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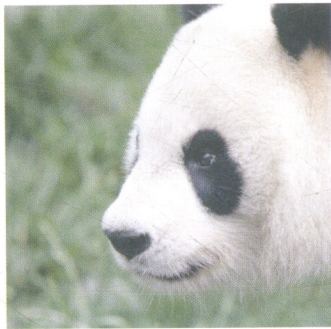
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目录 CONTENTS

都市掠影 METROPOLITAN

06 精彩琥珀

AMBER WAVE

中欧利用远古时期松树树脂形成的琥珀来创造艺术品、装饰教堂圣坛和制作装饰用品

Ancient tree sap is being used to create art, altars and adornments in Central Europe

10 乐籽忘忧

IN A NUTSHELL

牛油树（也称乳油木）（Shea）是非洲“神奇的”树种，它的萃取物为乌干达北部（北乌干达）（northern Uganda）流离失所的农妇提供了宝贵的经济来源

Nilotica Shea butter graces the world's finest spas. And its extraction from a 'magical'

African tree provides valuable income for the displaced women of northern Uganda

16 给国宝做义工

PANDA MANIA

在大熊猫俱乐部当义工

Volunteer work at a Panda conservation site in Sichuan

22 古楼风韵

ANCIENT GLAMOUR

吊脚楼上枕一夜，十年做梦也风流

A night at Diaojiao Lou for a decade's worth of unforgettable dreams

生活元素 LIFEZONE

30 岛中岛

NO MAN IS AN ISLAND

世界自然遗产巴西费尔南多火山群岛度假胜地

Your ecological passport to a world heritage site vacation

36 贝隆生蚝

HUITRE DE BÉLON

没有什么食物比生蚝更加贴近自然，更加贴近原产的土地，带来更多原产故乡（故乡）的味道

No foods bring us closer to nature than oysters

环保科技

42 SURFACE MATTERS

地面给ipod充电？墙壁能消除污染？且看高科技如何使我们的生活更环保

Floors that charge your iPod? Walls that eat pollution? Cutting-edge technology is going green – so step to it

焦点专访 CLOSEUP

48 看不见的花园

HOW DOES YOUR GARDEN GROW?

倍受世人瞩目的日本建筑设计师乾久美子畅谈大自然、思想的酝酿以及雷克萨斯汽车与自己的设计如何相结合

Rising Japanese architect Kumiko Inui on nature, nurture and Lexus design

自由探索 EXPLORER

50 慧心巧思 跃然车上

OUT OF THIS WORLD

雷克萨斯混合动力技术总工程师三吉茂俊（OSAMU SADAKATA）说，“心安神泰（SPIRITUAL CALM）”、“陶然自得（BLISSFUL MOVEMENT）”是雷克萨斯LS600h旗舰型轿车给车主带来的全新体验

'Spiritual calm' and 'blissful movement'. This is the elevating experience that awaits owners of the flagship LS600h, says head of Lexus Hybrid Drive Osamu Sadakata

56 蹈厉之志

THE NEVER-ENDING STORY

香槟酒杯摆成的金字塔放在引擎罩上，汽车开动后金字塔仍不倒塌；21世纪具有革命性的混合动力技术诞生了。这是雷克萨斯如何成为顶级豪华的故事

An ongoing tale of Lexus premium luxury – from a sedan that could drive with champagne glasses on its hood, to revolutionary, twenty-first-century hybrid technology

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A man in a dark suit, white shirt, and striped tie is captured mid-jump in a hotel room. He has a joyful expression with his mouth open and eyes looking upwards. His right arm is bent with his hand near his head. The room features a wood-paneled wall, a bed with white pillows, and a lamp with a white shade and a decorative base.

