

OASIS

July-August 2020

Your *oasis* — a place where you can find tranquillity and sustenance
USRC Members' Bi-monthly Magazine



USRC Accommodation



A total of six non-smoking and air-conditioned guestrooms within the club grounds are available at very competitive prices with breakfast inclusive – we also offer an attractive rate for long-term stays.

Room rates

From HK\$900 – Standard Room

From HK\$1,100 – Superior Room

(Subject to peak period rates)

Standard Amenities:

- Cable TV
- Telephone – free local calls
- In-Room Safe
- Refrigerator
- Tea/ Coffee Maker
- Bottled Water (complimentary)
- Baby Cots Available
- Hair Dryer
- Iron/ Ironing Board
- Bathrobe/ Slippers
- Daily Housekeeping
- Laundry Service

Plus exclusive privileges:

- Daily continental breakfast at Garden Café (served from 8:00am-11:00am)
- Complimentary Wi-Fi in guest room and public area of the Club
- Complimentary in-room broadband TV service
- Complimentary newspaper
- Use of Club facilities



We accept Visa and MasterCard

Contact room reservations for your stay at 3966 8600/ 3966 8678 or email rooms@usrc.org.hk



United Services Recreation Club

1 Gascoigne Road, King's Park,
Kowloon, Hong Kong.
Tel: 3966 8600/8611
Fax: 2724 0949
Email: info@usrc.org.hk
www.usrc.org.hk

General Committee

Chairman Patrick P. T. Cheung, BBS
Email: chairman@usrc.org.hk

Treasurer Felix Hart

Email: treasurer@usrc.org.hk

Membership Director K.C. Ng

Projects & Security Director Joshua Schroeder

Sports Director Kenneth Chiu

Grounds, Environment & Community Director Viveka Mansukhani

Membership Sub-committee

K.C. Ng Andrew Kwan
Alfred Cheng Lily Tam
Joanne Martin Viveka Mansukhani
Nigel Mattravers Brian Schroeder
Gregory Sutcliffe

Disciplinary Sub-committee

K.C. Ng Eric Heung
Felix Hart Ringo Chiu
Brian McArdle Viveka Mansukhani

Sports Sub-committee

Cricket Michael Caves

Football Alan Urnston

Lawn Bowls David Robinson

Rugby Sam Hocking

Squash Chung Leung

Tennis Alfred Cheng

Sports Convenors

Bridge Mimi Wong

Cricket Ahmed Saleem

Football Laurance Rudge

Lawn Bowls Cindy Robinson

Rugby Nigel Mattravers

Squash Colman Ng

Tennis Cindy Fung

Management Team

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Oasis is a bi-monthly publication of United Services Recreation Club.

Advertising & Editorial

Please contact Natalie Bandy at USRC.

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Produced by



R&R Publishing Limited Ian Harling

Tel: (852) 2126 7815 Web: RRPublishing.com.hk

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CHAIRMAN'S MESSAGE

Dear Fellow Members,

The issue of this bi-monthly Oasis magazine marks the beginning of my sixth year as Chairman of the USRC for which I am very thankful to the General Committee (GC), all Members, management & staff for their continued and valuable support during my office tenure in the past.

With the Covid-19 crisis stabilising in the local community thus easing public closures and social distancing restrictions in the hospitality market, I am happy to report that the Club's operations are back to full swing and that recent business is buoyed by Members' spending on F&B. All indoor outlets and the poolside kiosk are always filled with customers redeeming their two \$250 Club vouchers awarded to Members for their patronage and loyalty to the Club during this unprecedented and most difficult period we have faced.

The Club's 23rd Annual General Meeting (AGM) was held on Wed, 24th June 2020 with good attendance. All the GC Directors delivered a brief presentation on their portfolio to the floor summarizing our achievements in 2019 and highlighting foreseeable challenges lying ahead. To put it simply for those who wish to know, the year saw an overall sound financial status, stable membership base, effective maintenance and security work programme, ample philanthropical activities and community services, admirable sporting achievements, strong staff management and good corporate governance. Most importantly, amicable relations with our military landlord continued in place with dialogue and communication being in exchange.

There was no requirement for election/ reelection of the three GC Director posts at the AGM as the three existing office incumbents who offered themselves to run for another 2-year term were all elected/ re-elected uncontested. I am pleased therefore to announce that Ms Viveka Mansukhani, Mr KC Ng and Mr Joshua Schroeder will most likely be reappointed as Grounds, Environment & Community Relations Director, Membership Director and Projects & Security Director respectively, subject to endorsement by the GC in its next monthly meeting. It is encouraging and delightful to welcome them back on the team as they are all experienced and contributive to the development and well-being of the Club. The continuity of this Broad structure also reinforces its diversity in expertise, gender and ethnicity spectrum. I am sure that with the firm commitment and determination of the GC, the underlying hardship on socio-economic issues being faced by us all these days will hopefully be overcome and the Club's core values with its 110-year-old history maintained.

Lastly, the scorching summer months are truly upon us. As there may not be too many hiding places abroad for you to choose to stay nice and cool amidst the prevailing pandemic, you are earnestly invited to avail yourself and family of the gorgeous and comfortable shelter in the USRC as often as preferred. Let's keep the place more popular and entertaining!

Best regards,

Patrick Cheung
Chairman



親愛的會員：

本期雙月刊的出版，見證本人出任三軍會主席的第六個年度。在此再次感謝執委會、會員們、管理層及各員工在過去任期裡對本人持續的支持。

隨著新冠肺炎疫情趨於穩定，政府放寬酒店飲食業界的人數限制，我欣喜地宣布本會已全面恢復運作，餐飲營業表現令人振奮。面對前所未有的最艱難時期，會內餐廳和池畔自助服務亭皆顧客滿滿。會員們已開始兌現兩張\$ 250元的現金禮券，感謝他們一直以來對本會的忠誠和支持。

第23屆年度會員大會(AGM)已於6月24日(星期三)舉行，出席人數踴躍。執委會董事，分別就負責的範疇發表簡短致辭，總結2019年的成績，及未來將面對的挑戰。年度總體財務狀況理想，會員基礎穩定，發揮有效的保養和安保計劃，充裕的慈善活動和社區服務，鼓舞的體育成績，穩健的員工管理和企業管治。最重要的是，我們與業主經常交流意見並維持良好的關係。

三個執委會委員的空缺，原定計劃透過選舉填補，但原有三位委員在沒有爭議下，願意再出任兩年的任期，故年度會員大會上並不需要進行任何競選及改選。我欣然宣布，Viveka Mansukhani女士、KC Ng先生及Joshua Schroeder先生，將極有可能再分別被任命為庭園、環境和社區關係總監；會員總監及項目與安保總監，有關議案將於下月執委會例會通過。三人經驗豐富，為會內發展和福祉做出不少貢獻，本人以鼓舞及興奮的心情歡迎三人再次歸隊。

而執委會的持續性，將可強化專業知識、性別和種族的多元化。我深信執委會堅定承諾和決心，將可克服目前社會經濟的潛在困境，延續三軍會110年的精神。

盛夏到臨，疫情裡外遊消暑機會性低，故我們誠摯邀請您蒞臨三軍會，和家人享受會內華麗而舒適的設施，這是避暑消閒的不二之選，一同讓會所熱鬧起來！

張伯陶
主席



United Services Recreation Club
Hong Kong - Since 1911



We want to say thank you for your support with

HK\$500

(TWO cash vouchers of HK\$250)

**Gesture of Appreciation from General Committee
and the Management to the USRC Membership**

Don't forget to redeem your gift voucher



Terms and conditions apply:

- ⊗ This voucher is valid from the 1st June 2020 to the 31st August 2020.
- ⊗ This voucher is non-refundable, non-extendable, and cannot be replaced or exchanged for cash and is valid for a single transaction only.
- ⊗ Only one voucher can be used per visit per day.
- ⊗ We are not responsible if a voucher is lost, stolen, damaged or destroyed and no replacement will be provided.
- ⊗ The management retains the right to reject any voucher that has been tampered with or found in any way unacceptable.

