



2014/05
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HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB

Middle Island Development:
Preview of Plans

Water Safety and Swimming
Lessons at the ABC

Take to the Seas:
Learn to Sail over the
Summer Holidays





How to solve the Questions of Class

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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

Hello from Melbourne in autumn where it feels like middle of our winter in Hong Kong. I can't wait to get back to Hong Kong.

In late March, I was delighted to launch an Access 303W class double-handed dinghy sponsored by ABC for the Hebe Haven Sailability Trust, which provides the facilities and expertise for a water-based experience for people with disabilities who would not otherwise have the opportunity.



Sailability Hong Kong, off to the Asian Paralympics Games!

The Sailability Trust will send a team of six sailors to represent Hong Kong in the Asian Paralympic Games to be held in South Korea. So far, the ABC boat has won seven out of seven races at Hong Kong Race Week!

In mid-April, Hong Kong Sailing Federation National Coach Craig Cobbin announced members of the National Squad who were presented awards by Hong Kong's Olympic windsurfing gold medallist Lee Lai-shan.

ABC youth sailors were well-represented on the national squad, which will receive financial support from the Government.

HKSF is committed to develop youth sailing to international medal-winning levels, through squad training and exposure to international coaches at five annual high-performance camps.



The ABC will complement HKSF's training with our own championship-level coaching.

See you on the water or at the annual prize-giving on 24 May.

John Berry
Commodore



Squid Fishing on the ABC Junk, 15 and 30 May

Time: 7 pm to 10 pm

Squid fishing in the evening is fun and entertaining. Bring along the children or a group of friends or make some new friends.

These excursions are run in May and June only. Book quickly as they are very popular. Minimum 20 people; maximum 35 people.

Adults and children \$118.

Order dinner at the Coffee Shop to bring aboard and enjoy on the junk. Drinks on board billed to account.





To book your place aboard, please call Cobo on 2553 3032 or email mbs@abclubhk.com

CLASSIC YACHT RALLY



To be held on
**17 & 18 May
2014**

Organised by 

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For sailing instructions and entry form download from www.abclubhk.com

General Manager's Letter

Bye-laws and typhoons

Last month, I promised a review of the bye-laws on the waiting list for moorings, but another month is needed for review as they remain under consideration and a survey letter is yet to be sent. As for the also-promised review of the dress code, meant to coincide with rising humidity that brings blandishments for less clothing, that also must wait.

This month I will focus on summer's most worrying spin-off: typhoons.

Most of you have been in Hong Kong long enough to know that the typhoon season is from May to October. In this month's letter, therefore, it is more than appropriate to send a small reminder of what to expect and what needs doing if a typhoon comes close to our shores.

If and when a typhoon approaches, we shall keep you informed of its progression by posting notices on Club boards and on the front page of our soon-to-be-launched new website.

For safety's sake, I must remind all sailors and boaters that it is the owner's responsibility to secure a boat on a mooring and to look after its overall safety.

ABC staff, as always, will be on hand to check mooring components for safety but the owners must secure their own mooring lines, tie up all sails or store them and clear decks of all loose objects.

It is therefore necessary for you to come to the Club to check your boat before the Hong Kong Observatory hoists a typhoon signal 3.

Bye-laws on tropical cyclone warnings:

- (i) *Members within the Club premises will be kept informed of tropical cyclone signals either by the posting of notices or by announcements.*
- (ii) *When tropical cyclone signal 1 is raised, ABC staff will start implementing the Club safety procedures to secure the Club, including moorings and pontoons and additional safety steps that will be carried out in preparation for the raising of tropical cyclone signal 3.*
- (iii) *When tropical cyclone signal 3 is raised, ABC staff will start taking full precautionary actions, and whilst normal operations will continue as usual, if tropical cyclone signal 8 is expected to be raised, a gradual reduction of services will occur as staff are released to return home.*
- (iv) *When the tropical cyclone signal 8 is raised, Club operations will cease and all staff, members and guests, with the exception of caretaker staff, will be required to vacate the Club premises.*
- (v) *In the event of members or guests being unable to leave the Club premises, owing to the lack of transport or other circumstances, the function rooms will remain open for use but no food, drink or service of any kind will be available unless otherwise organized by the General Manager.*
- (vi) *If the tropical cyclone signal 8 is lowered after 1700, the Club will remain closed until next day's normal opening hour. If it is lowered before 1700, the Club operations will resume two hours after the signal has been lowered.*

“As a typhoon advances, ABC staff, as always, will be on hand to check mooring components for safety but the owners must secure their own mooring lines, tie up all sails or store them and clear decks of all loose objects.”



ABC support for Sailability Trust

Early last month, Hong Kong's three main sailing clubs joined up to support the Hebe Haven Sailability Trust (HHST), which allows people with disabilities to experience sailing by providing facilities and expertise.

