

# CLUB



HONG KONG FOOTBALL CLUB 香港足球會 SEPTEMBER 2022



## HONORARY MEMBERSHIP PRESENTATION FOR PARALYMPIC MEDALLISTS

YOUTH RUGBY  
HKFC RUGBY CHARITY CHALLENGE

LAWN BOWLS  
REUNIFICATION CUP CHAMPIONS – HKFC!



# *Delectable Decapods*

In September, the Restaurant Celebrates Crabs,  
with a Host of Culinary Crustacean Creations.

RESTAURANT

Enquiries and Bookings: 2830 9562 or [restaurant@hkfc.com](mailto:restaurant@hkfc.com)





**Hong Kong Football Club**  
3 Sports Road, Happy Valley,  
Hong Kong  
TEL (852) 2830 9500  
FACSIMILE (852) 2882 5040

## GENERAL COMMITTEE

<b>President</b>	Nick Hunsworth
<b>Vice President</b>	Fook Aun Chew Bobby Lawson Iain Valentine John Shanahan
<b>Chairman</b>	Mike Wood
<b>Hon. Secretary</b>	Neil Jensen
<b>Hon. Treasurer</b>	Fredric Teng
<b>Constitutional Affairs</b>	Jeff Lane
<b>Development</b>	Kenneth Ng
<b>Membership</b>	Neil Roberts
<b>Discipline</b>	Don Rider
<b>Sports &amp; Recreation</b>	John Thompson
<b>Hockey Officer</b>	Chris Page
<b>Lawn Bowls Officer</b>	Kenneth Pang
<b>Rugby Officer</b>	Jason Toms
<b>Soccer Officer</b>	Stephen Tew
<b>Squash Officer</b>	David Cross

## MANAGEMENT

<b>General Manager</b>	Mark Pawley
<b>Deputy General Manager</b>	Randal Linhart
<b>Director of Operations</b>	Tony Sealy
<b>Director of Finance</b>	Ricky Chan
<b>Director of People</b>	Iris Chau
<b>Financial Controller</b>	May Chang
<b>Executive Chef</b>	Yan Mak
<b>Facilities Manager</b>	Evan Tao
<b>Membership Services Manager</b>	Kerry Ogle
<b>Executive Housekeeper</b>	Lily Huynh
<b>Digital and Communications Manager</b>	Vanessa So
<b>Information Technology Manager</b>	Ken Mak

## DIRECTOR OF SPORTS

<b>Director of Rugby</b>	Stephen Dowse
<b>Director of Hockey</b>	Simon Chapman
<b>Director of Squash</b>	Carlos Cornes

## CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club.  
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.



# CONTENTS

SEPTEMBER 2022

03

## The Thoughts of the Chairman

05

## From the Desk of Mark Pawley

## SPORTS

06

## Honorary Membership Presentation

10

## Youth Rugby

HKFC Rugby Charity Challenge

17

## Swimming and Triathlon

Medal for Hong Kong – Charlie Hall

21

## Soccer

Summer Soccer 6's

22

## Hockey

Kimchees Enjoying Summer Hockey

24

## Lawn Bowls

Reunification Cup Champion – HKFC!

26

## Tennis

Review of Wimbledon Social Event

29

## Squash

HKFC vs HKCC

31

## Golf

HKFC Golf Society vs WAGS

HKFC Golf Society vs HK Seniors

34

## Badminton

Junior Associate Members Report

37

## Bowling Interest Group

Hong Kong Open Tenpin Bowling Championships

39

## Fitness Centre

New Equipment Introduction



## FOOD & BEVERAGE

40

## Highlights of the Month

44

## Library





## CHAIRMAN'S BAR



# Cinematic MIXOLOGY

COCKTAILS THAT WERE MADE FAMOUS FROM THE MOVIES  
ARE AVAILABLE THROUGHTOUT THE MONTH OF SEPTEMBER



**ORANGE WHIP**  
The Blues Brothers  
-1980-

VODKA, ORANGE JUICE,  
RUM AND CREAM

### PAN GALACTIC GARGLE BLASTER

The Hitchhiker's Guide  
to the Galaxy  
-2005-

BOURBON, PEACH SCHNAPPS,  
ORANGE JUICE, BLUE CURACAO



### BRONX

The Thin Man  
-1934-

GIN, DRY VERMOUTH,  
SWEET VERMOUTH,  
ORANGE JUICE

### HONORABLE MENTIONS

Breakfast at Tiffany's  
-1961-

IRISH WHISKEY, LEMON JUICE SYRUP,  
ABSINTHE, AMONTILLADO SHERRY,  
ANGOSTURA BITTERS, MINT LEAVES



**\$88 EACH**

Enquiries: 2830 9559 or [bar@hkfc.com](mailto:bar@hkfc.com)



# THE THOUGHTS OF THE CHAIRMAN

## 主席的話

Michael J. Wood  
Chairman



After a long delay due to circumstances beyond our control, on Saturday 30th July, it was our pleasure to host the presentation of **Honorary Membership to the 6 Hong Kong Paralympic medallists** from last year's Tokyo games. You will recall that we have already conferred this honour to Hong Kong's Tokyo Olympic medallists.

Aside from the 6 medallists, in attendance at the presentation was the Commissioner for Sport, **TK Yeung**, along with other dignitaries including **Tony Choi** (Deputy CEO of the HK Sports Institute) and **Jenny Fung** (President of both the HK Paralympics Committee and the HK Sports Association for the Physically Disabled).

The 6 medallists are:

<b>Chu Man Kai</b>	Badminton	Silver
<b>Vivian Lau Wai Yan</b> <b>Leung Yuk Wing</b> <b>Wong Kwan Hang</b>	Boccia	Silver
<b>Leung Yuk Wing</b>	Boccia	Bronze
<b>Chan Ho Yuen</b>	Badminton	Bronze
<b>Wong Ting Ting</b>	Table Tennis	Bronze

We are in the process of producing the Honour Board (for both the Olympic and Paralympic Honorary Members) which will be prominently displayed at the G/F Lobby of the Club.

The new sporting season is now upon us, and it is to be hoped that we can look forward to a full programme of games and events in the year ahead. On this note, the installation of **LED floodlighting for the Main Pitch** is well under way at time of writing and on target to complete by early September.

You will also doubtless be aware that the postponed **Rugby 7s** from April of this year will now take place across the weekend of 4th to 6th November, after an absence of some two and a half years, albeit in a slightly slimmed down format in order to comply with prevailing Covid restrictions. The Club will be looking to provide suitable opportunities for entertainment across the event, which I am sure will add to the Rugby Week experience.

**Michael J. Wood**  
Chairman

經過長時間的延期及等待，本會最終能夠於7月30日（星期六）為去年六位東京殘奧獎牌得主舉辦榮譽會員頒授儀式，如果大家有印象的話，我們早前亦頒授過同樣名銜予奧運獎牌得主。

除了六位獎牌得主，體育專員楊德強先生也有出席頒授儀式，而在場還有其他體育界知名人士，包括香港體育學院副院長蔡玉坤先生，以及香港殘疾人奧委會暨傷殘人士體育協會會長馮馬潔嫻女士。

六位獎牌得主的戰績如下：

朱文佳	羽毛球	銀牌
劉慧茵 梁育榮 黃君恒	硬地滾球	銀牌
梁育榮	硬地滾球	銅牌
陳浩源	羽毛球	銅牌
王婷荳	乒乓球	銅牌

同時，我們正在為東京奧運及殘奧榮譽會員設立榮譽榜，完成後將於本會地下大堂的當眼位置展示，敬請期待。

隨著新賽季來臨，希望未來一年所有賽程及活動均可以如期進行。主球場的LED泛光燈系統改善工程到目前為止進展順利，有望於9月初完工。

相信大家都知道從4月開始延期的國際七人欖球賽，現在將於11月4至6日的週末舉行。睽違了2年多，儘管為配合現行的防疫措施，賽事規模會略為縮減，但也無阻大家對國際七人欖球賽的熱愛。本會屆時將帶來有關賽事的娛樂活動，必定能讓大家的欖球週體驗昇華。

主席 胡米高



THE BEST OF THE BEST HOT DOG CREATIONS WILL HAVE YOU FLYING RIGHT INTO THE FLAVOUR ZONE.  
AVAILABLE THROUGHOUT THE MONTH OF SEPTEMBER AT THE TEMPORARY SPORTSMAN'S BAR.

# TOP DOG

## HOT DOG

### MAVERICKS



*Sportsman's  
Bar*

Enquiries: 2830 9531 or [sportsmans@hkfc.com](mailto:sportsmans@hkfc.com)



# FROM THE DESK OF MARK PAWLEY

## 總經理的話

Mark Pawley  
General Manager



The Club, for the first time in a long time, has been seasonally quiet over the last couple of months with many members being able to get out of Hong Kong for a very welcome vacation. On the up side, it is pleasing to see the return of many members from mid-August onwards, and in this respect, F&B have been gearing themselves for a busy September and have put together a number of promotions to entice you all back to the Club.

I guess I have best start with the **Top Dog, Hot Dog Mavericks! promotion** at the temporary Sportsman's Bar as the advert for the promotion is on the adjacent page! After a hot, wet, humid and stormy August, we are hoping that the weather will improve throughout the month and that more of you will be able to come down to the Infield to enjoy the indoor/outdoor atmosphere at the temporary Sportsman's Bar.

In the Coffee Shop throughout September (and October), we have **"A Passage to Penang"** promotion where we will feature cuisine shaped by the island's many cultures. For members' children who join the themed buffet promotion (above) on Mid-Autumn Night (Saturday 10th September), we have a **DIY Snowy Mooncake Class for Kids** - check with the Coffee Shop for enrolment details.

The Restaurant during the month of September has the **Delectable Decapods promotion** where you should find a few crab dishes on the menu! On the wine front on Friday 9th September, we have the **Antinori Wine Dinner**, and we have a further Wine Dinner on Thursday 22nd September aptly named **Boom! Volcanic Wines are Heating up Around the World!** The dinner will feature wines made from grapes that are grown in volcanic soil. As ever, please do look to book these dinners well in advance to avoid any disappointment.

The Chairman's Bar, not to be outdone, has **The Conquistador's Cattle promotion** during September where we feature beef dishes from Argentina and Uruguay. The featured set tea is the **Fancy Fruits Afternoon Set Tea** whilst on the beverage front, we have a **Cinematic Mixology** promotion featuring cocktails made famous from various well-known movies.

I would also like to draw your attention to the **Meeting Packages** we have available for you - go to page 40 and you can submit your request by scanning the QR code there, and our Catering team will get back to you as soon as possible. Don't forget too that we also have a number of **Banquet Packages** available to you for our various Function Rooms, so please also use the same QR code to submit your request for these or you can use catering@hkfc.com.

I look forward to seeing you all at the Club.

