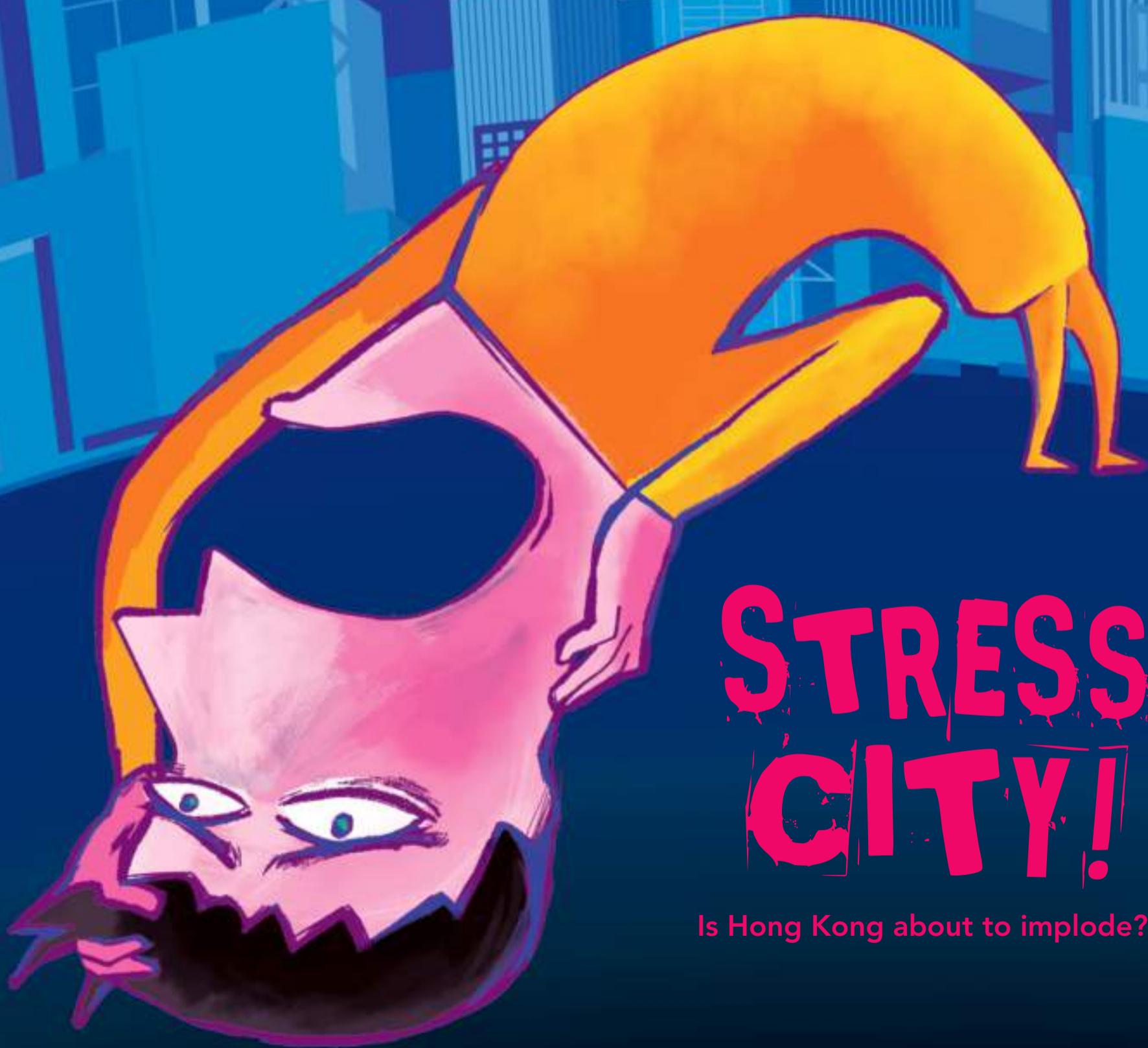


HK

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Win a staycation at the Kowloon Shang, and other great prizes!

On the Campaign Trail with Joshua Wong

Scholarism founder and Occupy Central leader Joshua Wong has applied for a judicial review, seeking to lower the age limit to run in Legco elections from 21 to 18. What if he's successful? All aboard the Wong 2016 campaign bus...

April 2016 Election campaigns begin spinning up, but secondary school students complain that now Joshua Wong is 19 and running for public office, he's out of touch with their issues and has only a surface level understanding of the difference between K-pop superstars Wonder Girls and Girls Generation. What a typical out-of-touch politician.

May 2016 A farcical mix up at the ribbon factory leaves the Wong campaign with 500,000 blue ribbons instead of the yellow ones ordered. Ingeniously, Wong uses the ribbons to create a giant portrait of his own face, earning the acclaim of intellectuals, cultural critics and a slightly threatened Ai Weiwei.

June 2016 Joshua Wong commits a gaffe in a TV debate. Instead of referring to CY Leung as "Mister Chief Executive," he calls him "Pok gai running dog Beijing apparatchik." Wong later releases a statement regretting that he "misspoke."

July 2016 Video evidence of Wong's single night of torrid passion with Regina Ip spreads over social media when Carrie Lam leaks

the footage online in an attempt to discredit both candidates. The move backfires when netizens take note of the couple's stamina, technique and evident dedication to the tantric arts.

August 2016 Joshua Wong meets secretly with representatives of the Beijing government, who strongly object to his candidacy. They pledge to block his election, whatever it takes. Wong is forced to make a deal with the devil and agrees to embark on a trip to China once every six months so the authorities can publicly detain him each time as a twice-yearly show of strength.

September 2016 Election day, and Joshua Wong is voted into office. Also taking up their seats in Legco: 30 people in functional constituencies who were totally unelected, but like, whatever.

October 2016 Joshua Wong's first act as a Legislative Council member is to force through a judicial review raising the minimum age of electoral candidates to 50. Long Hair throws a banana, and everyone goes back to business as usual.

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Where to find us!
 Editorial enquiry: hk@hkmagmedia.com
 Sales enquiry: 2565 2222 or advertising@hkmagmedia.com
 Marketing enquiry: marketing@hkmagmedia.com
 Circulation enquiry: circulationadmin@scmp.com
 HK Magazine Media Ltd.
 Morning Post Centre, 22 Dai Fat Street
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HOME



Mr. Know-It-All's

— Guide to Life —

Dear Mr. Know-It-All,

Why do Hong Kong's traditional junk boats have red sails? — Red Head

What better evocation of Hong Kong than the red-sailed junk, plying its trade across the greatest harbor in the world? The sun is setting and its orange rays catch on red canvas, flaring into brilliant spots of warm, loving light against a deep blue sea.

But why are they that vivid scarlet, so effective against the blues of the city, the skyline, and the falling dusk? Is it something to do with the fact that red is such an auspicious color?

Well, only slightly. Junks have what's known as "battened" sails—meaning that they are strengthened with spines of bamboo running through them to provide stability. Sails carry a large surface area to catch as much wind as possible, but this method of sectioning the sail means that small rips and tears won't render the whole thing useless—a pretty useful attribute when you're fighting typhoons all through the rainy months.

Before the introduction of cloth and canvas, junk sails were originally made from mats of woven grass or bamboo. But a life at sea is pretty tough on organic matter, and mildew and rot would easily set in. The last thing you want at sea is to discover that your sail's fallen apart.

The reddish-brown color of the traditional junk sail is a result of an additive, what's known as "tanbark." The woven grass (then later canvas) sails were "tanned" to protect them from the elements—dipped in tannins extracted from the bark of oak trees. This "tanbark" had been ground down into a rich red-brown powder to extract as much tannin as possible, and the powder stained the sails their characteristic color.

Of course, nowadays tanbark sails are an affectation, not an essential part of survival at sea. The junks that meander around the harbor these days—the **Aqua Luna** (aqualuna.com.hk, 2116-8821) and the recently relaunched **Duk Ling** (dukling.com.hk, 2368-8885) use motors, not wind, to power their way. Their cargo is people, not goods. And so their tanbark sails are a vivid, spotless and very auspicious red.

They may not have the worn-out charm of the thousands of junks which flitted around Hong Kong in times gone by—but they do have the pleasant side effect of looking very beautiful indeed when the sun sets over the South China Sea.



Check out my majestic red junk

Mr. Know-It-All answers your questions and quells your urban concerns. Send queries, troubles or problems to mrkia@hkmagmedia.com.

My Perfect
HK

This week in My Perfect HK:
The South China Morning Post recently reported on parents who are sending their kids to kindergarten not in yet another boring classroom, but to an outdoor nursery that's all about teaching kids to play and learn outdoors. We think that's amazing, no matter your age. It's too easy to spend our lives on the inside looking out—why not try going outside to look in, instead—as often as possible? Just try to do it somewhere away from a main road...

Letters

"What a 'great' sexist term to teach, HK Magazine!"

Testy Theories

Mr Know-It-All answered the question of why chaan teng waiters are so testy [Oct 9, issue 1117]. Facebook readers agreed...

It's HK for ya, you either know what you want or stop wasting his time. Very good motto to live by if you ask me.

Ethan Leung

Testy, but sincere.

Jetboy Lee

If you've never worked in a professional Chinese kitchen you'll never know/understand the answer.

Jane Lam

Whoops

Last week's "Blowing Water" [Oct 9, issue 1117] was paa fong, "steak house," which means "a room full of unattractive women." Facebook readers weren't impressed...

How do you say "a room of ugly men" so we can at least try to compete with such a nice comparison?

Claire Viaggi

Women aren't as shallow as men. Only men would be so rude to judge women in those

terms. As a lady there's no need to judge a man's physical form but instead women are deeper. They care for what's inside. Don't lower yourself by following men's status quo.

Ryan BaaBu

What a "great" sexist term to teach, HK Magazine! Women really have lots of spare time to deal with day-to-day sexism, don't they? Bravo!

Yuanna Hui

Awesome, does this publication have no editor, editorial team or screening process? I'm so glad I learned a new sexist term today that judges women based on looks. There weren't enough before.

Eva Cohen

Out of all the things you could teach, why would you teach non-canto speaking expats who already have a reputation of being assholes something that would set society back further?

Jordan Chen

[HK Magazine would like to apologize for any offense caused and hopes that this week's "Blowing Water" (p.9) helps to redress the balance.—Ed.]

#PrivateEyeHK



Eastside Sunset

Photo by Kevin Lim (Instagram @kevinlimstagram)

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THE WEEK



Friday 10/16 Got Pot?

Slideluck Hong Kong returns for a second year to welcome artists, home cooks and foodies to this creative potluck. Artists are exhibiting their works on the theme of "contrast," and if you want to show off those killer plating skills, bring your best dish and recipe: Prizes are available for those with the best presentation, best savory dish and best sweet dish.

6:45pm. The White Loft, Unit D, 10/F, Yally Industrial Building, 6 Yip Fat St., Wong Chuk Hang. Free tickets from pelago.co/slideluckHK.

Sunday 10/18 Saucy Song

Beijing artist Song Dong has created "Sketch," which consists of two edible exhibits: He's crafted towns and cities out of crackers, biscuits and wafers and painted with sauce... and yes, you can eat them. Go forth and nom, before the biscuits go all soggy and icky.

Through Nov 7. Pace Hong Kong, 15C Entertainment Building, 30 Queens Rd. Central; Duddell's, 3/F, Shanghai Tang Mansion, 1 Duddell St., Central. Free.



© Song Dong, courtesy of Pace Hong Kong and Duddell's

Monday 10/19 Rum-a-Dum-Dum

Rummin' Tings is back with its weekly **Quiz Night**. First place winner gets a voucher for \$500, second place gets a bottle of rum, and you get to play a little rum roulette if you come in last.

8pm. Rummin' Tings, 28 Hollywood Rd., Central, 2523-7070. Register at info@rummintings.hk.

Tuesday 10/20 WHAAAT?!

It's time to get low: **Lil Jon** is in town. YAEEUUUHHHH!
11pm. Levels, 2/F, On Hing Building, 1 On Hing Terrace, Central, 2811-1568.

Wednesday 10/21 99 Problems

It's the **Chung Yeung Festival**, aka Double Ninth Festival: the ninth day of the ninth lunar month. Hike the Peak, drink lots of chrysanthemum tea (or chrysanthemum wine, if you wanna go all the way), and sweep some graves to ward off the danger of having too many nines in your life.

Thursday 10/22 Boom Boom Pow

Hidden Agenda brings in drummers Ivan Wing from King Ly Chee and Kinman Leung from Evocation for their final **Drum Workshop**. Learn to rock those sticks, or just go for some rhythmic banging.
7-10pm. 2A, Winful Industrial Building, 15-17 Tai Yip St., Kwun Tong. \$150 at the door.

Oct 19-29. Book a table from www.gormei.com.

Saturday 10/17 Going Nowhere Fast

Indie-rockers Nowhere Boys are screening their first music video, "Rhapsody" at Orange Peel Music Lounge. They'll also be performing their songs live, alongside fellow musicians Jing Wong and Michael Lai.
10pm. Orange Peel Music Lounge, 2/F, 38-44 D'Aguilar St., Central. \$150 at the door.



Friday 10/23 ¡Viva España!

Six Spanish restaurants are collaborating with the Spanish Chamber of Commerce on the very first **Spanish Food Festival**. Catalunya, FoFo by el Willy, La Paloma, Quemo, Timón Seafood Tapas Bar and Plaza Mayor will be promoting authentic Spanish everything, from paella to gazpacho to jamón ibérico.
Oct 19-29. Book a table from www.gormei.com.

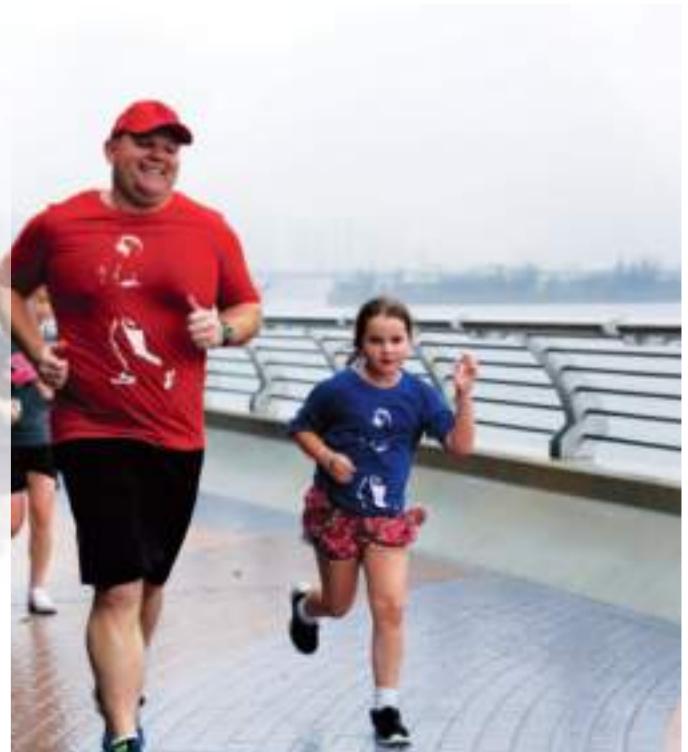


Saturday 10/24 Holes and Strokes

The oldest professional sports event in the SAR, the **UBS Hong Kong Open** has been a yearly tradition with golf lovers since 1959. With a prize pool of US\$2 million, we'd be teeing up too—if they let us.
Oct 22-25. HK Golf Club, Lot 1, Fan Kam Rd., Sheung Shui. Free tickets for Oct 22 from europeantour.com; \$150-600 from www.cityline.com thereafter.

Run Fox Run

Terry Fox ran across Canada with only one leg while battling terminal cancer. If he can do it, so can you: Join the **Terry Fox Run** to run in his memory, run for cancer research... or walk, if you want: It's 3, 5, or 10km of family fun. The whole thing is run by volunteers, so the money you're donating goes straight to research. There are hot dogs and performances when you're done, too.
Nov 7, 10am. Renaissance College, Ma On Shan. Register at tiny.cc/hk-terryfox.





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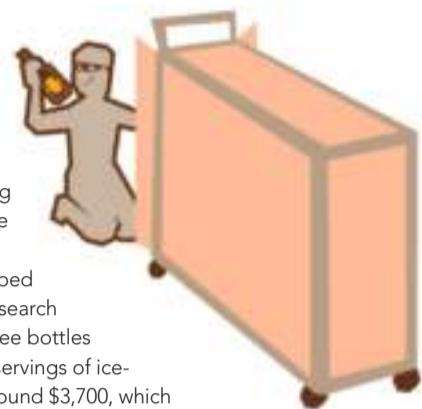
NEWS

Last Week In Reality

SAT 3

Explane This

A 51-year-old aircraft cabin cleaner is leaving the airport at the end of his shift when he is stopped by police. They search him and find three bottles of wine and 17 servings of ice-cream, worth around \$3,700, which they suspect he had stolen from an aircraft cabin. Police later search his flat in Sham Shui Po and discover three bottles of VSOP brandy, worth around \$1,200. He is arrested.



