

AWARE

A Magazine for the Women of Hong Kong • October 2019



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We are a vibrant organization of international women. Our mission is to welcome and empower women to connect and contribute in Hong Kong.

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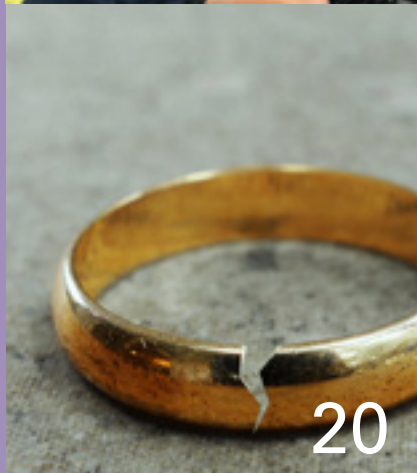
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The AWA office is open from Monday-Thursday 9:30 AM – 3:30 PM. We are closed on Hong Kong public holidays.

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News from the Board

By Augusta Nichols-Even, Education and Scholarship Chair, and Kim Rehmann, Community Service Chair

The Double Ninth Festival, or Chung Yeung Festival, is observed on the ninth day of the ninth lunar month (this year, October 7). Nine is a yang (positive) number, but double nine has too much yang and thus is considered a potentially dangerous date. To protect against danger, it is customary to climb a high mountain. There are literal mountains all around Hong Kong, which will be packed at Chung Yeung; and there are proverbial mountains climbed every day by some of the least fortunate among us, often hidden from sight.

Audrey Hepburn said, "You will discover that you have two hands – one for helping yourself, the other for helping others." We agree. Volunteering is a daily choice to make our shared world a little bit better for our neighbors, our city, our planet. With our free hand, we choose to pick up a piece of litter. We choose to join a fundraising event planning committee. We choose to show up at the soup kitchen. We choose to use a reusable water bottle. Swap "choose" with "volunteer" and that's all it is. Simple. As you'll read in this issue, you never know when you may appreciate the helping hand of another – someone who chooses to volunteer on a day and time when you need it most.

One thing we love about the AWA is that it is a nearly 100% volunteer organization. Everything you enjoy about the AWA is thanks to volunteers who are willing to give their time to you in hundreds of ways, every day. It's part of the AWA ethos not just externally, but internally as well.

The AWA offers a variety of volunteer programming to suit just about any schedule and commitment level. Don't know where to start? No one can do everything, but everyone can do something, and we invite you to swing by the **Volunteering Open House** at the AWA office on **Wednesday, October 23** to learn what's available. Come at any time between 12 pm and 2 pm to meet some of our program coordinators, ask questions, sign up to become a one-off volunteer or a regular.

As we round the corner into the holidays, the most generous time of year for giving, how will you choose to make volunteering part of your daily practice?
#volunteeringdailypractice



This month, Kim Rehmann and Augusta Nichols-Even ask: What will you do with your free hand? How will volunteering become a daily practice?



Walking Tour with Jason Wordie: Wan Chai



Shopping Tour of Harbour City Mall and Lunch at the Cheesecake Factory

Welcome New Members

Melissa Au	Poonam Mahindre
Melodie Bailey	Kelli McGinnis Royea
Natasha Bartel	Nishita Mehta Jasani
Sonya Ernst	Virginie Ostrowski
Karen Grepin	Veerle Roseeuw
Casey Hifri	Mirjam Schöning Naujoks
Ela Hirth	Vasavi Seethepalli
Lauren Holmbom	Shalini Sharma
Sandra Horowitz	Jamie Tunnicliff
Winnie Leung	Ann-marie Verbrugge
Heather Litton	



Neighborhood
Coffee: Southside



Live Like a Local: Hong Kong Food Crawlers



Historical Talk with Jason Wordie: Triads



Entertainment Series: A Day
on a Junk Boat

Clubs & Sports News

AWA Golf Society

AWAGS has a busy fall coming up, with offerings for players both experienced and new.

- **October 16:** We will play our inaugural competition at the prestigious Hong Kong Golf Club in Fanling.
- **November 11/12:** On our "mini tour," we hope to play two rounds of golf at the Macau Golf and Country Club with an overnight stay at the Grand Coloane Resort.
- **December 9:** Christmas tournament at Deep Water Bay.

We will also offer a series of autumn golf clinics, run by our very own LPGA pro, Jackie Johnson.

Beginners' Introductory Morning

Date: Monday, October 28 or Tuesday, October 29 (sign up on the AWA website for either session)

Time: 10:30 AM – 12:00 PM

Venue: South China Athletic Association, Causeway Bay

Cost: HK\$760 including bay charges and equipment rental. Alternative dates/times can be arranged to suit your schedule. After completion of the introductory session, AWAGS will arrange beginner's group lessons to continue building your golf skills and have you playing on the course by Christmas!



Improve Your Swing Clinics

Date: Most Mondays and Fridays from September 13 until Christmas

Time: 10:30 AM – 12:00 PM

Venue: South China Athletic Association, Causeway Bay

Cost: HK\$700

Golfers of all levels are welcome. Spaces are limited to four golfers per clinic.

To sign up or for further details, contact golf@awa.org.hk.

—Nicci Button, Tanya Keg and Jackie Johnson

RECONNECT WITH OLD FRIENDS

Join the **AWA HONG KONG ALUMNI**

A Facebook group for current
and past members
of AWA Hong Kong

facebook.com/groups/310443729333943/
or search Facebook for "AWA Hong Kong Alumni"



Better Know a Member: Stephanie Chan

How long have you lived in Hong Kong? Since November 2016.

How long do you think you are going to stay/live in Hong Kong? We hope to move back before we have to start paying exorbitant school fees for our son!

Where are you from, and where have you lived? I was born in Columbia, Missouri in the United States and moved to New York City at 17 to attend university. They say you have to live in New York for ten years before you can call yourself a New Yorker; I earned my "NYC citizenship," plus six more years. My parents are originally Hong Kong Chinese, so they were beyond excited when I told them we'd be moving here.

Children/family status? My husband and I have a toddler son, James, who was born in December 2017.

What is your greatest fear? It's a three-way tie between that episode of *Black Mirror* where people live in cells wallpapered with video screens; the film *We Need to Talk About Kevin*; and the novel *The Road*. I get a lot of my fears from popular culture. I won't pretend this is something to be proud of...

Which living person do you most admire? I'm enormously inspired these days by Greta Thunberg, the young, Swedish climate change activist who sparked the worldwide #ClimateStrike movement. I wish I could see the world with her clarity.

What is your current state of mind? Well, the previous two questions have me thinking about school shootings and the climate apocalypse...

What is the quality you most like in a man? Curiosity.

What is the quality you most like in a woman? Self-reliance.

If you could change one thing about yourself, what would it be? I wish I could be one of those people who can draw a conversation out of anyone. It takes me a lot of time to get comfortable with new people.

What is your most treasured possession? My sourdough starter. My husband and I joke that it's my true firstborn child.

What has been your favorite AWA moment? It's pretty

gratifying to see this magazine that I'm responsible for arrive in the mail every month.

What do you most love about HK? How open fellow expats are to making new friends. Also, the lack of gridlock (at least compared to New York).

What do you most dislike or find most challenging about HK? My inability to become fluent in Cantonese, no matter how much money and time I spend on classes.

What do you wish someone had told you in advance of your move? This is super-embarrassing, but we brought all sorts of electric gadgets from the US that obviously don't work on Hong Kong voltage.

Where is your favorite travel destination?

Italy really hits the trifecta of food, climate and culture. If I could only travel to one country for the rest of my life, that would be it.

Where are you going on your next trip?

We're taking our first trip to South Korea at the beginning of October. Jimjilbangs – Korean bathhouses – are a longtime obsession of mine. I can't wait to check out the finest that Seoul has to offer!

What is your most marked characteristic? Overthinking things.

What do you most value in your friends? Warmth.

Who are your favorite writers? I love

anything by George Saunders. I can't get over how simultaneously clear-eyed and compassionate he is about human nature. I used to work for a publishing house as a nonfiction editor, so I also love to read longform journalism by writers like Jia Tolentino, Jiayang Fan and Jay Caspian Kang.

Who are your heroes in real life? Late bloomers – anyone who finds her purpose in life after 40 and has the boldness and grit to pursue it.

How would you like to die? Believing that the world is headed in the right direction.

