

CLUB

HONG KONG FOOTBALL CLUB 香港足球會 OCTOBER 2020



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CARLOS CORNES

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- PROFESSIONAL COACHES FOR U9s AND UP
- PARTICIPATE IN TOURNAMENTS
- DEVELOP ESSENTIAL PHYSICAL SKILLS
- TEAM WORK FIRST!

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Vice President	: Fook Aun Chew	Discipline	: Malcolm Kerr
Vice President	: Bobby Lawson	Membership	: Neil Roberts
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CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club. Arranged by Jericho Lui and Crystal Cheung. 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.





Zeni 1870 Italian Wine Dinner

Celebrating a 150-year old story of wine from Veneto, Italy

Date: Friday, 30th October 2020

Time: 7:30 pm welcome drink followed by dinner

Price: \$838 per member | \$888 per member's guest

Speaker: Claudia Capelvenere - Managing Director, Valdivia 1975

Welcome Drinks & Canapés

Appetizer

**Wild Caught Sardines in Sweet and Sour Stewed Onions,
Sultanas and Crispy Rice Pearls**

Zeni 1870, Spumante Bardolino Chiaretto Brut doc

First Dish

In-House Lasagna

With Beef Ragout, Tomato & Taleggio Cheese

Zeni 1870, Soave Classico, Vigne Alte doc 2019

Zeni 1870, Lugana Marogne doc 2018

Main Course

**Wild Pheasant Braised in Spiced Red Wine,
Sweet Potato Mash, Sauteed Savoy Cabbage**

Zeni 1870, Costalago Rosso, Corvina / Merlot / Cabernet, I Speciali igt 2018

Zeni 1870, Ripasso Superiore di Zeni, Marogne doc 2016 (1.5 lit)

Zeni 1870, Amarone della Valpolicella Classico, Vigne Alte docg 2013

Dessert

Puff Pastry Strudel

With Conference Pears and Crème Patisserie

Zeni 1870, Recioto della Valpolicella Classico, Vigne Alte docg 2016

Enquiries and Bookings: 2830 9562 or restaurant@hkfc.com

Terms & Conditions:

Cancellation and No Shows: only written cancellation is accepted. No shows will be charged in full.

All fees confirmed are non-refundable for any cancellation less than 10 working days prior to the dinner.

Bookings are on first-come-first served basis.

Under the law of Hong Kong, Intoxicating liquor must not be sold or supplied to a minor in the course of business.



The Thoughts of the Chairman

主席的話



Michael J. Wood
Chairman

I hope that you like the new look of the Club magazine which has been revised after a few months absence. The Digital and Communications team have been working hard to revise the look and feel, and are continuing to explore ways to continue with improvements. On the subject of communications, although the COVID-19 situation has caused delays, much work has continued on the backend systems for the new website. As such, we will soon be announcing the launch of a new Members log in area, and later this will be developed to enable Members and their families to book some sports facilities and make reservations at the Restaurant through the website.

At the time of writing the social distancing measures have been further relaxed by Government in the light of reduced levels of infections.

We have been able to react swiftly to these changes to ensure that Club life can return to normal as soon as practicable, but of course a number of restrictions still remain in place at the moment. Inevitably, sporting life has been adversely affected and as such there is little to report on this front. However, most of our sports and recreational facilities have reopened and we look forward to further relaxations of social distancing measures from the Government which we hope will allow the "normal" sporting season to begin, albeit a bit later than usual. I know for many of you that it would be good to see the Swimming Pool Complex reopening once again!

I mentioned in last month's magazine that the Annual Sports Day has been rescheduled to Saturday 19th December, but this needs to remain flexible in the light of events as they unfold. So, it may be that the date has to be further revised depending upon circumstances.

I would like to remind you that the Club's Annual General Meeting (AGM) is scheduled to take place on Thursday 5th November at 7pm, so please make a note in your diary to attend if you can. In line with this, as part of our constant pursuit to improve environmental sustainability, copies of the Annual Report and a revised set of marked up changes to the Articles of Association (for which we will be seeking approval for at the AGM) will be able to be viewed via a link and/or a QR Code and will not be sent out as usual to members in hard copy format. Having said that, a few hard copies of the Annual Report and the revised Articles of Association will be available from the Front Desk of the Club for those of you that are unable to view them online.

Michael J. Wood
Chairman

停刊幾個月後，會刊以耳目一新的形象回歸，希望大家會喜歡會刊的新風格。數碼及傳訊部團隊也花了很多心血，修改會刊的外觀及風格，並會繼續發掘更多方法，不斷提升會刊的質素。提到傳訊，雖然疫情導致本會很多工作延遲進行，但是網站後端系統的升級工程從沒間斷，嚴格來說，我們很快就會宣布啟用全新的會員專區，專區之後會再有更新，到時會員及親屬便可以透過網頁預訂部份體育設施，以及預留餐廳座位。

由於感染數字大幅下降，政府至今已經更進一步放寬社交距離措施，同時我們亦一直因應政府的最新指示，即時作出調整，確保本會盡快在可行的情況下回復正常運作。現階段尚有一些現行的社交限制仍要保留，令體育生活無可避免地大打折扣；老實說，這方面暫時沒有甚麼重要資訊。然而，本會大部份體育及康樂設施已經重新開放，盼望政府未來可以放寬更多社交距離措施。雖則各項運動會比以往更遲開季，我們還是希望順利迎接新一個「正常」賽季，另外我相信很多會員都期待著綜合游泳池再次重開的一天！