SUN 4

Wedding Balls

A professional magician appears in court charged with indecent assault of a minor. A month ago in Tai Po he allegedly bundled a 15-year-old girl into a disabled toilet stall and took out his penis, attempting to masturbate in front of her. The girl screamed for help and escaped, and the girl's mother called the police. In court, the man says that it is his wedding day, and he applies for bail to be able to attend the ceremony. The magistrate rejects his request and detains him pending trial.

MON 5

Wigging Out

A man tries to pick up a girl in Lan Kwai Fong at 5am. She is not interested, but he is persistent. He follows her to Wyndham Street, where the girl's boyfriend warns him off. The man punches and kicks the boyfriend, before pulling out a five-inch knife and threatening the couple. Police arrest him and both men are sent to the hospital. A wig and an empty bottle are left at the scene.

TUE 6

Pole Prancers

Just before dawn, three students from HKUST sneak into a construction site near the university and attempt to steal several lengths of bamboo. A security guard hears them and chases them for 100 meters before catching the thieves. They are arrested. The students claim that they needed the bamboo for a banner they were making as a school project.

WED 7

Re-Explosion

An unexploded bomb dating back to World War II is found in a construction site near Queen Mary Hospital. The Explosive Ordnance Disposal Bureau examines the half-meter long device and concludes that it is still armed, and must be detonated in a controlled explosion. Over 500 people from nearby residences, Hospital Authority buildings, nursing schools and dormitories are evacuated. An initial detonation is unsuccessful, and authorities must explode the bomb a second time before the area is declared safe.



THU 8

Date Drama

A 24-year-old model is convicted of stealing an iPhone during her first date with a chef last December. While on the date the model asked the chef, who claimed to be a restaurateur, to buy her \$200,000 worth of gifts from Chanel. When he refused, she asked to borrow his iPhone to call her brother, but then left with the phone. The model acted for herself in court, claiming that accepting expensive gifts is widely accepted in the modelling industry. She says that she took the phone because she required compensation for wasting a whole day with him, and that if she had known he was just a chef she never would have gone on the date.



FRI 9

Manners Lesson

A 58-year-old man having breakfast in a Kwun Tong cha chaan teng uses his own spoon to scoop sugar into his milk tea. After stirring the sugar into the drink he licks it clean before going back for more sugar. A man sitting opposite him scolds him, saying that he has no class. The 58-year-old becomes upset and invites him outside to fight. The two men get into a violent altercation, which leaves the 58-year-old unconscious. He is taken to hospital. The second man escapes, but police arrest a suspect that evening.

Quote of the Week

"I have 200 times his impact factor.
Please Google search 'impact factor.'"

Dr. Hui Li, Associate Professor of Hong Kong University, insists that he is more impactful than Johannes Chan, the professor blocked from the post of Pro-Vice-Chancellor at HKU. In a public forum Li compared his own academic achievements to those of Chan, the current Dean of the Faculty of Law. He maintained that he is 200 times more academically influential than Chan, as measured by "impact factor," the frequency with which authors are quoted.

Talking Points

We read the news, so you don't have to.

Joshua Wong Wants to Run for Legco

Scholarism leader Joshua Wong has filed a request for judicial review, seeking to lower the age limit for candidates in legislative elections from 21 to 18. Wong, who has just turned 19, says that it is unfair to place this age limit on a Legco seat when the age limit for a place in the NPC Standing Committee is 18. If his judicial review—which will take three to six months—is successful, Wong says he will consider running for office. The average age of current Legco members is 57.

Our take: Joshua Wong for Chief Executive!

Decolonization Begins with Post Boxes

Of the 1,148 postboxes in Hong Kong, 59 of them were erected before the Handover and still feature the royal cypher of the British Royal family. But now Hongkong Post is covering up the emblems with the postal service's own logo, and there are even plans to remove some of the city's century-old mailboxes. Conservation groups have decried this destruction of the city's heritage, while lawmaker Claudia Mo has alleged that officials from the Commerce and Economic Development Bureau ordered the cover-up.

Our take: What harm are they doing, exactly? Are post office workers suddenly feeling oppressed by monarchist semiments?



Illustration: Elaine Tang

Street Talk



So you think you know Cantonese? Translator and etymologist **Dr. Chapman Chen** is putting together a book, "A Comprehensive Dictionary of Orthodox Cantonese Characters and Phrases," which explores the history of Cantonese that we use today. He tells Adrienne Chum about the elegance of the language and the need to keep things local.

HK Magazine: So what's the book about?

Chapman Chen: Cantonese has about 3,000 years of history, so I'm making a comprehensive dictionary with about 1,500 entries. The purpose of the dictionary is to prove that Cantonese is an elegant language—rather than a colloquial dialect, as Beijing claims. Many Cantonese phrases come from Chinese classics. They have an extremely ancient origin, so the correct written forms are often forgotten. Modern Cantonese speakers have invented informal characters for them, which look uncouth. The dictionary will show the correct way to write them.

HK: What's so great about Cantonese anyway?

CC: Cantonese reflects orthodox Chinese culture, and is a carrier of Hong Kong's identity. Hong Kong is to China what Ukraine is to Russia. Putonghua is an artificial language imposed by the Chinese Communist Party, not a naturally evolved language.

HK: What inspired you to put this book together?

CC: We Hongkongers are trying to preserve Cantonese, just as the Scots are trying to preserve their language, and the Barcelonans are trying to preserve Catalan. Putonghua is actually the colloquial language—for example, to eat in Cantonese is *sik faan* (食飯), which is classical Chinese—but in Putonghua, they say *chī fàn* (吃饭), which

is actually a northern colloquialism. Cantonese inherited final consonants from Tang Dynasty speech, so reading old poems in Cantonese sounds much better, more musical. Putonghua doesn't have these sounds.

HK: Why not?

CC: Putonghua was seriously contaminated by barbarians, by the languages of the Mongolians and the Manchurians. Their phonemes are very lacking. An example is *hap* (盍), to close—Putonghua reads it as hé, which doesn't actually close your mouth. Many four-character idioms have also been preserved through our language, but are very difficult to say in Putonghua.

HK: Do you think there's pressure for Hong Kong to switch from Cantonese to Putonghua?

CC: The government says they don't force schools to teach Putonghua, but provides many millions of dollars to support Putonghua education. The Education Bureau encourages schools to teach Chinese classes in Putonghua and to adopt it as the medium of instruction—schools get subsidies. Linguist Robert Bauer conducted a study showing that currently more than 70 percent of primary schools teach in Putonghua, and at least 25 percent of secondary schools do. He estimates that in 10 years, Cantonese will become a sub-class and sub-culture language, similar to how it is

in Guangdong. So I need to make this dictionary to save the language!

HK: What should people do about it?

CC: To be clear, there is no problem with learning Putonghua, but we are against using it as the medium of instruction. We need to educate parents too: Some parents think that learning Putonghua as the main language will give their kids an advantage in academics or when looking for work, but it's not true. We need to give priority to and protect local interests.

HK: How do you feel about the way Cantonese has evolved in recent years?

CC: Hong Kong does not need to follow China in everything; we don't need to adopt northern colloquialisms and slang in our writing. And yet, people have been using them. Of course, young people are also using "lazy tones"—replacing *ng* with *n*, things like that.

HK: So is Cantonese a language, or a dialect?

CC: It's definitely a language, not a dialect.

Dr. Chen collaborates with cultural preservation charity C for Culture. For more information on supporting the dictionary, visit facebook.com/cforculture or email admin@cforculture.org.

Blowing Water

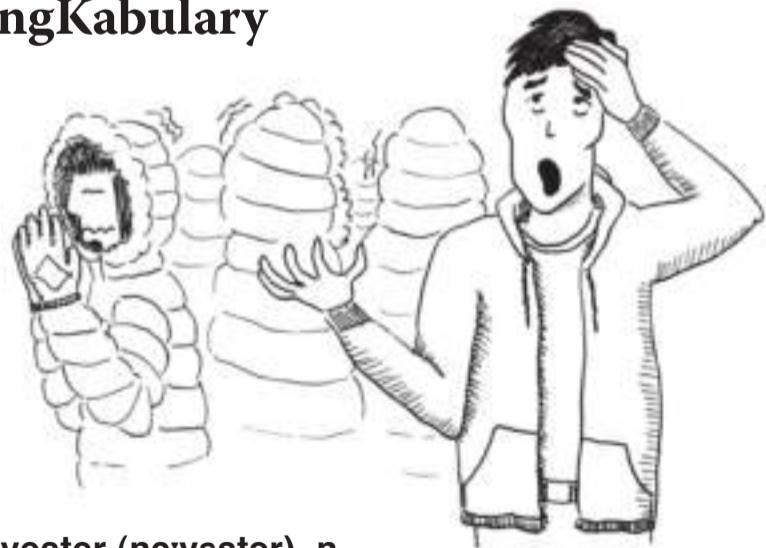
吹水 (*chui sui*), v. Cantonese slang. To chat, bullshit.

duk⁶ naam⁴
毒男

"POISON MAN"

"Dweeb/nerd/geek." A socially awkward, unattractive man interested in anime and comics, who is incapable of talking to women. Sounds similar to *duk naam* (獨男), "single/lonely man."

HongKabulary



Nor'vester (nɔ:vəstər), n.

Weather which dips below 24°C, after which the whole of Hong Kong breaks out North Face jackets and vintage furs. "It's getting a bit chilly. Guess I should put on my cardigan—wait, why is everybody in Arctic survival gear?" "Aye, there be a cruel Nor'vester blowing in this month."

PRESSURE POIN

Overworked, underpaid, underappreciated... and you're not alone. Hong Kong is drowning in stress, and we're sinking fast. By **Justin Heifetz**

As Minal Mahtani handed out ribbons to raise awareness of mental health issues in Central last Saturday, she didn't ask for donations. Her ribbons were green, to signify growth and new beginnings. But in Hong Kong—Asia's stressed-out city—the battle's just beginning.

A government report by the Census and Statistics Department found last year that Hongkongers work an average of 2,300 hours each year—well eclipsing the average of 1,700 hours per annum of other developed countries. In fact, Hongkongers are working so much uncompensated overtime that it's running a tab of some \$10 billion, the Hong Kong Confederation of Trade Unions estimates. And the city is stressed out to the brink.

Mahtani is the founder and organizer of OCD [Obsessive-compulsive disorder] and Anxiety Support HK, which runs a support group twice a month for the city's stressed-out workers. She says that some Hongkongers are so crippled by stress they can't leave their homes without suffering acute symptoms. "Many are having panic attacks because they feel they can't speak to their bosses about workloads," says Mahtani. "They can't speak to their colleagues about delegating work, because they feel like they'll be judged and they begin to socially isolate themselves."

Occupational Hazards

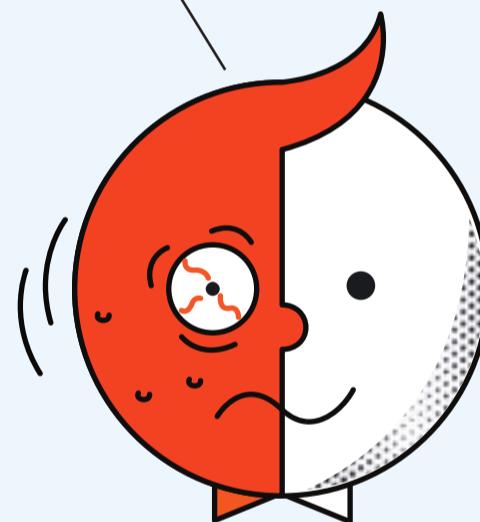
Are certain jobs in Hong Kong more stressful than others? Back in 2004, the government's Occupational Safety and Health Council conducted a phone survey which revealed that in Hong Kong, those working in the telecoms industry were the most stressed—followed by teaching, finance and property management, transportation and logistics and then construction.

Bonnie Yau, the Council's executive director, says that "one in five people in Hong Kong may have mental illness," which she attributes to high and "devastating" levels of work stress. A survey sponsored by the Council, along with the non-profit Federation of Youth Groups, surveyed 377 workers in June and found that 60 percent suffered from high levels of stress.

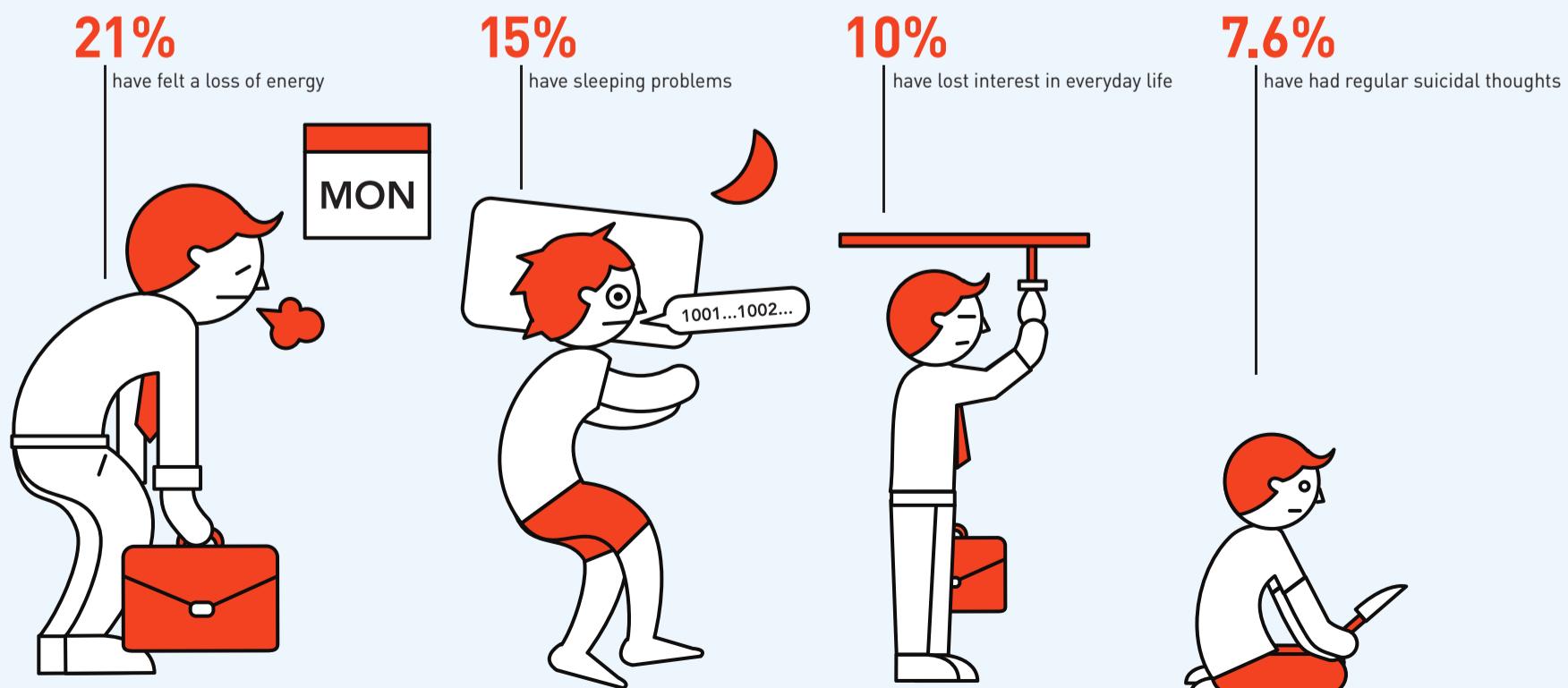
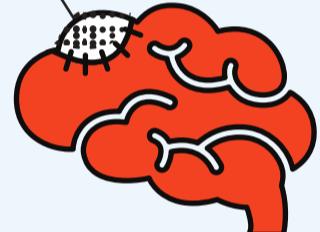
Oh God, It's All Too Much

The city's workforce isn't exactly relaxed...

60%
feel highly stressed from their jobs



18%
need psychological treatment



TS



25% show levels of depression and anxiety, which is **250%** higher than the global average

50%
feel they have poor mental health



Lulls and Lethargy

Mahtani says that those who attend her support group often suffer from low cortisol levels—the fight-or-flight hormone vital for combating stress. Constant and long-term stress causes cortisol to dip—and low cortisol levels can wreak havoc on the body. One of the most common health risks generated by low cortisol is depression—and in Hong Kong, depression is rampant.

The Mental Health Association of Hong Kong (MHA) is an NGO that has been serving Hong Kong's mentally ill and handicapped since 1954. MHA data shows that 11.8 percent of the Hong Kong population is depressed. That's compared to an average of 4 to 5 percent in other developed cities.

"Resistance to stress is like resistance to bacteria and germs—everyone has his or her own resistance to it," says Dr. Jackie Fu Chi-kin, a psychiatrist with the MHA. "If stress is excessive, it may turn into more serious issues, including mood disorders."

In January this year, the MHA released the results of a screening of Hong Kong's adult work force, through all districts of the city. Respondents widely reported loss of energy, insomnia, waning interest in everyday life and even suicidal ideation.

