

OASIS

July-August 2017

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





United Services Recreation Club
Hong Kong 1945-1997
Hap Sze San

Classic Sandwiches Promotion

July 1st - 31st available

@ Gunners Bar, Garden Café and Pool Kiosk

Sloppy Joe

HK\$
\$68

Kaiser roll with braised minced beef in a spicy sauce topped with cheddar cheese, served with coleslaw and French fries.

Croque Monsieur

\$68

2 slices sandwich bread filled with béchamel sauce, boiled sliced ham and gruyere cheese. Served with a side salad, French fries and a bowl of cornichons.

Cubano Sandwich

\$78

Buttered and toasted French bread loaded with slices boiled ham, mojo marinated roasted pork shoulder, Swiss cheese, dill pickles and American mustard, served with coleslaw & French fries.

Rueben Sandwich

\$138

Buttered and toasted rye bread filled with loads of thin sliced corn beef, warm sauerkraut, melting Swiss cheese and Russian dressing, served with coleslaw And French fries.

Steak Sandwich

\$158

French bread with 150 grams US rib eye steak, sweet onion marmalade, sautéed mushrooms with arugula, garlic mayo, steak sauce, cheddar cheese and fresh grated horseradish, served with coleslaw and French fries.

Maine Coast Lobster Roll

\$228

Toasted hot dog bun, a whole lobster, celery mayonnaise melted butter, capers and paprika, served with coleslaw and French fries.

*** Please note to assure quality we only prepare a few portions per day***

LIKE US ON :





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 Director Les Pearce

Grounds, Environment & Security Director Kenneth Chiu

Sports Director Eddie Wu

Membership Sub-committee

K.C. Ng Andrew Kwan

Alfred Cheng Lily Tam

Joanne Martin Viveka Mansukhani

Disciplinary Sub-committee

K.C. Ng Eric Heung

Felix Hart Ringo Chiu

Zorro Yuen Brian Mcardle

Sports Sub-committee

Cricket Michael Caves

Football Alan Urmston

Lawn Bowls David Robinson

Rugby Marco Cassandro

Squash Chung Leung

Tennis Maide Sun

Sports Convenors

Cricket Ahmed Saleem

Football Alan Urmston

Lawn Bowls Cindy Robinson

Rugby Marco Cassandro

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 & Operations Manager

James Li

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

Executive Chef / F&B Manager

Marco Veringa

Tel: 3966 8652 Email: fbm@usrc.org.hk

Assistant F&B Manager Singh San

Tel: 3966 8638

Email: restaurants.asst@usrc.org.hk

Catering Manager Ken Kan

Tel: 3966 8633 Email: catering@usrc.org.hk

F & B Administrative Assistant Wing Ho

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

Sports & Leisure Assistant Manager

Ilyas Gull

Tel: 3966 8690 Email: sportsofficer@usrc.org.hk

Sports Officer

Eric Fung

Tel: 3966 8691 Email: sports@usrc.org.hk

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

Advertising

To advertise in Oasis, please contact Natalie Bandy at USRC.

Tel: 3966 8678 • Email: rooms@usrc.org.hk

Produced by

R&R Publishing Limited Ian Harling

Tel: (852) 2126 7815 Web: RRPublishing.com.hk

CONTENTS



10

Chairman's Message	2	Classes & Activities	25
General Manager's Message	5	Cricket News	26
Executive Chef's Message	7	Rugby News	29
Italian Wine Dinner	8	Football News	30
Annual General Meeting	10	Lawn Bowls News	34
Property Management Visit	13	Squash News	38
Mother's Day Buffet	14	Tennis News	39
What's On	16	Puzzles & Quizzes	42
Meeting the Lifeguards	22	Reciprocal Clubs	44



6



14

Dear Fellow Members,

With the hot summer months upon us and the long holidays underway, the Club provides the perfect refuge from the sweltering heat and congested malls around the city. The new swimming pool, the many sporting facilities and outlets provide members with excellent opportunities to exercise, enjoy themselves and relax with a thirst quenching drink in the company of friends and family.

The Club's 2017 Annual General Meeting (AGM) was held on 21st June and was well attended. Those present were briefed on the 2016 results and brought up to date by reports from all General Committee (GC) Directors on their respective areas of responsibility. Put simply the year was another very successful one for the USRC with growth in financial status and improvements to club facilities and environment. For those who did not attend the AGM, copy of the 2016 Annual Report is linked to our official web-site for Members' perusal and hard copies are available to members at the reception upon request.

There were three vacant positions on the GC to be filled, created by the completion of their two year tenure by the previous incumbents. The election for all vacant positions, in accordance with our Articles of Association, is open to any members wishing to stand and make a contribution to the future of the club and perhaps take things in a different direction. The end result was that Mr Felix Hart and myself were re-elected unopposed as Treasurer and Chairman respectively while Mr Kenneth Chiu was elected as a Member of the GC through a ballot. Congratulations to Kenneth on his successful election to the GC and we wish him a productive and successful tenure.

The Club owes a debt of profound gratitude to Mr Zorro Yuen for his tremendous contribution and professional work during his 4 years as the GC Member overseeing the portfolio of Grounds, Environment and Security Director. Without Zorro's technical advice and expertise, the Club's facilities would not have been in the commendable condition as they are.

A Q and A session followed the formal AGM proceedings to afford members the opportunity to cover a range of different issues. In a multi-ethnic, multi-cultural club such as ours there will always be diverse opinions, which is healthy. They are sincerely held but opposing opinions on many topics amongst the Members – and even within the GC. Such issues as Sports Membership, policy on controlling guests using the swimming pool, enhancing community service – possibly in conjunction with the HK garrison, and the provision of a quiet room, whether unisex or exclusively for ladies, are a sample of items that need



親愛的會員：

悠長假期隨盛夏而至，本會亦搖身一變，讓會員可在繁囂悶熱的都市生活中避暑消閒，用本會的新泳池及其他體育設備一展「洪荒之力」，又或與親友共酌一杯，沁涼一夏。

三軍會年會已於過去六月二十一日圓滿結束。出席者聽取總務委員會報告過去一年的工作及最新發展。總括而言，本會就財政及設施發展上渡過了非常成功的一年。未能參加年會的會員可於本會網站或接待處索取。

總務委員會在前任委員任期完結後有三個位置空缺。根據章程，所有會員都可參與選舉，為本會未來發展出一份力。選舉結果為Felix Hart先生及本人分別連任司庫及會長，以及Kenneth Chiu先生當選為委員會新成員。謹祝Kenneth成功當選，並期待他能有一個順利的任期。

本會對Zorro Yuen先生在過去四年間以委員身份監督園地，環境及保安相關會務的貢獻致以最衷心的感謝。有賴Zorro的專業領導，本會的設備才得以一直保持完善的狀態。

會員發問環節按年會規程進行。本會樂見會員及委員在一個多種族，多文化，和而不同的氣氛下就不同會務問題一抒己見。體育會員、游泳池對外使用規則、加強社區服務（包括與駐港解放軍部隊的合作）、男

to be carefully considered. All of these views will be debated by the GC, but at the end of the day it is impossible to please all of the people all of the time. What I do undertake is that the GC is firmly committed to maintaining the core values and the environment of the USRC and will take all policy and project difficult decisions in good faith.

A lack of communication by the GC to Members was raised as a concern. This is an area where much work has been done – but obviously not enough. We use many different methods to communicate with Members in addition to face-to-face contact around the Club. These include the GC Meeting Minutes which are posted on the notice board and available on the USRC web site; the Club Magazine, “Oasis”, which carries notification of up-coming events, weekly emails (which are opened by less than 50% of the Members!), personal emails and Face Time, notice boards and “walk around” management by the GM and his staff. However we will review how we can improve.

