

HORIZONS

The magazine of the Aberdeen Boat Club Ltd

October 2010





Aberdeen Boat Club

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COMMODORE



The 32nd running of the Opening Regatta was held over the weekend of 4th and 5th September. After a few concerns earlier in the week about typhoon disruption, the weather turned out to be quite reasonable although the island race for the cruisers on Sunday turned into a bit of a slog in very light and hot conditions. This resulted in the courses having to be shortened to ensure everyone was able to get finished in time.

Staging a regatta is a big responsibility. There is lots of potential for things to go wrong and with so many sailors out on the water, all of whom are rightly expecting the organisation and arrangements to be error free, it is essential for the management of the event to be undertaken in a professional manner. We have a lot of experience of course, in that we are now in the fourth decade of running the regatta, but it is now a two-day event and being the symbolic start of the Hong Kong sailing season, it naturally brings with it some increased pressure. Over the two days we had 70 dinghies and over 70 cruisers competing and it is comforting to reflect on the general feedback that it was a very well run and successful event. The success is down to a lot of members and staff who contributed in all sorts of ways but in particular I would like to thank Bruce Perkins and the Race Committee for their efforts both in the preparations beforehand and on the race days. We welcomed back Race Officer Greg Sinclair to take charge of the dinghies in Stanley Bay and Jerry Rollin who efficiently managed the windward leeward races and the island race for the cruisers. A full report on the racing is contained within this issue but just a mention of congratulations here to Red Kite II for winning IRC Overall and to DEA II for their success in the HKPN Division. Lastly I would like to offer my sincere thanks to ABC member Gordon Hui for his continuing support in sponsoring the Regatta for the eighth year in succession on behalf of Sunseeker.

The major project to refurbish the Four Peaks Restaurant will commence in October following recent meetings with the designer. Tenders for the work will be submitted before the end of September and following an assessment, the successful contractor will be selected and work will commence. It is anticipated the work will take approximately 6 weeks such that we will be in a position to re-open before the end of November. No major structural work will be undertaken but we do expect the result to provide a significant impact to the dining experience in terms of the ambience created within the restaurant. In addition to the make over of the restaurant, the re-opening will also provide an opportunity for Executive Chef Paul Chong to introduce some new delights to the menu. I cannot say at this stage what these will be but some of you know that part of his repertoire includes a passion for desserts so it could be there will be some new creations on offer ready for the festive season.

I am pleased to say my badgering for you to submit your holiday photographs into our Summer Holiday Photography competition resulted in over 40 entries. The judging panel comprising Philippe de Manny, Mark Hardy, Kevin Lewis and myself had the difficult task of selecting our favourite 15 to be portrayed in the Club such that members can vote for their selections. More details on the arrangements for this will be issued shortly.

Safe sailing and fair winds.

Barry Hill
Commodore

GENERAL MANAGER

Dear Members,

With so many great articles in "Horizons", there's not much left for me to say so I'll burden you by playing the role of the gloomy storyteller.



For many years we have had issues with our main Clubhouse roof leakage and it is still going on; hence the beautiful electric blue drapes on our function room and lobby walls. This was an emergency attempt to hide the water damage caused by rainwater infiltration. Although it hid the misery, the un-artistic impact of that electric blue material has opened many opportunities for uproarious commentaries in the Waglan Bar. The lesson learnt here is, "For witty evenings in the bar, there is no need for a quiz night. Just display some silly colours on the Club walls."

Jokes aside though, one day we will have to take drastic action on our roof. We will need to dismantle all our air conditioning plants and re-do the entire roof membrane. This will be a costly and disturbing exercise. There is no date on that work yet.

Still on the monthly burden, last month we had a day with a very unusual electric storm in Hong Kong and the Club was hit by lightning, which created some power surge problems. The POS system was down for a few days, the main telephone switchboard went off at the same time, half of the mixers and grinders in the kitchen burnt out, and the Club main server kept on switching off, making us lose data. We have now recovered from this technical ordeal and recovered all data but if you have encountered problems trying to join us or waited longer than usual for your food, this time blame it on the storm. Or as the insurance company says, "This is an act of God" there is not much we can or could do.

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Amy, Sabita, Ah Sang, Anson, Danny, Patrick, Joe, Martin, Thomas, Philippe, Brenda, Alan, Ian, Andy, Colin

Since the renovation of our swimming pool changing room, we had ventilation insufficiency that has now been solved (well, hopefully). A new powerful extraction system is now in place and if used to its full power, seat belts will have to be installed or else we could be sucked in the ventilation duct.

Middle Island is now equipped with another water tank to increase our stock fresh of water supply. This is the second tank we have added in two years and it should be sufficient now. The extra need for water comes from our very active dinghy section, which now entails courses and supervised sailing sessions nearly every day .

Smaller valuables lockers are now available at Middle Island - do not hesitate to use them. Sailors who only need a small place to keep their mobile phones and wallet requested these lockers, and should I dare say, tobacco products safe and dry while they are going for a short sail.

While I am on the subject of sailing, please visit our dinghy webpage for details on dates, courses, and specially our newly started supervised sailing and racing course taught by Rory Goodman, our new Racing coach from New Zealand. He is the most recent addition to our team and you have surely seen him on Middle Island. If you see a big and happy young rugby player moving boats around and telling me off if I get too close to a boat, that would be him. Approach him for any tips on sailing and especially racing.

Philippe de Manny



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ABC ANNUAL SWIMMING GALA POSTPONED TO 23 OCTOBER 2010

Gala will take place from 11:00am.

Participants should gather at the pool.

By 10:30am to be ready for the first race at 11:00am.

Please contact Cobo on 2553 3032 for details

FISHING NEWS AUG/SEPT 2010



As we enter September we have seen a number of boats out this season and given the number of lines in the water, it's surprising we have not seen more billfish around, but it is good to hear of the hook up ten days ago. Even better that we were able to see the fish on YouTube - the wonders of gizmos! I hope it was to be released, even better if we could start a tag system, I have a number of spare tags for Billfish, Carmine also has some for Mahi Mahi.



