

海洋首都高雄

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Pacific Rim Parks Selects Cijin District to develop their Next Park

◎English translation: Peng Hsin-yi

◎Photos courtesy: Pao Chung-hui

US-based, nonprofit organization, Pacific Rim Parks (PRP) has been building parks since 1994. Their mission is to bridge cultural differences, celebrate nature and promote respect for the environment. On August 30, 2012, PRP's Founder and Executive President James Hubbell and President Kyle Bergman signed a memorandum with Mayor Chen Chu to construct a park in the Cijin District of Kaohsiung. The groundbreaking ceremony will be held in July, 2013 and the park will be opened at the end of August, 2013.

Cijin was the first District in Taiwan to be selected for participation in a PRP project. The organization selected Cijin due to its diversity, beauty and location.

Kaohsiung is the Maritime Capital of Taiwan and therefore treasures the rich resources that come from the ocean. It is a great honor to become a member of Pacific Rim Parks and an opportunity to exhibit its environmental



陳菊市長(左二)與PRP代表簽署合作備忘錄。
 Mayor Chen Chu (second left) signs memorandum with PRP representatives.

awareness to the world. In an interview, Mayor Chen stated; "This park will be a great inspiration to our Kaohsiung residents and hopefully encourage them to become more engaged in Green issues and environmental protection, thus better

safeguarding our ocean resources."

PRP Cijin Project leader is Professor Hsieh Wo long from the National Kaohsiung Normal University. However, the project will be carried out by mostly Taiwanese and foreign students that hail from Pacific Rim

nations. Together they will create ocean-themed public art and dedicate them to other countries along the Pacific Rim. The project focuses on reaching out to others that live on and around the ocean and create strong bonds through cultural exchange. Currently, there are six other PRP parks around the Pacific Rim, located in Vladivostok, Russia, San Diego, USA, Yantai, China, Tijuana, Mexico, Puerto Princesa, Philippines, and Jeju, Korea.

Kaohsiung will also be hosting the Asian Pacific Cities Summit (APCS) from September 16th to 20th in 2013. Since the PRP Park in Cijin will have been completed by then, visitors will be able to enjoy this new addition.

「環太平洋國家公園」計畫選定旗津

◎文/NoMan ◎攝影/鮑忠暉

徜徉海風與陽光之間，享受海天一色的開闊景致，這是高雄旗津，環太平洋國家公園組織（Pacific Rim Parks (PRP) Organization）選定的下一座公園建設預定地，也是台灣首次入選環太平洋公園的場域。

8月30日，PRP創辦人暨執行總監 James Hubbell、主席 Kyle Bergman與高雄市長陳菊簽署合作備忘錄，預計

2013年暑假7月開始建造，同年8月底完工。

「高雄是海洋首都，擁有豐富的海洋資源及獨特在地文化，很榮幸能受邀參與此計畫，期望透過此公園的建設，拓展高雄的國際能見度，並提升市民朋友的環保意識，共同守護海洋資源。」簽署合作備忘錄當天，陳市長道出高雄獲選的優勢，以及對這項計畫的期盼。

PRP是跨國際的非營利組織，在1990年代初期，由美國藝術家哈貝爾James Hubbell發起，希望串連環太平洋的30多個國家以及11個太平洋島嶼國家的公園。PRP台灣計畫總監同時也是國立高雄師範大學謝臥龍教授表示，此計畫主要是由本國學生及來自環太平洋國家的國際學生共同參與、創作詮釋海洋文化的公共藝術，以此獻給環太平洋國家與當地人民，藉此藝術創作，連結著海洋世界與海洋生命，促進彼此文化的連結與交流。

目前PRP已建造包括俄羅斯海參崴、美國聖地牙哥、中國煙台、墨西哥蒂華納(Tijuana)、菲律賓公主港、韓國濟州等六座環太平洋公園。

2013年亞太城市高峰會(APCS)將於明年9月16日至20日在高雄舉辦，位於高雄旗津的一座台灣環太平洋公園，將以更豐富動人的面貌，歡迎國際友人的造訪。



高雄旗津
Cijin, Kaohsiung



Kaohsiung MRT Gangshan South Station is Expected to open by End of 2012

◎Photos by Pao Chung-hui

Gangshan South Station is the final station on the northern end of the Kaohsiung MRT Red Line. On October 16, test rides were conducted by Mayor Chen Chu. Mayor Chen assessed the overall performance and test integrity. As soon as local inspections are completed, the Ministry of Transportation and Communications will evaluate the final assessments. If the station passes the standards test, it will be open as early as December, 2012, with MRT service running all the way to Gangshan South Station.

高雄捷運南岡山站 可望年底通車營運

◎攝影/鮑忠暉

捷運紅線最北端的南岡山站已於10月16日試運轉，市長陳菊檢視各項施工進度及整合測試成果，陳市長表示年底前爭取交通部履勘通過，即可通車營運。



The 85 Sky City and Icon Hotels

◎English Translation by Marie-Claude Pelchat
◎Photos by Pao Chung-hui

As Kaohsiung becomes an increasingly popular travel destination, it is attracting more visitors seeking quality and reasonably priced accommodation. This has subsequently led to greater development of this industry. The following article headlines two of Kaohsiung's interesting hotels, which feature open spaces and an intriguing inner city landscape.

The 85 Sky City Hotel

Reception is located on the 33rd floor of Kaohsiung's famous Tuntex Tower. The Sky City Hotel offers breathtaking views of the harbor and Kaohsiung's scenic skyline. It is one of the best places to appreciate Kaohsiung's beautiful mountain and ocean views. When the skies are clear it is even possible to see Xiao Liuchiu Island. It has 48 rooms. Most of the guests come from central and northern Taiwan. Imported from Germany, environmentally-friendly paint and flooring has been used. The hotel pays great attention to detail and friendly service.

Due to the hotel's excellent views, rooms over New Year are usually all booked by August. On New Year's Eve, the Sky City Hotel allows guests free access to a meeting room on the 31st floor. The room can



空中城都會商旅
The 85 Sky City Hotel

accommodate up to 80 people and provides stunning views of the New Year's fireworks display.

