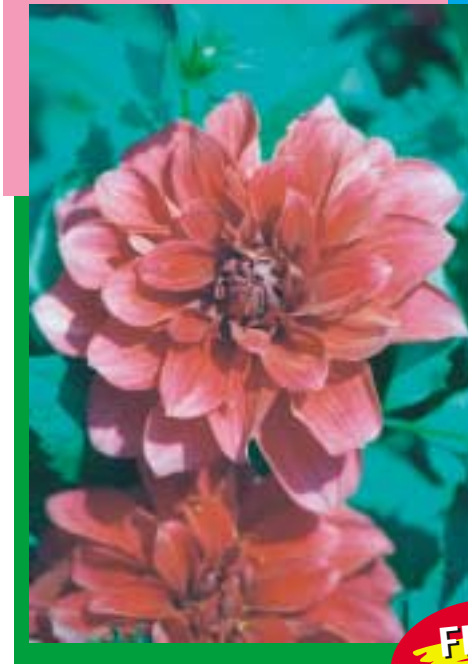


SAI KUNG DISTRICT LINK

ISSUE NO.55

March 2005



FREE
OF
CHARGE

 Sponsored by the Sai Kung District Council
For the Working Group on Liaison with Persons of All Races, HCCAC

INSIDE THIS ISSUE...

Contents	Page 2
Editorial	Page 3
District Council Information	Page 4-13
Operation Santa Claus Quiz	Page 14-15
Notebook	Page 16-19
Minerals	Page 20
Directory	Page 21-29
Map	Page 30-31
Directory (cont).	Page 32-39
Post Offices	Page 40
Restaurant News	Page 41
Meditation	Page 42
Useful Numbers	Page 43

Sonja Welker

Tel/Fax: 2792 7302
email : bernsonj@netvigator.com

Carol Macrae

Tel: 2792 8140
email : Macrae@netvigator.com

Brenda Dyson

Tel: 2792 5904
email : bjdyson@hotmail.com

Angel Chan

Tel: 2163 9452/Fax: 2792 9440

Front Cover Photograph:
Back Cover Photograph:
Design: Two C Design Ltd.

Peter Inglis
Chris Davis
Tel: 2851 9520

The Link is sponsored by the SKDC as a means of providing the persons of all races with news of developments within the area. The views expressed within the Link are not necessarily those of the SKDC.

www.travelinsaikung.org.hk

EDITORIAL

First of all, sincere thanks to all for you who joined us again for our charity Christmas Quiz at Hebe Haven Yacht Club and to the newcomers to this increasingly popular event (summary of the night on page 16). Thanks also to all who donated prizes. Local businesses are big contributors in keeping Sai Kung's community spirit going.

We especially want to thank Megan Davis for organizing the Christmas Carols by Candle Light held at Sai2 and to Wayne & Brian Parfitt for so generously supporting this event. It could not have been held without their sponsorship. Even though this event is not linked (excuse the pun) with the District Link, somehow we get involved and it is becoming a regular date on the Christmas calendar for the whole family and hopefully it will continue.

This issue includes our annual pull-out Directory. Thanks to Brenda Dyson for her help in updating the information. Fortunately this task did not put her off because she has volunteered to help with future issues, which is just in the nick of time! Sadly, Carol Macrae will be returning home in April to Scotland after 15 years of living in Sai Kung. Her knowledge, enthusiasm and energy over the past 3 years will be greatly missed along with husband Duncan's input and help for our quiz – will the music round ever be the same without him?

Another person who will be missed in Sai Kung is Mark Johnson. Mark was a great community policeman. He led the clear-up of the Triad-linked valet parking on the seafront and his Crime Reduction Campaign has helped to bring down the crime figures in Sai Kung.

We have been lucky to have so many people contribute articles over the years so if there is anything of interest you would like to share let us know, it is always appreciated.

Draft Outline Zoning of Clear Water Bay Peninsular

The Planning Department (PlanD) consulted members of the Hang Hau Rural Committee to seek their views. It was expected that the draft Plan would be published in the gazette in early 2005. Plans are to conserve the natural landscape and maintain low-rise and low-density residential development, consolidate existing village development, provide sites to serve tertiary educational need and recreational purpose as well as avoid overtaxing the existing public facilities such as water supply, sewage disposal, roads, etc. The draft Plan had the following 2 revisions:

1. To rezone an area of approx 1,390ha at the junction of Pik Sha Road and Clear Water Bay Road. According to the record of the PlanD, the site was currently zoned "Conservation Area" but had been hard paved for temporary use since 1996. As the site had little conservation value and was by the side of Clear Water Bay Road, it was proposed to be rezoned as a "Green Belt" area.

2. To rezone an on-street public car park at Clear Water Bay Road from "Conservation Area" to "Road".

A brief description on the proposed land use as set out in the current DPA Plan:

1. The "Comprehensive Development Area" (approx 14.5ha) mainly covers Tai Po Tsai and the ex-Shaw Brothers' Studio
2. The "Residential" zone (approx 37.1ha) mainly covers the low-density development in Silverstrand and Hang Hau Wing Lung Road. The zone was further divided into 9 sub-areas with different restrictions on development density, i.e. plot ratio ranging from 0.2 to 1 and maximum building height ranging from 3 to 5 stories
3. The "Village Type Development" (approx 39.5ha) covers the existing recognized villages such as Tai Po Tsai, Mang Kung Uk, Pan Long Wan, Ng Fai Tin and Sheung Yeung Village. Sufficient land had been reserved within the zone to cope with the small house demand for the next 10 years.
4. The "Government, Institution or Community" (67 ha) covers the Hong Kong University of Science and Technology and other government facilities.
5. Areas zoned the "Conservation Area" "Coastal Protection Area", and "Green Belt": A relatively large and are aimed at preserving the district's natural scenery, coastline and coastal features. The "Green Belt" was used as an amenity zone or a buffer. The PlanD is generally against development within these three zones.

Widening of Clear Water Bay Road. The TD and the HyD had not yet made a definite decision on the project. The developer's latest proposals on the "Comprehensive Area" zone was that about 500 housing units would be developed. The TD carried out study on traffic and regarded the proposal acceptable and development could continue without widening Clear Water Bay

Hang Hau Rural Committee's enquiry on the percentage of land demarcated for private development in the "Green Belt." The PlanD would determine the use of land according to its location, size, impacts on local, territorial development, merits and constraints instead of its ownership. The PlanD hoped that any land development, regardless of private or government land, would be decided made by the market. Private land accounted for 18%, 10% and 3% of the "Green Belt" "Conservation Area" and "Coastal Protection Area" on the draft Plan respectively. As these areas were surrounded by natural woodlands, they were regarded by the PlanD as suitable sites for conservation.

The HKUST development project was devised from the original development regulations. Since the facilities had not yet been built, there would be no significant impact on Pak Shui Wun in terms of water quality and archaeological value. The PlanD confirmed the overall landscape and conservation value of Pak Shui Wun and would not allow any developments there.

Development of the ex-Shaw Brothers' Studio. Regarding the scale of the project, the PlanD understood that the development of the two "Comprehensive Development Areas" and the widening of Clear Water Bay Road were interrelated. The developer of the ex-Shaw Brothers' Studio had not yet submitted proposals to the TPB and the PlanD would continue review the matter.

Tseung Kwan O Sports Ground. The TKO Sports Ground was originally planned as a community sports ground. After Hong Kong had successfully bid for the right to host the Fifth East Asian Games in 2009, the government decided to upgrade the Sports Ground in mid-2004. The Leisure & Cultural Services Department (LCSD) and the Architectural Services Department (ArchSD) jointly presented a plan of the TKO Sports Ground construction project. The LCSD consulted professional sports groups and the Hong Kong Amateur Athletic Association confirmed that the scale of the TKO Sports Ground and all proposed facilities conformed to the standard of athletic events of the EAG and other international athletic contests. All details had been approved by the government.

The Town Planning Board approved the latest development plans and the ArchSD expected to award the contract for construction in 2005. The successful contractor would be responsible for design and subsequent construction pursuant to the requirements set out in the contract. The ArchSD would draw up a conceptual layout for reference during the tender exercise. When compared with the conventional approach where the detailed design was completed before the tendering and construction work, the government hoped that by harnessing the private sector's expertise and ideas, the DB approach would help inject creativity and diversity into the project. It was believed that the DB approach could better integrate design concept with the construction work and help control cost and construction time.

The sports ground would be located in Area 45 with the following basic facilities:

- (i) Main sports ground
- (ii) Secondary sports ground
- (iii) Spectator stands
- (iv) Entrance plazas
- (v) Administrative Building
- (vi) Ancillary facilities such as car park, bicycle park and a taxi lay-by.

