

D S A I K U N G DISTRICT LINK

ISSUE NO.59

March 2006



Aerial view of Sai Kung in the year 2000. The area marked in red is the old Sai Kung town.



FREE
OF
CHARGE



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

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Front Cover Photograph:	Archway on the waterfront to Old Sai Kung "Sea Food Street" by Debbie Chambers
Back Cover Photograph:	Aerial view of Sai Kung 2000 (Ref no. CN26785) Courtesy of HKSAR. Director of Lands (No. G13/2005.)
Design: Two C Design Ltd.	Tel: 2851 9520

The Link is sponsored by the SKDC as a means of providing persons of all cultures with news of developments and general information within the Sai Kung area. The views expressed within the Link are not necessarily those of the SKDC. www.travelsaikung.org.hk

EDITORIAL

In the West the dog is man's best friend but in Chinese astrology this sign is a little unpredictable. 2006 is the year of the Red Fire Dog and according to some predictions there will be devastating earthquakes, volcanic eruptions, heavy rain and typhoons causing massive flooding. The chance of Bird Flu re-occurring is high and there will be an increase in cancer, eye & respiratory infections. However, there will moderate economic recovery and the underprivileged will get more attention. We will do more charitable acts and support worthy projects. This all seems so familiar - didn't we go through this last year?

If you are wondering what is going on in the area along Tai Mong Tsai Road at the bottom of Chuk Yeung Road, we found out the owners of that land are opening a horse riding center again! We don't know where they did their research and no doubt a horse riding centre would be welcome in Sai Kung but what a lousy location, just for the horses alone! Wouldn't it be nicer and more practicable to locate it up in the hills above Sai Kung or even, dare I say it, in the Country Park? Surely it would be a far better environment than on a busy road!! How can we contact the owners to give them some better suggestions for a successful enterprise like, a rollerblade and skateboarding park, a miniature golf course, or bungee-jumping trampolines or even all of the above!! Please!!

In this issue we have highlighted the old part of Sai Kung which is fast becoming a popular site for new shops, mainly because of the cheaper rents. Many of the shops are family run and owned and go back a few decades. We were fortunate enough to have obtained some aerial photos of Sai Kung showing how it has changed over the past 50 years. Walking around the old town is like stumbling upon a treasure trove - you can find something for everyone. A map has been prepared which you may find useful while exploring the area.

This is also the edition of the Link that includes our annual pull out Directory. It is produced only once a year so we do try to keep the listings and contact information up-to-date. The Directory lists the shops and businesses best known by the Expat community in Sai Kung Town, however, this does not mean that we do not recognize the many other local businesses in the area, both new and established. As businesses open and close we will list them in the Notebook and eventually the Directory. And, as always, we rely on our readers to help keep us informed which is much appreciated.

We hope you enjoy this edition

Culture, Recreation and Sports Committee

Dog Park in Sai Kung District

Members noted public complaints about the large number of dogs and owners gathering at Sai Kung Waterfront Park on weekends and holidays. Sai Kung District Office (SKDO) to look at constructing a dog park in Sai Kung District. Consultation with residents" will be conducted.

Rest Garden in Area 56, TKO

LCSD to give priority to the following 3 projects: Open Space in Areas 37, 56 and Open Space / Sports Centre in Area 74. MTRC offered to design and construct the rest garden in Area 56 but have set out a number of conditions.

Economic Development Committee

Pak Tam Chung Barrier

KDO held a meeting with representatives from the Planning Dept, Tai Po District Office, and the Hong Kong Police to discuss lifting the barrier into the Sai Kung country park.

Working Group for Promotion of Employment in District

The following issues were discussed: Hiring Unemployed People in the District to Provide Domestic Cleaning Service to the Elderly; District Job Expo, Setting up an Employment Centre in Sai Kung; Caddie Scheme at Kau Sai Chau Public Golf Course and Setting up a Flower Market in Tseung Kwan O.

Kau Sai Chau Public Golf Course

The environmental protection license has been issued for the third golf course project and work to begin after Government authorization of land disposal.

Food and Environmental Hygiene Committee

Tree Planting and Greening in TKO

Removable of planters along the Tong Ming Street will be carried out in 2006/07. Trees to be planted along Choi Ming Street near Choi Kwai House. The FEHC endorsed \$100,000 for planting along Tong Tak Street.

Healthy City and Community Affairs Committee

Working Group on Occupational Safety and Health

The "2006 Occupational Safety and Health Carnival / First Aid Competition" is presently being organized.

Working Group on Healthy City Activities

The first "TKO-Healthy City" Newsletter has been published. The Working Group to submit funding applications for a territory-wide Sports Carnival; a Community Health Survey and the renovation of the sculpture "TKO-Healthy City"

Working Group on Poverty

The study of needs of youngsters in low income families in TKO has begun. Plans to organize a Forum on Poverty in TKO with the Hong Kong Federation of Youth Group are underway.

"Building Healthy Cities in HKSAR"

The Department of Health is assisting in the promotion of "Building Healthy Cities" in 18 Districts throughout the Territory, eleven of which have already begun implementing healthy practice.

Traffic and Transport Committee

MTRC to and from TKO stations

Members requested MTRC to reschedule services by extending departure times of the last trains from North Point to Po Lam stations and Yau Ma Tei to Tiu Keng Leng Station, as well as extending departure times of the first trains from Po Lam and Tiu Keng Leng stations.

Improvement of Lighting near Marina Cove

The Highways Department (HyD) felt that lighting near Marina Cove was adequate and additional street lamps were not necessary. Members disagreed and will write to HyD to re-consider.

Roundabout at the Entrance of Po Toi O Chuen

TD to issue a works order for the extension of the loading/unloading bay on Tai Au Mun Road before considering other options.

The Working Group suggested using banners and erecting signs outside Tiu Keng Leng, Hang Hau and Po Lam MTR Stations to promote bicycle safety.

Housing and Development Committee

Housing Affairs

Follow up w/Housing Department (HD) to refit drain pipes of air-conditioners and loose mosaic tiles in public housing estates in TKO.

Development of Village Houses

Follow-up applications and assessments for building small houses in the district.