Mark Pawley  
General Manager

過去幾個月，不少會員趁著空檔離開香港，享受心曠神怡的夏季假期，本會因而顯得相對清靜，這是自疫情以來首次發生。很高興從8月中開始見到眾多會員回歸，有見及此，餐飲部一直為繁忙的9月作準備，精心炮製一系列餐飲推廣，讓大家聞香駐足，回到本會。

首先打頭陣的是Sportsman's Bar的**熱狗凌雲：獨食俠限定**，左邊就是上述推廣的海報，萬勿錯過最頂尖的熱狗！經歷過又熱又濕、風雨交加的8月後，希望天氣於9月改善，這樣更多人便能到臨時Sportsman's Bar，享受室內/外的氛圍。

接下來是Coffee Shop為期兩個月的「**檳城之旅**」自助晚餐，晚餐主打充滿檳城文化的菜式。如會員於9月10日中秋夜（星期六）攜同小朋友享用以上的主題自助餐，當晚將有小童限定DIY冰皮月餅班。更多報名詳情，可聯絡Coffee Shop查詢。

Restaurant於9月推出多個推廣，其中不容錯過**蟹之饗宴**，大家可於餐牌上找到時令鮮蟹美饌。美酒方面，除了9月9日（星期五）的**Antinori紅酒晚宴**外，緊接的是9月22日（星期四）的**砰！在世界各地Heat起來的火山酒**！猶如其名，當天晚宴將主要介紹由生長在火山區域的葡萄所釀成的酒。一如以往，名額有限，緊記及早預訂。

Chairman's Bar也不遑多讓，9月推出**狂牛征服者**，為您準備了多款以來自阿根廷及烏拉圭的牛肉入饌的佳餚。想吃得清新一點？亦可以試試**繽紛果漾下午茶**，每款茶點均帶有濃厚的水果色彩。飲品方面，我們精心準備了**銀幕上的雞尾酒**，重現幾款因知名電影而廣為人知的經典雞尾酒。

最後想大家留意一下我們的**會議套餐**，如有需要，請掃描40頁上的二維碼與我們聯絡，宴會部同事將盡快回覆。除此之外，不要忘記本會還有多個**宴會套餐**，提供不同的宴會廳選擇。如有興趣，亦可使用相同的二維碼，或歡迎電郵至catering@hkfc.com與宴會部聯絡。

期待與大家在本會相見。

總經理 龐禮文





# **HONORARY MEMBERSHIP PRESENTATION**

FOR PARALYMPIC MEDALLISTS



**Scan the QR Code**

To view all other photos taken on the night











# SPORTS FACILITIES BOOKINGS

## AT YOUR FINGERTIPS



Following phase 1 of the launch in July, as announced in the newsletter of 29th August, Tennis, Squash and Badminton are now also available for online booking at HKFC.COM.

Simply log in to your HKFC member account – then you can start to make bookings for the next seven days. You can also easily manage your bookings and view your past booking history.

Follow the guide below and enjoy a hassle-free booking journey!



### HOW TO BOOK A SPORTS FACILITY?

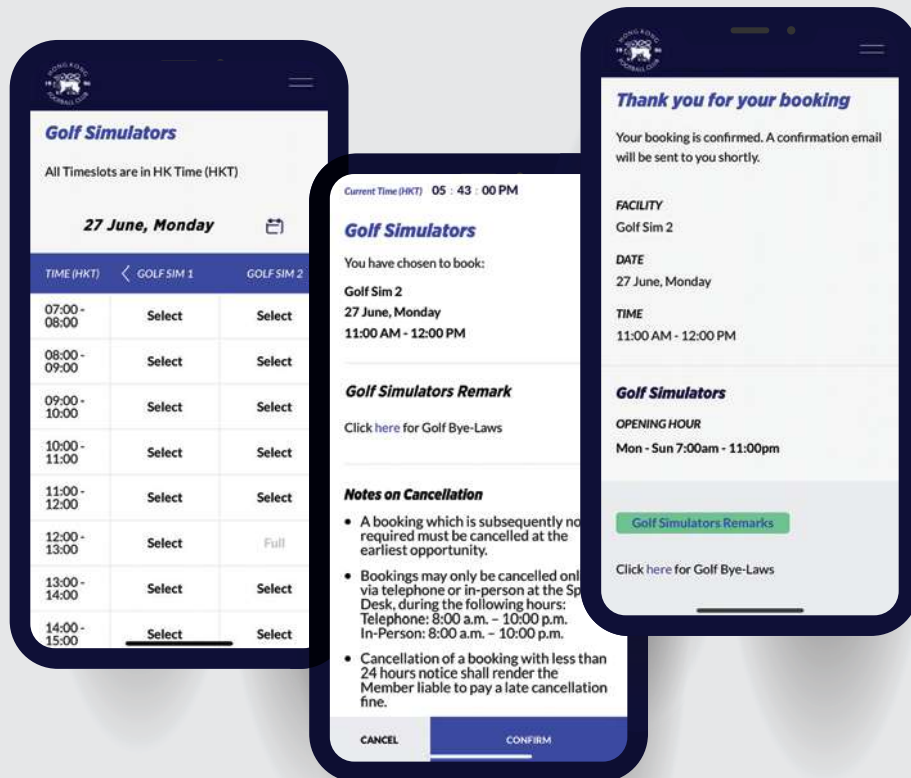
1

Log in to your account and click “**Facilities Booking**”. Select Sports Facility.

2

Select date from the booking calendar.



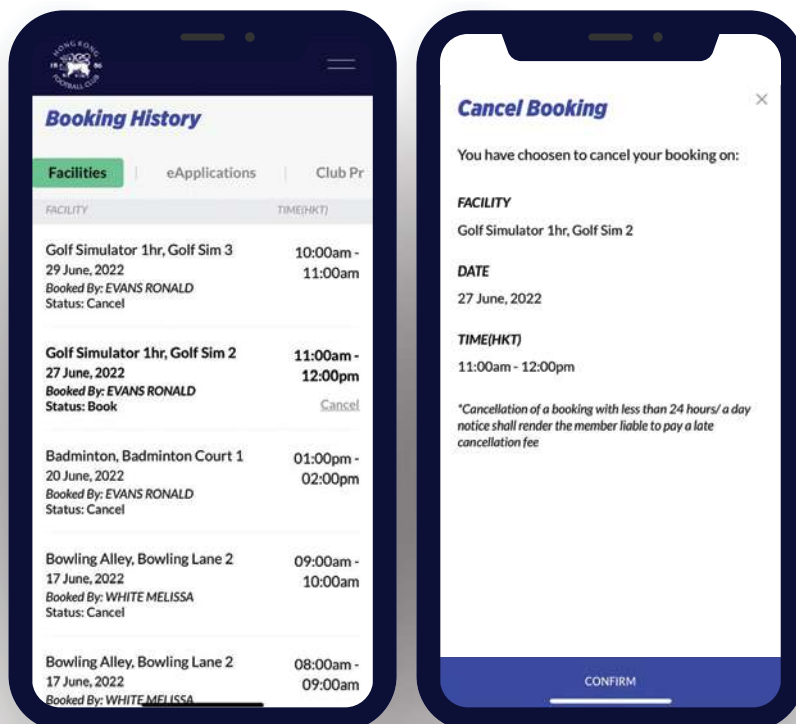


- 3 Select the preferred venue and timeslot.
- 4 Check the booking details and notes on cancellation before you press **"Confirm"**.
- 5 Booking is confirmed and you will also receive an email confirmation.



## HOW TO MANAGE OR CANCEL YOUR BOOKING?

- 1 Go to **"My Account"** and press **"Booking History"**.



- 2 View and manage your booking.
- 3 You can cancel the booking by clicking **"Cancel"**.

Book Now



Scan for  
Members'  
Handbook

Bye-Law 4:1 - Sports and Recreation: Facility Bookings has been updated to bring them in line with the new booking system. Please refer to the **Members' Handbook** for the latest version.



HKFC RUGBY CHARITY CHALLENGE

# “HANOI TO HONG KONG”

The HKFC Rugby Charity Challenge is a virtual event which encourages teams to get involved in healthy exercise and raise funds for charity.





**H**KFC Rugby Section's community came together again this year for the annual HKFC Rugby Charity Challenge. This is a virtual event which encourages teams to get involved in healthy exercise for a number of good causes. The funds raised help transform the lives and improve the wellbeing of children in need in Vietnam and here in Hong Kong. The Rugby Section also benefits greatly as this healthy living initiative also benefits our physical and mental wellbeing (and drive some healthy competition across our teams!).

After yet another year of interruptions to sport, healthy exercise and wellbeing, due to Covid-related restrictions, it was important that we all challenged ourselves by walking, running or cycling an impressive distance. We set ourselves an aggregated target of 30,000km ... more than 17 times the distance from Hanoi to Hong Kong and back again ... an extra 2 "return trips" beyond what was achieved in last year's challenge.

The target was achieved as we collectively covered a distance of 31,277 km in 7 weeks and raised HKD 360,000 for ChildFund Rugby, Po Leung Kuk and Model City Hong Kong. Just over 260 participants took part, including teams from our sponsors AIA, Mourant and overseas 'HK Exiles'.

## IMPACT

A HUGE thank you to everyone who participated: the teams, individuals and parents who donated, helping the dollars and distance clock up to such great numbers! You've helped make real impact and positive difference to lives of others.

A special shoutout to **Anthony Chan** and **Biddy Sefton** for individually moving a muscle-aching 1375 km and 1233 km respectively. Biddy was also the superstar individual fund-raiser with ICE being the top team fund-raisers, followed by the U12 boys and U8s who were also in the top three for distance covered by teams in the junior youth section. Kudos to all!

The funds raised will go to great causes to continue opening opportunities for children in Vietnam and Hong Kong.



Last year, the money raised was donated to ChildFund Rugby and Po Leung Kuk:

- Put 1,493 children (60% of whom were girls) through a full year rugby programme in Hoa Binh province outside of Hanoi, including 22 sessions and provision of coaches, kit and equipment. Through exercise routines and specific coaching training, the children were helped to develop new interests, activities and good habits that create a new outlook and opportunities for their future.
- In addition, this provided opportunities for children in these communities to learn new life skills and empower them to break the poverty cycle, changing their own lives forever. The programme helped develop financial literacy, teamwork, and creative and critical thinking.
- Helped 185 children, residents of Po Leung Kuk's Leighton Road Headquarters here in Hong Kong, to go through a programme of outdoor excursions, exercise and adventure.
- Subject to lockdowns at their headquarters as an unfortunate



result of the pandemic before and afterwards, the foster children and orphans enjoyed a series of activities in the summer of 2021, including climbing, running, camping and ball sports. The trips to Sai Kung in particular were a highlight of the children's year. Many thanks to our friends at Hong Kong Football Club for helping the children learn and grow through sport.

This year again raised funds and awareness for Po Leung Kuk and our Laureus Sport for Good charity partners ChildFund Rugby and, additionally this year, Model City Hong Kong to drive positive change as a team and as a community.

Of course, let's not forget that we and our children here in Hong Kong had been restricted from sports and fitness activities for such a long time that we wanted to take this opportunity to improve the health and wellbeing of ourselves and the children of Hong Kong by getting them outside and exercising. Doing good for others whilst doing good for themselves. We did our bit to get Hong Kong healthy again.

## YOUTH RUGBY

### MODEL CITY HONG KONG

On that note, this year we also raised funds for Model City Hong Kong to help combat the rising mental health crisis among the youth in Hong Kong through sport. Model City Hong Kong works with NGO partners across Hong Kong to educate, challenge attitudes and stigma, and support young people's mental health. Funds will go to organisations such as Run HK, RunOurCity, Inspiring HK, Kely Support Group, MIND HK and local schools. The objective is to work with up to 500 young people through specific targeted delivery across many sports from Running to Rugby to Yoga and Tai Chi. This will also support efforts to train up various leaders, coaches and educators in Sports for Development and Mental Health Awareness training to better equip them to support youth mental health.

### CHILDFUND RUGBY

The funded programme for the ChildFund Rugby in aid of Laureus Sport for Good provides safe and structured environments for children and young people to learn new knowledge, life skills and leadership (including socio-emotional) competencies, and the opportunity to put this learning into practice. This is achieved through the delivery of the curriculum, as well as the development and support of community-based clubs, which are driven by Coaches and supported by players and the wider community. The programme focuses on gender equality, disability inclusion and safeguarding to ensure that young people are equipped to overcome challenges and support positive change in their communities. ChildFund are continuing their growth to expand their reach and positive impact across Vietnam and wider South East Asia.

