

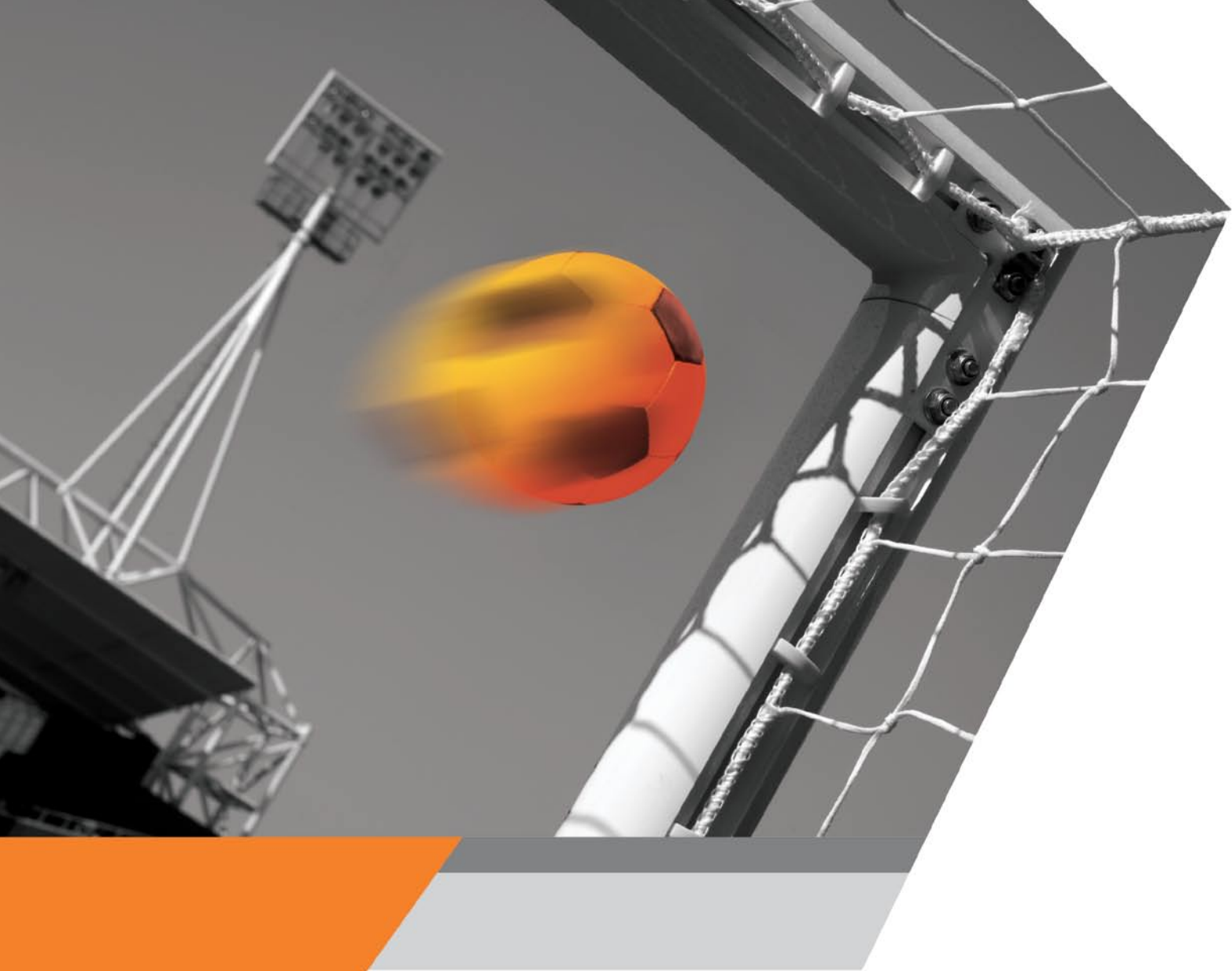
# CLUB

HONG KONG FOOTBALL CLUB 香港足球會 JANUARY 2010



*Happy New Year!*  
*from all of us at the Club*

2010



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## HONG KONG FOOTBALL CLUB

### MISSION STATEMENT

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

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

**Values:** Being accountable – to communicate, consult and provide information.

Living within our means – to plan ahead within available resources.  
Developing a culture of service – to encourage commitment, integrity, courtesy and responsiveness.

Managing for performance – to set the direction and develop the necessary skills.

**Aims:** To provide the services the Membership needs.

To improve the quality of Club life.

To up-hold the Constitution and Bye-laws.

To encourage Members to play their part in the Club.

#### General Committee

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

#### Management

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

#### Club Magazine

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

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Cover Illustration: Boguslaw Mazur | Dreamstime.com



# The Club General Committee 2009-2010



Dermot Agnew,  
President



Nick Hunsworth,  
Vice President



Mike Lamont,  
Vice President



Bobby Lawson,  
Vice President



Iain Valentine,  
Vice President



Lynn Edwards,  
Sports & Recreation



Martin King,  
Development



Desmond Ko,  
Discipline



Maurice O'Brien,  
Constitutional Affairs



John Shanahan,  
Membership



Fook Aun Chew,  
Chairman



Fergus McCoig,  
Hockey



Mike Worth,  
Lawn Bowls



John Molloy,  
Rugby



Martyn Russell,  
Soccer



Dave Reeves,  
Squash

## PORTFOLIO DETAILS OF STANDING SUB-COMMITTEES

The following portfolio functions have been summarised to show terms of reference previously approved by the General Committee (GC).

### **POLICY WORKING GROUP – Fook Aun Chew**

Function: to formulate policies for the approval of GC, to ensure the effective and proper implementation of the Club's published Mission Statement.

### **FINANCE – David Howell**

Function: to take into account financial considerations emanating from proposals and policies considered by the GC, and to advise and, if appropriate, give recommendations to GC for approval.

### **CONSTITUTIONAL AFFAIRS – Maurice O'Brien**

Function: to consider ongoing review of Articles and Club Bye-laws either by initiative or upon instruction from GC, and to make appropriate recommendations.

### **DEVELOPMENT – Martin King**

Function: to raise and consider appropriate ongoing and new development initiatives in the short, medium, and long-term for Club facilities with a view to recommending selected proposals to GC for

consideration and implementation.

### **DISCIPLINE – Desmond Ko**

Function: to process complaints and breaches of the Bye-laws in accordance with standard procedures to be advised (and to ensure Club Staff are briefed on these matters) and to apply appropriate sanctions to those Members found in breach. Finally, to provide information to assist GC in evaluating Membership acceptance/adherence to current Bye-laws etc.

### **MEMBERSHIP – John Shanahan**

Function: to be responsible for admission of new Members and also to monitor existing policies and to advise on issues involving membership, including procedural matters (including Sections) and enforcement of these policies.

### **SPORTS & RECREATION – Lynn Edwards**

Function: to facilitate the development of, and Members' participation in, recognised sporting activities and competitive recreational activities, and to work with Management towards the optimum use of the Club's sports facilities.



Colin Cohen,  
Honorary Secretary



David Howell  
Honorary Treasurer



## The Thoughts of the Chairman

Dear Fellow Members,

*Happy New Year to you all!*

On the adjacent page, please see the photographs of the current General Committee (GC) members as well as their portfolios. As mentioned beforehand, there is no change to the Chairmen of the five Standing Sub-committees.

In recognition of **Grace Chu** becoming World Champion in Lawn Bowls (a few years ago in 2005), as well as other outstanding achievements in Bowls, there was an unveiling of a photo of her in the area in the corridor just outside the Sportsman's Bar on 2nd December 2009. The unveiling was overseen by the President of the Club, **Dermot Agnew**, along with a number of General Committee members and Lawn Bowls Section Committee members. The unveiling was followed by a Get Together with the GC and committee members of the Sections, DSA, Societies and Sub-committees, with Grace and husband **Patrick** also present. The event was very well attended and well received.

The Christmas Carols on 21st December 2009 were also very well attended with the **Male Welsh Voice Choir** providing the entertainment with a lot of young children joining in the traditional Christmas sing-along.

At the time of writing, the **New Year's Eve Party** has been sold out for about four weeks and I hope that the Party goes well and that everyone is able to make the **New Year's Day Youth Rugby Tournament** without too much of a sore head!

See you at the Club in 2010!

**FOOK AUN CHEW**  
Chairman



## From the Desk of Mark Pawley

As ever, December has been a very busy month, particularly for food and beverage and, as I put pen to paper, there are still two large and festive events to go before the end of the year. A big "Thank You" is in order to all Management and Staff of the Club for their efforts not just during the month of December but also for their hard work throughout the whole of 2009.

It's always difficult to get away from the fact that with December's over indulgences that January is traditionally earmarked as being the month for dieting and exercise. Unfortunately, these points have seemingly been completely ignored by our Food and Beverage Department who have put together a number of very interesting promotions to "tantalise your tastebuds". One of the most popular promotions, no doubt, will be our **Hot Pot Corner** in the Coffee Shop which runs Sundays to Thursdays inclusive throughout the month of January.

This promotion is complimented by the interestingly named "**Recreating Jamie's Kitchen**" **Weekend Dinner Buffet** which will run every Friday and Saturday during the month.

In the Restaurant, the highlight of the month is **Chef Peter's Discovery Menu** which this time showcases the food and wine of the Perigord region of France. Along with this evening, the Restaurant also has a **Winter Warmers Special Casserole** menu, and, on Sunday evenings, an **Ocean Treasures Family Dinner Buffet** with seafood prepared in both Asian and Western styles. Also in the Restaurant, for wine lovers, **Bring Your Own Wine** is back (at least until 28th February 2010): page 5 of the magazine notes the rules by which you can bring wine into the Restaurant.

In the Sportsman's Bar, apart from our "live" sports features we have an **Australian Lamb** promotion, a **French Mussels (Galore)** promotion and an **Asahi Beer** promotion!

Here's to losing weight this month – no chance!

I look forward to seeing you all at the Club.

**MARK PAWLEY**  
General Manager



*Unveiling of Grace Chu's framed photo by our President, Dermot Agnew*

## CHEF PETER'S DISCOVERY MENU:

in the Restaurant  
Thursday 21st January  
7pm to 11pm

This month's focus:  
The French Perigord Region

This very popular monthly event is a great way to spend with family and friends. A four-course menu, inclusive of 2 selected wines served generously with your meal.

*"Le Périgord is not only where one eats well but a land where one eats finely and where cooking is considered as one of the Beaux-Arts (fine arts)" – François Mauriac.*

Last month's event was completely sold out, so please book early to avoid disappointment!

Please contact the Restaurant at 2830 9562 for reservation or email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com)

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



### *Menu*

#### 1st Course

*Pan Seared Diver Sea Scallops  
Potato-Cucumber Salad and Verjus from the Périgord region*

\*\*\*

#### 2nd Course

*Opened Ravioli with Forest Mushrooms  
Served with a Truffle Périgueux Sauce*

\*\*\*

#### 3rd Course

*Grilled Sirloin of Beef with a Duck Liver Cream Sauce  
Potato Salsardaise, Glazed Baby Carrots and Green Beans*

\*\*\*

#### Dessert

*Perigord Walnut Tart  
Vanilla Sauce*

\*\*\*

*Coffee or Tea*

*Petit Fours*

#### Wines Selected From the Languedoc

*White: Robert Skalli: Chardonnay 2006  
Red: Robert Skalli: Cabernet Sauvignon 2007*

*\$398 per person*

*(Inclusive of dinner and free flow of 2 selected wines) or*

*or*

*\$310 per person*

*(Exclusive of beverage)*

## WINTER WARMERS

in the Restaurant  
every evening (except Sunday)  
throughout the month of January  
6.30pm to 9.30pm

Keep out the winter chill with the Restaurant's winter warming casseroles. These hearty casseroles are created with the finest ingredients and are available throughout the cold month of January. Bundle up and bring your family along!



Photo for reference only

## OCEAN TREASURES

in the Restaurant  
every Sunday night  
throughout the month of January  
6.30pm to 9.30pm

This month, the Sunday Family Dinner Buffet has a new focus on seafood, prepared in both Asian and Western styles and guaranteed to make you come back for more!

And what's more? Spend **\$800 or more** on food and get **1kg (2.2lbs) of free hot and steamy French mussels** cooked to your preference.

Contact the Restaurant at 2830 9562 for reservation or email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com)



Photo for reference only

## BRING YOUR OWN WINE

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

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.

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.

Please contact the Restaurant at 2830 9562 for a reservation or email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com)



## SUNDAY DELUXE CHAMPAGNE BRUNCH

in the Restaurant

Sunday 10th and 31st January

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.

