

# OFFICE *Life*

SEPTEMBER 2014

SHKP IN  
WAN CHAI  
NORTH

起動灣仔北

There are times when office life can be monotonous and routine. We at *OfficeLife* hope to expand and liberate our way of thinking about the office environment.

In the past issue, we tried to view work, leisure and green living from a different, more thought-provoking perspective. You will notice that, starting from this issue, *OfficeLife* has undergone a facelift, which we believe will better reflect the notion of “fun at work” and even put it into practice. We have spiced up the publication you are holding in your hands with new ideas, layouts and sections.

Whatever moniker you slap on it – revamp or regenerate – giving something a new lease on life seems to be the trend of the moment, from *OfficeLife* to many international cities. Wan Chai is a collage of Hong Kong’s urbanity, fusing the city’s old charm and modern-day business success. Within the district, Wan Chai North, a reclamation area, is its most unique characteristic.

In our feature stories, we take a stroll down memory lane to the 1980s – a time when Wan Chai North grew up with the landmark Sun Hung Kai Centre. We talk with Sun Hung Kai Properties’ veteran staff to shed some light on this dynamic district through the eyes of people who have a special bond with the area. We see how culture and urban planning are preparing Wan Chai North for the future.

**辦** 公室的生活一直予人的印象都是苦悶和枯燥，「如何在刻板的環境中尋找樂趣，達至平衡的生活態度」就是《OfficeLife》出版的原因。

在過往的《OfficeLife》，我們從職人的角度出發，談工作、享樂、綠色生活，在忙碌的辦公室桌上開闊視野，把生活態度融入在朝九晚五的環境當中。為了更迎合「快樂工作」的新世代價值觀，《OfficeLife》從今期開始，以全新面貌登場，以新創意、新版面和新欄目，讓生活在螢光燈之下的職人們，也能像面對朝陽似的熱血和充滿希望，為工作注入新動力。

活化，除了是雜誌本身的轉變，也是近年城市發展中一個不能缺少的元素。灣仔，是香港多個城市景觀的縮影，混雜着老香港的氣息與商貿區的繁盛，當中又以從填海而來的灣仔北最為獨特。今期專題，我們將回顧80年代新鴻基中心紮根灣仔北的時光，訪談新鴻基地產的資深員工，再從人文、社會規劃，到灣仔北將面臨翻天覆地的變化，希望藉着這個充滿活力的地標社區，啟發一些新思維。



K.W.Lo 盧經緯

General Manager

Sun Hung Kai Real Estate Agency Ltd.

# Happy hours

## 告別刻板



新鴻基地產  
Sun Hung Kai Properties



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A 1984 picture shows Wan Chai North  
1984年的灣仔北



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

Printed by Best Tri Company Ltd.  
Blk C & G, 13/F Sunview Industrial Building  
No.3 On Yip Street, Chai Wan, Hong Kong  
Tel: (852) 2382 8623

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 **新鴻基地產**  
Sun Hung Kai Properties

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Published in September, 2014

Historical photographs of Wan Chai were supplied by  
Hong Kong Information Services Department

灣仔北

# Sun Hung Kai Properties in Wan Chai's commercial and cultural legacy

## 新鴻基地產起動灣仔北

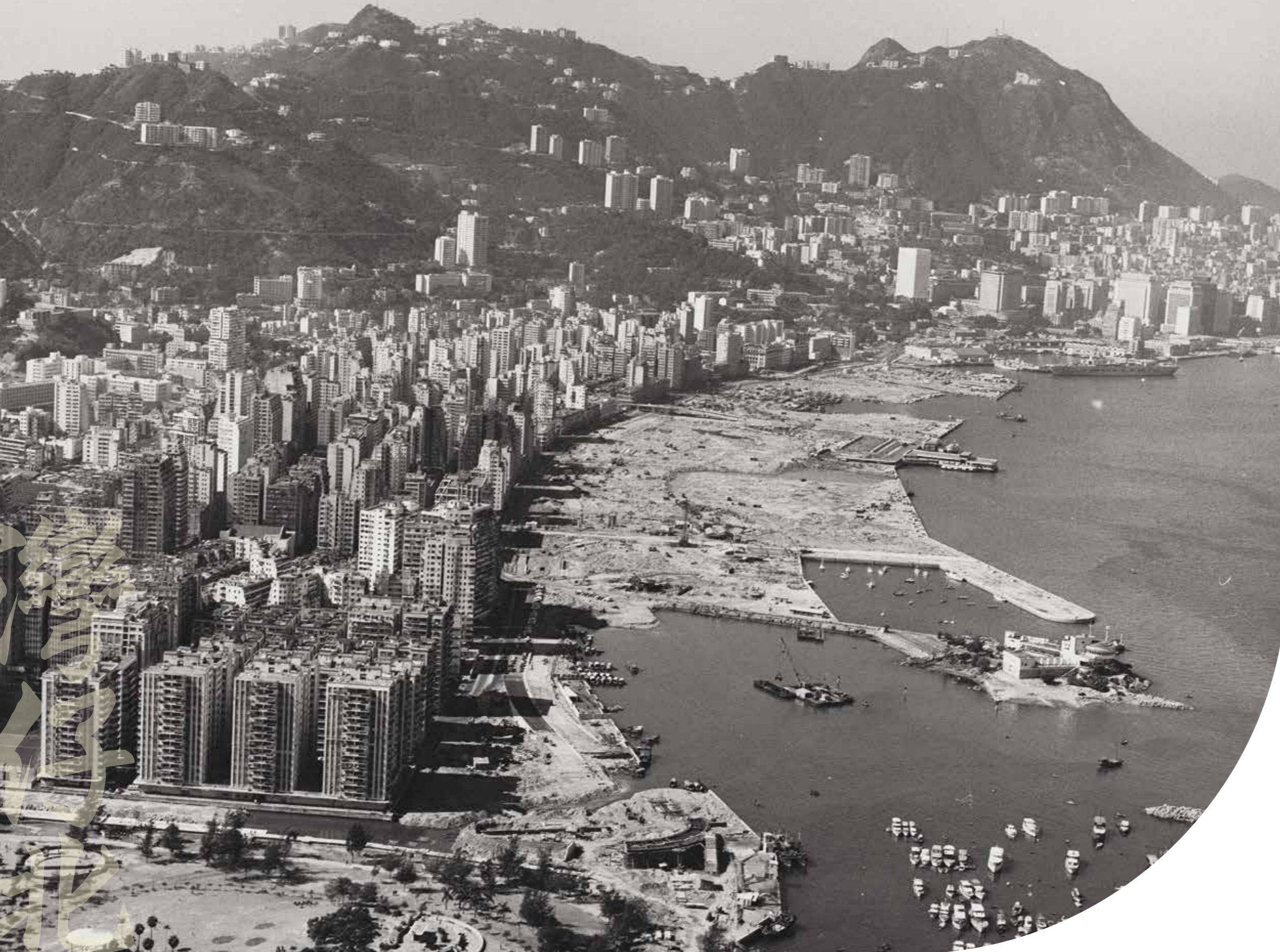
As an extension of Wan Chai, Wan Chai North is mostly reclaimed land. Ever since Sun Hung Kai Centre laid its foundation in Wan Chai North, the diverse district has been closely tied with the city's growth and its progress as a business powerhouse and cultural hub

作為灣仔的延續，灣仔北的不少土地都由填海而得。由新鴻基中心打下第一條地基開始至今，這個多元社區就和整座城市的發展一脈相連，成為商貿和文化生活的交錯點

# 1970

Some say that Wan Chai North was quite barren after nightfall in the 1980s, but only when you have witnessed the area in the 1970s would you understand what true desolation was (Photo: Information Services Department)

有人說，80年代的灣仔北入夜後有一種荒蕪，見識過70年代高樓待建的灣仔北，才會懂真正的蒼涼（圖片來源：香港政府新聞處）



Interestingly, within the district itself, Wan Chai has two distinct north and south sections. The south is dotted with alleys, brimming with influences from Hong Kong's colonial past. Step over to the north, and a cluster of infrastructure – to be completed over the next decade – is ready to become the embodiment of Hong Kong's next chapter of growth.

This promising robustness will be fuelled by projects such as the Sha Tin to Central Link, the Central-Wan Chai Bypass and the Wan Chai North Promenade. This urban gentrification is nothing new, though – it harkens back to the transformation of Wan Chai in the 1980s. Back then, the second phase of reclamation pushed Wan Chai's shoreline farther than it had ever been. The year 1982 was particularly important because Wan Chai's very first grade A office building with a curtain wall, Sun Hung Kai Centre, was built, spearheading the district's subsequent ascension in business, conventions and exhibitions, and the arts.

**截然不同的灣仔南北，同樣勾畫香港的今昔未來；南面窄巷，殖民時期的老香港若隱若現，步步推移至灣仔北海岸線，潛藏着香港未來十年的重要基建。沙中線、灣仔繞道及灣仔北海濱新規劃都盡是焦點，醞釀着一場都市再生。**

灣仔北的繁茂起始於80年代。當時灣仔海岸線經填海後二度延伸。1982年，區內第一座玻璃幕牆甲級商廈新鴻基中心拔地而起。往後的年月，她演着推手角色，伴隨着灣仔北「商、展、藝」的長成。

The prosperous Wan Chai North was essentially the sea. We have to look deep into the tapestry of Hong Kong's early history

我們眼前繁盛的灣仔北，往日是一片汪洋，她原是如此走來



The evolution

歷史

1841

Lancelot Dent, a British merchant, wins the bid for the coastal lots of Wan Chai, the first land parcel auctioned off by the government  
英國商人Lancelot Dent買入灣仔沿海土地，為香港首家政府土地拍賣

The cement and dirt produced during the construction of Queen's Road fills the coastline of Wan Chai and extends it to Praya East, today known as Johnston Road  
建造皇后大道的工程中產生大量泥石，被傾倒於灣仔沿海位置，即今日莊士頓道一帶

1962

To ease traffic congestion, Kellett Island is connected to Causeway Bay after the reclamation work  
為紓緩港島的交通擠塞，開展金鐘海軍船塢至奇力島的填海工程

1921

As a large number of Chinese refugees flee to Hong Kong, there is an increasing demand for housing. After the completion of the Wan Chai reclamation from Causeway Bay to Arsenal Street, Fenwick Street, Luard Road, O'Brien Road, Stewart Street and Tonnochy Road are constructed  
大量難民湧入香港，房屋需求大增，東起銅鑼灣，西達軍器廠街的土地開始填海工程，新增分域街、盧押道、柯布連道、史超域街及杜老誌道等

1972

The reclamation on the north island and Gloucester Road widening project is completed; Harbour Road and Convention Avenue are constructed  
擴闊告士打道及北面填海工程完成，得出港灣道及會議道等地

1984

灣仔北

1977

Hong Kong Arts Centre is established  
藝術中心落成

1985

The Hong Kong Academy for Performing Arts is established and becomes a designated arts zone in the city, along with Tsim Sha Tsui and Central  
演藝學院落成，灣仔與中環、尖沙咀成為藝術地帶

1990

Reclamation in the north and phase 2 of the Hong Kong Convention and Exhibition Centre project kicks-off  
會議道以北興建人工島，發展會展二期

1997

Phase 2 of the Hong Kong Convention and Exhibition Centre is completed  
會展新翼落成

1982

Sun Hung Kai Centre starts operating  
新鴻基中心啟用

1988

Phase 1 of the Hong Kong Convention and Exhibition Centre, providing world-class conference facilities, is built  
會展一期竣工，躋身世界會議中心

1991

Retrofitting of Sun Hung Kai Centre by 5 floors to 53 floors, 215 metres tall  
新鴻基中心加建5層至53層，樓高215米





# Rising from the sea 填海築建 城市脈絡

The prosperous Wan Chai North today was essentially the sea. Wan Chai's numerous reclamation projects can be likened to the expansion of Hong Kong. Since coming into existence in the 1970s, Wan Chai North has led the convergence of resources that allowed for significant developments in the political, economic and artistic fronts. We have to look deep into the tapestry of Hong Kong's early history.

In 1841, Hong Kong became a British colony. The first land parcel auctioned off by the government, however, was not from the Europeanised Central called "City of Victoria", but in "East Point", renamed Causeway Bay, and "Spring Garden", now Wan Chai. At that time, Hong Kong's administrative area was segmented into "Four Circuits and Nine Yeuks". One of the four "Circuits" was "Lower Circuits", referring to the lower area known to us now as Wan Chai. In 1881, this area was officially named Wan Chai, which means "minor bay". In those days, Wan Chai's coastline wound around the Hung Shing Temple on Queen's Road East. This small bay has completely vanished now because of the repeated reclamation.

Wan Chai's transformation from a fishing village to a commercial centre began when Lancelot Dent, a British businessman, opened his offices there in the 19th century. He chose the area because of its proximity to Central, while also hugging a shoreline that could accommodate cargo-carrying vessels and provide a strategic location to defend against pirate attacks. He purchased a swathe of coastal land and singlehandedly started the evolution of Wan Chai. In the early 20th century, it was chosen as the location for the British military base, housing army barracks, a naval dockyard and recreation club for the soldiers.

In 1921, the first large-scale reclamation project began in Wan Chai, stretching the waterfront in the east from Causeway Bay to Arsenal Street. The project was completed in 1929 with newly created streets, including Fenwick Street, Luard Road, O'Brien Road, Stewart Street and Tonnochy Road.

Another large-scale reclamation from 1962 to 1972 expanded Wan Chai further, extending all the way to New Mercury House, built in 1972. Completed in 1977, the Hong Kong Arts Centre was also constructed on reclaimed land. In 1982, Wan Chai's first grade A office building with a curtain wall, Sun Hung Kai Centre, was built.

Other Wan Chai North landmarks that were built included the Hong Kong Academy for Performing Arts and the Hong Kong Convention and Exhibition Centre.

Another phase of reclamation in the 1970s and 1980s eventually created more land which now holds Johnston Road, Marsh Road, Hennessy Road, Fleming Road, Lockhart Road, Gloucester Road, the Hong Kong Convention and Exhibition Centre, Wan Chai Ferry Pier, and the tourist landmark Golden Bauhinia Square. The most recent reclamation in 1994 yielded land for the new wing of the Hong Kong Convention and Exhibition Centre. This finally gave rise to the "three pillars" of Wan Chai's success in the realms of business, conventions and exhibitions, and the arts.

