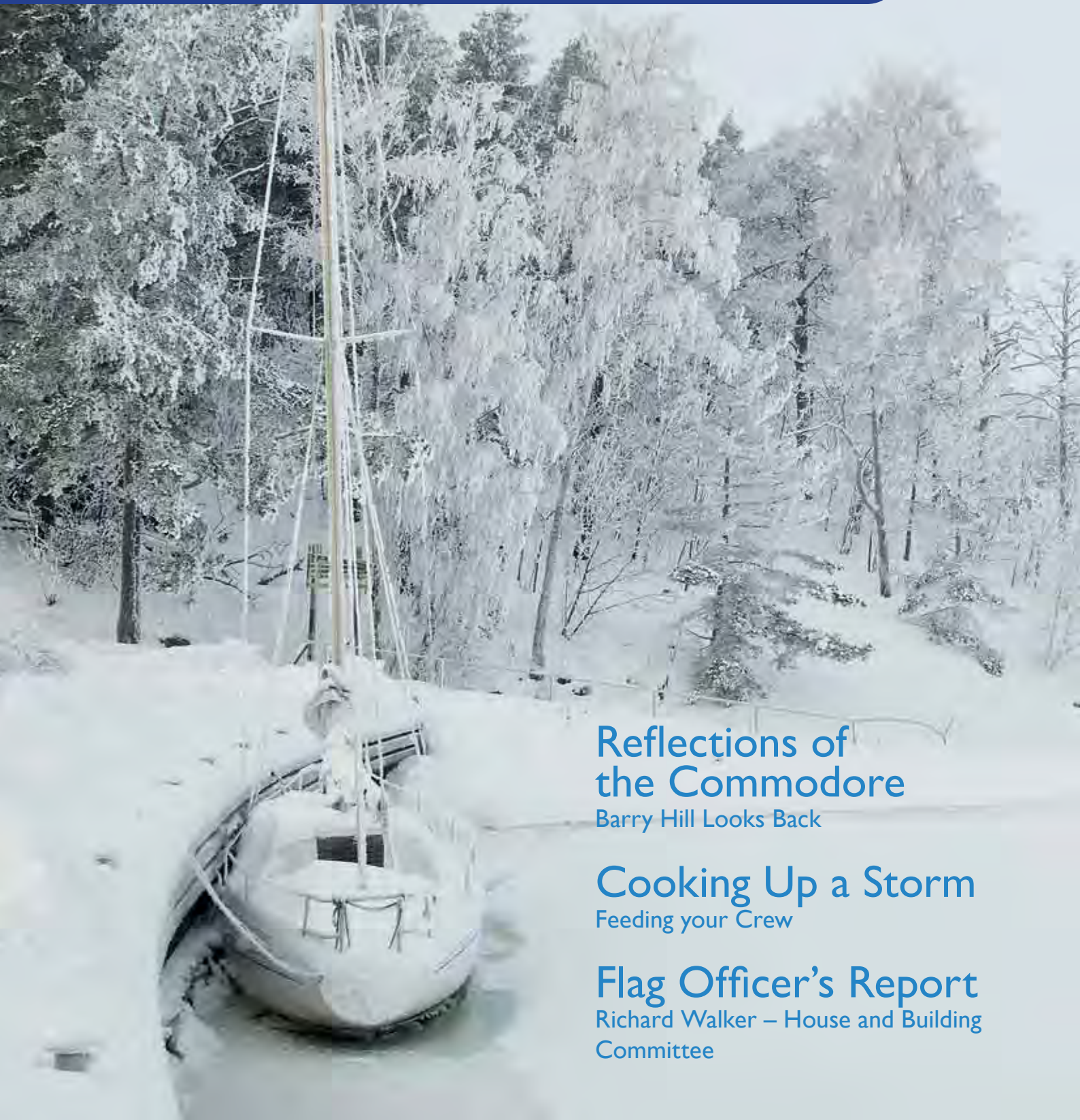




2011/12
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HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB



Reflections of the Commodore

Barry Hill Looks Back

Cooking Up a Storm

Feeding your Crew

Flag Officer's Report

Richard Walker – House and Building
Committee



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Harbour Ind Centre
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• Nice Seaview
• Dream of a quiet and spacious loft ideal
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• Whole Floor with 3 sides windows
• Excellent location and transport
11M / 28K

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• Close to the coming MTR station
• Nice Decoration
• Seldom Available
@3,200

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• In Wong Chuk Hang
• Whole Floor
• Privileged location in new hotel project
@4,250 up

Southmark
874'-11,000'
• Efficient commercial space with unobstructed seaview
• Free Shuttle bus and swimming pool facility
@4,900 up

United Ind Bldg
4,000'-10,000'
• Whole Floor
• Plus Carpark
• Widespread view of city and greenery
@3,800 up

Remex Centre
1,027'
• Prime location close to the coming MTR station
• High Efficiency and Practical layout
@4,000 up

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LOOKING BACK

It has been my honour and privilege to be the Commodore of the Aberdeen Boat Club. It has been a thoroughly rewarding but challenging experience.

I take some pride in what has been achieved both in terms of enhancements to the Club infrastructure and strategic initiatives to improve our financial base. I have expanded further on the highlights associated with all our major activities in this Christmas issue of Horizons.

I offer my sincere thanks to members of the General Committee:

David Tait for leading and shaping the Middle Island development proposal.

Bruce Perkins for a mass of work on sailing and marine matters.

Richard Walker for pursuing low cost, high value improvements to the Club.

Nick Horvath for direction on governance and legal support.

Yann Sandt for taking on the role of Honorary Treasurer.

Michael Tsui for his enthusiasm in leading the community engagement programme.

My thanks to the following Committee members for their work on a variety of issues: **Jon Zinke, Jim Fulton, James Ross, Mark Hardy, Chris Pooley, Ian Skeggs and Bart Kimman.**

My thanks to the following members who were co-opted to the sub committees: **Ellen Zinke** for her vision for the Four Peaks Restaurant.

Diana Bruce for her support of our dinghy activities.

Elaine Morgan for her initiatives to improve our cruiser racing activities.

Peter Hilling for advice and direction on our computer systems.

I sincerely welcome **John Berry** as the new Commodore of the Club. John is a long standing member of the Club and very knowledgeable on all aspects of our operations. He actively supports all our major sailing events and will no doubt lead the Club in a positive and professional manner. I wish John and the incoming General Committee every success for the future.



The Aberdeen Boat Club is a small but important institution in Hong Kong. It is a micro community which has an excellent reputation in the niche of Hong Kong sailing clubs. It is well organised, friendly and family orientated.

Long may it continue.

Barry Hill
Commodore

ISLAND LIFE PART II

Picking up Middle Island licensing issues where I left off last month, I am glad to inform you that we are now about back on track with the various departments we have had to deal with over the last six weeks.

As readers of last month's letter will know, from a 46 person maximum capacity on Middle Island the government has agreed to allow a 180 seat increase, as long as we keep everyone under the roof and do not disperse under the sun.

A new Certificate of Compliance will be issued, but first we must prove that we do indeed comply with a total of 55 points raised from the voluminous regulations of the relevant departments. The good news is that we can carry on our business as before.

Still on the subject of licensing, only this time regarding our restaurants. In the past, clubs which held of a Certificate of Compliance (C.O.C) from the Home

Affairs Department (HAD) were not required to apply for Food Environmental and Hygiene Department (FEHD) licenses, as it was understood that the HAD was their licensing authority and that the C.O.C. would include all activities in a Members Only Club.

