

OASIS

July-August 2018

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





United Services Recreation Club
Keep Ready to Meet Any Season

Summer Package Promotion

We are pleased to present you with our Irresistible Summer Package rates for booking our Standard Room / Superior Room with complimentary daily breakfast in the Garden Cafe

Special Spring Package rates :

- From HK\$680 – for Standard Room
- From HK\$880 – up for Superior Room (per room per night)

Plus exclusive privileges :

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



Terms and Conditions :

- Offers are valid from **1 July until 31 August 2018**
- Promotion applies to bookings that were made between 1 July and 30 August 2018
- Room rates are per room per night basis.
- Offers are applicable for new booking only and the options have to be confirmed upon making reservation.
- Packages are subject to room availability, advance reservation is required.
- Offers cannot be used in conjunction with any other discount and promotional offer.

**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 Tom Duttman

Sports Director Eddie Wu

Grounds, Environment & Community Director Kenneth Chiu

Membership Sub-committee

K.C. Ng Andrew Kwan

Alfred Cheng Lily Tam

Joanne Martin Viveka Mansukhani

Disciplinary Sub-committee

K.C. Ng Eric Heung

Felix Hart Ringo Chiu

Eddie Wu 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

Cricket Ahmed Saleem

Football Alan Urmston

Lawn Bowls Irene Leung

Rugby Marco Cassandro

Squash Colman Ng

Tennis Martin Li

Management Team

General Manager Noel Burns

Tel: 3966 8600 Email: gmoffice@usrc.org.hk

Executive Secretary Irene Law

Tel: 3966 8669 Email: gmsec@usrc.org.hk

Financial Controller Felix Lee

Tel: 3966 8699 Email: felix@usrc.org.hk

Facilities & Maintenance Manager Ivan Lui

Tel: 3966 8686 Email: facilities@usrc.org.hk

Membership & Administrative

Assistant Manager Eva Tsang

Tel: 3966 8628 Email: membership2@usrc.org.hk

Front Office Assistant Manager Natalie Bandy

Tel: 3966 8600 Email: rooms@usrc.org.hk

Executive Chef / F&B Manager Marco Veringa

Tel: 3966 8652 Email: fbm@usrc.org.hk

Assistant Banquet Sales Manager Nike Lau

Tel: 3966 8633 Email: catering@usrc.org.hk

F & B Administrative Assistant Karen Yip

Tel: 3966 8632 Email: fnb.adm.asst@usrc.org.hk

Sports Administrative Officer Eric Fung

Tel: 3966 8691 Email: sports@usrc.org.hk

Sports & Leisure Assistant Manager Ilyas Gull

Tel: 3966 8690 Email: sportsofficer@usrc.org.hk

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

Advertising

To advertise in Oasis, please contact Natalie Bandy at USRC.

Tel: 3966 8678 • Email: rooms@usrc.org.hk

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CONTENTS



6

Chairman's Message	2	Lawn Bowls News	24
General Manager's Message	5	Rugby News	26
AGM	6	Squash News	28
CPR	9	Tennis News	30
Classes & Activities	13	Bridge News	36
What's On	14	Puzzles & Quizzes	38
Cricket News	18	Reciprocal Clubs	40
Football News	21		



9



18

CHAIRMAN'S MESSAGE

Dear Fellow Members,

The past month or so has been a busy period for the Club's management so there is more for me to cover in this issue. Please take a seat and enjoy the article at leisure.

The Club's 21st Annual General Meeting was held on the 13th June 2018 and was well attended. Those present were briefed on the 2017 results and brought up to date by reports from all General Committee (GC) Directors on their respective areas of responsibility. Put simply the year saw growth in financial status, moderate expansion in membership base, admirable sports achievements, successful fulfilment of corporate social responsibilities and good facilities management and safety enhancement on premises. For those who did not attend the AGM, a digital copy of the 2017 Annual Report is linked to our official website for Members' perusal and hard copies are available to Members at the reception upon request.

Once again, there were three positions on the GC vacated by the incumbents upon their office tenure expiry and thereby open for election for anyone wishing to make a contribution, and perhaps, take things in a different direction with new perspectives. As there were four candidates competing for the three posts, the end result after balloting was that Messrs K.C. Ng and Eddie Wu who both offered themselves for re-election were returned successfully while Mr Tom Duttman was successful in being elected as the new GC Member. Many congratulations to KC, Eddie and Tom on their re-appointment/appointment and we wish them all a productive and laudable term of civic duty performance.

The Club owes a debt of profound gratitude to Mr Leslie Pearce who opted to retire after completing some 10-year voluntary work as a GC Member, overseeing the portfolio of Projects and Security Director. Without Les' tremendous professional contribution and untiring technical support, the Club's facilities and maintenance would not have been in the commendable conditions as they are at present. Look forward to seeing you around the Club Les, enjoying your lighter moments!

Through the Q & A session at the end of the formal AGM proceedings, Members were afforded the opportunity to voice a wide range of different ideas/issues such as renovation, security, bye-law concessions, charity and objects orientation, etc. We consider it healthy, especially in a multi-ethnic and multi-cultural club such as ours where diversity in opinions is common and always provides food for thought. I wish to emphasise if I may, however, that the GC is firmly committed to maintaining the core values and environment of the USRC and that all policy and project decisions are made with this in mind and in strict compliance



with the "Memorandum and Articles of Association of USRC" and its associated Bye-Laws. The GC or the Board of Directors of the USRC does not consider matters lightly and always tends to arrive at decisions collectively or by majority after due consideration and deliberation. We hope Members would understand our position and be appreciative of our mission and responsibility of aiming at striking a balance on decision making.

We use many different methods to enhance communication with Members in addition to face-to-face contact around the Club and through dissemination of meeting minutes posted on notice board, bimonthly magazines and electronic announcements on our official website, letters and e-mails to GC Members for raising concerns and "walk around" management by the General Manager and his key staff, etc. So please don't hesitate to let us know your views on any Club matters that concern you.

Before signing off I would like to convey my gratitude to all those Members who contribute their time, skills and experience in the many volunteer positions on various sub-committees and in other capacities to protect this heritage and ensure the continued progress of our great Club. They certainly have my appreciation and without them the Club would not function as smoothly and successfully as it does. We welcome volunteers and encourage injection of new blood for the better well beings of the Club. We appeal for your moral and physical support!

Please enjoy your summertime wherever your travels may take you!