ABC purchased one Access 303W dinghy, as did the Hebe Haven Yacht Club and the Royal Hong Kong Yacht Club. The three clubs launched these boats together with the presence of commodores and past commodores. These three boats will serve to train the Hong Kong Asian Para Games team, who will participate in this big competition in Incheon, South Korea, between 18 and 24 October 2014.

To learn more about Sailability's goals and efforts please visit the trust's website at www.sailability.org.

New Club invoicing system

The full upgrade of the Club management system is progressing on schedule with the new website to be launched very soon. From August 2014 you will be able to go online to check your monthly consumption and invoice. This will lead to you receiving your monthly statement by email; ending "snail mail" delivery will reduce heavy administration tasks and paper-printing needs. The full upgrade also will include a new point-of-sales system as our current one can no longer be updated and therefore is out of date. The new point-of-sales will be "latest generation,"



First prize



Second prize



Third prize

Easter Sunday Egg-Painting Contest at the ABC

First prize: voucher for a birthday cake
Second and third prizes: voucher for ice cream sundae prepared by the General Manager

allowing Club waiters to take orders on electronic tablets directly from your table. This should shorten the food delivery time and avoid some ordering mistakes that do happen from time to time.

As a result, it is imperative that you confirm with us the email address at which you wish to receive Club invoices. Should you lack an email address, please contact me for a special arrangement.

In memory of Walter Gerrard

"Uncle Walter," as all of us working at the ABC called him, passed away on 30 March. A great sadness has been felt all around at the loss of this larger-than-life and always happy character but he would have preferred us to recall only the great moments we spent with him as a member, as a trainer and as a friend.

"The Big Man," or "the Water Buffalo," as he was known during his football career in Hong Kong, scored 30 goals in his first season with the Hong

Kong Rangers and played with the greatest. At his funeral I heard stories about him that typified his character. One story in particular was during a match against the Brazilian team visiting Hong Kong. During the match both Walter and the great Pelé were substituted and as they walked off the field, Walter, approaching the big star, said "Pelé, these coaches don't know a good footballer when they see one."

Walter was part of Hong Kong and Hong Kong was in his heart. He will be always remembered as the Water Buffalo with a strong Scottish accent and a smile on his face bringing joy and happiness to people around him. Our condolences go to his wife Barbara, his sons Andrew and Stuart, and the rest of his family.

Classic Yacht Rally and Annual Prizes

If you would like to see the best-looking yachts in the territory, you must come to Middle Island on Saturday, 17 May,

and join the Classic Yacht Rally party. Booking is required for the party with its Middle East theme. Whether you are a yachtsman or not, this Rally is an opportunity to meet sailors and see their boats up close. The CYR, now celebrating its 10th anniversary, attracts boats over 25 years of age, and sometimes we are lucky enough to see boats nearly 100-years old such as *Solitaire* or *Rona*. Who knows, you could even be invited for the second leg of the Rally on Sunday, 18 May.

Late in May, the Club will host our annual prize-giving ceremony, awarding silver to the winners of this season's Jebesen Marine Waglan Series and Summer Series. The annual dinner will take place on Saturday, 24 May, from 6:30 pm onward. Please reserve with Cobo.

Philippe de Manny
General Manager

Middle Island: Development Vision Taking Shape

Development planning for Middle Island continues and the early months of 2014 have seen new images of what the expanded facilities may look like.

Renderings shown here of how Middle Island will look once developed have been provided by MAP Architecture and Planning Ltd., the architects for the project. MAP has been working with land surveyors, quantity surveyors, town planners, civil and structural engineers and landscape consultants to show these images. Plans will shortly be submitted to a variety of Government departments.

These renderings give an impression of what the Club would like to see achieved; however, the final look and execution of the project will be subject to the aforementioned approvals, staying within budget and the timing of each phase of the project. Please stay tuned for the next town hall meeting date (possibly late June) where the Development Committee will discuss progress in more detail.

Feel free to forward any comments you may have for my attention, care of General Manager Philippe de Manny. Please remember to include your own contact



details on any correspondence so that we can reply to any queries you may have.

