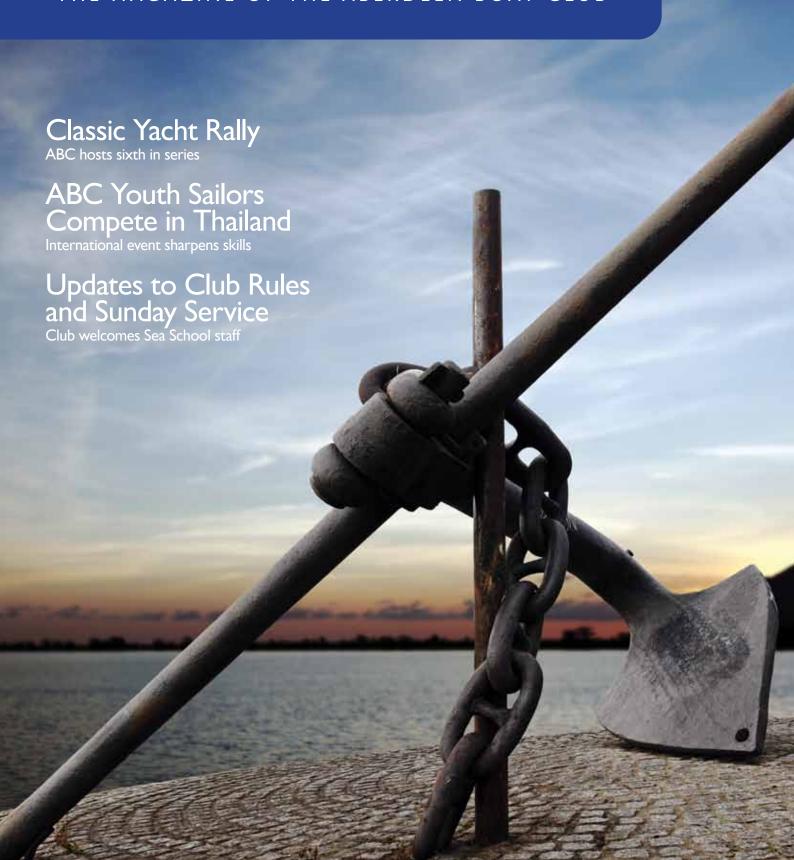


HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB







Looking for investment opportunity?

4/F, Lee Fund Centre, No.31 Wong Chuk Hang Road, H.K. Email: shirley@grea.com.hk C-049044

South Island Industrial & Office Sales / Lease

Developers Designed Agencies

Unit Area:

Typical Unit 1,589'-2,501'

Duplex Unit 773'-1,689'

Penthouse Duplex 2,661'-3,419'

Garden Villa 3,662'-5,173'

The Photographs, images, drawings or sketches of the property shown in this book represent the artist's imaginative impression of the development concerned only. They are not drawn to scale and/or may have been edited and processed with computerised imaging techniques. Prospective purchasers should make reference to the sales brochure for details of the development. The developer also advises purchasers to conduct on-site visit for a better understanding of the development site, its surrounding environment and the public facilities nearby.



Tin Fung Mansion

- 1,610'-17,587'
- Ocean Park View
- High Efficiency and Practical layout
- Potential Redevelopment Project
- High Celing

@3XXX

One Island South



HIGH FIOOI

Ocean park view

At a competitive price

Workshop on Ground Floor, WF on 1/F + 3 Carparks



2,873'-7,830'

- A rare availability
- Walking Distant to MTR
- Among the dense blocks of redevelopments

Negotiable

Harbour Ind Centre



- 1,050'-2,392'
- Nice Seaview
- Dream of a quiet and spacious loft ideal
- Well management
- High Ceiling

4M / 17K

Aberdeen Ind Bldg



Sole Agent

High ceiling

3,150'

- Whole Floor with 3 sides windows
- Excellent location and transport

11M / 28K

E. Wah Ind Bldg



- Close to the coming MTR station
- Nice Decoration
- Seldom Available

@3,200 up

Hing Wai Centre



- 1,064'-6,200'
- Central Air-conditioning
- Nice Full Seaview
- Nice Decoration, Good Investment Choice

@3,200 up

Southmark



- 794'-13,066'
- Efficient commercial space with unobstructed seaview
- Free Shuttle bus and swimming pool facility

4.08 M / @7 up

Fullagar Ind Bldg



- 721'/1,000'/2,000'
 - Private Toilet
 - Right in Aberdeen CTR
 - Amplex cargo lifts

@3,300

Remex Centre



802'-14,429'

- Convenient Location
- Seldom Available
- Practical Layout

3.28M up

Yally Ind Bldg



2,350'-8,400'

- Close to the coming MTR station
- Potential Property and Investor's choice
- Seldom Available

@4,300 up

Perfectech Centre



77,438'

The property is well positioned to capture all day sun and enjoy stretching Southside sea and Ocean Park views while being mere minutes from Central

620M

2873 3600

24 hours hotline

9326 3293 / 9502 9991 Jeff s-130432 | Shirley s-377021

HORIZONS ISSUE 2012/06

P2 From the Top

Commodore's Letter, GM's Letter

P4 Flag Officer's Report

Richard M. Walker, House and Building

P6 Powerboat Update

Azimut, The Moorings

P8 Sailing Update

Salona Yachts

P10 Club Rules Update

P11 "Summer Series" Race Dates

P12 Sunday Food Service Review

P14 Classic Yacht Rally

P18 Sailing Diary, ABC-sponsored Dragon Boat team

P19 Food and Wine Focus: New Zealand

P20 Youth Sailing at the ABC

P24 New Products from the ABC Club Shop

P28 Squid Fishing with the ABC

P30 Gamefishing, Swimming Gala

P34 Classes at the Club

Tel: +852 2973 6159 Copyright: Aberdeen Boat Club Printed by: C.A. Printing Co., Ltd. in Hong Kong ISSN: 2222-9582

Published by:

Editorial Contact:

Ann White ann.white@ppp.com.hk

Advertising Sales Contact:

Jo Allum, jo.allum@ppp.com.hk

Pulsarised by PPV Company Limited. The publication is sold on the undestanding that the publisher, advertises, contribution and their employees are not responsible for the results of any actions, errors or ornasions taken on the basis of information contained in this publication. The publicate, advertises, contributions and their employees expressly declaims all and any labelity to any person, whether a purchaser of the publication or not, in respect of any action or emission or the consequences of any action or consists on by any such person, whether whole or partial, upon the whole or part of the root, conceed by the publication received, 2012 PPP Company Limited. Not and this two sections of the publication. All rights reserved, 2012 PPP Company Limited, but on the two sections of the publication coulding photocopying, exceeding, busing or information storage afteriese, which we written permission of the publisher. Any unsurborised use of this publication will result in immediate legit processing.

PPP Company Ltd Unit 713, Level 7, Core E, Cyberport 3, 100 Cyberport Road, Cyberport, Hong Kong



Aberdeen Boat Club 20 Shum Wan Road Aberdeen, Hong Kong

香港仔遊艇會 香港仔深灣道二十號

Fax no: 2873 2945
General Line: 2552 8183

Flag Officers

David Tait • Vice Commodore

Bruce Perkins • Rear Commodore

Richard Walker • Rear Commodore

Matthew Johnson • Hon. Treasurer (Acting)

Nick Bodnar-Horvath • Hon. Gen. Secretary

Management & Staff

General Manager
Philippe de Manny
Tel: 2553 3231
genman@abclubhk.com

Marketing and Event Manager

PA to General Manager Clora Kong Tel: 2552 8182 Ext 812 gmsec@abclubhk.com

Membership Service Manager

Cobo Liu Tel: 2553 3032 mbs@abclubhk.com

Financial Controller

Leslie Chan
Tel: 2552 5220
fin@abclubhk.com

House Manager

Steven Ng Tel: 2552 8182 Ext 835 hsp@abclubhk.com

Marine Manager

Ah Kee
Tel: 2552 8182 Ext 834
marine@abclubhk.com

Food and Beverage Manager

Tel: 2552 8182 fnb@abclubhk.con

Dinghy Sailing Manager

Kevin Lewis Tel: 2552 8182 Ext 833 dinghysailing@abclubhk.com

General Enquiries

The Galley Tel: 2554 9494

Four Peaks Restaurant

Tel: 2553 3422

Commodore's Letter

nother busy month at the Club with weather warming up and our facilities getting busier. Activities on the sailing front have kept sailors and staff fully occupied. Our Optimist team competing in the Thai Nationals performed well and gained experience in the competitive 100+ strong fleet, and all enjoyed the experience. The next event outside our regular racing will be our annual visit to the Macau Yacht Sailing Academy Regatta, to be held at Hac Sa on Coloane. Following this, the club will support our keen and able teams selected for the ISAF Worlds in Ireland, and the 29er Worlds in Germany.

For cruisers, the Classic Yacht Rally, an event for "classic yachts and vintage crew", had a great first day with 15-20 knot winds. However, on the Sunday a thunderstorm/rain squall delayed the start, then caused the wind to drop to near zero, causing an unavoidable abandonment and early BBQ. Further events are the annual prizegiving for cruisers and dinghies, followed by the start of the popular Summer Series races that start at Deep Water Bay and finish at different island seafood restaurants from Po Toi to Lamma and Cheung Chau.

"Our Optimist team competing in the Thai Nationals performed well and gained experience in the competitive 100+ strong fleet, and all enjoyed the experience."

Other events in May included the annual game-fishing challenge between the Mandarin Sport Fishing Club and ABC on 5th May, in which ABC, on Kim Stuart's *Kidusi*, took biggest fish but lost the honours to Mandarins.

New contracts for mooring and hardstanding, which supersede the present contracts, will be sent out shortly to members using these spaces. Revised bye-laws on moorings and hardstanding places will also be promulgated to better define the Club's policies to help us deal more efficiently with our waiting lists.



Best wishes to all for summer.

John Berry Commodore

General Manager's Letter

he Club's Middle Island will soon feature a new style of table and chairs to maximize seating arrangements under our licence from the Home Affairs Department and to improve the venue's look and feel. I will look for a new style for a more modern outdoor setting – definitely without plastic.

One result is the Club's wish to "upcycle" and sell Middle Island's outgoing iron round tables and chairs. These are now sitting in our car park storage, taking needed space. Before we consider taking the drastic step of throwing them away, I would like to know if any of you would like to buy some tables and/or chairs, of course at a very discounted price. To see, feel free to contact me before September.

