

OASIS

March-April 2019

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





United Services Recreation Club
Hong Kong's Best Kept Secret

BYE-LAWS OF THE CLUB

8. Guests – Guests Limitations

a) There is no limit to the number of guests who may be introduced to the Club except at certain times and for facilities as specified in these Bye-Laws.

b) Members, their spouses and dependents who are 16 years of age and over:

i) Shall **NOT** host more than 4 guests per account number in the poolside areas during daylight hours on Saturdays, Sundays and Public Holidays.

13 October 2018
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Dear Fellow Members,

The Lunar New Year celebrations are now over, I trust Members and their family must have had a wonderful time seeing relatives and friends, perhaps overfeeding themselves with Chinese puddings and traditional cuisine. Don't forget the Club has many sporting facilities for you to work out and stay slim, so please do make an effort to come and redeem your membership entitlement.

You may have noticed that a lot of renovation work is being carried out within the Club premises including re-paving of upper car-park, resurfacing of footpaths and staircase, and re-fencing of swimming pool perimeter, etc. These projects are essential for maintenance and enhancing the safety of our environment and facilities. The Projects Sub-committee has diligently identified a major work list which will be put out to tender for completion progressively dependent on budget availability and items priority. The General Committee (GC) has also introduced a cost benefit analysis system with a view to justifying and monitoring individual projects necessity and projected spending.

Based on estimate assumptions and requirement proposals submitted by the management and individual sports sections, the budget for 2019 has been finalised for implementation. Whilst our financial position remains sound and healthy, prudent spending must be exercised in the face of economic uncertainty forecast and our control on membership growth. The membership number has almost reached our desired level at 1,250 which is to be reviewed by the GC in order to ensure that an acceptable comfort level to all Members is not eroded. As such, applications for admission to full ordinary and legacy membership will be processed on an attritional basis by the Membership Sub-committee, hence a longer wait time is inevitable I am afraid!

During March and April, the various sports sections will hold their Annual General Meetings (AGMs) and the USRC's AGM has been scheduled for 26 June 2019. Just a gentle reminder that AGMs are occasions when we can vote on returning incumbent committee members to the General and other Sub-committees as well as voting in new members upon their self-nomination. The GC has overall responsibility for the Club for a year including ensuring that other Sub-committees and Senior Management are fulfilling the prescribed duties under their ambits. Another general function of the GC is to materialise the views of as broad a swath of membership as possible for the efficient and effective running of the Club. In this regard, I would like to encourage interested Members to consider volunteering themselves for election/ re-election to serve in the GC or other Sub-committees. Finally, I take this opportunity to thank all Sub-Committee Members including GC colleagues for their tremendous effort and contribution towards the development and betterment of our Club without which we would never be able to enjoy such a wonderful place as it is now. Truly remarkable devotion by all!

Towards the end of April let us celebrate Easter together in the Club and please put in your F&B order for in-house party early to avoid any last minute disappointment!

Patrick Cheung
Chairman



親愛的會員：

再次祝大家豬年旺相！各位與親朋好友歡渡佳節、肚子必定進貢不少傳統的賀年美食，現在又是回復「減磅」之時，善用你的會籍加緊操練，會內各項體育設施已整裝待發配合您不同的訓練。

最近會內眾多設施繼續進行翻新工程，包括重鋪停車場上層用地、行人路和樓梯，重置泳池周圍圍欄等等。各項工程旨在維護及強化設施及環境安全，項目小組委員會確立了一份工作清單，就項目的優先性及預算可行逐步招標。執行委員會引入成本效益分析系統，以印證和監察個別項目的必要性及預算開支。

有關管理層與個人體育部門提交的預算及需求建議報告，2019年度預算案已獲通過並予以實施。本會的財務狀況維持穩健，但經濟前景不明朗及本會控制會員人數增長下，我們會一如以往實施審慎理財的政策。目前三軍會會員人數達至1250位理想目標，執委會將審視會所情況，保障會員繼續享受高質素的服務。至於普通會員及遺產會員的申請，會籍小組將以消耗性制度補替，意味等待時間無可避免會更長。

不同的體育小組將於三、四月份召開年度週年大會，三軍會的年度週年大會則訂於6月29日。年度週年大會可以讓會員們重選現有的委員，亦可投票予自我提名的新會員；執行委員會除了確保高級管理層及各個小組委員合規盡職，同時盡力實現大部份會員的觀點—以高效及有效運作本會。我鼓勵有興趣為三軍會執委會或小組委員會服務的會員，參與重選或自行提名參選。最後，本人藉此衷心感謝所有小組委員會和執委會成員無私的貢獻，你們的努力及投入，使三軍會發展得更好，各會員繼續享受優良的會內設施及服務。

復活節尚有一個多月便來臨，請提前向會內餐飲部訂購各項服務。

祝各位身心康泰！下期見！

張伯陶
主席

Employee of the Month – January

David Chan

Waiter



Employee of the Month – February

Tommy Wong

Club Assistant



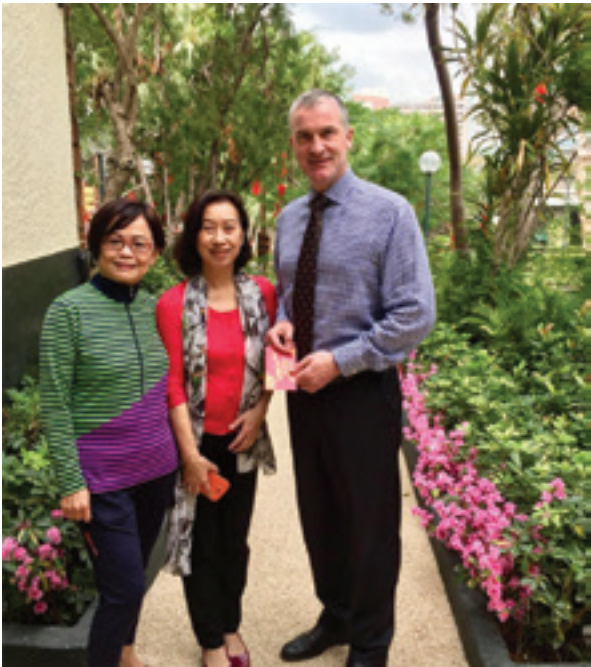
Congratulations

Congratulations to our Senior Receptionist Viann on your engagement!

On taking this exciting step together' may you make your relation a wonderful bond.

Wishing you a wonderful life together filled with lots of joy and happiness – now and for the future!





Bridge section
present Lai See for
the staff party.



GENERAL MANAGER'S MESSAGE

Dear Member,

I wish each and every one of you a wonderful New Year, the auspicious Year of the Pig! I'm sure you're all settled back to your daily routines after the CNY break.

Many of you will have noticed the new entrance upgrade. Finishing touches are still been made, including safety railings, signage and pathway lights. All works should be completed by the end of February. The car park is open subject to some minor defects that require attention over the coming weeks.

The Club has created a brand-new website to provide better, more efficient member services and a smoother all around user experience. We have improved the navigation and added additional features to make your visits easier. The site includes new pages featuring Community Services highlighting all the recent charity events. Please take time to visit www.usrc.org.hk

Our reciprocal clubs around the world now stands at over 90. There are great accommodations options so don't forget to check our reciprocal club list from our website or contact our reception. You will need a letter of introduction before visiting these clubs.

Don't forget to mark in your calendar the Basketball Challenge 5-a-side match scheduled for 17 March at the multi-purpose court. It's sure to be a great day's entertainment.

