



2012/11  
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# HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB

## Sail Through the Night

ABC teams sail 24 hours for Hebe Haven Charity Race

## Spotlight on Young Sailors

Members of the ABC Optimist, RS Feva and Laser Training Squads

## The MTR to the ABC

Barry Hill's update of the massive south-side project

## Guo Chuan, China's Top Sailor

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## HORIZONS ISSUE 2012/11

This issue of *Horizons* takes a closer look at the ABC's Youth Sailing Programme, the young sailors on the ABC sailing teams and the ABC's dinghy sailing coach.

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Cover photo: *HanaFe* on the way to winning the ABC Pursuit Race, 7 October 2012

*Horizons* welcomes ABC member contributions of articles and photos.  
Please contact the editor at ann.white@ppp.com.hk



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# Commodore's Letter

Now we are well into the finest sailing weather of the year, with temperatures in the mid-20s, humidity down to the 60-70 RH, and generally steady easterlies – great for boating in all forms.

We have all read about the recent ferry disaster off the northwest of Lamma. A serious reminder to us all that, whether we are in fast or slower boats, we are responsible to both our own crews and to others. We must at all times maintain a proper lookout by sight, must proceed only at a safe speed, and must take timely action to avoid a collision if the other vessel is not taking appropriate action.

This month our three teams in the Hebe Haven Yacht Club's 24-Hour Charity Dinghy Race – the ABC Alligators, ABC Caymans and ABC Crocodiles – probably had our best success yet in the race's 10 years, and also raised a very substantial amount for

the charities (see full article pages 6 and 7). A team from the ABC Golf Society also competed in the related golf charity event on the Friday at Kau Sai Chau, with slightly less spectacular results.

On the cruiser racing front, the Pursuit Race has been resuscitated, while the Club's Jebesen Marine Waglan Series starts again on 21st October. Some 30-odd boats joined in 2011-12 and keen competition is expected in this series, racing in IRC, HKPN and J-80 divisions.

All members are invited to the ABC Annual General Meeting to be held on 27th November, when accounts, report of the General Committee and auditors will be considered, and members of the General Committee elected or reelected. Members are invited to stand for election to the General Committee and will soon receive nomination forms in the mail. Immediately before the AGM we will



hold an EGM to consider an updating of the Articles of Association. We look forward to seeing you there at your Club's meeting.

**John Berry**  
Commodore

# General Manager's Letter

**Survey of members linked to new IT system:** In November, the Club will begin to implement a new Club membership and accounting system to rationalize data processing and improve our communication flows. This system finally will link membership and accounting and facilities and activities booking, thus shortening the time we need to process invoices and arrange bookings so we may send you information more efficiently.

One of the system's key improvements will allow Members to check accounts on line, once you register with the Club and receive a password. You may also choose to receive your statement by email and to place bookings online. To do this, we will need to update all your details again, especially if you wish to receive your statement via your preferred email address.

**"Feeding Hong Kong" 8 & 9 December:** At the end of September, the Club provided a collection venue for the charity group Feeding Hong Kong, which addresses local hunger needs. Many members took part in this weekend of food collection for the needy. The collected efforts of ABC members and Club staff resulted in a total of 375 meals and 200 kg of food, which will be used to provide one day's worth of food to about 80 Hong Kong families in need. On behalf of Feeding Hong Kong, thank you very much for this colossal demonstration of generosity, which reflects well on the ABC's image and engagement with the community we live in.

We plan another food-drive event with Feeding Hong Kong on 8 and 9 December, in hopes of providing a better Christmas for some less fortunate than us. Again, your generosity will be much appreciated, especially in this festive



month when not everyone can enjoy a turkey treat and mince pies. Feeding Hong Kong will collect from the Club cans of food, canola oil, and dry food – anything that has a reasonable shelf life. Bags from the charity for your use can be collected from the Club later this month, so, when you next buy a tin of tuna, maybe get one more to pass on to the needy.

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**Carpark repair:** As I wrote in a previous letter, the Club carpark structure needs serious repair. From early November to the first week of December, major concrete work will be done on the upper level, with the hoist dismantled and some slabs demolished and totally recast. Over the festive season the work will stop until early January, and the lower carpark work should finish by end of February. Our website will post regular special parking arrangements as closure of some areas is unavoidable. We will strive to maximize usable parking spaces but we must regard construction space and time needed. I apologise in advance for this, which completes full-recasting work of the Club's entire structure. This had to be done slowly over six years due to the high cost of this kind of repair. I hope that the result will last long enough that you need not be inconvenienced again.

**Sunday lunch at the Four Peaks restaurant: Children's behaviour and diners' attire**

I have received many complaints about two matters that affect the enjoyment of fellow diners at the Four Peaks restaurant at Sunday brunch: the uncontrolled behaviour of some children and the appearance and dress of members and guests.

It is my duty to remind you that supervision of children is required during lunch, all over the Club's facilities, but most especially the Four Peaks restaurant. Allowing children to run and shout in the Four Peaks restaurant is not what other members would expect or relish when trying to have an enjoyable and relaxed lunch.

I also must request that members respect proper attire at the Club's Four Peaks restaurant and inform any

guests of the same. Better attire than collarless t-shirts and torn jeans is expected, as many members lunching in the Four Peaks have pointed out. Most of us would consider Sunday lunch as a special time to savour a special meal with family and friends, in a venue where others respect and share that aim.

While the Club wishes to limit the more formal dress code of Four Peaks to the evening, please help us avoid any need to bring strict new rules and regulations to luncheon and brunches at the Four Peaks restaurant. Simply put, concern for other members and the Club environment is so much more what the Club is about.

**Philippe de Manny**  
General Manager

## Flag Officer's Report

For those of you who have an interest in etymology, you may be interested to learn the origin of the words "Secretary" and "Treasurer". Simply put, the secretary is the keeper of the secrets and the treasurer the keeper of the treasure! As Honorary Secretary, there is nothing secret about my function. As with the Treasurer, the Hon Gen Sec is a professional appointment and differs from the boating functions of other Flag Officers.

The position of the Hon Gen Sec is derived from the Companies Ordinance and is a statutory function. Many club members may not be aware that the Aberdeen Boat Club is a company limited by guarantee. Accordingly, the Club is governed by the Companies Ordinance as well as its Memorandum of Association (governing its external relations with the outside world) and the Articles of Association (governing its internal relations with its General Committee and Club members).

The provisions of the Articles of Association need to be kept up-to-date to cover changes in the operations of the Club, any changes under the Companies or other ordinances or changes that may

arise through Government requirements such as under our leases, safety or licensing issues.

Immediately before the 2012 Annual General Meeting to be held on 27th November, we will be holding an Extraordinary General Meeting to amend the Articles of Association of the Club. Whilst a number of years ago (and in advance of other clubs) we amended our Articles to enable notices and communications to be served electronically, recent changes to the Companies Ordinance now impose specific obligations to obtain consent of members to receiving notices in such format. Other updated matters contained in our proposed resolutions include simplification of the rules for life absent membership and streamlining membership categories and qualifications. The proposed amendments include a proposed special resolution that would create young associate members as a sub-class of associate members and would include those previously designated as junior members. It would allow an orderly transition of young associates to associate memberships.

Apart from the technical issues



relating to the Memorandum and Articles of Association, the Hon Gen Sec also fulfils the role of honorary legal adviser to the Club in matters such as responding to Government letters in relation to our leases of the main clubhouse or Middle Island, advising on matters raised by members or even settling disputes between members! These days, the activities of the Hon Gen Sec are certainly not secretive, but are governed by openness and transparency; the model of good corporate governance.

**Nicholas Bodnar-Horvath**  
Honorary General Secretary



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Tenth Year of Race

# ABC Teams Sail 24 Hours in Hebe Haven Charity Race

Words by Diana Bruce, photos by Tim Edmonds and Kevin Lewis

On the weekend of 6th and 7th October, 46 boats and crew, along with family, friends and supporters, descended on the quiet shores of Pak Sha Wan, Sai Kung, for a sailing extravaganza – the 10th annual 24-hour Charity Dinghy race hosted by the Hebe Haven Yacht Club.

We had brilliant weather – sunny and dry, with a fair wind (however not the force 5/6 forecast by the Observatory). Unusually, we had good wind most of the night, too, which made for much more interesting sailing. There's something rather magical about sailing at night (it's not really very dark at Hebe Haven with all the ambient light, and the buoys are well-lit, as are the boats) and, although it's hard to stay up until two a.m. or to get up at 3 a.m. for your shift, it's a great feeling to be gliding through the smooth waters with only the sound of the wind in your ears (and the odd dog barking and, this year, the shrieks of laughter of the younger sailors hurling water bombs at each other at midnight ...).

The ABC entered three teams again this year: a high-performance team in a Wayfarer for our young "hotshots," a Laser 2000 for the not-so-young, not-so-hotshots, and a Feva team for our little bit younger, budding hotshots. In all, 42 sailors represented the Club, and what a great bunch they all were. It's always a daunting prospect to be

the team manager, but always in the end I find the patience, good humour and enthusiasm of everyone involved makes it a real pleasure.

The 24 hours started with a little more excitement than I wanted, though, with the sailors for the first Laser 2000 shift stuck in a massive traffic jam on Hiram's Highway and missing a jib for their boat. We eventually had to make do with a jib off a Laser Bahia which was much too big, but after an amazing joint effort by sailors from Hebe Haven, the Royal Hong Kong

Yacht Club and the ABC (all three in the boat together at one stage – a bit of a tight squeeze), the Laser was rigged and pushed off the pontoon with a couple of astonished ABC sailors who happened to be standing by, grabbed just as the start gun blasted! Phew! The Wayfarer and Feva were already fighting it out on the start line with what was to be their joint nemesis, the Feva team from the RHKYC.

As the name of the 24-hour dinghy race indicates, the boats go round for 24 hours straight, with sailors leaping on and

Some of the ABC team who made it through to the prizegiving



off their team's boat every couple of hours (or every one and a half hours in the case of the younger sailors). With six classes of boats, the boat that makes the most laps in its class wins the class prize.

The whole 24 hours was dominated by a tussle between the three boats – the ABC Wayfarer and the ABC and RHKYC Fevas. At one stage the Wayfarer was in first place and the ABC Feva in second (on corrected time) with the Yacht Club boat in third place. It was a euphoric feeling, but short-lived as the Yacht Club Feva inched its way past first our Feva and then the Wayfarer to take first place, which she kept right to the end. But the ABC Wayfarer kept up the pressure, snapping at their heels, and finished only 9 seconds/lap behind them!

The final results were fantastic for the ABC – the Wayfarer came second overall and first in her class; the Feva came third overall and second in her class. The Laser 2000, struggling with an alien jib and a dodgy downhaul, charted its results like the Hang Seng Index – starting at 11th place, falling to 18th and then 27th, leaping back to 20th, and finally finishing at 11th place and fifth in her class.

ABC dinghy sailing has come a long way since the first 24-hour dinghy race in 2002 when we were way down at the bottom. All our sailors and their coaches (Rory Godman and Kevin Lewis) are to be hugely congratulated. Well done, guys!