You may or may not know that recently all clubs in Hong Kong were instructed to apply for 'restricted food licenses', so that they could continue their business. Foods covered by these licenses include: oysters, raw meat, certain seafoods, sushi, sashimi, ice cream, some bottled drinks... the list could take the whole of the magazine. Also, activities like outside catering, take away food and food delivery require special consideration before being permitted. In effect, nearly everything involved with the production and sale of food is regulated and needs a license.

We have been working for over 18 months to obtain six new licenses from



the FEHD, to allow us to sell ice cream, oysters, seafood, meat and certain bottled drinks. I am glad to say that this process is now nearly completed; the modification of kitchens, declarations of where, when and from whom these products are sourced, and how they are sold, are now complete. We are confident that everything which needed to be done is now in order.



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In January we hope to be able to renovate the Coffee Shop. Alteration details, designs and sample materials have to be approved by the Building

“I guess we will have to prepare many takeaways, so if you are planning to buy dinner from the club I would advise you to place your order in advance.”

Department (BD) and the Fire Department. Once this approval is obtained, we will need to apply for consent to start the work from the BD.

To process all these very specific documents an 'authorised person' is to

be employed, who will also ensure that compliance with Hong Kong regulations is maintained during the renovation and relicensing of the Coffee Shop. I hope to be able to exhibit the plans for the Coffee Shop in the January/February issue of Horizon.

Still in January, Chinese New Year's Eve this year falls on a Sunday, and traditionally the Club closes after lunch on that first and most important day. After discussions on whether to keep the Club open it was voted by the committee to keep the tradition and close on Sunday 22 January, at 16:00 – last orders to be taken at 15:00. I guess we will have to prepare many takeaways, so if you are planning to buy dinner from the club I would advise you to place your order in advance.

The closing of the Club for Chinese New Year will be from 16:00 on Sunday 22, until 08:30 on Wednesday 25th.

If you wish to order your Christmas tree through the Club, you may

download the order form from our website. Again this year, 10% of every tree purchase will be sent to the annual charity campaign organized by the SCMP and RTHK "Operation Santa Claus". You can place your order as early as 15 November, but not later than 10 December to guarantee supply.

On a different note, all boat owners currently using ABC moorings are advised that new mooring contracts are being finalised, and that these will come into effect on 1 January 2012. These contracts apply to all ABC moorings, hardstanding and racking. Boat owners applying to renew their contracts should have their vessel's Operator's Licence and insurance documents ready, in order to speed up the process.

Last but not least, on behalf of all of us here at the ABC I wish you a Merry Christmas and a great festive season.

Philippe de Manny
General Manager

GREETINGS MEMBERS

As 2011 draws to a close I would like to wish all our members a Merry Christmas and all the best for 2012. I hope that next year is a prosperous and healthy one for you and your families.

Given the Christmas season is upon us, I hope that you are able to take advantage of many of the festive events that the Club has available. Full details are contained inside the magazine and in the Christmas Brochure. While many of these events are excellent for the Club community, they also contribute to the wider Hong Kong society through charitable donations.

Middle Island development is a high priority for the Club. However, House Committee will continue to serve members by providing high quality food and beverages, improvements to our facilities and ensuring that the Club is kept in a good state of repair. In relation to improvements, we are in the process of finalising plans to renovate the Coffee Shop. The renovation will bring a new, fresh look and will brighten up the room considerably. The booths will be removed to offer more flexible seating

arrangements, and new wall coverings, flooring and tables and chairs will be included. The intention is to carry out this work in early 2012. Progress is subject to the conventions of the increasingly burdensome regulatory framework that the Club faces from the Hong Kong Government.

Ongoing maintenance and repair is a constant task for the Committee, and our staff, to keep up with. Maintenance is often small scale, but sometimes major works are required. For example, the car park is currently in need of urgent attention. Given the important structural role of the car park it is likely that we will soon need to dedicate around HK\$1,000,000 for replacing beams and concrete slabs. I hasten to note that the improvements to the Coffee Shop and the car park repairs will be undertaken within the Club's current budgets.

Chinese New Year falls in January next year, and the main date is Sunday the 22nd. The Club will be closed from 4pm on Sunday 22nd, and will reopen at 8.30am on Wednesday 25th. I would also like to remind members that the Annual



Staff Party will be held on 20th February. Our staff works tirelessly all year, and we trust that the HK\$300 we collect, via members accounts, will be contributed willingly.

By the time you are reading your copy of *Horizon's*, Barry Hill will have stood down as Commodore. I would like to thank Barry for his leadership over the last four years.

Richard M. Walker
Rear Commodore - House and Building

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華寶保險顧問

SUNSEEKER EARNS RINA GREEN CERTIFICATION


Sunseeker International accepted the prestigious RINA Green Plus Certification at the Green Yacht Plus Awards, held on the opening night of the recent Monaco Yacht Show.

The Green Plus Certification is granted by RINA as recognition of companies that invest in environmental protection excellence. To attain Green Plus Certification, Sunseeker International was put through a stringent and in-depth testing process where RINA

evaluated ten different pollution sources from engine outputs to environmental control procedures.

All Sunseeker craft throughout the range have attained recognition for incorporating the highest possible standard of environmental performance and energy efficiency. The company has made a significant investment in design solutions, onboard equipment and operational procedures which all contribute to an improvement in

environmental performance, beyond the levels required by international regulation on environmental protection.

RINA is one of the oldest classification societies and certification companies in the world. Today the company spans the globe as a multi-faceted company, sharing its knowledge and experience through a wide range of services which help industries and the community to improve their business quality of life. 

AZIMUT MAGELLANO 50 TAKES 2011 NAUTICAL DESIGN AWARD



Azimut Magellano 50

This year's awards ceremony was held in Milan, Italy's design capital, on October 20. The annual Nautical Design Award recognises excellence in all aspects of boat design.

