

OASIS

September-October 2017

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



MELBOURNE PROPERTY EXPO & INFO SESSIONS IN HONG KONG

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from
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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 Les Pearce

Sports Director Eddie Wu

Grounds, Environment & Community Director Kenneth Chiu

Membership Sub-committee

K.C. Ng Andrew Kwan
Alfred Cheng Lily Tam
Joanne Martin Viveka Mansukhani

Disciplinary Sub-committee

K.C. Ng Eric Heung
Felix Hart Ringo Chiu
Zorro Yuen Brian Mcardle
Viveka Mansukhani

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

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Dear Fellow Members,

You may be relieved to learn that the two severe Tropical Storms, Hato and Pakhar, which barrelled down on Hong Kong and Macau late last month, caused only minor damage around the Club. Clean-up operations were swiftly carried out by our diligent staff enabling the Club to return to normal business shortly after the lowering of all typhoon warning signals.

With the sweltering summer weather being nearly over and new school term about to begin, I would like to wish a safe return to Hong Kong to Members from their long holidays or trips abroad.

With a view to enhancing further our Corporate Social Responsibilities (CSR) initiatives as well as streamlining certain existing portfolios among the new General Committee (GC) Members at its first meeting in July, the GC decided to re-title two of its Directorship posts as follows:

- Projects Director to be re-designated as Projects & Security Director, the position to be allocated to Mr Leslie Pearce.
- Grounds, Environment & Security Director to be re-designated as Grounds, Environment & Community Director and to be filled by the new GC incumbent, Mr Kenneth Chiu.



親愛的會員：

早前香港和澳門遭遇強颱風「天鴿」及「帕卡」吹襲，尤幸只為本會帶來輕微影響。在本會員工盡心盡力清掃下，會所於風後片刻已恢復正常運作。

隨著炎夏漸去，新學期伊始，希望各會員已從悠長假期安全歸港。

為可持續秉持本會的企業社會責任精神，並精簡委員會成員職務，委員會於七月的首次會議後決定更改下列職銜：

- 項目主任董事一職更改為項目及保安董事主任，由 Leslie Pearce 先生女士出任；
- 場地、環境及保安董事主任更改為場地、環境及社區董事主任，由 Kenneth Chiu 先生出任。

如上屆週年大會所定，本會正逐漸放寬會員權限，希望此舉能在不會為會員帶來額外的不便的同時亦善用本會資源。由於不少會員因移民、退休或留學而申請缺席會員會籍或退會，故縱有新會員加入，會員人數並沒有顯注上升。另外，新設體育會籍的入會要求將

We have started to relax modestly the upper limit of our membership level as announced at the last AGM. The move aims to optimize the use of our available facility capabilities without compromising the existing comfort level being enjoyed by Members. The increase in membership numbers through new intakes has not been significant due to an unusually large number of existing Members either resigning or applying for Absent Life Membership (ALM) on grounds of emigration, retirement or studies abroad. Additionally the criteria for admission of new Sports Members will be presented by the Sports Director in conjunction with the Membership Director to all the Sports Convenors at the upcoming Sports Sub-Committee meeting.

Project-wise, the swimming pool has experienced some teething problem with the filtration system which will be dealt with by the contractor together with the General Manager. Tennis courts no. 3 & 4 will be re-patched and re-painted as soon as the weather permits.

As you can gather, the GC is trying its best to achieve a great deal of progress at all levels in the Club for the benefit and enjoyment of all Members. We may not be able to meet everyone's personal expectations but hope to strike acceptable compromises where possible.

I look forward to welcoming families and young ones joining the Annual Swimming Gala scheduled for Sunday, the 17th of September.

