

HORIZONS

The magazine of the Aberdeen Boat Club Ltd

May 2011





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COMMODORE

I trust you all had a good Easter break and enjoyed the festivities put on by the Club during the holiday period. As usual Philippe and the staff prepared well for the third major festival of the year and managed to put on something for everyone. The Easter egg hunt was a treat with the Easter Bunny entertaining all the kids with his or her antics.



We now look forward to the next major sailing event of the year, the Classic Yacht Rally to be held over the weekend of 7 and 8 May. This event is unique to ABC and has become a very popular and well supported weekend in the few short years since its inception. The Rally attracts some grand and wonderful boats from days gone by and provides an opportunity for those who enjoy the more

traditional side of sailing to get together and exchange a few sailing tales over a cold beer. The party will be held in Tai Tam Bay on the Saturday night with the Club providing ferry service in the anchorage and a hearty breakfast before the Sunday race.

We are in the process of giving our Horizons magazine a makeover to make it a more informative and attractive publication. I am pleased to report that Committee Member Peter Wheeler has taken on the responsibility of Editor and will be looking to introduce some new ideas over the coming months. The magazine has already come a long way since it was a simple four-page broadsheet some years ago. I would like to take this opportunity to thank Karen Castilho for all her work on Horizons over the last few years.

Best wishes for a good summer wherever you plan to be.

Barry Hill

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GENERAL MANAGER



Dear Members,

April was an extremely busy month and despite somewhat inclement weather conditions for Good Friday and Easter Saturday and members going away, we closed the month with record visits in the Club. I thank you very much for supporting the Club so well this month.

Congratulations to Ms. Cherish Mak who won the silent charity auction and the enormous Easter egg. All proceeds will go to the Japanese earthquake relief efforts of the Red Cross.

Also a great effort from Steven in organising the traditional Easter egg race on Middle Island, with the respective victories of the Carmichael and Johnson families, winning our first prize, the giant Rooster, and second prize, the enormous Rabbit.



Family Carmichael



Family Johnson

Our F&B Manager, Colin, has now left us for Maui and the appointment of a new Food and Beverage Manager is imminent. We have received 75 applications, with four excellent candidates selected for the final interview. I hope to be able to introduce our new department head to you shortly.

We had two departures in the food area of our F&B department last month: Patrick, who used to be a captain in the Four Peaks restaurant, and Sabita, our Waglan Bar waitress. We wish them both every success in their new ventures.

The Waglan Series has closed on 1 May, with a re-sail date planned after having to abandon the race on 3 April due to lack of wind. A full report of the series will appear in the next issue.

Meanwhile, Waglan Eight, which was not covered last month due to lack of space in Horizons, saw the glorious victory in HKPN of our Club J/80s, "FG3" skippered by Stephen Davies and Elaine Morgan, and "Jailbreaker" skippered by Michael Tsui, beating on corrected time "Elektra" our IRC leader and "Kei Lun" the previous 2nd mini series leader. This latest "FG3" victory has put her on top of the HKPN 2nd mini series. Therefore, results in the last two races of the year will be crucial for this year's title. All updated results can be seen on the race web page on our website.

The seventh running of the Classic Yacht Rally is on the 7th and 8th this month. If you wish to see the start of the race, you may go to Stanley either at the Hong Kong Maritime Museum pier or at St. Stephen's beach pier. The start on Saturday is at 15:00 and if you get there by 14:30, all the participants will be making circles around the bay, which will give you and the rest of Hong Kong an opportunity to see some the oldest yachts in Hong Kong – not a usual show and definitely a great spectacle. If you want to know more about the yachts, check the race webpage on our Club website.

While on the cruiser news topic, I am glad to report to you that our Summer Series, nicknamed the Restaurant Series, is about to start in June and has been generously sponsored by ASC Fine Wines. ASC has also proposed some great takeaway ideas for your boat outings this summer, which include a bottle of wine, two glasses and a pack of superb air-dried ham. Details of this promotion can be found on Page 15 in this Horizons issue.

Still on Marine, we have recently witnessed boats using our pontoon displaying the Club label but not being related to any members. This happens when members sell their boat but do not inform us. Sadly, this behaviour has forced us to look at a new policy to be put in place by this summer. We will require all members with a boat (including sailing yachts) to apply for a yearly label, or access to our pontoon will not be granted. This new system will follow the car parking label principle and entail an annual HK\$200 charge (more on this in the next issue of Horizons).

The last issue this month in Marine which needs serious attention is the boat storage on Middle Island. The space there is becoming increasingly problematic. The reason behind this is not only due to the increase in our dinghy sailing activities, but also because of members having up

to four vessels stored without prior Club agreement, and members abandoning their boat or putting their boat on Middle Island against management's decision. This is forcing us again to take action to improve the situation and again every member with a property on the Island will have to apply for agreement for this property to be on the premises with permission to be granted by the Committee. There will be more on this new policy in the next issue of Horizons when all the details are confirmed.

The typhoon season will be upon us soon and I would like to remind our members that when the typhoon signal number eight is hoisted, the Club closes immediately. Since it takes two hours for the Club to resume full activity from the time a signal number 8 is lowered, should this happen after 6:00 pm the Club will remain closed until the next morning.

