

OASIS

March-April 2020

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



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Hong Kong - Since 1911

CHARITIES



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Email: treasurer@usrc.org.hk

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Projects & Security Director Joshua Schroeder

Sports Director Kenneth Chiu

Grounds, Environment & Community Director Viveka Mansukhani

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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 Urmston

Lawn Bowls David Robinson

Rugby Sam Hocking

Squash Chung Leung

Tennis Alfred Cheng

Sports Convenors

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Squash Colman Ng

Tennis Martin Li

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Dear Fellow Members,

Although I must say that I find little mood for writing this bi-monthly message on this occasion, mainly due to the dismal situation affecting the local community or the world as a whole, I would like to inform you that the Club remains in good shape and operations are under control so far. The General Committee and Management have taken adequate precautionary measures to be prepared for contingencies as far as possible and will adhere to general sanitisation practices adopted by the related trade industry if necessary. Details are too exhaustive to mention here but support, cooperation and self-discipline from all Members and guests are invited and valued!

Anyway, for better or worse, the Lunar New Year is now behind us and I do wish that all Members and their families have had a wonderful time staying healthy and enjoying family gatherings and festive celebrations. I understand it's a challenge when the Covid-19 epidemic continues to go viral with its relentless impact on lives and global economies.

Whilst there have lately been quite a number of cancellations of booked private functions and temporary stay accommodation for obvious reasons, I'm glad to say that patronage of Members to our F&B outlets has been on the rise. This side of the business growth, together with prudent cost control by our Chefs team, helps to stabilise our financial budget balance to a certain extent. So, please do come here more often to enjoy meals and rediscover your Club as a safe haven, especially by the sunny, open-air and secluded poolside area.

The membership number has been very steady with vacancies opened up through Members emigration and resignations instantly filled up by waiting Full Ordinary and Corporate applicants. These new joiners are not only greatly attributable to our much needed coffers for long term capital spending on clubhouse repairs and maintenance, but also help improve the Club's demography and vitality.

During March and April the various Sports Sections will hold their Annual General Meetings (AGMs) and the USRC's AGM will be held sometime in June. Just a gentle reminder that AGMs are occasions when we can vote on returning incumbent committee members to the General and other Sub-committees as well as voting in new members upon their self-nomination. In this regard, I would like to encourage interested Members to consider volunteering themselves for election/ re-election to serve in the GC or other Sub-committees. Finally I take this opportunity to thank all Sub-committee Members, including GC colleagues, for their tremendous effort and contribution towards the goodwill and development of our Club without which we would never be able to enjoy such a wonderful place as it is of now. Really remarkable devotion and selflessness by all you volunteers!

Truly hope that we all would be able to have a healthy, resilient and happy Easter holiday in April. I look forward to seeing you around the Club!

Patrick Cheung
Chairman



親愛的會員：

大家好！面對新型冠狀病毒疫情持續在本港及世界各地擴散，不諱言低落的心情，或多或少影響本人寫作這期《主席的話》。三軍會在疫情下仍然保持優良的環境，營運管理得宜。執行委員會和管理層已採取充足的預防措施，以備不時之需，並在必要時遵守業界採納的衛生措施，細節不在此談，而在非常時期，本會敬請各位會員及受邀賓客，來訪時遵守會內的衛生措施，保持合作和自律。

無論前景是好是壞，農曆年轉眼流逝，期望各位假期裡歡渡佳節，與良朋共聚及身體健康。大家要明白一旦Covid-19病毒疫情延續，將對生活和全球經濟構成持續影響及挑戰。

會內不少預訂的私人宴會及住宿因疫情而取消，但本人也欣喜宣布，餐飲光顧卻逆市而增長。餐飲業務表現良好，加上廚師團隊審慎控制成本，有助穩定本會的財務預算平衡。請大家繼續支持餐飲部，重新發掘三軍會的優點，在明媚、露天而恬靜的池畔旁邊，成為你另一個避風港。

另外，會員人數保持穩定，部份會員退會而釋放位置，由普通和企業申請填補空缺。會員的加入有助實會內財政狀況，用佢維修與保養的長期資本支出，也強化會員人口和活力。

各個體育部門將於三月及四月舉行週年大會（AGM），三軍會的週年大會則訂於六月份舉行，日子有待確定。溫馨提示，在週年大會上，會員可重選執委會成員及其他小組委員會成員，也可以投票給新提名的成員。我鼓勵有興趣的成員，加入參選或進行重選，為執委會及其他小組委員會服務。最後，我藉此感謝所有小組委員會成員及執委會的員工，為本會發展及名聲作出巨大的努力和貢獻，讓會員擁有一個優良的會所環境，同時也表揚各位義工們，高度敬業和無私的投入。

本人期盼社會一切盡快回歸正常，大家在四月份渡過一個健康、活力和快樂的復活節假期。期待三軍會與您相見！

張伯陶
主席



United Services Recreation Club
Hong Kong - Since 1944

NOTICE

Coronavirus Temperature Check Counter

Dear Member,

Keeping the safety and best interest of members in mind, Club Management has decided on additional safety measures to protect the Club:

All Members should approach reception to have their temperature checked.

In order to fight this virus, we request all members that are feeling unwell to kindly refrain from visiting the club premises.

Apologies for any inconvenience caused.

14 Feb 2020

USRC
Management

Employee of the Month - January

Chow Wai Kit - Technician Leader



Employee of the Month - February

Du Yonghui - Chinese Assistant Chef



NOTICE

Dear Member,

Member and staff safety is our top priority. In view of the continuing escalation of Coronavirus cases in the City, the Club has stepped up its precautionary measures and suspended the **Garden Café lunch buffet** until further notice.

Apologies for any inconvenience caused.

19 Feb 2020

USRC Management

Dear Member,

The month of March marks the beginning of Spring, a season of renewal, rejuvenation and hopefully we can overcome the difficulties currently facing this wonderful city of ours.

Members have expressed concerns over the measures in place to handle the Coronavirus outbreak. Let me reassure all those concerned, we have implemented multi-faceted procedures to lessen the possible chance of the Club suffering an outbreak. These include:

- Mandatory for staff to wear masks.
- Daily temperature checks for staff/ members/ guests.
- Additional hand sanitizers available throughout the Club.
- Additional cleaning to cover all public areas.
- Staff, room guest, contractor declaration travel forms.
- Quarantine period – 14 days for staff who visited China.
- Playgroup postponed until the 26th March.
- No Café Lunch Buffet. Set lunch instead.
- No guest coaching allowed until further notice.