Since the 1970s, Wan Chai North has led significant developments in the business, conventions and exhibitions, and artistic fronts

**70年代起，灣仔北的「商、展、藝」輪廓漸見鮮明**

我們眼前的繁盛灣仔北，往日原是一片汪洋。歷經多次填海工程，灣仔北於70年代才誕生；漸漸匯聚交通要道、政經與文藝中心，成港島的核心所在。一切都要回溯至香港開埠初期。

回溯1841年，香港成為殖民地的一年。首宗政府土地拍賣並非位於當時被稱作「女皇城」的中環，而是發生在尚是漁村的東角（現銅鑼灣區）及春園區（現灣仔區）。當時的行政區劃分成「四環九約」，其中一環正是俗稱灣仔的「下環」；至1881年，此地段正式改名為灣仔。最初灣仔的海岸線，位於今天的皇后大道東洪聖古廟附近。時日變遷，這「小海灣」早已不復見。

將漁村蛻變成商住中心的關鍵，是19世紀的一位英國商人Lancelot Dent。灣仔毗鄰海岸線，能容納船隊，亦能防止海盜攻擊，他因而買下灣仔所有沿海路段，作生意基地。20世紀初，灣仔更成為英國軍事基地，軍隊營房、海軍船塢和海陸軍俱樂部均設置於此。

首次大規模填海工程於1921年開展，東起銅鑼灣，西達軍器廠街，於1929年完成。今天灣仔的主要幹道如分域街、盧押道、柯布連道、史超域街及杜老誌道等，均從此而來。

1962年至1972年的另一項大規模填海工程，則進一步改變灣仔的風貌，將灣仔區的範圍延展至1972年落成的新水星大廈一帶。而於1977年建成的藝術中心，正是在第二次填海所得的土地上興建而成。及後於1982年，區內首座玻璃幕牆甲級寫字樓新鴻基中心亦正式啟用。

而灣仔北其他地標建築如香港演藝學院及香港會議展覽中心亦相繼落成，灣仔北的輪廓漸見鮮明。今天熙來攘往的莊士敦道、馬師道、軒尼詩道、菲林明道、駱克道、告士打道、香港會議展覽中心、灣仔碼頭及遊客必到的金紫荊廣場，均是在70和80年代填海得來。最近一次的1994年填海工程，主要為興建香港會議展覽中心新翼而提供土地，正式確立灣仔北商、展、藝「鐵三角」的地位。 >

# Remembering old Wan Chai North

## 舊日的足跡

With decades of history, this area has deeply affected people of different generations and backgrounds. We speak to three frequenters of Wan Chai North about their memories over years of changes

擁有數十年歷史，灣仔北深深影響着不同年代、不同背景香港人。我們與三位灣仔北的「常客」對談，在他們的記憶之中尋找灣仔北於這些年的轉變。

Arion Au Yeung, a member of the music firm People Mountain People Sea, has also been a radio DJ. Apart from being a movie and music critic, he has collaborated with various singers like Cass Pang, Miriam Yeung, Aaron Kwok and Anthony Wong 亞里安，音樂製作公司人山人海成員。曾擔任電台節目主持，除擅寫影評、樂評，亦從事音樂創作多年，曾與多位歌手合作如彭羚、楊千嬅、郭富城、黃耀明等。



**Arion Au Yeung**  
Art and culture complex  
**亞里安**  
藝術、文化社區



When big theatres were in vogue, Cine-Art House only had two houses, each accommodating 100 moviegoers 影藝戲院屬當年的迷你戲院，只有兩間能容納100名觀眾的影院



Cine-Art House was not alone in its artsy mission. Columbia Classics Cinema also screened many alternative films 不只影藝，灣仔北還有同樣專門放映藝術電影的新華戲院



Another place for cultural pilgrimages was Hong Kong Arts Centre, which was built in 1977 當年的另一文化朝聖地，是建於1977年的香港藝術中心

Before Wan Chai North became a commercial hub, the district exuded an enviable cultural charm. Some called it the cultural backyard of Hong Kong Island. Back then, Wan Chai North was the cultural hangout, boasting the now-defunct Cine-Art House and Columbia Classics Cinema, and the still-running Hong Kong Arts Centre and Variety Shop bookstore. Well-known movie and music critic Arion Au Yeung was one of its hardcore supporters.

For Arion, now a member of the music firm People Mountain People Sea, Wan Chai North was most memorable in the heady days of the 1980s. "Take Hong Kong movies produced in the 1980s as an example. The water fountain and the front of Sun Hung Kai Centre along Harbour Road were the settings for a lot of car-chase scenes. You will be surprised how many car chases ended there," he says. Wan Chai North was also the home to three non-mainstream arthouse cinemas along Harbour Road – Cine-Art House, Columbia Classics Cinema and Hong Kong Arts Centre's Lim Por Yen Film Theatre, now renamed agnès b. Cinema. Each had its own character.

Cine-Art House carried a sense of defiant boldness that left a lasting impression on Arion. "Before it closed, the seat numbers on tickets were still hand-marked. Back then, waiting in queues gave you an uncertainty of whether you would actually get any tickets." When big theatres were in vogue, Cine-Art House only had two houses, each accommodating 100 moviegoers. It could be likened to Japanese arthouse theatres. It was certainly the pioneer of small cinemas that are prevalent these days.

"In terms of architecture, Cine-Art House's foremost advantage was that customers did not have to climb any stairs or escalators to reach the houses. From the ticket booth to the cinema houses, it was all on ground level – a lot more convenient than cinemas these days," Arion says.

Besides a user-friendly layout and facilities, the movies that Cine-Art screened showed how unconventional it was. For Arion, Cine-Art successfully carved its niche by featuring movies that were subsequently award-winners. "Before the time of DVDs or Blu-rays, they screened Japanese classics such as *And Then* and *Summer Vacation 1999*. It was something that was hard to find back then." Cine-Art House was not alone in its artsy mission. Columbia Classics Cinema screened many alternative film exhibitions, while Hong Kong Arts Centre's Lim Por Yen Film Theatre partnered with cultural group Zuni Icosahedron from time to time. Variety Shop bookstore helped customers order British music magazines.

Arion says old Wan Chai North was the hotbed for such cultural growth because of its location and surroundings. "It has a sense of isolation because it is next to the waterfront, yet it is conveniently connected by public transport. Most interesting is that after stepping out from an evening movie from Cine-Art House, the neighbourhood had this inexplicable sense of desolation. It gave you time and room to think. It was so different from cinemas now, which are right in the middle of noisy streets."

樓紛紛聳立前，灣仔北是港島少有的文化後花園。影藝、新華戲院，及現在尚存的香港藝術中心及雜誌書店Variety Shop，曾是不少文化推手的踴躍之地。當中，包括人山人海成員、著名影評及樂評人亞里安。「以80年代港產片為例，新鴻基中心的噴水池及對開的港灣道曝光率高企。電影橋段中，不論演員由哪裏開始追車，往往以這裏作追車場面結尾。還有三間因港灣道而連成一線的非主流影院，包括影藝、新華戲院及香港藝術中心林百欣電影院（現agnès b電影院）。」

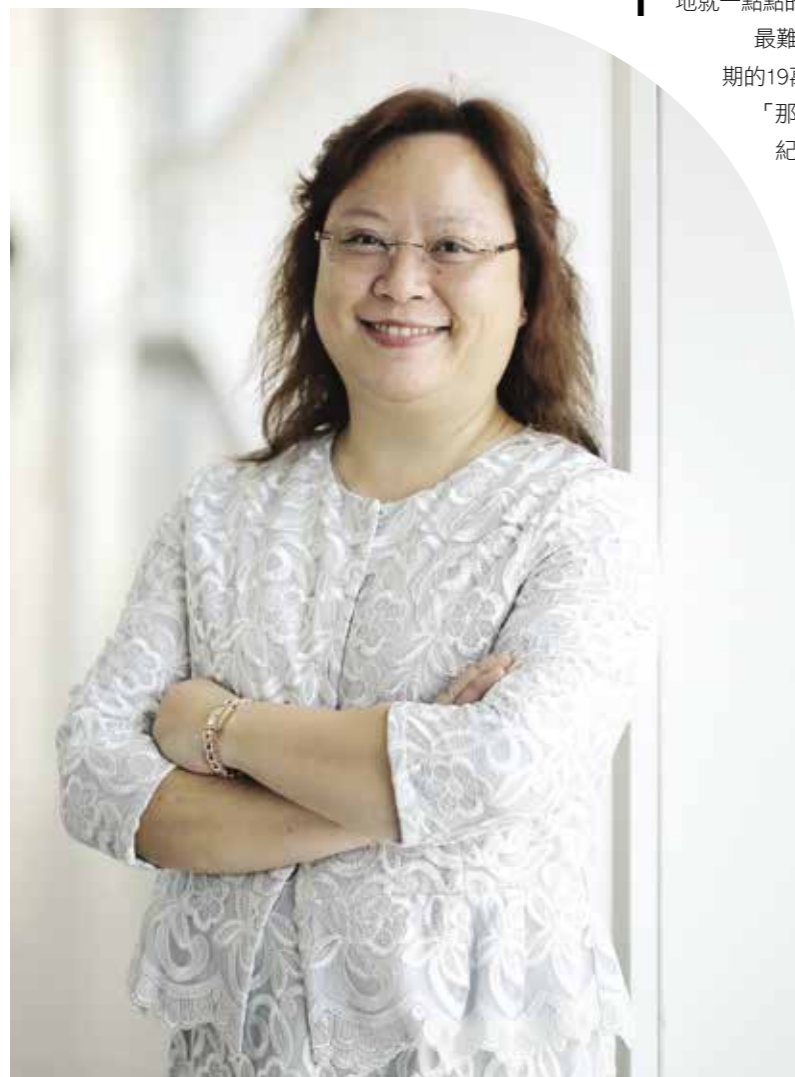
三間影院各有定位，當中以影藝最為偏鋒，亦是亞里安印象最深的一間。「影藝到結業前依然採用人手劃位。當時買票需要即場排隊，有一種患得患失的忐忑。」往昔影院規模甚大，只設兩院的影藝每院只能容納100人，算是較為小巧，格局就像日本藝術片戲院，實是現今常見的迷你戲院之先導。「設計上，影藝最大的好處是由買票到入場到散場離開，都不用走樓梯，在上樓戲院當道的今日，算是一個不錯的無障礙設計。」亞里安直言影藝的選片雖然偏鋒，但以累積賭注為喻，它的中獎率之高，是坊間少見的。「在沒有DVD、藍光碟的年代，可以看到《其後》及《世紀末暑假》等日本名作，在當時實屬難能可貴。」不止影藝，還有同樣前衛的新華戲院、經常舉辦各類影展及進念劇場的香港藝術中心林百欣電影院，又或是預訂英國音樂雜誌，現仍健在的Variety Shop書店。亞里安認為港灣道一帶能成為當時的灣仔文化地帶，全因其獨特地理環境。「它位處海旁，距離鬧市卻依然便捷。最有趣的是，看完電影的晚上，總有一份難以言喻的荒涼感，是一個思考、回味的空間，與現在離場後即步進商場的感覺大為不同。」



# Jessica Wong

## The widening of Wan Chai

### 黃寶儀 走過擴展中的灣仔



Jessica Wong Po-yi, event planning and co-ordination manager at the Hong Kong Convention and Exhibition Centre (HKCEC), originally joined its housekeeping department in 1989, a year after its establishment.

“At that time, Convention Avenue was already the far end of Wan Chai North. I witnessed trucks filling rocks and cement into the sea every day, which gradually reclaimed a piece of land, which was incredible,” she says.

The year 1997 was unforgettable, as the centre proceeded with Phase II of expansion to 710,000 sq ft from 190,000 sq ft to celebrate the handover ceremony. Jessica recalls: “We tidied up every floor immediately after its construction, as we were so pressed for time. My record was working non-stop for 36 hours.”

The ceremony was solemn, and Jessica says that “whenever I listen to the national anthem, I vividly remember the handover ceremony”. Since then, HKCEC Phase II has become an iconic feature of the city as the appointed venue for major international events.

She remembers when the WTO ministerial conference was held in 2005. The two bridges in front of the China Resources Building were where Korean farmers gathered to protest, which resulted in violence.

In recent years, Golden Bauhinia Square has become a tourist spot, and locals walk through the centre to the coastal area for a pleasant morning workout. Throughout the last 25 years, Jessica has commuted between Phase I and Phase II almost daily.

Now she has her eyes on Wan Chai Development Phase II. The strategic aim of the plan is to expand the transport system to the Wan Chai coastal area in order to ease traffic congestion. The plan includes constructing the Central-Wan Chai Bypass and Sha Tin to Central Link, widening the road and subway.

1 988年香港會議展覽中心落成，次年，Jessica（黃寶儀）即加入會議展覽中心管  
家部：「那時候會議道已是灣仔北盡頭，天天看着工程車在海旁倒泥填海，陸  
地就一點點的出來了，感覺很不可思議。」

最難忘是1997年，香港會議展覽中心擴展第二期，單是展覽館都由一  
期的19萬呎，擴展到二期的71萬呎，為的是趕上香港回歸儀式的舉行。

「那時每完成一個樓層，我們就立即做清潔。時間很緊迫，我的最高  
紀錄是36小時不眠不休地趕工。」

儀式莊嚴莊重，Jessica在旁看得激動，除了因為那是歷史時刻  
外，儀式上的每個角落每個安排，都有Jessica的心思血汗。「現  
在一聽國歌，我就想起當天館裏的場面及氣勢。」然後，香港  
會議展覽中心二期成了香港地標，國家大事、國際級大人物  
都到這裏辦活動。

她還記得2005年世界貿易組織（WTO）香港部長級會  
議，韓國農民湧到華潤大廈前的兩條橋上，警方及保安一直  
緊張報告進度及疏散安排時的情境。

近年，旅遊業興旺，金紫荊廣場一直是遊客熱點，市民  
又會經過會議展覽中心到海旁晨運去，25年來她一直在兩  
期展覽館之間的走道來來往往，真正走過香港25年來的歷  
史大小事，看着香港變遷。

現在，她最關注灣仔發展計劃第二期的發展，隨着灣仔  
繞道、港鐵沙中線，以及新加闊的馬路、隧道的落成，灣仔的  
交通將會往海邊擴展，緩和擠塞情況。

Over a period of 25 years, event planning and  
co-ordination manager Jessica Wong Po-yi has  
witnessed the HKCEC become the centrepiece to  
the area's development  
黃寶儀，香港會議展覽中心項目策劃及統籌部經理，25  
年來見證會展成為灣仔區的發展核心之一

Raymond Fung For-yau, assistant manager of the project  
monitoring department, has been with Sun Hung Kai  
Properties for 20 years.  
馮火有，新鴻基地產助理項目監督經理，已加入公司達廿年。



Raymond Fung For-yau recalls what Wan Chai North  
was like in the late 1970s.