上期會刊曾提到運動會已經延遲至12月19日（星期六）舉行，不過因為目前事態發展不明朗，確實日子仍須待定，所以有機會因應情況要再度推遲運動會。

提醒大家，本會的周年大會已定於11月5日（星期四）晚上7點舉行，方便的話請記下這個日子。本會一向追求環境可持續發展的改善，自然亦想在周年大會出一分力，年度報告的副本及備註好的球會章程修訂版（我們會在周年大會尋求通過修訂），將會透過網頁連結和/或QR Code發放，而不再如過往一樣以實體形式派發，話雖如此，若然有會員未能在網上成功閱覽這些文件，本會櫃檯亦有幾份年度報告及修訂過的球會章程，供有需要人士取閱。

主席 胡米高



For Sale CORPORATE SUBSCRIBERSHIPS

The HKFC is currently offering 50 Corporate Subscriberships for sale, at a price of HK\$3.3m each, to help fund the future renovation of the HKFC.

On purchase of a Corporate Subscribership a company becomes a Corporate Member and is entitled to nominate an individual and their immediate family to enjoy the benefits of membership of the HKFC.

More information can be obtained by contacting Kerry Ogle, Membership Services Manager on 2830 9502 or by email to membership@hkfc.com.

For information on HKFC facilities please view the website at www.hkfc.com.hk

Interested parties should submit a written application to:

The Membership Services Manager
Hong Kong Football Club,
3 Sports Road, Happy Valley, Hong Kong



香港足球會
HONG KONG FOOTBALL CLUB

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with Hong Kong Football Club

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Why not host your event at the Club!
We have plenty of recommendations
for a perfect venue celebration.

Call the Catering Office
at 2830 9513 or email catering@hkfc.com
for a site inspection now!

For your party package,
please scan here



From the Desk of Mark Pawley

總經理的話



Mark Pawley,
General Manager

It's great to see that at the time of writing virtually all our sports and recreational facilities have now reopened albeit many with various users conditions still in force. Not wishing to tempt fate, but I am aware that some of our Sporting Section league seasons could well be starting up towards the end of October / early November. With this in mind I would like to remind Members, as I always do at this time of the year, that you should not leave valuables or personal belongings lying unattended around the Club. The Attendants on duty in the Changing Rooms on the 1/FI, 2/FI and in the Infield are able to secure your valuables and we can provide Day Lockers, if required. As regards the Infield and, more specifically, the Main Pitch, **parents are again advised to supervise their children at all times especially from "playing" on the Pitch on Match days!** Grounds Staff have been told to remove children from the "dead-ball" areas on the Main Pitch during matches, in particular on Rugby days. And, **for those of you who will be playing sports this season please see the reminder notice at the foot of the page ensuring that you all have adequate medical and personal accident insurance.**

A reminder too that, the Car Park will be filling up from now on, from early morning to late afternoon, at the weekends. Many of you are aware that in season, we very often have long queues of cars on Sports Road at certain times that often involves Police intervention so, just to note **that you are allowed to park in the Jockey Club Car Park (Security Staff will advise you when this is possible) on non-race days** which would help to offset some of the problems associated with vehicles queuing on Sports Road.

And, a further reminder that the **Car Park should not be used as a convenient place to park when e.g attending a nearby office or merely shopping or entertaining outside of the Club but should be used only when other Club facilities are being utilised at the same time.**

Mark Pawley,
General Manager

很高興見到本會的體育及康樂設施現在基本上全面重開，不過到目前為止，很多設施仍然有不同的使用限制安排。雖然不想過份樂觀，但我得悉本會部份體育部的聯賽賽季很大機會可以在十月尾至十一月初左右開鑼，考慮到這個可能，我又要在每年的此時此刻，不厭其煩地提醒大家，緊記在本會範圍內看管好自己的貴重或私人物品，而在一樓、二樓及中場席的更衣室都有當值服務員為你妥善保管貴重物品，有需要的話更可以租用本會的儲物櫃。至於在中場席，或更明確地說在球場，我們再次呼籲家長要時刻照顧好子女，尤其是比賽日當天子女在球場上「嬉戲」時，更要份外小心！場地人員已經收到指示，比賽期間球場的「死球」範圍不得有小朋友在場，特別是攬球比賽期間，碰撞更加激烈，會更加危險。除此之外，若然你會參與這個賽季的賽事，請看看文章下方的提示通知，確保自己已經有合適的醫療及個人意外保險。

另外，亦想提醒大家，從現在開始，停車場由周末的清早到黃昏，會不斷有車停泊，而相信很多會員都知道，賽季期間，體育道在比賽前的交通通常都會非常擠塞，很多時都要警方到場疏導交通，所以順帶一提，大家於非賽馬日是可以停泊在賽馬會停車場的（保安人員會在情況許可下作出通告），這樣就會幫助減少部份體育道交通擠塞的相關問題。

還有更重要的一件事，大家緊記本會的停車場只供同時使用其他本會設施時停泊，若然是因私人活動而需要停泊，例如到鄰近的辦公室，又或者只是在本會範圍外購物消遣的話，要麻煩大家到其他停車場了。

總經理龐禮文

NOTICE TO MEMBERS: Medical and Personal Accident Insurance

The Club would like to take this opportunity to remind all of its Members to ensure that they have adequate medical and personal accident insurance in place when playing any sport.

