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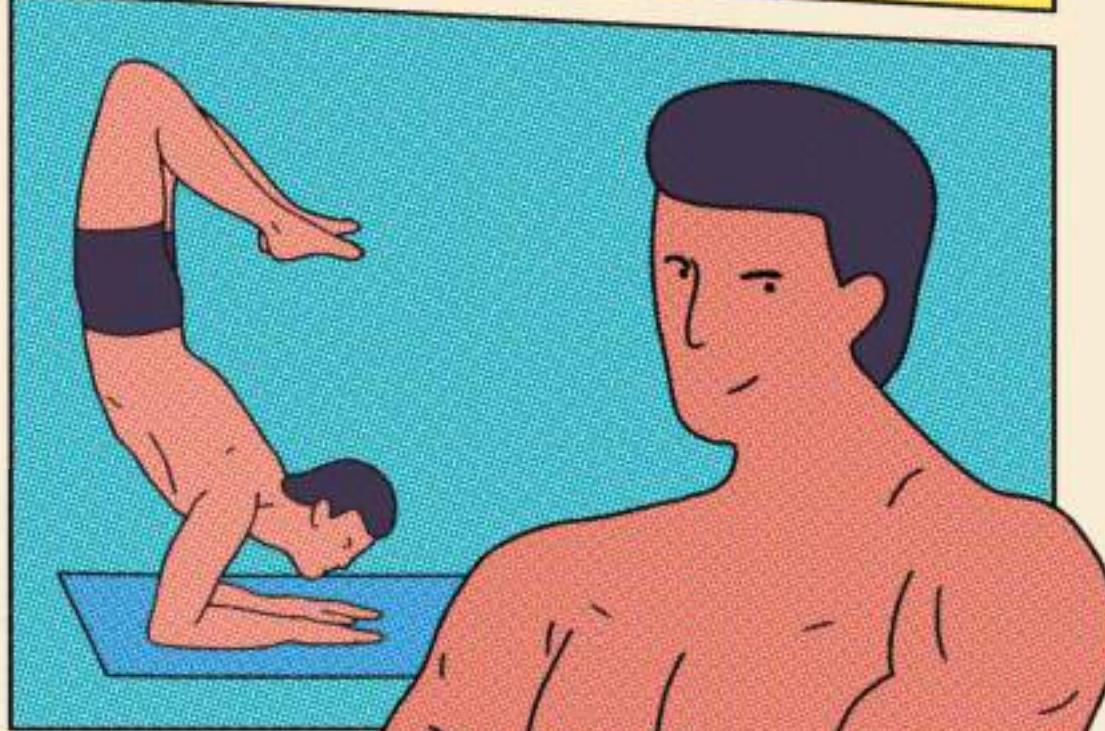
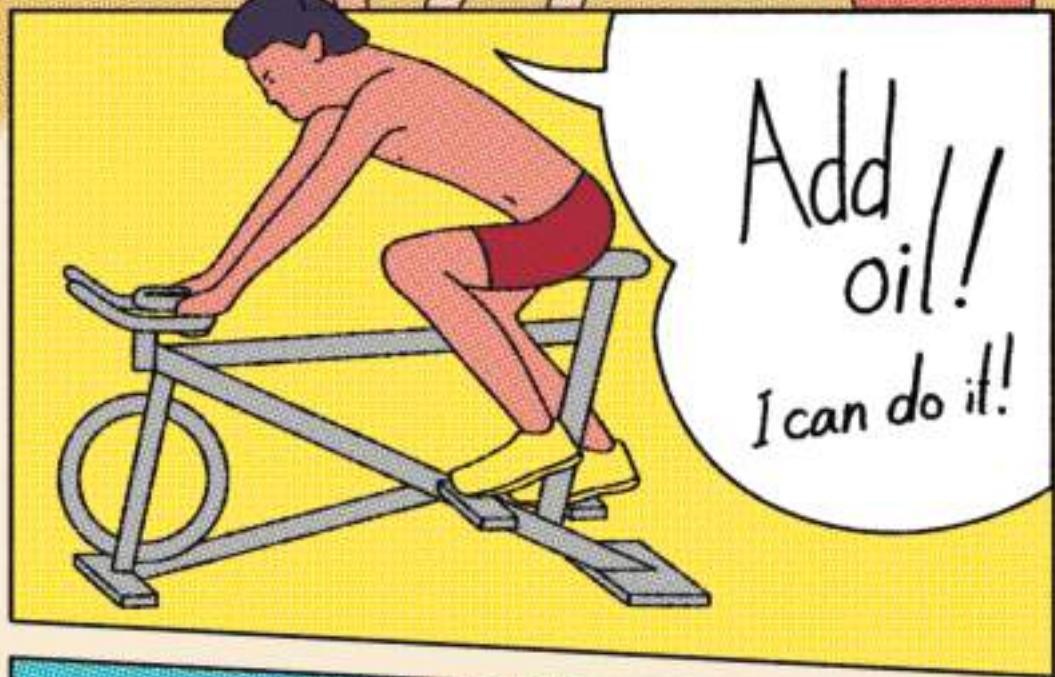
NO. 1134

HK

HK MAGAZINE FRIDAY, FEBRUARY 26, 2016 HK-MAGAZINE.COM

Hey

SKINNY!



GET RIPPED

...with HK Magazine's two-week guide to
getting into shape and looking **totally buff**



DREAM OFFERS

Economy Class From Hong Kong to Europe

Venice HK\$ 5,640up

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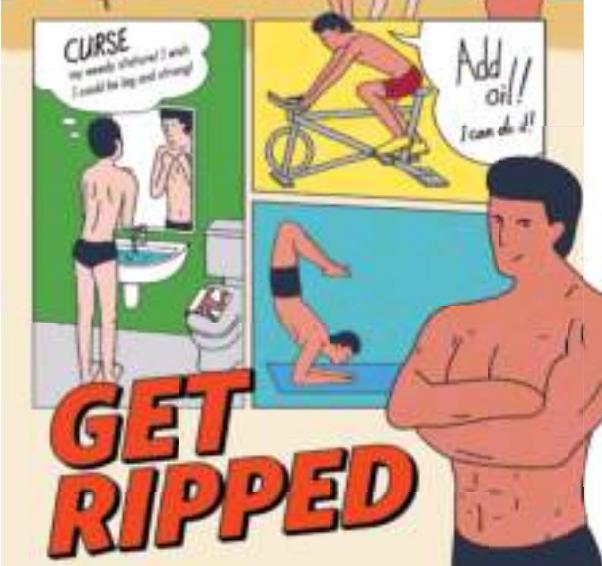
all-in return fares

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Sales period: now until 14 Mar 2016. Departure period: now
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SKYTEAM

Journeys of Inspiration

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Best. Budget. EVER.

Financial Secretary John Tsang has just announced his 2016 Budget for the city, in which he's scaled back on income tax for individuals. But we think the hairy ol' walrus impersonator has missed a trick or three. Here are some ideas for surefire budget success.

Give everyone \$6,000 again.

Remember back in 2011 when John Tsang tried to put extra cash into our MPF accounts, but everyone thought it was a dumb idea so instead he gave us all \$6,000 in cash? That was awesome. Can we do that again, please?

Buy Beijing.

So the Chinese capital's GDP is about US\$314 billion. Divide that by Hong Kong's population of about 7.3 million and each of us needs to stump up just US\$43,013 and we can buy China. That's way less than the cost of a house! Maybe the tycoons can pay a double share. Then we can rename it "Beijing SAR" and see how THEY like it.

Sensible Subsidies.

Hong Kong's facing an imminent crisis. Decreasing birth rates and increasing costs of welfare and housing mean that soon we'll struggle to care for the city's aged. Meanwhile, Hong Kong youth is increasingly angry and disillusioned. By subsidizing the cost of deer antler, tiger penis and other such aphrodisiacs, the government will encourage the people of Hong Kong to have loads more sex: Thus raising the birth rate, boosting the love hotel economy and distracting those pesky young'uns from their actual concerns.

A Chicken Pot in Every Pot.

Herbert Hoover was elected in 1928 on the promise of "a chicken in every pot" for every American. In modern, civilized Hong Kong, John Tsang should be prepared to offer one all-you-can-eat Chongqing chicken pot meal to every man, woman and child in the city. Admittedly, the Great Depression of 1929 meant that Hoover broke his promise. But—In John We Trust.

Create a Communist Utopia.

By destroying the system from the inside, John Tsang could engineer the rise of a genuine Communist state, in which workers control the means of production and there's no such things as class divides or inequality. But let's face it: no one's actually interested in a genuinely equal system, are they? They just want to have more money than you.

Do a Shit Budget, Blame it on CY.

We all know John Tsang's gunning for the top job. His best chance is to produce an even more shitty budget and sneakily blame it all on CY and Carrie Lam's interference, neatly clearing his path to the top. It's like "House of Cards," only our protagonist looks like an adorable if threadbare teddy bear wearing a suit.

Who's in charge?

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Senior Editor Adam White
Features Editor Leslie Yeh
Digital Editor Justin Heifetz
Film Editor Evelyn Lok
Custom Publishing Editor Xavier Ng
Staff Writer Isabelle Hon
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HOME



Mr. Know-It-All's
Guide to Life

Dear Mr. Know-It-All,

Why is Happy Valley called Happy Valley? Is it because of the horse racing? — Happy Camper

Not quite. Happy Valley was originally known as Wong Nai Chung Valley, thanks to the wong nai chung or "yellow mud stream," which flowed into the valley's basin. The area was originally a swampy marshland used to grow rice, but in 1840, during the earliest days of the colony, the British Army set up camp in the area.

But it wasn't an easy occupation. The army started getting sick and dying off in large numbers. As any government PSA these days will tell you, mosquitoes breed in stagnant water—and they bring malaria with them. The sickness ran rampant. In 1843 the 55th Infantry Regiment lost a terrifying 238 of its 515 enlisted men to the fever.

After a while, the camp was closed and the area became home to the city's first cemetery. With that mordant sense of humor that seems so unique to the British, it was around this time that the area was nicknamed "Happy Valley"—and it stuck.

The origin of the name "Happy Valley" itself comes from Samuel Johnson's 1759 fable "The History of Rasselas." Rasselas was a prince who lived in the beautiful place called Happy Valley, which was fortified against the evils of the outside world. But Rasselas became bored by his easy, pleasure-filled life, and so escaped to see the world and

search for happiness—before finally realizing that there is no easy source of contentment, and returning a wiser man to Happy Valley. A lesson for the gamblers of today, perhaps.

Happy Valley still has a high concentration of cemeteries, but it was drained in 1846 to be turned into a racecourse. It may have been a fever-ridden swamp, but it was also just about the only flat piece of land on the island: Pragmatism would win out in the end. And in Hong Kong, isn't that the happiest state of affairs?



Not always so happy

Photo: "Hong Kong Hippodrome" by Lai Afong (1880)

My Perfect HK

This week in My Perfect HK:
This February is a leap month:
meaning that essentially, we
get an extra day to play with.
Traditionally, February 29 was
the day that women would
propose to men. We're not about
to suggest anything so gendered,
but we will ask: What are you
going to do that's different
on Monday the 29th? Make it
count—you only get to do it
once every four years.

Letters

"Heartless humans. It breaks my heart every time."

Get Outta Here

Responses to last week's cover story ["The Great Escape," February 19, issue 1133] from Facebook and our website:

Nice guide homies except your recommendation of going to [Taipei restaurant] RAW 'spur of the moment' is total fucking bullshit. Did you forget the bit where it books out instantly, 2 weeks in advance via an online system? You're gonna have much better luck checking out MUME which reserves part of its seats for walk ins.

Fuck Yeah Noms

I like the idea of going to Kowloon for a vacation and telling people you are from out of town. I can do this everyday.

Stanley Ho

You have forgotten Manila which is only 90 minutes from Hong Kong. You can have a wonderful weekend staying at The Manila Pen, the Makati Shangri-La or the Fairmont Raffles and enjoy all the terrific shops and restaurants in Greenbelt and Glorietta. Manila is one of the easiest getaways from Hong Kong—a pity you didn't think to include it!

James Galbraith

I Predict a Riot

A Facebook commenter replies to Mr. Know-It-All's explanation of the Mong Kok Riots ["Mr. Know-It-All," February 19, issue 1133]:

What was sad about the Mongkok Riots was, the explicit timing of the intervention with the

hawkers by the FEHD was rather selfish and arrogant. Was it so imperative to confront them on the auspicious Lunar NY 1st day? We have seen hawkers at other times of the week, why pick on them on this day? All this violence could have been avoided. It's their ego which was ON that day to go after the hawkers. What is so wrong in giving them 1-3 days of having a go at making some extra cash? Was it so bad to live with this culture of hawkers being around the streets of HK? I believe losing one's culture is like losing a piece of yourself.

Zaha Et Cetera

Not Just for CNY

We reported on rising levels on animal abandonment around the festive period ["Talking Points," February 19, issue 1133]. Facebook readers respond:

Of course, because the greedy bastards view animals as a thing or possession, when they become too much, they throw them away like trash and make it someone else's problem.

#wealthyhkers

Mike Quirke

Heartless humans. It breaks my heart every time I read things like this. I have set up a fundraiser to help the dogs of HK to assist the Hong Kong Dog Rescue charity. It would be wonderful if anyone can donate. All monies go directly to the HKDR. I have volunteered to run 2000km over the next year!! www.youcaring.com/HKDR.

Giles Wilson

#PrivateEyeHK



Obvious Sign

Photo by Chera Smith (Instagram @cherasmith)

Need to get something off your chest? Got an amazing photo? Write us! letters@hkmagmedia.com. Letters are printed as-is (unless they need fixing).



Saturday 3/5 The Yogis Return

Trying to burn off all that *neen gou* from the holidays? Don't miss **Iris**, Hong Kong's largest free yoga and wellness festival. Simply bring your own mat and you can enjoy eight yoga classes, creative performances, live music and much more—all for free. If yoga is too mellow for your fat-burning plan, check out our fitness feature (p.8) to shape up quick.

10am-10pm. West Kowloon Cultural District, West Kowloon.
Free. Register on irishkg.com.



Friday 2/26 TGI Friday!

Did this week feel especially long after the CNY holidays? Welcome the weekend with a blast at Grana during their "**Thank Grana It's Friday**" party with free beers, bites, games and beats. Sounds like the perfect party combination...

6-9pm. The Fitting Room by Grana, 108 Hollywood Rd., Sheung Wan. Free.

Saturday 2/27

Tea Shopping

Back for the first time in 2016, the **Hollywood Rd Market** returns with products from some of the city's best designers and foodies. Feeling peckish after all your shopping? Treat yourself to a decadent matcha high tea set by Sinmei Tea on the spot, which includes two of Sinmei's famous home-brewed beverages.

Feb 27-28, 11am-8pm. The Space, 210 Hollywood Rd., Sheung Wan. \$228 for Sinmei High Tea.

Sunday 2/28

Animal Retreat

Take your furry friend out for a walk with other dog lovers at Lifelong Animal Protection Charity's "**Social by the Sea**" event, where you and your dog get to meet and socialize with others along the seaview promenade at Repulse Bay, all for a good cause. The event is raising funds to help rescue animals, as well as provide medical care and find foster homes.

Walk starts at 10am, event starts at noon. **The Pulse, 28 Beach Rd., Repulse Bay. lap.org.hk/socialbythesea.**

Monday 2/29

Leap of Faith

Ever seen rom-com "Leap Year?" Don't. The movie's all about the tradition where girls get to propose to guys in this once-in-four-years window, but we don't think women need a specific day to propose nowadays (because feminism, among other things). So instead of that, go for a girls' night at the InterContinental Hong Kong, which is offering special "**Who Runs the World – Girls**" room packages throughout March.

Through Mar 31. Package deals range from \$6,029. hongkong-ic.intercontinental.com.

Tuesday 3/1 Cheers to Art

It's officially March—which means art month is here! Before you head to all the galleries and exhibitions, kick things off with a drink first: Gormei is launching a series of events this month combining art with dining, including "**Art Hour**," which gives you a chance to engage with artists while enjoying a drink or two at some of the hottest bars in town.

**Through Mar 17, various locations.
\$200-350 from gormei.com.**

Wednesday 3/2 Dinnertainment

Dinner just got interesting with Buffet Dinner Theater's new show "**Family Resemblances**." Combining a sumptuous meal with some black comedy, this French production at Quayside is a whole new dining and theater experience.

See Culture (p. 22) for more.



Thursday 3/3 Wanna Sandwich?

Can't wait for the weekend to start? Kick things off early at **Tartine Thursdays**, where you can feast free-flow on Tartine's delicious open-faced sandwiches from 8-10pm, as well as enjoy two-for-one drinks from 6-8pm with some great music by FuFu DJs.

See Nightlife (p. 25) for more.

Friday 3/4 We'd Tap That

It's a night of jazz and tap dance at **Jazz & Tap Music Party**. Tap dancer Tansei Nonaka and keyboardist Daisuke Takeuchi from Tokyo are in town to break out their improv tap moves. And if that doesn't sound awesome to you—what is WRONG with you?.

8:30pm. RHL204, 2/F, 204 Prince Edward Rd. West, Prince Edward. \$140 from rhl204.com, \$160 at the door; both include one drink.

Coming Up

Happy Wine Valley

What's better than free drinks? Free drinks and racing, of course. Come join us at "**Wines in the Valley**" on Mar 9, where you'll get to enjoy great wines, awesome tunes and a whole lot of lip-smacking treats for free. With wines from all over the globe to wash down your winnings, you're looking at one happy Wednesday...

