

DressCircle

A KERRY PROPERTIES PUBLICATION

臻善譜



Cover image:

One of the most important ecological habitats in Hong Kong is also one of the hardest. It thrives on detritus – mainly fallen leaves – and sheltering and sustaining numerous marine species. This is our precious mangrove ecosystem, a treasure trove of nature to be enjoyed from the vantage point of Lake Egret Nature Park.

紅樹林生長於生命力豐潤的地帶，為不同的生物提供棲息繁衍之所。位於大埔滘的白鷺湖互動中心致力保育周邊珍貴的自然風貌，同時向大眾宣揚愛護環境的知識，守護着這個生態價值極高的重要生境。

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Editorial Director Winnie Chung
Editor Tsang Fan
Production Editor Deen Nawaz
Writer Peta Tomlinson
Subeditor Laramie Mok
Translators Candace Mok, Jacky Chan
Art Director Jimmy Wang
Senior Administrator Thomas Chang
Account Management Karrie Lam, Frank Leung, Nikki To
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Kerry Properties Editorial Team
Michelle Lam, Rex Yip, Wing Yau
5/F, Kerry Centre
683 King's Road
Quarry Bay, Hong Kong
Tel: (852) 2967 2200





6



12



18



22

Contents 目錄

Dress Circle
July 2016

6. Seaside retreat so close to the city
海濱居停 倚鄰城心
Urban dwellers of Beijing flock to a model residential community in Qinhuangdao, city of serenity on Bohai Bay.

18. Embracing the essence of Hangzhou
盡攬杭州精粹
Dreams do come true in Hangzhou as enterprising entrepreneurs find a platform for their passions.

12. Living in the new urban rhythm
閃耀何文田
Ho Man Tin, traditional luxury area of Kowloon, appeals to a new demographic with medium-sized homes set amid peaceful greenery.

22. Cool down and tone up at MegaBox
MegaBox掀夏日運動狂熱
Escape the heat this summer with fitness-focused family activities at MegaBox in East Kowloon.

26. Artful indulgence
藝術都會遊
Manila's newest business and lifestyle precinct, Bonifacio Global City, is a must-visit for art-lovers and foodies alike.

30. A banquet of blooms
饌上添花
Flowers empower for different reasons. Find out why beautiful blooms don't just look pretty, but serve many other functions as well.

34. Building a greener future
創建綠色未來
Grassroots greening: environmental initiatives at Kerry Properties sites spread sustainability awareness through the broader construction community.

40. Your turn now
舞池麗影
The romance of dance is rekindled in a healthy pastime sweeping through social circles of all ages.

44. Liquid gold hits new high
「杯」中求勝
Investors and connoisseurs alike push rare whisky prices to new heights.

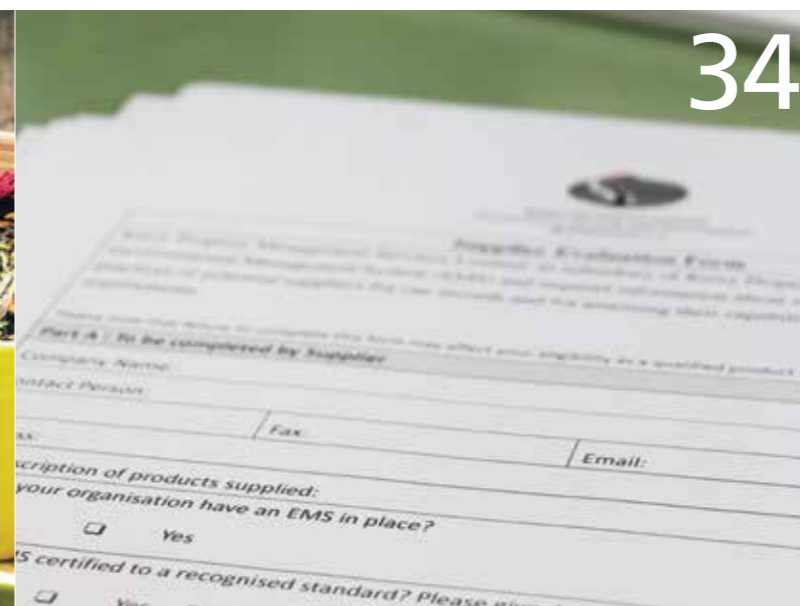
48. Live strong, live long
隨身法寶 強身益壽
Intelligent devices reshaping the future of health care – can they also help us to live longer?



26



30



34



40



Seaside retreat so close to the city

Are you sitting comfortably? Now close your eyes, relax, and let your mind wander where it will.

You might be desk-bound in an office full of others, but find happy thoughts drifting towards a quiet beach – perhaps walking barefoot, feeling sand between your toes. It could be a grey day outside, the air hanging thick with urban grime. But you can see sunshine, and almost feel a refreshing breeze gently brush the cheek.

Getting lost in your own thoughts might seem like time-wasting, but scientific research shows that daydreaming is good for us, boosting brain function and bringing relief to a day filled with hyper-activity.

Imagining being transported from the fray to a place where life is more relaxed is one thing: actually going there is even

better. Taking frequent, short trips away is beneficial for stress relief and overall wellbeing, researchers have also found. For those living in Beijing, Qinhuangdao is only about two hours away by fast train, or an easy drive – but a world apart in terms of lifestyle offering.

Lying between mountains and sea adjacent to the Bohai Bay, this popular recreational resort city is renowned for its sunny days and blue skies extending from autumn, through summer and spring. Then it's time for winter play: crisp and refreshing. Those who arrive from their city home – as high-ranking officials like to do – say they can immediately feel the difference. Healthy outdoor pursuits beckon, the feeling alive and vibrant.



01

Gazing out to the endless sea, in contrast to a concrete jungle, the pressures of work and urban life seem to ebb away.

Tranquillity abounds, too, in the naturally green landscape, and the many attractions of the Beidaihe Scenic Area.

In the spirit of all that is loved and beautiful about Qinhuangdao, Kerry Properties secured a prime seafront site and has built upon it Habitat, a one-of-a-kind urban development. With environmental sensibilities at the forefront, Habitat brings a brand new lifestyle experience designed to elevate mood from the moment of arrival.

For his first landmark building in China, high-profile international architect Moshe Safdie has achieved a harmonious co-existence with the mountains and the sea. Best known for his portfolio of libraries, museums and government buildings around the world, Safdie is also the architect of Habitat 67, an experimental modular housing presented at the 1967 World Expo in Montreal as a model for the future of cities. Reinterpreting that much-acclaimed concept for Qinhuangdao, it is his vision that Kerry's Habitat, with its gently terraced footprint maximising views for all, should not be a static structure, but a conversation between residents and nature.

Deconstructing the notion of a typical residential skyscraper, the architect has designed the buildings as a series of vertical structures linked by skywalks, and draped in greenery. Apart from the private gardens many of the

apartments feature, community garden and pool areas are set high above the upper floors. As plantings spill from the cloud-white façade reaching towards a brilliant blue sky, the scene is reminiscent of the Hanging Gardens of Babylon, one of the seven wonders of the ancient world.

This triumph of urban architecture won gold for Best Chinese Futura Mega Project in the prestigious MIPIM Asia Awards 2013.

Looking out from inside the homes, each with the feeling of a penthouse, the sun glistens on shimmering sea, with Dove Nest Park, the landmark of Beidaihe and a popular spot for greeting the morning sunrise, in full sight. Step onto the balcony featured in every unit, and feel the breath of the sea.

Within the grounds and walking paths of the property, different trees, flowers and fruits blossom throughout the seasons. Their colours ever-changing, their fragrance always delighting – and after the sun goes down, discreet landscape lighting evokes a romantic night time mood.

With the sea on its front doorstep, and forests and wetland parks just a walk away, it's a setting just made for leisure.

Altogether, the four, L-shaped blocks of the property provide 778 seafront residential units with generous carparking allocation, and a unique sea view across Jinmeng Bay Beach. Sizes ranging from 108 to 566 sq m provide for a choice of lifestyle options. Residents also

01 Habitat is the first landmark building of the high-profile international architect Moshe Safdie in China.

海碧台為國際知名建築師Moshe Safdie名下的首個中國地標建築。

02 Residents also enjoy access to comprehensive facilities in and around Habitat, including the five-star Shangri-La Hotel. 海碧台本身，乃至周邊的設施一應俱全，包括五星級的秦皇島香格里拉大酒店。

03 Within the grounds and walking paths of the property, different trees, flowers and fruit blossom throughout the seasons. 在物業範圍內的平地及步行徑，到處種有花果樹木，四季交替盛開。

04 With an azure sea as the city's aquatic playground and a mild, sunny climate, there is watersport fun for all - swimming, windsurfing and sea-rafting. 市內的蔚藍海灣加上風和日麗的氣候，形成天然的水上樂園，游泳、滑浪、泛舟等水上活動各適其適。



02



03



04



Habitat won gold for Best Chinese Futura Mega Project in the prestigious MIPIM Asia Awards 2013. 海碧台於2013年奪得MIPIM Asia大獎中的「最佳中國未來大型建設項目」金獎殊榮。

enjoy access to comprehensive facilities in and around Habitat, including the five-star Shangri-La Hotel, Qinhuangdao, an exclusive commercial area, popular shopping street, marina clubs and gymnasium.

Those who have discovered Habitat after coming from Beijing marvel at the life-affirming opportunity it presents. With an azure sea as the city's aquatic playground and a mild, sunny climate, there is watersport fun for all – swimming, windsurfing and sea-rafting, to name a few – as well as the thrill of sand-skating. Blue water enthusiasts may cast off from the Beijing Sailing Centre, located in Qinhuangdao as the premier yacht training facility in northern China, or explore places seldom seen aboard a skippered charter yacht. For golfers wishing to hone their skills, Qinhuangdao is also home to one of the best modern golf courses in Asia.

By securing an apartment here, they too can bring their families to spend quality time together, soothed by the sea, and nurtured by nature. The development's high-quality construction, and superior fit-out, give the assurance of a sound investment conducive to many happy years of shared enjoyment.

Although already so easily accessible, improving transportation links put this paradise even closer. A second airport has been newly launched, and soon, a new express rail will reduce the commute to the capital to around one hour. Meanwhile, Tianjin can also be reached by train within an hour.

Begin your journey without even leaving the capital. A presentation introducing Habitat may be viewed by appointment at Beijing Kerry Centre. See the model, watch the video, ask questions: and consider why conditions are now so favourable for such a prime investment within the prosperous Bohai-Rim Economic Circle.

As Albert Einstein once said, logic will get you from A to B; imagination will take you everywhere. Now that all roads, rail and air routes lead to Qinhuangdao, it's logical to not just daydream of your own private habitat there, but to make it happen.

海濱居停 倚鄰城心

找到一個舒適的坐姿嗎？那就閉上眼睛，放鬆身心，讓心神馳騁於天際之外。

平日的你可能要在稠人廣眾的工作間伏案辦公，但無礙自由的心靈作出塵之思。何不讓思緒飄到靜謐的海灘，想像沿着海岸赤腳漫步，感受幼沙在趾縫間流走。

窗外或許一片灰濛濛，空氣瀰漫着重重煙塵，但一道柔和的陽光猶在眼前，臉頰幾乎感到撲面而來的徐徐清風。

沉醉於個人的空想看似是浪費光陰，但科學研究證明發白日夢有助刺激大腦機能，為繁忙緊張的一日帶來片刻鬆馳。

幻想自己擺脫忙碌的工作是一回事，親身來到避世勝地又是另一碼子的事。無疑，後者當然要美好得多。研究人員發現，經常作短途旅途有助減壓，導致身心健康。對於住在北京的人來說，無論是乘坐車程只有約兩小時的高速列車，還是自駕遊前往秦皇島，路途均十分輕省，可是，身處的卻是兩片截然不同的天空。

背山面海、毗連渤海灣，這座著名的休閒度假城市以陽光、藍天聞名於世，晴朗天氣由春夏一直延續至秋天。冬天則換上另一種風情，予人清爽凜冽之感。以首都為家的人，大概會頓時感到這兒的不同，難怪連達官貴人都經常前來這裏度假。各式有益身心的戶外活動向訪客招手，使人感到精力澎湃、生趣盎然。放眼無垠大海，跟悶氣的石屎森林不可同日而語，來自工作和都市生活的各種壓力無不悄然遠去。在蒼翠蔥蘢的郊外和名勝處處的北戴河風景區，安逸閒適隨處可得。

嘉里建設將一片優質臨海地段打造成獨一無二的市區發展項目海碧台，與秦皇島眾多的迷人美景和深受愛戴之處一脈相承。海碧台將環境意識放在首位，致力營造嶄新的生活體驗，讓住客從抵步一刻心情便抖擻起來。

海碧台為國際知名建築師Moshe Safdie名下的首個中國地標建築，他將住宅項目與青山碧水和諧共融地相結合。Safdie以設計圖書館、博物館和政府大樓聞名於世，精心之作遍佈全球各地，更創作出實驗味道濃厚的模組屋Habitat 67，並於1967年《蒙特利爾世界博覽會》上預告未來城市的新建築模式。Safdie決定在秦皇島上重新演繹前衛構想，將海碧台想像成充滿動態的建築，利用開闊的梯田式設計拓闊每戶景觀，締造住客與大自然之間的親密對話。

建築師打破傳統摩天公寓的慣常思維，設計改為一系列垂直建築，利用空中走廊互相接連，並於外牆作綠化設計。除了不少公寓單位附設私人花園，高層亦設有社區花園和泳池。綠色植物從皚白外牆一直延伸至蔚藍天際，令人聯想起古時世界七大奇蹟之一的巴比倫空中花園。

