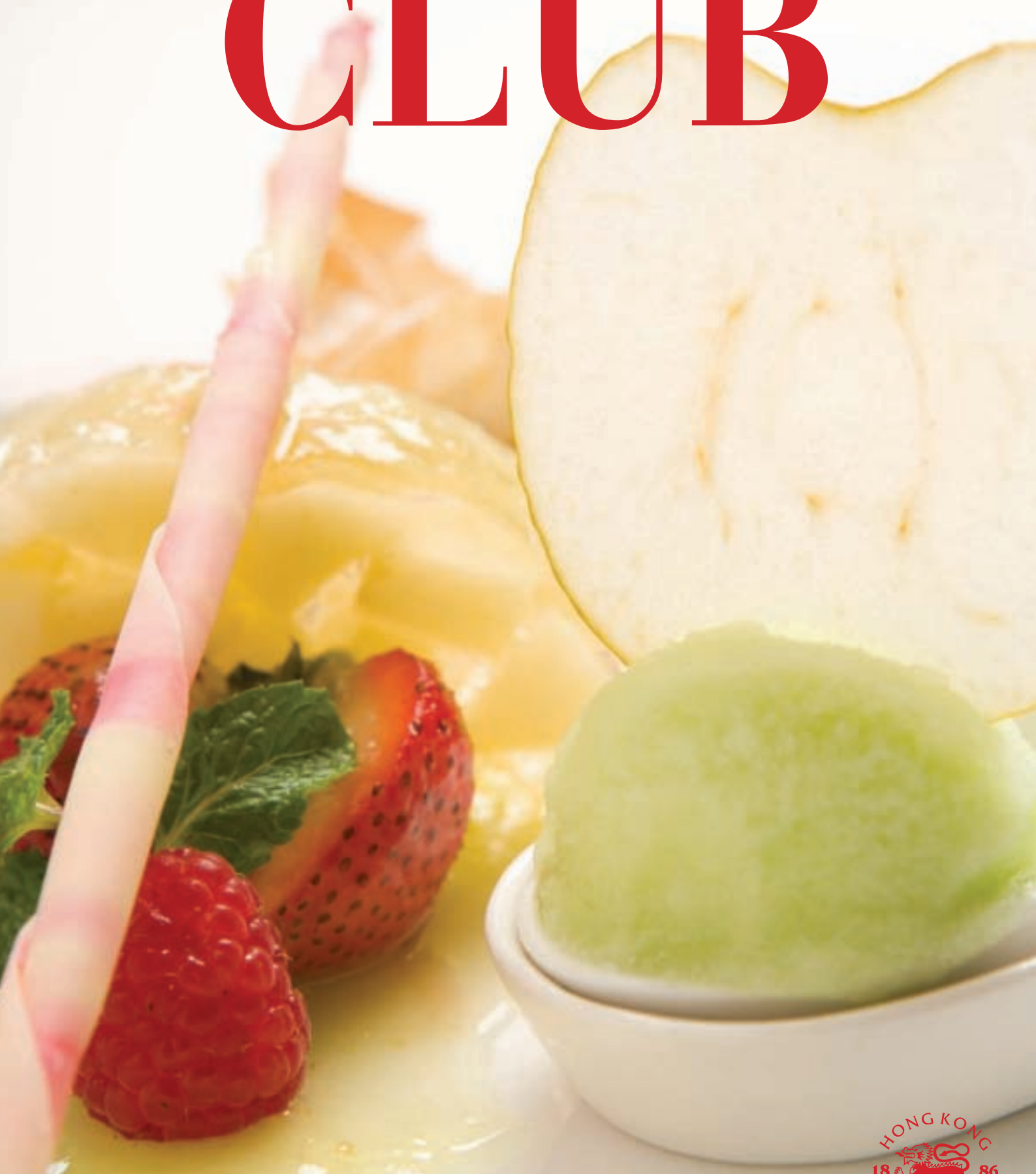


CLUB



HONG KONG FOOTBALL CLUB ■ JULY/AUGUST 2006

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JULY/AUGUST 2006
HONG KONG FOOTBALL CLUB

MISSION STATEMENT

- Vision** : To be recognised as the leading Sports Club in the Territory.
- Mission** : To deliver quality services on the principles of accountability, consistency and transparency. To develop an organisational culture that recognises the importance of staff contribution and commitment. To facilitate the development and participation of recognised sporting activities.
- Values** : Being accountable – to communicate, consult and provide information. Living within our means – to plan ahead within available resources. Developing a culture of service – to encourage commitment, integrity, courtesy and responsiveness. Managing for performance – to set the direction and develop the necessary skills.
- Aims** : To provide the services the Membership needs. To improve the quality of Club life. To up-hold the Constitution and Bye-laws. To encourage Members to play their part in the Club.

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General Committee

| | |
|---------------------------|---------------------|
| President | : D. Agnew |
| Vice President | : N. Hunsworth |
| Vice President | : M. Lamont |
| Vice President | : R. Lawson |
| Vice President | : R. Neish |
| Chairman | : J. Collins-Taylor |
| Hon. Secretary | : F.I. Valentine |
| Hon. Treasurer | : Chew Fook Aun |
| Sports & Recreation | : R. Bennett |
| Discipline | : A. Brown |
| Constitutional Affairs | : C. Cohen |
| Development | : M. King |
| Membership | : R. Stanley |
| Hockey Representative | : F. McCoig |
| Lawn Bowls Representative | : M. Worth |
| Rugby Representative | : C. Carney |
| Soccer Representative | : T. Bratsanos |
| Squash Representative | : D. Reeves |

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| | |
|------------------------------------|-----------------|
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| Operations & Co-ordination Manager | : Tony Sealy |
| Financial Controller | : S.K. Li |
| F & B Manager | : Jitka Wieland |
| Executive Chef | : George Cheng |
| Resident Project Manager | : Fons Sjauw |
| Chief Engineer | : Hackman Lee |
| Membership Services Manager | : Kerry Ogle |
| Human Resources Manager | : Peggy Lai |
| Executive Housekeeper | : Lily Huynh |
| Front Office Manager | : Shirley Lo |

Club Magazine

Monthly journal of the Hong Kong Football Club. For information and requests for placement of advertisements in "Club" please contact Marilou Cawley at Tel 2830 9503. The opinions expressed in the articles are those of the writers and do not necessarily reflect the opinions of the Hong Kong Football Club or the General Committee. The Club reserves the right to edit and clarify all content. The copyright of all materials is held by the Hong Kong Football Club.

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THE THOUGHTS OF THE CHAIRMAN

I am aware that there has been criticism of the recent decision of the General Committee to increase the Car Park levy from \$275 per month to \$500 per month. A number of Members have written in proposing alternative solutions to the problem. The General Committee and Management will be reviewing those suggestions to consider which of them can, if appropriate, be implemented. The General Committee acknowledge that the issue of the Car Park usage at peak times is a difficult one and that any solution must be equitable to all Members of the Club and not just those who have cars and park at the Club. The range of suggestions to resolve the problem is wide and while some bear merit for further consideration, others may be deemed too controversial and are, therefore, non starters or will require significant immediate implementation of an upgrade to the Club's Management information systems. The Management information system is currently being reviewed and the Club is evaluating alternatives.

I would remind Members once again of the Bye-laws concerning the use of the Car Park as Management and Security Staff have been requested to ensure their strict enforcement. I would also remind Members of the option of using the Jockey Club Car Park when ours is full, an option that Security Staff regularly detail to Members who are queueing to park at the Club. The work on the Bowling Alley continues apace and the Complex is anticipated to be open by mid- to end of September this year. Whilst we haven't seen the "finished product," as yet, it's encouraging to hear that many Members are looking forward to the Complex being opened and in particular the Ten Pin Bowling Alley itself.

We were saddened to hear the news of the recent passing away of some of our Members: **Thelma Watson**, **Richard Littlehailes**, **Jean Marshall** and **Richard Fawcett**. Our thoughts and prayers go to their families and friends.

JAMES COLLINS-TAYLOR

Chairman

FROM THE DESK OF MARK PAWLEY



As I write this article the summer is truly upon us with bright sunshine and a cloudless sky. However, it's about this time of the year when there is a likelihood of typhoons and, as such, Members should be aware of the Club's policy in respect of typhoon warnings. You can view the Club's typhoon procedures on our website at www.hkfc.com.hk. We will also endeavour to e-newsletter Members when a T8 signal is pending.

Whilst the Club will be seasonally quiet throughout most of the month of August, a number of food and beverage promotions have been put together to entice those of you who remain in Hong Kong down to the Club. In the Coffee Shop, and after some "rave" reviews about Guest Chef Mark Langdale's appearance in June, a special **Surf and Turf Dinner Buffet** will be provided the weekend of the 4th and 5th August. Following on from that we have a **Vietnamese Food Promotion** in the Coffee Shop from the 14th to the 26th August. Not to be outdone, the Restaurant will be putting on an **"Italian Promotion, The Food of Italy, a Journey for Food Lovers,"** from the 16th to the 26th of August. On Sunday, the 20th and 27th August, our usual Family Dinner Buffet in the Restaurant will be replaced with an Italian Dinner Buffet. At the same time, the Restaurant will be promoting a range of Italian wines to accompany your meal. In the Sportsman's Bar every Saturday evening throughout August there will be a rotation of Dinner Buffets available to Members and Guests. To accompany the food, Ian will be introducing a new range of beers for the month from Belgium.

On a slightly sad note, I can advise that **George Cheng**, our Executive Chef of six years, has recently left the employ of the Club to further his culinary career elsewhere. George has been instrumental in improving the variety and quality of our food offering and I am sure we all wish him well in his future endeavours.

Following on from the Chairman's article as regards the Ten Pin Bowling Complex, and whilst certain operational issues as to the running of the Complex still need to be worked through, it is our intention to "soft" open the facility in the first instance in order that any "teething" problems can be sorted out prior to a full opening taking place. In this respect, we may well be looking to some user Member groups to participate in the "soft" opening come the end of August/early September.

I look forward to seeing you all at the Club.

MARK PAWLEY

General Manager



Pictured above with Mr Mark Pawley, General Manager, are the First Quarter Award Winners (from left to right): Tang Wai Kin, Carl (Restaurant); Lee Bo Chi, Sunny (Coffee Shop); Hengthong Tawan (Kitchen); Sum Chun Kit, Henry Sum (HR & Admin) and Ip Yam Kay (Grounds)



The Sport and Recreational areas of the Club have been generally quiet throughout the months of June and July, as is customary for this time of year, as the majority of programmes, classes and activities wind down or stop completely during this period. Please check with your coach/instructor exactly when or if, your own programme is still running.

Nevertheless, since many families remain in Hong Kong over the summer months a Children's Summer Events Calendar has been designed to keep the younger ones occupied. Activities such as Bounce, Splash, Basketball, Soccer and the usual favourites in the form of YMCA Adventure and Soccer Camps, Tennis Clinics, Squash Lessons and Golf Clinics are all available, so there's plenty for all to do.

Look out for this month's Activities Calendar and for more details on how to sign up for "Sunday Quick Cricket" on the Main Pitch. Children aged between 10-16 can sign up at Reception on a first-come, first-served basis, and play cricket with their parents and friends from 2.00 to 4.00pm. The first innings took place on Sunday 23rd July.

We hope to run "Sunday Quick Cricket" throughout the summer, subject to pitch availability, of course, while the Sections, Soccer/Rugby, are in pre-season training. Please check with Reception and/or Notice Boards for any changes in August.

