

CLUB

HONG KONG FOOTBALL CLUB 香港足球會 SEPTEMBER 2008



End of Summer BBQ

Australian Guest Chef Ben Higgs
Glenmorangie Single Malt Whisky Promotion
Express Lunch Service at the Chairman's Bar
and more...

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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	: D. Agnew
Vice President	: N. Hunsworth
Vice President	: M. Lamont
Vice President	: R. Lawson
Vice President	: R. Neish
Chairman	: A. Brown
Hon. Secretary	: C. Cohen
Hon. Treasurer	: Chew Fook Aun
Sports & Recreation	: L. Edwards
Development	: M. King
Discipline	: D. Ko
Constitutional Affairs	: A. Lam
Membership	: J. Shanahan
Hockey Officer	: F. McCoig
Lawn Bowls Officer	: M. Worth
Rugby Officer	: J. Molloy
Soccer Officer	: T. Bratsanos
Squash Officer	: D. Reeves

Management

General Manager	: Mark Pawley
Operations & Co-ordination Manager	: Tony Sealy
Financial Controller	: S.K. Li
F & B Manager	: Dominique Artigolle
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.

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Website: www.hkfc.com.hk



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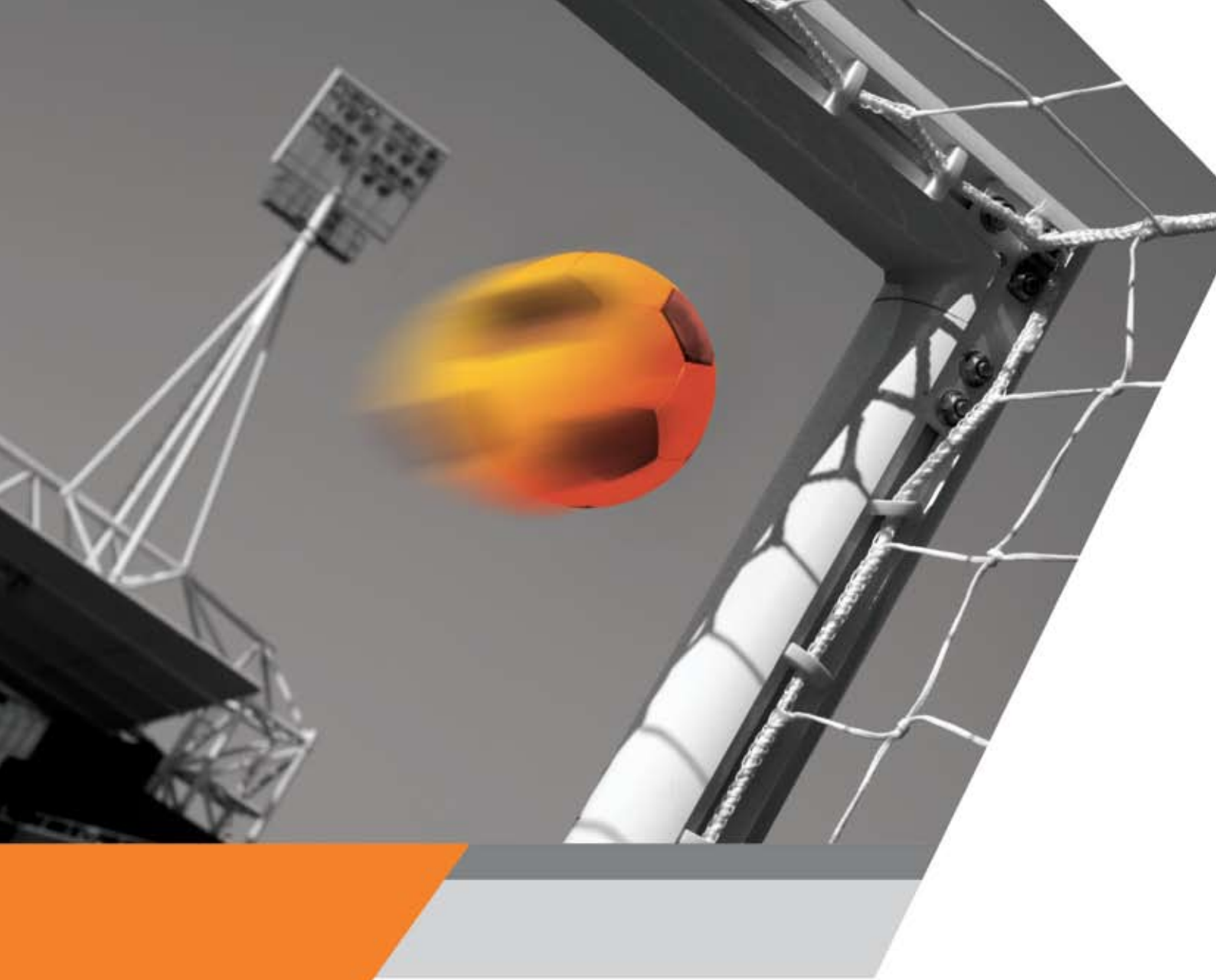


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The Thoughts of the Chairman

The beginning of the season for our main field sports is almost upon us and I wish all Club sides good luck as competitive sport returns after the summer break. I can also advise that we will be hosting the **Grand Masters Hockey World Cup** from the 12th to the 21st September.

The Club has a very proud sporting history and provision has been made in the Club's Policy Statements to recognise outstanding sporting achievement by Club Members on the world stage by having individual names entered on a Sports Honour Board. The General Committee recently approved the erection of an Honour Board in a prominent position in the Club and a GC Sub-group has been charged with the duty of compiling appropriate names for inclusion on the Board.

In order that past achievements are not overlooked, I invite all Members to look at the criteria detailed in the Policy Statements (pages 6/30 and 6/31) and to advise the General Manager of any names suitable for consideration, along with details of the sporting event in question or the position held on an international sporting body. Please note that nominees must be or have been a Member or Spouse of a Member at the time of his or her sporting success or appointment.

On a different note, I am pleased to report that the six month trial period allowing mobile phone use in the external areas adjacent to the Sportsman Bar has, by and large, been very successful and the General Committee has approved the continuation of this through new Bye-laws.

The date for this year's Annual General Meeting has been set for Thursday 13th November 2008 and the necessary paperwork concerning Election of Officers etc. will be sent out to Members in late September. I would encourage all Members to take an interest in the running of the Club, and anyone who is interested in standing for a position on the General Committee (or on a Sub-committee) is welcome to make themselves known to myself, the Honorary Secretary, the General Manager or any General Committee Member.

With the excitement of the Olympics behind us, we now look forward to more live TV international Rugby, English Premier League football action and hopefully Ryder Cup golf tournaments during the month of September. As always, whether partaking or simply watching, I hope that you enjoy all the sports available at your Club.

ALAN BROWN
Chairman



From the Desk of Mark Pawley

At the time of writing it seems that we will never get one of our BBQ Splash evenings at the pool "off the ground" this year given that we've just cancelled/postponed the event for the third month in a row, due to bad weather! Having said that, the weather over the last few days has been "glorious". Of course, this is just when most of the children have gone back to school, and therefore cannot enjoy the Pool Complex during the week! Let's hope the **Family Poolside BBQ and Splash-in** on the **19th September** goes ahead on schedule!

The Chairman has noted the start of another sporting year (including the start of our Mini/Youth sports season) will shortly

be upon us. It is timely, therefore, that I should remind Members that they should not leave valuables or personal belongings lying unattended around the Club. The Attendants on duty in all of our Changing Rooms are able to secure your valuables and we can provide Day Lockers, if required. As regards the Infield and, more specifically, the Main Pitch, parents are once again advised to supervise their children (i.e. be in control of them) at all times especially from "playing" on the Pitch on Match days! Grounds Staff have been told to remove children from the "dead-ball" areas on the Main Pitch during matches, so, please ensure that you do not allow children

onto the pitch, in the first place, to avoid any embarrassment.

On the food and beverage front, this month we introduce our first **Guest Chef of the "season" – Ben Higgs**, Chef Patron of the Wild Oaks Restaurant in Olinda, a 40 minute scenic drive from Melbourne, Australia, who will be at the Club from the **23rd through to the 28th September**. Please check out the summary of what Ben will be putting on whilst he is here on the page overleaf. One thing to note, for any "budding" chef, is the **Learn to Cook** session with Ben on **Wednesday 24th September**. I look forward to seeing how many of you sign up for it! In the Restaurant, we celebrate the **Chinese Mid-Autumn Festival** on **Sunday 14th** and **Monday 15th September** where we will be providing various "alternatives" for lunch and dinner over both days. In the Coffee Shop, we see the return of the **"Tempting" Thai Buffet Dinner** every Friday and Saturday evening in September.

I look forward to seeing you all at the Club.

MARK PAWLEY



(From top left to right):
Mr. Chan Chi Hung (Coffee Shop); Mr. Lee Chak Ho, Frederick (Housekeeping); Mr. Mark Pawley; Ms. Li Sui Lan (Steward); Mr. Lo Yui Yuen (Kitchen); Mr. Wo Kam Keung, Victor (Security)



Photo for reference only

SATURDAY'S OYSTER SPECIAL in the Restaurant

Every Saturday throughout September from 6.30pm to 9.30pm

Oysters "au natural" are simply best served on a bed of crushed ice. Fresh lemon juice or cocktail sauces are both good accompaniments. You can't beat the price at only \$10 per oyster, so come and try out all three varieties of fresh Tasmanian Rock Oysters now! (Offer is only applicable if a Main Course item is ordered.)

GUEST CHEF BEN HIGGS at the Club from 23rd to 28th September

Ben Higgs, one of Australia's youngest Top Chefs and owner of the Restaurant "Wild Oak", will be showcasing his talents at the Club from Tuesday 23rd to Sunday 28th September.

Here is a quick summary of activities with Guest Chef Ben Higgs:



DATE	EVENT/ACTIVITY	VENUE
Tuesday 23rd to Thursday 25th September	Ben Higgs Set Lunch and A La Carte Dinner Menu	The Restaurant
Wednesday 24th September	Ben Higgs Cooking Demonstration (Pasta "Mama Mia")	Sportsman's Bar
Friday 26th September	A Night of Ben Higgs' Signature Dishes paired with Australian Katnook Estate Wines (6 Courses Signature Menu paired with 7 Katnook Estate wines)	The Restaurant
Saturday 27th September	Under the Stars BBQ Dinner Buffet with Ben Higgs (BBQ, Wine, Beer the Australian Way....)	Swimming Pool
Sunday 28th September	Brunch and Family Dinner Buffet with an Australian Touch	The Restaurant



LEARN TO COOK WITH BEN HIGGS in the Sportsman's Bar

Wednesday 24th September 11am

Price: \$128 (inclusive of cooking class, cooking ingredients, cooking utensils and lunch with Ben Higgs)

Language of instruction: English

A complimentary glass of Katnook wine will be offered with your lunch.

