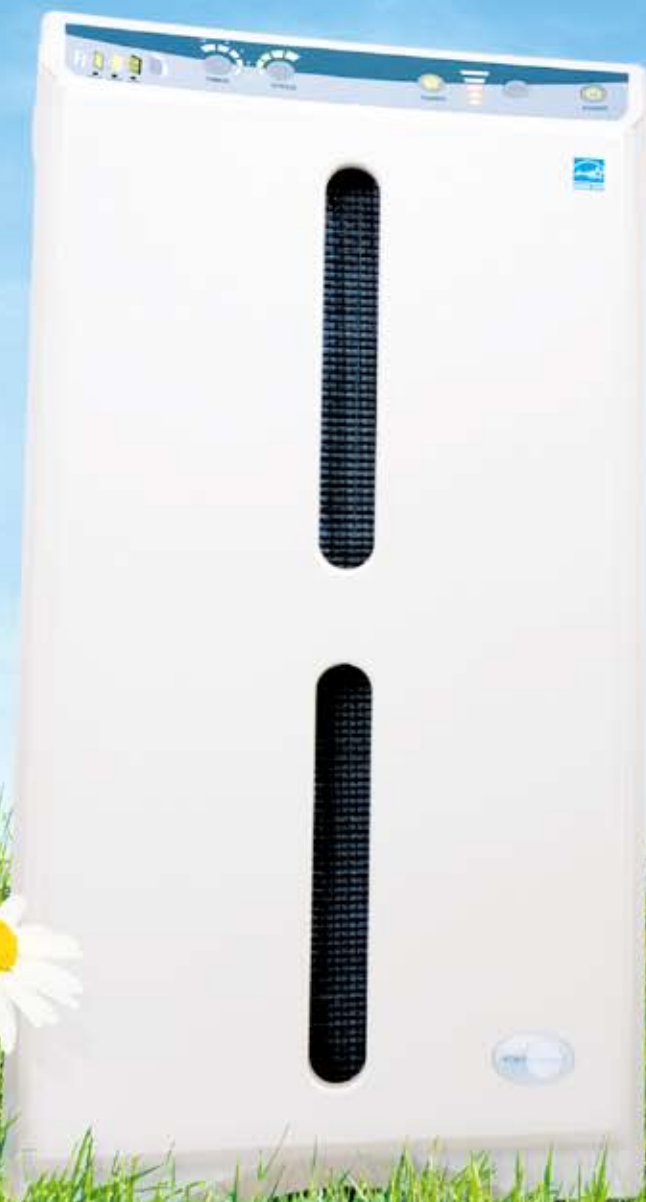


AMAGRAM

安利月刊 Helping People Live Better Lives

3.2009



Atmosphere 空氣清新機優惠

- 2009綠色有機健康跑 三月八日，數碼港見！
- 陽光兒童成長計劃
- 專訪香港小童群益會總幹事羅淑君

Amway 安利

雋語箴言



美國安利公司總裁德·狄維士（右）及主席史提夫·溫安洛（左）。
Amway Corporation President Doug DeVos (right) and Chairman Steve Van Andel (left).

結伴承諾

The promise of partnership

50年前我倆的父親合力創辦一門小生意。多年來，安利茁壯成長，晉身跨國企業，然而我們的優良傳統——互敬互重、互為夥伴的精神，從沒變改。這些源自我倆的父親那份深厚情誼所締結的價值觀念，傳承多年，始終如一。

作為安利的一分子，你對這門事業可謂舉足輕重。在安利，我們各有承擔，既為領袖，但亦同時各自扮演不同角色，如父母、兄弟、姊妹、義工或導師。

在這些崗位上，我們結為夥伴，進而開展深遠友誼，延續一生，猶如創辦人賴以建立這門事業的情誼，彌足珍貴。

建基於此，我們重視友誼，著重合作。安利今天成就輝煌，為參與者帶來了世界首屈一指的事業機會，正是全賴不忘這些根本理念。我們深明，50年前兩位創辦人所建立的友誼，是驅使安利多年不停向前邁進的動力。

這份締結夥伴的承諾，是安利事業欣欣向榮，不斷攀登高峰的磐石。

Fifty years ago our fathers started a small business. As Amway grew and expanded globally, a few things remained constant – mutual trust, respect, and an incredible spirit of partnership. These ideals have endured from day one in this business because they came from the friendship of our fathers.

And because you're part of this business, you play an important role in Amway. When you think about it, we all have roles we play. We're all leaders. Some of you are parents, brothers, sisters, volunteers, and mentors.

In these roles, we form partnerships. And those partnerships can lead to life-long friendships. Just like the friendship that formed this business.

That's why friendship and partnership have always come first in this business. It makes us what we are today – the leading global business opportunity that hasn't forgotten its roots. We understand that the power of this business comes from the bond two friends formed fifty years ago.

And it's the promise of this partnership that makes Amway stronger every day.

AMAGRAM content

3.2009

安利月刊

Helping People Live Better Lives



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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。

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.

• 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.

提升學習進度 由改善室內空氣開始

A lesson for better breathing in Hong Kong

學生和家長能遇上對教育充滿熱忱的老師是一份福氣。Liz與Judy不但盡心教育香港學生，更認真關注他們的學習環境質素、身體健康及綠色生活。

For the past years, these two dedicated teachers have not only provided hundreds of Hong Kong children and their parents with valuable resources on education and parenting, but have also instilled in them the importance of healthy, hygienic and green living.

空氣質素與課堂表現的關係

來自英國的Liz初到香港時，被空氣質素嚇了一跳：「在英國，我從早上起來的一刻就能呼吸新鮮空氣；而無論天氣多冷，母親總會打開家中的窗；最重要的是我可以隨時隨地深呼吸。但香港這個大都會，空氣質素卻令人失望。」在香港土生土長的Judy亦表示，近年本港的空氣質素每況愈下。Liz認為空氣差會影響小朋友的學習表現，而香港的學生明顯在專注力方面較弱，課堂上的反應亦不夠敏銳。

空氣影響孩子健康

比較香港和英國小朋友的健康狀況，Liz發現香港小朋友染病後的康復期比較長，原因是他們經常逗留在密封的冷氣間，若其中一人感染細菌，在室內環境中病毒容易引致交叉感染，所以久久未能康復，就像偶有發生因流感爆發而停學的事件，這樣會直接影響孩子學習進度，情況令人憂慮。

營造健康學習環境

Liz與Judy認為，老師有責任為學生提供安全健康的學習環境。更重要的是，她們希望可以改善室內空氣質素，令孩子呼吸更安心。當選購空氣清新機時，她們主要考慮會否消耗大量電力能源，對地球環境帶來更大傷害，而且昂貴電費亦不符合經濟效益。直至認識安利Atmosphere空氣清新機，她們的疑慮即一掃而空。

同時，她們要求孩子嚴守個人及環境衛生，包括進入課室及進食前後必須洗手，亦在教室安裝消毒酒精噴灑器，又提供色彩繽紛的杯鼓勵他們多飲水等等。這不單能培養良好的個人衛生習慣，同時灌輸少用即棄用品，愛護環境的觀念。

Atmosphere令師生安心放心

Atmosphere空氣清新機獲得由美國環境保護局（EPA）及美國能源局（US DOE）以嚴格準則制訂的ENERGY STAR節能認證；獲認證的產品耗電量必須比標準低約35%，而Atmosphere空氣清新機的表現更為卓越，全年電費以每天使用8小時及風速1計算只需港幣\$10。Liz與Judy亦同時對Atmosphere空氣清新機的空氣濾淨能力十分滿意，其高效能微粒濾網（HEPA濾網）的濾淨能力遠高於一般標準，能過濾小至0.009微米的空氣懸浮粒子，濾淨效能高達至99.99%；把室內空氣中的污染物清除，包括致敏原、細菌、病毒、真菌孢子、花粉、氫氣衰變產物等。因此，在教室使用Atmosphere空氣清新機，能令課室內的師生安心。Liz表示：「若班中有同學生病，我們就會將空氣清新機調校至超高速。」而事實證明，自從Judy與Liz於去年安裝Atmosphere空氣清新機後，就沒有再患傷風感冒。

終於可在香港深呼吸

香港的商業大廈多是使用密封式中央空調系統，異味會透過共用空間傳送，實在難以避免。正如Judy說：「大廈裡，異味無處不在——教室樓下的中藥醫館經常傳出藥材氣味；另外，香港雖然實行室內禁煙，但仍有人不時躲在後樓梯抽煙。」Atmosphere空氣清新機配備活性碳的總重量高達1,900克，吸附面積達1,700萬平方呎（約160萬方米），相等於366個足球場，能有效濾除空氣中的異味及有害化學污染物，例如二手煙、甲醛、二噁英及臭氣等，令空氣變得清新。而Atmosphere空氣清新機另一優點是運作寧靜，完全不影響上課。

誠如Judy與Liz的教學格言「以熱誠創造未來」，其實，要為孩子打造身心快樂的人生，一個空氣清新的健康生活環境實在不可或缺。



在香港土生土長的Judy(左)與來自英國的Liz(右)對教學充滿熱誠，並同樣認為室內空氣質素對小朋友的健康與學習進度息息相關。



毛公仔和玩具最容易藏污納垢，大人不得不提防。除了時刻保持地方清潔，亦應該關注空氣質素。

Importance of Indoor Air Quality

When Liz first came to Hong Kong, she encountered a “culture shock” in terms of air quality and living environment. And since poor air quality will affect kids’ health as well as academic performance negatively, Judy and Liz believe that it is their responsibilities to provide a safe and healthy learning environment for their students. And most importantly, they wanted to do something to improve the air and bring back their “peace of mind”. When they first started out to look for an air purifier, one of their main concerns was: is it going to eat up a lot of electricity and do more harm to the environment? The last thing they wanted was another electronic equipment that consumed a monstrous amount of energy and ended up hurting both the earth and the bills. That was when Amway’s Atmosphere Air Treatment came on the scene.

