

DressCircle

A K E R R Y P R O P E R T I E S P U B L I C A T I O N

臻善譜



Cover image:

A glimmer of light; a beacon of hope. Sunshine filtering through a canopy of green on Kau To's still-pristine mountainside brings the promise of a life to be savoured, in peaceful yet prestigious surroundings.



晨光朝露，猶如奏起，一闕樂章，投射於聞名之九肚寧謐的山腰上，也喚醒了群鳥，起舞在翠綠及純樸的林木間，共唱生命之讚歌。

Dress Circle, July 2014

Published by South China Morning Post Publishers Ltd.,
22 Dai Fat Street, Tai Po Industrial Estate, Tai Po, N.T.
Hong Kong.
Tel: (852) 2680 8888

Printed by
Toppan Printing Co., [H.K.] Ltd.
Toppan Printing Centre
1 Fuk Wang Street
Yuen Long Industrial Estate
Yuen Long, N.T. Hong Kong

Editorial Director Winnie Chung
Editor Tsang Fan
Writer Peta Tomlinson
Translators Benjamin Tsui, Anita Yeung
Designer Chow Kwok-wang
Production Editor Deen Nawaz
Sub-editors Wing Yip, Christina Yu
Senior Administrator Thomas Chang
Account Management Yvonne Lo, Debby Lai, Sophie Chui, Frank Leung
Photos South China Morning Post, Shangri-La Hotel, At the Shard, London, Loewe, Marc Jacobs, BOSS, Burberry, Donna Karan New York, Michael Kors, Paul Smith, Emporio Armani, Abercrombie and Fitch

© Copyright SCMPPL. Reproduction in whole or part is not permitted without the written permission of SCMPPL.

Kerry Properties Editorial Team

Michelle Lam, Agnes Au,
Yvonne Yip, Wing Yau, Kari Au,
Aries Tso, Karen Kao
25/F, Kerry Centre
683 King's Road
Quarry Bay, Hong Kong
Tel: (852) 2967 2200





6



12



16



20

Contents 目錄

Dress Circle
July 2014

- 6. **The green luxury**
滿目青蔥 精緻府邸
Beside the leafy hillside above Sha Tin, Kau To - the traditional prime residential area of Hong Kong is known for its luxury real estate, and breathtaking natural beauty
- 12. **Couture queen of Asia**
亞洲時尚之端
To cater to Shanghai's population of enlightened and affluent shoppers, Jing An Kerry Centre heralds a new era of designer fashion retail

- 16. **An intriguing capital**
妙趣英倫
It is at The Shard that you'll find the most breathtaking hotel rooms in London - at the Shangri-La Hotel
- 20. **A legend lives on**
傳承喇沙傳奇
The story of La Salle, a name long associated with Hong Kong's economic success, shows how this can be so

- 24. **Wilderness so close**
紅樹叢林 咫尺之遙
Taking a walk on the wild side of Hong Kong to explore the coastal mangroves, your eyes will feast on a pretty tableau of evergreen trees and shrubs
- 28. **Pleasure on the ice**
冰面上的愉悦
Enjoy your ice experience at Kerry's most progressive, fun-filled mega mall
- 32. **Play it again**
樂韻悠揚
Appreciate vinyl, and the way it makes music feel real

- 36. **Harvested with love**
種出樂活
Hydroponics can bring out the inner farmer in all of us, enabling everyone to produce a healthy and nutritious home-grown harvest
- 40. **Moved by the music**
凝聚各方 同心築夢
Kerry supports of a life-changing musical
- 44. **Why the world going nuts**
全球堅果熱
All over the world, the pursuit of healthier lifestyles is increasing global demand for nuts



24



36



40



44

Just beyond the main roads and MTR line linking effortlessly with the city, Kau To's endless forests stretch as far as the eye.
毗鄰主要幹道的九肚，靠近貫通城市的港鐵，抬頭是一望無際的開闊景致。

The green luxury

Society owes much to people of vision. Those with the gift to see what others may miss; to imagine possibilities not immediately apparent, improve lives for those who follow. For they show the way.



The surrounding greenery nearby Kau To is a children's learning paradise. 九肚附近的一片翠綠，是兒童最佳的成長樂園。

In the early days, when Kau To was a green but uninhabited backdrop to Sha Tin, visionary settlers saw the potential for a prosperous future. As the population grew, so did its affluence - setting the scene for what would become one of the traditional luxury locations of Hong Kong.

Building on this honourable heritage, generations of society's elite have recognised Kau To as a dream location - a prestigious prime neighbourhood, and still so easily accessible. The area's fame is highly regarded among Hong Kong people of status and influence. Wealthy tycoons, successful entrepreneurs and noted celebrities could live anywhere they want - they



choose Kau To because it, too, is also an identity. When space and privacy is a priority, coming home to an area known both for its luxury real estate, and breathtaking natural beauty, seems the perfect choice. Now, as then, Kau To makes possible the vision of an idyllic lifestyle.

A sense of exclusivity exudes in the low rise, low density estates expansively laid out within wide, quiet boulevards. Driveways sweep into stately homes, some with pools and tennis courts. The privacy such space affords speaks of privilege. From the moment of arrival at this special place, it is clear that success lives here.

Just beyond the main roads and railway line linking effortlessly with the city, Kau To's endless forests still stretch as far as the eye. Hint of sea breeze whispers through the trees. The silence is golden - there's barely another vehicle sharing the curvaceous, tree-lined streets - no traffic noise, and blissfully, no roadside fumes.

The abundant pristine landscapes for which this part of the New Territories is famous characterise a residential setting of lush vegetation, and sweeping views. A neighbourhood walk soothes with its birdsong lullaby; the forest air, breathed deeply into the lungs, energises.



1. A number of renowned institutes in Asia share the mountain nearby Kau To, including The Chinese University of Hong Kong and Hong Kong Science & Technology Parks. 數家蜚聲亞洲的院校和機構均鄰近九肚，當中包括香港中文大學及香港科技園。

2. One may enjoy various water sports at Shing Mun River. 城門河座落於九肚附近，是享受水上活動的好去處。

The surrounding greenery is balm for the soul. Oriented towards the Shing Mun River and Sha Tin Hoi, Kau To is preserved as a rarely-found, green-clad oasis of calm, set between mountains and the sea.

Leisure time is to be savoured in the fresh outdoor air of this ultimate living environment. Perhaps spend the day amid the green open space of Sha Tin Park, its traditional Chinese landscaping complete with pavillions, fish pond and water features. Or let the children run free at Penfold Park inside the Sha Tin Racecourse, regarded by families as one of the best outdoor playgrounds in Hong Kong for its abundant greenery, and the wild birds flocking to its lakes.

With miles and miles of scenic pathways and trails beckoning, joggers, walkers and cyclists can spend hours in the fresh air here, replenishing both body and spirit for the working week ahead.

At certain times, the “sport of kings” exhilarates. Descending the hill, the route from Kau To looks down onto Sha Tin Racecourse, New Territories home of the Hong Kong Jockey Club, bringing with it the thrill and spectacle of world-class horse racing.

Location and amenity - key factors which determine a neighbourhood’s character and quality - give Kau To its deserved prestige. Noteworthy, too, are the area’s occupants. The true value of Kau To and its environs is also evident in the prestigious institutions drawn to locate there. The Chinese University of Hong Kong, a leading research-oriented university in Asia and Hong Kong Science & Technology Parks, share the mountain in Sha Tin, on sites overlooking picturesque Tolo Harbour.

The essence of such a desirable living environment is often sought, but rarely found. For those who want to live for now and invest for prosperity, Kau To is the place.

Luxury homes in this tightly-held area have always been in short supply. By opening their hearts to the value and potential of Kau To, prudent owners have secured the future they wanted. Others can, too. For as the ancient Chinese wisdom tells us - the best time to plant a tree was 20 years ago. But the second best time is today.



Penfold Park can let the children run free. 彭福公園能讓孩子盡情奔跑。

滿目青蔥 精緻府邸

人的遠大視野，促成社會的種種發展。那些擁有無比遠見的人，獨具慧眼，洞悉潛藏的機遇，改善下一代的生活，為他們引路。

追溯至早期，翠綠的九肚是沙田一片未經開發之地，但一些人洞悉到九肚的未來潛力，並定居於此。山上的財富亦隨人口漸長，九肚成為香港傳統豪宅區之一。

對無數社會賢達來說，九肚一直是夢寐以求的落腳地，一個逃離世事煩擾的靜所，同時與都市相距咫尺。九肚之光環恍如香港富豪、企業家和社會名流等權貴的身份象徵，為此追者紛沓而至，縱然他們有足夠能力隨心所欲抉擇良居，但空間和隱私也是他們的首要考慮，之所以落戶此地全因九肚的獨特生活方式足以構成完美選擇。九肚綠樹成蔭，既有豪華舒適的洋房住宅，也有令人驚嘆的自然美景。

豪華大宅座落於寬闊安靜的大道旁，隱隱透出華美貴氣。車道往內蜿蜒伸展，有些豪宅更設有泳池和網球場。如此隱私的空間，彷彿是特權的象徵。初來到這個別具氣派的地方，就知道居於此者，非富則貴。

毗鄰主要幹道的九肚，亦靠近貫通城市脈搏的港鐵。若你身處其中，抬頭是一望無際的森林，林木中還彷彿聽到海風在低語。寧靜在鬧市中千金難求，曲折的馬路幾乎看不見汽車的影踪，街道綠樹成蔭，沒有交通煩音。最讓人欣慰的是，四周從不瀰漫滾滾煙塵。

位於新界的九肚之所以著名，無疑是因為青青蔥蔥的山林，以及一覽無遺的周邊景色。在社區散步，聽着搖籃曲般的鳥鳴，心情平靜；在清新的森林深呼吸，令人精神舒泰。

九肚四周的翠綠環境，是撫慰心靈的良藥。朝向城門河及沙田海，九肚是介於群山和大海之間罕貴的恬靜綠洲。

活在如此精緻的居住環境，閒時最好細嚼一下戶外的新鮮空氣。沙田公園的綠色公眾空間，可讓你閒逛一整天，當中可欣賞傳統的中國園林設計，如涼亭、魚池和其他與水有關的裝飾，或讓孩子在沙田馬場跑道內圍中央的彭福公園自由奔跑。公園內的花草盛放，湖中佈滿野生鳥類，深受家長喜愛，被視為香港優秀的戶外遊樂場之一。

每逢假日，風景秀麗、綿綿不絕的小徑，吸引人們前來慢跑、散步或踏單車，花上數小時盡情呼吸清新空氣，為身心換上新衣裳，迎接新的工作周。

有時候，傳統的「貴族運動」也會令人興奮莫名。在九肚沿山而下，可前往香港賽馬會的沙田馬場，體會世界級賽馬盛事所帶來的刺激快感和壯觀場面。

優越位置及設施，奠定這個社區的特質，也正好融匯成九肚的尊貴。同樣值得一提的是同區的鄰舍，九肚及附近環境，已吸引好些著名機構在此駐足，更顯出這一帶的價值所在。座落此沙田綠野崇山的附近，就有於亞洲享負盛名的研究型綜合大學——香港中文大學及香港科技園，共同俯瞰着風景如畫的吐露港。

不少人都在追尋這種理想的生活環境，但大多都徒勞無功。對於正在尋覓愜意居所，而又想投資的人，九肚無疑是最佳選擇。

在這個罕貴地段，豪宅一直難求。審慎的業主，早已洞悉九肚的潛在價值，將他們渴求的未來緊握在手。其實，其他人亦能如此。中國的古代智慧告訴我們——20年前開始種樹，今天已經綠葉成蔭；雖然最佳時機看似已經過去，但第二個最佳時機就在今天。



COUTURE QUEEN OF ASIA

New York, London, Paris - and now, Shanghai. Oh-so-stylish Shanghai has sashayed into an elite ranking of the world's top 10 fashion capitals, to wear the crown as the couture queen of Asia.

“As China further emerges onto the world stage, Shanghai leads the fashion charge,” noted United States-based trend researcher the Global Language Monitor in its 10th annual survey. Shanghai is the highest-ranking Asian city in this year's survey, ahead of Tokyo, Singapore and Hong Kong. The Hai city's 12 placement jump in one year has been hailed as a triumph, propelling Shanghai into the coveted global top 10 - a position which the judges agree “many consider (to be) its rightful place”.

Mainland China's most progressive city has long been at the forefront of fashion. The sight of an elegant Shanghaiese woman in tailored jackets over traditional Chinese dress, high heels, powdered faces and red lipstick became the iconic look of time. When western designers first started introducing their haute couture to the East, it was only logical to start with the avant-garde Shanghai. It sealed Shanghai's reputation as the “Paris of the East”, and set the scene for the city's emergence as a celebrated leader in global fashion.

As the first Chinese to pursue beauty through fashion, Shanghai's early fashionistas were considered innovators of their time. Isn't this the role of fashion, to enable empowered women to look good and feel great, as a true representation of their individuality?

It was Shakespeare who first suggested that clothes maketh the man, a truism more important today than ever. To make an impression, being smartly attired matters - what we wear, and how we wear it, is a projection of who we are as a person, and how we want to be seen. There's nothing quite so uplifting as stepping out in style.