### PO LEUNG KUK ("PLK")

"Po Leung", translating literally as protection of the young and the innocent, was founded in 1878 and has been providing support and protection to Hong Kong's Women and Children ever since. The Rugby Section have had a relationship with PLK going back to 2008 and have offered places and kit each year to encourage PLK children based nearby on Leighton Road to help build their skills and confidence through rugby. Unfortunately due to Covid-related restrictions, PLK children couldn't join rugby when it restarted and have been in lockdown. Our aim is to fund the children to go on sports, hiking and museum trips outside their residential home in Leighton Road to promote wellbeing and bring joy back to their faces.

Be Healthy and Do Good

Mark Saunders

### FROM THE CHAIRMAN

#### YOUTH RUGBY

The Youth Rugby Committee ("YRC") continues with the preparatory work for the new season which should, Covid restrictions permitting, have started on Sunday 4th September ~ fingers crossed!

A few reminders:

#### MUMS AS COACHES

We need you for the U5 year group and up. We will provide education and training for volunteers. If you are interested please let your Head Coach / Team Manager or me know of your interest. We particularly want to see mums of daughters getting involved.

#### VOLUNTEERS FOR KIT DISTRIBUTION DAY

Re-scheduled for Saturday 3rd and Sunday 4th September, and the YRC needs your help: your Head Coaches / Team Managers will be calling for volunteers to assist the kit team.

#### CALLING FOR MORE REGISTRANTS!

Please spread the word, at schools, offices, residential blocks, wherever, that we have opened registration. We are happy to run a trial session (i.e. joining a training session without commitment) for those for whom rugby is new and unfamiliar.

So please go out and "bang the drum".

#### PITCHES

A few of you have questioned the availability and utilisation of pitches. I will not bore you with the complexities, but the YRC has access to:

- Main Pitch (and TT) on Sunday mornings
- Various Happy Valley Pitches
- Whatever else we can get!

**Main Pitch (TT):** principally used for the youngest thus non-contact year groups.

**Happy Valley Pitches:** these are booked by the HKRFU from the LCSD and assigned to the Club. We get what we are given and the digging up of HV6 has resulted in pressure on the remaining HV pitches from the public, and (understandably) Valley Fort RFC.

**Other pitches:** we will continue to try to book pitches at the Stanley Ho Sports Centre Complex in Pokfulam. We need the space (see above). To be blunt, we do not have a choice if everyone can continue to train and host "home" friendly matches. The complex has public parking at \$30 an hour, so that's an advantage for the non-members.

Denis Brock  
Chairman, HKFC Youth Rugby





# SOPHIE LANGFORD'S INTERNATIONAL SUCCESS



The youth rugby programme at HKFC has a long list of players who have gone on to success abroad. Recent names include **Cameron Henderson** and **Dan John** who have made appearances in the Gallagher Premiership, and **Iain Carmichael** who recently featured for Scotland U20s in the U20s Summer Series.

**S**ophie Langford now joins that list having been selected in the U18 Scotland Futures squad, with Sophie being named captain of the Scotland U18 7s team that competed in the U18s Championships in July 2022.

**Sophie** started playing rugby at HKFC in the U10s age group. When asked of her most fond memories of HKFC, **Sophie** says "My favourite memory would have to be winning the U14s league two seasons in a row, the first time undefeated. The New Year's Day Tournaments were also one of my best memories and something I definitely missed being a part of when I moved away".

Having now experienced her first taste of international rugby, **Sophie** is hungry to further pursue her Olympic Dream, with one of her main rugby goals being to win gold at the Olympics in Rugby 7s. We at HKFC are so proud of **Sophie** and all of her achievements, and will continue to support her on her rugby journey.

**Roshini Turner**





# MEET THE PRO COACHES

Ahead of the new season we wanted to take the opportunity to introduce our senior youth coaches and find out a little bit more about them:



**Rosie Wright**



**Eremia Tapsell**



**Ben Axeten-Burrett**

INTERVIEW Q&A HIGHLIGHT	POSITION	PREVIOUS CLUB(S)	COACHING EXPERIENCE	AREA OF EXPERTISE	
	Fly Half / Inside Centre / Full Back	HKFC through and through	Youth, Women's Youth	Attack / Kicking	
	Utility Back	Wellington Football Club (NZ) University of Canterbury RFC (NZ)	HKFC U13 (2020 - present) Wellington Football Club Men's Sevens (2018)	Backs / Attack / Skills	
	Centre	HKFC, UWIC RFC	7 years coaching various Youth teams at HKFC	Attack	
	<p><b>WHAT DO I BRING TO THE AGE GROUP</b> "Experience playing in both the HK and UK women's premierships, as well as a Sevens international."</p> <p><b>MY TIP FOR THE SEASON</b> "Train hard and reap the results."</p> <p><b>BEST MOMENT OF YOUR RUGBY CAREER TO DATE</b> "Playing at Coventry Stadium for Wasps with the likes of Meg Jones, Abby Dow, and Boatman."</p> <p><b>RUGBY GOAT</b> "Selvyn Davids"</p> <p><b>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Youth Rugby!</b> "Reading at the beach."</p>				<p><b>WHAT DO I BRING TO THE AGE GROUP</b> "I make sure players enjoy the game, have a strong work ethic and are free to express themselves on the field."</p> <p><b>MY TIP FOR THE SEASON</b> "The harder you work and focus at training, the more fun you'll have on gameday!"</p> <p><b>BEST MOMENT OF YOUR RUGBY CAREER TO DATE</b> "Winning the grand champs with club in 2019!"</p> <p><b>RUGBY GOAT</b> "Stephen Donald"</p> <p><b>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Youth Rugby!</b> "Out on a surfboard catching 1 wave from 27 attempts."</p>
	<p><b>WHAT DO I BRING TO THE AGE GROUP</b> "Fresh &amp; innovative ideas from a current player's perspective."</p> <p><b>MY TIP FOR THE SEASON</b> "You don't score, until you score!!"</p> <p><b>BEST MOMENT OF YOUR RUGBY CAREER TO DATE</b> "HK debut or winning the grand champs with my mates at HKFC was pretty special."</p> <p><b>RUGBY GOAT</b> "hmm tough one, all round probably has to be Dan Carter"</p> <p><b>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Youth Rugby!</b> "Morning swim, HKFC breakfast buffet, take my two bulldogs out somewhere, then get the feet up on the sofa and watch sport for the rest of the day &amp; order a takeaway."</p>				





Aileen Ryan



Roshini Turner



Jonty Woods



Charlie Higson-Smith

INTERVIEW Q&A HIGHLIGHT	POSITION	PREVIOUS CLUB(S)	COACHING EXPERIENCE	AREA OF EXPERTISE	
	Fly Half	DB Pirates RFC	Involved in HKFC Youth coaching & team management since 2017	Attacking Shape / Spatial Awareness	<p>WHAT DO I BRING TO THE AGE GROUP</p> <p>“Game knowledge and support with transitioning to Senior Rugby.”</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE</p> <p>“HK XVs tour to the Netherlands, coming away winning both tests.”</p> <p>RUGBY GOAT</p> <p>“Johnny Sexton”</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Youth Rugby!</p> <p>“Dog park then make your own pizza night with friends.”</p>
	Second Row / Blindside Flanker	Sai Kung Stingrays, Hong Kong Scottish, Durham University, DMP Durham Sharks	DMP Durham Sharks Academy, Durham University 7s, Durham School U13 boys, NYD U19G Overseas	The Lineout / Tackling	<p>WHAT DO I BRING TO THE AGE GROUP</p> <p>“A lot of enthusiasm and passion. Having grown up in Hong Kong, I want to give back and see players thrive in such a wonderful rugby community.”</p> <p>MY TIP FOR THE SEASON</p> <p>“Go out there and embrace what could hopefully be our first full season back!”</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE</p> <p>“Getting my first cap vs the Netherlands on my 23rd birthday!”</p> <p>RUGBY GOAT</p> <p>“Jonny Wilkinson, who else?!”</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Youth Rugby!</p> <p>“Beach games in the sun.”</p>
	Scrum Half	Mount Manganui Sports Harbour RFC Dunedin	Coached U12 and U14 at HKFC for the past three years. Also coached the ESF U19 HK boys team	Scrum Half Coaching / Ball Skills and Handling	<p>WHAT DO I BRING TO THE AGE GROUP</p> <p>“Enjoyment, enthusiasm and passion for helping each child get better and have a fun season.”</p> <p>MY TIP FOR THE SEASON</p> <p>“Enjoy having fun with your mates. Try your best and always be keen to learn and get better.”</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE</p> <p>“Being involved in HKFC club teams success over the last 3 years.”</p> <p>RUGBY GOAT</p> <p>“Dan Carter”</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Youth Rugby!</p> <p>“Some nice breakfast and coffee somewhere. Followed by a hike and then on to the beach.”</p>
	Wing	HKFC Lifer	9 year HKFC U19 and U16	Ball Carry	<p>WHAT DO I BRING TO THE AGE GROUP</p> <p>“Unrivalled enthusiasm to help every individual enjoy the process of progress.”</p> <p>MY TIP FOR THE SEASON</p> <p>“Don’t linger on past mistakes or performances - focus on your next opportunity.”</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE</p> <p>“Scoring against Scotland in the Singapore 7s.”</p> <p>RUGBY GOAT</p> <p>“Nick Cummings”</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Youth Rugby!</p> <p>“Feet up on a beach in Bali.”</p>



COFFEE  
SHOP



Throughout the  
months of September  
at the  
Coffee Shop.

# Nostalgic NYONYA

Try these dishes that celebrate the blending of Chinese ingredients  
with distinct Malay spices and cooking techniques.

Enquiries: 2830 9569 or [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)





Highly motivated and dedicated Charlie Hall balances studies and sports to win Bronze for Hong Kong at the 2022 Asia Junior and U23 Triathlon Championships in Kazakhstan. With a speedy time of 1:05:19 for Sprint distance triathlon, she claimed 3rd position on the podium in the junior elite women's category. Sprint triathlon consists of a 750m swim, 20k bike and a 5k run. It's a punchy and extremely high-intensity sport.

### MEDAL FOR HONG KONG

# CHARLIE HALL

She trains 3 times a day with a day off every 3 or 4 weeks and has been in the HKFC Trikid programme. She shared with us her experience and the hard miles to success.

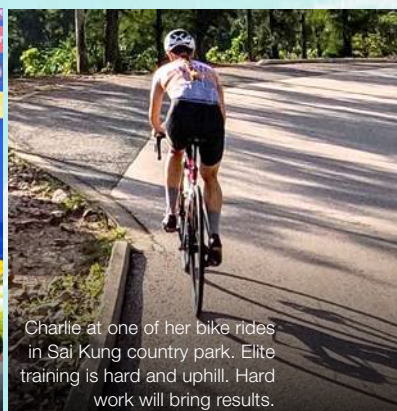
#### Can you please tell us about your family and school?

My family is quite sporty in general; my dad does triathlons too, and my mum does a lot of running, so my sister and I were always surrounded by sport growing up and were always encouraged to be active. I tried quite a few different sports over the years, and my parents were always supportive and gave me a lot of freedom to explore and find what I enjoyed most.

My school has been supportive of my sport and actually played quite a big role in helping me get into triathlon. I go to King George V which has a long tradition of sports, so I got a lot of cool opportunities to try things I wouldn't otherwise have done. I've done a lot of athletics and cross country races as part of the school team which initially inspired me to start run training, and I started my first proper triathlon training with a club at school when I was about 13 years old. As my sport has become more serious, all the teachers and staff at KGV have been really helpful and made a lot of accommodations for me to be able to keep up with my schoolwork while I'm training and racing.



