

CLUB

HONG KONG 香港足球會 NOVEMBER 2022



SWIMMING AND TRIATHLON MAYANK VAID BREAKS A GUINNESS WORLD RECORD

Soccer

CLUB ALBION – YEAR IN REVIEW

Squash

2022 CLUB CHAMPS



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CLUB MAGAZINE

Monthly journal of the Hong Kong Football Club.
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AT THE CHAIRMAN'S BAR



7 GINS AND
VODKAS

7 UNIQUE
GLASSES

7 MARTINI
RECIPES

ALL SERVED IN YOUR OWN PERSONAL LITTLE SHAKER



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THE THOUGHTS OF THE CHAIRMAN

主席的話

Michael J. Wood
Chairman



This will be my final message as Chairman since I will be stepping down at the forthcoming **Annual General Meeting to be held on Thursday 17th November 2022**. After 4 rather tumultuous years, I have frequently been offered “commiserations” for being in office during the events that have taken place since early 2019, which have so greatly impacted life at the Club and in general. However, my only regret during my tenure as Chairman is that a number of internal and staff functions have needed to be cancelled. Overall, I must say that I have “lived in interesting times”.

I wish my successor the very best as Chairman of this wonderful Club, and offer my support as Vice President going forward.

Recently, a plaque was unveiled at the Outdoor Green in memory of **Mike Worth** who passed away in January. The event was presided over by our President **Nick Hunsworth**, and attended by **members of the General Committee and the Lawn Bowls Section**.

It is pleasing to see that a number of Absent members have recently reactivated their membership on a temporary basis, indicating that we have some visitor arrivals. However, I would like to take this opportunity to remind people that the Absent membership system is designed for those who are relocating out of Hong Kong on a permanent basis, albeit that at some point in the future, they may return.

Michael J. Wood
Chairman

本人將於2022年11月17日（星期四）舉行的周年大會退任主席一職，所以這是最後一次為CLUB月刊撰寫主席的話。走過四個可謂是艱難的年頭，經常有人對我要在重重挑戰中走馬上任表示「同情」，自2019年起至現在經歷重重波瀾，對本會以至大眾的日常均造成莫大影響。然而，我在任時唯一的遺憾是部分內部及員工活動因各種原因需要取消。儘管如此，我必須說自己這四年來「活過了一段趣味橫生的時光」。

預祝接任的新主席事事順利，而未來我仍會以副會長的身份繼續支持本會的發展。

最近，本會為1月逝世的**Mike Worth**在室外草地滾球場舉行紀念碑揭幕儀式，當日由會長**Nick Hunsworth**主持儀式，並與出席的**常務理事及草地滾球部成員**共同哀悼。

最後，很高興見到一些缺席會員最近短暫恢復會籍，顯示他們是以訪港旅客身份回來探訪本會，但在此想提醒大家，缺席會員會籍是為打算永久離開香港移居海外，將來或會不時回港的會員而設，緊記要合乎資格才可申請。

主席 胡米高

OBITUARY

We were saddened to hear the news of the recent passing of longstanding Member

Dugald Finlayson

Our thoughts and prayers go to his families and friends. May he rest in peace.

100% pure white magic, sold by the gram, topping some excellently paired dishes,
throughout the month of November in the Restaurant.

ADDICTIVE

White Truffle

RESTAURANT

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

FROM THE DESK OF MARK PAWLEY

總經理的話



Mark Pawley
General Manager

You should by now have received our **Festive Events** programme. Indeed, bookings for our Christmas and New Year's Eve events opened in mid-October. As ever, if you haven't already booked, please do so as soon as you can to avoid any disappointment. And if you are looking to book a private function room for a festive party event, then look no further than the Club – please contact our Catering team on 2830 9513 or catering@hkfc.com.

On the food and beverage front, for November, we have the **Addictive White Truffle** promotion in the Restaurant where Chef Alex will be topping some excellently paired dishes with truffle, sold by the gram. And Thursday 24th November is Thanksgiving Day, and the Restaurant will have a **Special Thanksgiving Day Set Dinner** menu available on the day. The Coffee Shop will also be celebrating on the day with a **Special Thanksgiving Buffet Dinner**.

With the expected cooler weather during the month, the Coffee Shop will be putting on a **Nabemono** in November promotion. For those of you not in the know, Nabemono is a Japanese Hot Pot dish(es) and this will be available Monday to Thursday for dinner only. On Friday and Saturday evenings throughout November, the Coffee Shop will be putting on a **Holiday Season Buffet Dinner**.

In the Chairman's Bar, we have the interestingly named **Teeny Tiny Tinis** (as in martinis) promotion which gives you the opportunity to pick your favourite gin or vodka, pick your favourite martini recipe, pick your favourite glass and then we will bring your martini cocktail to table in your own martini cocktail shaker. In the Sportsman's Bar, we have a **Korean BBQ** promotion where you can select from the marketplace check list and one of our Chefs will then cook it to perfection for you.

On the sporting front, many congratulations are due to **Charlie Higson-Smith, Tom Hill, Joshua Hrstich, Glyn Hughes, Patrick Jenkinson, Jamie Lauder and Johnnie McCormick-Houston**, who have been selected to play for Hong Kong in the upcoming final qualification tournament for the **Rugby World Cup 2023** to be played in Dubai this month. Hong Kong will play the USA, Portugal and Kenya with the winner of the repechage getting the final qualifying place for the Rugby World Cup 2023 in France. Good luck and I hope you come back with a win for Hong Kong!

I look forward to seeing you all at the Club.

Mark Pawley
General Manager

相信大家現在都已經收到本會的**節日活動特刊**，我們的聖誕及除夕活動亦已於10月中開放預約。一如以往，為免錯失良機，敬請提早預約。另外，如果大家正在找私人宴會廳舉辦節日派對，可以致電2830 9513或電郵至 catering@hkfc.com與宴會部同事聯絡。

11月的餐飲推廣繼續包羅萬有，首先要推介Restaurant的「**迷露不返**」白松露盛宴，大廚Alex以按克出售的白松露，精心配搭不同菜式，回味無窮。11月24日（星期四）便是感恩節，Restaurant當日供應**感恩節精選晚餐**，而Coffee Shop同樣會推出**感恩節限定自助晚餐慶祝節日**。

踏入11月，天氣逐漸轉涼，Coffee Shop是月精選的**鍋物**料理絕對是暖身好選擇。補充一下，**鍋物**是一款日式火鍋菜式，歡迎大家星期一至四晚前來品嚐，度過暖心的冬日，而星期五及六晚Coffee Shop則會提供**節日滋味自助晚餐**。

提到餐飲，豈能沒有美酒，我們在Chairman's Bar準備了聽起來很有趣的**潮點馬天尼**，顧名思義，大家能夠挑選自己喜愛的琴酒或伏特加，再自選馬天尼配方，然後我們會連同專屬的馬天尼搖酒器，將所選的雞尾酒送到席前。Sportsman's Bar的**韓式燒烤**推廣亦相當吸引，在清單選擇好想要的食物後，大廚便會即席為你燒製熱辣美食。

體育方面，在此恭喜**Charlie Higson-Smith、Tom Hill、Joshua Hrstich、Joshua Hrstich、Patrick Jenkinson、Jamie Lauder及Johnnie McCormick-Houston**獲選加入港隊大軍，他們將會出戰今個月在杜拜舉行的**2023年欖球世界盃終極復活賽**。港隊需要迎戰美國、葡萄牙及肯亞，積分最高的球隊將獲得2023年法國欖球世界盃最後一席入場券。祝港隊好運，希望你們以勝利者的姿態回到香港！

期待與大家在本會相見。

總經理 龐禮文

THE ITALIAN COCKTAIL CHALLENGE

PATRICK JR.

2ND RUNNER-UP

Our Mixologist Patrick Ng competed with several others on 6th September at Hong Kong Convention and Exhibition Centre and took home the 2nd runner-up trophy! The competition was hosted by the Italian Trade Commission, Hong Kong Bartenders Association (HKBA) and the Organiser of Restaurant & Bar Hong Kong x Gourmet Asia (RBGA). Featuring a series of premium Italian spirits, liqueurs, aperitifs and glassware, contestants all tried their best to recreate and reinvent the beauty of Italy with their concoctions.

Patrick's winning cocktail is called the 'Upcycle Negroni'. "Upcycling plays a big part in a greener lifestyle and has become a modern way of living. And I wanted to take it to the next level with my cocktail creation," he says. Patrick took the inspiration from his favourite cocktail 'Americano' and gave it a new twist. His re-imagined version features two main upcycled ingredients – homemade coffee-infused grappa (which uses infused grappa distilled from leftover wine with upcycled coffee grounds) and a special foam made from leftover Prosecco, which tops the wonderful concoction off. "This cocktail has a strong taste with a distinctive herbal kick and a hint of coffee," Patrick comments. It also has Campari and Martini Rosso Vermouth, and it is garnished with a dried orange slice for an extra citrus aroma.

His winning cocktail is now a proud feature at the Chairman's Bar. Do drop by and try it out!



CONTINUOUS LEARNING FOR SUCCESS

FOOD ALLERGY COURSE

FOR FOOD AND BEVERAGE DEPARTMENT

In this fast-paced world, where every little thing moves at an incredible speed, continuous learning is the only way to stay relevant in this world. It opens our mind and eyes to understand and see the bigger picture.

Over 20 chefs and members from our Food and Beverage team attended a 3-day "Food Safety in Food Allergen Course" conducted by Hong Kong Quality Assurance Agency (HKQAA) in August and September. The course covers fundamental aspects of food nutrition, as well as food safety and hazards, food labelling, symptoms and causes of food allergen and more. The multidisciplinary nature of the course equips our team with knowledge that is relevant in their day-to-day operation. It is vital that food safety practices are put in place including food allergen control in order to provide our members safe and pleasant dining experiences.

We are committed to providing the best service excellence and safe environment for our members to enjoy. Continuous learning is of the utmost importance for the team to deliver on that commitment.

