

LIFE²

ISSUE

3
SUMMER
2016

YOUR GUIDE TO LIFESTYLE, TASTE AND PLEASURE

The boys in blue

THE BLUE MAN
GROUP PREPARE
TO HIT THE STAGE



LIFE IN PICTURES

ARTIST ANNIE
LEIBOVITZ IN
HONG KONG

SUNNY *SIPS*

THE BEST
SUMMER
COCKTAILS
IN THE CITY

SUMMER BEAT

Exclusive: Cantopop queen Joey Yung

POWERED BY:





The dishes and drinks at LKF restaurants shine

IN THIS ISSUE OF *LIFE*²...



Joey Yung speaks exclusively to us



Creative cocktails for the summer



Annie Leibovitz talks art



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SUMMER 2016 | *LIFE*²

LKF NEWS

Your round-up of food news and promotions in Lan Kwai Fong...



Families can Chow down

New Italian cafeteria-style venue Ciao Chow – Italian Cafeteria is offering a summer special brunch menu every Sunday, from 11am to 3pm, just for families. For \$298 per person, two parents and a child can enjoy signature bellinis, an antipasti dish each, plus a choice of pizza or pasta mains. There's also salad, dessert and coffee or tea into the bargain. The usual price for this feast at Ciao Chow is \$600 but the special brunch offer also comes with a free pizza for kids under 10 years old. They can even 'make their own' pie, with toppings of their choice. Plus, children can use the special play area, which sports toys, colouring materials and a face-painter. Additional kids can join in for \$100 each. Chow down with the family this summer! *G/F, California Tower, 32 D'Aguilar St, Central, 2344 0005; ciaochow.com.hk.*



The Wolf of D'Aguilar Street

A new bar has opened in the heart of LKF. Wolf Market is a concept where the prices of the drinks fluctuate. It's a stock market bar which opened just a few weeks ago and has already had the punters in watching their drink prices going up and down. And now they're banking on your visit! *UG/F-1/F, The Plaza, 21 D'Aguilar St, Central, 2530 9622; wolfmarket.com.hk.*

Taxis, tuck and tipples

Enjoy a free \$50 ride in a taxi during Uber x Lan Kwai Fong Bars and Restaurants Week between August 14 and 18, from midday to 7pm each day. Riders who take an Uber ride and drop off in Central can redeem exclusive offers in the participating bars and restaurants, such as money off drinks and dishes. The venues will also provide people with a unique code they can use to get a free \$50 ride in an Uber. For details, stay tuned on californiatower.com.



What a Polo!

If you're looking for quality Argentinian dishes, then look no further than the new Buenos Aires Polo Club in LKF Tower. Just opened by Black Sheep Restaurants, this eatery is inspired by the genteel world of the South American country's past, reviving the elegant tradition of steakhouse dining. There's a striking brass-topped bar in the intimate first room, which sports creative cocktails, and, just beyond, the main dining room evokes memories of the private clubs of the 1900s. Chef Felipe Lopez's menu includes signature beef cuts sourced from Argentina's premier open range cattle station, General Pico. *7/F, LKF Tower, 33 Wyndham St, Central, 2321 8681; bapoloclub.com.*



Good news always comes in threes

A trio of awesome summer promotions has been launched at Porterhouse by Laris. Enjoy the Definitive Hour, as well as 'Monday oysters' and some special weekend brunches. The first is the #MeatMeAtPorterhouse Definitive Hour promotion where, every Monday to Friday, between 6pm and 8pm, enjoy two-for-one Classic or Dirty Martinis. Also, only on Mondays between 6pm and 8pm, there's the oyster promotion which sees visitors indulging in \$15 oysters, while supplies last. Complimentary gourmet bites are also on offer. And, at weekends, enjoy the brunch offer that sees one adult dining for free with every three paying guests. The offer runs until July 31 and includes a semi-buffet feast and a choice of nine mains. *7/F, California Tower, 32 D'Aguilar St, Central, 2522 6366; porterhousebylaris.com.hk.*

Oysters and champers

When it comes to the high life, you can't go wrong with oysters and champagne. At California Tower's CÉ LA VI bar and restaurant, there's a promotion covering both over the summer. At the venue's Club Lounge and Sky Deck, enjoy one bottle of Louis Roederer champagne and half a dozen Irish rock oysters for \$688. Add \$120 for another half a dozen. The offer is every Monday to Thursday. *25/F, California Tower, 32 D'Aguilar St, Central, 3700 2300; hk.celavi.com.*



LKF SCENE

Your round-up of great events in Lan Kwai Fong over the past few months...



1. Neat treats on the streets

Hong Kong's first-ever street food fest in LKF was a smash hit on April 23 and 24. Hungry visitors came from far and wide to tuck into the treats which were cooked up by more than 50 local and international street food stalls and trucks. The LKF Street Food Festival introduced our city to the concept of food trucks, many of which were decorated and included LKF restaurants and caterers. We look forward to next year's colourful street food fest!

2. Sherman Chung, herself

Cantopop icon Sherman Chung teamed up with LKF's Jinjuu Korean restaurant in May to launch her new album, *Sherman, I, Me and Myself*. The star, who shot to fame in 2005 after winning our city's EEG Singing Contest, joined staff and fans for a private meal and a performance of some of her songs. She even learned how to cook a few dishes with Jinjuu's kitchen team. The album cover for *Sherman, I, Me and Myself* sports a homely feel, with the singer looking natural. This feeling continued at the launch as Chung was both natural when she performed and natural when she chatted with guests. We suggest you pick up a copy of the album!

3. JG comes to town

One of the world's most famous chefs, Jean-Georges Vongerichten, came to LKF last month to open his newest restaurant, Mercato, in California Tower. This is a new space that serves up some of the best modern Italian cuisine in the city. Read more about it in our food feature on page 20.

4. Better get to Mettā

Chief Executive CY Leung joined scores of guests at the opening of business membership club and community space in California Tower, Mettā, in May. Read more about the networking opportunities at Mettā in our special feature on page 6.

5. Dash Berlin rocks it

One of the biggest Dutch electronic dance music acts came, saw and conquered California Tower's Zentral nightclub at the end of May. World-class trance was on the decks as the face of the group, Jeffrey Sutorius, rocked the club. A spokesman said: "As Dash Berlin only headlines the main stages of major festivals in the world, it was our pleasure that this show was staged in Zentral. No doubt, it was a memorable and electrifying night for all of us."

FOREVER YUNG

Cantopop queen Joey Yung talks exclusively about her new album and the importance of live shows in Hong Kong

When it comes to female Cantopop idols over the past 20 years, Joey Yung's name is usually cited as being near to or at the top of the list. Of the post-2000 stars, she's one of the most recognisable Hong Kong female singers after rising to fame around a decade ago. As her new album *J-pop* hits the shelves and as she's been performing a huge series of global concerts with fellow Cantopop legend Hacken Lee, she tells us all about success, great opportunities and how she puts her heart and soul into her singing...

Hi Joey! So, you're one of the most famous musical divas in Hong Kong history. What's the secret to your long-lasting success?

Everyone has a different definition of success. I never see myself as a very successful person, however I do believe in great effort, courage and persistence. These are the three main things that drive me forward and allow me not to be scared of anything. There are times when you should try your best, even if you're not sure about the whole situation. When there are so many possibilities in our lives, things might already have been arranged for us. Our job is only to get these things done right.

Ever since your first studio album, *Who Will Love Me*, back in 2000, you have been rising and rising. How have you sustained this over, now, 16 years?

I think enjoying your job is important. I don't see it as a repeating operation. It's a singer's job to share happiness through life experiences with the fans and audience. I'm really glad that I've had great opportunities all these years from the producers and audiences. This success of mine is actually a great combination of my own efforts and the opportunities I've had.

JAY'S EVERYWHERE

You recently performed your Hacken Lee and Joey Yung Live Around The World concert. How was it?

I recently did a concert tour with Hacken Lee. I finally understand why it's such a right and happy thing to do a show with a partner who's performing by your side because he or she can share all the emotions and we can share the applause from the audience together. Also, Hacken always handles the things I forget, especially when I put my heart into singing on the stage. The work between us is incredible.

What shows and works do you have coming up, apart from Live Around The World?

There's the debut of my new album, *J-pop*, but the thing I'm most looking forward to this year is a 'sidetrack concert' with my fans, as there are a lot of songs that I want to perform but I have missed them out in my performances over the past few years.

“

I go to LKF mainly for dining and working. I'm not the kind of girl who can party all night and sleep all day

What do you think about the health of the HK music industry?

It's not that bad, however I think the media industry is falling apart, so everyone can't concentrate on promoting good music. As for artists like us, we have to put more effort in so the audience can discover our talents, even though it might take up more time, but it's still good training for us. A live show can always enhance our skills interacting with fans. It would be lovely if there were more venues providing spaces and opportunities for singers in Hong Kong, though.

Who are your favourite rising stars here?

I think Joyce Cheng and Phil Lam are worth paying attention to. They are both super-talented, especially the relationship that Joyce has with this industry, plus her talents in acting. Phil is really good with the audience, plus the songs he writes are wonderful.

We're also, obviously, big fans of Lan Kwai Fong. Do you go out there?

Other than as a landmark, Lan Kwai Fong is a must-visit place for my friends from other countries. For me, I go there mainly for dining and working. I'm not the kind of girl who can party all night and sleep all day. However, there are several restaurants that are in LKF that serve Japanese and Italian dishes that I really like.

THE MUST BUY LIST

Four new albums you just gotta listen to this summer

J-pop by Joey Yung

The Cantopop queen's new album sees the star telling, over 12 songs, stories about city life, particularly with the incredible *Hong Kong in a Day*.



Sherman, I, Me and Myself by Sherman Chung

The beautiful singer bares her soul on subjects like love, family, work and herself. The five-track album is a collaboration with Wyman Wong and his lyricist group Shoot the Lyricist.



Mirror Reflection by Vincy Chan

Vincy Chan is back with nine new and cover songs in *Mirror Reflection*. Recorded with a live string band, the awesome title track *Elaphure* tells of a girl who sacrifices herself in order to please the one she loves.



Coexistence by Jay Fung

Singer-songwriter Jay Fung encourages the youth of today to fight for their dreams despite the difficulties life may throw at them in his fifth album. Especially enjoy the sensational hip-hop epic, *Keep On, Fight On*.





Getting down to **BUSINESS**

Mettā, the new entrepreneurs' clubhouse in LKF, is more than just the average networking space

Cutting through all the buzzwords that are volleyed about in the world of startups can be a dizzying, daunting task. And one thing that meaningless jargon tends to do, as if by necessity, is remove a fundamental element of the business model – the human element. Ramping up your deliverables while leveraging your synergistic change agents through paradigm shifts might sound impressive but this doesn't exactly engender an environment for the types of genuine connections that are often so crucial to sustained success.

"As much as I love technology, there's nothing like face-to-face interaction," says Henri Arslanian, the Hong Kong-based head of corporate development at A Privacy, a Canadian tech firm for the financial services industry, as well as an adjunct professor at the University of Hong Kong in the School of Economics and Finance. We're speaking from the breezy, comfortable and – it must be said – buzzy environs of Mettā, a new entrepreneurs' club in the heart of our city. Make no mistake, though, this isn't the average networking space – the members-only

5,000sq ft clubhouse in California Tower furthers the brief of the omnipresent shared office environment by providing a platform for connections, idea exchanges and daily workshops, run for the community, by the community.

"For me, Mettā is a place where you have people and ideas and the connectors come together," Arslanian continues. "If you bring these people together, ideas will be exchanged and conversations will be had." The often competitive nature of the startup world is thus put aside at Mettā, where members can meet influential and like-minded self-starters at the club's BrewBar by the Coffee Academics, exchanging ideas while also taking in one of the best views in town. "If you need a village to build a startup," says Arslanian, "Mettā is the town square."

Arslanian also acknowledges that a space like Mettā – which is a platform built by Nest to support entrepreneurs – is right for Hong Kong right now. Indeed, 'it would have been unthinkable five years ago', he says. But in a city that has embraced startups wholeheartedly, clubs like Mettā are perhaps the next logical steps in the process. "Mettā is not a place for me but more of a mindset," says Arslanian. "The fact that you come here means that you're open to sharing and that you're open to connecting, and there's also a community aspect. It's not a shared workspace but a stock market for ideas."

