



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:

Long before modern air conditioning began sapping our precious energy resources – and contributing to global warming – the ancient Chinese had an entirely natural way to bring relief from the summer heat. Foliage from palm trees would be intricately woven into cooling fans, the simple yet skilful creations being welcomed for everyday use. Inexpensive and efficient, palm leaf fans are still revered today as a beautiful Chinese art form, alongside pottery, porcelain, brocade and lacquer work.

現代空調耗費珍貴的能源，加劇全球暖化，而在空調還沒有出現之前，中國古人則以天然環保的方法降溫。扇子由蒲葵樹葉編織而成，紋理縱橫交錯；雖然製作看似簡易，但卻講究手工；供人作日常扇風納涼之用，清爽舒適。葵扇價格便宜，可有效消暑，更是陶藝、瓷藝、繡藝和漆藝以外，另一種美麗的中國工藝。

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Sowing the seeds of happiness

Could a living environment be like the layers of a flower: a park within a forest; a garden within a park; a courtyard within a garden? And if so, what a treasure that would be.



For as much as we value our indoor living environment, it is private outdoor space which remains a rare luxury. There's nothing quite so welcoming as a garden of one's own, its greenery greeting the occupants as they arrive at their door, beckoning endless hours of restful relaxation.

A private garden allows a connection with nature on a most intimate scale: to feel the grass beneath one's feet, or simply sit back and watch the sky as clouds pass slowly overhead. Increasingly, such space is a luxury as cities become denser.

In China, private gardens have always been a sign of privileged status and wealth. Historians recount that, in ancient times, a courtyard of one's own was a sanctuary for men of high standing – a place to be “closer to nature and one's own heart”.

Famous gardens were a valued commodity which could be traded. The rich could gain face simply by purchasing “a lavish garden full of rare flowers” – its beauty a reflection of their own good taste.

Today, private gardens remain a prized commodity, associated with leisurely culture in upper-class households.

Hong Kong honours this home and garden tradition by preserving pristine environments such as Kau To, the green backdrop to Sha Tin, for exclusive residential developments. Here, lots unconstrained by urban density enable more emphasis on green open space, and landscaping for all to enjoy.

The national horticultural heritage is further celebrated in many gracious parks located across the city, and in the vast array of flowers so eloquently displayed in all Chinese festivals and celebrations. Flowers can uplift all occasions, because their blooms evoke feelings of happiness and joy, just by looking at them. They're the ultimate universal language without words: for every feeling, there is a flower to express it.

Yet in the way that all good things take time, you don't see a flower's “true self” right away. The bloom will slowly reveal itself, unfolding layer by layer, leading at last to the nurturing heart, from which new floral life will begin.

There's nothing quite so welcoming as a garden of one's own, beckoning endless hours of restful relaxation.

沒有甚麼能比得上完全屬於自己的私人花園，讓你放鬆享受每一時刻。



What if a living environment could indeed be like a flower, the outer layer – the forest of Kau To, perhaps – providing a verdant mountain backdrop, its majestic green curtain of foliage filtering the clear country air.

The park, as a structural layer, becomes a community gathering place – a wide open green space that welcomes residents and visitors alike and creates a feeling of spaciousness and of relaxed, gracious living. In the context of surrounding hillsides, the park becomes a natural amphitheatre for informal recreation: picture children kicking off their shoes and running barefoot on the grass; family picnics on a central lawn; and couples enjoying a romantic evening of music under the stars.

A garden for all seasons would bloom year-round, heralding nature's annual cycle in vibrant hues of red, orange, silver, yellow and blue, attracting birds and butterflies, and filling the air with exquisite fragrance.

All this leads to the heart, the courtyard - a private space where the residents can be as one with nature, basking in its beauty, and knowing that this special place is

theirs to cherish forever. Sipping tea in the morning sunshine, or barbecuing on a balmy evening, would not be a rare occurrence, but part of the everyday enjoyment a privileged home and garden lifestyle affords. In our increasingly dense urban environments of today, such a luxury would be, as in days gone by, a mark of the owner's status.

In the way of the refined gentry of old, cultivating the garden could be a calming and meditative hobby – the rewards unfolding as plants and flowers are nurtured towards maturity.

And wouldn't it be wonderful, as if in some magical way, a professional garden maintenance team could help along the way? To provide helpful suggestions and advice, or nurture the plants while you're not there, potting and replanting according to the seasons, so you can reap the garden's bounty all year round.

Kerry Properties has assembled such a landscaping services team. It stands ready to serve those privileged to secure a home set within a garden, with the pleasurable opportunities for private relaxation and entertaining friends this rare commodity would present.

散播歡欣種子

世上有沒有一個如花般雅緻的家？讓花瓣一層又一層地珍藏着花蕊：森林中有公園，公園內有花園，花園裏有庭院？倘若真的有如此一個地方，相信定會是個不可多得的珍寶。

正如珍視室內的居住環境一樣，我們亦渴求私人的戶外空間，而這些戶外空間無不奢華可貴。還有甚麼比得上專屬於自己的私人花園，讓我們回到家門前，便有繁花吐艷、綠葉搖曳，安然地向你打招呼，召喚着你放鬆享受每一分鐘？

專屬的私人花園能聯繫你和大自然之間親密的關係：感受青青嫩草摩擦腳底的寫意，又或是乾脆安坐下來，抬頭遙看浮雲慢慢地在天際掠過。然而，當城市空間愈來愈稠密，如此自然質樸的一個地方，也就變得愈來愈奢侈了。

在中國，私家園林一直是地位和財富的象徵。根據歷史學家描述，古時私人庭院對於那些地位崇高的人來說，是身心靈的避風港，身處其中，他們不但可以親近大自然，更能走進自己的心坎深處。

著名的園林更是有價值的商品，供人買賣。富裕人家購入種滿稀有名花的華麗園林，能給自己的臉上添光，因為花卉的獨特和美麗可反映出他們高尚的品味。

如今，私人花園仍然是個珍貴的商品，為上流社會家庭的一種悠然文化。

在香港，部分高尚住宅座落於未受污染的環境之中，保留了這種家居和花園的傳統文化，如沙田後方鬱蔥蔥的九肚便是一例。在這裏，生活毋須受限於市區的稠密，住戶大可盡情享受翠綠清新的戶外空間和自然景致。

城中許多優雅的花園，以至繁花似錦的中國節慶，無不進一步體現這種國家園藝遺產。無疑，花朵能提升氛圍，人們只消觀賞盛開的花兒，便可感受到那種筆墨難以形容的幸福和喜悅。花是全球共用的語言，每種感覺均能透過花語傳情，而毋須依靠任何語言文字達意。

然而，一切美好的事物皆需要時間孕育，花開燦爛並不是隨時可見。花開需時，花瓣漸漸地層層綻放，直至最後才呈現出花蕾，新一輪的花期於是又再重新開始。

試想，若有一個居住環境如花兒般，一層又一層的，將會是怎樣？也許，最外層就是九肚的森林。當中，有青翠的山巒作為背景，茂密的枝葉是一道壯麗的綠色簾子，為你過濾出清新的郊外空氣。

至於公園則是層層結構中關鍵的一環，有助凝聚社區。那兒有寬闊的戶外綠化空間，住戶和訪客共聚於此，享受寬敞開闊的空間和悠閒的時光，以及品味優雅舒適的生活。公園被山坡環繞，形成天然的圓形劇場，供大眾消遣娛樂。手執相機，用鏡頭捕捉孩童們蹬掉鞋子，在草地上赤腳追逐的歡樂，一家大小在中央的草坪上野餐，情侶和夫婦一雙一對地在星空下靜聽醉人音樂，度過一個又一個浪漫的夜晚。

繁花四季盛放的花園，呈現出大自然的周期，鮮艷奪目的紅色、橙色、銀色、黃色和藍色，吸引了各種鳥類和蝴蝶棲息，更令空氣中瀰漫着一片幽香。

走過一層又一層，最後，來到了中心之處。那是一個私密的空間，一個讓住戶與大自然結合的地方，他們大可沉醉在這私人花園的幽美中，在回憶裏描繪出這樣一個獨特之境。在晨曦中喝茶，或在一個愜意的晚上燒烤，這一切在這所專屬的寓所和庭院中，都只是恆常生活的一部分，而不再是遙不可及的夢想。隨年月漸過，當下的市區愈來愈擁擠，如此華貴的生活更將突出屋主高尚的身份。

對某些年長的紳士來說，打理花園除了能讓他們安靜心神和靜心冥想外，欣賞自己親手栽種的植物和鮮花漸趨成熟的美態，那種滿足感更是不可言喻。

若然有專業的園藝團隊為你代勞，這豈不更為美妙？園藝團隊會為你提供實用的建議和專業的意見，或在你外出時替花卉植物澆水施肥，更會根據季節的變更而栽種和移植不同的時令品種，令你的花園終年繁茂。

嘉里建設已組織了這樣一隊幫助住戶美化環境的管理服務團隊，並已準備就緒，隨時為你的私人花園把關，以確保住戶能在這難能可貴的私人花園內，得享個人的閒適時光，又或和友人歡樂暢聚。

Garden legacy flourishes



01

If you want to know who makes the best coffee in Ho Man Tin, just ask a local, who'll direct you to a quaint local café. Or a quiet place for a picnic? Try under a tree in tranquil King's Park.

02



01 Ho Man Tin, defined as a community surrounded by flowers and greenery, was Hong Kong's first "garden city".
何文田為香港首個「花園城市」，鮮花綠樹環繞區內。

02 Many buildings in Ho Man Tin have rich historical backgrounds.
何文田一帶有不少歷史悠久的建築物。

The best-kept secrets of Hong Kong's original "garden city" are preserved within this close-knit neighbourhood of central Kowloon, thanks to the camaraderie of likeminded citizens. Ho Man Tin has flourished for nearly a century.

It dates back to the aftermath of the first world war, when Francisco (Frank) Paulo de Vasconcelos Soares, a migrant from Portugal, sought to settle his family in a peaceful environment close to, but shielded from, the busyness of his workplace, Kowloon. He found it in Ho Man Tin.

The successful bill and bullion broker was also a keen gardener, planting a wide array of fruit trees, vegetables and flowers in the grounds of his property. To fulfil his dream that all homes in Ho Man Tin would also have flourishing gardens, Mr Soares turned his hand to property development.

Taking his cue from the planning approach founded in the UK by Sir Ebenezer Howard, Mr Soares established the area as Hong Kong's first "garden city", defined as a self-contained community surrounded by green belts, containing carefully balanced areas of residences, industry and agriculture.

History records some scepticism at the time. However, the idea resonated with middle-class affluent society who, in their quest for a peaceful environment in which to raise their families, preferred houses surrounded by greenery to the alternative, high-density middle rise apartments.

Thanks to his green vision, Ho Man Tin became, and remains today, one of the most desirable residential locations in central Kowloon.

In respect of the man who would later become known as "the father of Ho Man Tin", Soares Avenue was named in his honour. Reportedly, nearby Emma Avenue was named after his wife, and Julia Avenue his daughter.

The high calibre of the early residents brought on the necessary infrastructure to support them. These families valued quality education for their children, and they wanted it nearby. Thus evolved a highly-regarded school network which radiates around Ho Man Tin, and has educated some of the city's brightest minds.

As part of its garden city legacy, greenery embraces Ho

03 Ho Man Tin remains its own character despite the rapid urban development, and allows its habitants to live under a blue sky instead of a grayish one. 即使鄰近社區不斷發展，何文田仍自成一角，讓居民活在藍色的天空下。
04 Sheung Wo Street is secluded and refined, just like the rest of Ho Man Tin. 何文田寧靜清幽，常和街一帶便是一例。



Man Tin, deflecting the busyness of the urban sprawl around it. King's Park, named after Britain's King Edward VII, is quiet and uncrowded – and largely the preserve of the locals who treat the park as their own backyard. Home of the Hong Kong Rugby Football Union, its sports facilities also cater to fitness for all ages – from football pitches and basketball courts, to children's a playground, and exercise equipment for the elderly.

The serenity of Ho Man Tin East Service Reservoir Playground, backed by greenery, is another fond memory cherished by those who have lived there.

Home to many of Hong Kong's rich and famous, Ho Man Tin is widely equated with luxury living in central Kowloon. Land for residential development is scarce, therefore demand is always high.

Just as the early settlers craved a place of tranquillity to put down their roots and flourish, so



do today's families share that longing. Perhaps, finding that one true oasis in the city is even more important now, given the demands of modern life.

Like the visionaries before them, savvy developers are once again reshaping Ho Man Tin with quality residential schemes. Sites for development are rare, and command a premium, because homes in urban areas near MTR lines and infrastructure projects are always highly desired.

The upcoming Ho Man Tin MTR extension, bringing fast, modern rail connections directly to the neighbourhood, will put the lifestyle into an unparalleled plane. In the peaceful surroundings that endure today, this could be paradise found for discerning achievers of the modern era.

Frank Soares' gift to Hong Kong was the legacy he left in Ho Man Tin. For those architects who once again see its beauty and potential, and let the environment be their guide in planning the next chapter, future generations will surely thank them, too.