Before signing off I would like to convey my gratitude to all those Members who contribute their time, skills and experience in the many volunteer positions on committees and in other capacities to protect the heritage and ensure the continued progress of our great Club. They certainly have my appreciation and without them the Club would not function. We welcome volunteers and encourage new blood.

Finally, I would like to inform Members and their families that the Annual Swimming Gala will be held on Sunday, 17th September. This is a wonderful family event not to be missed.

Please enjoy your summer time wherever your travels take you.

Patrick Cheung
Chairman

女合用或女士專用的安靜室等等都是需要多加討論的議題。委員會將繼續參詳上述事項，雖難以滿足所有人的要求，但必定秉持本會的核心理念作出誠懇的決定。

會中亦有提出委員會與會員間溝通不足的問題。除面對面交流之外，本會亦設有不同溝通渠道，當中包括展示於告示板及網站上的會議紀錄、載有未來活動資料的會刊「Oasis」、每週電郵通訊（只有少於半數會員查看）、私人電郵通訊、視頻對話、告示板資訊及總經理及其團隊親力親為的管理。但我們將繼續致力尋求改善空間。

在總結之前，我想向所有為本會發展作出無私貢獻的會員致以感謝。沒有他們的協助本會將不能如常運作，故我們歡迎更多義工新血加入。

最後，本年的水運會將於九月十七日(日)舉行，請所有會員及其家屬萬勿錯過。

謹祝各位一個愉快的夏日！

張伯陶
主席

Employee of the Month – June

Lai Wai Ling our waitress receiving her “Employee of the Month” award in June from our Assistant F&B Manager, Mr Singh San.



25th April, 2022

Mr. Wai Ling
Cheung
United Serv. Club Ltd. (U.S.C.),
Hong Kong

Dear Mr. Cheung,

It is a delight to express my appreciation to the United Serv.

Club, and to extend to Mr. Wai Ling (Chief Executive) & his F&B Team for their excellent service, especially, the seamless & welcoming the birthday line-up of being an excellent waitress and food service. We would like to thank Ms. Lai Wai Ling and her F&B Team for their exceptional service and dedication from reservation to service during the day, being exceptionally helpful and water service in not least, the last 10 days before the 2022 and the start of the 2023 season for their hard work and dedication to the club's success.

We also mention here as well that the F&B departments of our club, the Club's Dining Room, the Membership Team, the Event Office and the Bar and Banquet Department are all working hard to provide the best service.

Kind regards, JVS

Yours truly,

Mr. Singh San
25th April 2022

CC: Mr. Singh San

GENERAL MANAGER'S MESSAGE

Dear Member,

Our 20th Annual General Meeting (AGM) took place at the Garden Marquee on June, 21st. This meeting gave Members the opportunity to raise questions to the board on our fiscal year result, Director's reports, and cast a vote for their preferred candidate. I would like to congratulate Patrick Cheung (Chairman), Felix Hart (Treasurer) and Kenneth Chiu (General Committee Member) on being elected to the board.

As you no doubt know, the service industry in Hong Kong competes heavily for its very limited human resources. There are insufficient local staff wishing to join the service industry and as a result, we have numerous vacant positions, particularly within the F&B service team, that we cannot fill. Unfortunately, this not only impacts our service quality, but places more pressure on the team. There seems to be a revolving door of staff and it doesn't help when the HK Government engage in huge infrastructure projects. While we offer competitive packages, a comprehensive study is taking place to see what other benefits we can offer staff.

In addition to the annual Club survey, we are experimenting with focused surveys to help us improve certain offerings at the Club. We plan to send out a mini-survey on the Gascoigne Dining Room to determine your level of satisfaction of the current menus and suggestions on how to improve. This feedback will help us recalibrate our efforts and identify areas that need improving. Please give us a few minutes of your time to submit your response.

Finally, on behalf of the USRC team, I'd like to wish you and your family a very enjoyable summer break!

Noel Burns

General Manager



親愛的會員：

本會第二十屆年會在六月二十一日於Garden Marquee舉行。是次會議讓會員可就本會的財政及委員報告作出提問，並投票給心儀的候選委員。本人謹祝賀Patrick Cheung、Felix Hart及Kenneth Chiu分別當選會長、司庫及委員會委員。

正如各位所知，香港的服務業人手短缺，競爭問題嚴重，入行人數不足導致本會多個職位空缺，當中以餐飲服務員空缺尤甚。此問題不單影響我們的服務質素，亦對我們的團隊帶來更大的工作壓力。員工流動率高及政府大型基建需求亦令問題更加嚴重。故此我們在開出具競爭力的薪酬的同時亦在考慮如何給予員工更優厚的福利。

除了一年一度的問卷調查外，本會亦在嘗試不同重點調查以改善我們的各種服務，包括計劃在Gascoigne Dining Room進行有關餐單滿意度及建議的小調查。您的寶貴意見能助我們找出更多改善空間，精益求精。

希望能耽擱您幾分鐘時間填交問卷。最後，本人謹代表三軍會全人祝您和您的家人一個多彩多姿的夏日時光！

Noel Burns

總經理

French Wine Tasting

A wine tasting was held outside the Gunners Bar on the evening of Friday, 19 May where there was a good range of different varieties of French wines for tasting. The event was well attended by our Club's wine lovers.



Chicken and Lemon Tagine with Tabbouleh



Ingredients for the Tagine:

- 50 grams butter
- 1 whole chicken cut into 4 quarters
- 2 whole onions finely chopped
- 2 pieces garlic cloves thinly sliced
- 1 knob of ginger, grated
- 1 piece cinnamon stick
- 2 teaspoons Ras El Hanout (spice blend)
- Salt and pepper as needed
- Half a teaspoon Turmeric powder
- 1 teaspoon cinnamon powder
- 1 pinch saffron threads
- 1 whole preserved lemon roughly chopped
- 3 tablespoons honey
- 750 milliliter chicken stock
- 150 grams dates pitted and halved
- 2 tablespoons flat leaf parsley

Method:

If you have a special Tagine do use it, if not, you can substitute with a regular double bottom pan with a good lid.

Season the chicken with salt and pepper and sauté in the hot butter for a few minutes until a nice colour has been achieved.

Remove chicken and set aside.

Add onions, garlic and ginger and sauté for 2-3 minutes, and then add in the remaining spice.

Sautee for another minute or two to release the flavours then return the chicken to the pan.

Add the lemons, honey and stock and simmer for about 40-45 minutes.

Check seasoning and add the dates; simmer for another 15 minutes.

For the Tabbouleh, drain the bulgur and toss with all the prepared ingredients, check for seasoning and serve chilled.

Tabbouleh is meant to be green from an overload of herbs, parsley and mint, it's a lovely, refreshing dish.