Statistics compiled from: Mental Health Association of Hong Kong, Occupational Safety and Health Council, Whole Person Education Foundation

Anxious to Learn

The fight against stress is especially difficult for Hong Kong's women. "We see in females that the onset of depression is mostly in their mid-30s," says Dr. Fu, noting that the occurrence of depression is far and away higher in Hong Kong's women than in Western countries. "When women get married, they have lots of roles—from working a job, to being a mother and also being a daughter of their in-laws."

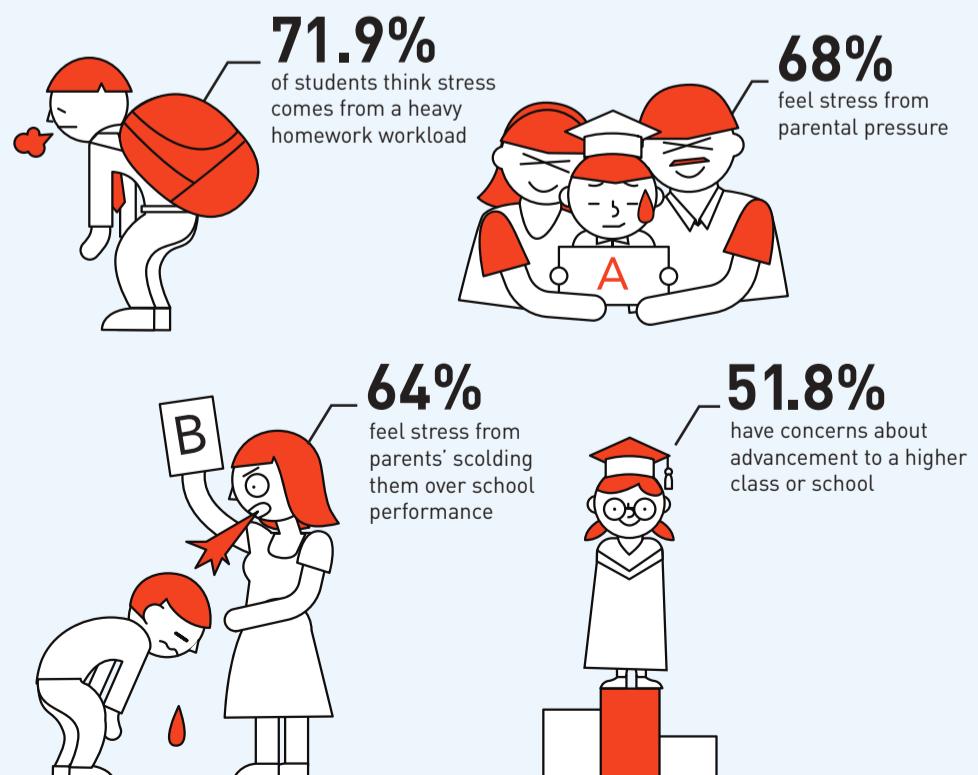
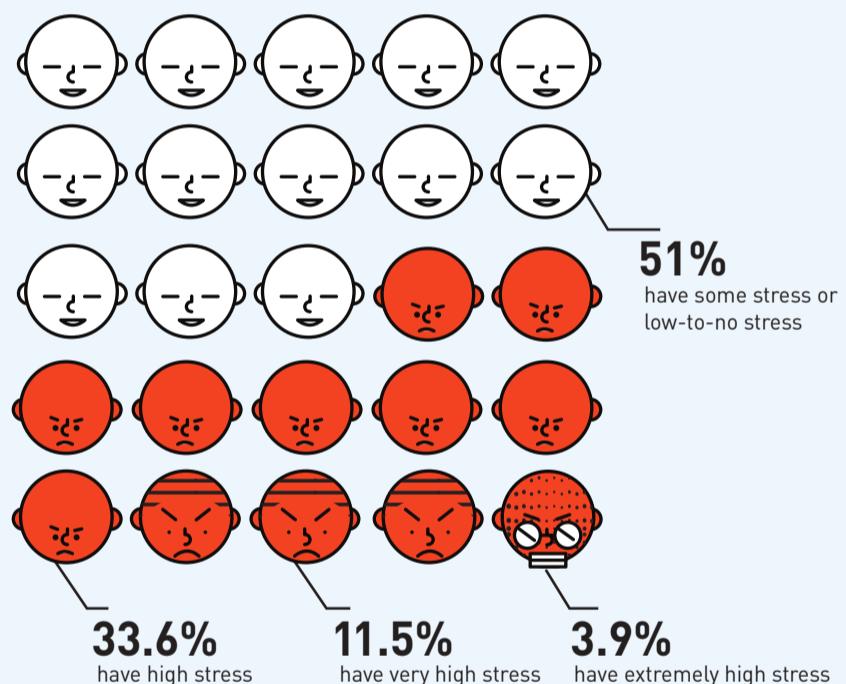
But it's not only Hong Kong's adults who are susceptible to the dangers of stress; new research shows that a dangerous culture of pressure begins in the city at an early age. A survey taken by the MHA of secondary students in Kwun Tong from April to June this year found that just short of half of respondents reported higher levels of stress than normal.

"If students do not have a healthy way to deal with their problems or release their tension, this will lead to mental health problems," says Ching Chi-kong, the MHA's assistant director of service and education. Last month alone there were three high-profile student suicides. Another survey, conducted by the Federation of Youth Groups of 4,000 students over the last two months, found that 40 percent suffer from symptoms of anxiety.

Those findings were released hot on the heels of a government panel report into the causes of unnatural death in the city's children. Typically, in developed cities the highest cause of unnatural death is accidents. In Hong Kong, it's suicide.

Secondary Stress

Welcome to high school: this is going to suck.



Deal With It



Aerobic Therapy

Is there a solution? Exercise, for one. The Mental Health Association's screening found that most Hongkongers who reported negative symptoms don't do regular exercise.

"Normally, Hong Kong people think that they are too busy at work and feel a lack of energy after work," says Ching Chi-kong of the MHA. "They say that they have no time or energy to do physical exercise. But we found that if people do more exercise, they have less depressive moods."

The MHA invited City University of Hong Kong to study the effects of alleviating depression with exercise. The study found that of three types of exercise— aerobic, stretching and weight training—the only one that helped alleviate symptoms of depression was aerobic exercise.

Another interesting find is that Hong Kong's aging population—a demographic that reports doing more exercise—experiences less stress and depression than others. The research team at the MHA hasn't found any further links between exercise and stress in this age group, but believe that the age group is more able to pay attention to their physical health because they work less.

Paid in Panic

The MHA has found that family interaction is crucial for mental health and keeping stress at bay. "People need to help other people deal with stress, and that's why family communication is so important," says Ching, who's also a clinical social worker.

But the demanding and over-competitive nature of work in Asia's world city—where three in four work overtime without pay, as the government's Standard Working Hours Committee found in January—is tearing into family time.

Support group organizer Minal Mahtani says that middle-aged men come to her group seeking help because of financial stressors. Unable to keep up with their families' financial expectations—along with soaring housing prices and retirement planning—they don't know how to express their perceived failures. Some have complained to Mahtani of escaping to the office toilets during lunch breaks to have panic attacks.

"Not enough is being done to help those who are struggling," says Mahtani. "It's that elephant in the room that no one wants to address—not the government, not employers and sadly not individuals. They don't know who to turn to."

Stressed Administrative Region

We ask the public: What stresses you out?



Mrs. Lee, 62, retired

"I am a cancer survivor and my health is what concerns me the most. I'm constantly worried that my illness will relapse, and cancer treatment costs a lot too."



Anthony, 23, working at an auditing firm

"Meeting deadlines and requirements at work, and constantly working until late at night is really stressful."



Peter, 68, security guard

"In general, I get really annoyed by noise and being in crowded places. In life, I think my job is what stresses me out the most because I'm always worried about my income, stability and meeting my boss's requirements."



Evelyn, 53, domestic helper

I've been working in Hong Kong for 21 years now. I'm quite used to my work and have gained a certain level of trust from my employer, so I don't really get stressed out by work. The thing that worries me most in life right now is my family back in the Philippines. Other than that, I'm really happy with my work."—Kate Lok

Feeling stressed out? Here's where to go for help.

OCD and Anxiety Support HK

Runs counseling and support sessions twice a month. The next two meetings are Nov 14 and 28, 2:30-4:15pm.
Jadis Burton Family Development Center, 19/F Kennedy Town Centre, 23 Belcher's St., Kennedy Town.

Queen Mary Hospital—Private Psychiatry

Private counseling and psychiatric services. You'll need a referral from your doctor for an appointment.
Fees from \$1850 for the first consultation and then \$1230 thereafter.

102 Pok Fu Lam Rd., Pok Fu Lam, 2255-3067.

Alcoholics Anonymous

Do you think you have a problem? No judgment here. Alcohol and substance abuse support.
12 Borrett Rd., Mid-Levels, aa-hk.org.

Illustrations: Joyce Kwok



Source: Department of Health

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CCB (Asia) Hong Kong Wine & Dine

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22-25.10.2015



Get ready to kick off the biggest-ever CCB (Asia) Hong Kong Wine & Dine Festival!

Prep your palate with a crisp sparkling wine. Choose something off the grill to go with the delicate tannins from a vibrant red. See whether the sweets on offer would go better with the lengthy finish of a dessert wine or the leathery aroma of whisky. With over 340 booths to tempt your palate and the stunning skyline and live entertainment to distract, making up your mind might just take another round. So as you move on to craft beer, take a saunter around the glamorous waterfront then sit back and soak up the festive ambience while contemplating your next gastronomic stop.



New addition of whisky and craft beer zones.

Festival Info

Date & Time

22 October 8–11:30pm
23 October Noon to 11:30pm
24 October Noon to 11:30pm
25 October Noon to 10:00pm
Ticket sales and admission are closed at 11pm from 22–24 October, and at 9:30pm on 25 October.

Venue

Central Harbourfront Event Space
(Near Central Piers 9 & 10)

Admission

HK\$30 per person

Half-price concessionary tickets for seniors 65+ and children aged three to 11 (under-threes go free; proof of identity required)

How to get there

- MTR Admiralty Station, take Exit A and walk 10 minutes
- MTR Central Station, take Exit A and walk 10 minutes
- MTR Hong Kong Station, take Exit A2 and walk eight minutes
- Take the Star Ferry from Tsim Sha Tsui to Central and walk two minutes

Wine tasting participants must be aged 18 or above.

If you drink, don't drive!

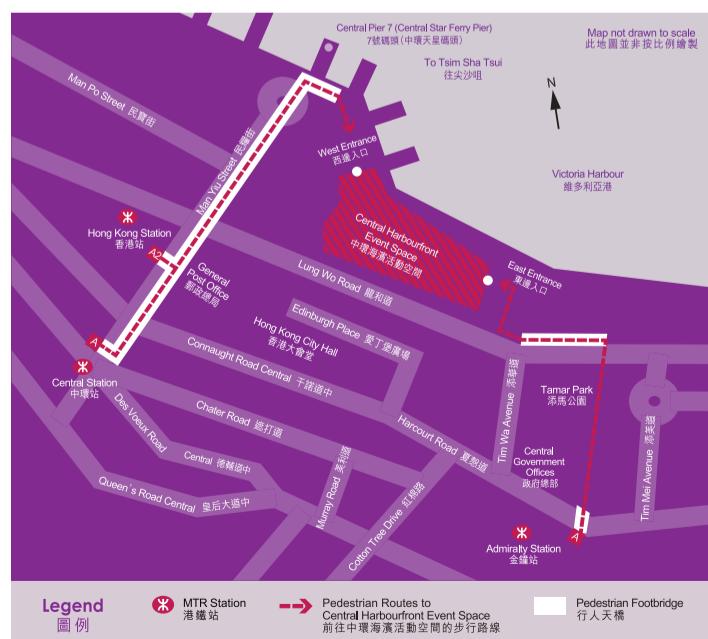
Ticketing

	HK\$	HK\$	
Classic Wine Pass	\$200	Grand Wine Pass for Two	\$1,000
Grand Wine Pass	\$480	Garden Party Pass (New)	\$520

Ticketing Channels

- Until 25 October: www.cityline.com
- Until 25 October (noon): selected tour desks
- 16–25 October (noon): Hong Kong Tourism Board Visitor Centre, Star Ferry Concourse, Tsim Sha Tsui, Kowloon
- 22–25 October: Cashiers at event venue

Purchase wine passes and Tasting Room programmes before 22 October to enjoy **FREE ADMISSION!**



Special Offers

Upon payment with selected credit cards or presentation of membership card, the following members can enjoy discounts:

CCB (Asia) Credit Card and CCB Credit Card Holders

- HK\$30 discount on purchase of wine passes for Visa and MasterCard card holders
- HK\$60 discount on purchase of wine passes for UnionPay card holders^
- 10% discount on purchase of 'Tasting Room' programme

Terms and conditions apply. For other fabulous offers, please visit www.asia.ccb.com for details.

Cathay Pacific Marco Polo Club Member

HK\$25 discount on purchase of wine passes#

[^] Not applicable at Hong Kong Tourism Board Visitor Centre, Star Ferry Concourse, Tsim Sha Tsui

[#] Available on site and at Hong Kong Tourism Board Visitor Centre, Star Ferry Concourse, Tsim Sha Tsui, Kowloon

For ticketing details, please see DiscoverHongKong.com/WineDine/Ticketing

Other Highlights

- World of Food and Music 2015: 1,8,15 November
- Cheers for Fashion Walk: 14 November
- Lan Kwai Fong Carnival 2015: 21–22 November
- Food & Wine Tours & Classes
- Exclusive Offers

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Crowd Marketing

Industrial and graphic designer Tiffany Wan has come up with a series of three posters on the theme of Hong Kong's wet markets to launch her new online shop, Wanderlab. "Hong Kong Markets" draws on the iconic symbols of our wet markets, from hanging meat to the distinctive red lamps. She's using Kickstarter to fund her project: So if you like what you see, drop her a buck at tiny.cc/hk-wanderlab.

FASHION

LOOKBOOK

Edited by Zoe Chan
Blogger & Stylist at normalchic.com | Instagram @zoe_normalchic



Photo: Jean Sippanha

Livin' La Vida Local

I used to be a fashion buyer and I've worked with plenty of talented Hong Kong designers, but I'm still always surprised by the creativity of fashion newcomers in the SAR. Here I'm wearing a dress from **La Peewee's** SS16 collection: I love this rare shade of turquoise. This fall when you're looking for a new wardrobe, take the time to check out some local designers—you'll be surprised!



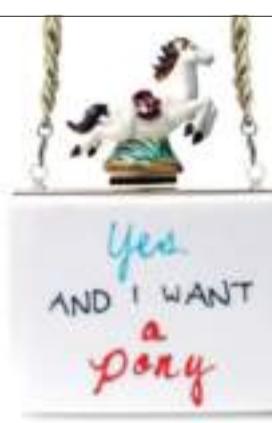
Diamond Ring bag,
\$1,880 from Homanz



I Love My Family bracelet,
\$2,298 from Les Amis



Handmade necklace,
\$856 from Ms. Chic



Pony Clutch,
\$3,250 from Cecilia Ma Couture

Dress, \$1,980 from **La Peewee**,
www.lapeewee.com.

Homanz, www.homanz.com.

Les Amis, 6B Union Commercial Building,
12-16 Lyndhurst Terrace, Central, 3796-3688.

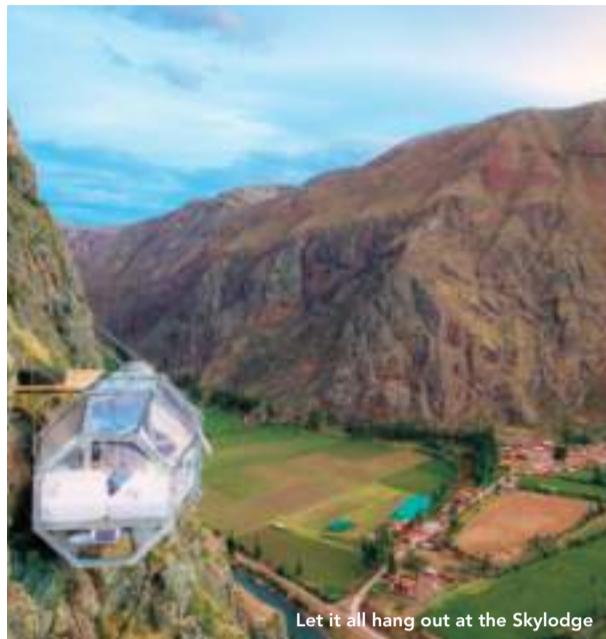
Ms. Chic available at www.pinkoi.com.

Cecilia Ma Couture, S503, PMQ,
35 Aberdeen St., Central, 3690-2900.

Got a great street style shot? Tag us on Instagram @HK_Magazine!

