

Grandview

廣訊

GRANDTAG NEWS

Managing Director's Message

K.C. Lau

Being haunted by successive bouts of bad press since the beginning of the year about the fiscal insolvency concerning the "PIIGS" in the Euro Zone, the fledgling signs that turned positive following the financial crisis have almost been nipped in the bud. Fortunately, the economic recovery has gained traction and is expected to continue. With a robust growth across the broad-based emerging markets, especially the Asian economies that have been sailing close to the wind, we are glad to witness the sales performance of Grandtag has markedly beat expectations for the first half of this year.

Over and above the sales performance that has made us proud, it is encouraging to see a series of projects moving fast forward and making good progress in the second quarter. As mentioned in the Grandview of the second quarter, the grand opening of our Taipei Land Banking office was officiated to start operations on 29 May. Many good friends from Canada, Japan and across South East Asia regions, counting over 150 well-wishers, came to grace our opening ceremony. The mood was upbeat for a promising business prospect ahead; the enthusiasm of the guests was overwhelming despite a light drizzle during the event. The office was packed with people while the drizzle harbingered the continuing growth of Grandtag. Our newly established Taiwan base is set to infusing into this highly competitive market place with a breath of fresh air and a stream of novel ideas in terms of investments. We are moving up the benchmark for excellent alternative investment vehicles for the benefit of high net-worth individuals.

The direct sales approach adopted by our Taipei office highlights new investment and sales opportunities for our clients and team members alike; it speaks volumes about the commitment of Grandtag in Taiwan. Headed by Mentor Hsu, Vice President of Grandtag Taiwan (Sales & Marketing), a brilliant future is assured for our Land Banking business.

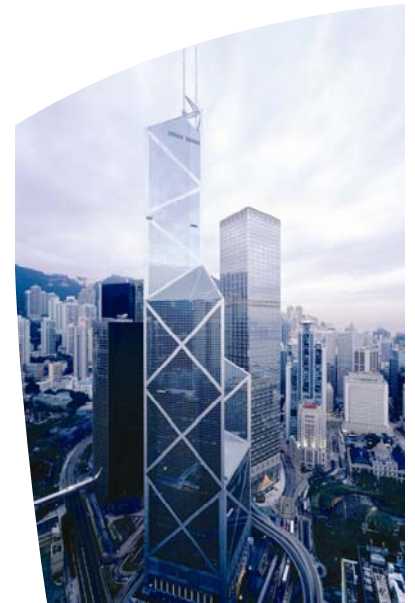
The opening of GRANDTAG A2A in Singapore and Toronto respectively in early and mid-June attests to Grandtag's unwavering faith in Land Banking. With a full backing of our team members, Bridle Park 1 & 2 were received with an unprecedented interest from investors; both projects were completely sold out more quickly than anybody had imagined. Here again, I would like to extend my thanks for your support. The next Land Banking sale shall open for Clearview Park, which is not far away from Bridle Park. Noticeably, nearly half the area of this unique land lot has been officially approved by the Provincial Board for re-zoning, and that will considerably reduce the time frame to realize an above-par profit. In order to reciprocate the strong support of Bridle Park investors, Grandtag will grant them the priority over other investors in the purchase of Clearview Park land parcels, which is priced at Canadian dollar 160,000 per acre. This land lot is expected to enjoy a quick sell-out too. For this reason, our fellow team members should share the land parcel sales information with our clients as quickly as available, so that they can act as early as possible to take advantage of the opportunity opening to them.

To strengthen our international presence, Grandtag participated in the Million Dollar Round Table (MDRT) Annual Meeting in Vancouver, Canada, in mid-June. Workshops and seminars in Chinese, English and Japanese were organized in conjunction with Grandtag portfolio exhibitions, which offered the elite insurance associates from around the world an opportunity to take their careers to a new height by branching into alternative lucrative fields in the financial industry. We trust all the participants have benefited enormously from this MDRT meet.