The advantages of Atmosphere

Atmosphere has earned the ENERGY STAR by meeting strict energy efficiency guidelines set by the US government. Room air treatment systems that earn the ENERGY STAR will be approximately 35% more energy efficient than standard models. Atmosphere has far exceeded the standard set, it only costs \$10 for running 8 hours per day in a whole year. They are also very impressed by Atmosphere’s superb air cleaning performance. Its innovative purification power can effectively remove 99.99% of the airborne contaminants and pollutants. That is why both the teachers and students feel more protected with the Atmosphere on. Amazingly, both Judy and Liz have not been struck down by influenza since they installed Atmosphere last year.

Give the Best Air

Since all commercial buildings are closed with central ventilation system, sometimes strange smell gets spread around. “There is a Chinese herbal medical clinic downstairs and some people still smoke at the stairways after the cigarette ban.” Judy explained, but with Atmosphere’s activated carbon filter equals in size to 366 football fields, it can effectively reduce household odors, leaving one’s office or home smelling clean and fresh. One more benefit about Atmosphere is that since it is equipped with a Pureflow system, excessive fan noise is eliminated. Like Judy and Liz’s teaching philosophy “where enthusiasm moulds the future”, a healthy living environment is also indispensable in shaping children’s wellness and happiness.



空氣質素直接影響小朋友健康及課堂上的表現，Judy與Liz對Atmosphere空氣清新機的效能非常滿意！



課室裡到處充滿微塵，身為教師有責任為學生提供潔淨、安心的學習環境，因此Judy與Liz選擇Atmosphere空氣清新機。



室內空氣中含有許多肉眼不能見的污染物，而香港環境保護署更指出，惡劣的空氣質素，往往會引致不適，所以教室的空氣衛生實在令人關注。



回饋折扣
\$1500

1076

~~DP\$7,750~~

優惠價：DP\$6,250

安利**Atmosphere**空氣清新機 為家人帶來優質生活環境

Atmosphere Air Purifier –

Providing the best environment for the family

全年電費低至港幣\$10* Costs just HK\$10* a year in electricity

濾淨空氣效能高達99.99% With a removal efficiency of up to 99.99%

內置空氣質素感應器及顯示屏，室內空氣質素一目了然

Features a built-in particle sensor that shows the quality of the air in your home

* 以每日運作8小時及風速1段計算。 Calculates upon operating at speed 1 for eight hours a day.



綠色節能 家居產品回饋優惠

港幣\$1,500

為鼓勵您支持節能綠色家居，
只要選用節能環保的安利Atmosphere空氣清新機，
我們即賞您現金折扣港幣\$1,500。

**Green & Energy Saving
Hometech Product Promotion**

HK\$1,500

In order to encourage your support for
Green & Energy Saving Hometech Products,
you are now entitled to a cash discount of
HK\$1,500 for every purchase of
an Atmosphere Air Purifier.

* 葡幣價格的計算方法約為港幣價 X 1.032。Price in PTC equals to HK\$1 X 1.032. * 售貨額BV = 直銷商價目DP

優惠細則：

- 1 優惠期：2009年1月15日至4月15日。
- 2 適用於安利直銷商及優惠顧客。
- 3 只適用於親臨安利購買中心購買。
- 4 不可同時享有其他優惠。
- 5 <12及24個月免息分期優惠>
 - i 享有此免息分期優惠，必須使用以下銀行之各種信用卡付款：
 - a 安利萬事達、渣打信用卡及渣打聯營卡；恒生銀行信用卡；
 - b 香港滙豐銀行信用卡 — (以信用卡首6位數字為準)
 - VISA CARD: 4201 84/4921 11/4966 04
 - MASTER CARD: 5185 42/5411 80/5431 22
 - ii 積分額/售貨額將於確定購買Atmosphere時一次結算，並以當時之積分額/售貨額比率結算；
 - iii 如供款期間退貨，安利公司將以Atmosphere之售貨額退回現金代用券 (不設積分額/售貨額)。供款人必須繼續向有關銀行繳付供款餘額；
 - iv 此優惠不適用於澳門；
 - 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。
- 6 安利公司保留最終決定權。
- 7 想了解更多有關Atmosphere的資料，請瀏覽www.amway.com或致電安利熱線2969 6300。

Details

- 1 Promotion period: January 15 to April 15, 2009.
- 2 The offer is exclusive to Amway Distributors and Privileged Customers.
- 3 The promotion is only applicable to paid orders at Amway Merchandising Centres.
- 4 The offer cannot be used in conjunction with other promotional offers.
- 5 <12-month or 24-month interest-free installments>
 - i The following credit cards are eligible for the installment plan: Amway Master Card; Standard Chartered credit cards and affiliate cards; Hang Seng credit cards and affiliate cards; HSBC credit cards with the first six digits 4201 84 or 4921 11 or 4966 04 for Visa Cards and 5185 42 or 5411 80 or 5431 22 for Master Cards.
 - ii Full PV and BV of the promotional price would be counted on the purchase month of Atmosphere and is based on the PV/BV ratio at that month when making the purchase.
 - iii If you wish to return the Atmosphere during the installment period, Amway will refund the full BV of Atmosphere at purchasing price by credit voucher (no PV/BV applicable). The buyer is still obliged to pay the outstanding installments to the bank.
 - iv The installment plans are not applicable in Macau.
 - v The monthly installment amount may change and is subject to the bank's calculations. The monthly installment amount may be higher or lower than the stated amount with a value equal to around HK\$1 or above.
- 6 Amway reserves the right of verification and final decision.
- 7 For more information on Atmosphere Air Purifier, please visit www.amway.com.hk or call the Amway Hotline at 2969 6300.



李日康、蔡玲波夫婦在香港安利總經理余偉業先生手上接過證書及獎狀。

溫柔・強人 新晉行政鑽石直系直銷商 李日康、蔡玲波夫婦 直銷商大會精華

Getting the Balance Right Highlights from the Amway Distributor Rally with New Executive Diamond Direct Distributors Lee Yat-hong and Ling-por

享有時間及財務自由

參加安利前，我的丈夫李日康是從事工程生意，而我則在家族經營的茶餐廳工作。過去他曾承辦不少大銀行的裝修工程，雖然收入可觀，但工作十分辛苦，而且成本高、風險高，甚至會被客戶拖欠工程費。對比傳統生意，安利計劃低成本、低風險，只需少量金錢便可開始發展。而我的家族是從事傳統茶餐廳生意，我自小就在茶餐廳裡工作，由早到晚都很忙，完全沒有自由時間。最忙的時候是農曆年三十至年初一晚上，一連工作36小時都沒有休

息，人都累壞了！但參加安利後，我們只需用心將優質的產品及生意計劃與身邊親友分享，就能夠獲得穩健收入及長遠保障，而且時間由自己決定，任何時候都可以做。

尋找真正的生活意義

認識安利生意是由營養補充品開始，但安利為我們所帶來的轉變，卻教人喜出望外。有一次，丈夫的公司剛接到一宗大型工程生意，需要擴充車隊，因此以分期付款的方式買下多部工程車；但後來市況轉差，每月的供款為我們帶來了一定的財務壓力。幸



觀眾熱烈歡迎新晉行政鑽石直系李日康、蔡玲波夫婦進場。



大會開始前，李日康、蔡玲波夫婦在兩位兒子手上接過鮮花並互相擁抱，場面溫馨感人。



李日康、蔡玲波夫婦心連心，在安利世

好安利生意為我們帶來額外收入，加上茶餐廳的收入，最後我們都能夠成功應付車輛的供款。此外，安利令我猶如小鳥般重獲自由；讓我每年有4次旅遊的機會，而每一次都猶如渡蜜月一樣……安利助我克服重重困難，並擁有自己的團隊及生意，尋回真正的生活意義！

維繫家庭幸福

安利不單令我活得更好，它更改善了我的家庭生活。在過去，每位家庭成員都各有自己的生活與工作；現在一起發展安利生意，一切有商有量，這就是安利的微妙之處。兒子從前只愛玩電子遊戲，加入安利令他不斷改變進步。女兒看到我倆在安利的成就，在學業上都表現得更有自信，更積極進取，而安利令我與丈夫更加珍惜對方——他是我的領導人，也是我的最佳拍檔。

工作與生活間取得平衡

父母在潮州結婚後就到香港定居，為的是要努力奮鬥，過更好的生活——當時父親不過18歲。父親很關心我們的成長，常說女孩子不一定要早婚，但一定要學會做生意，因此我很早就已經有從商的打算；母親更一直擔心我的前途。藉著安利，我終於可以讓她放心！姐姐是家中老大，自小性格倔強，但安利令她變得更外向主動。記得當她晉身銀章行列，被邀請參與銀章茶聚時，我正身處內地。會後她來電，興奮地大談當日所見所聞，我亦被她感染而樂不可支！現在我們可以多抽時間陪伴母親，我們更在早上一起耍太極，在工作與生活之間取得平衡。

在安利，每日不斷進步

安利讓我們不斷學習，甚至有機會到大學進修。透過安利，我各方面的知識也有所增加！我們是對平凡的夫婦，但能夠擁有今日的成就，並站在這裡與大家分享自己的故事，各安利領導人的支持和意見實在功不可沒。我把學到的知識與團隊分享，讓我們一同進步！

打開心窗說亮話

作為領導人，我們與團隊一起進步，追求卓越。我倆的決策必須以整體利益為重，把下線看成是自己的兒女，循著他們的性格特質好好教育。我深信只有將心比己，才能夠成為下線的榜樣，令他們的心窗打開，從而互相溝通，讓他們完全發揮自己的潛能和才華。

Before joining Amway I worked in my family's café, while my husband owned a construction company. Although he could earn a lot in each different project, the work was exhausting and both the cost and risks were high because sometimes the clients would delay payment. Compared with a traditional business, the Amway business is low in cost and risk and requires just a low entry fee. My job was also busy and I had no freedom. I still

remember that I used to work from Chinese New Year's Eve to the first day of the New Year - a total of 36 hours without any rest.

