

OASIS

September-October 2019

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



USRC SWIMMING Gala 2019



*Sunday 13th October
1:00 p.m.*



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



**ENROLMENT DEADLINE:
WED 9TH OCTOBER**



Please call F&B at 3966-8633
Ken or 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 - Since 1911



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Kowloon, Hong Kong.
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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

Sports Director

Grounds, Environment & Community Director Kenneth Chiu

Membership Sub-committee

K.C. Ng Andrew Kwan
Alfred Cheng Lily Tam
Joanne Martin Viveka Mansukhani
Nigel Mattravers Brian Schroeder
Gregory Sutcliffe

Disciplinary Sub-committee

K.C. Ng Eric Heung
Felix Hart Ringo Chiu
Viveka Mansukhani Brian McArdle

Sports Sub-committee

Cricket Michael Caves

Football Alan Urmston

Lawn Bowls David Robinson

Rugby Sam Hocking

Squash Chung Leung

Tennis Alfred Cheng

Sports Convenors

Cricket Ahmed Saleem

Football Alan Urmston

Lawn Bowls 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,

As the sweltering and humid weather over recent months is nearly over, autumn is soon to fall, hopefully the civil unrest prevailing in the city for the last couple of months will as well. I would like to welcome Members back to Hong Kong and the USRC from their summer holidays and trips abroad for return to school, work and a peaceful life!

It is with deep regret that mainly due to personal reasons, both Mr Tom Duttman and Mr Eddie Wu resigned their directorship from the General Committee (GC) last month after 14 and 38 months of voluntary and selfless service to the Club respectively. A big vote of thanks to them for their tremendous efforts and contribution to the smooth running of the Club during their times is in order. Their continual professional advice and support to the Club, if willing when required in the future, would be much treasured and appreciated. In the circumstances, the GC is identifying suitable replacements to be appointed as an interim in accordance with the relevant Club Rules. Announcement of new incumbents will be made once designations confirmed.

As mentioned at the last AGM, the GC has decided to pause our membership intake for the time being at 1,250 voting members to ensure an acceptable comfort zone level presently enjoyed by Members is not eroded. Admission of new joiners, however, is continuing on an attrition basis and with the natural wastage of Members resigning for various reasons, the long waitlists of full ordinary and legacy applicants are progressively diminishing.

Financial position remains sound and manageable despite the exceptionally weak consuming markets and unease sentiment currently subduing this place. Enhanced security arrangements on access control over clubhouse entrances have been activated recently but purposely for weekends and public holidays only to minimize Members' inconvenience. Hope you all would appreciate and bear with us about this card tapping procedure for the sake of tightening up club security especially amidst the present political situation.

Now that families are back in town and kids back to school, we have many scheduled recreational and festivity events planned for your enjoyment such as the Annual Swimming Gala on the 13th Oct and Mid-Autumn Festival Buffet Dinner on the 13th Sep. Please check our website, notice board and What's On calendar in this magazine for more.

See you around the Club!

Patrick Cheung
Chairman



親愛的會員：

隨著過去數月悶熱和潮濕天氣幾近完結，迎來初秋，我們期望社會最近的動盪也能盡早劃上句號。歡迎各位會員外遊回港，重返三軍會的大家庭，回歸校園、工作及平靜的生活。

執行委員會成員有所變動。基於個人原因，Tom Duttman先生和Eddie Wu先生已於上個月請辭，這是遺憾的消息。Tom及Eddie分別為三軍會義務工作14個月和38個月，本人衷心感謝兩人任內巨大的努力和貢獻。他們過往提供不少專業建議和支持，日後若有需要，本會定當感激他們能再次提供意見。根據會內規則，執行委員會會選出合適替補人員出任臨時任命，落實後會公布。

正如年度股東大會所言，本會決定暫停新會員申請，維持具表決權成員在1,250名水平，以確保會所舒適環境不受影響。新會員繼續以消耗性方式取替。現有成員自然流失，候補名單的人數正逐步減少。

在消費力特別疲弱，市場氣氛低迷環境下，本會財務狀況仍然穩健可控。最近我們已加強會所入口門禁的保安，暫時只會於周末及公眾假期實施，以盡量減少對會員的不便。鑑於目前政治局勢，期望會員諒解及遵循門禁拍卡的安排，以保障會內安全。

暑假後生活回歸正常，三軍會已為您準備多項定期的娛樂和節日活動，包括10月13日的年度游泳會和9月13日的中秋節自助晚餐。詳情請參閱本會網站，告示板及本期雜誌。

張伯陶
主席

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.

Club Management

15/6/2018

Employee of the Month – July

Lei Wan Yu – Dishwasher



Employee of the Month – August

Wong Kei Wai – Gardener



STANDARD OF DRESS IN CLUBHOUSE

Casual attire includes collarless shirts,
but not swimwear or singlets.

Members are requested not to visit any food and
beverage outlets without changing after exercise or sports.

ACCEPTABLE

Casual attire includes collarless shirts.



UNACCEPTABLE

Swimwear or singlets.

Visit F&B outlets without changing after
exercise or sports.



If you are unsure if an item of clothing is acceptable please ask F&B.
Management will have the final determination regarding dress code
for all areas of the Club.

GENERAL MANAGER'S MESSAGE

Dear Member,

I would like to welcome back all the members who had the opportunity to travel.

Over the summer months we had the opportunity to start some scheduled work. We're currently stripping out the remaining three bedrooms in the accommodation area, the finished look will be bright, modern, and at 300 square feet, spacious enough to compete with any comparable room in the Kowloon area. The rooms represent great value (average rate HK\$1,000) shown through the many bookings, plus high occupancy rates achieved throughout the year. Originally serviceman quarters, they were converted into suites during the early nineties and were less than desirable when first opened. Thankfully, all this has changed.

We have many scheduled events planned over the coming months. The Swimming Gala in September, Italian Week in October and Jazz by the Pool in November. Please check updates on Facebook #unitedservicesrecreationsclub / Instagram #usrc1911 for details on upcoming events.

A few points for consideration:

Dress Code – Please see poster on the opposite page for your reference.

Age restriction Changing Rooms – Boys over the age of 5 years of age are not allowed in the Ladies Changing Room.

Your adherence to these points are appreciated.

As always, see you around the Club.

Noel Burns

General Manager



親愛的會員：

大家好！

歡迎所有外遊歸來的會員。本會在夏季繼續完成多項已規劃的工程，包括正在拆除住宿區餘下的三間臥室，改裝後的房間面積為300平方英尺，感覺將煥然一新，散發寬敞、時代化及明亮的感覺，與九龍區同類房間，平均房價HK \$ 1,000房間比較，我們的房間性價比極高，全年入住率高企。房間當年是維修人員宿舍，九十年代初期被改建成套房，開業時入住表現不理想。時而世易，去舊迎新，設施也隨時代進步。

三軍會在未來幾個月已計劃了多項活動，包括九月的游泳會，十月的意大利周和十一月的泳池爵士樂。請查看Facebook 的 #unitedservicesrecreationsclub 或 Instagram的 #usrc1911，了解各項即將舉辦活動的詳情。

