Happy New Year!
Warm wishes from the General Committee and Staff of KCC
Dear Members

Kindly note that the Club will be closed for the Chinese New Year Holidays as below

Sunday, 7 February – closed from 6pm
*Limited service will be provided in the Main Bar until 10pm

Monday, 8 February – closed ALL DAY

Tuesday, 9 February – closed ALL DAY

The Club will reopen and resume normal operations on Wednesday, 10 February 2016

Thank you for your attention

KCC Management
CONTENTS

2 President's Page
3 GM’s Column
4 KCC Annual General Meeting
8 Stride for a Cure
10 Cricket
12 Hockey
16 Football
24 Lawn Bowls
28 Tennis
30 Squash
31 Sports Events
32 Christmas Carolling
34 Tenpin Bowling
35 Snooker
36 Golf
38 Wine
39 Fitness
42 Children's Christmas Drama
43 Staff Matters
44 Food & Beverage
46 S&R Programs
48 Community Action
52 Membership Update
52 Points to Note

Management
General Manager
Greg Hartigan
gm@kcc.org.hk
Assistant General Manager
Eddie Chan
agm@kcc.org.hk
Administration Manager
Kings Chan
adm@kcc.org.hk
Financial Controller
Dennis Ip
accounts@kcc.org.hk
Sports & Leisure Director
Maverick Leung
snldirector@kcc.org.hk
Food & Beverage Manager
Terry Mung
fb@kcc.org.hk
Grounds Manager
Roger Jones
gdm@kcc.org.hk
Program & Events Manager
Venice Tang
pnemanager@kcc.org.hk

Who to ask for...
Email to GC Comments
comments@kcc.org.hk
F&B Functions
Teresa Yu / Dorothy Lam  34737 125 / 169 fnb@kcc.org.hk
Program and Events
Venice Tang  3473 7172 pnemanager@kcc.org.hk
Ten Pin Bowling Bookings

Membership
Betsy Chan  3473 7140 membership@kcc.org.hk
Car Park Labels
Mandy Poon  3473 7121 mandy.poon@kcc.org.hk
Monthly Statement Queries
Dennis Ip  3473 7134 dennis@kcc.org.hk
Magazine
Kings Chan / Wendy Lam / Allan Castro
34737 144 / 121 / 170 magazine@kcc.org.hk
Horse Racing Bookings
Teresa Yu / Dorothy Lam / Venice Tang
34737 125 / 169 / 172 racebox@kcc.org.hk
Grounds Bookings
Jason Chan  groundbook@kcc.org.hk
Sports and Recreation
Anna / James  3473 7161 snr@kcc.org.hk
General Enquiries
Kings Chan  3473 7144 adm@kcc.org.hk
Outdoor Sport Facilities
Hotline  3473 7137
Reciprocal Clubs
Mandy Poon / Queenie Chung  3473 7121 / 100 rc@kcc.org.hk

The Kowloon Cricket Club
10 Cox’s Road, Tsim Sha Tsui, Kowloon, Hong Kong
Tel: 2367 4141/2 • Fax: 2311 1432 • www.kcc.org.hk
Dear All,

It is my great pleasure to write this as your President, and I wish you all a very happy and blessed 2016!

First, I would like to thank Rob Gill for all that he has done tirelessly as President over the past three years, with the support of his General Committee and our Management, always with the interests and benefit of our Club at heart. A big thank you to Rob and all those involved in the running of the Club.

Generally speaking, I am not much in favour of New Year resolutions, but one in the form of an encouragement is worth considering, “festina lente”, in translation “make haste slowly”.

Our daily lives in Hong Kong tend to be busy, so to take time to smell the roses or rather to admire and appreciate the beautiful floral arrangements we have around the Club thanks to our dedicated team, is definitely health giving. The other day, my dentist was telling me about a twisted ankle injury he had recently suffered, after which he walks around more slowly, and he has noticed how much more he appreciates the bustle and the activity on the street.

The only qualification to this is that I would not recommend the “make haste slowly” approach to our participants in vigorous and quick moving sports such as hockey, football and squash, as they may find their opponents taking advantage of a more laid back style.

I believe that the “make haste slowly” approach is also a good one for our General Committee to follow, in the sense of taking good care in our preparation and decision-making. I feel very fortunate to have such a pleasant and diverse group to work with, and we should in particular give a warm welcome to Sabrina Kee-Kitney, our first Lady Vice-President.

My wish for our sports men and women, boys and girls is that you really enjoy your sport and the opportunity that this gives for fellowship with others, and that all the participants from other clubs and our guests feel the warmth of our welcome and hospitality towards them.

With best wishes,

David Brettell
President
Dear Members,

Well, the Christmas season is now behind us and I trust that you and your families enjoyed your time either here in Hong Kong or elsewhere around the world. I would like to thank the following members who volunteered their time and effort in decorating the Club for the holidays: Celina Kwok, Gayle Gill, Amy Ko, Anne Yap and Emiko Wang. I received many compliments from Members and guests on how festive the Club looked and all the credit goes to these volunteers. Thank you ladies from all Members and staff for your outstanding effort.

I trust those Members who were at KCC over the holidays enjoyed Christmas and New Year’s Eve, participating in the multitude of events and one in particular was the Christmas Caroling on the main ground. This year we were very fortunate to enjoy the Intermediate Girls’ Choir from Diocesan Girls’ School who were excellent in leading the Members in singing the Christmas favourites. Topping off 2015 was the New Year’s Eve party. Bond… James Bond… and most of the attendees came in their best ‘Bond’ outfits! We rang in the New Year in style and all attendees enjoyed a terrific meal, great door prizes and dancing into the wee hours to Paul Sapiera and his Super Band. A great way to end 2015 and ring in 2016!

I would like to congratulate the newly elected General Committee with David Brettell as the President and Sabrina Kee-Kitney as the Vice President. To round out the Office Bearers there is Mike Dowie as Secretary, William Lee as Treasurer and Azeem Ebrahim as the Captain of Cricket. In October/November we saw three Sections hold their Annual General Meetings and their representatives to the General Committee are: Tim Chen (Tennis), Patrick Fong (Lawn Bowls) and Peter Fraser (Squash). The two remaining Sections representatives are: Rory McKinlay (Hockey) and Shyam Nainani (Football). I am pleased to welcome to the GC Jim Down, Peter Hevicon and Dave Parkin. As you know, both KS Tang and Raymond Tang were elected at the 2014 AGM to serve for a two year term therefore they did not need to be elected at last month’s AGM. Congratulations to all.

The swimming pool will be closed effective 4 January and all of February and should be open in March. This is to allow for major regular annual preventative maintenance. We will advise you of the exact date of the reopening in February.

The annual Fincher Shield will take place on Saturday and Sunday, 9 and 10 January as we aim to win back the shield from the Hong Kong Cricket Club. This two-day event pits the top players from HKCC against our top lads and this year we aim to win back the Fincher Shield. Mark your calendar to come down and watch some great cricket and cheer on our team.

Usually the first WOK magazine of the new year (Western) has a combined January/February edition, however this year, due to Chinese New Year occurring in early February, the January issue will be stand-alone and the combined issue will be February/March.

Chinese New Year this year starts with CNY Eve on Sunday, 7 February and you will receive via WOK e-mail the operation hours of the Club in your e-mail in mid-January. The General Committee has agreed, as they did last year, to close the Club completely at 6pm on Sunday, 7 February and reopen the Club on Wednesday, 10 February morning. This closure will allow the staff to be with their families over the New Year holiday.

AGM minutes of 2014

As you know, the AGM held on 3 December 2015 approved the AGM minutes of 2014. This year, similar to last year, these minutes have been sent to all Members by WOK and there was a notice posted on the Notice Board stating that if anyone would like a hard copy of said minutes to please come to the General Office.

As always, see you around the Club!

Greg Hartigan
General Manager
Dear Members,

Annual General Meeting (“AGM”)

The AGM of the Kowloon Cricket Club was held on Thursday, 3 December 2015 at 6:30pm in the Club’s Sports Hall and 84 Voting Members attended.

The following were approved at the AGM:

1. A Statement of Accounts for the year ended 31 July 2015
2. Election of the following candidates for the ensuing year:
   - David Brettell – President
   - Sabrina Kee-Kitney – Vice President
   - William Lee – Treasurer
   - David Parkin – GC Member
   - James Down – GC Member
   - Peter Hevicon – GC Member
   - Azeem Ebrahim – Captain of Cricket
   - Rory McKinlay – Hockey Representative
   - Patrick Fong – Lawn Bowls Representative
   - Peter Fraser – Squash Representative
   - Shyam Nainani – Football Representative
   - Timothy Chen – Tennis Representative
3. Appointment of BDO Limited as Auditors for the ensuing year.
4. The transaction of any other business as provided in Article 76 of the Articles of Association including:
   a. Subscriptions – that Members’ monthly subscriptions be increased from HK$1,300 to HK$1,350
   b. Entrance Fees – that the Entrance Fee be increased from HK$180,000 to HK$200,000
   c. Staff CNY Bonus – that the staff receive a 13th monthly salary at CNY

Thank you for your attention.

Greg Hartigan
General Manager
General Committee for 2015-2016

David Brettell
President
Office Bearers
Constitution
kccpresident@kcc.org.hk

Sabrina Kee-Kitney
Vice President
Communications
Discipline
vpresident@kcc.org.hk

Azeem Ebrahim
Captain of Cricket
Grounds
Sporting Subscribers
cricket@kcc.org.hk

Michael Dowie
Secretary
Membership
kccsecretary@kcc.org.hk

William Lee
Treasurer
Finance
kcctreasurer@kcc.org.hk

Rory McKinlay
Hockey Representative
hockey@kcc.org.hk

Shyam Nainani
Football Representative
football@kcc.org.hk

Patrick Fong
Lawn Bowls Representative
lawnbowls@kcc.org.hk

Peter Fraser
Squash Representative
squash@kcc.org.hk

Timothy Chen
Tennis Representative
tennis@kcc.org.hk

Raymond Tang
Committee Member
Development
Tender
raymond.tang@kcc.org.hk

K S Tang
Committee Member
Food & Beverage
ks.tang@kcc.org.hk

David Parkin
Committee Member
Entertainment
david.parkin@kcc.org.hk

James Down
Committee Member
Car Park
james.down@kcc.org.hk

Peter Hevicon
Committee Member
Badminton, Bridge, Golf,
Snooker, Table Tennis,
Ten Pin, Wine
peter.hevicon@kcc.org.hk
### Entrance Fees & Subscription

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corporate re-nomination fee</td>
<td>$25,000</td>
</tr>
<tr>
<td>Daily visiting fee for absent Members/visitors</td>
<td>$50</td>
</tr>
<tr>
<td>Dependent Member’s monthly subscription (aged 23 - 27)</td>
<td>$1,350</td>
</tr>
<tr>
<td>Junior Subscriber’s joining fee</td>
<td>$100</td>
</tr>
<tr>
<td>Junior Subscriber’s monthly subscription (aged 13 - 22)</td>
<td>$100</td>
</tr>
<tr>
<td>Junior Subscriber’s monthly subscription (aged 23 - 27)</td>
<td>$100</td>
</tr>
<tr>
<td>Member’s monthly subscription</td>
<td>$1,350</td>
</tr>
<tr>
<td>Membership lost card fee</td>
<td>$100</td>
</tr>
<tr>
<td>New Member’s entrance fee (OVM)</td>
<td>$200,000</td>
</tr>
<tr>
<td>Sporting Subscriber’s entrance fee</td>
<td>$20,000</td>
</tr>
</tbody>
</table>

### Library Club

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly Library Club fee</td>
<td>$84</td>
</tr>
<tr>
<td>DVD overdue (per item per day)</td>
<td>$21</td>
</tr>
</tbody>
</table>

### Horse Race Box (Season 2015 - 2016)

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badge</td>
<td>$60</td>
</tr>
<tr>
<td>Buffet in Shatin</td>
<td>$460</td>
</tr>
<tr>
<td>Buffet in Happy Valley</td>
<td>$515</td>
</tr>
</tbody>
</table>

