

HORIZONS

The magazine of the Aberdeen Boat Club Ltd

January & February 2010





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COMMODORE



May I take this opportunity to welcome you back to the Club after the Christmas and New Year festivities. Here in Hong Kong, in the first quarter, we are fortunate to have a succession of public holidays and we now look forward to the Lunar New Year holiday which will herald the start of the Year of the Tiger. Arrangements for this are well in hand and as is customary the Club will be closed for the two main days of the festival.

The Staff Party will be held on 8 March and I would like to thank all members who have contributed to this event. The party is attended by all staff and the Flag Officers and is an opportunity for the Flag Officers, on behalf of all members, to recognize the contributions made by the staff to the successful running of the Club during the year. This year we will be inviting some of our recently departed staff to join in the celebrations.

Those of you with origins in Europe or northern China will no doubt be aware of the severe weather conditions that are being experienced at this time in these areas. In the UK in particular, the country is in the grip of the worst winter weather for 50 years and it is having a major impact on the ability of people to go about their normal business. I have always had a soft spot for a bit of snow but on the other hand we are blessed in Hong Kong not to have to concern ourselves with such conditions. Having said that, our forthcoming 2010 Four Peaks Race at the end of January is a major challenge of endurance and sailing skills which will test the 200 or so competitors over a frantic weekend. This will be the twenty sixth running of one of our premier

events and with the temperatures at lower than their normal January average it will be necessary for both competitors and the many race volunteers to guard against the elements.

Over the past two years I have written many times on the importance of ensuring prudent control of our finances which are sensitive to external factors such as commodity prices, membership uptake and the general economy. As we head into 2010 I will endeavour to maintain the same control that has served us well in the past together with a renewed focus on providing high value, low cost improvements to the Club infrastructure. I have written separately on the need to introduce a short term Building Development Levy in order to undertake the much needed refurbishment of the ground floor changing rooms to improve these well utilised facilities. I trust you concur with me that this is a relatively modest contribution which will make a major improvement to the Club. In the future I foresee that there may be a need for General Committee to give further consideration to the application of levies depending on the needs of particular projects.

We have now decided to limit our publication of Horizons to 10 issues per year. Consequently this issue is for January and February and we will do another double issue in July and August. General Committee has discussed on a couple of occasions the need for a Club magazine at all in this brave new cyber world but, rightly, in my view, we have agreed to continue to publish Horizons. It does however take a lot of effort to publish on a monthly basis and we continually need new material to make it interesting. If any members wish to send in any articles or photographs that would be of interest to members then please contact Karen.

Very best wishes for 2010

Barry Hill
Commodore

GENERAL COMMITTEE

Flag Officers



Barry Hill
(Commodore)



Tristan Stewart
(Vice Commodore)



Matthew Johnson
(Rear Commodore)
Chairman of
House/Building Dev.
Committee



Bruce Perkins
(Rear Commodore)
Chairman of
Sailing &
Marine Committee



Nick Bodnar-Horvath
(Hon. Gen. Sec)



Jim Fulton
(Hon. Treasurer)

General Committee Members



Park Ng
General Committee
Member



Ken Hewitt
General Committee
Member



Christopher Pooley
General Committee
Member



Matthew Swainson
General Committee
Member



David Tait
General Committee
Member



Richard Walker
General Committee
Member



Yann Sandt
General Committee
Member



Tony Chapman
General Committee
Member



James Ross
General Committee
Member



Chris Simpson
General Committee
Member



Mark Hardy
General Committee
Member



Michael Tsui
General Committee
Member

Car Park Notice

Members are reminded that the display of a valid ABC car park permits is required for admission into the ABC car park. Valid car park labels were sent by separate mail on 29 December 2009. Members not displaying their valid car park permit may be refused entry or levied a parking charge upon entry.

GENERAL MANAGER



Xin Nian Kuai Le, Sun Ding Fai Lo

Dear Members,

Before I start with the usual newsletter, I would like to wish you all a very healthy, wealthy and happy 2010. May the dawning of this New Year fill your heart with new hopes, open up new horizons and bring you promises of brighter tomorrows. Here's to a great year!

Now let's begin with the New Year formalities.

By now you must have received your new car park label. I would greatly appreciate your help to display it on your windscreen to assist with the control of access to the car park. Car park labels are not to be copied or given to friends. If they are lost, a \$50 replacement charge will be applied for the renewal. Old labels, blue, red and other colours from previous years do not constitute a valid access to the car park.

The Staff Party will take place on 8 March this year and will be held at the Hong Kong World Trade Center Club. This year we will invite some of our previous staff members who left the Club over the last few years to join the party. It will be a good opportunity for our new staff to meet with those who have spent many years of their working life serving our members to the best of their abilities. I take this opportunity to thank all the members who have generously contributed to this event by giving the Organizing Committee their valuable support of \$200 and more for some of you. This year we hope it will be full of joy and exchange of memories and in this sense I am sure my ears will be buzzing a lot.

The traditional Chinese New Year two days of Club closure will be on 13 and 14 February and the Club will resume normal activities 15th February.

Due to the Chinese calendar we will celebrate Valentine's Day on 12 February. F&B Manager Colin and Executive

Chef Paul have concocted a very special evening of which you will find details in this issue.