Employee of the Month - June

Li Chong Yip - Maintenance Staff



Employee of the Month - July

Chef Udhey Singh - Chef



United Services Recreation Club
Hong Kong's Best Kept Secret

Guest Registration Check Point

Please have your membership cards ready for inspection. Guests need to register before they use the facilities. Guest fee of \$40 applies for using any facility.

Thank you for your understanding.

Bye Laws:

23. Complaints and Reports on Defects

b) Members are not to reprimand staff. Any complaints about staff or service shall be made to the General Manager or the Senior Supervisor on duty

USRC
Management
June 2020

Dear Member,

Summer is finally here, as the temperature gauge heads north there's going to be no respite from the stifling heat, but at least we have clear blue skies to admire.

We have lots in the pipeline in terms of sports for the young ones to enjoy. These include Basketball, Fencing, Football and Swimming to name a few. Details are listed in this magazine should you wish to book.

While the construction work wrapping the building continues, we expect the Clubhouse building to be finished by the end of July. This will be followed shortly after by the back of house pathways. During the lockdown period we pushed on with this work and we also completed work in the Gunners Bar and resurfaced Tennis Courts 1 & 2. The next scheduled renovation will be the Garden Café. This will take 60 days to complete, during this time the Café will relocate to the Garden Marquee.

It was decided in May's board meeting to distribute a \$500 cash voucher to Members as we effectively closed the Club for five weeks. This one-off gesture has been universally well received by all.

During these uncertain times, we are doing all we can to make sure the Club remains a safe haven for your family and friends. The club will endeavour to maintain the highest possible standards and present itself as a safe haven away from the stresses of city life.

As always, see you around the Club.

Noel Burns

General Manager



親愛的會員：

夏天來臨，氣溫持續向上，悶熱的氛圍或令你喘不過氣，但蔚藍的天空足以抵消部份暑意。

三軍會為年青人提供不同類型的體育活動，涵蓋籃球、擊劍、足球和游泳等。詳情請參閱今期雜誌內的資料，以便你和家人預訂各項活動。

會內各項翻新工程仍在進行，會所大樓的工程預期將於七月底完工，緊隨其後是會所通道後方的工程。三軍會在新冠肺炎疫情期間關閉，惟工程未有停頓，並完成Gunners Bar的翻新，也重新鋪設1號和2號網球場地。下個預定的翻新工程是Garden Café，預計需時60天完成，在此期間，咖啡廳將暫時遷至花園大門帳篷內。

為補償會所因疫情關閉五個星期，我們在五月份董事會會議上，落實向會員派發500元的現金券，大部份會員都非常歡迎這個做法。

在疫情發展未完全明朗下，我們將盡力確保三軍會，繼續成為您和親友的避風港。我們也致力保持最高水準，成為您遠離壓力的樂園。

期待您的蒞臨。

Noel Burns

總經理

Typhoon Signals No. '1' & '3'

CLUB REMAINS OPEN



If No.'8' is imminent then activities and functions will be postponed or cancelled and members are advised to check with coaches or reception for cancellations.

'BLACK' RAINSTORM WARNING

CLUB REMAINS OPEN but...

Club remains open but members are advised to stay at their current location. Only if signal is lowered, will full operation resume in approximately two hours.



TYPHOON SIGNAL NO. '8' OR ABOVE

CLUB CLOSES

Members and staff are advised to vacate the Club premise (excluding member(s) / guest in accommodation)

If the signal is lowered prior to 1800hrs, Club will resume operation as normal. Should it be lowered after 1800hrs, Club will remain closed until the following morning.

Annual General Meeting 2020

The Club's Annual General Meeting was held on Wednesday, 24th June. Those in attendance were briefed on the 2019 results and brought up to date by reports from all our Convenors of their respective areas of responsibility.





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Hong Kong - Since 1911

NOTICE

Garden Café Renovation

Dear Member,

Please be advised that the Garden Café will be closed for renovations starting, Thursday 2nd July 2020 for approximately two months.

The renovation covers the windows and interior soft furnishings. During this time, the café will continue in operation at the Gunners Bar for Breakfast (Monday to Friday) and other days in the Garden Marquee. There will be no reduction on menu offerings during this time.

We have created a plan to make sure that the Club will continue to provide exceptional food & service with the minimum of disruption.

During the renovation period, we apologize for any inconvenience and offer our sincere thanks for your patience and support.

26 June 2020

USRC
Management

Father's Day Brunch

This year the Father's Day Brunch was held at the Gascoigne Room on Monday 22nd June. The event this year was an intimate one with a sumptuous roast and Dads enjoyed the day celebrated for them.





United Services Recreation Club
Hong Kong's Best Kept Secret

GYM Room

Members only

24 hour CCTV in operation



Members ONLY

Bye Law 43 for Fitness Centre (GYM Room):

b) Guests are not permitted

e) Members must successfully complete a familiarization lesson prior to their registrations in the Club's pre-approved GYM Users List.



Group Regular Swimming Programme **(2nd Jul – 31st Aug, 2020)**

- Lessons and training will start on 2nd July, 2020 and the programme and schedule will be posted on a bi-monthly basis.
- To ensure your child gets the most out of their lessons, please let them arrive on time with swimming suits, caps and goggles adjusted. Please do not let your children swim before their lessons on cold days.
- The aim of the programme is to have swimmers learning gracefully and efficiently and to develop a love for the water/ personal survival. Classes have specific focus on technique and stroke correction, while ensuring swimmers are in a safe and enjoyable environment.
- The programme will be held by experienced coaches with Swimming Coaching Qualification from Hong Kong Swimming Coaches Association

Group Regular Swimming Timetable (No classes on Sunday and Public Holiday)

<u>Toddlers</u>						
Ratio 1 : 3 – 4*						
Suitable for 3 – 5 years old who cannot swim						
(Basic swimming skills including water safety, holding breathe, floating, gliding, kicking)						
Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
T1	Monday	6/7 – 31/8	4:30pm – 5:15pm	9	\$1,890	\$2,340
T2	Tuesday	7/7 – 25/8	4:30pm – 5:15pm	8	\$1,680	\$2,080
T3	Wednesday	8/7 – 26/8	4:30pm – 5:15pm	8	\$1,680	\$2,080
T4	Saturday	4/7 – 26/8	8:45am – 9:30am	9	\$1,890	\$2,340

<u>Toddlers</u>						
Ratio 1 : 4 – 6*						
Suitable for 6 years old & above who cannot swim						
(Basic swimming skills including water safety, holding breathe, floating, gliding, kicking and beginner freestyle/ breaststroke)						
Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
T5	Monday	6/7 – 31/8	5:15pm – 6:00pm	9	\$1,890	\$2,340
T6	Tuesday	7/7 – 25/8	5:15pm – 6:00pm	8	\$1,680	\$2,080
T7	Wednesday	8/7 – 26/8	5:15pm – 6:00pm	8	\$1,680	\$2,080
T8	Saturday	4/7 – 26/8	9:30am – 10:15am	9	\$1,890	\$2,340

*All classes require at least 4 swimmers to proceed (at least 3 swimmers for class T1, T2, T3, T4)



United Services Recreation Club
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USRC SWIMMING GALA 2020

13 SEPTEMBER SUNDAY

Lunch Buffet at Poolside Avidry

HK\$138 for Adult

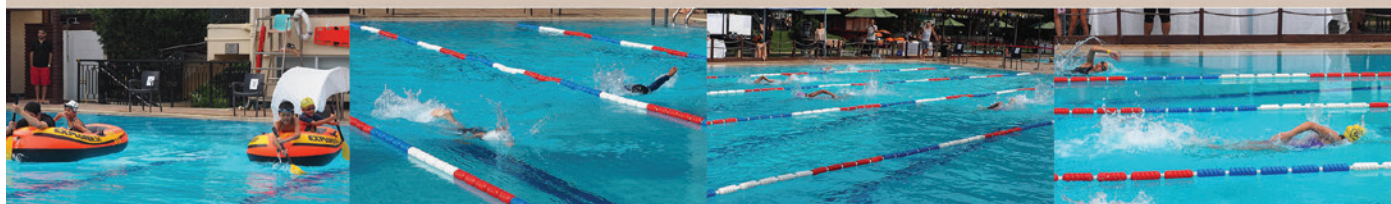
HK\$78 for Child

(11:30am - 2:30pm)

For reservations, please contact
Ken or Nike on 3966 8633
or by email to catering@usrc.org.hk

Enrolment forms are available at the reception.