2013年，這個城市建築的創舉，讓海碧台在推崇備至的MIPIM Asia大獎中勇奪「最佳中國未來大型建設項目」金獎殊榮。

從有如雙層複式般的單位中向外遠眺，陽光灑落在波光粼粼的大海，北戴河地標和觀看日出的勝地鴿子窩公園盡入眼簾。所有單位均設有陽台，讓你踏出室外，感受海洋的氣息。

在物業範圍內的平地步行徑，到處種有花果樹木，四季交替盛開，顏色隨時而變，芳香教人陶醉。日落後，幽雅的園林燈光營造出浪漫的夜間情調。

大海就在門前，森林和濕地公園徒步可達，調適身心的最佳場所莫過於此。

四棟L字型樓宇合共呈獻778個向海住宅單位連車位，金夢灣海灘美景一覽無遺。戶型由108至566平方米不等，提供各式住房選擇。海碧台本身，乃至周邊的設施一應俱全，包括五星級的秦皇島香格里拉大酒店、商業區、購物街、海洋俱樂部和健身中心。

從北京前來的人一旦發現海碧台，無不被其寫意生活所吸引。市內的蔚藍海灣加上風和日麗的氣候，形成天然的水上樂園，游泳、滑浪、泛舟等水上活動各適其適，有膽量的更可體驗刺激的滑沙。大海愛好者亦可前往秦皇島的北京航海中心，從這所華北數一數二的遊艇訓練設施揚帆出海，或租賃遊艇在船長領航下探索人跡罕至的勝景。秦皇島亦擁有亞洲頂尖高爾夫球場，是高球迷操練球技的上乘之選。

在此置業的幸運兒更可攜同家人前來，樂聚天倫，一同受大海呵護，被自然滋養。本發展項目的高質建築和優越配套是優質投資的信心保證，一家大小共度無限歡樂時光，盡在預期之中。

秦皇島本已四通八達，交通配套設施更不斷優化，令此世外桃源變得近在咫尺。秦皇島第二機場最近投入使用，加上日後京秦城際鐵路建成，兩地車程將大大縮短至一小時。至於乘津秦客運專線由天津前來亦同樣方便，能於一小時內抵達。

自在旅程就在首都腳下開展。即時預約參加在北京嘉里中心舉辦的物業簡介會，透過參觀示範單位、觀看影片和提問，了解當下在繁榮的環渤海經濟圈投資如此優質的物業，何以是難得的入市良機。

愛因斯坦曾說，邏輯能夠帶你從一個點到另一個點，想像則可以帶你到任何地方。如今，無論是道路、鐵路還是飛機航線，均能通向秦皇島，也許我們不應再做白日夢，幻想自己在那兒擁有私人的住所，而是付諸實行，實踐美夢。



Living in the new urban rhythm

Depending on your outlook, scenes can be multi-faceted. Gaze westwards from a lookout, and watch the orange glow of a sunset. Look east, and see the cloak of twilight.

One window in a building can frame a verdant forest; another, a vibrant city – at the same moment in time, from the same vantage point: just a different perspective.

Alice in Wonderland, the curious, fictional character from the pen of Lewis Carroll, pondered what might be found on the other side of the looking glass. She had the courage to step through – and lo and behold, found there a world beyond imagination.

Ho Man Tin is a bit like that. Viewed from the outside, it's what we already know: a traditional luxury residential area of Kowloon, bequeathed a green legacy from its founding fathers, with an impressive academic pedigree.

But what else might await?

A closer look reveals why discerning professionals of today are drawn to plant their families' roots in Ho Man Tin, the acknowledged "green heart" of central Kowloon – and specifically to seek a brand new property, the likes of which has not been available for close on a decade.

The size and scale of their preferred residence, in of course a prime location, would show it to be a development of both substance, and style. First impressions of greenery in and around the cloistered towers hints at what lies within: a welcome "breathing space" in the heart of the city, its generous spatial planning conducive to a relaxed, yet attainable lifestyle.

Should modern families and investors prefer options other than the large, pricey units traditionally associated with Ho Man Tin, medium-sized homes may better suit their needs. Such an offering would show that the developer understands





Serene and elegant, Sheung Lok Street in Ho Man Tin is surrounded by schools and playgrounds.
何文田常樂街恬靜而優雅，附近有不少學校及遊樂場。



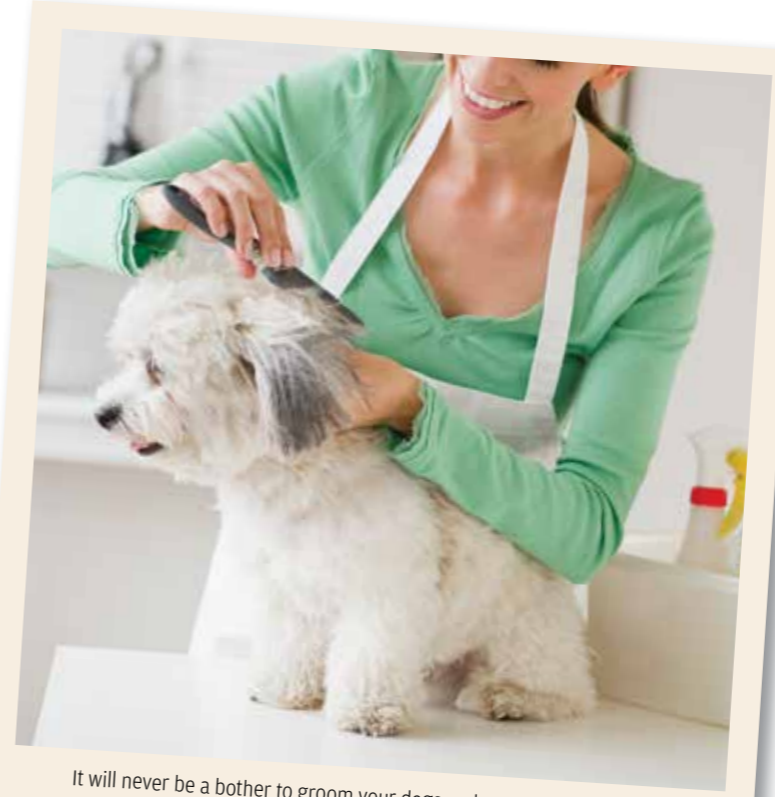
Ho Man Tin, located next to Mong Kok, is a place where tranquillity meets city hustle. It's highly enjoyable to stroll along the Flower Market during leisure time.
何文田毗鄰旺角，靜中帶旺；閒時到花墟閒逛，賞心悅目。

the demographic of today's Ho Man Tin aspirants, and has thoughtfully created a property to accommodate many. Flexible internal layouts would also enable the owners to personalise their space, and fashion their home's décor from a base palette of materials and finishes in soothing natural hues.

Since home is where the heart is, today's families cherish spending quality time together in their own precious living environment. This might mean having on property a choice of pools for year-round swimming, an in-house gymnasium, and expansive clubhouse facilities. An all-weather indoor heated pool is just one of four swimming pools located within the complex, including a 50m pool for serious aquatic training.

There would, ideally, be space for outdoor recreation, and gardens which bloom in every season, filling the air with floral fragrance. Grounds this special would sit harmoniously within the natural greenery of the area, as established back in the 1920s by Ho Man Tin's original urban planner, Francisco Paulo de Vasconcellos Soares, whose European-inspired blueprint for refined living – parklands to play in, gardens to relax in and a reservoir wilderness to hike through – has matured beautifully through the course of decades.

Such a property would indeed fill an unmet need. Except for those residents who bought in early, many years ago, supply of quality housing in this desirable locale has been tight. And besides, the lifestyle expectations of today's urban dwellers are rising.



It will never be a bother to groom your dogs and cats as a series of pet stores can be found along Victory Avenue.
勝利道一帶有着不少寵物店，要為貓狗梳整毛髮，輕而易舉。



There are several elite schools in Ho Man Tin.
多所名校均座落於何文田。



We want a property that won't fence us in: which has ample space, both inside and out, for the quality of living to which we aspire. Views should be expansive – perhaps a verdant mountain vista, or a vibrant urban scene.

Home should be a haven of calm away from the bustle outside. Stepping into your own private sanctuary could transport you, like Alice, into a far different world: one taking its cue from nature to soothe and restore at the end of each busy day, and provide endless opportunities for leisure-filled weekends.

Professional management services are also a must. Successful people shouldn't have to be bothered by domestic minutiae: hence, teams of housekeeping, maintenance and security personnel are trained to take care of every detail for them.

At the same time, urban convenience prevails. Already well positioned – comfortably close to, but peacefully shielded from – the centres of business and commerce, Ho Man Tin is to be a beneficiary of some of the most important infrastructure projects in Hong Kong's program of urban renewal, including an upcoming new MTR linkage. Together, these mega-projects will realise the modern day planning vision to create for current and future generations a high-quality, well-connected and lifestyle-enhancing metropolis.

And at its heart, perhaps the most precious improvement of all: a residential precinct of sublime credentials, awaiting your immediate discovery.



Since home is where the heart is, today's families cherish spending quality time together in their own precious living environment. 家是心靈的依歸，現今家庭十分重視生活環境，珍惜共聚天倫的時光。



閃耀何文田

視野不同，景色亦會隨之改變。從瞭望台朝西面遠望，可欣賞夕陽西下的滿天紅霞，放眼東邊可看到晨曦初現。

在一幢建築內，一扇窗外是茂密樹林，另一扇窗外則是繁囂城市。在同一時間，同一地點，但從不同的角度，所看到的都不盡相同。

在《愛麗絲夢遊仙境》一書中，Lewis Carroll筆下的虛構人物好奇心旺盛，他們猜想鏡子另一邊的世界，並鼓起勇氣踏出了第一步，在連綿不斷的驚喜中，發掘不可思議的神奇仙境。

何文田亦不遑多讓。從外界的眼光看來，位處九龍半島的何文田是人所共知的傳統高尚豪宅區，保留了綠樹成蔭的幽靜環境，並擁有多間一流學府。

但除此以外還有甚麼呢？何文田被譽為中九龍的「綠色心臟」，獨具慧眼的有識之士會選擇在這兒落地生根，並集中尋覓近十年來少之又少的全新樓盤，而只要細心觀察，你便能發現箇中因由。

他們的理想居所位處優越地段，單從其大小及規模便能得知該物業必定兼具時尚外觀及內在品質。綠林環繞的隱密大樓讓人不禁聯想到一個城市中心的「憩息空間」，寬敞設計打造出無拘無束的輕鬆生活。

相比起何文田的傳統豪華大宅，其實中型單位更切合現代家庭及投資者的實際需要。

有見現今希望於何文田置業的人數眾多，發展商因此推出貼合需求的住宅項目。靈活彈性的內部佈局設計讓屋主自行安排個人空間，並在現有物料及自然色調的飾面基礎上佈置家居。家是心靈的依歸，現今家庭十分重視生活環境，珍惜共聚天倫的時光。因此物業為他們提供不同的休閒選擇，例如全年無休的泳池、室內健身室及豪華會所設施。

此外，戶外活動空間及鳥語花香的四季花園，與四周自然綠化環境融為一體，延續源自1920年代的綠色生活。當年，葡萄牙裔商人梭極發展何文田，以歐洲為靈感規劃城市，當中包括綠草如茵的公共玩樂場地，以及分別讓人放鬆身心及樂享恬靜的休憩花園和綠野配水庫，打造出優質細緻的生活方式，而到了幾十年後的今天，這裏的生活已經日臻完善，美滿完備。

除了於多年前購入的物業，該區的優質房屋一直均供應緊張，可謂一屋難求，加上現今城市居民對生活品質的要求有增無減，而新的住宅項目正正能滿足市場所需。

理想的居所不應把住戶圍困在狹小的空間之中，而是要提供寬敞的室內外空間，滿足我們對優質生活的追求。此外，視野必須開揚，能欣賞碧綠山景，或城市的繁華景象。

家本應是遠離繁囂的平靜住所，一踏進家門就如愛麗絲一樣，進入一個全然不一的天地，在忙碌工作過後，自然寧靜的家園能安撫心靈，並提供各式休閒娛樂，讓你度過輕鬆的周末。

就住宅項目而言，專業的管理服務亦是必需條件，皆因日理萬機的成功人士根本無暇處理瑣碎家事，因此，他們能讓專業訓練的家務助理、維修技工及保安人員代勞，打點一切。

除此，何文田亦盡享市區的各種便利，不但地段優越，鄰近商務中心的同時又能自成一角，更受惠於香港市區重建策略中多個重要基建計劃，當中包括港鐵的延伸鐵路網絡。這些重大工程均有助實現現代城市規劃，為現代人及下一代打造優質便利的大都會，提升生活質素。

最重要的是，也許整個項目最可貴優越之處，是打造了一個崇高典雅的住宅區，讓大家可即時去發掘和體驗個中美好。



Embracing the essence of Hangzhou

“Go confidently in the direction of your dreams. Live the life you have imagined,” goes a popular social meme.