Used Clothing Collection Points in Sai Kung District

The Sai Kung District Lands Office proposed a series of new initiatives as follows: Local District Lands Offices (DLOs) would set up designated spots based on authorized locations allowing for only one container in each location. The container should not be larger than 0.9m (L) x 0.6m (W) x 1.5M (H). The proposed spots must be stated in each application and should not have more than 3 designated spots. DLOs would only consider applications from non-profit making or charitable organizations. Organizations must apply in writing to the respective DLO at least three weeks in advance and would be processed on first-come-first-served basis and not be submitted earlier than three months. Organizations would be required to display the approval on the container for identification. The application procedure would be streamlined to quicken the process of approval; alleviate consultation for each application; avoid lack of manpower for processing applications; and to assist the DLOs, FEHD and Police to control unauthorized containers.

Other suggestions included that the containers should be enclosed; DC members and local community should be consulted on designated spots; the duration for placing containers could be extended to one week; organizations recommended to purchase public liability insurance in advance; un-authorized containers should be removed within 20hrs after displaying the notice; place collection points in rural areas as well.

The majority of District Council members objected to placing used clothing collection containers

in and around public areas because they feel the containers will obstruct public walkways, be hazardous to environmental hygiene and be unsightly. Many felt collection points would be better placed in housing estates. A total of 19 spots have been designated in Sai Kung District:

TKO

- Chung Wa and Pui Shing Roads and Pui Shing Lane, Hang Hau (near Hau Tak Shopping Centre)
- Fu Ning Garden
- Sheung Tak Shopping Centre
- Junction of Tong Yin and Tong Tak Streets
- Opposite Park Central
- Block 5, Beverly Gardens
- Junction of Choi Ming Street and King Ling Road
- Entrance of Hong Sing Garden
- Block1, Verbena Heights (next to the notice board)
- Po Kim House, Po Lam Estate
- Yan Lan House, Yan Ming Court (near the telephone booth)
- Ho Ming Court
- Po Lam Road North (next to the telephone booth)

Sai Kung

- Ming Shun Village
- Tin Hau Temple car park
- Sai Kung Market
- Sha Tsui Playground

Tai Long Wan Outline Zoning Plan (OZP)

Remember a few years ago there were veiled threats of a new development at Tai Long Wan? management training centres, hotel & spa?. Well, it appears to be off the table now with Government approval of the Tai Long Wan Outline Zoning Plan as of last month. The area under threat was the flat bit behind the beach surrounded by Country Park. About 90% of the 46.5 hectares is zoned for conservation and another 2 hectares will be a site of special scientific interest to protect rare species. The existing village area will be confined to an existing area totaling 1.9 hectares to safe guard the natural and heritage features of the area. Phew! We hope! You can view the plan on line at <http://www.info.gov.hk/tpb>

Finance and Administration

384 funding applications were received for 2005-06 SKDC as follows:

Activities	Received	Approved	Rejected	Withdrawn after Approval	Funds Approved (\$)
(1) Cultural, Recreation & Sports	237	223	14	3	2,101,940.0
(2) Festive Celebrations	12	12	0	1	2,240,930.0
(3) Summer Youth Programme	4	4	0	0	90,005.0
(4) Community Affairs (Ear-marked Fund)					
(a)Elderly Festival	1	1	0	0	405,175.0
(b)Healthy City	11	6	5	0	332,026.0
(c)Area Committee	8	8	0	0	242,030.0
(d)Fight Crime	15	15	0	0	212,984.0
(e)Civic Education	7	7	0	0	82,259.0
(f) Fighting Corruption	1	1	0	0	46,000.0
(g)Road Safety	3	2	1	0	78,890.0
(h)Fire Safety	12	11	1	0	177,652.0
(i) WGs of HCCAC	7	7	0	0	220,800.0
(j) Joint Community Involvement Projects	0	0	0	0	0.0
(5) Other Community Affairs	53	45	8	1	1,499,893.0
(6) Publicity and Miscellaneous	13	13	0	0	378,920.0
Total	384	355	29	5	8,109,504.0

In case you thought we lost our local **shoe cobbler**, he's still in the same place but now shares his premises with an estate agent on Fuk Man Road near the mini-buses.

Apple Center: Doctor clinic for sick PC & Mac computers - located in Sai Kung Old Town, No. 13 Sai Kung Tai Street (from Cindy's Flowers turn left, at the T junction, then right, Apple Centre on right). Tel: 6300 9688 Fax: 2957 8090 email: info@applecenter.hk. Website: www.applecenter.hk

The Big Cheese Company: English West Country Cheese has arrived in Hong Kong! Leonor Daza-Davis is importing cheeses produced on small farms in Devon, Cornwall and Somerset, all made in the traditional way. Some of the cheeses on offer are the Cornish Yarg, (Yarg is not one of those mysterious Celtic words - it is simply gray - the name is the cheese maker's surname spelt backwards!), Devon Oke, and the sinfully rich in texture and flavour, St. Endellion brie which has, quite rightly, won many international awards. Most of these cheeses are not available in Hong Kong's supermarkets or gourmet outlets and Leonor hopes to build up her range over the coming months to include other seasonal cheeses. Call Tel: 852-27929519 / 94441278 or email: chriswr@netvigator.com for more information. Mmm, sounds like a good excuse for a cheese & wine party!

Brownies: The 64th Brownies are an English speaking group of girls 7-10yrs who meet at the Pak Sha Wan Sea Scout Center in Sai Kung, near Hebe Haven, on Mondays from 5.30 to 7pm. They enjoy games, craft activities and outdoor pursuits. If you would like to find out more email Lesley at crossecottage@hotmail.com.

Dim Sum Jewellery: Jacqui Blandford & Carolyn Somersall will be holding a demonstration and sale at Tala's Hair & Beauty Center on Wed March 29 from 7-9 pm. Visit their website on www.dimsumjewellery.com for their product range.

Dr Wany Cheung is a family practitioner who recently retired from the Government run Mona Fung Clinic and has opened his own clinic across from Sai Kung Town Hall. He takes walk-ins or call 2791 9018 to make an appointment.

Essence Works: Interior design, kitchen equipment, furniture, construction, and engineering services. Located by Wellcome Supermarket. Open 7 days a week from 12 to 9pm. Tel 2791 9221, mobile: 64333555.

