

# OASIS

January-February 2020

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



# 新春龍獅賀新歲



## ACROBATIC LION DANCE PERFORMANCE

31 JANUARY 2020

FRIDAY (年初七)

3:00PM @ SWIMMING POOL AREA

三頭醒獅表演, 一柱擎天採  
高青, 財神到場, 巡遊鳴鼓  
及拍照留念。

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

**NOT TO BE MISSED!**





United Services Recreation Club

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** Joshua Schroeder

**Sports Director** Kenneth Chiu

**Grounds, Environment & Community Director** Viveka Mansukhani

#### 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  
Brian McArdle              Viveka Mansukhani

#### Sports Sub-committee

**Cricket** Michael Caves

**Football** Alan Urmston

**Lawn Bowls** David Robinson

**Rugby** Sam Hocking

**Squash** Chung Leung

**Tennis** Alfred Cheng

#### Sports Convenors

**Cricket** Ahmed Saleem

**Football** Alan Urmston

**Lawn Bowls** Cindy Robinson

**Rugby** Nigel Mattravers

**Squash** Colman Ng

**Tennis** Martin Li

#### Management Team

**General Manager** Noel Burns  
Tel: 3966 8600 Email: gmoffice@usrc.org.hk

**Executive Secretary** Irene Law  
Tel: 3966 8669 Email: gmsec@usrc.org.hk

**Financial Controller** Felix Lee  
Tel: 3966 8699 Email: felix@usrc.org.hk

**Facilities & Maintenance Manager** Ivan Lui  
Tel: 3966 8686 Email: facilities@usrc.org.hk

**Membership & Administrative**

**Assistant Manager** Eva Tsang  
Tel: 3966 8628 Email: membership2@usrc.org.hk

**Front Office Assistant Manager** Natalie Bandy  
Tel: 3966 8600 Email: rooms@usrc.org.hk

**F&B Manager** Singh San  
Tel: 3966 8652 Email: fbm@usrc.org.hk

**Catering Manager** Ken Kan  
Tel: 3966 8631 Email: catering@usrc.org.hk

**Assistant Banquet Sales Manager** Nike Lau  
Tel: 3966 8633 Email: catering@usrc.org.hk

**F & B Administrative Assistant**

Tel: 3966 8632 Email: fnb.adm.asst@usrc.org.hk

**Sports Administrative Officer** Eric Fung  
Tel: 3966 8691 Email: sports@usrc.org.hk

**Sports & Leisure Assistant Manager** Ilyas Gull  
Tel: 3966 8690 Email: sportsofficer@usrc.org.hk

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

#### Advertising & Editorial

Please contact Natalie Bandy at USRC.  
Tel: 3966 8678 • Email: rooms@usrc.org.hk

Produced by

**R&R**  
PUBLISHING

**R&R Publishing Limited** Ian Harling  
Tel: (852) 2126 7815 Web: RRPublishing.com.hk

# CONTENTS



Chairman's Message	2	Lawn Bowls News	26
General Manager's Message	5	Rugby News	30
Christmas Decorating and Lighting	6	Squash News	32
Christmas Day Brunch	14	Tennis News	34
Classes & Activities	17	Bridge News	36
What's On	18	Puzzles & Quizzes	38
Cricket News	22	Reciprocal Clubs	40
Football News	24		



## CHAIRMAN'S MESSAGE

*Dear Fellow Members,*

Time really flies and it's hard to believe the Year 2020 is now right upon us. Despite the social movements prevailing, I hope that Members would have had a peaceful Christmas and were able to share joy and laughter with family and friends in the Club or at home, as our function bookings and take-home orders revealed a fairly promising sales record during this festive period.

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

On a different note, Members should have been informed through circular letter sent that a minimum food and beverage charge of HK\$300 per month (spending condition/pattern detailed in Motion adopted) and charged on a quarterly basis, is introduced with effect from 1st January, 2020. This measure is considered instrumental to help achieve a financial healthiness of our budgeted accounts without having to raise monthly dues, F&B prices, etc. Whilst it may sound unpopular and disagreeable to some, surveys conducted among clubs in the vicinity and across the city mostly reflect that this is a current normal practice to encourage more usage of club's facilities by members. If I may hereby advertise, the USRC F&B Dept is earning more of its reputation these days with lots of compliments on its quality, variety and price, not to mention delivered with the caring service of our loyal waiting staff and comfort of the environment provided.

It's also time for me to appeal to you for the annual staff cumshaw fund contribution. This year-end gratuity or bonus from Members is entirely voluntary as is the preferred amount. Your generosity will be regarded as a reflection of your appreciation of the good work that our staff, including those behind the scenes, has done throughout the past year. Part of the cumshaw will help pay for the staff annual party on the 10th Feb with the venue yet to be decided. The remaining sum will be used to support staff activities during the coming year. Please excuse me for asking you to dig deeper into your pocket in this respect!

Lastly, by Chinese calendar reckoning, the Year of the Boar is almost over and we will soon be welcoming in the Year of the Mouse which will be time for another round of traditional celebration and big feasts for family gatherings. So please don't forget to book early for table reservations in the Club to avoid last-minute disappointment.

Wishing you all an orderly, healthy and prosperous Year 2020 and Kung Hay Fat Choy for the Year of the Mouse!