David Tait
Development Committee





Overall site zoom-in



Marina and Clubhouse



May F&B Promotions and Events

Thai menu promotion throughout May
the Galley and Four Peaks

Wines of the month
Camelback Victoria, Australia
red and white wines (blended grape varieties)
By the glass \$42, by the bottle \$200

Beer of the month
Harrington's The Rogue Hop, New Zealand, \$36 per bottle

Cocktails of the month
"Green Apple Mojito" with apple vodka,
fresh green apple juice and mint \$45/\$38 (non-alcoholic)

"Bunny's Favourite" with Bacardi gold rum,
Crème de Cacao, Crème de Menthe and fresh carrot juice, \$45

Hot Pot Buffet
Friday, 9 May, 6:30 – 9:30 pm, the Patio
Adults \$228 and children (3-12 years) \$138
To reserve for your family and friends, call the Galley at 2554 9494

St. Baldrick's Day
Saturday, 10 May, 6:30 – 9:30 pm, Middle Island
Indian curry buffet with free wine tasting and live band performance
Adults \$238, children (3-12 years) \$148
To reserve for your family and friends,
call the F&B office at 2555 6216 or email fmb@abclubhk.com

Mother's Day Buffet
Sunday, 11 May, 12 noon – 3 pm, the Four Peaks
Adults \$268 (including a glass of wine)
Children (3-12 years) \$168 (including a soft drink)
To reserve for your family and friends,
call the Four Peaks at 2555 3422

Murder Mystery and Dinner
Saturday, 16 May, 7 – 10:30 pm, the Harbour Room
Adults \$488 including welcome drink of sangria
To reserve for your family and friends,
call the F&B office at 2555 6216 or email fmb@abclubhk.com

Classic Yacht Rally
Saturday, 17 May, 6:30 – 9:30 pm, Middle Island
French buffet
Adults \$238 and children (3-12 years) \$148
To reserve for your family and friends,
call Cobo at 2553 3032 or email mbs@abclubhk.com

Bellingham's Wine Dinner (South Africa)
Friday, 23 May, 7 - 11 pm, the Four Peaks
Five-course dinner with selected wines
\$398 per person
To reserve for your family and friends,
call the Four Peaks at 2555 3422

Annual Prize-giving Barbecue
Saturday, 24 May, 6:30 – 11 pm, the Patio. Adults \$188
To reserve for your family and friends,
call Cobo at 2553 3032 or email mbs@abclubhk.com



Home Wine Delivery May 2014

	\$/Bottle	Quantity	Amount
Wines			
Girardi Prosecco DOCG Cuvée Millesimato Extra Dry 2012 Brilliant straw-yellow with pale-green reflections. Rich and persistent aroma with fruity notes scented with apple and pear. Fruity flavour with a pleasantly sour yet well-rounded taste.	\$218		
Southbank Sauvignon Blanc 2013 Lifted and aromatic, it shows ripe gooseberry and passion fruit characters. The palate is vibrant and fresh with a long crisp finish. A great match with seafood or grilled chicken dishes.	\$162		
Quasar Chardonnay Reserva 2013 Elegant and refined wine of appealing grace given by its orange peel, cashew, pear and melon aromas, enhanced by hints of butterscotch lingering in its vivacious finish.	\$130		
Dawson Creek Cabernet Sauvignon 2008 Rich aromas of blackberry, cassis, cherry and vanilla continue to flavours with a strong blackberry fruit base, overlaid with elements of vanilla and smoky oak lingering long in the finish.	\$162		
La Torre Barbera d'Asti Superiore 2008 DOC Superior quality guaranteed by grapes skillfully thinned, giving a low output per hectare followed by long maceration and enhancement for 12 months in large casks.	\$182		
Château Cap De Faugères 2010 – Côtes de Castillon With a classic Merlot/Cabernet nose, this well-made wine exhibits soft, round fruit with deep, rich colour and supple tannins suggesting a wine to enjoy now and to put down for cellaring. • Points 90/100 – James Suckling, December, 2010 • Points 15.5/20 – Decanter, April 2009 • Points 16/20 – WeinWisser, April 2009	\$322		
Tomelloso Torre de Gazate Reserva 2005 Deep ruby-red colour with tones clear and bright. Spicy aromas and memories of the cask, rich in fruity sensation of fruits of the forest. Oily in mouth, persistent. • Silver Medal – Concours Mondial Bruxelles 2010 • Silver Medal – Bombo Awards 2011 • Bronze Medal – San Francisco Wine Competition 2011 • Double Gold Medal – China Wine Awards 2011 • Bronze Medal – Florida International Wine Challenge 2011 • Bronze Medal – Hong Kong Restaurant & Bar Awards 2012 • Silver Medal – Mundus Vini 2012 • Double Gold Awards – CWSA Best Value 2013	\$144		
Viña Echeverria Cabernet Sauvignon Limited Edition 2009 This rich and unique wine is full of concentrated aromas. Juicy-red fruits like cherries and raspberries are highlighted by notes of black pepper and spices. A dash of menthol and coffee add complexity to the palate. Round and well-balanced, this wine has a lengthy and generous finish. • 93 Points – Descorchados 2014 by Patricio Tapia, Senior Correspondent, Wine & Spirits Magazine • 91 Points – Guia Penin, Spain 2013 • 90 Points – The Wine Enthusiast, July 2013	\$362		

**Free Wine Tasting,
Saturday, 10 May, 6:30 pm**

All of the above wines will be available for free tasting at Middle Island's St. Baldrick's Day Indian curry buffet and live band performance.

