

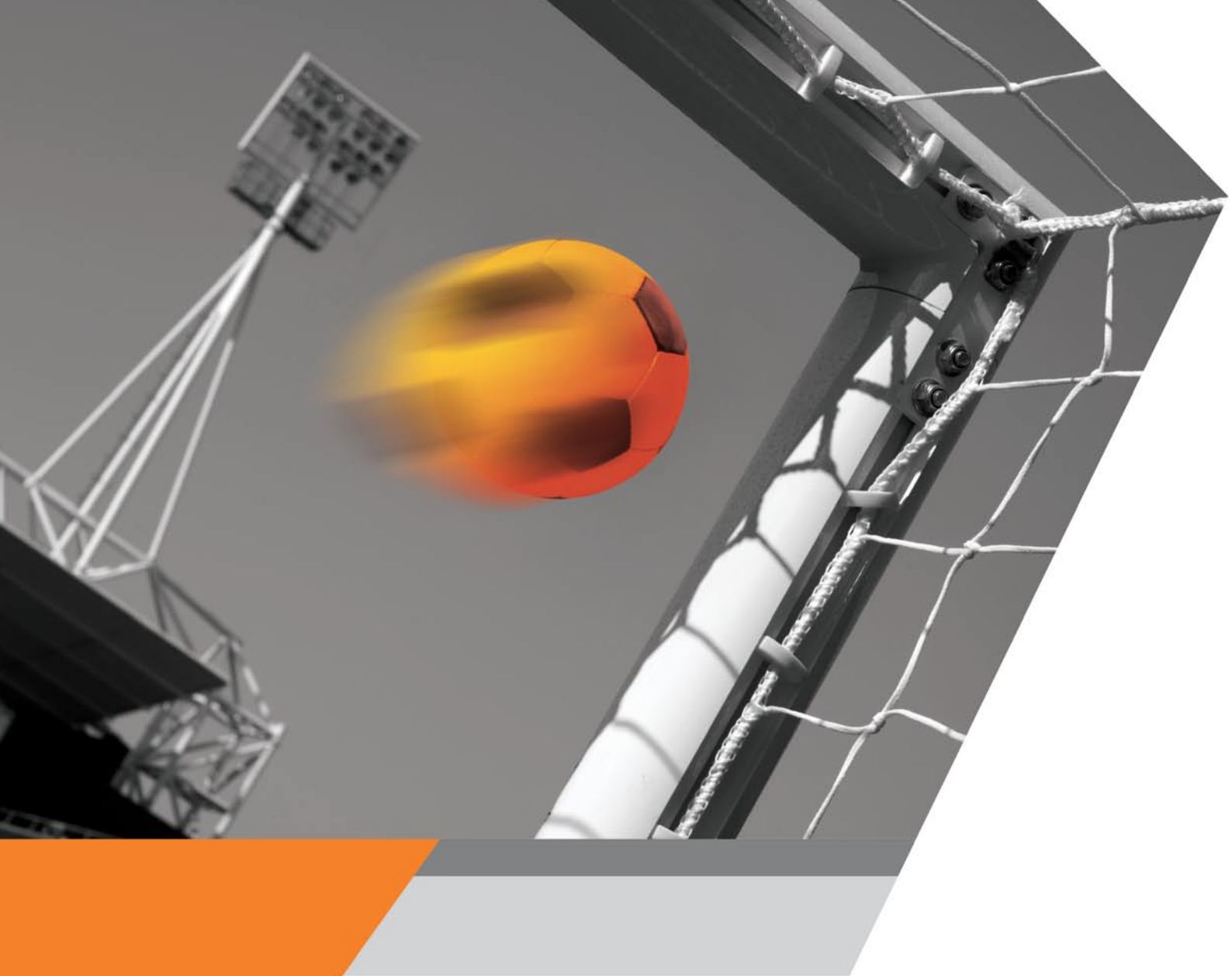
CLUB

HONG KONG FOOTBALL CLUB 香港足球會 NOVEMBER 2009



Mussels Promotion in the Coffee Shop

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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 organizational 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.

General Committee

President	: Dermot Agnew
Vice President	: Nick Hunsworth
Vice President	: Mike Lamont
Vice President	: Bobby Lawson
Vice President	: Iain Valentine
Chairman	: Fook Aun Chew
Hon. Secretary	: Colin Cohen
Hon. Treasurer	: David Howell
Sports & Recreation Development	: Lynn Edwards
Discipline	: Martin King
Constitutional Affairs	: Desmond Ko
Membership	: Maurice O'Brien
Hockey Officer	: John Shanahan
Lawn Bowls Officer	: Fergus McCoig
Rugby Officer	: Mike Worth
Soccer Officer	: John Molloy
Squash Officer	: Martyn Russell
	: David Reeves

Management

General Manager	: Mark Pawley
Operations & Co-ordination Manager	: Tony Sealy
Financial Controller	: S.K. Li
F & B Manager	: Dominique Artigolle
Executive Chef	: Ki Liu
Facilities Manager	: Evan Tao
Chief Engineer	: Hackman Lee
Membership Services Manager	: Kerry Ogle
Human Resources Manager	: Angela Chan
Executive Housekeeper	: Lily Huynh
Front Office Manager	: Shirley Lo

Club Magazine

Monthly journal of the Hong Kong Football Club. Arranged and designed by Karen Chan-Mulvena. For information and requests for placement of advertisements in "Club" please call 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.

Hong Kong Football Club • 3 Sports Road, Happy Valley, Hong Kong • Tel 2830 9500 • Fax 2882 5040 • Website: www.hkfc.com.hk



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Or contact your travel agent and ask for Cathay Pacific Holidays.

Destination	Hotel	Price
Taipei 3 days/2 nights	The Howard Plaza Hotel Taipei, Hotel Eclat Taipei	HKD3,990up
Tokyo 3 days/2 nights	Hyatt Regency Tokyo, Shangri-La Hotel Tokyo, The Peninsula Tokyo, and more	HKD9,100up
Bali 4 days/3 nights	Ayana Resort & Spa, Kayumanis Nusa Dua, Bulgari Hotels & Resorts Bali, and more	HKD9,690up
Sapporo 4 days/3 nights	Sapporo Grand Hotel, Keio Plaza Hotel Sapporo, Sheraton Sapporo Hotel, and more	HKD10,390up

More destinations to choose from, including Penang, Manila, Cebu, Bangkok, Seoul, Fukuoka, Nagoya and Osaka.



Discover the Difference



The Thoughts of the Chairman

Dear Fellow Members,

November is the month when the Club holds its Annual General Meeting (AGM) and I hope to see as many fellow Members there as possible. All Members should have received the requisite notification, papers, annual reports etc for their reference and guidance and I would urge all Members to attend **the AGM on Thursday 12th November 2009**, to attend to the Club's affairs.

For information, four Vice-Presidents, five General Committee Officers and five Section representatives are standing for re-election and I would commend them all to you for your consideration at the elections to be held at the AGM. Separately, the General Committee have recommended **Nick Hunsworth, Iain Valentine, Jim Rowark and Grace Chu** to be elected as Life Members and I would also commend these worthy individuals to you for your consideration. All of them have served and/or brought honour to the Club in their respective capacities and are deserving of Life membership of the Club. Their detailed curriculum vitae are posted on the Club Notice Board on the 2/F1 for your perusal.

The Club also recently hosted the Pink Ball in aid of Breast Cancer which was organised by the Rugby Section and supported by all the other sporting Sections. This was an extremely successful evening and a great party. The Rugby Section and, in particular, the organisers should be commended for their efforts in aid of such a worthy cause.

Lastly, I wish to thank my fellow General Committee members for their hard work and diligence in my first year as Chairman, and also Mark Pawley and the Management team and Staff members for their efforts in continuing to maintain the highest standards which we have come to expect of this Club!

See you at the Club.

FOOK AUN CHEW
Chairman

THE MOUSE THAT ROARED

Long time Club Member **Mike Rowse** – nicknamed for half a century as Mickey Mouse – has written a book telling his side of the HarbourFest story. It is due to go on sale in local bookshops on 3rd November (unless some senior officials in the Government can stop it!) for \$120. Mike thought some Members might like a signed copy, so has agreed to sit round **from 12.30 pm to 3.30pm on Sunday 8th November in Meeting Room 3** on the First Floor for the purpose **and** to donate \$20 from every book sold on the spot to the Hong Kong Breast Cancer Foundation. What a package : a good read and a good deed!



From the Desk of Mark Pawley

At the time of writing, October is drawing to a close, the weather is fine and sunny, the temperature has dropped to a pleasant level and the sporting season is well and truly under way! By way of illustration, the **International Masters Hockey Tournament** is nearly over with all teams, I understand, very happy with the new Hockey Pitch and the Club's facilities. At the end of the first week of November, hockey again takes centre-stage when we host (for the second time) the **ZOAT Hockey Tournament** (Dutch for South East Asian Tournament) when we expect a total of 24 teams from 8 countries and 450 people competing for the trophy.

On the squash front, we recently welcomed to the Club, world number 12, **Ally Walker** and world number 5, **Thierry Lincou** who trained here prior to the Hong Kong Open. The Squash Section has organised the **HKFC International 3's Tournament** to be played on the weekend of the **6th to 8th November** and we hope the newly refurbished courts play up to standard! Continuing on the squash theme, we once again host the **Wing Ding Squash Tournament** on **Saturday 14th November**, which is in aid of Operation Santa Claus – get ready to see some weird and wonderful team playing kits. And, not to be outdone, the Bowls Section plays host to the **Hong Kong International Bowls Classic** the week of the **21st to the 29th November** when some of the world's top men and lady bowlers are expected to play. On the rugby front, arch rivals Valley loom for the weekend ahead and we have just had two ex-Australian rugby captains in the Club in the form of **Nick Farr-Jones** and **Phil Kearns**. And the season has only just begun!

On the food and beverage front, I note a number of promotions for the month of November are in evidence on the following pages. I would, however, highlight the **Deluxe Champagne Brunch** on the **22nd and 29th November**, which for those two Sundays replaces the normal Family Brunch. We trialled the Champagne Brunch some weeks ago and it was very successful; we hope to run this on alternate Sundays in conjunction with the Family Brunch in the future (dress code for this event is Smart Casual – no shorts, no round neck T-shirts etc). In line with the above we will also run, in the Chairman's Bar, a **Sunday Roast and Sparkling Wine Lunch** (from 11am to 2.30pm) for those who want a more "traditional" Sunday.

I look forward to seeing you all at the Club.

MARK PAWLEY
General Manager

We were saddened to hear the news of the recent passing away of two of our long time Members, Mr Brian Caird and Mr Rod Allen. Our thoughts and prayers go to their families and friends. May they rest in peace.



Chateau La Conseillante Wine Dinner

LA CONSEILLANTE



in the Restaurant
Tuesday 17th November
Cocktail: 7pm
Dinner 8pm

By reservations only:

Contact the Restaurant at 2830 9562 for a
reservation or email: restaurant@hkfc.com.



Menu

*Baked Mini Cheese Puff
Duo de Conseillante 2007*

*Homemade Rabbit Terrine served with Black Truffle Oil,
Focaccia Toast and Red Onion Marmalade
Château La Conseillante 2004 WS92
Château La Conseillante 2002 WS90*

*Breast of Wood Pigeon with Sweet Potato Rosti,
Buttered Savoy Cabbage, Red Wine Sauce
Château La Conseillante 2001 WS90*

*Creamy Risotto with Ceps and Crispy Iberian Ham
Château La Conseillante 1999*

*Roasted Veal Chop served with Winter Vegetables and Braised
Artichoke
Spatzle and Morel Veal Jus
Château La Conseillante 1998 RP90*

*Cheese Platter with Artisan Bread and Tomato Jam
(Cantal, Brie, Comté)
Château La Conseillante 2000 RP96*

*Coffee Or Tea
Petits Fours*

Price: \$898 per person

BRING THANKSGIVING TO YOUR DOOR



Don't have time to roast your own turkey? Don't worry, you can now bring the Club's perfectly roasted turkeys to your home or office for a stress-free festive celebration!

Turkey Takeaway Menu is available from Friday 13th to Thursday 26th November.

Order form is available at the Front Desk, you can return it at the Front desk or send by fax on 2576 7598.

Your order can be picked up at the Coffee Shop on your preferred date and time.



CHEF PETER'S DISCOVERY MENU

in the Restaurant
Saturday 21st November
from 7pm to 11pm

This popular monthly event, a 3 course menu inclusive of 2 selected wines served generously with your meal, is best enjoyed in the company of family and friends.

Moroccan food is the focus this month. Its uniqueness is drawn from Arabic, Persian and Andalusian influences.

Please book early as last month's event was sold out very quickly.

There will be no "A La Carte" menu available on the evening.