Have a merry month of May!

Philippe de Manny

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EASTER AT ABC



MEET RORY GODMAN -

our new Coach



Revelling as we were in the steady winds which Kevin Lewis kindly organised for the Southside Regatta in December, it was clear to all that there was more wind on one side of the course. Despite that, the few canny sailors who went way over the other side seemed to have the advantage. It was not until our new Dinghy Coach, Rory Goodman, had a quiet word with me that I realised that a strong current was the unseen devil that was toying with the inexperienced sailors like myself.

The arrival of Rory on the ABC dinghy scene is a huge boost for all current and aspirant ABC dinghy sailors. Rory is very well qualified for the role with a range of certificates including NZ Yachting Association basic and racing instructor skills, coaching certificate, regatta racing certificate, and safety boat endorsement. So you can be sure that you are in good hands.

He is also a dab hand at all things practical on the maritime front, able to tie complicated looking running splices or restore a cracked centreboard in the wink of an eye.

Rory hails from New Zealand, which we all promise not to hold against him. He has a long and distinguished dinghy racing career and was the Otago Yachting Person of the year for 2006, 2007 and 2008. He has sailed competitively in countless national and international events in a wide range of boats including Sunbursts, Starlings, Hobies and 49ers. He was also a pretty distinguished

rugby player but we can leave further discussion of this aspect for the Club Bar.

Rory's love of sailing competitively is equaled only by his love of coaching and helping others to appreciate the joy of sailing, whether it be with a view to becoming the next Oppie champion or with a view merely to casual sailing when the winds are fair and the sun is shining. His easygoing charm but firm manner is ideally suited to his role as Head Coach.

Rory is keen as mustard to get as many of you and your children into sailing as he can. The ABC now offers a wide range of sail training opportunities at all levels and the number of sailors going through courses with the Club is very much on the increase all the time.

Rory would love to hear from you so please don't hesitate to drop him an email at dinghycoach@abclubhk.com or give him a call via 2552 8182.

Written by Simon Milne

2011 DINGHY SPRING SERIES RACEDAY 4



In foggy, overcast and light wind conditions, ten competitors nonetheless joined the racing - five in Open Division (a 29er, a 2000, two Fevas and an ageing Enterprise) and five in OP Division.

Windward-leeward Course 4 (modified) was set for both divisions, in between Round Island and Ocean Park, giving the best opportunity for some breeze. The OP course ran on buoys set inside the Open course. Wind was generally from south to south-south though veered and backed quite a bit. Rory Godman was Race Officer.

At the warning signal for the first race there was a respectable light breeze but this slowed by soon after the 2.30pm start and the boats with patience did best. The 29er went off looking for breeze near Ocean Park and found it, but by the time they got back to the first mark those who had tacked up the middle on shifts were better rewarded. Despite the light wind, John and Ivy rigged with the larger 29er XX rig (as chosen for the 2016 Rio Olympics) flew along and even had to use the trapeze.

Due to relatively slow speeds on the longish course the RO shortened course at the C mark, ensuring all boats received a finish.

The OPs were well sailed generally up the middle of the course in both races, and Gordon, Yann and Julian kept very

close right to the finish, keeping up well with the middle of the Open fleet, with Russel not far behind, while Matthew scored OCS on the short start line.

The wind picked up part way through the second race and a heavy rain squall hit the fleet on the second leg, causing the RO to again shorten at the C mark, not before a number of capsize and retirements. All OPs survived, but only two from Open Division! All back safely by around 4:30pm. John and Ivy in the 29er in Open Division and Gordon in the OP took the Race 1 line honours, while Yann's OP took the gun in the second race.

Results:

Open Division

Race 1:	1. Berry (Enterprise)
	2. Brandon Tang (Feva)
	3. John & Ivy (29er)
Race 2:	1. Brandon
	2. Berry

Optimists

Race 1:	1. Gordon Mason
	2. Yann
	3. Julian Kan
Race 2:	1. Yann
	2. Gordon
	3. Matthew Wright

SERIES OVERVIEW

We are now well into our Spring racing open series with 8 down and 4 to go.

Race 1 and Race 2 were held on March 6th. Aymeric and Isabel Tulloch from the RHKYC led the way in the first race in an RS Feva, with Patrick and Diana coasting in second in their beautiful wooden Enterprise. Peter Simpson raced an RS500 with Louis to get line honours. Peter and Louis are, I believe, off to the RS500 Worlds soon and they are training hard under Rory's eagle eye. Rory, for those who have not met him, is our excellent new dinghy coach. Peter and Louis won the second race with veteran racer Justin Tse in a 29er coming second and taking line honours. Justin always makes a fine sight as he races by with bandanna flying. A beer or two before the race and you could easily mistake him for a pirate on the high seas chasing down a passing galleon. Tally ho Justin!