Still on Middle Island, soon we will renovate the showers and lockers – our target is September, before the Opening Regatta. Nothing drastic, simply a new set of lockers to replace the aging rusting ones and new cubicles and refurbished benches to provide a better feel. This will be done by our in-house team over the summer period while trying to mimimise disturbance, but unavoidably there will be some. We apologise in advance for this.

I cannot reinforce enough the need to have parents supervise their young children. We have had a few issues with children not being found when it is time for the family to leave. While our staff has been very proactive in helping find and return children, this takes away their time



on the floor, especially on Sunday evening. Please be reminded that supervision of children by parents is actually a Club rule and not the duty of our staff.

Fort Lauderdale San Diego Palma Newport Boston Hong Kong Singapore



Brokerage

Charter

Management

New Construction

Crew Placement

northropandjohnson.com



OYSTER 82 ZIG ZAG 82'(25m) :: Oyster UK :: 2007 :: \$4,100,000

Bart Kimman :: Hong Kong :: +852 2815 7712 :: bart.kimman@northropandjohnson.com



SUNREEF 62 62'(19m) :: SUNREEF :: 2011 :: \$1,841,000

DANIEL VOORHEES :: SINGAPORE:: +65-6494 9267 :: daniel.voorhees@nerthropandjohnson.com



TAYANA 58 58'(18m) :: Tayana :: 2008 :: \$755,000
Bart Kimman :: Hong Kong :: +852 2815 7712 :: bart.kimman@northrogandjohnson.com



WARWICK 55 PC 55'(17m) :: Salthouse Boat Builders :: 2001 :: \$650,000 Bill Barrette :: Thailand :: +66 8281 11895 :: bill.barrette@northropandjohnson.com



LA SCALA A MARE 55'(17m) = TAYANA = 1990 = \$424,000

Daniel Voorhees = Singapore = +65 6494 9267 = daniel.voorhees@northropandjohnson.com



KINSS RANSOM OF THE ORIENT 49'(15m) = PROUT CATAMARANS,UK :: 1995 = \$300,000 BART KIMMAN = HONG KONG = +852-2815 7712 :: bart.kimman@worthrepandjohnson.com



MISS SALONA | 42'(13m) = AD BOATS = 2008 = \$197,500
Bart Kimman = Hong Kong = +852 2815 7712 = bart.kimman@northropandjehnson.com



GRANUALLE 45'(14m) = KELSALL = 2006 = \$360,000
Simon Turner = Singapore = +65 9189 4067 = simon.turner@northropandjohnson.com

"Proper attire must be worn in both restaurants – please note that wet clothes and swimsuits in the new indoor coffee shop are not only unacceptable under Club rules but dangerous."

Again addressing parents, proper attire must be worn in both restaurants – please note that wet clothes and swimsuits in the new indoor coffee shop are not only unacceptable under Club rules but dangerous. Please help us to avoid an accident at the counter area, where heavy traffic and hot food over a wet floor can cause a dangerous collision.

All will have noticed the new regulation on use of phones and other electronic devices in the Club. This new rule has been in effect since the General Committee's March meeting. You will find the complete rules on the Club's website and elsewhere in this magazine so let me ask you to familiarise yourself with the details.

Generally speaking, any device can be used in certain areas but must at all times not be in audible mode. If you set your phone or device to vibrate, upon receiving an alert, you may remove yourself to an isolated area where no one will be disturbed by your audible exchange. Examples I can share are near a land line in hallways or in the car park, despite not being stated in the rule. So far, it looks like we have all understood the regulation and I must thank you for your kind attention and for helping us to have had such an easy implementation of the notice.

Lastly, a word on the snooker room usage. Club rules state that you must provide your membership card to obtain the balls from the Waglan bar and return them after usage. Our staff have had some difficulties as many members do not carry their card. I would be most grateful if you could help us avoid these situations by simply carrying and presenting your card. The bye-laws of the Club fully explain the rationale and may be seen on our website, including on the snooker page.

Philippe de Manny

General Manager

Flag Officer's Report

Greetings Members:

he last few months have been a busy time for the House and Buildings Committee (HouseCom). A number of our current decisions will affect members over the coming months (please also see the new club regulations elsewhere in *Horizons*).

The Galley was successfully renovated over earlier in the year, giving members a bright and light place to eat. There remain a few final issues that need to be resolved with the contractor, including the lighting, but full service moves ahead. June brings a new menu, and I encourage you to try the new curries from Chef Yadav.

A mini-review of service, particularly focusing on the busier times, has been undertaken following the relaunch of the Galley, to ensure members continue to receive a good standard of service. One result of this mini-review is that takeaway orders will no longer be available to members on Sundays and Public Holidays between 5 pm and 8 pm, unless ordered before 4 pm.

The car park is in need of urgent repair. Over the summer and through the autumn, parts of the car park must be closed to replace a number of concrete slabs that have deteriorated. While the Club will attempt to ensure that disruption is kept to the minimum, it is likely that members will not be able to park on some occasions.

Horizons has now been published on the Club's behalf by PPP for a year. HouseCom has been pleased with this new arrangement, receiving positive comments from many quarters, and Horizons is now seen as one of the best club magazines in Hong Kong. In May Ann White was appointed by PPP as Horizons' new editor. I'd like to formally welcome Ann on board. Horizons is always interested in hearing your ideas for articles, so please don't be shy in contacting Ann at ann.white@ppp.com.hk

Summer is around the corner now. If you are travelling out of Hong Kong we wish you enjoyable and safe journeys. If you are staying in Hong Kong we look forward to welcoming you at the Club.



Richard M. WalkerRear Commodore – House and Building

Asia Boating Limited (HK) 8 Shum Wan Rd, Aberdeen, Hon Tel: 25729212 Fax: 25726033 info@asia-boating.com www.

1/F Annex Bldg, Aberdeen Marina Club, 8 Shum Wan Rd, Aberdeen, Hong Kong. Tel: 25729212 Fax: 25726033 info@asia-boating.com www.asia-boating.com

A

Astondoa yachts, building high quality yachts since 1916





Astondoa 76' GLX, exceptionally wide for its length. Its fresh new interior design and special features give right concentration of tradition and technology.







Astondoa 44' flybridge, stylish design comes with 3 cabin layout for greater accommodation. Designed for convenient space distribution and ease of handling.

Astondoa Model Range: Flybridge Yachts: 44', 47', 50', 55', 62'. Motor yachts & Mega yachts Range: 66', 72', 76', 82', 96', 102', 106', 114', 122', 150' steel

Open yacht Range: 40' open, 43' open, 53' open, 55' open and 67' open



Karnic boats, High Quality European built, with 10 years hull warranty







Karnic 2760, Length: 9.15m. Spacious built with traditional wisdom with all needed details, can be a day cruiser or a weekender with sleeping space for 4 adults.

Karnic models range from 18' to 30' cruisers

Used boats for sale, more boats on www.asia-boating.com



Rinker 40', 2007 built in USA contact us for price



Cranchi 50', 2009 built in Italy contact us for price



Princess 76', 2006 built in U.K. contact us for price

Visit our website for more details: www.asia-boating.com, email: info@asia-boating.com contact person: Mr. Baggy Sartape 64087791.



Azimut-Benetti Group Picks Up Environmental and Safety Awards Mega-Yacht Sales Boom in China

he Azimut-Benetti Group has become the world's first private boating company to receive Italy's "Company Award for Safety" in the high-risk category, awarded to companies with 250 or more employees. The Azimut-Benetti Group was the first recipient of the company award, representing the company's "major" contribution to "spreading a culture of safety" throughout the entire Italian manufacturing industry.

The Group's Paolo Vitelli company was awarded the "Company Award for Safety" by Italy's Confindustria and INAIL for its safety and liability measures. The company recently earned the BS OHSAS 18001 certification for Occupational Health and Safety.

Winners were announced in Rome at a conference organised by Confindustria in collaboration with INAIL, Italy's Labour Minister Elsa Fornero, Confindustria President Emma Marcegaglia, and trade union associations.

Environmental Friendliness

The Azimut Magellano 50, part of the Azimut Magellano collection, was noted for its high level of environmental friendliness as it was crowned winner of the prestigious "2011 Environmental Award" by the Union Internationale Motonautique (UIM). The award jury recognised Magellano 50's innovation and the extensive technology it employs

to benefit the environment and the boat owner. The UIM, the international governing body of power boating based in Monaco, has been paying special attention to the environment in recent years by promoting issues, activities, and competitions to respect the environment.

UIM President Dr. Raffaele Chiulli presented the official awards to the engineer Francesco Ansalone, Marketing Director of Azimut Benetti Group, during a February gala ceremony in Monte Carlo, Monaco.

Azimut in China and Hong Kong

Some 43 years after its founding, the Azimut-Benetti Group owns nine shipyards in Italy, one in Turkey and one in Brazil, and operates in 68 countries, including in China since 2007. Its yachts were recently exhibited at the Hainan Rendez-Vous boat show. At its booth, the largest in the exhibition, seven different models were on show, including three models premiering in China: the Azimut 64, Azimut 88 and Delfino '93 Benetti. The entire fleet was sold at the show.

The Azimut 64 was purchased off-plan last year as a stylish evolution with enhanced safety features and layout based on the Azimut 62. The Azimut 88 features a square-shaped saloon that can be combined with the dining area to create a private, loft-

style living area completely set apart from the crew. The Delfino '93 exterior lines include large areas of uninterrupted windows for breathtaking water views from different locations. For the first time in a boat this size, the display yacht has an RGB white lighting system with LED fixtures both inside and out.

Some 43 years after its founding, the Azimut-Benetti Group owns nine shipyards in Italy, one in Turkey and one in Brazil, and operates in 68 countries, including in China since 2007.

In August 2011, Benetti founded Benetti Asia Co. Ltd. in Hong Kong to support sales and after-sale assistance and services for its Atlantis, Azimut, Azimut Grande and Benetti brands. Azimut (Shanghai) Trading Co. Ltd., a wholly owned company, opened in November 2011.

The Azimut-Benetti Group was recently awarded first place for the 13th time in the Global Order Book, the yearly ranking of leading international boat manufacturers compiled by *ShowBoats International*, a U.S. magazine.

China Boating magazine included 10 Azimut yachts among its list of the top 30 luxury yachts, and China Yachting magazine awarded its "Biggest Motor Yacht Sales" to Azimut 120SL, the largest boat ever sold in China (2011).

