



2013/02
www.abclubhk.com

HORIZONS

THE MAGAZINE OF THE ABERDEEN BOAT CLUB

The ABC Hosts
the Southside Regatta

Reports, Results and Photos

Waglan Series 2013:

Race Reports and Results from the First Mini-Series

Fighting Fit at the ABC

Charlie Ling revisits the Club

Asia Boating Limited (HK)

Tel: 2572 9212 Fax: 2572 6033
info@asia-boating.com
www.asia-boating.com

1/F Annex Building, Aberdeen Marina Club, 8
Shum Wan Road, Aberdeen, Hong Kong



World's No. 1 Quality Certification for Yachts
ASTONDOA Built in Spain, since 1916

Astondoa 55' Open Cruiser



KARNIC 28' Excellent value
Offering special discounts

Used Boats Contact us for a Free Valuation of your existing boat



Princess 35
Built: 2010/ UK
Kept as good as new
GBP 2,650,000/-



Canal 50 Atlantique
Built: 2009/ Italy
Kept as good as new
HKD 4,800,000/-



Arma 185
Built: 2006/ Italy
Excellent condition
Euro 1,150,000/-



Moyn 52'
Built: 2004/ Italy
Excellent condition
HKD 3,000,000/-

HORIZONS ISSUE 2013/02

This issue of Horizons takes a timely and closer look at the many ways ABC members can get and keep fit at the Club, through canoeing, hitting the gym, playing squash and golf, taking up yoga and karate, joining the ABC dragon boat and/or cricket teams, competing in the ABC's Four Peaks Race and, of course, sailing. Members and course instructors share expertise and strategies to help you maximize outcomes and fit enjoyable training into your life.

Published by:
PPP Company Ltd
Unit 713, Level 7, Core E,
Cyberport 3, 100 Cyberport Road,
Cyberport, Hong Kong
Tel: +852 2201 9719

Copyright:
Aberdeen Boat Club

Printed by:
C.A. Printing Co., Ltd.
in Hong Kong

ISSN: 2222-9582

Editorial Contact:
Ann White
ann.white@ppp.com.hk

Advertising Sales Contact:
Jo Allum
jo.allum@ppp.com.hk

Published by PPP Company Limited. The publication is sold on the understanding that the publisher, advertisers, contributors and their employees are not responsible for the results of any actions, errors or omissions taken on the basis of information contained in this publication. The publisher, advertisers, contributors and their employees expressly disclaim all and any liability to any person, whether a purchaser of the publication or not, in respect of any action or omission or the consequences of any action or omission by any such person, whether whole or partial, upon the whole or part of the contents of this publication. All rights reserved. 2013 PPP Company Limited. No part of this work, covered by the publisher's copyright may be reproduced in any form by any means, graphic, electronic or mechanical, including photocopying, recording, taping or information storage and retrieval, without the written permission of the publisher. Any unauthorised use of this publication will result in immediate legal proceedings.

- P2 From the Top**
Commodore John Berry's Letter, GM Philippe de Manny's Letter
- P4 Flag Officer's Report**
Bruce Perkins, Rear Commodore, Sailing & Marine
- P6 Southside Regatta Report, Results and Photos**
- P10 Waglan Series 2013:**
Reports and Results from races 3, 4, 5 and the first mini-series
- P14 Updates to ISAF Racing Rules and HKSF Prescriptions**
- P18 Chinese New Year and Easter Sailing Programmes**
- P26 The ABCs of Fitness**
Gym, Canoeing, Yoga, Karate, the Four Peaks Race, Dragon-Boating, Golf, Squash and More
- P34 Charlie Ling Revisits the Club**
- P38 Food and Drink News from the Club**

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



Flag Officers
John Berry • Commodore
David Tait • Vice Commodore
Bruce Perkins • Rear Commodore – Sailing
Richard Walker • Rear Commodore – House
Matthew Johnson • Hon. Treasurer
Nick Bodnar-Horvath • Hon. Gen. Secretary

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

Membership Service Manager
Cobo Liu
Tel: 2553 3032
mbs@abclubhk.com

Financial Controller
Leslie Chan
Tel: 2552 5220
fin@abclubhk.com

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

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

Food and Beverage Manager
Giselle Isabella Gaggino
Tel: 2552 8182
fmb@abclubhk.com

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

General Enquiries
Tel: 2552 8182

Four Peaks Restaurant
Tel: 2553 3422

The Galley Coffee Shop
Tel: 2554 9494

Night Guard Emergency Contact
Tel: 9154 0426

Aberdeen Boat Club
20 Shum Wan Road
Aberdeen, Hong Kong
香港仔遊艇會
香港仔深灣道二十號
www.abclubhk.com
Fax no: 2873 2945
General Line : 2552 8182

Commodore's Letter

It seems a long time since the EGM and AGM were held on 27th November, when we voted in amended Articles of Association together with a new and strong General Committee. New committee members welcomed to the General Committee are Hans Lange (who also spent some time on committees earlier) and Richard Clement. I wish to note some comments raised after the meeting about encouraging dinghy sailors to also join in cruiser sailing and racing and to bridge the gap between dinghies and cruisers, many of which are becoming faster by the year. The committee has taken this on board and the dinghy committee and training team are moving to match some keen sailors with club cruisers and racers, and to reintroduce cruiser Division B for medium-sized boats otherwise starting to fall behind. The meetings were followed by our third Town Hall meeting, in which progress reports were given on Middle Island planning and submissions to Government for approval.

The Southside Regatta in early December was again a splendid success, not just in number (105 entries), but because the standard of racing seems to improve every year. Managed by experienced Australian race officer Greg Sinclair and our sailing team, the 29er Association also used this regatta as the Hong Kong 2012 29er

Class Championships. For Optimists this was again a ranking event for selection to the Optimist 2013 Worlds and saw a fleet of 44 young sailors sailing at the highest standard. Personally I enjoyed the regatta as a competitor in A Division although I was well down the results. A full report and photos are to be found in this issue of *Horizons*.

ABC's New Year's Eve party ran with the theme of Superheroes and some 180 members and guests spread throughout the patio, Galley and Waglan Bar area enjoyed a thoroughly good night. Attendees sported many great outfits that ranged from Clark Kent to Amelia Earhart with at least 10 Captain Americas.

Thanks to all for perseverance with the present carpark restrictions, needed for significant repairs to the carpark structure. Repairs have been planned for the quieter time of year and we hope to minimise disruption, however for a period access will be quite limited. Should you arrive and find the carpark full, we suggest that you park in the Broadview Court carpark whose entrance is in Shum Wan Road, just past the bus terminus. Current status of ABC carpark works and restrictions are shown on the Club website.

The annual ABC vs RHKYC Cricket match was again held at Sandy Bay on New Year's Day. Both teams showed up bright and clear despite the date. After a



hard-fought match, ABC's mix of youth and experience led by Mick Fisher edged past RHKYC. Good event for watching or participating next year at the spacious Sandy Bay sports grounds.

This issue of *Horizons* focuses on the wide range of sporting activities available at the Club. Enjoy!

By the time you receive this, the results of the 29th Four Peaks Race (my 21st consecutive appearance) will be ready for the prize-giving on 1st February. Planning has already commenced for the 30th race!

Best wishes to all members and staff for the New Year of the Snake.

John Berry
Commodore

General Manager's Letter

Chinese New Year closing

Traditionally the normal closing days for Chinese New Year at the Aberdeen Boat Club fall on Chinese New Year's Eve and the first and second days of the new year. Sadly, this year, these days fall over a weekend. After much consideration, the General Committee has decided that our staff will still be able to enjoy these important holidays of the Chinese calendar. Therefore, the Club will close on Saturday, 9 February, after lunch service ends at 3 pm, and will reopen for normal business on Tuesday morning, 12 February.

Club closing for staff party

On Wednesday, 27 February, after the lunch service ends at 3 pm, the Club will close for the annual staff dinner and party. Any members willing to run the Waglan Bar and the barbecue that evening are welcome to approach me to set up a big members' night. This could be a good opportunity to get a jam session with all our musicians and singers to make this night your night as well. Every bartender, cook, singer, and musician around, please contact me early so that I can make this evening



Fort Lauderdale
San Diego
Palma
Newport
Boston
Hong Kong
Singapore

NORTHROP
& JOHNSON

Brokerage Charter Management New Construction Crew Placement northropandjohnson.com

CLIPPER 53'(16.26m) Clipper 2011 \$898,000
Daniel Voorhees Singapore +65 8186 5101 daniel.voorhees@northropandjohnson.com

ARCHER STAR 88'4"(26.92m) Majesty 2011 \$3,688,000
Daniel Voorhees Singapore +65 8186 5101 daniel.voorhees@northropandjohnson.com

ANOTHER MOONDANCE 55'(17m) Seahorse Marine 2002 \$348,000
Bart Kimman Hong Kong +852 2815 7712 bart.kimman@northropandjohnson.com

MONTECARLO 32 34'(10.49m) Beneteau 2010 \$167,700
Steve Smith Hong Kong +852 2815 7712 steve.smith@northropandjohnson.com

EAGLES QUEST 58'(17.70m) Tayana Yachts 2008 \$575,000
Sytske Kimman Hong Kong +852 2815 7712 sytske.kimman@northropandjohnson.com

HANSE 52'(16.08m) Hanse 2012 \$570,510
Sytske Kimman Hong Kong +852 2815 7712 sytske.kimman@northropandjohnson.com

LALLYGAGGER 52'(15.85m) Seahorse Marine 1996 \$165,000
Bart Kimman Hong Kong +852 2815 7712 bart.kimman@northropandjohnson.com

THIPTARA 31'2"(9.50m) Latitude 2006 \$128,000
Bart Kimman Hong Kong +852 2815 7712 bart.kimman@northropandjohnson.com

The authority on yachting since 1949

northropandjohnson.com

happen. Ideally two cooks, two barmen, two waiters and two members to do the washing up for the night will suffice.

Progress of carpark repair

At the time of writing, I cannot report on progress as the work has not yet started. However, surely I can give some background behind this annoying but necessary repair work. This is a long-term repair project that the Club began in 2002, when the fabric of the Club became a concern. Concrete deteriorates over time, especially in a marine environment, and construction practices when the

Clubhouse was built over 30 years ago were not as good as today's practices. Our Clubhouse is no different to many similar structures that require concrete repair from time to time, including in our case around half of the deck slabs.

With the current project, further surface repairs are needed. It will be necessary to replace some slabs in the middle of the carpark from the street side, across from the playground and opposite the crane area. As work will affect the lower and upper parking areas, we must close most of these areas during the repair. This will strain parking availability. For this

reason the works will be carried out in winter when demand for spaces falls.

When inside the carpark, please do not park in spaces with signs indicating "removed from parking availability." These are likely to be spaces where the concrete work will need at least 28 days' curing after casting to reach required strength. For safety's sake, please obey all signs restricting access.

Philippe de Manny
General Manager

Flag Officer's Report

It's been an unseasonably cold winter thus far, but that doesn't seem to have dissuaded people from getting out on the water and enjoying the consistent breezes we get from the Northeast at this time of year. Waglan Series 4 and 5 drew double-digit entries to two of the four windward/leeward races held in the season; more details of this in a great write-up by Chris Pooley later in *Horizons*. From a dinghy perspective, we had a great entry of 105 boats for the Southside Regatta held earlier in December; be sure to read Kevin Lewis's write-up on what has become a classic Regatta in the Hong Kong sailing calendar.

But before you jump straight to those articles, I would like to share with you what has been happening within the Sailing and Marine Committee (SailCom) recently and let members know what they can expect on and around the water this winter and into spring at Aberdeen Boat Club.

Following the AGM in November, we were lucky enough to retain most members of SailCom, which will allow for some consistency on the direction we set in place for 2012 and will continue to work on through 2013. We were fortunate enough to have one newcomer, Hans Lange, join us. Committee work is not new to Hans, as he sat on this very same committee several years ago. He is likely to hit the ground running and we welcome him back.

The opportunity to take part in SailCom, however, is still open and

ABC members or their spouses who have not been elected to the general committee can still join SailCom as a co-opted member and make a contribution. If you think you might be interested in helping out, please contact me through the Club. I would be happy to explain what joining the committee entails and if you are still interested, would welcome you to the team.