Please contact the Restaurant at 2830 9562 for reservation or email: restaurant@hkfc.com



Photo for reference only



Menu

BOUZROUQ

Mussels in Tomato Chermoula Sauce

CHORBA B'KHZOU BIL KSEKSOU

Carrot Soup With Moroccan Spices

or

TAGINE'L'GHANMI BE'MATISHA MAASLA

Lamb Tagine with Sweet Tomato Jam served with Couscous and Beetroot and Cumin Salad

KENEFFA

Crisp Pastries with Almond Cream

Coffee or Tea

Petits Fours

Wines Selected

*Rioja, Bodegas Navajas, Crianzo Blanco 2005 (Spain)
& Rioja, Bodegas Navajas, Crianzo 2004 (Spain)*

Price: \$398 per person

(inclusive of dinner and free flow of selected wines) or

\$310 per person (exclusive of beverage)

SUNDAY DELUXE CHAMPAGNE BRUNCH

in the Restaurant

Sunday 22nd and 29th November

11am to 2.30pm



Apart from our sumptuous cold appetizers buffet spread, you can also have fresh oysters that our chefs will shuck right at the very last minute to ensure absolute freshness.

While you're enjoying your appetizers, you can decide on your main course and our team will prepare your dish as you eat.

To finish off your meal, our Pastry Chef has created many favourite desserts in "mini" sizes so you can try as many as you wish!

\$298 (for Brunch with free flowing Soft drinks and Chilled juices)

\$398 (for Brunch with free flowing champagne and wines: Beaumont des Crayères Grand Prestige N.V Champagne and selected white and red wine)

* *Beaumont des Crayères Grand Prestige N.V Champagne is rated 89 points (Wine Spectator)*

Dress Code: Smart Casual – no shorts, no round neck T-shirts



Photo for reference only

THE NATURAL TASTE OF THE SEA

in the Restaurant

Monday 2nd - 30th November

Available in the evenings (Except Sunday)

6.30pm to 9.30pm

To show our support and concern for the environment, the Restaurant will be featuring a variety of wild-caught fish from sustainable sources along the Mediterranean coast starting this month.

Take advantage of this great opportunity to savour the incredible taste of wild-caught fish cooked the way you like it.

Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com



Photo for reference only

MUSSELS GALORE

in the Coffee Shop

Sunday to Thursday

throughout the month of November

(Lunch and Dinner)

Come to the Coffee Shop for a steaming plate of mussels. Our fresh and succulent mussels will be cooked to perfection in a style of your choosing – A La Crème, Provençal or Marinière.

Served with a generous chunk of French bread, perfect for soaking up those delicious juices.



Photo for reference only

FAMILY WEEKEND DINNER BUFFET

Every Friday and Saturday night
throughout the month of November
in the Coffee Shop
from 6.30pm to 9.30pm

Enjoy our popular Family Dinner Buffet every Friday and Saturday
at the Coffee Shop.

The Buffet features a wide variety of Asian and Western selections,
guaranteed to make you come back for more. Please call the Coffee
Shop at 2830 9569 for more details.

SUNDAY ROAST AND SPARKLING WINE

in the Chairman's Bar
Sunday 22nd and 29th November
11am to 2.30pm

Starter buffet, your choice of soup, Sunday Roast and dessert buffet,
complete with unlimited drinks. The perfect way to spend a leisurely
Sunday Brunch buffet with the whole family.

\$198 Adult (with sparkling wine)

\$120 Children (with soft drinks and chilled juice)

Contact the Chairman's Bar at 2830 9559 for reservation or email:
bar@hkfc.com



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OYSTER WITH SHERRY OR SAKE IN THE EVENING

in the Chairman's Bar
throughout the month of November
from 6.30pm to 10.30pm

The Chairman's Bar is offering another happy-hour special.

Get two jet-fresh oysters and a glass of Sherry – Jose Estevez
S.A., Jerez, or a glass of Japanese Sake – Niigata Prefecture
(one of the top Japanese Sake makers) for just \$55!

You may also enjoy **6 oysters for \$65** (minimum order of 6
pieces)

WINE CAROUSEL

in the Chairman's Bar
throughout the month of November
from 6pm to 10pm

The Chairman's Bar is offering 12 free-flowing wines
specially selected from award-winning wineries. For a
set price of \$120 per person, you can enjoy 2 hours of
unlimited wines from 6pm until 10pm daily. Alternatively,
you can select any two wines for only \$68.

NEED TO BOOK CHRISTMAS FUNCTIONS?

If time is running out to book your Christmas function, we are
prepared to open the **Sportsman's Bar from 11am until
4pm on weekdays for private functions**. With the glass
windows pulled back, the bar becomes a totally open air venue.
With unbeatable catering package, this makes the perfect venue
for your **Office Lunch** or **End of the Season Parties**. For
more information on packages and bookings please email our
catering and event department on: catering@hkfc.com



NOVEMBER IN THE SPORTSMAN'S BAR

As we all start to feel the run-up to the festive season, the Sportsman's Bar will keep you up to date with all the **Premiership Games** from the UK as the race for the title continues. One of the big matches will be played on Saturday 28th November with **Arsenal vs Chelsea**.

In tennis, the **ATP BNP Paribas Masters** in Paris will be showcased from 9th – 15th November.

In golf, there will be the **UBS Hong Kong Open** from 12th – 15th November ; the **Dubai World Championship** from 19th – 22nd November; and the **Omega Mission Hills World Cup** from 26th – 29th November.

In cricket, do not miss the **One Day International Series** between England and South Africa from November 20th to December 4th

On the Food and Beverage front, we have the **"Curry in a Hurry"** promotion. Enjoy the spice of life from our curry menu with your choice of rice or Naan Bread. It is available daily from 6pm until 10.30pm.

The **Spring Roasted French Yellow Chicken** is ever popular. We will continue to serve it every Saturday from noon to 9:30pm, and Sunday from 3pm to 9.30pm.

Due to numerous requests, our famous **Tandoori** action corner is back every Friday and Saturday evening. Be sure to show up!

Don't miss our **Sunday Lunch Buffet** from 11:30am-3pm, which

now includes several of our favourite dishes from the Sportsman's A La Carte menu. No more hard decisions to make and you can have all your favourites on your plate.

And if that wasn't enough, we will have **Carlsberg** draft and bottle at a very special price for the entire month of November.

Keep up to date on the Club's website and all sports notice boards.

For further information, please call the Sportsman's Bar at 2830 9531.



Photo for reference only



GREENHOUGH



New Zealand BBQ and Wine Tasting

Date: Saturday 7th November
Time: 7.30pm to 10.30pm

Venue: Pool Side
Price: \$398 per person

Enjoy a great BBQ under the stars and meet the top winemakers from New Zealand. The gourmet BBQ sizzles with sirloin steak, spit roasted lamb and salmon steak – a perfect setting to enjoy the wines and company of six New Zealand's top wine producers.

By reservations only: Please contact Kenny on 2830 9504 or email: kenny_chu@hkfc.com for reservations.

New Year's Eve Party at the Club

The bookings are coming in fast for the Club's New Year's Eve Party. Don't miss the countdown to 2010 at the Club!

We will be bringing a live band from the U.K, which will keep you moving and make this night a memorable one!

A culinary journey including Live Seafood kiosks, unlimited drinks throughout the night, Champagne at midnight and Breakfast early in the morning!

Please book early to avoid disappointment. Booking form is available at the Front Desk and it can be downloaded from our website. You can also email: kenny_chu@hkfc.com

Ticket price: \$1,400 (per Member) \$1,800 (per Guest)

HKFC and TakeOut Comedy presents the 2nd Live Standup Comedy Show at the Club

WEDNESDAY 11TH NOVEMBER FEATURING PAUL OGATA



Paul Ogata worked for years as a top-rated morning radio personality in Honolulu. He has appeared on several television shows, most notably: Live Gotham, the syndicated Comics Unleashed and CBS's Late Late Show.

He is an award-winning comedian. In 2004, he was victorious in the TakeOut Comedy Competition, earning the title of the "Funniest Asian-American Comedian in the US. In 2007, he won the prestigious San Francisco International Comedy Competition, putting him in an exclusive club with the likes of other comedy greats.

Date: Wednesday 11th November 2009

Time: 8.30pm until 10pm

Venue: Sportsman's Bar

Price: \$280 includes Curry Buffet from 7pm to 8.15pm or \$220 (for Show Only)

For booking, please call: 2830 9531 or email: karen_limbu@hkfc.com



**SPECIAL GUEST:
VIVEK MAHBUBANI**

Funniest Comedian in
Hong Kong
(2007 in Chinese and 2008 in English)



No Better Man

THE SACRIFICE OF RUSTY FORSYTH

“No better man ever trod the earth.” Such a declaration was made on Saturday, 15 March 1947 by (Sir) Arthur Morse, first post-war President of the Hong Kong Football Club, head of the Hongkong & Shanghai Bank and an architect of the crown colony’s rehabilitation after three years and eight months of Japanese occupation. The occasion was the Club’s Annual Dinner at the Hong Kong Hotel, the first in six years. Morse was speaking of his predecessor, H.R. (Rusty) Forsyth – who whilst reigning Club President had been killed in action in Stanley Village during the night of 24/25 December 1941 wearing the uniform of an infantry company commander in the Hong Kong Volunteer Defence Corps.



En-route to a war

Henry Russell Forsyth, known to all as ‘Rusty,’ was born in 1898 in Montrose on the east coast of Scotland between Aberdeen and Dundee. He attended Montrose Academy where he established his worth at mathematics, swimming, athletics and rugby. In 1914 two things happened that would dictate the rest of his life. He selected accountancy as his career and started his studies and the required five-year apprenticeship with the practice of Messrs McKay, Irons & Co. in Dundee. That same year World War I broke out and he took another decision – to enlist. Rusty Forsyth became a teenager en-route to a war.

Aged seventeen (but not alone in telling the recruiters he was a year older) he earned a commission in the Royal Field Artillery, went to France in March 1916 and saw two years of action on the Western Front. After the Armistice he returned to his desk in Dundee, qualified as a chartered accountant and in 1922

was admitted into the Institute of Accountants and Actuaries of Glasgow. At once he was snapped up by John Swire & Sons and put on a ship to Hong Kong to work on the books at Butterfield & Swire. Seeking greater responsibility he joined Linstead & Davis, a firm of merchants who wanted him to assist in the expansion of their auditing and accounting sideline and who would, after the Pacific War, be absorbed into what has grown into KPMG.

Numbers, the military, and rugby

The Rusty Forsyth who stepped ashore in Hong Kong late in 1922 was driven by three forces that were not dissimilar – numbers, the military, and rugby. Numbers were his



profession, the military was his passion. Army life appealed to him; he and regimentation had a synergy. He lost no time signing up to be an infantry officer with the Hong Kong Volunteers in which he would soon be promoted to command No. 2 (Scottish) Company. Rugby, too, fitted his set-piece psyche; the game was his pet recreation. In the HKFC changing room he put on another uniform, the Club hoops. Elected as Rugby Captain for the next two seasons, he led the HKFC XV onto the Club pitch on New Year's Day 1924 for the first rugby interport played in Hong Kong versus a team from Shanghai.

H.R. Forsyth was not one for flair and tautology. He was of the straight-and-narrow ilk, a no-nonsense individual. When he took on a responsibility he focused on it and produced the results. He was admitted to the partnership at Linstead & Davis and earned the high esteem he was held in by Hong Kong society. In the 1930s he was consistently elected as Vice-President by the members of the HKFC. Invariably it was Forsyth who sat, straight-backed, in the chair at the Annual General Meeting. Often an utterance of his was quoted in the press, such as the time in 1933 when he demanded of Club's under-performing soccer men: "Eschew the fleshpots and get fit!" In 1939 he was, nevertheless, popularly elected as Club President.

Just ten men

He was overseas when the 1941 AGM was convened in the Club House on Friday, 15 August. (Ironically, one of the subjects on the agenda was a rebuilding scheme.) He had rejoined B&S and on his return would take up a 'local directorship' with them, just in time to lead his company of Scottish Volunteers in the defence of Hong Kong after the Japanese invaded on 8 December. On Christmas Eve, Major Forsyth was the forward commander in the Stanley area, in charge of the survivors of his infantry company as they fought off light armour and fanatical Japanese soldiers armed with the extra advantage of 'enormous numerical superiority.' Stanley Village itself was being held by just ten men – Forsyth and his company headquarters.

Late that night came the final assault and he was at once among the casualties, yet he and his Scotsmen held their ground against fearsome odds, fighting off thrust after

thrust. 'At 2230 hours,' a report reads, 'Forsyth was again wounded seriously and was carried into the school house adjoining the police station.' The position was deemed untenable at 0100 hours on Christmas Day and a withdrawal was ordered. Only five of the village's defenders, all wounded, managed to extract themselves. Forsyth and his sergeant-major, Tommy Swan (also a Club member), insisted on staying behind in the school house to provide covering fire for the withdrawal. Neither were seen alive again.

A lone Victoria Cross

Forsyth's commanding officer during the battle was Brigadier Cedric Wallis. His official war diary, written during captivity at Argyle Street camp, then lost and reproduced by him from memory after the war, reads:

The heroic defence of Stanley Police Station locality on 24/25 Dec 1941 by Major H.R. Forsyth and his men undoubtedly went a long way in imposing valuable delay and inflicting severe casualties on the enemy, which prevented their being able to stage a final assault on the Fort itself. Throughout Major Forsyth (showed) fine leadership, courage and devotion to duty. This brave officer though mortally wounded refused to leave his post where he must have met his death when it fell into enemy hands. He stayed with his men and fought to the last.