Patrick Cheung
Chairman

親愛的會員：

經過過去一個多月忙於處理會務大小，箇中確實獲益良多，在本月號《主席的話》跟大家有更多的分享，一同回味有趣之處。

本會欣然宣佈已於2018年6月13日舉行《第廿一屆週年大會》，出席會員人數非常踴躍。週年大會上除了簡介年度會務及業績，執行委員會的成員亦各自闡述年度工作報告。總括而言本會去年度表現令人滿意，本會業績錄得增長、會員數目穩健增加、體育項目獲得欣喜的成就、同時成功履行企業社會責任，會內設施管理良好，並維持優良的保安措施。《2017年度報告》已上載於本會官方網頁，供未有出席週年大會的會員參閱，會員亦歡迎於本會接待處預約領取《2017年度報告》印刷版。

在執行委員會任期屆滿後，共有三個委員位置空缺，供有意為本會貢獻、或為本會帶來新觀點與氣象的會員競逐，最後合共四位會員參與。經過投票後，Tom Duttman先生成功當選為新任委員，上屆兩位委員Messrs K.C. Ng 先生與Eddie Wu先生成功連任。本會再次祝賀三人，期待三位的到任，繼續秉秉具效率且出色的會務工作。

另外，本會藉此表達對會員Leslie Pearce先生的感謝。Leslie Pearce先生過去十年，以義工身份協助三軍會監察工程項目兼出任保安事務總監，他於完成十年義務工作後宣佈退任。過去藉著Leslie Pearce先生專業廣博的貢獻及不懈的技術支援，使會內的設施維持優良的水平。我們再次表揚Leslie Pearce先生的貢獻，殷切期待日後在三軍會遇上您！

除此以外，在《第廿一屆週年大會》完結後的問答環節，不少會員就三軍會翻新、保安、會章認可、慈善活動及發展方向等等方面，表達不同的意見。三軍會一向以採納不同意見並樂於提供糧食作為會務宗旨，我們將以健全、特別是跨民族及多元文化作為會務未來發展的考慮。本人強調，本人與委員會會堅定不移地維護三軍會核心價值及會址，確保所有決策及項目的落實，皆嚴格遵守三軍會《組織章程大綱》及《組織章程細則》。執行委員會及董事會成員在所有政策上定必經過慎重考慮，並以集體決定制或多數決定制落實計劃。我們期望會員理解委員會的立場，並欣賞我們在責任與使命上取得平衡。

為加強我們的管理及服務，我們透過不同渠道強化與會員之間的溝通，包括與會員在會所會面、透過會所通告欄公佈會議記錄、在官方網站發布雙月刊雜誌及電子公告；另外，本會總裁及其主要員工則透過信件和電郵，向委員會成員的流動管理及會務要點表達意見。各位會員歡迎提出任何意見，我們必定樂意聆聽。

最後，本人對各位為本會無私奉獻時間、技術及經驗的義工會員，再次表達深切的感謝。他們不論在擔任小組委員會成員或其他會務中，皆以維護三軍會傳統為宗旨，確保本會維持優秀水平並持續進步，他們的貢獻獲得高度讚揚。有賴他們的投入及努力，促使本會更加順利及成功地運作。無論是精神上或實際上的支持，我們都誠意邀請及殷切期待各位新力軍義工成員的加入！

謹祝各位會員有個抖擻綻放的暑假！

張伯陶

主席

Employee of the Month-June

Cheung Kwai Chun

Cleaning attendant



Employee of the Month-May

Chiu Sung Yum

Maintenance Staff



E-Magazine

Dear Members,

In order to be environmentally friendly and to better manage the Club's cost, the General Committee and Management will consider that the OASIS magazine will become a fully digital e-publication by September 2018. Members wishing to receive the digital edition from that date onwards, would need to inform the Club in advance to have uninterrupted delivery of the print magazine.

Please note:

- All members will receive the printed OASIS magazine as normal in July/August 2018
- Members wishing to receive the digital OASIS magazine from September 2018 onwards will need to email membership2@usrc.org.hk or sign the reply sheet inserted with the magazine on or before 15 August 2018
- There will be no charge for those members opting to receive the printed OASIS magazine from September 2018 onwards.
- All members will receive an e-mail to the digital OASIS magazine towards the end of August 2018.

We hope Members can support this green and cost effective initiative. It is our goal to utilize e-channels to expand the Club's content so that Members will receive more quality reporting and information in the future.

Sincerely,

Noel Burns

General Manager



GENERAL MANAGER'S MESSAGE

Dear Member,

As we enter the hectic and busy summer season, I hope you all find the time to enjoy some of the wonderful facilities available here at the Club.

Some noted changes to the Bye Laws, include the new club dress code and change to Bye Law 23 Clause b) Complaints and Reports on Defects.

Dress code

vi) Casual attire includes collarless shirts, but not swimwear or singlets. Members are requested not to visit any food and beverage outlets without changing after exercise or sports. Management will have the final decision regarding dress code for all areas of the Club.

Complaints and reports on defects

b) Members must not reprimand, intimidate or abuse Club Staff in any way. Any complaints about staff or service shall be made to the General Manager or the Senior Supervisor on duty.

On your return from the summer break, the Club will start to roll out the new integrated membership cards. With this new controlled access system, the Club will be able to give our Members the assurance that the Club is primarily used by the Members and their accompanied guests. Additionally, we will have the ability to ensure that guests are not free to roam the Club unaccompanied. Please refer to the notice in this magazine on how you can pick up your new card.

Finally, we thank all of you for your support over the first six months of the year and we look forward to continue serving you throughout the summer and beyond.

And as always, we look forward to seeing you around the Club.

Noel Burns

General Manager



親愛的會員：

繁忙的盛夏到臨，本會一系列精彩的設施已整裝待發，準備陪您渡過整個夏天！

請各會員注意《組織章程細則》有所修訂，包括新的《穿著標準》及《組織章程細則》條款 23項b《投訴與匯報》修訂，細節如下：

穿著標準

vi) 休閒服裝包括無領襯衫，但不包括泳裝或背心。會員在運動時或運動後，若未有更換服裝，不可光顧會內任何餐飲店。管理層有權對本會所有範圍的服裝標準作出最終決定。

投訴與匯報

b) 會員不得以任何方式訓斥、恐嚇或暴力對待本會員工。任何有關員工或服務的投訴，均需向總經理或當值高級主管提出。

暑假過後，本會將推出新的綜合會員卡計劃。新的門禁管理系統投入運作後，可確保會內的設施，主要由會員與隨行賓客使用，新系統亦確保訪客不會在沒有專人陪同下，流盪於本會範圍。

最後，本人感謝各位會員2018年上半年對本會的支持，期待整個夏季及往後繼續為您服務。我們一如以往期盼您的到臨，享受在三軍會的愉快時光。

Noel Burns

總經理

The Annual General Meeting 2018

The Club's Annual General Meeting was held on Wednesday 13th June.

