



NOVEMBER 2012

No. 10



Annual Tennis Dinner

Don't forget to bring your Brazilian costume for the carnival

An Invitation to Champagne

Louis Roederer champagne reception

Out of Africa Annual Pool Party

With an African twist in hospitality and entertainment

GENERAL COMMITTEE 2012/2013

President

Mark Clifford <president@lrc.com.hk>

Vice President & Junior Activities Convenor

Jay Oatway <vpresident@lrc.com.hk >
<junioractivities@lrc.com.hk>

Honorary Treasurer

Joe Griffin <hontreasurer@lrc.com.hk>

Honorary Secretary

Kirsti McLean <honsec@lrc.com.hk>

Swimming Convenor

Tammy Baltz <swimming@lrc.com.hk>

Indoor Sports Convenor

Warwick Haldane <indoorsports@lrc.com.hk>

Tennis Convenor

Gene Harper <tennis@lrc.com.hk>

Facilities Convenor

David Leung <projects@lrc.com.hk>

Member Relations Convenor

Janet Chang <member-relations@lrc.com.hk>

Development Convenor

Rupert McCowan



VISION To be one of the most sought after family-oriented sports and recreation clubs in Hong Kong.

MISSION To provide top quality sporting, recreation and dining facilities, services and amenities to meet the needs of a diverse multi-national membership and their families whilst fostering all-round sporting excellence.

OPENING HOURS OF OUTLETS

Family Clubhouse/The Deck Sundeck/Baby Pool Area	Monday - Sunday & Public Holidays	8am - 11pm (last order at 10:30pm)
Le Chais	Tuesday - Sunday	12noon - 9pm
Sports Bar	Monday - Friday Saturday, Sunday, Public Holidays	12noon - 12 midnight (last food order 10:30pm) 8am - 12 midnight (last food order 10:30pm)
Indoor & Outdoor Pools	Monday - Sunday	7am - 10pm Summer (May to October) <i>*Please note that Tuesdays, Thursdays, and Sundays the Indoor Pool closes at 9:30pm. 7am - 9pm Winter (November to April)</i>
Sports Shop	Monday - Friday Saturday, Sunday, Public Holidays	10am - 7pm 9am - 6pm
Movie Gallery	Monday - Sunday	9:30am - 10pm
Squash Courts	Monday - Sunday	7am - 10:15pm
Fitness Room	Monday - Sunday	6am - 10:30pm
Tennis Courts (No. 1-10)	Monday - Sunday	7am - 10:30pm
The Sanctuary Spa	Monday - Friday Saturday, Sunday, Public Holidays	10am - 9pm 10am - 8pm
Library	Normal hours Card access	Monday - Sunday 10am - 8pm (13 & above) Monday - Friday 3pm - 6pm (12 & under) Monday - Sunday 8am - 10am (18 or above) Monday - Sunday 8pm - 11pm (18 or above)
Junior Library	Monday Tuesday - Sunday & Public Holidays	3pm - 6pm 10am - 6:30pm
Bowling Alley	Monday - Friday Saturday, Sunday & Public Holidays	2pm - 10:30pm 11am - 10:30pm <i>*children under 10 must be accompanied by an adult</i>
Noodle Bar	Monday - Friday Saturday, Sunday & Public Holidays	12noon - 9pm (last food order 8:30pm) 11am - 9pm (last food order 8:30pm) <i>*can be booked for parties before / after opening hours</i>
Junior Activities Table Games Area & Teens' Room (13 & above)	Normal hours Card access	Monday - Friday 3pm - 8pm Saturday, Sunday, 9am - 8pm Public Holidays & School Break Monday - Sunday 8pm - 11pm (13 or above)
Soft Play Room (6 & under)	Daily	9am - 8pm
Kids Klub (6 & under)	Monday - Friday Saturday Sunday, Public Holidays	9am - 7:30pm Member or Guardian Supervision 9am - 1pm Member or Guardian Supervision 1pm - 7:30pm Member Supervision only 9am - 7:30pm Member Supervision only

USEFUL NUMBERS & E-MAILS

Reception

Tel. 3199 3500 <reception@lrc.com.hk>

General Manager

Lisa Keatley
Tel. 3199 3990 <gm@lrc.com.hk>

Financial Controller

Raymond Cheung
Tel. 3199 3880 <fc@lrc.com.hk>

Corporate Secretary

& Membership Manager
Winnie Lau
Tel. 3199 3777 <corporate@lrc.com.hk>

Food & Beverage Manager

Michael Soong
Tel. 3199 3555 <fbm@lrc.com.hk>

Sports & Recreation Manager

David Roig Ruiz
Tel. 3199 3597 <sportsm@lrc.com.hk>

Communications & Marketing Manager

Miki Pannell
Tel. 3199 3699 <communications@lrc.com.hk>

Spa Manager

Suzanne Harwood
Tel. 3199 3688 <sanctuary@lrc.com.hk>

Banquet Office

Tel. 3199 3666 / 3667 <banquet@lrc.com.hk>

Membership Office

Tel. 3199 3770 / 3773 <membership@lrc.com.hk>

Recreation Office

Tel. 3199 3598 <recreationadm@lrc.com.hk>

Sports Desk

Tel. 3199 3800 <sportsbooking@lrc.com.hk>

Adult & Junior Libraries

Tel. 3199 3900 <library@lrc.com.hk>

Movie Gallery

Tel. 3199 3600 <moviegallery@lrc.com.hk>

LRC

10 Old Peak Road, Hong Kong

Tel. 3199 3500 Fax. 2840 1478

E-mail: inquiries@lrc.com.hk

Website: www.lrc.com.hk

Editor

Mrs. Brenda Scofield

Opinions expressed in articles are those of the writers and do not necessarily reflect the opinions of the LRC. We welcome articles and other contributions from members; however, the General Committee reserves the right to edit all materials or decline publication.

PRESIDENT'S COLUMN



Recently, along with Member Relations Convenor Janet Chang and General Manager Lisa Keatley, I had the pleasure of taking part in my first “noodle-cutting”. In fact, Food & Beverage Manager Michael Soong tells me that the red-ribbon-and-noodle-cutting ceremony celebrating the official opening of the Noodle Bar

in the Bowling Café on 7 October was the first event of its kind in Hong Kong. If you haven’t been to the Club’s newest eatery, do go – you can buy noodles to eat in the café or anywhere else in the Club – or to take home.

Sadly, the opening was postponed by a day due to the official mourning declared in Hong Kong for the victims of the Lamma IV boating disaster. I am sure you join me in offering condolences to the loved ones of the 39 people who lost their lives in one of Hong Kong’s worst maritime accidents.

Safety is something we take extremely seriously at the Club; we are currently undergoing a safety survey with our insurance company, an action that we initiated prior to the boating accident. This safety exercise is designed to highlight areas that need to be fixed or practices that need to be improved and is also designed to improve overall safety consciousness. I hope to have more to report to you later but welcome comments and suggestions in this area.

Congratulations to the LRC swimmers who took part in the Clean Half on 7 October. The Clean Half is a 15-kilometre open-water swimming relay race that takes place off Repulse Bay every October. The LRC entered a record 10 teams – 50 swimmers in all. Club swimmers once again won all three categories in which they took part – first overall, first in women’s and first in mixed. The only category the Club did not enter was the Carbon Neutral category, which involves swimmers paddling an outrigger support boat when they are not in the water. Knowing Club swimmers’ penchant for a challenge, the category leaves them something extra to go for in 2013. My goals are more modest! Having started swimming at something above a novice level only last year, I have my eyes set on competing in the 2014 Clean Half.

Closer to home, about 130 people took part in the annual Pennant Gala, an exciting day for the Club’s young swimmers.

The General Committee hosted a dinner with almost 20 former General Committee members on 9 October. This was a delightful evening, and a chance to draw on the institutional memory of some of the many members who have given their time and knowledge to the Club. In September, the General Committee hosted 22 current subcommittee members for drinks. Initiatives like this are a way of ensuring that we can build on our members’ many talents.

Thanks to the many members who have commented on the issue of the missing towels. As a reminder: we typically lose about 100 towels a month but in August we lost 200, leading to a towel shortage, much aggravation, and more comments on this than any other issue since I was elected president in June. I have learned that the Club did not provide towels for the first 100 years or so – and then the Club sold towels to members, who put family names on the towels—like American summer camps or British boarding schools. At some later point we had unattractive towels, a factor that deliberately or not discouraged their use in members’ homes. A return to these past practices has been suggested. So too, has the cumbersome idea of forcing members to sign for their towels. Installing RFID chips to track the towels is another idea that has been suggested to me.

I hope that simple common courtesy among Club members would make these sorts of measures unnecessary. In the meantime, our new marketing manager Miki Pannell is spearheading a campaign that we hope will be more humorous than annoying to underscore the message that taking towels from the Club is unacceptable.

Finally, I would like to thank Social and Food & Beverage Convenor Margaret Oehmke for her service on the General Committee. Margie was elected at the Annual General Meeting in June and is moving to Jakarta with her husband John. Margie was the point person from the General Committee pushing the Noodle Bar forward and for many years has been a key to the success of the Pink Ribbon events the 2012 version of which are set to take place as this issue of *Number 10* goes to press. We wish Margie and John all the best in Jakarta and hope to see them back in Hong Kong.

Mark Clifford

GENERAL MANAGER'S COLUMN



As we near the end of the year, you will see that plenty of interesting activities have been arranged. As the cooler weather approaches, we have tried to incorporate events where members can enjoy the Hong Kong outdoors.