Mar 9, 6-10pm. Happy Valley Racecourse, Happy Valley. Free. Register at promotions.hk-magazine.com/hw-winesinthevalley.

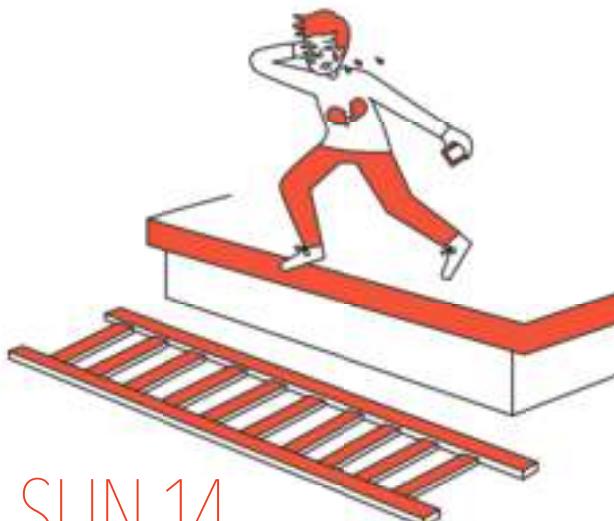


Last Week In Reality

Illustrations: Joyce Kwok

SAT 13

Hack Attack An immigration officer tells police that his computer has been hacked, after a post from his Facebook account goes viral. It offers a reward of \$10,000 for every police officer killed following the Mong Kok riots. A police investigation finds that the officer had in fact written the post, and he is arrested on charges of accessing a computer with dishonest intent and misleading police officers.



SUN 14

V-Day Drama On Valentine's Day afternoon, an 18-year-old man is traveling on the MTR with his 17-year-old girlfriend. The girlfriend suggests going to the mainland to celebrate the day. The boyfriend refuses, and the couple argues. The woman boards a train headed to Lo Wu, leaving without the man. The frustrated boyfriend tries to jump onto the MTR tracks, while calling his girlfriend to warn her of his imminent death. He is rescued by MTR staff and eventually reconciles with his girlfriend.

MON 15

Inside Job The manager of a branch of Tsui Wah in Mong Kok opens up the restaurant in the morning to find \$56,000 missing from the cash register. She suspects that the culprit is a staff member who had just quit her job, and cannot be contacted. Police are looking for the staff member to aid their inquiries, but have yet to find her. The restaurant is open for business as usual.

TUE 16

Bomberman At It Again At around 10am a 49-year-old bomb-seeking enthusiast, nicknamed "Bomb Hunter" by netizens, is hiking with his metal detector along Middle Gap Road on The Peak, when he comes across three British-made and two Japanese-made grenades dating back to World War II. Police arrive with members of the Explosive Ordnance Disposal Bureau to safely detonate the grenades. This is the second time in a month Bomb Hunter has discovered war-era grenades in Hong Kong.



WED 17

Lemonade Stand An enterprising businessman uploads a post to a Facebook group selling lemon tea cartons for \$5 each, which includes free delivery to any area accessible by MTR, for a minimum order of a single carton. Netizens complain that it's still cheaper to buy a multipack in a supermarket.

THU 18

Later, Letters A postman based in Wan Chai loses a bag of mail while on duty in Causeway Bay. The bag contains about 180 letters, and the recipients' addresses are mainly in Wong Nai Chung Road and Leighton Road. The Post Office reports the case to the police as theft. The bag of letters is discovered the next morning.



FRI 19

Obama Drama At night, a 22-year-old man wearing a blue windbreaker appears at the Consulate General of the United States in Garden Road. He picks up a brick from a nearby planter and throws it at the glass door of the consulate, cracking it. Security guards call the police, who arrive and arrest the man. As he is being arrested, he yells "I want to see Obama! I want to enlist in the army!"

Quote of the Week

"I completely understand this frustration. But violent protests won't solve the problem. An eye for an eye will only make the whole world blind."

Professor Johannes Chan responds to the Mong Kok riots in a Ming Pao column. Chan said that he believes the creativity of young people will be able to come up with peaceful but effective means of protest.

Talking Points

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

Developers Hate Trees As Usual

Developers have been suspected of **illegally felling trees within a conservation area** next to private housing estate Oscar by the Sea in Tseung Kwan O, Oriental Daily reports. District Councilor Paul Zimmerman visited the area and **found a worker driving an excavator through the conserved land**: He has questioned if developers are trying to destroy the Conservation Area along Clear Water Bay Road, to **make it easier for the Town Planning Board to grant land for the construction of private housing estates**. Zimmerman criticized the Lands Department for insufficiently inspecting conserved areas. The area under question has been covered with a large camouflage-colored canvas.

Our take: Do the shitty thing and THEN show remorse: It's a tale as old as time.

Ann Chiang's Lonely Karaoke

Controversial pro-establishment lawmaker Ann Chiang Lai-wan took to song at a political reception outside Legco last week. But she didn't sing just any old tune: **Chiang sang along to a clip of her own appearance on TV variety show "The Unforgettable"**—that first aired a decade ago. Chiang, a member of the Democratic Alliance for the Betterment and Progress of Hong Kong, **was invited to perform by actress and singer Liza Wang Ming-chuen**. The two met when they both served as members of the Chinese People's Political Consultative Conference. "Liza Wang knew I could sing because we used to go to karaoke after the CPPCC meetings," Chiang told the SCMP.

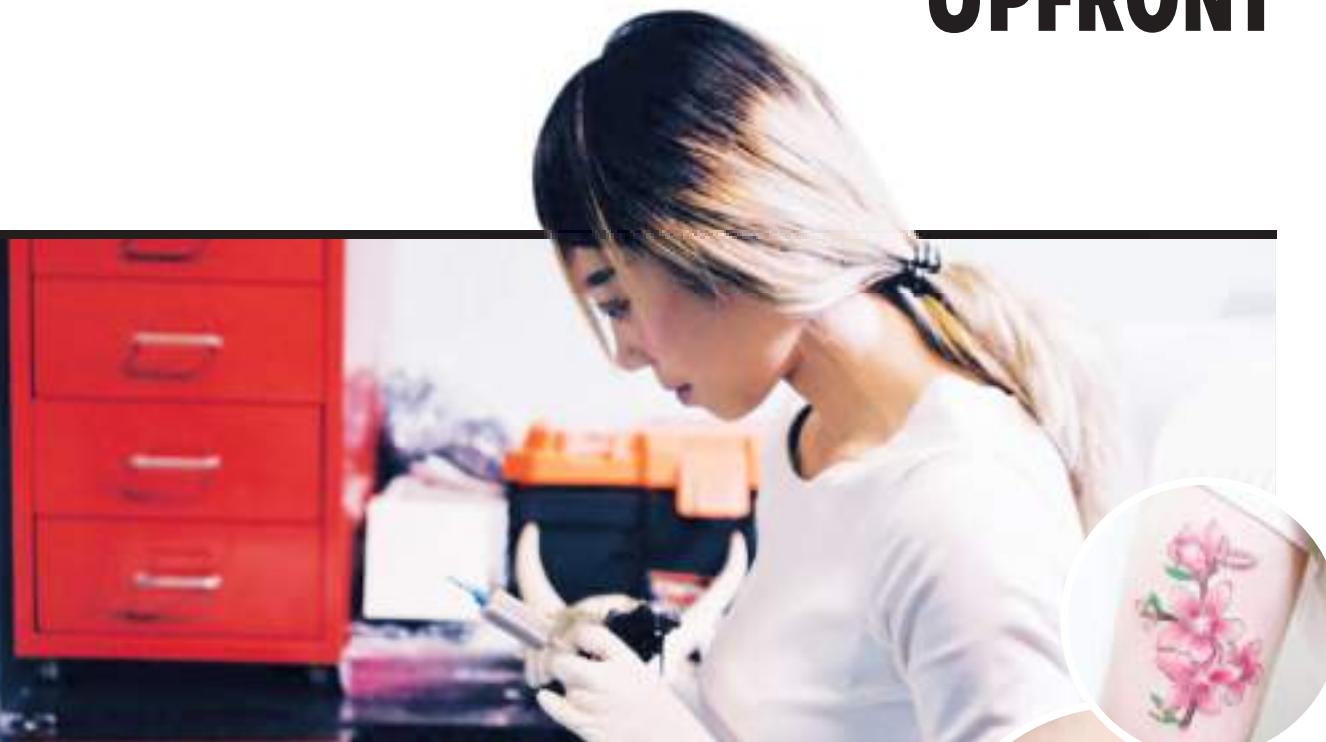
Our take: At least if you're singing with yourself, there are no dissenting voices.



Illustration: Elaine Tang

Street Talk

Just 20 years old, **Mini Lau** is one of the few female tattoo artists in Hong Kong. She tells Kate Lok about Korean tattoo trends, pig skin versus human skin, and why she regrets the only tattoo she has.



HK Magazine: How did you get started as a tattoo artist?

Mini Lau: I've been interested in tattoo art since secondary school. I've always had a passion for drawing, and I considered doing a degree in fashion design. But I hate sewing, so I had the idea of becoming a tattoo artist instead. It wasn't easy at first. I looked up tattoo shops online and went knocking on their doors with my portfolio, asking if they would take me on as a student. They were quite reluctant at first, because I was still in school at that time. After I graduated from secondary school, I worked at a Sasa store as a sales associate for about nine months, where I saved up enough money to support my journey to become a tattoo artist.

HK: What came next?

ML: I met my boyfriend at the place that I learnt tattooing. He opened his first tattoo shop in Causeway Bay, so I helped him out there. At first I just followed patterns that he drew, without knowing what my own style was. As I continued learning, I began to develop my own tattooing style.

HK: What is the learning process like?

ML: First, I practised on pig skin. It is harder to get the pattern right because it is a lot tougher and less malleable than human skin. After I was able to perfect my drawings on pig skin, I moved on to helping my boyfriend tattoo actual people.

HK: Do you remember the first tattoo you did for a customer?

ML: I think all tattoo artists remember their first tattoo experience. It was at my boyfriend's shop and I did it for an Indonesian man. It was his first time getting a tattoo and it was a tribal pattern on his arm. My boyfriend did the outline for me and I filled in the colors. I remember my feet were trembling through the entire sitting!

HK: How would you describe your style? And what do you think makes it stand out?

ML: I guess you can kind of call it a "new school" style. My tattoo style is mostly inspired by the Korean tattoo trend. It's colorful, petite, and the lines are thin and less bold. I guess that's why my tattoos are popular among young women and first time tattoo-ers.

HK: What do you think of being one of the very few female tattoo artists in Hong Kong?

ML: I don't think gender really matters. What makes my tattoos popular is my designs and the fact that there is a lack of tattoo artists that do patterns catering more for a younger generation, especially girls. The tattoos I do are subtle and less harsh than conventional ones, which is why they stand out.

HK: Do you have any tattoos? What do they mean to you?

ML: I have one on my waist, a tattoo of a cherry blossom. It doesn't really mean anything, it was my first tattoo and

I got it when I was 18. I didn't think much when I got it, I just thought it was a really pretty pattern. To be honest, I kind of regret it. This is why I always ask my customers to think thoroughly before considering getting a tattoo, because it's a permanent thing. Our shop doesn't allow walk-in customers.

HK: Any memorable stories to share?

ML: I once had a customer who asked me to tattoo a robot design that was just a random sketch from someone. It was a very simple pattern, but what hit me the most was the reason behind that tattoo. I asked her why she wanted such a simple tattoo, and she replied matter-of-factly, "Because it makes me happy. I laugh whenever I look at it, so I want to find a way to preserve it forever." And that is what tattoos are about: They hold meanings for people. They are not only symbols of triad members anymore. They are a form of art and it means a lot to me.

Get inked at Hello Tattoo: Kwun Tong Industrial Centre Phase 1, 472-484 Kwun Tong Rd, 6644-8114.

Blowing Water

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

sai2 baan2
洗版

"WASH THE BOARD"

"Spam / trending topic." Originally applied to people who posted off-topic to message boards; now also used to describe viral content that floods your newsfeed.

HongKabulary



Lai See Limit (lai si: limit), n.

If you are not married, the point after CNY when you switch from spending your lai see cash back to your regular bank account. If you are married, the point at which you can finally stop giving out lai see.

"Let's get some more shots!"

"No can do. I've hit my lai see limit."

TWO WEEKS TO TONED

Feeling fat as a frankfurter or weedy as a... weed? HK Magazine's two-week fitness challenge will take you from zero to hero in a fortnight.* By **Leslie Yeh**

*No guarantees



Day 1

Getting yourself into workout mode is always a challenge. But don't despair: it'll get easier. Bite the bullet and start strong with a hardcore workout to get the adrenaline going.

Action Plan: Head to **Epic MMA** to punch, kick and elbow your way to happier (and healthier) days. Referred to as the "Art of Eight Limbs," Muay Thai boxing keeps the body tight and the mind nimble, and you'll soon be drop-kicking and back-flipping your way to a tighter body. Muay Thai classes at Epic range from beginner to advanced and are offered seven days a week.

How much? \$280 for a drop-in class. From \$2,880 per month for three-month packages.

Locations in Central, TST, Tung Chung and Stanley, visit epicmma.com or call 2525-2833 for more info.

Day 2

Your body might be going into shock after hitting the gym hard after a long period of inactivity. Lay off the weights today but keep your heart rate up and give those muscles a good stretch with a Pilates or yoga session.

Action Plan: Exercises like Pilates and yoga incorporate a certain amount of mindfulness and meditation to the practice, which is why they're the perfect workouts to do at home. Jump on **YouTube** channels such as **Yoga TX**, **Yoga With Adriene**, or **lululemon** for a full range of easy-to-follow home exercise videos. The best part? You don't have to shower with a bunch of sweaty, smelly gym-goers afterwards.

How much? Free!

Cheat Option! Seafood, eat food. Skip the carbs but indulge those "healthy eating habits" with a seafood feast at new lobster roll shack **Lobster Central**.

Shop E, G/F, 50 Stanley St., Central, 3565-6725.

Day 3

Your muscles are beginning to feel a little tighter, your energy levels are up, and you've got a good dose of endorphins in you. Keep up the good vibes with another high-intensity workout, this time targeting different areas of the body.

Action Plan: Head to one of **Pure Fitness'** many locations around Hong Kong to get a full-body workout in their signature Bodypump classes. This resistance training program works to improve raw strength while shaping and toning all your major muscle groups: quads, biceps, abs, you name it. Through a series of squats, presses, lifts and curls, you'll be feeling fit as a fiddle in no time.

How much? \$350 for a one-day trial pass includes access to all facilities and group fitness classes for the day. Membership packages start from \$800 per month (\$999 joining fee).

Locations around town; visit pure-fitness.com for schedules and pricing details.

After I shape up you're going straight into the recycling, you sadistic metal bastard



Day 4

Call your most annoying CrossFit friend and tell them it's their lucky day: you're ready to give the WOD, Murphy and Filthy 50 a shot.

Action Plan: A high intensity workout that combines weightlifting, gymnastics and cardio, CrossFit is all about pushing the body.

CrossFit852 is one of the largest communities in Hong Kong, and you'll be in good company as you motivate and push each other through the grueling workout. Plus, you'll have gym buddies to grab a drink with after class. Or maybe a fruit smoothie, anyway.

How much? \$250 for a drop-in class. Memberships available in one-, three-, six-, and 12-month packages; \$2,300 per month for a 12-month package.

1/F, Li Dong Building, 9 Li Yuen St. East, Central, 2205-0338, crossfit852.com.

Cheat Option! Go for a picnic at **Sun Yat Sen Memorial Park**, where you can watch the joggers going round in a circle as you sip on a crisp Chardonnay and contemplate the sunset.

16 Eastern St. North, Sai Ying Pun.

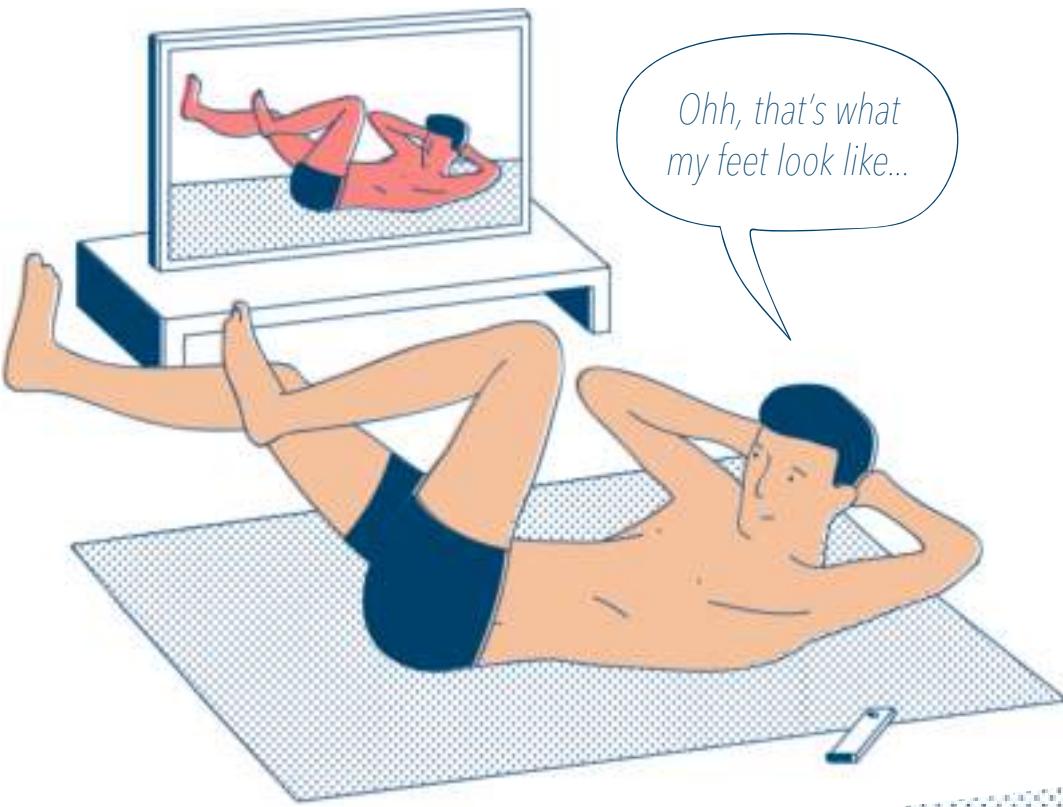
Day 5

Hurray! You're almost at the end of Week 1. You've earned a day of rest, but don't get too comfortable on the couch.