As always, see you around the Club.

Regards,

Noel Burns

General Manager



親愛的會員：

各位好！

謹祝豬年興旺，家肥屋潤！我相信會員們在渡過豐足的農曆年假後，已陸續回復日常生活。

會所入口處的翻新工程，包括設置安全欄杆，路牌和路燈已接近最後完工，所有工程會在二月底完成。停車場有一些輕微的損毀但維持開放，請各位會員未來幾周使用時多加注意。

為了提供更佳、更有效及流暢的瀏覽體驗，三軍會推出全新網頁。新網頁強化資訊導航及瀏覽功能，亦新增社區服務專頁，介紹近期的慈善服務及活動。歡迎各位瀏覽 www.usrc.org.hk 及表達您的意見。

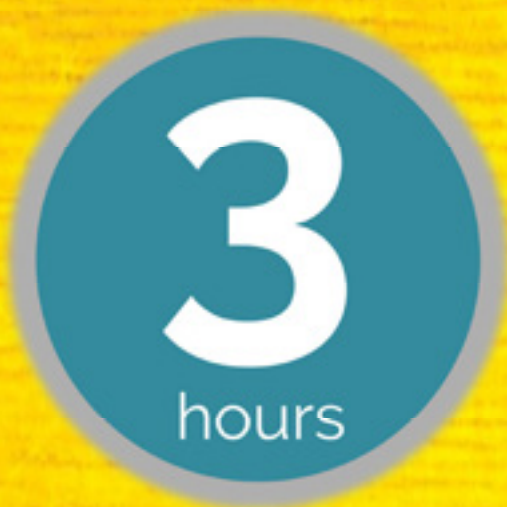
另外，本會互惠俱樂部的伙伴目前已超過 90個，請參閱本會網頁取得最新互惠俱樂部名單。互惠俱樂部提供極佳的住宿選擇，但要留意的是，會員需要提前取得介紹信才能使用服務，請聯繫接待處辦理手續。

最後，順帶一提，五人籃球挑戰賽將於三月十七日於多用途球場舉行，是各位不能錯過的三軍會體育盛事！

一如以往，三軍會期待您的蒞臨！

Noel Burns

總經理



MONDAY ~ FRIDAY

Applicable times

11:30am — 2:30pm

6:00pm — 10:00pm

Spending of

HK\$200 or equivalent to
2 set lunch

HK\$400 or above

CASUAL CAR PARKING LABEL HOLDER to enjoy this offer:

- **DO NOT** use RFID card upon entry.
- **MUST** press for paper parking ticket.
- Maximum 2 vehicles per membership account.
- This offer does not apply on Saturday, Sunday and Public Holiday.
- This offer only applies for 3 hours free parking within the time of entry into the carpark with paper parking ticket.
- To redeem this offer, Member and /or Guest should present the paper parking ticket to the Club reception with valid stamp by F&B outlet staff.
- This offer is available for all F&B outlets starting from 1 February 2019.
- USRC reserves the right to amend and/or terminate this offer without prior notice. Should there be any disputes, final decision is justified by our staff of USRC.

Upper Car Park Renovation



Step repair



Re-cast new concrete slab
150mm thick



Demolition and
removal of
existing asphalt
paving



Rebuilt 650mm high planter curb



Completed

USRC Staff Annual Dinner

On Tuesday 19 February our USRC Staff Annual Dinner was held at the Choi Fook Banqueting nearby.

The night started off with Noel Burns giving his opening speech followed by a champagne toasting by Felix Lee and Noel Burns. The night was filled with excitement and lots of fun as the programme included many games of riddles and drinking games. The hosts and MC's, Eric, from the Sports Department, Natalie from Front Desk and Irene our Executive Secretary, made sure the night was filled with laughter and entertainment.

The food was delicious and drinks were plentiful – as it showed with most of the staff very merry indeed.

There were prizes for all our full and part-time staff, and of course Noel Burns distributed the service appreciation envelopes.

Thank you to the committee for organising such a wonderful party this year!





Lion Dance

On Friday 8 February, USRC held the “Bai Sun” Ceremony and Lion Dance Festival to welcome in the Year of The Pig.

The Lion Dance performance was of course the highlight of the ceremony as the Lion visited more than 23 different spots around the Club to give its blessing for the year.







A kinder, greener club

Social responsibility and environmental protection come of age at the USRC

By: USRC Social Responsibility Sub-committee

A charity match involving celebrity footballers. An outreach to police veterans. Lunch for hundreds of senior citizens. The introduction of e-statements, a ban on plastic straws, bags and takeout containers, and the purchase of a composter—probably a first among any private Hong Kong clubs. Things are changing at the USRC.

Perhaps the Club's military founders would be surprised by how community minded and eco-friendly the USRC is today. But we remain true to the qualities expressed in the first half of the Club's name. We stand united with the wider Hong Kong community in offering our services as a good corporate neighbour. The formation of a social responsibility Sub-committee in 2017, and the establishment of a corporate social responsibility policy, marked a real departure for the Club and those efforts are bearing fruit.

These days, old tennis balls found in the shrubbery don't just end up in landfill—they're bagged up and given to members as toys for pets, or they're carefully reloaded into the ball machines. LED lighting operates in most of the grounds. There's a wider choice of vegan dishes on the menu for members who appreciate the environmental and health benefits of plant-based dining. And hopefully you're reading this article online, where the club's magazine is now available in a bid to cut down on the number of trees we use to print it.

Meanwhile, a programme of events takes the Club's ethos beyond Gascoigne Road. Hundreds of people have been reached in the last few months alone, underscoring our commitment to making the USRC an oasis of good neighbourliness as well as first class recreation.





United in service: Honouring our veterans

The USRC's distinguished history as a club for officers from the military and other uniformed branches of government—such as the police and fire departments—has inspired a new community initiative. Under the name 'United in Service,' we are reaching out to the welfare departments of Hong Kong's disciplined services and inviting veterans to lunch at the Club. At these events, the veterans are honoured and thanked for their dedicated service to Hong Kong and mementos are exchanged.

The first United Service luncheon—held in the Garden Room on Dec. 19, 2018—saw the club host some 40 ex-police officers, male and female, from the Hong Kong Police Old Comrades' Association. Kenneth Chiu, head of the social responsibility subcommittee, made a speech in which he thanked the veterans for being the “unsung heroes in the development of this city” and said that the event “was our token of appreciation” to the officers “for keeping us safe in the past.”

Celebrity football

Some of the legendary veterans of Hong Kong soccer took on the USRC Chairman's Select XI at a friendly football match on Jan. 12, 2019. Designed as a free and fun day out for senior citizens in the local Kowloon community, the event was held in glorious winter sunshine and attracted more than 500 spectators to King's Park.

Appearing under the team name, Happy Valley 80,—a reference to the club side and decade in which most of the players made their mark—the celebrity squad featured such luminaries as Happy Valley defender turned NOW TV commentator Choi York Yee (蔡育瑜), the famous footballing brothers Cheung Chi Wai (張子慧) and Cheung Chi Doy (張子岱) (the latter appeared for Blackpool in the 1960s, making him



the only Hong Kong player ever to have played for a top European club), and other former Hong Kong National Team players like Leung Nang Yan (梁能仁), Leung Sui Wing (梁帥榮), Chung Cho Wai (鍾楚維) and Lau Wing Yip (劉榮業). Among those appearing for the USRC were football convenor Alan Urmston and USRC team captain Laurence Rudge.