Mettā 21/F, California Tower, 32 D'Aguilar St, Central; metta.co. Open Mon-Fri 8.30am-9pm, Sat 10am-7pm.

Henri Arslanian is a proud member of Mettā

“
If you need
a village to
build a startup,
Mettā is the
town square

M E T T Ā



How to join the club...

Mettā is a club designed for people and organisations who are 'passionate about changing the world through entrepreneurship and innovation'. Membership is by invitation only. New members can gain access through the referral of an existing member. Simply head to the website and opt to become an

'individual member', which is 'anyone who contributes value to the ecosystem', or a 'business partner', which is a company that has 'a proven cutting-edge specialisation that can be instrumental in creating success stories', or an 'ecosystem partner', which is designed with a 'curated innovation-centric engagement programme' or a

'startup member', which is 'a fledgling startup looking to integrate and contribute'. Launching first in our city, Mettā is expected to open around the world to create 'an unparalleled, meaningful entrepreneurial network without borders'.

To apply, head to metta.co/#membership.

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Hong Kong Beer Company
Amber Ale
This brewery is one of our city's most famous. Expect great ales from this team. hkbeerco.com



Gwei.io Beer
Gwei.io Pale Ale
Gwei.io brewery creates some pretty incredible English 'session' ales. gweilobeer.com



Mak's Brewery
Wheat Ale
These guys cater to the Hong Kong palate. It is all 'for locals by locals'. maksbeer.com



Young Master Ales
Young Master Rye
This Ap Lei Chau brewery sports a range of sumptuous and smoky beers. fb.com/youngmasterales



Black Kite Brewery
Pale Ale
Black Kite creates an array of well balanced and easy to quaff tipples. blackkite.hk



Fat Rooster
Red Ale
Craft ale fans love the Red Ale from Fat Rooster. Especially in its silver cask. fatrooster.hk



Kowloon Bay Brewery
American IPA
This brewery is almost a year old. Classic and seasonal brew kings. kowloonbaybrewery.com

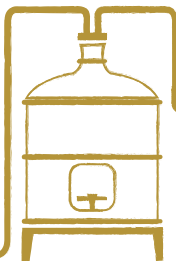


Yardley Brothers Beer
Lamma Island Pale Ale
These brothers on Lamma create some of our best beers. fb.com/yardleybrothersbeer



Moonzen Brewery
Yama Sichuan Porter
A husband-and-wife team who champion Chinese ingredients run Moonzen. moonzen.hk

There's been an explosion of craft beers and microbreweries in Hong Kong over the past couple of years. To coincide with the annual craft ale-orientated Lan Kwai Fong Beer and Music Festival, we look at why these brews have become the 'next big thing' in our city



Over the past couple of years, Hong Kong has started a real love affair with craft beer. There's been an explosion in the amount of microbreweries around town which are creating some exquisite tipples that are being sold in shops and bars throughout the city. It's true that there's been the beginnings of a huge global trend over the past few years in the craft ale trade but few expected it to take off in Hong Kong in quite the way it has done. But why is this?

The Lan Kwai Fong Beer and Music Festival is every July. This year it focuses on the art of craft beer due to this explosion of late. Central Harbourfront's Beertopia festival towards the end of every year is also a haven of craft brews. There's even a Craft Beer Association of Hong Kong. And bars across the city have been tweaking their drinks menus to create a much more sustained focus on craft brews, be they from our new homegrown microbreweries around Hong Kong or from overseas, particularly from countries in Europe and North America.

Craft beer still only makes up a tiny portion of our city's overall beer market, though, but it's nevertheless growing rapidly. We've been a little way behind some of our neighbours, like mainland China, Japan and Singapore, who all boasted craft beer labels before we did, but still, we're on the way up. Often, a craft beer in Hong Kong's success is not just down to just the new, unfamiliar flavours being brought to us but it's down to the story behind the flavours.

Poetically, craft beer, which is basically beer from an independent craft brewery with an annual production of no more than six million barrels, has been described as 'pure happiness in a glass'. It's more of an authentic and intellectual beverage than many other alcoholic drinks, personified by 'real ale fanatics' in the UK who actually tour



pubs and take notes on all the brews they come across. Much of the charm is down to the way you can almost taste the creativity and passion of the brewers in each sip, as well as investigate the complexity of the malty, hoppy or floral ingredients. It's not merely a fermented drink. It's a beer to be enjoyed in moderation, shared and revered. Plus it pairs perfectly with a range of foods, depending on the brew, and can work wonders in a variety of dishes.

Hong Kong is home to much mass-produced beer but craft ales, on the whole, boast much more flavour and complexity than the usual suspects. Many drinkers, when they get into the crafts, don't want to go back to those mass-produced bottles they were quaffing before. Hence the growing popularity in our city. Plus it's also down to the fact that these drinks go hand-in-hand with the good food and good wine cultures in our discerning SAR. With more craft choices going on tap at bars across the city, the future is an amber-coloured one for craft beers in Hong Kong.

Beers, beats and brilliance

The annual Lan Kwai Fong Beer and Music Festival takes place every July. Enjoy one of the biggest street parties of the year...

Few things in life beat beer, music and food. So, by the same token, few events in Hong Kong beat the annual Lan Kwai Fong Beer and Music Festival. Held every July, this epic feast of beats, eats, treats and brews attracts tens of thousands of people from across the world who come to enjoy an unrivalled experience in the heart of LKF.

This year the party is on Saturday July 30 and Sunday July 31. And it is being billed as the best one yet. Some of the most entertaining live music and some of the best craft ales that our city has to offer are on show. From 1pm until midnight on both days, the LKF Beer and Music Fest 2016 is a summer celebration like no other. Countless varieties of beer are on sale over the weekend, along with foods from across the globe. Enjoy more than 70 booths and stalls offering delicious delicacies and drinks, along with amusing arts and crafts, fashion accessories and even interactive games.

Dr Allan Zeman, the 'godfather' of LKF and the chairman of the organising body, the Lan Kwai Fong Association, says: "Every year the Lan Kwai Fong Beerfest attracts a lot of people both from overseas and from Hong Kong. We expect to have over 100,000 visitors during the two days. It's definitely an event that you cannot miss!"

The theme this year is 'Crafty and Mastery' and the whole LKF area is getting in on the action, as it's going to become a single big brewery that offers a range of diverse beer tastings, food and beer pairings and dishes that are actually made with ale ingredients. Also expect brewery elements at plenty of the stalls, like



Bamboo Star Playing the Beerfest at 10.30pm on Sat Jul 30

Hong Kong hard rock band Bamboo Star says: "The LKF Beer and Music Fest is an awesome street-level party that allows us to bring our music into the public sphere and really engage with people who might not have been expecting to watch us. LKF is usually filled with R&B, EDM and pop, so having the audience (hopefully) walk away knowing there is quality rock 'n' roll in this city is the best part for us!"



Dr Allan Zeman goes all Wild West at last year's festival



tower clocks, pipes, barrels and beer trolleys, all worth a photo opp or 10, and buy a special T-shirt called the 'Beerfest 2016 Beeryard'.

Foods on offer at the stalls include chicken lollipops, Sichuan spicy peanuts, vegetable kimbap, takoyaki, ice cream sandwiches, fried cuttlefish balls and shrimp toast, all of which can be paired with some of the special craft beers on offer. There are, in fact, more than 100 varieties of beer which are to be up for grabs at the fest, hailing from all corners of the world. Alongside ales from countries like Germany, Japan and the UK, though, expect a raft of creations from Hong Kong's local breweries like Gwei lo Beer, Mak's Brewery and the Hong Kong Beer Company.

Also on the bill is an environmental focus in the bottle recycling schemes. There are to be two booths which collect bottles that will later be recycled. And expect the bars and restaurants in LKF to take part, including those joining the fun for the first time like Jinjuu, Bloop Shisha Lounge, Porterhouse by Laris and Orange Tree.

As for the music, there's to be a whopping 50 sessions on the alfresco stages over the weekend alongside interactive games and competitions like a 'burger challenge', a 'beer drinking competition', an 'ice cream eating competition' and arm wrestling. A total of 22 bands are to perform live, covering genres like punk, metal, blues, EDM and jazz. Catch local acts like Bamboo Star and Shaolin Fez.

So, for a weekend like no other in LKF, head to Beerfest. It's party time in LKF. It's Beerfest time!

The Lan Kwai Fong Beer and Music Festival is on Sat Jul 30 and Sun Jul 31, 1pm-midnight both days. For details and band times, head to lankwaifong.com/beerfestival2016.



Shaolin Fez Playing the Beerfest at 7pm on Sun Jul 31

Hong Kong R&B, funk and acid-jazz band Shaolin Fez says: "Festivals are now the lifeblood for the live music scene in Hong Kong. As clubs and music venues keep shutting their doors due to skyrocketing rents, it's the festivals which are stepping up to keep our live music scene alive. We think it's fabulous that the Beerfest has the foresight to use this venue!"

BUILDING A MORE

MUSICAL ASIA

TAMC
THE ASIA MUSIC CONFERENCE

Welcome to the TAMC panel; (below left) the audience asks questions; (below right) Martin Carvell addresses the visitors

The Asia Music Conference launched in June to great applause and now it's on a mission to improve the music industry across the continent



At the start of June, something seismic happened in the Asian music scene. There was an inaugural conference on the future of the industry across the continent held over in Macau. It may not seem like a pioneering notion: a collection of music industry leaders getting together to discuss forging partnerships and improving the Asian music scene, but do not be fooled. The Asia Music Conference is indeed pioneering as there hasn't been anything like it before in this part of the world. Its mission is Asian domination when it comes to the music industry and the first step has just been taken.

TAMC was held over three days in Macau, encompassing a formal networking cocktail session, a series of seminars and then an epic pool party at the Hard Rock Hotel in the City of Dreams resort. It was the introduction, followed by the discussion and ending with the celebration. The mission of TAMC is to 'assemble electronic music's most legendary and innovative artists and professionals from across the globe to demonstrate the huge potential of EDM throughout Asia'. The focus is on EDM, for sure, but actually TAMC could cover all musical bases in the future. It's about opening up a dialogue and getting all parties, in countries from Thailand to Japan, who are involved in the music industry to work together. It's about moulding the music scene in Asia.

A raft of artists and professionals from across the globe visited what was dubbed 'the hub' of the Asian entertainment industry in Macau. During the seminars, the professionals listened to a raft of one-on-one interviews with key figures and also joined in group discussions covering a wide variety of industry subjects.

Moderators included Alan James Jewell, executive director of Big Events and also a member of the Lan Kwai Fong Group, and superstar Hong Kong-based DJ Ricky Stone, who helped organise TAMC. Key speakers included Dr Allan Zeman, chairman of the LKF Group, and Martin Carvell, managing director of *DJ Magazine* from the UK. Owner of Hong Kong's dragon-i club and the Tasmania Ballroom, Gilbert Yeung, also spoke at a seminar. Clubs, music promotions, China's music initiatives and live music festivals were all on the agenda. DJ and co-organiser Ricky Stone says: "There were some great discussions at the seminars and it was really interesting to hear the views of our panel experts."

So, the seeds have been sown with the first TAMC but what's next? Basically, next year, TAMC is putting together an exhibition for those in the music industry to showcase their company's services and products in Asia. The exhibition is being planned at 'one of Macau's mega resorts' and it's hoped that plenty of 'fun, inspiring, engaging and visual' booths will be filled by exhibitors. Anyone who wants to get involved should contact the info@tamcasia.com email address for more information. Ricky Stone says: "We are very happy with the response post-TAMC and are looking forward to the next installments. We are speaking to several potential new partners in other regions of Asia at present for 2017." Look forward to next year's exhibition as you also look forward to a stronger Asian music industry as TAMC develops and takes our side of the music world forward.

For more details on TAMC, head to tamcasia.com.