SWIMMING AND TRIATHLON

A GUINNESS WORLD RECORD,
BORN IN THE CLUB

MAYANK VAID

The Swimming & Triathlon Society (S&TS), together with the Sports Desk, organised the Running Festival between 16th and 25th September 2022. During this period, Club members came together to run on treadmills in the Fitness Centre. One treadmill had a different purpose during this period. It was reserved for a Guinness World Record attempt. Mayank Vaid, a member of the S&TS, was undertaking an attempt to set the fastest aggregate time to complete 10 marathon distances in 10 days on a treadmill (male).

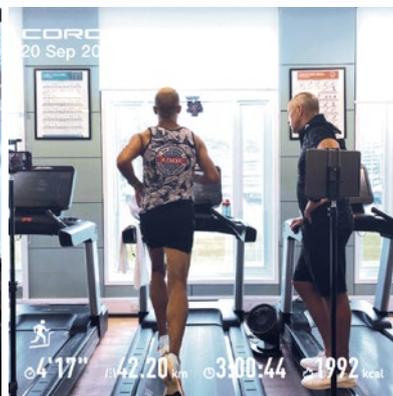


The team made it happen!

Photo credits: Chu Mei Kwan, Winnie

PLANTING THE SEED

Back in June 2022, when Hong Kong still had 7-day hotel quarantine for inbound travellers, Vaid was forced to explore ways to kill time while being confined to a hotel room. With the help of some friends, he managed to have a treadmill in his room. And if he ran a marathon each day, he could possibly keep himself busy for up to 4 hours every day.



Marathon #1

03:18:00

Marathon #2

03:13:00

Marathon #3

03:08:41

Marathon #4

03:06:21

Marathon #5

03:00:39

After discussing with his coach Nigel Gray and wife Theresa the possibility of running a marathon each day for 7 days, Vaid was convinced that this was a perfect challenge. So, between 4th and 10th June 2022, he ran a marathon each day while in confinement, posting his runs on Strava, Facebook and Instagram and getting support of family and friends to keep going. Not realising that one of his friends in Canada, Jason Skillicorn, was closely monitoring Vaid's marathon progress during the confinement. Jason is an elite runner and coach. At the end of the confinement period, Jason shared an article about an elite ultra runner who had just completed running 10 marathon distances in 10 days. That lit the spark!



SUPPORT CAME FROM ALL DIRECTIONS

Vaid filled out the online registration form on Guinness World Records (GWR) website to compete in the category for the fastest aggregate time to complete 10 marathon distances in 10 days on a treadmill (male). The GWR team contacted Vaid promptly with a lot of questions about Vaid's capabilities and briefings on strict guidelines GWR follows on attempts.

Simultaneously, Vaid contacted Rupert Edgerton Puels, Chairman of the S&TS, expressing his intention to attempt the event in the Club. Rupert was open to the idea and contacted the Sports Desk. Green lights all the way and seemed like everyone was in it like a team. GAME ON!

STRICT GUIDELINES

GWR has very strict guidelines on attempts. The Sports Desk had to have 3 treadmills calibrated per factory standards. Corner of space for Vaid to attempt the marathons for 10 days. Prepare for possible technical failures, power outages and sufficient support for the 10 days. The Sports Desk was very helpful in arranging two independent witnesses for the 10-day period. Independent witnesses, unrelated to Vaid, the Club or the organiser, were required to fully witness every marathon and give detailed written statements of what happened, the distance covered was and in what lapsed time. They must also write down details of any rests or stops. Further a

manually entered run logbook would capture the start and finish time to each kilometer and if any pauses are made. Further three video cameras would capture Vaid's daily marathons. So, this meant approximately 10 hours of video footage each day for 10 days. Vaid would upload all the evidence and GWR's Adjudicators based in Hong Kong would examine all the evidence from each marathon each day.

DREAM TEAM

It was a team effort. Vaid was one small part of the attempt. The Sports Desk staff together with Fitness Centre team were key for a successful attempt. The S&T Society members came along and ran with Vaid each day to give him company through the tough moments. Rupert was there every day, running, watching, encouraging Vaid to get closer to the finish line. Simy, Elton, Charles, Kelvin, Anson and some many others from the Sports Desk were simply amazing. Vaid felt he was in real good hands. The treadmills at the club are a class apart. The equipment in the Club is very well thought through with top class maintenance. One really feels that it's Hong Kong's leading Sports Club.

GOAL ACHIEVED

To set a record, Vaid had to beat 38:30:00 as the aggregate time for 10 marathons. This meant a pace of 03:50:00 for each marathon. In the end, Vaid ran the 10 marathons in 31:22:37. 7 hours faster. His slowest marathon was

the first at 03:18:00 and fastest was the last at 2:59:43. A sub-3-hour marathon in the end of the 10-day journey was a real satisfying moment for Vaid and the whole team.

NUTRITION, RECOVERY AND SCIENCE

Nutrition wise, Vaid mainly relied on sports drinks during the runs. In post-run recovery, Vaid would eat noodles or rice-based meal within 30 mins of finishing the run at the Coffee Shop. He was in the office each day before and after the marathons and went about normal daily life. Good sleep was key for fast recovery. During this period, Vaid was also being studied by the University of Hong Kong's Sports Medicine Team. They were analysing the changes in proteins in blood and microbiota in the guts. Hence, blood and stool samples every two days were being collected. Changes in lactate, VO2 max and maximal HR were also studied by HKU.

BODY CANNOT GO WHERE THE MIND HAS NEVER BEEN

Vaid had never run a marathon this quick, forget running 10 of them consecutively. Vaid believes that the body cannot go where the mind has never been. Now because his mind had set the goal, the body obeyed the instructions and followed. Journaling the goals is just so important. Below are Vaid's marathon splits:

Marathon #6

03:16:19

Marathon #7

03:06:39

Marathon #8

03:07:52

Marathon #9

03:04:34

Marathon #10

02:59:43



FINISH

SWIMMING AND TRIATHLON

On 25th September 2022, the GWR team witnessed the 10th Marathon and announced that all the guidelines have been met and Vaid had now set a Guinness World Record for the fastest aggregate time to complete 10 marathon distances in 10 days on a treadmill (male). Reading the book as a kid and then being in the book is special.

Huge thanks to everyone involved in this project including the Club Members who patiently supported this event. Many thanks to so many members who came along and cheered Vaid during the hard patches or the “desert” sections before he could see the “palm trees” (as Rupert called the last 10km of each of these marathons).



NICOLAS GONTARD

COMPETES AT ÖTILLÖ UTO

On 4th September, **Nicolas** teamed up with his brother **Sylvain Gontard** to compete in a overall 12km run with 2.6km swim race. It's a swim-run race with varying distances interspersed with swimming and running. The team finished 6th in Men's team in a time of 01:53:20. Congratulations Nico and Sylvain!





Nabe no in November

The perfect winter dish from Japan, slowly and authentically simmered on the stove for 15 minutes but really worth the wait. So order it as soon as you arrive in the Coffee Shop, only available on every Monday to Thursday for dinner.



Enquiries: 2830 9569 or coffeeshop@hkfc.com

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CLUB ALBION - YEAR IN REVIEW

“THEY’VE ONLY GONE AND DONE IT AGAIN!” BY CYRILL ARZNER



The season 2021-22 was a historical one for HKFC Albion. Having been the first team in Yau Yee league history to win the double in 20/21, Albion managed to repeat the feat, winning the league and cup again! Not only that, but they became the first team ever to go unbeaten for a full campaign.

Michael Hampshire led the scoring charts with 23 goals, while new signings **Matthew Keefe** and **Matt Zoeller** weren't too far behind with 17 each. In a remarkable season, the core of the Albion team started the process, before disruptions to the season meant Albion finished the season with a completely different look. The end result was the same however, and the trophy cabinet at HKFC keeps filling up with trophies!

The league campaign started slowly, with the hangover from the previous years' double seemingly still at play. Albion were held to a 1-1 draw against Spartans with **Thomas Neuraz** opening the scoring before they conceded a last-minute equaliser. Albion quickly got into their stride however, with 8 wins on the bounce. Trips to Kings Park were the highlights of this run. A tough 3-1 win over KCC stood out, with **Kevin Flores**,

Christian Balka and **Hampshire** in the goals. While a 14-0 demolition of Maccabi was another standout in which **Keefe** and **Hampshire** both bagged hat-tricks.

The fixture list meant December would be a telling month. Albion lined up against Wanderers, GAS and Spartans before Christmas. The first encounter with Wanderers was always going to play a part in the destination of the title and although Albion went one down, they fought back through a fine **Adrian Worth** strike to make it 1-1 at the finish. GAS were put to the sword in uncompromising fashion with an 8-0 win (**Zoeller** with the hat-trick this time against his old club) before a crucial game against Spartans on the 19th December. Despite Albion going two up thanks to a brace from Zoeller, Spartans came back to make it 2-2 which meant Albion went into the break 2 points behind rivals Wanderers.

This break lasted longer than expected... As Covid restrictions took over HK, football was suspended for almost 5 months. By the time play resumed, the landscape had changed. Stalwarts like Captain **Tom McGillycuddy** and **Calum Erskine** had departed. Behind by two points, and missing such influential players, the season was in the balance. Gaffer **Nick Day** was never going to give up easily however, and pulled a masterstroke by signing the Dujardin brothers, Remi and Alex. On the restart, Albion went after it and beat KCC Knights 14-0 with four for Hampshire and a brace for **Fiachra McArdle**.

Amazingly, Albion went on another 9-game winning streak to seal the league title. The clincher in the run was the 2-0 victory over club rivals Wanderers. With the Dujardin brothers at the back and old-timers **Albin Brion** and **Adrian Worth**

SAVE THE DATE

The HKFC Men's 1st Team play their first HKFA BOC Premier League game of the season against Lee Man on the 13th November at 4:30pm on the Main Pitch. We are aiming to maximise the attendance and the noise to support the team as much as possible. Keep an eye out for more notices in the Soccer Section Chairmans Weekly Newsletter and the Junior Soccer messages in the lead-up to the game.

in the middle, Albion had enough quality to see it home. Back-to-back league titles was cause for much celebration in the Sportsman's in the sweltering heat of June.

