

# VICTORIA RECREATION CLUB



EMERALD BAY, SAI KUNG  
DEEPWATER BAY – HONG KONG ISLAND

## Newsletter – 13<sup>th</sup> November 2015

**Good luck to the VRC teams competing in the Around the Island Race on Sunday.** Last year 22 teams competed. This year there are 33 teams racing clockwise around Hong Kong Island – a distance of 42 kilometres!

**The Dragon Run**, an annual surf ski and outrigger race organised by the VRC and its members, will be held on 21<sup>st</sup> November. The 24km race course is from Clearwater Bay to Stanley Sea School, passing the Nine Pins, Kissing Whales and all hopefully downwind. Currently there are over 168 registered from Hong Kong and overseas. Good luck to all those competing. For those not competing, and can volunteer their time on Friday 20<sup>th</sup> or Saturday 21<sup>st</sup> morning, please contact the Events Manager.

**Qigong** is an ancient Chinese health care system that incorporates physical postures, breathing techniques and focused intention. You may have noticed a number of VRC Members practicing Qigong every morning for the past 30 years under the elevated highway bridge at Deep Water Bay. Master Frank Li, at 82 years young advocates Qigong to help regain youthful vitality, maintain health and speed recovery from illness. Qigong movements are based on the eight classic animals — including the Monkey for the liver, Dragon for the blood vessels and Tiger for the lungs. VRC member Ah Shing practices the Dragon form of Qigong while member Richard Lee does the Tiger. If interested in joining a session, please contact the Events Manager.

**Look up!** The VRC has installed cameras at the Deep Water Bay Club House. If you see anything suspicious, please inform a member of staff.

**Cheers! The next Wine Tasting Nights** will be held at Emerald Bay on 27th November and Deep Water Bay on 4th December. Purple9Wine will supply quality wines as well as a good selection of organic and biodynamic wines – just in time for the festive season. Details are attached and on the Notice Boards.

**Hong Kong's Biggest Charity Bootcamp** will be hosted by the VRC on 6<sup>th</sup> December at Deep Water Bay. All proceeds will be donated to the Po Leung Kuk Child Sponsorship Program, a residential childcare unit for children facing family problems. For more details and register click [www.eliteptstudio.com/hk-bootcamp](http://www.eliteptstudio.com/hk-bootcamp). All ages are welcome. Farmer's

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Kitchen will be providing great Aussie 100% grass-fed steak sandwiches after the Bootcamp session – so make sure you build up an appetite!

**Congratulations to all** who raced the last race of the 2015 VRC Race Series on Saturday. Results can be found [at www.webscorer.com/race?raceid=56625](http://www.webscorer.com/race?raceid=56625). Check out the VRC Series and VRC Facebook pages for photos and information on future races. Huge thanks to Mark and Jen Pollard and all their volunteers, sponsors and donors for organising these monthly race. Here's to the 2016 VRC Race Series!

**Please Like the VRC Facebook** page to see the photos from the VRC 166<sup>th</sup> Anniversary cocktails along with many other photos and posts about events held at both Emerald Bay and Deep Water Bay.



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## 通訊– 2015年11月13日

祝星期日參加環島賽的域多利遊樂會隊伍好運。去年有22支隊伍參賽，今年則有33支隊伍順時針環繞香港島— 全程 42公里！

**The Dragon Run**—由域多利遊樂會及其成員籌辦的年度衝浪和浮架獨木舟比賽—

將於11月21日舉行。這條24公里長的賽道起始於清水灣至斯坦利航海學校結束，並途經Nine

Pins、KissingWhales，沿途希望會順風。目前，有超過168位在香港及海外註冊的選手。祝所有參賽者好運。至於未有參賽、又可以在20日（星期五）或21日（星期六）上午做義工幫忙的人士，請與活動經理聯繫。

「氣功為中國古代一個結合身體姿勢、呼吸技巧和專注力的醫療保健系統。你或已注意到部份會員在近30年來，每天早上都在深水灣高架公路下練氣功。82歲的李師傅提倡以氣功幫助恢復青春活力

、保持健康及快速康復。氣功的動作以八種經典動物為基礎 -

包括猴型功以養肝臟、龍遊功以通血管和伏虎功以養肺。遊樂會會員Kam Wu練龍遊功，而另一會員Richard Lee練伏虎功

。如有興趣參加一節氣功班，請與活動經理聯繫。」

尋找一下！不幸地，由於有一些物品不翼而飛，域多利遊樂會已經在深水灣俱樂部安裝了閉路電視。希望此舉會防止盜竊。如果你看到可疑事情，請告知工作人員。

乾杯！下場品酒之夜將在11月27日於翡翠灣及在12月4日於深水灣舉行。Purple9Wine將提供優質的精品葡萄酒和精挑的有機和生物動力葡萄酒 - 正好趕上佳節。詳情將張貼在告示板。

香港最大的慈善訓練營將由域多利遊樂會在12月6日於深水灣舉辦。所有收益將全數撥捐保良局兒童助養計劃—

一個為面臨家庭問題兒童而設的托兒單位。如欲了解更多詳情及註冊，請瀏覽[www.eliteptstudio.com/hk-](http://www.eliteptstudio.com/hk-bootcamp)

[bootcamp](http://www.eliteptstudio.com/hk-bootcamp)。任何年齡的人士都歡迎參加。Farmer's Kitchen會在訓練營後送上澳洲100 %草飼牛排三明治 — 確保你要有胃口！

請在域多利遊樂會的Facebook專頁按讚，以看域多利遊樂會166年週年紀念雞尾酒派對的照片，以及其他在翡翠灣及深水灣舉辦的活動的照片和帖子。

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