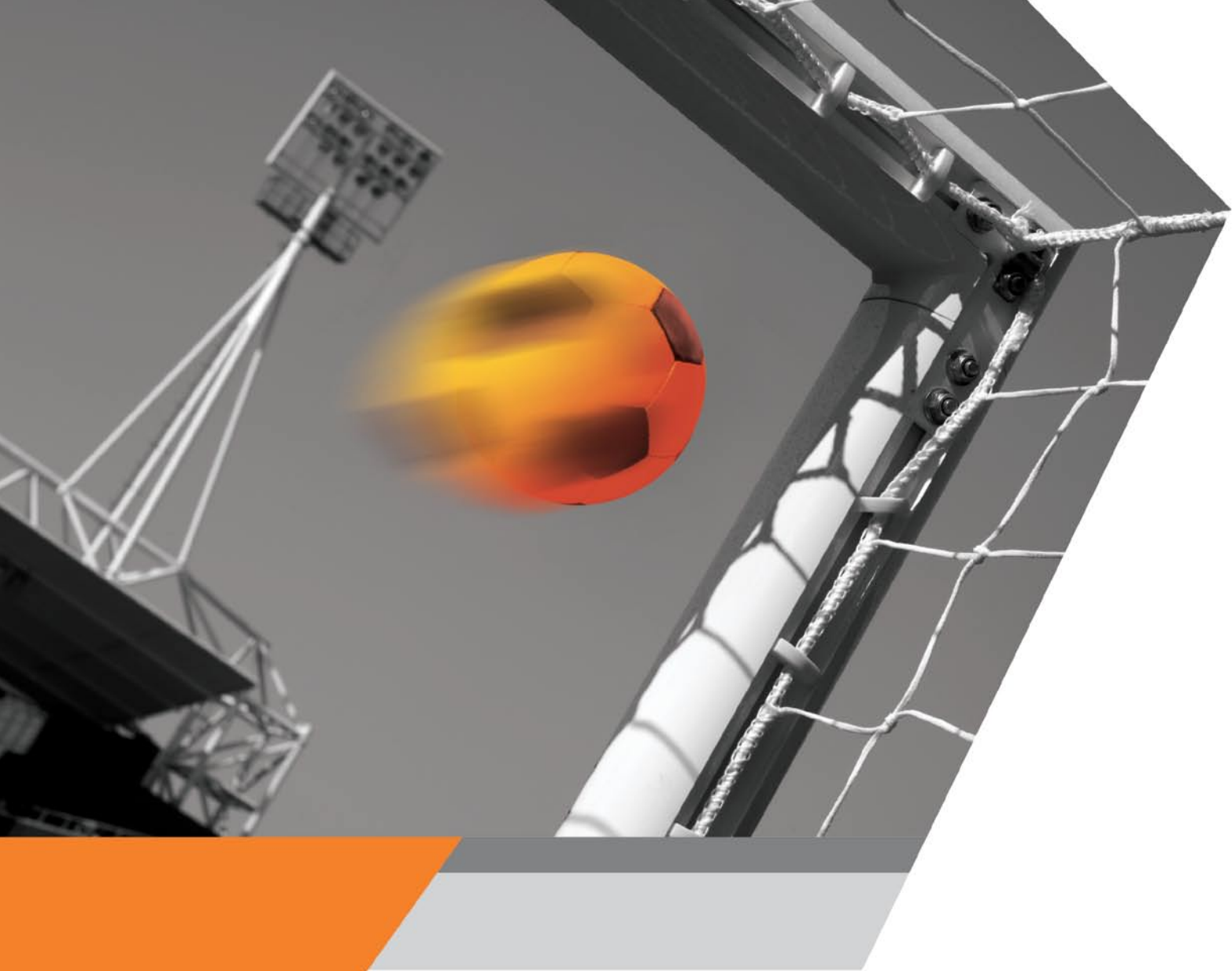


CLUB

HONG KONG FOOTBALL CLUB 香港足球會 FEBRUARY 2010



Kung Hei Fat Choy!
Celebrate Chinese New Year at the Club



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HONG KONG FOOTBALL CLUB

MISSION STATEMENT

Vision: To be recognised as the leading Sports Club in the Territory.

Mission: To deliver quality services on the principles of accountability, consistency and transparency.
To develop an organizational culture that recognises the importance of staff contribution and commitment.
To facilitate the development and participation of recognised sporting activities.

Values: Being accountable – to communicate, consult and provide information.
Living within our means – to plan ahead within available resources.
Developing a culture of service – to encourage commitment, integrity, courtesy and responsiveness.
Managing for performance – to set the direction and develop the necessary skills.

Aims: To provide the services the Membership needs.
To improve the quality of Club life.
To up-hold the Constitution and Bye-laws.
To encourage Members to play their part in the Club.

General Committee

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

Management

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

Club Magazine

Monthly journal of the Hong Kong Football Club. Arranged and designed by Karen Chan-Mulvena. For information and requests for placement of advertisements in "Club" please call 2830 9503. The opinions expressed in the articles are those of the writers and do not necessarily reflect the opinions of the Hong Kong Football Club or the General Committee. The Club reserves the right to edit and clarify all content. The copyright of all materials is held by the Hong Kong Football Club.

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



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Notice to Members

Club Closure during Chinese New Year

F&B Outlets*

	Sat 13th Feb	Sun 14th Feb	Mon 15th Feb
RESTAURANT	11am to 3pm	closed	11am to 3pm 6.30pm to 10pm
COFFEE SHOP	8am to 5pm	closed	9am to 11pm
CHAIRMAN'S BAR	closed	closed	12 midday to 12 midnight
LOUNGE BAR	9am to 5pm	closed	9am to 12 midnight
CAPTAIN'S BAR	9am to 5pm	closed	closed
SPORTMAN'S BAR	11am to 5pm	closed	12 midday to 12 midnight
FAMILY LOUNGE	10am to 5pm	closed	10am to 10pm

The Club will re-open on **Monday 15th February from 9am.**

* Last orders in the F&B outlets will be accepted 45 minutes prior to closing.

Sports Facilities

	Sat 13th Feb	Sun 14th Feb	Mon 15th Feb
BOWLING ALLEY	10am to 4pm	closed	10am to 9pm
FITNESS CENTRE	6.30am to 4pm	closed	9am to 9pm
GOLF SIMULATORS	7am to 4pm	closed	9am to 9pm
INDOOR GREEN	9am to 4pm	closed	9am to 9pm
INFIELD AREAS	8am to 4pm	closed	closed
SNOOKER ROOM	11am to 4pm	closed	11am to 9pm
SPA FACILITIES	11am to 4pm	closed	9am to 9pm
SPORTS HALL	9am to 4pm	closed	9am to 9pm
SQUASH CENTRE	7am to 4pm	closed	9am to 9pm
SPORTS THEATRE	9am to 4pm	closed	9am to 9pm
SWIMMING POOL	7am to 4pm	closed	9am to 9pm
TENNIS COMPLEX	7am to 4pm	closed	9am to 9pm
CHILDREN'S PLAYROOM	8am to 4pm	closed	9am to 9pm
NEW CHILDREN'S PLAYROOM	8am to 4pm	closed	9am to 9pm

LION DANCE

at the Club
Sunday 28th February



We will be holding our special Lion Dance at the Club on Sunday 28th February, which starts at the Front Entrance of the Club at 12.30pm.

Club Closure for Annual Staff Party

The Annual Staff Party will be held on Sunday 28th February which will mean the Club will close its facilities (including the Car Park) at **5pm on Sunday 28th February**. The Club will re-open at 9am on Monday 1st March.



The Thoughts of the Chairman

A big welcome to the Year of the Tiger and wishing you all a very happy and prosperous Chinese New Year!

As always, the Club will have the traditional Lion Dance to welcome in the New Year and to usher in good fortune for the Club and its Members. This will be held on **Sunday 28th February 2010** and will start at the front entrance of the Club at 12.30pm. It is always a great event for Members and their children to be present as it's great fun for the kids and everyone is always amazed at the skills and acrobatics of the lion dancers.

Many congratulations are in order to the Staff members who are pictured above who are the winners of the fourth quarter Star Award. The annual awards will be presented at the **Staff Party** to be held also on **Sunday 28th February 2010. Please note that the Club will close early on this day at 5pm and will reopen on Monday 1st March 2010 at 9am.**

Similarly, **the Club will also close on the eve of Chinese New Year, Saturday 13th February at 5pm, and will be closed all day on Chinese New Year Sunday 14th February and re-open the day after, on Monday 15th February at 9am.**

Please see the tables on the opposite page which outline the various opening and closing times for F&B outlets and Sports facilities.

Kung Hei Fat Choy!

FOOK AUN CHEW
Chairman



From the Desk of Mark Pawley

Notwithstanding, at time of writing, that this is late January, for all those New Year's Eve "revellers" at the Club party, please see some of the photographs of the event on pages 10 and 11 of this magazine. If you're not pictured then please refer to this web link: <http://www.flickr.com/photos/neong11/sets/72157623162082553/> where a few more photos of the event can be viewed, and photographs downloaded, if required.

Onto February, and although it's a short(ish) month, particularly with the noted Club closures, it's certainly not

going to be a quiet one! For sports fans, apart from our own sporting teams playing in their respective leagues, there is a plethora of "live" sport on the TV. Both the **6 Nations Rugby Championship** and **Super 14's Rugby Championship** start up this month and along with **EPL** and **Champions League** football and the **Super Bowl**, what more could you ask for? (Details of start times etc are later in the magazine)

For wine lovers we have the **Louis Jadot Burgundy Private Wine Dinner** (limited to 22 seats only) on the **23rd February** and for the romantics amongst you, **from the 5th to the 12th February**, we are providing a superb **Valentine's Set Dinner menu** in the Restaurant, given that the Club will be closed for CNY on Valentine's Day itself!

To close a little bit of "housekeeping" in respect of Car Park Labels – **for those who have not yet exchanged their 2009 Car Park Label for the 2010 Car Park Label**, "be warned", you should have done so before the end of January!! Please therefore ensure you exchange labels (at Reception) as soon as possible or you may find yourselves excluded from parking your vehicle at the Club!

Kung Hei Fat Choy!

MARK PAWLEY
General Manager



Q4 STAFF AWARD RECIPIENTS:
(From left to right): Mr Jimmy Li (F&B – Restaurant), Mr Yim Hung Bun (Housekeeping), Mr Pawley, Ms Carol Leung (F&B – Coffee Shop), Ms Sylvia Fong (Accounts), Mr Ramesh Pun (Sports)

We were saddened to hear the news of the recent passing away of one of our long time Members Mr Nigel Dunne. Our thoughts and prayers go to his family and friends. May he rest in peace.



◆ RESTAURANT ◆

LOUIS JADOT BURGUNDY PRIVATE
WINE DINNER

Tuesday 23rd February

in the Restaurant (*private room, only 22 seats available*)

7.30pm to 11pm

with host Robert Temple,

General Manager- ASC Fine Wines Hong Kong and Macau

The fine wines of Burgundy and Bordeaux could not be further apart. Whilst Bordeaux is dominated by large estates, each producing a classic red wine blended from a selection of their best vineyards, Burgundy is composed of thousands of small-scale growers. They often own tiny parcels of land, and produce more than a dozen wines, some out of 2-3 rows only.

Maison Louis Jadot has been at the forefront of the Burgundy wines for 150 years. Maison Louis Jadot owns vineyards in top ranking appellations in Côte de Beaune, Côte de Nuits and Beaujolais, producing most of its 1er Crus and Grands Crus wines from its own vineyards. The latest addition is Domaine Ferret in Pouilly Fuissé.

For this special dinner event, we have selected a special range of fine labels from Louis Jadot. Mr. Robert Temple, host for the evening, is a keen Burgundy lover, having represented some of the best producers in his 15 plus years in Hong Kong.

The wine dinner will start with an informal wine tasting at 7.30pm followed by a 5-course dinner at 8.00pm.

Please contact the Restaurant at 2830 9562 for a reservation or email: restaurant@hkfc.com. Please book early to avoid disappointment

◆ RESTAURANT ◆

BRING YOUR OWN WINE

continues until 28th February
in the Restaurant
available in the evenings

No corkage will be charged (up to a maximum of four bottles per booking) as long as a minimum of two courses per person is selected from the A la Carte menu and that there is a minimum booking for two made beforehand.

5 reasons to **Bring Your Own Wine...**

1. Your wine is taking up too much space in your flat.
2. You want to enjoy the wine you have purchased in the past with friends.
3. You want to come and enjoy a good meal with a good bottle of wine.
4. You want to experience a touch of quality in your everyday busy lives.
5. You are not allowed to buy new wine from our wine kiosk unless you empty your current stock!