“THERE WERE GREAT DISCUSSIONS AT THE TAMC SEMINARS AND IT WAS INTERESTING TO HEAR THE VIEWS OF OUR EXPERTS”

Eva Pinkland

Born and raised in Hong Kong, Eva Cheung Pinkland is on the rise to superstardom. She was *Nylon Magazine* Japan's 'it-girl' in 2013 and she's been at the forefront of the Harajuku pop culture scene ever since. She's a fashionista with a distinct kawaii style and she's also a model and artist. And, since February, when she launched her DJ career at Macau's Cubic nightclub, she's becoming a rising star on the decks across Asia. She's already worked with Lady Gaga's former fashion stylist and has been learning the art of mixing under the guidance of former Top 100 DJ Ricky Stone. Along with her trademark on-stage furry 'monster', Pink Daddy, she's becoming a big deal in Asia...

How did you begin your DJ career in February?
I started all because of Ricky Stone. I knew him before, so I met him and asked him if he could teach me how to DJ. I've always wanted to be a DJ so Ricky's company helped me organise events.

How are you improving as you go?
I have been taking classes every week. I want to have more performance experience because I am still new to the DJ world. I want to perform at more events, so that I can also learn as I'm DJing.

How would you describe your musical style?
I'm mostly doing EDM now but I also really like trap music, so hopefully I can incorporate some of that into my sounds. I also really like 80s music, so perhaps I can mix all of them together!

Brilliant! Why 80s music?
Because I really like Michael Jackson [laughs]!

Is it hard to get Hong Kong EDM out there?
I hope that, in the future, more people in Hong Kong could recognise EDM music so HK's DJ music could spread to other places.

How can people see you perform in Hong Kong?
I am going to be DJing in Japan and other places first but, hopefully, I can bring it all back to Hong Kong pretty soon!



SUMMER EATS

Join us for some of the best seasonal dishes in LKF



Sunny side up

Some of the dishes and drinks you need to taste at three top LKF restaurants this summer...

Bingrae Bang cocktail (far left), Jin-Jube cocktail (below centre) and Go Guaba cocktail (bottom right) are from **Jinjuu**.

Antipasti selection on a wood platter (centre), which includes Prosciutto di Parma, Prosciutto Nero and Bruschetta al Pomodoro, is from **Ciao Chow – Italian Cafeteria**. The Selezione Olive Intere (top) and the Gamberi Salad (bottom) are also from the same restaurant.

The fresh oyster platter with tom yum, guava and lime (top right) is from **Townhouse**.

PICTURES OF health

Five Hong Kong chefs give *LIFE*² tips on how to eat healthily over the summer



SANG HYUN KO
Head chef at Jinjuu

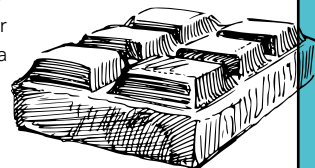


“**Kimchi** adds a flavourful punch to any meal and it’s also considered one of the world’s healthiest foods. Fermented foods like kimchi provide good bacteria for the gut and they aid digestion, and, since kimchi is low in calories and it’s fibrous, fat-free and rich in capsaicin (a carbohydrate-metabolising ingredient), it even aids in weight loss. Kimchi is packed with vitamins A, B and C, as well as various minerals, which promotes collagen production to keep you looking young. Kimchi has been proven to boost immunity, as it’s full of antioxidants that help combat disease. It keeps you looking and feeling great from the inside out!”



JASON LICKER
Corporate pastry chef for CÉ LA VI Restaurants

“**Dark chocolate** is actually healthy as it’s rich in fibre, iron, magnesium, copper and a whole host of other minerals, as well as being a source of powerful antioxidants. But this doesn’t mean you can eat a kilo of it! Moderation is the key to success. I have read studies that say chocolate may prevent cardiovascular disease and help increase brain function as well. But buyers beware: most of the chocolate on the market is garbage. Make sure your dark chocolate is 70 percent or higher in cocoa content and is also organic.”



WHEN THE SUN IS SHINING, YOUR DIET NEEDS TO BE SHINING TOO. AND THAT MEANS CUTTING DOWN ON THE FATS AND CARBS, AND FINDING A HEALTHIER DIET THAT SUITS YOU. WE’VE SPOKEN WITH FIVE WELL-KNOWN HONG KONG CHEFS WHO RECKON THEIR SPECIAL TIPS FOR HEALTHY EATING SHOULD HELP YOU FEEL GREAT OVER THE SUMMER...



ANGIE FORD
Executive chef at Porterhouse by Laris



“**Beef**, when eaten in reasonable portion sizes, supplies more than 10 percent of the daily value of nine essential nutrients such as protein, B-complex vitamins, iron, phosphorus and zinc. Protein is essential in our diets as it provides muscular strength and increases energy levels. Beef has also been found to play a positive role in cancer prevention thanks to conjugated linoleic acid, a fatty acid found in beef that can aid in preventing tumour growth and development.”



MOISES MEHL
Raw food chef at Nood Food

“**Almonds** are nutrient-dense and provide plant-based unsaturated fats, protein, fibre, minerals and vitamins. Research has found that consuming a handful of almonds every day can help prevent many degenerative diseases, as well as have a cholesterol-lowering effect and provide antioxidants. They can also prevent inflammation. The best way to eat them is raw and sprouted, as sprouting removes the antinutrient substances that protect them until they are able to sprout. Sprout the nuts by soaking them overnight at room temperature and then consume them straight away.”

JEAN-GEORGES
Consulting chef of Mercato

“**Organic carrots** are great when raw or cooked, especially in a salad. I have a salad where I blanch carrots and grate cumin over them and add thyme, orange blossom water and lemon juice, and then roast them. Or a roasting recipe in which I make a paste out of chilli, garlic and olive oil, cover the carrots and roast them. Carrots are fantastic for you. They benefit every part of your body health-wise. People are wary because they’re high in sugar but it’s all natural sugar. Plus, it only takes 30 days to grow one!”



TRY THE LIGHT FANTASTIC

Who wants a heavy meal during the summer? You need to enjoy some light bites instead

We all love an alfresco meal in the summer or a veritable feast in the cooling air-con of a top restaurant. But one thing we don't love is tucking into a heavy dish as the sunny season demands light bites for lunch or dinner. Too much food means too much on the stomach. So, here are five great light bites that some of the best eateries in Central are creating for the hot summer months...

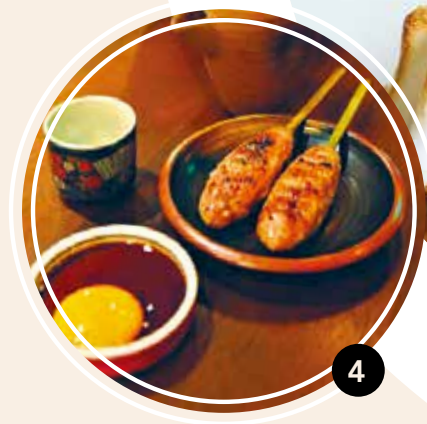
1 Oyster platter Townhouse

This iced platter of fresh oysters from California Tower's Townhouse comes with dressings of tom yum, guava and lime. It makes for a light, decadent and refreshing treat that's perfect for beating the summer heat. Top the plump oysters with one of the three different flavours for spicy, sour and

fruity sensations. *Dish costs \$148. 23/F, California Tower, 32 D'Aguiar St, Central, 2344 2366; gaiagroup.com.hk.*

2 Gamberi salad Ciao Chow – Italian Cafeteria

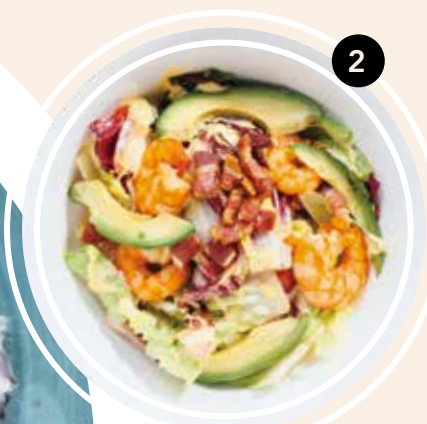
It's not just all about the perfect pizzas and pastas at Ciao Chow. The great salad selection here is also worth shouting about. And that includes the gamberi salad, which is packed full of superfoods radicchio and avocado, as well as shrimps, cucumber and pancetta. It's light, colourful and really healthy too. The stars of the salad are the pan-fried shrimps and the sliced avocado, which work wonders with the crunch of the cucumber and the crispy lettuce. The creamy bisque dressing is also a summery delight. *Dish costs \$128. G/F, California Tower, 32 D'Aguiar St, Central, 2344 0005; ciaochow.com.hk.*



4



3



2



5

3 Pan-fried scallops with pickled jicama Bread Street Kitchen

Gordon Ramsay's first Hong Kong outpost serves up some fantastic pan-fried scallops with pickled jicama and a ginger dressing. The succulent scallops are pan-fried to golden perfection and arrive atop crunchy and vinegary jicama. The ginger dressing rounds out the dish with refreshing-yet-punchy notes. It's a light ensemble that tantalises the palate well. *Dish costs \$158. M/F, LKF Hotel, 33 Wyndham St, Central, 2230 1800; diningconcepts.com.*

4 Minced chicken skewer Keyaki

Purveyor of all things grilled, Keyaki is the place to hit up for a skewer or two. Pull up a stool facing the bar and grill and indulge in the restaurant's signature minced chicken skewer. The skewer is made up of minced Japanese chicken thighs and soft bones to add a real depth of flavour to this light bite. Once

marinated and grilled, the skewers are served with homemade sweet teriyaki and a Japanese egg yolk on the side for dipping. The small portions allow for a lighter bite but you might not be able to stop at just one! *Dish costs \$45. 14 Wo On Lane, Central, 2362 7223; keyakihk.com.*

5 Apple and raisins sablée Casa Lisboa

Desserts can make for refreshing light bites, especially when it comes to Casa Lisboa's apple and raisins sablée with vanilla ice cream. This delicate sweet treat is said to be based on a recipe which was created by monks at Portugal's largest monastery. It sandwiches slow-cooked port wine-soaked apples and raisins between two thin layers of buttery puff pastry before it's all topped with a fluffy layer of meringue. Float away after this delicious dessert this summer. *Dish costs \$80. 8/F, LKF Tower, 33 Wyndham St, Central, 2905 1168; casalisboa.com.hk.*

TRY THIS ONE AT HOME...



Goat's cheese and roasted figs tartine from Tartine



Ingredients:

Bread, goat's cheese, one fig, butter, vinegar, ham, honey and cream of balsamic

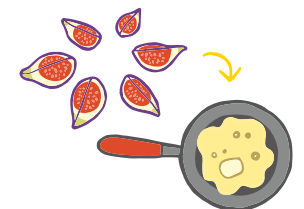
Step 1

Toast the bread and spread with some goat's cheese



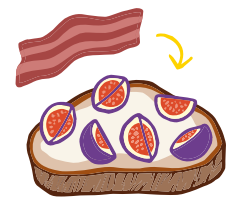
Step 2

Cut a fig into six pieces and fry it with butter and vinegar for 10 seconds maximum



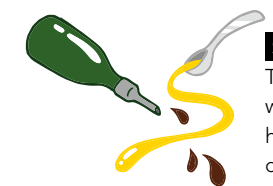
Step 3

Top the tartine with the fig and add some ham



Step 4

Top the tartine with drizzles of honey and some cream of balsamic



Tartine 2/F & 3/F, The Mood at Lyndhurst, 38-42 Lyndhurst Terrace, Central, 2808 0752; thetartine.com.

The interiors of Mercato are airy and boast a fine sky blue on the ceiling



A taste OF ITALY

New Italian restaurant in California Tower, Mercato, is becoming a massive hit. Famous chef Jean-Georges Vongerichten tells us the secrets behind its success

“**HONG KONG LIVING CAN BE SMALL BUT WE LIKE THAT THIS RESTAURANT IS INTIMATE**”

There are plenty of Italian restaurants in Hong Kong but only a handful of them can be labelled as ‘star eateries’. The new Mercato at Lan Kwai Fong’s California Tower is already earning this label. This is a swish new space that’s just opened up on the eighth floor, serving up some of the best modern Italian cuisine in the city. And it’s all down to one of the world’s most famous chefs, Jean-Georges Vongerichten. He’s the brains behind the operation and the key to its success.

