1.2010



愛自己 愛地球 綠色家居天地 延續紐崔萊的成功故事 濃密睫毛 明亮神采

雋語箴言

售 語 箴



立基過往 開創未來 Breaking ground by staying grounded

要論安利最佳的銷售途徑,確非消費者莫屬。他們口耳相傳,把對貨品的喜好廣泛傳頌,即如他們對安利產品的質素 和效益讚口不絕,我們便得以樂享優良口碑。

我倆堅信尊重和支持絕非唾手可得,安利員工為公司投放了大量時間,有些更視之為終身事業,讓安利產品由生產、 包裝至分銷,均成為業界恆久典範。

安利產品贏得世界各地消費者和其家庭的信賴,此言非虛,而是確有真憑實據。

我們的保健和美容產品, 屢創商業產品銷量新高。僅計安利產品在密西根州亞達城的每天船運量便逾三萬件, 顯見我 們全球船運量之冠, 更見消費者對安利產品的殷切需求。

我們矢志精益求精,你們當可以之為傲。有賴你們的幫助和鼓勵,令安利一直邁步向前,穩佔鰲頭。繼往開來,我們 鋭意乘風破浪,穩中求進,既要推出創新產品,同時也不斷優化消費者現有的至愛產品。

你們以坦誠態度,評估消費者對安利產品的喜好,令我們更深入了解他們的需要。懇請你們繼續向外界分享經驗和知識,融合彼此的力量,讓安利品牌繼續成為全球最受歡迎保健和美容產品品牌之列。

Consumers are our best sales tool. Why? Because they're eager to tell others what they like and don't like about any retail purchase. When they have a terrific experience with a product's quality and performance, that honest, word-of-mouth endorsement is the highest compliment we can receive.

We never want to take that respect and support for granted. Our employees have invested countless hours of time — in fact, sometimes their entire careers — to ensure that our products are produced, packaged and distributed to meet unquestionably high standards.

Amway products have earned the trust of consumers and their families worldwide. Now it's more than just a hunch on our part. Their approval is clearly backed by the numbers.

Our health and beauty products continue to break records in business category sales, creating such demand that we ship more than 30,000 items every day just from Ada, Michigan – before we even begin to count our global shipping locations.

You can take pride in our commitment to continuous improvement. With your help and encouragement, Amway continues to push forward, to stay at the top of our game. Our past has made us who we are, but our future relies on taking calculated risks and trying new ideas. That's why you can count on us to continue launching innovative products, and to refresh and refine our perennial best-sellers.

Your candid assessment of people's reception to our products is essential to complete the full circle of feedback. Please continue to share your experience and knowledge with us. Together, we can keep Amway brands among the most desirable health and beauty products in the world.

AVAGRAM content

安利月刊

Helping People Live Better Lives



焦語箴言 ACHIEVE

2 立基過往 開創未來

全城焦點 FEATURE

4 愛自己 愛地球 綠色家居天地

優秀事業 ACHIEVE

- 10 突破成長 開拓未來——新晉鑽石直系直銷商謝恩
- 14 恭賀新晉直銷商
- 19 零售推薦龍虎榜

健體室 MYHEALTH

- 20 延續紐崔萊的成功故事
- 22 大豆——新一代有營健康之選
- 24 綠色有機健康跑

形象坊 MYSELF

濃密睫毛 明亮神采

安樂窩 MYHOME

- 30 兩個健康好「煮」意
- 33 萬用剪刀 為您「剪」開簡單煮食新概念
- 34 大樹菠蘿紅咖喱海鮮

企業動態 CORPORATE BIZ

36 呂淑琼女士擢升安利(香港)總經理

安利活動間 HAPPENINGS

- **37** 安利再度榮獲神秘顧客計劃
 - 「組別之最佳服務零售商」
- 38 好好生活 笑看人生

安利中國心 HEART ON CHINA

- 40 安利(中國)綠色生活態度
- 42 安利(中國)榮譽薈萃



美國安利機構於1959年在美國密西根州亞達城創立,是全球最大的直銷機構之一,辦事處遍佈全球80多個國家及地區。 • 香港安利「安利月刊」由美國安利(香港)日用品有限公司出版。 • 香港銅鑼灣希慎道33號利園38樓。 • 香港銅鑼灣郵政信箱30704號。 • 電話:2969 6333 • 香港直銷協會及世界直銷協會會員 • 香港安利互聯網址:www.amway.com.hk • 電子郵件信箱:ahkinfo@amway.com • 版權所有,翻印必究。 • 安利優質產品陳列室及購貨中心:銅鑼灣、九龍、屯門、澳門

Founded in Ada, Michigan, USA in 1959, Amway Corporation is one of the largest direct-selling companies in the world, covering some 80 countries and territories. • AMAGRAM is published by Amway Hong Kong Limited. • 38/F, The Lee Gardens, 33 Hysan Avenue, Causeway Bay, Hong Kong.

and territories. • AMAGRAM is published by Amway Hong Kong Limited. • 38/F, The Lee Gardens, 33 Hysan Avenue, Causeway Bay, Hong Kong.
• P.O. Box 30704 Causeway Bay • Tel: 2969 6333 • Members of the Hong Kong Direct Selling Association and World Federation of Direct Selling Associations • Web site: www.amway.com.hk

• E-mail: ahkinfo@amway.com • All copyrights reserved. • Amway Showrooms and Merchandising Centres: Causeway Bay, Kowloon, Tuen Mun, Macau.



ove Yourself, Love Your Planet Creating a greener, energy-efficient home

惟不想溒離污染,身在家中,都可每天呼吸 著清新空氣,喝著清純淨水,品嚐營養豐富

因此,一種崇尚心靈健康,尊重自然環境 的生活態度——LOHAS (Lifestyle of Health and Sustainability的縮寫)「樂活生活」應運 而生, 它集環保、健康、時尚及可持續性於. 一身,這種與自然融合的優質生活方式,正 是<mark>我們</mark>最渴望擁有的。

若您也想擁有這種環保健康的生活模式,不 妨<mark>先由</mark>選用節能環保的綠色產品做起,您將 發現「樂活生活」原來就是如此簡單!

Everyone of us likes to live in an unpolluted world, breathing the freshest air, drinking the purest water and tasting the healthiest food at home every day. That's why the LOHAS - Lifestyle of Health and Sustainability campaign has emerged. It aims to get people showing respect for our natural environment by maintaining a healthy and sustainable style of living. This is a worthy goal that each and every one of us should be working towards.

LOHAS stresses the importance of bringing the concept of energy-saving into your daily Choose smart green products that are ronmentally friendly and energy-saving and you'll soon find that living a LOHAS life



ATMOSPHERE

吸一口清新空氣

Atmosphere™ 空氣清新機

Breathe Easily and Healthily Atmosphere™ Air Purifier



濾淨效能高達 保障全家人呼吸健康

- Atmosphere空氣清新機能過濾小至0.009微米的懸浮粒子,濾 淨效能高達99.99%
- 可濾除空氣中多達84種污染物,如細菌、病毒、甲醛、氡氣衰 變物等,並附有可濾除空氣污染物之清單。

Love Yourself

With a removal efficiency of up to 99.99% to provide the freshest air for your family

- Atmosphere is 99.99% effective in eliminating airborne contaminants down to sizes as small as 0.009 microns.
- Removes 84 types of contaminants including bacteria, viruses, fungal spores, formaldehyde and radon decay products.





節能效益超卓 支持減碳

- 全年電費只需港幣\$10*
- 比同類產品節能高達56-90%,減少排放二氧化碳。
- 榮獲美國政府頒發ENERGY STAR®,證明該產品能達致理想節 能效果及保持產品卓越效能。
- 美國環保署(EPA)估計5年內全國使用獲頒發ENERGY STAR® 節能認證的電器,有助減少相等於15萬架車輛所排出的廢氣。

Love the Planet

same category.

Saving energy to support carbon minus

- Costs just HK\$10* a year in electricity
- Energy savings of 56-90% compared to other brands in the
- Atmosphere has earned the US government's Energy Star label which recognises products that have the biggest energysaving impact without compromising on functionality.
- The Environmental Protection Agency in the US estimates that if the whole country starts using electrical appliances certified with the Energy Star label in the next five years, the emission reduction would be equivalent to taking 150,000 vehicles off the roads.
- * 以每日運作8小時及風速1段計算。 Calculated based on operating at speed 1 for eight hours a day.





eSpring^{*} 呷一杯清純淨水

eSpring智能淨水器

Enjoy the Purest Water

eSpring Water Treatment System

讓家人享受 世界No.1淨水

- eSpring智能淨水器是唯一證實能有效去除鉛、三鹵甲烷及140
- 種以上污染物的淨水系統
- 世上首個同時達到美國國家衛生基金會(NSF)標準第 42、53 及 55共三個國際認可的淨水器標準的系統
- 首個使用非接觸式電能傳導技術,增加系統的安全及可靠性

Love Yourself

Enjoy the world's purest water with your

- eSpring Water Treatment System is the first of its kind that is proven to effectively remove lead. THMs and more than 140 harmful contaminants.
- The first water purification system to be tested and certified by NSF International to meet NSF/ANSI Standards 42, 53.
- The first system designed with inductive coupling. No wiring is used to ensure its safety and reliability.





愛地球

節能減碳 由日常生活開始

- 全年電費只需港幣\$17*。
- 比氣體燃料煲水減少排放二氧化碳高達70%
- 按電風扇每日運作4小時計算,每年耗電量已達168千瓦,而 eSpring智能淨水器每年耗電量僅為20千瓦

0188

DP\$5,680

Love the Planet

Carbon minus living begins from daily life

- Costs just HK\$17* a year in electricity
- Reduces carbon emissions by up to 70% when compared to boiling water on a stove.
- eSpring consumes just 20 megawatts of electricity per year, compared to the 168 megawatts consumed by an electric fan which operates four hours per day.
- * 按濾淨5千公升食水計算
- Calculated based on purifying 5,000 litres of water

AMWAY OUEEN

嚐一頓健康美食

安利皇后牌不銹鋼煲具

Healthy Cooking, the Energy-efficient Way Amway Queen Cookware

低溫煮食 保留食物天然營養

- 皇后煲以18:8優質不銹鋼及多層結構製造,大大提升導熱速 度及時間,只需中或小火煮食,避免因高温烹調而破壞食物營 養,讓家人吸取更多天然食物營養。

Love Yourself

Low-temperature cooking to retain the most nutrients

- Queen Cookware is made of the finest 18/8 stainless steel. It promotes fast heat distribution and has good heat-retaining properties, helping you to retain the most nutrients.

環保新煮意 架疊烹調節省燃料

皇后煲傳熱及保溫效力高,可以將多項煲件疊起來烹調,一個 爐頭同時做出多項美食,例如煲湯、蒸魚及煲仔菜,大大節省 燃料、時間及空間。

Love Your Planet

Cook in an environmental-friendly way by convenient stack cooking

The effective heat distribution of Queen Cookware enables you to cook several dishes on one burner at the same time, saving both time and fuel.



DP\$5,980

『綠色家居產品組合獎賞計劃』大放送

最多獲賞\$4,600

Be Environmentally Friendly -Be Rewarded with Up to \$4,600!

優惠期有限 請即行動 mited Time Promotio Act Now!