Furthermore, I would like to share an article I have come across in the latest issue of the Common Wealth magazine, which tells how the Korean people contend with the headwinds (such as the significant depreciation of Korean Won) during the Asian financial crisis in 1998 and the global financial turmoil in 2008. The Korean people are good at capitalizing on opportunities and localizing foreign businesses to suit Korean tastes. The attributes that have contributed to the Korean phenomenon of "growing big and strong" are well worth our exploring. The Korean people are as purpose-driven as they are craving for success; as dedicated as innovative; as persistent as committed. These Korean national character traits have helped bring about success for Samsung in electronics, Hyundai in auto, and the drama "Jewel in the Palace" a significant cultural influence all the world over. The road to success of the Korean style, however, is found to be lacking of a humanity measure. I believe that in terms of future development for Grandtag, we should include quality and customer-oriented service in addition to the Korean virtues in our corporate ethos as our growth model.

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Grandtag Financial Group

27th Floor, Guangdong Finance Building,
88 Connaught Road West,
Hong Kong

Tel: (852) 2866 5555

Fax: (852) 2866 5500

Website: www.grandtag.com



FEATURES ON INVESTMENTS

Seeking Long-term Returns in a Volatile Market

Anthony Wong

European Sovereign Debt Crisis

Since the beginning of the financial crisis, governments all over the world have implemented the monetary accommodative policies by lowering interest rates aiming at improving liquidity in the market and preventing a collapse of financial systems. Good intentions aside, one of the consequences of long-term monetary easing policy is inflation runaway. With increased liquidity, the money supply exceeds demands, causing currencies to lose value. As the purchasing power of money erodes, prices rise and inflation soars. On the other hand, the European debt crisis has weighed on investor sentiment and undermined the market confidence in the Euro. This has not only inflicted the exchange rate of the Euro, but has also hampered the recovery of global markets, which have since become extremely volatile.

What Investment Instrument Can Deliver High Returns?

Face to face with both inflation and an uncertain stock market, what kind of investment instrument that, other than property, is neither risky nor volatile but able to beat inflation and yields steady returns for investors?

There is a type of fund that invests in the operation of student hostels. The fund purchases residential units in the vicinity of major university campuses, then converts the units according to layouts into student hostels that provide the housekeeping management and services catering for the daily living activities of students. Private student hostels offer accommodation ranging from rooms that each is shared by four students to duplex apartments that are suitable for students with diverse backgrounds and nationalities. So, what are the advantages of the student accommodation fund and how can it deliver steady returns that beat inflation?

Unaffected by Economic Cycles

Firstly, education is a basic need that is seldom affected by economic cycles. When financial markets are in turmoil, the prices of most assets will be affected in varying degrees. A fall in the stock market leads to a decrease in wealth. However, in most situations, students will continue their studies, while education expenses that count in the accommodation, shall remain stable. If you are a parent enduring economic hardship, you will cut back on whatever expenses you can except the education expenses. On the other hand, most parents are willing to increase educational spending for their children during boom times. Therefore, student accommodation funds are by and large unaffected by economic cycles.

Huge and Continuous Demand

The major clients for student hostel accommodation are universities and students. In general, universities have their own student hostels, for which students who are in need of accommodation may apply. Since the supply of beds in these residences is too limited to totally satisfy the demand, universities have to lease beds from privately-operated student hostels to cater to the needs of students. As a consequence, private student hostels that have a large number of beds for lease to universities are very much amenable to them. Overseas students are the major tenants of private student hostels. Most of these students tend to select established, large-scale and well managed student hostels. Taking the UK as an example, there are over 2.5 million university students throughout the country. 450,000 new students enrolled in 2008 and the new student enrollment increased by 5% to over 470,000 in 2009. It shows that the market demand is huge and has not been affected by the financial crisis at all.

