

# OASIS

May-June 2019

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





# USRC Accommodation



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

## **Room rates**

From HK\$900 – Standard Room

From HK\$1,100 – Superior Room

(Subject to peak period rates)

## **Standard Amenities:**

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

## **Plus exclusive privileges:**

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



*We accept Visa and MasterCard*

**Contact room reservations for your stay at 3966 8600/ 3966 8678 or email [rooms@usrc.org.hk](mailto:rooms@usrc.org.hk)**





United Services Recreation Club

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www.usrc.org.hk

#### General Committee

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

**Treasurer** Felix Hart

Email: treasurer@usrc.org.hk

**Membership Director** K.C. Ng

**Projects & Security Director** Tom Hermann Duttman

**Sports Director** Eddie Wu

**Grounds, Environment & Community Director** Kenneth Chiu

#### Membership Sub-committee

K.C. Ng Andrew Kwan

Alfred Cheng Lily Tam

Joanne Martin Viveka Mansukhani

#### Disciplinary Sub-committee

K.C. Ng Eric Heung

Felix Hart Ringo Chiu

Eddie Wu Brian McArdle

Viveka Mansukhani

#### Sports Sub-committee

**Cricket** Michael Caves

**Football** Alan Urmston

**Lawn Bowls** David Robinson

**Rugby** Sam Hocking

**Squash** Chung Leung

**Tennis** Alfred Cheng

#### Sports Convenors

**Cricket** Prateak Singhi

**Football** Alan Urmston

**Lawn Bowls** Irene Leung

**Rugby** Marco Cassandro

**Squash** Colman Ng

**Tennis** Martin Li

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## CHAIRMAN'S MESSAGE

*Dear Fellow Members,*

Time really flies as the issue of this magazine marks the end of my second tenure of office, i.e., after 4 years of my being elected the first ethnic Chinese chairman of the USRC. I wish to take this opportunity to thank each and every one of you, Members and Staff alike, for your kind and staunch support to the General Committee (GC) during the time without which the Club would not be as wonderful and prestigious a place for Members to enjoy as it is today!

In this connection, just a gentle reminder that the USRC Annual General Meeting (AGM) will be held on Wed, the 26th June 2019. The Annual Report 2018 together with meeting agenda and individual proxy form will be circulated to Members beforehand for easy reference and voting in absence. Once again, there will be three positions, i.e., Chairman, Treasurer, and 1 Director's post on the GC vacated by the incumbents and thereby open for election/ re-election for anyone wishing to make his/ her contribution towards the welfare and development of the Club. After the meeting, there will be an opportunity for discussion on any matter you wish to raise from the floor with prior notification to the GC; and the all-important drinks and snacks for everyone to enjoy in the venue afterwards.

As far as Club affairs are concerned, in brief, we continue to maintain a healthy state of finance in terms of budget and control. Membership strength is stable and capped with new entrants being admitted on an attritional basis. It is sad to miss old faces as quite a number of long joined Members are leaving on grounds of retirement, emigration or foreign studies, but I must say the replenishment of vacancies does help to shore up the much-needed capital reserve through entrance fees to fund various major clubhouse repairs and maintenance projects being embarked upon by the Projects team in the imminent future. It is also understood that AGMs for various Sports Sections have been successfully held and GC assistance is rendered whenever need be in case of anomalies. You may notice that there have been some menu changes or improvements to suit Members appetite liking initiated by the Chef and F&B team newly on board. Any comment and suggestions from Members are welcome to be directed to the management for consideration and further enhancement, if viable.

Well, the so-called Golden Week is with us in HK now with many visitors, especially those from our Motherland, jamming in the streets around our neighbourhood. If you are not going away for a break, please avoid the crowd and avail yourself in the Club for more relaxed and leisurely afternoons with your family. The enjoyment of the ambience and greenery by the poolside in this oasis is just something out of this world!

*Patrick Cheung*  
Chairman



### 親愛的會員：

這一期會訊的出版，標誌著本人三軍會第二個任期完結，足見時光飛逝。本人非常榮幸出任首位華人主席四年任期，藉此衷心感謝每一位會員及員工，一直對執行委員會衷心和支持，促使三軍會成為更出眾和獲高度讚譽的會所。

在交接期間，再次溫馨提示年度週年大會將於2019年6月26號(星期三)舉行。2018年度報告連同會議紀錄及委任投票表格，將提前發給會員以作參考及缺席投票。三個執委會職位，包括：主席、司庫及董事，將接受各位有意為本會服務及貢獻的會員作競選或重選。週年大會完結後會舉行答問會，讓會員討論關注的議題，屆時亦會提供各類飲品及小食予會員享用。

關於會務，執委會未來將繼續維持健康的財務規劃及成本預算。目前會員增長人數持續穩定，正如前期所述，會員增長將已消耗性制度取替。部份長期會員因為退休、移民或到海外升學而退出，但我們必須補充安缺，透過新會費收入確保所需的資本儲備，應付未來各項維修和維護項目的開支。會內各個運動部門的週年大會已成功舉行，執委會亦於部份異常事件中提供協助。另外，本會新主廚和餐飲團隊上任後，已更替或更新部份餐飲菜單。歡迎會員提出任何意見和建議，管理層將考慮其中的可行性，以加強餐飲及食品的質素。

最後，不少旅客趁內地五一黃金周假期到港旅遊，特別是內地旅客量急增，街道商場皆人頭湧湧。若各位會員沒有出外渡假，又想遠離人潮，不妨舉家回到三軍會渡過一個舒適愜意的下午。在這個城市綠洲中的池畔，享受綠化和寫意的情調，是個無與倫比的體驗。

張伯陶  
主席





United Services Recreation Club

# **Notice of Annual General Meeting 2019**

**Notice is hereby given that the  
Annual General Meeting  
will be held in the  
Garden Marquee on**

**Wednesday 26 June 2019,  
at 7:00pm**

# Pathway Renovation

The pathways were recently renovated to provide a good and safe environment for our members. The GC Members designed to remove all defective and delaminated floor, screed and spalling concrete and replace it with the Ronadeck Resin Bound surfacing system.

The pathways from the side gate to the main entrance, lower car park to the main entrance and the steps leading up to the main entrance were all re-done. An additional ramp for easy wheelchair access was added to the pathway too.



## Employee of the Month – March

**Elaine Chin**  
Senior Waitress



## Employee of the Month – April

**Ye Xiao Qing**  
Ladies Room Attendant





## GENERAL MANAGER'S MESSAGE

*Dear Member,*

It would seem we skipped by Spring already as the temperature gauge rises above thirty in April! The activists will be out in force blaming climate change as the primary reason and even the most sceptical of us may start to agree.

You will be happy to know we have planned some indoor activities over the next few months. Starting on the 11th of May with a flower workshop, Mother's Day buffet on 12th May in the Garden Marquee and La Dominique Wine Dinner on 6th June with visiting guest chef Remy Joly in the Gascoigne Room.

The 23 hectare Grand Cru Classé in Saint-Émilion is close to the border with Pomerol with such illustrious neighbours including Château Cheval Blanc and La Conseillante. The dinner is limited to 36 seats so book early, as this is sure to sell out.