Best regards,

*Patrick Cheung*  
Chairman



### 親愛的會員：

時光飛逝，轉眼已踏入 2020 年。儘管社會示威活動持續，但相信各位在三軍會或家中，已歡渡一個快樂踏實的聖誕，期間三軍會宴會預約和到會服務也錄得相當可觀的表現，感謝各位。

本人也在此衷心感謝會員們禮物捐贈，為一班在伊利沙白醫院渡過聖誕的孩子，帶來大量的聖誕禮物，數量是歷來最多。這項每年舉辦的慈善活動，一直獲得各位善心和慷慨的會員們支持，今年也不例外。執委會成員、總經理與工作人員員，已於12月20日將禮物送至醫院，感激你們善心支持。

另一方面，相信會員們已收到通函告知，由2020年1月1日起，會內實行每月300港元最低餐飲費用（通函中詳細說明消費條件及方式），並每季綜合收取費用一次。此項措施在不調升會費及餐飲價格等的情況下，以維持預算帳目的財務健康。本人明白措施或有不便之處，但目的也是鼓勵會員使用更多會內設施，也是本港同類會所的普遍做法。容許本人在此賣廣告，三軍會的餐飲部憑藉質量、種類和高性價比，獲得不少的讚譽，也贏得越來越多的名氣，而員工忠誠與貼心服務及會內舒適環境，也一直受外界高度評價。

本人也在此呼籲會員對小費基金的贊助，有關贊助屬自願性質，金額沒有限制。您的慷慨將被視為對會內員工（包括後勤人員）過去一年出色工作的讚賞。部分小費基金將用作2月10日員工週年聚會的費用，地點尚待確定。剩餘款項將用於未來的員工活動。誠意邀請大家慷慨解囊！

還有不足一個月就送豬迎鼠，農曆年是另一個傳統慶祝及家庭聚餐的大日子。請提前預訂宴會及餐飲服務，以免服務向隅。

最後，祝大家恭喜發財，身心康泰！

**張伯陶**  
主席



# In the spirit of joining ... Christmas gifts that warms the heart – our annual Christmas charity event

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

The Club has again coordinated with the Paediatrics Ward of the Queen Elizabeth Hospital to donate gifts to children who are unable to be at home during Christmas. Our Club Chairman, Patrick Cheung; Treasurer, Felix Hart; Environment & Grounds Director, Viveka Mansukhani and General Manager, Mr. Noel Burns, together with the Membership Department team, presented 285 gifts donated by Club Members on 20 December 2019.

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



## Employee of the Month - November

Kaye Yau Wai Chu – Captain



## Employee of the Month - December

Lam Ka Yan – Receptionist



## **NOTICE** **Annual Staff Party**

All Food & Beverage Outlets and Reception will close at 6pm on 10<sup>th</sup> February 2020 due to the Club's Annual Staff Party.

The Gunners Bar will remain open until 10pm (limited menu available).

Sport facilities will remain open.

USRC Management  
10 December 2019



*Dear Member,*

I hope you all had an enjoyable Christmas.

Thank you for your support during the festive period at the Club - all events were well supported, especially Christmas Day where we had a record turnout.

The Annual Staff Party will be held on Monday 10th February, the Club will be closed from 5.30pm onwards with only the Gunners Bar and sporting facilities remaining open. Many thanks to all who have contributed generously to the cumshaw fund to the benefit of our loyal, hard-working staff.

We have started the detailed renovation planning of the Main Clubhouse roof. The roof is in poor condition, I'm sure you will have noticed the water damaged walls and observed the odd bucket collecting runoff water. This should take three months to complete with minimum disruption envisaged to Members, once finished we plan to start work on 'phase two' pathways resurfacing work.

I'm delighted to report we significantly upgraded our internet capabilities (8mb to 120mb). This has been a long, arduous assignment as it required our service provider to build a fibre optic trench from Cox's Road along Gascoigne Road and into the Club. Now complete, this will enhance our ability to attract business-style events as previously this was always a stumbling point.

As we head towards Chinese New Year we have a range of Food & Beverage promotions. These include clay pot rice promotions, homemade Chinese New Year pudding, Chinese specials and a special menu for Valentine's Day.

It just leaves me to say Kung Hei Fat Choi and to wish you and your family health and wealth for the year of the Rat!

*Noel Burns*

General Manager



**親愛的會員：**

聖誕節及新年剛過去，相信各位已歡渡假期。本會聖誕期間餐飲業績可觀，衷心感謝會員對三軍會的支持。2月10日（星期一）是本會員工週年聚會，本會當日提早於下午5:30關閉，而Gunners Bar及體育設施服務則維持正常。在此，也預先感謝各位對小費基金的慷慨解囊，為會內忠誠及辛勤的員工一點鼓勵。

另外，主大樓天台情況欠佳，各位或已留意到滲水破壞的牆壁及收集滴水的水桶，天台將開展全面復建工程，預計需時三個月完成，本會定盡力減少對會員的影響。天台復修工程完結後，我們隨即開展第二階段-行人路的重鋪工程。

另外，本人高興地向大家宣佈，會內網速功能已從8mb大幅提升到120m。此項工程艱巨，服務提供商須從覺士道沿加士居道與三軍會間建設一條光纖，而工程已完成，亦將強化本會舉辦商務活動的能力及吸引力。

臨近春節，會內將提供一系列餐飲促銷，包括煲仔飯推廣、年糕、特色中菜及情人節餐宴。

在此先拜個早年，恭喜發財，祝願您和家人在新一年龍馬精神，大展鴻圖！

*Noel Burns*

總經理

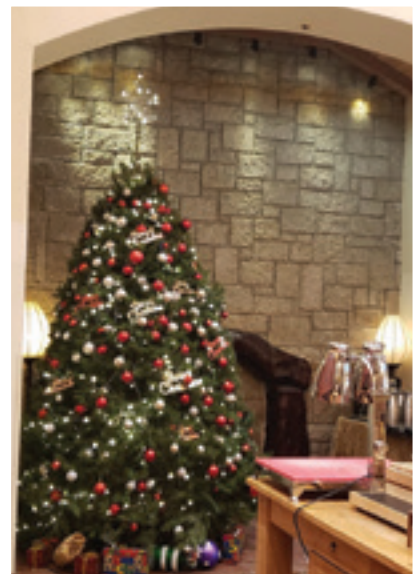
# Club Christmas decorations and tree lighting

This year the Club's Christmas decorations were visibly sharp and heart-warming, with different themed Christmas trees for different outlets this year. There were certain areas like the entrance and above the main building's roof area where the lights were very bright and sharp and lit up areas where it used to be a little gloomy.

