3

January-February 2018

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





FIRST CLASS BARGAINS SECOND LABEL BORDEAUX WINE TASTING



12 JAN 2018 (FRI) 6:00PM - 8:30PM AT GASCOIGNE ROOM'S LOUNGE

Wine Selections:

WHITE

- 1. Caillou Blanc, Château Talbot, Bordeaux 2011
- 2. Château Haut-Bergey Blanc, Pessac-Léognan 2011

RED

- 1. Fleur de Clinet, Château Clinet, Pomerol 2010
- 2. Petit-Figeac, Château Figeac, St-Émillon 2011
- 3. La Parde de Haut-Bailly, Château Haut-Bailly, Pessac-Léognan 2011
- 4. Les Hauts de Pontet, Château Pontet Canet, Pauillac 2005
- 5. Chevalier de Lascombes, Château Lascombes, Margaux 2012
- 6. La Croix de Beaucaillou, Château Ducru-Beaucaillou, St-Julien 2009
- 7. Amiral de Beychevelle, Château Beychevelle, St-Julien 2012
- 8. Connétable de Talbot, Château Talbot, St-Julien 2011
- 9. La Dame de Montrose, Château Montrose, St-Estèphe 2011

In association with





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 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 Alfred Cheng Joanne Martin Andrew Kwan Lily Tam Viveka Mansukhani

Disciplinary Sub-committee

K.C. Ng Eric Heung Felix Hart Ringo Chiu Eddie Wu 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

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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.

It's hard to believe that 2018 is now upon us. I hope that Members had a wonderful Christmas and were able to enjoy the festive season with family and friends. The "Year of the Rooster" is almost over and we will soon be welcoming in the "Year of the Dog", which will be time for another round of traditional celebration and big feasts at family gatherings.

First, I would like to thank all of you who donated and helped prepare Christmas gifts from the Club for those less fortunate children who had to spend their Christmas in the Queen Elizabeth Hospital. This long-standing worthy cause of ours has always been well-supported by Members and this year was no exception. Members of the General Committee together with the General Manager and Staff presented the donated gifts to the Hospital on the 21st of December all of which were gratefully received.

Still on the community relations theme, you may be pleased to know that the Club has done tremendously well this year with various sports sections organizing/participating in charity events for fund raising/social promotion purposes. Examples are:

- Football Section Charity Football Match at King's Park & USRC entertaining and feeding the aged groups from Aberdeen & Mongkok Districts on 9 Dec.
- Lawn Bowl Section Charity Day at USRC on 5 Nov raising \$102,888.
- Squash Section participating in the Wing Ding Squash Charity Tournament organized by the HKFC on 2 Dec raising \$251,823 in total.
- Tennis Section organizing the Tennis Open Day for children of the BGCA on 18 Nov.

On the different theme of our own USRC financial affairs, the Treasurer and the Management have been working hard to finalize the 2018 USRC Budget for approval by the General Committee with the objective of ensuring the satisfactory financial state of the USRC in 2018. Hopefully it will be possible to achieve a modest operational surplus whilst maintaining satisfactory liquidity. With the ever spiralling upward food costs and labour costs inflation, there may be a necessity for modest adjustment to prices. At the time of going to press this had yet to be decided. That said, the



small increases will be in line with the cost of general inflation and comparable with those imposed by other clubs of similar standing.

This is an appropriate time for me to gently remind you of contributions to the annual staff cumshaw. This is entirely voluntary as is the preferred amount and is a reflection of your appreciation of the good work that our staff has done throughout the year. Part of the cumshaw will help to pay for the staff annual party scheduled to take place in March 2018. Members' contributions also go towards the staff gratuity fund and to support staff activities during the year.

Finally, I would like to wish all Members and their families a very joyful, healthy and prosperous 2018 and a Kung Hei Fat Choy for the Year of the Dog.

Best regards,

Patrick Cheung Chairman

親愛的會員:

時光飛逝,轉眼間已是2018年。希望各位都渡過了一個美妙的聖 誕,與親朋戚友共享節日歡樂。踏入新的一年,我們亦快將迎狗送 雞,共聚天倫,恭賀新禧。

首先,我想感謝各位,為那些在伊利沙伯醫院渡過聖誕的兒童捐贈 及籌備禮物,秉承本會一直以來熱心參與公益的傳統。本會總經 理、委員會成員以及員工已在12月21日將禮物贈送給醫院。

在社區關係方面,本會在過去一年間亦積極舉辦及參與各項體育慈 善活動,當中包括:

- 足球部在12月9日於京士柏三軍會舉行慈善比賽,宴酬香港仔及旺角區的長者;
- 草地滾球部在11月5日於三軍會舉辦的慈善日,籌得港幣 102,888元;
- 壁球部參與了12月2日由香港足球會舉辦的Wing Ding壁球慈善 賽,共籌得港幣251,823元;

• 網球部於11月18日為香港小童群益會舉辦的開放日。

至於財政方面,本會的司庫及管理團隊正努力敲定2018年的預算以 待委員會審核,務求確保本年的財政穩健如常。我們希望在日常營 運上錄得盈餘,同時保持良好的資金流動性。面對不斷上漲的食材 成本及人員工資,可能有需要進行價格調整。雖然仍未有定案,但 調整幅度會以物價水平及其他同類會所價格為參考。

請容我在此提及年度員工小費。此項小費乃至其款項都是自願性 的,以肯定本會員工過去一年的出色工作。小費的一部分會用以籌 備今年3月舉行的員工週年派對,亦會用以資助年中各種員工活 動。

最後,謹祝各位吉祥如意、出入平安、財源廣進、狗年行大運。

張伯陶 主席



Notice to Members

We write to inform you the General Committee recently approved the following membership fee increases:-

With effect from 1 January 2018

Membership Entrance Fees

Ordinary Membership fee will be increased from HK\$188,000 to HK\$200,000 STS-Short Term Membership will be increased from HK\$28,200 to HK\$30,000 STS-Sports Membership will be increased from HK\$18,800 to HK\$20,000

Corporate Membership

(Corporate 1^{st}) will be increased from HK\$408,000 to HK\$434,000 (Corporate 2^{nd}) will be increased from HK\$646,000 to HK\$687,000 (Corporate 3^{rd}) will be increased from HK\$884,000 to HK\$940,400

> **Re-nomination fee will remain unchanged at 20% of the current entrance fee of Corporate 1

With effect from 1 February 2018

Monthly Subscriptions

Ordinary Members, Corporate Members and Short Term Members will remain unchanged at HK\$1,390

> Sports Member will remain unchanged at HK\$695 plus HK\$695 Food & Beverage spend.

> > **USRC** Management

Dear Member,

I hope that everyone had a wonderful Christmas and a great New Year's celebration with plenty of time to spend with family and friends. And now that Christmas is past, it is time to prepare for the Chinese New Year, which is in the middle of February. Please note the CNY operating hours in this issue of Oasis is also posted at the main entrance of the Club.

This year we have many new promotions for members to enjoy, from children's activities to a wide range of food & beverage promotions. Many offer tremendous value including the Clay Pot Rice menu, Hot-Pot Buffet, Wine & Oyster Combo and Curry in a Hurry promotions along with a huge price reduction on our master wine list. These prices are unmatched anywhere in Hong Kong. For further information please contact Food & Beverage department.

One of the most under-utilised USRC membership benefits is the access to over 100 prestigious clubs and their amenities around the world. If you are planning to travel next year, and if there is a reciprocal club at your destination, please don't forget to ask Reception to make arrangements for your visit.

Wish you and your family a healthy and prosperous Year of Dog. Regards,

Noel Burns

General Manager



親愛的會員:

希望各位都有一個愉快的聖誕,與親友歡渡新 年。聖誕既去,農曆新年將至,有關本會於農曆 新年期間的營運時間可見於本刊及本會正門處。

今年我們亦為各位會員準備了不少兒童活動及餐 飲優惠,當中包括煲仔飯、自助火鍋、酒蠔配、 咖哩快點以及以優惠價購買我們酒單中的紅白 酒,在香港難出其右。相關資訊可向本會餐飲部 索取。

本會會員可使用全球超過100個會所及其設施, 但會員間並不常用到這項福利。如果您正計劃到 海外遊埠,而當地又有姐妹會所,還請在離港前 到接待處申請相關安排。

謹祝各位狗年快樂。

Noel Burus 總經理





3 Hours

Monday to Friday Lunch minimum spend \$100 or

Dinner minimum spend \$200 Can enjoy 3 hours free parking Max. of 2 cars per membership

Terms and Conditions Apply

- Offer only applies to guest parking tickets and CASUAL car label holders
- Members who hold CASUAL car parking labels MUST press for the paper ticket and DO NOT use their RFID cards upon entry
- Offer only applies for 3 hours within the time of entry into car park and obtaining the paper ticket
- USRC reserves the final right to all matters concerning the offer



Parking offer is available for all outlets

CLUB MATTERS

USRC Christmas Day Brunch

Our Christmas Day Brunch had over 200 guests and was held at the Garden Marquee. Among the guests were around 20 children and the parents looked on with enjoyment, as their children gathered together to eat, drink and play. It was a wonderful time celebrating with family and friends.