This month the winter version of the "Galley" menu will be implemented; you will see many of the oldies but goodies coming back and some of Executive Chef Paul's and Chef Singh's new creations. Don't miss the home-made pies and the sambar soup which is a pure winter's delight.

On 23 and 24 January, the Four Peaks race sponsored by AEDAS will take place following the same format as last year. Our Saturday Series has now recommenced and all details for these sailing events are on the website.

I am calling on members to help me source a snooker coach and a squash coach for children. I would like to start an after-school training program for these two under used facilities of the Club, which I believe would be interesting new activities for our teenagers (and also, why not for aging teens that we all are). Please contact me if you know anyone. In the meantime I am searching all over Hong Kong to start classes as soon as possible.

In mid January or at the beginning of February, we will start the ground floor toilet and changing room upgrading work. During that time the only showers available will be the one at the Squash and Fitness Centre building. As previously mentioned, a great emphasis will be put on the piping and water pressure of these facilities as they have been underperforming recently.

We will have an extra shower cubicle in the ladies changing room, much improved air flow and an updated appearance. The work is planned to be finished in March.

Our Commodore has written a separate letter to all members explaining the process and financing of this important and much needed project.

More information will be sent during the next two months through our new e-letter. If you do not receive it and wish to know more about what is happening in your Club, please let me have your preferred e-mail address by sending me an e-mail at genman@abclubhk.com.

Happy New Year.



Friday 12 February 2010

The Four Peaks Restaurant

*On arrival
complimentary glass of
our Valentine's Cocktail
"Velvet Cuddle"
&
enchancing canapés*

*Happy
Valentine's*

BILL OF FARE

Cupid's Potion

Traditional French fishermen fish soup with shellfish and four varieties of Mediterranean rock fish. Served with allioli and cheese croutons

Love Cushion

Oxtail and truffle garnished ravioli, complemented with a hearty infusion of Italian flavours

Rest of the Warrior

Balsamic and basil sherbet, some sweetness before the storm of passion returns.

Two to Tango

Medallions of veal and beef adorned with sweet potato and Swiss chard complemented by a pink pepper and creamy spinach sauce

~~Or~~

Grilled Seafood Platter

Char-grilled swordfish, king prawn, scallop, mussel and jumbo oyster with honey chestnut and baby carrot

Silky Obsession

The sweetness of mango on the softness of a sponge biscuit

Coffee or Tea

\$1288 for you and her and bottle of Taittinger Champagne
\$988 just for you and her

JAPANESE PROMOTION IN JANUARY AND FEBRUARY



FACTS ON SAKE



In general, there are five basic types of sake. Each requires different brewing methods and a different percentage of rice milling (seimaibuai).

In the photo, for example, the rice in the top left corner is un-milled, the grains in the top right corner are 30% ground away, and the kernels at the bottom are 65% ground away.

THE FIVE MAIN BREWING TYPES

- 1. Junmai-shu** (pure rice wine; no adding of distilled alcohol) Until recently, at least 30% of the rice used for Junmai sake had to be milled away. However, the laws have changed, and Junmai no longer requires a specified milling rate. Nevertheless, the amount milled away must, by law, be listed somewhere on the label.
- 2. Honjozo-shu** (at least 30% of rice polished away; a tad of distilled alcohol is added)
- 3. Ginjo-shu** (at least 40% of rice polished away; with or without alcohol added; if bottle is labeled “Ginjo”,

it means distilled alcohol was added; if labeled “Junmai Ginjo”, it means no alcohol was added)

- 4. Daiginjo-shu** (at least 50% of rice polished away; again with or without added alcohol; if bottle is labeled Daiginjo, it means distilled alcohol was added; if labeled Junmai Daiginjo, it means no alcohol was added)
- 5. Namazake** (special 5th designation for unpasteurized sake; incorporates all four above)

The first four categories above are known as Special Designation Sake, or Tokutei Meishoshu. Each of these has a general flavor profile based on the brewing methods employed. However, there is a lot of overlap between them. Very often, one cannot tell which type one is drinking, for some of these sake tastes above their class and others don't live up to the billing (or are just different). So many things come into play -- rice, water, skill of brewers -- that it is next to impossible to isolate how a sake will taste based on which “type” it is, nor to fault it when it doesn't fit the mold.

This month sake promotion will be from the “terroir” of Niigata.

The reason that the Prefecture of Niigata produces the finest sake in the world can be summed up in one word - snow. There are areas in the mountains of Niigata that receive over 30 feet of snowfall a year. This precipitous climate impacts the quality of the sake in three distinct ways:

1. The snow melts and the run-off water creates great, pristine rice paddies in which to grow the sake rice. This creates one of the purest environments in the world for the growing of sake rice.
2. The pure melted snow water is also a significant component in the brewing process as sake, like beer, has water as its primary ingredient (other than rice).
3. Finally, the constant snowing that so dominates the winter climate is an air purifier. Thus, the brewing process takes place in an atmosphere that has virtually no air-carried pollutants, germs or other microbes to negatively impact the product.

This is very important, as sake brewing is a complex process employing not only yeast, but also a beneficial mold called koji. Impurities in the air can have a detrimental effect on the quality of the beverage by impinging on the purity of the process.

It is the snow that causes the Prefecture of Niigata to be the finest producer of sake in the world.