We connected with Amway because of health supplement products and the business has brought so many changes and surprises into our lives. After joining Amway, my husband got a construction project and he had to buy more cars for his expanded team. He decided to buy the vehicles through an installment plan, but then the economy took a downturn and the installment plan became a real burden. Luckily, Amway was bringing us extra income which really helped us to overcome the difficulties. In fact, Amway has helped to make us as free as birds by offering us at least four opportunities to travel every year. Each trip is as sweet as a honeymoon!

Amway has also improved our family life. We used to all live very separate lives, but Amway has brought us all together to share the same goals. My younger son liked to play TV games before, but Amway has helped him to change and improve. My daughter admired our achievements and has herself become a more self-confident and proactive person. I have also connected with my husband more deeply because of Amway - he is my leader and also the best business partner.

My father was married in Chaozhou when he was just 18 years old, and he then came to Hong Kong with my mother to look for a better life. He always told me that, as a girl, I shouldn't rush to get married but I should learn how to run a business. My mother was always so caring and worried about my future. But those worries are gone now because of Amway.

My oldest sister has become more outgoing and proactive because of Amway. When she was invited to join the Silver Tea gathering she was so happy, sharing all the details with me over the phone afterwards! Although we faced some difficulties at the very beginning, we can now enjoy a perfect balance between work life and family life. In fact I do tai chi with my mother every morning!

I have acquired so much knowledge through Amway - the business has given us a wonderful opportunity to study continuously. We are just ordinary people. With the support of other Amway leaders we can be successful and get to share our story at this rally. We are committed to sharing all our knowledge with our team so we can strive for higher goals together!

As a leader, we strive for success with our team. We have to put the interests of the whole team in the first priority. We treat our downlines as our children, give them guidance according to their personalities. I believe that only if we show real empathy will they open their hearts and enable proper communication to take place, help them to express their potentials and talents.



界裡創出真正屬於他們的天地。



李日康、蔡玲波夫婦以自己的安利歷程勉勵大家，在安利的世界裡，沒有不可能的事。



當晚，蔡玲波的母親亦到場與女兒分享成功的喜悅。

香港安利桂林之旅

精彩刺激無限fun

2007/2008 Sales Incentive Guilin Travel Seminar

奇幻鐘乳石洞晚宴

Dinner with a difference

刺激

刺激度：★★★★★

可有想過能夠在天然石洞內進行晚宴？安利破天荒地選擇以國家級風景區之一的七星岩作舉辦歡迎晚宴的場地，給一眾嘉賓神秘驚喜！直銷商身處充滿奇幻氣氛的天然石洞之中，欣賞傳統少數民族歌舞、雜耍及馳名中外的藝術項目——變臉，仿如置身仙境。

The welcome dinner for the Guilin trip took place in a unique setting – the Seven-Star Cave, which is located in the Seven-Star Cave Park. Thanks to the special lighting, Distributors enjoyed an unforgettable night underground, with performances including ethnic music and dancing, juggling and the ancient Chinese dramatic art of Bian Lian.



桂林美景自悠行

Amazing scenery

精彩

精彩度：★★★★★

有云「桂林山水甲天下」，作為中國知名度最高的旅遊勝地之一，桂林以「山青、水秀、洞奇、石美」而馳名中外。今次直銷商乘坐專船近距離欣賞壯麗的美景，沐浴在蘆笛岩、象鼻山、漓江、蝴蝶泉等大自然的絕美景色之中，令人心曠神怡。

Guilin is considered one of the pearls of China's burgeoning tourist industry thanks to its natural beauty and historic treasures. The Distributors on the trip enjoyed the scenic splendours from the deck of a specially chartered ferry.

漓江沿岸風光

象鼻山

蘆笛岩



蝴蝶泉



漓江沿岸風光



給你4日3夜的假期，你會做些甚麼？「2007/2008香港安利旅遊研討會 — 桂林之旅」經已於去年11月圓滿結束，共有93戶直銷商超過140人參與這個4日3夜的難忘之旅，體驗與風景同遊、在七星岩晚宴、參與由著名導演張藝謀執導，中國首個採用「山水實景」的《印象·劉三姐》民族歌舞表演……看著一張張歡笑的臉，實在令人回味無窮。

The 2007/2008 Sales Incentive Guilin Travel Seminar was a resounding success – there were 93 distributorships, over 140 people in total to join the seminar, to experience the beautiful sceneries, unique welcome dinner, enjoy the musical directed by famous Chinese filmmaker Mr. Zhang Yimou... the smiling face on everyone were so unforgettable!

沐浴於民族風情中 Local customs to enjoy!

好玩度：★★★★★

除漢族之外，桂林市裡面的壯、瑤、回、苗、侗等30多個少數民族佔全市人口近20%，因此遊人來到此地，無一不被當地的民族風情所感染。無論在西街及步行街購買當地土產，或觀賞根據東晉詩人陶淵明所著《桃花源記》中的美景而建成的世外桃源，又或是近距離欣賞由著名導演張藝謀執導，中國首個採用「山水實景」的《印象·劉三姐》大型民族歌舞表演，同樣值得再三回味！

While the majority ethnic group in Guilin is Han Chinese, around 20% of the population belongs to Zhuang, Yao, Hui, Miao and Dong minorities. Ethnic activities is another tourism spot in Guilin. There were so many surprises in Guilin, whether it's shopping for souvenirs, visiting Shiwaitaoyuan, the theme park designed according to the poet of Eastern Jin, Tao Yuanming's article "Memories of Tao Hua Yuan", or joining local performers for ethnic dancing and watching the classic "Impressions of Sanjie Liu" drama which is directed by the internationally acclaimed Chinese filmmaker Mr. Zhang Yimou. Participants returned with many happy memories!

好玩



世外桃源

象鼻山前，直銷商與少數民族拍照留念。



《印象·劉三姐》大型民族歌舞表演

知識與娛樂兼備的研討會 A learning experience

滿足

滿足度：★★★★★

在桂林舉行的安利旅遊研討會，可稱得上知識與娛樂並重！邀得多位行政鑽石直系直銷商分享他們發展安利事業的成功心得；會前更有一連串刺激好玩的集體遊戲，為大家帶來不少歡樂時光。

In the seminar, Executive Diamond Direct Distributors shared their experiences and tips with Distributors. This valuable learning experience was followed by group games that brought a lot of fun.



恭賀新晉直銷商

Congratulations to Our New Qualifiers



藍寶石直系直銷商 Sapphire Direct Distributor



甘潔銘 (會所服務員)

十多年來每天過著日夜顛倒的生活，後來經朋友介紹使用安利產品後，使我的健康得到改善，於是決定細心了解安利生意。我最欣賞安利文化能燃點每個人的動力，讓我有機會完成自己的夢想，同時透過旅遊擴闊視野，學到更多知識。現在兩個孩子都因為我的關係而發展安利生意，並得到不俗的業績，令我感到非常欣慰。

Kam Kit-ming (Clubhouse attendant)

For the past 10 years I have worked overnight, returning back home in the afternoon. My friends introduced me to Amway products to help enhance my well being, and gradually I came to understand more about the Amway business. I admire the way Amway encourages me to strive for success, at the same time bringing me new knowledge and insights through various workshops and travel opportunities. My children are also developing the Amway business and it's been great to follow their achievements.



明珠直系直銷商 Pearl Direct Distributor



梁靜雯 (大學生)

由於家人經營餐廳的關係，我自小已渴求自由、自主及低風險的生意；畢業後加入大公司，方體會到僱員須面對「人浮於事」的情況。然而安利生意卻有上線和公司助我提升領導能力，讓我在達到更佳業績的同時，還能夠自我成長，令我知道選擇非常正確。於我而言，安利猶如一位智者，每次相聚他都會傾囊相授，每個聚會都是學習的好機會。

Leung Ching-man Quintina (University student)

My family owns a café, but for myself I wanted to find a business that can provide freedom, autonomy and offer low risk. I joined a big company straight after graduating from university, but I soon came to realise that as an employee I didn't have many choices. I know I made the right decision to join Amway because of the amazing support I receive from Amway and from my uplines. For me, Amway is like a wise man who offers knowledge unconditionally every time we meet, and where each gathering is a new opportunity to learn.