凡購買安利家居科技產品(eSpring智能淨水器、 Now you can buy Amway HomeTech products – including the Atmosphere空氣清新機及皇后煲不銹鋼套裝),即享多 eSpring Water Treatment System, the Atmosphere Air Purifier 重獎當,最多獲當\$4.600安利產品券(設有積分額及售 is applicable.)

優惠期:由2010年1月1日開始

and Queen 21-piece Cookware - and enjoy multiple rewards of Amway product coupons worth a maximum of \$4,600. (PV/BV

Promotion starts from January 1, 2010.

購買第一件家居科技產品後120天內再選購第二及第三件家居科技產品,即可享有折扣 優惠或安利產品券。

Buy a second and third HomeTech product item within 120 days of your first HomeTech product purchase to enjoy the discount offer or Amway product coupon.



Atmosphere空氣清新機 皇后煲不銹鋼套裝 eSpring智能淨水器

第二重獎賞 Reward Level Two 購買第三件家居科技產品(與第一及二件不同),可選擇

第一重獎賞 Reward Level One

購買第二件家居科技產品(與第一件不同),可選擇即時

different item from the first) and enjoy an instant discount

Purchase a second HomeTech product (it must be a

offer of \$1,600 or an Amway product coupon worth

折扣優惠\$1.600或安利產品券\$1.800。

\$1,800.

即時折扣優惠\$2.400或安利產品券\$2.800。

思分期優惠〉 享有此免息分期優惠,必須使用以下銀行之各種信用咭付款: (1) 渣打信用咭及渣打聯營咭;恒生銀行信用店; (2) 香港滙豐銀行信用咭 — (以信用咭首6位數字為準)

v 每月供款額將按銀行之計算為準,差額約為港幣\$1或以上 安利公司保留最終決定權。

加有香詢,請致雷安利諮詢執線:2969 6300 4

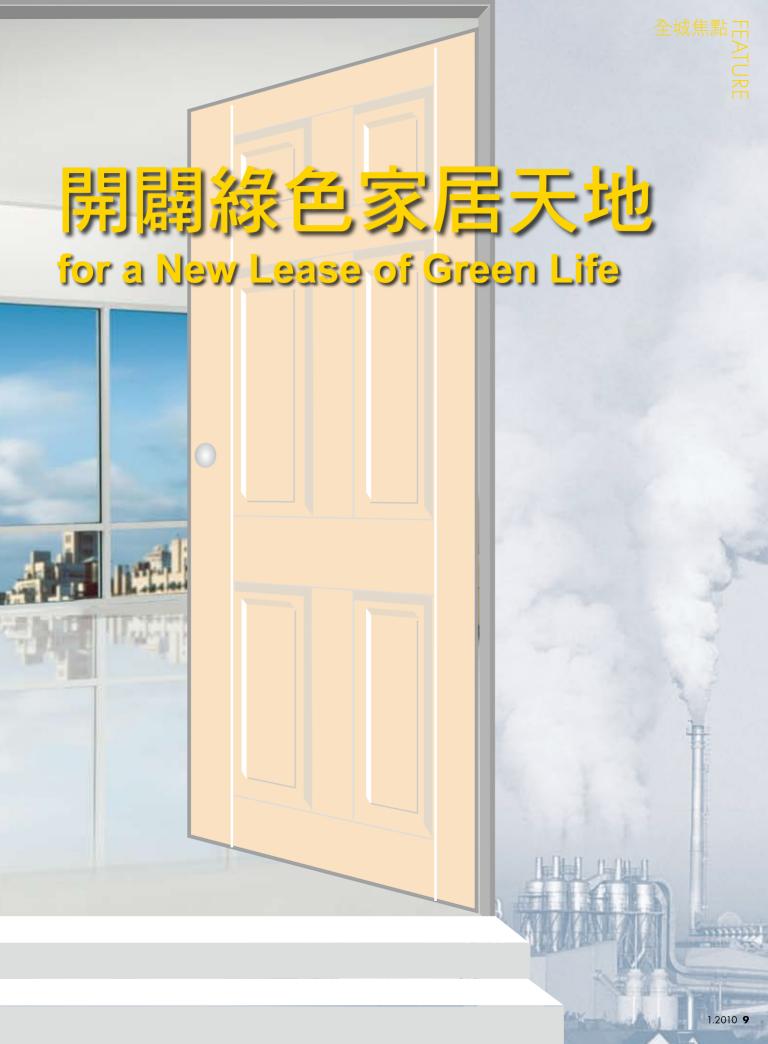
Purchase a third HomeTech product (it must be a different item from the first two) and enjoy an instant discount offer of \$2,400 or an Amway product coupon worth \$2,800.



eSpring智能淨水器

ou wish to return the Amway products during the installment period, Amway will refund the BV of the Amw. ducts by credit voucher (no BV/PV applicable). The buyer is still obliged to pay the outstanding installments to t

For enquiries, please call Amway Service Hotline: 2969 6300





自信與自強是不少成功人士必需具備的條件,而新晉鑽石直系直銷商謝恩正好具備這些特質,年紀輕輕已抱有創業的遠大目標。因此,他於畢業後踏足社會,便憑藉堅毅的意志,成功發展安利事業,為人生揭開精彩的一頁。

Self-improvement and a desire to strive continuously are traits found in many successful people. New Diamond Direct Distributor Enosh Tse possesses both these traits, and he set a goal to start his own business when he was still quite young. After graduation he persevered in Amway, successfully developing his own business and starting a wonderful new chapter in his life.

營商經驗 點滴累積

90年代初,謝恩的母親及大姨開始發展安利事業。但在商賈之家長大,並有志建立自己個人事業的謝恩,卻對安利提不起絲毫興趣,因為他當時誤以為安利只是一門向家庭主婦推銷肥皂的生意。及至升讀科技大學,雖然謝恩對安利事業仍是愛理不理,但卻積極開始自己的個人事業。「我在大學時期經營過三門生意,三門都因為找不到好的合作夥伴而結束。」生意雖然未能成功,但謝恩卻學到寶貴的一課:「若在生意上能找到有經驗的夥伴合作,一切將能事半功倍。」



Accumulating business experience

In the 1990s, Enosh's mother and aunt started their Amway business. Having grown up in a business-oriented family, Enosh was eager to start developing his own business, but as he thought his mum and aunt were just selling soaps to housewives he didn't really take much interest. Later, while studying at the Hong Kong University of Science and Technology, he still showed no interest in Amway but was aggressively trying to get his own business started. "I embarked on three different kinds of businesses while I was studying, but none offered any real prospect of long-term development – particularly because finding a good business partner is not easy."

Getting acquainted with Amway

In 2003, accompanied by his mother and aunt, Enosh attended a Distributors' rally at which a Korean Crown Ambassador was invited to be the keynote speaker. He noticed that many Diamond Direct Distributors were very successful, even though some of them were not even 30 years old. What amazed him most were the big profits that were being made. The Amway operation turned out to be far more impressive than he originally imagined, so Enosh took a decision to start his own Amway business.

At the beginning, Enosh encountered some difficulties in the areas of retailing and sponsoring, and he usually turned to aunt – Diamond Direct Distributor Annabella Wong, who was also his leader – for help. "Annabella is like a lighthouse in the fog, giving the right direction for people who are keen to pursue for success," he said. "She places high demands on herself and those in her team, but she also has vision and is very patient – attributes that all contributed to the excellence of our team." Enosh said Annabella taught him to arrange a gathering in his friend's university hall of residence so he could share the Amway products and business opportunity with his schoolmates. After just 18 months he had already sponsored around 1,000 people to be part of his network!

Potential realised

Enosh's university friends were busy finding jobs after graduation. This was around the time the SARS outbreak occurred and the salaries available were generally not so good. By that time Enosh was already a Direct Distributor, earning a stable and respectable income. At the same time his mother fell sick and needed to pay frequent visits to the doctor. The time autonomy provided by Amway enabled him to take care of his mother – something that would not have been possible in a regular full-time job.

Encouraged by his aunt, Enosh decided to develop the Amway business wholeheartedly - which also gave him the time he needed to take care of his mother.

因緣際會 看通安利

2003年,謝恩的母親及大姨邀請他出席安利直銷商大會,該大會邀得韓國創業者皇冠大使直系直銷商作為主講嘉賓。出席這次大會令謝恩對安利事業刮目相看,驚嘆原來當地許多鑽石直系直銷商都只是30出頭,在各行各業出類拔萃的人士。而最令他驚訝的,是他一直認為是「蠅頭小利」的安利生意,竟可創造龐大的營業額。這對自小有抱負要成大功,立大業的謝恩來說十分吸引,便決定發展安利事業。

剛開始發展安利時,簡單如零售及推薦,亦令謝恩手足無措,於是他時常會尋求他的大姨兼領導人——鑽石直系直銷商黃淑秀女士(Anna)的協助:「Anna就像是迷霧中的燈塔,永遠為想成功的人指引正確的方向。她對己對人的品格要求都甚高,加上她的遠見及耐性,造就了我們這個優良的團隊。」Anna教導謝恩以皇后煲在中文大學內開始每週一次的「逸夫飯局」,藉此創造更多機會與同學分享安利產品及事業機會。在長達一年半的堅持後,謝恩成功推薦了超過1千人加入安利,為龐大的生意網絡打下了紮實的根基。

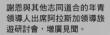
告目同窗 各有際遇

大學畢業時,適逢沙士疫情,同學們雖然都積極找尋工作,但因為經濟不景,所以一般收入都不高。相比之下,謝恩當時已晉升為安利直系直銷商,收入比較穩定。而那時他的媽媽正身負重病,經常要覆診及需要親人在身邊照料,若出外打工,根本分身不暇,經營安利生意真正可讓他自由分配時間。於是他在畢業後,經大姨的鼓勵,決定全職發展安利。在這一年,他能夠全心全意照顧媽媽,令他有很深刻的體會。他說:「時間自由和穩定收入的平衡真的很重要,人生最痛苦的是後悔,若我那一年因要賺取金錢而要被逼





藉著安利,謝恩組成了 一支彼此互相信任的團 隊,讓他帶領著團隊, 隨心所欲地發展。





"The balance between time autonomy and a stable income is very important. If I'd had to sacrifice the time I'd spent accompanying my mother to make money, it would certainly have been a big regret for me," he said.

To enjoy freedom and security is the wish of most people, and

Enosh's choice during the economic downturn highlights the edge Amway has over other businesses. "Of course there're people earning higher income than me. but I can enjoy a great deal of autonomy while earning a stable income," he said. Enosh is also enthusiastic about sharing his Amway travel experiences with the people around him. "I have had the opportunity to travel to many places such as the United States, Australia, Korea, Thailand, Malaysia, Taiwan and over 20 cities in Mainland China. These are the moments I treasure the most."

Building responsibility

When he was younger, Enosh often had clashes of opinions and disagreements with his friends due to his strong-willed nature. However, as he developed his Amway business he became more enlightened.