### Guest Fees

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guest fee for Badminton / Basket Ball / Indoor Football / Ten Pin Bowling / Lawn Bowls / Snooker / Tennis Courts / Squash Courts / Cricket Nets / Golf Sim</td>
<td>$53</td>
</tr>
<tr>
<td>Playroom guest fee (per person) – weekday only</td>
<td>$26</td>
</tr>
<tr>
<td>No guests on weekends and public holidays</td>
<td></td>
</tr>
<tr>
<td>Swimming Pool guest fee – weekdays</td>
<td>$37</td>
</tr>
<tr>
<td>Swimming Pool guest fee – weekends / public holiday</td>
<td>$63</td>
</tr>
<tr>
<td>Group guest fee for Sports Hall (max. 10 persons)</td>
<td>$315</td>
</tr>
<tr>
<td>Overnight parking penalty (per night)</td>
<td>$525</td>
</tr>
</tbody>
</table>

### Sporting & Aerobics Activities

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ten Pin Bowling F&amp;B package – please contact the F&amp;B Department for details</td>
<td></td>
</tr>
<tr>
<td>Aerobics Room fee (for Aerobics / Dancing activities per hour)</td>
<td>Free of charge</td>
</tr>
<tr>
<td>Badminton Court fee (half hall per hour)</td>
<td>Free of charge</td>
</tr>
<tr>
<td>Basket Ball/Indoor Football Court fee (per whole hall per hour)</td>
<td>Free of charge</td>
</tr>
<tr>
<td>Ground hire fee per child for events</td>
<td>$80</td>
</tr>
<tr>
<td>Ground hire fee per adult for events</td>
<td>$158</td>
</tr>
<tr>
<td>No show charge for any sports related booking</td>
<td>$105</td>
</tr>
<tr>
<td>Sports Hall booking for F&amp;B</td>
<td>Minimum Charge: $10,000</td>
</tr>
</tbody>
</table>

### Locker Fees

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual locker fee (big locker in Changing Room)</td>
<td>$840</td>
</tr>
<tr>
<td>Annual locker fee (medium locker in Changing Room/Ten Pin Bowling)</td>
<td>$525</td>
</tr>
<tr>
<td>Annual locker fee (small locker in Changing Room/Squash)</td>
<td>$265</td>
</tr>
<tr>
<td>Annual locker fee (Lawn Bowls)</td>
<td>$210</td>
</tr>
<tr>
<td>Annual locker fee (Snooker)</td>
<td>$160</td>
</tr>
</tbody>
</table>

### Car Park

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual parking label (1st/2nd)</td>
<td>$3,000</td>
</tr>
<tr>
<td>Additional 1st parking label</td>
<td>$500</td>
</tr>
<tr>
<td>Monthly parking label (Diamond)</td>
<td>$3,600</td>
</tr>
<tr>
<td>Guest parking</td>
<td>$50 first 2 hrs and $50 per hr onward</td>
</tr>
<tr>
<td>Overline parking penalty</td>
<td>$210</td>
</tr>
<tr>
<td>Overnight parking fee</td>
<td>$210</td>
</tr>
<tr>
<td>Replacement charge for lost car parking label</td>
<td>$210</td>
</tr>
<tr>
<td>Temporary parking label (daily penalty)</td>
<td>$105</td>
</tr>
</tbody>
</table>

### Sporting Facilities

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golf Sim Member fee (per session)</td>
<td>Free of charge</td>
</tr>
<tr>
<td>Ten Pin Bowling Member fee (per game)</td>
<td>Free of charge</td>
</tr>
</tbody>
</table>
### THE CLUB’S AND FACILITIES OPERATING HOURS

<table>
<thead>
<tr>
<th>Facility</th>
<th>Operating Hours</th>
</tr>
</thead>
</table>
| **The Club**      | Monday-Thursday, Sunday: 6:30am – 12 midnight  
                             Friday, Saturday & The Day preceding Public Holiday: 6:30am – 1am |
| **F&B Outlets**   | **Boundary Cafe**  Monday–Sunday: 7am – 11pm  
                           Monday–Friday: Lunch 12 noon – 2:30pm  
                           Dinner 6:30pm – 11pm  
                           Saturday & Public Holiday: Dinner 6:30pm – 11pm  
                           Sunday: Closed  
                     | **Grill Room**  Sunday - Thursday: 12 noon – 12 midnight  
                           Friday, Saturday & The Day preceding Public Holiday: 12 noon – 1am  
                           Monday–Friday: Happy Hour 5:30pm – 8pm  
                           Monday–Sunday: 11am – 11pm  
                           *Last order in the Boundary Cafe, Grill Room & The Pavilion is at 10pm* |
| **Main Bar**      | Monday–Sunday: 7am – 11pm  
                           Monday–Friday: Happy Hour 5:30pm – 8pm  
                           Monday–Sunday: 11am – 11pm  
                     | **The Pavilion** Monday–Sunday: 11am – 11pm |
| **Leisure Facilities** | **Aerobics Room** Monday–Sunday: 7am – 11pm  
                               Monday: 2pm – 7pm  
                               *Monday Cleaning: 10am – 2pm*  
                               Tuesday–Sunday: 10am – 7pm  
                               Cleaning 2pm – 2:30pm  
                         | **Children’s Playroom** Monday–Sunday: 10am – 7pm  
                                                  Tuesday–Sunday: 10am – 7pm  
                                                  Cleaning 2pm – 2:30pm  
                         | **Playground – Outdoor** Monday–Sunday: 10am – 7pm  
                         | **Game’s Room** Monday–Sunday: 7am – 11pm  
                         | **Offices** F&B Office Monday–Friday: 9am – 6pm  
                                         Saturday: 9am – 5pm  
                                         Sunday & Public Holiday: Closed  
                         | **General Office** Monday–Sunday: 10am – 7pm  
                         | **Sports Facilities** **Snooker Room** Monday–Sunday: 7am – 11pm  
                                         Monday–Friday: 9am – 6pm  
                                         Saturday: 9am – 5pm  
                                         Sunday & Public Holiday: Closed  
                         | **Fitness Centre** Monday–Sunday: 9am – 5pm  
                         | **Golf Simulator** Monday–Sunday: 9am – 5pm  
                         | **Sports Hall** Monday–Sunday: 9am – 5pm  
                         | **Squash Courts** Monday–Sunday: 2pm – 7pm  
                         | **Swimming Pool** Monday–Sunday: 7am – 5pm  
                               *Monday Cleaning 9am – 12noon*  
                               **The Pool will be closed as of 4th Jan 2016 for annual maintenance**  
                         | **Ten Pin Bowling** Monday–Sunday: 10am – 7pm  
                         | **Tennis Courts** Monday–Sunday: 10am – 7pm  
                         | **Other Facilities** **Car Park** Monday–Sunday: 7am – 12 midnight  
                                         **Ladies’ Changing Room** Monday–Sunday: 7am – 12 midnight  
                                         *Monday Cleaning: 3pm – 4pm*  
                         | **Men’s Changing Room** Monday–Sunday: 7am – 12 midnight  
                                         *Monday Cleaning: 11am – 12 noon*  
                         | **Pro Shop** Monday–Sunday: 9am – 10pm  
                                         Lunch Break 11am–12 noon  
                                         Dinner Break 5pm–6pm  
                         | **Reception** Monday–Sunday: 7am – 11pm  
                         | *If the cleaning day is a public holiday, it will be moved to next business day.*
Stride for a Cure 2015
held on 22 November

26 members and their guests and two staff participated in this event and they generated a total amount of HK$103,175 to be donated to Hong Kong Cancer Fund.
Schools Cricket Coaching at the KCC

by Azeem Ebrahim
Captain of Cricket

The last two years has seen a steady increase in the number of schools coming to the KCC to join dedicated cricket coaching sessions. With the support of Argyll Scott, the KCC’s official Junior Cricket sponsor, students from local to international schools and boys and girls from a wide age group, have been enjoying using our cricket ground and nets in customised programmes for their respective schools.

As Members, we are all fortunate at the KCC to have access to such a wonderful cricket ground. By opening up our Club to coaching for schools, we are helping to spread the game to the wider community. Moreover, through the discipline, sense of teamwork and enjoyment inherent in the unique game that is cricket, we are providing an opportunity for a diverse group of schoolboys and girls to learn and to grow.

We have been privileged to have welcomed the following schools and organisations to the KCC to learn cricket over the past two years:
- Australian International School
- Methodist College
- Operation Breakthrough school coaching
- Quarry Bay School

This season, we are also proud to welcome back to the KCC, official HKCA Secondary School cricket matches such as Ted Wilson Trophy matches, on select Friday afternoons during the season.

Our coaches – Ryan, Usman, Waqas, Mushie, Imran and others – deserve tremendous credit for their hard work to coach the students and to ensuring they receive quality guidance. Argyll Scott’s support has been instrumental while KCC Management, the GC, our groundsmen and other Club Members such as Mr. Khalid Khan have also been hugely supportive.

We hope this is just the beginning. We are continuing to look for opportunities to spread the game to students across Hong Kong and to providing even more opportunities for schools to learn the game. Should any Member have ideas for expanding our reach and/or are able to make any referrals, please do not hesitate to contact our Head Coach, Ryan Campbell (cricoach@kcc.org.hk). We welcome all suggestions.

CricHQ takes Argyll Scott Junior Program to the Future

The Argyll Scott Junior Program took another step towards the future recently with the acquisition of two Scoring Tablets powered by the scoring app CricHQ. These tablets enable coaches to score the matches on these tablets or even their iPhones whilst still looking after the team. The application is then able to spit out all sorts of useful coaching tools such as Wagon Wheels, Bowler’s Pitch Maps and likely scoring targets as well as having the capacity to make the scores live online, this enables parents and other players the opportunity to follow the matches. It will be an invaluable asset to the Club and the plans are to expand the use of these scoring apps to senior cricket as soon as possible. The old days of score books and lengthy paperwork trails appears to be finally over.

Ryan Campbell  Head Coach
As the only person at age 75 still playing regular hockey for the Club, Allah Detta Dad, on behalf of the KCC, organised a testimonial hockey match for the evergreen, Brian Eastman, followed by breakfast on Sunday, 29 November 2015. “Brian’s Select” played the “KCC Ds” wearing colourful red and green shirts especially made for the occasion.

Emulating Johnny Walker, Brian keeps running along. But unlike some of us powered by a tipple or two, Brian never touches the stuff, though he is an expert in wines and spirits through his long association in the duty free trade. In fact, he is abstemious in his eating and drinking habits and also follows a strict exercise regime – a good example to us all. One should add that his well being is also due to the TLC he gets from his loving wife, Eileen.

Brian currently plays for the KCC D Team, but has represented the Club since 1959 playing for the As, Bs, Cs, Ds and ‘Old & Bold’, except during the periods when he moved to the land of his birth, Australia.

The many trophies Brian has accumulated pay tribute to his sporting achievements. Here are some of them:

**Swimming:**
YMCA Champion, KGV Champion; Inter-school Diving Champion; he also took part in the HK Cross Harbour Race three times
Athletics:
Represented YMCA from 1960-'68; named HK Track and Field Athlete of the Year 1966; Colony Champion over many years – 100m/200m/400m hurdles; Colony Champion four times in the 4 x 100m and 4 x 400m relay together with the erstwhile Con Conway; appointed Track & Field National Coach for HK in the 1966 Asian Games in Bangkok.

Motor cycling:
Joined the HK Motor Sports Club in 1959; Champion Hill Climbing, Sprint and Shalom for several years; helped the rules and regulations for the 1st Motor Cycle Macau Grand Prix.

Brian, the KCC hockey fraternity salute you and wish you many happy returns for your 75th birthday and hope to see you play for many more seasons to come.
Kirsten McNeil Receives College Scholarship from Miami University

By Gigi Fok

In 2014, Kirsten submitted her hockey profile to America’s ‘The National Collegiate Athletic Association’ and immediately drew a lot of attention from various universities. She was invited to visit a few campuses over the summer and accepted a scholarship from Miami University.

Miami University’s head coach, Mr. Inako Puzo, was very impressed with Kirsten’s skills and experience. Mr. Puzo was particularly pleased with her international tournament exposure and her confident, yet humble, personality. The team is very much looking forward to welcoming Kirsten in August, 2016.

Kirsten has been a hockey player for over 12 years. She started in the KCC mini-hockey team when she was 5 years old and joined the Hong Kong U21 when she turned 12! Two years later she was promoted to the Hong Kong Senior National Squad and at age 15, she represented Hong Kong in a few major international tournaments, including the National Games Qualifier 2013 and Asia Cup 2013.