We would like to remind Members that it is not the Club's responsibility to provide its Members or any other persons using its facilities, or playing on behalf of the Club, with insurance in respect of personal injuries sustained, or any other damage caused when playing sport. This applies to all sporting activities, including matches, practices and social games howsoever connected with the Club.

Anyone playing sport should consult an insurance broker to arrange comprehensive personal insurance such as:

- Medical coverage to insure the Member or player in respect of any medical treatment required; and
- General accident coverage providing payment to the Member or player for any serious accident or liability insurance for injury or damage caused to others.

AMERICAN MASTER CLASS

WINES ALONG THE AMERICAN PACIFIC COAST

DATE : THURSDAY 29TH OCTOBER 2020
TIME : 7PM - 8.30PM
VENUE : 2/F, HAPPY VALLEY SUITE 1
SPEAKER : MR. JULIAN TSE, FINE WINE MANAGER

HK\$ 258 /Person

*\$50 refund can be redeemed if purchase wines

WINE SELECTION



Chateau Ste. Michelle
Riesling 2018
USA, COLUMBIA VALLEY

Eden Rift Vineyards Estate
Chardonnay 2017
USA, CIENEGA VALLEY



Gnarly Head
Old Vine Zinfandel 2018
USA, COLUMBIA VALLEY



Earth Resplendent
Pinot Noir 2018
USA, OREGON



Stag's Leap Wine Cellars
Hands of Time 2017
USA, NAPA VALLEY



Chateau Ste. Michelle
Cabernet Sauvignon 2016
USA, COLUMBIA VALLEY



Terms and Conditions

Cancellation and No Shows: Only written Cancellation is accepted. No shows will be charged in full. All fees confirmed are non-refundable for any cancellation less than 10 working days prior to the function. Bookings are on a first-come-first served basis, however limited to 28 people in the room. Under the law of Hong Kong, intoxicating liquor must not be sold or supplied to a minor in the course of business. Programmes, Entertainment and Venues are subjected to change without prior notice.

FOOD AND BEVERAGE MONTHLY PROMOTIONS



From **1st Thursday**

Fancy Pates & Terrines
Chairman's Bar

From **1st Thursday**

The Perfect Paleo
Restaurant

From **2nd Friday**

I Love HK
Dai Pai Dong Buffet Dinner
Coffee Shop

From **2nd Friday**

All Fired Up!
Sportsman's Bar

From **15th Thursday**

Festive Parties
Catering

29th Thursday

Oktoberfest
Sportsman's Bar

30th Friday

Zeni 1870
Italian Wine Dinner
Restaurant

Pool Bar

- Old Hong Kong Snacks
- The Good Ginger Drinks

Restaurant

- 19th Oct: American Wine Master Class
- 22nd Oct: Lapostolle and Clos Apalta Wine Dinner

Chairman's Bar

- Halloween Cocktails

Sportsman's Bar

- Bucket of Beer Promotion
- Hilarious Halloween Cocktails

Captain's Bar and Family Lounge

- Get Stuffed!
Baked Potatoes Promotion
- Oatly Drinks

Kiosk

- 5 Ingredients Recipes

Coming Soon in November

Wine Dinner

- 13th Nov: A'lba Wine Dinner with White Truffle
- 20th Nov: Dom Perignon Wine Dinner

Wine Master Class

- 19th Nov: Beaujolais

Coffee Shop

- Japanese and Korean Buffet Dinner

Chairman's Bar

- Raclette and Cheese Fondue

Sportsman's Bar

- 15 Shot Challenge Event on 28th Nov

Enquiries and Booking:

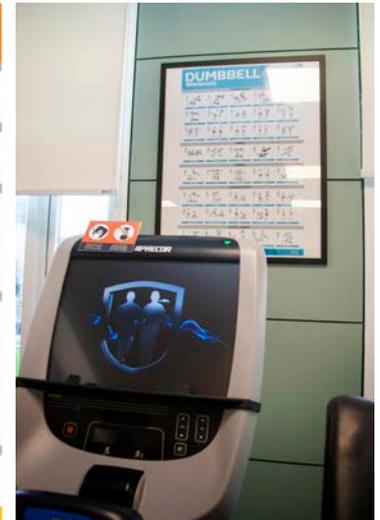
Coffee Shop – 2830 9569 • Restaurant – 2830 9562 • Chairman's Bar – 2830 9559 • Sportsman's Bar – 2830 9531



**KEEP
TRAINING.
KEEP
FIGHTING
FIT.**

DO IT RIGHT

Good posture helps the body to function effectively and will minimize muscle strain and injury. The Fitness Centre recently put up some new exercise posters for gym users to get fit correctly. Not sure you're using the gym equipment with correct posture? Don't be intimidated, this easy-to-follow chart shows you how to master each machine and accelerate your results.



GYM ETIQUETTE

Treat others how you would like to be treated.