Ho Man Tin, as a cluster of famous elite schools, has attracted numerous young families to move in. 何文田名校林立，吸引不少年輕家庭遷入。

盛放的花園城市

想知道何文田哪家店的咖啡煮得最好？只須問一問該區的街坊，你便隨即找到一間充滿古樸風情的本地咖啡店。若然想找個恬靜的地方野餐，京士柏的樹蔭下相信是一個相當不俗的選擇。

何文田似是自成一角，但其實與中九龍的關係密不可分，在市區當中盡享旺中帶靜的優勢。作為香港「花園城市」的始祖，何文田的幽靜恬然一直被保存得很好，這有賴近一個世紀以來，一群同心同好的鄰里對這個地方的愛惜。

何文田的歷史可以追溯到第一次世界大戰之後，當時有位名叫 Francisco (Frank) Paulo de Vasconcelos Soares (梭樞先生) 的葡萄牙裔僑民，想為他的家人在九龍找個心儀的安樂窩。新居最理想是既能就近他的工作地點，又能隔絕都市的喧囂，於是，他找到了何文田。

梭樞先生是一位成功的證券和貴金屬經紀，同時也是一名園藝愛好者。他在自己的私家花園裏，種滿了形形色色的果樹、蔬菜和花卉。梭樞先生一直希望何文田的每一個住宅都能擁有花園錦簇的後園，為此，他後來更投身房地產行業。

梭樞先生參考了英國 Ebenezer Howard 爵士的規劃方法，打造了香港首個「花園城市」，整個地區被綠化帶包圍，融合住宅、工業和農業於其中，讓這裏成為一個能自給自足的社區。雖然當時有不少人對梭樞先生的想法抱存懷疑。然而，這個「花園城市」的規劃模式卻在中產階層取得共鳴。由於這些具經濟能力的中產人士希望為家人尋求一個平靜舒適的居住環境，故相對高密度的中層住宅單位而言，他們更喜歡綠意盎然的大宅。

全賴梭樞先生當年的綠色願景，何文田至今才能成為中九龍最令人趨之若鶩的住宅地段之一。梭樞先生後來更被譽為「何文田之父」，梭樞道便是以其姓氏命名。而他的太太 Emma 和女兒 Julia 的名字同樣成為鄰近街道的名稱，即 靚馬道 和 梨梨雅道。

為了滿足早期居民的住屋需求，何文田早已建設了許多不可或缺的基礎設施。此外，由於這些家庭十分重視孩子的教育，且希望學校能近在咫尺，因而令何文田一帶漸漸成為備受推崇的名校網絡所在地，這裏的名校更曾培育過城內頂尖的精英分子。

何文田自成一角，被一片青蔥翠綠所環繞，即使鄰近的區域不斷發展，也未能擾亂其寧靜。因英國國王愛德華七世而得名的京士柏，既靜謐又寬敞，當地的居民更把該公園視之為自己的後花園。此外，京士柏不僅是香港欖球總會所在地，其完善的體育設施更照顧到各年齡層的健身需要，設施從足球場、籃球場、兒童遊樂場以至長者健身器械均一應俱全。

另一邊廂，東何文田配水庫遊樂場綠意盎然，它的恬靜清幽，令生活更見寫意，為這裏的居民帶來許多珍貴美好的回憶。

何文田是香港富裕和知名人士的聚居之地，故被視為中九龍的豪宅區。由於住宅用地稀缺，因此需求始終居高不下。

正如早期的僑民渴望在一個寧靜的地方落葉歸根一樣，今天的家庭亦抱有相同夢想。隨着現代化生活的發展，在這個城市裏找到一個真正的城市綠洲，或許變得比以前更為重要。

極具睿智的地產發展商就像從前來這裏建立夢想家園的僑民一樣，發展了一系列優質住宅項目，進一步打造何文田迷人的一面。由於人們對鄰近港鐵站和基建的市區項目一直求之若渴，因而使這一帶可發展的地段稀缺，地價高昂。

快將落成的何文田港鐵站，將何文田與高速、現代化的鐵路接軌，帶領該區生活走進一個無與倫比的國度。時至今日，何文田仍能堅守其寧靜特質，無疑是一眾高品味人士所追求的天堂。

梭樞先生對香港的貢獻，正是他在何文田所留下的這份珍貴遺產。如今，建築師再一次細看它的清麗氣質和潛力，並以其天然原貌撰寫瑰麗的新章，相信後人將來也必定會感謝他們。

Caring hearts unite a village

The spirit of the drum changes villagers' lives and leads to an agricultural project in which people help each other.

In a small field in rural China, a woman gazes over a crop of silver and gold flowers which, if all goes according to plan, may breathe new life into a village.

She's a teacher, not a farmer. But in a few weeks' time, she will join hands with the villagers – some old, some young, a few farmers, but many who are not – to reap their first harvest of honeysuckle: the start of a new enterprise; the key to a community's future. Who would have thought, just a few years earlier, that this could result from the simple beat of a drum?

Zhou Xiaoying was already a respected member of the remote Xinzhuang village in Xiushui, Jiangxi, where she has taught for 36 years, but she worried about the social change that was happening in her community.

As is the case throughout China's rural areas, many of the local men and women need to go away to work, leaving behind their young and their elderly, and an emptiness of spirit. Into the void came social disharmony. Hours once spent productively were now being filled with gambling and gossip. Children fell into bad behaviour. Tempers were short, too.

As part of its mission to elevate disadvantaged communities both economically and socially, the Kuok Foundation, charitable arm of the Kuok group of companies, goes into poor rural communities across China and seeks out caring role models who can reach more people, more deeply. These caring role models – often the loving doctor or teacher, or simply a caring villager – are local "unsung heroes" who light up lives within their community, perhaps even sacrificing their own wellbeing in order to improve the lives of others.

Zhou Xiaoying, who with her caring heart had taught several generations of villagers, was hand-picked for the task.

Originally, her idea – with the Kuok Foundation's support – was simply to cheer up the villagers through the performance of traditional Chinese waist drumming. It's a group sport which is easy to learn, requires only simple equipment, and there were village elders who could instruct, she reasoned. It soon became clear, though, that its practice, incorporating music and folk dance, was unifying as well as uplifting.

Zhou Xiaoying promotes a group sport, waist drumming, aiming to unify the community and lighten up the mood. 周小英在村內推動集體腰鼓運動，旨在令村民團結及心情變得開朗。



Nutritious land in the Xinzhuang village goes along with the perfect climate, uplifting its agricultural industry.
新莊村氣候宜人，土地適合耕種，有助發展村內農業。



Various group sports and performances bring happiness to the village.
各式各樣的社區運動及表演為村民帶來歡笑。



Villagers were keen to join the drumming troop, even if it involved a five-kilometre walk to training. One 75-year-old man, who saw his neighbours tire from their practice, took his savings of 100 yuan to buy them water. Other villagers brought tea and water. "As people heard our story, they wouldn't take our money, as they wanted to do their part in supporting our drumming team," the teacher recalls.

Helping each other in this way makes everyone happy – "and in the end we help ourselves too". It is also a perfect fit for the foundation's belief in helping people to help each other rise above hardship, and emerge stronger together. To some degree, it also involved a leap of faith. As a Kuok Foundation spokesperson explained: "In the beginning of this project, we didn't know what would happen, but let the caring teacher take the lead. We told her that if you want to do something to spread your caring heart, and would like some support, the foundation can help."

As the newly-accomplished drummers began performing publicly, the happiness spread, with onlookers joining in the singing and dancing from the sidelines. Healthy activity replaced mahjong in the village square, and caring exchanges overtook gossip. As their previously inactive bodies became toned, the villagers felt their self-respect rising. One describes it as an honour to be part of the drumming team, where everyone works together to bring joy to others. Contributing to society for no monetary reward "brings a lot of respect and praise", they found.

The drumming led to more volunteer activities, such as helping out elderly folk with their everyday tasks. In their visitors' company, through simple chit-chat, suffering folks found their burdens eased. Quarrels diminished; fractured friendships began to heal.

Neighbours rallied around one another, understanding now that the short-tempered woman who had become estranged from them was not angry, but grief-stricken by the loss of her husband. She did not feel alone any more, and later on joined the drumming team.

As the drummers visited the homes of underprivileged children, taking them clothes and shoes, they also brought warmth to young hearts. From depressed, introverted children at first, they became more positive and energetic.

When a disaster happened at a villager's home, and people got hurt, the drumming team launched a community fundraiser donating thousands of yuan to assist the affected families.

As the overall mood of the people became more positive, the conversation turned other ways to make the village more productive. Just as the elders had earlier shared their drumming skills, they knew that they could pass on the agricultural expertise which had sustained their forefathers since ancient times.

Some land was available for farming in the village, and the climate was ripe for the cultivation of honeysuckle (jin yin hua), a flower traditionally used to make a delicious tea, and as a remedial ingredient in traditional Chinese medicine.



Zhao Xianying is more than just a teacher, she is also an "unsung hero". She contributed to the village by inviting villagers to join her drumming troop, taking the lead of a number of voluntary work and encouraging villagers to plant honeysuckles. All these helped to uplift the society's mood and improve its economy.
周小英除了是一位教師，亦是一位「無名英雄」。她不但邀請村民加入腰鼓隊，更帶領義工活動及鼓勵村民一同種植金銀花，改善社區風氣及振興村莊經濟。

There was also a modern twist: Chinese have taken honeysuckle for hundreds of years to ward off respiratory infections such as cold and flu, but now scientists from Nanjing University have confirmed that an active component in the plant acts like a "viral penicillin" to beat influenza. The hope is that a regular drink of honeysuckle tea could help ward off winter ills which afflict so many worldwide – a belief Chinese have held all along.

Excited about the potential, the newly energised villagers worked on a plan to plant a field of honeysuckle for market. Beginning with a small plot of only 100 square metres, they would use 80 per cent of the profits from the crop to support village elders, poor students and troubled families, and return 20 per cent to the producers. The Kuok Foundation again supported this progressive community initiative by offering to co-ordinate the enterprise, and provide marketing expertise.

Private landowners, touched by this outpouring of love, offered some of their land for planting, too. To assist the farmers, many of whom are elderly, university students from Hong Kong work on the farm during their summer break, and assist with refining their business model and branding.

Honeysuckle plants take three years to reach maturity. As caring teacher Zhou Xiaoying gazed over the ripening flowers in May this year, she knew that in a few weeks, the community would come together to reap the first harvest. After drying and

packaging, the health-giving tea, grown organically and nurtured with love, would soon be on its way to markets far and wide. She smiles as she contemplates this new beginning, born in the spirit of the drum.

Life-affirming projects such as this are consistent with the Kuok Foundation mission to alleviate poverty and reduce the economic disparities between the rich and poor communities in Asia. By fostering significant change among villages, society may be elevated to a more comfortable living standard, where people have a caring heart for one another.

It does this not through handouts, but in ways that support of hard work, diligence, and a broad set of thinking – traits which guide a person on a positive life course.

The foundation's strong network of caring role models is set to deepen in 2015, spanning all 14 bases in China. All involved in the foundation and its work facilitate change by reaching deep within themselves. For as they well understand, in order to create opportunities for the future, one must first be a better thinker.

As this one case study from a village in Jiangxi shows, supporting communities to help themselves is a model which works – developing discipline, encouraging better morals and creating an equal and harmonious society. It sows the seeds of human potential among the peasant entrepreneurs far and wide.