Kirsten is now the captain of the Hong Kong National Junior Squad, a player for KCC A Team and a player for Heep Yunn School. She has earned 23 caps to date. Kirsten is a confident defender, hard and tough when under pressure, and able to read the game with quick decision-making skills.

Her most unforgettable experience was during last year’s Asia Games in South Korea, where she intercepted many attacks from the Japanese team and made some brilliant drag flick saves and short corner saves. Despite not beating their opponents, the Hong Kong team’s defensive skills were highly recognised, and impressed the supporting audience.

It has not been easy for Kirsten to maintain a balance between hockey, school, family and friends. In order to fit in over 10 hours of hockey training each week, she keeps a very organised schedule and keeps her priorities
Great First Half of the Season for the Women’s C Team

by Camela Wong

This season is definitely a fruitful one considering the results of the various matches. The match against Antlers B gave us a good start to the season with a result of 4-0. The lapse in the match against HKCC C brought us our only loss for the season. Despite this, we are hungry for victory and have even ended a few matches with overwhelming power against our opponents.

Speaking of remarkable matches, one of them is definitely the match against Shaheen D. With great teamwork, we seized the opportunity to score while having secure defense, and ended the match with an 8-0 win.

Every player had the opportunity to perform their best on the field over the first half of the season. We have shown the opponents our skill and cohesion as a team, that led to our various victories. We have great hopes and determination for the team to go further in future matches.

straight. She ensures she gets her homework and revision done before attending training at night so she can get sufficient rest after practice. Kirsten also enjoys reading in her free time, her recent favorite is Gone, a science fiction by Michael Grant.

We would like to congratulate Kirsten on her remarkable achievements and wish her all the best in her new adventure. She will be truly missed by everyone, especially her teammates from the Hong Kong Squad, KCC and Heep Yunn School.
Bon Voyage!

Once upon a time, the doors of KCC opened and revealed a small, skinny and quite shy Frenchman. Little Anthony Garreau entered the KCC world on his tippy toes and at that stage no one really could have imagined what he was set to accomplish.

It was a Sunday morning when I was called up by Shyam, in one of his incredibly long phone monologues, asking me to stay over to watch the Knights game as there was a new player he wanted to show me. When I got there it was clear that something supernatural was going on, as this little guy was flying around the pitch like Dave Christmas at an Elvis Presley concert.

A few days after, I talked to Anthony for the first time and sincerely I am not sure if I ever talked to someone more pleasant and nice at the same time. He was talkative but still very reserved in his own way and I thought to myself, if this kid is hanging out with us we might have to school him around life in HK, otherwise he'll be just too much for him to handle...and so it began!

Anthony’s HK training went so well that in a few months his weekend endeavors went from Sex & The City Friday nights, to 20 jäger bombs in 3 hours at Dusk till Dawn until 6am. At that stage we all realised that KCC did not only find an amazing footballer but also an amazing social secretary and, for all, a great friend.

We had a lot of farewells in the past two years and some very important, too. These were all people that shaped the football section for years and that always will remain in the KCC football history. Anthony “qucumber” Garreau is definitely part of this league of extraordinary gentlemen that so much have been given to the Football Section in their years spent in HK.

Anthony will always be an irreplaceable player... a two times in a row Player of the Season, a strong midfielder able to combine technical and sublime moves to an extraordinary physical game, a player that go through you no matter what but that is always fair and plays for his teammates.

Anthony will always be an irreplaceable party animal.... Off the pitch, he has been the soul of the Section, always there organising an event, a night out or a casual drink. He is the record holder jäger bomb consumer at KCC with a staggering 538 shots of jäger consumed in 3 years and the only Frenchmen in the world that can down a pint faster than Phil Clamp.

Anthony was a great committee member...his commitment to everything KCC was nothing less that amazing. During his Social Secretary spell Anthony, organised endless social events, from the Xmas Rock & Bowl to Halloween parties, from Bangkok tours to Pool parties, from Graeme Archer Memorials to Tennis tournaments and everyone loved each one of them. His energy really pushed the Section to new heights in everything social, as he was able to reach also other sections and share his enthusiasm with everyone around him.

The Football Section will miss you, Anthony. We wish you all the best in your new life in Singapore, but there will always be a seat in the KCC bar for you, for a few jägers and a good old Timber dance.

Take care Mon’Ami!

Luca Merlone

KCC U9 Boys Tournament

14 November 2015

On a cool early Saturday morning at KCC in November, over 200 kids from Hong Kong Island, Kowloon and New Territories completed for the second Under 9s Tournament of the HK Junior Football League.

KCC fielded two teams...

The U9 Boys Team 1 made it through the group stages with a single point (1-3, 0-1, 0-1, 0-0), coming fourth in a strong league and qualified for the shield competition. They then woke up, and really started going, and won the semifinal 2-0 and then the final 2-0 to claim the shield trophy. A great team result. Thomas Christmas was particularly impressive, with 2 goals,
KCC Junior Girls Football – HKIS Girls Tournament
15 November 2015

The KCC girls headed over to HKIS for the 2nd tournament of the season. The matches were spread out from lunchtime to the early evening with the U8 girls kicking off proceedings around midday and the U14 girls concluding the event around 8:30pm. The distance and timing means that it is not always possible to get all of our players available, but we were well represented in all age groups again and were part of a total of 63 teams (over 350 players) from U8, U10, U12 and U14 age groups that were involved in this tournament, making it the biggest Girls Tournament of the season so far.

With such numbers and the continued growth in girls’ football we expected a very competitive day of girl’s football and again it was good to see a number of the young KCC referees also involved in the officiating.

At U8 age group, KCC entered one team again for the 2nd time ever. It is fantastic to see the younger girls enjoying football and this will stand us in good shape for the future. With the explosion of numbers involved, these girls can expect a lot of tough competitive football in the years to come and it was so pleasing therefore to see them doing well. Coach Glen reported as follows:

The KCC Team lined up as follows: Lucy Rowland, Alannah Brown, Kanna Takayama, Anaya Toshniwal and Alice Harbottle. Their first game was against HK Dragons, which they drew 0:0, followed by a 2:0 loss to MLFA. This put the team into the Plate Semi-final which they won 1:0 and followed it with a convincing 3:0 win in the Plate Final. The team was enthusiastic and showed loads of spirit and determination. Alice who was a last minute call up proved to be a star, scoring 3 goals. She was a bit nervous at first, as this was her first tournament but got better as the games progressed. Kanna is a determined young girl and shows loads of potential in midfield and Lucy and Alannah giving 100% and showing loads of improvement since our last tournament. They were both prepared to work hard. Anaya went into goals after the first two matches and was a very disciplined goalkeeper, always wanting to help and learn. All in all, this was a great performance for the team.

KCC U8s won the Championship Plate. This was our first ever girls trophy at U8 age group level. I am so proud of this achievement and this will be an invaluable experience for these girls and great for their overall development.

At U10 age group we entered 1 team. Coach Destiny reported as follows:

The U10 girls team is still a work in progress, with some new players added into the squad for this tournament. We have been working on the shape of the team for the past few weeks and some signs that this was hitting home showed throughout the day, with lots of excellent defending. Hriday and Shaun also fought hard against some strong opposition. Well done, boys!

Thanks to KCC staff for catering and also ensuring the pitch was in great condition :-)

Gary
Head of KCC Junior Boys Football
of tireless running from all the players, contributing to a reasonably happy tournament. The girls won a couple of games in the group stages and made it to the knockout stage where they ended up losing narrowly in the Semifinal. On another day with a bit of luck they could have made the final. Most importantly, I hope the players enjoyed their football and the parents had fun.

At U12 age group, we entered one team. Coach Chris reported as follows:

The girls have now been playing together for a few months and you could tell that they were starting to gel together. They faced Maccabi in their first match, and although found themselves down 2:0 from 2 counters, the girls were playing some of the better football, with Grace and Gabby impressing. They managed to get a goal from Gabby to make it 1:1. The girls faced the Major League Football Academy in their second fixture, a very good established side. Despite them being more competitive, the KCC girls battled hard. MLFA however had two chances which they converted. After a rousing speech about being more aggressive, the KCC girls faced the home team, Tai Tam Falcons. It was to be their best match of the tournament with Ivy, Grace and Caitlyn creating problems for their defence. Unfortunately none of the girls were able to get on the score sheet, leading to a 0:0 draw. The final game against the favourites HK Dragons was again very tough, but the girls restricted them to a few chances and narrowly lost 2:0. It was a gutsy display, and one the girls should take good heart from as they made the Dragons, at times, look ordinary. Dulcie, Natalie and Ellie all had chances and on another day it could have been a different outcome! The girls have improved since the 1st tournament and are competing against all other teams. The Coaches’ Player of the Tournament was Grace Chan, who was superb throughout.

At U14, KCC entered two strong teams and despite the late kick off (6:30pm on a Sunday night) we all had high hopes of success. The girls were fortunately drawn in different leagues, meaning that there was less chance to play against each other until at least the knockout rounds. Our girls put on a great performance for the many parents who travelled over to support, something I am always so pleased to see.

Coach Ed (KCC2) reported as follows:

KCC 2 Team: Rosie (Captain), Jade, Inez, Jennifer, Shreya, Toni, Yashvi.

A strong KCC 2 came into the tournament as underdogs and were drawn in a tough group against Tai Tam Tigers, Arsenal Soccer School and ESF Lions. Captain Rosie and her team really had a battle on their hands. First up were many favourites for the Cup, Tai Tam Tigers. By defending from the front with the tireless work rate of Yashvi and some fine goalkeeping by Jade, KCC 2 fought hard for a well earned 0:0 draw and a magnificent point to start the tournament. Next up were Arsenal Soccer School. After the technically sound outfit took the lead, KCC 2 battled back and late pressure paid off with Shreya scoring a wonder goal from inside our own half that left their goalkeeper flapping at thin air. It was also another fine defensive performance with Inez and Jennifer impressing. The last game of the group against ESF Lions was crucial, knowing a win by a margin of two goals would send them into the Cup Semi finals. I wasn’t to be as ESF scored with a controversial penalty given for handball, but the will of trying was the most impressive aspect for KCC 2. The team progressed now to the Bowl Semi finals.

HK Dragons were the opponents, but they couldn’t cope with the heart and desire of Rosie who bagged a brace. Her first after a great run and cut back by Inez, Rosie squeezed her shot into the smallest of gaps to beat the HK Dragons goalkeeper. The best was left for last and Rosie took on three defenders before bending a wicked right foot in swinger into the top corner with the keeper at full stretch. KCC 2 truly deserved their place in the Bowl Final with this display. The Final was against Tai Tam Wildcats and proved to be a tough game with few chances. Toni running in midfield from the first minute to the last in every game continued but both teams cancelled each other out defensively. Finally the breakthrough came but it was the Wildcats that scored and left KCC with a mountain to climb. Rosie however hit a fantastic equalizer in the dying seconds of the game and with the score at 1:1 penalties were needed to decide the Tai Tam’s fate. After winning the toss, the team decided to shoot first, but missed and were 0:1 down. Flawless kicks by Shreya and Inez, followed and KCC were on the brink of glory. Jade having already saved one, blocked the crucial final penalty to make KCC 2 the Bowl winners. The girls gave everything for every minute they played; individually each player came out of their comfort zones and pushed boundaries. Simply, their success is a reward for all their hard work.

Coach Lukalu (KCC1) reported as follows:

It was a great tournament again for our KCC U14 girls (KCC1 Team), consisting of, Dveeta Lal (Capt), Madeline Kwan, Lilly Haik, Andrea Chan, Jorja Townson, Vanessa Kwok, Sophie Hafner and Nicole Marlow. Everybody performed so well and everybody improved a lot! Each and every one of them did their job. As their coach, I am very proud of them. They listen to and apply everything that was taught and instructed. They executed it excellently. This was the first tournament that we played without the other teams not scoring against us.

In the group stage we scored 9 goals, in the Cup semi we scored 3 goals and in the finals we scored 3 goals. Total of 15 goals in this tournament, and we are the U14 Cup Champions. So far, everybody performed good and they thoroughly deserved the win. But there’s still room for improvements.

My thanks to the parents and players for making the long trip over to HKIS, and to our dedicated APSS coaches who again ensured we were able to challenge and bring home some more silverware! Another 3 trophies for the KCC cabinet!