- **Share equipment not sweat:** Always wipe down and put away equipment in between your sets
- **Don't cause an earthquake:** Avoid dropping heavy weights and excessively loud grunting or machine usage
- **Use it or lose it:** Use one machine or piece of equipment at a time and allow others to use equipment in between your sets
- **Wear appropriate Fitness Centre attire at all times.**
- **Guests are not allowed access to use the Fitness Centre.**
- Mobile Phones for making calls shall not be used in the Fitness Centre.
- Floor exercise is not allowed in the free weight area.
- Remove shoes when using the exercise mat.

Exercise of the Month 20 Alternation Side To Side Squats 10 On Each Leg

A tip for these, it helps if you keep your foot top and centre of the ball. Be sure you have a wide enough stance to properly do a squat.

You squat and then hop over so your foot that was on the Bosu ball is on the floor and the foot leaving the ground is now in the middle of the ball. You want to eventually pick up your pace, but not until you have perfected the form and the hop over.



Our new Director of Squash

CARLOS CORNES



Hopefully, by the time you are reading this article, the Squash Courts will once again be open and our new Director of Squash, Carlos Cornes, will be on his way to Hong Kong to begin this new and exciting role.

In order to give our squashies some insight into what to expect from the former PSA World #68, we asked Carlos a little about his life, career and his coaching philosophy.

Qu: Carlos, please tell us a little about your background, how you first got into squash, and when you realised you had the talent to become a professional squash player?

First of all thanks for giving me the chance to talk with you. I'm really looking forward to this new challenge.

Well my family owns a big sports complex here in Spain, and my dad and big brother used to play. My dad was the main coach of the club, and he gave me a racquet as soon as I could walk. I soon started to travel around the country to play junior events and I enjoyed it hugely. Then I won the junior nationals a few times and the next step was to try and become a professional squash player. It was a huge challenge for me as in Spain not many people pursue squash as a way of making a living.

Qu: What was your experience like being a tour professional and what do you consider your best win?

I was lucky enough to travel the world, make new friends, experience new cultures... and on top of that play the sport I love, so what can I say! It's obviously hard with all the travelling, the amount of hours you have to

practice, being away from the family... But at the end of the day when you manage to win a tournament, or even to perform at your peak, it's very rewarding.

To be honest I have a couple of matches in mind...beating a few top 20 guys. I remember playing my first PSA tournament at home with all my family and friends watching. I managed to beat a top 30 player back in the day when my ranking was only 190. That one stands out!

But without a doubt my best memory in the game was back in 2019. We managed to finish second in the European Teams Championships in Birmingham. We beat France in the semi-finals who were the top seeds, and we even took England to their limits in the finals.

Qu: What were your favourite tournaments?

I love Asia, love the people, the culture... Every time I played in Hong Kong or Malaysia I always felt fantastic on court. But definitely those team events like the Europeans or the World Teams Championships were my favourite. We spend a lot of time on our own during the year so when I had the chance to play for my country it felt amazing.



Silver medal at the European Team Championships 2019

Qu: Who's the most talented player you've played against, who was the toughest competitor, and who were your best mates on tour?

I had the chance to play against a couple of world number ones like Thierry Lincou, Gregory Gaultier, James Wilstrop and a few more. But I remember playing Mohamed Abouelghar in Qatar, and he is class. I just couldn't do anything else than grinding and lifting for 60 mins...

My best friend is Borja Golan. We grew up together, and we live two blocks from each other. We've been training together for 15 years, and he is a player that I admire a lot. He knows me quite well, so he uses all his skills and experience to beat me. I never managed to beat him... It was horrible to play him!!!

Qu: When did you decide that squash management and coaching was going to be your future after playing the tour?

My brother and I used to do squash camps in the summer when I was about 16. So since then I have been doing a lot of different things like coaching juniors, camps with adults, and running the Squash Section here at the Club. It feels great when you're able to give back what you know to the sport you love!

Qu: What are the secrets of being a good coach and what do you enjoy most about the role?

I love watching the game. I breathe squash 24/7 and I've been on court with the best coaches and players in the sport. You really need to have your eyes open and be ready to learn from everyone. For me everything starts with a good technique. Once you have a good and solid technique then you can start developing different parts of your game... movement, tactics, game plan... I love every single part of coaching. From a 5 year old kid that's just starting in the game, all the way to an amateur that just wants to have a good work out. For me balance is the key...

Qu: What attracted you about the HKFC Director of Squash role?

Everything! To be honest when I saw the position I sent my CV straight away. My first visit to the HKFC goes back to 2017 and I felt impressed with all the facilities and the environment. My idea of how the role could work was pretty much the same as the committee's. So from the first moment we had things very clear...

Qu: What are your memories of playing the HKFC PSA event and how did you get on?

Sadly, I only had the chance of playing the event 2 or 3 times. But you could see and feel how much people appreciated the effort from all the players. The members understand the game and love the good matches. I really enjoyed all my matches at the Club and I can't wait to be part of the event again (from a different perspective). I had a couple of good wins against Henry and Lau, but I remember playing Leo in 2017 who went on to win the event. He was unbeatable the whole week!!

Qu: Finally, can you give us one tip to improve our squash game?

Watch the sport as much as you can. Then go on court and put it into practice! Always be ready to learn... a little adjustment can make a huge difference!!