It wasn't over yet though. The Yau Yee league, desperate to finish all competitions, proposed finishing the cup in July. Madness, some thought. Shall we even compete? There was a double to defend however. Despite the majority of the squad, Manager **Nick Day** and Coach **Dani** now overseas on long-awaited holidays, Albion rallied the troops and summoned some old-timers to help out. **Cyrill Arzner** took up the reigns and the responsibility to lead the squad for the almost impossible final tasks. Gathering some Albion legends like **Amro Abbas**, **Jamie Milne**, **Ned Millington Buck** and **Craig Tuckerman** pulled on the kit once more.

Colloids were first up in the quarters and in what was to be the story of the cup run, Albion fought like warriors to defend their goal before the sharp-shooting instincts of **Keefe** got them the victory. **Azzurri** in the semi-final was another battle, but **Keefe** again with a brace was the difference and incredibly, Albion had made the final with old rivals Spartans.

With barely a team already, the Poon brothers **Ashley** and **Arnold** were struck down with illness on the eve of the game. Mission impossible became even more than that. Spartans came out like a train and peppered **Cyrill Arzner's** goal but to no avail. Despite 17 corners, Albion's doggedness kept them in and then against the run of play, Albion came up trumps to put them one up. Spartans quickly equalised but they never seemed to have the

AIA BOXING DAY FESTIVAL OF FOOTBALL

Monday 26th December 2022

09:30 - U10 Boys Junior Challenge Cup
 10:30 - U12 Boys Junior Challenge Cup
 11:30 - U12 Girls Junior Challenge Cup
 12:30 - England vs Scotland Challenge Cup
 14:30 - U14 Boys All Star Game
 16:00 - U16 Boys All Star Game

HONG KONG JUNIOR FOOTBALL LEAGUE EST 1999

HONG KONG FOOTBALL CLUB 1886

AIA

conviction to get the winner, and it was left to that man Keefe to win it against his old club with a cool finish.

A phenomenal end to a remarkable season. A cliché maybe, but the mantra 'once Albion, always Albion' rang true as spirit and togetherness won out. Albion's in HK and dotted around the world beamed from ear-to-ear as another double had been landed. Vice-Captain and legend **Adrian Worth**, a cornerstone of the whole campaign, deservedly lifted the trophy in the Kowloon night sky and the celebrations continued back to the island in the early hours.

A double double, could it be a triple double this year?



SOCCER SECTION SPOTLIGHT

LIAM DOYLE STANFORD

We continue our Spotlight series this time on Liam Doyle who scored his first goal and Stanford's fourth of the night in early September in a 4-0 win over San Jose Spartans. By all accounts, Liam had a barnstorming game, having also been credited with two assists. Following on from this match, Liam has been getting plenty of game time with some strong performances based on the stats published by the school. Stanford plays in the NCAA Division 1, and specifically in the Pacific-12 Conference. Liam is studying Engineering and Business.



Prior to Stanford, Liam played for the Northwood School during the 2021-22 season and served as team captain where he was named a 2021 High School All-American. He also represented Black Rock FC (2020-2022) in the USL Academy League where he recorded 12 goals in 12 games.

Liam started with the Hong Kong Football Club First Team in 2018 and continued to ply his trade with HKFC until 2020.

He was also named All Hong Kong Schools Jing Ying Football Tournament Champion and MVP while competing for the South Island School.

Multi-talented, Liam also played rugby for the Hong Kong Rugby National Team at U-14 level.



We had the pleasure to interview Liam briefly:

Are there any people that stand out in helping your football development to this point?

Although I greatly appreciate every one of the coaches I've been fortunate enough to learn from, I'd like to make 3 mentions:

Steve Tucker was my coach for the first few years at the Club. I remember from my very first training session, he always had great energy and passion for football. We always talked during and outside of training, and I've learned so much from him through my time at the club.

Tony Hamilton Bram was also a huge part of my Club experience as he coached me during my two years on the first team. Tony, along with Steve, allowed me to join the first team, and since then he coached me through my transition into the physicality and speed of the men's league. I appreciate the great time and commitment he puts into the team and the individual players.

Last but not least, Anto Grabo has been an integral part of my Club experience as he coached me from the very beginning in the youth stage, the Colts and the First Team. He always pushed me to raise the standards and was always there to help me through

issues on and off the pitch. It was an inspiration to be able to learn from such an experienced player/coach who, at his age, could still whip a ball in from 40 yards perfectly and ping it to the strikers' feet. I still haven't understood how.

How has your HKFC experience helped your transition into the team at Stanford?

The experience at the Club has definitely helped me not only here at Stanford but throughout the past few years in the US. I was able to play football as well as some rugby, and was able to meet people from all sorts of ages, nationalities, and backgrounds. That tight-knit social aspect of the Club gave many friendships and relationships that I value greatly today. In my transition into college, many of the memories and wisdom I received on and off the pitch at the Club have definitely helped me become a better player and person in a new environment.

I'm thoroughly enjoying my time here at Stanford and I realise that I'm privileged enough to be here because of everyone who's helped me at the Club. It's a special place which allowed me to compete at a high level, which is often hard to do in Hong Kong. I can't wait to visit the Club again soon.

We look forward to continuing to monitor Liam's career and wish him all the best in his studies.

Kerry Stephen



JOINED WOMENS TEAM: **2018**
POSITION: **RB, RW**

Kerry joined the HKFC Ladies' in 2018, bringing to the team a new level of positivity and energy.

A speedy winger and fullback, Kerry's tirelessness and hard work is an inspiration for everyone to constantly improve their game. Her contributions to the Ladies' team are endless - from organising the team's social gatherings (also being the life of the party) to sorting out player registrations - she is the heart of the team and proudly one of our Co-Captains for the 2022-23 season.

Kerry says, "We are excited for the season to start after a long break, and we're ready for the challenges ahead. 1, 2...Club!"

Nicole Fulk



JOINED FIRST TEAM: **2022**
POSITION: **CB, DM**

Introducing the first of the exciting new signings - Nicole has been playing football since she was 4 years old, and in high school was named to the Virginia All-State Women's Soccer team. She was the Captain of Cal Women's Club Soccer at the University of California Berkeley, and played for Norcal Athletics in San Francisco after graduating college.

Nicole is a force to be reckoned with; her strength and skill on the ball is a great addition to the team and we look forward to the seasons ahead together.

Nicole says, "Perfection on the pitch is great, but I've always valued teammates who will run through a wall to fix their mistakes or mine. This squad fights back."

PLAYER PROFILES

JACK SEALY



JOINED FIRST TEAM IN **2005**
AND AGAIN IN **2022**

POSITION: **Right Back / Midfield**

Jack first joined the Club back in 1999 as part of the youth development programme. Having grown through the ranks and playing for the Colts at just 13 years old, he joined the First Team for the first time in 2005. Jack went to the UK for university and returned in 2011 to rejoin the First Team and play in the Premier League. He joined local team Sun Hei for season 11/12, and has been playing professionally ever since. Jack later played for South China AA, Pegasus, Southern FC, Changchun Yatai (in the Chinese Super League) and represented the Hong Kong National Team where he was capped over 30 times over a six-year period. He's now back where he belongs at the Club where it all began, and he's looking forward to a competitive season in the Premier League.

Jack says, "We have a good group of lads, all dedicated and with a winning mentality, so it should be an exciting season. There are also some very promising young players coming through the Club, so it's a great mix of youth and experience to battle against some of HK's best teams."

MARCUS MCMILLAN



JOINED HKFC FIRST TEAM: **January 2018**

POSITION: **Midfield**

Marcus was born and raised in Scotland where he played with a number of Pro-Youth clubs before signing full-time professional contracts at Scottish Premier League team, Heart of Midlothian, at the age of 16. After a few years training with the First Team and playing with the Reserves, the club fell into financial difficulties which resulted in Marcus joining Scottish League One team Airdrieonians where he made his full debut in senior football.

He moved to Hong Kong in August 2017 to be a full-time football coach. He first played with HKFC Albion team before joining HKFC First Team in January 2018. Marcus has played 4 seasons in the HKFA 1st Division, winning the title twice whilst going unbeaten, finishing a close runner-up, and the one season cut short due to Covid.

Marcus says, "Although the last season was not even half-way completed when it was cancelled, the team definitely gained some valuable experience which will stand us in good stead for the future. Pre-season and the beginning of the competitive campaign has been very positive, and I am looking forward to a proper go at playing in the highest level of club football in Hong Kong."

SPORTS

SQUASH

This year's long anticipated club champs was a thrilling event that showcased the quality and camaraderie within the section in all its glory.

2022 CLUB CHAMPS

Having battled all summer long, the event crescendoed on Finals Day 24th September. Our eagle-eyed reporters were on the scene to bring you a slice of the action:

MEN'S OPEN 3/4TH PLACE PLAY-OFF - ERIC HO VS ANDREW WARD (3-1)

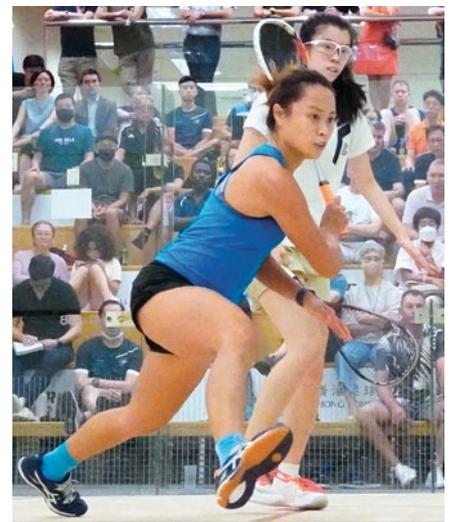
This was a real ping pong battle with the scores going back and forth and the two guys really slugging it out. They are hitting partners, of course, so they know each other's games very well. **Eric** showed signs of fatigue after a brutal 5 setter in the semi-finals against **Ho Fai** the evening before, but his tactical awareness saw him through as he was able to keep **Wardy** pinned into the back corners when it mattered. For his part, **Wardy** put up a great fight but was unable to cope with **Eric's** quality as he was moved from corner to corner and eventually succumbed in a wonderful affair.