On a positive note, we will start to work on the Club roofs, this will take three months to complete and shortly after we will complete the back of house pathways. Expect minimum disruption to members during this period.

Regrettably, due to low take up, we had to postpone the Chateau Coutet Wine Dinner to a later date, but we still have some amazing promotions in the pipeline such as a Thai promotion with guest chef, wine tasting and Middle Eastern promotion.

With many exciting events to look forward to, we are entering 2020 with great anticipation. My team and I will endeavour to try new things to entice members to this Oasis of calm and serenity. For the most up to date news, please follow us on Instagram #usrc_1911.

Finally, may I take this opportunity to wish you happiness, good health and prosperity in the Year of the Rat!

Noel Burns

General Manager



親愛的會員：

轉眼來到三月，標誌著春天的蒞臨，也象徵重生、喚發與希望。隨著新一季到來，期望香港能盡快克服當前的困難。

面對新型冠狀病毒疫情持續擴散，會員必定十分關注本會的應對措施。我向各位保證，三軍會已推行多重方法以避免病毒傳染的可能，包括：

- 所有員工必須戴口罩；
- 員工須每日量度體溫，會員及訪客到訪時也需量度體溫；
- 不同範圍增設潔手消毒液；
- 加強清潔公共區域；
- 員工、客房客人、承包商須填寫旅遊申報；
- 曾到訪內地的員工須進行14天隔離；
- Playgroup推遲到3月26日重開；
- 暫時取消咖啡廳自助午餐，由午市套餐代替；
- 暫停任何客座教練到訪，直至另行通知。

令人可喜的消息是，會所後方的行人路工程完結後，屋頂修葺工程隨即展開，預期工程需時三個月完成，工程期間，我們會確保對會員的影響降至最低。

鑑於Chateau Coutet葡萄酒晚宴預約未及預期，故會延期重辦，但部份吸引的推廣活動，包括泰國客席主廚的餐宴、品酒會和中東餐宴，則仍在進行中，請各位大力支持。

踏入2020年，大家對新一年充滿期盼，我和我的團隊也不例外，將繼續為各位帶來更多別緻的新事物及活動，讓會員在三軍會這個平靜的綠洲中發掘更多驚喜。請關注 Instagram # usrc_1911獲取更多最新的資訊。

最後，我藉此機會再祝大家鼠年快樂，身體健康，心想事成！

Noel Burns

總經理



EASTER BUFFET MENU

CHILLED JUICE COUNTER

Apple Juice, Orange Juice and Pineapple Juice

APPETIZER

Smoked & Gravlax Marinated Salmon

with capers, red onions & dill honey mustard sauce

Grilled Eggplant, Zucchini & Marinated Mushrooms

Assorted Cold Cut Platter, Poached Shrimps

SALAD

Chicken Waldorf Salad, Buffalo Cheese and Tomato Salad

Ham and Pasta Salad, Quinoa Salad with Pumpkin and Spinach

Beetroot Salad with Mixed Berries, Pineapple Cucumber and Onion Salad

SOUP

Wild Mushroom Soup & Sweet Corn Soup with Fish Maw

with a large assortment of artisan breads

KIDS MINI BUFFET

Chicken Nuggets, Mini Hamburgers, French Fries, Spaghetti Bolognese

CARVERY

Whole Spit Roasted Lamb *with gravy*, Roasted Suckling Pig *with apple sauce*

Plank Cooked Salmon Fillet *with rock salt, crushed pepper, lemon and fresh thyme*

FROM THE BBQ

Assorted Sausages

(Cheese sausages, Pork sausage rings, Banger sausages and Nuremberg sausages)

Oyster Rockefeller *baked with cheese & spinach*

Condiments with: *English, Dijon and Pommery mustard, mint sauce and mint jelly, Criolla sauce, BBQ Sauce, pickles and banana peppers*

MAIN COURSE

Baked Chicken with Portuguese Sauce, Chinese Style Ox-tails

Deep Fried Pork Spare Ribs *with bell peppers and Chinese olives*

Chicken Makhnwala, Vegetable Saag, Sautéed Garlic Broccoli,

Creamy Baked Cauliflower, Roasted Potatoes, Plain Naan and Steamed Rice

DESSERT

Assorted Fruit Bowl *with water melon, honey melon, pineapple and grapes)*

Coconut & Red Bean Pudding, Mini Cream Puffs, Portuguese Tarts

Assorted Fruit Yoghurt, Assorted Cookies, Assorted Mini Cakes

Apple Crumble and Bread and Butter Pudding *with custard sauce*



EASTER BUFFET

12 APRIL 2020 SUNDAY

12:00NOON - 3:00PM

AT GARDEN MARQUEE

Join us for a sumptuous brunch & let the children play!



Easter Bunny visit

Egg painting

Egg hunting competition

Early bird: before 27 March 2020

HK\$ 398/Adult & HK\$ 208/Child

After 27 March 2020

HK\$ 488/Adult & HK\$ 268/Child

(Age 3-11)



Please contact us to get more information! (Mr. Ken Kan/Ms. Nike Lau)



D/L : 3966 8633/ 3966 8631



WhatsApp: 9663 7773



Email : catering@usrc.org.hk

Cancellation & No-show Policy:

- (1) 100% full charge penalty applies if the reservation is cancelled on the day of the event.
- (2) 70% charge penalty applies if the reservation is cancelled on the day before.
- (3) 50% charge penalty applies if the reservation is cancelled 2 days before.
- (4) No penalty charge will be applied if the reservation is cancelled 3 or more days in advance.

LIKE US ON :



Camping Night

On 11th January, we had a whopping 68 attendees with a total of 24 tents that spent a memorable night at USRC. The weather was not too cool and although it drizzled for a while, it did not stop everyone from enjoying themselves. With the tents setting next to each other at the end of the pool area, our happy campers enjoyed a wonderful BBQ dinner by the scenic view of our pool. The kids enjoyed having their hands or face painted, some creative balloon twisting followed by watching a movie.

The highlight of the camping must be around the camp fire with marshmallows, hot chocolate and yummy cookies. Special thanks to Uka Yeung for her singing performance.

See you at the next Camping Night!

A message from one of our members

"A note to say a very big thank you from us all for another hugely successful and enjoyable family camp weekend. It's hard to believe that it was our third time camping at the USRC! As always, the children (and adults) had great fun and it was clear to us that a lot of thought and effort went into the planning and execution.

