心。專家表示初學者應先掌握好基本功，再向更高難度的動作挑戰，學習時將會更得心應手。

花式滑水比街頭滑板、滑雪、滑水和衝浪運動更狂野激情，結合了上述每種運動的一點特徵，混合出令人意想不到、充滿創意的運動。這種集膽量、技術和刺激於一身的極限運動，您又豈能錯過？



Rejuvenating refreshments

Nothing is healthier than a dose of fruit and vegetable juice to feel reinvigorated - concoct a delightful combination right in the comfort of your own home

Fruits and vegetables offer many delights in our fair city, and during these busy days typical of a modern metropolis like Hong Kong are the ideal time to enjoy them to the fullest. As the summer makes way for the cooler Autumn breeze, being outdoors, exercising and exploring the neighbourhood have become a favourite part of the Hong Kong lifestyle.

When engaging in these activities, however, we need to take extra care of our health. Dehydration can easily occur, and we should be mindful of consuming enough drinks to replenish the liquid and required body salts lost through exertion.

Before you reach for a manufactured drink, why not turn to nature first? Seasonal fruits and berries are now in abundance, and it's easy (and cheaper) to blend them up at home into a tasty, palatable and wholesome drink that even children will love.

Drinking natural juices has proven to reap many benefits: they boost energy levels, help to overcome fatigue, and work wonders to prevent dehydration. They are also an excellent source of vitamins, enzymes and minerals, and a convenient way to boost the fruit and vegetable intake in our diets.

Particularly in Hong Kong, where university research suggests that 90 per cent of the population don't have the vegetable and fruit intake recommended for healthy living, juices are a fast and effective nutritional solution.

For maximum health benefits, try to include as wide a range of fruits as possible. Red fruits such as raspberries, strawberries, blueberries, currants and watermelon are an ideal choice – served chilled, they are exquisitely refreshing and look fantastic in a tall glass.

Certain ingredients can be chosen to target specific areas requiring a healthy boost. The juice of red beets (or beetroot), already a rich source of Vitamin C, has been shown to reduce high blood pressure. Ginger helps maintain the cardiovascular system by lowering cholesterol and blood pressure – combined with lemon, it makes a zesty drink, and can be added to just about any juice combination.

The Five Green Juice often used to kick-off a weight-loss program and promote overall health, a recipe originated from traditional Chinese medicine, is easily made at home. Another local favourite, the healing Detox Juice, is both cleansing and an excellent source of antioxidants. It's also sweeter and more palatable for those who don't like their greens.

And that's only the beginning. Just about any fruit or vegetable you can think of, in any combination, can be turned into a delicious juice.

Add to the fun by giving your concoction a fancy name – like Popeye's Spinach Juice, a vitamin-packed thirst-quencher made by blending two large carrots, an apple, and baby spinach leaves. Or Cheery Cherry, a great one for the sweet tooth, made from blended bananas and cherries. Kids won't eat their greens? Disguise them in a Pineapple Cooler, made from the juice of half a fresh pineapple, a few mint leaves, and one of more bunches of your favourite green.

So to feel reinvigorated, chill out with easy and delicious beverage recipes. It's one of the best things you can do for your health during any season.



清新飲品

有甚麼比一杯清新健康的蔬果汁更能讓人舒心暢快？現在就在家中寫意地炮製一杯消暑特飲吧！

在香港這個充滿活力的都市，生活節奏緊迫，要忙裡偷閒實非易事。除著夏去秋來，更是盡情享受生活的理想時機。不少香港人均喜歡趁著太陽緩緩西下，到戶外做做運動、散散步，享受人生。

然而，進行活動時我們必需加倍注意健康，飲用足夠飲料來補充體液和身體所失去的鹽分。

當你準備從店舖貨架上取下預先包裝飲品前，有沒有想過可以取諸自然呢？水果和莓果正值豐收季節，買回家中可製成美味可口又有益健康的果汁，既方便又便宜，連小朋友也一定喜歡。

夏日飲用蔬果汁好處多不勝數，既可補充能量，有助減少疲勞，又能有效預防脫水。蔬果汁更蘊含豐富維他命、酵素和礦物質，並能讓您輕易攝取水果和蔬菜裡的膳食纖維。

一項大學研究指出，九成香港人並沒有吃足夠的蔬菜和水果。而飲用蔬果汁則是快速、有效的補充營養方法。

而為了達到最佳的健康成效，炮製蔬果汁時，應盡量選用不同種類的水果。紅色水果如紅莓、草莓、藍莓、紅加侖子和西瓜均是理想選擇，製成凍飲，倒進高挑的玻璃杯子裡飲用，看起來亦特別醒神。

您亦可以選擇一些針對特定健康問題的材料，例如：含有豐富維他命C的紅菜頭（或紅甜菜根），有不少研究均指出其有助降低血壓；而薑則對降低膽固醇和血壓有幫助，保持心血管系統健康，可加入檸檬即可製成清涼的飲品，亦可混合其他果汁之中飲用，也是不錯的配搭。