Words can inspire, but beauty does, too. Iconic architecture defines cities, and education empowers. For thousands of years, the people of the ancient Chinese capital of Hangzhou have been surrounded by all that inspires. Their city is home to the famed West Lake, serene and scenic muse for so many artists and poets; as well as the majestic Grand Canal, a man-made

wonder built in ancient times stretching more than 1,700 km from Hangzhou to Beijing. Theirs is a community steeped in tradition. China’s most revered green tea, Dragon Well, or Long Jing, originated here in Hangzhou, and remains honoured today. Verdant tea plantations still sweep across misty green mountains surrounding the city, and the many tea houses are where

visitors and locals continue to meet to sit and sip. The rich culture and values held so dear in Hangzhou are also integral to the social fabric as the city moves forward into a brave new world. As stated in the Hangzhou Declaration, laid down in 2013 as a guide for sustainable development, culture should be considered as a fundamental enabler of sustainability, being both a source of meaning and

energy, and a wellspring of creativity and innovation. Kerry Properties encapsulates those values in Hangzhou Kerry Centre, its new mixed use development in the centre of Hangzhou. Honouring the city’s heritage, while embracing its prosperous future, Hangzhou’s latest attraction introduces an energetic lifestyle destination where the modern traveller and locals alike can find all

their shopping, dining and entertainment experiences in an engaging cluster.

Inspiring without being bold or imposing, Hangzhou Kerry Centre might be the largest shopping mall, five-star hotel, grade A office and serviced apartment complex the city has ever seen, but at the same time it is designed to complement, rather than overpower. Resting seamlessly within the landscape, each component accentuates the essence and natural beauty of Hangzhou.

The campus design of the building with LEED Gold certified office tower respects the academic origins of the former university site, and celebrates the new life beating in the city. Connected by courtyards, it invigorates in the gentle way of the Hangzhou people, who are not prone to rushing, rippling across the wider CBD like a welcome breeze.

The carefully curated tenant mix speaks to the heart of the community. As well as familiar international brands, it also celebrates the up-and-coming Chinese achievers drawn to Hangzhou through passion and drive.

Their stories are uplifting. There's the local lady who followed her dream to bake, despite her parents' expectation that she would follow them into the medical profession. Bringing back to her home town the successful Shanghai French bakery brand Mr Choi Patisserie is a measure of all that Linda Wang has achieved. "I wanted to open in Hangzhou's best shopping mall," she says of Hangzhou Kerry Centre.

Cai Chongda, high-profile former editor of fashion magazine *GQ China*, developed his clothing label, Mag Mode, as a means of representing Chinese design on the red carpet events he attended around the globe. Through the window of Hangzhou Kerry Centre, his store showcases the upcoming fashion designers of China, Japan and Korea. For such a big market as China, Mr Cai said: "We have to support talent local designers to go to the world stage".

The essence of Hangzhou appears as many things to many tenants. Beautiful wildflowers feature in the special decoration of a collaborative retail offering by the founders of two local brands, Sun Yun of Hyssop, and Wan Zheng of and Mamala, already established partners.

The city's time-honoured tea traditions inspired Lu Ming Tang to bring the French-style cosmetics brand founded by Marie Amiand, who'd discovered the magical properties of tea in skincare, to Hangzhou, launching the products at her first shop, Lu Ming Tang, at Hangzhou Kerry Centre.

The understanding of Hangzhou ladies' fashion sensibilities led Lu Qing, a young local wedding designer, to bring beautiful, affordable gowns to the brides of her hometown by opening her own store, Mija.

With so much to share with the local community, Hangzhou Kerry Centre is more than a physical building, but rather a weaver of dreams. Opening soon, it stands poised to realise the dreams of so many.



Founded by the architect Sun Yun, the Hyssop store is unique in style. Hyssop由建築設計師孫雲設立，舖面裝修別具風格。



The Shanghai French bakery brand Mr Choi Patisserie 上海法式甜品品牌蔡嘉法式甜品



Inspired by Hangzhou tea traditions, Lu Ming Tang adds tea to its skin care products. 露茗堂受杭州的茶藝傳統啟發，於其護膚產品中加添茶成分。



Lu Qing, the founder and wedding designer of Mija, understands Hangzhou ladies' fashion sensibilities. 彌加創辦人及婚紗設計師呂青深諳當地女士的時裝品味。

盡攬杭州精粹

「憑藉自信邁向夢想，過你夢想中想要的生活。」這句話是廣泛流傳的網絡金句。

文字能夠啟發人心，而美麗的事物亦能做到同樣的效果。經典的建築為一座城市定位，而教育則賦予城市實踐的力量。

千百年來，中國古都杭州的人民都被各種具啟發性的事物所包圍。杭州市乃知名西湖之鄉，其幽靜安詳、如畫風光更是無數藝術家和詩人的靈感濫觴。雄偉的京杭大運河由杭州一直延展至北京，綿長一千七百公里，是古時候以人力打造的建築奇觀。

杭州人腳下的這片土地深栽於傳統之中。中國最備受推崇的綠茶龍井，其原產地就在杭州，直至今日，這裏出產的龍井依舊口碑載道。城市的周邊有着一座座朦朧的青山，上面種滿青翠嫩綠的茶葉，而遊客和當地人都喜歡到茶舍去聚會閒坐，呷茶品茗。

杭州的地方文化及內涵珍貴難得，它們既植根於傳統，但又與時並進，在踏步邁向新紀元的洪流中，與當下社會交織互纏。於2013年訂立的《杭州宣言》為可持續發展的方針，正如當中提及，文化應當為推動可持續發展的基礎元素，是城市的意義所在，也是一股推動力，更是創意、創新的泉源。

杭州嘉里中心，為杭州市中心全新的多用途發展新項目，而嘉里建設更將杭州的文化涵養一一收納其中。杭州嘉里中心一方面以杭州的城市遺產為榮，一方面開懷擁抱繁榮的未來。這個杭州最新的景點更表現出城市活力的一面，新潮遊客和當地人均能在這別具吸引力的建築群之中，一站式地購物、用餐和體驗各式各樣的娛樂消遣。

杭州嘉里中心帶給人們嶄新視野，但卻含蓄而不招搖。它可能是目前為止杭州市中最大的建築群，包羅購物商場、五星級酒店、甲級寫字樓和服務式公寓，能提供完善的配套，而非華而不實。項目中的每座建築無縫相連，將杭州精粹和自然美態彰顯無遺。

辦公室大樓曾獲「LEED金級認證」，而該址前身則為大學學府，為了尊重及保留原有的學術風格，建築亦採用校園式設計，並同時頌讚城中新的生活氣象。建築與建築之間以庭院貫穿相連，與杭州

人溫文的作風互相契合，他們的生活不慌不忙，輕鬆寫意，步伐就如快意的微風劃過水面一般，略帶漣漪，輕輕拂過整個中央商業區。

杭州嘉里中心之策劃精心細膩，租戶包羅萬有，體現出杭州城的核心價值。除各個耳熟能詳的國際品牌外，那些充滿熱誠、魄力，且成功進駐杭州的國內新興品牌，亦包攬其中。

當中，不少租戶的故事都振奮人心。身為杭州人的王嘉彤，父母親期望她能承繼上一代的衣鉢，成為專業醫師，但她卻不惜一切，隨夢而行，決心發展其烘焙品牌。最終，她如願以償，帶着上海法式甜品品牌——蔡嘉法式甜品，回到杭州家鄉，這就是王嘉彤努力的成果。她提及杭州嘉里中心道：「我希望能在杭州最優秀的購物中心開店。」

焦點人物蔡崇達為時裝雜誌《GQ智族》中文版的前任編輯，他開創了自己的時裝品牌Mag Mode。蔡崇達不時出席國際活動，而Mag Mode則是紅地毯上代表中國的設計品牌。透過杭州嘉里中心的窗戶，他的商店能有機會展示出中、日、韓三地最新設計師之作。而就中國這個龐大的市場而言，蔡先生認為：「我們有責任去支持本地優秀的設計師，助他們登上國際舞台。」

對不同的租戶來說，杭州的精神能透過不同的事物彰顯出來。Hyssop品牌創始人孫雲及Mamala餐廳創始人萬征則攜手打造合作經營店，以美麗的野花作店內裝飾，別具風格。

杭州歷史悠久的茶藝傳統啟發了法式護膚品牌創辦人Marie Amiand。她發現茶葉當中的神奇成分有護膚功效，並將產品引入杭州，於杭州嘉里中心開辦首家露茗堂。至於年輕婚紗設計師呂青為土生土長杭州人，她深諳當地女士的時裝品味，設計出一系列既美觀，價錢又合理的禮服，並開設自己的店舖彌加，為杭州新娘打造嫁衣。

杭州嘉里中心不單是座看得到的建築，而是一個夢想交織之地，與周邊城區分享數之不盡的美好事物。即將開幕的杭州嘉里中心泰然自若地聳立城中，為不同人實現夢想。

The heart of Hangzhou

A short walk from the West Lake shores, Hangzhou Kerry Centre with the adjacent new Midtown Shangri-La, Hangzhou enjoys a prime location at the intersection of Yan'an Road and Qingchun Road, hub of the city's traditional CBD in Xiacheng District. It has direct connections to Metro lines 1 and 2.

Within the total development of 340,000 square metres of prime retail space, the mall occupies 108,000 sq m, complemented by Grade A offices, luxury serviced apartments and hotel accommodation - an elegant retreat within a vibrant, historical city. Midtown Shangri-La, Hangzhou opened in March 2016 with 417 rooms, including 32 suites.

Catering to the increasing inflows of international business, the brand's new flagship and second property in Hangzhou also has comprehensive MICE (meetings, incentives, conferences and exhibitions) facilities, including a pillar-less grand ballroom capable of hosting up to 1,000 people. Its F&B offering introduces new concepts to the city: the international street food-inspired Central Market, and gastropub craft beer experience at Midtown Brewery.

Together, these diverse but complementary elements of Hangzhou Kerry Centre provide an inspiring place to live, work and relax - right at the heart of everything. The mall's much-awaited addition to Hangzhou's future prosperity is slated for opening by end of 2016.



杭州之心

杭州嘉里中心及毗鄰的杭州城中香格里拉大酒店，位處優越地段，座落於延安路及慶春路交界，與西湖湖岸只隔短程步距，為杭州下城區傳統中央商業區之樞紐，與地鐵一號及二號線直接相連。

整個發展項目之總面積達34萬平方米，商場則佔地十萬八千平方米，當中包括甲級寫字樓、豪華服務式公寓及酒店住宿設備，是活力杭州古城的優雅度假勝地。

杭州城中香格里拉大酒店為香格里拉集團轄下的最新旗艦店，亦是該集團於杭州的第二個物業。酒店於2016年3月開幕，設有417間客房，當中32間為高級套房。杭州城中的國際商務活動愈見頻繁，有見及此，杭州城中香格里拉大酒店提供完善的會展（MICE）設施，滿足會議（meetings）、獎勵旅遊（incentives）、研討會（conferences）及展覽（exhibitions）之需求，當中包括一無柱豪華大廳，能容納上千人。

酒店之餐飲服務亦為杭州城注入嶄新的概念：美食匯提供環球美食，城中啤酒屋則為自製特色啤酒的美食酒吧。

縱觀而言，杭州嘉里中心的設施多樣、完善，是生活、工作及閒遊放鬆的好去處，也是城中的核心。而萬眾期待的商場則定於2016年年底開幕，為杭州未來的繁榮興盛添上亮麗一筆。

Cool down and tone up at MegaBox

Summer in the city can be hard to bear at times. You long to keep active with favourite sporting pursuits, but the heat, humidity, and risk of sudden downpours can dampen even the best-laid plans. A climate-controlled indoor environment is the only solution.



For comfort with the care factor, head to MegaBox in East Kowloon. Hong Kong's popular, family-oriented retail and lifestyle destination is ever-evolving in its quest to bring loved ones together for hours of fun-filled leisure, with a focus on physical fitness. Recently added attractions make cooling off in the filtered air of one of the city's largest indoor sport and entertainment zones even more appealing than ever.

Popping out from your office tower during lunch break to play a virtual round on some of the world's best golf courses is so convenient, thanks to the opening of GreenLive, an 8,500 sq ft golf training facility featuring simulator technology from Korea. GolfZon owns one of the world's biggest golf courses and, in partnership with GreenLive, provides the most advanced recreation of a golf course available today.

So sophisticated are the simulators at the operator's flagship facility at MegaBox that professional golfers on the elite circuit use them in their training. Now championship golf, played on virtually replicated world-class courses, is within the reach of everyone.

Come along to GreenLive at MegaBox and try Hong Kong's first 700 sq ft putting green, which is open to the public for free. Bring the children, too. The Kid Play Zone will help young ones start the great sport of golf on the right footing – you might even discover a future champion in the family.



GreenLive provides the most advanced recreation of a golf course. 室內高爾夫球訓練場GreenLive提供先進的高爾夫球模擬裝置。



Gymnastics is a graceful sport which builds both physical and mental strength, and promotes the holistic development of growing bodies. At KIDNETIC, now arrived at MegaBox, boys and girls of all ages can enjoy a positive sports experience. The 7,000 sq ft venue is the largest private gymnastics hall in Hong Kong, and fitted with imported European equipment certified by the International Federation of Gymnastics (FIG), governing body for the sport worldwide.

Your young ones are safe in the care of enthusiastic and experienced coaches, many of them were former members of the Hong Kong national gymnastics team. All are high credentialed, with qualifications including the FIG national judge certificate.

The joyous sounds emanating from within the gym may not just come from children: at KIDNETIC, parents are welcome to join in the classes for a memorable shared experience.

Of course, ever since MegaBox opened, its international-sized ice rink, Mega Ice, has been one of the star attractions. With its 30-metre-high glass window overlooking Hong Kong's spectacular harbour, the venue takes indoor skating to new heights. It's just one more way MegaBox management and tenants bring happiness into the lives of families, by providing safe and fun entertainment opportunities for all.