The main sports ground would have a seating capacity of 3,500. Major facilities include a 400m all-weather synthetic runner track and a 11-a-side natural turf football pitch at the centre.

The design of the natural turf soccer pitch would conform to international standards with underground drainage system. Facilities for field events include a shot put, javelin throw, discus, high jump, triple jump and pole vault. The secondary sports ground could be used for warm-up or separately. Facilities would include a 300m running track, a 120m straight track, together with warm-up facilities for discus, shot-put and javelin throw, etc. At the centre would be a 7-a-side natural turf football pitch. Ancillary facilities would include a drug control, weight-lifting and physiotherapy areas.

The HyD agreed to connect a footbridge with lifts instead of the original ramp. Car-park facilities for 10 coaches and 60 private cars will be provided. The new sports complex would provide facilities for disabled athletes with the installation of lifts at all entrances and exits and a barrier-free design

Community Health Inclusion Scheme. The Community Investment and Inclusion Fund (CIIF) approved funding of \$2m to support the three-year project. The Healthy City and Community Affairs Committee aims to introduce the concept "My Home – Tseung Kwan O" in order to help develop a healthy community in the new town.

"Community Vitamin Project" To identify and pool together different bodies and organizations, including housing estates, schools, work units, companies, Government departments, etc. and encourage mutual help among the needy.

"Tide over Difficulties Together Campaign" Aimed at promoting mutual help in the community through help from corporate bodies, community groups and government.

Demarcation of Permitted Burial Lots on Slopes between Chiu Shun Road and Wan Po Road, Pak Shing Kok. Members felt that the burial lots were unsightly and motioned for a systematic planning operation be put into force for future burial lots. Village permitted burial lots involved two government offices, the District Office and District Lands Office. The former was responsible for confirming the indigenous villager identity of the deceased and then issuing a certificate of interment commonly known as the "burial certificate".

Since the burial ordinance in 1983, the government had started to approve land for this purpose. However, site formation work was not performed probably due to fiscal problem. Currently, there are 65 such burial lots alone in Sai Kung. Burial lots approved in early days were at remote locations in the rural area and new town development began at later dates. It was necessary for the government to respect indigenous villagers' traditional customs, such as "Fung Shui" and other practices. However, since the policy of village permitted burial lots had been in force for many years and involved the whole New Territories, discussion had to be carried out as to whether such a policy could be changed.

Sai Kung Government Offices. It has been proposed to move the existing SKDC offices to a proposed Government Complex in Area 44 of TKO.

Paving sidewalks of the pier off Oscar By the Sea with reusable bricks.
The FEHC for follow-up

Progress Report of the Traffic and Transport Committee

Black Spots in Sai Kung

There were no official traffic black spots in Sai Kung though there was one potential spot at the junction of Hiram's Highway and Ho Chung Road. A site visit to be arranged in due course.

Temporary Traffic Control Measures of Tseung Kwan O Development, Phase II,

Temporary Traffic Control Measures for westbound bus lane on Po Shun Road turning left from Chung Ming Court to Wan Po Road would be cancelled. Other traffic arrangements would remain unchanged. Green minibuses and franchised buses would be affected by Stage V while impacts on other road users would be negligible.

Additional Motorcycle Parking Spaces in TKO

Members noted that the TD could not request private developers to lower rentals of motorcycle parking spaces in their car parks and the Housing Department had no right to decide on the operation of car parks in public housing estates, including whether more motorcycle parking spaces should be provided. Members requested the Link REIT to provide more information on operational procedures and the number of motorcycle parking spaces in car parks of public housing.

Provision of Bus Shelters along Tong Chun Street and Po Yap Road and Tseung Kwan O South

New World First Bus actively pursuing providing bus shelters for bus stops on Po Yap Road (Sai Kung bound) near Tseung Kwan O Plaza and on Po Yap Road (Tiu Keng Leng bound) near Bauhinia Garden. TD waiting for applications.

DISTRICT COUNCIL INFORMATION

Crossing Facilities at Section of Po Hong Road between Po Lam Road North and Po Fung Road

Proposal rejected as there is already a pedestrian subway nearby.

Improvements to Crossing Facilities on Po Hong Road near Sheung Tak Estate

TD should increase the height of the central divider on the section of Po Hong Road near Sheung Tak Estate to deter the public from climbing over.

Flower Planters on Tong Tak Street Pavement near Tong Yin Street, TKO

The TD are considering either removing some of the railings on the sections of Sheung Ning Road off On Ning Garden, Tong Chun Street near Bauhinia Garden, Tong Tak Street near Park Central, Choi Ming Street near Kin Ming Estate and Choi Ming Court, or replacing them with flower planters.

Housing and Development Committee

Fallen Concrete Air-conditioner Platforms in Kwong Ming Court, Tseung Kwan O (TKO)

A request for a detailed inspection and maintenance report was requested as well as an explanation to the reason this incident happened. The HD replied that an investigation was underway. Findings were expected to be available within 2 to 4 weeks and submitted to the committee promptly upon completion.

Investigation by Water Supplies Department (WSD) in Housing Estates TKO South

Members were satisfied with the results of the tests on flush water quality and will write to the WSD requesting the report be submitted to the Committee suggesting water discolouration may have been caused by the pipes connecting to Ocean Shores were too big.

DISTRICT COUNCIL INFORMATION

Hong Kong Post Office in Choi Ming Shopping Centre

The post office in Choi Ming Shopping Centre was officially open in December. A request was made to consider the provision of post office boxes for residents in TKO.

Working Group on Housing Affairs

Items for follow up : Drainage pipe conversion works for Blocks 1 to 6 of Verbena Heights; Building problems in Yu Ming Court (bulging wall tiles in Yu Cheong House; broken holdfasts of aluminium windows in lift lobbies on all floors of Yu Wing House and Yu Cheong House); Building problems in Kwong Ming Court (falling mosaic tiles from the external walls of the ground floor of Kwong Lung House; loose soil at the bottom of the planters at the entrance of Kwong Ning House).

Development of Village Houses

The Sai Kung District Lands Office began processing applications for construction of small houses. Mr. WAN Yuet-kau, convenor of the Working Group, to continue follow-up of former temporary housing area in TKO.

Right-of-Way Access Study

Working Group to continue follow-up of repair and maintenance of right-of-way accesses.

Paving Sidewalks in Sai Kung and TKO with Reusable Brick

The Highways Department (HyD) indicated that it did not have plans to pave the sidewalks in TKO with reusable bricks for the time.

DISTRICT COUNCIL INFORMATION

Food & Environmental Hygiene Committee

Funding Application for Minor Environmental Improvement Projects

An application for \$245,000 was submitted to repair the arbour fronting the ancestral hall of Yu Uk Village, Mang Kung Uk and for provision of a rain shelter for the letter boxes in Ming Oi New Village, Hang Hau. Application was approved and work will commence in January 2005.

Report on Environmental Pollution

The Environmental Protection Department (EPD) will continue inspection of restaurants in the district and submit regular reports on water quality treated by the Sai Kung Sewage Treatment Works before discharge.

Control of Illegal Itinerant Cooked Food Hawkers

Between October and November 2004, a total of 35 illegal hawkers had been arrested and 43 cases of goods abandoned by illegal hawkers in public areas have been prosecuted. With effect from December 2004 Guardian Property Management Ltd and Synergis Management Services Ltd will conduct weekly raid operations and meet every 3-4 months to review the effectiveness of the operations. Currently, the illegal hawking in Sheung Tak area has shown substantial improvement. A new group, the "Hawker Monitoring Group" has been formed. Mr. CHAN Wai-lung will be convenor.

Bicycle Problem in TKO Area

A total of 475 illegally parked bicycles in TKO between October and December 2004.

DISTRICT COUNCIL INFORMATION

Stray Dogs in TKO

The Agriculture, Fisheries and Conservation Department carried out a total of 651 dog-catching operations between April and December 2004 in TKO. The number of dogs captured was 255.

Healthy City and Community Affairs

"My Home Tseung Kwan O - Community Health Inclusion Scheme"

The Scheme was officially recognized by the Secretariat and will enter into contract with each other in the near future.

Proposed Provision of Rehabilitation Facilities in Sheung Mei House, Sheung Tak Estate, Tseung Kwan O

Work to commence in the second half of 2005. "A Variety Show on Rehabilitation" was successfully held in November 2004. The Show was aimed to spread the message of uniting the physically handicapped and the able-bodied.

Working Group on Occupational Safety & Health

A carnival is being organized for early 2005 with the "Tseung Kwan O - Healthy City" committee to promote first-aid knowledge.

Working Group on Liaison with Persons of All Races

A promotional activity is being planned with the "Tseung Kwan O - Healthy City" Project Office for early 2005. The theme will be "Uniting the Community."