The final result was 4-4 (more from the Football Convenor in this magazine). Special thanks must be made to our long list of generous sponsors including Shui On Construction (瑞安建業), Cape Asset Management (海角資產管理), Lithium Pte Ltd, DBS Bank (星展銀行), MTR Corporation (香港地鐵), Tiangong International Ltd (天工國際), and our very own Sub-committee member, Billy Lau.

Picnic by the pool

After the football match, 230 seniors—mostly from local care homes—were invited to the USRC marquee where they were given lunch and musical entertainment by our USRC musician. The Chinese God of Wealth (財神) made an appearance and was a hugely popular photo opportunity for our delighted guests. All participants were given an embroidered USRC towel to remember their day at the club. We are delighted to have the support of Aberdeen Kaifong Welfare Association Services Centre (香港仔街坊福利會), Yau Tsim Mong Federation of Association (油尖旺社聯), and CNEC Kei Shek Social Services Centre (中華傳道會基石社會服務中心); who helped us reaching out to this often forgotten part of our society.





Reducing food waste

About 35% of municipal solid waste going into Hong Kong's landfills every day is food waste—around 3,600 tonnes of it. To play its part in reducing this, the USRC has become, it is believed, the first private club in Hong Kong to acquire a composter.

This went into operation on January and is now the destination for all food waste generated by the Club. The compost produced will be used in maintaining the Club's flower beds, shrubbery and trees, underscoring the practical benefits of recycling and helping to nourish the green oasis that all our members enjoy.

The Green Team

The Social Responsibility Sub-committee is made up of a diverse section of the Club's membership and we welcome suggestions from you. Help us achieve the Club's goal of making the USRC an outstanding corporate citizen and a leader among Hong Kong's clubs when it comes to environmental responsibility. Email us at sr.committee@usrc.org.hk or, when you're at the Club, feel free to approach Sub-committee members Kenneth Chiu (chair), Lavina Advani, Liam Fitzpatrick, Bernard Harrad, Frank Kam, Billy Lau, Jennifer Lee or Helen Lo.



Our links with Fung Shui trees

By Gordon S. Maxwell, Noel Burns and Kat Leung Sze Ming

Hong Kong lost many trees when Typhoon Mangkhut gave the SAR a 10 hour leashing with all its fury on Sept 16, 2018. Impressively, our stately old Chinese Banyan tree which decorates the walkway to the club with its reassuring presence just above the bowling green was unharmed. To lose a few leaves in a storm is not a problem for a distinguished banyan like ours. Indeed, leaf loss is a stimulus to remake a new generation of foliage: and remind us that nature serves to repair damage brought by environmental insults like typhoons.

But trees, like our Banyan, are precious. In HKSAR, there are those who look upon old banyans and similar trees as disasters waiting to happen. This issue re-surfaced again in May 2018 when a banyan tree beside Bonham Road became a target for “risk assessment” and removal. Despite the calls for alternative views expressed by district councillors and calls for caution until the science was done by a tree expert from the Chinese University of Hong Kong, some nervous civil servants wanted to remove the Bonham Road Banyan; a tough tree that had already survived a dozen typhoons over 50 years (SCMP, Page A3, May 21, 2018).

Events like these serve to remind us at this oasis of green in ultra-urban Kowloon, that our trees – especially those with the



Super trunk: strength embraces excellence in bio-engineering

status and resilience of 'our' Banyan – are a welcome reminder of the science and culture behind Fung Shui woodlands.

Our Club is an excellent living example of the positive interaction of two (main) cultures: Chinese and Western. Sadly, in the age of cyber obsession, of globalization, of instant information exchange and mindless international competition, we may tend to neglect and forget our needs for and love of trees.

Traditional Chinese culture had a fine-tuned, impressive synthesis of both culture and science. It was called Fung Shui. Perhaps the Fung Shui woodlands which, even today, form an ecological and culturally sound protective arch behind traditional rural Hong Kong villages, are the best and most easily visible manifestation of this marriage between science and culture.

***Beyond Hong Kong SAR and Ireland,
we also find aspects of this concept of
Fung Shui in the US with Native
American Indians and in New Zealand
with the Maori people.***

Is this unique to Chinese culture? No, it is not. Alas, this concept is too often lost in the economics of modern life in most Western societies. Refreshingly, one can find it in Ireland. Here the Celtic cultural traditions and prohibitions against cutting trees at 'sacred sites' like 'holy wells' and 'fairy forts' still exist today. The ignorant may scoff and poke fun at this Irish tradition. If they do they are, in fact, doing little more than displaying ignorance. Ignorance of both culture and science.

Beyond Hong Kong SAR and Ireland, we also find aspects of this concept of Fung Shui in the US with Native American Indians and in New Zealand with the Maori people. For us here at the USRC, we may be best to focus on our own, limited but outstanding Fung Shui connections. Perhaps our biggest and best example of this connection is our stately banyan tree. This outstanding green monument to our ecological needs is featured on Pages 49 to 51 on Trees of the United Service Recreation Club. (Maxwell & Leung, 2011). With a scientific binomial of *Ficus microcarpa*, our Chinese Banyan may sound clinical. No, don't think this way. The Latin is a mark of international respect and respect that is so well earned by the distinctive architecture and typhoon tolerance of this display of natural bio-engineering that the tree illustrates.

Let our Banyan be the overt and big symbol and call for us



Our Banyan: bastion in the storm, beauty in the calm

at the USRC to love our green heritage as we take heart to inspire all, in HKSAR, to embrace environmental awareness and respect for our ecological resources.

Onward and thank you Banyan!

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三軍會的「風水伯伯」

最強颱風山竹去年九月中襲港，天文台期間更發出10號颶風信號長達 10個小時，全港多處地方被颶風破壞。奇妙的是，屹立於三軍會行人路多年的老榕樹，在颶風中大體上絲毫無損，只落下幾片樹葉，老榕「老當益壯」，果然是「薑愈老愈辣」。葉落意味另一輪的新陳代謝的更替，也有助喚醒大家，大自然可透過自身循環，修復天災帶來的破壞。

不論是我們的老榕，抑或其他樹木，都是珍貴的資源，可惜部份人將老榕樹和類似林木，歸類為「危險」與「潛在災害」。這個議題於2018年5月再次浮現，屹立於西半山般咸道旁50多年的老榕樹（南華早報, A3, 2018/05/21），成為其中一個風險評估目標並被斬除。儘管中文大學樹木學專家檢查過大樹，區內議員及不同人士曾表達意見，甚至叫停，但謹慎的政府官員強調為了居民安全，最終拆除大樹。

在這片繁華之地，類似行動喚起我們對城市綠洲的回憶，特別是榕樹這種輩份高、強壯及復元力強的林木，也溫馨提示這種樹木背後，揉合了科學與文化特色的風水學。

三軍會正是一個中西文化共融的最佳例子。遺憾的是在網絡沉迷、全球化、即時資訊互通及市場盲目競爭的年代，大家早已忽略及忘記對林木的需要和喜愛。

其中一項令人著迷的傳統中國文化 – 風水學，結合文化與科學各個不同領域的知識。在新界的鄉村或圍村，至今

仍然維持風水林的傳統。風水林除了肩負著保衛生態和傳統文化的重要角色，也為科學與文化融合，體現出最佳視覺效果的例子。

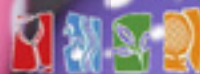
這是否僅限於中國文化？非也。儘管大部份西方社會隨著社會與經濟發展，早已忘卻類似傳統，惟愛爾蘭仍然維持類似文化。愛爾蘭凱爾特人信奉德魯伊教，德魯伊代表「橡木賢者」，凱爾特人視樹木為重要的力量來源，他們仍然嚴禁在聖地、聖井或聖堡斬樹。無知的人會取笑或嘲弄這個傳統，惟無知的背後則反映嘲弄者對文化與科學的愚昧。