The 7,000 sq ft KIDNETIC is the largest private gymnastics hall in Hong Kong. KIDNETIC佔地7,000平方呎，為全港最大的私人體操訓練館。



Singapore team Pandoo Nation retained the International A championship this year after fending off a challenge from the Hong Kong Tigers. 一番激戰後，新加坡的Pandoo Nation終於戰勝香港猛虎隊，成功衛冕國際A組冠軍。



Whether it's social skating for fun and fitness, serious training for figure skating or competitive ice hockey, Mega Ice caters for everyone. It also thrills spectators with exhilarating championship events, headlined by the Mega Ice Hockey 5's.

Since its inception, the Mega Ice Hockey 5's has become renowned as the largest ice hockey tournament in Asia, and an iconic event for Hong Kong. Special recognition from Brand Hong Kong, and this year's incorporation in the Appreciate Hong Kong campaign, highlights its importance as a tourist attraction drawing visitors from around the region and beyond.

Live streaming to global audiences, and a special edition commemorative stamp set produced for the first time this year, further promote Hong Kong tourism and the sport of ice hockey on the world stage.

The 2016 edition drew more than 1,200 players from 13 countries and cities to compete at Mega Ice from 25 April to 7 May. The teams came from far and wide, including Canada, France, Germany, Japan, Singapore and Thailand,

as well as strong representation from Hong Kong, mainland China and Taiwan.

Demonstrating the event's rising status each year, organisers welcomed a number of first-time participants to face off on the ice. Among them were Les Becteurs from France, whose team mate Antoine Bonvalot was the best goaltender of the International Ice Hockey Federation IIHF Ice Hockey U18 World Championship, and Taiwan's champions the Kaohsiung Rapid Eagles, competing internationally for the first time since the team's establishment 18 years ago.

In a thrilling encounter, Singapore team Pandoo Nation, International A champions in 2015 retained the title in 2016 after fending off a challenge from the Hong Kong Tigers to win the match, 2-0.

The live streaming on YouTube and On.cc introduced this year meant that fans back at home could cheer on teams in selected finals. The Peewee A and Bantam B finals of the Youth Divisions, and the three Adult Divisions finals (International A, International B and Asian A) were beamed worldwide to an appreciative audience.

As the tournament's momentum built towards a heart-stopping crescendo, the thrilling finals had audiences worldwide on the edge of their seats. For the throngs of fans watching from the sidelines, or looking down from the levels above, the contest played out by these elite athletes was awe-inspiring.

MegaBox is a year-round destination: a one-stop-shop for healthy, wholesome family leisure in any weather, whatever the season. The crowds of Hong Kong residents and visitors who flock to its doors will always find a great range of entertainment, sports and dining options – and now, new experiences to savour and share.

MegaBox掀夏日運動狂熱

香港炎夏往往教人難以招架。正當你想要做喜歡的運動舒展筋骨之時，城中的高溫、濕氣，還有突如其來的暴雨，無不摧毀了一個個完美的計劃，掃興而歸。也許，唯有全天候恆溫的室內環境，才是消暑的好去處。

要尋找舒適、細心周全的地方消磨時間，東九龍的MegaBox將是不二之選。MegaBox在香港甚受歡迎，為適合一家大小的購物點，同時亦不乏生活時尚的元素，而且創新多變，讓客人與知己好友共度歡樂時光，當中更不乏有益健康的設施。最近，MegaBox引入新玩點，成為香港其中一個面積最大的室內運動及休閒娛樂專區，讓人滿心期待投入這片清涼淨化的空氣之中。

室內高爾夫球訓練場GreenLive佔地8,500平方呎，並與擁有全球最大的高爾夫球場之一的韓國GolfZon合作，提供先進的高爾夫球模擬裝置。每逢午休時間，你大可跳出辦公室，來到這個虛擬的頂尖高爾夫球場享受揮桿之樂，快速便捷。

MegaBox的GreenLive為旗艦店，當中的模擬裝置專業精密，就連問鼎精英賽的職業球手均使用同樣的設施訓練，水準可見一斑。如今，逼真的世界級球場近在咫尺，一眾球迷終能一嘗高爾夫球錦標賽的滋味。

此外，GreenLive設有全港首創的700平方呎推桿練習區，且免費對外開放。你亦可攜同小孩前來這裏，皆因場地另設兒童試玩專區，是培育高球技巧的最佳搖籃，也許，未來的體壇新秀就在身邊。

體操運動的姿態優美，能提升身體的強度，鍛煉精神意志，更能促進發育中兒童的全面發展。KIDNETIC最近登陸MegaBox，不論任何年齡的孩子均可於這裏體驗有益身心的運動。KIDNETIC佔地7,000平方呎，為全港最大的私人體操訓練館，當中器材均自歐洲進口，並符合全球體操運動監管機構——國際體操總會（FIG）之標準。

KIDNETIC的教練滿腔熱誠，經驗深厚，讓小孩能於安全的環境之中學習體操。加之，所有教練均具備專業資格，包括FIG國際裁判證書，而當中不少更為前香港體操代表隊運動員。

KIDNETIC內不僅盈溢着孩子的歡樂笑聲，家長們亦可陪同孩子參與課堂，共譜難忘的親子體驗。

自從MegaBox落成後，規模達國際標準的溜冰場Mega Ice一直為矚目賣點。場地設有30米高之落地大玻璃可盡覽維港美景，更將室內溜冰體驗推至新的境界。這無不是MegaBox管理層和商戶的心思，向大眾提供安全有趣的娛樂體驗，從而為家庭生活增添樂趣。

每個人溜冰的心態不一，有的是為了社交娛樂、強身健體，有的則為鍛煉技巧如速度，甚至是為了參與花式溜冰或冰球，對此Mega Ice均能迎合各方所需，更主辦萬眾期待的五人冰球錦標賽，讓觀眾歎為觀止。

Mega Ice五人冰球賽自成立至今，已成為亞洲最大型之冰球比賽，亦被視作香港的標誌性活動，蜚聲國際。比賽不但獲得「香港品牌」認可，而本屆賽事更被納入「欣賞香港」活動，證明球賽吸引了香港鄰近地區，乃至世界各地的旅客前來參與，是不可多得的遊覽熱點。

比賽當日，主辦單位現場直播賽事，讓全球觀眾感受刺激的比賽過程，今年更破天荒推出冰球紀念郵票，將香港的旅遊及冰球魅力傳遍世界各地。

2016年4月25日至5月7日，Mega Ice雲集逾1,200名冰球健將，他們分別來自13個不同國家及城市，包括加拿大、法

國、德國、日本、新加坡及泰國。當然也少不了來自香港、中國大陸及台灣的勁旅。

近年，冰球賽事備受重視，每年均迎來不少首次參賽的隊伍於冰上一決雌雄。當中包括來自法國的Les Becteurs，其隊員Antoine Bonvalot曾為國際冰球聯合會（IIHF）U18世界冰球錦標賽的「門神」，至於台灣的高雄飛鷹隊則為18年來，首度參與國際賽事。

新加坡的Pandoo Nation曾於2015年奪得國際A組冠軍，今年他們力保不失，以2比0戰勝香港猛虎隊，成功衛冕，亦為球迷帶來精彩萬分的賽事。

加之，今年大會特別安排於YouTube及東網上現場直播賽事，一眾球迷大可足不出戶，安坐家中欣賞心儀的精彩決賽。青少年組決賽（Peewee A組及Bantam B組），以及三場成人組決賽（國際A組、國際B組及亞洲A組）均設直播，讓全球球迷一睹這些冰上盛事。

隨着賽事推進，戰況愈演愈烈，全球觀眾看得熱血沸騰。比賽中冰球健將各顯威風，無論是坐在冰場欄邊觀看，還是從不同樓層鳥瞰，球迷無不紛紛為之忘情喝彩。

作為全年必到熱點，MegaBox毋懼任何天氣及季節，提供一站式的健康、家庭休閒消遣。當中薈萃不同體育項目和美食精選，賦予全港市民和遊客包羅萬有的娛樂體驗，而如今還有更多的嶄新享受尚待你來探索、分享。



Artful indulgence

Travellers who roam the globe seeking cultural enlightenment may assume they've seen the best. Berlin for contemporary art; Tokyo for culinary adventure; Athens for history might all be crossed off the bucket list of a well-heeled global explorer.

If you haven't visited Manila for a while, you're missing out. Preconceptions are cast aside the moment of entering Bonifacio Global City (BGC), the fastest-growing business and lifestyle district of the Philippines, and unlike any development this burgeoning economic tiger has seen before.

A natural extension of the nearby Makati CBD, and conveniently accessible to Manila International Airport, BGC is a world-class development by private consortiums on the site of a former American military base.

Strolling through the bright new cityscape of top grade buildings threaded with wide pedestrian promenades and picturesque parks, it's evident that those who conceptualised BGC visited some of the world's great masterplanned cities – Paris, Singapore and New York – and applied the principles.

Their vindication is the mini-city's rise as one of the most

sought-after business addresses in the country, attracting many foreign embassies and multinational companies to relocate there. BGC is also home to myriad high-end and mid-market retail brands, and premium residential projects. Investors, too, have reaped the rewards, with property values shooting up according to real estate experts.

At the same time, BGC is becoming the toast of the art world for its edgy and evocative outdoor installations – spurred by the vision of a visiting curator, who gazed from his hotel window and imagined paintings on every surface.

With its urban topography laid out like Manhattan's, visitors are immersed in an intriguing outdoor gallery which at one turn may reveal the quirky pop art of Brooklyn-based artists Patrick McNeil and Patrick Miller; another sculpture by Philippine rising stars Reynato Paz Contreras or Ferdinand Cacsonio.

At the corner of the C2 retail arcade, two colourful murals catch the eye: a modern portrait of BGC's namesake, national hero Andres Bonifacio, by Japanese artist duo Doppel, and beside it a burst of bright doodles by Portuguese street artist Pedro Campiche, better known by his alias, AKA Corleone. On 7th Avenue, an inconspicuous wall seems to suddenly come alive with the spray-painted graffiti of California-based artist Nate Frizzell.

BGC, newly added to various lists of the world's best street art cities, also hosts the annual ArtBGC festival featuring international contemporary street artists and filmmakers. The upcoming BGC Art Centre, centrepiece of the BGC cultural district and a project of the non-profit Bonifacio Art Foundation, will further enrich the educational experience by inviting the public to explore their creative side and embrace Filipino artistry.

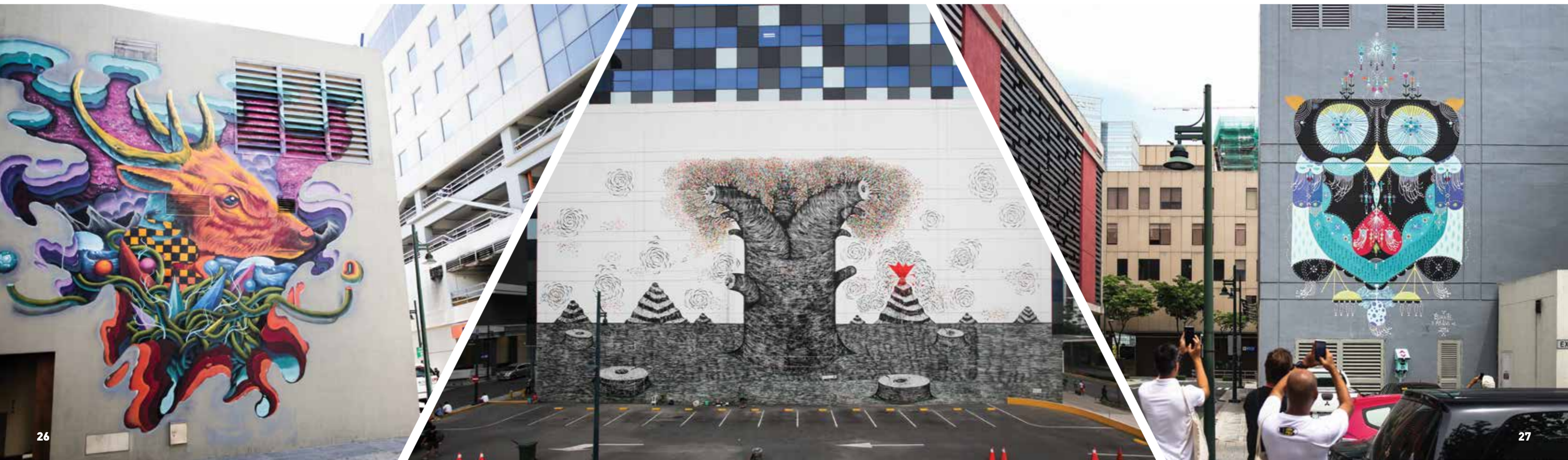
For inquiring minds, the Mind Museum, another project of the Bonifacio Art Foundation and the Philippines' first world-class science museum, offers an inspiring journey.

All that walking and cultural appreciation builds a hearty appetite, and BGC serves up a treat with its eclectic culinary offerings. Wander and graze from one dining enclave to the next: in Bonifacio High Street, Bonifacio Stopover, Crossroads and more, or the excellent restaurants at the new five-star hotel, Shangri-La at the Fort. Nosh on New Orleans ribs one night, Italian pasta another; savour Filipino favourites or Japanese delights – and that's just a taste of the multicultural smorgasbord available from BGC's numerous restaurants, bars and clubs.