Caroline spent most of yesterday wishing it was 24 hours ago so that she could go to the camp all over again!

So again, a huge well done and thank you from us. We all had a fantastic time.







Classes & Activities at the USRC

Aqua Exercise

Abra Tsui

Email: ducgoo@gmail.com
\$450 Private lesson
\$250 Semiprivate lesson
Members only
Refer to instructor for schedule

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

Nicola Barguss

Tel: 9775 4944
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

Tennis Coaching

Battad Tennis Coaching Co

Andrea Charity U. Battad
Tel: 9026 5685 (evening till midnight)
Email: andreacharitybattad@gmail.com

Private Lesson
\$600 per hour (member)
\$700 per hour (guests)

Group Lesson (minimum 2 to 4 people)
\$200 per hour per person (member)
\$250 per hour per person (guest)

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)

JC Tennis Coaching Co

Jay Chang
Certified & Completed ITF Level 1, 2
Tel: 9449 8077
Email: seojae.chang82@gmail.com
Private Lesson (1:1)
\$650 per hour (member)
\$700 per hour (guests)
Packaged Private Lesson (1:1)
\$3,150 per 5 lessons (member)
\$3,400 per 5 lessons (guests)
*Contact Jay for Group Lesson (minimum 2 to 4 or more)



Sunday

1

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

8

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

15

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

22

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

29

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

Monday

2

- Pilates Group Class 4 pm

9

- Pilates Group Class 4 pm

16

- Pilates Group Class 4 pm

23

- Pilates Group Class 4 pm

30

- Pilates Group Class 4 pm

Tuesday

3

- 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

10

- 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

17

- 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

24

- 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

31

- 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

4

- 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

11

- 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

18

- 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

25

- 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

Thursday

5

- 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)

12

- 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)

19

- 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)

26

- 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)

Friday

6

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

13

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

20

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

27

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

Saturday

7

- 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)

14

- 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)

21

- 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)

28

- 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)



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)
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- 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)
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- 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)
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- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

15

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- 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)
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29

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- 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)
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- LB 6:30 pm - 9:30 pm (LBS Members)



MIDDLE EAST PROMOTION

2ND MARCH TO 29TH MARCH

COLD MEZZE



HUMMUS \$58

Chickpeas cooked, tahini paste, lemon juice, olive oil, white pepper, salt and cumin powder



BABAGANOUSH \$58

Roasted eggplant, roasted onion, yoghurt, tahini paste, parsley, white pepper, lemon juice, cumin powder and olive oil



TABBOULEH \$68

Parsley, tomato, onion, bulgur and lemon dressing



FATTOUSH SALAD \$78

Tomato, lettuce, green bell pepper, olive oil and pomegranate molasses sumac

HOT MEZZE



FALAFEL \$48

Crispy fried fluffy broad beans and herbs mixture

BEEF MEATBALLS \$58

Egyptian meatballs made from beef and special blend of herbs

MAIN COURSE



VEGETABLES TAGINE \$88

Fresh mixed vegetables, onions and tomato sauce

BEEF AND OKRA TAGINE \$118

Braised beef with okra, onions and tomato sauce

ORIENTAL TILAPIA FISH \$128

Grilled Tilapia with herbs and lemon served with salad and oriental rice

SPRING CHICKEN \$138

Whole spring chicken marinated, grilled in Egyptian style with salad and oriental rice

LAMB SHANK \$198

Braised lamb shank, mash potatoes, herbs and vegetables with lamb gravy

SIDE ORDER



PITA BREAD \$20



ORIENTAL RICE \$30



HOMEMADE COUSCOUS \$30



ZATOUN/OLIVES \$30

DESSERT



BAKLAVA WITH PISTACHIO'S \$50

Pastry sheets with pistachio's and nuts



Cricket News

by Ahmed Saleem
Cricket Convenor



Unfortunately, due to the COVID-19 outbreak and the associated emergency measures put in place by the HKSAR Government and Cricket Hong Kong, very little cricket has been possible during January and February. Nearly all grounds have been closed and all competitions were suspended to help contain spread of the virus.

At the beginning of 2020, most of our teams managed to have some fixtures before the Lunar New Year. Our performances are as follows:

Men's Sunday Elite – played 2 matches, winning both; defeating SLCC by 17 runs with strong contributions by Zakir Hayat (58) and Shan Raja (3 wickets for 29), and also defeating CHK Dragons by a resounding 217 runs featuring a century from Khan Akbar (112 not out) and excellent bowling from Ahsan Abbasi (3 for 27) and again Shan Raja (4 for 12).



Our Women's squad have seen action in their T20 competition, though unfortunately suffered defeats at the hands of SLCC and HKCC in their two completed games; however success was recorded in their T20 Development League match against SLCC Pinay, winning by 95 runs with Charity Batted claiming 3 wickets for 17.

Junior teams at U17 and U13 have not had any fixtures in this period. Unfortunately our U15 group came up short in their two games, though only lost to KCC Typhoons by 9 runs in their 30 overs match. More success at U11, where our boys were victorious in both fixtures, beating KCC Hornets by 13 runs, and HKCC Dragons by a thumping 68 runs.

The cricket season is scheduled to continue through to late April/ early May, so we hope to have resumed training and complete further matches by the time of the next issue of the magazine.



Football News

Alan Urmston
Football Convenor



In this edition we report on the Football Section's annual charity event as well as how our teams are doing in the local leagues.

Football Section Annual Charity Event

For our charity event this year we took on the most successful club in Hong Kong football, South China, Hong Kong league champions a record 41 times, and the players from their most successful era, such as Ku Kam Fai, Leslie Santos, Lee Kin Wo and Au Wai Lun. Frank Kam was on RTHK radio to promote the event and banners were posted around town. In the end we had a crowd of around a thousand people for the event at King's Park Sports Ground. Spectators came from the Aberdeen Kaifong Welfare Association, Yau Tsim Mong Federation of Association, CNEC Kei Shek Social Services Centre and Tung Wah Hospitals Shatin Services Centre, as well as from our many sponsors, our guest football teams, Club Members and members of the general public. All came to see another feast of football as the USRC Chairman's Select took on South China Old Timers in the main match and junior teams representing soccer schools from Inter Milan, South China, Kitchee and Lee Man Football School played a mini tournament. We also had Cheerleader Jades and Central Cheer Allstars Snipers (CCA) to keep everyone entertained when the football wasn't on.



Junior football tournament



Cheerleader Jades



CCA



Inter v South China



Kitchee v Lee Man

The event was again compared by legendary Hong Kong Football Commentator K.C. Ho.