Vongerichten was born and raised in Alsace, France. He trained in the culinary arts in his native land and then, after being the apprentice of some three Michelin-starred chefs in France, he travelled to Asia to continue his training at the Oriental Hotel in Bangkok, the Meridien Hotel in Singapore and the Mandarin Hotel in Hong Kong. In 1997, he began to make a name for himself in

the culinary world when he opened Jean-Georges in the Trump International Hotel and Tower New York, earning a four-star review from *The New York Times*. And it’s been all up for the chef and restaurant owner from there, right up to 2012, when Three on the Bund invited him to together develop a whole new F&B concept, Mercato in Shanghai. This venue has been a huge success, meaning this year is the time to open up the Hong Kong branch of the Italian eatery, Mercato Hong Kong.

Mercato dishes up Italian food with Vongerichten’s classic light cooking styles, using quality ingredients and simple recipes. Much like Mercato Shanghai, heavy meat-stock and cream-based sauces are swapped in favour of vegetable juices, fruit essences, light broths and herbal vinaigrettes. It’s not all about the food here, either. A major feature is The Mercato Bar, which serves cocktails that utilise Italian spirits with fruits and Italian wines. Vongerichten tells us that he’s proud of the bar’s décor. “If you look at the bar,” he says, “you want a Negroni cocktail because the bar is the colour of a Campari. I like the notes of orange in our sunny lighting.”

When Lan Kwai Fong’s Allan Zeman approached Vongerichten’s team during the construction of California Tower, the chef jumped at the chance to return to Hong Kong. “I missed Hong Kong,” he says. “The people here are foodies and you can get any produce you want. Hong Kong living is smaller,

though, [than Shanghai] but we like that the restaurant here is more intimate.”

There is a ‘sharing culture’ at Mercato. Vongerichten says: “Sharing portions connect people and diners in Asia are connected to their food.” The chef is also a big fan of the LKF buzz. “LKF was my hangout when I lived here,” he says. “It’s a microcosm, full of cutting-edge bars and restaurants that attract foodies and drinkers alike. Energy attracts energy.”

The Italian classics, along with signature dishes like pizzas and pastas, means there’s something for everyone here. There are light bites and richer offerings. This is an excellent culinary boost to California Tower and LKF. In fact, this is an excellent boost to Hong Kong as a whole.

Mercato 8/F, California Tower, 32 D’Aguilar St, Central, 3706 8567; fb.com/mercatohongkong.

A FEW WORDS WITH JEAN-GEORGES

The famous chef speaks to LIFE...



Tell us the inspiration behind your ‘lighter’ cooking methods...

When I first arrived in New York some 30 years ago, I was cooking traditional French food with cream and butter. But with dining habits changing and technology improving, people were not just dining out for special occasions. So dishes with heavy meat stock or rich cream might not be suitable or healthy. There’s no need to use heavy sauce to cover the taste of food like people used to do. As a result of the trends, there was a calling for a lighter and healthier culinary style. In addition, my early years in Asia opened up my eyes to spices and herbs. Travelling changed my life, my palate and my understanding of ingredients. Nowadays, I use fresh ingredients that are organic and GMO-free. I’m getting older and I want to live longer. Life is all about balance.

Describe Mercato’s food...

Lots of Italian people say my food isn’t Italian, which is fine because I’m French, so I never claim that it is! It’s an interpretation of Italian. It’s what I call ‘sexy Italian’. I use more spices and chillis in my dishes to give them a sexy kick!

What are your fave ingredients?

Fish, seafood and vegetables. It’s what I like, according to my blood type. I believe that your blood type dictates your preferences. I’m happy to have found great ingredients like white asparagus in HK! I could never find that in Shanghai...



Expect great cocktails, burgers and DJs at Beef & Liberty's new music-orientated venue at California Tower

Beef & Liberty's success story is about to expand beyond its brilliant burgers and into the cocktail and DJ music arena. They're opening a new restaurant in LKF's California Tower in early September which is to deliver the same standard of patties that the brand is famous for, but there will also be superb drinks and DJs playing at the venue. Expect excellent burgers, craft beers, creative cocktails and top music.

"We're going to amplify the bar with exciting new cocktails and more craft beers, as well as introducing a bigger, bolder bar programme," says Neil Remedios, group operations director at Beef & Liberty. "When it comes to the drinks, it's going to be a whole new concept compared to what we've done before. We're developing a dynamic bar menu which will be available throughout the day and night. We know how much our guests love our food and now we want them to love our drinks. If you don't fancy a whole meal, grab a few craft beers and snacks at the bar."

The new space in California Tower adds to Beef & Liberty's outlets in Wan Chai and Stanley, as well as its Shanghai restaurants and its pop-up at PMQ in Central. The LKF spot is to include the familiar open kitchen and modern interiors but it's also to feature a large central cocktail bar. "We are currently working with designers," says Remedios, "to reinterpret Beef & Liberty with a fresh direction. We want to remain familiar as well."

Remedios thinks LKF is the perfect location. He says: "LKF never stops and California Tower is an iconic landmark. We think it's going to be a great place for our guests to experience Beef & Liberty." Music is going to be a large element, too. The space will house a DJ station with sets during the evenings and weekends. Remedios says: "We want guests to enjoy the best hamburgers in Hong Kong with our efficient service and a healthy dose of personality right in the heart of LKF."

Beef & Liberty 3/F, California Tower, 32 D'Aguiar St, Central; beef-liberty.com/hk.



Great burger; (left) Neil Remedios; (far left) fab cocktail

“ WE THINK LKF IS A GREAT PLACE FOR OUR GUESTS TO EXPERIENCE BEEF & LIBERTY ”

O CANADA!

Join the Taste of Canada campaign! Find out which 11 restaurants are participating and discover more about our colourful Canadian community in Hong Kong

The Canadian community in Hong Kong is one of the biggest international communities in the city. It is estimated there are more than 300,000 Canadian passport holders residing here. And that can be seen by the celebrations which were held across the city on July 1 for Canada Day. This year, there were parties held by Canadians across our SAR to toast the nation's annual celebratory event.

The Consul General of Canada addressed our city's Canadian community with his Canadian National Day message. Mr J Ian Burchett said that, this year, the community was celebrating 'Cool

Connected Canada' and cited



The Consul General of Canada, Mr J Ian Burchett

being 'connected' to Hong Kong and Macau 'by shared Commonwealth values and heritage'. Canada Day also started the food campaign, Taste of Canada, which is spearheaded

by the Entrepreneur and Small Business Committee of the Canadian Chamber of Commerce in Hong Kong. It runs in LKF and Central until July 31, with 11 restaurants participating, serving up top Canadian dishes that boast top Canadian ingredients.

CanCham chairman Lawrence Nutting says: "The chamber is proud to present Taste of Canada in LKF and Central. Sponsored by Air Canada and supported by the Consulate General of Canada in Hong Kong and Macao, the Canada Beef Association and the Lan Kwai Fong

Group, it is time for Canadians to show our Hong Kong counterparts our Canadian pride."

The main idea behind Taste of Canada is to visit the restaurants and enjoy a taste of the North American country. But also, as part of the campaign, Air Canada, the title sponsor, has offered a set of round-trip tickets from Hong Kong to any parts of Canada if they win a lucky draw. To enter, collect a copy of the 'Taste of Canada passport' at any of the restaurants or the CanCham office, order at least one Canadian dish or drink, spend the minimum charge and mail the receipt back to CanCham by August 15. Members will draw a winner and announce it in their weekly e-newsletter on August 26.

Mr Burchett says that Taste of Canada toasts 'all great things Canadian'. He adds: "This year's Canada Day theme is #CoolConnectedCanada, so I hope to see many Canadians and Hongkongers connect by sharing the innovative Canadian dishes!"

Taste of Canada

This month-long event runs in LKF and the Central area until July 31. The 11 participating restaurants are Azure Restaurant Slash Bar, The Butchers Club, Kyoto Joe, Havana, Crafted 852, Bisque, Holy Crab, Jinjuu, Umami Concepts, Porterhouse by Laris and Café Siam. Pop into any of them to pick up a 'passport'.



The facts: Canadians in HK



It is estimated that over **300,000** Canadians live in Hong Kong.



Canada's presence in Hong Kong is more than **93** years old.



The Consulate General of Canada in HK issued more than **27,100** Canadian passports last year.



There are approximately **200** Canadian companies operating in Hong Kong.



Canada is working with Hong Kong to bring Canadian cleantech innovations to the region.

Sipping in the Sun

Few drinks cool the soul on a hot day quite like a cold cocktail. Try out our picks from Hong Kong bars for the summer...

A cold beer or a chilled glass of wine may be good refreshers at a bar in the hot summer months but nothing really beats the heat like a specially crafted cocktail. Hong Kong has an array of bars and restaurants which boast expert mixologists and truly innovative creations. We've picked a handful in the Central area which we're going to be going back to again and again as the mercury rises.



Gin and Tea Tonic

Bitters & Sweets

Few drinks say summer more accurately than a gin and tonic. And Bitter & Sweets' modern twist on the classic adds the refreshing flavours of oolong tea into the mix. Considered the 'Eurasian beauty' of the Wellington Street bar, this cocktail uses a homemade tonic that's been infused with oolong tea, passion fruit and rose. This light and easy-to-drink cocktail is a refreshing way to beat the sweltering heat. Also, on Mondays to Fridays, enjoy a buy-one-get-one-free Gin and Tea Tonic between 5.30pm and 7.30pm. *Cocktail costs \$130. 1/F, Somptueux Central, 52-54 Wellington St, Central, 2788 0103; bittersandsweets.hk.*

London Fogcutter

Lily & Bloom

What do you get when you mix Bombay Sapphire Brugal 1888 rum with Hennessy VSOP cognac and then add some elderflowers, passion fruits, lemons and apples? You get an incredible night out at Lily & Bloom, that's what! The London Fogcutter is a flavoursome yet really quite light and summery cocktail that has visitors from across the world partying down at this Wyndham Street venue during the clammy season's balmy nights. *Cocktail costs \$140. 5/F-6/F, LKF Tower, 33 Wyndham St, Central, 2810 6166; buzzconcepts.com.*

Her Name Was Lola

Quinary

Instagram-worthy cocktails is what Quinary is all about. And, during the summer months, it's also all about the lighter side of mixology. Cue Her Name Was Lola, which is derived from the all-familiar song, *Copacabana*. This is a bittersweet creation of Tanqueray gin, Aperol, Calpis syrup, orange and grapefruit juice, garnished with a cloud of Campari cotton candy to boast the slightest tinge of bitterness. You'll be dancing all the way to the Copacabana with this one! *Cocktail costs \$130. 56-58 Hollywood Rd, Central, 2851 3223; quinary.hk.*



Noble's Cup

Wolf Market

Grapefruit always refreshes. And the grapefruit tones in the Noble's Cup cocktail at new LKF 'stock market bar' Wolf Market are super refreshing. This tippie is a mix of Ketel One Citroen citrus vodka, Aperol Italian aperitif, grapefruit juice, apple juice, lemon juice, syrup, ginger and coriander. It's a treat of a cocktail that brings out the grapefruit tang as well as the hints of ginger and muddled coriander. Invigorate yourself on a hot day. *Cocktail costs \$118. UG/F-1/F, The Plaza, 21 D'Aguilar St, Central, 2530 9622; wolfmarket.com.hk.*



Storm Cooler

CÉ LA VI

This fruity summer tippie mixes passion fruit and honey with Grey Goose vodka. Finished with raw liquorice powder, it's the perfect mix of sweet, sour and spice to keep you chilled while you party with friends at California Tower's classy CÉ LA VI. *Cocktail costs \$108. 25/F, California Tower, 32 D'Aguilar St, Central, 3700 2300; hk.celavi.com.*

TRY THIS ONE AT HOME...



My Neighbour To-Taro from mixologist Amanda Wan at The Envoy



Ingredients: 45ml Myers's Dark Rum, 110g purple sweet potatoes, 20g taro powder, 110g coconut milk, 110g fresh milk, 110g sugar syrup, 4 shots espresso, 100ml Kahlua, 400ml cream, 100ml Monin French vanilla syrup, 2 cream charger bullets, 4 ice cubes.