最後，溫馨提示會員以下幾點：

穿著要求 – 請參閱對頁海報；

更衣室 – 設年齡限制，凡五歲以上的男童不允許進入女士更衣室。

感謝您的支持。

一如以往，三軍會期待您的蒞臨。

Noel Burns

總經理

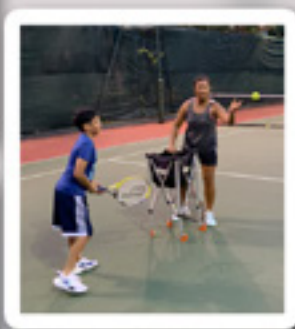
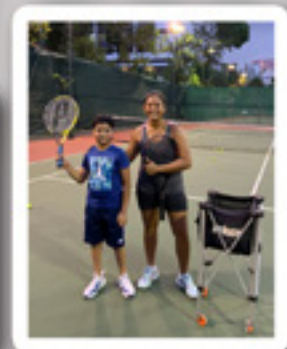
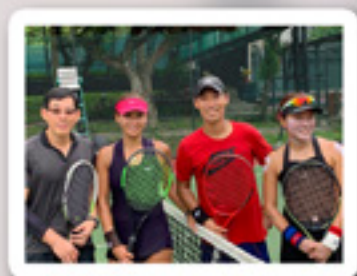
USRC SUMMER

A GREAT SUMMER IN USRC, HOPE YOU ALL

BASKETBALL



TENNIS



COURSES 2019

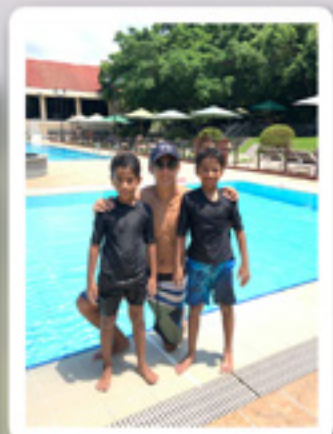
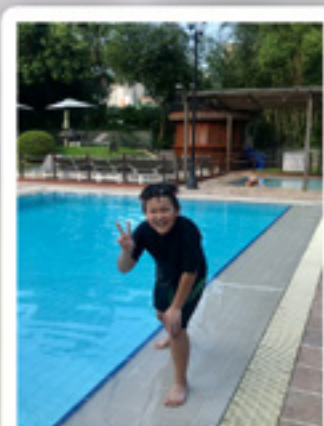
HAD A WONDERFUL TIME SEE YOU NEXT YEAR!

FENCING

FOOTBALL



SWIMMING





中秋

Mid-Autumn Festival Chinese Set Menu

Available from 9 September 2019 to 15 September 2019
Only at the Garden Cafe

Assorted appetizer platter

(Shredded oyster mushrooms, golden tofu, beef finger with spicy sauce and bitter cucumber with plum)

四小碟

(凍素海蜇, 金磚豆腐, 麻香牛肋條, 話梅涼瓜)

Double boiled chicken soup with fish maw and conch

花膠螺頭燉雞湯

Deep fried prawn and mango rolls

香芒炸蝦筒

Steamed fresh grouper

清蒸游水斑

Assorted mushrooms, vegetables and cordyceps flowers in chicken broth

蟲草花什菌泡時蔬

Steamed whole chicken with Chinese wine

酒香雞

Lotus leaf rice

荷葉飯

Purple potato dumpling with sweetened ginger soup

紫薯薑湯圓

Mini moon cake

迷你月餅

\$2,988 for Set Menu of 12

\$1,688 for Set Menu of 6

For reservations, please call ☎3966 8638.

Cancellation & No-show Policy:

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



United Nations Association of the United Kingdom
United Kingdom - Since 1945

Mid-Autumn Festival Buffet Dinner

Friday, 13 September 2019

Garden Marquee

6:30pm-9:30pm

中秋

中秋

Chilled Juice Station

Apple Juice, Orange Juice, Pineapple Juice

Chilled Seafood Station

Prawns, Whole Whelk in Shell, Mussels

Salad & Appetizers Station

Sushi and Sashimi Counter

Mesclun Lettuce, Caesar Salad, Spinach Salad with Garlic, Capers and Semi-dried Tomato
Potato Salad with Crab Roe, Chicken Hawaiian Salad, Caprese Salad with Baby Mozzarella

Soup Station

Wild Mushroom Soup
Winter Melon Soup with Pork Bone
Assorted Breads

Barbeque Station

Australian Oysters (Rockefeller & Kilpatrick)
Assorted Sausages
Whole Lamb on the Spit
Roasted Pork Belly Roulade with Crackling

From the Texas Smoke Pit

24 hours Smoked Pepper Rubbed Whole Beef Brisket

Main Course Station

Stir-fried Prawns and Squid with Celery and Cashew Nuts,
Seasonal Vegetables, Roasted Potatoes
Fish Tikka, Chicken Tikka Masala, Aloo Gobi
Saffron Rice, Plain Naan

Dessert Station

Fresh Fruit Platter, Moon Cake, New York Cheese Cake
Steamed Lotus Crystal Bun, Steamed Custard Crystal Bun
Cappuccino Layer Cake, To Fu Fa with Brown Sugar and Syrup
Sweet Potato & Sesame Dumplings Ginger Soup, Homemade Bread and Butter Pudding
Apple Crumble with Hot Custard Sauce



For reservations, please contact Ken or Nike on 3966 8633 or by WhatsApp 9663 7773
or by email to catering@usrc.org.hk

Early Bird: Before 31 August 2019

HK\$498/Adult

HK\$288/Child

HK\$388/65 or above

Regular Price
HK\$598/Adult
HK\$338/Child
HK\$428/65 or above





United Services Recreation Club
Hong Kong - Since 1911

Garden Cafe
Christmas Eve Set Dinner
24th December 2019

Duck liver pate with cherry balsamic,
caramelized red onion marmalade and melba toast

or

Rosti with smoked salmon, capers and rocket

or

Grilled halloumi cheese with apricot and mint



Roasted red bell pepper and carrot soup



Roasted butterball turkey with trimmings,
with roasted potatoes and Brussels sprouts

Or

Braised beef cheeks

Or

Roasted vegetable cannelloni



Chocolate mousse cake

Or

Yule log cake
with fruit coulis

Adult \$268, Child \$168 (Aged 3-11)

For reservations, please call ☎ 2966 8638

We apologize that there will be no A la carte on this night.

Cancellation & No-show Policy:

- (1) 100% full charge penalty applies if the reservation is cancelled on the day of the event.
- (2) 70% charge penalty applies if the reservation is cancelled on the day before.
- (3) 50% charge penalty applies if the reservation is cancelled 2 days before.

Accommodation Room renovations

The second half of the renovations for our accommodation rooms is on-going and three of the rooms in the Accommodations Block are being renovated.

The main work consists of the ceiling being repainted and fitted with new lighting and air-conditioning that provides both heat and cold, replacement of the tiles and shower screen in the bathroom area, plus a few other touches being made with the furniture and arts too.

The completion of the rooms will be around the end of September.





MERRY
CHRISTMAS



Christmas Day Buffet Menu

Wednesday, 25th December 2019

Garden Marquee

11:30am - 3pm



Chilled Juice Counter

Apple Juice, Orange Juice, Pineapple Juice and Soft Drinks

Appetizers

Smoked & gravlax salmon with capers and red onions
Assorted Italian antipasti with olives, grilled eggplant & zucchini, marinated mushrooms
Lobsters, Prawns, Blue mussels, Whelks in shell, King crab legs on ice

Salad Bar

Caesar salad, Assorted lettuce mix,
Chicken Hawaiian salad, Potato salad with crab roe
Fusilli pesto and semi dried tomato salad, Tropical coleslaw,
Avocado dressing, Balsamic and tomato dressing, Italian dressing, Honey mustard dressing

Show Cooking

Seafood soup made with short pasta, fresh squid, prawns, salmon,
mussels, clams, whelks, crab meat stock and tomatoes

BBQ and Carving

Whole roasted lamb with mint sauce & mint jelly, assorted mustard and gravy
Sous vide cooked and char-grilled grass-fed sirloin steaks
Whole roasted turkey with stuffing, chestnuts, cranberry jelly and gravy
Honey glazed Virginia ham with pineapple, Madeira sauce
Australian oysters (Rockefeller & Kilpatrick)