"Better Know a Member" is a series highlighting the diversity of AWA's membership. To suggest a subject (or to volunteer yourself!), please contact Annie Fifer at annefifer@gmail.com.



2018 Grant Recipient Update:

Love 21

By Beth McNicholas, Charitable Donations Committee Chair

Supported by AWA funding, Love 21's sports classes bring balance to members of Hong Kong's Down syndrome and autistic communities

ONE OF THE HIGHLIGHTS of being the charitable donations chair is that I get to read all the reports that come in from recipients of the prior year's grants. It is always heartwarming to hear how our funds were used, and also to see photos of those who benefitted.

In June 2018, the AWA and AmCham jointly awarded HK\$52,000 to Love 21, an organization that offers empowering sports and nutritional programs to the Down syndrome and autistic communities in Hong Kong. The following year, 2018–19, was a busy one for Love 21! They went from offering six weekly classes in 2017 to 12, and the number of students jumped from 30 to more than 45.

All classes offered are completely free to the participants, so Love 21 relies on donations like ours to sustain their program. The funding they received this time supported trampoline, football, yoga, Zumba, gymnastics and qi gong classes.

While I loved reading about all the classes, it was the trampoline classes that really grabbed my attention. According to Love 21's report, these sessions are so popular that they have increased their class quotas from eight to 16 and added a second class on Saturdays in order to meet the demand.

While we might think of trampolining as fun, using the rebounder

trampolines in these classes is demanding and can actually be very challenging for the students, many of whom struggle with balance. Quite a few parents were initially skeptical that their children would enjoy or benefit from these classes, but the feedback from both students and parents has been overwhelmingly positive. Parents report noticing improvements in their children's balance and coordination both at home and in other sports classes after only a few sessions.



What “Giving Back” Has Given Us

Get inspired for the Volunteering Open House on October 23 with these stories from AWA members

“Don’t Waste the Wreck”

By Tricia Cliff

I WAS SITTING BESIDE my husband, waiting for the surgeon to come tell us how our son was doing. What was supposed to be a relatively quick one- to two-hour surgery had dragged on into five. The doctor had briefed us after two hours: “His bile duct is ruptured; we’re trying to build a new one out of his intestine. We had to take his gallbladder, his back is broken, and his lung is punctured...”

My mind was in shutdown mode, reeling and completely overwhelmed. It was Christmas Eve, 2008. Our other three children were all in the pediatric intensive care unit; our daughter was on a ventilator after having surgery for a ruptured stomach, multiple broken bones, including her jaw, facial lacerations and a broken back. Our oldest son had 72 stitches down the middle of his face, an exploratory laparotomy and – also – a broken back. The youngest was in observation waiting for this surgery to be over so they could take him in next (he ended up not going, although we didn’t know that then). My husband’s right hand was in a cast. We hadn’t slept in over 24 hours, and we didn’t know anyone near this hospital in Cleveland.

We had set out the day before from North Carolina, driving to Michigan to be with family for Christmas, but en route, we hit ice and then a cement wall. We were about seven hours from home and another four from family. Our van was totaled and our kids a broken, bloody mess. But it was during the next 21 days that God showed up and taught us some lessons we would never have learned otherwise.

One of those lessons is the reason that I am involved with



The Girl Scouts routinely assist AWA members with crafts and other needed tasks.



PHOTOS BY RENEE CHEUNG

Smiles all around! The AWA ladies, Girl Scout volunteers, and all the birthday children take a moment to pose.

Ronald McDonald House today.

Somewhere near hour 30, we were shuffling between the ER, the OR and the PICU and desperately needing coffee. One of the PICU nurses led us to what would become an oasis for us: the Ronald McDonald Family Room, right beside the PICU. It was there, on Christmas morning, that we met Pam, a regular volunteer, who literally took us by the hand and helped us get through one of the hardest trials of our life.

Not only did the family room become a place of rest, Pam also informed us that a room had opened up in the Ronald McDonald House near the hospital. Before we could protest that we didn’t think we qualified, she insisted that an empty room was an incredibly rare event, that the house was exactly what our family needed, and we needed to take the room – now. Soon another angel affectionately named Captain Dennis showed up on Christmas Day; drove my husband to our impounded van over two hours away to get our belongings; and then helped us move into the RMH. Later that evening, again on Christmas Day, the PICU nurses and my husband convinced me to leave the PICU for an hour to go to RMH for Christmas dinner.

It was here, watching a group of volunteers that I didn’t know serve families that they didn’t know...on Christmas Day...that I had an epiphany. I realized that as much as I thought I was a pretty generous person who did a fair share of volunteer work, I had nothing on all these folks whom I had met throughout the day. Here they were, not home with their

own families, drinking hot chocolate and opening presents, but rather giving up their time to strangers. And I knew in that moment that I would be a different person from then on.

It's been nearly 11 years since that day. Our family (all healthy and back to normal, by the way) has adopted the phrase "Don't Waste the Wreck," essentially believing that God allowed this to happen to our family for a reason and that we would use every opportunity to first of all thank Him, and then to "pay forward" the many kindnesses we received. Every Christmas, we reach out to a Ronald McDonald House or children's hospital in some way, whether it be through a contribution, a meal, presents or visits. I am also actively involved at our Ronald McDonald House here in Hong Kong, through AWA.

I could go on about what we have done, but the reason I write today is to tell you that when you volunteer, you make a

difference. You see, most of the people who reached out to us that Christmas Day still have no idea of the impact they had on our family. They didn't know that because of them, a lady from Maine would be living in Hong Kong one day, writing an article for a magazine telling her story – which is, in essence, their story.

Here's the shtick: DO THE THING you are compelled to do, even on those days when you don't feel like it. Most people who volunteer on a regular basis will tell you that there are some mornings they wake up and dread going to do the very thing that is supposed to bring them satisfaction. But that's OK. You don't have to have some deep emotional watershed moment every time you serve a meal or hold a hand or give up an hour to help someone else. You will still make a difference in someone's life; I am proof of that.

"I Met My Wife in an MTR Station"

By Augusta Nichols-Even



OUR FIRST TOPIC of conversation with the latest student cohort for Dialogue in the Dark was "family," and William opened with "I met my wife in an MTR station." Laughter, surprise, gasps of "what?" echoed around the room. Inevitably the question "Were you already blind?" was asked. Yes, he was. Then the natural follow-up: "How did you meet her?" Not shy, William proceeded to tell us exactly how, prompting the still-single Raymond to consider this as a formula to end his own bachelorhood.

William's was not the only tale we heard that morning with the makings of a Hollywood script. Twenty-six-year-old Eva shared her family story steeped in drama: deep familial roots, her brother's impending clandestine wedding, her disapproving father, and her silent mother caught in the middle. We haven't heard the end of this one yet!

Dialogue in the Dark students come with varying degrees of sight and varying degrees of English language skills, but all are inspiring and unbelievably trusting and open. AWA volunteers provide a once-weekly safe and fun space to improve their English language skills while on their two-month journey to retool and rejoin the workforce.

In the words of one volunteer, Jenlen Ng, "This experience always reminds me of how lucky I am to have my vision, and how brave these students are to face their vision impairment from day to day. Despite this, they still remain positive and hopeful. I rather think I have so much to learn from them – more than what I can do for them."



PHOTO BY JENLEN NG

AWA volunteers Alison Hodgson (far left) and Jenlen Ng (far right) with the current Dialogue in the Dark participants

AWA Volunteering Open House

AWA Office, Sheung Wan

Wednesday, October 23

12:00 pm – 2:00 pm (come and go as you please)

The Home of Love

By Claudia Ciesielski

WHILE WALKING the streets of Hong Kong with small groups of tourists, I often hear comments like: “Interesting how clean Hong Kong is, and how you don’t have any homeless people here.”

In a city of more than seven million people there must be homeless; poor men, women and children. And there are indeed, but probably more hidden from plain sight than in other megacities. Official figures as of June 2019 suggest a number of 1100 registered street sleepers, some of them homeless for more than five years. If you ask any social worker or NGO representative, they will argue the number is much higher.

Some of those living on the street are fortunate enough to be fed a lunch on any given day by the sisters of the Home of Love in Nam Cheong Estate, Sham Shui Po, a subsidiary of Mother Teresa’s Missionaries of Charity. The sisters rely completely on the generosity of others for food donations and hands-on help from volunteers.