Step 1 Make your purée by blending sweet potatoes, which have been baked until totally soft, with the taro powder, coconut milk, fresh milk and sugar syrup.



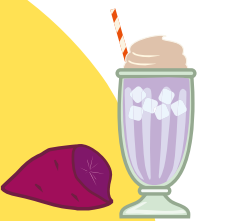
Step 2 Pour out 90ml of the purée into a separate glass and add the dark rum. Set aside.



Step 3 Now make a coffee mousse by combining four shots of espresso with the Kahlua, cream and vanilla syrup in a siphon. Then charge with the two cream charger bullets before chilling.



Step 4 Blend the purée and rum with ice cubes, serve in a sundae glass, top with a swirl of the coffee mousse, garnish with your favourite paper straw and drink!



The Envoy 74 Queen's Rd C, Central, 2169 3311; theenvoy.hk.

Star File

Featuring Sam Lee and Subcrew

SAM LEE: HONG KONG STAR

Hong Kong actor Sam Lee has practically done it all. He's been cast in a plethora of successful films. In the SAR, he's been a huge television star, he's a popular DJ under the pseudonym Becareful, he's a rapper as part of a top hip-hop band and he's an entrepreneur who's a key part of businesses like the American food truck-inspired eatery in LKF, Boomshack. On top of all this, though, he's a man of cool streetwise style, personified by the fact that he, along with friends, established hit hip 'n' chic skater clothing label Subcrew.

Subcrew, which was founded more than a decade ago, has just launched its new sunglasses collection in collaboration with Hong Kong actor, dancer and rock singer Danny Chan. These sunnies are created to specifically suit Asian facial features and they take their inspiration from martial arts legend Bruce Lee. His 'as you think, so shall you become' quote is etched on to the inner arms of the shades in the collection, commemorating Bruce Lee's spirit and energy. Sam Lee says it's an exciting time for

him, the brand and the new collection. He also tells us about Boomshack and what he likes to wear on a summer weekend when we meet him at the LKF eatery...

So, why did you engrave 'as you think, so shall you become' on the new sunglasses?

The gold 'as you think, so shall you become' quote from Bruce Lee on the inner arm is to commemorate his spirit of giving out positivity and energy. And also Danny acted as Bruce Lee in *Ip Man 3*. He kind of looks like Bruce Lee too, don't you think?

We love the sunglasses! And we also love your style. What outfit do you go for on a casual weekend?

T-shirt and short pants. Dressing comfortably is my priority. I like to dress in black and white and match with sharp-coloured accessories.

We like that! Tell us three of your must-have summer accessories...

My everyday accessory is a chain wallet. I would lose my wallet if I didn't chain it to

me! It's become a habit to wear it. I have a few chains in different materials: leather, metal and synthetic. Just like other men, though, I'm also a watch collector. It can be very costly but today I'm wearing a G-Shock. I also collect sneakers. This can be costly too. Nike, Adidas and Vans are my go-to brands.

What do you think about Hong Kong's local fashion industry?

To be honest, local customers don't buy much from HK brands. They tend to buy imported goods and international brands. But what Subcrew can do is to keep building up a good profile for the brand. 'Quality, creativity and persistence' is our motto.

How did you become a DJ?

I've been working as a DJ for more than 10 years. This started back in 2007 when my friends invited me to a Christmas Eve party and there were a few DJ friends who did not show up. My friend Frankie taught me how to DJ and I really picked it up later.

Why do you call yourself DJ Becareful?

Becareful Lee is my childhood nickname, actually, but that's not all. It's also because I push the wrong button all the time! There was one time when I made a building's electricity go off. I name myself 'Becareful' as a self-reminder...

Where do you usually hit the decks?

I usually DJ on Fridays and weekends in mainland China and occasionally in Malaysia and Singapore.

Boomshack is a funky restaurant with its food truck concept. Tell us about it...

I love food and I like to share it with family and friends. A restaurant is the perfect place for friends to hang out in on a weekend. Boomshack is a fairly new food truck eatery that sells amazing burgers and chicken waffles. It's been open for over a year now.

Any plans to open a second one?

Yes, I did think about it. I'd probably open it in the Kowloon area or in Causeway Bay.

Subcrew has collaborated with many brands. What's your next collaboration?

Our next project is also going to be a new collaboration of a very different collection. [Taiwanese actor, singer and superstar] Vanness Wu will be our next creative partner. It will launch in July or August and now we're in the preparation process for the styling of the sunglasses.

LOOK COOL THIS SUMMER

With sunglasses from the new Subcrew x Danny collection



BLACK IS BACK

Sleek black with five punctuated holes, this pair is both subtle and stylish. The orange-hued lenses should help you look pretty classy in the city.

VINTAGE REDEFINED

The latest Subcrew x Danny collection takes some of its inspiration from late film icon Bruce Lee. This tortoiseshell pair of sunnies looks as cool as the martial arts star with its gradient lens.



LIFE IN CIRCLES

Round it up! Subcrew's clear-frame, rounded sunglasses are effortlessly chic. The bright blue mirrored-finish lenses scream 80s style and summer loving.



SLIM SHADIES

These simple square-framed sunglasses are your shining beacons in the dark. The slim black frame keeps the distinctive yellow lenses in focus. Pair these shades with simple black and white streetwear.



LOOKING THROUGH YOU

Clear frames, ice-cold green lenses and a look of sophistication. Pair these sunnies, which take their light green inspirations from Coca-Cola bottles, with a handsome face and look cool out in the heat.

YOU GOT IT

Shades of music legend Roy Orbison here. This wear-forever black acetate pair is the ultimate answer to contemporary classic. Complete with 100 percent UV protective grey lenses, the D-frame is definitely a no-brainer to wear this summer.



All these pairs cost \$1,650. Find out more about Subcrew and where to buy these sunglasses at subcrewreact.com.

Fit for the BEACH

Kick yourself into gear and get yourself into shape this sunny season with Pure Fitness

Summer is here and that means it's time to get our bodies into shape. So, this is where Pure Fitness steps in. The trainers are experts when it comes to toning up. And they've been teaching us some key fitness poses. Add the following six exercises into your circuit training routine, with 20 repetitions of each for three to four rounds. Take a 20-second rest in between each. And then strut your stuff with confidence this summer...



JUMPING LUNGES 30 secs

Start off in a basic lunge pose and then jump up into the air. Switch your feet so you end up in a lunge with the opposite foot in front of you. Keep a steady rhythm going and do as many as you can, switching from your left to right foot.

PLANK ROWS WITH DUMBBELLS 20 reps



Start off in a plank position with dumbbells in each hand. One by one, lift each dumbbell to your chest and then back down, all the while keeping your form.

CRUNCHES 20 reps



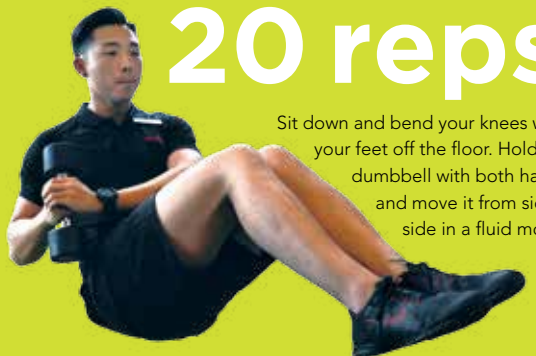
With your lower back flat on the ground, bend your knees with your feet flat on the floor. Tuck your chin in as you move up and down, making sure to tighten your core as you go. Your hands can go behind your head with your elbows out to the side.

THRUSTERS WITH DUMBBELLS 20 reps



Stand straight with your feet a shoulder length apart. Hold the dumbbells by your shoulders and then squat down. As you stand up, thrust the dumbbells up, ending with your arms straight in the air. Repeat.

RUSSIAN TWISTS WITH ONE DUMBBELL 20 reps



Sit down and bend your knees with your feet off the floor. Hold the dumbbell with both hands and move it from side to side in a fluid motion.

DUMBBELL PUSH-UPS 20 reps

Start off in a plank position with the dumbbells under each hand. Keep your chest out and your core tight. Also keep your lower back flat. Watch your tempo as you lower yourself and raise yourself up.



A word with the expert
Leslie Cheung, personal trainer at Pure Fitness

Hi Leslie! So, how did you get into personal training?
I've always been into sports and Chinese martial arts since I was a kid. My interest evolved and now I've been personal training for around two years.

What are your tips for getting healthy and fit during the sweaty Hong Kong summer?
It's simple. Just stick to clean eating, getting lots of rest and training hard.

Other than physical activities, how important is incorporating a healthy lifestyle into your daily routine?
Your diet is the most important part. Without a proper diet, no matter how hard you train, you may not see good results. Clean eating includes a lot of fresh fruit and vegetables, as well as a diet high in protein. Lean meats like chicken breast and lean beef are also good for you, as is eating less carbohydrates. Rest is also important!

Do you think it's wise for beginners to have the assistance of a trainer?
I think, in the beginning, it's a good idea to get a personal trainer or join some group classes. Learning proper form for exercises is important so you can engage the proper muscle groups and not injure yourself.

Pure Fitness 18/F, California Tower, 32 D'Aguiar St, Central, 8200 0032; pure-fitness.com.



HAIR TODAY, COOL TOMORROW

Look awesome this summer with a cool hairstyle. The team at TIGI by IL COLPO is here to inspire your seasonal cut

SUMMER WAVES

Follow these three easy steps for great hair in the sunshine

In the Hong Kong humidity, there's no doubt your hair has the tendency to become a frizzy, neglected mess. But we're here to make sure it doesn't come to that this year. Or, should we say, the guys at California Tower's TIGI by IL COLPO are here to help you choose the right summer style. Hair director Kolen Wong says this season is all about soft waves and simple fairytale-inspired styles that show off an individual's personal character and add a swathe of charm. Wong adds that the use of products like oil-based hair serums, which are best applied to wet locks before blow-drying and styling, also help with taming frizzy hair. Plus, he says that using a texturising balm is a great way to lay down a foundation before blow-drying and styling. So, without further ado, here's how you can look your best this season by keeping it simple in Hong Kong's summertime heat...



1 Soft summer waves are an easy way to create a youthful, charming look. To style your hair into simple, casual waves, prepare it with a texturising primer or balm before blow-drying. Blow out your hair with a round brush while twisting out near the ends for soft curls. Finish off by using a flat iron and twist sections of the hair, curling upwards. Make sure most of the curls are focused at the ends for a more relaxed look.



2 Create a half 'do for a laidback and casual look that can take you from day to night with ease. After your hair is curled into soft waves, twist sections from above each ear and pin in place around the back of your head. Leave a few curls at the front to frame your face, with the remaining hair cascading down to the nape of your neck. As a final step, set your hair with a quick spritz of hairspray. This is a cool style in itself that you can sport in the sun.



