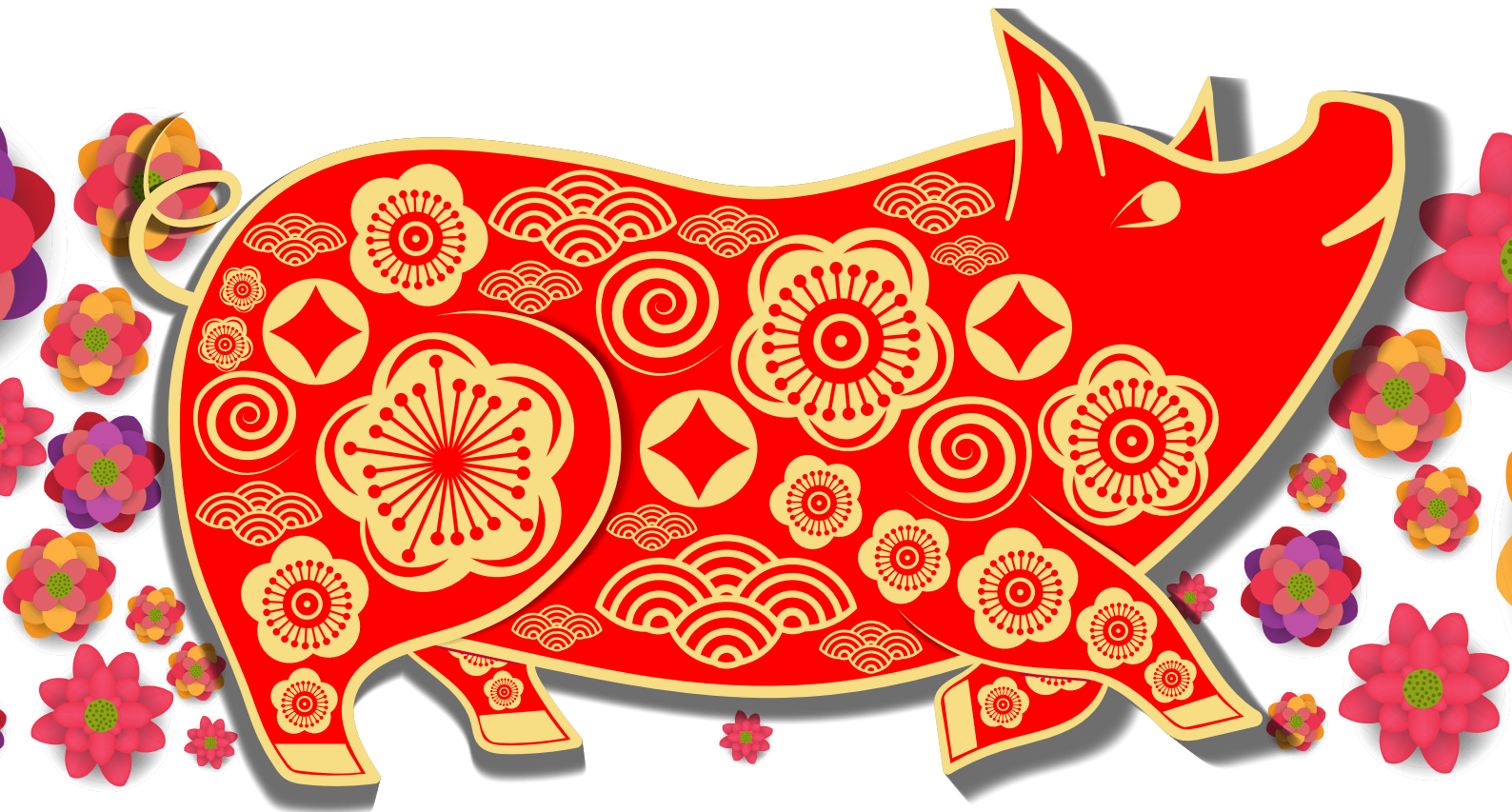


OASIS

January-February 2019

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



Year of the **Pig** 2019
Chinese New Year

新春龍獅賀新歲



FREE "KAM"
MANDARIN ORANGES
FOR ALL MEMBERS
& GUESTS!

ACROBATIC LION DANCE PERFORMANCE

8 FEBRUARY 2019

FRIDAY (年初四)

1:00PM @ SWIMMING POOL AREA

兩頭醒獅表演, 一柱擎天採
高青, 財神到場, 巡遊鳴鼓
及拍照留念。

Join us for an auspicious blessing
of good fortune and abundance for the year
of the PIG with our feisty lion dance performance.

NOT TO BE MISSED!



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Joanne Martin Viveka Mansukhani

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Felix Hart Ringo Chiu

Eddie Wu Brian McArdle

Viveka Mansukhani

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Lawn Bowls David Robinson

Rugby Sam Hocking

Squash Chung Leung

Tennis Alfred Cheng

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Dear Fellow Members,

As the festive Christmas has just passed, we are delighted to welcome the arrival of 2019 believing that it will be a brand new and promising start, surpassing last year in all respects. The Year of the Dog in the Chinese calendar is almost over and we will soon be welcoming in the Year of the Boar, which will be time for another round of traditional celebration and big feasts at family gatherings. Please don't forget to book early for table reservation as the Club's F&B facilities prove to be very attractive and popular these days in terms of comfort, price and quality, not to mention the caring service of our loyal staff.

Very many thanks to all of you who donated and helped prepare Christmas gifts from the Club for those less fortunate children who had to spend their Christmas in the Queen Elizabeth Hospital. This long-standing worthy cause of ours has always been well-supported by Members and this year was of no exception. Members of the General Committee together with the General Manager presented the donated gifts to the hospital on 20th December where all presents were gratefully received.

Still, on the community relations theme, you may be pleased to notice that advertising posters are displayed in MTRC stations promoting a nostalgic football charity match between the Hong Kong football veterans, named the 'Happy Valley 80' and the team from USRC called the 'Chairman's Select'. It is to be held at King's Park Sports Ground on 12th January at 10:00 am where entry is free for all. The charity sponsorship is from several commercial enterprises and organised by our Football Section. Aged groups from certain Kai Fong District Associations will be invited back to the Club for lunch after watching the friendly game as a gesture of our social hospitality.

As you may have noticed, numerous works items are or will be, in the process of being carried out around the Club, all based on their urgency and priority. These projects include repairs of tennis and squash courts, re-cast of new roadwork at the upper car park, footpath resurfacing by the front entrance and marquee refurbishment.

The Projects and Security Director has been working very hard on tender analysis/ negotiation and contract monitoring. Inconvenience caused to Members during works is inevitable and your patience and tolerance are appreciated. The Club premises and facilities should be in much better shape when the works are finished.