The AWA volunteers are at the soup kitchen every Tuesday to help where help is needed most: chopping vegetables, cooking rice, cleaning pots and pans, or sorting through provisions in order to make sure lunch can be served by 10:30 am. I encourage you to dedicate some of your time to those who would benefit most – I guarantee you will gain more from the experience than you give.



PHOTOS BY CLAUDIA CIESIELSKI





AWARE HALLOWEEN
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30 October, 2019 @ 7pm
Little Creatures, Kennedy Town

Raise money for those in need.
Ticket includes a welcome drink,
lots of nibbles, brain teasers and
a "monster"-ously good time!

Visit awa.org.hk for tickets

**DON'T LOSE
YOUR BRAINS**

Dive In!

Protecting Hong Kong's Wondrous Waters with Estelle Davies

By J'nee Hilgers-Easter

THERE'S A wonderful watery world out there and Estelle Davies, marine biologist and founder of Hong Kong's Living Oceans Education, has made it her life's ambition to explore, study, teach and protect it.

Originally from Hong Kong, Davies spent her first 10 years going to school here before heading abroad for further education. "I moved back to Hong Kong as an adult in 2008 and nowhere else has felt more like home," Davies told AWA following a recent presentation organized by the AWA Environmental Committee.

Davies and her twin sister learned to scuba dive together and became PADI-certified divemasters by the time they were 21. Both studied biological sciences in college. After graduating, Davies began studying for her master's degree in Australia, spending most of her time underwater, while her twin attended flight school and began exploring the skies. Nowadays her sister, a first officer with Cathay Pacific, flies to tropical places to be her dive buddy.

Davies's passion for marine biology began on a remote tropical island in Belize, where she volunteered on a marine conservation expedition at age 17. "I was mesmerized by the colorful life of creatures on a coral reef," Davies said. From there, she spent several years studying marine biology at four universities on three continents: the University of St Andrews in Scotland, the University of California–Santa Cruz, James Cook University in Australia and King's College London.

With her master's degree under her dive belt, Davies wanted to work somewhere as a resident marine biologist. "I wrote an email to Jean-Michel Cousteau's Ocean Futures Society and they replied, offering me a lifetime opportunity to travel the world working as a naturalist, giving lectures on board Regent Seven Seas cruises," Davies explained.

She spent the next 10 years exploring blue environments around the globe. "I had the best job in the world, especially when spending four months a year in French Polynesia leading Jean-Michel Cousteau's Ambassadors of the Environment program. I was swimming with sharks and rays, snorkeling on a rich coral reef, watching dolphins, sharing my love for life in our oceans on a daily basis and educating traveling families," Davies said.

In 2016, she created Living Oceans Education in order to help the people of Hong Kong to connect, be inspired and protect the oceans for future generations. At the marine enrichment presentations, field trips, workshops and lessons she leads for students and adults around Hong Kong, she often begins by introducing her audience to the surprising



wealth of marine life here.

"There are 82 different types of corals – that's more than [are] found in the entire Caribbean!" Davies said. An impressive 5,900 species of marine life, including fish, invertebrates, marine plants, the Indo-Pacific humpback dolphin and the finless porpoise, call Hong Kong home.

The best time to experience this glorious underworld is during the summer months when it hasn't rained for a week and water clarity peaks. Sai Kung Country Park and islands off the east of Hong Kong, away from the Pearl River Delta, generally tend to be the best snorkeling adventure spots.

It's not all unicorn and rainbow fish though. "Hong Kong's marine life is under threat from human influences: water and plastic pollution, overfishing, boat traffic, climate change and sedimentation, to name just a few," Davies said. According to a recent report from the WWF, Chinese white dolphins (sometimes called pink dolphins) in Hong Kong are seriously impacted by these threats. Only 47 remain in Hong Kong waters, with fears of further decline ahead. On the brighter side, efforts are underway to support a protected marine area in the western and southern waters off Lantau Island, which could go a long way toward securing their survival.

"Too many people are living on our small crowded planet, causing serious issues like overfishing, too much waste, problems with fossil fuel and ultimately a temperature and PH level change in our oceans globally," Davies warned. According to the Smithsonian Institution's Ocean Initiative, beyond lost biodiversity, ocean acidification will impact aquaculture and threaten food security for millions of people.

Much media attention has been focused in recent years on the enormous floating patches of refuse swirling around the globe's oceans. "Efforts to clean up the great ocean garbage patch are noble, but [they don't] prevent plastic from entering our waterways and oceans in the first place," Davies said. One solution is to stop buying and accepting single-use plastic like straws, water bottles, coffee cups with plastic lids, plastic produce bags and plastic cutlery, which can take anywhere from 20 to 1000 years to biodegrade.

To conclude, Davies said, "We are linked to the oceans and it is paramount that we protect them. My hope is that people learn to appreciate our need for healthy oceans and live more sustainably on our planet. The best way to do that is through education and understanding."



You're
Invited!

Air Pollution in Hong Kong: Facts, Impact and Perspectives

Friday, 18 October, 12:00 PM – 2:00 PM

Explorium Hong Kong, 1/F, LiFung Tower, 868 Cheung
Sha Wan Road, Kowloon

How polluted is Hong Kong air? How can we read air quality applications and what actions can we take when conditions are less than ideal? What are the immediate and long-term risks for adults, children and the elderly in the current pollution levels? What practical steps can each of us take to diminish local air pollution? Which steps is the government taking?

For this panel, the AWA Environmental Committee will bring together some knowledgeable voices who can help answer these and many more questions we may have around air pollution, the theme to which the UN's 2019 World Environment Day was devoted.

The panel conversation will see the participation of Mr. Patrick Fung of the Clean Air Network; Dr. Michelle Wong, senior communications manager for the Institute for the Environment, Hong Kong University of Science and Technology; and Mr. David Ho, assistant director, Environmental Protection Department, Air Policy Division. The moderator will be Sonalie Figueiras, possibly better known as the Green Queen (<https://www.greenqueen.com.hk/>).

Please register on the AWA website. Attendees are welcome to bring lunch.



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The Hong Kong Breast Cancer Foundation's **PINK WALK 2019**

Team Pink

Join us for a fun-filled morning on the Peak raising funds and supporting breast health. The AWA's *Team Pink* is open to friends, family and pets! (We even have pink accessories to share.) Plus, there are prizes for the best-dressed team, pet, hat and more!

- Sunday 27 October
- 8:15 am - 1:00 pm
- HK\$500 per person

Register at awa.org.hk today!



Clarity in my Darkest hour

Maria Brusuelas
Director of Operations, Hybrid MMA & Fitness

One month after my third son was born in 2009, a horrible dark place engulfed me and I felt helpless, scared, and isolated. Depression has been a part of my family's story for generations; my grandmother who took her life, my mother who I grew up watching suffer from depression and addiction, and now I'm questioning my own sanity as I want to run away from everyone and everything who means something to me.

THAT MOMENT.

That's when I had to make the most important decision of my life: survive or give up.

I looked into the faces of my children and knew the cycle of watching parents suffer with this invisible disease had to be broken. I knew pills alone would not be the answer, nor suffering in silence. So I looked for a way to look after myself from the inside out.

The first step: I committed to exercising regularly. Regular weight training took me to this incredible place - I was sleeping better, had more energy, and started to do more at home and with my family. My self-confidence grew. I made and surpassed my personal goals, I started to make plans. I began to aim for bigger goals and then competitions. Competing kept me focused on the good, celebrating what my body could do, and realising how strong my mind really is.

My self-esteem was in such a good place. For the first time I felt healthy and strong. In my late 30's, I signed up for a white collar boxing match, then a bikini competition, and last year a powerlifting competition!

MY RELATIONSHIP WITH MYSELF NOW

Last year, at the age of 40, I left my corporate job and landed my dream job at Hybrid MMA & Fitness. I was attracted to Hybrid because of the sense of



“

I am strong.

I am worthy.

*It's okay to love myself,
and focus on me.*

”

community they have, and they have something for everyone - my whole family now works out there together. On any day you'll find my 10 and 14 year old boys at Hybrid Kickboxing, my 21 year old is learning discipline in the Mixed Martial Arts group, and my husband does Hybrid Personal Training alongside Brazilian JiuJitsu.

While my exercise and training has given me my life back, it has more importantly taught our family how essential having a healthy body is to having a healthy mind. But it's a journey which is still evolving!