2012 was a great year for our dinghy performance teams with many successes both locally and overseas. We have built up our fleet of boats and importantly, our support infrastructure to cope with the new interest in the training and coaching courses we offer. For 2013 we will be turning our attention to upgrading the support infrastructure for our other boating activities, and in particular looking at ways we could cost-effectively upgrade our existing workboat fleet to cope with increased demand at weekends and match services expected by our members.

As you will by now be aware, we have planned some major repair works for our carpark area, which has required us to temporarily relocate the two club J/80s. Whilst they may not be openly visible anymore, the good news is that they have only been moved to Middle Island and so are still available for members who may wish to charter the boats for racing or just a day trip out.

Planning work has just started on the sailing calendar for the new season that traditionally starts in September 2013 with



the Aberdeen Boat Club Opening Regatta. We are working on putting together a full calendar of events with our usual classics included and a variation on some older themes. With that in mind, there is always the opportunity to add some new style of events. If you have any ideas on what type of races or social activities you would like to see, now is the time to let us know so that we could add them into the joint Hong Kong sailing calendar for the coming year.

As we celebrate the start of another Chinese New Year, I would like to take this opportunity to wish you and your families Kung Hei Fat Choi and great boating in this, the Year of the Snake.

I look forward to seeing you out on the water or back at the bar in the Club.

Bruce Perkins
SailCom



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



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



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

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

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



Contact:
Joe Chan / 60561149

數碼港 CYBERPORT

週末 WEEKEND

藝墟 Market

23-24/2 & 16-17/3

11am - 7pm

The Podium, 4/F, Cyberport 2

 arcade.cyberport

Free Admission





Life's A Breeze

Ceiling Fans With Style

拉沙貝斯·時尚風扇

Basket Fans Sale! Purchase 2 basket fans and receive the second at half price





Open 7 days Tel: 2572 4000 www.lifesabreezehk.com

Shop 1602, Horizon Plaza, 2 Lee Wing Street, Ap Lei Chau

鴨脷洲·利榮街2號·新海怡廣場·16樓1602室

Four Divisions and 105 Entries

ABC Hosts Southside Regatta with 2012 29er Nationals

By Kevin Lewis, photos by Andrew Morgan



Isabel Tulloch and Florrie Manzoni from the RHKYC



Chik Ho Yin and Lin Pat Hang from the Hong Kong Sea School

The ABC hosted the 2012 Southside Regatta on 1 and 2 December, as the fourth edition of the regatta originally run in the mid-1990s. This time, the event was an Optimist class ranking regatta, and also incorporated the 29er Hong Kong National Championships, scheduled but abandoned earlier in the year due to lack of wind. This did not present any problem for day one as the regatta got underway with a shift but strong breeze in outer Repulse Bay.

The regatta's first day saw four shorter races successfully completed in testing conditions, especially for some of the younger sailors. Conditions were gusty, with winds exceeding 15 knots at times, but it all made for exciting sailing. The RHKYC's Sophie Tulloch was the most consistent sailor, leading the Optimist Division after day one, with Calum Gregor and the ABC's Yann D'Argenlieu not far behind. The Hong Kong Sea School's Wan Chi Wai and Tse Sui Lun dominated Division A in their 420 with 4 bullets. In the 29ers, brother-and-sister team Akira and Nagisa Sakai were a single point ahead of Nathan Bradley and Cosmas Grelon, while in Division B Antonio Franco was battling it out with Riley Cameron and the ABC's Natalie Tsui, all in Laser 4.7s, and all very close.

Day two dawned with far less breeze and a long postponement. After a lot of soul-searching and worry from the race organisers, the course was moved southeast of Round Island, off the Chung Hom Kok headland, to pick up a building northwesterly wind blowing straight down the East Lamma Channel. Two longer races were completed, with the faster 29ers adding an additional race, to make 6 races completed for divisions A, B and C, and 7 races for Division D, all with one discard.

Wan Chi Wai and Tse Sui Lun continued their success, winning Division A with four firsts and one second place to count. In Division B, HHYC's Antonio Franco eventually came out on top, winning the division by two points, with ABC's Natalie Tsui a very creditable third.

In the Optimists, it all came down to the last race, and with just a boat length separating the two leaders, it was Calum Gregor who won through over Sophie; overall points were tied but Calum took the trophy



Wan Chi Wai and Tse Sui Lun from the Hong Kong Sea School

with his two first-place scores breaking the tie! The RHKYC's Ferdinand Heldman took third, with ABC's Yann finishing fourth overall.

Division D was also a close call, with competition not only for the Southside, but also for the National Champion title. Eventually the ABC's seasoned campaigners Nathan and Cosmas won by just two points ahead of Akira and Nagisa, who with their best 29er result to date provided some stiff competition throughout the regatta.

With 105 entries spread across four divisions, this was the second-largest dinghy regatta ever held at ABC (only beaten by the 107 entries at 2010 Southside). Once again the ABC welcomed a team of sailors from Operation Breakthrough and also visitors from Macau, who sailed ABC Toppers and Feva dinghies.

The ABC must thank Race Officer Greg Sinclair and a team of 25 volunteers. Special thanks go also to the Hobie Club, which lent us its safety boat on Saturday, and to Angus Harris, who came along on Sunday with a power boat from Hong Kong Yachting. SLAM Hong Kong supplied some superb race shirts and highly sought-after gloves, as well as SLAM vouchers for the winners. Ocean Park also kindly supported the event with a number of entry tickets, especially popular with the younger sailors, and Llanllyr mineral water was supplied by Telford.

More photos from the regatta are on the ABC Facebook page, and fuller results are on the ABC website. ➡



ABC Optimist Sailors Harriet Edmonds, Charlie Stewart and Alex Morgan



Amy Chue from Operation Breakthrough

Overall Results		
Division A	1 st Place	Wan Chi Wai & Tse Sui Lun
Division B	1 st Place	Antonio Franco
Division C Optimists	1 st Place	Calum Gregor
Division D 29ers	1 st Place	Cosmas Grelon & Nathan Bradley

Class Prizes	
Topper	Sheung Ching Yau
RS Feva	Leanda Lee & Richard Lee
Laser 4.7	Antonio Franco
Laser Radial	James Johnston
Laser 2000	Fung Tat Choi & Chan Yu Ting
470	Eva Leung & Leo Dai
420	Wan Chi Wai & Tse Sui Lun

29er National Championships	
1 st Place	Cosmas Grelon & Nathan Bradley
2 nd Place	Nagisa Sakai & Akira Sakai
3 rd Place	Henry Salmon & Aymeric Gillard



Leanda Lee and Richard Lee from Macau



A and B sailing downwind at the 2012 Southside Regatta



LBC's Cherry Szeto and Ho Wing Keung offshore from Ocean Park



Jackie Truhol and Phoebe Chung from STA

2012/13 Waglan series

Race 3

Report and photos by Philippe de Manny

Graeme Brechin wind-spotting for The Farr Side

On 25 November, Waglan series race 3 started at 11 am, with a northeast wind bearing 060° and averaging 14 knots. Course 11, a 22-nautical mile island course was chosen, with the aim of a maximum race time of three or three-and-a-half hours. The race and the entire Waglan series were sponsored by Jebesen Marine.

This course took the fleet from the usual starting area in Deepwater Bay to a port rounding of Chesterman buoy, Po Toi Island, Waglan Island and Shek O Rocks, all to port, back to Chesterman (to starboard) and the finish in Deepwater Bay.

Foredeck crews revelled in the spray

After a hectic beginning, the start was set, as we found space between the Flying Fifteens going to their South Lamma racing area, the J/80s setting up for their day's racing and dinghies being trained, all at the time of our start and in the same area. The fleet got away and enjoyed a stable wind for this longish course. A number of boats reefed in the building wind were well-rewarded on the approach to and after passing south Po Toi in the bigger waves on the way to Waglan. Foredeck crews revelled in the spray.

Around 12:30 to 1 pm, with most boats at or past Waglan, the winds abated, reefs were taken out and speeds slowed. Spinnakers were up after Shek O and a good downhill slide followed after Cape D'Aguilar to Chesterman. *Electra*, *Intrigue* and *Redeye* dominated over the water, while smaller boats suffered in the dying breeze. Overall, the HKPN handicaps worked well with the corrected times of the first eight boats coming in within a seven-percent band. There had been hesitation in some quarters over this long course in strong conditions, but the course was praised at the prize-giving that followed on Middle Island. H



A fast, furious and clean start to Waglan 3

The fleet fails to find wind

Races 4 and 5

Report by Chris Pooley from the deck of *The Farr Side*, photos by Philippe de Manny

Waglan Race 4, Sunday, 16 December: Weather fine after mist lifted. Wind calm at first, then light SSE 2-3 max, then dying. Tide flooding with a mid-day pause. Temp 21°C and warming.

The forecast and light winds did not auger well for the two-race outing with two windward/leeward to complete. Nonetheless, 12 boats waited patiently under the answering pennant for the delayed start, while the Race Officer could be seen hopefully wielding his anemometer from the foredeck of the committee boat.

Late arrival *JeNa PaBe* sailed up just in time to make it a 13-boat race and join the dash to the start as the race officer suddenly seized the moment and hoisted the starting sequence flags for an 11:30 start, catching more than one boat slightly off-guard.

Away they all went towards the first mark A, a mile or so away to the SE. Steady but slow progress at first approaching and rounding the mark. Kites up for the run back to C, it being a sausage course. Then patchy wind, slowing all down.

Sensibly the RO shortened the race so as to get at least one race completed lest the wind were to frustrate the next race. Most boats were back over the line within 45 minutes, the stragglers within the hour. Scarcely time for *The Farr Side* to get a beer in, especially as the binnacle beer-holder had failed, disrupting the crew's customary rhythm!

Waning winds, refreshing coolers

Meanwhile *Lazy Bone's* belated appearance for the second race, Waglan 5, made a 14-boat fleet. Though the wind had dropped, the RO had to take advantage of what we had, and so at 12:45 we were off again on the same course, crews condemned to keep repeating it in the hope of eventually getting it right. Fun



The Farr Side's Chris Pooley helming, Graeme Brechin wind-spotting, and John Berry supervising

round the mark as an unidentified (but had to have been a Hebe Haven) boat produced a splendid demo wine glass kite hoisted in very light winds. Another beer for *The Farr Side* before their hoist. Then, with the newer, lighter, and faster boats having made a break in the waning wind, the 'also-rans' were left struggling in almost flat-calm conditions, endeavouring to make the line before the regulatory cut-off 35 minutes after the lead boat crossed.

A memorable sight: eight painted kites upon a painted ocean! Beer coolers refreshed ...

At the cut-off time just before 2 pm, 35 minutes after the first boat finished, still the laggards sailed – more like drifted – on ... Decently the RO kept the line open with committee boat on station, so as to give all eight DNFs a timed finished, with a boost to morale at the end from a slight stirring of the breeze. This put *Kei Lun* just ahead of *The Farr Side* for what might be termed the B Division finish.

Waglan Race 5 was thus a graphic illustration of the disparity that has developed between the higher-rated yachts and "the rest," notwithstanding handicaps that undoubtedly will fuel the burgeoning debate over the merits of introducing an "A" and "B" racing calendar featuring either two divisions or two courses.