So, get a bottle or two of wine that will compliment the food and book your table now. No matter the type of wine you bring, we have the glass to accompany it.

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



Louis Jadot Burgundy Wine Dinner *Tuesday 23rd February*

WINE TASTING:

Meursault 2007 vs Puligny Montrachet 2007

Clos Vougeot Grand Cru 2007 vs Corton Greves Grand Cru 2007

DINNER

Welcome Drink

Louis Jadot St Veran 2007

Course 1

Carpaccio of Salmon and Scallops, Lime and Lemon Dressing

Domaine Ferret Pouilly Fuisse 2008

Course 2

Californinan Golden Reason Crème Brulée, Oven-Roasted Foie

Gras and Baby Spinach

Louis Jadot Chassagne Montrachet

1er Cru Clos de la Chapelle 2007

Course 3

Risotto with Wild Field Mushrooms, White Truffle oil

Louis Jadot Corton Greves Grand Cru 1998

Course 4

Braised Wagyu Beef Cheek with

Chinese Angelica Root and Tangerine Peel

Liquorice Root and Roasted Vegetables

Louis Jadot Clos Vougeot Grand Cru 2004

Course 5

Du Mons Cheese Platter

Louis Jadot Meursault 1er Cru les Genièvres 2000

Coffee or Tea

Petits Fours

Price: \$ 1,388 per person

◆ RESTAURANT ◆

CAN'T WAIT TO SHOW YOUR LOVE?

**Early Valentine's Celebration
in the Restaurant
from 5th to 12th February
(except Sunday 7th February)
Set Menu available for dinner**

Start your celebration early this year, as the Club will be closed on Valentine's Day due to it being Chinese New Year's Day.

Beat the Rush. Celebrate Valentine's Day early with your special someone between 5th and 12th February.

A 4-Course menu designed for her and him, inclusive of a glass of Bubbly on arrival.

Price: \$688 per couple

Preferred seating can be arranged upon booking the Special Valentine's Set. Please let our staffs know upon making reservations.

For a reservation, please contact the Restaurant at 2830 9562



Photo for reference only

MAINE LOBSTERS

**in the Restaurant, available for dinner only
throughout the month of February
(except Sundays)**

Maine lobsters are known for their healthy proteins, and they are also lower in calories and fat than skinless chicken breasts. They have many other beneficial vitamins and minerals which help to promote healthy bones, nerve cells and increase brain activity. Come and taste the authentic Maine lobsters, only at the Restaurant.

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

LAMMA ISLAND SEAFOOD BUFFET

in the Restaurant

Sunday 7th and 21st February

Monday 15th February, from 6.30pm to 9.30pm

Lamma island is famous for its fresh and large selection of seafood. You can enjoy the Lamma/Hong Kong-style seafood right here at the Restaurant without the hassle of taking the boat. A kaleidoscope of mussels, sea whelk, garoupa, prawns and crabs are on offer in the Restaurant this month.



Photo for reference only

**SUNDAY FAMILY BRUNCH
BUFFET AND SPARKLING WINE**

**in the Restaurant and Chairman's Bar
Sunday 7th and 28th February
from 11am to 2.30pm**

Bring your family along this Sunday for our special 'Breakfast meets Lunch' buffet!

\$198 adult (with sparkling wine)

\$120 per child (with soft drinks and chilled juice)

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

◆ RESTAURANT ◆

SUNDAY DELUXE CHAMPAGNE BRUNCH

in the Restaurant

Monday 15th and Tuesday 16th February**Sunday 21st February from 11am to 2.30pm**

Sunday is the perfect day to relax and recuperate. And what better way to enjoy this day than with good food and good company right here at the Restaurant.

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

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

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

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

◆ COFFEE SHOP ◆

KIDS EAT FOR FREE

in the Coffee Shop

from Friday 12th to 19th February

Cut out the Free Coupon!

With every two paying adults at either Lunch or Dinner (Buffet or A la Carte), one child under 12 years of age can enjoy a free meal from our Children's menu or Buffet at the Coffee Shop.

Please present the voucher below upon seating. Another voucher will be presented to you upon your departure.

KIDS EAT FOR FREE COUPON
in the Coffee Shop

This coupon can be redeemed for

1 Free Lunch or Dinner (Buffet or A La Carte) for a child under 12 years of age

(When two adults at the same table at any one sitting having ordered the Buffet or from the A la Carte menu)

* Maximum 1 child per HKFC account number

** Valid from 12th to 19th February 2010

◆ COFFEE SHOP ◆

'SEOUL' FOOD

in the Coffee Shop

Every Friday and Saturday night throughout the month of February from 6.30pm to 9.30pm

This February, the Coffee Shop presents a dinner buffet showcasing a number of mouth-watering Korean dishes, including Spicy Squid Salad with Kimchi Sauce, Ginseng Chicken Soup and Korean Roasted Pork Spare Ribs. Come and try them all!

DAILY SPECIALS: RECREATING MARTIN YAN'S CUISINE

in the Coffee Shop

1st February to 26th February**Sunday to Thursday for Lunch and Dinner**

A special A la Carte Menu will feature a selection of Chinese dishes from the cookbooks of celebrity Chinese Chef Martin Yan. Our own 'celebrity chefs' have been busy recreating some of Martin's dishes for the Coffee Shop!

Recreating recipes from Martin Yan

Photo for reference only



Photo for reference only

◆ CHAIRMAN'S BAR ◆

SUNDAY ROAST AND SPARKLING WINE

in the Happy Valley Suites

Sunday 21st February

11am to 2.30pm

Starter buffet, your choice of soup, Sunday Roast and dessert buffet, complete with unlimited drinks.

\$198 per Adult (with sparkling wine)

\$120 per Child (with soft drinks and chilled juice)

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



Photo for reference only

BIG WINES: PERFECT WINTER COMPANIONS

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

The Wine Counter has recently introduced a series of powerful Big Wines, which possess truly strong flavours and beautifully structured palettes.

The Chairman's Bar has selected 12 of these Big Wines on offer this month, which are most suitable for the winter season, as they are sturdy enough to withstand the coolest climate.

On offer daily from 6pm to 10pm, you can enjoy 2 hours of free-flowing wines at a set price of \$130 per person, or alternatively you can select any two wines for only \$68.



Photo for reference only

◆ SPORTSMAN'S BAR ◆

Mark your diaries: **Monday 8th February, Super Bowl Final**, live from Miami, Florida. With a full breakfast buffet available, be sure to book your tables early.

In rugby, the **Six Nations** kicks off on **Saturday 6th February**, Ireland vs Italy, followed by England vs Wales. On Sunday 7th February, Scotland vs France. Last matches will be played on Saturday 20th March. And, the **Super 14's tournament** starts on the **12th February**, also on the screens will be the **Guinness Premiership**.

In soccer, we continue with the **English Premier League**. This month's highlight will be the game on **Saturday 6th February, Chelsea vs Arsenal**.

With plenty of games ahead, make sure you read the notice boards for the updated dates and times.

On the Food and Beverage front, the **Pasta Parade Promotion** is available throughout the month of February. Mix and match different shapes and sauces, freshly cooked al dente...and eat as much as you like! The promotion is available for Lunch and Dinner.

Asahi Draft and Bottle will be the Club's beer of the month. Asahi has 120 years of history and is by far the market leader in the Japanese Beer category around the world.



Photo for reference only



◆ SPORTSMAN'S BAR ◆



**INDIANAPOLIS COLTS VS
NEW ORLEANS SAINTS
AND THE SUPER BIG BREAKFAST**

Monday 8th February 2010

Time: Live from 7am

Venue: Sportsman's Bar

Price: \$90 per person

Breakfast includes: Eggs cooked to your liking, with Fried bread, Sausage, Mushroom, Grilled Tomato, Bacon, Black Pudding, Baked Beans, Hash Brown, Toast and Coffee or Tea.

Booking Procedures

- Entrance to the Club at 6am is restricted to the Sportsman's Bar only. The rest of the Club will open at normal hours.
 - Guests must be accompanied by a Member.
 - Children under 12 years of age are not permitted.
- Children between 13 and 17 are only permitted access with a full Member.
- Tickets are non refundable and will be automatically charged to the Member's account.
- For further details and assistance please contact Kenny or Karen Limbu at 2830 9531 or fax 2576 7598

◆ BAKER'S CORNER ◆

ASSORTED DOUGHNUTS

This month our Pastry Chef has created 3 different kinds of doughnuts for takeaway.

Sugar Cinnamon Doughnut (90g): \$9

Dark Chocolate Doughnut (90g): \$9

White Chocolate Doughnut (90g): \$9

Order half a dozen (mix selection accepted) at a special price of \$50

The doughnuts can be ordered in the Coffee Shop with a notice period of 24 hours.



◆ CHINESE NEW YEAR
OPENING HOURS ◆

The Club will close at 5pm on Chinese New Year's Eve, Saturday 13th February and be closed all day on Chinese New Year's Day, Sunday 14th February. As such, the opening hours for our Food and Beverage outlets will be changed for Chinese New Year as per the schedule below.

Please note that the Car Park will not be operational at the time(s) the Club is closed.

	Sat 13th Feb	Sun 14th Feb	Mon 15th Feb
RESTAURANT	11am to 3pm	closed	11am to 3pm 6.30pm to 10pm
COFFEE SHOP	8am to 5pm	closed	9am to 11pm
CHAIRMAN'S BAR	closed	closed	12 midday to 12 midnight
LOUNGE BAR	9am to 5pm	closed	9am to 12 midnight
CAPTAIN'S BAR	9am to 5pm	closed	closed
SPORTSMAN'S BAR	11am to 5pm	closed	12 midday to 12 midnight
FAMILY LOUNGE	10am to 5pm	closed	10am to 10pm

The Club will re-open on Monday 15th February from 9am.

LION DANCE

at the Club
Sunday 28th February



We will be holding our special Lion Dance at the Club which starts at the Front Entrance of the Club at 12.30pm.

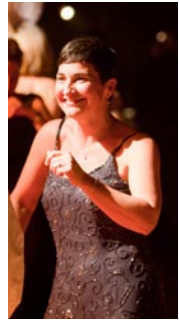


New Year's Eve Party





Photo courtesy of Neo Ng. More photos can be downloaded from:
<http://www.flickr.com/photos/neong11/sets/72157623162082553/>



Staying Alive

In March 1946 there was no Hong Kong Football Club. All that was left of it was a plot of land with a ruin that once was a clubhouse, and an ex-potato patch infested with chips of granite that used to be a football pitch / bowling green – all of it coveted by the British Military Administration which was writing up a requisition order. That the HKFC survived after World War II had a lot to do with one man, a wiry piece of work hardened by 29 years of personal and global tragedy. When it came to survival, Ken Forrow was a past-master.



Life made no secret from the start that it was going to be hard; his mother was sixteen when she brought him into the world in London in the midst of the Great War. By the age of fifteen Kenneth William Forrow had lost a father, gained a stepfather called H.C. Pratt who was posted to Hong Kong as a prison warden, and was earning his keep as a newspaper ‘assistant’ with the *Hongkong Telegraph* in Wyndham Street. Staying alive was not the only skill young Ken developed. He learned as a boy on the soccer pitch that defensiveness was the secret to longevity. By season 1934-35, aged 18, he was a clerk in the GPO and a regular in the HKFC 2nd XI when not filling in as goalkeeper for the seniors. Long limbs and lightning reflexes made up for the shadow he failed to cast. In October 1935 he performed the grown-up task of giving away his sister at St Andrew’s Church. The best man was George Hill, vice-captain (1935-36) then captain (1936-37) of the HKFC 1st XI, responsibilities which Forrow himself took on over the next two seasons.

A man in Club boots

On Saturday, 7 March 1936 he again proved himself a man, this time wearing Club boots. He was assigned the task of marking Lee Wai-tong, South China’s superstar striker. Lee, eleven years Forrow’s senior, would in five months be leading China’s first national soccer squad at the Berlin Olympics. South China were regular 1st Division champs; Club were mid-ladder and playing

away. For an entire ‘exhilarating’ match Forrow starved Lee of the ball. Club won 5-0. At the age of 21, ‘K.W. Forrow’ appeared in 1938 directories as an ‘examiner’ with the Government Audit Office. That year he lost more family – his sister to smallpox and his stepfather to heart failure. Again his mother married, this time to Arthur Bailey, a quartermaster sergeant in the Royal Army Service Corps. At the call for able-bodied expatriates to sign up with the Hong Kong Volunteer Defence Corps, Forrow chose to be a cadet pilot with the Volunteer Air Arm, such as it was: “Three obsolete torpedo-bombers and two amphibians,” he would recall. The Japanese made short work of them when they invaded on Monday, 8 December 1941.