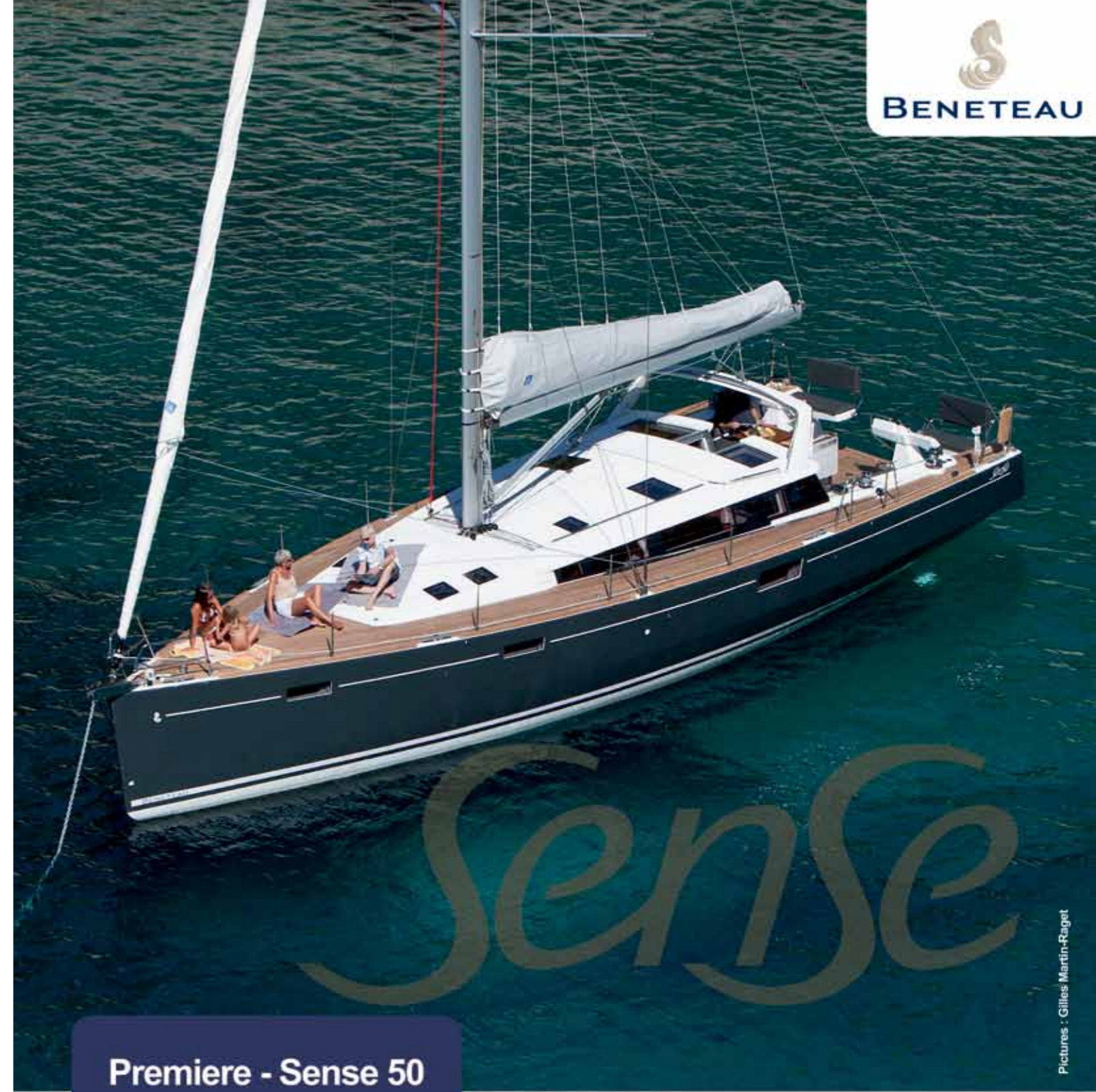
Azimut Yachts featured strongly with the Magellano 50, the long-range 50-footer that had its public premier one year ago. The panel of judges, which consisted of experts from the boating and design sectors coordinated by the ADI (Association for Industrial Design), in collaboration with Yacht & Sail, recognised

the Magellano 50 for its innovative capacity and extensive technological features in the service of the environment and the owner. The Magellano currently leads the field in environmental yacht design, and holds more awards for minimising environmental impact than any other boat.

Of particular note is the exclusive Dual Mode hull, a newly conceived semi-displacement hull that enables an extremely smooth transition between displacement and planing modes. This

guarantees both optimal stability and comfort while underway, and superior response and efficiency of the hull in both modes.

With the Nautical Design Award, the Magellano 50 automatically gains entry to another important triennial award, open to all categories of products, the ADI Design INDEX which brings with it the possibility of being awarded the "Compasso d'oro", which has been the most coveted tribute for Italian design for more than 50 years. 



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Pictures : Gilles Martin-Raget

ABC
3019

ABC CHRISTMAS YOUTH SAILING PROGRAMME

Saturday 17 December – Friday 30 December 2011

The Christmas and New Year school holidays 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 also presently only offered once a year – so don't miss the opportunity!

Date & Time	Junior Course	Course	Age	Details	HK\$ Member/Non-member
Sat 17 Dec AM	✓	Optimist Supervised Sailing	7 – 14	Students must hold Optimist Stage 3	240/320
Sat 17 Dec PM		Youth & Adult Supervised Sailing	12 – Adult	Students must hold HKSF Level 2 or equivalent	280/375
Sat 17 – Sun 18 Dec		29er Introduction Course	14 – Adult	For those holding HKSF Level 4, High Performance, or with similar advanced dinghy sailing experience	960/1,280 1,120/1,500
Mon 19 – Fri 23 Dec		Beginners HKSF Lev 1 & 2	12 – 18	Basic entry level sailing for teenagers	2,400/3,200
Mon 19 – Fri 23 Dec		High Performance Advanced Skills, HKSF Level 4	13 – 18	5 day Advanced Skills course including spinnaker, trapeze, boat handling, anchoring, introduction to navigation and meteorology. (Applicants must hold Improvers HKSF Level 3 and have one season of sailing since)	2,400/3,200
Mon 19 – Thur 22 Dec		ABC Introduction to High Performance Sailing	13 – 18	A 4 day "mini" course to introduce spinnakers & 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	1,920/2,560
Tue 20 – Wed 21 Dec		RS Feva Gennaker Intro Course	12 – 18	Students must hold an RS Feva Introduction Certificate	960/1,280
Mon 19 – Fri 23 Dec AM	✓	Optimist Sea Lion Stage 1	7 – 11	Entry level fun sailing for our youngest sailors	800/1,064
Mon 19 – Fri 23 Dec PM	✓	Optimist Sea Lion Stage 2	7 – 11	For those who have passed Optimist stage 1	800/1,064
Mon 19 – Fri 23 Dec PM	✓	Optimist Racing Course	7 – 14	For those wanting to race Optimists and work towards joining the ABC Race Team. Students must hold Optimist stage 3 certificate.	800/1,064
Mon 26 – Fri 30 Dec		Improver HKSF Level 3	12 – 18	Applicants need to have passed HKSF Level 2 and have a season of sailing practice since.	2,400/3,200
Mon 26 – Wed 28 Dec		RS Feva Introduction Course	12 – 18	Hold HKSF level 2 plus some additional sailing experience	1,440/1,920
Thur 29 – Sat 31 Dec		Laser I Intro Course	12 – Adult	Applicants need to have passed HKSF Level 2 and have some sailing experience since	1,440/1,920
Mon 26 – Fri 30 Dec AM	✓	Optimist Sea Lion Stage 1	7 – 11	Entry level fun sailing for our youngest sailors	800/1,064
Mon 26 – Fri 30 Dec PM	✓	Optimist Sea Lion Stage 2	7 – 11	For those who have passed Optimist stage 1	800/1,064
Mon 26 – Fri 30 Dec PM	✓	Optimist Sea Lion Stage 3	7 – 11	For those who have passed Optimist stage 2	800/1,064

* Further details and Application Forms for all courses are available at the ABC Main Clubhouse reception and on the ABC website, www.abclubhk.com. For more information, contact Angela Ho at SailingSecretary@abclubhk.com

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For Enquiries Contact:
SailingSecretary@abclubhk.com

Entry Deadline: 25 November

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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



SIMPSON'S TEAM PLACE SECOND AT CCR



The China Cup International Regatta, China's most prestigious sailing event, now in its 5th year, was held from 28th to 31st October this year and included the presence of China Team, the official Chinese challenger for the 34th America's Cup.

The regatta started with a passage race between Hong Kong and Shenzhen and continued with match racing in Daya Bay in Southern China.

Attracting more than 80 teams with

600 sailors from over 25 countries, the regatta affirms China's growing love affair with yachting and heralds the birth of the Chinese yachting 'Riviera', stretching from Xiamen to Sanya and beyond.

Simpson Marine, one of the Regatta's official sponsors, took second place overall in the 40.7 class. The Simpson Marine team included Tiger Mok as navigator, one of China's most talented sailors. The fleet of Beneteau First 40.7's (One Design Class)

demonstrates the leading French boat builder's commitment to promoting yachting in China.

The regatta, which provides a competitive arena for Chinese yachtsmen to experience the excitement of racing, did not disappoint. The best local Chinese team was Sea Wolf, led by Wang Shao Jun, who finished 5th overall, a huge improvement on its 18th place in 2010, a testament to his dedication and rigorous practicing. **H**

EARLY CHRISTMAS PRESENT FROM SUNSAIL

Charter company Sunsail has announced a 35% discount on all yacht charters from the 1st November 2011 through to 31st March 2012, including Christmas & New Year.