Two walking tours have been arranged this month; one on Tuesday 6 November to the Kadoorie Farm and Botanic Garden conducted by Jane Ram and the other by local historian Jason Wordie who as many of you know has a weekly column in the SCMP magazine. Jason's guided tour will take you to World War Two battlefield sites and is scheduled for Sunday 25 November. Please sign up at the Adult Library if you wish to participate.

Our Annual Pool Party will be held on Saturday 17 November. This year, the theme takes us to South Africa with a dinner buffet, live music and dancing on the Pool Deck.

Although the Main Clubhouse renovation has limited our abilities to present yet another Louis Roederer Champagne Dinner (a much sought-after event in the last few years with capacity attendance), the Club and Mr Michel Janneau, Executive Vice President of Champagne Louis Roederer will jointly present a Champagne Reception (for Members only) on Thursday, 29 November on the Sundeck, offering Canapés and complimentary free flow of Louis Roederer Brut Premier NV from 6:30pm – 7:30pm.

The Pink Ribbon events held last month were all extremely successful. The lunch and fashion show held on 11 October attracted almost 100 ladies and it was great to see member participation on the catwalk. The Quiz Night the following day was also well attended. The Pink Ribbon Tennis event held on 20 October where Court 5 was



The Pink Ribbon Tennis event, 20 October

transformed as a venue for tapas, sangria and other activities featured a fabulous afternoon of tennis and by all accounts a great evening of entertainment. A huge thanks to all those involved in the organization of these three Pink Ribbon events and congratulations to the Spa for the part they played in every event this year, and the Food and Beverage Department who showed us that even without a Main Clubhouse kitchen, they can still pull out all the stops to cater for a large number of attendees at special events. As a member wrote to me "kudos all around and thank you for your support of Pink Ribbon".



Noodle Bar opening ceremony, 7 October

Finally, if you haven't visited our new Noodle Bar, please do so. As well as different noodle dishes on offer we have extended our Happy Hour there every Monday to Friday from 5 – 8pm and are still offering 50% discount on all noodle boxes every Wednesday evening from 5 – 9pm.

Lisa Keatley

MAIN CLUBHOUSE UPDATE

DESIGN THE NEW MURAL FOR THE LOWER WALKWAY!

The lower walkway is an integral part of the LRC and connects the Club from one side to the other. This year, all members are using the walkway while the Main Clubhouse construction is underway and it will continue to be widely used once the renovation is completed next year.



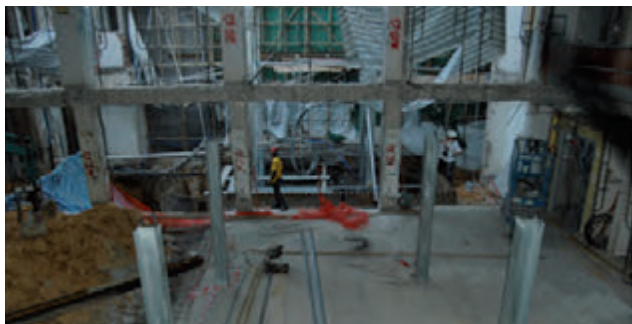
Most members can't remember a time before the wall boasted the long and lyrical painting designed by Michelle Tung in 1994. The double dragon interprets and reinforces the Club's logo, the LRC dragon, while the stick figures represent the sports that members' play, including racquet sports, swimming and ball playing. The dragons' tails are intertwined in the centre, while the heads of the dragon greet members at both ends of the walkway. It is a very accomplished work and one that members have enjoyed for 18 years.

Over time the mural has become damaged and lost some of its paint. With the complete upgrade of the Main Clubhouse, it is timely to consider a new mural for the lower walkway.

Main Clubhouse Update

In September several boulder size rocks were discovered in the ground underneath the old Bistro. It took several days and jackhammers to break down the rock to continue excavation for the footings to support the new columns in the area that will become the new Bistro service area.

Progress continues throughout the ground floor. The photograph shows the new columns that have been erected to frame the corridor on the ground floor, defining what will become the central access through the building. In early November, work will begin on the 1st floor level.



Columns define the new access through the Main Clubhouse

MURAL COMPETITION

The new mural will be visible from Tennis Courts 5&6, The Deck, the Bistro Verandah in front of the Sports Clubhouse, and it will also be seen by walking past it.

Members are invited to submit proposals for a new mural design.

Criteria

The proposed designs should be bold and colourful, and take the Club's sports and recreation activities into consideration.

The dragon is intertwined with the Club's identity and should feature in the design.

Mural measurement: The finished mural will measure 24.0m (L) x 2.2m (H) Sketches submitted should be scaled proportionately. The final mural can be created using mosaic or painted directly on the wall. The selection of media will be based on the winning design.

Timeline: Finished sketches should be submitted to the LRC no later than Friday 25 January 2013.

Members will vote on-line for the final design from 3 short listed entries.

The winner will develop the final mural artwork in association with the selected production company.

Rules: this competition is open to LRC Members only.

PRIZES

- **GRAND PRIZE:** An all day Junk trip for 12 persons includes a complimentary on board buffet lunch catered by the clubs' Food & Beverage team with service staff in attendance. A gourmet buffet spread and a beverage hamper with wine, beer and soft drinks will be provided.
- **TWO RUNNER UP PRIZES:** each consisting of a candle lit 4 course dinner on the deck for 4 persons including champagne on arrival.

COMMITTEE COLUMN

FINANCE SUBCOMMITTEE MEMBERS

Main Responsibility

The Finance subcommittee's (FinCom) overriding responsibility is to safeguard the assets, and manage/optimize the liabilities, of the Club for all stakeholders. This corporate governance task includes ensuring that there are adequate internal controls, segregation of duties and proper checks and balances within the various business processes and that all control policies are being followed. In addition, FinCom, on behalf of GenCom, reviews the details of the actual financial operating results and capital expenditures on a regular basis to make sure that they are within expectations, and that there is transparency in the accounts.

Mission

The primary mission of FinCom is working with the Finance Department to make sure that there is sufficient annual cash flow to:

- Provide the Club with adequate working capital so that it can function on a financially sound basis;
- Pay for ongoing and recurring capital expenditures; and
- Fund the long-term facilities plan.

In addition to developing a long-term cash flow plan, the responsibility includes reviewing all pricing plans related to the activities in F&B, Recreation, Membership, etc., all requests for capital expenditures reviewing past due accounts receivable and managing the risks and term liabilities of the Club (especially insurances and the Debenture Programme).

Joe Griffin

Joe Griffin and his wife Tracy Hankins joined the LRC in 2004 as Ordinary Members. Joe was elected to the General Committee earlier this year. Joe enjoys socialising at the Club and is a frequent customer of Le Chais. Tracy is an active bridge player and their two children, Amy (16) and Neil (12), both enjoy tennis at the LRC. Joe and Tracy founded GlobalHealth Asia, a provider of health insurance, where Joe is chairman. Joe grew up in Oregon and attended Willamette University and was awarded a Bachelor of Arts degrees in Political Science and History. Joe is also an MBA graduate of the Thunderbird School of Global Management. Joe worked with AIG in the US for 10 years before relocating to Hong Kong with the insurer in the early 1990s.



worked for Disney Consumer Products as the Asia Pacific Senior Vice President and General Manager and is now involved in several consulting projects. In addition to Hong Kong, he has been at various times based in Canada, Switzerland, Turkey and India. He holds a Bachelor of Commerce Degree and is a qualified Chartered Accountant. Norman is married with five children and 12 grandchildren, enjoys playing golf and is a fanatical jogger.

Andrew Kinloch

Andrew joined the LRC in 1999 on a debenture before converting to Ordinary Membership in 2002. He served on the Finance Subcommittee in 2003 / 4 and rejoined it earlier this year. He is an enthusiastic, if erratic, tennis player, playing in the Men's C2 team, the mixed league and most club tournaments. Social time is spent in the Sports Bar and at quizzes.



Andrew first came to Hong Kong in 1982 when he was an accountant with KPMG. He moved to Sydney, got married, became a banker, returned to London and came out to Hong Kong a second time just after the handover, as Regional Head of Project Finance at WestLB. For the past ten years, he has run his own business, advising on infrastructure finance principally in South East Asia.

Norman Janelle

Norman and his wife, Hughie, joined the LRC over 25 years ago and he has been working with the Finance Subcommittee since 2006. He has more than 40 years business experience predominantly with multi-national companies, the last 20 years in senior general management positions. He most recently



Stuart Mowbray

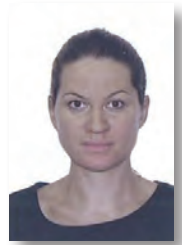
Stuart and his wife Fiona joined the LRC in 1998. Stuart has been on the Finance Subcommittee since 2002, and is currently also an elected member representative on the Ballotting Committee. He was on the General Committee from May 2008 until May 2012, during which time he was Vice President from 2009, and also served as a General Committee representative on the Membership Subcommittee. Stuart has had an extensive career in investment banking in London, Australasia and Hong Kong. Stuart has a Law degree, and an MBA from Kellogg/HKUST.



Royal Bank of Scotland advising multinationals on their corporate banking needs in Asia. She is married with two young sons.

Emily Duncan

Emily was born and bred in Hong Kong and has been a member of the Club since she was a child; she joined the Finance Committee in 2011. Emily is an experienced employment lawyer and practiced in Sydney and London before returning to Hong Kong in 2008. She is a Partner of Gall, a Hong Kong specialist dispute resolution law firm.