Fun sailing on a fine day nonetheless, with the bisque of the Commodore's drinks to follow, ably and cordially presented by the ABC staff. See next page for race results. H



Waglan 2012/13 Series

Sponsored by Jebson Marine

RACE RESULTS

Race 3		
25-Nov-12 Course: 11		
IRC RACE RESULTS		
Start Time : 11:00 a.m.		
Place	Yacht	Corrected Time
1	Elektra	03:20:42
2	Red Kite 2	03:21:19
3	Intrigue	03:23:24
4	Redeye	03:28:20
5	Blackjack	03:31:05
6	Kei Lun	03:42:02
7	The Farr Side	03:51:34
8	Avant Garde	04:09:42
9	Red Kite	RTD

HKPN RACE RESULTS DIVISION A		
Start Time : 11:00 a.m.		
Place	Yacht	Corrected Time
1	Intrigue	03:50:40
2	Redeye	03:51:21
3	Blackjack	03:52:33
4	Elektra	04:00:38
5	The Farr Side	04:01:43
6	Thea	04:01:44
7	Kei Lun	04:03:32
8	Red Kite 2	04:05:19
9	Avant Garde	04:34:15
10	Jailbreaker (Felix Ng)	04:40:51
11	Red Kite	RTD
12	Zephyr	RTD

RACE RESULTS J/80		
Place	Yacht	Elapsed Time
1	Jailbreaker	04:12:46

Race 4		
16-Dec-13 Course: 6		
IRC RACE RESULTS		
Start Time: 11:30 a.m.		
Place	Yacht	Corrected Time
1	Elektra	0:39:53
2	Red Kite 2	0:40:35
3	Intrigue	0:43:41
4	Salona 41	0:45:05
5	The Farr Side	0:45:59
6	Redeye	0:47:30
7	Kei Lun	0:48:36
8	Blackjack	0:49:13
9	FG3	0:49:59
10	Jana Pabe (Ben Chong)	0:58:04

HKPN RACE RESULTS DIVISION A		
Start Time: 11:30 a.m.		
Place	Yacht	Corrected Time
1	The Farr Side	00:47:36
2	Elektra	00:47:57
3	Red Kite 2	00:49:20
4	Intrigue	00:50:14
5	Salona 41	00:50:16
6	Redeye	00:52:57
7	Kei Lun	00:53:04
8	Thea	00:53:12
9	FG3	00:55:20
10	Blackjack	00:54:50
11	Jailbreaker (Michael Tsui)	00:55:32
12	La Boheme	01:00:02
13	JaNa PaBe (Ben Chong)	01:01:59

RACE RESULTS J/80		
Place	Yacht	Elapsed Time
1	Jailbreaker (Michael Tsui)	01:22:59
2	FG3	01:23:11
3	JaNa PaBe	01:30:37

1st Waglan Mini-Series Overall Results 12-13 – Top Eight Boats



The ABC's Waglan Series takes place in the winter months and has two mini-series. These mini-series are the first and last five races combined, a tantalising prospect for fine racing with open rights to prizes.

	IRC RESULT	Sail No	Waglan 1	Waglan 2	Waglan 3	Waglan 4	Waglan 5	Total	Best four	Place
1	Elektra	2291	1	1	1	1	1	5	4	1
2	Red Kite 2	2093	15	2	2	2	3	24	9	2
3	Intrigue	200	2	3	3	3	4	15	11	3
4	Blackjack	2121	3	4	5	8	6	26	18	4
5	Redeye	280	5	5	4	6	5	25	19	5
6	Kei Lun	1691	4	8	6	7	11	36	25	6
7	The Farr Side	254	8	9	7	5	11	40	29	7
8	FG 3	2265	6	7	15	9	11	48	33	8

	HKPN RESULT	Sail No	Waglan 1	Waglan 2	Waglan 3	Waglan 4	Waglan 5	Total	Best four	Place
1	Elektra	2291	10	3	4	2	1	20	10	1
2	Intrigue	200	8	2	1	4	4	19	11	2
3	Blackjack	2121	3	1	3	10	6	23	13	3
4	Redeye	280	5	5	2	6	5	23	17	4
5	Red Kite 2	2093	24	4	8	3	3	42	18	5
6	The Farr Side	254	9	10	5	1	15	40	25	6
7	Thea	2066	1	11	6	8	15	41	26	7
8	Kei Lun	1691	4	9	7	7	15	42	27	8

scorpionsport

Official supplier of New Zealand Racing for the Americas Cup World Series

Record breaking Scorpion RIBs...now available in Hong Kong

tel +852 9199 3860
email scorpionribshk@gmail.com
www.scorpionribs.com

scorpion
BRITISH BUILT WORLD CLASS

2013-2016 Changes to the Race Rules of Sailing

The latest update to the Racing Rules of Sailing (RSS) of the International Sailing Federation (ISAF) under which we race became effective on 1st January 2013, by order of Hong Kong Sailing Federation (HKSF).

By John Berry

The ISAF updates and reissues the RRS every four years, with occasional limited updates when necessary. HKSF has also taken the opportunity to make minor changes to its prescriptions to the RRS. This article highlights changes in rules and prescriptions that could affect ABC sailors in club racing.

ABC's races are governed by the RRS, the HKSF Prescriptions, and our Sailing Instructions, so the changes in RRS and HKSF Prescriptions affect us.

The changes are shown in full in the "Study Version" on the ISAF website [http://www.sailing.org/tools/documents/RRS20132016StudyVersion-\[13380\].pdf](http://www.sailing.org/tools/documents/RRS20132016StudyVersion-[13380].pdf)

This link identifies the changes, and for those who wish to delve deeper, provides hyperlinks to the original submissions and reasons for each change from the 2009-2012 rulebook.

Overall, the changes are largely technical so there will be little effect on our racing. The rules evolve over time through the experiences of ISAF-member national associations such as HKSF (e.g. from protest appeal cases that identify possible loopholes or different interpretations) and through ISAF classes. Current interpretations of rules are found in the Casebook for 2013-2016, also updated quadrennially. The intent of many of the changes is to clarify the meanings and to close loopholes through improved wording.

Here is a summary of the key

changes in the rules which affect us.

Environmental responsibility: this new basic principle has been added to encourage sailors to minimize any adverse environmental impact of the sport. To give some bite, under new Rule 55 (Trash Disposal) a competitor shall not intentionally put trash in the water (not just during *racing* but while when a boat is on the water – preamble to Part 4). Such an action therefore becomes a disqualifiable offence.

Over the years, a key area of attention is the rules at *marks*. Same again for this version, where Part 2 Section C, At Marks and Obstructions, gives attention to the issue of boat position relative to the *mark*. The definition *mark-room* has been changed to resolve this and to make the rules clearer, as with wording of Rule 18 (Mark-Room), and Rule 18.3 (Tacking in the Zone). Notwithstanding these changes, the overall effect on our conduct at *marks* will not change significantly.

Rule 20, Room to Tack at an Obstruction, has been extensively rewritten and expanded to clarify obligations of when a boat can hail for room, how a hailed boat must respond (by tacking or replying 'you tack' to the other and giving her room to respond, and passing on the hail to other affected boats).

Rule 21, Exoneration, replaces the previous rules 18.5 and 20.2, and as before absolves a boat with *room*

or *mark room* from rules in Part A Fundamental Rules, Rule 15, Acquiring Right-of-Way, 16, Changing Course, and now also 31, Touching a Mark, if the boat was compelled to touch a mark by another boat required to give her that room.

Rule 28, Sailing the Course, and the definition of *Finish* have been rewritten, adding clarity to the course requirements and as to when a boat has actually *finished*.

Under Rule 42.3(c), Propulsion Exceptions, sails can now be pulled in any way, not just by the sheet or guy, but still only once per gust or wave. Sailors may, under new clause 42.3(e), pump a sail to rectify an inverted batten until remedied, provided the action does not clearly propel the boat.

Rule 44.1, Taking a Penalty, has rewording without change to the meaning.

New rule 48.2, Traffic Separation Schemes, mandates compliance with Rule 10 of IRLCAS (International Regulations for Prevention of Collisions at Sea). Excerpts of IRLCAS continue to be included in Appendix HK4 of the HKSF Prescriptions, to indicate right of way between racing and non-racing vessels (as a preamble to Part 2). Key parts of IRLCAS Rule 10 are proceeding in the general direction of the traffic lane and avoidance of crossing traffic lanes except where necessary at right angles, but other rules should also be understood.



There are minor changes to Rule 61, Protest Requirements (including no need to red-flag a boat not sailing the course), Rule 62, Redress (the request to identify reason), Rule 63, Hearings, and to Rule 64, Decisions, while Rule 69, Allegation of Gross Misconduct, has been completely rewritten.

The new RSS are on the ISAF website www.sailing.org and are available for free downloading together with the Casebook from which you can find interpretations of the rules.


Definitions

Finish now includes 'continues to sail the course,' *Keep Clear* is reworded, *Mark Room* and *Room* have been amended significantly, while the definition of *Party* has been expanded.

HKSF Prescriptions

HKSF has made minor wording changes to the Prescriptions. These are effective from 1 January 2013, apart from one change to the IRC rules that allows one additional spinnaker to be carried without penalty in events at Cat. 3 and above. This is effective from 1st June 2013, although in practice there will be no material change apart from clause references.

There is no change to the HKSF policy of levying (under Regulation 20 of the Advertising Code) an annual fee on a boat that chooses to display advertising.

Fair sailing. 

Safe Sailing



Where It All Starts

The ABC's Kevin Lewis starts a series on safety with a look down the Middle Island slipway

The slipway at Middle Island is a large, steep and sometimes slippery concrete slope surrounded by solid concrete walls. For safety's sake and to avoid boat damage, sailors need to be aware of some fundamental rules for safety. Here are some points to make launching and recovery as stress-free and as safe as possible:


- The slipway winch is only for staff use! Please ask for help if needed.
- ABC marine staff use the winch to launch and recover RIBs and larger dinghies; please watch for the winch rope. Follow directions from staff, and do not jump over the rope!
- Sailors should always launch and recover dinghies by holding the front "uphill" trolley handles. Don't try to push the boat or stop it from the downhill transom end – one slip and the boat will run over you – not a happy experience!
- Help other sailors, especially with their trailers. All too often people queue up with their boat while one person struggles to launch and handle their trolley simultaneously.
- Trailers must be stacked neatly above the high-water mark or returned to the top of the hard-standing – we don't want to see them float away or sink!
- If you are launching alone and a marine staff member is not on hand to help, ask!
- Avoid pulling any of our club dinghies onto the concrete; even plastic Picos can be damaged. Boats should be held in the water, near head-to-wind.
- With any onshore breeze, always consider lowering the main in a two-sailed dinghy and approaching under jib only. Sailors may approach the pontoon first if unsure or conditions are gusty.
- Always wear appropriate footwear. Many members, especially younger sailors, seem to enjoy walking barefoot, and badly cut feet can result.
- A slipway is often a slippery way! Our marine staff regularly clean the concrete, but still it can become very slippery in certain weather conditions. Wear appropriate shoes and tread with caution!

Play It Safe!

Dinghy trolleys are a hazard – especially when they are left in the water!

Recently we've noticed a number of dinghy sailors on Middle Island abandoning their trolleys as they hop aboard. Trolleys left by the water (or on the edge but under the water), can be dangerous to other sailors, swimmers and kayakers. If you're a dinghy sailor please remember it is your responsibility to neatly park your trolley on the hard standing, well out of reach of the water, before sailing off.

More on safety next month.

Check our dedicated "Safety" page on the ABC website. 



Optimist Racing Course with George Burkett, foreground

ABC Christmas and New Year Youth Sailing

Photos by Kevin Lewis

December and early January sailing programmes over the Christmas school break can be very rewarding, with good wind and great conditions. From 21 December 2012 to 6 January 2013, sailing students at the ABC enjoyed bracing conditions with mostly sunny weather. Here we present a glimpse of the action over the holidays. There are more sailing activities and courses during the Chinese New Year and Easter school holidays; for further details see elsewhere in this issue of *Horizons*.



Nicolas Christensen and Grace Wood



Yann D'Argenlieu



Instructor John Tsoi with HKSF L2 Beginner Course



Assistant Instructor Peter Simpson with Optimist Stage 1 Course



Matthew Wright and Kyle Johnson



Russell Aylsworth

Race Reports

J/80 Class December Series, Races 5 and 6

By Bruce Perkins

Race 5 and 6 of the imaginatively named J/80 December Series was held on Saturday, December 15, in the clean waters south of Lamma Island. Contrary to the predicted weather forecast, Saturday greeted us with a pleasant sunny afternoon, with light to medium winds averaging around 12 knots. With the first warning signal set for 1355 hours, Race Officer Tristan Stewart set out early for the course area to lay the marks for the windward and leeward courses planned for the afternoon's racing.

With course 6 signaled by the committee boat, race 5 got underway promptly at 1400 hours. Andrew Moore's *Tigrina* got a great start and soon led the first beat, closely followed by *Jasmine* helmed by Nigel Clarke, *Footloose* and ABC's *Jelignite*. Great conditions led to a close race, with first and third places still

up for grabs even down to the last run back to the finish. In the end, *Tigrina* secured first place, closely followed by *Jasmine* in second place and *Jelignite* closing in third.