Sunsail has a fleet of over 30 mono hull yachts and catamarans and being the only yacht charter company based on Hamilton Island means that access to the beautiful Whitsundays is easier and faster. Sunsail provides free airport transfers, all linen, towels, amenities and use of the marina on Hamilton Island. For example, with the 35% discount instead of seven

people paying \$3,255 for a week on an Oceanis 343, the discounted price would be \$2,115, or \$43 per person per day, a saving of \$1,140 per week.

Sunsail are also offering a 15% discount on selected dates for their Sailing School.

Starting from \$1350 (before discount) per person twin share, Sunsail's sailing school in the Whitsundays is perfect for singles, couples, families and friends of all ages. With a range of RYA (Royal Yachting Association) courses they have something to suit everybody.

Those who haven't sailed before can complete Sunsail's RYA Competent Crew Course which introduces the complete beginner to cruising under sail and equips them with the skills required to be an active and useful crew member. Or, for those with more experience, Sunsail's RYA Day Skipper Practical Course enables students to gain the experience and the qualification necessary to set sail with confidence on one of Sunsail's Level 2 Yacht Charter or Flotilla holidays, in some of the most breathtaking sailing destinations in the world. **H**

JEBSEN MARINE WAGLAN SERIES | Words and photos by Philippe de Manny

For the fourth consecutive year, Jepsen Marine has sponsored the ABC's premier racing series, the Waglan Series. The Waglan Series is composed of 10 races, including four geometric course races held south of Lamma Island. A big thank you also goes to Jepsen Beverage for sponsoring beer, wine and port for the whole series.

The first ABC Jepsen Marine Waglan Series race took place on Sunday 23 October; the same day France heroically lost to New Zealand (7-8) in the Rugby World Cup final. It goes without saying that the choice of the course was a matter of serious discussion during breakfast, but in the end there was only one option which gave us a realistic chance of finishing the race in time to make the 4pm kick-off.

A total of 15 boats took the start, with 10 knots of wind coming from the East, facing a 17nm racecourse which would take them from Deep Water Bay to Fury Rocks, Shek O Rocks and back to the finish through the Beaufort Channel.

Among the fleet was a total of five J/80s. The return of *Crystal* to our waters, and the presence of Waglan Series

favourites such as *Diamond Queen*, *Thea* and *Chota Scye* (last year's HKPN overall winner) made this year's inaugural race seem more special than usual. The speed machines *Red Eye*, *Elektra*, *Kei Lun*, *Surfdude*, *Yacht O* and *The Farr Side* were also there, ready to battle for the IRC cup, lifted last year by *Elektra*.

Javelin, the ABC J/80 skipped by John Sin and Ivy Lau, was first over the start line and fought an epic battle with *FG 3* throughout the race to win by just 47 seconds on corrected time. *Red Eye* was first to the windward mark, and kept her leading position throughout the race. Having two former ABC commodores on board, one of them especially eager to watch the rugby, seems to have made her faster than ever. She took line honours way ahead of the rest of the fleet, but due to an unfavourable HKPN rating only finished third overall in both rating systems.

After a very speedy, albeit fractionally later than hoped for, prizegiving, all present suddenly turned into rugby fans and went to witness the historic clash between France and New Zealand.

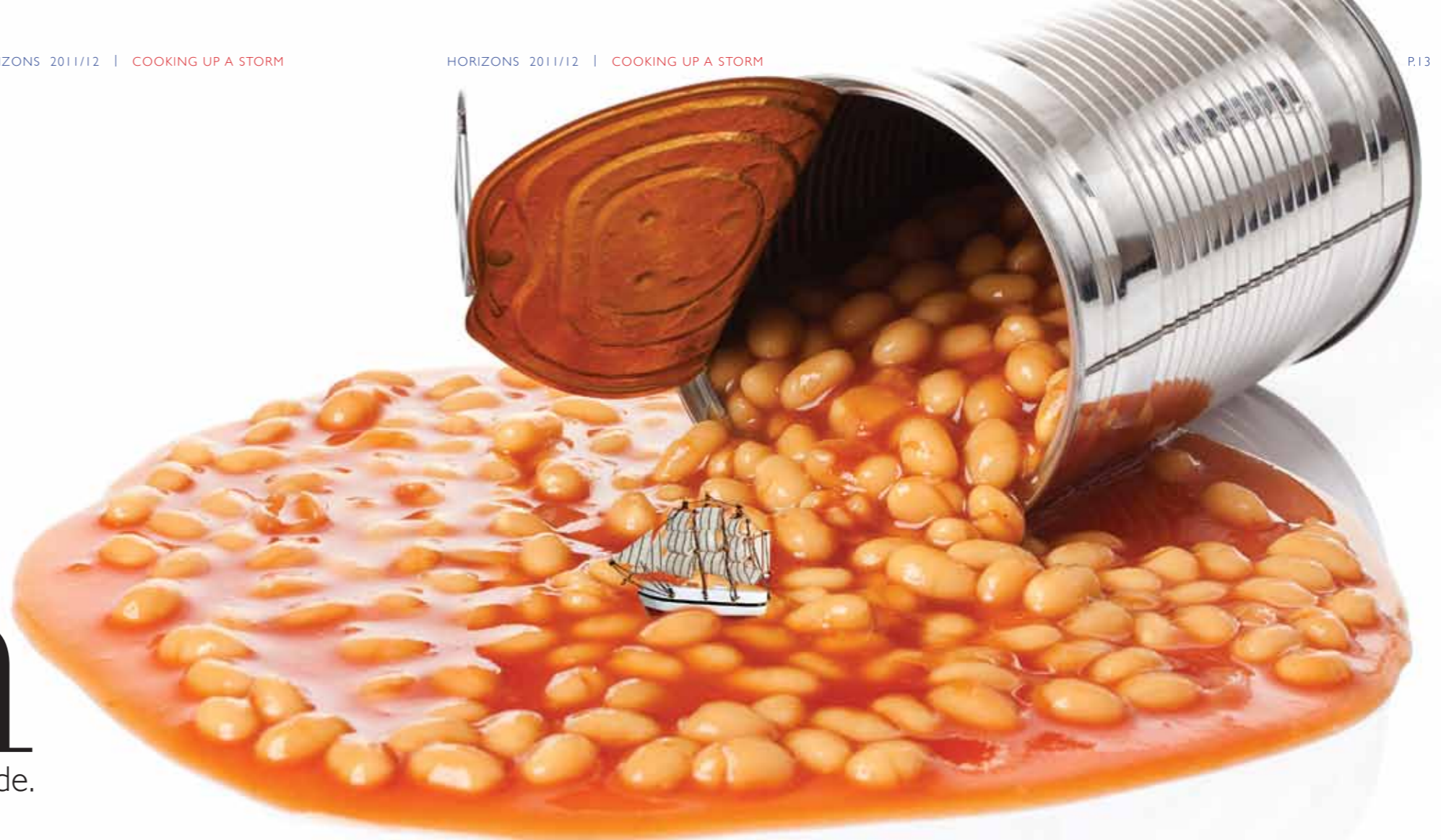
Full race results can be viewed on the Club's website. **H**



Cooking up a Storm

Words by
Peter Wheeler

Sea cooks tips of the trade.



Cooking, we are constantly being told, is an art, with TV series and libraries full of books dedicated to enlightening the uninitiated. However, cooking at sea, or even bobbing around at anchor, can be more like completing an IQ test while having a knife fight in a telephone box. For those lucky enough to have gimbaled, multi burner cookers, meal preparation afloat can be little different to cooking at home. For the rest of us with single burner camping cookers or 'hot pot' style gas burners, cooking a meal for the family or crew requires patience and planning.