Charlie claims Bronze for Hong Kong at 2022 Asia Junior and U23 Championships



Charlie at one of her bike rides in Sai Kung country park. Elite training is hard and uphill. Hard work will bring results.





Together with the Brownlee brothers at HKFC

### What is your favourite food?

I love food in general, so it's tough to pick a favourite, but I think probably brownies would have to top the list.

### Why did you first choose triathlon as a sport? Did you also have an interest in other sports?

A lot of my childhood was spent following my dad around to various triathlon races as support crew, so I was always surrounded by the sport and wanted to try it out. I did my first Splash and Dash in Repulse Bay when I was 9 and absolutely loved it, and I haven't looked back since.

Aside from triathlon, I love running and always try to do any running races or track events that I can, although I don't get as much time for them as I'd like. I love watching and following a whole mixture of different sports - my favourites are cycling, athletics and F1.

### If you could achieve anything you wished for in your sport, what would it be?

I'd love to race at the Olympics one day.

### What are the biggest physical or mental challenges in Triathlon?

I think the biggest challenge in triathlon is a combination of physical and mental aspects. In a race, you must push your body right to its limit and then have the mental toughness to keep going when it hurts. There's a similar challenge in training, especially in hard sessions, but one of the biggest challenges is just staying motivated. Triathlon training is extreme - we usually do around 3 training sessions a day, and generally

only get one day off every 3 to 4 weeks, so it can be hard at times to find the motivation to keep going. The last thing anyone wants to do at 6am is jump into a cold pool!

### Who is your sporting idol?

There are a lot of athletes from various sports that I look up to, but I think my biggest idols are probably Jan Frodeno and Katie Zaferes. I think they're really inspiring as triathletes but also just good role models in general.

### How do you balance studies and sports?

It's tough, but between my school, HKSI and my parents, I've had so much support which has made it a lot easier. I was lucky enough to be able to join the World Academy of Sport Programme which has allowed me to do my IB over 4 years instead of 2, so I only have half the workload at a time. It was a big decision to take on the extra 2 years of high school and it can be frustrating at times, but it means that I can pursue both my studies and my sport without having to sacrifice either, which I'm grateful for.

### What's your favourite shoe brand? And what's your preferred swim gear?

I've been running in Saucony shoes for the last few years, and I really like them. The Freedom 4s are great all-round training shoes and I love their Endorphin Pro model for racing. For swimming, I use Speedo Speedsocket goggles.

### What's your pre-workout and post-workout nutrition?

Generally, pre-workout is simple - my go-to is usually just some cereal or



At the finish chute claiming Bronze for Hong Kong



At transition 2 - getting into running shoes

toast, something easy to digest with plenty of carbs. For post-workout, I generally just eat whatever I feel like if it's got plenty of protein and carbs to help with recovery and feeling for the next session. Scrambled eggs on toast with a smoothie is a go-to!

### What advice would you give to young athletes who want to reach your level of sporting achievement?

I think the main thing is to make sure that you enjoy it. Elite sport is very demanding, so having a passion for what you do really helps make it easier to push through hard times and stay motivated. I would also say that it's important not to take anything too seriously too early. If you work hard and stay consistent with your training, you will improve over time, so don't worry if you're not a superstar right from the start. Progress can be slow sometimes, but hard work will always pay off eventually!



How and when do we know what our child's skill set is? How do we motivate and inspire our children? This is a question on every parent's mind. While no two children are same, and each child is special in her/his own way, **Richard** and **Elaine Hall** shared their perspective.

**What do parents have to do (or not do) to ensure kids are getting the most from sport?**

Let them try as many different sports as they wish and encourage them to do their best without pressurising them. Kids have a great ability to find the thing they love and if they are passionate about their sport (or music, drama, computing etc.), they will do what it takes to succeed, in whatever form success means to them.

There is a lot of support in Hong Kong from schools, coaches, HK Sports Institute etc. for athletes. However, for a junior to pursue an elite pathway unless they really can't imagine their life without the sport would be tough, given the sacrifices are huge.

**When did you know that Charlie was a strong athlete?**

Charlie was keen on sports as a kid, but didn't show any special physical talent when she was young, never used to win or medal in her age group. She was always very driven and mentally strong, so when she decided to pursue triathlon ahead of her dancing, committed to being in the pool for 90 minutes before school most days, and cycling or running most evenings, whilst juggling school, travel and friends, we knew she'd be dedicated.



Family fun, together with mum and sister, Elaine and Sophie, respectively.



After finishing Hard as Nails with dad, Richard, and Sophie.

# Selamat Minum! HAPPY DRINKING!

Enjoy these Malaysian refreshments, available during the months of September and October at the Coffee Shop.

**Teh Susu Mawar**

Rose syrup, tea, condensed milk  
(served cold or hot)

**Dinosaur Milo**

Mix Milo powder, chocolate, condensed milk



**Iced CinCau**

Pandan leaves, Cincau (herbal jelly), condensed milk, coconut milk

**\$42**  
each

**COFFEE**  
**SHOP**

Enquiries: 2830 9569 or [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)



# The Historic Golf & Premier League Football Tour

The opportunity to play some of the finest links golf courses in the world and attend a Premier League Football match.



A wonderful mix of historic golf & the best football league in the world.

You pick your favourite team and we will build a bespoke tour around you watching them play.



☎ 0161 546 6000  
✉ [hello@llgolftours.co.uk](mailto:hello@llgolftours.co.uk)  
[www.luxurylinksgolftours.co.uk](http://www.luxurylinksgolftours.co.uk)





# SUMMER SOCCER

## SIGNS OFF FOR 2022

The annual Summer Soccer 6's Tournament signed off for 2022 with Lucky Mile defeating Colts in the Cup Final and Spartan Masters defeating HKFC Rovers on penalties in the Plate Final.

The competition which was held every Tuesday evening in July was contested by six internal HKFC teams and four external teams.

The format of the competition was two groups of five for the first two weeks, with the top three teams from each group moving into a Cup Competition

### PARTICIPATING TEAMS

HKFC Rovers	Happy 82
HKFC U18s	HKFC Dynamics
HKFC Lucky Mile	HKFC Gazelles
HKFC Colts	Wan Chai Wolves
MAFC	Spartan Masters

and the bottom two teams from each group moving into a Plate Competition. The eventual Cup Winners Lucky Mile were dominant throughout only drawing one game, while the Spartans recovered from a slow start in weeks 1 and 2 to finish strongly and claim the Plate Competition.

The Soccer Section Committee would like to thank all the teams who participated. Thanks also to the organisers, **Austin Mok** and **Perry Ng** from Gazelles and Rovers, respectively. Lastly, thanks to **Chris Chan** and **Kieran Flynn** for helping set up the fields and referee the games throughout the tournament.

### RESULTS

Cup Final Winners  
**Lucky Mile**

Plate Final Winners  
**Spartan Masters**

Wooden Spoon  
**HKFC Gazelles**

Top Goal Scorer  
**Sean Snelder**  
(HKFC Colts)



Lucky Mile



Spartan Masters



## HOCKEY



# SWEET OR SPICY, KIMCHEES ENJOYING SUMMER HOCKEY

## 10 YEARS ON AND STILL GOING STRONG!

Given the abrupt end brought to the winter league in January by Covid-19 restrictions, it goes without saying that we all relished the chance to dust off our cob-webbed sticks and take to the Hockey Pitch again (sans masks) despite the heat, and hot, hot, hot it has been!

On the other hand, given our name, we should be taking 'hot' in our stride. I can happily report that the enforced sojourn seemed not to have interfered too much, if at all, with the Kimchees players' silky set of hockey skills. Sure, there were a missed goal or two and even a missed open goal or two (cough, cough, naming no names), but all in all, we took to hockey again like ducks to water.

The summer journey (no quarantine needed!) began first with the Summer 6s organised and run by the one and only **Chappie** of course! Thank you, Chappie! Tuesdays and Thursdays saw a set of Kimchees on the Smurf turf under the tutelage of again the one and only **Stephen Porteous**. Thank you, Stephen, and to all those who took part!







### KIMCHEES 2022 – FANTASY STATS RANKING (TOP 5)

1st place	<b>Damien Tarala</b>	50 points
2nd place	<b>Hannah Duley</b>	49 points
3rd place	<b>Anita Ho</b>	44 points
4th place	<b>Ida Wong</b>	31 points
5th place	<b>Taman Gill Hamish Leung</b>	30 points

The 11-aside Summer Mixed League kicked off late June and the two Club teams, Spicy and Sweet, have been doing friendly battle, sadly minus the **Chee** (living in Belgium these days – Come back, **Chee**!). *'It is a social game, but we play to win'* is the motto coined by Chee way back in the day, and yes we have been doing, as he says, with just one or two hiccups. 'Teamwork makes the dream work' may seem like a rather trite, overused saying, but rather apt because despite being players from teams of all levels, of all ages and of all backgrounds, it is amazing just how well we gel. 'You gotta pass!' are the words a virgin Kimchee heard ringing in his ears as he scored his debut goal after expertly dodging and dribbling past a number of the opposition. Hardly the congratulations he would have expected! However, it worked and he was soon claiming many an assist for points on the Fantasy Table (more on this later).

To date, out of 8 we have chalked up 6 wins, and many a goal has been scored. Of all the goals scored, it is the infamous non-goal that springs to mind, and just to make sure it is never forgotten, there is a constantly looping GIF, a gift that keeps on giving... .. torture! And our best game to date was without a doubt against Khalsa – the kind of 'Oh, what a feeling' game – nail-biting finish as victory was secured in the dying seconds (5-4 with 2 female goals in the last quarter).

News of our fame must have travelled because wasn't it the paparazzi taking photos of us with the most high-tech camera on the sidelines? Thank you to the dad of **Damien** and **Christian Tarala**. Perhaps it was to take photos of the indomitable, *I do not know fear* **Kamikaze Ida (Ida Wong)** who continually throws caution to the wind to get the ball into the goal. But wait for it, there was a challenger in the form of newbie **Anita Ho** – just how many hat tricks did you score? The competition to get to the top of the Fantasy Table is fierce. However, in the end it is the passing game we play that is the winner. In other words, each and every one of you was a winner this summer. Too cheesy?

It was good to see both 'old' and new faces on the team. VIP **Doug Corbel**, glad you saw the light and returned. **Walter Marthaler**, we miss you! Newbies, too many to mention here, please note there is no escaping now. The family combinations of **Ida Wong** and **Hannah Keeley**, the **Poultons**, **Leungs**, the **Smarts** and the **Taralas** are another lovely feature of the Kimchees. **Conor Donovan**, au revoir for now, but make sure you return.

Coming up are two friendlies, one versus **Feasant Pluckers** (yes, a bit of a struggle that name), against what is largely another Club team led by Derek Siu on 26th August, and another, a charity friendly versus Justice League – the latter organized by Jerome McDonagh (affectionately known as J-Dog) - on 2nd September, promise to be fun and very social.

The Club and Kimchee hockey tie is strong, and like the Hotel California (except ours is much nicer), once you enter this family, you never ever really leave. The photos you see of Kimchees coming together all over the world is testimony to this fact.

*Win or lose, we always booze (anon.)* is another Kimchee motto. Yet, we have been remarkably restrained this season. Less late-night Piazza action in the Valley this season, or perhaps it is because the blinds (currently blue in colour) are always down at the Sportsmans, so the challenge has been taken out from under us. After all, we rise to a challenge!