Ingredients for the Tabbouleh:

- 140 grams bulghur wheat, soaked 25 minutes in boiling hot water
- 1 whole red onion, finely chopped
- 4 pieces roma tomatoes, peeled, seeded and diced
- 2 bunches flat leaf parsley, roughly chopped
- 1 bunch mint leaves, roughly chopped
- 1 bunch coriander roughly chopped
- 1 piece lemon, juiced
- 4 tablespoons good quality olive oil
- Salt and pepper as needed



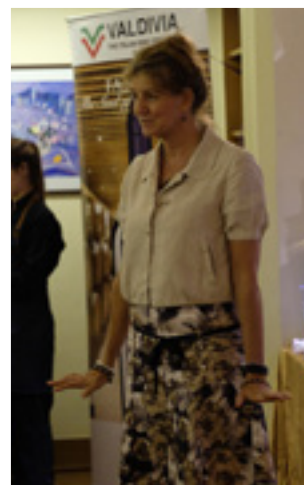
Italian Wine Dinner

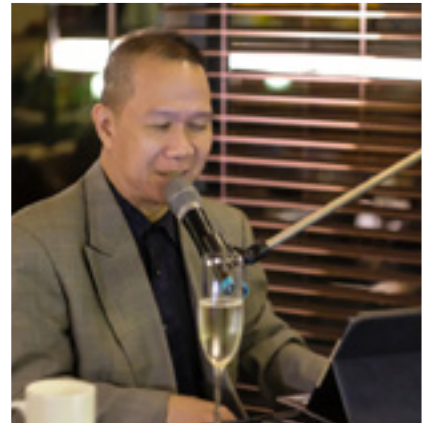
An Italian wine dinner was held on Thursday 15th June in the Gascoigne Room where the wines from Italy were presented by Claudia Capelvenere from Valdivia Limited.

Wine dinners have gained popularity at USRC, particularly due to the quality of wines offered, as well as the matching food to go with it. The wine dinner at the Club was a collection of wonderful wines from light and bubbly all the way to deep ruby red, all matched with great food. Dutch Caviar, Karasumi, Sea Urchin, Lobster, Lamb Rack, Morel mushrooms, Korean Hanwoo beef and a very interesting dessert made for a wonderful evening.

The Members who booked a place had an enjoyable evening, and many ordered heavily discounted wines for home delivery. Thank you to all the members who showed their support.

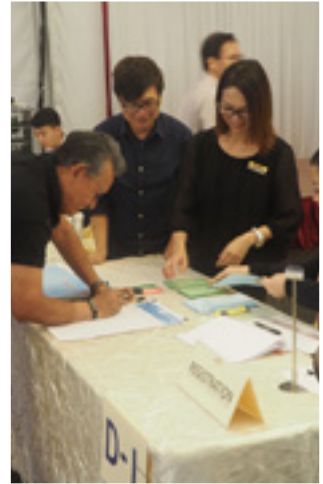
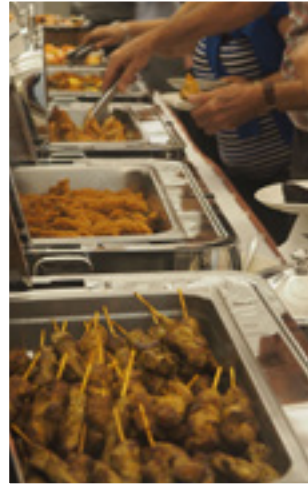
Make sure you join the next wine dinner!





Annual General Meeting 2017

The Club's Annual General Meeting was held on Wednesday, 21st June. Those in attendance were briefed on the 2016 results and brought up to date by reports from all specialist directors on their respective areas of responsibility.







Visit to USRC by Students of Diploma of Property Management Course

On Thursday 15th June, twenty-five students and two tutors participated in a visit to our Club.

Mr Lau is an active member of USRC and a Fellow member of the Chartered Institute of Housing, is currently running a Qualifications Framework Level III (QF III) Diploma in Property Management Course for the NGO Institute and is the module tutor.

Mr Lau arranged the visit to familiarize the student's better knowledge in private club house facilities.



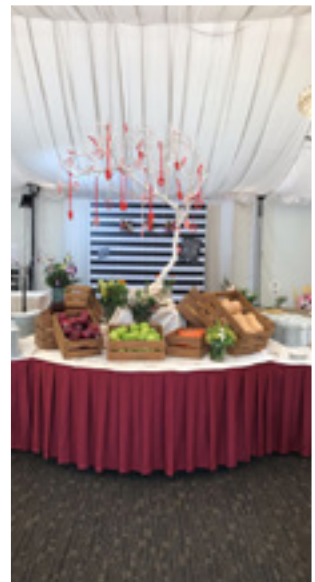
Mother's Day Buffet

The Mother's Day Lunch Buffet was held at the Garden Marquee on the afternoon of 14th May.

The marquee was a full event as Members came to show love for their Mother and Mothers receive love from their family.

There was as much food on offer as the love that was going around.

Everyone enjoyed the day and the food to 'Celebrate their Mom'! Around the marquee was the seafood station, the lamb and paella station and the juice station.





Sunday

Monday

Tuesday

2

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

3

- Pilates Group Class 4:00 pm and 7:30 pm

4

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

9

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

10

- Pilates Group Class 4:00 pm and 7:30 pm

11

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

16

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

17

- Pilates Group Class 4:00 pm and 7:30 pm

18

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

23/30

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

24/31

- Pilates Group Class 4:00 pm and 7:30 pm

25

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

Wednesday

Thursday

Friday

Saturday



5

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

6

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

7

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

1

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

8

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

12

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

13

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

14

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

15

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

19

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

20

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

21

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

22

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

26

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

27

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

28

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

29

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)



Sunday

Monday

Tuesday

1

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

6

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

7

- Pilates Group Class 4:00 pm and 7:30 pm

8

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

13

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

14

- Pilates Group Class 4:00 pm and 7:30 pm

15

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

20

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

21

- Pilates Group Class 4:00 pm and 7:30 pm

22

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

27

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3-8 pm
- Social LB 10:00 am – 8:00 pm (All members)
- Football YYL Game

28

- Pilates Group Class 4:00 pm and 7:30 pm

29

- Playgroup 9:30 am – 11:30 am
- Social LB 2:30 pm – 10:00 pm (All members)

Wednesday

2

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

Thursday

3

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

Friday

4

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

Saturday

5

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

9

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

10

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

11

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

12

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

16

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

17

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

18

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

19

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

23

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

24

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm

25

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

26

- Social Tennis (Ct 3) 3 pm – 7 pm, (Ct4) 3 pm – 8 pm
- Pilates Classes, 9:15 am, 10:30 am and 1:45 pm
- Squash Afternoon 2:30 pm – 5:30 pm (Cts 1&2)
- Lawn Bowl 2:30 pm – 7:00 pm (LB Section members only)

30

- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice 6:45 pm – 10 pm (Cts 1&2)
- Football Training Night

31

- Bridge 9:30 am – 12:30 pm (Gunners Bar)
- Social LB 2:30 pm – 7:00 pm (All members) LB League Team Practice 7 pm – 10 pm
- Senior Cricket 7 pm – 9 pm





Aqua classes should not be mistaken as “easy”. Water is very suitable for all fitness levels, young and old. Whether you are coming back from an injury or are looking for an environment that surrounds you, literally, with resistance. No swimming skills are necessary for shallow class.