謝恩與他的團隊出席安利(香港)35週年優勝者餐舞會,共賀輝煌成就。

放棄與至親多相處的機會,我的人生將會有極大遺憾。」的確,自由和保障是很多人共同的追求。在金融海嘯衝擊下,謝恩選擇了安利令他在這方面的優勢更為明顯。他説:「論收入當然有人可以比我更高,但若論自由和不在職收入,我相信我仍很有優勢。」謝恩亦時常樂意與人分享他在安利的旅遊經驗。「藉著安利,我有很多機會到不同的地方增廣見聞,例如美國、澳洲、韓國、泰國、馬來西亞、台灣及中國二十多個城市,這些難得的體驗,都令我獲益良多。」

做好角色 克盡己任

年少氣盛再加上性格倔強,謝恩在求學時期一直不是那麼受歡迎的 人物,更時常與朋輩產生嫌隙。發展安利事業後,得到上線及前輩 們的循循善誘,得到不少啟發,他說:「安利簡直是一門提升品格 的生意,所謂『商道即人道』,不懂得做人,就不懂得做生意。」 謝恩深明安利生意以人為本的重要性,所以在生活中待人接物習慣 改進自己,不修身,又如何治國平天下?隨著安利業績的提升,謝 恩在對生命的體悟亦有所增加,其中對責任感有深刻的感受:「每 個人雖然有不同的角色和責任,但很容易顧此失彼,事業成功和家 庭幸福往往要作出取捨。」安利生意上的自由和保障,正好切合了 謝恩的想法。

迎接挑戰 絕不言退

熱愛運動的謝恩除了籃球之外,近年亦愛上詠春。藉著運動,他磨練了鬥志。他説:「我的師傅説,遇著對手攻擊,你必定要眼室前方,

盯住對方,不能退縮,就如人生中面 對困難及挑戰時,也不可輕言放棄。 當別人比你強,你更加不可自亂陣 腳。雖然遇危退避本是人的天性,但 也要盡量做好自己。」他曾有一個夢 想,就是能夠組成一支彼此互相信任 的球隊,想不到這個夢想能夠在安利 實現。他說:「我在安利找到一班好 拍檔、好兄弟,大家一直並肩作戰, 過程中大家都樂在其中,這是在外打 工難以找得到的。」 "This is a business in which you can upgrade your personality," he said. "There's a principle that says, 'the wisdom of doing business is the wisdom of being a person'. What this means is if you don't know how to be a good person, you don't know how to manage a business."

Enosh stressed that Amway is a business based on personal relationships, through which he strives to better himself. As his business grows his appreciation of life increases, and in turn he's developed a much deeper understanding about the responsibilities he has. "Each of us has a different role in life, which means we each have different responsibilities. Sometimes we may overlook the responsibility that comes with a certain role. Usually we have to sacrifice either a successful career or a happy family," said Enosh. The time autonomy and security offered by Amway are what he cherishes the most.

Embracing challenges

Enosh likes to play basketball, but he actually has a passion for all kinds of sports. In particular, Wing Chun martial art has helped to strengthen his morale and character. "My master says, 'When somebody attacks you, you have to look forward, stare at him and never retreat'. Well, the same principle applies in our daily lives. We need to learn not to give up when we face difficulties and challenges. Retreating when under threat is a natural response in humans, but we should try our best to fight back."

Enosh said he used to have a dream in which he put together a sports team in which every team member had full trust in the other players. Now he's making that dream come true in Amway with a different kind of team. "I have found a group of great partners who share a real sense of brotherhood," he said. "We fight hand in hand and everybody enjoys the game. This is something you will never find in any other kind of employment relationship."



恭賀新晉直銷商 Congratulations to Our New Qualifiers



翡翠直系直銷商 Emerald Direct Distributors



林貴智 林愛靜(酒店管理/會計文員)

我們早於80年代已認識安利,一直都有穩定的職業,後來我們於 90年代初在澳洲經營餐館,才發現傳統生意的風險很高,而且服務 行業的工作時間日夜顛倒,壓力真的很大。因此,那時候我們同時 經營安利生意,發覺工作時間可自由安排,而且風險低,之後我們 回流香港,並決定全職發展安利。我們覺得安利能夠吸納不同階層 的人才,是「以人為本」的生意,加上背後強大的支持,讓我們能 夠全力發展。在團隊之間,我們互相信任和包容,而且也會彼此配 合去達成目標,在過程中我們學會了與人相處的學問,而且更明白 到要向別人學習,令自己進步。

Lam Quoi Tri & Oi Ching

(Hotel management / account clerk)

We first learnt about Amway back in the 1980s when we both had stable jobs. We set up a restaurant in Australia in the early 90s but found the risks of a traditional business to be very high, plus the working hours were long and the pressure constant. So we started to run the Amway business alongside our regular jobs and enjoyed much more flexibility in arranging our schedules. When we came back to Hong Kong we decided to run our Amway business on a full-time basis. It's a business that's suitable for people from all walks of life and we received strong support all along the way. We have built up a close relationship with our team members with a great deal of mutual trust. Our focus now is on communicating well and trying our best to reach our goals.



梁靜雯(銀行系統分析員)

看到安利有這麼多成功的例子,而且也能夠帶來穩定的收入,於是 令我決意加入安利。以前年紀還小,人際網絡不算太廣,因此待人 接物還不夠成熟。但加入安利後,我有很多機會與不同層面的人接 觸,因此令我擴闊眼界,而且也學到很多寶貴的經驗和智慧,這是 金錢買不到的。此外,我與團隊建立了深厚的情誼,大家都上下一 心,朝著同一目標奮鬥,這種緊密的團隊精神,在其他行業實在很 難找到。下一步我會朝著鑽石直系努力,而除了自己的成功外,在 未來我也希望繼續協助下線夥伴,與他們積極擴展更大市場。

Leung Ching Man Quintina (System analyst)

The success stories of other distributors and the low-risk nature of the Amway business gave me the motivation I needed to join. Since becoming part of the Amway family I have been able to broaden my social network and meet all kinds of different people, gaining the kind of experience and wisdom money just can't buy. I have worked hard to build a strong relationship with my team so that we can strive towards a common goal. It's hard to find such a great team spirit in other industries. Looking to the future, I will set my sights on Diamond and keep working closely with my downlines to help them expand the market.



直系直銷商 Direct Distributor



蔡嘉裕 (採購員)

傳統生意需要投放大量資金,而且風險也很大,但安利生意既低風險,又有足夠的 支援,能助我全力開創自己的事業。經營初期或會遇上困難,但團隊給予我無限的 支持,每個人都願意作出指導,令我學習到寶貴的經驗。

Choi Ka Yu (Merchandiser)

In a traditional business you need a lot of capital to get started and the risks are always high. What's great about Amway is that it's low-risk with strong support, which enabled me to get my own business started. Everyone will face some difficulties at the beginning, but I got great support and guidance from my team and that gave me a lot of valuable experience.



銀章直銷商 Silver Producers



劉倩兒 (保險從業員)

我在朋友介紹下加入安利,在這裡我能夠真正體驗安利團隊之間的緊密合作。不論你是甚麼背景,或擁有甚麼技能,都可以成功發展安利事業,達成自己的夢想。

Lau Sin Yee Margaret (Insurance agent)

I joined Amway after being referred by a friend and it's been very worthwhile. The business has enabled me to experience the strong teamwork between members, and we can work together towards higher goals despite our different backgrounds and skills.



孫志輝 郭淑貞 (系統分析員 / 商人)

安利是個有信譽的名字,而且一直鼓勵健康生活,加上看到身邊的朋友在加入安利後,都 有卓越的成就,於是令我們決心加入安利。經營安利生意所得到的不只是金錢上的回報, 還有健康的人生觀及精彩人生。

Suen Chi Fai & Kwok Suk Ching (System analyst / merchant)

Amway is a name with a great reputation that's synonymous with healthy living. I witnessed the success of my friends who'd joined Amway so I decided to follow in their footsteps and start my own business. Rewards are not just about money and bonuses: being able to live a healthy and wonderful life is a reward in its own right!



銀章直銷商 Silver Producers



虞金根 張素英 (工程師 / 家庭主婦)

加入安利後,讓我見識到更多事物,擁有更多姿多采的人生。團隊之間能夠彼此分享經 驗,遇有困難時亦會互相分擔,日後我會以樂觀的態度,繼續努力達成目標,期望事業能 夠再上一層樓。

Yu Kam Kan & Cheung So Ying (Engineer / housewife)

There are so many things to learn in Amway – things that have helped to take my life out of the ordinary. I can share experiences with my team members and we will support each other through every challenge. I'll try my best to keep reaching for higher goals.



陳富華 陳妙玲(市場經理/高級行政人員)

發展安利事業,讓我能夠擴闊生活圈子,以前我只從事行政工作,但經營安利生意需要周 詳計劃及組織能力,讓我學到更多經驗,也令我的生活變得充實。我會繼續努力,向更高 的目標邁維。

Chan Foo Wah & Miu Ling (Marketing manager / senior executive)

The Amway business has helped me broaden my social network and improve my organisational skills. I have been able to learn a lot and make my life more substantial in many different ways. I'll keep working hard and set higher targets for the future.



梁于菁 (公務員)

加入安利後,我的生活變得更充實,只要做對選擇,便能夠擁有美好的將來。過往的工作 比較刻板,但發展安利生意可自由安排工作時間,完全沒有壓力。只要有機會,我都會好 好把握。

Leung Yu Ching Sandi (Civil servant)

I feel like I made the right choice by joining Amway - I've been able to achieve a more substantial life and secure a brighter future. My previous job was so inflexible, but in Amway I can manage my own schedule as I run my business. I'll seize every opportunity to strive for greater achievements.



銀章直銷商 Silver Producers



陳慶滿 陳利安 (臨床心理學家 / 音樂家)

我們在美國加州經朋友介紹下加入安利,經營安利生意讓我們領悟到要得到成功,便要自己努力去爭取。同時,透過發展安利事業,也令我學會了追求更高目標,並堅持信念去達成夢想。

Chan Hing Moon & Leanne M (Clinical psychologist / professional musician)

We were introduced to Amway by our friends in California. We soon found that this business helps us to fully understand that we are personally responsible for whatever kind of success we want to achieve in life. It also encourages us to set higher goals and teaches us the advantages of perseverance as we work to achieve our objectives.



陳敏芝 (行政人員)

我在日間從事行政工作,晚間修讀語言碩士課程,近年開創了自己的事業,但卻感到傳統生意發展有限,未能完全達成自己的夢想。反之,發展安利事業卻給予我「正能量」,在愉快的工作環境下,實現自己和團隊的夢想。

Chan Man Chi (Executive)

I have an administrative job during the daytime and study for a master's degree in languages at night. It's been difficult to fulfill my dreams because there are so many limitations in running a traditional business. The Amway business, however, offers me a great option to work without pressure and realise my goals.



梁思穎(投資銀行副總裁)

我的日間工作很繁忙,而且不算太穩定,壓力很大。發展安利生意令我的經濟更有保障, 而且亦能夠認識來自不同階層的人。將來我會繼續挑戰自我,向更高的目標進發。

Leung Winnie (Vice President of Investment Bank)

My full-time job is very demanding and I come under a lot of pressure every day. Amway offers me another source of financial security together with benefits such as being able to meet people from entirely different backgrounds. I'll set more challenging goals and push the envelope to achieve excellence.