The Sports Department will also be putting on their annual 'Sports Fest' this summer, which is internally run by Sport Development Officers and Club coaches. Children of Members will be offered a variety of sports and activities on 10th and 11th August.

Thursday 10th August will focus on a variety of different Sports such as Squash, Basketball, Football, Cricket and Swimming at the Club. While on **Friday 11th August** a day out at 'Shek O' Beach has been planned, subject to favourable weather, with beach games, races and much, much more. Lunch is included on the 'Shek O' Beach day. Again, please see Notice Boards for details and application forms are available at Reception.

Moving on to the 3rd floor and the Tennis Complex - **Children's Tennis Camps** have been up and running since the 10th of July and there are still a few places available. The Camps run from 9.00am to 12noon. If you would like more information on how to join this popular activity please contact Mark Hopkins on 2830 9578.

Most, if not all the above activities have been available since the start of July and will run throughout August. The majority of our Members return towards the beginning of August and the likes of Mini Rugby, Soccer and Hockey return in September. Please feel free to pick up a copy of the Children's and Adults Sport and Activities booklet from Reception for more information on all the activities on offer at the Club.

Please note that the Sports Department will be carrying out 'random Membership Card checks', during this period. We have found, of late, that quite a few non-Members are being left on Club premises unaccompanied, so please familiarise yourself with the Bye-laws relating to the area, Sport/Activity and part of the Club in use. At the same time, the Sports Department

will also check the booking folders at Reception, again to ensure all Sport Bookings are valid and completed correctly.

Looking at other areas of the Club, you may have noticed that up on the Adult Swimming Pool-deck, one of the Gazebos has been decorated and is offering **Foot Reflexology** to Members. This has proved to be very popular, so please check with Reception to make a booking with Yoki Yuen. Don't forget there are a wide range of massage services also available to those of you who want to loosen up tired muscles or just simply have the stresses and strains of working in Hong Kong soothed away. Simply check the schedules and book at Reception to make an appointment.

As mentioned earlier, the Club has been seasonally quiet of late but returns to something like its normal self towards the end of August. Most of our competitive sides will be ready to start their respective league seasons and I would like to take this opportunity to wish all our competitive teams the very best for the 2006/07 season, whatever code of sport you play.

Well, that's it from me this month. See you at the far post.

TONY SEALY

Operations & Co-ordination Manager

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| Brake System Overhaul | \$ 900.00 |
| Clutch Mechanically Overhaul | \$ 1,000.00 |
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ITALIAN PROMOTION IN THE RESTAURANT

The Food of Italy, “A journey for food lovers”

From the 16th to the 26th of August we will have a special Italian menu that gives you a taste of a country that loves its food with a passion.

On the 20th and 27th of August we will be offering Italian Dinner Buffets, where you can join a culinary journey from the kitchens of Sicily to the cheese makers of Naples, through the vineyards of Tuscany to the food of Bologna.

Discover the food that defines today’s Italian cooking!



ETIQUETTE CLASSES IN SEPTEMBER

DINING ETIQUETTE CLASSES

Observing correct etiquette is just a question of practice.

We will be offering again two Dining Etiquette Courses for children in the month of September! These courses are offering unique learning experiences in acquiring proper table manners and social etiquette.

On the **16th of September** from 12.00noon to 2.00pm, we are offering a class for 9 to 11 years old.

On the **23rd of September** from 12.00noon to 2.00pm, we are offering a class for 12 to 14 years old.

Mrs. Christa Koch-Kessler, Principal and Lifestyle Counselor, will conduct these courses personally in the VIP Room of the Restaurant.

The course fee is \$420 per child. After booking, a cancellation fee of \$250 will apply, unless the vacant space can be rebooked.

Early reservation is recommended,
as both of these courses are limited to 12 participants only.
Please call Phoebe Pang at 2830 9513.

SUMMER SURF & TURF DINNER BUFFET

in the Coffee Shop on the 4th and 5th of August

We have pulled together a selection of some great grilling recipes.

Let's start the Summer BBQ season and invite your family and friends for dinner!



VIETNAMESE FOOD PROMOTION

in the Coffee Shop

From the 14th to the 26th of August we will feature a special "Vietnamese" A la Carte Menu.

On Fridays and Saturdays, as of the 11th of August we are inviting you to experience the Vietnamese Dinner Buffet!

The beautiful food of Vietnam will be offered in the Coffee Shop in the month of August.

Unlike Chinese cuisine and other Asian flavours, Vietnamese food uses hardly any oil. What makes the cuisine special is that its many courses are mixed with a huge variety of spices and seasonings. One piquant dish mixes sweet, spicy and sour, which will perk up your appetite.

HONG KONG TO BRAZIL

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LIVE IN THE SPORTSMAN'S

8pm to 11pm

Friday 25th August

Traditional cocktails, food and music for one night only.

Dress code = Green + Yellow

100% Brazil



LUCKY TREASURE GIFT BOX

MOONCAKE SALE

The Mid-Autumn Festival will be celebrated on the 6th of October.

The sales of Mooncakes at the Club will begin on the 1st of September.

Please visit or call the Coffee Shop at 2830 9569 for further details or refer to our Order Form.



GOLDEN AND SILVER GIFT BOX

AUGUST IN THE SPORTSMAN'S

Just when you thought the football was over, the first big game of the new season will take place on 13th August. Liverpool and Chelsea will fight it out to see who walks away with the 2006 Community Shield.

The Tri-Nations Rugby is in full swing, and with the international cricket live on the screens the Ashes is now being talked about a lot and many predictions are being heard.

With the summer salads accompanying your jugs of Pimms and fresh strawberries, we are continuing the rotation of buffet menus being served on Saturdays from 6.00pm during August.

5th = **Texan Smoker**
12th = **NZ Spit Roast Lamb**
19th = **Tandoori Corner**
26th = **Suckling Pig on the Spit**

On the beverage side we're looking at a new range of beers for the summer month from Belgium. Fruit-flavoured beer is what you'll see most people drinking ranging in different strengths so don't be scared when you realize how quickly they go down!!

Those who may be interested in a Crazy Golf Evening should pass over their names as we will be looking for teams of four to compete in our first Crazy Golf Evening in the Club. With the holes placed around the Club and different challenges set at each hole, a great night will be had by all and finished off with a perfect buffet. You can call Ian on Ext 531 for further details with the first round taking place in September.



FAMILY POOL PARTY

Friday 18th August

The Poolside will only be "open" to those Members who have booked for the BBQ Dinner Buffet and will be closed to non-participants on the day of the function from 5.30pm.

Booking forms are enclosed.

Dinner Buffet will be available from 7.00pm

6.30pm to 9.30pm
\$168.00 per Adult
\$98.00 per Child under 12 years of age

WINE OF THE MONTH

Antinori Castello della Sala Chardonnay 2004

Pale golden in colour. On the nose is fruity with clean varietal character and fine vanilla flavour. On the palate is soft and well-balanced, with an excellent structure.

Bottle \$228.00

Glass \$45.00



Villa Antinori Red 2002

Intense ruby in colour. On the nose fruity hints with fine notes of chocolate and vanilla through the ageing in wood. A complex, well-structured wine with smooth, stylish tannins.

Bottle \$260.00

Glass \$52.00

WINE DINNER IN SEPTEMBER

Concha Y Toro Wine Dinner on the 22nd of September

Concha y Toro is one of Chile's most historic wineries, and over the past ten years has become the country's leading ambassador in the international wine market.

Join Mr. Andreas Ballesteros, Regional Director of Concha y Toro who will introduce their well-established wines as well as their new and outstanding edition "Carmin de Peumo", Chile's first Icon Carmenere.





**FOOD & BEVERAGE PROMOTIONS
AUGUST 2006**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|---|--|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| <p align="center"><i>Please plan and make your reservations early to avoid disappointment! Please call the Restaurant on 2830 9562 or email Restaurant@hkfc.com The Coffee Shop at 2830 9569 or email CoffeeShop@hkfc.com</i></p> | | | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | | |  | Vietnamese Dinner Buffet -Coffee Shop | Vietnamese Dinner Buffet -Coffee Shop NZ Spit Roast Lamb -Sportsman's Bar | Brunch & Family Dinner Buffet -Restaurant Breakfast & Lunch Buffet -Coffee Shop |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Vietnamese A la Carte from the 14th to the 26th -Coffee Shop | Vietnamese A la Carte -Coffee Shop | Italian A la Carte from the 16th to the 26th -Restaurant  | Vietnamese A la Carte -Coffee Shop Food of Italy -Restaurant | Vietnamese Dinner Buffet -Coffee Shop Family Pool Party Food of Italy -Restaurant | Vietnamese Dinner Buffet -Coffee Shop Tandoori Corner -Sportsman's Bar Food of Italy -Restaurant | Brunch Buffet -Restaurant Italian Dinner Buffet -Restaurant Breakfast & Lunch Buffet -Coffee Shop |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| Vietnamese A la Carte -Coffee Shop Food of Italy -Restaurant | Vietnamese A la Carte -Coffee Shop Food of Italy -Restaurant | Vietnamese A la Carte -Coffee Shop Food of Italy -Restaurant | Vietnamese A la Carte -Coffee Shop Food of Italy -Restaurant | Vietnamese Dinner Buffet -Coffee Shop Brazilian Pool Party for Grown ups Food of Italy -Restaurant | Vietnamese Dinner Buffet -Coffee Shop Sucking Pig on the Spit -Sportsman's Bar Food of Italy -Restaurant | Brunch Buffet -Restaurant Italian Dinner Buffet -Restaurant Breakfast & Lunch Buffet -Coffee Shop |
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| | | | | Summer Surf & Turf -Coffee Shop Mooncake Sale from 1st of September -Coffee Shop | Summer Surf & Turf -Coffee Shop  | Brunch & Family Dinner Buffet -Restaurant Breakfast & Lunch Buffet -Coffee Shop |



Another successful HKFC Philips Lighting International Soccer 7's weekend has just flown by, securing its position as the premier tournament of its kind in Asia. Monsoon like conditions could not stop the classy, organised and consistent Urawa Red Diamonds from retaining the Cup, beating Aston Villa one-nil in the ever

exciting four-on-four sudden death format. Their feat was matched by Lorenz All-Stars as Club stalwart **Henrik Lorenz** assembled a side, spearheaded by Uwe Bein and Dean Holdsworth, who, between them, ran riot.

The Club side though had their own stars over the course of the two days. The Main tournament on Day

1 is always a test and with CLUB/Chairmans Select (CS) playing the likes of PSV, Manchester United, Celtic and South African newcomers Kaizer Chiefs.

The Plate competition beckoned but an air of respectability was maintained for the home teams. Manchester United after disposing of CS, looked to advance into the semi-finals of the Plate but **James Mckee** had other ideas.

After 'notching' in the first half and taking CLUB to a 1-0 lead for half-time, James scored a great second half goal. Using his pace and strength to win the ball from centreback, James powered on



to slide the ball past the goalkeeper. CLUB, although conceding late on, held on the lead thanks to possibly the find of the tournament for HKFC - **David Wong's** presence in defence was breathtaking. Every challenge he emerged with the ball and his gritty determination was only equalled by his composure at this level. There will be no hiding in the Colts next year!

CLUB fell to Rangers in the semis ending their weekend, and unfortunately, CS also fell at the same stage. In a goalless draw the game went straight to penalties and **John Pimlott**, who had scored in the quarter-finals, pulled his strike wide and Wimborne Town progressed.