My hope is my 'journey home' inspires you to find a way to connect to yourself, your family and unleash your greatness.

HYBRID

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Hybrid Personal Training

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In every one of our personal training packages, we combine cutting edge technology with quality service. You'll learn proper technique, in addition to a fresh and sustainable take on nutrition, along with lifestyle advice. Your trainer will measure your lean body mass, and body fat regularly, and we also offer DNA and food intolerance testing.



8 weeks
Age: 30s

"Now I'm the leanest I've ever been in my life"



18 weeks
Age: 40s

In her 40s, Ivy lost 18kgs in 18 weeks and now with the help of her "hands on" Hybrid trainer, she wants to focus on getting stronger.

Hybrid Kids' Kickboxing

Training the next generation of Hybrid Athletes



Encourage your child to be confident, develop social skills, and understand discipline and respect while having fun through kickboxing. At Hybrid, we believe in teaching healthy habits from a young age to foster personal growth and development.

Across all of our specially-tailored kids' classes, our highly qualified coaches work closely with each child to ensure no one is left behind. We provide a safe, social, immaculate environment for kids to get fit and have fun.

Our specialised classes are available for kids and teens aged 5-8, 9-11 and 12-16.

What's For Dinner

Three Cookbooks for Households with Helpers

By Farah Siddiqi

SO YOU'VE HIRED a helper in Hong Kong and can't wait to give up some of the laborious duties of the kitchen to your new assistant? Well, it's not as easy as you would think. There can be so much miscommunication and many laugh-out-loud meals to come without the proper direction. Even with your new assistant in the kitchen you may find yourself stressing over what's for dinner.

Here come three spectacular cookbooks to save not just the day but all your meals with your fantastic helper: *Your Outsourced Kitchen*, by Maayan Schwartz; *A Helping Hand*, by Frog Michaels; and *Home Cooking East & West*, by Natalia Morrison (an AWA member) and Elsa Amistad.

It wouldn't be fair of me to pick one book over the others, since all three have their merits, so I will go into each book separately. I did however conduct a head-to-head trial. Without having my helper read each book's introduction and without going over the pantry items, I asked my helper to cook a similar item (chocolate chip cookies) from each book independently. I didn't explain anything, just handed over the recipes each time.

Over three days of baking, I found that the recipe from *Home Cooking East & West* (available in English only) required the least clarification on my part. The only question had to do with converting temperature from Fahrenheit to Celsius for my Celsius-only oven.

The other two batches were also delicious, but I needed to clarify ingredients despite their Tagalog translation (my helper reads both Tagalog and English). Loisa said that the ingredients in *Your Outsourced Kitchen* recipe are not common and can be hard to find when shopping, and that

the cookies from *A Helping Hand* made more dishes and equipment to clean up. But in the end we loved all of the yummy cookies.

I'll start with *Your Outsourced Kitchen*. This is a fantastic book of quality recipes for a family that is looking for a healthy option. You won't find run-of-the-mill classic Western meals but rather, everyday wholesome meals for families to enjoy and eat with the confidence that they are good for you. It also offers recipes to wow your guests when entertaining, especially those who are keen on being green. It seems to be best for dinner and just by looking through the table of contents you can see that

recipes are divided into mains, sides, salads, soups, sweets and drinks – all you need to entertain a gathering.

Every recipe is written simply without too many steps and without a lot of narrative, and

they have been

translated into Tagalog as well. A great

feature in this cookbook comes at the beginning: a detailed description of ingredients and how to use them for healthy eating, useful for both helpers and those who are hoping to change their dietary habits. The book goes into food groups, fats, sugars, superfoods and even herb identification (with pictures). These recipes are simple dishes that pack a punch with nutrient-rich ingredients. The book doesn't claim to be ketogenic, paleo, vegan, low-calorie or low-carb, but it can easily be followed by anyone choosing those lifestyles. Overall it's a healthy eating cookbook great for any home in Hong Kong, with or without a domestic helper.

Next is *A Helping Hand*. This wonderful cookbook is also in English and translated in Tagalog. It was written for those



living in Singapore but is also great for us in Hong Kong. This cookbook is like *Western Cooking 101*: the recipes in this book will teach all the basics for Western cooking. The recipes are traditional Western dishes, with a few Singaporean favorites from the author thrown in. Besides the classics, it also has a section for kid-friendly recipes and lunchbox items.

There are two standout parts to this cookbook. The first is the four pages of recipes for eggs. My helper told me that many helpers who are new to Western employers don't know how to cook eggs for a Western family. This book gives the exact recipes for making simple boiled, fried, scrambled and poached eggs.

The second is the amazing 40-page picture catalog of ingredients. It helps identify herbs that go by different names in Asia, even providing British versus North American names. A helper or even you can take it to a wet market or a grocery store and visually identify what is needed. My helper and I both thought that was remarkably helpful. It even shows ingredients in common packaging so, for example, your helper will know the difference between sour cream and whipping cream when shopping at the market. Loisa and I both had a laugh when we saw this, since it could have prevented a very funny mishap with our family taco night a while ago!

Finally, the third cookbook is *Home Cooking East & West*. This is much more than a cookbook. It is basically a guide to establishing a great relationship and good communication with your domestic helper, along with helpful nutrition advice and recipes. The book has a lot of information and narrative from the authors. One of the authors is a nutritionist while the other is a domestic helper in Hong Kong. This cookbook is written specifically for Hong Kong and even identifies stores around town where you can find specific ingredients. The recipes are written very simply and are easy to follow. Apart from the recipes, there is so much useful information on nutrition and choosing the right lifestyle for you.

The best part of this book is the exercises and worksheets for both employers and domestic helpers. They help reach an understanding of your nutritional philosophy and priorities for your helper's work time. Although the book is great for anyone, it would be ideal for a new expat or first-time employer of domestic helpers. It really delves deep into how to balance domestic helper work with employer expectations. The book also teaches menu planning and gives a sample 30-day menu plan, which is great for busy families. Most people wouldn't expect this much from a cookbook – not only does it provide more than 150 great recipes, it also advises on expat living in Hong Kong.

In the past three weeks since having the cookbooks in my home, all other cookbooks have been pushed to the back of my kitchen cupboards. These three are front and center; both myself and my helper find ourselves looking through them eagerly each day.

Whether to enjoy healthier eating habits, balanced nutrition, better communication or an expansive list of menu ideas, every expat home in Hong Kong with a domestic helper should have at least one of these books – or even better, all three. You and your helper will always have an enthusiastic answer to the question, "What's for dinner?"

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Keeping Your Relationship Intimate and Strong in Hong Kong

By MaryAnn Boone

IS HONG KONG a “marriage graveyard”?

AWA member Kristin Zeising is a psychologist and sex therapist who addressed that question in a lively Lunch & Learn event earlier this year. Her mission is to help people reach their full potential in all aspects of their lives – emotional, relational and sexual – and she outlined how counseling can help achieve those goals.

Couples’ counseling and sex therapy, she explained, are talk based. To become certified in sex therapy requires two years of specialized study, including the biology of sexuality and how physical intimacy may be influenced by religious and cultural contexts.

Addressing the epithet of “marriage graveyard” that is sometimes applied to Hong Kong, Dr. Zeising described some of the more common challenges confronting expats. We face not just a move to a new location but also a new culture, new language, and often a new job that may come with new pressures to succeed. Each of these life changes requires some time to adjust, but the adjustment period for expats is often condensed, with a lot of decisions being made very quickly under stressful conditions. Fitting into a new neighborhood, school community and workplace often means a lot of socializing, made easier by domestic help at home, which may be a lifestyle that is new and uncharted.

These challenges may bring couples closer together or may cause them to drift apart, according to Dr. Zeising.

When a relationship has been damaged by infidelity, repair is possible. Counseling helps not only in rebuilding the trust in one’s partner that has been broken, but also the confidence that one knows the other fully and truly. This may also involve a sometimes-painful inventory of assumptions and projections that must be confronted about one’s self.

When asked whether marriage counseling can succeed if only one partner is willing to meet with a therapist, Dr. Zeising noted that she can teach ways to communicate effectively at home, which may be a more relaxed environment than the clinic.