DISTRICT COUNCIL INFORMATION

Finance and Administration Committee

Financial Position of SKDC (2004-05)

As at November 2004, the funds approved from SKDC were for:
 Cultural, Recreational & Sports Activities: \$2,165,251, actual expenditure: \$681,193.1;
 Festive Celebrations: \$1,073,190, actual expenditure: \$535,612.2;
 Community Affairs Activities (earmarked): \$1,924,161.5, actual expenditure: \$63,653.6;
 Community Affairs Activities: \$1,390,762.1 (non-earmarked), actual expenditure: \$216,423.0;
 Publicity and Miscellaneous Items: \$568,890.0, actual expenditure: \$23,763.5.

Applications for Funds Submitted

A total of 37 funding applications were applied for amounting to \$873,046.0. Among these applications:
 19 – Cultural, Recreational & Sports Activities: \$319,121;
 3 – Festive Celebrations: \$148,160;
 7 – Community Affairs Activities: (earmarked): \$223,280;
 7 – Community Affairs Activities: (non-earmarked): \$174,485;
 1 – Publicity and Miscellaneous Items: \$8,000.

The SKDC examined a total of 425 applications for 2004-05 DC Funds as at December 2004. Details are as follows:

Activities	No. of Applications Received	No. of Applications Approved	No. of Applications Rejected	No. of Applications Withdrawn After Approval	Funds Approved (\$)
(1) Cultural, Recreation and Sports	228	202	26	6	2,275,774.3
(2) Festive Celebrations	11	11	0	0	1,217,470.0
(3) Summer Youth Programme	13	13	0	0	98,498.00

DISTRICT COUNCIL INFORMATION

Activities	No. of Applications Received	No. of Applications Approved	No. of Applications Rejected	No. of Applications Withdrawn After Approval	Funds Approved (\$)
(4) Community Affairs (Earmarked Fund)					
(a) Elderly Festival	1	1	0	0	429,620.0
(b) Healthy City	10	10	0	0	597,573.0
(c) Area Committee	7	7	0	0	265,885.0
(d) Fight Crime	17	17	0	0	197,673.5
(e) Civic Education	8	8	0	0	92,958.0
(f) District Corruption Fighting	1	1	0	0	50,000.00
(g) Road Safety	2	2	0	0	70,000.0
(h) Fire Safety Campaigns	10	10	0	0	159,526.0
(i) Helping New Arrivals in HK	0	0	0	0	0.00
(j) WGs of HC&CAC	7	7	0	0	229,686.0
(k) Joint Community Involvement Project	4	4	0	0	46,850.0
(5) Other Community Affairs	89	89	0	4	1,555,771.1
(6) Publicity and Miscellaneous Items	17	16	1	0	576,890.0
Total	425	398	27	8	7,864,174.9

CHRISTMAS QUIZ

The fifth annual District Link Christmas Quiz was held at the Hebe Haven Yacht Club on Saturday 4th December. With a maximum capacity of 140 guests attending, the 'Link' team raised a whopping HK\$28,370 for the Operation Santa Claus Appeal. Operation Santa Claus raised over \$7.2M for the 12 selected charities. Thank you everyone!

The rain and cold stayed away, allowing us to enjoy a mild evening which began with the usual delicious buffet, washed down with some of the club's superb new selection of Yellow Tail wines.

Sonja, who in her own inimitable style as the Master of Ceremonies, called for the odd "spot prize" to keep everyone's attention. Duncan Macrae, Bernie Harrad and Mike Young presented a mini 'Call My Bluff' which was pretty hilarious, choosing the answer as being the true meaning of the word and Paris Collins helped out on the night with a show-stopping gold ensemble, selling raffle tickets, collecting tickets and handing out prizes.

The raffle was drawn, with many happy winners. There were some excellent prizes including the grand prize of a return helicopter flight to Macau, plus accommodation, which was thoroughly enjoyed by the winners, Mr. & Mrs. George Treadaway.

Finally, the final scores were tallied and the winners announced. Last years winners, the "Bum-Steers" were forced into second place by "Relax" who put their winning ways down to the abundance of Yellow Tail wine consumed. First, second and third teams all received bottles of wine and vouchers for meals in local restaurants.

Thank you to all the contestants who attended the event and a special thanks to: Accents, Ali-Oli's, Amazing Inspirations, Anthony's Catch, Art & Soul, Butcher King, Canaan's, Cat House, Cindy's Florist, Dia, East Asia Airlines, Hebe Haven Yacht Club, Italiano's, Jaspa's, Jumping'4 Joy, Ka Ying, Loretta Roberts, Mac's, Mai Thai, Mushroom Bakery, PCCW, Patsy House, Peninsula Hotel, Pepperoni's,

CHRISTMAS QUIZ

Poets, Pousada, Premier Sports, Rosso Di Sera, Sauce, Shun Kee (Harrods), Steamers, Tala's, Vantage Terrace and Yue Sun Garden Centre. Your generosity and support made this yet another successful event for the Sai Kung District Link Christmas Quiz.





DISTRICT NOTEBOOK

Did you know that in order to place notices at the Wilson's car park in Sai Kung you now have to apply for permission and pay \$20 a week to do so. Contact Terence Mak of the Eastpoint Management Company on 2791-5345 for more detail or complaints.

Diary Dates:

KGV Spring Karnaval: Saturday 5th March from 12 to 5pm. The theme this year is "Medieval"

Sai Kung PPA Family Fun Open Day: Sat 12th March from 11am to 3pm. This is chance to meet the teachers, other parents and see the school in action. Activities for the day include a bouncy castle, and an Easter Treasure Hunt! Contact Doris Ngai on 2791 7354 or email: skppa@netvigator.com for more details.

Helpers Holidays:

Ching Ming Festival – April 5

May Day – May 1

Tuen Ng Festival (Dragon Boat Day) - June 11

ArtSmart Learning Centre in Marina Cove has opened a new centre in Sai Kung Town on Fuk Man Street opposite the Sports Ground. They hold playgroups in English & Mandarin for ages 10mths upwards as well as courses for phonics, speech & drama, English verse speaking, communication art, piano and music movement. Instructors all certified tutors. Tel: Ceci on 2335 1261 or 2792-1293

Dog Paradise sells a variety of accessories, clothes and special treats for the canine member of your family. Opening hours are Tues to Fri 11am to 8pm and weekends 10am to 8pm. You can find them near the main bus stop on Fuk Man Rd. Tel: 2792-6999

Grace Salon. Located on Tak Lung Back Street in Old Sai King (across the road from Poets, thru alley, first right). Wash, cut, blow dry \$95.00, cut & highlights \$350. Call Eva for an appointment on 2792 0855 or 9389 2642. Closed Thursdays.

HP Cars has opened a second garage in Chai Wan, so if you work on the island and find it more convenient to drop your car off on that side, call Hamish on 2558



DISTRICT NOTEBOOK

0222 for full details. For Sai Kung contact Stewart on 2791 4145.

IDM Disco Services. Experienced DJ's and mobile disco for any occasion. Competitive rates. Call Ian on 2358 2193 or email: idm@netvigator.com

The Oriental furniture shop has closed after 15 years of business in Sai Kung however a new furniture shop has followed in its wake. Island Collection has opened with a stock of teak furniture and accessories direct from Indonesia. The shop is situated at the Osteria # 1 site on Po Tung Road. Opening hours are from 1pm to 9pm, Tuesday to Sunday. Call Fred Luk, proprietor, on 2791 0383 for more detail.

Inspirational Learning. (Entrance between the Uncle Kan Caf and Golden Chariot Bakery on Man Nin Street) offers courses for both children and adults. For children from 18mths to 2 1/2 there is a Creative Playgroup Mon to Fri from 11.45am to 1.15pm. Art & Craft Classes for children from 2 to 10yrs old. Other courses on offer are Speech & Drama, Silver Jewellery Making and Cantonese or Mandarin for children and adults (group classes can be arranged). Coming soon will be Computer Classes, Poetry Appreciation and Creative Writing Courses. For more detail on times, etc. email info@cheekyinspiration.com or call 2792 5888.

Julie King has left Town & Country Properties to work with Sunbird Properties. She has over 20 years experience in the property market in Sai Kung and CWB areas. Julie can be contacted on 9205-3711 or 2649-5512

Free up your weekends by having your child's birthday party after school!! Jumpin'4 Joy make having children's parties easy and are offering knock-down prices on all their castles ordered on weekdays for residents of Sai Kung, Clearwater Bay and Tseung Kwan O. They also supply colorful balloons to brighten the scene and birthday cakes that are so good it's a shame to cut them (cake orders require a minimum of 7 days notice). Visit their website on www.jumpin-4-joy.com or all Kieron on 9467-4545.