It is with regret that we inform you that Marco Veringa, Head Chef/ F&B Manager of nine years resigned to pursue different opportunities. Marco contributed greatly to enhancing food & beverage and during his tenure, we witnessed many upgrades that left a positive impact on the Club. We wish him well in his future endeavours.

On a positive note, you will see a familiar face who returned to USRC after taking up several challenging roles in the private sector. Singh San takes over as Food & Beverage Manager focusing on service, staffing, promotions and banquets.

Add us on Facebook and Instagram USRC\_1911 to catch up on all the latest news.

As always, see you around the Club.

*Noel Burns*  
General Manager



### 親愛的會員：

春意未抓緊，暑氣四月份已悄悄輕滲，環保人士會將這個現象歸咎於氣候變化，惟也不得不承認事實如此。

我們已為未來幾個月準備了各項精彩的室內活動，包括：5月11號的花藝工作坊和5月12號於Garden Marquee舉行的母親節自助餐活動。另外6月6號，嘉賓廚師Remy Joly將蒞臨Gascoigne Room舉行一場La Dominique晚宴。

老饕一定熟知著名的Grand Cru Classé。佔地 23公頃的Grand Cru Classé酒莊位於波爾多產區Pomerol邊境，鄰居包括Château Cheval Blanc和La Conseillante。是次晚宴限定36個座位，為免向隅，請從速預訂！

另外，服務三軍會九年的Marco Veringa，因為追尋其他發展，將辭任主廚及餐飲部經理職位。在過去接近10年，Marco Veringa貢獻良多，大力提升會內餐飲及宴會質素，帶來不少讚譽及高度評價。謹代表本會向他致以最衷心的感謝，祝他一帆風順。

我們不捨老將的離任，但欣喜是另一位熟悉的面孔重回三軍會大家庭。Singh San將會接任餐飲部經理，主力服務提升、員工培訓、推廣及宴會。我們已增設三會軍Facebook及Instagram 帳號USRC\_1911，請踴躍加入我們專頁，以取得各項最新消息。

一如以往，期待在三軍會與您相聚！

*Noel Burns*  
總經理

# Easter Brunch Buffet

During the long holiday weekend starting on 21 April, around thirty children and their parents had a wonderful time celebrating the USRC Easter Brunch Buffet which was held at the Garden Marquee. The buffet was very sumptuous and it was followed by the traditional Easter egg hunt in the playground.

Eggs were hidden in the playground for the children to find and both parents and children had a great deal of fun in their search. This was especially a delight for the parents when they saw the delight on the kids' faces every time the kids found a hidden egg.

A special thank you must go out to the F & B team and organisers for another fun year of Happy Easter egg hunting!







# Homestay with a Heart™

♥ "Better local"™ in Vancouver BC! ♥

## English Immersion, Leadership & Adventure Summer camp July | August 2019, Vancouver, Canada

Homestay with a Heart™ is a trademark of Creative Social Enterprises Ltd., registered with Corporations Canada, founded on Christian principles, and based in Vancouver BC. We are excited to welcome you to our unique local immersion program designed to help you experience the life of a local Canadian youth your age this summer, while improving your English and leadership skills!



### ***What makes this program unique?***

In most summer programs, students only get to spend time with other international students. In partnership with other like-minded organizations such as Salvation Army and Beyond Malibu, we are excited to offer you a real Canadian summer experience where you get to participate in the activities that local Canadian youths do during the summer, with the local Canadian youths!

### ***Program Objectives:***

- ✓ Become more fluent in English
- ✓ Develop leadership skills through classes, volunteering, and outdoor adventures!
- ✓ Experience the life of a local Canadian youth your age!
- ✓ Enjoy Vancouver and outlying islands during the best season of the year, when the sun shines till 10pm and the weather is perfect, around 20° Celsius!
- ✓ Study at world class universities: University of British Columbia (UBC) & Simon Fraser University (SFU)

### ***Targets:***

- \*Intermediate/advanced/fluent English speakers
- \*13-19 years old (grouped according to age)

### ***Highlights:***

- ✓ Homestay with local Canadian families while in Vancouver (accommodation in cabins or tents while on trips, with same gender)
- ✓ English Enrichment class at UBC or Global Leadership / Pre-University class at SFU
- ✓ Volunteering (environmental/other causes)
- ✓ Trips to beautiful outlying islands around Vancouver (Sunshine Coast; Gambier Island; Pender Island)
- ✓ Hiking, sailing, and sea kayaking trips
- ✓ Sightseeing and other fun activities!

*\*Exact activities differ from week to week*





## English Immersion, Leadership & Adventure Summer camp

**July-August 2019** *(program subject to change)*

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
July 1	2	3	4	5	6	7
Canada day celebration on Granville Island	UBC Scavenger Hunt	Museum of Anthropology at UBC	Jericho Beach	Camping/volunteering at Pacific Spirit/Burnaby Lake/Capilano Park (Age 13-18 only)		
8	9	10	11	12	13	14
Sailing or Hiking trip at Gambier Island						
15	16	17	18	19	20	21
UBC / SFU Scavenger Hunt	Kayaking	Ice-skating at UBC Olympic Rink	Stanley Park	Camping & volunteering at Pacific Spirit/ Burnaby Lake/Capilano Park (Age 13-18 only)		
22	23	24	25	26	27	28
Gastown	Watermania	Granville Island	Metrotown shopping	Camping & volunteering at Pacific Spirit/ Burnaby Lake/Capilano Park (Age 13-18)		
29	30	31	Aug 1	2	3	4
Full day: Global Leadership training at SFU (Age 13-17) or Volunteering at a local charity (Age 17-19)				Camping & volunteering at Pacific Spirit/ Burnaby Lake/Capilano Park (Age 13-18)		
5	6	7	8	9	10	11
Hiking trip at Gambier Island				Camping & volunteering at Pacific Spirit/ Burnaby Lake/Capilano Park (Age 13-18)		
12	13	14	15	16	17	18
Day at UBC: Scavenger Hunt & Musuem of Anthropology	Day trip: Grouse Mountain	Day trip: Lynn Canyon Park	Kayaking trip along			
			Day trip: Jericho Beach & Granville Island	Day trip: Downtown & Gastown	Hiking trip along	
19	20	21	22	23	24	25
Princess Louisa Inlet (Age 15-19 only)			Day trip: Playland	Metrotown shopping / Farewell Party	Free time with homestay family	Free time with homestay family
Princess Louisa Inlet (Age 15-19 only)						
Arts and Performing Arts camp at Sunshine Coast						

### Sample daily schedule in Vancouver Monday to Friday: (when not on trips)

<b>Morning</b> (Jul 2-26)	English Enrichment Class at <u>UBC</u> (July 2-26) or Pre-University class in Medicine & Business at <u>SFU</u> (July 2-12, Age 13-16 only) – FULL DAY Pre-University class in Medicine & Law at <u>SFU</u> (July 15-26, Age 13-16 only) or – FULL DAY Camp at <u>Pender Island</u> (July 21-26, Age 13-15 only) – FULL DAY
<b>Afternoon</b> (Jul 2-26)	Outing / Sightseeing / Sports / Arts & Crafts (except for those in FULL DAY programs above)
<b>Evening</b>	Free time with homestay family / homework / relax / reflection

# Homestay with a Heart™

♥ "Be good local"™ in Vancouver BC! ♥

## English Immersion, Leadership & Adventure Summer camp



### Fee chart:

Registration fee	\$250 (Early bird discount: \$175 before Apr 30. \$215 before May 15.)
2 weeks	\$2600
3 weeks	\$3750
4 weeks	\$4800
5 weeks	\$5750
6 weeks	\$6600
7 weeks	\$7500
8 weeks	\$8395
Extra day (per night)	\$200

\*Fee covers all programs, accommodation, meals, and transportation during the weeks. It does not cover airfare, insurance, visa (if needed), and other personal expenses. Student must have international medical insurance.