Our selection is available in all outlets by the glass or bottle and include the following Sake:

Tenryohai Daiginjo
Yoshinogawa Gokujou Ginjo
Yoshinogawa Gokujou Junmani Ginjo
Yoshinogawa Gensen Karakuchi

JAPANESE FOOD FACTS

In the centuries following the introduction of Buddhism to Japan in the 6th century, laws and imperial edicts gradually eliminated the eating of almost all flesh of animals and fowl.

The vegetarian style of cooking known as “shojin ryori” was later popularized by the Zen sect and, by the 15th century, many of the foods and food ingredients eaten by Japanese today had already made their debut, for example, soy sauce (shoyu), miso, tofu, and other products made from soybeans. Around the same time, a formal and elaborate style of banquet cooking developed that was derived from the cuisine of the court aristocracy. Known as ‘honzen ryori’, it is one of the three basic styles of Japanese cooking along with chakaiseki ryori (the cuisine of the tea ceremony meal) and kaiseki ryori.



With an emphasis on the artistic presentation of fresh, seasonal ingredients, the tea meal married the formalities of to the spirit and frugality of Zen. Kaiseki ryori developed in its present form in the early 19th century and is still served at first-class Japanese restaurants known as ‘ryotei and’ at traditional Japanese inns. While retaining the fresh seasonal ingredients and artful presentation of earlier styles, kaiseki meals have fewer rules of etiquette and a more relaxed atmosphere. Sake is

drunk during the meal, and, because the Japanese do not generally eat rice while drinking sake, rice is served at the end. Appetizers, sashimi (sliced raw fish), suimono (clear soup), yakimono (grilled foods), mushimono (steamed foods), nimono (simmered foods), and aemono (dressed salad-like foods) are served first, followed by miso soup, sukemono (pickles), rice, Japanese sweets, and fruit. Tea concludes the meal.



Although most Japanese people have few opportunities to experience full-scale kaiseki dinners, the types and order of foods served in kaiseki ryori are the basis for the contemporary full-course Japanese meal. The sushi that most people are familiar with today—vinegared rice topped or combined with such items as raw fish and shellfish—developed in Edo (now Tokyo) in the early 19th century. The sushi of that period was sold from stalls as a snack food, and those stalls were the precursors of today’s sushi restaurants

The ingredient choices available at supermarkets and other food stores in all but the most isolated rural districts of Japan are so varied that on any given day a home cooked dinner could contain an incredible variety of dishes of various national origins.

Even so, native Japanese food is still the norm, and a “Japanese meal” at home will generally have white rice, miso soup, and tsukemono pickles. The multiple dishes that accompany these three, vary widely depending on the region, the season, and family preferences, but candidates include cooked vegetables, tofu, grilled fish, sashimi, and beef, pork, and chicken cooked in a variety of ways.

While many families continue to eat home-cooked meals every night, the greatest change taking place in eating habits in recent decades has been the replacement of home-cooked dishes with food prepared outside the home. Sushi, Chinese and Japanese noodle dishes, and Japanese-style box lunches (bento) have long been available via home delivery (demaie) in towns and cities, and now pizza and many other dishes can also be ordered.

In addition, supermarkets have many prepared foods such as sushi, tempura, and fried chicken to purchase and take home, and the spread of convenience stores into all but

the most remote areas of Japan has made a wide variety of pre-cooked bento-type meals available to almost everyone.

Our promotion will include a selection of Sushi and Sashimi served at the Four Peaks Restaurant, Galley and the Patio

Book early



The Galley & Patio

Bento Box with Teriyaki Salmon \$85
照燒三文魚定食

Bento Box with Sukiyaki Beef \$95
壽喜燒薄西冷牛肉定食

Assorted Tempura Set \$75
雜錦天婦羅定食

Japanese Curry Pork Chop Cutlet Set \$75
日式咖哩豬扒“吉列”定食

All sets are served with appetizer, tamaki rice, sushi, miso soup and wagashi
各款定食配前菜，芋飯，卷物，麵鼓湯及和菓子

Tenderous Pork Ribs and Scallops Ramen \$55
日式豬軟骨帆立貝拉麵

Assorted Seafood and Wild Mushroom Ramen \$45
海鮮野菌湯拉麵

Four Peaks Restaurant Menu

Sushi and Sashimi Platter \$98

Mandarin Glazed Duck Breast \$138
with yam mash and sautéed shiitake mushroom

Steamed Tofu and Scallop \$158

Manchego and Muster Cheese Plate \$88

Fruits Sushi \$68

Sake Recommendation

極上吉乃川
Yoshinogawa Gensen Karakuchi 72cl
Bottle \$138 Glass \$30

吟釀酒 極上吉乃川
Yoshinogawa Gokujou Ginjo 72cl
Bottle \$228 Glass \$45

天領盃 吟釀
Tenryohai Daiginjo 72cl
Bottle \$450

吉乃川 嚴選辛口
Yoshinogawa Gokujou Junmani Ginjo 72cl
Bottle \$450

F&B PROMOTION



Children Promotion

Children up to 16 years of age can dine every Friday evening between 6:00 pm to 8:00pm in the Galley for only \$20 by choosing items from our extensive children's menu.

Bon Appétit!

Four Peaks Restaurant

Every Monday evening ladies accompanied by a gentleman can enjoy a 50% discount on all Four Peaks food items consumed in the Restaurant.