The Icon Hotel

The Icon Hotel opened in November 2011 and has become one of Kaohsiung's most popular hotels. Reception features cascading water along a glass wall, augmenting the space and allowing light to flow in. It is clean, modern, bright and welcoming to guests. The Icon Hotel has eight floors with a total of 36 rooms. Each

room has its own unique design. Guests enjoy meandering in the picturesque surroundings, as opposed to instantly venturing into the city. The Icon Hotel has been categorized as a business hotel with a quirky design. It also caters to a more business oriented clientele and therefore each room has a desk. However, its unique design appeals to a variety of visitors. The hotel is conveniently located within a 5 minute walk to Central Park MRT Station. Clientele mostly come from

Hong Kong, Singapore, Macau and Mainland China, with over half the guests coming from outside Taiwan. During the week, it boasts 80% occupancy and is usually fully booked on weekends.

Hotels information

The 85 Sky City Hotel

07-5666111
33F., No.5, Zihciang 3rd Rd., Kaohsiung City
The Icon Hotel
07-2818999
No.328, Minsheng 1st Rd., Kaohsiung City

城市風景 高雄特色旅館

◎文／侯雅婷
◎攝影／鮑忠暉

越來越多背包客前來高雄旅遊，介紹

兩間有意思的特色旅館，休憩空間成為旅人心中的一片城市風景。

「空中城」都會商旅

位於高雄市八五大樓地標建築33樓的「空中城」都會商旅，觀景窗以無敵港景讓房客wow聲連連，這是欣賞高雄的最佳角度，俯瞰高雄壯闊的山、海和港景，天氣晴朗的日子還能遠眺小琉球。空中城共有48間房間，房客大多來自中、北部，近期也有來自旅行社團體訂房。

空中城因有登高望遠的優勢，今年跨年的訂房早在8月就已被預訂一空，而空中城也免費開放位於31樓一間可容納70~80人的會議廳，提供房客觀賞跨年煙火的最佳景點。

經理劉哲民談起空中城，從使用環保油漆到德國進口環保木質地板，在細微處展現待客如親的悉心服務。

艾卡設計旅店

2011年11月開幕的艾卡設計旅店是高雄頗受歡迎的人氣旅館，

踏進大廳，即見潺潺流水沿著一面玻璃牆緩緩而下，讓空間多了些活潑的氛圍，從外引進的光線透入室內，簡潔而現代化的明亮空間迎接前來住宿的旅人。艾卡8層樓的空間中，共有36個房間，令人驚訝的是，每個房間乃至於各樓層的每一處牆壁都有不同的設計，房客卸下行李後，不是立刻展開外面世界的探險，反而流連在這，四處拍照。艾卡因定位為商務型旅館，天馬行空的創意裝潢兼顧實用性，不管是何種房型都會擺設一張書桌。

獨一無二的居住空間，讓旅人每次入住都有新體驗，加上鄰近捷運站，步行5分鐘即可抵達捷運中央公園站，吸引來自香港、新加坡、澳門、中國等地的背包客，艾卡旅店超過一半以上的房客都來自國外，平日訂房率即達八成，每逢假日必定客滿。

住宿資訊

空中城都會商旅
07-5666111
高雄市自強三路5號33樓
艾卡設計旅店
07-2818999
高雄市民生一路328號



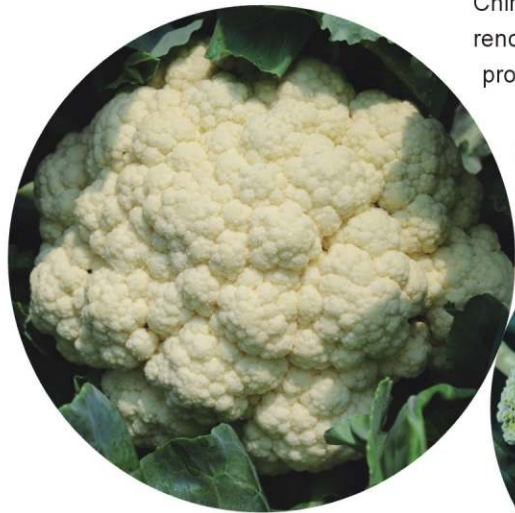
艾卡設計旅店
The Icon Hotel



Celebrating Lujhu's Fabulous Agricultural Products

◎English translation: Peng Hsin-yi
◎Photos by Pao Chung-hui

Lujhu is one of Kaohsiung's most productive agricultural areas. Lujhu is one of Taiwan's biggest cauliflower, broccoli and tomato producers. Agricultural farmland spans more than 350 hectares and is renowned for its quality produce. The region's tomatoes are particularly famous.



路竹高品質的白色及綠色花椰菜
Lujhu's quality cauliflower and broccoli

Lujhu's tomato season peaks between November and April. Dozens of varieties of tomatoes are grown in the region and come in a plethora of colors and sizes. Tomatoes are rated by color, flavor, shape, texture and appearance. Lujhu's tomatoes consistently receive 90% or higher on their quality. Tomatoes are best cultivated in areas where soil contains a higher level of salt. In Lujhu, tomatoes have become so popular, and

they have inspired an annual festival. The 2012 Tomato Festival will be held on December 8th and 9th at Lujhu's Sports Park.

Currently, Lujhu is refining and modernizing their processes and experimenting with organic farming. The Lujhu Fruit and Vegetable Association's Ninth Division has twelve members and is headed up by Mr. Li Ching-tang. The division has become renowned for the cultivation of quality produce.

Mr. Li explains one of his goals is to persuade farmers to convert to

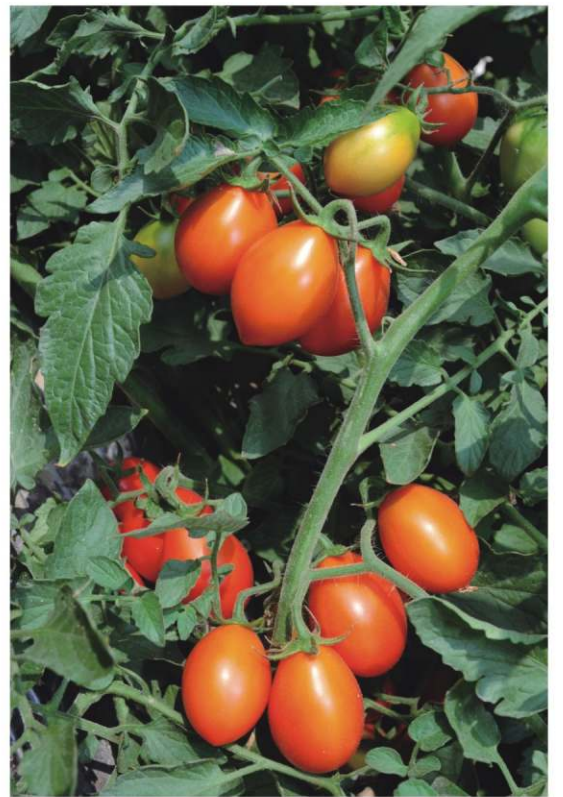


organic farming. He provides them with education and growing techniques. Organic farming eliminates the use of pesticides and herbicides. "It is difficult to find safe methods to get rid of pests", admits Mr. Li. "We cultivate tomatoes to become naturally resistant to pests. We introduce natural predators or replace chemicals with macrobiotic formulas." Crops are also protected by paper bags,