*All prices in USD. Group discounts available.*



### How to register:

1. Space is limited! Reserve your spot now by filling out application form online at <http://summer.homestayheart.com/> and paying the registration fee.

2. Program fee, medical, consent and personal info forms due after registration.

You may pay here: <https://homestaywithaheart.paytostudy.com/>. We also accept wire transfer, interac e-transfer, or PayPal. Please email [homestayheart@gmail.com](mailto:homestayheart@gmail.com) for an invoice for these other payment methods.

Questions or comments? Check out our FAQs at [faq.homestayheart.com](http://faq.homestayheart.com) or contact [homestayheart@gmail.com](mailto:homestayheart@gmail.com) or ☎ +1.604.367.5193 or 94916903 in HK.



# Mother's Day

  
United Services Recreation Club  
Kwai Kwai Tsuen Kapt. Service



## Brunch Buffet

♥ 12th May 2019 (Sunday)  
♥ 11:30am - 2:30pm  
♥ Garden Marquee

Early bird: before 1 May 2019  
HK\$ 438/Adult & HK\$ 175/Child  
HK\$ 488/Adult & HK\$ 195/Child  
Children aged between 3 and 11



### Chilled Juices Station

#### Appetizers

Home smoked salmon with capers and red onion  
Italian grilled vegetables  
Kalamata and green olives  
Butcher's cold cut platter  
Tomato carpaccio with mozzarella cheese

#### Seafood station

Chilled prawns  
Oysters shucking station

#### Salad bar

Caesar salad  
Organic quinoa salad, feta cheese, beetroot squash with yuzu dressing  
Chicken and pomelo with soft herbs and cucumber salad  
Potato, eggs, sweet corns and crab roe salad  
Waldorf salad  
Baby radish with mixed green salad (with dressing)

#### Soup

Wild mushroom soup  
Chinese soup  
Assorted whole breads and bread rolls

#### Cedar Planked Salmon Station

Salmon fillet, sea salt, lemon and fresh thyme

### Roasted Suckling Pig

with apple sauce

### Roasted Whole Lamb

with mint sauce and gravy

### Main Course

Slow cooked pork loin with mushroom sauce  
Portuguese chicken  
Baked spaghetti with tuna  
Chinese style braised oxtail  
Steamed grouper with soy sauce  
Chicken makhana  
Salsify in a creamy truffle sauce  
Broccoli with garlic  
Vegetable ratatouille  
Creamy gratin potatoes  
Steamed rice

### Desserts

Fresh fruit platter, Chocolate brownie  
Mini donuts, Cappuccino cake  
Salted caramel cake, Mini cupcake  
Mango passion layer cake, Mini lamingtons cake  
Bread and butter pudding, Apple crumble

Tea or Coffee

For reservations, please call: 3966 8632

or E-mail: Ms. Karen Yip at [fnb.adm.asst@usrc.org.hk](mailto:fnb.adm.asst@usrc.org.hk)

LIKE US ON :



#USRC\_1911



United Services Recreation Club  
Hong Kong's Best kept Secret

# Home away from home

**We are pleased to present you with our Irresistible Spring Package rates for booking our Standard Room/ Superior Room with complimentary daily continental breakfast at the Garden Café.**

## **Special Spring Package Rates:**

- From HK\$880 – for Standard Room
- From HK\$1,080 up – for Superior Room (per room, per night)

## **Plus Exclusive Privileges:**

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

## **Terms and Conditions:**

- Offers are valid from **1 May until 30 June 2019**.
- Promotion applies to bookings that were made between 1 May and 29 June 2019.
- Room rates are per room per night basis.
- Offers are applicable for new booking only and the options have to be confirmed upon making reservation.
- Packages are subject to room availability, advance reservation is required.
- Offers cannot be used in conjunction with any other discount and promotional offer.



**Contact room reservations for your stay  
at 3966 8600 / 3966 8678 or email [rooms@usrc.org.hk](mailto:rooms@usrc.org.hk)**



# Château La Dominique & La Terrasse Rouge wine dinner



## La Terrasse Rouge Chef, Remy Joly

Remy Joly was classically trained in a fine dining establishment from the age of fourteen. After his apprenticeship in Paris he worked as a private chef for the French Ministry of Defense before moving abroad. He spent a season working on the Orient Express in Italy, followed by twelve years in the UK where he worked as Head Chef in accoladed gastro pubs and fine dining restaurants in the South East.

Whilst working in the UK, Remy developed a passion for sourcing and cooking locally grown produce, which he has continued to do since his return to France in 2010. Remy has been the Head Chef at La Terrasse Rouge in Saint Emilion since September 2017.

## The winery

Château La Dominique, a 23 hectare Grand Cru Classé in Saint-Émilion, is located on a beautiful site, close to the border with Pomerol. Such illustrious neighbours include Château Cheval Blanc and La Conseillante. The Château has been owned by construction tycoon, Clément Fayat, since 1969.

Nowadays, Château La Dominique skilfully harmonises modernity and tradition, with a high-tech cellar designed by

Jean Nouvel and they have also introduced new techniques in the vineyard. These are intense, ripe and opulent clarets which are hard to resist!

## The restaurant

La Terrasse Rouge, at Château La Dominique, is a recent addition of trendy restaurants to Saint-Émilion. Situated on top of the bright red cellars of the contemporary château, designed by Jean Nouvel, with a panoramic terrace covered with beautiful red glass pebbles reminiscent of a bubbling cap of fermenting wine, the restaurant overlooks Château Cheval Blanc which is situated right next door.

Owned by Clément Fayat, La Terrasse Rouge was opened in April 2014. Under the guidance of Chef Bruno Grandclement, they are committed to seek fresh produce to provide quality fine taste of South-West France.



# USRC 3-on-3 Basketball Tournament

For basketball lovers in the USRC, you may well have played 3-on-3 matches before. Do you know it will become a new Olympic sport in 2020? On a sunny Sunday 17 March, USRC organised the first 3-on-3 basketball tournament on the multi-purpose court for members to experience this new & fast basketball game.

Four teams entered into the tournament with each team playing a total of 4 games. In the Men's 8-11 category, "The Killer Whales" – lead by team captain, Jayden Yeung, had a challenging battle on but they didn't give up and had a close fight against another elite team, "Kidult Sports". In the Men's 18 years old & above, with the help of our members Krishna Dugar & Dhruc Agrawal, "USRC Staff" was able to win a game against another elite team, "Baywatch".

Good work from all the players and see you all next year!