Among the forty bravery awards recommended by Wallis for all the men under his command (in the Mainland and East Infantry Brigades and the Stanley Force) was a lone Victoria Cross – for Major H.R. Forsyth, posthumously. The recommendation was reviewed but, as often happens in warfare, was downgraded to Mentioned In Dispatches (MID). Rusty Forsyth had been, after all, a Volunteer not a full-time soldier. His name can be found among the fallen at the Military Cemetery in Stanley. The Club President was survived by his wife Marie Elaine, three sons and a daughter. "No better man ever trod the earth," is his epitaph. Never a truer word was said.

By Denis Way

Opposite page, top – Rusty Forsyth at the annual Volunteers' camp in 1927.

Opposite page, far left – Forsyth (holding the ball) as Captain of the Club XV in 1924. In the back row, far left, is Vice-Captain James Ralston, HKFC President in 1929-30 and Chairman 1933-1936 and 1937-1939.

Centre – Forsyth as Club Vice-President. This photo was taken during the HKFC Jubilee Year 1935-36. Front row from left to right: C.B. Robertson, L.G. Robertson (Rugby Captain), Dr J.H. McElney, George Hutton Potts (President), H.R. Forsyth, S.H. Strange, Dr J.A.R. Selby, A.F. Walkden.

Below – Major H.R. Forsyth leading No. 2 (Scottish) Company of the Hong Kong Volunteer Defence Corps on the march. This photo was taken shortly before the Japanese invasion on 8 December 1941.





PRIVATE CLIENT FINANCIAL PLANNING

Squash News

10th Raintree Club International Jumbo Squash Doubles 2009



Ross Harding, Colin Owen, Dave Murray and Roger Liden

Three pairs set out from Hong Kong to play in the Jumbo Doubles tournament at the Raintree Club in Kuala Lumpur from 25th-27th September 2009. Our representatives were **Phil Head** and **Glenn Hitch** (HKFC1 and number 3 seeds), **Colin Owen** and **David Murray** (HKFC2), and **Roger Liden** and **Ross Harding** (HKFC3). For the uninitiated – and that included novices Colin and David – Jumbo Doubles is played on a court approximately 1½ times wider and longer than a regular squash court, with partners playing front and back instead of the side-by-side of regular doubles.

Day 1 – Friday 25th September 2009

First up were Roger and Ross who, after a valiant effort against strong opponents, went down 2-1 and into the Plate competition. In their first match, newbies Colin and Dave scrambled the first game but quickly lost the second to make it 1-1. In the decider, HKFC looked out of it at 10-4 down, but heroically rattled off seven consecutive points to win 11-10 and progress to the second round of the Cup (Colin's errant shot into the back of his opponent's head had nothing to do with the turn-around!).

As winners of their match, Colin and David were required to score the next match. This was comical given their inexperience and neglecting to read the scoring guidelines in the tournament programme, but entertaining to the spectators. Luckily, the match was fairly short and the playing teams forgave 'Laurel and Hardy' for their errors.

Phil and Glenn got a first round bye, so went straight into the Cup second round, which they won comfortably 2-0. Colin and David's second round match saw them lose 2-0 to a strong Singapore Island Country Club team pairing containing the island state's number one lady player.

With all the exertions in the stifling, tropical conditions on court, an evening rehydration programme was agreed upon. After a few early cool-down drinks the players and cheerleaders convened at

Zeta Bar in the Hilton and were joined by Keith Frith and Matt Robinson (5th seeds representing HK Cricket Club). After Roger demonstrated the sort of dance moves better utilised on the squash court, the tour party headed off into the KL night. Needless to say great fun was had by all, but whether it was to be conducive to high performance Jumbo Doubles would only become evident on Saturday.

Day 2 – Saturday 26th September 2009

Whilst most players were still sleeping, Roger and Ross's Plate first round match started at 9:50am. A phenomenal effort resulted in a 2-0 win and progress to the second round. Colin and David played their 'Classic Plate' match at a more civilised 1:10pm. The strength of the competition was all too evident as they lost 2-0 and exited the tournament. (Dave's errant shot in this match was anticipated by his nearest opponent, deftly ducking the ball which hit Colin instead, getting a 'no let' call!).

Phil and Glenn's third round was won comfortably as they demonstrated why they are previous winners of this competition and progressed to the Cup quarter final. HKFC's two 'Rs' also continued their good run by winning a hard-fought match 2-1 to make the Plate quarter final.

The evening matches saw Phil and Glenn win their quarter final 2-0. HKFC3, despite some determined play, came unstuck against a strong pairing from the strangely named Bmen Dooblaze, losing 2-0; Ross and Roger had a good tournament though.

In the Cup semi final, it was HKFC1 versus the second seeds from Singapore Cricket Club. From the start, SCC attacked from the front and the back, taking the game 11-6. In game 2 experience kicked in and HKFC1 slowed the game down to their own pace and levelled the match, 1-1. The third game was a true nail biter. Fantastic squash with a lot of front court play to keep Phil busy. At 7-10 down, HKFC1 kicked up another gear to put SCC under lots of pressure, winning 3 straight points. At 10-10 it was sudden death; this saw two 'lets' and then a nasty front-wall nick, which popped out of the corner and just out of Phil's reach – game over, 1-2, but a great match.

Due to the late finish the tour dinner did not start until after 10pm and was followed with ice teas as a night cap in the Mandarin. As no HKFC or HKCC players were involved in the finals, sorrows were drowned until closing time – no Champagne though as Dave Murray 'forgot' his credit card.



Players and Guests Dinner

Day 3 – Sunday 27th September 2009

Finals matches, prize presentations and lunch was at the Raintree Club on Sunday. Phil and Glenn, picked up their trophies as Cup losing semi-finalists. The weekend was rounded off by the



Losing semi-finalists

'Raintree Challenge' between Phil and Glenn and Keith and Matt. Scoring was as per normal Jumbo Doubles but the final game, if tied 1-1, would go to 25 points. The match finally went HKCC's way, 25-24 in the final game.

Thanks to Tour Convenor, Phil Head for organising the tour for the HK teams.

By Colin Owen, with additional reporting by Becky Thomas

Lynley & Charlie Solomon's Farewell Party

Friday 18th September

On Friday, 18th September, the Squash Section hosted a 'Leaving Hong Kong' party for **Lynley** and **Charlie Solomon**. Both have been Members for 20 years and it would be difficult to find two people who have supported the Section more than they have done.

Although there was only one court available, the evening began with some scintillating squash doubles, especially by **Chad Sunde** and **Jules Harniess** who beat all comers, including Charlie and the wild Canadian, **Andy Cunningham**, while the less enthusiastic and less talented of those attending cut to the chase and went straight to the bar.

When asked about his love of squash and how he learned to play, Charlie said, "I owe all I have learned about the game to Jules Harniess, who bestrides the squash world like a Colossus, while we mere mortals scurry along like ants in the dust between his mighty legs. He still beats me on the backhand whenever we play doubles, but I hope one day to play as well as he does."

(He didn't really say this, but as the writer of this piece I am allowed a little poetic licence; in fact, what he did say about my squash is totally unprintable.)



After squash and a few aperitifs in the Captain's Bar, we repaired to the Sportsman's for the traditional going away curry, a few speeches and the presenting of the rarest of gifts to Lynley and Charlie: a signed (Jansher/Jahangir Khan) picture of the Hong Kong squash exhibition court. There are only 10 of these in the world and needless to say, they were delighted to receive such a present and vowed to treasure it forever.

In addition, they were also presented with copies of the film 'Bruno', along with several helpful, albeit rather drunken and raucous, suggestions that Charlie could use it as a future job-training manual. However, gossip has it that **Mike Belbin** was seen surreptitiously stuffing it into his back pocket before exiting for the Lamma ferry. Well, Mike, Charlie wants it back; you can have it after he has finished designing his sexy, Bruno shorts that he wants to wear on the squash courts in Oz.

Of course, everybody wishes them well in Melbourne, but yet again we say goodbye to people the Section can ill afford to lose. At this stage I want to scotch all rumours, they are not being banished to Melbourne by the bank for any indiscretions on Charlie's part, but have actually agreed to go of their own volition; who knows, though, they may decide to come back after a period of time (about a week) after having experienced all that Melbourne has to offer.



On behalf of us all in the Section, we wish you both the very best of luck in Australia and let me finish with a little bit of a poetic flourish, the sentiment of which, I am sure, is shared by all.

SQUASH SECTION BLUES

(with apologies to W.H. Auden)

*The Solomons are going, cut off the phone,
Prevent the dog from barking with a juicy bone,
Silence the pianos and with muffled drum*

(continues next page...)



Bring out the coffin, let the mourners come.

Let aeroplanes circle moaning the sad song

Scribbling on the sky the message,

'they are gone',

Put crepe bows round the white necks of the

public doves,

Let the traffic policemen wear black cotton gloves.

They were our kiwis, from the land of the sheep,

Ever ready to laugh; not worried at all about sleep;

Shame about his squash, though, not meant for song;

We thought they'd be here for ever: we were wrong

The stars are not wanted now: put out every one;

Pack up the moon and dismantle the sun;

Pour away the ocean and sweep up the wood.

For nothing now can ever come to any good.

mean forced everyone – you really had no choice – into the pool en-masse and mostly fully clothed.

The Love Boat Mermaids played great music but had miraculously become the Love Boat “Mer MEN”, but did it matter to the Squash Section’s party animals, not a bit! There were still plenty of cruise enthusiasts on the dance floor, shaking things that they probably should not shake and probably had not been shaken for years anyhow.

Even though ‘The Love Boat’ regularly sailed from Southern California to Mexico and back, on its detour to HKFC it must have been hijacked and taken to Hawaii as most of the passengers had bought Hawaiian floral shirts. Hey, it’s our boat we can sail it where we want to!

Captains Log – “Pleased to report that a great time was had by most and the other half cannot remember. Nobody was lost at sea, (although it has been suggested that some were “all at sea”), even though we tried very hard to lose some of the Cruise Directors (read Squash Convenors).

If these guys and gals play squash as hard as they party, then it seems like it will be a successful season for the HKFC Squash Section – “Mines a double rum!”

To **Adam Wilson**, your Squash Section Social Convenor, it’s a big thank you as always for organising a terrific Start of Season Party.



Start of Season Party “The Love Boat”



The Christmas Party will be held on **Saturday 12 December 2009**, mark the date in your diaries.

By “Admiral” Paul Errington

Saturday 19th September

The Love Boat pulled into harbour (well the Club swimming pool actually, but never let facts get in the way of a good story!) on Saturday 19th September 2009.

The problem with our Love Boat was that there were so many Captains nobody knew which way to steer, sound familiar? So, inevitably there appeared to be a few Admirals – you can tell them apart by the number of stripes on their shoulders, they talk more loudly than anybody else and look as though they hit the Rum rations at breakfast time! One thing was for sure and that was that all aboard knew how to steer towards the bar and afterwards to the bar and then back to the bar, which of course leads to the pool. Who would have guessed it?

Swimming pools at a party are like bees to honey, they draw the happy souls at the bar like a magnet. So the call of the sirens being heard across the water, forced and I



Coaches Corner – Tip of the Month

The Basic Shots of Squash – Part 2

This month we look at the drop shot and the boast.

The Drop Shot

A good drop shot is played just above the tin with very little pace. Your choice of drop shot depends on where the ball is when you are about to play your shot. If you are close to the sidewall then its best to aim so that the first bounce is below the nick (i.e floor first) so that your ball will bounce into the sidewall and cling next to it on its way down. If you are in the middle of the court then you can aim for the nick and higher for a quick roll-out. If you are in the back of the court then play a dying drop that wants to hit the nick on the second bounce.

The Boast

The boast is any shot that hits a sidewall before hitting the front wall. There are basically two types of sidewall boasts, the attacking boast and the defensive boast.

The attacking boast is played when you are in front of your opponent. An example of this is when your opponent plays a short rail from the back corner and you boast their return near the T-line. With the attacking boast, your goal is to have it hit the front wall in the middle then bounce twice before hitting the sidewall. Ideally the second bounce will be just before the side-wall/floor nick. This type of shot forces your opponent to run the full diagonal while you patiently take one step back to the T. If your boast hits the sidewall before its second bounce, then you have played the shot incorrectly. The result of which is that the spin from the floor will make it rise slightly. This will give your opponent more time and space to play a variety of attacking shots from the front corner.

The defensive boast is played when you are behind your opponent. As a general rule of thumb, one should always avoid playing a boast from behind your opponent. The best shot is a straight shot. If this is not possible, then you can play a defensive boast. Basically you want to aim the ball to land in the opposite corner floor-side wall nick. This is called a 3-wall nick and is a very deadly shot. If it's off, then you can expect your opponent to play a drop off your boast, thereby forcing you to run the full diagonal.

You can also attempt the 3-wall nick as an attacking shot when your opponent is lagging too far behind the T. This will usually catch them off-guard and you can win a few easy points this way.

*Player of the Month -
Eashwar Krishnan*

*Junior of the Month -
Leonie Lewis*

Forthcoming Events



Wing Ding participants in 2008

Wing Ding 11 – Saturday 14th November 2009

Wing Ding 11 will be held at the HKFC Squash Centre on Saturday 14th November 2009.