Bon Appétit!

Wednesday Night at the Waglan Bar

It's Happy Hour between 6:00pm to 7:00pm
All drinks are 20% off.

Games Night and

A Pie and Pint Package at \$75
Backgammon, chess, card and darts

Friday Seafood Stall Night

in the Galley and the Patio

Chef Paul's fishmongers' BBQ

Chef Singh's renowned curries

Chef Lung's delicious starters and

Chef On's sumptuous dessert

Saturday Night at the Deck



Australian meat and Seafood BBQ.

All you can eat with one pint for \$200.00

From 7:30pm to 11:00pm

\$180 (with a glass of house wine)

*Delaney's welcomes
Aberdeen Boat Club Members.*
*By showing your ABC membership card,
you can enjoy 10% off in the following outlets.*

the dublin jack
Irish Pub

*Delaney's Wanchai: 2804 2880
Delaney's Kowloon: 2301 3980
The Dublin Jack: Central 2543 0081
Pad Thai: 2126 7900*

Enjoy 20% off at these outlets:














Terms & Conditions
• All prices are subject to a 10% service charge. Discount do not apply to service charges. • Offer is not redeemable for cash and cannot be used in conjunction with other promotional offers. • Please present ABC membership card before placing order. • Not valid on public holidays or festive occasions. • Igor's Group reserves the right to amend the terms and conditions without prior notice. The decision of Igor's Group shall be final.

Lan Kwai Fong : Stormies Crabshack/ Crow's Nest 2845 5533 The Cavern 2121 8949
La Bodega 2524 7790 The Keg 2810 0369 Madlin 2121 8070
Soho : Wildfire 2810 0670 Mid-levels : Wildfire 2540 6669
Stanley : Wildfire 2813 6161 The Boathouse 2813 4467
Wanchai : Big Ernies 2520 5303 Swindlers 2520 5101
Tsimshatsui : Wildfire 3690 1598 Nomads 2722 0733 Airport : Wildfire 2261 2999

www.igor.com
IGOR'S
GROUP

BEVERAGES

JANUARY & FEBRUARY

BEER OF THE MONTH



MONTHLY WINE TASTING EVENING

Friday, 22 Jan 2010
6:00pm - 8:00pm The Galley

Admission Free

Wine Tasting & Canapés

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

“Northeast Wines & Spirits Ltd”

- Sauvignon Blanc-Yali-Chile.
- Un-wooded Chardonnay Hanging Rock-Aust.
- Merlot-Red Rock Reserve-California.
- Syrah Gran Reserva -Yali-Chile.

and more.....



WINE OF THE MONTH

Two in the Bush
Semillon Sauvignon Blanc 2008
Adelaide Hills, Australia

The bright zesty lemon characteristics from the Semillon are enhanced and made more complex by the intense tropical aromas and flavours of the Sauvignon Blanc. The Semillon also provides palate weight, texture and roundness. The wine is crisp, fresh and full flavoured.



Two in the Bush
Shiraz 2008
Adelaide Hills, Australia

The wine exhibits intense aromas of plum, blackberry and exotic spice. The palate displays cool climate pepper, together with raspberry and liquorice characteristics. This wine has a long, rich and elegant finish.



Per Glass \$ 32
Per Bottle \$ 165

COCKTAIL OF THE MONTH

Velvet Kiss

- Gin, pineapple, creme de banana, cream
@\$40

Sweetheart

- Sparkling wine, frozen cranberry, lime, peach, lychee liqueur
@\$40



ABC EASTER 2010 YOUTH SAILING PROGRAMME

Sat 27 March – Fri 16 April



This Easter, ABC once again offers a full range of activities for our younger sailors. Application Forms, which contain further details on each course, are available at club reception or by download from our club website, www.abclubhk.com. Note we accept applications on a first-come first-served basis, and that once we have received your application, 50% of the course fee is non refundable if you withdraw unless we can find a replacement student to take your place. Since some popular courses have limited available spaces, early application is advised. Enquiries and applications should be submitted to Angela Ho at SailingSecretary@abclubhk.com

OPTIMIST JUNIOR SAILING PROGRAMME

		Eligibility	Cost HK\$ Member / Non-member
Mon 22 – Wed 31 April AM-PM	Optimist Stage 1	Age 7 – 11	800 / 1,064
Thur 1 – Mon 5 April AM	Optimist Stage 1	Age 7 – 11	800 / 1,064
Thur 1 – Mon 5 April PM	Optimist Stage 2	Age 7 – 11 Pass Optimist Stage 1	800 / 1,064
Tue 6 – Sat 10 April AM	Optimist Stage 3	Age 7 – 11 Pass Optimist Stage 2	800 / 1,064
Tue 6 – Sat 10 April PM	Optimist Intro to Racing	Age 7 – 11 Pass Optimist Stage 3	800 / 1,064
Mon 12 – Fri 16 Apr AM	Optimist Stage 1	Age 7 – 11	800 / 1,064
Mon 12 – Fri 16 Apr PM	Optimist Stage 2	Age 7 – 11 Pass Optimist Stage 1	800 / 1,064