What an end to 2015 and so much to look forward to in 2016. Wishing everyone connected to the Junior Girls Football a very happy festive season and new year.

Adrian Townson
Head of KCC Junior Girls Football
KCC U8 Boys Tournament
21 November 2015

With two successive plate wins and a tournament on home soil, expectations were high. The script was set and KCC did not disappoint.

Coach Ed reported as follows:

The KCC Team: Reuban, Matthew, Albert, Philip, Noah, Joel, and Cai were drawn against HKD 3, ESF 2, TTT 4, and HKFC 2. There was little margin for error if KCC had aspirations to compete for the Cup. First up TTT 4, the opponents absorbed all of KCC’s attacks but on the halfway mark, Cai started his fine tournament by scoring the first of his 4 goals to give KCC a comprehensive 4:0 victory. KCC’s next match was against a HKFC 2 side that were full of energy and KCC found it difficult. The intelligence of Joel played a crucial part in this game as his influence with the ball carved out chances for Cai and Noah to score for a 2:0 win.

A little lackluster in the last game, KCC had to find a new approach. An inspired huddle and an added amount of desire before the teams third match against ESF 2, KCC came out all guns blazing in a 7:0 romp with Cai Scoring a hat trick, Noah scoring 2 and Albert rounding up his brace last on. KCC looked on top of their game. With a new found spark, KCC’s final group game against HKD 3, the boys finished strongly winning 2:0. Cai scored two goals thanks to the industry of Philip whose directness of play was causing problems time and time again.

4 wins from 4 games, KCC were into the Cup Semifinals for the first time. Up against a strong APSS 3 team, KCC were relentless in possession, creating a numerous amount of chances. Playing high up the pitch, Matthew cleaned up all the attacks before they reached KCC’s defensive half. Two goals again from Cai and a goal from the classy Noah saw KCC into the Cup Finals.

The Cup Final against HKFC 1 proved to be a tough test. KCC scored within seconds of kick off with Cai winning the ball and blasting an unstoppable shot into the corner of the net. HKFC gave everything but with Albert and Matthew defending with everything they got, KCC kept HKFC at bay. Reuban took total command of his box and in doing so kept his 6th clean sheet of the tournament with an outstanding goalkeeping display and left the stats reading 19 goals for and 0 goals against.

A dominant Cup win sends KCC into the U8’s Premiership Tournament with the team hungry for even more success. Coaches’ Award goes to the wonder kid Cai. Goals aside, his work rate clearly stood out and the goals were a reward for a fine mornings work.

Gary Luttrell
Head of KCC Junior Boys Football

Papa’s got a Brand New ‘Mixed’ Bag for the Dragons

KCC Dragons have enjoyed a very good first half of the 2015/2016 campaign and with 11 matches played are currently sitting in joint 2nd, 5 points off the top of the league.

We started the season impressively, recording a 1:0 victory at Club Wanderers. Our new signing, Ming Kong Chan made a huge impression in his debut against Wanderers although it was another HUGE regular who netted the winner – step forward Keith ‘Kim’ Miu. Week 2 saw an equally impressive 4:1 victory over Club Colts. Our ‘Lille’ Frenchman Anthony ‘Do you have a Leesance for your Balloon’ Garreau scored after 11 seconds, together with goals from Chris ‘More Pho Please’ Delaiglesia, Ashley ‘where’s my right foot?’ Poon and Giant Haystacks himself – step forward Keith ‘Kim’ Miu.

Our next match against GAS saw an impressive performance undone by the grit and determination of GAS. We went 1:0 down against the run of play and despite putting on the pressure for a great deal of the match, ended up on the wrong end of a 2:1 score line, with our scorer on the day being Chris ‘Posh Boy’ Pickles. We got back to winning ways against the Swiss XI, coming back from 1:0 and one man down (step backwards Ryan
'Mr Leeds' Gonsalves) to record a 2:1 victory thanks to goals from 'More Phò Please' and Tulio 'Borat' Cerolini. Unfortunately, we then undid this good work with a less than impressive 1:0 defeat at the hands of reigning champions, Club Albion, who were the well deserved winners on the day.

The Dragons needed a consistent run of results which we accomplished going on a 4-match winning streak. We defeated HKU70s 3:2 thanks to a double from Anthony ‘HAW HEH HAW’ Garreau and an injury time winner from Manrique ‘If I was any more laid back I’d be horizontal’ Vargas. To be honest, we got out of jail in this match, but we followed this up with an impressive performance in a 3:1 victory over Squadron, with another double from ‘Inspector Clouseau’ and one from Derek ‘Lewis Hamilton’ Huang. We then defeated Corinthians 4:1 thanks to goals from Luca ‘Midfield Genital’ Merlone, ‘More Phò Please’, ‘Borat’ and an absolute scorcher from Darren ‘Gies a fag’ Yan. This was a brutal encounter which showed the ugly side of football, which culminated in a Corinthians player attempting to punch the referee and, as a result of these transgressions, Corinthians have been suspended from the league with all their matches declared null and void for the season.

The Dragons then recorded a 4th victory on the trot with a 1:0 victory over USRC. As ever in the lead up to this fixture, it is good to keep one eye on the USRC squad list, and lo and behold, cometh last Friday, cometh the signing of another Brazilian ex-pro. Not to be outdone on this score, we were able to call upon a new signing of our own – none other than our own ‘Lille’ Frenchman Anthoneeeee Garreau, who had retired from football only 72 hours previously!!! On game day itself, it became apparent however that USRC’s new signing was being kept busy at a Capoeira convention as USRC was forced to start the match with only 10 players. We settled quickly and were unlucky not to take an early lead after a terrific shot from Manrique ‘If I was any more laidback I’d be horizontal’ Vargas was kept out by a great save. We took the lead shortly afterwards however with a fantastic near post header from ‘Clouseau’ after a great ball in from a Luca ‘Inzaghi’ Merlone corner. USRC player-coach, Eder then took centre stage with a horrendous Capoeira-like tackle on Antho which could have been a straight red, before being sent off for a late challenge on Rico minutes later. The Dragons had chances to increase the lead, but had to be wary of USRC, particularly when we gave the ball away in dangerous situations. The second half followed in a similar vein, with the Dragons on top. USRC were very physical and could easily have had two more red cards for dangerous challenges on Darren ‘Gies a fag’ Yan in particular. We kept our discipline well and ended the game without a booking which pleased Club mascot Shyam ‘The Deformed Giant’ Nainani. Man of the Match went to our departing French Genital, Antho who scored his 6th goal of the season in his last, last, last, last match before becoming Martin Rigby’s Housemaid in Singapore.

After seemingly doing the hard work, the Dragons let ourselves down with draws against relegation-threatened Mobsters and Spartans in consecutive weeks. This meant that the return HKFC Wanderers match took on extra significance. With a depleted squad, we played our best match of the season and took a deserved 1:0 victory with a fantastic header from Man of the Match, Derek ‘Sickbhoy’ Huang making all the difference.

We now enter a crucial period in the New Year sitting in joint 2nd position, 5 points behind German All Stars and with high hopes of competing for the top honours by the season’s end.

Wee Jimmy Krankie

The Annual Football Section “Rock & Bowl” Xmas Party was held on 1 December and this year’s mild and dry weather meant we could return to the Lawn Bowling green.

A certain Frenchman had left behind some “Grandes chaussures” (BIG Boots) to fill, so as his appointed replacement to the position of “Social Secretary of the Football Section”, Lord Ben Thomas of GB, peered over proceedings, with King and Queen Thomas, in attendance (his Mum and Dad) as our Royal guests. We all looked forward to a jolly spiffing good knee’s up and Lord Ben did not disappoint. He directed his subjects with a large bunch of spreadsheets made up to explain the rules (which he kept changing), the teams (which kept changing) the scores (which he kept changing)! Oh to be such a majestic ruler!

With great thanks to all the volunteers from the Lawn Bowling Section, who turned out in force to impart their superior knowledge on us, all we had to remember was the weight is on the side of the small circle, put it out wide and watch it curve back in! How difficult
The games

can it be (Scott, I missed the green with 5 out of 6 shots, much to Rowan’s amusement!). With the quick coaching session over, Lord Ben sounded the commencement of the matches on the “Royal command”, however as the food and drinks were being served at the same time, everyone missed this. The greens were empty! Lord Ben hollered “Where are my loyal subjects” and finally everyone started to gather albeit a few were still looking hopelessly for their team captains. Dave “We wish you a Merry Christmas”, organised as ever, had carefully selected his starting line-up, with a very attacking 0:0:4 formation. He was one of the first to roll his jack down the green and “playing his first option” over hit it, into the gutter. What an impressive start, an effective own goal!

The teams were cleverly named to add some fun to the evening, so we had a line up featuring

“CrackerJacques”, “Knightriders”, “Strictly Veggies”, “Patches and Friends” and “Half Pints” to name but a few! The competition itself was organised into a group stage with the top teams then moving forwards into a Cup, Plate and Bowl, knockout stage. There was hope for everyone!!! There are too many highlights to cover in our article, but it’s fair to say that Phil and Chancy wasted no time seizing on the opportunity to recruit a ringer (Daphne, from the Lawn Bowls Section) and was fancying their chances of success. Frankie had Boris strategically placed to “put off” anyone bowling towards the jack, with a spectacular set of hand and arm gestures (dare we mention Scott again). In his defence Frankie advised that this is what the Lawn Bowlers do, so who was to question his superior knowledge of the game of Lawn Bowls!!!

The bowling itself was nothing short of amazing and we would be surprised if some poaching of our players does not happen in future! Were the Lawn Bowlers there to help us or scout for new talent?!? One thing is for sure, who knew there was so much talent in the Football Section! At the end of the group stages, the best of the worse teams progressed to the knockout stages. The Christmas drinks were taking effect and the bowling was generally getting better!

Unsurprisingly, Chancy’s team the “Knightriders” was doing very well and very surprisingly Dave “We wish you a Merry Christmas” Xmas’s team “The Lords and Ladies” were also. Quite how this was possible is a mystery to us all, as Dave told his team that they would only get a half! Patches, who must have thought this was a Monday night and still playing for Dave, took this literally and disappeared halfway through, obviously looking for more friends!

Groundworkers

DTL

wish you a Merry Christmas, organised as ever, had carefully selected his starting line-up, with a very attacking 0:0:4 formation. He was one of the first to roll his jack down the green and “playing his first option” over hit it, into the gutter. What an impressive start, an effective own goal!

The teams were cleverly named to add some fun to the evening, so we had a line up featuring

MVP winner Adrian

The Anto Appreciation Society

The games

Patches & Friends

Thanks to the Lawn Bowls Section

Lord Ben
Jim Down's "Down with the Kids" were also going along nicely and by the end of the evening had joined forces with Crackerjacques. All three and a half teams were looking favourites for success as the bowling reached the critical knockout stages.

The schedule however was a little behind and with time running out, the Finals were changed to a tense winner-takes-all, one end of bowling game. It was going right down to the wire. The "Groundworkers" and "Down with the Kids" produced the most tense finish of the night with the lead changing hands a number of times, spurred on by the magic Brazilian (I should stick to Football) Emerson, until Louise with the penultimate bowl stole the jack. Adrian of the "Groundworkers" then fired down the last bowl, which knocked out Louise's, only for Jim's to take the jack and get the "closest" position. What a finish to a great night. So it was a big congratulations to the following winners:

**Cup Winners: Knightriders** – featuring Chancy, Phil, Daphne and Shane
**Plate Winners: Down with the Kids** – featuring Jim, Claire, Dan and Louise
**Bowl Winners: Lords and Ladies** featuring Ben, Emily, Dave and Chris

**MVP:** Adrian (not sure how!)
**MUP:** Shyam (really sure why!)

A big thanks again to the very patient Lawn Bowlers for their assistance in this event, Lord Ben for the organisation and to everyone else who helped or joined in.

Finally, Best Wishes for a great festive season and a Merry "Dave" Christmas and Happy New Year 2016 to all at KCC from everyone at the Football Section.

On behalf of the Football Sub-Committee
Love Yourself
Love Your Health

Cedar Tree Healthcare is proud to extend to all KCC members, as well as their friends and families, a 20% discount on all of our Health Check Packages before 30 June 2016.