The buffet was filled with different varieties of seafood along with our chef's spectacular Spanish dish, paella. We could definitely feel the Christmas love and spirit!



Employee of the Month – November

Limbu Surya Kumar, Captain



Employee of the Month – December

Food & Beverage Supervisor, Lo Tak Yau





SUNDAY CHAMPAGNE BRUNCH

HK\$ 588 – Sunday, January 14th, 2018—11:30-3 PM strictly adults only, for bookings or menu please call the Gascoigne room at 3966 8650 or email at <u>Gascoigneroom@usrc.org.hk</u>

In the spirit of joining...Christmas gifts that warms the heart – Annual Christmas charity event

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

The Club has again been coordinating with the Paediatrics Ward of the Queen Elizabeth Hospital to donate gifts to children who are unable to be at home during Christmas. Our Club Chairman, Mr. Patrick Cheung, Membership Director, Mr K.C. Ng and General Manager, Mr Noel Burns, together with the Membership Department team, presented all the gifts donated by Club Members on 21st December 2017.

Donating Christmas gifts to children in need is a great way to spread the holiday cheer. We will continue this spirit through a giftgiving programme during Christmas for years to come!







Club Christmas decorations and tree lighting

This year the Club's Christmas Decorations were visibly very sharp and heart-warming with different themed Christmas trees for different outlets this year. There were certain areas like the entrance and the grass area above the Lawn Bowls green where the lights were very bright and sharp and lit up areas where it had been quite dull. The lighting certainly helped the reindeers stand out from the previous gloom! There was also a Christmas tree by the poolside this year with added projections as well.

Thank you to all the staff who worked very hard to make the Club look its best for Christmas.

A lighting event was also held on 6 December by the main entrance where it was attended by Mr Felix Hart and our General Manager, Mr Noel Burns. The lighting of a Christmas tree is of course a time-honoured tradition, along with mulled wine and mince pies, and a custom which USRC will cherish for years to come.

Marking the first Sunday of advent, the beginning of Yuletide, the Club celebrated the start of the festive season with our management team ensuring the Christmas spirit was at the USRC with a welcome speech and the illumination of the Club's Christmas trees and lights by our youngest of members.

It was a wonderful beginning to the festive season.





















Wine and oyster pairing

Sip your favorite wines with a variety of 6 oysters and accompaniments, the Jewels of the sea! You will taste Dutch Pacific Oyster, Dutch Imperial oyster, French Gillardeau, Irish Rock Oyster, American Kumamoto & Blue point oysters. Come and join this unique tasting experience featuring these lovely shell covered delicacies.

In this workshop you will learn about the main features of the oysters and their whereabouts and what makes them unique. With them are served 5 selected wines with the oysters coming from Italy, Great Britain, and Australia.

Mr. Martin Rijk from Natural Holland/Worldwide seafood will speak about the different oysters, and Mr. Danny Chan from Valdivia wines will speak about the wines paired with it.

After the tasting there will be an opportunity to order both oysters and wine for home delivery at very special prices.

HK\$ 288 per person Date: January 27th Saturday Time: 3:30 PM Gascoigne room To book: 3966 8650 or gascoigneroom@usrc.org.hk Max. 28 persons Max. 2 Guests per Membership





Wine and Iberico ham pairing

Sip your favorite wines with Iberico ham which is considered the jewel of Spanish gastronomy.

Come and join this unique tasting experience featuring the coveted Spanish specialty Iberico Ham, with a flight of Paleta (front legs) and Jamon (rear Legs) of different ageing from 36 and 48 months.

In this workshop you will learn about the main features of the ham and what makes Iberico Ham so unique.

You will taste wines from different countries and a variety of grapes which will pair nicely with the ham.

Speakers will take you through the pairings and tell you more about these products.

After the tasting there will be an opportunity to order for home delivery at very special prices.

HK\$ 580

Date: Feb. 3rd

Time: 4 PM

Gascoigne room

To book: 3966 8650

or

Perfect for wine and food lovers!



gascoigneroom@usrc.org.hk

Musar Wine Dinner

In November the Club hosted a Chateau Musar wine dinner featuring these Lebanese wineries famous wines, ranging from the simple Chateau Musar Jeune 2015, all the way to the lovely Chateau Musar 1999.

Wines were paired with a nice menu where of course the Beef Wellington stood out.

The evening came to an end with a glass of the well-known Arack de Musar.

Members enjoyed the evening very much savoring these old style wines, interesting note was that most members who attended were already big Chateau Musar fans.























Enjoy Sundays with our

Sunday Roast



January 21st, 12--2:30 PM

At the Gunners HK\$ 185



Goulash soup with bread rolls served to the table

Roast Beef prime rib Yorkshire 36 hours slow cooked lamb shoulder pudding Crispy pork belly with crackling Roast potatoes

Butternut squash Creamed spinach FOLLOW US ON facebook

For reservations please call 39668600 ext 647 -- or e-mail: Ms. Wing Ho at fnb.adm.asst@usrc.org.hk Bread and butter pudding served to the table Coffee or tea

Wednesday's Beer can roast Chicken January 3, 10, 17, 24 and 31 only @ the Gunners Bar



Whole chicken, serves 2 persons -- HK\$ 190 Incl. 2 glasses house wine or 2 half pints of any draught beer

Half a chicken, serves 1 person – HK\$ 98 Incl. 1 glass house wine or 1 half pint of any draught beer

Whole chicken, serves 2 persons - HK\$ 118 for take away only!

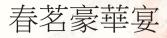
Every Wednesday at the Gunners Bar only! Booking recommended. Tel. 39668600 ext. 647 Club reserves the right to cancel the promotion without prior notice.

Clay Pot Rice at the Garden Café

	HK\$
Clay pot rice with preserved pork belly and Chinese	88
preserved sausage in hot pot casserole	00
腊味煲仔飯	
Clay pot rice with chicken and cloud ears fungus	88
in hot pot casserole	
雲耳滑雞煲仔飯	
Clay pot rice with assorted mushroom and truffle	78
sauce in hot pot casserole	
黑松露野菌煲仔飯	Car
Clay pot rice with pork patty and whitebait in hot pot	88
casserole	*
銀魚千肉餅煲仔飯	
Clay pot rice with wheat gluten and pork ribs with	88
black beans sauce in hot pot casserole	
豉汁麵根排骨煲仔飯	100
Clay pot rice with beef patty, cloud ears fungus and	108
lily buds in hot pot casserole A社委員告内保存集	
金針雲耳牛肉煲仔飯 Clay pat vice with white cal figh mighted plume and	138
Clay pot rice with white eel fish, pickled plums and black bean sauce in hot pot casserole	130
豉汁梅子白鱔煲仔飯	17.20
Clay pot rice with taro and pumpkin in hot pot	68
casserole	00
香芋南瓜煲仔飯	1000
	a salat

Available 16th January to-11th February 2018 (12:00nn - 2:30pm & 6:00pm - 9:30pm)





Spring Dinner Menu

Available 2nd January - 31st March in Garden Café, Garden Room & Banyan Room. For reservation, please call Mr. Ken Kan at 39668633 or email to catering@usrc.org.hk

Menu

鴻運乳豬全體 BBQ whole suckling pig

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

千絲黃金蝦球 Deep fried crispy shrimp balls stuffed with egg yolks

北海道3.6牛乳花膠燉雞 Double boiled chicken with fish maw and Hokkaido specially milk

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

唐菜北菇鮑魚

Braised abalones with black mushroom and Shanghai brassica in oyster sauce

瓦罉三杯雞

Stewed chicken with ginger, shallots and wine served in a casserole

脆米海鮮泡飯 Seafood soup with boiled crispy rice

美點雙輝 Chinese petit fours 生果拼盤 Seasonal fruit platter Side dishes:

C. D

- Pickled vegetables
- Pickled young onions
- Assorted nuts

Soya sauce with chili

- XO sauce with chili
- Dried fruit candies and melon seeds
- Beverage:
- A selection of premium tea (West
 - Lake, Po Ley, Iron Buddha or

Jasmine tea)

LIKE US ON :

HK\$2,888 per table of 6 persons HK\$5,688 per table of 12 persons

Cancellation & No-show Policy:

(1) 100% full charge penalty applies if the reservation is cancelled on the day of the event.