ESCAPE ROUTES

Edited by M.C. Hughes



Let it all hang out at the Skylodge

Today's traveler is looking for something more than unashamed luxury. Sure, location is paramount—but the harder to reach and the more extreme it is, the more attractive the challenge becomes. Here are some great unconventional holiday options.

Skylodge, Peru

It's not one for the faint-hearted: This once-in-a-lifetime experience offers travelers the unique opportunity to spend a night precariously perched in a transparent, condor nest-style capsule suspended on the edge of a cliff. The exhilarating 300-degree view affords guests an unparalleled look at the breathtaking Sacred Valley of the Incas below. Getting to the



You, your lover and no one else for miles on the Alexa

world's first hanging lodge is no easy matter; guests must first scale a daunting rock face, climbing 400 meters using steel cables, or get to grips with zip lines and a rugged trail. From \$2,213 per night, including transportation.

www.naturavive.com.

Alexa Private Yacht, Indonesia

If you long for a romantic getaway with a difference, then the single-cabin private yacht Alexa is a honeymooners' dream. The yacht, lovingly converted from a former cargo boat, sleeps just two guests as it flits around the picturesque Indonesian islands. You can dine on deserted beaches, take an expedition

to remote tribal villages, sleep under the stars or just relax and indulge in onboard spa treatments provided by the vessel's very own therapist. Bookings can be a standalone experience or as part of a greater Indonesian itinerary. Prices from US\$3,000 (\$23,250) per night, inclusive of gourmet meals, diving, treatments and trips. Minimum booking three nights. alexaprivatecruises.com

Caving in Son Doong, Vietnam

Visitors to Vietnam are treated to many cultural, historical and sightseeing highlights, but a recent addition to the list is the wondrous Son Doong Cave, which has only been open to the public since 2013. This cave on the Laos-Vietnam border is home to the largest cave in the world: A trek here is physically demanding, but truly invigorating. Remember to bring a camera. Prices from VND66,000,000 (\$2,095). oxalis.com.vn.

A BBQ cook-off on Route 66

Why not do something different on an iconic road trip across America? Trafalgar Tours has launched a 15-day-long Route 66 Tour taking in all the sights along the legendary highway that runs across eight states, from Chicago to Los Angeles. This is your chance to meet the national barbecue champions of the United States, the Randles and the Mellows, at a "Be My Guest" dinner. You'll chow down rib-sticking classics in St. Louis' historic Forest Park, home to the 1904 World's Fair, before splitting into teams for an American-style cook-off with your fellow travelers. Prices start at US\$4,545 (\$35,224) for the full two-week trip. www.trafalgar.com, email info.asia@trafalgartours.com for more.

Asian luxury tour company Lightfoot Travel runs custom itineraries to all of these locations except for the Route 66 trip: see lightfoottravel.com for more.

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Fright Fêtes

Evelyn Lok rounds up 2015's spookiest Halloween parties for every kind of creature of the night.



Stay dead, not alive all night

For... Halloween Purists

Dead Not Alive Halloween

The **Alive Not Dead** crew returns once again with the city's sexiest Halloween bash, featuring a lineup of international and local DJs. Costumes mandatory.

Oct 31, 10pm. Armani/Privé, 2/F, Chater House, 8 Connaught Rd. Central, 3583-2828. \$600 from www.alivenotdead.com/halloween, \$800 at the door before 1am; both include two drinks. \$400 after 1am with one drink.

Cé La Vi: Angels & Demons

Don halos and horns to celebrate Halloween at the very top of LKF with **Cé La Vi**. Get your tickets quick: as the club says, the one thing scarier than Halloween is not being on the guest list.

Oct 31, 9pm-late. Cé La Vi, 24-26/F, California Tower, 32 D'Aguilar St., Central, 3700-2300. \$500 from hk.celavi.com, includes two drinks.

FuFu: Black Magic Voodoo

Mahalo Tiki Lounge brings a touch of black magic voodoo to town this Halloween. Dress code is "New Orleans voodoo," which probably means top hats and skull paint. Or maybe a sexy, powdery, undead beignet?

Oct 31, 8pm-4am. Mahalo Tiki Lounge, 29/F, QRE Plaza, 202 Queen's Rd. East, Wan Chai, 2488-8750. \$200-250 from www.ticketflap.com, \$300 at the door; all include one drink.

For... Hardcore Costumers

Ham & Scary Halloween Party

Ham & Sherry's offering Halloween themed drinks all night, including "spiced pumpkin Jack-o'-lantern" and "trick-or-treat" shots—plus, a \$2,000 bar tab goes to the best-dressed of the night. Don't drunkenly buy drinks for whole house now...

Oct 31, 9:30pm. Ham & Sherry, G/F, 1-7 Ship St., Wan Chai, 2555-0628. Free entry.

Return of the Living Dead

Want to party with a group of K-pop girls? **Lupa's** hosting the hot-pant-clad dream team Bambino this Halloween, with two rooms to twerk in: one for EDM and one for K-pop/hip hop. There's a prize for those dressing as dead celebs.

Oct 31, 9:30pm-late. Lupa, 3/F, LHT Tower, 31 Queen's Rd. Central, 2796-6500. \$388-488 from www.eventbrite.com; Table packages from \$3,888.

The Oriental Society for the Advancement of Obsolete Sciences Annual Masked Ball

Get those tin foil hats and robot gear ready: **Duddell's** Halloween shindig this year is themed around old-timey steampunk science. Dress code: shades of silver, black and white, and masks.

Oct 31, 9pm. Duddell's, 3-4/F, Shanghai Tang Mansion, Duddell St., Central, 2525-9191. \$180-220 from www.ticketflap.com; both include one drink.

Zuma: Zombie Prom

Zuma will play host to a terror-filled prom night, where a zombie prom king and queen will be crowned. A makeup artist will be on site to make you look EXTRA undead, while DJ Mistrezz C and Seth Gutierrez will provide the beats.

Oct 31, 10pm. Zuma, 5-6/F, The Landmark, 15 Queen's Rd. Central, 3657-6388. \$500 from next.fatsoma.com; \$650 at the door, both include two drinks. \$350 at the door after 2am with one drink.



For... the Sexy Saucers

The Haunted Room

A five-hour open bar featuring themed shots at **The Mira**. Sexy zombie dancers will be shaking it to tunes by Cliché Records' DJs. First they'll blow your mind... then they'll eat them.
Oct 31, 9pm. Room One, G/F, The Mira Hong Kong, 118 Nathan Rd., Tsim Sha Tsui, 2315-5888. \$358 from tiny.cc/hk-thehauntedroom2015; \$398 at the door. Tables available from \$1,888.

Celebrity Cemetery at Grappa's

Don your best undead Kardashian look and head to **Grappa's Cellar** for a three-hour open bar, plus all the rocking out to the Pop Fugitives that your creaky zombie joints can handle. There are prizes for the best dressed zombie celebs, and all proceeds from the event go to the Cambodian Children's Fund.
Oct 31, 8:30pm-1am. Grappa's Cellar, B/F, Jardine House, 1 Connaught Place, Central, 2521-2322. \$550-600 from www.ticketflap.com; \$650 at the door.

Dead and Famous

Brickhouse's Halloween bash returns: get your fill of free-flow Mexican beers, themed cocktails, ice luge shots and assorted tacos as you party with other dead celeb-lookalikes. Best dressed wins \$10,000 worth of Brickhouse spending credit. Which probably buys you like two plates of their tacos on a normal day, but why not?
Oct 31, 7pm-late. Brickhouse, G/F, 20A D'Aguilar St., Central, 2810-0560. \$550 from www.ticketflap.com.

Turtle in the Hat Halloween

Who cares that you're ruining your fake blood when you can down noms left and right? **Turtle in the Hat** is putting on live tunes and two hours of free-flow everything at the Butchers Club Deli, including a spit roast on the roof all night. Oh, and a Dracula vs Frankenstein little person boxing match, presumably because bad press is still good press.
Oct 31, 8:30pm. Butchers Club Deli, 16/F, Shui Ki Industrial Building, 18 Wong Chuk Hang Rd., Wong Chuk Hang, 2884-0768. \$900-1,000 from www.ticketflap.com.



Make a spooktacular of yourself with Turtle in the Hat

For... the Costume-less

The Ghosts of Wan Chai

Get spooked at this Halloween bash at **The Pawn**. Rumor has it "the ghostess of Wan Chai" will be stalking the halls... or is that just a reference to all the gweilos? Price includes canapés, Halloween makeup and lucky draw entry.
Oct 30, 5pm. The Pawn, 62 Johnston Rd., Wan Chai, 2866-3444. \$288-488 from www.eventbrite.com; Table packages from \$3,888.

For... Those Who Just Watched "Poseidon"

Nightmare on Beatship

Beatship's bringing in the ultimate Halloween experience: a night spent on a spooky ghost ship (well, the Superstar Virgo). There'll be Lab Made ice cream and Halloween drinks served all night, and costumes are on sale for the lazy.
Oct 31, 6pm. Ocean Terminal, Harbour City, 7-27 Canton Rd., Tsim Sha Tsui. \$580 standing tickets from www.beatshiphk.com; \$1,500-2,000 for cabins before Oct 18; \$1,800-2,500 thereafter. Includes dinner, late-night meals and breakfast.

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Programme

Haydn
Prokofiev
Ravel
Robert Planer
Joni Mitchell/Pöntinen arr
Jan Lundgren/Pöntinen arr

Trumpet Concerto in E-flat, Hob VIIe:1
Classical Symphony, Op 25
Le Tombeau de Couperin
Concerto for Trumpet & Strings (1966)
Both Sides, Now for Trumpet & String Orchestra
The Seagull for Trumpet & String Orchestra

13.11.2015
(Fri) 8pm

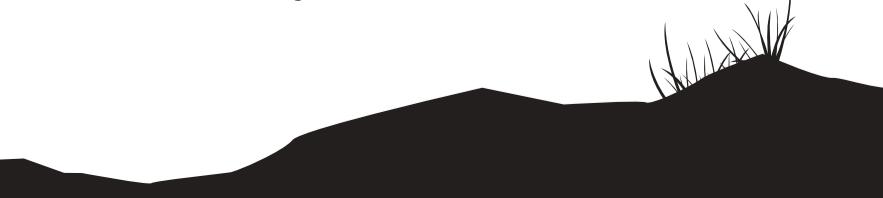
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The fee is additional to the face value of the ticket and is payable upon purchase of tickets.
Hong Kong Sinfonietta reserves the right to change the programme and artists.

Hardenberger's recording of *Both Sides, Now*

Hong Kong Sinfonietta is financially supported by the Government of the Hong Kong Special Administrative Region

Hong Kong Sinfonietta is the Venue Partner of the Hong Kong City Hall



Serve Well Chilled

Are you a stressed-out diner tired of being shouted at by impatient cha chaan teng staff? These relaxing restaurants will soothe your worries away. By **HK staff**.

Book Now

Who are the most easygoing people in Hong Kong? Lamma hippies, of course. And where better to encounter this easygoing breed than the **Bookworm Café**, Lamma's very own vegetarian literary enclave? With an all-veggie menu and shelves stacked high with second-hand goods and vintage vinyl, the Bookworm Café is the ideal place to kick back, take it easy and forget about your meat-eating island-dwelling woes. Until you get back on the ferry, at least.

Chill Out Factor: A glass of wine, a good book and some jazz on the stereo.

79 Yung Shue Wan Main St., Lamma, 2982-4838.

Cup Runneth Over

Mong Kok's **Full Cup Café** is always an island of hipsterdom in a sea of crowds and noise, but it's on the weekend that this venue really reaches peak chill. Every Sunday from 3-5pm, Full Cup hosts a live music gig from one of Hong Kong's best up-and-coming bands. Head in, order a bite and take it easy. With any luck, it's not a death metal day...

Chill Out Factor: Going to a gig with that person you've been crushing on for weeks.

2-6/F, Hanwei Commercial Centre, 36 Dundas St., Mong Kok, 2771-7775.

New Discoveries

Discovery Forest on the roof of Central Pier No.3 might just have the best location and the most chilled-out vibes in the entire city. With an unbeatable view of both sides of the skyline, it's a hidden gem—and you won't have to pay Central prices for a Central view. Food is basic kinda western fare, but a meal here isn't really about the cuisine. It's about the regular live bands, the plentiful draft beer and perfect view of that truly unbeatable skyline.

Chill Out Factor: Hong Kong nighttime vibes.

Rooftop, Central Ferry Pier No.3, Central, 3579-8662.

Super Bubbles

Been a tough week? Drown your sorrows in bubbles. On Sundays, there are free flow champers and beer offers at The Mira Moon's **Supergiant** all day—and from 6-8pm, they serve up free-flow Veuve Clicquot champagne for just \$295 on the secluded "Secret Garden" open-air terrace. Order up the restaurant's signature tapas, from traditional bites such as tortilla to Hong Kong takes such as egg waffles with serrano ham, and wash it down with glass after glass of al fresco bubbles. You'll be feeling way better in no time.

Chill Out Factor: Ice buckets full of bubbly.

3/F, Mira Moon, 388 Jaffe Rd., Causeway Bay, 2643-8875.

Ocean Waves ▶

The Pulse in Repulse Bay has seen plenty of new venues open over the last year, and they're all great beachside locations with an easy-going, laid-back vibe. The newest is **The Ocean**, which serves modern interpretations of seafood of all kinds over two floors. Not chill enough for you? There's a wooden pool on the restaurant's open-air balcony, so you can grab a cocktail and dip your feet when it all gets a little too hot to handle.

Chill Out Factor: A balmy day by the beach.
Shop 303-304, The Pulse, 28 Beach Rd., Repulse Bay, 2889-5939.

Café Cool ▶

What's cooler than a café set in an industrial building in Ngau Tau Kok? A café set in an industrial building in Ngau Tau Kok manned by one of Hong Kong's coolest indie bands, of course.

Tfsjs Café, created by the post-rock band of the same (totally unpronounceable) name, serves up strong, homely Italian fare in this sprawling and unpretentious warehouse space that doubles up as the band's rehearsal space. Food is creative and inspired—much like the band itself.

Chill Out Factor: Cooler than that band you've never heard of before.
Unit B, 10/F, Gee Luen Factory Building, 316-318 Kwun Tong Rd., Ngau Tau Kok, 2415-4999.



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DiVino

The Truffle Shuffle

This autumn, it's truffle season at **DiVino** (G/F, 73 Wyndham St., Central, 2167-8883) and Chef Michele Senigaglia wants you to tell him what to make. "No rules, no limitations, no menu" is the motto this season; customers can enjoy truffles on any dish they can think of—within Italian parameters, of course. Want a poached egg topped with just a hint of truffle? No problem. A tagliatelle carbonara drowned in the stuff? Done and done. But for less seasoned truffle tasters, there's also a special à la carte menu packed with the fabulous fungus. Some items on offer from Chef Michele



include U.S. beef tartare served with slow-cooked egg and white truffles, buffalo ricotta dumplings laid on a granda padano cream with Alba truffle petals, carnaroli risotto with Franciacorta wine, parmesan and white truffle... the list goes on. As for price, that's hard to tell—all truffles are sold at auction, so costs can't be guaranteed until the little nuggets are on the way to Hong Kong. The menu is fully underway from November, but we've heard that Divino might have a little smattering of the speciality as soon as next week...

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Producer & Director **Lo Kingman**
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Chorusmaster **Raymond Fu**
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Sets **Lo Kingman Isaac Wong**
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Produced by Hong Kong Arts Development Council
Musica Viva is financially supported by the ADC

RESTAURANT REVIEWS

Mr and Mrs Fox ★★★★☆ (Mrs Fox)

International, 23 Tong Chong St., Quarry Bay, 2697-8500.



dishes and more creative twists, such as fried tandoori squid (\$70) which had an interesting touch of cumin: Top notch flavors, but the batter was too thick. The charcuterie board with three choices (\$155) was quite good value for its size. A black angus cheeseburger (\$95) was everything a burger should be: juicy, meaty and smoky.

■ **MISS** Mrs Fox is a great casual lunch spot that spills onto long tables outside, but patrons weren't allowed to eat there, apparently due to a license issue? Having a dog we also had to wait for the only table that's just on the cusp of indoors and out.

■ **BOTTOM LINE** With wallet-friendly prices and an attractive atmosphere for lunch, Mr and Mrs Fox is great for long relaxing meals—we'll definitely be back for dinner at Mr Fox upstairs.

Open daily 10am-1am (Mrs Fox); noon-2:30pm, 6-10:30pm (Mr Fox). \$\$-\$-\$

Ratings

★ Don't go ★★ Disappointing ★★★ We'll be back ★★★★ We'll be back—with friends ★★★★★ You MUST go

Price Guide

\$ Less than \$200	\$\$ \$200-\$399	\$\$\$ \$400-\$599	\$\$\$\$ \$600-\$799	\$\$\$\$\$ \$800 and up
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Senryo

San Ma Time

Another seasonal dish is on the way. For those in Hokkaido, it's the season for the delectable sanma fish, renowned for its sweet, oily flesh. Not planning a trip to Hokkaido? Restaurant chain **Senryo** (various locations including Shop 3099-3100, IFC Mall, 8 Finance St., Central, 2234-7633) is getting the elusive fish delivered from Toyko's famous Tsukiji Market straight to your bellies. September and October are the best months to enjoy these little swimmers: Keep your order simple with a plate of salt-grilled sanma, which only needs to be accompanied by a touch of grated daikon and a squeeze of fresh lemon juice.