Kidusi was out on the Saturday the 21st Aug, heading out to the South East, in Force 2-3 wind and a light Southerly Swell. Again the blue water was close inshore and with reports of Seerfish

being caught close to the Limas, expectations was high.

We came across a number of wide lines which were holding fish; we had the first strike within 30 minutes and had 4 Mahi in by 10 o'clock. Things went quiet over lunch time with the wind dropping to a Force 1. We managed to cross a number of schools of Kawa Kawa taking 5 in total. As the tide started to race out the lines became more defined and the fish started to become more aggressive. We managed to hook up with some more Mahi. The total for the day being 5 Tuna, 8 Mahi the biggest being some 16 Lbs.

On Saturday 11th Sept after some heavy rain the days before Kidusi again left the ABC dock at 730 am heading out into a grey overcast drizzly day. We set off to the Nine Pins having had reports



of Mackerel being caught, some believed to be over 90LBS. Water was green but clear and we managed to boat one fish. Moving further out we headed South East, it only took an hour to find the main tide line, with the lures back in the water, a number of schools of Tuna were soon spotted. From these we caught 2 Kawa Kawa and lost two others as well as 2 good size Skipjack Tuna, losing another. No Mahi Mahi were seen and only a few flying fish. It was fishing down a line when a small school was spotted feeding on the other side, we turned towards them crossing the line but they sounded. Suddenly Carmine called out "we have a Marlin!" Sure enough on a new daisy chain made the day before was a Black Marlin jumping away from the boat. Yakoob Alladin took the rod, all others were cleared and the fight was on. There were a number of great runs and jumps, several times coming tantalizing close with the double line either on or close to the rod tip before taking off again. 45 minutes later the Marlin was along side the boat. While trying to remove the hook the leader suddenly snapped the Marlin wasted no time in jumping to freedom. Estimated weight was 100 lbs, on a 30 LBS line Well done Yakoob! Pictures taken that day can be seen on the website thanks to Brian Danos.

Having spoken to some Marlin researchers from Australia, who have satellite tagged Marlin both in OZ and in Japan, say the large Blacks travel from the Barrier reef North passing the Philippines and enter the South China Sea on their way to Japan. It is believe that this area is a nursery for small Blacks 50-350 LBS. Remember that female Black Marlin grow to over 2,000lbs! Current world record on a 30 LBS line is 814lbs (369.22 kg)

In order to assist in the research programs I have a number of tags for Billfish and hope we will be able to make good use of them. Carmine, an avid supporter of Mahi Mahi tagging, also has tags for them and I propose to start tagging some of those caught on Kidusi.

To clarify a few points that some may not be aware of: on Kidusi the angler chooses to keep or return a fish (of a keep size) and all fish belong to the angler. ALL Billfish will be released. Finally NO bananas!

Tight Lines

ABC SUNSEEKER OPENING REGATTA 2010-DAY 1



The Aberdeen Boat Club Sunseeker Opening Regatta 2010 drew an entry list of over 120 boats, split between the Cruiser, Multihull and Dinghy divisions.

With a dying Tropical Depression “Lion Rock” still influencing the weather pattern over the race area, both the Cruiser and Dinghy fleets headed out to their respective start areas. The Dinghies set off to Stanley Bay, with the Cruisers aiming towards the South East approaches off Lamma Island to prepare for a day of Geometric Course racing.

The premier Div A1 fleet was hotly contested between the Jelik fleet, with Tiffany Koo in Jelik 5 coming out on top.

In Division A2, the Archambault’s of Anthony Root (A35) and Greg Kearns (A40) dominated with a 1, 2 finish in both races hotly pursued by Denis Ma’s “Rampage”.

The first race was held in relatively light conditions testing the fleet’s light weather tactics, but between race 1 and race 2 the wind shifted 30 degrees East and increased gradually over the race to a steady 17kts. Race Officer Jerry Rollin anticipated the change in conditions and reset the course for the second race to make the most of this welcome addition.

As evening approached, the fleets reconvened at ABC’s Middle Island facility to enjoy the Sunseeker and Carlsberg sponsored award party with the following day’s racing to look forward to.

On Sunday morning the fleet headed out to enjoy the long Island style courses, leaving the Race Team the challenge of how to make the most of the remaining wind left in the wake of “Lion Rock’s” influence. Although the wind proved light in the morning, the forecast promised an increase in pressure as the day progressed. With this in mind, the Race Officer set a variety of courses selecting the long 29 mile course for the IRCA division, with various shorter courses for the other fleets. With safety in mind, the V flag was flown to instruct the competitors to leave Middle Island to port, a decision which tested the fleets race preparation – not everyone passed the test.

As the day progressed, unfortunately the wind didn’t and the Race Committee support teams were busy with the challenge of providing multiple finish lines as the decision was made to “shorten course” for various classes. This proved to be the right decision as all fleets were given the opportunity to finish within the time limits. The boats headed back to Middle Island from their various finishes to enjoy a well deserved Regatta Party and



final day's prize giving. Once again the ABC F&B team excelled with the support of the sponsors Sunseeker and Carlsberg to help provide an excellent party, while the day's protests were processed and results finalised. In Race 3, the larger HKPN A fleet was led on corrected time by the new J80 Sea Biscuit, followed by DEA II and in HKPN B, Mystique led the way to the finish. In the Formula 18's it was an overall victory for JC Broyelle's Hobie Tiger. Full results for the two days racing can be found on the club notice board and web page.