Race Officer Stewart quickly got race 6 underway, and after some interesting pre-start maneuvers, *Jelignite*, helmed by Bruce Perkins, managed to get clean air at the start and led the way to the first mark. Consolidating their positions on the downwind leg, second place and third were fought out between Henry Wong's *Footloose* and *Tigrina*. Unfortunately, the second lap didn't go so well for *Jelignite*, which managed to snatch defeat from the jaws of victory, leaving *Footloose* to cross the line first, closely followed by *Jelignite* and then *Tigrina*.

A great afternoon of sailing, consolidated with some competitive chatter at the bar and a well-deserved beer.



2013 ABC Chinese New Year & FIS Break Youth Sailing Programme

Traditionally, the ABC offers few activities during Chinese New Year as the Club closes for several days and many people take a break away from Hong Kong.

However, 15 – 24 February, we offer a limited sailing programme as well as activities timed to coincide with the French International School break the week after Chinese

New Year. Places are very limited, so early application is essential. Note that courses will proceed only if four or more applications are received.

As usual, full details are available on our website and enquiries can be made to Rory at DinghyCoach@abclubhk.com. Applications should be submitted no later than Friday, 8 February.

Date & Time	Junior Course	Activity	Eligibility	HKS (Member)	HKS (Non-member)
Wed 13 – Sun 17 Feb am	✓	Optimist Stage 1	Age 7 – 11	840	1,215
Wed 13 – Sun 17 Feb am	✓	Optimist Stage 2	Age 7 – 11 Pass Optimist Stage 1	840	1,215
Wed 13 – Sun 17 Feb pm	✓	Optimist Stage 3	Age 7 – 11 Pass Optimist Stage 2	840	1,215
Wed 13 – Sun 17 Feb pm	✓	Optimist Stage 4 Supervised Practice	Age 7 – 11 Pass Optimist Stage 3	840	1,215
Wed 13 – Fri 15 Feb		3 Day Topper / Pico / Feva Supervised Practice	Age 11 – 18, Pass HKS Level 2	1,512	2,190
Sat 16 Feb pm		Supervised Sailing	Age 14 – Adult, Pass HKS Level 2	295 <i>adult</i> 252 <i>youth</i>	428 <i>adult</i> 365 <i>youth</i>
Sun 17 Feb		Round Island Sailing Trip & Beach Barbecue	Age 7 – 18, Pass Optimist Stage 3 or HKS Level 2	504	730
Tue 19 – Sat 23 Feb am	✓	Optimist Stage 1	Age 7 – 11	840	1,215
Tue 19 – Sat 23 Feb am	✓	Optimist Stage 2	Age 7 – 11 Pass Optimist Stage 1	840	1,215
Tue 19 – Sat 23 Feb pm	✓	Optimist Stage 3	Age 7 – 11 Pass Optimist Stage 2	840	1,215
Tue 19 – Sat 23 Feb pm	✓	Optimist Stage 4 Supervised Practice	Age 7 – 11 Pass Optimist Stage 3	840	1,215
Tue 19 – Thur 21 Feb		RS Feva Introduction Course	Age 11 – 18, Pass HKS Level 2	1,512	2,190
Fri 22 – Sat 23 Feb		RS Feva Gennaker Intro Course	Age 11 – 18, Pass RS Feva Intro Course	1,008	1,460
Sat 23 Feb pm		Supervised Sailing	Age 14 – Adult, Pass HKS Level 2	295 <i>adult</i> 252 <i>youth</i>	428 <i>adult</i> 365 <i>youth</i>

Winter Round Island Sailing Trip and Barbecue

On Sunday, 17 February, the ABC will hold its annual sail to Round Island, always a highlight of the colder winter months. We sail as a group to Round Island, land on the beach and build a shelter and a fire to cook lunch and toast marshmallows.




Beach games and a sail back home complete the day out. Those aged seven – 18 who have passed Optimist Stage 3 or HKS Level 2 may join the sailing trip.

Optimist Stage 4 Supervised Practice

This Chinese New Year, we launch a new course for younger sailors, “Stage 4 Supervised Practice.” This will be an ideal way for Optimist sailors to get more time on the water. The next “step up” has been racing; this supervised sailing time gives sailors a good non-competitive alternative to get more practice.

Time on the water!

For teenagers who already have some sailing experience, we offer a three-day “Supervised Practice” as well as Saturday afternoon “Supervised Sailing,” also open to adults. Saturday afternoons are an ideal time for parents and teenagers to sail together! The RS Feva Introduction and RS Feva Gennaker Courses also provide sailors with basic experience to move up and learn new skills and techniques. 



How to solve the Questions of Class

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

Hanse 



Unit 2, G/F, Allamport Plaza Tower II, Shau Wei Road, Aberdeen, Hong Kong 香港香港仔洋南道4號海灣廣場第二期2樓
Tel: 電話: (852) 3190 3189 Fax: 傳真: (852) 3803 8867 Email: info@jbsmarine.com Website: www.jbsmarine.com
16/F, East Gemini Centre, 818 Xin An Road East, Sheung Shui 200001, PRC China 中國上海路安東路818號東海灣商業中心16樓
Tel: 電話: (86) 21 2308 4866 Fax: 傳真: (86) 21 2506 4995 Email: china@jbsmarine.com



2013 ABC Easter Youth Sailing Programme

The Easter school holidays are about the best time to sail with great wind! As the school holiday is only two weeks long, it tends to be our most popular time to sail. Most courses, especially our Optimist Junior activities, become full, so apply early. As usual full details are on our website, www.abclubhk.com and also from Angela at SailingSecretary@abclubhk.com

Date & Time	Junior Course	Activity	Eligibility	HKS (Member)	HKS (Non-member)
Tues 26 – Sat 30 March am	✓	Optimist Stage 1	Age 7 – 11	840	1,215
Tues 26 – Sat 30 March am	✓	Optimist Stage 2	Age 7 – 11 Pass Optimist Stage 1	840	1,215
Tues 26 – Sat 30 March pm	✓	Optimist Stage 3	Age 7 – 11 Pass Optimist Stage 2	840	1,215
Tues 26 – Sat 30 March pm	✓	Optimist Stage 4 Racing Course	Age 7 – 11 Pass Optimist Stage 3	840	1,215
Tues 26 – Fri 29 March		ABC Introduction to High Performance Sailing	Age 11 – 18 Pass HKS Level 3	2,016	2,920
Tues 26 – Sat 30 March		HKS Level 4 Advanced Sailing Course	Age 11 – 18 Pass HKS Level 3 with 1 year sailing experience since	2,520	3,650
Tues 26 – Wed 27 March		RS Feva Gennaker Intro Course	Age 11 – 18, Pass RS Feva Intro Course	1,008	2,190
Tues 26 – Sat 30 March		HKS Level 1 & 2 Beginner Course	Age 11 - 18	2,520	3,650
Thurs 28 – Sat 30 March		3 Day Topper / Pico / RS Feva Supervised Practice	Age 11 – 18 Pass HKS Level 2	1,512	2,190
Mon 1 April		Dinghy Sailing Trip	Age 11 – Adult Pass HKS Level 2	590 <i>adult</i> 504 <i>youth</i>	855 <i>adult</i> 730 <i>youth</i>
Tues 2 April – Sat 6 April am	✓	Optimist Stage 1	Age 7 – 11	840	1,215
Tues 2 April – Sat 6 April am	✓	Optimist Stage 2	Age 7 – 11 Pass Optimist Stage 1	840	1,215
Tues 2 April – Sat 6 April pm	✓	Optimist Stage 3	Age 7 – 11 Pass Optimist Stage 2	840	1,215
Tues 2 April – Sat 6 April pm	✓	Optimist Stage 4 Supervised Practice	Age 7 – 11 Pass Optimist Stage 3	840	1,215
Tues 2 April – Sat 6 April		HKS Level 3 Improver Course	Age 11 – 18 Pass HKS level 2 with 1 year sailing experience since	2,520	3,650
Tues 2 April – Thurs 4 April		RS Feva Introduction Course	Age 11 – 18, Pass HKS Level 2	1,512	2,190
Fri 5 April – Sun 7 April		Laser 1 Introduction Course	Age 11 – Adult, Pass HKS Level 2	1,512	2,190

French International School Mid-term break sailing programme

FIS students miss out on the ABC Easter sailing programme that suits many schools, but have a mid-term break in April. The ABC will run sailing courses later in April to coincide with the FIS mid-term holidays.

Date & Time	Junior Course	Activity	Eligibility	HKS (Member)	HKS (Non-member)
Mon 22 – Fri 26 April am	✓	Optimist Stage 1	Age 7 – 11	840	1,215
Mon 22 – Fri 26 April am	✓	Optimist Stage 2	Age 7 – 11 Pass Optimist Stage 1	840	1,215
Mon 22 – Fri 26 April pm	✓	Optimist Stage 3	Age 7 – 11 Pass Optimist Stage 2	840	1,215
Mon 22 – Fri 26 April pm	✓	Optimist Stage 4 Racing Course	Age 7 – 11 Pass Optimist Stage 3	840	1,215
Mon 22 – Fri 26 April		HKS Level 1 & 2 Beginner Course	Age 11 - 18	2,520	3,650
Weds 24 – Fri 26 April		3 Day Topper / Pico / RS Feva Supervised Practice	Age 11 – 18 Pass HKS Level 2	1,512	2,190
Sat 27 – Weds 1 May		HKS Level 3 Improver Course	Age 11 – 18 Pass HKS level 2 with 1 year sailing experience since	2,520	3,650
Sat 27 – Mon 29 May		RS Feva Introduction Course	Age 11 – 18, Pass HKS Level 2	1,512	2,190



Reminders

Swimming Pool Maintenance



2013 ABC Carpark Labels 1 February



As of February 1, every member's car must display the 2013 ABC carpark labels in order to gain entry to the ABC carpark.

Sailing Diary

» Adult Learn to Sail HKSF Beginner Courses 2013

Our beginner courses always prove popular and most are usually full, so book well in advance!

March 2, 3, 16, 17, 24 **June 2, 8, 9, 15, 16**
April 13, 14, 20, 21, 27 **July 6, 7, 13, 14, 20**
May 11, 12, 18, 19, 25 **Aug 3, 4, 10, 11, 17**

» Adult Laser 2000 Courses

The ideal next step after a beginner course or for those wanting a refresher for dinghy sailing. Day 1 reviews basic techniques (and rigging!), day 2 looks at use of the downwind "Gennaker" sail and day 3 introduces racing.

24 February, 2 and 3 March **11, 12, 18 May**

» Dinghy Sailing Trips

Open to adults and teens aged 12 and over, our regular sailing trips are a great way to gain more sailing experience in a social setting. We usually sail to Stanley, Tai Tam, or Po Toi for lunch, depending on the weather conditions.

Mon 1 April (Easter Monday) **Sun 26 May**

» Regattas and Racing

3 February Waglan race 7
24 February Waglan 8 and 9
10 March Waglan 10
23 and 24 Feb 29er Class Championships
3 March ABC and RHKYC Dinghy Spring Races 1 and 2
9 and 10 March Inter-school Sailing Festival

ABC/RHKYC Joint Dinghy Racing – Autumn Series

The Autumn Series 2012 was held on Saturdays with a good turnout. Twelve races were scheduled over six race days, although three races were lost to weather or for other reasons. There were 45 entrants over the series in Division A and 28 in Optimists. The six-race Winter series was held over three race days in January.

Autumn 2012 Series Winners

Division A		
1. Andrew Richards	2. David Tulloch	3. Lara Hopkins
Optimist Division		
1. Calum Gregor	2. Sophie Maria	3. Scarlett Manzoni
Best ABC Opis		
1. Matthew Wright	2. Alex Morgan	3. Taylor Young

» J/80 Courses and Activities

Our J/80 scheme continues to be popular, and these fixed-keel, one-design 26-foot keelboats are an ideal step for dinghy sailors wishing to sail larger yachts. A basic level of sailing, an HKSF Level 2 certificate or equivalent, is required before attending a crew course. Members wishing to hire a Club J/80 may either attend an assessment and introduction session or a Day Skipper Course.