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

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

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

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

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

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

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

## SUNDAY FAMILY BRUNCH

in the Restaurant and Chairman's' Bar

Sunday 3rd, 17th and 24th January

from 11am to 2.30pm

The Restaurant is launching a new Family Brunch Buffet menu, which features a mix of traditional international brunch dishes. Bring your family along this Sunday!

Contact the Restaurant at 2830 9562 for reservation or email: [restaurant@hkfc.com](mailto:restaurant@hkfc.com)

## SUNDAY ROAST AND SPARKLING WINE

in the Happy Valley Suites

Sunday 10th and 31st January

11am to 2.30pm

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

\$198 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](mailto:bar@hkfc.com)



## HOT POT CORNER

in the Coffee Shop  
throughout the month of January  
Sunday to Thursday  
from 6.30pm to 9.30pm

The traditional Hot Pot is back in the Coffee Shop this winter. This winter favourite is a great way to socialize and share the warmth of friendship?

We have prepared a selection of two hot-pot-platters (Premium and Deluxe), along with a wide selection of vegetables to accompany your tastes.

The Premium Set Menu is available for a minimum of 2 persons at \$220 per set or \$388 for 4 persons. Extra portion will be charged at \$100 per person.

Deluxe Set Menu is available for a minimum of 2 persons at \$300 per set or \$585 for 4 persons. Extra Portions will be charged at \$120 per person.

Please note that booking is essential for a table of 8 or more.

## CRÊPES IN THE AFTERNOON

in the Coffee Shop  
throughout the month of January  
from 3pm to 5.30pm

Freshly made Vanilla pancakes prepared in four different ways.

Come and find out all the different ways you can enjoy your pancakes!



Photo for reference only



Photo for reference only

## WEEKEND DINNER BUFFET: RECREATING JAMIE'S KITCHEN

in the Coffee Shop  
every Friday and Saturday night  
throughout the month of January  
6.30pm to 9.30pm

Every Friday and Saturday night, a special buffet corner will be featuring a selection of well-loved dishes from the cookbooks of one of Britain's most popular celebrity chefs, Jamie Oliver. Our own "celebrity" chefs have been busy recreating some of Jamie's popular dishes. Come and sample them!

Please call the Coffee Shop at 2830 9569 for more details.



## CHINESE NEW YEAR COUNTER

Ground Floor Lobby

Friday 22nd January to Saturday 13th February

The Chinese New Year counter will be open from Friday 22nd January to Saturday 13th February.

There will be a wide selection of festive items, including wines, cookies, candies, dried seafood and more!

### Hours of Operation:

Monday to Friday: 1pm to 9pm

Saturday and Sunday: 10am to 9pm



## LION DANCE



Photo for reference only

## INTRODUCING BIG WINES

in the Chairman's Bar

from 6pm to 10pm

throughout the month of January

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

The Chairman's Bar has selected 12 of these Big Wines on offer this month, which is 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.

## FROM THE BAKER'S CORNER

This month our Pastry Chef has created 3 different Bagels for takeaway:

Plain White Bagel (100g): \$6.50

Poppy Seed Bagel (100g): \$6.80

Sesame Seed Bagel (100g): \$6.80

These bagels can be ordered 24 hours in advance in the Coffee Shop.

Order any half a dozen (mix selection accepted) at a special price of \$35.



Photo for reference only

## LUNCH AT THE CLUB

in the Restaurant

### Set Lunch with Starter Buffet

Monday to Friday from noon to 2.30pm

2 Courses: \$128; 3 Courses: \$148

in the Coffee Shop

### Asian and Western Buffet

Monday to Sunday from noon to 2.30pm

\$110 per Adult, \$68 per Child

in the Chairman's Bar

### Express Set Lunch

Monday to Friday from noon to 2.30pm

4 Courses: \$78



Photo for reference only

# JANUARY IN THE SPORTSMAN'S BAR

The **English Premier League** continues on the big screen this month. With many important games scheduled, please check the Notice Boards for an update on times.

In Rugby, the **Guinness Premiership** and **The Magners League** remains the focus this month.

In Cricket the **England Cricket Tour** of South Africa is as follows:

3rd test – 3rd to 7th January  
4th test – 14th to 18th January

For Golf enthusiasts, the **European Tour** will be played in Abu Dhabi from **21st to 24th January**.

Another event to mark in your diaries is the **Super Bowl Final**, live from Miami, Florida on **Monday 8th February**. The



Sportsman's Bar will put on a **Full Breakfast Buffet** in the morning, so be sure to book your tables early.

On the Food and Beverage front, we have the following promotions:

**AUSTALIAN LAMB DELIGHTS**  
Monday to Friday: 6.30pm to 10.30pm  
Saturday and Sunday from noon to 10.30pm

**FRENCH MUSSELS GALORE**  
Friday evening 6.30pm to 10.30pm  
Saturday from noon to 10.30pm

Marinière or spiced with Spanish chorizo and tomato.

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

### BEER PROMOTION

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.



## HKFC and TakeOut Comedy presents the 3<sup>rd</sup> Live Standup Comedy Show at the Club

**WEDNESDAY 3RD FEBRUARY FEATURING WALI COLLINS**



Wali was nominated three years in a row as "College Campus Entertainer of the Year". Wali is also the most sought after comedian for corporate events. IBM, L'Oreal, and Johnson and Johnson, FEDEX are just four of the many companies. He is a regular at all of the main stream Comedy clubs in New York City and Los Angeles.

David Letterman caught Wali's act and recruited him to warm-up for his show. Later that season Wali was a featured performer on the "Late Show with David Letterman". Quoted by GQ magazine "Wali's true purpose becomes evident".

Log on to Wali's website: [www.walicollins.com](http://www.walicollins.com)

**Date: Wednesday 3rd February 2010**  
**Time: 8.30pm until 10pm**  
**Venue: Sportsman's Bar**  
**Price: \$280 includes Curry Buffet from 7pm to 8.15pm or \$220 (for Show Only)**  
**For booking, please call: 2830 9531 or email: [karen\\_limbu@hkfc.com](mailto:karen_limbu@hkfc.com)**



**SPECIAL GUEST: MICHAEL DORSHER**

Finalist 2009 HK Comedy Competition



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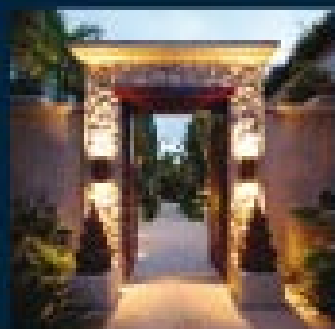
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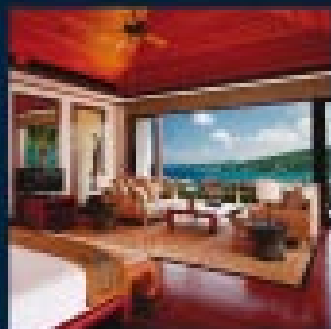
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\*This package is valid from now until 31st March 2010, except during the close-out period from 11th-21st February 2010.



PRIVATE CLIENT FINANCIAL PLANNING

# Squash News



## Wing Ding 2009

Saturday 14th November 2009

The squash players wore fishnet stockings, padded bras and short dresses – and those were just the men! Welcome to the Wing Ding Squash Tournament, where men and women comb Wan Chai street markets to come up with outrageous garb for a grueling, yet fun, afternoon of charity.

The 11th edition of the annual light-hearted competition was held at the Hong Kong Football Club on Saturday 14th November. The 2009 event raised the most money ever, topping \$500,000 through associated sponsorships, ticket raffles, prize auctions and lucky draws.

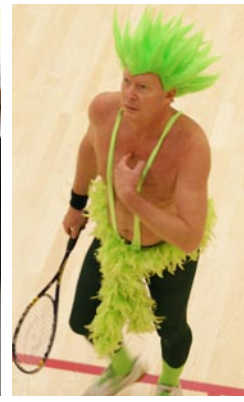
Held in memory of Yuen Kam-wing, a disabled man who helped run the Hong Kong Squash Centre on Cotton Tree Drive, the tournament generates money for Operation Santa Claus, which is co-organised by the South China Morning Post and RTHK.

“This year’s tournament was awesome,” said event coordinator **Tim Everest**. Helped by his wife **Rovana Lai**, Everest was as busy off the court selling raffle tickets and talking up the auction prizes, as he was on-court, sprinting for drop shots while decked out in his idea of ladylike attire. “To raise this much money for charity from an afternoon of squash is just amazing. We had 112 people in this tournament and I bet we could have had double the amount if there was enough space.”

The fun comes via the costumed teams – the goofier the better – and the format, which demands team members play 13 consecutive three-minute games (the top two players on each eight-person team must play 4 minute games for a total of 52 minutes of full-on exertion). It doesn’t sound too bad until you factor in the mad dash players must perform among the seven courts to get to their next game. The first player arriving at the next game’s court can start serving into an empty receiving space until his panting opponent arrives.

So what compels people to do this? “For me, the Wing Ding marks the start of the Christmas season, the season to give,” said player **Julian Tanner**, 33, an assistant professor at the University of Hong Kong. “The tournament is getting bigger, more people are playing, which raises more money for charity.”

While many Wing Dingers had played in previous tournaments, there were several first-timers as well. Mike Ferreira has been in Hong Kong for only a few weeks, but has already established himself as one of the city’s elite players. “This is great, and it’s very suited to Hong Kong as a city,” said Ferreira, 27, who works for a brokerage firm. Dressed in an Aladdin genie outfit, he made a sweeping gesture with his hand at the barely controlled bedlam taking place around him. “There are people from everywhere, bringing



a lot of positive energy. It's nice to be here."

Other qualities brought to the courts were grit and determination, epitomized by 38-year-old Digital Marketing Consultant Dave Jessop. He played the Wing Ding with two cracked ribs incurred during a recent football match. "I can't see the ribs as a reason not to do this. It's about commitment, and I made a commitment to be here," said Jessop, who represented the Silver Surfers team.

From the children's viewpoint, it must have looked a bit like adults suddenly behaving like little ones at a birthday party. Eight-year-old Nicole Robinson summed it up like this: "They're really noisy and the clothes are very weird," she said.

Oh, and the result? The winners are hopefully Hong Kong's underprivileged children, who will hopefully have a brighter Christmas. For those counting actual scores, the Island Squash Racquet Club finished first, narrowly beating the Hong Kong Football Club. Third place went to the Hong Kong Cricket Club team. "It's a great cause, and it's a great tournament, and people have fun doing it," said **Fook Aun Chew**, Chairman of the Club, "The Club is happy to offer the facilities. It's good to be part of the wider outreach that Operation Santa Claus offers."

See you next year at Wing Ding 2010!



Wing Ding 2009 Winners





## Wing Ding 2009 – A Family Affair

Amid the giddy madness that runs through the Wing Ding Squash Tournament, there is also a strong family element present and well-accounted for. Spouses and children supporting Ma or Pa in their games are fairly common, but in a few cases, nearly the entire family could be found decked out on the court as well. Such was the case with the Ng and Tang clans on Wing Ding weekend.

**Simon Ng** took part this year as the tournament's referee supervisor. The 59-year-old City University employee still plays squash, but left this year's Wing Ding team efforts to his three children. His sons **Adrian**, 33 and **Henry** 20, were on hand in full kit, while daughter **Denise**, 36 also played. "The family thing just happened naturally," said Denise, a dentist. "I think for the people who come and play here, the charity is the main thing. It is very rare to play this game in a silly way, but that said, you still see some pretty good squash."

The **Tangs – Thomas, May**, son **Peter** and daughter **Jenny**, were also a family force at this year's tournament. While Thomas, May and Peter played, 14-year-old Jenny dressed as Moses and operated the horn that tells players when the games end and new ones start. "People are incredibly generous at this tournament," said May, acknowledging the more-than HK\$500,000 raised. "You also see a lot of kids here and they are getting the idea for charity as well."

Simon also saw the value in honouring Yuen Kam-wing, whom the tourney is named after. "Squash players have long memories," said Simon. "Wing was a good guy, always cheerful despite his disability. He always tried to help people with their needs."

Quite fitting, since that is just what the Wing Ding is all about.

## News from the Courts

Henley-HKFC teams have made a strong start to season 2009/10. At 11th December 2009 Henley-HKFC 2, 3, 4B, 5, 9, 11, 12 and L2A convened by **Patrick Choi, Terence Teo, Adrian Ng, Jonathan Barton, Derek Ryan, Roger Liden, Paul Brady** and **Kate Geary** respectively sat at the top of their divisions. In addition, Henley-HKFC 2, 9, 11, and 14A are still unbeaten. While there is still a lot of squash to be played, it seems that Henley-HKFC teams will be in the thick of things at the business end of the season.