Villagers observe honeysuckles in detail and get ready to harvest.
村民下田細心觀察金銀花的種植情況，準備收割。



Villagers would arrange, dry and pack the honeysuckles by hand before sending them off to markets for sale.
在村民親手整理、風乾及包裝好後，金銀花將送往各方市場銷售。

以愛團結村莊

腰鼓背後的精神不但改寫了村民的日常生活，亦促進了村內的耕作，村民無不守望相助。

在中國農村的一幅小小田野裏，一位婦女正放眼望向金銀色的莊稼；假如這些花兒能一如所料地茁壯成長下去，村裏的生活將會從此改寫。

然而，她並不是農民，而是一位教師。在未來的數星期裏，她將會與村民攜手，一起收割村子裏第一造的金銀花。村民當中有老有少，也有的是農民，可大部分村民都不以耕種為生。對他們而言，金銀花是村子裏的新商機，也是整個城鎮的未來。但誰又會想到，這一切都源於幾年前，村民的腰鼓表演所帶來的碩果？

周小英36年前已在這裏擔任教師，其名字早已受江西修水縣新莊村這個偏遠村落所敬重，可讓她愛心的，是該社區裏村民的生活風氣。

誠如中國各地的鄉村地區，當地的男人和婦女均外出打工，餘下的就是獨留家中的孩子和老人，還有他們空虛無依的心靈。當人走進孤寂，社會難免出現分歧不和。昔日日出而作、日入而息的日子不復再現，村裏上下只充斥着賭博和流言蜚語，孩子們染上惡習，村民的脾氣也變得暴躁。

作為郭氏集團旗下的慈善分支，郭氏基金會一直從經濟和社會兩方着手，以改善貧困社區的生活狀況為要務之一。基金會深入內地各個貧窮的農村地區，從中尋找愛心代表，切身地扶助更多有需要的人士。一般來說，這些愛心代表都是滿懷仁愛的醫生或教師，甚至是喜歡關懷別人的普通村民。這些當地的「無名英雄」，用愛照亮整個城鎮，甚至犧牲自己的福祉，為的就是改善他人的生活。

憑藉一顆關顧別人的心，周小英已在村子裏教導了好幾代的村民，她是基金會精挑細選出來的代表。

在郭氏基金會的支持下，周小英想到了利用中國傳統的腰鼓表演來讓村民振奮起來。腰鼓為一項集體的運動，既容易學習，樂器又簡單，村內亦有年長的村民能擔當腰鼓的導師，這正是周小英老師在村內推動學習腰鼓的原因。於是，糅合音樂和民族舞蹈的腰鼓表演，很快就將村民團結起來，他們的心情也變得開朗。

村民聽聞後紛紛踴躍參與腰鼓隊，即使部分村民須徒步五公里方能到達練習場地，但仍然無減他們的決心。當中，一位75歲的老人，眼見鄉里練習累了，更毫不吝嗇掏出一百元儲蓄予他們買水解渴，其他的村民亦不時帶着茶水探望腰鼓隊。腰鼓隊的老師憶述：「人們都聽說過我們的故事，所以不會接受我們的錢，而是希望能親自出一分力，支持我們的腰鼓隊。」

以這樣的方式守望相助，令村裏的所有人都開心起來，而最終，腰鼓隊中的成員也都受惠。這正是基金會成立的初衷——援助別人以進一步互相幫助，從而克服困難，共同發奮圖強。某程度上，腰鼓隊大大鞏固了村民的信念。郭氏基金會的代表解釋：「計劃初期，我們無法預計成效，只好讓負責的愛心老師引領前行。我們對她說，假如你想做一點事來弘揚愛心而又需要協助的話，基金會將伸出援手。」

當一眾腰鼓隊成員公開表演時，歡欣亦傳揚開來，在場的觀眾紛紛加入，在旁一起高歌起舞。在村子的廣場上，有益身心的活動取替了麻雀耍樂，互相關懷也掩蓋了流言蜚語。當村民沉寂已久的身軀活躍起來時，自尊心也重新得以建立。有一隊員更形容，成為腰鼓隊的一員是他的榮幸，皆因整個團隊肩並肩為大眾帶來歡笑。為社會作出貢獻，雖然沒有金錢的回報，但他們卻發現能換來尊重和讚賞。

自腰鼓隊組成後，義工的活動愈來愈多，如幫助村裏的長者處理日常的大小事務；與成員簡單的傾談，大大舒緩了身心煩惱的村民；爭執不再，破裂的友誼也重新癒合。左鄰右舍不時聚在一起，並終於了解從前村裏那位與村民不和、脾氣暴躁的婦人，其實並不是要存心動怒，而是因為失去丈夫而悲痛欲絕。可是，這位婦人現已不再孤獨，她其後更成為了腰鼓隊的一分子。

腰鼓隊成員亦會探訪貧困孩子的家，為他們送上衣服和鞋子之餘，更為這些幼小的心靈增添溫暖。從前憂愁鬱結、性格內向的孩子，現在都變得正面開朗、精力充沛。而只要有村民家逢變遷，或是有人受到傷害，腰鼓隊都會發起社區籌款，募集善款以匡助受影響的家庭。

當村民的整體情緒變得樂觀正面，村裏的生產力亦得以提升。正如村裏的長輩把打腰鼓的技巧教授其他的村民一樣，他們亦相信能把自古以來，養活世世代代的農耕智慧傳承下去。

新莊村裏的部分土地適合耕作，而氣候亦相當適宜栽種金銀花。傳統上，可口的金銀花可作茶葉飲用，從中醫角度更有保健的療效。此外，關於金銀花的功效還有個新的說法。數百年來，中國人皆以金銀花為藥，用其醫治呼吸道感染疾病，如傷風和流感，而南京大學的科學家現在亦證實，此植物中有一活性成份，就如「病毒的抗生素」，有效擊退流行性感冒。也就是說，恆常地飲用金銀花茶，可望預防困擾各地的冬季常見疾病，而這也是中國人一直信賴的治療方法。

這群重新注滿力量的村民策劃種植金銀花作買賣，計劃就從一百平方米的小耕地開始，他們將會以收成賣得的八成盈利援助村裏的長者、貧窮學生和有困難的家庭，餘下的兩成則會留作生產用途。而郭氏基金會亦再次向此促進社區進步的計劃予以援助，協助組織買家，並提供市場銷售的知識。

當地的地主同樣被滿滿的愛而打動，撥出其部分土地予村民耕作。由於大多多的農民年紀較大，故香港的大學生亦於暑假前往新莊村下田躬耕，並協助村民完善銷售模式和品牌策略。

金銀花由初生至成熟需時三載。今年五月，愛心老師周小英放眼望向豐稔的花田，她深知在數星期內，村裏的民眾都會紛紛聚集，收割他們第一造的金銀花。經風乾和包裝後，這些有機種植和以愛心灌溉而收成的保健茶，便將會送往遠方各地銷售。她的嘴角帶着微笑，因為她能預視到村子的新開始，滿載着播鼓的激昂氣魄。

新莊村的項目讓人們的生活變得豐盛，正與郭氏基金會致力協助亞洲地區，減少貧富懸殊的使命一致。透過為村民帶來顯著的變化，整個社會都能提升至更舒泰的生活層次，而人們都能彼此互相關懷。

基金會的宗旨並不是用施捨的方式來協助有需要的人士，而是支持他們自力更生，透過辛勞和汗水，以及擴闊人們的思維，領導他們趕上人生中積極進取的一課。

今年，基金會將進一步擴大其「愛心代表」團隊的網絡，於中國14個基地延伸擴充。基金會旗下的全體人員和所籌辦的項目，均以村民彼此之間的關愛，促進人們的生活轉變。他們深知，要為將來成就機遇，就先得改善人們的思想心態。

新莊村的個案是個成功的實例，印證了基金會支援社區自力更生為可行的方針；它讓受助社區變得奉公守紀、注重公德，亦有助建立起平等和諧的社會。一株植物造就了一群農民企業家的成長，處處埋下了潛能的種子。

Nanjing is most famous for the cultural remnants left behind by Nanjing's long and influential history.

南京的歷史悠久、深刻，當中豐富的文化遺產令南京聞名遐邇。



Cradle of culture

Nanjing's traditions demonstrate China's rich culture of history, including weaving and Buddhist scroll-engraving.

In the ancient city of Nanjing, Jiangsu province, a local artisan bends over his loom, expertly weaving threads of silk into brocade so fine it has lightness of a cloud, and the look of spun gold.

He sings softly as he works, reminiscing through the words of a timeless folk ballad how the tradition of Nanjing Brocade he preserves today was born through serendipity some 1,500 years earlier.

It was during the period known as the three kingdoms (220 – 280) that weavers from various ethnic groups first came to Nanjing, merging their skills to produce brocade of such beauty and lightness the likes of which had never been seen before. Only kings and emperors were allowed to wear garments made from Nanjing Brocade, their ceremonial dragon robes interwoven with precious silver and gold, or exotic peacock feathers, which were the textile's luxury adornments.

Their work was precise and tedious, involving more than 100 processes. Even now, the most skilled craftsmen can only manage a few centimetres of cloth per day.

Poets came to describe the exquisite textile as “soft and lovely as the clouds” and “more valuable than gold”. The technique exclusive to Nanjing is to this day hailed as China's finest brocade, designated by Unesco as a treasure of “intangible cultural heritage”. Today, Nanjing Brocade is still reserved for the making of high-end attire.

It is perhaps due to this brocade tradition that Nanjing, one of China's four great ancient capitals, became known as the capital “for emperors and beauties”.

The tradition lives on in the Nanjing Brocade Museum, but as the birthplace of many of China's most intriguing

traditional arts, Nanjing is also famous for preserving other aspects of living culture.

Another tradition is Buddhist scroll-engraving, utilising a technique from the Tang dynasty which is also recognised on Unesco's register of intangible cultural heritage. The “flower within a flower” theme of Chinese traditional paper-cutting is authentically found only in Nanjing, and the city is also home to the only acclaimed velvet flower artist in China.

Nanjing locals celebrate their culture in unique ways during traditional festival times of Mid-Autumn and Lunar New Year, but every April, the Fuzi Miao Culture Festival introduces fascinating folk dances, while artisans work on traditional paper-cuttings, carving tree roots, making kites, doing miniature carving, and even making “iron pictures”, a unique craft blending the crafts of blacksmithing and painting.

What first brought ancient emperors to Nanjing was the area's economic potential. The city's “mother river”, the Qinhuai, is a branch of the mighty Yangtze River, and as one of China's early major shipping hubs, has contributed much to the thriving commerce upon which modern Nanjing is built. With the towering Purple Mountain as a backdrop, Nanjing was also renowned for its natural beauty which, like the living culture, is preserved today.

The thread of ancient civilisation remains interwoven throughout modern-day Nanjing, now a model metropolis with one of the highest living standards in China. Visitors come from far and wide to admire cultural relics such as the grand gateways of the city wall built during the Ming dynasty, and to marvel at the scenic Qinhuai River, symbol of Nanjing's prosperity.

Dongshuiguan Relics Park provides entry to the Qinhuai River, beckoning visitors towards the inner sanctum of such

cultural gems as the Temple of Confucius, built during the Song dynasty, the various ancient gardens and pavilions, and the 110m long, 10m high stone wall which stands as one of the most significant remaining in China.

Other important historical sites located around Qinhuai scenic area include Shangshu Alley, named after a ministerial official who lived there during the Ming dynasty, and Bailuzhou Park, which once belonged to the clan of Xu Da, Prince of Zhongshan.

Nanjing's Ming Palace, constructed in 1366 as the blueprint of the Forbidden City in Beijing, is a major historical and cultural site protected at national level.

Amid this cradle of culture, yet within the newly emerging western bank central business district, Kerry Properties is building a residential development, Jinling Arcadia Court, reflecting both Nanjing's historical significance and its prosperous future.

Very much inspired by the Ming Dynasty, the architectural style of Jinling Arcadia Court holds an air of neo-classicism. Its minguo design language is drawn from the East and West, a fusion of simple lines and symmetrical shapes accented by cascading roof details and metallic ornaments.

The community areas are divided according to the four seasons: spring, summer, fall and winter. Maximising the surrounding views, the building stands next to the Ming City Wall, one of few well-preserved ancient walls in China, and the largest in Nanjing.

An elegant cluster of residential towers and clubhouse face the majestic Qinhuai River, providing spacious and functional apartments with restful views of the surrounding landscape. Sophisticated professionals who place a premium on their living environment and overall neighbourhood amenity would surely value this lifestyle-enhancing new offering by such a respected Hong Kong developer.



Weaving Nanjing brocade requires a lot of skill, which makes their garments exclusive to kings and emperors in ancient times and luxury adornments in modern times.

Nanjing brocade is a masterpiece of traditional Chinese silk weaving. It was once the exclusive privilege of the emperor. Today, it is still used for high-end clothing.



Seasonal theme

Complementing the Jinling Arcadia Court are gardens designed by American landscape architects in European neo-classical style. Themes of spring, summer, autumn and winter exude an air of relaxed elegance year-round, just as walkways structured from trees, hedges and pergolas leading to intimate defined courtyards will always delight. Transport connectivity will maximise leisure time for executives coming home from work. A high-speed rail line from Shanghai provides a fast commute, and the property will be connected to the planned Metro Line 5, with an interchange linking to the whole city. Completion is expected in 2017, with pre-sales commencing shortly.