For enquiry, please contact Eva Tsang at 3966-8628 or Eric Fung at 3966-8691.



BUFFET MENU

Salads and Appetizers

Broccoli and Blueberry Yoghurt Salad
Caesar Salad
Waldorf Salad
Mexican Salad
Cold Cut Platter
Grilled Vegetables with Thyme



Soup

Russian Borscht
with bread basket

Main Courses

Assorted Roast Sausages
Pan-fried Sole Fillet in a Spinach Cream Sauce
Chicken Makhanwala
Sweet and Sour Pork, Beef with Broccoli
Vegetarian Ma Po Tofu
Mixed Vegetable Curry
Roasted Potatoes
Wok-fried Noodles with Soya Sauce
Steamed Rice



Desserts

Fresh Fruit bowl
Assorted Mini Cakes
Assorted Fruit Jelly Cubes



SUMMER FREEDIVING



**21 JULY 2020
TUESDAY
7PM-9PM
USRC SWIMMING POOL**

REGISTRATION DEADLINE : 15 JULY 2020

Age: 14 years old or above

Fee: \$250 per member

\$290 per guest

Instructor: Cayden Wong

Max. Depth: 20m/66ft

* Equipment will be provided.



United Services Recreation Club
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For registration & enquiry, please contact Eric Fung at sports@usrc.org.hk or reception

SUMMER BASKETBALL

JULY - AUGUST 2020



WEEKDAY SECTIONS

Every Monday to Friday 9am to 11am

\$200 for members

\$220 for members' Guests

SATURDAY SECTIONS

10am to 11:30am, 11:30am to 1pm

\$150 for members

\$165 for members' Guests



1 ON 1 PRIVATE SECTIONS

On request Date and Time

\$400 for members

\$440 for members' Guests

COACH: TIMOTHY GERARD DARLING

Former Hong Kong National Men's Basketball Team Head Coach

Former University Coach United States and Canada

Former Professional Team Coach, Spain, Poland, China, Lebanon


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For enquiry, please contact Coach Ken at 9147-1217 or Coach Michael at 9886-0891.





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Fencing Fun Day

12 JUL 2020 SUN
2-4pm

Fee: \$150 per kid per session

Venue: Garden Room

Session 1 (3-12 years old): 2-3pm

Session 2 (13 & above): 3-4pm

(Maximum 20 kids per session)

Equipment will be provided

*Snacks and drinks will be
provided after the class*

APPLICATION DEADLINE:
8 JUL 2020 TUE

For registration and enquiry, please contact Eric Fung
at 9603-9620 or reception at 3966-8600.

Classes & Activities at the USRC

Bridge

Mimi Wong

WhatsApp: 9120 3789
Email: usrcbridge@gmail.com
Thursday duplicate
9.30am-12.30pm
Pre-registration required

Cricket

Muhammad I. Gull

Tel: 9421 4741
Email: sportsofficer@usrc.org.hk

Individual Lesson (including) Beginners, Intermediate & Advance Cricketers
\$350 per hour (member)
\$400 per hour (guests)
Group Lesson (minimum 2 to 6 persons) – \$700 per 1 ½ hour
Team Training (minimum 2 to 6 persons) – \$800 per 2 hours
Junior's Individual Lesson
\$300 per hour (member)
\$350 per hour (guests)
Junior's Group Lesson (minimum 2 to 4 kids) – \$600 per 1 ½ hours
Junior's Team Training (minimum 2 to 6 persons) – \$700 per 1 ½ hours
(Beginners or any age kids are welcome)



Football

Alan Urmston

Email: alanu@netvigator.com
Wednesday: 7:30-9:00 pm, King's Park
\$50 for 90 minutes' playing time (adult)

Gym Familiarisation

Contact Reception 3966 8600/611 for registration and scheduled class times – 30 minutes per lesson
Private lesson \$100

Playgroup

Pearl Lam

Tel: 9499 6693
Tuesday: 9:30am
\$50 for the first child (member)
\$88 for the first child (guests)
\$35 per additional child or parent

Personal Trainer

Ken Hon

NASM CPT Certified Personal Trainer
Tel: 9042 4434
Email: kenhonchinghei@gmail.com

Personal Trainer 1 on 1 package
Trial Session - \$380 hour
1 Session - \$750 hour
4 Sessions - \$720 hour
12 Sessions - \$660 hour
24 Sessions - \$630 hour
52 Sessions - \$580 hour

Personal Trainer 1 on 2 package
Trail Session - \$200 hour/ per person
1 Session - \$400 hour/ per person

Pilates

JM Pilates Studio

Tel: 9194 5856
Email: jmpilates@yahoo.ca

Group Class lessons
USRC Members - \$198 - per lesson
Non Members Individual Lesson - \$250
10 lessons Non-members - \$2,100

Private Lessons
USRC Members - \$700 - per class
Non Members -
\$7300 - 10 lessons
\$3900 - 5 lessons
\$850 - single lesson

Semi Private Lessons (price for 2 people)
USRC Members - \$850 per lesson
Non-members - \$900 per lesson

Squash

Ilyas Gull

Tel: 9421 4741
Email: sportsofficer@usrc.org.hk

Adults
1. Private lesson for adult \$350 per hour
2. Group of 2 \$600 per hour
3. Group of 2-4 \$800 1½ per hrs

Juniors
1. Private lesson \$300 per hour
2. Group of 2 \$500 per hour
3. Group of 2-4 \$600 1½ per hrs



Swimming Classes

Eric Fung

HKSCA Level 1 Coach
Tel: 9603 9620
Email: kyfung.eric@gmail.com

Private Lesson (for members only)

1 person - \$460
2 persons - \$620
3 persons - \$780
4 persons - \$880

Chris Hunt

HKTA Qualified Coach, Licensed Level II.
USRC Junior Tennis Teams Captain
(Under 14s and Under 18s)
Tel: 9316 6191/ 2550 5094 (evening till midnight)

Drop-in group lesson:
\$180 per hour per child
Saturday: 10am – 11am (beginners group)
Saturday: 11am – 1pm (intermediate group)
Thursday: 6pm – 7pm (intermediate group)

Super group lesson – by appointment only:
\$260 per hour per child
Tuesday: 5pm – 7pm (improvement class I)
Thursday: 4pm – 6pm (improvement class II)

Private lesson (for members only):
1 person – \$520, 2 persons – \$680,
3 persons – \$880, 4 persons – \$1,080,
5 persons – \$1,350, 6 persons – \$1,620
\$200 per hour per person (member)
\$250 per hour per person (guest)



Sunday

Monday

Tuesday

5

- Social Tennis (Court 3) 3 – 7 pm (Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm (Club Members)
- Football YYL Game