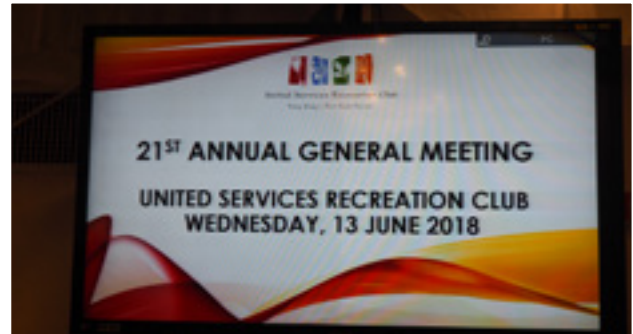
Those in attendance were briefed on the 2017 results and brought up to date by reports from all specialist Directors on their respective areas of responsibility.





ELECTION RESULT OF
GENERAL COMMITTEE POSITION

CHITNAM, Tam Kengye (D-100)	82
WATKINS, Nigel Keith (H-20)	57
NG, Kwok Chun (H-47)	73
WU, Shun Wing Eddie (H-100)	119



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)

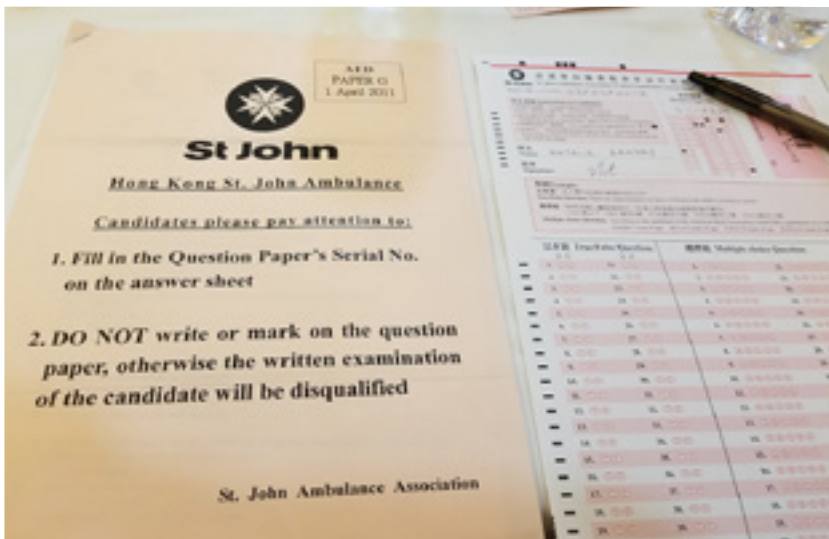
If the signal is lowered prior to 1800hrs, Club will resume operation as normal. Should it be lowered after 1800hrs, Club will remain closed until the following morning.

CPR and AED Course

On Thursday 7th May a cardiopulmonary resuscitation (CPR) & automated external defibrillator (AED) course was held for 12 of our USRC staff in the Garden Room.

The course was held to broaden the staff knowledge and for them to be prepared in situations that would require CPR and usage of the AED device.

It was a full day course and after the training a written and practical exam followed on the same day.



USRC Swimming Gala 2018

Date: Sunday 14th October

Time: Starts at 1:00pm



Enrolment Deadline: Wednesday 10th October

- Swim with noodles
- Freestyle & Breaststroke (20m / 40m)
- Family & "Raft Out" Relay
- Age 3 or above
- Member's guests are welcome

**Lunch Buffet at
Garden Marquee
HK\$98 for Adult
HK\$48 for Child
(Starts from
12noon to 2:30pm)**



United Services Recreation Club
Hong Kong's Best Kept Secret

Enrollment forms are available at the reception

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





United Services Recreation Club

Hong Kong's Best Kept Secret

USRC Swimming Competency Course (Under 11 Years old)



Swimming Competency Course (Under 11 Years Old)

Date: Every Saturday

Time: 1pm – 2pm

Location: USRC Main Pool

Test: 2 lengths of pool (any style)

**A certificate of competence will
be issued for those who pass the
test. (Free of Charge)*



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



Pilates

JM Pilates Studio

Tel: 9194 5856
Email: jmpilates@yahoo.ca

Group classes
\$165 per class (member)
\$1,650 for 10 classes (guest)
Monday: 4pm
Wednesday: 7.30pm
Friday: 4pm
Saturday: 10am and 1.45pm
Pre-registration recommended

Private lessons
\$650 (member)
\$700 (guest)
Available throughout the week, Monday-Sunday

Personal Training and Muay Thai Coaching

Humphrey Tsui

WhatsApp: 5541 2201
Email: Humphrey@allaboutaesthetics.com.hk

Personal Training 1 on 1 package
Trial Session \$400
1 session \$750
10 sessions \$700
20 sessions \$650

Small group 2 persons
1 session \$450/person
10 sessions \$400/person

Small group 3 persons
1 session \$400/person
10 sessions \$350/person

Playgroup

Nicola Barguss

Tel: 9775 4944
Tuesday: 9:30am, Friday: 9:30am
\$50 for the first child (member)
\$88 for the first child (guests)
\$35 per additional child or parent

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)

Tennis Coaching

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)

Yoga

Jesse Tong

Tel: 9488 5869
Friday: 10:30am – 12noon, \$180 per lesson



Sunday

1

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

8

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

15

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

22

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

29

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All 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
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

10

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

17

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

24

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

31

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

Wednesday

4

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

11

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

18

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

25

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

Thursday

5

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

12

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

19

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

26

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

Friday

6

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

13

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

20

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

27

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

Saturday

7

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

14

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

21

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

28

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)



Sunday

Monday

Tuesday



5

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

6

- Pilates Group Class 4 pm

7

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

12

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

13

- Pilates Group Class 4 pm

14

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

19

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

20

- Pilates Group Class 4 pm

21

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

26

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Social LB 10:00am – 8:00 pm (All members)
- Football YYL Game

27

- Pilates Group Class 4 pm

28

- Playgroup 9:30 am– 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
- Social LB 6:30 pm – 9:30 pm (All members)
- Pilates Group Class 11:00 am

Wednesday

Thursday

Friday

Saturday

1

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

2

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

3

- Playgroup 9:30 am– 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

4

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

8

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

9

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

10

- Playgroup 9:30 am– 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

11

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- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

15

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

16

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

17

- Playgroup 9:30 am– 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

18

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
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22

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

23

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

24

- Playgroup 9:30 am– 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)

25

- Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)
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- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

29

- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2)
6:45 pm – 10 pm
- Football Training Night

30

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 6:30 pm (Club members)
LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7-9 pm

31

- Playgroup 9:30 am– 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)



Cricket News

by **Ahmed Saleem**
Cricket Convenor



Charity event

On Saturday May 12th, the section hosted its annual charity event. Continuing our association of the last two years, support was given to the local branch of Christian Action, who joined us in a packed day of 'tape-ball' cricket at the Club.