LADIES' OPEN CHAMPIONSHIP - CARMEN LEE VS MARIKO TAM (3-1)

This year's final, **Carmen Lee** was up against one of our up-and-coming juniors **Mariko Tam** in a match-up, the likes of which has become very familiar over the years. Carmen, already a 10-time champion, pitted against a fresh-faced and fearless new challenger with all to gain and nothing to lose. Mariko certainly got the match started off as if she had nothing to lose, playing with some real blood and thunder in her veins. Her trademark attacking boasts were deployed to good effect and she kept the pace high - perhaps seeking to capitalize on any potential sluggishness from Carmen whom we witnessed taping up both ankles before the match.

Carmen proved why she came into the match as heavy favourite however, and more than matched Mariko's pace, playing some controlled attacking squash and forcing her opponent into rushing half chances and making an error. In the end, Carmen's ruthless quality told as she wrapped up a high quality match full of excellent shot making for her 11th title.





MEN'S SUPER MASTERS FINAL (50+) PETER HILL VS PHIL HEAD (3-2)

This year's Men's Super Masters Finals saw two of HKFC's seasoned former coaches playing for bragging rights to one of the nicest looking trophies in the squash cabinet and on who could play a serious squash match without getting injured.

After a brief off-court display of their yoga skills and unrestrained application of menthol rub, the battle of our most experienced squash pros began with an amazing exhibition of delicate footwork, perfectly executed touch squash and a few quick lessons to teach the young referee if her call should be a let or a stroke.

Phil Head steamed ahead to take the first two games using a combination of hard hitting power play and quick returns to keep **Peter** on his toes.

At this stage, Phil knew he had to take the third quickly to seal the deal or risk a 5 setter.

However, Peter determined to prove he was fully recovered from his 10-month injury and gave the next three games everything he had.

Peter fought deep and hard, using his signature deceptive shots, light footwork, quick snappy wrist flicks and long extended rallying to fight back and take the next three games, and the match in what was the longest and one of the most entertaining matches of the day.

Both our squash professionals made hilarious unforced errors during the match to the amusement of the full-house crowd, sharing great laughs, sportsmanship and showing that even our heroes are only human.



The day was rounded off with a trophy ceremony presented by our man on the mic **William Chapman**, tournament director **Carlos Cornes**, and Chairman **Vincent Yu**. Dinner and *ahem one or two drinks were enjoyed in a smashing event to cap off a fantastic day of squash. All in all, a fantastic tournament and in the words of our newly crowned Men's Open Champion **Mark Low**: "I love you all".

William Chapman and Dinesh Hathiramani



GOLF

The day began with rain in the early morning hours and was expected to continue. I and a few other golfers packed our umbrellas in preparation for the delightful Hong Kong on and off downpour. We played using preferred lie score card length due to the unpredictable Hong Kong weather. However after some intense prayers to the golf gods, we managed to avoid any additional rain for the remainder of the day.

Aside from the Club Championships in October, this would be Fanling's final event in 2022. David Cross made his return to golf events, hitting a mammoth drive of around 260 yards to win the men's longest drive at hole 10, where he proudly posed for the longest drive photo.

There were also seven additional Golf Society (GS) members who joined in

their first GS golf day of the year, which was fantastic to see and welcome!

I was teamed with the lovely **Shauna** and **Owen Davis**, as well as **Ryan Woollford**, and between the three of us guys, we came nowhere near winning anything! Shauna, on the other hand, won the ladies' longest drive.

Only four of the six nearest to the pin holes were claimed, and they were all well-deserved.

Peter Ayres, who played one of his greatest games of golf, won the stableford with a score of 43 points.

Both the second and third place finishers scored 35 points. When there is a tie, we will look at the best back 9 scores. **Victoria O-Young** took second place by one point on the back 9, while **Andrew Wood** took third place. Congratulations to all the winners!

William Chan

GOLF OUTING

Fanling Old Course
Wednesday, 7th September 2022



David Cross ,
Posing LD win



NEAREST TO THE PIN

- Hole 3  Colin Cohen
- Hole 5  Steve Knight
- Hole 8  Mark Saunders
- Hole 12  Rene Theil

LONGEST DRIVE - HOLE 10

- Men's  David Cross
- Ladies'  Shauna Davis

STABLEFORD COMPETITION

- 1st place  Peter Ayres 43 points
- 2nd place  Victoria O-Young 35 points
- 3rd place  Andrew Wood 35 points

BEST GROSS

-  Andrew Wood 38 points

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GOLF OUTING

Kau Sai Chau East Course
Tuesday, 20th September 2022

NEAREST TO THE PIN

- Hole 3 **Andrew Chan**
Hole 5 **James Keung**
Hole 8 **Peggy Chan**
Hole 12 **Steve Au Yeung**
Hole 14 **Marilou Waldie**
Hole 15 **Victoria O-Young**

LONGEST DRIVE - HOLE 17

- Men's **Darren McEntee**
Ladies' **Lucia Lee**



STABLEFORD COMPETITION

- 1st place **Jonny Brock** 33 points
2nd place **Jonathan Li** 31 points
3rd place **Mark Saunders** 30 points



BEST GROSS

- Jonny Brock** 80 points



On this golf outing, 24 of us took on Kau Sai Chau's difficult East Course for a change of scenery from Fanling. Although it was cloudy and rain was once again predicted, we managed to stay dry. My golf bag was heavier than normal with over a dozen balls packed, and judging by the lob-sided lean that other Golf Society (GS) members had adopted when carrying their bags, I guessed that I wasn't the only one with a bag full of balls!

Our Social Secretary, Jonny Brock, took the first tee, along with Darren McEntee and Marilou Waldie, who were playing their first GS golf event for 2022. Also in the group was long-term GS member Mark Saunders.

By hole 11, when I was faced with an unplayable green side bunker shot, I had all but given up. I took two penalty strokes for relief out of the bunker, but I then hit the ball back in the bunker. In total, it took me four strokes to get on the green from the original unplayable bunker shot. It was safe to say I had a bad round that day.

Overall, the stableford scores were very modest, with Jonny Brock taking first with 33 points, Jonathan Li claiming second with 31 points, and four players scoring 30 points, but Mark Saunders claimed third place by scoring the most points on the back 9.

The winners of the nearest to the pin and longest drive are shown, but it is remarkable to see that every player in the first group won something! Jonny must have had some sort of an impact!

A special mention goes to Darren McEntee. He hit the longest drive that was estimated to have been between 280 and 300 yards!

William Chan



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Jayme Nuku



Wesley Feausi



Murray Brechin

POSITION	Hooker/Loose Forward	Centre	Outside Back
PREVIOUS CLUB(S)	Kia Toa	Valley, Gai Wu, Causeway Bay	Bath Spa University, Empire 7s (Bristol)
COACHING EXPERIENCE	I have been a resource coach for high school teams in Manawatu and Manawatu under 15s Women's Team. I also captain my club side in Manawatu which requires taking coaching for certain trainings.	Men's Championship, Women's Premiership, NAG U14-U18/19 Boys and Girls	I coached my university team for a year and have also coached kids during my school years.
AREA OF EXPERTISE	Front row specific and set piece	Core skills	Backs moves, kicking tactics and defence
INTERVIEW Q&A HIGHLIGHT	<p>WHAT DO I BRING TO THE AGE GROUP "I believe I bring a fun and constantly learning environment."</p> <p>MY TIP FOR THE SEASON "Always remember why you started."</p> <p>RUGBY GOAT "Sarah Hirini and I am lucky enough to call her my friend."</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Mini Rugby! "Being new to Hong Kong would be to experience all the amazing food and scenery this place has to offer."</p>	<p>WHAT DO I BRING TO THE AGE GROUP "Jokes, knowledge and experience."</p> <p>MY TIP FOR THE SEASON "Rugby is a game. We are all learning while coaching regardless of the age group and experience."</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE "Watching my son Isaiah train for Mini's."</p> <p>RUGBY GOAT "Michael Jones."</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Mini Rugby! "Sleep in. Aiga time!"</p>	<p>WHAT DO I BRING TO THE AGE GROUP "My foremost aim this year is to make the sessions as enjoyable as possible and help the U11s develop a love for the game. Secondly, I need to ensure their core skills are developing constantly, so they are all competent when moving on throughout their rugby careers."</p> <p>MY TIP FOR THE SEASON "Hard work, whether it is seen or not, always comes to light."</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE "Winning Sixways 7s Tournament with Empire last summer."</p>



Charlie Granger



Sofie Fella



Zoe Teece

POSITION	Second Row	Centre	Front Row
PREVIOUS CLUB(S)	Terrigal RUFC, Eastwood RUFC	Harvard Women's Rugby, Shanghai American School, Atavus	DMP Sharks, Featherstone Rovers
COACHING EXPERIENCE	U12 Terrigal Rugby team	U11 Boys Shanghai Bandits, U18 Girls HKFC, Level 1 and 2 World Rugby certified	Level 2 RFU Coach, Level 3 Community Sports Leaders, Coaching degree completed as part on my Undergrad (Applied Sports Science with Coaching)
AREA OF EXPERTISE	Set piece, breakdown, defence	Evasiveness and overall attack	Contact area
INTERVIEW Q&A HIGHLIGHT	<p>WHAT DO I BRING TO THE AGE GROUP "I can show the boys how fun rugby can be and hopefully teach them details and techniques they will use in their whole rugby career."</p> <p>MY TIP FOR THE SEASON "Always make sure you're having fun out there."</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE "Being given the opportunity to captain my rugby team."</p> <p>RUGBY GOAT "John Eales."</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Mini Rugby! "Perfect Sunday would have to be enjoying some good food and a couple of quiet beers with my mates from footy."</p>	<p>WHAT DO I BRING TO THE AGE GROUP "Super excited to be coaching U9/U10 girls and hopefully inspiring next generations of women in sport!"</p> <p>MY TIP FOR THE SEASON "Have fun in the sun with friends!!"</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE "College National Championship win in 2019 with Harvard Women's Rugby, 7s season with Harvard Women's Rugby in Spring 2022."</p> <p>RUGBY GOAT "Portia Woodman (used to watch her youtube highlights over and over again when I was young to learn to be steppy)."</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Mini Rugby! "Hiking with friends, going to the beach, surfing, overall wholesome outdoor activities with friends and having a good, big feed!"</p>	<p>WHAT DO I BRING TO THE AGE GROUP "Bring a new exciting voice to the session to help inspire and aid their development not only skills but love of the game."</p> <p>MY TIP FOR THE SEASON "Don't back down to a challenge. It will only make you a better player."</p> <p>BEST MOMENT OF YOUR RUGBY CAREER TO DATE "Gaining my first Premiership rugby start"</p> <p>RUGBY GOAT "Kevin Sinfield."</p> <p>WHAT WOULD BE YOUR PERFECT SUNDAY when not coaching HKFC Mini Rugby! "Have a relaxing day out with a good group of mates."</p>



SPORTS
YOUTH RUGBY

The organisers ran out of event "national" jerseys ~ but that was ok, as Club jerseys were just fine

FROM THE CHAIRMAN OF YOUTH RUGBY

YOUTH RUGBY

The new season is now in full swing and we have the prospect of Festivals for Junior Youth.