There are curios to be discovered – such as Bank Bar, the cool speakeasy; LIT, a Japanese whiskey bar; and Ocean's Telephone Company, hidden inside a café – forming a trendy social scene for crowds of young professionals who gather after work. At the same time, BGC's international reputation has grown in stature to attract high-level industry gatherings as well. For the second year, BGC has hosted Madrid Fusion, one of the most famous gastronomy congresses in the world, in its only Asian edition.



Bonifacio Global City is a place of a convergence of passionate minds, where people can live, work and play in a safe and well-planned mini-city. 波尼法西奧環球城的治安良好、規劃完善，且會聚集了一群充滿熱誠的人，在此安居樂業，盡情工作，盡情娛樂。





For all its sophistication, this avant-garde city-within-a-city retains the warm friendliness for which the Philippines is renowned. Day and night, there's a flurry of activity: people walking, cycling, dog-walking, or skateboarding. While smartly suited business men and women converge in cafes for business meetings, others in workout attire practise yoga in the park, children play in the shaded greenery, and street performers entertain crowds with impromptu songs, skits or dance.

One really needs to visit BGC to understand the unique vibe of the place: a convergence of passionate minds, where people can live, work and play in a safe and well-planned mini-city.

At its epicentre, Shangri-La at the Fort, Manila offers a world of entertainment, sport and leisure options in one of the tallest (250 metres) and LEED (Leadership in Energy and Environmental Design) gold-certified, buildings in the Philippines. In this contemporary lifestyle destination, art pieces adorn the public spaces and vary in media from murals made of metal mesh to steel sculptures, to architectural and intricate floral arrangements.

Shangri-La at the Fort clearly reflects the uniqueness of the energetic BGC community, wrapped up in the warmth and caring hospitality that is the brand's DNA.



BGC, newly added to various lists of the world's best street art cities, also hosts the annual ArtBGC festival. (Photo: Shutter Panda)
BGC入選多個世界最佳街頭藝術城市名單，更每年舉辦《ArtBGC》藝術節。（圖片：Shutter Panda）



藝術都會遊

經常遊走世界各地作文化深度行的旅遊達人，自問可能已觀賞過最好的景色。到柏林觀摩當代藝術、在東京追求味覺之旅、前往雅典憑弔歷史古蹟，這對富有的旅人來說，早已逐一到訪。

但假如你尚未到馬尼拉一遊，則難免若有所失。任何人只要一踏足波尼法西奧環球城（Bonifacio Global City，簡稱BGC），對菲律賓的原有印象將一掃而空，而在這個全國發展最快的時尚商業區，經濟勢頭增長之迅猛也教人刮目相看。

BGC毗鄰馬卡蒂商業金融中心區，因而順理成章成為其延伸社區，加上貼近馬尼拉國際機場，交通方便快捷，令這個前美軍基地在

私人財團的合力打造下，搖身一變為世界級發展用地。

這座城市明媚、簇新，散步其中，放眼盡是頂級摩天大廈，寬闊的林蔭步道和景色優美的公園錯落有致，足見城市規劃師的精心策劃，向巴黎、新加坡和紐約等模範城市取經，取法乎上。

能夠吸引一眾外國使館和跨國機構進駐，證明這個迷你城市已冒起成為菲律賓全國最炙手可熱的商業地段。除了無數中高檔品牌的專賣店，區內亦可找到大量頂級住宅項目。據房地產專家透露，當地物業價值屢創新高，投資者均取得可觀的回報。

另一方面，BGC的裝置藝術前衛大膽，發人深省，令它一躍成為全球藝壇的新貴。這全賴當初一位到訪BGC的策展人從酒店窗戶外眺望，想象一幅幅藝術畫作包裹着眼前的景物，才造就成今日這個藝術愛好者的天堂。

那兒的格局恍如曼克頓的城區，遊客大可沉醉於引人入勝的戶外畫廊之中，欣賞紐約布魯克林區畫家Patrick McNeil和Patrick Miller怪誕的普普藝術，又或是欣賞菲國新晉藝術家Reynato Paz Contreras和Ferdinand Cacio的雕塑作品。

C2購物廊轉角處有兩幅大型壁畫，令人不禁駐足觀賞：一幅是由日本藝術家二人組Doppel創作的現代肖像畫，畫中人是菲律賓的民族英雄Andres Bonifacio，環球城亦因他而得名；旁邊一幅色彩繽紛的塗鴉，則出自葡萄牙街頭藝術家Pedro Campiche手筆，行內人可能對他的藝名AKA Corleone更為熟悉。至於第七大道上的一道牆，本來平平無奇，但經加州藝術家Nate Frizzell施以噴漆塗鴉後，便隨即變得生氣勃勃。

最近，BGC入選多個世界最佳街頭藝術城市名單，更每年舉辦《ArtBGC》藝術節，雲集世界各地知名的當代街頭藝術家和電影人。即將落成的BGC藝術中心由非牟利的波尼法西奧藝術基金會斥資建造，以發掘大眾的藝術潛能和發揚菲島藝術為宗旨，令藝術推廣教育體驗更為豐富，勢必成為BGC文化區的中心地標。

對於喜好尋根問底的人而言，同樣由波尼法西奧藝術基金會打造的全國首家世界級科學館——心靈博物館（Mind Museum），將帶來充滿啟發性的知性之旅。

漫步遊過這座城市，亦欣賞過一連串的街頭藝術作品，此時的胃口想必大開，BGC恰好提供包羅萬有的各地美食。波尼法西奧高街、波尼法西奧中轉站、十字路等大街的食肆櫛比鱗次，讓遊客挨門逐戶的去品嚐美食，又或可到馬尼拉最新的五星級城堡香格里拉大酒店，享用一流餐廳的非凡佳餚，品嚐新奧爾良豬肋排，然後改天再換換口味，試試意大利麵食，又或是菲律賓地道菜式，甚至是日本美食。不過，BGC的餐廳、酒吧和夜店多不勝數，提供的各國美饌實在無法盡錄，有待自行親身體驗。

BGC還有不少新奇店舖可供尋幽探秘，例如型格酒吧Bank Bar、專營日本威士忌的酒吧LIT，以及隱身於咖啡館內的Ocean's Telephone Company，是年輕才俊下班後消遣的潮人集中地。另一方面，隨着BGC的國際地位與日俱增，高級業界會議亦選擇在此舉行。BGC更連續第二年舉辦世界頂級美食峰會《Madrid Fusion》，於亞洲只此一家。

這座走在潮流尖端的城中之城在華麗背後，仍貫徹菲律賓舉世聞名的好客風情。不論日夜，到處都有林林總總的活動：散步閒逛、踏單車、遛狗、踏滑板等等。衣着體面的白領男女在咖啡店洽商公事，穿上運動服的市民在公園練習瑜伽，小孩子在綠蔭之下嬉戲遊玩，街頭表演藝人更即席表演歌藝、幽默短劇和舞蹈，娛樂大眾。

只有親身來到BGC才能感受其獨一無二的氛圍：這個治安良好、規劃完善的小都會匯聚了一群充滿熱誠的人，在此安居樂業，盡情工作，盡情娛樂。馬尼拉城堡香格里拉大酒店座落於BGC中心地段，提供一系列娛樂、運動和消閒選擇。酒店樓高250米，不單是菲律賓最高的摩天大廈之一，更榮獲LEED（節能及環保設計先鋒獎）綠色建築金級認證。

此外，酒店的公共空間以各式各樣的藝術品點綴，大至鐵絲網所造的壁畫和金屬雕塑，小至建築上的巧妙佈局和充滿美感的花卉陳設，均各具特色。

城堡香格里拉大酒店充分體現BGC獨一無二的社區氛圍，並貫徹品牌始終如一、熱誠貼心的待客之道。



Dynamic Luxury

Opened in March 2016, Shangri-La at the Fort, Manila is designed to provide guests with generous space to rest and work, while full glass windows look out to the bay and fast-paced spirit of BGC.

The hotel's 576-room guestrooms – gradually coming online – are among the most spacious in the city, and decorated in a minimalist style of luxury. The hotel's 46 elegant suites each come with a personal butler.

Fitness and wellness zones within Kerry Sports Manila, incorporates spa and treatment rooms, tennis and basketball courts, an NBA-grade indoor basketball court and a children's adventure zone with party rooms. Other facilities include four dedicated fitness studios and a 25-metre outdoor pool.

The hotel also has a pillar-less Grand Ballroom, capable of hosting 1,200 guests for a banquet, and a portfolio of seven restaurants and bars, bringing flavours from around the world to indoor and outdoor dining. Retail shops and residences complete the comprehensive offering of BGC's newest hospitality star.

奢華活力

馬尼拉城堡香格里拉大酒店於2016年3月隆重開幕，設計宗旨是為客人提供寬敞的休息和工作空間，落地玻璃窗則可盡覽海灣景致和BGC中心地段的急速節奏。

酒店設有576間客房，全以簡約奢華風格裝修，就室內空間而言堪稱中上之選。當中的46間為尊貴典雅套房，並可安排個人管家打點所需。各客房將陸續開放供客人網上預訂。

馬尼拉嘉里運動中心為市內的休閒場所，當中設有健身和水療設施，集水療、護理包房、網球場、籃球場、NBA級室內籃球場、兒童探險樂園及派對間於一身。其他設施包括四個專屬健身中心及一25米室外泳池。

酒店亦設有無柱式大宴會廳，可同時招待1,200名宴會賓客，並有七間餐廳及酒吧，讓客人可分別選擇於室內或室外享用國際美饌，更不少得零售商店和住宅配套，令酒店至臻完善，成為BGC區內最耀目的新星。

A banquet of blooms

All the world loves a flower: their delightful blooms please the eye, add fragrance to air, enhance a woman's beauty. For thousands of years, Chinese have also used flowers as a remedy, both in Traditional Chinese Medicine, and in their regional cuisine.

“Drink the dew of magnolia in the morning and eat the falling petals of chrysanthemum at night,”

wrote poet Qu Yuan in his acclaimed masterpiece *Li Sao* (“*The Lament*”) – the words interpreted as a recipe for longevity.

The spring and summer months are an ideal time to infuse flowers into a menu, because this warmer seasonal fare should be light, and vital. 春夏兩季乃以花入饌的最佳時分，皆因天氣回暖，故菜餚亦以清淡、爽利為宜。



Recipes incorporating edible flowers appear in cookbooks dating back centuries, but history records it was during the Tang Dynasty (AD 618-907) that flower cuisine really became popular. The nobility saw consuming flowers as an elegant way to enjoy life; women as a means to improve their complexion.

It is said that, each February, Wu Zetian, the only female emperor to rule in Chinese history, ordered servants to collect hundreds of flowers, mix them with mashed rice, and make them into *bai hua gao* (hundred-flower cakes) to serve to her ministers.

In the Qing Dynasty, Empress Cixi often ate flowers to keep healthy and improve her appearance. The story goes that, when lotuses were in full bloom, Cixi would order maids to harvest at sunlight, picking only the complete and brightest lotuses. The maids would then immerse the petals into a starch paste mixed with eggs and chicken soup, and fry it to create a crispy, golden dessert.

In the belief that flowers and their aura can tune up emotions and make people happier, as well as enhance health, various flower cuisines were invented over time. Famous renditions include the Guangdong Chrysanthemum Banquet native to Xiaolan in Zhongshan, known as the “City of Chrysanthemum” because of the flower’s abundance, and Yunnan Flower Banquet, a meal with more than 3,000 years of history, where flowers blossom all year round and are routinely incorporated into food.

Many types of flowers are edible and supply a wealth of key nutrients necessary for good health. Just like fruit and vegetables, it’s believed that their different colours have different benefits.

Apart from chrysanthemums, flowers commonly used as food include roses, honeysuckle, albizia and jasmine.



ROSE
To channel liver qi,
and soothe stomach
ailments



CHRYSANTHEMUM
To cool down the body's
internal heat, regulates
liver function and improves
eyesight

According to TCM, roses, a warm-natured flower, help to channel liver qi, and soothe stomach ailments. Chrysanthemum, from the cool-natured group, cools down the body's internal heat, regulates liver function and improves eyesight.

Honeysuckles are consumed to detoxify the body, or to ease a skin rash or insect bites. Calming albizia flowers – from the “tree of happiness” – are taken to mitigate depression and soothe the nerves. Cool-natured jasmine is useful for people who are easily unhappy and have poor sleep.

Every part of a lotus is useful. Not only are its roots and seeds edible, but many other components are seen as remedial – especially in summer for relief from heat, and promoting blood circulation. The leaves of the lotus plant serve other useful purposes as well: for wrapping up sticky rice, for example.

Consumption of flowers is also linked to the 24 seasonal segments in Chinese astronomy. In summertime, a special tea made from five flowers – like plumeria, honeysuckle, chrysanthemum, locust flower and cotton flower – is often prescribed to detoxify, relieve heat and reduce excessive dampness. Dried herbal flowers spring back to life when soaked in hot water, and make a relaxing tea to share with friends.

The months of spring and summer are an ideal time to infuse flowers into a menu, because this warmer seasonal fare should be light, and vital. Nasturtiums, with their peppery flavour and pops of colour in red, yellow and orange are a wonderful addition to a salad, or to spice up a cooling fruit cocktail.

Aromatic rose petals are a delightful addition to many desserts, and so easily infused into a refreshing sorbet.

Just as roses are the flower of love, the heart-shaped violet petals are equally symbolic of romance. Blooms layered with caster sugar have been a dessert staple favoured since ancient times.

Of course, not every flower is edible, so do your research before consuming, and obtain them from a trusted source. But next time you stop to smell the roses – which is always recommended for a well-rounded lifestyle – perhaps consider other ways to enjoy this precious gift from nature.