Special offer
20% OFF
Health Check Packages

Reference Code: KCC 2016

Contact Us
+852 3487 0032
reception@cedar-health.com
www.cedar-health.com
Unit 905B, 9/F, 26 Nathan Road, Tsim Sha Tsui, Kowloon

Cedar Tree Healthcare
Medical Imaging, Testing & Health Screening Centre

Services Include:
Health Screening Packages
Ultrasounds
Mammograms
CT Scans
MRI
X-Rays
Dexa Bone Densitometry
Resting & Exercise ECG
Echocardiogram
Blood Tests
Nutrition & Dietetic Consultation
plus others...

Opening Hours:
Monday to Friday: 0900 hrs – 1830 hrs
Saturday: 0900 hrs – 1600 hrs
Closed on Sundays & Public Holidays

*Health check packages and tests are for health screening only. For medical diagnosis and treatment of disease, please consult your family doctor.
Convenor’s Column

I am delighted to be elected as Convenor for the coming year at the Lawn Bowls Section AGM held on 4 November 2015. This is my third year and thanks for all your support. We hope that our Section will continue to be transparent, fair and provide a harmonious and social environment for all lawn bowls players.

HK International Bowls Classic 2015

The HK International Bowls Classic 2015 was held between 7 and 15 November 2015.

Singles
It was very encouraging that both Ken Chan and Tammy Tham were quarter-finalists in Classic Singles. Rita Tsui, who represented Hong Kong, was the semi-finalist. Mercredi and Jerry also performed very well but lost in the second round. Well done, all!

The Champion for Men’s Singles and Women’s Singles were Jordi Lo (CCC) and Dorothy Yu (HKLBA) respectively. It seems to be the first time that HK players win both men’s and women’s singles. Congratulations!

Pairs
Both KCC women’s team (Tammy Tham and Sonia Chan) and men’s team (Jerry Ng and Ken Chan) played very hard and demonstrated high standard of skills. Having finished 11 games, KCC men’s team was at 5th position and was the best local team in the table. Well done all, guys!

The Champion for Men’s Pairs and Women’s Pairs were Australian Team and Hong Kong Team respectively.

Finally, I would like to say thank you to all members for your support to our teammates during the Classic period, in particular my most sincere thanks to Rhondi who travelled frequently between KBGC and KCC bringing dry towels to our players during those rainy days. Thank you, Rhondi!

This year, KCC hosted two teams:
• New Zealand team – Amy Mcilroy, Tayla Bruce, Blake Signal and Jordan King
• Philippines team – Ainie Knight, Sonia Bruce, Christopher Dagpin and Angelo A. Morales

We arranged for a welcome dinner at King Power Japanese Restaurant on 6 November and hosted a horse racing dinner at KCC Box on 11 November 2015.
Friendly Match with Sydney Neutral Bay Club

8 November 2015

It was a lovely November afternoon when a group of 13 ladies from Neutral Bay Club of Sydney visited us for a friendly game on 8 November 2015. They were introduced to us through our ex-KCC President Ken Wallis and his wife, Jenny.

They were short of two players for Triples game and we loaned them two chivalrous KCC men, Louis Cook and Roger Leung.

We had a wonderful and very friendly game winning 3 rinks and lost 2.

Their group leader, Ms Leone Schuler spoke on behalf of their members that they were very impressed by our friendliness and warm hospitality. They sincerely extended a warm invitation for us to visit them in Sydney to reciprocate our kindness and to re-kindle our friendship.

Mary Ong
## Home Wine Delivery Order Form – January 2016

<table>
<thead>
<tr>
<th></th>
<th>KCC price per bottle. HK$</th>
<th>Number of Bottles</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Champagne</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 Highfield Estate Elstree Cuvee Brut 2009, New Zealand</td>
<td>200</td>
<td></td>
</tr>
<tr>
<td></td>
<td>50% Chardonnay and 50% Pinot Noir. This sparkling is clean and elegant with a long finish.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A classic aperitif or perfect with seafood dishes.</td>
<td></td>
</tr>
<tr>
<td><strong>White Wine</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 Grove Mill Sauvignon Blanc 2014, New Zealand</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fresh grapefruit and passion fruit palate. Typical Marlborough acidity combined with pronounced fruit characters and with a long finish.</td>
<td></td>
</tr>
<tr>
<td>3 Giesen Estate Riesling 2014, New Zealand</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Off-dry in style. Lime and honeysuckle flavours. Palate is luscious, great intensity.</td>
<td></td>
</tr>
<tr>
<td>4 Xanadu Estate Chardonnay 2013, Australia</td>
<td>190</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Citrus fruits with underlying hints of roasted almonds. Medium-full bodied with powerful fruit profile is balanced by a taut, mineraly backbone.</td>
<td></td>
</tr>
<tr>
<td><strong>Red Wine</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Piedras Dark Label Malbec 2013, Argentina</td>
<td>100</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Matured 18 months in French oak. Display cherries with white pepper spice. Medium-bodied with savoury spices with hints of lavender.</td>
<td></td>
</tr>
<tr>
<td>6 Maxwell Four Roads Grenache 2013, Australia</td>
<td>180</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Matured 18 months in French oak. Display cherries with white pepper spice. Medium bodied with savoury spices with hints of lavender.</td>
<td></td>
</tr>
<tr>
<td>7 Geoff Merrill Coonawarra McLaren Vale Reserve Cab Sauv 2007, Australia</td>
<td>240</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mint, violets, leather, black olive, cedar and menthol with toasty vanilla. Palate shows freshness and is tight with firm tannins.</td>
<td></td>
</tr>
</tbody>
</table>

*Free delivery for orders over HK$1,000 (mixed is available)*

Member's Name: __________________________________________________________
A/C #: _________________________________________________________________
Delivery Address: _______________________________________________________
Telephone – Home: ____________________________ Office: _____________________
Email: ________________________________________________________________
Member's Signature: ____________________________ Date: ____________________

Please fax the order form to 2311 1432 | Please allow 5 working days upon order confirmation | This special price is valid during January only
KCC will not be responsible for any spoilage or losses of wines kept at the Club’s wine storage room.
Tennis Section Annual Dinner
19 November 2015
Tennis Section AGM – Convenor/Subcommittee Member Election

26 November 2015

This year the Tennis Section AGM was held at the Aerobics Room. The total number of attendees to the meeting was 24 which is above 10% of the membership of Tennis Section. This meets the quorum as defined in the Bye-law 19.9. The meeting was called to order at 6:30 pm.

The results of the election of Convenor and Subcommittee members for 2016 are:

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Convenor</td>
<td>Mr. Tim Chen</td>
</tr>
<tr>
<td>Secretary</td>
<td>Mr. K.S. Wong</td>
</tr>
<tr>
<td>Subcommittee members</td>
<td>Mr. Peter Hung</td>
</tr>
<tr>
<td></td>
<td>Mr. Peter Ko</td>
</tr>
<tr>
<td></td>
<td>Mr. Joseph Wong</td>
</tr>
<tr>
<td></td>
<td>Mr. William Woo</td>
</tr>
<tr>
<td></td>
<td>Mr. Harry Yuen</td>
</tr>
</tbody>
</table>
Squash Section AGM

The annual Squash AGM was held on 31 October in the Sports Hall. Our final results from last year’s league were outstanding as an overwhelming number of teams finished the season on a high note. L1 finished the league as double champions and Division 5 and Division 13B finish as finals champions. Furthermore, Divisions 1 through to 8 were runner-ups. We also managed to make up two summer league teams; they both won their respective divisions comfortably and convincingly. The KCC and Squash Section were fortunate enough to host the Contrex Challenge Cup this year which featured many international players as well as many exciting and high calibre matches. Two Hong Kong players, Li Ka Yi (also a KCC Junior Member) and former SS Member Wong Chi Him ended the tournament as champions. We were also treated to visits from the Korean and Indonesian national teams, as well as a team from Guangzhou.

All in all, it was a very busy year for the Section and I am sure this one will be no different! KCC’s start to the season so far has been excellent – good luck to everyone in their upcoming matches and keep up the great work!

Kathryn Labrum

Friendly match with Indonesia 20 November 2015
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 FRIDAY</td>
<td>1130 102nd Children’s Sports Day on Main Ground</td>
</tr>
<tr>
<td>4 MONDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 7 vs HEAD KCC 2A vs KCC 2B</td>
</tr>
<tr>
<td>5 TUESDAY</td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1800-2200 Bridge in Aerobics Room</td>
</tr>
<tr>
<td></td>
<td>1800-2000 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC L2 vs HKFC L2</td>
</tr>
<tr>
<td>6 WEDNESDAY</td>
<td>1630-1800 KCC Junior Squad Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1700-1900 Youth Hockey Training in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 7 vs HEAD KCC 7 vs VISIONS KCC 8 vs ALPHA 2</td>
</tr>
<tr>
<td>7 THURSDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1830-2000 Girls Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2200 Badminton Night in Sports Hall</td>
</tr>
<tr>
<td>8 FRIDAY</td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td>9 SATURDAY</td>
<td>0715-0915 KCC Junior Football Programme</td>
</tr>
<tr>
<td></td>
<td>1000-1000 Fincher Shield Cricket Match Day 1</td>
</tr>
<tr>
<td>10 SUNDAY</td>
<td>1000-1800 Fincher Shield Cricket Match Day 2</td>
</tr>
<tr>
<td>11 MONDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 6 vs HKCC 3 KCC 2B vs YP 2</td>
</tr>
<tr>
<td>12 TUESDAY</td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1800-2200 Bridge in Aerobics Room</td>
</tr>
<tr>
<td></td>
<td>1800-2000 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC L2 vs HKCC L2 KCC 3 vs LRC Div 3</td>
</tr>
<tr>
<td>13 WEDNESDAY</td>
<td>1630-1800 KCC Junior Squad Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1700-1900 Youth Hockey Training in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 7 vs VISIONS KCC 8 vs ALPHA 2</td>
</tr>
<tr>
<td>14 THURSDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1830-2000 Girls Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1800-2200 Ten Pin Bowling Night</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League M3 vs HKCC M3</td>
</tr>
<tr>
<td>15 FRIDAY</td>
<td>1200-1500 HKCA School Cricket on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td>16 SATURDAY</td>
<td>0715-1015 KCC Junior Football Tournament on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1030-1230 Junior Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1245-1800 HKCA Saturday League LSW Sarjans vs KCC Tartars</td>
</tr>
<tr>
<td></td>
<td>1430-1900 HKLBA Men Triples League KCC-C vs HKYDT-A, KCC-D vs ILBC-C,</td>
</tr>
<tr>
<td></td>
<td>Women KCC-A vs KBGC-A</td>
</tr>
<tr>
<td>17 SUNDAY</td>
<td>1000-1800 HKCA Sunday League Match Pakistan Association vs KCC Infidels</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 6 vs GLOBAL 1 KCC 2B vs HKFC 2B</td>
</tr>
<tr>
<td>18 MONDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 2B vs HKFC 2A</td>
</tr>
<tr>
<td>19 TUESDAY</td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1800-2200 Bridge in Aerobics Room</td>
</tr>
<tr>
<td></td>
<td>1800-2000 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 3 vs USRC 1</td>
</tr>
<tr>
<td>20 WEDNESDAY</td>
<td>1630-1800 KCC Junior Squad Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1700-1900 Youth Hockey Training in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 5 vs UNKNOWN D2</td>
</tr>
<tr>
<td>21 THURSDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1830-2000 Girls Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1830-2200 Badminton Society Night</td>
</tr>
<tr>
<td></td>
<td>1800-2200 10 Pin Bowling Night</td>
</tr>
<tr>
<td>22 FRIDAY</td>
<td>1200-1700 Hyderabad Tour Cricket Match</td>
</tr>
<tr>
<td></td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td>23 SATURDAY</td>
<td>0715-1015 KCC Junior Football Tournament on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1030-1230 Junior Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1245-1800 HKCA Saturday League LSW Sarjans vs KCC Tartars</td>
</tr>
<tr>
<td></td>
<td>1430-1900 HKLBA Men Triples League KCC-C vs HKYDT-A, KCC-D vs ILBC-C,</td>
</tr>
<tr>
<td></td>
<td>Women KCC-A vs KBGC-A</td>
</tr>
<tr>
<td>24 SUNDAY</td>
<td>1000-1800 HKCA Sunday League Match Pakistan Association vs KCC Infidels</td>
</tr>
<tr>
<td>25 MONDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 6 vs GLOBAL 1 KCC 2B vs HKFC 2B</td>
</tr>
<tr>
<td>26 TUESDAY</td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1800-2200 Bridge in Aerobics Room</td>
</tr>
<tr>
<td></td>
<td>1800-2000 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1900-2300 HK Squash League KCC 4 vs KINETIC 1 KCC 3 vs SIRIUS</td>
</tr>
<tr>
<td>27 WEDNESDAY</td>
<td>1630-1800 KCC Junior Squad Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1700-1900 Youth Hockey Training in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td>28 THURSDAY</td>
<td>0730-0930 Table Tennis in Sports Hall</td>
</tr>
<tr>
<td></td>
<td>1630-1830 Cricket Training at Cricket Nets</td>
</tr>
<tr>
<td></td>
<td>1830-2030 Adult Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1830-2000 Girls Football Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1830-2200 Badminton Night in Sports Hall</td>
</tr>
<tr>
<td>29 FRIDAY</td>
<td>1900-2030 Girls Cricket Training on Main Ground</td>
</tr>
<tr>
<td>30 SATURDAY</td>
<td>0715-1015 KCC Junior Football Tournament on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1030-1230 Junior Cricket Training on Main Ground</td>
</tr>
<tr>
<td></td>
<td>1245-1800 HKCA Saturday League KCC Crusaders vs CCC Jing Sun</td>
</tr>
<tr>
<td></td>
<td>1430-1900 HKLBA Men Triples League KCC-A vs KBGC-B, KCC-C vs CCC-C,</td>
</tr>
<tr>
<td></td>
<td>Women KCC-B vs AYFP-A</td>
</tr>
<tr>
<td>31 SUNDAY</td>
<td>1000-1800 HKCA Sunday League Match Pakistan Association vs KCC Infidels</td>
</tr>
</tbody>
</table>
Christmas Carolling
held on 17 December 2015