Qu: Oh, and how do you like the idea of swapping paella for dim sum?

Hehe, this one is the hardest question of the lot! I love food and Asian food is amazing, but I have to say a good paella...I've been learning how to cook a good paella for the last couple of weeks, so I can put in practice while I'm there...

Can't wait to meet you all!!



Playing Hong Kong's very own Leo Au in the HKFC PSA tournament

Bagsy first for a taste of that paella Carlos! Looking forward to seeing you soon.

■ Keith



Attending the welcome dinner of the HKFC PSA International Squash Open 2017

10 in 10 with...

CHRISTINA MATULA-HAKLI AND EMMA STURGESS

Emma Sturgess



1. Tell us about the most memorable moments in your hockey career. One off the pitch and one on.

Christina: Making amazing friends on the pitch and hanging tight with them off-pitch. Team dinners at the Sportsman's post-Thursday training are a favourite.

Emma: Meeting my husband to be at Easter sixes. All because of Yan. Had some great moments with the A team girls on the pitch over the past seasons – when you are playing nice hockey with your mates it's the best feeling.

2. How did you end up in Hong Kong?

Christina: This is a place that's easy to love. We came for a 1-year contract and are still here 13 years later.

Emma: Transferred with work on a two-year secondment, still going strong.

3. If hockey wasn't your sport, what would you play? And why?

Christina: Competitive figure skater. The jumps and twirls, the sequins, the politics. But alas, I can barely skate.

Emma: Not so much as a sport but would like to try riding the motorcycle in the Keiran bike race.

4. What's your best Hong Kong life hack?

Christina: Open-water swimming. When pools closed, I started swimming in the sea. Aside from the occasional stray piece of rubbish, it's so relaxing and a great way to clear my head. And no need to stress and squeeze into a lane!





Christina Matula-Hakli

5. Pick a spirit animal for yourself and explain why.

Christina: A turtle - persistent, slowly moving towards my goals. Hard outer shell but soft inside.

Emma: I would like to be a quokka because they are adorable and always smiling.

6. Who is your sporting GOAT?

Christina: The Canadian in me has to say Wayne Gretzky. The best Ice hockey player of all time, the leading scorer in NHL history, a record still unbroken more than 20 years post-retirement.

Emma: Rafa Nadal, for sure.

7. What's the best hockey tour you've been on?

Christina: Delft Hockey Tournament in Holland with West Hampstead Hockey Club. Camping pitchside and chocolate sprinkles on toast for breakfast. Breakfast of champions.

Emma: Calella Fest – a small town in Northern Spain descended on by a multi-sport tour.

8. If you could travel to anywhere in the world right now, where would it be?

Christina: Up to the family cottage in Quebec, Canada, where I spent all my childhood summers. The coloured leaves this time of year are spectacular. There's nothing like a global pandemic to make you yearn for home.

Emma: First destination would be going back to Scotland to say hi to my family, then Iceland.

9. If you could give one piece of advice to your 18 year old self, what would it be?

Christina: Trust yourself. In the words of my GOAT, "You miss 100% of the shots you don't take."

Emma: You only regret the things you don't do.

10. Best purchase you've ever made worth 500HKD or less?

Christina: My Feiyue canvas sneakers from Taobao. If they're good enough for Shaolin monks, they're good enough for me.



Lapostolle 90+ Points Wine Dinner

Lapostolle creates world-class wines using French expertise with superb terroirs of Chile. Their wines have received international acclaim and got 90+ points for most of their recent vintages.

Date: Thursday, 22nd October 2020

Time: 7:30pm welcome drink followed by dinner

Price: \$838 per member | \$888 per member's guest

Speaker: Mr. Benjamin Fraysse, Regional Director Asia-Pacific of Lapostolle Winery

Welcome Drink and Canapés

Lapostolle, Grand Selection Sauvignon Blanc 2018 (JS 92)

Appetizer

In-House Marinated King Salmon with Beetroot Juice

Orange Emulsion, Honey and Dill Gelee

Lapostolle, Cuvée Alexandre Chardonnay 2016 (JS 93)

First Dish

Chicken Veloute

With Smoked Ham Dumpling and Mushrooms

Lapostolle, Cuvée Alexandre Merlot 2014 (JS 94)

Second Dish

Paccheri Pasta with Pheasant Ragout

On a Tomato Coulis, Shaved Roman Pecorino

Lapostolle, Cuvée Alexandre Cabernet Sauvignon 2018 (JS 95)

Main Course

Slow Roasted Lamb Shoulder

Pumpkin Mash, Romanesco Broccoli, Baby Turnips

Lapostolle, Clos Apalta 2015 (JS 100)

Lapostolle, Clos Apalta 2013 (JS 96)

Dessert

Sicilian Cannoli

With Ricotta Cream, Chocolate, Mixed Citrus Peel

Enquiries and Bookings: 2830 9562 or restaurant@hkfc.com

Terms & Conditions:

Cancellation and No Shows: only written cancellation is accepted. No shows will be charged in full.

All fees confirmed are non-refundable. for any cancellation less than 10 working days prior to the dinner.

Bookings are on first-come-first-served basic, however, limited seats available in the room.

Under the law of Hong Kong, intoxicating liquor must not be sold or supplies to a minor in the course of business.