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

New Year Chinese Promotion 新春八大菜

Available from 12 February 2018 – 2 March 2018

Menu

1	Stewed chicken with shallots, red onion and spring onions served in a clay pot 惹味雞煲	\$98	
	Braised dried oyster and pork tongue with Chinese lettuce 好市大利來	\$128	
	Braised conpoy in vegetable marrow 發財柱甫	\$148	
	Braised pork knuckle with black pepper sauce served on a sizzling plate 黑椒鐵板元蹄	\$118	
	Deep fried scallops and sautéed scallops 鴛鴦玉帶	\$118	1
	Deep fried whole Dace fish stuffed with minced dace served with black bean sauce 豉汁釀鯪魚	\$138	
	Stir fried Chinese New year Turnip cakes with prawns 蘿白糕炒蝦球	\$108	
	New Year's seafood money bags 海鮮如意福袋	\$98	
		1 1 1 1 1 1 1 1	100





^m^{J911} Steak Frites

18 January (Thursday) 6:00 – 9:30 PM, at Gascoigne Room

For reservations, please call 3966 8650. (Pre booking is a must.)We apologize there will be no a la carte this night.

Boston lobster Bisque with aged brandy ***

280 grams Prime grade U.S. Grain-fed sirloin steak Brandt Beef, hormone free, 365 days grain fed, with grilled green asparagus, caramelized shallots With a choice of Béarnaise, truffle butter or mushroom sauce

> Apple pie a la mode Coffee or Tea Incl. one glass of red wine

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HK\$ 438/person



Date: 19th Jan, 9th Feb 2018, Friday Time: 6:30pm-9:30pm Venue: Garden Marquee Price: Adult HK\$258 Child HK\$95 (Aged 3-11)

Inclusive of soft drinks, sour plum drinks & beers

ALL YOU CAN EN

Cancellation & No-show Policy:

Hot

(1) 100% full charge penalty applies if the reservation is cancelled on the day of the event.

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

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

(4) No penalty charge will be applied if the reservation is cancelled 3 or more days in advance. For reservations and detailed menu, please contact Ms. Wing Ho at 3966-8632 or via email: <u>(nb.adm.asst@usrc.org.hk</u>

DRINK !



Come and learn to make your own American cookies

REATAMERICA

Children's cookie

making_workshop



Date: 4th February 2018, Sunday Time: 2PM Venue: TBC

Price: HK\$ 38/person

Includes a bag of homemade cookies to take home.



To book: Please email Ms. Wing Ho to <u>fnb.adm.asst@usrc.org.hk</u> or call 3966 8632.

<u>For booking purpose, we can only take 12 people.</u> <u>Older kids can be by themselves, younger ones need a parent for support.</u>

DELICTOUS * HEALTRY MEALS * FOR KTOS



JANUARY 2018

Wednesday Thursday

3

- Social LB 2:30 pm 6:30 pm (Club members) LB League Team Practice 6:30 pm
- 9:30 pm • Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2) 6:45 pm - 10 pm
- Football Training Night

10

- Social LB 2:30 pm 6:30 pm (Club members) LB League Team Practice 6:30 pm
- 9:30 pm
- Pilates Group Class 7:30 pm • Squash Team Practice (Ct 1 & 2)
- 6:45 pm 10 pm
- Football Training Night



- Social LB 2:30 pm 6:30 pm (Club) members) LB League Team Practice 6:30 pm
- 9:30 pm • Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2) . 6:45 pm – 10 pm
- Football Training Night

24

- Social LB 2:30 pm 6:30 pm (Club members) LB League Team Practice 6:30 pm
- 9:30 pm • Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2) 6:45 pm - 10 pm
- Football Training Night



- Social LB 2:30 pm 6:30 pm (Club members) LB League Team Practice 6:30 pm
- 9:30 pm • Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 & 2) 6:45 pm - 10 pm
- Football Training Night

- 4
- Bridge 9:30 am 12:30 pm (Gunners Bar)
- Social LB 2:30 pm 6:30 pm (Club members) LB League Team Practice 6:30 pm
- 9:30 pm
- Senior Cricket 7-9 pm

11

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

18

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

25

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



• Playgroup 9:30 am- 11:30 am

Football Legal League games

• Playgroup 9:30 am- 11:30 am

Football Legal League games

• Playgroup 9:30 am- 11:30 am

• Pilates Group Class 4:00 pm

Football Legal League games

• Taekwondo 4:30 - 6 pm (Squash

• Taekwondo 4:30 - 6 pm (Squash

• Pilates Group Class 4:00 pm

Taekwondo 4:30 – 6 pm (Squash

19

26

Pilates Group Class 4:00 pm

court)

court)

court)

Saturday

- Social Tennis (CT 3) 3-7 pn
- (CT4)3-8 pm Pilates Classes, 10:00 am.
- 1:45 pm Squash Afternoon 2:30 – 5:30 pm (Ct 1 & 2)

6

- Lawn Bowl 12:00 2:00 pm
- (League Warm up) Lawn Bowl 2:00 7:00 pm
- (League Games/ For LBS members if no league games) Lawn Bowl 7:00 – 10:00 pm
- (LBS Members only)

13 Social Tennis (CT 3) 3-7 pm.

- (CT4)3-8 pm Pilates Classes, 10:00 am,
- 1:45 pm Squash Afternoon 2:30 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 2:00 pm (League Warm up) Lawn Bowl 2:00 7:00 pm
- (League Games/ For LBS members
- if no league games) Lawn Bowl 7:00 10:00 pm
- (LBS Members only)

Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm Pilates Classes, 10:00 am, 20

- 1:45 pm
- Squash Afternoon 2:30 5:30 pm (Ct 1 &2) Lawn Bowl 12:00 – 2:00 pm
- (League Warm up) Lawn Bowl 2:00 7:00 pm (League Games/ For LBS members
- if no league games) Lawn Bowl 7:00 10:00 pm (LBS Members only)

Social Tennis (CT 3) 3-7 pm

27

- (CT4)3-8 pm
- Pilates Classes, 10:00 am,
- 1:45 pm Squash Afternoon 2:30 5:30 pm (Ct 1 & 2)
- Lawn Bowl 12:00 2:00 pm
- (League Warm up) Lawn Bowl 2:00 7:00 pm (League Games/ For LBS members
- if no league games) Lawn Bowl 7:00 10:00 pm (LBS Members only)