盡享四季

「金陵·雅頌居」的園林規劃設計由美國園景建築師組成的團隊擔綱，當中的歐洲新古典主義風格路線把園林主題分為四個季節，令這裏一年四季都散發着閒適雅致的氣息。每當經過由樹木、綠籬和藤架構成的步道，通往庭院深處的門徑之時，心情更見愉悅。

交通便捷往往能讓住客擁有更充裕的閒暇時光，往返工作地點也毋須匆匆忙忙。這裏有通往上海的高速鐵路，讓他們能快捷往返兩地。此外，項目亦連接規劃中的地鐵五號線，當中的轉乘站能貫通全市，無論要到任何地方均快捷方便。項目預計於2017年落成，並將於不久的將來推出預售。

文化搖籃

南京的傳統技藝為中國深厚的歷史文化作出了最佳詮釋，當中包括雲錦織造和刻經印刷技術。

在江蘇省南京古城中，一名當地工匠正在紡織機前埋首工作，把一條條絲線熟練地編織成一匹匹光滑亮麗的金絲錦緞。

工匠一邊織布，一邊輕輕地哼唱出一首傳頌千古的不朽民謠，透過歌詞，令人回想起這項留存至今的傳統工藝——南京雲錦，在一千五百多年前誕生的故事。

三國時期（公元220至280年），來自各族各群的織錦工匠因遷徙而齊集南京，集百家之大成後，織造出的織錦色澤光麗燦爛、美如天上雲霞，其精美絢麗前所未見，是為南京雲錦。當時的南京雲錦，只有帝皇方能披戴，珍貴的金絲銀線或瑰麗的孔雀羽毛交織在龍袍之上，裝飾極盡奢華。南京雲錦的織造工藝涉及超過一百種步驟，工序精準而繁瑣。即使時至今日，最熟練的工匠，每天也只能織出幾厘米的雲錦。

詩人以「細軟如雲」、「價比金高」來形容這種精緻的紡織品。這種南京獨有的工藝，被譽為中國最優秀的織錦技藝之首，更被聯合國教科文組織列入「非物質文化遺產」名錄。時至今日，南京雲錦依然只為高級服飾而製。也許因為擁有織錦這項傳統工藝之故，中國四大古都之一的南京，又被稱為「帝皇和美女之都」。

這項傳統藝術可在南京雲錦博物館中欣賞得到，除雲錦之外，南京亦是多種中國傳統藝術的發源地，而這個城市也以保留各式生活文化著稱。

唐朝的金陵刻經印刷技術乃南京市另一項被聯合國教科文組織認可的非物質文化遺產。此外，南京更是中國傳統剪紙絕活「花中套花」的正宗發源地，以及全國唯一一位備受推崇的絲絨花藝術家之故鄉。

南京人每逢中秋及農曆新年時節，均會以獨特的方式慶祝傳統佳節。而每年四月之時，夫子廟文化廟會更是萬燈齊明，無比熱鬧。民間舞蹈、傳統剪紙工藝、樹根雕刻、風箏製作、微型雕刻，甚至製作「鐵畫」（一項糅合鑄鐵和繪畫的獨特工藝），一切盡是引人入勝。

古代帝王擇都南京，最主要是看中這個地區的經濟潛力。南京的「母親河」秦淮河，為長江的一道分流，它作為中國早期重要的航運樞紐之一，對現代南京的蓬勃發展有着重大貢獻。南京背倚高聳的紫金山，自然美景甚是有名，就像它的生活文化一樣，保育至今仍絕不失色。

現代南京已是國內一個模範城市，也是中國其中一個生活水平最高

的大都會，它的古代文明依然留存至今，和現代化的都市環境交織出古今交錯的文明之美。南京吸引到來自四面八方的遊客紛紛而至，他們來這裏欣賞文物古蹟，如明朝時期修建的南京城牆所遺下的宏偉城門，或到秦淮河一睹其秀麗風光，看一看這條孕育出南京繁華盛世的河流。

東水關遺址公園是秦淮河流入南京城的入口，亦為旅客深入文化聖殿之路，如宋代時興建的夫子廟、各式古老花園和亭台樓閣，當中還有長110米、高10米的石牆，為現今中國遺下最重要的古石牆之一。

秦淮風景名勝區一帶滿佈重要的歷史遺跡，其餘例子如尚書巷和白鷺洲公園，前者因明朝居於此地的一位吏部尚書而得名，後者則是明朝中山王徐達家族的別墅。還有南京城內的明故宮（又稱：南京故宮），建於1366年，為北京紫禁城的藍本，現為全國重點文物保護單位。

在這個文化搖籃之中，新興西岸中心商業區之內，嘉里建設正在發展的住宅項目「金陵·雅頌居」，正好與南京的歷史意義和璀璨未來互相輝映。

受明代建築文化發，「金陵·雅頌居」的建築風格充滿新古典主義的氣息。它在建築設計上以中西結合為基調，以「民國風格」作為出發點，從錯落有致的屋頂細節和金屬的裝飾構件中，可見簡潔的線條和對稱的形狀，感受傳統中西合璧的歷史痕跡。

至於公共空間則以四季劃分成春、夏、秋、冬四個主題景觀區，與周邊的景色互相融合，住宅大樓依偎明城牆而建。明城牆乃南京第一大城牆，是中國少有保存得如此完好的古城牆之一。

在雄偉的秦淮河畔，典雅的住宅大樓和會所，佇立在周圍寧靜優美的景色之中，提供一系列寬敞且實用的住宅單位。追求生活質素的專業人士，尋求高品質的居住環境，置業注重擇群而居，「金陵·雅頌居」由口碑卓越的香港發展商嘉里建設發展，必定能滿足不同人士的要求。

The city's "mother river", the Qinhuai, is one of China's early major shipping hubs.

秦淮河是南京的「母親河」，也是中國其中一個最古老的重要水上樞紐。





Through hockey, children learn teamwork, cooperation, discipline and concentration.
透過冰球，小孩子可學習到團隊和合作精神，並提升自律和集中力。

Burning up the ice

It was the “miracle on ice” that became the defining moment of ice hockey history. Against all odds, Team USA came from behind to snatch gold in the 1980 Winter Olympics, and win the hearts of millions of television viewers around the world.

Thirty-five years later, a scene being played out on Hong Kong’s only international-sized ice rink shows that the passion ignited in that one memorable moment still burns in a new generation of players.

Cheeks flushed, and ponytail flying, pint-sized Charleen ducks and weaves as she carves a path through the ice, eyes fixed on the prize.

She scoots past others, faster than any athlete can run – catches up with the boy, and their elbows touch. Knowing he’s been tagged, the boy throws himself on the ice. Then up he pops, and both laugh uproariously. Now they’re off again; this time, the boy has the girl in his sights.

It’s the kind of pre-practice, friendly banter exchanged on junior sports fields everywhere, although these kids look like they’re having the time of their lives. That’s the way it is with hockey: the fastest game on two legs might be demanding both physically and mentally, but to players of all ages, it’s simply loads of fun.

While ice skating has long been a popular sport in Hong Kong, buddies Charleen and Brian have been swept up in the phenomena of competitive hockey which has gained traction – and international attention – since Mega Ice opened at MegaBox, Kowloon Bay.

The increasing participation of women and children dispels a misconception that hockey is a man’s game. Parents need not fear that their young ones may get hurt: there are thrills and spills aplenty, but the players are adequately protected, and the game well controlled. In the right environment, with the right training, injuries are rare.

The special glass walls around the Mega Ice rink also ensure that spectators remain safe, no matter how hot the on-ice action gets.

Teammates Charleen, nine, and Brian, eight, have been playing hockey since before they were five. Training three nights a week, plus games on Sunday morning, means a big commitment for junior players and their parents, but the youngsters say there is no other feeling like it on earth. “You just feel free,” Brian explains.

Through hockey children learn teamwork, cooperation, discipline and concentration. In the case of the Mega Ice players, they also become worldlier from a young age, travelling to tournaments in overseas locations.

One of these matches remains particularly memorable. The team hadn't expected to be much of a chance against the taller and more experienced Taiwanese team, but when the whistle blew ending a tight game, the Hong Kong kids spontaneously began hugging each other. Parents watching from the sidelines were puzzled: had there been a mistake? Did their kids think that they had won? They knew they'd come second, the kids later told them. "We just wanted to cheer each other up – especially the goalie, who had saved many goals."

Hong Kong Women's National Ice Hockey Team member Ophelia, 22, took up hockey nine years ago when her parents suggested she might try it. Contact is not allowed in the women's game, but with only one women's league in town, it means they sometimes compete in the men's league as well. While those matches are tougher, the women have confidence in robust protective garments the game requires. Besides, their coach later shares, learning how to fall safely is part of a player's training.

Ophelia describes the sport as "brilliant" and "exhilarating". "I step onto the ice, and everything else melts away. You don't feel pain, or tired." She's made some of her best friends in hockey, and by organising skating lessons for underprivileged children, she is able to give back to the game she loves.

Competing as host city of the 2015 IIHF Ice Hockey Women's World Championship (Division II – Group B Qualification) qualifier in February, on her home rink at Mega Ice, remains a highlight of this young woman's achievements to date. She recalls the crowds of supporters lining the levels around and above, cheering on the local team to finish as very

creditable runners-up. Her advice to other women and girls: come along and see for yourselves – you might even feel compelled to give hockey a try.

For the competitively-minded, Mega Ice hosts an ongoing programme of tournaments throughout the year. The Hockey 5's held in May is the largest tournament in Asia. Crowds were thrilled by the spectacle of this exciting series, culminating in the Youth final (Bantam AA division), won by Hong Kong Selects, and the Adult final (International A division), where Pandoo Nation from Singapore, triumphed as champions.

During August 29-30, there's the Guangdong, Hong Kong, Macau League - Hong Kong Stop, contested by the highest level of all divisions.

September also welcomes the BOCI-Prudential Asset Management 2015 HKAHC Invitational Amateur Ice Hockey Tournament, an international event.

Coaches agree that overseas players love competing at Mega Ice, which commands sweeping sea views from its 10th floor location, and remains as the only rink in Hong Kong able to host international competition. "It's a spectacular venue, and convenient to get to," coach Allen Cheng says. Players also like the fact that they can relax at MegaBox before or after the game, enjoying a meal at one of the restaurants, or catching up on some shopping.

At Mega Ice, the sport of hockey in Hong Kong becomes a whole lot cooler.

Ice hockey is a team sport and it allows members to build close connection with each other. 冰球為團體運動，能讓隊友建立親密友誼。



燃在冰上

在冰球歷史上，最為人津津樂道，也被喻為「冰上奇蹟」的，莫過於美國隊在1980年的冬季奧運會中排除萬難，以後來居上之勢奪冠，贏盡電視機前數以百萬計觀眾的心。

35年後的今天，在香港唯一符合國際賽標準的溜冰場上，同樣上演了如此動人的一幕，而那份對冰球的熱愛，已在新生代球員的心裏燃燒起來。

身型嬌小的Charleen面頰通紅，腦後的馬尾辮子左右晃動，她一邊向前衝，一邊閃避，在冰上劃出了自己的軌跡。在她堅定的眼神中，彷彿看到了獎盃的蹤影。

她加速超前，速度比任何一個跑手都要快，最後趕上了一個男孩。就在他們手肘碰手肘時，男孩知道自己被追上了，隨即摔到冰上，但又旋即重新站了起來，跟Charleen相視而笑。接着，他們再度向前滑行，繼續練習。這次，男隊員再也不敢小看她了。

在這些初級組的賽前練習中，隊友們最愛互相捉弄，可是真正練習時卻又認真無比。在冰球的世界，講求速度、體格，以及靈活變通；冰球沒有年齡之限，老少咸宜，所有人皆可樂在其中，享受運動帶來的快感。

一直以來，冰球都是香港的熱門運動，而Charleen和Brian這對好朋友更是一早就已投入此項刺激的比賽運動之中。自Mega Ice在九龍灣的MegaBox開幕後，冰球可謂更受國際關注。

冰球給人的印象似是一項男性運動，然而，隨着女性和青少年的參與者日益增加，人們開始對這誤解有了新看法。儘管冰上運動驚險刺激，但運動員卻有完善的保護裝備可預防受傷，故家長們亦毋須為此憂心。其實，只要場地合乎規格，再配合適當的訓練，受傷並不常見。

此外，溜冰場的四周亦圍了特製的玻璃幕牆，



把場內和場外分隔。因此，無論溜冰場內的戰況如何激烈沸騰，幕牆外的觀眾仍可放心安心欣賞。

九歲的Charleen跟八歲的Brian是隊友，他們初學冰球時仍未足五歲。二人每星期均須訓練三個晚上，再加上星期日早上的練習賽，投放時間之多不容小覷。幸好小隊員及其父母早有默契，他們一起參與，一起分享，全情投入這項運動之中。一如Brian形容，沒有別的東西能與打冰球的感覺相媲美：「我覺得無比自由暢快！」

小隊員透過冰球學習到團隊和合作精神，並提升了自律和集中心力。而作為冰球隊的成員，他們更會遠赴海外參與賽事，開拓個人視野。

最教他們難忘的是對台灣隊的一役。台灣隊隊員的身型較他們高大，經驗又比他們豐富，面對這樣強勁的對手，深知取勝機會不高，這絕對是一場硬仗。然而，就在完場的一刻，哨子一響，孩子卻都自發地相互擁抱祝賀，害得觀眾席上的家長一頭霧水：他們弄錯了嗎？以為自己贏了？其實，他們並沒有弄錯，他們清楚知道自己屈居亞軍，「我們互相擁抱，是要為大家互相打氣，尤其是守門員，他救出了很多射球。」小球員憶述道。

22歲的Ophelia是香港女子冰球隊成員，九年前在父母鼓勵下學習冰球。女子冰球不容許有身體接觸，而由於城中只有一支女子隊，故偶爾跟男子組混合對賽亦在所難免。對女球員來說，儘管混合賽較為吃力，但在堅固安全的裝備下，她們仍無懼作賽。教練透露，要學習如何跌倒而不受傷，也是隊員訓練中重要的一環。

Ophelia形容，冰球是一項「非常精彩」和「令人振奮」的運動，

「每當踏上冰場，彷彿一切也融化了；我不覺得痛，也感覺不到累。」她的不少摯友也是因參與冰球而結識的。Ophelia更為貧困兒童籌辦溜冰課，作為對熱愛冰球的一份回饋。

今年二月，香港以主場身份主辦「2015國際冰球聯合會女子組世界冰球錦標賽（第二組別B組資格賽）」，Ophelia與隊友站在Mega Ice的冰場上，佔盡了主場優勢，也打出了歷來最好的成績。她無法忘記，一眾支持者築成人浪，不斷歡呼，不斷拍掌，祝賀她們勇奪冠軍。她建議不同年齡的女性都可以嘗試踏出第一步，多了解冰球，感受一下冰球那份無法抵擋的魅力，並從中加深對自己的認識。

為配合推動冰上運動，Mega Ice在全年均會舉辦各類型賽事。五月份有「五人冰球賽」，屬亞洲區最大型賽事。青少年組決賽（Bantam AA組）由香港精英隊勝出，而成人組決賽（國際A組）則由來自新加坡的Pandoo Nation奪冠。

至於8月29至30日，則將舉行「粵港澳冰球聯賽——香港站」，是各大高手一展實力的好機會。九月份亦將上演一項國際賽事——「中銀保誠資產管理2015香港業餘冰球會冰球邀請賽」。

多位教練均認同，海外球員十分喜歡在Mega Ice作賽。Mega Ice樓高十層，可飽覽怡人海景，也是香港唯一可舉辦國際性比賽的溜冰場。教練Allen Cheng說：「Mega Ice場地壯麗，交通方便。」賽事前後，球員都喜歡在MegaBox的商場內遊逛，輕輕鬆鬆用膳、購物。

在香港，Mega Ice可謂把冰球從一項運動，轉化為一種生活時尚。



Playing and learning together

In the bright and exciting ZipPiTeeDoo's Xin Xing Yuan playground, childhood imaginations roam free.