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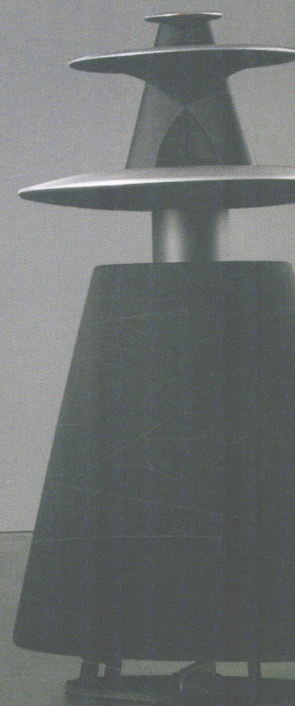
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精彩琥珀

AMBER WAVE

中欧把远古时期松树树脂形成的琥珀应用于艺术品创作、教堂圣坛及其它的装饰中

ANCIENT TREE SAP IS BEING USED TO CREATE ART,
ALTARS AND ADORNMENTS IN CENTRAL EUROPE

撰稿：罗宾·切里 | 图片提供：皮奥特·马莱基、安德鲁·墨尔

BY ROBIN CHERRY | PHOTOGRAPHY BY PIOTR MALECKI AND ANDREW MOORE

在俄罗斯，当有军队护送的时候，任何事情都会变得不容易。俄罗斯的加里宁格勒州（Kaliningrad Oblast），有一个在波兰和立陶宛之间，名叫岩塔尼泽（Yantarny）的边陲小镇。这里的琥珀制品通常需要军队的护送。在我看来，这充分反映了琥珀行业对于这

个地处波罗的海（the Baltic Sea）沿岸小镇的重要性。琥珀主要产于波罗的海沿岸的中欧国家。俄罗斯的加里宁格勒州的琥珀矿占已知的世界琥珀储量的90%。

（多米尼加共和国的琥珀储量居世界第二。此外，琥珀业在波兰和立陶宛也很兴旺。黎巴嫩、缅甸和墨西哥

也有琥珀存储。）尽管从山坡上望去景色很迷人，但是琥珀矿却像一个巨型起重机用的大沙盒。

尽管一般认为琥珀属宝石类，但实际上它是九千万到两千万年前松树树脂凝固的结果。琥珀大多表面呈橘褐色，也有黑、红、黄、绿、白、透明等颜色，

IN RUSSIA, THINGS ARE RARELY GOING well when you have a military escort. In my case, the escort simply reflects the amber trade's high value to Yantarny, Kaliningrad Oblast, on the Baltic Sea – a Russian outpost tucked between Poland and Lithuania. While the latter two countries also have thriving amber industries, Kaliningrad's amber mines are home to 90 per cent of the world's known amber reserves. (The second-largest source of amber is the Dominican Republic; it's also found in Lebanon, Burma and Mexico.) But despite the impressive view from the hillside, the mines do look like a giant sandbox

for huge mechanical cranes.

Although amber is often thought to be a gemstone, it's in fact the petrified resin of pine trees that grew between 20 and 90 million years ago. Most of it is brownish orange in appearance but it can also be black, red, yellow, green, white, transparent and, very rarely, blue. It can sometimes be found washed up on beaches after a storm. However, today it's more commonly dug out of open pits along the central European shores of the Baltic. And though amber has been around for millions of years, this century it's entering a new golden age.

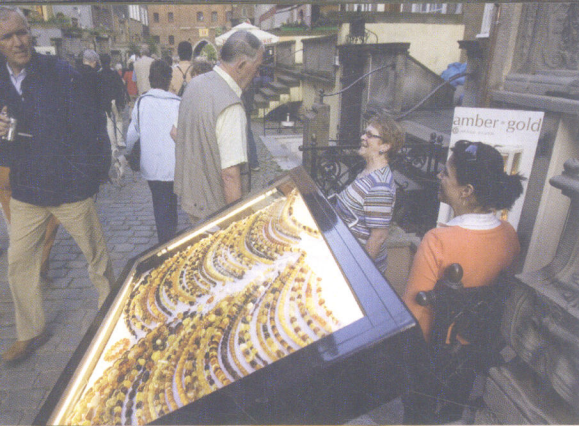
In the Lithuanian seaside resort town of Palanga, where the world's largest amber collection resides in a huge 19th-century mansion turned museum, a 26-member guild of amber craftsmen set up stalls on the main street during the summer months and sell one-of-a-kind pieces.