For more information on Azimut's range of yachts, visit their Hong Kong dealer, www.simpsonmarine.com or the Azimut website, www.azimutyachts.com



Interactive Website from The Moorings Offers Yacht Holiday Planning Tools

his spring, Australian yacht charter company The Moorings launched its interactive website, to enable boating enthusiasts to review and personalise holidays from among its "bareboat" sailing, power and crewed yacht product lines. The Moorings offerings include sail-it-yourself yachts, all-inclusive luxury private yacht charter with a skipper and chef, and power yacht holidays.

Operating more than 25 bases and managing over 600 yachts across Southeast Asia, the South Pacific, the Indian Ocean, the Mediterranean, the Caribbean and North America, The Moorings range opens up a diverse collection of destinations in the world's best cruising grounds.

The new website, Moorings.com, features a comprehensive collection of unique, easy-to-navigate travel tools designed to clarify and simplify the yacht charter vacation-planning experience. The robust site allows interested charterers to review destination details in-depth, including sample itineraries with key points of interest, interactive maps, current weather, and cruising conditions. Crucially, the site provides access to previous charterers' travel notes, customer reviews, and images and videos.

According to Mark Windsor, head of distribution of The Moorings, "We believe that the new site's expanded suite of holiday planning features will make destination exploration easier than ever,

improve the online booking process and deliver an unparalleled travel adventure before the cruising even begins!"

The Moorings provides holidaymakers with an extensive collection of monohull and catamaran yachts that range in size between 32' to 65'. The Moorings website's fleet include technical specifications, interior and exterior photos, virtual tours and cruising areas available for each yacht. The online booking process lets The Moorings customers review the available fleet details, options of extras, food and beverage choices, water sports information and full yacht pricing to plan and finalise a holiday.

To access the site, visit www.moorings.com.au.



New Salona Yacht Presence Delivers Performance and Comfort to Hong Kong

Croatia and noted for its competitive performance sailing yachts, is introducing its yacht line to Asia through the opening of Salona Far East Limited.

Notable features of Salona boats include comfort usually associated with cruising yachts, and a stainless steel frame coupled with a fibreglass shell using vacuum infusion technology. The result, Salona believes, is a higher strength yet lightweight hull structure that offers a superior sailing performance. Salona yachts are fully customisable to optimize an owner's priorities of dynamism, function and luxury.

According to Wolfgang Bern, Salona Far East sales director, Salona has a "simple yet remarkable approach" to boat-making. "We design our range of 34' to 60' boats to match the performance requirements of our

alona, a yacht manufacturer located in customers without reducing any of the comfort associated with luxury cruisers. We know our customers seek us worldwide because they would like to enjoy outstanding racing capabilities and supreme comfort."

> "We had a specific idea in mind when we decided to test the Hong Kong waters," Bern said, noting that the racing culture is well-established in Hong Kong, "as is an appreciation for the elegance that Salona incorporates in

every detail of the boats." Bern added that the Salona concept fit Hong Kong impeccably, allowing full enjoyment of boat performance as well as the significant cruising options Hong Kong offers.

The new Salona 41 IBC (racing version with fully loaded options) was unveiled at the Hong Kong International Boat Show in December. For more details on the Salona range of performance sailing yachts, visit www.salonayachts.com or contact Wolfgang@salona.hk H

Osmo Natural Wood finishes from Germany

smo wood finishes for both indoor and outdoor use are based on natural plant oils and wax. The finish's binding agents penetrate into the wood

Chest Apply Group 1 www.leicht.com.hk Germany High Quality Kitchen | Since Z

Shop No. 201, 2/F. Harbour Centre, 25 Harbour Road, Wanchai, H. lel + 852 2575 8286 | fax + 852 2151 6977

Shanghai

Guangzhou

Shenzhen

Hainan Hangzhou

Macan

Hong

Kong

Club Car Park Labels: restated policy on copied labels and new regulations for guests

Infortunately the Club continues to see a number of photocopied labels in circulation in the car park, despite a note in the April *Horizons* magazine reminding members of the rule against them. To restate, the Club's policy is to issue only one car park label per member, and policy allows a member one car only at a time in the car park. Every copied label found on a car in the Club car park will be removed, and the issue and member details reported to the General Committee for further action.

All members should note that at its April meeting, the Club's General Committee endorsed the following regulation for guest

parking and incorrect display of labels:

All guests of a member wishing to park during the week must be declared at Reception or by advance e-mail, and a guest parking fee of HK\$50 will be charged. The guest will be provided with a visitor sticker to display on the visiting car.

Any member's car lacking a valid parking label or not displaying its Club parking label *prominently (in a place where numbers can be seen)* will be automatically fined HK\$50. Reminder: illegally parked cars whose owners are not identified via the Club's member database will be clamped, and a \$250 charge will be applied for removal.

New Club Rules on Mobile Phones and Electronic Devices

he General Committee agreed in March to amend the Club bye-laws to forbid the use of mobile telephones, phones, pagers and other electronic devices in any part of the Club, unless mobile phones are kept in silent or vibration mode and a conversational exchange takes place in areas next to Club land lines, for example, in hallways or in the car park.

The amended bye-laws also allow iPads, Kindles and similar tablet devices to be used in the Galley, the Waglan Bar and on the ground floor and first-floor patios in silent mode only. From now on, telephones and electronic devices may be used in the second-floor function rooms during periods when they have been booked by a member for a function, or in the car park, or in areas of Middle Island beyond the boatyard barrier gate.

Buoyancy Aids

hen travelling on open-top club workboats, ferries or safety boats, all club staff, members and guests are required to wear the provided buoyancy aids at all times while underway in open water. This does not apply for transfers between ABC MI, SBC MI moorings and RHKYC MI or for transfers within the Aberdeen Typhoon Shelter.

Middle Island Pontoon Allocation for Special Events

uring major Regattas and social events, some or all of the pontoon space at Middle Island shall be designated as reserved for competitors, sponsors or other visitors, at the Sailing Committee's discretion.

During this time members shall be requested to keep all designated pontoons free as required, apart from short-term coming alongside for embarkation/disembarkation.

The General Committee may levy appropriate penalties for improper use of the pontoons.

J/80 Rig Tension Policy

o avoid potential damage to shrouds and masts of the Club's J/80 fleet, hirers will not be allowed to change rig settings during their charter without prior approval from the Sailing and Marine Committee. The J/80s will be offered for charter with their rig tension standardized for optimal performance at a nominal wind speed of 15 knots. Should the charterer wish to request a change in the setting, he or she should contact the Sailing Secretary 24 hours before the hire. Final setting of the rig will be at the absolute discretion of the Sailing and Marine Staff. For those hirers who will race at a high level and wish to modify the rig during a regatta, a short competency course in rig settings will be made available and rig tension will be limited to the parameters prescribed by UK Sales. Details upon application to the Sailing and Marine Committee.

Aberdeen Boat Club Summer Series

he ABC Summer Series, often known as "The Restaurant Series," has six races on summer Sundays from late May to late August, all ending at either the Middle Island Clubhouse or a seafood restaurant on an island (Po Toi is one of the favoured spots). If it is a slow race, sailing boats may even turn on their engines to get there in time! There is an individual prize for each race and an overall trophy for the series winner is presented at the club's annual prize-giving party.

In order to bring more members onto the sailing scene, a special event is planned to round off the season at Middle Island. More news will follow in due course. For full information and rules, see http://www.abclubhk.com/article.aspx?ArticleID=81

2012 Race Dates

Summer Series 1 27 May
Summer Series 2 17 June
Summer Series 3 1 July
Summer Series 4 15 July
Summer Series 5 12 August
Summer Series 6 26 August

NOTICE TO all ABC RACE COMPETITORS Hong Kong performance Number (HKPN)

From 1 June 2012, HKPN will be administered by the Hong Kong Sailing Federation instead of the Cruiser Owners Association. All current handicaps, forms and information are at http://www.sailing.org.hk/HKPN.aspx

PLEASE CHECK HERE FOR YOUR HANDICAP

Changes for boat owners to note are:

- HKPNs will expire after 3 years if not used for racing.
 Reactivation will require a new application (HK\$100).
- PIPS declarations of recent changes that will affect performance before a special race or regatta include significant changes to the hull such as new antifouling. This rule does not apply to races in series.
- J80 personal handicaps are for entrants in races. They are not necessarily the helmspersons.

HKPN handicaps give every regularly raced sailing boat a fair chance to win.

Contact your ABC HKPN representative, Elaine Morgan, morelaine@gmail.com for more details.

yacht insurance? now with offices in Hong Kong and Thailand

Contact our team of experienced professionals to see if we can improve on your existing terms and premiums.

Whether it is a small run-a-round or a mega yacht, live-aboard or a dinghy, we can help you find the best solution for your insurance needs

Please contact

Kevin Overton: Tel (852) 25 858 221/6056 6835

koverton@lambertbrothers.com.hk

Tom Chan: Tel (852) 25 858 218/9400 5100

tchan@lambertbrothers.com.hk

www.lambertbrothers.com.hk





ver the last few months, with an increase in the number of members, on very busy Sunday evenings we have encountered more issues than normal in the food service. It is time to review the way we organise your service, and I have taken some actions that I hope will improve the delivery of the right food to your table in a timely manner.

To start, you will see some unknown faces wearing a different uniform. They are part-time, not full-time staff members, here to deliver food to your table, to clear tables as soon as your meal is finished and take care of water and bread delivery. Most will come from the Hospitality department of the Hong Kong Sea School. They are trained to work in catering on big ships and before beginning their

working life they need placement and practice. They are not on the floor to take orders; this will remain the task of our full time waiters and waitresses who will be assigned a sector and who will direct the parttimers. The kitchen has been

informed and retrained to prepare a full table at once and to not send food as it is prepared. Chef Paul will certainly ensure more control results in better production timing. Saying that, when a steak and kidney pie and a chow fan are ordered by the same table and your faster-to-make chow fan takes 25 minutes to arrive this is just because we had to delay its production to send it at the same time as the pie.

Other action now taken is that on Sundays and holidays, orders coming from the Galley and patio floor will take precedence over takeaway orders. We can fulfill takeaway orders placed before 4 pm and will advise members *IF* Galley orders and time constraints will permit us to accommodate any takeaway orders between 4 pm and 8 pm. We have seen an enormous increase in takeaway orders in the last few months, creating difficulties affecting members visiting the Club. For example, if you come at 6 pm and order food for four people at 6:15 pm with items

that take a long time to cook, you may expect your order to be prepared from 6:20 pm and delivered by 6:45 on a very busy night. If between the time your order is taken and the time the kitchen receives your order, members outside place seven or eight takeaway orders, this pushes your order's preparation time to 6:45pm at the earliest. As you are unaware of the takeaway orders' effect on the kitchen, this creates a discrepancy between your expectations and what we can deliver. This is why I have decided to give priority to members visiting the Club.