This year KCC Christmas Carolling featured Diocesan Girls’ School Intermediate Choir, and around 200 Members had a great evening. All kids got a gift from Santa, and participants enjoyed the mulled wine and ham afterwards.

Some images captured by Claire Down and Eunice Tong
Hong Kong Inter-Club Tenpin Bowling League
10th League Bowling Season 2015-16

The League has started!

1 Kowloon Tong Club vs. KCC on 22 October 2015
2 KCC vs. Hong Kong Football Club on 5 November 2015
3 Ladies Recreation Club vs. KCC on 19 November 2015
The KCC Snooker Society played its 9th and penultimate game of the season, in the Inter-Club League, away, against the Hong Kong Club on 17 November 2015. With the Craigengower Cricket Club winning its last match, this was a must win game to ensure that the KCC team kept alive its title winning hopes. A win would also secure Runners-up spot as well. The KCC Team for this match consisted of Bennie (Captain), Adrian, Ivan, Scott and Simpson.

After a quick trip under the harbour to Hong Kong Island, the KCC were at the HKC and headed down to the basement to their snooker/billiards room. Bennie and the HKC Captain (and Inter-Club League Organiser), Nick completed the draw for the four singles and the two doubles matches. The HKC have 3 snooker tables, like KCC, so Bennie, Adrian and Scott started off the match against their opponents.

Adrian was first to finish and after an initial tight start, he soon was 20 ahead going into the colours. KCC were soon 1:0 ahead. Scott was quick to follow after winning a tight frame which had gone right down to the black ball, which he finally potted. KCC were now 2:0 and Bennie soon made it 3:0, a perfect start for KCC and now only 1 frame away from victory. Things were looking almost too good! Simpson and his opponent soon had the 4th frame underway and it stayed very tight throughout with each player potting well. Simpson took the pink ball to set up a nerve-wracking winner-takes-all on the black. Both players hit 3 good safe shots, but a half chance was finally taken by the HKC player, so after the completion of the singles, KCC were pegged back to a 3:1 lead.

Scott and Ivan paired up in the first of the singles which had started at the same time as the final singles game. It was another close frame of snooker with neither team able to get a commanding lead. The match headed into the final colours and the team from HKC just edged it, so another frame down meant Adrian and Bennie had to win the final doubles game to avoid a frustrating drawn match!

The game started off very tactically, with all players playing safe and not giving anything away. A re-rack was half-hearted called by HKC, as the white ball nestled into the pack of reds, but Bennie got the ball safe up the table and after a poor shot by HKC there was a chance. Adrian had his eye in and with a couple of good shots, KCC were able to open up a lead. Bennie added a few more good pots and KCC held a 20 point lead with the Brown, Blue, Pink and Black (22 points) remaining. After some more good safety by all players a pot on the Brown was left up the top left cushion. Adrian held his nerve and followed up the pot with the Blue and Pink, so another victory for KCC was secured 4:2!

The HKC hospitality was brilliant and we were treated to a fine 3-course meal, accompanied by some good banter. Next up is our final game of the season, away, against the Craigengower Cricket Club who hold a 1 point lead over KCC, so it will be a “winner-take-all” match, a fitting end to a great season!

Adrian Townson
Return to Yinli by Richard Tinlin

Thursday, 3 December 2015 saw us returning to Yinli Golf Club for an informal and enjoyable round. It was good to see Rita Leung joining us and Terry Greene made a welcome appearance.

The nearest the pins were won by Terry Greene, Jim Francis and JP Cuvelier but the long 8th hole with the pin on the back green was a hole too far.

Now that we have completed the 2015 events the new committee has been hard at work compiling the provisional list of Events for 2016 and there are a mouth-watering collection of events for the golfing connoisseur to savour.

In order to give members a wider range of dates, it has been decided to include some weekend events and the June, July and August events will be on Saturdays.

---

**2016 Events (Provisional)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 11 January 2016</td>
<td>Long Island GC</td>
<td>Stableford League Game 1</td>
</tr>
<tr>
<td>Wednesday, 17 February 2016</td>
<td>Pheonix Hill GC</td>
<td>Stableford League Game 2</td>
</tr>
<tr>
<td>Monday, 14 March 2016</td>
<td>Tycoon GC</td>
<td>Stableford League Game 3</td>
</tr>
<tr>
<td>Wednesday, 20/Thursday 21 April 2016</td>
<td>Shunde GC 2 days</td>
<td>Stableford League 4 (21 April)</td>
</tr>
<tr>
<td>Friday, 13 May 2016</td>
<td>Firestone GC</td>
<td>Stableford League Game 5</td>
</tr>
<tr>
<td>Saturday, 18 June 2016</td>
<td>Kau Sai Chau GC</td>
<td>Stableford League Game 6</td>
</tr>
<tr>
<td>Saturday, 16 July 2016</td>
<td>Nansha Mountain</td>
<td>Stableford League Game 7</td>
</tr>
<tr>
<td>Saturday, 20 August 2016</td>
<td>Kau Sai Chau GC</td>
<td>Stableford League Game 8</td>
</tr>
<tr>
<td>Wednesday, 14 September 2016</td>
<td>Wind Valley GC</td>
<td>Stableford League Game 9</td>
</tr>
<tr>
<td>Friday, 7 October 2016</td>
<td>Harbour Plaza GC</td>
<td>GS Champs (inc. Stableford League Game 10)</td>
</tr>
<tr>
<td>Wednesday, 2 November 2016</td>
<td>Xili GC</td>
<td>Stableford League Game 11</td>
</tr>
<tr>
<td>Wednesday, 7 December 2016</td>
<td>Xili GC</td>
<td>Social Event</td>
</tr>
</tbody>
</table>

This year we will have 11 designated Stableford League Events with the best 5 results to count in the League Competition.

In the event of a tie, the player with the best 6th result will win; if there is still a tie the player with the best 7th points result will win. If there is still a tie even after the 11th result has been taken into account, the player with the lowest handicap will win.

**NB.** The AGM and Annual Dinner will be held at KCC after the final League Event at Xili Golf Club on Wednesday, 2 November 2016 (details to be sent later).

The Annual Championships are being held in October instead of November.

Disclaimer: Dates and venues are subject to change with a 3-4 weeks prior notice.
**Golf Hints**

A few items which, if followed, should make your golf more enjoyable.

**Before you start**
- Be on the tee ten minutes before you are due to play.
- Ensure that you have in your pocket or easily available the ball that you are going to use, plus a spare.
- Tees, ball marker and pitch mark repair tool.

**Score card**

Despite what some pros say, it is not necessary to have a pre-shot routine that involves three attempts to visualize the shot, four practice swings plus another look to make sure. By all means concentrate on the shot but get on with it.

Be considerate to others:

**Your partners**
- Don’t move about or make a noise while they are playing.
- Don’t stand in their line of vision.
- Watch where their ball goes – if it is in trouble it is better if four people think they know where it is, rather than only one.

**Other players**
- Keep up with the group in front.
- Keep quiet if your tee and their green (or vice versa) are nearby.
- Rake bunkers and replace divots.
- Don’t ever mark your card on the green, unless you are waiting for your partners to finish playing. If you have the honour on the next tee, play first and mark your card afterwards.

**On the tee**
- When it is your turn to play, be ready as soon as the players ahead of you have played.
- Know what ball you are going to play.
- Watch where the ball goes, all the way, and identify a significant marker of its position if it is off line.
- Know the rules about whether there is a need to play a provisional ball (the spare one in your pocket or on your person, remember?) and declare it to be so – if you don’t it becomes the ball in play, even if you find the first ball.

**On the fairway**
- As you get close to your ball, note the distance markers and count down so that by the time you reach your ball, you have a fair idea of how far you have to go.
- While walking to your ball, also consider the pluses and minuses to be applied to the distance, e.g. green uphill or downhill, ball on an uphill or downhill lie, wind direction and strength.
- Having done the calculations (quickly!) select the club and hit it. Again watch the ball all the way.
- Be aware of where your partners are and give them room to play their shots – you don’t always have to stand behind other players, but you mustn’t restrict their route to the target (and as you know, some players need a wider route than others!!)

**In the rough**
- You are allowed five minutes to find your ball. If more than one in your group is in trouble, you should all be looking for the lost balls at the same time, so that the maximum delay is five minutes for the group as a whole.
- Make sure you know the rules about hazards (particularly lateral water hazards) paths, out of bounds and what options are available when declaring a ball unplayable.
- A general piece of advice is that when you find your ball it is better to get back into play in one shot. There may be times when it is important to play a bold shot to the green but in most cases it is better to be safe.

**On and around the green**
- Once your ball is on the green, take your trolley or cart around to the point nearest to the direction of the next tee (don’t ever leave your trolley or cart in front of the green!).
- Mark your ball and repair your pitch mark.
- Assess your putt – obviously it would be good to hole every putt, but in most cases it will be good enough to get to within two or three feet of the hole, therefore it isn’t necessary to identify every last subtlety of the green.
- If you can, without standing on other player’s lines, putt on until you hole out.
- Remember to consider others – is your ball in their way and should it be marked? Do they need the flagstick attended, removed or left in? Don’t let you or your shadow interfere with their line of vision.
- Before you leave the green, tap down any spike marks, particularly within three feet of the hole.

To some these hints may sound like a list of restrictions designed to take all of the fun out of playing golf. If you follow them you will find that the enjoyment factor will be increased – even if all that happens is that you don’t get abused by your committee or course marshals at certain courses.

---

The GS Committee would like to wish all Members a healthy and enjoyable 2016. May your days be filled with many wonderful golfing experiences and may your drives go straight and long.
WINE

d’Arenberg Dead Arm Vertical Tasting

This full-house event for the iconic wine from the stables of d’Arenberg, McLaren Vale, Australia was organised by our Cellarmaster Dave Parkin who had arranged a range of wines from 1999 to 2009 matched by an Australian cuisine (Yes! We had kangaroo fillet with onion jam, delicious) excellently done by Ah-Sing and his team.

Joint KCC and Hong Kong Wine Societies Christmas Dinner

This was held on 10 December 2015 at the Sky Garden and it was a beautiful evening that had over 60 members participating in this annual festive event. The KCC WS members had the privilege of having a bottle from the cellar and lines up a vertical of Chateau Musar from 1996 to 2008, 10-vintages which were drinking well and gave a snapshot of the development of these wines.

Cellar Tastings

The KCCWS has been holding regular tastings from its cellar on every 2nd Thursday of the month. The next tasting will be on 14 January, 2016 and is FREE for members / partners (guests: HK$100). It will be held in the Pavilion (barring no private booking) from 6:30pm – 8:00pm with some canapés and cheese.