Action Plan: Lay out the yoga mat in front of the TV and smash out 100 crunches to something on **Netflix**.

How much? Netflix subscriptions from \$63 per month, netflix.com.hk.

Oh, that's what my feet look like...



Day 6

The weekend is here, so who can blame you for getting a bit sidetracked? Follow up that 2-hour brunch with a hardcore session in the evening, and you'll be right back into the routine.

Action Plan: Sweat out the champagne brunch with a high-intensity cycling session at **Studio Fitness**. With the bright neon lights, heart-thumping music and incredibly good-looking instructors, it'll almost be like you're bumping fists at Dragon-i around the corner.

How much? \$350 drop-in class. \$1,998/mo for a 12-month package. 1/F, World-Wide Commercial Building, 34 Wyndham St., Central, 9450-5600, studiosfitness.com.hk.

Cheat Option! Don't want to work out yourself? The next best thing is watching someone else do it. Check out **India By the Bay** (Feb 24-Mar 1), a week-long festival celebrating India's theater, dance and food, with a special headlining performance by premier dance troupe **Nrityagram Dance Ensemble**.
Feb 28, 6:45pm. Miller Theatre, Asia Society Hong Kong Center, 9 Justice Drive, Admiralty; \$250 from indiabythebay.com.

Day 7

'Tis a day of rest and a day to detox.

Action Plan: Grab a few friends and head up to **Dragon's Back** for a half-day hike with picturesque views and good company. Pack snacks of granola bars and fruit, and cap off the workout with fresh (and hopefully healthy) seafood such as piri piri prawns, oysters and sea bream at Shek O beachside favorite **Cococabana**.

G/F, Shek O Beach Building, Shek O Beach, 2812-2226.

Day 8

Your muscles should be screaming by this point, which means a good long stretching session is in order.

Action Plan: Marco Ferdinandi, Regional Director of Fitness Operations at **Pure Fitness**, shares these simple guidelines for home stretching:

1. Move your joints through a full, comfortable range, then go just a little further. There should be no pain, just fluid movements with each area starting at the toes and finishing with your shoulders and neck.
2. Don't forget to inhale and exhale: Deep breathing increases circulation and stimulates your mind and body to move better.
3. Slowly move into each stretch and hold for 30 to 60 seconds. You should reach the point of resistance, not pain, and then gently move from that position as your breathing allows you to go slightly further.
4. Start with just a few minutes each day and build up to a routine lasting as long as you can manage, 30 minutes being a great goal.

Cheat Option! If your body can't handle the training, then give your mind a workout instead. Caribbean spot **Rummin' Tings** hosts pub quizzes every Monday night with a \$500 restaurant voucher as the grand prize—and "shot roulette" for the losers.

Mon, 8pm. 28 Hollywood Rd., Central, 2523-7070.

Day 9

You're more than halfway through the challenge, but with five days still to go, the finish line might be feeling a long ways off. Now isn't the time to give up—mix things up and channel your inner Jet Li to power through the last few workouts.

Action Plan: Check out **FAC Fighting Arts Center**, which offers Muay Thai and MMA in a handful of locations around the city. The MMA training course will toughen up even the wimpiest of fighters, with comprehensive combat training encompassing fighting techniques, body endurance and weight training. The workout combines various aspects of judo, jiujitsu, boxing, Muay Thai and Bartitsu for the ultimate physical test.

How much? Free trial class; \$888 for one month of unlimited lessons. Locations around town, visit fighting-art.com.hk for more info.

Day 10

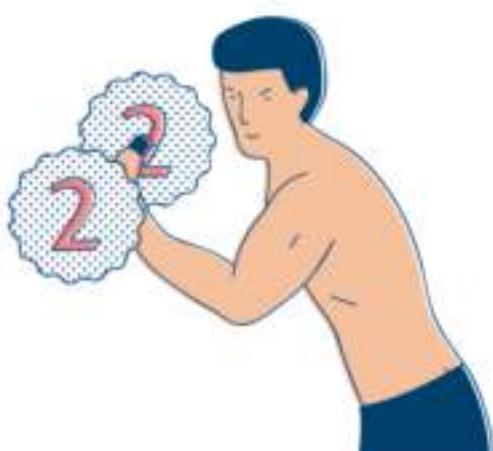
The jelly rolls around your belly are slowly disappearing and it looks like you may be able to squeeze into your swimsuit after all, but diet and cardio alone won't get you those rock-hard abs you crave.

Action Plan: Look to **H-Kore** for a high-octane workout that specifically targets your mid-section. The KettleKore class incorporates different kinds of kettlebell movements to build up your core muscles and tone up those abs.

How much? Two trial classes for \$180; from \$2,040 for a six-class package.
3/F, Wincome Centre, 39 Des Voeux Rd. Central, 2441-9000, h-kore.com.

Cheat Option! Want to feel your heart pounding, but too lazy to make it happen the traditional way? Take on the **world's highest bungy jump** in Macau for an adrenaline rush without having to exert any real effort (except maybe screaming at the top of your lungs).

Macau Tower, Largo da Torre de Macau, Macau. \$3,288 from ajhackett.com.macau.



High Intensity, Low Cost

Don't want to spend a fortune at a gym? Check out these alternative options to get more bang for your buck.

- **Class Cruiser** (classcruiser.com) offers access to numerous classes around town with a contract-free monthly subscription. For \$899 per month, take your pick of everything from cycling to Muay Thai to dance classes, at more than 40 fitness studios in the city. The catch is that you can only visit one gym a maximum of three times a month—all the more reason to switch up your workout routine.
- Like Class Cruiser, **Guava Pass** (guavapass.com) offers fitness buffs plenty of variety, with access to numerous studios at a flat monthly fee of \$899 per month. They also have a cap of three visits per gym per month.
- Open 24 hours, **Anytime Fitness** (anytimefitness.hk) lets you use their gym facilities (Kowloon City, Sai Ying Pun and Kwai Fong) any time of day for a low monthly fee (\$518 per month for a 1-year contract). There's an additional one-time \$500 key fee, granting you access to all of their 2,997 gyms worldwide.
- There may not be any fancy workout classes, but **utime Fitness Studio** (utimefitness.hk) lets you work out at your own pace, on your own time, for \$549/mo. There

are two studios in Hong Kong (Happy Valley and Sai Ying Pun) and if you're feeling especially flabby around the edges, you can book their personal trainers to give your fitness regime an instant boost.

• Gym memberships at **South China Athletic Association** (scaa.org.hk) start at just \$340 per month for full access to their free-weights and exercise machines, sauna rooms, and aerobic dance room. There's also a beauty parlor on site if you need to freshen up after all the heavy lifting—and, of course, the legendary bowling alley.
88 Caroline Hill Rd., Causeway Bay, 2577-6932,
scaa.org.hk.

• The **YMCA** may be famous because of the Village People, but it's much more than a disco classic. The Tsim Sha Tsui property's Fitness & Wellness Section still offers one of the most affordable workout options in the city: from \$1,575 for three months you get access to an indoor swimming pool, fitness studio, sauna and Jacuzzi.
41 Salisbury Rd., Tsim Sha Tsui, 2268-7000,
ymcahk.org.hk/fw.

Day 11

Two more days until the weekend, and it's time to blow off some steam—with a workout too, of course.

Action Plan: Head to indoor trampoline park **Bounce** for their Bounce Fit trampoline workout classes. It's high intensity, low-impact cardio—plus you're jumping all over the place, so it's not like it's real exercise. Best of all, the class claims to burn up to 1,000 calories in an hour, which brings you one step closer to your smokin' new bod.

How much? \$250 per class; discounted six- and 12-lesson passes also available.

Tuesdays & Thursdays at 10am, 7pm and 8pm. G/F, EMAX, KITEC, 1 Trademark Drive, Kowloon Bay, 2556-9555, bounceinc.com.hk.

Day 12

Can you see the finish line in sight? You've cross-trained your way around town, and now it's time to pat yourself on the back and embrace your inner namaste.

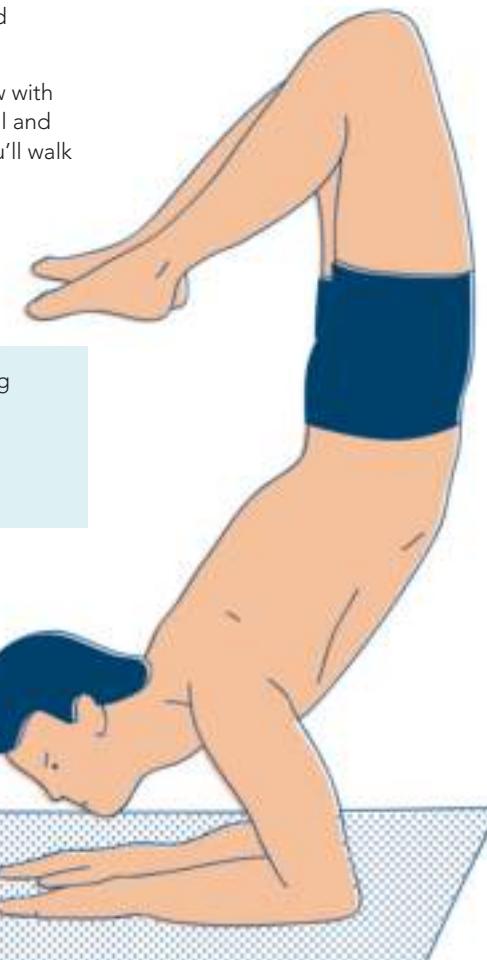
Action Plan: Check into **The Yoga Room** and go with the flow with the boutique studio's expert instructors. Classes here are small and intimate, but never intimidating: Go at your own pace and you'll walk out feeling like you're on cloud nine.

How much? \$280 for a drop-in class. \$3,600 for a 20-class package, valid for six months.

3/F, 4/F, 6/F, 16/F, Xiu Ping Commercial Building, 104 Jervois St., Sheung Wan, 2544-8398, yogaroomhk.com.

Cheat Option! If downward dog is too much for your aching muscles, sit and "ohmmm" in peace at **The Art of Living Foundation**, which offers guided meditation courses. Free trial sessions available; sign up at artofliving.org for a full meditation course.

If this doesn't get me laid I'm going to be seriously pissed



Day 13

Who wants to be stuck exercising indoors when it's beautiful out? With the weather warming up, move your workouts to the great outdoors to get a bit of fresh air pumping through your veins.

Action Plan: **Bikini Fit** does just what it says on the tin: It gets you in shape and ready to flaunt your stuff no matter your age, body shape or size. It's become one of the top workouts for women in Hong Kong, with a feel-good community that promotes healthy living as well as exercise. While positive support is key, there's no light stretching or hand-holding here—expect a grueling bootcamp-style workout that includes TRX suspension training, bodyweight Tabata, HIIT cardio, kettlebells, power ropes, barbells and boxing.

How much? \$795 per week for the duration of the 12-week cycle, with full access to training sessions, educational workshops, consultations and private Q&A. **Training locations vary.** 2799-9603, visit bikinifit.com.hk to register for the next cycle starting Apr 18.

Day 14

Ready to climb your way to the top? Stair stepping is one of the best forms of cardio and best of all, it's easy to do no matter your budget or location.

Action Plan: You can always use the Stair Stepper machine at your gym, but the view's so boring. Check out **Ladder Street** in Sheung Wan—about 350m of ascending steps from Queen's Road up to Caine Road—and start steppin'. Check out historic attractions along the way such as Man Mo Temple and the Museum of Medical Sciences to take your mind off those throbbing calves.

How much? Free!

Cheat Option! Do you know you can burn up to 160 calories an hour laughing? Head to **TakeOut Comedy Club** to catch some of the funniest people in Hong Kong, and give those stomach muscles a workout while you're at it. Catch award-winning comedian Tom Cotter on Mar 17-19. B/F, 34 Elgin St., Central, 6220-4436, takeoutcomedy.com.

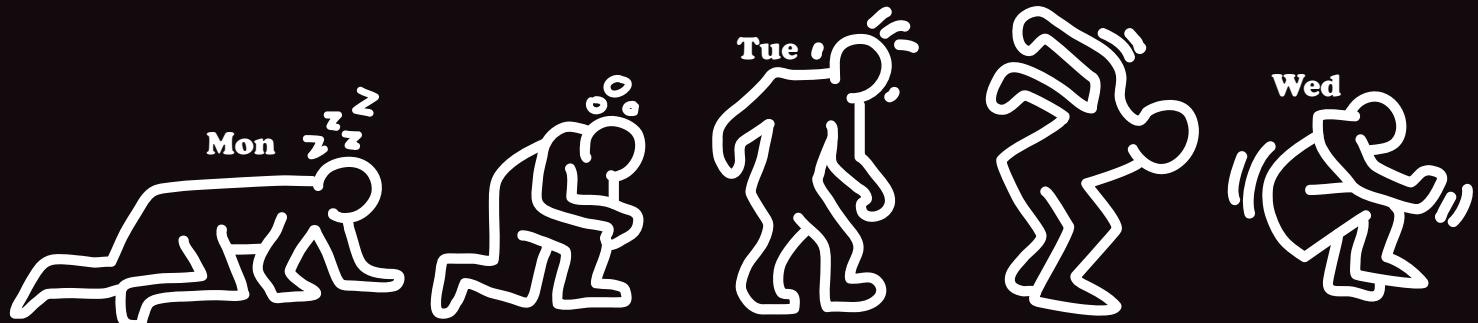


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Wines in the Valley



*Free Admission

MARCH 9
6:30PM TO 10:30PM

Happy Valley Racecourse

Enjoy thrilling horse races and fine wines featuring over 60 red, white and sparkling from France, Italy, Spain, Australia & New Zealand. With your dinner selection (lobster po'boy with creole remoulade, or braised whole pork rib with Korean BBQ sauce), a 100ml tasting glass of your wine choice, live music and great games, there's no reason to stay home on Happy Wednesday!

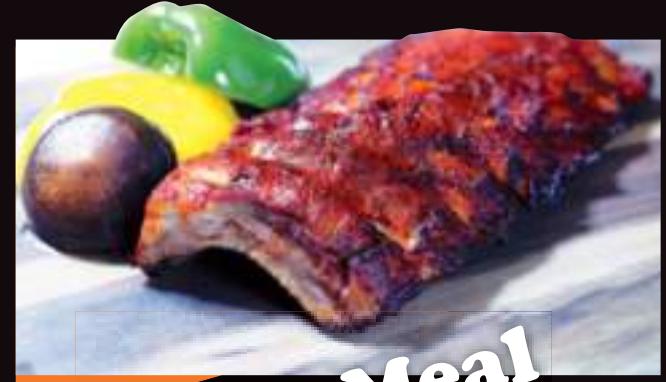


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**Reflex, Don't Do It**

Take another look at the city in Sotheby's "Next Destination: Hong Kong" exhibition. It showcases works across diverse media by Hong Kong artists, charting how the city's changed over the years. What could be more Hong Kong than this piece by Yeung Tong-lung, "The Foot Reflexology"? Through Mar 10. Sotheby's Hong Kong Gallery, 5/F, One Pacific Place, 88 Queensway, Admiralty, 2844-3888.

GADGETS

Edited by Adam White

adam.white@hkmagmedia.com | Twitter/Instagram: @adamawhite

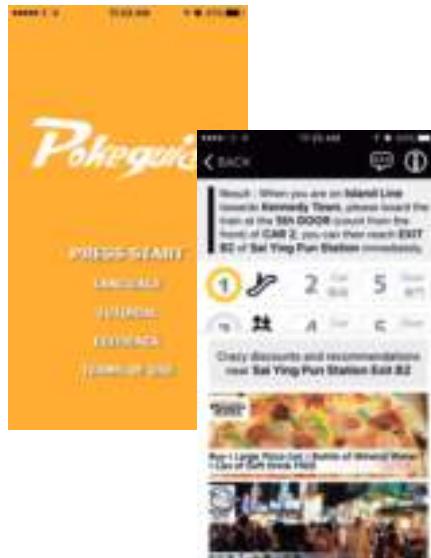
TECH HEAD



Gotta Board 'Em All

There's a school of thought that says that genuine achievement comes from doing one small thing very well. Enter **Pokeguide**, an app that exists to guarantee you the quickest possible exit from an MTR station. You simply load up the app, tell it which exit you want to leave from, and the app will tell you which MTR car to board and which door to get off from in order to guarantee yourself minimal walking time to the escalator or lift. The app also contains location-based deals and discounts based on your exit. Does it really save you that much time? Well—in a city this busy, can you afford to take the risk?