Best regards,

Patrick Cheung
Chairman

於接下來的體育小組委員會由體育董事主任及會籍董事主任向各體育小組召集人闡釋。

工程方面，新泳池的濾水系統問題將由承建商及本會總經理處理。3號及4號網球場的場地工程亦會在天氣情況許可下盡快完成。

本會致力從各方面為會員提供更好的環境及服務，雖難以滿足每一位會員的期望，但將力圖兼顧並平衡不同要求。

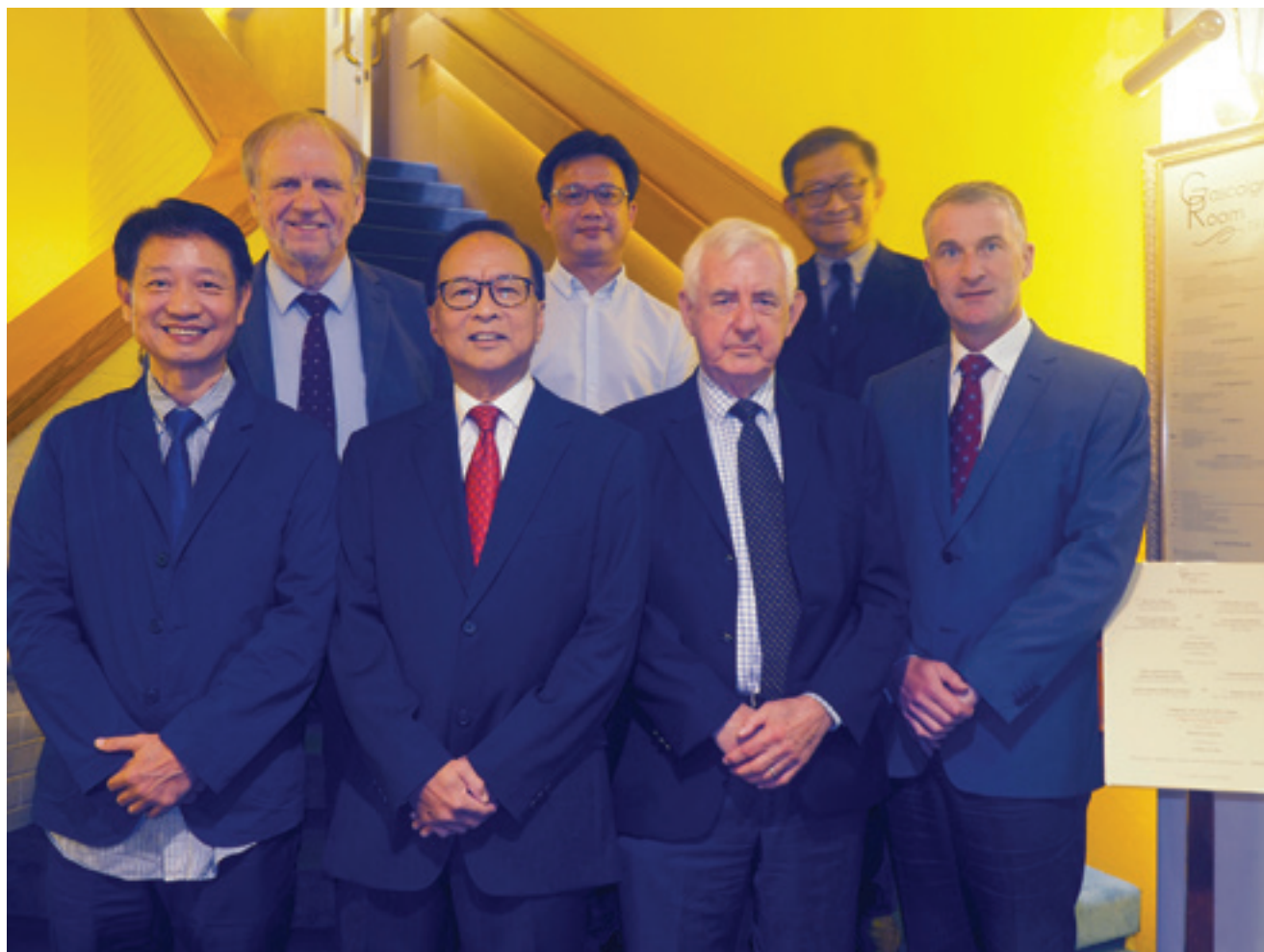
最後，我期望可在9月17日與各位家屬及年輕健兒共渡一個愉快的水運會。

謹此致意

Patrick Cheung

會長

General Committee 2017



Top Row (L to R): Mr Leslie Pearce, Mr Kenneth Chiu, Mr K.C. Ng
Bottom Row (L to R): Mr Eddie Wu, Mr Patrick Cheung B.B. S., Mr Felix Hart, Mr Noel Burns

General Committee

Chairman Patrick P. T. Cheung BBS

Treasurer Felix Hart

Membership Director K. C. Ng

Projects Director Les Pearce

Grounds, Environment &

Community Services Director Kenneth Chiu

Sports Director Eddie Wu

GENERAL MANAGER'S MESSAGE

Dear Member,

I hope that everyone enjoyed a great summer. For those of you who have travelled abroad during the summer, welcome back. It had been a busy time at the Club, even between thunderstorms, torrential downpours and a Typhoon category 10.

Please take the time out to complete the annual member survey which will be available soon through the mail outs. Overall, the content will remain the same as last year to compare trends, but we have received many requests from Members to make the survey shorter. We look forward to your very important suggestions and comments to aid the Board in identifying the best direction moving into the future.

While the summer is nearly over I also want to take the time to remind Members of a few club rules that need to be reinforced. Children between 11 and 15 may use the facilities of the Club as long as supervision is provided. Please be sure to register your guests when using the swimming pool and wear the wrist band provided. These can be purchased at reception and at the poolside kiosk. Your compliance will be appreciated.

With Kids returning early to school everyone can settle back into a more regular routine. Please enrol the young ones for the Annual Swimming Gala scheduled for 17th of September. See you around the Club.

Noel Burns

General Manager



親愛的會員：

我謹祝所有人都已享受了一個熱情活力的暑假。歡迎出外旅遊的會員歸港。就算在惡劣天氣及颱風季節情況下，在這段期間，本會依然忙碌。

年度問卷調查即將以郵件方式推出，問卷整體上與往年相若，但比以往的更加簡短。希望會員花一點時間完成問卷，您的寶貴意見將有助本會策劃未來。

另外，我希望藉此提醒會員，11至15歲兒童在有大人監護下方可使用本會設施。另外，會員賓客在使用泳池前應先登記並帶上手帶。手帶可於接待處及池邊涼亭購買。感謝各位會員配合。

新學期開始，學生們回歸校園，會所回復暑假前的平靜。但謹請各位為年輕健兒報名參與9月17日的水運會。

在會所見你們！

Noel Burns

總經理

Employee of the Month – August

Leung Luen Ming, our waiter, receiving his “Employee of the Month” award in August from our Assistant F&B Manager, Mr. Singh San



White Chocolate and Cranberry Bread and Butter Pudding

Servings: 10



Ingredients:

Bread and butter pudding

- 10 slices of thick stale bread, white
- 150 grams butter, softened
- 2 teaspoons ground mixed spice
- 150 grams of dried cranberries
- 2 tablespoons demerara sugar

Custard

- 4 whole eggs
- 6 egg yolks
- 80 grams caster sugar
- 500 milliliters milk
- 500 milliliters cream

Method:

To prepare the custard, start by beating the eggs and sugar together in a bowl until creamy.

Add the milk and cream to a pan and bring to a boil. Pour the hot milk over the eggs and stir very well, strain and set aside.