The Wing Ding Squash Tournament is an annual charity squash tournament and is now part of the RTHK/South China Morning Post's "Operation Santa Claus" appeal, which raises money for specific projects in a wide range of charities in Hong Kong. In 2008 Wing Ding 10 raised HK\$ 371,523.00 for Operation Santa Claus.

The tournament was started in remembrance of Yuen, Kam-Wing ("Wing"), who worked at the Urban Council Squash Centre on Cotton Tree Drive looking after the court bookings and serving at the small bar there. He was physically disabled and for him life was a constant struggle, but his constantly cheerful outlook, sense of humour, and heart-felt kindness was an inspiration to all who knew him. When he died in 1998, a group of his friends from the Squash Centre vowed to keep his memory alive each year. This gave birth to the "Wing Ding" tournament.

Wing Ding brings together all of the major squash-playing clubs in Hong Kong. In 2009, 14 teams of 8 players, covering the full spectrum of abilities, will battle it out in a "running teams" format. While the squash is very competitive, the tournament is all about having fun, so each team is assigned a colour with extra points being awarded for a team's attire - the more outrageous the better!

So why not come down to the Club's Squash Centre on Saturday 14th November take in the colourful spectacle of "fancy dress" squash that is Wing Ding and support a very worthy cause. Supporters of Wing Ding and Operation Santa Claus have generously donated a large number of fabulous prizes to the event and these will be raffled or put up for auction on the day. We look forward to seeing you on the 14th!

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Rugby News

What a Season so far.Bargey Moo-Moo!

We write this just after an extremely busy Walton Brunch and a weekend where all teams who played for CLUB won. Our very own FYOV match reporter PT (**Paul T McGee**) will provide a bit of info on the games later. Overall the competitive season to date has been positive. Both League weekends have provided more senior wins than losses. CLUB, DRAGS, SELECT and SEQUINS all providing W's to the causewith CLUB providing a big statement against Causeway Bay on the 3rd of October.

The Valley 15's went well with a competitive turnout by us. A lot of lads gave good accounts of themselves, and serious claims for positions have now been made, well done Frenchy (**Charles French**) and Billy Whizz (**Ben Kende** – get well soon little-un). If anyone is under the illusion that positions in any team will be easy to come by please talk to lads who are not training and watching good rugby from a bench on a Saturday. A lot of teams are having new identities and so far only a few barbie's and my little ponies have been found outside of the prams. But the main point is that this approach has handed out a 14-0 victory over Valley 1's in the Valley 15's final, 50/60 at training and an undefeated CLUB, DRAGS, SCORPS, SELECT and SEQUINS season to date. If you aren't on board we would be keen to know why.

Thank You's

Firstly, the Captains Dinner and Walton Brunch thank you's.

Both events, we can say were greatly attended and we hope this shows the intent for the Rugby Section off the pitch as well as the good performances on it. The Captains Dinner was its usual tame affair with speeches being far too long, jokes becoming funnier by the end of the night and a lot of people in fear of squash balls (if you don't get this, good, come next year). A thank you to all the guys who attended, for the most part they acquitted themselves well and their singing bodes well for the season even if the Welsh contingent showed us up (**Rhys**). If anyone can remember any of the songs or the words we were singing please email **Bargearse** or **Cowhead** (not the Welsh ones).

The Walton Brunch was just a great day and we felt very proud of the Section. A thank you to the 230 people who attended. An apology from Cowhead (**Ben Stobart**) who after fainting when an extra table of 14 people turned up whom he had left off the list, suddenly realized that children over the age of 3 probably needed their own seats. Let's hope he learnt his lesson in time for when his 5 month old needs something more than a high chair. But thanks to the Club Staff who never failed us and saved the Cow's bacon, (or is that beef), by providing last minute tables and accommodating everyone?! **Bill Morrison** gave a great speech and we know a lot of the newer guys felt closer to the memorial brunch as a result. So thanks Bill, good job. Can we please stop the Cow getting on the Microphone though..... If we carry on like this the May Ball will be painful.

Insurance

Given some of the injuries that have occurred over the past couple of years and the high cost of physio treatment and hospital bills in Hong Kong, we have explored some insurance ideas to ensure that if any Section members are seriously injured whilst at training, or playing for any Club side at sanctioned HKRFU League games, tournaments and tours they will be covered for any operations/ hospital costs and any subsequent treatment/ physiotherapy needed.

For those of you who do not currently have any health insurance, or for those of you who currently do but wish to top up your existing coverage, this is something worthwhile looking at particularly if serious injuries are not covered.

The man organising this, **Marco Cassandro**, can give you a better overview of the proposed coverage and if you have any specific questions on this please email hksports@insurer.com, or otherwise call Marco Cassandro on +852 63355304 or +447552599522.

While here, let's please be all very vigilant with wound management. Do not cut corners. Look after yourselves please!!!

November

Guys and girls, November is going to be an important month for us. With a number of big games completed and hopefully more W's under our belts by the time you read this. We will need to 'keep the foot on the gas' - so to speak. Our attention will need to be firmly focused on 'finishing' business this side of the season. Training in order to play will be even more important and making sure you keep yourselves fit and healthy as we come to the end of what has been for a lot of people, a tough calendar year. We will have also completed a lot of good events Captain's, Walton's and Pink Ball respectively, and Sportsman's and after game 'events' are going to take more precedence. We will need your co-operation and spirit to get involved. We want to provide an easy and accessible environment for you and the opposition to have a beer together and receive the Player of the Day awards after a game. We can only do this if, as players, you give yourselves an hour in the bar with your opponents. This is going to happen guys, so make sure you start paving the way to the Pink Ticket Highway.

Match Reports

So without further ado, take it away PT for an October 10th match write up...

For the Club FYOV..

Club and Drags trekked out to Aberdeen, and put on 128 points, conceding 15...

Drags

Not sure what to say about the Drags 90-7 win. The side looked formidable, especially the front row of Khan (**Kahn Rudolph**), Hamp (**Gary Hamp**) and Frost (**Alasdair Frost**) - a good combination of experience and specialist eating.

It would probably be easier to list those who did not score - regardless, here are those who dotted down...**Rhys** (new boy via London Welsh), **Hunter** (hopefully caught on film by his Mum, as last week's personal highlight film was a bit sparse, hence his appearance this week in the Drags) Hunter again, **Redpath** and converts his own try, **Khan**, **Frostie**, **Will Johnston**, Rousie

Youth Rugby

(**Richard Rouse**), Bolland (**Tom Bolland**), Toressco (**Rob Toressco**) (AKA 7-11) Rousie for the hat trick (quite economical doing it all within 16 minutes, as opposed to dragging it out over the entire 80)..Walters (**Andy Walters**), and Walters again...

Good to see **Mark Wright** back in action after injury.

Club

Raby (**Adam Raby**) has 4 penalty kicks to Aberdeen's one, to put us up 12-3. At 30 minutes, tired of kicking penalties, Raby touches down and converts. 19-3

Aberdeen have 2 in the sin bin. Moose (**Rob Mills**) try with Raby conversion, gives us a 26 - 3 lead at the half.

Kibble (**James Kibble**) sets up a gorgeous try beneath the posts by **Peter Robinson**, Raby conversion, 33-3 to the good guys. **Baz** try, no conversion. Aberdeen consolation try, no conversion, 38-8 full time.

The boys are looking good

For Club PT.....

GIRLS International

Well done to all the girls who represented the Club at the recent Hong Kong vs Singapore international. A lot of great performances ahead of us this season I am sure.

Juniors and Coaching

Unfortunately I don't think we are going to have any photos to attach to showcase the evidence of our 1st teamers showing up on a Sunday morning to help coach the Mini's and Juniors. I must say it was an impressive turnout, especially after a Full House of wins the day and night before! But Club Captain **Dan Watson**, **Pat Foreman**, Horse (**Stephen Nolan**), **Pete McKee**, Foley Jnr (**Mike Glancy**), **Baz** and **Frosty** all did a great job and I know the lads and parents of the minis appreciated it. A little note to the guys who actually run a youth side who play in the 1's and 2's (not sure if a lot of you know this) but **Corks** and **Moose** actually have been helping with coaching of the U18's for the last 2 seasons, that's every Sunday! So if you are reading this as a player with a Sunday morning hangover and nothing really to do before 1pm.... Have a think.

Vegas tour is still on – Hopefully by now you should of received an email from the Vegas committee – AKA Kibble, Tosh and Jones. As always, we will have to fund our own way and it will help if we can get fundraisers off the ground sooner rather than later.... If you have an idea, if you are willing to arrange it, head it up to the Vegas Committee and they will support as is needed. I would like to ensure that everyone is aware that this is an open tour to the Rugby Section and old legends are warmly welcome..... come on, you know it makes sense.

Yours, the athletically Plump, *Fat Men Inc.*



New Season. New Sponsor. Same Passion.

The new season of Club's Youth Rugby kicked off in September with over 550 players registered for the programme, involving children from five years old, getting their first taste of the sport, up to 'experienced' 11 and 12-year olds in their last season of small-format Mini Rugby, as well as the 'old campaigners' in the Colts Rugby Under 14, 16 and 18 groups.

This season saw a brand new sponsor for the programme in the shape of **National Australia Bank**, bringing with it some smart new HKFC kit. A big thanks to all those involved at National Australia Bank for their generous support.

Following a very slick online registration and kit collection process, masterminded by 'the man behind the scenes' Sanjay Lalwani and Mini Rugby Chairman Iain Seow, the first session of the season took place on a very hot September morning. A few more very hot coaching sessions followed, as well as visits from other Hong Kong youth rugby clubs, including Valley Fort, Discover Bay Pirates and Hong Kong University Sandy Bay, at various age groups. Although some of these sessions have been necessitated by lack of pitch availability for the visiting clubs, the visits have proved to be a great success, allowing coaches to bring an important element of competition to the coaching sessions. By the time this goes to press the first Mini Rugby Festival of the season will have taken place so look out for a report in the next issue of Club.

HKFC Youth Rugby brings expert coach Dave Ellis from New Zealand

In cooperation with the Hong Kong Rugby Football Union, HKFC Youth Rugby invested in bringing Dave Ellis to Hong Kong during October. Dave is a coach with the International Rugby Academy of New Zealand (IRANZ). Dave was the captain of the Northern Territory in Australia from 1987 to 1994, has coached at senior levels in Canada, the USA and Australia and is a consultant coach to the New Zealand Rugby Union. During his time with HKFC in Hong Kong, Dave ran a number of coaching sessions, not only for youth rugby players at a range of age groups, but also ran sessions for the HKFC Youth Rugby volunteer coaches – sessions that proved to be of great value to all those



The HKFC Under 9 age group with IRANZ Coach Dave Ellis

involved. Dave's visit is a great example of how HKFC Youth Rugby is committed to developing and improving further the standards of youth rugby at the Club and maintaining our status as the premier youth rugby club in Hong Kong.

Pay a visit to the Club main pitch on a Sunday morning to get a taste of the action (and these are just the younger age groups!) and see for yourself the great passion with which youth rugby is played at HKFC and the great enjoyment to be had by players, coaches and parents.

Chris Plowman



Down but not out



The Year 8 HKFC 2 squad



Year 8 HKFC 2 in Hong Kong Junior League action at King's Park beating Discovery Bay Dragons 2-1

Mini/Junior Soccer

The new Mini / Junior Soccer season began in September and yet again has proved to be one of the most popular youth soccer programmes in Hong Kong. With some 428 players registered for age groups from P2 to Year 9, unfortunately some latecomers have had to be put on waitlists as most age groups have a full complement. Mini / Junior Soccer Administrator, **Elsbeth Penny** once again did a superb job in organizing registrations and kit distribution, so that everyone was ready to go on day one.

Chairman **Nigel Merritt** and **James Penny** have been focusing hard over recent years on developing the levels of skills amongst the volunteer coaches, with 98 of the 114 coaches now having taken the English FA Level 1 qualification, 23 of those having also gained Level 2 qualification. This impressive achievement has meant that every age group has a team of coaches with basic coaching skills and some with more advanced skills coaching capabilities.

Following pre-season briefings to players and parents and kit collection, the season was kicked off amidst some fierce September temperatures. By the time of publication the season will be well underway with teams from P4 upwards competing in the Hong Kong Junior League and teams at Under 13 and older also competing in the Nike League.

Here are some early season action shots and a short report from our P3 age group. *Chris Plowman*

P3s make a hot start

On a hot and humid Saturday morning in early September, 50+ eager six-year olds took to the main pitch adorned in their brand new kit waiting for instructions from their coaching team, and so began another season of P3 Mini Soccer.

On the pitch the players are put through their paces starting with the warm up, followed by a series of drills focusing on the basics of passing, control, running with the ball, dribbling and shooting, before ending the session with a few matches, the part the players enjoy the most. The six P3 teams; Athletic, Albion, City, Rovers, United and Wanderers will be battling it out on the pitch each week all aiming to prove they are the best team. The signs are already encouraging for this season as we have seen some excellent team play in defence, midfield and attack, not forgetting between the posts in goal.