Remember to place your wine order together with your catering order.

** Minimum order — 12 bottles and mixed cases available.*

Member Name: _____ Membership Number: _____

Tel (Office): _____ Tel (Home): _____

Delivery Address: _____

Delivery Date: _____ Member Signature: _____

The total amount will be charged to the 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 orders of 12 bottles. Please allow three working days for delivery.

All wines are subject to availability.





Sailing Diary

ABC Classic Yacht Rally: 17 & 18 May

ABC Prize-giving: 24 May

Hebe Haven Yacht Club Open Dinghy Regatta: 24 & 25 May

HKSF Festival of Sport Regatta: 14 & 15 June

Macau International Dinghy Regatta: 21 & 22 June

Adult Beginner Dinghy Courses

June: 8, 14, 15, 21, 22

July: 5, 6, 12, 13, 19

August (1st course): 2, 3, 9, 10, 16

August (2nd course): 17, 23, 24, 30, 31

Laser 1 Course

1, 7 & 8 June

Joint Club Dinghy Racing:

4 May: Spring 9 & 10

11 May: Spring 11 & 12

25 May: Spring 13 & 14

ABC Club Dinghy Racing:

8 June: Summer 1 & 2

22 June: Summer 3 & 4

ABC Cruiser Summer Series:

15 June: Summer 1

29 June: Summer 2

J/80 courses and activities:

J/80 Competent Crew Course: June 1, 2 & 7

J/80 Gennaker Day: 28 June



Summer Youth Sailing Programme June 2014

The ABC Summer Sailing Programme offers a wide variety of courses and activities. This year's programme starts earlier and ends later to cater for schools with different holiday dates. Full details are available at www.abclubhk.com and from Angela at SailingSecretary@abclubhk.com. Due to last-minute applications, we now issue application deadlines for all courses. **Please note that if we have space we will still accept late applications, which will be subject to a 30% late-application added fee.**

Application Deadline Friday 6 June

Date & Time	Junior Course	Activity	Eligibility	\$ Cost (Member/Non-member)
Week 1				
Mon 16 – Fri 20 June		HKSF Level 1 & 2 Beginner Course (max 6 students)	Age 11 – 18; can swim with water confidence	2,600 / 3,900
Mon 16 – Weds 18 June		Laser 1 Introduction Course	Age 11 – adult; passed HKSF Level 2	1,560 / 2,340
Weds 18 – Fri 20 June		3 day Topper / Pico Supervised Practice	Age 11 – 18; passed HKSF L2	1,560 / 2,340
Mon 16 – Fri 20 June AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Mon 16 – Fri 20 June PM	✓	Optimist Stage 2	Age 7 – 11; passed Optimist Stage 1	864 / 1,300
Mon 23 – Fri 27 June		HKSF Level 3 Improver Course	Age 11 – 18; passed HKSF L2 with one year's sailing experience since	2,600 / 3,900
Mon 23 – Weds 25 June		RS Feva Introduction Course	Age 12 – 18; passed HKSF L2	1,560 / 2,340
Mon 23 – Fri 27 June AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Mon 23 – Fri 27 June AM	✓	Optimist Stage 2	Age 7 – 11; passed Optimist Stage 1	864 / 1,300
Mon 23 – Fri 27 June PM	✓	Optimist Stage 3	Age 7 – 11; passed Optimist Stage 2	864 / 1,300
Mon 23 – Fri 27 June PM	✓	Optimist Stage 4 Race Introduction	Age 7 – 11; passed Optimist Stage 3	864 / 1,300

* Optimist AM courses start at 9 am and finish at 12:30 pm. Optimist PM courses start at Middle Island at 1:30 pm and finish around 4:30 pm.

* Full-day courses start at 9 am and finish around 4:30 pm.