Mano Café

Mano Overboard

The team behind Sheung Wan's Corner Kitchen Café has taken over what used to be Mano with a new concept. Jakarta-born American Vivian Herijanto and Manila-native Shally Lees are the chefs taking on what's now known as **Mano Café** (G/F, The L Place, 139 Queen's Rd. Central, 2362-6997), serving up comforting dishes with a saucy Southeast Asian twist. Tasty-looking dishes include Balinese crispy duck with green sambal, Asian-inspired tacos and an Asian pulled pork burger. Not feeling peckish? Mano's aiming to be an all-day concept, with breakfast through to happy hour drinks.



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Mak Ming Noodles

Noodles. G/F, 309 Queen's Rd. West, Sai Ying Pun, 2633-2368.



Mak's Noodle on Wellington is well known for its excellent, tiny bowls of wonton noodles, and we hoped that this Sai Ying Pun cousin (the chefs had the same sifu) would have all of the good with none of the queues—or stingy portions.

HIT Wonton and pork dumpling noodles (\$36) came simply presented and in a larger bowl than their Central cousins, which is already a plus in our



★★★★★

book. The noodles were perfectly al dente and both wonton and dumplings were well-sized and full of fresh shrimp. However, the wrapping on the wontons was a little thick and doughy in places. What really surprised us though was the beef brisket noodles (\$34). Melt-in-your-mouth tender beef came in an excellent beef broth that was meaty but subtle, swimming with spices and mandarin peel for a delicate, citrus kick.

MISS We were disappointed that the chili sauce was of the paste variety, as opposed to Chiu Chow chili. Some traditions exist for a reason.

BOTTOM LINE Good bowls and good beef: Between Mak's and Sister Wah next door, this stretch of Queen's Road West is one mean brisket strip. Open daily 10:30am-11pm. \$

Our Policy

Reviews are based on actual visits to the establishments listed by our super-sneaky team of hungry reviewers, without the knowledge of the restaurants. Reviews are included at the discretion of the editors and are not paid for by the restaurants. Menus, opening hours and prices change and should be checked. New restaurants are not reviewed within one month of their opening. Reviews are written from a typical diner's perspective. Ratings are awarded in accordance with the type of restaurant reviewed, so the city's best wonton noodle stall could earn five stars while a fancy French restaurant could be a one-star disaster.

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We Live in Hop

From having only one real craft brewery just two years ago, Hong Kong now boasts as many as 10, with four more rumored to open in 2016. **Dan Creffield** finds out more about six of the city's best beermakers.

♦Kowloon Bay Brewery♦

Kowloon Bay Brewery is the brainchild of brewer Mike Bardill and Ging Van, who noticed the lack of good craft beers all over Asia during their travels around the region. But that's all changed in the past few years. "Just a few years ago, we had less than a handful of locally brewed craft beers," says Van. "Now we have 10-plus breweries around Hong Kong and the number is still growing! This city has been waiting for fresh, unpasteurized, locally brewed beer for a while."

Van adds that it's a growing market among expats and locals alike. "More and more local Chinese are appreciating our styles of craft beers," she says. "We are even seeing a growth in the 20s-30s female market as well, which was a nice surprise."

What to try: In terms of preferred styles, Van says the brewery's Weizen wheat beer and its hoppy, grapefruit Pale Ale seems to be more popular with the Hong Kong Chinese crowd, while the classically hoppy American IPA and Amber Ale are most popular with the overall audience. Another special brew is the Gluten Free Copper Ale, Asia's first gluten-free craft beer.

Where to get it: Various locations including Roundhouse Taproom (tap takeover Oct 29) and the Cordis Hong Kong, 555 Shanghai St, Mong Kok, 3552-3388.

www.kowloonbaybrewery.com

♦Gweilo Beer♦

Joe Gould of Gweilo Beer says that when creating its distinctive session-style ales, which range between 4 and 6 percent, he took two factors into account: Hong Kong's heat and humidity, and the fact that the craft beer market here is still very immature.

"We have tried to create beers that are crisp and refreshing with tropical aromas and tastes, while making them light, so that they are approachable and inoffensive to people who would normally drink lager-style beers," he says. Gould adds that while the most popular craft beer styles in Hong Kong tend to be New-World-style brews which are generally very hoppy with high alcohol content, Gweilo Beer has also produced English-style beers under 5 percent ABV, but that use tropical flavored hops to reflect their Hong Kong roots.

What to try: "Gweilo Pale Ale was created as the first stepping stone into the craft beer world for someone who would normally drink lager," says Gould. "We really hope it can be the catalyst to help redefine the craft beer market in Hong Kong."

Where to get it: Various locations including The Roundhouse Taproom, 62 Peel St., Central, 2366-4880.

www.gweilobeer.com.



♦Moonzen Brewery♦

"The craft beer market is definitely expanding as more people become aware there is something better, but they are also becoming more discerning about what constitutes good craft beer," says Laszlo Raphael of Moonzen Brewery, which he established with his wife Michele in 2014.

The name Moonzen, which means "door gods" in Cantonese, was chosen to represent strength and integrity, which embodies the couple's values and the brand's local origins. Part of Moonzen's mission statement is to celebrate local culture and "let Hong Kongers know that amazing alternatives to commercial beers exist, brewed right here in Hong Kong," says Raphael. To that end, the beers incorporate Hong Kong folklore and are brewed with Chinese ingredients to create a unique identity.

What to try: The Moonzen range includes Thundergod Ale, which won "best beer produced in Hong Kong" at the recent Hong Kong International Beer Awards. This flagship beer is a fresh pale ale, with tropical and citrus hop notes. Jade Emperor IPA is an IPA with citrus and floral notes and a golden maltiness, while Monkey King Amber Ale has heavy notes of caramel with a touch of peach.

Where to get it: Various locations including The Pawn, 62 Johnston Rd., Wan Chai, 2866-3444.

www.moonzen.hk.

♦Hong Kong Beer Co.♦

One of the longest established independent breweries, Hong Kong Beer Co. was established in 1995 as Asia's first craft brewery to sell beer exclusively in bottles and kegs. A recent change of hands has revitalized the brand, and HKBC sources quality malts, hops and yeasts from around the world but uses local water, which is carbon-filtered and mineral-adjusted according to the style being made.

"The market is growing quickly across Hong Kong and throughout Asia as a whole," says Rob Whitaker, Trade Marketing Manager with the brewery. "With the expat community and Hong Kongers educated in craft beer meccas such as the US, you see hoppy beers tend to rule the roost. However, with other locals there tends to be more popularity in the lighter beers. We've found that session IPAs go down very

well at events and bars. Both locals and expats are passionate about the city and enjoy buying local products, which is great for us," says Whitaker. "This has even spread overseas where we see a growing interest from China, Singapore, New Zealand, Russia and so on."

What to try: Year-round beers (draft and bottled) include the light, aromatic Gambler's Gold. The White Pearl is the HKBC's version of a Belgian white ale, with tart, citrus notes. Or keep it classic with the balanced, always drinkable Hong Kong Beer.

Where to get it: Various locations including Stone's, G/F, China Tower, 1-9 Lin Fa Kung West St., Tai Hang, 2570-6858.

www.hkbeerco.com.





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•Young Master Ales•

Rohit Dugar, founder of Young Master Ales, says that the company brews beers they like themselves and want to share with beer fans in Hong Kong. "Our goal is to build a vibrant new brewing culture in Hong Kong by introducing unique new beers," he says. "If we had paid attention to pre-conceived notions of what kind of beers the Hong Kong market likes, we would never have made any of the innovative new beer styles we are now recognized for!"

The company's artisanal ales are brewed fresh with high quality ingredients, including jasmine, chrysanthemum and osmanthus to give them a distinctive local touch. The brewery is constantly introducing new styles to showcase

the diversity of beer, and it doesn't filter, pasteurize, or add artificial stabilizers or chemicals.

"Hong Kong is certainly enthusiastic about craft beers and drinkers' palates are getting more sophisticated as well," says Dugar. "We find people are getting more and more adventurous and going beyond pale ales and IPAs, which are generally 'gateway' craft beers."

What to try: The beer range list includes all-year-rounds, seasonals and one-off special edition releases, with three to five styles typically available. The floral, zesty Young Master Classic is designed to be versatile and refreshing, while the Hong Kong Black is a winter brew that blends six types of malt for a rich caramel and coffee finish.

Where to get it: Various locations including TAP – The Ale Project, 15 Hak Po St., Mong Kok, 2468-2010. www.youngmasterales.com.

•Black Kite Brewery•

Brothers Daniel and David Gallie launched Black Kite Brewery in the summer of last year for three reasons— "Our love of craft beer, it was a great time for it and we both happened to be looking for a change in careers," says David.

Named after the birds they saw from their office windows soaring among the city's skyscrapers, the brewery currently has six core styles of beer, from wheat beer to an IPA and a porter. The brothers have recently created a lemon-lime pale ale and a five-spice IPA for a local bar, and say they're planning new specials and seasonal brews going forward, playing with local fruits and spices.

"Hong Kong's craft beer market is definitely expanding as more people,

bars and restaurants are starting to realize that there are other beers out there than the big commercial lagers," says David. Next round's on them, then?

What to try: "We designed our beers with our German brewer to be generally on the lighter side of the scale, so that they would be tasty but easy to drink," says David. "Pale ales and IPAs are always popular with craft beer lovers, but our Hefeweizen wheat beer is one of our best sellers, probably because it's quite different to other local offerings and has an interesting banana flavor to it. It's all from the yeast and malts—no bananas were involved!"

Where to get it: The Globe, 45-53A Graham St., Central, 2543-1941. blackkite.hk.



Hong Kong Beer Co. is all about keeping it local



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Oktobertastic

This month is full of Oktoberfest fun all around the city.
Time to dust off those lederhosen...

Happy Valley Oktoberfest

Head on over to Happy Valley's weekly races this month for live traditional German tunes, lots of beer quaffing and a whole host of Oktoberfest games: Play "Hold the Beer" (i.e., how many pints can you hold in your hands?) or sign up for a speed drinking contest for a chance to win cash prizes... which you can then spend on the horses.

Oct 14, 22, 7pm. Happy Valley Racecourse, Happy Valley. \$10 at the door for access to public enclosure.

MGM Macau Oktoberfest

Raise your Stein at the MGM Macau's 12-day Oktoberfest, which will be hosted by the Högl Fun Band complete with beer garden vibes and flowing Spaten Oktoberfest beer. There's also Franziskaner non-alcoholic beer—but why would you order that?
Oct 15-25. MGM Macau, Macau, 8802-1888. \$130 MOP from www.mgmmacau.com/mgm-oktoberfest; includes one drink.

Oktoberfest at the

China Coast Bar + Grill

You don't need to be on your way to the airport in order to check out some of the authentic German brews at the Regal Airport Hotel's China Coast Bar + Grill. With bottles starting from \$78 and traditional Bavarian eats, a German pronunciation contest and other fun and games, it's worth making the trip.
Through Oct 11. Regal Airport Hotel, Hong Kong International Airport, Lantau, 2286-8888.

BB's Oktoberfest 2015

Feeling that craving for a pig knuckle? You're not alone. Get a free Heineken with every order.
Oct 12-31. BB's European Cuisine, 6/F QRE Plaza, 202 Queen's Rd. East, Wan Chai, 2838-3272, www.mhihk.com.

Marco Polo German Bierfest

Kick up your heels with Die Notenholber band, flying in from Germany to host the Marco Polo German Bierfest for its 24th anniversary this year. As is traditional, expect lots of chicken dancing, Alphorn-blowing, and Erdinger. Make sure to get there early: Between 6-7pm, if you buy a glass of beer by Octopus card you get another for free. There's also a lucky draw to win two round-trip business class tickets to Germany—for yet more Oktoberfest shenanigans.

Oct 16-Nov 7, 6-11:30pm. Marco Polo Hongkong Hotel, Harbour City, 3 Canton Rd., Tsim Sha Tsui, 2113-0088. \$150-280 from www.hkticketing.com.

The First Floor

The First Floor by Lifestyle Federation officially opens its doors in November, after a soft-opening from Oct 5. A dining club featuring a new "edutainment" concept mixing entertainment and educational experiences. A series of gastronomic events based around Oktoberfest are taking place in October, including a "Craft Beer Brew & Bites" happy hour, a craft beer cookie baking class and a hop and cheese tasting flight. Book in advance!

13 Duddell St., Central, 3124-2703, www.facebook.com/LFedutainment.

Berliner

Popular German bar and restaurant Berliner is offering a range of exclusive food and beer from now until the end of October, including Erdinger Oktoberfest Brew and the strong and fruity Erdinger Weissbier, and dishes with a boozy twist such as spare ribs with dark beer sauce and crispy and succulent roasted suckling pig in dark beer sauce. Get two free Erdinger Oktoberfest beer mugs when you buy the Oktoberfest Party Set. Through Oct 31. 4/F, W Square, 314-324 Hennessy Rd., Wan Chai, 2891-8689, www.cafedecogroup.com.



Oktoberfest feasting at Berliner

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CITY STROLL

Kimberley Road, Tsim Sha Tsui

Kimberley Road: That's just Korean food and wedding shops, isn't it? But this Tsim Sha Tsui street has more to offer than just that, with fascinating little stores hidden away in dilapidated buildings and a few more surprises along the way. This month, we check out everything it has to offer.



5 APOLLO BOOK COMPANY

After style bibles and cutting-edge stationary? Apollo's got your back. This bookstore specializes in all things Japanese, with a vast range of travel, fashion, design and crafts magazines. The shop has been in the company for three generations, and it carries archives of periodicals as well as the latest month's offerings.

Flat A, 2/F, Wing Lee Building, 27-33 Kimberley Rd., Tsim Sha Tsui, 2367-8482.



6 STAR CAFÉ

This legendary cha chaan teng has been in the basement of Champagne Court for an age. It's a frankly terrifying walk downstairs through dilapidated shops and stabby stairwells, but it's worth it for their signature fresh tomato broth instant noodles. Get yours with egg whisked in, for an unctuous, thick combo.

Shop 36, Champagne Court, 16-20 Kimberley Rd., Tsim Sha Tsui, 2724-4408.



7 SCARLETT CAFÉ AND WINE BAR

Fresh from their Bangkok outpost, this wine bar rocks a chilled-out vibe, with big windows opening onto the street and some awesome blue tiling. Eight different wines are available by the glass, and the lineup rotates weekly.

2 Austin Avenue, Tsim Sha Tsui, 3565-6513.



8 FOOK LAM MOON

The Tsim Sha Tsui branch of every tycoon's favorite restaurant has been open since 1977. But it's not all about the fine-dine abalone and goose feet: FLM also serves up classic and delicious dim sum. Stop by on the weekend for the chef's specials.

53-59 Kimberley Rd., Tsim Sha Tsui, 2366-0286.



Check back next week for more picks from Kimberley Street!



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Hong Kong Dance Company reserves the right to change programme details and substitute artists. Images are for reference only



CULTURE

Edited by Adrienne Chum

adrienne.chum@hkmagmedia.com



Classical/Jazz



All That Swing

Hong Kong's Saturday Night Jazz Orchestra has been a stalwart on the local swing and jazz scene since 1990. Band leader Taka Hirohama will take you on a journey through works by some of the greatest legends: Count Basie, Duke Ellington, Benny Goodman and more. So if you're a jazz newbie, this is a great place to get your big band beginnings. Oct 31, 9:30pm. Fringe Club, 2 Lower Albert Rd., Central, 2521-7251. \$130-150 at the door, includes one drink.

Ruan Lingyu's "The Goddess" - A Silent Film Concert

"The Goddess," a silent film by actress Ruan Lingyu, screens in Tsuen Wan with a live accompaniment from the Singapore Chinese Orchestra. It's all about a mother who prostitutes herself to provide for her son and pay for his education, but the family is ostracized from society. They're preparing to flee for a chance at a new life, when things go really wrong... Oct 17, 8pm. Tsuen Wan Town Hall Auditorium, 72 Tai Ho Rd., Tsuen Wan. \$160-360 from www.urbitix.hk.

Singapore Chinese Orchestra

The Singapore Chinese Orchestra makes their debut appearance in Hong Kong with a traditional work transcribed for Chinese orchestra, along with a Tan Dun work, a symphonic poem by Liu Yuan with lyrics by Wang Yilan and more. They'll also be playing with tenor Warren Mok, soprano Wu Bixia, and huqin soloist Li Baoshun. Lah. Oct 18, 8pm. Concert Hall, Cultural Centre, 10 Salisbury Rd., Tsim Sha Tsui. \$200-450 from www.urbitix.hk.



