

One minute with...

Angel Lam
Flight Purser



1. Why do you want to be a cabin crew?

I'm a sporty person and not the nine to five type. The job as a cabin crew gives me the flexibility to do what I like.

2. When did you start dragon-boating?

My peers introduced me to it eight years ago, and I fell in love with the sport straight away!

3. What's so appealing about dragon-boating?

Same team, same dream! Every member works hard to achieve the same goal.

4. Tell us an unforgettable experience?

I competed seven rounds in one single day in Discovery Bay in 2010 - and I had a flight that night!

5. What was your proudest moment?

Our team won a triple-crown victory at the Hong Kong International Dragonboat Races in 2011.

6. What is your aspiration as a dragon-boat ambassador?

I really want to encourage more colleagues to join us, especially the ladies. The races are tough, but very rewarding!

7. How does your line of work benefit from dragon-boating?

Working closely with other boaters in a team is the same as working with other crew members onboard.

8. How is training going?

We practice three times a week come rain or sunshine. I want to thank my teammates for coming all the way to Sai Kung waterfront after work on weekdays!

9. Any goals this season?

Winning trophies is secondary - what really matters for us is to enjoy the process, do our best and apply what we learnt from our regular practice sessions.

10. Do you have other pastimes?

I enjoy hiking and jogging. I'm becoming a regular at Trailwalker and Lantau 50.

Rooftop farm takes root

Farm in the Sky is a place for staff to grow organic herbs and vegetables

Armed with seedlings, rakes and fertilisers, 44 Hong Kong-based staff set out to build Cathay City's first-ever organic rooftop farm in April this year.

Called Farm in the Sky, the 1,500-square-foot farm is now growing eggplants, okra, Italian basil and other leafy greens on a rooftop that's been left unoccupied for the past 18 years.

The enthusiastic crew - comprising volunteers from 20 departments - planted and watered the seedlings amid strong winds, transforming the space in just two hours.

All of this was done under the watchful supervision of Rooftop Republic, a social enterprise with experience running urban farms in some of Hong Kong's most iconic buildings, including the Bank of America Tower, Hong Kong Fringe Club, and EAST Hotel.

Director People Tom Owen says: "I have been genuinely impressed with the drive to get this project off the ground and the great interest



shown by Cathay people in being part of the rooftop farming experience!"

In the weeks that followed, the staff farmers swapped photos and insights on Yammer as they took turns irrigating the farm after hours.

After the first harvest, projected to be in May this year, the soil will

rest for roughly two months before a new farming cycle begins.

"This is sustainable development in action at our workplace. What a wonderful idea, and thank you everyone for making it happen," says Director Corporate Affairs James Tong.

"It's been fantastic seeing how positive everyone has been - our first farming cycle was oversubscribed in just two days," says Manager ISD Strategic Planning Vickie Yue, who is on the farm's organising committee.

"We hope to expand the farm so that more of us can participate in the future, so stay tuned!" says Lean Project Manager Aldric Chau, who is also on the committee.

For those with difficulty accessing the rooftop, the team has built a satellite farm outside the Lion Rock Café at Headland Hotel.

Join the "Farmers Club" Yammer group for more details.



In numbers

The farm is 1,500 square feet in size

2 months to go from seedlings to harvest

9 kinds of plants grown in the first farming cycle, including Italian basil, eggplant, okra, kai choy, Ceylon spinach, sweet potato, shiso, and mint

44 staff farmers and counting



Cathay runners rock at Taitung Marathon

On 13 March, 32 runners from the Cathay Road Runners Club took a two-and-a-half hour journey through the "back garden of Taiwan" to take part in the 2016 Taitung Marathon.

"The journey from Kaohsiung to Taitung was stunningly beautiful," says Jebesen Chen, Cathay Road Runners Club organiser. "En route there was the beautiful coastline of the Pacific Ocean and peaceful natural scenery all around, with the bonus of delicious seafood, hot springs and friendly people!"

Scenery aside, the main reason for the Cathay runners to be in Taitung was to take part in the city's annual event, the 5km, 10km, half and full marathon.

There had been a rainy forecast ahead of the race. Fortunately, the day turned out to be perfect for marathon runners - 19 degrees Celsius and an overcast sky.

Despite the fine weather, Cargo Reservations Sales Officer Wilson Mak, who was making his fifth marathon attempt, commented that it was the toughest marathon he had ever taken part in.

"Astonishingly, the route had an overall ascent of 304 metres," he says. "It seemed as if we were running uphill all the time."



The runners raced through the breathtaking Liji Badlands and Eastern Rift Valley at the crossroads of Taitung City and Beinan Township.

At the end of the day, the Cathay team emerged as the biggest winner at the event. "Our runners were called to the podium 13 times to collect their medals," Jebesen smiles.

Planning Engineer David Li was the winner in

his age group in the men's half marathon. Flight Purser Cara Hui finished second overall in the ladies' marathon.

Cathay Pacific also sponsored a resting area at the event.

The Cathay Road Runners Club hosts regular training every Thursday after office hours. All levels of runners are welcome to join.

For more details, contact Jebesen Chen on FOPJCC.