Booking forms are available at the Reception, or please email foodandbeverage@hkfc.com for reservations.

A NIGHT OF BEN HIGGS' SIGNATURE DISHES PAIRED WITH AUSTRALIAN WINES

Friday 26th September

in the Chairman's Bar and Lounge
 for Pre-Dinner Drinks
 from 7.00pm to 7.45pm

in the Restaurant
 Dinner from 8.00pm to 11.00pm

Booking forms are available at the Reception, or please
 email foodandbeverage@hkfc.com for reservations.



Photos for reference only

Menu created by Ben Higgs of



1st Course
Amuse-Bouche of Porcini Mushroom Foam
N.V Chardonnay Brut

2nd Course
Australian King Prawns with Mustard Fruits and Apple Salad
Finished with a Tarragon Beurre Blanc
2005 Founders Block Chardonnay

3rd Course
Risotto of 5 Spice Roasted Duck, Sweet Soy and
Shiitake Mushrooms
2006 Founders Block Sauvignon Blanc
2005 Estate Merlot

4th Course
Fig and Pine Nut Stuffed Quail Served with
Aged Balsamic Reduction and Wilted Spinach
2004 Estate Cabernet Magnum

5th Course
Herb Crusted Australian Lamb Rack with
Ratatouille and Foie Gras Jus
2003 Odyssey Cabernet Sauvignon

6th Course
Raspberry and Vanilla Bombe Alaska
Mystery Wine
Tea or Coffee

\$688 per person
 (inclusive of dinner and selected wines)



**UNDER THE STARS
 BBQ DINNER BUFFET** *
WITH BEN HIGGS *
 by the Poolside *
 Saturday 27th September *
 from 6.30pm to 10.00pm *



The pool will only be open to Members who have booked
 for the evening and will be closed to non-participants
 from 5.30pm

- Book now as seats are limited.
- Booking forms are available at the Reception.

Price: \$288 per Adult, \$138 per Child (age 3-12) *
 * (Includes one free glass of selected wine or
 Beer or Juice) *

CELEBRATE CHINESE MID-AUTUMN FESTIVAL

in the Restaurant

Sunday 14th and Monday 15th September



Photo for reference only

DATE	EVENT/ACTIVITY	TIME
Sunday 14th September, Brunch	Sunday "Dai Pai Dong" Brunch	11am to 3pm**
Sunday 14th September, Family Dinner	Sunday Oriental Dinner Buffet	6.30pm to 10pm**
Monday 15th September, Lunch Buffet	Seafood Lunch Buffet with an Asian Flair	12.00 Noon to 3pm**
Monday 15th September, Dinner	Regular A la Carte featuring: Prime U.S. Steak 'n' Salad	6.30pm to 10pm

** Unlimited Sparkling Wine, Beer, Soda and Chilled Juices will be served at Lunch & Dinner

TEMPTING THAI BUFFET DINNER

in the Coffee Shop

Fridays and Saturdays

throughout the month of September

from 6.30pm to 9.30pm

We will be offering a Thai-style buffet, complete with a variety of traditional desserts, as well as a special offer on a selected Thai beer. So get ready for a full Thai experience this September!



Photo for reference only



CELEBRATE CHINESE MID-AUTUMN FESTIVAL

in the Coffee Shop

Sunday 14th and Monday 15th September from 6.30pm to 9.30pm

In addition to the regular outdoor Char Grill, we will also have a selection of traditional sharable Chinese BBQ platters, as well as the festive Moon Cakes for those who are ordering the buffet, but not for the A la Carte menu.

END OF SUMMER BBQ

in the Coffee Shop

Sunday and Public Holidays only

throughout the month of September

from 6.30pm to 9.30pm

Enjoy the end-of-summer weather at our weekend Outdoor BBQ. You can select your cut of fish or meat, to go with an array of vegetables at our Salad Bar.

DINNER BUFFETS IN SEPTEMBER

in the Coffee Shop

Mondays to Thursdays

throughout the month of September

from 6.30pm to 9.30pm

From Monday through to Thursday every week in September, we will be offering a Buffet in the evenings, with a delectable selection of international dishes from around the world.



GLENMORANGIE SINGLE MALT - WHISKY OF THE MONTH

in the Chairman's Bar

throughout the month of September



Whisky lovers take note: for the month of September, the Chairman's Bar will deliver Glenmorangie's latest expression of aged whisky. An exclusive selection of various vintages will be available at a special price.

AN EVENING OF GLENMORANGIE SINGLE MALT WHISKY TASTING

in the Chairman's Bar

Thursday 18th September

from 7.30pm to 9.00pm



Mr Arand Mirey, Brand Ambassador from Glenmorangie, will present a tasting session which covers the following topics:

- history of Scotch whisky
- different types of whisky
- difference between malt and blended whisky
- whisky production process
- tutored tasting of the Glenmorangie product range

Price: \$ 100 per person, inclusive of a Tapas platter

Pre-booking required

(Last booking day: Tuesday 16th September)

For reservations please call the Chairman's Bar at 2830 9559.



AUSTRALIA'S KATNOOK WINE ESTATE TASTING

in the Chairman's Bar
Thursday 25th September
from 7.30pm to 9.00pm



Katnook Estate is one of the most esteemed domains in Australia's premier red wine district, Coonawarra.

Its vineyards, planted in prime Terra Rossa soil, span 330 hectares in the heart of this comparatively small and remote region in the south east corner of South Australia.

\$ 100 per person inclusive of a Tapas Platter

From 7.30pm to 9pm

Pre-booking required

(Last booking day: Monday 22nd September)

For reservations please call the Chairman's Bar at 2830 9559

\$10 OYSTERS

in the Chairman's Bar
Available throughout the
month of September

Three different types of Tasmanian Rock Oysters are available daily at only \$10 each.

The cool climatic coastline of Tasmania produces oysters with a truly distinctive regional flavour that can easily be recognised by oyster connoisseurs.

Firm, sweet and slightly salted.

'MEET ME AT THE CHAIRMAN'S BAR'

Promotion available throughout
the month of September
from 6pm to 10pm

Chairman's Bar offers 12 free-flowing wines selected from award winning/famous wineries, from 6pm till 10pm daily for a set price of \$120 per person for 2 hours of unlimited serving.

EXPRESS LUNCH SERVICE in the Chairman's Bar

Timely service is our commitment.
Choose the Chairman's Bar for lunch and we'll serve your Set Lunch meal in 30 minutes or less from the time you place your order.



FAMILY POOLSIDE BARBECUE AND SPLASH-IN

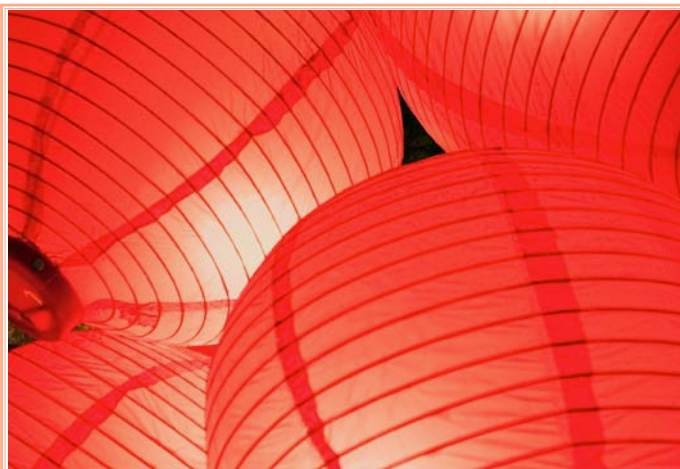
Friday 19th September
6.30pm - 10pm

The pool will only be open to Members who have booked for the evening and will be closed to non-participants from 5.30pm.

(Food serving from 6.45pm to 9.15pm)

- Book now as seats are limited.
- Booking form is available at the Reception.

\$198 per Adult; \$138 per Child (age 3-12)



HAMPERS FOR CHINESE MID-AUTUMN FESTIVAL

An exquisite range of hampers make the perfect festive gifts for business partners, friends and relatives. Download the order form on our Club's website now: www.hkfc.com.hk

WINE SALES COUNTER

2nd Floor Lobby

Thursday 11th to Sunday 21st September

Mid-Autumn festival is just around the corner, so check out our Wine Sales Counter to find the perfect item to celebrate in style!

We offer quality wines at your convenience, and we have something for every wine enthusiast.

OPENING HOURS

Monday to Friday from 5pm to 9pm

Saturday, Sunday and Public Holiday from 10am to 9pm



SEPTEMBER IN THE SPORTSMAN'S BAR

Now that the excitement of the Olympics is starting to fade, why not carry on the celebration down at the Sportsman's Bar with the Paralympics starting from **6th to 17th September**.

With the **Barclays Premier League** now in full swing, join us to watch your favourite teams, along with a **Stella** on offer at **\$28 per pint** and **\$15 per ½ pint**.

For the golfers amongst you, do not miss the **Ryder Cup** live from Kentucky from the **19th-21st September**. Also don't forget the **Formula One Grand Prix** in Singapore on the **28th September**. Please see the weekly schedules for more live international rugby updates.

On the food and beverage front, please come and try our delicious array of **Pasta dishes** that will be on promotion throughout the month.

Adding a little more spice to your lives, **Cajun Spring Roasted Chicken** served every Saturday and Sunday from Noon to 9.30pm (\$88/chicken inclusive of Fries and Salad)

Mini Rugby returns so does a new **Sunday Family Lunch Buffet** with a weekly roast, be sure to come down every Sunday for one of the following:

- Roast Rib of beef with Yorkshire pudding
- Roast Apple Pork with Crispy crackling and apple Sauce



Photo for reference only

- Roast leg of lamb with rosemary and mint sauce
- Roast whole chicken, sage and onion stuffing, bread sauce

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

For further information, please call Gemma on 2830 9531 or email sportsmans@hkfc.com



Rugby News



“Some men are born great, some achieve greatness and some have greatness thrust upon them.”

Others get to write the Rugby Section column in the Club magazine. Fortunately, starting as a magazine contributor in August means I won't be distracted by anything marginal like rugby itself. That's because there is none happening, but don't get the idea that the rugby players have been lounging around, eating too much, hitting the bars or anything ridiculous like that.