Over the years, the coffee shop menu has increased in size. Six years ago we had 80 items on the menu; today we have over 160 coffee-shop menu items. Even with an enlarged kitchen, this is far too much, so I have reduced the summer

menu choices to 120 items. This size remains reasonable and is still larger than most of the menus I have put up over the years except compared to very recently. This reduction will be compensated by added weekly specials for variety.

The other action we have taken to improve the service on Sunday is

the creation of a Middle Island set dinner with proper table setting, as discussed separately in this issue.

After taking you through the reorganisation of the foodand-beverage service, I must also tell you that two training
programs have been sourced to help our staff to better
handle your expectations and needs. The first training is on
English comprehension and speaking, which desperately
need improvement to first understand the menu,
communicate better and give our staff more confidence.
The second training is on extreme service techniques, or
how to cope with a sudden surge of requests. The first will
be conducted by a reputable English-training company that
usually deals with hotel staff training, and the latter will
be conducted by a restaurant manager who used to be in
charge of serving 4000 meals a day on Ibiza beach. Hopefully
this will give our staff better tools to make your Sunday visits
more enjoyable.

You will find in this issue of *Horizons* all the promotions our Food and Beverage team has prepared for you. The main events this month are:

"Training programs have

been sourced to help our

staff to better handle your

expectations and needs."

- 9 June: the annual St. Baldrick's event. Please visit www.stbaldricks.org if you have yet to register as a "shavee" or if you are unfamiliar with this charity that helps find remedies for children's cancer. Or just come to support shavee members on the night. Free canapés.
- 17 June: Father's Day with special gift for all Dads, best look-alike Dad and son competition, Polaroid family picture of the day and for kids with ants in their pants and the one and only ABC bouncy castle in the playground.
- 26 June: The Club will host a South African dinner and guided tasting in collaboration with Northeast Wines and Spirits, and Villiera winery's Cathy Grier Brewer, export and sales director. This very well-known South African winery in the Stellenbosch area has a superb reputation for its sparkling wine, Chenin Blanc and Monro Cepages.
- Every Wednesday after mid-June: the return of the Wednesday oyster night together with the new relaunched dart and satay night.

Have a good month with us.





he ABC's 2012 Classic Yacht Rally is a celebration of older and "classic-looking" craft. While the annual Classic Yacht Rally is open to all boats, those over 25-years old are eligible for the event perpetual trophy. Sailors choose to race or rally by following the appropriate course chosen at the start – boats in the rally division do not have their time taken but can take part in a great cruising weekend with family and friends.

The 2012 event was sponsored by Mr. Au, managing director of Jenfaith Group Ltd, for the third consecutive year. I also thank our race supporters for their generous support, without which this event would not be the same:

- Fragrant Harbour, for its race coverage, poster design and promotion support,
- Fine Vintage (Far East) Ltd. and Carslberg for providing a profusion of wine and beer for the Saturday party and Sunday prize-giving, and
- Ka Wah Shipyard Ltd., Hong Kong Engineering Co, Wing Woo Sail Maker, United Choice Ltd., Sun Hing Shipyard Ltd., Bretter Engineering Ltd. and Wan Marine.

This year, the sixth Classic Yacht Rally since the race was established in 2007, 22 boats entered the event, about the same as the last two years. We were certain to have seen many more entries from Macau if an insurance issue had not precluded them from entering the race. Let's hope that this can be solved for next year. Sadly this year, previous racers *Taipan*, *Naiad*, *Ragamuffin*,

Scheherazade, Camelot, Don Quixote, and Mystic were not available. I really hope all can join in next year as this Classic Yacht Rally is the inheritor of the Taipan Cup, once run by our past Commodore Jon Zinke to give our older boats the chance to meet and sail together.

On a very positive note, the Cheoy Lees were numerous enough to constitute a class of their own, and for the first time ever, the Ruffians came from the RHKYC to compete and share the unique fun and stress-free event in the busy Hong Kong racing calendar.

The fleet was blessed by a gorgeous day on Saturday, and the race and the follow-on party both went very well. The start took place in Stanley Bay, but due to the wind direction and activities at the Stephen Beach sailing centre, we could not really start in front of the Maritime Museum pier as planned. Nevertheless, a good 8 to 9 knots northeasterly wind gave the fleet a good start. The faster Classic and Non-Classic racing boats were sent for a very scenic rounding of Beaufort, followed by the even more beautiful passage of the Beaufort channel between Po Toi and Beaufort (which some people in Government are thinking of filling up with reclamation for more buildings). After rounding Castle Rocks and Chesterman they all finished in Deep Water Bay.

Meanwhile, the Classic cruising fleet, composed of 12 yachts, had all finished its shorter course and was getting into Middle Island for the evening party.

On Sunday, however, the weather could not have been more unfriendly to sailing. At first a big thunderstorm forced the race to be delayed, then of course as is often the case after a storm, the wind was all over the place and weak, finally totally dying.

The committee boat patrolled the whole area in search of the slightest sign of a breeze, followed by all the yachts eager to start that second race. Someone compared the sight to a mother duck followed by her ducklings. Finally a spot outside Round Island providing a mere 5.5 knots of wind created an opportunity to send the fleet away for a race. All starts done and five minutes after the last gun, the flags on the committee boat dropped down, looking like wet socks on a clothes line.

The Farr Side had just rounded the windward mark and, leading the pack, took one hour to get from Chung Hom Kok to Stanley Bay. There was no sign of wind and after trying desperately to save the race there was no other option than to abandon it after two hours of a static race.

The results then were based on the Saturday race results, and prizes and cups given at the post-race barbeque party at Middle Island.

All results can be found on the race webpage of the ABC website, but in short, *Attica*, a 50-year old Cheoy Lee, won the "Oldest Boat" cup and also received the award plaque for the "Most Bristol Fashion" boat in light of its remarkable presentation and upkeep. The ladies on *Triton* won the "most colourful crew" prize for wearing superb Middle Eastern costume at sea and during the parties, providing magnificent belly dancing for the race participants. The *Triton* also won the "best bikini display" prize, but most importantly *Triton* also won the "Cheoy Lee Class Cup."

The "Spirit of the Event" award went to *Brigadoon*, for the brave attempt of the males on that boat to beat the ladies on *Triton* in the bikini display and for their overall fun behaviour.

Scallywag won the "Ruffian Class" Cup, Bucephalus took the "Classic Racing Cup," and Schannuleke won the Classic Cruising Cup.

On the overall race result, Hans Lange and his newly aquired *HanaFe* won the overall non-classic Cup. The great winner of the 2012 Classic Yacht Rally was first-time participant *Schannuleke*, a 35-year old Ruffian skippered by Erwin V. D. Berge.



Villiera Wine Dinner at ABC

Date: Tuesday, 26 June 2012

Venue: The Four Peaks Restaurant

Time: 7:30 pm cocktails,

8 pm dinner

Guest Speaker:

Mrs. Cathy Brewer of Villiera Wine, Stellenbosch, South Africa

Price: \$450 per head, limited seats are available, book now! To reserve, please call 2553 3422

Wine Dinner Menu

Warm Monk Fish with Vegetable Eggplant Puree and Avocado Traditional Brut NV

Porcini Mushroom Soup

Barrell-Fermented Chenin Blanc 2010

Veal Cordon Bleu with Potato Lyonnais Monro 2006

Grilled King Prawns with Angel Hair Pasta

Monro 2006

Lemon Pie

Inspiration Noble Late Harvest Chenin Blanc 2010



Sailing Diary Words by Kevin Lewis

June 9 and 10 Macau International Dinghy Regatta

For the third year, ABC will send a team to join the annual Macau Dinghy Regatta. It's exciting times now in Macau, as the Macau Yacht Sailing Academy has now joined the official Macau Sailing Association, the "Associacao de Vela de Macau". This is a significant step as, after all their hard work, they are now fully recognized and operate out of the official sailing centre on Hac Sa Beach on the southeast side of Coloane Island.

The ABC will send a team of at least 12 sailors, and once again will join with HHYC to send a container of Pico dinghies to enhance the regatta fleet. The Macau Dinghy Regatta is a great fun-oriented family event, with support once again from the Miramar Restaurant and the Westin Hotel which offers a reduced rate to entrants. Big thanks to Geelong Sales for kindly sponsoring the ABC team to cover the cost of transporting our dinghies.

June 16 and 17 HKSF International Regatta

The Hong Kong Sailing Federation runs two large national regattas per year, and once again ABC will send a full team down to their Little Palm Beach sailing centre. It's a big but worthwhile task for us to move dinghies and support to Port Shelter. Although focused on our formal Dinghy Team, Kevin Lewis at dinghycoordinator@abclubhk.com may be able to arrange a club boat for you to sail.

July 12 - 28 ISAF Youth Worlds and 29er Worlds

Two ABC members, Cosmas Grelon and Nathan Bradley, have qualified to represent Hong Kong in the ISAF Youth World Sailing Championships to be held in Dublin, Ireland, in July. This is a significant and remarkable achievement for both the sailors and our club. Four other ABC youth sailors will fly to Germany and join Cosmas and Nathan, and all six sailors will then attend the 29er Worlds, which take place in Germany immediately following the Dublin event. Congratulations and good luck to

all our sailors and thanks to ABC who have agreed to support this exciting development by sending our club race coach, Rory Godman, to both events. We will publish further details nearer the time on the dedicated High Performance Team page on our own website. Further details on both events may be found at www.isafyouthworlds.com and www.29erworlds.org

June - July Cruiser and J/80 Racing

Not forgetting the big-boat sailors, two race series are running. ABC's own Summer Series is looking even more popular than last year, with Summer 2 scheduled for 17 June and Summer 3 on 1 July. We are happy to see a number of J/80s entered in each race, including both ABC owned-craft. Our reciprocal club, Hebe Haven, also launch their premier yacht event, the Typhoon Series, with Typhoon 1 scheduled for 10 June. Further details on www.abclubhk.com and www.hhyc.org.hk

Dinghy Courses

Our Summer Youth Programme, detailed elsewhere in this issue, starts on 2 July and runs throughout the summer. New dates for adult courses are as follows:

Adult Beginner Courses:

July 7, 8, 14, 15, 21 Aug 12, 18, 19, 25, 26 Sept 15, 16, 22, 23, 29

J/80 Competent Crew Course:

Aug 4, 5, 11

I/80 Sailing Trip:

July 2 (Monday public holiday)

Adult Laser 2000 Course:

Sept 15, 16, 22

ABC Team Readies for June and July Dragon Boat Races

Buzz Dragonboating, the ABC-sponsored team, will race over 50 teams at the annual Dragon Boat races at Discovery Bay on June 23 from 9 am – 4 pm. Club members are also welcome to support the ABC team at the Hong Kong International Dragon Boat Race in Victoria Harbour on 2 July and an invitational local fishermen's race on 10 July.