Rupert McCowan

Rupert was elected to the General Committee this year and has been a member of the Club since 2002. He joined the Finance Subcommittee in 2009. Following jobs as a political adviser in the British Houses of Parliament and active army service with the Queen's Royal Hussars, he embarked on a career in investment banking, serving on the boards of two major banks. For the previous five years he has been the Director of the Royal Geographical Society in Asia, while running a financial consultancy.



Emily uses the club very frequently for socialising, exercising, visiting the spa and dining.

Andrea Hertz

Andrea and her husband Michael, along with their children Rachael and David, moved to Hong Kong and joined the LRC in January of 2006. Originally from Vancouver, BC, Canada, Andrea is a Chartered Accountant licensed in BC. Andrea specialised in Corporate Financial Management of small and medium sized, privately held firms while working in Canada. She has been a member of the Finance Committee since June of 2011. The entire family enjoys several aspects of the club including the swimming and tennis programs, gym, bowling and frequent dining in the Family Clubhouse.



Charlotte Le Gargasson

Charlotte has been a full member of the Club since returning to Hong Kong in 2005. Prior to that she was a junior/student member and has fond memories of growing up at the LRC. She started her banking career in Sydney before moving to Hong Kong. She works for The



Yue Sun Garden 裕新園

We Supply Fresh Christmas Trees from USA

All trees are supplied with handsome tree stand with large water bowl; the delivery is free (not to outer Islands)

		
Noble Fir	Douglas Fir	Fraser Fir
		
Mixed Wreath	Poinsettias	Tree Stand

Noble Fir the most popular type, has soft and long lasting needles in well shaped layers with fairly strong fragrant, recommended for heavy decorations. **Douglas Fir** has fine needles with lush green colour and beautiful fresh forest aroma, which is suitable for light decorations, and won't last as long. **Fraser Fir** has very pleasant fruity fragrant and good needles retention. The shape of the tree comes in between of Noble and Douglas fir. **The Mixed Wreaths** are made of lush Noble fir and decorated with Junipers, red cedars and real pinecones, with plenty of aroma. All trees are cultivated in farmlands and more environmentally friendly than plastic trees.

For more details, please call Mr. Fung at
Tel: 2367 9561 Fax: 27390861 Email: y.s.garden@hotmail.com
 Over 30 years of experience in importing trees from USA

MEMBERSHIP SUBCOMMITTEE MEMBERS

The Membership Subcommittee (the "Subcommittee") comprises the Honorary Secretary, President, and Balloting Committee members. All members of this Subcommittee are elected for a one year term by voting members at the Annual General Meeting. Subcommittee members may serve up to a maximum of 4 consecutive terms.

The Subcommittee provides advice and recommendations to the General Committee on all matters of policy and practice relating to membership of the Club including the following:

- Reviewing the membership objectives of the Club;
- Developing policies and practices to support these objectives (relating to, for example, membership size and membership categories);
- Overseeing the process of admission of members to the Club, including making recommendations to the General Committee on the admission of new members;
- In consultation with the Finance Subcommittee, monitoring membership fees and subscriptions;
- In consultation with Sports Convenors, monitoring the status of Sports Members; and
- When required, providing guidance on disciplinary issues.

Kirsti McLean

Kirsti McLean, her husband John and their 3 children joined the LRC in March 2006 as Ordinary Members. Kirsti has lived in Hong Kong since 1998 with the exception of a few years spent in Jakarta in the early 2000s. Kirsti attended university in Canada where she qualified as a barrister and solicitor. Prior to relocating to Hong Kong, Kirsti practiced employment law in Toronto. The McLean family is involved in the tennis, swimming and art programs at the LRC. In addition, Kirsti has been captain of the LRC Division 2 tennis team for the past 5 years. She served on the Junior Activities Subcommittee for several years and was elected to the General Committee last year. Kirsti is currently the Honorary Secretary of the LRC and she also chairs the Membership Subcommittee.



Stuart Mowbray

Stuart and his wife Fiona joined the LRC in 1998. They have 2 sons, who are actively involved in the Club's programmes including art, swimming, judo and tennis.

Stuart has been on the Finance Subcommittee since 2002, and is currently also an elected member representative on the Balloting



Committee/Membership Committee. He was on the General Committee from May 2008 until May 2012, during which time he was Vice President from 2009, and also served as a General Committee representative on the Membership Subcommittee.

Stuart has also contributed to managing the Club's hugely successful Debenture programme, holding our membership at stable levels while increasing revenues substantially. Stuart has had an extensive career in investment banking in London, Australasia and Hong Kong, and has a Law degree, and an MBA from Kellogg/HKUST.

Alex Cheung

Alex joined the Club in 1979 when his parents became members. He was a member of the General Committee between 2002 and 2006, with the last two years of his term as the Club's President. He has been a member of the Balloting Committee since May 2007 and accordingly attends meetings of the Membership Committee. He believes he has a unique perspective of the Club having been a junior, student, single and family member. He is married to Kimberly and has three young children and accordingly spends most of his time in the Family Clubhouse. He is at the Club most days-in the gym, swimming for the Masters Team or watching his children at their activities.



Victoria Fox-Smith

Victoria and her husband Andrew have been members of the LRC for over 10 years and are both keen tennis players. Victoria has been the Convenor of the Tennis Subcommittee and served on the General Committee for 4 years. She represents the Club playing tennis, and swims in the LRC Masters Programme. Andrew is a member of the Men's Evening League tennis team.



They have an 8 year old daughter and a 7 year old son who actively participate in many of the Club's classes and activities. The family spends a large amount of time at the Club enjoying the LRC and socializing with other members.

Lena Harilela

Lena has been a member of the LRC for over 25 years, initially as a child/student member. Lena is married to Luke Harilela and they have three children. Over the years the boys have participated in different activities at the LRC, such as baby swimming classes and tennis lessons. Her youngest now particularly enjoys the playroom and the baby pool area. As a member, Lena has enjoyed using the swimming pools, bowling alley and the dining outlets. She has also enjoyed attending talks that take place at the Club and playing bridge. In recent years, Lena has been involved in different community organisations such as Helping Hand and the Hong Kong Youth Arts Foundation.



WOULD YOU PAY \$6,597 FOR THIS TOWEL?



This might not be the price of 1 towel, but it is the total cost for replacing towels from the LRC every month.

This means a total of \$79,164 is spent on replacing missing towels every year.

PLEASE HELP TO REDUCE THESE UNNECESSARY COSTS.

Don't forget to drop your towel in the available towel bins before leaving the club.

Thank you for your consideration.

BRIDGE SUBCOMMITTEE MEMBERS



From L-R: Gilbert Chan, Nancy Neumann, Grace Clement Brown, Hughie Janelle, Janet Chang

Introducing The New Bridge Subcommittee

The resurrection of this subcommittee is the brainchild of Gencom "Member Relations Convenor", Janet Chang. Our vision as a subcommittee is in line with the LRC's overall vision: to make "Premium Bridge" another positive reason for the LRC to be one of the most sought after family clubs in HK.

LRC is already a contender on the 'big bridge stage' here in Hong Kong. Our team competes very competently at the inter-club Bridge Tables. They deserve the soon-to-be higher profile we hope to provide.

It is our ambition to enhance "Bridge" interest in our LRC community. We hope to raise awareness and bring Bridge into the limelight here at the club! Bridge affords a wonderful social engagement, and the facilities for its enjoyment are already here and in place. Many club members play the game. So why not do so here? Advanced, Beginner and Intermediate players sometimes harbour an inherent fear of the Duplicate Bridge table. We are here to eradicate that fear, and spark your interest in the entertainment and challenge of the game!

Other members would like to learn the basic skills. This is the place for that too!

Janet Chang

Janet Chang has enthusiastically harnessed the talents of several keen players, who have generously and happily volunteered their skills to lead us through the birth pangs that every new project inevitably encounters.

Nancy Neumann

Nancy Neumann assumes the post of Chair of the subcommittee. Nancy is the current Captain of our LRC Bridge Team for Inter Club Bridge. She is a former VP and Council Member of HKCBA (Contract Bridge Association) and an international competitor. We are fortunate to have such talent at our helm.

Gilbert Chan

Gilbert Chan also lends us his enthusiastic support. Gilbert is a longstanding LRC member and a keen bridge player, and we are pleased to welcome him as a new member of the LRC inter-club team.

Grace Clement Brown

Grace Clement Brown is a long standing LRC member, and a true Bridge enthusiast. She is also a member of the LRC inter-club Bridge Team. I'm sure many of you know Grace, since she is equally competent on the tennis court as at the bridge table.

Hughie Janelle

Hughie Janelle, has served on more than one committee over her 30 years as a member, and is pleased to apply these talents to the promotion of a much loved game.

Bridge Report

Duplicate Games

- Every Monday at 7:00pm
- Every Friday at 10:00am

Social Chicago Bridge

- Every Wednesday from 9:30am-12:30pm
- No partner needed. Just turn up!

We look forward to your enquiries, information or suggestions.

Please contact us: bridge@lrc.com.hk

Enjoy exceptional value
and comfort with our
Business Class Special packages



Cathay Holidays Limited is now offering Business Class Special packages to 21 destinations. You'll enjoy Business Class flights and luxury accommodation from just HKD3,540 – plus 500 Asia Miles and the flexibility to extend your stay.

Packages are valid for departure from now to 30 November 2012. Peak season surcharge applies. Other destinations to choose from include Bangkok, Phuket, Kota Kinabalu, Osaka, Sapporo, Seoul, Phnom Penh, and more.