Giggle Studio: art & craft classes from Mon to Sat for children 5yrs and above. Storytelling, guitar and creative writing also available in individual or group sessions. Helen Costello also offers English tuition for children from 3yrs to adults. Conveniently located in Sai Kung Town

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at 43Tui Min Village - call 2792 2334 or 2792 7323 for more details.

Home n Shop: Walk into this little shop and you have entered fairyland – flowers, hanging vines, stars, plain or colored, indoor and outdoor, these are just a few examples of what you'll find. Located near Portofino's on Hoi Pong Square. Tel: 2792 3112.

Mini Rugby: The Sai Kung Stringrays meet on Sundays at the Sai King Sports Ground from 9.30-11am. Ring Kevin Overton on 6056-6835 for more information.

Miriam Greenfield has extended her services from Counseling to Executive Coaching with emphasis on business or financial matters. See her website at www.mir-field.com or tel: 9680 7696

Phoenix Trading has a new catalogue and products, some of which are on sale at Tala's Hair & Beauty Center. If you would like to browse through her stock at her home call 2791 6444 or 9493 8538 to arrange a time. Phoenix Trading has also just launched its Australian business. Australia is the first country outside of the UK to have its own Phoenix Trading business. This is a fantastic opportunity to sell these products in a new market. An online catalogue and more information about the company can be found on their website at www.phoenix-trading.co.uk.

Self-Access Centre for independent language learning. Self-Access is part of the Language Center at the HKUST. Cantonese, Mandarin, Japanese, French and English are some of the many languages you can learn. They offer a wide range of materials and facilities including workshops, learner support groups and cultural events. Courses are held all year round 6 days a week. Contact 2358 7851 or email lcsac@ust.hk for information on course dates and times. They also have a website you can visit on <http://lc.ust.hk/~sac/>

Tala's Hair & Beauty Center is pleased to introduce a new beauty therapist, Helen, who has been trained by Frederique's and offers Swedish massage, Aromatherapy, facials and waxing. Also, Anthony, Kennis and Jim have recently completed the Advance Color Program at L'Oreal HK. Prices start at \$400 for color, \$600 for full head highlights. Tel: 2335 1694.

Real Life Health Station is a little shop near the 101 mini bus stop (by Sai Kung Swimming Pool) selling organic food and cosmetic products from Taiwan. Open Tues to Sat from 2 to 8.30pm, Sunday & PH 11am to 8.30pm (closed Mondays). Tel: Sam at 9668 2131, Leo 9334 3529 or their Customer Hotline on 2792 7238.

Renaissance College is a new school in Man On Shan opening this September 2006. In association with the ESF and their Educational Services, this school offers the latest state of

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the art facilities which include specialist computer centers, wireless networks, performing arts and auditorium, an indoor sports hall and swimming pool. The school will be teaching the International Baccalaureate curriculum starting from the Primary Years to the Middle Years leading to the Diploma Programme for pre-university years. The school is located directly across from the Man On Shan KCRC line at Heng Seng Station on Sai Sha Road. Admissions have already started. Applications can be downloaded from their website on <http://www.renaissance.edu.hk>. Telephone 2708-2239 for more information.

Sai Kung Rugby team social match against the Old Bill team at Sai Kung Stadium on Thursday 6th April at 7.30pm. Food & drink afterwards. Players, supporters, critics, the works - all welcome! Contact Mike Muir: muirmike@hotmail.com or 92791872 for more details.

Shabby Home: sells a large selection of chandeliers, table lamps, teak furniture and other home décor accessories. Open 7 days a week from 12.30-8.30pm. Tel 2791-6136.

The Studio: Sarah has introduced a dance-cardio class; Bop! to a variety of different dance styles from disco to Broadway to Salsa set to funky music. No experience or talent required, just enthusiasm and a giggle. Classes are on Mon 7.15pm & Weds 10am. The Studio will be also be running a fully **certified CPR course** from Weds May 24 10.15 to 1.15pm. The course will cover CPR, Rescue Breathing, Choking Management & Introduction to Automated External Defibrillation (AED's). Teaching includes live action videos and 1-on-1 CPR manikins. Ring the Studio for the CPR course or Bop! on 2791-9705 or email info@thestudiosaikung.com

Wellway & Associates Ltd: Motor Insurance. Can also arrange other insurance needs. Office located by Wellcome Supermarket. Open 7 days a week from 11am to 7.30pm. Tel: 2791 2662 / 6332 3075 or Email: wellwayco@netvigator.com

DIARY DATES

Helpers Holidays: 5 April, 1, 31 May

Rugby Sevens: Friday March 31 to April 2

Sai Kung Social Rugby Match: 6 April, 7.30pm, Sai Kung Stadium

Easter: 14-16 April, NOT COMPULSORY FOR HELPERS.

Chinese Opera at the Tin Hau Temple, Sai Kung: Thursday 4 to Monday 8 May.
Times: Thursday – 8 to 11pm, Friday to Mon – 2 to 5pm & 8 to 11pm

BACCO - Latin word for white wine. With its chic décor and elegant bar this latest bar & restaurant to open in Sai Kung is rapidly becoming the place to go for a pre-evening drink. Situated next to the Mona Fung Clinic on Man Nin Street (you can't miss the terracotta painted wall along the walkway between the Post Office and Watsons) this is a great place to people watch or for a quiet drink, go to small cocktail lounge at the back. The restaurant is up on the mezzanine with a small outside terrace. The menu is a combination of Indian and Mediterranean fare. The wine list is different and varied. There have been mixed views about some of the meals but we are putting it down to early days. The Martini's are great and for fun you can have a puff or two on a hookah pipe. Bacco offers all day breakfast and Happy Hour and serves set lunches. Open Tuesday to Sunday from 11am to late. Closed Mondays. Tel: 2574 7477.

131: Take a meandering drive into a remote seaside village past sailing dinghies filled with organic herbs as you enter into the serendipitous discovery of **One-Three-One** - perhaps Hong Kong's best culinary secret. The chef is said to have Michelin stars and it is hard to say what is worth more, the 'fine dining' price tag - the sublime food or the stunningly private waterside setting. "Regard it as an experience more than a meal. Book well in advance as its die-hard regulars travel far and wide on the road to French food Nirvana." so says Robby Nimmo-Weiley, who has been there numerous of times! Tel: 2791-2689

Italiano's has taken over the electrical appliance shop site in the main square (which has moved to Yi Chu Street, across from Scarecrow) along from CRU. They will be complimenting their existing restaurant with a Mediterranean menu and hope to be in operation by the end of March.