Grease 10 oven proof cocotte's with some butter.

Butter each slice of bread on one side and cut into squares.

Spread out a layer of the bread in the cocotte's after each layer add a sprinkle of mixed spices, a few dried cranberries and some chocolate drops and add a generous serving of the custard.

Build this up until the cocotte's are full.

Cover with cling film and press down firmly.

Leave to set in the fridge for a few hours to allow the custard to be fully soaked up.

Segment the oranges, add the sugar to a non-stick pan and slowly caramelize this.

Add the butter and the orange juice and bring to boil, add the segments and cranberries. Set aside.

Preheat an oven to 160 degrees Celsius.

Sprinkle some demerara sugar on top of the puddings and bake in the oven for 30-40 minutes.

Remove from oven and pour over some of the suzette sauce.

Serve with extra custard.

Orange and Cranberry Suzette

- 3 oranges
- 75 grams dried cranberries
- 200 grams caster sugar
- 100 grams butter
- 200 milliliters fresh orange juice



Mid-Autumn Festival Menu A

Early bird offer: 20% off for bookings made before September 15, 2017

Book now – available in Garden Room, Garden Café & Banyan Room

For reservation please call Garden Café at 3966 8638

Or contact Mr. Ken Kan on 3966 8633 or via email: catering@usrc.org.hk

Picked vegetables, pickled young onions, assorted nuts, soy sauce with chili and XO sauce
a selection of Premium teas: West Lake, Po Lei, Tie Guan Yin or Jasmine tea.

Menu

Chinese combination platter

Deep fried tofu, preserved egg, soy sauce radish, shrimp and mushroom

中式冷拼盆四小碟-(百味豆腐、尖椒皮蛋、醬油蘿蔔、蝦子雙菇)

Deep fried mango seafood roll

香芒海鮮筒

Crispy prawn ball with broccoli and salad dressing

花好月圓

Pumpkin seafood soup

金露海鮮羹

Ancient style steamed garoupa fillet with fungus and cordyceps flower

古法蒸斑

Seasonal vegetable and Chinese wolfberry in superior broth

紅寶石浸時蔬

Crispy whole chicken

炸子雞

Fried rice with shrimp, chicken and mushroom steamed in a lotus leaf

荷葉飯

Fried dough twist

脆麻花

Moon cake

中秋月餅

HK\$2,388 per table of 6 person

(Inclusive a maximum of 1 bottle of house wine, 6 bottles of beer and free flow of soft drinks and juices)

HK\$4,688 per table of 12 person

(Inclusive a maximum of 2 bottles of house wine, 12 bottles of beer and free flow of soft drinks and juices)

Mid-Autumn Festival Menu B

Early bird offer: 20% off for bookings made before September 15, 2017

Book now – available in Garden Room, Garden Café & Banyan Room

For reservation please call Garden Café at 3966 8638

Or contact Mr. Ken Kan on 3966 8633 or via email: catering@usrc.org.hk

Picked vegetables, pickled young onions, assorted nuts, soy sauce with chili and XO sauce
a selection of Premium teas: West Lake, Po Lei, Tie Guan Yin or Jasmine tea.

Menu

Chinese combination platter

Deep fried tofu, preserved egg, soy sauce radish, shrimp and mushroom
中式冷拼盆四小碟-(白味豆腐、尖椒皮蛋、醬油蘿蔔、蝦子雙菇)

Stir fried prawn with egg white and truffle

黑松露蛋白炒蝦球

Double boiled soup with black garlic, sliced whelks and chicken

黑蒜燉螺片雞湯

Sautéed beef tenderloin with sweet potato and bell pepper

紫薯椒牛柳粒

Deep fried and stir fried garoupa fillet with celery and bell pepper

乾坤沙巴躉

Lo Hon vegetable with winter melon

彩盤艷素

Crispy shredded chicken

脆皮手撕雞

Fried rice with sliced chicken in tomato sauce and shrimps in cream sauce

鴛鴦太極飯

Fried dough twists

脆麻花

Moon cake

中秋月餅

HK\$2,688 per table of 6 person

(Inclusive a maximum of 1 bottle of house wine, 6 bottles of beer and free flow of soft drinks and juices)

HK\$5,288 per table of 12 person

(Inclusive a maximum of 2 bottles of house wine, 12 bottles of beer and free flow of soft drinks and juices)



Grace Vineyard

W I N E D I N N E R

Hosted by Ms. Judy Chan, President of Grace Vineyard
Communal table -- **HK\$688** per person

7 September 2017, Thursday

– Aperitif @ 7:30, dinner @ 8 PM at the Gascoigne room
Aperitif at the Bar with Spanish tapas lollipops
Angelina sparkling Cabernet Franc NV

M E N U

Amuse bouche – served at the table

Chaat masala, yolk, orange, tamarind, egg white

Angelina sparkling Cabernet Franc NV

* * *

Crispy Salmon cake with sweet potato hash,
yellow pepper and thyme coulis

Grace Vineyard Tasya's Reserve Chardonnay 2015

* * *

Caramelized onion tart blue cheese

Grace Vineyard Tasya's Reserve Cabernet Sauvignon 2011

* * *

Strozzapreti pasta with classic Tomato and basil sauce,
Carabinero prawn

Grace Vineyard Tasya's Reserve Shiraz 2012

* * *

Quail breast sous vide, quail leg confit, porcini
mushroom, honey

Grace Vineyard Deep Blue 2012

* * *

Salt Marsh Lamb Rack, roast baby potato, samphire,
lamb jus

Grace Vineyard Chairman's Reserve 2012

* * *

Vanilla sago, peanut parfait, caramelized rice bubbles,
fried peanuts, raspberry sorbet, chocolate disc,
salty caramel

* * *

Coffee or tea
Mini egg tarts

怡園酒莊
GRACE VINEYARD


United Services Recreation Club
Hong Kong's Best kept Secret

For reservations, please call **3966-8650**
or email to **restaurants.asst@usrc.org.hk**



United Services Recreation Club
Hong Kong's Best Kept Secret

GRACE VINEYARD HOME DELIVERY FORM

“Grace Vineyard was established in Shanxi province in 1997.
By 2004, it was producing some of the finest wines in China”

The World Atlas of Wine VII – Jancis Robinson



Angelina Sparkling Chardonnay NV

Fresh honeydew, lime and hint of pineapple.
Lively, crispy with citrus. Sweetness balance,
light amount of creaminess and fruitiness.