創業者直系直銷商 Founders Direct Distributor



葉志超 梁海燕 (行政人員/地產顧問助理)

我們在發展安利事業的時候，得到身邊的良師益友給予無限支持，讓生意得以穩健地成長，實在是個人成長的最大體現。而我們最欣賞的是安利生意的公平性，同時非常感謝安利機構兩位創辦人給予平凡人一個不平凡的機會，讓每個人都可以透過安利計劃，發揮無限潛能，將愛心與身邊所有人分享。

Yip Chi-Chiu and Hoi-yin (Administrative executive/assistant to property consultant)

We have received lots of support from friends and teachers while developing the Amway business, and that's why the growth of our business has been so healthy – it's a manifestation of our personal growth! Our sincere thanks go to the founders of Amway for offering us all a special opportunity to develop our potential and share our success with the people around us.



直系直銷商 Direct Distributors



陳英傑 黎女 (物業管理/家庭主婦)

安利生意與傳統生意最大的不同在於低風險，亦毋需投入大量資金。最令我們感到驚喜的是，在與別人分享安利產品及生意計劃的好處時，既可擴展人際網絡，同時增加收入，真正一舉兩得。要令團隊成功發展，最重要的是在各方面都要取得平衡，才能夠達到更好的業績。

Chan Ying-kit and Le Nu (Property management/housewife)

The big difference between the Amway business and a traditional business is that it's low in risk and there's no need to invest a large sum of money. We have been so surprised by the way our network and income can be enhanced through sharing the Amway products and business plan. In terms of enhancing the growth of our team, we believe that balance is the key to success.



李笑薇 (辦公室助理)

安利生意無需投資大量金錢，而且任何人都可以做。只要我們願意與人分享這個公平的生意計劃，網絡就會自然發展起來，做到更好的業績。在發展安利事業期間，曾遇到不少挑戰及考驗，但當我能夠突破自己或得到生意夥伴及顧客的認同，那種滿足感最令我感到驕傲。

Lee Shiu-may Moricka (Office assistant)

The Amway business does not require a big amount of capital to get started, and it's a business that anyone can run. If we can keep sharing the business plan with others, our network will expand and we can achieve better sales. I encountered a number of challenges during the early days of developing my Amway business, but I got real satisfaction from being able to overcome those challenges to win recognition from my business partners and customers. I feel proud of what I've achieved!



直系直銷商 Direct Distributors

傅素勉 (商人)



我認為發展安利生意最重要的元素，就是個人努力。天下無難事，只要明白自己真正需要的到底是甚麼，然後跟隨上線及領導人的指引，就一定可以得到真正屬於你的人生舞台。作為領導人，我要做好自己本份，同時不斷提升自己，用愛心和關心與下線好好配合，自然能夠成功。

Fu Su-mian (Merchant)

I believe that personal effort is the key factor in building a successful Amway business. Only if we know what we are looking for can we hope to achieve our goals – though of course assistance from the company and our uplines is crucial. As a leader, I need to become a role model, so I work continuously to enhance myself, working together with my downlines to strive for greater success.



銀章直銷商 Silver Producers

蘇詠雯 (營業助理)



參加安利令我重新燃起鬥志和夢想，同時明白到「選擇比努力更重要」，只要努力地投入安利生意，自會得到合理回報。

So Wing-man (Sales assistant)

Joining Amway ignited a fire in my life and spurred me to pursue my dreams, and I soon realised that making a smart choice is more important than simply working hard. Once you have devoted yourself fully to the business, you will get what you deserve in return.

謝勝海 張月歡 (文員/飲食業)



我們透過產品認識安利計劃，令身體及生活質素得到改善，最重要的是時間自由，同時助我達成旅遊夢想及得到長遠保障。

Chia Seng-hoi and Yuet-foon (Clerk/catering)

We got to know about Amway's business through its products, which helped to improve our health and standard of living. Now we are involved in the business, the time autonomy enables us to realise our travel dreams and gain long-term financial security.

郭緒宏 余淑英 (商人/商人)



安利生意令我們充分發揮所長，令我的自信心和個人形象大大提升，因此決定將這個優秀的生意計劃與更多人分享。

Kwok Sui-wun & Suk-ying Gena (Merchant/merchant)

Amway's business helps us to realise our potential and boost our confidence and self-image. We certainly hope to be able to share this excellent business plan with more and more people.

邵成文 李銅秀 (司機/家庭主婦)



加入安利令我們的人生目標更清晰，生活圈子變得更大。現在我們的家人都因為安利的產品和生意計劃，令健康及生活得到改善，因而更正面和積極，令彼此關係更和諧。

Shiu Shing-man & Tung-sau (Driver/housewife)

Joining Amway has enabled us to set clearer goals in life and the business has helped us to enlarge our social circle. Now our family members are benefiting from Amway's products and business plan too, with big improvements in terms of their health and lifestyle.



銀章直銷商 Silver Producers



黃詩田 (編輯)

安利生意不只是銷售和推廣的生意，更是建立人際網絡和長遠保障的生意，並能夠助我達到財務自由。現在我不單增進了健康、營養及美容的知識，更重要是提升領導才能，妥善地規劃人生。

Wong Sze-tin Melissa (Editor)

The Amway business is not merely about sales and marketing, it is also about developing networks and building long-term financial security in life. I now have a much stronger knowledge in areas such as health, nutrition and beauty, and the business has helped me to develop my leadership skills and enabled me to plan my life better.



劉敏蓮 (銀行客戶經理)

以往的工作量和工作壓力使我無法好好分配時間，現在我因為得到安利生意的幫助，讓我的人生觀變得更加積極，更多時間陪伴家人和朋友，令愛笑的我活得更開心。

Lou Man-lin (Bank customer service manager)

In the past, the workload and pressure from my job made it difficult for me to make plans. But now I'm benefiting from the Amway business in many ways – I have a more positive mindset and enjoy more time to spend with friends and relatives.



張芯宜 (學生)

參加安利計劃後，我學會如何活得更積極。在這裡，每個人都會熱心地提供幫助、扶持、關心和鼓勵，讓我能夠發揮自己的長處，並學到不同的知識，很有滿足感。

Cheong Sam-i (Student)

I learn to live proactively after joining Amway. People from Amway are so enthusiastic to offer help, support, caring and encouragement. I can fully express my talents here, and enhance myself by different kinds of knowledge.



蕭錫輝 陳淑賢 (汽車維修員/家庭主婦)

我們能夠與親朋好友分享安利產品的好處之餘，同時可以得到額外收入，令我們的生活亦得到改善。安利生意愈做愈有活力，亦令我認識到更多志同道合的好朋友。

Siu Sik-fai and Shuk-yin (Car repairer/housewife)

We can increase our income and enhance our lives through sharing Amway products with our friends and relatives. We feel more energetic while developing Amway business, we can also meet more friends who share the same dreams.



何勁龍 (大學生)

要成功發展安利事業，最重要的不是銷售產品，而是真心將安利的優質產品和生意計劃與親友分享，幫助他們得到額外收入。

Ho Keng-long (University student)

You have to share the Amway products and business plan with your friends and relatives wholeheartedly if you want to be successful.



銀章直銷商 Silver Producers



何強能 林亞珠 (技術員/髮型師)

過去的工作性質比較被動，沒有工作就沒有收入，因此我們最欣賞安利生意提供足夠的發展空間，而且能為自己及下一代帶來長遠保障，令我們每一天都過得十分充實和充滿希望。

Ho Keung-nang and Ah-chu (Technician/hair stylist)

The job nature of our previous jobs is quite passive – if we stop working, there will be no income. That's why we admire Amway business that it can provide sufficient rooms for business development, and provide a long term security to us and our kids. Now we live so fully and full of hope.



金章直銷商 (相片欠奉) Gold Producer (Photo not available)

梁藹琳 (學生)

安利令我的人生變得積極，讓我繼續享有財務上的自由。在這裡，有無數的成功例子，助我逐步邁向成功。

Leung Oi-lam (Student)

Amway has helped me to become a more proactive person, and enjoy total financial freedom. In Amway there are so many examples of success to learn from, I'm now on the path to success myself.

註：上述直銷商之職業均為加入安利時的工作。 Occupations at the time of joining Amway.