而在纖體餐單中最常見的五青汁，有助促進身體健康。這款源自傳統中藥藥方的飲品，即使在家中製作亦很簡單容易。此外，另一款營養排毒果汁既有助排毒，又蘊含豐富抗氧化物，而且味道較清甜，對不喜歡青菜味道的人來說更易入口。

上述的例子只是眾多選擇的一部分，事實上幾乎任何水果或蔬菜均可組合成美味的蔬果汁。

想增添樂趣的話，不妨為您的特飲起一個獨一無二的名字，例如「大力水手菠菜汁」——以兩個紅蘿蔔、一個蘋果、菠菜苗放入榨汁機攪拌，即成維他命豐富的解渴飲料；或者最適合嗜甜人士口味，以香蕉和櫻桃製成的「喜悅櫻桃」。如果小朋友不喜歡吃蔬菜的話，可試試將蔬菜混入菠蘿冰之中，做法很簡單：以半個菠蘿榨汁，加入幾片薄荷葉和蔬菜攪拌，便大功告成。

總而言之，想促進健康，就從現在開始，為自己和家人製作一些簡單味美又四季皆宜的蔬果汁吧！



Rejuvenate yourself with fresh juices 多喝果汁感覺煥然一新

The Five Green Juice

A preferred juice drink for weight loss, detoxification, and improving the immune system. With a healthy combination of 2 stalks of celery, 1 green apple, 1/4 of a cucumber, 1/4 of a bitter melon and half a green pepper, it also helps the body retain healthy alkalinity by neutralising the effects of acidic foods in your diet.

Put all ingredients into a juicer, blend, do not add water.

To maximise the juice's best effects, it is recommended that you drink it immediately (within 10 minutes) after juicing on an empty stomach, first thing in the morning.

五青汁

以西芹（2條）、青蘋果（1個）、青瓜（1/4條）、苦瓜（1/4個）及青椒（半個）打製而成的五青汁有減重、排毒及提升免疫系統之效。此外，五青汁更可中和飲食中所攝取的酸性物質，調節身體的酸鹼度，助您保持健康。

將所有材料放入榨汁機，不用加水。

於早上空腹飲用（起床後十分鐘內），效果最佳。

Grape, Pineapple and Ginger Punch

By simply blending 5 grapes, half a cup of cubed pineapple, 1 teaspoon of ground ginger and the juice of 1 lemon with 3 tablespoons of sugar, a pinch of salt and water, this refreshing beverage aids in reducing the risk of heart diseases by lowering your cholesterol and blood pressure.

Place the grapes, pineapple, ginger and lemon into a blender. Add the sugar, salt and water. Blend the ingredients until smooth then strain. Dilute with more water if desired.

In addition, regular intake can go a long way in decreasing swelling, and help you battle constipation and fatigue.

提子菠蘿薑汁賓治

這款以提子（約5粒）、菠蘿（半杯，切粒）、薑（1茶匙，切蓉）及檸檬（1個，榨汁），加糖（3湯匙）及少許鹽打製而成的特飲味道清新，有降膽固醇、降血壓及防止心臟病的功效。

提子、菠蘿、薑及檸檬放入攪拌器，加入糖、鹽及水。將所有材料打至幼滑再用篩隔過。可按喜好加水。

長期飲用更可改善水腫、便秘及疲憊的問題。

Antioxidant Supreme

The bountiful antioxidants found in berries provide anti-aging benefits for those who enjoy this drink. With a blend of 1 cup blueberries (fresh or freeze-dried), around 5 strawberries (halved, fresh or freeze-dried), 2 cups of chopped mango and water, the Antioxidant Supreme bursts with natural flavours and benefits that help you ward off wrinkles and aging skin.

In a blender, combine blueberries, strawberries, mango, and water; blend until smooth. Strain juice and, if desired, thin with additional water. Before serving, garnish with sliced mango, blueberries, and strawberries (optional). Refrigerate up to 2 days (shake before serving).

This rejuvenating drink solidifies its status as your body's best friend by boosting your immune system as well as preventing heart disease.

抗氧化特飲

莓類生果含有大量抗氧化物，長期飲用有抗衰老之效。這款以藍莓（1杯，新鮮或急凍均可）、士多啤梨（約5粒，新鮮或急凍均可，切半）及芒果肉（2杯），加水打製而成的天然抗氧化特飲，有去皺及防止皮膚老化的神奇功效。

將藍莓、士多啤梨、芒果及水放入攪拌器打至幼滑，將果汁隔渣，需要的話可再加水。飲用前綴以切片芒果、藍莓及士多啤梨（可隨意選擇）。冷藏後可保存兩天（飲用前先搖勻）。

此外，這特飲更可提升免疫系統及防止心臟病，助您保持最佳狀態。