Laughing and playing with their “best friend” mascots - Zipper, Pippo, Tee-Oh, Delphine and Dooda – children can run, climb, slide or swing; others create; while some drift away into a wondrous story. One might just want to talk or hug; others may join in their favourite group game.

In their play, these kids are doing what comes naturally to young ones everywhere. Yet in the structured lives of today’s children, the freedom to play, and to socially engage with other kids, may be a new experience.

While introducing them to the fun of group play, the caring “Play Rangers” at ZipPiTeeDoo’s Xin Xing Yuan playground are helping children to grow in a way they cannot through playing alone at home. For as the American Academy of Pediatrics has confirmed, playing with others is how they learn important life skills such as the value of co-operation, making and keeping friends, learning from failures and attempts, and how to solve problems. Joining an organised playgroup is one of many doctors’ key recommendations.

As the medical experts point out, learning to play well is not a one-time lesson: it takes time and practice. Children need support, with a stimulating environment that’s conducive to play, supervised by adults who are equipped with the skills to guide them.

ZipPiTeeDoo’s Xin Xing Yuan shares that belief. The playground is designed to stimulate the many critical aspects of a child’s growth, which in turn builds their confidence and social wellbeing. At Delphine’s Cove, the zone is designed for exploration and collaboration. Blocks can be transformed into a cave, a tower, a road, or a cove; while group activities teach the values of collaboration and teamwork, friendship, forgiveness and innovation.

The staff, or “Play Rangers”, are all passionate about children, and are playful at heart. Professionally trained, they not only take care of the children, but also act as friendly role models – greeting them with laughter, nurturing with friendship, guiding with patience, and protecting with passion. Play Rangers aim to act as dependable older brothers or sisters who join in the fun and learning – a treasured enhancement to one-child families.

Each mascot has its own characteristics. “Whatever you need – a hug or an ear, I will be here for you,” invites caring Dooda. “Where I live will never bore you – come catch me if you can!” teases cheeky Zipper.

The new playground in Wuxi MixC is an up-sized version of Kerry Parkside’s Adventure Zone in Shanghai. However, the Wuxi and Tianjin playgrounds share the philosophy that children deserve a safe and fun environment where friendships begin, and efforts are celebrated.

Already, positive changes can be seen in the new members’ behaviour. Kids who may be shy at first are soon socialising, and learning to believe in themselves. Confidence builds as they zoom down the three-storey slides, or navigate the ropes course 10m above the ground.

Within a few weeks of regular play, even the pre-schoolers are becoming more independent. Just by watching others, they’ll now routinely follow and put their shoes in the shoe cubbies where they

belong – a small step, seemingly, but significant for kids who are used to having someone else pick up after them. Those who have mastered challenges like the high drop slide will calm and encourage others still teetering. When party guests at a recent child's birthday party hosted at the playground became stuck in a "traffic jam" on the tricycle track, member kids took the initiative to act as wardens guiding them through.

Staff say that parents and grandparents will often remark on how well-behaved their children are at the playground. Yet nothing here is forced or coerced – the aim here is that, through play, children will learn naturally. As the young-at-heart team managing the Wuxi playground explains, play is not a waste of time; and it's more than fun. Play has a purpose, nourishing the potential inside all of us.

Learning aside, the playground also has an

自由玩耍 快樂成長

在繽紛、令人興奮的ZipPiTeeDoo's 昕星園裏，孩子可無拘無束地發揮他們的想像力。

與ZipPiTeeDoo's 昕星園的吉祥物好朋友——Z博、彼波、T傲、黛兒芬和杜達一起在歡笑聲中玩耍。在園內，孩子可跑跳、溜滑梯、盪鞦韆，有些孩子專心創作，有些則醉心於探索奇幻故事。一邊廂，孩子可擁抱吉祥物，說說悄悄話，另一邊廂，亦可參加他們最喜愛的小組遊戲。

小孩在遊戲中總會流露出最自然的一面。然而，今天的孩子生活有序，可毫無拘束地玩耍，以及跟其他小孩建立互動的社交，對他們而言不失為一種新體驗。

ZipPiTeeDoo's 昕星園的「玩樂大使」充滿愛心，不但引導小孩領略小組遊戲的樂趣，亦幫助他們成長，而這些均非孩子在家中單獨玩樂所能感受得到的。美國兒科學會研究證實，小孩能在與別人玩耍的過程中學到重要的生活技巧，例如合作的重要性、結交朋友和維繫友誼的方法、在不斷的失敗和嘗試中學習，以及如何解決問題等。因此，專家的重點建議之一，就是讓孩子們在玩耍中學習。



important role in creating childhood memories. Most adults can recall happy times of climbing trees or running around neighbourhoods, but today's generation of apartment-dwelling city kids largely miss out on that. The motto of this playground: let the children play – it is the greatest gift of their childhood.

It is also here that the children's carers can meet other parents, connect with them, and share with them experiences of their own childhood upbringing.

So while the young ones have fun in the way that kids everywhere have always done, the joy is rekindled in the hearts of their watching parents and grandparents. On a deeper level, their play could also be the basis of building friendships and close-knit communities.

醫學專家指出，要學懂如何與別人一起玩耍往往不能一步到位，而是需要時間培育和透過實踐達成。孩子除了需要鼓勵外，還需要一個饒有趣味的環境，以提起他們對玩耍的興趣，而成人旁技巧性地引導他們亦同樣重要。

因此，ZipPiTeeDoo's 昕星園也本着同樣的信念，以激發兒童多方面成長為設計要旨，從而建立他們的信心和社交技巧。以黛兒芬海灣為例，這一玩耍區便是專為學習探索和提升合作能力而設，各種形狀的藍色魔塊可拼成山洞、寶塔、公路或者海灣，而透過活動，小孩更可學會配合他人和提高他們的團隊合作性，還有領略友愛、包容和創新的精神。

ZipPiTeeDoo's 昕星園的員工或者「玩樂大使」都童心未泯，而且對小孩充滿熱忱。這些大哥哥大姐姐均經過專業培訓，且以身作則，讓小孩子從他們身上學習。他們以熱情的笑容歡迎每一位小朋友，以朋友身份陪伴孩子，以耐心引導孩子學習，以熱誠守護他們。一眾「玩樂大使」致力擔當起大哥哥大姐姐的角色，成為孩子可靠的夥伴，與他們一同愉快玩耍、學習。這對於一孩家庭而言，無疑是可貴的。

除此，園內的每個吉祥物都有各自的性格。有愛心的杜達歡迎進來的每一位小朋友說：「無論是一個愛的抱抱，還是一隻傾聽的耳朵，我都在這裏隨時奉陪！」Z博逗樂地說：「這是一個對不會讓你嫌悶的地方！快來抓我吧！」

這個於無錫萬象城新建的兒童樂園，比上海嘉里城兒童探險樂園的面積更廣。位於無錫萬象城和天津嘉里匯的兒童樂園奉行相同的辦園哲學，認為兒童應處身於安全而有趣的環境之中，讓他們可安心地結交朋友，不斷探索、嘗試。

不少孩子加入樂園的日子雖短，但在行為態度上已有明顯的進步。本來很是害羞的小朋友，很快就學懂了如何與別人交往，學懂相信自己的能力。當孩子看到身邊的其他小朋友也能從三層的滑梯溜下來，或是抓着離地十米的繩索蕩來蕩去時，信心自然建立起來。

即使是學前兒童，只要經過短短幾周的常規遊戲，也變得更為獨立。單是透過觀察，他們現已學懂並習慣自己把鞋子放到鞋櫃裏，而不是讓別人來為他們收拾。雖然，這看似是小小的一步，但對習慣凡事由別人照顧的孩子來說，卻是重要的一大步。那些克服了好些挑戰（如那條又高又陡的滑梯）的小朋友，現在則不再害怕，反而能安撫和鼓勵其他仍然戰戰兢兢的孩子。最近ZipPiTeeDoo's 昕星園舉行了一

Riverview Place: a model modern mall

In Tianjin, the community has embraced the model kids' playground now open at Riverview Place mall, Tianjin Kerry Centre. The playground is modelled on the same blueprint of ZipPiTeeDoo's Xin Xing Yuan's playground in Wuxi, with the same five themed zones created for fun and learning, and exciting adventure equipment such as an exhilarating rope course.

Tianjin Kerry Centre is a carefully planned large-scale integrated development in Tianjin, master-planned by Kerry Properties. Located in the city centre of Haihe East Coast commercial district, the development has an efficient transportation network, and is situated close to many major bridges for easy access between the Haihe districts.

The shopping mall within the development is connected to the number 9 subway line, providing direct access to Binhai New District. Travellers can also switch to the number 2 or 3 subway lines to reach all parts of the city, including the Binhai International Airport within 20 minutes. In addition, the number 9 subway line is only one stop away from Tianjin railway station. Beijing is only a 30-minute ride on the Beijing-Tianjin inter-city train.

In line with the vigorous Binhai East coast development, Tianjin Kerry Centre, with its efficient transportation system and great location, will inevitably become a new hotspot in the development of Tianjin.

嘉里匯：現代商場的典範

天津嘉里中心嘉里匯的兒童樂園，深受當地人的愛戴，故它亦成為了無錫ZipPiTeeDoo's 昕星園的設計藍本，同樣具備五個為玩樂和學習而設的主題區域，以及繩索挑戰區等刺激的歷險設施。

天津嘉里中心為嘉里建設於天津的大型綜合發展項目，計劃獨具匠心，設計精密細緻。天津嘉里中心位處海河東岸商業區的中心點，擁有便利的交通網絡之餘，亦鄰近城中多條主要橋道，四通八達海河各個地區。

天津嘉里中心的嘉里匯與地鐵九號線接軌，直通濱海新區。

遊客亦能轉乘二號和三號地鐵線，通往城內各個地區；而前往天津濱海國際機場，亦只需20分鐘。此外，地下鐵九號線亦可一站直達天津站，於該處乘坐城際列車前往北京，車程只需30分鐘。

天津嘉里中心擁有優越的地理位置，與濱海東岸一系列發展得如火如荼的項目相配合，並具備完善便捷的交通系統，勢必成為天津市內的最新熱點。



Mascot Delphine 吉祥物黛兒芬

The pen is mightier

Oh that my words were written with an iron pen on a granite tablet so my story could be read forever. – Job (19:23-24)

Since the dawn of time, as the Book of Job so aptly foresaw in Biblical times, the most enduring form of communication is the written word.

Important life events have been recorded in this way since Stone Age man carved out pictures on his cave walls. Ancient drawings from prehistoric time are still being found even now – the latest, discovered just last year in Indonesia, estimated to be almost 40,000 years old. Can the same be expected of the digital files we entrust with our record-keeping today?

With so much significance behind the written word, it seems a shame that the ritual of putting pen to paper is becoming a lost art. In the midst of our digital era, though, some dedicated pen crafters are keeping tradition alive.

Dr Paul Cheung, a Hong Kong academic, took up the hobby a few years ago, following a birthday visit to his twin brother in London. He'd taken a gift of matching watches, thoughtfully chosen as a mark of their time together, but his sibling responded with a gift that money can't buy – a pair of handmade pens. The gesture felt so meaningful that Dr Cheung knew, then and there, it was a skill he wanted to learn.

Pen crafting is an affordable hobby, and immensely gratifying, since no two handmade pens are the same. Because of the various steps involved in the process – the selection of the base material, the weight and length of the barrel, the intricate detail of the turning process – it's impossible to exactly duplicate, even if you wanted to. A personal gift which is truly a one-off would be a rare exception in these days of mass-production.