Benefits of AquaExercise

- 💧 Cardio-muscular training, gentle on the joints even under heavy strain!
- 💧 Stimulation of the joints' metabolism without strain
- 💧 High calorie consumption
- 💧 Strengthen, build-up and limber-up the muscular system – train of all muscles
- 💧 Relieve on supporting muscular system
- 💧 Orthopaedically safe training
- 💧 Very short regeneration period
- 💧 Extremely low risk of injuries

Properties of Water

Resistance
Buoyancy
Hydrostatic Pressure
Turbulence
Thermal Connectivity

**Building muscles & strengthening your bones in water under the gentle sun.
It works wonders on your body and internal organs.
Feels liberating and burns more calories, better pulmonary heart performance.**

Venue: USRC Kid's Pool

For inquires and registration please contact:

Abra Tsui, email ducgoo@gmail.com

Positive effects of resistance

- 💧 Accommodated by changing hand/foot configuration, lever lengths or speed of motion and intensity
- 💧 Multi-directional resistance
- 💧 Movements are slower and less jerky

Positive effects of buoyancy

- 💧 Water decreases the amount of shock
- 💧 Decreases effect of gravity: body weight is reduced by 75% to 90% (chest to neck level immersion)



- 💧 Decreased gravity results in decreased joint loading
- 💧 The force of buoyancy assists venous return
- 💧 Lower exercise heart rates during aqua-fitness

Positive effects of hydrostatic pressure

- 💧 Assists participants to exercise more vigorously with less strain on the cardiovascular system
- 💧 Reduced training heart rate – heart rate is 10% bpm lower for a given workload
- 💧 Reduces swelling in injured or swollen joints or limbs below the water
- 💧 Pressure of water on chest wall creates a training effect for the respirator muscles

Positive effects of turbulence

- 💧 Currents and eddies in the water massage the skin, promoting circulation and relaxation
- 💧 Turbulence contributes to the resistance felt in aquatic exercise
- 💧 Core muscles strengthen as participants learn to stabilize their bodies against turbulence
- 💧 Exercises can be designed to work with or against turbulence

Positive effects of thermal conductivity

- 💧 Water 'wicks' away excess body heat, creating a cool, comfortable workout
- 💧 Blood that would be shunted to the skin for cooling is available to the working muscles
- 💧 The heart does not have to work as hard if the body stays cool

AQUA-STRETCH & TONE

7:45 a.m.-8:45 a.m. every Tuesday



A 60 minutes movement class uniquely developed for individuals who want to be fit from scratch in snail-mail style.

- Low intensity: Focus on good breathing and joints range of motions.
- Moderate intensity: Focus on balance in the water with correct posture.
- High intensity: Core; jumping, kicking, bouncing and fun.
- Location: Kid's pool.
- HKD800 for 4 lessons. Drop-ins not accepted.

Please note:

- Always consult your doctor and have the release note prior to the programme.
- Take great care when entering or leaving the pool.
- Injury prevention is our motto.
- You must be at least 18 years old to attend the class.

Please contact directly the programme instructor for registration or further inquiries:
Abra Tsui on email ducgoo@gmail.com

Enjoy a trial class, courtesy of the Club. Seniors are free!

Meeting the Lifeguard Team



Our lifeguard team: Back row (L-R): Thomas Au, KC Chan (Pool In Charge), Leo Chow (Senior Lifeguard), Dickson Fok
Front row (L-R): Sam Leung, Patrick Ku



Lifeguards conducting CPR & AED rescue drills

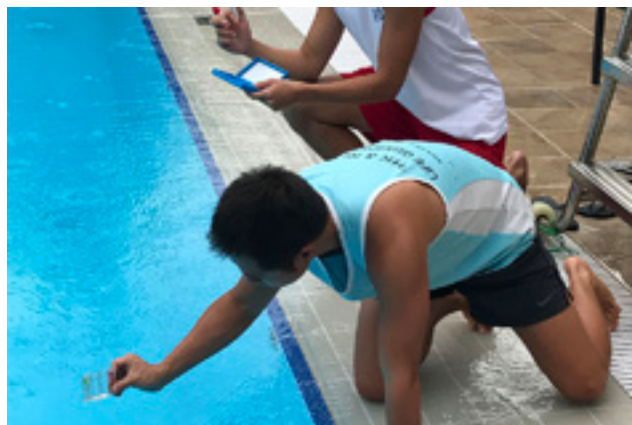


USRC Swimming Pool is a great place to be, particularly when we have fine weather. As the summer season is coming, the safety and water quality of the pool are at top priority.

Our lifeguards practice rescue drills regularly to ensure continued vigilance and safety in and around the pool area.

During the peak time, parents are reminded to watch their child(ren) closely at all times.

We wish you have a safe and wonderful summer at the pool.



Maintaining pool water quality



Cleaning the pool area

Swimming Pool Opening Hours

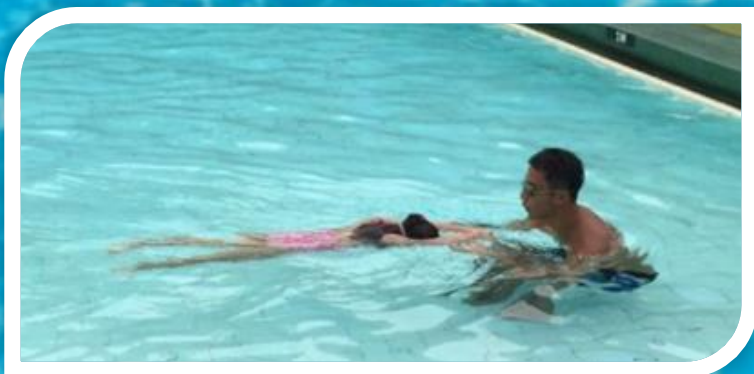
Mon* to Fri	7am – 9pm
Sat, Sun & Public Holiday	7am – 10pm

*Closed for cleaning every Monday from 10am to 12 noon. If the day falls on a public holiday, the cleaning will be rescheduled for the following Monday.



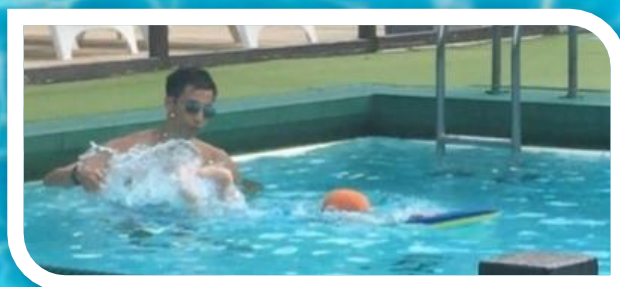
United Services Recreation Club
Hong Kong's Best Kept Secret

USRC Swimming Lesson



Private Class and Group Class for Age 3 & Above

Toddlers	No Swimming Experience
Intermediate	2 Lengths of Freestyle/ Breaststroke in Main Pool
Advanced	2 Lengths of Freestyle, Breaststroke & Backstroke in Main Pool
Adult	At Least 18 Years Old With or Without Swimming Experience



For enquiry and application form, please contact Coach Eric 9603-9620 or
Reception 3966-8600

CFC!

Crispy Fried Chicken

Available from 1st - 31st August

Half a chicken HK\$ 135

Served in about 10 pieces

Chicken wings HK\$ 72

2 joint served 8 pieces

Chicken bonbons HK\$ 70

Almost boneless served 8 pieces

Boneless chicken basket HK\$ 92

Breast and thigh meat chunks



Choose either no sauce or our sticky Korean spicy sauce

All chicken comes with a bowl of
buttermilk Ranch dressing or honey mustard dressing

Garden Café, Gunners Bar and Pool Kiosk

LIKE US ON :



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

Kent

Tel: 9020 3269

Julia

Tel: 9830 7131

Thursday: 9:30am – 12:30pm

No charge (must call before attending)

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

Pilates

JM Pilates Studio

Tel: 9194 5856

Email: jmpilates@yahoo.ca

Group classes – \$165 per class

Group classes are held:

Monday 4pm and 7:30pm,

Wednesday 7:00pm and 8:00pm,

Friday 4pm, Saturday 10:30am and 1:45pm

Private Lesson – \$650

Please contact joanne@jmpilates.com for

guests pricing.

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



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 - \$450

2 persons - \$600

3 persons - \$780

4 persons - \$880

Tennis

Battad Tennis Coaching Co

Andrea Charity U. Battad

Tel: 9026 5685 (evening till midnight)

Email: andreacharitybattad@gmail.com

Private Lesson

\$600 per hour (member)

\$700 per hour (guests)

Group Lesson (minimum 2 to 4 people)

\$200 per hour per person (member)

\$250 per hour per person (guest)



Tennis Coaching

Chris Hunt

HKTA Qualified Coach, Licensed Level II.