Main Dishes

Prawns with celery and cashew nuts, Lo hon vegetables, Sweet and sour pork
Fish tikka, Chicken tikka masala, Aloo gobi
Cauliflower gratin with cheese sauce, Brussels sprouts with nutmeg,
Candied carrots, Roasted potatoes, Steamed rice and Plain naan

Desserts

Fresh fruit platter with watermelon, papaya, pineapple, oranges, apples
Roasted marshmallow station, Assorted tarts, Mango caramel cake, Mini boutique desserts, Mini cupcakes, Marble
cheesecake, Mince pies, Christmas ginger bread house, Christmas stollen, Christmas pudding with brandy sauce,
Bread and butter pudding with cranberries and vanilla sauce, International cheese platter

Adult: HK\$ 518

Child: HK\$ 298 (Aged 3-11)

Add HK\$128 for free flow of Prosecco,
House Wines and San Miguel Draught Beer

For reservations, please contact Ken or Nike
Tel.: 3966 8633 or via WhatsApp 9663 773 or via email: catering@usrc.org.hk



Christmas Set Dinner


24th December - 26th December

Alaska king crabmeat salad
with avocado and crab roe

or

Pan-fried foie gras
with caramelized red onion marmalade and toast


or

 Beetroot and cheese ravioli
with blueberry balsamic reduction



Italian seafood brodetto
Assorted seafood in a rich tomato broth

or

 Wild mushroom soup
With truffle oil



Roasted butterball turkey with trimmings
served with seasonal vegetables and potatoes


or

Grilled Australian lamb chops
served with seasonal vegetables and potatoes

or

King prawn & scallops with linguine

or

 Pumpkin risotto
with sage and cherry tomatoes



Christmas pudding with brandy sauce

or

Homemade blueberry tart
Coffee or Tea

\$568 per person

For reservations, please call ☎3966 8638

We apologize that there will be no A la carte on this night.

Cancellation & No-show Policy:

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- (2) 70% charge penalty applies if the reservation is cancelled on the day before.
- (3) 50% charge penalty applies if the reservation is cancelled 2 days before.

Surf and Turf night

Steak Night and Surf and Turf Night was held in the Gascoigne Room in June and July. The feedback from members was positive – from the price offered to the quality of the food. We will definitely have another one of these events soon.



USRC Lacrosse

New Season Fun Day in October, stay tuned!



Captains: Lorenza & Leona

Usrc lacrosse is still at its early stages. It has grown so much since a year ago when it was first founded. Now, we have many talented players of different ages. Our focus is on participation as we develop individual skills and the importance of being part of a team. Throughout this year, we have seen a tremendous improvement on our players' lacrosse skills. As players are maturing at this sport, we will aim to introduce a more competitive environment by playing with other club teams. We pride ourselves on developing our players to the best of their abilities. Throughout the year, we host a range of social activities such as dinner gatherings and friendly matches, which provide an opportunity for players and family members to get together and have fun. We are hoping to see more new faces in our team! I am excited to see where we will be in a couple years time, and I'm very much looking forward to our coming wins next season!



LACROSSE MAKES FRIENDS!

Youngest member in the team

Name: Brian Lee

Age: 10 years old

Played Sports: Basketball, Tennis

Please feel free to contact Lorenza Hayat at 9728-3349 and join us.



New Year's Eve Family Buffet
Garden Café ♦ 31 Dec 2019 ♦ 6pm - 9:30pm

Appetizers

Chilled Prawns, Blue mussels, Whelks in shell, Snow crab legs on ice
Smoked and marinated salmon
Shaved Serrano ham with pickled olives and cornichons
Selection of sashimi with soya sauce, wasabi and pickled ginger

Salads

Mizuna lettuce and baby gem lettuce, Apple celery and walnut salad
Tomato and toasted red pepper salad with basil, Cucumber with sesame seeds and crab meat
French dressing, Thousand Island and balsamic dressings

Soups

Wild mushroom soup and Sweet corn fish maw soup
Baker's board with rolls and whole breads

Carving

Traditional turkey carving with stuffing served with chestnuts, cranberry sauce and giblet gravy
Roasted herb crusted prime rib of beef with green pepper corn cream sauce
Roasted suckling pig with hoisin and apple sauce

Chinese congee station

Lobster congee

Main course

Hong Kong style beef curry, Chicken breast with stuffed spinach on saffron cream sauce
Steamed garoupa with soya ginger sauce, scallions and coriander
Sautéed scallops and prawns with broccoli and XO sauce
Braised e-fu noodles with scallions, Chinese style crispy deep-fried chicken
Roasted potatoes with thyme and rosemary, Seasonal garden vegetables
Chicken tikka massla, Lamb saag
■ Plain naan, Steamed rice

Dessert

Fresh fruit platter with melon, papaya, pineapple, oranges, grapes & mangoes
Panna cotta, Cream brulee, Mini pancake,
Egg tart, Cheese cake, Tofu Fa with brown sugar and syrup
Homemade bread and butter pudding, Apple crumble with custard sauce

HK\$ 528 per Adult, HK\$268 per Child (Aged 3-11)
Add HK\$128 for free flow of Prosecco, House wines and San Miguel draught beer

For reservations, please contact Garden Cafe
Tel.: 3966 8638



**FIRST EVER FREE DIVING COURSE
IN USRC! STAY TUNNED FOR
UPCOMING CLASSES!**



FREE DIVING

• DO NOT FREE DIVE OR PRACTISE HOLDING YOUR BREATH ALONE •



**FREE DIVING IS THE SIMPLE ACT
OF BREATH-HOLDING WHILE
DIVING UNDER THE WATER
WITHOUT USING ANY BREATHING
APPARATUS!**





SUMMER BASKETBALL FUN DAY

**STAY TUNED FOR UPCOMING
REGULAR CLASSES AND
3-ON-3 TOURNAMENT!**



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

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

2

- Pilates Group Class 4 pm

3

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

8

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

9

- Pilates Group Class 4 pm

10

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

15

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

16

- Pilates Group Class 4 pm

17

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

22

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

23

- Pilates Group Class 4 pm

24

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

29

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

30

- Pilates Group Class 4 pm

Wednesday

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
- Taekwondo 4:30 – 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

4

Thursday

- 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)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

5

Friday

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

6

Saturday

- 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)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

7

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
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- Football Legal League games

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)
- LB 2:30 pm - 6:30 pm (Club Members)
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12

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

13

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

14

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (League Teams Practise)
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- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

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)
- LB 2:30 pm - 6:30 pm (Club Members)
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19

- Playgroup 9:30 am – 11:30 am
- Pilates Group Class 4:00 pm
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- Football Legal League games

20

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21

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- Football Legal League games

25

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26

- Playgroup 9:30 am – 11:30 am
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- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

27

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- Squash Afternoon 2:30 – 5:30 pm (Court 1&2)
- LB 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

28



Sunday

Monday

Tuesday



6

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

7

- Pilates Group Class 4 pm

8

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

13

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14

- Pilates Group Class 4 pm

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- Football YYL Game

28

- Pilates Group Class 4 pm

29

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3

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- Pilates Group Class 4:00 pm
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- Lacrosse 7-9 pm (Multi-purpose Court)
- Football Legal League games

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10

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31





Cricket News

by **Ahmed Saleem**
Cricket Convenor



Training update & next season

As we write, the section's teams are enjoying a well-earned close-season break from matches. Training has continued for our youngest cricketers, with U15, U13 and U11 groups having weekly sessions under the guidance of Imran Arif, fine-tuning their technique for next season's challenges.