Dried herbal flowers spring back to life when soaked in hot water, and make a relaxing tea.

風乾的草本花，以熱水浸泡後便能隨即回春甦醒，成為舒緩身心的花茶。



Besides having various nutrients, flowers also add colour to dishes, enhancing the appetite.
花除了有不同功效之外，亦為菜式增添不少顏色，增進食慾。



饌上添花

花，可謂無人不愛：她們燦爛綻放，賞心悅目，而且香氣飄逸，更名為女士增添美感。千百年來，中國人用花作食療，採花作藥，以花入饌。

「朝飲木蘭之墜露兮，夕餐秋菊之落英。」我國詩人屈原在抒情詩《離騷》中如此寫道，道出了養生之道。

以花入饌的食譜在好幾個世紀前就已出現，但根據記載，花饌廣受歡迎乃始於唐代（公元618至907年）。當時的貴族門第認為，吃花是高尚的生活情操，而女士吃花則能保養容顏。

據說，中國史上唯一的女皇帝武則天，每年二月均會命令侍僕收集過百花朵，然後將之與米糊摻和，製成「百花糕」供其享用。

時至清代，慈禧太后亦不時吃花，以收保健、美顏之效。當荷花盛放之時，慈禧便會命令侍婢採摘陽光普照下的鮮荷，並只挑選完好無缺、鮮豔明媚的花兒食用。然後，侍婢會用花瓣沾上加入雞蛋和雞湯的粉漿，下鍋油炸，炮製出酥脆金黃的甜點。

坊間普遍相信，花及其香不但有助舒緩情緒，讓人倍感高興，更能促進健康，因此，各式各樣的花饌應時而生。最有名的得說廣東省的中山小欖菊花宴，由於小欖鎮盛產菊花，故亦因此而被美稱為「菊城」。至於雲南花宴亦有超過三千年歷史，雲南四季如春，終年繁花似錦，故不論季節亦可以花入饌。

許多不同品種的鮮花均可食用，並蘊含多種重要的營養成分，促進健康。以水果和蔬菜為例，不同顏色就附有不同的營養價值。除菊花之外，常見入饌之花還有玫瑰、金銀花、合歡花和茉莉。

在中醫角度而言，玫瑰屬溫性中藥，可疏肝行氣，並舒緩腹部不適。菊花則為寒性，能疏風清熱，平肝明目。

金銀花能有助身體排毒，更具舒緩皮膚紅疹及蚊叮蟲咬的不適。屬性平和的合歡花，採自「歡欣之樹」，能用以排解憂鬱情緒，收安神之效。偏涼性的茉莉花，則適合容易不快、睡眠質素欠佳的人士食用。

荷花由上至下均具功效。不但根莖及蓮子可吃，其他部位亦同樣具治療功效，尤其正值夏季之時，更可清熱解毒，順氣和血。至於荷葉亦有其他的用處，如供人們包裹糯米，製作粽子。

吃花亦與中國氣象中的廿四節氣相對應。夏日之時，以雞蛋花、金銀花、菊花、槐花及木棉花所製成的五花茶，被用以清熱解毒、消暑祛濕。而風乾的草本花，以熱水浸泡後便能隨即回春甦醒，成為舒緩身心的花茶，是與友人閒聊的良伴。

春夏兩季乃以花入饌的最佳時分，皆因天氣回暖，故菜餚亦以清淡、爽利為宜。金蓮花帶有胡椒味，且色彩鮮艷，具紅、黃、橙不同色澤，不但為沙律增添色彩，亦能為一杯杯清涼的雞尾酒作裝飾、調味。

香氣四溢的玫瑰花瓣亦為多道甜品增添喜悅氣色，因此是清爽雪葩的「最佳拍檔」。

就如玫瑰乃象徵愛情一樣，心形的紫羅蘭花瓣恰恰是浪漫的符號。而在層層花瓣上塗上蔗糖，更是自古已有的一道甜品。

當然，不是所有的花朵都適宜食用，因此在炮製花餚之前，最好還是先搜集資料，並從安全可靠的途徑取得花兒。細嗅花香往往被視為圓滿生活品味的一部分，下次當你駐足細嗅玫瑰的香味時，不妨想想以其他的方式去享受這份大自然賜予我們的禮物。



HONEYSUCKLE
To detoxify the body,
or to ease a skin rash
or insect bites



JASMINE
Useful for people who
are easily unhappy
and have poor sleep

Building a greener future

Picture your idea of a climate-change champion. It might involve a white-coated scientist charting rising sea levels, or a young primary student leading a class discussion. It could even be a volunteer cleaning up beaches.



Could you imagine a hard-hatted construction worker being equally committed to environmental conservation? The earnest participation of staff members across all sectors in Kerry Properties' group-wide green initiatives shows a willingness to engage at grass-roots level, when an employer provides the forum.

As a leader of the pack among private development companies, the group continues to strive ever greener, expanding its environmental philosophies from the top down to educate, engage and empower the wider community.

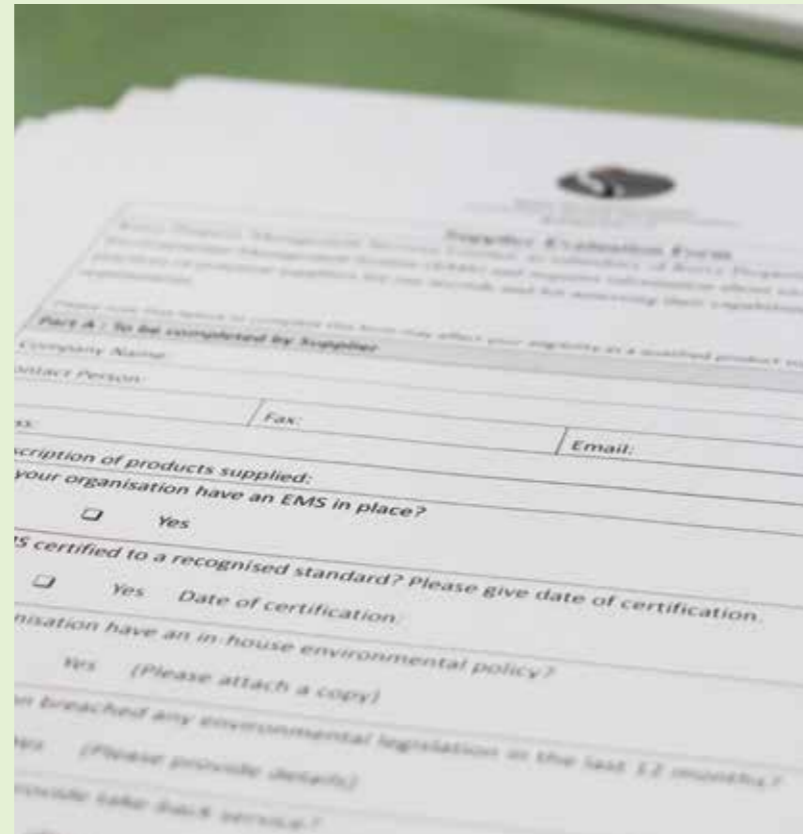
One initiative is the Green Construction Site Award, a scheme designed to promote green and healthy construction practices at all sites under development. It was initiated in October 2013 with the aim to get contractors and company staff working together as a team

for improved environmental performance.

A sense of friendly competition ensued as construction firm project teams prepared for the award by expanding their own environmental knowledge. Following a fun quiz and lively sharing, participants will be assigned an environmental topic to impart to other contractors, facilitating a skills exchange deeper within the workforce.

Every step of the award process – which includes appraisals of each construction site – is a move towards continuous environmental improvement. A holistic overview is taken, with factors such as air, noise and water pollution controls, waste management, energy consumption, and the storage, use and disposal of chemicals all considered.

The award's criteria goes beyond mandatory requirements to consider the human element as well. For example, the noise level from activity on a construction site



might be within legal limits, but if it's still upsetting neighbours or even passers-by, could more be done to minimise their discomfort? This aspect underscores another goal of good corporate citizenship, to forge strong relationships within all communities in which it operates.

The wellbeing of workers on site is a priority, too. Training, and emergency preparedness and response, are also part of the overall evaluation. Teams are vying for the glory of a top placing, but importantly, the award gets the sustainability conversation started where it matters most. By striving to do better environmentally, Kerry Properties' buildings can be greener from the ground up.

This sets the overarching environmental philosophies ingrained across all of the group's businesses filtering down from workplace to home, among employees, contractors, suppliers and residents – indeed, all those whom its operations touch.

Following on from the Green Construction Site Award, the Green Procurement Manual was launched in January 2015 as an environmental toolkit which builds upon, and formalises, the procedures already required of consultants, contractors and service providers who engage with the group. Compiled by a taskforce of representatives from various departments, the manual includes a list of product specifications drilling down to the environmental credentials of 50 products commonly used in property management and head office, from building accessories to cleaning products; to office equipment and electrical appliances. It applies to all

Hong Kong properties under the group's management, and requires adherence by all business sectors, from administrative through to operational.

The product specifications provide a transparency which enables the selection and purchase of greener products. Qualities such as durability, recyclability, toxicity, energy consumption, use of clean technology, and emission levels are included.

At first, contractors seemed reluctant to try it. They weren't sure how to source greener products, or if they were even available. Would this process delay work on the site, or add to the cost? With guidance, they came to realise that such a course actually opens up more choices, and helps to deliver greener standards overall.

Meanwhile, the "going greener" message is spreading in other ways, to a wide range of stakeholders. In a workshop held for staff, participants learned about the making and use of organic cleaning products. In residential buildings, residents are kept informed of environmental improvements, and provided with information such as the energy savings to be made by switching to LED lighting.

As a further extension of the group's environmental efforts, new procedures are currently on trial to ensure the air quality of residential clubhouses before opening every day.

So the Green Procurement Manual is not just a booklet, but a holistic, sustainable programme which encourages everyone to be more environmentally conscious in their everyday choices. The intent is to roll it out to Kerry



Properties' commercial buildings as well via various engaging activities.

The group's commitment to furthering its efforts on carbon emission reduction and resources conservation is deep-rooted. As far back as 2009, Kerry Properties had already launched an Environmental Management System. Within two years, it had achieved ISO 14001 certification. Based on carbon emission figures in 2011, a 23% reduction in emissions was targeted for buildings operated by the group by 2020. After that target was achieved in 2015, well ahead of schedule, a more aggressive target will be set this year.

Results of these initiatives are measurable. Based on carbon footprint audits of the group's headquarters and more than 30 buildings under its management, overall carbon emissions have been reduced year on year through enhancing energy and resources efficiency. Looking forward, the group and its growing group of stakeholders are joining together to pursue long-term environmental goals.

The ethics of promoting both development and conservation are derived from Confucian thought. Back in the fourth century, Mencius, second great sage of Chinese philosophy, knew that wise resource management was vital to human subsistence. He advocated even then the idea that limiting harvests was essential to preserve resources for the future.

Smart cities of today rely on sustainability role models, and the need for housing presents the opportunity for developers to be at the vanguard. With enthusiastic participation from grassroots level right up to the top, together we can work towards a greener future.

In order to save energy, a reminder will be given to those staff who forget to turn off their computer before leaving the office.

假如員工在離開辦公室前忘記關上電腦，「巡邏員」便會把提示牌放在其桌上，從而為公司節省能源。

創建綠色未來

試想像一下，捍衛氣候的環保人士是甚麼模樣的呢？你的腦海可能閃現出正在繪製海平線上升圖的白袍科學家，或是在課堂上帶領同學討論環保的小學生，甚或是忙於清潔海灘的義工。

但你是否想像得到，建築工人同樣會為環保盡心盡力？嘉里建設銳意實施環保政策，集團旗下各部門亦紛紛踴躍參與，證明只要僱主提供適切的平台，即使是基層員工亦願意為環保作出貢獻。

作為私人地產發展商中的環保領軍，嘉里建設繼往開來，期望進一步實踐環保，因此將環保理念滲入各業務層面，透過教育、參與，繼而推廣至社區。

於2013年10月創立的「綠色建築工地獎」為眾多環保策略之一，旨在於所有建築工地中，推廣環保及無損健康之建築工程，促使員工及承建商攜手改善環境。

獎項為集團的發展項目團隊帶來良性競爭之餘，亦增進了有關團隊員工的環保知識。參加者會彼此分享環保的題目，並透過有趣的問答題和生動的分享環節，與其他承建商作交流，深入探討技術上知識。

在得獎路上，每一步都是邁向可持續發展社區的一大步，如評核各建築工地的環保表現，也是嘉里建設實踐環保的一環。評選準則包括空氣、噪音和水質污染控制、廢物處理、能源消耗，還有存放、使用及廢棄化學物品，慮無不周。

而評選標準並不只規限於法例鐵則，而是加入了不少人性化的考量。例如，工地的噪音水平並沒有超出法律管制範圍，但假若對鄰里或路人造成滋擾，那項目團隊有否設法盡量將影響減至最低呢？這正好印證良好企業公民的另一願景：締造融洽和諧的社群關係。

再者，建築工人的福祉及安全亦相當重要，故培訓、防禦緊急事故及應變措施同被列作評審標準。

各路團隊當然希望更上一層樓，在環保範疇上有更高的聲望，但更重要的是，獎項的設立為可持續發展揭開了序幕，讓企業踏上環保之路。嘉里建設決心在環境保育上更臻完美，因此旗下物業從裏到外亦更見環保。

嘉里建設的環境哲學可謂涵蓋每一個範疇，綠色元素滲透於各個層面之中，包括辦公室及住宅，乃至旗下的員工、承建商、供應商及住戶，均一一與環保建立了密切的關係，無所遺留。

繼「綠色建築工地獎」後，《綠色採購手冊》於2015年1月亦正式推出。此手冊為環保綱領，在現有的採購守則基礎上加以規範，讓集團旗下的一眾顧問、承建商和供應商可據之辦事。手冊由不同部門代表所組成的隊伍編制而成，內裏詳細羅列出物業管理及公司總部常用的50種產品規格及其環保認證，包括建築用配件、清潔產品、辦公室設備及電器。手冊適用於集團旗下管轄的所有香港物業，而且不論管理層或基層，全部員工均須恪守手冊規章。

手冊中的產品規格資料一目了然，包括耐用性、可回收性、毒性、能源效益、所用之清潔技術及碳排放，讓各部門能隨之選購更環保的產品。

起初，不少承建商望而卻步，他們不了解市場上有何綠色產品，更遑論採購途徑。他們擔心改用此類產品會否延長工期，甚至增加成本，幸好在適當的指導下，他們發現改革帶來更多選擇，並有助減低工程對環境所造成的負面影響。

A sense of friendly competition ensued as construction firm project teams prepared for the award by expanding their own environmental knowledge.