Indeed not. Members of the Senior section have been slaving away in the stifling heat, dragging themselves through vicious circuits and unnatural exercises devised by the likes of Camp Commandant **Tim 'Mungo' McCosker** or **Pete McKee**, rumoured to be his long-lost love child. From way back in July, anguished-looking forwards and unruffled backs have sweated their way through flapjacks (not the edible kind, sadly), frog jumps, planks, fireman's carries and shuttle runs. Some of the truly unhinged have even been sprinting up Magazine Gap Road, although those that survived said it was more like running on the spot.

However you look at it, though, Club and Dragons players are in better condition as of mid-August than at any previous time in your correspondent's experience. Having won everything in sight last season (Divisions 1, 2 and 3 and the Knockout Cups in Divisions 1 and 2), there is clearly no complacency at this point – and nor should there be. While the Section drank deeply from the cup of success last year, it is far from sated. And the arrival of a batch of quality new players – mainly Section Chairman **Donagh Foley's** nephews from Ireland – plus the ambition of players already within the Section will mean that competition for places will be keen in 2008-09. But the Section also knows that other clubs in Hong Kong will not meekly accept our dominance. Club, Drags and Select in particular laid down the marker last year and you can be assured the rest of Hong Kong rugby will come back stronger and more determined this year.

And the drums of battle grow closer. **Quinton Wrigley**, Club Coach, organizer extraordinaire and an unhappy golfer if you don't let him have a warm-up, has already hit Club and Dragons players with his traditional pre-season missives.

This year we had: Fridge Facts, UPDATED Fridge Facts, CORRECTED and UPDATED Fridge Facts and UPDATED CORRECTED and UPDATED Fridge Facts. Or something like that. In any case, there is no shortage of information. 'Q' has planned the entire season with the precision of an Apollo Mission. He also has a new lieutenant. **Mr Tony 'Coops' Cooper** will take over from the celebrated **James Cook** as team manager of the Club side for the new season. Otherwise the Section's management remains the same: **Mr Foley** continues as Chairman and **Tony George** – my eminent predecessor as scribe of these pages – as Captain.

“To be fair, if the Section had a share price, it would be seriously outperforming the market right now, so it's no surprise that the management was roundly endorsed at the AGM.”

Club's season will kick off on the weekend of 5th September with a long-overdue trip to play Singapore Cricket Club on their home ground after hosting them in Hong Kong for at least the last two seasons. On 20th September, the Section will break with one tradition by not participating in the Kowloon 10's, but will also continue another – the inimitably strange but enjoyable Aquatic Dodgeball Tournament founded last year by **Messrs Stobart and Hewitson**. And the Section should extend its warmest congratulations to **Cowhead** on the occasion of his marriage and two-month honeymoon. In the evening of 20th September, the Club side will also play host to a Japanese touring team; on 27th September, the Section will take part in the Valley 15s; there will be combined Club and Drags trials against a Valley XV on 4th October and League Week 1 is 11th October. Bring that on.

PT McGee, the prominent Hong Kong restaurateur and bon vivant understood to have joined a monastic order during the summer, is also masterminding a revival of the Rugby Section website, which has languished in obscurity since 2003. The new website is intended to offer a wealth of information on team selections, fixtures and other logistics for players, along with the content of the Blog, currently to be found at www.hkfcrugbysection.blogspot.com. Whether Brother McGee ever makes the dream of this website a reality remains to be seen. In the meantime, please feel free to visit the Blog if you just can't wait until the next edition of the Club magazine for more rugby news. *Adam Harper*

(Advertorial)

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cultural treasures



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Tour Selection	Price per person (Economy Class)
Guilin Tour (3D/2N) Activities: Cruise along the tranquil Li River to Yangshuo, tour to Reed Flute Cave and Fubo Hill, visit the Elephant Trunk Rock and more Tour code: NT8KWL01HKGK	HKD3,860 up
Qingdao Tour (3D/2N) Activities: Visit temples, the former Governor's residence, the natural scenery of Laoshan Mountain and more Tour code: NT8TA001HKGK	HKD4,100 up
Hangzhou Tour (3D/2N) Activities: Enjoy a cruise in the West Lake and the spectacular performance "Impression Westlake", visit the Huxueyan's Former Residence and Hefang Ancient Street. Tour code: NT8HGH01HKGK	HKD5,030 up
Xian Tour (4D/3N) Activities: Visit the legendary Terracotta Museum, Huaqing Hot Springs, dinner with Tang Dynasty music and dance show and more Tour code: TT8S1A01HKGK	HKD5,240 up
Beijing Tour (4D/3N) Activities: Visit Temple of Heaven, Mu Tian Yu section of the Great Wall, the Forbidden City and more , enjoy Peking Duck dinner Tour code: TT8BJS01HKGS	HKD5,680 up

Package includes round-trip Economy Class flight; round-trip hotel transfers; hotel accommodation; daily breakfast; meal included as specified in the itinerary; 2,000 Asia Miles and travel insurance.
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Captain's Corner

Stewart Montgomery
Soccer Section Captain



If you enjoy pre season training then I'd say you're more of a runner than a footballer. I'm only one vowel away from being fit at present but I fear the work required to lose the appropriate weight and get conditioned will last about 6 weeks if done properly. It'll mean getting up at 5.15am from Monday to Friday and not getting home till midnight on those days too. The joys of the amateur footballer juggling family, work and the game we all love. It's all worth it in the end though, for when you stand awaiting the referee's whistle signalling the start of the new season, you will be full of confidence if you've put the effort in during the pre

season period. That warm feeling of confidence soon evaporates within about 15-20 seconds though as some muppet half your age skins you and you find yourself wondering when you'll get a chance to half him next time he comes anywhere close. The next time sadly that happens is a chance passing on Pedder Street when he's with his mum and your with your kid, and to be honest although you half think about going in over the top of his shopping to inflict revenge, you do know it would probably guarantee a bit of jail time. They say that once you reach a certain age and realise the legs have gone you veer off into a bitter and twisted mindset for a while, as you adjust to the tragic news that you're on the downhill. I wonder if that will happen to me?

Henrik Lorenz Memorial Game in Phuket - Saturday 10th May



The second annual Henrik Lorenz Memorial Game was held on Saturday 10th May in Phuket.

The game, once again, was between a mixed HKFC 'select' team, comprising 14 current and ex-Dynamics, Gazelles and Rovers and a Singapore Cricket Club team with a squad of 18 players.

The venue was the orphanage which was established and funded by Henrik Lorenz. Here, some 35 boys aged between 9 and 14 – orphans mainly from the Bangkok area with reasonable soccer skills – live in. They are provided with an education and receive soccer coaching on a daily basis. Their teams compete (and do well) against other local and international school teams on Phuket Island.

The weather leading up to the Big Game was atrocious – non-stop rain from Friday lunchtime onwards.

However, somebody must have been watching closely over us as the rain stopped suddenly some 30 minutes before the 3:30pm K.O. by which time most of the excess water on the pitch had drained away.

Perfect conditions especially as the temperature was only 30°C – some 10°C+ less than it was when we played at the same time last year.

Suffice to say that the game itself was another 'classic' encounter, with the HKFC team clearly benefiting from Friday night's curfew and the unusually 'cool' weather conditions.

HKFC's incessant pressure and total domination paid off handsomely as we came out on top with a comfortable 4 – 1 victory. Goals came from **Peter Hurst** and a rampant **Graeme Lane** who scored a unique (for him) hatrick (did we ever hear the end of that one!?)

There were many exceptional performances in Phuket, but restricting ourselves to the endeavours on the pitch, a special mention should go to:

- **Darren Chaplin** – Phuket obviously brings out the best in him.
- **Martyn Russell**, our skipper and master tactician, without whom we might have won 5 or 6-0.
- And myself, of course (the original **Foxy**).

A separate report on the wild but sophisticated after match celebrations, which not surprisingly went on all night, will appear in a more appropriate publication at a later date (2015 possibly).

HKFC Team :

Ian Rothera, Dino, Peter Hamilton, Daryl Orchard, Jon Foxall, Martyn Russell, Homan Yuen, Peter Hymns, Graeme Lane, Andy Hunter, Barry Hoy, Darren Chaplin, Pete Hurst and Tommy Nevin.

by Jon Foxall

Footnote : For this year only the HL Memorial Game will be biannual as it is highly likely that the date of the game will be switched to sometime in November – a much cooler time of the year.

The Summer League 6 v 6

The Summer League was another rousing success and many thanks must go to **JC** and **Jacko** for looking after this great wee tradition we now have running. The table (on the right) shows that Wanderers walked away with the glory but statistics can sometimes be misleading and Rangers, Albion and Gazelles were probably the best footballing outfits on show and were certainly the 3 teams many would have paid to watch. **Jack Beacher** finished as top scorer with 10 goals while his elder brother was one of 3 runners up on 7. It's worth remembering however that I can still recall their father, **Richie**, scoring 18 in a single 6-a-side game so no need for the boys to get to carried away eh? JC wanted me to mention that the standard of footballer these days, skills-wise, was an improvement on yesteryear but in his opinion too many of the lads are fat.

TEAMS	P	W	D	L	F	A	Pts
WANDERERS	7	6	1	0	30	12	22
LEGENDS	7	4	2	1	32	17	20
D. MACHINE	7	4	2	1	23	8	19
DYNAMICS	7	5	0	2	24	15	16
ALBION	7	3	1	3	19	18	11
RANGERS	7	1	2	4	7	15	6
GAZELLES	7	1	1	5	11	22	5
ROVERS	7	1	1	5	12	35	3

GOLDEN BOOT

10	Jack Beacher
7	James Beacher - Scott - Wilson
6	Fitzgerald
5	Phillips - Risely - Page
4	Owens - Douris - Kwok
3	Barrington - Kennedy - Pimlott - Gill - Simpson - Hamilton
2	Dyer - Grainger - Mark - A. Russell - Sullivan
1	Captain Stewart David Montgomery - a surging run from his own half finished with a nutmegging of the recently retired Chairman, Mr Martyn Russell.





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Squash Updates

Coaching

This season **Phil Head** (Head Coach) will be assisted by **Emma Pike** (Ladies' Captain) in coaching the Club's Members both **Section and non-Section members** at all ages and all levels.



Phil Head

Emma Pike

Team Training

On most Saturdays Phil holds excellent team training sessions which works on fitness, technique and game scenarios. This is a session open to people at all levels, and sessions usually last 90 minutes with a mini tournament at the end of the training session. This is great fun and a good way to meet other Club Members.

Future Tours

If you have any suggestions for future tours please make these to Phil Head (for Men's) and Emma Pike (for Women's).

Tours planned for 2008:

Men's	THRILLER in Manila 24th – 26th OCTOBER
Women's	Bangkok

Those who are interested in attending these tours please email Emma (emmapike31@hotmail.com) or Phil (philhead@netvigator.com) and they will be able to keep you in the loop on dates and itinerary.