Social LB 2:30 pm - 6:30 pm (Club

- 9:30 pm

Sunday

Monday

Tuesday





FEBRUARY 2018

Wednesday	Thursday	Friday	Saturday
	 Bridge 9:30 am - 12:30 pm (Gunners Bar) Social LB 2:30 pm - 6:30 pm (Club members) LB League Team Practice 6:30 pm - 9:30 pm Senior Cricket 7-9 pm 	2 Playgroup 9:30 am- 11:30 am Pilates Group Class 4:00 pm Football Legal League games Taekwondo 4:30 - 6 pm (Squash court)	 Social Tennis (CT 3) 3-7 pm. (CT43)-8 pm Pilates Classes, 10:00 am, 1:45 pm Squash Afternoon 2:30 – 5:30 pm (Ct 1 &2) Lawn Bowl 12:00 – 2:00 pm (League Warm up) Lawn Bowl 2:00 – 7:00 pm (League Games/ For LBS members if no league games) Lawn Bowl 7:00 – 10:00 pm (LBS Members only)
 Social LB 2:30 pm - 6:30 pm (Club members) LB League Team Practice 6:30 pm - 9:30 pm Pilates Group Class 7:30 pm Squash Team Practice (Ct 1 & 2) 6:45 pm - 10 pm Football Training Night 	 Bridge 9:30 am - 12:30 pm (Gunners Bar) Social LB 2:30 pm - 6:30 pm (Club members) LB League Team Practice 6:30 pm - 9:30 pm Senior Cricket 7-9 pm 	9 Playgroup 9:30 am- 11:30 am Pilates Group Class 4:00 pm Football Legal League games Taekwondo 4:30 - 6 pm (Squash court)	 Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm Pilates Classes, 10:00 am, 1:45 pm Squash Afternoon 2:30 - 5:30 pm (C1 1 & 2) Lawn Bowl 12:00 - 2:00 pm (League Warm up) Lawn Bowl 2:00 - 7:00 pm (League Games/ For LBS members if no league games) Lawn Bowl 7:00 - 10:00 pm (LBS Members only)
 Social LB 2:30 pm - 6:30 pm (Club members) LB League Team Practice 6:30 pm - 9:30 pm Pilates Group Class 7:30 pm Squash Team Practice (Ct 1 &2) 6:45 pm - 10 pm Football Training Night 	 Bridge 9:30 am - 12:30 pm (Gunners Bar) Social LB 2:30 pm - 6:30 pm (Club members) LB League Team Practice 6:30 pm - 9:30 pm Senior Cricket 7-9 pm 	 Playgroup 9:30 am- 11:30 am Pilates Group Class 4:00 pm Football Legal League games Taekwondo 4:30 - 6 pm (Squash court) 	 Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm Pilates Classes, 10:00 am, 1:45 pm Squash Afternoon 2:30 - 5:30 pm (Ct 1 & 2) Lawn Bowl 1:200 - 2:00 pm (League Warm up) Lawn Bowl 2:00 - 7:00 pm (League Games/ For LBS members if no league games) Lawn Bowl 7:00 - 10:00 pm (LBS Members only)
 Social LB 2:30 pm - 6:30 pm (Club members) LB League Team Practice 6:30 pm - 9:30 pm Pilates Group Class 7:30 pm Squash Team Practice (Ct 1 & 2) 6:45 pm - 10 pm Football Training Night 	222 • Bridge 9:30 am – 12:30 pm (Gunners Bar) • Social LB 2:30 pm – 6:30 pm (Club members) LB League Team Practice 6:30 pm – 9:30 pm • Senior Cricket 7-9 pm	23 Playgroup 9:30 am- 11:30 am Pilates Group Class 4:00 pm Football Legal League games Taekwondo 4:30 - 6 pm (Squash court)	 Social Tennis (CT 3) 3-7 pm. (CT4)3-8 pm Pilates Classes, 10:00 am, 1:45 pm Squash Afternoon 2:30 - 5:30 pm (Ct 1 & 2) Lawn Bowl 12:00 - 2:00 pm (League Warm up) Lawn Bowl 2:00 - 7:00 pm (League Games/ For LBS members if no league games) Lawn Bowl 7:00 - 10:00 pm (LBS Members only)

- Social LB 2:30 pm 6:30 pm (Club members) LB League Team Practice 6:30 pm – 9:30 pm
- Pilates Group Class 7:30 pm
- Squash Team Practice (Ct 1 &2) 6:45 pm 10 pm
 Football Training Night



SPORTS FACILITIES BOOKING FEES for GUEST PLAYERS and TEAMS

SPORTS FACILITY	ТІМЕ	FEES (per session)
Squash Court Minimum 45 min per session * Last booking session at 10:00pm	9:15am – 10:45pm	HK\$20 per guest
(Bye-Laws Clause 8 & 36)		
Tennis Court Minimum 1 hour per session * Last booking session at 10:00pm (Bye-Laws Clause 8 & 37)	7:00am – 5:00pm 6:00pm – 11:00pm	HK\$30 per guest HK\$40 per guest
Cricket Net Minimum 1 hour per session * Last booking session at 9:00pm (Bye-Laws Clause 8 & 39)	8:00am – 5:00pm 6:00pm – 10:00pm	HK\$30 per guest HK\$40 per guest per hour
Multi-Purpose Area Minimum 1 hour per session * Last booking session at 9:00pm (Bye-Laws Clause 8 & 40)	10:00am – 5:00pm 6:00pm – 10:00pm	HK\$15 per guest HK\$120 (8 guests or above) HK\$20 per guest HK\$150 (8 guests or above)

* If the facility is not occupied within 10 minutes of the appointed time the booking is forfeited and may be re-booked by another Member *

Swimming Pool (Bye-Laws C	HK\$20 per guest	
Opening Hours:	Monday to Friday	7:00am – 9:00pm
	Saturday, Sunday & Public Holiday	7:00am – 10:00pm

- * Closed for cleaning on every Mon at 10:00am 12:00 noon. If the day falls on public holiday, the cleaning day will be rescheduled for the next weekday.
- * Guest are required to register at the reception or poolside kiosk and pay the appropriate fee(s).
- * Daily guest passes will be issued and **MUST BE WORN AT ALL TIMES** for the duration of their visit.

Effective on 1 November 2017.

For further information, please refer to the Club's Bye-Laws, copies of the Bye-Laws booklet is available at reception or you may download a copy from our website, Member Zone <u>www.usrc.org.hk</u>

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 (quests) Group Lesson (minimum 2 to 6 persons) -\$700 per 1 1/2 hour Team Training (minimum 2 to 6 persons) -\$800 per 2 hours Junior's Individual Lesson \$300 per hour (member) \$350 per hour (quests) 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@vahoo.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

Personal Training and Muay Thai Coaching Humphrey Tsui

WhatsApp: 5541 2201 Email: Humphrey@allaboutaesthetics. com.hk

Personal Training 1 on 1 package Trial Session \$400 1 session \$750 10 sessions \$700 20 sessions \$650

Small group 2 persons 1 session \$450/person 10 sessions \$400/person

Small group 3 persons 1 session \$400/person 10 sessions \$350/person

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 11/2 per hrs

Juniors

- 1. Private lesson \$300 per hour
- 2. Group of 2 \$500 per hour
- 3. Group of 2-4 \$600 11/2 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



Bridge News

Mimi Wong Bridge Convenor

Regular meet-ups

Tuesday morning: Thursday morning: Social bridge Duplicate bridge (for competitive players)



Free taster workshop

The Bridge Section will hold Taster workshops for USRC members. This gives beginners the opportunity to learn how to play bridge.

The workshops are also suitable for players who would like to improve their skills.

Forthcoming workshops:

Date: 23rd Jan, 30th Jan

Time: 9:30am to 12:30pm

Fee: Free of charge

Target:Members and their guests

Anyone who is interested, please email:

mimiwong628@gmail.com or WhatsApp 91203789 for further information and registration.



Thursday duplicate

Thursday duplicate game runs exceptionally well during the year. Since this summer, the number of playing tables has expanded from four to seven tables. Though contract bridge itself is highly competitive, our players are always enjoying the morning game under a very friendly atmosphere.





Interclub match

Our bridge team has finished two friendly matches with the Korean Bridge Club in November and December. After undergoing a series of training sessions, our team members' effort has been rewarded with an overall match result of one win and one draw.

There are a series of inter-club matches to be held in the year ahead. The USRC bridge team players are looking forward to improving their skills and facing further challenges.



Cricket News

by Ahmed Saleem Cricket Convenor



Annual awards

The section recently held its annual celebration for the 2016/17 season, with an evening enjoyed by players across all its squads, at the Garden Room of the USRC. The F&B team provided a wonderful curry buffet, which the cricketers were delighted to share with the Club Chairman and Sports Director, Eddie Wu, and General Manager, Noel Burns.

Awards were made to all age groups – U11, U13, U15 and U17 – and to the Women's and Men's squads.

Highlights of the season included:

- U-11, the presentation of Cricket Hong Kong's 'Player of the Year' award to Nivedh Nambihar.
- U-13, recognition of the teams astonishing victory against Lantau CC: a win by 162 runs with the opposition bowled out for 9 runs.
- Men's Saturday, the securing of Division A status, through a final match one run victory against CCC.
- Ibrez Syed, completing the best batting performance of the year with a 157 run century off only 61 balls against HKCC Optimists.
- Shan Sarwar, bowling the first ever hat-trick by a USRC player in a main CHK league match.

The top awards of the night were as follows:

- U-11 squad, as 'Team of the Year', for completing an undefeated season and securing the CHK Championship.
- Michael Caves, as 'Coach of Year', for guiding the U-11 squad to their 4th final in 4 seasons, and their 2nd Championship in that four year period.
- James Minett, the award of 'Spirit of Cricket', for ceaseless work as Fixture Secretary and CHK liaison, maintaining the critical administration the allows the teams to function.
- Max Abbott, of the Men's squad, as 'Player of the Year' for his all-round performances on Saturday and Sunday, notably 6 for 36 against DLSW Lights and 103 not out against HKCC Nomads.