龐熙榮 陳美玲 (教師 / 教師)

我們一直覺得擁有自己的生意,生活才有保障。加入安利後,發覺身邊有很多學習機會,讓我們變得更積極。由零開始確實是個大挑戰,但我們會把握每個機會,與不同的人分享,達成夢想和目標。

Pong Hay Wing & Mei Ling (Teacher / teacher)

We always wanted to have our own business, and since joining Amway we have seen how there are so many opportunities for us to enhance ourselves. It was a big challenge at the beginning, but we've been able to achieve greater success by sharing our experience with others and seizing every opportunity.



銀章直銷商 Silver Producers



周耀東 劉玉蘭 (保險分行經理 / 酒店市場營業總監)

加入安利後,我深深體會到工作、生活和家庭其實能夠融為一體,而且能夠與身邊摯親好 友一同成長,實在是一件美滿的事情。雖然加入安利的時間還短,但我很高興能夠認識到 來自不同行業的精英,擴闊了自己的生活圈子。

Chow Yiu Tung & Yuk Lan

(Insurance branch manager / hotel sales and marketing director)

After joining Amway I've been able to discover how work, life and family can be all be complementary to each other. One of the great things about this business is being able to share our success with close friends and relatives. I can also expand my social network and meet talented people from a wide variety of professions.



直系直銷商(相片欠奉) Direct Distributors (Photo not available)

梁藹琳 (學生)

安利生意與時並進,市場發展的潛力很大。我能夠利用空餘時間去經營安利生意,並得到可觀的回報,為自己帶來長 遠的保障。藉著團隊的支持,令我學到很多寶貴經驗,日後我會繼續努力,學習更多團隊管理的技巧,協助下線達成 他們的目標。

Leung Oi Lam (Student)

Amway has a great potential market and the company always keeps up to date with market trends. I can develop the Amway business in my spare time and gain rewards that provide me with long-term security. With the support of my team I have many valuable experiences and we'll continue working together to achieve higher goals.

陳永漢 (董事)

我本身是生意人,日常面對很大風險,相反,安利則風險極低,而且市場很大,世界各地都可發展。能夠與其他人分 享成功經驗是其他生意罕見之處,也是我最欣賞的地方。未來我將努力培育更多下線,達到助人自助的目標。

Chan Wing Hon (Director)

As a businessman I have to face to all kinds of risk in my work. What I like about Amway is that it's a low-risk business with a high market potential - and you can even develop it in different places around the world. What I appreciate most is the endless opportunities given to share our experiences and success with other people - an unusual thing to find in any kind of business. In the future I will work harder to develop my network so I can achieve the goal of helping myself while helping others.

蘇穎暢 (醫生)

安利生意的投資和風險都很低,因此任何人都可參加。我能夠輕易地拓展個人網絡,體驗安利生意的市場潛力。我本 身的工作十分忙碌,但幸好得到團隊的支援,令我可以兼顧多方面的發展。我會將安利事業與更多人分享,並積極發 掘和培訓人才,以拓展更大的市場。

So Wing Cheong Ankey (Doctor)

Everyone can start the Amway business because it is low in both risk and investment. I have been able to expand my network and see the great potential in the market, and even with my busy schedule I can still manage my business with the support of my team. I'll share the experiences I've gained in Amway and look for more talents to expand the market.

零售推薦龍虎榜 Rolls of Honour – Retailing & Sponsoring

2009年9月 September 2009

10大個人 Top 10 Personal

零售 Retailing

Au Moon Wah & Mei Kuen Wong Kar Tuen & Fung Ying Pun Chi Fai & Lai Yung Chow Chi Man & Man Ting Shum Fatt Hong Hui Man Dick & On Wing Pong Hay Wing & Mei Ling Yong Wai Chun Kwok Chi Wan Kwan Andy

推薦 Sponsoring

Peng Qing
Ka Gary & Jase
Ho Po Ming & Sau Wan
Wong Kwok Chung
& Kai Heung
Kwan Wing Tong & Suet Yee
Yuen Kam Lam & Chi Kuen
Leung Oi Lam
Tsang Sin Ming
Leung Siu Cheong & Yuk Lin
Yeung Kam Kwan & Mei Wah

10大直系小組 Top 10 Group

零售 Retailing

Fu Clement & Anita
Chan Ellina
Ka Gary & Jase
Lo Paul & Paula
Liu Te Pei & Jin Mei
Leung Kwok Pui & Yu Wa
Lam Quoi Tri & Oi Ching
Lok Chung Kwan & Yee Kwan
Ho Po Ming & Sau Wan
Chu Lucia

推薦 Sponsoring

Cheong Chi Wa
Ho Chi Leung
Yung Tsz Ming & Yim Ling
Dornan James & Nancy
Lam Kwok Leung & Sim Lin
Ka Gary & Jase
Ho Ping Chuen & Shuk Fung
Chan Hin Tong & Sao Kun
Hung Yat Lam Veronica
Mok Sai Kit & Lai Po Chu





去年10月,紐崔萊於香港舉辦健康講座,森姆·宏邦博士更細說品牌的過去、現在與未來,而紐崔萊品牌體驗經理及紐崔萊品牌大使董博奇和紐崔萊巴西農場經理兼有機農業及畜牧業發展協會創辦人錢立強亦隨行來港。他們各自暢談品牌的成功故事,以及發展自設有機農場的成功要素。紐崔萊的成功故事,背後有著一套完整的健康理念。

優質健康 完善理念

紐崔萊在數十年來的卓越成就,實有賴品牌一直追求健康的理念。董博奇認為,要了解一個品牌的成功,先要了解它背後的理念。他説:「紐崔萊一直注重追求優質健康的哲學,並積極宣揚健康訊息。我們推行了紐崔萊體驗領袖訓練計劃,安排來自世界各地的領導人前往美國加州,參加為期數天的講座及訓練計劃,認識紐崔萊品牌對保護大自然的概念和科研的成果,同時也學如何成功銷售產品。」他認為健康是人生最重要的目標,因為沒有健康的體魄,任何事也做不到。他續説:「我們不可能每天都進食所有種類的食物,因此我們需要營養補充品來補充身體未能攝取得到的營養素。我們期望每個人都擁有最優質健康,因此我們會經常舉辦健康測試,透過健康講座來講解攝取營養的要點,同時也積極宣揚運動及作息平衡的健康訊息。此外,我們亦成立了紐崔萊營養與健康研究中心,憑藉多年的經驗和科研的努力,帶來既安全、又純正有效的產品,令更多人得到健康。」

有機農場 維護可持續發展性

紐崔萊是全球唯一自設已認證有機農場的營養補充品品牌#,種 植出優質的植物,並抽取當中最精煉的精華來研製各種營養補充 品。錢立強説:「如果植物的品質不夠好,產品的質素也會受到 影響。因此,我們投放大量資源去發展我們自設的有機農場,現 在我們於加州、墨西哥、巴西及華盛頓設置四大有機農場,栽種 各種營養豐富的植物來提煉植物濃縮素,然後研製成優質的營養 補充劑。我們絕對不會採用化學肥料或除蟲劑,而是全以有機方 法耕作,以維持生態平衡,不論泥土、動物、植物及水源,都是 一個整體。此外,我們也經常舉辦農場體驗計劃,讓來自不同地 方的學生,親身到訪我們的有機農場實習和體驗,讓他們認識有 機耕作的過程,也令他們更注重生態平衡及環境保護。」



紐崔萊自設已獲認證的有機農場。



紐崔萊巴西農場經理錢立強説紐崔萊一 直積極發展自設的有機農場。



紐崔萊品牌體驗經理董博奇認為紐崔萊 的卓越成就,實有賴品牌一直追求優質 健康的理念。

In October last year, Nutrilite held a health seminar with Dr. Sam Rehnborg who shared his thoughts on the past, present and future of the brand. Joining Dr. Sam were Mr. Bill Dombrowski, Manager of the Nutrilite Brand Experience and Nutrilite Brand Ambassador, and Mr. Richard Charity, Manager of Nutrilite Brazil Farm and Founder of the Association for the Development of Organic Agriculture and Animal Husbandry (ADAO). Together, they recounted the story of Nutrilite's success and gave us fascinating insights into the development of the company's organic farms.

Striving for Optimal Health

The great success of Nutrilite is the result of its pursuit on optimal health. Mr. Dombrowski said that a successful store needs a successful notion, "Nutrilite pursuits and promotes the philosophy of optimal health. We have organised the Nutrilite leadership and experience programme, in which leaders from all over the world were invited to join the training programme in California to learn about the brand's effort on nature preservation, the achievements in science technologies and the skill in promoting the products." He regarded that health is the most important part of our lives. He added, "We can't eat all kinds of food every day, so we need nutrient supplements to keep our bodies in good shape. With different health tests and health seminars, the brand takes the role to promote the message on a balance of life. Beside, we also have the Nutrilite Health Institute to make efforts on research and development to create the products that are safe, pure and effective "

Ecological Balance and Sustainability

Nutrilite is the first company in the world to cultivate and process natural ingredients for use in its own natural food supplements*. Mr. Charity said, "The quality of the products is directly related to the quality of plants. We invested a lot to develop our organic farms and now we have four in California, Mexico, Brazil and Washington where plants are grown, extracted and manufactured into quality food supplements. We avoid using chemical fertilizer and pesticides and fully make use of organic resources to maintain the soil, animals, plants and water in a balanced cycle. Moreover, we also held many experience programme for students around the world to learn and practice in the farm to strengthen their concept on ecological balance."

根據國際市場研究公司Euromonitor Consultancy於2004年完成之一項獨立調查。
Based on an independent review by international market research firm Euromonitor Consultancy, completed in 2001.



大豆看來似是平平無奇,但別小覷每一粒大豆,因為它的營養價值極高,而且又具備多種保健作用,對健康 有莫大裨益。大豆可製成各式各樣的食品,而且老少咸宜,因此早已成為新一代健康不二之選。

What's the big deal about soybeans? Though they may seem like a pretty ordinary food, each bean actually contains a high level of nutrients that can help us in the fight to maintain good health. Soybeans can be used in all manner of different dishes and are suitable for people of all ages. Soybeans have become the next big thing in the quest for optimal health!

營養價值高

大豆一直被視為有益健康的食品,其製品包括豆腐或豆漿,都是我 們日常膳食中常見的食物。大豆中含有豐富的蛋白質、不飽和脂 防酸及維他命等高營養價值的成分,而且它屬於植物性蛋白,其 高營養價值已獲歐洲科學家的肯定。此外,大豆蛋白的質量與肉 類的蛋白質相似,而含量約佔35%-40%,比肉類(15-22%)、蛋類 (11-14%)及奶類(3-3.5%)食品為高。同時大豆含有大量不飽和脂 防酸,不含膽固醇,故大豆是對抗心臟及血管疾病的理想食品。此 外,大豆還蘊含多種天然活性成分,包括多肽、卵磷脂、異黃酮、 低聚糖、及大豆食用纖維等,有助降低膽固醇及提高免疫力。

大豆蛋白的保健作用

大豆蛋白是眾多植物性蛋白質當中,營養價值最高的一種,而且更 不含膽固醇,同時也具備多種保健作用,因此大豆早已成為新一代 的健康之選。

• 維護心臟血管

高血壓、高血脂、動脈粥樣硬化等疾病,都與日常飲食習慣有關 研究顯示,營養的攝取會影響血漿脂類及動脈壁成分的構造,間接 導致動脈粥樣硬化及其他併發症出現。大豆蛋白含豐富氨基酸,當 中的精氨酸有助舒緩血管及對抗動脈粥樣硬化。科學家發現,每日 攝取約25克大豆蛋白,有助降低身體總膽固醇和低密度脂蛋白膽固 醇的水平。

• 對抗疲勞 提高免疫力

大豆蛋白是構成各種酶、激素及血紅蛋白的成分之一,而且大豆蛋 白被人體攝取後,可轉化為葡萄糖,為肌肉提供能量及有助消除疲 勞。此外,人體的免疫細胞主要由蛋白質組成,如果人體內的蛋白 質不足,免疫力亦相對大減。

• 調節生理機能

除了降低膽固醇之外,大豆亦對女性生理功能提供調節作用。大豆 中的異黃酮類雌激素具有組織選擇性,既有雌激素的好處,例如

> 防止骨質流失,同時又 可避免刺激生殖系統器 官細胞增生等的負面影 響。因此,大豆蛋白對 更年期的女性有一定的 保健作用。

Rich in nutrients

Soybeans are regarded as a healthy food and byproducts such as bean curd and soya milk are commonly found in our daily diets. Soybeans are rich in nutrients, such as protein, unsaturated fatty acids and vitamins.