## Group Regular Swimming Programme (2<sup>nd</sup> May – 29<sup>th</sup> June, 2019)



- Lessons and training will start on 2<sup>st</sup> May, 2019 and the programme and schedule will be posted on a bi-monthly basis.
- To ensure your child gets the most out of their lessons, please let them arrive on time with swimming suits, caps and goggles adjusted. Please do not let your children swim before their lessons on cold days.
- The aim of the programme is to have swimmers learning gracefully and efficiently and to develop a love for the water/ personal survival. Classes have specific focus on technique and stroke correction, while ensuring swimmers are in a safe and enjoyable environment.
- The programme will be held by experienced coaches with Swimming Coaching Qualification from Hong Kong Swimming Coaches Association.

### Group Regular Swimming Timetable (No classes on Sundays and public holidays)

#### **Toddlers** Ratio 1:3-4\*)

Suitable for 3-5 years old who cannot swim. (Basic swimming skills including water safety, holding breath, floating, gliding, kicking)

Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
T1	Monday	6/5 – 24/6	4:15pm – 5:00pm	7	\$1,470	\$1,820
T2	Tuesday	7/5 – 25/6	4:15pm – 5:00pm	8	\$1,680	\$2,080
T3	Wednesday	8/5 – 26/6	4:15pm – 5:00pm	8	\$1,680	\$2,080
T4	Saturday	4/5 – 29/6	9:00am – 9:45am	9	\$1,890	\$2,340

#### **Toddlers** (Ratio 1:4-6\*)

Suitable for 6 years old & above who cannot swim.

(Basic swimming skills including water safety, holding breath, floating, gliding, kicking and beginner freestyle/ breaststroke)

Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
T5	Monday	6/5 – 24/6	5:00pm – 5:45pm	7	\$1,470	\$1,820
T6	Wednesday	8/5 – 26/6	5:00pm – 5:45pm	8	\$1,680	\$2,080
T7	Saturday	4/5 – 29/6	9:45am – 10:30am	9	\$1,890	\$2,340

#### **Intermediate** Ratio 1:4-10\*

Suitable for swimmers who can swim freestyle or breaststroke correctly for 50m.

(Continue to learn freestyle/ breaststroke as well as backstroke, build up endurance and learn starting for competition)

Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
I1	Tuesday	7/5 – 25/6	5:00pm – 5:45pm	8	\$1,600	\$2,000
I2	Thursday	2/5 – 27/6	5:00pm – 5:45pm	9	\$1,800	\$2,250
I3	Saturday	4/5 – 29/6	10:45am – 11:30am	9	\$1,800	\$2,250

#### **Advanced** Ratio 1:4-10\*

Suitable for swimmers who can swim freestyle, breaststroke and backstroke for 50m each.

(Continue to build up endurance and strength for butterfly as well as competitive starts and turns)

Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
A1	Tuesday	7/5 – 25/6	5:45pm – 6:45pm	8	\$1,760	\$2,160
A2	Thursday	2/5 – 27/6	4:00pm – 5:00pm	9	\$1,980	\$2,430

#### **Masters Swimming** Ratio 1:4-10\*

Suitable for adults who can swim already and intend to improve their endurance and keep fit.

(Swim as a team and achieve better technique/ longer distance in a fun & challenging environment)

Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
M1	Tuesday	7/5 – 25/6	7:30pm – 8:30pm	8	\$1,760	\$2,160
M2	Thursday	2/5 – 27/6	7:30pm – 8:30pm	9	\$1,980	\$2,430

#### **Masters Stroke Clinics** Ratio 1:4-10\*

Suitable for adults who cannot swim and want to become a stronger swimmer by improving technique and efficiency in the water.

(Focus on all strokes and distances according to the ability of the swimmers)

Code	Day	Period	Time	Lessons	Member's Fee	Member's Guest Fee
M3	Monday	6/5 – 24/6	7:30pm – 8:30pm	8	\$1,760	\$2,160
M4	Wednesday	8/5 – 26/6	7:30pm – 8:30pm	8	\$1,760	\$2,160

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

**For enquiries, please contact Eric Fung at [sports@usrc.org.hk](mailto:sports@usrc.org.hk) / 9603-9620 or Reception at 3966 8600**



# **Diving Board Safety Rules**

## **Opening Hours:**

Session 1: 9:30 am to 12:00 noon

Session 2: 2:30 pm to 5:00 pm

Session 3: 7:00 pm to 8:30 pm

(Close for pool cleaning on every Monday from 10am to 12noon. If the day falls on public holiday, the cleaning day will be rescheduled for next weekday.)

## **Safety Rules:**

- \* Swimmers 11 years old and above or holding a certificate of competence test
- \* Only one person at a time is permitted on the diving boards.
- \* Before Diving make sure the surrounding area in the pool is clear.
- \* No Diving from the side of board.
- \* After completing your dive, you must immediately vacate the pool to the side, swimming away from the diving area to avoid any collisions.



United Services Recreation Club  
Hong Kong's Best Kept Secret

# **NO-SHOW PENALTY** **FEEES** **for Sports Facilities**

Please be informed that a NO-SHOW Penalty fee for all facilities will be in effect as of  
**1st May 2018**

- **PLEASE SIGN IN FOR THE FACILITIES AND SIGN IN YOUR GUESTS BEFORE PLAYING**
- **A PENALTY(*HK\$100 per booking*) WILL BE LEVIED ON MEMBERS WHO DO NOT SIGN FOR THE COURT WHETHER THE COURT HAS BEEN USED OR NOT, UNLESS A REASONABLE EXPLANATION HAS BEEN GIVEN TO THE GENERAL MANAGER**

USRC Management  
1 May, 2018



# 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)

### Chris Hunt

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

#### Drop-in group lesson:

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

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

Thursday: 4pm – 6pm (improvement class II)

#### Private lesson (for members only):

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

### JC Tennis Coaching Co

Jay Chang  
Certified & Completed ITF Level 1, 2  
Tel: 9449 8077  
Email: seojae.chang82@gmail.com

#### Private Lesson (1:1)

\$650 per hour (member)  
\$700 per hour (guests)

#### Packaged Private Lesson (1:1)

\$3,150 per 5 lessons (member)  
\$3,400 per 5 lessons (guests)

\*Contact Jay for Group Lesson (minimum 2 to 4 or more)

## Yoga

### Jesse Tong

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

## Sunday

## Monday

## Tuesday



5

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

6

- Pilates Group Class 4 pm

7

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

12

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

13

- Pilates Group Class 4 pm

14

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

19

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

20

- Pilates Group Class 4 pm

21

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

26

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

27

- Pilates Group Class 4 pm

28

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



## Wednesday

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)

## Thursday

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)

## Friday

3

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

## Saturday

4

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Court 1&2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

8

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

9

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

10

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

11

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Court 1&2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
- Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games)
- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

15

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

16

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

17

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

18

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

22

- 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

23

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

24

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

25

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

29

- 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

30

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

31

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



## Sunday

## Monday

## Tuesday



2

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

3

- Pilates Group Class 4 pm

4

- 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

9

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

10

- Pilates Group Class 4 pm

11

- 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

16

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

17

- Pilates Group Class 4 pm

18

- 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

23  
30

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

24

- Pilates Group Class 4 pm

25

- 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



5

- 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

6

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
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- Senior Cricket 7 – 9 pm

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- Playgroup 9:30 am – 11:30 am
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- 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)

12

- 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

13

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
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- Senior Cricket 7 – 9 pm

14

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- Football Legal League games
- Taekwondo 4:30 – 6 pm (Squash court)
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19

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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

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- LB League Team Practice 6:30 pm – 9:30 pm
- Senior Cricket 7 – 9 pm

21

- 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)

22

- 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)

26

- Social LB 2:30 pm – 6:30 pm (Club members)
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27

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28

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- Taekwondo 4:30 – 6 pm (Squash court)
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- 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)



# Football News

**Alan Urmston**  
Football Convenor



As the season reaches its climax, USRC have a big chance of silverware to add to its collection.