The Thai Beach Restaurant has closed, sadly. The site will re-open as a seafood restaurant/café.

May Sawaddee has left her namesake Thai restaurant on Man Yin Street and returned to "noodle alley". You can find her along the passageway off Fuk Man Road behind the shops by the mini-bus station. Tel: 2791-6500 for those take-away orders.

SAI KUNG DISTRICT LINK DIRECTORY



Alternative Therapy

Acupuncture: Steven Paine OMD	Sai Kung	2523-8044
Anna's Thai Massage	Sai Kung	2792-3172
Dietician/Nutritionist: Robert Chan	CWB	2335-9636
Equilibrium (holistic therapist)	Silverstrand	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
Barbara Clegg	Sai Kung	2791-7281
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
Nutritional Supplements: Sue Jackson		2264-0626
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
Japan Homestore	Sai Kung	2791-5485
Jusco Department Store, East Point City	TKO	2703-2888

Arts & Artists

Anastassia's Art House	CWB	9493-5137
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
Sai Kung Arts Society	Sai Kung	2791-1138
Art House	CWB	2719-5533

Awnings

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 Café & Bakery	Sai Kung	2792-3861

Banks

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

Bars/Pubs

Cheers	Sai Kung	2791-6789
Bacco	Sai Kung	2574-7477
The Duke of York	Sai Kung	2792-8435
G8	Sai Kung	2791-2223
InSai	Sai Kung	2792-8900
Poets	Sai Kung	2791-7993
Steamers	Sai Kung	2792 6991
XTREME	Sai Kung	2791-7222

Beauty

Equilibrium	Silverstrand	2719-6043
Sabai Day Spa	Sai Kung	2791-2259
Savvy Style, Colour Me Beautiful	CWB	2719-9674
Sin Mei Professional Beauty Care	Sai Kung	2791-6861
Tala's Hair & Beauty Center	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 (new & second hand)

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

Butchers/Deli's

Appetito	Sai Kung	2791-5666
The Beer Bay	CWB	2541-3222
Butcher King	Sai Kung	2792-0159
Shek Kee Frozen Meat Co.Ltd	Old Sai Kung	2792-6239
Sun Fa Frozen Meat Co.	Old Sai Kung	2792-5022
TC Deli	Hang Hau	2358-0273

Cars (buy & sell) / 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
Sunrise Motors	Sai Kung	2791-7932
Tai Wo Hong Used Cars	Wilson Car Park	2792-9168
Tow Truck (Paul)	Sai Kung	9036-1276
Wing On (Yui Kee) Motorcar Repairing	Sai Kung	2677-6601

Charities

Animals Asia Foundation		2309-1375
Caritas Elderly Centre		2792-6205
Christian Action		2716-8863
Crossroads		2984 9309
Dolphin Watch		2984-1414
Friends of the Earth		2528-5588
Haven of Hope Christian Service: Hospice		2703-3373
HKSPC		2396-0264
Mother's Choice (adoption advice)		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: Leslie McLean	Pak Sha Wan	2791-2997
Cubs/Scouts: Cathy Gibbins	Pak Sha Wan	2719-2557

Children's Entertainers

Jan the Juggler		2984-9224
Julie Murphy: Jewellery Parties		9336-9987/2358-1452
Jumpin' 4 Joy: Bouncy Castles	Sai Kung	9467-4545
Rachael's Fun House & Rice Girls	Sai Kung	2792-1124

Children's Toys

Central Gifts & Toys Co	Sai Kung	2792-9661
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Churches

Resurrection Anglican Church	CWB	2792-1873
CWB Int'l Baptist Church	CWB	2336-3448
St Vincent's 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	CWB	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

Apple Center	Old Sai Kung	6300-9688
Dr. Disc: Phil Smith		9522-7756
Iota Technology	Sai Kung	6446-2527

Counselling

Miriam Greenfield (also Business Coaching)		9680-7696
Rona Ross		9778-5158

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Dance

Disco Divas	Sai Kung	2792-1124
IDM Mobile Disco	Sai Kung	2358-2193
Southern School of Dance	CWB	2872-6917
Sunshine Ballroom & Latin Dancing	Sai Kung	9104-4984
Tina's Dance Studio & Shop	Sai Kung	2328-2250

Dentists (see page 33 for location and opening hours)

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

Doctors (see page 33 for location and opening hours)

Mona Fong Clinic	Sai Kung	2792-2601
Dr. William Y.F. Cheung	Sai Kung	2792-3377
Dr Clifford Loo	Sai Kung	2791-7785
Dr Wany Cheung	Sai Kung	2791-9018
Medical Practise, Dr Y K Siu	Sai Kung	2792-1601
The Bay Practice, Dr. R. Barnett	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
Royal Dry Cleaning & Laundry	CWB	2705-9328
Sai Kung Laundry & Dry Cleaning Co	Sai Kung	2792-6816

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

Today Speed Photo's	Sai Kung	2792-5815
Leisure Book Store	Sai Kung	2791-9629
Flow (w'ends only)	Sai Kung	8207-6828

Education: Adult

Boating Licence Courses	Pak Sha Wan	2719-0197
HK University of Science & Technology	CWB	2358-7851
Music Horizon	Sai Kung	2791-7770

Education: Children

ArtSmart Learning Centre	Sai Kung	2792-1293
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DISTRICT LINK DIRECTORY

Marina Cove		2335-1261
Blue Balloon Educational Services	Marina Cove	9239-0053
Creative Learning Workshop (drama)	Sai King	9104-7191
Connections	Sai Kung	2982-6027
E.nopi Maths	Sai Kung	2358-0100
Excel Education Ltd.	Sai Kung	2736-6339
Giggles Co Ltd	Sai Kung	2792-7323
Inspirational Learning	Sai Kung	2792-5888
Kumon Maths	Old Sai Kung	2791-0065
Music Horizon	Sai Kung	2791-7770
One World English Institute & Arts	Sai Kung	2711-3883
Silverstrand Creative Learning Centre	Silverstrand	2719-2420
Stirling English Centre	Silverstrand	2719-4555