The three ABC teams raised over \$38,000 towards the event. The grand total raised was \$900,000, which will be presented to the benefitting charities (Children's Cancer Foundation, Enlighten, Ideal and Treats – all very worthy causes) in November.

My thanks go to all the sailors, plus the parents who came along to support and cheer, and also to my husband Patrick, who was a stalwart help the whole weekend (I do this for fun; he does it because he has to!). And the whole team would like to thank the Club for

sponsoring the teams, Yann Sandt for the very generous loan of his junk again so we could have a comfortable team base and bunk for some, and sponsor Wallem for once more providing the team shirt (a delightfully unforgettable hot pink this year). Of course huge thanks go to Chow Luen Fuk, our marine staff, who drives the junk all the way to Hebe Haven and back, keeps the boat clean and tidy, helps out with running repairs to the boats, and good-naturedly makes us feel welcome, i.e. on duty the whole weekend. Thanks go to you all. H



Pontoon Change-over at night, photo by Tim Edmonds



George Burkett and Yann D'Argenlieu, photo by Tim Edmonds



The ABC teams were:

Wayfarer:

JG Brasier  
Nathan Bradley (team captain)  
Rory Godman  
Cosmas Grelon  
Mannie Kam  
Akira Sakai  
Nagisa Sakai  
Peter Simpson  
Natalie Tsui

Laser 2000:

John Berry  
Natalie Berry  
Patrick Bruce  
Lewis Cerne  
Johnny Cheng  
Stephen Davies  
Deepak Honowar  
Derek Hung  
Anna Rees  
Dave Rees  
Frederic d'Argenlieu  
Clyde Bradley  
Felix Mak  
Andrew Morgan  
Elaine Morgan  
Bruce Perkins  
Kath Perkins  
John Sin  
Brandon Tang  
John Tsoi (JT)  
Michael Tsui  
Ryan Wong

Feva:

Yann d'Argenlieu  
Russell Aylsworth  
George Burkett  
Oliver Edmonds  
Harriette Edmonds  
Kyler Nunan  
Lucy Ross  
Charlie Stewart  
Taylor Young  
Oliver Wong  
Sharon Wong

ABC's Lucy Ross, Harriette Edmonds,  
Steven Davies and Elaine Morgan,  
photo by Kevin Lewis

HHYC 24HR Charity Dinghy Race 2012					
Pos.	Boat	Average Lap Times		Team	Laps
		actual	corrected		
48	S6	16:00:00	16:00:00	No name	0
47	S1	02:14:14	01:07:07	Sailability Hong Kong/HRA	11
46	S4	01:53:06	00:56:33	Treats	13
45	S5	01:37:08	00:48:34	JCSRS2	15
44	S2	01:21:32	00:40:46	JCSRS1	18
43	P3	00:33:40	00:28:04	Hebe Dragons Pico3	43
42	P7	00:32:23	00:27:00	RCHK	45
41	P8	00:30:42	00:25:35	Kellet School	47
40	P6	00:30:07	00:25:06	Black Shrimps Pico	49
39	P5	00:29:31	00:24:36	Hebe Dragons Pico5	50
38	P2	00:28:53	00:24:04	Hebe Dragons Pico2	50
37	S3	00:47:20	00:23:40	Enlighten Access 2.3	31
36	P9	00:28:22	00:23:39	South Island School	51
35	P4	00:27:06	00:22:35	Hebe Dragons Pico4	54
34	R10	00:28:16	00:22:20	Shatin School	51
33	R2	00:26:42	00:21:06	KGV RS Feva	54
32	P1	00:24:49	00:20:41	Hebe Dragons Pico1	59
31	A7	00:21:56	00:19:56	GSIS	67
30	Q1	00:21:08	00:19:24	Black Shrimps Laser 2K	69
29	A3	00:20:55	00:19:00	KGV Wayfarer	69
28	P10	00:22:32	00:18:46	RHKYC Pico	64
27	A1	00:19:23	00:17:36	The Flying Dutchman	75
26	R4	00:22:14	00:17:35	Hebe Dragons RS Feva	65
25	R9	00:22:14	00:17:34	Island School	65
24	B4	00:18:54	00:17:31	Team Benoy - Sink Or Swim	77
23	B5	00:18:39	00:17:17	Team Benoy - Duck & Dive	78
22	B6	00:18:31	00:17:09	Enlighten Bahia	78
21	A2	00:18:39	00:16:56	Can Do La	78
20	R7	00:20:58	00:16:34	UST Sailing Club	69
19	B1	00:17:53	00:16:34	Leighton Lasers	81
18	Q5	00:17:35	00:16:07	ABC Laser 2K	84
17	B3	00:16:50	00:15:36	Chicks Aloft-CNF	86
16	Q7	00:16:44	00:15:21	Galaxy Masters	87
15	Q6	00:16:27	00:15:06	Imperial Poona Yacht Club	88
14	R8	00:18:54	00:14:57	DEA	77
13	R3	00:18:52	00:14:55	Galaxy Voyagers	77
12	Q3	00:16:07	00:14:47	RHKYC Laser 2K	90
11	Q4	00:16:07	00:14:47	Sea Walker	90
10	B7	00:15:56	00:14:46	HK Institute of Surveyors	91
9	A4	00:16:07	00:14:39	Hebe Dragons Wayfarer	90
8	Q2	00:15:22	00:14:06	KGV Laser 2K	96
7	A8	00:15:24	00:14:00	Operation Breakthrough	94
6	R5	00:17:42	00:13:59	RCHK RS Feva	82
5	B2	00:14:28	00:13:25	Team RB	100
4	A5	00:14:19	00:13:00	Sport Boats	101
3	R1	00:16:17	00:12:52	ABC RS Feva	89
2	A6	00:13:31	00:12:16	ABC Wayfarer	107
1	R6	00:15:19	00:12:07	RHKYC RS Feva	94



How to solve the Questions of Class

325    New 345    385    415    445    495    545    New 575    630e



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# Food News from Food and Beverage Manager Isabella Gaggino

Dear Members,

It's that time of the year again, when everything seems to be happening in quick succession: Thanksgiving, Christmas and then the New Year. The ABC F&B team can help alleviate your catering needs. We have put together a concise one-page "Seasonal Takeaway Order Form" to make ordering – and planning – less stressful (see page 37 of this issue).



Photo by Matthew Tsui

## Important dates to keep in mind for takeaways are:

**5th – 30th Nov** Orders taken for pre-cooked turkeys and hams from ABC F&B for Thanksgiving, Christmas and the New Year.

**18th – 23rd Nov** Collect pre-cooked turkeys for Thanksgiving from ABC at scheduled time.

**23rd – 31st Dec** Collect pre-cooked turkeys and hams for Christmas and the New Year.

## F&B events for November

*The entire month: promotion of crab dishes in all restaurants*  
*Every Wednesday \$15 promotion of fresh oysters direct from France, Four Peaks*

**16th Nov** Free winetasting of Fine Vintage wines at the Galley, with wines from the ABC's November Home Wine Delivery order options.

**17th Nov** Angus Beef Dinner with free tasting of wines from Merit Boutique Wines.

**19th – 23rd Nov** Thanksgiving Set Dinner at Four Peaks and Galley restaurants.

## New Sunday lunch: "Pasta on the Patio"

Beginning 4th November, the Sunday lunch cooking show on the Patio will feature pasta. Every Sunday, you can choose from two different types of pasta, rigatoni and linguini. Then, add your choice from among three sauces: puttanesca (vegetarian), sliced chicken and mushrooms in cream cheese sauce and ragout of beef.

**Middle Island's new offerings:** pies, wraps and veggie bangers I haven't forgotten Harry and Middle Island during this perfect autumn weather. Beginning this November, our sailing and non-sailing members and their guests can enjoy hot pies and pasties from "Dad's Pies" and "Pukka Pies" from the U.K. Drop by Middle Island for a beer and a pie with salad. All our pies are Halal-certified and we have vegetarian pies too!

If a pie is not what you want, we also serve veggie bangers for the popular DIY barbeque. Or try our new "Monty's Wraps," with an array of both vegetarian and non-vegetarian options.

## Save the Dates – ABC events in November, December and January

Find event details and menus on the ABC website or through Isabella Gaggino at [fnb@abclubhk.com](mailto:fnb@abclubhk.com)

2 November, 7 – 10 pm	Ladies Circle Hong Kong Christmas Gift Fair at the ABC: buffet, gifts, toys and raffle prizes. All proceeds go to Hong Kong-based charities. Tickets at door or through <a href="mailto:hklcfundraising@gmail.com">hklcfundraising@gmail.com</a>
5 – 30 November	Order pre-cooked turkeys and trimmings and hams from ABC F&B for Christmas and New Year holidays
Saturday, 17 November	Angus Beef Dinner with free tasting of wines from Merit Boutique Wines
19 – 23 November	Thanksgiving set dinner service, Four Peaks and The Galley restaurants
18 – 23 November	Pick-up of cooked turkeys for Thanksgiving from ABC, 3 – 6:30 pm
Wednesday, 12 December	Kennedy School Choir Christmas Carolling, The Galley, wine and finger food
Saturday, 15 December	Welsh Male Choir and buffet dinner, The Galley
Saturday, 22 December	Winter Solstice Chinese Banquet, Four Peaks
23 - 31 December	Pick-up of cooked turkeys and hams for Christmas from ABC, 3 – 6:30 pm
Monday, 24 December	Christmas Eve festive set dinner service, Four Peaks
Tuesday, 25 December	Christmas Day buffet brunch, Four Peaks, The Galley, and Middle Island
Wednesday, 26 December	Boxing Day brunch and international buffet
Monday, 31 December	New Year's Eve festive celebration, The Galley
Tuesday, 1 January	New Year's Day festive set brunch, Four Peaks, The Deck, The Galley and The Patio

# ABC Holds Pursuit Race

A pursuit race is conducted by giving all boats their own start times related to their handicap, so that – theoretically – all boats will finish at the same time. They won't, of course, so the order of the boats' finishing gives the results directly, as it does for one-design boat races.

Calculating the start times is an exercise in the inexact science of converting time-on-time basis handicaps to time-on-distance. This requires inputs on current handicap (for these races we use the latest HKPN), course length and wind conditions (to give an estimation of how close to hull speed can be achieved) and a typical hull speed for a rated boat.

For those not so familiar with the abbreviation of HKPN, it is the Hong Kong Performance Number – a performance-based handicap administered by the Hong Kong Sailing Federation (HKSF). You can learn more via the HKSF website, under "Cruiser Sailing".


## Perfect Weather for Course 15

For this ABC Pursuit Race on Sunday the 7th of October, the calculation was commenced after Friday's consultation of the weather forecast and consequent choice of course. The weather forecast was perfect for Course 15, to Shek O Rock, a nominal 15.5 nm course, adding a little extra allowance for the tacking legs, etc.

The conditions were true to predictions with a Force 4-5 easterly wind at the start, with some minor reefing required by some.