6

- Pilates Group Class 4 pm

7

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm (Club Members)
- LB League Team Practice 6:30 – 9:30 pm
- Pilates Group Class 11:00 am

12

- Social Tennis (Court 3) 3 – 7 pm (Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm (Club Members)
- Football YYL Game

13

- Pilates Group Class 4 pm

14

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm (Club Members)
- LB League Team Practice 6:30 – 9:30 pm
- Pilates Group Class 11:00 am

19

- Social Tennis (Court 3) 3 – 7 pm (Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm (Club Members)
- Football YYL Game

20

- Pilates Group Class 4 pm

21

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm (Club Members)
- LB League Team Practice 6:30 – 9:30 pm
- Pilates Group Class 11:00 am

26

- Social Tennis (Court 3) 3 – 7 pm (Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm (Club Members)
- Football YYL Game

27

- Pilates Group Class 4 pm

28

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm (Club Members)
- LB League Team Practice 6:30 – 9:30 pm
- Pilates Group Class 11:00 am

Wednesday

Thursday

Friday

Saturday

1

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

2

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

3

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

4

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

8

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

9

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

10

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

11

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

15

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

16

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

17

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

18

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

22

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

23

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

24

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

25

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

29

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

30

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

31

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games



Sunday

Monday

Tuesday



2

- Social Tennis (Court 3) 3 – 7 pm
(Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm
(Club Members)
- Football YYL Game

3

- Pilates Group Class 4 pm

4

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm
(Club Members)
- LB League Team Practice
6:30 – 9:30 pm
- Pilates Group Class 11:00 am

9

- Social Tennis (Court 3) 3 – 7 pm
(Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm
(Club Members)
- Football YYL Game

10

- Pilates Group Class 4 pm

11

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm
(Club Members)
- LB League Team Practice
6:30 – 9:30 pm
- Pilates Group Class 11:00 am

16

- Social Tennis (Court 3) 3 – 7 pm
(Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm
(Club Members)
- Football YYL Game

17

- Pilates Group Class 4 pm

18

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm
(Club Members)
- LB League Team Practice
6:30 – 9:30 pm
- Pilates Group Class 11:00 am

23
30

- Social Tennis (Court 3) 3 – 7 pm
(Court 4) 3 – 8 pm
- LB 10:00 am - 8:00 pm
(Club Members)
- Football YYL Game

24
31

- Pilates Group Class 4 pm

25

- Playgroup 9:30 am – 11:30 am
- LB 2:30 pm - 9:30 pm
(Club Members)
- LB League Team Practice
6:30 – 9:30 pm
- Pilates Group Class 11:00 am

Wednesday

Thursday

Friday

Saturday



5

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

6

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

7

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

1

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

8

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

12

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

13

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

14

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

15

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

19

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

20

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

21

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

22

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

26

- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

27

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

28

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

29

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)



Cricket News

by **Ahmed Saleem**
Cricket Convenor



Following their Annual General Meeting, Cricket Hong Kong (CHK) reviewed the status of the current 2019/20 season. Unfortunately, given that all cricket facilities remain closed at that time, and it was unclear when competitive action could resume, a decision was taken to conclude the programme.

Despite the severely truncated fixture list, it was again encouraging to see some successful performances from our USRC teams.

At the elite end of our section, our Men's Sunday squad were holding a clear first place in Division 2, having won all five of their completed games. The squad looked 'odds on' for promotion back to the highest league in Hong Kong with one game to play and we await a review with CHK to see if USRC will be back at the 'top table' of Hong Kong cricket next season.

Also, within our junior ranks, our U-11 squad, had another fantastic season, taking first place in their Pairs pool. This continued the great success our development programme has now had over six years since its inception and again bodes well for our future talent pipeline.

With no competitive cricket played since the last publication, we're taking the chance to take a look at a couple of our leading players and our dedicated coaching team. We also look forward to welcoming all Members and players back to the USRC nets as soon as normal conditions return.

Rohaab Umer – Junior Player of the Year, 2018/19



As a key member of the USRC side that won the CHK U-13 Championship in '18/19, Rohaab is now in our U-15 squad. He joined USRC in 2016, and has been a strike bowler and sometimes opening bat. Selected at U-13 age group as a member of Hong Kong's Development squad.

Having played cricket since he

was 7 years old, he most enjoys bowling, with his standout experiences for USRC being the capture of two hat-tricks during our Championship winning season in which he claimed 23 wickets. Rohaab's best memory from his time with the Club is the final match against PACC when the Club clinched their first U-13 title.

Shan Raja – Men's Saturday, Best Bowler, 2018/19



Claiming 25 wickets last season at a remarkable average of only 3.2, Shan was the leading bowler in our senior Saturday squad. This excellent performance followed up with Shan claiming the same accolade for our Sunday squad the year before.

Shan had started playing cricket when he was 13 years old, achieving early success in age group leagues. Due to work commitments, he needed to take a break from the game, only to be lured back with the support of our Head Coach, Ilyas. This proved to be a great piece of recruitment as after five seasons with USRC, Shan has been a leading wicket-taker four times and has twice picked up player awards.

As a real team player, Shan remembers several great performances by his team-mates as the highlights of his time with the Club, such as a 150 not-out scored by Abrez, while the team chased down a demanding total of 315, or the 5-wicket haul for debutante Kashif. But his contributions should not be overlooked, like bowling the Men's side to victory against HKCC, and promotion to Elite Division 1 at the end of the '17/18 season.

Meet our coaches USRC's Head Coach, and one-time Hong Kong Captain, Ilyas Gul



Looking back on his high-level playing career in Pakistan and Hong Kong, Ilyas' stand-out memory is his Hong Kong debut in '03/04 in Singapore, where he hit a century and claimed 4 wickets for just 5 runs.

Ilyas has been coaching for almost 15 years, at both club level, and within the CHK national

programme. He was instrumental in setting up the cricket section at the Club and working with the GC and GM in the development of our excellent facilities. Over these last seasons, he has taken particular pride in how our junior development programme has been able to offer children of Members and the local community the chance to learn great values of sportsmanship and teamwork.

Imran Arif



Now in his second season with USRC, Imran is sharing his knowledge from 10 years of coaching and a playing career that took him from Pakistan to Australia, and the English county game (with Yorkshire, Sussex, Worcestershire and Hampshire). A standout highlight of those years overseas, being a chance to play a first class

match at 'the home of cricket', Lords.

Imran also holds a great memory from one of his early performances, taking 7 wickets in his first class debut. Having coached at KCC for five years, he was attracted to join the USRC set up by the opportunity to work with a fresh new team and cultivate the potential across the playing groups. He has been working closely with our junior squads across U-15, U-13 and U11, enjoying some priceless moments as players learn their new skills. Recently he called out the development of Brian Boyce, Max Fung and Hriday, who he has been working with in our U-11 programme, teaching them the basics from scratch and now seeing them apply their skills in league matches.

Kashif Shams



Working alongside Imran with our junior's, Kashif, also relishes the chance to find new young talent to whom he can pass on his knowledge, helping convert the player into a mature cricketer.

Kashif has been coaching for four years and stepped in to manage our U-11 age group two seasons ago, bringing immediate

success with another Championship win. As a player he has spent time in England and Pakistan, providing one of his most

memorable moments when (in the style of his hero, Imran Khan) he struck four sixes in rapid succession in a match in Islamabad, to take his side to a nail-biting victory.

In addition to his coaching role, Kashif is a key member of the section's committee, having worked tirelessly to support the running of the teams, especially in organising equipment and uniforms.

Hong Kong Award Winner – James Minnett



This year CHK has introduced a new range of awards to recognise the efforts of the coaching community across the city, supported by the HK Jockey Club and HK Sports Institute.