The Great Ladies of Song

Award-winning singers Patti Austin, Janis Siegel and Elisa Chan Kit-ling are getting together as a trio for two nights of hot hot seat, if you know what we mean. Oct 19-20, 8:15pm. Academic Community Hall, Hong Kong Baptist University, 224 Waterloo Rd., Kowloon Tong, 3411-5182. \$380-880 from www.cityline.com.

Exhibitions



The Layers of Life

Noel de Guzman paints his life experiences through layers and layers of paint, fabrics and fibers to create lots and lots of textures. PubArt Gallery hosts Guzman's first solo exhibition in seven years, with an art style that shows a strengthening of character through trials and tribulations... and what looks kinda like solidified spaghetti. Through Oct 31. PubArt Gallery, G/F, 7B Chancery Lane, Central, 2840-1809.



Soundscapes

At Karin Weber Gallery new works by Swiss artist Karina Wisniewska come to the SAR for four weeks. She fills her canvases with bold, radiant colors that harmonize to create layers of depth and complexity. But they're called "soundscapes"—are we supposed to hear something as well? Through Nov 13. Karin Weber Gallery, G/F, 20 Aberdeen St., Central, 2544-5004.

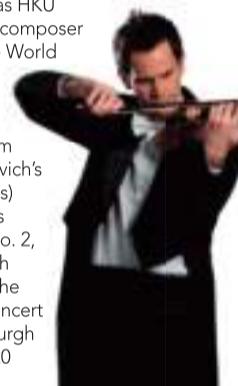
Dadan 2015

Thanks to the World Cultures Festival, Japanese drumming group Kodo is here to beat out some crazy polyrhythms. Meaning "men drumming" in Japanese, "Dadan" explores the pure physicality of the art of Taiko drumming. Yes, that means you'll be admiring topless sweaty young men making good use of their well-toned arms. To drum! To drum! Oct 30-31, 8pm. Auditorium, Sha Tin Town Hall, 1 Yuen Wo Rd., Sha Tin. \$130-400 from www.urbitix.hk.



Mandolin Virtuoso Avi Avital & The Cologne Academy Chamber Orchestra

Mandolinist Avi Avital and the 14-member Cologne Academy Chamber Orchestra perform a program that includes Baroque classics from Bach and Vivaldi, and modern classics such as Bartók's "Romanian Folk Dances" and De Falla's "Danse Espagnol." Avital's the first mandolin player to get a Grammy nomination, so you can trust he's real good with his fingers. Nov 2, 8pm. Concert Hall, City Hall, 5 Edinburgh Place, Central. \$80-480 from www.pphk.org.



Penderecki & Shostakovich

Modern composer great Krzysztof Penderecki comes to Hong Kong as HKU Music's resident guest composer this year. As part of the World Cultures Festival 2015, he'll be conducting the Hong Kong Sinfonietta in a program that includes Shostakovich's ("Shostak" to his friends) 15th Symphony and his own Violin Concerto No. 2, "Metamorphosen" with James Cuddeford on the violin. Oct 24, 8pm. Concert Hall, City Hall, 5 Edinburgh Place, Central. \$140-320 from www.urbitix.hk.

Video Games Live

Hey! Listen! Video Games Live is a concert series dedicated to playing video game music, and it's coming to the SAR for its Hong Kong debut. They'll be playing selections from the classics: Final Fantasy, Kingdom Hearts, Legend of Zelda, World of Warcraft, Halo, League of Legends... Yeah, even LoL, just in time for World Championship Finals. And if you don't know what that means, this probably isn't the gig for you. Welcome to the League of Draven! Oct 27, 7pm. Star Hall, KITEC, 1 Trademart Drive, Kowloon Bay. \$280-1,080 from www.hkticketing.com.

Theater

Circle Mirror Transformation

The HK Repertory Theatre premieres this award-winning American comedy in Hong Kong as part of the World Cultures Festival. It's all about a drama teacher running a course for a handful of students. As the course continues, the lines between stage and reality begin to blur. It's like they're living a TVB drama... In Cantonese with Chinese and English surtitles. Nov 14-15, 17-22, 7:45pm; Nov 15, 21-22, 2:45pm. Theatre, City Hall, 5 Edinburgh Place, Central. \$160-300 from www.urbitix.hk.



Water to Water

The Hong Kong Arts Centre presents Li Lei's solo exhibition, "Water to Water." It's divided into five chapters: Spring, Summer, Autumn, Winter and Lost in Venice. The works depict nature through its colors and recreate its rhythms with paint. There will be an artist talk, "The History of Chinese Abstract Art," on Oct 17 at noon in the Pao Galleries; register at www.hkaconlineregistration.com. Through Oct 25. Hong Kong Arts Centre, 2 Harbour Rd., Wan Chai, 2582-0200.

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NIGHTLIFE

Edited by Evelyn Lok

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OPEN BAR BIT POINT

The buzz: Nope, it's not a new bitcoin dispensary. Beer haven Bit Point has been a long-standing fixture in LKF (since 1989, in fact), but it's recently relocated off D'Aguilar Street to the quieter end of Wyndham, providing a more casual, divey vibe amongst the area's spirit bars and hipster speakeasies.

The décor: Bit Point's upgraded to an old-fangled neon sign, and the homey and unpretentious interior reflects that vibe. It's now just far enough away from the LKF bustle to be a chill watering hole but just close enough to make it interesting: An open front means it's great for people watching.

The drinks: Beer, beer, beer. Bit Point has been known as the exclusive purveyor of Bitburger beer in Hong Kong (imported all the way from Bitburg in Germany) since the bar's inception, but there's also dozens of other varieties whether you're a commercial beer drinker or into imported

German brew. Bit Point also carries a selection of award-winning craft beers from around the world, from easy-to-drink, citrusy brews to sessionable IPAs. We went for multiple rounds of the fruity, well-carbonated "Ryan And The Beaster Bunny" saison from New York brewery Evil Twin—perfect for a balmy evening. What's even better is that none of the beers (apart from one Swedish Omnipollo Mazarin, \$108) will set you back more than \$80, and they're almost half price during happy hour (7-9pm).

Why you'll be back: On top of highly recommended bratwurst, pork knuckles and their addictive shoestring fries, Bit Point's got a brand new hotdog menu—perfect for the sauced salarymen rolling down Wyndham at the end of the week—and a great selection of brews to go with it. Need something sloppy, cheesy and meaty, or a nightcap to round off a night of debauchery? Bit Point's your place. **Evelyn Lok**

Shop A, G/F, Winning Centre,
46-48 Wyndham St., Central, 2523-7436.



Festivals

Hong Kong Wine & Dine Month

Some next-level indulging coming through: The yearly boozy and gluton-fest that is the Hong Kong Wine & Dine Festival has expanded to a full Wine & Dine Month, featuring street carnivals aplenty alongside the signature four-day affair (Oct 22-25). You'll get to taste-test wines, wine-paired dishes and all the foie gras and pizza cones you can stomach from across 11 areas at the Central Harbourfront. Get hungry. Oct 22-Nov 30. Central Harbourfront Event Space, 9 Lung Wo Rd., Central. \$200-1,000 from www.cityline.com.



House of Vans Hong Kong

The three-day music festival returns to Hong Kong for its grand finale this year, after blazing through Xi'an, Guangzhou, Beijing and Seoul beforehand. There'll be creative workshops from Start From Zero and HKwalls; skaters will show off their tricks on a half pipe on top of Central's Pier 4; plus a packed lineup of indie and electro heavyweights from the region including LMF, GDJYB and DJs Frankie Lam and Yeti B from Hong Kong. Punters will also get to check out a street market and a brand new collaborative dining effort between Yardbird, Little Bao and 22 Ships: ah, the taste of hipster itself... Oct 16, 7pm; Oct 17, 10am; Oct 18, noon. Pier 4, Man Kwong St., Central. Free Limited guest access for the 16th only: register for free from www.vans.com.hk.

Secret Island Party

The Secret Island Party is back: In case it isn't obvious enough, the weekend music festival takes place at a secret location on an unknown island. Expect an awesome DJ lineup, camping, interactive art, theater and dance performances, and apparently, fire of some sort. The theme this year? "Folklore, Fables and Fairytales"—so dress in your fanciful best and get ready to do some moonlit frolicking on the beach. Oct 16-18, 12pm. \$750 early bird tickets for all three days from pelago.co/sip.

Little Taiwan Calling Festival

The two-day Taiwanese music festival comes to the SAR for its debut run this year. Six artists will be playing across the two days: folk songsters Misi Ke and Ke Zhi-tang (no relation), electronica sounds from Ma Te Lin and Astrobunny, indie pop band Chocolate Tiger, and rock band Flux. What are the chances there'll be Taiwanese street food too? Oct 31-Nov 1, 8pm. Musiczone, KITEC, 1 Trademart Dr., Kowloon Bay. \$420-600, timable.com. www.facebook.com/taiwancalling.

Clockenflap 2015

The SAR's biggest festival is back. The preliminary lineup is stronger than ever, featuring big names New Order, The Libertines and Damien Rice, while fans of more twizzly beats can nod to Flying Lotus, Ratatat and Mr Scruff. There's a touch of soul via the Earth Wind & Fire Experience, singer-songwriters Crowd Lu and Rachael Yamagata and French cover duo Nouvelle Vague. Disco-funk legends Chic and Nile Rodgers are also back for a return gig. Tickets are now on sale (from \$1,450 for a three-day pass, from www.clockenflap.com/tickets), but you'll have to contain your excitement for another two months... Nov 27-29. West Kowloon Cultural District, West Kowloon. \$680-1,940 from www.clockenflap.com.



Concerts

Elton John

Elton John is back again to perform at the HKCEC. He dropped classic hit "Your Song" more than 40 years ago and he has done an OK job since, with 35 gold and 25 platinum albums under his belt as well as 250 million records sold worldwide. And with only one warbly Princess Diana song to get in the way... Nov 24, 8pm. Hall 5BC, HKCEC, 1 Expo Drive, Wan Chai. \$488-2,388 from www.hkticketing.com.



Madonna: Rebel Heart tour

The immortal queen of pop makes it through the wilderness and embarks on an international tour for "Rebel Heart," her 13th studio album. What we want to know is, who out there loves the "Bitch I'm Madonna" single enough to drop \$16,888 on the two-ticket VIP package? Feb 17-18 2016, 8pm. AsiaWorld-Arena, Sky Plaza Rd., Chek Lap Kok, 3606-8828. \$699-2,488 from www.hkticketing.com, VIP packages from \$4,888-16,888.

Gigs

Bamboo Star Album Launch

Local hard rock band Bamboo Star ("zuk sing"—meaning a Chinese person who's lived abroad) are launching their first album, "Broken Hearts and Bleeding Parts." Cheery! They're supported by Seasons for Change and Oshan & The Reliants. Oct 16, 9pm. Orange Peel, 2/F, 38-44 D'Aguilar St., Central, 2812-7177. \$140 at the door, includes one drink.

Alice Nine: Re:birth—Tenshou

Visual Rock five-piece gods Alice Nine celebrated their 10th anniversary last year, and they're returning to Hong Kong for the second time after their sold-out anniversary tour. The secret to their success? Must be that perfectly spiked hair... Doors open 5:30pm. Oct 18, 6pm. Musiczone, KITEC, 1 Trademart Drive, Kowloon Bay. \$520 from www.hkticketing.com, \$580 at the door.



Kristen Evelyn Rossi

From Les Mis to Judy Garland, Broadway babe Kristen Evelyn Rossi will be putting on show-stopping jazz and Broadway performances at Tiffany's New York Bar in the InterCon Grand Stanford, on Mondays to Saturdays all through November. Through Nov 30, 9pm. InterContinental Grand Stanford Hong Kong, 70 Mody Rd., 2721-5161. Free.

DJ Gigs

Cream Tours: Paul Van Dyk, Cosmic Gate, Christina Novelli, Bz Li

Dance your butt off at this celebrity DJ fest (it's the night before Chung Yeung Festival): The first Cream Tours event in Hong Kong brings EDM god Paul Van Dyk, German trance duo Cosmic Gate, UK's Christina Novelli and Hong Kong's own Bz Li to the Kai Tak Cruise Terminal. Oct 20, 9pm. Kai Tak Cruise Terminal, Kowloon City. \$480-1,280 from www.hkticketing.com.



Darius at Vibes

Some fresh Parisian blood comes our way: DJ-slash-producer Darius brings his own particular brand of up-tempo disco funk and house to Vibes. Oct 23, 9pm. Vibes, 5/F, The Mira Hong Kong, 118 Nathan Rd., Tsim Sha Tsui, 2315-5999. \$150 from www.themirahotel.com, includes one drink.

Nightlife Events

Disco Naps at Vibes

Those hungry for more (and lazier) untzing on a Sunday can be satiated at Vibes' new chill-out party, which will welcome Brazilian-Japanese model-turned-DJ Gaby Endo to the decks. Nov 15, 5pm. Vibes, 5/F, The Mira Hong Kong, 118 Nathan Rd., Tsim Sha Tsui, 2315-5999. \$60 for a drink; \$100 for two.



Rewind Vol 6: Lazy Sundays

The Rewind Sunday parties are back, decking out at the Armani/Prive terrace. DJs Kouro, Will, Gaby Endo and Time (aka Mitch LJ) will be spinning dance-worthy beats. Oct 25, 3pm. Armani/Prive, 2/F, Chater House, 8 Connaught Rd. Central, Central, 3583-2828. \$70 at the door.

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The Walk ★★★

(USA) Thriller/Biopic. Directed by Robert Zemeckis. Starring Joseph Gordon-Levitt, Charlotte Le Bon, Ben Kingsley.
Category IIA. 123 minutes. Opened Oct 8.

As French high-wire artist Philippe Petit famously told inquisitive reporters after being arrested for his dramatic walk across the Twin Towers in 1974, "There is no why." And truly, we also wondered why we needed a cinematic follow-up to 2008's Oscar-winning documentary "Man on Wire." But it soon becomes clear that a man like Philippe Petit begs to be dramatized on a big screen (again)—this time in full 3D and IMAX glory. Adrenaline junkies won't be disappointed and the film's camera effects alone will have you shaking in your seat.

That said, the story doesn't start off as awe-inspiring and exhilarating as you'd have hoped. It begins with bombastic narration by Joseph Gordon-Levitt as Petit, French accent, turtleneck and all, prancing about the Statue of Liberty's torch as mist and clouds swirl around him, New York in the distance. He waxes poetical about falling in love with the Twin Towers, but the over-the-top narration furthers an artificial, fairytale tone which gets annoying fast: Why won't the man just take a seat?

You soon learn that he just can't. The story begins six years before his grandest act, which he calls *le coup*. Petit is a keen Parisian street performer; an amateur high-wire walker, flame juggler and show-offy unicyclist who lives for the applause. The arrogant ingénue seeks schooling from circus owner and high-wire master Papa Rudy (Ben Kingsley).

Problem is, up until this point it's been a tedious 40 minutes of Gordon-Levitt swinging his arms and proclaiming that he is an Artist. It's not JGL's fault: It's just a close rendition

of the young Petit as a larger-than-life character, arrogant to the bone with a knack for showmanship. Of course, it's this insistence on following his dream, no matter how insane and how many people shoot him down, that makes his story compelling. Even if he is kind of a selfish douche.

Despite being a character so used to the drama of the stage, Petit's personality gets a little redemption during a moment of weakness the night before *le coup*, reminding us about the source of motivation itself. No matter how invested other people are in supporting your dreams, in the end they're your own to reach. It's all a little cheesy—but Petit's revelations are lessons that can and do apply to our lives.

Much like "Man on Wire," "The Walk" is set up and paced like a heist movie, and it kicks into high gear once Petit and his accomplices begin making concrete plans for his illegal walk across the towers. He may talk big, but the true mastery of the man is best conveyed when he steps serenely out on his wire, and the dizzying views from the top of the World Trade Center fade away as he focuses on the thin path ahead of him.

Speaking of dizzying, some audiences have found the final 20 minutes nauseating to watch, with the immersive vertigo way too much for them. It's anxiety-inducing and probably one of the most tension-filled and drawn-out 20 minutes of any film this year. But there's a certain kind of beauty (and relief) in seeing how he succeeds. Watch "The Walk" in IMAX—and bring tissues if you have particularly sweaty palms. **Evelyn Lok**



Coming Soon

Bridge of Spies

(USA) This historical thriller's got the big names of Spielberg and the Coen Brothers behind it: It focuses on Brooklyn lawyer James B. Donovan (Tom Hanks), who finds himself at the center of Cold War negotiations when he's enlisted to help secure the release of a U-2 spy plane pilot who was shot down and captured in the Soviet Union. Opens Oct 22. ▶



Goosebumps

(USA) Take the full collection of R.L. Stine's novels and drop some cheesy Jack Black (who plays the author) slapstick into it: You've got what looks to be a pretty sickly sweet "Goosebumps" on your hands here. Trick or Treat? Opens Oct 22.