JUNIOR YOUTH FESTIVALS

For your diaries, but they are all tentative, some requiring government "blessing":

- 30th October – USRC Tigerfest at King’s Park.
- 13th Nov – FK Festival at EdUHK.
- 4th Dec – HKUSB Festival at KP.
- 15th Jan – TP Festival at EdUHK. Uncertain at this stage.
- 5th Mar – VF Festival at KP.
- 19th Mar – HKFC Festival and RHT/KLC finals at HKFC.

WORLD FLAIR WORLD CLUB CHALLENGE

This novel event was held for U11 and U12 at King’s Park on Saturday 24th September. Players were randomly selected to play for competing countries and were, in effect, organised on a Barbarians approach.

In the event, Team GB won the U11 event, and Kenya won the U12 competition. Great fun was had by all.

VACCINATION REQUIREMENT UPDATE FOR 11 YEAR OLD AND UNDER

There has been some disquiet over the new regulations. They are not Club rules; they are the regulations laid down by the Government. There have been enquiries as to what counts if a child has a Vaccine Pass following hotel quarantine; I am told:

“Accordingly to the Government’s announcement, persons arriving Hong Kong (including Hong Kong residents and non-Hong Kong residents) from 1 May 2022 onwards can obtain a “Provisional Vaccine Pass” QR code which is valid within 180 days from the date of arrival. Children aged 11 or below without having vaccinated at this stage will also be issued the

“Provisional Vaccine Pass”. They can present the “Provisional Vaccine Pass” to enter the Club.

“Relevant persons are required to receive the required dosage of vaccine locally at locations providing Covid-19 vaccination during the validity period of the Provisional Vaccine Pass in order to continue to comply with the Vaccine Pass requirements after the Provisional Vaccine Pass expires.”

I hope that answers a few questions about the acceptability of a Vaccine Pass. In simple terms:

Blue Vaccine Pass = can enter Club.

Amber (or Red) Vaccine Pass = cannot enter Club.

MUMS AS COACHES

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

CANTONESE SPEAKING COACHES

We need you! Whether mums or dads, whether of daughter or sons, we need your language ability to help with our multi-cultural community. Please let your child’s Head Coach / Team Manager, or me, know of your interest to help.

CALLING FOR MORE REGISTRANTS!

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

So please go out and “bang the drum”.

Denis Brock
Chairman, HKFC Youth Rugby





UNDER 10 GIRLS RUGBY

@ HKFC ICE

HKFC Youth Rugby is privileged to have a fantastic group of pro-coaches, many of whom play for the Club's senior teams. As well as providing a solid technical grounding for our young players, they are also great role models for the next generation and strong bonds have quickly been formed between youth players and their coaches. The U10 Girls' team therefore couldn't wait to take the opportunity to go to watch their pro-coach **Sofie Fella** and her teammates as HKFC Ice played their season opener against USRC Tigers at Sports Road.

On a mild evening, with refreshments in hand, the crowd were treated to a dazzling display under the floodlights as Ice ran out worthy winners. For the girls in the stands, it was inspiring to see such high-quality rugby played by people they have gotten to know at training. Many thanks also to the Ice players for taking the time to come and chat to the girls after the match.

Memories were made, and hopefully it will also have planted a few seeds - maybe some future HKFC senior players will emerge from those getting their first taste of "grown-up rugby" that evening. It was so much fun. We'll be back to support the seniors again soon. It's a great evening out – please come along and join us!

Phil Bundy

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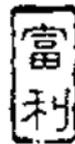
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SPORTS

TENNIS

On Saturday 3rd September, 40 players hit the courts of the HKFC for the US Open Tennis Social run by our ATA coaching team.

Players adorned fancy dress as US movie stars, and played in their respective categories in a fun doubles mixer, a quick-fire (first to 3 point) singles knockout draw and a quick-fire (first to 5 point) doubles round robin.

A great afternoon was had, lots of fun tennis, music, food, drinks and prizes.

US OPEN 2022 WINNERS



BEST DRESSED
Brian "Maverick"
McGinley



SHOT OF THE DAY
Collin Lunn



OPEN SINGLES
Henry Lai



SOCIAL SINGLES
Joanna Hiew



SOCIAL DOUBLES
Anthony and
Hillary Sandeen



OPEN DOUBLES
Henry Lai and
Tanya Clark



OVERALL OPEN CATEGORY
Henry Lai



OVERALL SOCIAL CATEGORY
Anthony Sandeen



US OPEN SOCIAL





HKFC's inaugural Laver Cup social was held on Saturday 24th September; a new social by the ATA coaching team, run in conjunction with the professional Laver Cup held this year in London over the same weekend. The Laver Cup format consists of Team Europe (dressed in blue) versus Team World (dressed in red), competing in both doubles and singles matches, contributing to an overall team score.

At the HKFC, we had 32 players across open and social categories, representing their team based on nationality.

In place of the professional captains **John McEnroe** and **Bjorn Borg**, the HKFC event saw ATA coaches **Julie Tringa** captaining Team Europe and **Craig Taylor** captaining Team World. Unlike grand slam events, captains were able to get on court and coach the players during their matches, providing some valuable tips and tactics to try get more games and points on the scoreboard. With every game in the doubles rounds, and every point in the quick-fire singles rounds counting to the overall team score, competition was fierce but played in great spirits.

In the end, team 'World' brought in the win after a strong performance in the singles round.

Each team nominated their 'most valuable player' and 'player's player' for the afternoon, who won themselves an ATA tennis goodie bag.

TEAM WORLD WINNERS

Andy Maltby
and
Collin Lunn

TEAM EUROPE WINNERS

Celine Dong
and
Nadeem Siddiqui



After the Laver Cup, Tennis Society members, friends and family headed down to the 2nd floor for a pretty awesome Start of Season Pool Party.

Guests enjoyed a poolside BBQ, free flow, beer pong, dancing and pool floats while DJ Jaydi pumped out the tunes.

Huge thanks to our Social Secretary **Michelle Page** for all her hard work.



NETBALL

FROM THE CONVENERS

The 2022 Junior Netball Season has returned in full force! After our largest set of trials ever, the teams got straight back on court with a scorching day of games at Netfest 2022. This season, we welcome new coaches to the fold, senior HKFC players **Courtney Smallwood** and **Serena Fox**, as well as welcoming back our seasoned

coaches of **Kath Ellis**, **Rachael Alsop**, **Aqru Chan** and up and coming junior coaches **Hannah May**, **Jessie May** and **Nori Law**. Best of luck to all teams as they start the Autumn League in early October - we look forward to seeing what performances the Club can produce this season!

Rebecca Thompson and Mary Vlogianitis

NETFEST 2022 REPORTS

Saturday, 17th September, 2022

U8 SNOWIES

Snowies got out on court for the first time. Very exciting for our U8s as this is the first time there will be an U8 league in the HKNA Junior Netball League.



U10 SNOWFLAKES

The U10 Snowflakes had an excellent start to the new netball season, taking part in the annual HKNA Netfest. Despite a team including some players new to netball and some challenging conditions, they were very competitive in the round robin section, playing three SK Stingrays teams and coming away with one victory to put them through to a play-off against the SKS Amber. With plenty of support from the sidelines, the Snowflakes came through against a team they had lost to in the round robin, with a 2-1 win to progress to the final. Here they fought well against a more experienced SKS team, with the circle defence doing particularly good work, and in the end only lost narrowly. All the girls had a great time and we can look forward to an exciting season ahead!

Huge thanks to coach Jessie who managed her Snowflakes coaching and her own playing responsibilities brilliantly - we appreciate it!

Caroline Freeman





U12 LIGHTNING

What a start to the Netball season for this team of enthusiastic girls! Despite the incredibly hot morning, their spirits were high. With some brilliant passing and shots going in from all over the circle, the team managed to win all their games and top the pool. Onto a tough semi-final against HKFC Snowstorms, they found themselves in the final against a strong Sandy Bay team. At 1-1 on the final whistle, a last-minute amazing goal under pressure saw the girls win the tournament - what a finish.

Every girl on the team should be proud of their performance and positive attitude throughout, and a big thank you to Hannah May for being a fabulous coach.



U12 SNOWSTORM

An impressive start to the season for returning and new players to Snowstorm at Netfest. The team played 3 fast-paced games in the blazing sunshine, taking them to the semi-finals. They made a strong start winning their first match against Sai Kung Stingrays 2-0, both goals scored by shooter Sophie Fennelly. It was a draw against Sonics Unicorns, with Willa Mundigian scoring for Snowstorm. A mature team from Sandy Bay defeated Snowstorm in the final round before Snowstorm went into a head to head in the semi-finals with HKFC Lightning, who went on to win in the finals.

A fantastic first outing for Snowstorm and the team showed enormous promise for the season ahead.