23 February J/80 Sailing Trip
29, 30 and 31 March J/80 Competent Crew Course
1, 4, 6 and 7 April J/80 Day Skipper Course
1 May J/80 Sailing Trip
22, 29 and 30 June J/80 Competent Crew Course
1 July J/80 Gennaker/Asymmetric Spinnaker day



The Holiday Season at the ABC



1



2



3



4



5



6



7



14



15



16



8



9



10



11



12



13

1 Santa and a new friend 2 Santa Claus makes his entrance 3 Santa is in the house

4 5 Children's Christmas party 6 7 Boxing Day Brunch 8 9 10 Montage Christmas Eve

12 GM Philippe, Paul and Steven bring Sister Mary Cecile 150 meals for the Little Sisters of the Poor home 11 13 The Welsh Male Choir concert and dinner

14 The Commodore's Cocktails 15 Commodore John Berry spreads good cheer 16 Christmas Eve and the chefs' final touches



The Holiday Season at the ABC



17



18



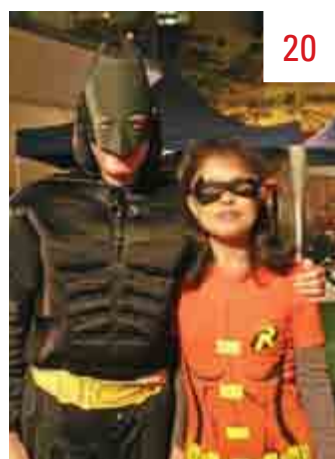
19



26



27



20



21



22



28



23



24



25



29



30



31

18 19 26 Kennedy School carols at the ABC 25 The cooking team 22 A happy new year with the ABC wait staff
28 Captains America save the world 17 20 21 22 23 24 27 28 30 31 New Year's Eve Superheroes party
29 House Manager Steven Ng, (C) with Liu Yiu Cheung (L) and Tam Wai Hang (R)

This issue of *Horizons* takes a timely look at the many ways ABC members can get fit at the Club and stay that way, despite the Club's smörgåsbord of tempting food and drink. Guidance follows on hitting the gym, paddling and yoga'ing your way to fitness and serenity, and joining cricket matches and dragon-boat training around the south side of Hong Kong island. The ABC has a pool, of course, along with table tennis and pool tables and a darts board in the Waglan Bar. The ABC squash courts can be booked at The Galley, ABC kayaks can be booked and taken out at Middle Island, and speedboats, rib boats, banana boats and jet skis can all be rented through Freely Marine Services at 9276 2932.

The ABCs of Fitness and Food:

The Dark Secret

By Ian Barlow

As a top Hong Kong business leader (and let's face it, if you're a member of this club, who would admit to not being a top something or other), then you probably don't need to read on.

You don't need to hear my rambling and incoherent thoughts about fitness. As a senior C-Suite-er (what does the C stand for? I can only think of a few rude words, but that probably wouldn't match the serious intent of the abbreviation... anyway, I am starting to wander off-course already, so back to the road). You will already have a fitness programme that requires you to rise at 4 am, eat tiny meals (mostly lettuce and nuts), and run 10 miles every day. After a week of running 10 miles a day you will realise that you are now 70 miles from home and totally lost. This is my theory of why the world economy is in the toilet; there are crowds of sweaty business leaders a long way from the office and not even halfway to Davos and the other bigwigs at the World Economic Forum.

"Fitness and the ABC. Two words that go together like pork and apple sauce."

Let's bring it back to earth. Fitness and the ABC. Two words that go together like pork and apple sauce. (And that can't be right, they do go together.) Anyway, I think you get the point. This club is about fun and consumption, and the GM spends quite a lot of his time planning how to expand our waistlines.

Which brings me the point of this article. The editor asked me to write something about fitness at the ABC. Something to rebalance the scales after the Christmas excess. The editor suggested a (short) article telling our members about fitness and the club facilities. So here goes.

This club has ways to help you

The good news for those still lacking a New Year's resolution is that this Club has ways of helping you into those clothes that seem to have suddenly shrunk. We are all familiar with the main block of the Club, overflowing with tasty comestibles, and

excuses to park yourself and while away the hours between meals (or drinks).

There is the pool of course, and exercise is possible here. However, for our purposes that might be too close to the food (or bar) to avoid temptation.

Then there are the boats. From bitter experience I know how much exercise is possible in righting (and re-righting, and re-righting) a dinghy. There are many pounds to be lost here. Just look at Rory; everyone's favourite sailing role model.

But set apart from the Club's main pleasure palace is a blockhouse at the far end of the estate. Here there is a darkened room filled with fiendish instruments of bodily manipulation.


It is a gym. And it is yours to use.

This is what is in the gym:

- two treadmills (for running, backwards or forwards),
- two cross-trainers (for pretending that you can ski),
- one stair climber (in case you'd forgotten what those are),
- one upright bike (a fallen-over bike is useless),
- one rower (attached to a rowing machine), and
- one water fountain (best item in the gym).

This is the place to sweat away lunch, and get ready for Chef Paul's next attack on your wardrobe. This is the place you will find the dedicated (or nutty) fitness fanatics thrashing themselves on the running machines at 7 am. I am one of these sad cases; I find it useful to get the pain out of the way early, and have a full day to sit down and recover before doing it all over again the next day. For me, it is just plain convenient to work out early in the day.

If there is a serious message in this collection of ramblings, it would be that good health and good food (and a bit of drink as well) aren't mutually exclusive, and that it is possible to have both hearty meals and health in this club. A fitness programme doesn't have to involve starvation, clipboards, whips and wall charts. It can be as easy as going for a regular walk. All it takes is a bit of willpower. Get the will and you can find the power.

I wish you health and happiness in 2013. 

Life, as simple as abc

Words and photos by Willde Ng

A canoe in Chinese is called 獨木舟. It means a single, lonely, wood boat. It definitely is not a cruise ship that can house 25,000 people and host many warm friends with 65 restaurants and a disco.

I come to Middle Island to canoe most Sundays. When I am out there on the water, I am humble. Extremely humble. Even the skinny kid's tiny dinghy looks more majestic than my 獨木舟. At one point I was thinking of buying a better and fancier-looking canoe to show the world I really like the sport. I dropped the idea into the shallow sea as I was afraid that it would take away my privilege of being on the humblest sea craft in the same water between the AMC and the RHKYC. In my heart, an ABC canoe is at least twice as humble as the very same one from next door although they are of the same make.

What can I say?



I am just a real humble guy living in Hong Kong. Paddle in my hands, I forget the hot sun above me, the cold wind against me, the wife at home waiting for me. I paddle, I paddle, I pass Repulse Bay, I pass beaches, I arrive at South Bay only to find out that the bottle of beer up the stairs, which used to be so

reasonable, now makes me feel less thirsty. It is always a good trip. The wind is always mild, the current is always peaceful, and the girls on the beach are always pretty. A perfect Sunday afternoon, all soaked up by me and no one else.

I was asked in my interviews before they allowed me to join the Club, "What is your preferred water sport?"

"Canoeing."

"What type of boat is your forté?"

"Canoe."

"What else?"

"None."

The next interviewer: "Why canoeing?"

"I can be in the sea."

"You can do that with a sail boat."

"A sail boat is too complicated for me. Wow ... being Chinese, we cannot separate a boat from a ship. A ship is a boat. A boat is also a ship. A canoe is different. It is just a piece of thing."

"I want to be on a thing. I want to be alone."


The last interviewer: "You, a loner?"

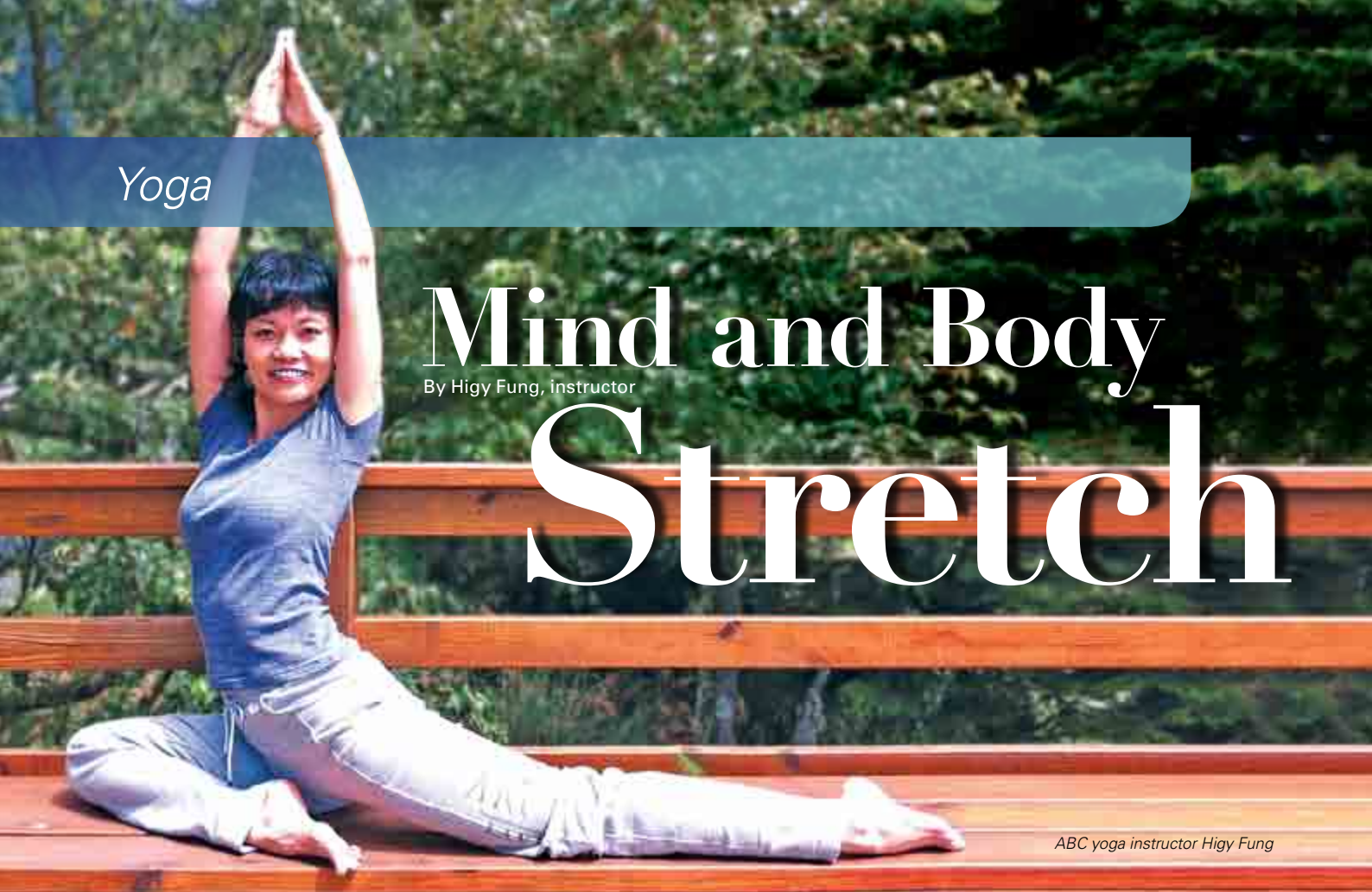
"No, I am popular on land."

"You sure?"

"I'm sure. Just want to be alone when I'm wet."

"Welcome to the Club."

Every Sunday, I paddle past the golden miles of the Riviera of Hong Kong's most expensive apartments and properties. In my ears, it is just the gentle whisper of the breeze, not the sound of a cash register. In my eyes, I see no jealousy and envy. In my heart, I forget why I work so hard from Monday to Saturday, up a lift, 12 hours, on a solid cement floor. 



Yoga

Mind and Body Stretch

By Higy Fung, instructor

ABC yoga instructor Higy Fung

At the beginning of every new year, we tend to think about our family, our goals and our health. It may be easier for us to hear the messages of our family and workplace, but with our busy daily routine we may not notice that our body has been talking to us all the time. A strange ache at a joint, a stiff muscle in the shoulder, some tension along your back...