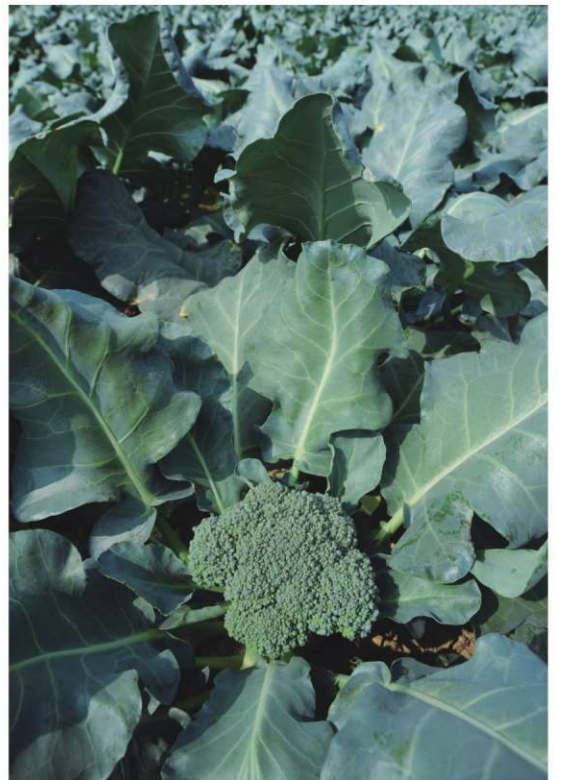
insect lamps and traps. Organic farming is not only healthier for the consumer but also for the land. However, he also understands change takes a great deal of time and patience.

All of Lujhu's agricultural products boast extraordinary health benefits. Tomatoes are great flavor enhancers and loaded with vitamins A, B1, B2, and C. They are also filled with potassium, iron, zinc, dietary fiber and citric acid. They burn body fat, increase vitality and assist in iron absorption. Lycopene makes it a particularly popular due to its anti-aging properties.

Over 100 tons of cauliflower and broccoli are processed every day in Lujhu. These vegetables are rich in vitamins A and C, dietary fibers, potassium, magnesium, calcium, phosphorous, iron and zinc. They provide health benefits such as detoxification and scurvy prevention. They boost the immune system and strengthen myocardium and muscle. They are also popular as they prevent blood pressure problems.



路竹出產數十種番茄
Dozens of varieties of tomatoes are grown in the region.



路竹花椰菜的種植面積超過250公頃
Lujhu boasts more than 250 hectares of cauliflower and broccoli farmland.

雄青一滴家 2012路竹番茄文化節

◎文／盧怡如 ◎攝影／鮑忠暉

雄青一滴家 農特產哪裡找？高雄市路竹區滿足您對新鮮的渴望！位於嘉南平原南部的路竹區，屬於嘉南地區隆起海岸平原，農特產十分豐富，不僅番茄種植面積達100多公頃，花椰菜更達250公頃以上，「2012路竹番茄文化節」12月8、9日於路竹體育園區登場，等您嚐鮮。

路竹的新園、下坑地區地勢低窪，土壤地質鹽份、黏稠性高，是嘉南平原以南最大的番茄產地，產期從11月至隔年4月，不僅產量為全國之最，品質更是出眾，果肉色澤、風味、果形、口感、外觀，經評鑑都在90分以上，目前路竹區栽植番茄品種高達數十種，包括紅、黃種類的聖蜜、愛珠、甜柑、金英等品種，有「柑仔蜜」大本營的美稱。

番茄營養價值高，蘊含豐富的番茄紅

素、維生素A、B1、B2、C、鉀、鐵、鋅、食物纖維等，以及少量的檸檬酸，不但可以增進食慾，幫助多餘的脂肪燃燒，也消除疲勞，促進鐵質吸收。常吃番茄可以養顏美容、抗老化，近年來大吹養生風，番茄身價跟著水漲船高，成為市面上最受歡迎的水果之一。

花椰菜是路竹最大宗農產品，種植面積亦是最廣，目前達250公頃以上，包含白色花椰菜與俗稱「青花菜」的綠色花椰菜，產期每日供貨量近一百公噸，居全台之冠。

花椰菜營養豐富，含維生素A、纖維質、鉀、鎂、鈣、磷、鐵、鋅等，尤其



路竹番茄文化節於12月8日至9日登場 (照片提供／路竹區公所)
2012 Lujhu Tomato Festival will kick off on Dec. 8th and 9th. (Photo courtesy of Lujhu District Office)



路竹發展有機栽培
Lujhu's developing organic agriculture

維生素C、鉀、硫代胡蘿蔔素之含量極高，位居同類蔬菜之首，能強肝解毒、防止壞血病、提高機體免疫力、調節心臟及肌肉活動性、防止高血壓等。

在農產繳出漂亮成績的同時，路竹的農業也朝向精緻化、現代化的有機栽種，路竹蔬果產銷班第九班發展有機栽種，目前產銷班有12位農民參與，班長李慶堂認為，讓更多農民參與有機栽種是努力目標，最重要的是過程中，農民是否充份認識有機農作，學習優良有機栽種技術，並生產出高品質的蔬果，最後能夠銷售出去。

「有機農作因為不能施除蟲農藥，所以在克服病蟲害方面要費很多心思。」李慶堂說。有機農作對於病蟲害防治，是以栽培抗病蟲品種，或利用天敵、微生物製劑取代農藥，或以套袋、誘殺板、捕蟲燈等物理方法防治。他說，有機就是健康的概念，為了人、土地的健康，一定要穩紮穩打，不能一味求快。

Reaching for their Dreams - Kaohsiung's Innovative Young Generation

What does it take to make a dream come true? The answer is "Everything and a little extra." We talked to two young people, and we found those who succeeded in realizing their dreams had the following in common: courage, imagination and determination.