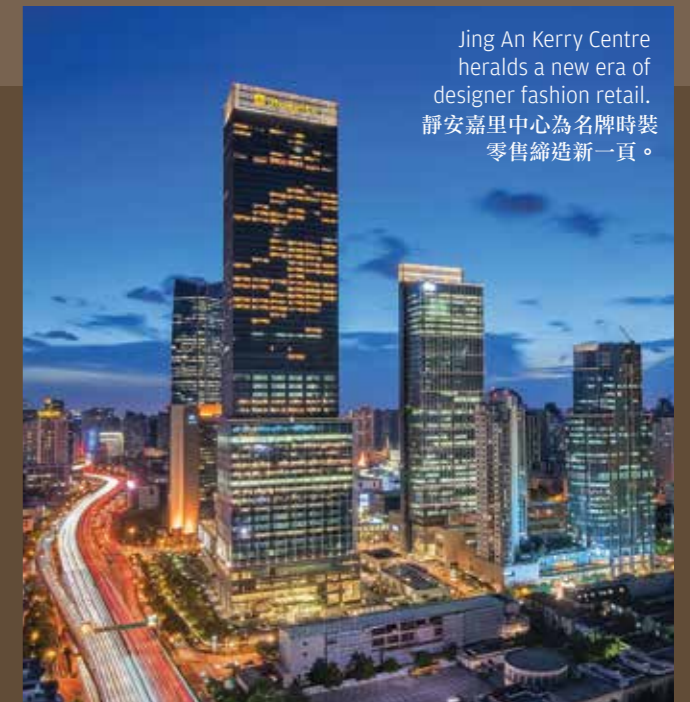
Dressing in chic, well-fitting clothing, paying attention to accessories and grooming, shows that the wearer takes care of themselves. Beautiful clothes spread positive energy - for when you look good, people notice. As they say, dress not for the job you have, but rather for the job you want.

High-end fashion says even more. Exquisitely tailored, luxury attire creates an image of success and status. The wearer has achieved their life goals - they aspire to the best, and so they can buy what they want. This is where fashion has intrinsic value, connecting the wearer with the brands they love. Like everything that is life-enhancing, good fashion is worth doing well.

Fashion is also stimulating, inspiring - each new season brings a fresh new look. The beauty of the current era of fashion, stylists say, is that there are no rules: both women and men are free to express their individuality and personal style however they choose, mixing high-end with accessible fashion, classic labels with up-and-coming designers.

In China, the latest collections are still seen first in Shanghai. The city's inherent sophistication and increasing wealth has firmed its reputation as a fashion trend-setter, inspiring multinational brands to showcase their designs for the discerning Chinese consumer.

To cater to the city's population of enlightened and affluent shoppers, Jing An Kerry Centre heralds a new era of designer fashion retail - one that thrives on creativity and accessibility, and allows shoppers to become the person they want to be.



Jing An Kerry Centre heralds a new era of designer fashion retail. 靜安嘉里中心為名牌時裝零售締造新一頁。

At this prestigious new addition to the city's fashion scene, fashionistas will find all the luxury and accessible brands to suit their personal style - classic, preppy, high-end or on-trend - under one roof.

From the United States, Donna Karan brings two brands: the sophisticated luxury label Donna Karan New York, and the edgy, downtown cool DKNY. British designer Paul Smith has opened his second largest flagship store in the world, launching the latest of his iconic collections for men and women.

Giorgio Armani has taken two floors of the new luxury shopping landmark for his latest Emporio Armani - almost 500 square meters of his famous designer labels. Spanish luxury leather brand Loewe debuts with a store designed by Peter Marino, the world-renowned architect who specialises in creating retail spaces for high-end fashion brands.

Abercrombie & Fitch “felt inspired” by the energy of Shanghai, leading to the opening in Jing An Kerry Centre of a flagship it describes as “the prime jewel” in furthering the influential American youth brand's prospects in China.

Similarly, the city that has “long defined cosmopolitan chic” has drawn luxury American brand Michael Kors to bring its signature jet set glamour to Shanghai by opening in Jing An Kerry Centre.

UK luxury brand Burberry has opened its largest flagship in China, an emporium of such truly British scale that *Elle* magazine hails it a “London/Shanghai crossover”. At the new Jing An Kerry Centre store, says *Elle*, “the distance between London and Shanghai is made smaller”.

Hugo Boss has opened BOSS, the brand's largest flagship in mainland China. Marc Jacobs has also arrived, with a luxury flagship designed by New York architect Stephan Jaklitsch.

In a city of ever-evolving affluence and aspirations, Jing An Kerry Centre is a celebration of fashion, in all its wonderful dimensions. Shanghai's ultimate fashion stage is centrally located on Nanjing Road West, the city's historic retail heartland - the new kid on the block is a force to be reckoned with.



Loewe



Marc Jacobs



Hugo Boss



Burberry



Donna Karan New York

亞洲時尚之端

繼紐約、倫敦、巴黎後，以時尚見稱的上海已悄然躋身全球十大時裝之都，成為亞洲高級時裝的女王。

美國研究組織「全球語言監察」(Global Language Monitor)在第十年的時尚之都排名中指出：「隨着中國在世界舞台上進一步崛起，上海亦成為引領全球時裝潮流的重地」。研究亦顯示上海已超越東京、新加坡和香港，成為亞洲時裝之都。上海成功在一年內大幅跳升12位，躋身「全球十大時裝之都」之列，絕對是一項重大的成就，連評審亦表示此結果乃眾望所歸。

上海可說是中國大陸最先進的城市，長期傲立於時裝潮流的前沿。上海女士身穿傳統中國旗袍、腳踏高跟鞋，配以剪裁恰到好處的外套，紅唇以及完美妝容的優雅形象，早已成了經典的時代印記。當外國設計師首度將高級時裝引進中國，前衛的上海是理所當然的選擇，更鞏固了她「東方巴黎」的美譽，同時奠定她領導全球時裝潮流的基礎。

作為上海早期的時尚達人，她們是中國首批以時裝來追求美感的人，更被視作締造新時代的創新先驅。這正是時裝扮演的角色——讓女性因時裝而顯得漂亮動人、充滿自信，切實地呈現她們的獨立個性。

莎士比亞是告訴我們「人靠衣裝」的第一人。時至今天，這不證自明的道理顯得更為重要。一身優雅細緻的裝扮，是留下美好印象的關鍵。我們的衣著往往反映身份個性，以及我們希望留下的印象。沒甚麼比悉心打扮，雍容華貴地示人，更教人快樂。

注重儀容的人都喜歡悉心裝扮，他們會穿著時尚、剪裁得宜的衣服，也着重飾物搭配。人們會為美而投以注視目光，所以賞心悅目的衣裳能傳播正能量。正如人們所言，你的衣著並不應只切合現有的工作，更應該為你爭取的工作而打扮。

高級時裝更能反映現實。一絲不苟的衣著能塑造出成功的形象及身份地位，亦代表穿著者凡事力求完美，並已達成了人生目標，有能力購買心儀之物。這正是時裝體現的內在價值，將人與熱愛的品牌聯繫。好的時裝一如其他可以提升生活品質的事物，值得我們去追求。

每季時裝都能呈現全新面貌，啟迪靈感。形象設計師都說，當下時裝潮流的好處在於毫無規限，可以自由發揮。無論女士與男士都可

隨心表現個性和風格，高級時裝可以搭配價格相宜的服飾，經典品牌也可以搭配新銳時裝設計師的作品，形式不拘一格。

在中國，最新季度的時裝仍然率先於上海亮相。上海承傳的高雅和日增的財富，奠定了它引領時裝潮流的地位，促使國際品牌在此為中國消費者展示最新設計。

為迎合富裕、緊貼時尚的上海消費者，靜安嘉里中心為名牌時裝零售締造新一頁，這裏洋溢創意，而且地理位置便捷，讓他們輕鬆打造出理想形象。

這個全新的時裝舞台囊括了奢華和價格相宜的品牌，無論是經典氣派、學院風格、高級服飾或最新潮流，時裝愛好者都可以覓得心頭好。

一眾國際名牌陸續進駐靜安嘉里中心，如美國設計師Donna Karan的兩個品牌，優雅奢華的Donna Karan New York及前衛的DKNY。而英國設計師Paul Smith也在此開設全球第二大旗艦店，銷售其最新而具代表性的男女時裝。

其他高級品牌包括Giorgio Armani，它旗下的Emporio Armani於這個奢華新地標開設了兩層，面積逾500平方米的新店。西班牙高級皮革

品牌Loewe亦選址於此，設立首間中國分店，並由擅長替高級時尚品牌設計零售空間的頂尖建築師Peter Marino設計。

在美國以至全球都極富影響力的年輕品牌Abercrombie & Fitch，也被上海的活力感染，並在靜安嘉里中心開設旗艦店，品牌形容這個選址是拓展中國市場的「最完美瑰寶」。

上海享有「中國時尚業領軍城市」的美名，吸引了美國高級品牌Michael Kors選址靜安嘉里中心，將經典的高貴魅力帶到上海。

此外，英國奢華品牌Burberry亦在此開設中國最大的旗艦店，Burberry傳統的英式氣派被《Elle》雜誌譽為「倫敦及上海的創意聯乘」。《Elle》稱，Burberry在靜安嘉里中心的新店「縮短了倫敦與上海的距離。」

選址靜安嘉里中心的，還有Hugo Boss，品牌在此開設中國地區最大旗艦店「BOSS」；而Marc Jacobs的旗艦店則由紐約建築師Stephan Jaklitsch設計。

在日益富裕、前景無限的上海，靜安嘉里中心將成為時尚薈萃點。這個位處上海南京西路的傳統零售重心地帶，是終極的時尚舞台，絕對不容忽視。



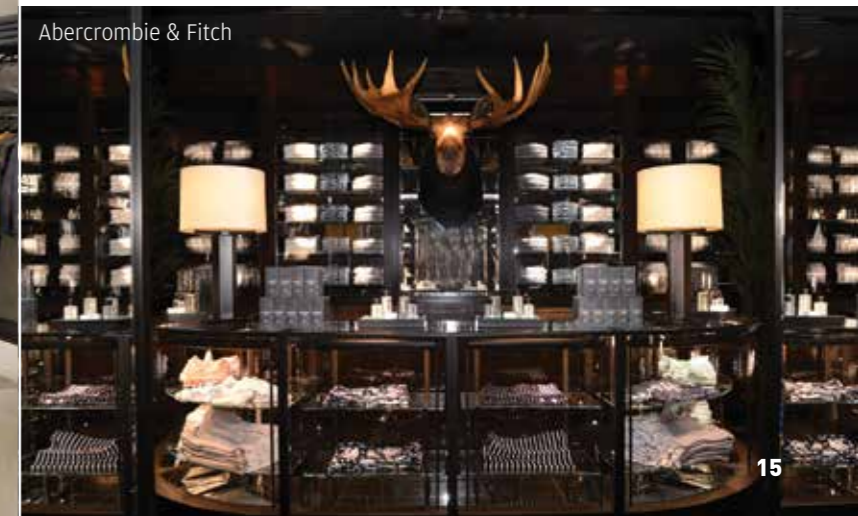
Michael Kors



Paul Smith



Emporio Armani



Abercrombie & Fitch



An intriguing capital

Frequent visitors to London may assume they know the city well but to uncover her best-kept secrets, you have to dig a bit deeper than the usual tourist sites...

Have you heard about the society ballroom which was turned into a Venetian canal? Can you say you have seen what truly is the city's biggest clock (and no, it's not Big Ben); or tucked into traditional fish and chips, knowing that they aren't really a British invention after all?