The Masters CLUB and Master Select sides marched into the final stages of the Cup competition as winners and runners-up, respectively.





Day One saw CLUB Masters create many opportunities but the team was guilty of poor finishing. This left a nail biting wait, to see the final table position. Five points and six goals for was sufficient. Lorenz All-Stars lay in waiting for the Masters Chairman Select in the Masters Cup quarter-final and enter Mr Holdsworth, who raised his game as they eased into the next round.

To show this was no fluke, he then repeated the achievement against Masters CLUB to round off the host's participation.

With three from four teams reaching the semi-final stages, not one could take the next step. Yet this will be the year that we talk of David Wong's defensive performances, Chris Anderson's free-kicks, Pimmys' penalty, but most of all James Mckee's brace. ♦



A NIGHT OF SEASON 2005 -2006 TO REMEMBER – ROVERS REUNION



On a balmy spring night in April a host of Club names gathered at the centre circle to pay homage to the late **Manfred “Manny” Schoeni**. Following the Hong Kong Rugby Sevens weekend quite a number of long departed overseas Rovers graced the field for photos and the minute silence for Manfred, some even taking to their boots for cameo roles in the game afterwards. The overseas Rovers had come back for the very first formally organised Rovers Reunion and included our founder, **Ian Finlay**, his right-hand man **Peter Barnett**, **Mick Aitken** and his wife, **Sue**, **Frank Wingate**, and that dynamic full back of old **Keith “Maniac” Dwyer**, re-joining his partner of First Team glory days, **Guy Isherwood**. Moreover, retired Rovers were there like **Roger Knight** and **Nick Allen**. **Dave Ginsberg**, although the last performer removed from Club to be a debutante member at Clearwater Bay Country Club, he also turned out in memory of the grand Rovers Reunion and Manfred’s memorial match – quite a double header.

The opposition included two ancient Rovers to begin with, myself and **John Burnett**, as we were part of the original German All Stars that played with Manfred in Yau Yee League days. In fact, we had no less than nine of the original squad that Manny played with, six of whom are Football Club veterans, together with Club’s **Anto Grabo**:

| | | | |
|----------------------|-----------------|-------------------------|--------------|
| Henrik Lorenz | | | |
| John Burnett | Mike Richardson | Current GAS Centre-half | Mike Ashton |
| Keith Breitnel | Tim Bredbury | Mike Bentley | Derek Farmer |
| | John McKinley | Anto Grabo | |

Note that only two make-up players were used to start before the injuries began to hit. The first half was fairly even with most penetration from Rovers coming down the right wing where **Mike Ashton** looked somewhat exposed against a lively and dangerous **Sandy Dougie**. Ian played for the Rovers for the first 10 minutes as did Peter B and Mick – well done the old timers. As ever **Dave Brown** officiated as referee excellently.

Anto and **Tim Bredbury** were always a threat to Rovers and engineered quite a number of goals together. Keith got a great centre-forward’s goal for Rovers – a near post sliding boot in from a Sandy cross. **Henrik Lorenz** dived down bravely all night to cut out daisy cutter balls (a goalkeeper’s nightmare). Half-time was about an even score line but then a spate of injuries resulted in quite a number of Rovers having to guest for the opposition. John B played a half in which he saved a certain goal with a header over the cross

bar and then went off to nurse a nagging injury and then I, in the first minutes of the second half, went down with what I thought was a broken leg after a bad fall – the old timers coming to the end of the road.

With all the second-half team changes and disruptions perhaps, Rovers were handicapped – they certainly lost Sandy D, our most dangerous forward, as he had to get away early and additionally Henrik’s team no longer had two full backs who amass 125 years between them, and so the “Germans” pulled away to a 6-3 victory.

Rob Pendleton, Rover’s manager and function organiser, made the walk off speech and had Sue Aitken present the Manfred Trophy as the Schoenis, wife and daughter, could not make it that night.

At the Sportsman’s Patio an open-air buffet greeted all and Ian gave a great cockney oration on the general festivities with his eloquent soliloquy to the professional footballer of old as compared to the effete spoiled superstars of today – great stuff Ian and spoken in the language of my Bermundsey old man!

Ian also made reference as to how Rovers were founded – Club agreed that there were so many Soccer Section players floating around in 1980 displaced from Club competitive teams by a new in-rush of expatriates to Hong Kong, particularly with the MTR construction project, that there just wasn’t enough room for them in the other two social teams “Dynamics” and “Gazelles”. That inaugural match which Fin remembers as a 3-0 win over Gazelles and in which he scored a goal I will not debate over – it definitely was against Gazelles though and definitely a Rovers’ victory. Of the original team for that day our collective memories have traced the following line up:

| | | | |
|---------------------|--------------|-------------|---------------|
| Mike Jenkins | | | |
| John Hunt | Dave Suff | Tony Shield | Peter Barnett |
| Mike Tynan | ? | Ian Finlay | |
| Marshall Byers | John Burnett | Mike Ashton | |

Lorenz GAS 6
Rovers 3





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Messrs Suff and Shield moved over to the Dynamics after two seasons (influenced largely by the arrival of excellent centre-half **Mike Watson**), I left after just one season to give youth to the very old Dynamics but returned to Rovers about 10 years later. JB, after leaving for a stint at Gazelles several seasons on, also returned to Rovers. Marshall Byers and Mike Jenkins are retired from soccer and still in town but neither of them made it for the night although informed – both caught with other pressing matters.

Ian and Peter had, of course, arrived to join us for the night from overseas (Portugal and Australia). John Hunt, the West Country man, returned for a while to his origins to stay with his father, and then went to Saudi to teach English – that’s the last we’ve heard. I know nothing of what became of Mike Tynan but he has, of course, left Hong Kong for many years since the early 80s and birth of the Rovers.

Reminiscences of the old days bandied about including some, of course, in tribute to Manfred – the most potent striker German All Stars ever had and over many seasons, and then the oldest regular striker that Rovers have ever fielded and any other Club social team for that matter – he was scoring goals for Rovers in his late 50s. Three cheers to Rovers at home and away and the same for the German All Stars of old that Manfred knew, and three cheers to all absent comrades like **Ben Mayfield**, **Tony Davies**, **Tony Ostenheimer**, **Paul**

McGuinness, **Mike Jenkins**, and **Geoff Trotter** to name a few, and most of all to those departed for the next world: **Dave Edwards**, **Steve Mater**, **Sammy Li**, and of course the inimitable Manfred Schoeni.

A final tribute must be extended to the likes of four players, all pedigree top draw and there for this special occasion – **Peter A’Herne**, **Frank Wingate**, **Keith Dwyer**, and **Guy Isherwood**, all of them a Rover when as former star first team players they had been chased after by Dynamics and Gazelles – but chose us gang of underdogs instead, same too for Club’s top marksman **Ronnie Doctrove**, who although informed, had pressing private matters that night.

As the sands of time pass through the hour glass we were reminded by “Fin” (Ian Finlay) that the time will come when we have to have a “collective” memorial match as so many of us drift closer towards the grim reaper, there’ll just be too many dead to have individual memorials – I’m the oldest playing Rover at 65 – just, but **Paul McGuinness** is the oldest living Rover, living life to the healthy full in California (still plays 6-a-side football at 70 plus(?)). I wonder who will be the next we’ll be commemorating!

Meantime always a Rover, and always a Club man. ♦
Mike A

Y8 Mini Soccer crowned Champions of HKJF 1993 Year Group



Golden boot Phil

The past season proved to be one to remember for Team 1 of Y8 Mini Soccer. Not only did they win the championship of HKJF (1993 Year Group) League Games convincingly, striker **Philip Bliss** also won the Golden Boot award with 17 goals in nine games. They scored a total of 37 goals and conceded only six in 10 games. Coached by **Martin McDonagh** and **Ahsan Pervez**, the squad comprised **Dominic Price**, **Sagi Eldar**, **Rohit Rathi**, **Viren Mahtani**, **Alex Norton**, **Russell Webb**, **Leo Woodward**, **Philip Bliss**, **Ben Foley**, **Euan Wilson**, **Rahul Liu**, **Zac Dawson**, **John Bound** and **Lloyd McDonagh**. ♦

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CONTEMPTIBLES TOUR PHUKET 2006

With some trepidation, I approached the prospect of another Phuket tour. But look on the bright side, we obviously can't make the same mistakes as last year....or can we? Early phone calls to Quill confirmed that he was on the ball and that numbers were looking good for strong Vandals and Contempts squads. Now, the cynical amongst you will express some incredulity at my taking a lawyer's words at face value, but I thought that the fact he had co-opted Sully to coordinate all this would give us a good chance. Duh!

As the big day neared, I began to realise that we certainly wouldn't be as badly off for players as we were last year....nope, we'd be much, much worse. Even Quill's opening of the tour to family members, an offer only taken up by his wife and daughter I must add, did not give us sufficient for one 10's team. Understandably, both females were a tad reluctant to take their boots and Quill did not seem amused when I started singing, 'We're all going on Quill's summer holidays'. Admittedly, I don't sound a bit like Cliff Richard.

Even with such limited numbers we still could not get everybody on the same flight. Quill, quite fortunately, managed to get his party of three onto the early flight whilst Rich Simpson arrived mid-afternoon. Rob Christie, Colin Begg and myself were on the evening flight so that

it didn't clash with work. As we had all taken a day's leave the logic of this did seem to escape me somewhat. We were met in Phuket by Chetan Sharma and Steve MacLennan, the latter actually rented a car to pick us up at the airport and Quill, to reluctantly give him some credit, was also there with a bag of beer.

One benefit of the late arrival was that it gave us less time to wreck our physical preparedness for the next day. Of course, Rob immediately rose to this challenge and ensured that I stayed out with him to the early hours. After Chetan's rather liberal ordering of Tequilas and several other disgusting drinks during the evening, I felt that my speed and agility on the park may be compromised the next day.

This year saw a change of venue from the sand dunes and bunkers of Karon to the quite grassy and level pitch of Phuket Town; a bonus for the rugby purists as it should allow a more open and flowing game. Just the ticket!

Our first game was at a reasonable time and allowed us to spend some time before the match combing the sidelines for waifs and strays who fancied a game. The Pot Bellied Pigs volunteered several and we kicked off in the early afternoon against the Old Bangkok Bangers who insisted that we play to old codgers rules. As most of us were unsure of even the normal laws of the game this did give them a distinct advantage; they had been using these in training for several weeks. They knew what sort of tactics worked best with these new rules whereas Contempts hardly knew each other. Obviously we lost, but I did have the satisfaction of hurling a Frenchman into touch and straight onto the metal grating a few feet away. He was a bit *malheureux* about that.

The second and final game of the day was against Old Bill 'B', impeccably attired in fancy dress. A good psychological warfare move as I defy anybody to want to tackle a policeman dressed as a gay cowboy extra from 'Brokeback Mountain'. Laughter, and hands meeting anatomical parts that they would have preferred not to have touched, did seem to disrupt the game. The deadlock was only broken in the dying seconds as Rob stepped in to the fly half position at a ruck on the half way line and demanded the ball. Chetan's pass was a little wayward but Rob took it at full stretch before unleashing a monster drop goal from our 10 metre line that bounced on the cross bar before going over just as the final hooter sounded.

On Saturday evening the festivities were at Molly Malones and Quill had decided that we would be in fancy dress supplied by him. Colin was our entrant in the Beauty Contest and, although the prettiest of the bunch, did not win. Rob and I were dressed as Russian sailors, a quite worrying prospect considering the number of Brokeback Mountain cowboys in town, whilst the rest were wearing camouflage gear. We did try to interrogate Quill as to why he actually possessed Russian military uniforms but he declined to comment on what he does in the privacy of his own bedroom.