Races 3 and 4 were scheduled for March 20th. A nice teaser of a breeze sprang up at lunch time and a course was set. However, as we were about to start, the wind swung round so that the upwind leg became downwind. Sailors meandered about in confusion for a while but the wind put us out of our misery by dying entirely. Racing was cancelled and we were towed at speed back to the Club for a beer or a Sprite, as age allowed. Always an exercise in concentration being towed back - do try it if you haven't already, it makes surfing seem relaxing.

Races 5 and 6 were Bruce fests. Patrick and Diana Bruce carried away both races in their ever shining Enterprise with its magnificent blue sails (or more accurately the

Enterprise carried Patrick and Diana away). She (the Enterprise, I mean of course!) may be something of a grande dame but she still wins in the beauty stakes and can more than hold her own in the racing. John and Ivy swept away with line honours in their hardworking 29er. Peter and Louis came, respectively, second and third in the first and second races in the RS500.

Races 7 and 8 were Berry festivals with John in his Enterprise taking first spot in Race 7 and second spot and line honours in Race 8. Brandon Tang, however, kept John on his toes in an RS Feva, taking second place in Race 7 and first place in Race 8. John and Ivy took line honours in their 29er in Race 7.

So there you have it. Quite a potpourri of results with lots of different winners. All sailors of whatever ability are warmly encouraged to come and have a go at racing with us. They are generally a very pleasant and stress free affair (you'd be on your own if you wanted a protest hearing) and a wonderful entrée to the world of racing. You could go on from there to win the Worlds, if you wanted to, that is.

Series placings overview to date:

Open: 1. Peter S

2. Bruces; Brandon

OP: 1. Yann

2. Russell

3. Matthew

4. Gordon



RS500 TEAM ENTERS WORLD CHAMPIONSHIPS



In 2008, ABC was the first club in Hong Kong to obtain an RS500 Dinghy, and since then this boat has inspired our sailors to reach the top level of high performance competitive dinghy sailing. In 2010 one crew from Hong Kong, ABC members Justin Tse and Will Stevens, competed in the RS500 World Championships in Holland where they performed extremely well, finishing 15th. This year we have four sailors who will attend the Worlds, three of which are ABC members: Justin Tse, Peter Simpson and Louis Bond Smith. They will be joined by RHKYC member Lars Schakade.

This year the Worlds will be held in Weymouth, England, in August, and we are now planning the logistics of supporting our sailors. While they have all entered as individuals, they are currently training as part of the ABC Dinghy Team. This is a really exciting and ground breaking venture for our club, something very new and challenging and we are hoping for support from ABC and its members. Apart from the time involved in training and preparation, it's obviously an expensive venture for all the families involved. If you think you can help, we are currently seeking sponsors to ease the financial burden on our sailors – get in touch with either Rory or one of the sailors directly if you would like to support them.

We will be publishing regular updates and running a dedicated web page to follow the team. The Worlds take place 15 – 20 August and more information is available at www.irsca.rssailing.net/rs500/worlds2011/



ABC SUMMER 2011 YOUTH SAILING PROGRAMME

Fri 1 July – Wed 31 August

Following hot on the heels of ABC's most successful Easter Programme ever, we now announce our selection of Youth Sailing courses and activities for younger sailors during the summer school holidays. Often, members are late to sign up and we encourage you to apply early, at least three weeks before the course, to ensure you get spaces, particularly on popular courses. Details and all application forms are available on our website, www.abclubhk.com. For further enquiries please contact Angela Ho at SailingSecretary@abclubhk.com.