香甜蜜瓜、青檸和菠蘿香氣。酸度適中，細
緻柔滑，清爽活潑的感覺。

Price : ~~HK\$288~~ **\$143** Qty : ____ btl



Grace Vineyard Tasya's Reserve Chardonnay 2015

Attractive nose scented with spice, cloves and melon.
Juicy in peach and melon. Oak aging on balance of
vanilla and creamy texture.

帶有花椒與蜜瓜香氣。入口帶有白桃及蜜瓜味
道。收結帶有橡木的雲呢拿及奶油香。

Price : ~~HK\$338~~ **\$167** Qty : ____ btl



Grace Vineyard Tasya's Reserve Cabernet Sauvignon 2011

The wine exhibits characteristic and style of a
cooler climate Cabernet Sauvignon typical white
pepper, bell pepper, spice and cassis. Full of red
berries, mixed oak usage enhance the complexity
as well.

鮮明的紅莓味略帶雪松、紅莓醬與香料，層次
感鮮明。單寧細緻優雅。

Price : ~~HK\$338~~ **\$167** Qty : ____ btl



Grace Vineyard Tasya's Reserve Shiraz 2012

Sweet licorice aroma with spice peppery notes.
Red currant are wrapped with light cedar oak. Lingering
finish with grips of fine tannin.

甘草香味略帶胡椒香料，帶出橡木桶陳釀特質。
雪松和黑葡萄的味道。單寧圓滑，餘韻悠長。

Price : ~~HK\$338~~ **\$167** Qty : ____ btl



Grace Vineyard Deep Blue 2012

Persistent of cherries and cedar oak also develop
well in the mouth, with a dash of spicy pepper.
Medium to full bodied rounded out by tannins
providing a pleasing finish.

帶有黑莓、黑櫻桃和雪松香氣，帶有絲絲香草、
胡椒味道。圓滑酒身收結柔和。

Price : ~~HK\$450~~ **\$295** Qty : ____ btl



Grace Vineyard Chairman's Reserve 2012

20th Anniversary Label
慶祝20週年特制酒標

Red cherry, black berries and with green bell pepper.
Medium weight in palate with sweet cinnamon and cloves.
The silky tannin with longer cellaring.

濃郁黑櫻桃、紅櫻桃和燈籠椒香氣。口感帶陣陣肉桂丁
香。質地柔和，酒體飽滿。單寧柔順，回味悠長。

Price : ~~HK\$568~~ **\$399** Qty : ____ btl

ORDERING INFORMATION

CUSTOMER'S NAME: _____ MEMBERSHIP NO: _____

TEL (MOBILE): _____ EMAIL: _____

DELIVERY ADDRESS: _____

EXPECTED DELIVERY DATE: _____ EXPECTED DELIVERY TIME: * 10am-2pm / 2pm-6pm

PLEASE PASS THE WINE ORDER FORM TO RECEPTION OR GASCOIGNE ROOM. THANK YOU! *Please circle the appropriate.

Please allow 2 working days for delivery; Delivery service will be available on Monday to Saturday
between 12:00-18:00 (not applicable on Sunday and public holidays); Free delivery for purchases
over HK\$1,200 to HK Island, Kowloon and New Territories; For orders being delivered to the
outlying islands, some delivery charges may apply; No return is acceptable once the order is
confirmed; The final decision with the management of the USRC; Wines are subject to availability;
The total bill will be charged to the member's account; Wines which are sent to the club will be kept
for 7 days only, the club will not be responsible for any loss and damage; The discounted price of
above wines are valid from **1 Sep to 31 Oct 2017**.
For inquiries, please contact Ms. Wing Ho by email fridayad@usrc.org.hk or 3966 8632.

Customer's signature: _____

Date: _____



Sunday

Monday

Tuesday

3

- 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

4

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

5

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

10

- 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

11

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

12

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

17

- 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

18

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

19

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



24

- 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

25

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

26

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



Wednesday



6

- 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

7

- 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

1

- 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)

8

- 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

2

- 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 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)

13

- 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

14

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

15

- 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)

16

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20

- 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

21

- 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

22

- 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)

23

- 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)

27

- 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

28

- 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

29

- 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)

30

- 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

1

- 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

8

- 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

15

- 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

22

- 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

29

- 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

Monday

2

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

9

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

16

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



23

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

30

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

Tuesday

3

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

10

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

17

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

24

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

31

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

Wednesday

4

- 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

5

- 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

6

- 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

7

- 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)

11

- 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

12

- 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

13

- 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)

14

- 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)

18

- 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

19

- 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

20

- 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)

21

- 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)

25

- 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

26

- 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

27

- Playgroup 9:30 am – 11:30 am
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United Services Recreation Club
Hong Kong's Best Kept Secret

Premium Wine Tasting

Knipser, Pfalz · Germany



Sept 22, 2017 · 6:30 to 8:30 pm
GUNNERS BAR ENTRANCE

Knipser Asia Company Limited · www.knipser.com.hk

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!



