

OASIS

July-August 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



1 Gascoigne Road, King's Park,
Kowloon, Hong Kong.
Tel: 3966 8600/8611
Fax: 2724 0949
Email: info@usrc.org.hk
www.usrc.org.hk

General Committee

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

Treasurer Felix Hart

Email: treasurer@usrc.org.hk

Membership Director K.C. Ng

Projects & Security Director Tom 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 Abhishek Jain

Football Alan Urmston

Lawn Bowls Felix Yip

Rugby Jun Sing

Squash Chung Leung

Tennis Ken Chan

Sports Convenors

Cricket Ahmed Saleem

Football Alan Urmston

Lawn Bowls Cindy Robinson

Rugby Nigel Mattravers

Squash Colman Ng

Tennis Martin Li

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

Advertising & Editorial

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CHAIRMAN'S MESSAGE

Dear Fellow Members,

The issue of this bi-monthly Oasis magazine marks the beginning of my third office term of chairmanship of the United Services Recreation Club. I am very thankful to all Members, Management and Staff for their continued and staunch support of my tenure during the past four years and the years ahead.

The Club's 22nd Annual General Meeting (AGM) was held on the 26th June 2019 with good and cheerful attendance. While the Annual Report 2018 was available in either electronic form or hard copy for Members' information in detail beforehand, those present at the AGM were briefed on the 2018 results and brought up to date through individual presentations by all General Committee (GC) Directors on their respective areas of responsibility. To put it simply the year saw an overall sound financial status, balanced membership base, effective maintenance and security work, ample philanthropical activities and community services, admirable sporting achievements and amicable relationship with our landlord, the HK Garrison of the Chinese People's Liberation Army.

As far as the election of the three GC positions, namely Chairman, Treasurer and GC Member are concerned, I am pleased to announce that apart from my return unopposed as Chairman, both Felix Hart and Kenneth Chiu were also re-elected uncontested as Treasurer and GC Member respectively. I am very delighted to have these dedicated members back on the team as they are motivated and experienced in the workings of the Club and will continue to give great service to the membership. This continuity in office and the wide-ranging support shown to the GC give a clear mandate that the direction and focus of the GC are considered endorsed by the membership at large. I also wish to thank all those who expressed their appreciation for the efforts and contribution of the GC during the meeting.

The new (or old) GC still faces many challenges ahead such as renewing the dilapidated clubhouse and grounds facilities, improving F&B services and revenue, promoting cohesion and harmony in sports sections, and staying alert politically amidst the prevailing social situation, etc. I am sure with the firm commitment and determination of the GC, the underlying hardship will be overcome and the Club's core values maintained.

Lastly, the scorching summer months being truly upon us. Please try seek a cooling and comfortable shelter by the Club if not holidaying abroad. We do need your patronage, support and, more importantly, spending to keep us prosperous!

Patrick Cheung
Chairman



親愛的會員：

主席的話

親愛的會員

新一期的雙月號，標誌着本人在三軍會第三個任期的開展，我再次衷心感謝會員們、管理層及三軍會所有職員，對本人過去四年及未來堅定的支持。

三軍會第22屆周年大會已於6月26日舉行，出席會員人數理想。2018年度周年報告已在周年大會前，透過電子版或印刷本，為各位會員提供詳細資料。周年大會上亦有簡述報告，並由執委會成員按不同的職能及範疇，交待最新情況。簡單而言，本會整體財務狀況穩健，會員基數平穩，保安工作及保養工作管理有效、充足的慈善及社會服務、欣喜的體育成績、及與我們的業主－中國人民解放軍駐港步隊，維持友好關係。

有關執委會主席、司庫及執委會成員三個崗位的重選，本人欣然宣布在沒有反對票下，再次被選為主席，而Felix Hart 及 Kenneth Chiu 同樣在沒有反對票下，再次出任司庫及執委會成員。兩位在本會運作上具有豐富經驗及工作魄力，本人非常欣喜他們連任，繼續為會員提供優質服務。會內運作的持續性及會員廣泛的支持，明確反映執委會獲得大部份會員的認受。我藉此感謝在周年大會中，向執委會表達讚賞及謝意的會員。

無論新或舊的執委會皆仍然面對挑戰，包括翻新破舊的會內設施及地面工程，改善餐飲服務及收益，強化體育部的凝聚力，以及在當前的社會局勢上，保持政治警惕。我深信執委會繼續以堅實的決心迎難而上，同時維持三軍會核心價值。

炎夏來臨，若沒有外出度假，不妨回到本會發掘各種清涼寫意的活動及設施。我們需要你支持及慷慨解囊，更重要的是你的消費，是三軍會營運的財政動力！

張伯陶
主席

Chairman's 70th Birthday Party Celebration



Employee of the Month



Typhoon Signals No. '1' & '3'

CLUB REMAINS OPEN



If No.'8' is imminent then activities and functions will be postponed or cancelled and members are advised to check with coaches or reception for cancellations.

'BLACK' RAINSTORM WARNING

CLUB REMAINS OPEN but...

Club remains open but members are advised to stay at their current location. Only if signal is lowered, will full operation resume in approximately two hours.



TYPHOON SIGNAL NO. '8' OR ABOVE

CLUB CLOSES

Members and staff are advised to vacate the Club premise (excluding member(s) / guest in accommodation)

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

Dear Member,

Summer is a slow time of year at the Club. Many Members choose to make extended trips back home and avoid the oppressive heat of Hong Kong. For those that choose to stay we have many promotions and activities for you to enjoy during the summer period.

In this issue we're planning a 'Splash' party in August in the pool for the young ones. This is a first for the Club and we urge members to sign up early as we have limited spots. The Sports Department are planning a plethora of games for all age groups.