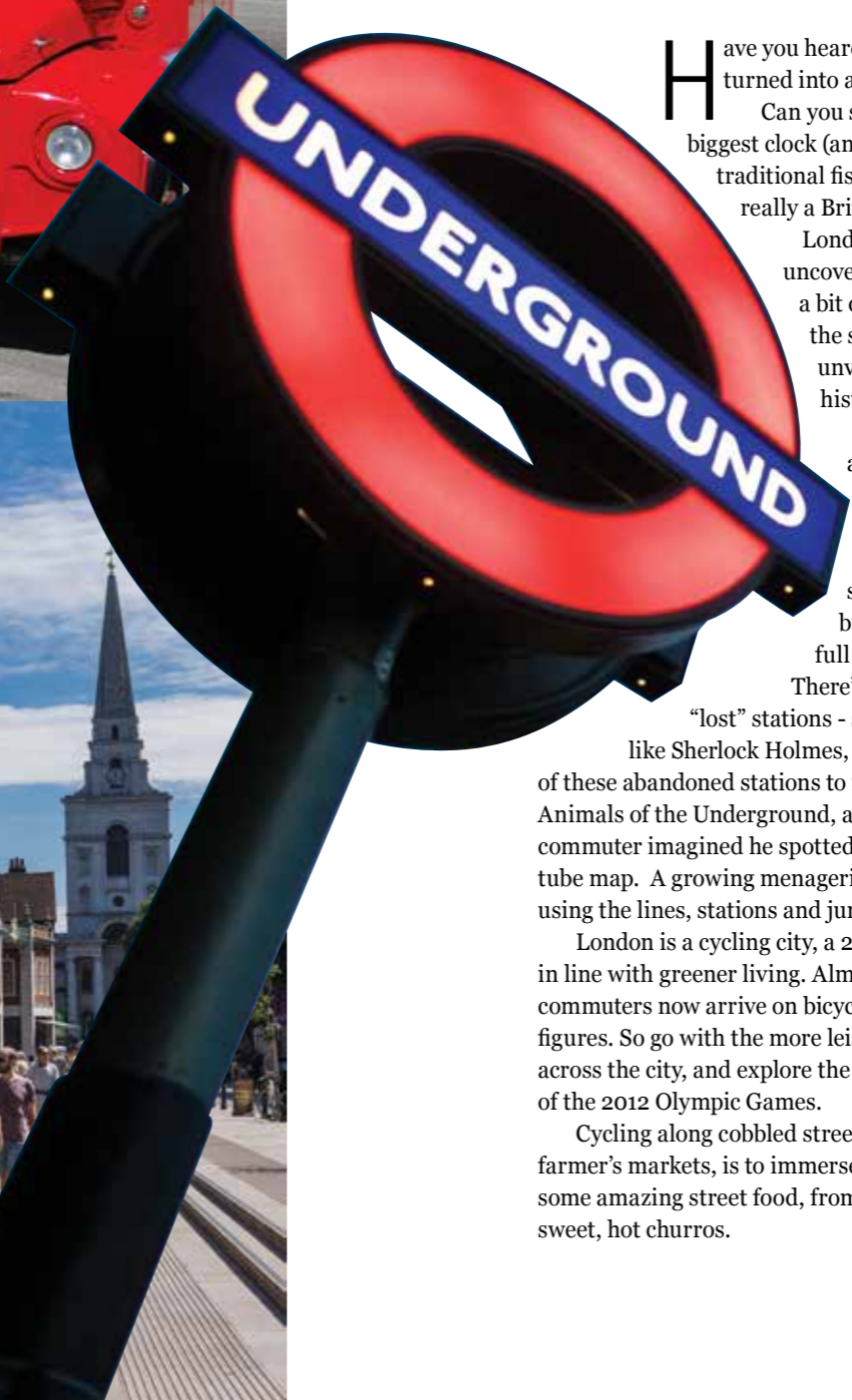
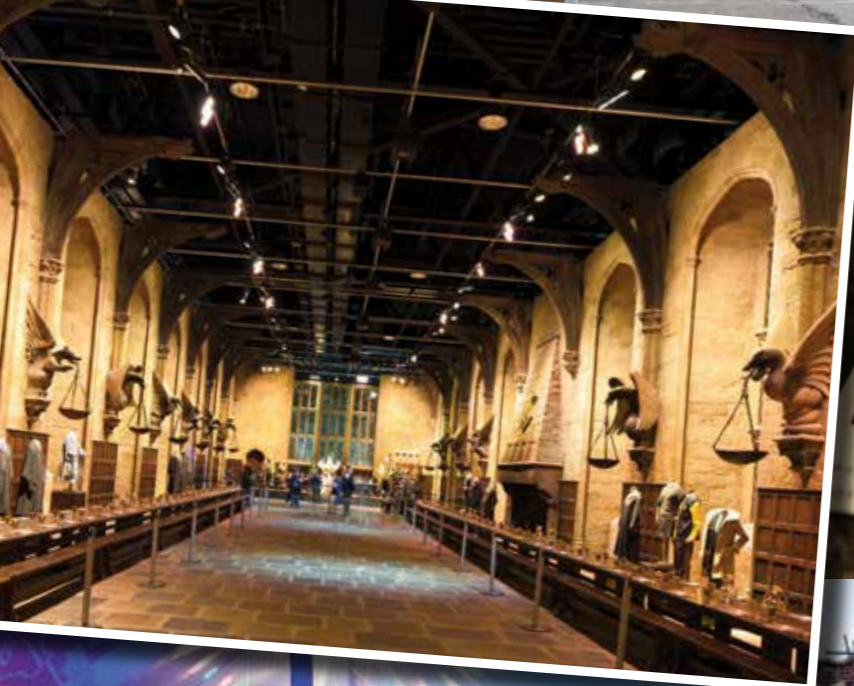
London is city of intriguing curiosities. To uncover her best-kept secrets, you just have to dig a bit deeper than the usual tourist sites. Walk in the shoes of a local for a while, and you'll unveil the fascinating layers of Britain's historic heart.

There are lots of ways to get around, but any journey to discovering the alternative face of London should start where it all began - "the Tube". Built in the 19th century, the world's oldest underground still carries 3.5 million passengers per day, but beyond the commute is a rail network full of secrets.

There's the mystery of the Underground's 40 "lost" stations - sometimes seen from passing trains. Be like Sherlock Holmes, and hunt down one of the occasional tours of these abandoned stations to find out why. As you travel, watch out for Animals of the Underground, an art project which began when a commuter imagined he spotted an elephant shape while staring at the tube map. A growing menagerie of all different animals has been created using the lines, stations and junctions of the Underground map.

London is a cycling city, a 200-year-old trend that's on the rise today in line with greener living. Almost one in four morning rush-hour commuters now arrive on bicycles, according to Transport for London figures. So go with the more leisurely flow, and hop on a bike, easily hired across the city, and explore the network of cycle routes which are a legacy of the 2012 Olympic Games.

Cycling along cobbled streets, by the canals and through local farmer's markets, is to immerse oneself in the "real" London. Stop for some amazing street food, from melt-in-the-mouth pulled-pork sarnies to sweet, hot churros.



And speaking of food... London has over 10,000 fish & chip shops (or “chippies”, as they are known) - you can find one on almost every street corner. But this staple English fare originated in Portugal - just like the tea locals wash it down with came from China. Order take-away, and find a quiet park bench to tuck into the flakiest, juiciest fish (usually haddock) that is the iconic taste of London.

In a city famous for its fine art galleries, behind-the-scenes exploring will reveal where world-renowned artists also make their mark on the street. The Alternative London Tour takes you there in a free walking tour leaving from Old Spitalfields Market most days of the week. The two-hour walk around London's East End showcases the abundance of creativity in the area, including the work of 40 different street artists.

London is renowned for many of the world's best museums - but it's home to some of the quirkiest as well. Not so famous, but just as intriguing, are the likes of the fan museum at Greenwich - the world's only museum dedicated to fans; or Pollock's Toy Museum in Fitzrovia, a time capsule of childhood memorabilia.

London's iconic architecture offers a rich cultural experience, but one more far-reaching than the famous landmarks. Lose yourself in the Barbican estate, a 1970s complex of baffling walkways, hidden gardens, slopes and steps; or see St Paul's Cathedral in miniature - you'll have to look hard, it's one of the eight tiny statues on the Vauxhall Bridge.

Or take a paid tour to see how sustainable architecture is shaping London's greenest buildings, and hear plans to make London one of the fastest-developing green cities.

Adrenalin-seekers can live like James Bond for a day at the London film Museum, featuring the largest original collection of 007's vehicles including the iconic Aston Martin DB5, *Goldfinger's* majestic Rolls-Royce Phantom III, and the unforgettable Lotus Esprit S1 submersible from *The Spy Who Loved Me*.

And if you're one who comes to life after the sun goes down, join the locals in a place that the silent disco phenomenon - where patrons listen to music via wireless headphones - reaches new heights. At The Shard, atop Western Europe's tallest building, you can pick your own DJ and dance the night away at 1,000 feet.

It is also here that you'll find the city's most breathtaking hotel rooms, in Shangri-La Hotel, at The Shard, London. Could anything be better, after days of fascinating discovery, to relax and share the memories of truly special moments which will stay with you forever?



Shangri-La Hotel is located at The Shard, Western Europe's tallest building. 香格里拉大酒店位於西歐最高建築物The Shard。

The newly opened Shangri-La Hotel, at The Shard, London occupies floors 34 to 52 of The Shard, surveying the entire city from its peak position. Due to the distinct design of the Renzo Piano-designed skyscraper, every room is unique: the 202 luxurious guestrooms finished in refined materials such as marble, silk and wood include 17 spacious suites complete with personal butler service. The three Signature Suites - the Westminster Suite, the London Suite and the Shangri-La Suite - offer the ultimate indulgence and have uninterrupted views across London's landmarks.

Critics have marvelled at the “astounding features” of one of the most anticipated hotel openings in London, which include Gong, London's highest bar, an indoor infinity pool on the top level, and individually designed suites. As one critic noted while gazing over the meandering Thames and an expanse of iconic landmarks, “this incredible view is one that visitors to the city have been waiting some time for.”

新開幕的倫敦香格里拉大酒店，位於The Shard 34至52樓層，居高臨下俯覽倫敦全城。這座摩天大廈由建築師Renzo Piano精心設計，每間客房的景觀都獨一無二，202間豪華客房巧妙採用精緻的建築材料，如大理石、絲綢和木材；另有17間寬敞套房，住客可享受專屬的管家服務。酒店更設有三大特色套房：西敏寺套房、倫敦套房及香格里拉套房，極盡奢華。登上酒店，市內各大地標建築便能盡收眼底。酒店開幕以來已獲得不少媒體讚賞，包括位處倫敦最高的酒吧Gong、建在頂層的室內無邊際泳池，以及設計獨特的套房。看着眼底下蜿蜒的泰晤士河，欣賞市內一覽無遺的標誌建築物時，媒體都情不自禁地嘆謂：「這正是每個遊覽倫敦的人一直夢寐以求的難忘風景。」

妙趣英倫

作為倫敦常客的你，或會自以為熟悉此地。倫敦是個滿載逸聞的城市，要發現她的秘密並非難事，你只要深入非旅遊點，走進當地人的生活之中……

你可曾聽聞英國的一個社交舞室變成威尼期斯運河？可有到訪過英國最大的鐘樓（那當然不是大笨鐘）？或發現迷上的傳統美食炸魚薯條，原來並非源自英國？

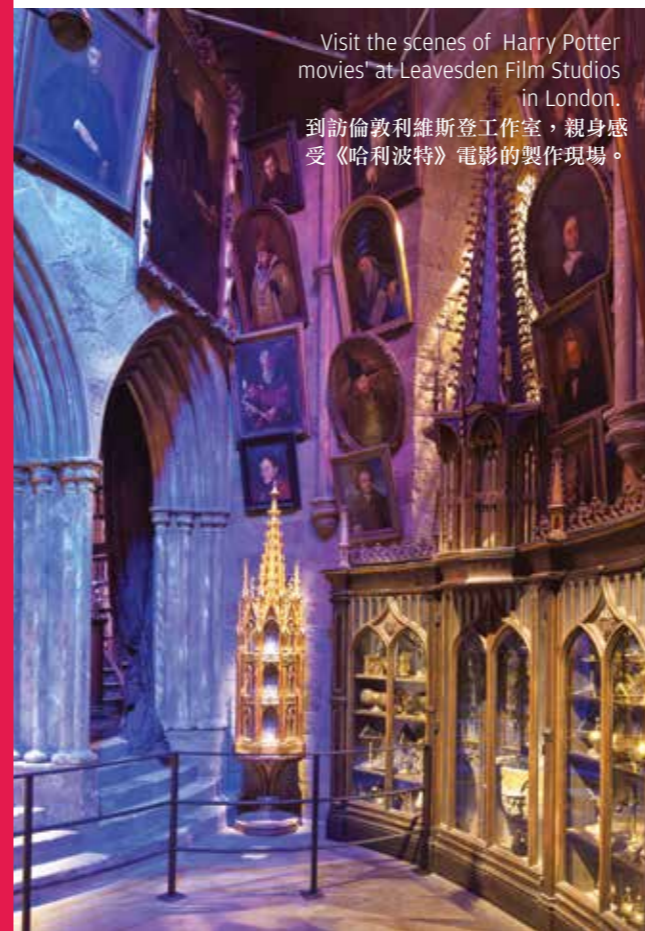
倫敦是個滿載逸聞的城市。但要發現她的秘密也並非難事，只要深入非旅遊點，走進當地人的生活之中，就可以翻開倫敦歷史迷人的一面。

探索倫敦的方法有很多，但這趟另類旅程應由倫敦繁華的根源開始——倫敦地鐵。倫敦地鐵建於19世紀，是世上最古老的地鐵，一天載客量高達350萬人次。即使列車每天來來往往，依然埋藏着許多不為人知的秘密。

倫敦地鐵有一個不解之謎，有時地鐵列車會路經40個「失蹤」車站。若有興趣了解背後的原因，你可以做一回福爾摩斯，參加廢棄車站導賞團。當你乘坐地鐵時，亦不妨留意名為「倫敦地鐵之動物」（Animals of the Underground）的藝術計劃，自從有乘客在路線圖上勾畫出大象形狀之後，這個計劃就以行車路線、車站和地鐵交點創出一個規模越見龐大的虛擬動物園。

倫敦是個單車城市，這個源於200年前的單車潮流，因着時下的綠色生活模式越趨熾熱。根據倫敦運輸局的數據，於早上繁忙時段，每四人當中就有一人以單車代步。單車出租店在倫敦也十分常見，你可以租借一輛單車於城中浪遊，踏在為2012年奧運建造的單車徑上，親身體驗這種悠閒生活。

沿着以鵝卵石鋪砌的街道和運河邊慢騎，穿過當地的農夫市集，遊走於「真實」的倫敦裏。你亦可以為街頭的美食而稍稍停下，細味甘香的手撕豬肉三文治（pulled-pork sarnies）或西班牙炸油條（churros）。



Visit the scenes of Harry Potter movies at Leavesden Film Studios in London. 到訪倫敦利維斯登工作室，親身感受《哈利波特》電影的製作現場。

