

# CLUB WHEELOCK

Sharing the finer things in life



## TIME FOR CHANGE

Destination of Ultimate Gourmet

*Coffee Adventures X Latte Art Workshop*

UNVEILING THE PLATINUM PLATINUM WEST COLLECTION



# TIME FOR CHANGE

Hong Kong has the second highest carbon footprint per capita of any country in the world. Much of this comes from the production and transportation of imported goods - including livestock - while only 17% is from domestic activities.

What's more, beef consumption per capita in Hong Kong is one of the highest in the world. It is almost double the rate of beef consumption in the EU and seven times as much as Mainland China.<sup>1</sup>

Something needs to be done.

**If everyone in Hong Kong gives up meat one day a week, it would be like taking 86,000 cars off the road.**

Together we can start to reverse the harm we are causing the environment, our health, and our future.

Giving up meat just one day per week is an easy and effective way for you to make a difference. It doesn't require a big lifestyle change or a huge time commitment.

## Think Big

We're not in this alone. Green Monday is part of a global Meatless Monday movement that has already succeeded in slowing down meat sales worldwide. From Brazil to Slovenia to Malaysia, there are over 20 campaigns around the world that have joined together to promote meat-free Mondays.

## Why Monday?

"Monday" is a good entry point to start shifting to the green habit, it's easy to remember. Around the world, there is Meatless Monday also promoting an easy and tangible way for people to reduce their carbon footprint without asking them to change their lifestyle completely. In Hong Kong, after heavy-eating weekends, Monday is chosen as a welcome change of minds and bodies. In the beginning of the workweek, when intentions, plans and expectations are set, Green Monday symbolized a wholesome start.

<sup>1</sup> WWF Hong Kong Ecological Footprint Report 2010

## Significance of Starting a Green Diet

Hong Kong has the second highest carbon footprint per capita of any country in the world. By giving up meat for just one day per week, a person can reduce his or her carbon emissions by 28.5%. While target to first introduce Green lifestyle with green diet, a number of health benefits are associated with Green Monday.

## Environmental Impact

### Lower Your Carbon Footprint

Eating meat-free meals one day per week saves about 62kg of CO<sub>2</sub> per year, which is the same amount of energy it takes to light up a compact fluorescent bulb for 4,430 hours!<sup>2</sup>

### Eat Green

The average vegetarian Chinese meal produces 260 grams of CO<sub>2</sub> while the average Chinese meal with meat produces 520 grams of CO<sub>2</sub>. That's twice as much!<sup>3</sup>

## Solve World Hunger

One hectare of land used to plant fruits, vegetables, cereals and vegetable fats feeds 30 people.

One hectare of land used to produce meat, eggs, and milk feeds only 5-10 people.

## Less Fossil Fuel

About 40 calories of fossil fuel energy go into every calorie of feedlot beef, compared to only 2.2 calories of fossil fuel energy that go into producing one calorie of plant-based protein.



<sup>2</sup> Data provided by WWF Hong Kong <sup>3</sup> Data provided by Carbon Care Asia



**About Green Monday**  
 Green Monday is a Hong Kong based non-profit social enterprise and a unique open platform to enable public adopting green lifestyle with the collaborative effort among sectors. It targets to maintain convenient and comprehensive options for baby steps to go green.

**Green Facts**

**1. Meat isn't Green**

According to a UN study, the meat industry is responsible for nearly 1/5 of the greenhouse gas emissions in the world. That's more than all the cars, trains and plane combined.

**2. Green for Health**

A vegetarian diet isn't just good for the environment - it can also reduce your risk of cancer, heart disease, and type 2 diabetes.

**3. Impact in Numbers**

If everyone in Hong Kong gives up meat one day a week, it would be like taking 86,000 cars off the road.

**Health Impact**

**Less Disease**

A diet that is high in fruits and vegetables and low in meat can reduce your risk of chronic diseases such as type 2 diabetes, heart disease, and certain types of cancer.

**Reduce Your Risk**

An average meat-eating man stands a 50% risk of having a heart attack, while a vegetarian male has only a 14% chance. The risk of contracting breast cancer is 3.8 times greater for women who eat meat daily than those who eat it less than once a week.

**Health Diet**

Eating a plant-based diet will boost your intake of antioxidants, flavonoids, fiber, polyphenols, and micronutrients, which are all essential for a healthy diet.

**Live Longer**

Red meat consumption is associated with increases in total mortality, cancer mortality and cardiovascular disease mortality, which means that reducing your meat consumption can help you live longer.

**Cure Obesity**

A plant-based diet is full of fiber, which makes you feel full with fewer calories. That makes it a great way to help you eat less and curb obesity.