The Christian Action team are in the heart of the local Kowloon community. They run various programmes to support the ethnic minorities living in and around our district, in particular children from the Indian, Pakistani, and Nepali communities. Activities and courses are organized for local children to provide them with opportunities they might otherwise miss out on. Included within this is a cricket training programme.

We were joined for the day by Ms Chandani Puri, her colleagues and a group of 12 of their talented teenage cricketers, who were able to benefit from access to our great facilities. The Christian Action boys were able to undertake a valuable training session in our nets, and played a competitive game against our U-13 squad.

The section structured a full day of fast paced matches. These included an excellent close fought game between our Championship winning U-11 side and Little Sai Wan club - which again allowed us to provide community access of our facilities to a group who have no permanent resources of their own. Also participating, and showcasing the full inclusiveness of the section, were our Women's squad, who played a high spirited match against members from KCC.

With many of our own boys coming from less advantaged communities, it was fantastic to see over 50 children participating in a highly enjoyable day. Matches were concluded with a special challenge between the USRC social cricketers and our friends from the City Kai Tak T20 Blitz franchise. The section is very grateful to City Sports and Mr Shivein Shukla for their generosity and support to the event and the section.

At the presentation, the section was delighted to welcome Mr Kenneth Chu, member of our General Committee, to



present a cheque for HKD14,000 to Christian Action. Our thanks to the ladies of the section, especially Sweta Jain and Shailja; along-with Mr Kashif Shams of Green International, who were central to the fund raising activities.

Women's cricket

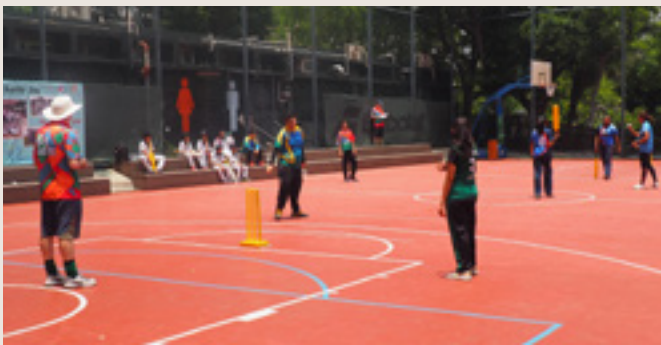
As our long season draws to a close, special 'stop press' mention to our Women's Squad. Participating in the CHK Women's Development League, at time of writing our ladies have just recorded their third win in a row. With our group still in its infancy, this is a fantastic achievement and real proof that hard work and commitment to training does pay off. Well done.

Come and join us for the new season

As you read this article, players and coaches will be enjoying a few weeks of relaxation. Basking in success will be our Men's elite side who achieved promotion to the top tier of Sunday cricket, and our U-11 squad who secured the Club a back-to-back Championship (the third in five years).

The new season will start from late August. The section will again be running elite men's teams in CHK's weekend competitions, a Women's squad (open to teenagers and above), and a full range of junior sides. Children can join for coaching from age 8 and above, and play in teams at U-11, U-13, U-15 and U-17 - boys and girls, welcome. Please contact Head Coach Ilyas Gull, 9421 4741 or Michael Caves (michael.caves@btinternet.com) for more details about any aspect of our programmes.







Football News

Alan Urmston
Football Convenor



USRC Football Section

Much to report on this month as there always is at the end of the football season. We have end-of-term reports on our three teams plus the Section annual awards and the AGM. So we'll begin with a look at how our teams ended the season.

USRC Gunners

Gunners finished the season in second place in the Legal League, going one better than last season. The top six in the Legal League Division One looked like this:

Pos	Team	P	W	D	L	F	A	GD	Pts
1	Forward FC	22	15	7	0	65	27	37	49
2	USRC Gunners	22	12	2	8	44	37	7	38
3	Discovery Bay FC	22	10	7	5	54	27	29	37
4	J Leaguers	22	10	4	8	54	41	13	34
5	HK Scottish	22	10	4	8	39	39	0	34
6	Club Tropicana FC	22	10	3	9	63	46	17	33

Top Scorer for Gunners was Mark Jobling with a respectable 8 goals. The Gunners main problem was scoring goals, as can be seen from the table, but in all a very successful season and congratulations to Matt Ferriday and the team. Matt's built excellent team spirit this season and can look forward to really pushing for honours next season.

Pos	Team	P	W	D	L	F	A	GD	Pts
1	DBFC Vets	14	12	1	1	53	13	40	37
2	HKFC	14	12	0	2	46	21	25	36
3	USRC 1911	14	8	1	5	36	30	6	25
4	BTD	14	5	4	5	34	27	7	19
5	Spartans Masters	14	6	0	8	35	39	-4	18
6	KCC Vets	14	5	1	8	27	29	-2	16
7	Godfathers	14	2	1	11	19	51	-32	7
8	FWD Seniors FC	14	1	2	11	23	59	-36	5

USRC 1911

The Club's vets team, 1911, also moved one place up the table, finishing in third place. Greg Turner was again the Top Scorer with 12. The Legends League table at the end of the season looked like this:

It was a better season for 1911 in many ways, not just finishing in a higher position, but also as there was one more team than last season. With more teams set to join next season, it should be a lot more competitive.

USRC Vitesse

It was a good season for the Club's social team, Vitesse, with a total of fourteen games played. Don't forget that Vitesse is a social team for Club Members and guests so if you'd like to get involved in playing some footie then just let us know.

Season awards

The Section held its awards party on 25th May. Around 40 Section members attended and saw the following awards presented:



USRC Vitesse Manager's Player of the Year: Conor Mannion (right, with Manager Andrew MacFarlane)



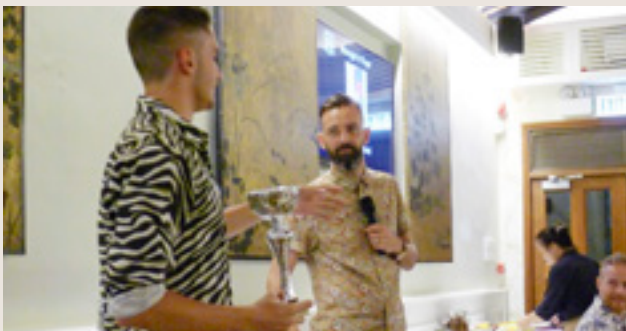
USRC Vitesse Players' Player of the Year: Tom Fay (collected on his behalf by his father, Ciaran)



USRC 1911 Players' Player of the Year: Greg Turner (left, presented by Ciaran Fay)



USRC Manager's Player of the Year: Martin Brown (left)



USRC Gunners Manager's Player of the Year: Fed Martorell (left, with Manager Matt Ferriday)



USRC Gunners Players' Player of the Year: Mark Jobling

There were many other awards made during the evening, some of which perhaps shouldn't be shared in a family magazine, but one that can is the Clubman of the Year, this year going to Chris Jay, for all the work he has done for the Section during the year.