On the Food & Beverage side, we have a pizza promotion running in July and healthy summer salads during the month of August. Members regularly comment they miss certain events or are unaware of upcoming activities; to better communicate I would encourage Members to sign up to our Instagram account – usrc1911. Through this portal we advertise all upcoming events and post pictures, videos and general information on happenings around the Club.

On the project side, a lot will happen at the Club in the next 6-12 months. We will see many enhancements, some essential work, but all adding real value to the property. During this time of redevelopment, when there's noise and dust, please remain patient as we focus on the 'hardware' side. Whatever frustrations, remember our staff are doing their level best to keep operations running smoothly in spite of the many challenges posed during this upgrade.

Finally, for those members traveling abroad, have a safe and wonderful trip, we look forward to welcoming you back in the fall, and for those remaining in Hong Kong, as always I look forward to seeing you around the Club.

Noel Burns
General Manager



親愛的會員：

總經理的話

各位會員，大家好！

盛夏蒞臨，對於三軍會來說夏季通常是漫長的。不少會員因持續酷熱的天氣，而選擇出外渡假避暑，但留港放假的會員也不愁寂寞，我們已精心為您準備一系列的夏日活動。

我們八月份將首次舉行為年輕人而設的池邊禧水派對，緊記名額有限，請從速報名。體育部門亦正籌備形形色式的體育活動，以滿足不同會員的需要。

另外，餐飲部亦因應暑假推出時令推廣，包括七月份比薩推廣及八月份健康沙律推廣，密切留意最新的公布。有不少會員反映因經常錯過或未及留意活動的舉行，有見及此，我建議會員們添加我們的IG (Instagram) 戶口usrc 1911，以更便利取得本會的各項資訊。我們會透過這個平台，發布舉辦的活動，亦會刊登過去活動的圖片、視頻及資訊。

在未來6至12個月，執行委員會密鑼緊鼓推進不同項目。會內各項優化設施、必要進行的工程，皆有助提升三軍會的質素及價值。優化工程致力提升硬件設備，工程期間無可避免出現噪音和灰塵，懇請各位會員體諒，職員必定盡力將各項影響減至最低，保持本會運作暢順。

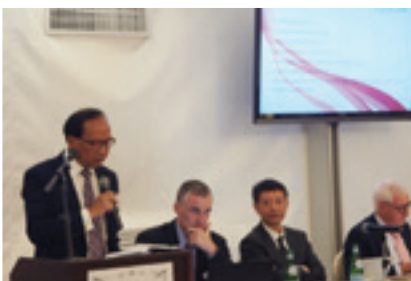
最後，祝外遊的會員旅程愉快，期望在秋季與你再見面；而留港活動的會員，一如以往，三軍會期待你的蒞臨。

Noel Burns
總經理

Annual General Meeting

The Club's Annual General Meeting was held on Wednesday 27th June.

Those in attendance were briefed on the 2018 results and brought up to date by reports from all specialist Directors on their respective areas of responsibility.





Homestay with a Heart™

“Be your 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!

Targets:

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

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)

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)

Morning (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
Afternoon (Jul 2-26)	Outing / Sightseeing / Sports / Arts & Crafts (except for those in FULL DAY programs above)
Evening	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 for an invoice for these other payment methods.

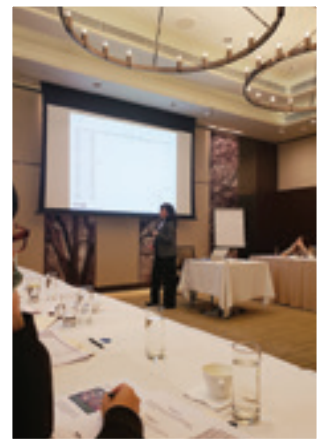
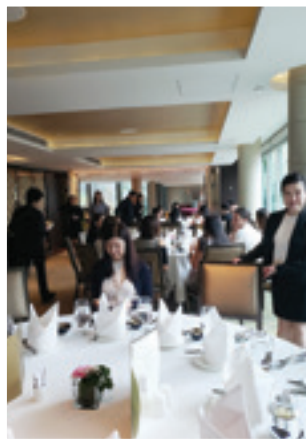
Questions or comments? Check out our FAQs at faq.homestayheart.com or contact homestayheart@gmail.com or ☎ +1.604.367.5193 or 94916903 in HK.

Club Managers' Association Workshop

On 6 May, four of our staff attended a Members Communication Workshop held at the Ladies Receptions Club. The workshop was arranged by the Club Managers' Association and set to target private club professionals who want to connect, communicate and engage with members. The workshop was hosted by Ms Shanna Bright from Private Clubs Online.

The workshop was attended by around 25 other executives and managers from various clubs in Hong Kong such as The American Club, HK Cricket Club and Ladies Receptions Club.

The whole day workshop was a good chance for our staff to understand how member communication plays a key role in the complete member experience.



Salsa Night

On 29th April, there was a Salsa dancing night in the Gascoigne Room. Salsa is a popular form of social dance originating from America. We invited Franky Wong, who established the Hong Kong Salsa scene in 2000, to come to the USRC and teach our members some basic steps of Salsa & Bachata. Our members picked up the steps very quickly with the help from Franky and his team.

Our chef had prepared 3 special dinner sets exclusively for the Salsa Night; a 6oz US grilled beef tenderloin with vegetables and creamy mash potatoes, a creamy lobster risotto with tomato confit and stuffed gnocchi on a pumpkin puree, drizzled with homemade basil oil. With the voices from members unable to make the Salsa Night, USRC will prepare another one in November. Stay tuned.