Steady Rental Income & Low Bad Debt Levels

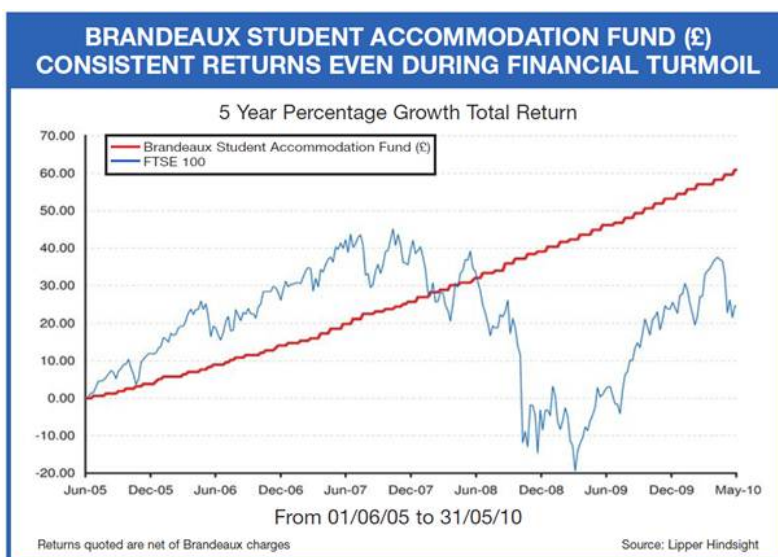
The accommodation expense, along with the tuition fee and food constitute the basic educational expenditure. Usually, students have to pay the annual hostel fee alongside the tuition fee before the school semester begins. Therefore, the bad debt ratio of student hostels is low and the income of such is steady; it is more reliable than the rental income of private residential flats. On the other hand, although the numbers of students attending universities continue to increase, the supply of established, large-scale and high quality student hostels remains inadequate, resulting in the continuous shortage of student hostels and a rise in the rental number of beds in residences perennially. Again looking at the UK as an example, the renting of beds in residences in 2010-11 shall be 7.75% higher than in 2009-10, and the average rent for each bed in these residences exceeds £90 a week!

Diversify Your Asset Allocation

Enjoying unique advantages, the student accommodation fund is an ideal financial management tool of all seasons. Through the platform of Friends Provident International, you may invest in the flagship of Brandeaux Funds – the Student Accommodation Fund. The Fund was established in 2000 and has a proven track record. It now wholly owns Liberty Living, the largest private student accommodation company in the UK.

Liberty Living wholly owns 41 hostels that provide more than 15,000 beds in residences located in 18 major university cities in the UK. For the past three years, the occupancy rate of the hostels has been 100%! Liberty Living has established a strong relationship with universities; it now has 68% of its beds in residences being rented directly to universities, generating a steady rental income. Since the beds in residences are already over 90% booked for the 2010-11 semester as at the end of May this year, Liberty Living is well on track to attain 100% occupancy for the fourth consecutive year!

During the past ten years, the average annual return of the Student Accommodation Fund has reached 9.72%. Notwithstanding the numerous recent financial crises, the Fund has managed to deliver substantial returns. The 1-year, 3-year and 5-year returns of the Fund are 10.09%, 35.68% and 60.9% respectively. Hence, the Fund is a superb tool with which to prevail over inflation.



The above graph shows the volatility comparison between the Fund and the FTSE 100. It is not intended to compare performance between them.

LAND BANKING UPDATES

An Inside Story of Land Banking James Cheng

Land Banking Business Model

In the simplest form, the way to make money in Land Banking is all about capitalizing on land planning and land rezoning, sanctioned by authorities it must be; nonetheless, there are a lot of operational details that this article sets about to shed light on.