In Gdańsk, Poland, a new multimedia amber museum opened last year and work continues on a massive amber altar at St. Bridget's, the church that once sheltered Solidarity workers during days of martial law, while in studios throughout the city jewellers are



对页：珠宝设计师 Adam Pszowski 的
镶银饰品；本页：位于俄罗斯圣彼得
堡附近沙皇村的皇家夏宫的琥珀屋

Opposite page: silver-set amber from jewellery
designer Adam Pszowski. This page: the
Amber Room in the Russian royal family's
Tsarskoye Selo summer palace



旅游提示

从哥本哈根(Copenhagen)乘飞机大约一小时便可到达波兰的格但斯克和立陶宛的帕拉格那。到俄罗斯的加里宁格勒州可从莫斯科乘航班前往,也可从格但斯克乘6个小时的汽车前往。(需要办理俄罗斯签证。)帕拉格那是海边的一个度假小镇,在淡季时小镇非常幽静,但是在旅游旺季则很热闹。在帕拉格那,值得一看的是帕拉格那的克罗尼坑(Curonian Spit),它被松树覆盖着的一块沙丘地,已被联合国确定为世界自然遗产。在格但斯克,“银器与琥珀工作室”在圣玛丽街36号。玛利亚·菲加克瓦思卡的工作室在仅几步之遥的46号。新博物馆在Targ Weglowy大街上。

美丽的帕拉格那琥珀博物馆是立陶宛艺术博物馆的一个分支机构,位于帕拉格那植物园(the

Palanga Botanical Gardens),一个19世纪的波罗的海沿岸的公园。

艾可斯特国际旅行社(Exeter International)可安排俄罗斯国内的游览,包括参观琥珀屋,也有机会认识一下一流的手工艺人。如果你更喜欢南美琥珀,那么多米尼加共和国琥珀海岸有一家高档的酒店叫做Casa Colonial Beach & Spa。它提供的琥珀水疗法非常独特。碎琥珀和碎海盐可用来增加皮肤活性,促进血液循环。水疗负责人说,琥珀是非常有效的抗氧化剂,含有抗氧因子,可延缓衰老,吸收负能量,帮助身体自动恢复。的确是这样。按摩的时候,空气中弥散的琥珀馨香使倦意彻底消除了。

RESOURCES

Gdańsk (Poland) and Palanga (Lithuania) are both roughly one hour's flight from Copenhagen. Unless you're flying from Moscow, the easiest way to get to the Russian territory of Kaliningrad is to take the six-hour bus ride from Gdańsk. (A Russian visa is required.) The seaside resort town of Palanga with its tree-lined streets is lovely off season, but becomes quite raucous during the summer. While in Palanga, take a bus or ferry to see the pine-covered Curonian Spit, a thin slice of land with impressive sand dunes (it's a UNESCO World Heritage Site). In Gdańsk, the Silver & Amber gallery is at 36 St Mary's St. Maria Fijałkowska's studio is steps away at 46 St Mary's St. The new Museum of Amber is on Targ Weglowy.

The beautiful Palanga Amber Museum, a branch of the Lithuania Art Museum, is in the Palanga

Botanical Gardens, a lovely 19th-century park on the Baltic coast. Exeter International offers tours in Russia that include the Amber Room as well as the opportunity to meet the master craftsmen in their studio. If South American amber is more your style, Casa Colonial Beach & Spa, a boutique hotel on the Dominican Republic's Amber Coast, has created a unique amber spa treatment. Crushed amber and ocean salts are used to exfoliate the body and improve circulation. The spa director claims that amber is a powerful antioxidant and antibacterial agent with healing powers that have been found to slow the ageing process, and that amber absorbs negative energy, helping the body heal itself. All I know is that after my massage, surrounded by the soothing pine aroma, I was incredibly relaxed.

本页: 格但斯克Ulitsa Mariacka大街沿街琥珀饰品; 玛利亚·菲加克瓦思卡的珠宝; 对页: 有着2000万到9000万年历史的琥珀原料

This page: amber accessories along Ulitsa Mariacka in Gdańsk; the jewellery of Maria Fijałkowska; Opposite page: the 20- to 90-million-year-old raw material

蓝色的则很少见。有时,暴风雨过后,人们可以发现冲上海滩的琥珀。但是,现在琥珀主要开采自波罗的海沿岸中欧国家的矿坑。尽管岁月在流逝,但琥珀新的黄金时代正在到来。

在立陶宛的海边度假小镇帕拉格那(Palanga),一个由19世纪的建筑改建成的博物馆里收藏着世界

上最大的琥珀。夏季时,由26名琥珀手艺人组成的行会在小镇的大街上出售琥珀饰品,且每个款式都是独一无二的。

在波兰的格但斯克(Gdańsk),一家多媒体琥珀博物馆去年已经对公众开放。在军管时期曾经掩护过联合工会工人的布里其特教堂(St. Bridget's)里,

crafting stunning contemporary pieces.