獎項為集團的發展項目團隊帶來良性競爭之餘，亦增進了有關團隊員工的環保知識。

同時，環保意識亦以其他不同的方式推展至各層面，例如舉辦工作坊，教授員工如何製作和使用有機清潔產品。集團亦時刻向住戶報告環境改善的措施，兼輔以具體資料，如改用LED燈照明後，所節省的能源。

此外，為就環保事業更進一步，嘉里建設亦正試行新的綠色措施，同時確保住宅項目中的會所在每天開放予住戶使用前，均有乾淨清新的空氣。

《綠色採購手冊》不僅是一本小冊子，更是一份全面實行可持續發展的計劃書，提升大家的環保意識，並於日常生活中一一實踐。除採購外，嘉里建設還希望能透過各項有趣吸引的項目，將持續發展理念注入旗下的商業大廈之中。

減碳及節能一直是集團的目標，而早在2009年，嘉里建設就已實施環境管理系統，並於短短兩年內獲ISO 14001認證。

嘉里建設亦曾承諾於2020年前，就2011年碳排放量之基準，要求旗下物業的碳排放減少23個百分比，然而，這一目標已於2015年提早達成。今年，嘉里將再下一城，定下更具挑戰性的減碳目標。

上述政策之成效均可以數據方式顯示。根據集團總部及旗下超過30個管理物業的碳足跡審計報告顯示，能源及資源效益有所提升，而整體碳排放亦按年減少。環保漫漫長路非一朝一夕之事，嘉里將與人數漸長的持份者攜手，上下求索而篤行。

開發、保育並行的觀念，實乃始於儒家思想。早在四世紀，中國哲學史上第二大聖人孟子，便洞悉妥善明智的資源管理對人類生存至關重要，並於其時主張適度收成，不過度擷取資源，為未來做好準備。

當下的智能城市乃建基於可持續發展模式之上，加上大眾對住屋的需求源源不絕，因此，發展商手握先機，肩負起社會環保先鋒的重任。其實，只要上下階層眾志成城保護環境，綠色未來就在眼前。



Your turn now

Many wonderful things can set the heart racing: vigorous sport, for instance, or the breathless anticipation that something amazing is about to happen.

For one of the great romantics of modern time, nothing could compare to the unbridled joy of taking his beloved in his arms, and sweeping her off her feet. Though his heart beat so fast that he could hardly speak, as Fred Astaire crooned to Ginger Rogers in that famous ballroom scene: “I seem to find the happiness I seek, when we’re out together dancing cheek to cheek.”

Ballroom dancing is poetry in motion. As couples glide across the dance floor, arms locked, eyes only for each other, the sheer beauty of the moment is captivating. Anyone can do it. A French proverb states that “love teaches even asses to dance”, while the Chinese also have a saying: “one may judge a king by the state of dancing during his reign”.

Many an enduring love affair has been woven around a dance: the teenage sweethearts who charm society at a debutante ball; the anniversary couple for whom a lifetime of happiness began with their bridal waltz. Throughout life, relationships can grow ever stronger on the dance floor, as partners connect and communicate with each other, united as one with the rhythm.

In Victorian times, every member of an aristocratic household learned how to dance. It was a skill considered as important as etiquette, and a rite of passage into upper-crust society. Today, dancing in many forms – ballroom, Latin American, ballet – is gaining increasing popularity as a healthy and enjoyable sport. Competitive or social, it can be as vigorous and demanding as you want it to be, or a gentle, serene form of exercise.

Health experts rate dancing as an excellent aerobic activity which can provide cardiovascular conditioning – and therefore reduce the risk of heart disease, lower blood pressure, and help with weight management. As a weight-bearing exercise, dancing is useful for improving bone density, muscle strength, coordination and balance.

As we age, dancing can also help retain a youthful glow and agility. Posture is improved through the practice of dance – so a person stands straighter, and looks taller, taking years off their appearance. Ever graceful, a dancer tends to glide as she walks, even well into her mature years. Others of comparable age, meanwhile, may appear stooped and shuffling.

Having good posture also means that one’s bones are

properly aligned, so that the body's muscles, joints and ligaments can work as they are supposed to, and vital organs are positioned to function correctly.

There are psychological benefits, too: stress and fatigue can be eased, and energy and mood improved, through the joy of dancing.

Hong Kong has many dance studios, which makes it easy to get started, in convenient locations such as Central, Causeway Bay and Tsim Sha Tsui. Their lessons, catering to beginners regardless of age, respond to a growing trend in Hong Kong and prosperous mainland Chinese cities, where ballroom dancing enjoys a following among high society. Under the tutelage of private instructors drawn from the international circuit, well-off housewives, tycoons and politicians are taking a professional-standard turn on the dance floors of business events and charity fundraisers.

It's also become fashionable for bridal couples to wow their guests with a choreographed routine during their wedding banquet.

Many schools also offer public lessons, so that dance is a sport accessible to all.

Dance transgresses the barriers of age, gender and culture. People as young as four, to as mature as 90, can enjoy this wonderful pastime.

Besides, it's fun to bring back some glamour: to dress up, go out and join like-minded peers on the dance floor, sharing in a cultural pursuit which is centuries old, and also a great form of healthy exercise.



As a weight-bearing exercise, dancing is useful for improving bone density, muscle strength, coordination and balance.
舞蹈是負重運動，有效增強骨質密度、肌肉力量，改善身體協調及平衡力。



Dancing was traditionally considered as important as etiquette.
舞蹈不單只是一種技巧，更是不可忽略的社交禮儀。

“I seem to find the happiness I seek, when we're out together dancing cheek to cheek.”



Fred Astaire crooning to Ginger Rogers in Top Hat (1935)



舞池麗影

美妙事物令人怦然心動，正如澎湃激烈的運動，又或是即將來臨、讓人屏息以待的好事一樣，叫人興奮。

要說摩登時代最浪漫之事，莫過於無拘無束地把情人一擁入懷，讓她陶醉傾心。正如電影中的經典舞會場面一樣，心跳快得喘不過氣來的Fred Astaire對Ginger Rogers輕聲細訴：「與你面貼面跳舞，就如找到了尋覓已久的快樂。」

國際標準舞是首跳躍之詩。一雙儂人翩翩滑過舞池，雙臂互疊、四目交投的一剎，最是美麗動人。然而，如斯幽美，人人皆可做到。法語諺語道：「愛可以令呆子學會如何跳舞。」中國人如是說：「看一個朝代的舞蹈就可知道當時的皇帝管治如何。」

不少恆久的愛情都始於舞蹈，由腳下的舞步交織而成——年輕愛侶在華麗舞會中初次邂逅；還有慶祝周年紀念的夫妻，在當年的婚禮上以一支華爾茲舞曲展開人生的新章。每一次在舞池上與舞伴隨旋律互通心靈，舞步節奏融合一致，都可令彼此的關係變得更穩固。

在維多利亞時代，每一個貴族成員都會學習跳舞。舞蹈不單只是一種技巧，更是不可忽略的社交禮儀，還是踏入上流社會的必經儀式。時至今日，不同類型的舞蹈，如國際標準舞、拉丁舞、芭蕾舞，已演變成既健康又有趣的運動，且愈來愈受歡迎。舞蹈既可是一門競賽，亦可是聯誼活動，它甚至可以十分劇烈，耗盡你的體能，但亦可是個溫和而舒緩身心的運動。

健康專家認為，舞蹈是絕佳的帶氧運動。因為它能調節心血管，從而減低患上心臟病的風險，且能降低血壓和有助控制體重。

舞蹈亦是負重運動，有效增強骨質密度、肌肉力量，改善身體協調及平衡力。

隨年齡增長，跳舞還可幫助我們留住青春光彩，保持敏捷。舞蹈練習可改善姿勢——站立畢直可令一個人看上去更高大，顯得更為年輕。此外，舞者走路時往往輕帶滑翔步伐，即使年紀漸長，他們仍能保持優雅；但相較同齡人士，則可能會出現駝背，且步履蹣跚。

良好的姿勢代表一個人的骨骼位置沒有歪斜，因此身體的肌肉、關節和韌帶均可正常活動，而重要器官的位置亦可維持穩當，正常運作。舞蹈亦是心靈良藥。輕快愉悅的舞步可緩解壓力和疲勞，改善體能和情緒。

香港的舞蹈教室林立，故此，要開始這門運動實在輕而易舉，單就交通便利的中環、銅鑼灣、尖沙咀而言，便有各式各樣的舞蹈課程供不同年齡的初學者學習。舞蹈於香港和中國內地城市的發展迅速，在內地，國際標準舞更是上流社會所追捧的運動。在符合國際舞蹈比賽標準的私人指導下，貴婦、商界巨頭和政客的舞蹈技藝達至專業水準，並在商業活動和慈善舞會上獻技。

新婚夫婦精心安排舞蹈表演，並於婚宴上娛賓，務求讓親友拍案叫絕，亦成為時下流行的風尚。

不少學校均設有公開舞蹈課室，讓大眾有機會接觸這項運動。舞蹈超越年齡、性別和文化的隔閡。無論你是4歲還是90歲，都可盡情享受這個奇妙的消遣方式。

除此之外，重拾個人魅力也是種樂趣：穿起華麗的舞衣，在舞池上與志同道合的好友一同追求悠久的文化造詣，更是保持身心健康的好方法。

Liquid gold hits new high

At its most exemplary, it's known as liquid gold.



“Beverage not to be consumed, but cosseted as the premium investment it truly is.”



Driven by well-heeled investors from Asia, the US and Europe, rare whisky has become an asset class of choice – a beverage not to be consumed (except perhaps on the most auspicious of occasions), but cosseted as the premium investment it truly is. Headline-grabbing prices include a world record US\$628,000 paid for a crystal decanter filled with rare Macallan M whisky, sold at auction in Hong Kong by Sotheby's in 2014. The lot drew interest from collectors around the world, and the sale proceeds were donated to various local charities.

On the high-end beverage scene, whisky is a relatively new arrival. Wine has been produced in many countries since Roman times, but it wasn't until after the 15th century that the national drink of Scotland, made by the distillation of fermented grain, gained worldwide popularity.

The spirit's somewhat chequered past gave rise to the perception of whisky drinkers as possessing a certain suave

sophistication. For years it was mostly consumed illegally, after Scottish brewers set up secret distilleries to avoid heavy taxes imposed in the early 18th century – and the term “moonshine” was spawned. Then the Americans started producing, but the Prohibition era of the 1920s forced many of them underground as well. So a sense of bravado came to be associated with whisky, and the gentlemen who drank it – since women weren't allowed to until much later – began to be admired as being interesting, adventurous, and just a bit mysterious.

A code of etiquette grew around its consumption: you take a sip, hold it in the mouth, and swallow – that's when the flavour hits. Taken “on the rocks” – that is, adding only ice cubes – is seen in some circles to be the height of manliness. Although a few drops of water makes the drink taste smoother. Presentation counts: serving whisky in an exquisite crystal tumbler adds to the ritual.

Headline-grabbing prices include a world record US\$628,000 paid for a crystal decanter filled with rare Macallan M whisky, sold at auction in Hong Kong by Sotheby's in 2014.

威士忌的售價屢創新高，如2014年的香港蘇富比拍賣會上，一瓶珍罕麥卡倫M威士忌連水晶酒瓶，便以破世界紀錄628,000美元售出，成為城中熱話。



As global wealth increased and investment vehicles became ever more diversified, it's little wonder that rare, precious whisky was seen as a natural fit. The top blends are in short supply, and their presentation flawless. No dusty old bottles for Scotland's finest drams, but luxuriant decanters and elegant adornments adding to the liquid's rich golden hue – making whisky a visually appealing collectable.

Savvy collectors reportedly have made handsome investment returns, and many spin-off businesses resulting. Apart from specialist whisky sales by high-end auction houses, various whisky investment funds are now established, and trading companies launched.

In 2015, rare whisky outperformed other investments such as wine and gold. An authoritative index for Scotch whisky, the Rare Whisky Apex 1000, rose by 14.36% last year, whereas wine fell by 0.4%, and gold declined by 10%.

Aside from gaining so much in value, the volume traded also increased by a substantial 27 per cent. Tracking data suggests that rare whisky has appreciated massively in the past few years, more than tripling in value since 2008.