The first leg was a tight beat on port all the way to Castle Rock. First starter *The Farr Side* was passed before Bluff by *HanaFe* steaming through like a pocket battleship. Starboard tack past Beaufort across to Hok Tsui, leaving Cape d'Aguilar to port, then a close reach on starboard tack to Shek O Rock. Another close reach back to d'Aguilar when *Redeye*, helmed by the intrepid Paul Leese, also passed *The Farr Side* in

his pursuit of *HanaFe*. It appeared that *Zephyr* started a bit late and was unable to catch the others.

The first three boats all raised asymmetricals after Cape d'Aguilar on the downwind leg to Chesterman buoy despite crew levels of only two, three and five! On that return leg, the wind backed from E to NE, ensuring that no boat was able to carry a kite to the Deep Water Bay finish. The wind change caught out *Redeye* who had gone too far south and was unable to close the deficit on *HanaFe*, losing by a solitary minute after nearly three hours. 

## Pursuit Race Results

1 <sup>st</sup>	<i>HanaFe</i>
2 <sup>nd</sup>	<i>Redeye</i>
3 <sup>rd</sup>	<i>The Farr Side</i>
4 <sup>th</sup>	<i>Zephyr</i>



# Drier Air and Reliable Winds Make for Plain Sailing

## Dinghy Autumn Races 1 and 2

We saw a fine start to the season, with fair winds from the south, clear skies and a good turnout for the races that were held in the outer Stanley Bay area. In the Optimist Division, there was a magnificent fleet of 22 boats, of which eight were from the ABC. In the overall results, RHKYC's Calum Gregor just squeezed out ABC's Yann D'Argenlieu, who was followed by the HKRYC's Scarlett Manzoni and the ABC's Matthew Wright and then 18 others!

Race 2 started in dropping wind, and although the course had been shortened, regrettably none of the boats were able to register a finish.

## Headline ABC results for Race 1:


1 <sup>st</sup>	Yann D'Argenlieu
2 <sup>nd</sup>	Matthew Wright
3 <sup>rd</sup>	Alex Morgan
4 <sup>th</sup>	George Burkett

(Further results are posted on the ABC website.)

In Division A, 13 boats competed in a wide variety of craft: Laser Standard, Radial and 4.7, Enterprise, RS 400, 420, Wayfarer, RS Feva and 29er. Course 8 was used in each race – windward/leeward with two laps. RHKYC's Laser Secretary Swanson Chan won both races overall while the ABC's Patrick Bruce,

## ABC podium results:

Race 1:	1 <sup>st</sup>	P. Bruce
	2 <sup>nd</sup>	F. Mak
	3 <sup>rd</sup>	Gecko Hotel
Race 2:	1 <sup>st</sup>	F. Mak
	2 <sup>nd</sup>	P. Bruce
	3 <sup>rd</sup>	Gecko Hotel

sailing a well-kept vintage Enterprise, was the ABC's best performer overall. Patrick took a 5th and a 2nd in the interclub results, which are calculated on straight PYS handicap numbers. On ABC's performance handicap system, Patrick shared the honours with Felix Mak, sailing a Radial. 

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19 Sailors Make Largest ABC Group Ever

# ABC Youth Sailors in Strong Showing at HKSF International Open Dinghy Regatta

Words by Kevin Lewis, photos by Kevin Lewis and Tim Edmonds

Every year, the Hong Kong Sailing Federation organise two large annual regattas. The International Regatta, this year held 29 and 30 September and 1 October, was one of their largest regattas, with over 130 entrants across four divisions and nine classes. Sailors from the Philippines, Taiwan, Thailand, Sri Lanka, and Macau joined sailors from Hong Kong for three days and eight races in Port Shelter. The ABC sent a team of 19 sailors, in three 29ers, eight Optimists and five Toppers. Both ABC Coach Rory Godman and Dinghy Sailing Manager Kevin Lewis attended with parent volunteers and two support boats.

This was the largest-ever ABC entry for an HKSF regatta, and the first time we entered in the Topper class. We decided that our Feva Squad would train in Toppers for a while to prepare for this regatta, giving them all the chance to helm and also sail in fleet with a separate start; much more fun than having two RS Fevas racing each other at the tail-end of a larger division. Toppers are also smaller and lighter to transport than Fevas; but still we needed two trucks to ship our dinghies to our Hebe Haven Yacht Club base. We sailed the 29ers and drove down two RIBs; a big undertaking!

The first day of the regatta saw a windy start, with our lighter Topper sailors struggling against the heavier adults, most of whom had newer, race-prepared boats. As the day progressed, the breeze dramatically decreased and ABC sailors did better, with outstanding results from the ABC's Oliver Edmonds and Kyler Nunan. In the Optimists, the ABC's Matthew Wright and Yann D'Argenlieu had a promising start, but it was immediately apparent that the big competition would be between Taiwan's Daniel Chu and RHKYC's Calum Gregor. The "fast" division A saw Philippine 470 sailors Emerson Villena and John Escalante battling with their teammates Ridgely Balladares and Rommel Chavez. Wan Chi Wai and Tse Sui Lun of the Hong Kong Sea School in a 420 were sailing well, with HHYC/ABC team Nagisa and Akira Sakai in a 29er just outside the top three.

## ABC Topper Sailors Continually Improve

The second day of the regatta saw testing times for race officer Jimmy Farquhar, with a couple of races started in very light winds indeed, but patience paid off and eventually the breeze filled in. The holiday Monday saw more



Kyler Nunan, Cecile Martin, Juliette Martin, Oliver Wong, Alison Treasure, Max Openshaw, Oliver Wong and Oliver Edmonds



The ABC Racing Squad at HKSF Regatta



ABC's Kyler Nunan, second overall in the Topper Division

consistent winds, light but allowing an overall count of eight races, with two discards. The ABC Topper sailors continued to improve, with Oliver Edmonds consistently in the top three and winning the division overall. The pressure was on 13-year old Kyler Nunan, but with only two points separating second and fourth places, he managed two race wins on the last day to secure second, a great achievement. Nagisa and Akira, 29er sailors, secured a first and two second-places on the final day, but that was not quite enough to edge into the top three. They finished as the first 29er and fourth in division A by a single point (and as the second Hong Kong boat), with Ridgely and Rommel from the Philippines winning overall. Calum Gregor had a big task ahead going into the final day in the Optimists. However, he finished the regatta with three bullets and nudged Daniel Chu into second overall, a great result in a fleet of 62 Optimists. Matthew Wright finished fifth while Yann D'Argenlieu came in seventh overall.

It is a big commitment for the ABC to support such a large team at a regatta away from our "home" waters. Hopefully members agree that the development of sailing at our club, both representing the name of ABC and developing our young sailors for the future, is well-worthwhile. Congratulations to all sailors, and thanks to Coach Rory Godman, parent volunteers and ever-helpful marine staff. H



## Sailing Diary

The autumn is the busiest time for sailing here in Hong Kong, with a procession of regattas, races and various sailing courses. Here we remind you of just some of the events coming up between now and December:

### J-80 Sailing

Day Skipper Course	17, 18, 24, 25 November
Competent Crew Course	8, 9, 15 December
One Day J-80 Gennaker Course	23 December
Day Skipper Course	5, 6, 12, 20 December

### Dinghy Courses

Adult Beginner Level 1 and 2	3, 10, 11, 17, 18 November
Adult Beginner Level 1 and 2	8, 9, 15, 16 22 December
Laser 2000 Introduction Course	8, 9, 15 December
Dinghy Sailing Trip	23 December
Adult Improver Level 3	5, 6, 12, 13, 19 January 2013

### Dinghy Racing and Regattas

Around the Island Race	11 November
Autumn Dinghy Races	9 & 10 - 17 November
HKSF Squads Trial	17, 18 Nov, 8, 9 December
HKLCA Champs	24, 25 November
Southside Regatta	1, 2 December
Autumn Dinghy Races	11 & 12 - 15 December

### Cruiser Racing

Waglan	2 - 4 November
Around the Island Race	11 November
ABC Double-Handed Race	18 November
Waglan	3 - 25 November
Waglan	4 & 5 - 16 December

*Taking Care of Your Skin:*

# What You Need to Know about Sun Spots

By Dr Simon L.S. Ku, specialist in dermatology

**A** note for boaters: watch out for sun spots. Look out for any scaly red spot or patch over your body that persists where you regularly expose areas of your body to the sun.


Sun spots (also called actinic keratosis or solar keratosis) are a skin condition resulting from excessive sun and UV damage. They are considered as, and should be treated as, pre-malignant.

Sun spots appear singly, or more often as multiple patches of red, non-itchy, and persistent rough and scaly rashes. Most commonly, actinic keratoses are to be found over the face, forearms and tops of hands, and also on upper arms and backs.

Sun spots are often mistaken as rough and/or dry skin, eczema or fungal infections. If untreated, there is a chance – estimated at 10-20 percent in 10 years – they may progress to squamous cell carcinoma of the skin. Thus, sun spots should be monitored by you and a doctor if need be, and treated accordingly.

The first-line treatment is freezing, using liquid nitrogen (cryosurgery), a simple and safe treatment that dermatologists commonly use. Surgical excision or curettage is sometimes needed to rule out cancer. Topical cream treatments are sometimes used as well.

Actinic keratosis is a chronic recurrent condition and may relapse after successful treatment. Certainly, the condition requires long-term monitoring and follow-ups to prevent progression to squamous cell carcinoma.

Being sun-smart and constantly using sun protection – starting early in life and continuing – is of utmost importance to anyone out in the sun. The daily use of a broad spectrum sunscreen, covering up with hats and long shirts, and sun avoidance when possible, all go a long way towards preventing many precancerous and cancerous skin lesions. 



# ABC Sailing: the Junior Optimist Sailing Programme

By Kevin Lewis



The ABC launched its junior Sailing Programme to provide a progressive learn-to-sail scheme for children, ages 7 – 11, of both Club members and non-members. Since the ABC programme began in 2007, over 2,500 children have benefited from its hands-on introduction to sailing.

The “Junior Optimist” programme uses the Optimist Dinghy, a small seven-foot boat designed in 1947 and standardised in 1960. There are now over 160,000 of these classic single-sailed boats worldwide.

The courses run over five half-days, either mornings or afternoons. The ABC instruction team believes a week-long series of half-days is more appropriate to keep younger children interested, and full days, especially during very hot weather, can tire younger children.



Having invested heavily in the development of junior sailing, the ABC now boasts a fleet of 24 Optimists, all based

at Middle Island. Six are purpose-designed “trainers” with more interior space that allows two children, or one child and an instructor, to sail together; especially useful in early stages of learning. The ABC also designed and commissioned unique “storm” sails, much smaller than regular sails and ideal for safe sailing in stronger winds. The fleet includes nine “top-specification” Optimists, used by our Optimist Racing Team.