除了香港和愛爾蘭，美國印第安人 and 新西蘭毛利人亦有類似的「風水」傳統。若要在三軍會尋找罕有又出眾的風水象徵，最佳印證必然是這棵莊嚴的老榕。請參閱會內樹木冊第49至51頁，了解這位綠色老巨人的循環生態。(Maxwell & Leung, 2011)。在植物學二名法中，榕樹又被稱為「細葉榕」，名字看來毫無特色，但在拉丁語卻解作「尊敬」– 這種獨特的大自然建築風格與颱風耐受性的天然工程，被譽為「崇高的敬意」。

老榕樹也標誌出三軍會的注目與出眾，我們衷心地鼓勵大家，一起推動香港的保育和尊重生態資源。

謝謝老巨人努力守護三軍會，祝您誠如您的花語 – 長壽、吉祥！





EASTER BRUNCH BUFFET

21 APRIL 2019 SUNDAY

11:30AM-2:30PM

AT GARDEN MARQUEE

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



Easter Bunny visit

**Egg painting*

Egg hunting competition

Early bird: before 1 April 2019

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

After 1 April 2019

HK\$ 428/Adult & HK\$ 228/Child

(Age 3-11)



For reservations,

please call Ken or Nike at 3966-8633 or email catering@usrc.org.hk

Cancellation & No-show Policy:

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

LIKE US ON :



Chinese Calligraphy Class

Since the calligraphy class was launched last year, there has been good feedback and demand has been high for more classes.

This class was held in the Banyan Room on Sunday 20 January and was attended by a wide range of age group Members.



Camp Night

On Saturday 19th January, we had a whopping 12 families with a total of 23 tents spend a memorable night at USRC. The weather was not too cool and although it drizzled for a little while, it did not stop everyone from enjoying themselves. With the tents pitched next to each other at the end of the pool area, our campers enjoyed a wonderful BBQ dinner and a scenic view of our Club's pool. The kids enjoyed having their hands or face painted and also watching a movie.

The highlight of the Camp Night must surely be the camp fire with marshmallows, hot chocolate and yummy cookies. Special thanks to Charity Battad, our tennis coach, and her partner, Daniel Cristobal, for their singing performance.

See you in the next Camping Night!

Members' feedback:

"Just wanted to drop a note to say the family camp event was a great initiative and our family really enjoyed the experience!

Thank you so much for the excellent planning and amazing events - we hope you will make this an annual event!"

"Thank you and the team for organising another hugely successful family camp. The event was again tremendous fun and a great time was had by all.

It was clear that a lot of hard work and planning went into the event, and the night (and morning after) ran very smoothly. We also very much enjoyed the photos posted on Facebook.

Thanks to you all for organizing. The children are already counting down to the 2020 camp!"







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

18

- Pilates Group Class 4 pm

19

- 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

24
31

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

25

- Pilates Group Class 4 pm

26

- 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

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

7

- 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

1

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)

2

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Court 1&2)
- 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

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)

9

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13

- 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

14

- 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

15

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)

16

- 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)

20

- 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

21

- 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

22

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)

23

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Court 1&2)
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27

- 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

28

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29

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30

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- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

Sunday

Monday

Tuesday



1

- Pilates Group Class 4 pm

2

- 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
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7

- Social Tennis (Court 3) 3 – 7 pm (Court 4) 3 – 8 pm
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Wednesday

3

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- 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

4

- 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

5

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)

Saturday

6

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
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- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)



NASM Personal Trainer

Why you need to workout NOW!

What is the advantage of workout?

- ✓ **Control Weight**
- ✓ **Combat health condition and diseases**
- ✓ **Improve Mood**
- ✓ **Boost energy**
- ✓ **Better Sleep**
- ✓ **Better performance on physical activity**

**But do you know how to make workout
more effective and safe?**

Feel free to Whatsapp
Ken (+852 9042 4434) for any advice!



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."**

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

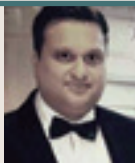
Jesse Tong

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



Cricket News

by Prateek Singhi
Cricket Convenor



With the benefit of generally fine and dry weather during the winter months, the cricket season has been in full flow. Across all age groups our teams have been very active and now approach the business end of the season with some real opportunities for success.

Here is a summary of our standings as we reached Chinese New Year:

Men's Sunday Elite Matches Played: 5, Won 2, Lost 3

After 6 matches without a win this season, the Men's Sunday team achieved a hard-fought 3-run win against DLSW JKN on New Year's Day. Highlights of the match included an unbeaten 96* by Daniyal Butt, with good support by Imran Arif with both bat (57; 133-run 4th wicket partnership with Daniyal) and ball (9.0-1-29-3).

We played DLSW again the following weekend, and a 68-run defeat was overturned to a win by forfeit after DLSW fielded an ineligible player. Karandeep Singh scored his maiden 50 in top-level cricket.

After a tough season at the very highest level of HK cricket, and with one match to play in the season, we are regrettably at the bottom of the league and need a string of results in other matches to go our way to avoid relegation.



Men's Saturday Championship Matches Played: 8, Won 6, Lost 2

Having opened the season unbeaten in their first 8 matches (with 2 wash-outs), the team have recently fallen behind first-placed HKCC Gap Ramblers with two losses in succession. However, they remain in second place in the league, and have a good opportunity to return to the top of the table by season's end – their final match could be a crunch decider against HKCC.

A particular highlight in January was the 4-wicket win against PACC. After bowling out PACC for 219 in the 33rd over, the 4th wicket partnership of Iftikhar Ahmed (79) and Daniyal Butt (52) pushed the team close to their target, before Zakir Hayat won the match with a six in the final over.

This was followed by a narrow loss in a low scoring match against KCC Saracens on January 26. Needing 12 runs to win from the final two balls of the match, Kashif Shams hit the first ball for six, but was only able to take 2 runs from the final ball.

Women's Cricket

The Women's T20 Cup has taken an extended break during the winter, with no matches played since mid-October. The team recommences its matches on February 24 against HKCC Cavaliers.

With some stronger batting performances this season, particularly against SCC Divas against whom the team put on 146 for 3 in 19.3 overs (Sukhjot Gill 38 & Sweta Jain 43, combining for a 105-run opening partnership), the team is looking to rise up the table in the final 6 matches of the season.

U17s

35 Over Matches Played: 4, Won 1, Lost 3 T20 Matches Played (1/12/2018-present): 1 Won: 0, Lost 1

Despite a commanding 8-wicket win over KCC on January 5th (Hamzah Farooq 51*), the side has struggled, making this their sole win so far this season. With three matches to play, they will be looking to climb the table again.

The T20 league is competitive this season, with all teams in contention. USRC are in third place having had three of their five matches so far abandoned. With three matches to play, they continue to challenge for the title.

U13s

Matches Played: 7, Won 6, Lost 1

After a slow start to the season, in which they won only two of

their first seven matches, USRC have since won 7 matches, including 6 in a row. Highlights include a 17-run victory against table leaders, KCC Crusaders, on December 16 (Soban Muhammad 53 & 4.0-0-17-3) and a 67-run win over DB Smashers White on January 27 (Usman Ahmed 4.0-0-13-3).