Kau Sai Chau South

Thursday 3rd September



(Left to Right) Margaret Man, Man Shu Bor, John Dainton, Doreen Dainton

After a 2 month hiatus courtesy of COVID-19, the Golf Society was again able to run an event at Kau Sai Chau. We were lucky enough to get 6 flights which are very precious right now as KSC is fully booked till the end of the year! When everyone arrived at the HKFC to catch the bus for the course, it was obvious they were all hungry for their golf fix!

The first to tee off were **Jonny Brock, Phil Head, Andrew Wood** and **Michael Chin**. Phil Head and Jonny Brock were up against Michael Chin and Andrew Wood for a match play. For Phil, he wasn't really performing as he is currently in between swings after taking some lessons. Even after 2 months of no golf practice, Jonny can still manage to get only one over for the front nine and they went into the lead! However, Woody is known for his tough match play, and he battled through the back nine and managed to get one up after 15 holes. When they reached the 16th, there was a thunderstorm and rain and the course was temporarily suspended due to bad weather.

For my group, I was playing with **Yeung Tak Kuen, David Bruce** and **Shawn Morley** (Our new pro at HKFC). It was a pleasure to see Shawn playing, smooth tempo with a solid base during the downswing. It's like seeing

John Rahm playing next to you. On hole 7 and 8, he just bumped his drive straight to the middle of the green and made easy two putt birdies. You will be amazed when you are playing next to him. He also has a pretty good putting game especially under pressure sinking two long putts for par saves! For the front nine, Shawn shot 2 over with 2 birdies to end the front nine.

As the event was suspended due to the thunderstorm, we would only calculate the front nine to determine the winner of this event.

Here is the breakdown of this event:

- 1st place: **Jonny Brock** - 21 points
- 2nd place: **Jukka Hakli** - 20 points
- 3rd place: **Liz Dendle** - 19 points

Nearest to the Pin

- Hole 2: **Jukka Hakli**
- Hole 5: **Graeme Brechin**
- Hole 11: **Patrick Watts**
- 2 shots nearest to the pin Hole 12: **Marco Jorge**

That's it for this event, Happy Golfing.



David Bruce



Yeung Tak Keung

THE HKFC NETBALL DSA SOCIAL TEAM



NEEDS YOU!

**ARE YOU A HKFC MEMBER WHO WANTS
TO PLAY NETBALL?**

The Social Team plays in the Hong Kong Netball Association League on
Monday evenings and we would love you to join us.

For further details and to sign up please email info@hkfcnetball.com



Fancy Pâtés & Terrines

Throughout the month of October

BAVARIAN BITES

A great selection of perfectly seasoned German Pates and Terrines



CHAIRMAN'S BAR

Enquiries: 2830 9559 or bars@hkfc.com

It's been a tough season for the HKFC Swimming and Triathlon team, as I am sure it has been for all teams. However, COVID-19, and the resulting interruption to our training season, didn't dampen our passion or dedication to the sport. Although the pool is closed many of our members have been continuing to train with open water swims, self organized swim/runs, intense hikes, runs and cycling.

A huge congratulations is in order for **Nicolas Gontard's** 4th place overall finish in the Otillo Swim Run held in Uto, Sweden. This grueling 15km race took place in water under 15C. It was a fantastic showing and made the HKFC Swim/Tri team very proud!



Nicolas Gontard and friend at the finish of the Otillo Swim Run



Nicolas Gontard and Matthieu Maury at a self organized Swim Run



Alex McCarroll, Jessica McCarroll and Leanne Claxton (the pink ladies) on a 40km ride around Sai Kung



Deb Hanley at a Self Organized Swim Run

香港懷舊小食

Hong Kong Style Snacks

Throughout the month of October



中華粉皮



COLD GREEN SPLIT PEA NOODLE SALAD

瑞士雞翼



CHICKEN WINGS COOKED IN SWEET SOYA SAUCE

椒鹽鮮魷



DEEP-FRIED SQUID TENTACLES WITH WORCESTERSHIRE SAUCE

蔥油餅



SPRING ONION FLAT BREAD

HALLWEEN

COCKTAILS

Throughout the month of October



CHAIRMAN'S BAR

Enquiries: 2830 9559 or bars@hkfc.com

LEAGUE MATCH TRAINING HEATS UP

This issue we feature the ladies day league players in action as teams shift gears in the run-up to the new season. Taking full advantage of newly reopened courts, with coaches helping to ramp-up efforts to make up lost time.

Dom Girones Div. 4 lead coach, puts the ladies through their paces on game plan and technical execution. Below: Coach Nathan Booth (on the Right) drills newly formed Div. 5 ladies, captained by Michelle Page - players pumped and ready to take on the new season. Game On and Good Luck, ladies!



Charlotte Cheung (on the Right) Div. 4 ladies day league captain and Jennifer Feng have their sights on reclaiming Div. 3 rankings

OFF-COURT ACTION

Thank you everyone who contributed to raising funds and participated in the charity cup last year for **Pathfinders**, TS Charity partner for the 2nd year. They provide much-needed care and assistance for 7,000 of Hong Kong's most vulnerable babies, children and their migrant mothers since 2008. HKD12,000 was raised to support their excellent work.