Clubman of the Year: Chris Jay (right)

Football Section AGM

The Annual General Meeting of the Football Section was held on 15th June and the following were elected as the Section Sub-committee for the 2018-19 season:

- Alan Urmston (Convenor & Secretary)
- Laurence Rudge (Treasurer and Team Manager, USRC 1911)

The Sub-committee will prepare for the start of the new football season to start in September.

So in all, another successful season for the Football Section, but we need more members to participate in our football activities. We cater for all ages and abilities, either through BTS or through our senior Section, so please don't be afraid to come and join us. Keep an eye on the Football Section notice board for training and other events or contact myself at alanu@netvigator.com

USRC Football Academy

Our junior football academy is run by Brasil Top Skills (BTS) (www.brasiltopskills.com/) under Head Coach Eder Ferreira.

There are exciting programmes coming up so information below, check out the website, the Football Section notice board or ask at Reception for details.



BTS SUMMER CAMP 2018

	Venue	MON	TUE	WED	THU	FRI	Time	Age group
JULY	Venue	2 King's Park	3 Happy Valley	4 King's Park	5 King's Park	6 King's Park	3:00-6:00pm @KP, USRC *****	3 - 16 y
	Venue	9 King's Park	10 Happy Valley	11 King's Park	12 King's Park	13 USRC		
	Venue	16 USRC	17 Happy Valley	18 USRC	19 USRC	20 USRC		
AUG	Venue	30 King's Park	31 King's Park	1 King's Park	2 King's Park	3 King's Park	4:30-6:00pm @HV	
	Venue	6 USRC	7 USRC	8 USRC	9 USRC	10 USRC		

**DYNAMIC!
BRAZILIAN STYLE**

CAMP FOCUS : Improve your SKILLS!!
*Strength Balance
Speed, Agility & Coordination Work
Foot works & Technical drill
Ball technique
Shooting & Passing
Game play*

FUTSAL @USRC

**@Happy Valley
Recreation Ground**
1 Sports Road, Happy Valley
Tuesday 4:30-6:00pm

@King's Park
21 Wylie Path, Kowloon **3:00-6:00pm**

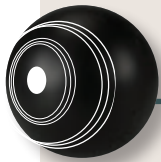
**@ USRC 三軍會
United Services
Recreation Club**
1 Gascoigne Road,
King's Park Kowloon

- 🏆 Prize for the Player of the camp
- 🏆 Students are covered by Group Insurance for Personal Accident
- 🍌 Fresh Fruits will be provided

**Coaching by highly qualified
Brazilian Coaches**

15% Discount for USRC Members

Contact:
info@btshk.com (852) 9815 3151 www.brasiltopskills.com



Lawn Bowls News

by Irene Leung

This year's summer is really hot! In May, we had record high temperature of 38.1 Celsius and the longest

"Very Hot Weather Warning" for consecutively 15 days.



Most of our Premier league games are played outdoors in the afternoon. Same are for our practices and so all players had experienced a tough and challenging time!

Premier League 2018

Our Summer Premier league consists of 3 Men's team and 2 Women's team playing in different divisions. Men's C Team was the first team to start off the league games on May 28, 2018 in Tai Po as an away game.

Below is Men C Team group photo with the opponent team:



On the same day when Men's C Team played in Tai Po, most of the other league players played on our home green with the objective of having a pre-league and warm up practice. The fixtures were Ladies A versus Men A and Ladies B versus Men B. This type of inter-league practice was the first time it was set up and players found it enjoyable and would be encouraged to continue the arrangement in the future. We are gathering feedback from members with hope to further fine tune the format.



From the group photo above, you can see how confident and happy our players are!

As of this writing, our league results are encouraging and all members had great fun and enjoyed themselves during the various home and away games.

National Four 2018 competition

There is one piece of very encouraging news to share! 4 of our Men players entered the National Four 2018 competition and after 4 rounds had successfully reached the quarter final. As of this writing date, the competition is still continuing and we wish them good games and good luck to advance for their best result. We will report further in the next issue.

National Four 2018 team players



From right: Mr Leung Kin Hung, Mr Calvin Chan, Mr Franco Foo, and Mr Nick Au Yeung

HKLBA Annual Presentation Dinner 2018

On May 28 HKLBA held the annual dinner and a presentation to all players who had achieved good results. As mentioned in the previous issue, our Men B Team (Triple League) was Champions of Division 6 and one of our teams received the Champion Team award. They were presented trophies during this special occasion.



New uniform

By June 9, all our league players changed to new blue uniforms which produced a totally bright and eye catching new look!



Wedding news for section member Mr K P Tam

A special note of congratulations extend to our section Member Mr K P Tam, who got married on May 6 and held a dinner party to celebrate the happy event in the Marquee. Some of our members attended the party to witness this happy and memorable moment.



Recruitment for new members

Each year, we conduct an introductory course for the Lawn Bowls game and we wish to invite all Club Members who are interested in this game to come and join us. We will post information on our Club notice board or you can contact reception whenever you wish to contact us to know more. You are welcome to join our Lawn Bowls Family! Cheers!





Rugby News

Marco Cassandro
Rugby Convenor



Tigers Ball Awards Night 2018

The USRC Tigers ended off the 2017/2018 season on a high with another enjoyable Tigers Ball at the Kerry Hotel.

The evening saw more than 200 Club Members, guests and sponsors get together to celebrate another season and to get excited about what lies ahead.

After all formalities were done, Club Captain Matt Price kicked off the presentations for the evening.

It's only natural after such a successful season that there would be individuals who have stood out from the crowd with their performances.

First in line was Chi Kwan Yeung who was nominated as the Parents Team's Best Player, no mean feat considering the performances from his peers throughout the season.

Anthony Ng and John Leung were nominated for NL1 and NL4 Player of the Year respectively and we hope to see them carry their good form into the new season.

Tigers Youth section had another successful season with all

age groups being strongly represented throughout all the HKRU youth leagues. However, no age group stood out as much as the U19 Boys who not only went on to win their division, but proved that a number of them are ready to make the transition to senior men's rugby. Sean Kennedy and Victor Debart received special mention for their performances this season and were nominated as Most Improved players for their respective teams. The top prize for U19 Player of the Year went to Lukas Middleton in which was his third season representing USRC Tigers U19 Division 1 team. Rafael Santos took home the Division 2 U19 Player of the Year award.