Team/Division	League Position (as of 11th Dec 2009)
<b>Main League</b>	
Henley-HKFC 1	4th
Henley-HKFC 2	1st
Henley-HKFC 3	1st
Henley-HKFC 4A	4th
Henley-HKFC 4B	1st
Henley-HKFC 5	1st
Henley-HKFC 6A	3rd
Henley-HKFC 6B	7th
Henley-HKFC 9	1st
Henley-HKFC 10	2nd
Henley-HKFC 11	1st
Henley-HKFC 12	1st
Henley-HKFC 13	3rd
Henley-HKFC 14A	3rd
Henley-HKFC 14B	9th
Henley-HKFC 16	6th
<b>Ladies League</b>	
Henley-HKFC L1A	6th
Henley-HKFC L1B	4th
Henley-HKFC L2A	1st
Henley-HKFC L2B	2nd
Henley-HKFC L3A	6th
Henley-HKFC L3B	9th
<b>Masters League</b>	
Henley-HKFC M1A	4th
Henley-HKFC M1B	5th
Henley-HKFC M2	6th



## Coach's Corner

### Let Please!

Refereeing is a thankless but necessary task. It always helps to know the rules, and to use the correct calls, but the real 'nitty-gritty' is what you do when one of the players appeals for a let. Below is a summary of the thought process a referee should go through when asked 'Let Please'...

#### Question 1: Did interference occur?

**Answer:** The striker has four basic rights, and interference has occurred if the opponent fails to provide him with any of these, even if he has made every effort to do so:

- Unobstructed direct access to the ball
- A fair view of the ball
- Freedom to hit the ball
- Freedom to play the ball directly to the front wall

If no interference has occurred, then it's NO LET, otherwise move on to no.2

#### Question 2: Could the obstructed player have reached the ball and made a good return? And, was he making every effort to do so?

**Answer:** If either answer is NO, then it's NO LET, otherwise move on to no.3

#### Question 3: Did the obstructing player make every effort to avoid the interference?

**Answer:** If he didn't, then it's a STROKE, otherwise move on to no.4

#### Question 4: Was the obstructed player in a position to play a winning return?

**Answer:** If so, then it's a STROKE, otherwise it's just a LET

Remember though, that this is a simplification - read the rules thoroughly. The over-riding principle of the rules is to ensure a fair result for both players.

Player of the Month: **Serena Choo**

Junior Player of the Month:  
**Jeremy Yeung**

## HKFC Squash World Cup

Saturday 16th January 2010

The HKFC Squash World Cup Tournament will be held at the Squash Centre on Saturday 16th January 2010. The World Cup Tournament is a running teams competition with 8 teams each team comprising 8 players. The 2010 event will have both a scratch and a handicap competition. In 2009 teams representing China, England, Hong Kong, India, Ireland, Malaysia, Scotland and The Americas participated. Hong Kong emerged the winners beating England into 2nd place, with the much-fancied Malaysians somewhat surprisingly picking up the wooden spoon! Tournament Convenor **David Murray** will be sending out further details of the event shortly, so look out for his email.

## The Ladder Rules! The Ladder Resumes!

The ladder rules have been revised to allow ladder matches to be played using PAR (point-a-rally) scoring as well as HIHO (hand-in, hand-out) scoring. The revised ladder rules are posted on the notice board in the Squash Centre adjacent to the ladder board. Seedings and handicaps for HKFC Squash Section Tournaments are determined with reference to the ladder, amongst other things.

Members should also note that the ladder resumed operation as of 1st November 2009. The ladder is maintained by **Ajay Hazari** and any disagreements over challenge matches or the ladder rules may be referred to him for a decision.

### Contact Email Address for Members of the Squash Section

If your contact details have changed or if you are not receiving emails from the Squash Section about the Hong Kong Squash League, Club tournaments, Club nights, matches, social events or the like, then please send your updated contact details by email to [hkfcsquash@live.com](mailto:hkfcsquash@live.com)



## Discount Vouchers to Club Members

### VS flights to London Hong Kong - London - Hong Kong

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<b>STUDENT FARE (Economy Class)</b> Travel Period till 4 <sup>th</sup> Jun 2010 * Additional baggage allowance*	\$7,400 up	\$250
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\*Subject to all applicable taxes and fuel charges. \* High season surcharge & certain terms & conditions apply

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Hotline: 2810-9300 Website: [www.sunpac.com.hk](http://www.sunpac.com.hk)



# Soccer News



Sir Alex Ferguson and Monty

## Captain's Corner

Welcome back troops,

I hope you all had a smashing Xmas and that last night you managed to bring in the New Year in style.....my New Year's resolution is to convince **Perry Tunesi** and **Stevie May** that I'm worth a place in their 7's squad....their argument last year was that I missed out due to an absence of a first touch, finishing ability, any kind of skill and the small matter of being 2 stone overweight. I dislike debating things with coaches when their line of reasoning is based on nothing but the truth and hard facts...it's taken me 6 months to apologise for spitting the dummy out so I thought I'd do it in public.

Moving swiftly on to this bumper edition which is dedicated to the biggest derby in Hong Kong's Amateur football world. On Sunday 13th December 2009 **HKFC Albion** stood proudly at the top of the League and faced their biggest rivals who were in 2nd place – **HKFC Wanderers**. At the time of going to print, the result was unknown, but as you sit here now and read this, all will have been decided. There have been some absolute classics down the years between these 2 sides...I remember playing in my first one back in 1984 and in the intervening 26 years, I believe the win ratio is heavily in Wanderers' favour. This



HKFC Albion

new Albion squad might just be the best one ever though, so it will be interesting to see if the tide is about to change. The photos show the lads getting on very well before the last training session prior to the match, so let's hope they are still all friends now.....

Next up is the news on how "Movember" went. *(For those who are unfamiliar with "Movember", it is a moustache growing charity event held during November)* Raising money for Cancer Charities is always something easily embraced, and everyone who took part should be applauded. With the exception maybe of **Stewart McInnes**, whose effort made him look like a drunken Scottish Tramp just out of Accident and Emergency, having bet someone he could neck a half bottle of Whisky. During the evening, Wanderers' **Nick Maudsley** appears to have surprised **Neil Horton**,

and worryingly Neil also seems rather pleased... Congratulations to all those who took part.

So that's it....I can't believe we are in year 2010...World Cup year in fact...I trust you all saw the draw for the



*I was chased by a bear and an Italian guy"*



The Quiet Men



Crazy Legs" looks delighted to be caught by the "Bear"



The Gaffer"....Growler and Scouse.



Frodo and Two Chins on their toes



Wanderers in "Movember": Day 15



How's the diet going Growler?

South African extravaganza.... utterly depressing...easily the most boring Group Section in the 80 year history of the competition... Brazil vs Ivory Coast is the only fixture which stands out from the entire first round set of games... here's hoping the latter rounds throw up some really big contests and the tournament can really get started...by the way, in the same week the draw was made, Frank Lampard and Jermiane Defoe both missed penalties...if there is a god...

Monty

# Arabian Nights



King of the Party, Tony Hamilton and the beautiful Gabriella

Does anybody throw a party like **Tony Hamilton**? The Soccer Section Xmas extravaganza was sensational, and I must say the effort and energy Tony and his crew put in was top drawer. Months of preparation including the shipment of over 300 cushions from China, culminated in a 12 hour shift for Mr Hamilton and Mr **Shaw** on the actual day just to make sure it was all ready to go. Of course once again we managed to raise some cash for a worthy charity, this time, the HK Society for the Protection of Children. Primarily the money raised is put towards the Children's Residential Home. The home provides a 24 hour residential service to 100 young children from newborn to 3 years old, and it is the largest residential home for babies and toddlers in Hong Kong. The night was a great success with \$28,100 being collected and our thanks must go to the following who so kindly donated prizes for the raffle: **Sunpac Travel, Marc Huff, Mark Devonshire, Nathan Whitman, Iyara Spa Wan Chai, Wellness Spa HKFC, Mes Amis, Red Soho, Amici Wan Chai and Amici Mongkok.**



I can see the pub from here



Celtic go 3 up at Parkhead



Wee Willie Winkie closes in on his prey



Toru matches Monty beer for beer



MC hammered



John Travolta has little to worry about



Mooo Bargey New Year to you all....

A new year, a new decade, and that means many of you are getting older. We of course hope you had a wonderful holiday break and that Santa was kind to those of you who have been both naughty and nice.

At time of writing, the East Asian games were well under way and this fine club supplied two of the HK superstars in **Mark Wright** and **Adam "Gas-man" Raby**. Congrats to both and what a thrilling final it was! Also congrats to all who represented in some way on that day, I know the girls had some good representation as did a number of mini's and juniors, so well done to all.

The first fixtures for 2010 start **Saturday 9th January**, so time to strip the holiday cheer and get back on the training paddock (yep, do as we say, not as we do...!). But in all seriousness, we are in the running for some titles and still have the Grand Championships, so let's focus for 2 months on some silverware.

Many of you may be in the midst of resolutions and goals planning for the year ahead. So is the Rugby Section. Let's win!!! The season ends in no time and before you know it, an opportunity may have slipped past. Not this year, please, folks.

## Social

The main event you need to worry about for 2010 is the **May Ball**, scheduled for **Saturday 8th May 2010**. It is for all Section members and partners, and will be bigger than Bargey's buttocks. Or at least as big as! We will be asking for extra special effort in attire this year, so please do make the effort.

There will also be a number of fundraisers happening for the various tours occurring, so please do not ask what your section can do for you etc. Just get involved. Keep Vegas in the forefront of your minds.

All short and sharp this month as we recently heard how you start the year indicates the year ahead, and we are tired of being accused of being full of.... Christmas cheer.

Have a great 2010.

*Fat Men Inc.*

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# Mini Rugby News

## Sandy Bay Festival – always a great day

**T**he HKU Sandy Bay Festival is always one of the highlights of the Mini Rugby calendar and this year was no exception. On Sunday November 22nd thousands of mini players gathered at the Stanley Ho Sports Ground, including as always representation from HKFC at all age groups from the Under 6's to Under 12's. Here are some coaches' reports from the day:



*Under 6s rule!*



*Josh crosses the line*



*Go Scorpions!*

### Under 6s

The Mighty Under 6's played in perfect conditions to display fantastic mini rugby at Sandy Bay. All four teams again showed their class and spirit with a positive ledger of wins and improving display of team work, attacking and defensive play. In a another well run tournament, the Dragons, Scorpions (decked out in Scorpion war paint), Mini Selects and the Bulls (in their gladiator-style black wrist bands and an intimidating Bull's war cry!) all enjoyed themselves and showed great sportsmanship. The standout players again were ALL the Little Champs and supported very well by the committed coaches and parents. Standouts were:  
 Dragons: **Aidan, Connor, Charlie**  
 Scorpions: **Josh, James, Hamish, Felicity**  
 Mini Selects: **Leighton, Matthew**  
 Bulls: **Zach** and both **Williams**.

*Robin Bredbury, Head Coach Under 6s*

### Under 7s

The four U7 teams had the time of their lives at Sandy Bay. Fully two sightings of a more than usually benevolent Santa Claus - owing to the afternoon start - combined with glorious weather and a pageant of candy floss-infused rugby to make for a fantastic day out. Better passing - some of it backwards - better tackling and a more direct running game ensured a healthy win-loss record. And the array of sideshows and stalls provided ample distraction during the gaps in the playing schedule. Well done to all our certificate winners and it was good to see **Alessandro Suarez, Jasper Coggins, Noble Nikkel, Kai Laughton** and **William** and **Oliver Lewis** playing so well. That this was such a spectacular success of a festival was due to the excellence of the Sandy Bay organisation and all of the HKFC U7 coaches, parents and players send our grateful thanks.

*Tony Shale, Head Coach Under 7s*

## Under 8s

The U8 coaches remain very pleased with the progress of our 50-odd players. Our five teams started slow and improved over the course of the Sandy Bay Festival, perhaps warming up with the temperature. Each team had wins draws and losses, all the losses were very close and we were highly competitive at all times. Our competition are also progressing and we saw two interesting things, the terrific defence of Valley's top team and a Kukris player who drew the man and passed the ball for a try which is the most we can ask at the U8s. Our players remain very close to these benchmarks and we are working hard at training, particularly in our defence. In that light we were recently assisted by **Mark Wright** from the HK 7s side and **Ben** from the HKFC side - they were a real inspiration for the kids and helped considerably with our defensive drills. Notable players from the Sandy Bay Festival: MVP for Greens was **Will Harris** and Most Improved was **Archie Wilkinson**; MVP for Yellows was **Jack Gardner** and Most Improved was **Harrison Lee**; MVP for Blues was **Sam Groves** and Most Improved was **Stuart Cunningham**; MVP for Blacks was **Patrick Gale** and Most Improved was **Ian Chan**; MVP for Red's was **Reagan Lee** and Most Improved was **Christopher Yung**. Congratulations to all players on their performances.