While research has shown that soy protein is cholesterol-free, it also has a protein mass that's higher than that of meat, eggs and dairy products. As they are high in unsaturated fatty acids but contain no cholesterol, soybeans are good for helping in the prevention of heart and artery diseases. What's more, soybeans are also rich in active ingredients including polypeptide, lecithin, isoflavones, oligosaccharide and soy dietary fibre that can lower the level of cholesterol and strengthen the immune system.

Good for health

Soy protein has many advantages for good health, being among the richest in nutrients of all the vegetable proteins and also cholesterol-free. It's not surprising that soybeans have become a popular choice in many healthy diets.

Protects the heart and arteries

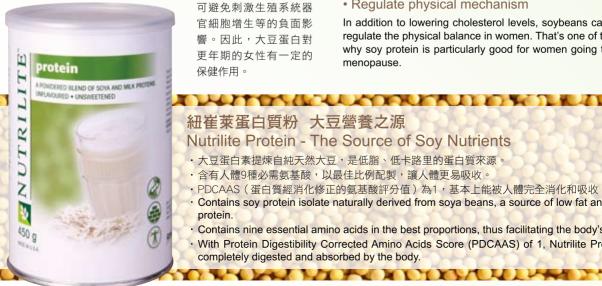
High blood pressure, hyperlipidemia and atherosclerosis are all related to problems in our daily diets. Research has shown that nutrient ingestion will affect the structure of plasma lipids and artery walls, leading to atherosclerosis and other complications. Soy protein contains plenty of amino acid and the arginine it contains can help soothe arteries and prevent atherosclerosis. A daily intake of 25g of soy protein has been proven to lower total cholesterol as well as LDL cholesterol levels.

Prevents fatigue, boosts immunity

Soy protein is one of the key elements in the formation of enzymes, hormones and haemoglobin. The protein is transformed into glucose after ingestion to provide energy for the body. Moreover, immune cells are mainly made up of protein, so an insufficient protein intake will serve to weaken the body's immune

Regulate physical mechanism

In addition to lowering cholesterol levels, soybeans can also help regulate the physical balance in women. That's one of the reasons why soy protein is particularly good for women going through the menopause.



紐崔萊蛋白質粉 大豆營養之源

Nutrilite Protein - The Source of Soy Nutrients

- · 大豆蛋白素提煉自純天然大豆, 是低脂、低卡路里的蛋白質來源。
- · 含有人體9種必需氨基酸,以最佳比例配製,讓人體更易吸收。
- · PDCAAS(蛋白質經消化修正的氨基酸評分值)為1,基本上能被人體完全消化和吸收。
- · Contains soy protein isolate naturally derived from soya beans, a source of low fat and low calorie
- · Contains nine essential amino acids in the best proportions, thus facilitating the body's absorption.
- · With Protein Digestibility Corrected Amino Acids Score (PDCAAS) of 1, Nutrilite Protein can be completely digested and absorbed by the body.

CALL TO POOL OCCUPANT

綠色有機/進馬地 2010.3.14

天然健康的有機耕種助我們實踐健康飲食,有益身心的「綠色有機健康跑」則可鍛鍊體魄,體現健康生活。由香港 浸會大學香港有機資源中心主辦,美國安利(香港)日用品有限公司贊助的「綠色有機健康跑」第六屆盛事舉辦在即, 繼續為香港有機資源中心籌款,幫助更多本地有機農民,同時身體力行,推動綠色有機生活,實踐優質健康。

Organic farming uses natural cultivation techniques, without the use of artificial fertilizers, and helps contribute to a healthy life. The Health Run, organized by the Hong Kong Organic Resource Centre (HKORC) of Hong Kong Baptist University and sponsored by Amway Hong Kong Limited, aims to boost public participation in sports and encourage people to live a healthy lifestyle. At the same time, the run will help to raise funds for the HKORC to work towards an ecologically balanced living environment and help more local organic farmers improve their farming techniques.



主辦機構:





贊助商:





主辦機構

香港浸會大學 香港有機資源中心

Hong Kong Baptist University Hong Kong Organic Resource Centre

香港浸會大學香港有機資源中心是首個獲農業發展基金撥款,並負責建立本地有機產品認證系統的非牟利機構,以進一步推動本地有機農業的發展。中心致力提高本地有機業界、消費者及市民大眾對有機農作物及產品認證的認識。除了保障消費權益外,中心亦努力推動可持續發展有機農業,確保香港市民可享用安全優質的有機食物,為下一代締造一個生態平衡的生活環境。

Hong Kong Organic Resource Centre (HKORC) of Hong Kong Baptist University is the first local certification body of organic products set up under the Agricultural Development Fund to facilitate the development of organic farming. HKORC devotes to increase the awareness of farmers, consumers and the general public about the role of certification on the production and marketing of organic products as well as promote the sustainable development of organic farming in Hong Kong, ensuring a safe and quality food supply and an ecologically balanced living environment for our future generations.

替助商

美國安利(香港)日用品有限公司 Amway Hong Kong Limited

安利一直關懷及愛護我們的居住環境,致力推廣環保生活,履行企業社會責任。而安利紐崔萊營養補充品亦明白適量運動及優質營養的重要性,致力在全球推廣健康跑。現時,紐崔萊已正式成為意大利甲組聯賽班霸AC米蘭的官方指定營養補充品贊助商,其Team Nutrilite由朗拿甸奴、劉翔及中國國家體操隊等世界級運動員作代言人。同時,紐崔萊亦是全球唯一於自設並已獲認證的有機農場內種植、收割及提煉植物原料的營養補充品品牌*,致力保持生態平衡,打造綠色生活。

Amway has made a continued commitment to treasure the environment and promote a green and healthy lifestyle. Nutrilite believes that regular exercise and quality nutrition are important to our health, and is dedicated to promoting the Health Run on a worldwide basis. Nutrilite is now the official sponsor of the world-famous Italian football team AC Milan, while international sports icons such as Ronaldinho, Liu Xiang and the Chinese Gymnastics Team all act as ambassadors for Team Nutrilite. Nutrilite is the first company in the world to cultivate and process natural ingredients for use in its own natural food supplements* and is committed to maintain environmental sustainability.

* 根據國際市場研究公司Euromonitor Consultancy於2004年完成之一項獨立調查。 Based on an independent review by international market research firm Euromonitor Consultancy, completed in 2004.

日期:2010年3月14日

時間:集合 — 上午7:30

起步 一 上午9:30

集合地點:大埔香港科學園會議中心

報名費:港幣50元/葡幣51.5元

(全數將撥捐香港有機資源中心,用作

推動本地有機農業發展)

Date: March 14, 2010 **Time**: Assembly – 7:30am

Get set - 9:30am

Assemble Point: Hong Kong Science Park

Convention Center

Fee: HK\$50 / PTC51.5 (all of the fees will be donated to Hong Kong Organic Resource Centre for the development of local organic

farming)

名額有限,額滿即止。

Quotas are limited and available in a first-come-first-served basis

健康跑精美禮品

於各安利購貨中心即場報名,可領取紐崔萊健康跑T恤一件。而跑畢全程更可獲發健康跑獎牌一面及精美紀念品一份。

Health Run Souvenirs

You are entitled to a Nutrilite Health Run T-shirt as you sign up for the event at any Amway Merchandising Centre. Each participant who has completed the full journey will be awarded a Health Run medal and other souvenirs.



全新路線 一 香港科學園 (全程約5公里)



大埔香港科學園



白石角海濱長廊

今年路線由大埔香港科學園起步,沿科 技大道東出科學園,再經白石角海濱長 廊後折返科學園科技大道東為終點。

大埔香港科學園設計新穎,建築物包含 大量的綠色元素,環境優美,其中以人 稱「金蛋」的科學園會議中心最具代表 性。位於科學園旁的白石角海濱長廊路 面寬闊,全程鋪設紅色地磚,參加者可 享受吐露港優美海景,遠望馬鞍山和烏 溪沙一带景色,沿途更可欣賞通往東北 海域的赤門海峽、船灣淡水湖堤壩等, 令人心曠神怡。

The whole routing is about 5km with Hong Kong Science Park as the starting point. The route starts from Science Park East Avenue to Pak Shek Kok Promenade, then return to avenue as the destination.

In the innovative Hong Kong Science Park, the buildings feature many green elements to create a beautiful environment. The Science Park Convention Center, also called the "Golden Egg", is the iconic building in the area. The Pak Shek Kok Promenade is wide and paved with red tiles. Participants can enjoy the lovely sea view and panoramic landscapes of Ma On Shan and Wu Kai Sha, featuring sceneries of Tolo Channel in the north-east and dams of Plover Cove Reservoir.

大會專車往返大埔香港科學園

地點:港鐵大學站(巴士總站旁上車)

去程服務時間:上午7:15 - 8:15 (每5-10分鐘一班,逾時不候)

回程服務時間: 下午1:00 - 1:30

Shuttle Bus Arrangement

Pickup point: University Railway Station (next to the bus terminus)

Service Hours: 7:15 am - 8:15 am (Every 5-10 minutes,

late comers will not be entertained)

Return Trip: 1:00 pm - 1:30 pm

大埔香港科學園餐飲優惠

大埔香港科學園餐飲優惠券將於活動當日派發,憑券惠顧大埔香港科學園之指定食肆,可享折扣優惠。

Discount in Restaurants of Hong Kong Science Park

Discount coupon will be offered in the event. Holder of the coupon will enjoy a discount for consumption in restaurants of Hong Kong Science Park.