The area brings the scent of the sea to his mind.  
“When I was out on the sea during low tide, I could smell the  
saltiness of the water,” he says. “It felt so good. In times of  
typhoons, it was gorgeous to peer at the area from Kowloon.  
All the big neon signs were shrouded in a hazy mystery.”

Raymond grew up in Yuen Long, enrolling in a two-year  
course at the Institute of Vocational Education in Morrison Hill  
in 1977. At the end of each school night, around 9pm, he  
would take a two-hour train ride back to the New Territories.

“At that time, the Wan Chai Ferry Pier was a moonscape.  
There were no footbridges and bus stops. It would only take  
me a few minutes to run from school to the pier.”

He joked that when Sun Hung Kai Properties purchased  
the land in 1977, it was just a patch of muddy puddles. When  
the Sun Hung Kai Centre, one of the earliest grade A office  
buildings, was built in 1982, Raymond would not have dreamed  
that he would be making a living there one day.

Raymond took the ferry to work every day for 20 years or so – a  
commute that gave him the chance to witness Wan Chai North’s many  
changes, day in and day out. Public transport mushroomed while shopping malls  
welcomed different generations of stores. Cine-Art House, designed to showcase art  
films, retired.

Walking from busy Hennessy Road past Harbour Road and Gloucester Road, one can practically  
taste the stillness in Wan Chai North.

Raymond would stroll along the pier and take a whiff of his beloved sea scent. “I guess the  
biggest change in these 20 years is going to be the construction of the Sha Tin to Central Link. To  
make space for the Exhibition station, Wan Chai swimming pool and the sports centre on Harbour  
Road will be removed. I suppose it will take a few more steps to walk to the pier.”

Raymond（馮火有）想起七十年代末的灣仔北，空氣中就泛起一陣淡淡的海水味。「潮水  
退得很低時乘船，鹹鹹的海水味讓人覺得很舒服；打風下雨時，從九龍一方看過來，整  
個維港的大招牌隱沒在朦朧雨霧中，感覺很漂亮。」

70年代Raymond住在元朗，77至79年跑到灣仔摩利臣山工業學院上夜校，晚上九時方乘船再  
轉火車回新界去，每程需兩個多小時。「那時灣仔碼頭都只是個空地，天橋、巴士站也沒有。我由  
學校跑來碼頭不過數分鐘。77年新鴻基地產才剛買下這片地，只得一個泥洞。」新鴻基中心於  
1982年落成入伙，成為香港最早期的甲級商廈之一。而當時的Raymond完全沒有想像過，將來的  
自己會在這裏上班。

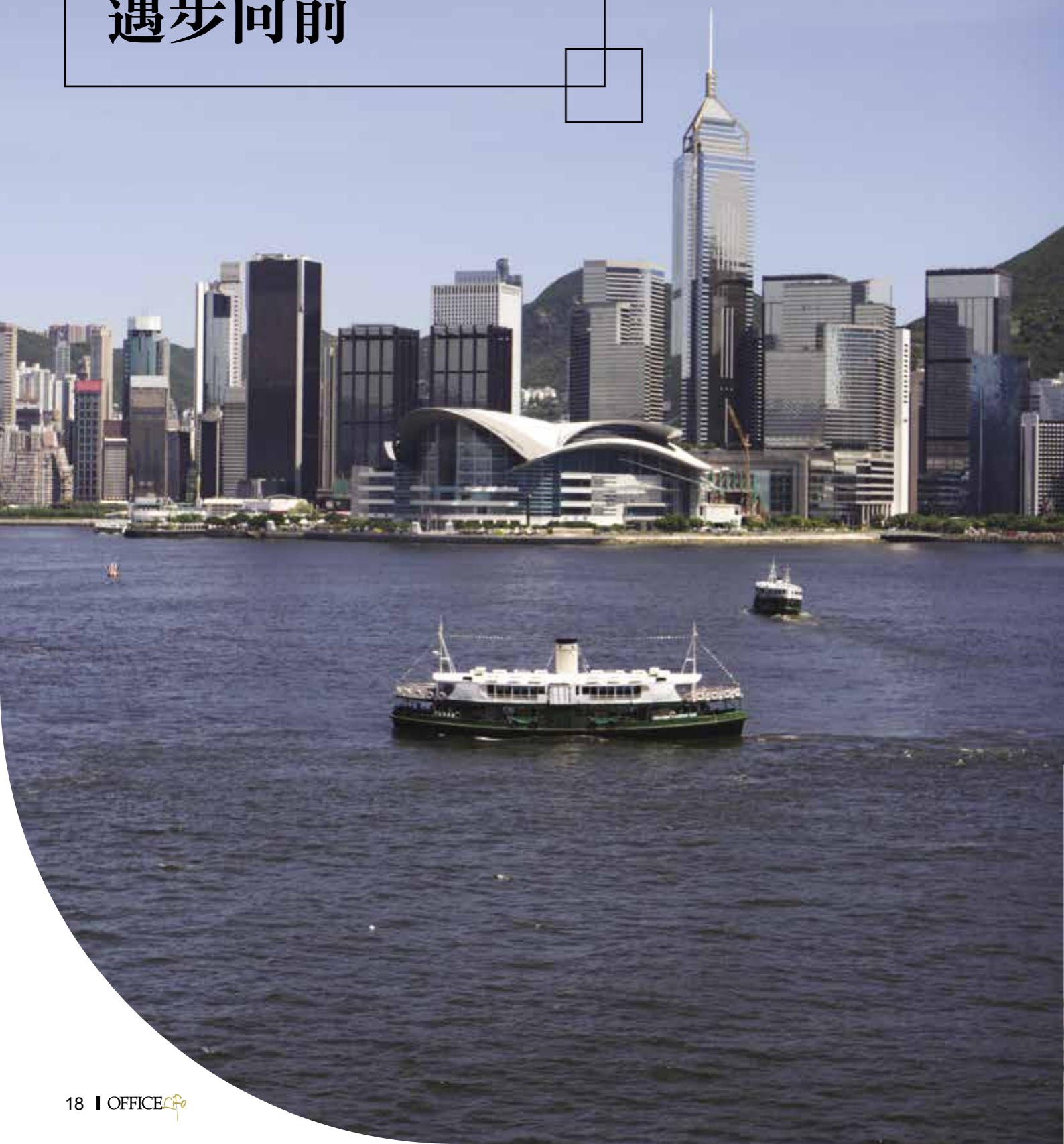
二十年來，Raymond天天乘渡輪，從維港看着灣仔北的變遷。交通配套發展迅速，商場裏的  
店舖新舊並列，而本來專門播放非主流藝術電影的影藝戲院則消失了。從繁忙的軒尼詩道，走  
過港灣道和告士打道來到灣仔北，更可感受到它寧靜的一面。他更喜歡飯後到碼頭逛逛，嗅一  
下他喜歡的海水味。Raymond說：「這二十年來最大的變化，該數興建中的沙中線。為使會展站  
有更多可用空間，港灣道的室內運動場及灣仔游泳池都將被拆卸，到時候乘船可能要多走一點  
路了。」

# Raymond Fung

## Savouring the scent of the sea

### 馮火有 獨愛碼頭海水味

# Another phase of growth 面向未來 邁步向前



Somewhat seismic changes will touch upon the waterfront next to the Hong Kong Convention and Exhibition Centre. Whether you have taken a stroll there or oohed and aahed at the awe-inspiring fireworks, you will soon notice new urban planning along the promenade. In the past two decades, there has been no sign that development in Wan Chai North is easing. Indeed, there is plenty to look forward to. A bright future is waiting in the wings and eager to take centre stage.

One of the catalysts for Wan Chai North's growth is the Sha Tin to Central Link. The long-awaited HK\$60 billion project is expected to be operational in 2018, with the first phase connecting Tai Wai and Hung Hom. The second phase, expected to be completed in 2020, will link Admiralty to Hung Hom, with 10 stations in between. This will essentially connect the East Rail Line to the heart of Hong Kong Island. At the time of full service, Admiralty will be the terminus of the East Rail Line. Travelling from Lo Wu to Admiralty will take only 50 minutes, marking a significant milestone in Hong Kong's transport landscape.

Among these new plans, the Exhibition station is certainly one of the highlights for Wan Chai North. While the area has always been well-connected within and beyond with footbridges, the Exhibition station will usher in the very first railway connection. From Tai Wai to Hung Hom, there will be five stops along the way: Hin Keng, Kai Tak, Ma Tau Wai, To Kwa Wan and Ho Man Tin, ending at Admiralty. By that time, Wan Chai North will be even more accessible from the north to the south of Hong Kong, with its convenient access to the railway and the Cross-Harbour Tunnel.

In February this year, the Planning Department completed a study of the post-reclamation Wan Chai North. Nearly 500,000 square feet of space was repurposed for the new Wan Chai Ferry Pier. The area will be allocated for seaside dining establishments. At this preliminary stage, the waterfront is divided into three sections. One of them is a water-themed recreation park, spanning from Golden Bauhinia Square to Hung Hing Road. It will also be part of the rebuilt Wan Chai Ferry Pier. This seaside overhaul by Sun Hung Kai Properties will set the stage for Wan Chai North to take a more prominent role in its contribution to Hong Kong.

在會展旁邊的灣仔海旁，我們都準留下過足印，賞過煙花，迎接過海風與夜色。因着社區再生，這個海濱也將有新氣象。經過逾20年的發展，沒有讓灣仔北止息下來。未來十年，她將帶着碩果走進下一輪蛻變。

醞釀已久，造價逾600億的沙中線，將為灣仔北換上另一套更華美的衣裳。全線分為兩段，包括預計2018年通車的大圍至紅磡段，及預計2020年落成的金鐘至紅磡段，設有10個車站，將令東鐵線伸延至港島中心地段。通車後，金鐘站將成東鐵線總站，由羅湖直達金鐘僅需時約50分鐘，為香港交通奠下重要里程碑。

在一系列的新項目當中，會展站絕對是灣仔北的焦點所在。一向以四通八達的行人天橋繫緊社區的灣仔北，將首次有鐵路進駐，並接通大圍至紅磡段，當中包括五個新車站：顯徑、啟德、馬頭圍、土瓜灣、何文田，最後以金鐘為終站。屆時灣仔北除了毗鄰紅磡海底隧道，還真正扮演著貫穿香港南北的角色。

此外，2014年2月，規劃署就完成填海後的灣仔北進行規劃研究，其中灣仔北一帶近50萬平方呎地，現已用作重置灣仔碼頭並將發展海濱餐飲設施。初步計劃，海濱將劃分為三個區域，其中由金紫荊廣場伸延至鴻興道一帶，將會打造成與以水為題的公園。這個由新鴻基地產起動的海邊一隅，正傲然指劃着一個更具影響力的未來。

Nearly 500,000 sq ft of space was repurposed for the new Wan Chai Ferry Pier  
灣仔北一帶近50萬平方呎地，現已用作重置灣仔碼頭



# Gardens in the sky

## 空中綠洲

Grade A office buildings are taking the ancient practice of creating rooftop paradises to a higher level



Over the past three decades, rooftop gardens have blossomed atop grade A buildings in cities all over the globe. They have reshaped the skylines of metropolises in Germany, Britain, France, Japan, Singapore and Hong Kong, including office buildings developed by Sun Hung Kai Properties.

These patches of greenery amid slabs of concrete buildings are not only pleasing to the eye, but also beneficial for people's health. City dwellers have become increasingly grateful for these sky gardens because the vegetation absorbs and dissipates heat, and helps reduce pollution,

purifying the air and ensuring that residents stay happy and healthy.

Ancient Babylon is believed to be the birthplace of the rooftop garden. In the sixth century BC, King Nebuchadnezzar II pledged his affection for his queen with a garden constructed 20 to 30 metres off the ground and measuring up to 2,000 square metres. The concept was then refined by the gentry in ancient Rome, who put gardens on the rooftops of their residences in order to dodge high rent. The Augustus Mausoleum was a product of that line of thought. In the ensuing centuries, this use of space would

inspire modern architecture in spirit and in practicality. Today, rooftop gardens are more than meets the eye in an age when densely packed buildings are more rampant than lines of trees. The benefits also inspired the Tokyo government to stipulate as early as April 2001 that buildings with areas of more than 1,000 square metres must have vegetation either on the roofs or along the walls. Such consciousness of carbon reduction is steadily spreading throughout the world.

Grade A office buildings developed by Sun Hung Kai Properties have long been reducing their carbon footprint

The serenity makes rooftop gardens the perfect place to wind down during work breaks. (Left) Kowloon Commerce Centre; (Below) 909 Cheung Sha Wan Road  
視野開闊的空中花園，讓你在繁瑣工作中小休充電。(左)九龍貿易中心，(下)長沙灣道909號



under the premise of the Hong Kong Green Manufacturing Alliance. Measures include using natural light to minimise electricity consumption and collecting rainwater for cleaning and watering plants.

For example, the property developer has employed the services of internationally renowned landscape architects to design wall-cooling rooftop gardens in office buildings such as 909 Cheung Sha Wan Road, Metroplaza, Millennium City 6, and Kowloon Commerce Centre.

The Japanese-themed rooftop garden at 909 Cheung Sha Wan Road was honoured with a Horticultural Maintenance Award at the Best Landscape Award 2008, organised by the Leisure and Cultural Services Department.

Accessible by occupant cards, Millennium City 6 features a sky garden of more than 1,000 sq ft of space for relaxation with a breathtaking view. Visitors are greeted the moment they step off the elevator by a panorama of East Kowloon and a well-maintained lawn.