Since 2002, Buzz Dragonboating has trained around the main clubhouse and at Middle Island, where it stores its 10-metre training boat. The team always opens its training season in January/February with a

barbeque and ceremony at Middle Island, ending the season with a few big post-race or practice drinks and parties at the ABC.

The Dragon Boat festival takes place every year on Tuen Ng, the fifth day of the fifth lunar month, and combines traditional elements of a religious occasion with the passion, drama and glory of a sporting event. Teams of 20-22 paddlers power long, narrow boats with detailed dragon heads and tails. Paddlers sit two by two, with a drummer motivating paddlers from the front and a helmsman at the rear.

"Unlike most other expat dragon boat

teams, we're the only non-local team that gets invited to local fishermen races, a testament to our status in the dragon boat community," team president Kelvin Wong said.

Kelvin and other organizers will recruit for the 2013 team before next Lunar New Year, when five months of training will start, three times a week. Buzz Dragonboating trains Tuesday and Thursday nights around the main clubhouse and most Sundays on Middle Island.

Anyone interested in joining in can watch training or email info@buzzdragon.com н

ABC Promotes New Zealand Food and Wine

ew Zealand, a country many of us have been lucky enough. Zealand when in 1642, in a bid to locate the mysterious, rich land to visit, of course is located in the southwest Pacific Ocean, consisting of two main islands as well as a number of smaller ones. The principal islands are the North and South Islands, separated by the Cook Strait.

North Island has a mountainous centre with many hot springs and volcanic peaks. South Island is much more mountainous with the Southern Alps, which has some 350 glaciers, running across the length of the island. Much of the lowlands are broken and hilly while plains are not prominent on either island. New Zealand's fine climate and soil mean its food and wine products are famous the world over for quality and freshness, from lamb to seafood to fruit and wines both red and white.

It is estimated the Maori inhabited New Zealand around 800. AD. Some 800 years later the Western world "discovered" New

of Australia, the Dutch Explorer Abel Tasman caught sight of the South Island's west coast. The first European to set foot on New Zealand soil was England's Captain James Cook, in 1769. Cook also made the first, but inaccurate, map of the country.

Settlers from England started to arrive in the 1830s, and by 1840 a treaty was signed between the Crown and chiefs of the Maori tribes. The Treaty of Waitangi handed sovereignty of New Zealand to the Crown, and is a matter of dispute even today, as the Maori translation is not quite the same as the English.

In 1947, 107 years after the signing of the treaty, New Zealand declared independence and became its own country.

ABC's Chef Paul has created a menu to celebrate New Zealand's famed cuisine, available to tempt your palate in the Four Peaks and Galley restaurants throughout June.









Taiwan's Ci-Xing Waldorf School students sail at ABC

Words and Photos by Kevin Lewis

he first Waldorf school was founded in 1919 in Germany, with a then-revolutionary interdisciplinary approach to learning. The Ci-Xing School, in Taiwan's Yilin City, is the largest Chinese-speaking Waldorf school in Asia. It is publicly run but privately funded, following an innovative educational method based on the work of Rudolf Steiner, an Austrian philosopher and educator. Waldorf schools take a holistic approach to education, rather different from the traditional Asian approach, and emphasis is placed on creativity, expression and a more natural rather than forced learning environment. The approach emphasizes the role of the imagination in learning to develop thinking that includes a creative as well as an analytical component. Taiwan's Waldorf School supports various artistic and sporting activities, and runs its own sailing team. Some of its students first visited the ABC in November 2009, and this April, we welcomed eight students to a five-day beginner sailing course.

It was a tough week weather-wise! Starting on a Wednesday, we got underway with very light winds, but just enough to get to grips with the basics of handling a Pico, including rigging, launching and capsize drills. Sunshine on the second day gave way to increasingly windy conditions in the afternoon and lots of opportunities to practice those capsize drills! Thunderstorms and heavy rain on the Friday were followed, in typical Hong Kong style, by a great day of sailing on day four, with all of the students showing how much confidence they had gained, despite the weather. Our final day of sailing, a short Sunday trip to Stanley for lunch, ended up in almost drifting

conditions, but with the aid of a tow part-way, the group still made it there and back.

Hosting the Taiwanese is always great for us. They are so keen and friendly and always make the most of every opportunity. Only three of the group spoke a little English, so a big thanks to Instructor Ed, whose translations and explanations in fluent Mandarin were superb. Polly Kam, a former Hong Kong resident now living in Taiwan, also must be thanked for her hard work organizing the week and acting as unofficial translator, tour guide and accountant! I think she can easily qualify as an Assistant Instructor next time, getting very used to on the water instructions of "pull your sail in"! On my Monday day off, I chose to go along and meet the students again on their final day in Hong Kong at Ocean Park. I was made so welcome, and really hope, one day, to be able to take a group of our young sailors to Taiwan.

Congratulations to the following Waldorf School students who will receive HKSF certificates:

Mr. Lee Shou Chih 李守智 Ms. Peng Min 彭敏 Ms. Lee Ching Hsin, Miley 李靜心 Mr. Yang Yu Lin, Edward 楊侑霖 Ms. Chen Chu Ying, Eva 陳楚穎 Mr. Chen Kuan Hsun, Leo 陳冠勳 Ms. Lee Yi Hsuan, Faline 李翊瑄 Ms. Lee Yun, Julia 李云

Find out more about the Waldorf School here: www.waldorf.ilc.edu.tw







ABC Optimist Team Takes Part in the 2012 Thailand Optimist Nationals

Words by Kevin Lewis Photos by Rory Godman and Mike Wright

he ABC Optimist racing squad, led by Coach Godman, and kindly sponsored by Emerson Power, took part in the Thailand Optimist National Championships in Pattaya. The championships were part of the Top of the Gulf Regatta from 5th to 7th May. For Yann D'Argenlieu, Matthew Wright, Russell Aylsworth, Charlie Stewart and Anatole Martin, it was their first experience of an overseas regatta and a great chance to take part in international competition. The fleet was comprised of over 100 boats, providing a great opportunity to test their skills against world-class sailors.

Following a day of preparation, which was well-spent finding the charter boats, assembling rigs, and a test sail, Day One of the regatta dawned bright and breezy. Our more experienced sailors were immediately comfortable in the testing conditions, with Yann earning his best places of the regatta - a 9th and 11th place in race 1 and 2. By afternoon it was a good 15 knots and very choppy. Expectations were high for race 3 but threatening weather caused the race to be abandoned. By end of Day One, Yann was the leading overseas sailor, lying 9th overall.

Day Two's racing start was brought forward to catch up time and the Race

Officer, keen to make an early start, started the first race leaving at least half the fleet still making their way to the start! The conditions were lighter than Day One and local sailors began to prosper with the visitors struggling. Getting a good start and reading wind shifts and tide became crucial. Our less-experienced sailors picked up results, noteworthy being Anatole with a 31st on the first race of the day. Unfortunately, a strict time limit to races meant that many DNFs (did not finish) were recorded, leading to results that did not fairly represent the sailors' performance.

Day Three was more of the same, with a steady 10 knots and constant sun. Intense coaching by Rory started to produce results particularly at the start with Yann and Matthew getting into the front row regularly.

The regatta ended with Yann in 22nd, and Matthew 26th overall and 6th in the "12 and under" category. Russell was 52nd, Anatole 65th and Charlie 75th. A brilliant result for Charlie who, at 8 years





old, was the youngest of the entire fleet!

All considered, a great event with very credible results showing that our younger sailors are competitive at international events, raising hope for much more to come. A big thanks to Coach Rory Godman and sponsors Emerson Power who helped make the trip possible. H

he first day of regatta was very difficult: there was too much wind for me to handle! My fingers got hurt from pulling on the sail so much. In the end, I gave up in the middle of the second race. The next day, although the wind was lighter, I was so stressed that I almost gave up before even starting, but my mum encouraged me, and I completed all the races! The last day, I started to gain more confidence. I am proud that I finished all the races except on the first day. I ended up being 65th out of 109 boats, and I hope next time I will have a better position. I had a great time with my friends and Coach Rory was very nice and very helpful. I had a really great time!

Anatole Martin, 9 years old

ABC Summer 2012 Youth Sailing Programme

Mon 2 July – Sat 18 August

Following hot on the heels of ABC's Easter Programme, we now announce our selection of Youth Sailing courses and activities for younger sailors during the summer school holidays. Don't be late to sign up – we encourage you to apply early, at least three weeks prior to the start date, to ensure you get spaces, particularly on popular courses. (We will be issuing a separate programme for the end of August for French International and other schools who have longer summer holidays). Details and all application forms are available on our website, www.abclubhk.com, for further enquiries please contact Angela Ho at SailingSecretary@abclubhk.com.