YOUTH SAILING PROGRAMME

Sat 27 – Mon 29 March	Laser 1 Introduction Course	Age 12 - 18	1,440 / 1,920
Mon 29 March – Fri 2 Apr	Beginners HKSF Lev 1 & 2	Age 12 - 18	2,400 / 3,200
Mon 29 March – Fri 2 Apr	Improvers HKSF Lev 3	Age 12 - 18 Pass HKSF level 2 plus 1 year sailing experience	2,400 / 3,200
Mon 5 – Wed 7 Apr	RS Feva Introduction	Age 12 – 18 HSKF Level 2 with additional experience	1,440 / 1,920
Thur 6 – Fri 7 Apr	RS Feva Gennaker Sailing	Age 12 – 18 Pass RS Feva Intro	960 / 1,280
Mon 5 – Thur 8 Apr	Intro to High Performance Sailing	Pass HKSF Level 3	1,920 / 2,560
Mon 5 – Fri 9 Apr	HSKF Level 4 Advanced Skills	Pass HKSF Level 3 plus 1 year sailing experience	2,400 / 3,200
Sat 10 – Sun 11 Apr	2 Day Topper Pico RS Feva Supervised Practice	Pass Beginner Level 2	960 / 1,280

YOUTH WINDSURFING PROGRAMME

Sat 27 – Sun 28	Basic & Intermediate Windsurfing	Age 9 - 18 A two-day beginner course using our new Junior Windsurf Rigs	960 / 1,280
Sat 3 – Sun 4 Apr	Advanced Windsurfing	Age 9 – 18 For those who have already passed at Intermediate level	960 / 1,280
Sat 10 Apr	Windsurfing Practice day	Age 9 – 18 Pass at least Junior Basic Windsurfing	480 / 640

The Optimist Junior Sailing Programme

Most ABC Optimist courses are all run over 5 half days, usually 5 mornings or 5 afternoons. For younger children we believe a series of half days is more appropriate to keep them interested, and also full days, especially during very hot weather, can be rather tiring for younger children. Our club has invested extensively in development of junior sailing, and actually subsidises our Optimist programme to keep costs at a very low level – so these courses are the cheapest we offer!

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

The stage 2 and 3 courses build on the interest that we hope to have developed in the first course. In stage 2 we expect students to sail single handed in their own boat, while at the

end of stage 3 they should be confident enough to sail away from the shore, round a small triangular course and return back to the club safely.



The RS Feva Introduction and Gennaker Sailing Courses

The RS Feva is ABC's newest youth sailing dinghy, and is an ideal step up for those younger sailors who want to sail a modern, high performance race-capable boat. For those who have passed a beginners course in our Picos, and have also some additional sailing experience, the Feva Introduction course is the next step. Once familiar with the boat students may then take the further “Gennaker” course that introduces the third, downwind Gennaker sail. Things then get very exciting and sailors who are keen can apply to join the successful ABC Feva Racing squad.



ABC High Performance and HKSF Level 4 Course

These two courses offer the most exciting dinghy sailing at our club. For the most experienced and enthusiastic youth sailors, we introduce the use of the trapeze and gennaker in a variety of High Performance Boats. ABC has an excellent range of performance dinghies, and these courses are not to be missed. The 4 day ABC High Performance Course allows those not yet qualified for the full Level 4 to attend and gain valuable experience.



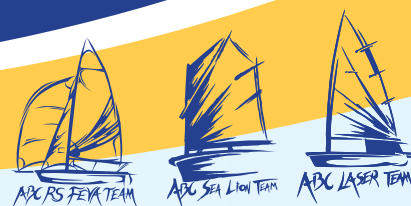
ABC Youth Windsurfing Programme

ABC now has 9 Windsurfers, and a variety of different sizes of rigs to suit younger sailors. We follow the Windsurf Association of HK training scheme, and successful participants receive WAHK Certificates. The junior scheme is open to those aged 13 and under, but this Easter we are running the junior, teenage and adult schemes at the same time.



ABC YOUTH SAILING TEAMS

SPRING & SUMMER 2010



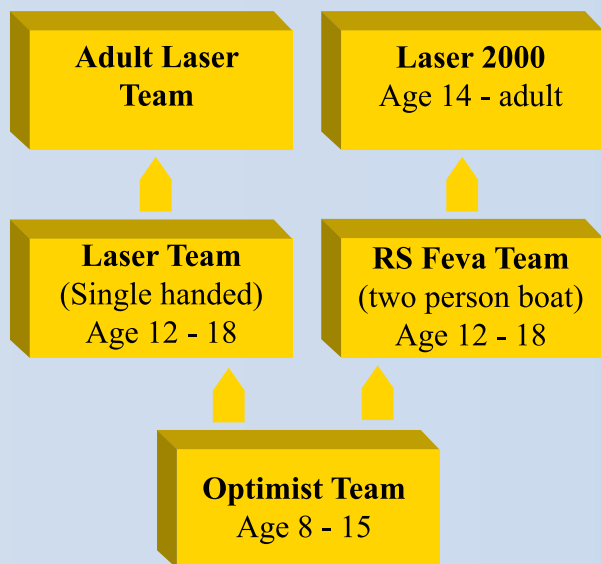
Our three Youth Sailing Teams continue in 2010 and we can now present the schedule of training and regattas for the next few months. Our December sailing courses saw some great potential new team members, and 2009 overall saw a real improvement amongst our sailors who compete not only in ABC dinghy races, but also at regatta across Hong Kong. Enthusiasm is particularly strong in the RS Feva Team, and for our Optimist racers we now have 9 racing standard Optimist dinghies reserved for team members only. Our Lasers have been upgraded with now 8 boats having race XD packs and several new radial sails.