USRC Swimming Gala Lunch Buffet

| 17 September 2017 | 12noon until 3pm |
| At the Garden Marquee | Swimwear allowed |

Salad Bar

Butter lettuce; Tropical coleslaw; Chicken Hawaiian salad; Caesar salad; Mexican corn salad; German potato and bacon salad; Fusilli pesto and semi dried tomato salad; Thousand island dressing; French dressing; Italian dressing; Honey mustard dressing

Soup

Minestrone soup with bread basket

Main Courses

Roast pork loin with green pepper corn sauce; Hungarian lamb goulash;
Pan fried flounder fillet with caper butter sauce; Sweet and sour pork; Vegetarian Ma Po Tofu;
Steamed winter melon with crab meat, crab roe, carrot and egg white; Sautéed chicken fillet and shallots in black bean sauce; Sautéed vegetarian chicken style strips with ginger and scallions

Vegetables and Starch


Stir fried Chinese kale; Broccoli with garlic; Roasted Parisian potatoes; Steamed rice

Desserts

Fresh fruit platter; Assorted donuts; American cookies; Lemon Combawa cake; Opera cake

Pricing

HK\$ 92 (Adult) ; HK\$ 42 (Child, aged 3-11)
Inclusive of water and cordials

 For reservations, please call 3966 8632
or email Ms. Sonia Poon to fnb.adm.asst@usrc.org.hk

LIKE US ON :





United Services Recreation Club

Hang Kong's Best Kept Secret

USRC Swimming Competency Course (Under 11 Years old)

**Swimming Competency Course
(Under 11 Years Old)**

**Date: Every Saturday & Sunday
Time: 1pm – 2pm**

Location: USRC Main Pool

Test: 2 lengths of pool (any style)

****A certificate of competence will
be issued for those who pass the
test.***





USRC Taekwondo

Learn the traditional martial art in a fun way 1st Sep-8th Dec, 2017



Taekwondo is a martial art that emphasizes on discipline training.

Other than physically fitness, students can learn to overcome hardship, and to build up a confidence and optimism character in life.

Class Location

USRC Squash Court, 1 Gascoigne Road, King's Park, Kowloon, HK

Programme Schedule

Day	Duration	Age	Class & Time	Member	Guest
Friday	1 st Sep-8 th Dec 15 sessions	5 years old and above	Beginner: 4:30 - 5:30pm	\$2,700	\$2,800
			Intermediate: 4:30-6:00pm	\$3,750	\$3,800

About Master Simon Yik

Over 15 years of teaching experience in various international schools.

6th Degree Black Belt, Certified International Instructor, WTF

Diploma in Sports Science & Fitness, AASFP.

Remarks

Uniform can be purchased from Master Yik.

Please wear casual for the first class.

Trial class is welcome.



Registration Details

Please complete the form and return to reception.

For USRC members, class fee will be charged to membership account.

For guests, please submit a cheque payable to "USRC Limited" and write down the student name on the back of the cheque.

Contact

Master Yik, 9133 4333 Email: simonyik@hotmail.com

Enrolment forms are available at reception

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

Tel: 9120 3789

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 (member)
\$1,650 for 10 classes (guest)
Monday: 4pm and 7.30pm
Wednesday: 7.30pm
Friday: 4pm
Saturday: 10am and 1.45pm
Pre-registration recommended

Private lessons
\$650 (member)
\$700 (guest)
Available throughout the week, Monday-Sunday

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



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



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*



Cricket News

by Ahmed Saleem
Cricket Convenor



CHK U-11 Player of the Year

Our U-11 squad completed another fantastic season in 2016/17, again lifting their Cricket Hong Kong trophy; and in doing so, winning all their matches - "Invincibles". This was the second time in four years that the age group had won the competition and in the other two years they were runners-up; a strong record that the group takes into the U-13 age group.

The squad had many strong performers; however it was brilliant that CHK recognised the contribution of Nivedh Nambiar in awarding him the overall "Hong Kong U-11 Player of the Year". Nivedh's inputs were across all three disciplines – opening the batting, he scored 128 runs; bowling tidy medium pace he took 4 wickets for 70 runs; and in the field he held 1 catch and made 2 run-outs. In the overall CHK 'Most Valuable Player' stats, Nivedh was pushed close by fellow opener and team captain Jack Caves. Jack hit 102 runs and as wicket-keeper made 8 catches, 2 stumpings and completed 2 run-outs. A great achievement from these two boys to lead the CHK player rankings, and well done to Nivedh for his success.

2017/18 Season

Training has started for all squads. The section is again competing in all competitions and running teams at U-11, U-13, U-15, U-17, adult Men's and Women's.

Please consult the notice board for details of training sessions and fixtures, or contact Ilyas Gul for more details.

Our 'Gunners' junior development programme is also active, for any boys or girls who are interested in taking up cricket. Sessions take place on Saturday mornings at 11am. Again, please contact Ilyas for details.

Hong Kong Sixes 2017

After the great success of the T20 Blitz, Cricket Hong Kong is delighted to announce that it is bringing back the ever popular 'Sixes' tournament. This fast-paced run feast will be taking place at Kowloon Cricket Club's ground in Jordan on October 28th & 29th. For more details go to www.hkcricket.org/en/hk-sixes/hong-kong-sixes-2017





Tennis News

**Martin Li,
Tennis Convenor**



New Appointments

Mr. Kenneth Chiu, who used to serve as the secretary of our sub-committee, has been successfully elected to be a member of the General Committee of the club. On behalf of the sub-committee, we thank him for his contributions to the tennis section, and wish he continues his passion to serve the General Committee for the beneficiary of all members.