Food and Beverage Wine Training

A wine training session was held on 27 April and hosted by Kerry Wines in the Banyan Room. Our students for the event were the USRC Food and Beverage team.



Chauvin Wine Dinner

Ms Gwedaline Lucas, General Manager of Chauteau La Dominique together with guest chef Remy Joly from La Terrasse Rouge hosted a superb wine dinner at the USRC's Gascoigne Room.

Over 30 Members joined this truly exciting event featuring fantastic wines and superb food prepared by Chef Remy.

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





Pizza Pr

Available Mondays to Thursda

For the mo



Primavera Pizza HK\$128

*Bell peppers, tomatoes, mushrooms, asparagus, olives,
tomato sauce and mozzarella cheese*

Bolognese Pizza HK\$128

Bolognese, basil and mozzarella cheese



Chicken Tikka Pizza HK\$138

*Chicken tikka, caramelized onions, yoghurt, mint leaves, makhana/wala sauce and
mozzarella cheese*

Prosciutto Garden Pizza HK\$148

Prosciutto, mushrooms, onions, thyme, cream sauce and mozzarella cheese

Roasted Duck Pizza HK\$158

*Roast duck, Peking onions, cucumber, leek, spring onion,
hoisin sauce and mozzarella cheese*



Promotion

Days (excluding public holidays)
Month of July



Set Menu for 2

2 x Mushroom Soup Or 1 x Nachos

1 x Bolognese Or 1 x Carbonara Or 1 x Mushroom Risotto

1 x Pizza

2 x Single Scoop Ice Cream

2 x Soft Drink Cans (Or Add HK\$35 for 2 Tsing Tao/Heineken)

HK\$268

Set Menu for 4

4 x Mushroom Soup

1 x Nachos

1 x Half Cut Chicken Wings (8 pieces)

2 x Bolognese Or 2 x Carbonara Or 2 x Mushroom Risotto

1 x Pizza

4 x Single Scoop Ice Cream

4 x Soft Drink Cans (Or Add HK\$70 for 4 Tsing Tao/Heineken)

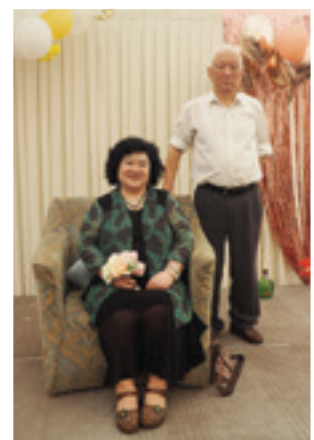
HK\$528

Mother's Day Lunch Buffet

The Mother's Day Lunch Buffet was held at the Garden Marquee on Sunday 12th May.

The marquee was a fully booked event and we saw members who came to show love and respect for their mothers and receive love from their children. As much love that was going around there was as much food on offer – from seafood and lamb stations through to the juice station.

Everyone enjoyed the food and the day to celebrate Mom!





Swimming Notice For Toys In The Pool

Club Management
2 July 2019

Main Pool



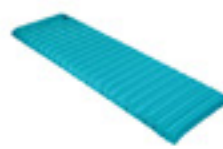
Kickboard



Beach ball



Large pool floats



Junior Pool



Kickboard



Kids' arm floats



Beach ball



Throw and Catch



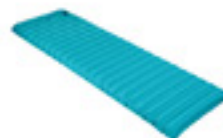
Foam float tubes



Kid's floats



Large pool floats



Toddlers Pool



Kickboard



Kids' arm floats



Beach ball



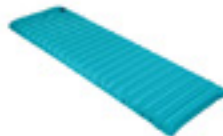
Throw and Catch



Toys



Large pool floats



USRC SWIMMING Gala 2019



*Sunday 8th September
1:00 p.m.*



Lunch Buffet at
Garden Marquee
HK\$128 for Adult
HK\$68 for Child
(12:00nn-2:30pm)



**ENROLMENT DEADLINE:
WED 4TH SEPTEMBER**



Please call F&B at 3966-8633
Nike Lau for reservations

Enrolment forms are available at the reception
For enquiry, please contact Eva Tsang at 3966-8628
or Eric Fung at 3966-8691





United Services Recreation Club

Hong Kong's Best Kept Secret

GYM Room

Members only

24 hour CCTV in operation



Members ONLY

Bye Law 43 for Fitness Centre (Gym Room):

b) Guests are not permitted.

e) Members must successfully complete a familiarisation lesson prior to their registrations in the Club's pre-approved Gym Users list.

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)



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
- Pilates Group Class 11:00 am

7

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

8

- Pilates Group Class 4 pm

9

- 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

14

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

15

- Pilates Group Class 4 pm

16

- 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

21

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

22

- Pilates Group Class 4 pm

23

- 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

28

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

29

- Pilates Group Class 4 pm

30

- 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

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)

Thursday

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)

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
- 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)

10

- 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

11

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

12

- 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)

13

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
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17

- 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

18

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

19

- 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)

20

- 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)

24

- 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

25

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

26

- 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)

27

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 – 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 – 5:30 pm (Court 1&2)
- Lawn Bowl 12:00 – 2:00 pm (League Warm up)
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- Lawn Bowl 7:00 – 10:00 pm (LBS Members only)

31

- 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



Sunday

Monday

Tuesday



4

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

5

- Pilates Group Class 4 pm

6

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 6:30 pm (Club members)
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11

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

12

- Pilates Group Class 4 pm

13

- Playgroup 9:30 am – 11:30 am
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- Pilates Group Class 11:00 am

18

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

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- Pilates Group Class 4 pm

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- Playgroup 9:30 am – 11:30 am
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- Pilates Group Class 4 pm

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- Playgroup 9:30 am – 11:30 am
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- LB League Team Practice 6:30 – 9:30 pm
- Pilates Group Class 11:00 am



Wednesday

Thursday

Friday

Saturday

1

- 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

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- Playgroup 9:30 am – 11:30 am
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Cricket News

by **Ahmed Saleem**
Cricket Convenor



With the 2018/19 now closed, here is a look back on our campaign. Also, please note the details about our training programme and plans for the coming season – all Members and their children are more than welcome to get involved in the Section.