The lighting-up event was held on 6 December by the main entrance where it was attended by Patrick Cheung, Felix Hart and our General Manager, Mr. Noel Burns. The lighting of a Christmas tree is a time-honoured tradition, like mulled wine and mince pies, and a custom which the USRC will continue to cherish in years to come.

The Club celebrated the start of the festive season with our management team ensuring the Christmas spirit with a welcome speech and the illumination of the Club's Christmas trees and lights by a young member of ours.

A wonderful beginning to the festive seasons. Thank you to all the staff who worked very hard to make the Club look its best for Christmas.









# Christmas Day Brunch

The Christmas Day Brunch was held on 25 December in the Garden Marquee. Around 20 children and their parents were in attendance. The event had a whopping 210 guests and they all had a wonderful time celebrating with family and friends.

The parents were a joy to watch as they looked on with enjoyment as their children gathered together to eat, drink and play. The buffet was filled with different varieties of seafood. We could definitely feel the Christmas love and spirit!











# 新年快樂

Happy Chinese New Year

## Club Arrangement for Chinese New Year

Day before Lunar New Year Friday  
24<sup>th</sup> January 2020

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

Sports facilities will remain open.

Lunar New Year's Day Saturday  
25<sup>th</sup> January 2020

The club and its facilities will be closed.

恭喜發財!





## 春茗豪華宴

# Spring Dinner Menu

Available from 1<sup>st</sup> January to 15<sup>th</sup> March in Garden Café, Garden Room & Banyan Room

For reservations, please contact Mr. Ken Kan or Ms. Nike Lau at 3966-8633

or email to [catering@usrc.org.hk](mailto:catering@usrc.org.hk)

### Menu

鴻運乳豬全體  
BBQ whole suckling pig

發財好市柱甫  
Braised dried oysters with sea moss, conpoy and Chinese lettuce

哈哈大笑  
Deep fried crispy shrimp balls

黑蒜舞茸螺頭燉雞  
Double boiled chicken with black garlic,  
maitake mushroom and conch

清蒸大青斑  
Traditional steamed garoupa with ginger and spring onion

鮑魚酥盒  
Braised abalones with vol-au-vent

鹽焗雞  
Baked salted chicken

瑤柱蝦球燴飯  
Stewed prawns and conpoy with fried rice

生果拼盤  
Seasonal fruit platter

美點雙輝  
Chinese petit fours



### Side dishes

- ◆ Pickled vegetables
- ◆ Pickled young onions
- ◆ Assorted nuts
- ◆ Soya sauce with chili
- ◆ XO sauce with chili
- ◆ Dried fruit candies and melon seeds

HK\$3,288 per table of 6 persons

HK\$5,988 per table of 12 persons

#### **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.



# AIA Medical Insurance talk for staff members

AIA staff came over to do a short talk to inform staff members of the benefits of the offered medical insurance. The talk was held over the 16th & 17th December in the Marquee.



## Steak Night

Another successful Steak Night event at the Gascoigne Room held on Monday, 25th November.



# PLAYGROUP PHILOSOPHY

## At USRC

We encourage children to play at their own pace, to make their own choices and to think for themselves. We believe that this helps young children to gain self-confidence and learn to play more effectively. We provide a wide range of toys, books and arts and crafts for children to make exciting discoveries.

The Playgroup is targeted at parents and their children (recommended age: newborn to 6 years old). Parent must remain with their child at all times during the session – domestic helpers cannot attend.

### **Playgroup sessions:**

Tuesday from 9.30am to 11.30am

**Closed when typhoon 3 hoisted**

### **Where:**

USRC – Garden Room

### **Price:**

Member – \$50 per child, Guest – \$88 per child & \$35 per additional child/parent. Cookies & drinks provided

### **Who to contact:**

Ms. Pearl Lam, contact no: 9499 6693





# USRC playgroup



TIME: 9:30am - 11:30am (every Tuesday)

CLASS DETAILS: Free play, singing and games

SPECIAL EVENT: X'mas party, Easter, Chinese New Year Celebrations will be advanced

AGE : newborn - 6 years kindergarten kids (no helpers)

LANGUAGE: English

FEE:

\$50 (1st member's kid)

\$88 (1st member's guest's kid)

\$35 (extra kid)



## PEARL Lam



Pearl's graduated from Hong Kong Academy for performing arts school of dance in 1997

Over 20 years teaching kids experience

Mobile: 9499-6693

Facebook page: USRC Playgroup



United Services Recreation Club  
Hong Kong - Since 1911

# 煲仔飯



United Services Recreation Club  
Hong Kong - Since 1911

## Clay Pot Rice at the Garden Café

#USRC

	HK\$
Clay pot rice with taro and pumpkin 香芋南瓜煲仔飯	72
Clay pot rice with assorted mushroom and truffle sauce 黑松露野菌煲仔飯	85
Clay pot rice with pork patty and Chinese preserved vegetables 梅菜肉餅煲仔飯	85
Clay pot rice with pork spare ribs and pumpkin 南瓜排骨煲仔飯	88
Clay pot rice with preserved pork belly and Chinese preserved sausage 臘味煲仔飯	92
Clay pot rice with chicken, cloud ears fungus and cordyceps flower 蟲草花雲耳雞煲仔飯	98

Available 3<sup>rd</sup> January to 23<sup>rd</sup> January 2020  
(12:00nn – 2:30pm & 6:00pm – 9:30pm)



# 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



5

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

6

- Pilates Group Class 4 pm

7

- 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

12

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

13

- Pilates Group Class 4 pm

14

- 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

19

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

20

- Pilates Group Class 4 pm

21

- 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

26

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

27

- Pilates Group Class 4 pm

28

- 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





## Wednesday

## Thursday

## Friday

## Saturday

1

- 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

2

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

3

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

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

8

- 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

9

- 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)

10

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- Lacrosse 7-9 pm (Multi-purpose Court)
- 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 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

15

- 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

16

- 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)