Electricians

Caumont Int'l	Sai Kung	2368-7331
Fansky Engineering/Repair Works	Sai Kung	2602-7679
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

Environmental Protection Department		2755-7000
<i>you can report anything from littering to smoky vehicles!</i>		
Friends of the Earth		2528-5588
Green Earth Society	Sai Kung	2791-0827

Fashion

Friendly Indo-Bazaar	Sai Kung	
Mix n Match	Sai Kung	
Saigon Mall	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: Indoor/Outdoor

Design Factory	Sai Kung	
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
Matau Coolie	Sai Kung	
Movee Boyee Creative Products Co	Sai Kung	2792-7679
Pricerite	TKO	2927-2010
Royal Terrace Furniture	Sai Kung	2792-2033
Shabby Home	Sai Kung	2791-6136
Sun Zip Chinese Antique Furniture	Sai Kung	2791-4063
The Gallery	Sai Kung	2791-5886

Gardening

HK Gardening Society		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
Caltex LPG	Sai Kung	2792-6668

Gift Shops

Amazing Inspirations Workshop	Sai Kung	2792-7177
Artifact	Sai Kung	2792-9700
At Scent	Sai Kung	3104-2329
Candle Company	Sai Kung	
Cat Workshop	Sai Kung	2791-5115
Dogs.com	Sai Kung	9810-8108
Dot Gallery	Sai Kung	2791-1801
Garden Wall	Sai Kung	2792-0239
Rapee Living	Sai Kung	2792-8410

Sun Zip Rattan	Sai Kung	2792-2201
Vantage Terrace (Lamps)	Sai Kung	2194-4268

Golf- Courses/Coaching/Shops

ABC Custom GOLF (HK)	Sai Kung	2194-4977
Garden Farm Golf Centre	Shap Sze Hung	2791-9098
Kau Sai Chau Public Golf Course	Sai Kung	2791-3388
The Golf School of Hong Kong	Ma On Shan	9126-1413
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	Old Sai Kung	9853-2623
Tala's Hair & Beauty Center	Sai Kung	2335-1694
Yvonne's Hair	Marina Cove	2335-0187

Helplines

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

Home Improvement

A & E Workshop	General	2386-7822
Bill Lake	General	9226-1988
Canaan Curtains		2792-9892
Chaumont Int'l	General	2368-7331
Dragon Mount Contractors	General	2791-0160
Essence Works	Kitchens	2791-9221
Fansky Engineering/Repair Works		2602-7679
G G Dineley & Sons	Painting/Electrical	2818-4822
HK Awning Collection Co.		2638-2617
Home Décor	Kitchens/Interior	2792-6818
Interior Design & Decoration Co.	General	2791-5237
Kin Wai Ceramics	Tiles	2791-5877

DISTRICT LINK DIRECTORY

Nice House Interior Design Co	Tiling/General	8103-2673
Ryan Rupert	Painting/General	6735-9076

Home Security

AutoLink Asia (Bob Young)		2719-6443
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Hardware

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

Information Service (see also Charities/Help Lines)

Community Advice Bureau		2815-5444
Community Drug Advisory Council		2521-2880
Consumer Council		2929-2222
HK Tourist Association		2508-1234

Insurance (car/home, etc.)

Jennifer Leung (Tai Wo Hong Estate Agents)		2792-8467
Wellway & Associates		2791-2662

Jewellery

Dor Hei Yuet Goldsmiths Co	Sai Kung	2792-0963
My Silvers	Old Sai Kung	2792 2298
View (silver/semi-precious stones)	Sai Kung	9628-7926

Junk/Boat Hire

Blue Surround: David Lewis		9880-8857
InSai "Tanka"		2488 0611
Jaspa's Party Junk: Malcolm		2869-0733
Shelia Ma		9733-7817
Urban Entertainment "Mai Tai Cruises"		2791-5000
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

DISTRICT LINK DIRECTORY

Kindergartens

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

Language Tuition

Cantonese Ms Catherine Man		6441-1227
Vivian Bradley		6036-6275
English Helen Costello		2792-7323
Diane Hill		2559-7259
Excel Education Ltd.	Sai Kung	2736-6339
French Mr Patrice Boudin		6544-1170
Inspirational Learning	Sai Kung	2792-5888
Language Exchange HKUST	CWB	2358-7848
Mandarin Mr Lam Sir		9324-7398
Ms Jay Lui		3156-5624
Vivian Bradley		6036-6275
One World English Institute & Arts	Sai Kung	2711-3883
Proactive English: Brian Monk	Sai Kung	2623-7440
Self-Access Centre, HKUST	CWB	2358-7851
Stirling English Centre	Silverstrand	2719-4555

Locksmiths

Tung Tai Key Cut	Sai Kung	2792-4886
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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
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DISTRICT LINK DIRECTORY

Post Offices

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

Property Agents

BMG	Sai Kung	2792-0183
Centrelines		2633-0886
i-LAND Property Consultants	Sai Kung	2791-1188
Midland Realtors	Marina Cove	2719-9007
Prcoa Relocation HK Ltd	Razor Hill	2719-3922
Sunbird Properties: Julie King		9805-3711
Sunshine Property Consultant Ltd	Sai Kung	2866-6640
Tai Wo Hong Estate Agent Ltd	Sai Kung	2792-8467

Removal Companies

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

Restaurants/Cafes

131	French	2791-2689
Anthony's Catch	Seafood	2792-8474
Amigo's	Mexican	2792-9337
Appetito	Italian	2791-5666
Bacco	Mediterranean	2574-7477
Beach Cuisine Restaurant	Dim Sum/Chinese	2792-4990
BonbonR	Delicatessen	2792-1688
Cheers Bar & Restaurant	Steak & Lobster	2791-6789
Chez Les Copains	French	2243-1918
Coffee Mill	Sandwiches & Cakes	2792-2132
Corner Cafe	Light Snacks	2791-1733
Cru	Asian Fusion	2791-1792
Dia	Indian	2791-4466
Firenze	Italian	2292-0898
Honeymoon Dessert	Chinese Desserts	2792-4991
Indian Curry Hut		2791-2929
InSai	Mediterranean	2792-6667
Italiano's		2792-9528