Review of the 2018/19 season

We have continued to support a full programme in line with Cricket Hong Kong's aspirations for the development of the game across the community. Alongside adult representation of both Men's and Women's teams, we have again participated in U-11, U-13, and U-17 age-group leagues with the Club supporting a wide group of children in their enjoyment of the game.

The Section is delighted with the success of the U-13 squad, who have been crowned Champions of the Premier Division, following victory in the last match of their 20-game season. This represents the 3rd winning performance in the last five years from this group of boys, as they have moved through our U-11 and U-13 development programme.

During the course of the last season we were delighted that the following players were recognised by Cricket Hong Kong, and featured in their teams and programmes:

- Men's national squad – Mohammad Umar
- Men's development squad – Zakir Hayat
- U-19 national squad – Daniyal Butt
- Women's development squad – Vanshika Bhargava and Sukhjot Gill



Additionally, Head Coach Ilyas Gull has been Assistant Coach to the National Development programme and worked with the Hong Kong side at the Emerging Teams Asia Cup in Pakistan.

The men's senior team had a mixed season. Having earned promotion last season to Division 1 of the Men's Sunday Elite league, USRC/MCC found it tough going in the highest level of Hong Kong cricket — finishing in sixth place, they were relegated back to Division 2. However, in the Saturday Championship, the team finished in second place, just two points behind the Division 1 winners, HKCC Gap Ramblers.

In the new split-league format, the U-17's (combined with our U-15 boys) have competed in both the 35-over and T20 competitions this season. USRC finished in fifth place in both competitions, having unfortunately missed three of their first five T20 matches, abandoned to rain.

The U-11's put in another good league performance this season, coming third in Pool 2 of the league with the highest net run rate, narrowly missing out on a semi-final slot in the Championship - finishing in third place in a hotly contested pool.

Now in their third season, the women's team continues to work hard on their cricket. In their Development League, they ended their campaign on a high, with three back-to-back victories.



Feature squad - Hong Kong Championship Winners – USRC U-13's

After a challenging campaign last year, the U-13's had a slow start to the season with two wins in their first 6 completed matches. In November, after a five-week break without matches but plenty of dedicated training, they hit their stride with six wins in a row including a victory against the eventual division winners, KCC Crusaders. During the long, 18-match regular season, USRC had wins against every other team, eventually finishing in third place to qualify for a semi-final match against second-placed rivals, DB Smashers White.

Batting first in the semi-final, USRC put on 108 for 5 in their 20 overs, a challenging target on the slick, rain-affected surface. DB was ahead of the asking rate for the majority of their innings, but some tight middle overs bowling from the slower bowlers, followed by a flurry of run-outs and wickets by the pace bowlers, got us the win by 5 runs.

While Hong Kong paid respect to ancestors during the Ching Ming festival, our most successful junior group competed against Pakistan Association in the final of the top U-13 division. For many of the squad, this was their 5th final for USRC in 6 seasons and they maintained their winning ways, securing another championship.

Batting first, USRC were made to work hard for runs on a warm day. Good contributions of 25, each from Rohaab Umer and Soban Muhammad allowed the team to fight to a respectable 97 for 8 from 20 overs. There were some nerves at the change-over break – would this be enough runs?

Spirits rose when Muhammad Sardar took an excellent reflex catch to send their star batsman back in the second over. But

then wickets became hard to get and tension mounted. However, fantastically economical 4-over spells of bowling from Aashir Khalil (0 for 9), Angus Minett (0 for 14), and Parwinder Singh (0 for 17) all contributed to pegging back the run rate and pushing the pressure onto the Pakistan batsman. Usman Ahmed then returned to the attack to take two wickets in two balls in the 16th over with the cartwheeling middle stump of that second dismissal sending USRC spirits rising. The runs required became too much for our opponents, and some committed fielding kept USRC in control, finally securing a victory by 3 runs.

At the end of a long season, this was a superb, hard-fought performance by the squad. After claiming two U-11 championships, this represented a third winners' medal in 5 years for the core of the squad. Three batsmen have reached 250 runs for the season: Rohaab Umer (338 runs at 22.53, including two fifties), Muhammad Sardar (322 runs at 21.47, with 1 fifty), and Soban Muhammad (286 runs at 19.07, all scored at more than a-run-a-ball, with 1 fifty). The bowlers have also excelled this season, with three players taking more than 20 wickets: Rohaab Umer (23 wickets at 9.65), Aashir Khalil (22 wickets at 9.59), and Parwinder Singh (22 wickets at 10.27) – all three are in the top six bowlers in the league. Usman Ahmed has also put in a great all-round performance, averaging 18.40 with the bat and taking 14 wickets at 16.57. The U-13s also deserve their reputation as a strong fielding side: Muhammad Sardar has made 16 catches (league leader), 6 stumpings, and 11 run outs behind the stumps. In the outfield, Soban Muhammad has led the league, taking 14 catches.



New Committee

The Section has recently held its AGM, and elected its committee and officers for 2019/20, as follows: Captain Saleem (Convenor), Michael Caves (Secretary), Kashif Shams (Treasurer), and Committee Members Arun Jain, Prateek Singhi, Abhishek Jain, Ravi Chopra and Sweta Jain.