An awareness of the challenges that might arise is a start toward keeping a relationship strong and intimate in Hong Kong. Dr. Zeising presented several further strategies to build healthy partnerships and families as they navigate life “away from home.” She suggested that life in Hong Kong must be a shared experience. It’s not just a career change for one; both partners’ needs must be fulfilled in all aspects of life. Setting goals is another way to keep the focus on the relationship or family: what does everyone want from the expat experience?

She also suggested preparing in advance for pitfalls or distractions that may arise: in new situations, what is acceptable and what is not? Although work days may be long or travel may take a partner away from home, she advocates establishing rules of connection: calls or video chats at regular times, for example. And for those times when work requires many days away from home, or a longer home leave for the kids and one parent keeps couples apart? Dr. Zeising proposes we make the goodbyes memorable and use the “welcome homes” to show that they were missed!



Dr. Kristin Zeising, a psychologist and sex therapist at MindnLife in Central





Educational Series: Sunset Survivors – Yau Ma Tei Walk with Lindsay Varty 1

When: Thursday, 3 October, 2:00 PM – 4:00 PM (Approx.)

Educational Series: Sunset Survivors – The Dying Trades of Hong Kong

When: Tuesday, 8 October, 2:00 PM – 3:30 PM

Live Like a Local: Organic and Healthy Foods – A Walking Tour and Lunch

When: Wednesday, 9 October, 10:30 AM – 2:00 PM

Register by Thursday, 3 October

Educational Series: Women in Travel

When: Wednesday, 9 October, 3:00 PM – 5:00 PM

Register by Wednesday, 9 October

Educational Series – Historical Talk with Jason Wordie: Observations of a Streetwalker – History and Heritage in Hong Kong

When: Thursday, 10 October, 10:00 AM – 11:30 AM

Arts/Crafts & Design Series: Mindfulness through Drawing

When: Thursday, 10 October, 10:00 AM – 12:30 PM

Register by Wednesday, 2 October

Lunch Series: Avenue of Stars Stroll and Lunch at Rosewood Hong Kong

When: Friday, 11 October, 10:15 AM – 3:00 PM (Approx.)

Educational Series: Traditional Farm Visit and Nature Walk with Butterfly Watching

When: Saturday, 12 October, 10:00 AM – 4:00 PM (Approx.)

Educational Series: Sunset Survivors – Yau Ma Tei Walk with Lindsay Varty 2

When: Monday, 14 October, 2:00 PM – 4:00 PM (Approx.)

Introduction to Bollywood Dance

When: Tuesday, 15 October, 10:00 AM – 11:45 AM

Register by Saturday, 12 October

Shopping Series: Shopping Morning at Wah Tung China Arts Limited

When: Thursday, 17 October, 10:00 AM – 12:00 PM (Approx.)

Lunch Series: Club Series: The Foreign Correspondents' Club Lunch

When: Friday, 18 October, 12:00 PM – 2:00 PM (Approx.)

Register by Monday, 14 October

Environmental Series: Air Pollution in Hong Kong, Facts, Impact and Perspectives

When: Friday, 18 October, 12:00 PM – 2:00 PM

Educational Series – Walking Tour with Jason Wordie: Western District

When: Tuesday, 22 October, 8:45 AM – 12:30 PM (Approx.)

Register by Monday, 21 October

Arts/Crafts & Design Series: Beginner's Chinese Ink Painting Class

When: Wednesday, 23 October, 10:00 AM – 12:00 PM

Register by Monday, 21 October

Arts/Crafts & Design Series: Mindfulness through Drawing

When: Thursday, 24 October, 10:00 AM – 12:30 PM

Register by Wednesday, 16 October

Walk and Lunch in Mui Wo

When: Friday, 25 October, 9:30 AM – 3:00 PM (Approx.)

Register by Monday, 21 October

Entertainment Series: 26th Annual Marco Polo Bierfest/Oktoberfest

When: Saturday, 26 October, 6:00 PM – 11:00 PM (Approx.)

Cooking Demo and Lunch Series: French Cuisine – Home Cooking by Mayu Okada

When: Tuesday, 29 October, 11:00 AM – 2:00 PM (Approx.)

Register by Friday, 25 October

The Perfect End to the Day – Foot Massage and Happy Hour

When: Tuesday, 29 October, 3:30 PM – 6:30 PM

Educational Series: Mesmerizing Opals

When: Wednesday, 30 October, 3:00 PM – 5:00 PM

Looking Forward November

Shopping Series: Yuet Tung China Works – Hand-Painted Porcelain

When: Wednesday, 13 November, 10:00 AM – 2:00 PM



LOCAL TOURS AND ACTIVITIES

Educational Series: Sunset Survivors – Yau Ma Tei Walk with Lindsay Varty 1

WHEN: Thursday, 3 October, 2:00 PM – 4:00 PM (Approx.)

WHERE: Meet at Admiralty MTR (inside) near M&S Foods (Exact location will be emailed to participants)

COST: \$400 member/\$460 member's guest

CAPACITY: 4 min/12 max

COORDINATOR(S): Susan Soskin West 9191 1503

Join Lindsay Varty, author of the bestselling book *Sunset Survivors*, on an exclusive walking tour through the streets of Yau Ma Tei. Explore an oft-forgotten district of Hong Kong, home to craftsmen, market workers and gangsters alike. We will visit a fourth-generation-owned pawnshop; two elderly brothers who continue to hammer copperware pots and gongs by hand; little Ms. Ho, who makes and sells traditional Chinese weighing scales; and

a mysterious letter writer in the famous Jade Market, who quietly taps away at his 50-year-old typewriter. Along the way, Lindsay recounts intriguing stories about the lives of these wonderful “survivors” and how they have seen their businesses change.



Educational Series: Sunset Survivors – The Dying Trades of Hong Kong

WHEN: Tuesday, 8 October, 2:00 PM – 3:30 PM

WHERE: AWA Office

COST: \$60 member/\$120 member's guest

CAPACITY: 10 min/30 max

COORDINATOR(S): Susan Soskin West 9191 1503

People often say Chinese culture is so amazing, but they don't always know a lot about it. Join us for a fascinating talk on the dying trades of Hong Kong with Lindsay Varty, author of the new book *Sunset Survivors*, which tells the stories of Hong Kong's traditional tradesmen and women through stunning imagery and candid interviews. A myriad of curious professions and crafts are quickly falling into obscurity, from fortunetelling to face threading, bamboo steamers to birdcages, and many practitioners are struggling to stay relevant in today's fast-paced, highly digital world. Lindsay is an English/Macanese woman raised in Hong Kong; now a writer and career rugby player, she provides a cultural bridge from a Western perspective. This talk will heighten your local awareness and generate even more appreciation for the charm and culture that makes Hong Kong so special.



Live Like a Local: Organic and Healthy Foods – A Walking Tour and Lunch

WHEN: Wednesday, 9 October, 10:30 AM – 2:00 PM

Register by Thursday, 3 October

WHERE: Central (Exact location will be emailed to participants)

COST: \$660 member/\$720 member's guest

CAPACITY: 5 min/10 max (excluding coordinator)

COORDINATOR(S): Natalia Morrison 6415 9880

Wondering where to find organic and healthy foods in Hong Kong? Learn where to find sought-after ingredients in the vibrant and unique Soho and Poho neighborhoods on a food walking tour with Mayu, a Le Cordon Bleu Paris-trained chef who has worked at the French Ministry of Foreign Affairs in Paris. Mayu will introduce you to high-quality, organic food vendors and artisans on a walk through quiet, charming streets filled with creative, artsy cafés and boutiques. Lunch, made with fresh, local organic ingredients, is included at one of the hidden restaurants (vegan, vegetarian, and gluten-free diets can be accommodated).

Educational Series: Women in Travel

WHEN: Wednesday, 9 October, 3:00 PM – 5:00 PM

Register by Wednesday, 9 October

WHERE: Jacada Travel, 29/F Wyndham Place, 40-44 Wyndham Street, Central

COST: \$60 member/\$120 member's guest

CAPACITY: 6 min/15 max (excluding coordinator)

COORDINATOR(S): Priyanka Agarwal 5597 5311

Jacada Travel, an award-winning luxury travel company, will be hosting an intimate afternoon focusing on women in travel. This roundtable discussion is an opportunity for industry experts to share their personal experiences and tips on how to be a more responsible and sustainability-led traveler. Most importantly, it is an open forum to hear your thoughts on what women are seeking to achieve through travel today.