Grandtag A2A Focal Area in Land Banking— Greater Golden Horseshoe

Our Grandtag A2A Land Banking story begins with a huge area encircling Lake Ontario in Ontario Province of Canada, the Greater Golden Horseshoe, which is among the fastest growing metropolitan regions in North America. It has become of late the destination of choice for many people and businesses relocating from other parts of Canada and from around the world; it acts like a powerful magnet drawing in skills and talents who are seeking greener pasture-- higher quality of life, better economic opportunities and a cleaner environment-- to settle in. It is expected that over the next 20 years, communities inside Greater Golden Horseshoe will continue to enjoy the benefits that a robust economic growth of the area shall have brought along; As a result, an additional 3.7 million people are expected to make Golden Horseshoe area their home by 2031. It is an increase of exponential scale, given the present population of Canada is barely above 30 million. As an indicator of the promise it holds, the area envisages an additional 1.8 million new jobs by the time.

Ontario Provincial Policy Statement

The growth prospect is indeed positive for the Greater Golden Horseshoe, provided that the urbanization program of the region is well planned. More often than not in our observation, rapid growth communities are prone to experiencing the negative aspects, such as increased traffic congestions, a deterioration of air and water quality, the disappearance of natural scenery and other ill impacts that are associated with growth. Striking a balance between economic growth and environmental preservation, a comprehensive growth plan for the Greater Golden Horseshoe has been put in force by the Ontario Provincial Government, promulgated in the form of "Ontario Provincial Policy Statement," which provides the provincial framework of directives to build vibrant urban communities in designated locations without compromising a clean and healthy environment. The Policy Statement shall guide all decisions with respect to a broad range of issues in terms of transportation and highway systems, infrastructure planning and regulations, urban development form, environmental protection and other relevant matters in relation to the urbanization of the area, all these policy measures are designed in the interest of promoting the economic prosperity, and at the same time creating a clean environment. Since the promulgation of the Ontario Provincial Policy Statement, all regions and municipalities within the Greater Golden Horseshoe area have kick started the process of redrawing their respective official plans to conform to the Policy. It is noted that the population density target for each region and municipality has since been established; so have been the job creation numbers and the construction programs of the transit infrastructure to accommodate the number of people.

Having learnt the lesson that sprawling and wanton development patterns in the past have adversely affected Ontario's competitive potential, hurt the economy, weakened public health, jeopardized the environment and lowered the quality of life, the Policy Statement has drawn up a developmental road map to bring about sustainable growth through balanced developments, shorter commutes and more green spaces for a healthier living; the Policy statement focuses on three major concerns:

1. Natural Environment Protection
2. Growth Direction
3. Transportation Planning

Natural environment concepts are enshrined in the "Greenbelt Plan", which recognizes that water, energy, and clean air are vital resources to protect; it has identified for permanent protection 1.8 million acres of land where growth shall not occur.

The growth direction is found in the "Growth Plan for the Greater Golden Horseshoe", which defines specific land uses of the region's areas and locations in general and in particular; it espouses the vision and policies to encourage compact, mixed use developments linked to transit; most relevant to urban developments, it has identified and designated 25 Urban Growth Centers, each is assigned a growth target. Refer to the location map below for details.

Enabling the reader to get a handle on Urban Growth Centers, we highlight on one of them in Downtown Barrie for a case study:

- ★ Downtown Barrie occupies an approximate area of 200 hectares.
- ★ It provides 60 jobs and residents per hectare density as of 2001, or, a total of 12,000 jobs and residents for the district in 2001.
- ★ It is projected to provide 150 jobs and residents per hectare density target in 2031, or, a total of 30,000 jobs and residents for the district in 2031.

The above example reveals an aggressive official growth view of the Greater Golden Horseshoe area as a whole; it promises a big business opportunity in Land Banking.