Looking ahead – 2019/2020 season - Junior Gunners Coaching

The Section will be running teams next season at all levels, across elite Men's, Women's and junior age groups (U-17, U-15, U-13 and U-11).

A full programme of Gunners Junior coaching is already active as you read this article. Led by our Head Coach, Ilyas Gul, and supported by leading player/coaches Imran Arif, Rameez Raja and Kashif Shams. Boys and girls, aged from 7 years are welcome to join. Sessions take place every week – please contact Ilyas for further details.

Junior Open Days – All Members and their children are welcome to come and join our training sessions at our registration open days on Saturday 7th and 28th September.



USRC JUNIOR CRICKET 2019 - 2020

RECRUITMENT FOR
U11, U13, U15 AND U17

**COME AND JOIN
US NOW FOR A
FUN-FILLED
SEASON!**

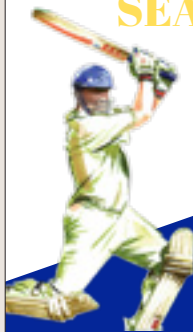
TRAINING DAYS:

U11 - Saturdays - 10am to 11 am

U13 - Saturdays - 11am to 12.30pm

U15 - Saturdays - 1 pm to 2.30pm

U17 - Tuesday - 6pm to 8pm



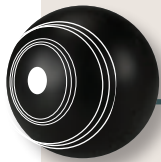
CONTACT FOR MORE DETAILS:

ILYAS GUL: 9421 4741

KASHIF SHAMS: 6204 4413

SPORTSOFFICER@USRC.ORG.HK





Lawn Bowls News

by Irene Leung
Lawn Bowls Convenor

For April and May we experienced a rainy and humid climate and some of our league games and national games were required to be rescheduled.

Enrichment course for lawn bowls

We had arranged one of our coaches Oscar Adams to conduct 2 sessions of enrichment training course in April. However, due to the rainy weather the 2 session course could only be held and completed in May.



Such courses are important to help upgrade our bowlers' skills and techniques. We highly encourage players to enrol to attend these trainings whenever possible; there is always some concept new and beneficial to us. Watch out for new announcements about future training programmes in due course!

HKLBA annual presentation dinner

Hong Kong Lawn Bowls Association held their annual presentation on 31 May. This annual event offers an opportunity for bowlers of all bowling clubs to gather together and top players will be awarded with trophies for all their hard efforts and good results.

This year, our Mens C Team in the Winter Triple League achieved runners-up in Division 10 and will be promoted to Division 9 in the coming Winter League. They received their trophies or cheques at the evening's celebration.





Lawn Bowls section Annual General Meeting 2018-19

Our AGM was satisfactorily completed on 29 May. We are pleased to announce the new Sub-committee members as follows:

Convenor – Mrs Cindy Robinson
 Secretary – Mr Felix Yip
 Treasurer – Mr Edmond Cheung
 Men Captain – Mr Dicky Wong
 Women Captain – Mrs Hana Ko
 Green Convenor – Mr Ricky Mak
 Social Officer – Miss Helen Lo



New Sub-committee Members for 2019-20.
 From left: Ricky Mak, Helen Lo, Cindy Robinson, Felix Yip, Dicky Wong, Hana Ko. (Edmond Cheung was absent from photo.)



Sub-committee members of 2018-19



A special note of thanks must be extended to the 2018-19 Sub-committee members who had devoted their time and effort in helping to run the LBS section with satisfaction. We look forward to the new era with new Sub-committee members to continue to lead our section to achieve more successful and better results. Of course, great appreciation must be extended to our section members, without all of your support we cannot accomplish our target smoothly and successfully!

I also wish to take this opportunity to inform you that this is my last write up on Lawn Bowls News! I will pass on to the new SC to follow up in the future issues.

Wish you all good health, good luck and good bowling!



Football News

Alan Urmston
Football Convenor



The football season has come to an end and it is time to reflect. Gunners finished with a trophy to add to the collection and you can see it in the fireplace in the Gunners Bar. 1911 consolidated their position as a competitive veteran's team and Vitesse brought football cheer to those who like to play at a gentler pace.

USRC Gunners

As reported in the last edition, Gunners made it to the final of the Legal League Cup. The final was set to be played on 27th April at the HKFA's training complex at Tsuen Kwan O, but was called off due to the heavy rain. It was rescheduled for the following week at the same venue. Gunners took on Mes (formerly Mes Amis) and were made to work hard by the Division 2 outfit. But two goals from Sean Taylor were enough for Gunners to lift the Cup for a second time.



Gunners Manager Steve Cairns opens the Champagne after Gunners win the Cup at Tsuen Kwan O.

So another fine season for the USRC's top team. The annual awards were taken by Mat Chan (Players' Player of the Year), Hollan Leung (Most Improved Player), Gwilym Cornes (Goal of the Season) and Kieran McBride (Top Scorer). Thanks to Steve and to all the lads for their hard work and dedication.

Pos	Team	P	W	D	L	F	A	GD	Pts
1	Discovery Bay FC	22	19	1	2	64	30	34	58
2	Wanchai Spartans	22	14	2	6	79	33	46	44
3	J Leaguers	22	13	2	7	54	28	26	41
4	USRC Gunners	22	11	5	6	45	32	13	38
5	HK Scottish	22	9	5	8	53	41	12	32
6	Goodfellas FC	22	8	7	7	46	46	0	31
7	Corinthians	22	8	6	8	44	52	-8	30
8	Forward	22	7	4	11	47	63	-16	25
9	Club Tropicana FC	22	5	7	10	36	48	-12	22
10	Soho Spartans	22	6	3	13	38	64	-26	21
11	HK Krauts	22	4	5	13	31	73	-42	17
12	Bants Raptors	22	3	3	16	31	58	-27	12

In the League 1, Gunners finished in fourth place in Division One, which was won again by Discovery Bay.



