



JANUARY NEWSLETTER



CHINESE NEW YEAR

Please note the opening time of the club during the Chinese New Year:

Both clubhouses will close earlier **at 2pm on 4th February (Monday)** and will be **completely closed on 5th February (Tuesday)**.

On 6th (Wed) and 7th (Thur) February the opening hours are as follows:

Deep Water Bay clubhouse: 7am – 6pm

Emerald Bay clubhouse: 9am – 7pm

THANK YOU

The Staff of the VRC wish to sincerely thank our Members for their very kind contributions towards the staff's Chinese New Year bonuses. The team are very grateful and would like to wish you and your families a happy, healthy and prosperous year of the pig!

WHAT'S IN THIS ISSUE

- New Menu at Emerald Bay Clubhouse
- Sharing by Mike Horn
- The Cold Half & Cold Plunge Swim 2019

NEW & NOTEWORTHY

New Menu at Emerald Bay Clubhouse

Thanks to our great new Club Chef Merle, at Emerald Bay, we now have a great new menu.

While retaining the old Thai favourites from before, we have expanded the choices to be more “Family Friendly”, so members can enjoy a meal with the whole family before heading home.

Please speak to Merle about your private functions, and takeaway, she would love to help.



THE MONTH AT A GLANCE

Up Close and Personal with Mike Horn

It was our great pleasure to have "the world's greatest adventurer" Mike Horn shared some of his amazing experiences and stories with us recently.

Over 80 of members were totally enthralled and enjoyed a wonderful evening.



THE MONTH AT A GLANCE

Annual Swim of the Dutch Association 6th January, 2019

It was the third year for VRC to host the annual swim of the Dutch Association at Deep Water Bay clubhouse. It was another great family event, completed with orange knitted caps, authentic Dutch hot pea soup and a great swim.

If you have an event coming up, we'd love to help. Email Tobbie at events@victoriarecreationclub.com.hk to discuss holding it at one of our two great venues.



THE MONTH AT A GLANCE

2019 Cold Half & Cold Plunge Swim Race 26 January, 2019

The VRC again supported this fantastic event, in conjunction with Ocean Recovery Alliance, from Stanley Main Beach to Deepwater Bay.

70 swimmers took part in both the Cold Half Extreme Marathon Swim of 15km and the Cold Plunge Swim Race of 1.5km. The Race, which is one of the year's most important distance events, was followed by a BBQ and get together at the Deepwater Bay Club. Congratulations to all the participants!

Check out the race results [HERE](#).



THE MONTH AT A GLANCE

Camping at Emerald Bay

We are seeing many of our members taking advantage of this cool season for some wonderful family camping at Emerald Bay.

Email (emb@victoriarecreationclub.com.hk) or call our staff on 2792 2791 to obtain booking directions. We also have tents for hire!



COURSES

A one-day

"Beginner's Introduction to Watercolour Painting" workshop
by international watercolourist, Sarah Bent

WATERCOLOUR FOR BEGINNERS

Emerald Bay Club House
Wednesday 20th February, 9am to 5pm
\$850 per head



For bookings or questions,
please email Tobbie at events@victoriarecreationclub.com.hk
Brushes will be supplied, however some materials will need to be
purchased. A list will be supplied upon booking.
Course places are limited to 6 people.

Refer Sarah's website for her experience and work
www.sarahwatercolours.com

COURSES



HATHA YOGA CLASSES

**Every Thursday Morning 9am - 10am and
Saturday Afternoon 4pm - 5pm**

VRC Emerald Bay Clubhouse

Members - \$ 120 per session

Non Members - \$ 170 per session

*Octopus and EPS payments only



CAROLINE

Teaches a style of Hatha Yoga, which is one of the two branches of Yoga that focuses on the physical culture. It is also recognized as a stress-reducing practice, so a perfect style for residents of Hong Kong.

TEL: 852 2792 2721

EMAIL: emb@victoriarecreationclub.com.hk

PADDLE SECTION



DRAGON BOAT INTRO COURSE

Dragon Boat Intro Course for new paddlers. All levels welcome and no experience required. Come join the fun and learn about dragon boat paddling in the waters where the Deep Water Bay Regatta is held.

March is a beautiful time to get on the water!