The best place to see the future of amber is along Gdańsk's lovely cobblestone Ulitsa Mariacka (St Mary's Street). Housed within 16th-century merchants' quarters, the studios of large manufacturers stand next to tiny workshops where you can hear the hammering of silver and see individual jewellers creating their work.

Silver & Amber, run by designer Adam Pstrękowski, is the best of the major studios

(winning top awards at Gdańsk's amber fair year after year). Thanks to a crew of 10 young designers, Silver & Amber produces strikingly unusual jewellery – from amber interspersed with Swarovski crystals to wonderfully faceted amber set in silver.

A few doors down, there's a small shop run by Maria Fijałkowska. Fijałkowska comes from a creative family and it was always her dream to design jewellery. She started working

波兰人正在建造一个巨大的琥珀祭坛。令人赞叹的现代琥珀饰品在波兰的大大小小的艺术工作室里诞生。

格但斯克有一条叫圣玛丽街(Ulitsa Mariacka)的卵石小路。沿着这条可爱的小路逛一逛,不失为了解琥珀未来发展的好方法。这里曾经是16世纪的商业

with amber in 1993 and introduced her first collection in 1997.

Fijałkowska shows me a white gold brooch that holds a large piece of white amber streaked with rare blue amber. The roughness of the amber is offset by a row of glossy black diamonds. It took two weeks to make. Fijałkowska's pieces are all one-of-a-kind. 'Each design,' she says, 'is determined by the individual stone.'

Sculptor Lucjan Myrta, also based in Gdańsk,

尽管岁月流逝，但琥珀新的黄金时代正在到来

THOUGH AMBER HAS BEEN AROUND FOR MILLIONS OF YEARS, THIS CENTURY SEES IT ENTERING A NEW GOLDEN AGE



中心，大大小小的工作室比邻而居。在这里，伴随着银件的敲打声，你可以欣赏到饰品的制作过程。

设计师亚当·蒲思特果斯基（Adam Pstrękowski）经营的“银器与琥珀工作室”已连续数年获得格但斯克琥珀博览会（Gdańsk's amber fair）的最高奖项。这都归功于工作室的10个年轻的设计师。他们设计生产的琥珀珠宝十分与众不同。这些珠宝有的镶嵌了施华洛世奇水晶（Swarovski），有的经过精雕细琢后镶嵌在了银饰上。

再走过几个门脸，便是玛利亚·菲加克瓦思卡（Maria Fijałkowska）经营的小店。她生于珠宝世家，制作珠宝首饰一直是她的追求。1993年，她开始制作琥珀首饰，1997年推出了她的第一个系列。菲加克瓦思卡拿出一个花费两星期才完成的白金胸针给我看。那胸针托着的大琥珀呈白色，同时有罕见的蓝色条纹。琥珀表面虽粗糙，但一排光鲜亮丽的黑色宝石弥补了这一缺陷。菲加克瓦思卡的作品各不相同。用她的话说，就是根据不同的原料材质进行不同的设计。

格但斯克的雕塑家路建·马塔（Lucjan Myrta）能娴熟的运用各种传统技能，包括浅浮雕、深雕、镶嵌和雕塑等，在当地很有名气。他也是根据不同的原料材质来决定如何设计。马塔最杰出的代表作是用一个2.5公斤的琥珀雕刻的罗丁（Rodin）的《裸女》，这一独特的作品已被格但斯克的新博物馆收藏，同时博物馆展出的还有他的其它700多件作品。新博物馆设在一个中世纪的塔楼里，2006年6月，格但斯克市长用一把琥珀钥匙打开了博物馆的大门，象征博物馆正式对公众开放。展品中有一个始新世时期的远古森林模型，它的目的是要向人展示纯自然状态下的琥珀以及两只保存在琥珀中的蜥蜴。从新博物馆顶部可俯瞰整个格但斯克城的壮观景色。