Bruce Perkins

Overall Winner

1st Overall Optimists
Tong Po Chau Cup
Cosmas Grelon

1st Overall Dinghy Div B
Ngan Chau Cup
Nagisa Sakai-Biddell

1st Overall Dinghy Div A
Beaufort Channel Cup
Ssamu Sakai-biddell

1st Overall Hobie Tigers
Arawa Bell
I Am No Angel

1st Overall Multihull B
Tathong Channel Cup
111699 / Tong Shing

1st Overall HKPN Div B
Adamasta Channel Cup
Rhapsody

1st Overall HKPN Div A
Pacific Cup
Dea II

1st Overall IRC Div B
Lamma Channel Cup
Boss Hogg

1st Overall IRC Div A2
Crystal Trophy
Red Rite II

1st Overall IRC Div A1
Tau Chau Cup
Jelik 5

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SUNSEEKER OPENING REGATTA 2010 PRIZE GIVING

For more photos, please view Club's website –

www.abclubhk.com



*Jelik 5
1st Overall IRC
Div A1*



*I am no angel
1st Formula 18*



*Cosmas Grelon
1st Optimist*



*Red kite
1st Overall IRC
Div A2*



*On One Else
1st HKPN Div A (Race 2)*



*Nagisa Kakai Biddell
1st Overall Dinghy B*



*Mystique
HKPN Div B
line Honours*



*Isamu Sakai Biddell
1st Overall Dinghy A*



SATURDAY SERIES 1 REPORT

In fairly brisk ENE Force 5 conditions which exercised the R.O. and marine crew with the Start Line and Windward mark four yachts -----Ahyoka , Poppytoo , Taka Rita and The Farr Side -----set off at 1300 on Course 53, Taka Rita making the best start , with Poppytoo challenging. The Farr Side led round the first mark and on towards Castle Rock on a single tack beat for all boats , in steady wind conditions settling at Force 4.

Ahyoka gradually gained on The Farr Side approaching Castle Rock and overtook before rounding the Tai Tam buoy. Then, a choice of gybe, followed by spinnaker hoist before the cliff face of Stanley peninsula. A bold move for Ahyoka with only 2 crew but an easy one for Poppytoo with twin free-standing mains. Taka Rita, rounding in 4th place but catching up at this point.

Thereafter, downhill all the way home in patchy winds still from the NE with occasional 'bullets' crossing Stanley Bay. No tricks with the Finish line so spinnakers all the way for those using them. The Farr Side gained Line Honours but thanks to the Handicappers Black Art lost out on corrected HKPN to Ahyoka 1st, Poppytoo a very well deserved 2nd and Taka Rita enjoying the most sailing in fine conditions at 4th .

A cup and a bottle of wine await Ahyoka when next back from Disco Bay, while the rest of the crews enjoyed their refreshments in the Waglan Bar .The next race will be held on Saturday 16th October with adjusted handicaps for Race 1 yachts . The Start Line length can easily be adjusted to take more entries.

SAILING IN CROATIA - *the voyage begins...*



To celebrate three important “0” birthdays (60, 50 and 10) the Rees Family and the Bruces decided to charter a boat and sail in completely different surroundings. The islands off Croatia (formerly part of Yugoslavia) were chosen as offering a huge change of scenery, some interesting sightseeing and new food (and wine) to be tried and tested.

Dave, Kevin and Edward arrived in Split a few days before our charter started and checked out both the boat and the local restaurants (all pronounced good. Anna arrived a couple of days later (problems with a visa due to a website that hadn’t been updated for a year !) Split is an ancient town (with Roman connections) and the city centre was really charming. The ubiquitous vuvuzelas could be heard echoing round the cobbled piazzas as every bar was showing the World Cup! The sound was to follow us round our trip!

Our boat, a Bavaria 39 called Cockta (named after a local soft drink not unlike Coca Cola, we were told) was finally handed over to us on Saturday afternoon and we set off towards the island of Brac and our first attempt at berthing in a marina. It was wonderful to hoist the sails for the first time and feel the wind in our faces. We headed for the little harbour of Milna, which was a delightful little town with typical Croatian architecture – stone houses with red roofs. After tying up, linking up to shore power (to re-charge all

the zillions of batteries for mobile phones, crackberries, games machines and other assorted accessories) we headed out for supper. The decision as to which of the tantalising restaurants to choose was more or less taken for us as a sudden heavy thunderstorm blew up and we ran into the nearest café. It turned out a good choice – everyone was very friendly and the waiters helped us move inside as the storm intensified and the awning was in danger of flying off. And we tasted the first (of many) glasses of Croatian beer. Freshly caught and simply grilled fish was usually the best choice on the menu. Tomato soup was a favourite for Edward (would he have eaten it for breakfast if offered?)

The stormy weather seemed to follow us for the first two or three days and necessitated longer stays in some of the restaurants and cafes than we had intended (not much of a hardship). We were quite adept at gathering plates of food and glasses of wine under our arms and dashing inside to finish our meals. But amazingly we hardly encountered any rain whilst out sailing. One day, a relatively long haul from the island of Hvar to Korcula, Dave managed to navigate us round all the swirling weather systems and we hardly got wet at all. Kevin was Chief Grinder and built up a fine set of muscles helping on the winch. Popeye, eat your heart out.

Korcula brought back happy memories to Diana and Patrick as that was where, 30 something years ago, Patrick



proposed. I'm not entirely sure we found the exact spot but it was near enough, and we discovered the camp site where we stayed and the tower on the hill which had been the scene of some merriment (no need to say more) back in the "old days".

Berthing in the marinas was quite a challenge as space was incredibly tight but, with all hands on deck and Patrick remembering the manoeuvring of the Middle Island ferry coxswains, we managed it with aplomb. In other words, we acquitted ourselves well and didn't let the ABC down! The marinas were all well equipped with showers, toilets, shops and excellent weather forecasts. One or two were a bit noisy at night, but a day out in the fresh air made for easy sleeping so they hardly kept us awake. They like to party in Croatia – one night we took turns to keep watch as we were anchored, not tied up, and it was only on Dave's watch (3 a.m. – 5 a.m.) that the disco across the harbour finally finished!