Since its establishment in 1999, Leisure Book Shop has been widely loved by book lovers for its competitive prices and high quality used books in both Chinese and English. For purchases over \$50, a voucher will be offered for the next purchase. Cash in association with a voucher without an expiry date will be offered for book



DISTRICT NOTEBOOK

providers. They are located around the corner from the fruit market near the Sai Kung Town Hall. Tel: 2791-9629 or 9831-5266. Website: www.Lisurebookshop.biz.com.hk

Liz Chamberlain is a beauty therapist who has set up a practice from her home in Razor Hill. Treatments include facials designed for each client, non-surgical face lifting, waxing including advanced thermo therapy for longer lasting results, red vein elimination using shortwave diathermy, sinus treatment, ear candling and eyelash & eyebrow treatments. Call 91519086 for an appointment.

The Meat Club. Quality imported fresh frozen meat and fish at exceptionally good prices delivered to your door! (Sai Kung & CWB), Email us at paulak@netvigator.com or call Brenda on 9471 6341 for a price list

Minna lives in Sai Kung and recently worked at Evolution in Central but has decided to do hairdressing by home visits offering cuts, coloring, highlights, etc. for you and the whole family. Please call her on 6100 5084 or email: minna2002@netvigator.com for price list and to make an appointment.

Music Horizon: A new music and art centre has opened in Sai Kung just above Extreme. Music Horizon teaches a variety of instruments (flute, piano, guitar, drum, sax, and recorder) for children and adults. They also offer art lessons ranging from water color painting, clay design to art design. For more detail on lesson times and costs, contact Miss Lee on 2791 7770, mobile: 9642 2196 or email leedan@netvigator.com

Pan da Caf, a delightful little coffee shop off the beaten track has re-opened on weekends only. You can find them between Art & Soul and the old Fish Market in old Sai Kung.

Parenting: Learn about parenting issues from the experts. The Early Years Network is a group of Canadian Family Services Professionals. The seminars offered in the coming months include: Parenting Through the 10 most Common Behaviour Challenges, Maximizing your Child's Learning Ability, and Effective Childcare for Domestic Helpers. For more information visit www.early-years-network.com or call 2982 6181.



DISTRICT NOTEBOOK

If only we knew about Phoenix Trading when we compiling our Christmas information! Located at Jade Villa, Phoenix Trading publishes a wide range of exclusive multi-purpose greeting cards, invitation packs, and gift wrap. To get their catalogue call 2791-6444 or email: judith_topper@yahoo.co.uk (10% discount for CWBS PTA members)

Q-Pets have moved to Yi Chun Street in the newly refurbished terracotta building across from the wet market.

Sai Kung Reflexology & Massage Centre (above Konica Stationery). For a traditional Chinese massage visit Pearl, an excellent blind Chinese masseuse who uses acupressure to relieve aches and pains - very good for sports injuries. Costs \$180 for a one hour body massage; \$60 for _ hour. They also run courses for foot reflexology and aromatherapy massage. Call 2792 2743 for more information or to make an appointment.

Savvy Style Design Consultants are now offering color analysis and style consultations to men as well as women and teens. Color, Style & Makeup parties are available together with Prom Make-up parties for the up and coming prom season. Need help with your wardrobe or advice on the latest fashion trends? Savvy can help; they even have a shopping service! Sound attractive? Then call Eve Roth Lindsay on 2791-9674, email eve@savvy-style.com or visit their website: www.savvy-style.com.

The Silverstrand Creative Learning Centre has opened a new centre in the heart of Sai Kung above Sauce restaurant called the Creative Learning Workshop. The space is twice the size of their premises at the Silverstrand Shopping Mall which allows them to run larger group classes like Drama Quest and craft workshops. They hope to use the Workshop as a venue for holding craft fairs for local artists as well as birthday parties. Call Jenny or Carly on 2791-2420 or 9104-7191 for more information on times, etc.

There are some interesting places opening up in old Sai Kung. A little shop selling fine wines and accessories has opened on Hoi Pon Street (on the water front near the old fish market) called Vins Gallery Ltd. They are open Tuesday to Sunday from 11am to 9pm and every Saturday afternoon from 3-6pm they are holding FREE wine tasting. Tel: Eric Tse 2792-3289 or 9487-6254.

THE MINERALOGY SOCIETY OF HONG KONG

Box 50471 Sai Ying Pun Post Office, Hong Kong

Website: www.minsochk.org

email: info@minsochk.org

If you are fascinated by the symmetry and beauty of naturally occurring crystals, or by the details of their formation over geological ages, then you will find like-minded people in the Mineralogy Society of Hong Kong. The Society started operations in January 2005 to provide a forum where those who are interested in the subject, as amateurs or professionals, can meet.

The Objectives are to provide access to activities, information, publications, equipment and specimens of special interest to mineralogists and collectors. The society is an international group established in this international city and they like just meeting together socially too.

The monthly newsletter features reviews of publications and software, special offers of specimens and equipment and details of coming events, as well as articles about minerals. Members are warmly welcomed to contribute, and to share information with each other through this means.

The annual subscription is a modest \$100, and application forms can be downloaded from the website www.minsochk.org, or call Anthea Strickland at 2857 3464 and she will send one to you.



SAI KUNG DISTRICT LINK DIRECTORY



Alternative Therapy

Acupuncture: Steven Paine OMD	Sai Kung	2523-8044
Byrne & Hickman	Razor Hill	2719-9777
Dietician/Nutritionist: Robert Chan	CWB	2335-9636
Equilibrium (holistic therapist)	CWB	2719-6043
Healing Touch/Reiki: Gunilla Bengtsson	Sai Kung	2792-0891
Kinesiology: Valeria Nutt	Sai Kung	2328-2607
Life Coaching: Monika Parker	Sai Kung	9127-4340
Massage, Reflexology: Ada	CWB	2719-6477
Meditation: Monica Romeo	Sai Kung	6086-6247
Natural Healing Training: Sally Demery	Sai Kung	2328-2546
Naturopath: Jennifer Walker	Sai Kung	2850-6400
Physiotherapy: Lesley Hickman	Sai Kung	2792-0766
Reflexology & Massage Centre	Sai Kung	2792-2743
Swedish Bodywork: Helen Costello	Sai Kung	2792-7323

Antique Furniture

Design Factory	Sai Kung	2791-0106
Ming Tai Zu Chinese Furniture	Sai Kung	2792-7271
Sai Kung Gallery	Sai Kung	2791-7882
Sun Zip Chinese Antique Furniture	Sai Kung	2791-4063
The Gallery	Sai Kung	2791-5886

Appliances

Patsy House Electrical Co	Sai Kung	2792-0010
Shun Kee Houseware Co.	Sai Kung	2792-6221

Arts & Artists

Art & Soul	Sai Kung	2338-3509
Dot Gallery	Sai Kung	9177-5172
Glass Engraving: Bill Lake	Sai Kung	9226-1988
Guy Nowell: Photography	Sai Kung	2792-6234
HKUST Art & Drama Dept	CWB	2358-6149
Lorette Roberts: Artist		2987-2678
Peter Inglis: Photography		2528-4611
Sai Kung Arts Society	Sai Kung	2791-1138
Zimbabwe Stone Sculptures:	CWB	2719-5369

Awnings/Outdoor Furniture

Hong Kong Awning Collection Co	Sai Kung	2792-7806
Mosquito Screen Ltd	Sai Kung	2791-9292

Bakers

Ali Oli Bakery	Sai Kung	2792-2655
Mushroom Bakery	Sai Kung	2792-6866
Sai Kung Caf & Bakery	Sai Kung	2792-3861

Banks

HSBC	ai Kung	2792-1321
Standard Chartered	Sai Kung	2792-1351
Nan Yang Commercial Bank	Sai Kung	2791-1122

Bars/Pubs

Cheers	Sai Kung	2791-6789
The Duke of York	Sai Kung	2792-8435
Poets	Sai Kung	2791-7993
Steamers	Sai Kung	2792 6991
XTREME	Sai Kung	2791-7222

Beauty

Savvy Style	CWB	2719-9674
Sin Mei Professional Beauty care	Sai Kung	2791-6861
Tala's	Sai Kung	2335-1694
Liz Chamberlain (beauty therapist)	Razor Hill	9151-9086

Bicycle: Sales, Hire & Repairs

Sun Ping Bicycle Co (Hire \$10 per hr)	Sai Kung	2792-3116
Chiu Chit Bike Shop: Roy	TKO	9341-6284

Books (second hand)

Leisure Book Shop (also dvds,vcds,etc)	Sai Kung	2791-9629
Flow	Sai Kung	8207-6828