Free on iOS and Android.



Million-Dollar Lunches

There's a good chance that your lunch today was a greasy plate of noodles or a way-too-expensive plate of average-tasting carbs. But now you can change that with a little bit of tech. Hong Kong designer Chris Place and product developer Will Matters are just about to wrap up a Kickstarter campaign for their **Prepd Pack**, which promises a new approach to boring old Tupperware. The campaign has so far raised a ludicrous US\$1 million in funding—that's 40 times the original goal.

The pack is a gorgeous-looking lunchbox which contains a set of modular containers, which you can swap around and change up to suit your meal. There's also integrated magnetic cutlery and a built-in placemat. But it's more than just a physical box: There's a partner app to be used alongside it, which offers up customized recipes, meal plans and calorie counting for the week ahead. Best of

all, it's so beautifully designed that hipsters will flock to your Sheung Wan dining nook like moths to an incredibly cool flame.

If you're really quick you should be able to snap up a preorder on Kickstarter for US\$50 (\$388)—the campaign finishes at 1am on Saturday. If not, head to the site to grab one for US\$70 (\$543). Shipping begins in June. getprepd.com.



Nordic Beats

Over the last few weeks in the HK Magazine offices we've been testing out a speaker that's new to Hong Kong: the **Vifa Copenhagen** by Danish brand Vifa. This brand is all about Scandinavian cool, and it's all in evidence in this minimalist speaker, right down to the woven fabric finish covering the whole thing. With five hours of battery life, this wireless speaker's been pumping out tunes whenever HK Mag staffers can agree on a song—or whenever I override them all to play what I want.

The Copenhagen is really well constructed—too well, in some ways. For an ostensibly "portable" speaker, this thing is HEAVY—4.65kg, which is more than anyone wants to drag around with them. That said, with six bright and colorful colors it's exactly the type of thing that would look amazing on a bookcase, while lots of sound clarity in the higher ranges makes it ideal for music that doesn't need lots of bass to get by. Skrillex fans, look elsewhere. The main issue? The price. A Copenhagen will set you back a hefty \$8,490—but for the design-minded, it might just be worth it.

Available at HMV and Lane Crawford. vifa.dk.

Happy Hipos

Earlier in the month the city hosted the Launch Summit, the first conference in Hong Kong dedicated to the Internet of Things, or IoT. (If you don't know what it is, it's a buzzwordy term for physical objects which are able to talk to other objects—smart security cameras, intelligent thermostats, and so on). Part of the conference was the Global IoT Startup contest, in which different startups from around the world pitched their ideas to a panel of judges. The winner? The **Hipo** by Dubai-based Mosaikx, which bills itself as the world's first wearable smart recorder.

The idea is that you wear the device on a wristband, necklace or anywhere else. You have a thought, want to make a note or keep track of an idea, and the Hipo will record your verbal ramblings, turn it into text, then parse it and categorize it depending on the subject matter—and if it turns out to be able to do it with interviews, then our jobs as journalists just got a whole lot easier too.

The physical product is still under development, but you can get a taste of the future today: the Hipo app is available for free download right now on Apple and Android devices. It didn't quite understand "Dinner at Din Tai Fung" but it was surprisingly smart with most other notes and reminders.

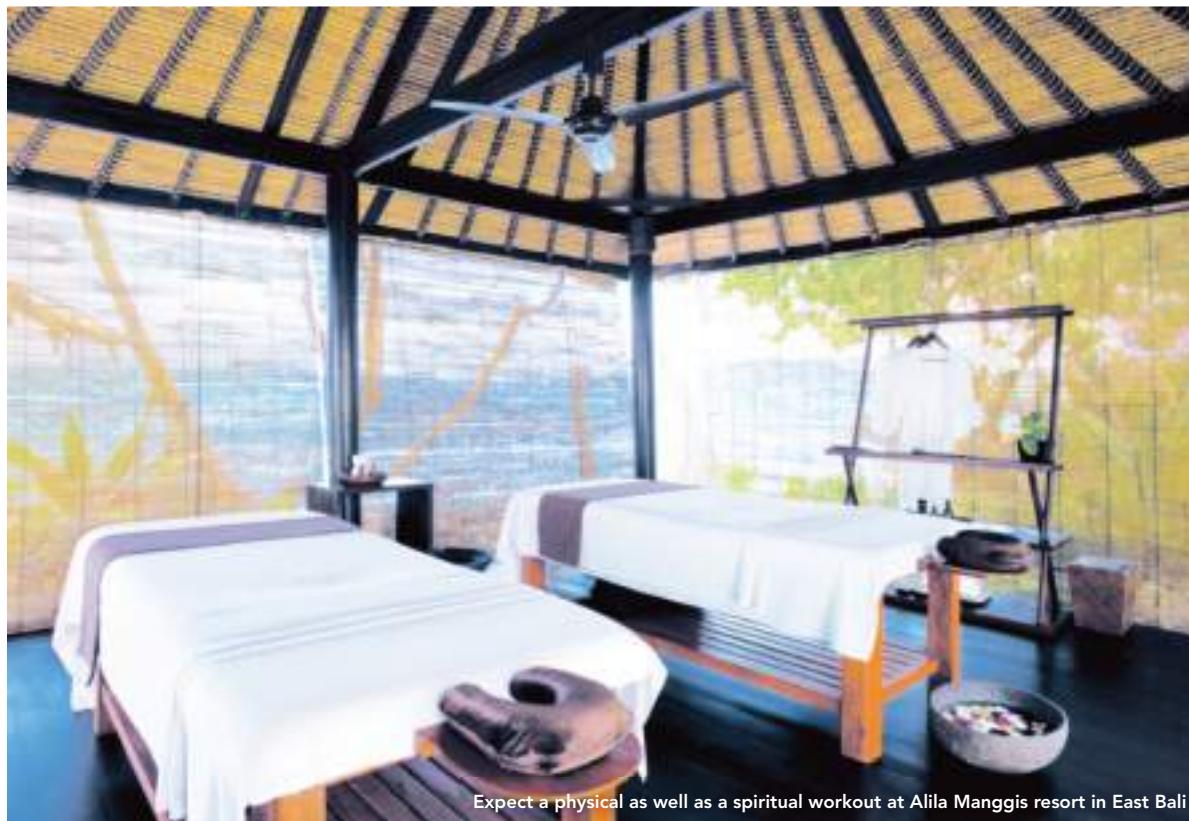
mosaikx.com.





ESCAPE ROUTES

Edited by Daniel Creffield
daniel.creffield@hkmagmedia.com



Expect a physical as well as a spiritual workout at Alila Manggis resort in East Bali

Christmas, New Year, Chinese New Year, Valentine's Day—the last two months have been a blur of hedonism and it's time to clear your mind and body.

Deity Diary

The **Alila Manggis** resort in East Bali has released a "spiritual calendar" of recommended activities aimed at those visiting the idyllic island but with a more meaningful agenda in mind than just beaches and bars (not that there's anything wrong with those things). And while you hardly need to be an anthropologist to track down cultural goings-on—East Bali in particular being home to Mount Agung, temples and ancient settlements where age-old traditions, ceremonies and rituals regularly take place—it's a fascinating list of unique events.

Galungan (February 10-20; September 7-17) is a religious festival marking the triumph of good over evil, and is celebrated with 10 days of fun, including prayers and offerings and traditional Barong dancing in the streets.

Nyepi Day (March 9) is the Balinese New Year, a day of silent meditation. The evening before, giant "ogoh ogoh" puppets are paraded before being burned in cemeteries.

Back to Nature

With more retreats than the evacuation of Dunkirk, **The Dhara Dhevi Chiang Mai** is offering a series of comprehensive wellness programs in a traditional Lanna-inspired setting across 60 acres of landscaped gardens. Packages include a juice cleanse retreats, stress management retreats and weight management retreats.

Other retreats cover women's health, fitness, ayurvedic rejuvenation, meditation, back pain and more, while additional treatments such as abdominal organ detox massage, thermal salt pot therapy and ayurvedic therapies are also available.

The Stress Management Retreat starts from \$14,600, The Juice Cleanse Retreat from \$12,200 and the Weight Management Retreat from \$30,000, all based on single occupancy of a Colonial Suite or Deluxe Villa (you'll need to factor in 18.7 percent service and taxes). Included are full board, round-trip airport transfers, health consultation and fitness assessments, personalized treatments, private wellness classes, daily participation in resort activities and more. Treatments are available through October 2016.

51/4 Chiang Mai-Sankampaeng Rd.,
Moo 1, T. Tasala, A. Muang, Chiang Mai,
Thailand. (+66) 53-888-888, dharadhevi.com

The **Full Moon Ceremony** (March 23) is takes place at temples across the island. The "mother temple" Pura Besakih holds an elaborate Hindu ceremony in which deities are called down to the temple.

The **Mekare Kare Duel** (June) is held at Tenganan Village, which sticks to pre-Hindu Bali Aga traditions. The men of the village wield pandanus leaf whips and perform elaborate "fights" in front of the crowd.

At **Usaba Guling** (October 15-16) hundreds of East Bali villagers join an all-night procession to the summit of Mount Gumang, alongside dozens of suckling pigs as well as dancers and effigies of warring deities.

Pasar Agung (November 14) takes place at the Pura Pasar Agung temple which overlooks the entire island, with wide panoramas as well as dense ferns and pines.

Alila Manggis offers a relaxed base from where to plan your cultural excursions. Superior Rooms start from \$1,711 and Seaside Suites from \$3,900 per night plus 21 percent service and tax.

Desa Buitan, Manggis, Karangasem, Bali, Indonesia.
(+62) 363-410-11, alilahotels.com



Box or bask? Only your conscience can answer...

Breath, Balance and Boxing

More than a way for drunk western guys to show off when on holiday in Thailand, or defend yourself in a tight spot, kickboxing is also amazing as part of a fitness and weight loss program, blending martial arts and cardio to melt away calories and fat.

It's also part of Koh Samui boutique villa estate **Samujana's** week-long package to enable guests to achieve what it calls the "ultimate decompression." As well as kickboxing, Samujana's new wellness retreats partner with yoga programs, courtesy of leading Koh Samui yoga sanctuary Yogarden.

While the emphasis is on shaping up both physically and spiritually, there's plenty of Koh Samui fun included in the package—including visits to some mummified monks, which sounds creepy yet intriguing.

Included is seven nights' accommodation, return airport transfers, all meals, two daily yoga and meditation sessions, one daily Muay Thai session, island tours, group half-day yacht charter, a two-hour retreat package at Six Senses Spa, a group Thai cooking class, sports facilities and more. Paid options such as a juice and detox program, private Pilates, yoga, massage and golf are also available.

A shared room package is \$21,200 per person, single \$23,200. You'll need to find flights and pay 17 percent service and tax. Guests share the social spaces in villas including the pool and living areas, kitchen, cinema, gym and gardens.

63/154 Moo 5, Baan Plai Laem, Koh Samui, Thailand,
(+66) 80-886-4226, samujana.com



The welcoming committee at the Dhara Dhevi

Beating a not-so hasty retreat at the Dhara Dhevi

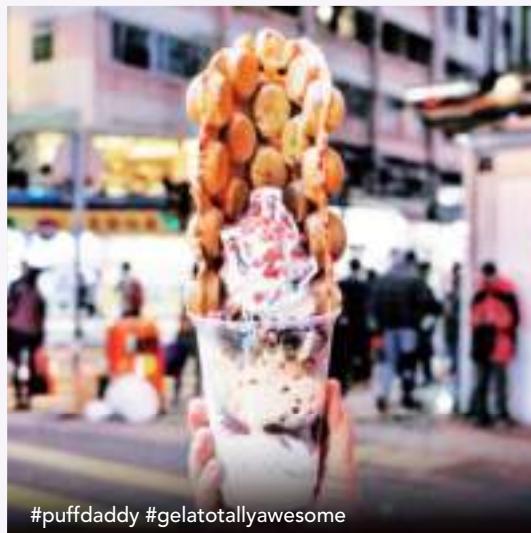
Hashtag This!



Need a crash course on #foodgramming? **Leslie Yeh** scopes out the most #Instagrammable eats in Hong Kong, along with tips from #hkfoodies to capture that must-have #moneyshot.



#flamingfruit #burnbabylon



#puffdaddy #gelatotallyawesome



The Flame War

The Shot: A favorite shot for amateur pyromaniacs, the Flame War has many applications: crepes suzette, bananas foster, Christmas pudding, flaming lamborghinis, you name it. At newly opened modern hotspot joint **The Drunken Pot**, the 5-in-1 pot (\$320) includes a mound of papaya illuminated by a flaming shot of sake, for the perfect photo op. Want to recreate this shot at home? Simply douse alcohol on your fruit and light it up: just make sure you don't singe your eyebrows in the process.

2/F, 8 Observatory Rd., Tsim Sha Tsui, Kowloon, 2321-9038.

Photo by **Fonnie Chan (@fonc)**

#Instatip: "Have steady hands, a creative mind and a passion for food!"

○○○



The One-Hand-Nomming

The Shot: The One-Hand Nomming is a favorite with food bloggers from all over the world, from New York to Tokyo. An urban background provides context, while passing traffic gives a sense of urgency to the shot—proving that you're a jetsetter, a world traveler, or simply in a rush to your next meeting—but you still have time to craft the perfect 'gram. With its photogenic duo of fresh egg gai dan zai puffs and soft gelato, **Oddies Foodies** produces some of the most Instagrammed eats in Hong Kong—it's your perfect on-the-go subject.

149 Wan Chai Rd., Wan Chai, 9155-5185.

Photo by **Moanna Shum (@moannaxdesire)**

#Instatip: "Try to imagine how the chef would want the food to be presented. I was trying my best to get the cup in the middle and asking mom (aka the hand model) if she could hold it higher so I could capture the street view. Luckily, there weren't any grumpy pedestrians nearby."

○○○



#burgersallday #devourpower #hamjam



The Graffiti Shot

The Shot: How do you attract Insta-foodies to your restaurant? Simple: Do up a wall of graffiti art that acts as a studio backdrop for serious foodie shots. Whether it's the hip urban feel of Little Burro or the flower-powered backdrop at Pololi, these places rack up the hits for simply having the perfect backdrop. Pair an earl grey ice cream sammie (\$70) with the cookie splattered backdrop at **Munchies** and voila! You've got a surefire #instahit.

4 Shin Hing St., Central.

Photo by **Aydee Tie (@foodpicstagram)**

#Instatip: "Paint your food like Leo would paint his French Girl—orgasmically attractive on camera."

○○○



#bustedcustard #dimsumyum #foodblobbing



The Eat-My-Face

The Shot: From wobbly, custard-filled Gudetama buns to the monkey faces at Twelve Cupcakes, cute animal-shaped eats are taking over our city, one Insta shot at a time. At new dim sum spot **Yum Cha**, it's all about piggy buns, bird puffs, and oozing custard faces. And who doesn't like eating a face or two?

3/F, 20-22 Granville Rd., Tsim Sha Tsui, 2751-1666.

From **Shadrow Cheung (@shadrow_hoiki):**

#Instatip: "Pick the seats with the most light possible and use your iPhone flashlight if needed."

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#HKMagDish

Instagram Competition!

Ready to put our #instatips to the test? We'll be giving away a \$300 dining voucher to one lucky reader each week. Just follow @hk_magazine on Instagram, tag with us your best restaurant food shot of the week, and hashtag #HKMagDish.

The best shot will win the lucky prize and be announced in next week's feature!



Hong Kong's Very Own Hollywood



You may be thousands miles away from Hollywood Boulevard in LA, but we have our own right here in town. Hollywood Road in SoHo is Hong Kong's equivalent in chic and glamor.

Running between Central and Sheung Wan, Hollywood Road was built in 1844—even before the one in California was settled. This historical road has since become a perfect example of how Hong Kong's unique east-meets-west culture has evolved in the last two centuries.

Along the strip are unique boutiques and galleries, eclectic restaurants and bars, making this vibrant district the perfect place to visit for both tourists and locals alike. And what's better than the chance to stay in this hip and chic district?

Situated on the corner of Peel Street and Hollywood Road, two of colonial Hong Kong's oldest streets, is the brand new Madera Hollywood, which brings spectacular Hollywood-style glamor to the heart of Hong Kong. This boutique hotel is the next big thing on the strip, thanks to its amazing accessibility, luxurious décor and heart-warming service.

The unbeatable location puts you in the vicinity of everything you need, with cutting-edge cool venues right on the doorstep. Start your day by taking a stroll around traditional attractions such as Man Mo Temple and the Cat Street Market, then head to Gough Street's newest restaurants for cuisines from around the world. Experience the local nightlife with cocktails at SoHo's coolest bars. The choices are plenty and there's always something new to explore.

On top of being in Hong Kong's coolest neighborhood, it's also easy to explore the city. Central MTR station is just 10-15 minutes away from the hotel, which brings you to every corner of Hong Kong in the blink of an eye.

But traveling and wandering around a city can be tiring, and that's what Madera Hollywood is here for. Elegantly appointed in the Hollywood Regency style, the hotel offers a comforting and luxurious stay with the finest modern amenities, allowing you to experience the opulence of Hollywood's golden age in modern comfort.

All 38 spacious one-bedroom suites are stylishly furnished with state-of-the-art amenities and fittings, including washer and dryer in each unit. Find also the revitalizing Duxiana mattresses in selected suites as the top-notch bedding choice. But if you're looking for the best of the best, go for the top-floor signature Monroe and Chaplin Suites. It's like a trip back to the good old days, with the lushest fittings and neoclassical furniture paying tribute to the heyday of Hollywood.