2009年度香港安利鑽石諮詢委員會



最新一屆的「安利鑽石諮詢委員會」委員已經產生，期望各委員在新一年透過緊密溝通，共同創造更輝煌的業績。

後排左起：

創業者鑽石陳顯榮、行政鑽石李蔡玲波、
行政鑽石林希興、行政鑽石陳鎮平、
行政鑽石陳鎮興、鑽石邱黃淑秀

前排左起：

雙鑽石吳張可芝、雙鑽石勞崔寶寶、三鑽石吳華權、
皇冠大使傅吳彩雲、三鑽石李家達、雙鑽石余陳惠英

Back row from left:

Founders Diamond Chan Hin-tong,
Executive Diamond Li Choi Ling-por,
Executive Diamond Edison Lam,
Executive Diamond Boe Chan,
Executive Diamond Hillman Chan,
Diamond Annabella Yau

Front row from left:

Double Diamond Gigi Ng,
Double Diamond Paula Lo,
Triple Diamond Daniel Ng,
Crown Ambassador Anita Fu,
Triple Diamond Arthur Li,
Double Diamond Yu Chan Wai-ying

零售推薦龍虎榜

Rolls of Honour – Retailing & Sponsoring

2008年9月
September 2008

10大個人 Top 10 Personal

零售 Retailing

Chow Chi Man & Man Ting
Kwok Wing Chun & Anita
Lee Kee Hong & Yuen Yee
Chan Kim Hung & Oi Ping
Lee Keen Ping & Chiu Chun
Fung Kwok Shing & Siu Mui
Wang Lin Shen & Amanda
Eng Ching Lew & Kam Yip
Wong Hon Wa
Lam Sui & Ho Kwan Yung

推薦 Sponsoring

Wong Ping
Ho Chan Leung & Sau Fun
Chan Si Kao & Sio Kai
Cheung Kai Ming & Oui Wah
Choy Chik Shing & Suk Haan
Yu Seng Kwong & Wai Ying
Wong Kam Yuen & Yuen Man
Luk Man Piu
Ip Kam Man & Ho Irene
Yip Chi Wai

10大直系小組 Top 10 Group

零售 Retailing

Fu Clement & Anita
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中山大學預防醫學研究所副所長蔣卓勤教授

The Chinese Diet and Health



游離基無處不在

中國人的飲食習慣如何影響生活？中山大學預防醫學研究所副所長蔣卓勤教授表示，多種維他命及礦物質能為人體健康作出極大的貢獻。

隨著社會日益進步，物質生活亦愈來愈豐富，然而由於環境污染物日益增加的關係，人類無可避免地受影響。空氣中的懸浮粒子、化學物、輻射、食物添加劑、紫外線等，都會令身體產生游離基，在不知不覺中影響人體健康，威脅人體DNA的穩定性，對DNA造成損害。

在正常情況下，細胞產生游離基，保護自己免受病毒及細菌侵害。然而體內若出現大量游離基，就會對DNA構成影響，令細胞再進行分裂的時候，製造出不健全的細胞。當身體內較差的細胞愈來愈多時，就會成為慢性疾病及癌症的肇端。其實人體可通過自我修復機制修補受損的DNA，但當體內的防衛系統不健全，或DNA反復受損，自我修復機制就難以發揮抗氧化作用，遏止游離基的產生。

蔣卓勤教授認為，多種維他命、礦物質及營養均為自我修復機制的重要組成部份，而飲食習慣直接影響營養吸收，因此有服用營養補充品的需要。

吸收均衡營養的重要性

蔣教授認為雖然中菜以蔬菜為主，但中國人仍然有服食營養補充品的需要。「我們雖然奉行『多肉少菜』的飲食習慣，有足夠的碳水化合物與澱粉質，但由於食物種類未夠全面，所以特別容易缺乏蛋白質、維他命A及鈣質。」蔣教授表示，沿海一帶的市民每日所吸收的營養又比農村的人豐富，不過紅肉與白肉比例不均勻，豬肉佔所有肉類消耗的七成，其次是雞和魚。「歸根究柢是因為豬隻比較『粗生』，同時由於脂肪比例較高，所以份外香口，因此廣為中國人所喜愛——但多吃影響健康。」他又指出，隨著經濟發展，亦對中國人的飲食習慣造成衝擊。「雖然不一定每餐大魚大肉，但中菜離不開多油、鹽及調味料；特別是一眾上班族，中午時份以客飯做午餐，減少食物多樣性，令營養失衡。」

天然就是最好

中國人以食為天，而且偏好醃製食物，但蔣教授認為多吃會令身體吸收過多鹽份，少吃為妙。「以前的廚師多用天然醃料，現代人貪圖方

便及改善食物的賣相，使用大量添加劑。其實食物愈少經過加工處理，愈能保持天然營養和鮮味。」然而怎樣的烹調方式最能保持食物的營養與色香味？「蒸、煮、燉等，都不會令蛋白質及礦物質大量流失。」

補充品提高DNA穩定性

早前安利（中國）研發中心委託北京大學醫學院與中山大學醫學部進行臨床研究，探討營養食品對改善中國人的營養狀況及抵抗疾病的作用。在連續8星期裡，試驗組服用Double X營養片，對照組則服食安慰劑。最後通過測試血液中營養素與致病物質的水平及變化。這次研究的分析重點有：

- **提高血液中營養素的濃度：**血液及尿液中維他命水平平均明顯地有所提高。證明食用從植物中提煉的營養補充品能減少因飲食不均而導致營養缺乏，同時有效提高體內維他命的水平，從而預防各種慢性疾病。
- **提高DNA穩定性：**彗星尾長、尾DNA比值、尾寬度均顯著下降，證實Double X可有效提高DNA的穩定性。
- **降低同型半胱氨酸指數：**試驗組血清中的同型半胱氨酸指數有非常顯著的下降。證明長時間服食Double X可有效地降低同型半胱氨酸，減低心血管疾病的風險。



關於蔣卓勤教授

蔣教授為現任中山大學預防醫學研究所副所長；保健食品檢測中心質量負責人、公共衛生學院營養學系主任、博士生導師名國家自然科學基金會項目評議人。他的主要研究項目為營養與健康。

How do Chinese dining habits impact on our life? While the Chinese diet is generally viewed as healthy, Dr. Jiang Zhuoqin from Sun Yat-Sen University believes that multivitamins and minerals can still make a great contribution to our health.

There's no doubt that we all enjoy a better material life in the modern world, but a lot of factors can impact on our health.

剖析中國人飲食、營養與DNA穩定性的關係

Insights from Dr. Jiang Zhuoqin

Pollutants such as suspended particulates and chemicals impact on our life, as do various types of radiation and food additives. This constant assault leads our bodies to produce free radicals, which can have a negative impact on our health – especially on the stability of our DNA.

Generally speaking, free radicals help to protect our cells, but if the body produces too many free radicals then DNA damage will result in weaker cells. As more and more weaker cells are produced in the body, we become more vulnerable to chronic diseases such as cancer. The human body has a self-defence mechanism that can help to repair DNA damage, but the weaker cells reduce the effectiveness of the mechanism and also make it harder to repair the DNA damage.

Dr. Jiang says that vitamins and minerals are both key elements in our body's self-defence mechanism and the amounts of these we received can be deeply affected by our eating habits. Nutrition supplements may be needed if our diet is not providing the right balance.

While most Chinese cuisine makes good use of vegetables, Dr. Jiang says that supplements will still be necessary. "Even though we may eat more vegetables than meat in every meal, which means we get enough carbohydrates and starch, we still need to improve the overall variety of food – that's why most of Chinese people don't get enough protein, vitamin A and calcium."

Dr. Jiang says that people who live in coastal areas have a higher intake of nutrients than those living inland, but may also have an imbalance when it comes to meat. Some 70% of the meat they eat is pork, while the rest is poultry and seafood. "Pigs are easy to raise and the proportion of fat is higher, making it more tasty and more appreciated by Chinese," says Dr. Jiang. "The downside is that you may damage your health if you eat too much pork."

He also warns that fast pace of economic development recently has led to a change in Chinese dining habits. "While we might not eat more meat in every meal, we are certainly using more oil, salt and seasonings," says Dr. Jiang. "Office workers have a particular problem because they tend to eat set lunch with just one dish, which may lead to an imbalance in the intake of nutrients."

Natural is the best

Chinese love eating, with a particular fondness for pickled foods – but Dr. Jiang reminds us that these may lead to an overdose of salt. "In the past, chefs preferred using natural marinades, but nowadays many chose to use processed foods to get quicker results and improve the appearance of the food," he says. "In fact, food cooked with fewer artificial processes can preserve more of the natural nutrients and also taste better," he says, suggesting that steaming, boiling and stewing food can help to preserve more protein and minerals.

How supplements can help

Amway China recently collaborated with Peking University and the Sun Yat-Sen University to initiate clinical research on supplements that can improve the health of Chinese people. To ensure a high level of scientific rigour, they chose around 300 people in the Mainland and divided them into two groups in a double-blinded experiment.

Those assigned to the experimental group took Double X every day for eight weeks while those in the control group were given a placebo. The level of nutrients and pathogens in the blood of both groups was compared before and after, resulting in some interesting findings.

Nutrients in the blood

The experimental group had a higher level of vitamins after eight weeks while the control group remained unchanged. The implication is that the nutrient level in our blood is increased after taking supplements over a long period to address any dietary imbalance.

Stability of DNA

According to the research results, the experimental group's DNA samples were damaged less, implying that supplementation can lead to increased DNA stability.

Homocysteine Level

The homocysteine level of the experimental group was obviously reduced after eight weeks and the control group showed no change, proving that using botanical supplements for a long period can help prevent cardiovascular disease.



綠色有機 健康跑

三月八日，數碼港見！
See you at Cyberport on March 8!



所有跑畢全程的參加者將獲發：

- 健康跑獎牌一面
- 限量版AC米蘭運動袋一個
- 限量版AC米蘭運動水壺一個
- 數碼港餐飲優惠券

Each participant who completes the whole run will also be awarded a **Health Run medal**, an **AC Milan limited-edition sports bag**, a **water bottle** and a **Cyberport refreshment coupon**.