Butchers/Deli's

Appetito	Sai Kung	2791-5666
The Beer Bay	CWB	2541-3222
Butcher King	Sai Kung	2792-0159

The Meat Club	Sai Kung	9471-6341
TC Deli	Hang Hau	2358-0273

Cars/Car Repair

European Motors Ltd.	Sai Kung	2641-8098
Fai Tan Tyre and Battery Co	Sai Kung	2792-5877
HP Cars	Sai Kung	2791-4145
Kwong Hing Motor Repairs Company	Tui Min Hoi	2791-4949
M & E Motors	Tsai Mong Tsai	2792-5682
Sunshine Motors	Sai Kung	2791-7932
Tow Truck (Paul)	Sai Kung	9036-1276
Wing On (Yui Kee) Motorcar Repairing	Sai Kung	2677-6601

Charities

AnimalsAsia Foundation	2309-1375
Christian Action	2716-8863
Crossroads	2984 9309
Friends of the Earth	2528-5588
Haven of Hope Christian Service: Hospice	2703-3373
HKSPC	2396-0264
Mothers Choice	2537-7633
Oxfam	2520-2525
Pets Adoption	9104-1667
Phoenix Trading (charity cards, etc)	2791-6444
Salvation Army	2332-4531
Society of Abandoned Animals	2474-4421

Chemists

Mannings	Sai Kung	2791-4432
Watson's	Sai Kung	2792-4319
Wing Lung Dispensary	Sai Kung	2792-3677

Children's Clubs

Beavers: Valerie Cochran	Pak Sha Wan	2358-1553
Brownies/Guides: Gunilla Bengtsson	Pak Sha Wan	2792-0891
Cubs: Cathy Gibbins	Pak Sha Wan	2719-2557
Scouts: Debra Farquhar	Pak Sha Wan	2358-3284

Children's Entertainers

IDM Mobile Disco	Sai Kung	2358-2193
Jan the Juggle		2984-9224
Julie Murphy: Jewellery Parties	Sai Kung	2358-1452
Jumpin'4 Joy: Bouncy Castles	Sai Kung	9467-4545
Rice Girls & Rachael* Fun House	Sai Kung	2792-1124

Children's Toys

Central Gifts & Toys Co	Sai Kung	2792-9661
-------------------------	----------	-----------

Churches

Resurrection Anglican Church	CWB	2792-1873
CWB Int Baptist Church	CWB	2336-3448
St Vincent* Church (Roman Catholic)	Hang Hau	2719-8750
Sacred Heart Catholic Church	Sai Kung	2792-2967
City Church International	CWB	2706-1191

Clubs

Clearwater Bay Golf & Country Club	CW	2719-1595
Hebe Haven Yacht Club	Pak Sha Wan	2719-9682
Royal Hong Kong Yacht Club	Shelter Cove	2792-2744
SeaDynamics Yacht Club	Pak Sha Wan	2719-0197
Victoria Recreation Club	Tsai Mong Tsai	2792-2721

Computer Repair

Dr. Disc: Phil Smith		9522-7756
Jaspa's "Joe"	Sai Kung	9759-1770

Counselling

Nikki Green (Family/P.E.T.)		2656-0662
Miriam Greenfield	Sai Kung	9680-7696
Rona Ross	Sai Kung	9778-5158

Dance

Disco Divas: Rachael	Sai Kung	2792-1124
Southern School of Dance	Marina Cove	2872-6917
Tina's Dance Studio & Shop	Sai Kung	2328-2250

Decorating/Handyman

A & E Workshop	General	2386-7822
Chaumont Int'l	General	2368-7331
Dragon Mount Contractors	General	2791-0160
G G Dineley & Sons	Painting/Electrical	2818-4822
Interior Design & Decoration Co.	General	2791-5237
Kin Wai Ceramics	Tiles	2791-5877
Nice House Interior Design Co	Tiling/General	8103-2673
Bill Lake	General	9226-1988

Dentists

Dr. Cheung Heung Wing	Sai Kung	2791-2977
Dr. Woo Chung Wan	Sai Kung	2792-6663

Doctors

Mona Fong Clinic	Sai Kung	2792-2601
Dr. William Y.F. Cheung	Sai Kung	2792-3377
Dr Clifford Loo	Sai Kung	2791-7785
Dr Y K Siu	Sai Kung	2792-1601
The Bay Practice	Razor Hill	2719-6366

Dry Cleaners

Central & Pao Hee Co Dry Cleaners	Razor Hill	2719-0975
Express Laundry	Sai Kung	2792-9349
Maks Dry Cleaners and Laundry	Sai Kung	2792-6100
Quality Dry Cleaning	Sai Kung	2791-5486
Sai Kung Laundry & Dry Cleaning Co	Sai Kung	2792-6816

DVD/VCD/CD's (buying & hiring)

Today Speed Photo's	Sai Kung	2792-5815
---------------------	----------	-----------

Education: Adult

Boating Licence Courses	Pak Sha Wan	2719-0197
Cantonese	Sai Kung	2792-2743
English: Roger Boschman	Sai Kung	2792-1799
Helen	Sai Kung	2792-2334
HK University of Science & Technology	CWB	2358-7851
Language Exchange HKUST	CWB	2358-7848
Music Horizon	Sai Kung	2791-7770

Education: Children

ArtSmart Learning Centre	Sai Kung	2792-1293
	Marina Cove	2335-1261
Blue Balloon Educational Services	Marina Cove	9239-0053
Creative Learning Workshop	Sai King	9104-7191
Connections	Sai Kung	2982-6027
Excel Education Ltd.	Sai Kung	2736-6339
Inspirational Learning	Sai Kung	2792-5888
Kumon Maths: Lee Ann Kwan		2358-0139
Mandarin: Mr Lam	Sai Kung	9324-7398
Music Horizon	Sai Kung	2791-7770
One World English Institute & Arts Ctre	Sai Kung	2711-3883
Proactive English: Brian Monk	Sai Kung	2623-7440
Silverstrand Creative Learning Centre	Silverstrand	2719-2420
Stirling English Centre	Silverstrand	2719-4555

Electricians

Caumont Int'l	Sai Kung	2368-7331
Henry Lau	Sai Kung	9469-0567
Joe Lee Engineering	Sai Kung	2426-6630
OKAY Air-Condition & Electrical Works	Sai Kung	2791-2507
Patsy House Electrical Co	Sai Kung	2792-0010
Ricky Shek	Sai Kung	9192-1153

Environmental Organisations

Environmental Protection Department	2755-7000
<i>you can report anything from littering to smoky vehicles!</i>	
Friends of the Earth	2528-5588

Environmental Shops

Green Earth Society	Sai Kung	2791-0827
---------------------	----------	-----------

Fashion

Friendly Indo-Bazaar	Sai Kung
Mix n Match	Sai Kung

Filapino Products/Services

KMC Pusong Pinoy	Sai Kung	2791-1958
Yardstick Convenience Centre	Sai Kung	2791-5455

Florists

Cindy's Flowers	Sai Kung	2792-9889
Kwan Kee Flower Shop	Sai Kung	2792-6962

Furniture Outdoor/Indoor

Canaan Curtains	Sai Kung	2792-9892
HK Awning Collection Co.	Sai Kung	2638-2617
Island Collection	Sai Kung	2791-0383
Jusco Department Store	TKO	2703-2888
Ka Ying Curtain Craft	Sai Kung	2791-4796
Kee Hing Furniture Co.	Sai Kung	2791-0265
Movee Boyee Creative Products Co	Sai Kung	2792-7679
Pricerite	TKO	2927-2010
Renovation Service: Outdoor Furniture		2690-2675
Royal Terrace Furniture	Sai Kung	2792-2033
Sun Zip Chinese Antique Furniture	Sai Kung	2791-4063

Gardening

HK Gardening Society: Saifee Goolamibbas		2850-8786
Randi Rigg (landscape design)	Sai Kung	2791-9585

Garden Centres

Bishi Mizuiki Garden Centre	Sai Kung	2792-0073
Dhelia's	Sai Kung	6128-2800
Kalok Horticulture	Sai Kung	2719-3039
K.K. Horticulture	Sai Kung	2792-7440
Lap Shun Garden	Sai Kung	2792-3855
Yue Sun Garden Centre	Sai Kung	2367-9561

Gas Bottles

The Brothers Company	Sai Kung	2792-2056
Yau Fat Hong	Sai Kung	2792-2793

Gift Shops and China

Amazing Inspirations Workshop	Sai Kung	2792-7177
Cat Workshop	Sai Kung	2791-5115
Chinaware Market (Thurs/Sat only)	Sai Kung	2719-0025
Dogs.com	Sai Kung	9810-8108
Living Space	Sai Kung	2791-6663