Precious materials are used in their making. Exotic woods from a meaningful source – such as genuine olive wood from Bethlehem, the intricate burl of box elder or the delightful



barrels can also be made of semi-precious stone, in a rainbow of colours resulting from a highly technical process which reinterprets the original stone, and also allows the addition of glamorous gold matrix. Delicate accent features in, say, crystal for ladies, or gunmetal for gentlemen, can further personalise the gift someone special.

The lathe used to sculpt them is quite a compact machine, so it doesn't require a lot of space. Each new pen begins as a "blank" (a solid, square column piece of wood or stone) which is turned on the lathe, gradually taking shape under the craftsman's gentle and patient touch. It's a skill which hobbyists say is relatively easy to learn, but more challenging to do well. Practice makes perfect.

A cavity is created to hold the ink reservoir, which is either refillable in the case of fountain pens, or disposable for ballpoints. Cutting equipment and special glues are also required to ensure the pen's various components are assembled with the necessary precision, before a final polishing completes them aesthetically. It's a multi-step process, but then as we well know, all good things take time.



- 01** Precious materials are used in handmade pens, and as they are handmade, they are all one-of-a-kind. 手工筆用料講究，而且全由人手製造，所以每支都獨一無二。
- 02** The lathe used to sculpt is small in size. It requires the craftsman's extra patient touch. 用以雕刻的打磨機體積細小，需要工匠細心運轉。
- 03** The case for each handmade pen is executed beautifully, making it perfect for gifts. 工匠巧手打造的木盒，用以儲存手造筆，送禮大方得體。

Each pen is meticulously tailored for its intended recipient. They might all perform the same function, but pens can feel quite different in the hand. Weightier versus lighter, short barrel versus longer, to clip on or not to clip on: all factor highly in the crafter's quest for a perfect match.

Among the numerous different styles, there are interesting backstories. Art Deco comes from accomplished pen designer David Broadwell, who took his cue from art deco architecture originating in the 1920s. The petite and curvaceous Diva was inspired by the fashion catwalks of Europe. Classic Elite embodies the lines of the statement "desk pens" used ceremoniously for the signing of important documents.

For Dr Cheung, the motivation for accomplishing this hobby was primarily to preserve the skill of handcrafting, once passed down through generations but becoming lost these days. "A pen has always been the instrument used for transmitting and recording information, and for passing on knowledge – it's a symbolically important reminder of the written word's role in history," he says.

Such a skill also brings with it the ability to create for others an exquisite gift which is truly unique, is useful to the recipient, and may memorably chart their defining moments in life.

From the Stone Age to the digital age, it's refreshing to know that the pen is still mightier – a tradition technology cannot be taken away.



妙筆生輝

「唯願我的言語現在寫上，都記錄在書上，用鐵筆鐫刻，用鉛灌在磐石上，直存到永遠。」——「約伯記」第19章23至24節

自天地初開，《聖經》中的「約伯記」已引示，最恆古不朽的溝通形式，當手寫文字。

於石器時代，人們在洞壁上雕刻圖案開始，生活中各種重要的事件便以手寫的形式記錄下來；即使是歷史悠久的史前畫像，至今仍偶被發現，如去年於印度尼西亞洞壁上發現的圖記，就估計約有四萬年的歷史。值得反思的是，我們現今所依賴的電子檔案，又能否同樣被恆久保存？

文字書寫背後雖有着如此重大的意義，但舉筆而書之於當下，卻漸成為被遺忘的手藝，實在教人感到惋惜。幸而，在這個數碼世代之中，仍有些堅持傳統的造筆工匠把這門藝術承傳下來。

香港學者張英相教授於數年前的一次生日，飛往倫敦探訪其學生弟弟。當時，他挑選了一對手錶作禮物，以標誌兄弟倆共渡的歲月，而他的弟弟卻以獨特無價的禮物作回贈——一對手造墨水筆。張教授有感這門手藝別具意義，於是便開始鑽研製作手工筆。

自製手工筆並沒有想像中般昂貴，而經人手製作的手工筆，每枝均獨一無二，完成製作後可帶來極大的滿足感。由於製作涉及多個步驟，譬如挑選基底物料、筆管的重量和長度、打磨等複雜細節；因此，即使你想要刻意打造出兩枝如出一轍的手工筆，也只能事與願違。在現今流行大量生產的社會中，這份工藝及禮物才真正稱得上為舉世無雙，確實值得珍如拱璧。

製筆用料亦極為講究，當中包括不同的木材，如伯利恆的純正橄欖木、檉葉槭複雜精細的樹節，又或是紅木上交織相纏的紋理，均成就了每枝筆與眾不同的特點。筆管亦可選用半寶石物料，透過繁複的工藝過程及精細的琢磨，把原石重新詮釋，讓半寶石幻化成斑斕的彩色，亦可考慮加上閃閃生輝的金母岩作點綴。想要為筆身加添細緻的特點，送給女士的可配用水晶，給男士的則可用上青銅，這樣便可把

手工筆進一步個性化以迎合不同的喜好。

用以雕刻的打磨機其實只是一台小巧的機器，並不需要佔用很大的空間。每枝筆均由一塊木頭或石塊的固體方柱開始，在工匠細心的打磨運轉下，逐漸形成圓筒形筆管。這門技巧對於一群愛好自製手工筆的人士而言，易學難精，只能靠工多藝熟，才能成功製作出一支又一支精美的手工筆。

筆管的中空位置視乎所製成的是墨水筆或是圓珠筆而有不同用途，前者乃作添墨之用，後者則用作替換筆芯。在進行最後的拋光過程前，還須用上合適的切割工具和專用膠水，以確保筆的各個配件能精密妥當地組裝，然後方進行最終的美化步驟。製作一枝手工筆，的確牽涉多重步驟，然而，正如一切美好的手工藝，往往須要經時間琢磨而成。

每枝手工筆均由工匠一絲不苟地度身打造，功用上也許一致，然而執筆之際，便隨即能感受到其獨特之處。筆身的輕重、筆管的長短、有筆夾與否……這一切也經過工匠的深思熟慮，務求讓每個細節完美地彼此結合。

在眾多風格迥異的作品背後，皆埋藏着有趣的故事。David Broadwell從起源於上世紀20年代的裝飾藝術建築中擷取靈感，而Art Deco的概念亦取材於此。至於嬌小婀娜的Diva，則受歐洲時裝表演的發，Classic Elite更活現了「辦公筆」一詞的真義，為簽署重要文件所專用，端莊隆重。

這門曾經一代傳一代的工藝，現已逐漸無以為繼，故對張教授來說，實踐此嗜好亦有保存這種手工技藝的意義。「一直以來，筆也是傳訊、記錄和傳授知識的工具，亦一直警惕着我們，文字於歷史中所扮演的重要角色。」張教授道。

除工藝本身，造筆還能讓你為別人打造獨一無二、別出心裁的禮物，而這份精緻的禮物對收件者而言，實用之餘，又極具紀念價值。

手工造筆，無疑是一門歷久不衰、無可取替的傳統工藝。從石器時代進入現今的數碼世代，妙筆依然生輝，實在令人振奮。





Island gem sparkles in the sun

The beauty of Sri Lanka has enchanted travellers since explorer Marco Polo visited in the 13th century, declaring this jewel-shaped island in the Indian Ocean the finest of its size in all the world.

He'd set out from Europe to explore the trade routes of Asia, and was immediately captivated, like so many who have followed, by the island's stunning landscapes, ancient culture, and gorgeous abundance of spices.

In the 1950s and 60s, Sri Lanka was hailed as a model developing nation, until a long-running civil conflict stalled its progress. Since peace was restored six years ago, modern-day Sri Lanka is a phoenix rising, born anew from the ravages of war to once more display its luminous plumage – in this case a palette of white sand beaches, turquoise sea, emerald forests, and pink and gold sunsets.

Within this newfound spirit of renewal, Sri Lanka has rolled out the welcome mat to the world. Tourism is growing, and as international visitors are now rediscovering, the friendly, hospitable, ever-smiling locals are eager to introduce their charming island to newcomers. And they have plenty to smile about, in a land of such exquisite natural beauty where the rainforest meets the sea.

Whether one's idea of bliss is soaking up culture in ancient cities, indulging in pampering spa therapies, going on a safari in a wildlife-rich national park or sun bathing on secluded beaches, Sri Lanka is the place time-pressed high-flyers are seeking for romance, adventure, and family bonding.



From the moment of arrival at Colombo International Airport, visitors are immersed in an engaging potpourri of 2,000 year-old culture, natural diversity and aspirational enterprises.

On one hand is evidence of a nation cherishing its cultural heartland, preserved in ancient temples, “lost” cities and sacred sites harking back to the days when ancient dynasties set up their capitals, and supported massive artistic and architectural endeavours. At the same time, Sri Lanka’s vision for a prosperous future is apparent in the mass infrastructure developments under way, largely foreign-invested.

Galle rates highly on every tourist’s wish list. A major city about 120km from Colombo, the cultural capital of the island’s southern coast has an intriguing history. Along with its many museums and untouched ruins from the Portuguese and Dutch eras, the area is also home to the famous Galle Fort, one of eight Unesco World Heritage sites in Sri Lanka. Built by the Portuguese in the 16th century, it is hailed as the best-preserved colonial fort remaining in Asia.

A “must-visit” attraction is Old Dutch Hospital Colombo, centrepiece of the ever-more vibrant fort, now lavishly restored as a hub of shops, cafes and restaurants. Pause for a cold drink and admire the architecture of the ancient stone arcades, or chill out to some relaxing live music over dinner.

A prime location to base oneself while visiting Sri Lanka is along the stunning coastline between Galle Face Green, an expansive urban park facing the sea in the heart of the city’s financial district, and the recently gentrified Beira Lake.

The park was first laid out in 1857 by the then governor Sir Henry Ward, and is the ideal place to immerse oneself in the local flavour. On the greens’ expansive lawns, children fly kites, people play cricket, and lovers stroll to catch the ocean breeze. Try local snacks from the food vendors who gather on weekend evenings: seafood is a speciality.

Currently, visitors from China account for the third-highest volume of tourists to Sri Lanka – perhaps because it’s so accessible. In less than six hours’ flight time from Hong Kong, and slightly more from mainland cities, you can feel a world away in a relaxing paradise to rival anywhere on earth.

With such convenience, it’s easy to imagine having a second home here, enjoying endless vacations in a beautiful environment offering a high-quality lifestyle – mindful perhaps of its potential as a retirement or investment destination.

The Residences at One Galle Face, an upcoming development by Shangri-La Hotels and Resorts in the prime central business district, epitomises Sri Lanka’s growing eminence. An iconic oceanfront location sets the scene for the first internationally-branded mixed use development in Sri Lanka, a fully integrated lifestyle destination created for executive families to live, work and play.

Two tall residential towers rise above a carpet of greenery to overlook the turquoise waters of the Indian Ocean. The timeless elegance of their architecture is complemented by sophisticated interiors, creating a cosy living environment the owners will relish coming home to, time and again.

Between the ocean and the central business district, the development is gaining a reputation as the best address in Galle. Everything is near the doorstep, including the upcoming Shangri-La Hotel, Sri Lanka, an international-grade office tower, and a quality shopping mall. Although with such incredible views and so many indoor and outdoor recreational amenities on site, the residents may never want to leave.



One Galle Face

The Residences at One Galle Face blend privacy, luxury and relaxation with the dynamic energy and convenience of city living.

One Galle Face的The Residences私隱度高、內外華麗且讓人身心得以放鬆。此外，住客更能感受城市生活帶來的活力及便捷。

Living in luxury

The Residences at One Galle Face forms the residential component of Colombo’s first internationally-branded mixed use property, under development by Shangri-La Hotels and Resorts. Designed across two towers set on 10 acres of land, its spacious apartments range from a two-bedroom layout of some 1,700 sq ft, to four bedrooms of around 3,000 sq ft, and extravagant penthouses. Family-oriented recreational facilities are at the heart of the property’s design. Indoor and outdoor pools, spas and tennis courts offer healthy activity, complementing the endless leisure options to entertain all ages.

Easily accessible from Colombo International Airport - around 45 minutes by car – the property is targeted to open in 2017. With pre-selling that commenced in April 2015, visionaries who can picture a future here are already making their first move.