Summer Youth Sailing Programme July 2014

Application Deadline Friday 20 June

Date & Time	Junior Course	Activity	Eligibility	\$ Cost (Member/ Non-member)
Week 1 – 2				
Mon 30 June – Fri 4 July AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Mon 30 June – Fri 4 July AM	✓	Optimist Stage 2	Age 7 – 11; passed Optimist Stage 1	864 / 1,300
Mon 30 June – Fri 4 July PM	✓	Optimist Stage 3	Age 7 – 11; passed Optimist Stage 2	864 / 1,300
Mon 30 June – Fri 4 July PM	✓	Optimist Stage 4 Race Introduction	Age 7 – 11; passed Optimist Stage 3	864 / 1,300
Mon 30 June – Fri 4 July		HKSF Level 3 Improver Course	Age 11 – 18; passed HKSF L2 with one year's sailing experience since	2,600 / 3,900
Mon 30 June – Weds 2 July		RS Feva Introduction Course	Age 12 – 18; passed HKSF L2	1,560 / 2,340
Thurs 3 July – Sat 5 July		Laser 1 Introduction Course	Age 11 – adult; passed HKSF Level 2	1,560 / 2,340
Mon 7 – Fri 11 July AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Mon 7 – Fri 11 July PM	✓	Optimist Stage 2	Age 7 – 11; passed Optimist Stage 1	864 / 1,300
Mon 7 – Fri 11 July PM	✓	Optimist Stage 3	Age 7 – 11; passed Optimist Stage 2	864 / 1,300
Mon 7 – Fri 11 July		HKSF Level 1 & 2 Beginner Course	Age 11 – 18; can swim with water confidence	2,600 / 3,900
Weds 9 – Fri 11 July		3 day Pico / Feva Supervised Practice	Age 11 – 18; passed HKSF L2	1,560 / 2,340
Mon 7 – Fri 11 July		Watersports Week	Age 8 – 18; hold Optimist 2 or 3, or HKSF L2	2,600 / 3,900
Weds 9 – Thurs 10 July		Windsurf Basic & Intermediate	Age 8 – 18; can swim with water confidence	1,040 / 1,560
Fri 11 July		Windsurf Practice Day	Age 8 – 18; holds Basic & Intermediate certificate	520 / 780

Application Deadline Friday 4 July

Date & Time	Junior Course	Activity	Eligibility	\$ Cost (Member/ Non-member)
Week 2 – 3				
Mon 14 – Fri 18 July AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Mon 14 – Fri 18 July AM	✓	Optimist Stage 2	Age 7 – 11; passed Optimist Stage 1	864 / 1,300
Mon 14 – Fri 18 July PM	✓	Optimist Stage 3	Age 7 – 11; passed Optimist Stage 2	864 / 1,300
Mon 14 – Fri 18 July PM	✓	Optimist Stage 4 Race Introduction	Age 7 – 11; passed Optimist Stage 3	864 / 1,300
Mon 14 – Weds 16 July		RS Feva Introduction Course	Age 12 – 18; passed HKSF L2	1,560 / 2,340
Thurs 17 – Fri 18 July		RS Feva Gennaker Introduction	Age 12 – 18; passed RS Feva Introduction	1,040 / 1,560
Mon 21 – Fri 25 July AM	✓	Optimist Stage 1	Age 7 – 11; can swim with water confidence	864 / 1,300
Mon 21 – Fri 25 July AM	✓	Optimist Stage 2	Age 7 – 11; passed Optimist Stage 1	864 / 1,300
Mon 21 – Fri 25 July PM	✓	Optimist Stage 3	Age 7 – 11; passed Optimist Stage 2	864 / 1,300
Mon 21 – Fri 25 July PM	✓	Optimist Stage 4 Supervised Practice	Age 7 – 11; passed Optimist Stage 3	864 / 1,300
Mon 21 – Fri 25 July		HKSF Level 1 & 2 Beginner Course	Age 11 – 18; can swim with water confidence	2,600 / 3,900
Weds 23 – Fri 25 July		3 day Pico/Feva Supervised Practice	Age 11 – 18; passed HKSF L2	1,560 / 2,340
Tues 22 – Thurs 24 July		Laser 1 Introduction Course	Age 11 – adult; passed HKSF Level 2	1,560 / 2,340

Through 11 May

Third Annual Ocean Film Festival: Protecting Marine Life Across the World's Oceans



"The Ocean and You" is the theme of the third annual Hong Kong – San Francisco International Ocean Film Festival and the 2nd annual Ocean Art Walk in Stanley.

Hong Kong's main geographical asset, our ocean, is often forgotten despite amazing features including the reality that it has more coral species than the entire Caribbean.

The Ocean Recovery Alliance invites all ABC members to take part in the free annual Ocean Art Walk through 4 May at Stanley Plaza and Stanley Promenade. The Ocean Art Walk features sculptures and art installations and a photography collection, aiming to raise awareness of the impact of our everyday behaviour and the health of the world's oceans, and to encourage Hong Kongers to take action to save our waters.

The art installations and sculptures are created primarily from waste and recycled materials, including over 4,200 plastic bottles, 500 discarded CDs, 350 glass bottles collected from the glass recycling program at Stanley Plaza, bottle lids, key chains, toothbrushes and other found objects. They illustrate issues relevant to Hong Kong, such as the need to protect our marine life, to encourage sustainable fishing and to manage plastic consumption and waste.

Ocean Film Festival

The festival's films come from around the world, varying from short films to feature productions, including both the amazing scenery of *Planet Ocean*, and the controversial *Blackfish* on the keeping of orca killer whales in captivity. They represent a diverse cross section of topics related to the ocean: conservation, adventure, wildlife, sports, culture and humanity.