On the financial front, the Treasurer and the management are fine-tuning the 2019 budget for approval by the General Committee with the objective of ensuring a satisfactory financial status and maintained in the year to come. With the ever spiralling upward food costs and manpower expense, there may be a necessity for modest adjustments in F&B menu prices, or perhaps a minimum F&B charge is



親愛的會員：

隨著普天同慶的聖誕節結束，迎接美好的2019年蒞臨，今年肯定必勝去年。送狗迎豬，農曆新年將至，是傳統家庭共享豐富大餐的節日。緊記提早預訂本會各項餐廳宴會服務。三軍會餐飲服務備受讚揚，餐廳水平、員工質素與價格皆累積極佳的口碑。

本會每年會向於伊利莎伯醫院留院渡聖誕的較低收入家庭兒童派發禮物，這項傳統一直獲得會員充份的支持，今年亦不例外。委員會成員已於12月20日將禮物送予醫院並全數派發。在此衷心感謝有份捐贈禮物及籌備工作的各位。

就社區關係的議題，會員最近或留意到地鐵站有關懷舊足球慈善比賽的宣傳海報，由本港足球老將組成的「Happy Valley 80」與三軍會「主席精選」隊員作賽。賽事1月12日上午10點於九龍京士柏運動場舉行，所有人士免費入場。比賽由三軍會足球組籌辦，獲得不同的商業機構贊助。部份來自街坊福利會的長者，在觀賞慈善足球友誼賽後，將獲款待到本會出席午宴。

另外，會內各項工程如火如荼進行，各項設施按優先次序及迫切性進行工程。項目包括網球場及壁球場維修、停車場上層工程重鋪道路，入口處路面復修等等。項目及安全總監緊密關注招標分析，項目協商及合約監督。設施復修期間無可避免對會員造成影響，懇請各位保持忍耐及包容。工程完成後，本會設施及環境質素將會大大提升。

財務狀況方面，司庫及管理層正微調2019年財務預算，並尋求委員會批核，以確保財政水平

re-introduced to secure a basic revenue return. At the time of going to press this has yet to be decided. That said, the small increase in prices, if adopted, will be in line with the cost of general inflation and comparable with those imposed by other clubs of similar standing in Hong Kong.

You will soon be receiving a letter from me soliciting your contribution to the annual staff cumshaw fund. This year-end gratuity or bonus from Members is entirely voluntary, as is the preferred amount. Your generosity will be regarded as a reflection of your appreciation of the good work that our staff, including those behind the scenes, has done throughout the past year. Part of the cumshaw will help pay for the staff annual party which is yet to be decided on where it will take place. The remaining sum will be used to support staff activities during the coming year.

Finally, I sincerely wish all Members and their families a very joyful, healthy and prosperous 2019 and Kung Hey Fat Choi for the Year of the Boar.

Patrick Cheung
Chairman

令人滿意及財務狀況維持理想。隨着人力資源及食物成本的上升，餐飲價目表有機會稍為上調，餐廳或重新推出最低消費機制，以保障基本回報，期刊出版時還未確認方案。假設計劃落實，價格調整將與基本通脹看齊，亦會參考其他同類型會所的餐飲價格。

本人稍後會向各會員寄出，關於員工年度獎賞基金貢獻的函件。獎賞貢獻完全出於自發。您慷慨的捐獻，將視為對三軍會員工(包括默默耕耘的幕後工作成員) 優質服務的表揚。部份獎賞會用於員工周年晚宴，舉行地點仍有待商榷，餘下款項會用於支持未來的員工活動。

最後我再次祝賀各會員豬年身心康泰，恭喜發財，大吉大利！

張伯陶
主席

WSET level 1 success

In September several USRC's staff Members had studied for the WSET level 1 test. We are pleased to announce their successful passing of the test.

Congratulations to Ms Kay Yau, Gunners Bar Captain; Mr Ryan Lo, Administrative & Accounts clerk and Mr Danyel Lau, Receiving clerk, with GM Noel Burns, proudly displaying their certificates.



Employee of the Month – November

Amy Cheung
Housekeeping Team Leader



Employee of the Month – December

Hui Yin Lay
Cleaning Attendant

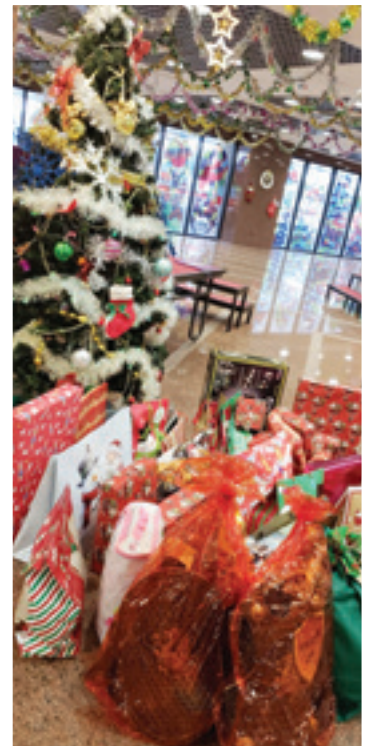


In the spirit of inclusivity – our annual Christmas Queen Elizabeth Hospital charity event

For a number of people, the holiday season represents more than presents, Christmas carols and family reunions. There is also an element of social responsibility, often expressed through Christmas charity programmes.

The Club has again coordinating with the paediatrics ward of the Queen Elizabeth Hospital to donate gifts to children who are unable to be at home during Christmas. Our Club Chairman, Mr Patrick Cheung; Membership Director, Mr K.C. Ng and General Manager, Mr Noel Burns, together with the Membership Department team presented a total number of 209 gifts donated by Club Members on 20 December.

Donating Christmas gifts to children in need is a great way to spread the holiday cheer and we will continue this spirit through a gift-giving programme during Christmas for the years to come!



GENERAL MANAGER'S MESSAGE

Dear Member,

Happy New Year!

I hope that everyone had a wonderful Christmas season. The Club had a very busy December with lots of Christmas activities.

The "Year of the Dog" is almost over and we will soon be welcoming the "Year of the Pig". We will have a number of events at the Club to celebrate the arrival of the Chinese New Year celebration. This is a great time of year to celebrate with your family and friends.

Please note the Club opening hours during the festive period listed in this issue.

Over the next 12 months we have many activities for you to enjoy. This includes a calligraphy workshop, family camp-out, archery, basketball inter-club match, golf outing, sports fun-day and Halloween. We will update members through the usual channels once we firm up the required details.

We look forward to another year of making USRC a regular part of your life as we embrace the challenges ahead, in this the Year of the Pig!

