

Tender period extended for cycle track between Tsuen Wan and Tuen Mun – Stage 2A – Tuen Mun to So Kwun Wat Section

The Civil Engineering and Development Department (CEDD) today (September 29) announced that the tender period for the contract for Cycle Track between Tsuen Wan and Tuen Mun – Stage 2A – Tuen Mun to So Kwun Wat Section (Contract No. SD/2023/01) has been extended to noon on October 20.

The CEDD invited tenders for the contract on August 25. The tender period was originally scheduled to expire at noon on October 6.

The extension of the tender period was gazetted today. Details of the tender notice are available on the CEDD's website (www.cedd.gov.hk/eng/tender-notices/contracts/tender-notices/index.html).

The CEDD has commissioned Atkins China Limited to design and supervise the works. For enquiries, please call the company at 2972 1000 during office hours.

Registration appointments open to applicants of ex-gratia allowance for fishermen

The Lands Department (LandsD) announced today (September 29) that eligible fishermen, who are affected by marine works projects in the north-eastern waters of Hong Kong and with vessels not exceeding 15 metres in length, may make appointments to register for applications for ex-gratia allowance (EGA) from today. The endorsed homeports for this registration exercise are Kat O, Sai Lau Kong, Sha Tin, Sha Tau Kok, Sham Wan, Tap Mun, Kau Lau Wan, Yung Shue Au, Ap Chau and Yim Tin Tsai East/West.

An interdepartmental working group (IWG) on ex-gratia allowance for fishermen is responsible for processing the applications and disbursement of the EGA. Its members comprise representatives from the LandsD, the Agriculture, Fisheries and Conservation Department, the Marine Department, the Home Affairs Department and relevant works departments. The IWG held briefing sessions in mid-September to explain the eligibility criteria for registration, registration arrangements and other points to note to fishermen of the affected waters. Arrangements were also made for fishermen wishing to

submit EGA applications to make registration appointments on the spot.

Eligible fishermen who were unable to attend the briefing sessions may provide the required information to the Secretariat of the IWG on or before October 20 via the following means for making registration appointments:

- by phone (no. 3524 7225 / 3524 7224);
- by fax to 3524 7128;
- by post (the postmark date will be taken as the submission date) to the Fishermen Claims Assessment Unit, Unit 711, 7/F, K. Wah Centre, 191 Java Road, North Point, Hong Kong; or
- by email to eafca@landsd.gov.hk.

Fishermen making registration appointments are required to provide vessel owner's name, Hong Kong Identity Card number, contact telephone number, correspondence address and Certificate of Ownership number and homeport of the vessel.

Requests for registration appointments made after October 20 without reasonable explanation will not be considered.

Upon receiving the information required, the IWG will issue chits to applicants by post. Applicants are required to attend their appointments at the date, time and venue specified on their chits to complete the registration procedures for their EGA applications. Those who have made registration appointments but have not received any chits before November 17 or have other enquiries to make may contact the Secretariat of the IWG on 3524 7223 or 3524 7227 during office hours.

[Yellow fire danger warning](#)

Attention duty announcers, radio and TV stations:

Yellow fire danger warning

The fire danger situation today (September 29) is yellow and the risk of fire is high. People are urged to prevent fires breaking out and hikers should also be vigilant.

Public invited to express views on public library services

The Hong Kong Public Libraries (HKPL) of the Leisure and Cultural Services Department is inviting library patrons to take part in a series of Reader Liaison Group gatherings, which will be held from October 7 to 28. Patrons are welcome to express their views on public library services and make suggestions for the improvement of library facilities and service quality.

Details of the gatherings are as follows:

October 7 (Saturday)	
10am – 11.30am	Sai Kung Public Library
10.30am – noon	Yau Ma Tei Public Library
11am – 12.30pm	Po On Road, Fanling, Tsuen Wan and Ma On Shan Public Libraries
2.30pm – 4pm	Ping Shan Tin Shui Wai and Cheung Chau Public Libraries
October 8 (Sunday)	
10.30am – noon	To Kwa Wan Public Library
11am – 12.30pm	Yuen Long Public Library
11.30am – 1pm	Quarry Bay Public Library (views on North Point Public Library will also be collected)
2pm – 3.30pm	Tsing Yi and Tung Chung Public Libraries
October 14 (Saturday)	
10.30am – noon	Kowloon, South Kwai Chung and Yuen Chau Kok Public Libraries
11am – 12.30pm	Lockhart Road and Lam Tin Public Libraries
2pm – 3.30pm	North Kwai Chung Public Library
2.30pm – 4pm	Ngau Chi Wan and Tai Po Public Libraries
October 15 (Sunday)	