The coaches and players are now a couple of months into what will be a nine-month journey of coaching sessions mixed with the occasional tournaments to enjoy, but there will, of course, be challenges along the way not least the weather. Although the climate and excellent facilities at the Club mean these young players will not face cold winter mornings on muddy or frozen pitches, instead their challenge is the opposite – the third week of the season brought temperatures of 36C in the shade, hence numerous breaks for drinks to escape from the blazing sun.

At the time of writing we are moving into the second month of the season and the P3's are facing their first away game of the season and for most, the first away game of football in their lives, when we take on HKIS on October 18th – here's hoping we do well!

Pat Burns, P3 Head Coach



A HKFC P3 coaching session

Fusion Tots is for children age 2-4 and runs in Central Dance Studios

1A Man Cheung Building, 15-17 Wyndham Street, Central, Hong Kong. Class at 3.15pm to 4pm every Wednesday.

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Classics Ahoy!!

The Hong Kong International Bowls Classic 2009 which will be held again this year from 21st to 29th November will bring to Hong Kong many of the world's top men and lady bowlers from 12 countries. The Club will proudly support this event by providing the Outdoor Green as one of the venues. We also have been invited by the organisers, HKLBA, to enter a Ladies Pairs and Men's Pairs in the event.

Deciding who should represent the Club is not an easy task. Club's **James Keung** and **Grace Chu** had already been selected to represent Hong Kong. So with the start date looming in front of us our Competition Secretary set up a Club Classic Qualifier Competition and you may have seen some of these "fast action" games taking place. After one and a half months of long torturing round-robin games, we finally found the winners to represent the Club to attend this prestigious event. **SK Ng**, our ex-Men's Captain and **Raymond Tso**, the young blood, will play in the Men's Pairs Section. **Connie Wong** and **Hannah Ha**, two skilled veterans, will play in the Ladies Pairs Section. We wish them great success in this tournament.



Raymond and SK, Classic Men's Pairs



Connie and Hannah, Classic Ladies Pairs

Ongoing National Competitions



Linda and Priscilla being presented with their cup by John Lunn, Convenor of KBCG

The National Competitions take place all year round with only a few breaks for the major holidays. Currently, the Indoor Singles, Outdoor Fours and Outdoor Singles are well underway.

Club's Men's team, **Donald Wu**, **Thomas Tam** and **Bernard Young**, skipped by **Stanley Luk**, survived the gruelling knockout rounds to enter the Final of the National Men's Fours to be held on the Final Day on the 20th December.

Club Ladies, **Priscilla Lam** and **Linda Lousich**, last year's runners up, tried again this year and successfully captured the National Ladies Novice Pairs Championship 2009 playing at KBCG.

Club Competitions

Our Competitions Secretary has also been very active organising the last of the Club competitions, ready for the formal prize presentation at the end of October.

The newly born champions for the Club Mixed Pairs were **Priscilla Lam** and **Johnny Tsang**. Runners-up were **Rita Tsui** and **SK Ng**.



Priscilla and Johnny, winners of Club Mixed Pairs

Two of the competitions will be well remembered by all the spectators. Not many had seen 2 extra tie-ends in one game. This happened at the Final of the Mixed 242 Pairs in which **Philip Sze** and **Anne Gately** played against **Daisy McNie** and **SK Ng**. After playing 18 ends, the scores were equal and an extra end was needed to decide the winner. When the last bowl stopped on the green during the extra end, all the spectators were about to congratulate the champion team but the nearest shot wood of both teams lay so equally close to the jack that it required the Competitions Secretary and then the International Umpire, **Cyril Leung**, to measure both woods. After many minutes of measuring, they were unable to decide on the winning bowl and declared no shot to any side and that a second extra end was needed. Finally, in the 20th end, Philip and Anne overcame their opponents to win the trophy.



Anne and Philip with their Mixed 242 Pairs Trophy

The Mixed Triples was equally exciting to watch. With heavy rain on the Outdoor Green, play was switched to the Indoor Green and the match scores were very close throughout the game. After four



Cyrus, Wendy and Arthur winners of the Club Mixed Triples

hours of non-stop thrilling action the score was 16: 14 at 17 ends. **Arthur Yiu**, D Side skip, teaming up with veteran **Wendy Hui** and “beginner” **Cyrus Law**, did not lose hope. Even though they were two points down on the score board and one down on head during the 18th end with only four woods to play, Arthur played a magic shot with his second wood. He took the jack to the ditch to secure three shots. **Bernard Young**, skipping the opponents Lydia Yang and Erica Wong could not get any closer and the cup went to Arthur and his team. It had been a long evening but thoroughly enjoyed by the spectators who were all treated to a free drink for their perseverance and support.

Coach's Corner



The Group

Coach Bernard organized his eighth Beginners' Extension Course for Club Members in August. There were nine participants. Only five of them could attend the last tournament evening, yet the competition was still very exciting and they performed extremely well and showed great improvement after the training lessons.

Coach Bernard was very pleased and sure that some of them would become outstanding bowlers and future stars of the Section.

The Graduation tournament was held on Wednesday 19th August 2009. **Margaret Tsai, Nicole Muk** and **Dr Arnold Cheung** were the winners of the tournament. Coach Bernard is very grateful to the Assistant Coach, **Cecilia Young**, for her great support in running this course.



The Group Coach Bernard, the Runners-up, Edward Yu, Victoria Liu and Assistant Coach, Cecilia



The Winners, Margaret Tsai, Nicole Muk and Dr Arnold Cheung

LAWN BOWLS INTERMEDIATE COURSE

2nd November to 21st December
from 7pm - 9pm

The Lawn Bowls Section offers Club Members an Intermediate Course in Lawn Bowls over eight Monday evenings from 2nd November to 21st December 2009, from 7pm to 9pm on the Indoor Green. The total number of participants is 12, on a first come first served basis. The course fee is \$100. Preference will be given to those who are playing for the Club in the league games.

Graduates from the Beginners' Extension Course or Section lawn bowls league game bowlers are welcome. Throughout the course, refinement of skills, reinforcement of etiquette, different kinds of shots and tactics will be introduced and practiced.

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

For enquiries: Please contact Bernard Young, Coach, on 94117218 or E-mail to : beryoufei@yahoo.com



holman fenwick willan hfw



Rob Wilkinson,
Men's Captain

Message from the Men's Captain

Bangkok, Bangkok, Bangkok!!!

With the season fully underway, I thought I would start with a quick round-up! It has been a very busy start to the season with a number of great results already! Chappie's summer dealings in the Transfer market to improve the A team, and his new C team youth policy have proved to be massively successful; The A team have been bolstered with reinforcements in the form of the Hong Kong Captain, **Amo** "I can throw an aerial the length of the pitch" **Ali**, and three Dutch superstars: **Joppe Schepers**, **Steven Zwaan** and **Erik Cardinaal**. A quick look at the golden stick ladder shows how prolific these three have been, Elite being the most recent to be put to the sword going down 9-1. With only a slight blip against a very strong KCC side the A's have shown they are once again strong contenders for the Premier league Crown. However, **Tom Spicer**'s youthful C team gave what is already being described as the performance of the season, by smashing Valley B 4-0 in front of a home crowd. The perfect way to celebrate the opening of the new pitch! A fantastic **Steve Smart** drag flick in the searing heat proved decisive for the D's in a tough match against Aquila A. The D's with no subs came out on top, demonstrating that fitness is key especially against the younger teams. They will definitely fancy their chances in division 2! I won't mention a couple of the matches in which we have not done quite so well, but it goes without saying that the teams which have regularly turned up for training are now seeing the their efforts in the form of wins!

On the social side, the first Section BBQ was a great success. **Charlie**'s rallying call to drink the bar dry was received with great enthusiasm! And woe betide anyone who agrees to play **Nicky Russo**'s famous dice game...the rules of which only Nicky understands! Our illustrious A team captain, **Tom Moore** being the first victim! After that my memory fails me...! Those of you who missed it will no doubt get to experience it first hand on tour in Bangkok! This tour should not be missed... so pencil it in now! **5th and 6th December!** If you're interested please contact me ASAP! The other

event for your diaries is the **Christmas party** on the **11th December**. Last year's Chrimbo-Olympics themed bash was the party of the year, **Chappie** donned a nurse's outfit, **Charlie** a one-piece swim suit, and **Jerome** "the J-Dogg" **McDonagh** some sequins and spandex! What more could you ask for! **Jane** and **Lisa** your Section Social secs have promised big things! So sign up and get involved!

Cheers, *Rob Wilkinson*

Men's Team Reports

Valley B vs HKFC C

Sunday 11th October, (0 - 4 win to Club)

The C team marked their first home game of the season with an empathic 4-0 victory over Valley Bs. The C team successfully gelled as a unit and put down a display of total "360 degree" champagne hockey (**Simon Chapman** was visibly excited even by half time). The damage was done with a hatrick from Simon Chapman and the fourth coming from **Donny Burke**. The team maintained its structure throughout the game and controlled possession. The midfield and attack were able to link up as a unit with fluid running and interplay, this resulted in all four goals coming from open play. The defence was resolute throughout with **Gilson Chua** looking solid and **Ben Rowse** putting in some great tackles. **Vincent Cheung** in goal continues to amaze teammates and opposition alike with his cat-like reactions. Once again **Sim Archer-Perkins** demonstrated good physicality in midfield with **Ralph Koker** and **Nick Studholme-Wilson** maintaining their cool under pressure. Having been thumped 8-0 by Valley B at the end of last season, this is testament that the mix of the old guard and youth should mean the C team can look forward to an exciting and successful Division 1 season.

Man of the match goes to Donny Burke for industrious efforts upfront. Play of the day goes to **Ollie** for bringing two jugs of beer from the Sportsman's Bar to the stands when his team mates were in need while watching the A team game.

There is a brand new look to the C Team squad this season, with the inclusion of 10 new squad players, 7 of which have been promoted straight from the E team together with **Conor O'Donnell** from the D's and Vincent "the cat" Cheung, from retirement. None of the E team look out of their depth and are already leading by example both on and off the pitch. Good attendance at Simon Chapman's pre-season fitness sessions is paying off (with the exception of Steve Bruce who has managed a total of 15 mins on the pitch so far this season and often appears physically drained prior to the start of each game...). The new members of the C team squad are working hard



at training to maintain their momentum and help settle into the pace of a new team and division. Discipline has improved (due in large to the fact that everyone is doing as instructed by el captain) and the team is also slowly learning to drink as a team. It is amazing to see a new team playing so well together at such a early stage of the season. If this development continues we should be in for some thrilling games against our B Team again and hopefully be pushing for the upper heights of the league. One of our biggest tests will be the next game which pits us against a formidable looking and highly confident Bullets B team. Bring it on...

Squad: Tom Spicer, Nick Studholme-Wilson, Chappie, Vincent Cheung, Ralph Koker, Ollie Spensley, Donny Burke, Tim Cairns, Steve Bruce, Matt Truman, Conor O'Donnell, Ben Rowse, Gilson Chua and Sim Archer-Perkins

By Tom Spicer and Matt Truman



Nicky Russo,
Ladies Captain



Message from the Ladies' Captain

So, not quite the start to the hockey season I had hoped for. "A wee spill" down Deepwater Bay Road while out on the bike one morning led to five days in Hotel Sanatorium and two pins in my collarbone. The Captain's Curse strikes again. On the plus side, without quite so much exercise nonsense taking up my evenings, I've had no trouble meeting my monthly spend in the Sportsman's Bar. And my left handed drinking is coming along nicely. Which is useful for those fine sessions...

With the women's hockey leagues under way at last, the view from the sidelines has been pretty good so far. Our new-look teams for the 2009-2010 season definitely seem to have benefited from Chappie's fitness bootcamps and everyone seems to be enjoying getting a run-out on our brand spanking new hockey pitch. YAY!

Our social calendar kicked off last month with our start-of-season BBQ at the Sportsman's Patio. A great turn out across the men's and women's sections (after a bit of cajoling from Captains and team social secretaries...). Well done **Jane Wakeman** and **Lisa Davies** for organising a cracking evening. I'd also like to thank **Chairman Poulton** for his excellent suggestion of rounding off the evening with a quick game of Threeman dice (*Note: contrary to popular belief I do not in fact make up the rules as I go along*) and I'd like to thank Men's A Team Captain, **Tom Moore**, for partaking so thoroughly.

Lastly, the Section would like to congratulate Nicola Sawyer, Katy Mountain and Babs Mountain who all represented Hong Kong at the 7th Asia Cup in Thailand in October. Well done also to the Dinos, our "new" E Team, for their fundraising efforts in support of the Breast Cancer Awareness Fund - a 16km Charity Moonlight Walk around the Valley racetrack. Champagne all round!

Now, 6 and a 4 - that's a "social", isn't it?? *Nicky*



Ladies C Team

Secret Diary of a Hockey Girl

Dear Diary:

The season has finally started, and after the sweaty pre-season fitness training it couldn't have come any sooner. Now I have a real excuse for polishing off a few glasses of Chardonnay over the weekend (not that it really stopped me before). After playing a couple of games now I have felt like the section is getting back into its old ways all over again. There has definitely been some news of gossip over the summer which had previously escaped me. A few boozy summer nights can lead to all sorts of trouble for self-proclaimed hockey "god" in the men's B-team and a particular A-team lady, along with the typical scandal ensuing from a certain K-9 and the general entire women's section.