DISTRICT LINK DIRECTORY

Jaspa's	Asia fusion	2792-6388
La Piazza (Hang Hau)	Italian	2719-5688
Lardos Steak House (Hang Hau)		2719-8168
Mai Thai	Thai	2194-4553
Man Nin Wah Roasted Meat Restaurant	Char Sui	2791-7371
May Swaddee Thai Restaurant		2791-0522
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
Pousada	Portuguese	2335-5515
Prestigio Cake Shop		6100-8201
Sampan Caf Corner	Thai	2719-8886
Santorini's	Italian	2719-2284
Sauce	Asia Fusion	2791-2348
Sha Kau Seafood (High Island)		2792-4733
Steamers	Variety	2792-6991
Susanna's Chinese	Steaks/Chinese	2792-2139
Swaddee Thai Restaurant		2791-6500
Syu Saku	Japanese	2792-0876
The Terrace	Variety	2792-1436
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
PSW Children's Sailing Association	Pak Sha Wan	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
Japanese International School	Tai Po	2834-3531
King George V School	Kowloon	2711-3029
Norwegian International School	Tai Po	2658-0341
Shatin Junior School		2692-2721
Shatin Senior School		2699-1811
Renaissance College	Man On Shan	2708-2239

Shoe Repairs

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

Accents Carpets	Sai Kung	2792-6110
Amazing Inspirations Workshop	Sai Kung	2792-7177
Artifact	Sai Kung	2792-9700
Canaan Curtain & Decoration Co. Ltd.	Sai Kung	2792-9892
Home Shop (lighting)	Sai Kung	2792-3112
Ka Ying Curtain Craft	Sai Kung	2791-4796
Rapee Living	Sai Kung	2792-8410
Shabby Home	Sai Kung	2791-6136
Vantage Terrace (lamps)	Sai Kung	2194-4268

Snake Catcher

Call David Willot 2328-2526 / 64752867

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	2792-3828
Sai Sha Water Sports Centre	Tai Mong Tsai	2792-8307
Wong Shek Water Sports Centre	Wong Shek Pier	2328-2311

Sports Activities

Combat Games:		2792-6033
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
Karate:	Heyton Tze	8102-2433
Kayaking:	Global Sports	2703-4718
Paul Etherington		2486-2112
Kick Boxing:	One Gym	2792-9252
Motor Cross:		9711-8003
Rugby:	DeA Tigers RFC	9815-9644

	Sai Kung Stringrays (mini-rugby)	6056-6835
	Flying Kukris	2660-4190
Swimming:	Blue Sky	2792-4938
Soccer:	Brazilian Soccer School/Socatots	2385-9677
	HK Football Academy	2866-7931
Taekwondo:	Master Rickie Chan	9313-7186
Tennis:	Andy Gamo (Marina Cove)	9040-9207
Premier Sport & Leisure Ltd.		9278-2774
Wall Climbing:	YMCA	2268-7099
	Kings Park	2782-6682
Water Skiing:	SeaDynamics	2719-0197
Water Sports:	Sai Sha Water Sports Centre	2792-8307
Windsurfing Centre HK		2792-5605

Sports Clothing & Equipment

Total Eclipse Solar Swimsuits	Sai Kung	2358-0245
Windsurfing Centre HK	Sai Kung	2792-5605
Harry Lo	Pak Sha Wan	2719-9417

Stationery Supplies

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

Supermarkets

Park N'Shop: Clearwater Bay, Marina Cove, Metro City TKO, Sai Kung
Hotline: 2606-8658

Wellcome: Marina Cove, Metro City TKO, Razor Hill, Sai Kung
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
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Taxis

Sai Kung Taxis: Green or Red 2729-1199/2383-0168

Transport (public/private)

Citybus Limited	2873-0818
KMB Buses	2745-4466
MTRC	2881-8888
Mike (Mercedes Estate/Taxi)	9251-0028
New World First Bus	2136-8888
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	Sai Kung	2792-2206
SPCA	Sai Kung	2792-1535
	Hang Hau (TKO)	2243-0080

Watches

Mei Toa Watch Repairs	Sai Kung	2792-0561
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Weather

Forecast (English)	187-8066
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Website Development

Ross Parker	Sai Kung	6446-2527
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Wine

Limestone Coast Wines	Sai Kung	2791-1059
SoHo Wines	Sai Kung	2791-6283
Vins Gallery Ltd	Sai Kung	9487-6254
Watson's Wine Cellar	Sai Kung	2792-1689

Updated FEB 06

Doctors & Dentists

The Bay Practice: 1st Floor Dairy Farm Shopping Centre, Razor Hill
Phone: 2719-6366. 24hr Emergency: 9038 0916

Dr. Rosemary Barnett
Consultation by Appointment
Tuesday & Thursday – 9am-5pm

Dr. Leo Chan
Consultation by Appointment
Mon/Wed/Fri – 9am-5pm
Sat – 9am-12pm

Medical Practice: Shop 61, Sai Kung Town Centre (across from McDonald's) – Phone: 2792-1601 (Closed Public Holidays)

Dr. Sui Yuk Kiu (Specialist in Paediatrics)
Consultation by Appointment
Mon-Fri: 8.30am – 1.30pm
Sat & Sun: 9.30am-12.30pm
Dr. Sui Mobile – 9636 2100

Dr. Andrea McBride
Consultation by Appointment
Sat: 9.30am -12.30pm

Dr. Clifford Loo: Shop 5 G/Flr, Sai Kung Bldg. 42-45 Fuk Man Road (nr the Duke of York) - Phone: 2791-7785 (Closed Sun & Public Holidays)
Consultation Hours
Mon-Fri: 8am -1pm, 3-8pm (Closed Wednesday pm)
Sat: 8am-1pm and 3-6pm
Dr. Loo Pager 7204 0385

Dr. Chris, Tong Chung Yin: Shop 7 G/Flr., 42-56 Fuk Man Road
Phone: 2791-4567
Consultation Hours
Mon-Fri: 8am -1pm and 3-8pm
Sat: 8am -1pm and 3-6pm (Closed Sunday)
Public holidays: 8am -1pm

Dr. William Cheung: No 4 Yi Chun St, Sai Kung Walk-in
Consultation Hours
Mon-Fri: 8am-1pm and 4-8pm

