



## 1 2 3 Show

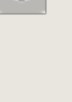
All Episodes



PODCASTS



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Zoie Cheng - Pet ambulance service / Chewsdays with Andrew Dembina on local and global food news / Sadie Kaye - Sharp Pains - Home Spa



Presenter: Noreen Mir

On Tuesday's 123 Show we're hearing about a pet ambulance service run by the Hong Kong Pet Club. Their business development director Zoie Cheng joins us at 1.30. After 2, Chewsdays reporter Andrew Dembina joins us for an update on global and local food news. Finally after 2.30, Sadie Kaye is back with her skewed take on life in her monthly humour column, "Sharp Pains". This one's called "Home Spa". Contact Noreen Mir on 123show@rthk.hk or on Facebook @NoreenMirRTHKradio3

Hide...



27/07/2021 - 足本 Full (HKT 13:15 - 15:00)



第一部份 Part 1 (HKT 13:15 - 14:00)



第二部份 Part 2 (HKT 14:05 - 15:00)



Tag: Chewsdays,ambulance,drink,food,mental health,music,pet,spa,sharp pain

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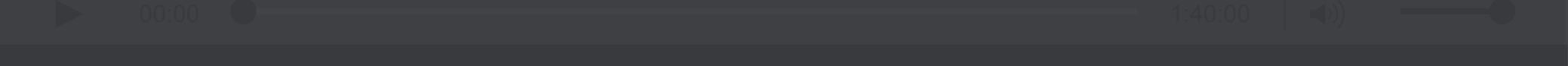
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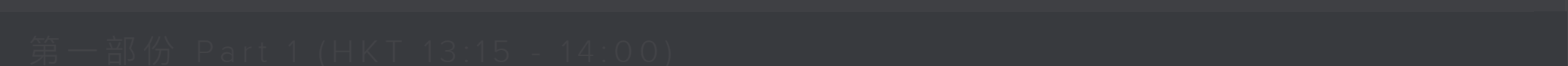
Chewsdays with

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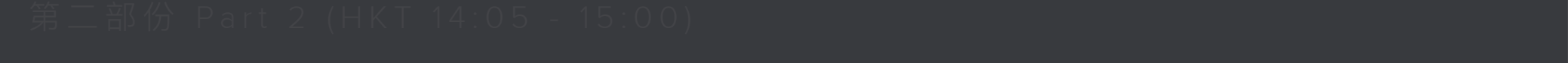
ter Zoie Cheng joins



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07 2021

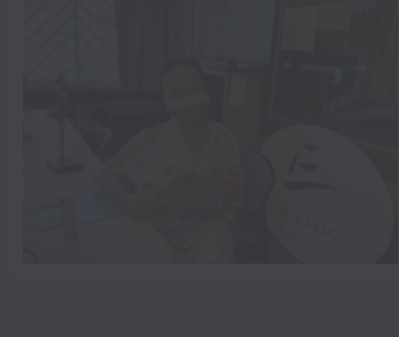
Choose Month

27/07/2021

Zoie Cheng - Pet ambulance service / Chewsdays with Andrew Dembina on local and global food news / Sadie Kaye - Sharp Pains - Home Spa

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24/07/2021



Val Wong - The Hong Kong Paws Foundation / Fitness coach Nathan Solia - Getting protein / Trash Talk: Chris Brown - ReThink HK

足本 Full (HKT 13:15 - 15:00)  
第一部份 Part 1 (HKT 13:15 - 14:00)  
第二部份 Part 2 (HKT 14:05 - 15:00)  
Val Wong-animal rescue and pet adoption  
Fitness coach Nathan Solia - Getting protein Part 2  
Trash Talk: Chris Brown - ReThink HK

23/07/2021

Cissy Radford - Olympic Spotlight / Dana Winograd - Plastic Free Seas / Dorothy Kam and Samuel Li - Animation-Comic-Game Hong Kong

足本 Full (HKT 13:15 - 15:00)  
第一部份 Part 1 (HKT 13:15 - 14:00)  
第二部份 Part 2 (HKT 14:05 - 15:00)  
Olympic Spotlight: James Heffernan Ho/Amanda Bond  
Dana Winograd - Plastic Free Seas -disposable cups  
Animation-Comic-Game HK Convention with interns Dorothy Kam and Samuel Li

22/07/2021

Shiela Bonifacio - Migrant domestic workers / Saadia Usmani - Chinwag: Health advantages of writing / Artsing Around: Andrew Dembina on global and local update of art news

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Shiela Bonifacio - Migrant domestic workers  
Saadia Usmani - Chinwag: Health advantages of writing  
Artsing Around: Andrew Dembina on global and local update of art news

21/07/2021

Nimisha Vandan, and Dr Amit Wancho - young people and peer pressure / Cruzanne Macalligan - Weekly Audio: barcodes

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Nimisha Vandan, and Dr Amit Wancho - young people and peer pressure  
Cruzanne Macalligan - Weekly Audio: barcodes

20/07/2021

Lucy Choi - Carmen Hong Kong / Chewsdays with Andrew Dembina on local and global food news / Lee Boon-ying, Lo Sin-ying and Natalie Chiu - Flipside

足本 Full (HKT 13:15 - 15:00)  
第一部份 Part 1 (HKT 13:15 - 14:00)  
第二部份 Part 2 (HKT 14:05 - 15:00)  
Lucy Choi - Carmen Hong Kong  
Chewsdays with Andrew Dembina on local and global food news  
Lee Boon-ying, Lo Sin-ying and Natalie Chiu - Flipside

19/07/2021

Guest host: Todd Harding

足本 Full (HKT 13:15 - 15:00)  
第一部份 Part 1 (HKT 13:15 - 14:00)  
第二部份 Part 2 (HKT 14:05 - 15:00)

18/07/2021

Olympic Spotlight - Cissy Radford talks to Oscar Coggins and coach Andrew Wright / Samuel Li - Students mental wellbeing / Agender Cafe: Michael Grose - Parenting Ideas

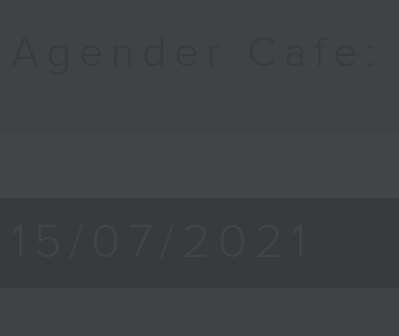
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Samuel Li - Students mental wellbeing  
Agender Cafe: Michael Grose - Parenting Ideas

17/07/2021

Kenneth Chan - Flight ban from Britain / Saadia Usmani - Chinwag: Managing disappointment / Artsing Around: Andrew Dembina on global and local update of art news

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Saadia Usmani - Chinwag: Managing disappointment  
Artsing Around: Andrew Dembina on global and local update of art news

16/07/2021



Francesca Ayala and Dannie Higginbotham - Bitches In Stitches / Cruzanne Macalligan - Weekly Audio: Heat

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Francesca Ayala and Dannie Higginbotham - Bitches In Stitches  
Cruzanne Macalligan - Weekly Audio: Heat

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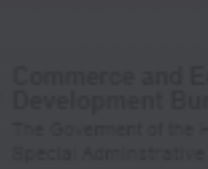
AWARDS

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AWARDS



香港政府的一站

Commerce and Economic Development Bureau  
香港貿易發展局

香港天文台  
Hong Kong Observatory