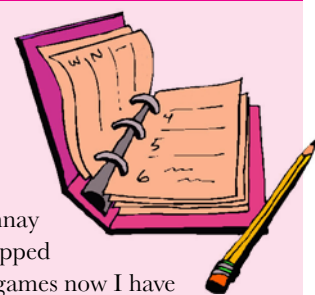
Onto all things hockey related, a little birdie (a particular dorky, book-head birdie mind you) recently let it slip that our illustrious, perpetually unshaven, Men's A Captain has a dark and altogether quite sinister past, which on all accounts seems to come from the deathly hallows of a Harry Potter novel - he was in fact an avid stamp collector - so avid in fact he too was the captain of his school stamp club. A title to be proud of no less.

I am now looking forward to attending our fitness and normal training sessions, not for the new pitch, though we all know I do love all things new and shiny (problem is green just isn't my colour), not least because we seem to have taken on some new coaches, and I do love a man in charge and barking orders at me.

On that note I must head off - I've bought a new training kit and after the summer months I'm darned if I'm not going to squeeze into it.

All the best,

The person who wrote it wants to remain anonymous! Thanks





Captain's Corner



Andrew Gardner and Freek Schipper

Ladies and Gentlemen,

Welcome back for another month of football down on Sports Road.

I know some of the fans have been disappointed with the allocation of tickets this year but due to security reasons at the games we have had to play all our games behind closed doors.

If you look at the YauYee League all three teams occupy a top three position with Club Albion sitting pretty on top. Lucky Mile have yet to be beaten under **Tommy Vincent**, so whatever he is saying is "exciting" the lads.

The first team in a tough league this year sit mid-table with mixed results but they have two big games before their break which could put them right back in contention.

In social football, I witnessed what can only be described as scandalous perhaps outrageous as **John Charleston** finally got his wish and played for Dynamics last Sunday. Apparently Gazelles coach has complained to the committee on Dynamics poaching their players without going through the proper channels, but Dynamics have also complained as to how this happened.

This month we took a stroll down memory lane and interviewed some of the men which line the walls of the Club and will go down in history. All three men have more medals than you can shake a stick at, and they were all part of the last first team to win the double in the second division. For those of you who are new to the Club, please let me introduce to you, the backbone, the big nose and the fat-ass of our club: The Good, The Bad and The Ugly.



From Right to Left - The Good and The Bad!!! (but they are both good looking)

The Good, The Bad and The Ugly

THE GOOD

Full Name/(Nickname): Richard Lant (Lanty)
 Age: 47
 Weight: 89 kg
 Team he supports: Newcastle United

THE BAD

Full Name / (Nickname) : Ashley Dyer (Deadly, Jigsaw, Stepanovs)
 Age: 39
 Weight: 82 kg
 Team he supports: Arsenal

THE UGLY

Full Name / (Nickname) : John Pimlott (Pimmy)
 Age: 35 ish
 Weight: 81 kg (*Liar*)
 Team he supports: Manchester United

Where do you rank yourself in the Soccer Section in terms of ability out of the 500 members?

RL: Neck and neck with JC.

AD: 470th just above Pimlott, Gardner and then the whole Wanderers squad.

JP: 10 years ago top 5, 5 years ago top 10. This year 499 - I believe there is still a 1st team right back worse than me.

When did you realise that you had a gift to play football and what team did you dream of playing with from a young age?

RL: Would have loved to have played for United (Newcastle) but the gift must have been lost in the post.

AD: I used to sit in the Upper West Stand at Highbury from 4 years old and dreamt from the first game I ever saw (Arsenal v Newcastle) of playing for the Gunners.

JP: Probably junior school - when you are scoring 5 or 6 goals a game you know that you can play a bit. However, we did have a very good team and at least 5 or 6 players went on to play pro football for Stockport. Being from Salford there was only



Pimmy finally finds a cup big enough for him!!!

one team you dreamt of playing for and that was Stockport but Manchester United would do.

Who was the player you most looked up to as a youngster and having played at such a high level what is the nicest thing your fans have ever said or did?

RL: Always looked up to Malcolm MacDonald. Nicest comment ever must be "well played Dad."

AD: I absolutely loved "Rocky" Rocastle. Kevin Faure always gave me a good write up in early season playing for HKFC Club in the 1st Division. "Deadly Dyer scares Sing Tao" headlined the back page one morning in the Eastern Express.

JP: I always wanted to be Bryan Robson - I had the New Balance boots and everything. The problem is I'm probably more like him now than I ever was as a kid! My PE teacher at high school wrote in my yearly report "The best payer this school has had for a long time should consider making a career out of football." I don't know where it all went wrong.

Highlight and low point of your career?

RL: Highlight - getting the call from **Bob Lawson**. Low point - back operation in 1987

AD: Highlight - playing with some much better footballers such as **Lanty, Anto, Wilko, Tony Sealy** and **Mark Grainger**. Lowpoint - being subbed for "Leek" aka **Ian Donoghue** by **Kevin Rae**.

JP: Highlights - In Hong Kong winning the league and cup double in my first year and playing First division football in Hong Kong - beating South China at home and watching the highlights on TV in the bar after 10 pints of Stella.
Low points - Not getting a medal after a cup final at Hong Kong stadium because **Ashley Dyer** left all the medals in the changing room? Not being fit enough to play at any level for the past 3 years.

Within the Club who has been your favourite manager and worst manager to play under?

RL: Favourite - **Tony Sealy** and **Bob Fuller** (89-90).
Worst - no one

AD: Favourite - Tony Sealy; best knowledge of the game within the club, and the half time fireworks can be better than Guy Fawkes night. **Martin Lambert** "Hambo" was definitely the worst. He used to arrive on Saturday night very drunk and gave his team talks in a jock strap which in a confined area of a crowded changing room is not the nicest of sights.

JP: Favourite - Tony Sealy, **Phil Ingam** and Lambo. I don't think there has been any managers I have not enjoyed playing under - perhaps **Phil Dowding** at Wanderers but that was probably my fault.

Outside of football what do you enjoy doing most?

RL: Golf, tennis, chilling

AD: Family and Triathlon training

JP: Watching Man United win the league year after year (18 times and that's a fact), boozing and spending time with my family...
(By the way, Pimmex, the question was 'outside of football'!!!)

Which player do you see as being the future of the football club, the young player to watch out for?

RL: Sabian Cooper

AD: Lucas Ka Ho Dyer!!!!

JP: This is a difficult one for me to answer as I haven't seen many games recently but new 1st team signing **Liam Brannan** could do a job if he stays fit. (please note that Brannan is 27 but that's obviously very young compared to Pimlott!)

Please tune in next month as we take a look at the future players of the Club and interview the Wanders number one fan **Rory Lonergan**...who is also a player of the future.

Finally a big thank you to the Rugby Section for the invitation to their Pink Ball event. An excellent night for a great cause (Breast Cancer Awareness) and as far as Club events go, this one sets the bar extremely high. Congratulations to **Lisa Foley** who organised this in conjunction with **Anthony Philips**. I hope the Rugby Section makes an appearance or two at the Soccer Section events going forward, they and all the other Sections are always welcome.



Pink Ball 2009 - ("The hostess with the mostess", Soccer Section's housewives favourite, Freek, and the man whom all ladies love and all men want to be, Rugby's Horse)

Once again, thanks for all your support this month, and thanks to all the players for their efforts on and off the pitch. The results look good, the league tables are bright and the future promising.

Until next time,

Your loving Captain, *Andrew Gardner*

(This article was brought to you by the Soccer Section Editor and Chief Freek.)

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Netball News



Karin Looram,
Division Chairperson

Comments from the Chair

The netball season is now in full swing and we kicked off the season with our ever popular team building 'Scavenger Hunt'.

This year we decided to put a slight twist on things by asking everyone to wear pink and make a donation in support of the Hong Kong Breast Cancer Foundation. This was received well by all participants and it was a fun night. Some teams really thought outside the box in many of the tasks, and it was a learning curve for many as well. We are now all very aware of the fact that it is very hard to find a 'live chicken' in this town after 7 in the evening! But most random strangers will perform martial arts if you tell them it's for a good cause. Thanks **Karen!**



Pictures from the Scavenger Hunt

This season we have 6 teams in the league. They are as follows in their divisions/captains:

Division 1	Division 2	Division 3
CLUB (Alex Weston)	WHIRLWINDS (Vanessa Elliot)	HURRICANES (Rebecca Rogers)
TYPHOONS (Katy Chandler)	TORNADOES (Catherine Jacobs)	CYCLONES (Kathryn Duthie)

The placing of teams in divisions is never an easy one. This season we have seen Tornadoes move up a division into division 2 and both Hurricanes and Cyclones have been moved into division 3. This is mainly due to the hugely successful season HKFC had last year. As you can see we have a good chance of taking more silverware this season, but not in division 4!

In international netball news, the Inaugural World Netball Series was held at the M.E.N. Arena, Manchester, England from Friday 9th to Sunday 11th October 2009. After finishing third in Pool Play the Silver Ferns defeated Australia in their Semi-Final, and then delivered a powerful performance in the Final to beat Jamaica and win the inaugural title.

IFNA (International Federation of Netball Associations) has recently released the world rankings with Australia on top, followed closely by New Zealand and England for third. They also recently added 2 new members, Japan and Switzerland to the group.

Lastly a reminder to keep a lookout for all our up-coming social events. We have quiz night on the 5th November. You can check on the website for details. Also keep a lookout for your game schedules/venues and umpiring/coaching courses and other important dates. The HKNA Handbook and Bye-laws are also available for downloading.

NETBALL DSA COMMITTEE 2009/10

Chairwoman:	Karin Looram
Treasurer:	Millie Polglase
Secretary:	Jocelyn Bollands
Attendance Officer:	Dayna Proudfoot
Membership Officer:	Marie Farry
Netball Coordinator:	Irene Petau
Publicity:	Emma Noonan
Website Development:	Ellen Flaherty
Kit Manager:	Alex Weston
Tour Coordinator:	Stacey McLocklan
Social:	Kristy Hutt/ Jess Lavender
Floater:	Kirsty Hulme, Liz Nagy

New Sponsor

This season the Netball DSA is proudly sponsored by Global Trading Offshore (GTO). A big thanks for their support.



Match Reports

Typhoons vs Club

Monday 5th October, (13-33 win to Club)

Losing a couple of last year's younger squad members to university, and former team skipper **Kate Jackson** to Singapore, it was with some anticipation that the new Typhoons team took to the court against the HKFC's own first team ("Club") for the first fixture of the Division 1 season.

Typhoons is a large squad, so the goal for this opening match was to give everyone some court time to get back into the netball, as well as to play a well controlled and intelligent game.

The team opened confidently and moved the ball through court with composure. Playing together for the first time, **Siobhan O'Brien** and new player **Cara Barrow** produced a tight defensive front putting on good pressure against Club's experienced shooters. At the other end of the court **Candy Wong** (GS) clearly made her mark in her new attacking territory (she played GK last season), holding and shooting well. The team lost the first quarter by a respectable 2 goals (4-6).

Playing centre for the first half of the match, **Claire Anderson's** athleticism provided good competition for the Club mid court team and showed no indication of her recent return from pregnancy (baby, what baby?!). The team looked physically well but as Club upped the ante in the second quarter, Typhoons got swept along with the pace and began to lose their rhythm, perhaps indicating that mental fitness is more of an issue! Club quickly capitalized on the team's careless errors and pulled the score ahead to 6-17 at halftime.

New players **Diana Pizzari** and **Shauna McCallion** made their centre court team debuts at halftime. Both opened confidently proving themselves a welcome new addition to the team. However, Club continued to dominate at both ends of the court and Typhoons let the scoreline run away (9-27) by the end of the third quarter. The team managed to find some vital composure towards the end of the match, losing the final quarter by only 2 goals, bringing the final score to 13-33.

Although not necessarily indicated by the scoreline, it was an encouraging start to the season. There's certainly plenty to work on at both ends of the court but the makings of a great team are certainly there. Players' Player was Cara for her excellent defensive effort. Coach's Player went to **Tarne Usback** who stepped onto the court at half time looking in the peak of fitness and bringing drive and control into the attacking third.

Whirlwinds vs Tornadoes

Monday 5th October, (20-24 win to Whirlwinds)

It may have started off all fun and games in the taxi on the way to Western....we are all on the same side afterall...until the whistle blew and there was no love lost between the HKFC teams.

It was a tough first match of the season and Tornadoes played an excellent game, winning the first three quarters...until we pulled it back in the last quarter.

As always **Jenny Hill** had a storming game, bringing the ball through court and picking up the slack from the rather confused play! **Steph Locandro** (MVP) had a great first game for Whirlies, showing great strength and control in her shooting.

We were untidy and chaotic, but the Whirlies spirit shone through and we managed to hold our heads up in the end. Whilst both teams fought to the end, the taxi rides home rekindled the friendships!