Rapee Living	Sai Kung	2792-8410
Sun Zip Rattan	Sai Kung	2792-2201
T.Five	Sai Kung	2792-9372
The In Place	Sai Kung	2792-9445
Vantage Terrace (Lamps)	Sai Kung	2194-4268
View	Sai Kung	9628-7926

Golf Coaching/Courses/Shops

ABCcustomGOLF (HK)	Sai Kung	2194-4977
Garden Farm Golf Centre	Shap Sze Hung	2791-9098
Kau Sai Chau Public Golf Course	Sai Kung	2791-3388
Lee Parker (coaching)		9126-1413
Ho Chung Golf Driving Range	Sai Kung	2243-6222
Whitehead Golf Driving Range	Ma On Shan	2631-9900

Hairdressers

Flair	Razor Hill	2719-3179
Grace Salon	Old Sai Kung	2792-0855
Green Wave Salon	Sai Kung	2792-2221
Hair House	Sai Kung	2792-6800
Hair by Mike	Silverstrand	2335-5018
Minna (home visits)	Sai Kung	6100-5084
Pro Wave Salon: Tracy	Sai Kung	9853-2623
Tala's	Sai Kung	2335-1694
Yvonne's Hair Styling	Marina Cove	2335-0187

Helplines

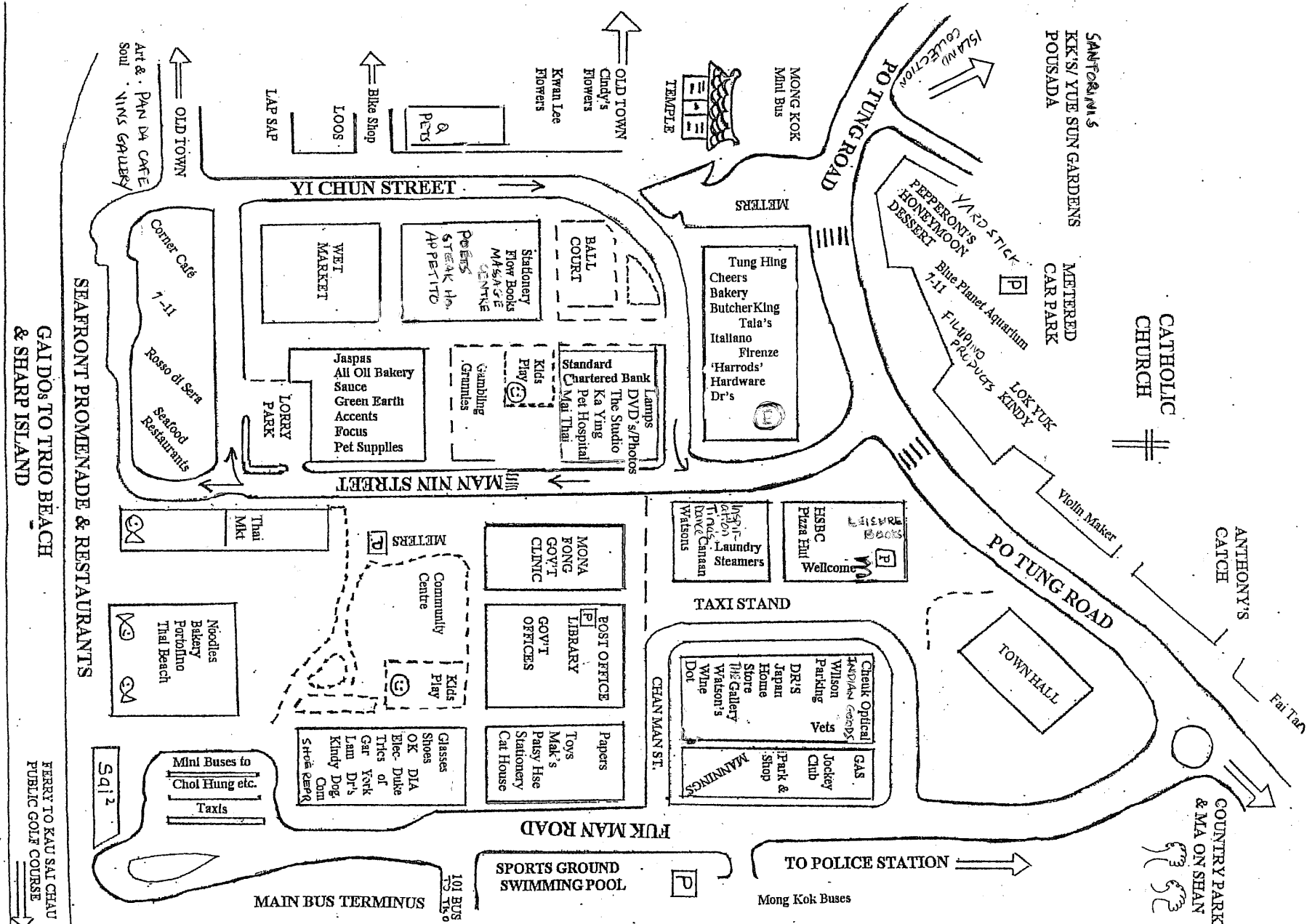
Alcoholics Anon	English 2522-5665/Chinese	2578-9822
Kely Support Services (teenagers)		2521-6890
Samaritans (24hrs Hotline)		2896-0000

House/Hardware

Shun Kee Houseware Co (Harrod's)	Sai Kung	2792-9850
Japan Centre Store	Sai Kung	2791-5485
Tung Hing Metal & Construction	Sai Kung	2792-2033

Information Service (Also see Charities)

Community Advice Bureau		2815-5444
Community Drug Advisory Council		2521-2880
Consumer Council		2929-2222



Dolphin Watch		2984-1414
HK Tourist Association		2508-1234
Mothers Choice (pregnancy/adoption advise)		2868-2022

Jewellery

Dor Hei Yuet Goldsmiths Co	Sai Kung	2792-0963
View (silver/semi-precious stones)	Sai Kung	9628-7926

Junk/Boat Hire

Blue Surround: David Lewis		9880-8857
Jaspa's Party Junk: Malcolm		2869-0733
Shelia Ma		9733-7817
Yacht Charters HK: Graham Young		9195-5959

Kennels

Ferndale Kennels and Cattery	Pak Tam Chung	2792-4642
Kan's Kennel	Tai Mong Tsai	2792-0587
Kennel Van Dego	Tai Mong Tsai	2792-6889
SPCA (Members only)	Sai Kung	2792-1535

Kindergartens

Abacus Kindergarten	CWB	2719-5712
Gar Lam Kindergarten	Sai Kung	2792-4813
Leapfrog Playgroup (PPA)	Pak Tam Chung	2791-1540
Lok Yuk	Sai Kung	2792-2245
New Song Kindergarten	Tsai Mong Tsai	2791-2472
Sai Kung Pre-School (PPA)	Ma Nam Wat	2791-7354

Locksmiths

Tung Tai Key Cut	Sai Kung	2792-4886
------------------	----------	-----------

Marine Supplies

Eton Marine Supplies Co. Ltd.	Pak Sha Wan	2719-6007
Harry Lo Co. Ltd.	Pak Sha Wan	2719-9417
Hong Kong Marina	Pak Sha Wan	2792-1483
Manta Engineering Co	Sai Kung Harbour	2792 2791
Mustang Marine Co	Pak Sha Wan	2719 4313
Protech Engineering Co	Pak Sha Wan	2719-0074
Regatta Yachts Ltd	Pak Sha Wan	2719-8875

Smart Concept Craft Ltd	Marina Cove	2719-0831
Universal Boats	Chen Keng Tuk	2803-2266

Mobile Phone Shops

New Technology	Sai Kung	2791-0058
Sai Kung Telephone	Sai Kung (Wellcome)	2791-6878

Museums

Sheung Yu Museum (9-4pm shut Tues)	Pak Tam Chung	2792-6365
------------------------------------	---------------	-----------

Music Lessons

Guitar lessons: Mike Carrington	CWB	2982-0345
Pete Slater	Sai Kung	2791-7673
Piano lessons: Arturo Domingo	Sai Kung	2857-4199
Smart Learning Centre	Sai Kung	2335-1261
Victoria Wong	Sai Kung	9042-1723
Sax lessons: Victoria Wong	Sai Kung	9042-1723
Singing: Marjorie Mullins		9050-3115
Violin lessons: The Violin Shop	Sai Kung	2792-9199
Music Horizon	Sai Kung	2791-7770

Opticians

Ko Shing Optical Shop	Sai Kung	2792-0081
Michael Cheuk Optical Co.	Sai Kung	2792-0929