Land Development and Rezoning Steps

The success of a Land Banking investment is clenched when the land parcel in question is approved by authorities for rezoning from agricultural to residential or commercial use. Yet, the devil is in the detail; the most difficult part of Land Banking business lies in land planning and development processes in the run up to securing the official leave for rezoning. The land development process requires a Land Banker to fully understand the land project seeking rezoning by reviewing all the applicable and pertinent planning documents:

- ★ Provincial Policy Statement (2005)
- ★ Growth Plan for Greater Golden Horseshoe (2006)
- ★ County of Simcoe Official Plan (2007)
- ★ New County of Simcoe Official Plan (2008)
- ★ Township of Clearview Official Plan (2006)
- ★ Township of Clearview Zoning By-law (06-54)
- ★ Directions for Growth: A Growth Plan for Clearview 2009-2031
- ★ Review of Clearview Strategic Plan
- ★ Review of Staff Report and Council Resolutions Regarding

25 URBAN GROWTH CENTERS



Directions for Growth

Land Bankers need to study all these documents in detail to get all the facts ready at their finger tips so as to prepare themselves for pre-consultation meetings with different levels of urban development professionals and politicians, collectively including Planning Staff, Councilors and Mayor at the county of Simcoe and Township of Clearview.

The pre-consultation has become a mandatory procedure following the passage of County By-law #5528, the County Planning Department requires Consultation prior to a formal submission of Simcoe Official Plan Amendment and/or a Plan of Subdivision/Condominium Application for which the Corporation of the County of Simcoe is the approval authority.

The pre-consultation is only considered complete when meetings are conducted with Nottawasaga Valley Conservation Authority to clear the environmental issues regarding the conversion of use of the land parcel in question.

The moment when the pre-consultation process ends, the application process for rezoning starts; in order to proceed with the development of the subject lands, an Official Plan Amendment and Zoning Bylaw Amendment will have to be filed. The studies that support these applications will include:

- ★ Stormwater Management Study
- ★ Environmental Impact Assessment
- ★ Archeological Site Assessment
- ★ Functional Servicing Report
- ★ Hydrogeological Study
- ★ Community Impact Study
- ★ Traffic Study
- ★ Landscape Plan
- ★ Flood Plane & Hazard Land Study
- ★ Agricultural Impact Report
- ★ Topographical Survey

In order for the Official Plan Amendment and the Rezoning applications to be approved by the Council, the applicant must demonstrate through the reports that:

- ★ The proposed use will not have a deleterious impact on adjacent uses resulting from increased traffic, stormwater drainage or other factors that are deemed significant.
- ★ The proposed use is not deemed to pose any danger.
- ★ The proposed use conforms to all environmental policies.
- ★ That there are adequate municipal services.
- ★ That there are no material negative impacts on neighboring properties.

On fulfilling the aforesaid requirements, the approval of rezoning of this nature typically takes from 1—3 years; however, if there is an appeal to the OMB, it may take another year for a full adjudication.

The Promise of Land Banking

The exacting land planning and rezoning process makes for Land Banking an investment of patience. It takes only Land Banking specialists, who understand the tradecraft inside out, to be able to contend with the complex and intricate operational issues. Notwithstanding the absence of market excitement for want of price volatility, the Land Banking promises to make a lot of money for its participants.

ECONOMICS DATA

Global Government Bonds			Interest Rates			Main Economic Forecasts				
Country	Maturity in years	YIELD (%)	Country	Current Interest Rate	Last Change	Real GDP, % chg, YOY				
		Latest				2007	2008	2009	2010▲	
US	10	3.28	US Fed funds	0 - 0.25	Dec 16 2008	USA	1.1	-2.5	3.1	3.3
UK	10	3.53	European Central Bank	1	May 07 2009	Japan	-0.6	-5.4	1.7	2.7
Germany	10	2.66	Bank of England	0.5	Mar 05 2009	Euroland	0.7	-3.8	1.2	1.1
Japan	10	1.22	Reserve Bank of Australia	4.5	May 04 2010	Australia	2.1	0.8	2.9	3.2
Australia	10	5.43	Swiss National Bank	0.25	Mar 12 2009	China	9.0	8.2	9.6	9.9
Hong Kong	10	2.31	Bank of Canada	0.5	Jun 01 2010	India	6.7	5.5	7.7	7.8
Taiwan	10	1.41	New Zealand Bank	2.75	Jun 09 2010	Hong Kong	2.5	-3.2	4.7	5.6
			Bank of Korea	2	Feb 16 2009	South Korea	2.5	-1.0	5.1	5.9
			Central Bank of Brazil	9.50	Apr 28 2010	Brazil	5.1	-1.0	5.0	6.3
			People Bank of China	5.31	Dec 22 2008	Russia	5.6	-4.6	3.5	4.0
			Bank of Japan	0.1	Dec 19 2008					