Madera Hollywood's warm, individual service also gives it an extra edge, with personalized services including 24-hour guest service and concierge, complimentary minibar refreshments, in-room check-in and express check-out services, limousine booking arrangement and more. Don't miss their 24-hour technogym, where you can stay fit and healthy thanks to top-notch equipment.

Combining old-world charm with modern comfort, Madera Hollywood is set to become the city's hottest destination for discerning travelers and locals—and you heard it here first.

53 Hollywood Rd., Central, 3913-2888. Special opening offers start from HK\$1,800 nightly or HK\$39,560 monthly. For more details, please contact Sales & Leasing Department at mhwreservations@maderagroup.com or visit www.maderagroup.com/hollywood.





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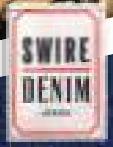
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conductor

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DINING

Edited by Leslie Yeh

leslie.yeh@hkmagmedia.com



Nutritious bento boxes from Nosh

Nosh on This

We predicted last month that this would be the year of eating in, but that doesn't mean we're destined to gorge on pizzas and chicken wings alone. Secret Ingredient has expanded from a "ready-to-cook" service to a "ready-to-eat" option with **Nosh** (nosh.hk), delivering homemade gourmet meals to your doorstep in just half an hour. Their healthy lifestyle concept is reflected in everything from eco-friendly packaging to the fresh ingredients used in each ready-to-eat meal (\$80-\$100, free delivery for orders over \$400), which include Australian steak with roasted pumpkin and lentils, free-range chicken and quinoa salad, seared Pacific tuna with sprouts, and Greek marinated chicken with yellow rice pilaf. Each meal also includes a nutrition breakdown if you're counting calories.

RESTAURANT REVIEWS

Ciao Chow ★★★★☆

G/F, California Tower, 30-32 D'Aguilar St., Lan Kwai Fong, Central, 2344-0005.



Ciao Chow is a casual Italian eatery that caters to the after-work LKF crowd, with a fully-stocked bar and acceptable pizzas and pastas that satisfy, if not surprise.

■ HIT The menu is extensive, with 16 different pizzas alone and a full page dedicated to creating your own antipasto spread. Offering a departure from the norm, the Piatto di Salami (\$98) platter is comprised of goose, pork and wild boar meat. We were expecting the wild boar to carry the most flavor, but the goose stole the show—a robust salami punctuated with bright fennel and chili-marinated fat. The Barbabietole salad (\$88) was a gorgeous medley of

roasted red and golden beets playing nice with fennel and goat cheese in a light honey lemon dressing. We tried the Neapolitan-style pizzas on two separate occasions and while the first was overly charred, the Tartufo pizza (\$198) we ordered the second time around was just right: a pillow-y, chewy crust that was not too dense but held up nicely against the umami-packed wild mushroom and truffle topping.

■ MISS The two pizza dough triangles that came with our antipasto platter were impossible to chew, and the Bucatini all'Amatriciana with smoked pork cheeks and onion (\$118) was also a letdown: We would have preferred braised pull-apart meat rather than the generic strips of bacon that lacked any smoky depth.

■ BOTTOM LINE A prime location and buzzy atmosphere are bound to draw in the LKF crowds, but beware of inconsistency in the pizza kitchen.

**Open Mon-Thu, Sun 11am-2am,
Fri-Sat 11am-4am. \$\$.**

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

NEW AND NOTED

Sugar-way to Heaven

If you've gotten sick of your healthy new year's diet, here are two words to set you back on the fat track: Chocolate Buffet. **Café** at **The Hyatt Regency** launches their annual choc-a-thon next month, with a sumptuous spread of chocolate dishes to accompany the dinner buffet (\$578-\$638, 18 Hanoi Rd., Tsim Sha Tsui, 2311-1234). There'll be a poached live lobster station and grilled meats to line your stomach before the sugar onslaught—or you can skip the mains and go straight for pastry chef Gary Lau's fanciful creations instead, including chocolate and banana cream cheese pizza and chocolate pasta in white chocolate liqueur. Try as many desserts as you dare, but we'd recommend the Amedei No. 9 chocolate Armagnac cake which uses cocoa beans from nine different plantations, and the Lindt white chocolate Grand Marnier ganache cake for a real boozy treat.

Dazed on Dim Sum

Wednesdays getting you down? Duddell's (3/F, Shanghai Tang Mansion, 1 Duddell St., Central, duddells.co) has a humpday cure for you: **Wednesdaze DJ & Dim Sum night** combines free-flow drinks, dim sum platters and groovy tunes for a foolproof night on the town. Cozy up on one of the colorful armchairs in Duddell's chic salon and knock back unlimited wine, beer and cocktails for \$350 per person, including the "Damn Good" daiquiri, the "Opium" with whisky and poppy seed milk, and the "Shanghai Gin Fizz" with Tanqueray Gin and jasmine. With all that liquor, you'll need a good injection of carbs: The dim sum platters are available starting from \$350-850 for four people, or take on the whole peking duck (\$600), carved tableside with all the fixings. Rotating DJs will play into the night, so you can linger as long as you want—just make sure to set your alarm for Thursday morning.



Who can say no to chocolate pasta?

Mak Mak ★★★★☆

Shop 217A, 2/F Landmark Atrium, 15 Queen's Rd. Central, 2983-1003.



The JIA group, led by restaurateur Yenn Wong (Chachawan, Duddell's, Fish School, 22 Ships) strikes again, this time paying homage to the bold, punchy flavors of central Thai cuisine.

HIT Ring a bell and the Thai grocery shop façade of Mak Mak opens up to an airy 60-seat dining room, evoking a cheerful 1960's Bangkok vibe. Of the appetizers, the *hor muk* salmon is a must-order (\$128), with fork-tender salmon steamed in banana leaves in a smooth coconut dressing. The chicken wrapped in pandan leaf (\$98) is crisp outside and tender inside, served with a sweet chili dipping sauce, while the

tom yum goong (\$178) is one of the best we've had in Hong Kong, with beautiful tiger prawns and the battling effects of hot and sour making for layered sensations. From the salads, we'd go back for the *yum thuw phu* with winged beans, minced pork, prawns and a half-boiled egg (\$158), and in the curry department the massaman lamb (\$208) is a clear winner—a slow-braised lamb shank swimming in an intense, fragrant sauce grounded with cinnamon, cloves and star anise.

MISS The wok-fried crispy soft shell crab (\$198) was soggy, which was a big disappointment as we couldn't get enough of the yellow curry sauce.

BOTTOM LINE An all-encompassing menu and familiar flavors pander to a wide-ranging crowd, and we wouldn't have it any other way: Mak Mak is a solid new addition to Hong Kong's growing Thai food scene.

Open daily noon-2:30pm, 6-10:30pm. \$\$-\$\$.

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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29 Ashley Road, Tsim Sha Tsui
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[Jimmy's Kitchen Kowloon](#)

www.jimmys.com

CITY STROLL

Mui Wo

A peaceful enclave on the southside of Lantau just around the coast from Discovery Bay, Mui Wo's tropical vibe, relatively modest rents and convenient ferry crossings have seen its multinational community swell over the past few years. And with some great restaurants and bars, a decent beach, temples and historical points of interest, festivals, interesting stores and numerous hiking routes, there's something for everyone. It's also the gateway to the rest of Lantau, with buses that run to Tung Chung, Cheung Sha, Tai O, the Ngong Ping 360 and the airport. Just don't try to ride the buffalo...



13 Lantau Base Camp

Lantau is blessed with hundreds of miles of fantastic trails, and both hiking and trail running have exploded in recent years. Whether you feel compelled to join the "enthusiasts" who run 50 or 100km races across the island is your call, but with knowledgeable staff and an excellent range of sports equipment, LBC is the place to get kitted out.

Shop J, Sea View Building,
1 Ngan Wan Rd., Mui Wo, 5463-6060.



15 Deer Horn Restaurant and Bar

Named by owners Pushba and Robinson Rai after the wildlife of their homeland, the Deer Horn serves Nepalese dishes alongside a selection of pastas and other international dishes. The curries are awesome and while Tibetan yak cheese fritters (\$55) may sound a little recherché, they're great as well.

Shop 11, G/F, Mui Wo Centre,
3 Ngan Wan Rd., Mui Wo, 3484-3095.



17 Mui Wo to Discovery Bay hike

Once the attractions of Mui Wo have finally faded you're going to want to continue your island exploration. One of the best routes is the sub two-hour hike over the hill to Discovery Bay; hilly in places (notably the initial 1,100 steps) but picturesque as it heads past the Trappist monastery, through Nim Shue Wan and into DB where refreshment awaits in the Plaza.

Head to the end of the beach and follow the signs.



14 Silvermine Waterfall

This is a picturesque spot to hang out, either for a barbecue at one of the several pits or just to splash around in the inviting rock pools. The waterfalls themselves are more impressive when there's been a bit of rain, obviously. The abandoned Silvermine Cave is a few minutes' walk up the hill and is also worth checking out. Take something to scrape the silver off with (kidding).

Head along Rural Committee Rd. and up the hill just past Pak Ngan Heung village.



16 Silvermine Beach Resort

Crying out for a complete overhaul, this dated property nevertheless exudes a certain quirky appeal. And the location can't be beat: It's slap-bang on the beach and its awesome terrace is the perfect place for a cold drink. It also has an outdoor swimming pool, gym, sauna and tennis courts. Room rates range from \$1,480 to \$2,180.

D.D.2 Lot 648, Silvermine Bay, Mui Wo,
2984-6800, silvermineresort.com.



18 Café Isara

Mui Wo desperately needed a bona fide bar to add to the very short list of drinking holes in town. A newish venue, Café Isara has quickly become a popular alternative hangout, helped by its decent Thai food, chilled tropical vibe, pool table and dart board. Pool competitions, various promotions, parties and televised international sport attracts an eclectic crowd.

Shop 3, G/F, Scenic Crest, 18A Mui Wo Ferry Pier Rd., Mui Wo, 2470-1966.



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CULTURE

HK PICKS

Prima Donna

Missed Madonna's concerts last week? No worries, there's another gay icon in town. Rufus Wainwright gives traditional opera a twist by combining his very own opera, "Prima Donna," with some of his greatest hits. Take that, Madonna! Mar 1, 8pm. Concert Hall, Cultural Centre, 10 Salisbury Rd., Tsim Sha Tsui, \$240-720 from urbtix.hk.



Classical

Jacky Wong's Beethoven Piano Concertos

Hong Kong pianist Jacky Wong sets his fingers to ivory for some Beethoven classics. Wong will conduct the Pan Asia Symphony Orchestra and perform a selection of movements from some of Beethoven's best-loved pieces, including the legendary "Emperor" Concerto. Check out the Friday performance at Tsuen Wan Town Hall and the Saturday gig at the Yuen Long Theatre. Mar 11-12, 8pm. Tsuen Wan Town Hall Auditorium, 72 Tai Ho Rd., Tsuen Wan; Auditorium, Yuen Long Theatre, 9 Yuen Long Tai Yuk Rd., Yuen Long, \$100-140 from urbtix.hk.

Guangdong Music Under the Tree: Chaozhou Music & Guangdong Music

Listen to classical Guangdong tunes at these two concerts which take place literally under the trees. Staged at the Six Arts Terrace of Kowloon Walled City Park, the two concerts performed by the Hong Kong Chiuchow Music Ensemble and Guangdong musicians will showcase some of the best of the genre. History, music... and did we mention those trees? Mar 19-20, 2:30pm. Free.



Strings Attached – Violin & Veena

Ever heard of the ancient Indian "veena"? Said to be "the instrument of the Gods," this plucked string instrument is even older than the violin. Husband-and-wife musical duo R. Kumares and Jayanthi Kumares bring classical Indian Carnatic music to Hong Kong. Mar 4, 8pm. Theatre, City Hall, 5 Edinburgh Place, Central, \$120-180 from urbtix.hk.

Comedy



The Pianist

A hilarious circus show... featuring a piano? Performed by Kiwi actor Thomas Monckton and produced by Finnish circus company Circo Aero, it's a comedic performance with two stars: the actor and his grand piano. Mar 11-12, 8:15pm; Mar 12, 3pm. Theatre, City Hall, 5 Edinburgh Place, Central, \$180-240 from urbtix.hk.

Stand Up Comedy Live!

Celebrate St. Patrick's Day with not one, not two, but three Irish comics—Andrew Stanley, John Lynn and Karl Spain—at Punchline's upcoming all-Irish show. There's no dress code but we suggest... go green! Mar 17, 8pm; Mar 18-19, 9pm. Tamarind, 2/F, Sun Hung Kai Centre, 30 Harbour Rd., Wan Chai, \$350 from ticketflap.com, \$290 for purchase before Mar 8.



Dance

Arirang of Mount Paektu

Sick of K-pop already? Go for K-traditional music and dance instead. Korean group Yanbian Song and Dance Troupe is putting on a show that focuses on the harmony between humans and nature, inspired by the magnificent landscapes of Yanbian on the border of China and North Korea. Mar 26, 8pm; Mar 27, 3pm. Tsuen Wan Town Hall Auditorium, 72 Tai Ho Rd., Tsuen Wan, \$120-220 from urbtix.hk.

Opera



Simon Boccanegra

Opera buffs, alert: Check out this production of Verdi's Simon Boccanegra by Teatro Regio Torino. The masterpiece about love and family is intense and thrilling, so expect all that passion in this live Hong Kong performance. Feb 26, Mar 1, 7:30pm; Feb 28, 2:30pm. Grand Theatre, Cultural Centre, 10 Salisbury Rd., Tsim Sha Tsui, \$450-480 from urbtix.hk.

Theater

Buffet Dinner Theater: Family Resemblances

Looking to be entertained during dinner? In French? Buffet Dinner Theater at Quayside combines an evening meal with a side of "Family Resemblances," a black comedy presented by the Hong Kong Theatre Association. Don't speak French? They'll also be giving out English scripts at the door. Mar 2, 4, 9, 12, 7:30pm; Mar 13, 6:30pm. Quayside, G/F, Fenwick Pier, 1 Lung King St., Wan Chai, \$470-710 from hkta.org.hk.



King and Country

To commemorate the 400th anniversary of Shakespeare's death, Britain's Royal Shakespeare Company comes to Hong Kong to perform a section from his legendary history plays. "Henry IV" parts I and II and "Henry V" cover the rise of the legendary British king. Uneasy lies the head... Mar 4-13, 7:30pm; Mar 12-13, 2pm. Lyric Theatre, Academy for Performing Arts, 1 Gloucester Rd., Wan Chai, \$200-680 from urbtix.hk.

The Illusionists

Magic, illusion and mind-reading come together straight from Broadway to Hong Kong. An ensemble of top-flight magicians brings their individual specialties to this group show. Did you ever see the movie "Now You See Me?" It'll be like that, only not awful. Apr 14-24, 7:45pm. Grand Theatre, Cultural Centre, 10 Salisbury Rd., Tsim Sha Tsui, \$445-995 from lunchbox-productions.com.

Circa: Opus

A circus masterpiece perfectly choreographed to combine music with movement. Accompanied by the Debussy String Quartet playing the music of Dmitri Shostakovich (wait, what?), 14 acrobats perform mind-blowing feats of tumbling, dance and more. We're exhausted just thinking about it. Mar 11-12, 7:30pm; Mar 13, 2:30pm. Grand Theatre, Cultural Centre, 10 Salisbury Rd., Tsim Sha Tsui, \$120-380 from urbtix.hk.



Lover

A collaboration between Taiwan's U-Theatre, German composer Christian Jost and Grammy-winning classical choir Rundfunkchor Berlin, "Lover" is a musical theatrical exploration of love itself. Featuring over 80 dancers, drummers, martial artists and singers, this performance takes texts from ancient Chinese poems and the work of E.E. Cummings, making it a one-of-a-kind marriage of Chinese and western cultures. Mar 5-6, 8:15pm. Grand Theatre, Cultural Centre, 10 Salisbury Rd., Tsim Sha Tsui, \$140-520 from urbtix.hk.

Classes & Workshops



West End Dance Workshops

So you've got dreams of becoming the next big thing? Learn how to make that happen with West End star Ashley Cooper. Having worked on hit musicals around the world including "We Will Rock You" and "Matilda the Musical," Cooper's in town to teach you choreography from some of the best-known West End musicals, plus he'll have some audition pointers too. Get ready for your close-up... Mar 10, 5-6:45pm. Studio 12, 5/F, Academy for Performing Arts, 1 Gloucester Rd., Wan Chai, \$450 from dancehk.eventbrite.hk.

Talks & Seminars

Shakespeare 400 Years

Come away from Shakespeare omnibus "King and Country" with more questions than answers? O, for a muse of fire! Gregory Doran, artistic director of Royal Shakespeare Company, talks about why Shakespeare is still so popular 400 years after his death, his enduring influence in modern theater and answers other questions about the legendary playwright. Mar 11, 2pm. Grand Hyatt Hong Kong, 1 Harbour Rd., Wan Chai, \$100 from hk.artsfestivalplus.org.