Thank you as always to the team behind the scenes: **Ida Wong**, **Darren Foo**, **Geoff Wong** (Fantasy stats man extraordinaire) and **Stephen Porteous**. Could not manage the Kimchees without your help. Thank you to each and every Kimchee who joined this season and to all of you Kimchees in other parts of the globe. Thank you as always to the Hockey Section for your generous support. Remember we welcome any Club member! Now, as the music is starting to play, I will sign off.

**Kim Roberts**





SPORTS

# LAWN BOWLS

香港特別行政區成立二十五周年 一 回歸盃

ation of the 25th Anniversary of the Establishment of the

Reunification Cup

Team HKFC 9 -

Reunification Cup Champions

Tim Or, Mobin Yau, Kenny Tam,  
Josephine Lam, Rita Shek



CELEBRATION OF THE 25TH ANNIVERSARY  
OF THE ESTABLISHMENT OF THE HKSAR

**203 TEAMS, 12 VENUES, 2 DAYS  
AND ONE CHAMPION TEAM -  
HKFC!**

The HKLBA organised the Reunification Cup to celebrate the 25th Anniversary of the HKSAR. This event was open to all bowlers in Hong Kong, and was scheduled to be played over 1st and 2th July. While the effects of Typhoon Chaba disrupted the original schedule, the tournament was successfully concluded on the weekend of 16th and 17th July.



Philip Chan



YS Leung



Kenny Tam, Josephine Lam, Rita Shek, Mobin Yau, Tim Or

Josephine Lam, Tim Or, Mobin Yau, Kenny Tam



The 203 teams were drawn into 29 groups of 7 teams, who played in round-robin format. The 48 top-ranked teams from the group stage proceeded to a 6-tier knockout stage, with a further 16 teams being awarded consolation prizes.

The Club's Lawn Bowls Section entered 13 teams in the competition. Upon the conclusion of the group stage, HKFC had 3 teams entering the 1st tier Cup competition, one team entering the 4th tier Knife competition and two teams qualified for consolation prizes.

Following high quality matches and some tense moments, the HKFC 9 team comprising (**Josephine Lam, Rita Shek, Tim Or, Mobin Yau, Raphael Chan and Kenny Tam**) emerged victorious as the Reunification Cup Champions! In the Knife Competition, the team of **Philip Chan, Patrick Choi, CL Fung, Kenneth Fung and YS Leung** just missed out on winning another trophy for HKFC, finishing as Runners-up.

Team	Result	Players
HKFC 9	Reunification Cup Champions	<b>Josephine Lam, Rita Shek, Tim Or, Mobin Yau, Raphael Chan and Kenny Tam</b>
HKFC 1	Reunification Cup Semi-finalists	<b>Cherry Tsoi, Eva Yu, Kenneth Yiu and Esmond Lee</b>
HKFC 3	Reunification Cup Quarter-finalists	<b>Roxy Ho, Howard Lok, Marshall To and Johnny Tsang</b>
HKFC 5	Reunification Knife Runners-up	<b>Philip Chan, Patrick Choi, CL Fung, Kenneth Fung and YS Leung</b>
HKFC 11	Consolation Prize Winners	<b>Henry Cheung, Matthew Lee, KH Wong and SK Ng</b>
HKFC 4	Consolation Prize Winners	<b>May Lee, Raymond Au, Kenneth Pang and Neil Roberts</b>



## PREMIER LEAGUE 2022

The first half of the current season completed on 23rd July 2022 with reasonably good results for both our men's and women's teams, with no less than six teams out of the total of nine teams were in the top three position of their respective divisions!

The second half of the season will commence on 20th August 2022. Let's enjoy the game and get better results for the second half of the season.

## TRIPLES LEAGUE 2022

This year's Triples League will commence on 10th December and finish in mid-March 2023. With the expansion in the number of bowlers, the Section has entered no less than 12 teams, 7 men and 5 women, in the coming Triples League.

## THE 2022 NATIONAL CHAMPIONSHIP FINALS DAY - SUMMER

The Summer Finals Day was held on 7th August 2022 in KCC in which the Club was represented by two teams, **Ken Fong** and **Adrian Yau** in the Men's National Pairs Championship, and **Eva Yu** and **Tony Cheung** in the Mixed Pairs Competition Finals.

**Ken** and **Adrian** played well. The match was decided on the last end and they had to contend with the runners-up title.

**Eva** and **Tony** were 9 points ahead before the penultimate end, with the last end to spare!

Congratulations to our 2022 champions of the Mixed Pairs. Very well done indeed.



## REVIEW OF

# WIMBLEDON

## SOCIAL EVENT



The Wimbledon social was held on 9th July from 2-6pm with a total of 48 players playing within 2 categories Open (for the more competitive player) and the Social category for the players enjoying their tennis without the pressure.

The weather was nice to us. Although it was hot, the cloud cover made for a comfortable afternoon of games. Pimm's strawberries and cream quenched people's needs throughout the afternoon and into the evening.

We had a lot of new players attending. Everyone played with great spirits and it was a very enjoyable and social afternoon of tennis. Surprisingly we had new winners of the Open and social competitions, which was great to see.



### WINNERS

#### Open Winners

Winner **Steve Wei**      Runner-up **Eddie Chan**

#### Social Winners

Winner **Vivian Lam**      Runner-up **Nick Stearn**

### BEST DRESSED

Nadeem Siddiqui







INTERVIEW WITH  
ATA HKFC COACH  
**JULIE TRINGA**

This month we interview new ATA Tennis Professional Julie Tringa, who joined the coaching team from France earlier this year.

**When and where did you start playing tennis?**

"I started playing tennis at the age of 9 in Aix-en-Provence, France."

**What advice would you give to anybody trying tennis for the first time?**

"If I could give any advice, it would be: to be patient."

**What attracted you to join the ATA coaching team at HKFC?**

"What attracted me was the sports project and the people I work with. I wanted to discover their way of working at HKFC."

**How are you adjusting to playing in the HK Summer heat and humidity?**

"I can handle the heat and humidity pretty well. It's not always easy, but you get used to it."

**What is your biggest strength as a tennis player?**

"My greatest strength is my fighting spirit."

**How do you prepare for a match?**

"I prepare myself by warming up physically and I listen to music to concentrate."

**Do you prefer playing singles or doubles?**

"I prefer singles."

**Which tennis player do admire and why?**

"My favourite player has always been Roger Federer, but if I had to choose now I would say Djokovic."




## 2022 HKFC ADULT TENNIS CLUB CHAMPIONSHIPS

### DATE AND TIME

12TH NOVEMBER, SATURDAY 1PM - 8PM  
13TH NOVEMBER, SUNDAY 9AM - 6PM  
19TH NOVEMBER, SATURDAY 1PM - 8PM  
20TH NOVEMBER, SUNDAY 8AM - 3PM

### ENTRY FEE

**\$150 UNLIMITED EVENTS**  
**\$100 PER EVENT**

### ENTRIES CLOSE ON

**11TH NOVEMBER 6PM**

### EVENTS

- OPEN MENS SINGLES
- OPEN MENS DOUBLES
- OPEN MIXED DOUBLES
- CLOSED MENS SINGLES (MENS B TEAM AND BELOW)
- CLOSED MENS DOUBLES (MENS B TEAM AND BELOW)
- CLOSED MIXED DOUBLES (MENS B TEAM, LADIES A TEAM AND BELOW)
- OPEN LADIES SINGLES
- OPEN LADIES DOUBLES
- CLOSED LADIES SINGLES (LADIES B TEAM AND BELOW)
- CLOSED LADIES DOUBLES (LADIES B TEAM AND BELOW)
- 120 YEARS COMBINED AND OVER DOUBLES

FOR INFORMATION PLEASE EMAIL [NATHAN.BOOOTH@ATATENNISACES.COM](mailto:NATHAN.BOOOTH@ATATENNISACES.COM) OR WHATSAPP 6750 3350



SHARE THE JOURNEY

# IGNITE THEIR PASSION FOR SPORT

Be a part of the start of your child's journey in sport through the ATA's Blue Foundation programme.

This adult assisted programme is targeted at toddlers, aged 18-36 months. The programme is taught through fun games, exercises and challenges incorporating fundamentals from different sporting disciplines. It introduces our youngest players to key fundamental physical, cognitive and social skills required for the learning and successful journey in any sport. Players will develop balance, agility, hand-eye coordination, and also improve their cognitive skills: focus, independent thinking, problem solving and decision making, all while having lots of fun in a social game-based session.

For further programme information, please contact [hkfc@atatennisaces.com](mailto:hkfc@atatennisaces.com)








## 2022 HKFC JUNIOR TENNIS CLUB CHAMPIONSHIPS

**DATE AND TIME**  
29TH & 30TH OCTOBER  
9AM-5PM

**ENTRY FEE**  
\$100 UNLIMITED EVENTS

**ENTRIES CLOSE ON**  
**FRIDAY 28TH OCTOBER**

FOR INFORMATION PLEASE EMAIL [NATHAN.BOOOTH@ATATENNISACES.COM](mailto:NATHAN.BOOOTH@ATATENNISACES.COM) OR  
WHATSAPP 6750 3350

**EVENTS**

- OPEN JUNIOR SINGLES
- OPEN JUNIOR DOUBLES
- CLOSED JUNIOR SINGLES (13 YEARS AND UNDER)
- CLOSED JUNIOR DOUBLES (13 YEARS AND UNDER)
- GREEN BALL SINGLES (11 YEARS AND UNDER)
- GREEN BALL DOUBLES (11 YEARS AND UNDER)



## SQUASH



Hong Kong Cricket Club  
Saturday, 23th July 2022

With a total of 68 players contesting 34 matches on court throughout the day, it was a nice afternoon packed with quality squash. Our friendly match against HKCC kicked off with the Juniors and they performed admirably to retain the trophy with a 7-5 victory.

Unable to capitalise on the Juniors' impressive start, we had a hard fight against the HKCC Adults team. Trailing 3-9 by the midpoint, things were looking grim for the HKFC team. An admirable

comeback brought some respectability back and the match ended in a 10-12 win to HKCC. All in all a fun affair with a good standard of squash on display after an extended absence from the HKCC courts.

**Anson Wong** was named the most valuable player of HKFC after beating Ho Ming 3-2. While Jessica was named the most valuable player of HKCC after coming back from 2-1 down against Yurisa.

The customary after squash beverages and dinner were enjoyed by the players. Some of whom could only rue their missed opportunity of winning while others were left to bask in the glory of their win.

A huge thanks to **Carlos Cornes** and **Phil Head** for the arrangements and to HKCC for the hospitality. Hopefully we can come back stronger and get back to winning ways next year.

**Anson Wong**





# The Conquistador's Cattle

---

Dishes have been created with beef from Uruguay and Argentina, throughout the month of September in the Chairman's Bar.

---



CHAIRMAN'S BAR

Enquiries: 2830 9559 or [bar@hkfc.com](mailto:bar@hkfc.com)



## GOLF

# HKFC GOLF SOCIETY VS WAGS

Kau Sai Chau East  
Friday, 15th July 2022

A nice hot day saw the teams enjoy a very pleasant ferry ride from Sai Kung to Kau Sai Chau to do battle on the East Course. A tough course in good condition, perfect for what is usually one of our stronger opponents. In fact, this trophy is one of the few that has managed to be contested each year throughout the Covid period that has cancelled so many other matches. The 2021 match was halved 3-3 and narrowly saw HKFC retain the trophy, having won the match in 2020. Covid and other issues had forced several changes to both teams, but still two very strong sides were assembled.