Full training for all squads commences in earnest in early August. All club members are very welcome to join. Player registration fees are at a reduced "early bird" rate of \$900 until the end of August, and are only \$1,000 thereafter — this covers all coaching and match fees for the whole season.

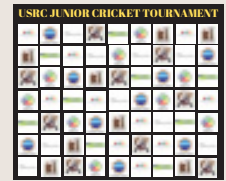
Please connect with Head Coach Ilyas Gul for full details of our training programme. In summary the weekly schedule is as follows:

- Women's senior squad: Wednesday, 6:00pm – 8:00pm
- Men's senior squad: Thursday, 7:00pm – 9:00pm
- Skills Camp: Friday, 5:00pm – 7:00pm
- U17: Tuesday, 6:00pm – 8:00pm
- U15: Saturday, 12:30pm – 2:00pm
- U13: Saturday, 11:00am – 12:30pm
- U11: Saturday, 10:00am – 11:00am

For players looking to play at a less intense level, the section is also hoping to have three teams entered in the more informal social league. Please contact Kashif Shams (kashifshams74@hotmail.com) if you would like to be connected with one of the captains.

Junior Tournament

The section has invested considerable time over the last six years in its "Gunners" development programme, which provides skills training for all junior age groups from U11 upwards. The results have been very tangible, with three U11 and one U13 championships.



It was fantastic to host our first all-day junior tournament in July, seeing over 50 boys competing in an action-packed programme of "box cricket" on the Club's multi-surface court.

Six teams entered the tournament, all generously sponsored by local businessmen with a passion for cricket. The teams and their owners comprised:

- USRC Creative Champs, Creative Impact (Hitesh Chhabria)
- USRC DMAS Diamonds, DMAS Hong Kong Ltd. (Sohail Anwar)
- USRC Green Avengers, Green Inc. (Kashif Shams)
- USRC Royal Smashers, Royal International (Prateek Singhi)
- USRC Royal Tigers, Royal Tigers (Arun Jain)
- USRC Seawind Warriors, Seawind Far East Ltd. (Shazada Saleem Ahmed)



All captains trying to get their hands on the trophy



GM Noel Burns with team coaches and captains



USRC WOMEN'S CRICKET TEAM

Trainings:
Wednesdays 6 - 8pm
Matches:
Sundays (TBC)

**Recruitment for Season 2019 -
2020 is now open!**

50% FEE OFF ON REFERRALS

FOR MORE DETAILS:

ILYAS GULL - 94214741

KASHIF SHAMS - 62044413

MONISHA KOTWANI - 98372479

SWETA JAIN - 65337605

SPORTSOFFICER@USRC.ORG.HK



United Services Recreation Club
Hong Kong - Since 1911

A great format was put together by tournament director Kashif Shams, ably overseen by umpires Rameez Raja and Aftab Ahmed, with live scoring provided by James Minett.

A closely fought competition saw the DMAS Diamonds take first place from Green Avengers, with Seawind Warriors in third. USRC player Rohaab Umer won the tournament MVP award.

Prizes were presented by guests Mark Farmer, Ravi Nagdev and Jawaaid Iqbal from Cricket Hong Kong. Collectively, they were so impressed by the organisation and the excellence of the USRC facilities that they are considering developing their own version of this tournament as a way to grow participation with children in the local community.

Many thanks to GM Noel Burns, and all the grounds and catering staff who provided support to the event.



All teams listening to the tournament rules



GM Noel Burns with the winning team



Teams lining up before the event



USRC JUNIOR CRICKET 2019 - 2020

RECRUITMENT FOR
U11, U13, U15 AND U17

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

TRAINING DAYS:

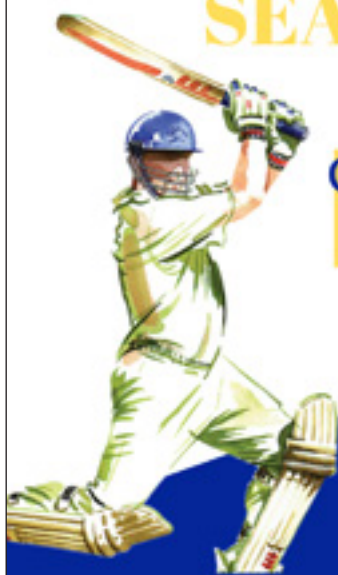
U11 - Saturdays - 10am to
11 am

U13 - Saturdays - 11am to
12.30pm

U15 - Saturdays - 1 pm to
2.30pm

U17 - Tuesday - 6pm to
8pm

**Cricket Open Day and Registration:
7th and 28th September 2019**



**CONTACT FOR MORE DETAILS:
ILYAS GUL: 9421 4741**

KASHIF SHAMS: 6204 4413

SPORTSOFFICER@USRC.ORG.HK



United Services Recreation Club
SINCE 1952



Football News

Alan Urmston
Football Convenor



Do you like to play football?

Then you should join the USRC Football Section!



We provide football for Club members and their guests at all levels of age, ability and fitness – and we work to improve you in at least two of these!

Interested? Read on...

Our senior teams are USRC Gunners, USRC 1911 and USRC Vitesse.



Gunners play in Division 1 of the Legal League. This is a very competitive, open-age league with three divisions. In 2018-19, Gunners finished fourth in the League but were victorious in the Cup, winning it for only the second time in the Club's history. They will be aiming to challenge for the title this season as well as defending their Cup.



1911 play in the Legends League, a competitive league for players who are over-35. We have been in this League for three years now and last season finished in fifth place. It's a good league to play in as the players take it seriously but play for fun as well.



Vitesse is our social team. Players from all the Section play for fun and fitness. Our players range in age from 16 to 60. We play against other social teams and local charity teams to spread the love of football and bring some cheer to those who may need it.



Our teams play most of their games on Friday evenings and players are free to play for whichever team suits their level and availability.

The USRC has had a Football Section since 1995. In the past 24 years we have gone from a few members joining together to play friendly matches, to where we are today, with three senior teams and a thriving junior section. In between, USRC teams have won some major honours:

- Yau Yee League Division 1 Champions – 2008, 2009, 2014
- Yau Yee League Cup Winners – 2015
- Legal League Cup Winners – 2015, 2019
- Legal League Division 2 Champions – 2014
- Citi HKFC Soccer Sevens Masters Champions – 2015
- Gothia Cup (Age 13) Winners – 2016

So we've achieved some pretty special things in local amateur football over the years, and hopefully will continue to do so, but that's not all we're about. We play mainly for fun and fitness and to help spread the joy of football to the local community through our charity football events.

In January 2020 we will hold our fourth event involving stars from yesteryear, local and USRC players of the future, as well as current Section players and members.

Our Junior Football Section is run in collaboration with Brasil Top Skills, who provide expert coaching and age-group teams for players from as young as 3 to those aged 16. Sessions run throughout the year at the USRC and at King's Park.

Where do we play?

We play at the beautiful King's Park Sports Ground, which is just a 10-minute walk from the Club. As members of the King's Park Sports Association, we have priority bookings for our training sessions and matches.

How do I get involved?

You can get involved in a number of ways, as a player for one of our teams, as a social player who just comes along to training on a Wednesday evening, as a parent of a budding Messi, or simply as a social member who enjoys the beautiful game. Just get in touch with us!

Senior Football – Alan Urmston

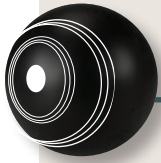
Call or WhatsApp on 94226484 or email alanu@netvigator.com

Junior Football – Brasil Top Skills. Go to www.brasiltopskills.com

Or you can check the Football Section notice board for more information.

The new season starts in August so hope to see you then.