Kieran McBride and Mat Chan with their awards.

The League championship was won comfortably by Godfathers, with traditionally strong teams DBFC and HKFC finishing in the pack, along with 1911.

Annual Awards for 1911 were won by Martin Brown (Players' Player), Jon Redding (Manager's Player) and Greg Turner (Top Scorer). Thanks to Manager Laurence Rudge for guiding the team this season.

USRC Vitesse

Vitesse, the Club's social team, played 12 games this season, including six in the Over-45's League. Results have been mixed but the main point is that we have provided social football for members and guests.



Martin Brown with his award

USRC 1911

Pos	Team	P	W	D	L	F	A	GD	Pts
1	Godfathers	14	12	2	0	71	13	58	38
2	Spartans Masters	14	7	2	5	33	22	11	23
3	DBFC Vets	14	6	4	4	36	21	15	22
4	USRC 1911	14	7	1	6	39	35	4	22
5	HKFC	13	6	3	4	44	29	15	21
6	Kennedy Town FC***	14	5	2	7	18	35	-17	17
7	BTDT	14	4	1	9	24	54	-30	13
8	AFC Forward Seniors***	15	1	1	13	6	62	-56	4

USRC 1911 finished in fourth place in the Legends League (for Over-35s).



Gilbert Nkouagne (right) with Convenor, Alan Urmston

The Players' Player of the Year this year was Gilbert Nkouagne, who has been a stalwart of USRC football for some years. Well deserved!

USRC Football Academy

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

The 2018-19 season has now finished and we will resume with Wednesday training at King's Park in mid-August. 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).



Rugby News

Nigel Mattravers
Rugby Convenor



With the Hong Kong league season done and dusted, the international and representatives' season has kicked off. USRC Tigers are fortunate to have a large number of international players in their ranks, ranging throughout all age groups right through to Senior 7's and 15's, where they are prominent in both the Hong Kong men and the women's teams.

With the U20 junior trophy in Brazil just around the corner, USRC Tigers currently have 18 young men all pushing hard for selection. This impressive number is reward for such a successful season and we wish them the best of luck in making the trip.

The Women's Hong Kong team have themselves just returned from two successful hard-fought trips, firstly to Singapore, where they won 34-5; during this fixture, we had representation from Winnie Siu, Chole Baltazer, Jessica Ho, Liu Yuen Ting, Amy Pyle and Tsang Yuen Ying. They followed up this trip with a tour to Fiji where they played two international matches against the hosts, Fiji, and the visiting Samoa. They met Fiji in their first match 29-10 with our very own Winnie Siu scoring one of the tries. She was joined in the squad with Jessica Ho, Amy Pyle, Bena Yu, Winnie Liu and Wong Kai Ying. All six of the girls featured again in their second game a 15-34 loss to Samoa, but all the Hong Kong points were scored by USRC Tigers with Bena Yu getting two and Winnie Siu adding another one to her tally.

From the men's side it's been a busy couple of months with the culmination of the first-ever Global Rapid Rugby series, where USRC Tigers had Craig Lodge, Josh Hrstich, Sam Purvis, Dan Barlow and Tyler Spitz vying for places within the four-game competition against Western Force and Asia Pacific Dragons. This competition is set to grow next year to eight teams which will bring the highest quality of professional 15's rugby ever seen in Hong Kong.



Tyler Spitz, Jun Sing Lee, Chris Maize, Sam Down and Tony Chen



From an International point of view on the Men's side, we've had representation in the Hong Kong 'A' game with five players pushing on from the domestic season to be selected against Singapore where they won 38-7. These included Tyler Spitz, Jun Sing Lee, Chris Maize, Sam Down and Tony Chen.

We have also had the start of the Asian Rugby Championship where Hong Kong will be looking to win the title for the second season running against Korea and Malaysia. After a successful away win of 47-10 over Korea the signs are positive. USRC Tigers were fortunate to have three USRC Tigers in the squad, Dan Barlow, Craig Lodge and Robbie Keith and we hope for more in the future fixtures.

With the start of pre-season in the seniors just around the corner and with the youth and mini season looking to start again in mid-August, many of our senior players have been taking a break from rugby and supporting local causes. Darkness into Light is one such cause, which looks at raising awareness within the community around Mental Health. A large contingent of both men and women first teams recently took part in an early morning charity walk to support this great cause.





Squash News

Colman Ng
Squash Convenor



HK Squash Winter League summary

The Winter League 2018/19 has finally come to an end. While the overall results have been somewhat mediocre for most of our teams, USRC 3 ended their league campaign with flying colours in Division 13A. They successfully clinched the League Championship title and managed to maintain an impressive unbeaten record throughout the season. They were once very hopeful in also attaining the championship in the Final Playoffs but unfortunately were narrowly defeated in a cliff-hanging final match of the season. Their dream of a double-championship was so close yet so far. Anyway, congratulations to the Team Convenor, Kermit Yuen, and all USRC 3 players for a very successful league season.



USRC 3 Team in a celebratory mood after winning the league championship



USRC 3 enjoying their post-match celebration dinner

Despite being in the midst of a group of tough competitors, Team 1 in Division 3 made a remarkable comeback towards the end of the season to finish in fourth position and qualified for the Final Playoffs. However, they were not able to gain much headway when confronted with the top teams in the Final Playoffs. Overall, commendable efforts on the part of all USRC Team 1 players who represented our Club at the premier level of the HK Squash League. Similarly, USRC 2 also ended up in the fourth position in the league table to qualify for the Final Playoffs but did not progress any further thereafter. As for our junior team, USRC 4, comprising young players who participated in the Main League for the first time, it is most heartening to note that they finished as the first runner-up in Division 19A. Besides the attainment of silverware in their debut attempt in the Main League, these young kids have benefited immensely in terms of improvement to their skill level and the valuable experience gained in playing competitively under pressure. Hopefully, we have some future star players in the making.