## USRC Gunners

Gunners have had a very good season so far and at the time of going to press were lying in joint third place in Division One of the Legal League.

Pos	Team	P	W	D	L	F	A	GD	Pts
1	Discovery Bay FC	21	18	1	2	61	29	32	55
2	Wanchai Spartans	21	13	2	6	69	32	37	41
3	J Leaguers	21	12	2	7	49	26	23	38
4	USRC Gunners	21	11	5	5	43	27	16	38
5	Goodfellas FC	21	8	6	7	42	42	0	30
6	HK Scottish	21	8	5	8	52	41	11	29
7	Corinthians	21	8	5	8	40	48	-8	29
8	Forward	21	7	4	10	47	62	-15	25
9	Club Tropicana FC	21	5	7	9	35	45	-10	22
10	Soho Spartans	21	6	3	12	37	54	-17	21
11	HK Krauts	21	3	5	13	29	72	-43	14
12	Bants Raptors	21	3	3	15	30	56	-26	12

With Discovery Bay miles in front, they are playing now for runners-up spot, but that is no small achievement, especially as they are also in the Final of the Legal League Cup, which will have been against Mes at the HKFA Training Centre at Tsueng Kwan O on Saturday 27th April. Gunners defeated Wanchai Spartans 3-2 in a thrilling semi-final on 16th March, thanks to goals from Nathan Els, Gwilym Cornes and the winner from Ian Armour.

To win the Cup and finish runners-up in the League would amount to a very successful season for the Gunners.



Gwilym Cornes attempts an overhead kick during the Legal League Cup semi-final Gunners (in blue) v Wanchai Spartans (red)

## USRC 1911

The season for USRC 1911, would play in the Legends League (for Over-35's) has been less successful and in April the team was lying in fifth place in the League:

Pos	Team	P	W	D	L	F	A	GD	Pts
1	Godfathers	10	8	2	0	54	10	44	26
2	Spartans Masters	10	7	1	2	31	13	18	22
3	HKFC	9	4	3	2	27	22	5	15
4	DBFC Vets	10	3	4	3	27	15	12	13
5	USRC 1911	11	4	1	6	27	33	-6	13
6	BTDT	11	4	1	6	21	42	-21	13
7	Kennedy Town FC	10	3	1	6	11	25	-14	10
8	AFC Forward Seniors	11	1	1	9	4	42	-38	4

This season's stand-out team has been Godfathers, who have been terrific, and have been bolstered by the presence of former Liverpool, Portsmouth and England international David James.

To be fair, David, a top-class professional goalkeeper in his day, has not played between the sticks for Godfathers (whose manager is an old school friend). He has instead tended to play centre-forward.

1911 have sometimes found it difficult to field a consistent XI given how busy everyone is and it has been reflected in their results. But they have and do continue to enjoy it.





David James, with USRC goalkeepers, Matt Chan (Gunners) and Rick Leone (1911) (left)

## USRC Vitesse

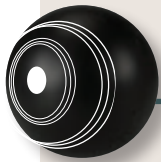


Vitesse, the Club's social team, has continued to provide 11-a-side football for its members and have played 8 games so far this season, including four in the fledgling Over-45's League. In addition, there have been games against local sides and in the last one, against Ching Li Engineering, Vitesse ran out 4-0 winners, which boosted morale after a sequence of defeats. Vitesse also came up against David James when he played for Godfathers Over-45's and he scored against us in a 3-1 defeat. We plan to play more games in this league before the end of the season, combined with games against local teams.

## USRC Football Academy

Our junior football academy is run by Brasil Top Skills (BTS) ([www.brasiltopskills.com/](http://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.

If you would like to get involved in USRC Football, check out the notice board for further information or drop me a line ([alanu@netvigator.com](mailto:alanu@netvigator.com)).



# Lawn Bowls News

by Irene Leung  
Lawn Bowls Convenor

This issue reports about activities during March and April.

March was a relatively quiet period for Lawn Bowls Section as this is a resting period for all league games.

## Green improvement – sand lay

The Sub-Committee decided to make use of this time to arrange improvement of the greens condition by applying a new layer of sand all over. We believe this spring season is best time for grass to grow healthily.

Sand lay is not new and had been a normal practice for lawn bowl section. This year, we targeted the sand lay to be carried out on 10 March. Unfortunately, an unfavourable condition of scattered rain forced us to postpone the event until 12 March.

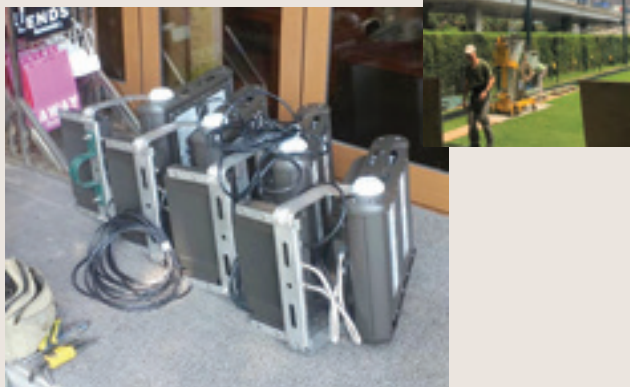
Despite the short notice, many enthusiastic members came back to help in this activity which was very tough and required a lot of strength and energy. Together with the staff assigned by GC, the event was carried out smoothly and efficiently from morning till late afternoon. We really appreciated all those who rendered their helping hands to make this activity duly accomplished.





### Additional LED light installation

During this closed green period, the addition of LED lights was also arranged to further improve the illumination of the green in the evening period. Thanks must be extended to the GC and their facility & maintenance team. Of course our Greens Convenor played the most important role in this improvement project.



### Happy bowl in public green while Club green closed for maintenance

Our Social Officer managed to book 4 rinks of an indoor carpet green venue at Ap Lei Chau on 9 March, enabling 32 members to enjoy lawn bowling during the greens closure period. Such activities also assist members to practice more on carpet green as our Club is not equipped with an artificial green. Members usually found such activities very worthwhile joining, and after the game many of them would go together for dinner to eat and chat further before the activity finally ended.



### League-end dinner

Our Winter Triple League ended on 3 March and our League-end dinner was held that same evening.

This year we chose a Chinese menu. Besides enjoying the dinner, this was also an evening for presenting prizes for the outstanding players over the season.