USRC are currently in second place (with KCC already having enough points to win the league). With three matches to play in the regular season against the 3rd, 4th, and 6th placed teams, USRC will be pushing for a place in the post-season finals. This would represent a fantastic achievement for a group of boys who have really improved this year, having only registered one win last season. Credit goes to the coaching of Imran Arif, the management of Michael Caves and James Minnett, and a large thank you to the parents who have umpired and supported throughout.

U11s

Matches Played: 3, Won 2, Lost 1

USRC finished the pairs cricket season in third place in the table. They have now started the 14-over competition, recording two wins, both without losing a wicket. Sitting in 3rd place, their next match, against league leaders, India Club Orange, might be decisive in determining the eventual league winner as we seek to retain our title and hold onto the cup for a third season. Best of luck to Kashif Shams and his boys in the coming weeks.

Social cricket

Cricket Hong Kong are taking steps to expand opportunities for more informal/ social cricket. USRC Cricket section has now organised a social team, which meets regularly to train in the Club nets. Please contact Ilyas Gul if you would like to join this group.





Football News

Alan Urmston
Football Convenor



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

Football Section Annual Charity Event

Our charity events are now becoming the talk of the town and for this year we were able to call on the help of both RTHK and MTRC to help us promote the event, which took place on Saturday 12th January. An appearance on RTHK Radio 3's One to Three show by Frank Kam and Alan Urmston, as well as posters in MTR stations and banners at sporting venues around Hong Kong, helped us generate an attendance of around a thousand people for the event at King's Park Sports Ground. Spectators came from the Aberdeen Kaifong Welfare Association, Yau Tsim Mong Federation of Association, CNEC Kei Shek Social Services Centre and Tung Wah Hospitals Shantin Services Centre, as well as from our many sponsors, our guest football teams, Club members and members of the general public. All came to see a feast of football as the USRC Chairman's Select took on Happy Valley 80 in the main match, and junior teams representing soccer schools from Arsenal, Inter Milan, Brasil Top Skills and the Japanese Junior Football Club played a mini-tournament.



Junior players from BTS and Inter (left) and Arsenal and JJFC (right)

As well as the boys playing football, we had the girls from the cheering teams of Jades and Angeles to keep everyone entertained



Cheering team Angeles



Cheering team Jades

The event was compared by legendary Hong Kong Football Commentator K.C. Ho in his inimitable style and in the main match USRC took on the all-star team from Happy Valley 80, with many of Hong Kong's most famous ex-players in the line-up.





Commentator K.C. Ho entertaining the crowd



USRC Chairman's Select and Happy Valley 80

Both teams were committed to attack and gave it their all, though in the unusually hot conditions (for January!) some of the more “senior” members players found it a little hard going at times, so they let the ball do the work as the saying goes and just enjoyed themselves. The match was a thriller with 8





goals shared between the teams for it to end in a 4-4 draw. At the end, both teams received handsome trophies from sponsors, DBS.

After the match there was a grand buffet lunch in the marquee attended by players, guests, Club members and our General Committee members. A big thank you to all for supporting the event.

It was our most successful event so far and there are too many people to thank here, though it would be amiss not to praise Mr Frank Kam, whose brainchild this event is and who has worked tirelessly to make it a success. Our aim is not to make money, we break even, but to spread joy through football. I think we did this and then some this year. Next year? Well, Frank has his sights set on Mong Kok Stadium to host the event!

Football Section News

In Football Section news, at the time of going to press, USRC Gunners were lying in third place in Division One of the Legal League and were into the semi-finals of the Cup. A League and Cup double is certainly on and the rest of the season will undoubtedly be exciting. In the Legends League, USRC 1911 were going strong in sixth place, their best chance of silverware this season being in the Champions League. The Club's social team, USRC Vitesse, had played six games, including three in the newly formed Over-45s League. More details of how our teams are doing can be found on the Football Section notice board.

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



USRC 3-ON-3 BASKETBALL TOURNAMENT (2020 OLYMPIC NEW SPORTS)

DATE: 17 MARCH, 2019 (SUN)

REGISTRATION DEADLINE: 11 MARCH, 2019 (MON)

VENUE: USRC MULTI-PURPOSE COURT

CATEGORY: BOYS (MAX 4 PLAYERS/TEAM)

- 8 - 11 YEARS OLD (3 TEAMS)
- 12 - 14 YEARS OLD (3 TEAMS)
- 15 - 17 YEARS OLD (3 TEAMS)
- 18 YEARS OLD & ABOVE (3 TEAMS)

CATEGORY: GIRLS (MAX 4 PLAYERS/TEAM)

- 8 - 14 YEARS OLD (3 TEAMS)
- 15 - 17 YEARS OLD (3 TEAMS)
- 18 YEARS OLD & ABOVE (3 TEAMS)

TIME: 10AM TO 4PM

MEMBER: (\$150)

MEMBER'S GUEST: (\$200)

***AT LEAST 1 MEMBER IN EACH TEAM**

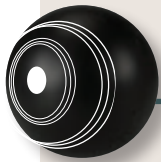
***REFRESHMENT IS PROVIDED**

***PRIZE: MEDALS & TROPHIES**

**FOR ENQUIRIES, PLEASE CONTACT
ERIC FUNG AT SPORTS@USRC.ORG.HK**



United Services Recreation Club
Since 1911



Lawn Bowls News

by Irene Leung
Lawn Bowls Convenor

This year winter is not too cold. During the period of December and January, we experienced quite promising weather and allowed many of our training and coaching activities to be carried out smoothly and successfully.

In-house refreshment training course

Thanks again to Doctor Annie Yeung and her husband Doctor Howard Lai who conducted the refreshment training for our USRC members. On that day, 11 members came to attend the course and we found most of them have potential and can pick up the delivery and bowling skill swiftly. Welcome to these members to come and play and practice with us.



Coaching by coach Y S Leung

Two evenings, each 2 hours were allocated for coaching session on our green and participated members found these courses very useful for enhancement of their bowling skills.

We anticipate continuing such coaching in the coming year on a regular basis and we strongly encourage members to participate in some of them whenever possible.





Coaching by coach Osman Adam

Another 2 sessions of coaching was arranged on 20 & 27 January, conducted by Osman Adam. The topics cover head reading, how to decide best tactic to cut down the loss or turn head. The course is suitable for intermediate-level bowlers who had played for several years and wish to advance their skills.



USRC Club Singles 2018

Congratulations to Liana Lee and Michael Sham. They had respectively won the Women's & Men's Championship of USRC Club Singles 2018 after a series of round-robin matches.

Great job Liana & Michael! Both of them represented USRC to enter the Champion of the Champions Championship to be held later in February.



Chinese New Year Happy Bowl初三發財賽

7th March experienced the warmest day of the Chinese New Year 3rd day in record and we held our Happy Bowl starting from 2:00 pm. This is the only Happy Bowl that we can invite guests to come and play with us.

About 30 members and guests joined the event and we all had great time in such warm and lovely weather, tasty food and good companionship! Of course, many teams played well and deserved some incentive!



The Happy Bowl participants



Third Place



First Place



Fourth Place



Second Place



Fifth Place



Winners 仙女散花

Lion Dance

This year, our Club had arranged a lion dance on 7th March to symbolise bringing prosperity and fortune to the Club and to all members. The performance was amazing and entertaining with 2 lions and God of Wealth (財神) going over the different vicinities.