Book now

cxholidays.com



Destination	Hotel	Price
Taichung 3 days/2 nights	52 Hotel, Tempus Hotel Taichung, and more	HKD3,540up
Taipei 3 days/2 nights	Park Taipei Hotel, W Taipei, and more	HKD3,890up
Ho Chi Minh City 3 days/2 nights	New World Hotel Saigon, Park Hyatt Saigon, and more	HKD4,640up
Kuala Lumpur 3 days/2 nights	Prince Hotel & Residence Kuala Lumpur, The Ritz-Carlton, Kuala Lumpur, and more	HKD4,680up
Singapore 3 days/2 nights	Park Hotel Clarke Quay, The Fullerton Bay Hotel, and more	HKD7,690up
Tokyo (Narita) 3 days/2 nights	Akasaka Excel Hotel Tokyu, Grand Hyatt Tokyo, and more	HKD7,990up
Bali 4 days/3 nights	The Laguna, A Luxury Collection Resort & Spa, Nusa Dua, Bali, Bulgari Hotels & Resorts Bali, and more	HKD9,190up



Offer details | Prices quoted are per person, based on two adults checking in and travelling together throughout the entire journey and sharing one room. | Flights and accommodation are subject to availability. | Cathay Holidays Limited reserves the right to amend prices without prior notice; please refer to website for the latest pricing. | Cathay Holidays Limited and Asia Miles™ terms and conditions apply. | Cathay Holidays Limited is a wholly-owned subsidiary of Cathay Pacific Airways. (Licence No. 352024)



R

A LA RECHERCHE DE L'ŒUVRE



An Invitation to Champagne!

Although the Main Clubhouse renovation has limited our abilities to present yet another Louis Roederer Champagne Dinner, which was a much sought-after event in the last few years with capacity attendance, the Club and Mr Michel Janneau, Executive Vice President of Champagne Louis Roederer and all of its estates have the pleasure to invite all LRC Members to a Champagne Reception*.

Louis Roederer Brut Premier NV special offer this November and December in Le Chais – 1 complimentary bottle for every 12 purchased



Brut Premier, the Timeless Expression of the Louis Roederer House Style. Champagne Louis Roederer owns over 500 acres located exclusively in the Grand Cru and Premier Cru regions of Champagne. The Brut Premier blend is 2/3 Pinots (10-15% of which are Pinot Meunier) & 1/3 Chardonnay, and is composed of harvests from four different years, including 3 different years from the Louis Roederer reserve wine cellar.

“The NV Brut Premier is a gorgeous wine that stands head and shoulders above the vast majority of wines in its price range. Apparently, it is quite possible to make great Champagne that doesn’t cost a small fortune. Ripe pears, smoke, spices, dried flowers and herbs are some of the many nuances that emerge from the glass. The Brut Premier shows lovely mid-palate depth and fabulous overall balance. Chef de Caves Jean-Baptiste Lecaillon has done it again. This is a fabulous Brut Premier.”

– 92 points, A.G., Wine Advocate, #1111, Nov., 2011

“A pretty note of apple blossom runs through this elegant Champagne, which is bright and juicy, offering flavours of green and yellow apple, tangerine and ground ginger, with a hint of graham cracker. Shows lovely texture, with a mouthwatering finish.”

– 92 points, A.N., Wine Spectator, 11.15.11

Date: Thursday, 29 November

Time: 6-8pm

Venue: The Deck

**Remarks: for Members only; Canapés and complimentary free flow of Louis Roederer Brut Premier NV will be offered from 6:30pm – 7:30pm.*

OUT OF AFRICA ANNUAL POOL PARTY

It's November and Pool Party time again!

Join us for our Annual Pool Party with an African twist in hospitality and entertainment.

Date: **Saturday, 17 November**
Time: 7pm – Reception; 7:30pm – Buffet Dinner
Venue: The Deck (free seating in large round tables of 10 persons each)
Fee: \$360 per person (inclusive of welcome cocktail, buffet dinner, free-flow of South African wine and much more...)



THANKSGIVING DAY

Thursday, 22 November

Food items traditionally served on this special day will be featured in our Family Clubhouse Blackboard Menu and in our Sports Bar Buffet Lunch.

Please contact our Banquet Department at 3199 3666 / 3667 to place your order for turkey, pumpkin pie and any other catering needs.



CHRISTMAS TREE LIGHTING CEREMONY

Join us for carols performed by the Grace Notes, mince pies, hot chocolate, mulled wine and a special guest appearance from The Ladies' Choir of the Hong Kong Breast Cancer Foundation.

Date: Sunday, 2 December

Time: 5:30pm

Venue: Sundeck

Mark your diary for our year-end gourmet food and wine tasting fairs on the Sundeck...

MICHAELMAS FAIR

on Saturday & Sunday, 10 & 11 November,
12noon – 7pm

...featuring wines plus Serrano ham, Spanish cheese, artisan bread and other delicatessen.

CHRISTMAS FAIR

on Saturday & Sunday, 1 & 2 December,
12noon – 7pm

...featuring wines plus French cheese, chocolates and other Christmas treats.



WINE OF THE MONTH FOR NOVEMBER AND DECEMBER

White Wine	Price/bottle
<p>Prunotto Moscato d’Asti DOCG, Piedmont, Italy, 2011 An intense straw yellow in colour, the wine shows a musky nose with additional notes of hawthorn and acacia honey. On the palate it is full, dense, vigorous, and elegant with a fresh, balanced, and pleasurable finish.</p>	\$150
<p>Villa Antinori Bianco IGT, Tuscany, Italy, 2011 A blend of Trebbiano, Malvasia, Pinot Blanc and Pinot Grigio. Straw yellow with green highlights, the wine has intense aromas of bananas, orange flowers, and roses. On the palate it is soft, tasty with a fine aromatic persistence.</p>	\$120
<p>Te Mania Sauvignon Blanc, Nelson, New Zealand, 2011 A mouth-filling palate showing delicious citrus, gooseberry, green apple and tropical fruit flavours with typical mineral edge. Rich and concentrated, the mid-palate shows genuine breadth. The overall impression remains clean, ripe and fresh.</p>	\$150
<p>Paul Jaboulet Aine Viognier ‘Secret de Famille’, Rhone, France, 2010 Clear yellow with bright, limpid green hues. Very representative of the Viognier grape, with white fruit, peach and floral notes making this exuberant wine highly attractive. Exceedingly well-balanced: lively and rich, unctuous and pleasing mouth feel. A fine, fresh wine to be enjoyed young.</p>	\$150
<p>Cullen Margaret River White, Margaret River, Australia, 2011 Straw colour with green tinges, the bouquet is fresh and complex blend of lime, guava and passionfruit and cut grass. On the palate, ripe but fresh, with the rich middle palate representing a complex blend of tropical and citrus fruit flavours.</p>	\$190
Red Wine	
<p>Prunotto “Fuiolot Vineyard” Barbera d’Asti DOCG, Piedmont, Italy, 2011 The wine is a vivid and intense ruby red in colour with a grapey and fruity aroma of plum and cherry. Grapes grown on light and loose-textured soils combined with modern oenological techniques enable producers to obtain and conserve fruit and freshness. This wine is very pleasurable in its youth to be enjoyed with simple dishes such as hors d’oeuvres, soups, risotto, and pasta.</p>	\$120
<p>Domaine Paul Blanck Pinot Noir, Alsace, France, 2009 Lovely aromas of coffee, strawberry and cherry. The palate is light and smooth with flavours of apple and blackberry pie.</p>	\$150
<p>Torbreck ‘Old Vines’ GSM, Barossa Valley, Australia, 2011 A blend of Grenache, Mourvèdre and Shiraz. Deep garnet red with flickers of purple, the wine is rich in aromas of black cherries, five spice, crème de cassis and spring flowers. The palate offers a soft latent richness and silk-like texture with subtle notes of crushed cherries, Doris plum and earth, all neatly wound by a spine of acidity and ripe supple tannins.</p>	\$160
<p>Villa Antinori Red IGT, Tuscany, Italy, 2008 A blend of Sangiovese, Cabernet Sauvignon, Merlot and Syrah. Intense ruby red. Complex aroma with notes of spices, mint, and chocolate, which are particularly felt along with light aromas of rip cherries. On the palate the wine, savory and long, is full-bodied and round with supple and velvety tannins.</p>	\$210

NOODLE BAR

OPENING CEREMONY ON 7 OCTOBER



Resurface, Renew and Re-energize this November with our Two Week Facial Therapy!

Tri-enzyme Resurfacing Facial followed by the Pro Collagen Facial Quartz lift Facial with a two week interval

- ❖ Original price \$2,700
- ❖ November price \$2,430

** plus Belle & Bunty bag and products (while stocks last).*



Elemis Tri-Enzyme

Resurfacing Facial

75 mins

Peel away the years for smoother, more radiant skin. This ground breaking Anti-Ageing facial instantly resurfaces and smoothes the skin. Clinically proven to visibly resurface by up to 75% and increase skin smoothness by up to 32% after just 1 treatment*, this unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin. Pioneering the precision layering of 3 targeted enzyme serums, this advanced resurfacing technique safely and effectively removes the thickening layer of the epidermis. Skin is left incredibly clean, smooth and radiant, bringing a renewed level of evenness and clarity to the complexion.

**Independent Clinical Trial 2006*

Elemis Pro-Collagen

Quartz Lift Facial

75 mins

Anti-Wrinkle Facial - Proven Results. This anti-wrinkle facial is clinically proven to reduce the number of wrinkles by up to 94%* and improve skin firmness by up to 57%*, after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals.