Date & Time	Junior Course	Activity	Eligibility	HK\$ Member/ Non-member	
July			<u> </u>		
Mon 2 – Fri 6 July AM	1	Optimist Stage 1	Age 7 – 11	800 / 1,064	
Mon 2 – Fri 6 July PM	1	Optimist Stage 2	Age 7 – 12, hold Optimist Stage 1	800 / 1,064	
Mon 2 – Fri 6 July PM	1	Optimist Race Course	Age 7 – 14, hold Optimist Stage 3	800 / 1,064	
Mon 2 – Fri 6 July		Beginners HKSF Lev 1&2	Age 11 - 18	2,400/3,200	
Mon 2 – Fri 6 July		Water Sports Week	Age 8 – 18, Pass HKSF 2 or Optimist 3	2,400/3,200	
Mon 9 – Fri 13 July AM	1	Optimist Stage 1	Age 7 – 11	800 / 1,064	
Mon 9 – Fri 13 July PM	1	Optimist Stage 2	Age 7 – 12, hold Optimist Stage 1	800 / 1,064	
Mon 9 – Fri 13 July PM	1	Optimist Stage 3	Age 7 – 12, hold Optimist Stage 2	800 / 1,064	
Mon 9 – Fri 13 July		Improvers HKSF Lev 3	Age 12 – 18 Hold HKSF L2 for at least 1 year	2,400/3,200	
Mon 9 – Wed 11 July		RS Feva Introduction	Age 12 – 18, hold HKSF L2	1,440 / 1,920	
Thur 12 – Sat 14 July		Laser Intro Course	Youth & Adult, Pass HKSF L2	1,440 / 1,920	
Mon 9 – Tue 10 July		Basic & Intermediate Windsurfing	Age 8 - 18	960 / 1,280	
Wed 11 – Thur 12 July		Advanced Windsurfing	Age 8 – 18, hold basic & intermediate	960 / 1,280	
Mon 16 – Fri 20 July AM	1	Optimist Stage 1	Age 7 – 11	800 / 1,064	
Mon 16 – Fri 20 July PM	1	Optimist Stage 2	Age 7 – 12, hold Optimist Stage 1	800 / 1,064	
Mon 16 – Fri 20 July PM	1	Optimist Stage 3	Age 7 – 12, hold Optimist Stage 2	800 / 1,064	
Mon 16 – Fri 20 July		Beginners HKSF Lev 1&2	Age 11 - 18	2,400/3,200	
Mon 16 – Fri 20 July PM		RS Feva & Laser Race Training	Age 12 – 18, hold RS Feva Gennaker (free to Dinghy Team members)	1,200	
Mon 16 – Wed 18 July		3 Day Supervised Practice Topper Pico RS Feva	Age 12 – 18, hold HKSF L2	1,440 / 1,920	
Thur 19 July – Fri 20 July		RS Feva Gennaker Intro Course	Age 12 – 18, pass RS Feva Intro course	960 / 1,280	
August	,		·		
Mon 30 July – Fri 4 Aug AM	1	Optimist Stage 1	Age 7 – 12	800 / 1,064	
Mon 30 July – Fri 4 Aug PM	1	Optimist Stage 2	Age 7 – 13, hold Optimist Stage 2	800 / 1,064	
Mon 6 – Fri 10 Aug AM	1	Optimist Stage 1	Age 7 – 12	800 / 1,064	
Mon 6 – Fri 10 Aug PM	1	Optimist Stage 3	Age 7 – 13, hold Optimist Stage 2	800 / 1,064	
Mon 6 – Fri 10 Aug		Beginners HKSF Lev 1&2	Age 11 - 18	2,400/3,200	
Mon 6 – Fri 10 Aug		Water Sports Week	Age 8 – 18, Pass HKSF 2 or Optimist 3	2,400/3,200	
Mon 6 – Wed 8 Aug		RS Feva Introduction	Age 12 – 18, hold HKSF L2 plus some additional sailing experience	1,440 / 1,920	
Thur 9 – Fri 10 Aug		RS Feva Gennaker Intro Course	Age 12 – 18, pass RS Feva Intro course	960 / 1,280	
Mon 13 – Fri 17 Aug AM	1	Optimist Stage 1	Age 7 – 12	800 / 1,064	
Mon 13 – Fri 17 Aug PM	1	Optimist Stage 2	Age 7 – 13, hold Optimist Stage 2	800 / 1,064	
Mon 13 – Fri 17 Aug PM	1	Optimist Race Course	Age 7 – 14, hold Optimist Stage 3	800 / 1,064	
Mon 13 – Fri 17 Aug		Improvers HKSF Lev 3	Age 12 – 18 Hold HKSF L2 for at least 1 year	2,400/3,200	
Mon 13 – Wed 15 Aug		RS Feva Introduction	Age 12 – 18, hold HKSF L2 plus some additional sailing experience	1,440 / 1,920	
Thur 16 – Sat 18 Aug		Laser Intro Course	Youth & Adult, Pass HKSF L2	1,440 / 1,920	
Mon 13 – Tue 14 Aug		Basic & Intermediate Windsurfing	Age 8 - 18	960 / 1,280	
Wed 15 Aug – Thur 16 Aug		Advanced Windsurfing	Age 8 – 18, hold basic & intermediate	960 / 1,280	



ABC Sailors in Strong Showing at the RHKYC Middle Island Regatta

Words and Photos by Kevin Lewis

he annual Middle Island Regatta is the largest dinghy event organized at Middle Island by our friends and neighbours, the Royal Hong Kong Yacht Club. Of the 82 entries at the 21-22 April event, 22 were from the ABC, possibly our best showing ever. We had a full complement of Optimist sailors, together with three 29ers, four RS Feva's, and five Laser 2000s, as well as our RS500 and several Laser sailors.

Race officer Charlie Manzoni was faced with a light southwesterly breeze on Saturday afternoon, but still managed

to get in two very satisfactory races sailed on trapezoid courses, with some classes needing a shortened race to ensure a conclusion within the time limits. All went well, and in the Optimist Division, ABC ended the day strongly with Matthew Wright finishing with a third and a second and Yann D'Argenlieu recording second and seventh. Our 29er sailors Nathan Bradley and Cosmas Grelon finished first and second, ending

the day on equal top points with RHKYC's Florrie Manzoni and Sophie Tulloch. In Division B, sailed on handicap, ABC's Gordon Mason and Michael Heidinger had a great start to the regatta, sailing their RS Feva superbly and managing a third and fourth place respectively.

Day two dawned with sunshine and a nice 10-knot breeze, almost perfect sailing conditions for the remaining three races. RHKYC's Callum Gregor continued to dominate in the Optimists,

winning the division with no less than five bullets. ABC's Yann finished fourth; on equal points for third he lost a place on countback. Matthew finished a very worthy fifth and special mention goes to Harriette Edmonds, sailing in one of her first large regattas and managing to complete every race and finish 24th. Well done, Harriette!

In the 29er division, ABC Sailors Cosmas and Nathan sailed consistently, gaining two more first places and a second, winning the class with Florrie and Isabelle in second. In Division B, nobody

could get near HHYC's "JJ", James Johnston, winning with five first places in his Laser Radial. ABC Feva Sailors Gordon and Michael continued a superb showing and finished fourth overall in the division and first Feva. At the top of Division A, David Tulloch's RS400 eventually gave way to the 420 of Wan Chi Wai who sailed better on the second day to overtake David's opening lead. Congratulations to ABC's Minoro Asano in his Laser



who finished 13th overall and Leo Giustiniani and Sean Byrne who won the Laser 2000 class.

Overall, a rewarding regatta with some great conditions and sailing, especially on the second day. Sponsors MINOX provided some excellent prizes (everyone wanted those binoculars!), as well as XPLAL who gave away a number of their "Spare One" emergency mobile phones. Thanks to RHKYC for a great regatta and well done to all 37 of the ABC sailors who took part!

New products from the ABC Club Shop

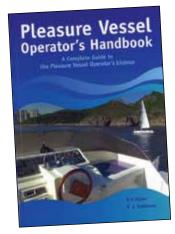
Swim, sailing, and boating gear throughout the year.

The ABC shop in the reception lobby offers a wide selection of well-priced items useful to Club members, both adults and children. Middle Island also carries many items useful for boating and swimming. Among new products the Club shops introduce this month are several that may please fathers – note Father's Day is Sunday, 17 June.



First-aid Kit for boat, car and home

This easy-to-carry and store kit is made of waterproofed material and has both a handle and shoulder strap. It contains everything to care for wounds, tweezers with an attached magnifying glass, and a torch/thermometer/pen. A perfect boy's toy for Father's Day! **\$500**



The "Hong Kong Pleasure Vessel Operators Handbook"

A complete guide to earning the Hong Kong Pleasure Vessel Operators License, including all the material needed for both Grade 2 and Grade 1 exams. The handbook contains a set of flash cards to assist learning buoyage and navigation lights, along with sample test questions and the full examination syllabus. **\$330**

Dinghy and tender anchor

Often boaters overlook the fact that a tender should have a small anchor as part of its essential on-board safety kit. These miniature grapnel anchors measure only 16 inches, are fully collapsible and at 3.5kg are an easy item to store. Specially reduced priced of \$375.



Essential for anyone beginning to race and also offers a great deal for those wishing to further their dinghy sailing skills. It carries readers forward with a logical and enjoyable style and makes sure that nothing seems like a daunting task. An ideal gift. **\$150**





Rocky Mountain Sunscreen and Key Sun After-Sun

The ABC shops always stock a variety of sun protection. Rocky Mountain brand is broad-spectrum UVA/UVB, water-resistant (80 minutes), greaseless, gluten-free, PABA-free, fragrance-free, and hypo-allergenic. Fortified with aloe, it can be used as a daily moisturizer - safe for daily use on the face and under make-up. Key Sun After-Sun is made with a natural and alcohol-free formula and contains certified organic chamomile to relieve discomfort, heat and inflammation associated with sunburn. \$35 - \$88

Skiff Buoyancy Aid from SLAM

The choice of the ABC High Performance Sailing Team. A cut above most similar products, its lightweight design and slim fit mean you will hardly notice you are wearing it. Two front pockets add security and flexibility. Available in grey and white, or black. \$925



Plastimo baby lifejacket

lifejacket when aboard.

The ABC shop stocks the Plastimo brand, which provides 30 Newtons of buoyancy, for babies weighing 3–10 kg. **\$560**

Babies should wear a proper

RYA "Go Sailing" guide and activity book

Possibly the best set of books on sailing for children. These two delightful, full-colour, large format handbooks are aimed at children aged from 7 to 12. Well-considered chapters with marvellous illustrations cover all aspects of dinghy sailing. The activity book includes stickers and multiple games, quizzes and educational tasks. \$85



Spitishus And Logbook for DINGHY CERTIFICATE SCHEME 無明證書訓練計劃 REFERENSE

The HKSF dinghy logbook

Covers the syllabus of the local sailing scheme, with a log section to record all your sailing. Even if you don't hold any HKSF certificates, you should still accurately record your sailing. **\$60**



National Sailing Scheme Instructor H A N D 8 0 D K

RYA Dinghy Instructor Handbook

The essential guide for sailing instructors or anyone aspiring to become one. Revised 2011 edition, 122 pages, full colour. **\$130**



Sail and Swim Gear from SLAM

From SLAM, sponsor of the ABC Southside Regatta and also the recent ABC-hosted Hong Kong 29er Class Championships. SLAM's "Titanium" sailing top acts like a wetsuit, protecting you from the sun and the elements and keeping your body temperature constant while offering maximum movement. SLAM's high-quality short- and long-sleeved rash-tops, shorts and skiff pants are available in a wide range of sizes for both adults and children. \$285 - \$780



THE 2012 ST. BALDRICK'S DAY EVENT

At the Aberdeen Boat Club

Saturday, 9 June Doors Open At 4 P.M. First To Be Shorn At 5 P.M.

Lucky Draw Winner Announced At 6:30 P.M.
Free Canapés
A Great Time For A Great Cause – Helping Kids Beat Cancer!