Lawn Bowls News

by Little Prince
Log Keeper

Lioness Preponderance 這一回：焉能辨我是雄雌

Convenor's message

Hello fellow bowlers, social members, guests and interested readers.

As those in the know are aware and those reading this article are finding out, I have accepted the unenviable task of being the Lawn Bowls Section Convenor. This year's tricky tasks, besides ensuring that the events and league teams work, is to try and unite a disunited Section. The first thing I must ask in order to make it work, is that you all respect the very diverse opinions and ideas each individual member has. It will not be easy to make it work without the assistance of all members showing tolerance and being able to give and not take. In other words, give ideas that you think others can accept and be prepared to physically assist in making it happen.

Having got this off my chest, I move on to more interesting matters in the world of lawn bowls. The first half of the Premier League has had its ups and downs. The three Men's teams have had a good start and with lots more effort in the second half will, we all hope, produce some good results. On the other hand, the Ladies teams are not fairing as well. We will have to see if we can raise the spirit, unite and encourage more team practise.

Let's sing again

And here's to you, Mrs. Robinson,
We will love you more than you
will know, wo wo wo, God bless you
please, Mrs. Robinson, Section holds
a place for those who play,
Hey hey hey, Hey hey hey.



In the various national competitions, etc. held so far, the results have been reasonable with a Ladies team reaching the National Fours semi-final. With a little more effort we are sure to get a person or team in the final before long.

As noted in a recent email, it is nice to see Calvin Chan prospered to represent the Club in the HK International Bowls Classic Singles event in November. We will also have a Ladies team competing in the Classic Pairs tournament too. Hopefully, I can count on support from the Club members to go and cheer them on.

With a bit of work, the Sub-committee hopes that we will be able to arrange some social events and get all the members out on friendly get togethers to promote lawn bowls and USRC.

We must not forget that the Sub-committee and I will need all members of the Club, not just the Lawn Bowls Section to help promote and make a success of our Charity Event which will be held on 3rd November.

I look forward to your assistance in making this a successful year for the Lawn Bowls Section and the USRC.

Cindy Robinson



In-house Mixed Triples

Ten elite teams were enrolled in the 2019 In-house Mixed Triples Tournament of USRC. The round robin stage was held on July 6 at the USRC green. The teams were divided into two groups of five. They wrestled for two places in each group to enter into the playoff stage.

One team in each group was unbeaten in the round robin! By the end of the day, the promoted teams were:

Group A

First: KK Chan, Liana Lee, David Tse, Michael Sham
Second: Ricky Mak, Peter Leung, Anita Wong, Ken Wong

Group B

First: John Luk, Ann Lam, Hana Ko, Dicky Wong
Second: Peggy Lip, Josiah Lam, Joanna Wong



Win = 3 points, Tie = 1 point, Loss = 0 point

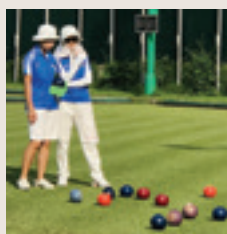
	Shot for						Shot Against						Shot Diff	Point						Rank	
	1	2	3	4	5	Total	1	2	3	4	5	Total		1	2	3	4	5	Total		
A1	11	8	9			10	38	5	7	7		5	24	14	3	3	3		3	12	1
A2	3		7	8	5	23	14		9	5	11	39	-16	0		0	3	0	3		4
A3	14	7	12	5		38	3	8	1	5		17	21	3	0	3	1		7	2	
A4	5	10		6	11	32	14	2		5	5	23	8	0	3		1	3	7	3	
A5		2	1	5	5	13		10	12	8	10	40	-27		0	0	0	0	0	5	

	Shot for						Shot Against						Shot Diff	Point						Rank
	1	2	3	4	5	Total	1	2	3	4	5	Total		1	2	3	4	5	Total	
B1	7	2	2		6	17	4	9	8		10	31	-14	3	0	0		0	3	5
B2	6		8	6	5	25	8		2	8	11	29	-4	0		3	0	0	3	3
B3	8	9	3	8		28	6	2	11	6		25	3	3	3	0	3		9	2
B4	4	2		6	11	23	7	8		8	5	28	-5	0	0		0	3	3	4
B5		8	11	8	10	37		2	3	6	6	17	20		3	3	3	3	12	1

National Fours Competition

Congratulations to our team of National Fours steaming into the semi-final round of the competition!

Cheers to Cindy, Angela, Liana and Ann, the four dragon slayers! They have defeated FC 21:10 (H), SBSC 21:12 (A), HKCC 17:10 (H) and TKOBC 18:10 (H) in their journey.



Umpire Examination

Congratulations to Cindy who has successfully passed the Hong Kong Lawn Bowls Association Umpire Examination and will become another umpire stemming from USRC!



Siu Lek Yuen Road Playground

Super Typhoon Mangkhut ferried a heavy rainstorm to Hong Kong in September 2018 that flooded many areas including the Siu Lek Yuen Road Playground. It took eight months to resurface the green which was reopened in May 2019.



A number of away games will be held in that green during the second leg of the Premier League. On July 13, Men B players gathered to acquaint with the renewed surface.



Being the Lead

Practice may make perfect but experience sharing can also deliver inspiration. Annie the coach keyed on the topic of “Being a Lead” on June 29. “Know yourself, know your team, know your opponents” is the take-home message.



League Results of Alpha Teams

Men A achieved one point ahead of average, and Women A just one point behind, after the first nine games of the Premier League 2019. Way to go!

Division 1									
Title	Rank	Played	Won	Drawn	Lost	Scored for	Scored by	Scored off	Points
CCC-A	1	9	5	2	2	492	492	90	45
TKBCC-A	2	9	5	1	3	449	417	32	41
NCC-A	3	9	5	1	3	498	425	43	40
STSA-A	4	9	3	2	4	456	454	2	39
HKFC-A	5	9	4	2	3	425	496	17	37
ILBC-A	6	9	5	1	3	459	417	42	36
USBC-A	7	9	3	1	5	427	460	-33	35
HKYBT-A	8	9	3	2	4	419	474	-55	33
SBBC-A	9	9	3	1	5	419	496	-67	28
HKFC-B	10	9	2	1	6	397	496	-79	26

Division 4									
Title	Rank	Played	Won	Drawn	Lost	Scored for	Scored by	Scored off	Points
LBTC-A	1	9	6	0	3	406	426	60	44
TMSA-C	2	9	5	0	4	404	436	46	42
CLBC-A	3	9	5	0	4	454	418	43	42
CSD-A	4	9	5	0	4	460	435	55	39
PDLBC-A	5	9	4	2	3	449	462	-13	36
USBC-A	6	9	5	0	4	455	457	-2	37
GRBC-A	7	9	4	0	5	403	441	42	36
KRBC-C	8	9	4	1	4	410	440	10	36
VLBC-A	9	9	4	1	4	438	461	-23	34
DBC-C	10	9	1	0	8	347	567	-220	16

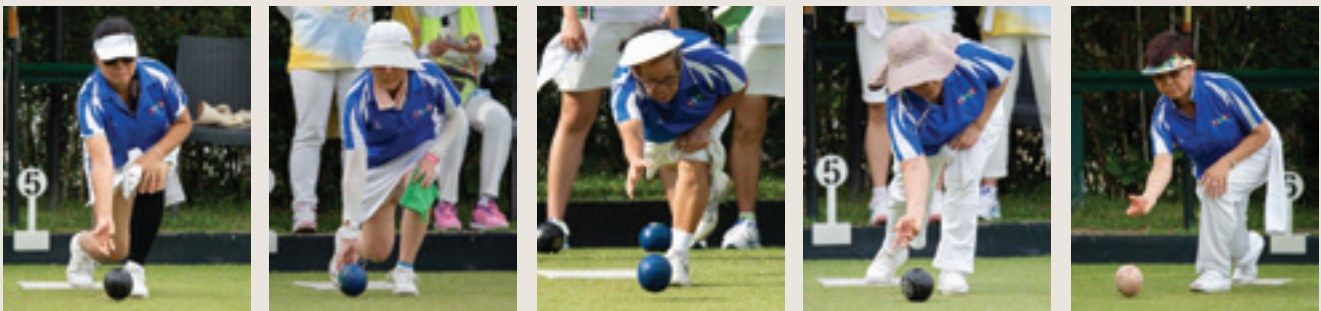


WIB

Array of WIB spotted in running a reinforced and well supplied operation under the clear blue sky in June. They are solemnly defending USRC against guileful adversaries! My honour to introduce, our great Women In Blue!