Educational Series – Historical Talk with Jason Wordie: Observations of a Streetwalker – History and Heritage in Hong Kong

WHEN: Thursday, 10 October,
10:00 AM – 11:30 AM

WHERE: AWA Office

COST: \$330 member/\$390 member's guest

CAPACITY: 10 min/25 max

COORDINATOR(S): Susan Soskin West 9191 1503

In this extensively illustrated and highly entertaining talk, local historian Jason Wordie will detail some of the more interesting, lesser-known aspects of Hong Kong and Kowloon's history, culture and heritage that can be found on almost every street corner. This talk will be enlivened with extensive anecdotes and asides, and leavened with a healthy dose of evidence-based opinion. Along the way, he will share his personal observations and experiences of Hong Kong heritage issues and themes over the last decade, which have been informed, enlivened – and perhaps enlightened – by the numerous historical walks he has led for various local cultural and community groups in Hong Kong, Macao and Canton over that period.

Arts/Crafts & Design Series: Mindfulness through Drawing

WHEN: Thursday, 10 October,
10:00 AM – 12:30 PM

WHERE:

Register by Wednesday, 2 October
Wild at Art Studio (Exact location will be emailed to participants)

COST: \$460 member/\$520 member's guest

CAPACITY: 4 min/14 max

COORDINATOR(S): Natalia Morrison 6415 9880

Are you ready to slow down and use all your senses to create art? Mindfulness is all about observation, as is drawing. Both require you to slow down and pay close attention to what's in front of you. These workshops introduce the idea of entering the present moment, observing your sensations and experiences as you focus on all of your senses – sight, smell, touch, hearing and taste. You will be fully guided through a range of drawing experiences and materials, and no previous art experience is required. Mindful drawing can help you to reconnect with simple moments in life, bringing feelings of peace and enjoyment as you enhance your creativity and confidence.

Lunch Series: Avenue of Stars Stroll and Lunch at Rosewood Hong Kong

WHEN: Friday, 11 October, 10:15 AM – 3:00 PM
(Approx.)

WHERE: Star Ferry TST Lower Deck Exit

COST: \$100 member/\$160 member's guest

CAPACITY: 6 min/18 max

COORDINATOR(S): Susanne Salg 9175 6909
Heidi Rockowitz 9090 7909

Enjoy a leisurely stroll of the newly renovated Avenue of Stars in Tsim Sha Tsui. We will also explore the newly opened Victoria Dockside complex. The walk will be followed by a lovely lunch at the brand-new Rosewood Hong Kong, at shared expense.



**Educational Series: Traditional Farm Visit and Nature Walk with Butterfly Watching**

WHEN: Saturday, 12 October, 10:00 AM – 4:00 PM (Approx.)

WHERE: Meet at Central Ferry Pier (Exact location will be emailed to participants)

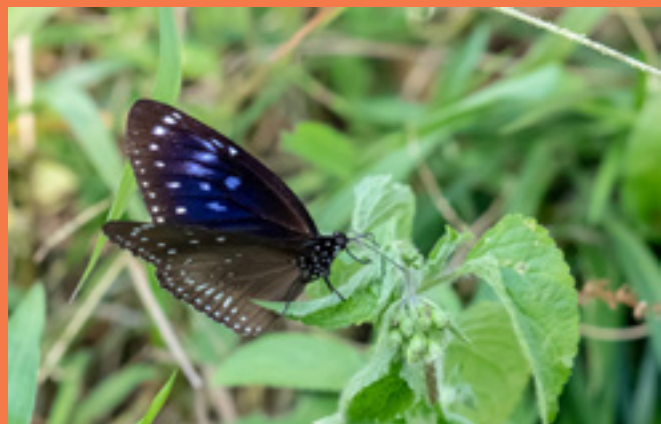
COST: \$380 member/\$440 member's guest

CAPACITY: 10 min/20 max

COORDINATOR(S): Tracey-Lee Hayes 9130 0851
Karen Womick 6316 7737

Join us for this trip to Sok Kwu Wan, Lamma Island to appreciate Hong Kong's wonderful butterfly fauna of well over 200 species. We will first have a guided nature walk along the coastal path and visit our host Paul's butterfly garden. Then he will present a multimedia butterfly show before giving us an introductory talk about butterfly watching and butterfly gardening in a traditional tile-roofed farmhouse. Butterfly watching is more than a visual feast. We can enjoy and learn more about the life cycles, feeding and courtship of butterflies. We also gain an understanding of nature, such as the change in seasons and the assortment of flowers and plants it brings. We will easily find dozens of species of colorful butterflies in just one visit, and likely discover many other interesting creatures in the wild.

Option to join for lunch at shared cost at a local restaurant.

**Educational Series: Sunset Survivors – Yau Ma Tei Walk with Lindsay Varty 2**

WHEN: Monday, 14 October, 2:00 PM – 4:00 PM (Approx.)

WHERE: Meet at Admiralty MTR (inside) near M&S Foods (Exact location will be emailed to participants)

COST: \$400 member/\$460 member's guest

CAPACITY: 4 min/12 max

COORDINATOR(S): Susan Soskin West 9191 1503

See description for October 3 event.

Introduction to Bollywood Dance

WHEN: Tuesday, 15 October, 10:00 AM – 11:45 AM
Register by Saturday, 12 October

WHERE: Meet at Sheung Wan MTR, Exit B

COST: \$260 member/\$320 member's guest

CAPACITY: 6 min/15 max (excluding coordinator)

COORDINATOR(S): Binita Haria 5917 9577

A fun hour and a half of Indian dance to the best Bollywood hits! The dance class is suitable for all dance abilities and goals, whether you want a fun dance workout or to learn dance moves for the upcoming Diwali festivities. Binita specializes in teaching complete beginners, and will have you dancing Bollywood dance choreography within your very first session! This is the fifth Bollywood dance workshop being held by Binita for the AWA, with previous sessions having sold out. Binita's weekly dance classes have been listed as one of Hong Kong's Best Dance classes by Sassy Hong Kong, and her performance courses have also been recommended in the South China Morning Post.

Shopping Series: Shopping Morning at Wah Tung China Arts Limited

WHEN: Thursday, 17 October, 10:00 AM – 12:00 PM (Approx.)

WHERE: Meet at Admiralty MTR (inside) near M&S Foods

COST: \$60 member/\$120 member's guest

CAPACITY: 6 min/20 max

COORDINATOR(S): Barbara Galligan 6080 6523

Join us for a fabulous morning of shopping at Wah Tung Arts, a renowned manufacturer of high-quality, hand-painted decorative ceramics. They offer everything from sophisticated antiques to fine crockery. Get a jump on your Christmas shopping: come and buy lamps, umbrella stands and pottery for everyone on your list!

Lunch Series: Club Series: The Foreign Correspondents' Club Lunch

WHEN: Friday, 18 October, 12:00 PM – 2:00 PM (Approx.)
Register by Monday, 14 October

WHERE: The FCC, 2 Lower Albert Road, Central

COST: \$60 member/\$120 member's guest

CAPACITY: 4 min/10 max

COORDINATOR(S): Tracey-Lee Hayes 9130 0851

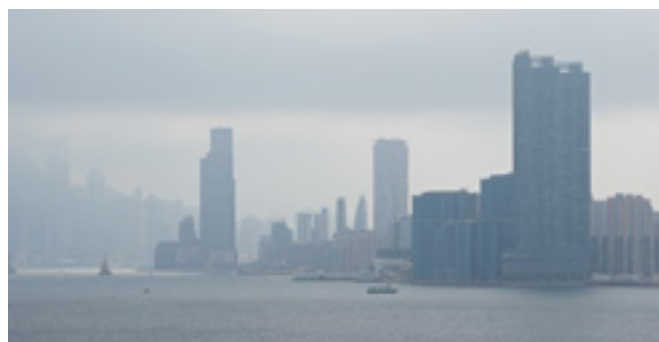
The Foreign Correspondents' Club was founded in 1943 in Japanese-occupied China during World War II. It was relocated to Hong Kong in 1949 and had several homes before the presiding governor, Sir Murray MacLehose, finally granted it the use of its present premise. It was an important base for media covering the Vietnam War. Since being

granted the lease on its premises, the FCC has faithfully and enthusiastically fulfilled its duty to upkeep this treasured building, a 19th-century icehouse. Join us for lunch in the main dining room; afterward, we will take a short tour of the building and view unique photographs and magazine covers from the war years. Lunch and drinks will be at shared expense.