Freeze-dried meals that only need hot water can save weight when racing, especially with a large crew and over longer races, but they do require water to be carried or produced. Picnic lunches are fine for day cruises, but overnight and weekend voyages require a bit more thought. Most boats have refrigerators or ice boxes, but even the humble portable cool box (or chilly-bin, or eski) is sufficient for two days' worth of perishables.

One Pot Wonders

It makes perfect sense – one burner, one pot. Simple. The key to 'unipan' cooking afloat is to choose items that require less cooking time. The thinner varieties of pasta takes less time to cook than rice, and potatoes (sliced thinly) take even less. Couscous is a doddle and should be a regular in any galley dry store. Keep a jar of pasta sauce handy, as well as some stock cubes and corn starch and you are well on your way to Nigella-dom. Here are a couple of ideas to start you off.

Leftover potatoes sautéed in butter, a few slices of onion and a sliced sausage or rasher of bacon (or two), with a small tin of baked beans poured over the top and a dash of Tabasco makes a superb mini English breakfast. It may not win any beauty contests, but it will keep body and soul together and can be eaten straight out of the pan, minimising dirty dishes.

Eight precooked sausages, cut into chunky pieces and heated in a pan with a little olive oil, mixed with a jar of pasta sauce, a couple of quartered fresh tomatoes and a tin of cannellini beans makes a great Northern Italian style stew. Fresh bread, if you have it, can be used to scoop up the sauce.

“The canny sea cook will always have a large thermos aboard, both for hot drinks and the early preparation of soups to cut down stove-top congestion.”

For more one-pot recipe ideas you can trawl cooking websites or visit www.amazon.com and search for dedicated sailing cookbooks.

Gadgets

The canny sea cook will always have a large thermos aboard, both for hot drinks and the early preparation of soups to cut

down stove-top congestion. A packet of chicken flavour instant noodles, well pulverised and with an additional chicken or veggie stock cube, can make a surprisingly good chicken noodle soup for several people. Made in advance and kept warm in the thermos, this makes a good starter or 'top up' for hungry crew. A thermos one third filled with rice, topped off with boiling water and left all day will produce hot cooked rice at dinner time (why not throw in a stock cube or a few spices to complement your main dish).

Pressure cookers, now here's a murky one. On the one hand, they cut cooking time, saving gas and reducing the danger of naked flames. On the other hand, they contain scalding hot liquids at high pressure, and if handled carelessly can go off like a bomb. I can see the risk paying off on longer passages where storing bulk cooking fuel takes up space, adds risk of fire, explosion and toxic gas leaks, and where a regular cooking routine means that anyone working in the galley would become proficient in using the device, but personally I wouldn't carry one for coastal cruising.

Army surplus mess tins make great sailing cookware – just be careful to use a cloth when grasping the hot metal handles. The UK army issue tins come in pairs; they nest one inside the other and are now available with a non-stick coating from www.silvermans.co.uk and other army surplus websites.

If you are heading offshore and expect to encounter heavy weather, the accepted wisdom is to visit your local pet shop and pick up a set of dog bowls. Their wide base means these deep dishes won't tip and spill when the going gets rough. Metal ones

can be heated directly over a flame, whereas plastic ones will usually survive being microwaved.

The pinnacle of onboard cooking implements is the majestic barbeque. Gas or charcoal powered, a well seasoned barbeque is a thing of beauty. I myself have a gas powered barbie, which, at full throttle, is like cooking on an upturned jet engine. Marvellous.

“The two most dangerous things in a kitchen are a dull knife and a sharp Australian.”

– Gordon Ramsey

Safety

Chef Gordon Ramsey once said, “The two most dangerous things in a kitchen are a dull knife and a sharp Australian.” Now, I'm from New Zealand so I couldn't possibly comment, but there is certainly no place for blunt cooking knives in my galley.

Blunt knives are dangerous for two reasons: first, you have to use more effort to cut with a dull knife, which gives you less control and allows the blade, or the food, to slip; second, people get careless with blunt knives, grabbing them by the blade or reaching into the washing up water without due care. We tend to treat knives that we know are sharp with more respect, which is no bad thing.

Stainless steel blades hold an acceptable edge, although they need regular attention to stay that way, whereas carbon



steel blades stay razor sharp for longer but are not best suited to the marine environment. Aquatic gourmets could do worse than look at ceramic blades, now reasonably priced and widely available. Ceramics don't rust, they hold a very fine edge and while they are brittle they don't turn food brown or impart a metallic taste like carbon steel blades sometimes do.

It pays to be prepared for accidents in the galley. ABC member Jacky Simpson's company First Aid Plus runs boat specific first aid courses where you can learn to treat, among other things, common cooking related injuries like cuts and burns. The company also sells first aid kits designed for boats and other vehicles. Find out more by visiting the website www.firstaidplus.com.hk.

A fire extinguisher in or near the galley is a good idea, as is a fire blanket mounted on a bulkhead near to the cooker. Make sure that cooking gas can be quickly and easily turned off, and that everyone on board knows how to do it. Storing extra gas, chemicals, oily rags, alcohol, signal flares etc. close to a source of naked flame is nothing short of madness.

Eat, Drink and Make Merry

The two best pieces of advice anyone can receive when it comes to spending long periods on a boat are to stay hydrated and not to skimp on the calories. On a boat, especially in the tropics, you

My own favourite onboard recipe is called Ika Mata and is a south Pacific Island variation of the more commonly known ceviche or marinated fish. This is great for lunch served with salad greens and fresh bread, or on its own as an appetiser. It doesn't take long to prepare, and, as the fish is 'cold cooked' by the acidic lemon juice, there is no need to use the oven.

You will need:

400 grams of fresh white fish, cut into stock cube sized chunks
 ½ cup of freshly squeezed lemon or lime juice
 1 small can of coconut milk
 ½ small onion, rinsed and finely chopped
 ½ carrot, finely chopped
 ½ cucumber, deseeded and finely chopped
 Coriander leaves roughly chopped

Optional:

Pickled ginger slices
 Finely sliced Kimchi, with sliced pineapple added
 Tabasco or chilli flakes

Once the chopping and squeezing has been done you're almost there. Place the fish in a non-metallic bowl and cover with the lemon juice. Mix through and leave to marinade for 7 to 10 minutes. The fish should be opaque on the outside but still raw in the middle when cut in half. Pour off the juice and rinse the fish lightly with a little fresh water, drain. Add the raw



vegetables, coriander and pour over the coconut milk. Stir and season with salt, pepper and chilli. Serve chilled with side dishes of sushi ginger and Kimchi.

If you have any favourite boating recipes you'd like to share, please email them to peter.wheeler@ppp.com.hk.

will be working harder and using different muscles than you usually would in your day-to-day life. Simply balancing on a heeling boat can be hard work, and with everything else going on around you distracting your attention, energy levels can drop dangerously low.


Keep a store of high energy snack foods readily available, such as nuts and dried fruit, carrots, energy bars (go easy on these), whole wheat crackers and crisp breads. Potato crisps provide an instant salt hit (vital for maintaining the body's electrolyte balance), again, just don't overdo it.

It is a shame that bananas are all but banned on most boats as they are a good source of potassium. There's many a salty, superstitious seafarer who'll not suffer a banana infested boat. They give off ethylene gas as they ripen (bananas, not seafarers) causing other perishables to degenerate more quickly. That, and they're just plain bad luck.

Of all the organs in the human body, the brain is the most susceptible to dehydration. As we dehydrate we experience physical and mental fatigue, headaches, irritability and eventually confusion and memory loss. None of these are desirable when sailing (or at any other time, for that matter). Juicy fruit like apples and oranges help to maintain fluid intake without creating water bottle fatigue (that bloated, "I can't take another swig" feeling). Just keep away from bananas – those things could kill you.