By *Vanessa Elliott*

Hurricanes vs HKCC Crickets

(16 - 13 win to Hurricanes)

An absolute nail-biter kicked off the season for the Hurricanes. Having been put up a division since last season it would be fair to think that these girls may be a little apprehensive about their new competition, but NO. They played an absolutely awesome season starter. The defence was fierce from both sides reflecting in the low score. In the third quarter only 3 goals were scored in the whole 12 minutes. Hurricanes kept the pressure on in all stages of play to their advantage. Great passing by the centres into **Ming** and **Rachel**, who were both shooting really well, and at the opposite end, **Jess** and **Karen** worked hard in defence. All girls played a great game, a really positive start to the new season! *By Kirsty Hulme*

Words from our Physiotherapist



Heidi Reyes
Physiotherapist for
the Netball DSA

About Ankle Sprains

Ankle sprains are one of the most common injuries in netball. A sprain occurs when the joint is rotated beyond its natural range of motion, causing tears in the ligaments that support the joints. Ligaments connect bones to bones, providing much of the joint's stability. Minor sprains involve tearing of only some of the ligament fibres, while severe sprains can be a complete rupture of one or more of the ligaments.

Netball involves running, jumping and quick changes of direction while in the traffic of other players, which all place a great deal of stress on the ankle and surrounding muscles. The stronger your ankle is, the greater the force it can withstand before sustaining an injury.

If you've had an ankle sprain in the past, your balance and proprioception (your body's awareness of its position in space) will be reduced, and you're up to four times more likely to sprain your ankle again. Building strength and proprioception in the muscles that support the ankle will help to prevent injury and improve performance. You can improve your strength and proprioception with balance and strengthening exercises.

Here are a few simple exercises you can do:

1. Stork:

Stand on one leg, work up to one minute hold per leg. You can progress this by closing your eyes, or standing on a pillow or unstable surface, or by adding in various arm movements.

2. Stork and ball pass:

Stand on one leg, and throw and catch a ball with a friend. Throw the ball high/low/right/left. Progress by passing more quickly and throwing the ball so your partner has to reach farther. 30 passes per leg.

3. Calf raises:

Stand with feet hip width apart, and rise up onto the balls of

your feet, making sure to keep your ankles aligned (don't let them flop out to the side). Work up to 25 times. Progress this by doing on one foot.

4. Hop and balance:

Start by standing with your feet about hip width apart. Jump up (not too high initially) and land on one leg. Balance on the one leg for 3 seconds, then repeat on other leg. Mind your form and do 3-5 times per leg.

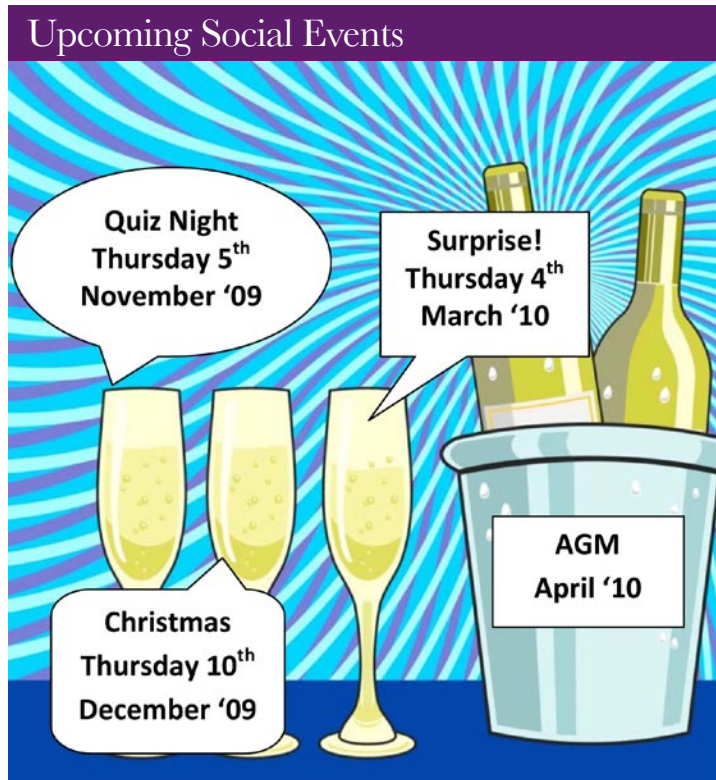
5. Figure of 8's and carioca/grapevine:

At the end of your warm up, work in a minute or two of running in the shape of an 8, or doing crossover steps to get your ankles ready to do changes of direction.

Incorporate these exercises into your warm up, and they should help you stay injury-free and to gain better control of your body. If you have persistent ankle problems, come see me for more specific advice/treatment. Good luck!

Bounding: On the toes, take large bounding steps at about 50 percent of running maximum speed. One repetition should be about 50 feet.

Use these tips to keep your ankles strong and prevent injury for your best athletic performance yet.



Beauty & Wellness

by Wilma



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How to Improve at Badminton

If you want to improve your badminton skills without doing hours of boring drills, and get on the road to getting fitter we suggest half court singles. Believe it or not this is an easy way to have all the fun of competition and improve your game.

Half-court singles is a game whereby the players use only one half of the standard court from the centre line to the outside alley line, and all the way to the back singles line. Games use standard scoring to 15 and the object is to win the rallies, score the most points, and win the game.

After a few sessions you will notice all round improvements including:

- better footwork
- improved consistency
- more accurate shot placements
- increased stamina
- killer drops and net play
- stronger smashes
- wall-of-China defense

While this may sound too good to be true, here's how it works.

Normally, in a standard game of full-court singles, many players rely on cross-court shots to gain time or to get themselves out of trouble. Additionally, many players who are proud of their singles game have a repertoire of unorthodox shots that help them get the shuttle back, but do nothing to improve their game (e.g. clever deceptions such as feigning a pulled muscle or a detached arm, accompanied by a blood curdling grunt, and then sneakily dinking the shuttle back just barely over the net). These crafty tactics are often just desperate manoeuvres employed by players who instead of mastering the basics have relied heavily upon years of in-bred bad habits to escape one bad situation and into the next rally. Of course this only works until the opposition get to know how you play.

In half-court singles you can work on improving your game, rather than covering ground to retrieve the opponents shot:

Better Footwork:

The shots are quicker because the luxury of the cross court has been eliminated. Likewise, the need for backhand shots is greatly diminished. With only half the court to cover, you can focus on taking everything with the forehand. This means that your footwork has to be functional. By virtue of wanting to win the rallies, you are forced to abandon any old bad habits and instead concentrate on basic shots and footwork.

Improved Consistency and More Accurate Shot Placements:

Half-court singles promotes consistency and accuracy. Because you have fewer options as to where to hit the shuttle, and because the court is relatively narrow, you are forced to hit more accurate shots in order to win the rallies. Many full-court singles players aren't that

accurate in their shot placement. They know that if they hit the shuttle in the general direction of where they want it to go, it has a decent chance of staying in the court. In half-court, again, one is not afforded this luxury. You have to abandon shots that don't work or go out, and replace them with shots that stay in. This narrowing of your focus further hones your accuracy, producing much more consistent play.

Increased Stamina:

So now you're hitting more accurate and consistent shots, and your footwork is better. A strange thing is about to happen; your stamina is going to increase. Rallies in half-court singles tend to be longer. Both players usually hit so-called "high percentage" shots, i.e. shots that are more likely to stay in and keep the rally going. This translates into longer rallies, particularly of the up-and-back variety. Lots of clears followed by drop shots, net play, and then more clears mean that in order to win the rallies, you'll have to hang in there. Because it's fun and competitive, you're less likely to become bored or tired. Instead, your focus improves your stamina.

Killer Drops and Net Play:

With less ground to cover, your opponent will always be a fraction of a second closer to any drops you hit. It follows then that in order to win the rallies, you're going to have to hit tighter net shots. Anything less will give your opponent the advantage. You will naturally begin hitting drops that are quicker, rather than "floaters" and when at the net, fearful that your opponent will pounce like a rabid tiger on the typical lethargic, plump, and juicy sky-high net shots that have become your full-court game's calling card, you'll again be forced into hitting more razor-sharp and accurate net shots.

Stronger Smashes:

One consequence of better footwork, improved accuracy, and increased stamina is that when you do smash, these factors help you maximize the effectiveness of your shots. That is, by getting your feet and body into the correct position, and by hitting a clean, crisp stroke that you know will be more accurate, your smashes tend to become stronger and more effective. Also, in order to conserve energy, smashes are used sparingly, and usually only when the opportunity arises (a weak clear by your opponent, or you see they are slightly out of position).

Wall-of-China Defence:

Accountable for a smaller area of court, you are better able to anticipate and return your opponent's smashes. Since all smashes by definition of half-court singles are straight ahead, you will be able to concentrate on pure defence rather than running to retrieve them. If you're going to win the rallies, you'll soon find yourself getting those smashes back. Your options are limited: either clear the shuttle deeply, drop it, or drive it back straight at the smasher. I favour the last approach, because someone who has just smashed has some forward momentum that can be used against him to elicit a weak return.

So, if you want to improve your game and have fun in the process, play half-court singles. *By Philip Woolf*



Participants in the Parent and Child Doubles

Tennis Update

Parent and Child Doubles Competition



Chiyomi and Sho Fukumori with Barry and Austin Ho

The ever-popular parent and child doubles competition was held on Sunday, 27th September in glorious sunshine with a record number of entries. In all, 21 pairs took part with children ranging in age from seven to 20. The competition was arranged into two categories; one social for the younger players (under 10) and one more competitive for the older children.



Hugh and Dean Dyus with Greg and Alex Brutus

Due to the number of teams involved these two categories were further divided into two groups of five or six teams in order to complete 50 games in just four hours!

Coach **Adam Doyle** also used a handicap system to ensure the games were as closely contested as possible. Each time a pair won a game, the opposing team started with a one point advantage, two points for two games in a row and a maximum of three points for three games. As a result the games were all very close with only a few points separating each of the teams at the end of the contest.

In the competitive group, the Federer competition was won by **Chiyomi** and **Sho Fukumori** while the runners up were **Barry** and **Austin Ho**. The Nadal competition was won by **Hugh** and **Dean Dyus** with **Greg** and **Alex Brutus** runners up.



Simon and Natasha Cheung with Raymond and Yison Fong

In the social competition, the Agassi group was won by **Taylor** and **Hannah Hui** with runners up **Anthony** and **Christopher Muh**. Finally, the Sampras group was won by **Simon** and **Natasha Cheung** and runners up were **Raymond** and **Yison Fong**.

Special thanks to everyone involved in the organisation of the event, including **Helen Ormerod**, **Therese Beresford**, **Neo Ng**, **Job Tang**, **Adam Doyle**, **Greg Brutus**, **Yoke Ming Ong** and **Celina Leung**. Some excellent photos were taken by Neo Ng, which can be viewed at the Tennis Society webpage.



Alex Brutus in full swing



Helen Ormerod with some of the younger players



A future star in action



Taylor and Hannah Hui with Anthony and Christopher Muh

League Results



Fun for all the family



The "A" Team

So far there have only been two rounds of league matches completed due to bad weather. The men's A team captained by **Philippe Bonval** has continued their solid form from last season with a 6-3 win over HKCC in September and one loss to MSSRC 3-6.

The newly formed men's B team has had some very close games in this more challenging division. They narrowly lost their first match at home against MTR 4-5 on 23rd September and they lost their second match against Clearwater Bay 3-6 on October 6. According to B team captain **Greg Brutus**, this new team is starting to play well together and it won't be long before we start notching up a few victories.

The men's D team has started this season well with two wins at home. They won 5-4 against Fairview Park Country Club 2 on 24th September and 6-3 against Club De Recreio on 8th October. Their third match is away against Kowloon Tong Club on 15th October.

The ladies' B team has also started strongly with a hard-fought victory over Recreio on 6th October, winning their match 5-4. Best of luck to all of the league teams in their remaining matches!





Ladies Division 4 Team

The fixture list is on display on the 3/F notice board or online at <http://www.tennishk.org/Leagues/WinterLeague/tabid/93/Default.aspx> so come along and support the teams when you can!

Forthcoming Events

- A team from the Football Club will participate in the 'Island Cup' challenge on Sunday 6th December at the Ladies Recreation Club against five other Clubs based

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on Hong Kong Island, including the LRC, the Jockey Club, the Country Club, Aberdeen Marina Club and the Cricket Club.

- A mixed doubles competition will be held on 12th December from 2-6pm followed by a Hot Pot Christmas dinner get together in the Coffee Shop – mark your diaries!

If you have any questions, comments or suggestions for the Tennis Society, please email the following address: tennisociety@gmail.com there is also a list of all Tennis Society Committee members and their contact details on the website http://www.hkfc.com.hk/sports_sub.asp?cat=tennis

By Greg Bruslus



From Your Tennis Coach

How to pay against the "Pusher"

In this month's issue, I will try to help our tennis players play against the opponent that always drives people crazy — the Pusher, as we like to call him.

Tennis is a game of hitting and moving, though somehow, many of us are more aware of the movement of the ball, than movement back to the centre after impact. It is important to remember to always move back to the centre of the opponent's angle of play. And, whenever possible, always arrive at that location with time to spare. The Pusher seems to hit the ball slowly and move quickly. That combination means he is rarely out of position.

Pushers enjoy long rallies; in fact, the longer the better. They impose their willingness to play long points, such that an opponent becomes yet more error prone. Patience becomes their ultimate weapon.