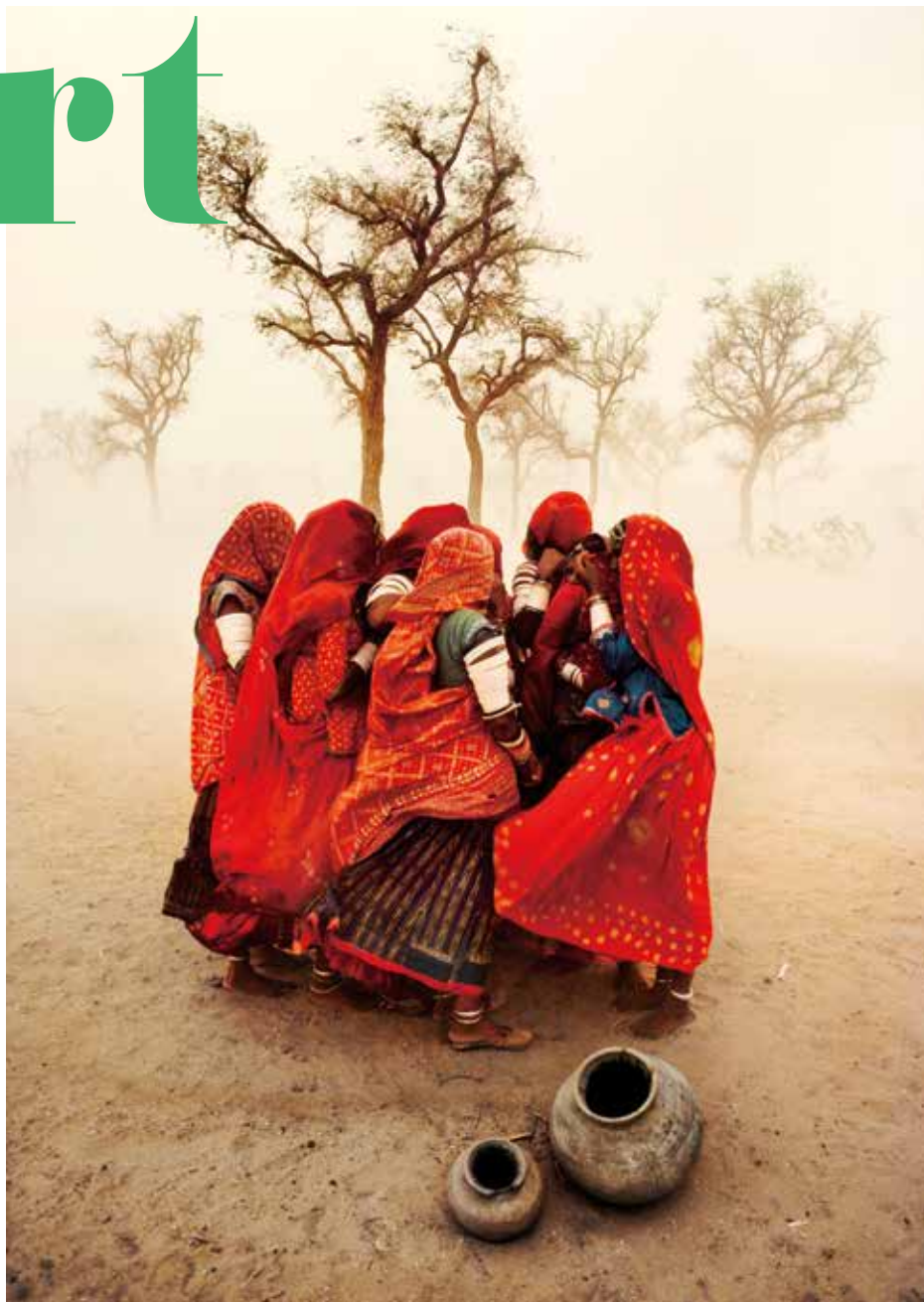
3 Take your look one step further and create a fairytale-inspired 'do. Start off again with your soft summer waves, loosely twist your hair into a partial braid on each side of the face and pull it back into a small messy bun, securing with bobby pins at the back of your head. Spray with a bit of hairspray to set the hair after both sides are secured at the back. Twist up the rest of the locks at the bottom of your head into the low bun and secure with more bobby pins. Play around with the pieces of hair around the bun and tease and pull around the area until you're happy with the texture. A final spritz of hairspray and you're set!

TIGI by IL COLPO 20/F, California Tower, 32 D'Aguiar St, Central, 3101 0303; ilcolpo.com.hk.

A SUMMER of Art

Hong Kong's Central district is home to an array of summer art shows. Here's our *LIFE*² pick of four hot summer shows in local galleries

Over the past few years, the arts scene in Hong Kong has been on the rise due to a burgeoning local scene and a glut of top international artists exhibiting in our city. Major festivals like Art Basel Hong Kong have also added weight to the scene. And much of the gallery focus has been in and around Central district, with some of the top arts spaces in the city residing here. This summer is no difference. Expect some eye-opening and innovative exhibitions in Central galleries in the next couple of months. Come and take a look at a quartet of top shows with us...



Steve McCurry, Dust Storm, Rajasthan, India, 1983

GROUP SHOW EXHIBITION

Sundaram Tagore Gallery, until August 31

Featuring big names like Annie Leibovitz, Steve McCurry, Miya Ando and Fernando Botero, Sundaram is putting on a group show like no other. View the works of these famous artists all under one gallery roof. See Steve McCurry's dynamic photographs from his series India, as well as serene water-paintings by Hiroshi Senju. Do not miss this exhibition. 4/F, 57-59 Hollywood Rd, Central, 2581 9678; sundaramtagore.com. Mon-Fri 10am-7pm, Sat-Sun by appointment.

RENAISSANCE

La Galerie, until September 11

Four artists collaborate to combine their skills in photography, sculpture and botany in this summer show at La Galerie which explores the beauty of dandelions. The unique lighting and innovative compositions add an ethereal mood to the photographs. This is must-see for photography enthusiasts. The various dandelion creations at this exhibition might be the perfect floral summer inspiration you've been looking for. 74 Hollywood Rd, Central, 2540 4777; lagalerie.hk. Sun-Wed 11am-7pm & Thu-Sat 11am-9pm.



Isabelle Chapuis & Duy Anh Nhan Duc, Dandelion, 2013-2014



Günther Förg, Untitled, 2007

FÖRG

Massimo De Carlo, until September 3

Inspired by modern abstraction, German artist Günther Förg experiments with a vibrant colour palette and fragmented painting styles to depict the innocence of children's scribbles, showing how art is both particular and relatable. Enjoy how Förg's pastels blend and overlap in his intriguing takes on the art of doodling. 301-302A Pedder Bldg, 12 Pedder St, Central, 2613 8062; massimodecarlo.com. Mon-Sat 10.30am-7pm.



Qin Feng, Portraits of the Great No 063, 2014

QIN FENG: PORTRAITS AND DESIRE

Ben Brown Fine Arts, until September 3

A marriage between Chinese calligraphy and Western abstract expressionism, Chinese artist Qin Feng experiments with colours and materials at this first solo exhibition of his works at Ben Brown Fine Arts. These works, which include a selection of Qin's contemporary ink paintings, are in stark contrast to some of his previous monochromatic artworks. The highly expressive brushstrokes and lines convey themes such as desire and the passage of time. 303 Pedder Bldg, 12 Pedder St, Central, 2522 9600; benbrownfinearts.com. Mon-Sat 11am-7pm.

Wonder women

Annie Leibovitz's exhibition *Women: New Portraits*, an examination of female identity and the role of women in society, came to Hong Kong in June. She told us how hard she grafted on the 17-year project

When Annie Leibovitz came to Hong Kong ahead of her *Women: New Portraits* exhibition at Cheung Hing Industrial Building in Kennedy Town, there was a buzz in the arts scene, as the famous photographer was making a rare appearance in our SAR. Dressed head to toe in black – her signature look – and sporting a pair of hiking boots, she looked every bit as we had imagined. With a career that's taken in everyone from a naked John Lennon to a pregnant Demi Moore, Leibovitz is free of pretension.

This year marks the revival of *Women*, the body of work she started in 1999 with her now-deceased collaborator, Susan Sontag. After its January premiere in London, the revamped collection, dubbed *New Portraits*, is touring the globe. Our city, in June, was the fifth stop. "These are

all the new works," said the 66-year-old, as she gestured at a wall on which was pinned some of the world's best-known faces. "It's done really quickly on an instant printer in my office. It's almost like putting out a magazine. We shoot the pictures and then we just roll them out." The images in the exhibition were pinned with tacks on to a temporary wall, the photographs divided into rows. The laid-back vibe was carried through to the space in the former Kennedy Town warehouse. "I wanted to use a place that would be plain and a place that we could also have a part in revitalising," said

Leibovitz as she scanned the building. "No-one has been in this space for 20 years and I like the idea that it's a bit of old Hong Kong. It's in an area that's up and coming and there's no doubt this will be an important art area."

As we looked at the individual photographs, Leibovitz pointed to an image of Aung San Suu Kyi, the one-time political prisoner but now State Councillor of Myanmar. "This is a good example of a set of pictures that are part way in the making. I worked hard on getting this

portrait with her. I even had some help from the US State Department," she recalled. "They ended up giving me five minutes before she went on stage and so she sat down in front of my grey screen – I'm not that excited about the whole portrait style – and I took this photo in five minutes. At that very same time I asked 'can I come to Burma?' and she said 'yes'.

So, this is more of a study before I go to Burma and finish the portrait."

Leibovitz also photographed Malala Yousafzai, the Pakistani activist and youngest-ever Nobel Peace Prize winner, and celebrities like Caitlyn Jenner and Lupita Nyong'o, for the series. And the plaudits have not just come from the critics. "When the [original exhibition's] book came out in 1999," she says, "Karen Finley, a performance artist, said 'Annie, my eight-year-old daughter, looked through your book and said 'mum, when I grow up I want to be a woman'. That was the best compliment I ever got."



© ANNIE LEIBOVITZ. FROM WOMEN: NEW PORTRAITS

Misty Copeland, NYC 2015



“**This is a good example of a set of pictures that are part way in the making**”

A history in pictures



Annie Leibovitz was born on **October 2, 1949**, in Connecticut, USA.

She worked as chief photographer at *Rolling Stone* magazine in the **1970s**.



She snapped a naked John Lennon in **1980**, the day he was murdered.



She shot a nude, pregnant Demi Moore for *Vanity Fair* in **1991**.



She snapped celebrities in iconic Disney roles in **2007**.



She came to HK this summer for *Women: New Portraits* in Kennedy Town.

INTO THE blue

The Blue Man Group is one of the most iconic – and instantly recognisable – acts of our generation. Ahead of the guys' two-week Macau run in August, they talk to us about how their wordless performances translate across time, place and race





When pop art icon Andy Warhol said that every person in the future will have their 15 minutes of fame, he surely couldn't have predicted just how prescient or salient his statement would quickly become. In today's age of YouTube celebrity and Insta-fame, the search is always on for the next big thing. Acts are dismissed as passé as quickly as they're touted as the hottest star of the moment. It's not easy to keep up. There are some acts, though, that transcend the trends. The Blue Man Group is one of them – though its all-blue stage personas don't exactly make the actors easy to forget anyway. Formed in 1991, the performance art company has packed out arenas the world over with its clever, creative stage productions which incorporate music, comedy and technology to explore themes around the modern condition. We sit down with the men behind the masks to talk about their upcoming Macau shows, how their performances transcend time and language barriers, and what it takes to become a Blue Man. Bear in mind here that we're not just talking to one of the group, who usually appear as a trio. We're talking to the collective entity...

Explain the Blue Man Group to the uninitiated among us...

The best way to describe the show is that it's a multimedia potpourri. It's kind of like a modern type of vaudeville because it is highly varied and doesn't stay in any one vibe for too long. It's comedy, music,

design and pop culture as well as science and technology. We started working on the project when the internet and other digital technology was just beginning to take hold. We became interested in defining for ourselves what was essential to our humanity in the face of so much change – what about us would remain the same? What does it mean to live fully human beyond the need for food and water and other biological needs? Living in this question gave birth to the Blue Man character.

To what do you owe your incredible longevity?

The show takes place in real time – we're not taking you to another time or place. So the show must reflect the here and now. This means that the parts of the show that deal with pop culture and technology have to change and stay up-to-date and resonate with the way we all live right now. We like to say that it's the show that has to change to stay the same. There are also sections and elements of the show that are timeless – the tribal drumming and things that are more primal in nature and some of the comedy is derived from the relationship between the three Blue Men. People talk about how they love to see these elements over and over again. It's not an experience that can ever be frozen in time.

How do you become a Blue Man?

We have a full time casting team that literally searches the world for performers



who are the right fit for the role. They need to be rather uniform in physicality, with a height between 5'10 and 6'2. They need to be able to drum and to convey a range of emotion without speaking, of course.

Where does a human end and a Blue Man start?

The Blue Man embodies a kind of generic human – almost as if he's an amalgamation of us all. It's as if he is everything we are as humans – our intelligence, creativity and cognitive abilities, but without the neuroses we develop in our 70-some years of experience on Earth. As such, he's able to approach everything about our world and culture with completely fresh eyes. So the Blue Man is at once completely who we are and a complete outsider at the same time. We call him an outsider from within.