Lawn Bowls area is definitely a place not to be missed. The procession went to the lawn bowl hut and perform 採青 which denotes give us fortune.



Junior Associate Sports Membership JAS

We are pleased to announce that tentatively 5 students have been qualified to be our JAS in the coming year to help in our league competitions.

Thanks to our member Ricky Mak who enthusiastically introduced these sporty students to us and sponsor them for this programme. These students had spent many hours of coaching with our coach and will delegate a time to come to join our practices and coaching lessons. This act is very meaningful and helps to promote our social responsibility both to our section as well as to USRC. Below photos were taken during some of the lessons.



Annual General Meeting

Lawn Bowl Section AGM is to be arranged on 3 March and by this time of writing it was not yet held. We will report further about the new committee members and share the highlights of the meeting in the next issue.



Rugby News

Marco Cassandro
Rugby Convenor



Firstly we'd like to say well done to the Tigers Parents Team in the CL1 League taking the Elmo Cup from HKFC with a 29-5 win on the 19th January.

As the season is coming to an end, all the senior teams are working hard to make the push for the knock out stages, most notably our 1st XV women team who continue to challenge the likes of Valley and Gai Wu, the two powers of the women's game in HK. They have in fact pushed Valley the closest out of everyone in the league and sit in a good position to make the Grand Final, with Tigers coach, Fan Shun-Kei, expecting to meet Gai Wu in the Grand Championship semi-finals. Having seen his side steadily chip away at Valley's lead, his strategy to position for a run at post-season silverware in the Grand Championships could prove prophetic.

The Women's NL1 team are also performing well in their respective competition and currently sit in 2nd as they look to push on to a home semi-final in the coming weeks.

Women's Premiership

		PI	W	D	L	PF	PA	PD	Pts
1	Societe Generale Valley Black Ladies	6	5	0	1	160	41	119	23
2	Gai Wu Falcons	6	5	0	1	158	52	106	23
3	Borrelli Walsh USRC Tigers	6	2	0	4	117	88	29	12
4	Kerry Hotel Kowloon Rugby	6	0	0	6	27	281	-254	0



A very special cup in memory of Richard Elms from HKFC

KPMG Women's NL 1

		PI	W	D	L	PF	PA	PD	Pts
1	Bloomberg HK Scottish Kukris	16	15	0	1	363	76	287	71
2	Borrelli Walsh USRC Tigers 2	16	14	0	2	506	104	402	68
3	Gai Wu Fawkes	16	11	0	5	374	136	238	54
4	Revolution SRC	16	10	0	6	285	351	-66	47
5	Societe Generale Valley Red Ladies	16	9	0	7	260	199	61	45
6	Natixis HKFC Fire	16	4	0	12	184	428	-244	23
7	Police Sirens	16	5	0	11	161	283	-122	22
8	TRANSACT 24 Taipo Dragon 2	16	3	0	13	131	394	-263	15
9	Herbert Smith Freehills HKU Sandy Bay Storm	16	1	0	15	132	425	-293	6

With the 7's fast approaching, our youth have finished their 15's phase and now prepare for the short format of the game.

USRC Tigers' youth section has enjoyed another successful rugby season where we were well represented at the annual New Year's Day tournament through all age grades. The U14's made good strides by having 4 players included in the 2nd phase of National Age Grade Selection after a challenging season.

Moving through our age groups to the U16's who finished the 15's season in the top 3. They fought gallantly until the last game for a spot in the play-offs but were unlucky not to progress. With such an upward curve of improvement we are excited to see what the future holds for this group. They

themselves had 11 players progressing on to phase 2 of National Age Grade.

The U19's ran rampant throughout the season, only slipping up against HKFC with a 17-19 loss during the league. They finished second on the table but went on to avenge their only loss of the season by beating HKFC 33-24 in the U19's Grand Championship final. Other spectacular results include a 38-17 win over Valley Fort and a 62-12 victory over HKU Sandy Bay/ Flying Kukris.

USRC Tigers were also well represented at National level during the 2018/ 2019 season in which we saw 8 of our Youth players represent Hong Kong at the World Rugby U20's trophy and no less than 7 Tigers represented Hong Kong's U18's 7's team.





Squash News

Colman Ng
Squash Convenor



HK Squash Winter League update

After the Chinese New Year break, as we entered into the last lap of the Winter League we are pleased to see that all USRC teams are still in the mix. Despite being a very strong team on paper, so far USRC 1 has under delivered on the court and is currently in 5th position in Division 3, but only 1 point behind the 4th place to qualify for the final play-off. Team Convenor, Joe Wong, has assured us that they would try to do their utmost to secure the final coveted spot. USRC 2 is currently in 2nd position in Division 7 and only 1 point behind the league leaders, while USRC 3 are sitting comfortably on top of Division 13 with a commanding lead. It looks like nothing will stop them from taking the title. Their major challenge ahead is whether they manage to maintain their unbeaten run till the end of the league season.

The juniors of USRC 4 also deserve a huge round of applause for ascending to the 3rd place in Division 19A - an excellent achievement for a team the average age of which is still in single digits and playing against much more experienced opponents.

Development of young squash players

As part of our continuous effort to promote the skill levels amongst our young squash players, another coaching session was organised on 11 February in which 9 junior players of the USRC 4 Team attended. The training session was conducted by Dick Lau, who is widely recognised as a well-qualified squash coach with extensive experience in skills enhancement training for the local kids.

The junior players who took part in the training session thoroughly enjoyed the coaching and the methodical approach to improving their skills at their formative years. We are hopeful that these young players will eventually form the backbone of our future USRC squash teams. Another training session was also conducted by Simon Yeung on the same day for our adult players. These coaching sessions are aimed at improving fitness, technique and match strategy for our players with a

view to enhancing our overall competitiveness in the open competitions.



Dick Lau and Amos Yuen with his team of junior players



Simon Yeung conducting training to our USRC players

Reopening of the squash courts

After a closure of more than 6 weeks for major maintenance works, the squash courts were reopened for use in mid-January. During this period extensive maintenance works were carried out to fix the long-standing problem of uneven surfaces of the front walls affecting their bounce characteristics, and the air-conditioning system. There is, however, the remaining issue of water leakage from the roof which would have to be dealt with, together with other parts of the club house premises later this year.

To mark the happy occasion of the reopening of the squash courts, a ceremony was held on 26 January when there was roast pig cutting and "Bai San" ritual. We had the honour of the presence of the GC Members and the GM attending the ceremony. The event was well attended by members of the Squash Section, who also took the opportunity to exhibit the newly designed wind-breakers for the squash teams.



Roast pig cutting ceremony



Squash Section members in their newly designed wind-breaker jackets



'Bai San' ritual to mark the reopening of the squash courts



Lion dance performance in the squash court during CNY



Tennis News

**Martin Li,
Tennis Convenor**



Lunar New Year

On behalf of the tennis section committee, my greeting is saying a thousand time "Kung Hei Fat Choi!" Wishing you and your family a Happy Lunar New Year with abundant joy, good health and greater heights of success and prosperity!



Friendly Match

It was our pleasure for us to invite Dongguan Tennis Association to visit our Club and hold a friendly match with our Club members. It not only exchanged our tennis culture, but also developed a close relationship between our Club and Dongguan Tennis Association. I apologised that there was not enough quota for all tennis members to join this event since the schedule was too tight to arrange more matches. Although they visited us for only 4 hours for matches and lunch, it brought us plenty of fun and good memories.