As the earlier parts of Saturday evening were spent watching Sale cuff Leicester in the Guinness Premiership

Final we only managed to sink two gallons of beer each before going out for a few nightcaps and an early night. As described earlier, Colin was dressed for the beauty contest and he did cause some consternation around town as various "Katoeys" saw him as unfair competition.

In one bar a woman spoke to him for several minutes before realising he actually was a man dressed as a woman rather than a not very pretty woman. Colin was proud of the success of this masquerade, however, I didn't like the fact she thought I was his husband.

Another relaxed start the next day as we set off for the semi-final of the Coffin Dodgers Plate competition just after lunch. Oh, what a joy after last year's early starts and extra games. Major dramas on arrival as we scoured the touchlines for players only to find the Pot Bellied Pigs had returned to their hotel to relax in between games. After several laps of the pitch we found the Malaysian Old Rufferites (MOR) who had already received a bye in their semi-final when the Brokeback Mountain Boys had elected to stay in bed and do some cow punching; or some other such cowboy-type activity.

Dashed sporting of MOR to play so well and get us into the final to play against them by beating the Phuket Viagrabonds quite convincingly. The Viagrabonds proved to be quite stiff opposition but eventually they folded under pressure and limped off.

Obviously, we would have to secure a different source of players for the next game but we all felt quite rested

as the MOR boys all played full games whilst we made full use of the rolling subs option.

And so there we are, the Plate Final, the curtain raiser for the remainder to follow. Pot Bellied Pigs had resurfaced and were as keen to play as we were keen to borrow some of their less youth challenged players. Star turns were Harry, spitting image of Harry Potter and obviously on mid-term break from Hogwarts, and Goose from Kowloon. The game started with a bang as Rich trundled forward from the kick off and then bounced off the opposition, fortunately Chetan then took the ball off him before releasing a fine pass to Harry who, with a little magical sidestep, sent Steve an inch perfect pass that he shipped on to Colin who scored.

Straight back again from the kick off and Goose hit the receiving player hard before ripping the ball clear and passing to Quill who stormed up the middle with Christie on his shoulder. Tackled on the 22 and Rob got the ball away to Harry who misjudged my lightning pace and passed the ball forward.

Not to worry, the defence was sound and we eventually retrieved the ball for the guesting P.B.Pigs to make some hard yards up the middle before the ball was slipped to Steve who ghosted through to score. MOR came back strong from the kick off and we were giving ground slowly but surely before the ref spotted some infringement and gave us a saving penalty. Quick tap and we were soon back on the offensive, considering the alcohol and food consumed the

previous night – this was very much a constant description throughout the match. Hard work from the forwards and quick recycling created gaps and the MOR defence eventually buckled before Harry kicked his broom into top gear and scored. So, 17-0 and only a few minutes left. Lapses of concentration in defence and some slick handling from the MOR saw them post their first points. No panicking now as they have to score twice in a minute to steal the game. Chetan obviously did not think this was a good idea and elected to take a tap and go from a penalty without telling anybody. The ensuing loss of the ball and further five points from the MOR did not endear him to the rest but he paid for it at the fines session.

Plate Winners by a margin of 17-12 so we stayed to watch the remaining finals where my shorts made an impact; they scored and were on the winning side. What a result, silverware from two finals! Actually the only silverware was for my shorts, worn by Goose in the Cup Final. The Plate Final Trophy did not even rate as Tupperware as the organising committee had not arranged one. However, considering our tour organisation I think that the presentation of a Paper Plate with a handwritten logo of "Coffin Dodgers Plate Winners Phuket 2006" was a most appropriate reward for our efforts.

Another brilliant tour not organised by anybody really but eventually everything worked out. Can't quite understand why more of you don't come along. See you next year????????????????????◆

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Chairman's Comment



As you should all know by now this is my last Chairman's Comment, and by the time the Magazine comes out both myself and Janine will be back in sunny England, with the whole nation celebrating England's win in the Football World Cup Finals (well you can but hope!). Thanks!

Since this is my last column, first, I must say some thank you's. First and foremost, last year's Committee. Although too numerous to mention, I would like to thank in particular, **Jason Parry**, **Fiona McLean** and **Karen Lee** as Men's and Ladies' Captains and Convenors who carried most of the burden over the year and did a splendid job. Also **Val Potts** (especially with the Burn's Night) and **Russ Bennett** in Social, **Nick Ridgewell**, who has cheerfully taken up the poisoned chalice of Treasurer, **Fergus McCoig** for his unstinting support as GC Rep and, last but not least, **Nina Voce** as Membership Secretary which is always a tough and time consuming job. Of course, thanks also to all the Team Captains and all those who helped with Mini and Youth Hockey.

I'd also like to thank the guys who ran the Easter 9s under the able command of **Will Probert**, including **Chris O'Neil-Dunne**, **Annabel D'Aveillez** and **Yeng**. Also a massive thanks to the guys at GFI for their sponsorship of the Section which should extend from this season through to 2007/8, in particular **Jurgen Breuer** and "Dark Alley" **Dave Bradford** for their help in finalising the sponsorship deal.

I'd also like to thank all the Staff at the Club who have helped the Section this year, including Mark Pawley, Tony Sealy, Kerry Ogle, the Sports Department and, of course, Ian and his staff in the Sportman's, who ensured a ready supply of drinks for the fines sessions.

In addition, I would also like to say thank you to **Simon Chapman**, **Simon Bach** and **Martin Harris**, who put so much time and effort in coaching the Men's and Ladies' teams and **Jason Parry** and **Roger Nissim** who did so much with the Youth. Also thanks to Terry Mitchell and **Jo Meredith** for their work with the Minis.

Last and not least both Janine and I would like to thank you all for being so welcoming to us both when we joined and throughout our time playing for the Club. It is the spirit welcoming nature of the Section that sets it apart within the Club and I hope that you will all be as welcoming and accepting to new members when they join as you were to us.

National Representation

Having got that out of the way, you will all be glad to know that both the Ladies and Men's Hong Kong National squads have made it through to the Asian Games in Doha. Naturally, the Section was well represented in both.

The Men's side went through after a qualifying tournament in Bangladesh, where I understand that the standard of the accommodation was a sight to behold. In the squad from Club were, **Chris Marshall**, **Paddy Fok**, **Guv Dillon** and **Paul Chima**. Whilst this has been well-publicised, what may not have been mentioned was that our own Simon Chapman was also there as the National Team Coach, a position I understand that Simon will be taking on full time.

On the Ladies side, this is the first time that Hong Kong Ladies Team have made it through to the Asian Games, so a great achievement. Representatives currently playing for the Club in the Hong Kong squad include **Dawn Strachan**, **Mel Myers** (nee Braithewaite, if you haven't kept up with the regular births and marriages column), **Sophie Foxall** and **Barbara Mountain**. I was told by Dawn that the Ladies side qualified by virtue of Iran not turning up to the qualifying tournament but I am not sure how serious that was!

Congratulations to you all and we'll all be routing for you in the Asian Games.

HKFC Hockey

To get back to what is happening here over the summer, we have started an Indoor Men's Hockey

League, including teams from across Hong Kong's Premier and First Divisions and things are going well, both as regards playing and organisation.

As you will also no doubt know, the Outdoor Mixed Summer Hockey League will be starting soon and if you haven't signed up yet get in touch with one of the captains, details can be found on our website www.hkfhockey.com, which has also been revamped.

Details for Hockey Week will be coming out in the not too distant future. I would encourage everyone to turn up and try, because there will be pressure on squad sizes and consequently selection next season.

And finally.....

The Committee for next season has been chosen at the AGM and will be announced in the next Club magazine, by your new Chairman. However, I am glad to announce that **Angus "Gus" Emmerson** has agreed to step up and take over to steer the good ship S.S. HKFC Hockey. You will also be glad to know that to ensure stability a good portion of last year's Committee will be continuing on the Committee, whether in their previous roles or not.

And so, all that is left to say is an emotional farewell (after seven years) and whilst I say that this is my last column ever, I've said that before so don't be surprised if you see us back at some stage in the future (maybe even sooner than you'd think)! ♦ -Banksy

DINOS BID FAREWELL TO SANDY PESCOD



*Sally unwrapping
farewell gifts
from Dinos*

On Saturday 24th June, the Dinos gathered in SoHo to see **Sandy Pescod** off in style after 25 years of living in Hong Kong...more than 15 years of those have been spent playing Hockey for the Ladies A, C, and D teams, let's not mention those years with Gremlins and shock horror, Valley! Whilst in the C team, Sandy played alongside her daughter **Kelly** and another Dino daughter, **Rhiannon Southwood**.

Three seasons ago, Sandy joined the Dinosaurs playing alongside former A teammates **Heather Deayton** and **Sue Cowland**, former Valley player **Lisa Foley** and former Gremlin **Yvonne Shannan**. Playing on the forward line for the Dinos, Sandy hit the backboard at regular intervals often from Captain **Cathy Hopkins**' crosses. Sandy's other claim to fame is that she was one of the first recipients of the Dirty Dancing Award, donated to the team by former Dino **Joan Phillips**.

Sandy and her family are off to Brussels for three years. Sandy will be much missed not only at Club but at Island School where she has taught for 25 years. The Dinos wish Sandy, her husband **Duncan** and children **Kelly**, **Owen** and **Adam** all the very best. ♦

Eventually I am very pleased to be able to tell Society members that we have secured a sponsorship deal for the Golf Society. Our new sponsors will be Swiss Privilege, a leading wealth management organisation who are part of the Winterthur/Credit Suisse Group. I will be writing to all Society members with more details of the arrangement. However, you should all be aware that as part of the deal *free golf insurance* will be offered to members for one year. It is great news for the Society and we look forward to a successful and fruitful partnership with our new sponsors.

19th Hole with the Chairman



Unfortunately, due to the bad weather, we had to cancel the Tennis Challenge match with the Tennis Society scheduled for Sunday 28th May. We were able to carry on with the excellent brunch in the Restaurant after and following a few champagnes, renewed challenges were thrown down and we look forward to our matches on the Tennis Courts and Golf course with the Tennis Society after the summer break.

Following the little flutter of outings we had in May and June (see reports elsewhere I hope) we will be heading into our 'quiet spell' over the 'summer months' with only a visit to KSC (South) planned for 21st July followed by a BBQ and beer whilst watching the action of the second round of the British Open.

Following our break we look forward to our golf season getting under way again starting with the annual Ryder Bowl Challenge with the American Club in mid-September. Other exciting matches and events will also follow so keep tuned in to our website and the Golf Society Notice Boards located outside the Simulator Room and in the corridor to the Sportsman's Bar.

We're still planning a long haul tour to Perth, Western Australia in early October and hopefully details will be announced shortly. In the meantime for all of you about to embark on your summer holidays, have a great time and if you're golfing 'may the wind always be on your back'.

Cheers!

– the details of which will be announced separately at a later date. To commemorate the new relationship a 'draft' cheque from Swiss Privilege was presented to the Chairman that evening.

As our tradition, each table was given a Golf Quiz, which was prepared by Club Hon. Secretary **Iain Valentine**, to show if our interest in Golf is not limited to just going to the Golf course and trying to score less strokes. The winner was the Chairman's table who unashamedly collected the prizes and donated them to his table guests. The 'wooden spoon' table was **Mike Hamlyn's**. Quite rightly, the prizes were books on Rules of Golf Illustrated (donated by HKGA) and some bottles of wine.