名額有限, 額滿即止。

報名表

每位參加者必須填寫一份報名表

十二歲或以下之小童必須在成人陪同下方可報名參加 #為必須填寫之項目 參加者個人資料(請以正楷填寫) #中文姓名 ______ #性別 □ 男 □ 女 #身分證號碼 | | | (頭5位數字包括英文字母) #年龄 #手提電話/日間聯絡電話 | | | | | | | | #是否安利(香港)直銷商/優惠顧客 是 否 否 安利(香港)直銷商/優惠顧客編號 | | | | | | | | 監護人資料(12歲或以下之小童必須填寫) 中文姓名 ____ | | | | 性別 □ 男 □ 女 身分證號碼 | | | | | | | | | 手提電話 / 日間聯絡電話 | | | | | | | | 緊急聯絡人資料 中文姓名| | | | | 手提電話 / 日間聯絡電話 | | | | | | | | 與聯絡人關係 □ 親屬 □ 朋友

	-/27		
	42	c	
10		Λ	

#運動衣尺碼(只作參考用途,大會保留所提供運動衣尺碼之最終決定權) □加小 □小 □中 □大 □加大
是否曾參加安利(香港)健康跑? 是
#健康跑推薦人: (如不適用,請略過此項)
#推薦人之直銷商編號:(如不適用,請略過此項)
截止報名日期
二O一O年三月七日(星期日)
聲明
謹此聲明本人自願參加2010年「綠色有機健康跑」,本人願意遵 守由香港浸會大學、香港有機資源中心、安利(香港)及各協助機 構(總稱大會)所訂的規則,包括:
1 我願意自行承擔所有責任,本人一旦因在往返比賽中受到任何 財物損失、受傷或死亡,主辦機構、贊助機構均毋須負上任何 責任。
2 本人聲明身體健康及有能力參加此活動。
3 本人明白此活動的體適能要求,方報名參加活動。
4 本人同意大會在毋須經本人審查而可使用本人之肖像、姓名、

監護人簽署 ___

(適用於12歲或以下之參加者)

日期 _____

由主辦機構填寫

收據編號(如適用)_____

確認信寄出日期 ______

聲線及個人資料,作為大會活動籌辦及推廣用途。

參考編號 _____

報名辦法

1 親身遞交:請填妥報名表,交回任何一間安利購貨中心或香港有機資源中心(九龍塘香港浸會大學善衡校園呂明才中心LMC508室)

2 網上報名:可登入www.amway.com.hk或www.hkorc.org 登記

報名費用

報名費用港幣50元/葡幣51.5元(全數將撥捐香港有機資源中心,用作推動本地有機農業發展)

可選擇以下繳費方法:

- 1 親身前往任何安利購貨中心或香港有機資源中心,以現金繳付費用及提交報名表。
- 2 如透過網上報名,請連同回覆電郵或記下參考編號,於七個工作天內親身 到任何安利購貨中心,以現金繳付費用。逾期失效。

安利購貨中心地址

安利優質生活體驗館及銅鑼灣旗艦店 香港銅鑼灣軒尼詩道468號 安利九龍陳列室及購貨中心 九龍彌敦道484號

屯門購貨中心 新界屯門仁愛堂街麗日閣地下三、四及十一號 **澳門購貨中心** 澳門高地烏街52號地下

香港有機資源中心地址

九龍塘香港浸會大學善衡校園呂明才中心LMC508室

截止報名日期

二O一O年三月七日(星期日)

杳詢

電話: 2969 6371 或 2969 6369 (辦公時間: 星期一至星期五上午9:00至中午12:30及下午1:30至6:00,公眾假期除外)

電郵: healthrun@amway.com





IRTIS

1.2010 **29**

形象坊<YSELF

兩個健康好「煮」意 **Two Secrets for Healthy Cooking**

煮意 |

Amway中式五層不銹鋼鑊 健康煮意的秘密 Amway 5-ply Wok - The Secret of Healthy Cooking

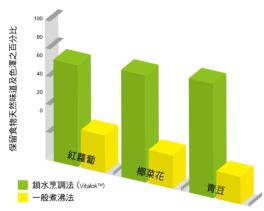
※鎖水設計(VitalokTM) 保留食物天然鮮味與色澤

Vitalok™ Locks in Real Flavour and Colours

Vitalok™設計有效保留食物天然水分,烹調時不需加入太多水分, 甚至可以免水煮食,保持食物味道及大大避免天然顏色隨水流失。 Amway 5-ply wok has been proven that cooking with Vitalok™

can retain colours and flavour of food at least two times better than other cooking methods.

2726 DP\$2,498



• 食物的顏色與味道容易溶解於水中,經實驗證明,「鎖 水設計」(Vitalok™)在保留食物原色及原味,比一般煮 沸法優勝兩倍以上。



• 鑊蓋與鑊身之間 獨特的「鎖水設 計」(Vitalok™), 能有效減少蒸氣 溢出,避免揮發 食物水分,盡嚐 食物天然鮮味。



※ 低溫煮意 保留食物天然營養

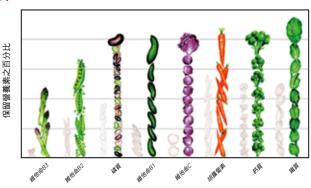
Low Temperature Cooking Locks in Natural Nutrients

Amway中式五層不銹鋼鑊採用18:8優 質不銹鋼及五層結構製造,大大提升導 熱速度,避免因高溫煮食而破壞食物營 養,同時減少油煙,煮、食同樣健康。

Amway 5-ply Wok is made of the finest 1/18 stainless steel that promotes fast and even heat distribution, locking in natural nutrients in food.

- · 要保留更多食 物維他命與礦 物質,低溫煮食 法效果出色。
- 船者沸法
- Amway低溫烹調法

低溫煮意保留較多天然營養



享受美食佳餚,同時也千萬不可忘記要食得健康。安利為你送上兩個「煮」意小貼士,並送上有營獻禮,讓你食得開心又稱心!

While it's great to relax and have fun in cooking, it's also important to stay healthy, that is why Amway offers two cooking tips and special offers to bring you happiness and good health!

※ 紐崔萊營與健新「煮」意

一道美味的菜式除了要有新鮮的食材之外,別具創意及富有營養的 的醬汁更可令菜式錦上添花。加入紐崔萊營養產品,調配獨特的醬 汁,更可帶出食物的天然鮮味。

Tailor-made healthy cooking tips

Apart from using quality fresh ingredients, a splash of delicious sauce can enhance the flavour of your dishes. Nutrilite products can be used to create special sauces that bring out the natural flavour of your food.

芥末豆香乳酪汁伴蔬菜

芥末豆香乳酪汁材料:

紐崔萊蛋白質粉 1湯匙

(以1/8杯溫水拌勻) 芥末

芥末1 茶匙芥末籽1 茶匙純味乳酪½杯蜜糖1-2 茶匙

材料:

茄子(切片) 1條 意大利青瓜(切片) 1條 紅黃甜椒(去囊切件) 各1個 西蘭花(切件) 1個 Lakonia特級冷壓橄欖油 少許

做法:

- 1 以沸水略灼西蘭花,取出瀝水備用。
- 2 紐崔萊蛋白質粉及其他醬汁材料拌匀備 田。
- 3 中火燒熱Amway中式鑊,下少許 Lakonia特級冷壓橄欖油,煎烤蔬菜至 兩面金黃,取出以少許鹽及黑椒碎調 味,配醬汁享用。



有營烹調心得

- 1 Amway中式五層鑊能鎖住水分,令蔬菜的顏色及營養不易流失。低溫烹調法, 既令蔬菜煎烤時外香內脆,亦能保持水分及口感。
- 2 紐崔萊蛋白質粉是低脂、低卡路里的最佳蛋白質來源,絕對是煮得有營,食得健康的首選。可視乎個人的喜好和濃稠程度而加減使用量。

紐崔萊有營煮意購物禮遇

現凡購買Amway中式五層不銹鋼鑊乙套,即送你中式五層不銹鋼鑊「紐崔萊有營食譜」及安利紐崔萊產品DP\$250禮券乙張*,教你創出更多有營菜餚。數量有限,送完即止。

Enjoy a special treat!

Buy the Amway 5-ply Wok set and get Nutrilite Recipes and a FREE DP\$250 Nutrilite coupon*. Act fast because the offer is only available while stocks last.

請參閱使用條款及細則。
 Terms and conditions apply.
 查詢電話 Enquiries: 2969 6300





煮意 2



LAKONIA 特級冷壓橄欖油 健康煮意好拍檔

LAKONIA Extra Virgin Olive Oil The Perfect Partner of Healthy Cooking

特級冷壓橄欖油有何好處?

特級冷壓橄欖油是以最佳橄欖果實冷壓榨出的第一輪橄欖油,含有豐富天然營養,以低溫烹調橄欖油 食譜或直接食用,例如沙律或涼拌,可品嚐它獨有風味及保留更多營養。配合安利皇后牌不銹鋼煲具 的低溫煮意,煮得方便,吃得健康,是現代家庭的健康之選。

What are the benefits of Extra Virgin Olive Oil?

Extra Virgin Olive Oil is extracted from fresh green olives. Enjoy the natural aroma, flavour and colour of the olives by using the olive oil directly or employing it for low-temperature cooking. Together with the Amway Queen Cookware, they are the best combination to make your diet a lot healthier and easier.

健康獻禮 Healthy Delight

現已發售

時尚保溫手挽袋

推廣期內,凡購買LAKONIA 特級冷壓橄欖油乙瓶,即免費獲贈『時尚保溫手挽袋』乙個及『橄欖油健康食譜』 乙份。保溫手挽袋用途廣泛,可令冷熱食物保持溫度及新鮮。數量有限,送完即止。

Buy one bottle of LAKONIA Extra Virgin Olive Oil and get a free multi-functional Thermal Bag and Olive Oil Healthy Recipe! Available while stocks last.

保溫袋簡介

- 內備保溫隔層,可存放熱葷食品、冷盤 或午餐盒。
- 袋口配備拉鏈,整齊簡約,方便易用。
- With thermal layer, the bag can be used for cold dishes (e.g. cold platters or salads) as well as hot food.
- With simple design and zipped closure, it's easy to carry.





備註:

- 1 贈送禮品數量有限,送完即止。
- 2 優惠期只適用於中心付款購貨單
- 3 不可同時享有其他優惠。

Notes:

- 1 Free gifts are available only while stocks last.
- 2 It is applicable to paid orders at Merchandising Centres only.

3 This offer cannot be used in conjunction with other promotional offers.



8986 DP\$148



Arnway Shears for Easy Cooking

刀刃鋒利耐用,使用方便,是入廚的得力助手!

Featuring stay-sharp edges, Amway Shears are easy to use and durable. It gives you a helping hand when cooking!

刀刃鋒利 骨頭剪得俐落 Sharp edges make poultry cutting a breeze



以萬用廚剪剪家禽骨,方便又安全。

刀刃以優質不銹鋼精工鑄 造,鋒利耐用。

Amway Shears are easy to use and durable, featuring stay-sharp edges made from the finest stainless steel.