I had learned from their Chairman, Mr Chan, who told me that their association has more than 1,000 tennis members and frequently organises league matches as well as different tournament. Frankly, their association is more similar to HKTA as they both promote tennis activities and explores potential young players to let them receive excellent training.

We thank our Chairman, Patrick Cheung, Sports Director, Eddie Wu and General Manager, Noel Burns for providing

warm hospitality and obtaining kindheartedness from DTA. Finally, we thank our Deputy Convenor, Ken Chan, who organised this event and made great effort.



From left, Martin Li, Ms. Wong of Government department, Eddie Wu and DTA chairman Mr. Chan



From left, 拉菲 Of DTA and Ken Chan



After completion of a friendly match, we had a lunch gathering with DTA



Sovereigns to DTA expressing our hospitality



Kung Hei Fat Choi Cup

We arranged Kung Hei Fat Choi Cup on 8th February to let our members get back in good condition after all the CNY feasting and continue the festival atmosphere.



One of the matches is our India team against DTA



From left, Lin Pang, Kin Chan, Sam Kwan and Tommy Chan



Our Chairman, Patrick Cheung, exchanging pennants with DTA



From left, Sunny Chan, Kenneith Chiu, KK Lau , William Ho

USRC TENNIS



BATTAD TENNIS COACHING CO
FOR LESSON ENQUIRIES, CONTACT COACH CHARITY: 90265685
EMAIL: ANDREACHARITYBATTAD@GMAIL.COM



**STARS
OF
THE
TERM**

This year all our kids groups have hit it off as successfully as Naomi Osaka's rise to AWESOMENESS! Our youngest class finally achieved their goals of:

- ~ Proper forehand, backhand grips
- ~ Rallying more than 10 shots consecutively with orange balls
- ~ Playing and scoring on their own!

The intermediate class has also worked super hard on consistency and gameplay, with a few proudly playing for USRC's junior team!

CHALLENGE OF THE MONTH

Video yourself and a partner rallying as many shots as you can in 1 minute! (Service line for beginners, Baseline for Intermediate+)

Highest Score from the USRC coaches : 113 shots
Show your Coach!



From left, Condy Ip, Cindy Fung, Lina Chan , Lee Ying Ying



From left, Lin Pang, Sam Kwan, Tommy Chan, Maide Sun



Tournaments for 2019

One of the important events of the Tennis Section is our tournament which involves Men's Singles, Men's Doubles, Mixed Doubles, 120+ Doubles, Ladies Singles and Ladies Doubles. The purpose of these tournaments is to enhance a close relationship between members and unite the tennis section through the different combination of matches.

The tentative schedule is as follows:

Date	Tournament
23 March	Men's Single
24 March	Men's Doubles
30 March	120+ Doubles
31 March	Mixed Doubles
6 April	Ladies Singles
7 April	Ladies Doubles

Details & enrollment form will be posted on the Tennis Section notice board shortly.

Excellent Member

In just one and a half months of 2019, we congratulated Kyle Tang after winning his ITF China Junior 1 G4 Boys Doubles in January. In February, Kyle reached the finals at the Nepal Junior ITF G5 Boys Singles and Doubles. His junior world ranking will jump up to 570. Great job Kyle!



Kyle Tang and Jeryl Yusin



Bridge News

Mimi Wong
Bridge Convenor



Charity donation

The Bridge Section contributed a donation to Ebenezer School & Home for the Visually Impaired. The contribution came partly from table income at the Annual New Year Tournament on 10th January 2019 and partly from the generous support of Saturday social bridge group. That morning, a representative from Ebenezer was at the event for a \$4,000 cheque presentation from Mr Noel Burns.



2019 New Year Bridge Tournament

New Year Bridge Tournament is one of the Bridge Section's major annual events. This year the format of the game was an invitational open pairs event. There were an impressive number of 32-pair entries, making up 16 full tables, an increase of four bridge tables from last year.

The tournament lasted for 3.5 hours, playing 24 boards. Participants included players from China and Malaysia as well as local bridge players, most of which were of a very high standard. It was a competitive but enjoyable morning.

Medals and prizes will be awarded to the first three positions:

Position	NS Pair	EW Pair
Winner	M Tse & CK Law	GY Zhang & Peter P
1st Runner-up	Joan F & Edward Y	Katy C & CC Hon
2nd Runner-up	Cindy L & Corey C	Carol L & Samson P

Here are some of the participants' feedback:
"Thank you for organizing Bridge gala! Everyone appreciated. Well done!"

Cindy L.

"Congratulations! A very successful bridge event."
Nandi I.

"Thank you for all the hard work which went into organising the event. It was really fun!"
Gill D.

"You and your team did a tremendous job hosting."
Jessica M.

"It was so much fun and good for me to practice and improve."
Leila N.



Inter-club bridge match vs Penang Club

On 11th and 12th January 2019, the Bridge Section hosted an Inter-Club bridge event playing against Penang Club, Malaysia. There were three teams of bridge players sent from the Penang Club.

It was a team match on the first day of event. There were eight teams of participants playing 35 boards. Two sessions of game were held under a competitive but friendly atmosphere. All players were trying to do their best in gaining as many match points as possible and the air was full with bridge jargon and laughter. The Penang Club won first place gaining team medals.

Rank	Team	Names	VPs	Bds
1	6	Team 6 – Penang (Alan O, Lee FK, Bob H & Janet M)	103	35
2	3	Team 3 – USRC	91	35
3	2	Team 2 – USRC	81	35
4	1	Team 1 – USRC	80	35
5	7	Team 7 – Penang	70	35
6	8	Team 8 – Penang	56	35
7	4	Team 4 – USRC	43	35
8	5	Team 5 – USRC	36	35

Rank	Pair	Names	VPs	Bds
1	1EW	Alan O & Lee FK (Penang)	62.09%	35
2	6EW	Janet M & Bob H	60.00%	35
3	6NS	Henry L & Raymond M (USRC)	59.77%	35



On the second day of the event, duplicate games were played. Results are as follows:

Rank	Pair	Names	Percentage	Bds
1	6EW	Alan O & Lee FK (Penang)	64.67%	24
2	4EW	Janet M & Bob H	64.11%	24
3	8NS	Henry L & Raymond M (USRC)	62.78%	24

After the two days of event were complete all players felt exhausted and decided to have a treat at the Gunners' Bar for a relaxing and sumptuous dinner together. It was a wonderful way to close the event!



Saturday social bridge

The Saturday bridge group meets up every Saturday morning for workshops and social games. It is delightful to see learners making steady progress over the year and now able to play the game independently. Bridge conventions have been gradually added to their basic bridge system, recently among those are Stayman and Jacoby Transfer. Gentle duplicate will be introduced soon so as to prepare section members to gain experience and confidence in playing the game under a competitive environment.

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 system. The game is very competitive but in a friendly atmosphere, 24 boards are normally played.

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

Spot the Differences



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"/>			

Submit your answer to the Club reception **on or before 7th April 2019** All correct entries will receive a FREE SMOOTHIE* from the Club.

Name: _____ Membership No: _____

Contact No: _____ Email: _____

*Please note only one entry will be accepted per membership

SUDOKU

A Sudoku puzzle consists of a 9 x 9-square grid subdivided into nine 3 x 3 boxes. Some of the square contain numbers. The object is to fill in the remaining squares so that every row, every column, and every 3 x 3 box contains each of the numbers from 1 to 9 exactly once.