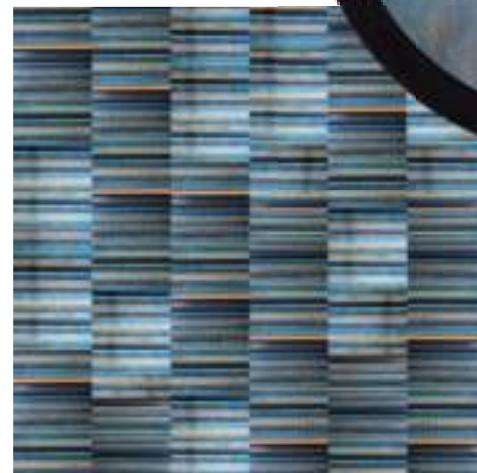


Exhibitions



Shuhei Yamada: I Am
Tokyo-based artist Shuhei Yamada presents his second solo exhibition in Hong Kong. His photography, sculptures and installations express his view of modern Japanese society, with a particular focus on energy after the Fukushima nuclear disaster in 2011. Through Mar 12.
Aishonanzuka, 13A, Regency Centre Phase 1, 39 Wong Chuk Hang Rd., Aberdeen.

Tanya Baxter Contemporary Pop-up
British gallery Tanya Baxter Contemporary is opening up a pop-up location in Yan Gallery, showcasing works by heavyweights of the contemporary art world including Andy Warhol, Tracey Emin and Ju Ming. Through Mar 16. Yan Gallery, 1/F, Chinachem Hollywood Centre, 1 Hollywood Rd., Central.



Jing Huang & Alexis Reynaud
La Galerie presents photography by China's Jing Huang and Switzerland's Alexis Reynaud. Huang is showcasing his "Colorless and Tasteless" series, an eerie set of black-and-white photographs, while Reynaud takes a more geometrical approach with his "Hong Kong Matrix" series. Through Mar 13. La Galerie, G/F, 74 Hollywood Rd., Central.



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NIGHTLIFE

OPEN BAR JINJUU

The buzz: Finance-maven-turned-celeb-chef Judy Joo had a pretty impressive 2015, opening her first restaurant in London in January and launching its Hong Kong branch at the tail end of the year, and right in the center of LKF to boot. The menu here is more Korean-centric compared to its London sister, obviously designed for Hongkongers who know their *tongdak* from their *ddeokbokki*.

The décor: The elongated, street-level California Tower space is full of playful modern Korean touches, such as the wooden bar and ceiling frame decorated with colorful traditional string knots and pendants, which complement the murals by Spanish graffiti artist Victoriano.

The drinks: Of course there are going to be elaborate soju cocktails here, which are mostly made with premium soju Hwayo 41 (that's 41 percent alcohol). We enjoyed Jinjuu's signature Spiced Kimchi Mary (\$130), a spicier, black-pepper-infused soju incarnation of the bloody mary, served tall with a dramatically long sprig of celery. Perhaps for nostalgic reasons, it also comes with a cone of corn chips, the kind that kids used to slip onto their fingers like claws and eat one by one. The K-pop Pornstar

(\$140) is a twist on a passion fruit-flavored porn star martini, replacing vodka with Hwayo 41 and served with a shot of kumquat soju and prosecco, to sip and cleanse the palate. Looking to challenge your tastebuds? Try the Spamarita (\$150), served in a spam tin, which uses mezcal and spam-infused tequila for a smoky and slightly savory flavor—don't worry, it doesn't taste ham-like at all. There's also a wide variety of sojus and old-school Korean liquors such as *Bek Seju* ("Hundred Years Wine") and a lighter-tasting, but perhaps more medicinal chrysanthemum wine, as well as your pick of plum wines and *makgeolli* rice wines too.

Why you'll be back: Get your appetites ready because at Jinjuu you'll be able to alternate your sips with mouthfuls of mandoo dumplings, salmon kimbap rolls, beef and chicken sliders, and of course, large plates of Korean fried chicken served with soy or gochujang spicy sauce. We're hungry/thirsty just thinking of it. **Evelyn Lok**
UG/F, California Tower,
32 D'Aguilar St., Central,
3755-4868, jinjuu.com/hk.



Clubs

DJ Revolution:

Dimitri Vegas and Like Mike

Electro nuts all better sit down, because DJ legends Dimitri Vegas and Like Mike are hitting up AsiaWorld-Expo this Spring. They're number 1 on DJ Magazine's list of top 100 DJs—but you already knew that, didn't you? May 20, 8pm. \$580-900 from hkticketing.com. Student and VIP packages available.



Nancy Whang

Is your hipster-sense tingling? It should be, because Nancy Whang of electro-rock legends LCD Soundsystem hits Kee Club to play a DJ set before the reformed band headlines at Coachella in April. Hipster... sense... overload! Feb 26, 8pm. Kee Club, 6/F, 32 Wellington St., Central, \$200 from ticketflap.com, \$300 at the door, both include a glass of champagne.

Volar x Love & Beats Presents Marco Peruzzi

International DJ and European club veteran Marco Peruzzi's been mixing Detroit techno, house and rock since the early 90s, taking on a range of genres from jazz and soul to disco and funk along the way. See him at Volar this February. Feb 26, 10pm. Volar, B/F, 38-44 D'Aguilar St., Central, \$250 from ticketflap.com/marcoperuzzi, includes two drinks before 12:30am and one drink thereafter; \$300 at the door before 12:30am, \$350 thereafter, both with two drinks.

FuFu Presents: Trus'Me

Known for his eclectic sampling, Manchester DJ Trus'Me's heading to Mahalo to spin some high quality house tunes all night. Feb 26, 8pm. Mahalo Tiki Lounge, 29/F, QRE Plaza, 202 Queen's Rd. East, Wan Chai, \$150 from ticketflap.com/trusme, includes one drink; \$300 at the door, includes two drinks.



Wolf Music

The brainchild of Wolf Music recordings, house and disco masters Matt Neale and Stu Clark are bringing their groove—and their extensive record collection—to Ozone. Mar 12, 10pm. Ozone, 118/F, International Commerce Centre, 1 Austin Rd. West, West Kowloon, \$250 at the door, includes a glass of Veuve Clicquot Champagne.

Verne Troyer

Joining a roster of previous celebrity DJ gigs at D-i that includes Chris Brown, Shaq and Paris Hilton is none other than Mini-Me from "Austin Powers," Verne Troyer. The diminutive actor will be spinning a Wednesday evening set late into the night. Mar 9, 10pm. Dragon-i, U/G, The Centrium, 60 Wyndham St., Central, \$300 at the door before 12:30am, \$350 thereafter, both with two drinks.



Gigs



Godspeed You! Black Emperor

Lift your skinny fists like antennas to heaven, because Canadian post-rock giants Godspeed You! Black Emperor are heading back to Hong Kong after their sold out show in 2013. They'll be touring their 2015 album "Asunder, Sweet And Other Distress." Yeah! Canada! Mar 11, 8-10:30pm. MacPherson Stadium, 38 Nelson St., Mong Kok, \$470 from ticketflap.com.



Laura Jane Butler: Amy Winehouse Impersonator

As part of an Art Basel Week special, songstress Laura Jane Butler will channel the great Amy Winehouse, performing hits such as "Rehab," "Valerie," and more. Mar 23, 24, 10pm. Dragon-i, U/G, The Centrium, 60 Wyndham St., Central, \$300 at the door.

Nightlife Events



Disco Naps at Vibes

Those hungry for more (and lazier) untzing on a Sunday can be satiated at Vibes' latest chill-out party, which will welcome Cliché records DJ VISA and Gaby Endo on the decks. Mar 13, 5-9pm. Vibes, 5/F, 118 Nathan Rd., Tsim Sha Tsui, \$60 for a drink; \$100 for two.



Edited by Evelyn Lok
evelyn.lok@hkmagmedia.com

Happy Hours

Wednesdaze DJ & Dim Sum Night

From Feb 17 onwards, Duddell's is launching a weekly DJ and Dim Sum night featuring grooves by DJs Yeti, Fei Pao, Baby Jesus and Dre Dogue. Before getting up to dance the night away, you can stuff your face with the Michelin-starred resto's famed dim sum and siu mei plates, made to share between four, plus free flow cocktails and wine for a total of \$350 per head. Duddell's, 3-4/F, Shanghai Tang Mansion, Duddell St., Central, \$350.

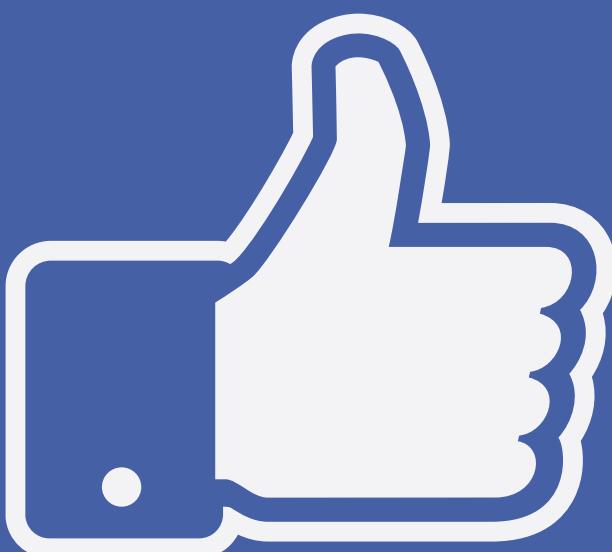


Tartine Thursdays

Centralites hungering for tunes and tiny open-faced sandwiches after work can feast on a tartine free flow from 8-10pm, and enjoy the French resto's buy-one-get-one-free drink deal from 6-8pm. The music? House, disco/funk and deep house supplied by FuFu's resident DJs. Tartine, 2-3F, 38 Lyndhurst Terrace, Central, \$200 from ticketflap.com, \$300 at the door, both include a glass of champagne.

Andrew Hung (F*ck Buttons)

One half of electronic noise duo F*ck Buttons—known for using weird instruments like Fisher Price karaoke machine and children's toys—musician and producer Andrew Hung performs his first live show in Hong Kong. The band's music was featured in the Olympics opening ceremony and Hung's released a track called "Star Ferry Dub" inspired by the city, so expect a Hong Kong-tastic set. Feb 26, 8:30pm. Social Room, 3/F, Won Hing Building, 74-78 Stanley St., Central, \$160 from andrewhung.pelago.events, \$185 at the door.



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HK

Spotlight ★★★

(USA) Drama. Directed by Tom McCarthy. Starring Michael Keaton, Mark Ruffalo, Rachel McAdams, Liev Schreiber, John Slattery, Stanley Tucci. Category IIB. 129 minutes. Opened Feb 18.

There's a newish term known as "competence porn": the thrill we get out of watching someone do something really, really well. From watching an astronaut survive alone on a hostile planet in "The Martian" to seeing Sherlock Holmes effortlessly piece together a crime to anything that Aaron Sorkin has ever written, we love to see people do things better than we ever could. "Spotlight" is a fantastic piece of competence porn, with the added benefit of it actually having happened. It's the type of film that makes all other journalists weep tears of envy.

"Spotlight" is the name of the investigative team at the Boston Globe newspaper, a team which carries out long-term multi-month investigations into stories that matter. The movie is the true story of the Spotlight team's investigation of systemic child abuse in the Catholic Church in Boston, and the ways in which the Church covered up the abuse—despite it happening time and time again.

It's 2001, and the Boston Globe has just hired a new editor: Marty Baron (Liev Schreiber), a Jewish outsider in a town where everybody's Catholic and everybody knows each other. But the quietly competent Baron turns the Spotlight team onto a story: Did the Archbishop of Boston know that a priest was abusing children and do nothing to stop it?

The staff is initially reluctant—the paper's covered it, already, and who wants to ruffle the feathers of the Catholic Church in Boston?—but as the Spotlight team kicks into gear



it becomes apparent that this story isn't about the misdeeds of just one priest. It's about the monumental cover-up of sexual abuse by priests throughout the city and the state.

They should give out Oscars for ensemble casts, because "Spotlight" would win hands-down. Michael Keaton, Mark Ruffalo, Rachel McAdams, John Slattery and Brian d'Arcy James all give superb performances as dedicated, dogged reporters. Keaton is particularly good as "Robby" Robinson, the leader of the Spotlight team and a dyed-in-the-wool Bostonian, a man who has to come to terms with the prejudices he didn't know he had—and the pressures of looking into an organization that's totally intertwined with Boston society. Liev Schreiber gives a wonderfully understated performance as the quiet, awkward newspaper editor who's a million miles from the shouting blowhards we usually get on screen. The closest to a star turn we get is Mark Ruffalo's awkward, eternally curious Michael

Rezendes, continually hunched forward and hanging on to every word of his interviewees' stories.

It's watching the Spotlight team go to work that's so satisfying, that competence porn which keeps us enthralled. The team trawls through records, knocks on doors, wears down lawyers and pulls strings wherever it can. But there's no glamor to this tale. Director Tom McCarthy keeps it naturalistic, shooting an almost documentary-style film that throws us right into the middle of the action: He's happy to let the characters carry the tension. Meanwhile, the newsrooms are realistically dingy and beige. The staff live in crappy apartments and complain about their jobs. But the heroes emerge from a sea of yellowing furniture and mildewed records rooms, a team which will knock on doors and keep asking questions until the story comes flooding out. This isn't just competence: It's mastery. **Adam White**

Coming Soon

London Has Fallen ▾

(UK) A sequel to 2013's explosive-tastic "Olympus Has Fallen," Gerard Butler returns as the US Secret Service agent, gunning to protect the American President (Aaron Eckhart), whose life is in danger thanks to a nefarious plot to destroy the world's leaders as they attend the funeral of the British Prime Minister. Opens Mar 3.

Manglehorn

(USA) Al Pacino channels his best forlorn look into his role as an eccentric cat-owning locksmith who's still pining for his lost love, Clara. Opens Mar 3.

Miss You Already

(USA) The token Drew Barrymore comedy this season celebrates BFF love between a woman (Toni Collette) undergoing chemotherapy and her best friend (Barrymore) who is trying to get pregnant. Opens Mar 3.

Son of Saul

(Hungary) A strong contender for the Best Foreign Film category at the Oscars, Holocaust film "Son of Saul" centers on a prisoner at Auschwitz in 1944 who is forced to burn the corpses of his own people. Coping with his own moral struggle, he makes plans to rescue a young boy's body from the flames and offer him a proper Jewish burial. Opens Mar 3.

Room

(USA) Based on Emma Donoghue's 2010 novel inspired by the Josef Fritzl case, "Room" is the story of a woman (Brie Larson) who was held captive in a backyard shed for seven years, who gave birth to and raised her five-year-old son Jack (Jacob Tremblay)—a result of rape by her captor "Old Nick"—all alone. When Old Nick reveals that he's lost his job and the house is at risk of foreclosure, she plans an escape.... Opens Mar 3.

Opening

The Finest Hours

(USA) Things are about to get very wet and cold with this Walt Disney disaster film, starring Chris Pine as Bernie Webber, a Cape Cod Coast Guard crewman who is sent on a mission to rescue an oil tanker that has split in half during a lethal storm. Opened Feb 25.



The Danish Girl

(USA) One of two queer-themed titles to be showered with nominations at the Oscars this year, Eddie Redmayne is at it again with another transformative performance. Redmayne plays Einar Wegener, husband of Danish artist Gerda Wegener (Alicia Vikander), who embraces his long-suppressed femininity and eventually attempts one of the first ever male-to-female sex reassignment surgeries. Opened Feb 25.

Creed

(USA) There are a lot of comebacks this season in the movie world, but none as legendary as Sylvester Stallone's return as Rocky Balboa. The retired boxing star mentors rising talent Adonis (Michael B. Jordan), whose late father was Rocky's old rival Apollo Creed. Opened Feb 25.

Zoolander 2

(USA) We've waited 15 years for more of that Blue Steel pout and finally the wait is over. Ben Stiller reprises his role as really really really ridiculously good-looking supermodel Derek Zoolander, who's back to solve a crisis in which the world's most beautiful people are being targeted and killed. But why male models? Opened Feb 25.

Continuing



13 Hours: The Secret Soldiers of the Benghazi

(USA) Michael Bay is back with yet more explosions. Based on the novel "13 Hours" by Mitchell Zuckoff, the film adaptation tells the story of how six CIA security agents defended the American diplomatic compound during the September 11, 2012 attack in Benghazi, Libya. Starring John Krasinski and his 5,000 new muscles. Expensive explosions and mind-numbing gunfire action with a heavyhanded dose of patriotism: MasterBay-ton at its most boring. ★

The Big Short

(USA) Some are calling it this year's "The Wolf of Wall Street"—without the drugs and sex. "The Big Short" is a fun-filled and eye-opening retelling of what really went down in the 2008 financial crisis, following the story of four finance bros (Ryan Gosling, Steve Carell, Christian Bale, Brad Pitt) who predicted the market crash long before it happened, with plenty of ludicrous celebrity cameos in between. ★★★★



Carol

(USA) In the 1950s, rich suburban housewife Carol Aird (Cate Blanchett) is in the midst of a divorce. She's drawn to department store clerk Therese Belivet (Rooney Mara) and the two soon develop a secret relationship—risking Carol's custody battle for her daughter. An Oscar heavyweight (six nominations), Blanchett and Mara's sizzling chemistry, the beautiful period set, costume design and a story of undeniable attraction make this a timeless romance. ★★★★

Crouching Tiger, Hidden Dragon: Sword of Destiny

(USA/China) A sequel to the 2000 Ang Lee classic delivers yet more flying Michelle Yeoh, joined by the long-haired Donnie Yen and Harry Shum Jr. Directed by legendary choreographer Yuen Woo-ping, this flick is a Netflix Original production: So we might even get to catch all the action legally at home!