Furniture, including coffee tables and settees, welcomes visitors with a home-like ambiance. The garden is surrounded by a densely wooded and shaded walkway. In the midst of meticulously pruned shrubs, flower beds and a cobblestone trail, visitors can relax in solitude or in the company of co-workers. The hustle and bustle of the city wanes amid the vegetation, creating a space of tranquillity that helps to calm harried minds and souls.

The sky garden on Metroplaza, on the other hand, exudes another dimension of serenity. Its plants and simplistic patio furniture are reminiscent of British influence. It is the perfect place to wind down, perhaps with a cup of aromatic coffee in hand, at sunset or during work breaks.



## All about rooftop gardens 空中花園二三事

### Eye-catching designs

Rooftop gardens have decidedly caught on in European architecture. There are two must-sees: the 1.1 million sq ft dart-shaped sky garden at Googleplex in Mountain View, California, to be completed in 2015; and Walkie Talkie tower, Europe's highest rooftop garden.

### Sky's the limit

Between 1933 and 1936, the illustrious landscape gardener Ralph Hancock created a gigantic sky garden on the bridge connecting the five blocks atop Rockefeller Centre in New York City. Closed to the public since 1938, it is restricted for private events. Curious visitors and tourists, however, would ascend to the top floor, called Top of the Rock.

### Making a splash

Sitting atop three 55-storey buildings at Marina Bay Sands, Singapore, is a park that is 200 metres above ground covering an area of 12,400 square metres. Launched in 2010, the park can accommodate around 3,900 people and houses the largest elevated swimming pool in the world.

### On top of the world

Brooklyn, New York, boasts the most densely allocated rooftop gardens in the world. Among them, Brooklyn Grange, occupying 65,000 sq ft, is the largest the world over. It supports a busy rooftop farm, supplying fresh vegetables to local restaurants and markets. In summer, it enralls visitors with fields of blooming sunflowers.

### 最觸目——歐美空中花園

天台花園已成為歐洲建築的大風潮，值得期待的還有將於2015年落成、位於美國加州山景城的谷歌公司總部，佔地110萬平方英尺的飛鏢形天台花園，以及歐洲最高的天台花園「對講機大樓」。

### 最神秘——紐約洛克斐勒中心

1933年至1936年間，當時著名的英國設計師Ralph Hancock，在洛克斐勒中心五座大廈的頂樓，設計了一座以橋相連的超巨型空中花園。花園於1938年封閉，至今只開放給大樓的使用者舉辦活動之用，市民及旅客不時跑到頂樓的景觀台一睹花園的聖顏。

### 最科幻——新加坡金沙酒店空中花園

2010年，在新加坡濱海灣金沙，離地200米，面積達12,400平方米，架在三座大廈55樓之上的金沙酒店空中花園，可容納3,900人，花園上還有全球最大泳池。

### 最廣闊——紐約布魯克林農場

紐約布魯克林區今日已成為世界最密集的天台花園之城。其中面積達65,000平方呎的紐約布魯克林農場，更是全球最大的天台花園，還是天台農場。它為區內餐廳及市場提供新鮮本地菜，夏天還會盛開一大片鮮黃的太陽花田。



An open space surrounded by bushes, the rooftop garden of Millennium City 6 offers a relaxing atmosphere  
創紀之城第六期的空中花園以矮樹叢劃分空間，變出一個草地上的小客廳



## 甲級商廈把古人建造空中花園的智慧 提升至更高水平

近30年來，空中花園紛紛在世界各地的甲級寫字樓上綻放。在德、英、法、日、新加坡乃至香港新鴻基地產的商廈上皆可見的空中花園，重塑了各個大都會的天際輪廓。綠樹林蔭夾雜在板直的石屎大廈之中，不但甚具觀賞價值，更有益健康。空中花園愈來愈受都市人的愛戴，皆因滿滿的綠色植物可為大廈吸熱與散熱，在一呼一吸間，淨化空氣中的懸浮粒子，讓人身心舒泰。

歷史上記載的第一個空中花園，是消失了的巴比倫。公元前六世紀，古巴比倫的國王Nebuchadnezzar二世為其皇后建造了一座面積達2,000平方米，高達20至30米的空中花園。姑勿論這座空中花園是否真正存在，古羅馬時期的貴族都曾因地租高昂，將花園搬到屋頂，如盡用地面空間的奧古斯都陵墓等，都成為今日不少現代建築的靈感來源。

在這個以石屎取代綠林，都市風景也顯得雜亂無章的年代，天台花園正正能為城市注入一點生氣。東京政府早於2001年4月，已規定面積達1,000平方米的建築物，得將天台或牆身進行綠化，以減碳回饋社會。可見都市綠洲計劃，已在全球蔓延。

其實一直以來，新鴻基地產旗下的甲級商廈，都有參與綠色標誌計劃來減低碳排放，多採天然光減省用電量，綠化環境。當中不少都安裝了雨水收集系統，利用雨水清潔及灌溉植物，在長沙灣道909號、新都會廣場、創紀之城第六期及九龍貿易中心等，都請來國際著名園景建築師，設計具節約功能的天空園景，助大廈外牆降溫。其中長沙灣道909號，帶點日式簡約，更於2008年康文署舉辦的「最佳園林大獎」中獲園藝保養獎。

憑用戶卡，亦可登上創紀之城第六期過千呎的空中花園，電梯門打開的一刻，客人隨即置身於翠綠草地，東九龍景色盡入眼簾。如客廳般擺放的茶几與小沙發置於花園的兩端，背後有密林圍繞，有些還有樹木遮蔭，或以矮樹叢、花園、鵝卵石徑等作區間，視野開闊之餘，獨個休息，或與同事閒暇議事均能保留私人空間。置身半空，錯落的林木與草坪也是城市的吸音板，雖然正身處繁忙的觀塘道旁，但卻彷彿遠離紛擾繁雜的噪音。而新都會廣場上的天空花園，草地中的小盆栽、簡單桌椅，則有英式小花園的味道。工作間忙到天昏地暗之時，在這視野開闊的綠洲，捧杯咖啡，或欣賞夕陽，或稍作小休，適合不過。🌿



Going the distance of  
**42.195km**  
走過42.195公里的大地

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The most important aspect of running a  
marathon is your determination  
關於馬拉松，最重要的在於堅持跑過每一步

Have you ever wondered who runs marathons? Such people are tenacious, love a challenge and hate defeat with a vengeance. Marathoners have the audacity to confront their weak spots. They don't flinch in the face of hard work, as it is a rite of passage to build character. From start to finish, marathons cover a distance of 42.195 km. For the spectators, it is a spectacle of over 30,000 inspiring strides. For the runners, it is nothing short of an odyssey fuelled by physical prowess, tenacity and endorphins, and fraught with sore muscles.

The name "marathon" is derived from a small town southeast of Greece. In 490 BC, Greece triumphed at the Battle of Marathon. An ecstatic foot soldier was told to run like the wind to Athens to report the news. But at the end of his run, exhaustion took his last breath. To commemorate the battle victory and the significance of this episode in history, the Greek Olympics in 1896 re-enacted the 40km run from Marathon to Athens with athletes of the day.

In 1908, 2.195km was added to the marathon at the London Olympics so that the British royal family could comfortably witness the finish. This peculiar addition changed the history of the marathon race and further tested runners' endurance. The new distance was eventually ratified by the International Association of Athletics Federations in 1921.

More than 500 marathons are held around the world every year. One of the most prestigious is the Boston Marathon, which takes place every April and was first held in 1897 – one year after the inaugural modern Olympic Games in Athens.

The Boston Marathon attracts 20,000 runners each year, and the cheering crowds are estimated at 500,000. As a pioneer in marathons, the Boston race has a high entry threshold, with participants required to qualify for their respective age groups.

While the Boston Marathon is mostly about winning a race, the Tokyo Marathon is a fun carnival that promotes entertainment, colour and food throughout the route. Runners are often torn between running for their best time or taking it easy to enjoy the festivities. It is so popular that more than 300,000 applicants vie for 30,000 places.

The French, who have a reputation of enjoying life to the fullest, have the Medoc Marathon in which runners zigzag between 50 wineries to taste wines, cheese, oysters, foie gras, fruit, bread and steak. Outstanding runners are rewarded with wines equal to their own weight.



到底甚麼人會參加馬拉松? 相信是那些有耐性、願意挑戰自己、能夠坦然面對自己弱點、以及不怕在過程中修正自己的人。42.195公里，是一場馬拉松賽事由起點至終點的距離。從觀眾的角度來看，這是三萬次重複踏步的動作；但在跑手的心目中，則是一段段由雙腿做主、以耐力作指揮、加入安多酚與肌肉痠痛作伴奏的交響樂。

追溯馬拉松的起源，「馬拉松」最初是希臘東南部一個小鎮的名字，公元前490年，希臘在馬拉松戰役 (Battle of Marathon) 中打敗敵國，一名雀躍的士兵，為了以最快速度報捷，由馬拉松一路奔往雅典，卻在最後關頭暴斃。為了紀念這場意義重大的死亡，1896年希臘奧運決定讓這傳奇一幕重現，邀請選手由馬拉松跑至雅典，全程40公里，印記希臘人光榮一刻。

後來多出的2.195公里，則是1908年倫敦奧運的副產品，為了讓皇室成員能清楚見證衝線一刻，大會決定將賽道延長。由於當年這一場倫敦馬拉松賽事，引來極大的迴響，讓不少人認識到馬拉松是何等挑戰耐力的考驗。42.195公里這個奇妙的數字組合，也成為了往後馬拉松賽事的長度參考，並於1921年獲國際田徑聯合會確認。

時至今日，估計每年約有超過500場馬拉松賽事在全球舉行。在認真的跑手心目中，每年4月舉行的美國波士頓馬拉松，是人生的朝聖之旅。於1896年希臘奧運翌年創辦的波士頓馬拉松，是全球歷史最悠久的馬拉松，每年參賽者逾兩萬人，圍觀群眾估計超過50萬。作為馬拉松的先行者，波士頓馬拉松是典範，因此參賽門檻設得較高，跑手須符合所屬年齡組別的時間，方能取得入場券。

相對波士頓馬拉松強調的專業及成績，東京馬拉松則是一場歡樂嘉年華。主辦單位會安排表演行程，圍觀群眾亦會自發準備的打氣橫額、小吃。參加過東京馬拉松的跑手坦言，東馬目不暇給的程度，往往令人陷入兩難：到底該專心跑步造出最佳成績，還是放慢腳步，好好欣賞一路上的風光，玩個夠、吃個飽？雖然只有三萬個參賽名額，但每年平均吸引超過30萬人競逐，可見東馬的受歡迎程度。

而對於熱愛享受的法國人，梅鐸馬拉松就被設計為一場活色生香之旅。跑手的任務是穿梭50家酒莊，品嚐紅酒、芝士、生蠔、鵝肝醬、水果、法包、牛扒。而出色的跑手們更可獲得分量與自己體重相約的紅酒作為報償！





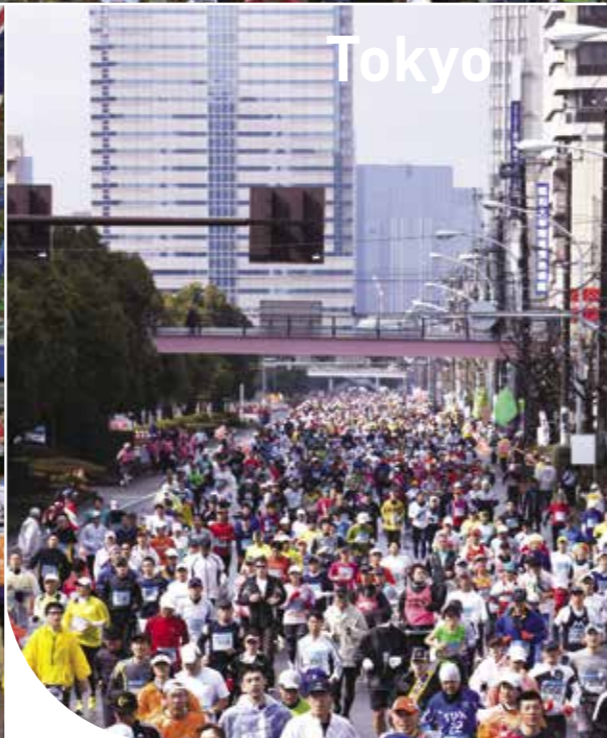
### Major international marathons 國際四大馬拉松

Tokyo Marathon 日本東京馬拉松  
Website: [www.tokyo42195.org](http://www.tokyo42195.org)

Boston Marathon 美國波士頓馬拉松  
Website: [www.baa.org](http://www.baa.org)

London Marathon 英國倫敦馬拉松  
Website:  
[www.virginmoneylondonmarathon.com](http://www.virginmoneylondonmarathon.com)

Berlin Marathon 德國柏林馬拉松  
Website:  
[www.bmw-berlin-marathon.com](http://www.bmw-berlin-marathon.com)



### SHKP sponsors staff marathon runners

Sun Hung Kai Properties (SHKP) places great emphasis on employee well-being and encourages staff to enjoy healthy activities for a balanced lifestyle. It got over 1,000 staff and their relatives involved in the annual Community Chest Corporate Challenge and sponsored staff runners in the Hong Kong Marathon and Hong Chi Climbathon, to inspire them to enjoy long-distance running. SHKP has been organising and funding different sporting events for years. Initiatives include the Race to ICC-100 vertical run at Hong Kong's tallest building International Commerce Centre. SHKP arranged workshops with a professional track and field coach to help staff get in their best shape for running different distance in the Hong Kong Marathon. It also set up a booth with volunteers offering hot drinks to runners after the race and gave out towels and backpacks as encouragement.

### 新鴻基地產贊助員工參與馬拉松賽事

新鴻基地產(新地)一向重視員工的身心健康,鼓勵他們工餘參與各類健康活動。每年號召超過千名員工和親友參與「公益慈善馬拉松」,贊助員工參加「香港馬拉松」及「匡智競步上雲霄」等慈善體育活動,鼓勵他們享受長跑的樂趣。多年來新地亦經常透過舉辦及贊助不同類型的體育活動,包括在全港最高建築物環球貿易廣場舉行「勇闖ICC-100」垂直馬拉松,並特別舉辦馬拉松賽事攻略班,邀請專業田徑教練向員工傳授長跑策略。新地亦於「香港馬拉松」設置攤位,為參賽員工送上熱飲,又送贈毛巾、背包等以示鼓勵。

## Berlin

### World of difference

Meet Michelle Lau Yee-man, an amateur runner. This spindly, soft-spoken Hong Kong woman has a trove of marathon stories from all over the world.