Legend

(UK) "Legend" tells the true story of London's most infamous twin gangsters: Reggie and Ronnie Kray, who reigned over the city in the 60s... until an internal power struggle and sheer madness breaks their brotherly bond. The twins are both played by Tom Hardy. Double Tom Hardy! Opens Oct 22.

Mr. Holmes

(UK) Ian McKellen flexes his acting chops as yet another fictional legend: This time around he's a retired, 97-year-old Sherlock Holmes residing in Sussex, attempting to set right the fictional version of his last case, which concerns a woman and a glass harmonica... Opens Oct 22.

Tangerine

(USA) Sean Baker returns after "Starlet," last year's delightful tale about the secret life of a porn actress, with another quirky story set in sunny Los Angeles, centering on two transsexual sex workers and best friends who teach a cheating boyfriend a lesson on Christmas Eve. Thanks to rising star cinematographer Radium Cheung, it was shot completely on an iPhone 5S. Could you have done it yourself? Opens Oct 22.

Wong Ka Yan

(Hong Kong) As a child, Peng Chau native Chun Yin fell in love with a girl through a chance meeting, but all he knows about her is her name, Wong Ka Yan. Now a grown adult, he keeps up the search for her despite overwhelming odds. Guess she doesn't live on Peng Chau, then? Opens Oct 22.



Opening

Crimson Peak

(USA) Guillermo del Toro ("Pan's Labyrinth") returns to his dark fantasy schtick with this romantic horror story set in 19th-century Cumbria. A young woman (Mia Wasikowska) falls for a nobleman (Tom Hiddleston) and is swept away to his ancient mansion, only to find the house harbors secrets clawing for release... obviously. Opens Oct 15.

Our Little Sister

(Japan) Japan's most anticipated film of the year is about three adult sisters who live in the old seaside town of Kamakura, joined by their 14-year-old half-sister after their father passes away. It's a gentle drama about love, pain and laughter as the sisters spend the changing seasons together. Sounds like a kaiseki feast for the eyes. Opens Oct 15.

Sicario

(USA) In the boys' world of the FBI, agent Kate Macer (Emily Blunt) is plucked from bleak kidnapping cases to join a special task force fighting the war against drugs on the US-Mexican border. Alongside the morally questionable Matt Graver (Josh Brolin) and reticent Alejandro (Benicio Del Toro), Kate is thrown into the deep end as they embark on a manhunt for the cartel's top dog. Opened Oct 15.

Southpaw

(USA) Jake Gyllenhaal beefs up as Billy "The Great" Hope, a junior middleweight boxing champ living the life—until a sudden tragedy falls upon him and he hits rock bottom, losing everything he has (literally) fought for. In a dingy town gym, he seeks out unlikely mentor and former fighter Tick Willis (Forest Whitaker) to help him get his life back on track. Opened Oct 15.

Continuing

Amy

(UK) Opening the Life is Art Film Festival in September, "Amy" pieces together the definitive story of Amy Winehouse from her rising talent as a teen, through her emotional struggles with fame, controversy and love, all the way to her untimely death four years ago at the age of 27.

Dark Places

(USA) After the success of last year's "Gone Girl," Gillian Flynn's second novel gets its screen time this year. Charlize Theron is Libby Day, a woman who confronts the traumatic memories of seeing her family murdered as she visits her brother, who was incarcerated for the crime—and who may turn out to be innocent.



Hong Kong Trilogy: Preschool, Preoccupied, Preposterous

(Hong Kong) Christopher Doyle's latest work is a three-part movie that weaves in the voices of three generations in Hong Kong: "preschooled" schoolkids, unsatisfied "preoccupied" youth and the "preposterous" elderly. It's one of the first features to cast a spotlight on the Occupy movement, filming and interviewing those who were involved as it unfolded last year. ★★★★

The Intern

(USA) 70-year-old widower Ben Whittaker (Robert De Niro) rebuffs retirement and decides to intern at an online fashion site, headed by Jules Oshin (Anne Hathaway). Directed by Nancy Meyers ("The Parent Trap"), it's a cheesy feel-good flick of the best kind. ★★★★



I Am Somebody

(China) Set in Zhejiang province's Hengdian, dubbed "The Hollywood of the East" as it's home to the monumental Hengdian World Studios, a group of young extras chase their dreams to become the next big thing. Directed by former Shaw Brothers actor Derek Yee Tung-sing.



Edited by Evelyn Lok

evelyn.lok@hkmagmedia.com

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Love & Mercy

(USA) Paul Dano and John Cusack play the younger and older Brian Wilson, the musical mastermind behind The Beach Boys. It's a tale that divulges the darker side of the band's sunny sounds, cementing Wilson's status as one of the most respected music makers of the century, and is a cathartic, heartfelt story told well. ★★★★

The Martian

(USA) During a mission on Mars, a team of astronauts leave Mark Watney (Damon) behind after a fierce storm hits, presuming him dead. Mark must find his own way to survive on scarce supplies, while the team brew up their own mission to bring him back. It's the third stranded astronaut story to come in recent years, but this one is a lighthearted take on an otherwise harrowing survival film. ★★★

Pan

(UK/USA) In a reimagined tale, Peter is a 12-year-old who escapes a London orphanage and finds himself in the magical world of Neverland. Look out for Hugh Jackman as Blackbeard and Rooney Mara as the, um, Indian princess Tiger Lily. A heartwarming new take on Peter Pan's story, but not without a few touches of cheese. ★★★

Saving Mr. Wu

(China/Hong Kong) Police are on a high profile case when Chinese celebrity Mr. Wu (Andy Lau) is kidnapped by thugs disguised as the police. It's based on the real-life kidnapping of Wu Ruofu, who also stars. Could it be? A Chinese meta-meta-crime thriller?

The Walk

(USA) See review, opposite.



HKAFF - Birth of Sake

Film Festivals

Hong Kong Asian Film Festival

The 12th Hong Kong Asian Film Festival this year opens with two films: Drama "Mountains May Depart" by Chinese top director Jia Zhangke, set in Australia in the 90s, the present day and in 2025; and nostalgic Hong Kong romance "She Remembers, He Forgets" by Adam Wong Sau-ping, starring Miriam Yeung and Jan Lamb. The full festival program is pretty Japan-centric this year: Alongside arty films in competition at Cannes, there's even a category on the therapeutic qualities of Japanese food—don't miss "The Birth of Sake," a boozy documentary by Anthony Bourdain's cinematographer Erik Shirai. Oct 28-Nov 22. Screenings are at Broadway Cinematheque, The One, IFC, and Pacific Place. \$60-95 from www.cinema.com.hk.

KINO

Film buffs who want to get to know the latest trends in German cinema should catch these 10 recent releases. With the heavy focus in recent news on the Syrian refugee crisis, this year's KINO 2015 opens with "We are Young, We are Strong," which recounts the violent xenophobic riots that took place in Rostock in 1992, directed by Afghan-German director Burhan Qurbani. Oct 22-Nov 2. Screenings are at the Arts Centre, Science Museum and The Grand Cinema. \$40-80 from www.urbtix.hk and www.thegrandcinema.com.hk.

Special Screening

CineFan: The Ring

The original cursed spectre of all cursed spectres comes to the big screen again this month, a perfect prelude to Halloween. CineFan's screening of "The Ring"—the original Japanese version—will be accompanied by a post-screening talk by director Nakata Hideo himself. Go see it and then never go near TV screens again. Oct 17, 7:30pm. Agnès b. Cinema, Arts Centre, 2 Harbour Rd., Wan Chai. \$65 from www.urbtix.hk.

CineFan: The Taste of Cult

Up for an awesome splatter flick this Halloween? Catch 1987 cult favorite "Evil Dead II" (Oct 31) directed by Sam Raimi, aka the OG to all "cabin in the woods" horrors—which is full of crazy necromancing antics as a couple discovers a tape recording of the Book of the Dead. For more horror comedy fun, don't miss Roman Polanski's "The Fearless Vampire Killers" (Oct 17), wherein he and Jack MacGowran attempt to save a beautiful woman who has been captured by the town's Dracula-esque villain. Oct 17, 2:30pm; Oct 31, 2:30pm. The Grand Cinema, 2/F, Elements, 1 Austin Rd. West, West Kowloon, 2196-8170. \$75 from www.thegrandcinema.com.hk.

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FREE WILL ASTROLOGY

ROB BREZSNY

LIBRA (Sep 23-Oct 22): Many astronomers believe that our universe began with the Big Bang. An inconceivably condensed speck of matter exploded, eventually expanding into thousands of billions of stars. It must have been a noisy event, right? Actually, no. Astronomers estimate that the roar of the primal eruption was just 120 decibels—less than the volume of a live rock concert. I suspect that you are also on the verge of your own personal Big Bang, Libra. It, too, will be relatively quiet for the amount of energy it unleashes.

SCORPIO (Oct 23-Nov 21): For now, you are excused from further work on the impossible tasks that have been grinding you down. You may take a break from the unsolvable riddles and cease your exhaustive efforts. And if you would also like to distance yourself from the farcical jokes the universe has been playing, go right ahead. To help enforce this transition, I hereby authorize you to enjoy a time of feasting and frolicking, which will serve as an antidote to your baffling trials. And I hereby declare that you have been as successful at weathering these trials as you could possibly be, even if the concrete proof of that is not yet entirely visible.

SAGITTARIUS (Nov 22-Dec 21): One afternoon in September, I was hiking along a familiar path in the woods. As I passed my favorite grandmother oak, I spied a thick, six-foot-long snake loitering on the trail in front of me. In hundreds of previous visits, I had never before seen a creature bigger than a mouse. The serpent's tail was hidden in the brush, but its head looked more like a harmless gopher snake's than a dangerous rattler's. I took the opportunity to sing it three songs. It stayed for the duration, then slipped away after I finished. What a great omen! The next day, I made a tough but liberating decision to leave behind a good part of my life so as to focus more fully on a great part. With or without a snake sighting, Sagittarius, I foresee a comparable breakthrough for you sometime soon.

CAPRICORN (Dec 22-Jan 19): Canadian author Margaret Atwood has finished a new manuscript. It's called "Scribbler Moon." But it won't be published as a book until the year 2114. Until then, it will be kept secret, along with the texts of many other writers who are creating work for a "Future Library." The project's director is conceptual artist Katie Paterson, who sees it as a response to George Orwell's question, "How could you communicate with the future?" With this as your inspiration, Capricorn, try this exercise: Compose five messages you would you like to deliver to the person you will be in 2025.

AQUARIUS (Jan 20-Feb 18): Every hour of your life, millions of new cells are born to replace old cells that are dying. That's why many parts of your body are composed of an entirely different collection of cells than they were years ago. If you are 35, for example, you have replaced your skeleton three times. Congratulations! Your creativity is spectacular, as is your ability to transform yourself. Normally these instinctual

talents aren't nearly as available to you in your efforts to recreate and transform your psyche, but they are now. In the coming months, you will have extraordinary power to revamp and rejuvenate everything about yourself, not just your physical organism.

PISCES (Feb 19-Mar 20): The coming weeks will NOT be a favorable time to seek out allies you don't even like that much or adventures that provide thrills you have felt a thousand times before. But the near future will be an excellent time to go on a quest for your personal version of the Holy Grail, a magic carpet, the key to the kingdom, or an answer to the Sphinx's riddle. In other words, Pisces, I advise you to channel your yearning toward experiences that steep your heart with a sense of wonder. Don't bother with anything that degrades, disappoints, or desensitizes you.

ARIES (Mar 21-Apr 19): Here's actor Bill Murray's advice about relationships: "If you have someone that you think is The One, don't just say, 'OK, let's pick a date. Let's get married.' Take that person and travel around the world. Buy a plane ticket for the two of you to go to places that are hard to go to and hard to get out of. And if, when you come back, you're still in love with that person, get married at the airport." In the coming weeks, Aries, I suggest you make comparable moves to test and deepen your own closest alliances. See what it's like to get more seriously and deliriously intimate.

TAURUS (Apr 20-May 20): Some firefighters use a wetter kind of water than the rest of us. It contains a small amount of biodegradable foam that makes it ten times more effective in dousing blazes. With this as your cue, I suggest you work on making your emotions "wetter" than usual. By that I mean the following: When your feelings arise, give them your reverent attention. Marvel at how mysterious they are. Be grateful for how much life force they endow you with. Whether they are relatively "negative" or "positive," regard them as interesting revelations that provide useful information and potential opportunities for growth.

GEMINI (May 21-Jun 20): "Jonathan Strange and Mr. Norrell" is a BBC TV min-series set in the early 19th century. It's the fictional story of a lone wizard, Mr. Norrell, who seeks to revive the art of occult magic so as to accomplish practical works, like helping the English navy in its war against the French navy. Norrell is pleased to find



an apprentice, Jonathan Strange, and draws up a course of study for him. Norrell tells Strange that the practice of magic is daunting, "but the study is a continual delight." If you're interested in taking on a similar challenge, Gemini, it's available.

CANCER (Jun 21-Jul 22): We humans have put buttons on clothing for seven millennia. But for a long time these small knobs and disks were purely ornamental—meant to add beauty but not serve any other function. That changed in the 13th century, when our ancestors finally got around to inventing buttonholes. Buttons could then serve an additional purpose, providing a convenient way to fasten garments. I foresee the possibility of a comparable evolution in your personal life, Cancerian. You have an opening to dream up further uses for elements that have previously been one-dimensional. Brainstorm about how you might expand the value of familiar things.

LEO (Jul 23-Aug 22): You would be wise to rediscover and revive your primal innocence. If you can figure out how to shed a few shreds of your sophistication and a few slivers of your excess dignity, you will literally boost your intelligence. That's why I'm inviting you to explore the kingdom of childhood, where you can encounter stimuli that will freshen and sweeten your adulthood. Your upcoming schedule could include jumping in mud puddles, attending parties with imaginary friends, having uncivilized fun with wild toys, and drinking boisterously from fountains of youth.

VIRGO (Aug 23-Sep 22): While still a young man, Virgo author Leo Tolstoy wrote that "I have not met one man who is morally as good as I am." He lived by a strict creed. "Eat moderately" was one of his "rules of life," along with "Walk for an hour every day." Others were equally stern: "Go to bed no later than ten o'clock," "Only do one thing at a time," and "Disallow flights of imagination unless necessary." He did provide himself with wiggle room, however. One guideline allowed him to sleep two hours during the day. Another specified that he could visit a brothel twice a month. I'd love for you to be inspired by Tolstoy's approach, Virgo. Now is a favorable time to revisit your own rules of life. As you refine and recommit yourself to these fundamental disciplines, be sure to give yourself enough slack.

HOMEWORK: In what part of your life are you doing less than your best? Why? FreeWillAstrology.com.

MARKET PLACE

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PROPERTY

A photograph of a woman from the waist down, wearing a red and white polka-dot bikini. She is standing on a sandy beach, with her hands on her hips. The background shows a bright, sandy beach and some greenery in the distance. Overlaid on the image are several promotional elements: a diagonal red banner across the middle right containing the text "MINI STANLEY" in white and "FROM \$8,888" in white; a smaller red banner at the bottom right; a QR code in the lower right corner; and contact information at the bottom right including "Call 3793 3793", "whatsapp 5300 7558", and social media links for Facebook and mini studio hk.

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SAVAGE LOVE

Dan Savage

I am a cis woman in my mid 20s. I get a pang or a spasm of pain in a place deep in my clit/urethra area. I can't pinpoint which part exactly. It takes me by surprise every time it happens, so I jerk around and press my crotch for a hot second—which doesn't help, but it's about the only thing I can do. This obviously does not look cool in public, and regardless of when it happens, the episode irritates me. Around four or five convulsions happen and then quickly it's over. There's no pattern—it happens at random times and anywhere from one to four times daily. It started about a week ago. It doesn't hurt when I pee, apply pressure to the area, work out, masturbate, or orgasm. I wonder if my lady spasms are associated with stress. I started a new job in September that I love, but it's very demanding of my time, which has taken a toll on my mental and physical health (i.e., doing work things all fucking day, having no "me" time). What's going on down there? What's the solution? Will doing Kegels help me manage these spasms? (P.S. I'm a lesbian if that detail is helpful.)

— Super Perplexed About Spasms Mostly

I shared your letter with Dr. Lori Brotto, an associate professor in the Department of Gynecology at the University of British Columbia. Dr. Brotto has done extensive research on vaginal/vulval pain and is a recognized expert on this subject and lots of others. Brotto shared your letter with Dr. Jonathan Huber, an Ottawa-based gynecologist with expertise in treating genital pain. "SPASM definitely needs to see a physician as soon as possible to have her vulva and vagina examined," Dr. Brotto and Dr. Huber wrote in their joint response. "The collection of symptoms she describes does not map perfectly onto any single diagnosis, so these ideas below are best guesses."

Before we get to those best guesses, a word of warning for the hypochondriacs in my readership: If you're the kind of person who can't read about mysterious symptoms and their possible causes without immediately developing those symptoms—particularly vagina-owning hypochondriacs—you might want to skip the rest of this response. Okay, back to the good doctors...