Learn more about Pathfinders and how you can get involved by visiting www.pathfinders.org.hk. You can also donate now and **DOUBLE your impact until 30th November** thanks to Fu Tak lam Foundation and #BridgethegapHK Initiative.



Ladies Captain Tina Pavri (on the Left) and Harriet Beavis of Pathfinders with donation cheque.



HKFC Tennis Society
20th Anniversary

20th
ANNIVERSARY
 CELEBRATION

HKFC Tennis Society celebrates its 20th Anniversary this season, look out for event details to mark the occasion along with upcoming magazine issues to feature some stories from the Tennis vaults. If you'd like to share your tennis stories/photos, please email: hkfctennissociety@gmail.com with the subject: Tennis Stories

STAY GREEN

with the Club



“ Hong Kong Football Club has always been conscious of the need to care for the environment ”

The COVID-19 lockdown has led to cleaner air, but there has been a heavy reliance on food-delivery services and online shopping amid the pandemic, while recycling has dropped off. Hong Kong Football Club has always been conscious of the need to care for the environment and recognizes that the need to reduce waste to landfill is crucial, so we are not only taking steps to reduce waste and increase sustainability but also taking good control on food and general waste:

- Working with Green Environmental Kitchen Residue Recycle Limited who collects food waste and converts the waste to animal feed. On average, around 2000kg of food waste is collected every month.
- Working with ECO Oil Company Limited who collects waste cooking oil (WCO) for the Club twice per month. On average, at least 192L WCO is collected from the Club for producing biodegradable diesel each month.
- Switching from using conventional food packaging to certified biodegradable catering takeaway boxes and cutleries made entirely from environmentally friendly recyclable materials. A calculation made by The Vegware eco audit indicates that at least 3.1 tons of carbon and 1 ton of virgin material has been saved in the Club by switching to eco packaging, which are about 2.2 tons of packaging waste in landfills every year.
- Working with Greeners Action by joining the “Lai See Reuse and Recycle Programme” in collecting used red packets for further recycling each year. There were 11kg of red packets collected in 2020.

In 2020, the Club has also joined the “No Shark Fin Corporate Pledge” with World Wildlife Fund (WWF Hong Kong). It is committed to stopping shark fin and shark-related product consumption, ensuring our marine ecosystems are properly preserved, and the long-term sustainable use of species is in place to protect these natural assets for our future.



THE PERFECT PALEO PLATES

THROUGHOUT THE MONTH OF OCTOBER



RESTAURANT

Enquiries and Booking: 2830 9562 or
restaurant@hkfc.com

Featuring dishes from the Paleolithic Diet.
Using truly primitive products, sourced from nature,
wholesome and delicious.



5 INGREDIENTS RECIPE CARDS AT THE KIOSK

With just five main ingredients, plates of food can be created. And all of the ingredients are available here in the kiosk. Just look for the colour dots that match the colour on the recipe card. Or just ask our helpful Staff. That is the premise: five ingredients, not one more.

The promise is that the food will be easy, delicious and ready to eat in no time. Not fancy, elaborate or technical but definitely dishes that you'll be proud to have made on your own and happy to tuck into. So whether you're a seasoned chef, you don't know your pots from your pans or you just feel like trying something new, pick up a recipe card or two and give them a go.

Try any of these great 4 recipes:

- **Roasted French Yellow Spring Chicken** with black pepper sauce,
- **Salmon Casserole** with baby potatoes, leeks and green peas in a creamy mushroom sauce,
- **Penne Pasta with Shrimps And Parma Ham** in homemade amatriciana sauce,
- **Roasted Rack of Lamb** with mint and red wine lamb jus.

Pick Up Your Cards
Pick Up Your Ingredients
NOW!



PREVIEW

Dom Pérignon



ENJOY AN EXCEPTIONAL EVENING
WITH DOM PÉRIGNON VINTAGES

INSPIRED BY
PLÉNITUDE 2

The Restaurant
Friday, 20th November 2020
Cocktail: 7:30pm
Dinner: 8pm

\$1,488 (per Member)
\$1,588 (per Member's Guest)



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

* All the above champagne will be served in limited quantity.

Hong Kong Football Club

WINE FAIR

in the Lockhart Room

Saturday

17th

Sunday

18th

October

from 1.30pm to 6pm

Wine Enthusiasts, Rejoice!
Enjoy a variety of exquisite wines
from around the world at special prices
only during these 2 days.



For more information

please contact Ken Lo at Kiosk@hkfc.com



CHRISTMAS BROCHURE IS READY

You better watch out, You better not cry, You better not pout..... and you better not forget to read your copy of the Hong Kong Football Club's festive season brochure. It's your holiday planner, so go ahead and make your list and check it twice.

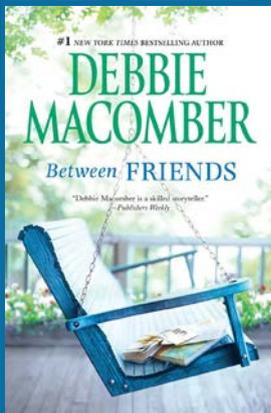
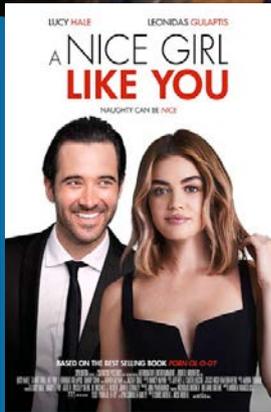
Enjoy a wide range of activities for the entire month of December, including the Christmas Fete, Carol singing on the Main Pitch, Quiz Night at Sportsman's Bar, sumptuous feasts, abundant drinks and much, much more. This year, the Hong Kong Pipe Band will entertain us with a live performance at the Main Pitch. Bring your family, especially the young ones and don't miss out on the photo opportunities after the show.