The first flight paired WAGS replacement Captain Seb Hughes and former HKFC golfer Mr Pink Zinc Garry Kemp up against HKFC's **Andrew Wood** and **John Thompson**. A steady start saw the HKFC pair gain the advantage, and with Woody's new driver firing, they were never headed winning 5 and 4.

Winners are grinners -  
Andy and Matt



HKFC's Captain **Terry Wright** then paired with the experience of **Philip Nunn** against the consistent Feng Qingxian and the power of Peter Crewe. A tidy birdie on the first and solid ham and egg play saw Wright and Nunn 4 up after 4 holes over the slow starting WAGS pair. Slowly but surely, this lead was pegged bag to 1 up at the turn, only for the HKFC pair to ease out to a 4 and 2 victory on the 16th hole.

Golf genius was being used, so real time scores available online showed **Marco Jorge** and **Alastair Murray** also pulling clear for a comfortable 4 and 3 victory in the third flight over the strong WAGS pairing of Alain Roberge and Mike Edie.

Next up for HKFC **William King** and **Graeme Brechin** faced the intimidating height of Mungo Paterson and the enduring commentary of his partner James Daniels. This time it was to be a strong start from the WAGS pair that was the decisive factor, and despite clawing back a few holes on the back nine, the HKFC pair went down fighting 2 and 1.

The killer blow to take the match beyond WAGS grasp was delivered by **Matt Keefe** and **Andy Ho**. Andy came out hot, and with Matt soon following suit and also striking good form, Johnny Sun and Justin Hoskins were always chasing in this dominant 7 and 6 win to HKFC.



Wood, Thompson, Kemp and Hughes away first

Not to be outdone HKFC's team Europe of **Eric Desgouttes** and **JP Cuvelier** closed out the match with another solid 4 and 3 win over WAGS's Darren Mellis and Nathan Hughes.

Golf Genius tells us it was a commanding 5-1 victory to HKFC but the matches were well fought in good spirit and many were a lot tighter than the final scorelines would indicate. The trophy was heading back to Sports Road but that didn't stop healthy debate at KSC and into the night in Sai Kung and that spirit will see this match again keenly contested in 2023.

**Terry Wright**  
HKFC Captain on the day



Trophy retained



# GOLF OUTING



TED Li with a big smile for winning 1st place

New Course Fanling  
Tuesday, 28th June 2022

The Hong Kong Golf Club, Fanling, hosted the golf outing this month, and boy was it a hot one! The observatory recorded a maximum temperature of 34.4 degrees Celsius, making that day the hottest day of the year. I can personally vouch for it after possibly

losing 2 kilos through sweating. However, none of the 32 excellent golfers from HKFC who were prepared to take on the New Course were put off by this. It was a gorgeous day, and the first tee shot was at 9:40 am.

The current HKFC GS event organiser, **Ted Li**, who is in his final year as EO, did a wonderful job of planning as much golf as he could for the society throughout the course of the two and a half years of Covid, and I was lucky enough to be in a 4 ball with him! I can tell Ted has been playing a lot of golf since he consistently hit the ball within three feet of the hole on all nearest to the pin holes. Despite how great those closest-to-the-pin shots were, Ted only won the NTP on holes 4 and 13 and left with two sleeves of those beautiful Snell golf balls.

**Henry Lai**, who was also a part of our foursome, took home the NTP for hole 17. Other NTP winners were **Jason Waldie** for hole 2, **Will Glover** for hole 11's 2nd shot NTP on a par 4, and **Andrew Chan** for hole 8. Congratulations to everyone on your incredible closest-to-the-pin shots!

Although there were some extremely strong competitors for the longest drive, **Tom McColl** took home two sleeves, holding one in each hand, while showing off those guns!

The main stableford competition was quite competitive, and generally, every golfer played exceptionally well, with everyone scoring below 83 net strokes.

There was only one point separating the first, second, and third places. **Terry Wright** placed third with a fantastic 42-point performance. **Paul Walters**, who also shot 42 points but scored more on the back nine, finished second, claiming that this was his first round of golf in a very long time, while **Ted Li** claimed first with a score of 43 points.

**Terry Wright** also fired an incredible 73 strokes to win bragging rights for being the player with the lowest overall gross score for the day.

**William Chan**

## NEAREST TO THE PIN

2 Holes	<b>Ted Li</b>
1 Hole	<b>Jason Waldie</b>
	<b>Andrew Chan</b>
	<b>Will Glover</b>
	<b>Henry Lai</b>

## STABLEFORD COMPETITION

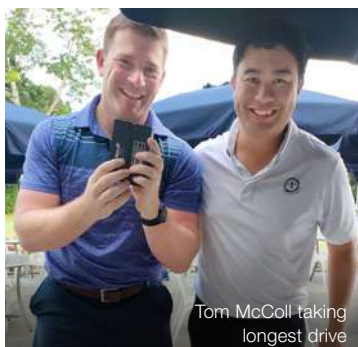
1st place	<b>Ted Li</b>	43 points
2nd place	<b>Paul Walters</b>	42 points
3rd place	<b>Terry Wright</b>	42 points

## BEST GROSS

73 strokes	<b>Terry Wright</b>
------------	---------------------

## LONGEST DRIVE

**Tom McColl**



Tom McColl taking longest drive



Ted awarding himself for picking up 2 nearest to the pin on Hole 4 & 13



Jason Waldie winning nearest to the pin on Hole 2



Will Glover picking up nearest to the pin for hole 11



Paul Walters and Terry wright collecting their cash coupons for 3rd and 2nd place for Stableford



Terry Wright taking a sleeve and bragging rights for lowest gross strokes



# HKFC GOLF SOCIETY VS HK SENIORS

Kau Sai Chau East  
Tuesday, 5th July 2022



With the remnants of the weekend's T8 alert slowly working its way to China, the team arrived at Kau Sai Chau to compete against one of our regular foes, the HK Seniors Golf Society. 2021 saw a change to the format of this match, and again this year we competed in the same 6 matches of 2 ball scramble, a relaxed format the Seniors prefer. Competing on the East Course with all the cliffs and gullies and still a fair bit of wind around it was reassuring to have 2 balls to choose from each shot.

First group out saw **Ali Murray** and **Jenny Chapman** against traitor for the day, JP Cuvelier, who captained the Seniors side and his partner Winson Chui. A tight game throughout until HKFC won 3 and 1 on the 17th. HKFC Captain for the day **Terry Wright** and his wife **Lindsay** partnered in the next match against Seniors Mao Kim Kong and Michael Cheng. **Lindsay's** consistent driving and fine touch around the green saw HKFC to another strong win despite some fine play and very consistent golf from Mao.

Next flight saw the 2 **Andy's – Wood** and **Ho** teaming up against Seniors Eddie Poon and Lawrence Mak to card a handy 3 and 2 victory. The big hitting **Marco Jorge** and **Graeme Brechin** proved more than a match for Seniors Kurt Skelton and Paul Fraser, bringing in the 4th match win to ensure the cup stayed in the Sports Road's trophy cabinet for another year.

The 5th flight saw **Eric Desgouttes** team with HKFC's midnight recruit **Robbie Bacon** who unselfishly responded to a call from Matt Keefe who was unable to play at very short notice. Not only did Robbie complete our numbers, but he teamed well with Eric to close out Melchor Dizon and

Sauro Talag 2 and 1 in a very tight contest. Finally, **Bill King** and **Sam Shei** had their turn, and unaware of the results ahead of them, delivered for their team a very convincing 5 and 4 win over Seniors Mark Yeung and Sam Chau.

The 6-0 scoreline flattered HKFC as a lot of the matches were very tight until the last few holes. At a time of year where a lot of people travel and the weather can be very unpredictable, I'd like to thank our golfers that committed to play for the society and represented the Club with pride. It was also great to have 2 of our Ladies representing the Club on the day. A good golf contest again enjoyed by both teams and for many more years to come hopefully.

**Terry Wright**  
Match Captain

## NEAREST TO THE PIN

2 Holes	<b>Alastair Murray</b>
	<b>Melchor Dizon</b>
1 Hole	<b>Andrew Wood</b>

## LONGEST DRIVE

Men	<b>Andrew Wood</b>
Ladies	<b>Jenny Chapman</b>





JUNIOR ASSOCIATE  
MEMBERS REPORTTHE 2022  
CROATIA  
INTERNATIONAL  
TOURNAMENT

Croatia Open  
20th - 23rd June 2022

After Lithuania, both of our elite players **Saloni Mehta** and **Happy Cheng** were busy setting their ways to participate in another BWF future series, the 2022 Croatia International Tournament. The experience that they obtained previously paved the way towards their first personal achievement in the badminton international series.

They fought their way through the qualification round to being semi-finalists. Unfortunately, the unlucky draw brought them face to face with each other in the semi-final. **Saloni** ended up fighting her way through into the final. Even though she lost in the final to her opponent from Vietnam, the competition in Croatia set off both **Saloni** and **Happy** best personal endeavour. We wish them all the best to the path of success!

< Back Croatia Open 2022	
Entries	Draws
MS	WS MD WD XD
Player Position	
1	TV T VU Vietnam
2	SM S MEHTA Hong Kong China
3/4	JL J LAURENS Netherlands
3/4	CS CHENG Hong Kong China
Results of the Croatia International 2022	



**Saloni Mehta**  
SILVER  
medallist of the Croatia  
International Series

**Happy Cheng**  
BRONZE  
medallist of the Croatia  
International Series

**We collect and deliver your car  
FREE OF CHARGE (Subject to Distance)**  
We provide good quick repair service at reasonable prices.

Our Range Service including:-

- Maintenance Service & Check-up
- Government Annual Car Examination (MOT)
- Air Conditioning
- Body & Paint Work
- Interior Compartment Upholstery
- Tires & Wheels
- Buy & Sell Cars

**\*ALL REPAIRS WITH 3 MONTHS GUARANTEE**

Our Business Hours: 8am-6pm, Mon-Sat (exc. Public Holiday)

Our 24 hrs Emergency Towing Agent "Shun Chong": Tel: 2884-9204

Please call us at: 2565-6166 / 9662-2895 (Whatsapp)

Fax: 2856-1047

E-mail: fookiemotors@gmail.com

\*\*\*\*\* Your enquires are always welcome \*\*\*\*\*



**FOOKIE MOTORS CO. LTD**

Shop 7, G/F, Paramount Building  
12 Ka Yip Street, Chai Wan,  
Hong Kong

**UPCOMING CALENDAR**

**U13 and U15 Ladder Series Championship**  
September 2022

**Junior Friendly Competition Series**  
September to June 2022-2023

**2022 HKBA President Cup**  
Elementary Level in Men's A and B team,  
Mixed and Ladies teams  
27th August to 30th October 2022

**YMCA Junior Team Tournament (3 teams)**  
October 2022





## HONG KONG YOUTH GAMES 2022

With the lockdown from January to April 2022, the Junior Associate members, with the help of the HKFC team coach, were once again on their feet to put on their best performance at the 2022 Hong Kong Youth Games. Due to time constraint and Covid management, there was only one singles event this year. However, congratulations are still in order to the following JAMs for their participation and achievement:

2nd round of preliminary  
**Kenneth Chau Pak Yin**

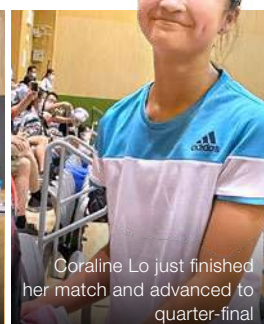
4th round of preliminary  
**Thomas Lee Ming Yau**

Advanced to quarter-final  
**Coraline Lo Shu Ting**

4th round of main draw  
**Anthony Chuang**



Our youth representative Frank Cheah (Top Middle) with parents and JAMs (bottom row) attending the Hong Kong Youth Badminton Tournament



Coraline Lo just finished her match and advanced to quarter-final



## HKFC JUNIOR LADDER SERIES 2022

The Badminton Society and our Coach organised the 2022 U13 and U15 Junior Ladder Series. The competition began in July and continued up to the end of August. There were a total of 36 players participating in the Ladder in Boys U13 and U15 Singles, Girls U13 and U15 Singles and Boys U15 Doubles, including 17 of our HKFC Juniors. **Joey Cheung** (U13 GS), **Kenneth Chau**, **Bosco Fung** and **Ethan Choy** (all U15 BS) have started the journey for a good result. The Badminton Society wishes all the best to the juniors and the valuable experience they gain through this competition which we hope will be helpful for their future endeavour in badminton.