Kung Hei Fat Choi,

Noel Burns
General Manager

親愛的會員：

新年好！

三軍會忙於去年12月份為會員籌備一連串活動，相信會員亦渡過完滿豐盛的聖誕。

緊隨傳統的農曆年，送狗迎豬，本會將於新春期間準備一系列的慶祝活動，各位抓緊與親朋共聚的黃金機會。至於農曆年本會的開放時間，請查閱今期刊的資料。

委員會將於未來12個月舉辦各類活動，包括：書法工作坊、家庭露營、射箭、籃球比賽，高爾夫球郊遊日，體育同樂日和萬聖節慶祝等等。確定細節後將盡快通報所有會員。

豬年將至，本會樂於迎接更多的挑戰，也期盼本會繼續成為您生活的一部分！

謹祝各位豬年當旺！恭喜發財！

Noel Burns
總經理



NOTICE

Annual Staff Dinner Party Closure Notice

Annual Staff New Year's Dinner Party

All Food & Beverage Outlets and Reception Desk will be closed on 19th February 2019 at 6:00 p.m. due to the Club's Annual New Year's Staff Party with the exception of the Gunners Bar which will remain open until 10:00 p.m. (Menu offerings will be limited)

Sport facilities will remain open.

Security personnel are deployed on Club premises in the event assistance is required

USRC Management
3 January, 2019



新春八大菜

New Year Chinese Promotion

Available from 6 February 2019 - 24 February 2019

Menu

	HK\$
Stewed chicken with shrimp dumplings and spring vegetables in a clay pot 砂鍋雲吞雞	\$128
Stir fried prawns with celery in bird's nest 雀巢海中寶	\$98
Deep fried prawns with salty egg yolk (8 pcs) 富貴黃金蝦 (8 隻)	\$108
Braised pork knuckle with fermented bean curd 橫財就手	\$118
Deep fried scallops and sautéed scallops 金銀滿屋	\$128
Braised dried oysters and pork tongue with Chinese lettuce 好市大利來	\$128
Deep fried whole dace fish stuffed with minced dace with black bean sauce 豉汁釀鯪魚	\$138
Braised conpoy in vegetable marrow 發財多子柱甫	\$148

LIKE US ON :





United Service Recreation Club
Wong Kong's Own Night-School

春茗豪華宴

Spring Dinner Menu

上湯大虎蝦(烏冬底)

Steamed tiger prawn with u-don noodles

發財好市柱甫

Braised dried oysters with sea moss,
conpoy and Chinese lettuce

碧綠花枝珊瑚蚌

Stir fried squid and coral clam with spring vegetables

姬松茸響螺燉雞

Double boiled chicken with matsutake mushroom and conch

清蒸海虎斑

Traditional steamed tiger garoupa with ginger and spring onion

蠔皇翡翠鮑甫

Braised sliced abalone with vegetables in oyster sauce

當紅炸子雞

Crispy chicken

松露帶子炒飯

Fried rice with scallops and truffle sauce

紅棗桂圓燉桃膠

Boiled red dates and longan with peach gum soup

HK\$2,988 per table of 6 persons

HK\$5,888 per table of 12 persons

Available from 2nd January to 31st March in Garden Café, Garden Room & Banyan Room

For reservation, please call Ms. Nike Lau/Mr. Ken Kan at 3966-8633 or email to 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 :



#USRC

The secret is out...



Conveniently nestled in central Kowloon, yet veiled by its rich flora, the United Services Recreation Club (USRC) is a pristine oasis of peace and relaxation. Located mere steps from the hustle and bustle of Jordan, the Club is situated in a uniquely lush, park-like setting featuring superb sporting and recreational facilities for individuals or the whole family.



Sports and Recreation

With nearly two hectares of tree-shaded space, the Club comfortably offers a broad spectrum of sports, activities and events for every age and inclination, all managed by a friendly and professional staff.

There are three outdoor swimming pools: one for infants, one for toddlers and a full adult-sized facility, all with lawn space aplenty. Steps away are four floodlit tennis courts, two air-conditioned squash courts, and a lawn bowling pitch that is

recognized as one of Hong Kong's premier playing fields. Tended by professional green keepers, the pitch is used by beginners and top-level competitors.

The Club maintains a meticulously restored billiards room with a full-sized table, as well as the following activities, with classes or coaching available from experienced and knowledgeable trainers:

- Swimming, tennis, basketball, squash, lawn bowls and cricket
- Fitness training/ gym familiarization, in a purpose-built facility featuring weight and aerobic workout equipment
- Stott pilates, a core muscle-strengthening program
- Bridge
- Playgroup, featuring a variety of children's activities
- Scuba diving instruction

The Club also offers Hong Kong league football, fielding two teams -- the Sociables and the Blues. The teams train and play at the King's Park facility across the street from the Club.

Food and beverage

Club members and their guests relax and entertain in an environment of casual elegance. At its heart is its preserved colonial-accented architecture with the main building retaining a comfortable ambience enhanced by exposed-beam high ceilings and hardwood floors. With large picture windows offering perfect views of the Club's swimming pools and rich greenery, simply soaking in the atmosphere becomes its own recreational pursuit.

Complementing the Club's easy grace is its talented kitchen staff. Among Hong Kong's finest chefs, specializing in Cantonese, Western and Indian, these culinary experts keep things fresh with a constant rotation of food promotions, wine tastings and other special events.

The Club also caters to all sizes of functions, such as weddings and banquets. Reception can be hosted outside near the pools, or in the main building.



Among the Club's food and beverage venues:

The Garden Café: The Garden Café is a relaxed, casual outlet that features an extensive menu of international dishes. Open from 8 am to 10.30pm this is the Club's family dining facility.

The Chairman's Lounge: The Chairman's lounge provides a formal setting for our adult members to meet business associates and socialize with friends. Situated on the same floor as the Gascoigne Room, this room offers a wide range of premium drinks and presents the perfect gathering point for pre-dinner aperitifs.

The Gascoigne Room: Overlooking the pool this is the Club's premier wining and dining facility. The menu is matched with a comprehensive wine list offering both old and new world wines. Every month special promotions bring tastes from around the world and regular wine dinners which feature an invited guest speaker from an international winery, are extremely popular.

The Gunners Bar: This relaxed environment with a traditional feel is the place for members to enjoy a quick bite and a relaxing drink, perhaps after a business meeting, a work out, or after representing a sporting section on the field of play. We broadcast a wide range of sporting events for members and their guests to enjoy.

The Poolside Café: Includes a raised-lawn poolside terrace. It is a relaxing area to enjoy alfresco dining, snacks and drinks.