Veteran blue sisters rolling out thunder-flashes! Head gear, yes. Face masks, no. Name tags, some.



League Choir



Climb every mountain ...



Try to remember ...



Ford every stream ...



Follow every rainbow ...



At sixes and sevens with you.

Let it go, let it go!

When you wish upon a star ...



That's all I asked of you.



I see trees of green ...

I see friends shaking hands ...



I could have danced all night !

And I think to myself, what a wonder world.





Questions Frequently Asked

Who has the “Possession of the Rink”?

The possession of the rink belongs to the player or the team whose bowl is being played. As soon as each bowl comes to rest, the possession of the rink will transfer to the opposing player or team after allowing time for marking a toucher.

What is the penalty of breaching the rule?

If the umpire, either by their own observation or on appeal by one of the skips or opponents in Singles, decides that the players in possession of the rink are being interfered with, annoyed or distracted in any way by their opponents:

For the first time this happens, the umpire must warn the offending player, while the skip is present; and tell the coach, if they are present, that the player has received a warning.

On each occasion after this, the umpire must have the bowl last played by the offending player or team declared dead. If that bowl has disturbed the head, the opponent must choose whether to replace the head, or to leave the head as altered, or to declare the end dead.

Answers are based on Laws of the Sport of Boels Crystal Mark. Third Edition.

Did You Know?



Stamping of lawn bowls

If you have a set of bowls manufactured or re-tested after April 1, 2002, then your stamp should look like the picture.

“WB” means World Bowls.

“R” shows that the stamp is a registered trademark.

“Number” represents the year that the stamp expires (in this example, 2027). “Z” is the code letter of the Licensed Manufacturer or the Licensed Tester (eg. A=Thomas Taylor, N=Henselite, X=Drakes Pride, Z=Aerobowls)

World Bowls Ltd. date stamp is the current (2013) stamp that was brought into force when all the testing facilities had the same test surface, same delivery mechanism and the modern Working Reference Bowl.

For League games and competitions of Hong Kong, the rule reads “any bowl with a date stamp of not more than 20 years before the date of the competition may be validly used”.

For international games, bowls shall comply with the provisions of the Laws of the Sport of Bowls.

Welcome New Members

For any Club members who would like to join the Lawn Bowls Section or to have a glimpse of lawn bowling, please feel free to contact any of our Sub-committee members for arrangement of beginners' classes. Enjoy the green!

Section Blogger

Scan the QR code for USRCLBS.blogspot.hk for the updates of the Section!





Rugby News

Nigel Mattravers
Rugby Convenor



Hong Kong Awards

With the international season finished, the HKRU held their 10th Annual Dinner. There was a wide variety of awards and it gave a chance for all the participants to enjoy and celebrate the season just gone. With a high representation in all the international teams from all age group and within 7s and 15s, USRC Tigers achieved a fair bit on the international stage this year and this was backed up at the awards with:

- Daniel Barlow – HKRU International Coaches Player of the Year
- Cado Lee – HKRU 7s Player of the Year
- Jessica Ho – HKRU International Coaches Player of the Year
- Vivian Poon – HKRU International Players' Player of the Year

Big congratulations to all four as well as the other Tigers who represented Hong Kong over the past year.



Daniel Barlow – HKRU International Coaches Player of the Year



Cado Lee – HKRU 7s Player of the Year



Vivian Poon – HKRU International Players' Player of the Year



Jessica Ho – HKRU International Coaches Player of the Year



World Police & Fire Games

In other news, USRC Tigers also had representatives at the World Police & Fire Games in Chengdu. Four of our senior players represented and won Gold at the games and further congratulations go to Lo Wai Yan, Berna Yu, Rita Fung and Enoch Kwok. What a great achievement for yourselves and the club.

It was also great to see 7 Tigers representing HK Deaf Rugby in the 2019 Deaf Rugby Sevens Competition. The majority of these players first took up rugby at our elementary programme which looks to develop and introduce new adult members in the HK community to Rugby and hopes they stay engaged and continue playing rugby. This achievement is proof that the programme works and we hope to continue the growth of our club through camps of this nature.

Finally, the senior and youth section is officially back into pre-season training with a wide range of levels from semi-professional to beginner in both men and women. We've been averaging 170 playing members up to training which is encouraging, and here's hoping the hard work pays off. For those a little younger, the mini season is just around the corner.

If you'd like to join any section please don't hesitate to contact our General Manager for any details –

gm@tigersportslimited.com





Squash News

Colman Ng
Squash Convenor



Club Tournament

The 2019 Club Tournament competitions were held in the month of June. For the first time ever, the Squash Section also concurrently organised a junior tournament for our young players between the age of 7 and 14, in which a total of 14 junior players, including members and non-members, participated.

Winners of the Club Tournament

	Champion	Runner-up
Open Championship	Tony Yip	Julian Ragless
Plate Championship	Kenny Lam	Colman Ng
Masters	Julian Ragless	Kermit Yuen
Handicap	Quincy Chow	Wilfred Lai

Winners of the Junior Tournament

	Boys	Girls
Boys Championship	Louis Cheung	Tang Nga Man
Plate Championship	Carson Yung	Justen Cheung
Handicap	Louis Cheung	



Julian and Tony battling it out for the Open Championship



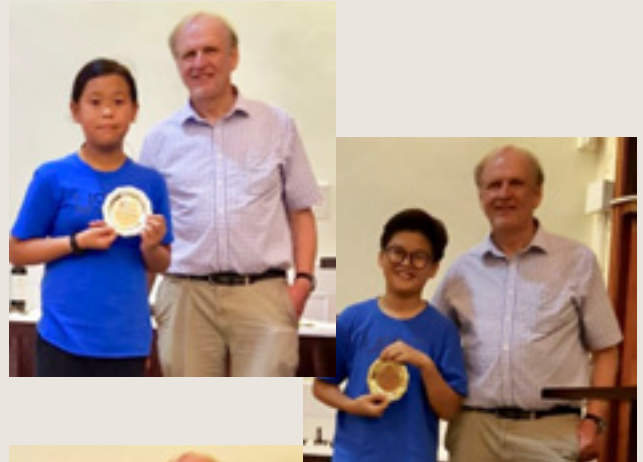
Winners of the Club Tournament collecting their trophies

Squash Section Annual Dinner and prize presentation

The Squash Section Annual Dinner was held on the evening of 6 July 2019 in which 43 members and guests attended. Taking the opportunity of the dinner gathering, winners of the Club Tournament and Junior competitions were presented with trophies. Apart from awarding them with trophies, the junior players, who were mostly non-members, were treated with a buffet dinner as part of our efforts to reach out to the community and to promote squash amongst teenagers.