Max Abbott, USRC Cricketer of the Year, with Gull, Captain Saleem, Chandra and our sponsor Mr Kuldeep Buttar



USRC U-11 team CHK League Champions



Cricketers enjoying dinner

In closing the event, Convenor, Captain Saleem, paid special thanks to the generous support of our sponsors throughout both the season and for the evening's 'Lucky Draw'. The section was delighted to have in attendance Mrs Iris Tsang of Green International, and also showed its appreciation to Mr Kuldeep Butter, Mr Afzal Haider of Montgomery Sports, Mr Aftad Ahmed, Mr Chandra, and committee members Arun and Sweta Jain, Prateek Singhi, Ravi Chopra, Abhishek Jain and Kashif Shams.

2017/18 Season to date

The section has had a strong start to the season, led by our Men's Sunday squad who currently top their league with two wins out of two (and one abandonment). Ahsan Abhassi tops the batting leaderboard, with a century and one 50 to his name.

Also, leading their league are our U-15 squad, again with two wins out of two (though with another two games lost to the weather). Their second win came against a traditionally very strong Pakistan Association side, who were defeated by 105 runs after USRC had posted 230 for 3.

And lastly, the U-11 squad lead their pool, with 5 wins (one loss, and one abandonment) from 7 matches. This is a great achievement from a completely new squad, brought together this season by Kashif Shams. Let's hope they can continue in the footsteps of last year's Championship winners.

Special visitors – Pakistan Sixes Squad

The fast-paced action of Cricket Sixes returned to Hong Kong this November, and we were delighted to host the Pakistan squad for their pre-tournament training. Under the guidance of Head Coach, Ilyas Gul, many of our junior players were able to mix with these elite cricketers (who went on to contest the final, only losing on the very last ball to South Africa).



Bangladesh squad at USRC before HK's World Sixes event



Pakistan squad before the HK World Sixes with the GM at the USRC



Zakir Khan receiving his award from Mr Eddie Wu, Sports Director of USRC



Nivedh receiving his award from Ms Iris Tsang of Green International

LION DANCE PERFORMANCE

Ushering in good fortune, good luck, good health, wealth and longevity for the Lunar New Year

COME JOIN US ON:

Date: 23 February 2018 Friday (年初八) Time: 3 : 40 pm Venue: Swimming Pool

OBE MISSED!

United Sarrison Redirection Cla Hang Usag's Next Kept Securit

Club Arrangement for Chinese Lunar New year 2018

Day before Lunar New Year-Thursday 15 February 2018

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

Sports facilities will remain open.

Lunar New Year's Day Friday 16 February 2018

The club and its facilities will be closed.



Happy Chinese New Year

Football News

Alan Urmston Football Convenor



November-December 2017

The season got busy in November and December. Here's a report on the games played in November-December.

USRC Gunners

Gunners, who play in Division One of the Hong Kong Legal League, played five league games and one cup game, winning three and losing three. The wins came against Spartans (4-1), HK Krauts (6-1) and the simply-named Mes (formerly Mes Amis) (1-0). The defeats were against Goodfellas (1-2) and J-Leaguers (1-2) in the league. The other loss was in the Cup. Against Division 2 team Samurai Blue, Gunners were expected to win, but found themselves level at 1-1 at the end of normal time. The referee then demanded payment before the penalty shoot-out – teams are responsible for paying the referees their fees but normally at the end of the game. This obviously disturbed the Gunners players and they lost the shoot-out. At time of going to press, Gunners were lying in mid-table in the League and out of the Cup. They will be looking to improve over the second half of the season.

USRC 1911

The Club's vets team, 1911, played just two games and both were wins. The first was a 3-1 win over Godfathers and the second a 5-1 hammering of Spartans. What is remarkable is that of the eight goals scored, Greg Turner scored six of them. Since coming back after a long-term knee injury, Greg and been feeling his way towards fitness and now we can happily say that we have our Greg back. Hopefully he'll continue his fine form until the end of the season. At the end of the year, 1911 were lying level on points with HKFC in second place on the league, ten points behind DBFC, though with two games in hand.

USRC Vitesse

Vitesse is the Club's social team and played three games during this period, against BBC (British-born Chinese),

Godfathers and DBFC (over-45s). The first and last both ended in defeat but there was a win against Godfathers, 4-1. But it's the playing that's important for this team not so much the winning and there'll be lots more games for them in the New Year.





Charity Match

This year's Charity Football Match took place on Saturday 9th December. Here's a report on the game and the event.

It was a beautiful December morning at King's Park as the supporters arrived in their droves to watch the second of the USRC's Charity Football Matches. After taking on Caroline Hill in January, this time the opposition for the Chairman's Select



were the legendary Seiko FC. Seiko were a member of the Hong Kong Football Association for 16 years (1970-1986) and enjoyed a period of domination in the late 1970s and early 1980s, winning the First Division 9 times, the Senior Challenge Shield 8 times, the Viceroy Cup 6 times and the FA Cup also 6 times. Though now in their 50s and 60s, they looked fit and professional and provide a good test for the assembled USRC XI.

Among the supporters were senior citizens from the Aberdeen Kaifong Welfare Association Services Centre and the Yau Tsim Mong Federation of Association as well as Club and Section members and the occasional member of the general public, as banners advertising the event had been posted around town. In total, we had around 200 spectators to enjoy what turned out to be a cracking match.

In the first period of the game, USRC started with an XI of Marco in goal, with Ashwin, Chris, Gilly and another as defenders; a midfield trio of Michael, Ciarian and Tom; and a front three of Macca, Dave and Tung. Seiko knew how to keep the ball and though the legs are old now, the vision is still there and it was they who took the lead. But USRC was soon back into it and a classy finish by Michael, sweeping in from five yards out levelled the scores.

Both teams made major changes for the second period,





Seiko bringing on a whole new eleven! For USRC, with 8 men on the bench, Marco, Chris and Martin stayed on, while the rest of the team changed: Kenneth and Texas came in at fullback; Eoin, Matt and Cheung Kam Kan (Caroline Hill) in the middle; and Alan, Frank and Tim up front. But despite this clearly superior line-up, Seiko again took the lead. USRC fought to get back into it and Kenneth raised the blood pressure of the watching old biddies with some thrusts up the right wing. USRC then came close to levelling the game for a second time from a corner but the header went over. The equaliser did come though, and what a goal it was. Alan fed Matt on the left and he smacked it in from 25 yards. Game on.

All to play for in the third period then as more changes were made but it was the boys in blue who got what turned out to be the winner. Despite the myriad changes of personnel, it was a good game of football – five goals, lots of cheering, the sun shining and not a sign of thrown milk.

Back at the Club, Tim dressed up as Santa and got most of the attention. The boys sang White Christmas, the old folks stuffed themselves full of turkey and Kenneth and Frank kept everyone happy with the lucky draw.

Thanks to Frank, Kenneth, Brian and the photography team from CIS, Ciarian, Marco, Ken and Noel from the USRC and all the players and supporters for making it another great USRC Charity Match.



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 (alanu@netvigator.com).

Curry in a hurry

United Services Reseation Club Hang Kong's Bast Kept Second

Sunday's at the Gunners Bar

Appetizer, 3 Curry's, Dahl Saffron rice, Naan & Raita

Sunday_28th

January 2018

FOLLOW US ON facebook

For reservations please call 3966 8600 ext. 647 We will only hold your table up to 15 minutes from your booking time Lunch HK\$ 98 12:00 till 14:30 incl. Coffee, tea or a soft drink

USRC RACEBOX

January Schedule

Sha Tin	Happy Valley
Day	Night
Mon 1* \$610 New Year	-
Sun 7 th	Wed 10 th
\$510	\$560
Sat 13 th \$510	—
Sun 21*	Wed 17 th
\$510	\$560
Wed 24 th - <i>Night</i> \$510	-
Sun 28 th \$510	Wed 31*
Stewards' Cup	\$560

- Admission Badge + \$60
- Sumptuous Buffet with free flow beer, soft drinks, coffee and tea
- For an additional \$95pp, free flow selected wines, spirits and beer

Booking essential, please contact: Natalie Banday: 3966 8678 or email: rooms@usrc.org.hk



2018-01



Lawn Bowls News

by the Apprentice

The Premier League 2017 came to a close in early November. Members were able to relax and enjoy the League End Dinner with their guests straight after the Charity Day event on 5 November.







During the dinner, we had prize presentation to the champion and runner-up teams of the In-house Mixed Triples competition.



Champions – Nick, Dicky & Stanley



Runners-up - Siu Mui, Joanna & Kin Hung

The fundraising for charity continued into the evening. Our guests Ivy & Tony kindly donated a set of collectable Belgium coins and 2 cans of caviar for auction. They were snapped up by Ann & John and Ricky respectively and we raised an additional \$2,200.