The Banyan Room: Located near the General office with folding window opens out to reveal the Club's tennis courts. Decorated with black & white pictures of the Club, this venue is ideal for boardroom style meeting, family gathering and dinners for up to 14 people.

The Garden Room: A multi-functional and newly renovated venue which open to a large enclosed balcony, an ideal venue

for conducting family parties, children parties, BBQ parties or company workshops.

The Garden Marquee: Set amidst beautiful lush grounds filled with foliage, this attractive venue is ideal for weddings, cocktail parties or conferences. The garden marquee opens out onto a private terrace, where guests can mingle and have drinks. The menu is diverse and can range from an international buffet to Chinese and Indian cuisine.



Preserving a natural slice of Kowloon

The United Services Recreation Club's unique landscape comprises more than 50 different varieties of trees and foliage, including a number of graceful and culturally significant Banyan trees. Other types of vegetation include bamboo and ferns.

In today's Hong Kong it is a rare achievement for a club to have preserved a significant amount of its green space, and, as a result, the club management has taken it upon itself to preserve and enhance as much as possible this precious natural resource for future generations.

Accommodation

Accommodation is available at the club, with a total of six non-smoking family guestrooms within the club grounds at very competitive prices. The air-conditioned rooms include complimentary cable TV, broadband service, phone, en-suite washroom and other amenities.

International and local recognition

The Club has more than 90 reciprocal clubs throughout the world, which provide members with the same quality of services and friendly atmosphere, whether they are travelling for business or for pleasure.

Membership Rates

Effective 1 January 2019

Entrance fees		HK\$
Corporate Membership	(1 - nominee)	434,000
	(2 - nominees)	687,200
	(3 - nominees)	940,400
Re-nomination fee 20% of the current entrance fee of Corporate 1		

Ordinary Membership	200,000
Short-term Membership categories	
Short-term – (maximum 2 years)	
(Annual fee 15% of prevailing membership joining fee of Ordinary)	30,000
Sports – (minimum four years)	
(Annual fee 10% of prevailing membership joining fee of Ordinary)	20,000

Monthly fees: (New monthly rates only take effect from 1 Feb 2019):

Monthly subscription for:		
Corporate		1,430
Ordinary		1,430
Short-term (plus \$500 minimum F&B spending)		1,430
Sports (plus minimum 50% of prevailing Ordinary subscription for F&B spending)		715

Car park:

Social car pass/ Motorcycle social pass (parking while present at Club)	per month	510/ 100
Casual parking by using RFID card (parking while present at Club)	per entry	80
Casual parking by using ticket (parking while present at Club)	per entry	85
Motorcycle casual car pass (parking while present at Club)	per entry	20

Locker:

Lockers – large (locker room/ squash court)	05/ 55
Lockers – small	45
Daily locker	10
Late payment charge	250

Other hire services

Daily guest/ Temporary parking/ Motorcycle	85/ 85/ 20
(per entry – not available on Saturday, Sunday and public holiday)	
Overnight car pass (per night) (pre-arrangement is necessary)	85
Charge for non-arranged overnight car pass	200

Accommodation (rate with breakfast inclusive)

Standard Room (maximum 2 guests) (per night)	from 900
Superior Room (maximum 2 guests) (per night)	from 1,100
Family Room (maximum 4 guests) (per night)	from 1,400
Tennis guest fee per person (per session)	40
Squash guest fee per person (per session)	40
Tennis/ squash court – No show/ late cancellation fee (per session)	100



USRC FAMILY CAMP

19-20 JANUARY 2019
(Deadline: 14 Jan)

PROGRAMME:

19TH JAN (SAT)
- FACE PAINTING
- BBQ DINNER
- CAMP FIRE
W/ MARSHMALLOW
- MOVIE NIGHT

20TH JAN (SUN)
- BREAKFAST

MEMBERS:

**\$238 (12 YEARS OLD OR
ABOVE)**
\$160 (3-11 YEARS OLD)

MEMBERS' GUEST:
**\$298 (12 YEARS OLD OR
ABOVE)**
\$190 (3-11 YEARS OLD)

*** POOLSIDE KIOSK WILL BE OPENED TILL 11PM ON 19TH JAN*
MEMBERS ARE ADVISED TO BRING THEIR OWN CAMPING
EQUIPMENT.**



**FOR BOOKINGS AND ENQUIRES, PLEASE EMAIL
ERIC FUNG AT SPORTS@USRC.ORG.HK
OR CONTACT RECEPTION AT 39668600**

Club Christmas decorations and tree lighting

This year the Club's Christmas decorations were visibly very sharp and heart-warming with different themed Christmas trees for different outlets this year. There were certain areas like the entrance and above the main building's roof area where the lights were very bright and lit up areas where it used to be quite dull. There was also a Christmas tree by the poolside this year and added projectors as well. Thank you to all the staff who worked very hard to make the Club look its best for Christmas.

The lighting up event was also held on 7 December out by the main entrance where it was attended by Mr Felix Hart, Mr Patrick Cheung and our General Manager, Mr Noel Burns. The lighting of a Christmas tree is a time-honoured tradition, like mulled wine and mince pies, and a custom which USRC will cherish for years to come.

Marking the first Sunday of advent, the beginning of Yuletide, the Club celebrated the start of the festive season with our management team ensuring the Christmas spirit began with a welcome speech and the illumination of the Club's Christmas trees and lights by young members of our Club.

It was a wonderful beginning to the festive seasons.



Chauvin Wine Dinner

Mrs. Sylvie Cazes, owner of Chateau Chauvin and the restaurant Le Chapon Fin, together with Guest Chef Nicola Nguyen Van Hai, hosted a superb wine dinner at the USRC's Gascoigne Room.

In total 36 Members joined this truly exciting event featuring fantastic wines and superb food prepared by Chef Nicolas.

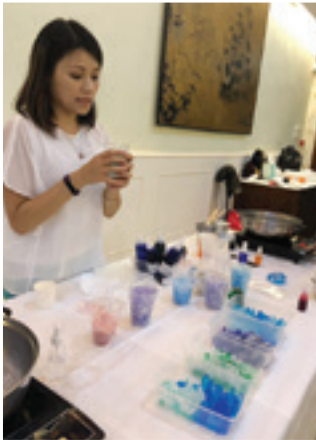
Feedback from Members was overwhelmingly positive, and Members ordered a lot of wines for home delivery. This just goes to show how much Members appreciated the wines!



Soap making workshop

The soap making workshop was held on Saturday 17 November in the Garden Room. We had 19 Members attend and who were keen to learn how soaps were made and the opportunity to create their own.

Despite the challenges, USRC members were able to make their desired soap designs and a thank you goes out to the teachers and our Members who attended to make the class as successful as it was!