Wine Rack for Magazines

The KCC Wine Society has finally got a nice wooden rack in the Pavilion for popular Wine magazines exclusively for KCCWS members. Please browse through these at your leisure and place them back in the rack after reading.

Upcoming Tastings

14 January 2016 (Thursday)
Cellar Tasting at the Pavilion
17 January 2016 (Sunday)
KCC Wine Society AGM and Brunch
Get your body pumped with Protein Shakes!

Protein shakes are popular among bodybuilders around the world. They provide you with easily processed and absorbed protein which turn them into an ideal source of protein for those who are trying to boost their pre-workout energy levels, struggling to make it through a tough workout, or provide their body with the nutrients needed post-workout.

Functions of protein shake at different stages of workout

Pre-workout protein shake
Give your body a quick influx of amino acids, which will then be turned into ATP energy. When you hit the gym 60 to 90 minutes later, your muscles will be all "powered up" and ready to get through that workout.

Mid-workout protein shake
Ideal for those who are doing a workout longer than 60 minutes. The body usually stores enough energy for 60 to 90 minutes’ exercise. And having a protein shake during mid-workout can give you the energy you need to power through and keep working through an intense training session.

Post-workout protein shake
Give your body the nutrients it needs to repair the damage done to your muscle tissue, leading to enhanced muscle growth and an increase in strength, stamina or endurance.

Pre-bed protein shake
Give your body a steady supply of protein that it can use to make repairs to your body overnight. Your body does most of its healing as you sleep, so giving it protein before bed is a good way to ensure maximum body repair and growth.

How much protein powder is needed?
It is recommended to consume 1-1.5 grams per pound of lean body mass daily. This means if you are 150 pounds with 10% body fat (150 x 0.10 = 15 lbs of fat leaving 135 lbs of lean mass), you will require 135 to approximately 205 grams of protein per day.

Take home message
Although protein powders tend to be more cost effective than whole food, but it is still considered as a supplement to your diet. So don’t try to use protein shakes to replace a proper diet!

3 Queens of Fashion, Food, Music and Dancing At Sea in 2016

Cunard has announced 3 exciting event cruises for 2016 on board 3 Queens — Queen Mary2 (QM2), Queen Elizabeth (QE) and Queen Victoria (OV). From the launch of its very first ‘Transatlantic Fashion Week’ to a culinary tour of the British Isles to the largest Big Band Balls at sea, guests on each cruise will be immersed in the very best of these themes, which will bring guests a unique and memorable experience.

Transatlantic Fashion Week

Cunard is now delighted to launch its first ever ‘Transatlantic Fashion Week’ aboard QM2. The featured voyage will arrive into the day of New York Fashion Week begins from 8 - 15 September 2016, and following with fashion week in London, Milan, and Paris.

The Fashion week will feature some of the most reputable names on the fashion scene including Dame Zandra Rhodes, Fern Mallis, Colin McDowell and Gail Sackloff.

To embrace new talent, the event will showcase collections from graduates of the world’s most famous fashion college — The Royal College of Art and emerging new faces from one of London’s top modeling agencies, Storm.

Guests will be entertained by this glamorous and unforgettable special occasion with an array of Fashion Shows, Fashion Exhibitions, Talks, Hosted Dinners and more.

Transatlantic Fashion Week:
QM2 - Westbound Crossing | Southampton - New York
1 - 8 September 2016
Fares from HKD10,522*

British Isles Culinary Discovery

For over 175 years, Cunard has offered some of the finest dining experiences at sea. In 2016, Cunard is pleased to invite food and drink lovers everywhere to join QE’s first ever British Isles Culinary Discovery cruise.

Bringing together QE’s expert Chefs and Sommeliers with reputable gastronomy experts, producers and critics including Charles Sichel of Maison Sichel and Jilly Goolden, English Wine Critic and UK Television personality. They will create unique talks, food demonstrations and exclusive dinners showcasing carefully selected food and wine pairings and much more.

Guests can enjoy the authentic, regional delicacies from around the British Isles, through a range of tailored shore-side tours, such as "Stornoway Black Pudding Tour" and "The Belfast Food Tour", and hosted on board events including "Behind the Scenes Ship Tour" and "Artisan Beer and Food Pairing workshop".

Big Band Ball

Following the success of QE’s 2015 Big Band Ball, Cunard will host this spectacular event for dance and music lovers on board 3 Queens.

To celebrate Sir Samuel Cunard’s birthday on the 21st November, 3 Queens’ magnificent Queens Room ballroom will play host to an unforgettable ‘Big Band Ball’.

The Magnificent 13 piece Big Band Orchestra will delight guests with music from Glenn Miller, Count Basie and Duke Ellington. Each of the three Queens will look forward to playing host to their exclusive musical spectacles. The beautifully adorned Queens Room ballroom will also provide the perfect backdrop for 3 Queens’ dance hosts and guests to dance the night away.

Big Band Ball cruises:
QM2 - Westbound Crossing | Southampton - New York
19 - 26 November 2016
Fares from HKD8,962*

QE - Caribbean Highlights | Roundtrip Southampton
15 November - 19 December 2016
Fares from HKD28,459*

QE - Bruges Short Break | Roundtrip Southampton
19 - 22 November 2016
Fares from HKD4,043*

*Please note that prices are listed per person, non-air cruise-only and based on double occupancy. Fares EXCLUDE Taxes, Fees & Port Expenses. Terms & Conditions applied, Cunard Line reserves the right to add, edit, modify, delete any contents without giving any prior notice.
Queen Mary 2 Remastered

Queen Mary 2 (QM2), the iconic flagship of Cunard line, will be remastered to deliver new levels of innovation as she undergoes an extensive 25-day dry-dock at the Blohm & Voss Shipyard in Hamburg, Germany.

This major refurbishment will launch a brand new look with exciting innovations across many areas of the ship including the renowned Cunard Grills experience. This exciting project will reaffirm the position of Cunard accommodation and dining as the best of the best.

Introducing Carinthia Lounge and The Verandah

Winter Garden on QM2 will be remastered into a refined, airy and versatile new venue to unwind, savour light refreshments and enjoy relaxed evening entertainment—presenting you the Carinthia Lounge. Besides, The Verandah will proudly open on board QM2 with the design inspired by elements of the legendary Verandah Grill restaurant interior on board the original Queen Mary in 1938.

Remastered & New Britannia Staterooms

Cunard is delighted to continue revealing the redesigned Britannia Club balcony staterooms and new designs inspired by Cunard’s rich history on half of the Britannia Balcony stateroom. And 30 new Britannia Club balconies & 15 new Britannia single staterooms would be added. More anytime dining capacity would be provided in the expanded Britannia Club restaurant.

The Only Kennels at Sea

QM2 is the only cruise liner to offer dedicated kennels and currently carries up to 12 dogs and cats on each Transatlantic Crossing. To meet strong demand, a further ten kennels will be created. With an eye to the detail that differentiates Cunard, both a lamp post and a fire hydrant will be installed on the deck area reserved for dog walking to make them feel like home.

Lavish designs for new levels of luxury

QM2’s renowned Queens and Princess Grill suites and restaurants will be redesigned during the refit. All suites will be redesigned to reveal a new look and reconfigured to maximise space. Carpets and new furnishings will have subtle references to Cunard’s unrivalled heritage. And new designs restaurants will offer more space and improved ambiance.

Royal Free Upgrade Promotion

4 Days  Hong Kong to Singapore  Inside Free Upgrade to Balcony*  29Mar2016  Queen Victoria

HKD4,672<sub>up</sub>  *Partially Obstructed View

Cunard Line
Enquiry: 2952 8092
website: www.cunard.com
Children's Christmas Drama with Chunky Onion

held on 18 December

Around 75 kids and parents enjoyed an interactive Christmas Drama on the Ground.
Review of staff events in the past months!

Quarterly Meeting – 10 & 11 December

Occupational Health Talk – 27 October

Final and 8th lesson of Elementary English Training – 13 October

Bi-monthly Birthday Party – 10 November
Wine of the Month

Hartenberg Estate Cabernet Shiraz 2012
A blend of 46% Cabernet Sauvignon, 34% Shiraz, 8% Merlot, 5% Malbec, 4% Mourvedre and 3% Petit Verdot.
Aged for 13 months in French oak. Peppery and spicy with rich berry aromas. The wine has richness and elegance with fruit flavours. The fruit/oak balance is stylish and has a soft, smooth and silky finish with good structure and length. It is an ideal accompaniment to pizza, meat dishes, grilled or roasted game fish.
3.5 Stars – Platter’s South African Wines Guide
HK$36 per glass • HK$160 per bottle

Hartenberg Estate Riesling 2012 (Dry)
The spicy richness on the nose gives way to a taut yet floral and fruity mid-palate that has both richness and complexity. The residual sugar is barely noticeable and if anything, it contributes extra fullness and richness to the palate. This is a quality wine that offers great value and a great match for smoked trout terrine, Thai inspired foods, bobotie, peri-peri chicken livers.
4 Stars – Platter’s South African Wines Guide
HK$36 per glass • HK$160 per bottle

Daily Set Lunch

The Boundary Café
Served Monday – Friday, excluding public holidays. Changed daily and just HK$78 per person.

New Beer on Tap

Stiegl-Paracelsus Zwickl
Unfiltered Organic Lager
Half pint HK$21
Full pint HK$39

HK$58 per bottle/750ml

Estrella Inedit
The beer created by Ferran Adrià (The world’s most award-winning chef) together with Estrella Damn.
Snake Buffet
The Boundary Café  6:30pm – 9:30pm
Member Adult: HK$298 • Guest Adult: HK$348
Child: HK$208 (under 12 years old)
Reservations: 34737 112 / 114

Indian Lunch Buffet
The Boundary Café
12:00pm – 2:30pm
Chef Sing will be preparing a sumptuous buffet where authentic Indian favourites will be served.
HK$128 per person

Chinese Dimsum Lunch Buffet
The Boundary Café  12:00pm – 2:30pm
The Chinese Buffet presents an array of gourmet dishes from around Guangdong Province and in addition is of extremely good value. Our chefs, using their wealth of experience and skills, have created numerous signature dishes for the buffet as well as the traditional homemade Dim Sum.
HK$128 per person
MAIN GROUND

JUNIOR CRICKET COACHING
(TUE/THU/FRI/SAT)
U/17 (11-17 yrs)
Tue@1630-1830 (9 sessions)
Jan 12, 19, 26, Feb 2, 16, 23,
Mar 1, 8, 15
Sat@1030-1230 (5 sessions)
Jan 16*, 23, 30, Feb 20, 27,
Mar 5
$2,450 (Total 14 Sessions)

U/13 (10-13 yrs)
Thu@1630-1830 (9 sessions)
Jan 14, 21, 28, Feb 4, 18, 25,
Mar 3, 10, 17
Sat@1030-1230 (5 sessions)
Jan 16*, 23, 30, Feb 20, 27,
Mar 5
$2,450 (Total 14 Sessions)

U/11 (5-11 yrs) / Girl (8-14 yrs)
Fri@1700-1800 (8 sessions)
Jan 15, 22, 29, Feb 19, 26,
Mar 4, 11, 18
U/11 (5-11 yrs)/Girl (8-14 yrs)
Sat@1030-1230 (5 sessions)
Jan 16*, 23, 30, Feb 20, 27,
Mar 5
$2,275 (Total 13 Sessions)

Enquiry:
Head Cricket Coach:
Ryan Campbell
crcoach@kcc.org.hk;
5901 2898
Cricket Coaching Assistant:
Usman Manj 5405 8786

ASIA PACIFIC SOCCER
SCHOOL - OUTDOOR (WED)
APSS (Wed – Outdoor)
5-12yrs@1630-1800
Jan 6, 13, 20, 27 Feb 3, 17, 24,
Mar 2, 9, 16, 23
$2,090 (Total 11 sessions)

Saturday Soccer with APSS
(5 -13 yrs)
Starting 5th Sept 2015
$3945 (approx 30 sessions)

Enquiry:
APSS office 2385 9677

SPORTS HALL

MINI HOCKEY TRAINING
(SUN)
U8 @ 0900-1000
U10 @ 1000-1100
U12 @ 1100-1200
Youth @ 1200-1300
7th Sep 2015 – 28th Jun 2016
$800