Pte. Forrow made it to Kai Tak Airfield in time to help with its demolition. Days later the would-be airman found himself attached to a Volunteer infantry unit, manning a Vickers machine-gun ‘tied on top of a carrier and totally exposed to fire’ as it patrolled the road around Tai Tam Reservoir. When he saw the Japanese ‘rolling Mills bombs down the hillside’ it was time to make himself scarce. Roped in to a ‘relief force’ and dispatched on the gun-carrier to rescue civilians from the Repulse Bay Hotel, he could only cringe as it ‘drove up to (the) front door,’ again ‘in full sight of the enemy.’ This time he got away via a tunnel to the beach, became trapped on a hillside next to a cemetery, and spent Christmas Eve passed out from exhaustion among companions he did not recognise in the dark to be skeletons. Next day he was captured and put into Shamshuipo PoW camp, as was Arthur Bailey. Hard times continued for his mother, too. She was interned in Stanley.

Looking for more

Shipped to Japan in January 1943 as a slave labourer, in April 1945 he was transferred to the dockyard at Hiroshima – target four months later for the atom bomb dropped by the *Enola Gay*. Forrow survived it all, and came up looking for more. After six months rehabilitation in Australia he landed back in Hong Kong as a Government accountant, and headed straight for Happy Valley to check out the HKFC. The only bright spot on the landscape was the face of Smiler, son of the Club’s pre-war ‘Number 1 Boy.’ The Japanese had used the Club House as a stable, the pitch and green as a place to chip blocks of granite into a memorial to themselves. Forrow had to pull a team together, smartly, to rebuild the Club and forestall requisition of the grounds for their own recreational



purposes by the British Army. He sought out Arthur Morse, HSBC chief and Hong Kong Football Association president. Morse rolled up his sleeves, took control of the politics that ensued, and was elected HKFC President at the first post-war AGM on 22 July 1946 attended by 29 members at the Gloucester Hotel.

By then Ken Forrow, as Club Secretary, had been working for weeks in the summer heat on the HKFC grounds side-by-side with Smiler and a 'gang of female coolies.' The pitch had been cleared of granite chips, picked up one-by-one and deposited in rows of holes six feet deep. It had been resurfaced with turf purloined from the abandoned CCC and Police cricket grounds next door, 'levelled and wired off.' The Club House was 'in a reasonable state of repair,' and relaying of the bowling green had begun. Forrow, as Soccer Captain, also had the task of finding ten other players so the Club could enter an XI in the rehabilitated League for season 1946-47. He recruited half a dozen pre-war team-mates as a nucleus, but by the time the Club pitch was ready for training on 1 August it was clear that fielding a competitive side was a pipe dream.

Immeasurable debt

On 26 September 1946, the Club grounds were re-opened by President Morse. By year's end over 60 new members had been signed up and the bar profits had turned 'healthy.' Club Soccer was back and Club with it, but glory on the field was history. In 1946-47 the 'A' XI was twelfth of twelve teams in 1st Division, the junior XI sat at the bottom of an eighteen-team ladder in 2nd Division. On the last weekend of August 1947, bowling returned to the HKFC green; Ken Forrow was Club's only winning skip of five rinks versus 'Taikoo and the Prison Officers' Club.' At soccer, too, he stood alone as a Clubman. In the interport played against Shanghai in February 1948 'before a huge crowd on the Club ground in perfect conditions,' he outclassed opposition 'spearhead' Roboostoff. Hong Kong won 5-1. Aged 35, he stepped up to again be Club 1st XI skipper for 1951-52, prompting a respectful lament. "(Club Soccer) requires new faces badly," groaned Chairman Jack Skinner. "We cannot rely forever on old stalwarts!"

Forrow was himself elected Club Chairman in 1955. An all-concrete four-stand stadium had just been built, complete with floodlighting, the HKFC was deeply in debt to HSBC and the first repayment of the Government's \$550,000 loan had been missed. Life remained a trial for K.W. Forrow, no matter what shoes he was wearing. Yet he made sure that the Club kept on surviving. He was Chairman for five terms, his last ending in 1961. He is remembered by staff working under him in the Treasury at the time as a 'hard taskmaster' who kept his patience on a short leash. Who could blame him? Any man who had looked at death, who had brushed with death, as often as Ken Forrow deserved to be cut a little slack. He retired to England in 1972, leaving behind a Football Club he had served through his entire adult life, and which by then was in control of its debts – all of its debts, save the incalculable one it still owes him.

By Denis Way

(Opposite Page)

1. The Club 1st XI in 1935-36 with 19-year-old Ken Forrow as goalkeeper. In defence farther upfield was, however, where he made himself a household name. Local Chinese fans would recognise him on the street, resulting in a chorus of: "Faw-lo! Faw-lo! Faw-lo!"

(This Page)

2. One of three Vickers Vildebeeste torpedo-bombers which Forrow was being trained to fly – and which with a pair of Supermarine Walrus amphibians totalled Hong Kong's pre-war air defences – engaging Volunteers in 'low-flying air attack' training in 1939.

(Courtesy of HKSAR Government Public Records Office)

3. The victorious 1948 Hong Kong interport side in front of the HKFC Club House. Forrow is in the centre. Back row, third from right, is the legendary Lee Waitong in the role of coach.

4. (Sir) Arthur Morse, urbane Club President and HSBC chief, hosting a Club function in the early 1950s. Forrow sits two to his left.

5. 1959 2nd Division Lawn Bowls champions. Forrow is at far left, middle row.





PRIVATE CLIENT FINANCIAL PLANNING

Mens Tour to Hanoi, Vietnam



4th to 7th December 2009 – “The Lonely Planet Tour”

“There was an Englishman, an Irishman and a Scotsman in a bar”, while this may well sound like the opening line of many a joke, when you add more Englishmen and Scotsmen, a Swede, an Australian and a “parallel tourist” you’ve got the makings of a HKFC Mens Squash Tour.

And so it came to be. Tour Captain and Old Hanoi Hand, **David Cross**, summoned the touring party to rendezvous at the T2 Heineken Bar. Suitably refreshed and having made themselves Dong millionaires many times over, the HKFC Mens Squash Tour to Hanoi was underway.

Safely ensconced in the finest economy class seats Hong Kong Express had to offer, the Tour Captain introduced those members of the touring party still awake to the official card game of the Hanoi Tour, “Chase the Ace”. The Tour Captain then proceeded to demonstrate how not to play the game. Unbeknown to him, but to the subsequent delight and great amusement of the remainder of the touring party, this was actually a portent of things to come for the Tour Captain on the gaming front.



Saturday 5th December 2009

Saturday morning was spent (briefly) taking in the architecture and ambience of Hanoi. During this stroll through old Hanoi it was

found that a vibrant free market economy is alive and well in the Socialist Republic of Vietnam. From the outset one tourist had made it clear that he intended to replace his 1926 edition of Lonely Planet guide to Vietnam. Having snapped up the first available cellophane wrapped copy on a street corner at only US\$0.01 above the marked price of US\$24.99, he was then somewhat dismayed to find that the book was in fact a photocopy containing black and white and colour copies of the same Hanoi landmarks. The said tourist was further dismayed over lunch as he watched a further 5 members of the tour group buy copies of the same photocopied book shipped in from all corners of Hanoi at prices ranging from US\$15 to the final sale which resulted in three copies being purchased for US\$20!

On Saturday afternoon we made our way through the traffic to the Hanoi Club, which is situated on the shores of the West Lake in Hanoi. According to the US\$25 copy of the Lonely Planet guide, apparently it’s walking distance from Trafalgar Square! And we certainly knew we’d arrived at the right place as there are large banners at the entrance to the Hanoi Club welcoming HKFC’s Squash Players. On seeing these we couldn’t help but think that perhaps the Tour Captain had oversold the quality of touring party! The Hanoi Club’s Squash Section is small relative to HKFC’s. They have two courts, fifteen players and they do not play in an organized league. To summarise the squash on Day One, it’s fair to say HKFC were given a very warm welcome and a fairly sound beating by the Hanoi Club! An embarrassed Tour Captain, anticipating a similar outcome the following day, decided that he would get his own excuse in early and rather theatrically threw himself to the floor during one of his matches and promptly deemed himself injured and out of the squash on the Sunday.

Sunday 6th December 2009

Sunday morning was a time of reflection; why did **Ray Peacock** get locked in that bar last night? How much did the Tour Captain and **JT (John Thompson)** lose / win in the casino? What are we doing for lunch? How many hands of “Chase the Ace” will the

Tour Captain lose today? (Answer – lots!!!) And then there was the matter of squash and a repeat of the match with the Hanoi Club. More reflection, who will follow the Tour Captain's lead and feign injury when it comes to the squash this afternoon? (Answer – **Richard Williams**) As far as the squash went, Sunday was groundhog day. Another great afternoon of squash was enjoyed by the touring party and the Hanoi Club squashers and the result was pretty much the same as it had been the day before. The après squash on Sunday saw us once again enjoy beers with our hosts on the Hanoi Club terrace overlooking the lake.



However, that was not the end of the squash on the HKFC Mens Tour to Hanoi 2009. In the restaurant following the final tour dinner, we spread the gospel of squash by sharing our knowledge of the game and giving some impromptu lessons to the restaurant staff, who found this all highly amusing. We firmly expect squash to take off in Hanoi as a result!

In conclusion it was a great fun weekend and we must say a big

thank you to our fantastic hosts at the Hanoi Club for inviting us into their club and making us all very welcome. We sincerely hope that they will come to Hong Kong in the not too distant future so that we may have the opportunity to reciprocate their hospitality.



And finally to "Big Dave" Cross, the touring party thanks you for all your efforts in initiating and organizing such a great HKFC Mens Squash Tour to Hanoi.

The HKFC Mens Squash Tour to Hanoi 2009 comprised Tour Captain – **David Cross**; Tourists – **Roger Liden, David Murray, Ray Peacock, Neil Roberts, John Thompson** and **Richard Williams**; Parallel Tourist – **Mike Belbin**.

Christmas Party "Sparkle"



Saturday 12th December 2009

The Squash Section Christmas Party was held on the evening of 12th December 2009. In excess of 130 members and guests imbibed the Christmas spirit, enjoyed the festive fun and games and generally partied the night away.

Drawing inspiration from the dress code, "Formal with a Sparkle", the festive season, revelers came bedecked with a goodly selection of fairy lights, tinsel, baubles and all manner of Christmas decorations. **Paul Lewis** took the prize for sartorial elegance on the night, with his subtle, understated yet very fetching ensemble.

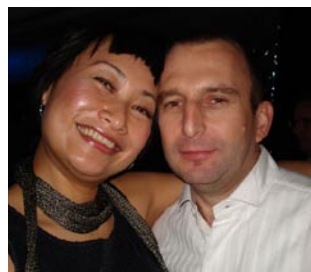
Party-goers were entertained during the course of the evening by the magic of **Faheem**. Card tricks a plenty, and an ability to turn a HK\$20 note into a £5 note and then (disappointingly!) turn the £5 note back into a HK\$20 note, he had the audience begging for more. However, the limit of Faheem's magical power was established in the latter stages of the evening. When asked whether he could turn **David (the "Whirling Dervish") Murray's** backhand into something resembling a conventional squash shot, he responded that would probably require something far more powerful than mere magic. Try writing to Father Christmas next year Dave!

Our thanks as always go to the Squash Section's Social Convenor **Adam Wilson**, for once again organising a terrific Squash Section Party.

The End of Season Party will be held on **Saturday 22nd May 2010**, mark the date in your diaries!



...more photos from the Christmas Party



Juniors Handicap Tournament 2009



The Squash Section Junior Handicap Tournament was held from 7th-14th December 2009 with a total of 26 junior members taking part. The Club's up and coming squash juniors were challenged to do their best in an effort to win the trophies and great prizes. It is pleasing to report that they delivered by producing some amazing squash.

In the Grade 2 event **Jean Louise** and **Joshua O'Toole** made it through to the final. They were fairly evenly matched but Joshua managed to clinch the title after some exciting points. Well done to both of you for playing such great squash.

In the plate competition, **Marc Chan** played **Leonie Lewis**, one of the Club's most improved junior players. Leonie fought very hard, but despite her efforts Marc had the upper hand and came through to win the title. Well done both of you for such a great effort.

In the Grade 1 event the tournament format was a round robin with each player challenging all of the others to 1 game to 15 points. First place went to **Stefan Bailey**, second place to **Louise Wihlborn** and third place to **Natalie Lam**. Congratulations to all three of you.