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精彩活動 Health Run Highlights

4321千人操 綠色生活由運動開始

全體參加者一同進行由安利紐崔萊研發的「4321體適能運動」，締造安利紀錄！

千人共「相」 為綠色地球添色彩

每位跑畢全程的參加者都會由專人拍照留念，然後把相片拼合成地球圖案，共建綠色地球！

綠色有機嘉年華 精彩節目，投入綠色生活

大會於數碼港商場精心安排多項表演、互動遊戲、健康測試及評估，讓大眾認識有機，認識綠色生活。

有機蔬菜券義賣

有機蔬菜券已於各購貨中心進行義賣，每張售港幣\$20（不設售貨額）。扣除必需開支後，收益將撥捐有機資源中心。憑券可於2009年3月8日活動當天於數碼港換領本地有機蔬菜一包。（會場當日將不設菜券售賣）

The 4321 Body Training Programme

Before the run starts, all participants will take part in the 4321 programme in an attempt to break the Amway record! Please come along and join us.

Be Part of the Earth

We will take a photo of every participant who finishes the Health Run and combine the photos to create an Earth mosaic. The mosaic will later be displayed in all Amway Merchandising Centres in Hong Kong.

Join the Green Carnival

After the Health Run, please come along to the Green Carnival where you can enjoy wonderful performances and take part in interactive games, health tests and evaluations. The carnival will give you a better understanding of the importance of living a greener life.

Organic Vegetable Ticket

The Organic Vegetable Ticket already on sale at all Merchandising Centres at the price of \$20 (BV/PV is not applicable). This ticket entitles you to redeem a pack of local organic vegetables at the Cyberport on March 8. After the deduction of all necessary expenses, all revenue will be donated to the Hong Kong Organic Resource Centre (HKORC). Please note that Organic Vegetable Tickets will not be sold on the day of the event.



健康跑更多資料 Health Run Details

日期：2009年3月8日（星期日） **Date:** Sunday, March 8, 2009

時間：集合 — 上午7:30 **Time:** Meeting time – 7:30am
起步 — 上午9:30 **Starting time – 9:30am**

集合地點：數碼港商場全天候廣場 **Meeting point:** Cyberport Ocean View Court



大會專車安排 Shuttle Bus Arrangements

地點：金鐘德立街海富中心
(金鐘地鐵站A出口)

Pickup point: Admiralty Centre, Drake Street, Admiralty
(Admiralty MTR Station Exit A)

去程：上午7時15分至8時15分
(約每5-10分鐘一班，逾時不候)

Service hours: 7:15am to 8:15am (every five to 10 minutes, latecomers will not be entertained)

回程：請留意活動當天公佈

Return trip: Details to be announced on the event day

E. FUNKHOUSER™
NEW YORK

完美遮瑕三色粉餅 助你輕鬆打造無瑕美肌

Perfect Makeup with EFNY Concealer + Eye Base

要打造無瑕美肌，就要由選擇遮瑕產品開始。EFNY完美遮瑕三色粉餅一盒即可提供眼部遮瑕、改善膚色及眼部粉底的功能，是你不可或缺的隨身妝物。

EFNY Concealer + Eye Base is your best partner for perfect makeup! It's handy, user-friendly and multi-purpose – it can be used as a concealer, to improve skin colour and to provide a strong foundation for eye makeup. Once you've bought it, you won't leave home without it!



用法 Method

- 1 淺色用以遮蓋紅印，中性色調可淡化色斑及遮蓋黑眼圈；最深的色調則可令膚色更均勻。

The lightest colour is to cover any redness in the skin. The neutral colour is to cover pigment flaws and dark circles, while the darker colour can help you to even the skin tone.

- 2 可在眼蓋塗上薄薄一層作為眼部粉底，配任何色調的眼影都會非常出色。

Put a thin film of concealer on the eyelid as a base, and then all three colours can be used for the eye foundation.

- 3 要達致專業的化妝效果，可同時使用粉餅及碎粉。

To optimize the results, use EFNY Concealer + Eye Base along with EFNY face powder and shimmer powder.

功能至上 設計完美

EFNY完美遮瑕三色粉餅 DP\$195

一個小盒即可打造完美眼底部妝？唯有EFNY完美遮瑕三色粉餅做得到。霜狀質地特別柔滑，能在遮蓋面部瑕疵的同時呵護眼部四周及面部的幼嫩肌膚。既可單獨使用任何一種色調，亦可混合使用，調出與膚色最相配的顏色。

兩用粉餅的設計能同時作遮瑕膏及眼部粉底——只要用手指或EFNY遮瑕掃沾上，然後來回輕輕拭在眼部即可。

每種色調都有獨特用途，獨立設計更可防止不同色調的產品混合在一起，讓你隨心打造亮麗的眼底部妝。

Functional Beauty

EFNY Concealer + Eye Base DP\$195

Only EFNY Concealer + Eye Base can provide you with an all-purpose eye make up base. Creamy texture can provide sufficient coverage and protection to your skin. You can just use one of them or mix it together to have the most suitable colour.

Applied using your fingertips or the concealer brush, the EFNY Concealer + Eye Base can be used as concealer and two-way foundation, with each colour having its own special function.

The case has been specially designed to prevent the colours mixing together, making it more convenient to use.

E. FUNKHOUSER™
NEW YORK

全新旅行化妝掃套裝 隨身的專業化妝師 Travel Brush Ensemble – a Great New Look!

今個春夏，走在潮流尖端的國際級彩裝魔法師Eddie Funkhouser為你帶來
精心設計的EFNY旅行化妝掃套裝，讓你輕易締造完美無瑕的妝容。

This summer, makeup magician Eddie Funkhouser is proud to bring you a travel brush set with a striking new look!



EFNY旅行化妝掃套裝

EFNY Travel Brush Ensemble 5558 DP\$395

早前推出的EFNY旅行化妝掃套裝大受歡迎，在2009年更推出特別版的時尚銀色蛇皮壓紋化妝袋，附有七支專業化妝掃，包括散粉掃、遮瑕掃、眼摺掃、眼蓋掃、眼線掃、轉動式唇掃及鏡子，讓你無論何時何地亦可打造迷人彩妝。

The EFNY Travel Brush Ensemble has been revitalized for 2009, with the white and silver snakeskin pattern makeup bag bringing a fresh and fashionable touch. The ensemble includes seven brushes, including a foundation brush, powder brush, concealer brush, crease brush, all-over eye brush, flat eyeliner brush and retractable lip brush, together with a mirror.



濕粉掃 Foundation Brush

用濕粉掃上粉底液時，應順著毛孔生長的方向掃，即使難度較高的位置如鼻翼及眼肚，亦可輕易塗上粉底。

When applying your foundation, follow the direction in which your hair follicles grow. This makes it easier to apply on those parts of the face where it is difficult to brush, such as around the nose and under the eyes.



散粉掃 Powder Brush

圓拱形的設計配密度高的掃毛，與東方人的輪廓可說是絕配。散粉掃適合用作塗抹、修飾及混和各種粉狀化妝品如胭脂、輪廓修飾影粉等，效果自然均勻。

With a special round-headed design and luxuriant bristles, the powder brush is particularly suitable for Chinese faces. It can be used to brush, modify and mix different kinds of powder - cheek colour and contouring powder, for example - which can help create a more natural look.



遮瑕掃 Concealer Brush

圓頭設計可助你輕易塗抹及混和膏狀、液體狀及粉狀的遮瑕產品；帶尖型的尾部能接觸面部任何部位，比用手指印上遮瑕產品效果更貼服細緻。

The special design helps you to easily mix the concealing cream, liquid or powder. The bristles can reach any part of your face and the overall effect is much better than if you use your fingertips.

眼摺掃 Crease Brush

柔軟的掃頭與眼摺位完美配合。將眼摺掃沿眼摺處的弧形來回掃上眼影，即可加深眼部輪廓，令妝容更加突出。

The soft bristles of the Crease Brush are a perfect match with the eyelid. Brush the eye shadow left and right several times which will help you to improve the contours of the eye area.

眼部專用掃 All Over Eye Brush

方型掃頭能準確配合眼部各部位的弧度，讓你靈活修飾眼部化妝。上妝後，可用眼部專用掃輕輕抹去眼部位置多餘碎粉。

This brush uses a square head that can fit into all the areas around the eyes. After finishing your makeup, the brush can be used to clear any superfluous powder.

平頭眼線掃 Flat Eye Liner Brush

平薄而細密的掃頭能描劃精細的眼線，巧妙的傾斜角度令效果更自然。具彈性的毛質讓你隨意勾劃任何粗幼的眼線；配合長柄設計，讓你更得心應手。

This flat, thin brush makes it easier to draw eye lines, with the special angle of the brush making the eye line more natural. The flexible texture makes it easier to draw eye lines in different widths, while the brush's long handle makes it easy to use.

轉動式唇掃 Retractable Lip Brush

柔軟的掃頭能助你輕易勾畫唇部線條，比直接塗上唇膏或唇彩更易控制及塑造立體唇型；轉動式設計方便收藏，讓你時刻締造豐盈柔滑的唇妝。

The soft brush is ideal for creating a natural lip line - it's much easier to control and draw a pair of perfect lips than using a lipstick directly. The retractable design allows you to be a lip designer anytime, anywhere.