HK International Bowls Classic 2017

We are pleased to have Anissa Ng and Ann Lam represented USRC in the Classic Pairs competition in November. They worked hard and played well during the week long tournament, beating teams from England, Ireland, etc. It certainly raised a few eyebrows!





USRC was the host club for teams from the Philippines and Thailand in the Classic event. The players were invited to have dinner with some LBS members on their day off from the competition.





Team Philippines – Rosita & Sonia



Anissa & Ann received the souvenir from HKLBA



Team Thailand – Chaithai & Thanakrit

Filipino Club Invitation Triples 2017

32 teams were invited to play in the Filipino Club's Invitation Triples tournament on 25-26 November with Mandy Ho, Joanna Wong & Dicky Wong representing the USRC. They played well and qualified for a place in the knock-out stage on day 2. At the finish, they were ranked 3rd in the Plate session for their superb effort.



Dicky, Mandy & Joanna

Men C Team's Social Gathering in ALC

A group of C team players and friends enjoyed an off-season social game organised by Captain John. A good day was had by all.



Green Opening

2 December marked the opening of our green ready for the Triples League 2017 season. It was a gorgeous day. To bring our teams good fortune and luck, we had the Bai Sun and Roast Pig Carving ceremony.







Happy Bowls

Once again, we had a good turnout for the Happy Bowls. Whether they were tempted by the roast or prize money laid out, it was great to have strong support from the LBS members.



Roger the Banker



Ready, steady, go!



Photos of the Month



Doctors on duty

Lawn Bowls Section Charity Day 2017



Lawn Bowls Section Charity Day 2017

Committee

Ms Mandy Ho Mrs Hana Ko Mr Josiah Lam Ms Irene Leung Ms Elise Lo Ms Helen Lo Mr Ricky Mak Mrs Cindy Robinson Mr Dicky Wong

Frontline

Mr Nick AuYeung Ms Belinda Chan Mr Elton Chang Mr Paul Kwok Mr KH Leung Ms SM Leung Ms Clara Lung Mr David Robinson Mr Roger Tang Ms Joanna Wong

Umpires Mr Gordon Ng Ms Annie Yeung Ms Iggy Yip

Paparazzo Bearbear



November 5th was a jolly good day to remember for the Lawn Bowls Section. The LBS Charity Day which featured Charity Sales and Invitation Game was a huge success as we raised a record \$102,888 for the charity "Feeding Hong Kong".

We received tremendous support from everyone involved. Merchandise donations from commercial sponsors and LBS members gave the Charity Sale a head start and our team of volunteers turned it into life. There were over 80 players from 10 Sponsor Teams and 4 Home Teams participating in the Invitation Game. Blessed with fine weather, they had great fun playing five rounds of friendly matches and enjoyed good food and drinks.

On behalf of the LBS Sub-committee, I would like to express our heartfelt thanks to the Club for its support, to all the sponsors and members who made contributions towards the fund, and to our team of volunteers, management and ground staff who did such a great job and worked so hard to make sure this meaningful event went smoothly. Our donation to Feeding Hong Kong will help to provide food parcels as well as supporting their essential work in ensuring good food goes to feed people, not landfills.



Charity Day 2017



Opening speech by Mrs Cindy Robinson, Convenor, USRC Lawn Bowls Section



Cheque Presentation to beneficiary



Speech by Ms Gabrielle Kirstein, Executive Director, Feeding Hong Kong

General Manager, USRC



OUCHERS &

Charity Lawn Bowls Invitation Game

Thanks to the contributions and donations from all the guest teams for the event.



PITCH8

Hong Kong Lawn Bowls Association Cragengower Cricket Club Club de Recreio Filipino Club Hong Kong Cricket Club Hong Kong Police Lawn Bowls Club Kowloon Bowling Green Club Kowloon Cricket Club

Charity Sales



Members coming through the carpark entrance could readily spot the booths for charity sales.





Assorted items for sales were fashioned, making the charity sales shine. Once again, thanks to our sponsors for their donations.



No doubt all our volunteers (not all faces shown) deserved a very big round of applause for their day of dedication!



慈善義賣

CHARITY SALES



Do you know that the charity sales conduce to 40% of the eventual sum donated?



Your contribution is much appreciated. Thank you for supporting the Charity Day of the USRC Lawn Bowls Section!



USRC

LACROSSE FUN DAY

- PARENTS & KIDS ARE WELGOME -

Date: 21 Jan, 2018 (Sun) Venue: Multi Purpose Court Session 2: 3pm - 4pm

Session 1: 2pm - 3pm

(20 participants per session & HK\$20 per person) **Registration Deadline: 17 Jan, 2018**





For registrations & enquiries, please contact Eric Fung at sports@usrc.org.hk or reception at 3966-8600





Rugby News

Marco Cassandro Rugby Convenor





USRC Tigers

1st Leg – 2nd lost to Japan in the finals! 2nd Leg – 3rd beat China in the 3rd & 4th place play off. 3rd Leg – Winners beat Japan in the finals!

With no less than 8 players involved within the 7's program in HK, we thought it important that we share the a little insight in the recent success of the HK national side.

This year's Asian 7's series was truly a rollercoaster experience for the HK team. The final leg of the series was played in Colombo, Sri Lanka. The players started the tournament with a hard thought victory over Philippines and then stated their intent after beating Malaysia 34-5. Next up were our fierce rival from Japan, the players played well and eventually walked away with the victory. The players were playing with confidence at this stage and breezed past their next opponents on the Sunday to set up a Cup Final showdown with Japan.

On a wet and muddy Racecourse Rugby Stadium they put Japan to the sword one more time, beating them twice in one tournament. What an achievement. Not only was this an important cup final victory for the players, but more importantly they secured their qualification for both the Hng leg of the World Series as well as the Rugby 7's World Cup that will be hosted in San Farancisco, USA.

When asked, Jason Jeyam mentioned "these experiences are memories we wil always cherish and hold dear. It is safe to say these achievements are top of the list when we look back at what we have achieved during 2017. With so many USRC Tigers boys involved in the HK 7s setup, these achievements are not our own and we are happy to share them with the USRC Tigers family."

"Without your amazing support and understanding we wouldn't be able to reach our goals and we hope to make the USRC Tigers proud. We're very happy to finally be back with our Tigers team mates and believe that we can make the desired impact when called upon.

Up the Tigers!"



Squash News

Colman Ng BBS Squash Convenor



Squash training

To enhance the skill levels of USRC squash players, a series of training sessions was organised in November 2017. The training was conducted by a World Squash Federation Qualified Level 1 coach, Mr. Simon Yeung, one of the top HK squash players and is also the reigning champion of the HK Tecnifibre Squash Cup 2017. Apart from fitness training, members had benefitted from the intensive drills on court and the useful advice given to improve on basic technique and match strategy.



Group Training conducted by Mr. Simon Yeung (centre)]



Training in progress]

Wing Ding Charity Squash Tournament

The traditional annual Wing Ding Charity Squash Tournament was held on 2 December 2017. A total of 12 teams comprising 120 players participated in the full-day event, when each player had to battle it out in 11 non-stop matches, each competing for 3 minutes before dashing to another court to start a new match. This was a 7-hour tournament with money being raised for Operation Santa Claus, the annual charity drive organised by the SCMP and RTHK. As in the past, the USRC fielded a squash team with 10 players dressed up in all turquoise coloured basketball outfit. All those took part in the event had lots of fun, despite what happened inside the court being very demanding physically. All players were scrambling to score the most points within the shortest time, that I am sure resulted in plenty of sore muscles the day after. Although the score is not the most important part of the tournament, our top 3 players of the USRC team scored the most points in the tournament. The USRC team raised more than \$16,000 through generous donations from members and friends. It has been heartening to see that almost the whole of the local squash community worked together for the good cause of charity in such a meaningful event. Great efforts by all USRC players, members of the support team and most importantly, those who donated generously under the name of the USRC.





The Wing Ding Teams in their wacky outfit]



The USRC Wing Ding Team]

League update

The Winter League has just kicked off and while it is too early to make any predictions, the stars so far are USRC 4 who are off to a flying start with 9 wins out of 9 and is in the leading position in Division 15B. Let's hope they can keep this up and well done to the players for being unbeaten so far. USRC 3 are also soaring near the promotion spots at 3rd place in Division 7A. This is despite missing a key player for most of the season; no doubt things will improve once their full team is restored. Teams 1 and 2 have been competitive in Division 3 and 4 respectively but things are understandably very tough at the top and there is plenty of time to turn things around. Likewise, the Masters team are lying in mid table but with 2 retirees turning full-time 'professional' recently, our M3 Team is considerably strengthened and a surge up the table is expected in the coming months.