Quartz, Tourmaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

**Independent Clinical Trials 2007*

Spa Talk

SLEEP - FINDING BALANCE

by Beth Low



We welcome Beth Lo, Sleep Therapist at Central Health Medical Practice, to speak at the LRC. Beth received her education in the United States at Brown University and Tufts University School of Medicine. She studied sleep disorders at the University of California, Irvine.

Beth will be speaking about many aspects of sleep and how to enhance your sleep experience. This talk is for those of you with sleep troubles and for those of you who just want to improve your sleep overall. An overview on the important role of sleep will be discussed and tips on how to get better sleep will be highlighted.

Children can sometimes experience different sleep disturbances such as: night terrors, reluctance to go to bed and waking through the night. Beth can help with these issues and more whilst fitting in with your personal parenting style.

Date: Tuesday, 27 November

Time: 7pm to 8:30pm

Fee: \$80



Movie Night at The Sanctuary Spa

An inspiring film of how one man traded junk food for a juicer and saved his life.



"Raw and Living"
snacks and healing
vegetable juice will
be served ...facilitated
by Chan Cudennec,
holistic detox specialist
by **SOL Wellness** with
a panel of health
experts.

SOL Wellness and The Sanctuary Spa LRC have collaborated to bring you a movie night to raise awareness and interest around how food and nutrition can transform your life and your health.

Movie Screening: "Fat, Sick and Nearly Dead"

Joe Cross set out on a journey to change his life. Starting out at 309 pounds and suffering from a rare illness known as chronic urticaria (chronic hives), Cross made a decision which could not be swayed. For the next 60 days, he would consume nothing but water, fruit and vegetable juice which would be made through his juicer. After the 60 days come to an end, Cross will only eat vegetables, fruits, nuts, and beans for 6-8 months in order to continue on the path of healthy eating. This Fat, Sick, and Nearly Dead diet may sound intimidating, but with the proper motivation, anyone can do it...

Date: 14 Nov 2012, 7pm

Venue: May Rd Room, May Rd Building, LRC

Fee: \$100

RSVP: The Sanctuary Spa Reception on 3199 3688 or email sanctuary@lrc.com.hk



NOVEMBER 2012

Sunday	Monday	Tuesday	Wednesday
<p>Food & Beverage Special Swimming Event Tennis Event Indoor Sports Event Junior Activities Event Library Event Spa Event Recreation Special Event</p> <p><i>Please see eNewsletter for details of pool hours & social squash.</i></p>			
<p>4</p> <p>Buffet Breakfast: 8am-11:30am, FCH Buffet Brunch: 12noon-2:30pm, FCH Sunday Dim Sum Lunch: 12noon-3pm (last order at 2:30pm), Sports Bar LRC Weekend Overnight Camp: Methodist Retreat Centre (Mui Wo) Doubles Tennis Club Championships</p>	<p>5</p> <p>Junior Fitness Hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Duplicate Game: 7pm Social Volleyball: 8pm onwards</p>	<p>6</p> <p>Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Social Badminton: 8:30pm onwards Movie Gallery \$10 Crazy Rental Day Explore KFBG with Jane Ram: 9am-5pm, \$540 (lunch included) Meeting: Pier 4, Central</p>	<p>7</p> <p>Chicago Bridge: 9:30am Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar</p>
<p>11</p> <p>Buffet Breakfast: 8am-11:30am, FCH Buffet Brunch: 12noon-2:30pm, FCH Sunday Dim Sum Lunch: 12noon-3pm (last order at 2:30pm), Sports Bar Michaelmas Fair: 12noon-7pm, Sundeck 2nd LRC Dodgeball Series: 2pm-6:30pm, Sports Hall</p>	<p>12</p> <p>Junior Fitness Hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Duplicate Game: 7pm Social Volleyball: 8pm onwards</p>	<p>13</p> <p>Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Organised Tennis: 7pm Social Badminton: 8:30pm onwards Movie Gallery \$10 Crazy Rental Day Restoring a Legacy: Jane Austen's Life & Love Cassie Blackwell, 7pm, May Road Room</p>	<p>14</p> <p>Chicago Bridge: 9:30am Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Movie Night: Fat, Sick and Nearly Dead, 7pm, May Road Room</p>
<p>18</p> <p>Buffet Breakfast: 8am-11:30am, FCH Buffet Brunch: 12noon-2:30pm, FCH Sunday Dim Sum Lunch: 12noon-3pm (last order at 2:30pm), Sports Bar Singles Tennis Club Championships</p>	<p>19</p> <p>Junior Fitness Hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Duplicate Game: 7pm Social Volleyball: 8pm onwards</p>	<p>20</p> <p>Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Social Badminton: 8:30pm onwards Movie Gallery \$10 Crazy Rental Day</p>	<p>21</p> <p>Chicago Bridge: 9:30am Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar</p>
<p>25</p> <p>Buffet Breakfast: 8am-11:30am, FCH Buffet Brunch: 12noon-2:30pm, FCH Sunday Dim Sum Lunch: 12noon-3pm (last order at 2:30pm), Sports Bar Family Camp Out: 4:30pm-9am, (Overnight), Sundeck & Baby Pool Area Battlefields Historical Walk with Jason Wordie: 8:30am-6pm, City Hall</p>	<p>26</p> <p>Junior Fitness Hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Duplicate Game: 7pm Social Volleyball: 8pm onwards</p>	<p>27</p> <p>Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Social Badminton: 8:30pm onwards Movie Gallery \$10 Crazy Rental Day Spa Talk: Sleep – Finding Balance, 7pm-8:30pm, May Road Room</p>	<p>28</p> <p>Chicago Bridge: 9:30am Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar</p>

Thursday	Friday	Saturday
1	2	3
Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar	Duplicate Game: 10am Movie Gallery: \$10 Crazy Rental Day Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar LRC Weekend Overnight Camp: Methodist Retreat Centre (Mui Wo) Curry Buffet: 7pm onwards, Sports Bar	Buffet Breakfast: 8am-11:30am, FCH Buffet Lunch: 12noon-2:30pm, FCH LRC Weekend Overnight Camp: Methodist Retreat Centre (Mui Wo) Doubles Tennis Club Championships
8	9	10
Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar	Duplicate Game: 10am Movie Gallery: \$10 Crazy Rental Day Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Wii Just Dance: 4pm, Teens' Room	Buffet Breakfast: 8am-11:30am, FCH Buffet Lunch: 12noon-2:30pm, FCH Organised Tennis: 2pm Michaelmas Fair: 12noon-7pm, Sundeck Kids Craft: 11am-12noon, Teens' Room
15	16	17
Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar	Duplicate Game: 10am Movie Gallery: \$10 Crazy Rental Day Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Curry Buffet: 7pm onwards, Sports Bar	Buffet Breakfast: 8am-11:30am, FCH Buffet Lunch: 12noon-2:30pm, FCH Out of Africa – Annual Pool Party: 7pm – Reception; 7:30pm – Buffet Dinner, The Deck Social Bowling: 1pm-2:30pm (6-12 years old); 2:30pm-4pm (13+ years old), Bowling Alley Singles Tennis Club Championships
22	23	24
Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar	Duplicate Game: 10am Movie Gallery: \$10 Crazy Rental Day Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar	Buffet Breakfast: 8am-11:30am, FCH Buffet Lunch: 12noon-2:30pm, FCH Organised Tennis: 2pm Family Camp Out: 4:30pm-9am, (Overnight), Sundeck & Baby Pool Area
29	30	
Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar An Invitation to Champagne: 6pm-8pm, The Deck	Duplicate Game: 10am Movie Gallery: \$10 Crazy Rental Day Junior Fitness hours: 3pm-6pm Happy Hour: 5pm-8pm, Sports Bar Annual Tennis Dinner: 7:30pm Pre-dinner drinks, Sports Bar; 8pm Dinner, Sports Hall	

HIGHLIGHTS OF THE MONTH

CLUB DINING

Michaelmas Fair

Saturday, Sunday, 10 & 11 November, 12noon-7pm, Sundeck

Out of Africa – Annual Pool Party

Saturday, 17 November, 7pm – Reception; 7:30pm – Buffet Dinner, The Deck

An Invitation to Champagne

Thursday, 29 November 6pm-8pm, The Deck

Christmas Tree Lighting Ceremony

Sunday, 2 December, 5:30pm, Sundeck

THE SANCTUARY SPA

Two Week Facial Therapy!