Shauna Davis

Next was the trophy presentation of our major Golf events: The Club Championship was won by **Bob McKirdy**, The Summer Cup winner was **Jonathan Li** and The Walmsley Cup was won by **Tommy Tse**.



Kevin Tse

The morning of the Annual Dinner, 37 members and guests participated in the Society's monthly event at Kau Sai Chau, South. The weather in Hong Kong has been very unsettled for the past four weeks. The forecast

for the day was not very favourable, but like our last month's event, the golfers were very lucky. Yours truly wondered if the Committee members have a divine inspiration when they decided on the dates of Golf events. Of course, heaven opened after we finished our round, and Black Rainstorm warning was hoisted the next day!!! The Chairman presented the prizes to all winners during the Annual Dinner. **Richard Tinlin** won the Stableford competition with 37 points. And Ladies best stableford was won by **Shauna Davis** with 34 pts

ANNUAL DINNER and Kau Sai Chau Golf Event

The Annual Dinner was held in the Happy Valley Suites on 8th June and was attended by 71 Society members and their guests.

Society Chairman **Mike Gray** ran through the Golf events we had held in the past 12 months – a total of 23 outings! With the aid of a slide show, which was professionally prepared by our web master, **Andrew Yuen**, we revisited the happy moments of the winners' faces at the prize giving.

The next highlight of the evening was the speech given by **Swiss Privilege's Dallas Reid**, who is also our long-standing member. Swiss Privilege has now become the Society sponsor, which means all GS members will have the benefits Swiss Privilege has offered and will be offering



Dallas Reid presenting the cheque to Chairman Mike



Wooden spoon table: Allan Homeming, Eva Fan, Bonnie Leung, Des and Kaye Hastie, Michael and HS Hamlyn

(on count back). Runners-up with also 34 pts went to **Allan Homeming** and **Dorothy Lam**. Men's Longest Drive went to **Cliff Forster**, Ladies to **Esther Lenan**. The winner of Near Pin competition on hole No. 2 was **Kevin Tse**, No. 5 **Lynda Coggins**, No. 11 **Eva Fan** and No. 16 **Cathy Neish**.

The Table and the Door Prizes at the Dinner were generously donated by Swiss Privilege, Lotus Hill Golf Resort and Greenice Tour – so a big thank you to them.

A good time was had by everyone, and the open bar was extended to satisfy those of us who didn't want to leave. Last, but not least, is a big thank you to **Adie King** for her magnificent inputs and hard work in making all the Golf events a success♦

Kau Sai Chau

Our monthly golf outing to Kau Sai Chau was attended by 20 golfers on 26th May from a low handicapper of 10 to a high 36. We all enjoyed the challenge the course has offered and the social outing organised by the Golf Society.

We were very lucky with the weather – a perfect dry day after a week of rain and followed by more rainy days after that!!

We left the Club at 7.15am and managed to catch the 8.00am ferry, which gave the first flight at 9.00am enough time on the driving range and practice green to warm up.



Stable winner Allan Homeming

Despite the construction of the East course, which was in progress, the disruption was negligible. (Our sources told us that the East course will be opened to the public in September 2007.)

We all kept or tried to keep the 4-hour round target requested by the golf club, except at a number of holes where some took longer than permitted, hence a few warning words from the marshal.

We did not have many of our usual KSC-S high scorers that day. **Allan Homeming** scored 43 stableford points, followed by runner-up **Eva Fan** with 38, and the rest of the participants scored disappointingly 32 pts and under.

The Men's Longest Drive was won by **Andrew Wood** with his big head driver. (Watch out everyone, **Christophe Baleyte** is coming with the challenge at the next opportunity using an even bigger head driver.)

The Ladies' Longest Drive went to **Lynda Coggins**. **CM Ko** won the Near Pin contest on Hole No. 2. **Jennifer Luk** was winner on both Holes 5 and 16. While **Cathy Neish** took the prize on Hole No. 11. Well done to all. ♦ *Esther Lenan*

PRESIDENT vs CHAIRMAN Match, Lotus Hill 13th/14th May 2006

The annual challenge between teams representing the Chairman and President departed from its usual date just after the Rugby Sevens and location due to the unavailability of Fanling. This year we tried something different by holding the match at Lotus Hill over a weekend. Rather than have the match played over two days, we decided to just have it on the Saturday so that players could relax more at night and enjoy a more 'friendly' Pairs Stableford event on the Sunday.



It seemed like a good plan, but in keeping with the problems that seemed to befall this particular fixture this year, two late call offs and one 'no show' meant that the entire draw for the match was in disarray! Not to worry, the Chairman did a bit of re-jigging and came up with a rather novel three matches of four-ball and three matches of three-ball (two against one) for the 21 players.

In the 'real match' the Chairman, **Mike Gray** and **Owen Davis** managed a closely fought win by one hole against the President, **Lynn Edwards** and **Dallas Reid**. Unfortunately for the Chairman, the next two matches saw wins for the President's Men (and Ladies), **Andrew Wood** and **David Connolly** pipping **David Fergus** and **JP Cuvelier** by one hole followed by **Jonathan Li** and **Esther Lenan** trouncing **Mike Belbin** and **Michael Yip** by 4/3. In the three-ball matches, **Peter Nie**, representing el Presidente, had a better stableford score than either of his opponents, **Cecilia Tso** and **Rowena Yip**; **Beatrice Lin**, again representing el Presidente with **CW Tso**, had a better score than the Chairman's **Henry Yip**. Late consolation for the Chairman came in the form of his fast improving wife, **Rochelle**, as she had a better score than either **Mildred Abaco** or **Jaieur Belbin**. So, in the end, the Chairman conceded defeat to the President by four matches to two. This the first time since the challenge started that the President's team had prevailed. Congratulations then to Lynn who collected the trophy from Mike at a sumptuous Chinese dinner after the golf on Sunday.



Pair winners

As for Sunday, we played a 'better ball' Pairs Stableford with, not surprisingly, some very good scores being recorded. Winners with 48 points were Andrew and Beatrice, runners-up with 46 points were JP and Lynn.

Over the two days, there were the usual generous prizes for Near Pins and Long Drives, the roll call of winners, ladies first, being Beatrice, Esther (twice), **Rowena Yip** and Rochelle. For the men Owen (twice), Mike B, **CW Tso**, JP, Andrew (twice), Dallas and finally David (for long drive believe it or not!).

Adie King couldn't make it for the weekend due to the strains of moving house but we just managed to survive without her organisational skills, don't know how but we did and had an excellent weekend to boot! More weekend events are definitely in the offing. ♦ *Mike Gray*

Summer Cup

Friday 16th June saw 26 golfers making the journey to Macau to compete for The Summer Cup at Macau Golf & Country Club.

Christophe Baleyte found the first hazard of the day at Immigration, when despite having visited Macau previously, was not allowed to exit as he did not have a Permanent Identity Card nor his passport. His "Mais qui I 'ave been before" cutting no ice with the Immigration staff. However, he quickly recovered and telephoned

his wife who charged to the terminal with his passport and he managed to catch a ferry only 30 minutes after the remainder of the group. The first save of the day.

The day was hot and humid and with the assistance of as much liquid as possible in travelling the course, everyone had a great day even if some of the Golf was not up to par.

The event was the first to take place after our sponsorship agreement had been finalised and as part of the deal, we welcomed a couple of Swiss Privilege's nominees who took part in the event.

The big guns of the society competed for the Summer Cup with **JP Cuvelier** setting the early pace followed by **Dallas Reid** and **Bob McKirdy**. Dallas and Bob were in the same flight and although Dallas was more consistent with his drives, Bob showed that 'Driving is for show and putting for dow' as he had the best gross of the day with 78, won with a better inward half from Dallas. Some of his putts were very long and winding and put pressure on Dallas. However, Dallas did win the money at the end of the day and enjoyed having the photo with Bob handing it over.



Summer Cup Winner JP Cuvelier

The best lady on the day was **Luz D'Sousa** with 32 points.

In the Stableford competition for the Summer Cup, JP won with 36 points, Dallas was second, on count back with 35 points and **CM Ko** was third on countback with 32 points.

Nearest the Pins on the day went to Bob on holes No. 4 and 14, **Ellen Chan** (of Swiss Privilege) on hole No. 6, JP on hole No. 11 and **Cathy Neish** on hole No. 17. The Longest Drives on hole No. 18 going to Dallas and Ellen.

Following the match and after a much needed shower, the players gathered on the veranda for another excellent buffet and the prize presentation. During this time, Lynn provided a couple of bottles of Champagne for the ladies in payment for not reaching the ladies tee at the 'long drive' hole!

Once again thanks to **Adie King**, who did not play as she had a shoulder problem which was eased by a good massage, for coming along anyway and organising the event to her usual impeccable standard. ♦ -By Lynn Edwards



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Swimming Club Update

What is that? I hear you ask. Well, yes, the HKFC does in fact have a very active swimming club which meets regularly for training sessions for swimmers to improve their fitness and the occasional competition.

So it was one wet and windy Saturday night in May the Swimming Team had an opportunity to “strut their stuff” against the highly competitive and well-conditioned Ladies Recreation Club swim team. The Hong Kong Police were also kind enough to send along a few of their fastest swimmers as well (who just about won everything they entered – luckily there were only four of them).

We recently introduced a new “grading” system where swimmers were entered into categories of “Elite” (for those really fast types), “A” (fast), or “B” (leisurely fast). The Club Team was well represented in all categories and showed that a lot of people have improved their times compared to recent competitions.

Anna Mathisen and **Sheena Ashford-Tait** were on display recording very fast times against the best the LRC had to offer.

Joanne Horne, **Anastasia Poon**, **Sandra Bredbury**, **Polly Evans** and **Heather Quinn** showed the depth of the HKFC squad with all recording excellent times and even recording PB’s. Look out, if these girls keep improving, we’ll be the Club to beat!

*The men were there in numbers against the HK Police and the mighty LRC men’s team. **Martin Lodge**, **Toby Jones**, **JJ**, **Kwong Fung** (lifeguard), **Mike** (lifeguard) and **James Shorties** were all ably led by **Guy Horne** in matching the LRC win for win with some impressive times on display – so much so that it all came down to the relays to determine who would be the winning club on the night.*

The LRC just beat the HKFC in the men’s and women’s freestyle relays (only by a matter of seconds), but the medley relay and the squad relay (eight members x 25 metres free style) was where HKFC really showed it had the depth and speed to come out on top by 10 points!

In the end, a great night was had by all and was finished up with an excellent job by Colin Begg and his Sports Attendants giving up-to-date results. Kenny and Kevin from F & B also outdid themselves by putting on a fantastic BBQ buffet for the swimmers and their supporters. Over 40 people stayed around for the food and celebrations.

Keep your eyes out for the next Swimming Gala and come along and join in. The Swim Team trains regularly on Tuesday nights from 8.00 pm and we are always welcoming new members. We have room for more and you can dive in and swim with people of all abilities – you never know you may just learn something new or even improve your time, not to mention keeping fit in the process!♦



Splash and Dash Aquathon Series, Repulse Bay

HKFC Swimming Club members came out in force for the inaugural race of the 2006 Splash and Dash Aquathon Series in Repulse Bay on 30th April. Two different race lengths allowed members of all experience and fitness levels to join in the fun. The racing began in open water along Repulse Bay beach and continued along the Deep Water Bay promenade.