For thousands of years, there has been a way to stretch, tone and relax every muscle we have; and at the same time to focus on and soothe the mind. Yoga is a generic term given to this wonderful technique. These days, there are many interpretations and images of what yoga is. Some people may relate yoga to lying on a mat doing some funny but difficult limb twists, some may think it has to be hot, sweaty, fast and strong, only good for the young and flexible, and some consider it a religion.

Supporting different levels

"Yoga – Body and Mind Stretch" is the name of the weekly yoga class at the Aberdeen Boat Club, in the top-floor Harbour Room, Wednesdays, 10 – 11 am.

This class uses easy-to-manage and effective techniques to bring help to the points where your body needs

"...many of us do not know enough about how to make our body more happy and healthy."

attention. Although we have all been with our bodies for decades, many of us do not know enough about how to make our body more happy and healthy. In the class, we explain in great detail the ways to move a muscle or a body part, the exact feeling you will get and the effect of it. No previous experience is needed, and we support participants with different levels of experience.

For many people, there is a need to build a stronger back and stronger knees, to develop a good alignment and shape in their muscles, and to form postures that will benefit everyday life. We start from simple movements that address the immediate needs of our bodies; the fancy poses you often see on posters are for much later when you become an expert.

Since yoga has been flourishing in Hong Kong, there have been concerns about injuries and religious issues; but there are many interpretations of yoga. In our classes, the techniques of Iyengar and Purna yoga are used as they emphasize safety and prepare you for a pose. A complete pose will be broken

down into a few moves in order for you to experience a specific part of your body, understand the effect of the pose and, most importantly, to get in touch with your body as a whole. Once you learn how to feel a movement and connect with your body, the awareness of your own self will help your whole being become more easy and comfortable.

A few minutes of mindfulness training at the beginning and end of each class help to learn how to focus the racing mind, look inward, and find the self at a particular moment.

I look forward to practicing this wonderful and ancient technique with you every Wednesday at 10 am in the Club's Harbour Room. Feel free to drop in when you can; while weekly classes would help your body, there is no requirement to commit to a course. The fee is \$220 per class, or \$600 for three classes per month or \$800 for 4 classes per month. Individual sessions are also available.

If you would like to learn more about a class for you, please contact the instructor at higyfung@netvigator.com

Physical Fitness through Martial Art

By Thomas J. Hudak, Jr., Karate Sifu

Kenpo karate is an eclectic style of martial art that incorporates classical strikes, blocks and kicks with ground defence and grappling techniques. This integration provides the student with a balanced and comprehensive array of solutions to possible challenges in physical confrontations. Kenpo karate originated in China over two millennia ago and was further developed in Okinawa, Japan and Hawaii in the 1800s.

Weekly classes at the ABC, led by eighth-level black belt Sifu Tom Hudak, stress a non-confrontational approach to life and serve to equip students – adults, children and teens – with good self-esteem and discipline as well as an exceptional level of physical fitness.

Coordination, strength and speed


Karate's dynamic and explosive movements distinguish it from other exercises and sports. Not only does it provide aerobic exercise, it develops a distinct level of fitness and ability through its vigorous arm, leg and torso movements. Repeated drilling of strikes, kicks and blocks enhance practitioners' coordination, strength and reaction time. Even the occasional breaking of a board by a student serves a purpose.

In addition to flexibility training, classes offer instruction on basic techniques, self-defence patterns, kata (martial dance-like routines) and sparring. To earn belt-rank certification, practitioners must demonstrate a command of techniques and philosophy associated with their level and age.

An added, internal component of philosophy comes into play in the study of any martial art, and is just as important

as the external or physical aspect. Studies have shown that martial art training reduces violent tendencies because it incorporates humanitarian philosophies. Philosophies touched upon are Bushido, Zen and Buddhist in content, along with modern morality.

Sifu Tom holds black-belt rankings in three other styles of martial arts. He is a former USA state and national champion as well as a Hong Kong champion in kumite and kata. He has taught in several countries' universities, schools and police academies, and at clubs and schools in Hong Kong for over 23 years. Tom also has featured in over a dozen martial arts-related movies.

Sifu Tom's rank is recognised by the World Union Karate-do Organizations as well as the Japanese Karate Association. He is a standing member of the World Karate Union and the World Karate Federation, the worldwide committees that evaluate and recognise black belts from around the world. Sifu Tom continues to receive regular guidance from one of his teachers, Sifu Martin Chan Chuk Sam from the Jin Woo school of Kenpo karate, who also lives in Hong Kong. Tom is married with three children and is a certified public accountant. 

Class options:

Adults and Children : Mondays, 3:30 – 4:30 pm, Harbour Room
Adults, Teens and Children : Wednesdays, 5 – 6 pm, Harbour Room
Fees : \$120 per class attended.

For information on Kenpo karate classes at the ABC, contact Sifu Tom at: tjhudak@netvigator.com

ABC Bests RHKYC at Annual New Year's Cricket Match

In the lead-up to the fourth annual ABC-RHKYC cricket match, with the knowledge of the opposition's youth-recruitment drive, the ABC cricket XI made extraordinarily intense preparations to extend its record of three wins in a row. With assiduous training and planning the team prepared while team skipper Mick Fisher organised the ground at Pokfulam's Sandy Bay, and Philippe de Manny arranged the all-important post-match food and beverages.

The toss was won by the ABC's Fisher, who put RHKYC in to bat on a slow wicket that was not expected to deteriorate. RHKYC team skipper Stephen Vine's openers Peter Davis and Alex Cribbin took time to settle in, with the former retiring after reaching the 35 limit. Subsequent key scorers were Tom Bicham, caught and bowled for 18, and Vine



The splendid runner-up team, scheming for the 2014 match

Murray Brechin drives through silly mid-on



The ABC team

who was clean-bowled for 26. Penetrating bowling from the Brechin boys – Murray, Graeme and Callum – and Adam Clift, Stephen Bruce and Tristan Stewart, with tight wicket-keeping by HKU Social XI captain Mick Fisher, and sharp fielding by Win Kaaka and Mark Clift, limited RHKYC to a reasonable target of 172 in 29 overs.

RHKYC skipper Steve Vine clean-bowled by Murray Brechin for 26



After a short break, Graeme Brechin and Callum Brechin opened and blasted the RHKYC opening bowlers, with Graeme retired at the 35 limit after 4s and 6s around the ground, and Calum caught on 23. Pressure was increased with a 34 from Murray Brechin and a fast 18 by Adam Clift. A blast of 38 with four 6s and three 4s from Tristan in Bradman-esque form decimated the RHKYC bowlers, leaving ABC skipper Mick to hit the winning runs to 175 for 3 in 18 overs.

Final score: ABC:175/3 beat RHKYC: 172

On to a fine curry and beverages shared with RHKYC. A great day was had by all!

How to get involved in ABC cricket? Played once a year at Sandy Bay on or after New Year's Day, the schedule provides ample time for training at any nearby cricket ground. For further information, training tips and to earn a place in the team, contact Mick at michael.fisher@hkuspace.hku.hk or any of the members mentioned above around the Club.



Graeme Brechin striking through the covers

The ABC Four Peaks Race

Hong Kong's Biggest Coastal Challenge



Looking for a physical challenge that involves teamwork and tactics?

This is it.


The ABC Four Peaks Race requires a high level of fitness and sailing ability from sailors and hill-climbers as well as the best of race stewardship and safety management. It's a test of tactics and seamanship: to sail the course well, navigate overnight, drop runners quickly and as near to shore as possible, then wait safely while they climb the peaks. Participants prepare thoroughly and many teams train together for weeks in advance. Rewards include a sense of achievement that brings competitors back year after year for both the excitement and the camaraderie.

Conceived in 1985 and ably led since then by the ABC, the Four Peaks Race sees yachts starting in Tai Tam Bay and sailing around Hong Kong's islands, with sailors

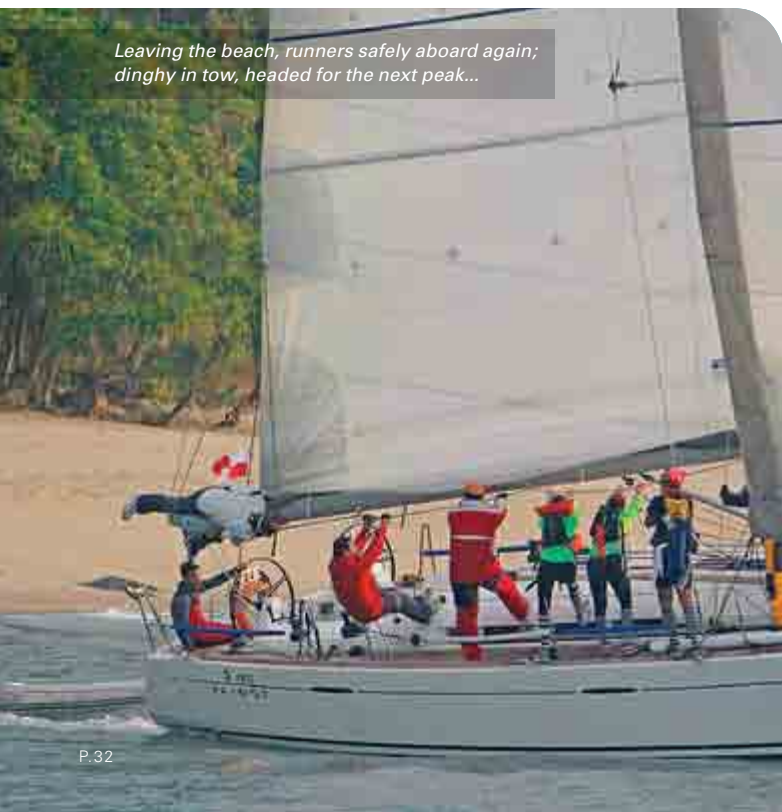
paddling ashore where they climb some of the territory's highest peaks and check in with peak controllers.

The ABC hosted the annual Four Peaks Race on the weekend of 26 and 27 January 2013. Provisional race results are posted on the ABC website. Prize-giving: Friday, 1 February. The race and its results will be fully covered in the March issue of *Horizons*.

2013 novelties included four mountains each for Division A and Division B, with one different peak in each Division. Division A headed north from Tai Tam Bay to Port Shelter to do Ma On Shan, Violet Hill, Lantau Peak and Mt. Stenhouse. Division B boats left Tai Tam to tackle Lantau Peak, Mt. Stenhouse, Violet Hill and Peak 300 at Cape d'Aguilar. Contrasts continued at Port Shelter, notorious for light winds and strong tides, and at Cheung Sha beach, the drop for Lantau, which can offer thrills and spills for dinghies and kayaks landing runners through the surf. The whole race gives spectators a chance to see demonstrations of skill by helms and crew.

Take part in the Four Peaks Race in January 2014, its 30th anniversary! 

Leaving the beach, runners safely aboard again;
dinghy in tow, headed for the next peak...



Runners and sailors can register their skills and needs.
For further information refer to the ABC website,
<http://www.abclubhk.com/article.aspx?ArticleID=77>

Many thanks go to the 2013 sponsors, Volvo, San Miguel, Fragrant Harbour and Boutique Wines.



Dragon Boating

ABC Hosts Buzz Team

By Luigi La Tona, Buzz president

The ABC-sponsored dragon boat team, Buzz Dragon, will compete in over 12 races in the 2013 season.

Many people recognise dragon boating from the one crazy day of the year when over 8,000 spectators pile onto Stanley Beach in colourful wigs and corporate jerseys. It is quite a bit more than that, with local, club, and international dragon boat teams injecting their own culture into the whole spectacle.

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

Unbeatable adrenaline rush

While watching is fun, paddling is pure pleasure and an unbeatable adrenaline rush. All of this is over and above working out with 70 of your closest friends.

Among other races, Buzz Dragon participates in over eight locally sanctioned races that jump locations, from Po Toi in April, to Tai Po, Aberdeen, Chai Wan, Sha Tin, Tai Tam, and more. Unlike most other expat dragon boat teams, Buzz Dragon gets invited to local fishermen races, a testament to the team's status within the dragon boat community. Buzz team members welcome support from Club members at any race. Just ask any of us where and when to watch.