Energy drinks like Red Bull are a bad idea on night watches as they create a temporary physical and mental high, followed by a massive, sudden crash. Isotonic sports drinks like Pocari Sweat and Gatorade are fine in moderation, but aim to have at least two 8–12oz bottles of water for every one of these you drink. Most important of all is to make sure there is adequate fresh water aboard. If in doubt, just like spending money when going abroad, work out what you need per person per day and double it.

“Energy drinks like Red Bull are a bad idea on night watches as they create a temporary physical and mental high, followed by a massive, sudden crash.”

I hope this has been an entertaining and, if not actually enlightening, at least thought-provoking article. Proper planning and preparation can make time spent in the galley more productive and less fraught with danger. And, if more incentive were needed, keep in mind that a happy, well-fed crew will be less inclined to mutiny, take control of the boat and alter course to Po Toi for a seafood lunch. You've been warned. 



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ABC Environmental Drive

Words by Karen Castilho



The ABC has been working towards sustainability and environmental accountability for some time now, both in public and behind the scenes. To keep members informed of the eco initiatives undertaken by the Club, there will be regular updates in Horizons and information posted on notice boards in the main clubhouse and on Middle Island. To bring everyone up to speed, here are the programmes and plans currently in operation at the Club.

Recycling Bins: Situated in the upper and lower car park these bins have been available for members' use for some time now. They are for the collection and recycling of paper, plastic and clean glass. Please note that these are not trash cans, and glass or paper must be removed from plastic bags before being deposited.

Wheelie Bin: This is situated in the lower car park by the lockers and is for the collection of glass only. Glass collected from this bin is made into paving stones, reducing raw material use and creating a practical product that enhances our surroundings. The company that collects this glass has requested that we refrain from putting bottles with strong odours, such as soy sauce, in this bin. The Club also facilitates the collection and recycling of cardboard cartons and scrap metals. These are handled locally and are gathered in the lower car park level.

Cooking Oil: The Club is working in unison with a local company to turn used cooking oil into bio fuel. Our chefs store old cooking oil in large tins, which are collected regularly and taken to a plant in the New Territories. There the oil is turned into bio diesel which can be added to diesel fuel, up to 5%, and used without engine modifications. The main by-product of this process is made into glycerol which is then used in the production of detergent.

Water Efficient Showers: Male swimmers may have noticed the new water saving shower heads in the poolside change

rooms. These are being phased in gradually as the technology is comparatively expensive and the returns are slow. They do however significantly reduce water use, thereby cutting costs for the Club and easing the strain on Hong Kong's limited fresh water supply. Eventually all water fittings in the Club will be environmentally friendly.

Cleaning products: Further to the drive for water efficiency, all cleaning staff use environmentally friendly cleaning products wherever possible. Water quality in the Club swimming pool is maintained using an environmentally neutral product called Broome, instead of harmful bleaches and chlorine based chemical compounds.

Sustainable seafood: The ABC has chosen to adopt the guidelines formulated by the World Wildlife Fund for sustainable fisheries by developing menus based on sustainable fish stocks and avoiding endangered or threatened species.

Office measures: The office staff contributes to the green drive by recycling toner from the photocopiers, and reusing paper wherever possible. And now that the worst of summer is behind us, there is a strict policy of no air conditioning running in the office before 3pm, the hottest part of the day.

Expanding the Drive: The Club has started talking to local schools and community groups with the intention of expanding these and other initiatives. The Club aims to become a focal point for community environmental awareness, coordinating and leading projects designed to minimise our impact on the environment and lower our resource consumption, as well as beautifying the area, and preserving and protecting nature.

We hope that you will support this programme, and we ask that if you have any ideas or expertise regarding environmental action that you contact Karen at gmsec@abclub.com.

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Reflections of the Commodore

This will be my last contribution to *Horizons* as Commodore, and I would like to offer my reflections on the current status of the Club.

History

The Aberdeen Boat Club was founded in 1967 by a small group of yachtsmen who wanted to establish a base on the south side of Hong Kong Island. The Club has grown from this small beginning into the comfortable, well equipped, friendly Club we know today. Along the way it has been the enthusiasm of the members and the loyalty of the staff which has steered the Club through four decades of change and development and I thank them for their commitment.

Governance

The Club is incorporated in Hong Kong under the Companies Ordinance and

is obliged, *inter alia*, to encourage all forms of boating and sailing and all associated activities. The management of the affairs and business of the Club is vested in the General Committee who may exercise all powers to act in the best interests of the Club in accordance with the Memorandum and Articles of Association and the accompanying Bye Laws. Both of these important documents were subject to a thorough review and update during 2010.

Finance

My overriding objective since becoming Commodore has been to consolidate the finances of the Club and create a

more solid foundation by which we could weather any financial storms, and provide opportunities for capital expenditure. The storm of 2008 provided a big test of this strategy both in terms of increasing costs and a downturn in new members. Against this difficult economic climate, prudent management of funds has allowed important improvements and refurbishments to be undertaken and I am now very pleased to report that the finances are in good order, with an increased cash balance.

Staff

The day to day running of the Club and the management of the staff is the responsibility



Presentation to Jim Fulton following his retirement as Honorary Treasurer in 2010



Commodore with the ABC Management Team in 2011



Commodore addressing the Annual Staff Party in 2008



Halloween Party on the Patio in 2009



Easter Bunny on the playground Egg Hunt in 2011



Opening Regatta cruiser race start in 2011



Race Committee at the start of the Four Peaks Race in 2005

of the General Manager. It has been my pleasure to work with Philippe de Manny over the last eight years. Philippe has a wealth of experience in club management and has introduced many initiatives to improve the service and benefits on offer to members. The scope and variety of our programme of social events is testament to his enthusiasm and experience in organizing such functions. I am pleased to say that Philippe has signed a new four year contract and will be an influential member of the team to realize the development vision.

We employ seventy staff and they are our greatest asset. The dedication and commitment which they demonstrate on a daily basis is a fact we should all applaud. My thanks to you all for your support over the years but in particular Cobo Liu, Karen Castilho, Angela Ho, Steven Ng, Lau Wai Kee, Terry Mung, Paul Chong, Kevin Lewis, Andy Tsui, Leslie Chan and Matthew Tsui.

Membership

Of all the meetings I have attended over many years on behalf of the Club, probably the most enjoyable are the New Members Evenings. New members predominantly comment that they are attracted to the Club because of the friendly atmosphere that is prevalent. This is the culture of the Aberdeen Boat Club and should be protected and maintained at all cost. Our membership is a good cross section of Hong Kong people and has been steadily increasing such that it now exceeds 1000. Our medium term financial forecasts are based on a membership of 1200 by the end of 2013.

Sailing and Marine

We have strengthened our capabilities in organizing and managing a wide variety of interesting and demanding sailing activities. The principal events of the

Opening Regatta, Four Peaks Race and Classic Yacht Rally are underpinned by the Waglan Series which provides the backbone for the Club's racing calendar. The participation in our comprehensive range of dinghy training courses has steadily increased with many new members attracted to our Middle Island facility. Several of our young sailors have recently competed in the UK RS 500 World Championships and achieved great success. This is a significant boost for the reputation of the Club and a shining light for others to follow in their footsteps. Our inventory of dinghies and J/80's has significantly increased in the last four years. In order to efficiently operate our boating activities we have several work boats which are in constant demand. We have improved our maintenance regimes to ensure the reliability of these important vessels is up to the task.