Shaking a Dream into a Highball

◎English translation: Peng Hsin-yi
◎Photos by Lin Yu-en

With his winning recipe of "Golden Year," a gin-based cocktail with citrus liquor, a twist of lemon and a splash of dry vermouth, Mr. Hsu Bo-sheng claimed the grand prize in the 2012 Asian Cocktail Championship held in Singapore. This is the ninth consecutive year that a Taiwanese contestant has won the championship. Mr. Hsu defended the title in his signature Spiderman getup.

Without the flashy costume, Mr. Hsu is a shy and somewhat introverted young man. He confesses that he was not interested in studying while in junior high school, and this worried his parents and teachers. To show the world there are other ways to make it than by getting high test scores, Mr. Hsu began to experiment in "flair bartending" while in high school. The learning curve was much steeper than he expected and he feels he might not have succeeded but for his coach, Ms. Hsieh Mei-mei. He remembers Ms. Hsieh giving him a lecture when he said he wanted to quit: "You can't give up without having at least tried. If you quit every time things get difficult, you won't succeed at anything!" He took Ms. Hsieh's words to heart, deciding to work hard and become the best in his field. Mr. Hsu dips his head with respect when speaking of Ms. Hsieh, explaining that without her support, he would not have had a chance to make it at all, not to mention the awards he has won over the years.

Mr. Hsu says his Spiderman persona was created by Coach Hsieh. She thought the eye-catching red-and-blue costume, in combination with his



今年亞洲盃花式調酒冠軍作品黃金年代

"Golden Year," the cocktail that won grand prize in the 2012 Asian Cocktail Championship

signature "wrist flick," would create a fascinating theme of "destructive creativity" that would endear him to the audience. Mr. Hsu debuted as the "Spider Mixologist" in 2007. With his flashy appearance and solid style at the bar, he was victorious in the Asia Cup and the Asian Pacific Cup, and took third place in the World Cup that year. With these awards under his belt, his parents were no longer dubious about his career choice, and they became his biggest supporters.

Earlier this year,

Mr. Hsu received corrective surgery for an eye condition called strabismus. To get his eye-hand coordination back, he practiced up to 12 hours per day, and his hard work was rewarded when he defeated competitors from 16 countries and successfully defended his title.

With his superb skills and fighting spirit, Mr. Hsu bravely stepped into the international arena. His victories have shown the world that Taiwan has talented bartenders; they have also proved he was right to follow his dreams. With a little daring and a lot of hard work, he turned his dream into reality.



以蜘蛛人造型勇闖花式調酒界的許博勝
Hsu's signature Spiderman costume

Let the Dreams Rise - Bread Baker Wu Zih-jing

◎English translation: Peng Hsin-yi
◎Photos by Pao Chung-hui

"I never truly appreciated baguettes until I traveled to France and had an authentic French baguette for the first time in my life," says Mr. Wu Zih-jing, owner and chief baker of Shakespeare & Co. Since then, Mr. Wu has worked hard to perfect his bread-making skills, finally mastering techniques that have allowed him

to duplicate the authentic baguettes he had in France that had such an impact on him years ago. His bakery attracts many European customers; a French customer once told him he offers "a taste of home."

Mr. Wu was still a graduate student in National Kaohsiung University of Hospitality and Tourism when he realized his dream and opened Shakespeare & Co. in 2010. At first, many people in the business doubted that a European-style bakery could survive in Kaohsiung. However, Mr. Wu proved them wrong. He now has four stores in different parts of Kaohsiung, showing that his dream has staying power. His fifth store is set to open in Chiayi County in November.

Mr. Wu is not only a successful businessman; his baking skills have won him awards in several international competitions. In 2011, Mr. Wu developed a recipe for bread using honey produced in Kaohsiung's Gangshan District. The result is a sweetbread with a distinctive hollow structure that resembles a hive. Mr. Wu named it "Beehive Bread" and it won the sweet pastries category at

Tips:

There are two different styles of bartending. Traditional bartending involves mixing drinks with simple yet fluid movements and focuses more on the depth and complexity of the cocktail itself, whereas "flair bartending" adds acrobatic elements such as bottle juggling and high pouring. In a traditional bartending contest, technique is worth 40% of the score while the cocktail is worth 60%. In "flair bartending," the scoring balance is the other way around.



帥氣的花式調酒

Flair bartending involving bottle juggling and high pouring

the World of Bread (Mondial du Pain) competition in France. But when asked what he considers a defining moment of his career, he says it was the winning of first place in the National Artisanal Skills Competition in 2006, while he was a college sophomore. After that win, he was invited to join the national team for the International Technological and Vocational Competition in 2007, and that's when his interest in bread making started to "rise." During the latter contest, he met many people who shared his passion; he was able to discuss various issues and find solutions with like-minded peers. He learned many things about dough and bread making, and made friends among some of the top



蜂巢麵包
Beehive Breads

bakers in the world, whose passion and professionalism earned his respect.

Mr. Wu says among his class of 47 students, he is the only one who has opened a bakery. He spoke at length with veteran bakers when he was in school, and concluded that if he followed the traditional route to work for his "seed money" to open a bakery, he would have to work for more than 10 years to accumulate enough cash. By that time, he would be in his late thirties or early forties, likely married with children and perhaps paying a mortgage. Many bakers never open their own shop because by the time they can afford it, they already have too much to lose and they cannot take the risk. Mr. Wu decided to break away from that pattern. If he had to fall, it might as well happen when he had just started climbing and was not too far from the ground. By taking a risk early on, his rewards also came early. Today, at the age of 26, he owns his dream bakery and has more than 50 employees. He admits that while his dream has been realized, much still needs to be done for the bakery to be profitable. Mr. Wu wants his kitchens to



be bright, clean and spacious. He would like to encourage each baker he hires to hone his or her skills; his ideal is to groom each one into an innovative baking artisan capable of inventing new recipes. Mr. Wu now devotes much of his time to recipe development; his mind constantly revolves around new ideas, even when he is not testing them out in the kitchen. Because he and his partners agree that a baker can grow only when he or she is exposed to new techniques and new possibilities, Shakespeare & Co. sometimes sponsor employees'

overseas trips.

By all accounts, Mr. Wu is already one of the best bread bakers in Taiwan, but he has not let success go to his head. He humbly claims he still has a long way to go before he can be called a top baker. Still, the fact he had the courage to take a chance and open the bakery of his dreams - and by so doing allow those who have a similar vision to share in that dream - is worthy of great respect.

Shakespeare & Co.