Optimist racing at the ABC is the result of several years’ work on the part of both ABC instructors and young sailors. In addition to the training team, the ABC now has a full-time race coach (Rory Godman) training our most experienced younger sailors to race at the highest levels both in Hong Kong and overseas. The Squad needs commitment from both sailors and parents, but for those keen to sail and race seriously, there is no better way to follow generations of the world’s best sailors than by starting in an Optimist.

The steps of the Junior Optimist sailing programme – now the ABC’s most popular sailing activity – are laid out here. The ABC subsidises the courses to keep costs down. The Club offers three basic “stages” (for all of which life jackets or buoyancy aids are worn) that lead to a race course and also supervised practice. Stage 1 is the basic first step, where we focus on helping the children gain water confidence, balance on boats, understand basic boat controls and practice capsizing recovery. The focus is on stimulating their enthusiasm while not loading them down

with too much theory. Usually students sail together in pairs, with lots of games included to make the courses as much fun as possible while instructors stress key safety aspects.

Stages 2 and 3 build on the interest we hope Stage 1 has developed. In Stage 2, we expect students to sail single-handed in their own boat, while at Stage 3’s end, they should be confident enough to sail away from the shore, round a small triangular course and return to the club safely. For children with obvious talent and enthusiasm, the racing course leads onto possible membership of our club Optimist Race Team. If students prefer not to race, once aged 11 or 12, they may choose to progress into the Hong Kong Sailing Federation scheme, sailing larger “Pico” dinghies on an HKSF Beginner Course offered by the ABC.

The junior sailing programme requires that a child be able to swim, and usually does not accept children younger than seven. Age 11 is the oldest which parents should weigh enrolling their children into a stage 1 course. While top Optimist sailors can be up to age 15, taller children generally benefit from sailing the slightly larger Pico dinghies.

All ABC courses (except supervised practice) lead to a formal ABC certificate. Even if the child does not take up sailing, the agility, confidence and skills he or she gains contribute substantially to development. Water-safety awareness and skills may aid a child if ever he or she finds himself accidentally in the water later in life. 

**Optimist Race Course  
Optimist Supervised Practice**

**Optimist Stage 3**

**Optimist Stage 2**

**Optimist Stage 1**

Full details of all ABC sailing courses, dates and application forms can be found at [www.abclubhk.com](http://www.abclubhk.com) and by email from [SailingSecretary@abclubhk.com](mailto:SailingSecretary@abclubhk.com)



## The ABC Youth Sailing Programme:

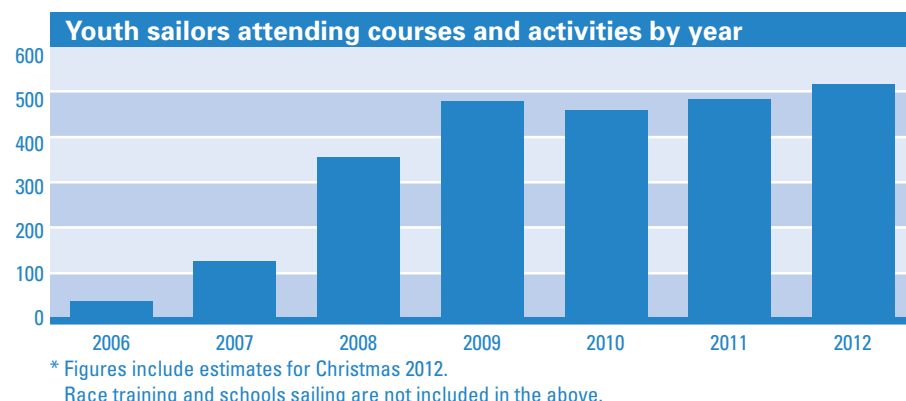
# Five Years of Solid Growth and High Performance

By Kevin Lewis, ABC Dinghy Manager

Five years ago, in early 2007, the Aberdeen Boat Club committed to making a concerted effort to stimulate and increase dinghy sailing, and in particular youth sailing. The first step was the formation of a sailing training scheme, based around the national Hong Kong Sailing Federation scheme. The ABC planned and added our own additions, including the now very successful Junior Sailing Programme that uses Optimist Dinghies. Since then, the ABC has run youth sailing courses and activities during every school holiday as the basic building blocks to attract and develop young sailors.

### Expanding our dinghy fleet

As the numbers of students grew, we needed more resources, so in 2008, the Club bought six new RS Feva intermediate-training dinghies. These useful and popular additions to our fleet gave younger teenagers a proper two-person boat capable of racing, with exciting downwind Gennaker sailing. To expand Junior Sailing, more Optimists were needed, and from six boats in 2007, we now operate a fleet of 25 of these dinghies, including six dedicated "novice" trainers and nine top-notch championship racing boats. The ABC Pico fleet grew from four boats to 12. We recently purchased three new Laser 2000s bringing the total number to nine, and our most recent purchases were three brand new high-performance 29ers. The ABC now operates a fleet of 77 club dinghies, with 70 percent primarily aimed at youth sailors. To support this growth, our club now operates a fleet of seven safety boats, including two



recent additions of Tornado RIBs, and we continually refurbish older boats.

### After-school programme

The ABC "after-school" sailing programme also began in 2007, with three aims: to bring in new sailors to our Club, to provide activity at Middle Island during under-utilised weekdays and also to boost revenue. The ABC now works regularly with nine local schools, including our near-neighbours Canadian International School. The year 2011 saw 275 students participating in ABC school sailing, including the ABC's hosting of large groups from German-Swiss International School and the ESF's King George V and West Island schools for school activity weeks.

### Classes led to racing and teams

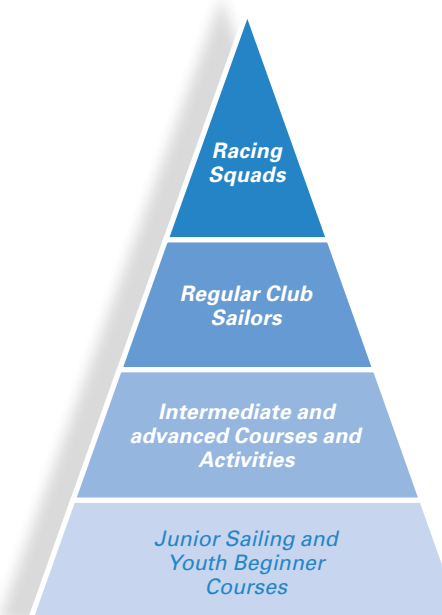
As ABC youth sailing expanded, both in terms of numbers and also with more skilled sailors coming through the training scheme, the need for top-level coaching arose. This led to the formation of youth dinghy-racing teams, first with an Optimist Team in 2008, and then Laser and Feva squads in 2009. In 2010 our club employed Rory Godman, our first-ever race coach.

Rory spearheaded the formation of a High Performance Sailing Team, sailing mainly in 29er dinghies. Such top-level racing is not for everyone, but it's a necessary part of our strategy, and also reflects very well on the success of youth sailing at the ABC in more general terms. The foundation is "Junior Sailing" and beginner courses; then more advanced activities follow that produce regular Club sailors and ultimately top-class racers.

Dinghy-team membership not only produces winners but is also important for young people's development. The squads provide a community outside school and bring obvious benefits to the ABC. Our squads participate in non-sailing activities, race at other clubs in Hong Kong clubs and even now compete overseas.

Our own Club dinghy racing also benefits. Since 2009 we have had a new "Optimist" series alongside our handicap series. ABC youth sailors now attend nearly every major regatta in Hong Kong, including Hong Kong Sailing Federation events, dinghy trials, Optimist, Laser and 29er National Championships, the Hebe Haven Yacht Club 24-Hour Charity Dinghy Race and the Royal Hong Kong

Yacht Club Around the Island Race. The ABC Opening Regatta now has a separate dinghy regatta, and in 2009 our club re-launched the Southside Regatta, which from the word go, was one of Hong Kong's most popular and competitive events, with around 100 entries every year.




### The winners, the silverware

Since 2007, when the ABC Youth Sailing Programme began, the Club has brought home an increasing amount of silverware. In October this year, ABC Youth sailing teams had their best-ever performance with a 2nd and 3rd in the highly competitive HHYC 24-hour race. Our top Optimist Sailor, Yann D'Argenlieu (13), is now ranked third (out of 63) in the Hong Kong Optimist rankings. Our Topper sailors took 1st and 2nd in the Topper division at this year's HKSF regatta, and our High-Performance Squad continues its success. After winning the Asian Sailing Championships in Malaysia in February, Cosmas Grelon (17) and Nathan Bradley (15) qualified to represent Hong Kong in the ISAF World Sailing Championships

in Ireland in July. (See September 2012 issue of *Horizons*.)

### Where do we go from here?

A lot of challenges lie ahead as ABC continues to grow in its primary role as a boating and sailing club. We have now reached a point where we have put in place both a youth sailing scheme and also a development model to advance our sailors to the highest level. Future moves will include building our depth of experience, and participation in recreational and racing sailing. Ongoing replacement of older boats, improvements to facilities and staffing will be part of this. The fundamental aim will be to continue to get young people on the water and boating ... the future of Aberdeen Boat Club. 

Further information on our youth sailing programme can be found under "Dinghy Sailing" and "Courses" at [www.abclubhk.com](http://www.abclubhk.com)

Social media works to engage with the youth sailors and celebrate their development: join [www.facebook.com/AberdeenBoatClub](https://www.facebook.com/AberdeenBoatClub) and follow us on [www.twitter.com/ABCHongKong](https://www.twitter.com/ABCHongKong)

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# Spotlight on ABC's Youth Racing Teams

## How old were you when you started sailing and what can you remember about your first course?

I started sailing Optimists as a seven-year old in France during the summer break; the next summer, at age eight, I started Hobie Cat Teddy; but I started racing on Optimist last year at age nine with ABC. I was very excited during the first day of my first course, however the following days, I started to realize that it could be challenging, because of the windy weather. It is a mix of excitement and fear. I am still always anxious before a course starts, and even more before a regatta.



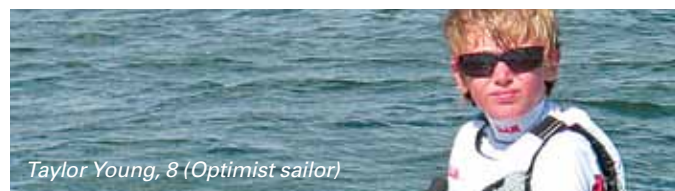
Anatole Martin, 9 (Optimist sailor)

I've been sailing all my life with my dad, but I started sailing the Optimists when I was six. I remember that on my first day of sailing (one of my favorite days) I did the capsize drill. At the end of the day we sat on the pontoon telling jokes!



Charlie Stewart, 8 (Optimist sailor)

I sailed my first Opti when I was two years old when we lived in Hawaii; here in Hong Kong I was eight when I first skippered an Opti, but my dad had taken me for lots of rides on yachts and even an 18-ft skiff on Sydney Harbour. I would like to be a great sailor like my dad and my Uncle Howie whom I have watched and learnt from since I was little. As a family we have sailed in all parts of the world, which I love.