More than 30 films will be screened over eight shows, with each show showcasing between four and seven films. Film festival tickets will be available at the Ocean Recovery Alliance website at <http://bit.ly/HKOceanFilmFest>.

Film festival venues include

- Hong Kong Sea School (Stanley) – May 6th
- Royal Geographical Society – May 7th
- Royal Hong Kong Yacht Club – May 8th
- Shek O Back Beach – May 10th
- Hong Kong International School – May 11th

Films include some of the winners at the San Francisco Ocean Film Festival:

- Short animation: *Ain't No Fish* (USA/UK) – winner of the Directors Award at the San Francisco International Ocean Film Festival
- Adventure film: *Defeating Oceans Seven* (Austria) – winner of the Adventure Award at the San Francisco International Ocean Film Festival
- Short animation: *Losing Nemo* (Netherlands) – winner of the Animation Award at the San Francisco International Ocean Film Festival
- Short documentary: *The Sunnydale Kids* (USA) – winner of the Golden Gate Award at the San Francisco International Ocean Film Festival
- Short film: *The Whale Story* (USA) – winner of the Short Film Award at the San Francisco International Ocean Film Festival
- Feature films *Planet Ocean* and *Blackfish*

Film Info:

<http://www.oceanrecov.org/hong-kong-san-francisco-ocean-film-festival/film-list-and-summaries-2014.html>

Ticket info: <http://www.oceanrecov.org/hong-kong-san-francisco-ocean-film-festival/info.html>

More info is available at www.oceanrecov.org





Pleasure Vessel Grade II Operator Certificate Courses (Part A master, Part B engineer)

Part A (Master)

Dates: 7, 8, 9 April 2014 / 4, 7, 8 August 2014 / 3, 6, 7 November 2014

Times: 7 pm to 10:15 pm

Syllabus: Rules, lights, shapes, buoyage and signals, seamanship,
local knowledge and the laws of Hong Kong fire and gas precautions.

Cost: \$1,500 for member/person/course. \$1,800 for non-member/person/course.

Part B (Engineer)

Dates: 28, 30 April, 2 May 2014 / 11, 14, 15 August 2014 / 10, 11, 12 November 2014

Times: 7 pm to 10:15 pm

Syllabus: Engine general construction, diesel and petrol fuel, fuel systems, electrical systems, ignition systems, lubrication, cooling
and pumps, transmission systems, operation and maintenance, fire and gas precautions.

Cost: \$1,500 for member/person/course. \$1,800 for non-member/person/course.

Notes:

1. Students who attend these two courses will be required to sit their examinations at the Hong Kong Marine Department after course completion. Successful candidates will be entitled to operate a vessel in Hong Kong waters up to 15 metres in length with engines of any power.
2. Courses are entirely theoretical for the relative exam. Practical boating is not required for the examination.
3. Examinations are normally held on selected Thursdays. You may go to the Marine Department address below to arrange your eyesight exam and register your exam. Please bring examination fee of \$1,255 (candidate must take both Part A (Master) and Part B (Engineer) exams together in the first attempt), one photo, one I/D copy, and a copy of medical certification of the applicant's required eyesight standards. There will be a minimum of 5 students and a maximum of 20 students/course. If there is insufficient support for a course, that course will be cancelled and those already enrolled will be informed accordingly. Members who responded to the initial inquiry and whose names are held on file will be given priority.
4. Course Instructor: Alan Chau.
5. Please forward the completed application form(s) to Ms Cobo Liu by fax on 2873 2945 or by post or hand to the Club's Administrative Office.
6. See the Marine Dept. website for exam application information and dates:
http://www.mardep.gov.hk/en/pub_services/npvo2.html
(Please book your exams earlier; the suggested date is 6 – 8 weeks after attending the first part of the course.)
Exam application form: <http://www.mardep.gov.hk/en/forms/pdf/mo84p.pdf>
Eyesight exam report: <http://www.mardep.gov.hk/en/forms/pdf/mo935.pdf>
Marine Dept.: 3/F, Harbour Building, 38 Pier Road, Central, Hong Kong.
Telephone 2852 4941; Fax 2541 6754.

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Pleasure Vessel Grade II Operator Certificate Courses

Application form

Part A (Master)

Surname: Mr/Mrs/Ms _____ Forename(s) _____

Account number: _____ Telephone: (Mobile) _____ (Office) _____

Fax: _____ Email: _____

Please enroll me on the course for Part A (Masters) to be held 7 pm – 10:15 pm

- | | |
|--|-----------------------------|
| <input type="checkbox"/> 7, 8, 9 April 2014 | Monday, Tuesday & Wednesday |
| <input type="checkbox"/> 4, 7, 8 August 2014 | Monday, Thursday & Friday |
| <input type="checkbox"/> 3, 6, 7 November 2014 | Monday, Thursday & Friday |

Please debit my account by \$1,500.