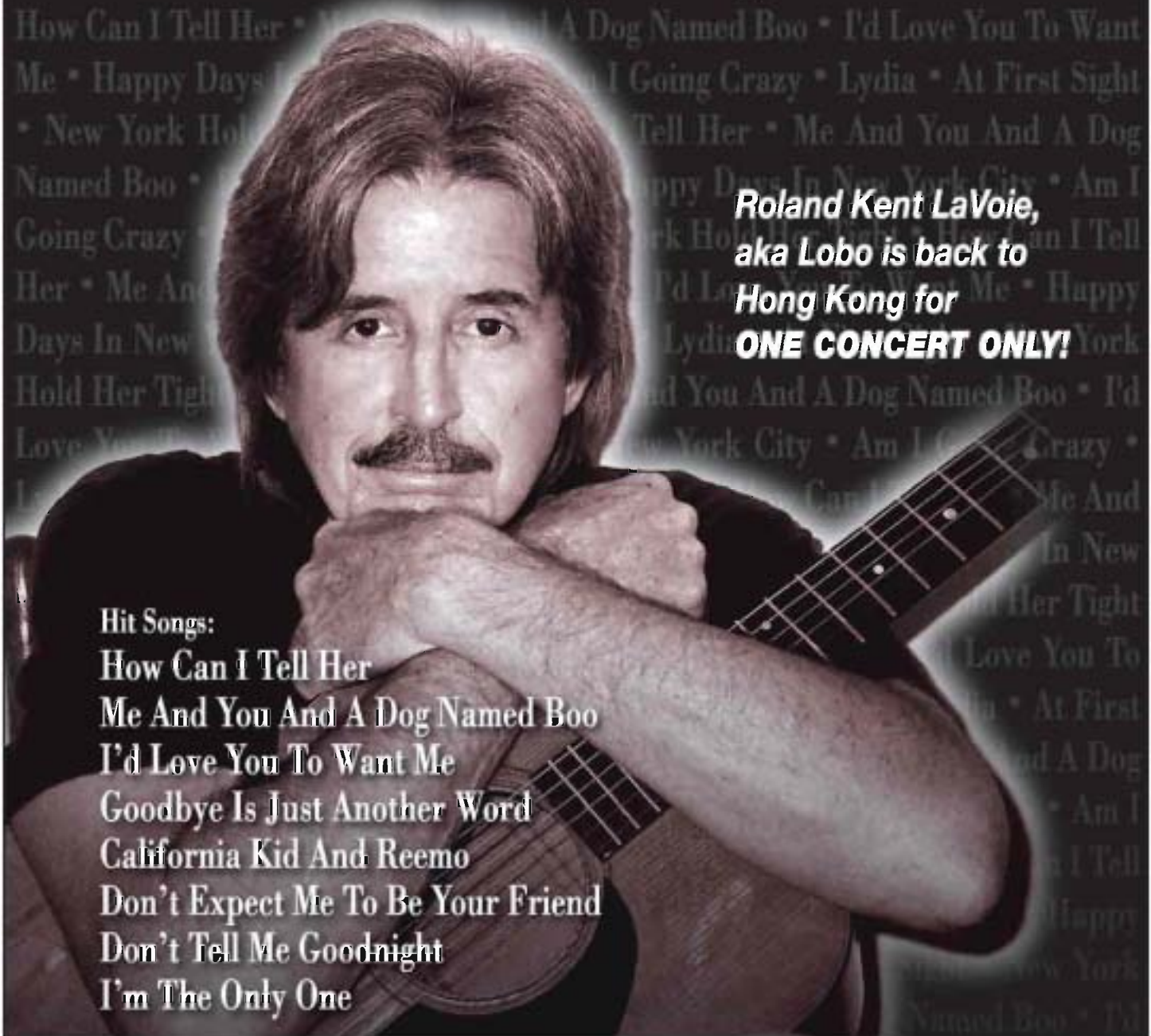
Challenge length (750m swim and 5km run) finishers included **Joe Wojcik** who placed second in his age group, **Anna Mathisen** fourth in her age group, and **Mike Church** who finished 14th in his age group. **Brooke Wojcik** finished second in her age group on the Sprint distance (350m swim and 1.5km run).♦



Joe and Brooke Wojcik

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2006 Aquathon Series for Ultrakids and Age Groups

Swimming Club members racked up the prizes at Race 3 of the 2006 Aquathon Series for Ultrakids and Age Groups in Repulse Bay on 11th June. Sponsored by The Hong Kong Triathlon Association, three race courses provided various swim/run challenges to competitors between the ages of 8 years and 50+!

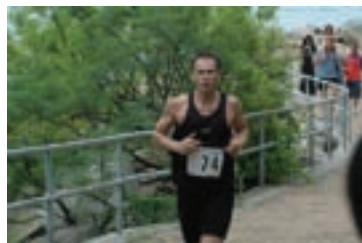
Congratulations to Swimming Club captain **Sheena Ashford-Tait** on winning her age group. Sheena finished her 500m swim combined with 5K run in exactly 30 minutes.



Ladies Aquathon Age Group Winner, Sheena Ashford-Tait with Joe Wojcik displaying the silver in his age

Club continues to meet and train every Tuesday evening from 8pm to 9pm in the Main Pool. Pick up your application at the Reception or stop by for a trial session. Don't be intimidated. ALL LEVELS are welcome.

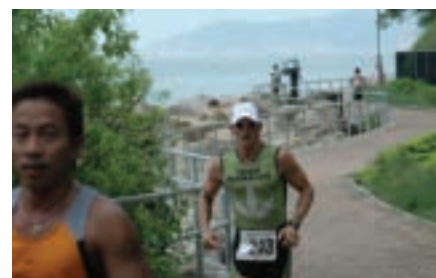
For those interested in running and/or triathlon there is a training session prior to the Tuesday night swim at 7pm at the Happy Valley track. ♦



Duncan Ashford finishing strongly

Also on the podium was Swimming Club triathlon coach **Joe Wojcik**, finishing second in his age group in just under 26 minutes. Other Swimming Club competitors included **Anna Mathisen, Jo Horne, and Duncan Ashford.**

With summer virtually here, there is no better time to improve your swim skills and boost your training programme than right NOW. Swimming



Joe Wojcik powering for the finish line

SQUASH

Tip of the Month

Racket Movement

1. Speed of racquet preparation to increase shot options, accuracy and power.
2. Shortening of stroke. This is connected to racquet preparation. Increase possibilities by using the wrist. Especially useful in the front and the middle of the court.
3. Pause before stroke. Again this can increase deception in all areas of the court.
4. Grip position. Basic open position for backhand and, especially, forehand! Low and open for defence (in the corners), high and open for attacking kills, early volleys and drops, high and flat for power strokes.

Movement Technique

1. Ready position – split your feet to gain maximum balance at your opponent's point of contact of the ball. "T" position depends on your own quality of shot, how well you can read your opponent's swing and your own confidence!
2. Explosive first movement / step. Speed and power.
3. Balance, poise, thought, stretch to the ball!
4. Explosive movement out of the shot, back to the "T". NB: Movement to the ball, striking the ball and moving away should all come together to increase rhythm and timing.

Match Tactics

1. Try to impose your preferred style of play on the match. Be aware of your own strengths and weaknesses and try to discern those of your opponent.

2. Try to control the "T" as much as possible. Take the space you require and be positive about all your strokes.
3. Be prepared to change quickly from attack to defence and vice versa.
4. Use the dimensions of the court to your advantage – high and wide, low and tight or fading. Don't give your opponent too many easy balls to volley.
5. Use the warm-up to concentrate your mind on your own strokes and see if your opponent is confident/nervous or has any obvious weaknesses.

Physical Conditions

1. Aerobic fitness will be improved by cycling, running, swimming, but during the Squash season most training should be done on the court.
2. Strength and power can be

greatly improved in the gym/fitness studios. Leg squats and lunges will make your upper legs and hips much stronger. You should also keep your stomach and back strong. Any work with weights should not be too strenuous during the Squash season.

3. Ghosting on the court will improve your movement technique to make you balanced and stronger in your position on training any Squash player can make. Anaerobic fitness will be improved by quick ghosting and court sprints.

Mental Approach

1. Do a good warm-up/stretching, using the time to visualise how you would like to play. Find the right level of excitement to suit your personality/style of play.
2. Always try to stay positive during a match. If you get a bad refereeing decision always remember that it is ONLY ONE POINT! Forget it and move on to the next

point. If you feel your opponent is being unfair, then ask the referee to watch out for it. Don't become involved in arguments with your opponent or the referee.

3. If you feel tired, try not to let your opponent see this. Take your time and only play the next point when you are ready. If you feel good play quickly.
4. Set yourself a target of scoring at least one point every time you get the service. Also try never to lose more than two points in succession. If the game score goes 8:8, always choose to play to 10. Your chances are always greater that way.
5. Believe in yourself! And enjoy the challenge!

The 2006 Club Championship



Player of the Month
BECKY THOMAS
Junior of the Month
KATE BOAG

A smaller field than usual for this year's championship, probably because of the public holidays, but definitely not lacking in quality.

One landmark this year was the Ladies Open final which was competed between three people with two of them eventually winning. Newcomer Emma Pike cruised through against Lynley Solomon despite being seven months pregnant! Next year, she'll be hoping for twins.

In the Men's Masters division, James Barrington must have thought he'd got it sealed up having brushed aside Marc Victor Meldrum in the quarter-finals of the main draw, but it was not to be. Victor totally turned the tables with a convincing 3-0 win.

Junior Club Championships



CONGRATULATIONS to this year's Junior Club Championships Winners

- U8 Winner **Antoine Gontard**
U10 Winner **Rohit Daswani**
U12 Winner **Yasmin Daswani**
U16 Winner **Ashwin Khosa**

Well done to all the other Junior players who participated.

2006 CHAMPIONS ROLE OF HONOUR

| | | |
|------------------------|--------------|---------------------------|
| Men's Open | <i>Cup</i> | Lincoln Chan |
| | <i>Plate</i> | Julian Ragless |
| | <i>Bowl</i> | Damian Trimmingham |
| Men's Masters | <i>Cup</i> | Marc Meldrum |
| | <i>Plate</i> | Kien Ng |
| Ladies' Open | <i>Cup</i> | Emma Pike |
| | <i>Plate</i> | Jacqui Peacock |
| Ladies' Masters | <i>Cup</i> | Lynley Solomon |

The main final saw, once again, "not-quite-so-young" Neal Soo face up to the "slightly-more-seasoned" Lincoln Chan. Lincoln got off to a strong start, but then disaster struck. A misplaced racket ended up inside his shorts causing a distinct wardrobe malfunction. Lincoln had been in possession of these shorts for several decades, so was in palpable shock and promptly dropped a game. After the break, he managed to wipe the tears away and came back to avenge the loss with a solid 3-1 victory to retain the trophy for the umpteenth time. A short and very moving memorial service was held for his shorts at North Point Funeral Home the following day. ♦

End-of-Season Party

Dear Headmaster,

It is with great sorrow that I have to report on the so called 'School's Out' end-of-season Squash Section Party on Saturday 20th May at HKFC.