華麗安居

One Galle Face的The Residences為香格里拉酒店集團的發展項目，是科倫坡首個國際品牌的綜合發展項目。兩棟大樓聳立在佔地10畝的優越地段之上，當中的住宅單位空間寬敞，提供逾1,700平方呎的兩房單位至約3,000平方呎的四房單位，還不乏華麗的頂層特色單位。體貼家庭需要的娛樂設施更是物業的重心設計，室內外游泳池、水療中心和羽毛球場等有助身心健康的發展。此外，還有多元的休閒娛樂設施，滿足各年齡人士的需要。該物業距離科倫坡國際機場僅約45分鐘車程，非常便捷。項目預計將於2017年開幕，並已於2015年4月開始預售，不少有遠見的人士早已洞悉這裏的發展潛力，並踏出了他們安居於此的第一步。

陽光下閃爍的島嶼

探險家馬可孛羅於13世紀到訪斯里蘭卡，並揚言這個位於印度洋呈寶石狀的島嶼，為全球同類大小島嶼中最優美。自此，斯里蘭卡便成為風靡萬千旅客的旅遊勝地。

馬可孛羅從歐洲出發，走訪並發掘亞洲的通商路線。就像其後不少到訪者一樣，馬可孛羅一踏足斯里蘭卡，便立即被島上的絕美風景、古老文化，以及豐富獨特的香料所吸引。

20世紀50至60年代期間，斯里蘭卡曾被譽為發展中國家的典範，直至漫長的內戰爆發，阻礙了當地的發展。自六年前恢復和平後，斯里蘭卡現已成為浴火重生的鳳凰，從戰爭的蹂躪中復活過來。那雪白的沙灘、碧綠的大海、青翠的森林，還有金紅璀璨的日落，無不讓斯里蘭卡再度展現其美麗奪目的翅膀。

斯里蘭卡在重生後，帶着一份簇新的氣魄向世界揮手微笑。正當旅遊業持續蓬勃發展，遊客正好重新探索這神秘島國，友善、好客、笑容可掬的當地人亦急不及待地向新的訪客介紹這個醉人的島嶼。斯里蘭卡為臨海雨林，在這片旖旎的自然美景中，的確有不少事物贏得遊客的歡笑聲。

無論是想沐浴在古城的文化之中、享受放鬆身心的水療、到國家公園的草原探索野生動物，甚至在幽靜的海灘上來個日光浴，斯里蘭卡都是爭分奪秒的成功人士追求浪漫、冒險或家庭樂的地方。

從抵達科倫坡國際機場的那一刻起，訪客便都沉醉於一個百花齊放的國度中。這裏不但擁有二千年的歷史文化和得天獨厚的多元性，還不乏前景可觀的商企。一方面，斯里蘭卡是一個珍重其文化遺產的國家，那些保存至今的古老寺廟、沒落城鎮和宗教聖地，不難讓人想像到當時的統治者是如何竭力興建這些古都和宏偉的藝術建築；另一方面，一系列興建中的大規模基建，亦反映出斯里蘭卡的美好未來，而這些基建均主要由外商投資。

加勒是很多旅客也渴望到訪的城市，它位於斯里蘭卡的南部海岸，距科倫坡約120公里。作為一個文化首府，加勒有着其醉人的歷史故事。這裏除了有為數眾多的博物館，以及從葡萄牙和荷蘭時代傳承下來的古蹟遺址外，還是著名的加勒古堡所在地。斯里蘭卡共有八個古蹟被列入聯合國教科文組織世界遺產，而加勒古堡便是其中之一。它在16世紀時，由葡萄牙人建造，現今被譽為是亞洲區內保存得最完好的殖民堡壘。

科倫坡前荷蘭醫院為「必遊」景點，其周邊地區已愈趨活躍繁華，

With palm fringed coastline, Sri Lanka is the ideal destination for beach-lovers. 斯里蘭卡的海岸線種有不少棕櫚樹，是熱愛海灘人士的理想去處。

而它更是繁華的核心所在。醫院的舊址現已翻新成一系列的商店、咖啡室和餐館。來到這裏，大可點一杯冷飲，稍作歇息，好好欣賞那些由古老大石搭建而成的拱廊建築；又或邊聽着輕鬆的現場音樂，邊享受晚餐。

此外，加勒菲斯綠地至貝拉湖沿岸一帶的海岸線漂亮迷人，叫人流連駐足。加勒菲斯綠地為一廣大的城市公園，它面向大海，並位處城中金融區的心臟地帶。至於貝拉湖一帶，最近更被美化修飾，增添了不少吸引力。

加勒菲斯綠地為昔日總督Henry Ward爵士於1857年首次開放的公園，讓人完全地着迷於當地的風情之中。在遼闊的綠色草坪之上，孩子高放風箏、大人打着板球、戀人們迎着輕拂的海風漫步。每逢周末晚上，小食攤販都聚集這兒，遊客不妨一試各種地道小吃，當然，少不了要品嚐這裏的海鮮特產。

也許是因為交通便利的原故，目前到訪斯里蘭卡的旅客中，中國的遊客人數佔第三位。從香港飛往斯里蘭卡的航程少於六小時，從內地城市出發亦只是多一點點的時間。在短短數句鐘內，遊客便可來到一個世間少見的人間天堂，讓身心全然放鬆。

斯里蘭卡的交通如此便捷，實在叫人不禁想在這裏擁有第二個家：在美麗環境中擁有高品質生活，就如每天享受着無盡的假期，這裏甚至可能是退休或投資的理想地方。

One Galle Face的The Residences，是香格里拉酒店集團即將發展的項目，它位處優越的中心商業區，是斯里蘭卡蒸蒸日上的縮影。這是斯里蘭卡首個由國際品牌投資興建的多用途發展項目，而標誌性的海濱位置正好為The Residences提供了絕佳地利環境，為行政家庭提供綜合生活、工作和娛樂的品味生活。

兩棟高聳的住宅大樓屹立在一片綠油油的大地之上，俯視印度洋的碧海綠水。建築物本身便彰顯出一份不朽的優雅感，再加上精緻細膩的室內設計和裝飾，為業主打造一個無比舒適的生活環境，讓他們一次又一次愛上歸家之樂。

毗鄰海洋與中心商業區，這項發展贏得了加勒最佳地段的美譽。在這裏，一切盡在咫尺之間，包括即將啟用的科倫坡香格里拉大酒店、國際級辦公室大樓，還有高級購物商場。這裏不但擁有非凡美景，且附有多種室內外娛樂設施，相信住客不會想離開這裏半步。



Underwater wonderland

Under the sea, in a coral garden in Hong Kong, an unlikely alliance has forged.



Juvenile humphead wrasse has not been found in local waters in the past decade, the sighting of it surprised experts.

幼年曲紋唇魚於過去十年不曾在本地水域被發現過，如今再度出現，令專家十分驚喜。

The shrimp is short-sighted, so for him finding food is hard. His friend, the goby, drops by with enough to share.

When the goby goes out to find its next meal, the shrimp returns the favour, cleaning up the fish's home within a rock cave.

The sand-dwelling shrimp can't see a predator coming, so the goby alerts him through vibration. Together they hide until the danger has passed.

This delicate dance between two different species was observed by divers participating in Hong Kong's first-ever survey of marine life, which identified not only healthy numbers of known species, but new ones not recorded before. The divers – both professional marine biologists and volunteer "citizen scientists" – knew they were in for a treat. Hong Kong has more biodiversity of reef fish than Hawaii, its interesting mix of tropical species teeming within astonishing coral gardens.

The survey, commenced last summer, involves a series of systematic dives over 20 sites known to have significant coral coverage and reef fish diversity.

The divers, who either joined an expedition run by the survey's initiator, the non-profit Ocean Park Conservation Foundation, Hong Kong (OPCFK), or journeyed independently, recorded a total of 175 reef fish – more than half of around 300 species estimated to inhabit Hong Kong's waterways and estuaries. Of these, 44 species from 25 families recorded were classified as "rare", and two were observed for the very first time.

One exciting discovery was the appearance of a juvenile humphead wrasse, a species listed as globally endangered by the International Union for Conservation of Nature (IUCN), and not known to have been found in local waters in the past 10 years. The sighting of this threatened species "might be taken as an indication of improving marine ecological conditions," says Suzanne Gendron, foundation director of OPCFHK. Long-term monitoring could verify this, she added.

Another important sighting, also listed as endangered by IUCN, was made of the Hong Kong grouper. This particular

species – named after the city where scientists first discovered it – inhabits waters in the western Pacific, and in the past was abundant in Hong Kong. Its bright red colour made the grouper a popular dish for celebrations so its numbers dropped dramatically, and the fish is rarely seen today.

In addition, first sightings of a Yellowbar sandperch and a goby were noted; both of which have never before been documented in Hong Kong.

The goby's fascinating cooperation is not unknown in nature – mutualistic relationship is the term used when two organisms of different species work together, for the benefit of each – though scientists don't quite know why. According to Harvard, though, in the marine setting, "this mutualistic relation is a building block of the entire coral eco-system".

The divers also recorded three concerning sightings of the Sabah grouper, an exotic species which scientists worry could potentially have a devastating impact on local marine ecology. In the wild, its voracious appetite could adversely impact the habitat for natural species, to the detriment of all marine life.

The research will continue this summer, from June to

November, as divers plumb the depths of Hong Kong's seas in search of new discoveries, documenting the diversity, distribution and abundance of our reef fish.

Their findings will be compiled into an online data base accessible to the public, targeted to launch around 2017. The aim is that better understanding of long-term changes and trends may help in the development of effective marine conservation strategies.

This work also highlights the importance of balancing urban development and the natural eco-system. For as the sustainability portal sustainable.org informs us, people, animals and plants share the same basic need for adequate water, clean air, and an environment which nurtures and sustains. Preservation of the natural environment is therefore essential for maintaining community sustainability.

Just as trees are the lungs of the earth, coral reefs are the lifeblood of oceans. When humans share the wondrous underwater world, saving our precious marine resources can begin from the bottom up.

The starfish shrimp discovered in local waters has a unique appearance and feeds on starfish. 在本港水域生活的海星蝦，外表獨特，以海星為主食。

01 The shrimp goby and shrimp found in local waters help each other out by building a symbiotic relationship.

在香港海域，蝦虎魚與小蝦互助互惠，建立共棲關係。

02 The soft coral cowry that lives in local waters gets its name from its appearance. Its colour looks similar to soft corals.

生活於本地海域中的軟珊瑚寶貝螺因模樣與顏色皆與軟珊瑚十分相似，因而得名。

03 The colourful tangerine goby blends in well with coral in Hong Kong waters. 顏色鮮艷的紅礁高比魚隱身在香港水域的珊瑚群中生活。



漫「游」水底仙境

在香港海域裏的一個珊瑚花園之中，有着一個意想不到的小小聯盟。

視線範圍短窄的小蝦要尋找食物分外困難，但牠的朋友蝦虎魚經過時，總會順道為牠帶來足夠的食物。

而當蝦虎魚出外尋覓下一餐之際，小蝦亦會知恩圖報，在石窟內替蝦虎魚打掃家居。

因為小蝦棲身沙礫中，所以常常看不到危險的獵食者來襲。幸而，蝦虎魚總會藉震動來向牠發出警報，然後一起躲藏起來，直至危機過去。

這兩種不同物種之間的微妙互動，盡收潛水員的眼底。這些潛水員正在進行香港有史以來第一個有關海洋生物的勘察。結果，不但已知物種的數目可觀，甚至更發現了一些以往從沒記錄過的物種。這群潛水專員由專業海洋生物學家和義務的「平民科學家」組成，他們皆十分嚮往海底探索，實行寓發掘於娛樂。香港海域裏的珊瑚魚之生物多樣性比起夏威夷更甚。豐富多姿的熱帶魚穿梭於令人歎為觀止的珊瑚花園中，相互輝映，煞是有趣。

上述的調查於去年夏天開始，在逾20個珊瑚覆蓋率高，並有多類珊瑚魚棲息的水域，進行了連串有系統的潛水勘察。

參與這項調查的潛水員，部分為參與了非牟利機構——香港海洋公園保育基金的調查計劃，其餘則為獨立勘察家。據估計，棲息在香港的水道和河口的珊瑚魚共約300種，而這次勘察便錄得當中的一半以上，共175種。其中，來自25個不同屬科的44種被列為「稀有」品種，有兩種更為前所未見的類別。

調查中錄得一個令人興奮的發現：被國際自然保護聯盟評為全球瀕臨絕種的幼年曲紋唇魚，於過去十年亦不曾在本港水域被發現過，但如今卻再度出現。香港海洋公園保育基金總監蔣素珊女士指出是次發現，「有可能被視為改善海洋生態環境的指標」，而透過長期監測便可驗證這一點。

另一項重要的發現為香港紅斑，該品種同樣被國際自然保護聯盟列為瀕臨絕種動物。獨特的香港紅斑一般於西太平洋海域出沒，但因科學家首次發現它的地點為香港，故以之命名。過去，棲身香港海域的香港紅斑為數眾多，然而其艷麗的鮮紅色彩，常令牠成為人們飲宴的桌上佳餚，導致其數量急劇下降，如今更是難得一見。

此外，是次勘察亦發現了香港紀錄中前所未見的品種——黃紋擬鱸和蝦虎魚。

蝦虎魚和小蝦微妙的合作關係，在自然界並不是甚麼新鮮事。共棲生物間的互惠關係，就是兩種不同品種的生物一起工作，彼此獲利，然而科學家還未清楚到底牠們合作的原因何在。根據哈佛大學指出在海洋環境中，「這種共棲生物的關係，是整個珊瑚礁生態系統的基石。」

除此之外，潛水員亦三度錄得沙巴龍躉的出沒。沙巴龍躉屬於外來的品種，科學家擔心這種魚可能會對本地的海洋生態帶來災難性的影響。在野生環境中，食量驚人的沙巴龍躉或會對棲息地的自然物種造成不良影響，以致損害其餘的海洋生物。

這項調查將會在今年夏天繼續進行，潛水員將於6月至11月期間，再度深入香港海洋深處，在找尋新發現的同時，也記錄珊瑚魚類的多樣性、分佈和數量。

有關的研究結果將會被編成網上數據庫，開放予公眾查閱，預計於2017年左右推出。目的為對長期的海洋生態變化有更明確的認知，並且透過了解有關趨勢，以制定有效的海洋保護策略。

項目亦突出了城市發展和大自然生態系統平衡的重要性。可持續發展網站sustainable.org的主頁寫道，人類、動物和植物有着相同的基本需要：充足的水、清新的空氣，以及良好的環境以利成長、繁殖。因此，在維持社會的可持續性上，保護自然環境是不可或缺的。

樹木是地球之肺，珊瑚礁則是海洋的命脈。當人類共享這個奇妙的海底世界之時，保護珍貴的海洋資源也應當由基本做起。

Photos courtesy of Cheung Yat Chor.
相片由張日初先生提供。

Although new watches often come with the function to test how much people exercise, it is still up to them whether they are living healthily. 儘管新型手錶多半有測試運動量的功能，但健康依舊由我們雙手操縱。

Wearable wellness

What keeps you awake at night? Major sporting events, such as a football world cup, were the main reason cited in a global survey of sleep habits last year, but the point was not to measure just the quantity of people's sleep, but the quality.