Please see page 18 for details or contact 3199 3688

Spa Talk: Sleep - Finding Balance

Tuesday, 27 November, 7pm-8:30pm, May Road Room

JUNIOR ACTIVITIES

LRC Weekend Overnight Camp

Friday - Sunday, 2-4 November, Methodist Retreat Centre (Mui Wo, Lantau Island)

Wii Just Dance

Friday, 9 November, 4pm, Teens' Room

Social Bowling

Saturday, 17 November, please see page 37 for more information

Kids' Craft

Saturday, 10 November, 11am-12noon, Teens' Room

2nd LRC Dodgeball Series

Sunday, 11 November, please see page 37 for more information

Family Camp Out

Saturday - Sunday, 24-25 November, 4:30-9am (Overnight), Sundeck & Baby Pool Area

Synopses

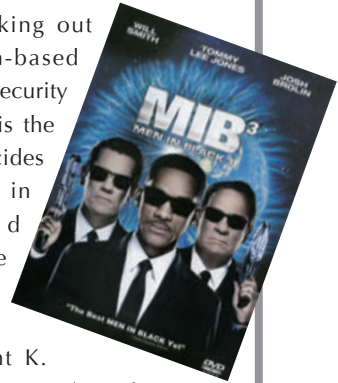
NEW DVDS

- 1 Homeland Season 1 (TV Series)
- 2 Dark Shadows
- 3 Soldiers Of Fortune
- 4 The Tall Man
- 5 Wwe: Summer Slam 2012
- 6 Men In Black 3
- 7 Snow White And The Huntsman
- 8 The Good Wife Season 3 (TV Series)
- 9 Starship Troopers -Invasion
- 10 Five Year Engagement
- 11 Barbie- The Princess And The Popstarfor Greater Glory
- 12 Katy Perry - Part Of Me: The Movie
- 13 Piranha Dd
- 14 Thomas And Friends- Blue Mountain Mystery: The Movie



BACK IN TIME

After breaking out of a moon-based maximum security prison, Boris the Animal decides to go back in time and eliminate the person who arrested him—Agent K. When he does so, Agent J realises that the time line has been changed and he too travels back to July 15, 1969, the day before Agent K is killed. After overcoming his disbelief, J manages to convince K and others of just who he is and why he's there. With the help of a being who can see all time lines, they track Boris down and J also learns a secret, one K has never revealed to him.



SNOW WHITE

Snow White, imprisoned daughter of the late king, escapes just as the Magic Mirror declares her the source of the Evil Queen's immortality. The Queen sends her men, led by a local huntsman, to bring her back. But upon her capture, the huntsman finds he's being played and turns against the Queen's men, saving Snow White in the process. Meanwhile, Snow White's childhood friend, William, learns that she is alive and sets off to save her.



Pictures of iPhone and iPad are used with the only purpose of describing the functionality of D'E-light. All rights on trademarks and products iPhone and iPad are of exclusive property of the manufacturer, and are not referable to Flos or its affiliates.
G/F Wyndham Place, 44 Wyndham Street, Central • Hong Kong • T +852 2801 7608



D'E-light, design P. Starck

STARCK



www.flos.com



Warwick Haldane
INDOOR SPORTS
CONVENOR

**Exercise + Study = Better Exam Results!
True, So Read On**

As indoor Sports Convenor I have an amazing Support Team.

They need to be! Whether as committee members, staff, wives, husbands, partners, children, pets, ALL of us have a remit that requires us to promote Badminton, Basketball, Bowling, Squash and all the other things one does in the SPORTS HALL and FITNESS CENTRE. No Exceptions.

Hong Kong has often been said to place far too much emphasis on the swotting hours and to dismiss as unimportant the sweating hours.

If true, then we are not giving our children (perhaps even grandparents too) every possible advantage.

According to recent research (which often confirms what we sort of knew, or felt made

sense) PHYSICAL ACTIVITY and FITNESS may actually TRANSLATE INTO BETTER GRADES IN READING and MATHS.

Putting it simply, students who participated in a dynamic morning exercise programme and had exercise bikes and balls in the classroom nearly doubled their reading scores and it was shown that the more physically active school children are, the better they do academically.

This is TOO IMPORTANT a message to be diluted by other information.

Anyone wishing to know more about this study is invited to email me for a full copy at warwick.haldane@haldanes.com or ask the sports desk for a copy.

UPCOMING EVENTS

Social Volleyball

Every Monday from 8pm onwards

Social Badminton

Every Tuesday from 8:30pm onwards

LRC Squash
proudly supported by

ADM CAPITAL

**BOWLING
PROMOTION**

**FREE COUPON -
Good for 1 family
Bowling Game**

- This coupon is valid and may be used on Monday or Tuesday in November only (Except public holidays).
- One "family game" means "1 game for each member in the membership account playing at the same time"
- This promotion is available only once a month to each membership number
- Subject to availability of the lanes.



LRC SPORTS SHOP

10% Off on BARE SUNGUARDS (swimmwear)

Come and have Look at our

Bazaar Discount Corner





MATILDA
INTERNATIONAL
HOSPITAL

明德國際醫院



INTERNATIONAL STANDARDS • EXCELLENCE IN CARE

Matilda International Hospital is well known for its international standards and excellence in care. Together with two centrally located medical centres, it offers specialist services ranging from maternity, orthopaedics and spinal, to health assessment, surgical care and family medicine.

Along with the advanced medical facilities, a team of experienced and caring health care professionals are dedicated to provide compassionate care.

Matilda Medical Centres

Central Tel: (852) 2537 8500

Tsim Sha Tsui Tel: (852) 3922 7500

Matilda International Hospital

41 Mount Kellett Road, The Peak, Hong Kong

Tel: (852) 2849 0111

www.matilda.org



Eugene Harper

**TENNIS
CONVENOR**

The action on the courts heats up in November with the Men's and Ladies' Singles and Doubles Championships being contested by a strong field of players this year. Jason Sankey will be defending the Men's Singles title against a hungry group of players including last year's finalist Ogi Kolev. Our Men's A+ team will be well represented in the singles draw and you can expect some great matches between these guys starting with the quarterfinals.

The defending Ladies Singles Champion, Lucy Tang left for Chicago to attend University, so the Women's draw is wide open.

The Men's Doubles will feature at least six teams from our Men's A+ team battling it out to try and unseat last year's winners, Ogi Kolev and Hong Kong Davis Cup player, John Chu. Jason Sankey and Justin Chow look to improve on last year's runner-up finish and take out Ogi and John. On the Women's side, we will be looking to crown a new champion, as Lydia Bartell, half of the winning side in 2011 has moved back to the US. Her partner Jennifer Ho will be looking to defend the title with a new partner.

As we wrap up the Club Championships, we will celebrate the year of LRC

Tennis and recognise the winners at the Annual Tennis Dinner. This year will be a party, Brazilian Style! We will have samba music with Brazilian themed food, drinks, decorations and dancing in the Sports Hall. Better sign up early to enjoy the "Rio Carnival" at the LRC!

See you on the courts.



UPCOMING EVENTS

Doubles Tennis Club Championships

Date: Saturday & Sunday,
3 & 4 November
Time: Saturday PM & Sunday

Singles Tennis Club Championships

Date: Saturday & Sunday,
17 & 18 November
Time: Saturday PM & Sunday
Fee: \$150
Deadline: Wednesday,
14 November at 5pm

Annual Tennis Dinner

Date: Friday 30 November
Time: 7:30pm Pre-dinner
drinks, Sports Bar,
8pm Dinner, Sports Hall

Organised Tennis

Only Tuesday, 13 November from 7pm
Every Saturday, from 2pm
(except 3 & 17 November)
Due to rescheduled matches, the dates
above may be subject to change



Friday 30th November
ANNUAL TENNIS DINNER

DON'T FORGET TO BRING YOUR BRAZILIAN COSTUME FOR THE CARNIVAL!

**Caipirinha
& Mojito Reception**

**Venue: Sports Bar
Time: 7:30 PM**

Dinner

**Venue: Sports Hall
Time: 8 pm
Price: \$710**

**For Reservations please call 3199 3500
on or before 23rd November**

Dear LRC Members,

In this article I would like to share some drills with you that can be used by players of all abilities during their regular tennis practice, or as a pre-match warm up, in order to improve consistency, accuracy and shot transition. These are things that we all would like to have, especially when it comes to playing a match. The structure of these drills is quite simple, but can also be challenging, as there are different variations.

The main objective is to remember that the person who you practise with is NOT your opponent, but rather your hitting partner, who is helping you to work on your game and building up more confidence on the aspects of your game that you would like to focus on. In order to make these drills achievable, make sure you keep the pace of your shots within 50-70% of your maximum limit. In all the drills you only need one partner. However, if there are 4 players on 1 court, you can have 2 pairs practising the same drill. By executing the drill correctly, you will be rewarded with a point to see the progress of your practice.

Drill 1 – Consistency

You and your partner rally with each other for 5 consecutive shots from the baseline (with underarm feed). Every 5 shots would give you 1 point. If you rally 10 shots in a row, as a pair you would each receive 2 points. If you rally for 15 shots it would be 3 points, etc. However, if you lose a rally, let's say on your 12th shot, it would still only be 2 points (as you didn't rally up to 15 shots to get the 3rd point). So you keep your 2 points, and to get the 3rd point you have to start a new rally and play 5 shots in a row again to continue gaining points. If only 2 players practise this drill on court, you can try to get up to 10 points within 5 minutes, so this drill can be time-based. If there are 2 pairs on the same court having 2 separate rallies, the winner would be the pair who managed to get 10 points first. It is a great drill to help you stay more focused and consistent during the rally.

Tips: try to place the ball just past the service line in order to have more consistency with the rally.

Recover back to the baseline after each shot.

Variations: rallying down the line, rallying cross court, avoiding service boxes.

Drill 2 – Serve & Return

The server serves cross court (regular serve) inside the service box, the receiver has to receive the ball back cross court and the server has to hit it back cross court again – the total number of shots is 3 : 1 serve + 2 groundstrokes. If you successfully made 3 shots in a row, your pair gets a point and the receiver will serve for the next point. If any of the 3 shots were missed, the same server has to re-start the point again. You do not need to continue rallying after the 3rd shot, as the main purpose of this drill is to work only on the beginning of the point, which many players don't practise often enough, and as a result, there are a lot of errors at the start of the point during a match. If only 2 players practise this drill, you can try to get up to 10 points within 5 minutes. If it's 2 pairs on the same court having 2 separate rallies, the winner would be the team that managed to get 10 points quicker than the other team. Change diagonals after the first team gets 10 points and play 1 more round.