07-5867256

No.51, Meishu E. 2nd Rd., Kaohsiung City

築夢的年輕世代

一個夢想需要多少時間來完成？美夢成真，是以勇敢為樂譜、築夢為琴弦，所奏出最動人的樂章！

以花式獨舞

調一杯夢想的酒

◎文／盧怡如 ◎攝影／林育恩

今(2012)年第21屆新加坡亞洲盃調酒大賽，許博勝以精湛的技術和蜘蛛人造型，加上以琴酒、柑橘為底酒，搭配檸檬、苦艾調配出的雞尾酒「黃金年代」(golden year)參賽，再度贏得花式調酒冠軍，順利為台灣取得九連霸的殊榮。

褪去舞台上的炫目光彩，私下的許博勝是個笑容靦腆的高雄囡仔。許博勝坦言，國中不愛唸書，是師長、家裡都很擔心的小孩。為了證明自己，高中開始接觸花式調酒，卻曾因練習的辛苦而放棄，所幸當時的教練謝美美的一頓訓斥：「如果這麼早就放棄，做任何事都不會成功！」激起他不服輸的鬥志。他更立下目標：「我要與眾不同，讓別人看得起！」許博勝謙虛地表示，沒有教練團隊的訓練與支持，他不會有機會站在舞台上。

許博勝說，教練思考以蜘蛛人造型表演，娛樂性強，經典的吐絲動作可增加觀眾的互動。這也是謝美美所說的，「破壞式的創新」。2007年，許博勝憑藉花式調酒技術與蜘蛛人造型，以及教練團隊的排練

與支持，代表台灣參加三次國際賽事，不但獲得亞洲盃、亞太盃花式調酒大賽冠軍，更在世界盃調酒大賽，勇奪季軍寶座。有了冠軍「掛保證」，父母對於他練花式調酒的態度，從觀察轉為支持。

今年再度參加亞洲盃調酒大賽，許博勝為了找回手感，同時適應斜視矯正手術，他每天排練5-12小時，果然不負眾望，擊敗日本、南韓等16國選手，再度奪冠。

憑藉調酒技術和不服輸的鬥志，許博勝站上國際舞台，為台灣爭光，讓自己擁有與眾不同的人生舞台，他更以行動證明，只要勇敢築夢，人人都是夢想的實踐者。

夢想「發酵」

麵包師傅 武子靖

◎文／侯雅婷 ◎攝影／鮑忠暉

「第一次在法國品嚐到法國麵包，有種恍然大悟的感動，才明白道地的法國麵包是這個味道和口感！店裡販售的法國麵包很道地的還原在法國吃到的口感、味道乃至於外觀，法國籍的顧客曾表示，有回到家的感覺！」麵包師傅武子靖如此說。

2010年，武子靖在高雄餐旅大學讀研究所時首次創業，開設「莎士比亞烘焙坊」，一圓開一間歐式麵包專門店的創業夢。開幕之初，許多烘焙界的前輩對純歐式的麵包店能否在高雄生存感到懷疑，但2012年烘焙坊在高雄已有4家店，成功在高雄站穩一席之地；今年11月，第5家烘焙坊將於嘉義開幕。

武子靖在國際烘焙大賽屢獲佳績，2011年他以高雄大崗山地區生產的蜂蜜研發成蜂巢麵包，獲得法國世界麵包大賽甜麵包特別獎。談起影響他最深的一個獎項，是大二那年(2006年)獲得全國技能競賽獎第一名，成為2007年烘焙組國手，取得代表台灣參加國際技職競賽資格，他對製作麵包的興趣開始「發酵」！談起準備比賽的



武子靖不斷研發新的麵包製作技術

Wu Zih-jing works hard to Perfect bread-making skills.

過程中，全心投入研究和解決問題，這讓他對麵糰和製作麵包有更透澈的了解，也認識烘焙界頂尖的師傅，學習他們專業的態度與熱情。

現年26歲的武子靖提起，他是餐飲大學全班47個人中，唯一開店創業的人。在與許多麵包店老闆懇談後，得到一個結論，如果等到中年存到足夠資金才開店，屆時肩負家庭經濟壓力，如同只許成不能敗的賭注，讓他興起跌倒趁早，提早實踐自己和夥伴理想中的歐式麵包烘焙坊，這個決定讓他成為50位員工的老闆。他說以開店實踐夢想而言，他們做得很好，如果以追求獲利而言，他們還要多加油。武子靖表示，烘焙坊將獲利投入創造出明亮、乾淨的廚房工作場域，且訓練麵包師傅具備研發能力，而他只要有空，就會研發新產品，即便沒辦法立刻動手做，想法也不斷在腦中運轉，而武子靖和合夥人都認同多出去看一看，才能使製作麵包的路，走得長而遠，因此，烘焙坊提供員工出國觀摩學習的機會。

眼前這位台灣最具潛力的麵包師傅，仍

孜孜不倦地學習，謙稱自己離最頂尖的麵包師傅還遠，但勇於實踐開店夢想，讓與他一樣對製作麵包懷抱熱情的員工有了發揮的舞台，開創出一片事業。



莎士比亞的法國麵包
Shakespeare & Co.'s French baguettes

莎士比亞烘焙坊

07-5867256

高雄市美術東二路51號

小知識：

調酒分為傳統與花式調酒，前者著重調製酒的流暢度與調酒成品，後者除了調酒成品，還講究專業、藝術兼具的酒瓶拋接動作，增加視覺感受。兩者比賽評分比重不同，以亞洲盃為例，花式調酒為技術60%、調酒40%；傳統調酒則反之。

Yuanjhong Wetlands Park

◎English translation: Peng Hsin-yi ◎Photos by Pao Chung-hui

Yuanjhong Wetlands Park is one of Kaohsiung's premier ecological parks. Located in Nanzih's coastal district between Dianbao Stream and Houjin Creek, it covers two hectares of land and has a large number of unique mangroves. The majority of mangroves are *Avicennia marina*, but there are also several other varieties in the area. Another wonderful feature of Yuanjhong Wetland is the abundance of species that come in with the tides. Kaohsiung is home to 18 wetlands with only Jiading, Yongan, Yanshuei and Yuanjhong Wetlands maintaining robust intertidal ecological systems. Ten of the twelve species of fiddler crabs be found in Taiwan, can be found in Yuanjhong Wetlands.