Environmental Series: Air Pollution in Hong Kong, Facts, Impact and Perspectives

WHEN: Friday, 18 October, 12:00 PM – 2:00 PM
WHERE: Explorium Hong Kong, 1/F, LiFung Tower, 868 Cheung Sha Wan Road, Kowloon
COST: \$60 member/\$60 member's guest
CAPACITY: 100 max
COORDINATOR(S): Chiara Rodriguez 6822 3605

How polluted is Hong Kong air? How can we read air quality applications and what actions can we take when conditions are less than ideal? What are the immediate and long-term risks for adults, children and the elderly in the current pollution levels? What practical steps can each of us take to diminish local air pollution? Which steps is the government taking? For this panel, the AWA Environmental Committee will bring together some knowledgeable voices who can help answer these and many more questions we may have around air pollution, the theme to which the UN's 2019 World Environment Day was devoted. You are welcome to bring your own lunch. For more information, see page 15.



Educational Series – Walking Tour with Jason Wordie: Western District

WHEN: Tuesday, 22 October, 8:45 AM – 12:30 PM (Approx.)
 Register by Monday, 21 October
WHERE: Meet at Sheung Wan MTR, Exit D (Exact location will be emailed to participants)
COST: \$440 member/\$500 member's guest
CAPACITY: 10 min/18 max
Coordinator(s): Susan Soskin West 9191 1503
 Join us for a walk through time with local historian Jason

Wordie as the founding and development of Hong Kong comes to life. Our walk starts at Western Market, a heritage landmark, originally located on the waterfront. Then on to Possession Point, the site where the British flag was raised over Hong Kong in 1841. On to Hollywood Road, known for its traditional Chinese coffin shops, as well as shops selling a wide range of real and almost-real antiques, and then to Man Mo Temple, built in 1847. Man Mo Temple's powerful temple committee played a pivotal role in the development of Chinese representative associations in early British Hong Kong and the development of local elite groups' key positions. Tai Ping Shan, one of the oldest areas in Hong Kong, was the site of a major outbreak of bubonic plague, significant to the development of public health and sanitation. In Sai Ying Pun, our focus is on education, visiting King's College and Hong Kong University, where we will finish.

Arts/Crafts & Design Series: Beginner's Chinese Ink Painting Class

WHEN: Wednesday, 23 October, 10:00 AM – 12:00 PM
 Register by Monday, 21 October
WHERE: Meet at Admiralty MTR (inside) near M&S Foods. Those who want to go to the venue directly can wait near the entrance at Star Street (KA Atelier, 2D, Star Street, Wan Chai)
COST: \$380 member/\$440 member's guest
CAPACITY: 10 min/10 max
COORDINATOR(S): Natasha Bochorishvili 9853 0253
 Heidi Rockowitz 9090 7909

Take your appreciation of Chinese painting to a deeper level as you learn the techniques of traditional ink painting. You'll be guided step by step through experimenting with Chinese paintbrushes, rice paper and collage, and introduced to typical Chinese painting themes such as bamboo. It's a casual and cozy environment, enhanced with complimentary free-flow tea, so you'll feel comfortable letting your creativity run loose!

- * Discover the traditions of Chinese painting and learn the differences between Chinese and Western art
- * Experiment with different Chinese artistic tools and styles, guided by a professional
- * Create your very own bamboo-themed ink painting on rice paper – and take it home afterward!

The class will be taught by Carole Leung; you can read about her approach at <https://www.ka-atelier.com/about-carole>



Arts/Crafts & Design Series: Mindfulness through Drawing

WHEN: Thursday, 24 October, 10:00 AM – 12:30 PM
Register by Wednesday, 16 October

WHERE: Wild at Art Studio (Exact location will be emailed to participants)

COST: \$460 member/\$520 member's guest

CAPACITY: 4 min/14 max

COORDINATOR(S): Natalia Morrison 6415 9880
See description for October 10 event.



Walk and Lunch in Mui Wo

WHEN: Friday, 25 October, 9:30 AM – 3:00 PM (Approx.)
Register by Monday, 21 October

WHERE: Meet at Central Pier 6

COST: \$60 member/\$120 member's guest

CAPACITY: 6 min/12 max

COORDINATOR(S): Karen Womick 6316 7737

Join us for a walk around Mui Wo (approximately five kilometers, with some small hills), stopping to visit an organic orchard, the Silvermine cave and waterfall and (hopefully) the local water buffalo herd. Lunch, at shared expense, will be at a local beachside restaurant.



Entertainment Series: 26th Annual Marco Polo Bierfest/Oktoberfest

WHEN: Saturday, 26 October, 6:00 PM – 11:00 PM (Approx.)

WHERE: Meet at Star Ferry, TST Exit (Exact location will be emailed to participants)

COST: \$560 member/\$620 member's guest

CAPACITY: 10 min/25 max (excluding coordinator)

COORDINATOR(S): Susanne Salg 9175 6909

Prost! There's no better place to celebrate Oktoberfest in Hong Kong than at the 26th annual Marco Polo Bierfest, the city's longest running outdoor annual Bier festival. Feast on delicious German cuisine such as pork knuckle, pretzels, sausages, roasted chicken and apple strudel; wash it all down with a selection of imported German beers. Enjoy the authentic Bavarian sounds of Notenhobler, flown in from Ulm, Germany, who will entertain you with traditional Oktoberfest music, dance songs and rousing party games. This special AWA package includes: entry ticket, preferred seating, choice of main entree including side dishes, 500 ml imported beer, souvenir party hat, and a limited edition 2019 souvenir beer mug. Dress code: casual or traditional dirndl/lederhosen.

Cooking Demo and Lunch Series: French Cuisine – Home Cooking by Mayu Okada

WHEN: Tuesday, 29 October, 11:00 AM – 2:00 PM (Approx.)
Register by Friday, 25 October

WHERE: Mid-Levels (Exact location will be emailed to participants)

COST: \$610 member/\$670 member's guest

CAPACITY: 5 min/10 max excluding coordinator

COORDINATOR(S): Tracey-Lee Hayes 9130 0851

Do you like Julia Child's favorite French cooking? If so, come along to this home cooking class and demonstration given by Mayu Okada, Le Cordon Bleu Paris-trained chef, who has worked at the French Ministry of Foreign Affairs in Paris. With her own business, Mayu's Kitchen & Co., Mayu is offering private chef services and cookery courses in French and Japanese cuisine. Today's menu: autumn small bites, chicken and Japanese pumpkin tomato casserole, and homemade caramel sauce and easy pumpkin pudding. Afterward we will sit down together and enjoy the lovely lunch.

The Perfect End to the Day – Foot Massage and Happy Hour

WHEN: Tuesday, 29 October, 3:30 PM – 6:30 PM

WHERE: Meet at Central MTR (inside) near Exit D

COST: \$60 member/\$120 member's guest

CAPACITY: 6 min/10 max

COORDINATOR(S): Lisa Wallis 6716 0653

There's nothing better on a late summer's afternoon than relaxing in air-conditioned comfort while experiencing the total relaxation that is reflexology – nearly a full hour of massage that your feet will never forget! After our massages, we will top off the afternoon with a drink and camaraderie at OWL, the AWA's own Tuesday evening happy hour. Cost of massage (approximately HK\$200) and drinks payable on the day.

Educational Series: Mesmerizing Opals

WHEN: Wednesday, 30 October, 3:00 PM – 5:00 PM

WHERE: TAYMA Atelier, 9D-9/F Ho Lee Commercial Building, 38-44 D'Aguilar Street, Lan Kwai Fong, Central

COST: \$420 member/\$480 member's guest

CAPACITY: 5 min/15 max (excluding coordinator)

COORDINATOR(S): Natasha Bochorishvili 9853 0253

Opal, the rainbow stone: few gems evoke such polarizing views, with superstitions galore and a colorful past. Join us for Hong Kong-based British jeweler Tayma Page Allies's introduction to these rare and unusual gemstones. "A flicker and a flash is all it takes to get you hooked," says Tayma. Each member will receive a complimentary TAYMA Floating Islands watch worth HK\$890. Champagne, coffee and tea will be served.