Her debut was nothing more than drawing the short straw to represent the Asia-Pacific regional office to compete in a marathon in Chicago. But she surprised everyone by completing her first-ever marathon. Her accidental brush with success did something unexpected – sparking a love affair with marathon running that has endured eight years on.

Michelle realises that human beings can push themselves beyond what they think possible. Michelle's experience has helped her attain a 20/20 vision of her own goals, be they physical, mental or spiritual. She knows that being well-prepared for races is more important than seeking praise.

When it comes to practising, location is never an issue. As long as she has running shoes and the ground is uncluttered, even lunchtime is not off-limits.

Since her marathon debut in Chicago, she has run overseas every year. Her extensive collection of marathon bibs includes ones from Prague, Kyoto and Tokyo. Her favourite is the Tokyo Marathon, which she has run three times.

"A good marathon depends on the organiser as well as local culture and support," Michelle says. "Marathons are venerated in Japan. When a marathon is in town, gorgeous streets and busy turnpikes next to famous tourist attractions in Japan are blocked off for half a day. The great scenery, organisation and support turn the event into a real carnival."

Kyoto is another unforgettable experience. She was once cruising along the outskirts of the city by a serene archaic temple. As if on cue, the usually solemn monks came out, banging loudly on drums in support of the rattled runners.

"Marathons are a good way of giving runners a taste of the local culture," Michelle says. "Every run is characterised by its own scenery, local mores, runners from all walks of life and ethnicities."

Michelle doesn't need a box full of snapshots to remind her of these amazing marathon stories. Her collection of sweet, vivid memories is sure to keep her running experiences alive for a very long time. 📸

### 跑遊列國

眼前這位纖瘦斯文的女生,竟是一位周遊世界的業餘馬拉松跑手。劉綺雯(Michelle)第一次參加馬拉松,是代表亞太區分公司到芝加哥參賽。所有人都看準她未能跑畢全程,最終她用事實來證明自己,而且一試沉迷,至今已有七、八年光景。

馬拉松對她來說,不只是一項運動,更是體能、心理,甚至靈性上的提升。在她眼中,過程比成績更為重要,因此無論工作多忙碌,或身在異地,她都會帶上跑鞋,隨時乘著空檔練跑,連午飯時間都不會放過。

自跑過芝加哥馬拉松之後,Michelle平均每年參加一次海外馬拉松,到過布拉格、京都、東京等地。當中最喜歡的要數東京馬拉松,共去了三次,她認為各地馬拉松其實各有特色,氣氛的好壞,除了看出主辦者的功力,還看出當地文化和人們對運動的尊重和支持。

以日本的馬拉松為例,街道和著名景點旁的公路都會封鎖半天作跑道,途人亦會夾道歡迎,活像一個大型嘉年華。她對京都馬拉松的印象亦非常深刻,她跑到京都郊區路段,經過一間古老寺廟,和尚都跑出來打鼓助興,充分感受到當地人的支持。因此,參與馬拉松於她來說是深入認識城市的好方法。不但沿途風光明媚,來自不同背景國籍的人,朝著同一方向前進,令人感受到一般旅遊所不能體會的精神。

難怪沒有照片的輔助,Michelle也能把每次經歷鉅細無遺的娓娓道來。因為在絕對專注的情況下,沿途見到的瑰麗風景,都已經深深印在腦海裏。



Michelle Lau

## Boston



## Making time for charity

### 新地義工Team力量

Sun Hung Kai Properties has helped foster a love for charitable causes



Sin Yuk-mei (right) sports a cheerful personality, while Catherine Li has a permanent smile. On the way to taking photos, they chitchat with colleagues – a sure sign of popularity  
短髮的嫻(右)個性開朗, Catherine則較害羞,但常常笑得眼眯眯的。拍攝時,路過的同事都與她們說笑打氣,明顯人緣甚佳



For most people, working like bees to make a living means their lives are spread thin between the office and home. So why would anyone go out of their way to volunteer for charity work? Catherine Li Siu-hung waves her fingers in the air, gleefully recollecting how she replied to an e-mail inviting her to take part in volunteer activities. "Every time I receive an e-mail about volunteer activity, I'm so happy. I sign up as quickly as my fingers can type a 'yes' reply."

#### Unbridled enthusiasm

The first time you meet Catherine and Sin Yuk-mei – who both work at Sun Hung Kai Properties – you will probably find yourself drawn into their whirlpool of glee and effervescence.

Mei volunteered to take photos for community service centres. After the establishment of the SHKP Volunteer Team in 2003, she was constantly hounded for photography tips and pointers. It took some time, but Mei eventually threw herself

into volunteer work. Before Catherine joined Sun Hung Kai Properties in 2006, office work took up most of her hours. But she was amazed at how her new colleagues relished their weekend volunteer activities. Their passion took root in her heart. In time, she also started helping the volunteer team at Sun Hung Kai Properties.

#### Feeling blessed

The voluntary work of the SHKP Volunteer Team is diverse, ranging from services for the underprivileged and children, to the handicapped and the elderly who live alone.

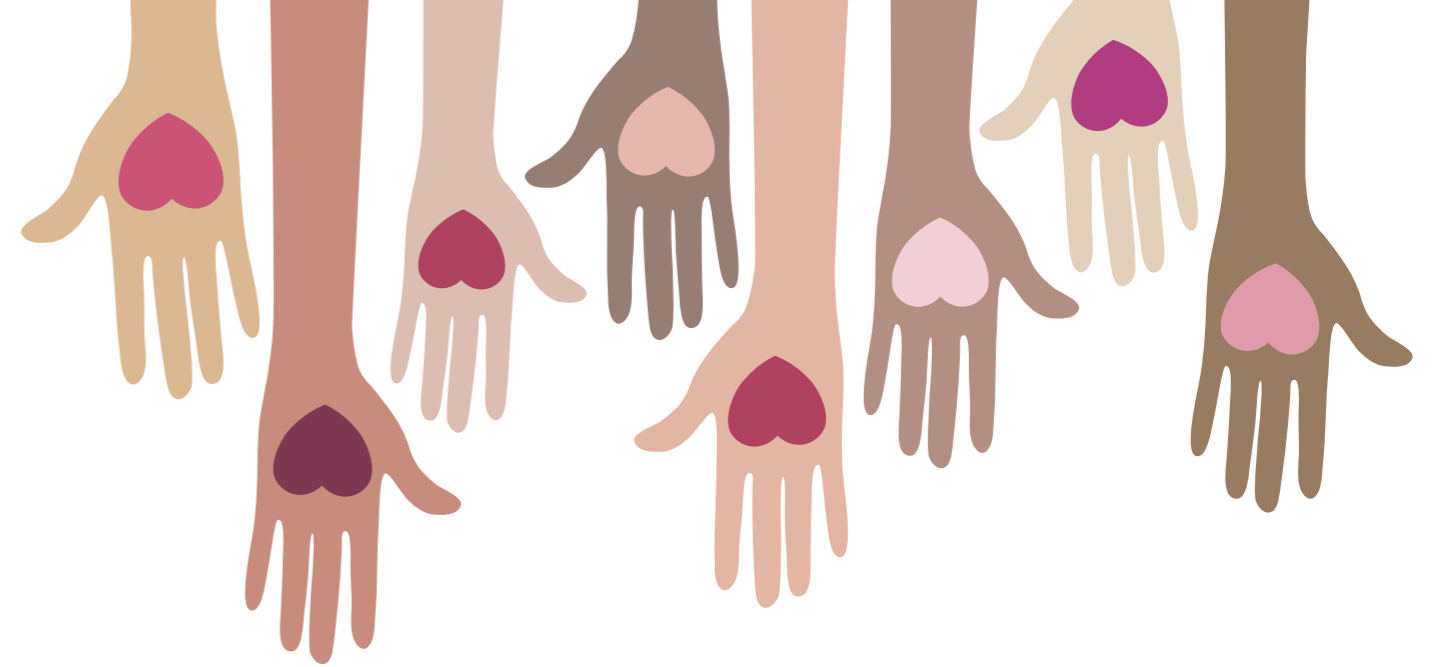
For instance, last Lunar New Year, the team visited elderly citizens with good fortune gift packs. Catherine recounts one of her memorable experiences.

"We were helping out at a spring banquet organised by Helping Hand. Initially, our job was to simply push wheelchairs. One caregiver was assigned to each table, but the elderly >





01. The work of the SHKP Volunteer Team is diverse, such as making cookies with ethnic minority kids  
 義工活動種類多樣，如與少數族裔一起做曲奇  
 02. They also attend gala events such as Lunar New Year's eve dinner with the elderly  
 與老人家共進年夜飯等大型晚宴  
 03. They chaperone children to check out book fairs  
 帶小朋友到書展會場參觀



## 全情投入義工團隊讓心靈更添滿足

都市人工作繁忙，每天在辦公室專心致志已夠勞累。為何有些人還願意用工餘時間做義工？黎少紅 (Catherine) 邊比畫着，邊歡欣地憶述回覆義工活動邀請電郵時的心情：「每次收到義工活動通知的電郵，我都很高興，會急不及待報名！」

### 從渾渾噩噩到不能自拔

初見在新鴻基地產工作的Catherine與冼玉媚 (媚)，兩位說話時都神采飛揚，走路亦爽快過人。媚一直於工餘時熱心義工服務，常為社區活動擔任攝影師。2003年「新地義工Team地」成立之初，負責籌劃的同事已常找她徵詢意見。Catherine本覺得工餘時間所剩無幾，很少想到要做義工。自2006年加入新鴻基地產，放假後總看到同事們開心地談論義工活動的趣事與點滴，她亦想多看看世界，便抱着「一試無妨」的心態參加，後來卻變成全情投入。

### 幸福感滿載

新地義工隊的服務活動多元化，包括關顧基層老人與小朋友、服務傷健人士、農曆新年時探訪獨居老人，給老人家派發福袋。說起難忘回憶，去年Catherine參與「伸手助人協會」的春茗活動，雖只為老人家推輪椅，卻尤是深刻難忘。她說：「雖然每團裕由一位看護員負責照料，但老人家需要的是更多的個人輔助。有的需要人幫他們把食物剪碎，有的會在進食時流口水，有的甚至失禁。我想要幫忙他們，卻不知如何是好，唯有參與更多活動來學習。」

至於性格開朗的媚，則認為參加義工隊開闊了她的眼界。她經常探訪獨居老人，令她有機會窺探居住在劏房的老人生活。「之前，我只聽說過木蚤，但劏房裏卻處處都是！看到如此的居住環境，心裏實在難受。」媚喜歡聽老人家述說從前，看着他們回憶那些照亮生命的甘美時光。媚：「我在屋邨長大，但與他們的生活環境相比，已自覺幸福。」

交出真心，兩位熱心人幾乎逢活動必到。還好公司裏負責安排義工活動的同事也很用心，活動時間分配得很平均。阿媚笑說：「看你怎麼安排時間吧！假如你要上網追劇，那當然不夠時間做別的事情。」Catherine則說：「公司太大，不同部門的同事未必經常有合作、相識的機會。我們的同事們都很踴躍參與義工活動，見面多，自然彼此熟悉，許多時，大家毋須多發一語就能很有默契地分配工作。」有同事連續幾次都沒來參加義工活動，後來他們抽空造訪，才發現原來她弄傷了腿。「新地義工Team地」拉近了義工之間的距離，就像個大家庭一樣。媚說：「我對做義工沒有抱太大的期望。只要有時間就會做，直至將來有一天我走不動為止。」

citizens needed a lot more personal help. Some of the elders were drooling when they ate, and some of them went incontinent. I really wanted to help, but I didn't know how," she says. "The only way to do better next time is to take part in more activities and learn."

Mei is perpetually optimistic. Joining the SHKP Volunteer Team, she, in turn, has learned more about herself and the world around her. She frequently visits the elderly living alone, and these opportunities give her a peek into the lives of those living in subdivided flats.

"I have only heard of wood fleas, but there were fleas everywhere in subdivided flats. It saddened me to see the way they live now."

Mei finds joy in listening to the elderly reminisce about their good old days, relishing in the sweetness of the past that lights up their lives. "I had my share of growing up in public housing, but compared to them, I was very lucky."

Catherine and Mei are dedicated participants in the SHKP Volunteer Team, which has a well-balanced calendar of activities spread throughout the year. "Managing your time is all up to you. If you tire yourself out gawking at Korean TV soap operas, of course you won't have time for anything else," Mei says.

"Sun Hung Kai Properties is a huge corporation," Catherine says. "It isn't every day you get a chance to meet colleagues from other departments. In volunteer work, we met, and all of us pretty much raised our hands immediately to take part."

"The more we work together, the closer we get. Sometimes, we don't have to say anything, and we know instinctively how to divide up the work."

When a colleague did not show up for volunteer activities for some time, the worried team paid a visit and found out she had sustained a foot injury. The SHKP Volunteer Team draws participants closer, like a big family.

"I don't expect too much from my volunteer work. Whenever I have the time, I will do it. I think I will continue until the day I can't walk," Mei says.

# Juicy benefits

## 蔬果汁排毒

Cleanse and detox the body by developing the healthy habit of 'juicing'

Ask any office worker about some of the hazards of being cooped up in a cubicle all day, and nutritional disasters are sure to be among them. This explains why nutritional experts are increasingly singing the praises of juicing as a regular practice, and something to be incorporated into every diet as often as possible.

Certainly, office workers or others with sedentary jobs are prone to eating poorly, causing a lot of health problems. But modern, fast-paced living has made people everywhere, irrespective of their professions or how they spend their day, think about embarking on a juice detox every so often. The purpose, essentially, is to flush out the toxins that accumulate in the body as a result of environmental exposure, consuming fruits and vegetables that have been sprayed with pesticide, and indulging in too much sugar, wheat, meat or alcohol.