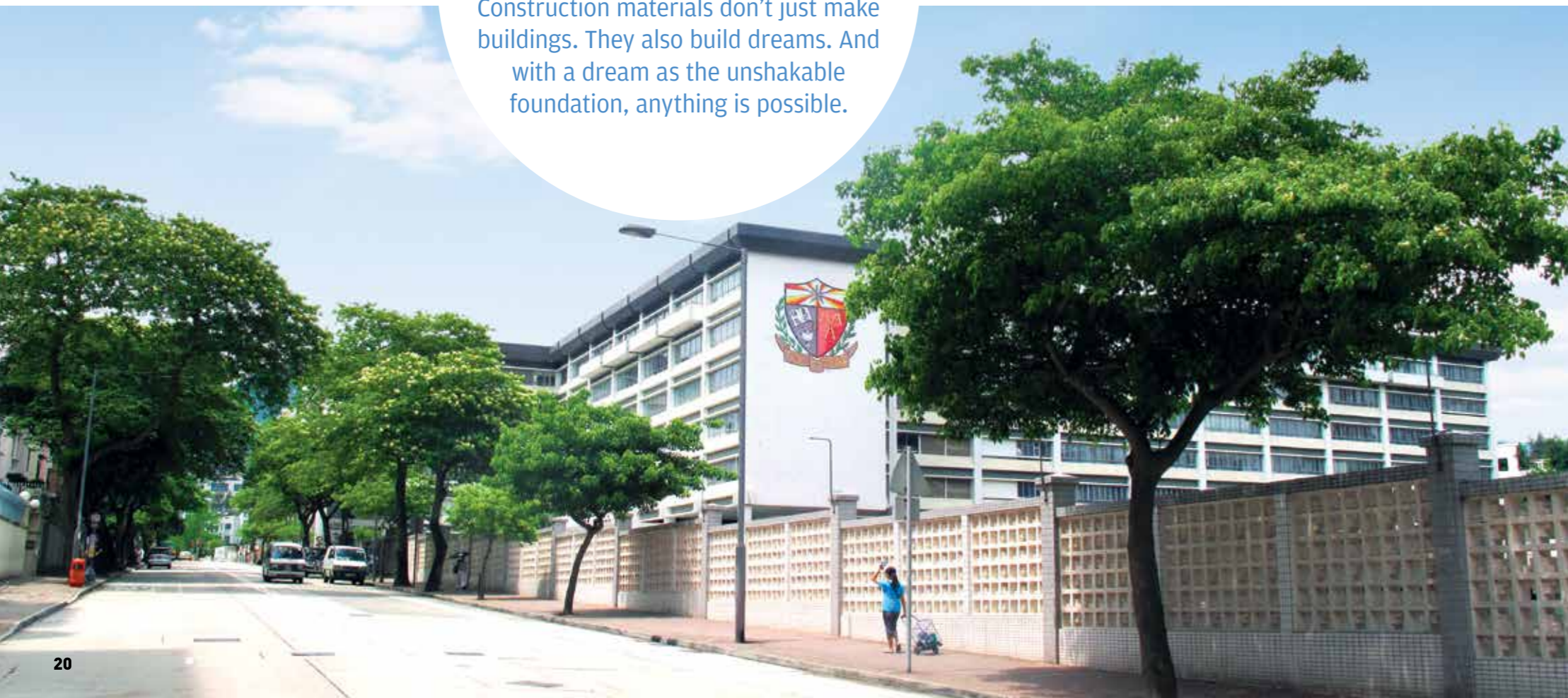


Built in the 19th century, the world's oldest underground is still a rail network full of secrets. 倫敦地鐵建於19世紀，是世上最古老的地鐵，依然埋藏着許多不為人知的秘密。



A legend lives on

Construction materials don't just make buildings. They also build dreams. And with a dream as the unshakable foundation, anything is possible.



La Salle College was initially located on Boundary Street, then moved to the elitist La Salle Road. (Photo: Hong Kong Museum of History)

喇沙書院最初座落界限街，後期搬到精英雲集的喇沙利道。（照片來源：香港歷史博物館）

The story of La Salle, a name long associated with Hong Kong's economic success, shows how this can be so.

It began last century, when the pioneering Christian Brothers came from Europe to build a school in Central Kowloon. They wanted to give young boys of Hong Kong dreams of a better life - and through education, the means to overcome adversity.

In the words of Financial Secretary John Tsang - himself a La Salle "old boy" - at the school's 75th anniversary in 2007, "they didn't know that they were building a Hong Kong legend."

For from noble beginnings - a mission to elevate society's future leaders - an esteemed institution was born. La Salle College, located on the street which bears its name, went on to educate some of Hong Kong's sharpest minds, and most influential businessmen.

La Salle Road came into existence in 1934. It was a time when Kowloon was expanding, and the new, wide, thoroughfare running from Prince Edward Road West to Kowloon Tong deserved a distinctive name. That honour was given to the first college in the area. As the city planners intended, La Salle Road became the nexus of a well-connected transportation system, with main roads and highways leading from it.

Since like attracts like, the establishment of La Salle College and some other prestigious schools also sparked the development of one of Hong Kong's most prestigious school networks - and with it, the homes of elite society who were drawn to live there. Privileged entry to such top-level education is restricted, which is why parents with high ambitions for their children choose to locate their family within the catchment.

With La Salle Road as its hub, this desirable neighbourhood of Kowloon has become a hallmark of success. Just as so many of its college graduates have been at the vanguard of Hong Kong's advancement, a home address here is a measure of their status.

La Salle College's alumni alone reads like a who's who of society, spanning the highest level of government, private, medical, sporting, and the arts and cultural sectors. They've risen through the ranks grounded in an educational hub for all ages. Various other prestigious local and international schools within the proximity, from nursery school, through primary and secondary, to tertiary, equip local children with the skills for lifelong learning.



La Salle Road became the nexus of a well-connected transportation system, with main roads and highways leading from it. 喇沙利道現已蛻變成與附近大路緊接相連的交通樞紐。

Laying the groundwork for their children's future is just one reason why this area is favoured by the upper class. They also come for the prestige lifestyle.

A low-density residential area characterised by broad streets, treed sidewalks and historic buildings, the La Salle Road area has long formed the peaceful heartland of luxurious living on the Kowloon peninsula. The grand architecture of historic local landmarks, such as St. Teresa's Church on Prince Edward Road, built in 1932 in Byzantine style, and Bethel Theological Seminary, a Grade 2 historical building (circa



1938), show the area's significance in the development of Kowloon.

The transportation connections either direct or nearby allow an easy commute to Tsimshatsui, the new central business district of Kowloon East, literally anywhere in Hong Kong, or onward to the cross-border trains and ferries.

On the other hand, the spacious and leafy environment encourages the community to get out and about, perhaps walking the dog as they soak up the cosmopolitan culture. Daily needs are well provided for in the extensive shopping and restaurant strip along Prince Edward Road West - including many gardening shops catering to the green-thumbs, a legacy of the gardening culture first instilled decades ago by wealthy European families, which remains so evident in the streetscape.

Gourmands appreciate the diversity of dining options, both within the immediate vicinity, and the famous food district of Kowloon City, with its legendary "feast street" serving up everything from imported delicacies, such as delicious hairy crab, to the finest international cuisine.

As well, it's an area moving forward, and upward. The vision for Kai Tak Cruise Terminal, located nearby on Victoria Harbour, sets the tone for a more prosperous future, centred around a new leisure, dining and entertainment precinct designed for an increasingly international community. Given the tight housing supply in such an extraordinary location, the market is expecting high quality new properties to meet all needs.

For all its past and present glory, the La Salle Road area keeps getting better, day by day.

Another prestigious school nearby, Maryknoll Convent School. 區內另一傳統名校瑪利諾修院學校。

傳承喇沙傳奇

一磚一瓦不僅能建築樓身之所，還能建構夢想。當人們懷抱着堅毅的夢想時，凡事皆可成真。

每每提起喇沙書院，都會教人聯想起香港驕人的經濟成就，而喇沙書院的故事，正正道出夢想如何創造機遇。

在上世紀，一批天主教傳教士從歐洲來到香港，在九龍中部興建了一所學校。他們期盼教育能為香港的年輕男孩締造夢想，讓他們克服逆境，對美好的生活有所期盼。

財政司司長曾俊華是喇沙舊生，他在2007年的75周年校慶上說：「那時候，傳教士不知道他們正為香港創造一個傳奇。」

從啟校以來，喇沙書院就備受推崇，以培養未來社會棟樑為使命。書院座落在同名的喇沙利道，多年來培養出一眾有識之士及商界奇才。

喇沙利道於1934年漸趨成形，當時正值九龍發展之際，其貫穿太子道西至九龍塘道，路面寬闊具氣派。唯這條大道尚欠一個與之匹配的名字，而最終榮譽落在該區最早成立的喇沙書院身上。誠如城市規劃者所想，喇沙利道蛻變成與要道相連的交通樞紐。

物以類聚，喇沙書院及區內名校也牽動了九龍塘名校網的發展。畢竟頂尖學府的學額稀少，望子成龍的父母為了孩子，都選擇定居於此，因而打造出一個精英雲集的豪宅區。

香港不少政商領袖都是喇沙書院校友，所以這個位於九龍、以喇沙利道為中心的高尚住宅區，已被視為顯赫的象徵。

喇沙校友不少是名流鉅子，是政府和私人機構、醫療界、體育界、藝術和文化界的要員。孕育他們成長的喇沙利道，匯聚為不同學齡而設的學府。區內的本地名校及國際學校均設有幼兒園、小學、中學以至大專院校，為莘莘學子奠定穩固的升學基石。

此外，精英階層垂青此區，亦是出於對精緻生活的追求。

喇沙利道一帶是九龍的傳統豪宅區，住宅發展密度甚低，寬闊的街道綠樹成蔭，隨處可見古意盎然的歷史建築，包括建於1932年、位於太子道的聖德肋撒堂，它採用拜占庭式的建築風格；還有建於約1938年的二級歷史建築伯特利神學院，兩者都象徵着九龍舉足輕重的地位。

區內交通四通八達，駕車或乘坐交通工具均可直達尖沙咀及九龍東的中心，貫穿港九要道，更可在不遠處的鐵路網轉乘跨境火車或渡海小輪。

在綠葉茂密的寬敞街道上，你會見到散步遛狗的閒靜風景，居民都在靜享都會生活。沿太子道西，各式店舖和餐廳林立，滿足日常生活所需。細心留意還會發現附近設有許多園藝店，這股園藝風始於數十年前的歐洲富裕家庭，至今這種遺風餘韻，依然令人樂此不疲。

這一帶的餐飲選擇甚多，附近的九龍城更有幾條有口皆碑的「食街」，可讓饑腸一族品嚐如大閘蟹等進口佳餚，以至令人食指大動的國際美食。

就投資價值而言，此區前景無限。毗鄰維多利亞港的啟德郵輪碼頭，自然是發展的焦點所在，集休閒、飲食和娛樂於一身，針對日趨國際化的本地社群。如此非凡的地段，目前住宅供應緊絀，市場正殷切期待優質的全新住宅，以滿足各界需求。無論今昔，喇沙利道的輝煌都毋庸置疑，亦將成就更豐盛的未來。





Wilderness so close

Taking a walk on the wild side of Hong Kong to explore the coastal mangroves, your eyes will feast on a pretty tableau of evergreen trees and shrubs.



Mangroves are extremely productive, contributing greatly to the food chain of marine environments.
紅樹林泥土肥沃，對海洋的食物鏈貢獻良多。

Yet underneath the veil of outer beauty lies a vital ecosystem and nursery - one which works around the clock to keep coastal zones healthy, spawns new life, and provides an essential habitat for thousands of species, both water and air-borne.

Can such an essential natural bionetwork exist in harmony with modern society? Evidence suggests that indeed it can. Some may perceive that overdevelopment of suburban areas has caused the mangroves to diminish, but studies by the Drainage Services Department of the Hong Kong Government indicate otherwise. With increased public awareness and conservation management, mangroves have been expanding in recent years, notably at the Mai Po Inner Deep Bay Ramsar Site (from 20 ha in 1945 to over 200 ha today), and Mai Po Nature Reserve, where advancement of the intertidal mangroves has been recorded at five meter per year.

In many of Hong Kong's hiking hotspots, mangroves are easily accessible. Over 7-hectare at Ting Kok, six of the eight true mangrove species may be found, including *Kandelia Obovata*. The Sai Keng mangroves at Tolo Channel have high ecological value, the trees providing additional surfaces for attachment by sedentary organisms, such as oysters and barnacles. The Tai Tam mangrove stand on Hong Kong Island is classified as a "Site of Special Scientific Interest". Rich in macrofauna biodiversity, it is also home to populations of small

grapsid and ocypodid crabs. Chek Keng, with seven mangrove species, is an ideal location for studying the distribution, structural diversity and adaptation of mangroves on the shore.

Mangroves live in water up to 100 times saltier than other plants can tolerate, and survive twice-daily flooding by ocean tides, defending themselves by filtering out most of the salt at the roots. The remaining salt is excreted through the leaves - look closely at the leaf surface, and you may see where tiny salt crystals have formed.

This sophisticated root system also works like an anchor, ensuring good holding for the plants in the unstable mud. Those roots seen on the surface absorb oxygen - another essential component of the mangroves' survival.

Exploring a mangrove can be like going on a giant treasure hunt, their twisted vines and branches concealing all manner of reptiles, insects, crabs and other animals. In Hong Kong alone, mangroves house more than 60 species of crab, along with various molluscs such as clams, mussels and oysters. All are protected species, to guard their survival.

Mangroves are also extremely productive, contributing greatly to the food chain of marine environments. In the words of one wise fisherman: "If there were no mangrove forests, then the sea would have no meaning. It's like having a tree with no roots."

Mangroves provide ideal breeding grounds for much of the



Mangroves in Hong Kong house more than 60 species of crab, including Fiddler Crabs. 香港的紅樹林聚居了60餘種螃蟹，其中包括招潮蟹。



Periophthalmus Modestus can be commonly found in mangroves. It feeds mainly on insects and small crabs. 彈塗魚是紅樹林的常客，主要靠捕食昆蟲和螃蟹維生。



Mangroves can live in sea water, defending themselves by filtering out most of the salt at the roots. 紅樹林可存活於鹽分高的海水內，其根部甚至能過濾掉大部分鹽分。

world's fish, shrimp, crabs, and other shellfish, but they also shelter insects, attracting birds which also take cover in the dense branches.

Amazingly for a city of diminutive size - and an international financial centre as well - Hong Kong has some 500 bird species, representing one-third of the total species recorded in the whole of China.