Traditionally, teams of the Masters Divisions tend to focus more on the post-match social drinks and dinner rather than the squash competition itself. Our Masters Teams 1 and 2 certainly maintained this fine tradition as they both finished the campaign in mid-table and appeared to have enjoyed the process of the league campaign even without attaining any silverware.

Summary of USRC 2018-19 Winter League Results

	Division	Position
USRC 1	3	4
USRC 2	7	4
USRC 3	13A	Champion
USRC 4	19A	2
USRC M1	M1	3
USRC M2	M2	5

Revisit to USRC by former Squash Section Member

A former member of the Squash Section, Mr Dale Hansen, having been away from HK for more than 3 years, visited USRC on 18 May. During his time as a member of the USRC Squash Section, Dale had been instrumental in organizing the various squash activities and had made significant

contributions in successfully convening our Main League and Masters Teams. He took the opportunity to play against all those who turned up on that day when he demonstrated his pacy style and tricky shots which he has been well known for. In appreciation of his past contribution to the Squash Section, Dale was presented with a set of the USRC squash team uniform as a souvenir.



Dale being presented with a squash uniform



Dale meeting old friends of the Squash Section

Visiting squash team from Japan

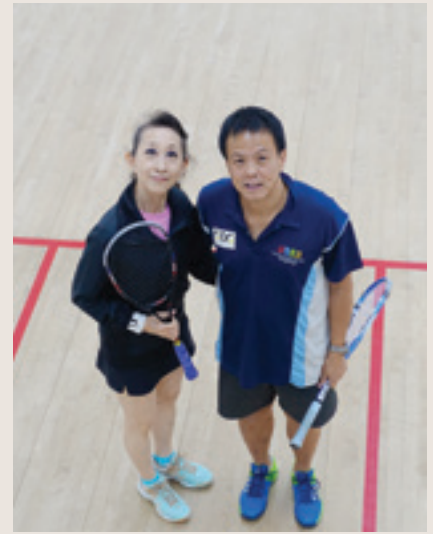
A squash team from Japan visited USRC for a friendly match on 2 June. The overseas visiting team comprised of 5 ladies and a male player and were mostly very experienced, some of them former national players. The visitors were evidently very skilful and played with finesse and tenacity. They were, however, unable to contain the ferocity of the home team who prevailed as the ultimate winner. Overall, a very high standard of performance was displayed by both teams in an evening full of action, sportsmanship and with traditional Japanese courtesy. After the friendly matches, the visitors were invited to a dinner in the Garden Café with plenty of food and drinks consumed in a delightful atmosphere. It had indeed been a thoroughly enjoyable evening for everybody who participated in the event.



Visiting team from Japan



Exchange of souvenir with Japanese team leader
Ms Miyuki Adachi



Making friends before battling it out in the court



Enjoying the post-match dinner with the Japanese visitors



Tennis News

**Martin Li,
Tennis Convenor**



Annual General Meeting

On Saturday 4 May, we held the Annual General Meeting to report our annual performance which included the charity event, results of league matches, activities during the past year, improvement of tennis courts, outstanding Members and the Annual Financial Report. We had processed an election of new committee members' procedure since some current Members were not continuing their role in the coming season. Having elected some new committee Members we announced the Annual General Meeting successfully completed and thanked attendees.

We sincerely thanked Maide Sun for her contributions to the Tennis Section over many years.

The new committee Members were formed to the following structure:

Organisation Chart for 2017 -2018 Tennis Section	
Post	Name
Convenor	Martin Li
Deputy Convenor	Ken Chan
Treasurer	Karen Lam
Secretary	Lin Pang
Member	Dilip Wadhwani
Member	Thomas Lee
Member	Brian Ho



From left, Maide Sun, Dilip Wadhwani, Brian Ho, Thomas Lee, Karen Lam and Pang Lin
Standing, Martin Li and Ken Chan



New committee members, from the left, Thomas Lee, Pang Lin, Ken Chan, Martin Li, Karen Lam, Dilip Wadhwani and Brian Ho

Happy Tennis

Before the annual dinner and Annual General Meeting, we organised a happy tennis event for all Members. All participants could take this opportunity to help know one another as well as increase their friendship through a tennis match.



Dennis Ng and Condy Ip



Karen Lam and Cindy Fung



Eng Lye Ong, Kenneth Chiu, Dennis Ng and Condyl Ip



Dilip Wadhwani

Annual dinner

The annual dinner was held after completion of the Annual General Meeting. There were over 100 people to join our party and it included delicious food and wine and special thanks go to our Member, Alan Luk, who sponsored the wine for the dinner.

Awards were presented to the tournament 2019 winners and runners-up and we also held a lucky draw prize and an auction to raise money for charity. All participants enjoyed the fantastic arrangements, particularly the karaoke which brought our event to a finish.

Thanks were given to the dinner organisers, Isa Lam, Katy Chan, Alfred Cheng and Cindy Fung.



Tournament 2019 prize presentation

The prize presentation for Tournament 2019 was awarded at the annual dinner when we congratulated all the winners.