### Club Single 2018 Competition

Women:

Champion- Liana Lee

Runner up – Irene Ho

Men:

Champion – Michael Sham

Runner up – Calvin Chan

### Club Top Player

Women – May Chung

Men – Elton Chang







Club Single Men's & Women's Runners-up, Calvin Chan & Irene Ho (1st & 3rd from left)



Club Singles Men's & Women's Champions, Michael Sham & Liana Lee (2nd and 3rd from left)



Men's Top Player, Elton Chang



### Aitkenhead Competition

Our Section sponsored one team each for Men's & Women's teams to participate in the Aitkenhead Fours competition.

This year one team of Men and 2 teams of women enrolled to participate.

Men's Team:

KK Chan, Vincent Chung, Nick Auyeung & Ricky Mak

Women's teams:

1. Liana Lee, Sandy Lau, Annie Yeung & Ann Lam

2. Peggy Lip, Tammy Tam, Joanna Wong, & Cindy Robinson

After draw of the two women's teams, team 1 had been picked as the team that got the sponsorship.

## Open green and happy bowl

We had roast pig cutting and bai sun at 1:00 pm on 7 April followed with happy bowl.

Weather was very promising. Over 40 participants joined the event and we treated it as fun day for lawn bowl section. This was a good opportunity to try our new green after the sand lay. This also denotes we would be prepared to enter our Summer Premier League session.



## 2019 Premier League

This year we have the same as in previous years with 3 Men's and 2 Women's teams playing in the 2019 Summer Premier League with the first game on 13 April. Wish us all a good game and good luck!







# Squash News

**Colman Ng**  
Squash Convenor



## HK Squash Winter League update

As the Winter League is coming to an end, we are pleased to see that a few USRC teams are likely to have made it to the Final play-offs. Despite trailing behind the top teams by a substantial margin, we are hopeful that Teams 2 and 4 should be able to end up in the upper half of the league table to qualify for the Final play-offs. Team 3 in Division 13A have done us proud by clinching the Championship well before the end of the league season and maintained an unbeaten record throughout the league campaign. Team 1 had made a particularly remarkable comeback and managed to climb back to fourth position to qualify for the Final play-offs after a few critical victories at the final stage of the competition. Congratulations to Joe Wong and Kermit Yuen, the respective convenors of Team 1 and 3, and their team members for a job well done.

## Development of young players

The Squash Section is always conscious of the need to inject young players into the Section, hence our continuous efforts in instilling interests amongst the junior players in squash. Our junior players competing in the Winter League Division 19A are doing well so far considering that they are beginners competing in the Main League for the first time. Being positioned in mid-table with 3 more matches to go we are hopeful that our junior team will make it to the Final play-offs and we would not be surprised if they will eventually attain some silverware. To sustain our efforts in promoting squash amongst our young members, the Squash Section is planning to field a team of junior players in the forthcoming Summer League. Also, a new category of junior tournament will be introduced to our annual Club Tournament for those below the age of 14. It is hoped that through such competitions our junior players will make continuous improvement to their skills and match fitness; gain further experience and confidence in the open competitions. It is also planned that another series of induction training sessions will be arranged in the coming months, mainly

targeting beginners who would like to take up squash as a regular sport.



Young Aidan enjoyed his hard-earned victory against a tough opponent in the Main League”



Ilyas Gull attending a refresher clinic at the HK Squash Centre

## Referee refresher clinic

In accordance with the HK Squash League regulations, all registered players must attend the HK Squash Referee Training Course. Team convenors shall also be responsible to ensure that all team players attend the refresher clinic once every three years in order to meet the relevant requirements to be continuously proficient with the rules of the game. Failure to attend the required training course or refresher clinic will result in deduction of one point per match from the team scores for each match in which the player concerned has played. This serves as an important reminder to all team convenors and league players so that our teams would not drop points unnecessarily.





Our squad of junior players with their parents

### Racquet stringing service

As squash is a highly vigorous sport, squash racquets are prone to be damaged over time. The most common damages include broken racquet frames and strings. With the right equipment and expertise, squash racquet strings can be economically replaced by using a stringing machine. However, racquet frames are mostly made of carbon fibre and once broken are almost beyond repair.

In view of the need for frequent and recurrent restringing service, the Squash Section has procured a stringing machine and is in a position to offer stringing service at a nominal cost. Chris Leung and Ken Yam, who have been suitably trained to operate the machine, have kindly volunteered to offer their services to members in case of need. You are most welcome to contact them for such professional service.



Squash racquet stringing machine

### Revisit to USRC by former Squash Section Member

An old friend of the USRC and former member of the Squash Section, Sam Lee, together with his son, visited our Section on 25 March after a long period of absence. During his time with the USRC, Sam had been very supportive and generous in contributing to the various Club activities. He also took the opportunity to renew acquaintance with old friends and had a few friendly games with our section members. They were offered drinks in the Gunners afterwards.



Sam Lee and his son with our squash coach



Sam Lee meeting old friends of the Squash Section



# Tennis News

**Martin Li,  
Tennis Convenor**



## Tournament 2019

The Tournament 2019 consisted of Men's Singles & Men's Doubles, Mixed Doubles and Doubles' 120+. It was a pity there were no Ladies' Singles & Doubles due to insufficient lady players; hopefully next year.

During three consecutive weeks in Saturday and Sunday, we arranged over 40 matches for our players to achieve the Championship. Meanwhile, they could challenge their physical capacity as well as tennis skills through the matches. In Doubles' 120+, I was very surprised all senior players could play continuously for 4 matches over 3 hours. Their fighting spirit had inspired the audience as well as receiving their appreciative applause.

The Tournament was successfully completed and appreciated by everyone who supported it, in particular our committee member Maide Sun and her husband by taking an important involvement in every match in the tournament.

We congratulate everyone who won a prize and encouraged any player less fortunate to improve their tennis skills and keep challenging themselves for next year's tournament.

The result is as follows:

Event	Champion	1st Runner up
Cup Men's Singles	Ayran Jain	Thomas Lee
Plate Men's Singles	Kenneth Hui	Kenneth Chiu
Cup Men's Doubles	Kenneth Chiu/ Clive Yip	Eddie Wu/ Ken Chan
Plate Men's Doubles	Barry Yung/ Eric Tai	YC Hui/ Kenneth Hui
Cup Mixed Doubles	Kevin Tang/ Charmaine Chau	Brian Zee/ Lin Pang
Plate Mixed Doubles	Clive Yip/ Halima	Karl Tang/ Karen Lau
Doubles 120+	Dennis Ng/ Kevin Tang	Eric Tang/ Katy Chan



Men's Singles, Byron So and Y.C. Hui



Men's Singles, Thomas Lee (Cup 1st Runner up) and Ayran Jain (Cup Champion)