The suggested progression for our competitive Youth Sailors is shown. Note that the best, most competitive Optimist sailors worldwide are mostly aged 13 to 15, which is the oldest Optimist sailors may compete according to class rules. The Laser is also a very adaptable boat, its smallest 4.7 rig allowing younger sailors to compete at the highest level. As students get older they have the option to progress into a single-handed or two person dinghy.

Kevin Lewis, the ABC Dinghy Sailing Manager has overall responsibility running our club teams, but other experienced Instructors will be brought in as necessary. We hope to run one session per month as an advanced Race Clinic and continue to bring in HK Coach Andy Service to provide extra tuition and tips to add to the variety of our sessions.

Dates	Activity	(* indicates attendance at regatta)
Sun 7 March	Team Training	
Sun 14 March	Team Training & ABC Spring Dinghy Races Day 1	
Sun 21 March	Team Training	
Sun 11 April	Team Training	
Sat 17 Apr*	Middle Island Regatta	
Sun 18 Apr*	Middle Island Regatta & ABC Spring Dinghy Races Day 4	
Sat 24 Apr*	Tri-Club Regatta at ABC	
Sun 25 Apr*	Tri-Club Regatta at ABC	
Sun 2 May	Team Training & ABC Spring Dinghy Races Day 5	
Sun 16 May	Team Training & ABC Summer Dinghy Races Day 1	
Sat 22 May*	HKSF Festival of Sport Regatta	
Sun 23 May*	HKSF Festival of Sport Regatta	
Sun 6 June	Team Training & ABC Summer Dinghy Races Day 2	
Sat 12 June*	Macau Dinghy Regatta	
Sun 13 June*	Macau Dinghy Regatta	
Sun 27 June	Team Training & ABC Summer Dinghy Races Day 3	
Sun 11 July	Team Training & ABC Summer Dinghy Races Day 4	
Sun 25 July	Team Training & ABC Summer Dinghy Races Day 5	



Dinghy Race Training at ABC

Joining an ABC Team is a serious commitment and only those prepared to spend the necessary time can really benefit. Its not all about winning races, although of course we expect to see sailors improve; our team also aims to provide an opportunity for us to build a community of young sailors who will make friends and stay with our club as they get older, involving more young people and developing the future ABC adult sailors.

Its best that students plan to attend all the sessions to get the most practice, coaching, and opportunity to improve, but the minimum number of sessions recommended will be 14; as usual, we will offer parents the opportunity to commit to either all 18 training sessions, or the reduced number of 14, to take into account dates when participants may be away or involved in exams. 14 sessions, spread over the 4 months, will cost \$6,720. To apply please contact ABC Dinghy Sailing Manager, Kevin Lewis, at DinghySailing@abclubhk.com

ABC SOUTHSIDE REGATTA

5 & 6 DECEMBER 2009



Photo: Kevin Lewis



VICTORINOX
SWISS ARMY



Part of developing ABC as a Dinghy Sailing Club must surely involve organizing Dinghy Regattas and taking our place in the dinghy sailing community of Hong Kong. The rebirth of the “Southside” in December was something of an ambitious plan to put together a Regatta that if successful could be adopted as a high profile annual dinghy event.

Stanley Services Sailing Club first hosted this regatta in 1995, which was jointly organized by the then HKYA Dinghy Development Committee and Hong Kong Sailing Clubs. Don Francis, the chairman of the 1995 event organizing committee said that the idea behind the regatta was to boost small boat sailing, and allow sailors the chance to compete with other classes and clubs. As Dinghy Sailing here continues to expand, we hoped for a good turnout and once again called upon Race Officer Greg Sinclair, from Australia, who first helped us with our Opening Regatta in September.

Organized in three divisions, the Southside Regatta was set up as a qualifying event for Youth Laser 4.7 sailors and a ranking regatta for Hong Kong Optimist sailors, with full support from both the HK Laser Class Association and the HK Optimist Dinghy Association. Once all entries were accepted, we were amazed to find we had 93 boats taking part, making the regatta certainly the largest dinghy event held by ABC and possibly one of the largest dinghy regattas ever held on HK Island.

The rather ambitious course consisted of a world’s type “trapezoid”, a necessary design to accommodate the increasingly high level of Hong Kong Dinghy sailors, many of whom now regularly compete overseas. To complicate matters further, ABC decided to set an inner course for the Optimist “C”



Photo: Luke VDK



Photo: Luke VDK

division, while the Open “A” and Laser 4.7 “B” divisions sailed a larger outer trapezoid. Overall, we had to set up 9 racing marks, all in the right positions and at the correct angles in relation to each other and the wind; a daunting task, especially as the wind in Hong Kong can often be changeable at the best of times! We were also aiming for a series of 6 races allowing one discarded result.