**Fewer Antibiotics**

55% of the antibiotics manufactured each year are fed to animals which are later fed to us.

**Protein Myth**

Most people eat far more protein than they really need. As long as you eat a well-balanced diet that includes foods such as nuts and seeds, soy products, whole grains, and eggs, you will get more than enough protein.

**ACT**

Meatless Mondays are just the first step toward low carbon living. Here are some lifestyle changes that you can adopt on Mondays—or every day—in order to reduce your carbon footprint even more.

**Meatless Menu:** New style of green diet, health and innovative!

**Low-carbon life:** Stop driving for a day!

**Recycling:** Waste separation and upgrade recycling!

**Cherish our resources:** Shorten the bath and dim the light!

**Go Green:** Have outdoor sports and go planting!

sources from: 

Website: [www.greenmonday.org.hk](http://www.greenmonday.org.hk)

Facebook: [www.facebook.com/GreenMondayHK](http://www.facebook.com/GreenMondayHK)



## Mix Mesclun Salad with Orange and Peach in a Bloody Dressing

### Ingredients: (serving size: 4)

- Fresh mix mesclun a pack
- Blood orange 1 piece, zest, 1/2 pulps, 1/2 juice
- Peach 4 - 6 pieces, cut in half if you like
- Sea salt flakes and freshly ground black pepper to taste
- Extra virgin olive oil 3 tablespoons
- Homemade sweet mustard 1 tablespoon
- Diced shallots 1/2 tablespoon
- Garlic 1/2 clove, minced
- Red wine vinegar 2 tablespoons
- Honey 1/2 teaspoon

### How to Cook

1. Bruise and mix the following ingredients together in a mortar: bloody orange's zest and juice, olive oil, mustard, shallots, garlic, red wine vinegar and honey. Season with salt and pepper. Chilled before use.
2. To assemble salad, mix the mesclun, orange's pulps and peach then drizzle with chilled dressing.

sources from: **citysuper**

## Destination of Ultimate Gourmet

**Three on Canton is the ultimate gourmet destination where your lifestyle is celebrated with a trilogy. Dine, wine and be all you can be at Three on Canton.**

Experience the tempting selection of the world's most popular cuisines, charge up a hip night at the lounge and bar, or bring your private parties to the wine room and four exclusive function rooms.

Three on Canton is on Level 3 of the Gateway Hotel. The restaurant opens daily from 6:30am to 11:00pm and the bar and lounge is open from 3:00pm until 1:00am Monday to Thursday, and from 3:00pm until 2:00am Friday to Sunday, Public Holiday and Eve of Public Holiday.

Address: Level 3, Gateway Hotel, Harbour City, 13 Canton Road, Tsim Sha Tsui  
Tel: 2113 7828

sources from:   
**GATEWAY**  
香港港威酒店  
馬哥孛羅酒店集團



# Coffee Adventures X Latte Art Workshop

Throughout the coffee journey, members tasted the flavor, aroma and fragrance of coffee from different growing regions and created their own signature latte art.

Location: The Library Café, Lane Crawford, Canton Road



# CLUB MONACO

## Fall/Winter 12 Collection



For Fall 2012, Club Monaco marries smartly tailored pieces with a touch of casual ease to create the perfect transitional wardrobe. Each piece maintains a careful balance of structure and softness that can easily adapt to the various moods and swings of autumn weather. The focus remains heavy on color, texture and prints – with inspiration from Linda McCartney’s *Life in Photographs*, Sonia Delaunay’s masterful block prints and the leading men of the Silent Generation.

Club Monaco’s Fall 2012 collection – available in stores.

#### Club Monaco’s Shop Address

Ground Floor, New World Tower 2, 16-18 Queen’s Road, Central  
Shop 1039, Level One, IFC Mall, Central  
Shop 525, Times Square, 1 Matheson Street, Causeway Bay  
Shop 2336-2337 Gateway Arcade, Harbour City, Tsim Sha Tsui  
Shop 49, LG1, Festival Walk, 80 Tat Chee Avenue, Kowloon Tong  
Shop 395-396, New Town Plaza Phase 1, Shatin

sources from: ImagineXGroup

# Cooking Class Green Monday @ **city'super**

## Cooking class for Parents and Kids

Steamed Japanese Cabbage Rolls in Veggie Broth  
Italian Truffle and Zucchini Pasta  
Baked Apple Tart with Ice Cream

\$550/pair

\*A parent can attend the class with a kid aged 6 or above as a pair.