The Section is delighted that one of our key members, James Minnett, has been awarded 'Volunteer of the Year'.

James has been supporting USRC for six seasons. Over this time he has helped co-manage and coach our U-11 and U-13 squads, acting as a regular scorer at matches; while in his spare time co-ordinating the player registration of the whole section and our dialogue with the governing body. Added to which, as a confessed 'stato', James has been the first to provide coaches with player statistics to keep track of performance.

It is fantastic to see James receive recognition from the city's cricket community, for this all-round effort to support the game, especially in the junior age groups.

2020/21 Season – all Members welcome



We are hopeful that by the time this publication is in circulation, cricket will be back up and running, and our pre-season training will have started. If you, your children, or your friends are interested in playing - at any age group, and level – please reach out and contact either Ilyas Gul (sportsofficer@usrc.org.hk) or Kashif Shams (kashifshams74@hotmail.com).



Football News

Alan Urmston
Football Convenor



May-August 2020

Football was played in the period after Chinese New Year, from mid-February to mid-March. Here's a roundup of the games that were played before the lockdown.

On 14th February **USRC Gunners** defeated Revolution, who were promoted from Division 2 at the end of last season, by an astonishing score of 14-0. The goals were scored by Marcus McMillan (6), Sean Taylor (4), Jonathan Mok (2), Mark Jobling and Kieran McBride. The result was obviously great for Gunners' goal difference and extended their lead at the top of the Legal League to 6 points.

USRC 1911 managed to get four games in, with a win a draw and two defeats among them. The draw was on 21st February, 1-1 against Godfathers, with Williams Nambeke scoring for 1911. A week later they suffered a 2-0 defeat to DBFC Vets but a week after that they bounced back with a fine 4-2 win over BTDT. With goals from Nambeke (2), Jobling and Gwilym Cornes. The win came in the Legends League's cup

competition, the Champions League. Unfortunately, it will not be enough to see them qualify for the semi-finals. Finally, 1911 took on league leaders HKFC on 20th March and despite having a strong squad, went down 2-0.

USRC Vitesse had just one game, an Over-45s fixture against Spartans on 13th March which resulted in a 3-0 defeat.

With a lot of games still outstanding in the 2019-20 season, we were hoping for an early reopening of pitches, including King's Park, where our teams train and play most of their matches. However, as the lockdown has been extended several times, it is not clear when or even whether the season will be able to resume. Given that we have had a long break from football, it is likely that once we can resume we will play through July and August, even if this means playing only friendly matches.

On a more positive note, coaching for children with our coaching provider, **Brasil Top Skills** has resumed on the multi-purpose area (with restrictions). Please ask at Reception for more details

In the meantime, the Football Section will hold its **Annual General Meeting** on Tuesday 16th June. The details of what takes place at the meeting and the decisions made will be reported in the next issue.





Tennis News

Martin Li
Tennis Convenor



Annual General Meeting 2019-2020

We held the Annual General Meeting on 13 June 2020. During this meeting, we reported our activities from last year which included our performance for charity events, league match results, the annual dinner, outstanding members achievements and the financial report. For the most important item, we managed the election of new committee members procedures since some current members were not continuing their role for the coming year. Having elected some new committee members, we announced the Annual General Meeting complete and thanked all attending members.

The committee expressed heartfelt appreciation and thanks for Karen Lam and Lin Pang to make more contribution to the Tennis Section last year.

The new committee has been selected as the following members

Post	Name
Convenor	Cindy Fung
Treasurer	Katy Chan
Secretary	Alfred Cheng
Sub-Committee Member	Ken Chan
Sub-Committee Member	Maide Sun
Sub-Committee Member	Thomas Lee
Sub-Committee Member	Martin Li

I wish the new committee to continue and further benefit the Tennis Section members for the future.



2018/2019 committee members at the AGM



The newly elected Committee members, from left to right, Alfred Cheng, Ken Chan, Cindy Fung, Maide Sun, Katy Chan, Thomas Lee and Martin Li



The AGM attending Members

Friendly matches

Due to the recent calming down of Covid 19 infections, it is the right time to resume all social tennis and friendly matches. Our Team Men A and Team Ladies A+ have organized friendly matches with other clubs through June and July and we hope everyone enjoys their tennis and gains friendship.

Resignation of coach

Please be informed that Charity Battad, one of the tennis coaches in USRC, has resigned and her family will no longer be coaching after 26 June. We thank her and her family for the service to our club over many years and wish them further success in the future.

Uniforms

After careful selection by Thomas Lee, the design of our tennis uniform has been approved and ordered. The design of the uniform is as follows:


Date: 2020-05-11

USRC Tennis 2020

Men's Tee

100% polyester, 150gsm, Bird Eye , Micro quick dry

Men's	S	M	L	XL	XXL	QTY
Top	3	19	40	16	2	80



Navy blue
(color 2)

Men's Shirt

Date: 2020-05-11

USRC Tennis 2020

Ladies Tee

Ladies	S	M	L	XL	XXL	QTY
Top	7	15	7	6		35

038786

IRIS T-SHIRT

XS S M L XL 2XL

JERSEY SPANDEX
77% RECYCLED POLYESTER 23% ELASTAN

RECYCLED POLYESTER
UV PROOF AND QUICK DRY TREATMENTS



Date: 2020-05-11

USRC Tennis 2020

Ladies skort

Ladies	S	M	L	XL	XXL	QTY
skort	10	11	6	5	3	35

038787

IRIS SKORT

XS S M L XL 2XL

POLY MECHANICAL STRETCH
100% RECYCLED POLYESTER

RECYCLED POLYESTER
UV PROOF AND QUICK DRY TREATMENTS



Ladies shirt and shorts

Tennis Racket Restrunging Service

The USRC Squash Section is now offering restringing service to our Tennis Section members.

Monies received after discounting expenses will be designated to the Squash Section Youth Development Purpose.

Strings provided by **USRC**: HK\$200
Strings provided by **Members**: HK\$100

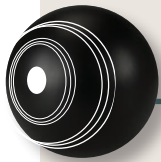
Type of String:

Soft: Tecnifibre X-One Biphase 17 Reel String
Medium: Head Hawk Touch Reel 120m String
Hard: Babolat RPM Blast 17 Reel 200m String

For any enquiries, you can contact us either via email sports@usrc.org.hk or by phone 3966-8691 / 3966-8600.



United Services Recreation Club
Hong Kong - Since 1911



Lawn Bowls News

by the Apprentice

Lawn Bowls Section AGM

The LBS Annual General Meeting was held on 7th March 2020 in the Garden Room.



Thankful to the strong support from members who were present at the AGM, the new LBS Sub-committee was elected and their respective positions are as follow:

Convenor:	Mrs Cindy Robinson
Secretary:	Ms Peggy Lip & Ms Liana Lee
Treasurer:	Mr Edmond Cheung
Men's Captain:	Mr Kelvin Lin
Women's Captain:	Mrs Hana Ko
Green Convenor:	Mr Dicky Wong
Social Officer:	Ms Joanna Wong



Long-serving Committee Members

Two of the long-serving committee members Mr Ricky Mak and Ms Helen Lo have decided to bow out after years of service. The new committee would like to thank both for their contributions and support to the LBS throughout these years.



Ricky Mak



Helen Lo

LBS Annual Prize Presentation Ceremony



On the day of the AGM, we took the opportunity to present trophies to the Club Singles Champions as well as Winners of the In-house Triples 2019 and the USRC Best Players of Premier League 2019.

In-house Triples 2019



The winning team of Michael, Liana, David & K.K. showing off their gold medals.



In 2nd place is the team of John, Hana, Dicky & Ann (not in picture) with their silver medals.