Taylor Young, 8 (Optimist sailor)

## How long have you been on the Sailing Team, and what do you do?

I have been on the Optimist Team for about three months. We sail on Wednesdays and Saturdays. We always have fun when sailing, even though it is very tough. We have joint training with a lot of the other clubs, which I find good because then I know how I need to get better. It is also good to get to know the people you are racing against.



Alex Morgan, 10 (Optimist sailor)

## How does learning to race benefit you as a person and as a sailor?

First as a person, it takes me off my computer screen, but it especially helps me make new friends. On the water you try to beat your opponents, but off the water we're all together sitting around the table and talking about how I managed to capsize in like two knots of wind! There is a very big gap between day sailing and racing. This is why I encourage younger sailors to race, if they're interested, as it drastically improves their sailing.



Yann D'Argenlieu, 13, (Optimist sailor)

## Why did you join the ABC Dinghy Team?

My parents signed me up for a week-long sailing (HKSF Level 1+2) course during mid-term break. So for a week I sailed one of ABC's many Toppers. Before that I had only sailed beach catamarans with my parents in Discovery Bay. I bumped into a couple of people from the squad and they suggested that I join that year's Southside Regatta on an RS Feva (a double-handed boat with an asymmetric gennaker). I had such a fantastic time that I decided to join the team full-time. It just feels so amazing to be going that fast with the wind rushing through your hair, just hanging onto control of the boat.

Kyler Nunan, 13 (Topper sailor)

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”  
- Mark Twain

## Tell us about sailing conditions in Hong Kong, summer and winter. Which is better?

The sailing conditions here are generally light to medium winds but with stronger winds in the winter. We rarely get extreme winds more than 30 knots. The temperature of the air changes throughout the course of the year; at its lowest winter temperature it can be around 10 degrees, and the hottest summer temperature around 32 degrees. I find that sailing in winter is better not because of the temperature of the air or the water, that doesn't bother me, but the wind we get. As winter wind is stronger, I try to use this time wisely to practice my skills in these conditions as we don't get this very often.



Matthew Wright, 11 (Optimist sailor)

## What do you love about sailing?

The thrill of going so fast in strong winds; it seems like I'm flying. I also like it because it's a sport in which I do relatively well – I'm no good at basketball or rugby. I love it because in racing I love the competitiveness or thrill/buzz you get before a race and as you are going 'round the course trying to beat everyone else. I particularly enjoy the downwind leg because I am often lighter than my competitors and have an advantage. When I pass them, I love it.



Oliver Edmonds, 13 (Feva / Laser / Topper sailor)

## What's really important when preparing for a dinghy regatta?

To be sure my sail and rigging is perfect. Also to be sure I have studied the courses. Finally, listen to coach Rory on pre-race tactics.



Russell Aylsworth, 10 (Optimist sailor)

I love how it makes me want to do more, to push me to learn more. I used to be scared of sailing in strong winds and deep water but not any more. When I first started I was scared of capsizing but not now.



George Burkett, 11 (Optimist sailor)





**What's the funniest thing that has ever happened whilst sailing?**

We always laugh when we are out but a particularly funny moment was at this year's Macau regatta, when me and Kyler were doing really well in the strong winds and the toe-strap snapped when we were in the lead, and Kyler fell out of the boat!

*Harriette Edmonds, 11 (Optimist sailor)*

On my first course with Kevin we were being towed back and I fell out of my boat. I hung on at the back of my dinghy and then my shorts came off, so I had to swim back and get them!

*Oliver Edmonds, 13 (Feva / Laser / Topper sailor)*

**What's the difference between learning to sail and race training?**

In my opinion, the main difference between learning to sail and training for a race is being able to make mistakes. When you are learning something new you have to make mistakes to learn more, so that you become a better sailor. However, when you are training for a race, you have to concentrate on doing things accurately, as every mistake can make the big difference in winning a race or losing it.

*Sean Byrne, 15 (Feva & Laser sailor)*



**What is the best thing about sailing?**

The best thing about sailing is definitely the excitement. Of course, this can be replaced by fear in some cases but nonetheless you get a sense of accomplishment when you get back on the slipway after a day of sailing! Through these experiences, you learn not to panic and to solve the problem instead.

*Oliver Wong, 13 (Feva / Laser / Topper sailor)*



**How do you train as a team, what do you do on training sessions?**

My teammate (Kyler Nunan) is a talkative fun guy: we train a lot through words :) On training sessions, we spend some time rigging and unrigging the boat; when we are sailing, we try to practice the hoisting and dropping the gennaker to make it as quick and perfect as possible. What is frustrating is that we usually do it well during the training, but it is never as good during the regattas ... probably because we are under stress to try to win.

*Juliette Martin, 13 (Feva / Laser / Topper sailor)*

For me, one of the biggest differences is definitely commitment. Training sessions are regularly held every weekend and because it is regular, it does require more dedication than the occasional sail on holidays. This allows our enthusiastic bunch of members to be more competitive and enjoy more of the sport.

Another difference is the way you learn. Under the capable hands of our Coach Rory, you can swiftly improve in the specific areas you need most help on. I think race training is much more detailed and this attention to detail is what takes our sailing to the next level. Ultimately, as the ABC is known as Hong Kong's Friendliest Boating Club, the essential element of friendship is definitely not forgotten. Longer friendships are made in comparison to the five day-long sailing courses, as you get to know your friends more. You see your friends every weekend at training and the joyful and fun community at ABC makes race training every bit better.

*Natalie Tsui, 15 (RS500 & 29er sailor)*



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**1 AND 2 DECEMBER 2012**

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 For Enquiries Contact:  
[SailingSecretary@abclubhk.com](mailto:SailingSecretary@abclubhk.com)

**Entry Deadline: 23 November 2012**

**This is a Ranking Regatta for Hong Kong Optimist Sailors**  
 這次活動是香港Optimist風帆選手的排名比賽

**This is a qualifying event for Hong Kong 29er Sailors**  
 此項活動是香港29er的選拔賽



**Describe the difference between Hong Kong regattas and overseas competition at international level.**

I have sailed a 29er for a few months now and I had the chance to go to the World Championships in Germany this summer.

In Hong Kong, for the 29er fleet mostly, there aren't that many boats compared to countries like the Philippines or Thailand. The fleet is relatively small which means that there are fewer boats to compete with on a course the same size. There is less competition and fewer dinghies and skiffs to battle with on the starts, which play a crucial role in the race. It is easier to get off the start line with an average position, the boats are spread out and you won't get covered by too many. On an international level it's a whole new game. Instead of a dozen boats in the fleet, there are about 50, and over 200 for the whole regatta. This means there is no room for error; any mistake makes you lose five-10 places depending on the gravity of the fault. If your start is bad the race is over, as you are covered by 40 boats. Overseas the competition is extremely tough.

*JG Brasier, 14*



**You have been sailing the RS500 and also the 29er. Both are high-performance boats. Which is hardest and what are the key differences?**

I personally think the 29er is the harder boat to sail between the two, but frankly all high-performance sailboats are hard to sail well and fast and it requires the sailors to be of a top level and of top fitness to be able to do so. Both the helm and crew depend on the clear communication with each other and in my case, my helm is Natalie Tsui.

For me as the crew of a high-performance boat in both the RS 500 and 29er, the greatest difference would be the job of having to control the main sheet on the upwind legs (29er). Both boats have great speeds on upwind and downwind with the asymmetric gennaker but the difference in sailing is the boat balance in a 29er, as compared to the RS 500. The 29er has a great feature of a self-tacking jib that aids the job of the crew when he/she is going through a gybe/tack, getting out on the trapeze and getting back in on the trapeze whereas the RS500 requires the crew to manually change the sides of the jib and go out on the wire, causing some difficulties when doing a gybe especially with the gennaker. In terms of speed, I would say the 29er has the fastest speed out of the two boats when kept flat but it takes a lot of physique for both the helmsman and crew to continue racing in many races during regattas. A high-performance boat means fast speed and high performance from not only the boat but also the sailors who sail it.

*Ben Lee, 15 (RS500 & 29er sailor)*



**What did you learn from your recent ISAF Youth Worlds Competition? You talked about identifying weaknesses ... where do you go from here?**

It was a huge learning curve for Nathan Bradley and me as it was our first ISAF youth worlds, so everyday we learnt new "techniques" and especially things to avoid when racing in such a competitive fleet with many more boats than we are used to in Hong Kong. So this was about identifying our weaknesses quickly and trying to fix them as soon as the next race or if more major weaknesses, perhaps by the next day or by the end of the regatta as we had the World Championships just after. Rory, our coach, would debrief us after each race out on the water using code words to prevent the other coaches from understanding what we were talking about and tried his best to clearly explain to us our mistakes.

As well as the sailing aspect of the element, we, as a team, also greatly improved our mental aspect of racing. It is not easy racing for seven days in a row (especially in Ireland!), and knowing that each day is extremely important. It really wears you out physically, but perhaps what's most tiring is the mental exhaustion.

*Cosmas Grelon, 17 (29er sailor)*



# Angus Beef BBQ Dinner with Free Wine Tasting Saturday, 17 November

**The Patio  
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Adults \$428  
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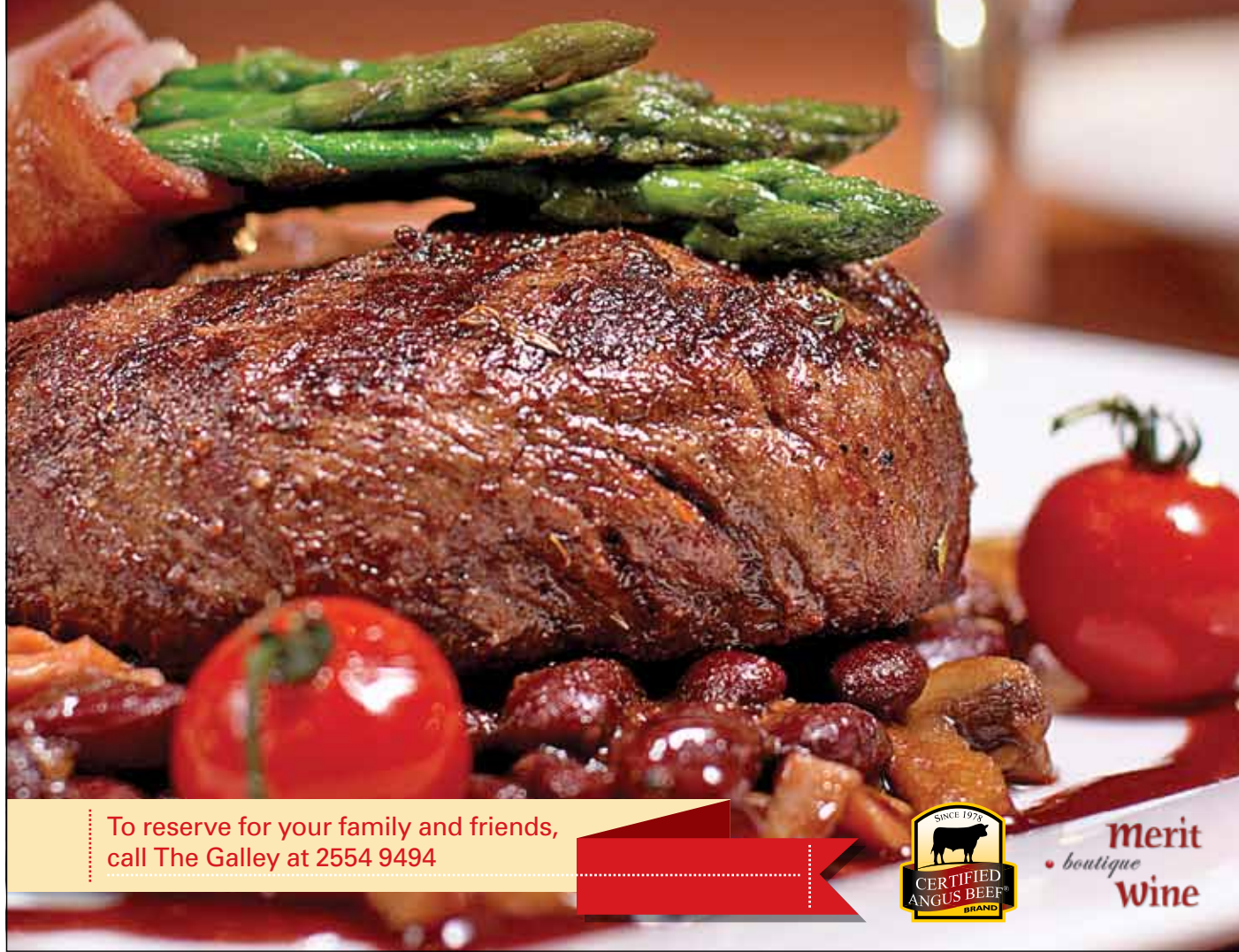
Two Tails Sauvignon Blanc 2009,  
Marlborough, New Zealand