Not to be outdone by the men, Maelle Picut was nominated as the Women's Premiership Team Player of the Year. Maelle performed admirably throughout the season and showed great consistency in her performances from no 8.

Moving along to the Men's Premiership awards where it has been a wonderful season for both Prem A and Premiership sides, as well as for a few stand out individuals.

Mike Harman won the Player of the Year award for the Prem A team with his wonderful goal kicking record. The fly half steered the Prem A team to victory after victory and he has also represented the Premiership team on occasion during the season.

After leading his side to their first Men's Premiership league title in 14 years, Tigers captain Josh Hrstich was presented with the Men's Premiership Player of the year award.





Nominated by his teammates for the award, it's sure to go down well with the big No 8.

Other USRC Tigers winners include Tom Howells who was named the Boys Youth Coach of the Year by the Hong Kong Rugby Union. Tom has excelled as a youth coach for the Club over the last couple of years. His diligence and enthusiasm is well noted.

Alex Woodburn won the Hong Kong Rugby Union's Men's Premiership Player of the Year award after his stellar season. The loose forward's high work-rate has not only seen him preventing other teams from playing with the ball but he scored a few tries himself over the course of the campaign and thus played an integral part in the Premiership team's league victory.

Sam Hocking was awarded with the Coach of the Year award at the Hong Kong Rugby Union's gala dinner after the success of the Club's League title for the 2017/2018 season. Sam transformed the Premiership team into a winning side able to turn out top performances on a weekly basis; we look forward to seeing what the coming season holds in stall, not only for Sam and his side, but for the Club as a whole.





Squash News

Colman Ng BBS
Squash Convenor



League update

The HK Squash Winter League has just concluded with some surprises, both good and bad. USRC 4 were unable to overhaul their rivals and finished 1st runners up in Division 15B, despite losing only 2 matches all season. Following this disappointment, they got their revenge in the playoffs against the league champions with a fine and decisive victory. Congratulations to Jay Bidal, Ken Yam, Peter Cheung, Peter Miu and William Ku for achieving what appeared to be unachievable.

The USRC Masters M3 team, having set a target of finishing 3rd exceeded themselves by finishing second, defeating the league champions in the final match of the season. Special thanks to Chris Leung who had to play the deciding rubber having only got out of bed 30 minutes before the start of his match with a headache. The Masters team then went even further to win the M3 playoffs with a nervous and exciting win over a strengthened LRC team winning 3-2. Congratulations to the team of Wilfred Lai, Peter Cheung, Kermit Yuen, Chung Leung and Victor Poon for the unexpected victory against a very strong team, who had led by 10 points in the league table.

Summary of 2017-18 Winter League positions

	Division	Position	Final Playoffs
USRC 1	3	6	-
USRC 2	4	4	-
USRC 3	7A	3	-
USRC 4	15B	2	Winner
USRC M3	M3	2	Winner

Next up is the HK Squash Summer League, where USRC will have 4 teams competing in Divisions 1, 3 and 4; and 2 junior teams comprising 12 young players of ages below 13. We also have one team taking part in the Summer Masters.

HKFC held the prestigious International Masters Competition, an individual tournament across various age groups from 1-3 June, with competitors from all over Asia.

Congratulations to Joe Wong, a veteran player from USRC 1, who won the toughest category of all, the over 35's. Joe was seeded number 2 but carved his way through the competition comfortably before a hard-fought victory winning 3-1 over the top seeded player, thus cementing his reputation as one of the top Masters players in the region.



The winner of Division 15B Final Playoffs – USRC Team 4



The winner of Masters M3 Final Playoffs – USRC Team M3



Joe Wong being awarded the Over 35 Masters Trophy

Visiting team from Macau

We had the pleasure of hosting a squash team from Macau on 5 May. The visiting team, Macau Dragon Un Squash Team, comprising 7 players, turned out to be much stronger than we anticipated and the USRC outfit was unable to contain the ferocious firepower of the visitors. Although we were outgunned by the visitors, the encounter saw a few very tight matches. the result of which could have easily gone in our favour. Notwithstanding our defeat in this friendly match, everyone who took part fully enjoyed the competition and the friendship established with our Macau counterparts; particularly the post-match dinner at the Gunners which had been very enjoyable indeed.

It appears that squash is quite a popular sport in Macau despite its size and population and it is pleasing to note that this team is of a very good standard. It was great to host the Macau visitors at the USRC and I believe they were favourably impressed by the heritage and ambience of our Club facilities and the hospitality accorded by the host. We look forward to a return match, hopefully within this year.



Friendly match with
Macau Un Squash Team

Development of Junior Squash

With a view to sustaining the development of the USRC Squash Section, we have enrolled 2 junior squash teams to participate in the forthcoming Summer



League Competition. Each junior team comprising of 6 young players, age between 7 and 13, will be taking part in the Summer League competition for the first time. It is hoped that through the experience of this local league competition we shall be able to instil the interests of our young players in squash and, hopefully, be able to identify those who have good potential and the flare for further development as elite players for the USRC squash teams in the future.





Tennis News

Martin Li,
Tennis Convenor



Annual General Meeting

On 19 May, we held the Annual General Meeting to report on our annual performance including the charity event, the result of league matches, new facilities of tennis courts, the outstanding Members and the annual financial report. We had also processed an election of new Committee Members' procedure since some current Committee Members were not continuing their role in the coming session. Having elected some new Committee Members, we announced the annual general meeting was successfully completed and thanked all attended Members.

Importantly, we sincerely thanked Ms Cindy Fung, Ms Katy Chan and Mr Alfred Cheng for their contribution and to make further contributions to the Tennis Section for years to come.

The new Tennis Section Committee Members was formed in the following structure:

Organisation chart for Tennis Section 2017-2018

Post	Name
Convenor	Martin Li
Deputy Convenor	Ken Chan
Treasurer	Maide Sun
Secretary	Brian Ho
Member	Dilip Wadhwani
Member	Thomas Lee



Annual General Meeting from left to Right Ken Chan, Maide Sun, Cindy Fung, Martin Li and Katy Chan

Happy Tennis

Before the Annual Dinner and Annual General Meeting, we organised a Happy Tennis for all members. All participants would take this opportunity to understand one another as well as increasing their friendship through a tennis match.