Some of these are permanent residents, free to thrive without fear of hunters, in the territory's abundant natural wetlands, woodlands, shrublands and mangroves. Others are merely passing through, either stopping to rest on their way to southern breeding grounds, or escaping the winter chill in their homelands as far away as Russia and Siberia.

Hong Kong Bird Watching Society, which conducts an annual count, says bird numbers have been increasing over the course of the last 30 years. As to why so many come, one bird-watcher has this theory: "they feel more relaxed in Hong Kong", because they are not hunted here.

Each year, in April and September, bird-watchers descend on the city to witness the spectacle of twice-yearly migration. They head in particular to Tai Po Kau, where many rare birds and insects congregate.

Ecological studies globally have shown a strong correlation between mangrove tree diversity and associated animal diversity, and this is clearly evident in Hong Kong. The thick stands of mangroves provide shelter for some of nature's most wondrous avian species - the Great Cormorant, a large, black waterbird famous for its fishing skills; the graceful and playful Little Egret; the strikingly colourful Chinese Pond Heron; and the dainty Little Ringed Plover, just to name a few, feed and nest in the sanctuary a protected wetland provides.

A favourite place to relax and observe is Little Egret Restaurant, nestled in 23 acres of pristine nature park near the Tai Po Kau Nature Reserve. With expansive views of the habitats and wildlife wrapping around the indoor and al fresco dining areas, nature-lovers find this a perfect venue for lunches, weddings, BBQ parties, or other special events.

With so many species, there are always birds to be found throughout all seasons in Hong Kong. You don't even have to trek to the countryside to see them.

Visitors to the city are constantly astounded by the sight of majestic kites gliding on the air currents between CBD buildings and fringing mountains, their wingspan reaching a metre, or more. As evening approaches, they come to rest on the tranquil, wooded slopes of The Peak, one of the largest kite roosts in East Asia.

Hong Kong is blessed to have two complementary biospheres - healthy mangroves, working around the clock preserving vital ecosystems, and city-fringe forests, rich in flora and fauna, encircling the buildings in a halo of green. From the wilderness of the New Territories, to the nature trails around the prime business districts, sanctuaries of solitude are never far away. Immerse yourselves in these relaxing experiences, and let your spirit soar.

紅樹叢林 咫尺之遙

漫步於香港的郊野，靜賞沿海由常綠喬木和灌木組成的美麗紅樹林畫面，不失為一場視覺盛宴。

存活於大自然美麗面紗之下，紅樹林是一個孕育生物的重要生態系統——它不分晝夜地運作，維持沿海地區的健康發展。它在淨化海水與空氣的同時，更為數以千計的水陸生物提供重要棲息地。

社會發展迅速，這個重要的天然生物網又能否與時代和諧共存呢？根據研究顯示，兩者並無抵觸。大多數人認為土地過度開發導致紅樹林數量減少，而香港政府渠務署的研究卻證明不然。隨着公眾意識的提高，生態保育管理越趨完善，紅樹林的規模近年不斷擴大，特別是在米埔內後海灣的拉姆薩爾濕地，從1945年的20公頃增至今天逾200公頃。此外，米埔自然保護區的潮澗帶紅樹林，每年亦錄得五米的增長。

其實，香港多個遠足熱點都可看見紅樹林的踪影。汀角的紅樹林面積逾七公頃，可找到八種紅樹植物品種中其中的六種，包括秋茄樹；而位於赤門海峽的西徑紅樹林，則棲息着許多攀附樹木生長的生物，如牡蠣和藤壺，生態價值非常高。香港島的大潭紅樹林更被列為「具特殊科學價值地點」，除了孕育豐富多樣的大型底棲動物，這裏也是小方蟹 (small grapsid) 和沙蟹 (ocypodid crab) 的聚居之地。赤徑共有七個紅樹林品種，是了解岸邊紅樹林分佈、多樣性結構及生長條件的理想地點。

紅樹的根部能過濾海水中大部分鹽分，所以它能生長於比正常高100倍鹽分的泥土中，經得起早晚兩次的潮汐衝擊；其餘未能透過根部過濾的鹽分則會透過葉片排出。若仔細觀察葉面，便可看到微小的鹽晶體。

紅樹結構精密的根部如船錨般，把植物固定在稀鬆的泥沼中；而生於地面上的根部則能吸收氧氣，是紅樹生存的另一關鍵。

探索紅樹林就像一場尋寶之旅，樹林中曲折的藤蔓和樹枝，內藏着各種爬蟲、昆蟲、螃蟹及其他生物。單是香港的紅樹林就聚居了60餘種螃蟹，以及各種貝類，如蛤、貽貝和牡蠣，全是受保護的稀有品種。

此外，紅樹林的肥沃土壤，對海洋的食物鏈貢獻良多。就如一位

睿智的漁夫所言：「如果沒有紅樹林，海也就毫無意義，就像樹木沒有根一樣。」

紅樹林為多種魚、蝦、蟹和貝類提供理想的繁殖地，亦是一眾昆蟲的居所，吸引大量鳥類隱藏於茂密的樹林中。

作為國際金融中心的香港，面積雖然小，卻有約500種鳥類棲息於此，佔全中國鳥類品種的三分之一，實在令人驚歎。

當中有些鳥類長居於香港，主要棲息和繁殖於天然濕地、林地、灌木林和紅樹林，受法例保護而不可獵殺；其餘的有些則從遙遠的俄羅斯和西伯利亞家鄉，南來此地避寒或歇息。

根據香港觀鳥會過往的統計，香港過去30年鳥類數量一直增加。一位觀鳥者認為背後的原因是：「這些鳥類在香港能夠活得更輕鬆，因這裏沒人捕殺牠們。」

每年四月及九月，都會有大批觀鳥者來港觀看候鳥遷徙的壯觀場面。他們尤其鍾情大埔滘，因為這裏聚集了許多珍稀鳥類和昆蟲。

全球的生態研究已證明，紅樹林樹種與棲息動物的多樣性息息相關，在香港尤其明顯，這裏紅樹林的厚棲木，庇護着自然界最奇妙的鳥類，包括以出色捕魚技術聞名的黑色大鸕鶿、優雅而俏皮的小白鷺、毛色鮮豔的中國池鴨和精緻的金眶鸛等，都在受保護的濕地內棲息覓食。

小白鷺餐廳是香港其中一個觀鳥及休憩勝地，佔地共23畝，背倚大埔滘自然護理區。它坐擁遼闊景緻，四周被自然生態環繞，設有南歐風格的室內外用餐區，是為自然愛好者而設的午餐、婚宴、燒烤派對或其他特別活動的完美場地。

香港的鳥類品種繁多，一年四季總會看到各式各樣的雀鳥，甚至毋須長途跋涉到郊外觀賞。抬頭看看，不難看到一些巨鳥像風箏般在高樓大廈和毗鄰的群山之間滑翔，雙翼展開時達一米之寬。而當夜幕臨近，這些大鳥會飛到寧靜的山頭上，在樹木茂盛的山坡間休息，所以港島山頂亦是東亞最多大型雀鳥的出沒地之一。

香港有幸擁有兩個相輔相成的生物圈，其一是茁壯的紅樹林，從無間斷地維持着生態系統的運作；其二是城市邊陲的叢林，雖然環繞着城市建築生長，卻擁有豐富的動植物群。香港亦擁有距離都市咫尺之遙的一方淨土，從新界的遼闊郊野乃至自然教育徑都讓你融入自然，得到心靈上的鬆弛與提昇。

A favourite place to relax and observe is Little Egret Restaurant, nestled in 23 acres of pristine nature park near the Tai Po Kau Nature Reserve. 小白鷺餐廳是香港其中一個觀鳥及休憩勝地，佔地共23畝，背倚大埔滘自然護理區。





Pleasure on the Ice

Watching the grace and charm of bejewelled figure skaters twirling on the ice at Sochi earlier this year, skating seemed the most glamorous of sports.



Mega Ice at MegaBox has brought a variety of community, fashion and seasonal events to the ice for all to enjoy. 位於九龍灣MegaBox內的Mega Ice曾舉辦不同的特別表演和社區活動，可謂娛樂運動兩相宜。

With Beijing bidding to host the 2022 Winter Olympics, the hopes of a nation of future skaters are heightened - perhaps even towards the ultimate prize—the chance to compete in the darling event of the highest athletic competition in the world.

Skating has come a long way in the past 3,000 years since man first crossed the ice on leg bones carved from large animals, as revealed when the first known pair of ice skates was found at the bottom of a lake in Switzerland. The original skates were a means of survival, enabling the wearer to hunt for food, and flee from enemies. By the mid-18th century, people realised that gliding on ice was actually fun. A skating club was established in Edinburgh, Scotland, and since the advent of indoor rinks, the sport has taken a delightful turn.

For those of us trying to survive summer in the city, the coolest fun we can have all season is on ice. When it's too hot to stray far from air conditioned comfort, an indoor ice rink can form part of a day's entertainment. There's skating, of course - a healthy and inexpensive pursuit the whole family can enjoy - but so much more as well. A quality rink in a well-designed mall offers potential for exhilarating competition, to learn a new skill such as ice dancing, or participate in shows and community events with the special effects only an ice venue can offer.

For those watching their weight, research from the United States shows that ice skating burns as many calories as running-yet it's so much kinder on the joints. It's also said that the physical endurance built up from regular skating can spread

to other parts of your life - so that newfound energy and spring in your step might just be attributable to a spin on the ice.

Who knows if taking up skating might start a lifetime of fun and enjoyable sport, or spark an Olympic dream? But as Beijing begins rolling out investment in Winter Olympics-ready infrastructure, one venue has already proven the value an indoor ice rink of championship-standard can add to a community.

Mega Ice at MegaBox, Hong Kong's first and only international-sized sea view ice rink, started and is home to Asia's premier ice hockey tournament, the Mega Ice Hockey 5's.

Since its world debut at MegaBox in 2007, the Mega Ice Hockey 5's has continually grown in stature. As Asia's largest ice hockey tournament, it attracts thousands of players from around the globe, and an ever-increasing audience. So successful is this competition that it's recognised as an official mega-event, bearing the prestigious "Brand Hong Kong" logo bestowed by the Hong Kong Government.

In 2014, its seventh year, a record of 103 teams, comprised of 1,600 athletes from 14 countries or cities, registered. As spectators line the levels above, it's like they're in the dress circle, cheering the top-level action as it happens.

The ice experience can also be sweet, as Mega Ice has shown, bringing beautiful displays of figure skating competition, as well as a variety of community, fashion and seasonal events to the ice for all to enjoy.

And, it can be romantic. For the most special day of their lives, some couples have even exchanged vows on the ice. After

a heart-warming ceremony, guests are welcomed to the wedding banquet in one of the mall's elegant restaurants - no need to even leave the venue.

Now Tianjin in the mainland China also has a brand new, world-class skating arena, its opening bringing yet another exciting dimension to the heart of this dynamic city.

At over 1500 square metres, the high-tech ice surface at Tianjin Riverview Place spreads out like a canvas awaiting the artist's touch. Its international size and elite fitout, incorporating top-notch facilities for hockey games and figure skating competition, shows that this is a venue of impeccable calibre.

While spectators relish the prospect of enthralling ice action in all forms at the most convenient location in the city, those who dream of participating can also get their start here. The rink has an in-house figure skating and ice dancing school, as well as lessons and training in hockey.

Recreational skaters, meanwhile, have a wonderful new venue for their leisure time. Simply follow the music towards the DJ booth and let the fun begin.



Skate rental, changing facilities, a café for relaxing and a skate shop to browse in bring together all manner of extras for enjoying the sport, from beginners through to competitive level, under one roof.

When all you want to do is chill, whether for eye-catching spectator sport or family fun, there could be nowhere better. Like all new adventures in life, skating begins with one small step. Are you game to take it?