The Bavaria 39 was a relatively easy boat to sail and nice and roomy below. Compared to Ragamuffin (though possibly not to Farr Fetched) she was quite tippy, and need reefing when the wind got up to 17 or 18 knots. There was one day when the gusts were in the mid-20's and we broached a few times, but she was soon on an even keel again and only a few belongings strewn round the cabin. What astonished us was the robustness of the glassware, which didn't seem particularly well stored. The first day, each time we tacked, Anna and I could hear the glasses crashing about and were convinced they had all been broken into a thousand pieces. We were astonished to find, when we gingerly opened the cupboard, they were all still intact!

It was a wonderful holiday and one which we'd love to do again. How amazing to explore a place by boat and to be rocked to sleep every night in a pretty little harbour. It was pure magic at times!

Diana Bruce



ABALONE

by Elaine Morgan



Horizons will be bringing you a series of articles about food. Every one of them will have maritime links. If you have a favourite ingredient with a connection to the sea, write and tell us all about it.

There used to be a lively trade in fresh abalone along the China coast a couple of centuries ago but today you're more likely to see cans of it at a supermarket check-out. Fresh, it can cost HK\$600 a pound, retail price. Why so expensive? This oversized limpet spends its life creeping about rocky, kelp-lined crevices, attaching itself by a tough muscular "foot" with a suction force 4000 times its own body weight. But it's always been an important food source. Today, demand far outstrips supply and wild abalone has been getting rarer in most parts of the world for many years.

Names of the beast
bàoyú 鮑魚 China
paua New Zealand
awabi 鰆 Japan
perlemeon South Africa
ear shell Aussie
ormeau French

Harvesting and poaching

Channel Islanders call the abalone an 'ormer, a contraction of the French 'oreille de mer' (ear of the sea) and senior Channel Islanders will tell you about the 'ormering tides', when schools, factories and banks closed

so that all hands could get to the coast at the crucial moment. For the two hours when the tide was out everyone would be on the rocks prying free the ormers. The average haul per person in those days was 14 dozen. Not surprising that breeding stocks suffered. That all stopped in the early 70s, when closed season was declared and the Channel Island abalone, *Haliotis tuberculata*, went onto the endangered species list. It's recovered a bit in the years since then, protected by strict quotas.

The legal limit in South Africa is 345 tonnes a year. But it's been estimated that poachers get away with ten thousand times that amount. 380,000 tonnes of the poached crop are confiscated every year, but far, far more is shipped out. Triads based in Hong Kong have been targeted by the authorities. The stuff they get away with is refrigerated then dried and shipped back to HK, Taiwan and Japan.

Other dubious practices include the substitution of cuttlefish and giant squid for the real thing by unscrupulous dealers. If you are offered abalone showing a needle pattern, beware. Tenderising with a needle machine, like those used for some cuts of beef, is a tell tale.

Protection agencies from Brittany to New Zealand have slapped quotas on wild abalone. Tasmania's Abalone Council had great success and have increased legal quotas. The Californians' charming attempt to protect abalone foundered. It involved constructing a new 'coun-

They called it Abalonia and it consisted of artificial reefs made from wrecked boats. Sadly it came to grief at the outset when the first hulk was sunk in the wrong place!

Another development in Southern Australia may be more promising. Abalone farming has gone offshore in Spencer Gulf, where a cargo ship with 1,000 individual abalone growing tanks keeps the precious contents between the crucial 18 and 20 degrees centigrade by pumping seawater through them. Aquaculture such as this is one example of farming for rich sources of protein.

Wearing and displaying

Abalone is well known for another reason too. The ear shaped shell has a beautiful greeny-turquoise iridescent lining: mother of pearl, or nacre. Laque burgauté is the French name given to intricate inlay work of engraved abalone mother of pearl, sometimes combined with gold and silver. Totem poles and other tribal artefacts from the US Northwest have inlaid abalone. In New Zealand paua, also known as the marine opal, is used to make beautiful Maori jewellery.

The Tang Chinese used abalone to decorate lacquerware, a technique subsequently imported to Japan and made famous as raden (螺鈿), sometimes called japaning. In the 16th century the Japanese called such lacquerware Nanban, meaning 'Southern Barbarian' a term borrowed from the Chinese. Nanban meant any foreigner, especially a European and the lacquerware was very popular in Europe.

Buying, cooking and eating

Nutritionally speaking, abalone is pretty healthy stuff. It's rich in protein, calcium and niacin, low in fat and a good source of iron and vitamins B and C. 100g contains 70mg of cholesterol and 580kj. Dried abalone must be soaked for about 6 hours then scrubbed thoroughly, rinsed and drained. Next, cover it with cold water, bring to the boil and simmer for four hours. Slice the meat thinly into small oval pieces. Use it in claypot dishes, stir fries or soups. If it's small and you prefer to keep it whole, score it into a cross-hatch pattern across the top as you would with squid. This will allow other flavours to penetrate.

In some Asian cuisines it is cooked and tenderized while in the shell but usually it is shucked first. Cooked to perfection, it should be tender but chewy. The dried version is often considered superior to the fresh abalone.

You'll find something called 'mock abalone' in cans in local groceries (chai bao yu) – it's actually just fried gluten. Another cheap canned abalone substitute is called 'limpet meat' or 'top shell' and is labelled quite openly 'like abalone.'



Sautéed abalone steaks (USA)

1 fresh abalone steak per person (depending on size and appetite), tenderized
5-6 cloves garlic, crushed
crushed dried red peppers (to taste)
3 tbsps vegetable oil
½ bottle dry white wine
1 small bunch parsley, chopped
Heat the oil till it's almost smoking and sauté the garlic and chillies till just brown then remove from the pan. Add 2-3 small or one large abalone steak per person and fry for a minute on each side till barely golden. Remove and keep warm. Add the wine to the pan and deglaze. Add butter and parsley. Stir well. Serve with rice and the wine sauce.