JULY Week	Junior Course	Course	Eligibility	Cost HK\$ (Member / Non-member)	
Fri 1 July		Sailing Trip	Youth & Adult, hold HKSF L2 or equivalent	480	640
Sat 2, Sat 9 & Sun 10 July		Assistant Instructor Course	Youth & Adult, hold HKSF L3 or equivalent	1,440	1,920
1 Mon 4 – Fri 8 July AM	✓	Optimist Stage 1	Age 7 – 11	800	1,064
Mon 4 – Fri 8 July PM	✓	Optimist Stage 2	Age 7 – 11, hold Optimist Stage 1	800	1,064
Mon 4 – Fri 8 July PM	✓	Optimist Race Course & Team Training	Age 7 – 14, hold Optimist Stage 3	800	1,064
Mon 4 – Fri 8 July		Improver HKSF Lev 3	Age 12 – 18, hold HKSF L2 for at least 1 year	2,400	3,200
Mon 4 – Wed 6 July		RS Feva Introduction	Age 12 – 18, hold HKSF L2 plus some additional sailing experience	1,440	1,920
Thur 7 – Sat 9 July		Laser Intro Course	Youth & Adult, Pass HKSF L2	1,440	1,920
2 Mon 11 – Fri 15 July AM	✓	Optimist Stage 1	Age 7 – 11	800	1,064
Mon 11 – Fri 15 July PM	✓	Optimist Stage 3	Age 7 – 12, hold Optimist Stage 2	800	1,064
Mon 11 – Fri 15 July		Beginners HKSF Lev 1&2	Age 11 - 18	2,400	3,200
Mon 11 – Fri 15 July		Water Sports Week	Age 8 – 18	2,400	3,200
Mon 11 – Tue 12 July		Basic & Intermediate Windsurfing	Age 8 - 18	960	1,280
Wed 13 – Thur 14 July		Advanced Windsurfing	Age 8 – 18, hold basic & intermediate	960	1,280
Fri 15 July		Windsurfing Practice Day	Age 8 – 18, hold basic & intermediate	480	640
3 Mon 18 – Fri 22 July		Beginners HKSF Lev 1&2	Age 11 - 18	2,400	3,200
Wed 20 – Fri 22 July		3 day Supervised Practice Topper Pico RS Feva	Age 12 – 18, hold HKSF L2	1,440	1,920
4 Mon 25 – Fri 29 July		ABC High Performance Race Training	Age 12 – 18, pass HKSF L4	1,600	2,128
AUGUST	Junior Course	Course	Eligibility	Cost HK\$ (Member / Non-member)	
5 Mon 1 – Fri 5 Aug	✓	Optimist Race Course	Age 7 – 14, hold Optimist Stage 3	1,600	2,128
6 Mon 8 – Fri 12 Aug AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
Mon 8 – Fri 12 Aug PM	✓	Sea Lion Optimist Stage 2	Age 7 – 11, hold Optimist Stage 1	800	1,064
7 Mon 15 – Fri 19 Aug AM	✓	Optimist Stage 1	Age 7 – 11	800	1,064
Mon 15 – Fri 19 Aug PM	✓	Optimist Stage 3	Age 7 – 12, hold Optimist Stage 2	800	1,064
Mon 15 – Fri 19 Aug		Beginners HKSF Lev 1&2	Age 11 - 18	2,400	3,200
Mon 15 – Wed 17 Aug		RS Feva Introduction	Age 12 – 18, hold HKSF L2 plus some additional sailing experience	1,440	1,920
Mon 15 – Wed 17 Aug		Laser Intro Course	Youth & Adult, pass HKSF L2	1,440	1,920
Thur 18 – Fri 19 Aug		2 Day Supervised Practice Topper Pico RS Feva	Age 12 – 18, hold HKSF L2	960	1,280
Thur 18 – Fri 19 Aug		RS Feva Gennaker Intro Course	Age 12 – 18, pass RS Feva Intro course	960	1,280
8 Mon 22 – Fri 26 Aug AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
Mon 22 – Fri 26 Aug PM	✓	Sea Lion Optimist Stage 2	Age 7 – 11, hold Optimist Stage 1	800	1,064
9 Sat 27 – Wed 31 Aug AM	✓	Sea Lion Optimist Stage 1	Age 7 – 11	800	1,064
Sat 27 – Wed 31 Aug PM	✓	Sea Lion Optimist Stage 3	Age 7 – 12, hold Optimist Stage 2	800	1,064
Sat 27 – Wed 31 Aug		Beginners HKSF Lev 1&2	Age 11 – 18	2,400	3,200
Sat 27 – Wed 31 Aug		Improvers HKSF Lev 3	Age 12 – 18, hold HKSF L2 for at least 1 year	2,400	3,200
Mon 29 – Wed 31 Aug		3 Day Supervised Practice Topper Pico RS Feva	Age 12 – 18, hold HKSF L2	1,440	1,920

J/80s AT ABERDEEN BOAT CLUB

The J/80 is a versatile 26-foot keelboat with a recently established class of over 20 boats in Hong Kong. Designed to appeal to those wanting a performance boat, as well as dinghy sailors stepping up to a keelboat for the first time, big boat racers seeking a more “hands on” experience, and day-sailors keen to cruise the waters around Hong Kong. ABC now has two of these yachts available for charter to club members, and we are also introducing a formal keelboat training scheme, as outlined below.



The J/80 for experienced yacht sailors

(ABC Members only)

There are already a number of experienced yacht sailors at our club, and we offer two ways for them to become registered to skipper and charter Club J/80s.

For those with substantial and recent keelboat experience we offer a short “Rigging Session & Familiarisation” with an Instructor who will briefly introduce the boat and run through a checklist of essentials every skipper should know. This rigging session will be brief and is offered at no charge. For those who may prefer a longer, more practical introduction, a “Demonstration & Assessment day” is offered and this will involve a practical, on-the-water day practicing basic boat handling and seamanship skills. These options are only open to ABC club members, who may then apply to be added to the J/80 hiring list.

	Rigging Session & Familiarisation	Demonstration & Assessment Day
Suggested minimum pre-course experience	Substantial & recent keelboat experience	Experienced yacht sailors
Content	Checklist of essentials	Practical on-the-water run through
Ability after session	Skipper a small yacht in familiar waters by day	Skipper a small yacht in familiar waters by day
Duration	1 – 3 hours	1 day
ABC Course completion certificate	No	No
May apply to ABC J/80 hiring list	Yes	Yes
Fee per person (members only)	Free of charge	\$560

Hiring an ABC J/80

Our club will maintain an “Approved Hiring List” for J/80 skippers in much the same way as we do for our Dinghy Sailing. Club members who attend the J/80 Rigging Session, Familiarisation Day or Day Skipper course, may apply to be added to the hiring list. The hiring list will specify if the hirer is qualified to use a gennaker, and hirers will be required to sign that they have read and understood the J/80 Safety and Sailing Guidelines. Note that to be added to the list to hire a J/80, you need to hold a Hong Kong PVOL License and supply a copy of this when you fill in the hiring application.