Tips: recover after the return back to the base line.

Variations: both groundstrokes must be past the service line.

Drill 3 – Serve & Volley

Similar to Drill 2, it is also only a 3 shot rally; however, the server must proceed to the net right after the serve, and volley the next shot cross court (serve + return cross court + volley by the server cross court). After 3 shots are executed successfully, the other player will be serving next, otherwise the point must be replayed again with the same server. If the return of serve landed in front of the volleyer, the volleyer can hit the ball as a half volley, as long as he/she was positioned inside the service box. For example, if the server forgot to move to the service box after the serve, the point will not be counted, even if 3 shots have been played.

Tips: make sure to move to the net right after the serve without any delay.

Variations: the return of serve must be played past the service line.

Good luck with your practice and see you on the courts!



Simply Niseko's Finest
www.thenisekocompany.com

THE NISEKO COMPANY 二世古

thenisekocompany.com / info@thenisekocompany.com / +81(0)136-21-7272



Tammy Baltz
SWIMMING
CONVENOR

Fall is always a busy time of year for swimming as the weather is still suitable for open water and outdoor pool swimming. The LRC swimmers certainly have been busy hitting all of the events on offer.

The LRC Pennant Gala was held on 22 September with 130 participants competing in more than 360 events. It was a beautiful afternoon on the pool deck and the spectators were treated to more than a few exciting races with photo finishes.

Sports Desk and F&B staff who made the day a huge success.

Over the China National Day long weekend nine junior swimmers and ten adult swimmers took part in the increasingly popular Garmin/Revolution Asia open water series. Three different races were available to swimmers: a 250m juniors race, a 500m open race and a 1.4km open race. Ellie Kehoe and Connor Goodwin, two of our junior squad swimmers, swam for the first time in the 1.4km distance. Congratulations to both for completing the course. The LRC finished well with one gold, three silver and two bronze medals.

Just as the autumn weather rolled into Hong Kong and gave us all a break from the heat and humidity, the largest ever contingent

would start an hour early. The start of an open water race is always a bit hairy, but starting an open water race along with a slew of novice windsurfers, sailors, paddle boarders and 25 or so speedboats, is rather daunting. The choppy water and reminder that you would swim OUTSIDE the shark net only compounds the feelings of nervousness. Mark Cummings from the LRC Morays hit the water fast and chose an excellent course giving his team an early lead. As the second swimmer of each team entered the water, the seas began to clear a bit and the swimmers could focus more on swimming and less on being run over. It wasn't long before the swells began moving in and the swaying seas and strong winds challenged swimmers and their teammates on the boats. It is not surprising to hear that more than one swimmer suffered



Olivia Chan, our finish judge, had her work cut out for her calling the 1st, 2nd, and 3rd place finishes for a number of races where first and third place were separated by less than one second. A special mention goes out to Camille Yung who broke two records in the 6-year-old category – one in the 25-yard backstroke and the other in 25 yard freestyle. Both records were held by the same swimmer and have been on the books since 1999. Well done Camille! In addition, Lynda Coggins broke her own record in the 50-yard mothers. Thank you to all nine swimming sports members, our parent volunteers, and the LRC swimming,

of LRC swimmers descended on Stanley beach for the 6th Annual Clean Half 15km swim event. The day started with many of the teams gathering at the LRC for a hearty breakfast, a bit of last minute advice from their coaches and some final preparation for the day. At 9:15 the swimmers and spectators boarded a bus bound for Stanley. For some, this was just another swim, but for others, especially those swimming for the first time, this was a time to contemplate what you had gotten yourself into. Once in Stanley the swimmers set out for the registration area, targeted their speedboats and said a farewell to the lucky teams who

from sea sickness and was only comforted when it was their turn to get into the water and swim. After passing the Cape, the swimmers were treated to better conditions for the long stretch to Round Island. This is where the teams started to choose different courses, which would ultimately determine their fate at the finish line. After 15km it is amazing to think that the finish could be close. The top three teams came in within three minutes of one another. The race comprised fifty teams of five swimmers in the categories of all male team, all female team and mixed teams along with nine solo swimmers. The LRC was represented

Pennant Gala on 22 September

[SWIMMING]





01



02



03



04

category and Sarah Hsu and Stephanie Tao finished 6th and 14th respectively in the women's category.

For the pool swimmers, we are now moving from the long course summer season, which takes place in the mostly outdoor 50-meter pools to the short course winter season, which is in the predominately indoor 25-meter pools. In order to prepare the higher-level squad swimmers for the increase in turns required in the shorter pools and to improve their underwater propulsion off the wall, Linh Carpenter and Tim Wang, two of our sports members, conducted a special clinic at the Wednesday training session. The kids and the spectating adults alike learned a few tricks on how to improve their performance in a 25-meter pool.

by ten teams and for the second year in a row finished first in all three of the team categories. The junior squad swimmers continue to show a keen interest and talent in open water swimming with Julian and Pascal Snelling joining the winning all-men's team, the Morays, and Sarah Hsu and Stephanie Tao joining the all-women's team, the Dragon Ladies, and our youngest participant, Krizia Rust, joining her mom and her uncles to round out the Red Herring team. Although they didn't have any official junior swimmers on their team, the Dream Team with our youngest sports members, brought home first place in the Mixed

category. On the other end of the age spectrum, we had two amazing swimmers join our ranks. Ian Polson, an experienced open water swimmer led the Yellowtails team and Dallas Jesse made her first foray into open water racing to help the Wahoo team to a strong finish. Congratulations to all of the swimmers who participated in the Clean Half.

After competing in the Clean Half on the Saturday, three of our elite squad swimmers competed in the Fina Marathon Swimming World Cup competition in Repulse Bay. Julian Snelling finished 5th in the men's

1. Clean Half Team
2. Team Wahoo: Heidi Fleming, Gwen Heath, Dallas Jesse, Grainne Meehan and Victoria Fox-Smith
3. The BRATT Pack - Ale Wilkenson, Tammy Baltz, Alex Cheung, Ryan Carpenter and Brian Goldberg (not shown)
4. Julian Snelling, John Dempsey and Pascal Snelling

Surrender to pure passion in your private Pavilion



Embark on the ultimate inner journey ... and rediscover your passion at The Pavilions, Asia's most romantic adults-only resort and a proud member of Relais & Châteaux. Perched atop one of Phuket's highest points, each of its 49 pool villas is utterly private and lavishly spacious. Choose from Ocean View Villas offering azure vistas or Spa & Pool Pavilions with sensual standalone his-and-hers spa and steam room, each with a private pool for sinful skinny dipping. Graze by our reflection lake. Indulge in a Champagne breakfast. Savour world famous sunsets at 360°. Or surrender to decadence with our signature full body chocolate massage.

reservations.phuket@thepavilionsresorts.com

www.thepavilionsresorts.com

+66 (0) 7631 7600

The Pavilions
ROMANCE • PASSIONS



LIBRARY EVENTS

Restoring a Legacy: Jane Austen's Life and Loves by Cassie Blackwell

Date: 13 November 2012 (Tuesday)
 Time: 7pm
 Fee: \$200 per member (+10% per Guest)
 Venue: May Road Room

Battlefields Historical Walk with Jason Wordie

Date: 25 November 2012
 Time: 8:30am-6pm
 Fee: \$695 (Not including meals)
 Venue: City Hall, Central
 Remark: Please sign up on or before 16 November 2012 (Minimum 12 attendees)

Attention Please

Members can only borrow a maximum of two new books (books that are three months old) and four old books at a time (total of six books).

Looking for a quiet spot for a cup of coffee?

The library offers a variety of coffees in a comfortable quiet environment. Come check your email, pick up a magazine or just chill out.

Popular Reads

Check out the 'Recently Returned Books' by the Library counter. There's always a good book for you.

LRC Authors Collection

The Library invites all members who are published authors to donate a copy of their personal publications to the library. These will, from time to time, be part of a special display to showcase our members' works.

Fall-Winter Book Club 2012

13 November (Tuesday)
Franklin & Eleanor by Hazel Rowley

11 December (Tuesday)
The Invisible Bridge by Julie Orringer

15 January (Tuesday)
Shadow of the Wind by Carlos Zafron



New Books

ROMANCE AND FAMILY SAGA

Wife 22 by Melanie Gideon
Where'd You Go, Bernadette? by Maria Semple
I Heart London by Lindsey Kelk

DETECTIVE

Stolen Prey by John Sandford
Backlash by Lynda La Plante
The Nightmare by Lars Kepler

MYSTERY AND SUSPENSE

The Storm by Clive Cussler and Graham Brown
I Am Half Sick of Shadows by Alan Bradley
Disgrace by Jussi Adler-Olsen

HISTORICAL FICTION

The Queen's Lover by Francine du Plessix Gray
A Dangerous Inheritance by Alison Weir
Across the Bridge of Dreams by Lesley Downer

GENERAL FICTION

The Prisoner of Heaven by Carlos Ruiz Zafon
The Harbour by Francesca Brill
All Woman and Springtime by Brandon W. Jones
Gold Mountain Blues by Zang Ling
Catching the Sun by Tony Parsons

NON FICTION

Thinking, Fast and Slow by Daniel Kahneman
The Magic of Reality by Richard Dawkins
The Opium War by Julia Lovell

Do check out the Adult Library for more book titles!