Steamed abalone (Hong Kong)

6 small fresh abalone
½" fresh ginger, shredded
3 spring onions, cut into 1" lengths
Fresh coriander (Chinese parsley)

Arrange shucked abalone in a steaming basket. Sprinkle with ginger and spring onion and steam quickly for about 8 minutes till tender. Make a simple dipping sauce with light soy and a little seeded red chilli in hot soy oil. Serve immediately, garnished with Chinese parsley.

More information at

<http://www.marinebio.net/marinescience/06future/abhist.htm>
<http://ourworld.unu.edu/en/japans-ama-free-divers-keep-their-traditions/> [article and video]
<http://wired.com/print/science/discoveries/news/2002/01/49847>
<http://www.scahome.org/publications/proceedings/Proceedings.19Braje.pdf>

Note: Some of the above information was included in an article by Elaine Morgan published in Fragrant Harbour.

SPECIAL PROMOTION OCTOBER



Celebration National Day Family Buffet at Four Peaks Restaurant

12pm, Friday 1 October 2010

All you can eat International Buffet

\$208 per adult and \$138 per child
(3-12 yrs)

For reservations, please call the Four
Peaks Restaurant at 2553 3422

Feature:

- Freshly shucked Australia oyster, sashimi & sushi, Roasted carving station, ABC signature Hainan Chicken station, homemade Dim Sum, Chef Singh's Indian curry and more.....

Celebration Chung Yeung Festive BBQ Roast Whole Pig Evening Festival

6:30pm, Saturday 16 October The Patio

All you can eat tender juicy whole pig on spit with
salad bar

Only \$158 per adult & \$98 per child under 12

For reservations, please call the Coffee Shop at 2554 9494



Taittinger Champagne Madness

Happy Champagne Hour at the Waglan Bar
2 Glasses for the price of 1

EVERY THURSDAY FROM 6:00PM -9:00PM

Please call Waglan Bar at 2553 3422 to make sure it's all chilled.



Australian Prime Rib Evening

Date: Saturday, 23 October 2010

Time: 6:30pm

Venue: The Patio

Impress all of the members with Prime
Rib Roast Dinner. All you can eat with
Salad Bar and Dessert Corner

Only \$238 per adult
(with a pint of Carlsberg)

\$138 per child under 12 without drink.

Grass-fed Australian beef is known for its meat quality and consistency of tenderness and flavour, an Aussie trademark nowadays.

The natural way of breeding these animals in open fields brings back the original taste of beef as opposed to grain-fed animals.

Our regular Prime Rib Roast Nights are becoming one of the Club's favorite events – booking is heavily recommended to avoid any disappointment.

Book now with our Coffee Shop staff on 2554 9494.

HALLOWEEN PARTY



30 Oct 2010, 6:30pm

Price : \$230 & \$170

Join us for a night of creepy crawly fund and ghostly games. Enjoy the bouncy castle, have your face painted, get a tattoo, enjoy great food and dance the night away. This has traditionally been a popular event for the entire family and should not be missed. So book early, dress for the occasion and come join us!

Book now with our Coffee Shop staff on 2554 9494 to reserve a table.



Menu

Selection of Sushi with Condiments, Japanese Crab Meat Salad, Chicken Liver Terrine, Oriental Marinated Chicken Breast, Veal and Pistachio Pie, Cha Soba Noodles, Grilled Vegetables with Balsamic Dressing, German Potato Salad, Tuna Nicoise, Feta with Oregano, Lollo Rosso, Butter Lettuce, Romaine Lettuce, Scallop and Crabmeat on Caviar, Parma Ham with Blood Melon

Dressings

Thousand Island, Caesar, Italian, French Condiments, Croutons, Bacon Bits, Parmesan Cheese, Spring Onions, Mixed Olives, Cocktail Onions

From Our Soup Kettle

Pumpkin Cream, Selection of Fresh Bread

Cooking Station

Assorted Sashimi Station, Hainanese Chicken, Turkey & Honey Glazed Ham Bouillabaisse

From Our Hot Kitchen

Beef Medallion, Grilled Lamb Chop with Cabernet Sauce, Veal Picatta

Milanese, Roast Duck, Pan-fried Salmon Dill Tomato Sauce, Typhoon Shelter Crab, Crispy Oyster, Roast New Potatoes, Seafood Fried Rice

From Our Pastry Kitchen Cookies, Black Forest Cake, Crème Caramel, Carrot Cake, New Year York Cake, New York Cheesecake, Fruit Tart, Crème Brûlée, Fruit Platter

FOOD & BEVERAGE REGULAR EVENT



Every Sunday Family Lunch Buffet at Four Peaks

All you can eat International Buffet with free-flowing Prosecco and house wine

\$188 per adult

\$105 per child under 12 years old

\$288 with free-flowing prosecco and house wine

Feature:

Freshly shucked oyster; sashimi & sushi, roast carving station, ABC signature Hainan Chicken station, homemade Dim Sum, Chef Singh's Indian curry and more

Please call the Four Peaks Restaurant at 2553 3422 to reserve a table

Bring Your Own Bottle (Every Monday & Tuesday at Four Peaks Restaurant)

NO CORKAGE FEE
(maximum 2 bottles per table)



Homemade Udon Station

Every Sunday afternoon 12:00-2:30pm at Patio

手打烏冬,拉麵站

Homemade Udon or Ramen with Salad bar \$80

Only U-Don or Ramen \$58

(Wok fried or with soup)



\$10 Dollar Oyster

Every Wednesday Evening at Four Peaks Restaurant

Evening Wednesday evening at Four Peaks Restaurant

Freshly shucked import oysters at \$10 each

Served with homemade mango salsa, tomato salsa and shallot vinaigrette or just on its own.