Yuanjhong wetlands originally belonged to the navy; for many years, it was leased to fish farmers. The Navy then reclaimed 300 hectares in order to develop a second generation base. In 2005, the navy donated 50 hectares to



五梨跤
Rhizophora mucronata

Kaohsiung City Government, of which they used 29.4 hectares to develop the wetlands. This was then divided into the Eastern and Western Zones with a water treatment plant in the middle. The water treatment integrates plants into the water purification process, thus diffusing the impact of the processed water, when releasing it back into the ecology.

The rich variety of water species and fish farms in Yuanjhong Wetlands Park provides food for a variety of birds. Although only the fish farms of the Eastern Zone are still in existence, the fresh water Dianbao Stream and salt water from the Taiwan Strait wash over the intertidal mud flats and create a safe habitat for fiddler crabs and mudskippers. Although mangroves

provide shelter for a variety of creatures, the Mangrove Crabs have unfortunately been in decline due to its culinary popularity and harvesting by poachers. However, over the past couple of years, populations of fiddler crabs have been found to be on the rise. There are also a large number of brown land crabs, which can be distinguished by the round holes found all over the park, in which they make their homes.

Volunteers place fallen leaves and twigs on the paths in order to protect worms and insects on the ground. All creatures play an important part in the food chain and therefore any accidental deaths could have an impact on the entire ecological system.

The 20 hectares of the Eastern Zone is also habitat to a variety of water birds. This year, a record number of seven rare Pheasant-tailed Jacanas were seen in the park. Mr. Liao Wen-cyuan, a wetlands volunteer, hopes these



濕地發現10種招潮蟹

Ten species of fiddler crabs can be found here.

extremely rare birds will continue to make a comeback, and the park will continue to be a regular migratory stop. Trails are maintained by volunteers and laid

behind tidal lines in order to protect the integrity of the shorelines and wildlife habitats. This encourages birds and other creatures to settle in the wetlands. The park is open to the public; however, bookings and guided tours must be arranged through Wetlands Taiwan and made at least seven days in advance.

Wetlands Taiwan 07-5822371



彈塗魚

Mudskippers in the wetlands

援中港濕地公園

◎文／侯雅婷 ◎攝影／鮑忠暉

眼前的招潮蟹大軍不時揮舞著大手，到處蹣跚，在洞穴中忙進忙出，這裡是楠梓區的援中港濕地公園，介於典寶溪和後勁溪之間，這座濕地公園特色是有為數頗多的紅樹林，其中數量最多的單一品種是海茄苳（紅樹林），面積廣達2公頃；援中港濕地是全市18處濕地中，除了茄苳濕地、永安鹽田濕地和鹽水港濕地之外，另一處有潮間帶生物的濕地，更令人驚喜的是，全台潮間

帶發現12種招潮蟹中，這裡就有10種。

援中港濕地原本為養殖漁塢，由養殖漁戶向海軍承租，但因軍方規劃於此闢建二代艦軍港的開發計劃，因而收回土地250公頃，並捐地50公頃予高雄市政府。2005年，高雄市政府將其中29.4公頃規劃為援中港濕地，並分為東、西兩區，中間隔著污水處理廠，期能藉由濕地的水生植物發揮吸附和減碳作用，再度淨化來自污水處理廠的水，力求將對環境的影響降至最低。

援中港濕地之所以能孕育多樣性的棲地環境，主要是原本尚存於東區的養殖魚塢提供鳥類充足的食物來源，而在西區，儘管魚塢已消失殆盡，但隨著當地魚塢水道而生長出茂盛的紅樹林，提供鳥類棲息與繁衍之所，更因有來自典寶溪的淡水以及台灣海峽的海水，在漲退潮時會流入西區，因而在紅樹林岸邊形成獨特的潮間帶淺泥灘，成為招潮蟹和彈塗魚等河口生物理想的棲息地，此地招潮蟹數量更是年年增加。

援中港濕地東區占地約20公頃，園區鳥類豐富，最特別的是今年出現7隻水雉的蹤跡，是歷年來最多的一年。園區的志工廖文泉表示，希望園區能夠成為水雉的故鄉，吸引更多水雉前來定居；在秋天這個季節，園區也有秋蟹的蹤跡，只是秋蟹奇貨可居，引起了盜捕人覬覦，數量銳減，此外，園區也有數量可觀的兇狠圓軸蟹，隨處可見圓軸蟹築起洞穴。志工們將人類行走的路徑鋪上自然掉落的乾樹枝，避免地上的昆蟲被踐踏，因為這些昆蟲很可能也是其他類昆蟲或生物的食物來源，某種程度上保持食物鏈的平衡，同時將路徑往後退一段，讓人類行走路徑離招潮蟹出沒岸邊更遠一些，希望藉由這些措施，讓招潮蟹的數量增加，同時吸引更多鳥類或生物前來定居。

想到援中港濕地參觀的民眾，可於7天前向台灣濕地保護聯盟預約，濕地聯盟鼓勵參觀民眾透過預約講解，認識豐富的濕地生態。

台灣濕地聯盟 07-5822371



濕地公園多元的生物和植物
Wetland's multiple species of plants and creatures



援中港濕地西區
Western Zone of the wetland park

Journey with the Private Moon: Leonid Tishkov

◎English translation: Peng Hsin-yi
◎Photo by Catherine Huang

Even if you are not familiar with the name Leonid Tishkov, it is impossible not to have seen the work of this prominent Russian artist. Mr. Tishkov's "Private Moon," an ongoing installation of visual poems, took the world by storm with its images of heart-wrenching beauty and quiet, intimate narrations. Few people know it, but Mr. Tishkov is a very special friend to Kaohsiung. He has been to the city twice, always around Mid-Autumn Festival when the moon's beauty is celebrated. This year, the man known to the world as "Mr. Moon" is debuting his new collection "The Moon" at Kaohsiung Museum of Fine Arts. This, his second exhibition in KMFA, features a glowing full moon hanging over the artificial lake inside the museum. During his recent visit to Kaohsiung, Mr. Tishkov laughed and said: "I was there to see how it looks, and found the geese and turtles by the lake looking up at the moon as well!"

Mr. Tishkov's work transmits a unique sense of tranquility and blissfulness, like a postmodern fairy tale. He said the moon itself is a living

poem; it reaches people of all races and cultures in a way that transcends language barriers. "I am just an ordinary man" he said, adding "the moon does not belong to me; she belongs to everyone, and inspires the hearts of beholders." Mr. Tishkov's project has been in progress for more than a decade, and he does not see it ending anytime soon. So far he had brought the moon to over 25 countries around the world; his footprint reaches as far as the Arctic.