Source : The Economist as on 19 Jun 2010

Source: www.fxstreet.com/fundamental/interest-rates-table

▲The Economist Intelligence Unit estimate/forecast
Source: The Economist as on 19 Jun 2010

MARKET INSIGHT**As the European Sovereign Debt Crisis Unfolds.....**

James Cheng

Global Financial Markets take a Big Hit amid Euro Zone Sovereign Debt Crisis

The European sovereign debt crisis has come to a head when a Euro member, Greece, faced the dire prospect of insolvency to default on the sovereign bonds it has issued. On fears over a contagion that the Greece crisis would spill over to other member states, causing the European economy into a tailspin as a consequence, the Euro, the European common currency in use, tumbled in early June to a record low of 1.18 against the U.S. Dollar since 2006.

On the other front, concerns over the Euro's continuing decline has triggered a sell-off in equities around the world; no markets have been spared and most see their value dropping off by 10%–20% from their highs of this year.

The rapid fall of Euro valuation against major hard currencies has scared off hordes of investors, who worry about the Euro zone union may disintegrate into its former self of disparate entities; Germany reverts back to using Deutsche mark, France to French Franc, Italy to Italian Lira, Netherlands to Dutch Guilder, so on and so forth and the Euro common currency union no more. By all assessments, this Euro union breakup scenario is too much of a stretch, given the Euro zone membership is growing on ends. In fact, the Euro has dropped about 15% of its value against the U.S. Dollar; the present Euro/USD exchange rate is very close to its debut rate in 1999. Worthy of notice being that the current Euro valuation is still way above its all-time-low at 0.81 against USD, meaning that Euro Zone has seen worse economic times and made a complete turn-about.

Meanwhile, the debate over the European economic future heats up to a fever pitch; the Euro/USD exchange rate grabs worldwide attention as it is correlated to the global economic performance. The higher the rate stands, the better shape the global economy is in; recall the time Euro/USD climbed above 1.60 in 2007 when the world was at the culmination of its economic boom times. The market views on the evolution of the common currency are as diverse as the poles are apart. Some analysts opine that the deficit of those Euro member nations, who habitually consume beyond whose means, is difficult to salvage, as consumerism habits die-hard. Whereas others reckon that the Euro valuation is presently too low that has already upset the global competition equilibrium; European products have become unusually cheap, gaining substantial trade advantages at the expense of fair competition, in the same way as Chinese Renmenbi wreaks havoc on international trades by means of artificial low exchange rates. In their Euro-positive views, a rebound in Euro exchange rate across the board of major currencies shall come to pass any time soon.

The Euro Zone Crisis Is All but Regional in Scope

Euro Zone counts 16 member states in 2010; the sovereign debt crisis that reared its head in May this year as five member states, acronymically named PIIGS, which consists respectively of Portugal, Italy, Ireland, Greece and Spain, ran into a deep deficit trouble that they could hardly get out of by themselves, but would rather drag other nations along with them into the deficit quagmire. Fiscal warnings are all over the wall: If this grouping of European nations (PIIGS) fails to put their acts together in carrying deficit cuts, they would become bankrupt states like Iceland did. On close scrutiny, we have found that, firstly, PIIGS collectively represent 26% of Euro Zone GDP, or, in a broader perspective, a 7% of global GDP; secondly, Italy is unfairly included in the PIIGS list as the country incurs a deficit – 2.6% of GDP in terms of Current Account Balance, in comparison with a deficit -3.3% for the U.S. and -4.4% for Australia. Taking out Italy to arrive at a more realistic Euro Zone sovereign debt situation, the now-modified PIGS represent a milder 3.6% of the global GDP, which lacks the economic size and power to pull down the world into a double-dip recession.