Fox by JB Sauvignon Blanc 2010,  
Marlborough, New Zealand  
*Robert Parker Award: 85pts*

Lawson's Dry Hills, Pinot Noir 2008,  
Marlborough, New Zealand  
*Robert Parker Award: 89pts*

Thorn Clarke Terra Barossa Cabernet Sauvignon 2008/09,  
Barossa, Australia  
*Robert Parker Award: 88pts, Wine Spectator: 89pts, Mundus Vini 2009: Gold*

Thorn Clarke Terra Barossa Shiraz 2009/10,  
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*James Halliday Award: 94pts, Wine Spectator: 88pts, Robert Parker: 87pts*



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# ABC Christmas Youth Sailing Programme

Friday, 21 Dec 2012 – Sunday, 6 January 2013

The Christmas and New Year school holiday can be one of the best times to sail; normally we can expect great conditions with good wind, making this time of year ideal for our more advanced courses. Naturally, it is cooler and we remind students and parents of the need to wear appropriate warm clothes. However, often we have lovely sunny weather, so December sailing can be very rewarding! Our High Performance and Level 4 courses are offered once a year – now – so don't miss the opportunity!

Date	Open to ages 7-11	Course	Age	Details / Entry Requirements	HKS (Member)	HKS (Non-member)
Fri 21 – Sun 23 Dec		HKSF L2 Beginner Course	7 - 14	Students must have completed HKSF L1 within the last 6 months.	1,512	2,190
Sun 23 Dec		Dinghy Sailing Trip	12 - adult	HKSF L2 or equivalent experience	504	730
Wed 26 – Sun 30 Dec		Improver HKSF Lev 3	12 - 18	Applicants need to have passed HKSF Level 2 and have had a season of sailing since then.	2,520	3,650
Wed 26 – Fri 28 Dec		RS Feva Introduction Course	12 - 18	Hold HKSF level 2 plus some additional sailing experience	1,512	2,190
Sat 29 – Mon 31 Dec		Laser 1 Introduction Course	12 - adult	Applicants need to have passed HKSF Level 2 and have had some sailing experience since then.	1,512	2,190
Wed 26 – Sun 30 Dec a.m.	✓	Optimist Stage 1	7 – 12	Entry level fun sailing for our youngest sailors!	840	1,215
Wed 26 – Sun 30 Dec p.m.	✓	Optimist Stage 2	7 – 12	For those who have passed Optimist stage 1	840	1,215
Wed 26 – Sun 30 Dec p.m.	✓	Optimist Stage 3	7 – 12	For those who have passed Optimist stage 2	840	1,215
Wed 2 – Sun 6 Jan 2013		Beginners HKSF Lev 1 & 2	12 – 18	Basic entry level sailing for teenagers	2,520	3,650
Fri 4 – Sun 6 Jan		3-day Topper Pico Feva Supervised Practice	12 - 18	HKSF L2 or equivalent experience	1,512	2,190
Wed 2 – Sun 6 Jan		High Performance Advanced Skills, HKSF Level 4	13 – 18	Advanced Skills course including spinnaker, trapeze, boat handling, anchoring, introduction to navigation and meteorology. (Applicants must hold Improvers HKSF Level 3 and have had one season of sailing since then.)	2,520	3,650
Wed 2 – Sat 5 Jan		ABC Introduction to High Performance Sailing	13 – 18	A 4-day "mini" course to introduce spinnakers and trapeze-based High Performance sailing. Ideal choice for students to gain experience if not yet ready or qualified to attend the complete HKSF Level 4 Course	2,016	2,920
Wed 2 – Thurs 3 Jan		RS Feva Gennaker Intro Course	12 - 18	Students must hold an RS Feva Introduction Certificate	1,008	1,460
Wed 2 – Sun 6 Jan a.m.	✓	Optimist Stage 1	7 – 12	Entry level fun sailing for our youngest sailors!	840	1,215
Wed 2 – Sun 6 Jan a.m.	✓	Optimist Racing Course	7 – 14	For those wanting to race Optimists and possibly join the ABC Race Team. Students must hold Optimist stage 3 certificate.	840	1,215
Wed 2 – Sun 6 Jan p.m.	✓	Optimist Stage 2	7 – 12	For those who have passed Optimist stage 1	840	1,215
Wed 2 – Sun 6 Jan p.m.	✓	Optimist Stage 3	7 – 12	For those who have passed Optimist stage 2	840	1,215
Sat 12, Sun 13 & Sat 19 Jan		ABC Assistant Instructor Course	14 - adult	Applicants must hold HKSF L3 and have their application approved by the ABC Dinghy Sailing Manager	1,512	2,190

Further details and "fillable" application forms for all courses are available at the ABC Main Clubhouse reception and on the ABC website, [www.abclubhk.com](http://www.abclubhk.com). For more information, contact Angela Ho at [SailingSecretary@abclubhk.com](mailto:SailingSecretary@abclubhk.com)



Ladies' Circle  
Hong Kong

## CHRISTMAS GIFT FAIR 2012

Friday 2 November  
7:00 pm to 10:00 pm  
Aberdeen Boat Club  
Harbour & Bridge Rooms

Enjoy friends, food and boutique shopping,  
while raising money for some great causes.

Tickets are \$100 each, including entrance fee,  
buffet supper and entry to raffle.

Available 'on the door' at the fair or by  
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All funds raised by LCHK on the night will be  
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**Maple Syrup Lemonade ( hot / cold )**  
Ingredients

1 cup of water  
2 teaspoons of Maple Syrup  
2-3 teaspoon fresh lemon juice  
or 2-3 slices of fresh lemon

**Directions**

Pour 1/4 cup of cold water into a mug with maple syrup to  
stir, add lemon inside after. Mixing with hot water until they  
are dissolved. Add more maple syrup as you need after taste.  
Enjoy the warmly healthy drink.

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## Spotlight on Staff

# Rory Godman, Dinghy Coach

Words by Ann White, photo by Tim Edmonds



Rory Godman during the 2012 24-hr HHYC Charity Race

Around the Club, and most often at Middle Island, you may have spotted Rory Godman through his ready smile and sailing sunglasses perched atop sun-bleached hair. Having joined the ABC in July 2010, Rory is now well into his second contract as the ABC dinghy coach.

In addition to coaching the young sailors on race preparation, course knowledge and weather and wind conditions and racing strategies, Rory handles a wide range of race logistics that involve competition entry and accommodation, air travel, charter boats, shipments, insurance and more.

Rory sometimes spends days on end at the Club coaching the 29er and Optimist squads, as his schedule necessarily revolves around the school schedules of the ABC youth sailing racers. Rory quickly picked up on the reality that ABC youth sailors juggle multiple

commitments, including demanding schools. The ABC's 29ers squad trains Friday afternoons and Sundays, while the Optimist racing team trains Wednesday afternoons and Saturdays.


### Swift and Steady Successes

In 2012, much of Rory's attention has been focused on preparing young ABC sailors and coaching them at the International Sailing Federation's Youth World Sailing Championships and the 29er World Championships (see August 2012 issue of *Horizons*). In early 2013, racing will pick up again at Christmas, going "full-on" in May and June.

Rory was born and raised in Dunedin on the south island of New Zealand. A keen sailor from a young age, Rory was selected for the New Zealand Youth Team from ages 15 – 19 as one of the country's top sailors. Rory and his sailing partner represented New Zealand in four

"49er" World Championships, racking up quite a lot of travel in Europe and elsewhere around the world. At 19, Rory took up sailing and race coaching in Queensland, Australia, squeezing in his own racing there as he has continued to do in Hong Kong.

Learning the basics and technical underpinnings of sailing will stand the ABC's youth sailors in good stead, Rory says, noting he sees quick improvement in young sailors as they gain technical knowledge. Sailing is a sport where time on the water is crucial to achieving good results, Rory notes, adding "There's heaps that can go wrong in sailing so you have got to rely on functioning equipment and a fully engaged body and brain."

Firmly ensconced here in Hong Kong, Rory plays as a hooker for the DEA Tigers rugby team. "Playing rugby helped me gain and understand the discipline needed for coaching," Rory says. 



### Sangria

A delicious blend of red wine, orange juice, Cointreau, brandy and lemonade with sliced mixed fruit.

By the glass \$55

By the carafe \$110



### Cocktail of the Month

Aberdeen Boat Club 香港仔艇會



### Cobra – The Inspiring Taste of India

\$23 per bottle Alcohol 5% by volume

Tasting notes: Cobra has been brewed since 1989 according to an authentic Indian recipe (a blend of ingredients including maize and rice) with a modern twist: a little less carbonation for an extra-smooth taste. Especially suited for Asian dishes.