USRC 2 collected their Summer League trophy (2nd runner-up) recently and celebrated in the usual way. Well done to the team.



USRC2 with their Summer League trophies – (left to right) James Poon, Chung Leung, Wilson Choi, Chor Wong.]

New squash team uniform

The new USRC squash uniforms have been delivered and distributed to members in November. The T-shirt with dark blue body and white sleeves is made of lightweight fabric with perforations that provide effective ventilation and is found to be exceptionally suitable for intensive indoor sports.

The picture below shows the fresh outlook of the USRC Squash Team in their newly designed outfit.

USRC players in their new uniform]

Tennis News

Martin Li, Tennis Convenor



Road to playoff matches

There are two matches recently played in USRC since our Team C1 and Ladies A entered a semi-final on 6th and 7th December respectively. Even thoughTeam C1 lost 4-5, they got all the members encouragement. Fortunately, our Ladies A won 7-2 and smoothly entered to the playoff. Keeping on fighting for all teams, Ladies A!

Open day

An open day was successfully completed on Saturday 18 November. We invited BGCA (小童群益會) to gather some students and their under-privileged families to enjoy playing tennis at the Club. There were over 40 persons playing on 4 different courts. Our coaches included Chris and Halima, along with Cindy, Alfred, William and Maide to teach them how to play. The students also enjoyed our lunch which was provided by our Club free of charge. Much positive feedback was received and I thank the volunteers for all their fine efforts.





Coach Chris





Happy Tennis Day

There were 24 participants to join our Happy Tennis. After making the draw, there were three group members to each team in their division. The round-robin competition format was adopted. All teams were mixed and matched with players from different divisions in order to create a balanced and fun-filled tpurnament. The result of getting thehighest marks went to Ken Chan, Katy Cheng and Eric Tai. Well done!









Saipan super tie break

The visiting players, Eddie and David from Guam, pitted against Saipan's Don Dunlop and Nicky Nichols in the title match at the Fiesta Resort and Spa Saipan, tennis court. They narrowly missed the Men's over 60 Double Championship in the 9th Tan Holding Tennis Classic tournament. They dropped the opening set 4-5 and won the 2nd set 6-2 but lost 7-10 during the super tie break in the final match on 3 Dec 2017.



Happy Dinner

Having completed Happy Tennis, we continued our fun witha Happy Dinner. This is well worthwhile because the quality and type of food is totally over our normal budget. During the dinner, all members not only enjoyed delicious food, but put themselves into an amusing game and many members won cash prizes in the lucky draw.



Excellent Member

Our veteran member Dr Dennis Ng was successfully elected chairman of the Chinese Manufacturers'

Association of Hong Kong, and at the same time he was conferred Fellowship of Hong Kong Vocational Training Council.

Congratulations on your double happiness, Dr Ng! Mr. Kevin Yeung, the secretary of education of Hong Kong conferred the certification of fellowship to Dr Dennis Ng.



Kickboxing – Muay Thai by Coach Jonathan



Name: Jonathan Chan

Expertise: Kickboxing – Muay Thai & Circuit Training Coaching

Personal records:

- Shooto Amateur MMA record: 3 (wins), 0 (losses)
- Muay Thai record: 2 (wins), 0 (losses)

Qualification:

- Level 1 Muay Thai Coach of World Professional Muay Thai Federation (MPMF)

Muay Thai is a martial art derived from the ancient battlefield arts of Thailand such as Muay Boran and Krabi Krabong. It directly translates to "Thai boxing" and is often referred to as the "art of eight limbs".

Unlike usual kickboxing, **Muay Thai** allows strikes with the knees and the elbows, as well as punches and kicks. **Muay Thai** bouts feature a lot of kicks to the legs to slow down an opponent, as well as a lot of clinch work.

Muay Thai as a sport is growing in popularity and becoming aware of its fitness benefits:

- 1. Increase Cardiovascular Conditioning
- 2. Leg Strength
- 3. Core Strength
- 4. Increase Hip Mobility
- 5. Stress Relief

Beginner Muay Thai Drill – Bagwork

Warm up (1-2mins) – Squat & single foot kick

*Dynamic warm up for Gluteal Muscles and Quadriceps Muscles

Step 2 (One foot kick and repeat Step 1)

Step 1 (Squat)

Nu dana ka a a





Bagwork Drill – Jab, Cross, Hook & Right Body Kick

*Basic technique for Muay Thai

Step 1 (Jab)



Step 3 (Hook)







Step 4 (Right body kick and repeat Step 1)



Sumo Squat Stretch (1-2mins)

*Stretching Hamstrings, Quads, Calves and tendons in the lower legs





For enquiries and bookings, please contact Humphrey from All About Aesthetics.

Mobile: 5541-2201 (Whatsapp)

Email: humphrey@allaboutaesthetics.com.hk



 Which ruler was stabbed to death in Rome in March 44 BC? Brutus Caesar Coriolanus Nero 	 6. Who was British monarch throughout the Second World War? George V George VI Edward V Edward VI
 2. Who wrote the novel The Murder of Roger Ackroyd? Agatha Christie P.D. James Ruth Rendell Dorothy L. Sayers 	 7. In which TV series did the character René Artois appear? 'Allo Allo Blackadder Dad's Army Only Fools And Horses
 3. The 2004 Summer Olympics took place in which country? Australia China Greece England 	 8. Which player signed for Real Madrid from Tottenham Hotspur in 2013? Emmanuel Adebayor Gareth Bale Rafael van der Vaart Aaron Ramsey
 4. The tennis superstar Bjorn Borg came from which country? Denmark Holland Norway Sweden 	 9. Who was singer with Roxy Music? David Bowie Brian Ferry Robert Palmer David Sylvian
 5. Claret wine is produced in the region surrounding which French city? Beaune Bordeaux Lyon Toulouse 	 10. What type are most of the wines from France's Anjou region? Red Rosé Sparkling White

Submit your answer to the Club or fax 2724 0949 on or before Sunday, 4th February 18. All correct entries will be placed into a draw. The Winner will receive Accommodation offer buy one get one free (value \$1,380). Good Luck! _____Membership No:_____

Name: ____

Contact Tel No:_____

*Please note only one entry will be accepted per Membership



Nov & Dec Quiz drawn by our Front Office Assist Manager Ms. Natalie

Congratulations to Nov & Dec Quiz Winner Mrs. Owen

Submit your answer to the Club reception on or before 4TH February 2018. All correct entries will receive a FREE SMOOTHIE*

Name:

Membership No:

Email:

Contact No:

*Please note only one entry will be accepted per membership









PLASTIC BAGS

According to the law ordinance of the PSB, implementation of the charges for plastic bags with handles will be applied and is available at reception for \$50c each.

Compliance with this ordinance is the Club's policy. Plastic bags which are exempted from this are still available for free in the Ladies and Men's changing rooms.

Thank you for your understanding.



USRC Management 1 January, 2018



Pudding Order Form 2018

Product Description	Packing	Price (HK\$)	Quantity	Amount
蘿蔔糕 Turnip Pudding	600g/pc	\$128	Pcs	
年糕 New Year Rice Pudding	600g/pc	\$112	Pcs	
馬蹄糕 Water Chestnut Pudding	600g/pc	\$105	Pcs	
		Total	Pcs	

Minimum **THREE** working days advance notice for orders, <u>available from 1st to 15th Februry 2018</u>. Orders must be placed before 9th February 2018. Orders placed after that may not be fulfilled.

Member Name:	Membership No:
Telephone No. (Home):	Telephone No. (Mobile):
Date of Collection:	Pick Up Time:
Signature:	Date:
	lmin assistant Ms. Wing Ho via email <u>fnb.adm.asst@usrc.org.hk</u> o inquiries, please feel free to contact Ms. Wing Ho at 3966-8632.
For Office Use	
Date of order received:	Reference Number issued:
Order confirmed by:	Order confirmed on date:
Remarks:	

RECIPROCAL CLUBS

The Dunedin Club, New Zealand



33 Melville Street Dunedin, Otago New Zealand

Phone: +64 3 477 0082 Fax: +64 3 477 0079

Club history

The Dunedin Club has a distinguished history which stretches back to the pioneers of the 1850s. In 1848 the two settler ships John Wickliffe and Philip Laing berthed at Dunedin, bringing Otago's first European migrants. Ten years later, a group of entrepreneurs founded The Dunedin Club in rented premises in Maclaggan Street.