10am – 11.30am	Fa Yuen Street and Sheung Shui Public Libraries
11am – 12.30pm	Aberdeen and Shek Tong Tsui Public Libraries
11.30am – 1pm	Tuen Mun Public Library (views on Tai Hing Public Library will also be collected)
October 21 (Saturday)	
11am – 12.30pm	City Hall, Sham Shui Po and Tiu Keng Leng Public Libraries
11.30am – 1pm	Chai Wan Public Library
3.30pm – 5pm	Hong Kong Central Library
October 22 (Sunday)	
10.30am – noon	Sha Tin Public Library
11am – 12.30pm	Lai Chi Kok Public Library
11.30am – 1pm	Shui Wo Street Public Library
1pm – 2.30pm	Tseung Kwan O Public Library
2.30pm – 4pm	San Po Kong Public Library
October 28 (Saturday)	
10am – 11.30am	Ngau Tau Kok Public Library

Interested patrons may register online at www.hkpl.gov.hk/rlg or reserve a seat by completing the reservation form available at all public libraries. Completed forms should be returned by fax to 2415 8211 or email to hotline-lib@lcsd.gov.hk. In addition, patrons are also welcome to share their views on public library services and make suggestions at the HKPL website (www.hkpl.gov.hk/rlgform), or by completing the printed feedback form available at all public libraries in Hong Kong, on or before October 31.

For enquiries, please call 2921 0208 during office hours.

[World Heart Day heightens public vigilance against cardiovascular diseases](#)

The Department of Health (DH) today (September 29) urged members of the public to take positive steps to prevent and control cardiovascular diseases

that include heart disease and stroke. This appeal was made in support of the [World Heart Day](#), held on September 29 every year.

Globally, cardiovascular diseases are the number one killer. However, 80 per cent of premature deaths from cardiovascular diseases are preventable by limiting risk factors and practising heart-healthy behaviour, such as eating well, becoming more active, not smoking and refraining from alcohol drinking.

In Hong Kong, cardiovascular diseases are a major cause of mortality and morbidity. In 2022, there were 10 665* registered deaths attributed to cardiovascular diseases, including 6 791* deaths due to heart diseases. The Population Health Survey 2020-22 adopted the Framingham Risk Model to predict the risk of cardiovascular outcomes including coronary heart diseases, strokes, peripheral artery diseases and heart failure. Among local land-based non-institutional asymptomatic persons aged 40 to 74, 18.4 per cent were classified as high risk with cardiovascular risk 20 per cent or more over the next 10 years. The proportion of persons classified as high risk was much higher in males (34.0 per cent) than females (4.9 per cent) and increased with age from 1.1 per cent among persons aged 40 to 44 to 44.5 per cent among persons aged 65 to 74.

To promote heart health and beat cardiovascular diseases, members of the public are urged to lead a healthy lifestyle, such as eating a balanced diet and limiting the consumption of fat, salt and sugar; engaging in at least 150 minutes of moderate-intensity aerobic physical activity (such as brisk walking) or an equivalent amount of physical activity throughout the week; limiting the time spent being sedentary; saying no to tobacco; and refraining from alcohol consumption.

Apart from healthy living, another key to lowering the risk of cardiovascular diseases is screening for "Triple H" (high blood pressure, high blood glucose and high blood lipids) with early intervention if indicated. Members of the public can consult doctors about screenings for high blood pressure, diabetes and hyperlipidaemia.

The DH will continue organising health promotional campaigns using a variety of strategies to increase people's health literacy and enhance public awareness about the importance of healthy living in reducing the risk of heart disease, as well as working in close partnership with other government departments and community partners to foster a health-enhancing environment.

Members of the public can get more information about cardiovascular diseases at the latest Non-Communicable Diseases Watch article (www.chp.gov.hk/en/resources/29/283.html) issued by the DH. For more information about healthy living, please visit the Change4Health website of the DH at www.change4health.gov.hk/en/.

* Provisional figures