ABC will offer special hiring rates for regattas and reduced rates for certain special events. Full details are available on the J/80 booking form which may be downloaded from the club website.



J/80 Keelboat Courses (for members & non-members)

Aberdeen Boat Club will be offering three specific courses for keelboat sailors. The first stage, our Competent Crew course, follows closely the RYA course syllabus, except that at ABC we require participants to have already passed an HKSF Beginners Dinghy course, or have similar equivalent basic sailing knowledge and experience.

The next step is the Day Skipper, a basic course introducing the essentials for those who want to skipper and be able to charter the boat. Finally, we will be offering 1 day Racing Clinics for those who want to perfect their competitive sailing techniques!

		→	Course		→
			Keelboat Competent Crew	Keelboat Day Skipper	Keelboat Racing Clinic(s)
Suggested minimum pre-course experience			HKSF L2 Dinghy Course or equivalent experience	Competent Crew course / significant experience	Substantial & recent keelboat experience
<div>Keelboat Racing Clinics (1 day each)</div> <div>↑</div> <div>Keelboat Day Skipper Course (3 days)</div> <div>↑</div> <div>Keelboat Day Competent Crew Course</div>	Course Content		Basic seamanship & introduction to helmsmanship	Boat handling, seamanship, basic pilotage & navigation	Racing techniques taught according to the existing experience of participants
	Ability after course		Useful & safe crew member	Skipper a small yacht in familiar waters by day	Race a small yacht in local inshore races & regattas
Duration			3 days	3 days	1 day each
ABC Course completion certificate			Yes	Yes	No
May apply to ABC J/80 hiring list			No	Yes	Yes
Who may apply			Both members and non-members	Both members and non-members	Both members and non-members
Member / non- member course fee per person			\$2,100 / \$2,820	\$2,100 / \$2,820	\$700 / \$940

Other club keelboat activities

As our keelboat programme expands, we will continue to add new activities such as skippered J/80 Charters, organised sailing trips and opportunities to broaden sailing experience with other club members. ABC will also maintain a “crew list” of keen sailors to help skippers find crew. Corporate booking and activities will also be introduced. Don’t miss your chance to sail ABC’s newest boat and be part of Hong Kong’s latest fleet!

Upcoming Courses:

Rigging Session & Familiarisation: 2 May, 6 June

One Day Race Clinic: 7 May 2011

Keelboat Competent Crew Course: 28, 29 May & 4 June

Further details dates are to be found on our website, www.abclubhk.com.

Enquiries may be directed towards our Sailing Secretary at SailingSecretary@abclubhk.com.



MAY REGULAR PROMOTIONS



Seafood Salad \$68
with mussels, clams, scallops,
shrimps and fish

**Carpaccio of Salmon and Tuna
with Blood Orange \$78**

Sautéed Mussels \$78
with saffron cream sauce

Pan-fried Sardines \$118
with capers, olives and anchovies

**Grilled Sea Bass in Vegetable
Consommé \$118**

Roasted Salmon Roll \$128
served with braised lentils

Whole Boston Lobster \$298
poached, grilled or thermidor

Profiteroles \$48

Lai che Jelly \$38



Every Sunday Lunch Time
12:00 noon to 2:30pm
Wok Fried Noodles with Salad Bar \$80
Only Wok Fried Noodles \$58

Noodles
Rice Noodle (Ho Fan), Rice Vermicelli
& Egg Noodle

Choice of ingredients
Beef, Chicken, Squid, Shrimps, Ham,
Bean Sprouts, Spring Onion and Egg



**Taittinger Champagne
Madness**

Happy Champagne Hour at the
Waglan Bar
Two glasses for the price of one

EVERY THURSDAY EVENING
FROM 6:00PM TO 9:00PM
Please call Waglan Bar at 2553 3422
to make sure it's all chilled.