What role does irony play in your work?

Any irony in the show comes about due to the innocence of the character. This leads to surprising uses of things common to us – sugary, non-nutritious crunchy breakfast food in the eyes of the Blue Man is not food, but better used as a musical instrument, for example. Dramatic irony at times comes about because we in the audience know things about our culture and technology that the Blue Men do not.

What do you want audiences to take away from your show?

We don't really provide answers or make judgements. Our job as comedians and artists is to put a frame around things – to put up a mirror to ourselves. The show is highly interpretive, I think, so people take away a wide variety of things. We

love it when an audience member talks thoughtfully about themes but we are equally as satisfied if someone talks about the beauty and spectacle of the show.

How do you think Hong Kong and Macau will respond to your work?

Every time we take the show to a new culture, people always point out ways that the audience will be different. So far, it has been most remarkable how similar people respond. The Blue Man is just as strange and the show is just as unusual in the US as it is anywhere else in the world. I think that it is a testament to the basic premise of the show and the character – that we are all basically the same as human beings.

Blue Man Group The Venetian Macao, Aug 11-28, +852 6333 6660; venetianmacao.com. Tickets from \$380.



“**THE BLUE MAN EMBODIES A KIND OF GENERIC HUMAN – ALMOST AS IF HE IS AN AMALGAMATION OF US ALL**”

IN FOR THE GOLD

The Rio de Janeiro Olympics run for most of August. Hong Kong has a team of medal hopefuls who are dreaming of glory in Brazil. We meet the city's golden badminton stars who are serving for success



Yip Pui-yin is making a racket

YIP PUI-YIN

EVENT Badminton, women's singles
DATE OF BIRTH August 6, 1987
HEIGHT 1.64m
WEIGHT 60kg
WORLD RANKING 30
PREVIOUS OLYMPICS ATTENDED
 2008 Beijing Olympics and 2012 London Olympics

An East Asian Games gold medallist back in 2009, Yip Pui-yin is one of Hong Kong's most famous athletes. A tough upbringing and a lack of other opportunities brought the star to badminton, her chosen sport. "When I was in primary school, my family didn't have much money," she recalls. "My parents were busy making a living, so I spent my after-school hours in a community centre, which had a badminton court." Although Yip is one of Hong Kong's most successful athletes, her career has had its fair share of ups and downs. Most disappointing was the 2008 Olympics when, due to an illness, she lost in the first round. Bitterly disappointed, she remembers: "I thought of giving up on badminton after that." Still, Yip battles past obstacles with a determined attitude reminiscent of every Hongkonger. "I love it enough to persist through hardships," she tells us. "When I encounter setbacks, I always remind myself why I'm in this in the first place. I really love playing badminton!"

BADMINTON MATCH TIMES

All the badminton takes place in the Olympic Park's Riocentro Pavilion. The first round matches begin at 7.30pm, HK time, on August 11. With breaks, play continues until 10am the next morning. Should any of our athletes make it to the medal positions, those matches begin at 7.30pm on August 17 and last until the competition is complete on August 20.

HONG KONG'S ENTRANTS

Some of the stars representing our SAR at the Olympics...

- YIP PUI-YIN**
Badminton, women's singles
- TSE YING-SUET AND POON LOK-YAN**
Badminton, women's doubles
- HU YUN**
Badminton, men's singles
- LEUNG CHUN-WING**
Cycling, men's road race
- LEE WAI-SZE**
Cycling, women's sprint
- CHEUNG KA-LONG**
Fencing, men's foil
- VIVIAN KONG**
Fencing, women's épée
- CHIU HIN-CHUN AND TANG CHIU-MANG**
Rowing, men's lightweight double sculls
- CAMILLE CHENG**
Swimming, 200m freestyle
- YVETTE KONG**
Swimming, 100m breaststroke
- TANG PENG**
Table tennis, men's singles
- WONG CHUN-TING**
Table tennis, men's singles
- DOO HOI KEM, LEE HO CHING AND TIE YA NA**
Table tennis, team competition

TSE YING-SUET + POON LOK-YAN

EVENT Badminton, women's doubles
DATE OF BIRTH November 9 and August 22, 1991
HEIGHT 1.66m and 1.69m
WEIGHT 63kg and 56kg
WORLD RANKING 22
PREVIOUS OLYMPICS ATTENDED 2012 London Olympics

Tse Ying-suet and Poon Lok-yan are a badminton women's doubles team who have a chance of getting a medal at this summer's Olympics. Together, they hold the world record for the longest rally in badminton – a gruelling four-and-a-half minute point that included more than 250 strokes. Refreshingly down to earth, Tse was part of the team that placed third in the mixed team event at the Badminton Asia Junior Championships in 2008. "That was the first time ever that Hong Kong won a prize in the team competition there," she remembers. "I was playing the fifth game for the team and I won." Poon cites the record-breaking rally as the most memorable part of her career, even though 'it tired me out so much that towards the end of the third round, I almost developed a muscle spasm'. After sustaining a meniscal dislocation and knee ligament fracture in December, it's an accomplishment in itself that she's fit enough to compete in Brazil. Rueful of the injury, she says: "Although I'm lucky enough to be able to join the Rio team, I won't be able to perform my best." But she adds: "I did lose some weight while I was injured, so now I need to eat more!"

WHERE TO WATCH

These two LKF joints are showing the Olympics on big screens...

The Games run from August 5 to 21. And Rula Bula and Ciao Chow are great places to catch the action. Stay tuned and check their Facebook pages for details. **CIAO CHOW** G/F, California Tower, 32 D'Aguilar St, Central, 2344 0005; fb.com/ciaochow.hk. Fri-Sat 11am-4am, Sun-Thu 11am-2am. **RULA BULA** 58-62 D'Aguilar St, Central, 2179 5225; fb.com/rulabulalkf. Wed-Sat 5pm-late, Sun-Tue 5pm-2am.



Tse Ying-suet (left) and Poon Lok-yan gear up

Having

wa

Your sides will split at the monthly Varietea Party in the Hong Kong Brew House, which covers standup comedy, witty poetry, mirthful music and innovative improv

Tea isn't often funny, is it? Well, it is if it's Varietea. The hilarious Varietea Party is a monthly showcase standup comedy show at the Hong Kong Brew House in Lan Kwai Fong. It comes under the Comedy.HK banner and is, in fact, the standup group's only regular showcase of comedy in Hong Kong at the present time. It's really found its home right in the middle of LKF at Brew House over the past few months, as well. It's a fun event with hilarious consequences...

Varietea is literally a pun itself, nodding to both the 'variety' aspect of the show and the fact we're in China, one of the biggest tea-drinking countries in the world. "The Varietea Party has been around for about a year and a half or so," says Dannie Higginbotham, a funnywoman who isn't only a maestro on the mic but is also currently the chief organiser of these monthly events. "Anto Chan is the guy who started it. He began it because he did comedy, poetry and storytelling, and noticed that the three different groups didn't interact much with each other. He wanted to create a show where all the acts could come together. He moved back to Canada in June, last year, and I took over."

The next Varietea show at the Brew House is on August 6, following a successful night of hilarity at the last one on July 2. This next one is a 'big birthday show' as Higginbotham and another comedian who's telling his gags at the event, Matt Hutchinson, are celebrating their birthdays actually on that night. Culturally, there are performances from comedians who hail from different



“There’s nothing like Varietea. It’s a collaboration of very talented people showcasing their performance art. It’s also proof that standup comedy is the most entertaining form of them all.”
- **Garron Chiu**, Varietea comedian



“There’s a great mix of performing at Varietea. Plus, since it’s free, if the show is good, it’s great, but if it sucks, it’s still acceptable!”
- **Chris Musni**, Varietea comedian



corners of the world, including some from Hong Kong. The ethos of variety is strong even when it comes to the ethnic backgrounds and native languages.

The standup scene in Hong Kong is looking strong at the moment, says Higginbotham. She says: "The standup scene here is supportive of new talent. We do our best to nurture budding comedians and our open mics on Wednesdays fill up quickly. It's cool to see new people and to watch them find their voice and become active members of the scene."

Another unique aspect to Varietea is the fact that the audience can choose what it pays on the night. "We get that people might be short on cash," says Higginbotham. "Maybe you don't make a lot or you're scraping by until payday. We don't want people to have to miss out on a good night, so we let them pay whatever they think the show deserves. Ten percent of the money we get from the audience goes to charity. The rest is split evenly between the performers and myself. I also usually try to make the show at least half female, because one concern I've had is that the chicks don't get enough chances to be showcased."

Varietea and its diverse arrangement of not just standup routines but also poetry, music and improv, can be a tough cookie to run, says Higginbotham. "I'm in charge of everything right now," she says. "I'm working with the Brew House, finding talent, running the night and trying to make sure everything goes smoothly. I usually make the poster as well, although sometimes an artist named Emiko Stewart does it. But I love running Varietea. It's stressful but it's my baby. I'm not sure how far I'll go in comedy but I really love that I can put on a show to make people laugh every month. We've had great shows and not-so-great shows, but I'm really committed to making Varietea a place where people can come together and have an awesome time."

Varietea Sat Aug 6, 8pm, Hong Kong Brew House, 21 D'Aguilar St, Central, 2522 5559; elgrande.com.hk.



Dannie Higginbotham, Varietea organiser

LIFE'S A Beach

Andara Resort & Villas in Phuket, Thailand, is a paradise for those who like their holidays by the seaside



Sunset walks, sipping cocktails on the beach, evening swims. If you're the kind of holidaymaker who loves to relax on the sand next the sea then you must be the kind of person who would love a break in Phuket, Thailand. And the quaint spot of Kamala Beach offers a more secluded and genuine paradise experience than you can find elsewhere in this colourful Asian country.

Just north of the lively streets of Phuket's Patong, Kamala Beach is a less exposed area of lush beauty and local character. In recent years, Phuket holidaymakers have been quietly flocking to this part of the country to chill out. The beach

itself, a long shoreline peppered with an array of villa-style hotels, fab restaurants and family-friendly spots, is a welcome alternative to Phuket's somewhat hedonistic reputation. And, if you're looking for something unpretentious, Kamala Beach has it all. Formerly a Muslim fishing village, it really offers something different to the glitz of Phuket.

For families, the Kamala Beach area is filled with fun entertainment options. The latest must-visit is the theme show, Phuket FantaSea. This nearby attraction sports a grand show that includes elephants, dancers and plenty of colour. It comes complete with acrobatics,

magic, dramatics and a heady mix of Thai elements blended with Las Vegas-style flair. FantaSea also boasts an excellent busy buffet-style restaurant and a whole host of shops for tourists. It makes for a change from all that beachside relaxing to be had at Kamala Beach.

The local culture in the area is also strong, with chances to visit to the local open market, plus the colourful Kamala Friday Market. Browse the fresh fruit and vegetable stalls while bargaining for some special souvenir deals. Also try the wonderful array of local snacks, as well as fashion and gift items that are actually made right in Phuket.

The beach of Kamala truly is paradise. Not only are the fine sands a huge draw for those who like their holidays relaxing but the friendly waves and the clear waters are also a draw for watersports lovers. The beach is seldom overrun with tourists and the vista is serene.

That brings us to the Andara Resort & Villas, right next to Kamala Beach, which is the best place to stay. It is one of the most versatile resort properties on the west coast of Phuket as it offers private villas that range from one to six bedrooms, perfect for a family holiday, a quiet honeymoon or a weekend getaway with friends. The facilities are incredible, particularly the spacious infinity pool that overlooks the impossibly blue sea.

Decorated in warm, woody tones and accented by Thai decorative details, the terraced

villas are popular for gatherings, while the ones with private pools ooze decadence. Many of the suites come with a dining area and a Western-style kitchen, so you can enjoy a decent dinner in your room or, at least, have someone do the cooking for you. What truly separates Andara from other resorts, though, is the dedication to each guest's privacy, along with the personalised services that ensure you never feel like you're in a busy resort. Relax at the spa or enjoy a meal in the signature restaurant, or even pick out a wine from the Andara Fine Wines cellar.

When it comes to a relaxing holiday on a gorgeous Thai beach, then Kamala is where you need to head. When it comes to luxury personified, Andara Resort & Villas is where you need to stay. This is a piece of seaside paradise.