Super Six's

Super six juniors, is an invitational squash training session every Friday from 6.30pm to 7.15pm. The top 6 boys and girls are invited to attend. This is to help our most promising young players excel.

New Season, New Look

With the re-signing of HSBC International www.offshore.hsbc.com for the next two years, we have designed a new kit for our members to make us the most striking Section in the Club (in our opinion). See pictures below for what we will be looking like for the next two years using new Kit supplier TSUNAMI.

For more information from our sponsor's products and services, please contact **Chris Woodhead** chriswoodhead@hsbc.com.hk or **John Thompson** johnthompson@hsbc.com.hk. Or simply catch them around the Captain's Bar for HSBC International Monthly club nights!



New Squash Ladies Away Kit



New Squash Ladies Home Kit



New Squash Men's Away Kit



New Squash Men's Home Kit

For Non-Section Members

All Members of the club are encouraged to join in any internal club tournaments and competitions...if you wish to be kept abreast of any internal competitions please contact **David Murray**, our Competitions Convenor.
Email: david.murray@ib-s.com.hk

2008/2009 Season

With the start of a new season approaching we have a handful of new faces in the Section, so please make them feel welcome....our **START OF SEASON PARTY** will be held on the **20th September** at a restaurant by the **New STAR FERRY TERMINAL** at **Pier 7** with **LIVE** band 'ninth state' from **7:30pm** until **1:00am**.

This season, the Section will be running 17 Men's teams, 5 Women's teams and 4 Men's Masters Teams; a total of 26 Teams.

With close to 220 members this season, things are looking good for the Section, hopefully we will all be supporting the social function put on by **Adam**, and the Tournaments arranged by **David**.....Have a great 2008/2009 Season.

New Season Convenors

TEAM NAME & DIVISION	CONVENOR	NIGHT OF PLAY
MENS SQUASH		
HKFC 1A	Phil Head	Thursday
HKFC 1B	Vincent Yu	Thursday
HKFC 2A	Marc Meldrum	Monday
HKFC 2B	Neil Soo	Monday
HKFC 3	Bjorn Fjelddahl	Thursday
HKFC 4A	Julian Ragless	Monday
HKFC 4B	Kien Ng	Monday
HKFC 5	Guy Norman	Tuesday
HKFC 6	Fook Chew	Wednesday
HKFC 8	James Harley	Monday
HKFC 9	Anthony Miles	Tuesday
HKFC 11	David Fitzgerald	Wednesday
HKFC 12	Steve Gore	Friday
HKFC 13	Neil Roberts	Wednesday
HKFC 14A	Tony Welland	Thursday
HKFC 14B	Helen Chan	Thursday
HKFC 16	Chew Hyen Aun	Wednesday
WOMEN'S SQUASH		
HKFC 1a	Ruchika Kumar	Thursday
HKFC 2a	Teresa Bailey	Tuesday
HKFC 2b	Angela Man	Tuesday
HKFC 3a	Jenny Smith	Friday
HKFC 3b	Julia O'Toole	Friday
MASTERS MEN SQUASH		
HKFCM 1	Bob Wasyliv	Wednesday
HKFCM 2	Julian Harniess	Tuesday
HKFCM 3a	Maurice O'Brien	Thursday
HKFCM 3b	Chris Burley	Thursday

Congratulations

Phil Head took a HKFC Team to Macau and beat the Singapore Cricket Club comprehensively to take out the annual Macau Invitational Squash Tournament. Let's see more images of winning teams next season like the Women's Division 2 Grand Champions HKFC Women's 2A 2007/2008.

Pentathlon

Steve Gore will be organising a repeat of the men's pentathlon to welcome new members on Saturday 6th September. The format for this event will be a team of existing members competing against the new members across a range of sporting activities (likely to include virtual golf, snooker, lawn bowls, bowling and darts). There may also be some light drinking involved. The event will begin at 1.30pm at the Captain's Bar and will probably take several hours. So please look out for the true athletes on the 6th of September.

Upcoming Events

- New members pentathlon – 6 September
- Start of Season Party – 20th September – Pier 7
- Hong Kong International 3's – 21st / 23rd September
- Wing Ding (Operation Santa Claus Charity) 15th November
- Christmas Party – 13th December 2008

Each member's support is important to these events and does not go unnoticed.

Summer League

This season's summer league has been a huge success with some great battles at all levels between the Club's Members, excellent squash in a sporting fashion that has been a delight to watch. **David Murray**, yet again, has designed an excellent competition format, and he should be congratulated again for it.

Thank you to all the pool players who stepped in at the last minute to make sure the tournament ran on schedule. The format of the tournament has also seen the **LADDER STANDINGS** change significantly...

Squash Ladder

Please challenge one another on a regular basis to keep the ladder moving, we have seen some people rise up the **RANKS** in recent weeks. Every game counts, just make sure you log the games....

Veterans **Neil Robert** and **Charlie Bennett** seemed to have dropped down the rankings after recent spurts.... and **Tony Welland** is at rock bottom....so get some challenges to climb up the ladder. *by Marco Cassandro*



Charles Poulton
Hockey Chairman

Chairman's Comments

Dear Section,

Since I last wrote to you we have been privileged to witness some of the very best hockey this Club has seen in many years. All of us who enjoyed this pre-Olympic Series owe a huge debt of gratitude to **Simon Bach** who was responsible for making this the public success that it has been. Simon was the invisible hand behind so much of the work that had to happen in a very short time. It reflected very well on our Section and our Club that we were able to make the splash we did; I know our Club's Management were impressed by the week's event too.



My personal favourite moment was a superb goal scored by the GB men against the New Zealand Blacksticks which then subsequently appeared on the TVB Pearl Sports news, and from there onto YouTube, and indeed our very own website now has a copy of it as well. It contained some slick passing moves from defence through the kiwi midfield, down the left hand channel and then fizzed in from the left wing for Simon Mantle to deflect expertly past the keeper.

Some 450 people watched the game from the stands and there was standing room only down the side of the pitch, indeed for the entire pre-Olympic series of 5 matches we had an incredible turnout from our Club Members, as well as other club's members and the public, which was superb to see and proof to anyone that cares to ask how much support there is for quality



live hockey in Hong Kong. I have never seen the stadium full, in some cases to overflowing, for so many matches.

Another favourite moment was really not a moment but an entire match and that was the Hong Kong Barbarians against the Canadian men. The Barbarians, managed extremely well by our very own **Pietro Attala**, showed the adage true that indeed class is permanent and that with a small amount of preparation they are able to make the top sides sweat very hard to avoid embarrassment. We hope that everyone across Hong Kong hockey including most noticeably the HKHA continue to support the Barbarian tradition wholeheartedly and without restriction: a thriving Barbarian tradition will help bring more top sides to Hong Kong.

The social BBQ after the Barbarian game was deemed a success by all I spoke to, and the turnout was absolutely magnificent. It was really encouraging to see people turn up for this and I am sure that we will be doing more of it over the season. I note that it seems no one I've spoken to can remember the details of the event, which is to my mind, the sign of a very good event (and a great relief to me given my unscripted nonsense over the microphone!)

By the time you read this, pre-season training should already be underway for a number of the squads, and additionally, you should all be doing your own fitness work in advance of the coming season.

Formal training starts on **Tuesday 26th August** and **Thursday 28th August** from 7-10pm (women 7-8.30pm, men 8.30-10pm), throughout the season.

Trials start on **Saturday 30th August** and **6th September** (women); and **Sunday 31st August** and **7th September** (men). A squad trials day is being planned for both ladies and men's trial teams whereby we will play our opposite numbers at Valley RFC.

A word of promotion for our website. You will be pleased to see that it has begun to spring to life so please keep visiting www.hkfhockey.com for all information, photos and news about your Section. All contents that you might want to see on the site should be sent to webmasters@hkfhockey.com

My penultimate paragraph goes to the **Over 60's World Cup** running from **12th**

Committee

Chairman: Charlie Poulton
 GC Representative: Fergus McCoig
 Treasurer: Niall Byrne
 Secereary: Annabel D'Avillez
 Men's Captain: Chris Grossick
 Ladies Captain: Kim Roberts
 Ladies Vice Capt: Nicky Russo
 Membership (Men's): Nick S-Wilson
 Membership (Ladies): Kirsty Smith
 Convenor Men: Scott Jalowayski
 Convenor Ladies: Kath Sly
 Kit Ladies: Shirley Chau
 Kit Men: **volunteer please**
 Sponsorship: Owen Hughes
 Website: Rene Theil, Shirley Chau
 Social: Jane Wakeman, Lisa Davies, James Piachaud and Matt Earlam
 Tour Captains: James Piachaud
 Communications & Marketing: **volunteer please**

Men's Captains	Ladies Captains
A: Tom Moore	A: Katy Mountain
B: Rik Van Donk	B: Claire Murphy
C: Tom Spicer	C: Emma Hancock
D: Graham Dove	D: Laurette Gallagher
E: Angus Davidson	E: Annabel Baillie
F: John Alabaster	F: Helen McCarten
G: Martin Haigh	G: Parminder Grewel
H: Darren Morris	

to **21st September** being run by our very own **Dave Fergus**. The schedule of matches will be posted to the website and we will be whipping up enthusiasm amongst you all to come and support these matches: it will be yet another opportunity to view some exceptionally high quality hockey right here at the Club!

And finally, I am still looking for a PR & Marketing volunteer. If you are keen to help me advertise the Section's activities to its members, the rest of the Club and indeed outside the Club, please don't hesitate to drop me a line as soon as possible. We want to make sure we start filling that stadium more than we currently do at weekends for our big matches and turning it all into a huge amount of sociable fun for spectators and players alike. *Charles Poulton*

Hockey News

Hong Kong Barbarians took on the Canadian Olympics Team



Well what a day, what an evening, it can only be described as an historic event in the Hong Kong hockey calendar. The newly formed HK Barbarians side, hand-picked from the very best of those in Hong Kong who can pick up a stick and whack a ball around.