History repeats itself over again,

Each time with a different cast of players in a new setting,

Shaping events that tend to follow an unwritten script,

Leading to an outcome again familiar.

Initiatives Adopted to Address the Euro Zone Crisis

EU and IMF have jointly formulated a rescue plan to commit as much as Euro 750 billion to assist Euro Zone nations that are in fiscal distress. EU has established a new Special Purpose Vehicle, under which Euro Zone Governments pledge up to Euro 440 billion in bilateral loans to fund a safety net for weakened EU nations. IMF will provide special funding to the tune of Euro 250 billion through its usual facilities to succor the recently formulated European rescue program,

More relevantly, the European Central Bank has confirmed to intervene in the Euro Zone public and private debt markets through bond purchases in the secondary market. This is a bold move on the part of ECB to effectively assure the market that Euro Zone sovereign bonds are as safe as ever and will not default. Besides, the U.S. Federal Reserve, putting its weight behind the rescue effort, will reactivate the liquidity swap lines to help relieve the funding issues of European banks. It is obvious that the rescue package is huge in size, broad in scope and equivalent in amount to the U.S. TARP program, which succeeded to arrest the 2008-9 global financial turmoil. It is clear the present European sovereign debt crisis and the U.S. credit crunch turmoil a year back are ailments of the same kind; prescribing the same dose of medication will see sanguine effects in stabilizing the capital market, restoring the market confidence and containing contagion risks.

The Global Economy Has Staged a Broad-Based Recovery

Since the market trough in March 2009, we have witnessed an exceptionally strong comeback; global GDP posted robust growth year to date; even Euro Zone booked a modest GDP gain, to the surprise of most people. S & P earnings growth is expected to return to double-digit numbers; the growth prospect is much rosier for the Emerging Markets. Corporate earnings, the ultimate barometer of the stock market performance, remain strong and positive, close to an all-time high, both in the U.S. and around the world.

Manufacturing everywhere is expanding as evidenced by the acute labor shortage and the substantial wage increase in China; international trades are increasing as China posts a 47% jump in exports. Consumer confidence is on the rise; economic data crossing the newswire are getting better, signifying an improving economy and the recovery is gaining traction.

The Euro Zone Crisis Opens the Window of Opportunities

The European sovereign debt crisis will lead to tighter credit conditions and remedial fiscal consolidation by deficit countries. No doubt about it, European countries will suffer slow economic growth for quite a while.

Every major earthquake is followed by a series of aftershocks, European sovereign debt crisis is no more than an aftershock of 2008-9 mega global financial quake. Dubai debt crisis was the first one among the series six months ago; many investors entangled with the Dubai debt issue were distressed at the time, it has all but disappeared from the economic radar screen.

The ongoing Euro Zone sovereign debt crisis has, as a matter of course, brought down the value of virtually every asset class. The short-term market weakness is expected to linger as the execution of the European rescue plan may engender near-term volatility. Nonetheless, equities, credit and commodities are fundamentally cheap.

The strategic entry point going into investments has arrived; asset acquisition at this level is a lucrative proposition.

**GRANDTAG EMPLOYEE IN THE SPOT LIGHT
PENG YONG
KC Lau**

Peng Yong, General Manager of the Shanghai representative office of Grandtag, are intimately dubbed "Big Brother Peng" by all our colleagues. He joined Grandtag in 2004 and has since been with the group for 6 years.

Hailing from a career with the media in Mainland China, Big Brother Peng is as inquisitive as he is discerning. Besides, he has developed an extensive network of useful contacts. With a commitment to become the best financial services company in the industry, Grandtag has hit its stride to set up bases in different parts of the Mainland over the years, earning a good reputation within the high net worth market of asset management. Big Brother Peng, in particular, has made a great contribution towards the setting up of our Shanghai representative office in 2007.

