



123 Show



Sadie Kaye - Sharp Pains: Cats / Saadia Usmani - Chinwag: Adequate sleep / Artsing Around: Andrew Dembina on global and local update of art news

Presenter: Noreen Mir

On Thursday's 123 Show, Sadie Kaye is back with her skewed take on life in her monthly humour column, "Sharp Pains". This one's called "Cats". After 2, we're chatting with Saadia Usmani for this week's Chinwag. Today Saadia will talk about the importance of getting enough sleep. After 2.30, Andrew Dembina joins us with his global and local update of arts news in Artsing Around. Contact Noreen Mir on 123show@rthk.hk or on Facebook @NoreenMirRTHKradio3

Hide...

28/10/2021 - 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)



28/10/2021 - Sadie Kaye - Sharp Pains: Cats



28/10/2021 - Saadia Usmani - Chinwag: Adequate sleep



28/10/2021 - Artsing Around: Andrew Dembina on global and local update of art news



Tag: Andrew Dembina,Artsing Around,Chinwag,Sadie Kaye,Sharp Pains,Saadia Usmani



28/10/2021 - Operation Santa Claus - Charity, children, fitness, green, music, sustainability, stretches, Christmas, gifts



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Tag: trash talk,Operation Santa Claus,charity,children,fitness,green,music,sustainability,stretches,Christmas,gifts

11 - 12 2021

Choose Month

EXPERIENCE

Operation Santa Claus - The Home of Loving Faithfulness / Fitness coach Nathan Solia - Release upper back tightness/ Trash Talk - Eco-friendly gift ideas

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Operation Santa Claus - The Home of Loving Faithfulness
Fitness coach Nathan Solia - Release upper back tightness
Trash Talk - Eco-friendly gift ideas

IMPACT HK

Ran Elfassy - Shooting it RAW / Operation Santa Claus- ImpactHK

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Ran Elfassy - Shooting it RAW

Operation Santa Claus- ImpactHK

CHINWAG

Saadia Usmani - Chinwag: Writing a journal / Artsing Around: Andrew Dembina on global and local update of art news

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Saadia Usmani - Chinwag: Writing a journal

Artsing Around: Andrew Dembina on global and local update of art news

MY VOICE

Geetanjali Dhar and Sharlene Jacquier - the Women Entrepreneurs Network (WEN) / Amy Young, Elise Wong and Phoebe Chow - Career Planning in Uncertain Times /Cruzanne Macalligan - Audio column:Christmas

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Amy Young, Elise Wong and Phoebe Chow - Career Planning in Uncertain Times

Cruzanne Macalligan - Audio column:Christmas Colour

CHOWS DAY

Chewsday with Andrew Dembina on global and local food news / Catherine Gurtin and Lorna Sianen Pagaduan - #My Voice

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Chewsday with Andrew Dembina on global and local food news

Catherine Gurtin and Lorna Sianen Pagaduan - #My Voice

OPERATION SANTA CLAUS

Operation Santa Claus - The Children's Heart Foundation / Fitness coach Nathan Solia - Shoulder injury / Trash Talk - Plastic pollution in the ocean

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Operation Santa Claus - The Children's Heart Foundation

Fitness coach Nathan Solia - Shoulder injury

Trash Talk - Plastic pollution in the ocean

GETTING TOGETHER

Victor Cheng - Learning and Teaching Expo 2021 / Abhay Venkaraman - Maura Wong and Hera Leung: Elderly Loneliness / SLCO Community Resources

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Abhay Venkaraman - Maura Wong and Hera Leung: Elderly Loneliness

SLCO Community Resources

SHARP PAINS

Sadie Kaye - Sharp Pains: Secret Santa / Saadia Usmani - Chinwag: how humour helps us / Artsing Around: Andrew Dembina on global and local update of art news

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UNDAMAGED

Marianne Hughes - She Loves Tech Hong Kong winner / Zubin Foundation / Jenny Bovard - Undamaged / Cruzanne Macalligan - Weekly audio column: keys

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Marianne Hughes - She Loves Tech Hong Kong winner

Zubin Foundation

Jenny Bovard - Undamaged

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TRIXIE VELEZ

Trixie Velez - Benefits of infrared light for workouts and detox / Chewsday with Andrew Dembina on global and local food news

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AWARDS

AWARDS

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