Commentator K.C. Ho



Frank Kam explaining the lineups to K.C. Ho

To help lead the players onto the pitch for the start of the main match, we had members' and guests' children as mascots.



USRC mascots



USRC players and mascots



Players, juniors and mascots



Lee Kin Wo is introduced to the crowd

The game itself was another very entertaining affair, as these games have become. Both teams brought big squads and USRC were able to field different teams in each half, with only 'keeper Rick Leone staying put. USRC were boosted by the presence of BTS Coach and former Hong Kong Player of the Year (and South China player) Cristiano Cordeiro. He marshalled the midfield in the first half, though it wasn't enough to stop South China from racing into a 3-1 lead, despite Jon Redding's goal for USRC. Their passing and movement were just too good. The second half was more equal and one more goal from South China was cancelled out by a deflected shot from Alan Law. The final score was 4-2 to South China and was probably a fair reflection of the match.



After the match there were medals and trophies for all!



The GM helps award medals



A trophy for the junior football winners, Kitchee from Agnes Tang, former head of children's programmes at RTHK



South China captain Yu Kwok Sum accepts a trophy from Mr Zhu Zefeng of sponsors Tiangong International



Action from USRC Chairman's XI v South China Old Timers



USRC Football Convenor Alan Urmston accepts a trophy from Mr Adam Lam of sponsors DBS

To round off the day, everyone (around 500 people) went for yum cha, where we were entertained by Club Member and great supporter of the event, Billy Lau, and his very talented wife, Kathy. There was even a visit from the God of Fortune to give out gifts to our guests.



Mr and Mrs Billy Lau and guest performers at yum cha lunch



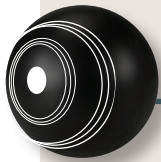
The God of Fortune (Jason Ho) gives out gifts

It was our most successful event so far and there are too many people to thank here, though it would be amiss not to praise Frank Kam, whose brainchild this event is and who has worked tirelessly to make it a success. Our aim is not to make money; we break even, thanks to our sponsors, but to spread joy through football. I think we did this and then some this year. Next year? We'll just have to see what Frank has up his sleeve.

Football Section news

In Football Section news, at the time of going to press, USRC Gunners were lying in first place in Division One of the Legal League and were still in the Cup they won last season. A League and Cup double is certainly on and the rest of the season will surely be exciting. In the Legends League, USRC 1911 were going strong in fifth place. The Club's social team, USRC Vitesse, had played just three games, including two in the newly formed Over-45s League. The social unrest in Hong Kong followed by the coronavirus outbreak have caused a lot of disruption to the schedules and we hope that the games that have been postponed will get played by the end of the season. More details of how our teams are doing can be found on the Football Section notice board.

Finally, our junior football academy is run by Brasil Top Skills (BTS) (www.brasiltopskills.com/). There are exciting programmes coming up so check out the website, the Football Section notice board or ask at Reception for details.



Lawn Bowls News

by the Freshman

Triples League 2019

At time of writing, the Triples League 2019 has been suspended until further notice. In fact, all the HKLBA league and national competitions have either been suspended or postponed due to the health risk related to the Covid-19 virus. Below is a snap shot of the teams' position after 5 games have been played:

Team	Division	Rank	Points
Men A	4	7	19
Men B	6	6	18
Men C	9	7	18
Women A	2	10	10
Women B	4	2	26

It has been fairly quiet around the green these days as some members are staying away!

LBS charity donation to ImpactHK

A total of HK\$66,000 was raised from the LBS Charity Event on 1st December 2019. The donation cheque was presented to ImpactHK's Founder & C.E.O, Jeff Rotmeyer on 21st January by some of the LBS Sub-committee members as well as our GM and Sports Officer. It was well received as ImpactHK can do with more help just before the Lunar New Year.



Eric, Hana, Noel, Cindy, Jeff and Andy

3rd Skill Refinement Workshop 2019

The 3rd training workshop in 2019 was completed on 16th January and enjoyed by a group of our lady bowlers.



It started with the usual Q&A and pep talk. The group was then divided into two teams for the practical drill. Did they team up by the colour of their bowls?



Lunar New Year Fortune Cup 2020 初三發財盃

Over 30 members and guests celebrated the "Year of the Rat" on 27th January and we were joined by Noel, Eric and Gull.



It was a cool day but our spirit was high. We enjoyed the usual good banter while playing the annual Fortune Cup. After two games of six ends each, we had a quick break when snacks and drinks were served. We were even cheered by a visit from the 'God of Fortune'. Thanks to the staff of USRC.



Before the final results were announced, we tried our luck in the game of "Fairy Scattering Flowers" "仙女散花". The top 5 players who had their woods closest to the jack won a small prize each.



Kelvin, Joanna, Kin Hung, Franco and Edmond

At the end of the day, every player happily went home with a smile and small fortune in their hands.



1st Place



2nd Place



3rd Place



4th Place

In-house qualifying for the KGBC 120th Anniversary Invitation Tournament

USRC has been invited to send a team to compete in the KGBC 120th Anniversary Elite Clubs Cup Invitation Tournament due to be held in mid-March. In order to gain the honour in representing the Club, three teams of four players competed in the qualifying competition organised by the LBS on 16th February.



(From left to right) Hana, Mandy, Cindy, Dicky, Ricky, Helen, Joseph, Winnie, Michael, David, Maria and Liana

The competition was played in the round-robin format so each team have to play two matches.



Round 1 between Team 1 and 2

Below is the final results after 3 rounds of matches:

Team 1:	Joseph Chi, Winnie, Wan, Ricky Mak, Helen Lo			
Team 2:	David Tse, Maria Tse, Michael Sham, Liana Lee			
Team 3:	Hana Ko, Dicky Wong, Cindy Robinson, Mandy Ho			

	Team 1	Team 2	Team 3	Strokes For	Strokes Ag	Strokes Diff	Points	Position
Team 1		5 : 11	3 : 16	8	27	-19	0	3
Team 2	11 : 5		4 : 11	15	16	-1	2	2
Team 3	16 : 3	11 : 4		27	7	20	4	1



Congratulations to Mandy Ho, Cindy Robinson, Hana Ko & Dicky Wong who will represent USRC in this forthcoming tournament.

1st Skill Refinement Workshop 2020

The first LBS training workshop in 2020 started on 22nd



The pep talk



and



the hands on approach

Some Tactics for Head Building

Quite often, during play, the head is allowed to build without any real thought being given to the necessity of strategic placement of bowls, to either maximise the number of shots gained or to reduce the score that one's opponent may achieve.