冰面上的愉悅

花式溜冰運動員穿着閃亮舞衣，在今年年初的索契冬季奧運會上翩然起舞，流露無盡優雅與魅力，溜冰大抵是世界上最優美的運動項目。

隨着北京申辦2022年冬季奧運會，中國培育新一代溜冰好手的願望亦越趨強烈，在世界級賽事中與其他國家一較高下，更有望問鼎冠軍。

溜冰的歷史可追溯至3,000年前。當時，人類開始借助大型動物的腿骨來橫越雪地，第一隻以腿骨製成的冰刀便於瑞士湖底被發現。這雙冰鞋原是獵人的求生工具，兼具獵食及逃避襲擊的功用。直至18世紀中葉，人類察覺到在冰面滑行的樂趣，於是在蘇格蘭愛丁堡成立溜冰俱樂部，後來室內溜冰場的出現，令溜冰成為現代人的運動之一。

在悶熱的夏季裏，城市人實難抵擋室內冷氣的舒心安泰，四季皆宜的室內溜冰運動，絕對是抵禦酷熱的最佳之選，足以讓一家大細消磨半天。溜冰固然是健康又價格相宜的家庭運動，但它還有別的優點——一個設於購物商場內的優質溜冰場，不但可讓我們觀賞緊張刺激的比賽、學習冰上舞蹈等技巧，還可舉辦不同的特別表演和社區活動，可謂娛樂運動兩相宜。

溜冰對健體人士亦有裨益。美國一項研究證明，溜冰所燃燒的卡路里與跑步相若，但對關節造成的傷害卻較輕微；研究亦指出經常溜冰可鍛鍊身體以至生活上的耐力。若你發現自己精神充沛、步履輕盈，這或許是由於在冰面上轉一圈後的結果了。

學習溜冰或許會讓你迷上這項運動，甚至燃起你的奧運夢。正當北京開始興建冬季奧運會的基建，一個場地已證明了國際級室內溜冰場能為社區締造的價值。

位於九龍灣MegaBox內的Mega Ice，是香港首個，也是唯一符合國際標準的溜冰場，更是亞洲首屈一指的Mega Ice五人冰球賽之基地。置身其中，溜冰之餘亦可飽覽維多利亞港景色。

自2007年Mega Ice五人冰球賽在MegaBox首度舉辦以來，賽事地位不斷提升。全球數以千計的運動員及觀眾都慕名而來，參與這個亞洲最大型的冰球比賽，甚至榮獲政府頒發的「香港品牌」標誌，成為香港大型活動之一。

2014年，比賽踏入第七年，歷史性地有103隊球隊報名參賽，當中包括來自14個國家或城市的1,600名運動員。當觀眾置身高於溜冰場數層的看台上，就彷彿如坐在劇院的上層廂房，為這個頂級賽事歡呼喝彩。

在投入緊張刺激的比賽以外，溜冰也可是一個愉悅的體驗，在冰場上可舉辦各類社區活動、時裝表演和節慶活動，讓大家盡情欣賞。溜冰場甚至成為訂下浪漫愛情盟誓之地。有些情侶選擇在人生中最特別的日子，在冰面上互訂婚約。來賓參加溫馨動人的冰上婚禮後，更可於商場內的高級酒樓或餐廳享用晚宴。

最近，中國天津也興建了一個全新世界級溜冰比賽場地，它的出現將使這個城市的心臟更為躍動。

在天津市嘉里匯內，這個面積逾1,500平方米的高科技溜冰場，如一幅素白畫布，等待着藝術家添上筆觸。此全新溜冰場具備國際標準規格、頂級設備，是舉行冰球比賽和花式溜冰比賽的優秀場地。觀眾可在天津市中心欣賞各種迷人的冰上舞動。如欲體驗溜冰之樂，也可於場內的花式溜冰及冰上舞蹈學校報讀各項課程。

若渴望體驗全新的溜冰感受，場內更有DJ播放強勁音樂，讓大家隨節拍起舞，享受冰感韻律。此外，場內除設有溜冰鞋出租、更衣設施、滑板店外，更備有一間咖啡店，讓你放鬆身心。用者可享受額外的溜冰配套，貼心照顧初學者以至運動員的各種需要。

無論是觀賞冰上運動，或純粹體驗冰上家庭樂，溜冰場相信是炎炎夏日盡情享受涼風快感的最佳去處。如同人生所有冒險般，體驗溜冰只須邁出一小步，你可有勇氣一試？



Tianjin Kerry Centre has the advantage of comprehensive transportation connections. 天津嘉里中心的交通網絡四通八達。

Tianjin Kerry Centre is Kerry Properties' first large scale development at Tianjin. Located in the Haihe East CBD, within the city's inner ring, the Centre has the advantage of comprehensive transportation connections. A modern, multi-lane roadway system provides fast and efficient traffic flow, and Metro 9, linked directly to Tianjin Riverview Place, is the fastest way to Binhai New Area, and the most direct route to Beijing via the Tianjin Railway Station. The development is comprised of Tianjin Arcadia Court - the residential development (180,000 square meters); Tianjin Riverview Place - the shopping centre (120,000 square meters); and Shangri-La Hotel, Tianjin (90,000 square meters). As the future of Tianjin's economy develops along the Haihe coastal area, much value will be placed on high quality, diverse mixed-use developments. As such, Tianjin Kerry Centre will become highlight of the city.

天津嘉里中心為嘉里建設有限公司於天津首個大型發展計劃。該中心位處城市中心海河東岸商業中心區內，交通網絡四通八達。地鐵9號線可直達天津嘉里匯，直通濱海新區，往濱海國際機場僅須約20分鐘，而乘坐京津城際鐵路直達北京市區則只有一站之遙。此大型綜合發展項目由天津雅頌居——其住宅部分（180,000平方米）、天津嘉里匯——其商場部分（120,000平方米）及天津香格里拉大酒店（90,000平方米）組成。天津未來的經濟將沿海岸地區發展，通過項目多元化之物業形態組合互為增值，而天津嘉里中心也將因此躋身成為城中亮點。

Play it again

It's hard to imagine a time without music on demand. Those were the days when whole families gathered around the wireless, and listening was a treat reserved between dinner and bedtime.

Children would sit cross-legged on the floor, and fathers in their armchair, turning the AM dials to find broadcasts from afar. Before the digital era, this was folks' first introduction to music, and part of its magic was the element of surprise - you never knew what style of music might find its way through the static.

Yet how excited was everyone in the 1950s, when acoustical engineers perfected the vinyl record. More than 50 years in the making, it was a breakthrough which not only changed the way we listened, but was a defining moment in time.

For vinyl, more flexible and durable than the gramophone records of old, enabled mass-production recordings for the first time. LPs (Long-Playing records) in glossy paper covers made the record store a place of homage, fuelling the aspirations of a generation.

Many people "of a certain age" can remember the first LP they ever owned. Teenagers identified with the genre of their music, which influenced fashion, hairstyles, and language. Pocket money was saved for the latest release. Records were handled with the greatest of care - they were easily scratched. Albums were a badge of honour - not tucked away in drawers, but displayed on shelves.

Music historians refer to that time as the golden age - when popular music morphed into an art form, and four working-class lads from Liverpool became the first true superstars.

The glory days of vinyl were to last for 30 years, until the Compact Disc (CD) arrived on the scene. The CD was marketed a higher quality format. Some speculated that it would spell the end of the record.

But many clung to their beloved LPs, finding CDs somewhat cold and hard in comparison to the "warmer" sound of vinyl. The new format didn't stand out with impressive cover art, which remains just as important as the music itself. And CDs were more expensive - about twice the price of a vinyl LP.

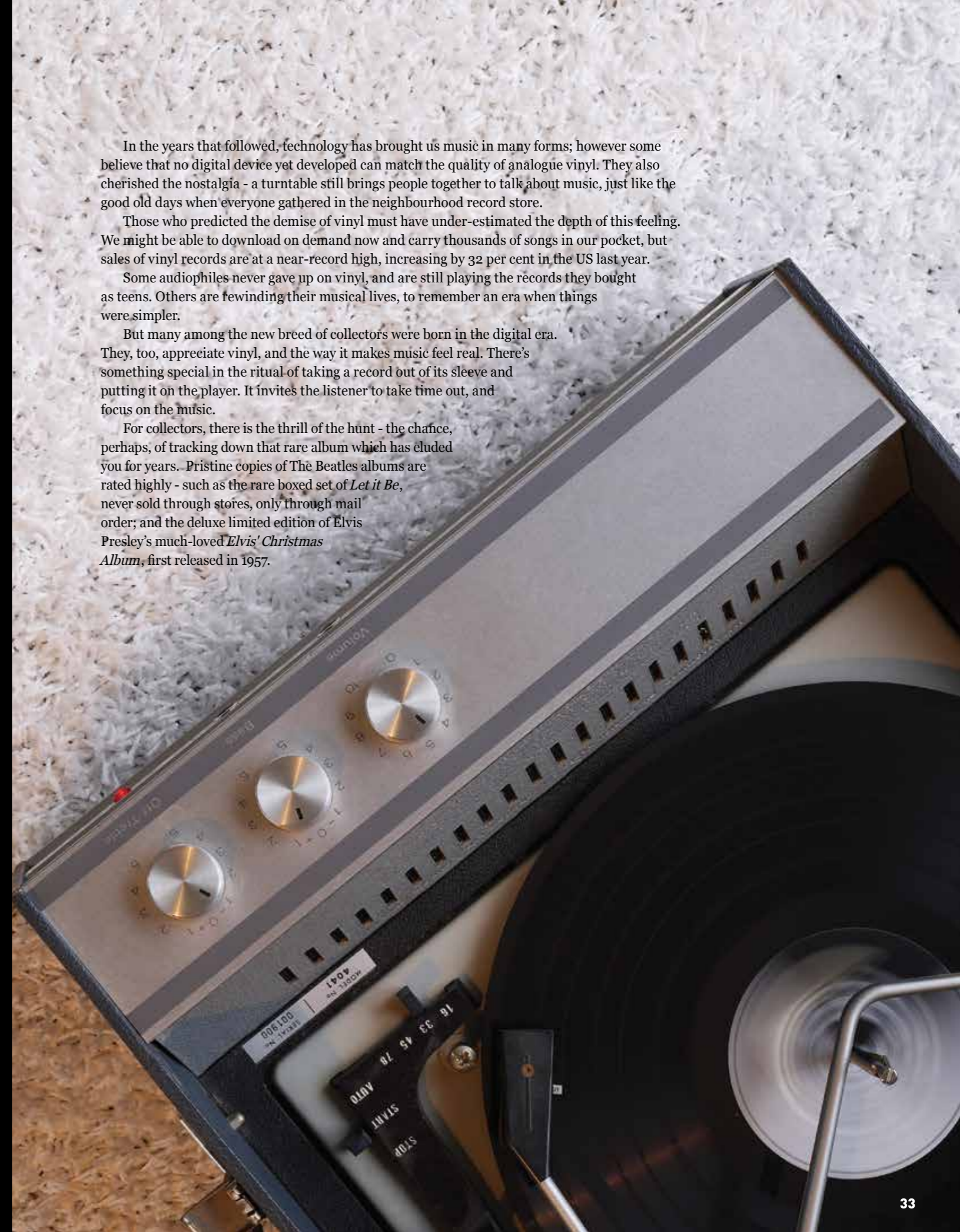
In the years that followed, technology has brought us music in many forms; however some believe that no digital device yet developed can match the quality of analogue vinyl. They also cherished the nostalgia - a turntable still brings people together to talk about music, just like the good old days when everyone gathered in the neighbourhood record store.

Those who predicted the demise of vinyl must have under-estimated the depth of this feeling. We might be able to download on demand now and carry thousands of songs in our pocket, but sales of vinyl records are at a near-record high, increasing by 32 per cent in the US last year.

Some audiophiles never gave up on vinyl, and are still playing the records they bought as teens. Others are rewinding their musical lives, to remember an era when things were simpler.

But many among the new breed of collectors were born in the digital era. They, too, appreciate vinyl, and the way it makes music feel real. There's something special in the ritual of taking a record out of its sleeve and putting it on the player. It invites the listener to take time out, and focus on the music.

For collectors, there is the thrill of the hunt - the chance, perhaps, of tracking down that rare album which has eluded you for years. Pristine copies of The Beatles albums are rated highly - such as the rare boxed set of *Let it Be*, never sold through stores, only through mail order; and the deluxe limited edition of Elvis Presley's much-loved *Elvis' Christmas Album*, first released in 1957.





A mint copy of the 1963 The Beatles debut album, *Please Please Me*, in stereo, is one of the most valuable LPs ever made. 一張從未開封、1963年出版的披頭四處女唱片《Please Please Me》，是至今估值最高的黑膠碟之一。

The beauty of vinyl is also expressed in the cover art. Representing a new blank canvas for creative designers of the time, covers were sometimes so persuasive they alone sold albums to fans, and are now a highly collectable medium. The image of the The Beatles' *Sgt Pepper's Lonely Hearts Club Band*, rated by *Rolling Stone* magazine as the greatest album cover of all time, remains a definitive snapshot of 60s pop culture.

Those who love music keep such images close to their hearts. Even in Hong Kong, one of the most digitally-connected cities in the world, there are collectors who own thousands of vinyls. Perhaps they prefer the sound quality of a needle in the groove, more than anything laser technology can offer, or maybe they simply find joy in strolling down memory lane.

The tiny imperfections which may creep into a recording here or there actually add to the charm. The enjoyment of records, says one fan, is like a flowing river - familiar, yet slightly different every time.

Some people hope that the music they love will appreciate in value over time, and view vinyl as an investment. British punk rock band, The Sex Pistols, may have been considered radicals in the 70s, but investment-wise, their single, *God Save The Queen*, has been named the most collectable record of all time. A mint copy of the 1963 The Beatles debut album, *Please Please Me*, in stereo, is one of the most valuable LPs ever made, estimated to be worth thousands of pounds today.

Some people go to great lengths for their beloved vinyl. The largest LP collection in the world is believed number more than 1 million, owned by an American. The priciest record ever sold is said to be US\$25,000, paid for a Velvet Underground original.

To the delight of true believers, vinyl may prove to be the longest-lasting music medium of all. For collectors, every record tells a story. If you cannot imagine passing on a digital library to your children, or reminiscing about the day you downloaded, then you can understand why.