Non-members, please include a cheque with \$1,800, payable to Aberdeen Boat Club Ltd.

Mailing address: 20 Shum Wan Road, Aberdeen, Hong Kong.

Signature

Date

Part B (Engineer)

Surname: Mr/Mrs/Ms _____ Forename(s) _____

Account number: _____ Telephone: (Mobile) _____ (Office) _____

Fax: _____ Email: _____

Please enroll me on the course for Part B (Engineer) to be held at 7 pm to 10:15 pm.

- | | |
|---|-----------------------------|
| <input type="checkbox"/> 28, 30 April, 2 May 2014 | Monday, Wednesday & Friday |
| <input type="checkbox"/> 11, 14, 15 August 2014 | Monday, Thursday & Friday |
| <input type="checkbox"/> 10, 11, 12 November 2014 | Monday, Tuesday & Wednesday |

Please debit my account by \$1,500.

Non-members, please include a cheque with \$1,800, payable to Aberdeen Boat Club Ltd.

Mailing address: 20 Shum Wan Road, Aberdeen, Hong Kong.

Signature

Date



Welcome New Members

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Paul Cummins
Ricky Lau
Andrew Moore
Amy Tam
Stephen Wallace
Terence Wong
Stephanie Dechelette
Kenneth Koegler
Patrick Fung
Stanley Chan
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Savvy Swimmers

Is your child ready to hit the pool? *Laura Miller* chats to some of Hong Kong's top swimming coaches for the low-down on swimming lessons.

Living in Asia, where almost any body of water is an inviting playground for most of the year, parents spend a lot of energy planning swimming lessons for their children. This focus on learning to swim is completely understandable. According to the World Health Organization, children under five years of age have the highest drowning mortality rates worldwide. In China, drowning is the leading cause of death from injury in children aged one to 14 years, and even in Australia, one of the most swim-savvy nations in the world, drowning is the leading cause of death from injury in children aged one to three years.

Yet we don't want our children to learn to swim just for their own safety: Swimming is a fun, exhilarating and healthy pastime, and the more confident and competent a child is in the water, the more enjoyment they get out of it.

After a recent holiday in Sri Lanka however, I realised that confidence and competence do not always go hand

in hand. With a swimming pool and lagoon to choose from, my almost-three-year-old gained confidence in the water at a rapid rate. By day five, she was throwing herself in from the top step shouting, "Cannonball!" This was extremely entertaining to watch. What wasn't so entertaining was on day eight when she didn't want to wear her inflatable armbands any more so she could "go underwater more easily" – and discovered she could remove them herself.

We arrived back in Hong Kong determined to capitalise on her confidence in the water, and to get her swimming unaided as soon as possible. Chatting to some of Hong Kong's swimming experts – Andrew Cox of Innate Fitness; Katie Heyring of Dragon Swim Centre; Sharon Wrobel of Platypus Aquatics; and Karen Robertson of FloatPlus Swimming – couldn't have been better timed.

How young is it possible for children to swim unaided?

Sharon says: It depends on what you wish to classify as "swim". We have many children who, at two years, are able to independently swim using an underwater dog-paddle for about two metres to get to the side and climb out of the pool. Even some of the toddlers as young as 18 months can manage a small dog-paddle from the parent to the wall. If you mean formal swimming with strokes, then we have some three-year-olds who are able to swim breaststroke and crawl for short distances, some up to about five metres.

When should lessons start?

Andrew says: The earlier the better. Before six months, babies still have an innate affinity for water as a result of life in the womb. Build on this to generate enthusiasm for water: In the bath, pour (soap-free) water over your baby's head to get

him comfortable having his eyes and ears in water.

Katie says: Once a baby has had his first immunisations he can start lessons. If you have your own pool, I'd feel happy putting him in from six weeks. For public pools, I'd recommend three months.

Sharon says: Infant Aquatics recommends beginning formal lessons in a class situation from six months old. We teach "formal" strokes when children are developmentally able to complete the gross motor movements required around four to five years.

Karen says: Actual stroke work is introduced around four to five years when children have the necessary confidence and balance on the front and back. We work on front crawl and backstroke at the same time. Breaststroke is next, and finally, butterfly.

What do you think about buoyancy aids?

Andrew says: Use what works to create confidence in water. If children are unhappy without armbands, use them and slowly wean them off by progressing to a noodle under their arms, then to a kickboard held out front. Find the child's threshold of success and aim to expand that each time they enter the water.

Katie says: Armbands have their place, as they can give children independence and keep them upright in water. They do restrict arm movement however, and for lessons they are a no-no. Children must recognise that swimming unassisted is their goal.