Be A Shavee - Register Now

www.stbaldricks.org

For more information on St. Baldrick's mission, goals and the event, contact Richard at rkligler@netivigator.com





Father's Day Buffet

Date: Sunday, 17 June 2012

Venue: The Four Peaks Restaurant

Time: 12 pm

Price: \$228 per adult & \$128 per child under 12 years. Drinks will be charged to Member's account.

Buffet Menu

Salads & Cold Dishes

Selection of Cold Cuts, Fresh Green Salad & Pickles, Roast Mediterranean Vegetables, Tomato and Mozzarella Salad, Whelks, Mussels, Yabbies, Smoked Salmon, Seafood Salad, Fennel and Apple Salad, Beef Carpaccio, Parma Ham Melon, Assorted Sushi, California Rolls, Sashimi

Soup

Clam Chowder

Cooking & Action Stations

Home-made Dim Sum, Roast Prime Ribs, Rock Oysters, Hainanese Chicken Station

Hot Dishes

Char-Grilled Sole Fillet with Tabbouleh, Lyonnais Potatoes, Baby Carrots, French Beans, Assorted Sausages, Seafood Pie, Steamed Garoupa, Crispy Chicken, Deep Fried Oyster, Lobster E-fu noodles

Desserts

Fruit Tart, Strawberry Mousse Cake, Honey Mousse, Minced Pie, Father's Day Cake, Apple Tartin, Fresh Sliced Fruit Platter





Squid fishing with the ABC: A great mid-week evening adventure

Words by Ann White

een for a mid-week evening adventure, I signed up for a mid-May ABC-led squid-fishing evening excursion. The trip, to be repeated on two Thursday evenings in June and possibly later in August, took a score of new and experienced squid devotees to areas recommended by Lau Kam Cheung, who with his wife Fong Yip Shuen crews the ABC contract junk.

Night-time squid fishing makes for a very rewarding trip for new and experienced fishermen alike. You use a hand line to drop an iridescent jig and an eight-hooked "octopus" some 10 feet under the water, then pull the line up again and again a foot or two in a slow and steady motion. "It's like flying a kite the other direction," said Kevin Keung, guest of Club member Warren Yu.

Squid are easiest to catch in late May, June and early July, but if an evening boat ride with family and friends is pleasure enough, and landing squid is happily incidental, consider the trips the Club plans for August, either for Sai Kung or Deep Water Bay. Squid usually feed among rocks and weed in mornings and evenings, so the 7 pm departure from the main Club is perfect timing.

Fueled by the light dinner the ABC laid out buffet-style in the open-air junk (satay sticks, spring rolls, chau fan, e fu noodles, pizzas, sandwiches, and even squid rings) we crossed paths with



dragon boats as we eased out of the Aberdeen Typhoon Shelter. Captain Lau used his long squid-fishing experience to steer us toward several different grounds in Deep Water Bay between Ocean Park and Middle Island. Guests enjoyed water, soda and beers provided by the Club, with any second and further drink being added to the member's account.

We were mesmerized by schools of fish scattering and reassembling into tight formations as they darted in and out of the fishing lights. Fish jumped from time to time, and cheers arose from our boat and others across the bay when someone caught a squid. Taking breaks was a delight, lounging on the top deck under the night-time sky and chatting with fellow guests.

Some 30 minutes after leaving the Club Mrs. Fong caught the group's first squid. All jumped up from the table for the hand lines loaded with squid jigs she then passed out, taking positions around the boat's bright lights shining down into the water. The light attracts the squid, which mistake the rising and drifting octopus jig for their next meal.

Despite being early in the season, the group caught 15 squid, with most about five inches and a couple seven or eight inches long. Sometimes the squid "inked" on the hook to try to camouflage itself once caught. Club member Dr. Leung Fai and his guest Francis Wong recounted a trip two years earlier when they caught some 200 squid, weighing a total of 30 kilos. The squid can be frozen for several months and are best steamed with a little peanut oil, soya sauce and garlic, Francis said.

All aboard agreed to pool the boat's catch of squid, and Mrs. Fong acted fast: squid from bucket to sink, a scissors snip behind the head, cleaning, then pan, vegetable oil, salt, and to table with toothpicks. A rewarding moment for members, guests and crew alike.



DARTS, SATAY AND BEER EVENING

Date: Every Wednesday in June Time: 6pm-9pm Venue: The Waglan bar

Every Wednesday night throughout May is Darts Night at the ABC.

Come and join the fun and receive a can of beer and portion of hot, tasty Satay sticks as well.

Price: \$48 including four Satay sticks and one can of beer.

All further drinks will be charged to Member's account.



Aberdeen Boot Club 委集仔遊艇命



LAMB ON A SPIT EVENING

Date: Friday, 15 June 2012 Time: 6.30pm to 9.00pm Venue: The Patio

All you can eat tender juicy whole Australian Lamb on a spit with Salad Bar.

Only \$188 per adult & \$118 per child 3-12 years

Free wine tasting until 8.00pm, thereafter all drinks charged to Member's account. For reservations please call the Coffee Shop on **2554 9494**.



Aberdeen Boat Club 香港仔遊艇會







Gamefishing Tournament: ABC vs. Mandarin Sport Fishing Club

n 5 May 2012, ABC once again challenged the Mandarin Sport Fishing Club at gamefishing. Five sports boats competed on a generally overcast day, with ABC's team hosted by Kim Stuart in his Bertram 46 *Kidusi*.

Fishing started at 8:30 a.m. sharp, by which time all boats were well to the

southeast of Waglan Island and past the Lemas. ABC was first to make a catch, a fine 10-lb. mahi mahi boated by Phillip Yung. Another of similar size was caught but was able to release itself after being brought to the boat.

Lines out at 3:30 p.m., after which the "drinks time" flags were raised and boats

headed back past Po Toi to Middle Island for a fine barbeque and presentation of prizes.

Overall winner was Carmine Vastola of Mandarins on his Boston Whaler, *Thai Lady*, which ventured farthest out – to the oil rigs – to land four barracuda and four mahi mahi.

Plans are afoot for a rematch in August.

ABC Summer Kick-Off Swimming Gala Saturday, 30 June, 2012 - Register by 28 June

Events are open to boys and girls aged four years and under, with kickboards, and armbands or no swimming aids.

Boys and girls five and under, six to eight, and nine to 12 years old can compete with front crawl, breast stroke and back stroke. Heats will be held as necessary and finals inserted into the programme.

Boys and girls of all age groups also can compete in the rubber ring race, and medley races will also be held.

A family relay race will also be a highlight of the swimming gala.

The swimming gala will begin at 11 am. Prize-giving will follow the competition.

Entry fee is \$20 for each event entered.

For details and to register, contact ABC Membership Services Manager Cobo Liu at mbs@abclubhk.com or 2553 3032.

Pick up a Swimming Gala form at the Coffee Shop and complete and return to the office no later than Thursday, 28 June. Fax 2873 2945.

Note the Club will hold a Post-Summer Swim Gala in October. Track your times and see if you can improve over the summer.









How to solve the Questions of Class

New

325 355 385 **415** 445 495 545 630e

Hanse A





Home Wine Delivery June 2012

	Bottle \$	Quantity	Amount
Sparkling wine			
Norton Cosecha Especial (100% Chardonnay) NV, Argentina Yellow colour with green hue. Nicely balanced with intense ripe fruit aromas. Delicate, round, silky-textured and characteristic yeast and vanilla notes. With a clean and fresh finish.	\$110		
White Wines			
Henri Bourgeois Petit Bourgeois Sauvignon Blanc 2010, France A really lovely Sauvignon, with very fresh citrus and peach fruit on the nose and a pleasantly nutty aroma. It has well-defined acidity and good balance.	\$130		
Petaluma Bridgewater Mill Chardonnay 2010, Australia Dominated by varietal fruit, the Chardonnay is complex and layered through careful vineyard selection across the Adelaide Hills and purposeful winemaking techniques to best express a focused regional wine.	\$130		
Viña Aquitania SOLdeSOL Chardonnay 2008, Chile Grown in the most southern vineyard of Chile, which enjoys a cooler climate, this wine offers a wonderful balance of natural acidity combined with great richness and attractive freshness. Wine Advocate Robert Parker – 90 points, Wine Spectator – 90 points	\$200		
Red Wines			
Lafite Blason d'Aussieres Rouge 2009, Corbieres Beautiful dark red colour with hints of violet. The nose is already very intense, with dark fruit (blackberries) and garrigue combining with toasted notes. From the attack, notes of red fruit and the elegance of the tannins are immediately apparent. The palate then develops, with lots of roundness, to more complex notes of spices and garrigue.	\$110		
Erath Oregon Pinot Noir 2009, USA Bright, fresh fruit aromas of cherry, raspberry, and blueberry fill the glass. Youthfully exuberant with lots of sweet fruit on the palate with hints of spice and vanilla.	\$220		
Petaluma The Hundred Line Cabernet Sauvignon 2010, Coonawarra, Australia Classic Coonawarra character and blend with lush, juicy fruit and the smoothest of textures. Aromas of blackcurrants, cassis, liquorice, cedar and cool mintiness jump out of the glass. On the palate, mineral spice and hint of leafiness. Medium-bodied, elegant with ripe tannins which contribute to a very smooth mouchfeel.			
Michele Chiarlo Barbera D'Asti La Court 2007, Piedmont Purple-red colour of great intensity with brilliant silky highlights. Complex, delicate and generous aroma, with great personality; among the multiple impressions are scents of maraschino cherry, wild berries, chocolate and coffee. Rich, generous and delicate, with superb balance and persistence. Wine Advocate Robert Parker – 90 points, Wine Spectator – 90 points	\$180		

Member Name:	Membership Number:			
Tel (Office):	Tel (Home):			
Delivery Address:				
Delivery Date:	Member Signature:			

Minimum order 12 bottles. Mixed cases available.

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

Deliveries free for order of 12 bottles; please allow 3 working days for delivery.

All wines are subject to availability.

Wine Tasting

All of the above wines will be available for free tasting at the Galley on Friday, 15 June from 6-8pm.