**Badminton Society Youth Representative – Frank Cheah**



Joey Cheung





CHAIRMAN'S BAR

# FANCY FRUITS

AFTERNOON SET TEA

A veritable cornucopia overflows with fruit flavours  
in this themed afternoon set tea.

Available throughout the months of August and September.

Enquiries: 2830 9559 or [bar@hkfc.com](mailto:bar@hkfc.com)



## BOWLING INTEREST GROUP



CELEBRATION OF THE 25TH ANNIVERSARY OF  
THE ESTABLISHMENT OF THE HKSAR 2022

# HONG KONG OPEN TENPIN BOWLING CHAMPIONSHIPS

SCAA Bowling Centre  
31st July 2022

**B**IG was invited to join the Celebration of the 25th Anniversary of the Establishment of the HKSAR 2022 as well as Hong Kong Open Tenpin Bowling Championships - Inter-Club Challenge Cup organised by the Hong Kong Tenpin Bowling Congress on 31 July 2022 at the SCAA Bowling Centre.

**Emy Clarke, Adrian Li and Tracy Tam** represented HKFC and came 2nd in the competition. It was an exciting match that was close throughout and our team lost by merely 31 pinfalls in total. We are really excited for the team to bring home another trophy. Thank you so much for their persistent effort and congratulations!

We are delighted to inform you that BIG is in the process of recruiting a new coach to provide regular coaching for all BIG members. Training courses for non-BIG members will also be organised in due course. If you would like to learn this sport or to improve your skill, please watch out for further details.

After a two-year break caused by Covid, the Hong Kong Interclub Tenpin Bowling (HKICTB) league will finally resume at the end of September. If you are interested in taking up Bowling as a sport and to represent HKFC in the HKICTB league, please join us for the practice sessions held every Thursday from 7pm. See you at the Bowling Alley on Thursday evenings!





# TAKEAWAY

## COFFEE SHOP

AT HONG KONG FOOTBALL CLUB

THROUGHOUT THE MONTHS OF SEPTEMBER AND OCTOBER



## Thai Take Out Lo Shui Style



*Try this platter, braised, then simmered for hours in a broth of exotic spices, resulting in a rich and juicy roast unlike any other. Bring these marinated dishes home now!*

Last order at 9pm  
Last pick up in person at 10pm  
Daily from 11:30am  
Pre-order required

ลองจานนี้ที่เคี้ยวแล้วเคี้ยวเป็นเวลาหลายชั่วโมง  
ในน้ำซุปเครื่องเทศที่แปลกใหม่ เพื่อให้ได้เนื้ออย่าง  
ที่เข้มข้นและชุ่มฉ่ำไม่เหมือนใคร  
เพียงแค่นำอาหารหมักเหล่านี้กลับบ้านทันที!

รับออเดอร์สุดท้ายเวลา 21.00 น. รับครั้งสุดท้ายด้วย  
ตนเองเวลา 22.00 น. ทุกวันตั้งแต่ 11.30 น. ต้อง  
สั่งล่วงหน้า

ชาหมูต้นโตไทย 159 บาท กับข้าวและเต้าหู้  
เนื้อตุ๋นสไตล์ไทย 159 บาท ประกอบด้วย ชาหมู

น้ำซุปเครื่องเทศที่แปลกใหม่ เพื่อให้ได้เนื้ออย่าง  
ที่เข้มข้นและชุ่มฉ่ำไม่เหมือนใคร  
เพียงแค่นำอาหารหมักเหล่านี้กลับบ้านทันที!  
ลองจานนี้ที่เคี้ยวแล้วเคี้ยวเป็นเวลาหลายชั่วโมง  
ในน้ำซุปเครื่องเทศที่แปลกใหม่ เพื่อให้ได้เนื้อ  
อย่างที่เข้มข้นและชุ่มฉ่ำไม่เหมือนใคร  
เพียงแค่นำอาหารหมักเหล่านี้กลับบ้านทันที!

รับออเดอร์สุดท้ายเวลา 21.00 น. รับครั้งสุดท้ายด้วย  
ตนเองเวลา 22.00 น. ทุกวันตั้งแต่ 11.30 น. ต้อง  
สั่งล่วงหน้า

เนื้อตุ๋นสไตล์ไทย 159 บาท ประกอบด้วย ชาหมู  
ขาหมู ออกเป็ด ทานคู่กับข้าวกล้องและเต้าหู้ยัด  
จานนี้ที่เคี้ยวแล้วเคี้ยวเป็นเวลาหลายชั่วโมงใน

เพียงแค่นำอาหารหมักเหล่านี้กลับบ้านทันที!  
รับออเดอร์สุดท้ายเวลา 21.00 น. รับครั้งสุดท้าย

น้ำซุปเครื่องเทศที่แปลกใหม่ เพื่อให้ได้เนื้ออย่าง  
ที่เข้มข้นและชุ่มฉ่ำไม่เหมือนใคร  
เพียงแค่นำอาหารหมักเหล่านี้กลับบ้านทันที!

เนื้อตุ๋นสไตล์ไทย 159 บาท ประกอบด้วย ชาหมู  
ขาหมู ออกเป็ด ทานคู่กับข้าวกล้องและเต้าหู้ยัด  
จานนี้ที่เคี้ยวแล้วเคี้ยวเป็นเวลาหลายชั่วโมงใน

ลองจานนี้ที่เคี้ยวแล้วเคี้ยวเป็นเวลาหลายชั่วโมง  
ในน้ำซุปเครื่องเทศที่แปลกใหม่ เพื่อให้ได้  
เนื้ออย่างที่เข้มข้นและชุ่มฉ่ำไม่เหมือนใคร

Enquiries and order: 2830 9569 or [Coffeeshop@hkfc.com](mailto:Coffeeshop@hkfc.com)



## NEW EQUIPMENT INTRODUCTION

# OPTIMA SERIES MULTI-PRESS

The Optima Series Multi-Press is a triple-function machine that allows exercisers to choose the chest and shoulder muscles they want to work out. The clean, inviting look of the Optima Series Multi-Press is appealing to all exercisers. The press arm on the multi-press is adjustable, keeping the user in a favorable vertical position for all exercises. The press arm adjusts easily with a single gas assisted adjustment.

Adjustable seat accommodates varying user heights.



## CABLE BICEP CURL WITH BENCH

- 1 Place your arm on the stepper.
- 2 Keep elbow locked on the stepper during the whole exercise.
- 3 Curl the cable weight upward, toward the chest, while breathing out. Only the forearm moves, rising from the elbow.
- 4 Hold at the top of the contraction for one second.
- 5 Lower the forearm to the starting position on an inhaled. Stop before the weight returns to the stack, keeping the cable under tension.
- 6 Repeat for 10-12 Reps for 3-4 sets.





# HIGHLIGHTS IN SEPTEMBER



## In the Coffee Shop

### A Passage to Penang

Known as a regional food paradise, with a rich cuisine shaped by the island's many cultures, try our themed buffet at the Coffee Shop, throughout the months of September and October, every Friday and Saturday at dinner!

\$318 per adult | \$159 per elder child / \$114 per child

**DIY Snowy Mooncake Class for kids** available on Mid-Autumn Night (10th September) for members who join the themed buffet. Please check with the Coffee Shop for enrolment details and price.



## In the Sportsman's Bar

**FROM THURSDAY,  
1ST SEPTEMBER**

### Top Dog, Hot Dog Mavericks!

The best of the best hot dog creations will have you flying right into the flavour zone.

Available throughout the month of September at the temporary Sportsman's Bar.



## In the Restaurant

**FROM THURSDAY,  
1ST SEPTEMBER**

### Delectable Decapods

In September, the Restaurant celebrates Crabs, with a host of culinary crustacean creations.



## In the Chairman's Bar

**FROM THURSDAY,  
1ST SEPTEMBER**

### The Conquistador's Cattle

Dishes have been created with beef from Uruguay and Argentina, throughout the month of September in the Chairman's Bar.



## Catering

**THROUGHOUT THE YEAR**

### Meeting Packages

Plan your meeting now!

The Club's Meeting Package offers you a value-added package with excellent perks and a maximum level of comfort.

Just scan the below QR code to send us a request for proposal.





## WINE EVENTS

In the Restaurant

FRIDAY, 9TH SEPTEMBER

**Antinori Wine Dinner**

THURSDAY, 22ND SEPTEMBER

**Boom! Volcanic Wines are Heating Up Around the World**

In the Happy Valley Suites

THURSDAY, 29TH SEPTEMBER

**Cocktail Masterclass with Mixologist Ms Jade Lau**

In the Lockhart Room

SATURDAY 24TH AND  
SUNDAY 25TH AUGUST**Monthly Wine Fair**

In the Coffee Shop

**Monthly Specials: Nostalgic Nyonya****Beverage: Malaysian Signature Drinks****Takeaway: Thai Takeout – Lo Shui Style**

In the Pool Bar

**Penang Snacks**

In the Sportsman's Bar

**Food: Free Hugs for Our Farmyard Friends – Vegetarian and vegan dishes****Sunday Roast: New menu cycle****Beverage: Jugs of Beer**

In the Chairman's Bar

**Monthly Promotion: Cinematic Mixology****Set Tea: Fancy Fruits Afternoon Set Tea**

In the Captain's Bar

**Goody Goodness - Mont Blanc and Hot Melted Sandwiches****Protein Shakes**

In the Family Lounge

**Inaniwa Cold Udon****Ken's Cans**

In the Kiosk

**Mid-Autumn Hampers and New Retail Items**PREVIEW  
IN OCTOBER**Oktoberfest at the temporary Sportsman's Bar**

Get your Peroni from the bar and Wurst and Knuckle from the kitchen. Don't forget to join our 3rd Obstacle Course on 22nd October 2022. Stay tuned for more details.