Well done to everybody who participated, you have done yourselves, Phil and the Club proud. Keep up the fantastic squash! *by Teresa Bailey*

Coach's Corner

This month we look at refereeing and how the right approach can help you enjoy your squash more and ultimately become a better player.

The Art of Refereeing

Many people are afraid of refereeing and go to great lengths to avoid it. At league matches, players often make themselves scarce when games are about to start, to avoid being asked to officiate. However, by adopting the right approach when refereeing it need not be a tense, intimidating experience.

This article will focus on the right approach to refereeing, not so much the rules. Of course, the rules are important, and all players and referees should have a reasonable grasp of them. But if you have the right approach, the rules fall into place. But if they don't, few people will question you anyway.

The most important thing you can do when refereeing is to be decisive and consistent. First, be decisive. You must always remember that you want to facilitate the flow of play, not disrupt it. If you allow players to argue with you over a call, you have allowed the flow to be broken. If you change your mind or vacillate on a call, play becomes turbulent, and often so do the players. However, a prompt, decisive call moves play forward, (even if it's wrong). It is better to be decisive, firm and wrong than indecisive, yielding and eventually correct!

Always remember that half of the players on the court will usually agree with you. If you let noise and aggression intimidate you once, then you become fair game on every call, and there goes the flow. If you do not allow discussion during the match and are willing to back that position up with an occasional penalty point or at least the threat of one, you will never lose control.

Second, be consistent. Always try to give the same call in the same situation. It is only fair. However, do not confuse this with appearing to be fair. An aggrieved player will try to draw a parallel between a situation in which they want your support and an earlier similar and successful call by the opponents. Don't let the players try to force consistency if you do not see it. You have a unique vantage point and will see differences in situations in which players find similarities. Consistency is also helped by a good knowledge of the rules.

You may well ask where the fun is in all of this. The enjoyment arises from the fact that as your refereeing skills improve, so will your enjoyment of playing. For example, if you transfer the observational skills you've developed as a referee to play itself, you can become a better squash player for it.

So at your next league match don't be shy, step up and think of refereeing as an opportunity to change what you may regard as a tense, intimidating experience into one in which can ultimately help you become a better squash player. Enjoy it!

Player of the Month: **Paul Lewis**

Junior Player of the Month:
Joshua O'Toole

Upcoming Events

Club Nights

Club Nights are held on the first and third Friday evenings of each month, providing a great opportunity to escape the rigours of league squash. Members can play against and socialise and exchange "war stories" with other members of the Section. The format of each Club Night varies, one night it may be box games and on another night it could be a running tournament, doubles, play the pro or the like. Club Coach Phil Head will issue an email about a week in advance of each Club Night, so sign up and enjoy some good social squash on a Friday, where the emphasis is very much on the social!

Racketlon - February 2010

The Racketlon is a two-day multi-sports tournament comprising tennis, table tennis, badminton and squash. Subject to the scheduling of league matches, the Racketlon will be played on a Friday evening/Saturday in February 2010. The reigning Racketlon Champion is Mens Vice-Captain, Neal Soo, who will no doubt be aiming to retain the trophy. Look out for Tournament Convenor, David Murray's email in late January 2010 for further details.



Discount Vouchers to Club Members

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Captain's Corner



About the Rovers <<http://www.barnstonworth.com/1993/07/about-rovers.html>>

Barnstonworth Rovers Football Club is Manhattan's top amateur soccer club. They currently have a roster of over 175 players, and field six men's teams and two women's teams. Through their existence they have had players from all over the world - Scotland, Ireland, Wales, France, Germany, Sweden, Denmark, Norway, Iceland, Finland, Hungary, Greece, Serbia, Russia, Trinidad and Tobago, Jamaica, Colombia, Argentina, Brazil, Japan, Thailand, most states of the USA, Canada and even a few from England.

They are a social club as much as a football club - their primary sponsor is the Galway Hooker bar on East 36th St between 5th and Madison, and their Tuesday-night training sponsor is Bayard's Ale House on Hudson St at Charles St in the Village.....HKFC members should pop in, have a pintafter we host them on the 12th of February. I am sure the welcome will be warm.

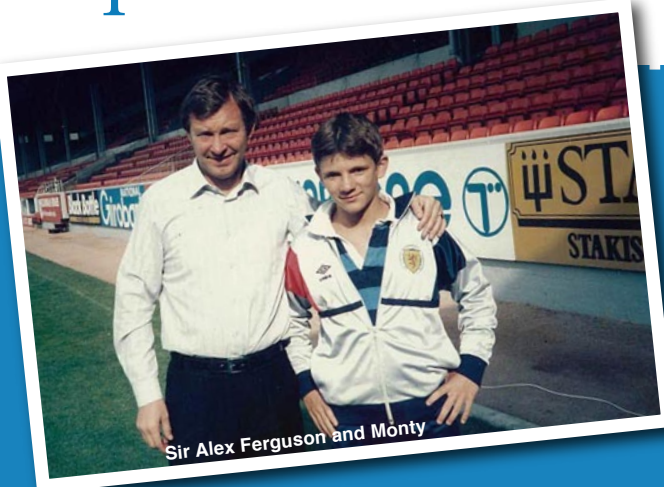
Soccer Updates

As far as the local scene is set, our teams are very well placed indeed in their respective divisions to ensure we take all Championship Titles available. Once again, in the YauYee League Cup competition, it is left to the young Colts to try and bring back the prize as Wanderers and Albion both bowed out in different rounds on penalties, and there is no Junior Shield competition this season for our HKFA lads due to the East Asian Games.

HKFC 1st team have a great chance to go on and be 2nd Division Champions as do Lucky Mile in the 3rd Division. The YYL 1st Division will surely end up back at Sports Road given it's a battle to the wire between Club Albion and Club Wanderers...the last game of the season sees them play each other so if it's still up for grabs then expect a massive occasion.

YYL Division 1 *(league results as of 18th Jan 2010)*

	P	W	D	L	F	A	GD	PTS
Club Albion	13	10	3	0	37	14	23	33
Club Wanderers	13	10	1	2	36	12	24	31
USRC	13	8	2	3	22	16	6	26
KCC Dragons	13	8	0	5	30	18	12	24
816	13	7	3	3	21	14	7	24
Club Colts	13	6	2	5	19	15	4	20
German All Stars	13	6	2	5	28	27	1	20
HKDC Mobsters	13	4	1	8	13	30	-17	13
Antonhill	13	3	3	7	20	27	-7	12
HKDC Squadron	13	3	0	10	14	33	-19	9
KCC Knights	13	2	1	10	18	34	-16	7
Swiss XI	13	1	2	10	11	29	-18	5



Football and travel go hand in hand...my journeys have taken me around the globe following the misfortunes of Scotland...for me, it all began in Lisbon on a cold wet night...it was a World Cup qualifier against Portugal...we lost 5-0 and Ally McCoist broke his leg... I ran out of money...well the budget was flight, bevy, food and accommodation...food and accommodation were sacrificed...Sleeping on the street under a Saltire in the aftermath of the game was quite a baptism of fire but it set me up nicely for future action watching the boys in blue...the icing on the cake was the pilot, having banked to the right over the Stadium of Light, announcing over the tannoy that if you looked closely you could still see where Dave McPherson had slipped for the 2nd goal. I am sure many of you have personal stories of your own....here's hoping the boys from the Big Apple go home with something to tell...



TOURING FRIENDS FROM NEW YORK

Football Tours are what life is all about. This month we are delighted to welcome our brothers from the USA.....Why not start the Chinese New Year off by coming down on the 12th of February to see what Manhattan's finest are all about...

The Philosophy According To Our New York Friends

“Remember Sundays are for the Rovers - NOT for family, God, weddings, brunch, trips to view ‘foliage’ or any of those other stupid pursuits which may in some way contribute to the so-called happiness of friends (non-Rover), spouses, significant others, family etc “

HKFA 2nd Division (results as of 15th Nov 2009)

	P	W	D	L	F	A	GD	PTS
Tuen Mun	8	5	1	2	27	11	16	16
HKFC	8	5	1	2	28	13	15	16
Adv. Double Flower	8	4	3	1	21	6	15	15
Ongood	8	5	0	3	31	21	10	15
Kwai Tsing	8	4	3	1	22	9	13	15
Mutual	8	3	1	4	22	22	0	10
Fukien	8	2	2	4	26	21	5	8
Wing Yee	8	2	1	5	28	23	5	7
Derico	8	0	0	8	3	82	-79	0

HKFA 3rd Division (results as of 17th Jan 2010)

	P	W	D	L	F	A	GD	PTS
Eastern	11	11	0	0	30	4	26	33
Lucky Mile	11	10	1	0	33	6	27	31
KCDRSC	11	8	0	3	42	14	28	24
Solon	11	6	4	1	26	13	13	22
Fire Services	11	6	3	2	14	8	6	21
Blake Garden	11	6	2	3	22	9	13	20
Telecom	11	6	2	3	22	14	8	20
New Fair Kuitan	11	6	2	3	18	14	4	20
Fu Moon	11	4	3	4	12	16	-4	15

Mini/Junior Soccer News

HKFC P5s WIN HKJL CUP AND PLATE ON HOME TURF!

On 12th December HKFC hosted the P5 HKJL tournament and did “the double” winning both the Cup and Plate Competitions!

The 1st team started the tournament slowly but gained momentum in the second game and won through to the final with convincing wins (4-0, 5-0, 3-0). They then beat Brazilian Soccer Schools 1 in a tense final 2-1 with goals from **James Chung** and **Calvin Harris**. All the boys played well and James Chung was player of the tournament.

The third team won a very tense Plate final on penalties after a 0-0 draw with KCC1. Their success was down to some good play plus great team spirit and effort. **Ethan Sergeant** had a great tournament in goal and was player of the tournament, with some fantastic saves in the penalty shoot out.

The third team had come through a titanic battle with the HKFC seconds in the semifinal winning on penalties after a 0-0 draw. Up to that point the second team had been “on fire” scoring many goals on the way to the semifinal, with **Gus Spence** top scoring and being named player of the tournament.

We also had a fourth team in this tournament that played hard throughout before being knocked out in the quarter final. **Damien Tarala** was their player of the tournament.

It was a thrilling day and a great reflection on the efforts of the P5 coaches who give a huge amount



HKFC P5 First Team – HKJL Cup Winners



HKFC P5 Third Team – HKJL Plate Winners



Action from the HKFC-hosted P5 HKJL Tournament

of time, effort and support to the players. Our approach is to balance the development of skills, attitude and respect with playing to win. It is great that this has come through with some successes in the HKJL tournaments. Well done to all!

Mark Dale, Head Coach P5 Mini Soccer

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The FA Level 1 'students' with FA Course Leaders Tom Stack, Mark Howard and Stephen Clarke

THE HIGHEST NUMBER OF QUALIFIED COACHES IN HONG KONG YOUTH SOCCER

With 24 additional Mini / Junior Soccer Coaches undergoing their three-day FA level 1 course in early December, as well as six Level 1 Coaches successfully completing the Level 2 qualification, the Club's Mini/Junior Soccer programme has processed over 140 coaches through these courses and now has some 78 Level 1 coaches and 14 Level 2 coaches who are active within the programme – that's more qualified coaches than any of its kind in Hong Kong.

Three professional tutors from the English FA were brought out again to Hong Kong by the HKFC Mini / Junior Soccer Programme, with **Tom Stack** now becoming well-known amongst the HKFC coaching team. This time Tom was accompanied by **Mark Howard** and **Stephen Clarke**. As well as providing instruction on how to coach football skills and techniques, the courses focus on how to manage and control coaching sessions with youth and junior players. All volunteer coaches should be applauded for the time they gave up to attend these courses, (although it has to be said that all participants enjoy the experience immensely), as should the husband and wife team of **James** and **Elsbeth Penny** who coordinated course attendance.

SOCCER SPECIAL 'ADOPTED' INTO MINI / JUNIOR SOCCER PROGRAMME

At the last Mini / Junior Soccer committee meeting, Chairman Nigel Merritt proposed that 'Soccer Special' – a coaching session run on Monday evenings at the HKFC, which was started many years ago and is still coordinated by Kevin Browne, for those with special learning difficulties – be formally adopted into the HKFC Mini / Junior Soccer programme. With the proposal unanimously agreed upon by committee members, Nigel stated, "this will continue to develop the Programme's involvement in Soccer Special, which has seen some of our coaches coming along to lead and support the Monday night sessions".