> 以萬用廚剪處理食物 可避免碎骨。



用菜刀斬家禽骨,切口參差 及有碎骨,長者幼童進食時



剪身可分拆 衛生易清理 Easy-to-clean blades





更多用途 功能全面 Multifunctional







轉開瓶蓋



夾開硬殼果



透盟斯基



黏起萬字夾、螺絲等





前雷線

撬開罐蓋





大樹菠蘿紅咖喱海鮮 Jackfruit and Red Curry Seafood

材料

		3	
大蝦	8隻	King prawns	8
青衣柳 (切件)	120克	Ling fillet (cut into pieces)	120g
鮮魷(切圈)	1隻	Squid (cut into rings)	1
紅甜椒 (去籽切條)	½個	Red pepper (de-seed and slice)	1/2
黃甜椒 (去籽切條)	½個	Yellow pepper (de-seed and slice)	1/2
洋蔥 (切條)	½個	Onion (slice)	1/2
大樹菠蘿	120克	Jackfruit	120g
椰汁	1杯	Coconut juice	1 cup
芫茜根 (切碎)	1棵	Parsley root (mince)	1
蒜蓉	1茶匙	Minced garlic	1 tsp
紅咖喱膏	1湯匙	Red curry paste	1 tbsp
咖喱粉	%湯匙	Curry powder	½ tbsp
黃薑粉	4湯匙	Turmeric	¼ tbsp

Ingredients King prawns 8 烹煮器皿 Utensil



準備時間:15分鐘 烹煮時間:10分鐘

Preparation time: 15 minutes
Cooking time: 10 minutes

調味料

黃糖1-2茶匙魚露1湯匙

Seasoning

Brown sugar 1-2 tsps
Fish sauce 1 tbsp



食譜筆記

- 材料宜切成一口進食的大小,泰式咖喱的汁料宜煮成較多及稀身,最適合伴飯。
- 2 皇后煲煲具選用優質18:8不銹鋼,整個烹調過程,完全不黏底,清洗輕鬆,不留食物痕跡。
- 3 利用eSpring淨水沖洗灼過的海鮮,處理時更加簡單、衛生、方便,是入廚的好幫手。

Notes

- 1 It is recommended to cut the ingredients into bite-size pieces. For Thai-style curry it is good to have a more liquid sauce to go with rice.
- 2 Made from high-quality stainless steel, the fryer doesn't stick when cooking and is easy to clean.
- 3 Using eSpring water to wash the blanched seafood is very simple, convenient and hygienic.



做法 Method



大蝦洗淨去殼挑腸,略灼大蝦及鮮魷,並用eSpring淨水冲洗 備用。

Wash the prawns, remove the shells and intestines. Blanch and wash the prawns and squid with eSpring water.

2 燒熱鍋後,下油以慢火炒香蒜蓉、芫茜根及紅咖喱膏,加入咖喱粉及黃薑粉炒勻。

Heat a small amount of oil in the fryer and slowly stir-fry the garlic, parsley root and red curry paste. Add the curry powder and the turmeric and stir evenly.

3 徐徐加入椰汁煮匀,以黃糖及魚露調味,之後下洋蔥、紅黃甜椒、大樹菠蘿、魚柳件及大蝦煮2-3分鐘至熟。

Gradually add the coconut juice into the fryer. Add the seasoning, then add the onion, red and yellow peppers, jackfruits, ling fillet and prawns and cook for 2-3 minutes.



丘桂玲-食譜及食物廣告造型設計師、食物美術指導、暢銷烹飪書作者、人氣烹飪導師及著名品牌炊具客席廚師;為不同電視節目教授甜品及美食,並在不同雜誌及報章與讀者分享菜式食譜;現於香港的日語報章為日本人撰寫本地家常菜食譜。

Rachel Yau is a recipe and food stylist, the author of bestselling cookbooks and guest chef for a renowned cookware brand. She appears regularly on TV and her recipes frequently feature in magazines and newspapers. She currently writes for a Japanese newspaper in Hong Kong, introducing local recipes to readers.

Louisa Lui Named General Manager of Amway Hong Kong



美國安利公司宣佈,自2010年1月1日起,委任呂淑琼女士為安利(香港)總經理。

呂淑琼女士於1991年2月加入安利(香港),擔任當時為安利大中華區行政總裁鄭李錦芬女士之私人助理,並於1993年1月晉升為安利大中華區企業服務部經理。1996年,在肩負安利大中華區區域辦事處行政管理職責之餘,呂淑琼女士同時兼任安利(香港)的人力資源及公共關係管理工作。2001年1月,呂淑琼女士晉升為安利大中華區企業服務部總監。2005年,她的職責範圍擴展至安利東南亞地區。

在服務安利的19年中,無論是在香港與廣大同仁攜手精益求精、厚積薄發,還是肩負安利(中國)執行委員會秘書長職責,參與並見證安利公司在大陸的開拓和發展,每一天的工作對於呂淑琼女士而言都受益匪淺。未來的日子裡,憑藉安利(香港)敬業樂業的員工隊伍和廣大積極開拓的直銷商的通力合作與支持,呂淑琼女士將帶領安利(香港)穩健前行,開拓更璀璨的新篇章。讓我們共同祝賀呂淑琼女士,也衷心祝願她帶領安利(香港)蓬勃發展,締造更佳業績!

Amway Corporation announced the appointment of Ms. Louisa Lui as the General Manager of Amway Hong Kong, effective January 1, 2010.

Ms. Lui joined Amway Hong Kong as Personal Assistant to Mrs. Eva Cheng, then Managing Director of the Amway Greater China Region, in February 1991. She was promoted to Corporate Services Manager, Amway Greater China Region in January 1993. Apart from taking charge of the management and administration of the Amway Greater China Regional Office, Ms. Lui also took up human resources and public relations functions for Amway Hong Kong. She was appointed Director of Corporate Services, Amway Greater China Region in January 2001. Her responsibility was expanded to the Amway South-east Asia Region in 2005.

In her 19 years of service with Amway, Ms. Lui has worked closely with colleagues in Amway Hong Kong to strive for excellence, served as the Secretariat of the Amway (China) Steering Committee and closely involved in the development and expansion of the China market. To her, every day is regarded as a treasure. In her new capacity, she will continue to work closely with a dedicated team of staff and give all support possible to aspiring Distributors. Ms. Lui is committed to taking Amway Hong Kong to the next chapter of excellence.

Congratulations to Ms. Louisa Lui on her appointment. Under her leadership, Amway Hong Kong will continue to scale new heights of success!

安利再度榮獲神秘顧客計劃

「2009年超級市場/便利店組別之最佳服務零售商」

Amway Service Recognised in Mystery Shoppers Programme



安利(香港)儲運部經理陳德光 (右)從勞工及福利局局長張建 宗手中接過獎項。

安利(香港)於2009年再度榮獲香港零售管理協會所舉辦之神秘顧客計劃「超級市場/便利店組別之最佳服務零售商」。神秘顧客計劃共分為13個零售組別,參與的機構超過110間,當中的零售店舖總數逾4,200間。計劃以九項服務評審準則評分,安利(香港)在店舖管理、售後服務及團隊合作等三項準則,連續三季取得100分滿分的佳績,同時以93.36分之最高平均分,獲選為「組別之最佳服務零售商」,成績彪炳。

香港零售管理協會神秘顧客計劃設立的主要目的為進一步實踐及提高香港整體零售行業之服務水平,及表揚一些服務出眾的傑出零售機構。此計劃始創於1996年,為客觀評審公司的顧客服務水平的衡量工具,無論在規模或覆蓋範圍方面均屬首創。自推出至今,協會已進行了超過5萬次神秘顧客評審探訪,參與的公司超過300個品牌,成績最優異的公司將獲得「最佳服務零售商」殊榮。

該計劃是透過一隊經優良訓練的神秘顧客,向參與該計劃的機構作神 秘探訪,以評審店舖之服務表現。安利能再度於是項計劃中脱穎而 出,證明安利購貨中心的服務保持其一貫的頂級水準,贏得各界的讚 許及肯定。

Amway Hong Kong was named as a "2009 Service Retailer of the Year" in the Supermarkets/Convenience Stores category of the

Mystery Shoppers Programme run by Hong Kong Retail Management Association (HKRMA). The award is clear recognition of the excellent quality of service provided at our Merchandising Centres. The participating Mystery Shoppers Programme organisations - over 110 companies in total with around 4,200 retail shops - were divided into 13 service categories. The service performance of participating companies in the Mystery Shoppers Programme is carefully checked and monitored according to nine key customer service assessment criteria identified by the HKRMA. Amway Hong Kong attained a full score of 100 for "Shopping Site Housekeeping", "After Sales Service" and "Team Spirit" for three quarters and was named Service Retailer of the Year by attaining the highest average score of 93.36.

The HKRMA Mystery Shoppers Programme is a renowned benchmarking tool to help companies improve their customer service and raise the overall customer service standard in Hong Kong's retail industry. Since the launch of the programme in 1996, the Association has already carried out more than 50,000 mystery shopper assessment visits. Only the top performing retailers are recognised as "Service Retailers of the Year".

Using a team of well-trained mystery shoppers, the HKRMA visits the retail outlets of participating companies. The award for Amway highlights the effort that has gone into providing consistently high levels of service standards at the Merchandising Centres.



安利(香港)員工與直銷商代表出席頒獎禮,共享殊榮。



安利(香港)以年度最高評分奪得「2009年組別之最佳服務零售商」獎座。

購物環境

- ・店員儀表
- ·店舗管理

購貨體驗

- · 店員援助
- · 產品知識
- ·店員態度及主動性
- · 產品存貨及價目

交易完成的過程

- · 收銀服務及顧客離去
- · 售後服務
- · 整體合作精神

The Nine Assessment Criteria Shopping Environment

- Staff Appearance
- · Shopping Site Housekeeping

Shopping Experience

- Staff Assistance
- Merchandise / Service Knowledge
- Staff Attitude & Proactiveness
- Availability of Merchandise / Service & Price

Completion of Transaction

- Till Service / Customers Leaving
- After Sales Service
- Team Spirit



好好生活 笑看人生

專訪香港社會服務聯會 行政總裁方敏生太平紳士

Embracing Challenges, Enriching Lives

香港社會服務聯會行政總裁方敏生太平紳士(Christine Fang JP.)從事艱 辛的社福工作已有20多年,多年來不斷為貧苦大眾謀福利,成為社福界 的典範。

Christine Fang, Chief Executive of the Hong Kong Council of Social Service, has worked in social services for more than 20 years. Her contribution in helping the deprived and underprivileged over the years has set an example for everyone working in her field.