In 3rd place, Ricky represented teammates Ken, Peter & Anita (not in picture) to receive their bronze medals from Dicky.

Men & Women Club Singles Champion 2019



Michael Sham



Cindy Robinson

Best Men & Women Players of Premier League 2019



Laurence Ko



Joanna Wong



Liana Lee



Cindy Robinson

Triples League 2019

There was a glimpse of hope when the LCSD decided to re-open some of the public outdoor followed by indoor sports facilities including lawn bowl greens in early March and the Triples League can be resumed shortly. Unfortunately, our hope was short-lived when they once again decided to close all sports and recreation facilities from 23rd March after another surge of confirmed cases of Covid-19 in Hong Kong.

Our Ladies B Team was in a good position after 5 games played in Division 4 and stood a good chance for promotion but luck was not on their side. With all the public and private venues closed and the necessary measures to prevent the spread of the coronavirus were still in place, the HKLBA had no choice but to cancel the Triples League 2019.

We can now look forward to the Premier League 2020 season which has also been put on hold until further notice.

National Competitions 2020

At the time of writing, the National Pairs and Indoor Singles competitions have just resumed but others in the mixed format were cancelled.

The encouraging news is that two of the USRC women teams progressed to the 4th round of the National Pairs. Good game to All!

Women Skill Refinement Workshop 2020

The first Workshop for Women with Coach Li Ka Ho started on 11th June 2020.



Format of the workshop changed slightly with some back to basic drills and games in the first half.



In the second half, it focuses on the head reading and selection of shots in games.



On the Mat

1. Every person from lead to skip is of equal importance. No matter how good the skip might be, he/she is dependent on the abilities of his / her teammates.
2. Consistency is impossible without a smooth delivery.
3. As the lead goes, so the game goes, is very often true. So remember, the lead's job is to consistently "draw" as close to the jack as possible.
4. A bowl at the back is worth ten in the way.
5. Too many players look at the jack, rather than a definite point of aim. Look and aim at the line along which you

want the bowl to travel. How many times do your bowls end up narrow? Too often for many. This usually happens because you are over anxious to see where your bowl is going, so you look up towards the jack before your bowl is fully rolling along the aiming line. This causes your arm to pull across your body in the direction of the target, and the bowl will almost always finish narrow!

The remedy is to consciously keep your head down and your eyes focused on the chosen delivery line for a few extra seconds before you look up.

Reference: Richard Lovell, Doncaster Bowling Club





Rugby News

Nigel Mattravers
Rugby Convenor



Get to know Tiger Emily Underwood!

Her journey from Essex to HK

Loose head prop 175cm/ 5'8 84kgs

I was born in Essex but grew up in Devon from the age of four. Growing up on a farm in the South West of England was sometimes isolating but being close to nature and being part of a big family with a constantly busy household was fun. I then moved to Cardiff for university so got a taste of being a country girl in a big city but HK is like nowhere I've ever lived before!

After finishing my Undergrad and Msc, I ended up staying in Cardiff with my boyfriend (fellow Tiger, Ryan Spriggs) and getting a job in a school. I'd been approached by one of the girls I played with at university to come to Tigers. When a couple of university friends came back from HK for Christmas and suggested coming out to play for Tigers the timing was better and it seemed a once in a lifetime opportunity; living on another continent, playing the sport I loved with potential opportunities for new work and travelling. I decided to quit my job and three months later we were here.

Coming to HK the biggest shocks were; the fast pace everything moves at, the sheer amount of people living here and the number of huge buildings in such close proximity. Definitely different to Devon and Cardiff!!



The most attractive thing about the Hong Kong lifestyle I think would be the culture, especially the food and opportunities to meet new people, work and travel and explore.

Coming to Tigers has had a massive impact on my life, the women's team and the club are great; they have made me feel so welcome and part of this big family. Tigers has provided an opportunity most female rugby players don't often get; to play for a premiership club in another country as well as opportunities coaching young players coming through their mini's and youth system. Tigers play a different style of game compared to back home but it's fast, enjoyable and challenging in such a different weather climate. I've made so many new friends not just from Hong Kong but all over the world and reaching the Grand Champs Final in my first season has been an honour. Very excited for the season to come!

Get to know Tiger Liam Edwards!

His Journey from Surrey to HK

Lock/Back Row | 6'7" | 115kg

I grew up in a small town in Surrey, called Godalming. Godalming was fairly quiet, lots of green space and farmland to explore for walks. Fair to say a very different to Hong Kong. What I liked most was the freedom to explore, fresh air, everyone living close by making it easy to swing by friend's houses to hang out.

After studying in Leeds, and playing the majority of my full-time rugby there, I made the move to London. Making my first step into the corporate world, it was fairly difficult in a market that doesn't tend to offer fast progression and growth. It was apparent, that stepping into a corporate career late, London was offering a slower pace. I wanted an opportunity to progress. It turned out, the opportunity to move to Hong Kong came along! That offered a different culture and a great fast-paced corporate environment.

For me, the biggest culture shock was the volume of people. The streets in certain districts can be fairly busy. This doesn't take too long to adjust to. I've been living fairly locally in Mong Kok, one of the busiest places per square meter in the world.

Biggest adjustments are the living spaces, limiting your belongings from needs and wants. Coming from a 3 bedroom house in London to a considerably smaller apartment, was the major adjustment. You get used to it and realize the opportunity outweighs the close living quarters.

Hong Kong has offered exceptional progression and growth opportunities for my career. The community in HK are



all willing to network giving me plenty of career options. Someone will always know somebody, no matter what the industry. HK is also located in such an exceptional spot in Asia, enabling me to travel and reach parts of Asia I may not have thought of before.

Tigers have helped me set up in a new career, whilst stepping back from my professional rugby but allowing me to maintain a semi-professional standard alongside my corporate career. This has let me continue alongside quality players and like-minded individuals.

As we deal with the turmoil that Covid-19 has created, we thought a home workout for members of all ages would be a nice addition, so if you're up for the challenge try our very own Hulk workout.

If you have any questions about upcoming activities or programs, please don't hesitate to contact us at rugby@tigersportslimited.com



The Hulk

- Wall squat
- Mountain Climb push up combo
- V-ups
- Walking lunges with/without weight
- Plank
- Chair dips
- Decline chair press ups (feet on chair)
- Plank shoulder taps

30 sec on

30 sec off

3-5 circuits

2 min recovery between each circuit



Squash News

Colman Ng
Squash Convenor



Early termination of Squash League 2019/20

Since the Chinese New Year holiday break in January, the Squash League came to a standstill due to the outbreak of the Covid-19 pandemic. With the increasing number of confirmed cases of infection after a large number of returnees from overseas, for a while we had to comply with government guidelines to close all sports facilities at the Club to mitigate the spread of the virus. This forced an abrupt halt to all activities in the Squash Section from the end of March till early May 2020. Although the situation in HK is relatively stable, the coronavirus pandemic is still spreading in other parts of the world, therefore HK Squash eventually decided that the remaining matches of both the Main League and Masters League for 2019/20 are to be cancelled.

This pandemic is a crisis that nobody has ever seen in our generation and it is everyone's duty to help stop the spread of the virus in our community. The least we could do is to strictly observe the guidelines of social distancing, wearing facial masks and maintain personal hygiene. Notwithstanding the early termination of the League competitions, I strongly suggest that all members should make conscious efforts to exercise regularly to stay fit and healthy.

Members making the most of the squash facilities before their closure on 27 March 2020



Tennis racket restringing service

After discussion between the Sports Director and the members of the Squash Sub-Committee, the Squash Section started offering tennis racket restringing service to members of the Tennis Section. To demonstrate the quality of the service, the Squash Section offered to restring 5 tennis rackets free of charge and was proved to be comparable to a professional standard.