While he was in Kaohsiung, Mr. Tishkov did not forget to create new images for his project. With the help of KMFA, he took his moon around the

city, and wherever they went, they found a most receptive audience. Mr. Tishkov's designing of the moon photos was documented through the lens of photographer Mr. Chen Po-yi, and will be displayed in KMFA as part of an art project.

When we asked him how he feels about working in Kaohsiung, Mr. Tishkov said he sensed a strong interest and curiosity from the locals about his work, and he feels very accepted and appreciated. He said Kaohsiung is a large industrial city, so it needs the nourishment of a little piece of poetry all the more to bring beams of happiness to its residents.



帶著月亮去旅行 月亮先生Leonid Tishkov

◎文／侯雅婷 ◎攝影／黃日涵

以弦月裝置藝術享譽全球的俄羅斯籍藝術家里歐尼·堤胥可夫(Leonid Tishkov)是高雄很特別的朋友，總在中秋節來訪，今年高雄市立美術館二度盛情邀約Tishkov先生，這次「月亮先生」更將全球首度展出的滿月裝置藝術造型獻給高雄，一輪皎潔的明月就高懸於高美館人工湖樹叢中，Tishkov先生說，我去看過了，湖邊的鵝和烏龜也仰頭看著發光的月亮，語畢他自己也開心的哈哈大笑。

Tishkov先生一系列月亮作品總給人現代童話般的詩意氛圍，談起他的作品，Tishkov先生說，「月亮就像一首詩，也像是一種國際語言，我是一個平凡人，月亮不是我的特權，她是屬於每個人的，月亮啟發人們。」這個藝術計劃長達10年的時間，一直持續進行中，在這期間他帶著月亮裝置藝術旅行了25個國家，連最遙遠的北極亦曾留下足跡。

此次Tishkov先生與高雄市美術館合作，夜晚來臨時，當Tishkov先生帶著他最廣為人知的弦月在高雄各地取景，那

發亮的大月亮以及由Tishkov先生飾演的月亮先生一出現，總引發高雄人最熱情的反應與互動，這也是藝術表演的一環，一旁透過攝影師陳伯夷的鏡頭，拍攝由Tishkov先生精心設計的月亮照片，這些作品日後將於高美館展出。

談起帶著月亮在高雄各地取景，Tishkov先生說，他感受到高雄人對他的作品非常感興趣，那種反應讓他覺得找到知音一般，他感性地說，像高雄這樣工業發達的大城市需要一首詩，讓每個生活在其中的人更加快樂！

Liu Jin-Chi Awarded Kaohsiung's Sports Lifetime Achievement Award

◎English translation by Lin Yi-chun
◎Photo by Lu-Yi-ru

"It was my students who helped me become successful", says Mr. Liu Jin-chin at Kaohsiung City's 2012 Sports Festival, where he became the first recipient of Kaohsiung's Lifetime Achievement Award. For over forty years, he worked as a teacher and basketball coach for Cisian Junior High. He is also credited with leading Cisian Junior High and San Min Vocational High School to multiple victories at national basketball championships. He is certainly deserving of the award.

Liu was born in Yilan and moved to his wife's hometown of Kaohsiung after they married. Although he was a geography teacher, his true passion was basketball. He once represented the school in a staff basketball tournament and led them to victory. In 1970, Cisian Junior High was understaffed, so he began coaching the school's girls' basketball team. The team had only been playing together for a short time when it won the Kaohsiung Junior High Girls' Basketball Tournament. Since then, Cisian Junior High girls' basketball team had a great reputation at tournaments. This was not only because of their outstanding basketball skills but also for their superior sportsmanship.

"I was fortunate to have had excellent

students. I felt like I had to work harder so that I would not let them down." Liu would devote his free time to reading books and watching video clips, in order to become a better coach. His hard work paid off as he led the Cisian team to victory in national tournaments and championships more than fifty times. In 1997, Liu began coaching San Min Vocational High School's male basketball team. He coached star players such as Tien Lei and Wu Yong-Ren, who were part of the famous "San Min Five". The team held the record for being the youngest team to have won the High school Basketball

Championships.

Liu emphasizes team spirit and that basketball can only be won if the players are coherent and work together. He not only focuses on basketball practice, but also on the players' schoolwork. "There is a limit to a player's physical abilities, but wisdom is hard to beat. By being academically focused, they play smarter and exhibit enhanced reactions."

Liu's nickname is "Nanna" because he nags a lot. Liu not only coaches basketball but also makes sure players perform well academically and maintain

healthy lifestyles. In 2003, upon retirement, Kaohsiung City Education Bureau began a national tournament called the "Nanna Cup", in recognition of his lifelong dedication to promoting basketball. The Nanna Cup is currently in its 9th year.

"Basketball and family are my two main focuses", says Liu. For over 40 years, he has led his teams and family to success. Not only has he taught and coached hundreds of students, but his children have also achieved success in the fields of music and technology.

高市體育終身成就獎——劉錦池

◎文、攝影／盧怡如

「是學生成就我！」今(2012)年高雄市體育節首度頒出終身成就獎，由服務杏壇40年的七賢國中退休籃球教練劉錦池獲得，他曾帶領七賢國中、三民家商參加國內籃賽，屢獲佳績，獲獎實至名歸。

出生宜蘭的劉錦池是高雄女婿，原本是地理老師，因熱愛籃球，代表學校參加教職員籃球比賽獲得冠軍，由於七賢國中1970年新成立，校內教師人數不足，而出任女籃教練，女籃成軍不久，1971年首次參加高雄市女盃國女組即拿下冠軍，此後，七賢女籃打出名號，不僅球技好，球員的運動精神和球場風度也頗受好評。

「因為教到好學生，所以不得不研究，否則對不起學生。」當年，劉錦池認真找書、看影片，向人請益，帶領七賢女籃五十多次稱霸全國。1997年投入三民家商男籃訓練，打造田壘、吳永仁等

人為陣容的「三民五虎」，以最短成軍、最年輕球隊登上高中籃球聯賽(HBL)王座。

劉錦池很重視團隊精神，他說，「籃球是團隊運動，球員有向心力，彼此合作，才能贏得比賽。」除了籃球訓練，他認為隊員更需認真唸書，「體能有極限，智慧無敵手，唸書可以增進智慧，提升比賽的臨場反應。」