17

- Pilates Group Class 4:00 pm
- Taekwondo 4:30 - 6 pm (Squash court)
- 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 12:00 pm - 2:00 pm (League Warm-up)
- LB 2:00 pm - 7:00 pm (League Games/ LBS Members)

22

- 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

23

- Social Tennis (Court 3) 3-7 pm. (Court 4) 3 - 8 pm
- Pilates Classes, 10:00 am, 1:45 pm
- Squash Afternoon 2:30 - 5:30 pm (Court 1&2)
- LB 2:30 pm - 6:30 pm (Club Members)
- LB 6:30 pm - 9:30 pm (LBS Members)

24

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

25

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

29

- 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

30

- 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)

31

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

## Sunday

## Monday

## Tuesday



2

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

3

- Pilates Group Class 4 pm

4

- 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

9

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

10

- Pilates Group Class 4 pm

11

- 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

16

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

17

- Pilates Group Class 4 pm

18

- 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

23

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

24

- Pilates Group Class 4 pm

25

- 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



## Wednesday

## Thursday

## Friday

## Saturday



5

- 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

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

7

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

1

- 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)

8

- 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)

12

- 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

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

14

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

15

- 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)

19

- 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

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

21

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

22

- 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)

26

- 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

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

28

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

29

- 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)



# Cricket News

by Ahmed Saleem  
Cricket Convenor



## Annual Awards

Somewhat belated, due to prevailing disruptions, the section was finally able to celebrate the successes of the 2018/19 season, with an awards evening held in the Club's Garden Marque.

A wide range of presentations were made to the best batters, bowlers and overall best players for all our teams; through the junior age groups to the Men's and Women's senior teams.

Highlights from the key awards were as follows:



### Team of the Year – U-13 squad

After a demoralising first year in this age group, when the boys won only one game, their response in their second season proved to be immense. After a slow start, they went on a tremendous run of victories, ending the regular season in 3rd place and qualifying for the knock-out phase. In a tense semi-final, DB Smashers were beaten by 5 runs, setting up a final against Pakistan Association. Again, the match went down to the final over, and USRC claimed the Championship with a 3 run win. The core of this squad had achieved two titles at U-11, and now returned to the top spot with the Club's first trophy at this age group.



### Coaches of the Year – Ilyas Gul and Imran Arif

Recognising his contribution over several years, especially in building our junior development programme, one award was presented to our Head Coach, Ilyas. Additionally, to reflect the major contribution he has made in his first year at the Club, Imran was also presented with one of the coaches awards, recognising his efforts in working on the technical skills of our players across many squads.



### Spirit of Cricket – Kashif Shams

This award celebrates the contributions that often go un-noticed, as opposed to the performance grabbing headlines. Kashif is a well-deserved recipient and a great example of the phrase "if you have a job to do, then ask a busy man"! From managing our U-11 squad, supporting Junior training, arranging our uniforms, and facilitating our events; Kashif has quickly become an indispensable member of the Section and a valuable committee member.





### Junior Player of the Year – Rohaab Umer

Rohaab was a cornerstone of the successful U-13 squad. He led the bowling attack with venom and accuracy, collecting 23 wickets during the season. As one of the team's opening batsman he displayed a positive attitude to his run scoring, contributing two 50's and an aggregate of 363 runs. A thoroughly impressive all round performance.



### Senior Player of the Year – Shan Raja

Shan captured the overall award for the best senior player across all formats of Saturday and Sunday cricket. In particular he made a major contribution as the lead strike bowler in the Saturday campaign, taking 25 wickets, with a best of 5 for 22; helping the squad to a second place finish in Division 1 (if only 3 matches had not been lost to rain then the Club might have pipped HKCC for the title).

The section was delighted to host Ravi Nagdev from Cricket Hong Kong and very grateful for the attendance of our Chairman, Sports Director and GM who all stepped forward to help present awards. Finally, a large thank you to Ken Kan and everyone in F&B and events who looked after over 100 guests and had shown great flexibility in accommodating changes to our schedule.

I am delighted to share the progress of current season:

### Men's Sunday League

Two more matches completed, two more wins, and our side sits at the top of Division 2. Firstly, SLC were comfortably beaten by 7 wickets, with captain Imran contributing 2 wickets and 37 runs, and Shan Raja claiming a 5 wicket haul. Secondly, against LSW Knights century partnerships from Umar Mohamed and Ismael Awan, and Shkawat Ali and Akbar Khan (118 not out) drove the team to a dominant total of 327, which was too much for LSW who fell short by 57 runs.

### Juniors

Our U-13 squad picked up 3 wins from 6 matches and are starting to make their mark in the league. Meanwhile our U-11 squad is unbeaten from 5 matches, sits top of their table and is preparing for the championship phase of the competition and another crack at the trophy.

While our U-15's are on a mid-season break, our U-17's were in action with two wins (both against HKCC) out of 5 matches. The boys have been really competitive, only losing matches to KCC by the narrow margins of 4 and 10 runs.

Our Women's squad has also been in action, with a number of new additions in their squad, picking up one tie in the last few matches.



# Football News

**Alan Urmston**  
Football Convenor



At the end of the year, there was much going on in the Football Section. Here's a report on the games played in November-December and news about our Charity Match on 18th January.

## USRC Gunners

Gunners managed to play five games in November-December, winning all five for a 100% record. There were wins against Soho Spartans (2-1), Wanchai Spartans (1-0) twice (one in league and one in cup), Club Tropicana (5-0) and Hong Kong Scottish Stags (4-0). Not surprisingly the lads are buoyant at the moment, joint top of the Legal League and into the quarter-finals of the cup.



USRC Gunners enjoying their curry and beer in the Gunners Bar after their win against Scottish Stags

## USRC 1911

1911 also played five games during the period and though they couldn't match Gunners for results, they certainly made up for it in entertainment. There was a solitary win against BTDT (6-2), one defeat against Godfathers (2-8) and three draws against Spartans 4-4 (twice, one in league and one in cup) and Kennedy Town (2-2). In these five games, there were no fewer than 38 goals. Who said that defending was a lost art?