Men's Singles, Willy Wong, his son and Albert Lai





Men's Singles, Kenneth Hui and Kenneth Chiu



Men's Singles, YC Ho and Brian Ho



Men's Doubles, Clive Yip, Kenneth Chiu, Ken Chan and Eddie Wu



Mixed Doubles, Brian Zee, Lin Pang, Charmaine Chau and Kevin Tang



Doubles' 120+, Martin Li, Andy Chan, Maide Sun and Alan Luk



Mixed Doubles, Lin Pang, Brian Zee, Karl Tang and Karen Lam



Doubles' 120+ From left Dennis Ng, Kevin Tang, Katy Chan, Eric Tai



Mixed Doubles, Clive Yip, Halima, Sweta Jain and Arun Jain





Mixed Doubles, Simon Fung, Cynthia Chan, Isa Lam and Alfred Cheng



Mixed Doubles, Anna Chan, Kenneth Chiu, Halima and Clive Yip



## 2019 Tennis Section Annual General Meeting and Annual Dinner

We are pleased to inform you that the 2019 AGM and annual dinner will be held at 630pm and 730pm respectively on Saturday May 4 at the Garden Marquee, USRC. All members of the tennis section are cordially invited to attend both events. Your presence is very important to help the committee pass a few proposals and confirm several re-election positions for the future development of the section. We would also like to invite you to join the 'Happy Tennis' scheduled from 2pm to 6pm on the same day for fun and a charity. The annual buffet dinner is charged at HK\$300 per member/ guest, and the joining of happy tennis is charged at HK\$100 per player. Registration is required on a first-come, first-served basis.

On behalf of the Tennis Sub-committee, we sincerely invite you to attend all three events. Thank you in anticipation for your support.

## Excellent Member

"Dash out of Hong Kong and walk up to the world" is a good description for our Club Member, Kyle Tang, who was born into tennis – his father Kevin Tang, mother Karen Lam and his elder brother were fascinated in tennis and achieved many prizes in our Club. I believe that he has been affected by his family from a very young age and has been developing his excellent tennis career. He was trained at a tennis school in Spain and went to various countries for matches to achieve a higher world ranking.





Setting up of an iPhone



Using an iPad for the console



Repeating the image due to one of the player's line calls

## Hawk-eye system

In order to widen our horizon, our committee arranged a hawk-eye system in the Mixed Doubles and some Singles matches. Hawk-eye is a computer system used in numerous sports such as cricket, tennis, badminton, rugby and football, to visually track the trajectory of the ball and display a profile of its statistically most likely path as a moving image.

During the tournament, the system provided more accuracy to judge whether the ball is out or not and there is no doubt that it would reduce the workload for an umpire. But the disadvantage of this system is so expensive for using in a small scale tournament.


I would like to thank Ken Chan, the Deputy Convenor, who invited this company to demonstrate the system free of charge. It was amazing that there were only 4 iPhones used together with an iPad to form a Hawk-eye system in the court. The installation is quite efficient because all the iPhones were held by small holders which were placed in 4 areas on steel posts of the fence around the court. The strong magnet at the bottom of the holder is tightly fixed onto the fence without any screw fixing. It can be placed wherever you prefer and only takes a moment for completion of installation.

The iPad will act as a remote console and display a repeat image whenever there is a dispute of a line call by any player. Besides, the system has a good analysis for each match such as successful percentage of 1st serve and 2nd serve, unforced error, etc. The feedback for this system was admired by all in the audience.



## New coach

If you would like to upgrade your technique and breakthrough to the level, our new Korean coach, Jay Chang, is possibly one of your best choices. The following is his profile:




# TENNIS FUN

*by JC Tennis*

Type of Payment		Private	Semi Private (1:2)	Group (1:3)	Group (1:4 or More)
1 Hour / 1 Time	Member (1 person)	<b>\$450</b>	<b>\$390</b>	<b>\$280</b>	<b>\$230</b>
	Guest (1 person)	<b>\$700</b>	<b>\$410</b>	<b>\$300</b>	<b>\$250</b>
Package (1 hr / 5 times)	Member (1 person)	<b>\$3,150</b>	<b>\$1,900</b>	<b>\$1,350</b>	<b>\$1,100</b>
	Guest (1 person)	<b>\$3,400</b>	<b>\$2,000</b>	<b>\$1,450</b>	<b>\$1,200</b>

**Would you like to have high quality tennis lessons?**  
**JC Tennis will take care of your Technical, Tactical, Physical, and Mental parts that you need to improve for your tennis!**  
**Even live games are ready with a coach!!**

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United Services Recreation Club





# Bridge News

**Mimi Wong**  
Bridge Convenor



## Regular activities

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

## Wednesday tutoring

A new beginners' class began in March. The course is normally comprised of eight lessons and taught by one of our own Section members. These lessons are designed for players with little or no previous knowledge of bridge. Players learn the basics of the Standard American 5-card major bidding system and can start playing the game in no time.

Lessons 1-5 have covered topics including:

- Opening bids of '1 no trump' and responses
- Opening bids of '1 of a suit' and responses
- Opening leads
- Ruffing and how to set up long suit



## Thursday duplicate

Thursday duplicate runs weekly as usual. It is suitable for experienced players who are already familiar with any of the contract bridge bidding systems. Most of the players are

following the American SAYC bidding system. All games are directed to play competitively but against friendly and gentle opponents.

Until March of last season table numbers were kept steady at an average of 9 tables. A peak of 11 tables was reached on 7th March, with a number of overseas players returning to game. 24-30 boards are normally played in each session.



## 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.

Some bridge conventions recapped in March and April:

- Opening of Strong 2 Club with step response
- Opening of 2NT with 'Stayman and Jacoby Transfer' responses
- Rule of 11 on best fourth opening lead

Gentle games are played in the morning with open discussion. Participants are being assisted with mentors on bidding and play. Experience and confidence will be gradually built up under a fun and social atmosphere.

## 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 [usrbridge@gmail.com](mailto:usrbridge@gmail.com).

# 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.

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

Submit your answer to the Club or fax 2724 0949 on or before **9<sup>th</sup> June 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



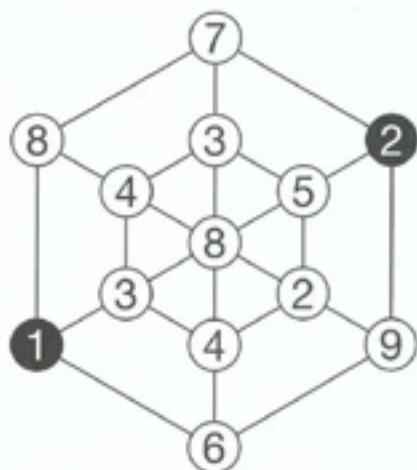
Mar & April Sudoku drawn by Member Mr. Wong



Congratulations to Mar & April Winner, Ms. So

# Three-Minute Puzzles

## Hexagon Sum



Move along the lines from one black dot to the other, adding the numbers used in a running total (including both black dots). What is the smallest possible total?

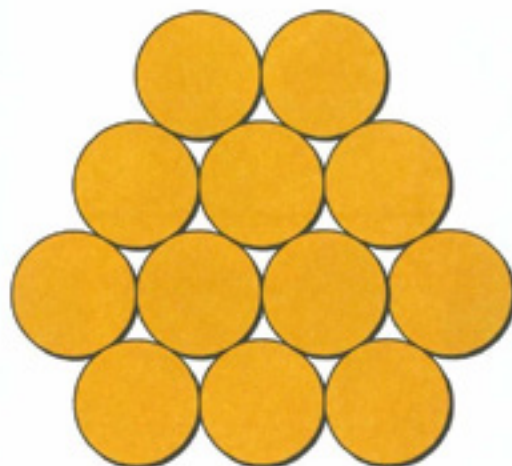
16

17

18

19

## Coin Triangles 2



How many equilateral triangles of any size and orientation can you find in the shape above? To count, a triangle must have three coins whose centers lie exactly at its three corners.