The visiting English FA coaches ran a Soccer Special session when in Hong Kong and in December a Soccer Special match was arranged to accompany the Mini Soccer tournaments at the Operation Santa Claus event - it is hoped that this will be an annual event. The formal adoption of Soccer Special into Mini / Junior Soccer should see the further development of this activity which is so enjoyable and important to all players participating. *Chris Plowman*



Mini/Youth Rugby News



Proud sponsors of HKFC Youth Rugby for the 2009-2010 Season

UNDER 12 PLAYERS IN TRIUMPHANT NEW YEAR'S DAY 15'S EXPERIENCE



The Island 'Dragons' squad consisting of players from HKFC, Valley Fort, HKU Sandy Bay and Monkeys

The New Years Day Youth Tournament at the HKFC saw the U12 Dragons (Island) defeat the U12 Lions (Peninsula) 5-3. The Dragons squad of 22 for the NYD game contained 10 players from the current HKFC U12 squad. The HKFCU12 players who were selected in the Island side were **Eugene Leung, Liam Herbert, Alex Llewellyn, Sam French, Sean McElhenny, Jason Mallabone, Reiny Brown, Greg Anderson** (Vice Captain), **James Bradley** and **Harry James**.

The Dragons squad, made up of players from HKFC, HKU Sandy Bay, Valley Fort and Monkeys, had trained together for six weeks during November and December and had one warm-up game against a Singapore Barbarians side prior to Christmas in which they performed very well against a side that consisted of players who were 1 and 2 years older...and noting the forward pack, a lot bigger.

Apart from the game against the Singapore team the NYD game was the second time the Dragons had played 20 minute halves on a full pitch and was the second time they competed as a team of 15.

The NYD game was a tight affair. At half time the score was Dragons 0 -Lions 3 due to a successful penalty goal that broke the initial deadlock late in the half. The rather large penalty count to the Lions in the first half took a bit of gloss off the game however and was evidence that the Lions were on top at the breakdown.

The second half saw the Dragons realise their potential with some strong running from both backs and forwards, culminating in a try which, by a 'coat of paint', was not successfully converted.

The players enjoyed the whole Island v Peninsula experience: the game on NYD in front of a crowd, playing on a full size pitch, receiving their Island jerseys and bonding, in a relatively short time, with players from "outside their usual network."

Michael French, FC Under 12 Head Coach

GIRLS RUGBY

Sevens season kicked off for HKFC Girls on a sunny day at Sandy Bay 17th January with Club fielding an Under 14 and Under 16 team.

Under 14s played a combined Aberdeen/Valley team and won 26:7 with tries from **Elaina Cayrouse, Rosie Wright** (2x) and **Jenny Pugh** with conversions by **Teresa Fuentes** (3x). Next was FK1, sadly losing 5:33 with **Clare Coverdale** scoring Club's only try. But the girls rallied against SKS2 and won 22:5 with tries from Elaina (2), Clare and Teresa who also kicked 1 conversion.

Under 16s played just two games comfortably beating DB 27:0 with two tries from **Aneesa Fiaz** and **Rhiannon Perrin** and one from **Sam Tarrant** who also converted 1. Next came a combined HKU/SKS team and in a closer match Club came out winners 22:12 with Aneesa and Rhiannon scoring two a piece again and Sam converting 1.

There are two more Super Sundays for the girls both to be held at King's Park and a girls festival for all ages at the end of the season - more to follow. If you are 12 or over and interested in training with us next season, contact us at girlsrugby@hkfcyouthrugby.com or come and watch us each Sunday on Happy Valley Pitch 7 11-12.30pm - it's great fun.





Alan Lo our Green Clipper

Green Clippings

CLUB LADIES AND MEN'S SINGLES FINALS

One of the most coveted annual awards in the National Competitions is the Ladies and Men's Champion of Champions. Entry is limited to the winners of the annual singles competition held by each of the affiliated clubs and the current National Singles Champions. Club's **Danny Ho** has won this coveted trophy for the last 3 years and Club's **Camilla Leung** won the ladies in 2007. Competition to become Club's Singles Champion is therefore very keen to achieve the necessary entry ticket. This year was no exception.



Club Singles Champion 2009, Danny Ho

For the men, the Club final was between **Danny Ho** and **Neil Herrington**. Both players seemed ready for a tense and close final and that is how it turned out.

Neil regularly built a promising head only for Danny to do his trade mark shot with his last wood, taking the jack or pushing his opponents wood out of the way. As a result the first part of the game saw Danny build a healthy lead. The game wasn't over however as Neil seemed to find a tighter line and gradually claw Danny back until they were level with three ends to go.

It was a nail biting finale with both players putting woods on the jack and both players pushing his opponents out. Danny's coolness and experience saw him take the last two ends and finish as Club champion and our entry in the Champion of Champions 2009.

Football matches are often described as a game of two halves and perhaps that is what describes the ladies Club Singles final.

The two players were **Emmie Wong** and **Tammy Tham**.

The game got off to a rather one sided affair with Emmie in brilliant form and Tammy trying to find her weight. Emmie built up a good lead and for a while at least it looked like the game would be over fairly quickly. Both players however know that in Lawn Bowls it isn't over until it is over and gradually Tammy began to find her form and bring the scores closer together. Eventually the scores were leveled at 16 each. By this time both players had raised their game and produced a real spectacle for us to watch.

In the penultimate end Tammy, at two up for the end, took a risk and sent her last bowl to the head. A slight miscalculation could have turned it against her but it came in perfectly to add to her score. The finale was another close affair but it ended in Tammy becoming Club Champion for the second year running and our entry in the ladies Champion of Champions 2009.

This is a double achievement for Tammy, who last month also won the Ladies National Indoor Singles (see photo in last month's magazine) and will now represent Hong Kong in the World Cup in Indoor Singles at Warilla, Australia, in April 2010.



Club Singles Champion 2009, Tammy Tham with runner up Emmie Wong

Joy to the Bowlers!!!

The Section's Christmas Party was held on Dec 19 at the Happy Valley Suites. Most members attended in their bowling gear as they had played league games in the afternoon. However, **Linda Lousich**, who attended with her daughter, **Serena** (dressed as a cute Christmas present), came in a shiny, dazzling and totally "Christmas" outfit. Without hesitation, everyone present voted the mother and daughter pair to win the prize for Best Costumes.



Linda and daughter Serena in party outfit

The evening was spent with plenty of food, drinks and laughter. Prizes were given away for the fun games and lucky draw. All those present participated enthusiastically in the fun games so as to win the chance to approach the prize table. During those few hours, the "stern bowlers" came under the spell of the Christmas magic to become "playful kids" again. Our special thanks go to **Super Wong**, **Wing Chan** and **Grandy Lui** who had kindly sponsored lucky draw



Johnny Tsang serenades Linda in the karaoke



Happy Chairman thanks Rita Tsui for her splendid organisation of the Party

prizes and to **Rita Tsui** for organising the splendid evening.

The high spirit carried forward to the Boxing Day when a Social Game was held in the afternoon on the indoor green. Members were randomly drawn into teams, and this process was conducted by Competition Secretary, Grandy Lui. The event must have been popular as 10 bowlers turned up on site without prior registration. Maybe it was the free "bowling tea" that was popular. The most sought-after chicken wings were gone before the 12th end had started. Then all the pies and sandwiches disappeared leaving empty dishes behind. Social Secretary Rita apologized and urged members to make early registration next time. However, the attraction could have been the cash prizes, looking at the faces of the winners when the notes were presented by the **Happy Chairman**.



Cash to the Runners-up Victor Cheung, CC Leung, Donald Wu, Josephine Lam, Wong Yee Ming, Tammy Tham, Wendy Hui and Richard Rayment (Guest)



Cash to the winners KH Wong, CM Chan, Patrick Mok, Peter Chow, James Cheuk, Robert Macpherson, Wanis Sze, Priscilla Lam and CT Wong



Boxing Day Bowlers. Missing – bowler/photographer Stephanie

ASIAN LAWN BOWLS CHAMPIONSHIPS 2009

December 2009 saw the best players from 9 Asian countries gather at Shenzhen for the 8th Asia Bowls Championships. Many had just taken part in the International Classic in Hong Kong on good fast greens and now faced the difficult and heavy Shenzhen greens under wetter conditions. But the spectacular opening ceremony held on the first day with 8 world class lion dancers soon warmed their hearts to enjoy 6 days of stiff but enjoyable competition. The event was held for the second consecutive year in Shenzhen as the planned venue in Thailand had been troubled with political problems.

Club fielded 3 out of the 10 Hong Kong Team players, **Wanis Sze, Connie Wong** and **Luis Fernandes**. Luis and Wanis had played well for HK on the same greens in November to help them win the China-Hong Kong-Macau Tournament, but the wider competition appeared to be very strong and the best team achievement was to be placed 4th overall. Most significant was the end of the dominance of Malaysia in this annual event and the emergence of a very strong side from India who had received extensive full time coaching for 7 months as part of their training for the Commonwealth Games to be held in New Delhi in October 2010. Maybe there is a lesson to be learnt by Hong Kong.

Right: Lion Dancers at the Opening Ceremony
Below: Hong Kong Team with Mr. Lau Wing Yiu, Minister of Multi-bowls Administration Centre, China, and Mr. Vincent Cheung, President of HKLBA



Coach's Corner



Coaches Bernard and Johnny Tsang with the Group

Coach Bernard organized his 2nd Intermediate Course for Club Members and Section bowlers in November 2009. It was an eight-week course, and there were thirteen participants. Through the course, green manner, different bowling skills and tactics were introduced and practiced. Coach Bernard is looking forward to seeing them trying the qualities they have learnt in real games and competitions.



Coach Bernard and the Winners, Calinna Chan, Evelyn Chan, Kenneth Pang and Regina Liu



The runners-up Victor Tong, Adrian Reincke and Mark Mahoney

become outstanding bowlers and future stars of the Section.

Coach Bernard is very grateful to the Assistant Coaches, **Cecilia Young, KH Wong, CT Wong, Johnny Tsang** and **Philip Sze** for their great support in running this course.

The last lesson was held on 11th January and the bowlers had a great game to finish off the course. The competition was very exciting and the bowlers performed extremely well and showed great improvement after the training lessons. **Evelyn Chan, Regina Liu, Calinna Chan and Kenneth Pang** were the winners of the tournament.

Coach Bernard was very pleased and is sure that some of them will

Hockey News



holman fenwick willan hfw

MEN'S B TEAM VS HONG KONG CRICKET CLUB

'Twas the last match before Christmas, when all through the valley
People whispered; two teams are going head to head like fighters in an alley;
Ravi Dillon arrived early; handling his equipment with care,
In hopes that the rest of the team soon would be there;
It was the battle for top spot;
Both teams, undefeated, thought they deserved the slot;
The Cricket Club arrived full of optimism and fanfare;
It was clear from their warm-up that we needed to beware;

With a sharp whistle the game began; the crowd sensed this would be a
tough fight;
For the the first 25 minutes neither side gave any respite;
Truth be told the Cricket Club looked the most menacing;
When all of a sudden, Rik van Donk with his back stick shot was
devastating;

Cricket Club shuddered, for they knew that Rik had not finished his work;
But little did they notice, in the forward line, a little man lurked;
Chappy dribbled towards the D, intent to do his most;
Cricket Club should have tackled because he then smashed a goal off the post;

2 nil up at half time, things could have been worse;
Nevertheless, the Captain's half-time message was still terse;
The job is not done, we need to step up a gear;
Wongy has kept us in the game, playing without fear;

Shortly after the second half had been seen to start;
Dobbins showed that he had taken this message to heart;
Going in hard he was hit in the face;
After the game we sent him to get stitches, just in case;

The Cricket Club was not lying down and they soon managed to score;
The score was now 2-1 and the crowd wanted more;
Emmerson passed to Dobbins in a short corner set play,
The score became 3-1 but whether this was enough we could not say;

Again the Cricket Club scored and the board showed 3-2;
However, this seemed to act as a cue;
Dobbins then scored, breaking out of his mew;
Followed by Ryan and then van Donk who managed to score two;

The final whistle then was blown;
A 7-2 victory the B-Team had sown;
Top spot was sealed going into the Christmas season;
Nevertheless, to rest on our laurels now, would be treason.

BANGKOK TOUR 2009

The Hockey Section sent a men's side to the annual tournament hosted by the Royal Bangkok Sports Club on 5th and 6th December.

The HKFC team consisted of: **Sukum Suravudhi** (Captain and Manager); **Charlie Poulton**; **Gus Emmerson**; **Guido Weber**; **Douglas Corbel**; **Eddie Cabrelli**, **Tony White** (guest appearances in post-midday matches) **Luke Ryan**; **Kieran Ryan** (guest appearance from the Western Australian desert); and a couple of random players coaxed, from time to time, to make up numbers.