Book Launch – 'The Handover Murders'

Damon Rose launched his book, 'The Handover Murders' outside the Gunners Bar on Friday, 16 November. The event was attended by many members.





Clay Pot Rice

at the Garden Café

煲仔飯

Available from 7th January to 27th January 2019
(12:00nn - 2:30pm & 6:00pm - 9:30pm)

	HK\$
Clay pot rice with taro and pumpkin in hot pot casserole 香芋南瓜煲仔飯	72
Clay pot rice with assorted mushroom and truffle sauce in hot pot casserole 黑松露野菌煲仔飯	88
Clay pot rice with pork patty and salty fish in hot pot casserole 咸魚肉餅煲仔飯	80
Clay pot rice with preserved pork belly and Chinese preserved sausage in hot pot casserole 臘味煲仔飯	88
Clay pot rice with chicken, red dates and cloud ears fungus in hot pot casserole 雲耳紅棗滑雞煲仔飯	88
Clay pot rice with wheat gluten and pork ribs with black bean sauce in hot pot casserole 豉汁麵根排骨煲仔飯	88
Clay pot rice with minced beef and tangerine peel in hot pot casserole 陳皮免治牛肉煲仔飯	108
Clay pot rice with slice garoupa fillet, cordyceps flower and tangerine peel in hot pot casserole 蟲草花陳皮斑球煲仔飯	138

LIKE US ON :



HOT POT BUFFET

冬日火鍋

Date: 26th Jan 2019 (Saturday)

Time: 6:30pm - 9:30pm

Venue: Garden Marquee

Price: Adult HK\$258

Child HK\$95 (Aged 3-11)

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.

Inclusive of soft drinks, sour plum drinks & beers

For reservations and detailed menu,
please contact Ms. Karen Yip at
3966-8632 or via email:

fnb.adm.asst@usrc.org.hk

LIKE US ON :



#USRC



**Learn the DYNAMIC
BRAZILIAN way!**

AUGUST - DECEMBER 2018 PROGRAM (20 AUG-19 DEC 2018)

Day	MON	TUE			WED	THU		FRI	SAT	
Venue	King's Park	USRC	Happy Valley	Tung Chung	King's Park	QuarryBay	Tung Chung	King's Park	USRC	YMCA CC
Time	16:30-18:00	16:30-18:00	16:30-18:00	16:30-18:00	16:30-18:00	16:30 -18:00	16:30-18:00	16:30-18:00	08:00-09:30	15:00-17:00
Starting on	20-Aug	21-Aug	4-Sep	4-Sep OPENDAY on 28-Aug	22-Aug	6-Sep	6-Sep OPENDAY on 30-Aug	24-Aug	25-Aug	1-Sep
Age group	3-16y,	6-10y Futsal Style	6-13y	6-13y	3-16y	3-16y	6-13y	3-16y	6-13y Futsal Style	6-13y Futsal Style



FREE TRIAL FOR NEW PLAYER

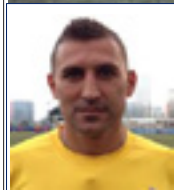
U13, U12, U11, U10, U9 & U8

New season 2018-2019

Hong Kong Junior Football League

Hard working and talented players are invited to play for BTS squads, to play in competitive matches and tournaments against other teams.

- ⚽ Oversea tournaments
- ⚽ Connection to the professional clubs in HK, Japan, Europe, and Brazil
- ⚽ Summer training at BTS Training Centre in Brazil



**Cristiano
Cordeiro
is back!**



**Coaching by Highly Qualified
BRAZILIAN Coaches!**

15% Discount for USRC Member

ONLINE REGISTRATION IS NOW AVAILABLE at www.brasiltopskills.com

Shuttle Bus is available! (KJS 3:45, Hung Hom 4:05 ⇄ King's Park)

King's Park 11 Wylie path, Ho Man Tin, Kowloon

USRC United Services Recreation Club, 1 Gascoigne Road, King's Park, Kowloon

YMCA of HK Christian College 2 Chung Yat Street, Tung Chung, N.T.

Tung Chung, Man Tung Road Park 55, Man Tung Road, Tung Chung, N.T.

Happy Valley Sports Ground Sports Road, Happy Valley, Hong Kong.

Quarry Bay Park Phase 1 Hoi Tai Street, Quarry Bay

Quarry Bay Park Phase 2 Hoi Chak Street, Quarry Bay

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



United Services Recreation Club
Hong Kong's Best Kept Secret

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, Friday: 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)

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

Monday

Tuesday



6

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

7

- Pilates Group Class 4 pm

8

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

13

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

14

- Pilates Group Class 4 pm

15

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

20

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

21

- Pilates Group Class 4 pm

22

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

27

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

28

- Pilates Group Class 4 pm

29

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

Wednesday

2

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

Thursday

3

- 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

4

- 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

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)
- 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)

9

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

10

- 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

11

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

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)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
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16

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

17

- 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

18

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

19

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
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- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

23

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

24

- 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

25

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

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)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
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30

- Social LB 2:30 pm – 6:30 pm (Club members)
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- Squash Team Practice (Court 1&2) 6:45 pm – 10 pm
- Football Training Night

31

- 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



Sunday

Monday

Tuesday

3

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

4

- Pilates Group Class 4 pm

5

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

10

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

11

- Pilates Group Class 4 pm

12

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

17

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

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- Pilates Group Class 4 pm

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(Club members)
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- Football YYL Game

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- Pilates Group Class 4 pm

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



Wednesday

Thursday

Friday

Saturday



6

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

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- Senior Cricket 7 – 9 pm

USRC LACROSSE

MERRY CHRISTMAS AND A
HAPPY NEW YEAR!

We are taking a break this
December and we will be back
on the second week of **January
11th 2019**. Mixed league is on-
going and the last match will be
on the 13th of January.

If you are interested to join
lacrosse please feel free to
come check it out at the
multipurpose court 7-8pm
every **Friday!**



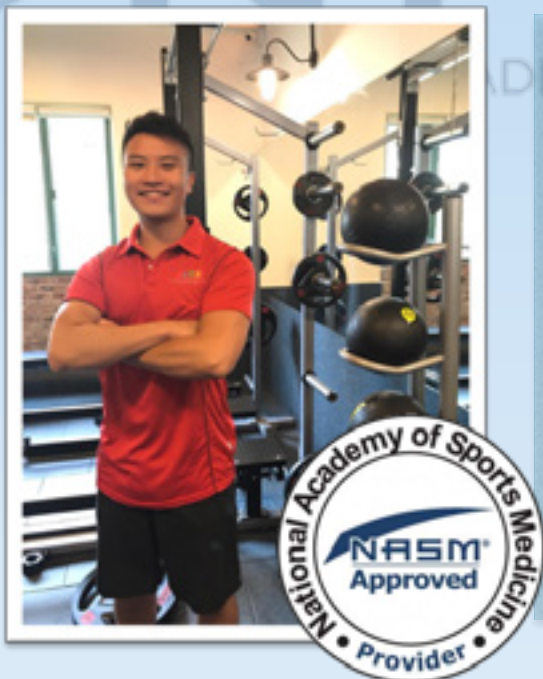
Feel free to contact our captains for enquiries:
Lorenza Hayat (9728-3349)
Leona Chak (9177-6668)

Happy New year!
And welcome our new personal trainer!