Obviously, you should not take unnecessary risks in directing your team's shots, or play into your opponents hands, by underestimating their ability to take advantage of a dangerous situation that you may have created by careless head building.

Perhaps a golden rule to bear in mind when building a head, is that if if you cannot win an end, then the main aim is to lose by the least number of shots.

NEVER be afraid to let your opponent have one shot when your risky "saving" bowl may mean going down four or five.

If you are holding shots don't be too greedy, but look for adverse positions in the head, where a movement of the jack could result in a big score against you, and play to cover that possibility with a position bowl.

Remember:

1. When holding shots – never be narrow.
2. When down – never be wide.
3. Every player's bowls are part of the head building process.

Reference: Richard Lovell, Doncaster Bowling Club

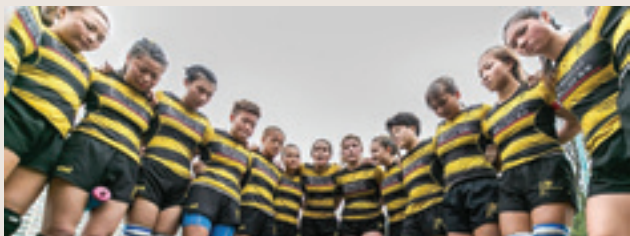
Rugby News

Nigel Mattravers
Rugby Convenor



The USRC Tigers RFC are delighted to have received notice that an agreement has been reached to become a section of this prestigious club. With our numerous rugby and fitness programmes for all ages, our countless charitable activities, and the possibility to get preferred access to rugby events, we aim to make a positive contribution to this Club and looking forward to a mutually beneficial relationship.

After reaching their second successive title game in two seasons, the USRC Tigers women unfortunately couldn't repeat their efforts from last season and go on to win on the big stage, with the final score being 36-15 to Valley.



The USRC Tigers women team huddle

Valley dominated from the start and their Samoan and Kiwi international imports played a massive part in this to give them a commanding lead at half time. The Tigers Ladies however wouldn't go down without a fight, after the introduction of Natasha Olsen-Thorne just before half time and then Jessica Ho and Cheung Lok Tong, they pushed their way back into the game and finished with a flurry, winning the second half with three tries.

The men had a disrupted premier season, a 5 game Challenge Trophy tournament, which looked at the development of the 2nd tier players in HK rugby followed by a shortened 10 games league due to the introduction of Rapid Rugby progressing to a full season. USRC Tigers men will look back on this season with a taste of missed opportunities although they have blooded plenty of youngsters who will undoubtedly be the foundation of the future. Too many times they have come 2nd best this season so they will go back to the drawing board and start planning.

Our U19's on the other hand have continued the traditions



Our U19's winning team

and once again won their respective league beating HKFC, 33-21 in a nail-biting match which they eventually won after a dominant second half performance. Standout players for the day being Ant Coeburgh, Charlie Walsh, Shiven Dukhande and Maximus Mantoua who all showed ability beyond their years.

The Club recently made a kit donation to CAMELEON Association Iloilo, Philippines, which is an international solidarity association born in 1997. It develops a holistic approach to act on the causes and effects of sexual violence towards children and teenagers.

Their mission is to:

Protecting and supporting victims of sexual violence in the Philippines by accompanying them with their families on the path to resilience.

Encouraging our beneficiaries' autonomy and the socio-economic development of families in their communities.

Training and accompanying beneficiaries and encourage them to get involved as spokespersons and active support of CAMELEON.

Raising awareness among the general public, especially young people in the Philippines and in Europe, in order to promote children's rights and free the voices from sexual violence.

Advocating for children's rights and against sexual violence to local, national and international institutions and the media.



Through our kit donation they have created a girls team as part of their rehabilitation.

The USRC has reached a new agreement with Tigers Sports Limited (formally DeA Tigers RFC) which replaces a previous agreement that is 5 years old. The General Committee sanctioned the new agreement in its January meeting.

The new agreement offers more clarity and fairer terms from the USRC perspective. It also brings direct benefits to USRC members, e.g. make available for USRC members up to 100 Rugby 7 tickets each year, provide suitable sporting or fitness events free of charge for USRC members.

The review and negotiation process was a lengthy one which took nearly one whole year. A lot of the information has already been made public via the release of GC Minutes. However, for the avoidance of doubt, I take this opportunity to provide all members with an overview below.

Background

The agreement between USRC and DeA Tigers RFC signed 5 years ago, the Rugby Section was established as a result and has been operating for nearly 5 years. The General Committee decided in its February 2019 meeting that it would be prudent and reasonable for the GC, and indeed for Tigers, to conduct a review to see if the relationship was working out as intended.

The scope of the review

1. Review contract terms to see if:
 - a) All clauses are still valid and appropriate
 - b) Any ambiguities that need clarification
 - c) Any improvement on terms that is desired in favour of the USRC
 - d) Both parties have acted fully in accordance with the Agreement
2. Review if benefits yield by the said Agreement to USRC and its members are as original intended
3. Review financial performance over the past 5 years to compare contributions made by USRC versus extra financial benefits received by USRC
4. Identify any extra conditions favourable to USRC to be negotiated
5. Any other items the task group deems fit to include

The findings of the review

A vast amount of document that are 5 to 6 years old have been reviewed. They include many emails, notices, memos, minutes that led to the final agreement. Due to the volume of document involved, it took 4 months for an interim report to be filed with the General Committee. And the final report was submitted to the General Committee in November 2019.

Without disclosing specific details here for obvious reasons, the report found that some of the original terms needed to improve in favour of the USRC, some of the terms needed clarification, and some execution aspects needed to change.

The General Committee sanctioned the final report and its recommendations. It also authorised the negotiation with Tigers to commence.

The final agreement

With Tigers being led by two long term USRC members, namely Nigel and Markus, the negotiation process was amicable. It ended up with a reasonable, fair, sustainable and mutually beneficial agreement for both parties. Some key elements for the agreement can be highlighted here for the purpose of transparency.