Dinghy sailing at Middle Island in 2011



Skywalker at Middle Island in 2009

House and Building

During the last few years we have invested over HK\$20 Million on improvements to the infrastructure of the Club. I am particularly pleased that we have finally upgraded our two kitchens. The Galley kitchen was an important project which was long overdue and has served to increase efficiency, improve the working

environment for our staff and provide a better service to members. The Four Peaks restaurant was also long overdue for a makeover. This was completed in December 2010 and is now the fine dining experience that was the main objective of the brief. The Waglan Bar has seen some subtle enhancements and the swimming pool changing rooms have recently been upgraded.

The complete exterior of the Main Clubhouse was refurbished in 2008. In addition to these major projects we have continued to pursue a strategy of low cost, high value, improvements to the Club. The overall result is that the facilities and general fabric of the Club are in a good state of repair which was a major factor in deciding to pursue development of Middle Island.

Refurbished Four Peaks Restaurant in 2011



Replica flags from the Reciprocal Clubs in the Waglan Bar in 2011



Race trophies in the Waglan Bar in 2011

Galley Coffee Shop in 2011



Bai sun ceremony to celebrate the opening of the upgraded Galley Kitchen on 31 May 2009



Lin Wing Wah, Yadav Ramakant, Nagwal Jeetsingh, Cheung Chi Wo, Chan Shu Lung, Li Man Wing, Choi Pui Kei, Wong Yee Ka with Executive Chef Paul Chong in the new kitchen in 2009



ABC Snooker Team at a match with the RHKYC in 2011

Inter-Club Collaboration

The Flag Officers meet with their counterparts from the RHKYC and HHYC on a regular basis to discuss issues of mutual interest. We have briefed the RHKYC on our intentions to develop Middle Island and are at an advanced stage of discussion on the design of the upgraded power and water supplies. The RHKYC is supportive of our plans. Our reciprocal membership arrangement with HHYC has been in operation for over ten years and provides a welcome location for any members visiting the Sai Kung area. The Reciprocal Agreement has recently been updated to reflect the latest provisions of each Club.

Community Relations

We have strengthened our ties with the local community by establishing a dialogue with the Southern District Council. This initiative needs further work but the initial contact is positive and will become increasingly important as the Government looks to extend its influence over private Clubs. We have consolidated our relationships with local schools and offer a good range of mid week sail training opportunities for their students. I consider that our efforts to support the community are in line with Government expectations.

Development

I wish to thank all members who have attended the Town Hall Meetings and provided their valuable feedback on the strategy for the development of Middle Island. The response from the membership has been overwhelmingly positive and has provided the necessary platform to proceed with the detailed design phase. There is much work to be done and I am confident that the incoming Commodore and the General Committee will have the determination and enthusiasm to overcome the challenges ahead and steer the Club through the next exciting phase of development.

It has been my privilege to have served the Aberdeen Boat Club for the last twelve years and I would like to sincerely thank all those members who have worked with me on Committee for their commitment and support.

I wish the Club every success for the future.

Barry Hill
Commodore 2007-2011



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2011
27 November
11 December

2012
15 January
12 February
26 February
11 March
25 March
Re-sail date

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Aberdeen Boat Club Ltd 2011 Christmas Takeaway Order Form

Code	Description	Weight/Unit	Price	No. of people to served/Quantity
Canapés				
CA1	Vietnamese Rice Paper Rolls with Soft Shell Crab & Vegetables	Doz	\$128	/
CA2	Char-Grilled Prawns Wrapped in Bacon	Doz	\$168	/
CA3	Smoked Salmon Rosettes with Cream Cheese & Crab Roe	Doz	\$160	/
CA4	Shrimp Tartlets with Chilli Mango Dressing	Doz	\$158	/
CA5	Indian Lamb Kebabs with Mint Yoghurt	Doz	\$138	/
CA6	Chicken Roulade with Mango & Onion Marmalade	Doz	\$168	/
CA7	Roasted Pork Tenderloin with Brie	Doz	\$168	/
CA8	Sausage Rolls	Doz	\$120	/
CA9	Mushrooms Stuffed with Seafood & Tartar Sauce	Doz	\$168	/
CA10	Baked Feta & Spinach Parcels	Doz	\$128	/
Salads and Starters				
S1	Caesar Salad with Parmesan Shavings, Bacon & Croutons (1kg)	Tray	\$350	8 to 10
S2	Spinach & Cheese Quiche Lorraine	8inch	\$130	8
S3	Thai Pomelo Salad with Thai Chilli Sauce	Tray	\$280	8 to 10
S4	Thai Shrimp Salad with Lemongrass & Chilli (1kg)	Tray	\$350	8 to 10
S5	Potato Salad	1.2kg	\$280	8 to 10
S6	Greek Salad with Tomatoes, Cucumbers, Olives, Peppers, Onions & Romaine Lettuce (1.2kg)	Tray	\$320	8 to 10
S7	Homemade Goose Liver Terrine	300g	\$450	6 to 8
S8	Avocado and Prawn Cocktail (1.2kg)	Tray	\$420	8 to 10
S9	Prawn & Mango Salad (1.2kg)	Tray	\$420	8 to 10
S10	Chicken & Waldorf Salad (1.2kg)	Tray	\$380	8 to 10
S11	Assorted Cold Cuts: Parma Ham, Mortadella, Salami, Speck	Tray	\$420	6
Main Dishes				
MD1	Gnocchi with Sautéed Mushrooms, Sun-dried Tomatoes (1.2kg)	Tray	\$360	8 to 10
MD2	Lasagna with Mozzarella, Fresh Basil & Tomato Salad (2.5kg)	Tray	\$380	8 to 10
MD3	Oven-Baked Tandoori Salmon and Condiments	1kg	\$380	8 to 10
C1	Roast Turkey	5 to 6kg	\$680	8 to 10
C2	Roast Turkey	6 to 8kg	\$800	12 to 16

Code	Quantity	Code	Quantity	Code	Quantity

Takeaway starts from 1st December, 2011

Member's Name: _____

Membership Number: _____ Contact Number: _____

Collection Date: _____ Time: _____

Signature: _____

Please fax back to 2873 2945 or e-mail fnb@abclubhk.com.

For enquiries, please contact our F&B Team on 2553 3422

Please note that a minimum of 3 days notice is required.

Code	Description	Weight/Unit	Price	No. of people to served/Quantity
C3	Roast Turkey	8 to 10kg	\$1,000	18 to 22
C4	Brussels Sprouts, Parsnips, Carrots & French Beans	1kg	\$200	6 to 8
C5	Roast Turkey with homemade Stuffing & Cranberry Sauce	5 to 6kg	\$800	8 to 10
C6	Roast Turkey with homemade Stuffing & Cranberry Sauce	6 to 8kg	\$1,000	12 to 16
C7	Roast Turkey with homemade Stuffing & Cranberry Sauce	8 to 10kg	\$1,300	18 to 22
C 4A	Home made Chestnut & Herb Stuffing	1 kg	\$180	8 to 10
C8	Roasted Rack of Lamb with Mint Jus	1.8kg	\$380	4 to 6
C9	Roasted Rack of Venison with Condiments	1.2kg	\$680	4 to 6
C10	Wheel of Roasted German Sausage	1kg	\$220	6 to 8
C11	Whole Baked Beef Wellington	1.5kg	\$900	6 to 8
C12	Roast Whole Game Hen	Each	\$60	2 to 3
C13	Roast Leg of Lamb with Mint Jus	2.8kg	\$360	8 to 10
C14	Roasted Prime Rib with Jus & Condiments	6kg	\$1,600	10 to 12
C15	Roasted Pineapple Ham with Apple Sauce	7kg	\$1,350	12 to 16
C16C	Honey Glazed Bone Ham with Pineapple Sauce	9kg	\$1,250	18 to 22
C17	Gammon Ham with Honey Gravy	4kg	\$650	8 to 10
Desserts and Cheese				
D1	Whole Pumpkin Pie	1kg	\$128	8
D2	Christmas Cake	1kg	\$380	8
D3	Christmas Yule Log (Chocolate/Vanilla)	1.2kg	\$380	8
D4	Christmas Fruit Cake	1kg	\$360	8
D5	Black Forest Cake	1.2kg	\$380	8
D6	American Cheese Cake with Strawberries	1kg	\$380	8
D7	Mixed Seasonal Fruit Tartlets	1.2kg	\$380	8
D8	Nuts and Dry Fruits Cheese Cake	1.2kg	\$380	8
D9	Minced Pie 60g	pc	\$18	/
D10	Minced Pie 40g	pc	\$15	/
D9	Minced Pie 60g	Doz	\$208	/
D10	Minced Pie 40g	Doz	\$168	/
D11	Assorted French Hard Cheese	500g	\$360	/