Deadpool

(USA) The ultimate tale of overcoming death for love... by becoming a metafictional superhero. Heartthrob Ryan Reynolds is Wade Wilson, hired assassin with healing powers and a chip on his shoulder. Marvel's most twisted anti-hero finally comes to the big screen and nothing is off-limits. Anal jokes, deformed baby hands and sexytime, oh my! ★★★★

The Good Dinosaur

(USA) Disney and Pixar's latest offering is a tale of unlikely friendship between a human and an Apatosaurus named Arlo, in a world where dinosaurs never went extinct. Despite some breathtaking art, the stale story just doesn't match up to the studio's recent films. ★★★





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The Hateful Eight

(USA) Tarantino's eighth film is bloodier than ever. In post-Civil War Wyoming, a bounty hunter named "The Hangman" (Kurt Russell) is transporting a high-value prisoner (Jennifer Jason Leigh) for trial, when he meets a fellow bounty hunter (Samuel L. Jackson) along the way. Stuck in a blizzard, they find themselves shacked up at a stagecoach pitstop alongside a group of strangers with a more poisonous intent than they let on. Supreme, tension-filled dialogue and storytelling—told mostly within one room—from a brilliant filmmaker. This one's a fun ride. ★★★★

How to Be Single

(USA) Ah, the token anti-Valentine's release. Singles everywhere can rejoice in validation of their solo girl tendencies as Rebel Wilson teaches us (and Dakota Johnson) how to hoe it up in New York City. But ending on an overly schmaltzy note about the value of singleness and with Rebel Wilson's typecast shenanigans falling flat, you might want to save this one to watch at home. ★★

Kill The Messenger

(USA) Michael Cuesta (TV's "Homeland") brings the true story of investigative reporter Gary Webb to the big screen. Jeremy Renner plays Webb, who put his life on the line in the 90s when he uncovered the CIA's involvement in crack cocaine smuggling to fund rebels in Nicaragua. Renner doesn't disappoint, and the dark story is apt for our times. ★★★★



The Revenant

(USA) Alejandro Iñárritu's latest has Leonardo DiCaprio playing real-life 18th century fur-trapper Hugh Glass, who is brutally mauled by a bear during a snowy expedition and left for dead by his men. DiCaprio goes to ultimate lengths through the chilling winter for revenge... Fantastic acting and cinematography make this a must-see. ★★★★

Spotlight

(USA) See review, opposite.

Steve Jobs

(USA) Danny Boyle's Steve Jobs biopic chronicles the story of the father of Apple from his first launch of the Macintosh in 1984 to his departure and later return to Apple, plus his personal struggles along the way. Written by "The Newsroom" screenwriter Aaron Sorkin, it's two hours of fantastic rapid-fire dialogue and tension that'll leave you in awe—and a little bit exhausted. ★★★★



Film Festivals

Arts in Cinema

The Metroplex continues its Arts in Cinema spotlight on architecture with additional screenings all throughout March. Art history geeks can catch three films about art: "Sagrada: the Mystery of Creation," about the half-finished Barcelonian cathedral, "The Vatican Museums 3D" showing off the Papal art collection, and "Hermitage Revealed," which takes you on a stroll through St. Petersburg's State Hermitage Museum, which has one of the most revered and valuable collections in the world. The Metroplex, G/F, E-Max, KITEC, 1 Trademark Drive, Kowloon Bay, \$70 from metroplex.com.hk.

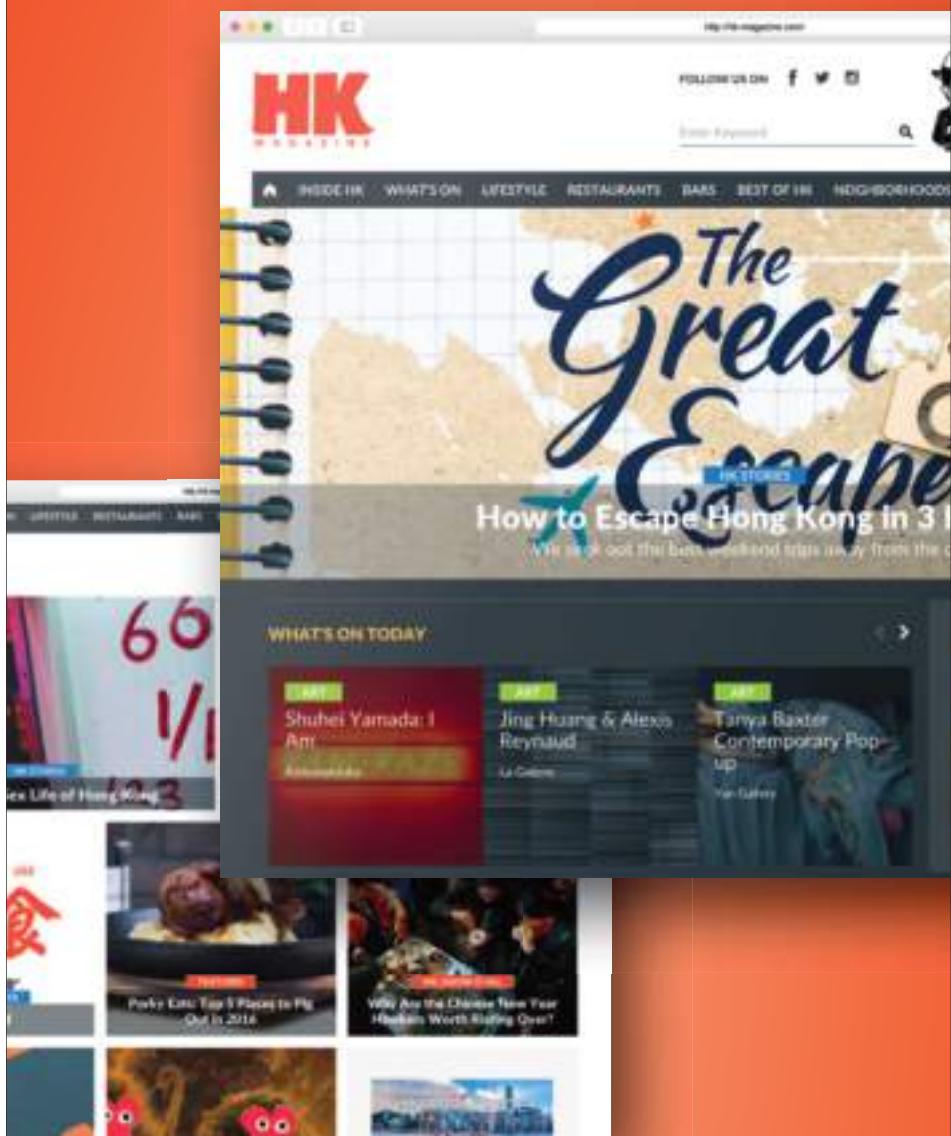
21st IFVA Festival

Get your fix of short films at this year's roundup of the best local talent, with the IFVA festival showing works that made it to the final round at the Awards. Kicking off the festival is a media art exhibition, "Cinema 2.0 – Surviving the Glass System" that examines the relationship between cinema and surveillance. ifva.com. \$65 from urbtix.hk.

Sai Kung Open Air Cinema Club: Jumanji

Haven't caught "Jumanji" enough times on TV re-runs? Now you can relive the silly magical board game action (and the greatness of Robin Williams) by catching the flick at The Hive Sai Kung. Feb 27, 6pm. The Hive Sai Kung, 5 Tai Mong Tsai Rd., Sai Kung, \$120 from JumanjiCinema.pelago.events, includes popcorn and drink.

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ROB BREZSNY

PISCES (Feb 18-Mar 20): "People don't want their lives fixed," proclaims Chuck Palahniuk in his novel "Survivor." "Nobody wants their problems solved. Their dramas. Their distractions. Their stories resolved. Their messes cleaned up. Because what would they have left? Just the big scary unknown." Your challenge in the coming weeks, Pisces, is to prove Palahniuk wrong, at least in regards to you. From what I can tell, you will have unprecedented opportunities to solve dilemmas and clean up messy situations. And if you take even partial advantage of this gift, you will not be plunged into the big scary unknown, but rather into a new phase of shaping your identity with crispness and clarity.

ARIES (Mar 21-Apr 19): Just one species has a big enough throat to swallow a person whole: the sperm whale. If you happen to be sailing the high seas any time soon, I hope you will studiously avoid getting thrown overboard in the vicinity of one of these beasts. The odds are higher than usual that you'd end up in its belly, much like the Biblical character Jonah. (Although, like him, I bet you'd ultimately escape.) Furthermore, Aries, I hope you will be cautious not to get swallowed up by anything else. It's true that the coming weeks will be a good time to go on a retreat, to flee from the grind and take a break from the usual frenzy. But the best way to do that is to consciously choose the right circumstances rather than leave it to chance.

TAURUS (Apr 20-May 20): You have cosmic clearance to fantasize about participating in orgies where you're loose and free and exuberant. It's probably not a good idea to attend a literal orgy, however. For the foreseeable future, all the cleansing revelry and cathartic rapture you need can be obtained through the wild stories and outrageous scenes that unfold in your imagination. Giving yourself the gift of pretend immersions in fertile chaos could recharge your spiritual batteries in just the right ways.

GEMINI (May 21-Jun 20): "Hell is the suffering of being unable to love," wrote novelist J. D. Salinger. If that's true, I'm pleased to announce that you can now ensure you'll be free of hell for a very long time. The cosmic omens suggest that you have enormous power to expand your capacity for love. So get busy! Make it your intention to dissolve any unconscious blocks you might have about sharing your gifts and bestowing your blessings. Get rid of attitudes and behaviors that limit your generosity and compassion. Now is an excellent time to launch your "Perpetual Freedom from Hell" campaign!

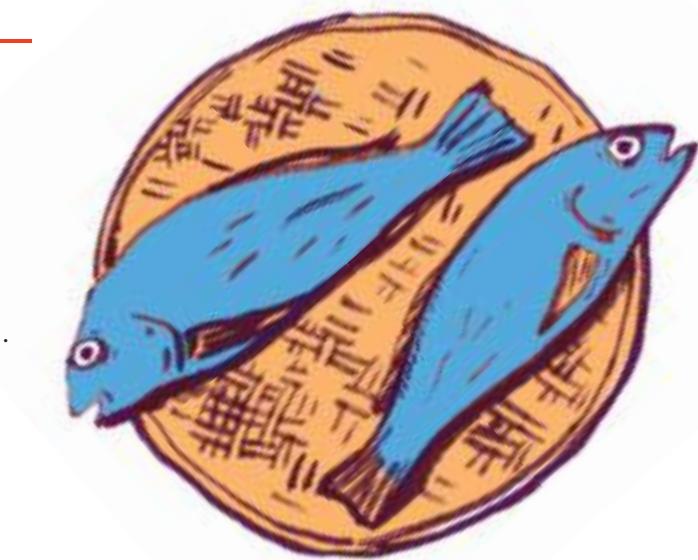
CANCER (Jun 21-Jul 22): "A vacation is what you take when you can no longer take what you've been taking," said journalist Earl Wilson. Do you fit that description, Cancerian? Probably. I suspect it's high time to find a polite way to flee your responsibilities, avoid your duties, and hide from your burdens. For the foreseeable future, you have a mandate to ignore what fills you with boredom. You have the right to avoid any involvement that makes life too damn complicated. And you have a holy obligation to rethink your relationship with any influence that weighs you down with menial obligations.

LEO (Jul 23-Aug 22): "Your illusions are a part of you like your bones and flesh and memory," writes William Faulkner in his novel "Absalom, Absalom!" If that's true, Leo, you now have a chance to be a miracle worker. In the coming weeks, you can summon the uncanny power to rip at least two of your illusions out by the roots—without causing any permanent damage! You may temporarily feel a stinging sensation, but that will be a sign that healing is underway. Congratulations in advance for getting rid of the dead weight.

VIRGO (Aug 23-Sep 22): "We are defined by the lines we choose to cross or to be confined by," says Virgo writer A. S. Byatt. That's a key meditation for you as you enter a phase in which boundaries will be a major theme. During the next eight weeks, you will be continuously challenged to decide which people and things and ideas you want to be part of your world, and which you don't. In some cases you'll be wise to put up barriers and limit connection. In other cases, you'll thrive by erasing borders and transcending divisions. The hard part—and the fun part—will be knowing which is which. Trust your gut.

LIBRA (Sep 23-Oct 22): When life gives you lemon juice from concentrate, citric acid, high-fructose corn syrup, modified cornstarch, potassium citrate, yellow food dye, and gum acacia, what should you do? Make lemonade, of course! You might wish that all the raw ingredients life sends your way would be pure and authentic, but sometimes the mix includes artificial stuff. No worries, Libra! I am confident that you have the imaginative chutzpah and resilient willpower necessary to turn the mishmash into passable nourishment. Or here's another alternative: You could procrastinate for two weeks, when more of the available resources will be natural.

SCORPIO (Oct 23-Nov 21): Your Mythic Metaphor for the coming weeks is dew. Many cultures have regarded it as a symbol of life-giving grace. In Kabbalah, divine dew seeps from the Tree of Life. In Chinese folklore, the lunar dew purifies vision and nurtures longevity. In the lore of ancient Greece, dew confers fertility. The Iroquois speak of the Great Dew Eagle, who drops healing moisture on land ravaged by evil spirits. The creator god of the Ashanti people created dew soon after making the sun, moon, and stars. Lao-Tse said it's an emblem of the harmonious marriage between Earth and Heaven. So what will



you do with the magic dew you'll be blessed with?

SAGITTARIUS (Nov 22-Dec 21): It's prime time for you to love your memory, make vivid use of your memory, and enhance your memory. Here are some hints about how: 1. Feel appreciation for the way the old stories of your life form the core of your identity and self-image. 2. Draw on your recollections of the past to guide you in making decisions about the imminent future. 3. Notice everything you see with an intensified focus, because then you will remember it better, and that will come in handy quite soon. 4. Make up new memories that you wish had happened. Have fun creating scenes from an imagined past.

CAPRICORN (Dec 22-Jan 19): Most of us know about Albert Einstein's greatest idea: the general theory of relativity. It was one of the reasons he won a Nobel Prize in Physics. But what was his second-best discovery? Here's what he said it was: adding an egg to the pot while he cooked his soup. That way, he could produce a soft-boiled egg without having to dirty a second pot. What are the first- and second-most fabulous ideas you've ever come up with, Capricorn? I suspect you are on the verge of producing new candidates to compete with them. If it's OK with you, I will, at least temporarily, refer to you as a genius.

AQUARIUS (Jan 20-Feb 19): You may be familiar with the iconic children's book "Where the Wild Things Are." It's about a boy named Max who takes a dream-like journey from his bedroom to an exotic island, where he becomes king of the weird beasts who live there. Author Maurice Sendak's original title for the tale was "Where the Wild Horses Are." But when his editor realized how inept Sendak was at drawing horses, she instructed him to come up with a title to match the kinds of creatures he could draw skillfully. That was a good idea. The book has sold over 19 million copies. I think you may need to deal with a comparable issue, Aquarius. It's wise to acknowledge one of your limitations, and then capitalize on the adjustments you've got to make.

HOMEWORK: What book do you suspect would change your life if you actually read it? Testify at Truthrooster@gmail.com.

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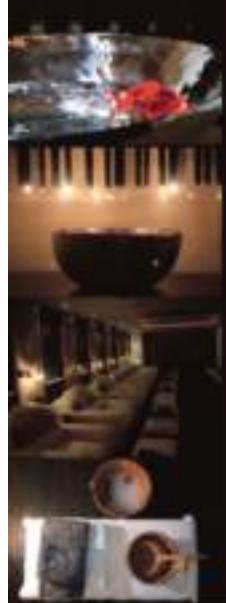
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SAVAGE LOVE

Dan Savage

Gay, thirtysomething male in DC. My boyfriend of three years has been acting strange—not taking his antidepressants, says he's feeling weird. He has withdrawn from me, sleeps 15 hours a day, and has been canceling on commitments to socialize with friends. That I am fine with—he's blue and I get it. Here's why I'm writing: He was doing an online crossword, and when he got up, I was going to write a message in it—to be funny and sweet. What I saw messed me up. There was a browser window open about meth and depression. He is 48 and successful, and isn't a clubber or party-going type. METH? What the hell? I snooped further, and there was a detailed search history on meth, meth and depression, meth and sex. He doesn't seem to have been high around me—and I would never use meth, it's not my thing and I have a security clearance (no drugs for me, ever)—but I don't want to date an addict. I don't want to be with someone who would take such a dumb risk. And for what? Dude! You're 48, you have a career, a business, and a guy who cares for you! WTF?!? I know what you'll say: Use your words—and, trust me, I will. But am I totally crazy? I feel shitty for having snooped, but it started innocently enough with me wanting to write a goofy note on his crossword puzzle.

— Snoop Now All Fucked Up

Meth addicts aren't known for sleeping 15 hours a day, SNAFU. Meth addicts aren't known for sleeping at all. So perhaps your boyfriend abused meth before you met—and there's no using meth, only abusing meth—and conquered his addiction and/or stopped abusing meth years ago. And now he's depressed and off his meds, and he went online to investigate whether his past meth abuse could be contributing to his current depression.

As for the snooping angle...

When we snoop, we sometimes find out things we don't want to know, don't need to know, and don't need to do anything about. For example, the new boyfriend has a few sexts from his ex tucked away on his computer, your dad is cheating on his third wife, your adult daughter is selling her used panties online. But sometimes we find out things we needed to know and have to do something about. For example, your 14-year-old daughter is planning to meet up with a 35-year-old man she met on Instagram, your "straight" boyfriend is having unsafe sex with dozens of men behind your back, your spouse is planning to vote for Ted Cruz—in those cases, you have to intervene, break up, and file for civil commitment, respectively.