The Premises which the club occupies today were built by the colourful whaler, run-holder and businessman John (Johnny) Jones in 1867. In 1874 the Club purchased Jones's Fernhill property. This historically significant building is a dignified example of mid-Victorian colonial architecture, set in spacious landscaped grounds.

Superb facilities

Each room within the club has something different to offer. The Club can be used for business or private functions; from a small dinner party for four to a formal sit-down banquet for 110. Function menus are tailored to meet individual requirements.

The Club's dining room is magnificent in every respect; from the food and service, to the decor and ambience. The dining room opens on to a delightful terrace for outdoor summer dining. Lunch is available Monday to Friday for members and their guests, providing them with excellent value.

The elegant Ritchie Room in the east wing is available for private dining and meetings.

The fine cuisine and delightful atmosphere of the Club's dining rooms are a special privilege of membership of the Club.

Accommodation

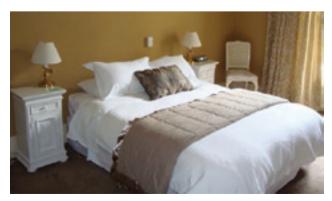
The Club provides pleasant inexpensive accommodation for visiting country and reciprocal members. This is within easy walking distance of the central city.

All nine bedrooms have private ensuite facilities. The Club also has a business suite facility with internet access for guests.

Banquets

You will want to receive your wedding guests somewhere special. The Dunedin Club is an exclusive wedding venue that can cater for up to 110 guests seated. Outdoors amidst the trees and the gracious grounds you'll find an enchanting backdrop for your ceremony or photographs, and perhaps predinner drinks and cocktails.





List of Reciprocal Clubs

COUNTRY	CITY	CLUB NAME	COUNTRY	CITY	CLUB NAME
Australia	Adelaide	Naval, Military & Air Force Club	Malaysia	lpoh	Royal Ipoh Club
		of South Australia		Johor	Segamat Country Club
	Brisbane	United Service Club		Kuala Lumpur	Royal Commonwealth Society
	Canberra	Canberra Club		Penang	Penang Club
		The Commonwealth Club		Port Dickson	Royal Port Dickson Yacht Club
	Melbourne	The Kelvin Club		Sabah	Sandakan Yacht Club
		Kooyong Lawn Tennis Club			The Tawau Yacht Club
		Royal Automobile Club of Victoria			
	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	New Zeelend	Auglianal	The Monthe and Ohile
Polgium		International Club Chatagu Sainta Anna	New Zealand	Auckland Dunedin	The Northern Club The Dunedin Club
Belgium	Bruxelles	International Club Chateau Sainte-Anne			
	Gent	International Club of Flanders		Napier Wellington	The Hawkes Bay Club The Wellesley Club
Brazil	Rio De Janeiro	Clube Americano Do Rio De Janeiro		vveiiirigtori	The Wellington Club
DIQZII	THO DE GALIEITO	Oldbe Americano do mio de Ganeiro			The Weinington Oldb
Canada	Vancouver	Hollyburn Country Club	Philippines	Baguio City	Baguio Country Club
Canada	. anooavor	Jericho Tennis Club	1 mppmc3	Cebu	City Sports Club Cebu
		Terminal City Club		0000	
	Victoria	Union Club of British Columbia	Portugal	Lisboa	Gremio Literario
			Ū	Oporto	Oporto Cricket & Lawn Tennis Club
Republic of	Taipei	American Club Taipei			
China		The Landmark Club	Scotland	Aberdeen	The Royal Northern and University Club
				Edinburgh	The New Club
England	Bath	The Bath & County Club			The Royal Scots Club
	London	The Army & Navy Club			
		Carlton Club	Singapore	Camden Park	Hollandse Club
		Naval & Military Club		Singapore	Ceylon Sports Club
		St. James Hotel and Club		Yishun	Orchid Country Club
		The Lansdowne Club		o =	T O T O I
_	D :		South Africa	Cape Town	The Cape Town Club
France	Paris	Saint James Paris		Durban	Durban Club
Commony	Berlin	International Club Berlin		Grahamstown	Albany Club
Germany	Frankfurt	Union International Club	Spain	Barcelona	Círculo Ecuestre
	Tankiuit	Chion International Club	Spain	Bilbao	Sociedad Bilbaina
India	Ahmedabad	Karnavati Club		Madrid	La Gran Pena
inaia	Bangalore	Greenacres Country Resort		Madrid	
	Cochin	International Club	Sweden	Stockholm	Military Club of Stockholm
	Jaipur	Jaipur Riding and Polo Club			
	Jodhpur	UMED Club	Thailand	Bangkok	The British Club
	Kerala	Sri Mulam Club		- 5 -	
	Mumbai	Golden Swan Country Club	Trinidad	Port of Spain	Trinidad Union Club
		Royal Bombay Yacht Club			
		The Bombay Presidency Radio Club	U.S.A.	Bellevue	Bellevue Club
		The Umbergaon Club		Berkeley	The Berkeley City Club
				Cincinnati	Cincinnati Athletic Club
	Pune	Residency Club			
		Residency Club		Kansas	The Kansas City Club
Indonesia	Pune Medan	Residency Club The Exchange Club		New Haven	New Haven Lawn Club
	Medan	The Exchange Club			New Haven Lawn Club The Cornell Club
	Medan Belfast	The Exchange Club The Ulster Reform Club		New Haven New York	New Haven Lawn Club The Cornell Club The Williams Club
	Medan	The Exchange Club		New Haven New York Philadelphia	New Haven Lawn Club The Cornell Club The Williams Club The Racquet Club of Philadelphia
Ireland	Medan Belfast Dublin	The Exchange Club The Ulster Reform Club The Stephen's Green Club		New Haven New York Philadelphia Portland	New Haven Lawn Club The Cornell Club The Williams Club The Racquet Club of Philadelphia University Club of Portland
Indonesia Ireland Japan	Medan Belfast	The Exchange Club The Ulster Reform Club		New Haven New York Philadelphia Portland San Francisco	New Haven Lawn Club The Cornell Club The Williams Club The Racquet Club of Philadelphia University Club of Portland The Marines' Memorial Club & Hotel
Ireland Japan	Medan Belfast Dublin Kobe	The Exchange Club The Ulster Reform Club The Stephen's Green Club Kobe Club		New Haven New York Philadelphia Portland	New Haven Lawn Club The Cornell Club The Williams Club The Racquet Club of Philadelphia University Club of Portland The Marines' Memorial Club & Hotel Santa Barbara Club
Ireland	Medan Belfast Dublin Kobe Nairob	The Exchange Club The Ulster Reform Club The Stephen's Green Club Kobe Club Nairobi Safari Club		New Haven New York Philadelphia Portland San Francisco Santa Barbara	New Haven Lawn Club The Cornell Club The Williams Club The Racquet Club of Philadelphia University Club of Portland The Marines' Memorial Club & Hotel Santa Barbara Club University Club of Santa Barbara
Ireland Japan	Medan Belfast Dublin Kobe	The Exchange Club The Ulster Reform Club The Stephen's Green Club Kobe Club		New Haven New York Philadelphia Portland San Francisco Santa Barbara	New Haven Lawn Club The Cornell Club The Williams Club The Racquet Club of Philadelphia University Club of Portland The Marines' Memorial Club & Hotel Santa Barbara Club University Club of Santa Barbara The Army & Navy Club
Ireland Japan	Medan Belfast Dublin Kobe Nairob	The Exchange Club The Ulster Reform Club The Stephen's Green Club Kobe Club Nairobi Safari Club		New Haven New York Philadelphia Portland San Francisco Santa Barbara	New Haven Lawn Club The Cornell Club The Williams Club The Racquet Club of Philadelphia University Club of Portland The Marines' Memorial Club & Hotel Santa Barbara Club University Club of Santa Barbara

Clubs in bold are recently added clubs to our reciprocal list

EXAMPSER CAMP 27th - 28th January, 2018



Programme:

27th Jan (SAT)

- BBQ Dinner
- Camp Fire w/ Marshmallow
- Movie Night
- 28th Jan (SUN)
- Breakfast

Members:

\$218 (12 years old & above)

\$150 (3 - 11 years old)

Members ' Guests:

\$298 (12 years old & above).

\$190 (3 - 11 years old)





 Poolside Kiosk will be opened till 11pm on 27th Jan
 Members are advised to bring their own camping equipment. For bookings and enquiries, please email
 Eric Fung at sports@usrc.org.hk or Reception at 3966-8600