Mr. Alfred Cheng, who has been a full ordinary member of the club for 10 years and an active tennis player, agreed to serve as secretary for the tennis sub-committee. He is also a member of the membership sub-committee, helping interview new members and get them familiarised with the club's facilities.

Tennis Section Sub-Committee for 2017-18

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

Results of Summer League

Men's B won 3 out of 7 matches; Men's C1 won 5 out of 7; Men's C2 won 3 out of 7; Men's E won 7 out of 7; Ladies' A+ won 7 out of 10 and Ladies' A won 5 out of 8.

Outperforming Team

Men's E team won all their matches in the Summer League and was promoted to Men's D in the Winter League. Congratulations to all team members of Men's E and hope they keep up with their excellent performance in the coming season and beyond.



Champions of E Division, the unbeaten team members will be moving up to Division D.

Winter League Participation

There will be 7 teams to play in the Winter League. Leaders are: Men's B, Ken Chan and Eric Tai serve as Captain and Assistant Captain respectively. For Men's C1, Bharat Daswani and Eric Ng; Men's C2, Brian Ho and Derek Lai; Men's D, Kenneth Chiu and Anil Ganglani; Men's E, Gupta Sharad; Ladies' A+, Lee Ying Ying and Jenny Chu; Ladies' A Lin Pang and Katy Chan will be their respective Captain and Assistant Captain.

Activities Highlights

A donation of HK\$42,000 was made to Principal Chan Free Tutorial World, and the funding was raised at the last annual dinner which was supported by more than 100 section members and their families.

On May 25, Chairman Mr. Patrick Cheung, General Manager Mr. Noel Burns, Deputy Convenor Ms Cindy Fung and Treasurer Ms Katy Chan jointly presented the cheque to the representative of the organization.



Representative, Katy Chan with Patrick Cheung, Cindy Fung, Noel Burns

Court Maintenance

Issues of the newly resurfaced tennis courts 3 and 4 were brought to the attention of the GC and management of the Club. Remedial action will be carried out for making good of the affected courts as soon as possible.

In Memoriam

Ladies' A+ team member Ms Amy Lee passed away in May. Amy had helped her team win many awards and was well liked on and off the tennis courts. She will be missed. Our sympathies are with her family and friends.



Football News

Alan Urmston
Football Convenor



September-October 2017

The football season was due to get going at the start of September and below is a quick summary of what lies ahead for our teams.

USRC Gunners

Gunners will again play in Division One of the Hong Kong Legal League and will be looking to improve on their third-place finish of last season by challenging for the championship. Their rivals for the title will again be Discovery Bay, Forward FC and J Leaguers, but with a number of new recruits, Manager Matt Ferriday is confident that they can improve on the 46 points gained last season. Gunners main weakness was scoring goals and so that is the main area to improve. With top scorer Gwilym Cornes and Marcello Vastola retained, and the return of Roy Man from his sabbatical in Australia, they should be okay.

USRC 1911

The Club's vets team, 1911, finished their season in fourth place in the Legends League, behind Hong Kong Football Club, Discovery Bay Vets and Spartans Vets. They'll be looking for more games this season as the league expands from seven to ten teams. Most players have been retained and a few new lads signed on so it promises to be a better season.

USRC Vitesse

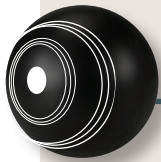
Vitesse is the Club's social team and play twice a month on Fridays at King's Park. The team plays friendly matches against local social teams with the aim of providing football fun for all members of the Section, no matter their ability or fitness levels. The first game for Vitesse will be on 1st September against the veterans of Caroline Hill, in a testimonial match for one of their players, ex-Hong Kong professional Tang Kim Tung, who passed away earlier this year. Vitesse will aim to play more matches to benefit charitable causes as the season progresses.

USRC Football Academy

Our junior football academy is run by Brasil Top Skills (BTS) (www.brasiltopskills.com/) under Head Coach Eder Ferreira. There are exciting programmes coming up so please 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 at alanu@netvigator.com





Lawn Bowls News

by the Freshman

Premier League 2017

The Premier League season is now in full swing and our teams worked hard in the first half of the season.

Looking at the snapshot below of our standing after half-time, we need to put more effort in the second half.

Team	Division	Rank	Points
Mens A	3	3	42
Mens B	4	10	18
Mens C	9	6	49
Ladies A	1	8	31
Ladies B	4	6	33

The Mens and Ladies Captains are tasked to work with the team captains and find ways of strengthening our teams' line-up. We aim to achieve better results at the end of the season.

In-house Triples 2017

We had a total of seven teams entered into the In-house Triples competition. Teams were required to play a round-robin and knock-out stage on two separate Sundays this year. They were divided into two groups battling for their position in the round-robin stage on 25th June. It is tough when you have to play 2 to 3 games within the day under a scorching sun.



In the end, the top team of each group played in the final knock-out round on 9th July to decide the winner.



Congratulations

To the Winning Team of LBS In-house Triples 2017

Dicky Wong, Stanley Wat & Nick AuYeung





The Reunification Cup was a two-day event organized by the HKLBA to celebrate the 20th Anniversary of the Establishment of the HKSAR. USRC is one of the many private clubs hosting this event on 1st & 2nd July 2017. We welcomed over 70 people (players, officials & spectators) to our green on both days.

There were a total of 144 teams from 36 local clubs, plus HK and Mainland representative teams playing in this competition. They were divided into 18 groups of 8 teams competing in a single round-robin stage.



On Day 2, rain overnight left some standing water on our green. With the help of the green keeper and the "Super Sopper", we managed to reduce the surface water enough for players to start their games without too much of a delay.



Five teams from the USRC competed in this event.