What is NASM - OPT?

Now in our 30th year, **the National Academy of Sports Medicine** has been world-renowned for the quality of our personal trainers and the scientific rigor of our program. NASM's proprietary Optimum Performance Training™ (OPT)™ model is the industry's first comprehensive training system based on scientific, evidence-based research. This systematic and integrated (total body) training, reconditioning and rehabilitation program incorporates: **Flexibility, Cardiorespiratory, Core, Balance, Power, Strength.**

The OPT™ model focuses on integrated solutions for every fitness level. It's proven successful in training, reconditioning and rehabilitating elite, college, and recreational athletes alike. It's also been extremely successful in helping people decrease body fat, increase lean muscle mass, improve performance and overall health. In other words, it's good for everybody.

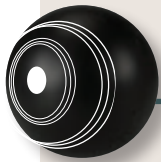


NASM CPT Certified Personal Trainer

Ken Hon

“NASM is a world leader in fitness certification, education and performance which help me to help others to achieve their goals.”

New Year's Promotion – First trial lesson \$380 for 1 hour,
Feel free to contact Ken (+852 90424434) for any enquiry or advice!



Lawn Bowls News

by Irene Leung
Lawn Bowls Convenor

November and December had been a very busy period for Lawn Bowl Section although the Premier League had been completed.

Before the green closed for conservation, we had the Annual Charity Event kick off immediately after the last league game. Then we had arranged two friendly matches during the green closure period. Also, the Hong Kong International Classics Competition was held during this period. It was not quiet after all!

Annual Charity Day on 4 November

Our Charity Day was very successfully completed on 4 November. Great thanks must be extended to all that rendered us their support including our section Members, club Members, GC and all the USRC staff to see this event carried out smoothly and joyfully.

7 teams from other bowling green clubs came over to have games with us. Some of them also joined our charity dinner cum league-end dinner! Both games and dinner made contribution to the donation fund.

This year our donation amounted to HK\$90,000 and the recipient charity organisation, Hong Kong Guide Dogs Association, showed great appreciation for the work we had achieved.



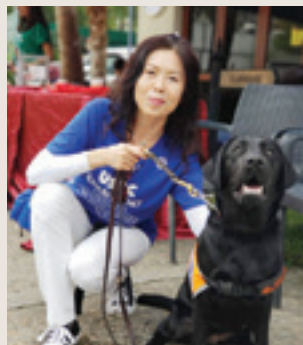
Charity Game Champion Team



Charity Game 1st Runners Up



Charity Game Second Runners Up



During dinner time, our Member, Mr Stephen Cheung, specially donated \$5,000 as encouragement to our bowlers because one USRC Team won the Champion of the Charity Game. Also, Mr K P Tam donated many wines for auction. All the money had been credited to the charity pool.

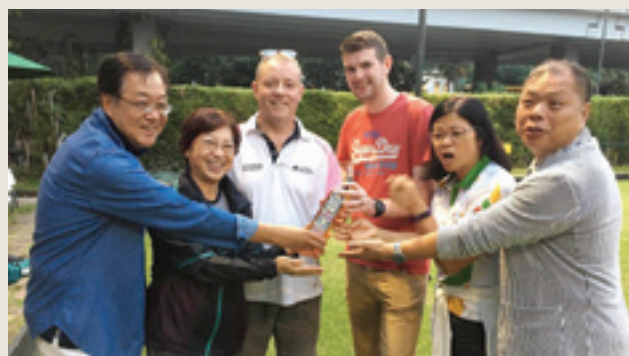
Besides Charity fund raising, we also had our league end dinner and it was the occasion for our prize presentation to all winners!

It was a gathering full of laughter and fun and below are some photos for sharing:



Entertaining HK International Classics teams

This year, USRC was entrusted to take care of two ladies from Canada and two gentlemen from Ireland. After taking some quick lunch in the Garden Café, we took them to Tai O for a boat ride and visited the Big Buddha with a quick glimpse of Disneyland, all on Lantau. Our guests were visiting Hong Kong for the first time and they loved this short tour very much. Then we brought them back to USRC for interaction with our members about lawn bowl techniques and we had a barbecue near our lawn bowls hut. They highly praised the food in our Club and said “the USRC is the best Club among all other clubs for food service”. They were very impressed and grateful for the hospitality we had extended to them.



HK International Classic Pairs Competition 2018

As mentioned in the previous issue, two of our ladies bowlers, Miss Iggy Yip and Miss Irene Ho, represented USRC to play in the HK International Classics Pairs competition. It was very tough yet good experience for us to play with world renowned bowlers from all over the world.



Friendly game in Ap Li Chau indoor green

During our green closure period, a friendly match among our bowlers was arranged to play in Ap Li Chau indoor green on 10 November. We had over 30 members participate and we had a good game as well as decent practice on an artificial green to prepare ourselves for away games.



Reciprocal friendly game with CCC on 24 November

Another friendly match was arranged to play on an away green. This was a reciprocal game offered by CCC. 25 members participated in this event and we all enjoyed the match and had quite good results too! Before the game started, we took the group photo and USRC presented a bottle of wine as appreciation for their hosting.



Winter Triple League 2018-19

Our Winter Triple League commenced on 8 December and will last up to 3 March 2019.

We wish you all good games and good luck!

Green Open on 1 December 2018

Finally our green opened on 1 December and we had a roasted pig cutting ceremony and happy bowl on this date. The weather was never so promising. We all had spent a wonderful day on our own lawn, it was such a good experience!