ASIA PACIFIC SOCCER
SCHOOL - INDOOR
(MON/WED/THU/FRI)
Kinder Kicks (Mon - Indoor)
3 yrs @ 1445-1545 / 3 yrs @ 1545-1645 / 4 yrs @ 1645-1745
Jan 4, 11, 25, Feb 1, 15, 22, 29,
Mar 7, 14, 21
$1,700 (Total 10 sessions)

Kinder Kicks (Wed- Indoor)
3yrs @ 0900-1000 /
2yrs @ 1000-1100 /
4-5yrs @ 1100-1200 /
4yrs @ 1500-1600
Jan 6, 13, 20, 27 Feb 3, 17, 24,
Mar 2, 9, 16, 23
$1,870 (Total 11 sessions)

Kinder Kicks (Thu - Indoor)
Walking - 2yrs @ 1515-1615 / 2 yrs @1615-1715 /
3yrs @ 1715-1815
Jan 7, 14, 21, 28, Feb 4, 11,18,
25, Mar 3, 10, 17, 24
$2,040 (Total 12 sessions)

Kinder Bounce (Fri- Indoor)
2yrs @1500-1600 / 3yrs @1600-1700 / 4yrs @1700-1800
Jan 22, Feb 5, 12, 19, 26,
Mar 4, 11, 18
$1,360 (Total 8 sessions)

Enquiry:
APSS office 2385 9677

JUDO WITH GLOBAL SPORTS
(SAT)
6+ yrs @ 1000-1100
10+ yrs @ 1115-1215
Jan 9, 16, 23, 30, Feb 20, 27,
Mar 5, 12, 19 (Total 9 sessions)
Promotional Price $540 ONLY
(Aged 6-8 BEGINNERS)

Enquiry:
Shirley 9010-3091 / Donald
9162-8631
BADMINTON COACHING WITH W. L. WONG (MON/FRI)
Intermediate Level
Mon @ 1930-2100
$650/4 lessons

Adv Level
Fri @ 2000-2200
$650/4 lessons

Enquiry:
Wong 9284 0469

PILATES WITH RINY (MON/WED)
Mon @ 1100-1200
Wed @ 0930-1030

Enquiry:
9046-5134 (Riny)

LATIN / BALLROOM DANCE WITH AMY (MON/WED/FRI)
Beginner @ 1100-1230 (Wed)
$160/lesson

Enquiry:
Amy 8543 0332

PRIVATE COACHING

CRICKET COACHING WITH RYAN / USMAN
Enquiry:
Head Cricket Coach:
Ryan Campbell
cricoach@kcc.org.hk;
5901 2898

Cricket Coaching Assistant:
Usman Manj 5405 8786

JR BADMINTON COACHING WITH N.M LIEW
1-to-1: $400pp (1 hr)
1-to-3: $135pp (1 hr)
1-to-2: $200pp (1 hr)
1-to-4: $100pp (1 hr)

Enquiry:
Liew 6426 8854

YOGA WITH SUJAL (MON/TUE/SAT)
Kundalini Yoga
(Mon) @ 1900-2100
$200/lesson

Adults
(Tue) @ 1000-1100
$150/lesson

Enquiry:
Sujal 9040 9776

AEROBICS ROOM

DISCO FREESTYLE / HIP HOP WITH ISLAND DANCE (MON)
Jr. (3-4 Yrs) @ 1530-1600
5-7 yrs @ 1600-1645
8-10 yrs @ 1645-1730
11-13 yrs @ 1730-1815
Jan 4, 11, 18, 25,
Feb 1, 22, 29, Mar 7, 14, 21
(Total 10 sessions)
Jr. $1,600/ person
$1,700/person

Enquiry:
Anna on 3473 7161 or
Venice on 3473 7172 or
e-mail snr@kcc.org.hk / pnemanager@kcc.org.hk

Hatha
(Sat) @ 1000-1100
$150/lesson

Prices shown are for KCC Members Only
Application forms are available from the KCC Reception (General Enquiries: 34737 161)
Anyone participating in any activity or sports should consult a doctor prior to commencement of such activities and all participants are responsible for their own medical/accident insurance coverage.
Mystery Christmas Party 2015

With the countdown to the holidays, we begin to feel the Christmas spirit all around us. Lights are up, trees are decorated, and the spirit of giving grows.

In the same spirit, on 2 December, we witnessed countless people come together to share this wonderful holiday with those most deserving of a magical Christmas.

Children from homes such as Po Leung Kuk, The Hong Kong Society for Protection of Children, Ebenezer – Home for the Blind, Home of Loving Faithfulness, Christian Action, Mother Teresa, and Be the Change arrived to the Kowloon Cricket Club’s lawn which transformed into a winter wonderland for the day!

Despite the summer heat, volunteers came together to ensure that the Christmas spirit was alive. By 3pm on the day, children began to arrive to the ‘Mystical Christmas’. They were paired with a volunteer and were
greeted with bags of goodies. Subsequently, together they walked around to find booths with games and activities such as ‘Spin the Wheel’, Bean Bag Throw, a cupcake decorating corner, a Candy Shop, a Toy Shop, Face Painting, a ‘Supermarket’, and a photo booth with Santa! There were also bouncy castles, bubble soccer, and a choo-choo train to be enjoyed. The excitement, love, and laughter that filled the lawn was truly magical. Thanks to the support of all the volunteers, love and Christmas cheer was spread in abundance.

We would like to give a special thanks to all the volunteers who put in countless hours prior to the event to ensure that everything was done to perfection, as well as to the volunteers on the day who gave their undivided attention to the kids and the day. Also, thank you to the many sponsors for your donations.

Thank you to KCC’s General Manager, Greg Hartigan and Grounds Manager, Roger Jones, for allowing us to use the grounds.

Thank you to Kings Chan (Administration Manager), who coordinated with us and made the whole day possible.

Thank you to Teresa, Ah Man, Wilky, Susan and the entire F&B staff for working so diligently so that the need of each and every person on the field was met.

As one can see, it took an amazing team effort to pull off this magical event! And it was all worth it to see the children and families from the various homes enjoying a Christmas day that was filled with so much love. They left with big smiles on their faces, their hearts filled with joy, and in return they spread their joy into the hearts of all the volunteers!

Sheetal Tahilramani

A New Year
A New Start And New Choices.

Make a date to join us for friendly and interesting talks, workshops, lunches and great people.

In 2016 we have new speakers as well as a few old friends providing interesting insights and options. We are also looking to arrange a series of talks on one specific topic to ensure we have enough time to understand, learn and reap the full benefits from our speakers.

All of our sessions are open to everyone who is interested in a Happier and Healthier life.

13 January 7pm – Fincher Room
New ways to promote health and well-being – Shiao Kuang Maddox
Head of Wellness and Holistic Care, HKCF

The HKCF Wellness Programme has developed varieties of yoga, meditation, chi kung plus other interesting health options such as Tibetan singing bowls, Zentangle workshops, Labyrinth and Gong Healing. In addition to introducing these, Shiao Kuang will also show us some simple yoga postures to relax the mind, plus Yoga Nidra – Total Relaxation.

27th January 2pm Fincher Room
Relaxation and Contentment through Photography – Mike Kennedy

On his recent tour of the Silk Road, Mike took over 2,000 photos. He will present a slide show of some of these amazing images at this meeting. In addition to describing his interesting journey, he will also explain how a passion or hobby can bring solace, support and calmness.

Make a note of the dates, and bring a friend along to enjoy these sessions.

13 January & 9 March 2016
(Wednesdays)
Evening sessions starting at 7:00pm

27 January, 24 February and 23 March 2016 (Wednesdays)
Join us at 12:30pm for an informal chat and optional lunch,
Or at 2:00pm for our guest speakers.

For more information please contact:
Jackie@ajvco.com.hk
or what’s app / call 9045 9807
Glenealy School Sports Day – 27 November

Jockey Club Sarah Roe School Physical Education – 27 November and 4 December

The Society of Rehabilitation and Crime Prevention (Kowloon East Social Service Centre) Ten Pin Bowling Day – 3 December
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 TUESDAY</td>
<td>1130-1230 Methodist College’s Physical Education</td>
</tr>
</tbody>
</table>
| 6 WEDNESDAY | 1245-1345 Yaumati Kaifong Association School’s Regular Cricket Training  
|           | 1545-1715 Renaissance College’s Junior Cricket Training |
| 8 FRIDAY | 1130-1230 Methodist College’s Physical Education |
| 13 WEDNESDAY | 1130-1230 Methodist College’s Physical Education  
|           | 1245-1345 Yaumati Kaifong Association School’s Regular Cricket Training |
| 18 MONDAY | 1130-1230 Methodist College’s Physical Education |
| 20 WEDNESDAY | 1545-1715 Renaissance College’s Junior Cricket Training |
| 21 THURSDAY | 1515-1615 Yaumati Kaifong Association School’s Regular Cricket Training |
| 23 SATURDAY | 0830-1030 Methodist College’s Squash School Team Training |
| 28 THURSDAY | 1515-1615 Yaumati Kaifong Association School’s Regular Cricket Training |
| 30 SATURDAY | 0830-1030 Methodist College’s Squash School Team Training |

**Around the Club**

Dave Parkin, Chef Sing and Members cheered up at Christmas Wine Fair with Caviar Tasting held on 28 November

Peter Ko and friends gathered at show time of Bobby Taylor in The Boundary Café

Pilates Ladies Christmas Lunch held on 14 December
### Membership Update

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Ordinary Voting Members</td>
<td>Daniel Fullgrabe</td>
<td>Benjamin Lam</td>
</tr>
<tr>
<td>New Corporate Nominee</td>
<td>Kevin Chan</td>
<td></td>
</tr>
<tr>
<td>New Sporting Subscribers</td>
<td>Stephanie Chan</td>
<td>Andy Lau</td>
</tr>
<tr>
<td>Resigned Members</td>
<td>Alison Bell Fok</td>
<td>John Lalwani</td>
</tr>
<tr>
<td></td>
<td>Moka Mok</td>
<td></td>
</tr>
<tr>
<td>Mature Term Subscriber</td>
<td>Mahesh Ramchandani</td>
<td></td>
</tr>
</tbody>
</table>

### Points to NOTE

**CAR PARK NOTICE**

2016 Parking Labels are available from the office during office hours. Out of office hours they can be obtained from the Proshop.

**VEHICLE REGISTRATION MARK MUST BE REGISTERED WITH THE CLUB OTHERWISE ENTRY WILL NOT BE PERMITTED.**

In order to obtain a parking label the Member or Subscriber MUST produce:

- a) A valid Club Membership Card; and
- b) Owners vehicle registration book(s) or a company vehicle registration book (or photocopy if driving a company vehicle) together with a letter of authorisation from the company authorising the member to drive the vehicle; and/or
- c) 2015 Parking Label(s) if applicable.

**ACCESS WITH 2015 PARKING LABEL(S) NOT PERMITTED AFTER 31-01-2016**

---

Dear Members,

**Photo Update of Member’s child in the Club’s database**

As an administrative need for security purpose, the Membership Department will contact you for updating the photo of your child in the Club’s database if our operation staff including Food & Beverage, Pro-shop, Reception and Sports facilities find the photo of your child on his/her membership card to be outdated. The change of membership card in this exercise is free of charge if you can return his/her membership card; otherwise there will be a levy of lost card fee of $100. Please contact our Membership Department Ms. Mandy Poon on 3473 7121 for any enquiries in this matter.

Club Management
KCC RACEBOX

JANUARY 2016 SCHEDULE

Fri 1 ☀ Sha Tin $560
Wed 6 ☽ Happy Valley $515
Sat 9 ☀ Sha Tin $460
Wed 13 ☽ Happy Valley $515
Sun 17 ☀ Sha Tin $460
Wed 20 ☽ Happy Valley $515
Sun 24 ☀ Sha Tin $460
Sun 31 ☀ Sha Tin $460

Sumptuous Buffet with free flow beer, soft drinks, coffee and tea.

For an additional $95pp, free flow selected wines, spirits and beers.

Booking essential, contact Venice Tang, Teresa Yu, Dorothy Lam on 3473 7172/125/169 or email racebox@kcc.org.hk
Valentine’s Dinner in the Grill Room

Sunday, 14th February

Show the special person how much you really care...

Come and enjoy a romantic evening at the Grill Room

$1388 per couple
Each couple will receive a half bottle of La Vieille Ferme Rouge wine

Booking essential, please contact Brian at 3473 7120