Your commitment to be patient, to reduce your errors, and to play without expectation is key. Countering the Pusher means taking away recovery time – but only when they are cornered, and then only when you can move forward. Pushers slow the game down. The longer you wait on the ball, the more time they have, and the slower the game feels. Moving forward will speed up the game and reduce their time.

When both of you are centred, be patient. But when the Pusher is cornered and you are centred, pounce! Move forward quickly, take the Pusher's floater well inside the baseline as either a back court volley or a ground stroke met on the rise, or even a swinging volley. Move to the net to try and finish the point off.

Prince Challenge 12 and Under

We will host the Prince Challenge 12 and Under event on Sunday 8th November. Come and watch our kids compete.

Lessons and Courses

Private lessons are available mornings, afternoons and evenings, and we can help you improve your all round game. We thrive on seeing our Members improve.

Junior Development courses are still available, we have programmes running from Mondays to Saturdays.

Please email Head Coach Adam on adoyle23@yahoo.com for any further information.

HKFC dreams come true at Disney Triathlon



22 Club Members were out in force at the recent Disney Triathlon competing in the Olympic distance race. That's 1.5km swim, a 40km cycle and a 10 km run. Leading the female pack was **Laura "Snow White" Walsh** winning her category in 2.32.52. Race officials questioned the usage of seven dwarves to help with each transition as well as the poisoned apple and razor sharp hairclip thrown by a spectator, but she was cleared of any wrongdoing. **Claire Chapman** and **Sian Abate** both won their respective age categories in their Pocohontas outfits and saw off any would-be settlers. Congratulations also to **Claire Darke**, **Claire Dicey**, **Cordelia Dyer** and **Louise Dingley** and **Catherine Sen** who glided around the course in decent times.

On the male front, our leading man was **Richard "Aladdin" Hall**. Richard won the open race, won the men's overall across all age-groups and was fastest on the day. He clearly used his three wishes very wisely including the one which asks for the seas to be calmed to swim the 3rd fastest swim time. He also used the cycle pacer wish and worked well with one of the other age-group winners to complete the 40 km bike in 59 minutes. The last wish was to dispense with his running shoes and to use a magic carpet to cover the 10km course in 38 minutes. Alas, only space for one passenger.

Recent Kona Ironman hero **Colin Hill**, **Ashley Dyer**, **Paul Dingley** and new Society member **James Piachaud** bundled round in under 2.20 as did our **Steve Bemet** whose must have hitched a ride on Aladdin's carpet judging from his run time.

Special mentions by the Disney crew go to **Jeremy Sheldon** for his remake of "Under the Sea" during the swim, to **Michael Denmark** for the "Pied Piper of Hamelin" with his children running up the finish shoot pursued by security guards and to **David Howell** for bringing the 'Lion King' to life for this race. The author made a few "High School Musical" errors including standing at the swim start with his car keys in his pocket. Luckily **Ali Chaudry** appeared and took them off me. If anyone has seen Ali since Sunday or knows where...

Guy Horne, Swimming Society Captain

RESULTS OF THE DISNEY TRIATHLON (OLYMPIC DISTANCE)

Richard Hall	2.06.06
Colin Hill	2.14.05
Ashley Dyer	2.14.52
Steve Bemet	2.15.58
Paul Dingley	2.17.32
James Piachaud	2.19.16
James Chapman	2.29.47
Laura Walsh	2.32.52
Claire Chapman	2.36.25
Guy Horne	2.42.50
Sian Abate	2.42.56
Catherine Sen	2.46.58
Jeremy Sheldon	2.47.09
Phil Shirley	2.47.13
Claire Dicey	2.53.15
Cordelia Dyer	2.58.50
Jonathan Perrin	2.55.03
Michael Denmark	3.02.43
David Howell	3.05.42
Claire Darke	3.06.58
Michael Sadler	3.09.50
Alan Morgan	3.36.48



GREAT BRITAIN vs REST OF THE WORLD SWIMMING GALA



WHERE? Club Swimming Pool
WHEN? Friday November 27th 7.30pm
WHO? Swimming Society and Guest swimmers
 Post-race drinks and barbeque provided

Entrants please contact:
 Great Britain Team: James Chapman on james.m.chapman@citi.com
 Rest of the World team:
 Robin Harris on rharris@asia.equitytrust.com





19th Hole with the Chairman

Andy Ho,
Golf Society Chairman

To all Society members, at time of writing this is virtually the end of my first term of office as the Chairman of the Golf Society. It has been a great pleasure and I have learnt a lot more about golf. Whilst I am hopeful of being re-elected as your Chairman for a further term of office, I take this opportunity to thank the Golf Society Committee (especially to those of you who will not be able to help again next year), the Club Staff members who worked hard behind the scenes (too many to name individually) and to all the members of the Society in making this a great year and a great Society.

October has been a very busy month for the Society. At time of writing, we have just had our weekend golf at the Palm Island Resort, which was very well attended and great fun had by all. Also, we've had the Walmsley Cup followed by the AGM on 23rd October, and the Re-Unification Cup at Lotus Hill on 24th to 25th October, under the leadership of Captain Dallas.

After receiving many requests from members who couldn't join the last Putting Clinic at the Club, we are trying to schedule another one in late November. Please stay tuned.

I wish the new incoming committee every success and I look forward to meeting more Society members on the golf course.

By Andy Ho

RULE 24 OBSTRUCTIONS

Artificially-Surfaced Road or path

Q: An artificially-surfaced road or path is an obstruction. What constitutes artificial surfacing?

A: A road or path to which any foreign material, e.g. concrete, tar, gravel, wood chips, etc. has been applied is artificially surfaced and thus an obstruction.

Putting Clinic

10th September

Have you ever had a lesson on putting from a pro? The answer is almost always no, but David Largent and the folks from Central Golf came to the Club to do exactly that.

A select group of twelve 'trainees' were joined by over twenty GS members to hear and see what the pros had to say.

The first point David made in a short talk was that for we amateurs, putts are over 40% of all shots in a round, so better putting really can improve your score (drive for show, putt for dough!).

Another important point was that many golfers have putters which are too long, so

that the head is not positioned correctly over the ball. Simple!

After that it got more complex, with the chosen twelve trainees rotating through four high-tech teaching stations learning about stance, swings, face angles and so on. The rest of us had the choice of watching and listening, or the buffet/bar, or all three.

The trainees all claimed valuable lessons learnt, which may or may not be seen in future scores. The pros claimed that the evening was a great success, to the point that they would like to repeat the exercise.

So when you see the notice for the next event, sign up quickly to be one of the twelve 'trainees'. You'll get lots of advice, but not much food/drink!
By David Connolly

Palm Island Resort

3rd - 4th October

A weekend trip was arranged by the Golf Society to visit Palm Island Resort, a twenty-seven hole golf course situated at Hui Zhou City in Guangdong China. After setting off at 6am from the Club, players arrived at the resort after a two-hour journey, and were ready for tee off at 8.45am. The weather was good and the course was in great condition. Results for the event were as followings:

SATURDAY:

Nearest Pins - **Rebecca Wong, Desiree Wong, Vincent Kwan and Neil Roberts.**

Longest Drive: **JP Cuvelier** (Mens) and **Teresa Huang** (Ladies).

Net Winners for the day: **Andrew Wood** and **JP Cuvelier.**

SUNDAY:

Nearest Pins - **Martin Wright, Jeffrey Man, Andrew Wood and Angus Ling.**

Longest Drive: **Des Hastie** (Mens) and **Teresa Huang** (Ladies) again!

Net winners for the day: **Teresa Huang** and **Amy Cheng.**

Congratulations to all winners and we shall be back at Palm Island soon! Good food... good wine... great company...great venue!!!



Discovery Bay

21st September

We don't often go to Discovery Bay, basically because of the cost, but the piggy bank was fairly full so we put together a package of golf, carts, lunch and prizes which attracted a field of 23 Monday players.

Of the 27 holes at DB, the Diamond/Ruby combination is officially the most difficult, adding ten per cent to the individual's handicap index – even off the yellow tees. It's a very hilly course, and on a hot day with only a little wind, the carts were welcome indeed.

So it was a little surprising that 14 players scored 30 points or better, with contenders **Christophe Baleyte**, **Paul Walters** and **Lily Chan** on 36, **Amy Cheng** on 37 and **KW Li** on 38. But the joint leaders on 40 points were **Joseph Yu**, who seems to reserve his best for Disco Bay, and **Kenneth Lam**.

The countback system for tied winners then looks at points for the last nine holes, (equal) then the last six (equal) and the last three (equal). So on to the last two holes (equal on 4 points each) and the last hole, where Joseph's two points beat Kenneth's one. The closest possible finish!

The other prizewinners were **Amy Cheng**, **Paul Walters**, **PW Pong**, and **Helena Ko** for the four near pins, with **Lily Chan** and **Justin Faulkner** winning the long drives.

After the heat, the indoor lunch and prizegiving allowed for refueling and re-hydration, a welcome cooling off period!

By David Connolly



Youth Girls' Singles

Congratulations to our junior member **Christine Cheung**, who won the Youth Girls Singles title at the recent 35th HK International Open Tenpin Bowling Championship.

Christine bowled a fantastic four game series of 820 pins (200, 217, 216, 187), to beat the first runner up by 42 pins.

Unfortunately, Christine did not compete in the Youth Masters category, or else she would probably have made additional progress in this year's championship. *By John Koh*



Christine with proud parents Tammy and Mark



Christine with US PBA Bowlers John Nolen (right, and HK Open Champion) and Lonnie Waliczek (1st Runner Up)

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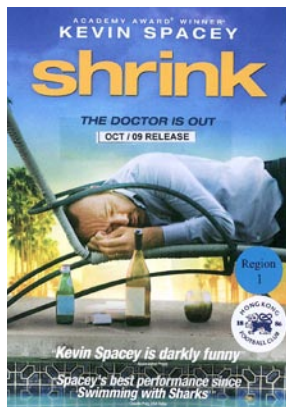
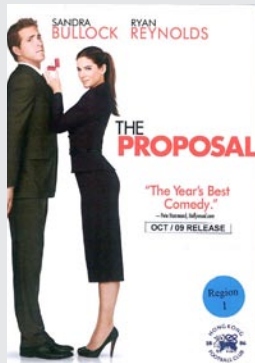
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MOVIE OF THE MONTH

The Proposal

When high-powered book editor Margaret (Sandra Bullock) faces deportation to her native Canada, the quick-thinking exec declares that she's actually engaged to her unsuspecting put-upon assistant Andrew (Ryan Reynolds), who she's tormented for years. He agrees to participate in the charade, but with a few conditions of his own. The unlikely couple heads to Alaska to meet his quirky family and the always-in-control city girl finds herself in one comedic fish-out-of-water situation after another. With an impromptu wedding in the works and an immigration official on their tails, Margaret and Andrew reluctantly vow to stick to the plan despite the precarious consequences.



TOP 10 DVD RENTALS

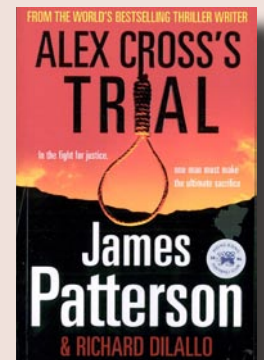
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- FLAME AND CITRON
- MANAGEMENT
- FIFTY DEAD MAN WALKING
- AN AMERICAN AFFAIR
- DUPLICITY
- FRAGMENTS
- STATE OF PLAY
- IN THE LOOP
- PUSH

BOOK REVIEW

ALEX CROSS'S TRIAL

By James Patterson and Richard Dilallo

The year is 1906, and America is segregated. Hatred and discrimination plague the streets, the classroom, and the courts. But in Washington D.C., Ben Corbett, a smart and courageous lawyer, makes it his mission to confront injustice at every turn. He represents those who nobody else dares defend, merely because of the color of their skin. When President Roosevelt, under whom Ben served in the Spanish-American war, asks Ben to investigate rumours of the resurgence of the Ku Klux Klan in his home town in Mississippi, he cannot refuse.



The details of Ben's harrowing story--and his experiences with a remarkable man named Abraham Cross--were passed from generation to generation, until they were finally recounted to Alex Cross by his grandmother, Nana Mama. From the first time he heard the story, Alex was unable to forget the unimaginable events Ben witnessed in Eudora and pledged to tell it to the world. Alex Cross's Trial is unlike any story Patterson has ever told, but offers the astounding action and breakneck speed of any Alex Cross novel.

NEW BOOKS

- THE MAO CASE BY QIU XIAOLONG
- THE SECRET LIFE OF EVIE HAMILTON BY CATHERINE ALLIOTT
- BEST FRIENDS FOREVER BY JENNIFER WEINER
- DEAD SPY RUNNING BY JOHN STOCK
- BLACK COUNTRY TO RED CHINA BY ESTHER CHEO YING
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JOHN 3:16

IN THOSE DAYS Caesar Augustus issued a decree that a census should be taken of the entire Roman world. So Joseph went up from the town of Nazareth to Bethlehem, the town of David because he belonged to the house and line of David. He went there with Mary, his wife, who was expecting their first child...

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