Squash News

Colman Ng
Squash Convenor



HK Squash Winter League update

As we reach half way through the Winter League, a few of the USRC squash teams are having to struggle in the highly competitive divisions of the League. Being in the top divisions of the competition, our USRC-FWD 1 and M1 teams are somewhat surviving in mid-table, while our M2 team has probably been promoted to a division above what they should have been and is constantly 'punching above their weight' on a weekly basis. On the other hand, USRC 2 and 3 are running a rather successful campaign so far and are occupying the top positions in the league table. It looks like these two teams are our only hopes for silverware this season

As for our junior team, USRC 4, comprising members of young players who are participating in the Winter League for the first time, it has been most encouraging to see that they are maintaining high spirit in mid-table despite their relative inexperience. For these young kids match results are not the most important consideration, it is the learning experience, honing of skills, improvement to fitness, stamina, physical and mental strength; and the accumulation of match experience that count. In the long run, we are hopeful that these young players will eventually become regular players of our next generation of USRC squash teams.

Development of young players

To sustain the long-term development of the Squash Section and as part of our future development strategy, there is the obvious need to groom more quality players from among the younger members of the USRC. With this objective in mind, we conducted an induction training session on 10 November for young members who are interested in squash. The training session was conducted by Mr Amos Yuen, who is a qualified squash coach and international referee. During the induction training session, it was explained that apart from improvement to physical strength and mental agility, squash is a highly recommended sport suitable for a wide range of age groups. Furthermore it can be played all year round as it is not susceptible to the adverse effects of inclement weather

conditions. It is hoped that through the induction training, more young Members will be inspired to take up squash as a regular sport.



Amos Yuen with his junior players

Coaching sessions for USRC squash players

Taking the opportunity of a short break from the Winter League, we solicited the help of qualified coaches to provide training to our Club team players on 20 and 23 November. The two sessions were respectively conducted by Mr Simon Yeung and Mr Dick Lau, who were both top players in HK. I am sure players who participated in the coaching sessions benefited immensely from the training and drills conducted by these top coaches.



Squash training in progress



Simon Yeung (middle) and his trainees



Dick Lau (second from right) and his trainees

Wing Ding Charity Squash Tournament

The annual Wing Ding Charity Squash Tournament was held on 24 November. A total of 12 teams, each comprising 12 players, took part in this full-day event. Each player had to battle it out in 11 non-stop matches against players of other teams with each game lasting 3 minutes, before rushing to another court to start a new match. This means that each player, dressed in their wacky costume with theme colour assigned by the organiser, had to play continuously for 33 minutes. The USRC fielded a team of 12 players dressed in a golden colour outfit resembling the pyjamas of a Chinese emperor.

The 7-hour tournament saw the USRC team raised more than \$20K for Operation Santa Claus - is a charity drive organised by the SCMP and RTHK. It is particularly worth mentioning that Adco Leung, one of our guest players in the tournament, raised in excess of \$10K for the USRC team.

Although the competition was very demanding physically, it had indeed been a lot of fun for those who took part in the event. I would like to take this opportunity to express my heartfelt gratitude to all players, donors and helpers of the USRC team in making it such a success. It has also been gratifying to see that members of the Squash Section had joined efforts working selflessly for the good cause of charity and in helping the needy.



The USRC Wing Ding team



The 12 Wing Ding teams in their wacky costumes



Adco Leung in his outfit of the 'Golden Warrior'



The USRC Wing Ding team in action



Tennis News

Martin Li,
Tennis Convenor



Veteran League

After just completing an exciting Winter League, our Members are not lazy and are keeping going to join a Mixed Doubles and Men's Doubles 100+ of Veteran's League respectively. The match is scheduled to be held in January and we wish all members an enjoyable tournament and enhancement of members' camaraderie as well as gaining more match experience.

Convenor Cup

With support of HKTA activities, I attended a Convenor Cup held at the Chinese Recreation Club, and organised by the HKTA each year in Dec. The function is aimed to enhance the relationship amongst clubs and Hong Kong tennis association. Fortunately, I was paired with HKTA Chairman Philip Mok and learned a lot of tennis doubles strategy from him. I would like to thank the HKTA for giving me the opportunity to make friendships with other clubs.



Right to Left, Jackson Ho, Clement Lee, Martin Li & Philip Mok



Backdrop of CRC open 2018

Happy Tennis and dinner gathering

With celebrations of Xmas & New Year, we organised the Happy Tennis in the afternoon followed by a dinner gathering on 15 December. There were 24 Members to join a Happy Tennis event which was divided into three groups for a competition. We congratulated the following winners:

Group	Championship	1st Runners-up
A	Ken Chan	Martin Li
B	Katy Chan	Isa Lam
C	Aryan Jain	Karen

Having finished an exciting Happy Tennis match, the dinner was held at the Garden Room. We not only saw familiar faces, but also Members' families and friends who also enthusiastically participated. Our Club chef prepared delicious food with roasted young pig and lamb with various desserts continuously provided.

The exciting games and lucky draws were next and I believe everyone had the unforgettable memory of these dinner parties.

I sincerely thank Cindy, Maide and Katy for organising the event which is always full of love and happiness and on behalf of the Tennis Section we wish all Club Members a Merry Christmas and Happy Year.



Sweet kiss by William Ho



Excellent members

We congratulate Jenny Chu who was 1st Runners-up of the Singles and Ladies Doubles ITF Seniors Open 2018, held at the Country Club, Hong Kong. Our Club is proud of her excellent performance.



Presentation to Jenny Chu, 1st Runner up prize in the Ladies Singles



And presentation to Jenny Chu in 1st Runners-up prize in the Ladies Doubles

Jenny Chu also paired with Lee Ying Ying to become Champion of 45+ & 50+ Women's Singles respectively (HK National Veterans' Tennis Championships 2018). We congratulate two wonderful ladies and wish them to break their record again and again.



Lee Ying Ying and Jenny Chu



Bridge News

Mimi Wong
Bridge Convenor



Gifts to the Queen Elizabeth Hospital

The Bridge Section received contributions from bridge group Members and bought some toys and other gifts, ready to be donated to those unfortunate children who have to spend the festive season in hospital. This is in support of the USRC Christmas Charity Event. Thank you all for your generous support!



Mini bridge match

The third mini bridge match was played on 11th December. The match was organised to provide opportunity for our learners to start playing the game competitively with the aim to encourage team members to participate in bridge tournaments.

Four teams, comprising of sixteen players participated in the match. Below are the results and well done to all. The Bridge Section will organise mini bridge matches on a regular basis as part of the training programme.

Results:

Team	Players	VP
2	Mary, Funi, Linda, Conna	33
3	Joe, Tinnie, KP, Derek	32
1	Inger, Katy, Herman, Helen	12
4	Jessica, Ip, Leo, Karen	3



USRC 2019 New Year Bridge Tournament

As an annual signature event, the New Year Bridge Tournament 2019 has already received an overwhelming number of entries. The format of the tournament is invitational pairs. There will be around fourteen tables in total.

Medals and prizes will be awarded to the first three places. The tournament will be very competitive and played by competitors of a high standard.