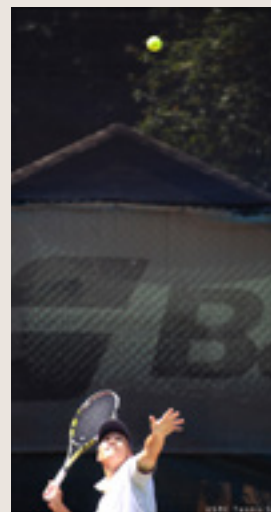
Happy Tennis participants



Happy Tennis Players



Kevin Tang



Alan Luk

Annual Dinner

The Annual Dinner was held as usual, after completion of the Annual General Meeting. There were over 80 participants to join our party which included delicious food and flowing wine (special thanks to our Club Chairman, Mr Patrick Cheung, who subsidised the wine for the dinner), lucky draw and prize presentation for the 2018 Tournament and an auction event to raise money for charity.

All participants had enjoyed our fantastic arrangements, particularly the Taboo game “有口難言” which was the highlight of the night.

We thank our Dinner organisers, Ms Isa Lam, Ms Katy Chan, Mr Eric Tai and Ms.Cindy Fung.



Taboo Game – Kenneth Hui and Chung Wah Tat



Taboo Game –William Ho and Kenneth Chiu



Taboo Game



Taboo Game – Brian Sze Family



Linda Tong and her guest

Tournament 2018 prize presentation



Champion of Singles Plate – Brian Ho



1st Runners-up of Men Doubles Plate – Mr. Stephen Chan and Chung Wah Tat



Champion of Mixed Doubles – Ken Chan and Charmaine Chow

Charity event

One of the important events during the Annual Dinner was the fund-raising to help charitable organisation as “基督啟懷智服務處”.

We were very pleased to have raised HK\$30,000 for charity.



基督啟懷智服務處 donated a picture for auction



Serena Chan presented a gift for the auction



Brian Ho successfully bid for a bottle of wine

We thank and appreciate the following members who donated gifts and money for our charity fund raiser or dinner purpose:

Patrick Cheung, Eddie Wu, Isa Lam, Sunny Chan, Billy Lam, Cindy Fung, Maide Sun, Tommy Chan, Ken Chan, LAL, Kenneth Chiu, 勁家庄, Jenny Chu, 基督啟懷智服務處, Martin Li, Linda Tong (who donated more money in previous auction events) and our USRC.

Ladies Doubles Tournament

The Ladies Doubles Tournament has had numerous delays due to bad weather but finally the matches were conducted on 13th May. We congratulate the following players:

Champion: Charmaine and Stephanie; 1st Runners-up: Cindy and Isa



From left to right: Isa Lam, Cindy Fung, Stephanie, Charmaine

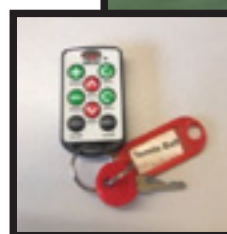
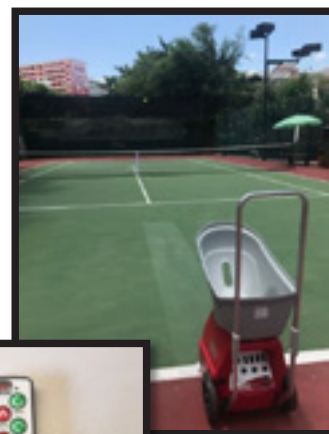
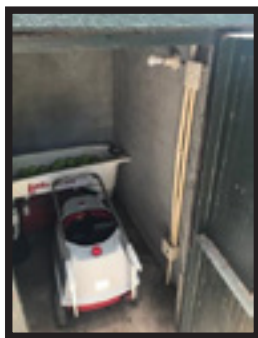


Ladies Doubles players



United Services Recreation Club
Hong Kong's Best Kept Secret

NEW TENNIS BALL MACHINE



Model: Lobster Elite Model Two
Oscillation: Random Horizontal & Random Vertical
Speed: 10 to 80 mph
Feed Rate: 2-12 seconds
Spin: Top & Under

Operating Instructions

1. Court Placement:

Use the court placement indicators on the bottom of the machine and place the machine at the center mark on the baseline.

2. Power the Machine:

- Turn the machine on using the Power Switch on the control panel.
- Set the feed anywhere from 2-12 seconds, where 12 seconds is the lowest feed rate setting.
- Put 3-4 balls in the machine and wait 20 seconds for the machine to start feeding. Confirm the elevation, speed, and spin are appropriate; adjust if necessary. Once you have set the machine up properly, turn the machine off; load the hopper full of balls, and turn on the machine.
- The 20 second delay will allow you time to walk to the other side of the court and position you for the first shot.
- To turn off the feed, rotate the knob fully counterclockwise without turning machine off. This will save battery capacity and allow time to retrieve balls on the court.

Club Management
1 June, 2018

Ball Machine Rental Rules

Members must read instructions thoroughly **before using**. Any queries please contact the Sports Department at 3966 8691 or Reception at 3966 8600 for assistance.

Members under the age of 16 are not permitted to use the ball machine unless accompanied by an adult player or coach.

A rental charge of HK\$20.00 per hour is applicable. Please obtain key and remote and register at reception.

Usage of the machine must be on **Tennis Court 1,3 & 4** only, please book through reception should you wish to hire the tennis ball machine.

Before Play - Ensure the machine is empty before switching on power.

After Play - Empty machine, **retrieve** all tennis balls and return both to the towel room provided.

Please return key & remote to reception when finished, **a charge of HK\$20.00** will incur should the machine not be stored properly back in the towel room.

Notice!

- Keep face out of ball path – balls can shoot out from opening at any time.
- Use only for tennis practice with conventional tennis balls.
- Turn off the machine when leaving it unattended.
- Never place body parts or objects into machine.
- Never operate with parts removed.
- Never add balls while machine is running.
- Never put wet tennis balls in machine.
- Never use the machine in the rain or during a thunderstorm.



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.



Bridge News

Mimi Wong
Bridge Convenor



Saturday social

From June onwards, the Bridge Section has organised Saturday morning meet-ups. A Bridge introductory workshop will be conducted in a small group basis. Our team members will be there to assist beginners in their bidding and play. It is a channel for our Club Members to share a common interest in a fun and friendly way. At whatever level you play, you are very welcome to join us.

Thursday Duplicate

Our duplicate game runs well with a steady number of players making up around seven to eight full tables each week. Though the game is basically suitable for competitive players, novices are also welcome to join us. Plenty of experienced players are around and always willing to offer help.

Most of the players are playing the game under the American SAYC bidding system. If you play with other systems, do let us know in advance and we can find you a suitable partner.

Hand results are available on the website soon after the game.



Guest player

Our players were delighted to see Mr Robert Holland from Penang returning and joining us with the duplicate sessions in June. He was on holiday visiting Hong Kong with his wife.





Team match

On the evening of 24th May, we hosted a friendly match against two other bridge teams. We had the pleasure to play with bridge representatives from the Liaison Office of the Central People's Government in the HKSAR and the Chinese Club.