Christmas Programme

15 November until 10 December	Christmas Tree order
1 to 19 December	Charity Christmas Gift Collection
9 December	Christmas Tree Lighting Evening
10 December	Santa's Visit
11 December	Commodore's Christmas Cocktails
14 December	Christmas Carolling with Kennedy School & Ms. GG
18 December	Hong Kong Welsh Male Voice Choir
22 December	"Dong Zhi" Chinese Set Dinner
24 December	Christmas Eve Champagne Dinner
25 December	ABC Charity Lunch donation at "The Little Sisters of the Poor" Retirement Home
25 December	Christmas Day Celebration
25 December	Middle Island Turkey Lunch
26 December	Boxing Day Brunch
31 December	New Year's Eve Party
1 & 2 January 2012	All Day Brunch and Games
2 January 2012	Members' Day On The Junk



PROSECCO BRUT PROMOTION

Gancia produced the first Italian sparkling wine, Asti, in 1850, following the traditional methods of Champagne production. Prosecco Brut takes its name from the grape variety that makes this cuvee, and also gives this wine its typical aromatic fragrance: the Prosecco grape. Light straw yellow in colour, Prosecco Brut is aromatic with a crisp apple hint. Fresh & harmonious on the palate it is full, dry, aromatic & well-balanced. To be enjoyed at all times. Perfect as an aperitif and with hors-d'oeuvres.

\$45/glass \$210/bottle



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TAITTINGER BRUT RESERVE N.V.

Made to a consistently high standard, Taittinger Brut is a blend of 40% Chardonnay and 60% Pinot Noir, matured to perfection. The colour is a brilliant, golden straw yellow. The bubbles are fine and the foam is both discreet and persistent. This is a delicate Champagne with harmonious flavours of fresh fruit and honey. The nose, very expressive and open, is both fruity and breadly.

\$68/glass \$388/bottle



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BEER OF THE MONTH

Blue Girl
Imported Premium Beer

\$18 per bottle



Aberdeen Boat Club 香港仔遊艇會



WINE OF THE MONTH

Taltarni "T" Series Sauvignon/Semillon 2010

This wine is pale straw coloured with bright green tints. Fresh and lively lemon and passion fruit notes from the Sauvignon Blanc are complemented by nice straw and guava flavours from the Semillon.

\$39/glass \$195/bottle

Taltarni "T" Series Shiraz 2008

This wine is an attractive, deep plum colour and displays great blackberry, plum, licorice and chocolate notes on the nose. Well structured with nice soft tannins and plummy fruit flavours.

\$39/glass \$195/bottle



Aberdeen Boat Club 香港仔遊艇會

HOME WINE DELIVERY DECEMBER 2011

	Bottle \$	Quantity	Amount
Wines			
Taittinger Brut Reserve N.V. – France A brilliant golden yellow in colour, the bubbles are fine while the foam is discreet yet lingering. This is a delicate wine with flavours of fresh fruit and honey.	\$320		
Domaine Lucient Crochet Sancerre Blanc – France A yellow, straw coloured wine with glints of green and silver towards the edge of the glass. The wine is bright and clear exhibiting life, freshness and youth.	\$195		
William Fevre Chablis Premier Cru "Les Vaillons 2008 – France 100% Chardonnay. A pronounced nose of fruit and flowers with lovely freshness and a few mineral touches. The wine has a generous palate, with lovely roundness.	\$275		
Vasse Felix Sauvignon Blanc/Semillon – Australia Bright pale straw with a grass-green tinge. Expect wonderful aromas of passion fruit, lime, floral nuances and sweet herbal notes.	\$165		
E. Collavini Pinot Grigio DOC Collio 2010 – Australia Straw yellow with onion skin nuances. The broad, penetrating nose offers sensations of hay, fresh walnut and toasted almonds, leading into a dry, full-flavoured, savoury palate.	\$120		
Reserve de la Comtesse 2004, Pauillac – France This wine possesses a deep ruby/purple colour as well as notes of crème de cassis, charcoal, and spice box.	\$450		
Maison Champy Gevrey Chambertin "Vieille Vignes" – France A lovely garnet ruby colour with violet highlights and a good intensity of aromas.	\$370		
Tardieu Laurent Cotes du Rhone Villages "Les Becs Fins" 2009 – France A lot of fruit with both power and delicacy, this wine is deep in colour and complex.	\$135		
Yalumba Barossa "The Scribbler" Cabernet Shiraz 2009 – Australia Deep, dark fruit heading into brambles and briar. A generous wine with a rich silky texture that finishes with long slippery tannins.	\$140		
Mount Riley Pinot Noir 2009/2010 – New Zealand Mid-red with garnet and ruby hues, this is an intensely aromatic wine with red berry, and cherry aromas at the forefront, supported by subtle spicy, earthy aromas.	\$160		

Member Name: _____ Membership Number: _____

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

Delivery Address: _____

Delivery Date: _____ Member Signature: _____

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Notice to Members
Chinese New Year Closing Schedule

Members are advised that the Club will close for Chinese New Year on Sunday, 22 January at 4pm, and will reopen on Wednesday, 25 January at 8.30am.

We would like to wish everyone a happy and prosperous Year of the Dragon.





Ed's Soapbox

It comes up a lot in committee meetings and Waglan Bar brainstorming sessions, just how many ABC boats aren't being used. We have a great number of sailboats, both mono and multihulls, that aren't regularly being sailed.

Now, I'm as guilty of this as the next skipper; despite my best intentions I just don't seem to have the time to sail my boat as much as I'd like to. I get aboard every now and then, mostly to carry out essential maintenance, but I am not the regular racer I'd dreamed of becoming. If someone can tell me how to balance a very young family and a boating habit, please step forward – I'm all ears.

The ABC would like to help 'less regular' boat users to get back onto the water, but to do that we need to know what's keeping you from slipping your moorings. Please write in and tell us; is it family or work commitments, have you've lost interest in racing or maybe you want to try something new on the water (keep it decent, please), or is keeping the boat in sea/race worthy condition proving difficult?

Who knows, if we talk about it we just might find a way to get around the problem/s and get the ABC fleet back out and racing or cruising regularly. Please send your thoughts to peter.wheeler@ppp.com.hk

"The cure for anything is salt water: sweat, tears or the sea."

– Isak Dinesen

PUGWASH




Notice to Members



Club Swimming Pool

Due to maintenance requirements the swimming pool will be operating under restricted hours from 1st December 2011 until early March 2012.

The winter pool operation hours are:

Day	Open	Closed
Monday & Tuesday	12:00hrs	20:00hrs
Wednesday to Sunday & Public holidays	08:00hrs	21:00hrs

Also, the last of the 'Splash' hours will be held on 30th Nov 2011, until further notice.

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