Sharon says: Attached aids can hinder the natural development of aquatic skills and give parents a false sense of security. Around water, parents should always have the "Layers of Protection" recommended by Swim Australia (www.swimaustralia.org.au) in place. ("Layers of Protection" is a system of checks which may save a child's life – they include supervision, barriers, swimming and water safety skills and an emergency action plan.)

Karen says: If you're looking after more than one child, floatation devices are essential. I prefer buoyancy suits over armbands as the latter can restrict arm movement. However, any buoyancy aid should not take the place of adult supervision. In our swimming



“
Children enjoy water more when they learn at their own pace, experience success, practice repeatedly and receive praise for their efforts.”

programme, we work on buoyancy so children learn to float unassisted on their fronts and backs. These skills can save a child's life.

What should parents do when their children are nervous around water?

Andrew says: Create a "play state" for the child. Help them fish for floating toys from the top step with a foam roll. Eliciting playfulness changes a child's fearful experience to one of exploration and growth.

Katie says: Never force a child to do something in water. Children enjoy water more when they learn at their own pace, experience success, practise repeatedly and receive praise for their efforts.

Karen says: Be gentle and positive and practise as much as you can in the bath – swishing through the water and moving legs/arms in kicking/paddling actions, keeping it fun.

What should parents do if their child is too confident around water?

Andrew says: Let them experience a



small amount of fear in the water, with the parent/coach immediately on hand. Be calm and confident as the child will feed off your reaction.

Katie says: Lessons on water safety are vital (for example, never running around a pool, checking depth before diving, etc.). And kids should always be supervised by an adult who can swim.

Sharon says: Parents must establish rules with their children and constantly reinforce them. Basic rules such as asking to enter the water need to become routine.

Karen says: It is a balance between encouraging children's skills as they naturally challenge themselves (sometimes exploring beyond their capabilities), and making them aware of potential dangers. Setting boundaries is crucial.


What are your top three water-safety tips?

Andrew says: 1) Teach kids that the side of the pool is their saviour. Children need to reflexively look for the side,

rather than another swimmer. This is only achieved through repetition: Jump in the water, turn around and grab the side. Repeat. 2) Teach your child the respect that water deserves. 3) Teach them confidence in going underwater. If children can remain calm if they fall in, there is a higher likelihood they will save themselves by getting to the side.

Katie says: 1) Start young. 2) Don't skip on the safety measures: swimming lessons; putting up barriers (fencing, pool alarms, pool covers); becoming CPR-certified; and practising

"touch" supervision – always staying within arm's reach. 3) Find a water-safety class for your child. He will be taught to hold his breath underwater, flip onto his back to float, and swim to the side in case he falls in.

For children: 1) Never go near water without an adult. 2) Always wear a life jacket on a boat. 3) Always listen to the life guards. For parents: 1) Know your own swimming limitations – if you cannot swim, then learn. 2) Always have your child in sight. 3) Be aware of potential dangers. 

Learn to swim

If it's time for swimming lessons for your family, check out one of these:

- **FloatPlus Swimming:** www.floatplus.hk
- **Platypus Aquatics:** www.platypusaquatics.com
- **Innate Fitness:** www.innatefitnesshk.com
- **Katie Heyring:** heydings@yahoo.com.sg



Learn to Swim at the ABC

The ABC hosts a new programme of swimming lessons led by professional swim coach Nicola Barguss. Nicola has been teaching swimming for over 25 years to adults, children and infants after qualifying in the U.K. In Hong Kong, Nicola has worked for many international schools and the ESF Educational Services. Her particular passion within swimming is the Learn To Swim programme which she brings to ABC this year. The ABC swimming lessons run every Monday with a full programme for parents and babies, youth beginners and improvers, and adult beginners. Lessons last 30 minutes (45 minutes for improvers).

Mondays	Class	Age	Maximum Class size	Class description
1:30 – 2:00	Adult Beginner		4	Learning basic water skills and confidence in a relaxed environment.
2:00 – 2:30	Parent and baby	18-36 months	6	Gaining water confidence through games, songs and play. Parental assistance is required in the water at all times.
2:30 – 3:00	Beginner 1	3 yrs ±	4	For non-swimmers wishing to learn basic water skills and confidence.
3:00 – 3:30 3:30 – 4:00	Beginner 2	3 yrs ± 4 yrs ±	4	Water-confident swimmers learning to swim on their front and back.
4:00 – 4:30	Improver 1	4 yrs ±	4	Five-10-metre swimmers working on stroke skills.
4:30 – 5:15	Improver 2	5 yrs ±	8	10-20-metre swimmers working on further stroke skills and increasing distance.
5:15 – 6:00	Improver 3	5 yrs ±	8	25-metre swimmers working on technique, stamina, starts and turns.

Eight lessons Monday 28 April – Monday 23 June (excluding June 2)

Members \$1280

Non-members \$1440

Please contact Nicola Barguss at nicola_barguss@hotmail.com or call 9775 4944



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