A joyous occasion for all those attending the Annual Dinner



Winners of the Junior Tournament collecting their trophies



Our official racket stringers, Chris and Ken, being presented with souvenirs in recognition of their services

Revisit to USRC Squash Section by former Club Chairman

Our former Club Chairman and veteran squash player, Capt. Ross Parker, who left HK 2 years ago revisited the Squash Section on 15 June and kindly served as our Club Tournament official marker for one of the matches. Having enjoyed the company and hospitality of the Squash Section members, he promised to return from Australia for more friendly games and would take part in the Asian Masters Tournament to be held in September 2019.



Captain Ross Parker acting as official marker for our club tournament

HK Squash Annual Dinner and prize presentation ceremony

The HK Squash Annual Dinner and Prize Presentation Ceremony took place in the HK Football Club on the evening of 19 July 2019. Most of our Team 3 (Division 13 Champion) and Team 4 players (Division 19 1st Runner-up), joined the dinner and collected their well-deserved trophies. It has been a joyful occasion to see that our efforts in the squash league competition 2018-19 were duly rewarded.



USRC Team 3 being awarded the HK Squash League Division 13 Championship trophies



USRC Team 4 being awarded the HK Squash League Division 19 1st Runner-up trophies

Dalian Junior Squash Open 2019

One of our most promising junior squash players, Aidan Yuen, took part in the Dalian Junior Squash Open held in Dalian on 1-4 August 2019. This was the first junior open squash tournament hosted by China comprising many local and overseas participants. Although aged at 8, Aidan challenged himself by competing in the U-11 Group against boys mostly above his age. Nevertheless, Aidan did well in finishing as the second best in the Plate competition.



Annie Au and Leo Au, Asian Games gold medalists, shared their experience with the junior players



Young Aidan in full action in the Dalian Open



Tennis News

Martin Li,
Tennis Convenor



Friendly match with Tennis Club Plus team from Korea

On 24 May, we welcomed the Tennis Plus Club from Korea to the USRC for a friendly match with our club members. It was arranged by our new coach, Sea-jae Chang (Jay). The visiting team had approximately 25 members and was formed by mainly men plus a few ladies. The club stayed in Hong Kong for 3-4 days which allowed one day for a friendly match in USRC. I highly appreciated their arrangement.

Thanks to Ken Chan and Jay for organising this event and getting our member to make friendship with them as well as exchanging their technique from a different level. Many of the visitors were up to level B, and some were above level A.

We arranged matches for different compositions i.e. Men's doubles, mixed doubles and a Korean team mixed with USRC members.

Jay also provided a clinic for all participants to improve their technique.

The matches and clinic lesson finished at 6:00pm when we made our customary group photo taking and exchanging of souvenirs. Unfortunately there was not enough time for sharing a dinner after the matches since their busy schedule did not allow time for this. Nevertheless, I believe all participants obtained an unforgettable memory for the day.

It was worth us to experience their good courtesy with their constant polite gestures, e.g. they bowed to thank their opponent before serving each ball in the matches.



Exchanging a souvenir



Friendship pennant from USRC



Courtesy thank yous before a match





Veteran Annual Dinner cum Veterans' league prize presentation

Congratulation to our Ladies A & A+ members! They were awarded a championship of Ladies 80+ league match in January. The prize presentation was held on 6 June in a restaurant as HKVTA Annual Dinner cum Veterans' League prize presentation.



Our USRC ladies members were outstanding in this event since all of them had dressed in a tailor-made yellow suit to join the dinner. They looked brilliant in their creative outfits and it certainly grasped the audience's attention!

USRC Ladies A & A+ members, we are proud of you.









Bridge News

Mimi Wong
Bridge Convenor



Regular activities

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

Wednesday tutoring

The Bridge Section is impressed that our beginners are progressing much faster than expected. They are starting to play independently among themselves and eager to learn more of the skills in bridge.

Topics covered for improvers in July and August:

- Scoring
- Pre-emptive Opening Bids
- Opening of 2NT Bid
- Slam bidding

Topics covered for beginners in July and August:

- Weak Hand Opening
- Overcall
- Takeout Double
- Stayman

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 joining Saturday social game in no time.



Thursday duplicate

Despite the hot and humid weather, our keen players are continuously joining the game every week. They are delighted to have the chance of exercising their minds as well as to socialise with fellow bridge friends. The number of tables were maintained at about eight tables playing 21-24 boards in each session.

Thursday duplicate is suitable for experienced players who are already familiar with any of the contract bridge bidding system. Most of the players follow the American SAYC bidding system. All games are directed to play competitively but against friendly and gentle opponents.



Saturday social bridge

The Social Bridge group runs every Saturday mornings. The morning usually starts off with a 30-minute workshop discussing latest conventions in contract bridge.

Conventions covered in July and August:

- Fourth Suit Forcing
- Gerber
- Blackwood

Gentle games will then be followed with supervision.

Participants are being assisted with mentors on both bidding and play. Experience and confidence will gradually be built up under a fun and social atmosphere before moving on to play in competitive duplicate games.

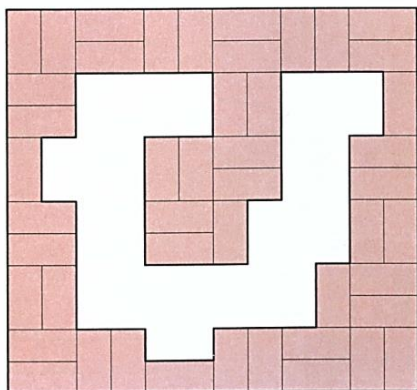
Keep in touch

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.

Three-Minute Puzzles

Missing Snake



How many unit dominoes are missing from the large square?

25

26

27

28

Double Letters 4

AA

CC

DD

II

OO

RR

Example: AA + LL = ALL

Place the cards in a line to form a word related to a dangerous activity. Cards may overlap but no card may be fully covered or flipped over. Which card will be fully uncovered?

CC

DD

OO

RR

Tangled Stars 2

A



B



C



D



Three of the four tangled stars are identical. Which one is different?

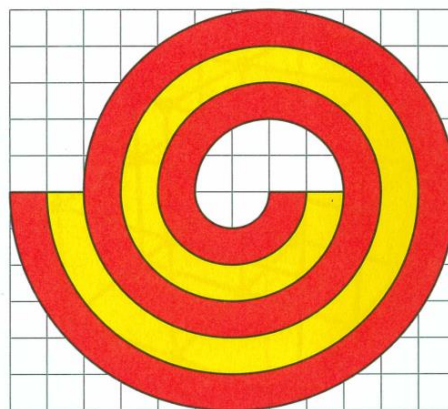
A

B

C

D

Two Spirals



What is the ratio between the light and dark spirals?