Medical experts now assert that it's how well we rest, rather than the actual time spent in bed, which best prepares us for the day's work ahead. And while mentally "counting sheep", breathing deeply or practising meditation were once considered a gentle way to drift off into slumber, technology now does the legwork for us.



We have the new generation of fitness trackers to thank. Simply slip on a device the size of a wristwatch, and let it guide us on which activities can lead to our "best sleep", and what factors may leave us tossing and turning.

Activity trackers have been around for ages, starting with a simple pedometer, which merely counted steps. New functions started equating steps with calories: walking 10,000 steps per day could shed 3,500 calories per week (or about 0.45 kilogram of fat), according to the American Council of Exercise.

When technology entered the fray, it was a game-changer. Now, details like heart rate, body temperature, sleep patterns, and even level of sun exposure, are all fair game for the digital big brother, who can not only monitor one's individual health results, but send them to your smart phone.

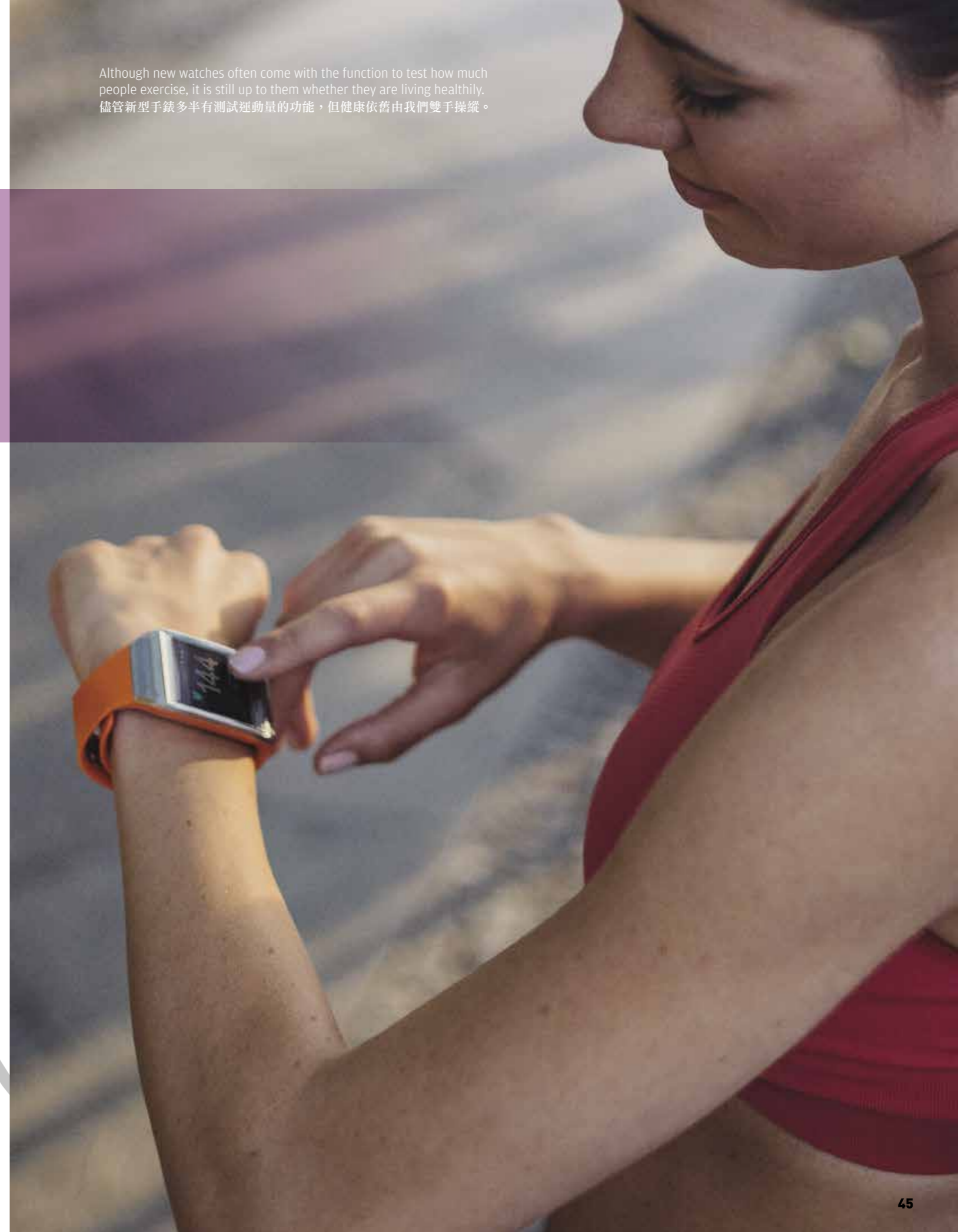
It seems like everyone is wearing one. A survey last year by market researcher Nielsen suggests that one in six consumers who had heard about the devices was wearing them – even models on the runway. They're not attempting to make a fashion statement, users said, but to help address their own health and fitness goals.

New generation fitness trackers work via a series of built-in sensors which measure bodily acceleration at the start and end of each motion, as well as its impact. Different gadgets use different algorithms to calculate the gathered data, which is then displayed on a screen, and stored. Real-time data syncing via an app helps the wearer to set daily goals.

Does paying more get you more? Not necessarily, according to a recent study of 12 popular brands reported by the Hong Kong Consumer Council – it found that models around the lower price point outperformed many more expensive brands.

The fitness tracker can transcend all ages: youthful, mature, and senior. People wear them for all different reasons – with sometimes surprising results. One stay-at-home mum, who considered herself to be fairly active, found that running around after two toddlers all day didn't equate to the steps she'd assumed it would. The conclusion: that little bits of movement take a long time to add up.

A young office worker who already adhered to fitness principles such as taking the stairs instead of the lift was similarly enlightened when his device revealed that "even on





To stay healthy, people are encouraged to do exercise regularly, such as jogging. 大眾市民應多抽時間做運動，如跑步等，有助保持健康。

the days when I went to the gym, I didn't move nearly as much as I thought I did".

It's a technology which transcends age groups. There are devices which clip to a baby's onesie, keeping tabs on their breathing, and wearable vests monitoring students' physical activity, which may help combat childhood obesity. Desk-bound executives hope that wearing a device will motivate them to take regular breaks and move around more. Athletes use them to push their limits at the gym.

Market research suggests that around 70 million wearable fitness devices were sold in 2014, and the technology is still in its infancy, with the new breed of smart watches capable of doing even more.

A device which would track the real-time health data of chronically ill or at-risk elderly patients, then send it to a cloud-based platform accessible by their physician, is under development at the Mayo Clinic.

Manufacturers are also toying with the idea of adding a "persistent identity" function, using the wearer's heart waves to create a physiological signature. The tracker then becomes a secure device which, when worn, can also open your car, turn on the lights, pay for goods, and so on.

Of course, even the best fitness technology is no magic bullet. As a recent paper by the American Medical Association reminds people, health outcomes remain firmly in our hands.

Wearable devices, the article points out, have the potential to facilitate behavioural changes, but ultimately, it is the "engagement strategies" – individual drive, social collaboration and friendly competition – that will prove the primary motivators.

健康隨身

是甚麼原因令你徹夜不眠？去年，一項有關睡眠習慣的全球性調查顯示，遲遲不進睡的主要原因，是為了觀賞重要的體育賽事，如世界盃足球賽便是一例。不過，該項調查的重點並不在於睡眠時間的長短，睡眠質素才是關鍵。

現今，醫學專家均認為，直接影響我們翌日工作表現的，並非實際躺在床上時間，而是睡眠質素的優劣。「數綿羊」、深呼吸或冥想一度被視為幫助人進入夢鄉的溫和方法，然而，現今的科技已可為我們代勞。

新一代的智能健康手帶為人們帶來了不少便利。戴上大小如腕錶般的健康手帶後，便可讓它引導我們進行不同的活動，以達到「最佳睡眠」質素，它還可找出令我們輾轉反側，未能入睡的原因。

然而，活動追蹤器已不算是甚麼新產品，最初它僅是個簡單的計步器，統計所走步數。新增的功能則把步數換算成所消耗的卡路里：根據美國運動協會指出，每天步行一萬步，每周便可消耗3,500卡路里（即約0.45公斤脂肪）。

當新的技術混戰愈演愈烈，活動追蹤器的功能也更日新月異。如今，心跳率、體溫、睡眠習慣，甚至日曬等級等細微的數據，皆成為了大眾的熱話，而這些數據和資訊不僅可以監控個人健康成效，更能發送到你的智能手機當中，隨時參考。

現在，似乎每個人都有一條健康手帶。根據市場調查公司尼爾森去年的一項調查顯示，每六個聽說過健康手帶的消費者中，就有一人選擇佩戴，甚至連天橋上走秀的模特兒亦不例外。這些用家指出，佩戴健康手帶並不是為了追求時尚，而是希望透過手帶了解自己的健康狀況和達到健身的目標。

新一代的健康手帶以一系列內置感應器測量每一項運動開始和結束時的整體速率，以及有關動作對身體的作用。不同的小零件使用不同的運算方式來計算收集所得的數據，然後顯示於屏幕上及存儲為檔。透過應用程式，用家更可做到實時數據同步，方便設定每日的目標。

那是否價格愈高，品質、成效就愈高？不一定。香港消費者委員會最近發表了一份報告，當中研究了12個受歡迎品牌，發現價格較低的型號，表現比許多較昂貴的品牌更勝一籌。

健康手帶適合任何年齡人士佩戴：年輕人、成年人或長者均可。而每個用戶都各自有其佩戴的原因，有時更有意外的結果。譬如，一個全職媽媽，終日與兩位學行的小孩追追逐逐，她自以為運動量十足，卻發現所走的步數並不如她所預料。結論是：這些細碎的動作，須經過長時間方能累積。

又如一位年輕的上班族，他一直堅守健身原則，如以行樓梯代替搭乘升降機，然而，其健康手帶所錄得的數字卻給他一些啟發：「即使是去健身房的日子，我的運動量也沒有想像中的多。」

這是一門貫穿各個年齡層的科技。有些手帶可夾於嬰孩的連身衣上，持續記錄他們的呼吸；另有些專為兒童而設的背心，則可監測學生的身體活動，減低兒童肥胖的問題。從事文職工作的行政人員，希望健康手帶能驅使自己定時休息和多多走動。至於運動員，則期望手帶的數據能協助自己推高鍛煉時的體能極限。

有市場調查指出，2014年售出共約七千萬個穿戴式的健康裝置，而這種技術仍處於起步階段，新款的智能手錶能做到的將會更多。

世界著名的醫療機構Mayo Clinic正在研發一個裝置，能實時追蹤長期病患者，或高風險老年患者的健康數據，並傳送至雲端平台，供醫生參考分析。

一眾生產商亦正在研究增設「持續識別」玩味功能，利用用戶的心跳波頻，建立「生理署名」，以個人的生理特質作識別用途。故此，追蹤器也就同時成為了保安裝置，只要用家戴上，便可以之識別驅動不同設備，譬如開車、開燈、付款等等。

當然，即使是最好的健身科技，也不是完美的靈丹妙藥。正如美國醫學會在最近的一篇文章裏提醒我們，健康依舊牢牢地掌握在我們自己的手裏。

該文章指出，穿戴式的裝置的確有潛力促使我們改變固有習慣，但說到底，這些裝置的功用無不是要驅使我們自發性地去做運動，又或是透過同伴間彼此推動和比賽的良性切磋，從而激發我們參與運動。

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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