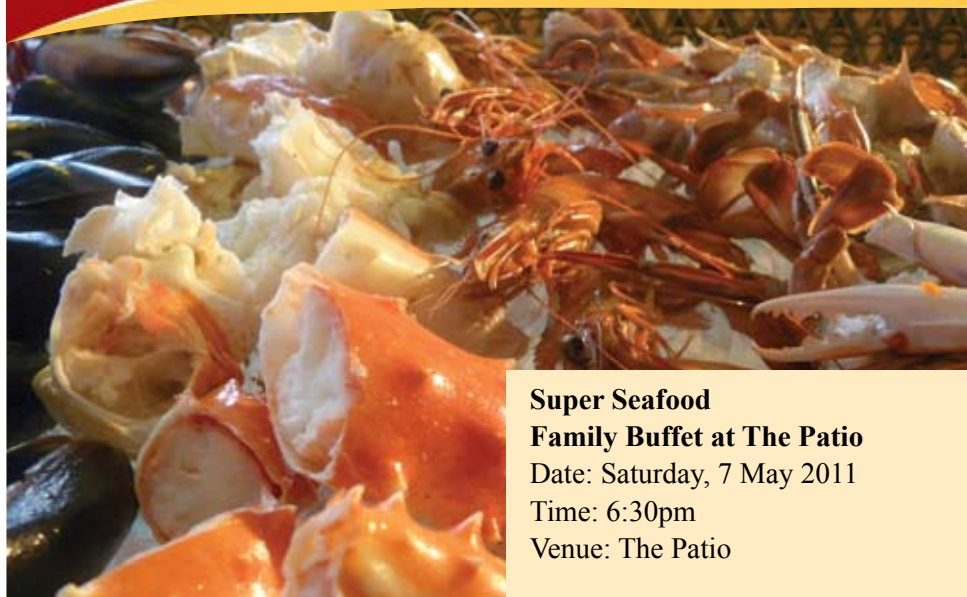


\$10 Oysters are back!
Every Wednesday Evening at Four
Peaks Restaurant

Freshly shucked imported oysters at
\$10 each. Served with homemade
mango salsa, tomato salsa and
shallot vinaigrette or just on their
own.

Order as many as you like. Please
be sure to reserve ahead, as only a
limited number of oysters will be
available otherwise.

SPECIAL PROMOTIONS



Super Seafood Family Buffet at The Patio

Date: Saturday, 7 May 2011

Time: 6:30pm

Venue: The Patio

Eat-All-You-Can Fishmonger
Barbeque Seafood Buffet
Featuring:

- Freshly Shucked Australian Oysters
- Sashimi & Sushi
- King Prawns
- Chili Crab
- Sautéed Clams
- Fresh Sardines and more ...

Adults \$288 and Children \$188
(3-12 yrs)

For reservation please call the Coffee
Shop at 2554 9494

Happy Mother's Day Family Buffet at Four Peaks

Date: Sunday, 8 May 2011

Time: 12:00pm

Venue: The Four Peaks

Eat-All-You-Can International
Buffet

Featuring:

- Freshly Shucked Australian Oysters
- Sashimi & Sushi
- Carving Station
- Homemade Dim Sum
- Chef Singh's Curry
- Homemade Desserts & Cheese

Entertainment:

Polaroid Camera 寶麗萊即影即有相片

Special gift for all Mums

'Make your own cup cake for Mum'

session – Harbour Room 1:30pm-2:15pm

Bouncy Castle in the Children's

Playground 12:00 - 3:00pm

Clown / Magician with Games & Balloon
twisting

Adults \$228 and Children \$128 (3-12 yrs)

For reservation please call the Four Peaks
at 2553 3422



Buddha's Feast Vegetarian Buffet

Tuesday, 10 May 2011

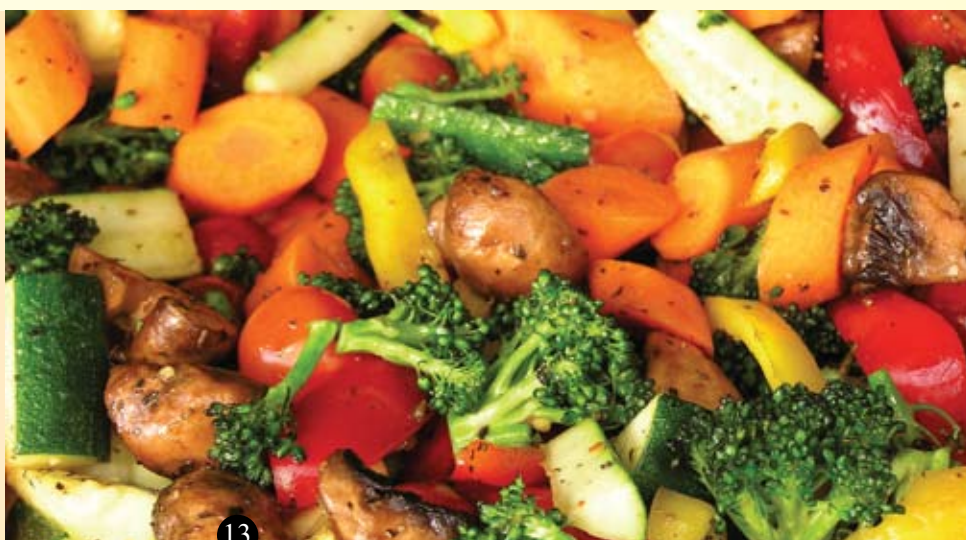
12:00 noon – 3:00pm

佛誕吉祥

Light vegetarian Buffet Lunch at
Four Peaks Restaurant

\$118 per adult

\$68 per child under 12 years





Impress your family and friends with a Prime Rib Roast Dinner

Date: Friday, 13 May 2011

Time: 6:30pm

Venue: The Patio

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

Trademark Grass-fed Australian Beef is known nowadays for its quality consistency in tenderness and flavour. Natural breeding in open fields preserves the original taste of beef as opposed to that of grain-fed methods.

Our regular Prime Rib Roast nights are becoming one of the Club's favourite events. Booking is heartily recommended to avoid any disappointment. Book now with our Coffee Shop staff on 2554 9494 to reserve a table.