We met at 6 o' clock in the Sportsman's Bar for a quick Gatorade and inspiring words from **Simon Chapman**. Everyone looked the part in the wonderful kit provided by **Simon Bach**. There is a quiet air of confidence as we go out to warm up. The game starts and the stand is filling up. The Canadian pace is fierce and for a moment we look like rabbits caught in the headlights. Some sterling work from **Will** and **Joppe** in the middle, with the defence holding firm, starts to get the guys going. Myself (**Pietro**), **Olly Love** and **Chappie** breath a sigh of relief. The Canadian team have lots of pressure, they are playing the ball around well and looking the Olympic team they are, they get a few corners but **Michiel** holds firm. We start to see some gaps in their armour and mount a few attacks. Our first corner of the game sees the ball hit the cross bar from a **Rob Todd** deflection. The first quarter is over and it is 0-0. Encouragement and water are on the menu and the team goes out feeling OK. The game goes on and then the remarkable happens, **Stuart** finds himself top of the D with the keeper to beat, drags the ball left reducing the angle, the keeper is beaten and the crowd rise, Stuart strikes reverse stick and the ball sails towards the goal. We all think it's in. Angles however can be deceiving and the Canadian keeper collects the ball from behind the goal. So near, then we have a crazy 15 minutes, **Senargi** has two clear cut openings, each time failing to convert, Barbarians are the dominant force in this quarter and the Canadians are stunned. Half time whistle blows and there are a lot of happy but oh so red faces searching for water and gasping for air. Half time and 0-0 is a great result already. 3rd quarter sees the Canadians in fierce mood, their Captain is rallying the troops and the game is reaching fever pitch. The

crowd is noisy and shamelessly partisan towards the Barbarians, then the drama, **Khalid** gets a yellow card, now the boys have 10 against 11 Olympians. The Canadians capitalise and their Captain fires in a reverse stick shot, then they score an open play and a corner before Khalid gets back on. The Barbarians are beaten and the heads are down. The fourth quarter sees the Barbarians with a full compliment and back in the fray, Canada score a lucky short corner but the play is swinging again towards the Barbarians, **Senargi** again has another chance narrowly missing from a great run down the left.

Finally the score is 0-4 but the Barbarians heads are high. What a game, what a night.

Many thanks go to **Charlie Poulton** for his support and hard work, **James Piachaud** and **Matt Earlam** for organising the barbeque, **Roger Nissim** for his help with speeches and meeting the Canadians and **Simon Bach** for his sponsorship of the kit and strong encouragement throughout. Also Valley and Shaheen Hockey Clubs for their support of the team. At the end of the day the whole event was a team effort on and off the pitch, and as Charlie so eloquently put it in his speech, let's do this again, I think that was before he started talking about Sheep...!

So, what about the BBQ afterwards? The Canadian Team was well fed and the 250 people present enjoyed a rain-free evening chatting and generally doing what we all do best which is talking about an absolutely brilliant game. Charlie Poulton's speech undoubtedly joins the party as one of the most memorable in years, suffice to say those that were there know exactly what I mean, and those that weren't will have to hear it on the grapevine.

Watch this space, the Barbarians will be back soon.

By Pietro Attala, Manager of the 2008 HK Barbarians



Women's Hockey - Great Britain vs New Zealand

The opening match of the Hong Kong Football Club International Olympic Hockey Series saw Great Britain's ladies take on the Black Sticks of New Zealand. Naturally the British Empire wanted to put its colonial sisters in place, however the match lacked any of the 'killer punch' style of play, as clearly both teams were at the end of a very long preparation period, and no doubt cautious towards being on the receiving end of any serious injuries just days before heading to Beijing.

It was clearly evident that both teams were in good form, as the high level of skill impressed the full crowd, eager to see the two teams in action. Both teams were patient in their build up play, however, Great Britain were able to make the most of their opportunities and ran out 2-1 winners. The Kiwi girls, missing two of its star players would no doubt have been frustrated by the missed opportunities, and perhaps a little of the bragging rights heading into Beijing's Olympic competition.



The two teams are on opposite sides of the pool play, so all going to plan will meet in a final, although it will be hard to see either team getting one over the likes of the Dutch, the Germans, and of course the Aussies and Argies.

The most impressive point to come from the game perhaps was the level of fitness and conditioning both teams showed. A lot of very hard work has gone into being ready for the Olympics and the Hockey Section wishes them both the best of luck in their medal campaigns. *By Simon Chapman*



Kuala Lumpur Tour – Royal Selangor Club 9 a-Side Tournament



The Dream Team in new tour kit

The great joy of festival hockey is not only the chance to join forces with players from other teams but also to make or cement links with hockey clubs around the region. **James Piachaud**, in his first leading role, ably directed a team of old and young, fathers and sons, sickly and injured.

Matches began early on day one, a cunning plan by the organizers, knowing just how tired we were after the long flight the evening before. Robbed of **Luke "Friar Tuck" Ryan**, who was working on applying his sunscreen, and **Fraser Hern**, who was detained by his work on re-housing the needy in Kenya, we took the field against a strong Singapore youth team with no substitutes in high temperatures. Despite some solid, and at times, rugged defence from the veterans **Watt** and **Grossick**, the youngsters ran out 2-0 victors.

In the next game, the team won a close encounter with ISCI from Jakarta. Thanks to a well-worked short corner routine – a strike from **Simon Chapman** towards goal, deflection into the roof of the net by **Tom Moore**. Tom was suffering from the flu, and his dedication in the heat was to be applauded. His hearty meal and early night on Friday helped him make it through the weekend. **Watt Junior** and **Bottomley Junior** ran hard in the following fixture against the local "Licorice Allsorts", ensuring a goalless draw. Both **Toby** and **Charlie** were a credit to their fathers, and we hope to see more of them in action in the coming years. With a little more discipline, Charlie Bottomley will fulfil his potential as a waiter at the Mandarin Oriental. Toby needs to recover from David disowning him, exchanging him for a vintage bottle of rouge.



A bit of rough stuff



International coach shows how to play

The final game of the day pitched us against another young skilful team, this time from KL. Having taken the warm up in the previous game, our token All Black, Chapman, then proceeded to pull a fetlock and missed the game, robbing us of our short corner expert. A 2-0 loss put us out of the running for the Cup, but left us, at the end of the first day, well placed for the Plate competition.

Highlight of the day went to our great leader, James Piechart, whose visionary play and leadership had kept us going. In the final game he picked up the ball on the half way line and looked up to see Friar Tuck making one of his legendary runs. Not wanting Tuck to exhaust himself further, Piechart threw an aerial that soared high..... and backwards straight to their centre forward, who picked it up and scored.

The evening was spent analysing the day's events.

Day two started as had day one, two men down and a young side opposite. This time it was Bottomley senior who put his body on the line, his diving tackle in the D saving a certain goal late in the game. Another 0-0 draw.

And so to the quarter final where we were up against a rag bag made up of veteran players from KL. It was now that we needed the vision of Piechart. It didn't materialize. Sadly his call for all out attack backfired. Their tactical know how and simple skills saw them bypass our midfield with delightful aerials and their ruthlessness in front of the goal ensured a 3-goal lead. A mazy dribble along the back line and deft touch saw Moore pull one back. Perhaps it was the blow to the head he had received earlier that cleared his head sufficiently to allow him to focus. This was too little too late.

Day two's highlight was the ex- HK coach making a fantastic call for the ball coming back from deep. Perhaps it was the injury from the day before, but like Bambi on ice, his right leg did not register what his left one was doing. He collapsed in an undignified heap.

So we endured an early exit but enjoyed an extremely good weekend. It was great to make new friends and see old acquaintances from Singapore, KL and Jakarta. We are looking forward to seeing them in Hong Kong soon. Indeed we hope to see Luke Ryan again soon after his quarantine. He was taken from us as his bronzed tan sent the temperature readings at HK immigration into the (very) red. Thanks to James for organizing the flights and the rooms, to **David** and **Steve** for bringing along their sons, and to Tom who was sick (had I mentioned that already?). *By Chris Grossick*



Grand Masters Hockey World Cup

The HKFC in association with the Hong Kong Hockey Association is hosting the **Over 60's Hockey World Cup** in September. The first matches will take place on **12th September** and the tournament will last 10 days. All matches will be played either at HKFC or Happy Valley. A full programme will be posted on the Club Notice Board in due course.

Teams from Australia, England, Germany, Holland, Italy, Japan, Scotland, South Africa and Hong Kong will be taking part. The tournament is divided into 3 categories – over 60's over 65's and a separate friendly tournament for a variety of other teams.

The oldest player in the tournament is 88 years old!!

Hong Kong will be competing in the over 60's event and at least 5 or 6 Hockey Section members will be taking part.

We hope that a cross section of Club Members, old and young will come and give us support.

Mini Hockey



REPORT FROM COACH ELISE:

Last season ended with a great big splash (a Black Rainstorm warning washing out our end of season tournament). The 2008-2009 season started off at the end of August.

We would like to thank the Mini Soccer for giving way to us, which now allows the U6's, U8's and U10's to train on Saturday mornings. This is already paying off – we are seeing a lot more parents on the sidelines and taking an active part.

From all your coaches – we wish you all a great season!

AGE GROUP	TRAINING DAY	TIME
6's	Saturday	11am - 12.30pm
U8's	Saturday	11am - 12.30pm
U10's	Saturday	11am - 12.30pm
U12's	Friday	5 - 7pm
U16's	Monday	6 - 8pm
U21's	Monday	6 - 8pm



Final Night Mixed Netball and Poolside BBQ on Wednesday 13th August



Comments from the Chair



Tarne Usback,
Division Chairperson

Welcome back to the start of our 2008-9 season. We enjoyed a 5-week season of Summer Mixed Netball with 30 or more people attending each week. The Typhoon 8 sadly cancelled one week. Thank you to all members and non-members for their support of this annual event. Especially those who volunteered their time to umpire.

Wednesday the 13th August saw the Mixed Netball end with the traditional Poolside BBQ. Thank you to

Kirsty Hulme for coordinating this event again this year.

A reminder to all members to keep checking our netball website for relevant information regarding the upcoming season at www.hkfenetball.com. Thank you to **Catherine Jacobs** who has been doing further upgrade work on this site for the past few months.

Remember our TRIAL DATES.

- 1) New potential members have been invited to attend our first trial night on **Wednesday 27th August**.
- 2) Current members attend their first trial night on **Monday 1st September**.
- 3) All new and current members should keep **Wednesday 3rd September** booked in their diary as another potential trial night, if necessary The format is TBA.
- 4) The final night will be for ALL new potential and current members on Monday 8th August.

Each trial night will start at 7pm in the Sports Hall. Remember to bring a copy of your passport or ID card for HKNA registration.

Please contact our netball coordinator **Paula Ferrick** at info@hkfenetball.com if you have any questions about the trials.

The start of the netball season dates were recently announced by the HKNA with our first matches scheduled for **Monday 13th October**.



GIRLS NETBALL

(for 11-14 year olds)



Want to play more netball? Shooting, attacking, defence, mid-court, tips and drills, fun games, plus match play.

This programme is organised by the Netball DSA and its qualified coaching team.

Places are limited so please sign up early. Registration forms are available at Reception.