*Michael Phillip, Head Coach Under 8s*

## Under 9s

Magna Guards W3, L1. Much improved and great team spirit. Highlights were **James Horsey** showing elusive running and combining with **Jeremy Saad** for eight tries between them. Our front row of **Sean Ngai**, **Ethan Tsai** and **Harry Mowbray** won ball against the head and provided strong running and good ruck ball. **Ian Cheung** and **Levin Ho** continue as our 'demon tacklers' and **Connor Nelson**, **Alvin Ip** and **Eugene Urashima** all tackled, passed and ran with conviction.

Wookies W1, D1, L2. Kids started off slowly but then found their stride in a toughly fought victory over DeA. Strong tackling, rucking, mauling and running gave them an impressive win. In the last two games strong play was not enough to overcome some momentary lapses, which cost us the possibility of two more victories. The Wookies gelled as a team and look promising for the upcoming festivals.

Trandoshan W2, D1, L1. Excellent tries were scored by **Gordon Tang**, **Callum Beattie**, **Matthew Cheng** and **Pietro Agostinacchio**. The tackling was great, in particular from **Justin McCarthy**, **Andrew Simpson** and **William Shaw**. The running was very strong and was led by **Lucas Gilbert** and **Aidan Fong**. Congratulations to the whole team on a great performance.

Geonosian W1, L3. Tackling was poor in the early games, but when in the last game everyone tackled, the ball came our way and the tries followed, for a great win over Flying Kukries. **Libby Moser's** strong running all day kept us going forward. **Louis Coggins'** scored a try the length of the field from the kick off. Other highlights were **Cruise Chan's** speed to catch and tackle opponents from behind and **James Hamlyn's** rucking. The whole team played better and better as the day went on. We had some hard teams to play against, so a good effort all round.

Delta Squad W1, L3. It's a simple game – when we tackle we win and when we don't we lose! Some highlights: **Jacob Beaudoin** heroically stopping SSP's 'big guy' on the line; **Jasper Plowman's** commitment as our (too often left alone!) last line of defence;

scrum doctor advice from coach Ricky transforming our front row of **Jacob Beaudoin**, **Valerie So** and **Scott Murray** into a ball winning machine; **Mitchell Fong** and **Liam Adams** mauling strongly; **Archie Lawson's** silky running (and excellent tackling); **Michael Sheperdson** bouncing off tacklers and running in tries; and **Brady Adams** being everywhere: tackling, mauling, rucking, running. Great fun!

*Alastair Murray, Head Coach Under 9s*

## Under 10s

The Under 10s had a great festival. This was the 4th week that the kids have played together in the same team and it was gratifying for parents and coaches to see the team spirit and camaraderie, which is developing in those individual teams. 25 games played with only 4 losses shows that our kids' rugby skills are also developing nicely.

Overall, our games were a huge improvement from the recent Tigers Festival: our forwards were generally playing as tight knit groups whilst the backs were communicating more in open play and displaying instances of genuine flair. The forwards played with more understanding and intuition especially in breakdown situations. Areas that the coaches will continue to work on with the kids include encouraging players to pass the ball to team mates who are in open space; tacklers committing early to the tackle, general rucking technique and more focused aggression to help them have more successful outcomes in breakdowns.

Stars on the day were **Oliver Bater**, **Dom Lumley Smith**, **Calvin Harris**, **Conan Freeman** and **Jonathan Hutson**. Highlights include **Richie Walker's** fearless textbook tackling, Calvin's dazzling running and cover tackles and Captain **Jack Paterson's** attacking and defensive heroics.

This was the last tournament for Jack Paterson and his dad (coach James) who have been with us since the Under 7Js. We wish them all the best as they are leaving HK and thank them both for their contributions over the last five years.

*Russell Henderson, Head Coach Under 10s*

## Under 11s

After a tough opening festival at DEA the Under 11 Blues were determined to make amends and that's exactly what they did. The opening tie against DEA saw a fantastic performance and a narrow victory, which lifted the spirits immensely. Another comfortable victory over Flying Kukris and all was set up for the encounter with Valley Fort. Although this went to form with VF crossing the line early the match then developed into a stalemate with no quarter given. The Blues' improvement in performance and team play was obvious for all to see, finishing off a superb display by beating a strong side from the hosts. The Blacks on the other hand had a tough act to follow after their incredible performances at DEA. A first match loss to DB Pirates was however followed up by wins against HKU2, FK2 and finally a sweet victory over VF2. After a first match walk-over due to an opposition no-show, the Golds went on to record the complete set of one win one draw and one loss to Sai Kung. The team performance and spirit was fantastic, even in the face of one massive opponent who was eventually tackled through good technique and persistence! The Whites had their best ever tournament, having played four won three and drawn one. The three wins included a great 2-1 win against Valley Fort, 3-2 against East

Kowloon and 2-1 against Tin Shui Wai, whilst the 1-1 draw was with Discovery Bay. Strong performances from all, but standout performances from **Aaron Chow, Joshua Ho** and **Ryan Cheung**.

*Chris Plowman, Under 11s Head Coach*

## Under 12s

U12s went into the Sandy Bay tournament quietly confident after their performances at the DEA tournament. The FC entered a Cup side, Plate side and Shield side - the first time this season there were enough fit players to run three teams. The result of the tournament was: Cup - won 3, lost 1 to come 2nd in the Cup competition; Plate - won 0, lost 3 to come 4th in the Plate competition; Shield - won 1, lost 2 to come 2nd in the Shield competition. The Cup side lost to Valley Fort 1-0. The commitment of the forwards at the breakdown and in running the ball was a marked improvement from the previous tournament and established a strong base for the team. Defensive lapses made the difference. The Plate side did not play to their ability and the results showed. The players' performance picked up in the 3rd and final game after the coach produced a rather direct 'pep' talk to the forwards. The fact that a few of the boys returned from school camp was no excuse....but maybe it was. The Shield side performed well with 1 win and 2 losses to come second in the Shield competition. The front row of **Damon, Lyndon** and **Siddhesh** dominated their roles at the scrum resulting in non-contested scrums....something, which the coaches thought only happened when Australia plays England!

*Michael French, Under 12s Head Coach*

All in all another great day for players, coaches and supporters. Congratulations to HKU Sandy Bay Mini rugby for organizing the event so well (as always) and well done to all the HKFC Mini Rugby teams - we're still the best mini rugby club in Hong Kong!

*Chris Plowman*



# Mini/Junior Soccer News

**P4s retain Operation Santa Claus Cup (and add the Plate to it for good measure!)**



*The victorious P4 squad, Operation Santa Claus 2009 Cup & Plate Winners and Plate Runners-up*

On December 6th at a windy but bright and sunny Stanley Fort, HKFC Mini / Junior Soccer participated in the Mini Soccer tournaments that support the Operation Santa Claus 5-a-side men's football competition. The event is staged to raise funds for the Operation Santa Claus charitable effort and in the past few years, HKFC has taken on the organization of two accompanying Mini Soccer tournaments to bring families and other supporters along to the day and make further contributions to the entry fees which participating clubs donate to play.

## P3 enter their first ever tournie

The P3 competition got underway with eight teams playing in two groups of four. HKFC fielded two teams under the direction of P3 Head Coach **Pat Burns**, both teams playing their first ever competitive football tournament. FC2 got off to a good start with a two nil victory over Dragon Shooters, Unfortunately that was the only victory in a tough group with defeats to Discovery Bay Dragons and HK Football Academy seeing them go into the Plate competition. FC1 fared better with victories over Carmel and Tai Tam and a loss to BSS to qualify in second place for the Cup competition.

Moving onto the knock-out stages of the competition FC2 played out a 0-0 draw with Tai Tam before unfortunately missing out on the final after a close penalty shoot-out eventually finishing 3rd in the plate Tournament, FC1 also played a close run semi final missing out by the odd goal to HK Football Academy the eventual cup winners.

The P3 finals saw Carmel lift the Plate with HK Football Academy taking the Cup.

All the FC players played their part in a great tournament and will have learned a great deal from the day, thank you to all players and parents who gave up their time on a Sunday morning to support the teams and Operation Santa Claus.

**FC1 – Edson Santos, Gwion Sexton, Charlie Hanson, Harry Au, Eamonn Barry, Joseph Burns**

Coaches **Pat Burns, Peter Davies**

**FC2 – James Francis, Josh Mantle, Luke Hildebrandt, Theo Murphy, Henry Fordham, Max Wang, Ryutaro Sekino**

Coaches **WT Cheah, Chris Wang**

## Soccer Specials outshine Santa!



The 'HKFC All Stars' squad with Coach Nigel R. Merritt at Operation Santa Claus 2009

The arrival of 'the big man in red' is always a popular lunchtime surprise but this year Santa was upstaged somewhat by a special exhibition match involving players with special learning needs. The match saw the HKFC All Stars, featuring players mainly from the Nesbitt Centre who attend coaching sessions at HKFC on Monday nights, up against a very well organized side from the Downs Syndrome Association – the DSA Dragons. An absolutely fantastic match was witnessed by a large crowd of supporters with DSA coming out on top as far as the score went. That was definitely not as significant as the sheer amount of excitement and pleasure enjoyed by players, coaches and supporters. On presentation of the medals and trophies the 'smileometer' was off the scale! Here's hoping this becomes a permanent fixture in the event.

## P4's in clean sweep

As defending cup holders the pressure was on the P4s but these eight-year-olds, who this season play in the HK Junior League, are now seasoned campaigners. With FC1 comfortably topping their group to go into the Cup competition. FC2 and FC3 were battling out in the other group, FC2 finishing equal on points with HK Football Academy and DB Dragons after spirited draws against both and missing out on Cup qualification by only a single goal. FC3 joined them in the Plate after losses to their team mates and HK Football Academy. The Plate knock-out stages saw both FC teams cruise through their semis against Dragon Shooters and Tai Tam Tigers respectively to meet each other in the Plate final – there was sure to be some silverware on the day for Football Club! In a great final FC2 just edged it with the odd goal to lift the Plate trophy. FC1 took on a strong HK Football Academy side in a semi final that proved to be one very tough encounter with no prisoners taken! With under a minute to play Nathan Sweeney battled through two tackles to pick himself up and crash a stunning left foot drive into the top right corner. The final was just as tough a match against DB Dragons, but once again late in the game after a fantastic performance by the whole team, Nathan Sweeney sealed it with a low left-foot drive into the bottom corner. Football Club were Operation Santa Claus 2009 P4 Cup and Plate winners and Plate Runners-up!

HKFC P4 TEAMS:

**FC1: Nick Lumley-Smith, Cormac Caines, Callum Beattie, Nathan Sweeney, Fong Yi Son, Tom Angell, Michael Shepherdson**

Coaches: **Tony Bruno, Richard Caines**

**FC2: Jamie Bruno, Guy Morgan, Alex Cook, Guillaume Lambert, Nicky Keatch,**

**Christian Berry, Jasper Plowman, Adrian Ng**

Coaches: **Phil Cook, Martin Sweeney**

**FC3: Lucan Flynn, Leroy Ma, Dylan Lam-Decker, Simon Dupond, Libby Moser, Loughlin Fitzgerald, Andrew Simpson, Christian Lee**

Coaches: **Jerry Simpson, Kieran Flynn**

Supporting Coaches: **Liz Moser, Pascal Dupond, Vincent Ma, Patrick Leung**


A great end to a great day for all involved. Thanks to **Brian Crockford**, organizer of the Operation Santa Claus event, to **Kevin Browne, Nigel Merritt** and **Tim Nicholls** for arranging the Soccer Special match, and to all the clubs who supported the event.

*Chris Plowman*

*Operation Santa Clause Mini Soccer Tournament Organizer*

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Alan Lo our Green Clipper

# Green Clippings

## China Hong Kong Macau Championships 2009



From the Club, Tony Tong, Luis Fernandes, Happy Chairman, Johnny Tsang, Warren Cheung, Rita Shek, Wanis Sze, Cyril Leung and Danny Lo

At the annual China Hong Kong Macau Championships, held this year in Shenzhen to also celebrate the 60th anniversary of the founding of the Peoples Republic of China and postponed from 1st October to the 14th November due to a clash with another local tournament, Club was well represented with the Cup eventually being won by the Hong Kong Team of which two out of the four players were Club Members.