Details of the Tournament:

Date: Thursday, 10th January, 2019

Time: 9:30am-1pm

For enquiries, please contact the Bridge convenor.



Inter-club bridge match

Penang Club, Malaysia will be sending three teams of players to participate in an inter-club bridge match competing against USRC. The match will be a two-day event, to be held in January 2019, straight after the New Year Tournament.

In preparing for the matches, USRC team players have utilised their precious spare time in studying bridge learning materials and joining extra training sessions. The initial feedback from players is that they regard these matches as an opportunity to help test their bridge knowledge and build up team spirit, as well as socialising with overseas bridge lovers.



Saturday social bridge

The Saturday bridge group continues to meet up every Saturday morning for workshops and social games. Our own section Members are there to help players with bidding and their plays. After about half a year of participating in these workshops, players have seen significant improvements, from zero knowledge on bridge to playing the game confidently. The Bridge Section plans to organise another beginner's workshop in March. Stay tuned.



Thursday duplicate

Thursday duplicate game runs weekly throughout the year. It is suitable for experienced players who are already familiar with any of the contract bridge bidding systems.

On 13th December, players were surprised with Christmas delights. In the middle of the game players enjoyed themselves with Christmas carols, light refreshment and the excitement of a lucky draw.

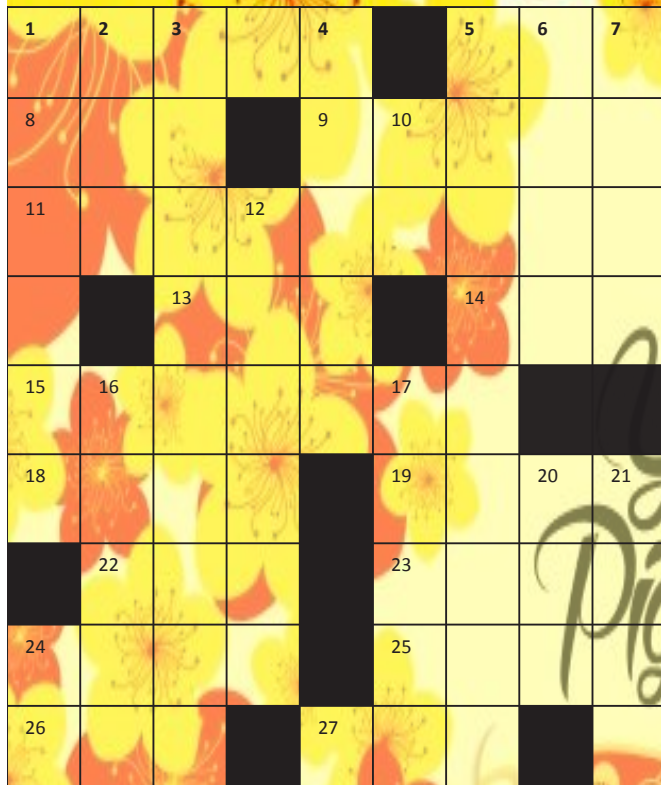


Keep in touch

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 require any further information, please contact the Convenor at WhatsApp 9120-3789 or email usrcbridge@gmail.com

Cross word puzzle



ACROSS

1. ___shop; factory that employs workers at low wages for long hours
5. ___, her, her
8. eccentric wheel
9. he'd: 2 words
11. TNT, e.g.
13. he is: contraction
14. the___ is mightier than the sword.
15. blackboard wipers
18. impudence; impertinent speech
19. Indiana's neighbor
22. have a finger in the ___; be concerned in the matter
23. ___ ground; progress
24. dimensions
25. Long narrative poem
26. Lyric poem
27. all___ not thieves that dogs bark at.

DOWN

1. behind the ___; secretly, not publicly
2. candle material
3. give special force to
4. the ones over there
5. In good order; trim
6. ___ on ; wear
7. Adam's garden home
10. toss ___; throws lightly
12. one to whom property is leased
16. swift current in a river
17. "Your message has been received and understood"
20. three: Roman numeral
21. ___ and again; repeatedly
24. ___ long; goodbye till we meet again

Submit your answer to Membership Department or fax 2724 0949 on or before Sunday, 3rd Feb 2019. 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: _____

*Please note only one entry will be accepted per Membership



Nov & Dec Quiz drawn by Member Mrs. Schroder



Congratulations to Nov & Dec Winner, Mr. Chan

Spot the Differences



Mid 2019



Keep Score:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>				

Submit your answer to the Club reception **on or before 3rd Feb 2019**. 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

Bangkok Club

The Bangkok Club, established in August 1995, is the largest executive city club in Thailand, both in actual floor space and in its membership. Located in the heart of Bangkok central business district on the top four floors of the prestigious Sathorn City Tower, the Club has a spectacular panoramic view of the city skyline, with fine dining, modern fitness and pristine spa facilities. The Bangkok Club also provides privacy, convenience and quality service, which redefine the standards of luxury and comfort.

The interior of The Bangkok Club represents a triumphant fusing of East and West expressing comfort, warmth and friendliness, yet project a sensation of space and simplicity. Used as an extension of both home and office, the Club also serves as a forum and a focal meeting point to our Members from top ranking business executives, diplomatic and social elite. Regular activities and social functions both within the Club premises and outside, offer our Members a new dimension in leisure and business opportunities.

The Bangkok Club, an exclusive executive city club, aims to provide high quality and distinctive services and facilities to

all members in warm and elegant surroundings for personal and business entertainment.

The Club understands that in today's business environment we, like our corporate and individual members, need a sustainable competitive advantage. That is why the Club strives to maintain its position as the leading provider of fine hospitality services to the business and professional community.

Membership of The Bangkok Club is by invitation only and is accepted by the Admission Committee on behalf of the Board of Advisors and Governors of the Club. Members have the privilege of being part of the Club's Member selection process by recommending their friends and or business colleagues for membership.

Our Food and Beverage Department is a vital part of The Bangkok Club, serving our members in a range of dining options and banquet facilities. Monthly specials and promotions are on offer throughout the year. Contact the Food & Beverage Department for further details of any outlet and current offers. The Bangkok Club also provide outside catering services to our members.



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

Clubs in bold are recently added clubs to our reciprocal list



United Services Recreation Club
Hong Kong's First Sports Centre

Club Arrangement for Chinese Lunar New year

Happy New Year 2019

Day before Lunar
New Year Monday
4th February 2019

All food and
beverage outlets
will be closed from
6:00pm onwards.

Sports facilities
will remain open.

**Lunar New Year's
Day Tuesday
5th February
2019**

The club and its
facilities will be
closed.

Kung Hei Fat Choi

恭喜發財!