USRC Junior Tennis Teams Captain

(Under 14s and Under 18s)

Tel: 9316 6191/ 2550 5094 (evening till midnight)

Drop-in group lesson:

\$180 per hour per child

Saturday: 10am – 11am (beginners group)

Saturday: 11am – 1pm (intermediate group)

Thursday: 6pm – 7pm (intermediate group)

Super group lesson – by appointment only:

\$260 per hour per child

Tuesday: 5pm – 7pm (improvement class I)

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

Private lesson (for members only)

1 person – \$520, 2 persons – \$680,

3 persons – \$880, 4 persons – \$1,080,

5 persons – \$1,350, 6 persons – \$1,620

\$200 per hour per person (member)

\$250 per hour per person (guest)

Yoga

Jesse Tong

Tel: 9488 5869

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



Cricket News

by Ahmed Saleem
Cricket Convenor



New subcommittee

On the 20th of May, the section held its Annual General Meeting. Reflecting on the year Captain Saleem (Convenor) and Michael Caves (Secretary) noted the enjoyable annual awards evening and the fundraising for Christian Action.

Congratulations were also passed on to Niaz Ali, who joins the USRC team as a Level 2 coach; and to Lou Coulthard, Shan Sarwar, Aftab Ahmed and Chandra who have all achieved Level 1 umpiring qualifications.

A new subcommittee was elected, as below, and Captain Saleem took the opportunity at this point to thank Mr Mohammad Ajaz ('AJ') for his long service to the section as he stepped down. The 2017/18 members are:

Captain Ahmed Saleem (Convenor)
Michael Caves
Abhishek Jain
Ravi Chopra
Sweta Jain
Prateek Singhi
Arun Jain



As the nameplate says ... Michael Caves



U-11 Hong Kong Champions

Our junior cricketers have again achieved success, winning their overall Hong Kong competition. In the final against DB Smashers, the boys posted a very strong total of 176 off their 14 overs. Batsmen Jack Caves, Navid Nambhiar, Rohaab Mohammad and Muhammad Sardar all carried their bats for unbeaten scores of 20 or more not out. Our bowling performance was excellent, starting with Angus Minett claiming a wicket on the second ball and was well supported with the ball by Awwab Nassar. There was some excellent fielding from Aashir Sajid and the team dismissed the opposition for only 75 runs.

Well done to the squad who have played through a whole season when the boys have been invincible, going 16 matches undefeated! They have reclaimed the trophy they won two years ago and in their age group they've reached 4 finals back to back. They can look forward to becoming an excellent U13 squad.



USRC U-11 cricket team 2017 League Champions



United Services Recreation Club
Hong Kong's Best Kept Secret

USRC CRICKET FACILITY

A unique and well-equipped cricket nets

Come & Join us!



Professional Coaching:

[Certified (HKCA) (ACC) Cricket Coach]

Beginners (6 – 9 years old)

Junior (U11, U13, U15, U17)

- *Champion 2016 – U11/U13/U15*

- *Champion 2015 – U19*

Senior (Above 18 Years)

Women's are welcomed



Facilities Available:

Cricket Batting Nets

*Cricket Bowling Machine -
(Adult & Junior)*

Cricket Practice Area



Contact:

Tel: 9421 4741 (Ilyas)

Email: sportsofficer@usrc.org.hk

*Gunner's Coaching Program for beginners
Age 6 – 12 on every Sat 11am – 12:30pm*

Venue:

USRC Cricket Nets

*1 Gascoigne Road, King's Park,
Kowloon, Hong Kong*



USRC MCC Sunday Elite team

Men retain top status

Our USRC MCC Championship has pulled off three excellent victories in the final round of matches, securing Division A (top) cricket for next season. Against Tai Pan, goes special mention for Kashif Sham's 5 for 31, and Ilyas Gull's 55 not out while chasing down a target of 161, leaving 8 balls to spare. In the last match against Craigengower CC, the team were indebted to Max Abbot for a knock of 96, and him claiming two wickets in the final over to dismiss the opposition just short of their chase.

In Sunday Elite league match, Shan Sarwar is the first USRC MCC player to manage a hat trick against Dragons CC at the PKVR Ground.

Junior Cricket Training

The section continues to welcome all junior boys and girls to join its training and development programme. Under supervision of Head Coach and former Hong Kong national team captain, Ilyas Gull, the section now has a quartet of experienced coaches and senior players supporting our kids. Please contact Ilyas for more details.



Jack and Angus showing off their trophy



Rugby News

Marco Cassandro
Rugby Convenor



Samuel Hocking, Director of Rugby & Coaching

Restructure and Regroup

With the season finally wrapped up with the end of season ball, when more than 300 people turned up, it's given the USRC Tigers a chance to reflect on what, as a whole, the Club can consider a successful season.

Receiving the major honours at the ball where the Development Team who successfully won the Cup in a close encounter against HKCC Raiders. This achievement meant they were awarded the 'Team of the Year' along with their Head Coach, Benjamin Ho, who won 'Coach of the Year'. A special mention goes to Jack Capon and his U-16s team for having an outstanding season and whose team demolished everyone in their path.

Reflection on last season once the dust had settled, complete preparation and planning begun with the departure of Head Coach, Craig Stewart. Craig has gone to work with

Japanese top league side, Toyota Verblitz, assisting World Cup winning coach Jake White.

Moving into the Head Coaching role is Sam Hocking who has been at USRC Tigers in player/ coach role for the last 3 years. With the development we have seen within the team over the past 2 seasons, we feel consistency is key, and in knowing and understanding the Club through his role as Youth CCO, Sam is the perfect fit. With his 7 years of playing professional rugby under his belt we at the Club know Sam has the experience and knowledge needed to drive us forward.

Sam's promotion in turn leads to a position in our highly successful Youth set up. Once again we have chosen to promote from within with Braam Gerber moving into the Youth coaching role. Braam joined the club 2 years ago and has been an integral part in the Club's rebuilding process. Since August 2015 Braam has been a kindergarten teacher whilst playing for USRC Tigers and he has a vast rugby knowledge having played for the Blue Bulls Super Rugby team.

We are excited by the developments within the Club over the past month and we're looking forward to the season ahead where we expect to continue our progress across the leagues.



Braam Gerber, Head of Youth Development and Community Rugby



Football News

Alan Urmston
Football Convenor



July–August 2017

Much to report on this month as there always is at the end of the football season. We have end-of-term reports on our three teams plus the Citi HKFC Soccer Sevens, the Section annual awards and the AGM. So let's begin with a look at how our teams ended the season...

USRC Gunners

Gunners finished the season in some style, winning four and drawing one of the final five games, though to be fair one of the wins came courtesy of default three points as Royale Dragons forfeited. Amongst the goals were Arron Martindale and

Marcello Vastola and it was the Italian who picked up the Goal of the Season award for his stunning volley against FWD on 10th March. But it was not enough to raise Gunners above third place in what is a very competitive league.

The top six in the Legal League Division One looked like this:

Top Scorer for Gunners was Gwilym Cornes with a respectable 13 goals, though Gunners main problem was scoring goals as can be seen from the table. But in all a very successful season and congratulations to Matt Ferriday and the team, who have built an excellent team spirit this season and can look forward to really pushing for honors next season.

USRC 1911

The Club's Vets. team, 1911 finished their season with just one game played in April-May. The one game was a thriller, mind, a cup semi-final against Discovery Bay Vets, though 1911 ended up on the wrong end of a 4-3 defeat. Greg Turner scored two in that game to end the season as Top Scorer with 12.