由VRC Paddle Section 舉辦的龍舟入門課程現正接受報名！我們歡迎有興趣的你們加入，無需經驗，任何訓練程度亦可參與。三月是進行水上活動的好日子，一同前

來體驗深水灣龍舟賽的水質吧！

TRAINING TIME WILL BE ON SUNDAYS

Dates:
March 2, 9, 16, 23

Time:
11am - 12:30 pm

Course Fee:
\$600/members
\$800/non-members

Minimum age is 16 years old

RSVP: EVENTS@VICTORIARECREATIONCLUB.COM.HK

* Minimum numbers are needed to run the course



PADDLE SECTION NEWS

Dragon Run Review 2018

The Steelcase Dragon Run 2018 in partnership with China Silver Asset Management and Shaw & Partners, took place on Saturday November 10th.

As usual there were three races running concurrently, the long course(22km), short course(10km) and SUP Long and short courses.

Due to damage from Super Typhoon Mangkhut the start was moved from the usual Clearwater Bay Beach to The Clearwater Bay Marina.

The weather forecast on the day provided challenging conditions which prompted some to switch from the long to the short course.

For the first time the long course start was staggered with the women starting 18 minutes before the men. This is an idea that has been tried at a few international races and makes for an exciting finish with the leading women and men racing each other towards the finish line.

The conditions provided for exciting racing with many paddlers commenting that this was the best Dragon Run ever!



PADDLE SECTION NEWS

Dragon Run Review 2018 (con't)

Below is a list of all winners:

Surfski

Long Course Women - Hayley Jo Nixon(reigning women's ICF Ocean Racing World Champion)

Long Course Men - Cory Hill(reigning men's ICF Ocean Racing World Champion)

Short course Women - Hao Liu

Short course Men - Si Mingqi

OC1

Long Course Women - Lindsay Shank

Long Course Men - Tupuria King

Short Course Women - Deanne You g

Short Course Men- Fraser Douglas

SUP

Long Course Women- Charlotte Spicer

Long Course Men- Alan Ng Yinglun

Short Course Women - Ruby Simmonds

Short Course Men- Christoph Dworzak

The Steelcase Dragon Run 2019 will take place on **Saturday November 9th.**

ATIR will be on the same weekend once again and takes place on **Sunday November 10th.**



INNOVATIONS

Our Forest Classroom

Something wonderful is happening among our trees in Emerald Bay. Every week, led by teacher Claire Jones, children from the Malvern Pre-school are getting back to nature in our unique Forest Classroom.

The concept was originally developed in Scandinavia, where forest school activities allow children to let their imaginations run wild, develop their creativity, problem-solve and explore. In a demanding and stressful world, the chance to spend time in a natural environment has incredible benefits for young minds. At the VRC, wood from trees damaged by Super Typhoon Mangkhut in 2018 provides great tools for learning, with short stumps and wood slices forming seating, balancing blocks, and more. The children work to care for the wooded area by clearing leaves using rakes and shovels, building shelters, and, under careful adult supervision, safely making fires.

These activities ignite a true sense of adventure, with the VRC also supporting an outdoor Science Station where children learn through their senses about natural materials, and get gloriously grubby in the aptly named, Mud Kitchen.

As the children learn about the plants and animals of Hong Kong, they learn to preserve and protect our precious natural resources, and the VRC are proud to be supporting a new ecologically minded generation as they develop a lifelong relationship with the natural world.

If you would like to learn more about our Forest Classroom, please contact Tobbie on events@victoriarecreationclub.com.hk.



NEW MEMBERS

New Associate Members

Mr & Mrs Joseph RENO

Mr & Mrs Jon MIGNETT

Mr & Mrs P.A.M. POELMANN

Andrew BACON

Vicente DI



5 POPULAR CHINESE NEW YEAR TREATS



#1. Baked Seeds

People say that baked seeds are great snacks because you can start and stop eating as you wish. But it's addictive and you probably won't stop until it's time for the main meal!



#2. Malt Melon Gourd

These candied melons are sweet with a hint of sourness. Kept outside in the winter air, the malt stays hard but chewy. The small air bubbles trapped in the malt add to the unique experience.



#3. Candied Haw

Hawthorn ball kebabs are drizzled and coated with malt syrup. The balls can be substituted or added to with red bean paste, walnuts, grapes, begonia fruit and even Chinese yams.



#4. Peanut candy

Made of malt, it is another offering to sweeten up the Stove God's mouth. There is a 9 step making process and has a unique taste.



#5. Popped Rice

Rather than drenched in butter, salt or caramel, the popped rice keeps its natural flavor. It's a simple and easy snack to make. Children can also play games with the rice, making it perfect for the Spring Festival atmosphere.