Order as many as you like! Make your reservation now if you would like to take up this offer as a limited number of oysters are available.

GERMAN FOOD PROMOTION

October



Baby Sardines and Romaine Salad

Served with Anchovy Dressing

\$62

Meat Platter with Sauerkraut

\$128

Assorted Sausages with Sauerkraut

*(Nurnberg, Munich Weisswurst, Cheese Krainer,
Chicken Bockwurst, Debrecener & Vienna)*

\$108



Smoked Pork Loin

Served with Röshi Potato, Cheese & Ham

\$118

Roasted Crispy Pork Knuckle

Served with Roasted Potato & Sauerkraut

\$128

Veal Wiener Schnitzel

Served with French Fries & Mixed Salad

\$118

Famous German Cheese Cake

\$42

Black Forest Cake

\$42



BEVERAGE



Wine Tasting Evening

Date: Friday, 15 October 2010

Time: 6:00pm – 8:00pm

Venue: The Galley

Free Admission

- Sauvignon Blanc
Mud House
Marlborough-N Z.
- Chablis Olivier Leflaive-France.
- Pinot Noir Mt. Difficulty Roaring
Meg-NZ.
- La Croix Bonis de Phelan Segur St.
Estephe-France.

and more.....

Wine Tasting & Canapés

You are cordially invited to join our Monthly Wine Tasting Evening. Come taste and purchase from a wide variety of fine wines introduced by our suppliers.

Wine of the Month

Selbach, Dry Riesling 2008 - German

Fresh, appealing nose of apples and citrus with a touch of stony minerality from the slate soil.

By Glass \$ 35.00

By Bottle \$ 160.00



Delas, Cotes du Rhone 2008 - France

Its deep colour has a dark, plum like hue. The nose is classically syrah, with berry fruit, violet, liquorice and spices. It has a full, rounded palate with delicate tannins.



By Glass \$ 35.00

By Bottle \$ 160.00

Beer of the Month



Cocktail of the Month

Water Melon Fizz

Gin, fresh watermelon, liqueur de watermelon, gingle ale,

\$40 per glass

Peachy & Passion Smoothies

Fruit yoghurt, orange juice, passion and peach puree

\$32 per glass



DISCOVER the World of Wines



We invite you to join this trip to discover the world of wines in Aberdeen Boat club where we will experience the different wine regions of the world, while enjoying a beautiful selection of wines from Watson's Wine Cellar.

All this will happen in a friendly environment full of activities, group games and big wine surprises.

The training will be conducted by David Pedrol, who is a recognized WSET teacher with more than 10 years' experience in the wine business.

Coming from a wine growing region, he develops his knowledge from the work in the vineyards to the wine making process in some of the most prestigious wineries in the world. At the moment, he is in charge of Watson's Wine Wholesales from where he will delight us with a fantastic selection of wines.



The course will consist of 3 ninety-minute sessions with a final barbecue party for the participants, family and friends.

14th October - Session 1 (7:30pm – 9:00pm)

- Introduction to wine
- Introduction to wine tasting
- The service of wine
- Identify the key countries and regions for the production of wine and identify the main styles of wine produced

28th October - Session 2 (7:30pm – 9:00pm)

- Professional Responsibility
- Wine tasting II
- Food and wine matching
- Food and wine matching activity

5th November - Session 3 (7:30pm – 9:00pm)

- Review of learning
- Examination
- Big Barbecue Party to celebrate the end of the course

Don't miss this opportunity to enjoy and learn about wines in ABC.



Price for members : \$680 per person. Price for members' guests: \$750 per person
(includes course materials wine tasting and some fine wines, barbecue party with wines)
\$250 per person for only the barbecue party.

Please contact Food and Beverage Manager Colin Fung at 2555 6216 for more information.

DINGHY SAILING ACTIVITIES



HHYC 24 Hour Charity Dinghy Race

This year's Hebe Haven International 24 Hour Charity "Aquathon" takes place on 9th and 10th October. This is one of the best dinghy sailing activities of the year, and ABC has been supporting the event, and sending teams every year. There is still time to get involved - contact Diana Bruce, team co-coordinator at jollyfin@netvigator.com

RHKYC Around the Island Race

Perhaps the highest profile yacht and dinghy race in the region, with over 170 competitors racing around Hong Kong Island. This year the race will take place on 21 November and once again the ABC Laser 2000 fleet will be taking part; those interested should contact Dinghy Sailing Manager Kevin Lewis to book a boat at DinghySailing@abclubhk.com

Supervised Dinghy Sailing

Our new Supervised Sailing Scheme is now underway. Open to both youth and adults, these sessions are designed to offer a reduced cost opportunity to get more practice on the water following the completion of a sailing course. They are also ideal for members who may want to go for a sail, but may not have the confidence to do so alone, or may have forgotten some of the key techniques – or even may feel unsure of how to properly rig their boat. We offer Monday after school and Saturday mornings for younger Optimist sailors, and Tuesday mornings and Saturday afternoons for teenagers and adults. Check our website for full details and available dates or contact Angela at SailingSecretary@abclubhk.com

Adult Laser 2000 Course

Our next 2-day Adult Laser 2000 course takes place on 23rd & 24th October. We particularly recommend these courses, which are an ideal next step after a beginners course, or perfect for those who may not have sailed a dinghy for some time and want a quick refresher. Laser 2000s play a key role in our adult dinghy training and sailing, and here at ABC we think these boats are versatile and rewarding, accessible to those with limited sailing experience but still challenging and exciting when sailed at a higher level. Our previous Laser 2000 course was fully booked and the October course will also likely be very popular, so contact us right away to apply. Full details on our website www.abclubhk.com

ABC OCTOBER 2010 YOUTH SAILING PROGRAMME

Mon 18 October - Fri 29 October



Below we outline our selection of Youth Sailing courses and activities for younger sailors during the October school holidays. We have scheduled 2 weeks of courses to cater for those with different holiday dates. Note that some of these courses are nearly full and only limited spaces remain, so apply soon. Details and all application forms are available on our website, www.abclubhk.com, for further enquiries please contact Angela Ho at SailingSecretary@abclubhk.com.