The league table at the end of the season looked like this:

Pos	Team	P	W	D	L	F	A	GD	Pts
1	Discovery Bay FC	22	17	1	4	71	33	38	52
2	FWD FC	22	15	1	6	79	37	42	46
3	USRC Gunners	22	14	4	4	57	47	10	46
4	J Leaguers	22	14	2	6	58	34	24	44
5	Spartans	22	11	3	8	40	38	2	36
6	Goodfellas	22	11	2	9	56	51	5	35

Pos	Team	P	W	D	L	F	A	GD	Pts
1	HKFC	12	10	1	1	50	10	40	31
2	DBFC Vets	12	10	1	1	40	11	29	31
3	Spartans Masters	12	7	2	3	40	19	21	23
4	USRC 1911	12	7	0	5	37	30	7	21
5	FWD Seniors FC	12	4	0	8	21	42	-21	12
6	Godfathers	12	2	0	10	10	51	-37	6
7	BTDT	12	0	0	12	10	49	-36	0

Expand

But it was a frustrating season for 1911 in many ways. With just seven teams in the Legends League, it meant that the team often had long breaks between fixtures and then either played against very strong teams like Hong Kong Football Club or very weak teams like BTDT. The talk is that the League will expand to ten or eleven teams next season so it should be a lot more competitive.

USRC Vitesse

Two games also for USRC Vitesse in April and May. The first was a crushing 8-3 win over a team called SK7, with Greg Turner and Tung Li both scoring twice. Then there was a return fixture against Christian Action. Vitesse had drawn 2-2 with them in March but this time they brought their big guns and ran out 6-3 winners. Turner again scored a couple of the Vitesse goals. It was a decent season for Vitesse, with a total of twelve games played, though they'll be looking for more next season. Don't forget that Vitesse is a social team for Club members and guests so if you'd like to get involved in playing some footie then just let us know.

HKFC Citi Soccer Sevens

USRC again took part in the Masters Tournament at the HKFC Citi Soccer Sevens at Hong Kong Football Club on the weekend of 26-28 May. The squad, made up of players from the Football Section, took on Citi All Stars (ex-EPL players), Singapore Cricket Club, HKFC and Discovery Bay. Coaches Matt Ferriday and Rick Leone always knew it would be tough, given that the opposition in their group consisted of ex-professional players. Added to this was the previous record of USRC in getting to the previous three finals and being winners in 2015. This was with quite a different team though, including ex-pros and local pros of Brazilian origin. This time the expectations were lower, but the team of USRC Club and Section members did not let anyone down. Though they didn't record any wins (or draws) they were not disgraced in any sense and did the Club proud, saving the best performance for last, keeping Citi All Stars (Patrik Berger, Vladimir Smicer, Frank Sinclair, Luis Boa Morte and David Thompson) to 2-0. To put this into context, Citi had defeated Singapore Cricket Club 6-0 in their previous match.

It was a thoroughly enjoyable weekend and we should thank all those Club members and friends who came to cheer the team on. Hopefully we can build on this for next year.



USRC and Citi All Stars at Citi HKFC Soccer Sevens 2017



USRC FOOTBALL ACADEMY SUMMER CAMP 2017

COACHING BY **BIS**

	Venue	MON	TUE	WED	THU	FRI	Time	Age group
JULY	Venue	3 King's Park	4 King's Park	5 King's Park	6 USRC	7 King's Park	3:00 - 6:00 pm	3 -16 y
	Venue	10 King's Park	11 King's Park	12 King's Park	13 USRC	14 King's Park		
	Venue	17 King's Park	18 King's Park	19 King's Park	20 King's Park	21 King's Park		
AUG	Venue	31 USRC	1 USRC	2 USRC	3 USRC	4 USRC		
	Venue	7 King's Park	8 USRC	9 King's Park	10 King's Park	11 King's Park		

DYNAMIC!
Brazilian Style



CAMP FOCUS: GET SKILLS!!
*Strength Balance
 Speed, Agility & Coordination Work
 Foot works & Technical drill
 Ball technique
 Shooting & Passing
 Game play*



- 🏆 Prize for the Player of the camp
- 👤 Students are covered by
Group Insurance for Personal Accident
- 15% Discount for USRC Members**



sportsadmin@usrc.org.hk Contact: (852) 9815 3151 www.brasiltopskills.com



USRC Vitesse Players Player of the Year: Carlos Ortega (left, with Manager Andrew MacFarlane)



USRC Vitesse Manager's Player of the Year: Tung Li (right, with Manager Andrew MacFarlane)



USRC 1911 Players' Player of the Year: Ciaran Fay (right, with Manager Rick Leone)



USRC Manager's Player of the Year: Chris Jay (right, with Manager Rick Leone)



USRC Gunners Players' Player of the Year: Matt Chan (right, with Manager Matt Ferriday)



USRC Gunners Manager's Player of the Year: Jamie Hooper (right, with Manager Matt Ferriday)



Clubman of the Year: Toby McCarthy (left, with Convenor Alan Urmston)

USRC Football Academy

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

Season Awards

The Section held its awards party on 9th June. Nearly 60 Section members and partners attended and saw the following awards doled out.

There were many other awards made during the evening, some of which perhaps shouldn't be shared in a family magazine, but one that can is the Clubman of the Year, this year going to Toby McCarthy, for all the work he has done for the Section during the year.

Football Section AGM

The Annual General Meeting of the Football Section was held on 14th June and the following were elected as the Section Sub-committee for the 2017-18 season:

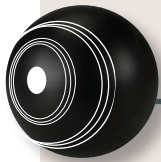
Alan Urmston (Convenor)

Cameron Smart (Secretary)

John Slater (Treasurer)

Rick Leone (Sub-committee member)

The Sub-committee will prepare for the start of the new football season to start in September.



Lawn Bowls News

by the Freshman

The spirit of "love USRC, love LBS" lives on and the dedication of our bowlers will be the key to our success this year. As Bill McMahon would say, "there is no alternative to victory, win!"

22nd April marked the start of the Premier League 2017 season and a good opportunity to have some new team photos taken. They certainly look impressive!

Mens A Team



Time to celebrate after a home win. Cheers!

Men B & C Team



A show of unity before the lads got down to face the opposition. It's great to see some new faces there.

Ladies A Team



We are back in Division One, hip-hip-hurrah!
The hard work begins...now!

Ladies B Team



A good combination of experience and enthusiasm, our B team ladies are ready to face new challenges.

Accredited Lawn Bowl Coaches of USRC

Training plays an important part while we try to strengthen our players' skill and ability to compete against top division teams. LBS has organised two Skill Refinement Workshops in April and May so far with two veteran bowlers holding the whip. They proved popular and there is no shortage of followers!



Mr Oscar Adem



Mr Leung Yau Shing

Skill Refinement Workshop #2

The second workshop was held from 11th May with Mr Y S Leung targeting bowlers at the intermediate level. He covered the dos and don'ts in league games, drawing skills, head reading, game tactics and more during the four weekly sessions.



Moving from theory to practise? It is more difficult than said, but hard work and perseverance don't normally fail us!



HKLBA Annual Presentation Dinner 2017

The HKLBA Annual Presentation Dinner was held on 26th May. It is our great joy to report that some of our Ladies A Team players were there to collect their trophies and prize money for their superb effort in gaining promotion to Division One of the Premier League.



While Captain Hana and Miranda were showing off the prize money for some players, the rest of us were keen to get our hands on the weighty trophy.



Ladies A Team Celebratory Dinner

A dinner was laid on by Captain Hana in May to celebrate the A Team's promotion to Division One. Players and guests enjoyed this special occasion together with plenty of food, wine and laughter.