樂韻悠揚

踏入互聯網世代，聆聽心儀音樂只須點擊下載。回首往昔，接觸音樂的體驗卻得來不易，每家每戶於飯後睡前，都會聚首收音機前細聽音樂，而這已是當時的上佳享受。

邁向數碼化時代前，收音機曾是普羅大眾接觸音樂的主要媒介。孩子盤腿坐在地上，父親安坐於扶手椅，調校着收音機的AM廣播頻道；於各家各戶中，不難找到這個畫面。電台節目的奇妙在於它往往充滿驚喜——你永不會知道下一刻大氣電波將傳來哪種音樂風格。

50年代，聲效工程師提升了黑膠唱片的音質，令所有人為之興奮。經過逾50年才研發成功的黑膠唱片是個前所未有的突破，因為它不單徹底改變了我們聽音樂的習慣，也成為了音樂文化歷史上的關鍵時刻。

黑膠製造的密紋唱片，比起以舊式物料製造的唱片，更富彈性和耐用，正因如此，大量生產唱片才變得可行。放在光滑紙袋內的密紋唱片「Long-Playing Record」（可長時間播放的唱片，簡稱「LP」），令唱片店成了朝聖之地，也為當時的社會注入朝氣。

許多閱歷豐富的人，都會記得他們人生擁有的首張黑膠唱片。年輕人甚至會被喜愛的音樂而影響打扮、髮型和語言。他們會儲錢購買最新唱片，珍而重之地收藏這些易被刮花的黑膠唱片，而且擁有黑膠唱片是一種榮耀，它們不會被收在不見天日的抽屜裏，而是陳列在書櫃的當眼位置。

黑膠唱片盛行的年代被音樂歷史學家稱為「黃金年代」，流行音樂演變成一種藝術形式，而四個來自英國利物浦工人工階級的小伙子，搖身一變更成了國際超級巨星「披頭四」樂隊。

黑膠唱片的光輝歲月維持了30多年，直至鐳射唱片的誕生。鐳射唱片是一個更高質素的音樂儲存媒體；當時有人預言，聽音樂的方式將改朝換代，這或會是黑膠唱片的末日。

年月消逝，很多人仍然鍾情於黑膠唱片。他們覺得鐳射唱片的音質總帶點冰冷生硬，不及黑膠碟的音質來得「溫暖」。封套設計向來跟音樂本身一樣重要，但鐳射唱片並沒帶來令人印象深刻的封套設計，它的售價卻更貴，約是黑膠碟的兩倍。

此後，隨着科技的發展，衍生出不同的音樂儲存媒體，但一般認為，暫時仍未有任何音樂儲存媒體的音質，比得上以「類比」（analogue）發聲的黑膠唱片。人們亦愛透過唱盤緬懷舊事，匯聚眾人恍如回到那個美好年代，在區內的唱片店相聚片刻，暢談音樂。

那些預言黑膠唱片將沒落的人，肯定低估了人們對黑膠唱片的留戀。今天，我們固然可以下載並隨身攜帶數以千計的流行曲，但有趣的是，現時黑膠碟的銷量已接近歷史新高；去年美國的黑膠碟銷量便有百分之三十二的增長。

有些音樂發燒友熱愛黑膠唱片，至今仍會播放年輕時所買的唱片；另外有些人則喜歡藉着黑膠碟回憶舊日，追溯那個簡樸純粹的年代。

許多新一代的黑膠唱片收藏者都生於電子世代。他們跟年長的人一樣，都十分欣賞黑膠唱片及它的真實音質。他們覺得由唱片套取出唱片，小心翼翼地放在唱盤上是個神聖的動作——讓聆聽者放空身心，屏息專注於音樂之上。

對黑膠碟收藏者而言，遍尋一張多年不獲的唱片是一個充滿未知的尋訪之旅。早年的披頭四黑膠唱片，現已升價百倍——譬如罕有的紙盒精裝版《Let it Be》當時從沒正式於唱片店發行，只供郵購；或是「貓王」皮禮士利於1957年出版、大受歡迎的豪華限量版《Elvis' Christmas Album》唱片。

黑膠碟之美，也體現於封套設計的美學。唱片封套就像一張讓設計師發揮創意的空白畫布。有些套封的設計非常吸引，極具收藏價值。譬如，披頭四當年的《Sgt. Pepper's Lonely Hearts Club Band》就獲《滾石雜誌》譽為有史以來最經典的唱片封套，毫無疑問，它也是上世紀60年代流行文化的重要剪影。

喜愛音樂的人，會將這些影像藏於心底。即使在香港，作為網絡最發達的城市之一，仍有收藏者珍藏着數以千計的黑膠碟。也許，相對鐳射技術，他們更喜愛唱針遊走在唱片坑上的聲音，又或者他們純粹享受以耳朵暢遊於回憶之中。

黑膠唱片的微小瑕疵令它更有魅力。一位黑膠碟發燒友曾說，聽黑膠的樂趣就像漂浮於河流上，每次的流水看似眼熟卻都截然不同。

有些人渴望所愛的音樂會隨時間而增值，並視黑膠為一種投資。英國朋克搖滾樂隊The Sex Pistols，70年代或許被視為激進樂隊，但從投資角度來看，他們的單曲唱片《God Save The Queen》早被譽為史上最高收藏價值的唱片。一張從未開封、1963年出版的披頭四處女唱片《Please Please Me》，則是至今估值最高的黑膠碟之一，約值數千英鎊。

有些人為了心愛的黑膠唱片，可以不惜一切，現時坐擁全球最多黑膠唱片的是一位美國人，他擁有過百萬張黑膠唱片。全球最貴的黑膠唱片，則是以25,000美元成交的原版Velvet Underground唱片。

事實上，黑膠唱片很可能是壽命最長的音樂儲存媒體。黑膠碟收藏家認為，每張唱片都載有獨特的故事。若你無法想像把虛擬電子書傳承給你的孩子，或者記不起某本電子書於何時下載，你自會明白黑膠碟魅力不凡的原因。





Urban-dwellers are increasingly turning their hands to growing their own hydroponic produce. Mini-farms are sprouting up on rooftops, balconies and podium gardens.

越來越多城市農夫採用水培法，在天台、陽台或窗台等建立迷你水培農場。

Harvested with love

The joy of gardening is universal. With its connection to nature, digging one's hands into soil makes us healthier, happier, and smarter, as various studies have shown.

The trend to grow your own produce is also flourishing, even among city-dwellers. Farm-to-table couldn't be closer than when the provenance of food consumed is your own home. So home-grown ticks environmental boxes, and enables organic choices, avoiding the issue of added chemicals or fertilisers.

But what if you don't have a garden to play in? Then take a cue from scientists at the United States space agency, NASA, who are growing food to sustain future generations of space travellers, using hydroponics.

The concept of hydroponics or aqua culture, where plants are grown in nutrient-rich water, instead of soil, is not new. Some say that the ancient Hanging Gardens of Babylon - around 600 BC - operated on hydroponic principals. Lacking suitable fertile land, the ancient Aztecs grew crops on the lake instead, using rafts built from reeds and roots. In the 13th Century, explorer Marco Polo reported similar concepts in the "floating gardens" of China, where water-based plantings assisted with flood prevention in low-lying communities.

Formal research into hydroponics' potential for growing food has been recorded since the 17th Century. In 1938, *Time* magazine reported that vegetables being grown in tanks of mineralised water on a tiny island in the middle of the Pacific Ocean were successfully feeding an American airline's staff and crew.

Fast-forward to 2014, and hydroponics is seen as possibly the answer to many issues concerning modern-day humankind. For starters, crop yields can be high, from a relatively small space. Some say that the quality, size and flavour of hydroponic produce compares well with vegetables grown in soil.

By its nature, hydroponics allows for a simple controlled growing environment that limits insects, micro-organisms, disease, and weather issues. Then there's the question of health. Proponents including Rick Donnan, Vice President of the Australian Hydroponics and Greenhouses Association, say that, because it has no contact with the ground, food grown hydroponically is less likely to carry bacteria from the soil. Certainly, the thought of no grit in one's salad is appealing. Growers have found that, with produce such as tomatoes, the taste can be improved simply by adapting the hydroponic solutions, Donnan says.

Food grown hydroponically is less likely to carry bacteria from the soil and the taste of produce can also be improved and becomes fresh ingredients of salad.

水培種植免去了植物與土地的接觸，減少由土壤而來的細菌，可使種出來的農作物倍添美味，做出新鮮沙律。

Producers in commercial farms also take the position that hydroponics is environment friendly - a view supported by ecoseed.org, an online source for global green news. More people can be fed from a smaller footprint, thereby less ecological impact, they say. Fewer fossil fuels are burned in hydroponic operations, and farms can be located closer to market, which cuts emissions from transportation. Water use is reduced, and it can be reused - so less waste of a precious natural resource.

Hydroponics is a system so adaptable on a small-scale that it can easily be implemented in the urban setting. Today, more people are going back to their roots - growing their own produce at home or in the workplace, using hydroponic methods.

In homes across even dense cities like Hong Kong, urban-dwellers are increasingly turning their hand to growing their own hydroponic produce. Mini-farms are sprouting up on rooftops, balconies and podium gardens, encouraging residents to get out into the sunshine and connect with nature in the most organic way.

Through the home hydroponics systems now widely available, city folks are finding that micro-farming is not difficult at all. Using this technique, you can grow a garden without pesticides, in just about any location, whatever the weather - and derive the pleasure and relaxation that the joy of gardening brings.

Hydroponics can bring out the inner farmer in all of us, enabling everyone to produce a healthy and nutritious home-grown harvest.

Whether it's picking just enough lettuce leaves for a salad, or snipping fresh herbs into a stir fry, as you feed the family with love you can not only say that I made this myself, but I grew it myself. Could any hobby be more satisfying?

種出樂活

園藝帶來的愉悅並能感染所有人。多項研究證明，園藝能夠拉近人與大自然之間的距離。讓雙手挖進泥土裏，感受大地的觸感，能令我們更健康、快樂和聰慧。

近年許多都市人亦漸漸愛上自耕蔬果。原因不難理解，自家栽種的蔬果比產自農場的更新鮮，而且自家種植能夠順應環保，既能採用有機種植，亦能避免化學添加劑和肥料等對健康造成的影響。

若家中沒有花園，又想嘗試自家種植的樂趣，不妨參考美國航天局科學家提倡的水培法種植蔬菜，此法目的是讓未來的太空旅客能自給自足。

有別於土耕法，水培法是把植物種植於養份極高的水中。此概念源遠流長，據推測約公元前六世紀的巴比倫古空中花園，就是採用水培原理栽種植物。古代的阿茲台克人，由於居住地缺乏合適肥沃的土地，亦曾利用蘆葦草和蘆葦根製造木筏在湖上種植。在十三世紀，探險家馬可勃羅談及中國的水上花園時，亦提到以水栽培植物能幫助中國位於低窪的村落防治洪水。

自十七世紀以來，已有人正式研究水培糧食的可行性。《時代周刊》在1938年報道，位於太平洋中部的一個小島上，一家美國航空公司的機艙員工團隊，透過在含有礦物質的水箱內種植蔬菜，而得以活命。

時至2014年，水培種植法被視為解決人類眾多糧食問題的可行方法。對初學者而言，水培法只需小量生長空間便能種出高產量作物，而成品的質量、大小和味道，亦被認為比在土壤生長的蔬菜為佳。

水培植物的生長環境較易控制，潔淨的環境能減少昆蟲和微生物帶來的禍害，以及天氣對植物的影響。澳洲水培種植和溫室協會副會長Rick Donnan認為，水培法免去了植物與土地的接觸，減少由土壤而來的細菌，而種植者亦發現水培法可使番茄這類農作物倍添美味。大家可以想像，一份毫無雜質的蔬菜沙律，會是多麼惹人垂涎。

商業農場的經營者也認為，水培帶來更少污染。專門發佈綠色資訊的國際網站ecoseed.org亦贊同此說法。他們認為以更少土地養活更

多人，可減少生態環境的破壞。種植場更靠近市場，減低運送過程中所排放的廢氣，亦能節省珍貴的水資源。

水培法不單能應用於農場，更適合在城市中小規模的種植，因此，不少人已在家中或辦公室應用水培法種植蔬果。

即使建築密度像香港一樣高的城市，亦有越來越多城市農夫採用水培法，在天台、露台或窗台等建立迷你水培農場，鼓勵人們多接觸陽光，親近大自然。

現在家用的水培系統到處有售，我們能輕鬆在家中建立迷你農場，不但成本相宜，更可隨時享受耕作的樂趣。

水培法更喚醒我們對種植的興趣，讓我們貼近自然，成為城市農夫，在家種出健康而營養豐富的農作物。

無論是為沙律採摘生菜，還是將新鮮香草炒拌食物，從此以後，你不單能說「這是我煮的美食」，更能說「這是我種的食材」！試問哪種個人嗜好的滿足感，能與之比擬？



Through the home hydroponics systems now widely available, city folks are finding that micro-farming is not difficult at all. You can grow a garden, in just about any location, whatever the weather - and derive the pleasure and relaxation that the joy of gardening brings.

隨着水培系統的流行，人們能輕易地在家居建立迷你農場，隨時享受耕作的樂趣和愜意。



Moved by the music

It's long been believed that music holds a certain power.

A mother coos a lullaby to settle her restless infant. Music and play therapy may be prescribed to soothe the stress for seriously ill patients; or help to ease the pain of trauma. But can it actually change lives?

In a city of privilege that is modern-day Hong Kong, community members, volunteers and corporate citizens are joining hands to show that it can.

The lives at the centre of this collaboration belong to opportunity-deprived teens. The premise is that life isn't always easy for the youth of today. If your parents aren't rich, or you don't have the right connections; if self-confidence is lacking, or you've borne troubles, the playing field is already unequal.

An initiative to change this is a musical called *The Awakening*, produced by L plus H Creative Foundation, a social enterprise whose name stands for Love and Hope. Kerry's companies are joining hands in this worthwhile social collaboration. By supporting, encouraging and, ultimately, applauding these young folk in their endeavours, we strive to help make our community a fairer place for all.

Last year, students from several band three schools, and a school for the blind, were invited to audition for a musical. Foundation projects had already provided meaningful employment for the "forgotten" older workers of Hong Kong, and brought music and play therapy to the survivors of natural disaster. But this time, prejudice reared its head. Were these teens "bad" kids, too lazy to help themselves?

Some 80 students were selected, and as rehearsals began, social barriers began to diminish. These teens might not have as solid a family background as others. Their character was not being formed by the sensibilities, and resources, of a school steeped in decades of history and tradition. This new endeavour, aptly titled *The Awakening*, gave them something to strive for. Explains Ms Ado Ho, founder of L plus H: "They didn't realise their potential - they didn't even know they had potential."