With temperatures suddenly dropping well below normal, Club's team of **Tony Tong**, **Johnny Tsang**, **Warren Cheung** and **Danny Lo** completed the round robin stage to find that they had missed the chance to play in the quarter final by only a few shots. Their nearest rivals, the Hong Kong Team represented by Lee Ka Ho, Club's **Luis Fernandes**, C S Suen, and Club's **Wanis Sze**, went on to win the cup in the final. Club's **Rita Shek** and **Cyril Leung** spent their whole weekend as Umpires whilst the **Happy Chairman** shook many hands and gave much encouragement to everyone

with wife **Stephanie** manning the camera.

The event ended with the traditional farewell dinner with the organiser, Club's Jacky Wong, thanking the major sponsor, Yip san, for his generous support and toasting with every table to celebrate the occasion.



Cup Winners, the Hong Kong Team with organisers Helen Lai and Jacky Wong



Luis delivers his best, in front of the trophies, at the finals

## Hong Kong International Classics 2009

This year's event, brought forward by a few weeks to avoid a clash with the East Asian Games, was held in warm dry sunshine mainly at Craiengower Cricket Club with the preliminary rounds of the Singles and the eleven preliminary rounds of the Pairs being held also at the Club and the Indian Recreation Club. Under such dry conditions with relatively fast greens, the Australians and New Zealanders were bound to be favourites and they lived up to our expectations.

In the Singles, played over the first Saturday and Sunday, 64 men and 64 ladies took part in a straight knockout. Notably in the men's games, Club's **James Keung** playing for Hong Kong and **Tony Tong** for the Club, survived the first round. James was beaten in the second round by Martin Selway of Wales who eventually lost to Leif Selby of Australia in the semi-finals. Tony was beaten in the second round by Alister Kennedy of Scotland who eventually lost in the semi-final to Homer Mercado of the Philippines. Leif beat Homer in the final to take the Men's Singles Cup.

In the ladies Singles, the local players also did well with Queenie Lai of HKLBA, Annie Yeung for USRC and Club's **Camilla Leung** playing for HKLBA reaching the third round. Queenie was beaten by Genevieve Baidon of New Zealand who went on to reach the final. Annie was beaten by Nor Hashimah Ismail of Malaysia who lost to Genevieve in the quarter final. Camilla was beaten by Siti Zalina Ahmad of Malaysia who

lost to Rosita Bradborn of the Philippines in the quarter final. Rosita lost to Josephine Lee of Canada and Genevieve beat Hannah Smith of Wales in the semi-finals. In the final, Genevieve beat Josephine to take the Ladies Singles Cup.

In the ladies Pairs, Hong Kong reached the quarter finals to be beaten by Australia who went on to beat Scotland in the semi-final and Malaysia in the final to take the Ladies Cup. Phoenix narrowly missed getting into the quarter finals and Club's team were only two points behind them in the final ranking.

The event ended with a farewell dinner with many compliments paid by the overseas bowlers for the excellent venues and hospitality provided.

Next stop will be the Asia Bowls to be held in Shenzhen from the 4th to 9th December where many of the Asian bowlers playing in the Classic will compete against each other again on very different surroundings and greens. More in next month's magazine.



Club VIPs at the Singles Prize Presentation, Chairman Fook, Happy Chairman and President Dermot

In the Pairs Competitions, Club was well represented on the greens by **SK Ng** and **Raymond Tso** for the men and **Hannah Ha** and **Connie Wong** for the ladies. Club's **Camilla Leung** and **Winnie Au** represented the sponsored team of Phoenix. The Hong Kong Teams included Club's **Grace Chu** in the ladies and **James Keung** in the men.



Ladies Pairs Champions Australians Kesley Cottrell and Julie Keegan with Phoenix Pairs Winnie and Camilla



This year Malaysia settles for silver in the pairs



Club Pairs, SK, Connie, Hannah and Raymond



Men's Pairs Champions Richard Collett and Andrew Kelly of New Zealand

CCC men's pairs impressed everyone by reaching the quarter finals but sadly to be beaten on their own green by Ireland. KBGC's men's pairs beat England in the quarter finals but lost to New Zealand in the semi-finals. New Zealand played Malaysia in the final to win the Men's Cup after many burnt ends.

### Club wins both of the National Indoor Singles



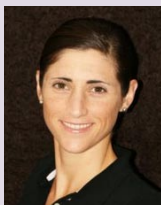
ABOVE:  
Ladies National Indoor Singles 2009. Champion Tammy Tham with runner-up Camilla Leung at CCC



LEFT:  
Men's National Indoor Singles 2009. Champion Danny Ho at Ap Lei Chau

# Netball News

## Comments from the Chair



Karin Looram, Division Chairperson

### A big Happy New Year to everyone!

Welcome back to netball for the second half of the season. I trust everyone enjoyed their Xmas break and holidays with family and friends. We are entering the tough part of the season and while the season is long, I hope you all hang in there mentally and physically!

The season will take us into late April, so try to stay focused and be prepared if you have any plans to travel, then please let your coach and captains know as far in advance as you can. We are attempting to organize an umpiring course for our teams in the coming months, however in the meantime, if you are unqualified, please look into attending a course to help take some of the work load off your fellow team mates.

I am very pleased to say that we finally have an HKNA representative, **Ellen Flaherty**. Thanks Ellen for stepping up and taking that role on for us. Ellen will be our voting member on the HKNA, so her work is very important for us all. If you have any matters relevant to the HNKNA league that need to be tackled, then please speak with her or email her so she can communicate it to the HKNA. Remember, it is much more effective if we have open and on-going communication with the HNKNA, so if there is an issue, we can offer up solutions or alternatives and then everybody wins.

## MOTIVATIONAL QUOTE OF THE MONTH:

.....  
 “Victory happens when  
 10,000 hours meets  
 one moment of opportunity”

## Match Reports

### CLUB vs HKCC BLACK MAGIC (24 - 35)

9th November

HKFC Club, the defending Champs had a great start to the netball season with three strong wins against our own second team Typhoons (33-13), Hangtang (56-15) and DB (67-14). The team is the same this year with the exception of **Cat Taylor** replacing **Alex Kent** who left to go back to the UK at the end of the last season. Cat is a fantastic new addition to Club with the invaluable ability to play effectively at both ends of the court. The only issue is that this means that we have swapped a Brit for another Kiwi in the team! We are also missing **Millie Polglase** in defence as she looks forward to the birth of her first baby early next year.

The fourth game of the season however meant we had to face our strongest competition to the league, HKCC's top team Black Magic. They had previously beaten Valley Panthers who are always in the top two of the league table. Club unfortunately did not play to their full potential and therefore faced their first, and we are determined to make it our only loss to the season (24-35).

### CLUB vs VALLEY TIGERS (52 - 13)

16th November 2009

Club were looking to redeem themselves this week after last week's disappointing loss at the hands of Cricket Club's Black Magic...and so they did, with an impressive 52 -13 win over Valley's second team, Valley Tigers.

Club started well with slick movement all the way down the court and some impressive use of "triangles" by **Claire** and **Liz** in the attacking end. Fantastic shooting by **Dee** and **Babs** led Club to a substantial lead at the end of the first quarter, which we consolidated in the second quarter. Tigers upped their game in the second half but Club's watertight defence and numerous tips and interceptions by the feisty **Stacey** at WD ensured that Tigers' score was kept to a minimum.

Club's victory came at a price though, as yet another of our defenders, the soon to be married **Cat**, went down with an ankle injury mid-way through the third quarter. Following a reshuffle in Defence and some solid man to man marking by **Holly** and **Irene**, Club showed that resilience and versatility are qualities which we have (had to) master(ed) this season. Club tried to use this opportunity to vary the passing and pace of the ball, with some great feeding by **Claire** and **Anna**.

Stacey was voted players' player with her fantastic intercepts and great defence with other notable votes going to **Babs**, who was on fire in the shooting circle. Overall a solid performance by the team and a confidence boost ahead of next week's biggie against Club's arch rivals, Valley Panthers!

### TYPHOONS vs HKCC DEVILS (23 - 24)

16th November 2009

The HKFC Typhoons matched up against the HKCC Devils on their home turf in the early 7 pm time slot. The starting lineup of **Cara**, **Holly**, **Katy**, **Clare**, **Diana**, **Tarne** and **Candy** went out hard, matching the opposition goal for goal until a few errant passes saw the Devils inch ahead in the second half of the quarter. Although the Typhoons were six goals down at quarter time (10-4), the court play was evenly matched and the Typhoons were confident they could bridge the gap in the second quarter.

With stunning interceptions by **Cara**, **Holly** and **Katy** on the defensive end and coordinated ball movement through the centre and into the goal circle by **Clare** and **Diana**, the Typhoons managed to peg back a couple of goals in the second quarter to bring the half time score to 13-9.

Half time saw **Ali** take over the GA patch, with **Tarne** moving down into the GS position and **Siobhan** replacing **Holly** at GK. The Typhoons had the ball for

much of the first half of the quarter but were unable to capitalise on opportunities. Some errant passing and a crowded midfield allowed the Devils to extend their lead, before a late quarter rally and some fine shooting boosted the hopes of the Typhoons, ending the quarter at 20-14.

Going into the last quarter, **Sarah** brought some fresh legs to the WA position, Katy dropped back to GK and Siobhan moved into WD. On the defensive end of the court, Siobhan and Cara took some magnificent intercepts and when the ball did manage to make it through to the circle, Katy limited the GS to just a handful of shots. The opposition GA and GS were being outplayed by Cara and Katy and when they did have scoring opportunities, their previously accurate shots were not hitting the mark.

Clare and Sarah worked well though the mid court and showed patience around the circle to work the ball into Ali and Tarne, who had their eye in during the fourth quarter, barely missing a shot. With a minute and a half to go in the game, the Typhoons levelled the score 23-23 and had an opportunity to take the lead. The Devils made a mid-court intercept and scored at the other end to take a one-point lead. With the Devils taking the next centre pass with one minute to go in the game, the Typhoons needed an intercept and a quick score. Unfortunately time was against them and after a hard fought comeback, they ended the game one point down at 24-23.

Working tirelessly at both ends of the court for the entire game, **Clare Anderson** received the coach's award for best player on court. It was a close vote for players' player, with **Cara Burrow** inching out Clare by one vote. Both players had exceptional games and were instrumental in keeping the Typhoons in the game.

## CLUB vs VALLEY PANTHERS(33 - 31) 23rd November

In a match to recreate the 2008/9 finals, HKFC Club faced Valley Panthers in an effort to reign supreme at the top of the Division One leader board. Club started the match with a few key players sidelined through injury but having poached top talent **Cara Barrow**, they quickly found their stride down the court. It started as it was to finish, a tough match with both sides displaying athleticism and skill. Shooters **Kate Babington** and **Kristy (Dee) Hutt** showed nerves of steel as the goals were sunk in sequence at either end of the court. Our on court captain **Stacey Mclocklan** (soon to be Taylor) made her presence felt with key intercepts to keep the score line near even at half time.

After a solid team talk by coach the match continued after half time in the manner it had begun with both teams digging in and Club and Valley both in turn making break aways in the score line. Great directional play by **Liz Nagy** ensured Club's attack continued to flow. In the last quarter Club finally pulled away with the inspired shooting accuracy of Anna Clinton and huge efforts all the way through court. Valley attempted a comeback but to no avail with Club the victors 33 - 31. Player of the match was shared by the fantastic defence of **Irene Petau** and Cara Barrow. A really positive performance by the entire team, now the challenge remains to keep that up after the impact of Christmas drinking! Great work girls, bring on the 2010 season!

## WHIRWINDS vs AUSSIE KANGAROOS (37 - 36) 30th November

"Tie me kangaroo down sport", this game was a cracker! The constant turnover balls would have made it tough for the umpires and scorers to keep track. We started out a bit flat and there didn't

seem to be much urgency to get to the ball. Luckily the shooting was on and we were able to win back turnover balls to keep the game extremely close. With the first quarter out of the way, we were ready to move into the next gear.

**Ange** moved out of defence due to an injured hand. We had to mix it up a with versatile **Kathryn** moving into GD and **Roi** taking the WD spot. Tips to the ball from Roi and **Jen** in the mid court helped to gain much needed possession to keep us neck and neck as we finished the first half at 18 all. Spectators from the sideline noticed that 'the game became zippier!'