Week	OCT:	Junior Course	Course	Eligibility	HKS (member)	HKS (Non-member)
1	Mon 18 – Fri 22 Oct AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
	Mon 18 – Fri 22 Oct PM	✓	Sea Lion Optimist Stage 2	Age 7 – 11, hold Optimist Stage 1	800	1,064
	Mon 18 – Fri 22 Oct PM	✓	Sea Lion Optimist Stage 3	Age 7 – 12, hold Optimist Stage 2	800	1,064
	Mon 18 – Fri 22 Oct*		Beginners HKSF Lev 1&2	Age 11 – 18 (Limited places available*)	2,400	3,200
	Mon 18 – Wed 20 Oct		RS Feva Introduction	Age 12 – 18, hold HKSF L2 plus some additional sailing experience	1,440	1,920
	Thur 21 – Fri 22 Oct		RS Feva Gennaker Intro Course	Age 12 – 18, pass RS Feva Intro course	960	1,280
	Mon 18 – Tue 19 Oct		Basic & Intermediate Windsurfing	Age 8 - 18	960	1,280
	Wed 20 – Thur 21 Oct		Advanced Windsurfing	Age 8 – 18, hold basic & intermediate	960	1,280
2	Fri 22 Oct		Windsurfing Practice Day	Age 8 – 18, hold basic & intermediate	480	640
	Mon 25 – Fri 29 Oct AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
	Mon 25 – Fri 29 Oct PM	✓	Sea Lion Optimist Stage 2	Age 7 – 11, hold Optimist Stage 1	800	1,064
	Mon 25 – Fri 29 Oct PM	✓	Sea Lion Optimist Stage 3	Age 7 – 12, hold Optimist Stage 2	800	1,064
	Mon 25 – Fri 29 Oct		Beginners HKSF Lev 1&2	Age 11 - 18	2,400	3,200
	Mon 25 – Wed 27 Oct		3 Day Supervised Practice			
			Topper Pico RS Feva	Age 12 – 18, hold HKSF L2	1,440	1,920



The RS Feva Introduction and Gennaker Sailing Courses

The RS Feva is ABC's newest youth sailing dinghy, and is an ideal step up for those younger sailors who want to sail a modern, high performance race-capable boat. For those

who have passed a beginners course in our Picos, and have also some additional sailing experience, the Feva Introduction course is the next step. Once familiar with the boat students may then take the further "Gennaker" course that introduces the third, downwind Gennaker sail. Things then get very exciting and sailors who are keen can apply to join the successful ABC Feva Racing squad.

The Optimist Junior Sailing Programme

All ABC Optimist courses are all run over 5 half days, usually 5 mornings or 5 afternoons. For younger children we believe a series of half days is more appropriate to keep them interested, and also full days, especially during very hot weather, can be rather tiring for younger children. Our club has invested extensively in development of junior sailing, and actually

subsidises our Optimist programme to keep costs at a very low level – so these courses are the cheapest we offer!

The Junior Scheme involves three basic "stages" that lead to a final Introduction to Racing Course. Stage 1 is the basic first step, and here we focus on helping the children gain confidence in the water and on the dinghy. Boat balance and basic boat controls, together with capsize recovery practice and lots of games aim to stimulate enthusiasm while not loading students down with too much theory.

The stage 2 and 3 courses build on the interest that we hope to have developed in the first course. In stage 2 we expect students to sail single handed in their own boat, while at the end of stage 3 they should be confident enough to sail away from the shore, round a small triangular course and return back to the club safely.



ABC DINGHY & CRUISER CALENDAR 2010



DINGHY		CRUISER
September		
ABC Opening Regatta	4 & 5	Opening Regatta
ABC Dinghy Autumn Races Day 1	5	
ABC Dinghy Autumn Races Day 2	19	
	25	Saturday Series 1
October		
HKSF International Regatta	1, 2 & 3	
	1 & 2	Double Haven Cruise – Sail & Motor
HHYC 24 Hour Charity Dinghy Race	9 & 10	DBYC Middle Island Regatta
	10	Ladies Race (Ladies Helm)
	15 - 17	RHKYC China Coast Regatta
	16	Saturday Series 2
ABC Dinghy Autumn Races Day 3	17	
	24	Waglan 1
	30	Saturday Series 3
	29 - 1	China Cup
ABC Dinghy Autumn Races Day 4	31	
November		
	6	Saturday Series 4
	13 & 14	DBYC Soko Rally (Sail & Motor)
ABC Dinghy Autumn Races Day 5	14	Waglan 2
	20	Saturday Series 5
RHKYC Around The Island Race	21	RHKYC Around The Island Race
HKLCA Laser Class Championships	27 & 28	
	28	Waglan 3
December		
ABC South Side Regatta	4 & 5	Overnight Race
ABC Dinghy Autumn Races Day 6	5	
HKODA Optimist Nationals	11 & 12	
	12	Waglan 4 & 5
	18	Saturday Series 6
	26	Poi Toi Rally

General enquiries / reception		2552 8182	
FAX		2873 2945	
The Galley		2554 9494	
Four Peaks Restaurant		2553 3422	
Middle Island Clubhouse		2812 2086	
General Manager	Philippe de Manny	2553 3231	genman@abclubhk.com
Marketing & Event Manager	Karen Castilho	2552 8182 ext 812	gmsec@abclubhk.com
Membership Services Manager	Cobo Liu	2553 3032	mbs@abclubhk.com
Financial Controller	Leslie Chan	2552 5220	fin@abclubhk.com
House Manager	Steven Ng	2552 8182 ext 835	hsp@abclubhk.com
Marine Manager	Ah Kee	2552 8182 ext 834	marine@abclubhk.com
Dinghy Sailing Manager	Kevin Lewis	2552 8182 ext 833	DinghySailing@abclubhk.com
Sailing Secretary	Angela Ho	2552 8182 ext 836	SailingSecretary@abclubhk.com
Food & Beverage Manager	Colin Fung	2555 6216 ext 817	fnb@abclubhk.com