As was approved by the GC, Members making use of the service are to be charged \$200 per racket, inclusive of string supplied by the Club, or \$100 with the string provided by the racket owner. The revenue so generated, after deducting cost, will go to a separate account designated for Squash Section youth development purpose. The money may be used for sponsoring entry fees for competitions, coaching sessions, travel expenses relating to competitions, light refreshment and subsidy for annual dinner, etc.



Restringing of tennis racket by Chris Leung

Friendly match against HK PolyU

With the early termination of all league competitions, the HK PolyU Squash Team was invited to the USRC for a friendly match on 25 May 2020. Each of the home and the visiting team comprised 8 players. The match provided a nice break from the doldrums of the pandemic and social unrest that disrupted the league competitions for most of the past year.

The match between the two teams had been highly competitive and lasted for more than 3 hours. It had been thoroughly enjoyable for everyone who participated in the

event. The visiting team were subsequently invited to a post-match dinner in the Garden Café with plenty of food and drinks consumed in a delightful atmosphere.



Friendly match against HK PolyU Team

Junior squash training

Upon reopening of the squash courts at the end of May, the Squash Section is in a position to resume squash induction training to beginners to introduce the sport to our junior members and to identify suitable young players with the flair for further development. Amos Yuen and Kermit Yuen had kindly offered to conduct the training sessions to be held every Saturday afternoon. Interested members may contact Amos Yuen for more details.



Junior training in progress



Bridge News

Mimi Wong
Bridge Convenor



Annual General Meeting

On 18th March, the Bridge Section's Annual General Meeting was duly held. The Convenor made reports on tuition classes, social events, overseas matches and the growth of Section members. The past Treasurer also gave out the Annual Financial Report and Section's Charity Report.

The new Committee Members for 2020-2021 are as follows:

Post	Name
Convenor	Mimi Wong
Secretary	KP Tam
Treasurer	Leo Kwan
Administrator	Henry Lau
Relation Officer	Helen Lo

The Sub-Committee is looking forward to serving the Bridge Section for the coming year, focussing on promoting bridge among Club members as well as raising funds for charity events.



Regular activities:

- Wednesday – Tutoring
- Thursday – Duplicate
- Saturday – Social game

Wednesday tutoring

After a break of about two months, classes resumed from mid-May.

Learners were delighted to be back in class. Lesson topics taught included:

- 1NT bidding at balancing seat
- Weak jump shift
- Suit preference signal

A beginners' class was also started in June with places all filled up. The tutorials are conducted based on Standard American five-card major system (with modifications). The participants learned bridge knowledge through classroom-based lectures and were guided to play some hands immediately at the first lesson.



Thursday duplicate

Due to social distancing restrictions, the Thursday duplicate was only limited to five tables so this reason there was a reduction of the number of players. However, the participants were particularly enjoying themselves with the quiet, intimate and friendly atmosphere.

On 4th June, The Thursday bridge group hosted a birthday celebration for Joan Campbell, one of our regular and long term guest player. She attaches with USRC bridge group for over ten years and is still an active, brilliant and keen player at her age of nearly 90.



Saturday social bridge

Saturday social games are always the highlight of our weekly bridge activities.

Further to the introduction of computer-generated hand programming using 'BIGHAND' generator, our players have got themselves acquainted with the scoring system, the 'Bridge Scorer' which is similar to the English Bridge Union scoring system. The program allows players to operate electronic tablets and send real-time results to the main server. It is a very cost-effective and user-friendly system.

The games continue to run as supervised sessions with mentors present to assist players when in need. These are conducted under a fun and social atmosphere, an alternative from playing competitive duplicate games.



Keep in touch

Bridge is a great way to keep your mind agile while making new, like-minded friends. It's also hugely rewarding to learn, whether socially or competitively.

If you would like to learn to play bridge or meet up for a social game, please contact the Convenor at WhatsApp 9120 3789 or email usrcbridge@gmail.com

Quiz

1. What colour is paprika?

- ☐ Blue
- ☐ Green
- ☐ Red
- ☐ White

6. What type of vegetable is a Maris Piper?

- ☐ Cabbage
- ☐ Carrot
- ☐ Pea
- ☐ Potato

2. In rhyming slang what is dog and bone?

- ☐ Babysitter
- ☐ Butcher's shop
- ☐ Dog
- ☐ Telephone

7. What was the first name of Burgess, the famous spy?

- ☐ Anthony
- ☐ Donald
- ☐ Guy
- ☐ Kim

3. Who was lead singer with Them?

- ☐ Jackson Browne
- ☐ Eric Clapton
- ☐ Van Morrison
- ☐ Steve Winwood

8. What game is played at St Andrews?

- ☐ Curling
- ☐ Darts
- ☐ Football
- ☐ Golf

4. What was the "Flying Scotsman"?

- ☐ Airplane
- ☐ Motorbike
- ☐ Person
- ☐ Train

9. In mythology what is Neptune the god of ?

- ☐ Ghosts
- ☐ People
- ☐ The Sea
- ☐ Wine

5. Which Rod has had over 50 chart hits?

- ☐ Hull
- ☐ Jones
- ☐ Stewart
- ☐ Taylor

10. Which New Kids had seven singles in the charts in 1990?

- ☐ Backstreet
- ☐ 'N Sync
- ☐ On The Block
- ☐ Westlife

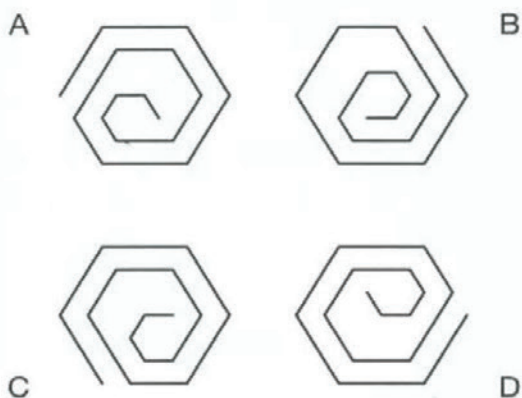
Submit your answer to the Club or fax 2724 0949 on or before Sunday, **2nd August 2020**. All correct entries will be placed into a draw. The Winner will receive 3 Courses Set Lunch for two person at Gascoigne Room. Good Luck!

Name: _____ Membership No: _____
Contact Tel No: _____

**Please note only one entry will be accepted per Membership*

Three-Minute Puzzles

Hexa Spirals



Three of the four spirals are identical. Which one is different?

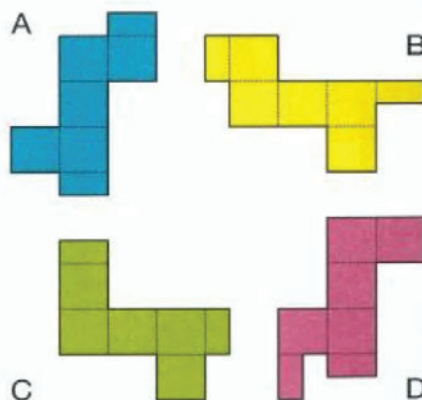
☐ A

☐ B

☐ C

☐ D

S-Rectangle Cube



Which pattern forms a full cube when folded along the dotted lines? No parts of the patterns should overlap when folded.

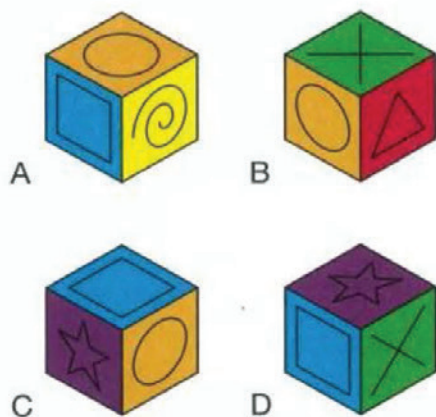
☐ A

☐ B

☐ C

☐ D

Colored Cube



Which view of a colored, decorated cube does not match the other three?