By the second half, all of our 5 shooters had been on court and were popping in and out to receive and shoot with relative ease. Unfortunately for us, the accuracy of the Aussie shooters were keeping the opposition in the game too. Faced with such accurate shooters, **Claire** and Kathryn worked hard in the second half to gain some super intercepts to stop the Aussie goals. Congratulations to Kathryn for playing out of position and not giving up. We played till the bitter end, not knowing whether we were Arthur or Martha and were pleased to find that we finished with a win!



## TORNADOES vs HKCC DRAGONS (23 - 43) 30th November

This was our sixth match of the season, and the HKCC Dragons proved to be very strong opponents. We had a slow start and the Dragons pulled away to lead in the first quarter. After a stern team talk we picked up our game in the second quarter with an improved goal tally. Ultimately, however, the Dragons proved to be too strong for us, our consolation being that we managed to salvage one point from a tough game.

## HURRICANES vs DB PIRATES (23 - 16) 2nd December

Monday's game against DB Pirates was a tough one, but we dug deep and came away with a convincing win, 23-16. It was very close until half-time and we started the second half a bit slowly with the Pirates shooting 3 goals in quick succession, but we battled on and pulled it together well. The shooters had a great match and Rachel in particular had some spectacular moments. Our defenders played well together as always, and didn't let up throughout, with great intercepts keeping the ball coming down the court for the attacking players to use. Lots of strong, fast mid-court play helped keep us on top of the game. It was a well deserved win and a great team effort with the team pulling together increasingly as the game went on. More of that please!

## Words from our Physiotherapist



Heidi Reyes, Physiotherapist for the Netball DSA

### Feeling like a stuffed turkey after the holidays?

While it's the most wonderful time of the year for eating, drinking and being merry, the holidays can wreak havoc on our health and our waistlines! Don't despair, you can get right back on track before you know it.

Let's start with your fitness. If lifting your glass and ploughing through big meals were the only physical activities you engaged in, then make sure to ease back into it. A 2- or 3-week break may leave you feeling you have less flexibility and less energy, so give yourself a couple of workouts before you're back at full strength. It'll feel better and better each time, so just make sure to get back at it!

Now what to do about that extra winter layer you've started to put on? I've found for myself and for my clients that nutritional cleansing has been the most effective way to really kickstart the body and build healthy nutritional habits. Nutritional cleansing is an amazing way to safely achieve and maintain a healthy weight, increase your energy and mental clarity, feel less stressed, and achieve optimum health. It often involves fasting and drinking herbal remedies and has been practiced throughout history in various forms. Nutritional cleansing gives your body an opportunity to rest, regenerate and helps restore its ability to release harmful impurities which is good for your overall health and longevity. Personally, I've been practicing nutritional cleansing for about a year. I find I have better energy, have been able to easily maintain lean muscle mass and a healthy body weight (well, now that I am expecting that has changed!), and it helped me to kick a chronic sweet tooth. I feel better knowing that I am doing something to counter our constant exposure to toxins in the air, water and in our food. If you are going to try a cleanse, look for one that supports and replenishes your body with nutrients and be cautious with programmes that may rid your body of both good and bad bacteria or puts your body into starvation mode for a long period of time. It would also be wise to consult your doctor or nutritionist if you have any concerns.

Cheers to a happy and healthy 2010!

Heidi Reyes  
hidelisa@hotmail.com

## 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



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## Phuket Triathlon – 6th December 2009

There were a number of questions going through my mind on Sunday 6th December, the day of the 16th Laguna Phuket triathlon. Such as, if I spend the hours before a race feeling like a condemned man heading for the gallows, the hours after it collapsed with exhaustion and the hours during it wishing for the damn thing to be over, do I need a new hobby? Or how can I justify blowing the ski-holiday budget on a pair of race wheels to my wife when I am actually slower on the bike this year than I was before on the wheels the bike actually came with? And if this is a non-drafting race, why have I just been overtaken by the peloton? Would the whippets sprinting past me on their second lap even recognize a beer or a doughnut? And will I ever learn that you can still get burnt to a crisp even at 9 o'clock in the morning?

It was a swelteringly hot day as 750 triathletes lined up on the beach in Phuket, amongst them a large crowd of HKFC Members and a strong representation from Swimming Society, to take on a course consisting of a 1.8km swim, a 55km bike and a 12km run. Everyone had their personal targets and unspoken rivalries, but for all the drills we've been set by **James Shortis** and all the excellent coaching by **Lloyd McBean**, at our Tuesday and Thursday sessions, none of us really expected to worry Jan Frodeno, the reigning Olympic triathlon champion (who ultimately was enjoying a post-race beer before many of us had even laced up our trainers). The oppressive heat seemed to affect some more than others, with **Richard Hall** (age category winner and 6th amateur overall), **Steve Bemet**, **James Piachaud**, **Laura Walsh** (age category winner and second female amateur) and **Claire Chapman** (age category winner) all going faster than the year before which was much cooler. There was also an impressive podium finish in her debut triathlon for **Anna Clinton**. For the rest of us there was the soothing relief of ice cold sponges, the pride at having finished and the chance to show the pros how its done at the awards party. He might have an Olympic gold to his name, but when it came to dancing like a chicken, Frodeno just could not live with me, bless him.

*By James Chapman*

Name	Time
Richard Hall	2.44:12
Steve Bemet	2.58:14
Paul Dingley	3.04:26
James Piachaud	3.07:16
Laura Walsh	3.10:19
James Chapman	3.13:00
Adam Woolliscroft	3.13:18
Jonathan Rake	3.15:03
Claire Chapman	3.16:38
Ed Cosgrove	3.20:16
Stuart Elliott	3.25:02
Tom Stonier	3.32:22
Steve Willmott	3.32:45
Guy Horne	3.33:57
Jonathan Perrin	3.35:58
Derek Ryan	3.36:23
Ali Chaudhry	3.38:56
Chris Edwards	3.39:08
Anna Clinton	3.43:05
David Howell	3.52:50
Tori Pope	3.54:04
Robin Harris	4.10:12
Andrew Debnam	4.10:22
Laura Connolly (6 km fun run)	41.15

## Message from the Men's Captain

As we move into a new year I wanted to write a few words about certain commitments which are expected of members in the Section. It goes without saying that all who are part of HKFC Hockey are required to train and to be available for matches, but being part of a club goes further than this. Being part of a club also requires involvement in events off the pitch. This means turning up to socials as a team and supporting those who have spent their own time to arrange these events.

Over the last season and a half, the men in the Hockey Section have been embarrassingly shown up by the ladies who turnout rain or shine to all social events, be it the Start of Season BBQ, the Christmas Party or the End of Season ball. Whilst I acknowledge that on any given Sunday something urgent, last minute might come up, I do not think it is possible for something "urgent" to have suddenly sprung up and stopped the 100 or so men who did not come to the Christmas party from attending. This needs to improve if these types of events are going to continue to be organised! So going forward, I ask that you make a note in your diaries for the 28th May for the End of season ball, and that you encourage your team mates to attend in numbers. Those who missed the Christmas Party missed a very memorable Heideeheiddeheideeho "Booze Brothers" performance from the F's (one of my only memories in fact!).

Alright, Whinge over!

On a more positive note I would like to mention that at the half way point in the season, we have several teams in very strong, title challenging positions. There has been a marked increase in attendance at training, and league performances have improved accordingly. The B's are now sitting pretty at the top of the First Division after dispatching fellow title contenders Dutch A and HKCC A on consecutive weekends, scoring 12 goals in the process. Our D's are amongst the favourites for the Division 2 crown, and it could be an HKFC one-two in Division 3 as our E's and F's fight it out for the honours. Special mention to Lewis Man's H team who are the only Club-side still unbeaten and currently sit 5 points behind leaders Dragons B but have 4 games in hand, so should fancy their chances.

Please see your social secretaries to in the next month to discuss attending the End of season ball!

One final point, I would like to congratulate the HK national team who without a coach, and as big underdogs, came from behind to beat China 4-3 and in so doing win the bronze medal at the East Asian Games. An awesome game to have watched!

Cheers, happy 2010, see you down at the Sportsman's! *Rob*

A big CONGRATS to Akbar (Amo) Ali, captain of HK and member of HKFC A Men's team for his bronze medal at the East Asian Games, and to Katy and Barbara Mountain, HKFC A ladies team, for their 4th place at East Asian Games, also playing for HK.

## Ladies B Team

Like a fine Bordeaux that needs to breathe for a while before drinking, so the Ladies B team needs a few games' time to warm up for the season. After four games, they have a solid point, surely the beginning of a deluge of many more.

As Coach Guv says, the team 'has character' and has shown 'great performance when there's a will to win'. Something else was muttered about 'coming to practice', but surely he was talking about a different team. Those Mini Hockeys, no doubt!

The hockey loving ladies are led by their fearless leader **Maartje** 'I should've been an F1 driver' **Bus**. (Seriously, has anyone ever been in her Mini?!). Helping her up at the front are the speedy and nimble **Elianne**, **Caitlin**, and newcomer **Evie Lant**. We eagerly await the friendly competition between her and her superstar twin, **Grace**. Our solid middle players keep the ball up past the 50 and constantly in the opposition's D: **Claire**, **Annabel**, **Leani**, **Caron**, **Cat**, and **Abi**, the latter two warming up for the season by running a triathlon! The near impenetrable defence is led by sweeper **Ching** 'I need to buy a watch' **Chun**, supported by **Fiona** and **Christina** and our gutsy goalkeeper **KC**. We proudly said goodbye (sniff...) to **Melanie**, who has moved up to As until the end of the year. We also hotly anticipate our latest baby mama, **Amanda's** return to the pitch.

Both coach and team are looking forward to more points, a fun filled hockey season, and drinking some of those fine wines post-match.



## Dinos Match Report

### Dinos vs Aquila A



Dino's did not have it all their own way on Saturday against Aquila A. The late game, work commitments, umpire commitments, illness and injury, all took its toll upon the strength of the Dino's all on the same day.

Regardless of this, the dynamic Dino's dominated this game against the young fast legs of the Aquila A team but were unable to convert scoring chances. However, the Aquila players did manage to withstand the Dino's pressure, by whatever means at their disposal, and then

scored their goals on their only attacking opportunities. These tended to be when their talented Centre Half, and an ex-Hong Kong player, combined with a speedy Right Wing.

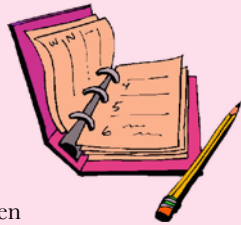
**Sarah Rooney** filled in at goalkeeper position at the 11th hour. Thanks, Sarah, and well done for keeping the score down. Also thanks to **Pat Cunningham** for filling in from the F team. MVP's: **Lucy Fenell** for her hard work and 2 goals; and **Mary Coghill** for endurance by staying on the pitch for the whole game.

Whilst this was not the best Dino display ever, we went down 2-5, we will come back very strongly and resume our winning ways in style.

Rest of the team: **Brenda Smith, Heather Deayton, Liz Dendle, Mel Watt, Lisa Foley, Val Potts, Paula Wymond** (injured within 5 minutes), **Vangie Wimbush.**

### Secret Diary of a Hockey Girl

Festive Greetings to all!  
Hmmm I may need to have words with myself as its taken me about 3 months to make another entry into the diary nevertheless given the recent activities of some its been worth the wait – I shall divulge more shortly.



Now the first half of the hockey season is nearly over and in true tradition I have attended every one of my games but none of the training – excellent. It's no wonder my stick skills (on the pitch only mind) have not improved and the elastic on my hockey skirt/short combo seems to continually be placed under increasing strain...maybe fitness training would pay off? In all seriousness for the Section as a whole, it's been a great start with everyone storming ahead in their respective leagues and the number of goals being scored/saved at record levels. Hey... it actually sounds like I know what I am talking about – all of that was totally made up but we can hope that it's true. I do know however (OK, have been informed) that everyone has upped their commitment to the Section with attendance at training and fitness being pretty high – think this a sign of Chappers dedication to better the Section rather than people turning up for his chat (can be quite droll sometimes). Given this new lease of life that everyone has breathed into hockey I have no doubt that the second half of the season shall rock.