与此同时，在俄罗斯圣彼得堡附近沙皇村（Tsarskoye Selo）的皇家夏宫，刚刚完成翻修的“琥珀屋”也对公众开放了。琥珀屋是1716年普鲁士国王腓特烈·威廉一世（Friedrich Wilhelm I of Prussia）献给彼得大帝礼物，后来它神秘地消失了。它的消失一直是一个世界之谜。当希特勒于1941年进攻苏联时，德军把琥珀屋拆除并装

箱运到德国的柯尼斯柏格（Königsburg）。战后，负责运输的德国官员说这些箱子在一个城堡里，而城堡在空袭中被炸毁了。但是，1997年，一个德国律师在出售其中一件物品时被当场捉住。几年当中，一些箱子里的东西竟奇怪地相继出现了。

1979年，俄罗斯工匠们根据原来的黑白照片开始重建“琥珀屋”。2003年项目完成时恰逢圣彼得堡建市300周年纪念日，从此“琥珀屋”向公众开放了。

今天，你可以去这些工作室走一走，结识一下那些工匠，了解他们的精湛技艺以及他们用了25年重塑这个曾被称为世界第八大奇迹的“琥珀屋”。工匠们很乐于向人们展示自己的技艺。当我们参观的时候，他们正在制作两件东西，一件是为中国制作的外交礼物——琥珀面的黑色漆盒，另一件是为一位中东的客人制作的琥珀屋装饰板的仿制品。

谁会想到那么多高价值的艺术品却是由远古时代的松树树脂变成的？著名的琥珀专家威思罗·结尔洛斯基（Wiesław Gierłowski）说的好：“琥珀有许多秘密有待我们去发现。”

is known for using a wide range of ancient techniques including bas-relief, engraving, inlay and sculpture. He too lets the stone determine its destiny. Myrta's extraordinary representation of Rodin's *Female Nude*, carved out of a single 2.5kg piece of amber, is on view at the new amber museum, together with 700 other pieces from his collection. The museum, housed in a medieval tower, was opened by Gdańsk's mayor using a (symbolic) amber key in June 2006. Other exhibits on display include a representation of an Eocene forest designed to showcase amber in nature and two rare lizards preserved in amber. The top floor also has a spectacular view of the city.

Meanwhile, in Russia, the recently reconstructed Amber Room has opened in the royal family's summer palace in Tsarskoye Selo near St Petersburg.

The disappearance of the original Amber Room – presented to Peter the Great by King Friedrich Wilhelm I of Prussia in 1716 – remains one of the world's great unsolved mysteries. When Hitler invaded the Soviet Union in 1941, his troops dismantled the room, packed it in crates, and shipped it to Königsburg, Germany. After the war, the German official in charge of the shipment said the crates were in a castle that had been destroyed in an air raid; but in 1997 a German lawyer was caught trying to sell a piece of the room. Over the years, a number of pieces have inexplicably 'turned up'.

In 1979, Russian craftsmen started reconstructing the Amber Room, based largely on black and white photographs of the original. The project was completed and opened to the public just in time to celebrate the 300th

anniversary of St. Petersburg in 2003.

Today, one can visit the workshops and meet the craftsmen who spent more than 25 years recreating the room that was once called 'the Eighth Wonder of the World'. They're pleased to show off their artistry. When I visited, they were finishing an amber-topped black lacquer box that was a diplomatic gift for China and a reproduction of one of the Amber Room's panels for a client in the Middle East.