Can't finish your book on time?
 You can renew your books by phone or email.
 Library: 3199 3901
 library@lrc.com.hk

Enquires and Suggestions are welcome!
 Please don't hesitate to email us at
 library@lrc.com.hk



Proudly Presents
GOLD
COLLECTION

— Exclusive —

EVITA PERONI's "Gold Collection" offers the finest in materials and craftsmanship.

Inspired by the likes of Ralph Lauren's Purple Label EVITA PERONI proudly present their "finest of".

Crystal necklace, bracelets and earrings with timeless elegance.

Hat-like fascinators for those not timid who like to stand out.

Hand finished eyewear in acetate that exudes luxury.

For the woman who treasures elegance, beauty and exclusivity.



Gold Collection
EVITA PERONI

EVITA PERONI® FASHION ACCESSORIES
www.evita-peroni.com

MADE WITH
SWAROVSKI
ELEMENTS

HEXWOOD

by Diana Wynne Jones (Young Fiction)

Strange things are happening at Hexwood Farm, not far from London.

In another world entirely, a harassed Sector Controller gets a letter from a maintenance team apparently trapped in Hexwood. A small boy called Hume encounters a robot and a dragon there. Ann Stavely, lying in bed with a virus in her nearby home, watches person after person disappear into the old farmhouse and not come out again.



When she feels better, Ann decides to investigate. She goes into the wood, where she meets a tormented sorcerer called Mordion who seems to have arisen from a sleep lasting centuries. Yet Ann knows she has seen him enter the farmhouse that morning. Nothing seems to happen in the right order. Nothing quite makes sense. And things keep getting stranger and stranger until, long before the end, the strangeness has spread from Earth right out to the center of the galaxy.

Here is another intriguing novel by a master of the unexpected.

ATTENTION PARENTS!

Please remember that the Junior Library follows a colour coded system which is a quick and easy way to simplify age group book searches.

PINK – Concept Books/Picture books (ages 0 - 4)

YELLOW – Learning to Read - stages 1, 2 (ages 4 - 7)

ORANGE – Chapter Books (ages 6 - 9)

BLUE – Young Fiction (ages 10 plus)

RED – Young Adult (ages 13 & above)*

BLACK – Non Fiction

GREEN – Classics

*Take note of the 'parental guidance' sign on the cover of each red-tagged book.

Need more time with the new favourite book?

You can renew your books by phone or by email.
Telephone: 31993500 ext 1177
Email: library@lrc.com.hk

Late Book Charges

\$5 for the first week
\$7 for the second week
\$10 for the third week

New Books

YOUNG ADULT

- Black Heart Blue by Louisa Reid
- The Lying Game by Sara Shephard
- Perfect by Sara Shephard
- Withering Tights by Louise Rennison
- The False Prince by Jennifer A. Nielsen
- Brothers to the Death by Darren Shan

YOUNG FICTION

- Master Crook's Crime Academy by Terry Deary
- Rascal by Sterling North
- Hexwood by Diana Wynne Jones
- Shadows of the Gallows by Terry Deary
- The Spook's Blood by Joseph Delaney

JUNIOR READER

- Elizabeth the Jubilee Fairy by Daisy Meadows
- The Smallest Horse in the World by Jeremy Strong
- Olympia the Games Fairy by Daisy Meadows
- Bink & Gollie by Kate DiCamillo & Alison McGhee

YOUNG READER

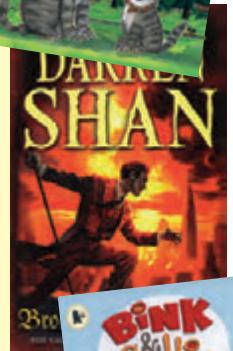
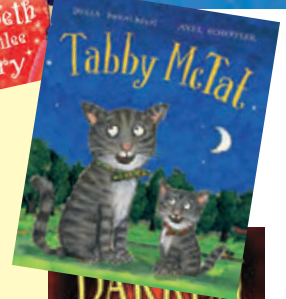
- Go! Go! by Linda Ward Beech
- Three by Linda Ward Beech
- Calling All Cars by Sonia Sander
- Now You See Me by Tish Rabe
- I Want a Pet by Barbara Gregorich

PICTURE BOOKS

- Mr. Men Sports Day by Roger Hargreaves
- A Stick is an Excellent Thing by Marilyn Singer
- Caramba and Henry by Marie-Loiuse Gay
- Peppa Plays Football by Neville Astley
- Tabby McTat by Julia Donaldson
- And Then It's Spring by Julie Fogliano
- Every Thing On It by Shel Silverstein
- The Singing Mermaid by Julia Donaldson

NON-FICTION

- Earth-Shattering Earthquakes by Anita Ganeri
- Stormy Weather by Anita Ganeri
- The Groovy Greeks by Terry Deary
- How People Lived by Jim Pipe
- The World Today by Antony Mason
- I Spy: Extreme Challenger! by Jean Marzollo



LRC Weekend Overnight Camp

Date: 2-4 November, Friday – Sunday
 Venue: Methodist Retreat Centre (Mui Wo, Lantau Island)

Wii Just Dance

Date: Friday, 9 November
 Time: 4:00pm
 Age: 5 – 9 years old
 Venue: Teens' Room
 Sign up at the Sports Desk



Social Bowling

Date: Saturday, 17 November
 Time & Age: 1:00pm – 2:30pm (6 – 12 years old)
 2:30pm – 4:00pm (13+ years old)
 Venue: Bowling Alley
 Sign up at the Sports Desk

Kids Craft

Date: Saturday, 10 November
 Time: 11:00am – 12:00nn
 Age: 5 years old & above
 Venue: Teens' Room
 Sign up at the Sports Desk

2nd LRC Dodgeball Series

Date: Sunday, 11 November
 Time & Division: 2:00pm – 3:30pm (Division 1, 7-9 years old)
 3:30pm – 5:00pm (Division 2, 10 – 12 years old)
 5:00pm – 6:30pm (Division 3, 13 – 17 years old)
 Venue: Sports Hall
 Sign up at the Sports Desk



Family Camp Out

Date: Saturday – Sunday, 24-25 November
 Time: 4:30pm – 9:00am (Overnight)
 Venue: Sundeck & Baby Pool Area
 Fee: \$270 for Adults
 \$190 for Children
 (+10% for guest)
 Sign up at the Sports Desk on or before Sunday, 18 November





FUN CORNER

Happy Thanksgiving Day everyone! Please submit your colouring to the Sports Desk by the 16 November. Last month's winner was Devon Smith.

Name: _____

Age: _____

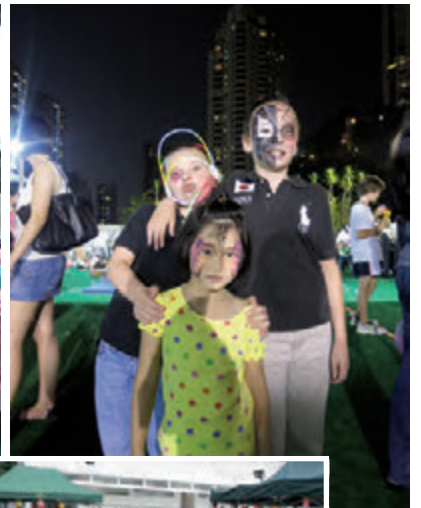
Membership No.: _____

Tel: _____



PAST EVENTS

MID-AUTUMN FESTIVAL CARNIVAL Sunday, 30 September



ORDINARY MEMBERS

Tatiana AKISHKINA
Alan Hugh MORGAN
Justin & Winnie BRIDGE
David VAN HONK & Loretta NELSON

ORDINARY MEMBERS – STUDENT TRANSFER

Judith QUE

DEBENTURE MEMBERS

Linda Ann ALLARIO & Donald Edward WHITE
Anthony Martin BOOTH & Heide HEIDEN-BLUNT
Chor Ching CHOI & Suk Man LEUNG
Roy Edwin CAMPBELL II & Chae Hee CHEON
Kiah Meng LIM & Fauzjus TJANDRA
Charles Matthew PECOT III & Shelly PECOT
Pamela SHORES
Gerard SITARAMAYYA & Michelle Puishan LAU
Erik Xobiak & Annelie Sofi WALLACE

Welcome back to Life Absent Members returning to the LRC

Helen WOO & Simon TAM
Heather HUNT
Tracy CHUNG
Nicola INGE

We bid a fond farewell to

Nancy & Peter THOMPSON
Yukiko HASHIMOTO
Richard BERNAL & Kathleen ESPINOZA
Richard & Nur DESAI

... congratulations to ...

Tara GERJARUSAK
Katherine JOSEPH-HUI
Ashwin BHARWANI
Amar BHARWANI
Martin CONSING
Matthew SCHOLAR
Kyla HO

who now have their own signing right as Junior Members.

Derrick TAN
Graeme Richard LAW
Camellia JOHNSON
who became new Student Members.



DISCO FEVER

at the Noodle Bar!

Starting in November, create your own disco party for 15- 20 of your friends and family in your own exclusive area at the Noodle Bar!

For \$3000, our disco party package includes 2 hours of food and drinks, disco lighting, great music, videos and more!

WHY NOT ADD IN SOME DISCO BOWLING?

For an additional \$500, all 4 bowling lanes will be included in your party package.

Available everyday (except Wednesdays) from 6pm – 10pm.



For enquiries or reservations, please contact Ms. Lelia Cheng, Banquet Sales Executive at banquet@lrc.com.hk/ 3199 3666 or Mr. Bruce Shum, Banquet Sales Coordinator at bqc@lrc.com.hk/3199 3667.