USRC 1911 and Godfathers after their game on 22nd November, which Godfathers won 8-2

1911 will be looking to improve their win ratio in the New Year. At the break, they stood just three points off the leaders HKFC.

## USRC Vitesse

Vitesse, the Club's social team played just once during November-December, in a friendly match to say farewell to Samson Tabiti. Sam played for both 1911 and Vitesse in his five years with USRC. The club saw him off with a game against Legal League team Revolution. Sam is leaving for the icy climes of Canada and we wish him well.



USRC Vitesse and Revolution players after the farewell match for Samson Tabiti (centre, standing) on 20th November

## Charity Match

This year's Charity Football Event will take place on Saturday 18th January from 10.00am at King's Park. It will involve, like last year, a Junior Tournament (Arsenal, BTS, Inter and JFC) and a match between a USRC Chairman's XI and South China FC, one of the giants of Hong Kong football. Like previously, we will play the match in front of an invited audience of senior



citizens and guests from the football world and the Club. We'll then have a slap-up lunch. We hope that Club members will come along to watch the match and cheer us on. South China will be bringing some of their legendary players of the 1980s/90s, such as Lee Kin Wo and Au Wai Lun.



Lee Kin Wo



Au Wai Lun

You can find details of the match on the notice board next to the men's changing room and in posters around the Club. It promises to be another of our great charity events.

## USRC Football Academy

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

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

# 風雲再起

## 足球友誼賽

顧錦輝

黃文偉

余國森

陳國雄

陳樹明

三軍

精選

VS

南華

元老

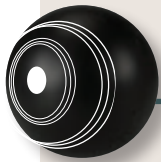
2020年1月18日 | 早上10時 | 九龍京士柏球場

免費入場

(座位有限, 先到先得)

主辦

贊助



# Lawn Bowls News

by the Freshman



The Triples League 2019 started on 14th December for all divisions. While the teams were playing either at home or nearby venues, we took the opportunity to have some fresh group photos taken before the start of the matches.



Ladies A & B Team



Men A, B & C Team

## Lawn Bowls Section Charity Event 2019





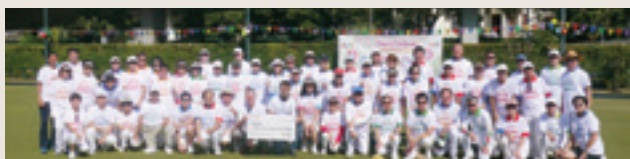
The LBS annual charity event was successfully held on 1st December. As last reported, our chosen charity beneficiary is ImpactHK. Jeff Rotmeyer, the Founder and CEO of ImpactHK joined us at the opening ceremony. He expressed his thanks to those who cared to help and pointed out that their kindness really matters to the homeless community they are supporting through various programmes in Hong Kong.



This year, we focus just on the Invitation Lawn Bowl Game and received strong support from Club de Recreio, Hong Kong Cricket Club, Hong Kong Lawn Bowls Association, Kowloon Bowling Green Club, Sea Birds Sports Club and Yuen Long Bowling Club who sponsored a team each to participate in the game.



A pleasant surprise for this year's game was Charles Fung (CdeR) who kindly donated 6 bottles of wine which meant the top 6 teams would have a prize each. Also, to make the charity game even more exciting, an anonymous USRC member donated cash prizes (\$1,200, \$800 & \$400) for the top three finishing teams.



On the blow of the whistle the eagerly awaiting teams started the first game before 11:30 am.



A colourful display of bowls on a glorious sunny day





It's time for a break and a light lunch was served after Game 2.



It was all action after lunch with 3 more games to play. Once the last game was finished, Clara quickly worked out the result which was displayed in the table.

USRC Charity Invitation Game 2019

	Shot for					Shot against					Total Shot at	Points					Total
	1	2	3	4	5	1	2	3	4	5		1	2	3	4	5	
3	9	3	11	8	7	6	6	0	3	7	14	2	-	2	2	1	7
4	2	4	2	4	8	9	5	12	8	4	-18	-	-	-	-	-	2
5	7	6	0	0	2	3	3	13	11	8	-23	2	2	-	-	-	4
6	3	5	4	2	8	5	5	5	13	3	-7	-	2	-	-	-	4
7	7	10	8	2	6	4	4	4	6	7	8	2	2	2	-	-	6
8	5	8	6	1	2	7	7	12	6	4	-14	-	2	-	-	-	2
9	8	4	12	6	8	9	10	2	1	2	9	2	-	2	2	2	6
10	9	7	13	3	3	2	8	0	8	8	5	-	2	2	2	2	8
11	3	6	5	8	7	7	3	4	4	6	12	2	2	-	2	2	8
12	5	5	4	11	4	3	4	8	0	2	11	-	-	2	2	1	5
13	4	3	12	13	7	7	6	6	2	7	-11	2	-	-	2	0	4
14	7	3	0	6	4	5	5	11	2	8	-11	2	-	-	2	0	4

Although KBGC and HKLBA were level on 8 points, the former team won by a better shot difference. USRC-1 came third with 7 points.



#### Prize Presentation Ceremony

Congratulations to the winning teams and a big thank you to both KBGC and USRC-1 team for donating their cash prizes to the charity as well.



KBGC (Winner)



HKLBA (1st Runner-up)



USRC-1 (2nd Runner-up)



Together, we managed to raise HK\$66,000 for ImpactHK this year. The Lawn Bowls Section Sub-committee would like to offer our heartfelt thanks to the Section Members and Sponsors who donated to support the Charity. Also, our special thanks go to the volunteers from the LBS and staff of USRC who ensured the event went smoothly and enjoyed by all. For the benefits of those in need, it was well worth the effort.



### 3rd Skill Refinement Workshop

The 3rd workshop with Coach, Lee Ka Ho, started on 12th December. This 4 session course is specifically set up for ladies bowlers at intermediate level. A mixture of A & B team players have joined, working to enhance their skills on head reading and improving their team work during a game.