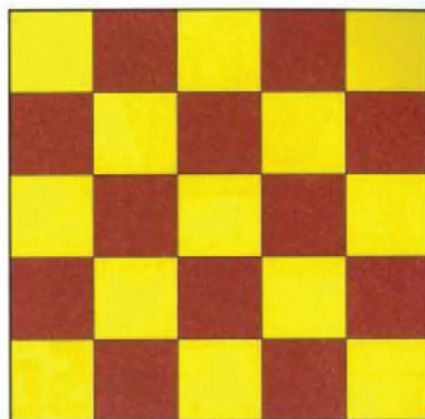
☐ A

☐ B

☐ C

☐ D

Checkered Walk



True or false: Starting at any dark cell on the 5x5 checkboard you can visit each cell exactly once, alternating dark and light cells and only moving orthogonally between adjacent cells.

☐ True

☐ False

Submit your answer to the Club reception on or before 2nd August 2020. All correct entries will receive a FREE SMOOTHIE*

Name: _____ Membership No: _____

Contact No: _____ Email: _____

*Please note only one entry will be accepted per membership

Royal Air Force Club London

Celebrating their 100th year in 2018, RAF heritage with a host of excellent modern facilities for relaxing and dining, along with well-priced overnight accommodation. With over 110 bedrooms, a well-equipped fitness centre and relaxed public areas, use of the Piccadilly clubhouse can be enjoyed as part of your membership.

Work & play

Benefit from a wonderful Grade II listed building with beautiful banqueting rooms available for private parties and functions and ideal for Squadron events and reunions. For those interested in using the Club for business or networking, they have meeting rooms available for member hire along with a library and business suite to catch up on work when in town.

An enviable location, opposite Green Park, means they are also perfectly placed for time outdoors, or for those planning on indulging in a spot of retail therapy, they are also located mere minutes from all the big names on Bond Street, Regent Street and Oxford Street.



Member benefits & clubs overseas

Members also benefit from reciprocal arrangements with quality private members' clubs around the world, from Europe and the USA to further afield such as Asia and Australia – perfect for a city break or long haul trip. And if that were not enough, they also offer preferential member rates to over fifty varied social events per year, including high profile guest speaker dinners, informal lunches, receptions, gourmet evenings with the very best of food and wine, West End theatre trips and member excursions.

Family friendly

Their pride on being family friendly – all well-behaved children are welcome at the Club, with interconnecting and family rooms & kids' menus on offer to make your stay as easy and comfortable as possible.



Accommodation

With 110 bedrooms including well-equipped accessible & family rooms, the Royal Air Force Club offers exceptional comfort and location. Feel right at home in the centre of Mayfair with all the capital's attractions on the doorstep and the Club's front desk team to help you find them. A restful night's sleep for all members and guests is our aim.

And don't forget, the Club offers the best breakfast in London, served every day from 0700-1000hrs Monday to Friday, 0730-1030hrs weekends & Bank Holidays.

Non-Member & reciprocal stays

Non-members/guests are only permitted to stay at the Club with a member present. Seasonal Guest rate is applicable. Reciprocal members are only permitted to stay at the Club with a valid Letter of Introduction from the home Club, covering the exact date of the stay. Seasonal Reciprocal rate is applicable.

List of Reciprocal Clubs

COUNTRY	CITY	CLUB NAME	COUNTRY	CITY	CLUB NAME			
AUSTRALIA	Adelaide	Naval, Military & Air Force Club of South Australia	NEW ZEALAND	Auckland	The Northern Club			
	Brisbane	United Service Club		Dunedin	The Dunedin Club			
	Canberra	Canberra Club		Napier	The Hawkes Bay Club			
	Melbourne	The Kelvin Club Kooyong Lawn Tennis Club Royal Automobile Club of Victoria Royal South Yarra Lawn Tennis Club		Wellington	Wellesley Boutique Hotel The Wellington Club			
	Sydney	The Royal Exchange of Sydney Royal Automobile Club of Australia	PHILIPPINES	Baguio City	Baguio Country Club			
				Cebu City	City Sports Club Cebu			
BELGIUM	Brussels	Royal International Club Chateau Sainte-Anne	Manila	Manila House				
	Gent	International Club of Flanders						
BRAZIL	Rio De Janeiro	Clube Americano Do Rio De Janeiro	PORTUGAL	Lisbon	Gremio Literario			
CANADA	Vancouver	Hollyburn Country Club Jericho Tennis Club Terminal City Club		Oporto	Oporto Cricket & Lawn Tennis Club			
				SINGAPORE	Camden Park Hollandse Club Orchid Country Club Singapore Ceylon Sports Club The Chinese Swimming Club			
					SOUTH AFRICA	Cape Town	Cape Town Club	
Durban	Durban Club							
Grahamstown	Albany Club							
CHINA	Taipei	American Club	SPAIN	Barcelona	Círculo Ecuestre			
FRANCE	Paris	Saint James Paris		Bilbao	Sociedad Bilbaina			
GERMANY	Berlin	International Club Berlin	SWEDEN	Stockholm				
	Frankfurt	Union International Club		Military Club of Stockholm				
INDIA	Ahmedabad	Karnavati Club	THAILAND	Bangkok	The Bangkok Club			
	Bangalore	Greenacres Country Resort			The British Club			
	Cochin	International Club	TRINIDAD	Port of Spain	Trinidad Union Club			
	Jaipur	Jaipur Riding and Polo Club			UK-ENGLAND	Bath	The Bath & County Club	
	Jodhpur	Umed Club				London	The Army & Navy Club	
	Kerala	Sri Mulam Club				Carlton Club		
	Mumbai	Golden Swan Country Club Royal Bombay Yacht Club The Bombay Presidency Radio Club The Umbergaon Club	Naval & Military Club Royal Air Force Club St. James Hotel and Club Mayfair The Lansdowne Club The Walbrook Club					
	Pune	Residency Club	UK-N.IRELAND	Belfast		The Ulster Reform Club		
	INDONESIA	Medan		The Exchange Club		UK-SCOTLAND	Aberdeen	The Royal Northern and University Club
							Edinburgh	The New Club The Royal Scots Club
	IRELAND	Dublin	The Stephen's Green Hibernian Club	U.S.A.			Bellevue	Bellevue Club
	JAPAN	Kobe	Kobe Club		Berkeley	The Berkeley City Club		
Cincinnati					Cincinnati Athletic Club			
KENYA	Nairobi	Nairobi Safari Club	Kansas		The Kansas City Club			
	Mombasa	Mombasa Club	New Haven		New Haven Lawn Club			
LUXEMBOURG	Cercle Munster		New York		The Cornell Club			
	MALAYSIA	Ipoh	Royal Ipoh Club			Princeton Club		
Johor		Segamat Country Club			The Williams Club			
Kuala Lumpur		Royal Commonwealth Society	Philadelphia		The Racquet Club of Philadelphia			
Penang		Penang Club	Portland		University Club of Portland			
Port Dickson		Royal Port Dickson Yacht Club	San Francisco		The Marines' Memorial Club & Hotel			
Sabah		Sandakan Yacht Club The Tawau Yacht Club	Santa Barbara		Santa Barbara Club University Club of Santa Barbara			
MEXICO	Guadalajara	University Club de Guadalajara El Palomar Country Club	Seattle		The Rainier Club			
	Mexico City	The University Club of Mexico	Washington DC		The Army & Navy Club			

Clubs in bold are recently added clubs to our reciprocal list



Instagram

*Follow us on Instagram
for the latest news and
events*

 *usrc_1911*