談起綽號「姥姥」，劉錦池笑著說，「我太囉唆了。」原來，他除了教打球，球員的學業、品格、生活教育、飲食，樣樣都管。2003年他退休，高市府教育局特別以他的綽號，舉辦「姥姥盃」全國籃球賽，表揚他推展籃運，今年已邁入第9屆。

「球場與家庭，是我人生的兩個信念。」40多來，劉錦池陪著球隊與家庭成長，如今不但桃李滿天下，兒女在音樂、教育與科技領域，也頗有成就。



Starting Autumn on a Sweet Note: S'more Sugar Pastry

◎English translation: Peng Hsin-yi

◎Photos by Pao Chung-hui

How sweet is it to have a pastry shop of your own? Ask Ms. Nie Shujing, owner and pastry chef extraordinaire of the hip, new pastry shop, "S'more Sugar Pastry," and she'll tell you all about it. Located in Zuoying District's Riverbank Community, the place is named after a campfire sweet treat that features roasted marshmallow, a layer of chocolate, and graham cookies. It's extremely popular with American kids. The name "S'more" mimics the sound children make when their mouths are full yet they're still asking for "some more." Ms. Nie lived in the United States for 15 years, and trained in Cordon Bleu in San Francisco. She came back to her hometown to make her dream of opening a pastry shop come true. Her style reflects both her cultural experiences and her training. The shop produces about 20 different items daily, with a nice balance between American-style pies, French tarts and customized cakes. The shop started small but the name soon went viral with the help of loyal customers and foodie bloggers. The shelves are usually empty by three or four in the afternoon.

Ms. Nie says that while many people think of pastry production as a dreamy profession, the delicious pastries require a lot of hard work, so one needs a strong mind and great perseverance. Ms. Nie pays constant attention to what's happening in the pastry market, and she always tries to find innovative ways to use seasonal fruits. Her customers are always looking for new flavors, and their demands drive her never-ending quest to improve her skills.

As summer gives way to fall, Ms. Nie recommends two popular seasonal pastries: The Chocolate Mont Blanc, and the classic home-style French Apple Pie.

Chocolate Mont Blanc

The Mont Blanc is a quintessential fall dessert which pays tribute to everyone's favorite snack in the autumn - chestnuts. Ms. Nie has added a twist by putting chocolate in the mix. Starting with a classic tart shell, she adds a milk chocolate base before piling on chocolate sponge cake, regular sponge cake and a whipped cream filling. The peak is created using generous amounts of mashed chestnuts, while frosted pipes create the curves and swirls which make the dessert resemble its namesake mountain. As a finishing touch, Ms. Nie gently dusts powdered sugar and coco powder over the tart before placing a candied chestnut at the very top. Chestnuts and milk chocolate complement

each other in surprising ways. The flavors are rich but do not overpower one another; the subtle fragrance of the chestnuts enhances the tone of the chocolate.

French Apple Pie

The French Apple Pie is baked with Ms. Nie's handmade pastry shell. Each rectangular pie is framed with almond slices, and filled with custard



蒙布朗巧克力塔
Chocolate Mont Blanc

sauce which makes for a pudding-like texture after baking. The pie is then topped with fresh apple slices tossed in sugar and cinnamon powder. The end result is a joy to sink your teeth into - the pastry shell is buttery and flaky, the custard in the center is moist and creamy, the apple is cooked but not mushy. You can still detect the fruit's original crunchiness and its refreshing flavor. Ms. Nie says the apple pie can be served hot - just reheat it in an oven for four minutes and top it with a scope of ice cream.

As for pairing beverages with her creations, Ms. Nie suggests unsweetened tea or sparkling water because many drinks contain sugar which diminish a dessert's flavor. It's best, therefore, to pair pastries and cakes with non-competing flavors so you can fully appreciate the taste of the dessert itself.

S'more Sugar Pastry

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07-5566455

秋·饞 甜點時光

S'more Sugar Pastry

◎文／侯雅婷 ◎攝影／鮑忠暉

位於左營河堤社區巷弄間的超高人氣甜點屋 S'more Sugar Pastry，店名引自於北美的小朋友參加露營，睡前會吃點烤棉花糖，總會多要點糖吃的口語 Some more，主廚聶淑菁旅居美國15年並於藍帶廚藝學校舊金山分校學藝歸國，返回家鄉高雄，一圓她的創業夢。甜品屋裡反映著聶淑菁跨文化背景，販售著美式風格派類、法式塔類甜品及客製化蛋糕。

S'more Sugar Pastry靠著口耳相傳及網路部落客宣傳效應所賜，店裡每日提供20多種產品，平常日約莫下午3點至4點就會銷售一空。

聶淑菁表示，看似夢幻的甜點背後是由許多辛苦與堅持堆砌著，只要有新鮮水果上市，就會想想怎麼運用於產品上，靠著求新求變，滿足客戶嚐鮮的味蕾，也激發自己製作甜點的熱情。

秋季到來，聶淑菁推薦二款甜點，分別是運用當季食材栗子的蒙布朗巧

克力塔及法國家庭式甜點—法式蘋果派。

蒙布朗巧克力塔

蒙布朗巧克力塔以牛奶巧克力為塔的底座，依序疊上一層巧克力蛋糕、海棉蛋糕及一小團奶油，接著把象徵白朗峰的栗子泥以環繞式擠成的圓錐狀，然後於栗子泥外圍撒下微量巧克力粉和白色糖粉，白色糖粉象徵白朗峰的皚皚白雪，頂端放上一顆糖漬栗子，結合栗子泥和牛奶巧克力變化出豐富的口感，且甜甜膩，還可聞到淡淡的栗子飄香。

法式蘋果派

法式蘋果派以蘋果和肉桂為基底，手工擀製千層酥皮，四周撒上些許杏仁片，中間鋪上一層烤過的卡士達，呈現布丁的口感，之後再鋪滿調過糖和肉桂粉的新鮮蘋果片，嚐起來外層千層酥維持著派皮酥脆度，蘋果內餡嚐得到水果的爽脆度及清爽口感，再加上吸收了蘋果汁的卡士達呈現濕潤的布丁口感，聶淑菁說法式蘋果派也可熱熱的吃，置於烤箱烤4分鐘，再加上一球香草冰淇淋，是很棒的餐後甜點！

聶淑菁表示，食用以上兩款甜點均可搭配無糖的茶或是氣泡水，避免含糖的飲品與食材本身糖分互相衝突，更能品嚐出甜點的味道。



法式蘋果派
French Apple Pie

S'more Sugar Pastry

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