Dr Wany Cheung: Shop 68 G/Flr., Fuk Man Road (across from Sai Kung Town Hall) - Phone: 2791-9018

Consultation Hours
Mon-Sat: 8.30am – 1pm and 3-7.30pm (Closed Thursday pm)
Sun & Public Holidays: 8.30am – 1pm

Quality Health Care

Tseung Kwan O - Shop No 221 Metro City – Phone: 2706-6131

Dr. Julian Ma
Consultation Hours
Mon-Fri: 12noon- 4pm and 7-8:30pm
Sat: 12noon - 4pm
Sun & Public Holidays: 12noon- 2pm

Ma On Shan - Shop 328B, Ma On Shan Plaza – Phone: 2643-1215

Dr. Charles Wong & Associates
Consultation Hours
Mon-Fri: 11am-1:30pm and 3-8pm
Sat/Sun & Public Holidays: 2-4pm

Mona Fong Clinic: Man Nin Street – Phone: 2792-2601

Family Planning, Out-Patient, Children's Innoculations
Consultation Hours
Mon-Fri: 9am-1pm and 3-5pm
Sat: 9am-1pm
Walk-ins, Registration on quota basis

Dentist

Dr. H.W.Cheung G/Flr., Fuk Man Road (nr Duke of York) - Phone: 2791-2977
Consultation Hours
Mon-Fri 9am-1pm and 2.30-8pm
Sat 9am-6pm (Closed Sun & Public Holidays)

Home & Office Internet Security

from Ross Parker, Iota Technology

How to protect yourself!

The last decade has seen the Internet morph from a little-known academic and military communications network into a world-wide phenomenon. For many people around the world the Internet has become an indispensable tool, deeply integrated into everyday habits of life and work. The advent of home broadband Internet access has furthered this trend greatly.

However, having a worldwide communications network running into your home or office also has its disadvantages, the biggest of which is security. Very few Internet users realise how exposed the Internet's open communications protocols leave them to people with malicious intent. The aim of this article is to introduce you to four of the biggest threats on the Internet today, and to give you an idea of how to protect yourself.

1. Exposed Ports - Network-enabled computers maintain many open ports, which listen for and allow network connections with other computers. Open ports can be detected by malicious Internet users (and software) and used to attempt entry into a computer system.

Solution: Use a Firewall (such as Windows Internet Firewall or Norton Internet Firewall) to hide unused ports, reducing the risk that your computer will be discovered and attacked by online "port scanners".

2. Viruses - Viruses come in many shapes and sizes, but can be generally defined as "software capable of reproducing itself and usually capable of causing harm to files or other programs on the same computer". Traditionally, viruses were unable to spread without human assistance (such as on a floppy disk), but the Internet has led to a new generation of viruses, known as worms, which are self-propagating, and so can spread extremely swiftly.

Solution: Invest in Anti-Virus software (such as Norton Anti-Virus or Trend Micro PC-Cillin) which can protect you from viruses as they emerge into the Internet. Ensure you keep your Virus Definitions files up-to-date.

3. Spyware/Greyware/Malware - Much of the "free" software available on the Internet has a hidden cost: it secretly tracks your computing actions and reports them back to a central computer. This ranges from the invasive (tracking websites you visit for marketing purposes) to the illegal (stealing credit card numbers from your keyboard as you type them in and then using those numbers to make

purchases). Other annoying features include pop-up ads, disabling of anti-virus software and reduced computer performance due to misappropriation of system resources.

Solution: Install an Anti-Spyware product (such as Spybot Search & Destroy or Lavasoft's Adaware) and update it and run it regularly. Be careful of which Anti-Spyware products you install, as there are many examples of Spyware being disguised as Anti-Spyware. Spybot S&D and Adaware are tried and tested solutions.

4. Improper Internet Usage - In many cases Internet users expedite their own online demise through ignorance. If you are aware of the threats that are out there, then you can behave in ways that protect rather than expose you.

Solution: Exercise caution when using the Internet. Do not install software unless you know it is trustworthy. Be cautious when opening email attachments. Remember that email is about as secure as a postcard. Watch out for "cyber predators" when using chat and instant messaging software. Be wary of online scams.

In conclusion, it is safe to say that the Internet is like most good tools: it is great when used sensibly and with caution. Used in any other way it can prove to be dangerous and ultimately painful. It is also worth noting that while securing your system is essential, it is impossible to achieve 100% protection. In order to cover yourself against the chance that things do go wrong, it is important to make regular backups of your system and your data.

For further advice, or for help with these or any other PC & Network issues, contact Ross Parker of Iota Technology - 6446 2527 or email: ross@iota.hk.



Adventure Safety Management Ltd

Every year the great outdoor has become an increasingly popular place for those wishing to escape the pressures of modern living. In response to this "adventure explosion" a group of like-minded outdoor instructors have created **Adventure Unlimited**. This innovative new company aims to provide emergency first aid to all kinds of outdoor enthusiasts, whether it is a school trip, race expedition or day out.

What makes the company unique is the type of care offered which is known as wilderness or backcountry first aid. This type of training is based on dealing with emergency situations in remote places. The **Adventure Unlimited** team are all outdoor athletes so are well prepared to get advanced first aid to hard to reach places. They all know first aid and carry portable defibrillators - these revolutionary machines have saved lives across the world by bringing 'heart shock' technology out of the ER room and into the street or on to the mountainside.

According to the American Heart Foundation they advise that in an emergency situation where the heart stops, if there is access to a defibrillator this should be used before emergency chest compressions. If defibrillation is done quickly in conjunction with CPR the chances of a patient making a full recovery is increased. Recognizing the importance of these machines **Adventure Unlimited**, through a subsidiary company HKPAD, is leading the way in creating Public Access Defibrillation Programs across Hong Kong.

Adventure Unlimited was created by Nicole Arnulphy, Carl Corby, Steve Coward and Richard Scotford. All have Advanced Wilderness First Aid training and have been involved in adventure sports for many years.

Richard is currently an outdoor leader in Hong Kong and has many years of experience in adventure sports. He is a TEFL qualified teacher and has been teaching children in HK for ten years. He is the principle instructor for our TrailSafe@program and has a very friendly and humorous style of teaching. A self confessed Tibet junky Richard will be Trekking in Tibet in September/October.