Personal Fitness

Azza Keith	Sai Kung	9195-2048
Tai Chi, Judy Love-Eastham	Sai Kung	2335-5643
The Studio (pilates, etc)	Sai Kung	2791-9705
Tai Chi: Ms Ringo Wong	Sai Kung	9230-9628
Ms Siu Mui	Sai Kung	9511-7692
Weight-Watchers: Kathy Gibbins	Sai Kung	2719-2557
Yoga, Integral: Nimu Dani	Sai Kung	2367-4897
Yoga with Teresa Leung	Sai Kung	9271 0222

Pest Control

BioCycle (HK) Ltd.	Sai Kung	2799-6090
Government Dept Pest Control	Sai Kung	2163-9138

Pet Export

Export a Pet	Marina Cove	2358-1774
Ferndale Kennels	Pak Tam Chung	2792-4642

Pet Products/Shops

Blue Planet Aquarium & Orchids	Sai Kung	2792-6836
D & B Pet Shop	Sai Kung	2194-4885
Ferndale Kennels	Pak Tam Chung	2792-4642
Focus Pet Products	Sai Kung	2791-5048
Pet Lover & Pet Care Co.	Sai Kung	8105-0384
Petstown	Sai Kung	2792-0101
Q-Pets	Sai Kung	2191-6232
Rocky Pet Supplies	Sai Kung	2791-0238
SPCA	General	2711-1000

Petrol Stations

Caltex	CWB	2719-8316
Esso	Sai Kung	
Mobil	Sai Kung	2792-2741
Shell	Razor Hill	

Pizza Delivery

Pepperonis	Sai Kung	2792-2083
Pizza Hut	Sai Kung	2792-0122
Portofinos	Sai Kung	2791-5818

Photographic Processing & Supplies

Kong Ming Emporium	Sai Kung	2792-1678
Today Speedy Photofinishing Centre	Sai Kung	2792-5815

Post Offices (see page 40 for addresses & opening times)

Sai Kung		2792-2243
Tseung Kwan O	Hau Tak	2704-9644
	Po Lam	2701-5560
	Sheung Tak	2178-2139

Property Agents

BMG	Sai Kung	2792-0183
i-LAND Property Consultants	Sai Kung	2791-1188

Midland Realtors	Marina Cove	2719-9007
Prumerica Homefront Ltd.	Razor Hill	2719-3922
Sunbird Properties: Julie King		9205-3711
Town & Country Properties	Silverstrand	2719-3977

Removal Companies

Atlas Logistics	2194-4391
Ping Kee Long	9080-8264
Warehouse Removals	2789-2205
Four Winds	2791-1913

Restaurants

Anthony's Catch	Seafood	2792-8474
Appetito	Italian	2791-5666
Cheers Bar & Restaurant	Steak & Lobster	2791-6789
Chez Les Copains	French	2243-1918
Coffee Mill	Sandwiches & Cakes	2792-2132
Corner Cafe	Snacks	2791-1733
Dia	Indian	2791-4466
G.11 Cafe	Snacks	2791-1913
Firenze	Italian	2813-9090
Honeymoon Dessert	Chinese Desserts	2792-4991
Hungary Pelican	burgers,pasta,pizza	2792-6001
Indian Curry Hut		2791-2929
Italiano's		2792-9528
Jaspa's	Asia fusion	2792-6388
Lardos Steak House (TKO)		2719-8168
Mai Thai	Thai	2194-4553
McDonald's	Fast Food	2792-5585
Man Kee Thai Restaurant	Asian	2791-9220
Man Nin Wah Roasted Meat Restaurant	Char Sui	2791-7371
Mirage Chinese & Thai Cuisine		2335-1323
New Hon Kee Seafood (Tap Mun)	Seafood	2328-2428
Panda Caf (Sat & Sun only)	Snacks	2791-6801
Pepperoni's	pasta, pizza	2792-2083
Portofino	Mediterranean	2791-5818
Pousada	Portuguese	2335-5515
Rosso di Sera	Italian	2792-2612

Sai Square	Variety	2792-8900
Santorini's	Italian	2719-2284
Sauce	Asia Fusion	2791-2348
Sha Kau Seafood (High Island)		2792-4733
Steak Expert		2791-4211
Steamers	Variety	2792-6991
Susanna's Diner	Variety	2792-7448
Susanna's Chinese	Steaks/Chinese	2792-2139
The Terrace	Variety	2792-1436
Thai Beach		2791-1561
Tung Kee Seafood Restaurant	Dim Sum	2792-7453
Wing Lee Seafood (High Island)		2792-4058
Xtreme Bar & Restaurant	Variety	2791-7222
Yau Ley Seafood (High Island)		2791-1822

Sailing Clubs

Hebe Haven Yacht Club	Pak Sha Wan	2719-9682
CWB Children's Sailing Association	Hebe Haven	9871-1553
Royal Hong Kong Yacht Club	Shelter Cove	2792-2744
Sail Training Association	CWB	2719-9342
SeaDynamics Yacht Club	Pak Sha Wan	2719-0197
Shelter Cove Yacht Club	Sai Kung	9333-8084

Schools

Australian International School	Kowloon Tong	2304-6078
Clearwater Bay School	CWB	2358-3221
Hong Lok Yuen School	Hong Lok Yuen	2658-6935
Japanese International School	Tai Po	2834-3531
King George V School	Kowloon	2711-3029
Norwegian International School	Tai Po	2658-0341
Shatin Junior School	Shatin	2692-2721
Shatin Senior School	Shatin	2699-1811

Security Lighting

AutoLink Asia		2719-6443
---------------	--	-----------

Shoe Repairs

S.K. Shoe Care & Repairs	Sai Kung	2791-9813
--------------------------	----------	-----------

Soft Furnishings

Accent Carpets	Sai Kung	2792-6110
Amazing Inspirations Workshop	Sai Kung	2792-7177
Canaan Curtain & Decoration Co. Ltd.	Sai Kung	2792-9892
In-Space	Sai Kung	2792-9445
Ka Ying Curtain Craft	Sai Kung	2791-4796
Lanterns: Nikki Parfitt	Sai Kung	2791-7776
Rapee Living	Sai Kung	2792-8410
Vantage Terrace	Sai Kung	2194-4268

Sports & Recreation Centres

Chong Hing Water Sports Centre	Pak Tam Chung	2792-6810
Clearwater Bay Country Parks Centre	CWB	2791-0032
Lady MacLehose Holiday Village	Pak Tam Chung	2792-6430
Lions Nature Education Centre	Sai Kung	2792-2234
Outward Bound	Tai Mong Tsai	2792-4333
Sai Kung Outdoor Recreation Centre	Sai Kung	2792-382
Wong Shek Water Sports Centre	Pak Tam Chung	2328-2311

Sports Activities

Diving: Blue Surround: David Lewis		9880-8857
Splash: Damon Rose		2792-4495
Horse Riding	Lo Wu	2673-0066
	Tuen Mun	2461-3338
Judo: Global Sports		2703-4718
Kayaking: Global Sports		2703-4718
Paul Etherington		2486-2112
Rugby: Kai Tak Tigers	Kowloon	2335-0845
Flying Kukris	Tai Po	2660-4190
Soccer: Brazilian Soccer School		2385-9677
HK Football Academy		2866-7931
Youth Soccer Academy (Sai Kung Sharks)		3590-2550
Swimming: Multi-sports	Marina Cove	2673-0066
Taekwondo: Master Rickie Chan	Sai Kung	9313-7186
Tennis: Andy Gamo	Marina Cove	9040-9207
Premier Sport & Leisure Ltd.		9278-2774

Outward Bound	Tai Mong Tsai	2792-4333
Water Skiing: SeaDynamics	Pak Sha Wan	2719-0197
Windsurfing Centre HK	Sai Kung	2792-5605/9278-2774

Sports Clothing & Equipment

Total Eclipse Solar Swimsuits	Sai Kung	2358-0245
Windsurfing Centre HK	Sai Kung	2792-5605

Stationery Supplies

Kong Ming Emporium	Sai Kung	2792-1678
Man Yi Stationery Co	Sai Kung	2791-2396

Supermarkets

Park N'Shop	Clearwater Bay	2335-5506
	Metro City, TKO	3194-3024
	Sai Kung	2791-1759
	Hotline	2606-8658

Wellcome	Marina Cove	2243-0731
	Metro City, TKO	3194-6725
	Razor Hill	2358-0542
	Sai Kung	2791-1841
	Hotline	2369-2226

Swimming Pools

Ma On Shan Pool		2641-0815
Sai Kung Pool		2792-6459
TKO Swimming Pool		2706-7616

Tailor

Ka Ying	Sai Kung	2791-4796
Wing Shing Tailor	Sai Kung	2792-2555

Taxis

Sai Kung Taxis: Green or Red		2792-1199/2383-0168
------------------------------	--	---------------------