Competitors were greeted on the first day with thankfully good winds around force 3 – 4, and the Greg Sinclair, our Race Officer, set the race area in outer Stanley Bay. Hebe Haven Yacht Club, the HK Sea School and the STA all launched their boats out of ABC Middle Island, and it was amazing to see so many dinghies launched from our premises so smoothly – a big thanks to our Marine Staff and beach-master David Price. Three races were successfully sailed on the Saturday with David Early and Isamu Sakai competing for the top spot in division A, Nagisa Sakai, Rupert Phillips and Yann Cudennec the top three Laser 4.7s and Kikabhoy Rafeek and Kelvin Kwok battling at the top of the Optimist fleet.

Competitors were greeted on Saturday after racing with a simple yet very satisfying buffet and even a bit of music (thanks to DJ Dave Tang) and no one rushed away early. The club junk moored up at the Middle Island Pontoon and a small band of sailors from Sai Kung, Lantau and even Macau opted to stay overnight rather than take a long trek home.

The second day of the regatta, Sunday, delivered the promised increasing winds, with gusts exceeding 16 knots, and Greg Sinclair decided wisely to set the racing area just outside Middle Island. This provided a shorter distance for competitors to reach the race course, a safer more enclosed sailing area and an easier route home for those deciding to retire – and retirements there certainly were!

The windy conditions were accompanied by sunshine and there was some amazing “champaign” sailing, especially on some of the downwind legs. Spectacular sailing – and some equally spectacular capsizes – were witnessed among the high performance boats, with the 470s, RS500 and



Photo by Mike Wright



Photo: Yann Vincent



our own Laser 2000s taking off over waves and providing some really memorable moments – and photo opportunities! Special mention must be made of the ABC “Laser Fun”, one of our oldest dinghies and a pioneer high performance asymmetric boat designed in the early 1980s as an offshoot of the Laser 2. Benny Chan and Edward Leung showed considerable skill with such an old boat, still with its original sails, and had fine results, eventually managing to finish 4th overall in Division A.

The windy conditions on the second day changed the Optimist leader board, with Wan Chi Wai from the HK Sea School scoring consistently and winning the Optimist Division C overall, with Hebe Haven’s Cosmas Grelon winning the final two races and finishing second overall. Nagisa Sakai continued day two in fine style, ending the regatta with an impressive 5 bullets and beating Rupert Philips into second place in the Laser 4.7s. In the open “A” Division the battle between David Early and Isamu Sakai continued, with Isamu eventually coming out on top and

taking the trophy for the division A win.

A big thanks must go to Greg Sinclair, who on his second visit to our club as Race Officer excelled and his experience and quick thinking led to a well set and executed regatta. We used a total of 14 safety and race control boats with 22 volunteers. Special thanks must go to Richard Knight and the RHKYC, Rob Allen and Hebe Haven, and the HK Hobie Club, all who offered help, particularly in setting the course. ABC’s own Doug Brown also deserves a special mention as a key volunteer at the windward mark with considerable expertise. Finally, we should also mention our supporters. Alex Blois-Brooke’s “Gybe” who supplied some superb free shirts for competitors and hoodies for race officials; “Victorianox Swiss Army” who sent some really impressive prizes including Multitools and watches, Fragrant Harbour who also supported us with prizes, and 5100 Tibet Spring Water whose mineral water will last us well into 2010!

Kevin Lewis

ABC Dinghy Sailing Manager & Regatta Organiser



ABC Southside Regatta

Overall Results

Division A

- 1 Isamu Sakai
- 2 David Early
- 3 Kwan Wing Ho
- 4 Benny Chan & Edward Leung

Division B – Laser 4.7s

- 1 Nagisa Sakai
- 2 Rupert Phillips
- 3 Yann Cudennec
- 4 Christian Houston-Floyd

Division C - Optimists

- 1 Wan Chi Wai
- 2 Cosmas Grelon
- 3 Lau Ka Wing
- 4 Kikabhoy Rafeek



CHINESE NEW YEAR DINGHY SAILING PROGRAMME



Traditionally, ABC gives its staff some well deserved time off during Chinese New Year. As mentioned elsewhere in this magazine, our Club is closed on 13 and 14 February, but re-opens on Monday 15th. To give members the chance to take advantage of the longer holidays, extra dinghy sailing activities have been planned as below. Numbers are strictly limited, apply soon if interested. Further details available from Angela Ho at SailingSecretary@abclubhk.com

Date & Time	Course	Dinghies used	Eligibility	Cost HK\$
				Member / Non-member
Tue 16 Feb	Sailing Trip to Stanley or Tai Tam	Laser 2000, Laser Fun, RS500	Age 14 – Adult Pass HKSF L2 plus extra experience	560 / 750
Wed 17 Feb	Youth Winter Sailing Trip to Round Island	Optimist, Topper, Pico, RS Feva	Age 7 – 18 Pass Opi Stg 2 or HKSF Lev 2	480 / 640
Thur 18 – Fri 19 Feb	Basic & Intermediate Windsurfing	Windsurfers	Age 9 - 18	960 / 1280
Fri 19 – Sat 20 Feb	Optimist Supervised Practice and Race Practice 2 Day Course	Optimist	Age 7 – 14 Pass Opi Stg 2	640 / 852
Fri 19 – Sat 20 Feb	RS Feva 2 day Gennaker Course	RS Feva	Age 11 - 18 Pass RS Feva Intro	960 / 1280

YOUTH WINTER SAILING TRIP TO ROUND ISLAND

This is one of the most popular one-day sessions for our younger sailors. We sail to Round Island and land on the beach, and then collect driftwood and build a bonfire. Lunch, including marshmallows toasted over the fire, is followed by beach games and sailing practice.