Indian Curry Dinner Buffet

Date: Friday, 20 May 2011

Time: 6:30pm

Venue: The Patio

All-you-can-eat Indian Curry Buffet with Salad Bar and Dessert

Only \$128 per adult & \$78 per child under 12 years

For reservation please call the Coffee Shop at 2554 9494



Char-grilled Sausage Night

Date: Saturday, 28 May 2011

Time: 6:30pm

Venue: The Patio

All-you-can-eat International Sausages with Salad Bar

\$168 plus buy 1 get one drink FREE with pre-booking. Plus Splash!

\$88 per child under 12 years

\$208 for walk-in (no booking)

- France: Toulouse
- Germany: Nuremberg
- Austria: Vienna
- Italy: Pepper Sausage
- UK: Cumberland, Bratwurst & Cheddar Bratwurst
- Spain: Chorizo Riojano
- South Africa: Boerewors Sausage
- US: Johnsonville Sausage
- Morocco: Mergues Sausage

For reservation please call the Coffee Shop at 2554 9494



BEVERAGE

Beer of the Month



Cocktail of the Month

ORIGINAL BACARDI MOJITO

Bacardi Superior Rum, Mint Leaves, Vanilla Sugar, Fresh Lime, Soda Water

PEACH AND GINGER MOJITO

Bacardi Superior Rum, Fresh Peach, Mint Leaves, Ginger Root, Vanilla Sugar, Sugar Syrup, Fresh lime, Soda Water

BLACKBERRY MOJITO

Bacardi Superior Rum, Fresh Blackberry, Mint Leaves, Vanilla Sugar, Blackberry Sugar Syrup, Fresh Lime

HK\$32 per glass



Wine of the Month



Wine Tasting Evening

Date: Friday, 13 May 2011

Time: 6:00pm – 8:00pm

Venue: The Galley

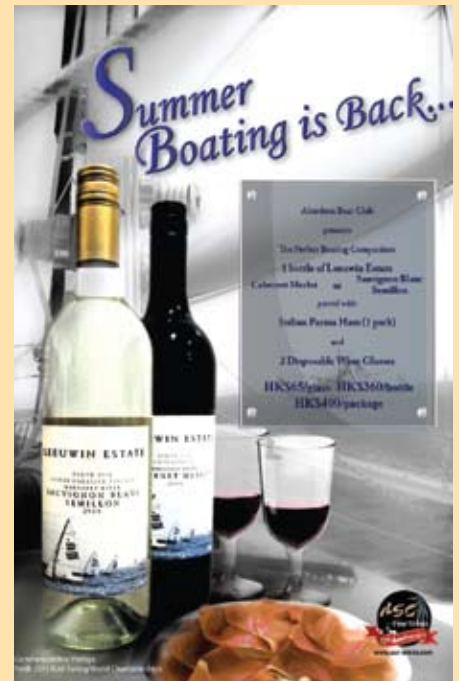
Free Admission

Wine Tasting & Canapés

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

“Limestone Wines”

- Champagne - Audrey Dupois Grande Selection - France
- Sauvignon Blanc Sugarloaf - Tasmania
- Pinot Grigio Sticks Yarra Valley - Australia
- Shiraz Lambloch Estate - Hunter Valley - Australia
- and More ...



SHAVING GRACE



It can be difficult for doctors to live up to their Hippocratic Oath to “do no harm” when dealing with cancer – the treatments can eventually lead to other life-threatening problems. But researchers in Hong Kong are optimistic their work on childhood leukemia will help them tailor treatment to individual needs.

Although there has been greater success in treating blood cancer with drugs such as adriamycin since the 1970's, the high doses used can severely damage other organs. This drug is effective in killing cancer cells, but also damages heart muscle. So after the completion of chemotherapy, some children developed heart failure, and this was sometimes so severe they died from it or required a heart transplant.

To address the issues surrounding cancer drugs, there are presently childhood cancer research projects being conducted in Hong Kong that are monitoring residual leukemia cells in young patients using a process called flow cytometry. The projects analyze thousands of cells every second to detect the sub-microscopic numbers of cancer cells that remain in the blood after a course of treatment. And coupled with “fingerprinting” of the leukemic cell DNA that is unique to the individual, researchers hope to refine the dosage for each patient to achieve optimal results.

Since 2008, the information gained from their testing has been used to customise the treatment of acute lymphoblastic leukemia patients. It will be several years before the new approach can be judged a success – measured in both a reduction in the number of relapses patients suffer and in the serious dire effects they experience.

Results from the study, called Minimal Residual Disease (MRD) and Monitoring of Childhood Acute Lymphoblastic Leukemia, are encouraging. The number of fever or infection episodes experienced by these child patients who are receiving less intensive treatment has fallen.

But such research is costly and lacking any government allocations. Critical funding for the project has come from charitable groups, such as the Children's Cancer Foundation in Hong Kong. One active fundraiser for this Foundation is Richard Kligler who organizes the St. Baldrick's Day Events. The idea behind these events is both fitting and striking; volunteers shave their heads bald in public in solidarity with the children who lose their hair during cancer treatment. In exchange for this sacrifice, the volunteer's family, friends and business colleagues pledge donations toward childhood cancer research.