正向思維 視壓力為挑戰

在方敏生眼中,工作時常面對新挑戰,例如近年金融海嘯之後,除了社會捐款明顯減少外,經濟不景氣亦令大家心情欠佳,產生更多問題。面對身家大縮水、減薪和失業等衝擊,對經濟和生活都構成很大壓力,所以Christine和社聯同事就推出了一個「好好生活」的計劃,鼓勵大家發展正向思維。

而她亦有一套傳自媽媽的哲理——「手掌放在眼前就完全遮擋視線,令人不知所措,但只要把手掌放遠一點,在掌握之內依然見到外面的環境,凡事就有轉機了!」所以凡事從容面對,積極人生,再大的壓力也會化為生活的挑戰,推動大家勇往直前。

師友計劃 拓闊孩子眼界

由Christine創立的「商界展關懷」(Caring Company) 今時今日已發展得十分完善,她說:「因為香港有九成社會服務機構都是非政府的,所以需要社會各界的幫忙,減少社福機構的負擔,從而令更多有需要的人受惠。」

Christine樂見不少「商界展關懷」的會員公司都十分支持「師友計劃」,即是鼓勵員工以亦師亦友的身分,主動和有需要的青少年溝通,讓他們可以身心都得到健康成長,她説這計劃的好處是能夠讓孩子見多識廣,不會受家庭環境和經濟問題影響,同樣可以多接觸社會,增加與別人溝通的機會。

事實上, 曾參加「師友計劃」的安利(香港)義工亦覺得除了能夠幫助別人外, 在青少年身上亦可學到很多新事物, 藉此計劃獲益良多。

親情與愛 功能恆久不變

最近青少年問題看似日益嚴重,離家出走、吸毒等個案不絕於耳,令大家覺得新世代對家庭價值觀轉變很大,對於這個現象,從事社會服務工作多年的Christine説:「親情與愛在家庭中發揮的功能在任何年代都是恆久不變,現今的青少年和家庭問題,可説是由外在環境因素所影響。」

香港社會服務聯會於2009年完成了《內地與香港跨境社會發展報告》,內裡提到香港原來有很多中港的跨境家庭面對著不同的問題,例如很多孩子因為父母分別在中港兩地而變相成為單親兒,亦有些因為父母本身的生活文化差異而令兒女無所適從,當中亦不乏變為單親孩子等的社會問題。

與時並進 促進家庭和諧

她謂香港人普遍都有工時過長的問題,有調查指出有些孩子的家庭, 父母工時每星期超過60小時的高達20多萬,還有一些更是單親家庭, 父母能夠花在照顧和關愛家庭的時間當然相對較少了。此外,新一代 青少年有一套新的溝通方式,如手提電話短訊、電腦網絡對話等,父 母若未能掌握現代科技的話,就很難和青少年溝通,亦會造成家庭關 係的障礙之一。

Christine認為,家庭觀念其實從來沒有改變,強化家庭功能,鞏固親情和愛,令精神和感情得以互相支援,就可以令家庭更融洽。現代年青人對愛和關懷的表達方式有所不同,與時並進是增強家庭和諧的好方法。

作息有序 平衡家庭生活

本身是兩兒女之母的Christine説,即使再忙,她亦會訂下家庭時間,有時星期天一家人齊齊動手烹調美食,讓大家發揮群策群力的精神。另外亦很多時會一家人上電影院,Christine説看電影不單是一種消遣活動,更可和孩子談談看後感,製造共通的話題。

工作以外,Christine和你我一樣,既是女兒,亦是媽媽,也是妻子,如何在繁重的社福使命中和家庭之間取得平衡?Christine展露出燦爛笑容,道出四個字——「好好生活」——訂好作息時間,珍惜和家人一起的時光和享受生活的各方面,就是美好的人生了。



「強化家庭功能,鞏固親情和愛,令精神和感情得 以互相支援,就可以令家庭更融洽。」

香港社會服務聯會行政總裁方敏生太平紳士

安利陽光兒童成長計劃 樂對明天展笑臉



方敏生太平紳士(左三)出席「安利陽光兒童成長計劃」開幕禮時 表示,計劃有助孩子提升自信和社交能力,以生命影響生命。



安利(香港)自2006年榮獲香港社會服務聯會頒發「商界展關懷」標誌。自2008年11月開始,安利(香港)與香港小童群益會攜手合作,開展為期兩年的「安利陽光兒童成長計劃」,協助面對受情緒及心理困擾的大埔及北區9至14歲兒童及青少年,以一連串活動如興趣班、師友計劃、日營等活動協助他們處理情緒壓力,同時提升抗逆力,保持身心平衡發展。



安利(中國)綠色生活態度 **Amway China Highlights Green Commitments**

為了讓安利的環保理念融合企業的日常運作和個人工作態度中,安利(中國)成立了「綠色安利」志願小組,讓每 個人積極坐言起行,一同在工作中推動環保。

To encourage the development of green initiatives in the workplace and in the daily lives of individuals, Amway China set up the "Green Amway" volunteer group to promote important environmental-protection messages.





安利(中國)自2007年4月起成立「綠色安利」志願小組計劃以 來,一直積極提倡工作環保的概念,令每位員工都能夠關注及支持 環保,從工作上的每個細節做起,例如節約用紙、珍惜水源及減少 耗電等,以行動來保護資源及節約能源。

我用我杯,保护环境

互動交流平台

2008年3月,由安利(中國)員工組成的「i 環保論壇」正式上 線,為安利員工提供了一個網上互動平台,以提倡環保理念及交流 環保知識。在這個網上論壇中,安利(中國)總裁黃德蔭親自主持 「總裁看環保」環節,此外也有分門別類的節能及環保討論區,當 中的作者會獲得公司表揚獎勵,更有機會參加由公司舉辦的環保活 動。

辦公室環保行動

「綠色安利」志願小組在員工發起下,舉辦了各式各樣的辦公室環 保行動,在公司告示板上亦每月張貼環保成效表,並列出各種環保 方法的成效,包括減少用紙、降低電腦耗材用量、減少飲用瓶裝水 及節約能源等,讓員工充分體驗「小行動,大改變」的力量。此 外,安利(中國)亦於2004年至2008年連續5年在內部刊物中刊 登環保廣告,提升大眾的環保意識。

Since its establishment in April 2007, the "Green Amway" group has been making a concerted effort to promote green concepts in the workplace. It has also taken great strides to build environmental awareness among employees, covering everything from the sensible use of paper to the need to cut water consumption and save energy.

Interactive platform

The "i Green Forum", formed by Amway China staff, was launched in March 2008 to provide an interactive platform for employees to share their ideas and knowledge on all aspects of environmental protection. Mr. Audie Wong, President of Amway China, hosted the "President's Opinions on Environment" on the forum website to voice his own opinions, alongside various discussion areas where environmental efforts were praised and staff were invited to participate in the company's green activities.

Green office action

One "Green Amway" initiative is to host various green office events and post up the results every month in areas such as paper-usage reduction, reduced bottled water consumption and energy saving. The aim was to promote the group's "small actions, big change" objectives. At the same time, Amway China ran a number of advertisements in its in-house publication to promote various green concepts to the public.

安利(中國)榮譽薈萃 Recognition for Amway China's CSR Efforts

「綠光森林」推動網上環保 貫徹安利綠色理念

"Greenlight Forest" Follows Amway's Green Mission

安利(中國)與搜狐網、中華環保基金會及「周迅我們的貢獻」合作舉辦的「綠光森林」專案,自2009年8月14日正式上線以來, 搜狐網已投入達億元人民幣的廣告資源進行推廣,而周迅亦利用自己的明星效應全力號召,安利(中國)也積極動員行銷人員參 與。截至9月23日一期結束,專案已吸引了超過19萬網友親身參與,網上植樹達到448萬棵。該活動的遊戲規則設計及廣告推廣中 均加入了安利元素,因此在搜狐白社會打響品牌名聲之外,也向各網友傳達出安利致力推動環保的理念,而安利環保產品也以獎品 形式贈送植樹模範,大大提升公司美譽度和影響力。

「綠光森林」專案是以搜狐網真人社交網站「白社會」為平台,開展線上線下互動的環保公益行動。根據相關規則,網友可在搜狐 白社會「綠光森林」中進行碳排放評測、學習環保知識、虛擬植樹造林,以及邀請好友種樹。每「種」一棵樹,安利(中國)便承 諾捐款0.1元人民幣給中華環保基金會,用於內蒙、河北、遼寧等地的植樹造林項目。

"Greenlight Forest", officially launched on August 14 2009, is an online environmental protection programme jointly launched by Amway, sohu.com, the China Environmental Protection Foundation and Zhou Xun's Environmental Protection Foundation.

Employing sohu's promotional skills, Zhou Xun's star power and the participation of Amway distributors, the project had attracted 190,000 netizens by the end of the first phase on September 23, with more than 4.48 million virtual trees planted. Amway featured prominently in the programme with the company's commitment to environmental protection well promoted. Amway's environmentally friendly products were also awarded to model tree-planters.

The project was developed as part of the White Society, a social networking service provided by sohu.com. After registering as a White Society member, users could visit "Greenlight Forest" to get a carbon emission evaluation and find out more about environmental protection and virtual tree planting. For each virtual tree planted, Amway and the White Society donated RMB 0.1 to the China Environmental Protection Foundation with the money being used for tree-planting projects in areas such as Inner Mongolia, Hebei and Liaoning.



(左起)中華環保基金會秘書長李偉、安利(中國)公共事務副總裁余放、著名影星周迅 及搜狐公司副總裁方剛一起支持「綠光森林」專案

安利(中國)榮獲ISO14001:2004 環境管理體系認證

Commitment to Environmental Management

環境問題日益嚴重,安利(中國)亦肩負起社會責任,因此安利(中 國)物流中心率先推出「綠色物流」的概念,更引入環境管理體系 (EMS),不但能協助持續改善日常物流的運作,更能有效減少、防止 及控制對環境造成的影響,以達致減低風險的效益。2009年10月, 安利(中國)物流中心榮獲由法國標準協會頒發的ISO14001:2004 環境管理體系認證,成為國內首間獲得該認證的物流企業。

Environmental concerns have become a major global issue in recent years, and Amway China is aware of the problems being faced. The company launched the "Green Logistics" concept as part of its social responsibility commitment, implementing an environmental management system to improve its logistics operation and reduce its impact on the environment in the process. In October, Amway China was awarded ISO14001:2004 certification from the Association Française de Normalisation (AFNOR) in recognition of its work on the environmental management system - the first company in China to receive such recognition.



安利(中國)榮獲 「關愛兒童特殊 貢獻獎 1

Acclaim for **Child Care Efforts**



安利(中國)對兒童成長和教育的關愛獲得肯定



安利(中國)公共事務副總裁余放(左)代表公司接受 關愛兒童特殊貢獻獎」證書

2009年10月25日,安利(中國)獲得由中國關心下一代工作委員會(以下簡稱關工委)授予的「關愛兒童特殊貢獻獎」。在關工委主辦,中 國兒童少年基金會及中國少年報等協辦的「全國首屆童聲合唱電視公開賽」頒獎晚會上,關工委特別對一貫熱心兒童公益事業的單位和 個人進行了表彰,安利(中國)因一直以來對兒童成長和教育的關愛而獲得肯定。表彰儀式上,第十屆全國人大副委員長、前全國婦聯原 主席、中國關心下一代工作委員會主任顧秀蓮向安利(中國)公共事務副總裁余放女士頒發了榮譽證書。

Amway China has been awarded the "Special Contribution Award for the Care of Children" by the China National Committee for the Wellbeing of the Youth.

At the "1st China Children's Choir Competition on TV", organised by the Committee and co-hosted by the China Children and Teenager's Fund and China Juvenile News, awards were given to corporations and individuals who made a significant contribution to child-care issues. Amway China was recognised for its efforts relating to children's growth and education.

At the presentation ceremony, Ms. Gu Xiulian, Vice Chairman of the Standing Committee of the 10th National People's Congress (and former Chairman of All China Women's Federation and Director of the Committee), presented a certificate to Ms. Frances Yu, Vice President (Public Affairs) of Amway China, to highlight Amway's efforts towards helping children.



現今新一代孩子面對愈來愈多衝擊和挑戰,令他們承受不少壓力。

有見及此,美國安利(香港)日用品有限公司與香港小童群益會,攜手舉辦為期兩年的「安利陽光兒童成長計劃」,目的是協助面對情緒及心理困擾的大埔及北區9至14歲兒童及青少年處理情緒壓力,同時提升抗逆力,共同為締造健康和愉快的社會環境而努力。