- “USRC Tigers” will be the official team name. All philanthropy effort will be carried out in the name of “USRC Tigers”
- The rugby section will operate under the USRC rules and Bye-Laws; and the USRC Tigers will be under the scrutiny of the General Committee
- The rugby section will hold various section events during the year to an agreed amount
- contractually. It is more than adequate to cover its annual budget from the USRC
- The rugby section will make available up to 100 Rugby 7 tickets for USRC members to purchase at face value every year (please look out for announcement from our General Manager if you are interested)
- The rugby section will host suitable sporting or fitness events on site for USRC members free of charge (obviously these will depend on members interest and participation level, again please look out for announcement from our General Manager)

With a new agreement as reported above, I hope you will join me in embracing the rugby section, our rugby section. We should be proud of our rugby section, for they have in the name of USRC Tigers achieved a great deal. We have Hong Kong National Team players that are USRC Tigers. We have made available the game of rugby to hundreds of children. And we have made positive contributions to our society.



Squash News

Colman Ng
Squash Convenor



Squash training

Joe Wong continued to conduct squash coaching sessions throughout the end of 2019 to early 2020. Apart from the intensive drills on court, players were each given a session to challenge individual's ability by attempting to score the most points playing one-on-one against the coach. Such training sessions proved to be highly demanding and most beneficial in enhancing our skills in managing the pressure of match competition. Players were also given advice on some adjustments to one's basic technique in leveraging maximum competitiveness on court. In line with our strategy of grooming our next generation squash players, considerable efforts were being made in providing coaching sessions to our junior players.



Group training for junior players conducted by Joe Wong



Individual training for adult players

Joe Wong and the Squash Convenor

New Year gathering

To revive from the doldrums after months of social unrest, for the first time the Squash Section organised a social squash session cum New Year gathering on 4 January to brighten up the New Year of 2020. A total of 13 players turned up and everyone had an enjoyable afternoon of social squash with plenty of food and drinks served at the viewing gallery of the squash court.



Squash Section New Year gathering

League update

Since our last update on the squash league, there had been little development in the league competition due to the Christmas and Chinese New Year breaks. With the social unrest in gradual decline, we were once hopeful that the league schedule would quickly resume to normality. However, due to the recent outbreak of novel corona virus in Wuhan that subsequently spread beyond Mainland China, the government had to close all LCSD recreational facilities since the Chinese New Year holidays as a precautionary measure to mitigate the spread of the virus. As at the time of writing, all league competitions had to be suspended for most part of January and the whole month of February, and possibly beyond. That

being the case, the squash league schedule has once again been seriously disrupted.

Despite the temporary suspension of the HK Squash League, the USRC squash courts remained open for training practice as normal, however, all squash players had been reminded to maintain good personal hygiene and refrain from playing squash whenever there are flu symptoms. During this period of novel corona virus infection, all players are reminded to avoid the traditional post-match handshake in order to minimise the risk of spreading the virus through bodily contact. Instead, the customary friendly gesture shall be signified by a light contact between rackets. Let us hope that the epidemic will be contained in the not too distant future.



Light contact between rackets in lieu of handshake

New squash uniform

The new squash uniform has just been delivered. The new uniform is made with high-quality fabric comprising a navy-blue T-shirt and a pair of white shorts.



Wilfred Lai in his new squash uniform



Tennis News

Martin Li,
Tennis Convenor



Happy Tennis & dinner gathering

Happy tennis is one of our important functions in the Tennis Section and is held at the end of year. Its purpose is to unify our Tennis Section Members as well as sharing our joyness to everyone during a tennis game in the afternoon and a dinner gathering in the evening.

On 15th Dec., we thanked our committee member, Karen Lam, who is responsible for organising both events.

We also thanked another committee member, Thomas Lee, who coordinated Head Sport to set up a booth to promote their excellent products such as rackets, shoes and racksets. It was most encouraging that, there were over 30 Members to participate in happy tennis and over 70 Members with guests to participate in a dinner. I appreciated one of Members, saying "amazing tennis, an amazing fun-filled day". We are sorry for not participating in a happy tennis due to an insufficient quota. We thank our Member, Billy Lau, for sponsoring all the wine during the dinner.



Head Tennis booth



Head demonstration for testing racket strings



Anna, Martin and Cynthia



Annual Dinner gathering



Billy Lau with
young lady
prize winner



Lucky draw prize winners

Men's B Champions

Before congratulating the Men's B Champions in the Winter League, I would like to describe their promotion path for your reference. Our Men's B reached the highest score of the division to enter the playoff list. The semi playoff match was against LRC held on 7 January. Having completed an exciting game, our Men's B team defeated LRC 6 to 3. The Final playoff match was held at USRC on 10 Jan and the opponents were SRC1.

Because of team spirit of the Men's B members and good leadership of the Captain, Ken Chan, as well as our Members support in the playoff match, Men's B achieved "ultimate victory" and will be promoted to A. I am proud of team B. I thank the spectators who supported them and congratulations to Men's B!



The support for Men's B group



The excellent partners, Angus and Thomas



Men's B group

Lunar New Year, Happy "Fat Choy" Tennis Day

It's Hong Kong's most beloved time, the Lunar New Year, and the Club full of traditional decoration such as lanterns and spring wave.

I wish everyone a good, healthy and prosperous Year of the Rat. Simplicity words - smile often, youth often.

In order to gather all Members to greet one another, we thank our Deputy Convenor, Ken Chan, who organized "Fat Choy Tennis Day" on 27th January and welcomed all members to come and play tennis. We had ready roast pork, snacks and drink for Members. I believe that everyone enjoyed and shared their fun at the beginning of this New Year.



Members with God of Fortune



Stephen Chan and family with God of Fortune



A wonderful Good Fortune drawing



Excellent Member

Our Deputy Convenor, Mr. Ken Chan has been delegated to be Associate Director of Guangdong Province of Tennis Association (廣東省網球會理事). We congratulate him to achieve this award and hope his coming effort will create more opportunity of exchange between our Club and mainland clubs/ associations.

As spoken with Ken Chan, the mission of GDTA is to promote U series of Children's' tennis tournaments and adult tennis as well as development of tennis activities in the Guangdong-Hong Kong-Macao Greater Bay Area (Greater Bay Area). The Greater Bay Area includes 9 cities – Shaoqing, Foshan, Guangzhou, Dongguan, Shenzhen, Zhongshan, Huizhou, Jiangmen and Zhuhai, plus the 2 special administrative regions of Hong Kong and Macao. Since there are plenty of resources in The Greater Bay Area, they would enhance resource sharing and create a new tennis brand to the world.

In respect to Ken Chan, his role is responsible for coordination & cooperation amongst the Hong Kong Tennis Association, Hong Kong Veteran Association and all tennis associations in Hong Kong, in order to enhance a tennis exchange opportunity among all cities in The Greater Bay Area. Moreover, GDTA will try great effort to assist cities in relation with tennis resources through his effective communication.