Our pool consisted of the following teams: HKFC; Cavalry (being a contingent of the Thai armed forces); Air India; and Kashan (from Kuala Lumpur). This pool for reasons that will be outlined below was best described as the pool of death.

Saturday

Through a stroke of good fortune (which comes from having a Thai national as Manager) our first game on Saturday was scheduled for 1pm (as opposed to typically 9am as in previous tournaments). This was against Cavalry who arrived in an army bus and who had clearly had a different pre-match routine to us the previous night. Things looked a bit ominous when from the starting whistle it became immediately apparent that they were not only younger but also significantly faster and more agile than us. Nevertheless, notwithstanding this, we managed to grind out a win 2-1.

Next game was against Air India, a team whose reputation (for winning tournaments) precedes them. We also found out that they have spent much more time than us playing on grass pitches. That being said, we did put up a very good fight but, unfortunately went down 2-1.

Final game on Saturday (and final pool game) was against Kashan. The winner would finish in the top two and thereby go into the 'Cup' competition. We took an early lead, however, after a very close contest we went down 2-1. This meant we finished third (and in the bottom two of the pool) and so went into the 'Plate' competition.

Sunday

Again we were fortunate to have an excellent starting time with our first game scheduled for 11am (by which time most of the teams had sobered up). From this point on it was knockout.

In the fourth round game we beat the Hong Kong Police 2-0.

In the quarter-final we faced Bangkok University (BU). At full time the score was level (1-1). This led to a 3 man penalty shoot-out. The first stroke from BU was



saved (by our stand-in keeper who proved to be very useful). Doug Corbel stepped up and easily converted our first stroke. The second stroke from BU went in. Again we easily converted through Gus Emmerson. When it came time for Luke Ryan to step up, the conversion would mean certain victory. Unfortunately however, this chance for glory proved too much and the flick hit the post. Fortunately Doug converted in the sudden death round followed by our keeper saving the shot from BU. We were into the semi-final where we faced ISCI (from Jakarta).

It is fair to say that ISCI had probably pushed the envelope significantly more than we had the previous night (ie we did not take our own frat style beer funnel to the tournament). We ended up winning the semi-final 2-0.

This took us to the final where we were up against Cavalry (from our original pool). As it turned out Air India and Kashan (also from our pool) had made the final of the Cup.

In the final, Cavalry were still faster and more agile than us, and unfortunately this time they ended up winning 1-0.

Of course this did not mean that when we headed out on the Sunday night without trophy in hand, that we did not still loudly proclaim that in fact, we had won the whole tournament.

Good fun was had by all and special thanks to Sukum for organising the event.

Ladies Hockey

Ladies G Team

The Mighty Gs were "Simply Irresistible" as the Valley visitors found out to their cost on Sunday.

A great start to 2010 with a 3-0 win over Valley. With everyone putting in an awesome effort for the first match of the New Year, it's great to see that the team is improving with every game we play. Even absent Members channelled positive thoughts to the team, from **Mary Williams** roasting in Oz to **Summer Fearnley** freezing in England.

We said sad goodbyes to **Penny Austin** who left for Tokyo and **Nina Marshgreen** who wanted to spend more time with her new baby, but also welcomed The Newbies – who, in the words of **Jo Fergus**, are now "putting us old dogs to shame", settling in nicely and finding their feet (*ball not to touch feet! oops*)

continues next page...



Here they are – the Mighty Gs

The Forwards

Mihika Joshi, Jane Wakeman, Cristina Wilkinson (queen of social events this season, and boy, can this girl party!), **Kathryn Sly** (who can now do left to right manoeuvres in her sleep!), **Fiona Tom, Louise Lo** and **Karen Lee-Thorne**.

The Mids

Shirley Chau, Mary Williams (our vice captain who pushes us to play as a team and is nailing the diagonal passes), **Sarah Wymond, Pamela Tsang, Ffion Coalter** (fit young newbie who’s blind to her untapped talent), **Jo F** (F for Feisty, Fiery, Force not to be messed with), **Jo O’Connor** and **January Geisart**.

The Backs

Parminder Grewal (our fearless leader, a girl of many talents who also moonlights as goalie!), **Wandy Cheng, Winnie Leung** (who has really taken to her role of team photographer, and can now be found lurking around Wan Chai recording any G team’s indiscretions), **Teresa Littlewood, Summer Fearnley, Terri O’Kelly** (fellow newbie), **Christina Lum, Cath L-H** (whose dedication on the pitch matches her dedication off it – and so was born the Robert Palmer Girls!)

The Goalie

Lisa Davies, who has championed the goal this season, hats off as she has played with no fear through sickness and in health! And **Gayle Davies**, who will be back soon.

Thanks to Coach

Where would we be without **Chappie** and his constant support and side line coaching? Where would we be without his hardcore fitness sessions (whilst tucking into about the 50th mince pie and vat of mulled wine!)? **Doug**, whose only pre-match coaching session with us led to another win to add to our record! I think this shows we should have him more often, purely for the win of course! And **Guv**, who always pushes us and keeps our heads held high during matches, more importantly, without whom, where would we buy a hockey stick? or an apartment for that matter?

Great things to come – watch this space.

Netball News

Comments from the Chair



Karin Looram, Division Chairperson

Kung Hei Fat Choy!

Over the next few weeks we will start to see the top place finalists being carved out within the divisions. We are having a few wet weather nights, so if you have been effected by this, then your team will be making up those games on the allotted nights. Look out for these times and dates.

I wanted to take this chance to say a big farewell to **Nicky Won**, returning to live in beautiful New Zealand with her family. Nicky was a long term HKFC Member and her daughter, **Hannah**, was part of the Junior programme at HKFC. We also said farewell to **Isabelle Nash** off to gain a higher education in Australia. I am sure they will both enjoy the great netball both those countries have to offer.

We had an excellent Xmas Party to round off the first half of the season. The ‘Russian’ theme gave us lots opportunity for fancy dress, although some teams were more courageous than others, like the ballerinas who went through LKF dressed in nothing but a leotard, each team went to great efforts and looked amazing. The Whirlies, dressed as Russian Spies took best dressed, helped along by **Vanessa’s** amazing social networking skills! We also had circus ringleaders, mail-order brides, Russian tennis players and not to forget the ‘Grey Goose Girls’, although that’s not actually a Russian Vodka, we let them off. I expect to see some of these costumes at the 7’s this year for sure!

Next month will see another fun social event from our social reps, so be on the lookout for details shortly. It is most important that we all support these events as they are great for moral, getting to know each other and team bonding, not to mention all the work, worry and stress that goes into planning them.

Lastly, please remember that the Netball DSA committee meets every month. If you have anything you would like to put forth to the committee then please let us know.

MOTIVATIONAL QUOTE OF THE MONTH:

.....

“Whether you think you can or whether you think you can’t, you’re right.”

Match Reports

Tornadoes vs Valley Pumas

Monday 14th December (26-15)

Week eight of competition saw Tornadoes win convincingly over Valley Pumas, final score 26 to 15. With many players absent or injured (possibly due to the previous Thursday's Christmas party festivities), all the girls dug deep to pull ahead early in the first quarter, a lead they maintained throughout the game. The match was a fairly physical one, so the Tornadoes must be commended for keeping their cool and pressurizing the competition with solid defence.

Jennifer Reid put in a particularly strong performance mid-court, with **Lynette Ryan** and **Heather McKay** again working well together defending the goal. **Penelope Hamilton** also stepped out from her usual GS position to play a fantastic game at GA. All in all it wrapped up a great start to the 2009-10 season. *by Jane Dux*

Whirlwinds vs HKCC Dragons

Monday 4th January 2010 (27-20)

The game preparation got off to a slow start with **Stephanie** and **Elaine** waiting around from 6.35pm with no one else appearing until 6.50pm and that was **Karin**, closely followed by **Wandy**.

We had barely warmed up as we were only three when at 6.55pm, in arrived **Fran**, **Angela** and **Janie**.

With only 6 players we took to the court with a less than enthusiastic cheer. Although Karin assured us No. 7 would appear.

Luckily the Dragons only had 6 in the beginning too. The first quarter got off to a clumsy and hectic pace. We were happy to close at 5-4. But by then the 7th opposition player had arrived.

There continued to be a lot of loose ball and missed passes but we managed to get to half time with a score of 11-5.

That was when the game spiralled out of control. Balls were dropped, lost and thrown out of court. It was the point which could have turned the game. However the 3rd quarter score line of 17-16 did not dishearten the underdog team. The 6 players found the focus to get the game back in the last quarter with some quick thinking passes and some good shooting.

There was a sense of disbelief from all when the final whistle went and Whirlwinds were victorious!

Janie's debut game was one to remember. Back after many months to the position of centre for the whole game. Lots of credit due there!

Roll on the next one...it has to be easier with even 8 players.

Club vs Hong Kong Youth

Monday 7th December (50-18)

Hong Kong Football Club prides itself on the fact that we have a youthful Club team as compared to previous years. However that means nothing when you are faced with the Hong Kong Youth Team! Due to a few of the Club 'youth' players either participating (or supporting) the Phuket Triathlon we only had six Club players with two key players recovering from injuries. We pulled up **Emma** from Typhoons and had no spare legs on the sideline. Experience (and some red faces) however beat Youth with a respectable end score of 50-18. Many players were playing out of position and did

the team proud, in particular, **Stacey McLocklan** in the pivotal C position and **Dee Hutt** who as WA was chosen as both coach's player and player's player. We now look forward to the five week break. When we are back on court in January, two Club team members will be married ladies as Stacey McLocklan and **Cat Taylor** are getting married in New Zealand over the Christmas/New Year period. Congratulations to you both (and your partners of course). On the subject of congratulations, **Clare Chapman** did us proud in the Phuket Tri coming first in her age category and **Anna Clinton** third – amazing effort girls.

Typhoons vs Valley Panthers

Monday November 30th, 2009 (22-38)

The Typhoons came out ready and able against one of the Division 1 premier teams, holding steady with Valley Panthers 6-10 after the first quarter. The defence played well and **Tarne** and **Ali** were in fine shooting form with great passes from **Shauna**. The second quarter saw us continue to play inspired netball keeping the score close with the continued excellence of **Emma**, **Holly**, and **Cara** on defence and solid centre court and offensive play.

Then came the third quarter when the Panthers got away. Typhoons lost the ability to move the ball effectively against their centre court and it seemed as if the Valley shooters weren't missing, and they weren't. To redeem ourselves, we came back with a fantastic effort in the last quarter, nearly matching them (7-8) with great play all round. The defence slowed down their shooters, **Sarah** jumped in and played well at WD, **Claire** and Shauna made crisp, sharp passes up the court, and **Candy** and **Ali** returned with great movement to create open shots - especially for Ali and her specialty: the "long range bomb."

JUNIOR GIRLS' NETBALL

(for girls from 8 - 13 years old)

Want to play more netball and learn shooting, attacking, defence, mid-court, tips drills, with fun games and match play?

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

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

8 - 10 Years (Wednesday 5.30pm – 6.30pm)

20th, 27th January

3rd, 10th, 24th February

3rd, 10th, 17th, 24th, 31st March

11 – 13 Years (Wednesday 5.30pm – 6.30pm)

14th, 21st, 28th April

5th, 12th, 19th, 26th May

2nd June

Venue: Sports Hall

Fees (per session): \$70 (Members) \$90 (non-Members)

For enquiries, please contact Karen Morgans on 62521310 or by email gaze@netvigator.com



Golf News



19th Hole with the Chairman

Andy Ho,
Golf Society Chairman

You will see in this month's articles, that we've had quite a few outings in the past few weeks. As I mentioned earlier, our outings and tours are great value for money with lots of fun for those who participate. I am pleased to note that recent outings continue to be well attended, and I urge you to take advantage of the cool weather over these few months to play some golf with your fellow Society members...there are several outings planned, including an overseas Easter tour, details of which will circulate in the usual manner via the Society's website and notice boards as they become available.

Again, the Club has kindly allowed us to send email notifications to all Golf Society members via their database. For those of you who are still not receiving notifications, please either update your email address with the Club or look in your spam folder (in case the email was misfiled there).

Rule 27-2c/4

Original Ball and Provisional Ball Found Out of Bounds

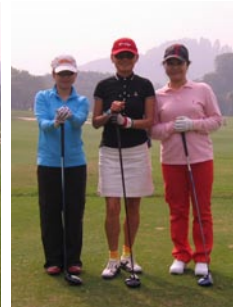
Q A player finds both his original ball and his provisional ball out of bounds. The balls were played from the tee. When the player returns to the tee and plays another ball, has he taken 3 strokes or 5?