Looking Forward November

Shopping Series: Yuet Tung China Works – Hand-Painted Porcelain

WHEN: Wednesday, 13 November, 10:00 AM – 2:00 PM

WHERE: Meet at Admiralty MTR (inside) near M&S Foods (Exact location will be emailed to participants)

COST: \$60 member/\$120 member's guest

CAPACITY: 5 min/10 max

COORDINATOR(S): Lisa Wallis 6715 0653

Just in time for your holiday shopping! Are you looking for a great place to buy some of the best porcelain in Hong Kong? Yuet Tung China Works has made hand-painted china since 1928 for restaurants, hotels and customers like you. This shop offers a range of ready-to-go china, but the real draw is either choosing a pattern from their sample book or having your own design custom made. Optional lunch will follow, at shared expense.

Registration Procedures

Local Tour and Activity (LTA) events are open for registration as of the first of each month in which the activity will be held. Activities being held in the early part of the following month are open for registration on the first day of the prior month. Check the AWA website at www.awa.org.hk for the most up-to-date schedule and don't forget to register early as many of the events will sell out.

Refund, Cancellation and Substitution Policies

Every activity includes an administrative fee of HK\$60 Member/HK\$120 Member's Guest. This base fee is not refundable at any time unless the AWA cancels the event. Charges in excess of the base fee are refundable if cancellation is received by the AWA office at least one full week before the activity date. For example, if the activity is on a Tuesday, cancellation must be received prior to midnight of the previous Tuesday. If the AWA cancels an event, the entire activity cost will be automatically credited to you. Credit notes are not transferable and must be used within six months from the date of issue or by the end of the AWA fiscal year (30 June), whichever is earlier. You may request a check in lieu of a credit at any time before the credit expires.

Owing to the popularity of AWA activities, many have a wait list and therefore substitutions cannot be accepted. If you are unable to attend an activity, please, inform the AWA office to cancel your place and allow someone on the waitlist to attend.

*The \$60 registration fee is purely an administration fee. It is not donated to the Charitable and Education fund.



Ongoing Clubs and Sports

The AWA's many ongoing clubs and sports offer the most popular and easiest ways for members to make new friends. Keep busy and expand your network of friends with these activities, organized by AWA members for AWA members. One-time registration (at www.awa.org.hk) is required in order to receive updates about scheduled activities.

ARTS/HOBBIES

Afternoon Book Club Penny Van Niel: penny.vanniel@gmail.com
Kathryn Abbott: ykathrynabbott@hotmail.com
Art Lovers Natasha Bochorishvili: nbochorishvili@gmail.com
Kumiko Matsushima: kumikomatsushima333@gmail.com
Photography Group Angela Bellas: angela_bellas@yahoo.com
Sew It's Thursday Connie Albracht: conniealbracht@me.com

GAMES

Bridge and Lunch Social Wendy Maize: wendymaize@netvigator.com
Games Galore (Mahjong Or Bridge) Beth Hall: bethhall@netvigator.com
Mahjong Madness Katherine Fenton: klfone@aol.com

TOPICAL

Environmental Committee Chiara Rodriguez: awahkenvironment@gmail.com
Spiritual Literacy Group Kate Weisman: kate.weisman@gmail.com
Women's Forum MaryAnn Boone: maryannboone828@gmail.com

FOOD

Galloping Gourmet Linda Gomoll: ljgomoll1@gmail.com
Jean Han: jeanhoya@yahoo.com
Mary Oliver: leoliver@msn.com
Penny Soder: pennysoder@gmail.com
Lunch Bunch Connie Albracht: conniealbracht@me.com

SPORTS

Globe Paddlers (Dragon Boat) Sarah Brundan: sjbrundan@yahoo.co.in
Augusta Nichols-Even: nichols.even@gmail.com
Nicci Button and Tanya Keg: golf@awa.org.hk
Golf Society
Hiking Group
Strenuous Hikes Gail Sousa: glsousa@yahoo.com
Alison Doran: ajdoran23@gmail.com
Moderate/Social Hikes Kathryn Abbott: ykathrynabbott@hotmail.com
Jane Hotchkiss: cjanehotchkiss1@gmail.com

Membership Programs and Meetups

AWA BUDDY PROGRAM

The AWA Buddy Program pairs interested new members with a "Buddy" who helps answer questions about life in Hong Kong and/or the AWA.

WHEN: Ongoing
COORDINATOR: Alison May, alisonemay@me.com

FOON YING – HONG KONG INSIGHTS

Foon Ying means "welcome" in Cantonese and the whole idea of these sessions (three sessions over a three-week period) is to embark on adventures and embrace new friendships. The program is great for both brand-new "Hong Kongers" and those of us who have been here a while and watched our first batch of friends and contacts head home or off to new pastures.

WHEN: Every month
WHERE: AWA office or alternate location as agreed
COORDINATOR: Helen Pott, helen.hk123@gmail.com

AWA WISE

A supportive, nurturing networking and professional development group for women, offering workshops on trending topics and networking meetups with other like-minded women's groups. AWA WISE events are open to non-members.

WHEN: Email coordinators or follow AWA WISE on Facebook @awawiseshk for event announcements
COORDINATORS: Priya Bhasker and Josephine Paris, wise@awa.org.hk

CHAT (COME HAVE A TALK)

CHAT is an informal drop-in gathering for members, newcomers, and non-members.

WHEN: Thursdays, 10:30 AM – 12:00 PM
(except public holidays)
WHERE: Café 8 (rooftop of Central Pier 8,
above the Maritime Museum)
No fee (all food and drink at personal expense)
COST:
COORDINATORS: Nancy Acee, hacee3@gmail.com
Avril York, avrily7@gmail.com

NEIGHBORHOOD COFFEES

If you live, work or play in any of the following neighborhoods, join others in your area for a monthly coffee. Contact your local coordinator for details of forthcoming coffees.

HK SOUTHSIDE Jean Han, jeanhoya@yahoo.com
SAI KUNG Katherine Fenton, klfone@aol.com
POK FU LAM AND SHOUSON HILL Annie Fifer, annefifer@gmail.com
KOWLOON Penny Soder, pennysoder@gmail.com

DISCOVERY BAY

Kathryn Abbott, ykathrynabbott@hotmail.com

OWL (OUT WITH THE LADIES)

Come join us any week or every week – same time, same place (except public holidays).

WHEN: Tuesdays, 5:30 PM – 7:00 PM
WHERE: Oolaa, 20 Bridges Street, Soho
COORDINATORS: Maureen Brugger, 5504 1515
Lisa Geary, 9682 5759
Kristen Allison, 5998 0809

About the AWA

The AWA (American Women's Association) is a dynamic community of women of all nationalities, with more than 650 members from 40 countries. Our mission is to welcome and empower women to connect and contribute in Hong Kong. We are sure you will find your niche through our diverse range of activities, events and opportunities to volunteer.

Current members: you are our best ambassadors. Please introduce new arrivals and old friends to AWA – over wine at OWL, at a Neighborhood Coffee or CHAT, or an AWA WISE event.

If you have any questions about the AWA, please contact the office or any of the Executive Board members.

OFFICE

Phone 2527 2961/2
 Fax 2865 7737
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 Membership Representative Joanne Lam: info@awa.org.hk

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 Ronald McDonald House Renee Cheung: reneecheung@me.com
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 China Merchants Wharf Tiffany Broeckelman: tiff04@yahoo.com

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 Chai Wan Linda Gomoll: ljgomoll1@gmail.com
 Kathy Barber: kathy71356@aol.com
 Mei Foo Reading Program Shirley Andruko: andruko@shaw.ca
 Lai King Karen Prosser: Kakki1961@hotmail.com
 Mock Interviews Katherine Payne: kepayne2506@gmail.com
 Dialogue in the Dark Jenlen Ng: jenlenera@gmail.com

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SOCIAL

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 Annie Fifer: annefifer@gmail.com
 Local Tours Natalia Morrison: localtours@awa.org.hk

PUBLIC RELATIONS

publicrelations@awa.org.hk

Chairperson J'nee Hilgers-Easter: publicrelations@awa.org.hk
 Newsletter/E-Blast Coordinator
 J'nee Hilgers-Easter: publicrelations@awa.org.hk
 Forum Moderator J'nee Hilgers-Easter: forum@awa.org.hk

Joining the AWA is easy, and all women are welcome! Just visit our website at awa.org.hk or call 2527 2961.

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Enquiry: membership@amcham.org.hk / +852 2530 6925