Ken Chan (陳偉儉) and Mak Liang (麥良) Director of Guangdong Tennis Association (GDTA)



The Award Certificate



United Services Recreation Club
Hong Kong - Since 1911

NEW TENNIS BALL MACHINE

Model: Siboasi 3015 Tennis Ball Machine

Drop Point:

1. F: Fixed Point
2. High/Low: Deep - Short Recycle
3. Two/Three Line: 2/3 Line Recycle
4. Random: Random Pattern
5. Cross: Cross Line Recycle

Speed: 20 to 140 km/h

Feed Rate: 1.8 - 7 seconds

Spin: Top & Under

Ball Capacity: 150 balls



Club Management
20 January, 2020



United Services Recreation Club
Hong Kong's Best Kept Secret

BYE-LAWS OF THE CLUB

8. Guests

Guests Limitations

- a) There is no limit to the number of guests who may be introduced to the Club except at certain times and for facilities as specified in these Bye-Laws. Members, their spouses and dependents who are 16 years of age and over:
- i) Shall **NOT** host more than 4 guests per account number in the poolside areas during daylight hours on Saturdays, Sundays and Public Holidays.

13 October 2018
USRC Management



Bridge News

Mimi Wong
Bridge Convenor



New Year Tournament

A big thank you to all of you who participated in the New Year Tournament in January. In view of the instability of social protests happenings in Hong Kong, the format of the tournament differed from previous years. It was carried out in two sessions held within one day. Players quickly filled up all tables which were capped at ten.

Results:

Pos	Players	% Score
<i>Morning</i>		
1	Joan F & Boaz S	67.10%
2	Herman H & MK Tam	61.42%
<i>Overall</i>		
1	Belinda C & Emma C	127.61%
2	Joan F & Boaz S	122.13%

Here is some feedback from the participants:

Bella B – “The tournament was very nicely done. We all had a wonderful time.”

Cindy L – “Great bridge tournament last week. And thank you for lunch! Good coffee too.”

Jessica M – “Thank you for your hard work with the organisation for today's game. I had a great time and I think everyone else did too.”

Joan F – “I think everybody had a wonderful day and enjoyed themselves. Please keep up the good work. Thank you for organising.”

KK Leung – “This year's USRC annual game is fantastic. Good job.”



Regular activities

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

Wednesday tutoring

Our Section members meet regularly on Wednesday morning for tutorial lessons. The participants have noticed their bridge knowledge and skills improved through classroom based lectures and discussions. They are confident in playing out the hands as well as developing partnership communication.

The classes are based on Standard American five-card major system with modifications.

Recent topics covered:

- Part-score bidding
- Other responses to 1NT opening
- Review of opening leads in suit contract
- Review of opening leads in NT contract
- Opening of 2NT



Thursday duplicate

Bridge duplicate is a form of competitive bridge game. Players exercise their minds as well as to socialise with fellow bridge lovers. The number of tables will be capped at eight tables so that all participants may fully enjoy the intimate and friendly atmosphere but still be able to meet adequate number of opponents for a fair game. Normally 24 boards will be played in each session.

Most of the participants played the SAYC system, but Acol, natural or other systems are also welcome. The game results are recorded real-time under an electronic scoring system and final score ranking are published online as soon as the game is finished.



Saturday social bridge

The Saturday bridge group meets up on Saturday morning, a great way to wrap up the busy week. The session is usually started off with discussion on special bridge rules and guidelines.

Topics covered:

- Rule of Two
- Rule of Six
- The five-level belongs to the opponents

Gentle games will then be followed with play of computer generated hands. These are supervised session with mentors volunteering to help if needed. Experience and confidence will be gradually built up under a fun and social atmosphere before moving on to play in 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 playing bridge or meet up for a social game, please contact the Convenor at WhatsApp 9120 3789 or email usrbridge@gmail.com

Spot the Differences

Which two of these photos are exactly alike?



Image ____ and ____ alike.

Submit your answer to the Club reception **on or before 5th April 2020**. All correct entries will receive a FREE SMOOTHIE* from the Club.

Name: _____

Membership No: _____

Email: _____

Contact No.: _____

*Please note only one entry will be accepted per membership

SUM CROSS Puzzle



Basic rules:

1. Fill in the white space with numbers of 1 – 9
2. The number indicated on the upper right is the Sum of the numbers filled in horizontally while the number indicated on the lower left is the Sum of the number filled in vertically.
3. In any rows or column horizontally or vertically cannot be filled in with the same number.

Submit your answer to the Club or fax 2724 0949 on or before 5th April 2020. All correct entries will be placed into a draw. The Winner will receive a bottle of House wine). *Good Luck!*