Interest from Asia continues to heighten. A multimillion dollar private equity fund was launched in Hong Kong mid-2014 to invest in rare, limited-edition whisky, and its founders say that most of the investors live in Hong Kong, with some in Singapore, Taiwan and the US. The sector has the same supply demand dynamics as wine, they add, but currently there is even more demand growth in the whisky sector.

Bourgeoning investment generated from the mainland also led a Scottish consortium to set up a whisky investment fund in China last year, along with opening a



01 Apart from specialist whisky sales by high-end auction houses, various whisky investment funds are now established. 除頂級拍賣行的威士忌拍賣外，市面上還有各式各樣的威士忌投資基金。

02 Adding only ice cubes to whisky is seen in some circles to be the height of manliness, however, a few drops of water makes the drink taste smoother. 有人認為，只加冰塊進威士忌之中，是極具男子氣概的表現，但其實加入適量的水可讓烈酒更順喉。



01 Whisky Experience Centre in Beijing. Sales of old and rare whisky hit a record high in 2015, boosted largely by China's rising affluence.

Of course, as with any investment decision, due diligence is advised. As one expert notes, old whisky does not necessarily mean good whisky.

As a collectable, whisky has been likened to art and jewellery: driven by passion. Except that, in this case, if the value should drop or one's interest changes, you can always drink it.

「杯」中求勝

威士忌絕對是名副其實的「杯中黃金」。珍罕醇美的威士忌深受來自歐亞及美國的富豪投資者青睞，更成為廣受熱捧的資產類別。一般來說，珍罕的威士忌都被視為可貴投資工具，除非有特別的事情值得慶祝，否則這些珍罕的威士忌，絕少作品嘗用途。

威士忌的售價屢創新高，如2014年的香港蘇富比拍賣會上，一瓶珍罕麥卡倫M威士忌連水晶酒瓶，便以破世界紀錄628,000美元售出，成為城中熱話。該次拍賣會吸引全球收藏家爭相競投，拍賣收益則捐贈予本地不同的慈善機構。

威士忌在名酒市場中可算是後起之秀。葡萄酒早於羅馬帝國時期就已出現，生產地更遍佈眾多國家，而這種由發酵穀物蒸餾而成的蘇格蘭國酒，到了15世紀後才算普及全球。

過去，威士忌曾經歷起落無常的浮沉歲月，讓人感覺愛好此一瓶中物的人均老於世故。18世紀初，蘇格蘭釀酒師秘密設立蒸餾廠以逃避重稅，自此，往後多年來飲用威士忌許多時均被視為違法行為，因而背負「走私酒」一名。及後，美國人開始釀製威士忌，但到了1920年代的禁酒時期，很多酒廠被迫秘密經營，從此，威士忌便予人一種趾高氣揚之感，加上多年來，女士一直被禁酒，過了一段很長的時間，禁令方被解除，故此，飲用威士忌的男士，亦被冠以風趣、大膽及神秘的形象。

享用威士忌時，勿忘一系列品酒步驟。首先抿一小口酒含在口中，然後再嚥下去，這樣才能品嚐出酒的真味。有人認為，只加冰塊進威士忌之中，是極具男子氣概的表現，但其實加入適量的水可讓烈酒更順喉。另外，正如人靠衣裝的道理一樣，威士忌亦往往以精緻的酒杯盛載。

全球資產價格上升，投資工具愈見繁多，珍罕醇美的威士忌自然亦成為投資良品。頂級調和式威士忌的供應緊張，包裝外觀亦往往精美無瑕。蘇格蘭的頂級威士忌從不會以殘舊酒瓶盛載，而以華麗昂貴的酒瓶配以品味裝飾，突顯威士忌的金黃色澤，每一件都是令人賞心悅目的收藏品。

據說，獨具慧眼的收藏家能以投資威士忌來賺取可觀的回報，而不同的商機亦藉此衍生而來。投資者除了可參與頂級拍賣行的威士忌拍賣外，市面上還有各式各樣的威士忌投資基金可供選擇，相關的貿易公司亦應運而生。

2015年，珍罕威士忌的投資回報超越葡萄酒及黃金等投資項目。去年，蘇格蘭威士忌權威指數「Rare Whisky Apex 1000」上升14.36個百分比，而葡萄酒則下跌0.4個百分比，黃金更下跌10個百分比。


珍罕威士忌除了價值暴升，相關的貿易額亦有顯著增長達27個百分比。數據顯示，珍罕威士忌於過去數年大幅升值，自2008年來價值上升超過兩倍。

亞洲國家對投資珍罕威士忌興趣漸濃。2014年中，香港有價值數百萬美元的私募基金成立，專門投資珍罕限量威士忌，其創辦人表示大部分投資者現居香港，另有部分為新加坡、台灣及美國等地投資者。他們更補充，威士忌的供求與葡萄酒不相伯仲，但現時市場對威士忌的需求增長較大。

中國內地投資增長，吸引了一家威士忌財團於去年到內地成立威士忌投資基金，並於北京開設威士忌體驗中心。而由於中國內地漸趨富裕，珍罕陳年威士忌市場亦因此而受惠，就2015年而言，有關產品的銷量就創下新高。

當然，參與任何類型的投資活動都必須謹慎而行，認真評估。正如有專家指出，陳年威士忌不一定就是佳釀。

威士忌作為收藏品，就好比藝術品及珠寶首飾一樣，全然出於收藏家的興趣熱誠。除此，即使威士忌的價值下跌，又或是收藏的興趣不再，你亦大可把酒喝掉，沒有損失。



Live strong, live long

For a long time, we've heeded advice that good health is, to a large degree, in our own hands. Eating well, exercising regularly and balancing work with relaxing leisure are all life-affirming habits for keeping the body in top condition.

But what if technology could lend a hand as well – not only helping us to be stronger in our daily physical activities, but to live longer, as well? That's the aim of a new wave of intelligent devices being developed to reshape health care of the future: by allowing patients to monitor their own vital signs, and lowering the costs of managing chronic diseases.

“Essentially, the idea is simple,” the head of Google's life sciences team said of its research into how technology might enable early detection of disease.

The health division of the search engine giant hopes to develop a pill which, once ingested, circulates through the blood, looking for signs of weakness. The information gathered would be relayed to a wearable sensor, such as a smart device on the wrist, which a doctor could then interpret.

It involves the use of nanotechnology, a rapidly advancing branch of science being hailed for its potential in the health care sector. Though such research is still in its infancy, the capability to pre-diagnose, and begin remedial treatment early, demonstrates technology's potential for catching signs of disease before it becomes a

problem. The medical profession is watching with interest, knowing that the earlier the detection of serious disease, the better the outcome for the patient.

The hope is that technology may not only prolong life in the future, but improve the quality of life for the many who manage symptoms of chronic illness on a daily basis. For instance, Google's experimentation in this field also includes a solar-powered smart contact lens that could monitor the blood-glucose levels of diabetics, avoiding the use of needles.

The technology is potentially life-changing for diabetics who must prick their finger up to 10 times a day to check their body's production of sugar. It could also help them avoid complications, such as blindness, associated with the disease.

Scientists are also looking to harness this research to improve vision for the millions of people with failing eyesight. Their hope is that contact lenses embedded with microchips – similar to the autofocus on a camera – could restore the ability to focus on close objects, without requiring invasive eye surgery.

It's not all futuristic fantasy: by 2020, tech watchers say, a smart device worn on the wrist could be able to monitor

the wearer's vital signs, and alert them to an impending heart attack or stroke. In an emergency, the collated data can be accessed immediately by the attending physician, helping to expedite diagnosis and treatment. In after-care, the technology can also monitor a patient's intake of medicine, and spot any side effects. It can also keep tabs on the prescribed exercise regime, and help avoid future trigger points.

From birth through to late in life, technology's potential help keep us healthier and happier is vast. In Britain, parents are trialling pollution-detecting pushchairs that could alert them to declining air quality, and let them choose an alternate route while out walking their babies. On the other hand, technology could make it easier for the families and carers of elderly loved ones to implement strategies to manage problems such as forgetfulness. Devices under development include a wearable that could prompt a person experiencing cognitive difficulty when to dress, shop, or take their medicine; and sensors that can be printed on elderly peoples' clothing to collect health information, and send it back to monitored access points.

The potential to bridge the gap between human emotions and technology is also being trialled at various institutions, including the prestigious Massachusetts Institute of Technology (MIT) in Boston. The focus of its attention is a device with a highly sensitive built-in sensor that provides a continuous reading on the wearer's emotional state, based on changes in the skin. The device would then be programmed to promote feelings of calm if one is feeling anxious, or lift the spirits when energy levels are low.

One such product, already to market, is a patch designed by a team of alumni from MIT, Stanford and Harvard universities. Using a connected smart phone app, the wearer can choose either calm or energising mode, and the device, worn on the forehead, sends low-level electrical pulses through neural pathways, triggering an automatic response in the brain. Researchers say the aim of all this investment is to demonstrate smart technology, not as a frivolous plaything, but for its potential to create positive change. It's no longer just about collecting data, but what can be done with it, that matters.



In the Britain, parents are trialling pollution-detecting pushchairs that could alert them to declining air quality.

在英國，父母已開始試用具污染探測功能的嬰兒車，它於空氣質素惡劣時會發出警示。



隨身法寶 強身益壽

健康的鑰匙掌握在自己手中，此乃老生常談。飲食均衡，運動恆常，工作、休憩適時，方能養生，時刻展現最佳狀態。

可是，假若科技能助我們一臂之力，不僅讓我們保持健康體魄應付體力勞動，更可延年益壽，豈不妙哉？這正是新一波智能裝置的核心基要，讓患者自我監察生理徵象，減低慢性疾病的醫療成本，開創醫療保健的新紀元。

谷歌旗下的生命科學團隊，矢志研發可偵測疾病早期症狀之科技，其負責人說：「其實我們的構思非常簡單。」

此生命科學團隊為谷歌旗下的醫療分部，他們正致力研發一種藥丸，一旦被吞服後，便可通過血液找出身體不適的徵兆，並利用諸如智能腕帶的穿戴式感應器傳達信息，醫生於是可據之分析各種不適。

發明背後的原理涉及納米技術，而此新興技術的發展可謂一日千里，於醫學科技的應用潛力備受推崇。雖然，此項研究尚處於起步階段，但前景卻無可估量，皆因能預先診斷亦意味着可遏止發病的機會，防患於未然。醫學界深知治病愈早，效果愈佳的道理，故此，無不翹首以盼。

未來科技或許不僅可以延長人壽，還可簡化每天監察慢性病症徵的步驟，提升生活質素。例如，谷歌正在研發的另一項醫學產品為太陽能智能隱形眼鏡，它可追蹤糖尿病患者的血糖水平，讓他們免受針刺之痛。

目前，糖尿病患者每天均須針扎手指取血多達十次，從而監測體內的血糖濃度。這項新科技無疑為他們帶來福音，亦有助防止如失明等的併發症。

數以百萬的視力衰退人口亦有機會受惠於此項研究。科學家於隱形眼鏡內嵌入芯片，功能就如相機中的自動對焦一樣，可協助患者恢復對近物聚焦的能力，從此告別侵入性眼科手術。

這並非是天花亂墜的科幻狂想。據科技觀察人員預計，時至2020年，腕上智能裝置將可監測佩戴者的生理徵象，並早於心臟病發或中風前發出警報提示。情況緊急時，主診的醫生更可即時取得相應的數據，作深入診斷和治療。在病後的護理階段中，它還可以監控病人的藥物攝取量及對之的副作用，還有運動復康進度等，減低日後發病機率。

科技潛能對生活的影響可謂無遠弗屆，自出生至老年均無時無刻地協助我們建立更健康、更開心的生活。在英國，父母已開始試用具污染探測功能的嬰兒車，它於空氣質素惡劣時會發出警示，並建議其他路線，讓父母放心帶着孩子散步。另一邊廂，自理能力欠佳的長者十分須要親人照顧，而科技正是他們共同對抗如健忘症等老人病的利器。於芸芸正在開發的產品之中，有一款穿戴式裝置可提醒認知障礙患者穿衣、購物或服藥；另亦有可印製於老人衣服上的感應器，能收集健康數據，並自動將之傳至監測儀器。

人類情感與科技一直未能接軌，而各大科研機構亦正嘗試填補這個空隙，包括享譽全球的波士頓麻省理工學院，亦專注開發一款內置高敏感度感應器的裝置，能夠持續根據佩戴者的皮膚變化而判斷其情緒狀態，假若佩戴者感到焦慮或疲乏，裝置程式便能助其穩定情緒及抖擻精神。

一群麻省理工學院、史丹福大學和哈佛大學的畢業生所設計的同類裝置，將率先推出市面。用戶只要將裝置佩戴於額前，然後連接手機應用程式，選擇「放鬆」或「提神」模式，裝置便會釋放微量電流刺激神經，令大腦產生自然反應，改變心情。研究人員稱，一切投資旨在證明智能科技並非不切實際的小玩意，背後蘊藏的潛力將為全人類帶來正面的轉變。佩戴式裝置不再是一個單純蒐集數據的機器，而最重要的是，我們能如何好好利用它來改進生活。

Just as the best seats in the house are called the dress circle, so too is the best of the Kerry spirit embodied in this magazine, similarly and appropriately titled *Dress Circle*. Our concern for the environment, our reverence for heritage and the glories of the past, our affection for culture, our appreciation of the finer things in life, our corporate adventures – all contribute topics towards the making of this fine magazine. *Dress Circle* is our commitment and our gift to you. We hope you enjoy it.

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