### USRC Club Singles 2019

Six men and three women entered in the Club Singles 2019 competition. It was played in a round-robin format and the winners will represent USRC in the Champion of Champions Championship in early February.

We are pleased to announce the Club Champions are:



Michael Sham (Men's Champion)



Cindy Robinson (Women's Champion)

### Premier League 2019

The Premier League season was completed at the end of November last year. All Men teams and Ladies A team maintain their place in the same division for this year. However, Ladies B team will be making a fresh start in Division 4.

Below is the final standing of our teams:

Team	Division	Rank	Points
Men A	4	6	70
Men B	5	4	76
Men C	10	5	60
Women A	1	8	62
Women B	3	10	40

Good luck and good game to All!

### TEAM BUILDING

It is a well-known fact in the sporting fraternity, that the performance potential of a team is much greater than the individual talents of a player. This is especially so in Lawn Bowls.

Mutual respect, good communication, trust acceptance and encouragement are just a few traits that will foster team spirit.

Get to know your team-mates, be positive and supportive, resolve conflict quickly, adopt a good attitude, communicate and don't be too loud mouth or show off, attention to these few details will go a long way to building a compatible and successful team.

Above all, don't forget to have fun when playing the game. Apply yourself diligently to the task at hand, but remember an activity that you don't enjoy is an activity you can't do successfully.

Reference: RNSWBA Coaching Committee



# Rugby News

**Nigel Mattravers**  
Rugby Convenor



With the women's season in full flow, last year's Grand Champ winners and 'team of the season' have had a roaring start to their league. After completing the opening 7 games, the USRC Borrelli Walsh Tigers Ladies Team got 6 wins in the bag and just one loss against long term rivals, Societe Generale Valley.

The Tigers also managed to achieve an unprecedented highest point difference in the league, with a 104-0 victory over Tai Po Dragons. Thus far, the games have been part of the 'ranking round' - dividing the women's league into 2 tiers - with the Tigers securing their place in the top tier along with Valley, Gai Wu and HK Football Club.

The Ladies have then pushed on in the top tier and have 10 points locked in after 4 games and currently sit 2nd in the table. With the league season closing in, it's looking likely a semi-final against Gai Wu and either HKFC or Societe Generale in the final if they get the win. The Ladies are putting themselves in a good position to hopefully repeat last year's performance.

	PI	W	D	L	PF	PA	PD	Pts
Societe Generale Valley	4	3	1	0	122	5	117	17
Black Ladies								
Borrelli Walsh USRC Tigers	4	2	1	1	39	64	-25	10
Gai Wu Falcons	4	1	1	2	48	53	-5	9
Natixis HKFC Ice	4	0	1	3	19	106	-87	3

Captained by veteran Lindsay Varty, and coached by staunch Tigers supporters Fan Shun Kei and Lottie Myrans, the Ladies have seen consistent input from long term Tigers players like Bena Yu, Winnie Siu and Lara Schats as well as standout performances from newcomers Emily Underwood, Tyler Botha and Cheung Hoi Ying.

The Tigers are hungry to retain their title.

Notable mentions in the month's past have been the continued representation of Tigers players pulling on the Hong Kong colours once again. With 12 young men representing Hong Kong at the Asia Rugby U19 Championship in Kaohsiung.



Tyler Spitz, Dan Barlow and Craig Lodge were joined by newly capt Lawrence Miller in the Senior 15's side when travelling to Europe to play Belgium and Spain to play in two tests, whilst the women went to Scotland for a training camp and then on to play the Netherlands. They were led by our very own Fan Shun Kei who as head coach achieved the first-ever win against a European 15's side away from home.



Tigers were once again well represented by 8 players, Winnie Siu, Jessica Ho, Lara Schats, Amy Pyle, Bena Yu, Vivian Poon, Maella Picut and Hebe Talas.

Well done to everyone involved.



# BE THE NEXT LACROSSE STARS IN HONG KONG

**NEW SEASON 2019-2020**

Professional Training for aged 6 & above  
(Friendship, Inspiration, All-round Development)

Opportunity to play in **Mixed League**,  
**6-a-side League** organised by Hong Kong  
Lacrosse Association

**Friendly Match** with other Private Clubs and  
Lacrosse Clubs

**Season End Pool Side Dinner**

USRC Multi-Purpose Court  
Every Friday 19:00 - 21:00

Come and try the  
fastest sports on  
two feet in the  
world!



United Services Recreation Club  
Hong Kong - Since 1911

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



# Squash News

**Colman Ng**  
**Squash Convenor**



## Squash Training

To enhance the skill levels of our USRC squash players, a series of training sessions was being organised since November 2019. We have the pleasure of inviting Joe Wong, a fully qualified squash coach and one of the top players in HK. The training sessions mainly focuses on bringing up the basic skills of our junior players who will probably form the backbone of the USRC squash league teams in the future. Apart from fitness training, members had benefitted immensely from the intensive drills on court and the useful advice given to improve on basic technique, physical stamina and match strategy.



Group Training for junior players conducted by Joe Wong

## Wing Ding Charity Squash Tournament

The traditional annual Wing Ding Charity Squash Tournament was held on 23 November. A total of 14 teams comprising more than 180 players participated in the full-day event, when each player had to battle it out in 13 non-stop matches, each competing for 3 minutes before dashing to another court to start another match against a new opponent. This was a

charity tournament through which money was raised for Operation Santa Claus, the annual charity drive organised by the SCMP and RTHK. The USRC fielded a squash team with 14 players dressed in a yellowish Kung Fu outfit. The USRC team raised more than \$20,000 through generous donations from members and friends. I would like to convey a big thank you to all USRC players, members of the support team and most importantly, those who donated generously to help the needy under the name of the USRC. I am also extremely thankful to the USRC management for their generous support in donating lunch coupons as prizes for the raffle lucky draw.