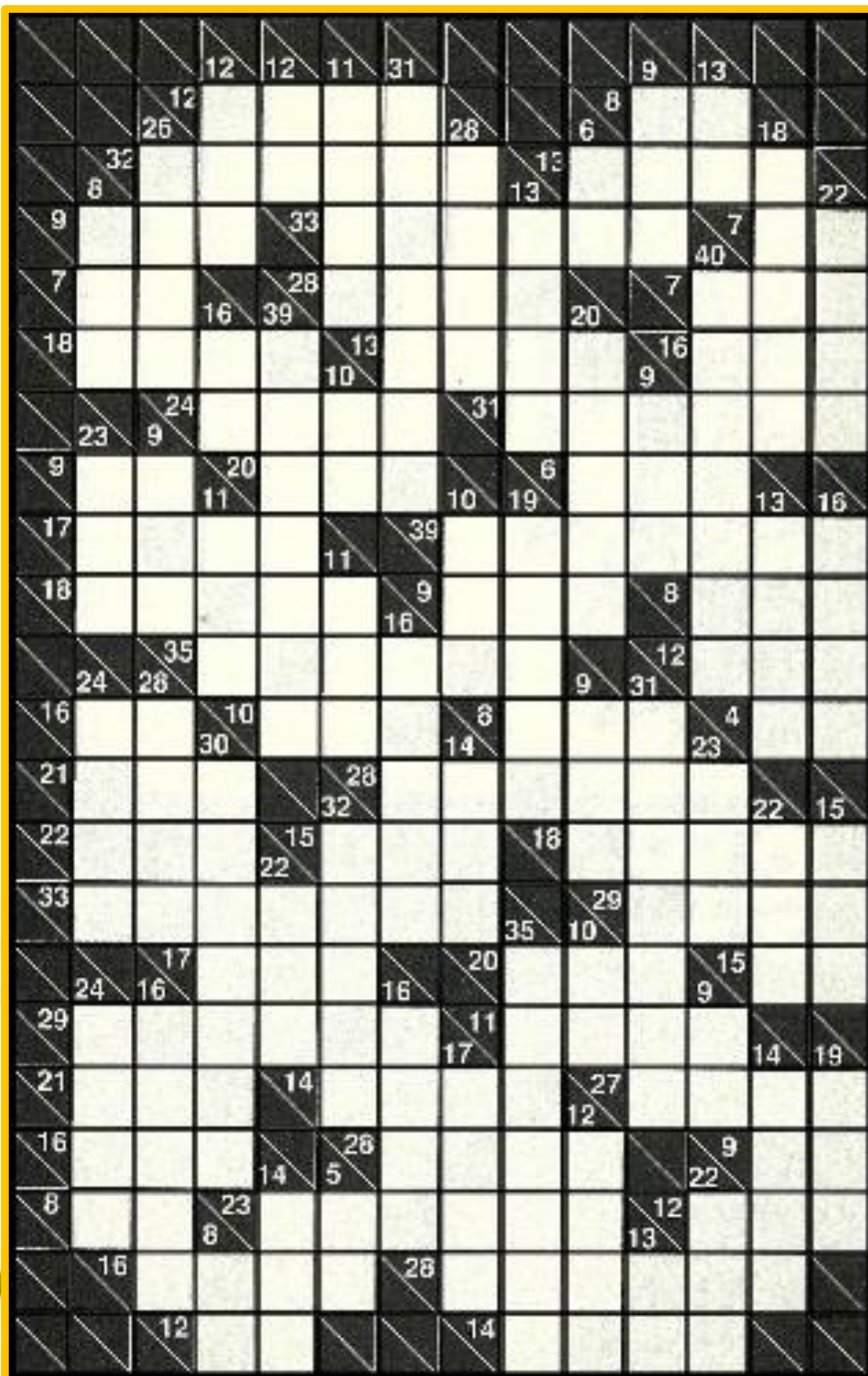
Name: _____

Membership No: _____

Contact Tel No: _____

Email: _____

*Please note only one entry will be accepted per Membership



Game drawn by our Sports Administrative Officer Eric Fung

Congratulations to Jan & Feb Sum Cross Puzzle Winner, Mr. Chan



Royal Air Force Club

Located in London's Mayfair and overlooking Green Park, the Royal Air Force Club offers luxurious and peaceful surroundings and a 'home from home' to serving and former officers of the RAF and Allied Air Forces.

Founded in 1918 and opening its doors in 1922, the Club's elegant interior has been enhanced to its present high standard. As a charity, our charitable aim is to continue to support the Royal Air Force by preserving and fostering the esprit de corps and traditions of the RAF.

With striking aviation artwork lining the walls, eye-catching stained glass windows and the unique squadron badge corridor, a truly fascinating history is brought to life at 128 Piccadilly. Visit the Club and experience a unique setting, impeccable service and the warmest of welcomes.

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, there are 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, 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, we 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. Recent highlights have included club dinners with Professor Brian Cox and BBC Broadcaster Frank Gardner, along with an exclusive trip to the historic 'Ceremony of the Keys' at the Tower of London.



Family friendly

RAF 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. Children also receive a complimentary welcome pack when staying overnight.

Member accommodation & facilities

Need a place to change or shower when in town? We also have that covered with in-house facilities available at no cost to members. Please ask the front desk team for further information.

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
BELGIUM	Brussels	Royal International Club Chateau Sainte-Anne		Cebu City	City Sports Club Cebu
	Gent	International Club of Flanders	PORTUGAL	Lisbon	Gremio Literario
BRAZIL	Rio De Janeiro	Clube Americano Do Rio De Janeiro		Oporto	Oporto Cricket & Lawn Tennis Club
CANADA	Vancouver	Hollyburn Country Club Jericho Tennis Club Terminal City Club	SINGAPORE		Camden Park Hollandse Club Orchid Country Club Singapore Ceylon Sports Club The Chinese Swimming Club
		Union Club of British Columbia			
	Victoria	Union Club of British Columbia			
CHINA	Taipei	American Club	SOUTH AFRICA	Cape Town	Cape Town Club
FRANCE	Paris	Saint James Paris		Durban	Durban Club
GERMANY	Berlin	International Club Berlin		Grahamstown	Albany Club
	Frankfurt	Union International Club	SPAIN	Barcelona	Círculo Ecuestre
INDIA	Ahmedabad	Karnavati Club		Bilbao	Sociedad Bilbaina
	Bangalore	Greenacres Country Resort	SWEDEN	Stockholm	Military Club of Stockholm
	Cochin	International Club	THAILAND	Bangkok	The Bangkok Club The British Club
	Jaipur	Jaipur Riding and Polo Club			
	Jodhpur	Umed Club	TRINIDAD	Port of Spain	Trinidad Union Club
	Kerala	Sri Mulam Club	UK-ENGLAND	Bath London	The Bath & County Club The Army & Navy Club Carlton Club Naval & Military Club St. James Hotel and Club Mayfair The Lansdowne Club The Walbrook Club
	Mumbai	Golden Swan Country Club Royal Bombay Yacht Club The Bombay Presidency Radio Club The Umbergaon Club			
	Pune	Residency Club			
INDONESIA	Medan	The Exchange Club	UK-N.IRELAND	Belfast	The Ulster Reform Club
IRELAND	Dublin	The Stephen's Green Hibernian Club	UK-SCOTLAND	Aberdeen	The Royal Northern and University Club
JAPAN	Kobe	Kobe Club		Edinburgh	The New Club The Royal Scots Club
KENYA	Nairobi	Nairobi Safari Club	U.S.A.	Bellevue	Bellevue Club
	Mombasa	Mombasa Club		Berkeley	The Berkeley City Club
LUXEMBOURG		Cercle Munster		Cincinnati	Cincinnati Athletic Club
				Kansas	The Kansas City Club
MALAYSIA	Ipoh	Royal Ipoh Club		New Haven	New Haven Lawn Club
	Johor	Segamat Country Club		New York	The Cornell Club Princeton 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
MEXICO	Sabah	Sandakan Yacht Club The Tawau Yacht Club		Santa Barbara	Santa Barbara Club University Club of Santa Barbara
	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*