Nicole has lived in Asia all her life and has developed a passion for the great outdoors. Her experiences range from hiking in the Himalayas, diving in the Marianas islands,



to adventure racing in Hong Kong. She is a keen sailor and has lead many sailing trips including an expedition around the coast of Southern Thailand. Nicole graduated with a BSC (Hons) in Sport and Exercise Science and is currently the director of Premier Sport & Leisure Ltd, a company specializing in teaching sport, water sports and outdoor education.

Steve is one of Hong Kong's leading off road mountain bikers and competes at a very high level. He has completed epic bike journeys including one cycling all the way from England to Hong Kong, crossing through Eastern Europe, Turkey, Pakistan, India and SE Asia. He has cycled through the vast interior of Australia and led numerous biking expeditions in China. He currently works as an outdoor leader in Hong Kong.



Carl Corby graduated with a degree in Environmental Science from The University of The South Pacific, Fiji. For the last five years Carl has been diving commercially and has logged thousands of hours underwater. He has experience in numerous outdoor sports and is a keen trail runner. Carl is an experienced mountain leader and has organized several hiking trips for large groups here in Hong Kong.



Phone: 92782774

Fax: 2866 0656

Email: marketing@adventure-safety-management.com

Website: www.adventure-safety-management.com



POWER OF THOUGHT, from Monika Parker

Scientists have recently confirmed a definite link between what we think and how we feel to the extent that emotional stress can lead to illness (or happiness to wellness). As the saying: 'you are what you eat' the same is true about your thoughts: 'you are what you think' And yet 'thoughts' remain the most underestimated and least understood of our abilities. It is the quality of your thoughts that is responsible for how you feel, how you act and what happens in your life, not what goes on in the outside world.

Think back to a time when you were happy. Maybe you were on holiday relaxing on a beach or you were just simply in love. In those moments everything seemed rosy. You felt fantastic – your hair and skin was glowing and everyone commented how well you look, and all was possible. Then there are moments when you convince yourself that nobody loves you, life is dull and nothing is going your way. Your shoulders sag, the skin & eyes appear dull and, what do you know, you even have the flu.

Both scenarios are true – we all have had moments like these. And although they may appear the opposite, they have one thing in common – a tiny spark of energy - **a thought** - one positive, the other negative with their outcomes so powerfully different.

Just for a moment imagine your thoughts in the form of a super bomb exploding from your mind into the Universe with a power and impact way beyond your imagination. That little thought can traverse continents at the speed of light and communicate without words. You are thinking about someone and then they call - you say: 'What a coincidence! I was just thinking of you!!' No coincidence – it was your thought that created this moment. Do you get the power I am talking about?

Remember, you have thousands of these thoughts daily and with every one you can create your dream life – beauty, loving relationships, a successful business, health, happiness. Awareness and some discipline is the key.

Some Food for Thought: Identify your most habitual recurring thought(s) - does it empower you and the people around you? If the answer is no, change the thought with another until the reply is yes. Write the new thought on a card and carry it in your wallet. Every time the old thought pops up look at your card and replace that thought with the new one. It takes about 30 days to change a habit.

I hope you liked these musings on thought. Your feedback, as always, is welcome and remember - make your thoughts your best friend.

Monika is a Personal Life Coach specialising on how to correctly harness the Power of Thought and make it work to your advantage. Monika also is the In-House Coach for the Life-Café in Soho and a Founding Member of the HK Coaching Community. Contact Details: Tel: 9127 4340, email: coach@coachmonika.com or website: www.coachmonika.com



SAI KUNG OLD TOWN

Do you remember when the main road to Sai Kung was a dirt road? Were you here when Tin Hau Temple and Po Tung Road were on the waterfront? Can you remember when the town centre reached only to Man Nin Street from the Old Town?

Sai Kung has certainly changed over the years and pre-1970's, you would have been travelling a very different way to Sai Kung and the surrounding area.

The Sai Kung old town area that we know now, was the main Sai Kung township. It measured approximately 1 square mile in area and was surrounded by sea. Fishing boats and ships use to sail into the harbour to the fish market, which is still standing, to unload and sell their catch of the day.

When the reclamation works got into full swing, Sai Kung grew in size and shape rapidly. By 1978 the inner harbour had halved in size, the town centre had enlarged by three times its original size, and the population had doubled.

Since then the edge of the town centre has steadily crept West and North enlarging the area to many times its original size and having very little familiarity to the Old Town where it began.

However, Sai Kung's old town has certainly lived through these modernisations without much change or impression and just walking around this small area, still allows us to get a small glimpse back to the early days of Sai Kung and imagine what life use to be like. Wandering through the lanes is a bit like walking around a maze complete with little nooks and crannies and dead ends which all add to the adventure of exploring this interesting part of Sai Kung.

Debbie Chambers put together a map of old Sai Kung highlighting some of the businesses that can be found there, some of which you will already be familiar with. **Regents Fish Shop, My Silvers** jewellery, Chinese Art (clothing and crafts), frozen meat suppliers, a mobile phone shop, Tracy's **Pro-Wave** hair salon, **Kumon, Explore Sai Kung, Art & Soul, Panda Café, Apple Computer Centre**, boat repair shops and the Tin Man, probably the oldest original shop in business!

SAI KUNG 1949



This inlet of Sai Kung use to be as far up as Po Tung Road.

Sai Kung Town C. 1949 (ref no. 6016/81A/148)
 Courtesy of HKSAR Director of Lands #G13/2005

USEFUL NUMBERS



Emergency services

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

Government Departments & Services

Sai Kung District Office	2163-9415
Lands Office	2791-7019
Drainage	2301-2637
Education Dept	2792-4079
Environmental Protection	2835-1018
Electrical Services	2197-0608
Highways Dept	2926-4222
ICAC	2927-4300
Marine	2792-1212
Food & Environmental Hygiene	2792-3680
Social Welfare	2322-9254
Transport Dept	2399-2532
Leisure and Cultural Department	2792-4149
Library	2792-4149

Utilities Fault/Emergency Numbers

CLP Sai Kung	2798-8333
Water Dept	2824-5000
Telephone	109

Hospitals

Mona Fong Clinic	Sai Kung	2792-2601
Prince of Wales	Shatin	2632-2211
United Christian Hospital	Tseung Kwan O	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