ABC DINGHY & CRUISER CALENDAR JAN – AUG 2011



	DINGHY	CRUISER
January 2011		
	29 & 30	4 Peaks Race
February 2011		
	3 & 4	Club Cruise – Sail & Motor
	13	Waglan 6
HKLCA Laser Class Port Shelter Regatta	19 & 20	
Inter School Sailing Festival	26 & 27	
	27	Waglan 7
March 2011		
ABC Dinghy Spring Races Day 1	6	
Tri-Club Regatta @ Shelter Cove RHKYC	12 & 13	
	13	Waglan 8
HHYC Spring Dinghy Regatta	19 & 20	
ABC Dinghy Spring Races Day 2	20	
April 2011		
RHKYC Middle Island Regatta	2 & 3	
	3	Waglan 9 & 10
ABC Dinghy Spring Races Day 3	10	Waglan Resail
ABC Dinghy Spring Races Day 4	17	
	21	RHKYC San Fernando Race
	30 & 1	COA Raft Up
May 2011		
ABC Dinghy Spring Races Day 5	1	
	7 & 8	Classic Yacht & Motor Rally
ABC Dinghy Spring Races Day 6	15	
HKSF Festival of Sport Regatta	21 & 22	
	29	Summer 1
June 2011		
ABC Dinghy Summer Races Day 1	5	
	12	Summer 2
ABC Dinghy Summer Races Day 2	26	
July 2011		
	1 & 2	Round Lantau Rally (Sail & Motor)
	3	Weekend Event
	10	Summer 3
ABC Dinghy Summer Races Day 3	17	
	24	Summer 4
ABC Dinghy Summer Races Day 4	31	
August 2011		
	7	Summer 5
ABC Dinghy Summer Races Day 5	14	
	21	Summer 6
ABC Dinghy Summer Races Day 6	28	



HOME WINE DELIVERY

October 2010

Sparkling Wine, White & Red	Bottle \$	Quantity	Amount
Sauvignon Blanc 2009, Mud House-New Zealand Straw pale, Lifted passion fruit, honeysuckle and nettle aromas. Concentrated tropical and citrus notes lead to a perfect finish with crisp mouth-watering acidity.	\$ 100		
Over the shoulder Chardonnay 2008, Oakridge-Australia Pale straw with green hues. Lifted nose of nectarine, white flowers fruit, grapefruit, wet stone and flint. A rich entry filled with white flowers, stone fruit and preserved lemon gives way to subtle struck match all tightly bound with a fine lemon citrus acidity.	\$ 150		
Chablis 'Les Deux Rives' 2008, Olivier Leflaive-France This is an apple-crisp fresh translation of Chablis terroir with a steely refinement. Much tauter than its Côte de Beaune counterparts, precise and beautifully focused, with a lovely crushed shell minerality - beautifully balanced.	\$ 210		
Riesling Qba 2008, Selbach Oster-German Bright, with fresh apple and ripe Riesling notes plus a hint of mineral slate. Crisp, elegant and fairly dry wine with lots of enticing flavour.	\$ 115		
Weissburgunder (Pinot Blanc) Kabinett trocken 2006, Selbach Oster-German Hints of fresh, yellow fruits. Flavours of ripe apricot and quince. Elegant with an attractive finish.	\$ 160		
Roaring Meg Pinot Noir 2008, Mt. Difficulty-New Zealand This wine exhibits a lovely mix of red and black berry fruits with further complexity gained from oak spice. A sweet berry entry which displays these same characters in abundance. Long fruit driven finish.	\$175		
The Gaffer Shiraz 2008, Mr. Riggs-Australia A big, rich, juicy, smooth style of red, finishing with elegance and spice. The nose is delicately perfumed and the palate softened. "The Gaffer" is a flavoursome, fruit-driven, full-bodied Shiraz that is well balanced and assured to please the palate.	\$ 150		
Cetamura Chianti DOCG 2009, Coltibuono-Italy Intense bright ruby red, cherry and blackberry nose, mature wood fruits. Full and well-balanced, with good structure. Pleasant acidity, clean and persistent aftertaste.	\$ 150		
Tres Picos 2007, Borsao-Spain Deep and sweet, cherry red in colour with a hint of purple tones. In the nose, there is a boundless bouquet of mature red fruits with traces of flowers that are typical of the best Garnachas. It is rich and well-structured simultaneously conveying flavours of blackberries, strawberries and tones of leather.	\$ 180		
La Croix Bonis de Phelan Segur 2004, St. Estephe-France Ruby, very attractive blackberry and chocolate character, with just a hint of cedar, following through to a medium body with fine tannins and a delicious finish.	\$ 240		
*Minimum order 12 bottles. Mixed case available			

Member Name: _____ Membership Number: _____

Tel No:(Office) _____ (Home) _____

Delivery Address: _____

Delivery Date: _____ Member Signature: _____

Total amount will be charged to Member's account. Order accepted by mail, fax or in person.

Contact the Food & Beverage Department at 25556216 or Fax: 28732945

Free delivery for order of 12 bottles. Please allow 3 working days for delivery.

All wines are subject to availability



How to solve the Questions of Class

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Waglan

SERIES

2010/2011

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JEBSEN
MARINE

2010

24 October
14 November
28 November
12 December

2011

13 February
27 February
13 March
03 April

Organised by the
Aberdeen Boat Club
www.abclubhk.com