Learning your depressed-and-off-his-meds boyfriend may have—or may have had—a meth problem falls into the "needed to know/have to do something about" category. So, yeah, SNAFU, you gotta use your words. Go to your boyfriend, tell him what you discovered and how you discovered it, and demand an explanation while offering to help. Urge him to see his doctor—whoever prescribed the antidepressants he stopped taking—and go into the convo armed with a list of the resources available to him.

I asked David Mariner, executive director of the DC Center for the LGBT Community (thedccenter.org), if your boyfriend sounded to him like someone currently abusing meth.

"I'm not an expert," Mariner replied, "but he doesn't sound like it to me. He may be having a hard time talking to his boyfriend about this because for folks who have a history of meth use, sex can be tricky. Meth use and sexual activity are often so intertwined that it can make it hard to talk to a partner."

Finally, SNAFU, don't make it harder for your partner to be honest with you by threatening to break up with him. You don't have to remain in a relationship with an addict, if indeed he is an addict, forever. But start by showing him compassion and offering support. You can make up your mind about your future—whether you have one together—during a subsequent conversation.

I'm a 36-year-old hetero male, into BDSM and polyamory. I've been drinking deep from the bowels of the internet lately, getting laid more than I ever thought was possible. I'm open about the fact that I fuck around a lot and that monogamy would never work for me. I use condoms with everyone except my primary partner, and I abide by your campsite rule. I don't want to be anyone's wonderful husband; I want to be the Casanova who climbs in through the window. Last week, the internet was good at delivering. Usually I can talk to 10 women who all seem interested, but in the end, only one or two want to actually meet. But last week, I had sex five times in five days with five different women. And that just made me feel awesome, turned on, and wonderful. Is there a term for someone who gets turned on by finding new people to have sex with? Have I discovered a new kink? Is there a name for people like me? If there is, I couldn't find it. Google failed me. Can a person have a kink for finding new sex partners? What would it be called? Or am I just a slutty man-whore?

— Dude Drinking Deep

I don't think "drinking deep from the bowels of [blank]" is a good way to describe something you enjoy, DDD. Watching a GOP debate? Perhaps best described as drinking deep from the bowels of the terrifying American id. Enjoying consensual sex with people you're into? Better described as "drinking deep from Aphrodite's honeyed mouth" or "licking Adonis's jizz off Antinous's tits" or simply "killing it"—really, anything would be an improvement.

As for what your kink is called...

"What DDD describes is consistent with a motivational style once called Don Juan syndrome," said Dr. David Ley, author and clinical psychologist. "It has also been called Casanova or James Bond syndrome. Essentially, these are folks most excited by the quest/hunt for novelty in sex partners. This was once viewed as deeply dysfunctional from a heteronormative, monogamy-idealizing therapeutic culture. What I appreciate about DDD is that, even though he uses sex-addiction language, it's clear he has accepted himself and his desire. I'd say he has adapted fairly well, and responsibly, to that tendency in himself."

I just posted a new word on the Physician Moms Facebook group and was told that I should send it to you. I got tired of hearing "She's got balls," so I made up a new word, clitzpah (klit-spe) noun: a woman with guts! Origin of clitzpah: clitoris (kli-te-res) noun: an organ of the female genitalia, the purpose of which is purely to bring women pleasure, and chutzpah (hüt-spe) noun: a Yiddish term for courage bordering on arrogance.

I hope this is useful!

— Jill Becker, clitzpah.com

It's a lovely word, Jill—and I'm happy to help you roll it out!

On the Lovecast, Dan and a doc from Planned Parenthood answer your medical questions: savagelovecast.com.

Find the Savage Lovecast (my weekly podcast) every Tuesday
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SPOTLIGHT

The latest news and deals from our partners



An Easter Egg-stravaganza at InterContinental Hong Kong

It's almost March and with Easter just around the corner, give yourself and your loved ones a much deserved spring break staycation at InterContinental Hong Kong.

From March 21 to April 7, welcome spring with the hotel's "Spring Break Package." You get to enjoy the five-star hotel's spectacular harbor view, top-notch facilities and heart-warming hospitality at a great price: Book your first night based on its best flexible rate and enjoy the second night for free, subject to IHG Rewards Club membership.

Not only does the hotel offer great value room deals, its top-rated restaurants are also offering a number of special delicacies for you to celebrate Easter in style. Go for a sumptuous feast at Harbourside from March 25 to 28, as they roll out Easter-themed lunch and dinner buffets with dishes including roasted French whole baby lamb, baked lobster tail with Hollandaise sauce, as well as a decadent dessert spread with Easter-themed specials. Prices range from \$548 for adults and \$388 for children for lunch, to \$898 for adults and \$598 for children for the Easter Sunday Brunch, which features a kids' candy corner with chocolate easter egg decorating with the hotel's executive pastry chef

Cyril Dupuis, while the Easter Bunny will also be on hand for photos. The elaborate dinner buffet is \$868 for adults and \$608 for children.

Meat lovers shouldn't miss THE STEAK HOUSE winebar + grill's "Meat of the Month" promotion, which features lamb from Australia, the U.S., France and Wales to mark the start of spring. Special lamb dishes include juicy and tender French Pyrenees milk-fed baby lamb with blue cheese sauce, as well a multi-country rack of lamb sampler.

Want more than just lamb? Try their Easter weekend semi-buffet lunch on March 26-27, which offers an elaborate salad buffet, lobster bisque, a choice of main courses from the charcoal grill, and of course special Easter desserts, plus a complimentary chocolate Easter egg. The lunch is \$798 per adult and \$698 per child. Add \$200 for free-flow Champagne and red wine.

The Lobby Lounge's Easter-themed tea set by executive pastry chef Cyril Dupuis features adorable delights such has "rabbit coconut passion fruit" and "Easter egg mango/pear earl grey tea," amongst other decadent treats. The set is available from March 22-28 from \$608 for two.

But if you're after a more elaborate gourmet dinner this Easter, one-Michelin-starred SPOON BY Alain Ducasse is launching a special eight-course dinner menu at \$1,688 on March 26-27. Executive chef Stephane Gortina will showcase some of the best French fare in town. Pair your gourmet meal with fine wines for an additional \$1,288.

2313-2323 (restaurant enquiries), 2721-1211 (room enquiries), hongkong-ic.intercontinental.com



Dim sum and DJs: Fresh beats and fine food at Duddell's

Hong Kong's art hub Duddell's has collaborated with up and coming artist and DJ Glenn Eugen Ellingsen to bring its patrons "Wednesdaze DJ and Dim Sum Nights," an evening menu of exciting dim sum and artisanal cocktails whilst surrounded by some of the city's favorite DJs playing specially selected tunes in Duddell's Salon.

Launched on February 17, this weekly fixture features four of the city's top DJs: Dre Dogue, Baby Jesus, Mr. Ho and Ellingsen's turntable alter ego Fei Pao.

Duddell's dim sum maestro Chef Siu Hin-chi has created four special dim sum platters for patrons: the "Decadent Platter," "Fiery Specialties," "Delicate Morsels" and "Wholesome Bites"; while dim sum can also be ordered à la carte. You can also enjoy a good old-fashioned, expertly carved Peking Duck (trimmings included) or plenty of other Cantonese favorites.

For \$350 per head, guests can go for free-flow cocktails, wine, beer and a refreshing lychee-strawberry lemonade. Marek Vojarcik, Duddell's in-house bar manager and cocktail expert, has created five signature cocktails that mustn't be missed. "Opium" is a popular choice, with Johnnie Walker, poppy seed milk, peach, a touch of lime and a few more secret ingredients. There's also the Shanghai Gin Fizz, which features Tanqueray and a fizzy hint of jasmine, or the moreish Pisco Sour.

Duddell's Wednesdaze DJ and Dim Sum Night is for those who enjoy culture, music and good grub all under one roof. Love dim sum but want to enjoy your food against a more contemporary backdrop rather than the usual chatter and clatter of plates on a Sunday afternoon in Maxim's? Drop by Duddell's, quench your thirst with an Opium and feast your taste buds and your ears to smooth tunes and good food in one of Hong Kong's coolest venues.

duddells.co

MAISON EIGHT

MAISON EIGHT is not like anywhere else, opening in Mid-March an "all day all night" destination. Salvatore Calabrese opens his first Cocktail Bar in Asia, Bollinger's first private room, the largest boutique wine collection and Executive Chef Joe Chan returning to Hong Kong creates "esme" our intimate French restaurant and for Ballroom his travel inspired all day menu. This is a venue for all of Hong Kong in the oldest F&B district.

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HK GIVEAWAYS

Can you believe it's the end of the month already? We've got a winner for our big giveaway at the InterContinental Hong Kong. Not lucky this time? Hang around for a preview of next month's awesome goodies!

WE HAVE A WINNER!



Congratulations to the winner of a suite stay at the InterContinental Hong Kong, valued at \$13,990!

May Lee is the lucky winner of a one-night stay for two in a Deluxe Junior Harbourview Suite at the InterContinental Hong Kong, complete with breakfast plus afternoon tea for two at the Lobby Lounge. May picked up the magazine each week to find the words "intimate" and "tingling," before putting them together into a description of what a stay at the property would mean to her. Here's the entry:

*Visit the heated outdoor pool for a swim,
Eat intimate dinner with my special "him,"
Tingling all my culinary senses to the extreme,
Staycation at InterContinental is my perfect dream!*

Congratulations, May, and enjoy your holiday! Have a great staycation with your special "him"!



Not a Winner? There are Plenty More Chances to Come!

Sorry you didn't win this month! But the prizes don't stop there. Check back next week for an all-new set of prizes we've got up for grabs—including a staycation in a suite at the Conrad Hong Kong!

We've got that and more up for grabs, so check back on **March 4** for another amazing instalment of HK Giveaways!

COMING UP NEXT MONTH...



FIRST PERSON

Singer-songwriter **Endy Chow Kwok-yin** made his name as a Cantopop singer in the mid-2000s, but put it aside in 2006 to return to indie-rock band Zarahn, a group formed with his childhood friends. Now he's back as a solo artist. He tells Isabelle Hon about making it big too early and going solo again.

I was born in Hong Kong in 1979.

My childhood was like growing up in a greenhouse. I wasn't allowed to go out alone. I didn't have much human interaction.

Later came the emigration waves from Hong Kong [in the 1990s]. We moved to New Zealand.

I couldn't understand the idea of emigration. I thought they just wanted to make me leave my friends.

My first rock heroes were Beyond. They were so cool.

There was no internet back then. I could only record them on TV. I looped them endlessly.

I would use a badminton racket as a microphone to pretend I was on [TV show] "Jade Solid Gold." I never imagined I'd be on it for real.

When I was 13 I started getting rebellious. I wanted to do something adventurous.

In the age of Beyond, people would connect rock bands with sex, drugs and triads with dyed blond hair.

My parents were strict and never let me out. But they finally gave in and bought me a guitar. They even bought me a Beyond box set.

Zarahn was formed in 1995. We were only 14 or 15. We played in my bedroom every day after school.

I bought a four-track cassette recorder and started to write songs. We put our songs onto a 90-minute cassette tape and we managed to sell all 50 copies.

We used the money to go for Korean BBQ.

My childhood was the period of transition from analog to digital. Young people today might not even know what a cassette tape is.

I believe in technology. But it's running so fast that people's hearts are degenerating.

When I started out as a singer 10 years ago, people on the bus and trains would recognize me. But now people only look at their phones, without noticing anyone around them.

People say technology is all about humans. But I think people are manipulated by technology.

I never thought I'd be a solo singer. I was playing in a band—I never thought being a mainstream singer was a cool thing.

But then you can't choose everything in life.

I sang demos to sell the songs I wrote. But no one was interested, so my manager told me to sing them myself. I was lucky to get good feedback.

I had a good year in 2005—everything went smoothly. I won the gold prize for singer-songwriters from Commercial Radio.

But I was still young and I didn't seize my chances.

Even though I was solo, my heart was still playing in a rock band.

At the end of 2005 I ended all my solo shows. In March 2006 I went back to the band.

Some people thought I did it for brotherhood. But it was also for myself.

We didn't make any money. People from the indie world said I was mainstream. And mainstream bands thought I was indie.

I was very frustrated at the time. At first, I got famous with just a little push. But when I tried hard I didn't get what I wanted.

Income was a problem, as was my mental status and my relationship with my bandmates.

I chose to hibernate. In 2008-09 I stopped all promotional activities. I went home and helped my family's dried seafood business for a year and a half. After three years, I got back and no one recognized me.

In 2013 I went to Canada and drifted around, trying to open the cage to my heart and work out what was going on. I came back in 2015.

I believe in fate and astrology. I'd always wanted to find my soulmate, but now I think how two people get along is more important.

Some people have said that the local music industry has been a backwater in recent years.

But nowadays everyone knows guitar. There are so many youngsters busking on the street. I think the industry is better than before. Competition brings improvement.

Recently I wanted to write a movie script so I asked some scriptwriter friends how to do it. They said there's no formula—just do it!

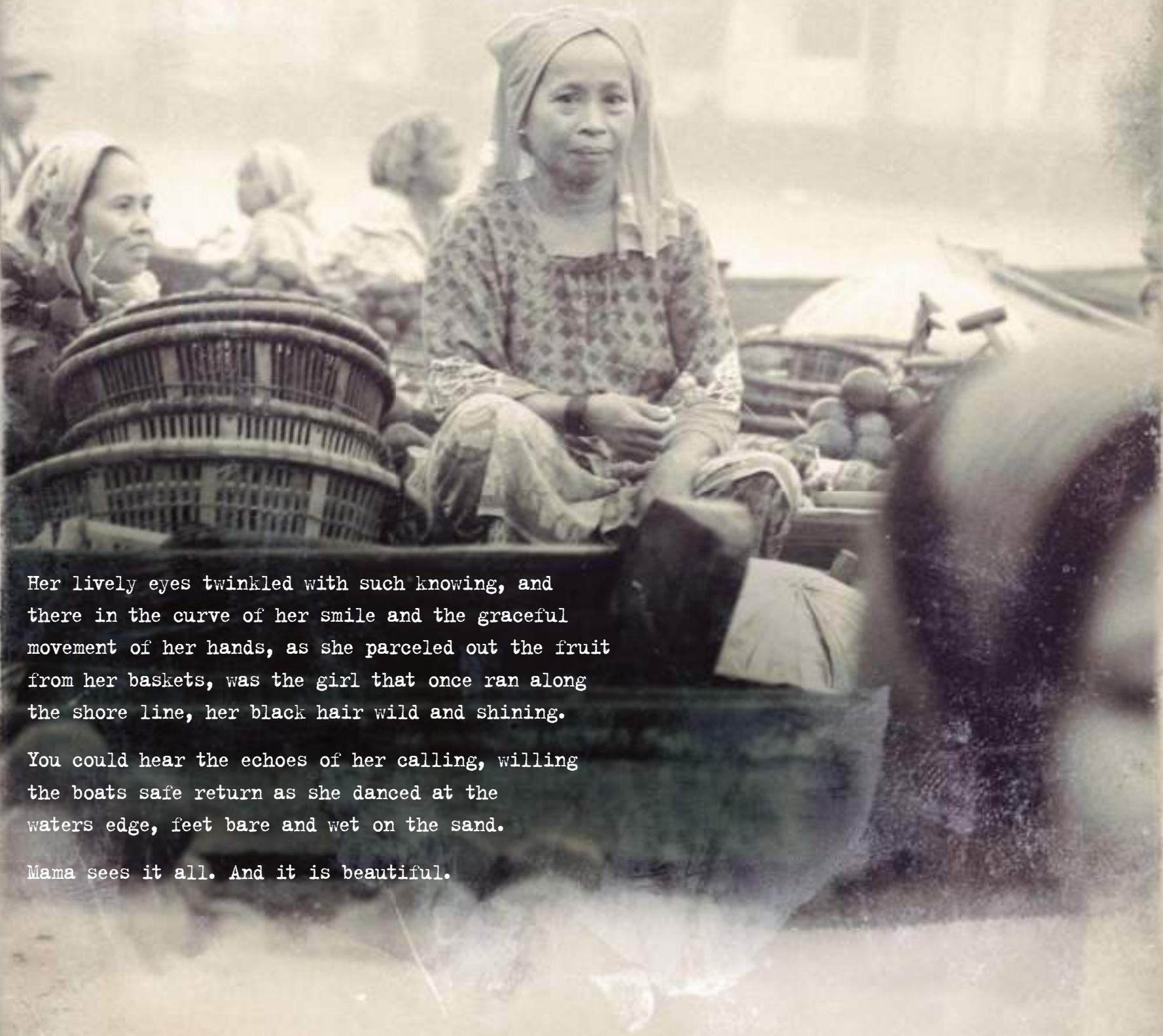
When you are into something, you don't have to study it—just do it.

"When you are into something, you don't have to study it—just do it."



NEED TO KNOW...

Endy Chow rose to stardom with his first eponymous EP in 2004, bringing a rockier sound to Cantopop with hits such as "Meguro" and "Defeated." A father of three, he met his Korean wife when the two were studying in Japan. After a few years as a solo artist he went back to his childhood band Zarahn, before returning to a solo career in 2015.



Her lively eyes twinkled with such knowing, and
there in the curve of her smile and the graceful
movement of her hands, as she parceled out the fruit
from her baskets, was the girl that once ran along
the shore line, her black hair wild and shining.

You could hear the echoes of her calling, willing
the boats safe return as she danced at the
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