Since 2002, the Buzz Dragon team has trained around the main Clubhouse and at Middle Island, where we store our 10-metre training boat. Buzz Dragon trains Tuesday and Thursday nights around the main Clubhouse and most Sundays on Middle Island.

The team always opens its training season in January with a barbecue and ceremony at Middle Island, ending the season with a few big post-race or post-practice drinks and parties at the ABC.

Organisers will recruit for the 2013 team before Lunar New Year, when five months of training will start in earnest, three times a week. Anyone interested in joining in can email info@buzzdragon.com 



The Buzz of Dragon Boating

By Nick Ball

I've been on the ABC's Buzz dragon boat team for a couple of years now. I have found no other form of exercise that encompasses networking, sociability, fitness, and Hong Kong culture better than dragon-boating. The team has provided me with all this and much more.

Dragon boat training really is a great all-round workout that leaves you exhausted but feeling great because you know you have just gone all out for the past hour alongside your teammates, who feel the same way. Both pleasure and misery really do love company.

Training three times a week from January through until the season ends in July gets you into a good routine, and within a few weeks you can really see and feel the differences. These differences don't just show aesthetic improvements; they indicate the all-round levels of fitness you can get from the sport.

The common perception is that dragon boating is a workout for specific muscle groups. But even though particular muscles ache more and grow stronger relative to others, dragon boat training is a whole-body exercise that uses all of your systems as you train aerobically and anaerobically every session.

The differences are noticeable – and this is aside from the fact that training outside on the water while getting your daily dose of vitamin D is much more stimulating than being inside a sweaty gym!

Speaking for myself, I consider my fitness level to have risen several notches since I started, and even though I was born in Hong Kong, my knowledge of all the city offers is significantly greater. All this, and my social calendar is now full.

I look forward to welcoming you to our team and to paddling with you. 



Charlie and daughter Veronica



Charlie with Graham Aldrich



Charlie with old friends

The clock in the Waglan Bar donated by Charlie

Charlie Ling Revisits the ABC

By John Berry, photos by John Berry and Barry Hill



Charlie, back on watch

Charlie Ling joined the ABC in March 1977, back in the days when the clubhouse comprised a recycled military Nissen Hut in Shum Wan Road opposite our present carpark entrance. Access then from his flat in Tin Hau Temple Road was via Wong Nai Chung Gap Road and Deep Water Bay Road, as the Aberdeen Tunnel was not yet completed.

Charlie soon became a keen sailor and eventually bought *Shivra*, a 25-foot Yamaha that he raced and cruised keenly with his loyal crew, boatboy Ah Gun and Josie. Charlie helmed, and Ah Gun and Josie tended to all other details.

ABC has records of Charlie winning at least 18 sailing prizes over the years. The results of the 1994-1995 Series

illustrate the story through Division B, in which the top six boats keenly raced throughout the series. After winning three of the series' eight races, *Shivra* was pipped for the championship – by a half-point – by old fox Chris Simpson in *Tru Blu* in the last race (*Shivra* went on to win the second mini-series).

Charlie sailed several times a month in addition to his races, usually two- or three-up. Regrettably *Shivra* came to a sorry end during a single-handed race in late 1997, when it was on loan to another member. It was lost on the north side of Beaufort Island.



Charlie Ling with Shivra Trophy

1994-1995 PYS Division- Short Course

	Boat	Sail No.									Best 6	Position
1	<i>Tru Blu</i>	744	2	11	0.75	3	2	2	2	3	11.75	1
2	<i>Shivra</i>	2955	4	11	2	4	0.75	0.75	0.75	5	12.25	2
3	<i>Piedade</i>	5955	3	2	3	0.75	6	3	6	0.75	12.50	3
4	<i>Quinella</i>	282	5	3	11	2	3	4	3	6	20.00	4
5	<i>Mystique</i>	190	11	0.75	4	7	5	5	5	2	21.75	5=
6	<i>Naiad</i>	507	0.75	4	6	5	4	11	4	4	21.75	5=

As ABC Membership Service Manager Cobo Liu noted, Charlie felt the loss keenly. Charlie left the ABC in October 1999, moving to Kowloon.

Charlie was born and brought up in Shanghai. As his father was a steward of the Shanghai Jockey Club, Charlie became a very keen rider, frequenting the countryside outside Shanghai until it became too dangerous in the 1940s due to the approaching revolution. His father then persuaded Charlie to ride on the downtown Shanghai track. Charlie signed up as a novice jockey for the Russian trainer Chenoff, training and racing many horses in the city. As revolution approached, Charlie moved to Hong Kong and subsequently built and ran an advertising company.

A lover of the mid-20th century's big band sound, and under the influence of "Old Shanghai" night life, Charlie became a music presenter on Shanghai radio, for a programme titled "Music from the Good Old Days".

Now a healthy 85, Charlie's voice remains strong and he continues to record most days in his flat. He sends the cassette tapes to Shanghai for conversion and broadcasting. You can hear Charlie between 3 and 4 pm every Saturday and

Sunday on Shanghai East Radio FM 94.7.

Charlie donated a handsome mariner's clock to ABC in March 1990 that continues to grace the Waglan Bar today. In 1982, Charlie gave the *Shivra* Trophy that serves as the prize for the Waglan long course race 4, last won by Marcel Liedts' *Elektra* on IRC.

Recently, Park Ng arranged a small lunch gathering with Uncle Charlie, along with his daughter Veronica. On a sunny October day, Charlie was joined by some members from his active sailing days. These included Graeme Large (*Jolly Green Giant*, *Ariki III*), Ng Mun Hon (*Mystique*), Graham and Carolyn Aldrich (*Marauder*), Jon Zinke (*Naiad*), Chas and Linda Doyle (*Farr Fetched*), Barry Hill (*Press Gang*) John and Natalie Berry (*Bonne Route*, *Tamarisk*), John Butler (*Gipsy*) and Wayne Robinson (*Sawadee*). Charlie and his sailing mates clearly enjoyed the reunion. Charlie liked what he saw of today's ABC, and loved the ABC hamburger and chips!

During lunch, Charlie expressed a strong interest in going sailing again, so

this was duly arranged. In December, after stowing the wheelchair, the short-handed crew set sail in *Farr 38 – The Farr Side* (named *Intrigue* in *Shivra*'s era, and sailed to Hong Kong by Past-Commandore Ashley Wagg and his wife Maureen). Firmly installed at the helm, Charlie had no problem handling the 10-15 knot winds on that fine day. He was thrilled to be in the sea breeze again and in view of the south side of the island, earlier his regular sailing area. The day progressed to a Middle Island barbecue where Charlie enjoyed a glass of wine with his old mates.

Needless to say Charlie is keen for another sail, when it is warmer! H





Golden Fortune Smiles

Osmanthus wine, vodka, orange juice and ginger ale

By the glass \$42



Cocktail of the Month

Aberdeen Boat Club 香港仔遊艇會



Harrington's Rogue Hop Pilsner

\$32 per bottle
Alcohol 5% by volume

Brewed with organic malt and hops in the style of a bohemian pilsner, Harrington's 'Rogue Hop' delivers an exciting and strong yet pleasant lingering hop finish.



Beer of the Month

Aberdeen Boat Club 香港仔遊艇會



Since 1922, and for over three generations, Chile's Viña El Aromo has been dedicated to the art and science of grape-growing and passion for winemaking.

AROMO Varietal Chardonnay 2009 Maule Valley, Chile

Colour *Pale yellow with green sparks*

Nose *Refreshing citrus aromas with tropical fruit notes*

Palate *Fresh and well-structured, with a markedly varietal character, medium tones and persistence, and a pleasant finish*

AROMO Varietal Cabernet Sauvignon 2009 Maule Valley, Chile

Colour *Intense, limpid and bright ruby-red*

Nose *Pleasantly ripe plums and berries with subtle notes of tobacco leaves*

Palate *In the mouth, the medium structure and tannic ripeness of this gentle wine bestow a delicate consistency and harmonious complexity*

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



Wines of the Month

Aberdeen Boat Club 香港仔遊艇會



Valentine's Day Dinner, Thursday, 14 February

The Four Peaks Restaurant 7:30 pm

All ladies receive a rose, and all guests receive a complimentary cocktail
\$1288 per couple without Champagne
\$1788 per couple with a bottle of Champagne

Menu:

Escargot

Escargot and chanterelle mushrooms in a red wine sauce with goose liver and truffle essence

Consommé Julienne

Clear beef broth flavoured with port and garnished with finely shredded vegetables

Lemon Sorbet

Chargrilled Veal T-bone Steak

with potato and celeriac mash, roasted root vegetables deglazed with aged balsamic vinegar or

Steamed Boston Lobster

Served with steamed potato, baby carrot and baby asparagus

Traditional Plum Bolster with Custard

Steamed pudding with raisins and currants served with brandy custard sauce

To reserve, please call the
Four Peaks restaurant at 2553 3422

Valentine's Day Cocktail

Valentine Creamsicle

Tequila, crème de cassis, strawberry extract and cream

Complimentary with the Four Peaks couples' Valentine's dinner,
\$42 at the Waglan Bar



Food News from Food and Beverage Manager Isabella Gaggino

Dear Members,

The Sunday Family brunch at the Four Peaks restaurant will have new prices beginning 1 February 2013:

Adults \$228, Children aged 12-16, \$168, and Children aged 2-11, \$108.

New Premium House Wines

In addition to the Club's regular monthly special promotions of two wines, the ABC will offer premium house white and red wines commencing 1 February:

- *Highfield Estate Sauvignon Blanc*
\$49 per glass/\$245 per bottle
- *Mount Riley Pinot Noir*
\$58 per glass/\$290 per bottle
- *Chateau La Clare Médoc*
\$58 per glass/\$280 per bottle

Club closings

The Club will close at 3 pm on 9 February and will reopen on 12 February for the Chinese New Year holidays. We wish all Members a healthy and prosperous year of the Snake! The Club will be closed from 3 pm onwards on 27 February for the annual staff party.

Promotions

The Club thanks and congratulates The Galley's Ian Lau, promoted to head waiter of The Galley. He also will assist Henry Lam with functions at the Club. The Club also congratulates and thanks Harry Lee, promoted to captain (Middle Island).



Photo by Matthew Tsui

Save the Date

Thursday, 14 February
Special Valentine's Day Dinner in the Club's fine-dining restaurant, the Four Peaks



Ian Lau



Harry Lee

The Four Peaks Restaurant will offer a special menu for couples on Valentine's Day, Thursday, 14 February. Every lady will be given a rose, and every guest will receive a complimentary Valentine's Day cocktail. For details on the menu and the cocktail, please see page 37.



Mulled Wine
By the glass \$45



Special Blend of Ginger Herbs Tea
By the glass \$38



Winter Warmers – just the right thing to keep the winter chills away!