After Dinner Entertainment

Demonstration from Laurence and Hana on how to propose to your dear lady but they forgot the most important part!

One can portray this as “借花敬佛”, “Offering Buddha with borrowed flowers”.

The McMahons

Early in the year, we mentioned about Mark McMahon, psychologist of Team Australia. Now is the turn of his parents, William (Bill) and Rosemary McMahon. We were pleasantly surprised when bumping into Bill and Rosemary who were staying at the USRC in late May. To jog your memory, the McMahons' family played for USRC and Hong Kong in the 80s and 90s. Now happily retired to the Gold Coast in Australia, Bill still plays bowls regularly whereas Rosemary just enjoys the social games.



We were lucky that they managed to spare a few hours practising with us one evening. There is still that wow factor with their bowling skill. They were presented with a LBS club shirt each as souvenir afterwards. The couple is well liked and respected by bowlers in Hong Kong. We are all looking forward to their next visit here. Hopefully, it will not be another 16 years away!



The Jack 角 Corner



Upcoming Events / Competitions

- HK International Bowls Classic 2017
Womens Pairs In-house Qualifying – ongoing
- In-house Triples 2017 – 25th June & 9th July
- Celebration of the 20th Anniversary of the
Establishment of HKSAR Reunification Cup –
1st & 2nd July
- Group practise at YCK Bowling Green –
22nd July from 3:00 to 6:00 pm
- The summer green closure will be from
10th July to 11th August
- We will mark the re-opening of the green on 12th
August with Bai Shén, roasted pig carving and
Happy Bowls

Do You Know?



POSTPONED

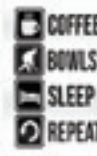
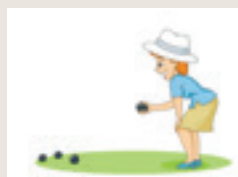
As we are now in the typhoon season, rainy weather can often lead to green close and some outdoor league games being abandoned or postponed.

Rinks assignment for a resumed game is not that straight forward if some of the original rinks you played on are unavailable.

Below is the clarification from the HKLBA:

- A)** All 3 rinks with same rink numbers are available – three paired teams should resume the game with same original rinks as shown on the score cards.
- B)** Only 2 rinks with same rink numbers are available – two paired teams should play at the same original rinks. The remaining paired teams should play at the newly available rink.
- C)** Only 1 rink is available – the paired teams which played at the original available rink to resume unchanged. Draw to be made for the two newly available rinks for the other two paired teams as per 2.5.a.2
- D)** All 3 rinks have different rink numbers – draw the rinks for all three paired teams as per 2.5.a.2. Player line-ups remain unchanged.

Please note that the reference of a newly available rink is based only on the rink number. Any change in direction of play or shift in location of rink is not considered as newly available rinks.





Squash News

Chung Leung
Squash Convenor



Visiting Team from Korea

Following the conclusion of the Winter Leagues, the squash section has been kept busy by various activities.

First up was a visiting team from Korea. We were not sure about the popularity of squash in Korea but apparently it is a fast expanding sport.

We were met by a team of very young and enthusiastic players eager to play at any time of day and also to participate in part B. It was great to host them at USRC and I believe they were quite impressed by all at the Club. We look forward to a return match someday.



Our Korean visitors enjoying their story

USRC Club Championships

The club championships have just finished and some things never change, we had the same winner in the Masters and the Handicap competition as the last few years but at least a different runner-up this year. Congratulations to Julian Ragless who has just completed a hat trick of Masters Titles and Quincy Chow, who likewise is Handicap Champion for the third consecutive year.

The open title provided some scintillating squash with the top 2 seeds, Robinson Law and Wong King Ngo, neck and neck in the first 3 games. Young Robinson managed to sneak ahead 2-1 before Wong finally ran out of steam in the fourth game.

Open Champion – Robinson Law beat Wong King Ngo 18-16, 20-18, 13-15, 15-4

Masters Champion – Julian Ragless beat Gary McAuslan 3-0

Handicap Champion – Quincy Chow beat Wilfred Lai 3-2

Plate Winner – Ken Yam beat Kermit Yuen W/O



Open Champion Robinson Law



Handicap Champion Julian Ragless



Handicap Champion Quincy Chow



All USRC champions



Tennis News

**Martin Li,
Tennis Convenor**



6 May, 2017

It was quite a busy on Saturday 6th May for the Tennis Section since there were four events to be held on the same day. The events included a One-day tournament, charitable tournament, annual general meeting and annual dinner. Pleased to tell you all ran smoothly and on schedule.

Annual General Meeting

The Annual General Meeting was successfully completed and new subcommittee members were elected. We give our thanks to our previous subcommittee members, Mr Derek Lai and Charlotte Owen respectively, for their fine efforts.

The new committee is organised in the following organization chart for 2017-18:

Post	Name
Convenor	Martin Li
Deputy Convenor	Cindy Fung
Treasurer	Katy Chan
Secretary	Kenneth Chiu
Member	Ken Chan
Member	Maide Sun
Member	Thomas Lee



from left Ken Chan, Maide Sun, Katy Chan, Martin Li, Kenneth Chiu, Cindy Fung

Annual Dinner

The Annual Dinner is an essential function to unite our Tennis Section. During the dinner, we not only arranged to present the prize for all winners of our annual tournament, but also created an opportunity for all the members to meet one another to help increase our friendship.

It is also an opportunity to raise funds for the charitable organisation 'Principal Chan Free Tutorial World'. Meanwhile, we thank all generous members who donated many valuable items for fund raising.



Ladies Team



Chairman, Patrick Cheung

BATTAD TENNIS COACHING CO

SUMMER CAMP

A fun, exciting tennis camp for all levels and ages!

Battad Tennis Coaching Co uses lively drills and fun games to stir passion for tennis. From beginners to competing juniors and adults, our progressive coaching methods makes sure everyone gets challenged, and improves.

TUESDAYS/THURSDAYS 3-5PM (open for kids 4-12 yrs old)

Adult and Teen classes please whatsapp for details.

Price:

\$200 per hour per person (Member)

\$250 per hour per person (Guest)

Contact · Andrea Battad

Phone/Whatsapp · 90265685 (Evening-Midnight)

Location: · USRC Tennis courts



Classes available from July 3- August 11

minimum of 2 pax per group

maximum of 6 pax per group



Fun Games during the Annual Dinner with Eric Fung, Noel Burns and Ken Chan



Excellent Members

In our 'Road to Wimbledon Challenge Final', our JAS, Tim Gauntlett, won the Boys Competition. He is guaranteed a spot in the Finals at the All England Club in August and congratulations go to him, we wish him every success in this prestigious event.

Other excellent members, and are perfect partners in our Ladies A+ team, are Charmaine and Stephanie. They represented Yau Tsim Mong District to become champions in the 6th Hong Kong Games.



Three-Minute Puzzles

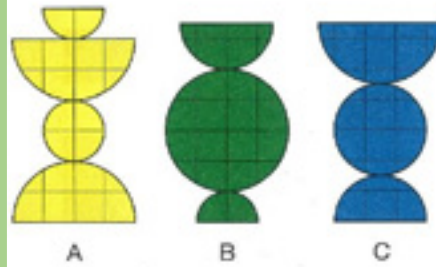
A Question

L	2
W	3
A	?

What number should replace the question mark in order to complete the diagram?

5 6 7 8

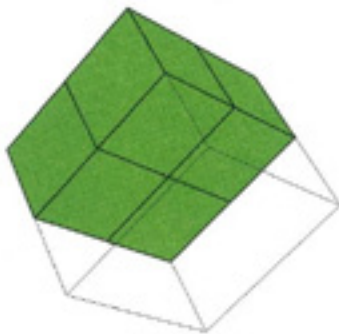
Three Jars



Which jar is the biggest?