It's important to point out, however, that modern juicing is not simply a matter of pouring out a glass of orange juice from a carton. Far from it, in fact. The most effective way to embark on a juice detox is to pack each serving with nutrient-dense ingredients. Most of these should be vegetables, with a small amount of fruit added for a little sweetness. They should be fresh and raw, with no pasteurisation. And the ingredients used should be as organic as possible.

Experts say a three-day cleanse is the best way to start. And because every drop in a juice detox counts, ingredients are the most important thing to consider.

Dr Frank Lipman, a New York-based physician who adopts an alternative/holistic approach to health, says the best vegetables to include in a juice are leafy green vegetables such as kale, spinach, chard or collard greens, that are all loaded with beneficial chlorophyll.

Kale is considered the king of the bunch, as it is especially high in beta carotene, vitamins K and C, calcium and lutein. Because it is consumed in such a concentrated way, the

benefits hit the bloodstream almost immediately. One would have to consume large platters of these vegetables to achieve the same benefit.

Other excellent ingredients are beets, parsley, ginger, lime, lemon, carrots – though not too much, and watch the sugar content – celery, and all kinds of berries, which are loaded with antioxidants. Apples are a great base, as they sweeten any bitterness from the greens.

It is a good idea – so you don't get bored – to vary the contents of the juices. Fun, filling and tasty versions include Radical Bubbles, which includes apple, beet, carrot, lemon and radish. There's also Flower Power, which is made from basil leaf, dandelion leaf, kale and carrot – ingredients that, when combined, pack a powerful nutritional punch.

For those who have made juice detoxing a regular part of their lives, the results have been worth it. Ray Doustdar, a Los Angeles entertainment industry executive who recently started his own vitamin line, says taking only one juice every day helped lower his cholesterol dramatically.

Doustdar has experimented with almost every type of fruit and vegetable, even using bell peppers, broccoli and tomatoes.

"These are things that are rich in nutrients, but they are difficult to eat a whole lot of," he says. "With juicing, you can put the whole thing in, and you get a surprising amount of juice. Things like parsley and cilantro are known to cleanse the blood, and they are inexpensive. Throw in some lemon and lime for flavour with the greens, and the difference is unbelievable." >



### Tips 貼士

There are a few things to remember if you plan on doing a juice detox during an average work week:

1. Generally, juice detox will take three days. Pick a week when you know there aren't clients in town, seminars to attend, or major deadlines to meet. Ideally, a detox at the office should be done during a quiet time.

2. Get support: tell your colleagues about it, let them know this is important to you and that you would rather not be included in get-togethers where there is cake and chocolate. If you do go along to a social outing with colleagues, have your juice first to fill up.

3. Bear in mind that the first day might be rough. There may be some hunger pangs or moments of fatigue as the body releases its toxins. Stay hydrated by drinking as much water as possible, and know that you are doing your body so much good, and it's only for three days. If you do get really hungry, try sipping on some warm vegetable broth for extra nourishment.

若你打算在上班時體驗蔬果汁排毒，可參考以下小貼士：

1. 蔬果汁排毒一般需時三天，最好選擇較清閒、不用出席會議見客，又沒有重要死線的星期去開始，能獲得較佳效果。

2. 得到同事支持：告訴他們你認真對待排毒這件事，以及如果聚會有蛋糕、朱古力等小吃，你寧願不參與。若然避無可避，請先飲用蔬果汁填飽肚子！

3. 排毒的第一天或許會很難受。你可能會感到飢餓或疲倦。要盡量多喝水，讓身體保持充足水份，並鼓勵自己，你正在改善健康，而且不過是三天而已。如果真的很餓，可喝點暖和的蔬菜湯，為脾胃帶來點點滋潤。



## Detox veggies 排毒蔬果



### Cucumber 青瓜

Cucumber is a good source of vitamin A, pantothenic acid, magnesium, phosphorus, manganese, vitamin C, vitamin K and potassium. The tartaric acid contained in cucumber can inhibit the carbohydrate transforming into fat.

青瓜蘊含豐富的維他命A、泛酸、鎂、磷、維他命C、維他命K及鉀。青瓜所含的丙醇二酸能夠抑制制糖轉化為脂肪。



### Ginger 薑

Ginger contains vitamin C, magnesium and potassium. Ginger is a great source of antioxidants and may inhibit platelet aggregation which can reduce the risk of cardiovascular diseases. Various studies have shown that ginger has anti-inflammatory properties.

薑含有豐富的維他命C、鎂和鉀，具有高度抗氧化效力，亦可以抑制血小板的凝集，能對抗心血管疾病。多個研究亦發現，薑具有抗炎功效。



### Apple 蘋果

Apple is a good source of dietary fibre and vitamin C. Apples are rich in antioxidants, phyto-nutrients flavonoids and polyphenolics. These compounds help the body protect from the effects of free radicals.

蘋果蘊藏豐富的膳食纖維及維他命C，亦含有抗氧化植物營養素——黃酮類化合物及多酚，兩者均保護人體免受自由基的影響。



### Lemon 檸檬

Lemon is rich in citric acid, calcium, folate, potassium, magnesium, vitamin C, bioflavonoid and limonene, which promote immunity and fight infection.

檸檬含有豐富檸檬酸、鈣、葉酸、鉀、鎂、維生素C、黃酮類化合物和檸檬烯，有助增強抵抗力及對抗細菌感染。

## 養成飲用蔬果汁的習慣，定時為身體排毒

若要談行政人員整天被困在狹小的辦公桌前的壞處，飲食和營養問題一定位居榜首。因此營養專家大力提倡把飲用蔬果汁變成習慣，並盡可能融入日常飲食。

白領或其他長時間坐着工作的人，較易有不良飲食習慣，造成各種健康問題。急速的工作步伐，已令各行各業、不同生活形態的人，都興起喝蔬果汁排毒。主要目的為沖走積聚在體內的毒素。這些毒素來自環境、含有殘留殺蟲劑的蔬果，以及進食過量白糖、小麥、肉類和酒精等。

蔬果汁已不再等同現成盒裝果汁。這種排毒法的特別之處，在於蘊含極高營養價值的食材。要製作一杯正宗排毒蔬果汁，大部份材料應取自有機蔬菜，另加入少量水果，增添甜味，更易入口；而且必定要新鮮、未經加熱殺菌煮熟。專家說，初次進行蔬果汁排毒的人，最好以連續三天的方式開展排毒之旅。

每滴蔬果汁對排毒都有關鍵作用，所以選材是最重要的一環。身處紐約的Dr Frank Lipman追求全面整合的健康生活，他說最適合用來榨汁的是綠葉蔬菜，它們含豐富葉綠素，如羽衣甘藍、菠菜、蒼蓬菜、甘藍菜等。當中，羽衣甘藍更被視為是蔬菜中的皇者，它的胡蘿蔔素、維他命K與C、鈣質和葉黃素成份都特別高。由於這些果汁是高濃度汁液，包含在蔬菜中的豐富營養素幾乎可以即時進入血液；在日常餐飲中，要吃大量蔬菜才能達到同等效果。

其他一流的榨汁材料包括：紅菜頭、番茜、薑、青檸、檸檬、甘筍，但切記不能過量，並要注意糖份含量。此外還有西芹以及各式莓子，它們含有大量抗氧化物。而蘋果是極佳的蔬果汁材料，因為它可中和綠葉蔬菜的苦澀味。

偶爾轉換一下材料也是個好主意。其中一個好玩、飽肚又美味的食譜是「進激的泡沫」，材料包括蘋果、紅菜頭、甘筍、檸檬和蘿蔔。此外還有「花之力量」，融匯羅勒葉、蒲公英葉、羽衣甘藍和甘筍，是一款營養豐富的蔬果賓治。

將飲用蔬果汁變成日常習慣，在排毒以外，還能改善健康。以在洛杉磯擔任娛樂事業行政人員的Ray Doudstar為例，他最近開始飲用自家製、維他命豐富的蔬果汁，每天一杯已明顯降低膽固醇。他幾乎曾以所有蔬果作榨汁測試，包括燈籠椒、西蘭花和番茄。「它們營養豐富，但我們平常難以大量進食這類食物。」他說，「番茜和茛苳亦能夠潔淨血液，而且它們很便宜。榨綠色葉蔬時加點檸檬和青檸，更美味可口。」

### Easy detoxing in an office 辦公室簡易排毒法

If you don't want to blend your own juices, many companies in Hong Kong offer pre-pressed juices delivered to your doorstep for a hassle-free detox option. These packages can last between a day to a week, and on average cost around HK\$600 a day for six juices.

Many assume detoxing will leave you tired, cranky and salivating over food - but that's not necessarily the case. It should be noted that detoxes do affect each individual differently, and potential side effects can include breaking out, headaches and lethargy, among others.

But when we tried a three-day juice detox, we were left feeling mostly refreshed. Gone were the post-meal lulls usually associated with a quick lunch and heavy dinner, and we even found ourselves adopting a healthier lifestyle by sleeping and waking earlier.

Admittedly, there were the occasional headaches and cravings, and sometimes we missed the sensation of simply chewing, but for the detox's sake we ploughed on.

That said, the detox packages offered by companies around town do offer a range of flavours and ingredients. The balanced juices by each company will cater to your tastebuds' needs. From sweet and tart light snack drinks, to more wholesome dinner juices and deliciously healthy dessert drinks, we found ourselves content by the end of each day. Some companies will also send motivational e-mails to check in on you throughout the detox. Now that's good service!

如果你未能每天親自鮮榨果汁，香港有很多公司提供鮮榨果汁送貨服務，直接送到你家中或辦公室，為你提供一個輕鬆的排毒選擇。這種果汁排毒療程大約須要進行一日至一星期不等，平均每天六枝果汁的售價為\$600。

很多人對排毒療程有誤解，以為會令人感到疲憊沒有精神，而且會像節食時般飢腸轆轆，但事實並非如此。雖然排毒療程在不同人身上可能會有不同的反應和副作用，如出疹、頭痛和嗜睡，但經過三天的果汁排毒療程後，會覺得更有精力，再沒有餐後昏昏欲睡的感覺，更容易適應早睡早起的生活模式。即使偶爾會頭痛或渴望咀嚼食物的感覺，都應為健康堅持下去。

這些公司有一系列不同的口味供客人選擇，他們設計的果汁餐單不但營養均衡，而且都能滿足您味蕾的享受，口味由酸酸甜甜的輕巧飲品，到健康有益的晚餐果汁，甚至甜美可口的健康甜品飲料等，應有盡有，輕易便能滿足一天的需要。有些公司更會在療程期間，定期發送電郵，以鼓勵和跟進療程的進度，是個不可多得的服務。



# New dimensions in business

## 3D打印 顛覆世界

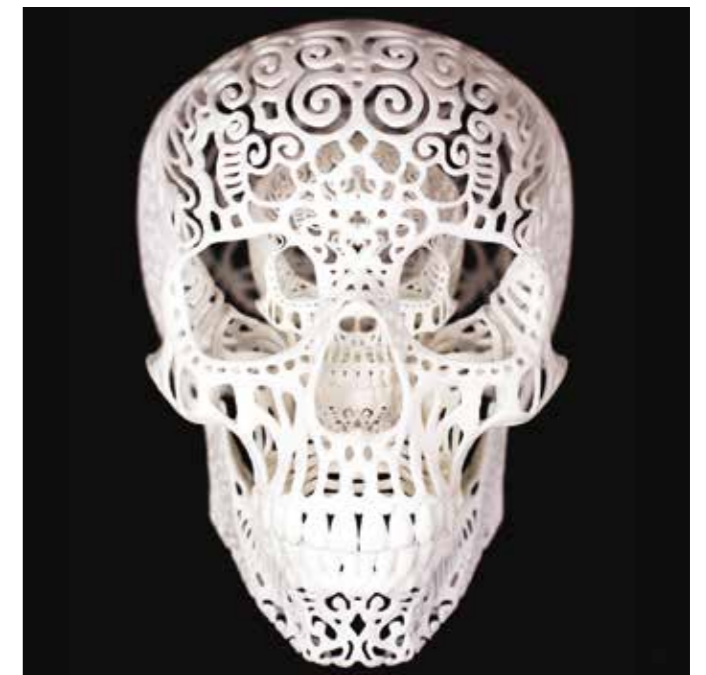
Hong Kong poised to leap into the growing technological revolution that is 3D printing

3D printing is being applied to medical practices, construction, fashion and art after more than 20 years of evolution 經過20多年的發展，目前3D打印已被應用到醫療、建築、時裝及藝術範疇

Three-dimensional printing is gaining traction everywhere. This form of printing has been likened to the internet, as both inventions have had a profound impact around the world. As early as 1984, when Charles Hull invented "stereolithography" in the United States, the world marvelled at an additive manufacturing technology in which 3D objects were created with laser heating. Twenty years later, 3D printing is being applied to a slew of fields and industries, including military, aerospace, medical practices, construction, automotive, fashion, food and art.

The key to 3D printing resides in its core assembly, where the printer nozzle is equipped with an additional Z axis on top of the XY axis that prints horizontally. The use of adhesives, or hot-melt technology, builds layers that eventually form objects of various shapes and sizes. At first, the printer's "ink" included materials such as plastic, resin, plaster and glass. This list has expanded to comprise titanium, stainless steel, aluminium, iron, carbon fibre and stem cells. All these materials are initially decomposed, followed by the printing.

US President Barack Obama once commented on 3D printing: "It has the potential to revolutionise the way we make almost everything." The finished products offer more than



meets the eye. The US space agency NASA has successfully printed parts for constructing rockets. The University of Cambridge used living cells to print a retina, while Japanese researchers have printed blood vessels.

It's easy to see why 3D printing appears to be unstoppable. It is not only used to create industrial prototypes, but it also has a place in the production line as a manufacturing tool. Its cost-effectiveness can shorten production time and reduce consumption of energy and materials thanks to its capacity to build a finished product from scratch.

This printing technology is poised to serve every basic need in the future. For example, Finnish artist Janne Kyttanen collaborates with a 3D printing company in which fashion designs can be downloaded and then given form.