Who would have guessed that such magnificent, and valuable, works of art could be created from humble tree sap millions of years after it first graced the earth? Renowned Baltic amber authority Wiesław Gierłowski puts it best: 'Amber has got its secrets. Sometimes it allows us to discover them.' □

乐籽忘忧

IN A NUTSHELL

牛油树（也称乳油木）是非洲“神奇的”树种，它的萃取物为乌干达北部地区流离失所的农妇提供了宝贵的经济来源

NILOTICA SHEA BUTTER GRACES THE WORLD'S FINEST SPAS. AND ITS EXTRACTION FROM A 'MAGICAL' AFRICAN TREE PROVIDES VALUABLE INCOME FOR THE DISPLACED WOMEN OF NORTHERN UGANDA

撰稿：罗宾·切里 | 图片提供：瓦内撒·维克

BY ROBIN CHERRY | PHOTOGRAPHY BY VANESSA VICK

车里的七个农妇咯咯地开心笑着。从她们的笑声里，你会觉得她们似乎是那样地无忧无虑。当车子驶入一段坑洼路面时，裴特拉（Petra）一边笑一边号召大家，“乌干达迪斯科，扭起来！”车子颠簸得越来越厉害了，她又说，“苏丹到了”。她之所以提到苏丹，是因为在乌干达的这个临国，在包括道路状况的许多方面比乌干达还要糟糕。

在过去的20年中，乌干达反政府军（LRA）一直在破坏美丽而又偏僻的乌干达北部地区，使得裴特拉和其他许多妇女颠沛流离。她们失去了丈夫、兄弟、财产和牲畜。然而，她们仍然保持着乐观的心态和真诚的笑容，让我的心灵为之震撼。

这些妇女都是“乳木果油项目（The Shea Project）”的成员。通过该项目，当地农妇被组织起来采摘、加工只产于乌干达北部和苏丹南部地区的珍贵的乳木果核。同时还通过禁伐牛油树作燃料，草原林地也得到了保护。这样一来，农妇们有了一个很好的收入来源。项目的发起人是一个名叫埃里奥特·马思特斯（Eliot Masters）的美国人。在发起这个项目之前，他曾建立了一个非赢利性组织来支持乌干达北部地区非政府组织和社区服务工作。为了寻找项目，他来到了里拉镇（Lira）。偶然的一次机会，他靠着一棵牛油树，在当地工作的安娜·阿臣（Anna Achen）问他是否了解这一神奇的树种。他说不了解，于是安娜·阿臣便向马思

特斯介绍了牛油树的许多主要特征。马思特斯立刻意识到乳木果核是一个未被开发的资源，可以为当地提供经济收入。为了得到开发该项目的资格，马思特斯回到美国，在获得了加利福尼亚大学的国际农业开发学位后，又回到里拉镇，在阿臣的帮助下，于1990年设立了“乳木果油项目”。该项目的实施使得乳木果核的加工技术得到了改进，同时促成了“乌干达北部地区乳木果油加工者联合会”（NUSPA）的建立。这是一个由农民（大多为农妇）自己管理的合作性组织，已有成员2000多名。在乌干达，男人照管传统的农活，妇女则负责采摘果实。

FROM ALL THE GIGGLING, YOU'D THINK the seven women in the car don't have a care in the world. When we hit a stretch riddled with potholes, Petra laughingly says, 'Ugandan disco - shake your body!' As the ride gets bumpier, she says 'Sudan,' a reference to the fact that the roads (and everything else) are even worse in Uganda's northern neighbour.

In reality, Petra and the other women have all been displaced from their villages by the insurgency wrought by the Lord's Resistance Army (LRA), which has terrorised and traumatised this remote, beautiful region of northern Uganda for the past 20 years. Some have lost husbands; others, brothers. Most have

had their household possessions confiscated and seen rebels abscond with their farm animals. Their joyous spirit and ready smiles aren't just inspiring, they're astounding.

The women are all involved in The Shea Project, which provides income to a cooperative of female farmers who harvest and process Africa's precious Nilotica shea nut - found only in northern Uganda and South Sudan - and also preserves the savannah woodlands by discouraging people from chopping down the shea tree for charcoal. The project was started by American Eliot Masters, who'd established a non-profit organisation to support NGOs (non-governmental organisations) and community

service work in northern Uganda. His search for projects took him to the town of Lira, where he was leaning against a shea tree when Anna Achen, who worked for the district, asked him if he knew about 'this magical tree'. He didn't, so she told him of its many important properties. Masters saw that shea nuts were an underused resource that could provide valuable income to the region. To get the qualifications he'd need to support the initiative, Masters went back to college and earned a degree in International Agricultural Development from the University of California at Davis. He then returned to Lira, where with Achen's help he founded The Shea Project in 1990. The initiative has improved