My friendship with Big Brother Peng goes back many years. At the beginning of the new millennium, we met each other several times but did not build a close tie. It was until 2004 when we started to have lots of interaction in business. We shared experiences between ourselves and had had many exchanges on different subjects. I learned a lot from him. It is even more commendable that he was not afraid to take on another challenge in life by taking a plunge into a new world of international wealth management with determination when moving into his forties, a time when a man is considered fully grown with experience and wisdom. Living his life and expressing his beliefs with action and passion, he is always committed wholeheartedly in business and interpersonal relationship building, which makes him the ideal model of a good friend and a positive influence.

Though Big Brother Peng is called Peng Yong (Yong means bravery), there is a soft side in him; his tenderness is on noticeable display when it comes to taking care of his wife, especially during the moments of her pregnancy. He is definitely a most caring family person.

When this article goes to press, Big Brother Peng has already joined the Daddies' club. His wife, Jenny Li, gave birth to a lovely little princess, Peng Ji-you, who loves eating and sleeping and seldom cries. The little princess is so cute, with a pair of big bright eyes taking after her mama. The newborn symbolizes the robust growth and great prospects of Grandtag Shanghai.

Let's cheer for our Big Brother Peng!



The Peng family

LIFESTYLE COLUMN

**Six Simple Office Exercises to Reduce Stress
Veronica Lee**

No matter how correct your posture is while sitting in the office, maintaining the same posture without a change in writing or using the computer for an extended period of time will cause muscle tension and fatigue, affect blood circulation in the lower limbs and seriously influence your feelings while you are at work. As a result, your operating efficiency declines.

The following exercises enable you to limber up your muscles and joints so that you can handle a heavy office workload with greater ease.

1. Stretching the Neck Muscles

Sit straight on your chair, slowly rotate your head to the left and hold the stretched position for 10-15 seconds. Rotate your head to the right and hold that position for the same length of time. Repeat the exercise on both sides another three times.

2. Relaxation Exercises for the Shoulders

Sit on your chair and rotate your shoulders backwards, upwards and forwards 8-10 times, relax awhile and then repeat the same movements but going in the opposite direction.

3. Stretching the Joints and Muscles of the upper Back

Sit on your chair and interlace the fingers of both hands whilst holding them in front of you, then stretch the arms straight and push the palms upwards. Hold this position for 10-15 seconds and repeat the exercise three times.

4. Stretching the Muscles in the Lower Limbs

Sit at the edge of the chair, with both hands holding the chair tightly. Stretch both legs out straight, with the toes pointing upwards and pulled backwards towards the body. Hold this position for 10-15 seconds. Repeat the exercise three times.

5. Ankle Exercises

Sit on your chair and separate your legs slightly. Lift both heels off the floor, then rotate both feet inwards and return to the starting position several times. Repeat the exercise for a few times by moving feet in the opposite direction and returning back to the starting position.

6. Leg Lifting Exercises

Sit on your chair with both feet flat on the floor. Raise the left leg and stretch it out a few inches above the floor. Hold this position for a moment and put the foot back on the floor. Do the same for the right leg. Repeat the exercise using both legs alternately 8-10 times.

These simple exercises provide you with the opportunity to exercise your muscles and joints within a restricted space, allowing you to relax and improve your blood circulation.

Taking Snacks as a means of stress reduction

Besides, do you know that having a snack can help relieve stress? For example, eating almonds and dried blueberries is good for the eyes; people who hope to lower blood pressure can eat more dark chocolate. Eating nuts can also lower cholesterol. Taking fruit can replenish fibre and provide the vitamins that your body needs. You can also keep your intestines clean, immune system strengthened and chances of getting sick reduced.



Office Exercise

Source: <http://www.cuhk.edu.hk/healthpromotion>