1 : 3

2 : 3

3 : 4

3 : 5

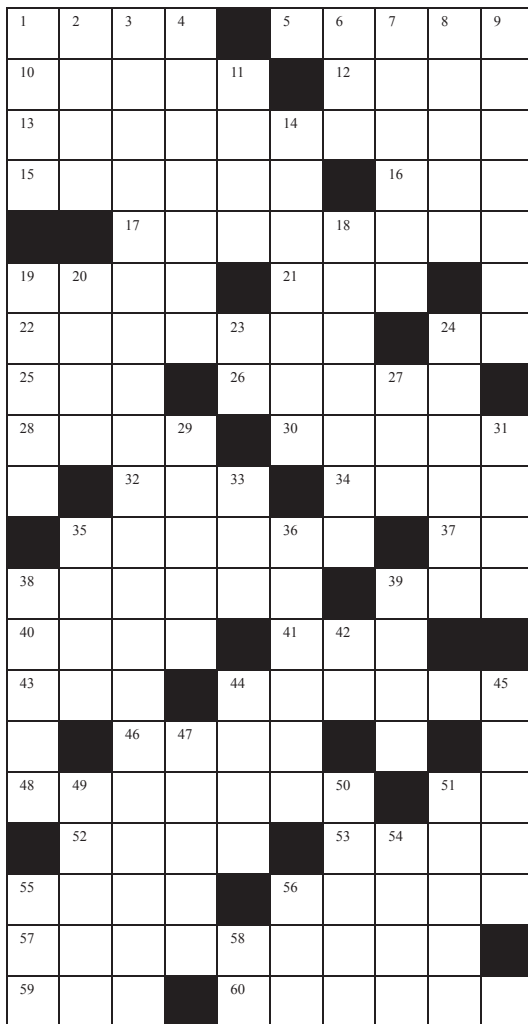
Submit your answer to the Club reception on or before 6th Oct 2019. All correct entries will receive a FREE SMOOTHIE*

Name: _____ Membership No: _____

Contact No: _____ Email: _____

*Please note only one entry will be accepted per membership

Cross Word Puzzle



ACROSS

1. bread baked in one piece
5. used a towel
10. month of the year
12. for ___; to be sold
13. chief city of a country
15. any living thing that is not a plant
16. enjoyed a meal
17. half-year course in a school
19. night birds
21. whose maiden name was
22. manservant
24. ___ well; in addition
25. short ___; 2,000 lbs.
26. great warmth of feeling
28. have the ___ on; have an advantage over
30. sincerely ___ : ___ truly : letter ending
32. jet ___ : rapid change in time experienced by a person flying in a jet
34. without payment
35. built on the ___ an old fort: 2 words
37. ___. Louis, Missouri
38. opposite of "dangerously"
39. it is: contraction
40. assert ;affirm
41. drunkard
43. garland of flowers
44. not moving: 2 words
46. not different
48. sweet dish ending a meal
51. second tone of the musical scale
52. on ___ ice; in a risky situation
53. vivacity
55. a past tense of "shoe"
56. long narrative poems
57. kind of falcon that can be trained to hunt
59. creative work
60. gives a command or instruction to

DOWN

1. Buddhist priest in Tibet
2. in the ___ air ; not inside a house
3. well-know proverb
4. hardest
6. ___ tope ; ___ bar
7. sense of taste
8. best part of a group
9. Gobi and Sahara
11. rich soil
14. attended by all members
18. friendly demonstration at a person' s departure: hyph. word
19. frequently
20. some people cannot see the ___ for the trees.
23. mother
24. seize by authority of the law
27. belonging to us
29. one that consumes food
31. ___ about; begins to do
33. jelly-like substance
35. keep for future use
36. edible mollusk with hinged shell
38. dish of green, raw vegetable
39. one article of a list
42. sink ___ swim
44. final word in a prayer
45. years of life from 13 to 19
47. to one side
49. strong-smelling liquid that burns readily
50. not hot, not cold
51. one that competes in a contest of speed
54. in ___ with; in accordance with
55. curative mineral spring
56. be incorrect
58. move along; depart

Submit your answer to the Club or fax 2724 0949 on or before **6th Oct 2019**. All correct entries will be placed into a draw. The Winner will receive 3 Courses Set Lunch for two person at Gascoigne Room. *Good Luck!*

Name: _____ Membership No: _____

Contact Tel No: _____ Email: _____

*Please note only one entry will be accepted per Membership



May & June Sudoku drawn by
our new Front line staff, receptionist- Ms. Yan



Congratulations to May & June Sudoku
Winner, Mr. Wat

The Cornell Club-New York

6 East 44th Street, New York, NY 10017

Website: www.cornellclubnyc.com

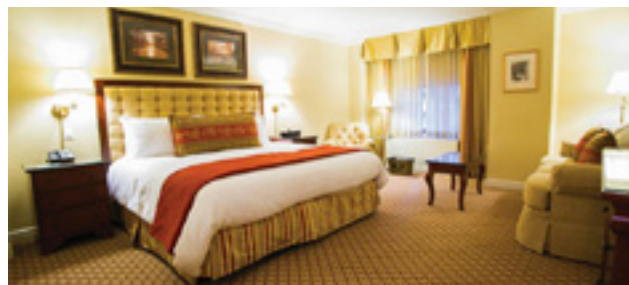
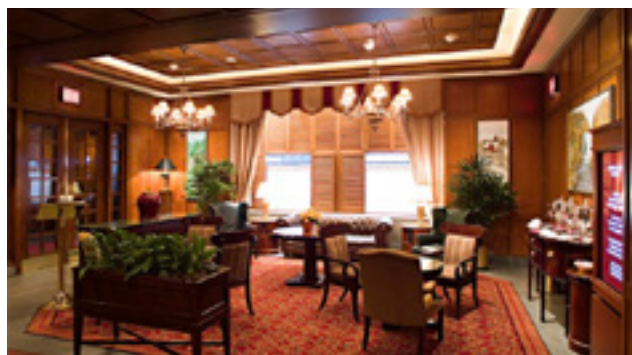
The Cornell Club-New York is a private city club that serves as a hub for Members. Steps away from Grand Central Terminal, Times Square, Rockefeller Center, the best shopping, theatres, and museums, The Cornell Club is the perfect place to visit, stay, dine, and connect with new and old friends. Located at 6 East 44th Street in midtown Manhattan, The Club provides the following services to Members and guests:

- A 14-story clubhouse.
- Guest rooms with amenities of a luxury boutique hotel.
- Meeting and Event spaces.
- Fine dining.
- Quality fitness facilities.
- Calendar of Club Programs.
- Personalized service.

The perfect place to experience all that Manhattan has to offer. The benefits of belonging to The Club are both varied and personal. Members find great value in Club membership for:

- A familiar place for a drink or a bite in midtown.
- A home away from home when traveling.
- A place for doing business, networking, and entertaining.
- A great Health & Fitness Center to use on a commute to/ from work in midtown.
- A "club away from Club" experience through the reciprocal network.

The Cornell Club-New York truly is the quintessential place to Reconnect, Reminisce, and Relax. As the center for Cornell Alumni in New York City and throughout the world, Club membership provides opportunities for connecting with fellow Members a convenient midtown location and the chance to preserve the Cornell legacy while expanding the Big Red network.



Overnight guest rooms

The Cornell Club-New York is a luxury facility with full service accommodations in a convenient midtown Manhattan location. Offering an intimate, personal, and welcoming setting, it is truly unlike a standard hotel.

Each of the Club's 48 overnight guest rooms offer:

- Aveda amenities.
- Luxurious Frette linens and feather pillows.
- Flat panel HD televisions.
- iHome alarm clock radios.
- State-of-the-art fast, ethernet WiFi.
- Keurig single-cup coffee and tea maker.
- Valet service available.
- Evening turndown service.

Dining

The Club offers a choice of dining in two dining rooms, The Big Red Tap & Grill, and The Cayuga Room, each with its own distinctive menus and ambiance.

Health & fitness

Can't stand crowded gyms and tired gimmicks? Get back to the basics with a personal and private fitness center in the heart of midtown Manhattan.

The Health & Fitness Center is a top quality private fitness facility that is incredibly convenient for many reasons:

- Work out on the way to/from work – The Club is just blocks from Grand Central for commuting Members.
- Enjoy great value. The value of a Health & Fitness Center membership at The Club is evident when comparing the convenience, access, services and amenities to other gyms.
- Lift, train, or get in a few minutes of cardio during the work day – The Club provides membership to a private gym close to the midtown offices of many Members.

List of Reciprocal Clubs

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

Clubs in bold are recently added clubs to our reciprocal list



Instagram

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

 *usrc_1911*