Unfortunately, reports have reached me of several incidents of behaviour falling dramatically below the standards which we expect of our students. Notable misdemeanors include:

- 1) **The overall standard dress was unacceptable.** Skirts were far too short for decency, and some of the 'female' students clearly needed to pay closer attention to their personal hygiene - in particular, I would recommend that the members of Men's Division Two Team be shaved immediately.
- 2) **Gatecrashers.** Reports have reached me of the local traffic warden, **Joanna Elson**, being present, as well as **Angie Dickinson** purporting to be a 'school of fish'.
- 3) **Consumption of prohibited substances.** Substantial quantities of alcohol appear to have been consumed during the evening by virtually all participants. I have also been given to understand that a certain **Dinesh Hathiramani** was supplying intoxicating substances to the children. After consulting Dinesh, many participants reported seeing a 6ft tall white rabbit!
- 4) **Amorous behaviour.** **Phil Head** and **Nicolas Gontard** engaged in a shocking public display of affection in a clinch on the floor for several minutes towards the end of the evening. I have also received several reports of students being very familiar with each other both on and off the dance floor, and can only hope that this does not result in our school nurse being inundated with requests for anti-biotics.
- 5) **Staff members failing to execute their duties.** Yet again our PE instructors (**Mark Bromhead** and **Adam Wilson**) have failed to maintain the proper standard of behaviour. Apparently, they positively encouraged the reckless behaviour of the students throughout the evening, and were even seen awarding alcohol to some of the students as 'prizes' for sporting prowess and for their knowledge of 'rock' music!
- 6) **Stealing.** One of keenest students, **Jackie Peacock**, was the victim of multiple incidents of theft. First, someone appeared to have stolen her memory when she attempted to present the ladies awards (for the second time), and then at the end of the evening someone had stolen her shoes!

- 7) **Errant awards ceremony.** The prize giving, which should have been the highlight of the



evening was marred by multiple truancy and significant repetition.

- 8) **Possible embezzlement.** The competition for being photographed in an SCB-HKFC squash shirt was won by our school treasurer (**Chew Fook Aun**) who seemed to have travelled all over the world in an effort to claim the prize. I am particularly concerned that the winning photo showed him with a large grin on his face outside Le Casino in Monte Carlo! I recommend that you check

the school coffers at the earliest opportunity.

- 9) **Failure to report home by bed-time.** News has also reached me of several students failing to return home at an appropriate hour, and many be diverted in less savoury parts of the city.

All of the above is clearly very disappointing. It is particularly saddening given that we had visiting students from Australia (**Ray Peacock**) and Jamaica (**Brian MacDougall**) in attendance who will have formed a very poor impression.



This is further compounded by the failure of the new committee of school governors to take action. Having only been elected earlier that day at the annual AGM, I would have expected the governors to be keen to see order upheld. I can only say that I am extremely disappointed.

Overall this was a shocking event, with only one redeeming factor: I am pleased to report that yet again the school dinner ladies excelled themselves by producing a carbohydrate and protein based feast which should ensure the children's nutritional care is maintained to our very high standards.

| 2006 SQUASH SECTION ANNUAL AWARDS | |
|-----------------------------------|--------------|
| Team of the Year | Division 2A |
| Convenor of the Year | Malcolm Kerr |
| Men's Player of the Year | Dave Cross |
| Ladies' Player of the Year | Emma Pike |

Yours

The white rabbit

Kowloon Cricket Club: FRIENDLY BADMINTON MATCH

They came – they saw – they conquered

Following extensive negotiations with sponsors, franchisee's, players' agents, team mangers, and the Club's F&B Department, the Badminton Society reached an agreement to host a friendly match on Thursday 25th May, against the Kowloon Cricket Club Badminton section.

Prior to the match, there was a friendly exchange of gifts and book signing session between the two clubs, with the team captains doing the honours.



This turned out to be a very successful tactic under the bright lights of the Sports Hall.

Despite the support from the partisan crowd, after nine closely fought matches (including Men's, Ladies and Mixed doubles), the glare from the oppositions' shirts had proved too much and the Club team was overcome 4:5.

The rest of the evening was spent in the bar drowning our sorrows and as reluctant, but gracious hosts, to the victorious opposition.

Encouragingly, the HKFC Badminton Society was able to collate 18 players for the event, with family members swelling the audience considerably.

An extremely enthusiastic team of KCC players arrived in bright turquoise coloured T-shirts, no doubt with the intention of distracting our players.

A return match has been proposed, but will have to wait until our new fluorescent pink strip is ready. ♦



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LAWN BOWLS NEWS

December Champions!

Club sits on top of the Men's First Division in the Hong Kong Premier League as Lawn Bowls enters the summer break.

Unbeaten with eight wins and a draw from the nine games in the first half, Club is eight points clear of Kowloon Cricket Club, with defending champion Kowloon Bowling Green Club a further point back in third spot.

Captain **Wagner Chan**, **Bill Chan** and Coach **Bernard Young** are the form bowlers of the first half, all with seven wins from nine matches.

Club's development teams are faring well. The growth in popularity of Lawn Bowls in Hong Kong has seen the Fifth Division increase from ten to 17 teams, and split into two groups. Club's E Team sits on top of the table in Division 5B. With two matches still outstanding from a wet first half, Club's D Team is on top of Division 4.

Club's B Team is in the middle of the field in Division 1, and the C team is similarly placed in Division 2.



In Ladies' Premier League, the best news for Club is among the up and coming bowlers.

Fifth Division has grown from ten to 24 teams, and is split into three groups. **Gigi Nam's** team is top of the table in Division 5A, while **Cecilia Young's** rookies share top of the table in Division 5C.

In First Division, Club has disappointed. In 2005, Club's A Team was champion in First Division. Club's B and C Teams took the quinella in Division 2, and won promotion to Division 1 for 2006.

Ladies Captain **Lydia Yang** set her sights on a tierce in Division 1 in 2006. But with a few games still outstanding from the first half, Club was placed sixth, seventh and tenth, with a tough second half to come.

And in Third Division, **Hilda Chiang's** D Team was in the middle of the field, two wins off the pace.



Club's Tony Tong will skip Hong Kong's Triples and Fours teams in the 5th Asian Lawn Bowls Championship in Brunei from 10th to 18th August.

Youth gets its chance in Brunei, with **Robin Chok** playing Singles for Hong Kong and skipping **Jerry Ng** in Pairs. **CS Suen** and **Dickson Ha** join Tony in Triples, with Jerry, CS, Dickson and Tony making up the Four.



Class was the order of the day when the Lawn Bowls Section handed out its 2005 trophies by the Poolside at the Club last month.

Hong Kong international and former Hong Kong Bowler of the Year **Danny Ho** won both the Men's Outdoor Singles, with **Stanley Luk** as runner-up, and the Men's Indoor Singles, with Coach **Bernard Young** as runner-up.

Camilla Leung, Hong Kong international, Asia Pacific Champion and current Hong Kong Lady Bowler of the Year, took the Ladies' Outdoor Singles title from fellow international **Grace Chu**.



Modernisation or tradition?

Spectators or players? Club's Competitions Secretary **Cyril Leung** wrote exclusively for Club magazine last month on the vexed issue of sets or shots up.

In the short term the traditionalists, and perhaps the players, have won. The World Bowls council has adopted traditional shots-up formats for World Bowls 2008 to be played in Christchurch, New Zealand.

In the longer term, the issue is worth further discussion.

Cyril points out that one of the problems with sets play is that, in round robins or leagues, win is a win is a win. A player can win the first two sets, making the tie break unnecessary, or can win one set and draw one set, again making a tie-break unnecessary, or can win in a tie break, two sets to one. In every case, the win is counted simply as a win, with no bonus points for the quality of the win.

Taking a lead from the Squash league, Cyril suggests that, if there is no need to play the tie-break, the tie break set automatically is awarded to the winner as a bonus point, like scoring four or more tries in Rugby.

Worth a discussion at the Captain's Bar. Or worth a trial or two over the next few Saturdays as the Lawn Bowls Section starts its preparation for the second half of the Premier League.



Lawn Bowls Beginners' Course

The Lawn Bowls Section will offer Club Members a **Beginners' Course in Lawn Bowls over eight Friday evenings from 11th August, from 7 pm to 9 pm on the Indoor Green. Total number of participants is 16, on a first-come-first served basis. The course fee is \$100.**

Through the course, besides knowing the game and learning how to bowl, general rules, basic skills and proper etiquette on the green will be introduced.

To enroll: Application Forms can be obtained from the Reception.

For enquiries: Please contact Bernard Young, Coach, on 9411 7218 or E-mail to: beryoufei@yahoo.com

060606

There was the date, in big bold style on the top of the back page, when Ah Fei picked up The Sydney Morning Herald in Godzone country, on Tuesday 6th June.

Ah Fei went straight to the form guide. At Muswellbrook, just north of Godzone country, horse 6 in race 6 was Quest for Fortune. Says it all, really.

With \$666 to win at the wicked odds of 6/1, Ah Fei turned to the property investment pages.

Now one or two readers whose first language is English may already be ahead of Ah Fei at this point.

Yes, Quest for Fortune ran sixth.

Coach's Corner

At Coach Bernard's request, Dr Peter French, Club member and Associate Professor at Hong Kong Polytechnic University, continues his series of tips on the psychology of sport. Peter is a Chartered Psychologist with the British Psychological Society and has a Doctor of Philosophy degree from the University of Durham. He is a Fellow of the Royal Society for the Promotion of Health. He has published a book on Therapeutic Communications and edited a book on Behavioural Sciences.

In the last issue of Club magazine, we looked at managing anxiety.

Another purely psychological problem in Bowls is psychomotor control during delivery. You know that the major task for us to control is a delivery that will place a wood in one specific selected position on the Green (most often next to the jack). The two elements of control in this task are the line and the weight.

A first question we can ask is just how much conscious control do we have over these two things. Interestingly, we have more conscious control over the line (= hand-eye co-ordination) than we have over the weight (= somatic sensation). This supports a saying that I was taught by the late Ted Mottram "concentrate on the line and the weight will come".

This is largely true in terms of psychological theory. Line depends on the immediate information taken in through the eye. Weight depends on information coming from all the muscles in the body. You see the line but you feel the weight!

Your somatic sensation is largely lost from your immediate awareness. It is largely unconscious and you make adjustments unconsciously. A common effect of trying to consciously adjust the weight is over-adjustment, so skips often see a player's first bowl one yard short and the next one yard long (or even two yards either side). It is no coincidence that the second shot is almost exactly the same distance in the opposite direction.

So, when in trouble try taking Teddy's advice to concentrate on the line, let the weight come as the game goes on. Weight has a lot to do with the muscles in your body adapting to this new activity for the day (bowling) and the muscles re-learning this coordinated action.

Finally, remember that human beings have highs and lows in their life rhythms which affect our performance (control). There are three rhythms: biological (body), psychological (thinking) and social (emotions). They are influenced by many external factors so I'm afraid to say if you are on a biological low plus a psychological low and a social low on that day don't expect too much control, you just have to live with it and wait for the highs to come together one day.

You do, however, have the power to maximise your performance (good or bad) by concentrating, so in the next issue we will look at concentration. ♦

LAWN BOWLS BEGINNERS' EXTENSION COURSE



HKFC LAWN BOWLS SECTION WILL OFFER CLUB MEMBERS A BEGINNERS' EXTENSION COURSE IN LAWN BOWLS OVER EIGHT WEDNESDAY EVENINGS FROM 16TH AUGUST, FROM 7 PM TO 9 PM ON THE INDOOR GREEN. TOTAL NUMBER OF PARTICIPANTS IS 8, ON FIRST-COME, FIRST-SERVED BASIS. THE COURSE FEE IS \$100.