A B C

4-in-1 Cubes



How many different unique arrangements of four 1x1x1 cubes (not counting rotations and reflections) are there in a 2x2x2 cube? One arrangement is shown.

4 5 6 7

Double Letters 6



Example: OO + FF = OFF

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

OO PP RR SS

Submit your answer to the Club reception **on or before 6th August 2017**. All correct entries will receive a **FREE SMOOTHIE***

Name: _____ Membership No: _____

Contact No: _____

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

SUDOKU

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

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

Submit your answer to the Club or fax 2724 0949 on or before Sunday, 6th August, 2017. All correct entries will be placed into a draw. The Winner will receive an Indian Buffet Coupon for 2 people (value of HK\$188 x 2=\$376). *Best of Luck!*

Name: _____ Membership No: _____

Contact Tel No: _____



**May & June Word Search drawn by
Member Mr Chan**



**Congratulations to May & June
Word Search Winner, Ms Chau!**

Bangkok Club



The Bangkok Club, established in August 1995, is the largest executive city club in Thailand, both in actual floor space and in its membership. Located in the heart of Bangkok central business district on the top four floors of the prestigious Sathorn City Tower, the Club has a spectacular panoramic view of the city skyline, with fine dining, modern fitness and pristine spa facilities. The Bangkok Club also provides privacy, convenience and quality service, which redefine the standards of luxury and comfort.

The interior of The Bangkok Club represents a triumphant fusing of East and West expressing comfort, warmth and friendliness, yet project a sensation of space and simplicity. Used as an extension of both home and office, the Club also serves as a forum and a focal meeting point to our Members from top ranking business executives, diplomatic and social elite. Regular activities and social functions both within the Club premises and outside, offer our Members a new dimension in leisure and business opportunities.

The Bangkok Club, an exclusive executive city club, aims to provide high quality and distinctive services and facilities to all members in warm and elegant surroundings for personal and business entertainment.

The Club understands that in today's business environment, we, like our corporate and individual members, need a sustainable competitive advantage. That is why the Club strives to maintain its position as the leading provider of fine hospitality services to the business and professional community.

Membership of The Bangkok Club is by invitation only and is accepted by the Admission Committee on behalf of the Board of Advisors and Governors of the Club. Members have the privilege of being part of the Club's Member selection process by recommending their friends and/ or business colleagues for membership.

DINING

Our Food and Beverage Department is a vital part of The Bangkok Club, serving our members in a range of dining options and banquet facilities.

SPA SERVICES

Lose yourself in blissful relaxation. Reinvigorate your mind and spirit at The Bangkok Club Spa. You can choose from an array of rejuvenating treatments needs; all designed to help you feel and look your absolute best!



List of Reciprocal Clubs

COUNTRY	CITY	CLUB NAME	COUNTRY	CITY	CLUB NAME
Australia	Adelaide	Naval, Military & Air Force Club of South Australia	Malaysia	Ipoh	Royal Ipoh Club
	Brisbane	United Service Club		Johor	Segamat Country Club
	Canberra	Canberra Club		Kuala Lumpur	Royal Commonwealth Society
		The Commonwealth Club		Penang	Penang Club
	Melbourne	The Kelvin Club		Port Dickson	Royal Port Dickson Yacht Club
		Kooyong Lawn Tennis Club		Sabah	Sandakan Yacht Club
		Royal Automobile Club of Victoria			The Tawau Yacht Club
	Perth	The Western Australian Club	Mexico	Jalisco	University Club de Guadalajara
	Sydney	The Royal Exchange Club of Sydney			El Palomar Country Club
		Royal Automobile Club of Australia		Mexico	The University Club of Mexico
	Victoria	The Royal South Yarra Lawn Tennis Club			
Belgium	Bruxelles	International Club Chateau Sainte-Anne	New Zealand	Auckland	The Northern Club
	Gent	International Club of Flanders		Dunedin	The Dunedin Club
				Napier	The Hawkes Bay Club
Brazil	Rio De Janeiro	Clube Americano Do Rio De Janeiro		Wellington	The Wellesley Club
					The Wellington Club
Canada	Vancouver	Hollyburn Country Club	Philippines	Baguio City	Baguio Country Club
		Jericho Tennis Club		Cebu	City Sports Club Cebu
		Terminal City Club			
	Victoria	Union Club of British Columbia	Portugal	Lisboa	Gremio Literario
Republic of China	Taipei	American Club Taipei		Oporto	Oporto Cricket & Lawn Tennis Club
		The Landmark Club			
England	Bath	The Bath & County Club	Scotland	Aberdeen	The Royal Northern and University Club
	London	The Army & Navy Club		Edinburgh	The New Club
		Carlton Club			The Royal Scots Club
		Naval & Military Club			
		St. James Hotel and Club	Singapore	Camden Park	Hollandse Club
		The Lansdowne Club		Singapore	Ceylon Sports Club
				Yishun	Orchid Country Club
France	Paris	Saint James Paris			
Germany	Berlin	International Club Berlin	South Africa	Cape Town	The Cape Town Club
	Frankfurt	Union International Club		Durban	Durban Club
				Grahamstown	Albany Club
India	Ahmedabad	Karnavati Club			
	Bangalore	Greenacres Country Resort	Spain	Barcelona	Círculo Equestre
	Cochin	International Club		Bilbao	Sociedad Bilbaina
	Jaipur	Jaipur Riding and Polo Club		Madrid	La Gran Pena
	Jodhpur	UMED Club			
	Kerala	Sri Mulam Club	Sweden	Stockholm	Military Club of Stockholm
	Mumbai	Golden Swan Country Club			
		Royal Bombay Yacht Club	Thailand	Bangkok	The British Club
		The Bombay Presidency Radio Club			
		The Umbergaon Club	Trinidad	Port of Spain	Trinidad Union Club
	Pune	Residency Club			
Indonesia	Medan	The Exchange Club	U.S.A.	Bellevue	Bellevue Club
Ireland	Belfast	The Ulster Reform Club		Berkeley	The Berkeley City Club
	Dublin	The Stephen's Green Club		Cincinnati	Cincinnati Athletic Club
Japan	Kobe	Kobe Club		Kansas	The Kansas City Club
Kenya	Nairobi	Nairobi Safari Club		New Haven	New Haven Lawn Club
	Mombassa	Mombassa Club		New York	The Cornell Club
Luxembourg		Cercle Munster			The Williams Club
				Philadelphia	The Racquet Club of Philadelphia
				Portland	University Club of Portland
				San Francisco	The Marines' Memorial Club & Hotel
				Santa Barbara	Santa Barbara Club
					University Club of Santa Barbara
				Washington DC	The Army & Navy Club
					The Rainier Club

Clubs in bold are recently added clubs to our reciprocal list

USRC Swimming Gala 2017



Date: Sunday 17th September

Time: Starts at 1:00pm

Entry Fee:

**\$60 per Member
(per event)**

**\$150 per Member
(for two or more events +
1 family relay)**

**\$70 per Member's Guest
(per event)**

**\$180 per Member's Guest
(for two or more events +
1 family relay)**

Enrolment Deadline: Wednesday 13th September

- Swim with noodles
- Freestyle & Breaststroke (25m / 50m)
- Family & "Raft Out" Relay
- Age 3 or above
- Member's guests are welcome

**Lunch Buffet at
Garden Marquee
HK\$92 for Adult
HK\$42 for Child
(Starts from
12noon to 3pm)**



United Services Recreation Club
Hong Kong's Best Kept Secret

Enrollment forms are available at the reception
For enquiry, please contact Eva Tsang on 3966-8628