During the months that followed, the actors were required to immerse themselves fully in the pursuit of art. In that process, attitudes changed. Leaving behind bad behaviours of the past, they could embrace the potential of the future. Motivation, once lacking, was replaced with passion. Positive values, and team spirit, became their collective guide.



In the spirit of joining hands with the community, Kerry will continue to support meaningful initiatives. 嘉里與社會各界攜手合作，支持各項有意義的活動。

Their growing self-confidence was evident to all. And the improvements crossed over from the musical to their schooling and home life. Without exception, observed their mentors, the performers “all play their roles on stage and in real life with sweat and tears”.

Then came the realisation, within themselves, that these teens were no longer the same. Helpless before, they'd become hopeful - aspiring to so much more for themselves, even, to be outstanding.

Equipped with the inner fortitude to help themselves, they would take this discovery to “go home and shine”, and through that, hopefully changing the people around them as well.

The Awakening has been staged at a number of venues over the past months, under the guidance of advisor and famous dramatist Chung King-fai and Peter Kam, multiple winner of Hong Kong Film Awards' Best Original Film Score. Wherever it is performed, audience members are moved to tears. They know they are witnessing more than a musical, but a transformation of lives.



More than 50 colleagues from Kerry have attended a documentary screening about *The Awakening*. 嘉里逾50名員工參與了《震動心弦 The Awakening》紀錄片的試映會。

The students' life-affirming journey of self-discovery and growth has also been masterfully captured on film in *My Voice, My Life*, a documentary by director Ruby Yang, 2007 Academy Award Best Documentary winner. Kerry's companies have felt privileged to walk side-by-side with these teens on their journey, and ahead of the film's cinematic release, 50 colleagues attended an emotion-charged screening at Kerry Centre, Quarry Bay. As they followed the extraordinary talents emerging from such disadvantaged backgrounds, it was a poignant reminder of the power of hope.

Colleagues further witnessed the culmination of the students' hard work when the troupe was invited for an encore performance at this season's Mega Ice Hockey 5's tournament at MegaBox. An international audience, and elite athletes, corporate luminaries and an appreciative public witnessed the event. Exposure at such a high-level sports tournament, and the interaction with such positive people of good heart, further broadens these young folk's horizons. It gave them an opportunity to find themselves.

After the performance, further insights were gained, and new friendships forged, when Kerry joined the actors in a celebratory luncheon. Over the meal, the students shared how much it meant to have people who believed in and encouraged them. They spoke of dreams and aspirations, now that they have the confidence to follow them. Plans were made to keep in touch, and mentor the students in their further growth.

In the spirit of joining hands with the community, Kerry will continue to support this and other meaningful initiatives in the future.

For change has occurred where it matters most. As one of the teens noted after the MegaBox performance: “The people I most wanted to invite to the show are my family members. I want them to see that their child has grown up - I've made a change!” The documentary *My Voice, My Life* is scheduled for cinematic release in October 2014.

凝聚各方 同心築夢

長久以來，人類都深信音樂蘊藏著某種力量。就如母親哼唱搖籃曲能安撫吵鬧不安的嬰兒，音樂與遊戲治療可以紓緩重病患者的壓力，或緩解創傷帶來的苦痛，然而音樂能否改變人生？

香港是個得天獨厚，充滿機遇的現代城市，不少社區人士、義工和良心企業紛紛攜手合作，引證音樂對人生能夠發揮正面的作用。

年輕人的生活未必事事一帆風順。家境貧困、人際關係欠佳、自信心低落，或是來自四方八面的煩惱，都令他們成為弱勢的一群。這次介紹的音樂劇正為缺乏機會的青少年打開一扇窗。

音樂劇《震動心弦 The Awakening》由象徵愛與希望的L plus H Creative Foundation（簡稱L plus H）製作，旨在幫助年輕人扭轉逆境。這個饒有意義的社會活動並獲得嘉里鼎力支持，為年輕人的努力送上掌聲，藉此令社會更和諧共融。

以往，L plus H亦曾為香港一些「被遺忘」的中老年工人，提供有意義的工作機會，並安排自然災害的倖存者接受音樂和遊戲治療。這次，L plus H邀請數家第三派位組別學校和一所盲人學校的學生參與音樂劇的選角，過程中遇上不少偏見，有人質疑這些十來歲的少年是否都是「壞孩子」？不可救藥？

選角後，約80名學生開始投入排練，他們未必擁有良好的家庭背景，性格、行為或許不如傳統名校生。《震動心弦 The Awakening》正好讓他們經歷一次心弦震動，褪去人與人的隔膜，一起為實現目標發奮。L plus H創辦人何靜瑩女士說：「他們從沒善用好自己的潛能，甚至不知道自己的潛能所在。」

隨後數月，演員漸漸沉浸於藝術當中。他們以往或許缺乏動力，經過一輪排演後逐漸變得充滿激情，摒棄不良行為，並學習到正面價值觀、團隊合作的力量，全心投入發掘未來的可能性。

他們身邊的人都察覺他們慢慢變得更有自信，那份自信甚至從音

樂劇延伸至學業和家庭。據導師觀察，所有參演學生：「都在舞台上、現實生活中，用汗水和眼淚演活他們的角色。」

學生們亦意識到自己的蛻變。以前他們對事事都感到無奈，現在卻滿懷希望，殷切地期待更多進步，成為出眾的人。

當他們擁有剛毅內心，能自立自強，就可以用這份自信燃亮家人，感染身邊人。

數月來，《震動心弦 The Awakening》已在多個場地上演。此劇獲香港資深戲劇家鍾景輝先生，與及多次獲頒香港電影金像獎最佳原創電影音樂獎的金培達先生作特別顧問。無論在何處公演，音樂劇都讓觀眾感動得熱淚盈眶，因他們看到的不僅是一齣音樂劇，更是一場人生蛻變的見證。

這趟精彩的自我發現和成長旅程，亦感動了2007年榮獲奧斯卡最佳紀錄片獎的導演楊紫燁，她用紀錄片《爭氣》拍下同學於受訓期間的蛻變過程。嘉里有幸與這些年輕人並肩同行，在紀錄片公開上映前，逾50名員工已率先在鯉魚涌嘉里中心參與試映會。紀錄片呈現年輕人擺脫弱勢背景，展現非凡才華之際，同時提醒觀眾希望的力量。

劇團亦同時獲邀在MegaBox舉行的Mega Ice五人冰球賽表演，員工從中再次體會到學生的努力，而席上的國際來賓、精英運動員、企業管理層及公眾同時在場見證。這些參與大型體育活動、與各界支持者互動的經驗，將進一步擴闊這群年輕人的視野，賦予他們尋找自我的機會。

演出後，嘉里員工與演員一同出席祝捷午宴。期間，學生分享他們的夢想和願望，並談到信任和鼓勵對他們帶來鼓舞，他們更有自信去追隨夢想。出席是次活動的員工計劃與學生保持聯繫，擔任他們成長過程中的導師。

嘉里將與社會各界攜手合作，繼續支持各項有意義的活動。當中的蛻變經已誕生，其中一名年輕人在MegaBox演出後反思道：「我最希望邀請家人到場，讓他們看到自己的孩子已經長大成人，經歷改變！」紀錄片《爭氣》將於2014年10月在香港公映。



Kerry supported the troupe by inviting it to perform at this season's Mega Ice Hockey 5's tournament. 劇團獲嘉里鼎力支持，獲邀在本季的Mega Ice五人冰球賽前表演。



Why the world going nuts

Logging hours on a treadmill may help keep the body in shape, but if you want to be fit and get smarter as well, head to the great outdoors. And for that extra oomph, pack a bag of nuts.



Nuts are rich source of magnesium which may improve learning ability and memory. 堅果含豐富鎂，能提高學習能力和記憶力。

Hikers won't be surprised by the news that researchers claim they now know for sure that taking a walk in nature can help boost brain power - by as much as 50 per cent, suggest the findings of a University of Utah study.

And that "snack pack" that is the hiker's staple - a trail mix made of nuts, seeds and dried fruit - may do more than just replenish energy while admiring the view from the top. For nuts are rich a source of magnesium, a mineral which neuroscientists from the Massachusetts Institute of Technology (MIT) and Tsinghua University in Beijing have found may improve learning ability and memory. Similar findings come from a study published in the American Journal of Epidemiology, suggesting that eating nuts, a good source of vitamin E, can help prevent the onset of poor memory. Eating nuts may also help you live longer, according to a Harvard School of Public Health study.

The benefits for older people were also highlighted in the Harvard study. Over the course of a year, men aged between 40 and 84 who ate nuts two or more times per week enjoyed a 47 per cent lower risk of sudden cardiac death, and a 30 per cent lower risk of dying from all types of coronary artery disease.

Doctors say they can't be sure why, but a shared theory is that nuts help reduce blood cholesterol levels either by displacing other harmful foods, or by lowering cholesterol on their own. A series of studies dating back to 1993 supports this possibility. Eating nuts and fibre during the teen years may also help prevent disease later on, according to the Harvard study.

Apart from trail mix, hikers find inventive ways to boost their nut intake. Nut butter, for example, is simply made by blending nuts such as cashews with a small amount of coconut oil. Scoop onto a wholewheat bagel, and feel the energy levels rise.

Almond milk was once a staple of traditional French cuisine, but now it's back as one of the hot trends of the

decade. Made from almonds and water, it's a favoured alternative to dairy milk, and has already overtaken soy milk sales in the United States. Foodies including chef Gordon Ramsay are fans of the beverage's nutty taste and creamy texture.

Pumpkin and cashew nut is a marriage made in heaven. They're the two basic ingredients of a delicious vegetarian burger, blend beautifully as a hearty soup, and make a stir fry come alive.

Walnuts make a perfect pate - just soak in water overnight, and blend in a processor with some parsley, onion, garlic, lemon juice and olive oil.

Instead of breadcrumbs, coat meat, fish or poultry with finely chopped pecans and spices. Hazelnuts have a delicious flavour and aroma which can add a whole new element to desserts.

Nuts have a place in a low-carb, low-sugar diet, and contrary to popular belief, the fat they contain is the healthy kind. So it's ok to go nuts with one nature's finest health foods, but of course, as in all things, moderation is key. According to Nutrition Australia, a health-promoting daily intake of 30-50 grams of nuts is about one small handful.

All over the world, the pursuit of healthier lifestyles is increasing global demand for nuts. Consumption figures are on the rise, along with prices, according to Mintec, a commodities market research group. If an apple a day keeps the doctor away, perhaps nuts can help us to live longer, too.

Nuts can be the basic ingredients of a delicious vegetarian burger.
混合多種堅果可製成一客美味的素漢堡。



A trail mix made of nuts, seeds and dried fruit not only helps replenish energy, but is also great brain food. 堅果作為零食不只能補充能量，更對腦部有益。

全球堅果熱

每日在跑步機上運動數小時，也許能讓你保持矯健身形，但若你想擁有強健體魄和敏銳思維，便應該帶著一包堅果到郊外走一趟。

遠足愛好者絕不會對以下的研究結果感到驚訝：美國猶他州大學已證明，在大自然散步有助提升大腦能力，而且最高可達50%。

在遠足俯瞰美景時，這些堅果零食不只能補充能量，更對腦部有益。美國麻省理工學院（MIT）和北京清華大學的神經科學家，已證實堅果中名叫鎂的礦物質能提高學習能力和記憶力。一項發表於《美國流行病學刊》的研究亦有類似發現，表示吃堅果可補充維生素E，有助防止記憶力衰退。哈佛公共健康學院的一份研究更指出，吃堅果可延長壽命。

該份哈佛研究還強調堅果對長者的好處。年屆40歲至84歲的男性，在一年間持續每周吃堅果兩次或以上，可減低心源性猝死的風險達47%，而各類型冠心病的死亡風險更減少30%。醫生雖然暫未能確定背後原因，但他們都認為堅果的確有助降低血液中的膽固醇含量，或排出對人體有害的物質，早於1993年已有一系列研究支持這個說法。此外，研究亦顯示青少年進食堅果和纖維，還有助預防常見疾病。

遠足者有時還會發揮創意，想出提昇攝取堅果養份的辦法，以補充能量，例如製作香濃的果仁醬。果仁醬的做法非常簡單，只需把腰果等堅果混合少量椰子油，便大功告成。於遠足時，把果仁醬塗到一件全麥百吉圈上，吃下去後自會感到能量倍升。

杏仁奶曾是法國的傳統主食，近十年再次成為熱門食品。它以杏仁和水製成，人們愛以之代替牛奶，在美國的銷售量已超越豆奶。美食家包括名廚Gordon Ramsay，都喜愛它濃濃的堅果味和柔滑質感。

南瓜和腰果可以說是天作之合，不但是素漢堡的材料之一，經過精心烹調，更可成為一道口感綿密的濃湯，或可在炒菜時加入少量作點綴。

核桃則可製成美味的核桃醬，只需將核桃在水中浸一晚，加入洋蔥、洋蔥、大蒜、檸檬汁和橄欖油，攪拌即可。

此外，製作炸羊肉、魚和雞肉時，可嘗試以切碎的山核桃和香料代替麵包屑。至於榛子的獨特味道和天然香氣，則可以提升甜點的味道層次。

堅果的碳水化合物及糖份極低，而堅果所含的脂肪更屬健康脂肪。堅果如此天然健康，固然多吃無妨，但凡事都不應過量。根據澳洲營養協會的建議，堅果的每日攝取量為30至50克，大概是手心的份量。

全球的人都在追求更健康的的生活方式，對堅果的需求也日益增加。據商品市場研究集團Mintec的調查，堅果的需求正在上升，價格也水漲船高。如果你相信「一日一蘋果，醫生遠離我」，那麼多吃堅果，或許亦能令我們更長壽。