A The player will have taken 5 strokes when he plays the third ball from the tee. A stroke played with a provisional ball and any penalty related to it are not disregarded unless the provisional ball is abandoned as provided in Rule 27-2c.

Kung Hei Fat Choy!

Christmas Cup at Lotus Hill

12th and 13th December



As usual, this year's annual Christmas Cup event was held at Lotus Hill Resort. We were blessed with good weather for both days. Some very good results on Saturday for the individual stableford competition- winner was **Anthony Tsang** who scored 40 points, followed in second place by **Amy Cheng** with 39 points and **Johnny Lam** with 38 points (OCB) who claimed the third prize. Nearest pins prizes went to **Rebecca Wong, Des Hastie, Jeremy Wong, Anthony Tsang** and **Mike Lamont**. Longest drives went to Amy Cheng and Jeremy Wong.

On Sunday, we played the Team Texas Scramble competition. **Jeremy Wong, Rebecca Wong, Man Shu Bor** and **Margaret Man** were the Champion Team who scored a remarkable 68 gross- 4 under par! Nearest pins prizes went to **Richard Neish, Anthony Tsang** (x twice), **Amy Cheng** and **Peter Nie**. Longest drives went to Amy Cheng and Jeremy Wong (again)!

The Christmas Cup weekend at Lotus Hill always welcomes those who just want just a couple rounds of golf, lots of wine, food, and a few massages.... say no more!

Finally, a big thank you to **Richard Neish, Margaret Man** (our new joined Committee member) and **Kevin Tse** for helping out with the organisation for the successful and enjoyable weekend!

Christmas Golf at Deep Water Bay

21st December

Golfing with a Christmas spirit (or two) was the theme at Deepwater Bay on a sunny but cool morning. The first novelty was a full English breakfast at the clubhouse, followed by a group of two-balls and three balls totaling 33 players, each with two clubs and a putter.

This made the course tougher, requiring a lot more creativity in shots to make up for the missing clubs. But anyway it was all good fun and very sociable, as Deepwater Bay events usually are.

After the game (it doesn't take very long compared with a full course) we were back in a private room at the clubhouse for Christmas lunch and thirst quenchers. This interlude allowed time for scorekeeping – yes, you can have a stableford competition at Deepwater Bay using the index adjustments at the starter hut, and yes, the handicap cards count for your handicap index.

Given the two club restrictions, high scores were not expected but **Linda Doyle** and **Vincent Kwan** tied for third place with 33 points, with their scorecards so close that a countback didn't work! More surprising

were **Michael Leung** on 37 and winner **Raymond Ching** on 38 – excellent rounds even without the club restriction. Raymond then explained that he doesn't use a full set of clubs anyway, and took the trouble to try his two chosen clubs on a round at the simulator! Such initiative deserves its reward!

Adie contrived additional prizes for best front and back nine using secretly selected holes unknown to the players, the resulting winners being **Chas Doyle**, **Andrew**



Wood, Jeremy Wong and **Patty Chiu** for the front nine, with **Jim Suttie** and Raymond Ching on the back nine.

There is a limit to the number of players at Deepwater Bay, and this Christmas event was heavily oversubscribed.

So Adie has in mind another similar event around Chinese New Year, with a roast pig lunch instead of breakfast. Watch out and book promptly!

David Connolly



Macau – City of Nightmares – HKFC vs HK Cricket Club Match

Bright and early on Saturday morning, one of the finest match play teams ever assembled by the HKFC Golf Society set sail to Macau, brim full of hope and optimism. Team assets had been split into lethal two man hit squads and each given an appropriate code names.

With military precision, everyone had turned up on time, and unlike previous occasions no-one had turned up who was not supposed to be there. Solid planning meant that our team had all arrived a good hour before the tee times and were out practicing their chipping and putting whilst the Cricket Club Team were nowhere to be seen.

Finally a few minutes before the first tee time, the Cricket Club shambles appeared with no idea of handicaps, and certainly with no chance to warm up.

After some furious last minute calculations by yours truly each flight was given their handicapping and battle commenced, although it was fairly clear to all that it was going to be another stroll in the park for HKFC.

Certainly in my flight all was going smoothly with the “Thai Dream Team” of **JP Cuvelier** and myself, just back from an intensive 5 day training session in Pattaya cruised to a 3-0 lead playing 1 under par for the first 4 holes. We continued mercilessly throughout the match walking away with a 7 and 5 victory, hardly breaking into a sweat. We naturally assumed the same was happening all round the course.

I was rather surprised to discover that the allegedly unstoppable “Booze Brothers” line up of **Phil Head** and **Nick Rickett** had in fact gone down 2 and 1 in the



flight ahead of us. No problem though, lightning doesn't strike twice.

Normal service was resumed however with the “Unsquashables”, **Chad Sunde** and **Kien Ng** also cruising to a comfortable 3 and 2 win, and there seemed little else to do but put the Champagne on ice and wait for the last two groups to come home.

Staggeringly lightning did strike twice, as

...continues next page

a shame-faced "Club Gents" pairing of **Charlie Yeomans** and **Nick Allen** admitted to having gone down 4 and 3. Weaker spirits might have started to panic at this stage, but knowing that I had my secret reserve bankers bringing up the rear, I remained quietly confident. A combined century of match play golf had hardened the "Grumpy Old Men" pairing of **Bob McKirdy** and **Peter Aherne** into an unstoppable force of po-faced misery, guaranteed to grind the life out of any opposition.

Disaster! Incredibly the Grumpy Old Men conspired to snatch defeat from the jaws of victory, going down 2 and 1 and had to console themselves grumbling about handicapping and anything else they could come up with.

The upshot of it all is that I am embarrassed to announce that the 2009 second leg of the Bucket Match against the Cricket Club indeed resulted in a 3-2 victory for the Cricket Club.

Over an excellent buffet overlooking the sea at Macau Golf and Country Club, the Cricket Club therefore walked away with the elegant match trophy (or they would have done if I had remembered to bring it), whilst we walked away with our tails between our legs, and the shameful ownership (hopefully for a very brief period) of the Bucket of Shame.

Thanks are due to the HKCC opposition captained by Graham Wandrag, and we will do our best to sort out this miserable state of affairs early in the New Year at the first leg of the 2010 Bucket Match. *Dallas Reid*

Ten Pin Bowling

15 members competed in the Tenpin Bowling Summer League held from May to September 2009. Men's champion was **Anto Grabo**, and Ladies champion was **Christine Cheung**, and other members were also rewarded for High Game, High Series, and 200+ games. Trophies were presented by veteran bowler **Catherine Che**, a gold medalist at the Seoul Asian Games.

HKFC bowlers are currently leading the handicap section of HK Inter-Club Tenpin Bowling League, and ranked third place in the scratch league. We welcome Members who are interested to represent the Club to compete in the league, which is played home and away on Thursday evenings.



coach Catherine Che with the winners of the Summer League



HKFC bowlers playing an away game against RHKYC

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PROPERTY PERFECT

SPA TALK: KICKSTART TO WELLNESS FOR 2010

Members wishing to make good on their New Year's resolution to be healthier in the coming months should head straight to the Club's spa, Beauty and Wellness by Wilma.

The spa has launched "Kickstart to Wellness for 2010" – a programme of treatments designed to help clients increase energy, change their body composition, improve health, prepare their body for peak performance, release harmful impurities, feel less stressed and have better sleep and concentration.

Clients who join the programme will follow a 30-day Isagenix Cleansing and Fat Burning System, a complete system filled with the highest quality minerals, vitamins, natural botanicals, herbs and nutrients with no harmful stimulants or drugs.

"Combined with the treatments and products available at the spa, our 'Kickstart to Wellness for 2010' will help Members make good on their commitment to achieve significant improvement in their overall health and wellbeing in the next few months," said spa manager Wilma Donnelly.

Beauty and Wellness by Wilma is located in the changing rooms corridor under the Forsgate Stand. The facility is fully equipped and offers a wide range of beauty and massage treatments and products.

Wilma is a highly qualified beauty therapist with extensive experience of the health, massage and beauty industry. A graduate of the renowned Frederique Beauty Institute in Hong Kong, she has held senior management positions at a number of reputable spas as well as running her own business.

The spa has been operating for more than 18 months and Wilma is thoroughly enjoying working at the Club. "I'm committed to providing a first class health and beauty service to Members, one that is totally in keeping with the standards expected at one of Asia's top sports clubs," she said.

"I really enjoy the interaction with Members and the feedback I've received over the past year and a half has been extremely positive."

Originally from Bacolod City in the Philippines, Wilma has lived in Hong Kong for more than 20 years. A mother-of-three, her interest in health and fitness extends to being a fully qualified salsa dance instructor.

Bookings at the spa should be made via the Club's Reception. Members wishing to know more can either drop by the spa or contact Wilma at wilmadonnelly@gmail.com or 9263 7471.



Wilma C. Donnelly

Diploma in ITEC and CIBTAC, UK

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wilmadonnelly@gmail.com

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Beauty & Wellness by Wilma

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Buy 20 + 3 FREE (HK\$520 x 20 hours sessions)

CHINESE NEW YEAR'S OFFER ends in MARCH 31:

Free 30 minutes Elemis Stress Release Back Massage worth HK\$380
when booking Elemis visible Brilliance Facial HK\$1180

Free 30 minutes Elemis Lime & Ginger Body Scrub Worth HK\$ 440
When booking Elemis Hot Stone Aromatic Massage HK\$ 980

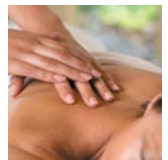
Free 20 minutes Eyelash Tint Worth HK\$280
When booking Brazilian or Hollywood Hot wax Bikini HK\$ 390

5 hours of Slimming Detox therapy worth HK\$ 5890
on promotion for only HK\$ 2,888. Valid for 6 months only

5 hours of Intensive & Deep Cleansing Facial worth HK\$ 5380
on promotion for only HK\$ 2,888. Valid for 6 months only

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Saturday, Sunday and Public Holidays: 11.00am - 8.00pm



Please contact Reception to book your appointments.

Tel: 28309500 (Reception)

Tel: 92637471 (Wilma's mobile)

wilmadonnelly@gmail.com

Payments by EPS/Cheque only

So... you want to be an athlete?

Head Swim Coach **James Shortis** and Assistant Swim Coach **Lloyd McBean** provide some basic truths about training. This article is Part 1 and outlines the importance of periodizing training so as to maximize our results.

Experienced international athletes in many sports recognize the necessity of stressing different objectives during the year. There are also different objectives during the off-periods from major competitions. Their aim is to reach peaks at specific times. Having your goals for races set for the upcoming year is crucial to this. Once the race comes and is over, the mind is focused already on the next race with a suitable time-gap, in order to remain motivated.

In planning their training over a long period, athletes apply the following principles:

- The body adapts best to fewer stresses at a time than too many. For example, one can aim to develop the aerobic system (high physiological stress) at the same time as technique, but not the aerobic system and the lactic acid system (high physiological stress).
- Work first and longest on those aspects of your sport which demand more time to develop. For example, it takes longer to build up endurance (3-4 months) and technique than it does speed (6-8 weeks).

Technique comes before everything. Technique breeds efficiency, energy conservation, acceleration, consistency and avoids injuries. Nothing can be truer for swimming.

TRAINING UNIT

A training unit is a single session devoted to achieving a particular objective, such as increasing speed, improving certain techniques, or race pacing. A day's training might consist of several different units; however, each is designed to work on a particular weakness or reinforce a particular strength.

MICROCYCLE

A microcycle is a group of training units combined in such a way as to achieve a



total objective. For example, if increased speed is the desired goal, two weeks' worth of training units oriented towards speed development might be in order. For runners/triathletes, these units would comprise of fartlek sessions, hill repeats or track sprints (as our members train for on a Tuesday night on Happy Valley track)

Microcycles permit the athlete to concentrate on one particular objective, which means that he will be more efficient in pursuing it, and can be repeated multiple times throughout the season. In creating microcycles, you need to consider the following factors:

- Do not subject yourself to extremely hard workouts, back to back, since you will have great difficulty recovering.
- Each training unit should pursue a specific objective and should vary from day to day so that the workouts are not dull. The interval between two similar training units should be long enough for you to recover.
- Recovery will be accelerated if units of active recovery are interspersed between other units of training.

Generally more than 24 hours of recovery are necessary from very hard workouts. Thus, one might have an extremely hard workout in the morning of one day and another hard one in the late afternoon of the next.

After an athlete goes through a workout, his capacity is reduced for a while until he

recovers from the stress. He then reaches a capacity slightly above the original one. The process is called overcompensation. The trick of training is to have the next workout come at the highest point in the overcompensation phase. In this way the athlete will enjoy the steepest improvement curve. Conversely, if insufficient recovery is allowed, the athlete will actually get worse, known as "overtraining."