The Wing Ding Teams in their wacky outfit



Members of the USRC Wing Ding Team





Members of the USRC Wing Ding Team

## League Update

The Winter League has just kicked off for a couple of months and while it is too early to make any predictions, the results so far indicates that it is going to be a very tough competition for all USRC teams. Most of our teams are presently struggling at mid-table, however, we are hopeful that USRC 2 and USRC M3 teams will gradually pick up steam to put themselves within reach of trophy positions. During this period of social unrest, a number of league matches had to be postponed causing considerable disruptions to the match schedule. Let's hope that the situation will calm down soon so that the match schedule may resume normally.

USRC 4 collected their Summer League Championship trophies (Division 6A) recently and celebrated in the Gunners Bar. Congratulations to all our USRC 4 Summer League team members.



Players of USRC 4 with their Summer League Championship trophies



# Tennis News

**Martin Li,  
Tennis Convenor**



## Merry Christmas & Happy New Year

Our club has installed Christmas lights and ornaments everywhere. Let me voice "Merry Christmas, my love!" May the Christmas star light up our Christmas and bring warmth and happiness to our Club. I wish peace and joy to our Members this Christmas season.

## Charity donation

Thanks to all of you for supporting the fund raising event at our annual dinner back on 4th May. During selling raffle tickets and charity auction we collected a fund of HK\$30,800 which was donated to the Boys' Brigade HK. As a Christian uniformed group we strive to nurture children and teenagers aged 3 to 21. Through our Christian education and leadership training programmes, young people can build up a positive attitude and good character traits. Most importantly, their training scheme can also benefit their upbringing into servant leaders – leaders who can use their talents to create an energetic and harmonious society.

On 15th Nov. we arranged a cheque handover ceremony. Our Club Chairman, Patrick Cheung, presented a cheque to Li Chi Fat who is a representative of Boys' Brigade HK. He not only thanked our Members who gave generously to the charity, but invited us to visit their campus at ???



Patrick Cheung (right) hands over a cheque to Li Chi Fat, a representative of Boys Brigade, HK

## Interclub Tournament

The purpose of this Interclub tournament is to unite Hong Kong's Indian tennis playing community through a tennis tournament. Requested by our Members Sunil Gangwal and Sanjiv Shah, they wanted to organise the tournament on 9th & 10th November and USRC. It was fully supported by our General Committee and Tennis Section. Not only was it a benefit for our Indian community, but also to enhance the harmonious atmosphere between different peoples within the USRC.

We applauded the success of the event and hope it can be held every year. We also thanked our guests for donating HK\$12,500 to the Tennis Section for charity purposes.



Indian players & guests





Indian players & guests



Noel Burns collects the cheque which was donated by Interclub

### Convenor Cup

On 1st December, I represented the USRC to participate in the Convenor Cup tournament. It was a successful tournament for me personally with the first time to get a prize in Convenor Cup for the USRC as 1st runner up in the tournament. It is very appreciated the CRC and HKTA organise this event each year and thanks for our Members supporting me.



### Excellent Member

Our teammates obtained excellent result in the Hong Kong National Veterans' Tennis Championship. The result shown below:

- The prize of 45+ Women's Singles was awarded to our Lee Ying Ying.
- The prize of 50+ Women's Singles was awarded to our Jenny Chu

We congratulate them and wish them further success in the coming year.



Jenny Chu and Lee Ying Ying



# Bridge News

**Mimi Wong**  
Bridge Convenor



## Regular activities

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

## Wednesday tutoring

Some of our Section Members meet Wednesday morning for tutorial lessons. The participants return for lessons every week as they feel happy when learning new skills which could increase their motivation, make them more adaptable, relatable and interesting. This is the aim of our regular classes.

The classes are based on Standard American five-card major system with modifications.

Recent topics covered:

- Rebids by opener
- Rebids by responder
- Weak hand opening
- Overcall with 1NT
- Using Stayman with Interference



## Thursday duplicate

Bridge duplicate is a form of competitive bridge game. Players exercise their minds as well as to socialise with fellow bridge lovers. The number of tables will be capped at eight tables so that all participants may fully enjoy the intimate and friendly atmosphere but still be able to meet an adequate number of opponents for a fair game. Normally 24 boards will be played in each session.

Most of the participants played the SAYC system, but Acol, natural or other systems are also welcome. The game results are recorded real-time under an electronic scoring system and final score ranking is published as soon as the game is finished.



## Saturday social bridge

The Saturday bridge group meets up on Saturday morning, a great way to wrap up the busy week. The session is usually started off with discussion on special bridge topics and conventions.

Revision topics:

- 2 clubs opening and response
- Rule of Eleven
- Rule of Seven

Gentle games will then be followed with play of computer generated hands. These are supervised sessions with mentors volunteering to help during the play. Experience and confidence will gradually be built up under a fun and social atmosphere before moving on to play in competitive duplicate games.



## Charity

New gifts and toys were bought by the Bridge Section for charitable donations. These items were sent to children who were staying in the children's ward of the Queen Elizabeth Hospital and were not able to be at home during Christmas. This is in support of the Club's Christmas Charity Event.



## 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 would like to learn playing bridge or meet up for a social game, please contact the Convenor at WhatsApp 9120 3789 or email [usrbridge@gmail.com](mailto:usrbridge@gmail.com)

# SPOT THE DIFFERENCE



Keep Score:

☐ ☐ ☐ ☐ ☐  
☐ ☐ ☐

Submit your answer to the Club reception on or before 9<sup>th</sup> February 2020. All correct entries will receive a FREE SMOOTHIE\* from the Club.