Even home construction has turned to 3D technology. Located north of Amsterdam, Canal House, the very first building to be made with 3D printing, is expected to be completed in three years. Not only is the exterior being printed, but the furniture as well. DUS Architects, a Dutch architectural firm, uses a giant printer such as KameMaker or Room Builder to print and merge large assemblies. And 80 per cent of the materials are >

- 01. Architect Norman Foster explores the possibilities of using 3D printing to construct a model of the moon base
- 02. Finnish artist Janne Kyttanen collaborates with a 3D printing company in which fashion designs can be downloaded and then formed
- 03. 3D printing also has a place in the production line as a manufacturing tool. Its cost-effectiveness can shorten production time and reduce consumption of energy and materials

- 01. 著名建築師Norman Foster嘗試以3D技術打印出來的月球基地模型
- 02. 芬蘭藝術家Janne Kyttanen與3D打印公司合作，用者可下載時裝設計，再打印成可穿着的衣飾
- 03. 3D打印技術還可應用於生產線上。其成本效益能節省生產時間之餘，亦減低能源及物料消耗



## 世界正面對下一輪科技轉型，那就是蓄勢待發的3D打印技術

3D打印炙手可熱，被視為互聯網以外最具影響力的發明。其實早在1984年，美國人Charles Hull已發明「光固化立體造型技術」(Stereolithography)，以激光加熱黏合劑製作立體物件。經過20多年的發展，3D打印目前已被應用到軍事、航空、醫療、建築、汽車、時裝、食品及藝術範疇。箇中原理，就是噴墨嘴在平面的XY軸之上再加上Z軸，利用黏合劑或熱溶技術把物件一層層地建立起來。「墨水」物料由最初的塑膠、樹脂、石膏、玻璃，發展至鈦、不銹鋼、鋁、鐵、碳纖，乃至幹細胞。而這些物料都會在打印前被先分解開來。

正如美國總統奧巴馬所說：「3D打印有顛覆所有製造方式的潛力」，而且成品更非虛有其表——美國太空總署NASA成功「打印」火箭零件、英國劍橋大學以活細胞「打印」視網膜、日本研究人員則「打印」病人血管。

來勢洶洶的3D打印技術，不但適用於原型樣辦(Prototype)，應用在生產線上，其成本效益能節省生產時間之餘，亦減低能源和物料消耗。未來人類的衣食住行，或許都能以3D打印技術解決——芬蘭藝術家Janne Kyttanen與3D打印公司合作，無論何時何地，用者都可下載時裝設計，再打印成衣服穿着上身；此外，以3D「打印」的房屋，亦即將面世。座落於阿姆斯特丹北面，全球首幢以3D技術建造的屋子Canal House，預計於三年內落成，而且「打印」的不僅是建築外部，還包括全屋的家具。負責的荷蘭建築公司DUS Architects，利用KamerMaker或Room Builder等巨型打印機列印，再把大型組件合併，所使用的物料80%為自然物料，其中75%更是植物油，不但能夠循環再用，亦可大大減省成本。

反觀香港，3D打印仍處於起步階段，專營3D印刷的公司屈指可數，而技術主要應用在產品預覽、設計行銷及製作玩具模型等方面。香港數碼印刷協會去年跟香港生產力促進局合辦《從想像到現實：向3D打印出發》研討會，向業界展示3D打印技術的可能性。協會主席鄧滿球認為待3D打印發展成熟，將有機會衝擊傳統製造業及商業模式。「3D打印生產需要的空間不多，一個課室的空間已可成為一間工廠，打印電動車、單車等都可行。雖然本地沒有製造業，但3D打印也許是香港科技生產轉型的契機。」現階段3D打印技術在速度、材料限制及機器價格等方面都仍有發展空間，但正如平面打印機逐步延伸至辦公室及家庭應用，3D打印普及只是時間問題。

natural, of which 75 per cent is vegetable oil. Recyclable and a lower cost makes it a potential winner.

Hong Kong is still grappling with 3D printing. There is only a handful of companies that specialise in it, and the technology is mainly used in areas such as product previews, design and production of toy models.

Last year, the Hong Kong Digital Printing Association (HKDPA) and the Hong Kong Productivity Council jointly organised a seminar, "3D Printing for Everyone - Transforming Ideas into Products", which shed some light on the technology's potential.

According to Wagner Tang, chairman of HKDPA, it's time for 3D printing to catalyse changes in traditional manufacturing and business models. "3D printing production does not require a lot of space. A classroom-size room can become a factory that prints electric cars, bicycles and so on. Although there is no local manufacturing industry, perhaps 3D printing technology can be the turnkey to transform Hong Kong's technology industry."

There is still room to develop the technology in terms of speed, materials and machinery cost, but as printers gradually extended to home and office applications, the spread of 3D printing is only a matter of time.



### Real touch to 3D drawings

An increasing number of products are being geared towards beginners, such as the 3Doodler, a printing pen which can be used to make 3D sculptures.

The idea was conceived within the online crowd sourcing platform Kickstarter. From there, it evolved and was developed into a tangible product last year. Now, it has arrived in Hong Kong.

The best part of these pens is that one no longer needs complicated equipment to perform 3D printing. The 3Doodler uses plastic thread made of either acrylonitrile butadiene styrene (ABS) or polylactic acid (PLA) that is melted and then cooled through a patented process while moving through the pen. It can then be used to "draw" 3D objects by hand. After the ABS becomes firmer, you can draw again and make your desired shape by hand.

One of the most impressive objects made using this process that can be seen online is the Eiffel Tower.

### 觸得到的3D列印筆

3D打印掀起熱話，入門產品亦越來越多，如名為3Doodler的3D列印筆，能輕易打造立體雕塑。意念源自網上集資平台Kickstarter。至去年，終於化成實物開賣，最近更被引入香港。手執此筆，3D打印技術不再需要機器，反而像平常寫字，以ABS樹脂膠作材料。起筆時，要使勁壓於底紙，具黏合性的ABS膠穩固變硬後，可以再次起筆，通過雙手塑造出心目中的形狀。網上最強示範是以此筆打造出巴黎鐵塔。





#### Handle with care 保存貼士

1. If the ink has not been used for a couple of weeks, shake well before filling the reservoir. Also avoid ink that has been bottled for more than one or two years. If you must use older ink, examine it for mould and stir to ensure the ink has not started to solidify.
2. Chemically treated sheets will not absorb the ink well; this will cause ink to collect in the nib and clog the feed. If the pen does clog, wipe the nib clean with lint-free wipes or wash it out.
3. To clean the pen, unscrew the barrel from the nib, then rinse the nib until the water turns clear. It is also advised to use distilled water at room temperature, as tap water may contain particles which will clog the feed. Avoid heated water and alcohol, which can damage the feed, nib or the pens.
4. If the pen will not be used for a prolonged period of time, flush out as much of the ink as possible before storing it upright, with the nib pointing up to prevent ink from clogging the feed.
5. Like with cigars, experts suggest keeping the pen in a climate-controlled room along with its original packaging in order to avoid deterioration due to damp weather.

1. 如已數星期沒使用墨水，補充墨水前先把墨水瓶搖勻。此外，避免使用放在瓶子內超過一、兩年的墨水。若須使用舊墨，搖前請檢查有沒有墨塊，以確保墨水尚未凝固。
2. 經過化學物處理的紙張，吸墨能力欠佳，會令墨水積聚在筆尖，出現筆舌阻塞。一旦筆尖出現阻塞，便要用無絨毛布來拭抹，或用水清洗。
3. 清潔墨水筆時，只須簡單地扭出筆尖，用水沖洗，直至流出來的水變得乾淨。最好使用室溫蒸餾水，因為自來水可能含有雜質，阻塞筆舌；亦避免使用熱水和酒精，因兩者會損害筆舌、筆尖和筆身。
4. 長時間不用的筆，便盡可能清洗和排出儲墨庫的所有墨水，收藏時將筆尖朝上放置，避免筆舌被堵塞。
5. 如收藏雪茄般，專家提議將墨水筆以及相關的包裝盒和正本收據，一併藏於能控制濕度的房間，避免潮濕天氣令它們變質。

Layers of lacquer are painted to ensure this fountain pen is truly luxurious and can withstand the times. 高級墨水筆的筆桿會重複塗上多層物料，能確保堅硬及防火之外，也能夠流傳百年而不會變質。

designs vary from classic and subdued to flashy and extravagant, and they can range from a humble plastic casing with a silver nib to a 24ct gold and gem-encrusted miniature artwork. For those who want a personalised pen, bespoke options are available, as many fine pen makers can be commissioned to craft a unique piece based on an individual's specific tastes and desires. Customised pens can either be based upon existing pens created by companies – such as adding an engraving – or crafted from scratch, a process that can take from three months to a year.

No matter the style, with regular use these pens become even more personal, as over time the nib will customise itself to the way its owner writes. Based on pressure and angle, the nib moulds itself to allow the best ink flow. Characteristics such as this continue to make the fountain pen special in the modern world.

#### 墨水筆的傳統氣質 贏得商界青睞

老 生常談一句「筆墨勝刀劍」，許多人都認同它能反映現代商業社會的價值。筆桿輕輕一揮，優雅簽寫的墨跡灑落，象徵着數額龐大的交易經已順利確認。

墨水筆的起源可追溯到鵝毛筆，但至於它是如何由蘸墨筆蛻變成儲墨筆，卻沒有一致說法。有些歷史學家相信，墨水筆的出現要歸功於公元十世紀埃及法蒂瑪王朝領袖Ma'ad al-Mu'izz。當時他想要一枝不會漏墨和弄髒雙手、衣服的筆。因此人們為他發明一枝儲存墨水的筆，不過這個說法並無任何文獻記載。

另外，有一些人認為，更加可信的說法是墨水筆起源於17至18世紀的歐洲。當時，墨水筆被稱為「比安筆」(Bion之譯音)，一位名為 Nicolas Bion的法國皇家樂器工匠在1709年出版的某本書，首次提到這種大部份由金屬構成、以鵝毛作筆尖的筆。不過，Bion並沒有說明這種筆是否由他發明製造，所以墨水筆的起源仍是個謎。

話雖如此，在1800年代後期，墨水筆已普及。經過多年的演進和研發專利，三大主要技術令墨水筆變得普及：墨水筆昂貴的金屬外殼由硬膠所取代、筆尖改良後減少塞墨情況，以及焊上鉍元素的金筆尖的出現。縱然如此，在數碼化的世界，人們已甚少使用墨水筆，它漸漸變成特別場合的書寫工具，但依然是工作的好伴侶。

它的結構看來簡單，但往往含蓄地表達個人性格。墨水筆的設計多樣化，有的古典，有的浮華，從樸實的塑膠外殼配銀筆頭，到使用24CT金和寶石點綴、雕琢成微型藝術品的都有。若想擁有一枝度身訂造的筆，可於現有筆款加上額外雕刻，或可委託筆匠按你的喜好重新設計製造，但需時約三個月至一年不等。

更細膩的，就是隨時間流逝，墨水筆的筆尖會適應用家的書寫方式。基於壓力和使用角度，形狀會因而變化，讓墨水更流暢地流到筆端。正正是這些細微的精采之處，令墨水筆在現代社會依然繼續傳承。



A luxury fountain pen is a subtle way to show off some personality, as the design you choose will reflect your style. 高級墨水筆能夠低調地反映出用家的性格和品味。



# Reading revival 閱讀復興

Book clubs have emerged as the new social circle for community-building

Millions of adults have climbed aboard the book group bandwagon, which is laden with coffee, cake and ulterior motives. Some unashamedly hint that such gatherings provide an opportunity to catch up on chitchat under the pretext of discussing the latest addition to *The New York Times* bestseller list, while some others still offer a cultural retreat to inner thoughts and a platform to sound out ideas in the company of earnest, bookish companions.

The history of book clubs can be traced back centuries in the archives of literary annals. Men popularised the concept of reading groups in the 1720s, when upper-class gentlemen indulged their place in society with member-only groups reserved for the wealthy and educated. Women of means followed suit and began the push for intellectual independence. By the mid-18th century, they had swapped

sewing groups for reading clubs and were using their contacts to persuade male luminaries to speak on topics of interest.

The booming 1920s harnessed an interest in reading, and as the literary word hit the main street, women and men of lesser means took to books like ink to paper. Outfits such as the Book of the Month Club and the Literary Guild emerged. They became a platform to discuss literary credentials and an opportunity for readers to refine the edges of their cultural pedigree.

These days, book clubbers are less about educational aspiration than social community. They also seek an interlude from the rush of modern life and the guilt-free pleasure of indulging in a lofty or low-brow read, secure in the knowledge that your fellow club members also harbour a passion for the art of reading.

While mail-order groups such as Book of the Month and the Literary Guild have helped spread the word about communal reading, technology has granted the literary arbiter a cyber link to like-minded clubbers.

Readers vote for *The New York Times* Forum book of the month, and authors sometimes drop in online to answer questions, while the BBC World Book Club invites the best-known authors – the likes of Patricia Cornwell, John Irving and Armistead Maupin – to its studios to give its global audience an opportunity to question them on their works.

However, while book clubs no longer know demographic boundaries, they still seek a similar end – a hinterland between real life and imagination where readers can lose themselves in thought and liberate them in an increasingly diverse community.



SHKP Reading Club is a recent local addition to the world of book clubs. Formed by Sun Hung Kai Properties, The club aims to generate public interest in reading by holding various events such as reading seminars, reading camps and guided local culture tours to bring the joy of reading to everyone.

Celebrities are invited to these events to share their feelings about reading with club members. In December last year, renowned actor Anthony Wong and budding author Leung Wai-lok shared their opinions at the club's first seminar on classic works and pop culture. And local cartoonist Choa Yat and designer Alan Chong created an array of popular happy-reading products like bookends and bookmarks.

SHKP Reading Club is an extension of SHKP Book Club, which was launched by Sun Hung Kai Properties in 2005. Events held in past years include the Young Writers' Debut Competition, Book Report Competition, seminars held by celebrities, and book fairs.

This year will be enriched by the establishment of the Reading Club, in addition to the Hong Kong International Young Readers Festival held in March and the two-day reading and writing camp for young potential writers.