### Beer of the Month

Aberdeen Boat Club 香港仔艇會

## Welcome, New Members

The Aberdeen Boat Club welcomes the following new members who have joined recently:

### August 2012

Michael Hung  
Yeung Yuen Sze Asiyah  
Chan Kin Wan Jones  
Elaine Davis  
Chan Ping Yau  
Garry Smith

### September 2012

David Browne	Lai Siu Kin	Stephen Smart
Peter Clayton	Lam Wai Yan	Yim Siu Wah
Cheng Wai Yan	Alexander Ng	Vivian Chan
Gilles Cardonnel	Robin Price	Simon Manning
Joe Chong	So Yiu Cheung	Clive Walton
Linda Da Silva	Irene Wong	Cheang Yee Chung
Hon Chi Fai	Joseph Wong	Nagisa Sakai
Tomas Huml	Yeung Wing Yan	Pak Yuen Mei Emma
Christopher Howells	Christopher Yee	Wong Ming Wai, Alison
Kan Chi Keung	Yuen Wai Keung	Ramesh Moosa
Lai Wai Ming	Geaspar Byrne	



### Three Monks – Fumé Blanc (Sauvignon Blanc) 2011, Taltarni Vineyards, Australia

This sauvignon blanc is a pale straw with fresh, green tints. The flavour is intense with lime blossom, grapefruit and white nectarine, all perfectly integrated with attractive, spicy oak characters from the time spent in French barrels.

### Three Monks – Cabernet Merlot 2007, Taltarni Vineyards, Australia

Three Monks cabernet merlot is a deep ruby colour, with fresh purple tints. It displays classic black fruit and forest-floor varietal characters complemented by soft, mocha oak flavours.

by the glass \$40  
by the bottle \$200

Free Wine Tasting, The Patio  
Friday, 16<sup>th</sup> November, 6-8 pm



### Wine of the Month & Free Wine Tasting Event

Aberdeen Boat Club 香港仔艇會



# South Island Line (East) on Track for Completion in 2015

Barry Hill, Chief Commissioning Engineer of MTR Corporation and ABC Commodore from 2007 to 2011, gives us an inside look at the design and progress of the massive project to bring the MTR to the south side of Hong Kong Island. Images provided by MTR Corporation.



A rendition of the planned Admiralty station, in the evening.

The residents on the southern side of Hong Kong Island have waited a long time for the MTR to provide them with the rail transport connections already enjoyed in many other districts of Hong Kong. In December 2007, former Hong Kong Chief Executive Donald Tsang announced that work would proceed on design and planning of a new MTR line to serve the island's Southern District. In the five years since then, much work has been done to finalise the design and prepare for the complex engineering works required to realise the objective of connecting the MTR network at Admiralty to South Horizons on Ap Lei Chau, with intermediate stations at Ocean Park, Wong Chuk Hang and Lei Tung along the approximately 7km route length. In addition to the stations, a train stabling and maintenance depot will be located at Wong Chuk Hang.

Construction of the South Island Line (East) (SIL(E)) scheme commenced in 2011 after gazetting under the Railways Ordinance in July 2009. The MTR Corporation has been working closely with Southern District Council, which has provided strong support for the project, to accommodate local views on the new railway as much as practicable. Public consultations led to design refinements under Scheme amendments gazetted in June 2010. Liaison with the Southern District Council and the local community will continue throughout the project, scheduled for completion in 2015.



## South Island Line (East) – Route Map

### Key Design Features

The SIL(E) will be a medium-capacity, fully automatic railway, operating three-car trains capable of carrying 20,000 passengers per hour in each direction. Compared to other MTR lines, stations will be smaller with shorter platforms, but service will be approximately every three minutes at peak hour. The journey time from Admiralty to South Horizons will be approximately 11 minutes.

The railway will be underground except for the section between the Aberdeen Tunnel toll plaza and Ap Lei Chau, which will be on a viaduct. The viaduct design has been enhanced



A new sleek bridge on the Aberdeen Boat Club side of the existing road bridge will be constructed across the Aberdeen Channel.

with slender and rounded viaduct columns and harmonious colours for the façade to better integrate with the surrounding environment. Noise barriers will be provided to reduce train noise. Landscape works under the viaduct will create new open spaces for the public. Stations will have multiple entrances to maximise convenience to the public.

### Admiralty and a revamped Harcourt Garden

The integration of the SIL(E) into the existing Admiralty station presents some of the most challenging work ever undertaken by the MTR. When complete, Admiralty station's underground depth will be increased from its current four levels to seven.

Two new platforms will be constructed below the eastern end of the existing Admiralty Station, beneath Harcourt Garden, for the SIL(E), and works for the future Shatin to Central Link will be carried out at the same time to minimise future disruption to Harcourt Garden. Admiralty will become the largest interchange station on the network, and will allow passengers to transfer between four MTR lines. Admiralty Station's new entrance will be an iconic feature of the reinstated Harcourt Garden, which will be given a new landscaped deck that connects conveniently to the adjacent pedestrian footbridge system.

### Ocean Park

The Ocean Park Station will be above-ground with three entrances. The main entrance will connect directly to Ocean Park's entrance plaza via a dedicated footbridge. Two

additional entrances will serve nearby residents. A new "Park and Ride" facility will allow car users to interchange conveniently with the railway.

### Wong Chuk Hang

Wong Chuk Hang Station will be located above the Staunton Creek Nullah. Heung Yip Road will be widened to accommodate a public transport interchange directly beneath the station to allow passengers an easy interchange with the railway from bus feeder services. To connect with future hotel and commercial developments in Wong Chuk Hang, new footbridges will be constructed and an improved pedestrian walkway to the Shum Wan area will be provided.

A new footbridge connecting Kwun Hoi Path and the footpath adjacent to the Staunton Creek Nullah will also be provided, allowing direct access from the Aberdeen Promenade to the station at Wong Chuk Hang.

Access to the Aberdeen Boat Club will be via a short walk through the new Wong Chuk Hang residential complex that will connect with Shum Wan Road.

### Lei Tung and South Horizons

Lei Tung Station will be underground beneath the existing housing estate. Lifts at the entrance near the commercial centre will transfer passengers to the station concourse below. A convenient public pedestrian link between Lei Tung Estate and Main Street, Ap Lei Chau, will also be provided



A view of the planned Wong Chuk Hang station



The planned Ocean Park station



Station entrance at South Horizons


via the unpaid area of the station. An entrance at the existing bus terminus of Lei Tung Estate will be provided to connect railway passengers to other public transport.

The South Horizons station will be underground at Yi Nam Road with three entrances located close to the residential buildings of South Horizons. A new footbridge will also be built across Ap Lei Chau Bridge to connect to Ap Lei Chau Estate.

#### Construction Progress and Video on ABC website

Project progress remains firmly on track more than a year after construction commenced. For the 2km viaduct section, approximately 30 percent of the construction works are complete. Foundation works for the Ocean Park and Wong Chuk Hang stations and open blasting at the depot site are all complete and structural work is underway.

Excavation work for the Nam Fung tunnel portal, adjacent to the Aberdeen Tunnel toll plaza, is in progress to prepare for the blasting of the approximately 3km tunnel to Admiralty, where shaft and tunnel blasting work will commence later this year.

Construction works will continue throughout 2013, following which the station and railway systems will be built prior to the testing and commissioning phase. Railway service is scheduled to begin in 2015. 

#### Further notes:

A project-progress video will be made available on the ABC website and will be updated at regular intervals.

A future issue of *Horizons* will feature an article on the planned development of Wong Chuk Hang, Aberdeen.



## Thanksgiving Dinner Buffet, the evenings of 19 – 23 November

### Four Peaks Restaurant and The Galley

6:30 – 9:30 pm

#### Featuring:

- Roasted Butternut Squash Soup with Parsley purée
- Roast Turkey with gravy
- Honey-glazed Ham
- Chestnut Stuffing
- Brussel sprouts
- Mashed Potatoes with Caramelized Garlic and Parsnips
- Pumpkin Cheesecake

Adults \$328

Children 6 – 12 \$168

To reserve for your family and friends, call The Galley at 2554 9494



## Winter Solstice Chinese Banquet, Friday, 21 December

### The Galley and Patio

6:30 – 9:30 pm

A Winter Solstice festival dinner featuring these and other traditional Chinese dishes:

- Roast suckling pig
- Winter mushroom
- Braised goose web
- Steamed garoupa
- Double-braised silky chicken and ginseng soup

Table of 12: \$5,388

To reserve for your family and friends, call The Galley at 2554 9494



World-class sailor visits ABC

# Guo Chuan Aims to be First Chinese Sailor to Circle the World Solo

Words and top photo by Ann White, background photo by Kevin Lewis

World-class solo sailor Guo Chuan visited the Aberdeen Boat Club on 27 September, calling on General Manager Philippe de Manny and Dinghy Manager and Senior Instructor Kevin Lewis. On 18 November, Guo will set off on a solo, non-stop, circumnavigation of the world, sailing in *Zedtech*, a modified Class 40 racing boat.

Guo's aim is to sail single-handedly from Qingdao, China, around the world and back to Qingdao in 120 days or fewer. While a handful of sailors, including the U.K.'s Ellen MacArthur, have achieved single-handed round-the-world sailing tours, no sailor has ever sought to make a solo non-stop circumnavigation in such a small-sized boat as an Akilaria Class 40. If Guo's challenge is successful, he will create a new world record for a solo non-stop around the world sail for a Class 40 boat for the first time. And Guo will be the first Chinese sailor to circumnavigate the world, alone.

Guo was accompanied at the ABC by fellow sailor Shi Lei, who owns *Zedtech*, and Thierry Barot, CEO of the America's Cup China Team and an unofficial advisor and coach for Guo. At

the ABC's patio, in the late-afternoon sun, all three enjoyed iced tea on the patio and chats with Philippe and Kevin. Guo and Shi had spent the previous few days in Hong Kong on boat maintenance and trip planning before Guo headed to his home and family in Qingdao to finalise preparations for the world-record challenge. While in Hong Kong, Guo and Shi checked *Zedtech's* mast and ran performance tests. "Hong Kong is the ideal place for boat maintenance," said Guo, who also praised Hong Kong's skyline and its food.

Guo arrived in Hong Kong from Europe, where he spent the last three years largely in France, training on-board and from shore and fitting out *Zedtech*. While Guo trained in Europe, Prince Albert II of Monaco named him as the first Chinese sports ambassador for Peace and Sport, an international initiative working for worldwide sustainable peace.

## The Plan Befits the Challenge

Guo Chuan's run is to begin in Qingdao before mid-November. Guo and *Zedtech* will head past Australia and New Zealand, down to the Antarctic, then east and towards Cape Horn in Chile. After sailing

past Cape of Good Hope in South Africa, *Zedtech* will sail through the Malacca Straits and finally return to Qingdao. The 21,600-nautical-mile journey is targeted to be completed within 120 days. There are those who think he can do it in considerably fewer days.

During a cruise from the ABC to Central, China Team's Thierry Barot explained that racing rules allow modifications to a C40 as long as the basic "box," or the measurements of the frame of the boat, remains untouched, and as long as the modifications stay under a specified dollar amount. For further info on class 40 in Hong Kong, contact: [thierry@prest-perfmarine.com](mailto:thierry@prest-perfmarine.com)

*Zedtech* incorporates Guo's keenly thought-out modifications of deck layout and sail strength, which will be fed back into the design process for the C40 boat. *Zedtech's* rudder and instrument controls, supplanted by two PCs, an iPad, and a satellite navigation system, were designed to be within an arm's reach. Guo plans to sail in cycles of four hours, then sleep for 30 minutes with *Zedtech* on autopilot and fully alarmed.