**Times Square** | 23/9/2012 (Sun) 11:00am - 1:00pm  
6/10/2012 (Sat) 2:00pm - 4:00pm

**Harbour City** | 23/9/2012 (Sun) 2:00pm - 4:00pm  
13/10/2012 (Sat) 2:30pm - 4:30pm



## Cooking class for Adult

Baked Brussels Sprout Salad  
Mixed Mushrooms Pasta  
Indian Curry Veggies with Quinoa

\$350

**Times Square** | 1/10/2012 (Mon) 7:00pm - 9:00pm

**Harbour City** | 17/9/2012 (Mon) 3:00pm - 5:00pm



## Cooking class for Adult

White Asparagus Soup  
Italian Truffle and Zucchini Pasta  
Baked Apple Tart with Ice Cream

\$350

**Times Square** | 29/10/2012 (Mon) 7:00pm - 9:00pm

**Harbour City** | 8/10/2012 (Mon) 7:00pm - 9:00pm



Club Wheellock members enjoy discount 10% off

For registration, please call  
Times Square store: 2506 2888  
Harbour City store: 2375 8222

sources from: **superlife culture club**



ONE HOUR FREE PARKING AT  
**ONE ISLAND SOUTH**  
FOR SATURDAYS, SUNDAYS & PUBLIC HOLIDAYS

**For Saturdays, Sundays & Public Holidays, Premier and Elite Members are eligible for getting one hour free parking at One Island South upon their visits to shopping mall there.**

Located at 2 Heung Yip Road of Hong Kong Island South, One Island South is a significant grade A lifestyle office with 4 storeys' dynamic mix of retail, food and beverage outlets.

Niche luxury lifestyle retail stores include renowned Lane Crawford Home Store, where international designers' furniture such as Ercol, Piet Hein Eek, Cocoflip and Reilly are available for your selection. Other upscaled furniture shops, Areahome, Woodshop, The Red Cabinet are available there for shoppers' easy mix & match.

The modern casual dining outlets of the property offer a gourmet paradise for office users and shoppers. There are a variety of café for you to take a shopping break, such as Percys Café, Kyoto Matcha Café, Grappa's Café Express, MUM-the veggie table, Starbucks Coffee, etc.

On the first floor of the building, there are a diversity of fashion outlets offering year-round discount at least 30-70%, such as madamoiselle, Fairton, Moda Mia, YGM, Sixty, Fiorucci, shu talk and BYPAC. This is a great place to spend your weekend!

## UNVEILING THE PLATINUM WEST COLLECTION

Island West, one of the most rapidly rejuvenating areas in Hong Kong, is the most sought after new residential retreats in the city. The exclusive Platinum West Collection is now brought to you by Wheelock Properties.

## THE ASTORIA | THE MANHATTAN AT LEXINGTON HILL



### The Astoria

With 1,951 square feet of living space, The Astoria offers an unparalleled opportunity to enjoy a home of truly exceptional quality. Curtain-wall designed, the apartment offers magnificent panoramic views of Victoria Harbour from the living/dining and all bedrooms.

With four comfortable bedrooms (two en-suites), The Astoria offers the ultimate in restful comfort and peaceful rejuvenating nights. The exceptionally spacious master en-suite bedroom features an elegant walk-in closet for extra convenience.

### The Manhattan

A beautiful penthouse duplex appointed on 46th-47th floor of the exquisite Lexington Hill, The Manhattan introduces a new era of elegant living in a contemporary style to Hong Kong.

Covering 1,938 square feet of living space with four comfortable bedrooms (one ensuite), The Manhattan offers magnificent views of lush greenery and a double private flat roof of 673 square feet of outdoor space – the epitome of luxury in city living.

### Space and Elegance

Magnificently designed and appointed, with 3.45M high ceilings, the apartments offer beautiful views a sense of tasteful living unsurpassed in this rapidly rejuvenating area of the City. These magnificent views are guaranteed as new building controls have restricted the height of any future buildings in the area so the view cannot be blocked.

### Gourmet Dining

The kitchen features top-of-the-line appliances by leading European brands. Cabinets and furniture are beautifully designed by Bulthaup from Germany, while Miele provides the refrigerator, gas hob, barbeque grill, cooker hood, microwave, oven, steam oven, coffee maker and dishwasher.

### Bathing Excellence

The apartments offer three spacious bathrooms, all designed in perfect harmony with the sophisticated elegance of the apartment. The master bathroom gleams with meticulously crafted fittings from the world-renowned American Kallista brand - a regular choice among the world's leading five star hotels. A TV and audio speakers are provided in master bathroom.

Property address: 11 Rock Hill Street, Kennedy Town, Hong Kong

Enquiry: 2118 2688 (Daisy Kau)

Email: [enquiry@wheelockpropertieshk.com](mailto:enquiry@wheelockpropertieshk.com)



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## WHEELOCK PROPERTIES

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## CLUB WHEELOCK

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