The inaugural event in Hong Kong was held in 2006. Since that time collectively there have been 13 events with over 630 volunteers shorn and more than HK\$10.5 million raised in donations. In 2010 there were four events including one at the Aberdeen Boat Club. ABC hosted the event on 29 May 2010 and 21 brave volunteers were shorn. Most importantly, over HK\$300,000 was raised in donations. Those donations are helping fund the Minimal Residual Disease and Monitoring of Childhood Acute Lymphoblastic Leukemia.

This year ABC will be hosting the St. Baldrick's Day Event for the third straight year on Saturday, June 11th. You can be a hero to kids with cancer by volunteering to be shaved bald and raising donations for this important cause. For more information, please contact Richard Kligler at rkligler@netvigator.com.



HOME WINE DELIVERY

May 2011

Free
Wine Tasting
13 May 2011
(Friday)
6:00 – 8:00pm
The Galley

Sparkling Wine, White & Red	Bottle \$	Quantity	Amount
Champagne Audrey Dupois Grande Selection NV, Champagne Pale straw in colour, immediately delicate and complex with light floral and white peach aromas balanced by a little aromatic spice. Restrained and elegant fruit on the mouth is underlined by fresh and focussed acidity that fans out to a long and finely tuned finish.	\$360		
Sticks Pinot Grigio 2008, Yarra Valley, Australia Pale straw with a salmon hue. Aromas of pear, white flowers, flint, apple and mineral. Crunchy white pear, honeysuckle, with a fine minerally finish on the palate.	\$125		
Lambloch Estate Chardonnay 2010, Hunter Valley, Australia Chardonnay in a complex and restrained style with fine citrus, green apple and floral aromas supported by subtle creamy oak from partial barrel maturation and aging. Fresh, vibrant and long.	\$165		
Sugarloaf Ridge Sauvignon Blanc 2009, Tasmania, Australia Light straw green. The initial perfume of passion fruit and fresh cut green apples evolves to grapefruit and lemon sherbet scents with lemongrass, freshly washed mescaline salad and peppery watercress, with herbal notes of tarragon and Thai basil. Sweet and sour grapefruit, Thai pomelo and passion fruit greet the palate; mouth-watering tangy mandarin and freshly squeezed orange gives the wine a very agreeable juiciness yet retaining a tightness or lean framework, supported by invigorating lemon and lime acidity and a subtle chalky phenolic.	\$235		
Alpha Domus The Wingwalker Viognier, Hawkes Bay, NZ A delicate & complex aroma of rose petal, lemon balm, peach & mineral notes. Barrel fermentation & yeastless stirring contributes creamy vanilla & toasted brioche characters. Sweet fruit on the palate is supported by a creamy texture. Peach, poached pear and mandarin essence integrate with lychee, ginger & sweet yeasty notes. This is a well balanced wine with fresh acidity & a lingering sweet fruit finish.	\$150		
Sticks Cabernet Sauvignon 2008, Yarra Valley, Australia Bright crimson red with purple hues. Blackberry, mulberry, spice and clove aromas. The palate is of wild berries, chocolate and spice with savoury integrated tannins.	\$125		
Lambloch Estate Shiraz 2009, Hunter Valley, Australia An excellent example of Hunter Valley's medium weight Shiraz. Earthy, spicy, blackberry and fruits complimented by subtle oak and fine grained tannins.	\$185		
Sugarloaf Ridge Pinot Noir 2007, Tasmania, Australia Ruby in colour. Intriguing sweet and sour perfume of tamarillo (tree tomato) and tamarind paste amongst black cherry and dense blueberry, with air, a more lifted perfume of violets and smoky roasted beetroot and sun-dried tomato with balsamic notes, and heady – amongst flinty gun smoke and granite in the background. Lush and juicy mouth caressing palate saturates the senses with dark plum compote and sweet black cherry, yet with vibrant, crunchy, zingy red fruit throughout the mouth heightened by tangy acidity with the piquancy of pomegranate seed, savoury black olive flavours towards the back and fine, powdery tannins with wonderful length and tension.	\$235		
Alpha Domus The Navigator 2007 (Red Bordeaux Blend), Hawkes Bay, NZ A complex aroma of ripe berry fruit, plums, violet, licorice and hints of leather on the nose. Influences of sweet vanilla & toast result from oak barrel fermentation. On the palate, plum & blackberry are supported by clove & spicy notes. Game & leathery characters add complexity. The ripe fruit, sweet oak and firm tannins create a robust, complex wine with excellent length.	\$170		
Alpha Domus The Pilot Rose 2009, Hawkes Bay, NZ Deep pink in colour, with aromas of red berry fruit and subtle pepper spice. Full bodied and vibrant on the palate, with strawberry, raspberry and dark cherry, supported by good acidity. Serve with salads and Asian cuisine.	\$125		
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 2555 6216 or Fax: 2873 2945.

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

All wines are subject to availability.



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Nautic Table



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