In the Coffee Shop

**Monthly Special: Laska**

In the Restaurant

**Wild Games**

In the Chairman's Bar

**The Classic Pairing Combinations:**

- Oyster and White Wine
- Champagne and Caviar

In the Captain's Bar

**Pasta Casserole****Activity: Club's Barista Workshop with Lamarzozza**

In the Family Lounge

**Mandu (Korean Dumplings)****Halloween Special Drinks**

In the Kiosk

**Halloween Goodies**

## WINE EVENTS

In the Restaurant

MONDAY, 3RD OCTOBER  
(BEFORE HOLIDAY)**Bordeaux Second Wine Dinner**

FRIDAY, 21ST OCTOBER

**Barossa, Home and Away Wine Dinner**

In the Happy Valley Suites

THURSDAY, 27TH OCTOBER

**"High Altitude" Selections Masterclass**

In the Lockhart Room

SATURDAY 29TH OCTOBER  
SUNDAY 30TH OCTOBER**Autumn Harvest Wine Fair**

## RESTAURANT

T: 2830 9562  
E: restaurant@hkfc.comT: 2830 9569  
E: coffeeshop@hkfc.comT: 2830 9531  
E: sportsmans@hkfc.com

CHAIRMAN'S BAR

T: 2830 9559  
E: bar@hkfc.comT: 2837 2622  
E: bar@hkfc.comT: 2837 2663  
E: bar@hkfc.comT: 2830 9531  
E: coffeeshop@hkfc.com

Convenient • Variety • Exceptional Value

T: 2837 2678  
E: kiosk@hkfc.comCATERING  
SERVICET: 2830 9513  
E: catering@hkfc.com



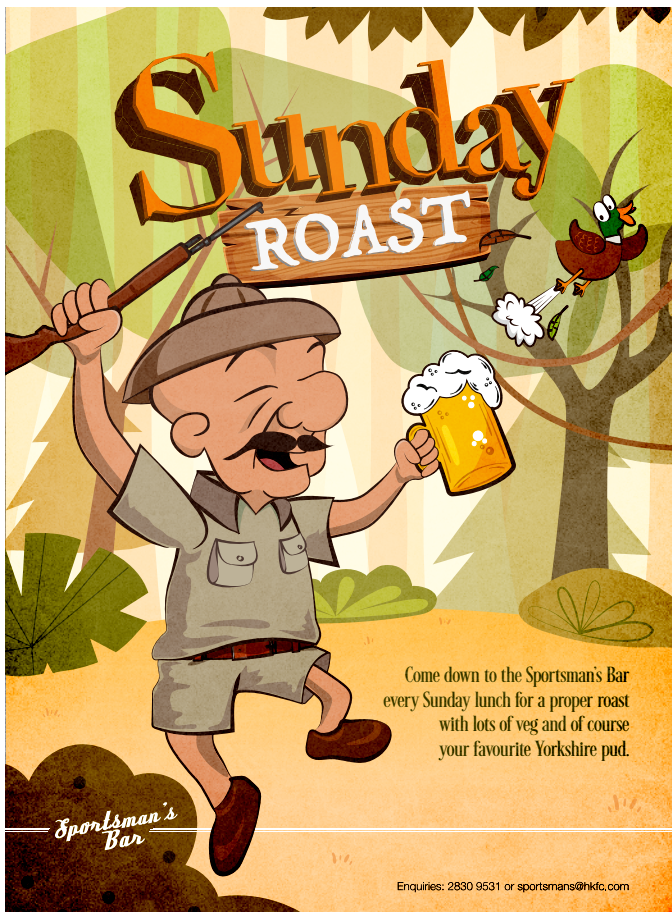


## IMPORTANT NOTICE TO MEMBERS ABOUT THIS YEAR'S THANKSGIVING AND FESTIVE TAKEAWAYS

We regret to inform you that the supply of turkeys at the Club this year will be limited and the price may also be adjusted. Due to avian influenza outbreaks around the globe, labour shortages, increased transport costs and high costs for feed as a result of the continuing war in Ukraine, there will be a reduced production of turkeys during the festive season.

Despite our effort in sourcing turkeys at a reasonable price, you will notice that prices are higher than in previous years. Since the Club will also have a very limited stock of turkeys, to avoid disappointment, please place your order as early as possible. We will also have a much wider variety of cooked meat items to provide you with alternatives this year.

Festive Brochure with all details will be delivered to your home and available on the Club's website in early October.





# 2022-23 MEETING PACKAGES



## FULL DAY PACKAGE WITH LUNCH

**\$ 710** per person

Use of the Function Room  
from 9am to 5pm

## HALF DAY PACKAGE WITH LUNCH

**\$ 590** per person

Use of the Function Room  
from 9am to 1pm OR 1pm to 5pm

## HALF DAY PACKAGE WITHOUT LUNCH

**\$ 470** per person

Use of the Function Room  
from 9am to 1pm OR 1pm to 5pm

### The above package includes:

- Complimentary Nespresso coffee and tea to be provided throughout meeting
- Two refreshment breaks for full day meeting
- One refreshment break for half day meeting
- Buffet lunch at Coffee Shop or designated venue
- Meeting amenities including notepad, pen, drinking water and mints
- One set of whiteboard or flip chart with markers
- Public address system and wireless handheld microphone
- Complimentary Wi-Fi
- Complimentary one set of LCD projector with screen

### Additional Hours:

- Meeting time can be extended with additional room rental charge  
(please check with the Catering Office for details)

### Quick Breakfast:

- Continental breakfast can be arranged at additional cost of **\$60 per person**, including two kinds of pastries, fresh fruit platter, chilled juices, Nespresso coffee or tea

### A Little Extra:

- **\$60 per person** for additional refreshment break
- **\$150 per person** to upgrade the existing buffet lunch to set lunch at Restaurant  
(maximum of 20 persons, dress code at Restaurant is smart casual)

### Additional Equipment:

- **\$105 per set** for additional set of flip chart
- **\$600 per set** for additional set of LCD projector with screen

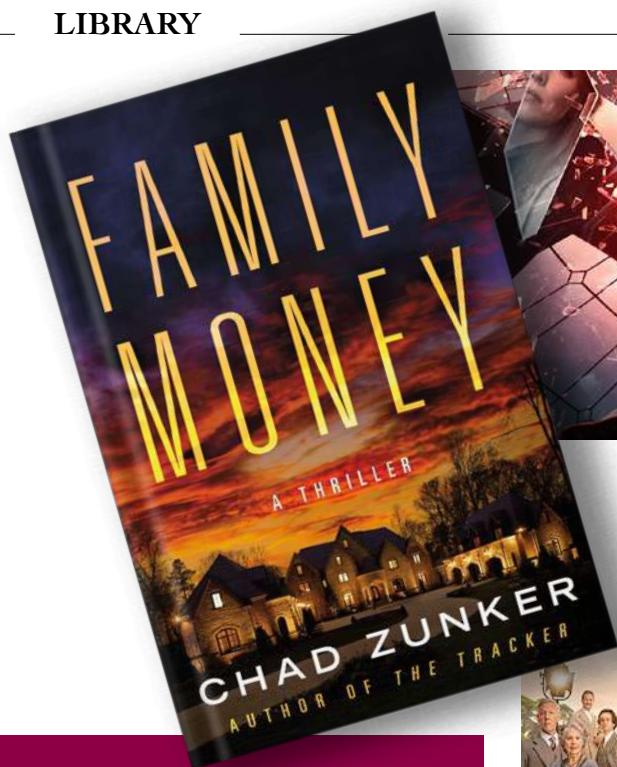
*Minimum booking of 10 persons daily is required*

*For more information, please contact the Catering Office at **2830-9513** or email: **catering@hkfc.com***

*The above prices and privileges are subject to change without prior notice*

Valid till 31 May 2023 EXCEPT December





Doctor Strange in the Multiverse of Madness

## BOOKS AND MOVIES

### NEW BOOKS

#### Family Money

Chad Zunker

#### Quicksilver

Dean Koontz

#### The Investigator

John Sandford

#### High Stakes

Danielle Steel



Downton Abbey

### NEW DVD

#### The Artist's Wife

Juliet Rylance, Bruce Dern, Stefanie Powers

#### Doctor Strange in the Multiverse of Madness

Benedict Cumberbatch, Elizabeth Olsen, Chiwetel Ejiofor

#### Downton Abbey

Hugh Bonneville, Jim Carter, Michelle Dockery

#### The Cellar

Elisha Cuthbert, Eoin Macken, Dylan Fitzmaurice Brady



The Artist's Wife



The Cellar

### NEW BLU-RAYS

#### Gold

Zac Efron, Akuol Ngot, Thiik Biar

#### Firestarter

Zac Efron, Ryan Kiera Armstrong, Sydney Lemmon

#### Mondocane

Dennis Protopapa, Giuliano Soprano, Alessandro Borghi

#### The Last Victim

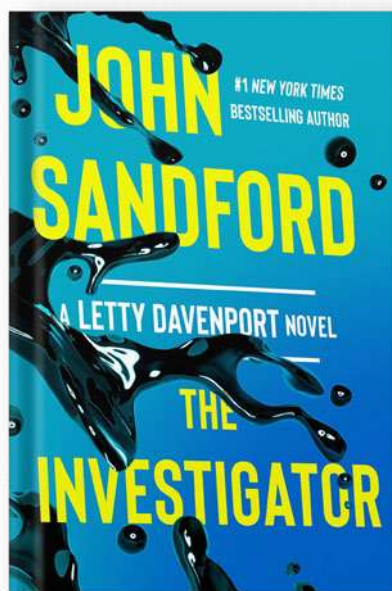
Ali Larter, Ron Perlman, Ralph Ineson



The Last Victim



Mondocane





# PROTEIN SHAKES



DON'T FEEL SAD CAUSE ...  
CAUSE TWO OUT OF THREE AIN'T BAD

Members can choose 2 out of 3 new flavours so we can update our menu.  
Available throughout the month of September at the Captain's Bar.

-Meatloaf

**\$48**  
each



Enquiries: 2837 2622 or [bar@hkfc.com](mailto:bar@hkfc.com)



COFFEE  
SHOP

# A Passage to PENANG

Known as a regional food paradise, with a rich cuisine shaped by the island's many cultures, try our next themed buffet at the Coffee Shop, throughout the months of September and October, every Friday and Saturday at dinner!

## PENANG THEMED DINNER BUFFET

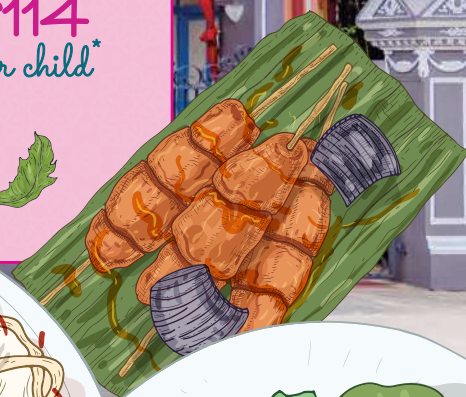
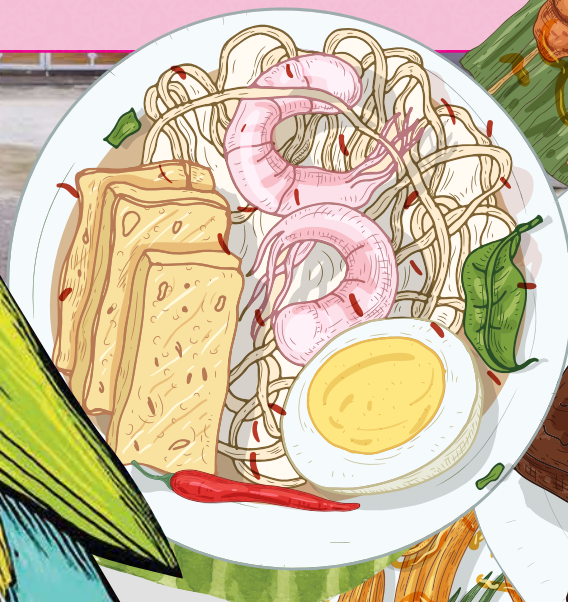
FRIDAYS 6PM - 9:30PM | SATURDAYS 5:30PM - 9:30PM

**\$318**  
per adult

**\$159**  
per elder child\*

**\$114**  
per child\*

\*AGE FOR ELDER CHILD: 8-11 YEARS OLD  
AGE FOR CHILD: 4-7 YEARS OLD  
FREE OF CHARGE FOR INFANT BELOW 4 YEARS OLD



Enquiries: 2830 9569 or [coffeeshop@hkfc.com](mailto:coffeeshop@hkfc.com)