对页：珍贵的乳木果；上图：乳木果采摘工人玛格丽特·奥丽（左）嘉丝帕妮蒂·奥塞特（右）

Opposite: the prized Nilotica shea nut; Above: shea butter producers Margaret Olea (left) and Juspanyi Ocet (right)



对页：乌干达北部地区的乳油木树；本页：将地上捡来的坚果做成糊状

Opposite page: the shea tree of northern Uganda; this page: mixing the ground nuts into a paste; Fair Trade shea butter

当地人对乳木果油保湿和疗病功效的了解由来已久。有文献记载曾有商团用泥罐装的乳木果油作为美容用品。因其纯净度高也可用于烹饪。怀孕的妇女把它涂抹在肚子上防止妊娠纹；母亲用它给新生儿按摩。乳木果油因其富含生物活性皮肤治疗物质——油酸甘油酯，乳木果油可以说是最好的护肤用品。

目前，以“世界农林中心”（the World Agroforestry Centre）顾问的身份，马思特斯正致力于在西非也启动一个类似的乳木果油项目。同时，他仍然负责着在乌干达北部的项目实施。他主动提出要带我到处走走，介绍当地的农妇给我认识。陪同我们的是负责项目日常经营的裴特拉·阿匹里（Petra Apili）以及负责生产的安娜·阿唯奥（Anna Awio）。

technologies for shea nut processing and led to the creation of the Northern Uganda Shea Processors Association (NUSPA), a cooperative of more than 2,000 members administered by the (mostly female) farmers themselves. With men in Uganda occupying traditional agricultural jobs, the women take up other roles, including gathering wild fruits and nuts.

Shea butter has been prized for its moisturising and healing properties since the days of Nefertiti; records reference caravans with clay jars of shea butter for cosmetic use. Shea butter is so pure it's also used for cooking. Pregnant women rub it on their bellies to prevent stretch marks; mothers massage their newborns with it and Nilotica shea butter is arguably the best because its high concentration of olein makes it richest in bioactive skin-healing compounds.

Though Masters is currently working as

我们从里拉镇开始。里拉镇是一个安静的小镇，距离乌干达首都坎帕拉（Kampala）有几个小时的颠簸路程。这里的自行车和汽车占有率大约为70比1。项目总部是一个浅蓝色的平房，周围是郁郁葱葱的花园，门前有一棵巨大的芒果树。房后的一个外屋里摆放的是牛油树籽加工设备。战争爆发后，村庄里不能放置了，于是这些设备就被搬到了这里。

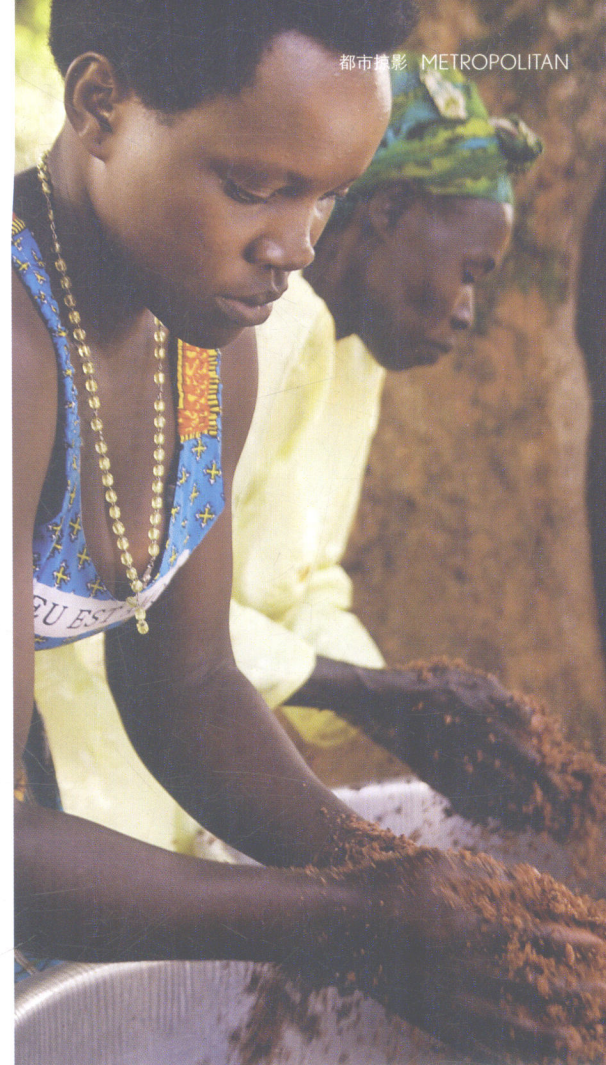
我来的前几个星期，反政府军和乌干达政府续签了《停止敌对行动协议》（Cessation of Hostilities Agreement），这让乌干达北部地区在20年中第一次迎来了和平的曙光。现在，生产仍然主要集中在里拉镇。随着家家户户的迁回，设备也将被搬回这些村庄。