THIS COURSE IS AIMED AT GRADUATES FROM THE BEGINNERS' COURSE OR THOSE WHO ALREADY HAVE SOME BASIC KNOWLEDGE IN THIS SPORT. ALL CLUB MEMBERS ARE WELCOME. THROUGH THE COURSE, GRADUATES WILL IMPROVE THEIR SKILLS AND LEARN MORE ABOUT LAWN BOWLS, GENERAL RULES AND BASIC TACTICS IN COMPETITION.

TO ENROLL: APPLICATION FORMS CAN BE OBTAINED FROM THE RECEPTION.

FOR ENQUIRIES: PLEASE CONTACT BERNARD YOUNG, COACH, ON 9411 7218 OR E-MAIL TO : BERYOUFEI@YAHOO.COM

Comments from the Chair



Becky Bradshaw,
Division Chairman

Hi All,

Hope you are all enjoying the summer and those “Netball free nights”..... although if you are all hankering for a bit of action, and a pre-season warm up, then get yourselves along to the Wednesday Mixed Netball Nights. You can bring your man and/or your mates (and their men!) for a couple of hours of social play.

I'm also pleased to announce that we have our very own physio onboard for next season. More on that next month, with a piece to introduce the lady herself....

And finally some well wishes to all our pregnant members (and there are a lot of you) hope all is going well ladies; and to **Anna Gamvros** who has just returned from her native Oz after knee surgery. We all wish you a speedy recovery, Anna. ♦

Netball Family News

Lochlan Matthew Demark was born to **Julie** and **Tim Demark** early Monday morning after only three hours of labour. Lochlan weighed in at 3.21kg and is 51cm long. Both mother and son are doing fine. Congratulations, Julie!



Congratulations to **Rochelle Hooper** on her wedding.

Awards Dinner

A delightful and dignified evening. DJ Martyn played light music during dinner and revved it up with **Belinda's** Beyonce requests. Belinda led the dance floor vigorously with gorgeous woman in red **Nicky Won** and her creative dancing partner Kevin.



Karin and Alex



Nice dress, Tame!



Chairwoman Becky with husband

Congratulations to the most improved players: **Karin Looram**, **Sarah Clarkin**, **Kathryn Curley**, **Nicky Won** and **Kaley Tomlin**. A special presentation was made to Sally Foley for her outstanding contribution to Netball both at the Club and in Hong Kong.

Many thanks to social organisers **Liz Seaton** and **Suzie Mcquire** for yet another successful event. ♦



The party organisers



Catherine and Mary Jane



Sally, we'll miss you!!!

Tennis Society New Committee for 2006/2007



Just like other Sections/Societies in the Club, every season several kind and enthusiastic Members from the Tennis Society devote some of their own time to serve and ensure that the Society operates and functions as efficiently as possible for the general well being of Society Members and other Club Members for the ensuing months. This year we wish to record special thanks to those who were re-elected to serve yet another term and to welcome new recruits, **Helen Ormerod** and **Job Tang** who will be bringing a wealth of organisational skills and experience to help the Society Committee in various ways, from intra-club and inter-club competitions, Ladies Morning and Mixed Doubles and Men's Doubles Leagues, local and overseas tournaments, Youth Development Programmes, Junior Team competitions and innovative social functions. The Members of the new Committee are:

| 2006/07 Tennis Society Committee | |
|----------------------------------|--------------------|
| Chairman | Paul Yuen |
| Hon. Secretary | Mrs. Desiree Wong |
| Hon. Treasurer | Arthur Crook |
| General Officers | Bill Wong |
| | Dr. Simon Cheung |
| | Wesley Chau |
| | Yasmin Mahboobani |
| | Ernie Yim |
| | Barry Ho |
| | Mrs. Helen Ormerod |
| | Job Tang |

Members are most welcome to contact us for any extra information or suggestions.

Inter Sections/Societies Competitions Series

Tennis Matches between Tennis Society and Golf Society Re-scheduled

The much anticipated match between Golf Society and the Tennis Society has been, unfortunately, washed out due to inclement weather on that day of 28th of the merry month of May but **Mike Gray** and his team vowed to take advantage of the "borrowed time" to get more practice and to give a good run for their money. It is likely that the re-scheduled match will now take place after the summer break and we look forward to a great tournament. ♦

Wimbledon Championships 2006 Tickets

As in the previous years, through the Hong Kong Tennis Association of which the Club is an affiliated member, some TS members and Club Members managed to purchase the allocated tickets of the Championships commencing 26th June until 9th July. This year, we have a fantastic number of Members who were successfully allocated their tickets either at Centre Court or Court No. 2 for the days requested. Former Committee member, **Peter Warnes** is one of the lucky folks. He will be asked to tell us his experience of what it is like on the Centre Court for the Championships on his return to our very own centre courts on 3/E! ♦

Junior Team Tennis 2006 Autumn

The Hong Kong Tennis Association has invited us again to participate in their Junior Team Tennis Competitions after our Juniors did very well a couple of years back. If it is at all feasible, it is quite likely to field a team in Division C (same as the previous years) for those aged 14 and under. No players ranked in the top 20 in the Hong Kong Junior Singles rankings of the age group of 12 and 14 shall be accepted.

The league season is tentatively scheduled between 15th September until early October depending on the number of teams with matches played on Friday evenings, with 50% away and 50% home matches. Only two courts will be required between 6.00pm until about 8.00pm, as in the previous years. At the time of writing, the TS Committee is still awaiting permission from the Club Management of the availability of courts if we were to field a team at all as part of our TS Youth Development Programme. ♦

DBRC Charity Tennis Tournament, 20th September to 1st October

The Society has been invited to join in this Discovery Bay Residents Club Charity Tennis Competition over a fun-filled weekend with a view to raising much needed funds for a chosen charitable institution. This is their third Annual Charity Tennis Cup hosted by Discovery Bay Residents Club. Over the past two years, they managed to raise over \$140,000.00 in support of the Children's Cancer Foundation. This year, they will be playing to raise fund for the Children's Heart Foundation, a registered charity organisation dedicated to supporting children suffering from congenital heart diseases.

Captain of the Year Award

The ever hard-working and dedicated Tennis Society Committee member, Wesley Chau has been unanimously voted as the recipient for the Captain of the Year Award. Wesley's outstanding leadership, sportsmanship and brinkmanship exemplified all his team members of both the HKTA Mixed Doubles and Men's Doubles Leagues. Wesley, with his unassuming character is, above all, a huge inspiration to us all and we salute you. Well done, Wesley



From Your Tennis Pro

The seemingly constant rain over the past couple of months has certainly stopped many players from getting their weekly fix of Tennis. There has been no shortage of great tennis on TV, though. However, watching this generally makes enthusiasts more eager to get out on the court. Hopefully, the rain will subside and it will be "game on".

The synthetic grass surface is excellent if there is a brief shower as no puddles form. After an extended downpour numerous puddles will be visible. Fortunately, the courts drain well and even after heavy rain, play can resume after about three hours. The courts will be wet, but they will be playable.

There are a few things players can do to better handle wet conditions. You will find the balls become heavy once water gets into the felt. If you have more than one racquet, I suggest you use the one with the lowest tension. This gives the racquet more of a trampoline effect and will help you hit the heavy balls more easily. Wet balls bounce lower and do not carry as far as usual, so make sure you're alert and run up for the short balls quickly. If you recognise your opponent hitting slice, be ready for the ball to shoot through. The best way to deal with this type of shot is to take your racquet back early. Get in the habit of having it back by the time the ball bounces in front of you. This should give you plenty of time to meet the ball early and take control of the point.

Summer Tennis Camps will commence on 10th July and run until the 25th of August, and as advertised, will cater to players aged seven to 17 years. If you plan to be in Hong Kong over the summer and have children younger than seven years old, who would like to play, please let us know and we will try to arrange classes for them.

The **Junior Development Classes** will resume again on 4th September. The class times will remain the same and generally children will stay in their current groups. We understand that with the start of a new term, children's schedules can change. If this is the case, please let us know and we will do our best to accommodate you. For anyone who would like to enroll their child in a class, please contact Head Pro **Mark Hopkins** on 2830 9578, or speak directly with either **John Weston** or **Andrew Yuen**.

MOST IMPROVED PLAYER OF THE MONTH

JENNIFER ROBB

**A strong player who always gives her best.
Well done, Jennifer!!!**



Dr. Heidi Petrick, BSc MChiro,
Registered Chiropractor for Hong Kong Football Club

A word on Sports Conditioning Massage...

Back in my university days I worked as a sports massage therapist and was privileged to work on some top athletes. One evening, I was massaging one of the female finalists of the NSW Open Tennis Tournament on the night before the final. This athlete was only 16 years old, but her muscles had taken a beating and it showed: her muscles were already getting ropey and felt old... at her age!

I couldn't help but contrast her body to that of the previous year's men's finalist, whom I also massaged the night before final match. This athlete had muscles so supple and soft that it was hard to believe that he was a sports person! At one point though, while I was working on his shoulder, he moved his arm and in that instant his muscles turned rock-hard. Now THAT is a body that is in good physical condition! His girlfriend later told me that he has a lot of massage during his 'off-season'... as if it weren't already obvious! As a footnote, both of those players won their finals. (Cool!)

Back here at the Club, one of my staff enthusiastically commented on one of her friends. This man is in his 50's and has muscles that are supple like a 25 year old. He is an ex-athlete who has regular massage. He doesn't have that 'old' ropey look about his muscles (common among athletes). Nice to see. Wouldn't we all want a body like that? Well, actually, as with the tennis players, it is a matter of choice.

There is a simple equation here: regular massage = supple muscles with a greater ability to exert power. No regular massage = regular build up of toxins, regular decrease in muscle power and flexibility over time, and ropey old-looking muscles by the end of your sporting career. None of us wants that, but more often, that is the choice we make.

Massage improves physical condition by enriching blood flow (therefore, increasing oxygen and increasing power) to the muscles, increasing the lymphatic flow, eliminating toxins (of which many are metabolic by-products of exercise), softening scar tissue, and enhancing the condition of the muscles. As an athlete you couldn't ask for anything better to speed your recovery or prepare you for a game.

The most successful sports people know this. They also know that the 'off' season (6 to 8 weeks pre-season) is the time to bring their body into shape, lessening the effects of old injury and preparing the muscles for competition. The flexibility and strength that they gain are enhanced and maintained by proper Sports Conditioning Massage. This can't be achieved to the same level during the season. In other words, right now is the golden time that makes the difference between you performing better or worse than last season in your sport. It is also perhaps the time for you to decide whether you want ropey old muscles by the end of your career, or whether you want to look great in a swimsuit!

During July, I was delighted to announce the arrival of Blake Harding to the Club, whose massage skills and experience are unparalleled in Hong Kong (I'm sure you've seen his posters around the Club!). Some of the coaches have already taken advantage of Blake's pre-season packages on behalf of their teams, but for the rest of you, have a look at the advertisement in this Magazine for our Member's introductory offer.

Yours in Health,

Dr Heidi Petrick,

Chiropractor for Hong Kong Football Club

MOVIE OF THE MONTH
FAILURE TO LAUNCH

Matthew McConaughey is Tripp, a 35-year old who still lives with his parents. And who can blame him? It's free, he's got a great room, and mom (Kathy Bates) does the laundry. Desperate to get him out of the house, his parents hire a gorgeous woman, Paula (Sarah Jessica Parker), to give him a little push. They just didn't expect Tripp would push back! In this romantic battle of wills that proves there's no place like home. ♦



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