Jennifer Woolford



U12 BLIZZARDS

It was a scorcher, but the Blizzards stayed cool at Netfest over the weekend. Although most of the team was playing together for the first time, they looked like a well-oiled machine, moving off the ball and finding open space across the court. On the offensive side, passes were crisp, and a good number of shots found their way through the centre circle. On defence, the team did a superb job anticipating where their opponents were going to be, intercepting passes and pulling down rebounds with authority. With more hard work and practice, the Blizzards will be a force to be reckoned with for a long time to come.

NETBALL

U14 RAINSTORM

The U14 Rainstorm team had a fantastic first tournament of the season last week at the Hong Kong Netfest competition.

The team had a gruelling schedule with 5 back-to-back matches. However the girls played very smartly, stayed on top of their hydration and won 4 of their 5 games and as a result got through to the playoffs.

They played their training teammates HKFC U14 Thunder in the semi-final. The girls played very strongly. However the HKFC Thunder

team were on fire and won the game. By this point, the Rainstorm girls were feeling quite exhausted with 6 games under their belt, but still managed to pull together to take part in the playoffs for 3rd place where the Sai Kung Stingrays came out on top.

For a team that had just one practice together, there was a great sense of comradeship. The girls stayed positive throughout and were always looking out for each other on the court.

A special shout out to the Netfest organizers and coaches, many of whom were on the court from 8am in the morning to late in the evening with temperature reaching over 40 degrees at some point.

Nia Sexton



U14 TREMORS

It was great to be back on the courts and the Tremors were full of excitement for their first match together. They soon found their rhythm, winning their second game against the Stingrays 10-0. The heavens then opened and the girls chose to play through the storm which showed great commitment to the game. It was a tough competition and the girls did incredibly well in the heat to play 5 games and finish 3rd in their pool, narrowly missing out on the semi-finals. It was a fun-filled day with lots of off-court giggles as the girls really enjoyed getting to know each other.

Deanne Hurley



U14 THUNDER

U14 Thunder started off their season in great style at Netfest, making it all the way to the final where they were just pipped to the post by Sandy Bay. Wonderful to see our young players starting off their year together, displaying excellent sportsmanship in their support of one another. Some of the goal scoring, especially against SK Stingrays, was extremely exciting and nailbiting-inducing, in what was possibly the hottest day of the year so far!

Here is a team that will go from strength to strength - well done to the Girls and their coach Rachel... also a big shout out to the supporters who came along to champion their efforts.

Helena Murchie



U16 RED RAIN

Netfest was full of anticipation and excitement for the girls in Red Rain. It was a boiling hot day, yet both old and new players all joined together to give 100% effort. They thoroughly enjoyed their new team's first competition and are looking forward to the start of the new league season. Aqru was smiley and lovely and encouraged the girls to keep fighting. Thanks also to all the parents who came and supported.

Nicky Anderson

U16 STORM

On the 17th September the Annual Netfest commenced with U16 Storm providing a very rewarding 2nd place in the entire division. The team consisted of ten players who all played superbly. In the first game, which was against the Stingrays' second team, Storm were able to prevail with a commanding lead. The second game was against Sandy Bay, where again the Storm team had another strong lead. Through the next games, with some shaky starts but also some spectacular halves, Storm were in 1st place at the end of the playoffs. In the final playoffs, we played Stingray's second team. Once again, though faced with difficulty, Storm won.

The finals provided confusion with the team firstly, being told they would play one more game, only to be told that they would not play again that they had won. Seconds after they celebrated, they were told that was wrong and they were playing Hong Kong Cricket Club and had to get on court right away. All this confusion proved a bit much. When the game started, Hong Kong Cricket Club took an early and commanding lead, which Storm were unfortunately not able to recover. So in the end, Storm took 2nd place. Whilst a win would have been amazing, the team were still very pleased with their start to the season.

Lucas Woodyard

U19 MAVERICKS

The new season started at the 2022 Netfest with a new team but with the same spirit and effort that we witnessed last year. Temperatures on court made the games very tough on all the players, but at least we were lucky to be on a court where there was a little shade. With some tough games against teams that have been playing together for longer, it was always going to be difficult. Scoring opportunities proved to be rare, but there were still moments when we could see what was to come once the girls started to find their teamwork and understanding. There was some resolute and determined defending and a lot of effort in midcourt to break up the play. Losses to experienced Twisters, Stingrays and Valley were hard-fought and had glimpses of what to expect later in the season. Most importantly, the team played with a smile on their face and in good spirit throughout.

Kevin Lester



U19 TWISTERS

The HKFC Twisters had a great day at Netfest, clinching 1st place in the U19 Pool. Twisters started the day off strong, beating fellow HKFC team Mavericks. The team then went on to play a gripping game, drawing with the Sai Kung Stingrays 5-5. Midcourt players Elsie, Ruby, Jessie and Megan worked hard offensively and defensively through the court. Twisters played their strongest game of the day against Valley, defeating them 11-5. Shooters Grace, Hattie, Lily and Shaila connected with the midcourts effortlessly in the game, finding the rhythm that we'll need during the season. Twisters advanced through to the Gold Medal match to play Sai King Stingrays once again. Defenders Beca, Bridie and Maia kept the pressure on their attacking side, turning over possession multiple times to increase our lead, achieving 1st place with a convincing final score of 9-2. It was a fun but hot 4 hours of netball. Well done ladies, a great preview of what our season will look like!

Megan Lui



BOWLING INTEREST GROUP

TENPIN BOWLING COACH

ROY CHAN

Roy Chan
Registered Bowling Coach
(HKTBC, HK & USCB, USA)
MSc in Sports Medicine &
Health Science (CUHK)

Are you interested to learn tenpin bowling skill? BIG is delighted to announce the joining of our new coach **Roy Chan**, who will provide regular coaching to BIG members during practice. He will also conduct training courses for the Club Members. Please look out for our posters on the upcoming courses.

Roy, a registered bowling coach with the Hong Kong Tenpin Bowling Congress (“HKTBC”) and the United States Bowling Congress (“USBC”), has experience in coaching different age groups and has taught the youth development squads from the HKTBC. As a Master in Sports Medicine and Health Science, his coaching

style and concept is under biomechanics and kinesiology of movement beside basic bowling techniques.

Roy is an active bowler in Hong Kong. He has achieved “300 Perfect Game” a few times in official bowling leagues and tournaments. He was a station champion of a local tour tournament in 2006.

Roy will host a seminar on “How to Enjoy and Improve Your Tenpin Bowling Game” in November 2022. More details will be provided in our posters. Hope to see you at the seminar.



HONG KONG INTER CLUB TENPIN BOWLING LEAGUE

At long last, the Hong Kong Inter Club Tenpin Bowling League 2022-2023 resumed in October. BIG members will compete against the other clubs. Good luck team and happy striking!

We welcome all Club Members to join BIG. Practice takes place every Thursday evening at 7pm. Feel free to come along and join in the fun!



SCHEDULE		Match No.	A RHKYC		B LRC		C HKCC		D KCC		E HKC		F KTC		G HKFC	
			Home	Away	Home	Away	Home	Away	Home	Away	Home	Away	Home	Away	Home	Away
Thursday, 6 October 2022	1	AC			BE		CA	DF		EB			FD			
Thursday, 13 October 2022	2	AE	BD		CG			DB	EA							GC
Thursday, 27 October 2022	3	AG		BF		CD	DC						FB			GA
Thursday, 3 November 2022	4	AB	BA			CF				EG	FC			GE		
Thursday, 10 November 2022	5	AD			BG			DA	EF			FE				GB
Thursday, 24 November 2022	6	AF			CE			DG		EC	FA					GD
Thursday, 8 December 2022	7			BC	CB		DE			ED	FG					GF
SCHEDULE		Match No.	A RHKYC		B LRC		C HKCC		D KCC		E HKC		F KTC		G HKFC	
			Home	Away	Home	Away	Home	Away	Home	Away	Home	Away	Home	Away	Home	Away
Thursday, 12 January 2023	8	AC	BE		CA			DF		EB	FD					
Thursday, 9 February 2023	9	AE		BD		CG	DB			EA						GC
Thursday, 23 February 2023	10	AG		BF	CD			DC			FB			GA		
Thursday, 16 March 2023	11	AB		BA	CF				EG			FC				GE
Thursday, 30 March 2023	12	AD	BG			DA			EF	FE						GB
Thursday, 13 April 2023	13	AF			CE	DG		EC				FA				GD
Thursday, 27 April 2023	14			BC		CB		DE	ED				FG			GF



Ref	CLUB TEAMS for HKICTB LEAGUE
A	RHKYC - Royal Hong Kong Yacht Club
B	LRC - Ladies Recreation Club
C	HKCC - Hong Kong Cricket Club
D	KCC - Kowloon Cricket Club
E	HKC - Hong Kong Club
F	KTC - Kowloon Tong Club
G	HKFC - Hong Kong Football Club

HEALTHY HEART-WARMING DRINKS

AVAILABLE IN THE MONTHS OF NOVEMBER AND DECEMBER AT THE COFFEE SHOP.

\$42
EACH



LEMONGRASS AND LEMON
BARLEY WATER
香茅檸檬薏米水

BROWN SUGAR GINGER
COCONUT MILK
黑糖薑汁椰奶

OSMANTHUS, WOLFERRY AND
RED DATES TEA WITH HONEY
桂花杞子紅棗蜜

COFFEE
SHOP

Poo Bar

Enquiries: 2830 9569 or coffeeshop@hkfc.com

BADMINTON

JUNIOR ASSOCIATE MEMBERS REPORT

HONG KONG ANNUAL BADMINTON CHAMPIONSHIPS 2021 ADVANCED LEVEL

Congratulations to our elite JAMs **Saloni Mehta** becoming champion and **Happy Cheng** as first runner-up of the Ladies' Singles event in the Hong Kong Annual Badminton Championship 2021. Even though both of them just completed their quests in the Badminton World Federation (BWF) Lithuanian and Croatia International Series, nothing seems to stop both of them to achieve the best that they can. Saloni and Happy will be on the road again in October to compete in the Australia International Series. Wishing both of them the best in their endeavours to higher world rankings.