USRC1 (Herman, Henry, Hana, Winnie)



USRC2 (Charles, Dicky, Stanley, Nick)



USRC3 (David, Peter, Ann, Anissa)



USRC4 (Joseph, Calvin, Jacob, Ho W M)



USRC5 (Iggy, Mandy, Irene, Cindy)

The top 32 teams with the most accumulated points qualified for the further stages of the competition and we are proud that two of the USRC teams were among them.



USRC3 - ranked 8th overall and qualified for the Cup Competition.



USRC5 - ranked 28th overall and qualified for the Spoon Competition.

Although we were not in the Finals, it was still a great performance by our bowlers.

After two days of continuous play, a Closing and Presentation Dinner was held for all the participants.



Summer Green Opening Ceremony

True to the tradition, we had the "Bai San" and Roast Pig Carving Ceremony to mark the opening of our green on 12th August 2017.



It was good to be back after the summer break and look at the lush green of our lawn!

Time to enjoy some lunch and catch up with our friends.



Happy Bowls

We had a record turnout for the Happy Bowls with all six rinks fully utilised to play Fours.



It's a fun time for all and an added bonus for some.



YCK Indoor Green Group Practise

During the summer green closure, 29 members joined the practise at the YCK Indoor Bowling Green on 22nd July. Cool...



Upcoming Events/ Competitions

Open Competitions from August to October:

- Mixed Triples, National Singles, 2x4x2 Pairs, Novice Pairs
- USRC Club Singles Competition (September onwards)
- IRC Invitational Triples (1st October 2017)
- HK International Bowls Classic Singles & Pairs Competition (11th to 19th November 2017)
- Lawn Bowling "Rules and Etiquette" Induction Course (TBA)
- 3rd Skill Refinement Workshop (October 2017)

The Jack Corner



Lawn Bowls Section Charity Day 2017

The Lawn Bowls Section is planning to hold its Annual Charity Day on 5th November 2017. It will be in the format of Invitational Lawn Bowl Games and Charity Sale. All proceeds will go to the chosen Charity Organisation.

Any Club members who would like to support our good cause by offering sponsorship or donations for the Charity Sale, please contact us at usrclbs@gmail.com and we would provide further details. Thank you kindly for your generosity in advance.



Rugby News

Marco Cassandro
Rugby Convenor



And so it begins...

With the new season upon us everyone is gearing up for the new season. Juniors and Minis will have kicked off and are in full flow while the Seniors are awaiting their first pre-season games before the season kicks off on the 23rd of September against reigning champions Valley.

All though the winter code is far from most peoples mind over the summer months, the Club has been actively busy with most teams running some sort of training throughout the summer months, with the senior men's squad starting as of July.

This off-season the Club ran an initiative alongside the HKRU called the Elementary Programme, which looked at attracting new men and woman players to the Club. It was a 16-session programme run over 8 weeks with 2 tournaments against other programmes run in different areas of Hong Kong. The programme

is designed to introduce the basics of the game to those with very limited knowledge or completely new to the game. The course was very well received with 90+ players registering. It focused at the beginning with the fundamentals of rugby, passing and tackling whilst stressing the core values that rugby represents - Respect, Enjoyment, Discipline, Sportsmanship and Teamwork.

The programme was delivered mainly in Cantonese with translation available to those that required it. Huge thanks to the small group of dedicated senior players who delivered the programme and were a huge part of its success. This group was led by our new Development Head Coach, Lui Kwok Leung, and new women's community development officer, Lai Pou Fan.

The programme has been a huge success with many of the participants continuing on and joining in with the senior team training upon the completion of their course. We welcome and look forward to meeting new members, with teams available for all ages and abilities.

With this being the 2nd mid-season training camp run by the Club, we look forward to many more.

For more information please contact
rugby@tigersportslimited.com



Lai Pou Fan in action last season



Squash News

Colman Ng
Squash Convenor



New Committee Members

Annual General Meeting

After serving continuously as the Squash Convenor for 4 years, Mr. Chung Leung stepped down from the position subsequent to the Annual General Meeting held on 28 June 2017. Members of the Squash Section would like to convey our gratitude to Chung for his efforts in the past 4 years in organizing the various events and successfully raised the profile of the USRC squash teams amongst the local squash community.

As a result of the election that took place during the Annual General Meeting, new committee members were duly elected to serve the Squash Section in the coming year. The new committee comprises the following members:

Post	Name
Convenor	Colman Ng
Treasurer	Chris Leung
Secretary	Wilfred Lai
Member	Chung Leung
Member	Ken Yam
Member	Gary McAuslan
Member	Amos Yuen

Development of Junior Players

In preparing for our team line-up for Winter League 2017/18, it is obvious that we are running short of quality young players who are in a position to sustain the long-term development of the USRC Squash Section. With some players leaving (or planning to leave) the USRC, it highlights the importance of continuous efforts in grooming new squash players. It is of particular importance to attract the younger members of the USRC, as part of our future development strategy for the Squash Section. With this objective in mind, we are planning to run a series of junior training sessions for the young kids who are interested in participating in squash – a sport that provides excellent training both in terms of physical strength and mental agility. Squash is a highly recommended sport suitable for a wide range of age groups and to be played all year round as it is one of the few sports that is not prone to be affected by inclement or extreme weather conditions. Details of the junior training programme will be announced in due course.

Summer League Competitions

USRC's participation in the local squash competitions has not been abated despite the hot summer weather. To keep our players active in the summer months, we have fielded a total of 5 teams in the Summer League in Division 1 (two teams), 3 and 4, as well as in the Inter-Club Summer Masters. So far most of our teams are in the leading positions and are poised to be strong contenders for championship in their respective divisions.