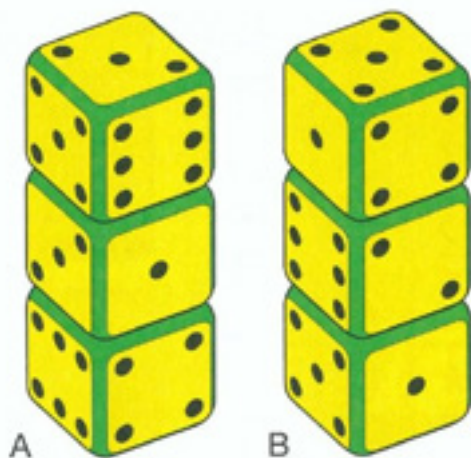
24

25

26

27

## Dice Towers



A

B

The two towers are made of 6 identical common dice (on which pips on opposite faces always total 7). Which tower's outer surface has the largest number of pips on it (or are they equal)?

A

B

Equal

## Cubical Lattice



How many equilateral triangles of any size and orientation can you find in the cubical lattice with 27 nodes? To count, a triangle must have 3 nodes whose centers lie exactly at its corners.

60

70

80

90



# The Dunedin Club



## The Dunedin Club

33 Melville Street  
Dunedin, Otago  
New Zealand

**Phone:** +64 3 477 0082

**Web:** [www.dunedinclub.co.nz/](http://www.dunedinclub.co.nz/)

## Club history

The Dunedin Club has a distinguished history which stretches back to the pioneers of the 1850s. In 1848 the two settler ships John Wickliffe and Philip Laing berthed at Dunedin, bringing Otago's first European migrants. Ten years later, a group of entrepreneurs founded The Dunedin Club in rented premises in Maclaggan Street.

The Premises which the club occupies today were built by the colourful whaler, run-holder and businessman John (Johnny) Jones in 1867. In 1874 the Club purchased Jones's Fernhill property. This historically significant building is a dignified example of mid-Victorian colonial architecture, set in spacious landscaped grounds.

## Superb facilities

Each room within the club has something different to offer. The Club can be used for business or private functions; from a small dinner party for four to a formal sit-down banquet for 110. Function menus are tailored to meet individual requirements.

The club's dining room is magnificent in every respect; from the food and service, to the decor and ambience. The dining room opens on to a delightful terrace for outdoor summer dining. Lunch is available Monday to Friday for members and their guests, providing them with excellent value.

The elegant Ritchie Room in the east wing is available for private dining and meetings.

The fine cuisine and delightful atmosphere of the Club's dining rooms are a special privilege of membership of the Club.

## Accommodation

The Club provides pleasant inexpensive accommodation for visiting country and reciprocal members. This is within easy walking distance of the central city.

All nine bedrooms have private ensuite facilities. The Club also has a business suite facility with internet access for guests.

## Banquets

You will want to receive your wedding guests somewhere special. The Dunedin Club is an exclusive wedding venue that can cater for up to 110 guests seated. Outdoors amidst the trees and the gracious grounds you'll find an enchanting backdrop for your ceremony or photographs, and perhaps pre-dinner drinks and cocktails.



## List of Reciprocal Clubs

COUNTRY	CITY	CLUB NAME	COUNTRY	CITY	CLUB NAME
<b>AUSTRALIA</b>	Adelaide	Naval, Military & Air Force Club of South Australia	<b>NEW ZEALAND</b>	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	<b>PHILIPPINES</b>	Baguio City	Baguio Country Club
		Royal Automobile Club of Victoria		Cebu City	City Sports Club Cebu
		Royal South Yarra Lawn Tennis Club	<b>PORTUGAL</b>	Lisbon	Gremio Literario
	Perth	The Western Australian Club		Oporto	Oporto Cricket & Lawn Tennis Club
	Sydney	The Royal Exchange of Sydney Royal Automobile Club of Australia	<b>SINGAPORE</b>		Camden Park Hollandse Club
<b>BELGIUM</b>	Brussels	Royal International Club Chateau Sainte-Anne			Orchid Country Club
	Gent	International Club of Flanders			Singapore Ceylon Sports Club
					The Chinese Swimming Club
<b>BRAZIL</b>	Rio De Janeiro	Clube Americano Do Rio De Janeiro	<b>SOUTH AFRICA</b>	Cape Town	Cape Town Club
<b>CANADA</b>	Vancouver	Hollyburn Country Club		Durban	Durban Club
		Jericho Tennis Club		Grahamstown	Albany Club
		Terminal City Club	<b>SPAIN</b>	Barcelona	Círculo Ecuestre
	Victoria	Union Club of British Columbia		Bilbao	Sociedad Bilbaina
<b>CHINA</b>	Taipei	American Club	<b>SWEDEN</b>	Stockholm	Military Club of Stockholm
<b>FRANCE</b>	Paris	Saint James Paris	<b>THAILAND</b>	Bangkok	The Bangkok Club The British Club
<b>GERMANY</b>	Berlin	International Club Berlin			
	Frankfurt	Union International Club	<b>TRINIDAD</b>	Port of Spain	Trinidad Union Club
<b>INDIA</b>	Ahmedabad	Karnavati Club	<b>UK-ENGLAND</b>	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	<b>UK-N.IRELAND</b>	Belfast	The Ulster Reform Club
	Pune	Residency Club	<b>UK-SCOTLAND</b>	Aberdeen	The Royal Northern and University Club
<b>INDONESIA</b>	Medan	The Exchange Club		Edinburgh	The New Club The Royal Scots Club
<b>IRELAND</b>	Dublin	The Stephen's Green Hibernian Club	<b>U.S.A.</b>	Bellevue	Bellevue Club
<b>JAPAN</b>	Kobe	Kobe Club		Berkeley	The Berkeley City Club
<b>KENYA</b>	Nairobi	Nairobi Safari Club		Cincinnati	Cincinnati Athletic Club
	Mombasa	Mombasa Club		Kansas	The Kansas City Club
<b>LUXEMBOURG</b>		Cercle Munster		New Haven	New Haven Lawn Club
				New York	The Cornell Club Princeton Club The Williams Club
<b>MALAYSIA</b>	Ipoh	Royal Ipoh Club		Philadelphia	The Racquet Club of Philadelphia
	Johor	Segamat Country Club		Portland	University Club of Portland
	Kuala Lumpur	Royal Commonwealth Society		San Francisco	The Marines' Memorial Club & Hotel
	Penang	Penang Club		Santa Barbara	Santa Barbara Club University Club of Santa Barbara
	Port Dickson	Royal Port Dickson Yacht Club		Seattle	The Rainier Club
	Sabah	Sandakan Yacht Club The Tawau Yacht Club		Washington DC	The Army & Navy Club
<b>MEXICO</b>	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



Instagram

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

 *usrc\_1911*