Name: \_\_\_\_\_

Membership No: \_\_\_\_\_

Email: \_\_\_\_\_

Contact No.: \_\_\_\_\_

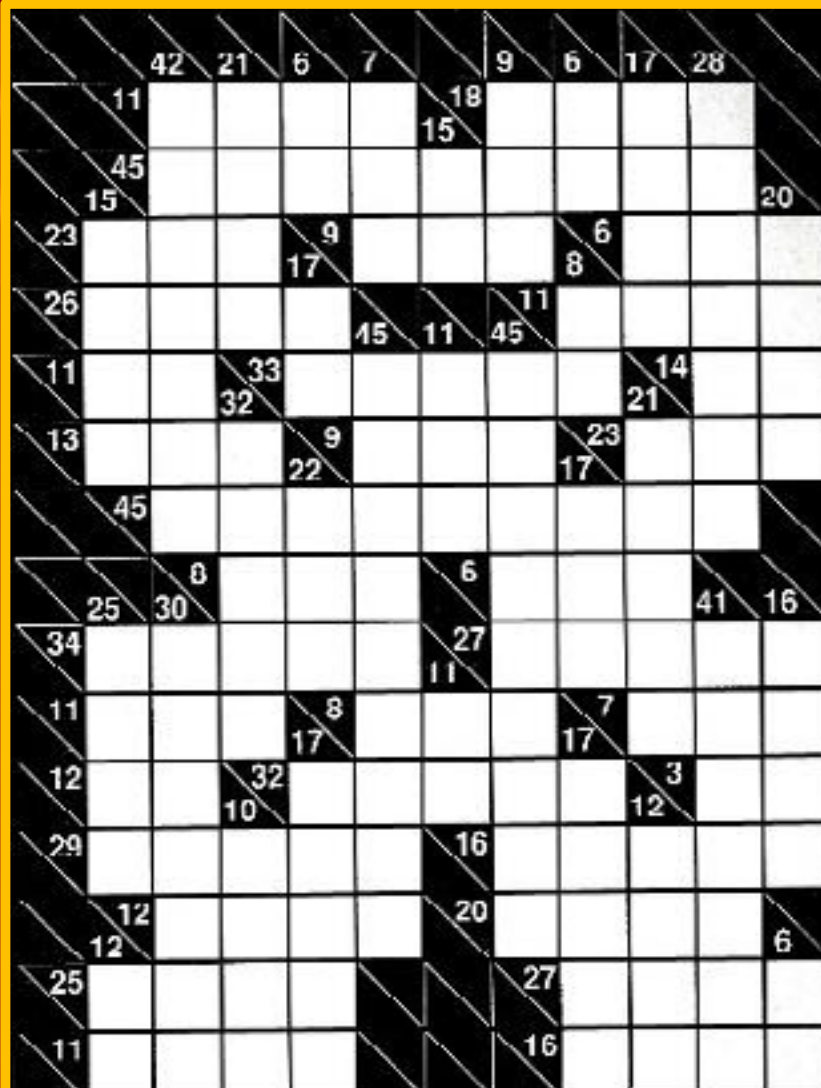
\*Please note only one entry will be accepted per membership



# SUM CROSS Puzzle

## Basic rules:

1. Fill in the white space with numbers of 1 – 9
2. The number indicated on the upper right is the Sum of the numbers filled in horizontally while the number indicated on the lower left is the Sum of the number filled in vertically.
3. In any rows or column horizontally or vertically cannot be filled in with the same number.



Submit your answer to the Club or fax 2724 0949 on or before 9<sup>th</sup> Feb 2020. All correct entries will be placed into a draw. The Winner will receive a USRC T-Shirt). *Good Luck!*

Name: \_\_\_\_\_

Membership No: \_\_\_\_\_

Contact Tel No: \_\_\_\_\_

Email: \_\_\_\_\_

\*Please note only one entry will be accepted per Membership



Nov & Dec Sum Cross Puzzle drawn by our Assist. Banquet Sales Manager Ms. Nike Lau



Congratulations to Nov & Dec Sum Cross Puzzle Winner, Mr. Ma

# The Cape Town Club



**18 Queen Victoria Street, Cape Town, South Africa**  
**Tel: +27 21 424 5586 Email: [info@capetownclub.org.za](mailto:info@capetownclub.org.za)**

The Cape Town Club (founded in 1858) merges Cape Town's two oldest clubs, the City Club (founded 1878) and the Civil Service Club (founded 1858). The club is located in the Leinster Hall which is a 19th century manor house and national monument in central Cape Town.

## A home away from home

In the olden days the club was a male-only club which had to open for ladies when the first female judge, Leo van der Merve, was the first lady to stand in the bar in 1988. The first female member though was Lady de Graaf, so it's no surprise that back then the club was associated with political parties like the United Party and the Progressive Party. The Cape Town Club was very much a white club but in 1993 it became more 'colorful'. The first black member was Alfred Nzo, Minister of Foreign Affairs and a good friend of Nelson Mandela. Today, everyone is welcome!

## Socialising, that's what the club is all about

When you are a member of this club you have access to more facilities and wherever you go reciprocal overseas clubs can be much cheaper than a hotel. You will get the same service as in the club where you belong.

Socialising, that's what the club is all about. Some people visit every day whilst others visit once a week. People come for drinks, have meetings and parties for family and clients here. It is a business club and a member's second home.

Events host guest speakers such as famous writers, journalists, politicians, sports people and more. Themed

events, lunches and dinners plus gourmet evenings in the Leinster Hall Restaurant are what keep things in the Cape Town Club fresh.

The food and beverage component is hugely discounted for members. If you need to travel you will get fantastic accommodation rates and if you want to book the venue or boardroom over the weekend there are no venue hire costs. There are huge benefits compared with the amount you pay towards the club.

## Club Restaurant

During the day The Leinster Hall Restaurant is the dining place of club-members and at night it's also open to the public – a nice way to get to know the Cape Town Club before you join.

Chef Rozanne Scholtz knows what diversity in the kitchen means. The menu offers a mixture of traditional English club menus married with fine dining. Non-member prices are very affordable and you can also find an extensive selection of wines, whiskeys and cigars.

## Dining Facilities

Club dining room functions and conferences, private dining rooms and mini conference rooms.

## Accommodation

Links with external accommodation providers – Bed & Breakfast to five star hotels.

## Other Facilities

Business centre (phone, fax & email), billiards tables, library with newspapers, etc. TV lounge, parking.





## List of Reciprocal Clubs

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

Clubs in bold are recently added clubs to our reciprocal list



Instagram

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

 *usrc\_1911*