Transport (public/private)

Citybus Limited		2873-0818
KMB Buses		2745-4466

MTRC		2881-8888
New World First Bus		2136-8888
Jacky (Van)		6182-1284
Mike (Mercedes Estate/Taxi)		9251-0028
Peter (Van or MPV)		9048-1506
Road Runner: (MPV)		9226-1988

Veterinary Clinics

Animal Medical Centre	Sai Kung	2791-0308
Asia Veterinary Clinic	Sai Kung	2194-4312
Exotic Pets Hospital	Shatin	2687-1030
Hong Kong Animal Welfare Hospital	Silverstrand	2719-8821
Hong Kong Veterinary Centre	Pak Sha Wan	2719-4141
Sai Kung Animal Hospital (open Sun)	Sai Kung	2792-2206
SPCA	Sai Kung	2792-1535

Violin Maker

Mr Ngai	Sai Kung	2792-9199
---------	----------	-----------

Watches

Mei Toa Watch Repairs	Sai Kung	2792-0561
-----------------------	----------	-----------

Weather

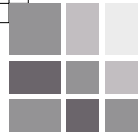
Forecast (English)		187-8066
--------------------	--	----------

Website Development

Ross Parker	Sai Kung	6446-2527
-------------	----------	-----------

Wine

Limestone Coast Wines	Sai Kung	2791-1059
Vins Gallery Ltd	Sai Kung	9487-6254
Watson's Wine Cellar	Sai Kung	2792-1689



POST OFFICES

Sai Kung Post Office

G/F, Sai Kung Government Offices Bldg.,
34 Chan Man Street.,
Sai Kung, N. T.
9.30 a.m.—5 p.m. Monday to Friday
9.30 a.m.—1 p.m. Saturday
Tel: 2792 2243

Sheung Tak Post Office

Shop 229, 2/F, Sheung Tak Shopping Centre,
Sheung Tak Estate,
Tseung Kwan O, N.T.
9.30 a.m.—5 p.m. Monday to Friday
9.30 a.m.—1 p.m. Saturday
Tel: 2178 2139

Tseung Kwan O Post Office

Shop No.9, G/F, Hau Tak Shopping Centre,
Hau Tak Estate,
Tseung Kwan O, N.T.
9.30 a.m.—5 p.m. Monday to Friday
9.30 a.m.—1 p.m. Saturday
Tel: 2704 9644

Po Lam Post Office

RB1, G/F, Restaurant Block,
Po Lam Estate,
Tseung Kwan O, N.T.
9.30 a.m.-5 p.m. Monday to Friday
9.30 a.m.-1 p.m. Saturday
Tel: 2701 5560

Website www.hongkongpost.com

Enquiry Hotline: 2921 2222



RESTAURANT REVIEWS & NEWS

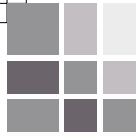


A couple of issues back we mentioned a new deli that was opening near Poets called **Appetito**. Since then they have set up a small eatery on their rooftop terrace where you can sit and enjoy a variety of Italian food items and wine from their stock on sale in the shop, which is exactly what I did together with 2 other friends. Our hostess, Thelma Pesci, lead us up the stairs to our table already laid with dishes of assorted huge olives. A bottle of Sicilian white wine (Regalaeli, a crisp light wine, "perfect accompaniment for a light lunch") was soon opened followed by an array of delicious antipasto dishes starting with a selection of salamis, some of which are not the run of the mill choice found in most cold sections of a super market. This was followed by homemade fettuccini pasta tossed in a light olive oil dressing washed down with a bottle of Pinot Grigio (slightly pink in color). Then came the cheese board and another bottle of different Pinot Grigio wine. If kids did not have to be collected it would have been easy to sit there the rest of the afternoon and indulge our taste buds with many of the delights on offer. It was agreed that this was truly a bon "Appetito!" Tel: 2791-5666 to book a table.

There are not a lot of places to go for a meal in the CWB area but if you find that one day you are hungry and looking for somewhere cheap & cheerful then check out the **Mirage Chinese & Thai Cuisine** restaurant on the 7th floor of the PnS complex in Silverstrand. The view is great and the menu is simple, offering familiar Chinese or Thai dishes. They also do take-away. Tel: 2335-1323

Susanne's Diner: Susanne, of Susanne's Seafood Restaurant and Susanne's Chinese Restaurant, has now opened a snack bar next door to Canaan's. The menu consists of sandwiches, burgers, smoothies; Oriental and Indian curry dishes (Madani, the Indian cook from The Duke of York, is now working with Susanne) and traditional Sunday roasts. Just pop in or call 2792 7448

Anthony's back! with a new baby boy! and an all new lunch menu for Saturday & Sunday from 12.00-4.30pm. "Authentic" fish & chips, "Hot Louisiana" chili con carne w/cheese & fries, "Super Rich" lasagna w/Italian sausage, "The Best" 1/3 flame broiled US beef burger; "Home Made" spaghetti & meat balls w/garlic bread and a *Special* Brownie Dessert (sorry limited supply so only one per customer). All entrees made with their own special *herbs & spices for only \$100!* Book now while supplies last! (new VIP smoking section available). Tel: 2792-8474



MEDITATION



Have you ever watched a beautiful sunset or sat listening to the waves of the ocean as they rolled onto the shore, and in that moment felt completely at peace and connected, at one with yourself, other people and the Universe? This is the same feeling you can experience when you meditate.

Meditation is a simple skill that anyone can learn. When you meditate, you relax your body and your mind becomes calmer. The trick is to focus your attention on something and let everything else go.

What you focus on doesn't matter. It could be the tip of your nose, your breath, an object in front of you, music, a mantra or random sounds. What matters is that you gently bring your awareness to your chosen meditation object and focus on it, returning to it time and time again, each time you are distracted. After a while, your breath will become softer and more even, your body will relax and you will start to feel the benefits.

Meditation is not blanking your mind or the same as just relaxing. When you meditate you are fully aware and in control, you shift your focus from thinking to sensing and in doing so, you become much more aware, of how your body feels, of your mood, of your breath and of your thoughts. This helps you to respond, rather than to react to stressful situations. Meditation can also help with creative thinking and problem solving and in managing the everyday stresses of a busy lifestyle.

Research shows that meditation has many health benefits. It has been shown to lower blood pressure, aid in many stress related conditions like insomnia and depression and reduce the impact of pain.

I teach two types of meditation, one formal and one less formal. The first is where you decide to sit down, lie or walk in meditation. You don't need lots of time to meditate in this way. Even 5 minutes of formal meditation each day can lower stress by 20%!

Usually when you do this type of meditation, you prepare yourself and your space. It helps to do it at a set time and have a ritual, perhaps lighting a candle, burning incense or playing music.

The second type is less formal but just as beneficial and powerful. In this type, ordinary everyday events like eating, showering and chores are done mindfully. You don't have to create more time to do this meditation, you just do what you normally do in a different way, more consciously and using all your senses. With practice, this type of meditation has the same benefits as the more formal type and in addition you bring the quality of gratitude and joy into your life as you begin to enjoy even the most mundane activity.

I am a qualified Social Worker and Meditation Teacher who is not aligned with any religion or group and have been meditating for many years, using meditation techniques to deal with stress and enrich my life. I look forward to sharing my knowledge and experience with you. Individual sessions and courses are available.

You can call me, Monica Rome on 6086-6247 or email: moninhongkong@yahoo.com



USEFUL NUMBERS



Emergency Services

Ambulance	2792-1553
Fire Services	2792-1553
Police	2792-8600
Marine Police	2791-1050

Government Departments & Services

Sai Kung District Office	2163-9415
Lands Office	2791-7019
Drainage	2300-1110
Education Dept	2782-8398
Environmental Protection	2755-7000
Electrical Services	2197-0608
Highways Dept	2926-4222
ICAC	2927-4300
Marine	2792-1212
Food & Environmental Hygiene	2792-3680
Social Welfare	2306-9512
Transport Dept	2804-2600
Leisure and Cultural Department	2792-4149
Library	2792-3669

Utilities:

CLP Sai Kung Fault Reporting	2728-8333
Water Dept Fault Reporting	2824-5000
Telephone Fault Reporting	109

Hospitals

Mona Fong Clinic	Sai Kung	2792-2601
Prince of Wales	Shatin	2632-2211
United Christian Hospital	Kwun Tong	2379-4000
Tseung Kwan O Hospital	A&E 2208-0306/Main 2208-0111	

Emergency Help

Samaritans (24hrs)	2896-0000
SPCA (24hrs)	2711-1000

Information Service

Community Advice Bureau	2815-5444
Directory Enquiries	1081