a consultant with the World Agroforestry Centre to set up similar programmes in West Africa, he still oversees the project, and offered to take me around and introduce the farmers. Accompanying us are Petra Apili, the programme's chief administrator, who's in charge of the day-to-day operations, and Anna Awio, who oversees production.

We start in Lira, which is a sleepy town a few bumpy hours north of Uganda's capital, Kampala. Bicycles outnumber cars here by roughly 70 to one. The project's headquarters is a light-blue, one-storey building surrounded by lush gardens with a massive mango tree by the front gate. An outbuilding in the rear is filled with shea processing equipment brought in from the outlying villages after war made them uninhabitable.

A few weeks before my visit, the LRA and the Ugandan government renewed their Cessation of Hostilities Agreement and, for the first time in two decades, northern Ugandans can envision a brighter future. Today, production is still concentrated in Lira but, as families start to move home, preparations are underway to return the equipment to the villages.

When we drive through the gates and long-time producer Juspanty Ocet sees Masters for the first time in almost a year, she lets out a cry of joy that could wake the dead. Over the next couple of days, I'll hear that gleeful sound a lot,



especially when we return to the once major shea production site of Barjobi that had been off-limits for the past five years.

We start with a tour of the process. After the tree's fruit is gathered, the nuts are removed from the insides and laid out in the sun to dry. Once dried, the nuts are ground twice to yield a fine powder. The grinder can pulverize an 80kg bag of nuts (which will yield 18kg of shea butter) in 45 minutes; when the nuts were ground by hand, a single bag would take days.

After the nuts are ground, the powder is mixed with a small amount of clean boiling water, packed into new cloth bags, and laid onto a press, from which the valuable oil will be extracted.

On our way to the villages where the shea tree thrives, we pass by many camps set up to accommodate displaced persons. Happily, several are in the process of being dismantled as families return home. Entering the villages, we watch women reconnecting with friends they haven't seen in years. With Petra and Anna as my interpreters, I talk to about 30 producers. They all tell me how The Shea Project has helped them to pay for their children's school fees and medical care, and to buy food, household goods and work animals. In Barjobi, everyone laughs when Hermolina Ocen says she used the income to acquire a son-in-law (she bought a cow for her daughter's dowry).



参考资料

今天，乳木果油已经成为许多润肤霜的必要成分。有些润肤产品的乳木果油含量只有1%，而许多高档产品的含量达到了10%。

尼罗河植物公司（Nilotica Botanicals）是北乌干达的乳木果油项目在加利福尼亚的合作伙伴，该公司销售100%纯天然乳木果油产品。公司总经理阿里萨·基西（Alisa Puga Keesey）曾与项目创始人马斯特思一起就读于美国加利福尼亚大学，并曾在乌干达参与项目工作数年，后回到美国。

一度古板的尼罗河饭店（Nile Hotel）由赛蕾那酒店集团（the Serena Hotel Group）改造成非洲风格的梦幻世界，装饰客房的艺术品、陶器和手工艺品别具风格。从客房可以俯瞰郁郁葱葱的乌干达首都坎帕拉。

本页：格丽特·奥丽总喜欢笑；对页自上至下：从中压出牛油；完成最终产品

This page: Margaret Olea loves to laugh;
opposite page: top to bottom: pressing the
paste to extract the butter; collecting the final
product