SEASONAL COCKTAIL/MOCKTAIL SPRING

Green Ginger Spritzer

Green Ginger Wine, Fresh Lemonade, Fresh Ginger \$40

Green Tea Latte

Japanese Green Tea, Fresh Milk \$32



Aberdeen Boat Club 香港仔遊艇會



Chris Craft Launch 32 Heritage edition / Very clean profile / Bow-seater with casual overnight accommodation / Star of the '2012 Miami Boat Show Price: USD 220,000 / 2 x Volvo 320hp

Chris Craft Lancer 20 Volvo Penta 265hp / +45kt. / Heritage edition with beautiful teak finish / Music / Docking lights / Cockpit cover / Ski-tow, .. Price: \$460,000 ex-stock



Sunstream V-lift
Free mooring / Durable & carefree PE material / Solar powered / Direct slot-in pumps & valves without hoses / 2 minute operation for lift or drop / Extra protection / Fits to 10' berth, ...
\$ 88,000 / 7,000 lb cap.
\$ 120,000 / 11,000 lb cap.

Rainbow Marine Int. Ltd. 14 Shum Wan Road, Aberdeen, HK. Email: info@rainbow-marine-int.com Tel: 00852-34898964

We handle distribution of Chris Craft (www.chriscraft.com), Sunstream Boat Lifts (www.sunstreamcorp.com), inflatable dinghy & yacht brokerage



Contact: Joe Chan / 60561149



BEER OF THE MONTH

Tui East India Pale Ale

\$20 per bottle



WINE OF THE MONTH



Clos Henri Petit Clos Pinot Noir 2010,

New Zealand \$44/glass \$220/bottle



Clos Henri Petit Clos Sauvignon Blanc 2010, New Zealand

\$44/glass \$220/bottle





Aberdeen Boat Club 香港仔遊艇會



ABC Hosts Regular Classes at the Club: Swimming, Kenpo Karate, Yoga and Personal Training

Not all members know that the ABC hosts a number of different classes to improve fitness and specific sport skills for members—children and adults alike.

Swimming

Every Monday, the ABC pool has 'Learn to Swim' classes taught by professional swim coach Nicola Barguss. Coach Nicola teaches a range of lessons for parent and babies, child beginner and improvers and adults. All classes are between 30 - 45 minutes. Private lessons are also available on request.

Coach Nicola has been teaching swimming for over 25 years since qualifying in the U.K. (ASA Advanced Teacher, AustSwim Teacher and Coach). She has worked with various international schools and ESF Educational Services during her time in Hong Kong.

Application forms can be downloaded from www.abclubhk. com or contact the coach directly at nicola_barguss@hotmail.com

Kenpo Karate

Kenpo Karate is an eclectic style of martial arts that incorporates classical Karate strikes, blocks and kicks with ground defense and grappling techniques. Kenpo Karate originated in China and was further developed in Japan and eventually came to its present form in developed countries.

The classes stress a non-confrontational approach to life and serve to equip students with self-esteem and discipline as well as an exceptional level of physical fitness and flexibility. Students learn basic techniques, self-defense patterns, Kata (martial dance-like routines) and sparring. They must demonstrate a command of Kenpo Karate techniques and philosophy associated with their level and age to receive belt rank certification.

Classes are taught by Sifu (Master) Thomas J. Hudak, Jr., an eighth Dan (degree) black belt in Kenpo Karate who also holds black belt rankings in three other styles of martial arts. He is a former USA State and National champion as well as a Hong Kong Champion in Kumite and Kata. Sifu Tom was approved in spring 2012 as a standing member of the World Karate Union and the World Karate Federation, the worldwide committees that evaluate and recognise black belts from around the world.

Sifu Tom has instructed in universities, schools and police academies in several countries, has been teaching in Hong Kong

at clubs and schools for over 23 years and features in a number of films. His rank is recognized by the World Union Karate-do Organization as well as the Japanese Karate Association.

Days, Times and Location:

- Every Monday (3:30- 4:30pm), Harbour Room
- Every Wednesday (5- 6 pm), Harbour Room

Fee: \$110 per class; no age limits. Contact: tjkudak@netvigator.com

Yoga: Realign Yourself in Yoga with Higy Fung

Proper alignment of your body will make your muscles, bones and joints cooperate to give you a sense of flexibility and lightness that will help you in your daily life. To work towards this goal, yoga instructor Higy Fung combines Purna and Iyengar yoga techniques in classes in the Club's Harbour room to assist you to develop and maintain good posture, have a healthy back and tone your body.

Higy's yoga class emphasises the alignment and subtle movements of muscles and bones when performing yoga poses. When doing the yoga poses she aims to help you connect your mind with your body so that you will become aware of your body's sensations and its needs and improvement. Yoga props will be used where appropriate. Each class ends with a calming relaxation time to quiet the mind and reduce stress and worry.

Instructor Higy Fung is a holder of ERYT500, (Registered Experienced Yoga Teacher with Yoga Alliance of the U.S.). At present, only eight teachers in Hong Kong hold this international recognised qualification.

Drop-ins are welcome, and no experience is required.

Day, Time and Location:

Wednesdays, 10 – 11:15 am, the Harbour Room Fee: \$200.

Contact: higyfung@netvigator.com

Personal training, CrossFit and Squash

Coastal Fitness offers 1:1 personal training, private group training (small and large groups), youth strength, speed and mobility, training for specific sports and CrossFit.

Classes can be held in the gym and/or squash courts, or outdoors between 6am - 8pm Monday-Saturdays. Contact Ed Haynes at info@coastalfitnesshk.com or 9862 9851.

HK Pleasure Vessel Operators Handbook

Selling Price: \$330

A complete guide to the Hong Kong Pleasure Vessel Operators License, including all the material needed for both Grade 2 and Grade 1 exams. A set of Flash cards to assist learning buoyage and navigation lights are included, as well as some example test questions and the full examination syllabus.

Available now at the ABC Club Shop

ABC Can Insulator

Selling Price: \$188

Product Features:

- Fits most automotive cup holders
- 18/8 stainless steel interior and exterior
- Double wall vacuum insulation
- Scratch-resistant base

Available now at the ABC Club Shop

Clean Max Advanced Cleaning Solution (120ml)

Selling Price: \$25

Clean Max is an extremely effective grease remover, able to clean any surface within seconds in the most difficult cleaning situations, such as grease, oils, tar deposit, etc and is 98% biodegradable.

Available now at the ABC Club Shop





Want to reach over 1000 members of the Aberdeen Boat Club and their families?



Contact the PPP advertising team to find out how. Email: inquiries@ppp.com.hk



Information for members

o receive current information about upcoming Club events and races, please sign up to receive the weekly newsletter. It is sent every Friday specifically to members who have requested it. The newsletter highlights upcoming events and provides links to the website for further information and easy registration.

To receive the Friday newsletter, contact ABC Membership Service Manager Cobo Liu at mbs@abclubhk.com. Please be sure to provide an email address that will reach you, the member, directly.

Please check the Club website, www.abclubhk.com, for further info on events and registration.

Make your way the eco-way to the ABC:

The Boat Club can be reached easily via public transport, with a bus terminal directly opposite the club car park. A full list of public transport routes and bus numbers is included on the Club location map on the website, www.abclubhk.com

ABC memberships available:

The Club has room to accept another 90 members this year. For details please refer friends to Membership Service Manager Cobo Liu at mbs@abclubhk.com. As ever, further information on membership types and the application process can be found under the "Membership" drop-down bar of the ABC website, at www.abclubhk.com

F&B specials:

For July and August, the Club's Food and Beverage team has developed special salads available in Four Peaks restaurant and the Coffee Shop. The menu will promote sustainable seafood in September, beef in October, and crab in November.

Volunteering to crew:

If you'd like to try your hand at sailing, here's how to volunteer to be a crew member, regardless of your experience. Crew spaces on boats vary and of course there are no guarantees you'll see the sea beyond the Middle Island horizon, but you never know, so the following is always worth a try:

- Get your name and contact info on the "crew available" list on the ABC website, under the "Sailing" drop-down bar, noting any experience you have
- read and follow up on the Clubhouse notice boards on the ground-floor
- come to Sunday breakfast at the Club and talk to ABC General Manager Philippe de Manny, who can seek to match you with a boat
- watch out for the sailors coming back from a race and tell them you're keen

Member contributions welcome for Horizons magazine:

Horizons magazine invites article submissions and ideas from members and offspring. Topic proposals from you might be something like hikes on the south side of Hong Kong island, hidden jewels among junk destinations, a member's recent sighting of pink dolphins in Hong Kong waters, and members and students' involvement with charities in Hong Kong. Highlights of your summer adventures on the water – the Norfolk Broads? Boating in Vietnam? Sailing in Maine? - could spark other members' future trips. Please contact the Horizons editor at ann.white@ppp.com.hk

Happy Father's Day - Sunday, 17 June.

Please book early for the popular buffet at the Club.

Sun Protection Updates from the Environmental Working Group's 2012 Sunscreen Guide

Did you know your body's largest organ is your skin? Take care of it now to prevent future skin damage and skin cancer. The Environmental Working Group has just released its 2012 Sunscreen Guide, and in order to make the list, a sunscreen must be free of oxybenzone and retinyl palmitate, not have an SPF above 50, and must be broad spectrum (protecting against both UVA and UVB rays). It's easy to get overwhelmed with the sunscreen options on store shelves.

Here's a quick guide to find the best products to protect your family from the sun:

 Use a sunscreen with a minimum of SPF 15 and a maximum of SPF 50

- Make sure labels list UVA and UVB (or broad spectrum protection)
- Avoid products containing oxybenzone and retinyl palminate if you're concerned about potentially toxic chemicals
- Choose lotions versus spray sunscreens for more evenly distributed protection

Remember to apply at least two ounces of lotion (about a shot glass full) and reapply often. The sun breaks down the ingredients in sunscreen that protect your skin. Experts recommend reapplying every two hours, or after swimming or heavy sweating.

Source: the Environmental Protection Group

AZIMUT GRANDE: YOUR CREATION.



-100- -1035L- -105- -116- -1205L- -140-

All Azimut Grande yachts are the result of an extraordinary combination of experiences - coming from Azimut Yachts' know-how with its advanced technologies and design capabilities in the construction of large, fiberglass, planning boats - blended with Benetti's long tradition and expertise in customizing large vessels. But there's more: the entire Azimut-Benetti Group is behind every "Grande" project.

With its 40 year history of strength and financial independence, this is a further guarantee recognized worldwide.

www.azimutgrande.com



Unit 6, G/F Aberdeen Marina Tower, 8 Shum Wan Road Aberdeen, HONG KONG TEL +852 2555 8377 FAX +852 2873 4014

EMAIL hongkong@simpsonmarine.com www.simpsonmarine.com

HONG KONG PORT DICKSON HAINAN INDONESIA PATTAYA
PHILIPPINES PHUKET SHENZHEN SINGAPORE TAIPEI

~ZIMILT