"Sudden onset, intermittent genital pain can be caused by a number of simple things, such as abrasions, an infection, an allergic reaction, buildup of smegma, dermatosis, etc." Dr. Brotto and Dr. Huber continued. "Although these things are unlikely to be the cause of her pain, they're easy to rule out and treat, if necessary." ("Wait just a minute," I hear some of you crying. "Women don't have problems with smegma—that's just a dudes-with-foreskins* problem." Dr. Brotto responds: "Women get smegma, too. We don't hear about smegma in women because yeast infections get a lot more attention. But smegma in women is the same as smegma in men: a harmless buildup of skin cells and oils.")

"SPASM's symptoms most closely map onto a condition called 'interstitial cystitis' (IC) or bladder pain syndrome," Dr. Brotto and Dr. Huber explained. "IC is diagnosed when there is chronic bladder or urethral pain in the absence of a known cause. It's typically described as having the symptoms or sensations of a bladder infection, without actually having an infection. Although IC usually has a gradual onset and presents with pressure more often than pain, some women do describe a sudden onset, with pain as the most prominent symptom as opposed to pressure. Since IC often coexists with vulvodynia (vulval pain), dysmenorrhea (painful periods), and endometriosis (when endometrial tissue grows outside the uterus), if this individual has any of these other diagnoses, then IC may be more likely to account for her pain."

How can you determine if it's IC? "IC is best assessed by a urologist, who may choose to do further urine tests, like examination of urine under a microscope, and even a cystoscopy—putting

a narrow camera through the urethra into the bladder to take a look."

Another possible cause: a urethral diverticulum. "It's like an outpouching along the tube of the urethra," Dr. Brotto and Dr. Huber wrote. "This is kind of like a dead-end cave where urine and other debris can collect, which can possibly lead to infection and pain." A gynecologist might be able to diagnose a diverticulum during a normal exam—just by feeling around—but you'll most likely need to have a tiny camera stuffed up your urethra to diagnose this one too, SPASM. Moving on...

"Some of her symptoms also sound like the beginnings of 'persistent genital arousal disorder' (PGAD), a condition of unwanted genital sensations and arousal in the absence of sexual desire. PGAD can be triggered by stress and temporarily relieved with orgasms. For some women with PGAD, it is related to starting or stopping a medication (especially antidepressants)." The good news: You don't need to cram a selfie stick up your urethra to determine whether you've recently stopped taking antidepressants. More good news: There are treatments for all of these conditions.

"In sum, we feel she should see a gynecologist first and possibly get a referral to a urologist," Dr. Brotto and Dr. Huber concluded. "She also asks about whether Kegel exercises will help. Sometimes pelvic floor dysfunction can contribute to vaginal/vulval pain, and seeing a pelvic floor physiotherapist to learn proper pelvic floor exercises (including but not limited to Kegels) can help. A good gynecologist will be able to test her pelvic floor strength and control, and advise whether she should be seeing a pelvic floor physiotherapist."

Follow Dr. Brotto on Twitter @DrLoriBrotto, and follow Dr. Huber @DrJonathanHuber.

(P.S. Lesbians, in my experience, are always helpful.)

I am a 23-year-old Italian girl and I have been in a long-distance relationship for one year. We love to have sex, and when we are far away, we send each other hot pictures and videos. At least two times per week, we masturbate on Skype. There is something that confuses me about the way I masturbate when I am alone. My boyfriend watches pornos daily when we are far away. This is something I don't like, but I have not asked him to give up watching pornos. I think there is nothing wrong in pornos by themselves: Sometimes I watch them, and when we are together, it's me who suggests to watch them together or I let him watch them while I'm giving something to him. However, I'm not a fan of him watching pornos when he is alone. But when I masturbate, I think only about him watching porno alone. What's wrong with my sexual fantasies?

— Confused Italian Asking Obviously

There's nothing wrong with your sexual fantasies, CIAO, you're just experiencing a little cognitive dissonance and residual sex-negativity—and that particular tension can both distress and arouse. But seeing as your boyfriend is going to look at porn (and other women) whether you want him to or not (just as you look at porn and other men), and since you enjoy porn together, I would advise you to err on the side of embracing your fantasies. And don't feel like you have to overcome the cognitive dissonance. The naughtiness of it, the transgression, and the symbolic betrayal—all of that turns you on. So live with it, lean into it, and enjoy it.

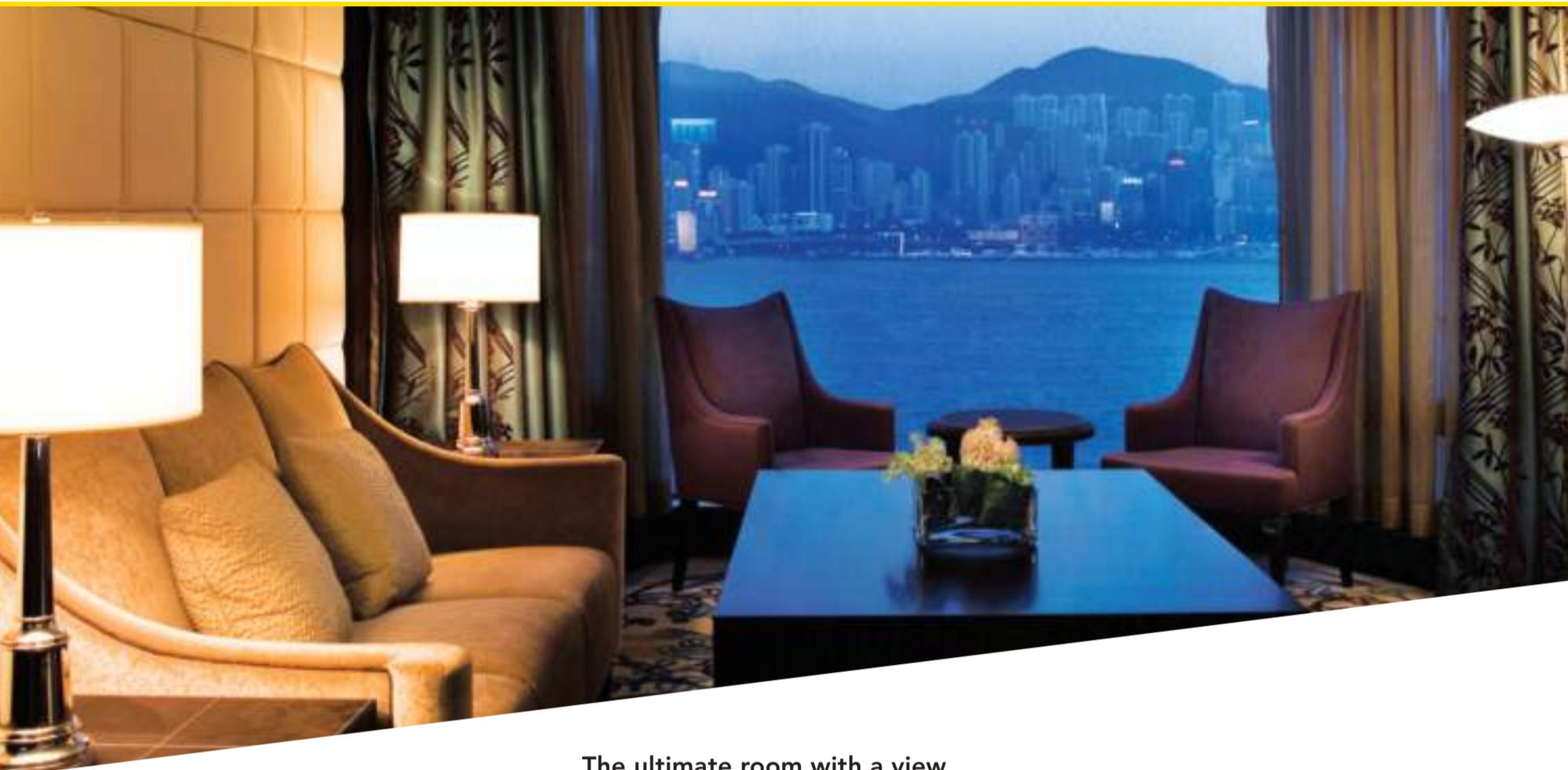
* For the record, quickly, before Tumblr explodes: Some women have penises! Some women with penises are uncut! A tiny percentage of uncut-penis-having women have poor personal hygiene practices and consequently have smegma under their foreskins! #TheMoreYouKnow

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Tap Dogs Dances Back into Town

The global dance sensation Tap Dogs is back for a limited run at The Venetian Theatre at The Venetian Macao from October 30 to November 8, 2015.

Australia's most successful theatrical export has been wowing audiences of all ages around the world for more than 20 years. Tap Dogs has been a smash hit on six continents and has been watched by a staggering 12 million people in more than 300 cities since its debut in Sydney in January, 1995. Featuring high-energy dance, theater and live music performed by an all-male cast, the show is a spectacular, eye-catching extravaganza that's perfect for all ages.

The talented dancers combine power and precision in an 80-minute show that has graced the Edinburgh Festival and played on Broadway and in the West End. The winner of 11 international awards, including the prestigious Olivier Award and the Obie Award, Tap Dogs is a must-see event for everyone with rhythm in their heart.

Tickets are available at all Cotai Ticketing box offices, from \$280-680. Shows take place Mon-Fri 8pm, Sat 2pm & 8pm, Sun 2pm & 5pm. (No performance on November 3.)





Salon Assistant

- To assist our Hair Stylist to serve our customers
- To perform shampoo services
- Free in-house training is provided
- Candidates with no experience are also welcome
- Monthly salary \$10000 up
- Work location: Central / Admiralty / Taikoo Shing / Diamond Hill / Kwun Tong / Tseung Kwan O
- Travel allowance will be paid to employees who live in Kowloon or New Territories and work at HK Island

Interested parties please send your application to:
hrd@ilcolpo.com.hk or contact the Human Resources Department at 3970 3333 / 3970 3334 for an interview.

EDITORIAL CAREERS

HK Magazine Media Group – publisher of HK Magazine, The List, and the where® family of international travel publications, is looking to fill the following position in its Editorial Department:

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- A love of food, nightlife, people and all things Hong Kong.
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ten feet tall is a relaxation sanctuary which aims to bring a slightly different foot / body massage experience to Hong Kong in an upscale environment with exotic and tropical ambience. We are looking for friendly and enthusiastic candidate to join our team.

Host / Hostess

- Actively participating in the greeting, translating and service extended to members
- Excellent command of spoken English and Cantonese
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- Excellent guest interaction skills
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HK GIVEAWAYS

It's week two of our giveaways competition this month. Do you need a staycation to get away from your pokey apartment? Or would you rather sip on bubbles over a huge picnic platter? Read on to find out how to win. It could be you. YOU!

WIN A TWO-NIGHT
STAYCATION WORTH
\$11,000!



Win a two-night staycation at the Kowloon Shangri-La with dinner at Angelini, valued at over \$11,000!

Thanks to our generous friends at the Kowloon Shangri-La, we're giving away a two-night stay in a **Horizon Harbour View room for two**, including all Horizon Club benefits—valued at more than \$9,000. Luxury, free breakfast and a killer view of the island: Sounds pretty great to us.

As if that's not enough, we're also throwing in dinner for two valued at \$2,000 at the hotel's **Angelini restaurant**, one of Hong Kong's most authentic Italian eateries.

Want to win? If you were reading last week, you should have already found an *italicized* word in an article on the Spotlight page of that issue. Now you have to do the same with this and the next issue! Once you've got all three, include them in a paragraph of no more than 30 words about what you'd do on your staycation at the Kowloon Shang. Go to hk-magazine.com/hk-giveaways to submit your entry before 10am on October 26, 2015. The best, most convincing entry will win the top prize. Good luck! The winner will be announced on October 30.

Win a gourmet picnic spread for two from Invisible Kitchen!

It's no longer so sweltering it hurts to be outside, so it's the perfect picnic season. Thanks to the lovely people from Invisible Kitchen, we've got **three gourmet picnic hampers for two**, with a bottle of **Moët & Chandon**, up for grabs—worth \$1,450 each.

What's on the menu? A wicker basket stuffed full of canapés, starters, sandwiches, mains, desserts—and a chilled bottle of Moët to toast the perfect afternoon feast. Want a chance to win? Simply describe your perfect Hong Kong picnic to us. Submit your entries at hk-magazine.com/hk-giveaways by **10am on October 19, 2015**. Winners will be announced in our October 23 issue, and must give three days' notice to claim their prize.

Invisible Kitchen offers innovative catering for all types of events and social occasions, from BBQs and picnics to weddings and events. Check out www.invisiblекitchen.com for more.



WIN GOURMET
PICNIC HAMPERS,
ALTOGETHER WORTH
\$4,350!

FIRST PERSON

Cantopop superstar **Elisa Chan Kit-ling** started her career in showbiz when she joined 70s pop group The New Topnotes at 16. Her fame grew in the 80s after notable collaborations with Leslie Cheung and Maria Cordero, and she went on to mentor Cantopop greats such as Twins, Nicholas Tse and Joey Yung. Ahead of a concert with jazz divas Patti Austin and Janis Siegel, Chan shares some wisdom about the music industry and the beauty of jazz with Evelyn Lok.

My family never put any pressure on me. I was already independent before I joined The New Topnotes.

I'm not sure if it was the wrong decision, but I don't really care anymore. Because it got me to where I am now.

It was fun. And it wasn't a 9-to-5. My responsibilities were just learning the song and memorizing lyrics. Isn't that easy?

For me, singing was never about fame.

But I'm merchandise. Of course you want more exposure. It's just marketing.

I didn't know that. I just wanted to sing!

[Putting on a show] is one of the most crucial elements of live performance. It's called "live" because you are managing the mood at that exact moment.

In many ways, jazz is very free. But at the same time, "jazzing something up" means to style and layer it up; there's a lot of theory behind it.

It's all about the experience of a soloist: how he expresses the harmony of the performer, the band, the audience—to achieve creativity in one split second.

It's really difficult to sing jazz in Cantonese. It's all about improvisation—to bend the musical notes in the language.

Cantonese has its own unique culture, and poignancy. With jazz a musician bends the words however they want. But you can't do that with Cantonese. You can't add to the intonation: It'll turn into Cantonese opera.

Cantonese opera is perhaps the closest to jazz, because it has its elasticity.

Fewer people pay attention to Cantopop, because the world has opened up. No one needs to watch TV anymore. Everyone's on YouTube.

I don't see it as a shame. As [legendary Cantopop lyricist] James Wong once said, "Music follows the culture of society." As the culture changes, you can't expect the music to stay the same.

The popularity of K-pop isn't surprising. Even in the 80s we were listening to Japanese songs. Before we had Cantopop we were all listening to Western pop.

Sometimes the more you do, the more scared you feel. Because the more you know about yourself and the more talented people you meet, the more you start to feel inadequate.

There's always hard work behind successful people.

What's 100 percent? When you can truly handle any problem that comes your way.

I never give myself full marks.

People ask me, "Don't you get tired? Won't you stop making music?"

Why would I give up music? I wouldn't give up eating. I wouldn't give up breathing. In every way, music is my motivation.

I'm most afraid of losing my ability to work. I wish there was someone honest to tell me "I don't think you can anymore."

I'm afraid that I won't be able to take it. It's the same with aging. Everyone says that you can age beautifully. But it's something to get used to.

Knowledge is important. The more you know, the more you observe—that's how you can open yourself up and reflect. That's the only time people can improve.

If you can't upgrade yourself, how are you going to upgrade others?

When I teach music, I don't teach do-re-mi-fa-so; I'm not good at that. I'm not an academic trainer. But what I teach is the appreciation of music, what to take from it, how you can see it from different angles.

But I don't know how to appreciate heavy metal. It's just not my cup of tea.

I want to transcend the ignorance of my younger days. When I think back now, I think, "Who is that silly little thing?"

But it's very hard for me to judge that girl now, because it was so far away. I cannot relate anymore. But I'm glad that girl had the experiences and made me who I am.

I'm not very attached to the limelight. I just like to play.

I don't have to put on a persona, I have to be that persona. Everyone has different identities. Once I'm not on stage, not in costume, I'm not that singer any more.

If you wipe off your makeup, you're at home with your legs up, and you still think you're that singer—then you have a problem. The environment spoils you.

My life is everybody else's life. It's very ordinary.

There's a lot of conveniences that come with fame, but I'm going to die like anyone else. Everybody ages; everybody is the same.

We're all just like the Chief Executive: We have to face the public and accept criticism. You have to be aware of your actions.

I don't exactly look forward to anything else in life right now—just life itself.

NEED TO KNOW...

See Chan in concert together with Patti Austin and Janis Siegel on Oct 19-20, 8:15pm.

Academic Community Hall, Hong Kong Baptist University, 224 Waterloo Rd., Kowloon Tong, 3411-5182.
\$380-880 from www.cityline.com.

"**Why would I give up music?**
I wouldn't give up eating.
I wouldn't give up breathing."



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I WTHL.