烹煮器皿 Utensil



皇后牌三公升平底煎鍋
Queen Three Litre Fryer

香脆芝士條伴沙甸魚醬

Crispy Cheese Sticks with Sardine Paste



食譜筆記

- 1 皇后牌不銹鋼鑊用料優質，鑊身溫度持久平均，只要鋪上牛油紙，預熱5分鐘，即可烘焗出鬆脆的芝士條，做到烘焙效果。
- 2 現成急凍酥皮方便快捷，使用前只需放於室溫12小時解凍至軟身，或使用前一晚從冰格放於雪櫃中解凍。
- 3 讓小孩子一同參與製作，共享入廚親子樂。

Notes:

- 1 Made from the finest stainless steel, the Queen Three Litre Fryer maintains a constant temperature even on a low heat. Just place the parchment paper in the fryer and pre-heat for five minutes – it will then work as an oven to cook the delicious crispy cheese sticks.
- 2 Frozen puff pastry is very convenient – just leave it at room temperature for around one to two hours to defrost, or take out of the freezer and put in the refrigerator the night before cooking.
- 3 Share the happiness of cooking by asking your kids to help out as you make the cheese sticks with sardine sauce.

準備時間：10分鐘

烹調時間：25分鐘

Preparation time: 10 minutes

Cooking time: 25 minutes

材料

急凍酥皮	半包
巴馬臣芝士碎	適量
蛋	1隻

沙甸魚醬

茄汁沙甸魚	120克
蛋黃醬	2湯匙
軟芝士碎	200克
青檸汁	1湯匙
蔥粒	2湯匙
乾蔥碎	2湯匙
鹽及黑胡椒碎	少許



Ingredients

Frozen puff pastry	half pack
Grated Parmesan cheese	suitable amount
Egg	1

For the sardine paste

Sardines in tomato sauce	120g
Mayonnaise	2 tablespoons
Grated Ricotta cheese	200g
Lime juice	1 tablespoon
Minced spring onion	2 tablespoons
Minced dried onion	2 tablespoons
Salt and pepper	small amount to taste

做法 Method

1 將茄汁沙甸魚去骨，與茄汁壓成茸，加入軟芝士碎、蛋黃醬、青檸汁及乾蔥碎，拌勻後灑上蔥粒，最後以鹽及黑胡椒碎調味。

Remove the bones from the sardines, then turn them into a paste with the tomato sauce. Add the grated Ricotta cheese, mayonnaise, lime juice, minced dried onion and stir. Add the minced spring onion and salt and pepper to enhance the taste of the paste.

2 將酥皮放於室溫1至2小時解凍至軟身，壓成約20x15cm的方型，切半。
Defrost the frozen puff pastry at room temperature for around one to two hours until it becomes soft. Roll the pastry with a rolling pin to make a 20cm x 15cm rectangle, then cut this in half.

3 平底煎鑊鋪上牛油紙，燒熱，備用。
Place the parchment paper in the fryer and heat on a low temperature.

4 將雞蛋打成蛋液後掃於酥皮上，灑滿巴馬臣芝士碎後將酥皮重疊，輕壓。
Beat the egg and brush over the puff pastry. Distribute the grated Parmesan cheese on the pastry then fold and press.



5 將酥皮切成約1.5cm闊的長條，扭成辮子，放於牛油紙上，再掃蛋液。
Cut the pastry into 1.5cm sticks and wring. Place onto the parchment paper and press.



6 將酥皮條加蓋慢火焗10-15分鐘至膨脹，再掃一層蛋汁及灑少許芝士碎，再焗5分鐘至金黃香脆，即可。
Cover the fryer and cook the pastry sticks for 10-15 minutes on a low heat. Then brush with egg and sprinkle more grated Parmesan cheese on top. Cover again and cook for five minutes until the sticks turn golden yellow and crispy – the dish is then ready to serve.



安利陽光兒童成長計劃

給孩子身心健康的生活

專訪香港小童群益會總幹事羅淑君

兒童是未來的主人翁，因此他們的身心發展非常值得重視。香港小童群益會總幹事羅淑君 (Lilian) 表示「9至14歲的孩子出現情緒問題有上升的趨勢，尤其在低收入家庭；及早關注他們，讓孩子的身、心、靈都健康成長，長遠亦能惠及整個社會。」



問及Lilian最難忘的個案，她說：「記得有一位父親陪同14歲的兒子參加小童群益會的活動，當日孩子親手炒飯給爸爸品嚐，他即時感動得哭出來——原來父親一直與孩子甚少溝通，令誤會頻生。」

家長情緒對孩子影響重大

父母就是孩子的榜樣，他們的一舉一動都會影響孩子的心理，尤其是父母的憂慮和壓力，對兒童的影響非常深遠。Lilian表示：「別以為孩子不明白成年人的壓力，即使5歲小孩亦能感受到父母內心的焦慮，由於他們不擅於表達，所以情緒會顯得較為波動，長遠而言可能引起精神問題。」她又指出，及早提供幫助就可讓孩子情緒得到舒緩，亦是最有效的改善辦法。

學習壓力構成心理障礙

「香港教育制度注重學業成績，加上家長『望子成龍』的心態，會為孩子帶來極大壓力。」Lilian更提到，這問題在父母知識水平較低的家庭中很常見。「最常見是不少父母因學歷不高而影響收入，而將『好生活』的期望寄託在兒女身上。其實學習能力因人而異，患有對立性反抗症、自閉症、亞氏保加症和專注力缺乏症等先天性疾病的孩子容易出現情緒問題。例如患有讀寫障礙的孩子專注力較差，若隨便斷定為懶惰，會對他們的心理帶來極大影響。只要細心觀察及多與孩子溝通，問題就能迎刃而解。」

親子活動是改善良方

Lilian稱：「其實，良好的親子關係才是改善兒童情緒問題的良方。由香港安利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，不單能夠幫助有情緒及心理困擾的9至14歲兒童及青少年，更重要的是透過計劃促進個案家庭的親子關係。很簡單，晚飯時候問候孩子今日在學校遇到的事情，就已經踏出了溝通的第一步。對於青少年，父母可以和他們分享自己面對的工作壓力，誘導他們說出心聲——這不就是最理想的親子活動嗎？」同時，Lilian提醒父母緊記要循序漸進，心急反而會誤事。得到社工和師友的支援，就能夠做到聯繫社區及家庭，令整個社區都做到和諧共融，孩子就能夠健康快樂地成長。

甚麼是亞氏保加症？

根據美國精神科學會的精神疾病診斷準則手冊 (DSM-IV-TR)，自閉症和亞氏保加症都歸納於「廣泛性發展障礙」之下。患有此症的孩子都會有以下三方面的明顯徵狀：

- 1 社交發展障礙
- 2 溝通障礙
- 3 興趣狹窄及有重複刻板模式的傾向



Lilian表示：「據醫管局公布數字顯示，其轄下醫院的精神科專科門診部接收的14歲以下兒童到診的次數，由2001年的14,348次上升至2005年18,516次，升幅高達30%。有時候孩子的畫作會流露出他們的心理狀態，值得我們參考。」

專業人士當師友為社會出力

「雖然香港人工作繁忙，不是每個父母都可以付出大量時間，其實社會上每個人都可以為孩子出一分力！最直接的方法就是做義工。安利陽光兒童成長計劃的義工透過師友（caring adult）的身分，成為兒童和青少年在父母和社工以外的傾訴對象，與他們分擔成長期面對的情緒和心理困擾，啟發他們的自尊心和社交能力，以一個亦師亦友的關係，伴著他們身心健康成長，走入正途。這亦是見證社會企業的公民責任，為下一代締造健康光明的成長環境。」Lilian說。

如何判斷兒童和青少年出現情緒問題？

成績退步 對向來有興趣之科目突然失去興趣，成績下滑，被老師投訴上課不留心之情況增加。

朋友相處方面 突然避開不與朋友見面，電話往來減少或增加。

出現反叛行為 不願留在家中，如放學後於街上流連，甚至逃學和偷竊。

突然沉默 即使遇上要好的朋友或平日熱衷的話題，亦提不起勁。

食慾不振 對喜愛的食物亦全無興趣。

註： 若發現孩子有以上問題，就要向老師和社工多加了解，從而尋找解決方案，切忌魯莽行事。



「很高興能夠與香港安利合作，舉行『安利陽光兒童成長計劃』，為低收入家庭的孩子帶來健康的精神生活。期望在未來的日子裡有更多兒童受惠。」Lilian說。

活動剪影



海洋公園生態遊

對於我們而言，海洋公園是周末周日的活動好去處；然而在大埔及北區的兒童與青少年的眼中，海洋公園也許只是個名字而已。由於該區不少低收入家庭難以負擔車資及入場費，因此他們只能在電視、報章及雜誌「看」過這地方。去年的聖誕假期，安利陽光兒童成長計劃邀請了來自大埔及北區的家庭，在安利直銷商組成的義工團陪伴下暢遊海洋公園，享受歡欣的時光。

日營開心之旅計劃

遊戲不單輕鬆好玩，更是正值成長期的兒童與青少年學習待人接物，體驗群體生活的最好方法。不過，不少低收入家庭的子女因家境問題而變得自卑、不願與外界接觸，嚴重影響他們的心理狀況，並成為日後家庭問題的誘因。有見及此，安利陽光兒童成長計劃於大棠荔枝園舉辦日營開心之旅，讓大埔及北區的兒童與青少年在安利直銷商義工團陪同下，透過不同的集體遊戲及活動，對自己及人際關係有深一層的認識。



香港安利再度榮獲 「商界展關懷」標誌

Amway Hong Kong Honoured with Caring Company Logo



香港安利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」，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壓力，同時提升抗逆力。

香港安利為美差會潮漫服務聯會提供化妝課程，教授基本護膚方法、簡單化妝技巧，幫助綜援、低收入、新來港或家長及青少年透過認識護膚及化妝技巧改善儀容，加強自信心。



「熱心公益，關懷社群」—
香港安利一直積極參與社區
公益慈善工作，回饋社會，
幫助有需要人士展開
多姿多采的豐盛生活。

As a responsible corporate citizen, Amway believes the role of a corporation is to support the growth of the society it is part of.