Venue: 1/F Sports Hall

Fees: \$70 per session (members)

\$80 per session (non-members)

8 and 9 years old

Wednesday 5.30pm – 6.30pm
3rd, 10th, 17th, 24th, September
8th, 15th, October

10 - 14 years old

Wednesday 5.30pm – 6.30pm
29th October
5th, 12th, 19th, 26th November
3rd December

For enquiries, please contact Karen Morgans on 6252 1310 or by email gaze@netvigator.com

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- Sunless Tanning
- Men's Spa Rituals
- Nail Care, Make Up & Accessories
- Gift Vouchers, Spa Packages & Spa Parties

OPENING HOURS:

Monday 2.00pm - 7.00pm

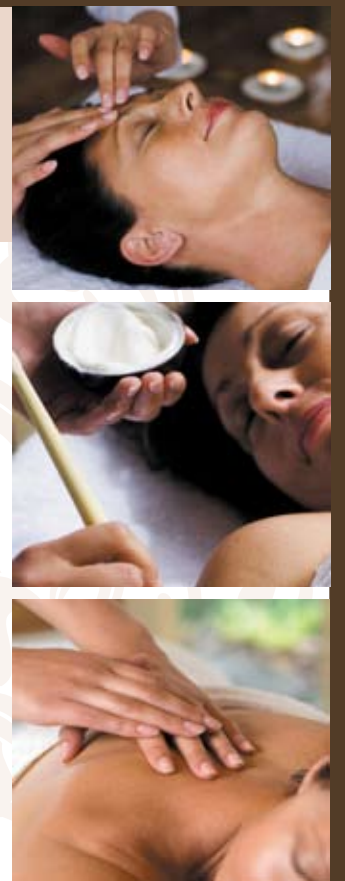
Tues - Fri 11.00am - 7.00pm

Saturday 10.00am - 6.00pm

Sunday and Public Holidays: CLOSED

Please contact Reception to book your appointments.

Tel: 28309500 (Reception)
28309527 (Spa room)
92637471 (Wilma's mobile)





Alan Lo our Green Clipper

Green Clippings

Camilla brings back the Bronze



Camilla with Bronze

The Asia Pacific Merdeka Indoor Bowls Championship 2008 was held in the new Bayuemas Indoor Bowls Stadium in Kuala Lumpur, Malaysia, from 8th-13th August. The green is a covered green but, with no air conditioning, is considered not as good as the Club's Indoor Green and the general opinion of its speed and consistency is only 7 out of 10 marks.

The Club contributed 3 of the 6 players in the Hong Kong Team. **Luis Fernandes**, **Grace Chu** and **Camilla Leung** participated in all Singles, Mixed Pairs and Mixed Triples events.

In the Women's Singles, Camilla won all matches in the preliminary round and was top in her group. In the quarter-final, she beat Malaysia's current national champion Nor Shafeeqah Yahya in an extra-end after the tie breakers. In the semi-final, she lost to another Malaysian, Nor Hashimah Ismail. Camilla won a bronze medal and shared the prize money of USD2000. The champion of the women's singles was won by Rosita Bradborn of Philippines, who had been beaten by Camilla in the preliminary section round-robin.

Grace did well in the mixed pairs and triples, reaching quarter finals in both. Luis played well in the Singles but then lost to the world number 1, Safuan Said, by only 1 shot.

In the Mixed Pairs, Grace and Heron Lau lost to Australia in the quarter-finals by 5 shots.

In the Mixed Triples, Grace, partnered with Elizabeth Cormack and Ken Chan, entered the quarter-finals and lost to Malaysia in the quarter-finals by 10:12.

Overall the HK Team did well to reach 2 QFs and 1 SF, especially considering the quality of the opposition. New Zealand, Australia and Malaysia all had strong teams in all disciplines. Congratulations to Camilla for bringing back the bronze in the Singles.

Immediately upon her return Camilla was off again, this time to Scotland to play in the World Singles Champion of Champions 2008, having won the Ladies National Singles 2007 in Hong Kong.

Changes for Ladies in the forthcoming Triples League

The Hong Kong Lawn Bowls Association has advised of significant changes in the Triples League 2008 due to start in the autumn.

For the Ladies, the game format will be 9 players per Side, that is, 3 players per Team instead of the existing field of only 3 players per Side. This will bring the games in line with the men's triples. The existing total entries of 80 ladies Sides will be reduced to about 20 to 30 making the fixtures much easier to manage. The point system will be a total of 8 points per game, same as the men, 2 points for a winning team and 2 points for the highest aggregate of shots.

The playing of larger Sides will be a great improvement to the ladies league games. This provides our ladies with more chances to play in high divisions, needing more strategy for competition within the Sides and against our opponents, more team spirit, and overall the challenges will be greater and more interesting for the bowlers.

Taking into account the total number of available lady bowlers in Hong Kong and the requirement of more players per Side, the total number of divisions will be reduced. Probably there will be only 3 Divisions in the ladies instead of the existing 7 but this depends on the number of entries.

After consideration that this is a significant departure from the past, HKLBA has decided for this first season there will not be the usual promotion and relegation for the ladies, however, the prizes will be awarded as for the men in the past. That is, trophies will be awarded to the top two Sides and the champion Team of each division.

Our Ladies Captain, **Lydia Yang**, has already started the preparation and formation of our sides entries. The Club has a good chance to become the champions of the 1st division in this new format.



Group photo

Friendly Game with our neighbour, CCC

Following a kind invitation by our neighbour, Craigengower Cricket Club, the Section organised 3 teams of ladies and 3 teams of men's to play a friendly Fours game with them on Sunday afternoon, 17th August which turned out to be sunny and a bit breezy. Perfect weather for outdoor lawn bowls games.

Despite many of our bowlers being occupied with two re-arranged league games the same afternoon, we had an unexpected high number of entries to the friendly game. As a fair treat, the Section Committee selected the players by random draw. The Ladies' Captain was entrusted to work out the ladies team line-ups and **Johnny Tsang** stepped in to do the team line-ups for men.



The game started off around 2:30pm by the taking of a group photo first, followed by some words of formalities and exchange of souvenirs between the host, represented by CCC's Lawn Bowls convenor, Gary Wong, and the visitor, **Mike Worth**, the Club's Lawn Bowls Section Chairman. Both gentlemen laid special emphasis on the development of a friendly neighbourhood.

All players of both the host and visitor were seen to play very relaxed yet, rather seriously, when it came to a close measure of shots. One of our men's teams comprising Mike Worth as skip, **Donald Wu**, **Eric Lam** and **Andrew Willis** was very friendly to the host by taking off 10 points from the score but still won 18:12. The other 2 men's teams were proven to be even friendlier by losing both games to the host.

Our ladies teams might have been too strong for the host by winning all games.

The atmosphere was friendly, while the game was competitive. The players shared friendship, but also tried to do their best in each head.

The rink skipped by **Alice Antunes** played against the strongest lady rink of CCC. With a poor start of 10 to 2 down, the team managed to turn the game around half way through to win.



Another team, skipped by **Rita Shek**, stopped at the unlucky 13 shots at six ends, before they recovered to get the final winning points.

The rink skipped by **Emmie Wong** was leading all the way, but found the new players of their opponent's team were not easy to beat.

continues next page...



As the photos of the ladies show, the matches were very friendly and played in a joyful atmosphere.

The men were too shy to be photographed together, but maybe that was because they were enjoying the beer more!!

Thank you CCC, we will look forward to many such friendly reciprocal events in the future.



KH Wong in action

Anna and Malcolm visits the Section

Recently we were blessed on their return to Hong Kong for a short holiday by **Anna** and **Malcolm Clarke**.

Now retired in Cyprus, Anna and Malcolm could not miss the Sunday games played between consenting adults on the Indoor Green, and sometimes on the Outdoor Green in friendlier climes. As the photo shows, the dress is not formal but winning is paramount and costly if you lose. This traditional game has been going on for years and anyone is invited, by special arrangement!!



Back row, Robert, Hutchy, Fiaz. Front row Menno, Chris, Malcolm, Anna, Neil

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GOLF



Desmond Ko,
Golf Society Chairman

19th Hole with the Chairman

Trust you all enjoyed your summer and watching the Olympics. I wonder when golf will become an Olympic sport?

One administration matter:

The Golf Society AGM will be held at the Club on Friday 24th October. Should any Society member wish to stand for the Committee, please let anyone of the incumbant Committee members know.

I am pleased to report a record turnout for the KSC East course on 13th August and an equally large number for the Society's Annual dinner held on the same date. These events will be covered in later issues.

Separately, you will find an article on a recent outing to KSC East course in this report.

Happy Swinging!

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BBQ Buffet to follow..

In traditional style after a Kau Sai Chau Outing, we celebrated the evening with a BBQ Buffet at the Sportsman's. This time the British Open was showing on the big screens. It was another fine day for both the golf and the outdoor BBQ.

A good time was had by all, but **Kevin Tse** apparently had a "few" too many glasses of wine, and could not stop complaining how his long drive was beaten by Vincent Kwan...

By Andy Ho

Kau Sai Chau East Course Outing

18th July

Sixty golfers turned up on this sunny day to participate in the Golf Society's event held at the new KSC East Course for the second time. It is a lovely course to play when the weather is good and when you are not losing too many balls! Most of us took five and a half hours to finish the round. The Nearest Pins prizes went to **Vincent Kwan**, **Victor Sit**, **Bob McKirdy** and **Lin Chee Fung**. Men's Longest Drive went to **Vincent Kwan**. and **Delores Teh** took the Ladies'. Men's Best Stableford Prizes went to Bob McKirdy with 33 points, **Andrew Wood** with 31 points in second place and **Kevin Tse** with 29 points in third place. Ladies Stableford Winners were **Desiree Wong** with 34 points, **Rosemary Soo** with 33 points in second place(OCB) and **Rebecca Wong** also scored 33 points in third place. Best Guest prize went to **Fan Cho Wing** with 30 points.

Congratulations to all the winners, and we look forward to seeing all of you on the course in the near future! *By Adie King*



Latest News



New Tennis Committee

If you were perhaps unaware, just prior to the summer holidays, at the Tennis Society AGM a new Committee for the 08/09 year was elected. The Chairman, Treasurer and Secretary remain the same: **Graham Ormerod**, **Ong Yoke Ming** and **Desiree Wong** respectively, but I am delighted to say that we are joined this year with a few more members. The full team of committee members now comprises: **Job Tang**, **Greg Brutus**, **Eric Tsea**, **Winston Leung**, **Vincent Chan**, **Kevin McNamara**, **Helen Ormerod**, **Yasmin Mahboobani**, **Calinna Chan** and **Therese Beresford**. We also have an honorary member, **Philippe Bonval**, who in a sporting moment of great magnanimity at the AGM volunteered to be the Tennis Ladder Convenor.