ADULT SAILING TRIP TO STANLEY OR TAI TAM

Open to adults and older teenagers, we hope to take advantage of good winds to have a great trip to either Stanley or Tai Tam. It's a great way for those who have passed a beginners course to get extra experience and always a very social activity. We will use mainly Laser 2000 Dinghies.



2009 Sailing Trip to Tai Tam



Winter Round Island Sailing Trip 2009

ADULT BEGINNER COURSES 2010

Our monthly Adult Beginners Courses are the main “entry level” activity for those who wish to take up the sport of Dinghy Sailing. They are also suitable for those who may sail larger yachts but have no experience in smaller boats. If you sailed years ago and want to step back aboard, again, try one of our beginners courses. Each beginner course lasts for a full 5 days and we follow the syllabus of the Hong Kong Sailing Federation. Our courses are open to non-members as well as ABC members, and are all taught by professionally trained and qualified professional Instructors. Most adult beginner courses are presently run by our own Marine Manager and Senior Instructor, Lau Wai Kee.

We use two types of dinghy on our beginner courses. The first is the small, one or two person “Pico”, and this tough boat is ideal for your first few sessions. Once a certain level of confidence on the water has been achieved, we move on into the larger two-person “Laser 2000” Dinghy.

This boat is a more spacious, comfortable and also slightly more challenging dinghy for a crew of two people.

The schedule of the first four Adult Beginner Courses in 2010 is as follows; the full years schedule will be published soon, with courses scheduled most months throughout the year.

March 6, 7, 13, 14, 20
May 21, 22, 23, 29, 30
June 19, 20, 26, July 3, 4
July 10, 17, 18, 24, 31

Application forms are available on our club website, www.abclubhk.com and further details may be obtained from Angela Ho at SailingSecretary@abclubhk.com



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*For more photos,
please visit the Club's website
www.abclubhk.com*





HOME WINE DELIVERIES

Jan and Feb 2010

Wine	Bottle \$	Quantity	Amount
Yali Sauvignon Blanc 09 - Central Valley - Chile Young and attractive aroma of fresh fruit such as pineapple, grapefruit, papaya, lime and white peach together with mineral notes, fresh body and clean finish.	\$72		
Hanging Rock Unwooded Chardonnay 09 - Australia Fresh and light, the palate is full flavoured, medium-bodied, fresh and crisp unwooded style with fresh Chardonnay varietal characteristics.	\$90		
Hartenberg Weisser Riesling 07 - Stellenbosch - South African Subtle sweet and sour notes with underlying citrus fruit in the mouth. 30% botrytis adds apricot/ pineapple nuances weight and texture. <i>SAA Premium Class Selection 2007/2008 & 4 Star ~ John Platter 2008 89 points ~ Tom Cannavan, The Wine Gang 2009</i>	\$115		
Long Flat Semillon Sauvignon Blanc 08 - South Australia This is an unwooded style wine with fresh fruit character and zippy flavour. Aromas of lemon zest, meadow hay and floral undertones. The palate is refreshing & crisp with citrus characteristics of lemon and grapefruit. <i>88 Points & Top Ten of the Best Whites ~ James Halliday Wine Companion 2010 Best Value Wine ~ James Halliday Australian Wine Companion 2010 Edition</i>	\$115		
Villiera Cabernet Sauvignon 06 - Stellenbosch - South African This wine shows classic berry fruit with underlying grassiness on the nose. On the palate it is well balanced with soft tannins.	\$100		
Yali Syrah Gran Reserva 06 - Maipo Valley - Chile Elegant, attractive and complex, stands out notes of berry, blackberries and blueberries, native forest and herbs, spices box, black pepper, violet and anis. Mixed with lactic, smoky and coffee notes that come from the barrel ageing. Expressive, of fresh and juicy attack, good body, rich and smooth structure given by the presence of round and ripe almost chocolate, tannins, that fill the mouth leaving a velvety and pleasant fruity end.	\$118		
Red Rock Reserve Merlot 06 - California Aromas of ripe cherry, strawberry and raspberry; all delicately framed by a touch of sweet vanilla. Body and flavour are perfectly matched and exquisitely balanced, achieving a delicate harmony found in only the finest wines. <i>Chairman's Best of Class ~ Long Beach Grand Cru Wine Competition 2008</i> <i>Gold Medal ~ San Francisco Chronicle Wine Competition 2008</i> <i>Gold Medal ~ San Francisco Int'l Wine Competition 2008</i>	\$138		
Maxwell Little Demon Cabernet Merlot 07 - McLaren Vale - Australia Aroma of red currant and mild mint and delicate violet. The palate shows both the persistence and depth of Cabernet and the smooth influence of Merlot. Light savoury notes blend with currant, blackberries and plums. Interlacing soft tannins contribute to the velvety palate, and round out a full yet gentle finish.	\$138		
*minimum order-12 bottles and mixed case available			

Member Name: _____ Membership Number: _____

Tel No:(Office) _____ (Home) _____

Delivery Address: _____

Delivery Date: _____ Member Signature: _____

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

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

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

All wines are subject to availability



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