Guo's journey can be tracked at [www.transworldsail.com](http://www.transworldsail.com)



Guo Chuan (foreground) with Lei Shi (L) and Thierry Barot at the ABC



## Christmas Day International Buffet Brunch

25 December, 12 noon – 3 pm

Four Peaks Restaurant \$338

The Galley and Patio

Adults \$318

Children 6 – 12 \$188

Middle Island – Turkey and Buffet

Adults \$298

Children 6 – 12 \$188

To reserve for your family and friends, call The Galley at 2554 9494



## Boxing Day International Buffet Brunch, 26 December

Four Peaks, The Galley and The Patio

8:30 – 10 am, \$65 per person

10 am – 3 pm, \$168 per person

To reserve for your family and friends, call The Galley at 2554 9494



## HK Pleasure Vessel Operators Handbook \$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 sample test questions and the full examination syllabus.

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## New Year's Day Festive Brunch, 1 January, 11 am – 3 pm

Four Peaks, The Deck, The Galley and The Patio

\$198 per person  
includes free glass of Champagne for adults and glass of soft drink for those under age 21.



To reserve for your family and friends, call The Galley at 2554 9494



## Christmas 2012 Takeaway Order Form

### Takeaway starts from 1st December 2012

		Weight / Unit	Price	No. of people to served	Quantity	Amount
<b>Canapés</b>						
<b>CA1</b>	Vietnamese Rice Paper Rolls with Soft-shell Crab	Doz	\$168	/		
<b>CA2</b>	Smoked Salmon Rosettes with Cream Cheese and Crab Roe	Doz	188	/		
<b>CA3</b>	Indian Lamb Kebabs with Mint Yoghurt	Doz	168	/		
<b>CA4</b>	Chicken Roulade with Mango and Onion Marmalade	Doz	168	/		
<b>CA5</b>	Sausage Rolls	Doz	168	/		
<b>CA6</b>	Mushrooms Stuffed with Seafood and Tartar Sauce	Doz	168	/		
<b>Salads and Starters</b>						
<b>S1</b>	Caesar Salad with Parmesan Shavings, Bacon and Croutons	Tray	380	8 to 10		
<b>S2</b>	Greek Salad with Tomatoes, Cucumbers, Olives, Peppers, Onions and Romaine Lettuce	Tray	360	8 to 10		
<b>S3</b>	Homemade Goose Liver Terrine	100 g	320	2		
<b>S4</b>	Avocado and Prawn Cocktail	Tray	420	8 to 10		
<b>S5</b>	Chicken and Waldorf Salad	Tray	380	8 to 10		
<b>Main Dishes</b>						
<b>C1</b>	Roast Turkey	5 to 6 kg	680	8 to 10		
<b>C2</b>	Roast Turkey	6 to 8 kg	800	12 to 16		
<b>C3</b>	Roast Turkey	8 to 10 kg	1,000	18 to 22		
<b>C4</b>	Roast Turkey with Homemade Stuffing and Cranberry Sauce	5 to 6 kg	800	8 to 10		
<b>C5</b>	Roast Turkey with Homemade Stuffing and Cranberry Sauce	6 to 8 kg	1000	12 to 16		
<b>C6</b>	Roast Turkey with Homemade Stuffing and Cranberry Sauce	8 to 10 kg	1,300	18 to 22		
<b>C7</b>	Brussel Sprouts, Parsnips, Carrots and French Beans	1 kg	280	6 to 8		
<b>C8</b>	Homemade Chestnut and Herbs stuffing	1 kg	200	8 to 10		
<b>C9</b>	Roasted Rack of Lamb with Mint Jus	1.8 kg	420	4 to 6		
<b>C10</b>	Roasted Rack of Vension with Condiments	1.2 kg	680	4 to 6		
<b>C11</b>	Roast Leg of Lamb with Mint Jus	2.8 kg	480	8 to 10		
<b>C12</b>	Roasted Prime Rib with Jus and Condiments	6 kg	1600	10 to 12		
<b>C13</b>	Roasted Pineapple Ham with Apple Sauce	7 kg	1350	12 to 16		
<b>C14</b>	Honey Glazed Bone Ham with Pineapple Sauce	9 kg	1250	18 to 22		
<b>C15</b>	Gammon Ham with Honey Gravy	4 kg	650	8 to 10		
<b>C16</b>	Roasted Whole Goose	4 kg	800	8 to 10		
<b>C17</b>	Lasagne with Mozzarella, Fresh Basil and Tomato	Tray	360	8 to 10		
<b>C18</b>	Oven-Baked Tandoori Salmon and Condiments	1 kg	420	8 to 10		
<b>Desserts</b>						
<b>D1</b>	Whole Pumpkin Pie, 8"	1 kg	128	8		
<b>D2</b>	Christmas Cake	1 kg	380	8		
<b>D3</b>	Christmas Yule Log (Vanilla)	1.2 kg	380	8		
<b>D4</b>	Christmas Fruit Cake	1 kg	360	8		
<b>D5</b>	Black Forest Cake	1.2 kg	380	8		
<b>D6</b>	American Cheese Cake with Strawberries	1.2 kg	380	8		
<b>D7</b>	Minced Pie 60 g	Pc	18			
<b>D8</b>	Minced Pie 40 g	Pc	15			
<b>D9</b>	Minced Pie 60 g	Doz	208			
<b>D10</b>	Minced Pie 40 g	Doz	168			

Member Name \_\_\_\_\_ Membership No. \_\_\_\_\_

Contact Number \_\_\_\_\_ Collection Date \_\_\_\_\_ Time \_\_\_\_\_

Member Signature \_\_\_\_\_

Please fax back to 2873 2945  
or e-mail to fnb@abclubhk.com  
For queries, please contact  
F&B on 2555 6216





## Home Wine Delivery November 2012

	\$/Bottle	Quantity	Amount
<b>White Wines</b>			
<b>Louis Michel Petit Chablis 2010</b> The wine reveals floral notes of hawthorn and grape blossom. It is particularly lively in the mouth, with sea breezes and delicious chalky finish.	\$125		
<b>Loron - Macon Villages Blanc 2010</b> The wine has a gold colour revealing green tints, and develops floral and fruity aromas.	\$100		
<b>Yalumba Y Series Pinot Grigio 2011</b> Straw with green highlights, it displays an appealing mix of fresh aromas including feijoa, orange blossom, nashi pear and wild honey.	\$110		
<b>Mount Riley Sauvignon Blanc 2012</b> Light straw and with green hues. Complex with capsicum crushed herb, pink grapefruit and tropical fruit aromas.	\$120		
<b>Red Wines</b>			
<b>Château Los Boldos - Cabernet Sauvignon Grand Reserve 2010/11</b> It has a deep colour with purple reflections. Very expressive nose offers an aroma of red fruits where cassis dominates. Leather notes, clove and a touch of smokiness appear. The mouth provides soft and round tannins.	\$130		
<b>Marques de Grignon - Caliza - Syrah, Petit Verdot 2008</b> Dark cherry-red with touches of garnet and a high robe. Silky, meaty, tasty and dense mid-palate. Back ripe fruit and mineral flavours.	\$130		
<b>Château Lafitte A.O.C. 2010/11</b> It has a deep-purple colour with ruby highlight; on the nose is a fine concentration of red fruits and morello cherries, which blend smoothly with hints of smoke.	\$155		
<b>Mount Riley Pinot Noir 2011</b> Mid-red with garnet and ruby hues. Red cherry and berry fruit aromas are supported by hints of spicy and earthiness. This is an elegant wine with soft tannins, delicious bright-red fruit flavours and great length of flavours.	\$145		

### Free Wine Tasting

All of the above wines will be available for free tasting at the Galley on **Friday, 16<sup>th</sup> November from 6-8 pm.**

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

Minimum order 12 bottles. Mixed cases available. Note 10% discount for orders of 24 or more bottles. Total amount will be charged to member's account. Orders 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 or more bottles; please allow three working days for delivery. All wines are subject to availability.



## New Year's Eve Festive Celebration 31 December 2012, 8 pm 'til late

### The Galley, Patio, Poolside

#### Theme: Superheroes

**Adult \$688**, including canapés, international buffet, standard drinks and Champagne toasting at midnight.

**Adult \$588** without drinks

**Teenagers 12 – 16 years \$288**

**Children 6 – 12 \$188**

**Children under 6 free**

**Doors open at 8 pm** with canapés and pre-dinner drinks

**Buffet opens at 8:30 pm**

*DJ Dave and an evening of dancing*

*Children's entertainment in the playground*

*Magic shows, balloon shapes, bouncy castle*



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Captain Kirk hands over to StingWray

# The Clean Half: Asia's Extreme Swim Relay Event

Words and photos by Ian Barlow

*"On such a full sea are we now afloat. And we must take the current when it serves, or lose our ventures."*  
(– Bill Shakespeare, armchair swimmer)

That Shakespeare quote is another way of saying "keep on swimming sucker!" The Clean Half is the biggest swimming race in Hong Kong; a five-person, 15-kilometre (nine and-a-bit mile) swim relay between Stanley and Deep Water Bay. The race is also listed as one of the top 100 open water swims in the world. In all, 52 teams and 10 solo swimmers (including some flying in especially for the event) took part this year on 6 October.

The Clean Half race covers some of the most challenging open water conditions available: from the on-shore headwind and chop at Stanley Main Beach, across to the big swells between the Shek O Peninsula and Cape D'Aguilar. And then suddenly it's calm, and there are some sublime views of the coastline on the run towards Deep Water Bay.

It's a race of two halves; two hours getting pummelled by the sea, and then two hours getting pummelled by your team to go faster, because an Australian outrigger (The Budgie Smugglers) and a boatload of school kids (LRC Morays) are closing the gap behind you.

The weather couldn't have been bettered; autumn is the best time of year for water sports in Hong Kong; warm water, low humidity and enough sun to make it toasty but not crispy. I could get carried away and say that the water is world-class as well, but not quite; it isn't so clear that you see ahead, and there is always a plastic bag available to stop your heart when you touch it blind. What have I put my hand in?!

Why would you want to do this; aren't there buses between Stanley and Deep Water Bay? Well, it's for a good cause. This is an annual charity swim, with the benefits going to the Ocean Recovery Alliance, a non-profit organization that focuses on improving the ocean environment (more info can be found at <http://www.oceanrecov.org>).

"The Wanchai Express," an all-male team of mixed ability ("Olympic Heroic" down to "Arm-Band Hopeful"), finished pretty well in four hours five minutes, which put us at ninth overall in the race, including schoolkids. Full results are at <http://www.thecleanhalf.com/home.html>. This is the third year I've been involved in the Clean Half event. By next year I hope to be able to remove my armbands, and we can get there in less than four hours. Or I could just take the bus. H



Solo swimmer (Jetboat George passes Round Island at speed)

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