So it is an honour that Amway Hong Kong was recently awarded the Caring Company Logo for the fourth consecutive year.

香港安利今年再度榮獲由香港社會服務聯會頒發的「商界展關懷」標誌，以表揚及嘉許香港安利一直致力實踐良好企業公民的精神。這次是繼2005年香港安利首次獲頒「商界展關懷」標誌後，連續第四屆獲此殊榮，充分體現香港安利積極投入社區活動的熱忱和努力。

去年，香港安利與多個社會服務團體攜手合作，參與及推動多項社區活動，令社區上的不同社群得以受惠。「商界展關懷」計劃由香港社會服務聯會主辦、政府撥款資助，並獲商界及社會人士積極參與及廣泛認同，計劃的宗旨是啟發工商機構的企業公民參與，通過工商及公共機構和社會服務界的策略夥伴合作，共同建立關懷社區的精神。獲頒發「商界展關懷」標誌的機構必須實踐計劃所訂的六項準則其中至少兩項，包括關心員工家庭、鼓勵義務工作、聘用弱勢社群、推動環境保護、傳授知識技術及樂於捐助社群。

In recent years Amway Hong Kong has actively encouraged and supported volunteering among its employees and provided staff with a family-friendly and gender-sensitive working environment. The company has shared its business expertise with social service organisations and has donated to the community in a number of ways. Last year, Amway Hong Kong joined hands with different non-government organisations to run a variety of community activities. The Caring Company Scheme is administrated by the Hong Kong Council of Social Service and funded by the HKSAR Government. Over the years it has gained widespread support from local business and the public. The mission of the scheme is to build a caring community spirit through cultivating corporate citizenship and strategic partnerships among the business, public and social service sectors.

The Caring Company Logo is awarded to companies that fulfill at least two of the six criteria laid down in the scheme, including being employee friendly, volunteering, employing the vulnerable, caring for the environment, mentoring and giving.

安利中國文化藝術推廣計劃

Amway Chinese Art and Culture Promotion Scheme

國學與管理高級行政人員研修班

Sinology for Senior Business Executives



秉承「為你生活添色彩」的理念，安利（中國）為消費者提供營養補充品、護膚化妝品、個人護理用品、家居護理產品及家居科技產品，並連續多年入選中國最大的100家外商投資企業及納稅百強。

在成功經營、積極履行社會責任的同時，安利（中國）亦熱心文教事業，致力推廣中國傳統文化藝術，多次支援香港公開大學的發展如粵

劇戲曲藝術推廣及書法藝術學習班。今年，安利（中國）全力支持香港公開大學李嘉誠專業進修學院「安利中國文化藝術推廣計劃」，並與清華大學人文社會科學學院合作開辦「國學與管理高級行政人員研修班」。

中國歷史悠久，孕育了豐厚的文化，當中不但包括許多做人處世之道，更蘊藏了管治智慧、思維和哲理，值得現今企業行政人員學習、探索和借鑒。隨著中港關係日益密切，港人對中國歷史與文化產生熱切渴求。國學與管理高級行政人員研修班正能推動國學在香港發展；課程內容由香港公開大學李嘉誠專業進修學院與清華大學人文社會科學學院共同設計，符合本港行政人員需要；邀得清華國學名師授課，完成課程後可獲由兩所大學聯合頒發的結業證書；學員除需要在港上課外，更可到北京清華大學進行學術交流，親身感受中國文化博大精深之處。

In order to help people live better lives, Amway China provides nutritional supplements, skincare and makeup products, personal care products, and a range of home care and hometech products. The company has made a big impact in the Mainland, being selected as one of the 100 biggest foreign investment enterprises in addition to being one of the top 100 taxpayers.

Apart from its business and social responsibilities, Amway China has shown its enthusiasm for promoting Chinese art and culture by collaborating with the Open University to run Cantonese opera and Chinese calligraphy promotion schemes. This year, Amway China is lending its support to the Sinology for Senior Business Executives (SA009/ARTS4030CP), which is under the Amway Chinese Art and Culture Promotion Scheme. This Scheme is being run by the Open University's Li Ka Shing Institute of Professional and Continuing Education and the Tsing Hua University School of Humanities and Social Sciences.

China has long been known for its cultural depth and wisdom, including an ancient philosophical approach to management that can teach today's senior executives a lot. The relationship between the Chinese homeland and Hong Kong is now closer than ever, leading more Hong Kong people to seek information on Chinese history and culture. The Sinology for Senior Management Executives programme will help to promote Sinology in Hong Kong.

A collaboration between the Open University's Li Ka Shing Institute of Professional and Continuing Education and the Tsing Hua University School of Humanities and Social Sciences, the course is led by a Sinology lecturer from Tsing Hua University and is tailored to meet the needs of Hong Kong executives. Students will attend the course in Hong Kong and also take part in an academic exchange with Tsing Hua University. After completing the course, students will receive a certificate issued by both academic institutions.

課程結構

課程於3月21日開始，為期8個月，分兩階段進行授課。第一階段需香港上課共18天。第二階段於北京進行，學員需於10月11日至19日期間到清華大學參與為期9日的學術交流活動。

學費

港幣\$30,000（已包括在京期間的交通、食宿及文化參觀等費用，但學員須自行負擔往返京港的交通費）

課程統籌

張紫伶小姐（電話：3120 9988，接通後按1-1-2）

Programme Details

The course starts on March 21, consists of lectures over an eight-month period, with students required to attend the course in Hong Kong for a total of 18 days as well as taking part in cultural exchange activities at Tsing Hua University from October 11 to 19.

Fee

The tuition fee for the course is HK\$30,000. This includes transportation fees in Beijing, meals, accommodation and site visits. Students must pay for their own transport between Hong Kong and Beijing.

Programme Coordinator

Miss Sammi Yu
(Telephone: 3120 9988, press 1-1-2)





位於武漢的安利林。



山西的安利志願者一同為締造綠色家園而努力。

安利林

播種綠色，共建美好家園

Amway Woods – Building a Greener China



由中國安利志願者組成的隊伍，將綠油油的安利林帶到各個地區，以身體力行宣傳環境保護的重要性。



位於江西瑞金的安利林。



每一個安利林都見證安利中國對社會責任所作出的貢獻。



廣州安利林。



廣州安利林。



安利林遍佈全中國，即使遠至蒙古亦可見到其蹤影。

背景

有調查指出，中國的林木面積只及全球標準的五分之一。近年，中國土地荒漠化問題日趨嚴重，生態環境面臨著嚴峻挑戰。為了保護我們的綠色家園，自2002年起，安利（中國）開展了種植「安利林」活動。

成功植樹100萬棵

2005年4月，安利公司總裁德·狄維士先生在安利（中國）廣州廠房栽種見證安利環保成就的第100萬棵樹苗。至此，安利（中國）在3年內，已成功完成在中國30個省、市與自治區內種植100萬棵樹的目標，並實踐了「哪裡有安利，哪裡就有綠色」的承諾。

全面綠化中國

中國安利不單在全國進行「安利林」的大型植樹活動，更與中國政府合辦「安利杯」的徵文活動，向全中國的小學生徵集以「保衛地球，愛我家園」的文章，提高青少年的環保意識；另外又與共青團中央、全國人大環資委、水利部、國家林業局及中國青少年發展基金會合辦「保護母親河行動」，為黃河、長江等主要江河流域進行生態保育的植林計劃。

Background

Recent research has shown that China's woodland areas are under threat. Desertification is becoming an increasingly prominent issue, causing significant damage to the natural environment. To help protect the homeland's natural beauty, Amway China started the Amway Woods campaign in 2002.

One million trees planted

In April 2005, Amway Corporation President Doug DeVos planted the millionth sapling under the Amway Woods campaign at the Amway Guangzhou manufacturing plant. Prior to that landmark event, Amway China planted trees in 30 provinces, cities and autonomous prefectures over the course of three years. This led to a new slogan for Amway China: "Wherever there is Amway, there is Amway Wood".

Working Towards a Greener China

In addition to the Amway Wood campaign, Amway China also collaborates with the Chinese Government to run the Amway Cup Writing Contest, which helps to raise the environmental awareness of schoolchildren. Heartwarming articles on the theme "Protect the Earth, Cherish the Homeland" were submitted by secondary and primary school children across the country.

Amway China has also worked on the "Mother River Protecting Action" with the Chinese Communist Youth League (CCYL), Environment and Resource Protection Committee of National People's Congress (NPC), the Ministry of Water Resources, the State Forestry Administration and the China Youth Development Foundation. This is an afforestation scheme under which trees are being planted along some of China's most famous waterways, including the Yellow River and the Yangtze River.



中國安利「保護母親河行動」是為黃河、長江等主要江河流域進行生態保育的植林計劃。



大連分公司的志願者正在進行安利林的種植活動。



廣州安利林。



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。