UPCOMING CALENDAR

U14 and U17 Junior Invitational Team Series Tournament

September 2022 to January 2023

Age Group Ladder Series (Spring) 2023

February to June 2023

HKFC and Torq Sports Junior Tournament 2023

May 2023

HKFC AND TORQ SPORTS U14 AND U17 INVITATIONAL TEAM SERIES 2022-23

This is the first ever HKFC Junior badminton team series that has a total of 5 teams who will play against each other for ranking points. The matches are scheduled on every Friday evening and game format consists of a total of 9 events: two boys' and girls' singles, two boys' and girls' doubles, and one mixed event. HKFC beat BCSPCC in both U14 and U17 on 23 September. A huge thank you to all the teams, coaches, parents and the Badminton Society for their support to make the event possible. Good luck to both HKFC junior teams!

HKFC Team Coach John Leung briefed players of their line-up and game plan.



Badminton Society Youth Representative – Frank Cheah



HKFC and BCSPCC team players

PRESIDENT CUP 2022 ELEMENTARY LEVEL MIXED TEAM

Our mixed team composed of only JAMs were able to get through 4 rounds in the President Cup 2022. They fought a tough battle against Ng Wei Badminton Club but lost in 2:3. Even though the team ended their quest, players have all benefited from gaining the experience and team spirit. HKFC teams will continue to work hard and prepare to come back next year.



2022-23 HKFC AND TORQ SPORTS U14 AND U17 INVITATIONAL TEAM SERIES

**SEPTEMBER 2022 TO JANUARY 2023
EVERY FRIDAY 7-10PM AT HKFC SPORTS HALL
INQUIRY : TORQ.ASSISTANT.BTONACADEMY@GMAIL.COM**

FRIENDLY MATCH WITH THE SAMKOI BADMINTON CLUB

Sunday,
25th September 2022

The Badminton Society organised and held a friendly match with the Samkoi Badminton Club on 25th September at the HKFC. There were more than 15 social members joining the event and all enjoyed the games very much.



Exchanging souvenirs:
Chairman of the Badminton Society and the lady captain of the Samkoi Badminton Club

Ten official matches were played and followed by social games throughout the morning. Although the Badminton Society lost marginally by 4 to 6, Society members happily chatted with the new friends after the games with drinks and a social gathering lunch. Our tournament officer, **Nora Man**, will try her best to organise more such meaningful activities for all the social members.



HKFC social team and the Samkoi Badminton Club



The mixed double – our Tournament Officer and Treasurer (right hand side)



Men's singles



The men's doubles

LADY
Chocolate Crêpe Cake

\$38 per piece

Chocolate Crêpe Cake
now available throughout the month of November at the Captain's Bar, served by our very own **Lady Debby**.

Whole cake is also available at \$290. 2 days advance order is required.

CAPTAIN'S BAR

Enquiries: 2637 2622 / bar@hkfc.com

Pool Bar

Totally Tubular Turkey Time

Thanksgiving snacks available throughout the month of November at the Pool Bar

Turkey Burger Herbed turkey patty, tomatoes, red onions, pickles, rocket leaves, roasted garlic mayo and cheddar cheese	\$110
L.A Turkey Wrap Roasted turkey, bacon, avocado, cherry tomatoes and green salad with ranch dressing	\$88
Turkey Cobb Salad Roasted turkey breast, blue cheese, avocado, cherry tomatoes, crispy bacon and mesclun mixed salad with ranch dressing	\$88
Pumpkin Pie with vanilla ice cream	\$45

Enquiries: 2830 9569 or coffeshop@hkfc.com



Cheese and Ham Platter  **\$160**

Parma ham, salami, chorizo sausage, brie cheese, cheddar cheese, blue cheese, dried apricots, walnuts

**Fig jam, crackers and baguettes are available at the Kiosk*

Chicken and Ham Cordon Bleu Quesadillas **\$120**

With wheat tortillas, dijon mustard, emmental, mozzarella and parmesan cheese

Turkey Supreme Casserole **\$108**

Sautéed tender turkey with shallots, smoked bacon and mushrooms in rich white wine cream sauce, topped with mashed potato

Ham and Brie Cheese Pizza **\$118**

With dried apricots, oregano, mozzarella and brie cheese

Turkey Scallopini **\$98**

Breadcrumb and parmesan crusted turkey escalopes

**Suggested to served with mixed salad and balsamic vinaigrette dressing. Both are available at the Kiosk*



PARTY PLANNING to the Rescue!

We have some great platters and other items that make it easy for hosting a party in your home. Available throughout the month of November at Kiosk.



 Contains Nuts

OPENING HOURS: 10:00am to 10:00pm

TEL: 2837 2678

EMAIL: kiosk@hkfc.com

THE CLUB'S FIRST BOOK READING AND SIGNING EVENT

BRAVERY GROWS

The Club hosted a first-ever booking reading and signing event on 23rd October 2022 at the Library. We partnered with Dr. Melissa Giglio and Ms. Daisy Geddes for this very special initiative to promote wellness and health. Their book "Bravery Grows" explores the topic of children's mental health and how parents can support their children to overcome anxiety. We sat down with Ms. Daisy Geddes and talked about their book.



Engaging with children was always something that came naturally to me. My first job was in Oxford, working with severely oppositional primary school students who were no longer permitted to attend mainstream schooling. I quickly learned how to connect with these children. These troubled kids felt my genuine desire to help them. I was able to break through their tough exteriors to reveal their true selves - children who had been through unimaginable circumstances who acted out to display their pain.

Years later, what I thought was a quick holiday turned into the most significant transition of my life - an unexpected move to Hong Kong. After years of working in live communications, I knew it was time to return to pursuing my passion. I began my graduate studies in Psychology and moonlighted as a nanny, supporting families who needed someone who understood child development. It was the perfect mix of academics and hands-on work. The HKFC library was my work sanctuary throughout my coursework and thesis. Many an hour was spent seated in the

back corner with my head down, buried between my books and laptop. After obtaining my master's degree, I made a very short list of the most reputable clinics in Hong Kong that served children and families. The first email I sent changed my life - timing is everything!

In 2021, I joined Central Health Partners Child Development Team as an Assistant Psychologist supporting the Clinic Director, Dr. Melissa Giglio. She is a quintessential assertive American, who is a relentless advocate for children in need of support. She started a clinic

to treat a specific anxiety disorder, Selective Mutism, that is little known and severely undertreated in Asia. Dr. Giglio has pioneered raising awareness about this highly treatable anxiety disorder throughout the continent.

Dr. Giglio prioritises working closely with young passionate early clinicians to train and mentor them in an effort to provide greater opportunities for advancement in their careers. Her practice is always busy and bustling, which has limited her ability to do all the work she wants to do, in addition to being a mother to three children! From the moment we began working together, it was clear we complimented each other's working styles to form a partnership. We both had the drive to support as many families as possible. Dr. Giglio has many great ideas, and my role is to help execute and bring them to fruition; thus, our book, *Bravery Grows*, was born.

Bravery Grows was inspired by the many patients we have seen that struggle with significant anxiety and worry. We found that there were no aesthetically pleasing children's books available yet that the children we see could relate to. Their parents also lacked books that they could read with their children that offered a blueprint for how to manage symptoms of anxiety. Given the immense stress families and children have been under in Hong Kong over the last two years, we knew it was time to create this resource. We hope to reach these families and provide guidance on how they can best support their children. Our book, *Bravery Grows*, is our way of reaching as many families as we can.

Bravery Grows tells the story of a little girl who struggles with Selective Mutism (SM), an anxiety disorder often diagnosed in early childhood. It is defined by a child's persistent inability to speak in specific social settings and with certain people. Children with SM are typically able to communicate verbally in settings where they feel comfortable (e.g. at home, with caregivers and siblings). However, they are unable to speak or effectively communicate in environments where speaking is expected (e.g. in school, in public, with extended family). Children with SM often appear to be paralysed with fear when unable to communicate verbally, and they may use non-verbal communication such as gestures, pointing, and nodding in settings when they are unable to speak. SM impacts social and emotional development and performance in school (e.g. children may be unable to ask questions or have difficulty accessing the curriculum). In addition, SM impedes a child's ability to advocate for themselves and may put them at greater risk if ever in an emergency situation.

While the main character, Aria (meaning lioness in Greek), is confident at home, her "bravery glow" dims at school and in social situations. She is unable to share her words or ideas with anyone outside of her comfort zone, including her teachers and peers, leaving her feeling frustrated and unsure of what to do. However, with her parents' support, love and understanding, she learns strategies to overcome her anxiety and regain her confidence. Each small step of improvement she makes helps her confidence to grow and her bravery glow to shine brightly again. The story is relatable for any child that wants to

learn how to build their brave muscles and overcome things they may be struggling with.

As a long-standing member of the Club, I know how pivotal mental health is to its ethos and the importance of the members' mental health. Partnering with the club is a fantastic opportunity for us to share our message with the community. Embracing a growth mindset that we all, adults and children, have our own bravery to grow! Ten years after first setting foot in the Club, as a wishful member, it has been a privilege for me to return to the library with my co-author, colleague and friend, Dr. Giglio. I know the HKFC so well (and I have spent so much time there!) to have the opportunity to inspire children to be bold and brave as an author is a dream come true.

It was wonderful to see so many of you there! We loved seeing the kids build their own bravery necklaces and bracelets, and hearing them talk about the bravery they wanted to grow. By identifying the small steps they can take to work towards their brave goals, we can help them build their brave muscles and bring their confidence out into the world.

Bravery Grows is available for purchase at the HKFC shop.



HIGHLIGHTS IN NOVEMBER



Festive Celebrations

Gather Together, Give Thanks!

Thanksgiving Celebrations at the Club.

On Thursday, 24th November, the Coffee Shop is having a Special Thanksgiving Buffet Dinner. A set dinner is also available at the Restaurant.

The Thanksgiving takeaway is available from 1st to 24th November.

Scan the QR code to download the takeaway booking form at the Club's eShop.



In the Coffee Shop

**FROM TUESDAY,
1ST NOVEMBER**

Nabemono in November

The perfect winter dish from Japan, slowly and authentically simmered on the stove for 15 minutes but really worth the wait.