The list of awards 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 Lam
Doubles 120+	Dennis Ng/ Kevin Tang	Eric Tang/ Katy Chan



Lal



Billy Lau and his fan



Linda Tong and Eric Ng



Alfred Cheng



Cup Men's Singles
Champion, Ayran Jain



Cup Men's 1st Runner-up,
Thomas Lee



Plate Men's Champion,
Kenneth Hui



Plate Men's 1st Runner-up,
Kenneth Chiu



Plate Mixed Doubles 1st
Runners-up, Karl Tang and
Karen Lam (Kevin Tang &
Karen Lam received the
prize on their behalf)



Doubles' 120+ Champions,
Kevin Tang and Dennis Ng
(Kevin received the prize on
their behalf)



Cup Men's Double
Champions, Kenneth Chiu
and Clive Yip



Cup Men's Doubles 1st
Runners-up, Ken Chan and
Eddie Wu (Ken received the
prize on their behalf)



Doubles' 120+
Plate, Eric Tai and
Katy Chan (Katy
received the prize
on their behalf)



Plate Men's Doubles 1st
Runners-up, Kenneth Hui
and Y.C. Hui



Cup Mixed Doubles
Champions, Kevin Tang and
Charmaine Chau (Kevin &
Cindy Fung received the
prize on their behalf)



Cup Mixed Doubles 1st
Runners-up, Brian Zee and
Lin Pang



Plate Mixed Doubles
Champions, Clive Yip and
Halima

Charity event

One of the important events during the annual dinner is fund raising to help a charitable organisation. This year The Boys' Brigade, Hong Kong was our chosen recipient and we were able to make a HK\$30,200 donation to their organisation.



We thanked and offered appreciation to the following members who donated gifts and money for the charity event; Patrick Cheung, Isa Lam, Cindy Fung, Maide Sun, Lal, Martin Li, Kenneth Chiu, Linda Tong, (Linda had donated more money in past years through auction event) and our GM, Noel Burns.

Road to Wimbledon – Junior Clinic 2019

I started playing tennis at the age of 6.

The tournaments I have competed in were the Nissin Hong Kong Junior Novice Competition, Nissin Cup Noodles Hong Kong Junior Tennis Series competition and District Age Group Tennis competition.

I am currently representing my school tennis team and taking part in inter-school competitions as well. I love playing tennis. I learn a lot from it which I can input the same attitude in my life. I know I should never give up and always try my best when pursuing my dreams.

It was a good experience to be part of The Road to Wimbledon Clinic. I was so excited to meet the coaches and watching them demonstrate different skills.

Jonathan Lee



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) <u>\$650</u>	<u>\$390</u>	<u>\$280</u>	<u>\$230</u>
	Guest (1 person) <u>\$700</u>	<u>\$410</u>	<u>\$300</u>	<u>\$250</u>
Package (1 hr / 5 times)	Member (1 person) <u>\$3,150</u>	<u>\$1,900</u>	<u>\$1,350</u>	<u>\$1,100</u>
	Guest (1 person) <u>\$ 3,400</u>	<u>\$2,000</u>	<u>\$1,450</u>	<u>\$1,200</u>

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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

Both our Improver and Beginner classes moved on to the next level after completion of an 8-week course. The lessons are conducted by Club Committee Members. The Beginner classes are aimed for players with little or no previous knowledge of bridge. Participants learn the basics of the Standard American 5-card major bidding system and can start playing the game in no time.

Topics covered for improvers:

- Jacoby transfer on minors
- Strong jump shift vs Reverse
- Count signals
- Meaning of first card led

Topics covered for beginners:

- Introducing the game
- Trick taking skills
- Bidding of no trump contract
- Playing of hand



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

Summer is under its way and some of our regular players are heading overseas for their vacation. Nonetheless, there are always keen players who stay to play bridge, enjoying the social but serious game. The number of tables will be expected to be kept stable at about eight tables playing 21-24 boards in each session.



Saturday social bridge

The Saturday bridge group meets up every Saturday morning for workshop and game. In order to further increase the standard among Saturday players, a 30-minute session has been added recently to introduce the latest bridge conventions.

Conventions introduced in May and June:

- Cappelletti
- Unusual 2NT
- XYZ convention

Gentle games will then be followed in the morning with open discussions. Participants are being assisted with mentors on both 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.

Royal Automobile Club of Australia, Sydney



The Royal Automobile Club of Australia today has evolved into one of Sydney's premier business and special interest Clubs, proudly occupying its heritage-listed headquarters in Macquarie Street, Sydney and a vibrant active and diverse membership from around the country.

Today the Club continues to prosper with a strong and active membership, fine events programme, accommodation, dining, fitness centre, garage with car parking, business centre facilities and is a sought after function and wedding reception venue

The Royal Automobile Club of Australia houses 29 accommodation rooms for members, reciprocal members and their

guests, with styles ranging from the original 1920's single bedrooms to our newly refurbished rooms overlooking either Sydney Harbour or the Botanical Gardens. The accommodation facilities are perfect for that special weekend away or the mid week corporate stay, with access to all the Club's facilities and our professional and helpful front office team always available to assist, your stay is sure to be a special one.

Members and their guests may book into one of the 29 rooms at the Club's central city location. The rooms are well appointed with air conditioning, TVs, tea and coffee facilities, mini bar, free Wi-Fi throughout the building and other modern conveniences. Room service is available during restaurant hours and the Club Reception is accessible 24 hours, 7 days per week. Check-in time is 2:00pm and check out time is 11:00am.

With the superb location at Circular Quay, the Club is easily accessible for guests. The building is an amazing venue for corporate dinners, receptions, product launches, meetings and networking events.

There are a range of function rooms, suitable for any event, including large gala dinners. With customised in-house catering options available. Our team make sure that you have everything you need.



List of Reciprocal Clubs

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

Clubs in bold are recently added clubs to our reciprocal list



Instagram

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

 *usrc_1911*