Activities to look forward to:

Jiangmen Trip:

There is only one long weekend suitable for a tennis extravaganza in the second half of 2008 and that is the weekend of the Mid-Autumn Festival, which this year falls on **Monday 15th September**. As of writing, we have upwards of 40 participants, so places are filling up fast - if you are coming late to the party, email us quickly (TennisSociety@hkfc.com). The trip will start on the morning of Saturday 13th and will consist of two afternoon tournaments and two morning practice sessions at one of China's national tennis centres. There are also lots of other things to do for the tennis weary. Come on and join in the fun!

October's "Coach and Social":

There have been a number of calls and requests for the Society to nurture tennis talent and give more opportunities for players who are either just starting out or who are not quite up to Federer/Nadal or Venus/Serena standard to work with a coach. Your committee, therefore, has decided to use some of its reserves and organise a Friday evening "Coach and Social". So for each Friday in the month of October, we will have one court available with a coach and two courts for social tennis. The details are yet to be worked out, but there will be a nominal charge to cover light refreshments, since this chairman cannot imagine a 'social' without a drink or a pie in his hand even if tennis is involved! Keep your eyes on the 3/F notice boards. All participants will need to be TS members or be willing to join 'on the spot'.

League Tennis (Winter Season):

This year in the ladies morning league, we will be fielding four teams: Premier A, captained by **Haj Wilcox**, Division 1 captained by **Elaine Butterfield**, Division 4 (HKFC Aces), **Yolanda Sun** and Division 4 (HKFC), captained by **Linda Howell**. In addition, the Evening Winter League will field two D teams:

Job Tang and **Vincent Chan** will captain the First Team and **Greg Brutus** and **Kevin McNamara** the Second Team (and just to be clear, the first and second designation is name only; it is not an indication that one team is better than the other). Should anyone be interested in joining the League Tennis at any level, please let the Society know and we can put you in touch with the appropriate captains.

Singles Ladder:

We now have 40 players registered on the ladder. Philippe, the new Ladder Convenor is committed to making sure players play and play at their normal ability, so for those who have recently joined the ladder or who are in the middle and should be more at the top, it's time to pick up the phone, get out that racket and make a challenge. The latest rankings are as follows: If you think you can beat these top 10 guys, then prove it!

SINGLE'S LADDER			
1	Neal Soo	6	Greg Brutus
2	Philippe Bonval	7	Kevin McNamara
3	Simon Cheung	8	Andrew Cunningham
4	Winston Leung	9	Glenn John Hitch
5	Eric Tsea	10	Eric Fan

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FROM YOUR TENNIS COACH



Adam Doyle - Head Tennis Coach

Hi, I hope that everyone has had a wonderful summer break and are now fresh and ready to continue with their tennis. Since June, **James White** and myself (Adam Doyle) have joined the Club as Tennis Coaches. We are both committed to improving your game, so now would be a great time to have a lesson no matter your ability as we can help you improve and make your game more enjoyable.

We have many after-school Junior Programmes on offer from September which we would like as many kids as possible to join. The age groups of classes will vary on the days and we will train kids from ages 4-16. More information on how to enroll can be found at Club Reception or you can call me (Adam) on 28309578. We need at least 4 kids to make a Junior Programme for each slot assigned. The maximum amount per group is 7 kids per one coach. Be sure to sign your kids up early.

I would like to thank all the participants who enrolled in our Summer Camps over the summer, with a special thanks to **Max Woolf** who attended the most camps. I am sure everyone enjoyed the camps, even in the hot weather, the kids did a great job.

Lastly if you need advice on equipment for your game, feel free to ask one of the coaches who will be glad to help you in any way. Don't be afraid to try a tennis lesson as you never know how much you will enjoy it and improve from the experience. *Adam Doyle*

For Tennis lessons, please contact Adam Doyle on 28309578, or sign up at the Reception for various Junior Programmes.

Bintan Triathlon 24th May 2008



They say that you can't really practice for a penalty shoot-out, as it is impossible to recreate the tension and pressure of the big occasion. The same could also be said of the swim leg of a triathlon. For all the miles that we swim in training and all the drills that we carry out, week after week at Swimming Society's Tuesday night sessions, until we can persuade several hundred Club Members to stand in the pool one week and grab, dunk and clobber us as we try to crawl our way through a mile, the first section of the race will remain a challenge you cannot truly prepare for.

And so it was that this year's triathlon in Bintan, Indonesia, began in the customary fashion. Five hundred triathletes from around the world made their way to the beach on the Saturday afternoon for the Olympic distance event (a sprint event had taken place in the morning), sucked on their last gel sachets, lowered their goggles for battle and wished those around them good luck, in a wonderful moment of international comradeship and sporting bonhomie. And then the hooter sounded. Sentiment and friendship were left on the beach as the pack raced into the water and pushed, kicked and clambered over each other as if they were racing for the last few seats on the lifeboats of the Titanic. Feet were used to kick any hands that grabbed at the ankles. Strokes were adapted so that a good elbow wallop could be administered to anyone having the temerity to swim into the same small patch of water. The sportsmanship and goodwill that I had been moved by only moments earlier had been replaced, as I now appreciate is standard in these events, by unfettered brutality.

"...A competitor can use someone else's head as leverage to move themselves around a buoy, happy in the knowledge that the victim will have absolutely no idea who it was that had dunked them..."

There are two reasons that I think can explain this behaviour. First of all, there is the anonymity. A competitor can use someone else's head as leverage to move themselves around a buoy, happy in the knowledge that the victim will have absolutely no idea who it was that had dunked them. For all I know, the irritant that would not let go of my ankles as I approached the last turn could well have been my wife (and given how we came out of the water at the same time, it's a distinct possibility). Then there is the total lack of consequence. If someone kicks you in the head as they swim across you, you want to whack them back, but you don't – not because grievous bodily harm might be somewhat disproportionate, but because the time it would take you to inflict any proper retribution would seriously jeopardize your chances of a personal best.

The bike leg revealed another truism of the sport – that no matter how much money you have spent on your bike, it is never even close to enough. Having become hooked after my first (and only previous) triathlon, I saw fit to throw an obscene amount of money at a brand new bicycle. The highly technical contraption that I had shipped over from the States uses components designed by NASA and weighs less than a baked potato. Yet as I pedalled as fast as I could through the beautiful green landscape of the island, I was continually overtaken. Thankfully I decided that this had nothing to do with my comparative fitness, but was entirely down to the strange, futuristic looking wheels that everyone flying past me seemed to have (and which are probably hideously expensive and of course, therefore, my new "must have" item).

The run consisted of two 5km loops of the Nirwana Gardens resort. Although picturesque, it was undulating and far from straightforward, with the Club's triathlon coach, Steve Bemet, blaming the twisting nature of the course for his torn hamstring halfway round (his sixty-fourth injury of a busy season). There were happier endings though, for Club Members **Claire Chapman** (coming second in her category), **Laura Walsh** (winning the sprint event) and ex-Swimming Society captain **Sheena Ashford-Tait** (a category winner in the sprint event). Other Club Members enjoying a well earned beer at the awards dinner having completed their first ever triathlon were **Ed Cosgrove**, **Paul Aherne** and **Alison Smith**.

Finally, one last constant of every triathlon: the selective amnesia. The last half an hour of the run was 30 of the least comfortable minutes I can remember, running in agony and vowing "never again" as I came close to melting in my lycra. The euphoria of crossing the line though dispelled any negative thoughts and post-race chat immediately focused on the next one. Roll on Singapore in September! *by James Chapman*

Extra Super Sprint Tri!

Visiting competitor, Gemma Chambers, takes her first steps as a multi-sports athlete and describes the experience...

It was a very wet and muggy Friday the 13th when I ventured to the Hong Kong Football Club for what was to be my first extremely unofficial induction into the world of the ultra fit. The triathletes of the Swimming Society had decided to stage a tri-sprint relay, and just for fun, my husband and I had been dragged in.

Teams of three including at least one woman, would compete in probably the world's shortest event. Each member of the team would complete one leg of the sprint. Swim, bike then run. The swim consisted of 300m in the Club's 25m pool, the bike was a 2km sprint on the Clubs' new stationary bikes and the run was 1.4k round on the Happy Valley track.

Even though this was the most casual event of the year for these superior athletes, as I stood in my ladies Road Runners t-shirt and baggy shorts surrounded by a sea of lycra and swim caps, I began to feel somewhat apprehensive!

The race began with a briefing and the following rules applied: the team trying the hardest would be disqualified as would the winning team and there would be few, if any official results.

There were a number of different heats, each one more entertaining than the last. Competitors entered the water in a variety of ways- most of which could not be described as dives and the swim session began. After a gruelling 10 laps, with tumble turns in the shallow end proving too much for the larger of the swimmers, the bike riders were off. The bikes were stationed in front of a wooden trellis that overlooks the race course. Very far down below were the runners- myself included.

After the bikers completed their 2k, we were supposed to receive a radio call to tell us to go. Apparently the radio signals were sporadic, so ended up listening out for the frantic screams of our teammates to set us off.



The mighty ironmen relax after the Super Sprint Tri!



Claire Chapman breathes underwater!

I ran as fast as my little legs would carry me - having been swiftly overtaken by the other 3 in my heat; all extremely fit men! I flew round the course, mostly just to get out of the threatening black clouds and dashed back up to the pool to see how my team had done. To my relief we came in with a respectable 11 minutes and 12 seconds- nowhere near winning or losing!

The races were followed by a BBQ buffet in the Happy Valley Suites as the heavens finally opened and we couldn't sit outside.