Inter-Club Summer Masters - USRC vs CCC & HKCC

Prize Presentation

The Annual HK Squash Prize Presentation Dinner held on 14 July 2017 saw USRC squash teams went up on the stage twice to receive their much-deserved League Championship awards for Division 5 and Masters 4. Our Masters Team also claimed the Championship in the Final Play-offs. Congratulations to the

achievements of our Squash Section!

Apart from the addition of silverware in our trophy display cabinet, the Squash Section has done us proud in demonstrating ourselves to be a friendly host and present a high standard of sportsmanship.



HK Squash Prize Presentation 2017 – Division 5 Championship



HK Squash Prize Presentation 2017 – Masters 4 Championship

Spot the Differences

Keep
Score:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Submit your answer to the Club reception **on or before 8th Oct 2017**.

All correct entries will receive a **FREE SMOOTHIE*** from the Club.

Name: _____ Membership No: _____

Contact No: _____

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

Crossword Puzzle



ACROSS

1. edge of something round
4. wealthiest
9. managed by one person:
hyph. word
11. kind of beer
12. raising of crops and livestock
14. Wharf Worker; Brit.
15. Biblical garden
16. there is: contraction
19. make an ____ of oneself;
behave stupidly so that one
is embarrassed
20. class distinction based on
birth, wealth, etc.
23. forbid officially
25. beaver's structure
26. ____ Ababa, African capital
29. member of a wandering
tribe
32. remarkable occurrence of
events at the same time by
mere chance
34. ____ and downs; alternate
good and bad fortune
35. swift, graceful horse
36. ____ route; on the way
37. ____ ing wheel; ____ ing
Committee
38. praises

DOWN

1. ____ map; ____ show
2. brick-shaped piece of cast
metal
3. goods for sale
4. speed contestants
5. accustom to something
unpleasant
6. dislike intensely
7. escapes from
8. dried up
10. singers' aids
13. exist ____; state of existing
17. something shameful or
disgraceful
18. manual computing device
with rows of movable
beads
21. extremely small
one-celled animal
22. followed the course of
24. take and use as one' s
own
27. be ____ with; be familiar
with
28. mark left after a wound
has healed
30. manganese: symbol
31. small, cozy rooms
33. ____ regular; not regular

Submit your answer to Membership Department or fax 2724 0949 on or before Sunday, 8th October 2017. All correct entries will be placed into a draw.

The Winner will receive a bottle Wine of China (Produced & Bottled By Shanxi Grace Vineyard).

Name: _____

Membership No: _____ Contact Tel No: _____

*Please note only one entry will be accepted per Membership



Jul & Aug Sudoku drawn by Ms. Maide Sun and congratulations to Jul & Aug Sudoku winner, Mr. William Ho



National Liberal Club



Founded in 1882 by William Ewart Gladstone, the National Liberal Club exists to provide the very best club facilities for relaxing and entertaining in the heart of London, for members whose interests vary from liberal politics to the liberal arts.

The club remains completely independent of any party, but as the name implies, continues to be closely identified with the Liberal tradition, and Liberals worldwide. The NLC's liberal heritage meant that it was conceived as a club that should be able to outshine any of the more established aristocratic clubs of London; but for membership to remain much more accessible than other clubs. It was one of London's first major gentlemen's clubs to admit women as full members; and from its launch in the 1880s it was unusual in embracing a diverse range of members of many different ethnic, social and religious backgrounds.

Overlooking the Thames, with "the most splendid terrace in London", the club is within easy reach of Whitehall, the West End, the City and Theatreland. The club is blessed with an extraordinary building by noted Victorian architect Alfred Waterhouse, and is also conveniently situated for underground and mainline stations which are close by. Members also enjoy access to an extensive worldwide network of over 150 hand-picked reciprocal clubs in over 30 different countries.

The Dining Room

The Dining Room has a sumptuous view of the river Thames and the London Eye and is lined with portraits of John Bright, Richard Cobden, William Ewart Gladstone and William Vernon Harcourt. All carefully watched over by a vast statue of Gladstone, the Dining Room provides an unforgettable dining experience, tended to by our professional team of staff.

The menu blends traditional, signature club dishes such as Dover sole and Châteaubriand Vert Pré with innovative contemporary cuisine. Members and guests alike have found that lunching and dining in the National Liberal Club provides a memorable and enjoyable experience.

Bar

The heart of any club's social life is its bar, and the NLC is no exception. Despite the grand dimensions of the main club rooms, the bar provides a cosy, intimate space for members to meet, facing one of the most dramatic views in London, overlooking the Thames and the London Eye.

The bar offers a varied selection of drinks, including a wine list hand-picked by our Wine Committee, and an innovative selection of cocktails by our award-winning barman, who was once praised by former US President George Bush Snr. as making "The best martinis in the world". Additionally, members may order a variety of snacks and inexpensive meals from the bar menu, which can also be enjoyed al fresco on the terrace

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
		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

September & October Only – Super Low Rates

**Best available room rate on all room bookings made between
1 September and 20 October, 2017**

Special promotion rates:

- From HK\$650 – Standard Room
- From HK\$750 – Superior Room
(per room per night)

Plus exclusive privileges:

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



Terms and Conditions:

- Offers are valid from **1 September until 20 October 2017 inclusive**
- Promotion applies to bookings that were made between 4 August and 19 October 2017.
- Room rates are per room per night basis.
- Offers are applicable for new booking only and have to be confirmed upon making reservation.
- Packages are subject to room availability, advance reservation is required.
- Offers cannot be used in conjunction with any other discount or promotional offer.

**Contact room reservations for your stay
at 3966 8600 / 3966 8678 or email rooms@usrc.org.hk**