In true tradition as we move into the holiday season there has been a flurry of social events however none is as important as the Sections Christmas Party – wooooo hoووو. This year's theme was "Hockey Idol" – a great choice by the social committee which inspired some great outfits and, what can only be described as interesting acts. The Blues Brothers, in the form of the men's F team, won the overall



Ladies B Team



The FANTASTIC FTEAM took the Xmas Party 1st Prize for their Fancy Dress of the "BLUES BROTHERS" (more like the BOOZE BROTHERS really!) and a great rendition of the song "MINNIE THE MOOCHA" with full team / audience participation

competition although I hear that Judge Chappers was a bigger fan of ladies B team in their Christina Aguilera outfits (hmmm I wonder why that was?) whilst at the same time he was strangely being stalked by the F Team Foxes...ladies ladies ladies...

As usual the Hockey Section excels itself so let us review the other jovial activities that occurred on the night. Piechart... oh Piechart... would you care to advise us of exactly a) the time you started drinking; b) how much you drank; and c) what was the waltzing with the entire Dino team all about? Next up are Rob W and Nina Voce of whom both are upstanding members of hockey who have dedicated their spare time to the Section but how things can change in one night. The dance floor wipeout, the Wan Chai dancing, late night Subway stop and to top it all off...being found in the



Ladies F Team (Foxes) with Chappy



Ladies A Team

gutter outside Dusk till Dawn – good work people. If this was not enough the dance floor moves by the mens section really did warrant them all a place on "So You Think You Can Dance"...cough cough. Although I am not sure the ladies section would really fare much better especially as there were a large number of early casualties which does mean we need to revisit the "Pace Method" that we have previously discussed in terms of drinking – I shall be holding the annual talk on this in the Sportsmans in early January ready for the year end party.

Enough of the gossip as I fear we could be here forever however, thought I would throw in a quick thanks to the social committee for pulling together an awesome party as well as thanking the coaches and respective captains of all teams for making the first half of the season a great success.

(continues next page)



Think I should sign off now however I hope you all have a great Christmas and a Happy New Year. Remember it is the season of food, fun, family time and elasticated pants (you can definitely eat more if you wear these) therefore be merry – though not too merry recall the PACE METHOD - and enjoy the festive season. I shall see you all down at the pitch in January for some serious weight loss...I'll probably still be wearing the elasticated pants – oh dear!

XOXO

## Mini Hockey Update

It was a fantastic hockey weekend at the 2009 Valley RFC Mini Hockey Tournament, the first tournament of the year, with teams entered for Under 12, Under 10 and Under 8 age groups.

The **Under 12s** had two teams entered and took part in a tough competition. The usual strong contenders Valley, KCC and Shaheen, were present and gave our teams a tough run for their money. However, after a year of hard work and improvement, our A team managed to out score their opponents and take Gold in Division 1. Thanks goes to **Guv Dillon** for all his long term coaching persistence, and to **Simon Sheperdson** for guiding the team to victory at the tournament. A notable mention goes to **Nicholas Harris** in goal and **Annabelle Barker** in defence. Both ensured that the opposition had a very tough job in scoring. Up front, **Cameron Galloway** pressed hard and was ably supported by the rest of the team. At the end of the day, it was the team effort that gained the result. A special thanks goes to all the players who were available to play, and a BIG congratulations to the A team for their success!

*(A Team: Emma Cardinaal, Cameron Galloway, Nicholas Harris, Raphaelle Cotillon, Mees Cardinaal, James Sheperdson, Annabelle Barker, Henry Luise, Michael Cheung)*

For the B team performance, special mention goes to **Oliver Kenyon's** strong play. He added a lot of strength to a very new side. The tournament experience will prove valuable moving forward for all of these players. They will continue to improve and will turn those draws into wins very soon. The B's showed improved passing and team work. A focus point for these players will be strength on the ball and shooting.

*(B Team: Lili Banks, Nicholas Berry, Megan Daly, Oliver Kenyon, Hironobu Komiya, Alexandra Barker, Phoebe*



Alex Siu, James Taylor, Jemima Kenyon

*Lawson, Emma Davis, Robin Van Aeeken, Amy Hopkins)*

The **Under 10s** had a great response from our squad allowing us to enter 3 teams in the competition each with 6 players and 3 substitutes. Given the glorious sunny weather, it was essential to have the 3 rolling subs in each team and keep fresh legs on the pitch. Overall the standard of hockey was very high with a number of new teams appearing this year in the competition. HKFC A and B played in Division 1, and HKFC C played in Division 2. All teams had 3 pool games before proceeding to the play-offs. With the U12s having won their age group in the tournament the day before, all our players were keen to uphold Club honours.

HKFC A results were as follows:

vs. Valley A, won 2-0 with goals by **Elise Cachard** and **Justin Mak**  
vs GSIS B, drew nil-nil  
vs KCC B, won 2-0 with goals by **Gwenael Laot** and **Justin Mak**

With 2 wins and a draw and the same goals for and against HKFC A

ted with GSIS B for their pool, but were given a win of the pool on the toss of a coin (being the coach's biggest contribution of the day). This set up HKFC A against KCC A in the semi-finals. It was a hard fought match with HKFC A having the majority of possession for the match. However, we were unable to convert goal opportunities and a well-drilled KCC side caught us on the break twice to go 2-0 up and then benefited from a controversial 3rd goal where it looked like the shot was taken from outside the D. The team then went into the 3rd place play off against GSIS B, who had lost their semi-final in a derby match against GSIS A. Having drawn in the pool games, we had high hopes of a win here but were again unable to convert our goal scoring opportunities and went down 2-0 to claim 4th place in the tournament overall. It was a very creditable team performance overall with many of the children playing in their first tournament.

Individually **Alexandra Barker** won Best Fair Player in Division 1 with a very strong all round performance, **Harry Woodrow** was rock solid at the back and **Elise Cachard** showed great attacking play.

*(A Team: Laot Gwenaël, Harry Woodrow, Hugo Druenne, Louis Guinvarch, Justin Mak, Elise Cachard, Finn Galloway, Alexandra Barker, Lauren Dickie, Coach: Neil Galloway, Assistant: Sue Druenne)*

The U10s B team tried valiantly, coming up against 4 "A" sides in their 5 group matches, and came close to winning some very tight matches. All members of the B team showed that HKFC has made huge improvement on previous tournament performances, and like the A team, also had some first time tournament players. **Alice Cameron**, was awarded "Most Improved Player" for the B team.

*(B Team: Jamie Evans, Jonathan Hutson, Matthew Ma, Simon Dupond, Charlotte Burton, Claire Donnellan, Jessica Osborne, Lucie Dupond, Victoria Barker, Coach: Rob Barker, Assistant: Andy Hutson)*

The Under 10s C team was a relatively new group of players also, and showed great determination throughout the tournament. **Yik-Kei Leung** was awarded most improved player for the C team, and **Ethan Tsea** was awarded the C team MVP for his consistent hard work.

*(C Team: Ethan Tsea, Kohji Komiya, Tymon Shih, Yik-Kei Leung, Alexis Saffon, Caitlin Hogan-Jones, Lindsay Cunningham, Lucy Cotillon, Rhianan Williams, Coach: Guv Dillon, Assistant: Catherine Hogan-Jones)*



HKFC entered two **Under 8** teams in the youngest of the tournament age groups, and were to play some excellent hockey. Both teams finished in fourth place in their divisions after some solid pool play. The A team came across a very strong KCC A team in their semi final in Division 1, and the B's came up against the new recruits, Japanese International School. Both opposition teams had some highly talented players, and whilst both HKFC teams were beaten, they certainly made the opposition earn their respective victories.

For the B team, stand out performances were **David Evans** in goal, saving the day on more than one occasion, **James Taylor** for tireless work in defence and attack, and **Jemima Kenyon** for her passing and team play. For the A team, **Sophie Bater**, playing in her first tournament, was a fantastic team member, **Lucca Leinster-Holt** was tireless, as were **Kit Studholme-Wilson** and **Archie Wilkinson**, in both defence and attack.

*(A Team: Kit Studholme-Wilson, Sophie Bater, Oliver Lee, Lucca Leinster-Holt, Archie Wilkinson, Caitlin Galloway, Emily Mann, Joseph Burns, Coach: Nick Studholme-Wilson, Assistant: Polly Studholme-Wilson)*

*(B Team: James Taylor, Sharma Tarinee, Conrad Szymanski, Alex Siu, Monamie Schloss, Chloe Sik, Justin Lancelotte, Jemima Kenyon, David Evans, Coach: Simon Chapman, Assistant: Deepali DeBlank)*

Most notable of all during the weekend was how all the children began to play as a team with more calling and passing which saw improved game play during the

course of the tournament.

We are all looking forward to the HKFC tournament in January and have high hopes for an improved performance from all the teams. We now have good size squads of children at U8 through U12 age groups, which have the potential to build stronger youth teams for the Club going forward. Many thanks to all the parents who helped out over the weekend with coffee runs, photographs, herding of children to ensure they were in the right place at the right time. The only thing to improve for the next tournament is a jug of cold beer for the coaches at the end of the event. And with that, a special thanks to our tournament coaches: **Neil, Rob, Nick, Simon, and Guv.**

*By Simon Chapman*



## Ryder Bowl 2009 – Mission Accomplished

21st and 22nd November 2009

**F**resh from an unexpected victory in the 4-cornered Reunification Cup event at Lotus Hill, the Football Club Golf team were the red-hot favourites to lift the 2009 Ryder Bowl in the annual match against the American Club.

This was not something that I was personally looking forward to as the trophy itself, a magnificent crystal bowl on a huge wooden plinth weighs about 20kg and has to be humped up and down to Lotus Hill by the victorious Captain. I was making dark mutterings about trying to get rid of it over the weekend although the rest of the team members did not seem too keen on this idea.

Team spirits were high on day one as we cruised to a comfortable 3.5 to 1.5 lead in the four-ball better-ball format out of the 5 matches played. Even after the first 4 singles matches had come in on Sunday we had retained our 2 match advantage with only 6 more matches to come in.

I was already coming to terms with the likelihood of sustaining a hernia getting the Bowl back to HK and celebratory drinks were being consumed on the club terrace as we watched the final 3 flights arrive.

Perhaps the seeds of defeat had been sown the previous evening when the traditional trip to the local bars was abandoned in favour of a quiet drink in the hotel bar at Lotus Hill; perhaps it was the inexperience of high-level match play among a couple of the players in the last few flights; perhaps it was just (without in any way wishing to point fingers) that **Mike Belbin** could not get the ball higher than his kneecaps all weekend.

Anyway, whatever the cause, our tail crumbled miserably and only managed to produce 1 further point from the last 5 matches and the disbelieving American Club discovered that they had snatched victory by 8.5 points to 6.5.

My bitter disappointment was somewhat assuaged by the appalled look on the American Club's Captain's face when he tried to lift the Trophy and realized that he would be the one staggering to and fro with it this time round.

So in the end, Mission Accomplished, but perhaps next time it would be better for me to appoint an official Trophy Bearer before the match so that I actually want to win the bloody thing!



Thanks to all our team for making a good effort especially **Malou** and **JP** who took maximum points, and hopefully we do better next time. Thanks and congratulations are also due to the American Club, especially Captain Nick Lock and organiser Wicky.

*By Dallas Reid*

Individual Results out of a maximum 1 1/2 points were:-

**Dallas Reid** 1/4 point (Near Pin Day 1)

**Andy Wood** 1 1/2

**Michael Chin** 1/2

**Charlie Yeomans** 1/2

**Malou Ferrier** 1 1/2

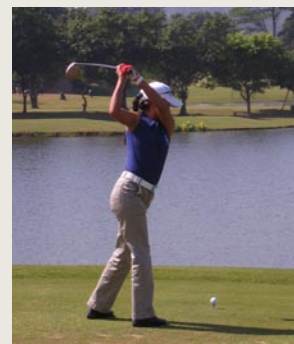
**Ian Petersen** 0 (Near Pin Day 2)

**Mike Belbin** 0

**Kevin Tse** 1/2

**JP Cuveleir** 1 1/2

**Elsa Lee** 1/4





## Kau Sai Chau East

25th November 2009

The best time of the year for golf, and the most spectacular course in HK, or maybe Asia? That was the attraction for twenty nine golfers on the latest Society outing. After a year maturing, the East course is playing very nicely, though the fast greens surprised a few on the day. The East is still difficult to book, even with a green fee surcharge, and many HK golfers have still not visited.

The course is tough, and the blind shots difficult for first-timers, so Stableford scores tend to be low and only a brave few reached the 30 point milestone. In second place **Malou Ferrier** and **David Connolly** both reached 33, but the clear winners were **Jonathan Li** with 38 points, and **Patty Chiu** with a remarkable round of 44 points.

The other prizes were the Long Drives which went to **Greg Brutus** and Malou Ferrier; and the Near Pins which went to **Mike Belbin** (twice) David Connolly (twice) and Malou.