After three continuous hours the Chinese Club won the match. It was a great effort by our team members to perform well and play in their best match strategy.

Overseas match

Our Bridge Section will have sent a team to play a match against the Penang Club. There were seven players travelling at the end of June. The tournament comprised of one whole day

event and one evening game. It will have been a valuable opportunity for our team members to exchange bridge updates with overseas players as well as enhancing their bridge technique.

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, either socially or competitively.

If you require any further information, please contact your Bridge Convenor at WhatsApp 9120 3789 or email usrbridge@gmail.com

Crossword puzzle



ACROSS

1. had the front toward
5. foot of an animal having claws
8. ___ jacket; short, black coat with broad lapels
9. one of the Great Lakes
10. overwhelming victory in an election
12. became aware of
13. liquid waste matter drained away from houses
14. and so on: abbr.
15. vertical part of a step
18. low, mean, disloyal persons
20. second tone of the musical scale
21. largest island in the world
23. calm and dignified
24. ___ that; in order that

DOWN

1. ___ for; sympathized with
2. ___ loss; puzzled: 2 words
3. joined together
4. provide with a permanent income
5. sets a value on
6. assistant
7. unwanted plant
9. properly qualified
11. person of brilliant qualities
13. intent look
14. unit of work or energy: plural
16. sea eagles
17. redecorate
19. yellow ___; black ___; red ___
22. New Testament: abbr.

Submit your answer to Membership Department or fax 2724 0949 on or before Sunday, 5th August 2018.

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: _____



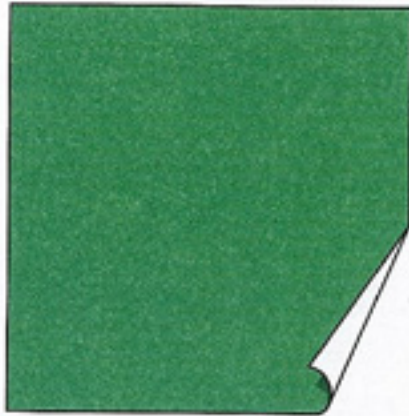
May & June 3-D Sudoku drawn by Member Mrs. Fung



Congratulations to May & June 3-D Sudoku Winner, Mr. Li

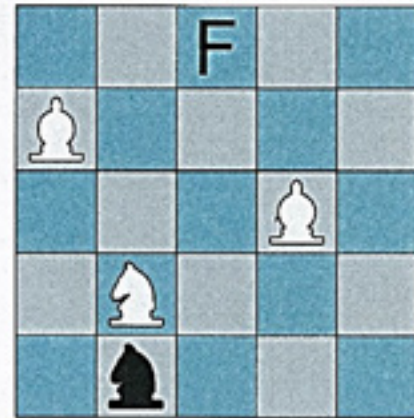
Three-Minute Puzzles

Fold the Square 2



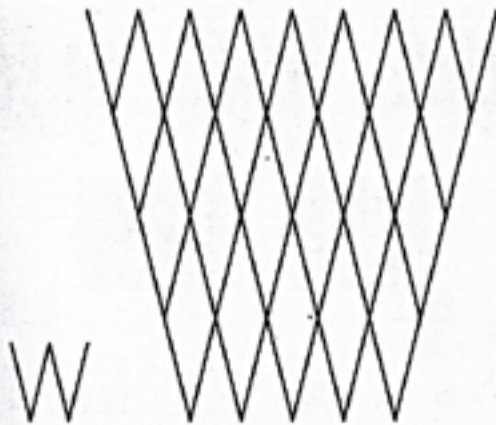
You have a square sheet of paper colored on one side, white on the other. What's the smallest number of simple folds that can make the *largest possible* square that's colored on both sides?

Two Knights in a Square



Which chess knight, black or white, can reach cell F in fewer moves?

W Counter



How many W's exactly similar to the small one shown can be found in the pattern? W's may be rotated or proportionally resized.

Matchstick Digits



Which digit does not belong?

Submit your answer to the Club reception **on or before 5th August 2018**. All correct entries will receive a FREE SMOOTHIE*

Name: _____ Membership No: _____

Contact No: _____

*Please note only one entry will be accepted per membership

Chinese Swimming Club, Singapore

The Chinese Swimming Club, set in the idyllic east of the island, is undoubtedly an exclusive choice family club, steeped in a century-old heritage renowned for nurturing top national sportsmen.

The Club's principal membership currently stands at 8,800 and it occupies 3 plots of land totalling 17,490 square metres in size and is a well-rounded family recreation club offering a comprehensive range of facilities, services and activities catering for the diverse needs of its members and their guests.

The club's history began in 1905 when 9 young swimming enthusiasts named their group "Tanjong Katong Swimming Party". After 4 years, "Tanjong Katong Swimming Party" was renamed "Chinese Swimming Club" when its membership swelled, and soon after The Chinese Swimming Club was formally registered under the then Societies Ordinance.

In 1951, The Chinese Swimming Club was rebuilt with a full-sized Olympic swimming pool and formally opened by the then Governor of Singapore, Sir Franklin Gimson. The new sports complex was officially opened on 19 February 2005; the project costing \$27.4 million.

Enjoy your workout overlooking the swimming pool in a full glass encapsulated gym. Let our team of professionally trained and friendly fitness instructors assist you with your workouts.



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

THE MARIN

AT FERRINGHI
PENANG, MALAYSIA

YOUR PRIVATE RESORT FACING THE ANDAMAN SEA



PANORAMIC VIEWS FROM EVERY ROOM

Set on over 4 acres of prime freehold lushness, The Marin – with unobstructed views of the Andaman Sea in front, and a tropical rainforest behind – brings with it a refreshing new point of view on what luxury living really means.

UNRIVALLED LUXURY UNLIKE ANY OTHER DEVELOPMENT

- FREEHOLD
- Spacious living:
 - Type A: 1,850 sq. ft.
 - Type B: 1,750 sq. ft.
- Walking distance to the famous Batu Ferringhi beach
- One acre of private resort gardens
- Low-density development comprising 149 units in 2 towers
- Exclusive & private with only 4 units per floor
- Large facility deck with lounge area
- Ensuite bathrooms
- Quality finishing: Grohe, Bofi Kitchen, Electrolux Appliances, Panasonic Air Conditioners
- Penang, Malaysia:
 - 2nd Best Place to Retire - International Living
 - Best healthcare & infrastructure
 - Direct flights to Kuala Lumpur, Singapore, Hong Kong & Bangkok



PLENITUDE BAYU SDN. BHD. (799140-W)
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No. 505, Jalan Tanjung Bungah,
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END FINANCING BY:



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