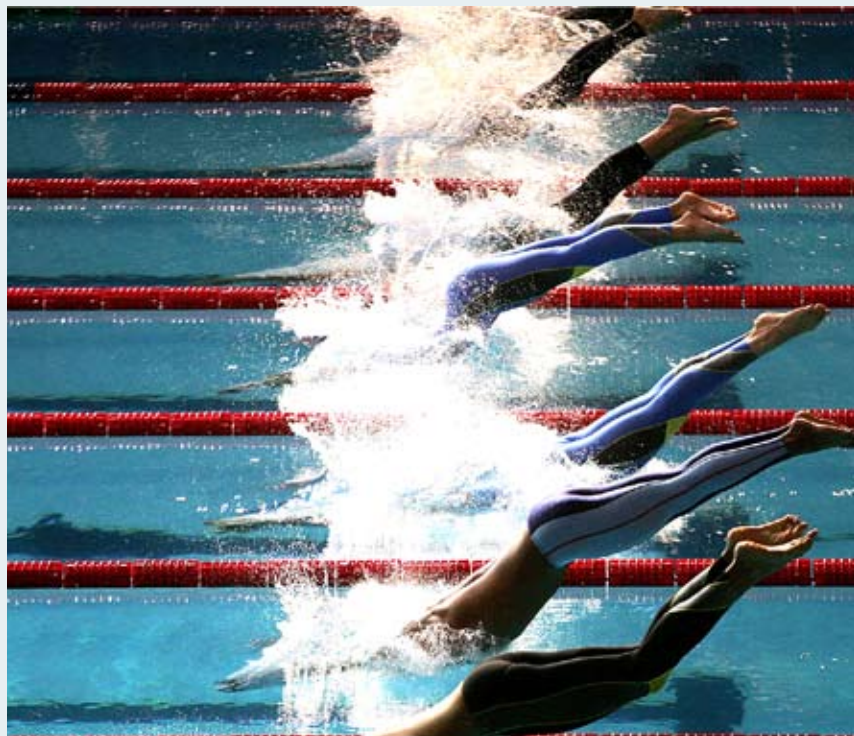
The company of athletes was not as scary without their swim caps and goggles, and the prize ceremony was excellent- I think almost everybody won a prize from Powerbar, Zoggles, TriSports HKG and entries to Lombok and Vietnam Triathlons.

I think that for me, this was an excellent way to take a tiny baby step towards training for a triathlon one day. Since I won a very fetching pair of goggles all I need now is a swim cap and an all-in-one lycra outfit and I am ready!

Thank you to Steve Bemet and all the others involved in organising a really fun evening. I am looking forward to the next one!

By Gemma Chambers

Olympic Swimming



Olympic swimming has come a long way, to temperature-controlled 50-metre pools, wave-killing gutters, lane markers designed to reduce turbulence, and status as one of the Games' glamour events. It is far removed from the early days when in 1896, the first swimming event included in the modern Olympics involved a boat dropping everyone into the icy waters of the Mediterranean. The first swimmer to shore won!

These days, the programme involves four different strokes across a range of distances.

Freestyle races cover 50, 100, 200, 400, 800, 1500, 10,000 metres. The 800m is for women only, the 1500m for men only. The butterfly, backstroke and breaststroke races each cover 100 and 200 metres. All four strokes are used in the 200m and 400m individual medley events.

The 4 x 100m freestyle, 4 x 200m freestyle and 4 x 100m medley relays complete the programme – in the pool.

We then head out to the open water events where swimmers compete in the 10km open water marathon events (both men and women).

Swimming has seen a number of 'superstars' over the recent years.

- Dawn Fraser of Australia becomes the first swimmer to win gold in the same event (100 free style) for three consecutive Olympics (1956, 1960, 1964);
- Don Schollander (US) was the first swimmer to win 4 Gold Medals in a single Olympics. He won the 100 and 200 freestyle and was part of the winning 400 and 800 freestyle relays at the 1964 Olympic Games;
- Mark Spitz becomes the first person to win 7 gold medals in one Olympic games.

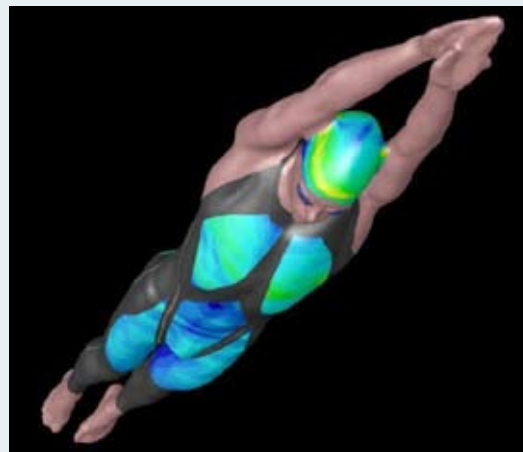
100 Free, 200 Free, 100 Fly, 200 Fly, 4x100 Free Relay, 4x200 Free Relay, and 4x100 Medley Relay;

- Vladimir Salnikov (Russia), despite some countries boycotting the 1980 Olympic games in Moscow, swam to the best performance in the 1500-metre freestyle, becoming the first swimmer ever under 15 minutes (14:58.27); and
- Michael Phelps

Put simply, no one has ever seen anything like this nor do I think we will ever see anything quite like this again. Eight events, 17 races, nine days, eight gold medals, seven world records.

This year's Olympics have still seen some controversy (what would be a modern Olympic games without some?) but the most prevalent has been the introduction of the new Speedo LZR (pronounced 'laser') Racer swimsuit.

Since it was launched in February more than 50 world records have been set by swimmers wearing this swimsuit which uses space-age technology to make the water 'invisible' to the swimmer.



The suit, which at least one former Olympic champion has accused of giving modern swimmers an unfair advantage, was created by Aqualab, the research and development arm of Speedo.

Perhaps this has been the source for the records achieved, the victories and the spectacular results. We will never know, but one thing is for sure – we will still have witnessed some remarkable achievements by some of the world's best athletes giving their all to become the best.

by James Shortis



David Bayldon

Acute Soft Tissue Injuries

Bumped your knee? Twisted your ankle? Did that big nasty full back hit you? You are well into training now and the season will be starting soon, what should you really be doing with the bruises bumps and strains?

First of all, what is your body doing?

The soft tissues are all the soft material making up your body (Muscles, ligaments, skin etc.... not the bones). When these are damaged the small blood vessels in the area are stimulated or broken leading to:

**HEAT → REDNESS → PAIN
→ SWELLING → LOSS OF
MOVEMENT**

You NEED this chain reaction. It is the first stage of the healing process, but your body can overdo it a bit, if there is too much swelling then the circulation can be restricted which slows your healing down, also, the fluid which forms the swelling contains a protein that turns into scar tissue. Just enough binds the damaged tissue together; too much may prevent the tissue returning to normal, leading to stiffness and increased risk of re-injury.

So what do you do?

1. STOP whatever you were doing that caused the injury, don't just keep on going, you'll make it worse.
2. Protect the injured tissue. You need to support the injured tissue and reduce /prevent any stress which may cause further injury, use a splint, support, crutches whatever is most appropriate.
3. Rest, see 1.
4. Ice limits swelling and bleeding. Never put ice directly on the skin, you really do NOT need an ice burn to go along with your injury, a damp towel or other barrier under the ice should protect you. (Remember to check the skin regularly). Do Not apply ice for more than 15-20 minutes every 2 Hours.
5. Compression also limits swelling. Use a bandage or tubigrip, remember to check for circulation, without some blood flow the tissue dies.
6. Elevation, lowers the blood pressure and therefore limits bleeding and swelling.



Get your injury assessed, a Physio, Doctor or other Medical Professional can tell you if this is enough or if you need further assessment (e.g. X-ray), and advise you on the most effective way to recover.

Avoid HARM

During the first 48 hours after injury you should avoid,

- **H**eat (e.g. Hot bath, sauna)
- **A**lcohol
- **R**unning
- **M**assage

All of these will increase bleeding and swelling



Anti-Inflammatories

Anti-Inflammatories will reduce swelling and can reduce pain. Be wary you can have an allergic reaction. Note, these drugs work by interfering with the body's healing process. Ask your Doctor what is right for you to take.

Ice. For hands and feet, the most effective way to cool you down is to put them in water about 10-15°C. Hold under the water for as long as you can then pull out and move gently before replacing (in the water).

You should keep icing for at least the first 2-3 days.

MOVIE OF THE MONTH

Run Fat Boy Run

Dennis (Simon Pegg) is a clueless and slightly overweight guy, who left his pregnant fiancée five years earlier. Every day, Dennis tries to persuade the woman he loves to accept him back into his life, but everyday he fails. When he discovers that Libby (Thandie Newton) has found a partner in the form of American Whit (Hank Azaria), frustration grows, and Dennis vows, that for once in his life, he will finish something. This something ends up being a Nike River-run in London. With his friends Gordon and Mr. Ghoshdashtidar by his side, Dennis begins training for the marathon he must finish.



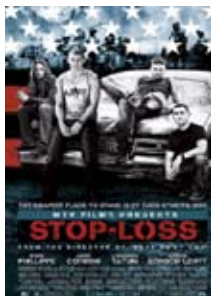
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- NEVER BACK DOWN
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- A VERY BRITISH COUP
- CLEANER
- P.S. I LOVE YOU



NEW MOVIES

- RUN FAT BOY RUN
- FLAWLESS
- LEATHERHEADS
- MIDNIGHT MAN
- STREET KINGS
- SMART PEOPLE
- STOP-LOSS
- AND MANY MORE NEW RELEASES...

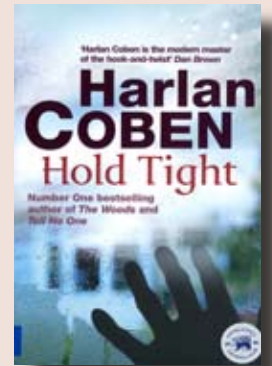


BOOK REVIEW

Hold Tight

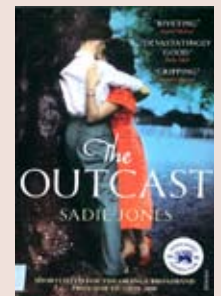
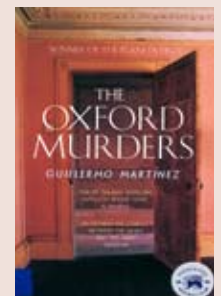
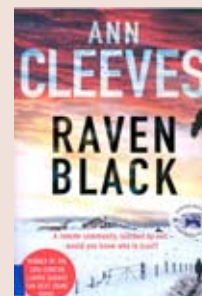
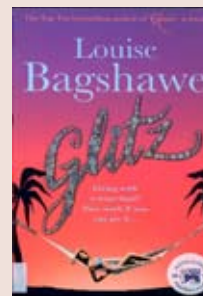
by Harlan Coben

Tia and Mike Baye never imagined they'd become spying, overprotective parents. But their sixteen-year-old son Adam has been unusually distant and aloof lately, and after the recent suicide of his classmate, Spencer Hill, they can't help but worry. They install a spy program on Adam's computer and within days they are jolted by a strange message to their son from an unknown correspondent: "Just stay quiet and all safe." Meanwhile, browsing through an online memorial for her son, Betsy Hill is struck by one photo in particular - it appears to have been taken on the night of Spencer's death and he wasn't alone. She thinks it's Adam Baye standing just outside the camera's range, and when Adam goes missing, it soon becomes clear that something deep and sinister has infected their community. Uncovering the secrets and lies at the heart of Spencer's death may be the only thing that can help Betsy move on - and perhaps save Adam's life.



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- AND MANY MORE NEW RELEASES...



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