So order it as soon as you arrive in the Coffee Shop, only available on every Monday to Thursday for dinner.



In the Chairman's Bar

FROM TUESDAY, 1ST NOVEMBER

Teeny Tiny Tinis

7 Gins and Vodkas · 7 Unique glassware · 7 Martini recipes

All served with your own personal little shaker.

Available throughout the month of November at the Chairman's Bar.



In the Restaurant

**FROM TUESDAY, 1ST
NOVEMBER**

Addictive White Truffle

100% pure white magic, sold by the gram, topping some excellently paired dishes, throughout the month of November in the Restaurant.



In the Sportsman's Bar

FROM TUESDAY, 1ST NOVEMBER

Korean BBQ

Create your own Korean BBQ platter from the marketplace check list and our chef will cook it to perfection.

Available every Friday and Saturday evenings in November, at the temporary Sportsman's Bar.

WINE EVENTS

In the Restaurant

FRIDAY, 11TH NOVEMBER

White Truffle Wine Dinner

FRIDAY, 25TH NOVEMBER

Dom Perignon Wine Dinner

In the Happy Valley Suites

THURSDAY, 17TH NOVEMBER

Perrier-Jouët Champagne Masterclass

In the Lockhart Room

SATURDAY, 19TH AND
SUNDAY, 20TH NOVEMBER

“Stocking” Up the Bar Wine Fair

In the Coffee Shop

Themed Buffet: Holiday Season

Buffet Upsell Platter:

Thanksgiving Special Items

Takeaway: Thanksgiving

Beverage: Healthy Heart-warming Drinks

In the Pool Bar

Thanksgiving Snacks

In the Chairman's Bar

Food: The Swiss Dispatch

Set Tea: Urge for Going Afternoon Set Tea

In the Captain's Bar

Lady D Cake

Baked Big Buns

In the Family Lounge

Japanese Fruit Sandwiches

Matcha Lattes

In the Kiosk

Party Planning to the Rescue!

PREVIEW IN DECEMBER



Christmas and New Year Celebrations

Christmas Carols with the Hong Kong Welsh Male Voice Choir will be held on Monday, 5th December at the Main Pitch. Don't forget to book your ticket for "Party on the Pitch" on Saturday, 10th December.

Celebrate the festive seasons at the Club! The New Year's Eve countdown dinner are available at the Restaurant and the Happy Valley Suites this year, with live entertainment!

WINE EVENTS

In the Restaurant

THURSDAY, 8TH DECEMBER

The Best of Burgundy Wine Dinner

In the Coffee Shop

Themed Buffet: Christmas

Takeaway: Festive Takeaway Forms

In the Restaurant

Christmas Dishes

Sportsman's Bar

Outdoor Cooking Station: Festive Duck and Ham Carving Station

Sunday Roast: New Menu Cycle

Fun Activates: Wear a Santa Uniform and Get a Free Beer

In the Chairman's Bar

Food: Turkey Platter with Festive Items

Set Tea: Winter Theme

Beverage: Christmas Cocktails

In the Captain's Bar

Turkish Pide

Mulled Wine

In the Family Lounge

Mince Pies

Eggnog

RESTAURANT

T: 2830 9562
E: restaurant@hkfc.com



T: 2830 9569
E: coffeeshop@hkfc.com



T: 2830 9531
E: sportsmans@hkfc.com



CHAIRMAN'S BAR

T: 2830 9559
E: bar@hkfc.com



T: 2837 2622
E: bar@hkfc.com



T: 2837 2663
E: bar@hkfc.com



T: 2830 9531
E: coffeeshop@hkfc.com



T: 2837 2678
E: kiosk@hkfc.com

CATERING SERVICE

T: 2830 9513
E: catering@hkfc.com



THANKSGIVING

Sharing Dishes

Available throughout the month of November at the Coffee Shop

APPETIZER

Turkey Charcuterie Platter \$108
Roasted turkey, smoked turkey sausage, Parma ham and chorizo sausage with brie cheese, olives and pickles

SALAD

California Turkey Salad \$108
Roasted turkey, cooked ham, avocado, cherry tomatoes, red grapefruit, and green salad with ranch dressing

MAIN

Roasted Festive Turkey \$158
With butternut squash and sausage stuffing, served with roasted brussels sprouts, carrots, sweet potatoes and smoked sausage gravy

DESSERT

Pumpkin Pie \$45
With vanilla ice cream

MONDAY

5th December 2022

7pm - 7:45pm

CHRISTMAS CAROLS

AT THE MAIN PITCH

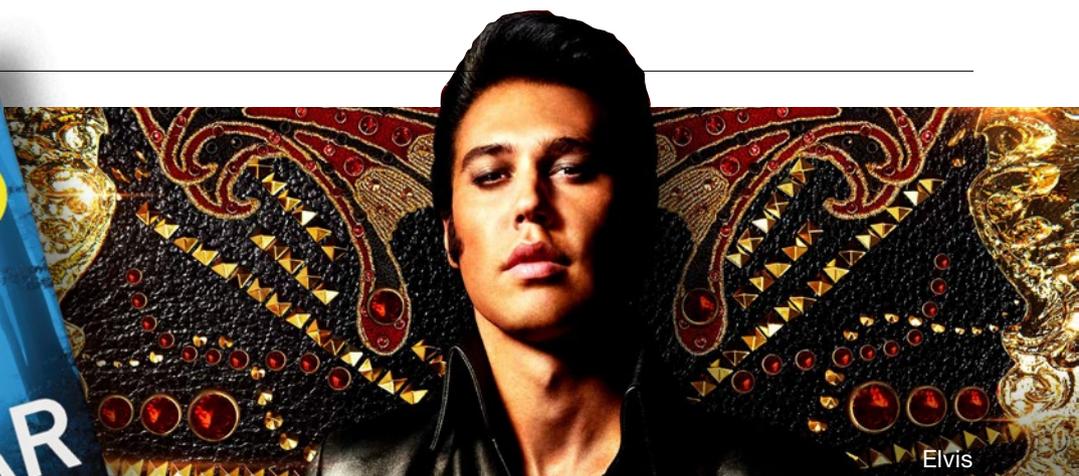
PERFORMANCE BY
HONG KONG WELSH MALE VOICE CHOIR



On Monday 5th December, our annual evening event with the Hong Kong Welsh Male Voice Choir will take place at the Main Pitch and free seating will be available at the South Stand (facing the Main Pitch) so we can accommodate as many of you as possible.

Mulled wine, mince pies and soft drinks will be shared with all members after the carols to all those in attendance.





BOOKS AND MOVIES

NEW BOOKS

One Step Too Far
Lisa Gardner

The Rising Tide
Sam Lloyd

Maybe In Another Life
Taylor Jenkins Reid

MenuPause
Anna Cabeca



Where the Crawdads Sing

NEW DVD

Elvis
Tom Hanks, Austin Butler, Olivia DeJonge

Where the Crawdads Sing
Daisy Edgar-Jones, Taylor John Smith, Harris Dickinson

The Spy
Ingrid Bolsø Berdal, Rolf Lassgård, Alexander Scheer

Sniper: The White Raven
Pavlo Aldoshyn, Maryna Koshkina, Andrey Mostrenko



Sniper: The White Raven



The Spy

NEW BLU-RAYS

Mrs. Harris Goes to Paris
Lesley Manville, Isabelle Huppert, Lambert Wilson

Brian And Charles
David Earl, Chris Hayward, Louise Brealey

The Forgiven
Matt Smith, Jessica Chastain, Ralph Fiennes

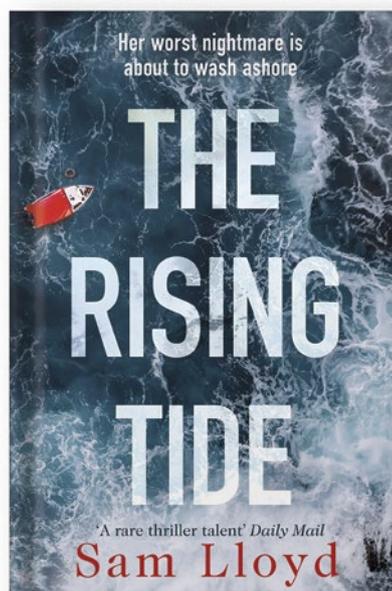
Wrong Place
Bruce Willis, Ashley Greene, Michael Sirow



Mrs. Harris Goes To Paris



Brian And Charles



Gather Together, Give Thanks!

THANKSGIVING CELEBRATIONS AT THE CLUB

Celebrate
the joy of
Thanksgiving
with your family
and friends at the Club.

RESTAURANT

Thursday, 24th November 2022

THANKSGIVING 4 COURSES DINNER

\$588
PER PERSON

For menu, please scan the code.



* Limited A la Carte menu
also available on Thanksgiving night

For reservation, please contact 2830 9562
or restaurant@hkfc.com



COFFEE SHOP

Thursday, 24th November 2022

THANKSGIVING NIGHT BUFFET DINNER

\$258
ADULT

\$129
AGED 8-11

\$93
AGED 4-7

Thanksgiving Platters also available throughout the month of November.

Pick up the **Thanksgiving** 
Takeaway Order Form
if you prefer to host the party at home!

Available from 1st to 24th November 2022

Go to the eShop at the Club's Website to get your order form
or please contact 2830 9569 or coffeeshop@hkfc.com for details.
For enquiries, please contact 2830 9569 or coffeeshop@hkfc.com

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KYLIAN
MBAPPÉ




HUBLLOT

Heritage

Shop G16 & 17A, G/F, 2A Canton Road, Tsim Sha Tsui
+852 2781 2728

ifc

Shop 1002A, Podium level one, 1 Harbour View Street, Central
+852 2116 3708

Ocean Terminal

Shop OT 211, Level 2, Harbour City, Tsim Sha Tsui
+852 2703 1808

hublot.com • f • t • i • g



OFFICIAL TIMEKEEPER

BIG BANG e
FIFA WORLD CUP
QATAR 2022™