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分鐘專訪

機艙事務長
Angel Lam



1. 為何選擇機艙員這份職業？
我個性好動，不喜歡刻板的工作。當機艙員較有彈性，可以騰出時間做我想做的事情。

2. 怎樣加入龍舟隊的？
八年前在同事邀請下加入的，我馬上為之深深吸引！

3. 它的魅力何在？
大家同心合力，為共同目標奮鬥，體現超卓的團隊精神。

4. 最難忘的經歷是什麼？
在2010年一天比賽七次，而當晚我還要執勤！

5. 最驕傲的時刻？
2011年的香港國際龍舟錦標賽，我們一共奪得三項冠軍。

6. 作為龍舟隊大使，你有什麼願景？
希望更多同事加入我們的行列，特別是女將。比賽雖然艱苦，但得著也多！

7. 對你來說，最大得著是什麼？
與龍舟團隊緊密合作，就像與其他機艙服務員同事在機上緊密合作一樣。

8. 集訓進行得如何？
儘管天氣有時不穩定，但每週三次的練習並無中斷。很感激平日下班後專程趕來西貢海傍集訓的同事。

9. 這賽季有什麼特定目標？
與其說爭取什麼獎盃，我覺得享受比賽的過程更加重要，我只希望盡力發揮出練習時候的表現水平。

10. 有其他愛好嗎？
遠足和跑步。我也參加過好幾次毅行者和大嶼50等活動。

天台農莊茁壯成長

國泰城的天台提供場地作有機耕種，讓同事栽種香草及蔬菜。

今年四月，四十四名香港同事拿起幼苗、耙和肥料，著手建設國泰城首個有機天台農莊。

這個「天空農場」佔地一千五百平方呎，種有茄子、秋葵、意大利羅勒和其他綠葉蔬菜。未開墾前，天台一直空置了十八年。

來自二十多個部門的熱心義工同事，在強風下種植和灌溉幼苗，僅用了兩小時，就把天台空間大變身。

全個過程在社會企業「雲耕一族」監督下完成，該機構在營運城市農莊上非常有經驗，當中包括香港很多地標建築物，例如美國銀行中心、藝穗會和東隅酒店。

人事董事歐永棠說：「國泰同



事對天台耕作的熱誠，把計劃實踐的幹勁和熱心，令我印象深刻！」

隨後數星期，這批農夫同事輪流灌溉農莊，並拍下照片、寫上心得，在Yammer上分享。

預計今年五月第一輪收成後，

會先讓土壤休息約兩個月，然後再開始下一輪耕作。

企業事務董事唐偉邦說：「這主意非常了不起，能善用辦公地方作可持續發展，我很多謝每位付出心力的同事，令農莊能大功告成。」

機艙服務部的Vickie Yue是農莊的籌劃委員，她說：「看到每位同事這麼積極，著實令人興奮，我們的第一輪耕作，僅用了

兩日就超額完成。」

同樣身兼委員的財務部Aldric Chau說：「我們希望能擴大農莊，讓更多同事能夠參與，請大家密切留意！」

為方便不容易上天台的同事，團隊專門在逸泰居的Lion Rock Café 外面，建了個衛星農莊。

加入Yammer
「Farmers Club」群組，追蹤
「天空農場」的最新進展。



數字一覽
天空農場佔地 1,500 呎
由種植幼苗到收成的過程
需時 兩個月
9 種香草和蔬菜，包括意大利羅勒、茄子、秋葵、芥菜、錫蘭菠菜、蕃薯、薄荷和紫蘇
44 位同事有份參與（歡迎新成員加入）



台東馬拉松國泰奪13獎

3月13日，32名國泰公路跑手開展了一個兩個半小時的火車旅程前往有「台灣後花園」美譽之稱的台東，參加當地每年一度的馬拉松比賽。

國泰公路長跑會統籌Jebsen Chen說：「由高雄至台東的旅程，景色十分優美，有美麗的太平洋海岸線及自然景致，還有友善的居民、溫泉和美味海鮮！」

國泰一眾長跑好手分別出戰五公里、十公里、半馬和全馬賽事。儘管天氣預測為「下雨天」，但當天室外溫度為攝氏19度，加上天陰密雲，相當適宜長跑。

第五度挑戰馬拉松的貨運訂位營業員Wilson Mak賽後表示，這次是他歷來最艱辛的一趟全馬。「整個賽道一共爬升了304米，仿佛全程都在跑上坡路。」

台東馬拉松的賽道沿途風景秀麗，包括令人讚嘆的利吉惡地，及位於台東市與卑南鄉交匯的花東縱谷國家風景區。



結果，國泰成為今次賽事的大贏家。Jebsen笑說：「我們的跑手總共上台領獎十三次。」

來自工程部的 David Li 參加男子半馬，在他的年齡組別中贏得冠軍，而機艙事務長 Cara Hui 則在

女子馬拉松公開賽中名列亞軍。國泰亦贊助了賽道中一段休息區域。

公路長跑會逢星期四黃昏舉行練習，歡迎任何水平同事參加。詳情請聯絡 Jebsen Chen (FOPJCC)。