Lastly – rest and recovery are crucial. Sleep, massage, mental relaxation and a diet which provides the right combination of minerals, fat, protein and carbohydrate for tissue repair and rebuilding is essential. Part 2 to follow! Happy Training!

HKFC TRIATHLON CLUB

In February we are training as follows:

Monday mornings – Swim- South Island International School 7-8am 1 lane in a 25m heated indoor pool

Tuesdays – Run- Happy Valley Running track: 7-8pm

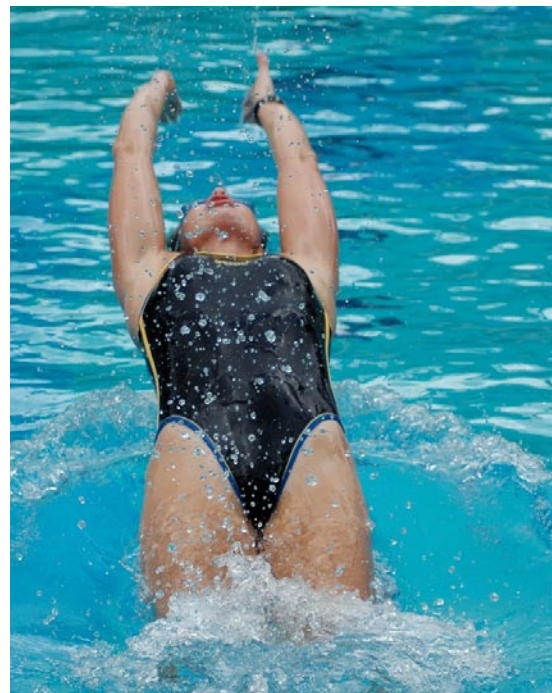
Thursday evenings – Swim - South Island International School 8-9pm 2 lanes in a 25m heated indoor pool

Swim training contact: James Shortis on kaikane@netvigator.com or Lloyd McBean on lloydmcbean@gmail.com

Running, contact: Stuart Elliott on selliott@profileasia.com

2010 UPCOMING EVENTS WITH HKFC SWIMMERS/TRIATHLETES PARTICIPATING:

February 13th	World Multi-Sport Championships, Coast to Coast, South Island, New Zealand
Feb 21st	Duathlon in Shatin – HKTRIA website for details
Feb 21st	Long Course Aquathon, To Tei Wan, HK Island, Revolution Asia for details
March 6th	Ironman New Zealand
April 4th	Stanley Ocean Swim – Revolution Asia for details
April 11th	Singapore International Triathlon – HKTriA for details
April 18th	Splash'n'Dash, South Bay, HKG – Revolution Asia for details
May 2nd	Subic Bay Triathlon, Philippines – HKTriA for details
May 16th	Festival of Sport Sprint and Olympic Distance Triathlon, Plover Cove – HKTri A for details
May 23rd	Bintan Island Olympic and Sprint Triathlon – Tribob for details



From Your Tennis Coach



Adam Doyle, Tennis Coach

In celebration of the Chinese New Year, throughout the month of February, all 1-hour private lessons will be discounted to \$430 (a \$100 savings, for a maximum of 2 lessons). This special offer is valid for newcomers only, and lessons will resume at the regular price after the first 2 lessons. So, take advantage of this special offer and see how much you can learn and improve your skills. Please email Head Coach Adam at adoyle23@yahoo.com.

The game of tennis has many challenges, among them, is deciding tactically and correctly WHAT and HOW one is going to play in less than half a second on every shot.

A tennis player has to decide approximately 200 to 300 times, in a 6:4 set, what and how he is going to play, and make those decisions in half a second!

When your opponent hits the ball toward you, you need to base your decisions about your next shot on:

1. Your abilities and skills at tennis (quick; good coordination; good ball judgment; able to play slice, spin, flat, drive volley, half volley, etc.)
2. What kind of ball are you receiving (fast - slow, slice - spin, high - low, wide - in the body, etc.)?
3. Where in the court are you positioned (behind the baseline, inside the court, out of the court, etc.)?

4. What are your opponent's skills and abilities (cannot play a slice, has trouble with high balls, can hit a winner with a forehand from inside the court, cannot smash well, etc.)?
5. Where is your opponent positioned (coming to the net, retreating, recovering slowly, etc.)?
6. On what kind of surface are you playing?
7. What are the court and weather conditions?
8. What is your mental and physical state (nervous and tight, relaxed, feeling confident, tired, etc.)?
9. What is your opponent's mental and physical state (agitated, calm and composed, getting cramps, etc.)?
10. What is the score?

Let us hope that reading these factors you can understand why tennis is a difficult but fun and challenging game!!!

Please sign up today for tennis lessons and junior coaching, we look forward to helping your game improve.





All the participants of the Mixed Double Tournament

Mixed Doubles Competition

Saturday 12th December

Another fantastic year of tennis was brought to a fitting end with an exciting mixed doubles competition on 12th December, followed by a delicious hot pot dinner in the Coffee Shop. It was great to see many of the regular players supporting our final competition of the year, but it was especially pleasing to see a number of newcomers taking part for the first time.

Club coach **Adam Doyle** faced the challenge of getting forty players to complete 12 rounds of tennis in just four hours! Turning to technology for a change, Adam employed a complex software programme to come up with the draws for each round in advance as there was no time to spare.

Each pair played for around 20 minutes with no ad scoring to amass as many games as possible. The pace was



Mixed Doubles Champions Natalie Stevenson and Eric Tsea

relentless and the competition intense right up to the final whistle.

In the end, the men's mixed doubles champion was **Eric Tsea** on 41 points with **Graham Johnstone** a close



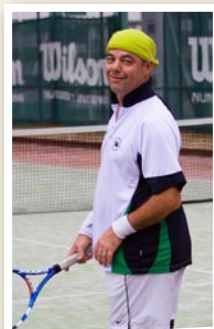
Simon Cheung's Killing Serve



Overhead smash from Vivian Lawson



Ringo Leung in action



Helen Ormerod with Men's
Runner Up Graham Johnstone



Helen Ormerod with Ladies
Runner Up Jenny Chu

second on 37 points. The ladies mixed doubles champion was **Natalie Stevenson** on 38 points, while **Jenny Chu** was runner up with 35 points.

Big thanks to the organizing team of **Helen Ormerod, Therese Beresford, Celina Leung, and Adam Doyle.**

Once again, Sports Staff Department member **Neo Ng** has taken some excellent photos – you can view them at <http://www.flickr.com/photos/neong11/sets/72157622865888841/>

Be sure to check out the Tennis Society website which is updated regularly with lots more photos from all of the recent events. http://www.hkfc.com.hk/sports_sub.asp?cat=tennis



The Leung family enjoying the hotpot dinner

The Year in Review

2009 saw the Tennis Society go from strength to strength. As we celebrated our 9th anniversary, the Society has grown to nearly 200 members supported by a hardworking, dedicated committee of 14 volunteers.

Participation in social and competitive events has reached an all-time high and we now have three men's and one ladies' team competing in the evening leagues at A, B and D grades. We also have three strong ladies' teams competing in the morning leagues. Annual competitions have been over-subscribed, including the men's singles, parent and child doubles and mixed doubles competitions.

We have introduced new events, such as the annual charity tournament, while the **Tennis Weekends to Jiangmen** have become more popular than ever and we continue to play an active part in local inter-club events, like the **Island Challenge Cup** and the **Prince's Challenge Junior Tournaments.**

We were all devastated by the sudden and tragic loss of our beloved chairman, **Graham Ormerod** in July 2009. But he left behind a tremendous legacy and we are determined to honour his memory by continuing to enjoy and promote the sport that he was so passionate about. The inaugural **Ormerod Cup**, men's doubles competition will take place in February 2010.

Forthcoming Events

- **The Ladies' and Men's Doubles Boxed Leagues** will continue each month for approximately six-week periods. The aim is to help us become more competitive during league matches as well as playing with regular partners for more consistency – this will also influence team selections, so make sure you get involved !
- **Summer League Matches** will begin in March. Please contact the relevant captains if you would like to play competitive morning and evening league matches.
- **The Ormerod Cup**, men's doubles competition is currently scheduled for **Saturday 27th February 2010 (Saturday).**
- Look out for details of the **Charity Doubles Competition** scheduled for Sunday **21st March 2010** where we will be raising money for Ugandan orphans once again.
- **Men's Singles Tournament** is scheduled for **Saturday 24th April 2010.**
- **Ladies Doubles Tournament** is scheduled for **Saturday 2nd May 2010.**

If you have any questions, comments or suggestions for the Tennis Society, please email the following address: tennisociety@gmail.com

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NEW BOOKS IN THE LIBRARY

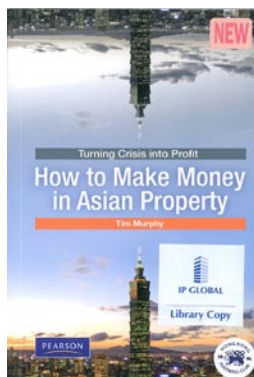
TURNING CRISIS INTO PROFIT

By Tim Murphy

The book is written by Tim Murphy, Managing Director of property investment company, IP Global which is dedicated to sourcing developments in recovering and emerging markets.

Turning Crisis into Profit is an educational venture and offers both seasoned investors, as well as newcomers to the Asia property investment market, valuable direction on why Asia is a good place to invest, as well as an overview of markets in Asia with strong investment potential.

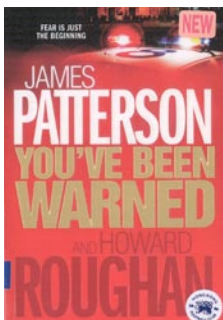
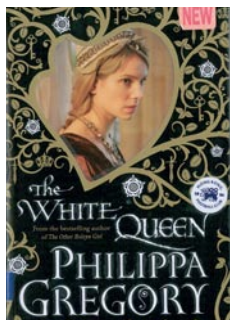
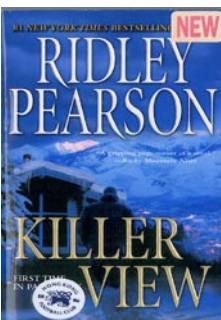
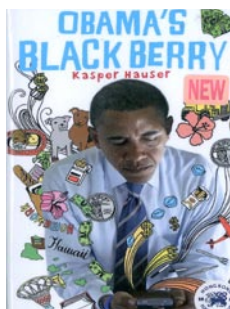
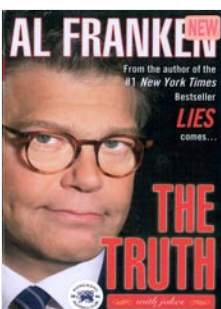
The book presents a significant case for understanding the wider context of property investments when reviewing developments in recovering and emerging markets (where the biggest opportunities lie).



MOVIE OF THE MONTH

CLOUDY WITH A CHANCE OF MEATBALLS

When Flint Lockwood's (Bill Hader) latest contraption accidentally destroys the town square and rockets up into the clouds, he thinks his inventing career is over. Then something amazing happens as delicious cheeseburgers start raining from the sky. His machine actually works! But when people greedily ask for more and more food, the machine starts to run amok, unleashing spaghetti tornadoes and giant meatballs that threaten the world! Now it's up to Flint, with the help of weather girl Sam Sparks (Anna Faris) and Steve, his talking monkey assistant, to find some way to shut down the machine before the world is covered in super-sized meatballs!

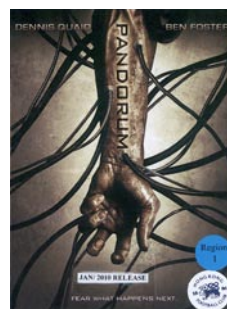
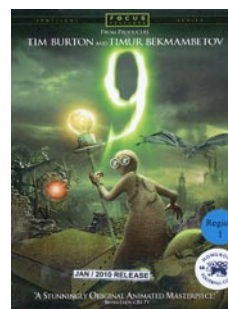
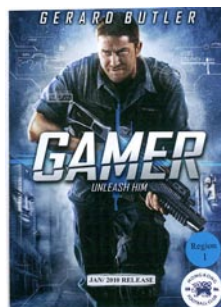


NEW BOOKS

- HELL'S HERO BY DARREN SHAN
- OBAMA'S BLACKBERRY BY KASPER HAUSER
- BURNT SHADOWS BY KAMILA SHAMSIE
- KILLER VIEW BY RIDLEY PEARSON
- THE TRUTH BY AL FRANKEN
- YOU'VE BEEN WARNED BY JAMES PATTERSON
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