Aberdeen Boat Club 香港仔遊艇會

RYA Start to Race

\$150

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

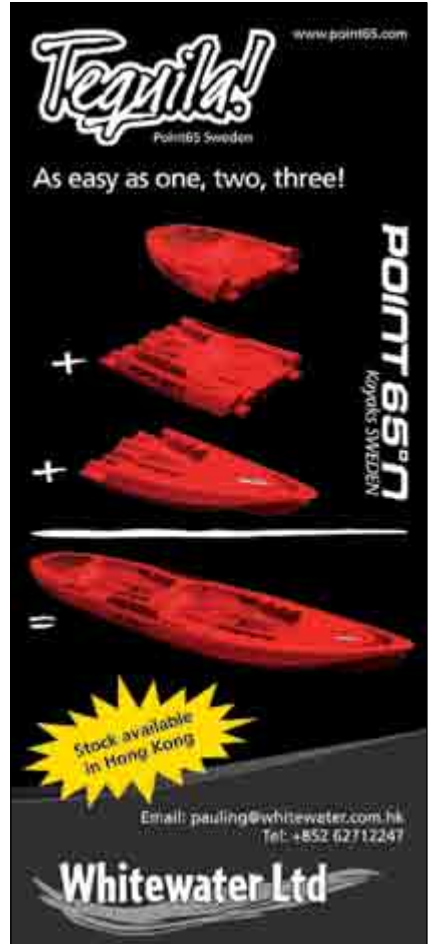
Available now at the ABC Club Shop



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



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



More sporting activities through the ABC

ABC Golf Society

During early summer 2012, the ABC formed a Golf Society. Its 40-plus members include players with and without handicaps. The Society's next outing will be Wednesday, 13 February, at Kau Sai Chau. Plans are afoot for an outing at Deep Water Bay Golf Club in April and for a to-be-annual Club open competition at Kau Sai Chau in June. For details on the Society and its future outings, please contact Clara Kong at 2552 8182, ext. 812, or email gmsec@abclubhk.com

Game-Fishing

From time to time an informal ABC fishing team takes part in a tournament with the Mandarin Sport Fishing Club. The 2013 season will start in March or April. Plans now are for two tournaments, the first on 18 May and the second in September. ABC's Kim Stuart, who owns the game-fishing boat *Kidusi*, is a keen game-fisherman and leads the ABC team. To learn more about game-fishing in Hong Kong, contact Kim at hongkongfishing@gmail.com

Squash courts and lessons at the ABC

Squash, rated as the healthiest of sports by readers of the business magazine *Forbes*, builds muscular strength and endurance in the lower body through the running and lunges it demands, while the game's twists and turns increase flexibility and core strength. Within just 30 minutes of play, squash can provide a full workout. It is an easy-to-pick-up game which attracts many players as potential partners or opponents. Members can easily book the ABC's squash courts by calling The Galley coffee shop at 2554 9494. To try squash or advance your game further at the ABC, contact the ABC's squash coach Chad Sunde, available to teach players of all levels from absolute beginners to advanced, including children. Chad can be contacted at 9522 0434 or chadsunde@gmail.com





Home Wine Delivery February 2013

	\$/Bottle	Quantity	Amount
White Wines			
TEN ROCK, Sauvignon Blanc 2011, Marlborough / New Zealand Tasting notes: Fresh-cut grass, passion fruit and citrus. The palate has fresh acidity, great concentration and lovely length. Bold flavours of gooseberry and freshly cut herbs are nicely matched by underlying minerality.	\$120		
DOMAINE VENTENAC, Chenin Colombard 2010, Cabardès / France <i>Awards: Concours Mondila de Bruxelles 2010: Gold Medals/ Palmarès des Vinalies Internationales 2010:Gold Medals Bettanne et Desauve (Elu vin Plaisir): Gold Medals / Gilbert & Gaillard Wine Magazine: 86pts & Gold Medals</i> Grapes: Chenin 45%, Colombard 45%, Gros Manseng 10% Tasting note: This white breaks away from the Languedoc "standards" by proposing a wine that is focused, bright, fresh and fruity. The use of uncommon grapes, their introduction on specially selected parcels, along with our cultivation and vinification techniques have allowed us to achieve these objectives by proposing an explosive wine with strong primary aromas of grapefruit and lemon, presenting itself with a focussed structure and balance with a complex finish.	\$110		
Rosé			
DOMAINE VENTENAC, Rosé 2010,Cabardès / France <i>Awards: Gilbert & Gaillard Wine Magazine: 83pts & Gold Medals / Concours Mondila de Bruxelles 2010: Silver Medals / Palmarès des Vinalies Internationales 2010: Silver Medals</i> Grapes: Cabernet Sauvignon 50%, Grenache 20%, Syrah 15%, Merlot 10%, Cinsault 5% Tasting note: This rosé is elaborated with the desire to offer the consumer a moment of intense pleasure reduced to its purest simplicity. This wine brings rosé back to its primary definition: exacerbated fruit sensation, intense freshness and instant pleasure with aromas of strawberries, raspberries and fresh blackberries, and presenting a refreshing acidity and a weight on the palate bringing roundness and length.	\$110		
Red Wines			
DOMAINE VENTENAC, Cabernet Sauvignon 2010/11, Cabardès / France <i>Awards: Gilbert & Gaillard Wine Magazine: 84pts & Gold Medals</i> Tasting note: It's usually medium- to full-bodied with a fine structure that supports black and red fruit flavours, and typical notes of olive, chili and herbs that add complexity.	\$110		
LA MOTTE, Chardonnay 2009, Franschhoek Valley / South Africa <i>Award: Robert Parker: 90pts</i> Tasting note: A straw-yellow colour. As in the case of earlier vintages, the wine shows distinctive yellow fruit on the nose, but also a rich depth of cashew nut, straw and nutmeg. The palate is refreshing and ends in a pineapple and sweet melon aftertaste.	\$165		
LEOPARD'S LEAP, Lookout Red 2011, The Western Cape Mountain / South Africa Grapes: Cabernet Sauvignon 45%, Shiraz 34%, Cinsaut 21% Tasting note: Berry fruit with undertones of vanilla on the nose. The palate has berry, chocolate with an aftertaste of coffee, and toffee. Oak-staved for six months with added micro-oxygenation.	\$100		
PHEBUS, Malbec 2007, Mendoza / Argentina Tasting note: Fresh and powerful red fruits and spices explode first on the nose and then on the palate. This Malbec has a blackberry character and a soft, rounded, juicy finish. Serve with grilled meats, pasta, cheeses, risotto, Thai food.	\$100		
AROMO, Carmenere, Maule Valley / Chile Tasting note: Brimming with spices and pepper tones intertwined with light tinges of black fruit. The medium persistence is loaded with ripe and round tannin that add to the structure and streamline a stylish finish.	\$100		
CODED RED, Smooth & Juicy 2011, Swartland / South Africa Tasting Note: Ripe berry flavours are complimented by cherry tobacco and spicy undertones, with a soft mouth feel and sweet fruitiness that lingers on the palate. Lazy afternoons and warm summer evenings; enjoy the moment with this smooth and juicy blended red wine that can be enjoyed on any occasion.	\$105		
MONT ROCHELLE, Artemis 2007/09, Franschhoek Valley / South Africa Grapes: Cabernet Sauvignon 53%, Merlot 33%, Pinotage 7%, Shiraz 7% Tasting note: Combines harmoniously to produce a well-structured wine that reflects clean liquorice, spice and red fruits. Given time in the glass the aroma develops to more plummy bramble fruits. The tannin structure is silky yet structured, leaving a velvety yet elegant and clean mouth feel.	\$135		
LA MOTTE, Millennium 2007/08, Franschhoek Valley / South Africa <i>Award: Robert Parker: 92pts</i> Grapes: Merlot 31%, Cabernet Franc 30%, Cabernet Sauvignon 23%, Malbec 12%, Petit Verdot 4% Tasting note: Dominated by earthy flavours and spice on the nose, with beetroot and cinnamon showing strongly, followed by dried marjoram herbs. Has dusty tannins, and the body is muscular with rich, juicy consistency.	\$210		

Member Name: _____ Membership Number: _____

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

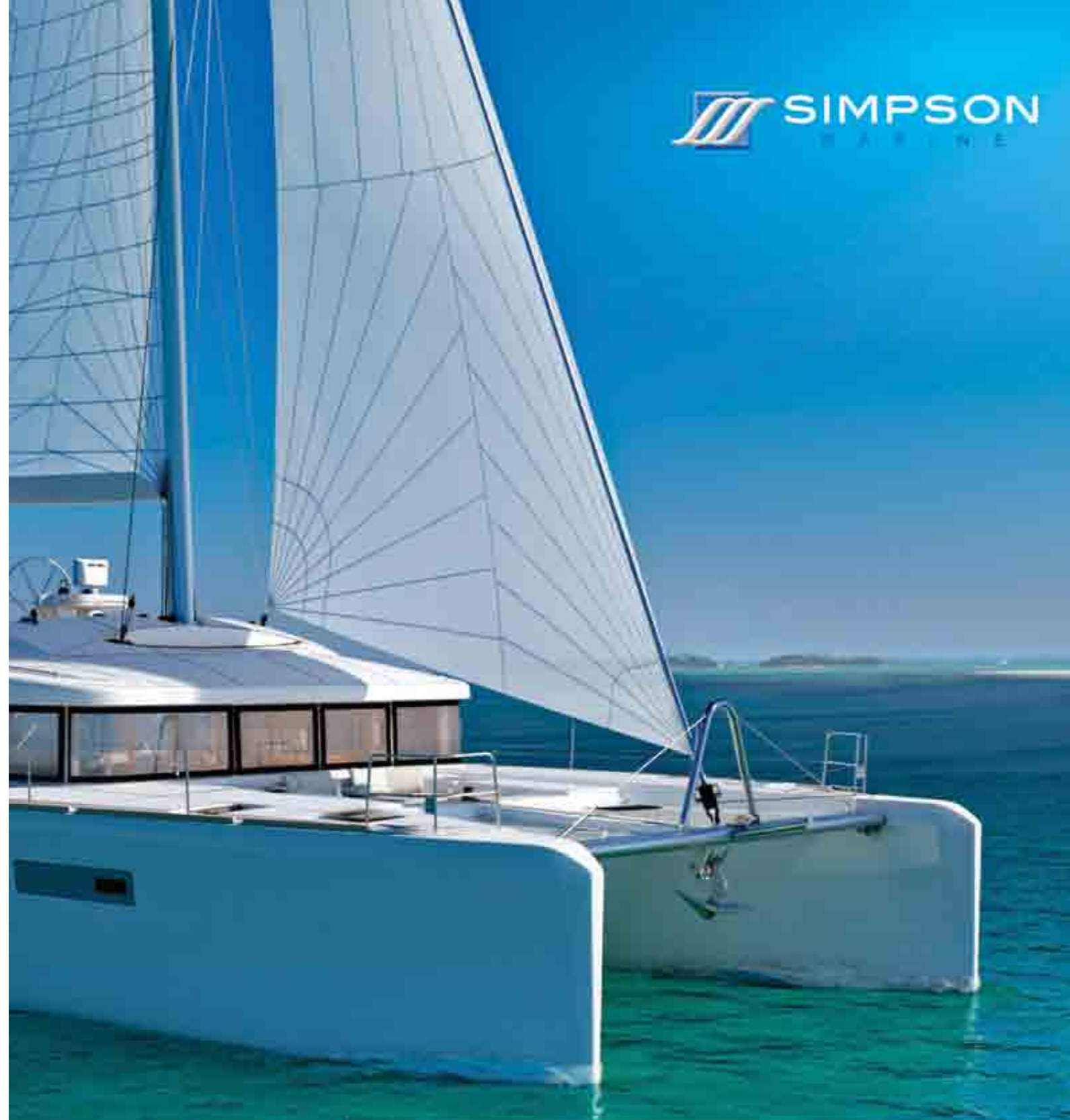
Delivery Address: _____

Delivery Date: _____ Member Signature: _____

Minimum order 12 bottles. Mixed cases available. Note 10% discount for orders of 24 or more bottles. Total amount will be charged to member's account. Orders accepted by mail, fax or in person. Contact the Food & Beverage Department at 2555 6216 or Fax: 2873 2945
Deliveries free for order of 12 or more bottles; please allow three working days for delivery. All wines are subject to availability.



 **SIMPSON**
MARINE




L A G O O N
ESTABLISHED SINCE 1988
Lagoon 52



SIMPSON MARINE WWW.SIMPSONMARINE.COM

ASTORLEN MARINA TOWER, 8 SHILIM WAN ROAD, ABERDEEN, HONG KONG | T: +852 2566 9377 | F: +852 2675 4014 | HONGKONG@SIMPSONMARINE.COM

HONG KONG
+852 2555 9377

GUANGDONG
+86 755 3304 3144

HAINAN
+86 890 6046566

INDONESIA
+62 21 6668 1130

PHILIPPINES
+63 2 5523666

MALAYSIA
+60 3 641 1000

SINGAPORE
+65 634 1536

TAIWAN
+886 2 2611 8147

THAILAND
+66 255 9355

MY LIFE,

ALEA DESIGN C.R.S. VARENNA
ICS SGABELLO DESIGN PAOLO PIVA

Varenna
Poliform



www.viahk.biz

(member of e. bon group)

1/f 3-11 wing fung street wanchai hk

t/ +(852) 3102 3189 t/ +(852) 3102 2522 e/ info@viahk.biz

opening hours :

10.30 > 19.00 monday > saturday

11.00 > 18.00 sunday