The prizes were the icing on the cake – for everyone this was a really great day out, just what you would hope for at this time of year at Kau Sai Chau.

*By Adie Ma*



## From Your Tennis Coach



*Adam Doyle, Tennis Coach*

We would like to wish everyone a happy, successful and healthy new year.

The new year will bring more options for Members to be involved in tennis. Adult Coaching Clinics, Club Championships for Singles and Doubles, Junior Tennis League and more fun events for everyone. Check out the notice boards around the Club for events coming up.

Tennis lessons are back in full swing in January. They are available for all ages. Junior Programmes are available from Monday through Saturday.

For enquiries please email [adoyle23@yahoo.com](mailto:adoyle23@yahoo.com)

### Tips on Playing Doubles:

Doubles is a game of strategy. You need to be able to read your opponents, execute points properly by having a plan of attack and defence. Communicate with your partner frequently for a better understanding of each other and what to do during the match.

The problem I see in doubles is that there is normally no strategy. Most people like to hit that big winning shot off the first or second ball, even if they are in a bad position. Try to slow yourself down evaluate your position and execute the best shot that you can do with each ball coming at you.

If you slow yourself down, you can hit more accurate shots, and you will see an improvement in your doubles games.





The Island Cup Team



Eric and Vivian

## Island Cup Challenge

The Club was once again invited to participate in the sixth annual 'Island Cup Challenge' at the Ladies' Recreation Club on Sunday 6th December. This prestigious competition brings together six of the leading sports clubs on Hong Kong Island for a battle between their top men's and ladies players.

This year teams from the Jockey Club, the HK Cricket Club, Aberdeen Marina Club, the Country Club, the Football Club and the Ladies Recreation Club all played each other during eight hours of top class tennis.

All players were A or B grade (although we drafted in a couple of D grade players to help us out) and each match consisted of four pairs from each club playing men's, ladies and mixed doubles for 40-minute periods to win as many games as possible. With no ad scoring and sudden death points to ensure there were no draws, every point and every match was closely contested.

We narrowly lost our first two matches against LRC and the Country Club, who were eventual runners-up and winners of the competition respectively. After the lunch break, our reinforcements got off to a slow start having filled up on the superb barbeque buffet. We lost another close match against our arch rivals from the Jockey Club before a hard-fought draw with the Cricket Club, but we ended the day on a high note with an emphatic win over the Aberdeen Marina Club, who finished in third place.

The Football Club finished in fifth place, just half a point behind the Jockey Club in fourth place with the Cricket Club bringing up the rear in sixth place.

Special thanks to all members of the team and the supporters, as well as team captains **Celina Leung** and **Greg Brutus**.

*Be sure to check out the Tennis Society website which is updated regularly with lots of photos from all of the recent events. [http://www.hkfc.com.hk/sports\\_sub.asp?cat=tennis](http://www.hkfc.com.hk/sports_sub.asp?cat=tennis)*



Eric blasts a forehand winner



Alan in full swing



Kenneth and Adrian



Yoke Ming serving up the heat



Eric and Vivian do battle with LRC



Winston dropping bombs



Celina and Adrian take on the Country Club

## League Results

Congratulations to Philippe Bonval and his team for maintaining their spot in the highly competitive A division. This end of season roundup from Simon Cheung and much more can be found on the website under the league section.

Having found our second wind with three straight smoking wins, we shall rest happily in either 3rd or 4th place with 5 wins and 4 losses. In my opinion, our efforts were not sheer chance but each player's dedication to make a difference. Earlier in the season we were trampled on but each of us dug deep to improve our play and I saw our team becoming a force to be reckoned with next season, especially with the rise of the youth and skill of our club champs, Adrian Leung and Neal Soo, the return to A+ form from all round athlete Kenneth Kwok, the shaking of rust from talented Adrian Long, the coming of age of young Austin, the comprehensive games from the two Bens and the broken bodies from aged veterans Ringo, Philippe and Simon.

It's hard to pick a Man of the Season as everyone has exhibited impressive moments on court (off court as well) at some stage, but one man who has achieved what others haven't is the feat of 9/9 games. Yes, Mr Ringo Leung in his 140km/h taxi ride deserves the honour! What's more, he brings his dear wife to the game and supplies the whole team with food whilst the rest of us receive vitriol from our wives/girlfriends for staying out late playing tennis!

Vincent Chan's D squad has won four of their eight matches so far with only one match left to play and will finish the league mid-table. The team has performed very consistently throughout the season.

The ladies' B team continued their impressive form throughout the season with four wins so far and have secured their place in B division once again.



Yoke Ming and Celina with LRC

## Forthcoming Events

- Starting in December, Kevin McNamara will organize a Men's doubles box league. 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!
- A mixed doubles competition will be held on 12th December from 2-6pm followed by a hot pot Christmas dinner get together in the Coffee Shop
- There will be one coach and social session on Friday, 29th January. Members will need to confirm their participation in advance
- Look out for details of the charity doubles competition scheduled for 21st March where we will be raising money for Ugandan orphans once again.

On behalf of the Tennis Society Committee we would like to thank everyone for their support this year and wish everyone a happy, healthy 2010. We have an exciting calendar of events already lined up – check the web site for details.

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



Ringo and Adrian Leung in action

## Ladies Doubles Morning Leagues

Premier: Captain (Haj Wilcox) 1 tie, 2 wins, 6 losses finishing 8th out of 10 teams.

Division 2: Captain (Elaine Butterfield) 1 tie, 3 wins, 5 losses finishing 9th out of 10 teams.

Division 4: Captain (Yolanda Li) 2 ties, 5 wins, 4 losses, (1 match outstanding) currently 8th out of 13 teams.

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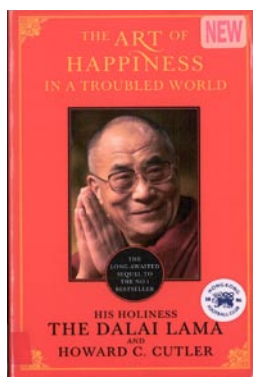
BOOK REVIEW

THE ART OF HAPPINESS IN A TROUBLED WORLD

By the Dalai Lama and Howard C. Cutler

Blending common sense and modern psychiatry, *The Art of Happiness in a Troubled World* applies Buddhist tradition to twenty-first-century struggles in a relevant way.

In the book, Dr. Cutler walks readers through the Dalai Lama's philosophy on how to achieve peace of mind and come to terms with life's inherent suffering. Together, the two examine the roots of many of the problems facing the world and show us how we can approach these calamities in a way that alleviates suffering, and helps us along in our personal quests to be happy. Through stories, meditations, and in-depth conversations, the Dalai Lama teaches readers to identify the cultural influences and ways of thinking that lead to personal unhappiness, making sense of the hardships we face personally, as well as the afflictions suffered by others.



MOVIE OF THE MONTH

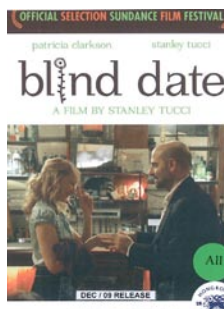
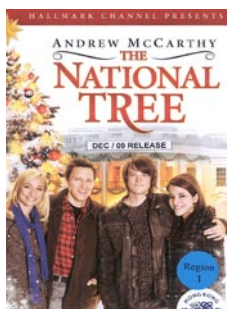
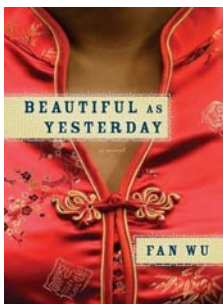
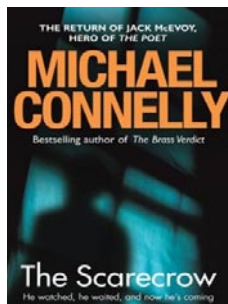
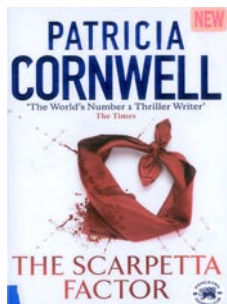
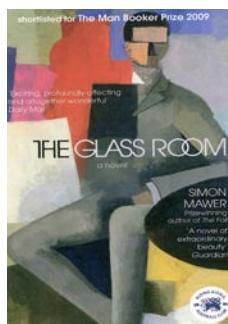
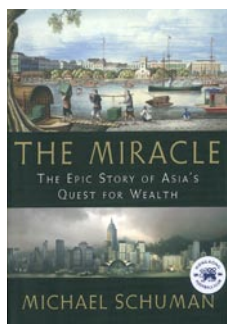
PUBLIC ENEMIES

This is the story of the last few years of the notorious bank robber John Dillinger. Living openly in 1930s Chicago, he had the run of the city with little fear of reprisals from the authorities. It's there that he meets Billie Frechette with whom he falls deeply in love. In parallel we meet Melvin Purvis, the FBI agent who would eventually track Dillinger down. The FBI was in its early days and Director J. Edgar Hoover was keen to promote the clean cut image that so dominated the organization through his lifetime. Purvis realizes that if he is going to get Dillinger, he will have to use street tactics and imports appropriate men with police training. Dillinger is eventually betrayed by an acquaintance who tells the authorities just where to find him on a given night.



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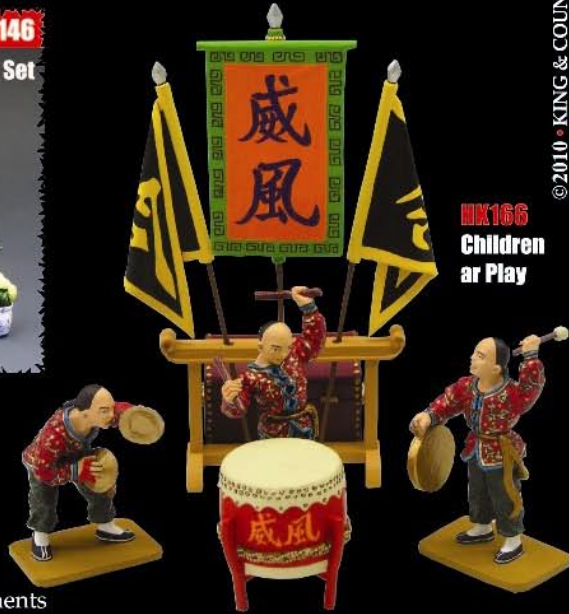
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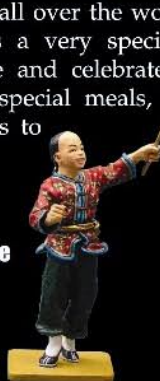
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**CHINESE NEW YEAR**

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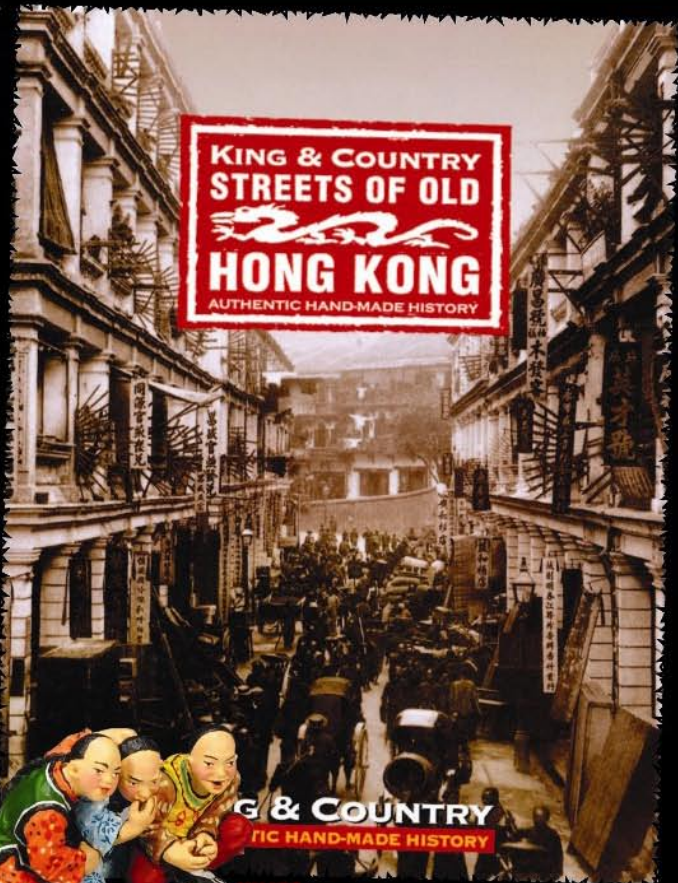
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