Coffee Shop, Restaurant as well as Chairman's Bar will remain open on this New Year's Eve again, providing a range of different dining and entertaining environments for Members and their guests to bid farewell to 2020 and give a big welcome to 2021.

The Christmas Brochure will be sent to your home directly. Festive reservations in all food and beverage outlets begin from Thursday 15th October 2020 and please contact the respective outlets directly.



IN THE LIBRARY



What's New in OCTOBER



NEW BLU-RAYS

Rogue
 Bad Education
 The Big Ugly
 Retaliation
 Irresistible

Becky
 Z Wants To Play



NEW DVDS

Nice Girl Like You
 Retaliation
 The Big Ugly
 Z Wants To Play
 Paydirt

Waiting For The Barbarians
 Top End Wedding
 Irresistible
 Copper Bill
 Rogue



NEW BOOKS

Mexican Gothic
 by Silvia Moreno - Garcia
 The Girl From Widow Hills
 by Megan Miranda
 All Adults Here
 by Emma Straub
 The Lies That Bind
 by Emily Giffin
 Home Before Dark
 by Riley Sager

Hideaway by Nora Roberts
 The Eyes Of Darkness
 by Dean Koontz
 Between Friends
 by Debbie Macomber
 Summer House
 by James Patterson
 The New Normal
 by Tracy Brogan

30

%
off*

MRI 磁力共振 門診服務

☎ 2849 1540

Magnetic Resonance Imaging (MRI) plays an important role in the diagnosis and treatment plan for fractures, dislocations, injuries, and wear-and-tear of joints and ligaments, and other medical conditions. You can now enjoy 30% off of the MRI services on weekday afternoon* till the end of this year.

磁力共振檢查有助診斷骨折、骨骼移位、損傷、關節和韌帶磨損退化，及身體其他問題，並協助醫生為您提供治療方案。由即日起至今年年底，於平日下午時段*，您可享受磁力共振門診服務7折優惠。

* Monday to Friday 1:00–5:00pm (except public holidays)

只限星期一至五（公眾假期除外）下午1:00 – 5:00

Outpatient services only

只限門診服務

Booking and referral letter required

須預約及醫生轉介信

*This offer cannot be used in conjunction with other promotions or discounts.
此優惠不可與其他促銷優惠或折扣同時使用。*

Valid till

31 December 2020

有效期至

2020年12月31日



matilda
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明德國際醫院

41 Mount Kellett Road, The Peak, Hong Kong 香港山頂加列山道41號

matilda.org

THROUGHOUT THE MONTH OF OCTOBER

WELCOME

WANTED

6 FRESH
Stuffed Potatoes

different
DAILY
selections

GET STUFFED!
Baked Potatoes

CAPTAIN'S
BAR

Family
Lounge
BAR

Enquiries: 2837 2622 or bars@hkfc.com

TEA & TIPPLE:
AFTERNOON SET TEA
PAIRED WITH **PORT OR DESSERT WINE**

Throughout the month of September and October
Daily from 3pm to 6pm



CHAIRMAN'S BAR

Enquiries: 2830 9559 or bars@hkfc.com

photo for reference only

HAUNTING
HALLOWEEN
COCKTAILS
 Throughout the month of October

Sportsman's Bar

GINGER & LEMON

GINGER & MANGO

Photo for reference only

MANDARIN TUITION

- Native Speaker
- University Degree
- 20 Years Experience
- Conversation / Writing
- All Hk Exam Coaching
- P2P/ Zoom/ Skype

SOPHIE Tel: 9042 6415 (What's App)

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Tune Up Engine	\$ 800.00
Engine Decoke and Grind Valves	\$ 2,500.00
Engine Overhaul	\$ 5,500.00
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Clutch Mechanically Overhaul	\$ 1,700.00
Air Condition Freon Recharge	\$ 400.00
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Starter Motor Overhaul	\$ 700.00

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 Our 24 hrs. Emergency Towing Agent "Shun Chong" Tel:2884-9204
 Please call us at 2565 6166 Fax 2856 1047
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FOOKIE MOTORS CO. LTD
 Shop 7, G/F, Paramount Building
 12 Ka Yip Street, Chai Wan
 Hong Kong



ALL FIRED UP!

THROUGHOUT
THE MONTH OF **OCTOBER**



TRY OUR BBQ MARKET !

Choose from a selection of market fresh products and we'll cook them up on our pop up BBQ kitchen

*Sportsman's
Bar*

Enquiries: 2830 9531 or sportsmans@hkfc.com

Sportsman's
Bar

Oktoberfest

BEERS & BIG DISHES



29.10

OBSTACLE COURSES COMPETITION WITH PRIZES SPONSORED BY

PERONI
ITALIA

Pilsner Urquell

Grolsch

Közel