	7	2		4				
	1				6		4	
						8	1	
9			2		3			6
								3
		8		7		4		2
2								
	4			3	8			
		1			5	6	3	

Submit your answer to the Club or fax 2724 0949 on or before **7th April 2019**. All correct entries will be placed into a draw. The Winner will receive 3 Courses Set Lunch for two person at Gascoigne Room. *Good Luck!*

Name: _____ Membership No: _____

Contact Tel No: _____

*Please note only one entry will be accepted per Membership



Jan & Feb Cross Word Puzzle Drawn by Member Ms. Keswani



Congratulations to Jan & Feb Word Search Winner, Ms. Cheung

Rainier Club

In the rough and tumble days of Seattle in 1888, a trio of business pioneers and visionaries—Thomas Burke, William Peters and John Leary—established The Rainier Club. Their civic-mindedness was fuelled by the desire to have a private place where they and other leaders of the community could entertain, socialise and do business.

Now, 128 years later, the Club still serves its original capacity, but in a much improved style and setting. The mansion on Fourth and Columbia has housed The Rainier Club for over a century. As a private social club, this elegant sanctuary has been a home-away-from-home to thousands of business executives, civic leaders, artists and cultural dignitaries.

The Club's diverse men and women members reflect the thought leaders, entrepreneurs and change agents of our modern community. The organization they represent stands as a bridge to Seattle's past and future—a gathering place for exchanging ideas, building relationships and brokering business that will continue to shape the character and direction of our city, the region and the world.

At The Rainier Club we've nurtured a community of business, civic and creative leaders in a setting of first-class luxury and unprecedented service. A refuge from the ever-changing and chaotic downtown core, our Club is where you come to find community, negotiate business, recline by the fire, learn new skills, broaden your palate or spend uninterrupted time with friends and family.

From the moment you arrive, our staff aims to anticipate your every need—to both pamper and give you space.

Health Club

With the Club so close to the downtown hub, fitting a workout or exercise class into your busy schedule has never been easier. Or, more convenient.

Our health club facility offers a comfortable private space where you can tame your stress and challenge your body. It features state-of-the-art weight and cardio equipment and newly remodelled locker rooms. We offer daily laundry service,



one-on-one or group personal training, Pilates, and massage therapy to cater to your health and fitness needs.

Uncommon Accommodations

In a city full of hotel rooms in glass towers, The Rainier Club mansion offers a luxurious alternative in the heart of Seattle's business district. Its central location puts some of the city's best restaurants, shops and attractions just a short walk away.

Overnight accommodations in our landmark building are available to Club members, guests of members and reciprocal club visitors. Each of our spacious residential-style guest rooms, including the distinctive Club 504 suite, have been individually designed and appointed to emphasise comfort and modern convenience.

Member Dining

Both lasting personal memories and important business decisions are often made around a table. That's why dining at The Rainier Club has been elevated to an art—to ensure your experience is spectacular on every visit. With impeccable service as our hallmark, members are recognised by name and their preferences noted.

Our culinary team brings inspiration to our inventive menus that showcase regional cuisine at its freshest, brightest best. These artfully crafted meals can be savoured in our stylish main dining rooms. Or, you can enjoy catered private service in any one of our unique meeting room settings to make a truly memorable impression.

List of Reciprocal Clubs

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

Clubs in bold are recently added clubs to our reciprocal list



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First sail in Alaska

Royal Princess

Vancouver/Anchorage embark/disembark

7days Voyage of Glaciers

Canada - Vancouver | **Alaska** - Anchorage, Skagway, Juneau, Ketchikan, Glacier Bay National Park*, Hubbard Glacier*/College Fjord*

Date: May - Sep (Saturdays departures)

- Northbound sails to College Fjord, Southbound sails to Hubbard Glacier
- A must see UNESCO World Heritage - Glacier Bay National Park

* scenic cruising

Inside	Balcony
HK\$7,520 ^{up}	HK\$13,604 ^{up}

Regal Princess

Copenhagen embark /disembark

11days Scandinavia & Russia

Denmark - Copenhagen | **Sweden** - Stockholm | **Finland** - Helsinki | **Russia** - St. Petersburg* | **Estonia** - Tallinn | **Germany** - Berlin | **Norway** - Oslo

Date: 10 May | 1, 12 Jun | 4 Jul | 6, 17, 28 Aug

- Visit all 4 Nordic countries at once
- Stroll along in the river canals, explore the historical and cultural attractions by staying overnight at St. Petersburg.

#overnight at St. Petersburg
Latenight at Berlin

US\$100
ONBOARD CREDIT* GET

Inside	Balcony
HK\$15,164 ^{up}	HK\$17,114 ^{up}

Crown Princess

Southampton embark /disembark

12days British Isles

England - London (Southampton), Liverpool | **British Territory** - Gibraltar | **Ireland** - Cork, Dublin | **Northern Ireland** - Belfast | **Scotland** - Glasgow, Invergordon, Edinburgh | **France** - Paris/Normandy

Date: 24 Jul | 17*, 29* Aug

- Experience the British Culture by visiting England, Ireland, Northern Ireland and Scotland

#will not visit Liverpool, replaced by an overnight at Dublin; port order varies

Inside	Balcony
HK\$17,114 ^{up}	HK\$21,404 ^{up}

2019 MAIDEN SEASON

Sky Princess

Rome embark / Barcelona disembark

7days Mediterranean

Italy - Rome (Civitavecchia), Florence/Pisa (Livorno), Genoa | **France** - Toulon/Provence | **British Territory** - Gibraltar | **Spain** - Barcelona

Date: 27 Oct* | 10 Nov

- Maiden call at Rome, Florence/Pisa, Genoa, Toulon/Provence, Gibraltar

in reverse itinerary

Inside	Balcony
HK\$7,170 ^{up}	HK\$10,914 ^{up}

Majestic Princess

Shanghai embark /disembark

8days China & Japan

China - Shanghai | **Japan** - Tokyo (Yokohama), Shimizu, Osaka, Kochi

Date: 18 Aug

- Latenight at Tokyo & Osaka
- Enjoy the spectacular scenery of Mount Fuji while visiting Shimizu

Inside	Balcony
HK\$9,236 ^{up}	HK\$12,200 ^{up}

Diamond Princess

Yokohama embark /disembark

9days Sea of Japan

Japan - Tokyo (Yokohama), Toba, Takamatsu, Sakaiminato, Kanazawa, Sakata | **Korea** - Busan

Date: 23 Aug | 23 Sep

- Embrace yourself into the Yokai world at the hometown of the comic - *Ge Ge Ge no Kitaro* - while at Sakaiminato
- Visit neighborhood of the most watched serials in Japan - *Oshin* - in Sakata

Inside	Balcony
HK\$10,753 ^{up}	HK\$16,447 ^{up}



For more itineraries



* Onboard credit up to US\$100 (per cabin); free gratuities available on first two guests only. | Available on selected Alaska sailings till 30Apr2019 * Onboard credit up to US\$100 (per cabin) | Available on select Scandinavia & Russia sailings till 17Mar2019. 20% Non-refundable deposit for select promotion sailings. Please note that prices are listed per person, non-air cruise-only and based on double occupancy. Fares INCLUDE Taxes, Fees & Port Expenses. Terms & Conditions applied. Princess Cruises reserves the right to add, edit, modify, delete any contents without giving any prior notice.

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