WIN A FREE HOLIDAY!

Enjoy a break at the Andara Resorts Villa if you win our exclusive competition on p48!

My LKF: JAIME HO KU

The force behind Lily & Bloom and Volar talks about LKF



“**California Tower further establishes LKF as the must-go-to place in Hong Kong**”

Known as one of the most stylish women in Asia, Jaime Ho Ku is a powerhouse who combines beauty with brains. As the founding force behind restaurants, bars and clubs like Lily & Bloom, Tiger Curry, Fly and Volar, Ku and her partners have helped Lan Kwai Fong cement its reputation as one of the most dynamic entertainment spots in Hong Kong. We catch up with the busy mother-of-two...

Hi Jaime! Tell us what you're working on...
I am focusing on my work at Buzz Agency, a boutique firm my partner Jonathan Cheung and I opened two years ago. We are a dynamic relations and marketing firm specialising in luxury, fashion and lifestyle brands.

You have some amazing venues in LKF like Lily & Bloom and Volar. Tell us about them...
A few friends and I founded Volar in 2004 and Lily & Bloom in 2010. Between that, we opened Fly in 2009. Recently we've started the Bloom Bloom Room, an 'after-hours club' at Lily & Bloom during the weekends. It's been very successful. It's a great place to hang out in!

Where do you like to hang out in LKF?

I would have to say Lily & Bloom. Ever since we rebranded with a new menu, it's been superb.

What do you think of the new California Tower and the rejuvenation of LKF?

This is an amazing place. Even movies have been made about the nightlife culture of the area! With the opening of the tower and more concepts and venues, it further establishes LKF as the must-go-to place in Hong Kong.

Tell us a memorable moment...

When we started Volar, we had only four people doing most of the backend tasks. I was the reservationist, DJ booker and caretaker, as well as the events co-ordinator and the PR personnel. I am glad I got that experience because I truly believe in learning from the ground up. It's how I train my staff now.

What mottos do you live your life by?

Be humble and open-minded. Learn something new every day. Always treat people with respect.



OH LORD, WON'T YOU BUY ME...

The new Mercedes-Benz SLC sports a new name and a new dynamic

There's something about sitting behind the wheel of a Mercedes-Benz that elevates you to new heights.

These vehicles scream class, expertise and style, as well being affordable, comfortable and powerful. And now, new heights means a new name and a new dynamic. Welcome to the new Mercedes-Benz SLC – a car that was built for the road and built for you.

Mercedes-Benz cars are known as the 'archetypal compact roadsters' by many in the business. And it's these same experts who have been waxing lyrical over the new SLC's significantly optimised technology and newer, sleeker, smarter look. The name itself acknowledges its traditionally close relationship with the C-Class, from which much of the roadster's technology is derived. And there are new additions to the model lineup – the sporty top-of-the-line Mercedes-AMG SLC 43.

The new Mercedes-Benz SLC has an impressive heritage to live up to – its predecessor, the SLK, which was launched in 1996, won fans around the world. The SLC 200, SLC 300 and SLC 43 feature the sport-and-comfort-orientated 9G-TRONIC automatic transmission as standard. And, as part of the facelift, the Mercedes-Benz designers have further honed the roadster's sporty look. The new front section, where the steeply raked radiator grille elongates the appearance of the arrow-shaped bonnet, is supremely striking. And, with DYNAMIC SELECT, the vehicle characteristics can be adjusted at the touch of a button,

as the system modifies the engine, transmission, steering and suspension at your behest.

The SLC 200 has an output of 184hp and the SLC 300 boasts 245hp, both of which feature a 1991cc four-cylinder engine. The new AMG model combines a 367hp, 520Nm, 3.0-litre V6 biturbo engine with a modified version of the AMG sports suspension familiar from the Mercedes-AMG SLK 55. And a feature that continues to be unique to the SLC is the panoramic vario-roof with MAGIC SKY CONTROL. This glass roof is lightened or darkened at the touch of a button.

“**Experts have been waxing lyrical over the new SLC's significantly optimised technology and newer, sleeker, smarter look**”

All in all, the new Mercedes-Benz SLC is a step beyond what you've ever driven on the roads before. Climb in behind the wheel, start up the engine and prepare to drive one of the most forward-thinking cars in the world on Hong Kong's roads this summer.

For more details on the new SLC, visit mercedes-benz.com.hk.



The Lan Kwai Fong Group is preparing to launch its own digital entertainment platform, LKFtv, over the coming months. Expect some top programming and great Hong Kong and Macau-based shows

Lan Kwai Fong has a long and successful entertainment and lifestyle history. The first establishments in the heart of Hong Kong's Central district started appearing in the early 1980s and, ever since then, LKF has been growing in both size and reputation. Attracting diners, shoppers and clubbers alike, LKF is Hong Kong's very own world-class entertainment hub. But an entertainment hub needs an entertainment TV platform, right? Well, now it has. Welcome to LKFtv.

The exciting new LKFtv project extends the existing media platforms under the LKF Group. It means that there are to be



The idea is that LKFtv is new and forward-thinking. It blends in with the Hong Kong lifestyle

regular online programmes devoted to lifestyle and events under the platform's remit, connecting LKF visitors and people from across the world. Wherever you are, you'll be able to watch the shows and enjoy the lively offerings, from music events to talk programmes and popular interest-driven content. The platform is preparing to launch in Hong Kong over the next few months or, perhaps, early next year. Now, though, it's all about content gathering for this new project.

The 'godfather of LKF', Dr Allan Zeman, has been working with his team over the past few months to get LKFtv off the ground. He says: "Everything that is happening in today's world goes on in Lan Kwai Fong." He adds that it's only fitting for the area to always move forward in a bid to keep up with the times and that's why LKF is now launching the new television platform. LKFtv reaches out to anyone who's interested to see what's happening in Hong Kong and Macau at any given time. "So, the idea is that it's new and forward-thinking, and it blends in with the Hong Kong lifestyle," says Dr



Zeman. "It's about what's going on."

It's true to say that today's mass media, alongside a visually oversaturated world, is shortening the average person's attention span. The older 'sit-down and watch TV' generation is rapidly disappearing and the new mobile phone-addicted generation is taking over. With this new movement in society comes the opportunity of communication on-the-go, with content filled platforms to entertain anyone, anywhere. What has been dubbed as Over-The-Top content is now part of our daily lives. And LKFtv shares this ethos. "The thing with OTT," says Dr Zeman, "is that young people have a different outlook now. Rather than sitting for an hour or half-an-hour watching a drama, people's attention spans last for 10 to 12 minutes. They watch clips." This idea of

LKFtv: the facts

- LKFtv is a new generation digital entertainment company.
- Key genres include music, food, fashion and lifestyle.
- The platform will be available to viewers every day of the week, 24 hours-a-day.
- New content will be updated regularly, giving plenty of variety to audiences.
- LKFtv is to be distributed in Hong Kong and Macau initially, with expansion plans to be released next year.
- Programming will include behind-the-scenes interviews, reality shows, instructional videos and comedy shows to name just a few.
- Concerts, festivals and events will be brought to you live.
- 360-degree and VR content will also be available.
- LKFtv is now seeking content creators to participate in the platform. Please send your CV to michael@lkfgroup.com and any examples of your work.



Paris Hilton and DJ Jean-Roch meet LKFtv

OTT content and 'clips' is the clear focus of LKFtv, with plenty of variety for its worldwide audiences.

LKFtv provides an array of visual content, ranging from everything Lan Kwai Fong stands for, namely shopping, dining and nightlife. The team was there at the recent The Asia Music Conference in Macau, setting up shots for a show that should be aired in the near future. So the content is already being built and followers will soon be able to watch hundreds of short but action-packed clips. Dr Zeman adds: "We've interviewed many stars. We've covered The Asia Music

Conference. We've interviewed DJs." The platform is also expected to keep up with the latest happenings and technological developments in the international entertainment industry.

What LKFtv will look like as the platform develops over the coming months is hard to say, however the expert team standing behind it is prepared for anything. Keeping an eye on the latest technology, such as virtual reality innovations is key, according to Dr Zeman. "The media is changing so rapidly today," he says. "There's always new technology. And if the technology develops, we'll be right with it." Expect to be right with LKFtv.

**Something Awesome
Is Coming Soon**

A new platform for entertainment



Win a two-night stay at Andara in Phuket!

Wouldn't you rather be on a beach right now, enjoying a free holiday? Well, thanks to *LIFE2* and the Lan Kwai Fong Group, you can be, if you win our special summer competition! Enjoy a two-night stay at the Andara Resort Villas in Phuket, Thailand, worth more than \$12,000. Read about the resort in our feature on p42. To enter the competition and read the terms and conditions, just scan the QR code below or fill in the form online at <https://goo.gl/4CVVuQ> and follow the instructions, adding where you picked up a copy of *LIFE2* and what stories you have liked reading. Also tell us what your 'most memorable beach holiday' has been. The best two entries will win. Good luck!



Directory

CALIFORNIA TOWER

32 D'Aguilar St

RESTAURANTS/BARS/CLUBS

Beef & Liberty 3/F (coming soon).

CÉ LA VI 25/F, 3700 2300.

Ciao Chow G/F, 2344 0005.

Fovea 1/F-2/F, 2264 0112.

Mercato 8/F, 3706 8567.

Jinjuu UG/F, 3755 4868.

Ore-no Kappou by Ginza Okamoto 6/F, 2328 3302.

Porterhouse by Laris 7/F, 2522 6366.

Townhouse 23/F, 2344 2366.

Zentral 4/F-5/F, 2111 8110.

BUSINESS OR EVENT SPACES

LOFT 22 22/F, 2867 8883.

Mettā 21/F, 3709 3115.

Sky Garden 9/F, 2867 8883.

PERSONAL CARE AND BEAUTY

TIGI by IL COLPO 20/F, 3101 0303.

FITNESS

Pure Fitness 18/F, 8200 0032.

LKF TOWER

33 Wyndham St

RESTAURANTS/BARS

Bread Street Kitchen & Bar Mezzanine Level, 2230 1800.

Buenos Aires Polo Club

7/F, 2321 8681.

Casa Lisboa 8/F, 2905 1168.

Lily & Bloom 5/F-6/F, 2810 6166.

OTHER LOCATIONS

RESTAURANTS/BARS

Bitters and Sweets 1/F, 52-54 Wellington St, 2788 0103.

Hong Kong Brew House

21 D'Aguilar St, 2522 5559.

Keyaki 14 Wo On Ln, 2362 7223.

Kyoto Joe 2/F, 1 Lan Kwai Fong, 2804 6800.

Tartine 38-42 Lyndhurst Tce, 2808 0752.

Tokio Joe 16 Lan Kwai Fong, 2525 1889.

Wolf Market UG/F-1/F, The Plaza, 21 D'Aguilar St, 2530 9622.

ART GALLERIES

Ben Brown Fine Arts

301, 3/F, Pedder Bldg, 12 Pedder St, 2522 9600.

La Galerie

74 Hollywood Rd, 2540 4777.

Massimo De Carlo

12 Pedder St, 2613 8062.

Summer 2016

EVENTS IN HONG KONG

Aug 9
WORLD MUAY THAI GRAND EXTREME
+ Venue: Star Hall, KITEC

AUG 11-15
+ HKTDC Food Expo
Venue: HKCEC

Aug 13-21 RunOurCity's HONG KONG RUNNINGFEST 2016
+ Venue: Central



Jul 30-31
(1pm to midnight) (1pm to 10pm)

+ Lan Kwai Fong Beer and Music Festival
Venue: LKF

AUG 16
SUEDE LIVE IN HK
+ Venue: AsiaWorld-Expo

Sep 7
+ Road to Ultra Hong Kong
Venue: West Kowloon Cultural District

SEP 15-18
ASIA CONTEMPORARY ART SHOW
+ Venue: 40/F-43/F, Conrad Hong Kong, Admiralty

SEP 7-10
Centrestage fashion fair
Venue: HKCEC +

+ Oct 8-9
2016 FIA FORMULA E HKT HONG KONG EPRIX
Venue: Central Harbourfront



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