說起本地的讀書會，不得不提新鴻基地產新成立的「新閱會」。「新閱會」的任務是激發大眾閱讀的樂趣，因此每月都會定期舉辦各種大大小小的活動，如閱讀講座、閱讀寫作營、本土文化導賞團等，務求令各階層都以閱讀為樂。

此外，「新閱會」更會邀請名人嘉賓出席活動，與會員分享閱讀心得。就在去年12月「新閱會」的第一場講座「當之乎者也遇上Yo」中，便邀請了演員黃秋生、新晉作家梁偉洛等，在席上分享了他們對經典文學與流行文化的看法。本地漫畫家草日、設計師莊一淦等，亦分別為「新閱會」創作跟書籍有關的產品，如書套、書籤等，而且都大受歡迎。

其實早於2005年，新鴻基地產便推出了「新地開心閱讀」計劃，而「新閱會」正是計劃的延伸。歷年舉辦的活動包括年輕作家創作比賽、閱讀報告比賽、名人嘉賓主持的講座及書展活動。

今年的活動將隨着「新閱會」的成立而變得更加豐富，包括三月份的香港國際青少年讀者節，以及為年輕潛質作家而設的兩天閱讀寫作營。

## 讀書會 凝聚社區的新文化力量

有的讀書會一邊高談闊論，一邊喝咖啡嘗美點，但花於書本上的時間少之又少。有的目光淺窄，以為討論《紐約時報》暢銷書榜上的最新作品，就是趕上文化大潮流。不過也有一些讀書會，能把讀者引領到一種靜心求知的境界，為同道人提供廣闊的交流平台。

翻查文學史，會發現讀書會的歷史可溯至數世紀前。18世紀20年代，男性讀書會的概念越趨普及，但當時上流紳士為保障社會地位，僅限富人和曾受教育的人參與其中。其後富裕女性起而效尤，開始推動獨立求知的風氣。18世紀中葉，她們把女性縫紉組改成讀書會，說服有希望的男性來探究時下議題。

後來社會發生變革，教育程度亦大大提升。經濟蓬勃，帶動人們的閱讀興趣。文學走進大街小巷，家境清貧的男男女女，也愛上了讀書。讀書會終成普羅大眾的去處，「每月一書俱樂部」和「文學協會」等組織也紛紛應運而生。

時至今日，參加讀書會的人，未必以追求知識為首要目的，反而視之為社交。他們暫且放下勞碌生活，無論是經典或流行作品，都讀得趣味盎然。網上科技也連結起志同道合的愛書人。讀者可隨時讀到感興趣的書籍，並展開討論，如《紐約時報》網上論壇讓讀者投選每月一書，作家亦不時上線回答提問。又或如英國廣播公司的世界讀書俱樂部，更會邀請知名作家，包括推理小說作家Patricia Cornwell、美國小說家John Irving和美國作家Armistead Maupin，到電台向全球聽眾解答疑問。

雖然讀書會已打破參加者的限制，但所追求的，還是大同小異，就是讓讀者沉浸於現實和想像之間，釋放自我，迎向多元社會。

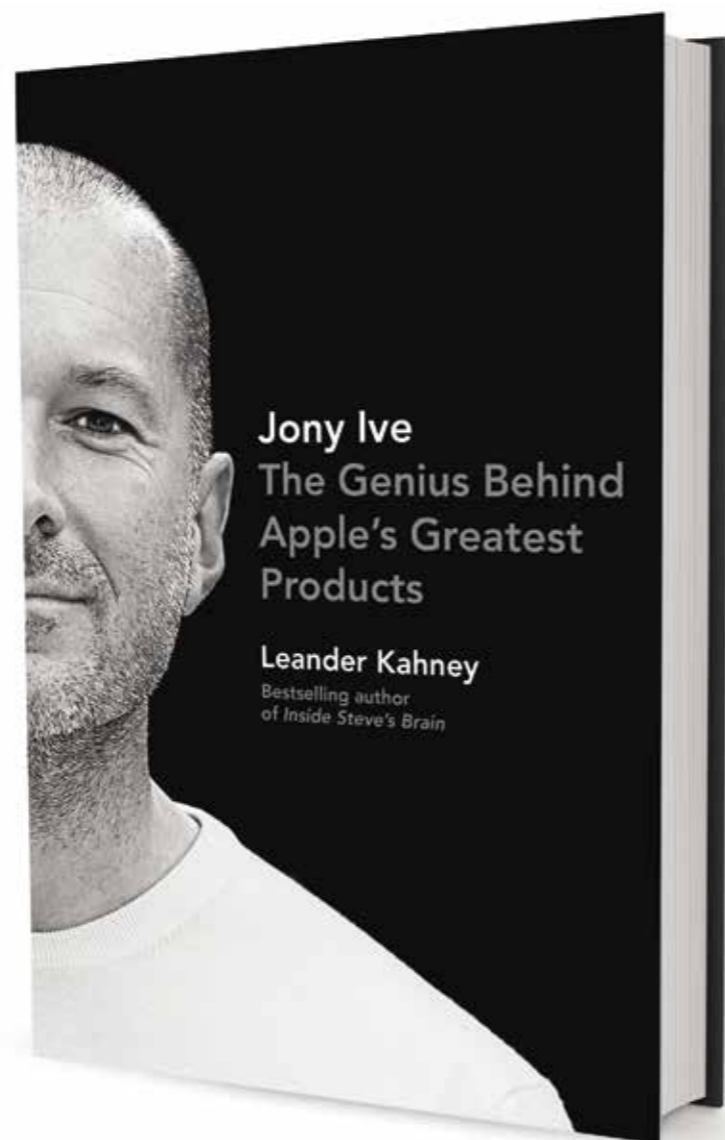


# Modern challenges

## 現代營商挑戰

Books look at secrets of success, leadership skills and technological advancements

剖析成功秘訣、管理技巧及科技創新的優秀書選



### Jony Ive – The Genius Behind Apple's Greatest Products

**Author 作者:** Leander Kahney

**Publisher 出版社:** Portfolio

**Published year 出版年份:** 2013

In 1997, Steve Jobs returned to Apple as CEO with the task of turning around the company he had founded. One night, Jobs discovered a scruffy British designer toiling away at Apple's corporate headquarters, surrounded by hundreds of sketches and prototypes. It was then that Jobs realised he had found a talent who could reverse the company's long decline. That young designer was Jony Ive.

Ive's collaboration with Jobs would produce some of the world's most iconic technology products, including the iMac, iPod, iPad and iPhone. The designs have not only made Apple a hugely valuable company, they've overturned entire industries, built a loyal fan base and created a globally powerful brand. Along the way, Ive has become the world's leading technology innovator, won countless design awards, earned a place on the 2013 Time 100 list, and was even knighted for his "services to design and enterprise". Despite his triumphs, little is known about the shy and soft-spoken whiz whom Jobs referred to as his "spiritual partner" at Apple. The book reveals the true story of Apple's real innovator-in-chief. (Source: amazon.com)

1997年，當Steve Jobs重返蘋果電腦當CEO，希望從頹勢中挽回由他一手創立的公司。一個晚上，他在總部遇上一個外表邋邋、被逾百草圖和模型包圍的員工，這位英國設計師正在熬夜埋首工作。那時，Steve意識到他找到一個能助他扭轉劣勢的人，就是這位年輕設計師Jony Ive。

兩人合作無間，創作出當今世上最具代表性的科技產品，包括iMac、iPod、iPad和iPhone。這些設計不僅讓蘋果電腦升價百倍，二人更攜手改寫整個行業歷史，確立一群忠實蘋果電腦迷，打造出一個全球舉足輕重的品牌。Jony Ive成為全球科技界的頂尖創造者，贏得無數設計獎項，更登上2013年Time 100，並曾因為他對設計和蘋果電腦的貢獻而封爵。雖然如此，外界對這位被Steve Jobs形容為「靈魂伴侶」卻沉默寡言的人一無所知，此書正好填補空白，道出他鮮為人知的故事。(資料來源: amazon.com)

### NEW IQ大革命

#### 工作記憶才能決定你的關鍵未來

**Author 作者:** Tracy Alloway 翠熙·亞洛威/ Ross Alloway 羅斯·亞洛威

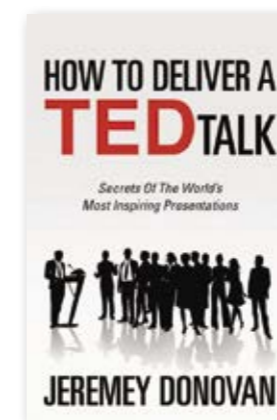
**Translator 譯者:** 李芳齡

**Publisher 出版社:** China Times 時報出版

**Published year 出版年份:** 2014

"Working memory" is the ability to process information, a personal asset that is just as important as intelligence. It is the most significant breakthrough in latter-day cognitive competence research. The working memory holds the key to our lives – learning things, maintaining attention and making decisions, among others. The book attempts to prove that the "working memory" determines the outcome of many aspects of life, and how to improve our cognitive competence through meditation and diet. (Source: readingtimes.com.tw)

「工作記憶」是處理資訊的能力，是遠比智商更重要的個人資產，更是近年來認知能力研究最重要的突破。我們所做的每一件事，都與工作記憶能力息息相關——學習新知識、維持專注力、作出正確判斷……這書列舉案例證明「工作記憶」顯著地左右人生中許多領域的成敗，如何透過心靈練習與飲食對策，提升自我的認知能力。(資料來源: readingtimes.com.tw)



### How to Deliver a TED Talk

#### Secrets of the World's Most Inspiring Presentations

**Author 作者:** Jeremy Donovan

**Publisher 出版社:** McGraw-Hill

**Published year 出版年份:** 2013

The globally popular TED speeches are edifying examples of how to deliver great speeches. Luminaries such as Tony Robbins and Dan Pink have dazzled audiences within TED's 18-minute timeframe. This book discusses classic TED speeches in areas such as topic, structure and design to delivery. The author highlights crucial details, such as opening and hand gestures, that will crank up your stage presence and charm. (Source: amazon.com)

要了解精彩演講的秘密，大可從熱播全球的TED演講中找答案。不少大師如Tony Robbins、Dan Pink都曾登台，用18分鐘訴說精彩點子。此書分析經典TED演講，拆解如何選題、組織架構、設計簡報、講述概念精髓，指出許多不能忽略的細節，像開場白、雙手位置等，提升你在講台上的魅力。(資料來源: amazon.com)

### 思考的脈絡

#### 掌握問題全貌，創新更成功

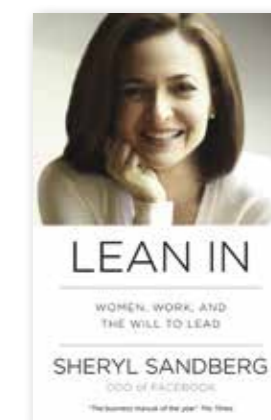
**Author 作者:** Ruey-Lin Hsiao 蕭瑞麟

**Publisher 出版社:** CommonWealth 天下文化

**Published year 出版年份:** 2014

Every marketing innovation is inspired by the understanding of local markets. Why is it that world-famous German aircraft maintenance systems can't make inroads into the China market? Why can 7-11 in Taiwan create a unique local consuming culture, although the convenience store mode was introduced from Japan? The author analyses the 14 cases through his research on inter-enterprise over the years. The strategy of thinking is to see the whole landscape of a situation. (Source: bookzone.com.tw)

凡事皆有脈可循，任何營銷上的創新，都來自對本地市場的了解。其中的關鍵就在你是否掌握了思考的脈絡！為何享譽全球的德國飛機維修系統無法完全打入中國市場？為何台灣7-ELEVEN引進的日本超商模式，能創造獨特的在地消費文化？本書作者透過剖析14個案例，拆解每件事的全貌。要完善思考的脈絡，就得學習全局思考。(資料來源: bookzone.com.tw)



### Lean In

#### Women, Work, and the Will to Lead

**Author 作者:** Sheryl Sandberg

**Publisher 出版社:** Knopf

**Published year 出版年份:** 2013

Facebook's chief operating officer Sheryl Sandberg is ranked in Fortune's list of the 50 Most Powerful Women in Business. Equally attention-grabbing is her role as an advocate of women's equal rights. In addition to sharing her views of women in the workplace, the book unveils what goes on behind the scenes of reaching decisions in Google and Facebook. It provides a glimpse into their operating strategies and wisdom. (Source: knopfdoubleday.com)

Facebook首席營運官Sheryl Sandberg，曾入選《Fortune》商界最具權威女性排行榜首五十名。她作為女性平權推動者的身份亦備受矚目，此書除分享職場婦女的心聲，亦提及在Google和Facebook的工作實例及決策經驗。(資料來源: knopfdoubleday.com)

For more book reviews, visit the website of the SHKP Reading Club at [www.shkpbookclub.com](http://www.shkpbookclub.com)  
請登入新閱會網站，參閱更多書評。網址: [www.shkpbookclub.com](http://www.shkpbookclub.com)

# Infographics

## 數樂

# 60%

Digital copiers will scan originals into memory, then print them. Sixty per cent of all used copiers have information left on them from the previous owners

數碼影印機把原稿掃描到記憶系統中，然後列印。

60%曾被使用的影印機都藏着前人留下的資訊

<http://goo.gl/DggHKr>

# 400

## times

The average computer keyboard has 400 times more bacteria than a toilet seat

電腦鍵盤的平均含菌量，比廁板多達400倍

<http://goo.gl/11SQJ0>

# 20.28km

On an average work day, a typist's fingers travel 20.28 kilometres

辦公室打字員每天的手指動作，平均相等於走動了20.28公里

<http://goo.gl/gXR5zL>

# 30 mins

Caffeine affects your body rapidly, reaching its peak level within 30 to 60 minutes

咖啡因對身體的影響極快，可於30至60分鐘內達到頂點

<http://goo.gl/SlkRPB>

# 240,000

# 2%

Just a 2 per cent drop in hydration levels causes shrinkage of the brain, leading to poor concentration and reduced co-ordination

僅2%缺水，便會導致腦部萎縮、專注力減弱和協調力降低

<http://goo.gl/Lok4qi>

# 1 million

A cat's brain is 1 million times faster than an iPad and is able to store 1,000 times more data

貓的腦袋比iPad快逾

1,000,000倍，且能儲存多達

1,000倍數據

<http://goo.gl/2q5Q0l>

An iPhone has 240,000 times more computing power than the Voyager 1 space probe

iPhone的計算能力比旅行者1號太空探測器高240,000倍

<http://goo.gl/GRAEJi>



新鴻基地產  
Sun Hung Kai Properties